



# ***K J Somaiya School & College of Nursing***

**2025-26**

# **UDAAAN**

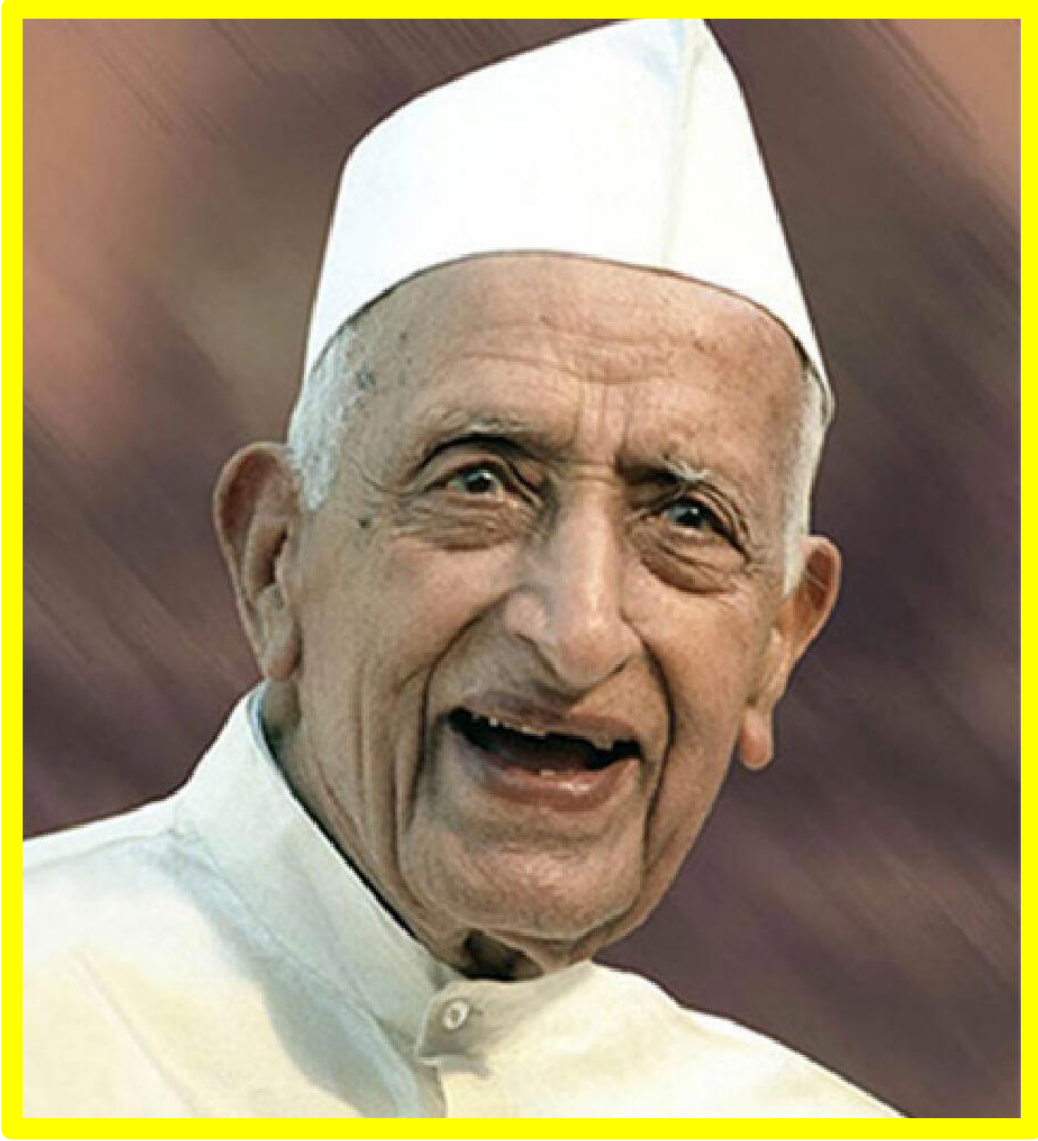
**For glorifying the role of women as nurses, For holding the title of "The Lady with the Lamp," For working tirelessly for humanity-Florence Nightingale will always be remembered for her selfless and memorable services to the human race.**

**— Florence Nightingale**



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Padma Bhushan Shri Karamshibhai J Somaiya  
1902-1999

**न मानुषात् परो धर्मः**

There is no religion greater than service to Humanity

## PRAAYER



ॐ पूर्णमदः पूर्णमिदं पूर्णात् पूर्णमुदच्यते ।

पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥१॥

ॐ ईशावास्यमिदं सर्वं यत् किं च जगत्यां जगत् ।

तेन त्यक्तेन भुञ्जीथा मा गृधः कस्य स्विखनम् ॥२॥

मूकं करोति वाचालं पङ्गुं लंघयते गिरिम् ।

यत्कृपा तमहं वन्दे परमानन्दमाधवम् ॥३॥

ॐ प्रणो देवी सरस्वती वाजेभिर्वाजिनीवती धीनामवित्र्यवतु ।

ॐ चोदयित्री सूनृतानां चेतन्ती सुमतीनाम् । यज्ञं दधे सरस्वती ॥४॥

ॐ असतो मा सद्गमय । तमसो मा ज्योतिर्गमय ।

मृत्योर्माऽमृतं गमय ॥५॥

ॐ सहनाववतु सहनौ भुनक्तु सहवीर्यं करवावहे । तेजस्विनावधीतमस्तु, मा विद्विषावहे ॥६॥

सर्वेऽत्र सुखिनः सन्तु सर्वे सन्तु निरामयाः ।

सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःखमाप्नुयात् ॥७॥

ॐ शांतिः । शांतिः । शांतिः ॥

## **K. J. SOMAIYA SCHOOL/COLLEGE OF NURSING**

### VISION

Impart nursing education to prepare professionals who are knowledgeable, skillful, having professional attitudes for rendering nursing services at par with global standards.

### MISSION

Aspire and strive for excellence in education and service by creating a conducive teaching learning environment and developing the human potential of students for the benefit of society.

### GOALS

- Educate and empower a diverse population of male & female graduate nurses for professional nursing practice irrespective of age, cast, creed, and religion in a variety of settings.
- Contribute to scholarly development of professionals through integration of theory, research and clinical practice.
- Provide an education foundation to promote self-reliance, cultural competence, ethical sensitivity, leadership and lifelong learning in nursing profession.
- Contribute towards global improvement of health care through individual, collaborative and interdisciplinary efforts.
- Provide an environment and infrastructure that supports academics, scholarly publications, research, and health care services.
- Provide a mechanism for continuous program assessment, evaluation and improvement.
- To attract and retain the best professional talents through continuous professional and personal development programs, reward and honors for excellence.

## **FROM THE EDITORIAL DESK**

### **10<sup>th</sup> Edition - A Celebration of Student Voices**

It gives us immense pride and joy to present the **10<sup>th</sup> Edition** of our Nursing College Magazine. Reaching this milestone is not just a celebration of continuity, but a reflection of growth, creativity, and the collective spirit of our institution.

This edition is particularly special because it showcases a greater contribution from our students than ever before. From insightful articles on emerging healthcare practices to heartfelt reflections on clinical experiences, from poetry to artwork. Our students have truly made this magazine vibrant and meaningful.

Nursing is not only a profession but a commitment to compassion, competence, and continuous learning. The contributions in this issue beautifully highlight the intellectual curiosity, talent, empathy, and dedication that define our future nurses. Each page is a mirror of our college that reflects ideas, hard work, passion with success and satisfaction.

We extend our heartfelt gratitude to our respected Principal and Vice Principal for their constant guidance, encouragement, and unwavering support in bringing out this 10<sup>th</sup> edition successfully.

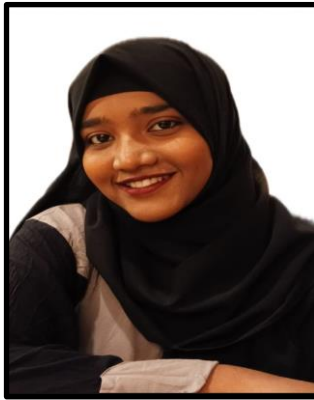
We extend our sincere appreciation to all the student contributors, faculty mentors, and the editorial team who worked tirelessly to bring this edition to the real world. Your enthusiasm and teamwork have made this milestone edition a memorable one.

As we celebrate this 10<sup>th</sup> edition, let it inspire us to continue learning, sharing, and growing together. May this platform always remain a space where knowledge meets creativity and where every voice finds expression.

Happy Reading!



**Dr. Sushma Pandey**



**Ms. Misbah Shaikh**



**Ms. Simran Miya**

## Principal's Desk

It gives me immense pleasure to present Uddan, our annual magazine, which truly reflects the vibrant spirit, creativity, and collective strength of our institution. Uddan is more than just a compilation of articles and artwork; it is a celebration of ideas, expressions, and the shared journey of learning that binds students and faculty together.

This magazine provides a meaningful platform for showcasing literary flair, artistic talents, and thoughtful perspectives. Each contribution mirrors the enthusiasm, originality, and dedication of our students and faculty, who consistently strive to go beyond academics and explore the power of expression. The diversity of content in Uddan highlights not only creative excellence but also teamwork, discipline, and mutual respect.

I commend the editorial team for their sincere efforts, meticulous planning, and commitment in bringing this magazine to life. Their hard work and coordination deserve special appreciation. I also congratulate every contributor for having the confidence to express, create, and share. May Uddan continue to inspire imagination, nurture creativity, and strengthen the spirit of unity in our institution. I wish this publication great success and hope it continues to soar to greater heights in the years to come.

With best wishes.



Dr. Avani Oke.

## **Vice Principal's Desk**

It gives me immense pleasure to be associated with the inauguration of our UDAAN Magazine. This publication stands as a testimony to the academic excellence, creativity, and values nurtured in our institution. I commend the students and faculty for their dedication and collaborative efforts in bringing out this magazine. May it serve as a platform for expression, learning, and professional growth. I extend my best wishes to the editorial team for continued success in their future endeavors.



*Dr. Jayashree Salvi.*

## Message by Professor

Dear Students and Faculty,

It gives me immense pleasure to share my thoughts through this edition of our college magazine. A magazine is not merely a collection of articles; it is a reflection of the intellect, creativity, values, and aspirations of an institution.

I am glad to see our students express their ideas through writing, artwork and innovation. Such platforms encourage critical thinking, confidence, and a spirit of lifelong learning which is essential for personal and professional excellence.

I appreciate the sincere efforts of the editorial team and all contributors who have worked and contributed to bring out this publication of the magazine.

I wish the magazine great success and our students a future filled with knowledge, integrity, and achievement.

**Best wishes!!**



Dr. Sushma Pandey

## **ANNUAL REPORT 2024-2025**

### **Students Admissions:**

GNM: Entrance exam conducted online on 22<sup>nd</sup> July, 2024. A total of 105 applications were received and 89 candidates appeared for the entrance exam. The merit list was declared on 24<sup>th</sup> July, 2024.

B Sc Nursing: All 40 B.Sc. Nursing seats were filled through the cap round process.

M.Sc: Entrance exam was conducted online on 9<sup>th</sup> August, 2024. The merit list was declared on 10<sup>th</sup> July, 2024.

