



Vidarbha Youth Welfare Society, Amravati's
Bar. Ramrao Deshmukh Arts, Smt. Indiraji Kapadiya Commerce and
Ny. Krushnarao Deshmukh Science College, Badnera
Distt. Amravati (Maharashtra) 444 701
(Accredited by NAAC with "B" Grade, CGPA 2.78)**
(Affiliated to Sant Gadge Baba Amravati University, Amravati, MS)



CRITERION – VII

7.1. Institutional Values and Social Responsibilities

7.1.1 Institution has initiated the Gender Audit and measures for the promotion of gender equity during the last five years.

Describe the gender equity & sensitization in curricular and co-curricular activities, facilities for women on campus etc.



Vidarbha Youth Welfare Society's
Bar.Ramrao Deshmukh Arts, Smt. Indiraji Kapadiya Commerce and
Ny. Krushnarao Deshmukh Science College, Badnera Dist. Amravati (Maharashtra) 444 701
(Accredited by NAAC with B⁺ grade)
Ph. 0721-2681232, FAX : 0721- 2681232,
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Dr. N.R. Dhande
President

Adv. U.S. Deshmukh
Vice President

Prof. (Dr.) H.M. Deshmukh
Treasurer

Mr. Y.V. Choudhary
Secretary

Dr. R.D. Deshmukh
Principal

248/2824
Ref.No.

Date: 29/01/2023

DECLARATION

This is to declare that the information, photos, reports, true copies, numerical data, etc. furnished in this file as supporting documents is verified by IQAC and found correct.

Dr. N.A. Deshmukh
IQAC Co-Ordinator

Dr. Nakul A. Deshmukh
IQAC Co - Ordinator
R.D.I.K. & K.D. College, Badnera

Dr. R.D. Deshmukh
Principal

PRINCIPAL
Bar Ramrao Deshmukh Arts
Smt Indiraji Kapdiya Commerce
and Ny. Krushnarao Deshmukh
Science College, BADNERA.



Vidarbha Youth Welfare Society, Amravati
Bar. Ramrao Deshmukh Arts, Smt. Indiraji Kapadiya Commerce and Ny.
Krushnarao Deshmukh Science College,
Badnera Dist. Amravati (M.S) 444701



SUPPORTING DOCUMENTS

Vidarbha Youth Welfare Society, Amravati

Bar. Ramrao Deshmukh Arts, Smt. Indiraji Kapadiya Commerce and Ny.

Krushnarao Deshmukh Science College,

Badnera Dist. Amravati (M.S) 444701

Metric No. 7.1.1

INDEX

Institution has initiated the Gender Audit and measures for the promotion of gender equity during the last five years. Describe the gender equity & sensitization in curricular and co-curricular activities, facilities for women on campus etc.

Sr. No.	Name of Document	Page No.
1	Report of Women Empowerment Cell	5-8
2	Report of Poster Presentation Competition for Girls	9-11
3	Report of Felicitation Function – International Women’s Day	12-15
4	Report of Intellectual Session on Women health and Women Development	16-17
5	Report of Guest Lecture on Gender Equality	18-18
6	Report of General Meeting of Girl Students	18-20
7	Report of Health Awareness Programme: Menstrual Health Management	21-24
8	Report of Five Days Yoga Training Camp	25-28
9	Report of Workshop on Job Opportunities for Women	29-32
10	Report of Guest Lecture on Women Entrepreneurship	33-38
11	Report of Workshop: Thyroid and Hormonal Imbalance in Women	39-44
12	Report of Event Management	45-50
13	Report of Workshop: Menstrual Hygiene Management for Girls	51-58
14	Report of Blood group Detection Camp	59-60
15	Report of Breast Feeding Awareness Programme (Quiz Competition)	61-62

1. Name of Organising Committee : **Women Empowerment Cell**
2. Name of Activity : One Act Play
3. No. of Participants : Students 75 Teachers
4. Date of Activity : 3rd January, 2023

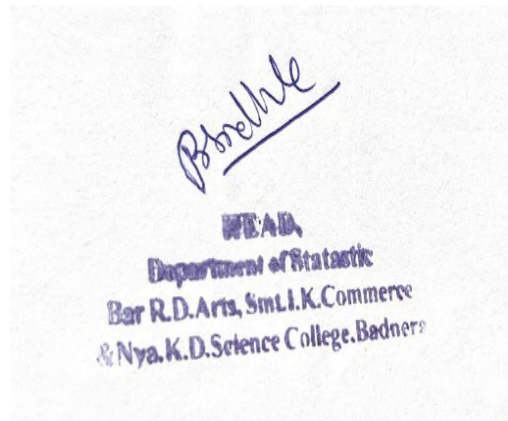
Details of Activity (In Brief):

Women Empowerment Cell celebrated birth anniversary of Savitribai Phule on 3/1/2023. As part of celebration and remembering Savitribai Phule, one act play performed by Sapana Shivankar, student of B. Com second year of our college was also organized. Miss Sapana enacted the role of Savitribai Phule in her monologue 'Hoy, Mi Savitri Bolte'. Students cheered her for outstanding performance.

Outcome of the Programme:

1. Students were motivated and inspired by the role played by the actor.
2. They realised the incredible work done by Savitribai Phule in women education and women empowerment.
3. Many students came forward to take part in various cultural, academic activities.

Name & Contact No. of Expert: Miss. Shreya Bachate8767430527



Letter of Thanks

3/1/2023

To,
Shri. Vishal Meshram
Hon. Sarpanch
Khirsana, Tq.Nandgaon (Kh.) Dist. Amravati.

Dear Sir,

We express our sincere thanks for accepting invitation as a chief Guest for a Programme on "Savitribai Phule Birth Annivesary". for our students at R.D.I.K. & K.D. College, Badnera held on dt. 03/01/2023.

Looking forward for same co-operation in future too.

Thanking You.

Rute
3/1/2023

Date: - 03/01/2023
 Place: - Badnera

Pr
Dr. R.D. Deshmukh
 PRINCIPAL
 Bar. Ramrao Deshmukh Arts
 Smt. Indiraji Kapadiya Commerce
 Nyaymurti Krushnarao Deshmukh
 Science College, Badnera

Bar R D I K N K D College Badnera
 Women Empowerment Cell—'MahilaManch' 2022-23
 Savitribai Phule Birth Anniversary

List of Participants

Date : 03/01/2023

Sr NO	Name of Student	Class	Signature
1	Samirsha Anayak Welsar	11th Com	[Signature]
2	Kaushika Vinod Bhatnagar	11th Com	[Signature]
3	Ujjwala Sanjay Meete	11th Com	[Signature]
4	Suzani Vileas Neuxise	11th Com	[Signature]
5	Radhika Rajendra Bhagat	11th Com	[Signature]
6	Aruna Pradyumn Rao	11th Com	[Signature]
7	Mahvusi Beodny Ishade	11th Com	[Signature]
8	Tejashri D. Bhatel	11th Com	[Signature]
9	Shrutika G. Wajde	11th Com	[Signature]
10	Shruti V. Lad	11th Com	[Signature]
11	Samiksha R. Bansod	11th Com	[Signature]
12	Gayatri T. Sonkulle	11th Com	[Signature]
13	Gayatri S. Barchase	11th Com	[Signature]
14	Laxmi S. Panchare	11th Com	[Signature]
15	Rutuja D. Tekcedo	11th Com	[Signature]
16	Tejashri A. Sansad	11th Com	[Signature]
17	Pratikshad K. Koth	11th Com	[Signature]
18	Valabini S. Gaiti	11th Com	[Signature]
19	Prerna D. Pande	11th Com	[Signature]
20	Ashwini S. Jadhav	11th Com	[Signature]
21	Prerna Mishra	11th Com	[Signature]
22	Prashant D. Ganthane	11th Com	[Signature]
23	Nidya D. Shinde	B.A I	[Signature]
24	Ashu Tash. Meshram	B.A I	[Signature]
25	Komal S. Modkar	B.A I	[Signature]
26	Achal S. Khandase	B.A I	[Signature]

Sr NO	Name of Student	Class	Signature
27	Neelima D. Dange	11th Com	[Signature]
28	Jash S. Sanket	11th Com	[Signature]
29	Aruna D. Bhargava	11th Com	[Signature]
30	Kajal V. Alasurao	11th Com	[Signature]
31	[Name]	11th Com	[Signature]
32	[Name]	11th Com	[Signature]
33	[Name]	11th Com	[Signature]
34	[Name]	11th Com	[Signature]
35	[Name]	11th Com	[Signature]
36	[Name]	11th Com	[Signature]
37	[Name]	11th Com	[Signature]
38	[Name]	11th Com	[Signature]
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40	[Name]	11th Com	[Signature]
41	[Name]	11th Com	[Signature]
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51	[Name]	11th Com	[Signature]
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53	[Name]	11th Com	[Signature]
54	[Name]	11th Com	[Signature]
55	[Name]	11th Com	[Signature]
56	[Name]	11th Com	[Signature]
57	[Name]	11th Com	[Signature]
58	[Name]	11th Com	[Signature]
59	[Name]	11th Com	[Signature]
60	[Name]	11th Com	[Signature]

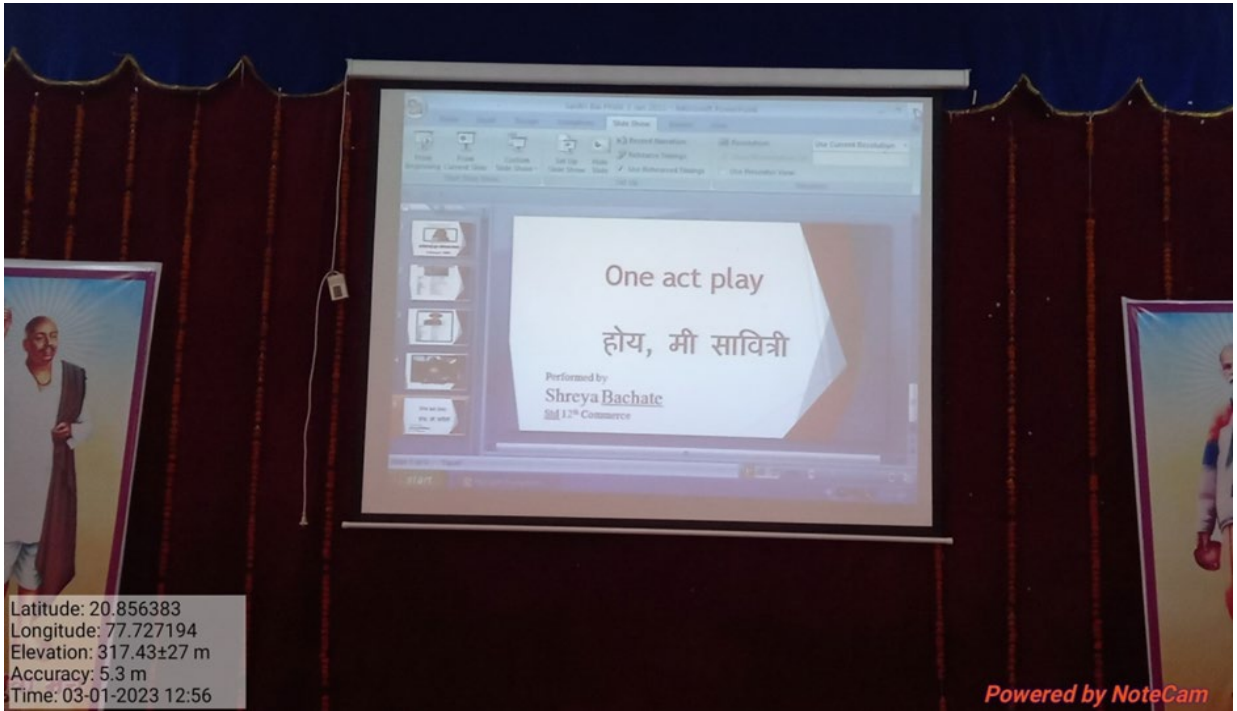
Sr NO	Name of Student	Class	Signature
61	Avej A. Kadam	12th (A)	Avej
62	Aaravish Khan	12th (A)	A
63	Suraj m. Vitulkare	12th (A)	S. m. Vitulkare
64	Karishk Pindale	12th (A)	Karishk Pindale
65	Sumit Wagh	12th (A)	Sumit Wagh
66	Prasanna Bhaibhade	12th (A)	Prasanna Bhaibhade
67	Pranav S. Somare	12th (A)	Pranav S. Somare
68	Heethik Thakre	12th (A)	Heethik Thakre
69	Rachika B. Thakare	12th (A)	Rachika B. Thakare
70	Ruchika U. Jagtap	12th (A)	Rachika Jagtap
71	Tanuja S. Mohod	12th (A)	T. S. Mohod
72	Radhika S. Chaudhari	12th (A)	R. S. Chaudhari
73	Neha S. Sumale	12th (A)	Neha S. Sumale
74	Pooja N. Mashram	12th (A)	P. N. Mashram
75	Sakshie B. Khandare	12th (A)	S. B. Khandare

Prasanna Bhaibhade - BSVidhale
 Convener 3/1/2023
 Women Empowerment Cell



Latitude: 20.856883
 Longitude: 77.726944
 Elevation: 312.93±19 m
 Accuracy: 7.5 m
 Time: 03-01-2023 13:02

Powered by NoteCam



1. Name of Organising Committee : **Women Empowerment Cell**
2. Name of Activity : Poster Presentation Competition for Girls
3. No. of Participants : Students 38 Teachers 5
4. Date of Activity : 6th March, 2023

Details of Activity (In Brief):

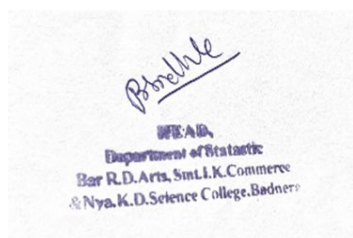
As part of International Women's Day celebration, a Poster Presentation Competition for girl students was organised by Women Empowerment Cell on 6/3/2023. Theme for poster making was 'My Favourite Indian Women Achiever'. 38 students took part in this competition. Students made posters on great Indian women.

