

उद्यमेन हि सिध्यन्ति कार्याणि न मनोरथैः

Jaywant Pratishthan Humgaon Sanchalit,

**Amdar Shashikant Shinde Mahavidyalay, Medha**

Tal.Jawali, Dist. Satara (MS) Pin-415012

**President : Hon. M.L.A. Shashikant J. Shinde**

**Principal : Major Dr. Ashok V. Giri**

M.Com.,B.Ed.,M.Phil.,GDC & A.,Ph.D., DMC & J

Cell :- 9822296596 Email ID : principalasm2022@gmail.com



स्थापना : २००२

जयवंत प्रतिष्ठान हुमगांव संचलित,

**आमदार शशिकांत शिंदे महाविद्यालय, मेढा**

ता.जावली, जि.सातारा(महाराष्ट्र) पिन - ४१५०१२

**अध्यक्ष : मा.आमदार शशिकांत शिंदे**

**प्राचार्य : मेजर डॉ. अशोक व्ही. गिरी**

M.Com.,B.Ed.,M.Phil.,GDC & A.,Ph.D., DMC & J

भ्रमणध्वनी क्र. ९८२२२९६५९६

- NACC Re-Accredited 'B+' Grade • ISO 9001:2015 Certified •
- Affiliated to Shivaji University, Kolhapur • A.I.S.H.E. Code : C-11137

Ref. No. :

Date:

## Best Practices

Sr. No.	Name of Activity	Page No.
1	Exhibition of Wild Vegetables Recipes	2-26



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फोन नं.: (०२३७८)२८५६४५

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## BEST PRACTICS 1

Title of the Practice: "Wild Vegetables Recipes Exhibition"

### 1. Goals

- To strengthen inculcate the traditional knowledge of wild vegetables.
- To create the awareness among the students about entrepreneurship.
- To increase the use of these plants in diet.
- To enhance the skill of identification of wild vegetables plants.
- to bridging the traditional and scientific knowledge

### 2. The Context.

In Hindu culture Shravan month is celebrated as a holy month with many festivals. Usually non-vegetarian's food is prohibited as during this season digestive power is comparatively weak and it's also coincide with the availability of such medicinal importance wild vegetables, therefore they must be utilized. Importance of Wild vegetables Important part of biodiversity Part of food:- Human, Animal & insects. Natural Vegetables Medicinal Properties Mythological background Ethno botanical background Most of the popular vegetables that we know of are recent introductions in our kitchens. Indians have been eating wild vegetables for thousands of years, but unfortunately, we lost the track somewhere at the dawn of modern times. Tribal and rural Indians still value these wild vegetables. An interesting fact is that some wild vegetables have a dedicated cult following in urban areas & big cities where they are sold in special markets. In monsoon nature is offering us many leafy annuals which are part of our culture, traditions and festivals. This practice is to create an awareness about wild unconventional vegetables. Many of them are medicinally important and especially available during monsoon season

### 3. The Practice.

Amdar Shashikant Shinde Mahavidyalaya, Medha has come under hilly and rural area however, students were from farmer families. This activity was organized by department of



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Botany. The activity conducted in our college as a best practice in month of August / September. The students of various departments were actively participated in this activity. Vegetables recipes dishes were made by students at home and exhibited in college with an information about vegetable, their recipe as well as its medicinal uses. Expert lecture was arranged for students to inculcate the knowledge and information about wild vegetables and entrepreneurship. Total 180 students were participated as well as 214 students and faculties were visited to this activity during last five years.

#### 4. Evidence of Success.

The activity helped to achieve the designed goals like to inculcate knowledge about the traditionally prepared wild vegetables and their recipes, students also aware the medicinal and nutritional values of the wild plants which is used in daily diet. With these information students has started their own small business of cultivation of wild vegetables plants in field as well as production of raw material of these plants which is used for cooking purpose. The activity had a great response and wide applauds in the society. The number of participants is increasing per year. They also learn the preparation of traditional recipe of vegetables. Expert guest lecture was also helps in to motivate students for entrepreneurship.

#### 5. Problems Encountered and Resources Required

##### Problems Encountered


- Wild vegetables plants are seasonal, mainly in monsoon season.
- Fresh material available in Less quantity.
- Identification of these plants are difficult for common people on field.
- Less traditional knowledge of recipe of wild vegetables are available.

##### Resources required implementing the practice

- Traditional knowledge of recipe in written form
- Wild vegetables with ingredients for preparation of food.

  
**Head**  
Department of Botany  
Amdar Shashikant Shinde  
Mahavidyalay, Medha



  
**PRINCIPAL**  
Amdar Shashikant Shinde Mahavidyalay  
Medha, Tal. Jaoli, Dist. Satara

दि.१७/८/२०२३


## आमदार शशिकांत शिंदे महाविद्यालय, मेढा नोटीस

महाविद्यालयातील सर्व शिक्षक, शिक्षकेत्तर कर्मचारी व बी. ए., बी. कॉम., आणि बी. एस्सी. च्या सर्व विद्यार्थ्यांना कळविण्यात येते की तालुका कृषी विभाग, जावली (मेढा) व आमदार शशिकांत शिंदे महाविद्यालय मेढा संयुक्त विद्यमाने या वर्षी रानभाज्यांचे प्रदर्शन व विक्री, तसेच रानभाज्यांच्या पाककृतींचे प्रदर्शन दिनांक २१ ऑगस्ट २०२३ रोजी सकाळी १०.०० वाजता महाविद्यालयात आयोजित केले आहे. तरी सदर प्रदर्शनामध्ये सहभागी होण्यास इच्छुक असणाऱ्या विद्यार्थ्यांनी डॉ. उदय पवार, (वनस्पतीशास्त्र विभागप्रमुख) यांच्याकडे नावे दिनांक १९/८/२०२३ पर्यंत द्यावीत. तसेच महाविद्यालयातील सर्व सर्व शिक्षक, शिक्षकेत्तर कर्मचाऱ्यांनी प्रदर्शनास भेट देऊन रानभाज्या खरेदीचा लाभ घ्यावा.

