



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 Centre

Voice Care Workshop for Teachers Activity 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

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
- Promoting foreign language program, Entrepreneurship amongst students
- Encouraging Alumni interaction cell.
- 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

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 Centre

Voice Care Workshop for Teachers (AY 2020-21)

Day:	01 day
Date:	19th August 2021
Venue:	SIT, Lonavala (Online mode)
Time:	from 2:00 pm to 5:00pm
Staff Co-coordinator:	Prof. Yogini Raut
Student Coordinator:	Akshay Dhattrak
Resource Person:	Dr.Sonali Lohar, Voice Clinic Thane ,Mumbai
Event Conducted Under:	Department of Maharashtra state higher and technical education, and Maharashtra Information Technology helpline center , Maharashtra in collaboration with S.I.T Lonavala.
Activity Type:	Voice care awareness
Target Group:	Students and their families and faculties of S.I.T Lonavala.
Program Objectives :	To create voice care awareness in faculties .

Boucher:

The boucher is a promotional poster for a workshop. At the top, it features the logos of Savitribai Phule Pune University and Sinhgad Institutes. The main text reads: "Sinhgad Technical Education society Sinhgad Institute of Technology, Lonavala Career Counseling Center Presents 'Voice Care Workshop for Teachers'". Below this, it states "In Association with Maharashtra State Higher and Technical Department and Maharashtra Information Technology Support Centre". The date and time are "ON 19th August, 2021, Time :2 PM- 5 PM". There are four portraits of organizers: Dr. M. S. Gaikwad (Campus Director), Dr. D. D. Chaudhary (Vice-Principal, SIT), Prof. M.S Raut (CCC-Head), and Prof. Y.M Raut (Coordinator). At the bottom, there is a portrait of Dr. Sonali Lohar (Resource Person, Voice Clinic Thane) and a portrait of Mr. Yashwant Shitole (Maharashtra Information Technology Support Centre). A floral graphic is also present.

Schedule if any: 3 hour session

Brief Summary of the Event / Program

- Voice Care workshop for teachers was conducted on 19th august 2021, 2pm to 5 pm .
- It was jointly organized by Department of Maharashtra state higher and technical education, and Maharashtra Information Technology helpline center , Maharashtra in collaboration with S.I.T Lonavala.
- The speaker was Dr. Sonali Lohar, Voice Clinic Thane ,Mumbai.
- **Teaching** is an occupation that relies heavily on **vocal** communication and often requires that the **voice** be used for continuous and long periods of time.
- Advice for teachers on voice care, including spotting problems, simple preventative measures and information on how and when to seek appropriate specialist help

More about speaker:



Sonali Lohar

Sonali Lohar is an Audiologist and Speech Language Pathologist. She has been practicing for more than 25 years in the field of Speech, Language, Voice and Hearing.

Sonali has been practicing exclusively as a VOICE THERAPIST since last few years of her practice. She is among those very few Top Speech Pathologists of India who have dedicated their practices for the work in the area of VOICE, Sonali's forte specifically being "Voice care for professional voice users". She has done observership in Voice Therapy at Stanford University, USA & Indiana University, USA. Her clinic 'Voice Clinic, Thane' has got the honor of becoming the first state of the art voice clinic of Thane District.

Her extensive work , passion and education in the field of Professional Voice Disorders and Vocal Hygiene is noticed in the form of her celebrity patients, who are some of the renowned artist in the field of acting, theatrics, music, dubbing, and anchoring.

Her vast dedicated experience in Voice Care has allowed Sonali to coin a phrase for voice problem "The Young Hassled Mother's Voice", It has become a benchmark and a locally accepted term in the voice speciality field.

She has a large experience in puberty related voice problems, Puberphonia, with her technique of therapy giving almost instant results in such patients.

Sex-change surgery & Voice modulation; This is considered as a "Top of the pyramid "challenge for voice specialists. Sonali is actively treating and involved in such cases.

Several top politicians, including ministers, seek Sonali's day to day guidance and therapy, especially during the election times; to ensure that the quality of their voice does not suffer during election campaigns.