Aim of organizing this competition was to introduce students to the work of great Indian women so that they get inspiration from them. This can help in changing students' personality in a positive way. Students made posters depicting life achievements of great Indian ladies such as Indira Gandhi, Mother Teresa, Jijabai, P.V.Sindhu etc. together with their images. These posters reflected the qualities of patriotism and leadership (Indira Gandhi), service to downtrodden (Mother Teresa), Health and Sports (P.V.Sindhu) and many more. The posters were displayed for observation to all and students as well as teachers and non-teaching staff visited the display. Winners were awarded with prizes.

First three ranks – Miss. Shrutika Mehare, Gauri Jadhao and Ashfeen Khan were announced by the judges and they were presented with cash prizes.

Outcome of the Programme:

1. Students developed ability to present the subject in picture mode thus improving their drawing skills.
2. Students had to do some research of the subject thus improving their research skills.
3. The competition developed confidence in girl students to come forward and participate in competitions.



Bar R D I K N K D College Badnera
 Women Empowerment Cell - 'Mahila Manch' 2022-23
 International Women's Day
 Poster Presentation Competition For Girls

List of Participants

Date : 06/03/2023

Sr NO	Name of Student	Class	Poster / Signature
1	Alwiza Sayyid Hasan	BA II	Kiran Bedi - ASD
2	Darshana G. Bajad	BA II	Kalpna Chavita D.C. Bajad
3	Rajeshwari A. Manke	BA III	Mary Korni Bmanke
4	Samiksha Bendre	BA III	P.V. Sindhu SPandee
5	Mohini Khadse	BA I	Sindhutai Sapkal (A) Khadse
6	Pooja Bhogat	BA I	My mother P.S. Bhugat
7	Sweety Tarpe	BA I	Sindhutai Sapkal (P) Tarpe
8	Snehal Lamdare	BA I	Jijamata (S) Lamdare
9	Monika Datit Tarare	BA I	Yestabai M.V. Datit
10	Pallavi Anil Kothare	BA I	Chandrabaukhi (P) Kothare
11	Vaishnavi V. Mahendra	BA II	Leela Paonawala (P) Mahendra
12	Shivani Kalkade	BA I	Lata Mangeshkar (P) Kalkade
13	Phalguni R. Shringare	BSc I	Sindhutai Sapkal
14	Samiksha P. Pokale	BSc I	Savitribai Fule
15	Simran Jahan Khalil Shah	BSc I	Mother Teresa
16	Shrutika Mehare	BSc I	Jijau
17	Arpita Ganespurje	BSc III	Sindhutai Sapkal
18	Pranita Bhatkar	BSc I	Savitribai Fule
19	Poonam Wankhede	B Com II	Lata Mangeshkar (P) Wankhede
20	Dhanashri Rithe	BA II	Rani Ladribai J.S. Rithe
21	Dharti Fande	BA II	Rajmata Jijau D. Parede
22	Gauri Vaidya	BSc I	Rani Ladribai
23	Gauri Jadhav	BSc III	Laxmi Agarwal
24	Radha Kushwaha	BA I	Lata Mangeshkar
25	Vaishnavi Gulharie	BSc III	Sunita Williams

26	Krushvi Banait	BA II	Savitribai Fule I.K.R. Banait	28
27	Gayatri Talokar	BA I	Rajmata Jijau G.D. Talokar	27
28	Nikita Meshram	B Com II	Spal (S) Meshram	26
29	Nidhi R. Tembhurne	BSc III	Anandibai (S) Tembhurne	29
30	Rosika R. Chavare	BA III	Savitribai (R) Chavare	
31	Aachal Wasnik	BSc III	Jhansi ki Rani - (A) Wasnik	
32	Mohini Tale	BSc III	Savitribai	
33	Teresa Dandge	BSc III	Savitribai	
34	Rutuja Gajbaje	BSc II	Kalpna Chavita	
35	Ashin	BSc II	Mother Teresa	
36	Mehraj	BSc II	Nikhil Zareem	
37	Mehraj	BSc II	Sania Mirza	
38	Nidha Bagade	BA III	Kajal Agarwal	

(Signature) B.B. Vidhale
 Convenor
 6/3/2023 Women Empowerment Cell.



1. Name of Organising Committee : **Women Empowerment Cell**
2. Name of Activity : Felicitation Function–International Women’s Day
3. No. of Participants : Students 60 Teachers 7
4. Date of Activity : 8th March, 2023

Details of Activity (In Brief):

Women Empowerment Cell celebrated International Women’s Day on 8/3/2023 by felicitating women members of the management body of Vidarbha Youth Welfare Society, Amravati Dr. Mrs. Ragini Deshmukh and Dr. Mrs. Poonam Choudhari. We also felicitated Prof. Dr. Manju Sharma, Professor RDIK & KD College, Badnera.

Dr. Mrs. Ragini Deshmukh is working as Professor at Indirabai Meghe Mahila Mahavidyalaya, Amravati. Her life journey from a housewife to a working woman and a social worker is amazing. Married in a educationally progressive family, she completed her Post-Graduation and B.Ed. degree after marriage and started career as a lecturer. She is now member of management body of Vidarbha Youth Welfare Society and also member of college development cell of our college.

Dr. Mrs. Poonam Chaudhari is also a member of management body of Vidarbha Youth Welfare Society and working as an Assistant Professor in Home Economics Department in Indirabai Meghe Mahavidyalaya, Amravati. She is M.A., B.Ed. and Ph.D. in Home Economics. Recently she has been elected as Director of Dr. Panjabrao Deshmukh Co-operative Bank, Amravati.

The third women felicitated was Dr. Manju Sharma – Ahir. Working as Professor in Bar. RDIK & KD College, Badnera. Her educational achievement is outstanding. She has done M.Com. (double), MBA, M.Sc.-Mathematics, M.Sc.-Computer Science, M.A., M.C.M., B.Ed., PDCA and D.Ed.

She has been awarded: –

- i. National Women Pride Award by NavbharatReshtriyaDnyanpeeth, Pune.
- ii. Influence Women Award by Amuragyam, New Delhi.
- iii. National Women Excelence Award by NAAE, Pune.
- iv. Dr. APJ Abdul Kalam Award recorded by Magic book of record, New Delhi.
- v. Jyotiba Phule Jeevan Gaurav Puraskar, Nashik.

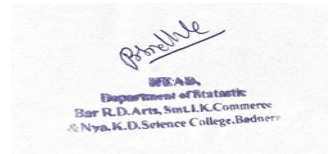
She has presented 43 research papers in International & National research journals and has been Editorial Member of two research journals.

These three renowned ladies were felicitated at the hands of Principal Dr. R.D.Deshmukh. They were presented with bouquet, shrefal and memento. The three honourable guests expressed their views on opportunities and challenges before today’s women and thanked Women Empowerment Cell for felicitating them.

Outcome of the Programme:

1. The felicitation programme proved to be an example of a gender sensitization and gender equality as well as women empowerment.

2. Girl students were motivated and inspired by this function.





GPS Map Camera

Amravati, Maharashtra, India
 VP4G+GWX, Badnera Rd, Nai Basti, Amravati,
 Maharashtra 444701, India
 Lat 20.856496°
 Long 77.727236°
 08/03/23 12:05 PM GMT +05:30

Google



बडनेरा (विदर्भ मजदर प्रतिनिधी): केंबोल बॉर. आर.डी. आय. के. महाविद्यालयात जागतिक महिला दिनाभिमित्त जागतिक महिला कामगिरी कलाच्या महिलांचा सन्कार करण्यात आला. सवेच मुलींना मार्गदर्शन होण्याच्या दृष्टिकोनातून व्याख्यानाचे देखील आयोजन करण्यात आले होते. कार्यक्रमाच्या अध्यक्षस्थानी विदर्भ युव बेलफेअर सोसायटीच्या संघालक प्रा. रागिनी देशमुख होत्या. प्रमुख वक्ते म्हणून प्रा. डॉ. पुनम चौधरी होत्या. महाविद्यालयाचे प्राचार्य डॉ. आर.डी. देशमुख यांनी कार्यक्रमाचे प्रास्ताविक केले. शुभानु विभाग प्रमुख प्रा.डॉ. उरुणा पटील, प्रा. डॉ.

मंजुषा शर्मा, कार्यक्रमाचे समन्वयक प्रा. विधिले या विद्यार्थीद्वारे उपस्थित होत्या. या कार्यक्रमांमध्ये महिला दिनाभिमित्त विदर्भ युव बेलफेअर सोसायटीच्या संघालिका प्रा. रागिनी देशमुख यांनी गेल्या अनेक वर्षांपासून शिक्षण क्षेत्रातून सेवा दिली आहे असे विदर्भ युव बेलफेअर सोसायटीच्या संघालिका म्हणून देखील काम सांभाळणाऱ्या याद्वारे त्यांचा सन्कार करण्यात आला. सवेच मुलींचे पार पडलेल्या डॉ. मंजुषा शर्मा देशमुख यांनी - ऑपरेटिव्ह बँकेच्या निवडणुकीमध्ये संघालक म्हणून प्रा. पुनम चौधरी निवडून आल्याबद्दल सवेच महाविद्यालयातील प्रा. मंजुषा शर्मा यांना राष्ट्रीय स्तरावरील महिला

दिनाभिमित्त दीन पुरस्कार प्राप्त झाल्याबद्दल त्यांचा सन्कार करण्यात आला. कार्यक्रमाचे संचालन प्रा. भाकरे मंडम यांनी केले तर आचार्य प्रदर्शन महिला संघाच्या समन्वयिका प्रा. विधिले मंडम यांनी केले. सवेच महाविद्यालयातील विद्यार्थ्यांसाठी महिला दिनाभिमित्त देशातील कार्यभार महिला बांधकाम जीवनात पोस्टर स्पर्धेचे आयोजन करण्यात आले होते. या स्पर्धेमध्ये अनेक विद्यार्थ्यांनी सहभाग घेतला. कार्यक्रमानंतर आधी प्रदर्शनी देखील महाविद्यालयात भरविण्यात आली होती. यामध्ये मुण्वरा प्राप्त केल्याच्या तीन विद्यार्थ्यांना रोख रक्कम बक्षीय देखील देण्यात आली.





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Dr. N.R. Dhande President Adv. U.S. Deshmukh Vice President Prof. (Dr.) H.M. Deshmukh Treasurer Mr. Y.V. Choudhary Secretary Dr. R.D. Deshmukh Principal

Ref.No. 256/2326

Date: 5/3/2023

Letter of Invitation

To,
 Hon'ble Prof. Dr. Mrs. Poonam Y. Choudhary
 Dept. of Home-Economics
 Indirabai Meghe Mahila Mahavidyalaya,
 Amravati

Subject: - Invitation as chief guest for Women Empowerment Programme
 R/Madam,

It gives me immense pleasure to invite you as chief guest to deliver a lecture on
 "Today's women: Challenges & Opportunities" at a function organized by Women
 Empowerment Cell of our college.

