Women development cell is a vibrant and incessantly active collaboration of students, faculty and staff endeavouring to create a more inclusive, tolerant and gender sensitized community within the campus as well as in society. Gender equality and empowerment of women have for long, remained an integral part of development policies and programmes especially for developing nations like India. A women Development cell in any institution symbolizes a safety hub for the students. It is also the sign of progression and open thinking. To a girls college students, a WDC, Unknowingly, becomes her strength and offer her different perspective on gender issues. It empowers her to do what she wants. Hence, Implementation of WDC in every college is a must step to be taken.

Vision –

Maintaining and strengthening the status of women.

➤ Mission –

To create awareness of feminine potential.

- > Objective of WDC-
- **♣** To create social about the problems of women and in particular regarding gender discrimination.
- **♣** To develop the self-confidence of Women.
- ♣ To guide about women welfare laws.
- **♣** To highlight the importance of health and hygiene.
- ♣ To organize seminars, workshops relating to women development and to encourage them to participate actively in the same.

Committee members

Convener - Miss. Priyanka Salvi

Members - Mrs. Nanda Jagtap

Mrs.Amruta Mohite

Mrs. Jyoti Chougule

Mrs. Ketaki Bedekar

Miss, Netrajanli Mahadik

Miss. Namrata Gandhi

Miss.Pooja Potkar

> ACTIVITIES UNDER WDC 2022-2023

Date	Nature of	Topic	Resource person
	Activity		
21st june 2022	Competition and	Yoga Day	1.Mrs.Harshada
	workshop		Dongare
			2.Mrs.Bhagwati patel
			3.Mr.Pankaj Vedak
14 th august 2022	Poster making	Women	Students
	Competition	empowerment	
		/Say no to abuse	
17th + 2022	С .	TT 1/1 /*	M. T
17 th august 2022	Seminar	Healthy eating	Miss. Tamanna
		and Diet	Shaikh
4 th and 5 th January	Neharu Yuva	Intensive	Miss. Huda Rakhange
2023	Kendra Centre	volunteer	Mr.Ajay Parkar
2023	ratnagiri	enrolment	
		programme	
5 th December 2022	Workshop	Mission Sahasi	Miss. Prajakta Gadre
17 th February 2023	Camp	Health check-up	Medical college
		camp	
8 th march 2023	Seminar	International	Mrs.Rekha Bagul
		women day	_
	1		

4 Future plan –

- ➤ The cell is planning to organise self defence program for the female students to make them self-dependent.
- ➤ To help battling examination stress, the cell is planning to provide medical facilities like counselling session and psychologist visit in the college.
- A meditation centre will be established to deal with the everyday stress and anxieties of the female students.
- ➤ For a healthy and fit life, yoga camps and aerobics classes will also be organised by the cell.
- ➤ To spread the importance and ways for women empowerment and gender equality various talks, workshops and events will be organised.
- ➤ These programmes will also provide platform to female students to understand their unexplored skills and talents.

- 1. **Name of the activity** workshop and competition of yoga on the occasion of International yoga Day
- 2. **Date and time** -21^{st} June 2023 from 9.00 am to 11.00am
- 3. **Aim and Purpose** to learn and try out distinguished types of Yoga and Yoga Sana

To understand the benefits of Yoga

To gain knowledge around practicing the Mudra

- 4. **Inauguration and resource person and topic** international Yoga day was conducted on 21st june 2022. The resource person was Mrs.Harshada Dongare, Mrs.Bhagwati patel, Mr.Pankaj Vedak.
- 5. **Number of participants** total 121 participants were there, in that 84 were girls students have actively participated in this yoga competition.
- 6. **About overall conduct** –the overall yoga programme was good. Dr. Sandesh P jagdale, Mrs.Harshada Dongare, Mrs.Bhagwati patel, Mr.Pankaj Vedak , WDC committee members were present for inauguration programme.

Result of yoga competition was –

Sr. No.	Name of students	Class
1	Mankar Samruddhi -1 st rank	S.Y.BCom
2	Ghag Jindyasa Rajesh- 2 nd rank	S.Y.BSc
3	Khare Gauri Shashikant -3 rd rank	S.Y.BCom

7. **Feedback** – The overall feedback for yoga competition was excellent Mrs. Harshada Dongare madam share her experience with students.

• Workshop and competition of yoga on the occasion of International yoga Day-









- 1. Name of the activity- Seminar on Healthy eating and Diet
- 2. **Date and time** 17th August 2022 11.00 am to 12.30 pm
- 3. **Aim and Purpose** A healthy diet is essential for good health and nutrition. It protects you against many chronic noncommunicable diseases, such as heart disease, diabetes and cancer.

A healthy diet helps support reproductive health, prevents bone loss, and reduces your risk of some cancers. Proper nutrition is crucial for women experiencing gynecologic issues such as polycystic ovary syndrome (PCOS), infertility, and menopause

- 4. **Inauguration and resource person and topic** Women Development Cell of our college has organised seminar on "Healthy Eating and Diet" tips for Girls on 17 August 2022 at 12.00 pm to 1.30 Pm. The programme was inaugurated by dietician Miss. Tamanna Shaikh. The welcome note given by the Dr. Jagtap madam.
- 5. **Number of participants** more than 100 girl's student participated in this seminar and also teaching staff Dr. Nanda Jagtap had welcome our guest miss. Tamanna Shaikh.
- 6. **About overall conduct** The programme was good conducted miss. Tamanna shiak was the speaker for the programme. She gave the knowledge of about healthy diet and how to maintain the balance food to avoid the imbalances in healthy life. Ma'am has also provided with the diet chart.
- 7. **Feedback** the overall programme was excellent. Students were asked about the irregularities in their menstrual cycle due to poor diet supplement. The audience participated actively in session and clear their doubts related to healthy food.