सहभागी विद्यार्थ्यांना सहभागाचे प्रमाणपत्र देण्यात येईल आणि उत्कृष्ट पाक कृतीला बक्षीस देण्यात येईल. (प्रथम क्र. - ५०० रुपये, द्वितीय क्र.- ३०० रुपये, तृतीय क्र. - २०० रुपये)

  
डॉ. उदय पवार  
Head  
Department of Botany  
Amdar Shashikant Shinde  
Mahavidyalaya, Medha.



  
Principal  
Amdar Shashikant Shinde Mahavidyalaya  
Medha, Tal. Jaoli, Dist. Satara

वरिष्ठ महाविद्यालय शिक्षक वर्ग					
अ.क्र.	नांव	सही	अ.क्र.	नांव	सही
१	डॉ. घाटगे पी.आर.		१२	श्री. देसाई ए.ए.	
२	श्री. चव्हाण पी.आर.		१३	डॉ. नलवडे एस.व्ही.	
३	डॉ. शिंदे एस.वाय.		१४	डॉ. कसबे एस. एम.	
४	श्री. गोजगे एस.एन.		१५	डॉ. काळे डी. एस.	
५	श्री. साठे ए.एस.		१६	डॉ. शिंदे एस. आर.	
६	डॉ. धोंडे एस.व्ही.		१७	श्री. केमदारणे एस. जी.	
७	डॉ. पवार व्ही. व्ही.		१८	डॉ. पवार यु.एस.	
८	डॉ. भोसले एस.एच.		१९	डॉ. नगरकर एस.आर.	
९	श्रीम. जाधव जी. पी.		२०	श्री. पाटील पी. डी.	
१०	श्री. ननावरे आर. डी.		२१	डॉ. यादव ओ. व्ही.	
११	श्री. गायकवाड एस.एम.		२२	श्रीम. देशमुख डी. व्ही.	



Jaywant Pratisthan Humgaon Sanchalit  
**Amdar Shashikant Shinde Mahavidyalaya, Medha**  
**Department of Botany and Taluka Krushi Vibhag Jaoli**  
 Jointly organized

**“Exhibition of Wild Vegetables and Their Recipes”**

**Under lead college Scheme**



**21<sup>st</sup> August 2023**

**President**

**Time 10.30 am**

**Prin. Major Dr. Ashok V. Giri**

**Chief Guest :**

**Hon. Smt. Bhagyashri Pawar-Farande** (Dist. Superintendent Agriculture Officer Satara)

**Hon. Shri Vikas Bandgar** (Agriculture Technology Management Agency - ATMA)

**Hon. Shri Sanjay Ghorpade** (Taluka Krushi Adhikari, Medha)

**Gracious Presence:**

**Vice-Prin. Dr. Pramod R. Ghatge**

**Shri. Bhanudas Chorge** (Krushi Adhikari, Songaon)

**Shri. Shankar N. Gejage** (Co-ordinator LCS)

**Dr. Uday Pawar** (Organizer & Head, Dept. of Botany)



Shot on OnePlus

By Dr. Uday Pawar

‘Jayvant Pratishthan Humagaon Sanchalit’  
**Amdar Shashikant Shinde Mahavidyalay, Medha**  
**Department of Botany & Taluka Krushi Vibhag, Jawali**  
**(Medha)**

jointly Organized

## “Wild Vegetable Exhibition - 2023”

**Under Lead College Scheme & Agriculture Technology Management Agency (ATMA)**

### Chief Guest

**Hon. Smt. Bhagyashri Pawar-Farande**

(Dist. Superintendent Agriculture Officer, Satara)

**Hon. Shri Vikas Bandgar**

(Project Director, Agriculture Technology Management Agency - ATMA)

### President

**Prin. Major Dr. Ashok V. Giri**

### Auspicious Presence

**Vice-Principal Dr. Pramod R. Ghatage**

**Hon. Shri Sanjay Ghorpade**

(Taluka Krushi Adhikari, Jawali -Medha)

**Shri. Bhanudas Chorge** (Assit. Agriculture Officer, Songaon)

**Shri. Shankar Gejage** (Co-Ordinator Lead College Scheme)

**Shri. Sachin Nevse** (BTM ATMA, Jawali)

**Dr. Uday Pawar** (Organizer & Head Dept. of Botany)

**Date- 21<sup>st</sup> August 2023**

**Time- 10.30 am**

**Inauguration of Exhibition (Wild Vegetables Recipes)**

**Felicitation of Dignitaries**

**Introduction by :** Shri. Sanjay Ghorpade

**Chief Guest address:** Hon. Smt. Bhagyashri Pawar-Farande

**Invitee Talk :** Hon. Shri. Vikas Bandgar

**Presidential address :** Prin. Major Dr. Ashok V. Giri

**Vote of Thanks:** Dr. Uday Pawar

**Compering:** Smt. Dhanashri Deshmukh

➤ **Exhibition open to all**

# Amdar Shashikant Shinde Mahavidyalaya Medha

## Exhibition of Wild vegetable Recipes

Jointly Organized by Department of Botany and Krushi Vibhag Jawali  
Under Lead College Scheme

### Report

Department of Botany and Krushi Vibhag Jawali jointly organized “**Wild Vegetable Recipes Exhibition**”. on **21<sup>st</sup> Aug. 2023** on 10.30 am at Amdar Shashikant Shinde Mahavidyalay, Medha.