She is a Specialist in Laryngectomy Rehabilitation (SLR), A Certified Vitalism Therapy Practitioner (Physio Asia Academy) and A Voice Modulation Expert.

Vision and Hearing inform us about the outside. The VOICE is our tool to express ourselves to the outside, So, Vision Hearing and Voice , all three are necessities for rich quality of life.

In India , every year millions of professional voice users majority of whom are Teachers ,suffer from Bad Voice and Vocal Cord Pathologies. And the sheer reason behind this is the ignorance among common public about what is called as VOCAL HYGIENE.

An excellent clinician, Sonali does an ongoing series of free workshops and lectures for teachers in schools and colleges for increasing awareness about Voice Care. Through these lecture series she has so far managed to educate thousands of teachers and singers about how to improve Vocal Health and Vocal Endurance. Her mission is to reach out to each and every teaching institute of Maharashtra with this knowledge and prevent the teachers from becoming Vocally Handicapped in future .

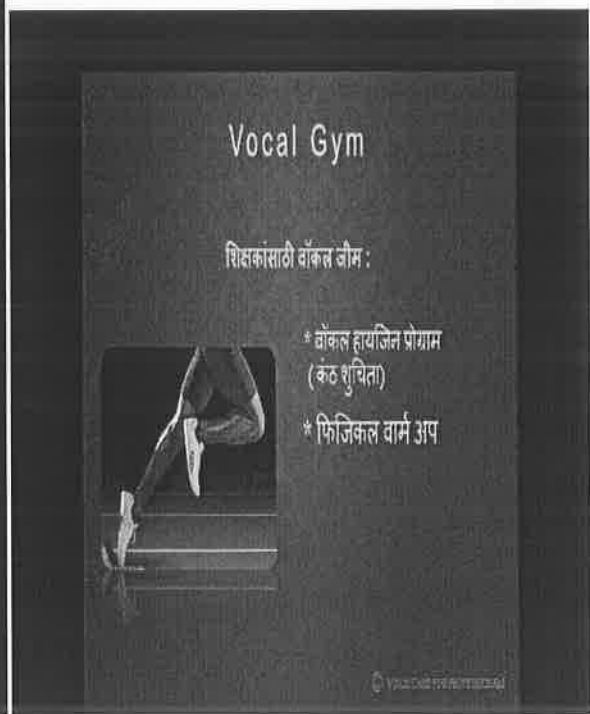
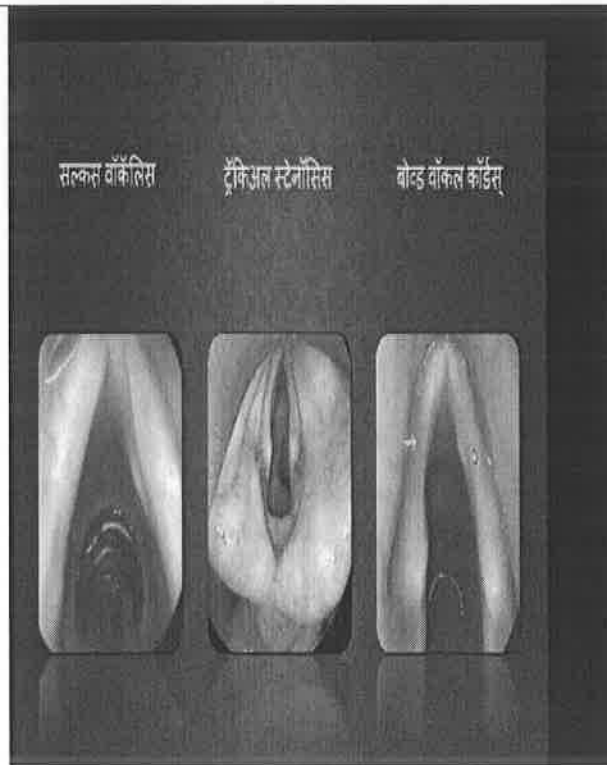
She has also been invited by several corporate houses for her Voice workshops and lectures, including Tech Mahindra Group & Sandoz.

