



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 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. B. B. B.*

**Coordinator of WDC**



Saket Vidyanagari Marg, Kalyan East, Dist. Thane (MAH), INDIA - 421 306.

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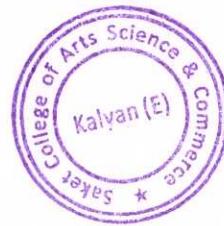
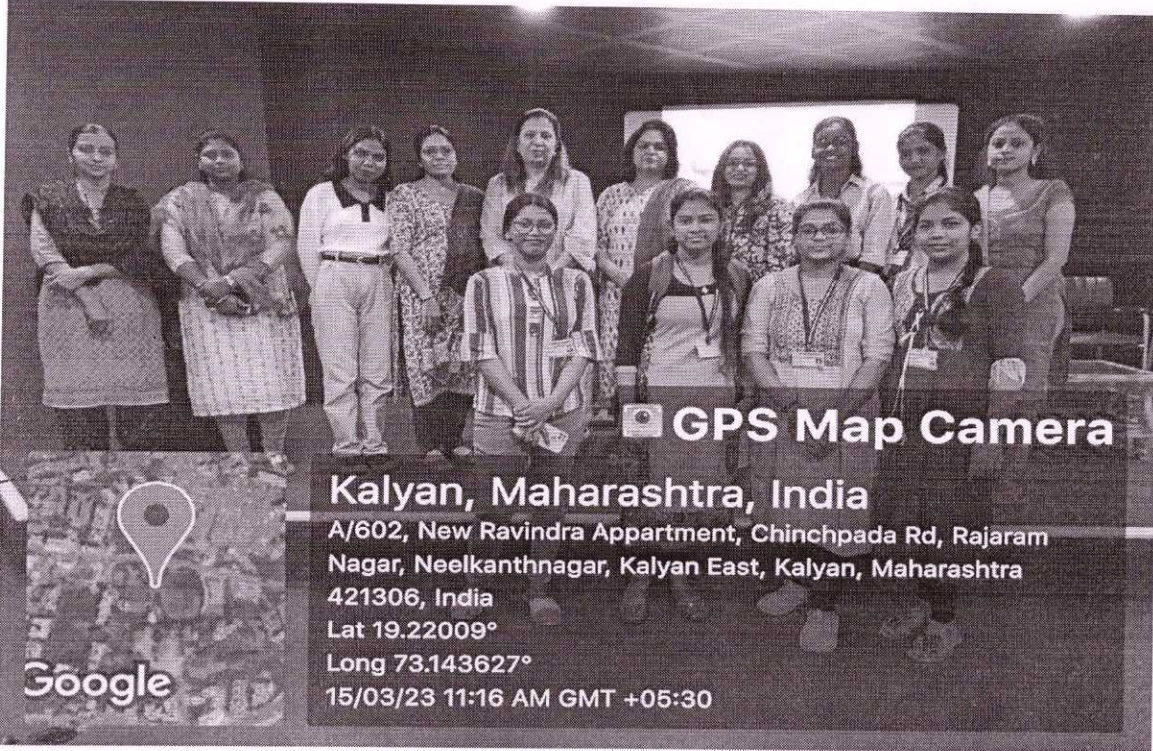


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*D. D. Sate*

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## Report on Slogan Competition & Best out of waste

Date: 13<sup>th</sup> March 2023

Venue: Room No. 208 (College Building)

Time: 10 am To 11 am.

Women Development Cell with IQAC conducted slogan writing competition & Best Out of Waste competition. Slogan competition topic is the "Women Empowerment" on to explore the writing skills of the students. Participated in this event by creating very interesting things from the waste materials (recyclable and non-recyclable things). Students made creative items such as pen holders, showpieces, pots for plants out of plastic bottles etc. The most used item was cardboard and paper with other stationery waste. This event helped the students showcase their creative skills and everyone enjoyed it.

The event was attended by Principal Dr. Vasant Barathe, Vice Principal Mrs.Rani Raghuvanshi, Chief Coordinator Asst. Prof. Praseena Biju and others faculties. The judges for the event were Asst. Prof. Mrs. Priya Nerlekar

The three best slogans & Best out of waste model were selected:

### Slogan competition:

1<sup>st</sup> Manisha Naik (FYBA)

2<sup>nd</sup> Shravani Sangale (SYBA)

3<sup>rd</sup> Rutuja Nawale (TYBA)

### Best Out of Waste:

1<sup>st</sup> Shruti Gaikwad (FYBA)

2<sup>nd</sup> Srushti Mhatre (FYBA)

3<sup>rd</sup> Manish Nayek (FYBA)

### Outcomes:

A Slogan is a memorable motto or phrase used by people to express an idea or purpose, with the goal of persuading members of the public or a more defined target group.