Hon. Bhagyashri Pawar – Farande (District Superintendent of Agriculture Officer) inaugurate the exhibition by cutting of Ribbon. The 42 recipes prepared by students were tested by dignitaries.

Shri Sanjay Ghorpade Taluka Krushi Officer, introduced the guest and provided the outline of exhibition. He also elaborates the importance and the nutritional value of wild vegetables.

Chief guest of this Exhibition Smt. Bhagyashri Pawar-Farande. Express her views with necessity of wild vegetable in human daily life for better health. Shri Shrirang Shinde (Retd.) Forest officer Kas Plateau explain information about Wild vegetables. In Presential address Principal Major Dr. Ashok Giri emphasize the importance of Wild vegetables in diet and take an opportunity for research and self-employments. After examination of the recipes prepared by students, he congratulates all participants with best wishes. He completed his presidential address with promise for support in future help. Dr. P. R. Ghatage, Sachin Nevse, Sahankar Gejaje were the chief presence in this Exhibition at the end of exhibition Dr. Uday Pawar Head Department of Botany express Vote of Thanks. All function was compering by Smt. Dhanshri Deshmukh.

42 students were participated fin this exhibition and all are felicitated by certificate. More than 120 students, 15 farmers all faculty members were visited to exhibition.



Felicitation of Chief Guest



**Presidential Address**



**Dignitaries Testing of Wild Vegetable Recipes prepared by students**



**Interaction with Students**





**Interaction with Farmers**



QRPO+HWV, Bibhavi, Maharashtra 415012, India  
 Bibhavi  
 Maharashtra  
 India  
 26°C  
 79°F  
 2023-08-21(Mon) 01:15(pm)

**Guest Lecture by Shri. Shirang Shinde**



QRPO+HWV, Bibhavi, Maharashtra 415012, India  
 Bibhavi  
 Maharashtra  
 India  
 26°C  
 79°F  
 2023-08-21(Mon) 01:17(pm)

**Vote of Thanks by Dr. Pawar U. S.**



Jaywant Pratisthan Humgaon, Sanchalit

**Amdar Shashikant Shinde Mahavidyalay, Medha**

**“Wild Vegetables Recipe Exhibition” - 2023**

**Certificate of Participation**

This is to certify that

Mr./Smt. ....

from Amdar Shashikant Shinde Mahavidyalay, Medha has actively participated with recipe ..... in “Wild Vegetables Recipe Exhibition” organized on 21<sup>st</sup> August 2023 by department of Botany.



**Head  
Department of Botany**



**Principal**

News clipping (in Local News Paper - Tarun Bhart and Sakal on 24<sup>th</sup> Aug. 2024)

तरूण भारत २४ ऑगस्ट

# रानभाज्या खा अन् तंदुरुस्त रहा-भाग्यश्री पवार

प्रतिनिधी  
मेढा

उत्तम आरोग्यासाठी रानभाज्यांचा वापर दैनंदिन आहारात आवश्यक असल्याचे मत सातारा जिल्हा कृषी अधीक्षक श्रीमती भाग्यश्री पवार यांनी व्यक्त केले.

मेढा कॉलेजचा वनस्पतीशास्त्र विभाग व तालुका कृषी विभाग जावली व कृषी तंत्रज्ञान व्यवस्थापन योजना (आत्मा) यांच्या संयुक्त विद्यमाने, अग्रणी महाविद्यालय योजना अंतर्गत रानभाज्या महोत्सव आयोजित करण्यात आला होता. या महोत्सवाचे उद्घाटन जिल्हा कृषी अधीक्षक श्रीमती भाग्यश्री पवार फरादे यांच्या हस्ते करण्यात आले. त्याप्रसंगी त्या बोलत होत्या.

या प्रदर्शनासाठी कृषी सहाय्यक भानुदास चोरगे, आत्मा जावलीचे सचिन नेवसे, विभागीय संपर्किका सुनिता राजे-घाटगे, ग्राहक



मेढा : रानभाज्या महोत्सवात भाज्यांची पाहणी करताना जिल्हा कृषी अधीक्षक भाग्यश्री पवार व इतर.

पंचायत महाराष्ट्रचे आर. के. जाधव, नंदकुमार

काटे यांची प्रमुख उपस्थिती होती.

