

यूनियन बैंक
of India



MALEGAON
HIRAI SANKUL
PLOT NO 5 SATANA ROAD MALEGAON MALEGAON-423203
8087723798

Issue date: 11-03-2021
Sr No: 2

MAHARASHTRA
INDIA
IFSC Code : UBIN0911111

शाखा BRANCH

शाखा का पता Branch Address :

शाखा का फोन नं./Branch Phone No.:

खाते क्र. Account No.:

In the Name of :

नाम Name i)
ii)
iii)

पेशा Occupation

पता Address

खाता खोलने की तारीख
Date of Opening A/c

नामांकन पंजीकृत / Nomination Registered : हाँ Y / नहीं N

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(SB GENERAL)
M/S MAJI VIDYARHTI SANGHATANA MSG KALA VANIJYA V VIDH

OTHERS
MALEGAON CAMP
MALEGAON

05-08-2019

MALEGAON
Pin : 423203 MAHARASHTRA INDIA

Branch Phone No : 8087723798

लेखाकार Accountant

Mahatma Gandhi Vidyamandir's
Maharaja Sayajirao Gaikwad College, Malegaon Camp
Alumni Association Activities from the Academic Year 2023 - 2024

Activity Report

Title of the Activity	Lecture on effects of overuse of Smartphone's and gazettes
Date	19 th August 2023
Name of the Guest/Speaker	Mr. Manish Suryawanshi
Venue	Lecture Hall

Brief summary of the activity

Physical strain to your eyes and body

Spending long hours staring at a screen definitely takes a toll on your body, especially your eyes. Excessive screen time not only strains your eyes and leaves them feeling dry, but can also lead to retina damage and blurred vision. [Myopia](#) is already a big problem that plenty of Singaporeans face and staring incessantly at a screen only worsens existing conditions. Furthermore, being constantly hunched over (like how so many people tend to do with their smartphones) also affects your posture and can cause stiffness and pain both the neck and shoulder.

• **Sleep deprivation**

The amount of screen time you clock has a direct impact on how much sleep you are getting, given that the blue light emitted from digital screens interferes with the production of the sleep hormone melatonin in your body. This is why using digital devices right before bedtime makes it much harder for you to fall asleep. [Research](#) has found that Singaporeans aren't getting enough sleep and cutting our screen time certainly makes for a good solution to this problem!

• **Increased risk of obesity**

The passive, sedentary nature of digital device usage means you are depriving yourself of physical activity and exercise. This contributes to increased weight-gain, especially if you tend to snack quite a bit while watching TV. Furthermore, the numerous fast-food commercials on TV also tempt many of us into eating more unhealthily. Simply watching two more additional hours of TV each day can significantly increase the risk of becoming obese.

• **Susceptibility to chronic health conditions**

The increased risk of obesity also makes you more vulnerable to chronic diseases such as type 2 diabetes, heart disease and cancer. [Scientific research](#) has shown that spending long hours sitting when using digital devices can cause a spike in insulin and blood glucose levels, and also lead to an accumulation of fat in your bloodstream. Spending less time on screens and more on being physically active can definitely help you avoid these problems!

- **Loss of cognitive ability**

One of the scariest consequences of excessive screen time is its effect on one's mental health. Too much screen time alters the very structure of your brain by causing the grey matter that's responsible for cognitive processes to shrink, as well as deformity to the white matter that serves as the network to the brain's signal communication. This manifests itself in the form of poorer concentration, weaker memory, slower information processing and weaker impulse control – these effects are particularly worrying when it comes to children, whose brains are still developing.

- **Impaired socialising skills**

Using digital devices is a largely solitary activity – we don't have much real-life interactions when we are preoccupied with what's happening on the screen. This could lead to increasing anti-social tendencies and feelings of withdrawal. With children in particular, this precious opportunity to develop important social skills through playing with their friends is lost when they spend time on digital devices instead.

- **Weakened emotional judgment**

Too much screen time also affects your ability to register and process emotions. Desensitisation to violent content is one particularly worrying side effect of weakened emotional judgment. According to [scientific research](#), exposure to violent media content can also increase aggression levels, especially in younger children and adolescents.

- **Delayed learning in young children**

When it comes to young children, the alteration of the brain's structure due to excessive screen time can impact their learning abilities. In particular, children who watch more TV have more difficulty picking up languages – this delay in learning can be as much as 50% higher for every 30 minutes spent watching the TV. Letting kids watch educational programs may not be the best way to educate them either – young children learn better by physically exploring, and letting them watch shows passively hinders their brains from being active and engaged.