### **Results (2024-25):**

#### **B. Sc Nursing**

SEM-I B Sc Nursing - 100%

SEM-II B Sc Nursing - 100%

SEM-IV B Sc Nursing - 100%

SEM-V B Sc Nursing - 100%

4th Year B Sc Nursing - 91.37%

#### **General Nursing and Midwifery**

1<sup>st</sup> Year GNM -100%

2<sup>nd</sup> Year GNM -100%

3<sup>rd</sup> Year GNM -100%

## **M.Sc Nursing**

1<sup>st</sup> Year MSc - 85.71%

2<sup>nd</sup> Year MSc -100%

## **HIGHLIGHTS**

**Faculty Strength (Full time) - 100%**

### **Value Added Courses:**

- ★ Soft skill training
- ★ Self Defence
- ★ Yoga Session
- ★ Soft Skill Training
- ★ Art of living module
- ★ Basic Vocation Training in Life skill
- ★ Non-Violent Communication Workshop

### **Add-on Courses**

- ★ Capacity Building
- ★ Workshop on Disaster Management
- ★ A.V. Aids Workshop
- ★ Bridging the Gap
- ★ Advance Applied Drill
- ★ Neonatal Resuscitation Workshop
- ★ International Patient Safety Goals
- ★ Skillathon
- ★ Bridging the Gap

## Departmental Activity

- **Medical Surgical Nursing department**

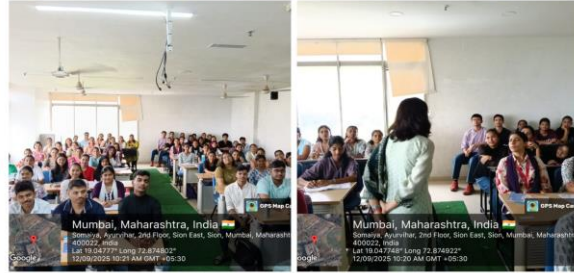
**The Medical Surgical Nursing department** is the backbone of clinical nursing practice, focusing on the holistic care of adult patients with medical and surgical conditions. The department equips nursing students with comprehensive knowledge and skills in assessment, planning, implementation, and evaluation of patient care across a wide range of acute and chronic illnesses. Emphasis is placed on evidence-based practice, patient safety, critical thinking, and interdisciplinary collaboration to promote recovery, prevent complications, and improve overall health outcomes.

### Team Members

Dr. Sushma Pandey, Ms. Rashmi Chavan, Ms. Jovita Alex, Ms. Priyanka Ghodke, Ms. Sneha Kamble, Ms. Pooja Takawale, Ms. Pooja Deshmukh, Ms. Greeshma Raju, Ms. Seema Salve



## Events/Activities:





Skullathon on IV infusion



First Aid Workshop at School




CPR Module Training

**K J SOMAIYA COLLEGE OF NURSING**

**WORLD CANCER DAY CELEBRATION**  
Organized by  
Department of Medical Surgical Nursing



**THEME:**  
**“Care Beyond Cure”**  
**“Flash Drama by Nursing Students”**

**Date** : 12th February, 2026  
**Time** : 2.00 pm to 4.00 pm  
**Venue** : Shreevallabh Shikshan Sangeet Ashram and English Medium School, Wadala, Mumbai 400037

World Cancer Day



**K J Somaiya College of Nursing**  
organised by  
**Medical Surgical Nursing Department**

**REEL COMPETITION**  
**THEME - CARING HANDS FOR GRACEFUL AGING**



**REEL COMPETITION GUIDELINES**

**WHO CAN JOIN :**

- STUDENTS OF KJ SOMAIYA COLLEGE OF NURSING (GROUP OF 3-5 MEMBERS)
- MINIMUM 02 ENTRIES FROM EACH CLASS.

**THEME:**

- “CARING HANDS FOR GRACEFUL AGING.” STAY ON-TOPIC.

**DURATION:**

- 45-60 SECONDS.

**ENTRY FEES :**

- RS. 100 PER GROUP

**HOW TO UPLOAD REEL ON INSTAGRAM**

- USE THE HASHTAG #K\_J\_SOMAIYANS INCLUDES NAME AND INSTAGRAM HANDLES OF ALL TEAM MEMBERS.

JUDGES' DECISIONS ARE FINAL. ANY RULE NOT COVERED HERE WILL BE ADDRESSED BY THE ORGANIZING TEAM.

Registration Link : <https://forms.gle/AFspzaL6iGt5oJ66>

**Code of Conduct**

- Keep it respectful and age-positive. No harmful stereotypes.
- No profanity, sensitive patient data, or unsafe practices.



**Evaluation Criteria**

- Theme alignment
- Creativity
- Narrative
- Technical execution
- Overall impact

**Winners will get cash prize with Certificate. And all participant will get E-certificate.**

**Deadline**  
8th November, 2025

Contact if any query  
9167220567/7718938265

World Elderly Day



**Events/Activities:**



**Independence day Celebration**



**Hb ( Nutritional ) Assessment with session CACR (10th Oct 2025)**



**Pulse Polio Program ( Sion 12th October 2025)**



**Hand washing day ( 17th Oct 2025)**



**Anemia Screening Survey (6th November 2025)**



**HIV AIDS Zilla parishad School Dhundalwadi ( 16 December 2025)**



**Positive thinking role play  
(Zilla parishad School Dhundalwadi 16th December 2025)**

- **Obstetrical and Gynaecological Nursing department**

**The Obstetrical and Gynaecological Nursing department** focuses on providing comprehensive care to women across the lifespan, with special emphasis on pregnancy, childbirth, the postpartum period, and disorders of the female reproductive system. The department prepares nursing students to deliver safe, ethical, and evidence-based care, promote maternal and fetal well-being, support family-centered care, and address preventive, promotive, and rehabilitative aspects of women's health in hospital and community settings.

**Team Members**

Dr. Shweta Sirsagar, Ms. Neena Nair, Ms. Neha Wasnik, Ms. , Ms. Ankita Mane, Ms. Mayuri Sonawane, Ms. Lumbini Dushing, Ms. Aradhana Rao



## Events/Activities:



Breast feeding week celebration



Capacity building Program



CPD on Maternal and Newborn care

- **Child Health Nursing Department**

**The Child Health Nursing department** is dedicated to the care of infants, children, and adolescents, focusing on the promotion of growth and development, prevention of illness, and management of childhood diseases. The department equips nursing students with knowledge and skills to provide age-appropriate, family-centered, and evidence-based care, emphasizing immunization, nutrition, developmental assessment, and pediatric patient safety across hospital and community settings.

**Team Members**

Ms. Smita Barmase, Ms. Sanjana Pawar, Ms. Priyanka Shinde, Ms. Sonal Kamble, Ms. Nilam Kanse



**Events/Activities:**



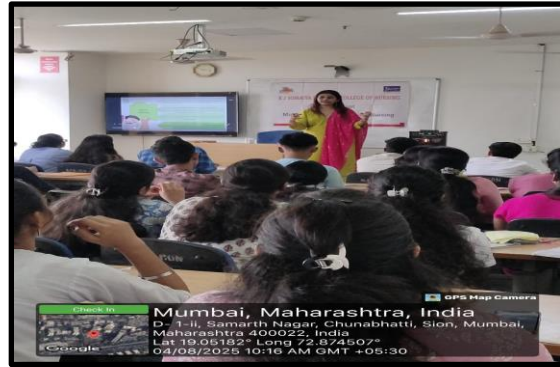
**Breast feeding week**



**Echo for change: flash mob & rally**



**Role Play at CME**



**Expert Talk:Lactation Nurse Practitioner**



**Stand Together for Breastfeeding: Street Play**

- **Mental Health Nursing Department**

**The Mental Health Nursing department** focuses on the promotion of mental well-being and the care of individuals with mental, emotional, and behavioral disorders. The department equips nursing students with knowledge and skills to provide therapeutic, ethical, and evidence-based psychiatric care, emphasizing communication, counseling, psychosocial interventions, and holistic rehabilitation across hospital and community mental health settings.

### **Team Members**

Ms. Swati Manish Athawale, Mr. Md. Yusuf Ali, Ms. Snehal Ande, Ms. Ajita Chavan, Ms. Sujata Darade, Mr. Avishkar Bidwe



**Events/Activities:**



**World Bipolar Day celebration (24<sup>th</sup> March 2025)**



## Stress management session (16<sup>th</sup> June 2025)



## Non-Violent Communication (23rd August 2025 & 14th November 2025)



## World Mental Health Day (10<sup>th</sup> October 2025)



## Suicide Prevention Day (20<sup>th</sup> September 2025)

## NATIONAL CONFERENCE 2025

K J Somaiya College of Nursing hosted a national conference that brought together leading voices in healthcare, education, and industry to explore a critical theme: *Bridging Technology and Human Expertise: New Era of AI-Driven Healthcare*. Organised in collaboration with the Faculty & Staff Development Centre, Somaiya Vidyavihar University.



# Cultural Competition Achievers

## Diwali competition

<b>Diya decoration:</b>	<p>1<sup>st</sup> -sujal joshi (6th sem)</p>  <p>2<sup>nd</sup> -shraddha ( 4th sem)</p>  <p>3<sup>rd</sup> -ananya narvekar (6th sem)</p>
<b>Lantern making :</b>	<p>1<sup>st</sup> - ritika pathade (6th sem) 2<sup>nd</sup> - edwina &amp; varada(3rd sem)</p> 
<b>Toran making :</b>	<p>1<sup>st</sup> -samruddhi &amp; bipasha (2nd gnm)</p>




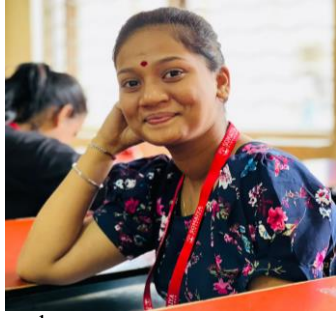

2<sup>nd</sup> -tanushree & misbah ( 3rd gnm)



3<sup>rd</sup> -bhakti & preshita (3rd sem)



## Onam celebration

<p>Pookalam Competition</p>	<p>1<sup>st</sup> prize: Devyani Bramhanand (semester IV)</p>  <p>2<sup>nd</sup> prize: Siddhi (FYGNM)</p>  <p>3<sup>rd</sup> prize: Sujal Joshi ( semester VI)</p> 
<p>Payasam Competition</p>	<p>1<sup>st</sup> prize : Edwina &amp; Varada (semester III)</p>



2<sup>nd</sup> prize: Tisha & Gauri AND Prachi & Shrutika (Semester VI)



3<sup>rd</sup> prize: Sakshi Dhupal (Semester VII)



**Ganpati Celebration**  
(arti competition)

1<sup>st</sup> prize : (7th sem)



2<sup>nd</sup> prize: (4th sem)



3<sup>rd</sup> prize: (6th sem)



## Makhar Making

1<sup>st</sup> prize : Sujal joshi, Bhumika Hati (6th sem)

2<sup>nd</sup> prize: Akansha Mahadik, Mansi Pawar(4th sem)



# 31<sup>st</sup> Biennial State Level Conference

Quiz competition

**2<sup>nd</sup> Prize** Mr. Sujal Joshi (BscN), Ms. Aarti Chauhan (GNM), Ms. Simran Ansari (GNM)



Extempore speech:

**Ms. Vaishnavi Sonwane (BscN) (Marathi) : 1<sup>st</sup> prize**



**Ms. Simran Miya (BseN) (English) : 3<sup>rd</sup> prize**



On the Spot Rangoli Competition

Mr. Sujal Joshi (BscN) : 3<sup>rd</sup> prize



Dance 1st prize :

Vedant Pawar-(BscN), Tushar Khillare (BscN), Aishwarya Ghodekar- (BscN), Ruhi Panchal (BscN), Mitali Kadam - (BscN), Shruti Panavkar - (BscN), Vrushali More - (BscN) Meghna Jadhav - (BscN).



100 meters Race

1<sup>st</sup> prize  
Deven Gaikwad BscN)



## National Biennial Conference at Pune

<p>3<sup>rd</sup> prize in dance competition:</p>	<p>Vedant Pawar-(BscN), Tushar Khillare (BscN), Aishwarya Ghodekar- (BscN), Ruhi Panchal (BscN), Mitali Kadam - (BscN), Shruti Panavkar - (BscN), Vrushali More - (BscN) Meghna Jadhav - (BscN).</p> 
<p><b>TNAI District level Elocution Competition :</b></p>	<p>Elocution (English) 3<sup>rd</sup> prize : Mr. Sujal Joshi</p>  <p>Elocution (Hindi) 2<sup>nd</sup> prize : Mr. Tushar Khillare</p>



**MUHS SPANDAN  
State level Rangoli  
Competition :**

2<sup>nd</sup> prize : Mr. Sujal Joshi



**YOUTH FESTIVAL**  
**Somaiya Vidyavihar University**

<p>Chess competition:</p>	<p>Silver medal in girls category Ms Simran Miya</p>  A photograph of Ms Simran Miya, a young woman wearing a beige hijab and glasses, holding a white certificate that reads 'Somaiya Vidyavihar University Certificate of Merit' and a silver medal on a blue ribbon. She is standing outdoors in front of a red building with 'SOMAIYA VIDYAVIHAR UNIVERSITY' and 'Somaiya Sports Academy' visible on the wall.
<p>Rangoli Competition</p>	<p>1<sup>st</sup> prize Mr. Sujal Joshi</p>  A photograph of Mr. Sujal Joshi, a man in a brown shirt and blue jeans, kneeling on a light-colored floor next to a large, vibrant, multi-colored rangoli artwork. The artwork features various symbols and the word 'ENERGY' at the bottom.
<p>Skit competition</p>	<p>2<sup>nd</sup> prize Deepali Saroj and group</p>  A photograph of a group of eight performers on a stage. They are dressed in traditional Indian attire, including sarees and a kurta. Behind them is a large blue backdrop with the text 'SOMAIYA YOUTH FESTIVAL 2025' and 'Where Talents Meet Celebration'. The backdrop also features logos for IYA and Somaiya.