Date and time of Programme is given below:

Date : 08/03/2023
 Time: 11.30 a m

I request you to kindly accept the invitation and give your valuable guidance to
 our students.

Thanking You.

Yours faithfully

Choudhary

[Signature]
 (Dr. R. D. Deshmukh)
 Principal
 Bar. Ramrao Deshmukh Arts, Smt. Indiraji Kapadia Commerce &
 Nya. Krishnarao Deshmukh Science College, Badnera-Amravati

2/3/2023

Letter of Thanks

To
 Hon Prof. Raginitai Deshmukh
 Executive Committee Member
 Vidarbha Youth Welfare Society Amravati

Dear Madam,

We express our sincere thanks for accepting our invitation as chief guest and for delivering a lecture
 on "Today's Woman : Challenges and Opportunities" at a programme organized by Women
 Empowerment Cell of our college on 8/3/2023.

We are grateful to you for sparing your valuable time with our students. This will definitely help them
 in their future life.

Thank you.

Date: 08/03/2023

[Signature]

[Signature]
 Dr R-D Deshmukh
 PRINCIPAL
 Bar. Ramrao Deshmukh Arts
 Smt. Indiraji Kapadia Commerce
 Nya. Krishnarao Deshmukh
 Science College, Badnera

1. Name of Organizing Committee : **National Service scheme**
2. Name of Activity : Intellectual session on women health and Women development.
3. Place of Activity : Jalu Camp Area.
4. Date of Activity : 26th February, 2023

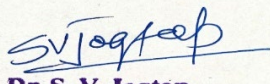
Details of Activity (In Brief):

Intellectual session on Women Development and Women Health was conducted at NSS camp at Jalu on 26/02/2023. Sau Varsha Deshmukh member Aditya Birla Shikshan Mandal Mumbai delivered information about women health, menstrual management and nutritive diet for women, family disturbance and women responsibility, women respect and gender equality and gender sensitization. Dr. Aruna Patil was the chairperson of this session. She assessed that for personality development of students should be free from drugs addiction. The programme was conducted by Aashutosh Meshram and Surekha Kadmanchi presented the votes of thanks .programme was attended by the women's of villagers.

Outcome of the Programme:

- Promoted preventive health care of women.
- Programme made student aware about Physical and mental health of women and menstrual hygiene.
- Helped in counseling women on basic healthcare and hygiene.
- Helped in counseling women on basic healthcare and hygiene
- Promoted gender sensitization
- It made women aware about health scheme and to insure that healthcare is available in every nock and corners of country.




Dr. S. V. Jagtap
Head, Department of Physics
R. D. I. K. & K. D. College,
Badnera-Amravati



1. Name of Organising Committee : **Internal Complaints Committee / Grievances Redressal Cell**
2. Name of Activity : General Meeting of Girl Students
3. No. of Participants : Students 25 Teachers 3
4. Date of Activity : 17th November, 2022

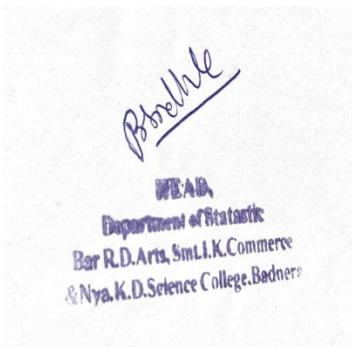
Activity (In Brief):

As per orders from Supreme Court of India, implementation of Sexual Harassment of Women at workplace of Act, 2013, it is mandatory for all government and non-government offices in India to form Vishakha Samiti or Internal Complaints Committee at institutional level. Accordingly, this committee is formed in our college comprising of three female members, two male members and three student members. This committee called upon a general meeting of all girl students on 17/11/2022 with the aim of making them aware of the committee members, its purpose and working mechanism. First of all names and phone numbers of all committee members were displayed and members were introduced to students. Prof. B.S.Vidhale, chairperson of the committee in her speech explained in detail what is meant by sexual harassment. It includes unwelcome acts and comments from male colleagues, making sexually coloured remarks etc.

This committee works for the prevention and redressal of complaints of sex harassment. She also said that if any girl wants to make a complaint about it. She can approach the chairperson or any member of the committee and response to it appropriate action will be taken.

Outcome of the Programme:

1. The orientation meeting created awareness among students.
2. It helped to create a safe learning environment.
3. Students were introduced to complaint and redressal mechanism of Internal Complaints Committee.
- 4.



अंतर्गत लष्कर निवारण समिती
विद्यार्थिनींचा सभा
दि. 17/11/2022

सभेला उपस्थित विद्यार्थिनी
नाव

वर्ग

1) Akanksha N. Borkekar	Bsc III rd	Ak Borkekar
2) Bhavika P. Thorat	Bsc III rd	Bhavika
3) Sakshi P. Gade	Bsc III rd	Sakshi
4) Vaishnavi S. Mankar	Bsc IIIrd Bsc II nd	Vaishnavi
5) Pratiksha S. Tupat	Bsc III rd	PSTupat
6) Gayatri B. Jadhao	Bsc III rd	GBJadhao
7) Ku. Aepita S. Greespunje	Bsc III rd	Asgreespunje
8) Ku. Ulka G. Tumsare	Bsc III rd	Umsare
9) Ku. Sakshi B. Kathe	Bsc III rd	Sakhekathe
10) Ku. Hazshali R. Manjaze	Bsc III rd	HRManjaze
11) Ku. Samiksha P. Murade	Bsc III rd	SPMurade
12) Ku. Shreyya S. Tilke	Bsc III rd	STilke
13) Ku. Rutuja A. Kadam	B.A III rd	Rkadam
14) Ku. Darshana R. Wagh	B.A. II	DRWagh
15) Ku. Aarti S. Hezade	B.A. II	AHezade
16) Ku. Niamala S. Kushwaha	B.A III	NKushwaha
17) Ku. Khushi M. Shenmare	Bsc II	KShenmare
18) Ku. Anjali G. Yawale	Bsc II	AYawale
19) Ku. Vaishnavi M. Bhagat	Bsc II	Vaishnavi
20) Ku. Amita J. Rauf	Bsc II	Amita
21) Ku. Chaitali P. Tumsare	Bsc II	CTumsare
22) Ku. Sakshi G. Tumsare	Bsc II	Sakshi
23) Ku. Anita G. Mohture	Bsc II	AMohture
24) Ku. Madhuri V. Praghane	Bsc II	MVPraghane
25) Dr. V. N. Mahalle		



- 1.Name of Organising Committee : **Women Empowerment Cell**
2. Name of Activity : Health Awareness Programme:
Menstrual Health Management
3. No. of Participants : Students 48 Teachers 5
4. Date of Activity : 3rd September, 2022

Activity (In Brief):

Menstrual health and menstrual health care is one of the most important health issues of women in India. Therefore, Women Empowerment Cell organised Health Awareness Programme for college girls entitled ‘Menstrual health Management’ on 3/9/2022. The programme was organized in association with ‘Amruta Hygienic and Personal Care’ from Amravati. Guest Speakers were Nikita Tayde and Ms. Ranjana Dongare. Issues related to Menstrual Health and Health Care were discussed in detail in this programme.

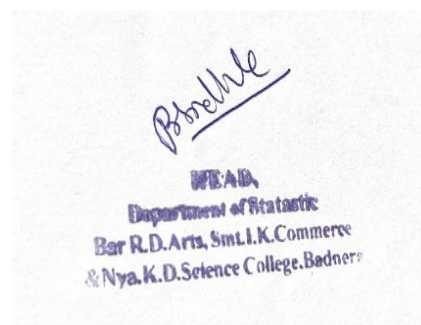
Ms. Nikita Madam in her speech said that girls should talk openly with parents, friends and teacher about menstrual problems. They should use hygienic menstrual care products like sanitary napkins to protect themselves from bacterial and fungal infection. They should eat healthy food, drink plenty of water and take sufficient rest in menstrual period. She advised to perform, exercise. Asanas should be done to keep mind fresh and healthy.

At the end of the session girls asked questions and doubts to the speakers.

Outcome of the Programme:

1. This programme created an open dialogue on menstrual health and menstrual health problems.
2. Girls became aware of the good and bad health impact of using menstrual health management products.
3. Girls became more confident.

Name & Contact No. of Expert: Ms. Nikita Tayde 8109476745





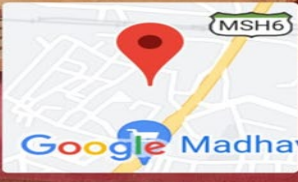
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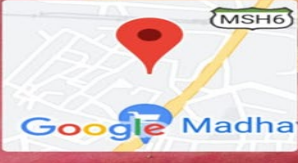
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Bar R D I K N K D College Badnera
Women Empowerment Cell—'Mahila Manch' 2022-23
Menstrual Hygiene Management

List Of Participants

Date: 03/09/2022

S.No	Name of Student	Class	Mobile No
1	Ku. Vaishnavi A. Grayakwad	B. Com I	8261075007
2	Ku.:- Divya sanjay Thane	B. Com I	8010781564
3	Ku. Ishwari Dilip Bhambale	B. A. I	9579219041
4	Ku. Shivani Vinod Kalkade	B. A. I	9699034165
5	Ku. Radhika Sahitya Wagh	B. A. I	9022002746
6	Ku. Goudi Radheshyam. Desai	B. Com II	9623374641
7	Ku. Radhika Santosh Bahadur	B. Com II	8767661893
8	Ku. Tanuja Vijay Khadse	B. Com II	8459136705
9	Ku. Manjuri Subhash Tale	B. Com II	8767902082
10	Ku. Rutuja Anand Shende	B. Com II	7248352118
11	Ku. Sakshi Sanjay Galdit	B. Com II	8767393652
12	Ku. Sapana Rajendra Shivankar	B. Com II	8010664389
13	Ku. Aeti Sunil Chauhan	B. Com II	8767095889
14	Ku. Radhika Sujanon Nykhare	B. Com II	8767853870
15	Ku. Shanti Bhagawant Meshram	B. Com III	8010493849
16	Ku. Darshika M. Bhasale	B. Com III	8407963584
17	Ku. Tejaswini K. Parikhare	B. Art. I	7020607965

3/9/2022 (2)

	Name	Class	mob No
18	Sunita Rajkumar Kushwah	B. Com I	8329115951
19	Ku. Pratiksha S. Kuntekar	B. Com 2nd	8554044030
20	Ku. Ashwini S. Deshmukh	B. Com 2nd	9367051013
21	Nishi Jyotsna Purohit	B. A. I	9503247197
22	Huzefa Anam Jabbar Khan	B. A. 1st	7249246845
23	Khushi Ganesh Mohite	B. S. C 1st year	7666483810
24	Gayatri Dilip Sable	B. A. I	9322572354
25	Pratiksha Ravin Kamble	B. A. I	7420069569
26	Kamal Suresh Mochale	B. A. I	7387486874
27	Maya Suresh Meshram	B. A. I	8281020722
28	Khushi Raiesh Kaitkade	BA - II	8192989065
29	Neha Vijay Ronghe	BA - I	9639721121
30	Yogita Di Mondane	BA - I	9665717384
31	Aditi Salde	BA - II	9850425183
32	Dolly J. Kaitkade	BA - I	7053829065
33	Ku. Vidya D. Shinde	BA - I	9234218926
34	Tejaswini P. Athekar	BA - I	8605694935
35	Kamal V. Khawale	BA - I	9373276314

1. Name of Organising Committee : **Women Empowerment Cell**
2. Name of Activity : 5 Days Yoga Training Camp
3. No. of Participants : Students 27 Teachers 06
4. Date of Activity : 5-9th April, 2022

Activity (In Brief):

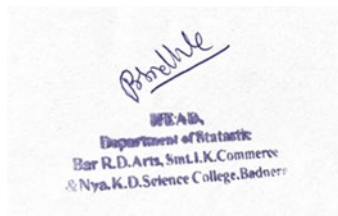
5 Day Yoga Training Camp for girls was organized from 5th to 9th April 2022. Expert trainer was – Ms.PoojaIvanate. Every day in the morning from 7.30am to 8.30am yoga training had been conducted. Everyday training began with warming up session with light exercise. The teacher taught girls different asanas, and pranayama.

During this training programme girls' were taught Bhujangasan, Trikonasana, Veerbhadrasana, Tadasana, Shirshasana, Dhanurasana, Gomukhasana, Paschimottanasana, and many more. This asana would help girls to increase heights, reduce weight, improve working of heart and lungs, improve flexibility of body. Meditation session was also taken at the end of every yoga class. This help in mind relaxation and improving positivity.

