



SINHGAD TECHNICAL EDUCATION SOCIETY'S

# SINHGAD INSTITUTE OF TECHNOLOGY

(Affiliated to SavitribaiPhule Pune University, Pune & Approved by AICTE)

Gat No. 309/310, off Mumbai Pune Expressway Kusgaon (Bk), Lonavala Pune – 410401

website: sit.sinhgad.edu

## Career Counseling Center

### International Women's Empowerment Week Celebration Report AY 2020-21

#### Vision and Mission Statement: Institute

उत्तमपुरुषान् उत्तमाभियंतृन् निर्मातुं कटिबद्धाः वयम् ।

We are committed to produce not only good engineers but good human beings, also.

#### Mission

Holistic development of students and teachers is what we believe in and work for. We strive to achieve this by imbibing a unique value system, transparent work culture, excellent academic and physical environment conducive to learning, creativity & technology transfer. Our mandate is to generate, preserve and share knowledge for developing a vibrant Society.

#### Vision and Mission of the Department

#### Vision

Nurture Excellent Mechanical Engineers Imparting Technical & Professional Skills Along With Ethical Values To Serve The Society.

#### Mission

1. To impart quality education through effective teaching-learning techniques and practical skills.
2. To provide a conducive environment for excelling the students and faculty in technical and professional skills.
3. To make competent mechanical engineers with moral and ethical values to serve the society

#### Objectives of Cell:

The objective is to achieve the excellence in Technical Education, by acquiring autonomous status to the institutes with recognition at national and International level. For this, we are committed to:

- Promote awareness and participation in competitive exams
- Provide excellent infrastructure facilities.
- Promoting foreign language program
- Promoting Entrepreneurship amongst students.

- Encouraging Alumni interaction cell.
- Promote the Institute - Industry interaction.
- Create environment for Research and getting industry-sponsored projects for students.

#### **Long Term Goals**

- To produce competent professional engineers.
- To create excellent teaching learning facilities.
- To foster research in the field of mechanical engineering for the benefit of society.
- To start PhD center.

#### **Short term Goals:**

- To successfully implement the activity plan evolved through faculty and students deliberations
- To upgrade laboratories with excellent facilities for implementation of curriculum and consultancy
- To arrange specific skill development programs ,National conferences, Technical festivals and other activities for overall development of students
- To improve the qualifications of staff consistently to match the professional and technical requirements of society.



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## Career Counseling Center

<b>International Women's Week celebration (AY 2020-21)</b>	
<b>Day:</b>	Monday to Friday
<b>Date:</b>	8 <sup>th</sup> March 2021 to 13 <sup>th</sup> March 2021
<b>Venue:</b>	SIT, Lonavala (Online mode)
<b>Time:</b>	3:00pm to 5:00 pm
<b>Staff Co-coordinator:</b>	Prof. Yogini.M.Raut
<b>Student Coordinator:</b>	Rasika Chorat
<b>Resource Person:</b>	1. Dr. Seema Shinde, M.D Gynecologist 2. Mrs. Madhuri Deore K.V. Teacher, Yoga expert and educationalist. 3. Mrs. Nilam Pawar, Sub-Inspector of Police (PSI) 4. Mrs. Komal Khairnar, a Nutritionist and Dietitian, the founder of Fitfun Club, 5. Mrs. Bhagyashree Hande, owner of Marathi YouTube Kitchen Channel 6. Mrs. Jyoti Kandhare, National Powerlifting Champion and Fitness Instructor
<b>Event Conducted Under:</b>	Department of Mechanical Engineering
<b>Activity Type:</b>	Women's motivational personalities from various domains
<b>Target Group:</b>	Girls Students of all Department, ladies staff and household ladies of staff and students families
<b>Program Objectives :</b>	Career Counseling Center, STES Lonavala celebrated Women's Empowerment Week online mode. The event was organized with the aim of enhancing various skills in today's women. This program aimed and inspired them to develop multiple skills and bring out the best in them.

### Brief Summary of the Event / Program

"International Women's Empowerment Week" was celebrated from 8th March to 13th March at Career Counseling Center, STES Lonavla. Career Counseling Center, STES Lonavla celebrated Women's Empowerment Week online mode. The event was organized with the aim of enhancing various skills in today's women.