**Somaiya Medical  
Intercollegiate Rangoli  
Competition:**

1<sup>st</sup> Prize: Mr. Sujal Joshi & Ms. Sakshi Dhumal  
(BscN)



2<sup>nd</sup> Prize : Varsha, Simran Ansari, Shilpa  
(GNM)





Vikhyat - Marathi literature festival by  
vidyalankar college.  
(Storytelling competition)

2<sup>nd</sup> prize - Ms Vaishnavi Sonwane

Manthan' Marathi literature festival by  
Va.Ze.Kelkar college  
(Story writing competition)

2<sup>nd</sup> prize - Ms Vaishnavi Sonwane

# The Winning Edge

<p><b>Best player boy</b></p>	<p>Romeo koli( blue house)</p> 
<p><b>Best player girl</b></p>	<p>Siyanda Menezes ( yellow house)</p> 
<p><b>Best house</b></p>	<p>Green house</p>



**Faculty Musical chair winner**

First prize : Dr. jayshree salvi

First runner up : Ms. Neelam

**Faculty Treasure Hunt**

Dr. Avani oke, Dr. Sushma pandey, Dr. Jayshree Salvi, Ms. Swati bhalerao, Ms. Sanjana pawar, Ms. Rashmi Chavan, Ms. Snehal doiphode, Ms. Dhanashree D., Ms. Sneha kamble, Ms. Neena, Ms. Shifa, Ms. Reena sathe, Mr. Swapnil

**Food stall winners**

1<sup>st</sup> - 7th sem bsc



2<sup>nd</sup> - 3<sup>rd</sup> sem bsc



3<sup>rd</sup> - 6<sup>th</sup> sem bsc



## WINNERS OF INDIVIDUAL GAMES

**Relay : (Boys)**

**First prize :** ( Yellow house ) Babasaheb Dapkar, Vishal Gavit,  
Tushar Kandekar, Manav Sanap



**Second prize :** (Red house ) Sanket Jadhav, Ricky Kamble,  
Deven Gaikwad , Riddhesh Pharkate



**Third prize :** (Blue house ) Romeo Koli, Justin Metri,  
Sahil Rajkumar, Sanket Rohinekar



**Relay ( Girls)**

**First prize :** (Blue house ) Ananya Narvekar , Ashwini Kamble,  
Vaishnavi Pimple, Preshita Pimple

**Second prize :** (Yellow House ) Riddhi Patel , Sakshi Dhumal  
Poorva Patil, Siyanda Menezes

**Third prize :** (Green house) Vaishnavi Patil, Janvi Sakpal,  
Anushka Dhawale, Neha Kadam



**Javelin throw**

**(Boys)**

**First Prize (Blue house ) : Romeo koli**

**Second Prize (Green house ) : Vedant Pawar**

**Third prize ( Green house ) : Prasad Mapari**



**Javelin throw ( Girls )**

**First prize ( Blue house ) : Laxmidevi Barud**

**Second prize ( Green house ) : Vaishnavi Patil**

**Third prize ( Yellow house ) : Sharyu Gondal**



**Disc Throw (Boys )**

**First Prize ( Green house ) : Vedant Pawar**

**Second prize( Blue house ) : Romeo Koli**

**Third prize : (Red house ) : Riddhesh Pharkate**



**Disc throw ( Girls )**

**First Prize ( Green house ) : Vaishnavi patil**

**Second prize ( Green house ) : Ruhi Panchal**

**Third prize ( Red house ): Akanksha Rao**



**100m run (Boys)**

First Prize (Red house ) : Deven Gaikwad

Second Prize ( Green house ) : Pratik Patil

Third prize ( yellow house ) : Vishal Gavit



**100m run (Girls )**

First Prize (Yellow house ) : Siyanda Menezes



Second prize ( Blue house ) : Preshita Mhaske

Third prize (Green house ) : Anushka Dhawale



**200m run (Boys)**

First Prize ( Red house ) : Deven Gaiikwad

Second prize ( Blue house ) : Romeo Koli

Third Prize ( Yellow house ) : Babasaheb Dapkar



**200m run (Girls)**

First prize ( Yellow house ) : Siyanda Menezes



Second prize ( Blue house) : Ananya Narvekar



Third Prize ( Red house ) : Mansi Wangde



**Shotput (Boys )**

First Prize ( Green house ) : Tanmay Chavan

Second prize ( Blue house ) : Vignesh Gadhari

Third Prize ( Red house ): Riddhesh Pharkate



**Shotput ( Girls )**



First prize ( Yellow house ) : Anushka Gaikwad

Second Prize ( Blue house ) : Deepali Saroj

Third prize ( Green house ) : Vaishnavi Patil



## Indoor and Outdoor Game

Game	winner
<b>Chess</b>	<p data-bbox="716 470 1227 506"><b>First Prize ( Green house ) : Sahil Jaiswal</b></p>  <p data-bbox="732 942 1211 978"><b>Second prize ( Red house) : Sujal Joshi</b></p> 
<b>Carrom</b>	<p data-bbox="592 1551 1354 1587"><b>First Prize ( Green house ) : Anushka Dhawale , Mrunal Bhosale</b></p>



Second prize ( Yellow house ) : Manav Sanap , Babasaheb Dapkar

**Table Tennis (boys)**

First prize ( Green house ) : Yash Gopal Kurzekar

Second prize ( Blue house ) : Shashwat Maroti Sawant

**Table Tennis (girls)**



First prize ( Yellow house ) : Siyanda Melwyn Menezes

Second prize ( Green house ) : Shivani Vikram Rathod



**Volleyball**

First prize (Red house) :Sujal Joshi,Limbaji Bade, Suraj Lokhande, Deven Gaikwad,  
Hrutik salvi, Ricky Kamble, Riddhesh Pharkate, Shubham Kadam,  
Sanket Jadhav, Harshal Khairkar



First runner up (blue house): Justin Metri, RomeoKoli, Benny Yelsatti, Augustin Kollur,  
Meryl Dsouza, Shashwat Sawant, Sanket Rohinekar,  
Aaryan Chaudhary, Ved Patil, Sahil Rajkumar



**Volleyball (girls)**

First prize (yellow house): Shilpa Chaudhary, Riddhi Patel, Shradha Kamble, Sakshi Dhupal  
 Sharya Gondal, Anushka Gaikwad, Siyanda Menezes,  
 Apurva Arde, Shravani Utekar, Christine Monterio



First runner up (Green house) : Vaishnavi Patil, Kajal Avhad, Neha Kadam, Bhakti Pawar  
 Tanishka kumari, Tanvi Chavan, Shivani Rathod  
 Janvi Sakpal, Mansi Pawar, Shrutika Chavan

**Cricket**

First prize (red house): Sanket Jadhav, Harshal Khairkar, Deven Gaikwad, Shubham Kadam, Samrat Kamble  
 Riddhesh Pharakate, Mohammad Ismail, Vaibhavi Mhatre, Kunali Gawade,  
 Ricky Kamble, Hrutik Salve, Suraj Lokhande, Limbaji Bade, Mayuri Pandhari



First runner up (Blue house) : Aaryan Chaudhary, Arpita Bidaye, Sanket Rohinekar, Augustin Kollur, Benny Yelsatti, Ved Patil, Hardik Patil, Kavya Rawat, Angel manuel, Sahil Rajkumar, Shaswat Sawant , Ananya Narvekar, Romeo Koli



**kabaddi (boys)**

first prize (green house) : Pratik Patil, Arjun Khande, Vedant Pawar, Tanmay Chavhan, Prasad Mapari, Jayraj Gole, Gaurav Sangar, Yash Kurzekar, Gaurav Tulve, Tushar Khillare



first runner up(blue house) : Justin Metri, Romeo Koli, Sanket Rohinekar, Benny Yelsatti,  
 Augustin Kollur, Hardik Patil, Meryl Dsouza, Shashwat Sawant,  
 Vighnesh Gadhari, Aaryan Chaudhary



**Kabaddi(girls)**

first prize( blue house) :Akansha Singh, Varsha Prajapati, Deepali Saroj, Amrapali Sawatkar,  
 Ananya Narvekar, Preshita Mhaske, Sharvila Vhanmane,  
 Ashwini Kambale, Akansha Mahadik, Arpita Bidaye



first runner up (green house) :Anushka Dhavale, Kajal Avhad, Bhakti Pawar, Janvi Sakpal,  
 Neha Kadam, Tanvi Chavhan, Monika Lomte,  
 Mrunal Bhosale, Samiksha More, Mansi Pawar



**kho kho (boys)**

FIRST PRIZE(yellow house) : Shreyash Bhilare, Akshay Bhondve, Gaurav Bhore, Tushar Kandekar,  
 Siddhesh Phalke, Manav Sanap, Kunal Chopade, Babasaheb Dapkar,  
 Vishal Gavit, Rizwan Shaikh, Uttareshwar Darade, Satbir Kolapte



first runner up (blue house) :Justin Metri, Romeo Koli, Sahil Rajkumar, Hardik Patil, Augustin Kollur,  
 Angel Manuel, Shashwat Sawant, Sanket Rohinekar, Aaryan Chaudhary,  
 Ved Patil, Benny Yelsatti, Amal George



**kho kho (girls)**

first prize(green house) :Kajal Avhad, Nupur Amkar, Tanvi Chavan, Vaishnavi Patil, Shrutika Chavan,  
 Samiksha More, Anushka Dhavale, Ishita Gurav, Bhakti Pawar, Janvi Sakpal, Samruddhi  
 first runner up (yellow house) :Shilpa Chaudhari, Sakshi Dhumal, Riddhi Patel, Shravani Utekar,  
 Vaishanavi Rawale, Rutika Jadhav, Anushka Gaikwad, Poorva Patil,  
 Arpita Kannaujiya, Siyanda Menezes, Sakshi Pashte, Aarti Chauhan



**Best player boy** : Romeo koli (1 gold and 2 silver in individual game, 5 prize in group game)

**Best player girl** : Siyanda Menezes ( 3 Gold in individual game , 2 prize in group game)

Overall prize won :Green house 21( 8 gold )

Overall prize won : Blue house 16 (5 gold)

Overall prize won: Yellow House 13 (7 Gold)

Overall prize won : Red house 10 (4 Gold)

# LIFE

Life is more than just existing each day.  
It is about discovering purpose in every step.  
The meaning of life grows through challenges.  
And strength is built from every fall.  
Life teaches us to value time.  
And appreciate small moments.  
It asks us to love deeply.  
And forgive freely.  
Life is not about perfection.  
It is about progress and patience.  
True meaning lies in helping others.  
And staying kind in a harsh world.  
Life shapes us through experiences.  
Not through possessions.  
The real meaning of life is growth.  
And living with a truthful heart.