Her articles and interviews in leading news papers and health care magazines have contributed in increasing public awareness about Voice and Voice Disorders.

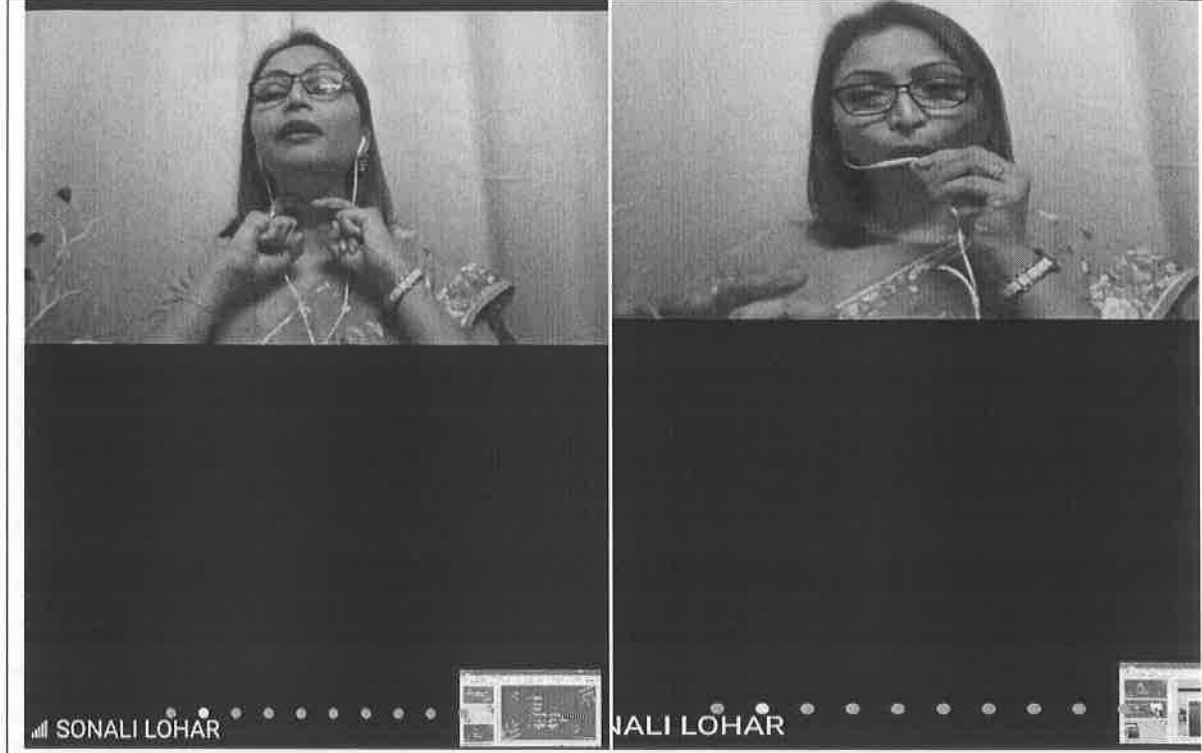
She has participated, presented and has been invited as a panellist and guest faculty speaker in National and International Conferences Emirates ENT & AVCSD, Rajasthan State ENT Conference, VOICECON Mumbai to name a few.

Sonali is known for her humane understanding, for her insight in the Science of Voice. Her distilled wisdom coming across from her statement "The throat is the seat of emotions..One feels a choking sensation in the throat much before the tears appear in the eyes..." This depth of voice makes Sonali a complete voice specialist, counselling being an integral component of her trademark humane strategy for treatment.