भाग्यश्री पवार म्हणाल्या, आजकालच्या घकापकीच्या आणि स्पर्शेच्या युगामध्ये माणसाकडे आरोग्य व समतोल आहार घेण्यासाठी अजिबात वेळ नाही. याचाच परिणाम म्हणून वेगवेगळ्या प्रकारच्या आरोग्याच्या बाबतीत समस्या वाढत आहेत. याचा फायदा घेऊन विदेशी कंपन्या आपली निरनिराळी उत्पादने बाजारात विकत आहेत. आणि युवा पिढी याचा अंदाधुंदपणे वापर करत आहेत. वेगवेगळी आकर्षक जंक आणि फास्ट-फुडमुळे भविष्यात आरोग्याच्या बाबतीत उद्भवणाऱ्या नव्या समस्यांना सामोरे जावे लागणार आहे. या सर्व बाबींचा विचार करता निसर्गाशी नाते जोडून जंक फुडला बगल देऊन आपला परंपरागत वारसा जपण्याचा प्रयत्न करावला हवा

विद्यार्थ्यांनी या उपक्रमासाठी शेवगा, कुई

केना, कार्दुली, उंबर, डेसा, मालगा, मारंगी चिचुरटे, शेडवाल, मोहर, टाकाळा, माट, केळ, फुले, कडीपता, आढू, भोकर, मोरचौडा, उडीद पाने, ओवा, चुका, घोळ, बरका, पावी या सारख्या अनेक वनस्पतीपासून बनविलेले पदार्थ विद्यार्थ्यांनी स्वतः बनवून आणले होते.

प्रास्ताविक करताना तालुका कृषी अधिकारी संजय घोरपडे यांनी रानभाज्यांचे महत्त्व विषय केले. सेवानिवृत्त वनक्षेत्रपाल श्रीरंग शिंदे यांनी त्यांच्या अनुभवातून मिळालेल्या विविध रानभाज्यांचे महत्त्व सांगितले.

प्रा. शंकर गेजगे आणि प्रा. धनश्री देशमुख यांनी सूत्रसंचालन केले. या उपक्रमासाठी कृषी विभागाचे सर्व अधिकारी आणि कर्मचारी, महाविद्यालयाचे विद्यार्थी, पत्रकार यांनी उपस्थित राहून संपूर्ण सहकार्य केले. वनस्पतीशास्त्र विभाग प्रमुख डॉ. उदय पवार यांनी आभार मानले.



**मेळा :** रानभाज्या महोत्सवाच्या प्रारंभप्रसंगी भाग्यश्री फरदि, समवेत अशोक गिरी, संजय घोरपडे, प्रमोद घाटगे आदी.

## उत्तम आरोग्यासाठी

## आहारात हव्यात रानभाज्या

भाग्यश्री फरंदे; मेढ्यात महोत्सवास उत्स्फूर्त प्रतिसाद

केळशर, ता. २३ : धुकधुकी व धानपळोच्या वीथ्यात माणसाला समवेत आहाराकडे लक्ष घापला वेळ नाही. यानाच परिणाम म्हणून आरोग्याच्या तंत्ररी व समस्यांचे प्रमाण वाढू लागले आहे. जंकफूडच्या अवास्तव सेवामुळे आरोग्य योज्यात आले असून, त्यावर नियंत्रण मिळवण्यासाठी काय आरोग्यासाठी दिवसेंदिव आहारात रानभाज्यांचा समावेश करावा, असे जागृकत जिनस अर्थीक्षक कृषी अधिकारी भाग्यश्री फरदि यांनी केले.

मेळा वेधील आमदार शशिकांत गिरी महाविद्यालयाच्या वनास्पतिराज्य विभाग व तालुका कृषी विभाग, कृषी तंत्रज्ञान व्यवस्थापन योजना (आत्मा) यांच्या वतीने, आरणी महाविद्यालय योजनेअंतर्गत 'रानभाज्या महोत्सव' मुकताव झाला. त्याच्या उद्घाटनप्रसंगी त्या बोलत होत्या. महाविद्यालयाने प्राचार्य मेळा डॉ. अशोक गिरी अध्यक्ष्यांनी

होते. तालुका कृषी अधिकारी संजय घोरपडे, उपप्राचार्य डॉ. प्रमोद घाटगे, कृषी सहायक भातुजस चोरगे, रमिल नेवरी, सुनील राने-घाटगे, आर. के. नाथन, मंदकुमार काटे उपस्थित होते.

प्राचार्य मेजर डॉ. गिरी खोरीही मनोगत केले. महाविद्यालयातील विद्यार्थ्यांनी या उपप्रसंगासाठी सुमारे ४२ प्रकारच्या रानभाज्यांमधून तयार केलेले पदार्थ तयार करून आणले होते. कृषी विभागाच्या वतीने रानभाज्यांची विक्री करण्यासाठी शेतकरी बचत गटांना प्रतिसाद दिले. यात अनेक प्रकारच्या रानभाज्यांनी खोरी- निळी झाली, खोरीबोचरन रानभाज्यांनी माहिती फलकांच्या माध्यमातून शेतकऱ्यांनी जाणवता दिली.

श्री. घोरपडे यांनी प्रामाणिक केले. डॉ. संकर नेवरी, प्रा. फरदी वेश्मसुख यांनी सूचसंबलन केले. डॉ. उदय फवार यांनी आभार मानले.

‘Jayvant Pratishthan Humagaon Sanchalit,  
**Amdar Shashikant Shinde Mahavidyalay Medha.**



**Notice**

Date: 15<sup>th</sup> October 2022

All the students of B.Sc. III/II/I Botany are hereby informed, that the “Wild Vegetable Recipes Exhibition’ is organized by Dept. of Botany on 21<sup>st</sup> Octo 2022. Those who are interested please give their names to Dr. Pawar U. S. before 19<sup>th</sup> October 2022.