KIRTIKA ANIL BORADE  
VTH SEM

## मैत्री

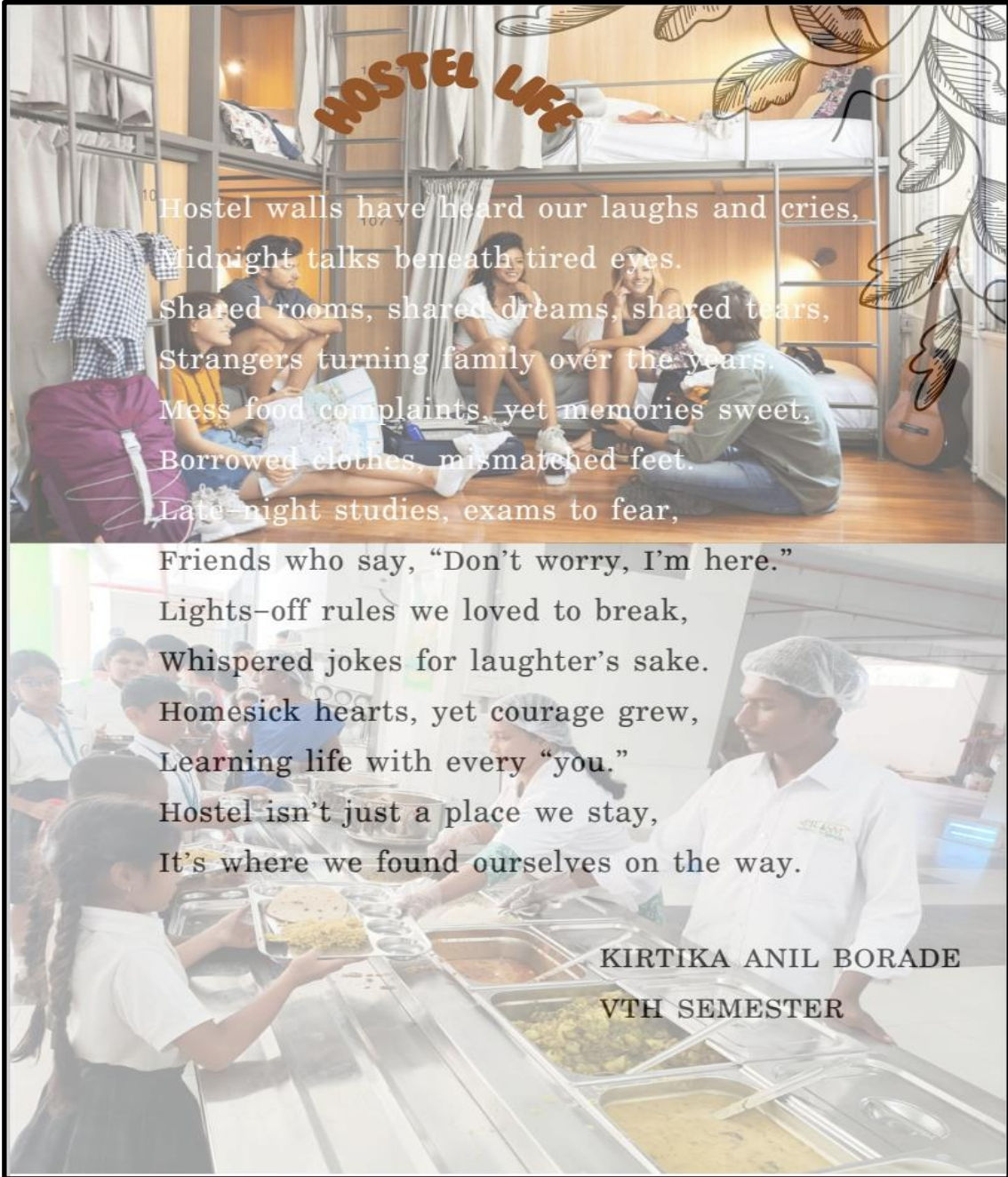
मैत्री म्हणजे शब्दांशिवाय समजणारी भाषा,  
हसण्यात, रडण्यात साथ देणारी तीच आशा.  
गर्दीतही जी एकटेपण दूर करते,  
अंधारात प्रकाश बनून वाट दाखवते.

मैत्री म्हणजे खांद्यावरचं विसावणं,  
मनातल्या ओझ्याचं हळूच उतरवणं.  
वेळ बदलतो, चेहरे बदलतात,  
पण खरी मैत्री कधीच हरवत नाहीत.

चुका माफ करणारी, सत्य सांगणारी,  
गरज पडल्यावर साथ देणारी.  
स्वप्नांना पंख देणारी ती शक्ती,  
अपयशातही उभी राहणारी भक्ती.

हसत-खेळत आयुष्य पुढे नेणारी,  
प्रत्येक क्षण खास बनवणारी.  
मैत्री ही नाती नाहीत, ती भावना आहे,  
जिथे "आपण" असतो, तिथेच ती खरी आहे.

कार्तिका अनिल बोराडे  
V th semester



HOSTEL LIFE

Hostel walls have heard our laughs and cries,  
Midnight talks beneath tired eyes.  
Shared rooms, shared dreams, shared tears,  
Strangers turning family over the years.  
Mess food complaints, yet memories sweet,  
Borrowed clothes, mismatched feet.  
Late-night studies, exams to fear,

Friends who say, "Don't worry, I'm here."  
Lights-off rules we loved to break,  
Whispered jokes for laughter's sake.  
Homesick hearts, yet courage grew,  
Learning life with every "you."  
Hostel isn't just a place we stay,  
It's where we found ourselves on the way.

KIRTIKA ANIL BORADE  
VTH SEMESTER

बाबा.. 🌍

न आवडणारी गोष्टसुद्धा बाबा,  
लेकीसाठी हसत-हसत करतो.  
थकला असला बाबा तरी, लेकीसाठी चार पावलं अजून चालतो.  
तरीही कसा कोणाला बाबा कळत नाही... 🙄

तो खिसा कधी रिकामी ठेवत नाही,  
कारण तो स्वतःआधी आपला विचार करतो.  
जगासाठी तो एक पुरुष असतो, पण लेकीसाठी अख्खं जग.  
तरीही कसा कोणाला बाबा कळत नाही... 🙄

चेहरा पाहून मनालं तो,  
दूरवरून अचूक ओळखतो.  
गोल अशा ह्या दुनियेत, तो एकटा आपला असतो.  
तरीही कसा कोणाला कोणाला बाबा कळत नाही... 🙄

बाबांसारखी दिसणारी लेक,  
बाबांची लाडकी असते.  
खांद्यावर बसून अख्खं जग फिरून येते.  
तरीही कसा कोणाला बाबा कळत नाही.. 🙄

~Sakshi

Picture Quotes & Creator

Life quotes ✌️

समय...  
में उस रफ्तार से हूँ,  
जहाँ बीच में रुकने की कोई वजह ही ना हो।

मंजील...  
में किसी की जिदगी नहीं,  
लेकिन जिंदगी लिखना जानती हूँ।

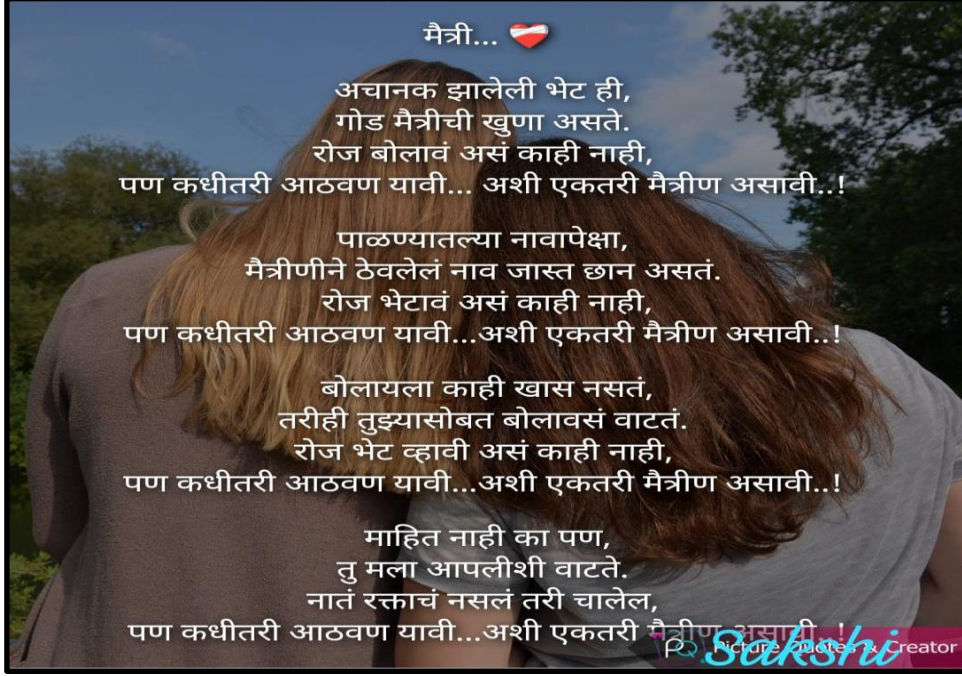
परिस्थिती...  
में कोई शिक्षक नहीं,  
लेकिन सही राह पे चलना सिखाती हूँ।

जिंदगी...  
में एक खुली किताब हूँ,  
जितना पढ़ूँ उतना कम है।

~Shitap

Picture Quotes & Creator

Sakshi Shitap (3rd sem)



महान असे राज्य घडले  
असंख्य रक्ताच्या थेंबांनी  
कित्येक शूर धारातीर्थी पडले  
पाहिले ह्या महाराष्ट्रांनी ॥१॥

मुहूर्तमेढ रोवली माझ्या राजानं  
बांधिल स्वराज्याच तोरण,  
अहो औरंग्या पण थक्क झाला  
लावली पराक्रमाची शर्थ त्या छ्याव्यान ॥२॥

बाजीरवान अटके पार झेंडा रोवला  
सदाशिवरावाच्या शौर्याने , पानिपतही थरारला  
अटके पार पोचली ही महाराष्ट्राची संस्कृती  
म्हणूनच म्हणतात ना  
दिल्ली चे ही तख्त रखते, माझ्या महाराष्ट्राची माती ॥३॥

टिळकांच्या एका वाक्याने आखा देश पेटून उठला  
काळ्या पाण्याच्या जखमा सोसत स्वातंत्र्याचा मंत्र जपला,  
सावित्रीबाईंनी चालना दिली शिक्षणाला  
पाहिली महिला वैद्य होऊन , आनंदीबाईंनी दाखविला जगाला ॥४॥

अत्रेच्या मराठा वृत्त पत्रातून ,  
संयुक्त महाराष्ट्राचा प्रण पुढे आला  
मराठी माणसाच्या एकजुटीने,  
संयुक्त महाराष्ट्राचा , सूर्योदय झाला ॥४॥

क्रीडा क्षेत्रात ही पारंगत महाराष्ट्र माझा  
सचिन तेंडुलकर जगविख्यात झाला  
कोल्हापूरच्या मातीतला खाशाबा जाधव पहिला ऑलिंपिक वीर नावारूपास आला ॥५॥

इतका सुंदर वारसा लाभला आम्हां,  
काहीतरी पुण्य केले मागच्या जन्मी ,  
शुरांच्या बलिदानाने पावन झाली  
माझ्या महाराष्ट्राची भूमी ॥६॥

इथेच जन्मलो इथेच मिसळून जाऊ  
गाजवू महाराष्ट्राची कीर्ती  
पुन्हा पुन्हा जन्म व्हावा या मातीत  
हीच ईश्वर चरणी विनंती ॥७॥

**Jayraj Gole, 5<sup>th</sup> semester Bsc Nursing**

## महाराष्ट्र एक कर्मभूमी

कर्मभूमी, कर्मभूमी, कर्मभूमी  
काय सांगु माझ्या ह्या मायभूमीबद्दल .  
अहो भलेमोठे राजे-महाराजे, संत-महंत,  
रथी महारथी होउन गेले माझ्या ह्या मायभूमीत  
काय सांगु माझ्या छत्रपती राजांची कथा,  
आणि काय सांगु माझ्या तुकोबांची गाथा..||  
अहो माझ्या मातीत फक्त संतानचाच ध्यास,  
आणि या मनाला फक्त राजांचीच आस  
महाराष्ट्र म्हटलं की माझं राजं आलंचं की,  
आणि सार्वभौमत्वाच एकवटीचं बळ ही आलंचं की.  
काय सांगु माझ्या राजांची कथा  
आणि सांगु माझ्या तुकोबांची गाथा..||  
बहिणाबाई म्हणतात आधी हाताला चटके मग मिळते भाकर  
पण काय सांगु ग आई, पिडझा बर्गर च्या जमान्यात  
नाही भाकरीची कदर  
काय सांगु माझ्या राजांची कथा  
आणि काय सांगु माझ्या तुकोबांची गाथा  
मायमराठी तुला अभिजात दर्जा मिळाला  
पण, अभिजाततेचा अर्थ तुझ्या लेकरांना नाही गं कळाला.  
काय सांगु माझ्या छत्रपती राजांची कथा,  
आणि काय सांगु माझ्या तुकोबांची गाथा..||  
आम्ही स्वाभिमानाने मिरवतो फक्त राजे तुमच्याचमुळे  
आज देवळात देव आहे फक्त राजे तुमच्याचमुळे  
हा देह कुणाचाही गुलाम नाही फक्त राजे तुमच्याचमुळे  
किती आभार मानू माझ्या राजांचे ही कर्मभूमी सक्षम आहे फक्त राजे तुमच्याचमुळे  
जय महाराष्ट्र, जय शिवराय ▶



सुजाता जालिंदर दराडे  
एम. एस.सी नर्सिंग वर्ष दुसरे

## मराठी अस्मितेची हाक

माझा महाराष्ट्र आहे बाप याचे अम्हावरती  
उपकार आहेत अमाप, सह्याद्री ची रांग आणि कोकण च किनारा आहे आम्हा प्रिय  
अहो,, शिवनेरी च्या कडा वरती  
जन्मले ना सिंह

आमची माती संतानी गंधलेली  
ज्ञानेश्वर तुकारामांच्या ओव्या सजलेली  
या धरती वर यांच नाव अजुन हे असे अजरामर म्हणूनच आम्ही करतो यांच्या नावाचा गजर

इथल्या सागराच्या लाटा स्वराज्याचा इतिहास सांगतात  
झाडांची हिरवी पाहे जनु काही  
हर हर करतात

याच पावन भूमी वर जन्मले ना  
आमचे फुले आंबेडकर,,,  
लोकांच्या हितासाठी होऊन गेले ते अमर  
अमर आहे अजुन यांच्या  
पराक्रमच्या गाथा  
म्हणूनच तर न विचार करता यांच्या चरणांवरती  
टेकतो आमचा माथा..