Outcome of the Programme:

1. Yoga training helped to reduce mental stress and anxiety.
2. Improved attention in studies and better stamina.
3. Helped to manage body weight.
4. The training camp enabled students to have overall good physical and mental health.
5. Yoga training helped to improve confidence in girls.

Name & Contact No. of Expert: Ms. Pooja Ivanate 9423560341



Bar R D I K & K D College Badnera

Women Empowerment Cell—'MahilaManch' 2021 - 22

Essay Competition

List of Participants

(For Saritribai Phule Jayanti)

Date : 30/12/2021

Sr.No.	Name of Student	Class	Signature
1	Divyani S. Kale	B.Sc III	
2	Nikita P. Bhandarkar	B.Sc III	
3	Anjali R. Gurode	B.Sc III	
4	AKanksha V. Sule	BA II	
5	साक्षी कंदजी खंडारे	XI Arts	Sakhikhandare
6	जायत्री विनोद खंडारे	XII Arts	Jayatrikhandare
7	मंजरी प्रवीण डंगे	XI Commerce	M. Dange
8	श्रेया विकास बजाज	XI Com.	Svbaahit
9	Kiran R. Kaware	XI Arts	KK
10	सुष्मिता राजेंद्र काडसि	XII Arts	RSuncit
11	Srushti Karan	XII Arts	Srkaran
12	Pallavi Kale	XII Arts	PPKale
13	Samiksha D. Bendre	BA II	Samiksha D. Bendre
14	sakshi Prakash Rithe	B.Sc 2	SR Rithe
15	Shradha Thakare	BA I	SThakare
16	Kajal N. Meshram	BA III	KMeshram
17	Sakshi D. Ugale	BA III	Sakshidugale
18	Pooja L. Deshmukh	BA III	PDeshmukh
19	Pradhi R. Wasnik	BA 2	PRWasnik
20	Sejal B. Wankhade	BA 2	SWankhade
21			
22			
23			
24			
25			
26			BS Vidhate
27			Women Empowerment Cell

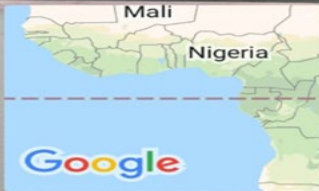


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माहिला सक्षमिकरण समिती

निबंध स्पर्धा 2021-22 - 3 जाने 2022

निबंध स्पर्धा निकाल :

शुद्धी अंजुली खंडारे
किरवा रोविंद काकरे
मनस्वी प्रोबोण डंगो

प्रथम
द्वितीय
तृतीय

Bhatnagar
31-12-2021

(प्रा. श्री : फुलणे)

Bhatnagar
31/12/2021

B = Vidhale
Governor

Women Empowerment Cell

माहिला सक्षमिकरण समिती

निबंध स्पर्धा 2021-22 - 3 जाने 2022

निबंध स्पर्धा निकाल :

शुद्धी अंजुली खंडारे
किरवा रोविंद काकरे
मनस्वी प्रोबोण डंगो

प्रथम
द्वितीय
तृतीय

Bhatnagar
31-12-2021

(प्रा. श्री : फुलणे)

Bhatnagar
31/12/2021

B = Vidhale
Governor

Women Empowerment Cell

1. Name of Organising Committee : **Women Empowerment Cell**
2. Name of Activity : Workshop on Job Opportunities for Women in Media
3. No. of Participants : Students 83 Teachers 4
4. Date of Activity : 14th October, 2022

Details of Activity (In Brief):

Workshop on 'Job Opportunities for Women in Media' was organised on 14/10/2022 by Women Empowerment Cell well known Personalities in social media in Amravati Dr. Sanjay Gharde, Director, Sadhana Radio, Durgapur, Shri Sanjay Shende, News Editor, IBN Group and Ms. Sneha Wasnik, Director 'Being Artist' guided students in this workshop.

Mr. Sanjay Gharde appealed students to inculcate habit of reading and writing. This will help to improve their writing ability. Content writing is very fast-growing department in social media where there are lots of opportunities for students.

Mr. Sanjay Shende advised students to start their career as news reporter, which will lead them to become news editor, news reader and other related higher posts in print and electronic media.

Miss Sneha Wasnik asked students to make career as a freelancer. The best freelance jobs available around are web developer, graphic designer, social media specialist, video grapher, etc. She herself being freelancer social media specialist said that they are assured and highly paying jobs in social media today.

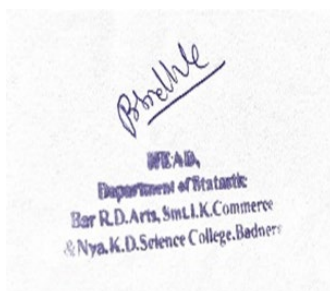
All the three resource persons encouraged women to come forward and make a career in social media.

Outcome of the Programme:

1. Girls were motivated to join social media as career.
2. They learned about opportunities in media marketing, T.V. Anchoring, News editing, Content Writing and other related fields.
3. Girls were introduced to a new area of economic independence.

Name & Contact No. of Expert:

- i. Sanjay Gharde 8605531287
- ii. Sanjay Shende 9422890985
- iii. Sneha Wasnik 9049491151





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Vidarbha Youth Welfare Society, Amravati's
Bar. Ramrao Deshmukh Arts, Smt. Indiraji Kapdiya Commerce & Nyaymurti
Krushnarao Deshmukh Science College Badnera (Rly.) - Amravati (M.S.)
Carrier Counselling Cell, Women Empowerment Cell & IQAC
14th October 2022
One Day Workshop on Job Opportunities for Women in Media
Attendance Sheet

Sr.No.	Name of Student	Class	Signature
1	Aapita Santosh Guespunje	Bsc III	Aapita
2	Gidyatei B. Jadhao	Bsc III	Gidyatei
3	Vaishnavi L. Gulhane	Bsc III	Vaish
4	Pratiksha S. Tupat	Bsc III	Pratiksha
5	Sakshi B. Kathe	Bsc III	Sakshi
6	Samiksha P. Murade	Bsc III	S.P. Murade
7	Vaishnavi S. Mankar	Bsc III	Vaish
8	Vaishnavi V. Ichao	Bsc III	Vaish
9	Shivani A. Bhoad	Bsc III	Shivani
10	Priyanka S. Kumbale	Bsc III	Priyanka
11	Priyanka P. Deshbhatekar	Bsc III	Priyanka
12	Nidhi R. Tembhurne	Bsc - III	Nidhi
13	Madhuri V. Prajapati	Bsc III	Madhuri
14	Anita G. Tribhure	Bsc III	Anita
15	Sakshi P. Gade	Bsc III	Sakshi
16	Bhavika P. Thorat	Bsc III	Bhavika
17	Akanksha N. Borke	Bsc III	Akanksha
18	Rajeshwari S. Panchare	B.A-I	Rajeshwari
19	Rachha R. Kishwaha	B.A-I	Rachha
20	Sakshi G. Tumsare	Bsc - III	Sakshi
21	Chaitali P. Tumsare	Bsc. III	Chaitali
22	Vaishnavi M. Bhagat	Bsc. III	Vaishnavi
23	Anjali M. Yawale	Bsc. III	Anjali
24	Khushi M. Shenmare	Bsc. III	Khushi
25	Prachi R. Shejoo	B.A-I	Prachi
26	Prachi V. Jadhane	B.A-I	Prachi
27	Nikita N. Nitrawise	B.A-I	Nikita
28	Prati P. Bhandwalkar	B.A-I	Prati
29	Shreya R. Dongre	B.A-I	Shreya
30	Vaishnavi V. Adakane	B-Com II	Vaishnavi
31	Dipali S. Panchare	B. Com II	Dipali
32	Yogita V. Nandane	B.A-I	Yogita
33	Pooja Sanjay Bhagat	B.A-I st	Pooja
34	Manika V. Duflo	B.A-I st	Manika
35	Ku. Diya Umeshwar Phosale	B.P. I st	Diya

B. A. I - B. A. II
12/10/2022

36	Ku. Shrawani Rajendra Chavhan	B-A-Ist	Shrawani
37	Ku. Khashi Vishwas Babane	B-A-Ist	K.V. Babane
38	Ku. So Pna Rameshwar Tikke	B-A-Ist	Tikke
39	Ku. Pallavi Sunil Kawade	B.com-II	P. S. Kawade
40	Ku. Sneha Ambadas Kawasra	B.com-II	Sneha Kawasra
41	Ku. Mohini Nandu Khade	B.A.-I	Mohini Khade
42	Ku. Bhavika V. Bhaode	B.A.-I	Bhavika
43	Ku. Vaishnavi A. Kamble	B.A.-I	Vaishnavi Kamble
44	Ku. Kajal D. Chavde	B.A.-I	Kajal Chavde
45	Ku. Vishakha D. Shringare	B.A.-I	Vishakha Shringare
46	Ku. Jashika B. Chandekar	B.A.-I	Jashika Chandekar
47	Ku. Rutuja A. Shende	B.com-II	Rutuja Shende
48	Ku. Sarshi S. Golat	B.com-II	Sarshi Golat
49	Ku. Manvi S. Tale	B.com-II	Manvi Tale
50	Ku. Shalini A. Thakore	B.com-II	Shalini Thakore
51	Ku. Kavya S. Shinde	B.com-II	Kavya Shinde
52	Ku. Shweta R. Lada	B.com-II	Shweta Lada
53	Ku. Aneti S. Hezode	B.A.-II	Aneti Hezode
54	Ku. Swati N. Jaze	B.A.-II	Swati Jaze
55	Ku. Nayan B. Chambaf	B.A.-II	Nayan Chambaf
56	Ku. Kamal V. Chambaf	B.A.-II	Kamal Chambaf
57	Ku. Gauri P. Dote	B.com-II	Gauri Dote
58	Ku. Radhika S. Bahadur	B.com-II	Radhika Bahadur
59	Ku. Radhika A. Dakhore	B.com-II	Radhika Dakhore
60	Ku. Diksha N. Kulkarni	B.com-II	Diksha Kulkarni
61	Ku. Chetana S. Dahikar	B.com-II	Chetana Dahikar
62	Ku. Radhika G. Nyarkar	B.com-II	Radhika Nyarkar
63	Ku. Tanuja V. Khadke	B.com-II	Tanuja Khadke
64	Ku. Sejal R. Kale	B.A.-II	Sejal R. Kale
65	Ku. Shweta G. Gade	B.A.-II	Shweta G. Gade
66	Ku. Manisha G. Pibulke	B.A.-II	Manisha Pibulke
67	Ku. Alviya Sayyid Hassan	B.A.-II	Alviya Hassan
68	Ku. Parvati S. Bajaj	B.A.-II	Parvati Bajaj
69	Ku. Sachal Ramesh Dewoli	B.A.-II	Sachal Dewoli
70	Ku. Samiksha Dilip Revaskar	B.A.-II	Samiksha Revaskar
71	Ku. Kamal Sandip Mahige	B.A.-I	Kamal Mahige
72	Ku. Ratika Umesh Chokhat	B.A.-I	Ratika Chokhat
73	Ku. Khushi Rajesh Banatt	B.A.-II	Khushi Banatt
74	Ku. Payal R. Male	B.A.-II	Payal Male
75	Ku. Mayuri B. Thakare	B.com-III	Mayuri Thakare
76	Ku. Ashwini S. Deshmukh	B.com-III	Ashwini Deshmukh
77	Ku. Vaishnavi D. Dudhe	B.com-III	Vaishnavi Dudhe
78	Ku. Vaishnavi R. More	B.com-III	Vaishnavi More
79	Ku. Durgeshwari Dasokar	B.com-III	Durgeshwari Dasokar
80	Ku. Nandini Bondhe	B.com-III	Nandini Bondhe
81	Ku. Komal Sune	B.com-III	Komal Sune
82	Ku. Ishwari V. Bhatkar	B.A.-I	Ishwari Bhatkar
83	Ku. Anjali S. Bhatkar	B.A.-I	Anjali Bhatkar





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Accuracy: 32.1 m
Time: 14-10-2022 12:09

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1. Name of Organising Committee : **Women Empowerment Cell**
2. Name of Activity : Guest Lecture on 'Women Entrepreneurship'
3. No. of Participants : Students 53 Teachers 06 Other 02
4. Date of Activity : 8th March, 2022

Activity (In Brief):