The Objective behind this activity was to encourage our young student's imaginative skills to create useful and innovative product out of waste material. The Participants had to emphasize on their creative effort, neatness, presentation and utility of the product.

### Total Beneficiaries:

**Slogan Competition: 21**

(Boys) – 03

(Girls) – 18

**Best out of Waste: 20**

(Boys) - 02

(Girls) - 18



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## Report on Celebration of International Women's Day

**Time: 11 Am**

**Date: 08 March.2023**

**Venue: Auditorium**

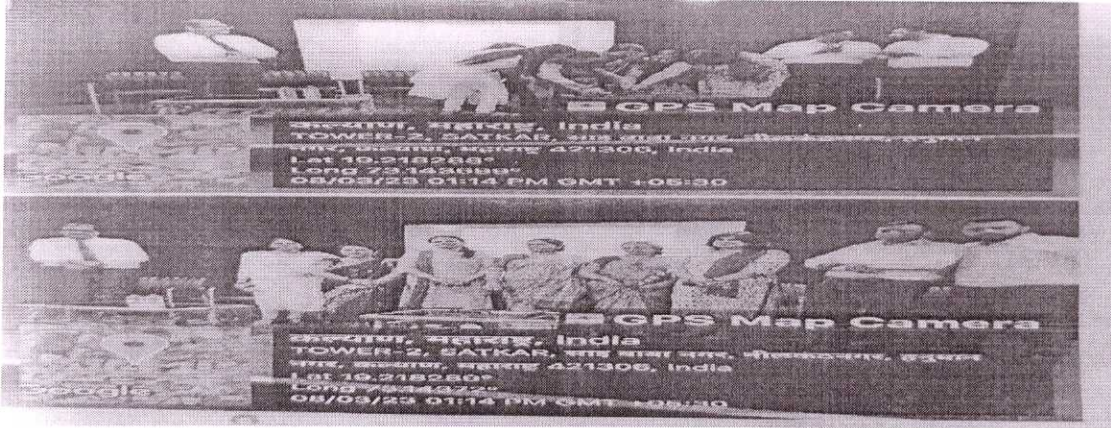
Women Development Cell along with IQAC of Saket College of Arts, Science & Commerce had organized the celebration of International Women's Day on Wednesday, 08th March 2023. The objective of the event was Gender parity is nothing but a service of equality to celebrate this day with teachers & all staff 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. Dale*

Coordinator of WDC

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## Report on Personality Development and Grooming

Date: 7<sup>th</sup> March 2023

Venue: IT lab of College Building

Time: 10:30 a.m. to 11:30 a.m.

The Students Council & Women Development Cell along with IQAC of Saket College of Arts, Science & Commerce organized a Personality Development and Grooming Session on **Monday, 7<sup>th</sup> March, 2023**. The objective of the event was to enhance students' personalities and their knowledge about grooming. The event was attended by 62 male students. The presenter was from Gillette Company, and they explained the various techniques and ways how to present themselves in front of the crowd. The presenter also explained the importance of how to be more confident in front of the crowd by grooming. The main intention of the session was to encourage the students. Students came up with many curious questions. The presenter suggested and answered all the questions one by one. The students understood the importance of grooming and also learned lessons on personality development.

Beneficiaries: 62

Outcome:

1. Students were able to confidently uncover their natural talent.
2. Students got an opportunity to inspire themselves to continuously try and improve.
3. Students understood the importance of grooming.



*B. Desale*



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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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Kalyan E.  
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Long 73.177454°  
06/03/23 11:40 AM GMT +05:30

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GPS Map Camera

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## Report On Menstrual Hygiene.

Time: 10:00 am

Date: 08 -03-2023

Venue: Auditorium

Alumni Association and WDC in association with IQAC was organized a guest lecture for girl students of Saket Vidyamandir English High School on dated 08/03/2023. A student of BMS branch of Saket College Mrs. Dakshita 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.

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- 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.They got knowledge about what care should be taken during menstruation.
2. Menstruation is a very natural process and should be accepted wholeheartedly by all.

No of Girls. 115. (School Girls)



Chair Person  
*Bhosale*

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## Report on Career Guidance Session

Date: 24<sup>th</sup> September, 2022

Venue: Auditorium

Time: 11 am to 12 noon

WDC and Placement Cell along with IQAC of Saket College of Arts, Science & Commerce had organized Career Guidance Session on fashion industry & personal grooming by Lakme Academy on **Saturday, 24<sup>th</sup> September, 2022**. The objective of the event was to help students acquire knowledge to choose career in Fashion and Beauty industry.