पण आज माझ्या महाराष्ट्राची परिस्थिती  
का कमकुवत आहे?????  
एकजुटीने लढनारे राष्ट्र आज जातिवदात  
का गुरफटून आहे?????  
शेवटी असच म्हणावस वाटेल मला  
की एकीने राहुयात सारे कारण इथली माती  
घडविण्यात थोर मोठ्यांचा वाटा आहे  
माझ्या मायभूमीत राहणारा प्रत्येक मानुस  
जाती ने नव्हे तर कर्मा ने मराठा आहे....

Ms. Nisha Gavli (5th Sem BSc Nursing)

सुंदर माझी शाळा गं!

घंटा वाजते भरते शाळा  
सुंदर सकाळची वेळ प्रार्थनेची  
शिकवण देणे माणसांना  
माणूस म्हणून वाढवायची

होतात सुरू शिकवण्याचे तास  
नव्या उत्साहाने आम्ही रमतो,  
दहावीची मिळते सुट्टी  
काळा पोशाख पी.टी. खेळतो

शिक्षकांच्या नजरेतून  
कोणीही कधी वाचत नसतो  
प्रत्येक शिक्षक धड्यातून  
खडा एक शिकवत असतो

शिक्षकांचे प्रेमळ स्वभाव  
नेहमीच देतात चालना  
ओरडतील थोड्या वेळा करता  
पण चांगल्या असतात भावना

विविध मजे करता करता  
स्वतःला पाहावे वाटते  
मिळून मिसळून हवा खाण्याची  
गंमत काही वेगळीच असते

मजेबरोबर अभ्यासही  
खूप सारा करत असतो  
बंद मस्तीत होऊन सारे  
दप्तर अडकवून घरी जातो  
सुंदर माझी शाळा गं!

शुभ्रता वि. नाकवी (SYGNM)

# माझं बालपण हरवलंयं..

माझं वय होतं खेळायचं,  
पुस्तकांमध्ये हरवायचं,  
आईच्या पदराला धरून,  
स्वप्न पहायचं.

मला समजले नाही,  
त्या दिवशी नेमकं काय झालं,  
फक्त खूप दूखलं होतं.  
तो माझा पहिला स्पर्श होता -  
पण प्रेमाचा नव्हे, तर जबरदस्तीचा.

तो घरात यायचा,  
माझ्याशी हसायचा,  
माझ्या डोक्यावरून हात फिरवायचा,  
तेव्हा वाटायचं की,  
तो मायेचा स्पर्श आहे पण एक रात्री,  
तो स्पर्श काळा झाला.

तो म्हणाला, गप्प बस,  
हे आपल्यातलं आहे, मी रडले, धडधडले,  
पण त्याचं राक्षसी मन काही थांबल नाही.

माझा दोष काय होता?  
माझं सुंदर दिसणं,  
की माझं गप्प राहणं?  
माझं खेळणं, माझे रंग, माझ्या बाहुल्या,  
सगळं काही एका रात्रीत हिरावून गेलं.

आज मला हॉस्पिटलमध्ये नेलं गेलं,  
सुई, औषधे, टाके....  
मी रडले नाही, पण माझं अंतःकरण अजूनही ओरडत होतं -मी फक्त 14 वर्षांची आहे!

पोटात वाढलेलं काहीतरी परकं होतं  
ते माझं नव्हतंच,  
पण त्याच्या अस्तित्वानं मला 'आई' म्हणायचा हक्क दिला.  
जो मी कधीच मागितला नव्हता.-

मी अजूनही तशीच आहे 14 वर्षांची एक मुलगी.  
जी फक्त आईच्या कुशीत शांत झोपू इच्छित होती.  
पण आता त्या कुशीत फक्त दुःख शिल्लक आहे.

हो, माझं बालपण हरवलंय ते पण कायमचं !

Ms. Shravani Mestry (TYGNM)

## BUDAPE KI AISI BACHPANA PHIR NHI CHAHIYE.....

Log kehete hai ki budape ke sath bachpana aa jata hai...  
Hamne bhi muskurakar kaha ki kash kuch es baat ki tarah hamari baat hoti  
Jin umr me ye mulayam hatheli kisi pankh ki mehesusta pe honi chahiye thi  
Us Umar me ye pankh kisi budape ke hatho chala gaya  
Hamne javani me jeena , sikha hi kaha bhala  
Bachpana to kisi or ke hatho thama diya gaya..  
Mai jaan na saki vo pehela daur jis deen mai apni javani par rukhi ||2||  
Mujhe kya pata tha ye gam bataya bhi jata hai  
Phir kya hota tha , yun bhari bachpana me ham "maa" kehela gaye.....  
Or es baat par mai phir muskura deti hun ki budape ke sath bachpana aa jata  
hai.....

~ shweta khadka

## एक आशा

एक रिपोर्ट ने शेक दी साँसे  
डर ने घेर लिया हर ख्वाब  
पर इस अंधेरी सी खबर में  
छुपा है एक नया सा जवाब

आँखों में आँसू सही मगर पर  
हिम्मत आज भी बाकी है  
ये लड़ाई लंबी जरूर है  
पर जिंदगी अभी बाकी है

बाल झड़े तो क्या गम है  
मुस्कान अब भी चमकती है  
जिस्म थक सकता है एक दिन  
पर रूह कभी नहीं थकती

माँ की दुआँ, दोस्त का हाथ  
यह दवाओं से भी बढ़कर है  
इलाज से भी आगे जो साथ चले

**Care beyond the cure** की हिम्मत बने

- Mr. Gaurav Tulve (SYGNM)

## “मराठी अस्मितेची हाक”

माझा महाराष्ट्र आहे बाप याचे अम्हावरती  
उपकार आहेत अमाप, सह्याद्री ची रांग आणि कोकण च किनारा आहे आम्हा प्रिय  
अहो,, शिवनेरी च्या कडा वरती  
जन्मले ना सिंह  
आमची माती संतानी गंधलेली  
ज्ञानेश्वर तुकारामांच्या ओव्या सजलेली  
या धरती वर यांच नाव अजुन हे असे अजरामर म्हणूनच आम्ही करतो यांच्या नावाचा गजर  
इथल्या सागराच्या लाटा स्वराज्याचा इतिहास सांगतात  
झाडांची हिरवी पाहे जनु काही  
हर हर करतात  
याच पावन भूमी वर जन्मले ना  
आमचे फुले आंबेडकर,,  
लोकांच्या हितासाठी होऊन गेले ते अमर  
अमर आहे अजुन यांच्या  
पराक्रमच्या गाथा  
म्हणूनच तर न विचार करता यांच्या चरणांवरती  
टेकतो आमचा माथा..  
पण आज माझ्या महाराष्ट्राची परिस्थिती  
का कमकुवत आहे?????  
एकजुटीने लढनारे राष्ट्र आज जातिवदात  
का गुरफटून आहे?????  
शेवटी असच म्हणावस वाटेल मला  
की एकीने राहुयात सारे कारण इथली माती  
घडविण्यात थोर मोठ्यांचा वाटा आहे  
माझ्या मायभूमीत राहणारा प्रत्येक मानुस  
जाती ने नव्हे तर कर्मा ने मराठा आहे....

Ms. Nisha Gavli, 5th Semester BSc Nursing

## माझे बाबा ❤️

कोण म्हणतं लेकी ला जन्माला येऊ देत नाहीत,  
माझा जन्म झाल्यानंतर सर्वाधिक आनंदी होते,  
ते म्हणजे माझे बाबा!!

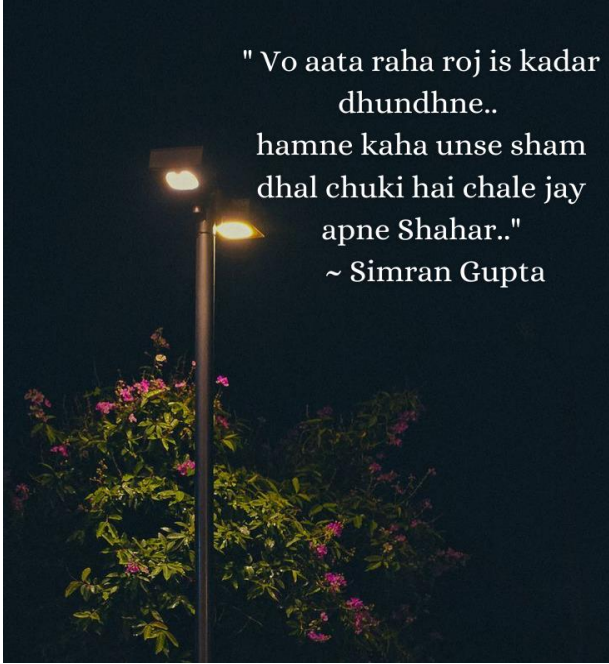
कोण म्हणतं लेकी ला फक्त चूल आणि मूल च नशिबी  
असत, मला स्वतःच्या पायावर उभे राहायला सांगणारे,  
माझे बाबा!!

कोण म्हणतं लेकी च्या स्वप्नाकडे कुणीही लक्ष देत नाहीत,  
माझ्या स्वप्नांन करीता उंच भरारी घेण्यास शिकवणारे,  
माझे बाबा !!

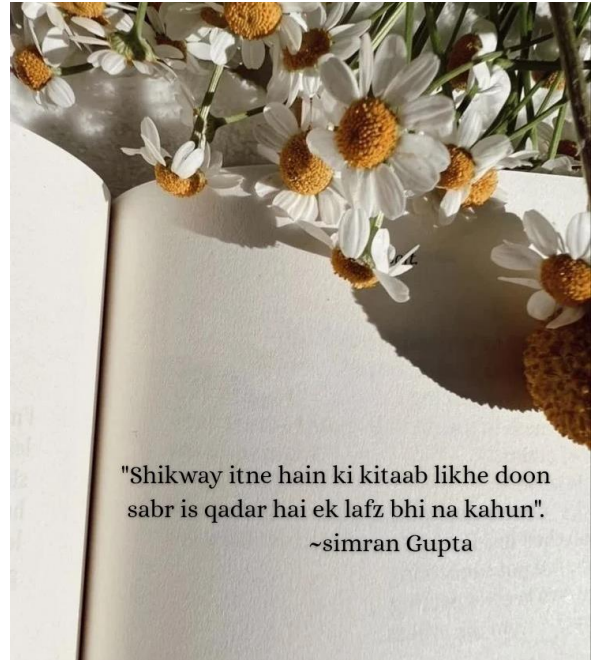
कोण म्हणतं लेक आणि लेकी मध्ये भेदभाव केला जातो  
मला आणि माझ्या भावाला समान समजणारे,  
माझे बाबा !!

कोण म्हणतं लेकी ला आपले समजले जात नाही  
माझ्यावर जिवापाड प्रेम करणारे  
माझे बाबा !!