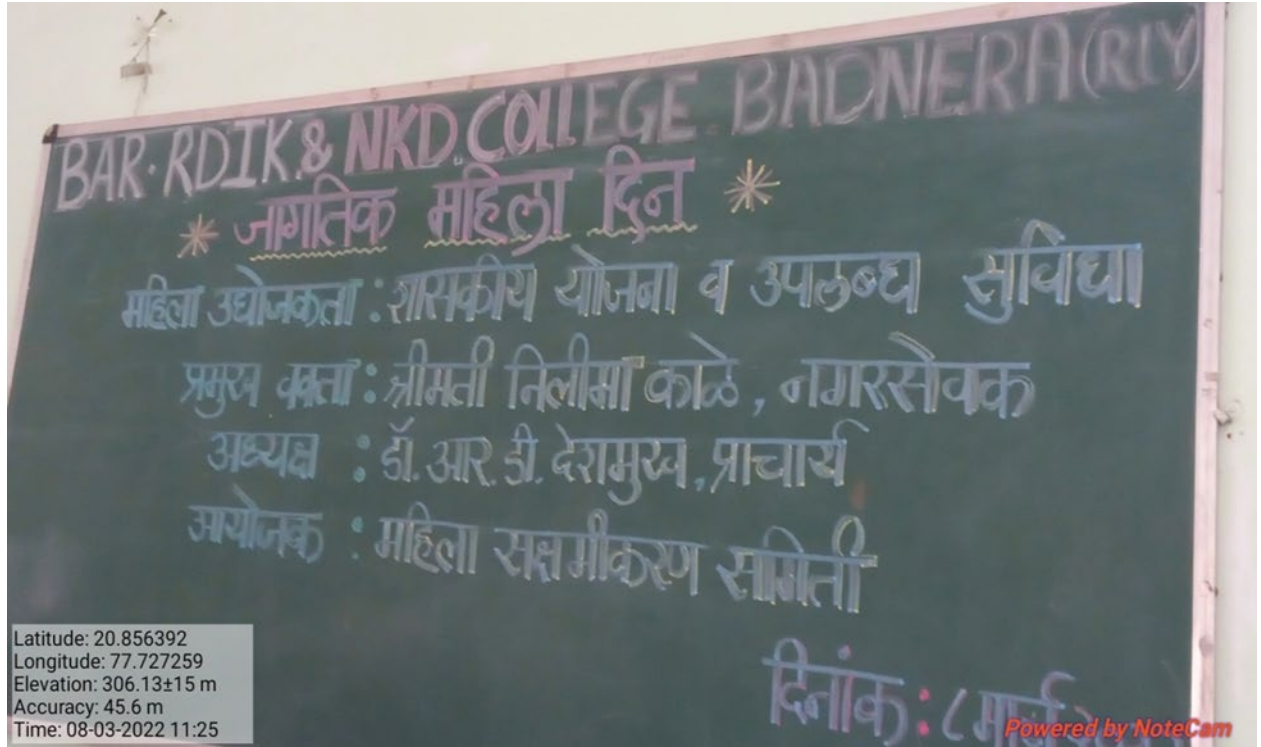
To celebrate International Women's Day, a guest lecture was organized on 8/3/2022. Topic of lecture was 'Women Entrepreneurship' Opportunities and government schemes. Resource person was Ms. Nilima Kale – Corporator Amravati. Municipal Corporation and trainer at YASHADA. Students were introduced to number of schemes that are offered by Central and state government for women to start their own industry. Even Municipal Corporation has a number of schemes at local level to help upcoming female industrialist. Some of the schemes discussed in the lecture were Mudra Loan for Women, Shri Shakti Yojana, Bharatiya Mahila Bank business loan, Pradhanmantri Rojgar Yojana by Central Government. schemes offered by State Government include Annapurna schemes, Mahila Udyamnidhi Yojana and Udyoginischemes. Banks also have special skims for women to finance them in their start-ups. The lecture also included question-answer session.

Outcome of the Programme:

1. The programme enabled and encouraged women to become economically empowered.
2. It helped women to provide opportunities for professional and personal development.
3. Students became aware of various government schemes for women entrepreneurs.

Name & Contact No. of Expert: Ms. Nilima Kale 8380075829





Bar R D I K N K D College Badnera

Women Empowerment Cell

Guest Lecture Date 08 /03/ 2022

Women Entrepreneurship : Opportunities, Government Schemes and Facilities

List of students present for the programme

SN	Name of student	Class	Signature
1	Sakshi Prakash Rithe	BSC-I	Rithe
2	Pranjal P. Chaudhari	B.Sc.-I	Chaudhari.
3	Pavani M. Alale	B.Sc. I	P.M. Alale
4	Tanzila fatema	Bsc-II	Tanzila
5	Shumaila Asham	Bsc-I	Sham
6	Shradha Thakare	BA-I	Thakare
7	Pallavi G. Wadukar	BA-I	Pallavi
8	Shatti D. pande	BA-Ist	Pande
9	Ashna Navin	B.Sc. I	Ashna
10	Rohini G. Wadukar	B.A. III	Rohini
11	Nikita S. Sakhaskar	B.A. III	Nikita
12	Tejasvini S. Bhagal	B.A. III	Tejasvini
13	Komal S. Mankar	B.A. I	Komal
14	Sakshi D. Ugale	B.A. III	S.D. Ugale
15	Kajal N. Mesharam	B.A. III	Kmesharam
16	Pooja L. Deshmukh	BA III	Deshmukh
17	Divya P. Pokale	BA III	Pokale
18	Dhanshree S. Rithe	B.A. I	D.S. Rithe
19	Khushi R. Banait	B.A. I	K.R. Banait
20	Prachi R. Wasnik	B.A. I	Prachi
21	Sejal P. Wankhade	B.A. I	Sejal
22	Kanchan H. Tandekar	B.A. I	K.H. Tandekar
23	Shreejyoti K. Waghbhai	B.A. I	Shreejyoti

08/03/2022

24	Teuphi B. Munde	B.A.I.	Bunde
25	Rupali G. Bhadkar	B.A.I.	Bhadkar
26	Fatema Khadcom	B.A.I.	fat.
27	Puja Vinod Lonare	B.A.I.	Lonare
28	Ku. Kajal S. Baut	B.com III	KBaut
29	Ku. Vasudhara Gawade	B.com III	V.S. Gawade
30	Ku. Sakshi Pradip Jannik	B.com III	Jannik
31	Ku. Pratiksha S. Dhandar	B.com III	P.S. Dhandar
32	Ku. Anjali S. Lanjewar	B.com III	Sonjewar
33	Ku. Komal R. Lanjewar	B.com III	K.R. Lanjewar
34	Ku. Pragati A. Borkekar	B.com III	P.A. Borkekar
35	Nikita R. Ladke	B.com III	N.Ladke
36	Ku. Sakshi S. Petha	B.com III	Petha
37	Ku. Pallavi V. Awaghade	B.com III	P.V. Awaghade
38	Ku. Komal Vijay Dongare	B.com III	K.V. Dongare
39	Ku. Anpita M. More	B.com III	Amore
40	Ku. Chaitali S. Munka	B.com III	CSMunka
41	Ku. Sakshi V. Bhandarkar	B.com III	S.Bhandarkar
42	Ku. Pranali N. Warghat	B.com III	P.N. Warghat
43	Ku. Asma Iqbal Shaha	B.com III	Ashu
44	Ku. Sakshi Pramod Wike	B.com III	S.P. Wike
45	Ku. Dhanashri V. Khondar	B.com III	D.Khondar
46	Ku. Samiksha G. Jagtap	B.com III	S.Jagtap
47	Ku. Swati N. Joge	B.A.I.	S.Moge
48	Ku. Nayaba. Chambhat	B.A.I.	N.R. Chambhat
49	Ku. Komal Chambhat	B.A.I.	K.V. Chambhat
50	Ku. Gussae Dakare	A.A.T	G.S. Dakare
51	Ku. Aachal Bepad	B.A.I.	A.S. Bepad
52	Ku. Shrushti Kortam	BA II	Shru

53) Ku Nisha Vilhekar BA I

W

penelle
8/3/22
Convener - Women Empowerment

Letter of Thanks

To
Hon Mrs Nilima Kale Madam
Corporator
A.M. C.,Amravati


Dear Madam

We express our sincere thanks for accepting our invitation as chief guest and for delivering lecture on“Women Entrepreneurship: Opportunities, Government Schemes and Facilities available”at a programme organized by Women Empowerment Cell of our college on 08/03/2022.

We are grateful to you for sparing your valuable time with our students. This will definitely help them in their future life.

Thank you.

Date:08/03/2022


Dr R D Deshmukh
PRINCIPAL
Bar. Ramrao Deshmukh Arts,
Smt. Indrajit Kapadiya Commerce,
& Nay. Krushnarao Deshmukh
Science College, BADNERA,

Letter of Invitation

To,
Hon Mrs Nilima Kale Madam
Corporator
A.M. C.,Amravati

Subject :- Invitation as chief guest for “International Women’s Day” programme.

Dear Madam ,

It gives me immense pleasure to invite you as chief guest to deliver a lecture on
“Women Entrepreneurship: Opportunities, Government Schemes and Facilities Available” at a
function organized by Women Empowerment Cell of our college.

Date and time of programme is given below:

Date : 08/03/2022

Time : 10.30 a.m.

I request you to kindly accept the invitation and give your valuable guidance to our students.

Thanking You.

Date: 07/03//2022



Dr. R.D.Deshmukh

PRINCIPAL
Bar. Ranrao Deshmukh Arts,
Smt. Indiraji Kapsdiya Commerce,
& Nay. Krushnarao Deshmukh
Science College, BADNERA.

1. Name of Organising Committee : **Women Empowerment Cell**
2. Name of Activity : Workshop: Thyroid and Hormonal Imbalance in Women
3. No. of Participants : Students 112 Teachers 6
4. Date of Activity : 19th October, 2022

Details of Activity (In Brief):

Women Empowerment Cell and Unicare Health Care centre, Nashik jointly organised a workshop for college girls on 19/10/2022. Title of the workshop was 'Thyroid and Hormonal Imbalance in Women' with subthemes causes, symptoms, treatment and precautions. Mrs. B.S.Vidhale, Co-ordinator of Women Cell and Mr. Swapnil Visute Naturopath from Unicare Health Care Centre, Nashik discussed the topic in detail.

Thyroid problems in Women occur when thyroid makes too much or too little hormone. This is called hyperthyroidism or hypothyroidism. This leads to speed up or slow down heart rate. Iodine deficiency and auto immune diseases are the main causes of thyroid.

Common symptoms of thyroid in women are fatigue, weight gain, constipation, hair loss and skin dryness. If this happens, women should take preventive treatment for this.

The guest speaker talked about the treatment of thyroid also. Medicine, Radio iodine and surgery are the main treatments for female thyroid problems. Antithyroid medicines block the thyroid cells and surgery removes most or all of the thyroid cell.

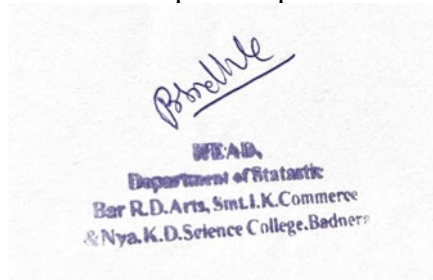
While talking about precautions, he asked women to visit the doctor, make regular thyroid test, not to smoke, eat less soy, ask for a thyroid collar during X-rays to protect thyroid glands from radiation exposure.

The speaker also answered to queries raised by students.

Outcome of the Programme:

1. Girls understood the exact meaning of thyroid glands and thyroid disorder.
2. Students learned about the ways to protect themselves from thyroid problem.
3. Students became health conscious as well as diet conscious.