This program aimed and Inspired them to develop multiple skills and bring out the best in them. On the first day the first session Dr. Leading gynecologist Dr. Seema Shinde gave inspiring speeches on health awareness, family care and immunity. She inspired a gathering on women empowerment through her life example.

Mrs. Nilam Pawar, Sub-Inspector of Police (PSI) briefed the second session on cyber crime, banking scams, money laundering, phishing and measures taken to protect them. He also focused on the 376A amendments to the law relating to jobs, marriage, websites and other offenses against women and girls.

On the second day, the first session was organized by Smt. Madhuri Deore, academic and social activist and Shikshan Ratna Award winner from Nashik, focusing on educational policies among children and students. In the second session, Sangeeta Patil, a yoga expert from Nashik, gave guidance on health and freshness of mind through yoga.

On the third day, the first session was conducted by Mrs. Komal Khairnar, a Nutritionist and Dietitian, the founder of Fitfun Club, on the topic of Fitness and Health. Guided to reduce calories and stay fit. He emphasized the importance of positivity on hormones, stress levels, sleep disorders, zombies and a balanced diet. In the second session, Mrs. Bhagyashree Hande, owner of Marathi YouTube Kitchen Channel, gave guidance on how to make a career in the YouTube industry.

On the fourth day, March 12, the first half, Mrs. Jyoti Kandhare, National Powerlifting Champion and Fitness Instructor, Bhangarwadi Lonavla gave guidance on the importance of fitness and health. Second Session Mrs. Manisha Babar Professional Cake Maker thought about how to make beautiful cakes and how to make cupcakes and homemade chocolate.

Poster:

  
Sinhgad Institutes  
Sinhgad Technical Education Society, Lonavala Campus  
Career Counseling Center  
Presents  
**“International Women’s Empowerment Week”**  
From 8<sup>TH</sup> to 13<sup>TH</sup> March 2021

**Organizer**

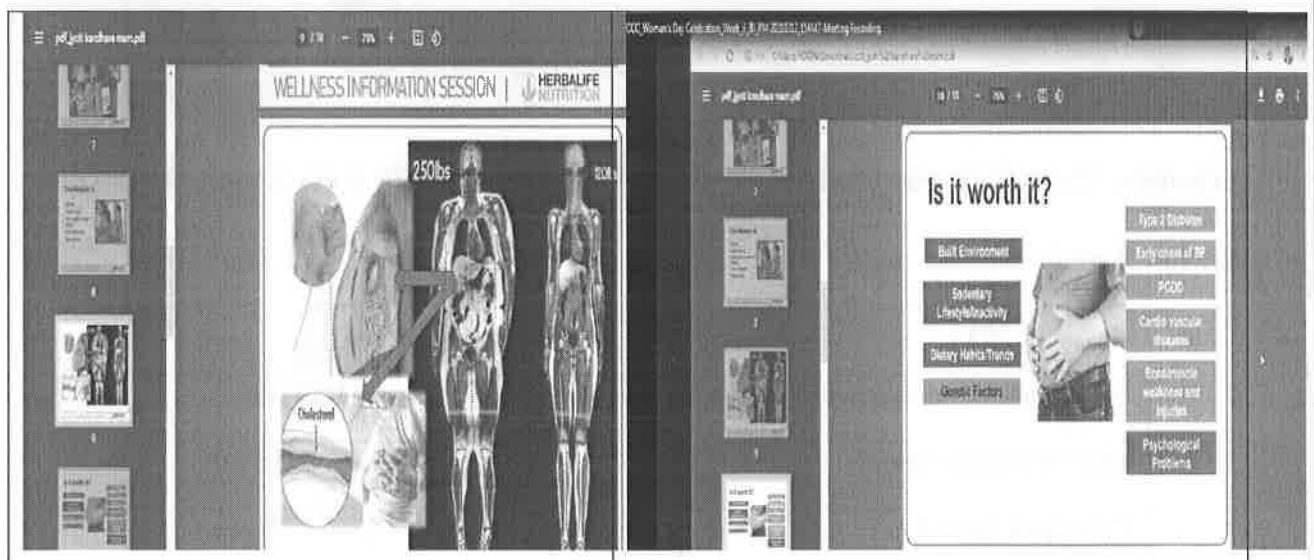
 Dr. M. S. Gokwad Campus Director	 Dr. D. D. Chaudhari Vice-Principal SIT	 Prof. M. S. Raut OCC Head	 Prof. V.M.Raut Coordinator	 Prof. V.S.Bunde Coordinator	 Prof. S.B.Ware Coordinator
 Mr. V.D.Raskar Technical Head	 Mrs. K.V.Mankar coordinator	 Prof. R.D.Kapadi Coordinator			