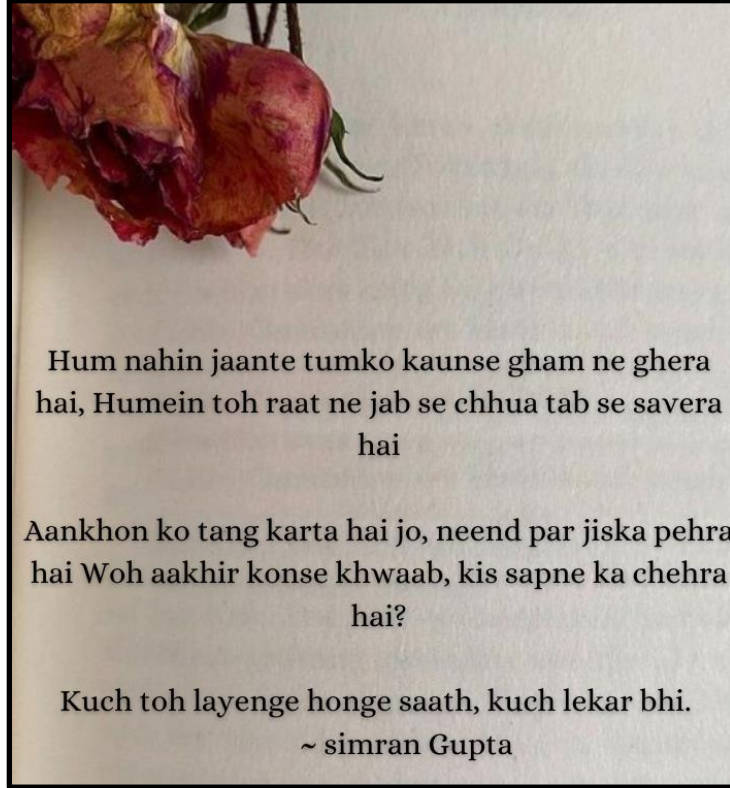
Ms. Rutika Jadhav (5th Sem BSc Nursing)



" Vo aata raha roj is kadar  
dhundhne..  
hamne kaha unse sham  
dhal chuki hai chale jay  
apne Shahar.."  
~ Simran Gupta



"Shikway itne hain ki kitaab likhe doon  
sabr is qadar hai ek lafz bhi na kahun".  
~simran Gupta



Poem by Ms. Simran Gupta (TYGNM)

# भारतीय संविधानातील मुलत्व हुंड्याची द्रुष्ट रूढी काशाप्रकारे विफल करते.

" जिथे जन्म होता क्षणीच मुलीच्या स्वप्नांना किंमत लावली जाते.

तेथे संविधानातील समानतेची ज्योत कशी उजळून राहते ?

हुंड्याच्या सावलीत माणुसकीचं मोल आहे हरवत चाललं

आणि परत विचारावसं वाटतं, की हे शतक बदललं, पण माझा देश नक्की  
बदलत चाललेला आहे?

भारताचे संविधान हे नवभारताचे पवित्र दृष्टीपथ, न्यायाचे सन्मानाचे शास्त्र मानले जाते. यात अधिष्ठान भाणि मानवाचे प्रत्येक व्यक्तीला समानतेचा मुलभूत अधिकार प्रदान केला आहे. अनुच्छेद १४, १५ आणि १६ या समानते स्तंभांनी स्पष्टपणे घोषित केले आहे की सर्व नागरिक कायव्यापुढे समान अहित च्या भक्कम आणि कोणत्याही प्रकारच्या नाही. परंतु -ची रूढी आव्हान करते. समाजात भेदभावाला स्थान खोलवर रुजलेली हुंड्या समानतेच्या तत्वांना केवळ देत नाही, तर त्यांना प्रत्यक्षात विफल.

हुंडा एक विवाहातील व्यवहार हा केवळ नाही, ती स्त्रीच्या अस्मितेचे प्रतिष्ठेचे आणि स्वातंत्र्याचे शोषण करणारा एक निःशब्द अत्या -चारी समानतेचे यंत्रणा आहे. संविधान जेथे स्त्री-पुरुष स्वप्न रेखाटते, तेथे हुंडा स्त्रीला दुसऱ्या क्रमांकावर ढकलतो. समाज जेव्हा मुलीच्या  
जन्माला

आर्थिक भार मानतो. -. तेव्हा त्या क्षणालाच संविधा नाच्या समानतेची हार सुरु होते..."

समानतेची ज्योत पेटली संविधानाने दिली मशाल पण हुंड्याच्या काळ्या सावलीबाली,  
भाजही थरथरत नारीची चाल.

भारताच्या अनेक कलमांतून मांडला आहे. संविधानाने समानतेचा विचार अत्यंत ठोस व ठामपणे

ही समानता चार आयांमध्ये व्यक्त होते..

1.कायदेशीर समानता -

कलम १४ प्रत्येक नागरिकाला "कामव्या पुढे" समान मानते. म्हणजेच कोणालाही फक्त स्त्री -मुळे वेगळे वागविणे चुकीचे.

2.सामाजिक समानता -

कलम १५ मांगते की लिंग, जात, धर्म यांच्या आधा -रावर कुणाविरुद्ध भेदभाव करता येणार नाही.

3.संधीतील समानता -

कलम १६ नुसार प्रत्येकाला स्वनःची ओळख समान संधी मिळाली पाहिजे. निर्माण करण्यासाठी

4.प्रतिष्ठेसह जिजनाचा अधिकार -

कलम २१ फक्त जीवंत नाही, जगण्याचा राहण्याचा अधिकार देन, तर सन्मानाने, भीतीविना आणि आनंदान अधिकार हमी देतो.

पण हुंडा या सर्वावर तिडीक ठेवतो - जणू संविधान एका बाजूला आणि समाजाचा विचार दुसऱ्या बाजूला

हुंडा ही फक्त एक गैरप्रथा नाही. ती मानसिकतेचा रोग आहे, स्त्रीच्या अस्तित्वावर झालेली ऐतिहासिक हिंसा आहे गुदमवणारी हे आणि समानतेच्या स्वप्नाला अदृश्य बेडी आहे.

हुंडा हा समाननेला व मानवी प्रनिळेला कशा प्रकारे चिरडतो हे खालिल पैकी मुख्यांप्रमाणे :-

अस्तित्वाचे अवमूल्यन : समानतेवर आणि सर्वात खोल धाव स्त्रीच्या पहिला

था तत्वात म्हणून न पाहता संवैधानिक समानतेची मुलं आहेत. पण हंडा पद्धत मुलीला व्यक्ती-व्यवहारीक "मानवी प्रतिष्ठा" वस्तू बनवते.

मुलगी जन्मली की घरात आनंदापेक्षा भविष्या हा विचार आधी येतो. -तील खर्च

निच्या शिक्षण निवड हे तिचे आरोग्य, करिअर, आवडीची मूलभूत हक्क असताना, समाज तिचे आयुष्य टुंड्याच्या राशीशी जोडतो.

ज्या संस्कृतीत मुलगी "परक्याचे धन" मानली जाते, त्या संस्कृतीला समानतेची उमगत नाही. भाषा कधीच

या अवमूल्यनामुळे संविधानाची आत्मा - मालवि प्रतिष्ठा थेट जखमी होते.

स्वातंत्र्याचा हनन : नात्यांना लोभाच्या जखड्यात कैद करणे :-

हुंडा विवाहाला "दोन मनांचा मिलाप" न ठेवता यामुळे घराण्यातील व्यवहार" बनवतो. स्त्रीला आयुष्यभर विविध स्वातंत्र्यापासून वंचित राहावे लागते.

अ) भावनिफ स्वातंत्र्याचा अभाव -

हुंडा न मिळाल्यास तिला अपमान, सततचे टोम तिरस्कार सहन करावा लागतो. लग्नानंतर ही अपेक्षा सतत वाढत राहतात, तर न संपूर्ण आयुष्य एकतर्फी मागण्यांचे रूप धारण करते.

ब.आर्थिक स्वातंत्र्याचा अभाव-  
स्त्रीला खर्च म्हणून पाहिलं जातं.

आर्थिक स्वावलंबन ही समानतेची गरज आहे, पण हुंडा परात तिला  
निर्भरतेच्या अंधारात ढकलते.

क)मानसिक स्वातंत्र्याचा अभाव -

धमक्या, मारहाण, मानसिक त्राम आणि कधी कधी मृत्युही.... हे सुद्धा  
हुंड्याचे परिणाम अहित.

या सर्वातून संबिधानातील अनुच्छेद 29-1 वैयक्तिक स्वातंत्र्य पूर्णपणे  
खंडित होते. जीवन आणि

सामाजिक न्यायाचा अपमान: संधी, अधिकार भाणि प्रतिष्ठेतील विषमता -  
भारतीय संविधानाचे उद्दिष्ट समाजातील दुर्बल घरकांना संरक्षण देणे आहे.

पण हुंडा पद्धत उत्तर करत आहे- विशेषतः गरीब, ग्रामीण आणि वंचित  
कुटुंबावर अन्याय वाढवते

गरीब कुटुंबातील मुलींना हुंडा देण्यामः असमर्थता असते.

त्या मूळे त्यांच्या शिक्षण, विवाह आणि सुरक्षितते - वर मर्यादा येतात.

अनेक मुलींचे बालविवाह होतात, कारण "आता हुंडा कमी लागेल" असा  
भ्रम पालकांमध्ये असतो.

यामुळे संविधानातील सामाजिक फक्त पुस्तकात उरते. न्याय हे तत्व

आर्थिक शोषण: कर्ज, बिकट परिस्थिती आणि कुटुंबाचे उद्ध्वस्त जीवन

हुंडा ही सामाजिक संकल्पना नाही तर आर्थिक आपत्ती आहे. एकीकडे

संविधान समान संधीचे स्वप्न दाखवत असताना, हुंडा कुटुंबांना कर्जाच्या

गर्तेत ढकलतो.

अनेक कुटुंबे लग्नासाठी कर्ज होतात. वर्षानुवर्षे ते व्याज फेडन राहतात.

कधी कधी पडतात घर विकावे लागते, व्यवसाय बंद संपूर्ण परिवार आर्थिक संकटात सापडतो.

था आर्थिक विषमतेमुळे संविधानातील अनुच्छेद १६-समा होतो.

संधींचा अधिकार अप्रत्यक्षपणे बाधित

कायदे आहेत, पण मानसिकता बदलत नाही -संविधानापेक्षा मजबूत रुढीवाद -

१९६१ चा IPC 498A, Dowry Prohibition Act

आणि अनेक कायदे हुंडा गुन्हा घोषित करतात.

पण प्रश्न आहे. कायव्याचा नाही- तो मानसिकतेचा

समाजात आजही "हुंडा प्रतिष्ठेचा अशी विकृत विचारसरणी आहे.

प्रश्न आहे"

हुंडा होणारे स्वतःला " योग्यवर" समजतात.

मुलीचे कुंटूब स्वतःच कधी कधी "इज्जती माठी": हुंडा देते.

कायब्या पेक्षा मजबून असलेली ही सामाजिक मानसि - कता संविधानाच्या तत्वाशी मोठा विश्वासघात करते.

मनोवैज्ञानिक परिणाम : स्त्रीचे अंतर्मन जखमी होणे--सांगते की

मानवी व्यक्तिमत्वाचे भाकार मानरशास्त्र बांधणे स्वाभिमानावर

अवलंबून असते.

मी भार आहे"

." मी कमी किमतीची आहे"

"माझे अस्तित्व व्यवहारावर अवलंबून आहे"

माझ्या पालकांना माझ्या मुळे त्रास होतो."

अशा भावना बनवतात स्त्रीला मानसिकदृष्ट्या कमकुवत आणि निर्भर ही बनवतात.

समानतेचा अधिकार केवळ कार्यदेशीर नमून मानसिक समानता देखील तेथेच हुंडा पद्धत

आवश्यक पूर्णतः अपयशी ठरते. आहे-आणि

आज आपला भारत देश प्रत्येक गोष्टीमध्ये आधा -डीवर आहे चंद्रावर मोहिम पाठवतो,

तंत्रज्ञानातील महासत्ता बनतो, जागतिक आर्थिक शक्ती म्हणून उदयाला येतो.