‘Jayvant Pratishthan Humagaon Sanchalit,  
**Amdar Shashikant Shinde Mahavidyalay Medha.**  
**“Wild Vegetable Recipes Exhibition”**



**Under Lead College Scheme**

**Inaugural Function**

**President:** Prin. Dr. Ashok V. Giri

**Chief Guest:** Vice-Principal Dr. P. R. Ghatage

**Auspicious Presence:** Shri. Gejege S. N. (Coordinator Lead College Scheme)

Date- 21<sup>st</sup> October 2022 Time- 11.30 am

**Inauguration**

**Felicitation**

- Introduction:** : Dr. Pawar U. S.  
**Chief Guest address** : Principal Dr. P. R. Ghatage  
**President address:** : Prin. Dr. Ashok V. Giri  
**Vote of Thanks:** : Smt. Pooja Jana

# Amdar Shashikant Shinde Mahavidyalaya Medha

## Online Wild vegetable exhibition



Organized by Department of Botany

Under Lead College Scheme

### Report

Department of Botany has organized “**Wild vegetable recipes exhibition**”. on 21<sup>st</sup> Oct. 2022 on 11.30 am at Amdar Shashikant Shinde Mahavidyalay, Medha.

Dr. U. S. Pawar, Head, Department of Botany, introduced the guest and provided the outline of exhibition. He also elaborates the importance and the nutritional value of wild vegetables. Dr. Pawar gives the detailed explanation about self-employment by providing raw or prepared plant recipes to hotels near by Hill’s station.

12 students were participated from B. Sc, I, II, III in this exhibition and more than 30 students and faculties were visited to exhibition.

After that Principal Major Dr. Ashok Giri examined the recipes prepared by students and congratulated all participants with best wishes. He completed his presidential address with promise for support in future help. Dr. P. R. Ghatage expressed his views about the exhibition and also congratulated all participants. For success of exhibition all faculties of Science departments helped lot. Smt. Pooja Jana proposed Vote of Thanks.



Amdar Shashikant Shinde Mahavidyalaya, Medha



Tal- Jawali, Disr-, QRPR+F3J, Bibhavi, Maharashtra 415012, India

Bibhavi  
Maharashtra  
India

2022-10-21(Fri) 12:08(pm)

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**Introduction by Dr. U. S. Pawar**



**Dignitaries Testing of Wild Vegetable Recipes prepared by students**



**Interaction with Students**





द.सकाळ - 22 नोव्हेंबर 2022  
पेज नं. 3



मेढा : रानभाज्या रेसिपी प्रदर्शनाच्या प्रारंभप्रसंगी अशोक गिरी, प्रमोद घाटगे आदी.

## रानभाज्या रेसिपीला मेढ्यात प्रतिसाद

केळघर, ता. २१ : जंकफूडला वगळ देऊन आमदार शशिकांत शिंदे महाविद्यालयातील व विज्ञान शाखेच्या विद्यार्थ्यांनी रानभाज्यांच्या रेसिपीजचे प्रदर्शन नुकतेच आयोजित केले होते.

जावळी तालुका हा डोंगरदऱ्यांच्या कुशांत वसलेला व निसर्गाशी नाळ जोडलेला असल्याने तसेच महाविद्यालयातील विद्यार्थीसुद्धा डोंगराळ भागातील असल्याने या उपक्रमासाठी जवळपास १२ प्रकारच्या रानभाज्यांपासून तयार करण्यात आलेल्या पदार्थांची रेल्वेल येथे दिसून आली. यात शेवगा, कुई, केना, कट्टली, उंबर, हेसा, भालगा, भारंगी यांसारख्या अनेक वनस्पतींपासून

वनविलेले पदार्थ विद्यार्थ्यांनी स्वतः वनवून आणले होते. याचबरोबर त्यांची माहिती म्हणजेच त्यांची शास्त्रीय नावं, कुळ तसेच पदार्थ बनविण्याच्या कृतींचीही माहिती देण्यात आली. या उपक्रमासाठी महाविद्यालयाचे प्राचार्य मेजर डॉ. अशोक गिरी व उपप्राचार्य डॉ. प्रमोद घाटगे यांचे विशेष मार्गदर्शन लाभले. अग्रणी महाविद्यालय योजनेचे सपन्वयक प्रा. शंकर गेजगे तसेच विज्ञान शाखेचे सर्व प्राध्यापकांनी उपस्थित राहून हे प्रदर्शन यशस्वी करण्यासाठी सहकार्य केले. या संपूर्ण कार्यक्रमाचे नियोजन वनस्पतीशास्त्र विभागप्रमुख डॉ. उदय पवार यांनी केले.





‘Jayvant Pratishthan Humagaon Sanchalit,  
**Amdar Shashikant Shinde Mahavidyalaya Medha.**

**Notice**

Date: 10<sup>th</sup> October 2021

All the students of B.Sc. III/II/I Botany are hereby informed, that the “Wild Vegetable Recipes Exhibition’ is organized by Dept. of Botany on 16<sup>st</sup> Octo 2021. Those who are interested please give their names to Dr. Pawar U. S. before 15<sup>th</sup> October 2021.



‘Jayvant Pratishthan Humagaon Sanchalit,  
**Amdar Shashikant Shinde Mahavidyalaya Medha**

## **Online Wild vegetable exhibition**

**Organized by Department of Botany**

**Under Lead College Scheme**

### **Report**

Department of Botany has organized “**Online Wild vegetable exhibition**”. This lecture was scheduled on 16 Oct. 2021 on 11.00 am on online platform.

The lecture was aimed to inculcate knowledge of **wild vegetables** which is used for diet, medicinal, nutritional purpose. It also provided broad area of research and self-employment opportunities.

Dr. Swapnaja M. Deshpande was the Guest Lecturer. Dr. P. R. Ghatage, Principal A. S. M. Medha was the Chairperson of the lecture. Mr. Gejage was Chief Presence for the Lecture.