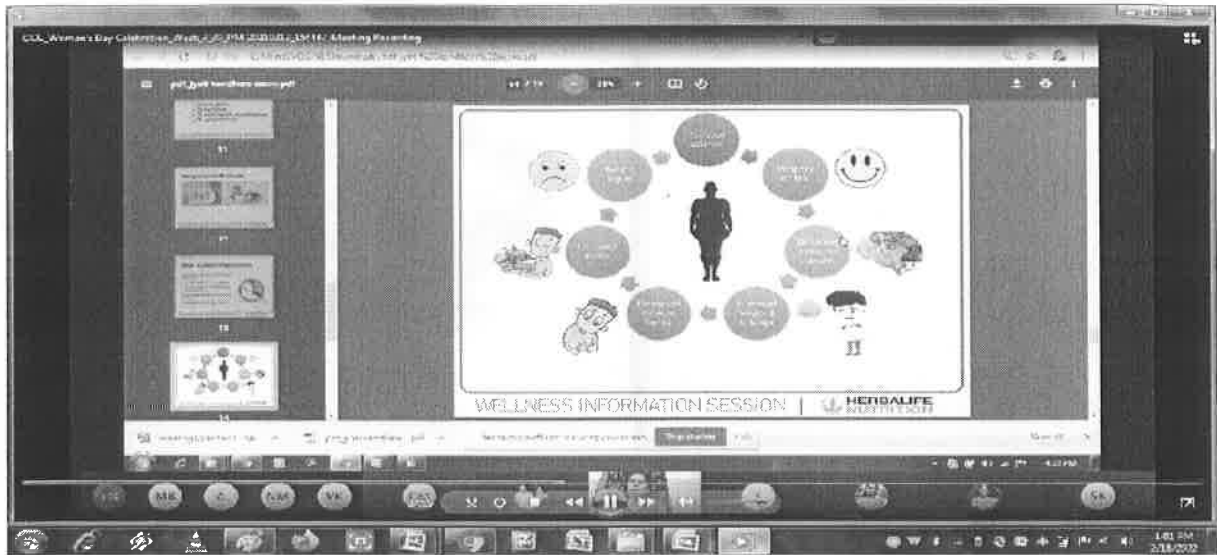
**Schedule:** The activity was conducted from 8<sup>th</sup> to 13<sup>th</sup> March daily from 3:00pm to 5:00 pm

Sr.No	Activity	Time
	<b>DAY 1</b>	
1	Saraswati Vandana and Welcome of Guest	3 pm-3:10 pm
2	Vice Principal Speech	3:10pm -3:15 pm
3	Principal Speech	3:15pm-3:20 pm
4	Speaker 1	3:20 pm-4:30pm
	<b>DAY 2</b>	
5	Welcome of Guest	3 pm-3:10 pm
6	Speaker 2	3:10pm-4:30pm
	<b>DAY 3</b>	
7	Welcome of Guest	3 pm-3:10 pm

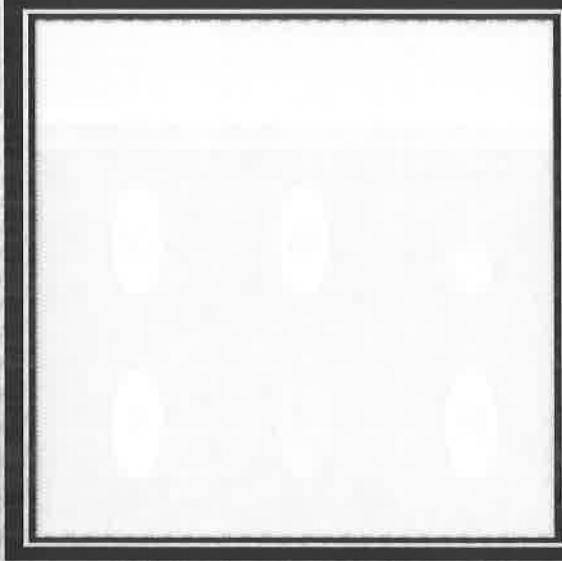
8	Speaker 2	3:10pm-4:30pm
	<b>DAY 4</b>	
9	Welcome of Guest	3 pm-3:10 pm
10	Speaker 2	3:10pm-4:30pm
	<b>DAY 5</b>	
11	Welcome of Guest	3 pm-3:10 pm
12	Speaker 2	3:10pm-4:30pm
	<b>DAY 6</b>	
13	Welcome of Guest	3 pm-3:10 pm
14	Speaker 2	3:10pm-4:25pm
15	Vote of Thanks	4:25pm-4:30pm