पण - सारख्या समाजातील एक भाग भजूनही हुंड्या मध्ययुगीन प्रथेच्या अंधारातून बाहेर पडू शकत नाही. हा विरोधाभास संविधानाच्या भाधुनिक, वैक्यानिक, आणि मानवतावादी मुल्यांना धक्का देतो.

"मुलगी ही घराची शोभा, संस्कृतीची मानी, भविष्यातील उजेड आहे,

तिला किंमतीत मोजणे हे कितपर योग्य आहे,

जर पेटवायची असेल समानतेची ज्योत तर सुरुवात मी माझ्या पासूनच करेन,

मग तेव्हाच हुंडा संपेन अर्थाने उजलेन. अन् संविधान क्या

समाजाने, कुटुंबाने आणि व्यक्तीने मिळूनच ही जखम भरू शकते बदल आपल्या

घरापासूनच सुरु झाला पाहिजे. तेव्हाच संविधानातील समतेची मशाल अखंडतेने पेरती राहिल.

निष्कर्ष : समानतेनेकडे जाणारी खरी वाट -

हुंडा पद्धत केवळ स्त्रीचा संविधा नाग अवमान वाढवते, अन्याय अपमान नाही-ती आहे. ती समाजातील विषमता मानवी मुल्ये चिरडते. घडवते आणि समानतेची खरी पूर्तता तेव्हाच होईल जेव्हा - मुलीला व्यक्तीत्वाने पाहिले जाईल, कुटुंबे समानतेला संस्कारामध्ये रुजवतील. समाज मानसिकतेने आधुनिक होईल, आणि हुंड्यासारख्या प्रथा इतिहासाच्या पानांमध्येच राहतील. समानतेचा दिवा संविधानाने दिला तो तेजाने पेखने हा प्रत्येक भारतीयाचा कर्तव्य, नैतिक जबाबदारी आणि मानवी कर्तृत्वाचा खरा कस आहे.

-निशा गवळी

(5th semester bsc.nursing)

## **Subject: Futility of Present laws to eradicate the Evil Custom of Dowry.**

### **Laws vs. Tradition: Why Dowry Still Wins the Battle.**

The dowry system, one of the most deep-rooted social evils in the Indian Subcontinent. Continues to cast a long shadow over society despite numerous laws designed to prevent it.

Dowry, in its simplest sense, refers to the money, goods or property that the bride's family gives groom and his Family at the time of moniage.

Historically, this practice emerged as Stridhan-a form of economic security for women. However, over time, this intention has distorted into an oppressive custom that has resulted in harassment, cruelty, domestic violence, and even the tragic deaths of thousands of women every year. Although the Indian government has implemented stringent laws to curb this menace, the persistence of dowry raises an important question: Why have present laws failed to eradicate this evil custom?

To understand the Futility of the Current legal measures, it is necessary to examine the existing framework. India's anti-dowry legislation includes the Dowry prohibition Act (1961), sections 304B and 498A of the Indian Penal Code, and Sections 113A and 113B of the Indian Evidence Act. These laws criminalize giving or receiving dowry, address Cruelty by husbands or in-laws, and prescribe strict punishment for dowry-related deaths. While this framework appears strong on Paper, its implementation remains weak, inconsistent, and often ineffective in practice.

One of the biggest reasons for the failure of these laws is the deep-rooted social acceptance of dowry. In many communities, dowry is still not considered a crime but rather a "tradition" or even a symbol of Status. What is legally a punishable demand is often disguised as a "gift", making it nearly impossible to prove in court. Even educated families continue to follow this practice for the sake of prestige. No matter how strong the laws are, they Cannot defeat a mindset that refuses to change.

Another major barrier is the lack of awareness among women, especially in rural areas. Many do not know their rights or the legal protections available to them. Even when they do, they hesitate to report dowry harassment. Due to societal pressure, fear of judgement, or the belief that they must tolerate injustice to save their marriage. This silence helps the evil flourish. The following poem best expresses the pain of this fight:

"A daughter is not a price to pay.  
she is not gold to give away.  
Her dreams are bright, her soul is free  
Not a burden on family tree.  
Marriage is love, not a deal,  
No money can make hearts feel.  
Stop the evil, raise your voice,  
Let every girl have her choice"

The inefficiency of the legal system is another major factor. Investigations into dowry cases are often slow or mishandled. Some police officers treat these complaints as personal family matters rather than serious crimes. Court cases drag on for years, causing victims to lose hope. The low conviction rates further encourage the offenders, strengthening the belief that

At times, misuse of anti-dowry laws-although it occurs in a minority cases-has weakened their credibility. Some people file false cases for personal. revenge or marital disputes. A known example is the 2003 Nisha sharma case. she accused her of dowry demands, but in 2012 the False and meant prospective groom of dowry court found the charges were to stop the marriage. Cases like this, though rare, create doubt and make authorities more cautious, sometimes even towards genuine victims. However, Such misuse is far less common than real suffering faced by thousands of women.

The economic side of dowry also keeps alive. Sons are often seen as assets and daughters as financial burdens, so a well-educated or high-earning groom is seen as "deserving" of more dowry. This turns marriage into a business deal rather than a bond. until women become truly economically independent, dowry will continue.

Another issue is that the laws are mostly reactive rather than preventive. They come into action only after harassment or tragedy has already happened. There are no strong checks before marriage to stop dowry demands. without preventive steps, laws alone cannot dismantle an age-old practice.

Social Conditioning also plays a Crucial role. Many girls grow up being taught to be submissive, and Families fear that refusing dowry demands will might make the "unmarriageable" and tell them marriage is their ultimate goal. Society glorifies lavish weddings and extravagant rituals, creating an environment where dowry easily survives despite legal prohibitions.

To completely eradicate this evil, legal enforcement, strict legal action must be supported by Social Change. Education, gender equality, financial empowerment of women, and strong awareness Campaigns are essential. Schools, colleges, and Communities must openly discuss the harmful dowry and encourage young people effects of to reject it.

Ultimately, laws can guide society. but they cannot transform minds unless people themselves chose to change. This trith is best expressed in the poem below:

"Laws stand firm on every page.  
Yet dowry lives from age to age.  
Till hearts reject this cruel demand.  
No Law alone can take a stand"

Dowry continues not because the laws are weak,  
but because Society still supports the practice.  
Only when laws and social attitudes work  
together-hand in hand then en only the evil  
custom of dowry Finally be defeated.

Name: Shradha Sanjay kamble  
5th semester  
Email: Shradha kamble@somaiya.edu.

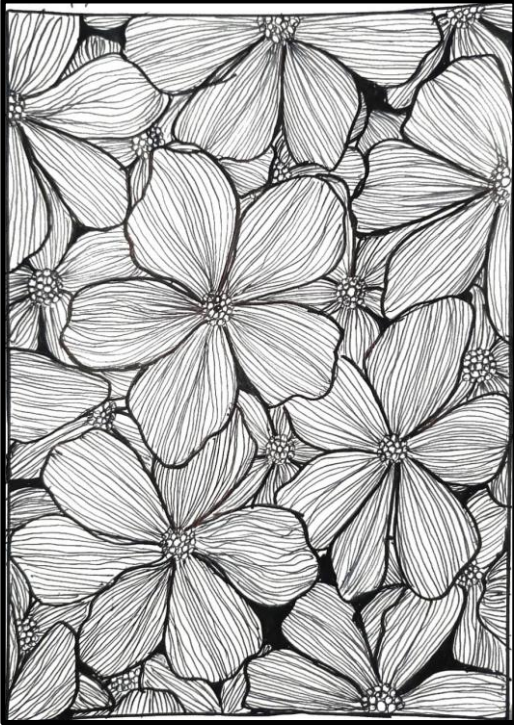




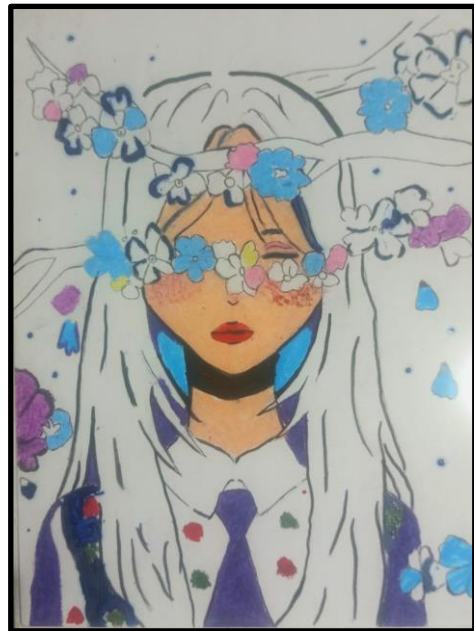
**Makar By: Ms. Aayushi Pal & Ms. Priti Arkeri (TYGNM)**



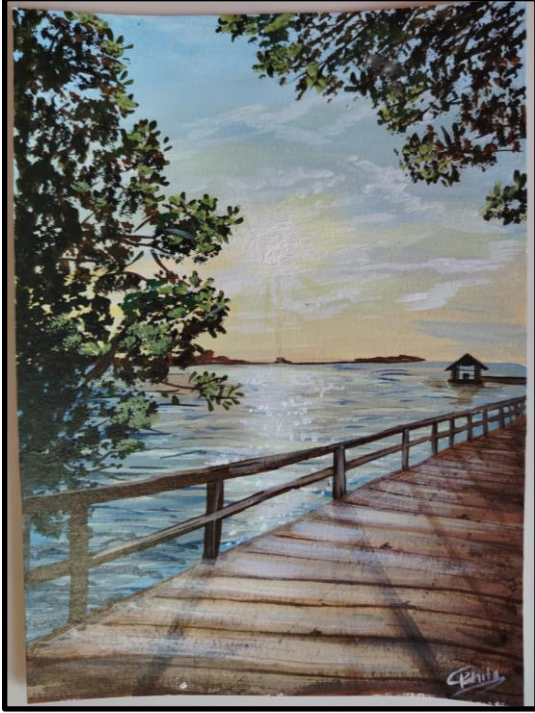
**Pookalam By: Ms. Mansi Vinayak Wangde (TYGNM)**



**Artwork by: Ms. Arpita Kannaujiya (FYGNM)**



**Artwork by : Ms. Poorva Patil (FYGNM)**

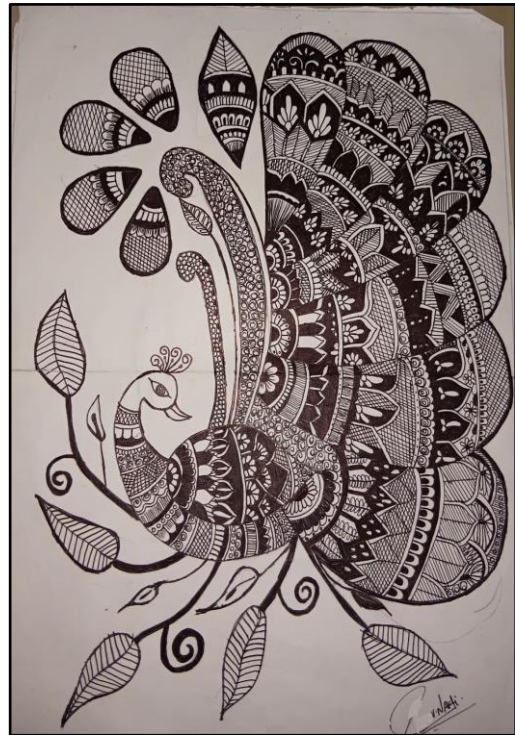


Ms.Preshita Arvind Mhaske  
(3rd Sem BSc. Nursing)



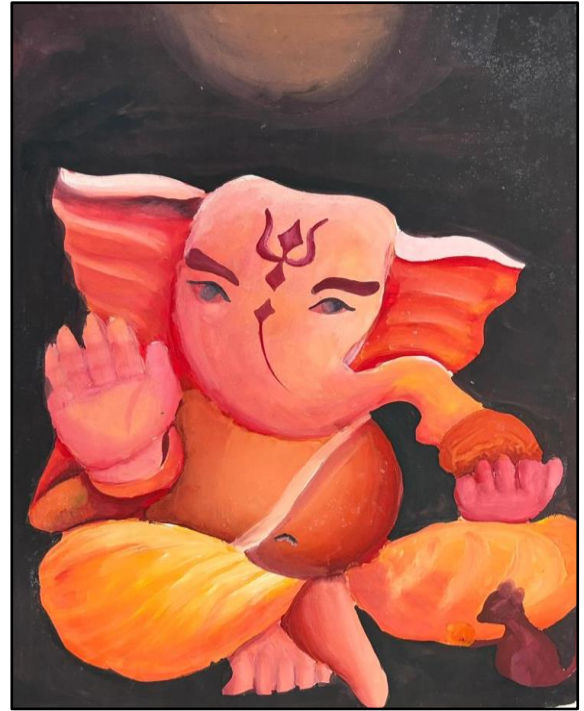
Ms. Mrunal Bhosle (FY GNM)





**Artwork by:** Ms. Shubhrata Nakti (SYGNM)





**Artwork by: Ms. Saniya More (TYGNM**





**ARTWORK BY : Ms. Devyani Brahmanand**  
**PHOTOGRAPHY SKILLS** by Mr. Samrat Arvind Kamble,  
(Semester V)





**Photography Skills by: Ms. Misbah Shaikh (TYGNM)**

## **UMMEED**

*Life is full of challenges,  
Challenges are a part of life,  
If there are no challenges,  
There can be no life.*

Taking this into consideration, a mental health initiative- 'Ummeed' driven by Founder, Ms. Snehal Ande was started with the intention of bringing 'hope' to the students' lives when life looks like a never-ending struggle.

