



NURTURING POTENTIAL

# SAKET GYANPEETH'S SAKET COLLEGE OF ARTS, SCIENCE & COMMERCE

(Un-Aided, Hindi Linguistic Minority Institution)

(Permanently Affiliated to University of Mumbai)

(NAAC Accredited "B" Grade)

## Report on Celebration of International Women's Day

**Time: 11 Am**

**Date: 08 March.2023**

**Venue: Auditorium**

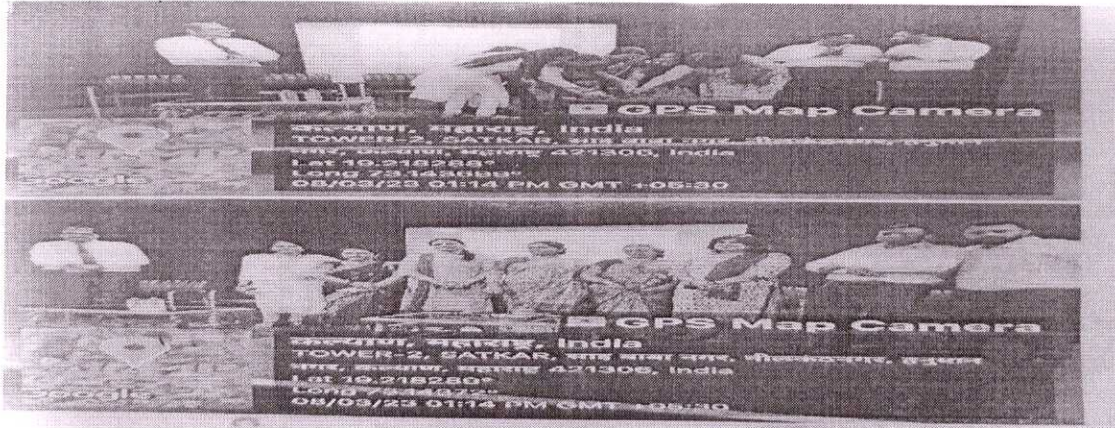
Women Development Cell along with IQAC of Saket College of Arts, Science & Commerce had organized the celebration of International Women's Day on Wednesday, 08th March 2023. The objective of the event was Gender parity is nothing but a service of equality to celebrate this day with teachers & all staff members. We all cutted the cake and college was arrange refreshment party to all so we all have enjoy on that day. The program helped to the women achievement, Raise awareness about women's equality. The program was started at 11 am and was attended by the principal of Dr. Vasant Bharate, vice principal of Degree college, Mrs. Rani Raghuwanshi of the Degree college teachers & staff we cut the cake on that day and organization was give small gift to all women staff.

We all were happy to know to celebrate women's day to Our college and improve the mental health of women we all happy to celebrate this kind of function of the college.

### Outcome:

**To create awareness of gender equality for a healthy society. Also, The milestone to be reached is the basic information for a girl child in every family education will during awareness among the society which will further result in overall development of nation and its community.**

**Beneficiaries: Females:- 80**



*D. Sale*

**Coordinator of WDC**

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## Report on Online Guest Lecture on POSH (Criteria 5.1.5)

Date: 28.03.2023

### Venue: Microsoft Teams Meeting

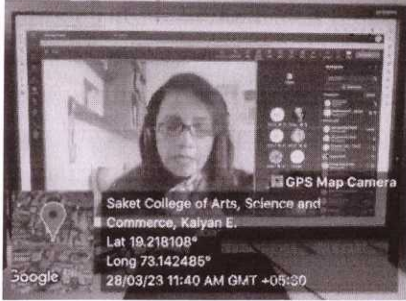
The Internal Complaints Committee (ICC) in association with IQAC of Saket College of Arts, Science & Commerce had conducted an online guest lecture on Prevention of Sexual Harassment at Workplace for all the students of Degree College on Tuesday, 28<sup>th</sup> March 2023. The session was organized to educate students about the Sexual Harassment at Workplace. The guest lecturer for the session was Adv. Sameera Abees. She discussed about the Sexual Harassment of Women at workplace (prevention, Prohibition and Redressal) Act 2013 and quoted examples of incidents happened related to Sexual Abuse and Harassment including the MeToo movement and made the students understand how to deal with it. She also mentioned the constitution of Internal Complaints Cell (ICC) at every organization. The session helped the students become aware of their rights under the POSH Act.