**Photographs of the activity:**

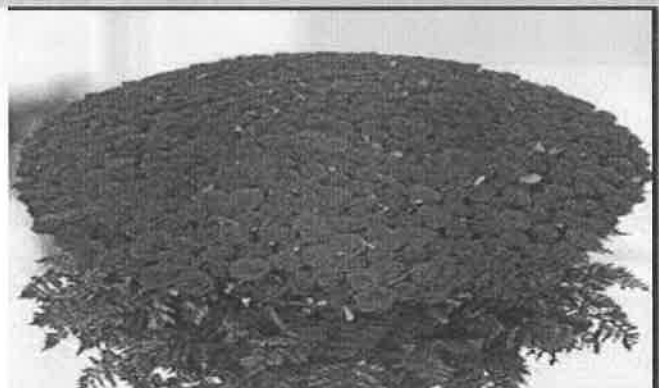




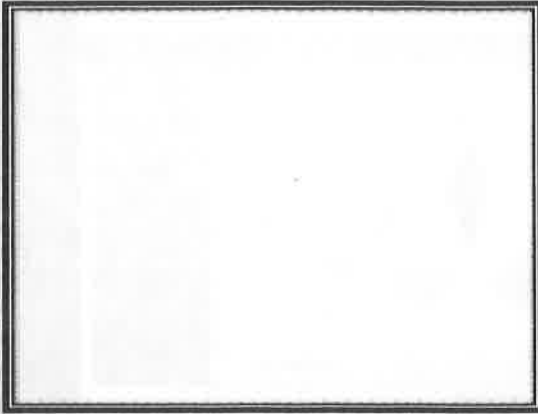
Dr. Shinde gave awareness speech on womens health.



Dr. Seema Shinde,  
Gynaecologist,

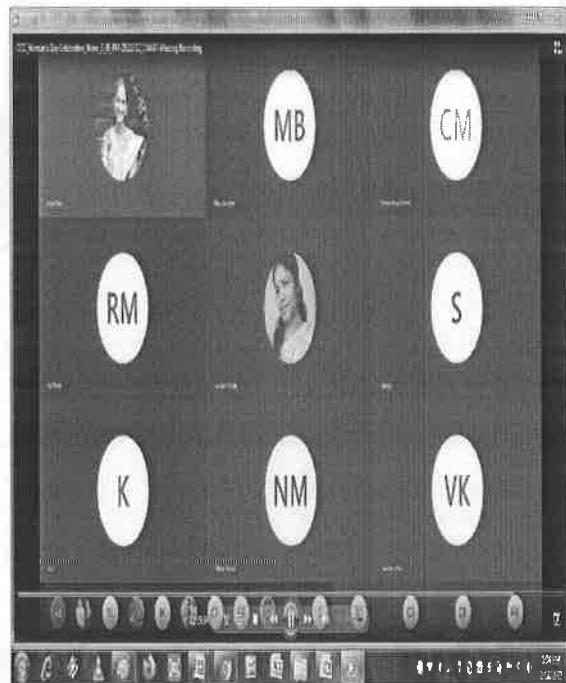


Nilam Pawar, Police Sub Inspector, Lonavala Police Station,  
Maharashtra police Service.



**Bhagyashri Hande**

Owner of Marathi Kitchen YouTube Channel <https://www.youtube.com/channel/UCUBH7OBYsR1k0lYWRLg7kzAA> About 7.5 Lac YouTube Subscribers About 500 YouTube Recipe Videos Awarded Silver Play Button by YouTube Collaboration with brands like Swiggy, Veeba, Gits etc. <https://www.facebook.com/MarathiKitchen/> About 8000 Facebook followers