Several individual and group counselling sessions are conducted to help students cope up with various challenges which they have been facing: whether it is dealing with academic pressure, challenges in interpersonal relationships or dealing with grief and loss. Thus, prioritizing students' emotional well-being has always been and continues to remain at the forefront at K.J Somaiya School/College of Nursing.

To conclude, I would like to share what the counselling journey for students at Ummeed looks like:

*Talking about trauma and grief,  
Time is limited, time is brief,  
Learning about coping mechanisms that are healthy,  
Enables the students to become resilient and  
**EMOTIONALLY WEALTHY!***



**MS. KSHITIJA SAWANT  
COUNSELLOR**

**K. J. SOMAIYA SCHOOL AND COLLEGE OF NURSING**

# NSS

NOT ME, BUT YOU  
ESTD.... 2021



The National Service Scheme (NSS), a distinguished initiative of the Government of India, is committed to cultivating socially conscious youth and advancing sustainable community development. As dedicated volunteers, we take immense pride in being part of this transformative movement, which provides us with invaluable opportunities to engage directly with society and contribute meaningfully to the public good.

Our NSS unit undertook a diverse array of community-centered initiatives, including comprehensive cleanliness campaigns and thoughtfully designed educational workshops. Through systematic assessment of our adopted community's needs, we formulated strategic and impactful interventions to address prevailing challenges. These endeavors not only enhanced the well-being of community members but also refined our own competencies in leadership, collaboration, critical analysis, and adaptive problem-solving.



## ADVISORY COMMITTEE MEMBERS



DR. AVANI OKE  
PRINCIPAL  
K.J.SOMAIYA SCHOOL AND  
COLLEGE OF NURSING



DR. JAVASHREE SALVI  
VICE PRINCIPAL  
PROGRAMME OFFICER  
K.J.SOMAIYA SCHOOL AND  
COLLEGE OF NURSING



MR. ANIKET MAHLIKAR  
GENERAL MANAGER  
NARESHWADI LEARNING  
CENTRE



DR. ASHA POL  
ASSISTANT PROFESSOR-  
COMMUNITY MEDICINE  
K.J.SOMAIYA MEDICAL  
COLLEGE



DR. SHWETA KSHIRSAGAR  
ASSOCIATE PROFESSOR  
K.J.SOMAIYA SCHOOL AND  
COLLEGE OF NURSING



MS. SNEHAL ANDE  
MENTAL HEALTH NURSING  
ASSISTANT PROG. OFFICER  
K.J.SOMAIYA SCHOOL AND  
COLLEGE OF NURSING



MS. GRESHMA ANTO  
MEDICAL SURGICAL NURSING  
ASSISTANT PROG. OFFICER  
K.J.SOMAIYA SCHOOL AND  
COLLEGE OF NURSING



MS. DHANASHREE DESAI  
HOD COMMUNITY HEALTH  
NURSING  
K.J.SOMAIYA SCHOOL AND  
COLLEGE OF NURSING



MR. TISHAR KHANDEKAR  
6TH SEMESTER B.SC. NURSING  
K.J.SOMAIYA SCHOOL AND  
COLLEGE OF NURSING



MS. SAKSHI DHIMAL  
7TH SEMESTER B.SC. NURSING  
K.J.SOMAIYA SCHOOL AND  
COLLEGE OF NURSING



MR. VEDANT PAWAR  
7TH SEMESTER B.SC. NURSING  
K.J.SOMAIYA SCHOOL AND  
COLLEGE OF NURSING




MS. ADITI PATKAR  
6TH SEMESTER B.SC. NURSING  
K.J.SOMAIYA SCHOOL AND  
COLLEGE OF NURSING



Sr. no.	Events	Activities
1	Medical Drives	<ul style="list-style-type: none"> <li>• Medical camps</li> <li>• Blood Donation Camps</li> </ul>
2	National Days	<ul style="list-style-type: none"> <li>• Independence Day celebration</li> <li>• Republic Day celebration</li> <li>• Cultural programs</li> </ul>
3	Health Awareness	<ul style="list-style-type: none"> <li>• Women's Day celebration</li> <li>• Children's Day celebration</li> <li>• HIV/AIDS day</li> </ul>
4	Swachh Bharat Abhyan	<ul style="list-style-type: none"> <li>• Campus cleaning drives</li> <li>• Street play on Plastic Ban</li> </ul>

# स्वच्छ भारत COMMITTEE



-  Care a Plant


Promoting environmental awareness by encouraging students to plant and nurture greenery.

-  Clean Audit

Maintaining campus cleanliness and hygiene to create a healthy healthcare environment.

-  Menstrual Hygiene & Personality Development

Spreading awareness about menstrual health and building confidence and self-development among students.

 **K.J. SOMAIYA SCHOOL & COLLEGE OF NURSING**

"Nursing Students – Caring for Society, Environment and Health."

# PAWS

For a Cause



- 🍲 **To conduct feeding drives**

Regular feeding activities will be arranged to support stray and vulnerable animals within the community.

- 🩺 **To organize regular checkups and vaccinations**

Collaboration with veterinarians will be pursued to ensure that stray animals receive timely health checkups and essential vaccinations.

- 🏠 **To provide first aid to injured stray animals**

Members will be trained in basic animal first aid to respond swiftly to injured animals and ensure immediate care.

- 🤝 **To collaborate with NGOs for animal care and wellbeing**

Partnerships with reputable animal welfare NGOs will be established to strengthen outreach, receive support, and enhance the impact of the club's initiatives..

**K J SOMAIYA SCHOOL AND COLLEGE OF NURSING**

**“Healing isn’t just for humans—compassion extends to every life.”**

## Message from the IQAC Team

Greetings from the Internal Quality Assurance Cell (IQAC).

The Internal Quality Assurance Cell of K. J. Somaiya School and College of Nursing continues to function in alignment with the institutional motto, “*We strive, we drive... for quality,*” ensuring sustained academic excellence and systematic quality enhancement. The institution takes pride in securing an ‘A’ Grade with a CGPA of 3.17 in its first NAAC accreditation cycle (2023) and striving continuously towards excellence.

The IQAC plays a significant role in developing mechanisms for conscious, consistent, and continuous improvement in academic, administrative, and infrastructural domains.

From the inception of IQAC, it has contributed substantially to the holistic development of the institution by fostering academic standards, professional competence, and ethical values among students.

The IQAC acknowledges and appreciates the valuable contributions of students, parents, faculty members, and both teaching and non-teaching staff, whose sustained support and commitment remain central to the institution’s progress.

**With Best Wishes,**  
***The IQAC Team***



**Ms. Priyanka Ghodake**  
**IQAC Coordinator**



**Ms. Rashmi Chavan**  
**IQAC Co-coordinator**

## K J SOMAIYA COLLEGE OF NURSING



**The main purpose behind the establishment of SNA to uphold the dignity and to promote a team spirit among students with professional ethics.**

**NUMBER OF ACTIVITIES ARSIONED TO THE OBJECTIVES OF THEVES TO ACHIEVE.**



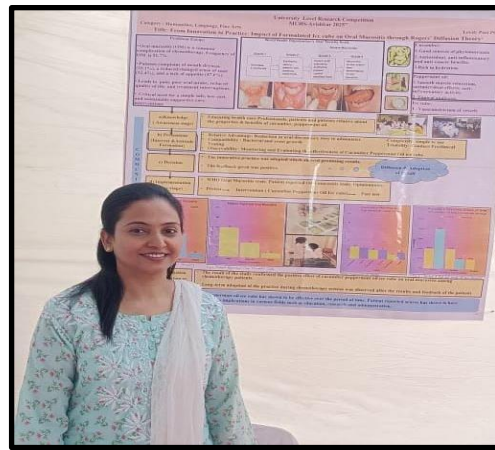
# **SNA UNIT 2025-26**

# MUHS Avishkar and Inter University Competition 2025

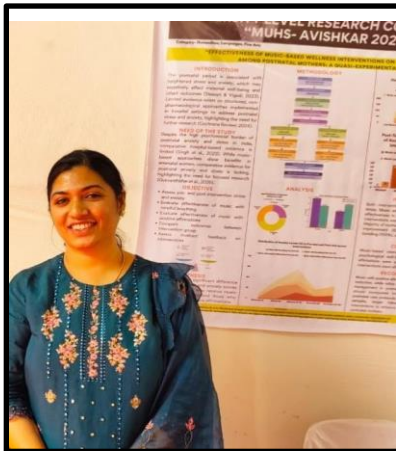
## PhD Scholars representation



Ms. Smita Barmase



Ms. Rashmi Chavan



Ms. Jovita Alex



Ms. Smita Barmase at Inter University



# Rank Holders 2025-2026



Siyanda Menezes  
1<sup>st</sup> Sem  
79.2%



Bhakti Pawar  
2<sup>nd</sup> Sem  
81.71%



Shradha Kamble  
3<sup>rd</sup> Sem  
78%



Sujal Joshi  
5<sup>th</sup> Sem  
78%



Isha Zore  
6<sup>th</sup> Sem  
82%



Alisha Fernandes  
FYGNM  
81.6%



Simran Ansari  
SYGNM  
76%



Pranali Shirodkar  
TYGNM  
88%



Harshada Patil  
1<sup>st</sup> yr MSc  
73.14%



Sujata Darade  
2<sup>nd</sup> yr MSc  
74%

# Alumni Achievement



## ANJALI PURKAIT

### DAISY Award– September 2025 Winner Nomination from a Patient

This nurse is a significant asset to your nursing team.

Her care, compassion, and genuine passion for what she does shine through in every moment I had the pleasure of her caring for me.

She offered to change my cannula which I had was very painful and then the one she did, she did it in an amazing part of the hand which would not be an issue for my bending, and I didn't even feel the pain of the cannula.

She helped me through a shower as I was in ED since yesterday.

Show of knowledge, experience with equipment and explaining, talking through the process and actually giving me the patient a time day, and all with a smile!

I may not be a professional in this field, but talent like hers should not go unnoticed.

I truly believe that with ~~his~~ right mentor, she will continue to grow and one day become a leader in your nursing team.

I came to ED at my lowest point but she did her every best to lift my spirits up.

Hats off to her.

**Ms. Anjali Purkait**

**Received “The Daisy Award” for Extraordinary Nurse & Midwife**

# Faculty and Student Awards at Founders Day

## Excellence in teaching Award



Ms. Rashmi Chavan, Lecturer



Dr. Jayashree Salvi, Vice Principal



Mr. Vedant Pawar (Star Boy Award)



Ms. Gayatri Lad ( Star Girl Award)

## Teaching Faculty



## Non-Teaching Faculty



## Supportive Staff



## 1<sup>st</sup> & 2<sup>nd</sup> Year MSc Nursing



## BSc Nursing Semester VII



## BSc Nursing Semester VI



## BSc Nursing Semester V



### **BSc Nursing Semester III**



### **BSc Nursing Semester I**



**GNM 3rd Year**



**GNM 2<sup>nd</sup> Year**



**GNM 1<sup>st</sup> Year**



**THANKS FOR READING!**