- 1. **Name of the activity** Neharu Yuva Kendra Centre ratnagiri Intensive volunteer enrolment programme
- 2. **Date and time** 4th and 5th January 2023, 11.00am to 12.00 Pm.
- 3. **Aim and Purpose** Nehru Yuva Kendras were established in the year 1972 with the objective of providing rural youth avenues to take part in the process of nation-building as well as providing opportunities for the development of their personality and skills.
- 4. **Inauguration and resource person and topic** Miss. Huda Rakhange Mr. Ajay Parkar was the speaker for the programme.
- 5. **Number of participants** More than 100 students participant from SYBSc and SYBCom were involved in the session and enrolled for the programme.
- 6. **About overall conduct** The programme was good. Miss. Huda Rakhange and Mr.Ajay Parkar delivered the lecture on future opportunies. NYKS focuses on the areas like Skill Development, Women Empowerment, Eradication of Poverty, Civic Education, Social Issues, Environment Enrichment, Hygiene & Sanitation, Health Education, Volunteerism, Leadership
- 7. **Feedback** overall feedback was excellent. The students enrolled for the Nehru youva Kendra centre ratnagiri by filling the form given by the centre.













- 1. Name of the activity- Workshop Mission Sahasi
- 2. **Date and time** -5^{th} December 2022, 10.00 Am 12.00 Pm.
- 3. **Aim and Purpose** Self-defence training is a life skill that helps girls to be more aware of their surroundings and be prepared for the unexpected at any time. Through the self-defence training, the girls are taught to become psychologically, intellectually and physically strong enough to protect themselves in times of distress.
- 4. **Inauguration and resource person and topic** Miss. Prajakta Gadre was the resource person for 'Mission Sahasi' workshok. Mr. Govind parab Uttar Ratnagiri vidyarthee sangh member also joined for the workshop and he gave welcome note and introduced the guest person. Teacher's members of Women Development cell also participated in this workshop.
- 5. **Number of participants** More than 100 participants were attended the self defence workshop which was conducted by the chief guest Mrs.Prajakta gadre madam.
- 6. **About overall conduct** –The workshop conducted very smoothly. The madam gave the information about the self-defence. Self-defense training develops a sense of fearlessness and cultivates mental and physical strength among girls. Abuse of girl children is a major reason for low attendance and dropout rates among girls in schools.

Self-defence will allow women to develop confidence, it will allow them to empower themselves, and it will allow them to find safety in difficult situations.

7. **Feedback** – The overall workshop was good. The girl's students learn about the different skill or techniques form the taekwondo.

Self-defence offers so many benefits to anybody, but in particular it can be extremely beneficial for women to learn how to defend themselves. Many people only attribute physical benefits to self-defence, when in fact; the majority of the benefits are actually mental.













- 1. Name of the activity-Health check-up camp by Medical college
- 2. **Date and time** –17th February 2023,10.00 am to 4.00Pm
- 3. **Aim and Purpose** to create awareness and educate people about healthcare. To identify and address health issues in a community. To promote preventive healthcare and reduce the incidence of diseases.
- 4. **Inauguration and resource person and topic** Dapoli homeopathy college Dapoli Ratnagiri, the doctors, Dr.Jatkar madam, Dr.Dhamnaskar, Dr. Vaisyampayan etc were the resource person for the health checkup camp. The welcome note was given by the Dr. Ghalme sir.
- 5. **Number of participants** –the more than 200 college girl's students were actively participated in the health check-up camp
- 6. **About overall conduct** –The camp was got excellent response from the girl's students for commerce and science department. The students clear with their doubt related the health issue like menstrual cycle etc. The teachers form the WDC committee also participated in the health check camp.
- 7. **Feedback** the overall camp was smoothly conducted under the supervision of Doctors and the student's volunteers.

Free health camps can assist in identifying health issues at an early stage, thereby preventing more severe health issues later in life. A team of professional doctors present at these camps can screen for and treat conditions like impaired vision, hearing, dental problems, and nutritional deficiencies.











- 1. Name of the activity- Seminar International women day
- 2. **Date and time** 8th march 2023, 11.00 am to 12.00 Pm
- 3. **Aim and Purpose** –It is a day when women are recognized for their achievements without regard to divisions, whether national, ethnic, linguistic, cultural, economic or political. Since those early years, International Women's Day has assumed a new global dimension for women in developed and developing countries alike.
- 4. **Inauguration and resource person and topic** the programme was inaugurated by the Mrs.Rekha Bagool madam. The Dr.Jagtap madam gave the welcome note. The overall programme was anchored by the Miss. Rujuta Joshi madam.
- 5. **Number of participants** –The more than 100 girl's students were participated in the lecture on the women development programme.
- 6. **About overall conduct** –the lecture was good. The international Women's Day takes place every year on 8 March. It is an opportunity to celebrate the achievements of women and to create positive change for women and girls. All around the world, people are demanding gender equality and protesting about situations where women do not have basic rights and freedoms.
- 7. **Feedback** the overall session was good. The Mrs.Rekha bagool madam shared their experiences with the students.

Happy International Women's Day to all the women who are breaking barriers and making history! Today, let's celebrate the beauty, grace, and strength of women all around the world.