**Mrs. Sangeeta Anil Patil**  
**Yoga Expert and Trainer**



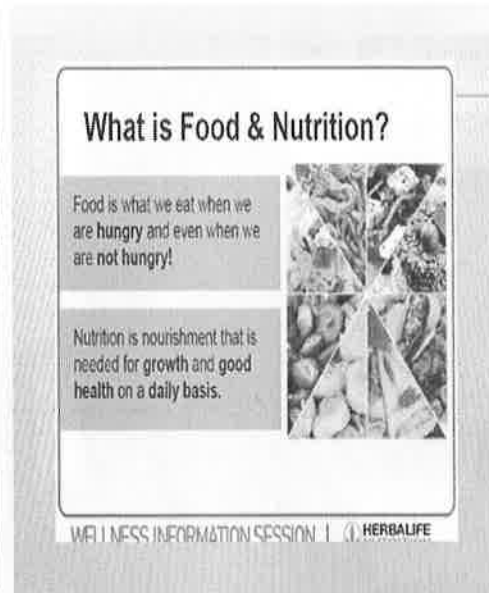


Mrs. Kiran Mankar and Prof Yogini Raut giving thanksgiving speech to resource persons



Cake recipe explained by Mrs. Manisha Babar

Mrs. Madhuri Vijay Deore  
Educationalist, and Yoga expert



Experts made all the attendees aware about various laws, rules and regulations about the women's safety and explained well with the appropriate examples time to time. So overall the program was very useful for all the attendees.



In above picture , all female faculties joined the program.

**Outcome:**

**The Program was successfully conducted in online mode for female staff, teaching, non teaching, household ladies and the girls .**

- All got awareness of many fields like health, hygiene, corona preventive measures, and tips for healthy life.
- The various ways for stress free lifestyle.
- The various effects of sedentary lifestyle and how to maintain healthy diet, exercises, maintaining calories.
- Healthy yoga asanas and pranayam abhyas was known from Mrs Madhuri Deore, yoga expert and educationalist.

## NEWS OF INTERNATIONAL WOMENS WEEK CELEBRATION IN SINHGAD OF TECHNOLOGY,

### ‘सिंहगड’मध्ये महिला सक्षमीकरणाचा नारा

कुसगाव बुद्रुक, दि. २० (वार्ताहर) - करिअर काउन्सिलिंग सेंटर, सिंहगड टेक्निकल इन्स्टिट्यूट (लोणावळा) अंतर्गत ८ मार्च ते १३ मार्च या कालावधीत ऑनलाइन आंतरराष्ट्रीय महिला दिनी सक्षमीकरण सप्ताह उल्लेखित साजरा करण्यात आला. करिअर काउन्सिलिंग सेंटर, एसटीईएस लोणावळा यांनी महिला सशक्तीकरण सप्ताह ऑनलाइन पद्धतीने साजरा केला. महिलांमध्ये कौशल्ये वाढविण्याच्या उद्देशाने हा कार्यक्रम आयोजित केला होता. या कार्यक्रमात ३०० हून अधिक महिला आणि मुलींना भाग घेतला. त्यांच्यातील कौशल्य विकसित करण्यासाठी आणि त्यातील जे काही कळायुन घेणे

आणण्यासाठी प्रेरणा देणारा ठरला.

पहिल्या दिवशी प्रथम सत्रात स्वीरेमंतज्यांनी डॉ. सीमा शिंदे यांनी 'आरोग्य जागरूकता, कौटुंबिक कळवणी आणि योगप्रतिकार शक्ती' यावर मार्गदर्शन केले. त्यांनी त्यांच्या जीवनातील उदाहरणांद्वारे ही सक्षमीकरणावर मेळाव्यास प्रेरित केले. पोलिस उपनिरीक्षक नीलम पवार यांनी सामय्य मुन्हे, बॅकिंग थोटबळे, पॅशांची लॅडिंग, फिशिंग आणि त्यांचे संरक्षण करण्यासाठी केलेल्या उपायोजनांबाबत दुसऱ्या सत्रात माहिती दिली.

नोकरी, विवाह, वेबसाइट आणि खिचा व मुलींना मारहाण यासंबंधीच्या इतर मुद्द्यांबाबतच्या कार्यशाळांतील ३७६अ सुधारणांवरही

- ऑनलाइन मार्गदर्शन : आंतरराष्ट्रीय महिला सक्षमीकरण सप्ताह उत्साहात

त्यांनी लक्ष केंद्रित केले. दुसऱ्या दिवशी पहिल्या सत्राचे आयोजन माधुरी देबर, द्वितीय सत्रात योगतज्ज्ञ संगीता पाटील यांनी आरोग्य विद्या आणि योग विद्याद्वारे मार्गदर्शन केले.