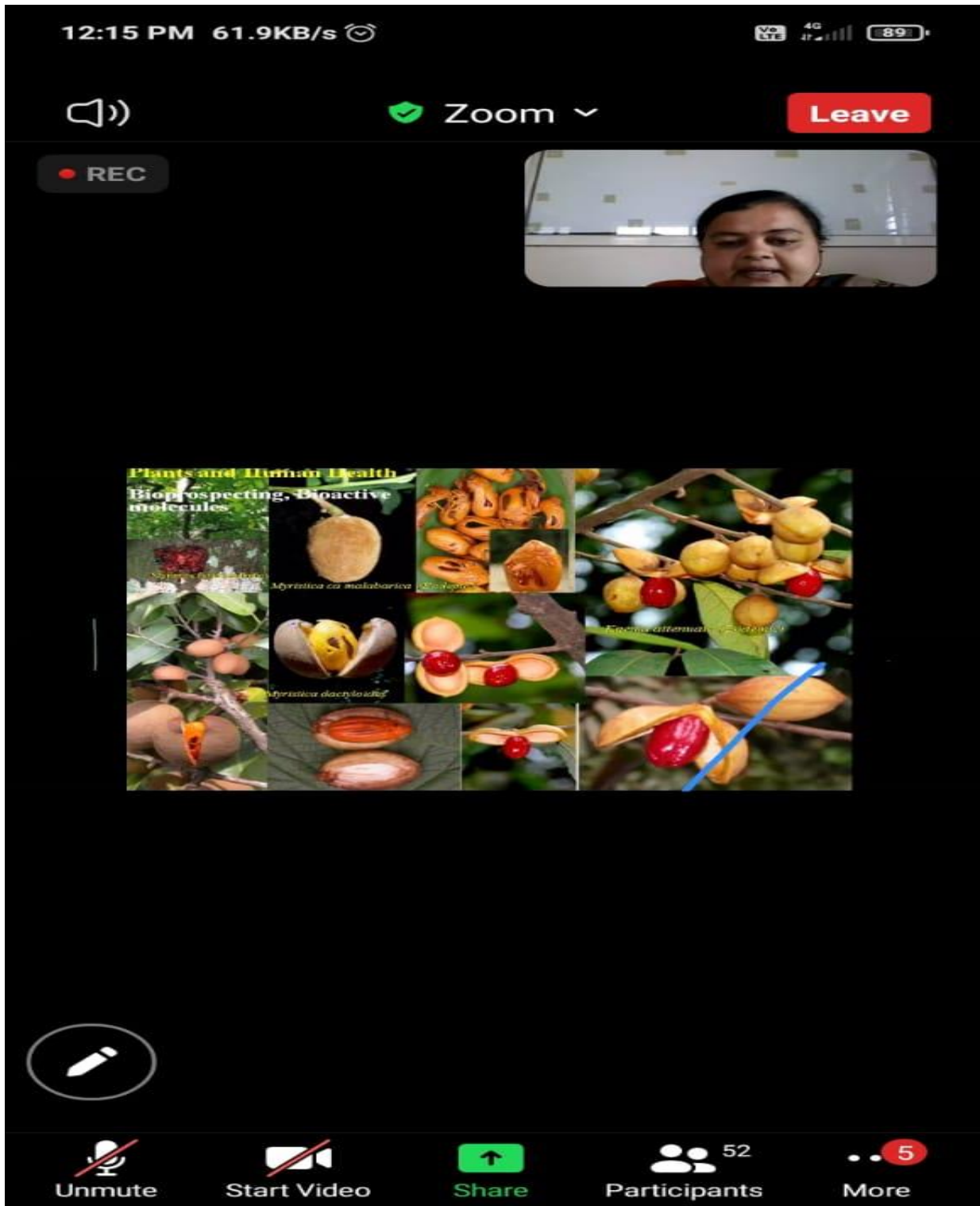
Dr. U. S. Pawar, Head, Department of Botany, A. S. S. M. Medha introduced the guest and provided the outline of the lecture.

Dr. Swapnaja M. Deshpande delivered the lecture on “**Wild vegetable**”. She gave various motivational examples to students. He also elaborated the treading and marketing of products. This lecture was extremely helpful for students.

After the guest lecture Principal Dr. P. R. Ghatage expressed his views about the lecture and also congratulated participants. He completed his presidential address with promise for support in future for any help. Smt. Tejasvini Bodake proposed Vote of Thanks.

The whole session was anchored by Smt. Mayuri Saunkhe.on online mode.





Online Lecture of Dr. Deshpande



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ओनलाईन "रानभाज्यांचे प्रदर्शन" 2021-22 (Responses) ☆

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### Students Prepared Wild Vegetable Recipes at Home and upload on Google Form





‘Jayvant Pratishthan Humagaon Sanchalit,  
**Amdar Shashikant Shinde Mahavidyalay Medha.**

**Notice**

Date: 15<sup>th</sup> July 2020

All the students of B.Sc. III/II/I Botany are hereby informed, that the “Wild Vegetable Recipes Exhibition” is organized by Dept. of Botany on 28<sup>th</sup> July 2020. Those who are interested please give their names to Dr. Pawar U. S. before 27 July 2020.