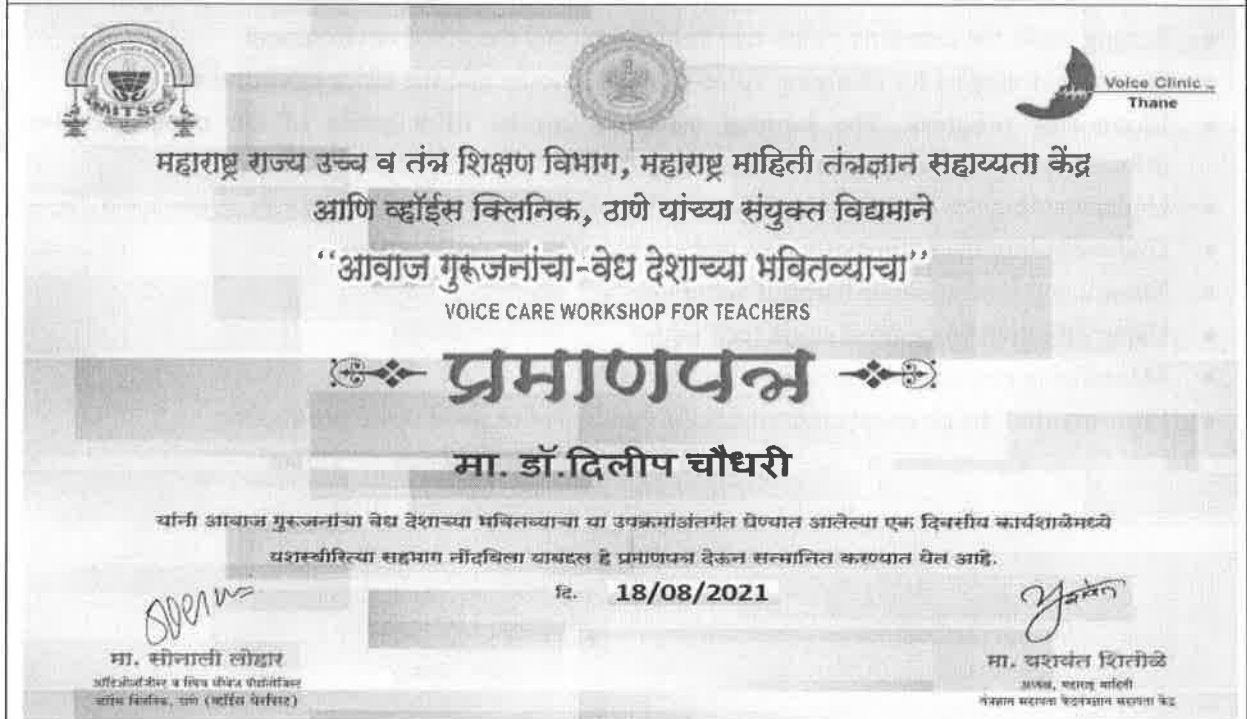
Photographs of the activity:



Online vocal gym for teachers, problems arising in vocal cords, vocal gym.



Some voice care techniques demonstration by Speaker



Certificate for those who completed the course successfully with 60 % attendance

Outcome

- Various concepts regarding our voice and its care were understood by madam
- Many misconceptions were cleared.
- Vocal tips, tips to how to talk softly but effectively.

Vocal tips which were learnt:

#1 – Stay Hydrated. ...

#2 – Plan Rest Breaks for Your Voice.

#3 – Avoid Vocal Extremes. ...

#4 – Use a Personal Amplification Device. ...

#5 – Learn How to Project Your Voice. ...

#6 – Use Conscious Breath. ...

#7 – Avoid Throat Clearing.

With this in mind, the Voice Care for Teachers Program has been developed to assist teachers to maintain their voice quality, and thereby ensure their personal and professional health and wellbeing. Teachers are provided with a guide to planning their own programs of voice care. This guide covers the four main components of action planning:

- Identifying which voice care behaviours and environmental factors need to be changed
- Setting goals for changing voice care behaviours and the voice environment
- Devising strategies for changing voice care behaviours and the voice environment
- Monitoring progress. The training materials consist of a series of six comprehensive information sheets that cover the following topics:
 - Understanding the basic mechanism of voice production
 - Understanding the main symptoms and causes of voice problems
 - Minimising inefficient or harmful vocal habits
 - Using effective voice production techniques
 - Maximising physical and emotional health
 - Ensuring that the physical environment is conducive to good voice production