Name & Contact No. of Expert: Mr. Swapnil Vispute 8432262309 9225157039



Bar R D I K N K D College Badnera
Women Emopwerment Cell—'MahilaManch' 2022-23

WORKSHOP On

Thyroid And Harmonal Imbalance In Women

Jonntly organized by

Women Emooerment Cell and Unicare Healthcare Centre, Nashik

List of Participants

Date : 19/10/2022

Sr NO	Name of Student	Class	Signature
1	Sanksha Suresh Gajbhije	B.A 3rd year	Sanksha
2	Pooja Gajanan Sawant	B.A III rd	Pooja
3	Pragati Yagesh Sawant	B.A III rd year	Pragati
4	Rishi Rejini Gionekar	B.A III rd	Rishi
5	Sakoni Mukinda Gawali	BA III rd	Sakoni
6	Rizanka D. Borwankar	B.A. III rd	Rizanka
7	Balika S. Lanjewar	B.Com I	Balika
8	Ekata D. Mangulkar	B.com I st	Ekata
9	Sakshi P. Grade	BSC III	Sakshi
10	Bhavika P. Thorat	Bsc III	Bhavika
11	Akanksha N. Borke	Bsc III	Akanksha
12	Smiksha V. Langade	Bsc III	S.V. Langade
13	Khushabu S. Bhokare	B.com III	Khushabu
14	Komal R. Chavhan	B.com III	Komal
15	Shradha Padip. Adayge	B.com III	S.P. Adayge
16	Divya S. Mavande	BSC III	D.S. Mavande
17	Sakshi R. Dhole	B.com III	S.R. Dhole
18	Payu S. Kambale	B.com III	Payu
19	Khushi M. Shenmare	Bsc III	Khushi
20	Anjali G. Yawale	Bsc III	Anjali
21	Vaishnavi M. Bhagat	Bsc III	V.M. Bhagat
22	Pooja R. Dhawale	B.com III	Pooja

83.	Vaishnavi Arvind Gonyakwad	B-Com I.	Vaishnavi
84.	Vaishnavi Manohar Bhendarkar	BA III	Vaishnavi
85.	Tanvi Baluji Tarare	B-Com I	T.B. Tanvi
86.	Sakshi Khushal Chandelankhale	B-Com I	S.K.Chandelankhale
87)	Shahinza Fatema wasimuddin	B.S.EI	Shahinza
88)	Atiya zeib Salimuddin	B.S.C.I	Atiya
89)	Achal Sanjay Khanlase	BA-I	Achal
90)	Vaishnavi Samadhan Khandak	BA-I	Vaishnavi
91)	Damini Wasudeorao Bendke	BA-I	Damini
92)	Nikita Gajanan Khandkure	B-Com I	N.G.Khandkure
93)	Pratiksha Umesh Chokhat	BA-I	Pratiksha
94)	Gayatri Rajaram Gujjarane	BA-I	G.G.Gujjarane
95)	Diksha Niranjan Khisale	BA-II	Diksha
96)	Feruti Yogesh Alaspure	BA-II	Feruti Alaspure
97)	Komal Vikas Khawale	BA-I	K.V.Khawale
98)	Sarika Anil Masur	BA-I	Sarika
99)	Gayatri Dilip Bhakre	BA-I	G.D.Bhakre
100)	Radhika S Wagh	BA-I	Radhika
101)	Neha P Gadling	BA-I	Neha
102)	Ugma Kulkarni	Msc II	Ugma
103)	Rajashri S. Mehare	B-Com I & II	R.S.Mehare
104)	Pallavi S. Mule	B-Com III	P.S.Mule
105)	Rasika P. Wankhade	B-Com I	R.P.Wankhade
106)	Gayatri S. Nachare	B.S.C-I	G.S.Nachare
107)	Sakshi S. Bhasat	B-Com	S.S.Bhasat
108)	Pratiksha P. Ramteke	B-Com III	Pratiksha
109)	Kalyani R. Kamble	B-Com II	K.R.Kamble
110)	Manisha S. Kamble	B-Com I	M.S.Kamble
111)	Madhanshi R. Kaware	B-Com I	M.R.Kaware
112)	Pranitra R. Nigose	B-Com I	P.R.Nigose
Total students 112			
		B.S.Vidale	B.S.Vidale
		10/10/2022	Convenor



Latitude: 20.856445
Longitude: 77.727304
Accuracy: 10.5 m
Time: 19-10-2022 11:09

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Sr NO	Name of Student	Class	Signature
53	Shivani Dindayal Sheikar	Bsc I	<i>Shivani</i>
54	Peadhya D. Saekhe	B.S.C.Y	<i>P.Saekhe</i>
55	Pratiksha D. Saekhe	B.S.C.I	<i>Pratiksha</i>
56	Nikita K. Wankhade	B.S.C.I	<i>N.Wankhade</i>
57	Deena Sanjay Shinde	B.Com III	<i>Deena</i>
58	Shital Vilas Rathod	B.Com III	<i>Shital</i>
59	Vishaka R. Amende.	B.A. III	<i>Vishaka</i>
60	Aashi firdas pur mad sh	B.A. I	<i>Aashi</i>
61	Mohini . B. Raut	B.A. I	<i>M.Raut</i>
62	Shrutika S. Mehare	Bsc - I st	<i>Shrutika</i>
63	Tejal R. Shinde	Bsc - I st	<i>Tejalshinde</i>
64	Pranita R Bhatkare	Bsc I	<i>P.R.Bhatkare</i>
65	Simran Jaha Khalil Shah	Bsc I	<i>Shah</i>
66	Samiksha P. Pokale	Bsc I	<i>S.P.Pokale</i>
67	shweta a. Gade	B.A II	<i>Shweta</i>
68	Manisha G. Pihare	B.A II	<i>M.Pihare</i>
69	Pooja S. Kalbande	B.A II	<i>P.Kalbande</i>
70	Garshi R. Tagtar	B.A II	<i>S.R. Tagtar</i>
71	Komal S. Mankare	B.A. II	<i>K.Mankare</i>
72	Prachi K. Mehasare	Bsc II	<i>Prachisare</i>
73	shreya G. meshram	B.sc II	<i>S.G. meshram</i>
74	Khushi . P. Chauhan .	B.A II	<i>Khushi</i>
75	Kajal D. Charde	B.A-I	<i>K.Charde</i>
76	Vaishnavi . A. Kumbale.	B.A-I	<i>V.Kumbale</i>
77	Shivani R. Kaje	B.Com III	<i>S.R.Kaje</i>
78	Shreya S. Tayade	BA. - I	<i>Shreya</i>
79	Pranali . S. Gauri e	BA. I	<i>Pranali</i>
80	Geushti . G. Kordam	BA. I	<i>S.G. Kordam</i>
81	monika, D. Tale	B.A III	<i>M. Tale</i>
82	Meghana S. Pingale	B.A III	<i>M.S. Pingale</i>

Sr NO	Name of Student	Class	Signature
23	Mohini K. Mehare	B.COM III	m. K. Mehare
24	Pooja B. Dhanolkar	B.COM III	P. B. Dhanolkar
25	Pooja Y. Gedam	B.COM III	P. Y. Gedam
26	Rani M. Solanke	B.A. II	Rani Solanke
27	Shruti D. Solanke	B.A. II	Solanke
28	Tshvaji V. Shevarkar	B.COM I	Shivaji
29	Kashish M. Shevarkar	B.COM I	Kashish
30	Roshani A. Dhandar	B.COM I	Roshani
31	Ankita P. Jamblik	B.COM I	Ankita
32	Anchi S. Gawande	B.COM I	Anchi
33	Vaishali S. Jaitrae	B.COM I	Vaishali
34	Sakshi G. Munde	B.COM I	Sakshi
35	Sarita M. Vanjari	B.COM I	S. M. Vanjari
36	Shradha R. Salharkar	B.COM III	Shradha
37	Azeeta Ataxao Belasre	-11-	Azeeta
38	Anavna Vinod Vitiwale	B.COM III	Anavna
39	Amanksha Gajanan mahulkar	B.COM III	Amanksha
40	Kajal Narhari Chopade	B.COM III	Kajal
41	Neha Gajanan Kalsarpe	B.A. I	N. G. Kalsarpe
42	Dhushki V. Dongare	B.A. I	D. V. Dongare
43	Sakshi V. Sardare	B.S.C III	Sakshi
44	Anjali A. Sardare	B.S.C III	Anjali
45	Gauri S. Vaidya	B.S.C I	Gauri
46	Monali Raju Pawar	B.COM I	Monali
47	Kanchan S. Raut	B.COM I	Kanchan
48	Noorjahan F. Khan	B.COM III	Noorjahan Khan
49	Rohini S. Haggaly	B.COM III	Rohini
50	Pratiti B. Metekar	B.A. I	Pratiti
51	Neha Vijay Panchare	B.A. I	Neha
52	Mayuri Bandu Thakare	B.COM III	Mayuri

1. Name of Organising Department : Home Economics
2. Name of Activity : **Event Management**
3. No. of Participants : Students 41 Teachers 02 Other 01
4. Date of Activity : 22nd April, 2022

Details of Activity:

Birthday Party Event Management was organised by the department of Home Economics on 22/04/2022. Students from B.A.III participated in the program. All the participated students learnt about managing events and preparation of birthday party arrangement. Students prepared handmade invitation cards, chocolate bouquets, Cakes and snacks and also played indoor games.

Total of forty eight students attended this program. The main objective to conduct this program was to demonstrate students how to manage the event which will help them develop artistic qualities and boost their confidence to create self-employment. This program was completed under the guidance of Dr. Lata Hiwase.

Outcome of the Programme:

- Team work attitude developed among the students.
- Students acquired the knowledge of event management.
- Students developed interest about organization of social and cultural events.
- Enhanced creative thinking skill among the students.
- Student got idea about what skill should be acquire for event management.


Dr. Lata Hiwase
(Name & Signature of Concern Teacher)
HEAD,
Department of Home Economics
Bar R.D.Arts, Smt.L.K.Commerce
& Nya.K.D.Science College, Badnera



Department of Home Economics Organized
'Event Management'
Birthday Party
22 April 2022



1



Event Management Birth Party

Date - 22/4/2022

Students Name	Class	Event	Sign
अपना दि. सवाई	B.A.III	अचायन	Sign
निवानी नि. टवलार	B.A.III	मैटिंग अवेजमेंट	Shubh
संजय स. शरीया	B.A.III	मैटिंग अवेजमेंट	Shubh
भावना वा. खोपकर	B.A.III	डेकोरेशन मैनेजमेंट	Shubh
चिनिता वि. चवरे	B.A.III	डेकोरेशन मैनेजमेंट	Shubh
निकिता प्र. सोनटकर	B.A.III	डेकोरेशन मैनेजमेंट	Shubh
निकिता प्र. जोषे	B.A.III	Game Mangement	Shubh
भाविका ना. जोषे	B.A.III	cooking	Shubh
शिल्पा स. चव्हाण	B.A.III	cooking	Shubh
सादी सी. उगले	B.A.III	बकून डेकोरेशन	Shubh
आरिनी कु. आवरकर	B.A.III	cooking	S.P. Ugle
सपना दि. ठगे	B.A.III	cooking	A. Sawadekar
आशा वा. मेडाम	B.A.III	cooking	Shubh
दिवा अ. गोडाम	B.A.III	cooking	Shubh
केमल ग. लखडे	B.A.III	cooking मैटिंग डेकोरेशन	Shubh
सादी राहु बापडे	B.A.III	डेकोरेशन	Shubh
अश्विनी श. शरत	B.A.III	डेकोरेशन	Shubh
धनंजय स. शरत	B.A.III	डेकोरेशन	Shubh
शुभन प्र. गोडाम	B.A.III	डेकोरेशन cooking	Shubh
कु. दिवा वि. चव्हाण	B.A.III	डेकोरेशन cooking	Shubh
संजय पंनयार	B.A.III	डेकोरेशन	Shubh
मेघा कु. राजविर	B.A.III	cooking	Shubh
समीक्षा वा. इंगोले	B.A.III	cooking	Rajgide
स्नेहल दे. मेडाम	B.A.III	cooking decoration	Shubh
शाखा वि. लोनी	B.A.III	मॉडेल फुगन decoration	Shubh
गुणपती ना. निखते	B.A.III	Pav bhaji	Shubh
पुष्पाळी श्री. शिरी	B.A.III	cooking	Shubh
पुष्पाळी वरक वसुकर	B.A.III	chocolate bakery - cooking	Shubh
सादी उगोक कु. उगले	B.A.III	Pav bhaji	S.P. Ugle

30) Chaitali S. Bhakare	B.A. III	Cooking डेकोरेशन
31) Achaal U. Bansed	B.A. III	Cooking
32) Janhavi A. Bharati	B.A. III	Cooking
33) Namrata A. Parkar	B.A. III	Cooking
34) Achul Khubzagarde	B.A. III	Invetion card, drawing decoration etc.
35) Divya phokale	B.A. III	Pav. making
36) shweta P. Marande	B.A. III	music manegmant
37) Jatawadi P. Kubharah	B.A. III	cake अमृतवर्षा cooking डेकोरेशन
38) Anuradha G. Cumbre	B.A. III	डेकोरेशन, COOKING
39) Tejaswi P. chude	B.A. III	डेकोरेशन सिरीम
40) Rakshana V. Sultane	B.A. III	choklate Baking

Date: 22/04/2022

Dr. L. B. H.