- **Lower self-esteem**

Finally, spending too much time in the virtual world of screens can also have a negative impact on how you perceive yourself. The time you lose that could have been spent on forming relationships with other people, discovering and honing your passions, and creating new experiences leads to a weakened sense of self-identity and confidence. When the bulk of your time is spent on social media sites, this problem is exacerbated because you may end up worrying more about your virtual self-image instead of your real one. For children and youth, the dangers of cyberbullying and self-image issues are particularly worrying.

Perhaps one of the most worrying consequences of excessive screen usage is how it sends your brain into an addictive state. The rush of the pleasure-inducing dopamine we get from using our digital devices activates our brain's reward centre and insidiously makes us crave more. This is why many of us find ourselves trapped in a cycle of screen addiction.

Outcomes of Activity/Event:

1. To aware the youths regarding safe use of gazettes and health issues.

Glimpses of activity



Evidences of News Articles

लॅपटॉप व मोबाईलच्या अतिवापरामुळे झोपेवर परिणाम- डॉ. मनिष सुर्यवंशी

मनोरोग : डॉ. म. म. म. कनिष्ठ महाविद्यालयत सामान्य मनसिक आरोग्य वा विभागावर प्रमुख डॉ. मनिष सुर्यवंशी यांचे पुष्प-पुष्प देऊन स्वागत केले. सद्य काळात अत्यंत वेगाने वाढत असलेल्या लॅपटॉप व मोबाईलच्या अतिवापरामुळे झोपेवर परिणाम होत आहे, असे डॉ. मनिष सुर्यवंशी यांनी सांगितले. लॅपटॉप व मोबाईलच्या अतिवापरामुळे झोपेवर परिणाम होतो, असे डॉ. मनिष सुर्यवंशी यांनी सांगितले. लॅपटॉप व मोबाईलच्या अतिवापरामुळे झोपेवर परिणाम होतो, असे डॉ. मनिष सुर्यवंशी यांनी सांगितले.



हमनेतर होणाऱ्या विविध परिस्थितीत वास्तविकता केली. व मानसिक दृढपण, मानसिक भीती, अति चिंता, धम व धम यांमुळे मानसिक आरोग्यात किड्या होतो, व लक्षात न घ्याय झालेले आरोग्यावर व शारीरिक आरोग्यावर होणाऱ्या परिणामांची समीक्षा यंत्रणेने दिली. लॅपटॉप व मोबाईलच्या अतिवापरामुळे झोपेवर परिणाम होतो, असे डॉ. मनिष सुर्यवंशी यांनी सांगितले. लॅपटॉप व मोबाईलच्या अतिवापरामुळे झोपेवर परिणाम होतो, असे डॉ. मनिष सुर्यवंशी यांनी सांगितले.

दैनिक २१/०१/२०२३

लोकनामा

सर्वसामान्यांच्या समस्यांना वाचा फोडणारे दैनिक

'मानसिक आरोग्या'वर व्याख्यान

लोकनामा का. प्र.



मनोरोग : वेगवेगळ्या प्रकारच्या आरोग्य वा विभागावर नरिष्ठ विद्यार्थ्यांनी आयोजित मानसिक आरोग्य महत्वाचे आहे, असे डॉ. मनिष सुर्यवंशी यांनी सांगितले. लॅपटॉप व मोबाईलच्या अतिवापरामुळे झोपेवर परिणाम होतो, असे डॉ. मनिष सुर्यवंशी यांनी सांगितले.

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Activity Report

Title of the Activity	Lecture on Health Benefits from Ayurveda
Date	10 th January 2024
Name of the Guest/Speaker	Miss. Seema Rane
Venue	Conference Hall

Brief summary of the activity

Ayurveda is a traditional Indian system of medicine that has been in practice for over 5,000 years. It is based on the idea of balancing the body, mind, and spirit through natural remedies, lifestyle changes, and a healthy diet.

[Ayurveda](#) is gaining popularity as people seek alternatives to Western medicine, and research is beginning to show the health benefits of this ancient practice.

Here are some of the health benefits of Ayurveda.

Reduces Stress and Anxiety

One of the primary principles of [Ayurveda](#) is to maintain balance in the body and mind. Stress and anxiety disrupt this balance, leading to various health problems. Ayurvedic treatments, such as meditation, yoga, and massage, can help reduce stress and promote

relaxation. These practices have been shown to reduce cortisol levels, the hormone associated with stress.