Attendance

Full Name		User Action	Timestamp	
E&TC Dept				
Mayur Sahebrao Raut	E&TC	Joined before	19/08/2021	14:02:36
Dr.Dilip Chaudhary	E&TC	Joined before	19/08/2021	14:02:36
Dipashree N. Duche	E&TC	Joined before	19/08/2021	14:02:36
Sulakshana Sudhakar Patil	E&TC	Joined before	19/08/2021	14:02:36
Dr. Sharad Balasaheb Gholap	E&TC	Joined before	19/08/2021	14:02:36
Prashant dike	E&TC	Joined before	19/08/2021	14:02:36
Deepak Balaso Patil	E&TC	Joined before	19/08/2021	14:02:36
Dr. Dnyaneshwar S Mantri	E&TC	Joined before	19/08/2021	14:02:36
Manoj Krishna Bhosale	E&TC	Joined before	19/08/2021	14:02:36
Arati Ramesh Jadhav	E&TC	Joined before	19/08/2021	14:02:36
Pradnya Avinash Kamble	E&TC	Joined before	19/08/2021	14:02:36
Vijaya Gopalrao	E&TC		19/08/2021	14:02:36
Rajeshwarkar		Joined before		
Asmita Atul Deshmukh	E&TC	Joined before	19/08/2021	14:02:36
Chetali Amol Mhetre	E&TC	Joined before	19/08/2021	14:02:36
Total=14		Joined before	19/08/2021	14:02:36

Computer Department

S.G.Shaikh	Computer	Joined before	19/08/2021	14:02:36
Shrikrishna Bhanudas Nimbekar	Computer	Joined before	19/08/2021	14:02:36
Mr. Dhanaraj Yerate	Computer	Joined before	19/08/2021	14:02:36
Manoj Jadhav	Computer	Left	19/08/2021	14:02:36
Manisha Galphade	Computer	Joined	19/08/2021	14:02:36
Maske Rupali	Computer	Joined before	19/08/2021	14:02:38
Dr. M. S. Chaudhari	Computer	Joined before	19/08/2021	14:02:36

Deliya pramod dhargalkar	Computer	Joined before	19/08/2021	14:02:39
Priyanka Dhondiraj Halle	Computer	Joined before	19/08/2021	14:05:36
Tejaswini V Adikane	Computer	Joined	19/08/2021	14:02:36
Vaishali Nitin Dhawas	Computer	Joined	19/08/2021	14:06:36
Mr Vikram Madhukar Chavan	Computer	Joined	19/08/2021	14:02:36
Nishant Pachpor	Computer	Joined	19/08/2021	14:03:17
Shreyas Shrimant Shinde	Computer	Left	19/08/2021	14:03:17
Sunita Popat Jadhav	Computer	Joined	19/08/2021	14:03:17
Total=15		Joined	19/08/2021	14:03:17