The event was inaugurated by the Principal, Dr. Vasant Barathe who made the students understand about the different career opportunities in the world of fashion. The guest speaker of the session was Ms. Krupa Kadam & Ms. Sofiya Sayyed of Lakme Academy, Kalyan. They demonstrated a makeup tutorial and explained how styling and grooming helps in striking the first chord to impress the crowd. They also stressed about the various career opportunities in the Fashion and Television Industry in today's age. The session was very interesting and informative for the students.

**Beneficiaries: (Girls) 56**

### Outcome:

1. Students got basic knowledge about the career opportunities in fashion industry.
2. Students learned various techniques of self-makeup and grooming.



*Debate*

Coordinator of WDC



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## Report on Haldi-Kumkum Celebrations

Venue: Room No 302, College Building

Date: 28<sup>th</sup> January, 2023

Time: 3 PM- 4 PM

The Staff Development Cell in association with Women Development Cell of Saket College of Arts, Science and Commerce, Kalyan (East) organized Haldi Kumkum Celebrations for all Staff members.

The staff members gathered in Room No 302 and were greeted with Haldi and Kumkum followed by photo sessions and giving gifts. All staff members had a great time and the session ended with the distribution of snacks to all members.

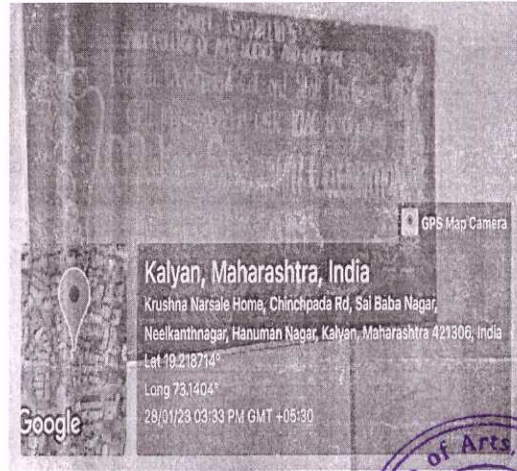
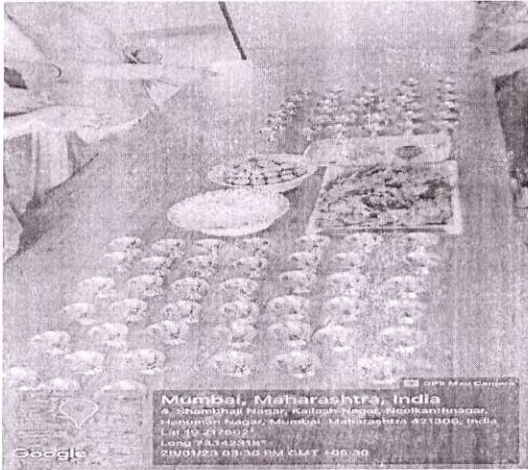
### Beneficiaries:

Gents- 10

Ladies- 16

### Outcomes:

1. All staff members spent a fun filled evening with each other
2. The event gave way to build a strong rapport between the staff members.



*Bhusale*  
Coordinator



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## Report on Blood Checkup Session

Date: 17<sup>th</sup> November, 2022

Venue: College Building 302

Time: 10 Am to 1.00 Pm

The Women Development Cell along with IQAC of Saket College of Arts, Science & Commerce had organized Blood Checkup Session with Health Authorities of KDMC under 'माता सुरक्षित तर घर सुरक्षित' on **Thursday, 17<sup>th</sup> November, 2022**. The objective of the event was to provide awareness help improve to physical fitness of students & female staff members.

The program helped to spread awareness about health check-up and maintaining a healthy lifestyle. The program was attended by the vice principal of Degree college, Mrs. Rani Raghuwanshi, Nurse & laboratory team which came to our college. Students & Teachers got their thyroid and blood check-up which explains whether the person is healthy or not. A review session was conducted on date 16<sup>th</sup> November at 10am.

This session helped to spread awareness about health check-up and maintaining a healthy life.

### Beneficiaries:

Girls:-79.

### Outcome:

3. "Change in the health of an individual, group of students, staff that is attribute able to an intervention or series of interventions."
4. Maintaining good health is critical to ensuring that a college student can focus on what they are learning, prepare for exams and meet other demands.



*[Signature]*

WDC Chairperson



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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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