**सूचना**

महाविद्यालयातील सर्व विद्यार्थ्यांना कळविण्यात येते “Online wild vegetables exhibition” या विषयावर कार्यशाळेचे आयोजन दिनांक २८ जुलै २०२० रोजी सकाळी ११.०० वाजता ऑनलाईन पद्धतीने आयोजित करण्यात आले आहे. तरी सर्व विद्यार्थ्यांनी त्याची नोंद घ्यावी व कार्यशाळेस उपस्थित राहावे.

‘Jayvant Pratishthan Humagaon Sanchalit,  
**Amdar Shashikant Shinde Mahavidyalay Medha.**  
**“Online Wild Vegetable Exhibition”**



**Under Lead College Scheme**

**Inaugural Function**

**President:** Principal Dr. P. R. Ghatage

**Chief Guest:** Dr. Swapnaja M. Deshpande (Y. C. I. S. Satara)

**Chief Presence:** Shri. Gejege S. N. (Coordinator Lead College Scheme)

Date 28<sup>nd</sup> July 2020

**Inauguration**

**Felicitation**

- Introduction:** :Dr. Pawar | U. S.  
**Chief Guest address** : Dr. Swapnaja M. Deshpande  
**President address:** :Principal Dr. P. R. Ghatage  
**Vote of Thanks:** : Miss. T. C. Bodake  
**Anchoring:** :Smt. M. Salunkhe

‘Jayvant Pratishthan Humagaon Sanchalit,  
**Amdar Shashikant Shinde Mahavidyalay Medha.**



## **Online Wild vegetable exhibition**

**Organized by Department of Botany**

**Under Lead College Scheme**

### **Report**

Department of Botany has organized “**Online Wild vegetable exhibition**”. This lecture was scheduled on 28<sup>th</sup> July 2020 on 11.00 am on online platform.

The lecture was aimed to inculcate knowledge of **wild vegetables** which is used for diet, medicinal, nutritional purpose.

Dr. Swapnaja Deshpande was the Guest Lecturer. Dr. P. R. Ghatage, Principal A. S. M. Medha was the Chairperson of the lecture. Mr. Gejage were in the Chief Presence for the Lecture.

Dr. U. S. Pawar, Head, Department of Botany, A. S. S. M. Medha introduced the guest and provided the outline of the lecture.

Dr. S. M. Deshpande delivered the lecture on “**Wild vegetable and their uses**”. She also elaborated the treading and marketing of products. This lecture was extremely helpful for students.

After the guest lecture Principal Dr. P. R. Ghatage expressed his views about the lecture and also congratulated participants. He completed his presidential address with promise for support in future for any help. Smt. Tejasvini Bodake proposed Vote of Thanks.

The whole session was anchored by Smt. Mayuri Saunkhe.on online mode.

12:13 PM 144KB/s

REC

**करटोली**

*Momordica dioica* Roxb. Ex Willd. Family:- Cucurbitaceae

Common Names: करटोली, कर्कोटकी, बन करेला, spine gourd

Perennial creeper, flowers yellow, fruit ovate-elliptic, with small bristles all over.

Anti-viral, anti-diabetic, anti-cancer, anti-aging, used in kidney stone, improves eye sight, anti-malarial, hepatoprotective, immunomodulator, anti-pyretic, anti-septic, anti-ulcerative, anti-toxic

Carbohydrates (7 gm) Protein (3 gm), Fat (3 gm), Fibre (1 gm), Vitamin A, Vitamin C, Carotenoids, Thiamin, Riboflavin, niacin, Calcium, Iron, Iodine




Swapnaja Deshpande's screen

12:08 PM 55.3KB/s

REC

**आळू**

*Colocasia esculenta* Linn. Family:- Araceae

Common Names: आळू, दलसारिणी, Taro

Cormatous perennial herb, leaves large, heart shaped, resembles elephant ears, flowers in rarely produced spike with foul smell.

Improves heart health, maintains blood sugar level, body weight, digestive health, effective nerve tonic, appetizer, anti-microbial, hepatoprotective, anti-fungal, anti-inflammatory

Protein (4 gm), Fibre (3 gm), Vitamin C (57%) Vitamin A (34 %), Vitamin B-9, Potassium, Calcium, Iron.





Online Lecture of Dr. S. M. Deshpande





Students Prepared Wild Vegetable Recipes at Home and upload on WhatsApp Group

‘Jayvant Pratishthan Humagaon Sanchalit,  
**Amdar Shashikant Shinde Mahavidyalay Medha.**

**Notice**

Date: 16<sup>th</sup> August 2019

All the students of B.Sc. III/II/I Botany are hereby informed, that the “Wild Vegetable Recipes Exhibition” is organized by Dept. of Botany on 21<sup>st</sup> August 2019. Those who are interested please give their names to Dr. Pawar U. S. before 20<sup>th</sup> Aug. 2019

**सूचना**

महाविद्यालयातील सर्व विद्यार्थ्यांना कळवण्यात येते “**Online wild vegetables exhibition**” या विषयावर प्रदर्शनाचे आयोजन दिनांक १६ ऑगस्ट २०१९ रोजी सकाळी १०.३० वाजता आयोजित करण्यात आले आहे. तरी सर्व विद्यार्थ्यांनी त्याची नोंद घ्यावी व उपस्थित राहावे



‘Jayvant Pratishthan Humagaon Sanchalit,  
**Amdar Shashikant Shinde Mahavidyalay Medha.**