कार्यक्रम संस्थेचे संस्थापक-अध्यक्ष प्रा. एम. एन. नवल्ले, संस्थापक-सचिव डॉ. सुनेता एम. नवल्ले, उपाध्यक्ष रोहित नवल्ले, स्थान नवल्ले-अट्टेकर यांच्या मार्गदर्शनाने आयोजित केला होता. आणि संकुल संचालक डॉ. एम. एम. गायकवाड, उपप्राचार्य डॉ. डॉ. डॉ. चौधरीचे यांचे मार्गदर्शन लाभले. समन्वयक प्रा. योगीनी एम. रक्तत, किरण मलकर, प्रा. मयूर राऊत, विकास रायकर, प्रा. खप्ताली वरि होते.

**प्रभात**

Sun, 21 March 2021

https://epaper.eprabhat.net/c/59234067



Papercutting of the online womens week in SIT Lonavala

Attendance of Women's empowerment week –program – Day 1, 3/08/2021

1	Yogini Raut	Joined	3/8/2021, 3:12:38 PM
2	D-03 RUTUJA ANARSE	Joined	3/8/2021, 3:12:39 PM
3	komal gatagat	Joined	3/8/2021, 3:14:02 PM
4	Mayur Raut	Joined	3/8/2021, 3:16:31 PM
5	kiran	Joined	3/8/2021, 3:17:16 PM
6	D-02 SHARAD AMBHORE	Joined	3/8/2021, 3:18:28 PM
7	D-02 SHARAD AMBHORE	Joined	3/8/2021, 3:35:00 PM
8	Manik Gaikwad	Joined	3/8/2021, 3:21:37 PM
9	Nilam	Joined	3/8/2021, 3:22:19 PM
10	sangita	Joined	3/8/2021, 3:24:41 PM
11	Dipali S. Mali	Joined	3/8/2021, 3:25:09 PM
12	Dipansh Gore	Joined	3/8/2021, 3:25:24 PM
13	Nikita Walunjkar	Joined	3/8/2021, 3:25:33 PM
14	Geeta Desai	Joined	3/8/2021, 3:25:41 PM
15	Sham	Joined	3/8/2021, 3:26:19 PM
16	A-8 AKASH CHAVAN	Joined	3/8/2021, 3:27:06 PM
17	A-29 SHRIJAN KUMAR	Joined	3/8/2021, 3:27:13 PM
18	A-29 SHRIJAN KUMAR	Joined	3/8/2021, 3:29:24 PM
19	A-29 SHRIJAN KUMAR	Joined	3/8/2021, 3:34:02 PM
20	VIKAS RASKAR	Joined	3/8/2021, 3:27:18 PM
21	A-9 RUCHITA CHITRAL	Joined	3/8/2021, 3:27:29 PM
22	Pradyna Kambale	Joined	3/8/2021, 3:27:39 PM
23	A-55 APURVA WAGHMARE A-37 PRATIKSHA	Joined	3/8/2021, 3:28:13 PM
24	NAGAWADE	Joined	3/8/2021, 3:28:13 PM