HEAD,
Department of Home Economics
Bar R.D. Arts, Smt. L.K. Commerce
& Nya. K.D. Science College, Baroda

Event Management Birth Party

Date - 22/4/2022

Students Name	Class	Event	
सपना दि. सवाई	B.A.III	संचालन	Sign
विजयि नि. टवळार	B.A.III	मेडिंग	Decor
संजय.स. म्हाशीया	B.A.III	मेडिंग	Decor
भावना वा. खोसकर	B.A.III	मेडिंग	Decor
चिनिता वि. चवरे	B.A.III	डेकोरेशन	Bhopalkar
निकिता प्र. सोनटकर	B.A.III	समूह डेकोरेशन	Chavara
निकिता प्र. जोषे	B.A.III	Game Management	Chavara
भाविका ना. जोषे	B.A.III	cooking	Chavara
शिल्पा स. चव्हाण	B.A.III	cooking	Chavara
साही सा. उगले	B.A.III	बकून डेकोरेशन	Chavara
आरविनी सु. आवरकर	B.A.III	cooking	S.P. Vgale
सपना दि. ठो	B.A.III	cooking	A. Sawadekar
आर्या वा. मेश्राम	B.A.III	cooking	S. Vhage
दिसा अ. गेडाम	B.A.III	cooking	Shreshwar
केमल ग. लारड	B.A.III	Caking मेडिंग	Dredam
साही राहु गोपड	B.A.III	Decoratation	Chavara
अश्विनी श. शउत	B.A.III	डेकोरेशन	Sywanale
धनश्री स. भोसले	B.A.III	डेकोरेशन	Asbut
गुणन प्र. गोडाण	B.A.III	डेकोरेशन cooking	Chavara
सु. दिव्या वि. यव्हान	B.A.III	डेकोरेशन cooking	Chavara
संजयि पंनयार	B.A.III	बकून डेकोरेशन	Chavara
मेघा सु. राजगिर	B.A.III	डेकोरेशन	Chavara
अमीक्षा वा. इंगोले	B.A.III	cooking	Rajgire
स्नेहल दे. मेश्राम	B.A.III	cooking decoration	Chavara
राखी वि. लोनी	B.A.III	हॉटन पुनर् डेकोरेशन	Chavara
गाम्त्री ना. निखिल	B.A.III	पाव हासि	Chavara

1. Name of Organising Committee : **Women Empowerment Cell**
2. Name of Activity : Workshop: Menstrual Hygiene Management
3. No. of Participants : for Girls
Students 126 Teachers 7
4. Date of Activity : 28th November, 2022

Details of Activity (In Brief):

To increase awareness among girls on menstrual hygiene, Women Empowerment Cell of the college in association with Ujaas, a project of Birla Education Trust, Mumbai organized workshop for college female students on 28/11/2022. Name of the workshop was Menstrual Hygiene Management for girls. Ujaas project manager Ms. Varsha Deshmukh and her team delivered lectures and demonstration to college girls.

Various issues related to menstrual hygiene were discussed in this workshop.

Aim of this workshop was –

1. To increase awareness among girls on menstrual hygiene.
2. To increase access to and use a high-quality sanitary napkin to girls in rural areas.
3. To ensure safe disposal of sanitary napkins in an environmentally friendly manner.

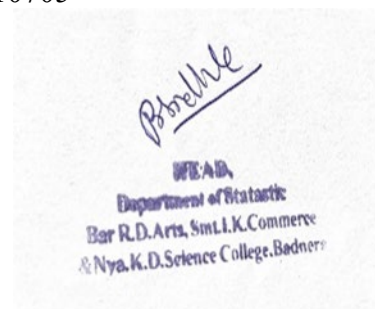
Ms. Varsha Deshmukh said that good menstrual health and hygiene practices can prevent infections, reduce odours and help girls stay comfortable during their menstrual period. Girls should first understand the main reason for menstrual period, which is a natural process in every female body. To keep them fit and healthy girls should eat lots of fruits and leafy vegetables and exercise lower intensity workouts.

This would help to reduce abdominal cramps and headache.

Outcome of the Programme:

1. Students received scientific knowledge about menstrual hygiene.
2. A lot of misunderstandings and misbeliefs were cleared and they understood the importance of health and hygiene during menstrual period.
3. Girls adopted to use menstrual hygiene products.
4. Girls realised the importance of exercise and cleanliness during menstrual period.

Name & Contact No. of Expert: Ms. Varsha Deshmukh 8446210705





 **GPS Map Camera**
Amravati, Maharashtra, India
VP4G+GWX, Badnera Rd, Nai Basti, Amravati,
Maharashtra 444701, India
Lat 20.856439°
Long 77.727302°
28/11/22 10:59 AM GMT +05:30

Sr NO	Name of Student	Class	Signature
1.	Sakshi Khushal Chandankhede	B.Com I st	S.K.Chandankhede.
2	Vaishnavi Beban Malwale	B.Com I st	B Malwale.
3.	Pradiksha Pradip Ramleke	B.com III rd	PRamleke
4.	Kalyani Ramkrushna Kamble	B.com III rd	KR Kamble.
5.	Sakshi Gangadhar Mande	B.COM I st	<i>[Signature]</i>
6.	Sarita mulchand Vanjari	B.com I st	S.M. Vanjari
7	SAKSHI GANESH wawje	B.Com I st	<i>[Signature]</i>
8	Ku. Ankita Pradip Jambhik	B.com I st	Ankita
9	Dhanushree S. Rithe	B.A - II	D.S. Rithe
10	Darshanee G. Bajad	B.A - II	D. G. Bajad
11	Alvica S. Hasan	B.A II	Alvica
12	Ku. Pratiksha S. Kurhekar	B.com I st	Pratiksha
13	Ku. Kajal Narkhari chopade	B.com III rd	K Chopade
14	Ku. Shital vilas Rathod	B.com III rd	SRathod
15	Ku. peiya S. Shinde	B.com III rd	Shinde
16	Ku. Akanksha G. mahurke	B.com III rd	A mahurke
17	Ku. Bhavana V. Vitwale	B.com III rd	B.V. Vitwale.
18	Ku. Shiwani R. Kaje	B.com III rd	SKaje
19	Ku. Anshori D. Ghorde	B.com III rd	B Ghorde
20	Ku. Projakta S. Bhivagade	B.com III rd	P. S. Bhivagade
21	Ku. Vaishali W. shende	B.com III rd	V shende
22	Ku. Ishwari D. Bhatnagar	B.A - I	Ishwari
23	Ku. Vaishnavi S. Wanlekhade	B.com III rd	V Wanlekhade
24	Ku. Ashwini S. Chinchkhede	B.com III rd	Ashwini Chinchkhede
25	Ku. Poonam G. Jayatil	B.com III rd	P Jayatil
26	Ku. Gayatri V. Khandare	B.A II	G.V. Khandare
27	Ku. Shrushti P. Ajmire	B.A II	Shrushti
28	Ku. Shejal J. mete	B.A II	Shmete
29	Ku. Radhika S. wadh	B.A I	Radhika
30.	Ku. Neha. P. Gadling	B.A I	NPadling
31	Ku. Tejaswini P. Athwale	B.A I	TAthwale
32	Ku. Vaishnavi G. Chose	B.A I	VChose
33	Ku. Komal v. Kharwale	B.A I	K. v. Kharwale
34	Ku. Vaishnavi R. Tate	B.A I	V. R. Tate
35	Ku. Pratiksha P. Kamble	B.A I	PKamble
36	Ku. Tejaswini Pravintra Kulkarni	B.A I	TKulkarni
37	Ku. Anushi firdos peer and sk.	B.A I	Anushi
38	Rajeshri S. Panchare	B.A I	R Panchare
39	Radha R. Kishwaha	B.A I	R Kishwaha
40	Rutuja N. Sade	B-A I	Rutuja
41	Rasika P. Gawai	B-A I	R Gavai
42	Khushi C. Akhaze	B.A I	KAkhaze
43	Hareshada D. Pawar	B.A I	H.D Pawar
44	Kajal D. chand	B.A I	K.D Chand
45	Bhavika V. Bhanade	B.A I	B Bhanade

Sr NO	Name of Student	Class	Signature
1.	Nikita Sudhash Kumargade	BA II	N.S. Kumargade.
2.	Ashwini Vilas Bhoge	BSC II	A Bhoge.
3.	Anjali R. Garode	BSC II	A Garode.
4.	Nikita P. Bhendolkar	BSC II	N Bhendolkar
5.	Dhyanis S. Kale	BSC II	D Kale
6.	Shrutika N. Choldae	BCM I	S Choldae
7.	Samiksha N. Choparde	B.com I	S Choparde
8.	Prashika K. Wankhade	B.com I	P Wankhade
9.	Gayatri M. Gujhome	BA I	G.G. Gujhome.
10.	Dhruvashree R. Panchate	B.com II	D Panchate
11.	Shruti N. Pachate	B.com II	Pachate.
12.	Dipali S. Panchare	B.com II	Panchare
13.	Khushi R. Kaithwas	BA - II	Kaithwas
14.	Aditi D. Sande	BA - II	A Sande
15.	Shruti S. Kaithwas	BA - II	S Kaithwas
16.	Sakshi J. Sande	BA - I	S.J. Sande.
17.	Kishori S. Hukare	B.com I	Kishori
18.	Shilpa S. Jadhav	B.com I	S Jadhav
19.	Vaishnavi V. Wale	B.com I	V Wale
20.	Sakshi R. Bhasme	B.com I	S Bhasme
21.	Prachi S. Raut	BA II only	P Raut
22.	Kanchan M. Tandekar	BA II	K M Tandekar
23.	Khushi R. Banait	B.A. II only	K.R. Banait
24.	Aarohi R. Daxoli	B.A. II	A.R. Daxoli
25.	Samiksha D. Ravaskar	B.A. II	S Ravaskar
26.	Vishaka R. Ansmame.	B.A II	V Ansmame
27.	Disha B. Ingole	B.com I	D B Ingole
28.	Tanuja S. Hingunkar	B.A. II	T Hingunkar
29.	Monika P. Chude	B.A. II	M Chude
30.	Pallavi S. Mule	B.com III	P. S. Mule
31.	Rajashri S. Mehare	B.com III	R. S. Mehare
32.	Mayurvi B. Thakare	-II-	M B Thakare
33.	Prachi S. Murgella	-II-	P Murgella
34.	Noorjahan F. Khan Pathan	-II-	N Khan Pathan

8446210705 Varsha Deshmukh



प्रती,

Principal
R.D.K. & K.D. College, Badnerce

तारीख-

विषय : एन.एस. एस. (NSS) युनिट सोबत मासिक पाळी व्यवस्थापन याबाबत जनजागृती सत्र व इतर उपक्रम करण्याबाबत.

माननीय महोदय,

उपरोक्त विषयास अनुसरून, आदित्य बिरला एज्युकेशन ट्रस्ट या संस्थेच्या "उजास" या उपक्रमांतर्गत ग्रामीण व शहरी भागातील मुलींना मासिक पाळी व्यवस्थापन, शारीरिक स्वच्छतेबाबतील चांगल्या सवयी, मासिक पाळी संदर्भातील गैरसमजूती दूर करण्यासाठी सत्र घेऊ इच्छितो. या विषयांवर सत्राच्या माध्यमातून जन जागृती करणे हा या प्रकल्पाचा मूळ उद्देश आहे. सदर कार्यक्रमांतर्गत शैक्षणिक वर्ष २०२२-२३ मध्ये, अमरावती जिल्ह्यात विविध स्तरावर आम्ही खालील उपक्रम राबवू इच्छितो.

त्याचाच एक भाग म्हणून आम्ही एन.एस. एस.(NSS) च्या स्वयंसेवकांसोबत मासिक पाळी व्यवस्थापन या बाबतील सत्र आणि जनजागृती उपक्रम घेऊ इच्छितो. सदर सत्र ही ३ तासांची असून प्रत्येकी १ तास अशी ३ वेळा सत्र घेणे अपेक्षित आहे. त्यामुळे एन.एस. एस.(NSS) स्वयंसेवक या विषयाबद्दल संवेदनशील होतील तसेच त्यांच्यामार्फत ही माहिती इतर लोकांपर्यंत पोहचवली जाईल व त्याचा फायदा जास्तीत जास्त स्त्रिया व मुलींना होईल.

तरीही वरील सर्व बाबींचा विचार करून आम्हाला आपल्या एन.एस.एस (NSS) युनिट सोबत मासिक पाळी व्यवस्थापन हा उपक्रम राबविण्याची परवानगी मिळावी हि विनंती.