### Outcome:

- Students understood how to identify and differentiate between appropriate and inappropriate behaviour.

### Beneficiaries:

Total: 90 Boys:37 Girls: 53



Presiding Officer



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## REPORT ON SELF DEFENCE TRAINING PROGRAM

**TIME:** - 8.30am TO 10.30am

**DATE:** 16/3/2023

**VENUE:** - COLLEGE CAMPUS

On 16 March 2023 in association with Rastriya Seva Yojana and Women's Development Cell with IQAC A self defence training program was organized for all the students of the college on 15<sup>th</sup> March 2023. Mr. Ajit Karbhari, Karate Master of Nehru Yuva Centre instructed the students. This program was organized with the aim of giving self defence training to the girls in the present time. Mr. Ajit Karbhari and his team gave self defence training to college students.

### Objective of the program:-

1. Providing self defence training to college students.
2. Taking steps for women empowerment.

### Program Outcome:-

1. Students learned how to protect themselves.
2. Confidence increased among the girl students.

**Total Beneficiaries:** BOYS: - 22      GIRLS:- 49

**TOTALSTUDENTS:-71**



*B. Basale*

Coordinator of WDC



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## Report on menstrual hygiene

Date: 8<sup>th</sup> March 2023

Venue: Auditorium

Time: 10.00 am

Alumni Assisiation and WDC in association with IQAC was organized a guest lecture for girl students of saket vidyamandir on dated 8<sup>th</sup> March 2023. A student of BMS branch of Saket college Mrs.Dakshata Ranade had a guest lecture for school girls on menstruation and hygiene. She is an alumni student of Saket college and she guided girls aged 13 to 15 about the important phase of their life in a very beautiful and scientific manner.

She told students about menstruation and hygiene with help of power point presentation. She discussed about why is menstruation hygiene important, what are the elements of menstrual hygiene ,What are the types of hygiene, and so on. She told Poor menstrual hygiene, however, can pose serious health risks, like reproductive and urinary tract infections which can result in future infertility and birth complications. Neglecting to wash hands after changing menstrual products can spread infections, such as hepatitis B and thrush. She also answered them that access to affordable and sustainable menstrual hygiene products (e.g. menstrual cloths, reusable pads, disposable pads, menstrual cups and tampons) is key to improving menstrual health and hygiene.

Many students openly asked her questions and she answered them satisfactorily.


### OBJECTIVE OF PROGRAM



1. To educate girls aged 13 to 15 about menstruation and hygiene.
2. To educate about the measures taken to maintain the physical and mental health of girls.


### OUTCOMES OF THE PROGRAM

1. Girls aged between 13 and 15 were aware of their physical and mental changes
2. They got knowledge about what care should be taken during menstruation.
3. Menstruation is a very natural process and should be accepted wholeheartedly by all.

**Total Beneficiaries:** Girls= 115(School girls)

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## Report on FAT TO FIT

**Time: 11:00 am**

**Date: 15-03-2023**

**Venue: Auditorium**

Women Development Cell along with IQAC of Saket College of Arts, Science & Commerce had organized Guest lecture on the FAT TO FIT Event on **Wednesday, 15<sup>th</sup> March, 2023**. The objective of the event was our main goal to identify the factors which influence gaining weight. The level of physical activity takes a huge drop, while the amount of consumed food may remain the same. The most common factor is keeping the same eating habits, even though the intensity and frequency of training has drastically diminished or is totally lacking.

An important factor influencing human health is food. The improvement of the healthy nutrition is one of the leading principles for improving the health of the population. Forming habits for healthy nutrition in children should be realised as a shared responsibility between Colleges.

To begin with the anchors of the program. Started the ceremony with a lot of Enthusiasm and passion. The program was started at 11 am and was attended by the principal Dr. Vasant Bharate, Vice principal of Degree college, Mrs. Rani Raghuvanshi and students to our college.

We all were happy to know to celebrate women's day to our college and improve the mental health of women we all happy to celebrate this kind of function of the college.

### Beneficiaries:

**Boys: - 58 , Girls: 60**

**Outcomes: From this event students know the principles of healthy nutrition diet and regular exercise.**

**Speakers: Dr. Sonali Parlikar**



*13/03/23*  
Coordinator of WDC

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