25	Dilip Chaudhary	Joined	3/8/2021, 3:28:20 PM
26	A-50 SHANTANU NAIK	Joined	3/8/2021, 3:28:21 PM
27	A-50 SHANTANU NAIK	Joined	3/8/2021, 3:39:03 PM
28	A-34 SHARDUL MAHAJAN	Joined	3/8/2021, 3:28:37 PM
29	A-34 SHARDUL MAHAJAN	Joined	3/8/2021, 3:29:27 PM
30	sangita	Joined	3/8/2021, 3:29:28 PM
31	sangita	Joined	3/8/2021, 3:33:14 PM
32	sangita	Joined	3/8/2021, 3:36:20 PM
33	sangita	Joined	3/8/2021, 3:45:39 PM
34	A-36 NIKHIL MOGAL	Joined	3/8/2021, 3:29:41 PM
35	C-56 KARTIK WATILE	Joined	3/8/2021, 3:29:53 PM
36	A-25 CHAITANYA KATORE	Joined	3/8/2021, 3:29:57 PM
37	Anuradha Kulkarni	Joined	3/8/2021, 3:30:09 PM
38	A-38 PRITI NARAWADE	Joined	3/8/2021, 3:30:15 PM
39	D-08 SAI BOKEY	Joined	3/8/2021, 3:30:37 PM
40	C-47 SANKET LOHANA	Joined	3/8/2021, 3:30:38 PM
41	Dhananjay Nikhade	Joined	3/8/2021, 3:30:43 PM
42	Reshma Kapadi	Joined	3/8/2021, 3:31:08 PM
43	Vaishali Dhawas	Joined	3/8/2021, 3:31:21 PM
44	Chetali Amol Mhetre	Joined	3/8/2021, 3:31:27 PM
45	Chetali Amol Mhetre	Joined	3/8/2021, 3:43:17 PM
46	Rupali Shishupal	Joined	3/8/2021, 3:31:32 PM
47	A-42 VIKAS PAWAR	Joined	3/8/2021, 3:31:33 PM
48	A-42 VIKAS PAWAR	Joined	3/8/2021, 3:48:26 PM
49	Seema Shinde	Joined	3/8/2021, 3:31:38 PM
50	Rakesh Badodekar	Joined	3/8/2021, 3:31:40 PM
51	Rupali Maske	Joined	3/8/2021, 3:31:41 PM
52	Pratibha Chaudhary (Guest)	Joined	3/8/2021, 3:31:44 PM
53	Shailaja Lohar	Joined	3/8/2021, 3:31:50 PM
54	Mohini Raut	Joined	3/8/2021, 3:31:57 PM
55	Mohini Raut	Joined	3/8/2021, 3:32:06 PM
56	A-5 Ajay Belkunde	Joined	3/8/2021, 3:32:00 PM
57	A-16 LOKESH GHODKE	Joined	3/8/2021, 3:32:13 PM
58	Manisha Babar	Joined	3/8/2021, 3:32:14 PM
59	swapnali ware	Joined	3/8/2021, 3:32:27 PM
60	swapnali ware	Joined	3/8/2021, 3:32:55 PM
61	Bhagyashri Hande (Guest)	Joined	3/8/2021, 3:32:38 PM
62	Madhuri Deore	Joined	3/8/2021, 3:32:44 PM
63	Vaishali Baste	Joined	3/8/2021, 3:32:46 PM
64	C-36 MRUNAL MOHITE	Joined	3/8/2021, 3:32:53 PM
65	A-51 ARYAN SHINGAN	Joined	3/8/2021, 3:33:09 PM
66	Supriya Jadhav	Joined	3/8/2021, 3:33:43 PM
67	Supriya Jadhav	Joined	3/8/2021, 3:37:10 PM
68	Madhuri Kumbhar	Joined	3/8/2021, 3:33:44 PM
69	Manisha Babar	Joined	3/8/2021, 3:33:46 PM
70	Vikas Kadam	Joined	3/8/2021, 3:34:32 PM
71	Dipali Shende	Joined	3/8/2021, 3:34:35 PM
72	C-35 ABHAY MHASKE	Joined	3/8/2021, 3:34:49 PM