**“Exhibition of Wild Vegetables”**  
Under lead college Scheme  
**Organized by: Department of Botany**

**Wednesday 21 August 2019**

**Time – 11.30 am**

**President:** Prin. Dr. M. B. Waghmode

**Chief Guest:** Mmt. Pawar Pratima (Assit. Prof. Dept. of zoology, Y. C. I. S. Satara)

**Chief Presence:** Dr. Ghatage P. R.

Shri. Gejege S. N. (Coordinator Lead College Shceme)

**Inauguration**

**Felicitation**

**Introduction:** Dr. Pawar U. S.

**Chief Guest address:** Mmt. Pawar Pratima

**President address:** Prin. Dr. M. B. Waghmode

**Vote of Thanks:** Smt. Sathe R. D.

**anchors:** Miss. Khatavkar Rudrani and Miss Vichare Shrutika

## Amdar Shashikant Shinde Mahavidyalaya Medha.

### Exhibition of Wild Vegetables and Lecture on “Wild Vegetables”.



Organized by Department of Botany

Under Lead College Scheme

### Report

Department of Botany had organized an Exhibition and lecture on “**Wild Vegetables**”. This exhibition and lecture was scheduled on Wednesday 21st August 2019 on 11.30 am at Amdar Shashikant Shinde Mahavidyalaya Medha.

86 students and all science faculty members were present for this lecture.

The exhibition was aimed to inculcate knowledge of wild plants which is used for food purpose. It also provided broad area of research and self-employment opportunities. The exhibition incepted with ribbon cut and examined the recipes which were prepared by student's them-self.

The next session began with watering of plant followed by welcoming and felicitation of the dignitaries of the Dias.

Shri Sunil M. Bhoite, hon. Warden wild life Satara was the Guest Lecturer. Dr. M. B. Waghmode, Principal A. S. M. Medha was the Chairperson of the lecture. Dr. P. R. Ghatge and Prof. S. V. Dhonde were in the Chief Presence for the Lecture.

Dr. U. S. Pawar, Head, Department of Botany, A. S. S. M. Medha introduced the guest and provided the outline of the Exhibition and lecture.

Dr. Pratima Pawar delivered the lecture on “Wild vegetables domestication and conservation”. She gave various motivational examples to students. She also elaborated the trading and marketing of products. This lecture was extremely helpful for students.

After the guest lecture Dr. P. R. Ghatage expressed his views about the exhibition and also congratulated participants. Principal Dr. M. B. Waghmode completed his presidential address with promise for support in future for any help. Smt. R. D. Sathe proposed Vote of Thanks.

The whole session was anchored by Kahatavkar Rudrani and Vichare Shrutika T. Y. B. Sc. Botany Students.



Pune Division, Maharashtra, India  
 QRPQ+HWV, Bibhavi, Maharashtra 415012, India  
 Long 73.839793°  
 Lat 17.786487°  
 21/8/2019 11:55 AM

**Felicitation of Chief Guest**



**Chief Guest Lecture on Wild Vegetables**



Pune Division, Maharashtra, India  
 QRPQ+HWV, Bibhavi, Maharashtra 415012, India  
 Long 73.839793°  
 Lat 17.786487°  
 21/8/2019 12:05 AM

**Students Attending the Lecture**





**Inauguration of Exhibition**



**Testing of Wild Vegetable Recipes prepared by students**



**Participated Students with Recipes**



# तरुण भारत

रविवार, २५ ऑगस्ट २०१९

## विद्यार्थ्यांचा अनोखा उपक्रम

प्रतिनिधी

मेढा

आजकाल धकाधकीच्या आणि स्पर्धेच्या युगामध्ये माणसाकडे आरोग्य व समतोल आहार घेण्यासाठी अजिबात वेळ नाही. याचाच परिणाम म्हणून वेगवेगळ्या प्रकारच्या आरोग्याच्या बाबतीत समस्या वाढत आहेत. याचा फायदा घेऊन विदेशी कंपन्या आपली निरनिराळी उत्पादने बाजारात विकत आहेत.

या सर्व बाबींचा विचार करता निसर्गाशी नाते जोडून जंक फूडला बगल देऊन आपला परंपरागत वारसा जपण्याचा प्रयत्न आमदार शशिकांत शिंदे महाविद्यालयामधील विज्ञान शाखेच्या विद्यार्थ्यांनी रानभाज्यांचे

प्रदर्शन आयोजित करून केला.

मेढा हा भाग डोंगरदऱ्यांच्या कुशीत वसलेला व निसर्गाशी नाळ जोडलेला असल्याने, तसेच विद्यार्थी सुद्धा डोंगराळ भागातील असल्याने या उपक्रमासाठी जवळपास ४२ प्रकारच्या रान भाज्यांपासून तयार करण्यात आलेल्या पदार्थांची रेलचेल येथे दिसून आली. या उपक्रमासाठी डॉ. प्रतिमा पवार यांचे व्याख्यान आयोजित केले होते. या नाविन्यपूर्ण उपक्रमासाठी प्राचार्य डॉ. एम. बी. वाघमोडे व उपप्राचार्य डॉ. पी. आर. घाटगे यांचे मोलाचे मार्गदर्शन लाभले. समन्वयक एस. एन. गेजगे आणि विज्ञान शाखेचे सर्व प्राध्यापकांनी सहकार्य केले. कार्यक्रमाचे नियोजन डॉ. यू. एस. पवार यांनी केले.



मेढा : उपक्रमात सहभागी झालेले प्राचार्य डॉ. एम. बी. वाघमोडे, उपप्राचार्य डॉ. पी. आर. घाटगे, एस. एन. गेजगे, डॉ. यू. एस. पवार व विद्यार्थी.