

WOMEN EMPOWERMENT CELL ACTIVITY REPORT-2022-23

On 15th November 2022, the Women Empowerment Cell of the college organized a special lecture titled "Our Health is in Our Hands" by Dr. Sunita Yawatkar, an Ayurvedacharya from Ahmednagar. Dr. Yawatkar emphasized the significance of Ayurveda in managing stress in our modern lives and advocated for adopting a diet, routine, and lifestyle as prescribed by Ayurveda. She also highlighted the importance of exercise, yoga, and pranayama in our daily lives, engaging with numerous students during the lecture. The program was presided over by Dr. Anil Wabale, Vice Principal of the college, and notable attendees included Mrs. Sangeeta Nitin Sali, Mrs. Sarika Mahesh Kharde, and Mrs. Sharda Anil Wabale, Prof. Chaya Galande, Vice Principal, introduced the program, while Dr. Kalpana Palghadmal, Coordinator of the Women Empowerment Cell, introduced the chief guest. Dr. Vaishali Murade delivered the vote of thanks, and Prof. Namrata Patil made the program announcements. Approximately 200 girl students and 17 ladies staff members attended the event."

On Tuesday, 17th January 2023 a lecture on Women's Health was organized The chief guest was Mrs. Rupali Londhe Project Director of Janseva Foundation Loni, she emphasized the significance of internal hygiene and the benefits of organic sanitary napkins through a demonstration. She also introduced the students to various herbal products manufactured by Janseva Foundation Loni, including perfumes, floor cleaners, and incense sticks. The program was attended by esteemed guests, including W.T.C. Instructor and F.W.C. Counsellor Vaishali Subhash Bajare, and M.I.T.C. Principal Namita Kharde. Vice Principal Prof. Chhaya Galande chaired the program. Dr. Kalpana Palghadmal, Coordinator of the Women Empowerment Cell, introduced the program, while Dr. Vaishali Murade delivered the vote of thanks. The event was successfully conducted under the guidance of Dr. P.M. Dighe, Principal of the College, Senate Member Savitribai Phule Pune University, and Education Director Pravara Rural Education Society. A total of 148 girl students and 38 lady staff members attended the program.

Padmashri Vikhe Patil College of Arts and Commerce, Pravaranagar, organized a grand rally on the occasion of International Women's Day on 8th March 2023 under Women Empowerment Cell on **Gender Equality** at 10:00 am. The students made announcements and created awareness among the villagers of Loni . In this rally, about 224 (136 girls and 88 boys) students of the college in which the National Service Scheme students, NCC students and all ladies staff participated. NSS Program Officer Dr. Balasaheb Mundhe, Prof. Dashrath Khemner, NCC Head Dr. Rajendra Pawar, Dr. Vijay Kharde participated in the rally. The Rally was organised under the guidance of Principal of the college Dr. P.M. Dighe Sir, Vice Principal Dr. B.D. Ranpise, Dr. Anil Wabale, Prof. Chhaya Galande, the rally was conducted enthusiastically and student aware the people about gender equality during the rally, after this at 12:00 pm. some sport activities like running competition was organized for the girl students. At 02:00 pm funny games, musical chairs and Biscuit eating competition were also organized,the lecture on Women's Health and Diet of Sau. Samina Pathan Health Counselor was organized for ladies staff and about 35 ladies staff checked their height weight, resting metabolism,body fat, B.M. I. Index like health parameters and guidance was given on how women should take their diet and there by maintain their health.

On the occasion of International Women's Day, P.V.P. College, Pravaranagar, in association with the Women Empowerment Cell and Department of Chemistry, organized a week-long program, '**Mata College Chya Dari and Health Awareness Week**', from 10th to 21st March 2023. The program aimed to empower mothers of students studying in the college and promote health awareness among them. During this event, the college campus welcomed the mothers of students, who availed of various facilities, including blood checking camps, physical health check-ups, and COVID vaccination drives. A total of 100 mothers benefited from these initiatives, which also included breakfast and lunch arrangements. The program featured various cultural events and entertaining games, which were thoroughly enjoyed by all the mothers. The chief guest, Hon. Mrs. Shalinitai Radhakrishna Vikhe Patil, Trustee of Pravara Rural Education Society and former Zilla Parishad President, emphasized the importance of education in empowering children and urged women to be aware of their hard work and strive for excellence. Dr. Vasundhara Patil from Pravara Medical Trust provided valuable guidance on women's health, emphasizing the importance of healthy eating, periodic health check-ups, and awareness about PCOD and cancer. Students of the college, including Miss. Sandhya Gidhad, Pooja Khedkar, and Nitin Ghagare, shared their thoughts on the occasion. One of the mothers expressed her gratitude, stating that the college had instilled ideal values in their children, enabling them to make a name for themselves. Dr. P.M. Dighe presided over the program, which was attended by several dignitaries, including Mrs. Lilavati Sarode, Dr. Anushree Khaire, Samina Pathan, Miss. Uma Khare, and Vice Principals of the college, Dr. Anil Wabale, Dr. Bhausahab Ranpise, and Dr. R.G. Rasal. The program was coordinated by Dr. Kalpana Palghadmal, President of the Women Empowerment Cell, and all ladies teaching and non-teaching staff were present to make the event a grand success



Guidance by the chief guest of the program Dr. Sunita Yavatkar dated 15/11/2022



NCC and NSS Students Participated in Rally on Gender Equality Dated 08/03/2022



Ladies staff of the College Participated In Rally Dated 08/03/2022



Mata College Chya Dari - Hamage was paid towards Padmashree and Padmabhushan by honorable chief guest Sau.Shalinitai Vikhe Patil Ex Zilla Parishad President Ahmednagar on 21/03/2023



Mata College Chya Dari - Students Mothers enjoying the funny games event dated on 21/03/2023



Mata College Chya Dari - Blood check up dated 15/03/2023



Mata College Chya Dari - Covid Vaccination



Mata College Chya Dari - Physical Health check up 13/03/2023



Dr.Kalpna Palghadmal chairperson Women Empowerment cell Introduce the program on Women Health dated 17th January 2023



Interaction of chief guest of the program Mrs.Rupali Londhe with students to clear their doubts about Internal Hygiene 17th January 2023

Principal
PRINCIPAL
 Padmashri Vidya Patil College
 of Arts, Science & Commerce
 Pravaranagar, Ahmednagar

Dr.Kalpna.V.Palghadmal
Chairperson
Women Empowerment Cell