73	Pallavi Ahire	Joined	3/8/2021, 3:34:56 PM
74	Manisha Babar	Joined	3/8/2021, 3:35:01 PM
75	Chanchal Balu Sithafale	Joined	3/8/2021, 3:35:07 PM
76	vaishali kothari	Joined	3/8/2021, 3:35:09 PM
77	Merle	Joined	3/8/2021, 3:36:02 PM
78	B-12 NIKHIL DONGRE	Joined	3/8/2021, 3:36:24 PM
79	Dipashree Duche	Joined	3/8/2021, 3:36:57 PM
80	C-34 MANISH MANISH	Joined	3/8/2021, 3:37:43 PM
81	C-57 POONAM TILEKAR	Joined	3/8/2021, 3:38:37 PM
82	Anagha Bodhe	Joined	3/8/2021, 3:38:51 PM
83	C-39 SAURABH PANCHAL	Joined	3/8/2021, 3:39:04 PM
84	Dighe Rupali	Joined	3/8/2021, 3:39:09 PM
85	Sangeeta Tirupati Patnaik	Joined	3/8/2021, 3:40:51 PM
86	C-08 VEDANT CHANDEGAVE	Joined	3/8/2021, 3:41:04 PM
87	E-6 ARTI BANKAR	Joined	3/8/2021, 3:42:17 PM
88	Pushpa Bhong	Joined	3/8/2021, 3:42:43 PM
89	E-36 PRATHAM MORE E-48 PRESHIT	Joined	3/8/2021, 3:42:56 PM
90	SATALGAONKAR	Joined	3/8/2021, 3:43:03 PM
91	Bhavana Tayde	Joined	3/8/2021, 3:43:28 PM
92	Karim Mulani	Joined	3/8/2021, 3:43:53 PM
93	Ayesha Siddiqui	Joined	3/8/2021, 3:44:33 PM
94	A-47 SANAP SUDARSHAN	Joined	3/8/2021, 3:44:47 PM
95	Shital More	Joined	3/8/2021, 3:45:16 PM
96	A-21 JAIN MOHIT	Joined	3/8/2021, 3:45:34 PM
97	Sarika Panwal	Joined	3/8/2021, 3:45:47 PM
98	Pranita Petkar	Joined	3/8/2021, 3:46:37 PM
99	pournima	Joined	3/8/2021, 3:46:44 PM
100	smिता sagar gavade	Joined	3/8/2021, 3:46:59 PM
101	Vandana Tonde	Joined	3/8/2021, 3:47:25 PM
102	D-56 RITESH ZAWARE	Joined	3/8/2021, 3:48:13 PM
103	Pooja More	Joined	3/8/2021, 3:48:50 PM
104	E-2 SHRADDHA ALHAT	Joined	3/8/2021, 3:49:23 PM
105	Isha Kachane	Joined	3/8/2021, 3:49:40 PM
106	PRASHANT PATIL	Joined	3/8/2021, 3:49:55 PM

Attendance- Day 3 , 10/ 03/2021

1	Full Name	User Actic	Timestamp
2	Yogini Raut	Joined	3/10/2021, 3:19:05 PM
3	Yogini Raut	Left	3/10/2021, 3:25:22 PM
4	Yogini Raut	Joined	3/10/2021, 3:25:31 PM
5	Yogini Raut	Left	3/10/2021, 3:41:44 PM
6	Yogini Raut	Joined	3/10/2021, 3:41:51 PM
7	Bhagshri Hande (Guest)	Joined bef	3/10/2021, 3:25:31 PM
8	Sayali Hande	Joined bef	3/10/2021, 3:25:31 PM
9	Rakesh Badodekar	Joined	3/10/2021, 3:25:45 PM
10	Rakesh Badodekar	Left	3/10/2021, 4:16:41 PM
11	Mayur Raut	Joined	3/10/2021, 3:26:34 PM
12	Sandhya Raskar (Guest)	Joined	3/10/2021, 3:29:22 PM
13	komal gatagat (Guest)	Joined	3/10/2021, 3:30:14 PM
14	Supriya Jadhav	Joined	3/10/2021, 3:30:31 PM
15	swapnali ware	Joined	3/10/2021, 3:31:15 PM
16	swapnali ware	Left	3/10/2021, 3:39:35 PM
17	swapnali ware	Joined	3/10/2021, 3:39:46 PM
18	swapnali ware	Left	3/10/2021, 4:40:26 PM
19	Dipali S. Mali	Joined	3/10/2021, 3:31:29 PM
20	Nilofar Mulani (Guest)	Joined	3/10/2021, 3:32:01 PM
21	Pratibha (Guest)	Joined	3/10/2021, 3:32:16 PM
22	Anuradha Kulkarni	Joined	3/10/2021, 3:32:39 PM
23	Anuradha Kulkarni	Left	3/10/2021, 4:41:09 PM
24	Vijaya Rajeshwarkar	Joined	3/10/2021, 3:32:55 PM
25	Pushpa Bhong (Guest)	Joined	3/10/2021, 3:33:47 PM
26	Pushpa Bhong (Guest)	Left	3/10/2021, 3:53:32 PM
27	Chetali Amol Mhetre	Joined	3/10/2021, 3:34:00 PM
28	Chetali Amol Mhetre	Left	3/10/2021, 3:36:46 PM

*Yogini Raut*

Prof Yogini Raut  
Coordinator

*Mayur Raut*

Prof Mayur Raut  
CCC Head



*Dr. M.S. Gaikwad*

Dr. M.S. Gaikwad  
Principal, Sinhgad Institute of Technology,

(Dr. M. S. Gaikwad)  
PRINCIPAL

SINHGAD INSTITUTE OF TECHNOLOGY  
Kusgaon (Bk.), Lonavala-410401