Boosts Immune System

[Ayurvedic treatments](#) use natural herbs and spices that have immune-boosting properties. Ayurvedic remedies like ashwagandha, turmeric, and ginger have been found to have immune-enhancing effects. These herbs and spices contain antioxidants and anti-inflammatory compounds that protect the body against infection and disease.

Promotes Digestion

Ayurveda emphasizes the importance of good digestion for overall health. Ayurvedic remedies like triphala, an herbal blend of three fruits, and ginger have been found to promote digestion and relieve digestive issues like constipation and bloating. Ayurveda also recommends eating foods that are easy to digest and avoiding processed foods and heavy meals.

Improves Skin Health

Ayurveda considers the skin as an extension of the digestive system. Therefore, Ayurvedic remedies focus on promoting digestion and detoxification to improve skin health. Ayurvedic treatments like abhyanga (oil massage) and herbal steam baths have been found to improve skin texture and reduce the signs of aging.

Enhances Brain Function

Ayurveda uses natural herbs and remedies that are known to enhance brain function. Ayurvedic treatments like Brahmi, an herb used for cognitive enhancement, have been found to improve memory, learning, and concentration. Ayurvedic treatments like meditation and yoga have also been found to improve brain function and cognitive performance.

Supports Heart Health

Ayurveda emphasizes the importance of a healthy lifestyle for maintaining heart health. Ayurvedic remedies like arjuna, a herb known for its cardio-protective effects, have been found to improve heart function and reduce the risk of heart disease. Ayurveda also recommends a healthy diet, regular exercise, and stress reduction techniques for maintaining heart health.

Improves Sleep Quality

Ayurveda considers sleep as one of the pillars of health. [Ayurvedic](#) treatments like meditation, massage, and herbal remedies like ashwagandha have been found to improve sleep quality and reduce sleep disorders like insomnia.

Outcomes of the activity

1. Ayurveda offers a holistic approach to health that emphasizes natural remedies, lifestyle changes, and a healthy diet.

Glimpses of activity



दिनांक Date	विवरण Particulars	सोल आयडी SOL ID	चेक नं. CHQ. No.	निकासी राशि राशि DEBIT	जमा की राशि राशि CREDIT	अंशकालीन क. खाते में जमा राशि BALANCE	शुरुआत शेयर INITIAL
B/F						31325.90Cr	
16-12-2022	Cash Trans Chrg for Amt:18500.000000			59.00		31266.90Cr	
16-12-2022	SMS Charges for December 2022 Quarter			17.76		31247.20Cr	
16-12-2022	BY INST 114127 : CTS MICR D/W CLG 38780				11000.00	42247.20Cr	
17-12-2022	NEFT-SAGAR GOPTCHAND TALREJA AXNB223547380				2100.00	44347.20Cr	
22-12-2022	BY CASH				54300.00	98647.20Cr	
22-12-2022	CASH PAYMENT SELF		098123	97000.00		1647.20Cr	
22-12-2022	UPIAB/235695270251/CR/KHAIRNAR/HDFC/khairnarsb0kh				5100.00	6747.20Cr	
23-12-2022	Cash Trans Chrg for Amt:54300.000000			64.07		6683.13Cr	
24-12-2022	BY CASH				34000.00	40683.13Cr	
24-12-2022	CASH PAYMENT SELF		098125	30000.00		10683.13Cr	
27-12-2022	Cash Trans Chrg for Amt:34000.000000			59.00		10624.13Cr	
28-12-2022	BY INST 367702 : CTS MICR D/W CLG 38780				5101.00	15725.13Cr	
30-12-2022	BY INST 090157 : CTS MICR D/W CLG 38780				5100.00	20825.13Cr	
02-01-2023	BY CASH				93100.00	113925.13Cr	
02-01-2023	CASH PAYMENT SELF		098126	112000.00		1925.13Cr	
03-01-2023	Cash Trans Chrg for Amt:47100.000000			59.00		1866.13Cr	
05-01-2023	520101762941223-Int.Pd-01-10-2022 to 31-12-2022				541.00	1407.13Cr	
06-01-2023	NEFT-HIRAY YOGITA APOORVA YES8300688747380				71000.00	73407.13Cr	
07-01-2023	CASH PAYMENT SELF		098127	72000.00		1407.13Cr	

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