Mechanical Department

Yogini Mayur Raut	Mechanical	Joined	19/08/2021	14:03:17
Prof.Swapnil Sanjay Shinde	Mechanical	Joined	19/08/2021	14:03:17
Vijaykumar Namdev Yadav	Mechanical	Joined	19/08/2021	14:03:17
Srikanth karankoti	Mechanical	Joined	19/08/2021	14:03:17
SAMBHAJI MAHADEO	Mechanical	Joined	19/08/2021	14:03:17
GAIKWAD		Joined		
Nitesh Shivdas Hirulkar	Mechanical	Joined	19/08/2021	14:03:17
Sachin Vasantao Chavan	Mechanical	Joined	19/08/2021	14:03:17
Mr shital Bharat patil	Mechanical	Joined	19/08/2021	14:03:17
Suraj Bhujgonda Patil	Mechanical	Joined	19/08/2021	14:03:17
Shital Salunkhe	Mechanical	Joined	19/08/2021	14:03:17
Pravin Mohan Linge	Mechanical	Joined	19/08/2021	14:03:17
Prasad D. Kulkarni	Mechanical	Joined	19/08/2021	14:03:17
Sagar Vishnurao Wankhede	Mechanical	Joined	19/08/2021	14:03:17
Vinayak Vilas Gaikwad	Mechanical	Joined	19/08/2021	14:03:17
Sharad Meshram	Mechanical	Joined	19/08/2021	14:03:17
Sachin Namdev Lokhande	Mechanical	Joined	19/08/2021	14:03:17
Abhijit Anandrao Patil	Mechanical	Joined	19/08/2021	14:03:17
Pankaj Gharde	Mechanical	Joined	19/08/2021	14:03:17
Amit Wasnik	Mechanical	Joined	19/08/2021	14:03:17
M M Tayde	Mechanical	Joined	19/08/2021	14:03:17
Pratiksha Prakash Jawale	Mechanical	Joined	19/08/2021	14:03:17
Total=21		Joined	19/08/2021	14:03:17

Electrical Department

Santosh Laxman Mhetre	Electrical	Joined	19/08/2021	14:03:17
Pallavi Mhetre	Electrical	Joined	19/08/2021	14:03:17
Maharudra Subhashrao	Electrical		19/08/2021	14:03:17
Shinde		Joined		
Swapnali Balasaheb Ware	Electrical	Joined	19/08/2021	14:03:17
Seja Prakash Mahangade	Electrical	Joined	19/08/2021	14:03:17
Dhananjay Madhukar	Electrical		19/08/2021	14:03:17
Chahyal		Joined		
Total=06				

IT Department

Rakesh Subhash Badodekar	Information and Technology	Joined	19/08/2021	14:03:17
Ganesh M Gaikwad	Information and Technology	Joined	19/08/2021	14:03:17
Pravin Latane	Information and Technology	Joined	19/08/2021	14:04:18
Ms. Supriya Bhushan Jadhav	Information and Technology	Joined	19/08/2021	14:04:18
Pallavi Pankaj Ahire	Information and Technology	Joined	19/08/2021	14:04:18
Farendrakumar S. Ghodichor	Information and Technology	Joined	19/08/2021	14:04:18
Kailash S. Karnekar	Information and Technology	Joined	19/08/2021	14:04:18
Karim Shahajhan Mulani	Information and Technology	Joined	19/08/2021	14:04:18
Anuradha Prasad Kulkarni	Information and Technology	Joined	19/08/2021	14:04:18
Vandana Prakash Tonde	Information and Technology	Joined	19/08/2021	14:04:18
Chetan Subhashrao Pagar	Information and Technology	Joined	19/08/2021	14:04:18
Mr. Ajay Tukaram Sonawane	Information and	Joined	19/08/2021	14:04:18

Technology

Total=12

First Year Department

Mr. Rajendra Nivrutti Kamble	First Year Department	Joined	19/08/2021	14:04:18
Dr. Vaishali Ladde	First Year Department	Joined	19/08/2021	14:04:18
Udawant Amol Pandharinath	First Year Department	Joined	19/08/2021	14:04:18
Sasane Santosh Bhausaheb	First Year Department	Joined	19/08/2021	14:04:18
Priyanka Ravindra Chakranarayan	First Year Department	Joined	19/08/2021	14:04:18
Mr. Vivek Suresh Rao Kale	First Year Department	Joined	19/08/2021	14:04:18
PATIL PRASHANT SUBHASHRAO	First Year Department	Joined	19/08/2021	14:04:18
Shivling Ramling Borate	First Year Department	Joined	19/08/2021	14:04:20
Sarita Shivaling Mali	First Year Department	Joined	19/08/2021	14:04:21
Mrs. Bhavana Mohan Tayde	First Year Department	Joined	19/08/2021	14:04:18

Total Faculty Registration

78

Prof. Y.M. Raut
Prof Yogini Raut
 Coordinator

Mgm
Prof Mayur Raut
 CCC Head



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