धन्यवाद

आपली विश्वासू

स्नेहल पवार

सहा. प्रकल्प अधिकारी

Ujas
Aditya Birla Education Trust,
Birla Centurion, Unit no 501/504,
Pandurang Budhkar Marg, Century Mills
Compound, Worli, Mumbai 400030

C: +91 7900011464
E: abet.ujaasocial@abet.co.in
W: www.ujaas.in

Sr NO	Name of Student	Class	Signature
1	Ku. Nandini Sanyal Londhe	B.com I & II	<i>Nandini Londhe</i>
2	Ku. Tejaswini S. Rhabragade	A.com II	<i>Rhabragade</i>
3	Ku. Aishwarya R. Ratale	B.com II	<i>Ratale</i>
4	Ku. Poonam M. Wankhade	B.com II	<i>P.M. Wankhade</i>
5	Ku. Ashvini S. Deshmukh	B.com II	<i>A. Deshmukh</i>
6	Ku. Komal G. Shinde	B.com II	<i>K. Shinde</i>
7	Ku. Ashi Sunil Chouhan	B.com II	<i>A.S. Chouhan</i>
8	Ku. Ushata R. Ladake	B.com II	<i>U. Ladake</i>
9	Ku. Nikita S. Meshram	B.com II	<i>N. Meshram</i>
10	Ku. Sanika V. Sonare	B.com II	<i>Sanika Sonare</i>
11	Ku. Arati A. Sawai	B.com II	<i>A. Sawai</i>
12	Ku. Komal P. Wankhade	B.com II	<i>K. Wankhade</i>
13	Ku. Diya D. Bhatke	B.com II	<i>D. Bhatke</i>
14	Ku. Rashani A. Dhandeer	B.com I	<i>R. Dhandeer</i>
15	Ku. Rasika P. Wankhade	B.com I	<i>R. Wankhade</i>
16	Ku. Sunita R. Kushwaha	B.com I	<i>S. Kushwaha</i>
17	Ku. Komal V. Chambat	B.A II	<i>K.V. Chambat</i>
18	Ku. Geetee S. Dake	B.A II	<i>G.S. Dake</i>
19	Ku. Nayan R. Chambaf	B.A II	<i>N.R. Chambaf</i>
20	Ku. Barati N. Toje	B.A II	<i>B. Toje</i>
21	Nidhi Tembhurne	B.Sc. III	<i>N. Tembhurne</i>
22	Chaitali P. Tumsare	B.Sc. III	<i>C. Tumsare</i>
23	Saleshi G. Tumsare	B.Sc. III	<i>S. Tumsare</i>
24			
57			
58	Total Participants → 24 + 45 + 34 + 23		
59	= 126		
60			
61			
62			
63			
64			
65			
66			
67			
68			<i>B.S. Vidhale</i>
69			28/11/2022
70			Convener
71			Women Empowerment Cell
72			
73			

Bar R D I K N K D College Badnera

Women Empowerment Cell - 'Mahila Manch' 2022-23

WORKSHOP On

Menstrual Hygiene Management for Girls

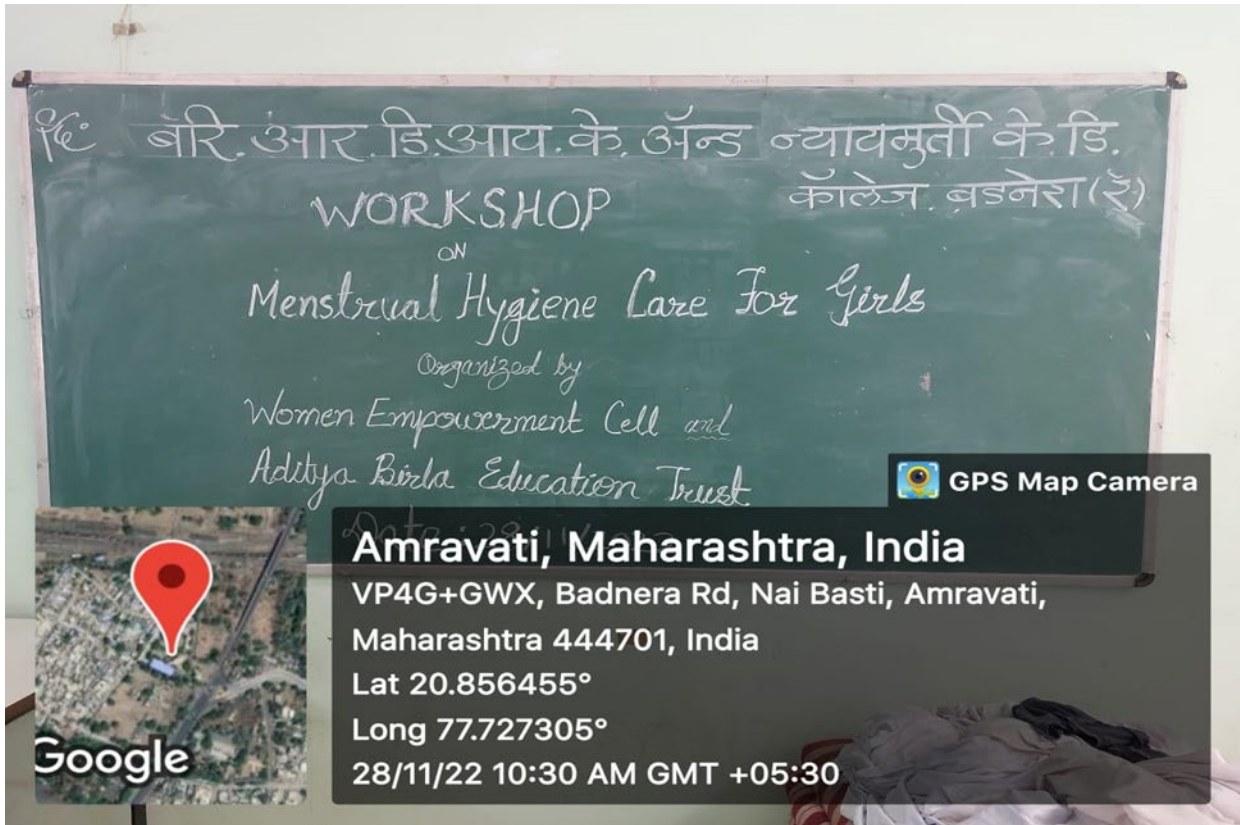
Jointly organized by

Women Empowerment Cell and Birla Education Trust Mumbai

List of Participants

Date : 28/11/2022

Sr NO	Name of Student	Class	Signature
1	Ku. Ekata S. Mangulkar	B.com I st	<i>[Signature]</i>
2	Ku. Pratiksha S. Lonjewar	B.com I st	<i>[Signature]</i>
3	Ku. Vaishnavi A. Girjakumar	B.com I st	<i>[Signature]</i>
4	Ku. Prachi S. Gawande	B.com I st	<i>[Signature]</i>
5	Ku. Nikita G. Khandkure	B.com I	<i>[Signature]</i>
6	Ku. Manisha S. Kambale	B.com I	<i>[Signature]</i>
7	Ku. Dhanshri R. Kaware	B.com I	<i>[Signature]</i>
8	Ku. Mayuri G. Tale	BA - I	<i>[Signature]</i>
9	Ku. Gauri S. Sahare	BA - I	<i>[Signature]</i>
10	Ku. Vaishali S. Jaitwar	B.com I	<i>[Signature]</i>
11	Ku. Ishvazi V. Shevarkar	B.com I	<i>[Signature]</i>
12	Ku. Kashish M. Shevarkar	B.com I	<i>[Signature]</i>
13	Ku. Kanchan S. Pawar	B.com I	<i>[Signature]</i>
14	Ku. Anjali G. Yawale	BSC III	<i>[Signature]</i>
15	Ku. Khushi M. Shenmare	BSC III	<i>[Signature]</i>
16	Ku. Prachi R. Shejare	B.A.T	<i>[Signature]</i>
17	Ku. Neha G. Kalsarpe	B.A.T	<i>[Signature]</i>
18	Ku. Shital V. Khobragade	B.com I	<i>[Signature]</i>
19	Ku. Diksha Sanjay Thane	B.com (I)	<i>[Signature]</i>
20	Ku. Vaishnavi M. Kerkmore	B.com (I)	<i>[Signature]</i>
21	Ku. Vaishnavi M. Chougale	BSC-III	<i>[Signature]</i>
22	Ku. Aarti A. Shende	B.Sc. III	<i>[Signature]</i>
23	Ku. Mohini B. Raut	B.A.T	<i>[Signature]</i>
24	Sahana S. Patil	BAT	<i>[Signature]</i>
25			
26			
27			
28			
29			
30			
31			
32			



- 1) Name of Organizing Department : ZOOLOGY
- 2) Name of Activity : **Blood Group Detection Camp**
- 3) No. of Participants : Students -112, Teachers-02
- 4) Date of Activity : 28th September, 2022


etails of Activity (In Brief)

Most of the girl student of college are from educationally, socially, economically backward background and from rural/ slum area, they don't know their blood group. Therefore, department of zoology organized blood group detection camp for the student on **28/09/2022** on the occasion of 'International Women Day'. Blood group of 112 girl students are detected with the help of Gurukrupa pathology laboratory on this occasion.

Outcome of the Program:

The outcome of the Blood Group Detection Camp was a well-informed and empowered group of 112 Girl Student, who now understand the significance of blood groups. They left with knowledge about their own blood types, which could prove vital in medical emergencies. The program also inspired a sense of altruism, encouraging participants to consider blood donation as a way to help others. Through certificates and appreciation, their active involvement was recognized, fostering a spirit of community well-being and learning among the attendees.

Name & Contact No. of Expert : Dr. Modi Hospital



Dr. Anil J. Gour
Head Department Of Zoology
R.D.I.K. and N.K.D. College
Badnera, Amravati.



1. Name of Organising Department : Home Economics

2. Name of Activity : **Quiz Competition**
3. Place of Activity : **Online**
4. No. of Participants : Students 180 Teachers 02
5. Date of Activity : 7th August, 2021

Details of Activity:

For the awareness and propagating importance of Breastfeeding, World Breastfeeding Week was celebrated by the Home Economics Department, they organized a quiz competition on 7/8/2021 at 11.00 am. In this competition 180 students of different colleges registered & participated in this competition via online mode.

<https://forms.gle/Z11DcyJEFvQa7wdb9> .

E-certificates were given to the participating students through e-mails.

Name of Participating College –

Bar. RDIK & NKD, College, Badnera

1. G.M.C, NAGPUR
2. Smt. V.N.Mahila, Mh., Pusad
3. S.M.R.K.BK.AK. MahilaMaha. Nashik
4. Sant. Tukaram Arts & Commerce College, Parbhani
5. Sant. Gadge.Baba. Amravati University
6. Shri. Shivaji Arts, Science, & Commerce College, Amravati
7. BapusahebDeshmukhShivaji High School, KanishthMaha.Chandur Rly.
8. Mahila Arts, Commerce maha. Chandur Rly.
9. Indira BaiMegheMahilaMaha. Amravati
10. P.N. College, Pusad
11. Narayan AmrutraoDeshmukh College, Chandur Rly.
12. A.S.D. College, Doma
13. Maharshi Public School, Amravati

Outcome of the Programme :

- Promotion & disseminating importance of breastfeeding.
- Students were encouraged to used ICT
- Student learned to use participatory learning method.

<https://forms.gle/Z11DcyJEFvQa7wdb9>


Dr. Lata Hirwani
(Name & Signature of Concern Teacher)
HEAD,
Department of Home Economics,
Bar R.D.Arts, Sci & Commerce
& P.N.K.D. College, Badnera



Vidarbha Youth Welfare Society Amravati
BR. R.D.ARTS & SMT.I.K.COMMERCE & NYA.K.D.SCIENCE COLLEGE
BADNERA, DIST. AMRAVATI

E- Certificate of Participation

This is to certify that *Gunjan Prakash gondane, RDIK & KD College* has actively participated in Online Quiz competition on 'World Breastfeeding Week' at 1 to 7 Aug. 2021 organized by Department of Home Economics, Bar.R.D.Arts & Smt.I.K.Commerce & Nya.K.D.Science College Badnera, Dist. Amravati. 75%

Asst. Prof. Shital Rathod
Home Economics
RDIK&KD College
Badnera

Dr. Lata Hiwase
Head
Home Economics
RDIK&KD College
Badnera

Dr. R. D. Deshmukh
Principal
RDIK&KD College

Made for free with Certify'em