# **Report of Women Development Cell**



#### **Poster Competition**

The posture making competition was based on the topic: "<u>Status of</u> <u>Women's in Indian society</u>". All the participants contributed different variety of views on the women's status through their postures. Students got a chance to explore their creativity and show their talent by making posters.

## Mehendi Art Competition



Mehendi is not only a art but also a way to showcase their talent . Spiritually, Henna is believed to bring happiness, good fortune and benevolence of the Universe. Henna also acts as an anti-fungal and a preservative . Students got to explore themselves they came to know about mehandi and its scientific importance. such competitions in college helps students show their creativity. Mehandi can be source of income for students.



#### **Rangoli Competition**

Rangoli is the one relating to Colour, Happiness, Peace, and Good fortune. In Indian Culture rangoli is having its own divine importance. It plays an inseparable role in women's life. They all have participated very well and expressed feelings of Anger, Exploitation, Sorrow, Happiness though their Rangoli. All participants actively participated in competition, they have shown skills and talent in Rangoli and grab the opportunity to speak about varies problem faced by the women/ girls in the society.

### **Group Building Competition**



Group Building Competition was arranged for spa management's Students. Because of that they got to explore themselves and also they students got learned How to work as a team and what team spirit is. This activity helps to identify that who are the team players and who are the team leaders. It is helpful for students to understand that there is "unity in diversity".

#### Workshop on Women Empowerment and Self-Defense

On 16<sup>th</sup> Sept, 2017 Saturday, Workshop on Women Empowerment and Self-Defense was organised, it was a Intercollegiate workshop organized for the up liftment and empowerment of the girl students. Resource persons were Mr. Abhilash Raut [Physical Fitness Instructor, International Martial Artist] and his team namely Nitesh Dutta & Priyanka Datta. Session was useful for girls they learned new techniques and felt motivated to defend themselves at the time of threat. Focus was overall development of women/ girls which we achieved. More than 100 girls were participated in the session. It shows that how whole college is working for women safety and for their all-round development.



#### **International Women's Day Celebration**

On 8<sup>th</sup> March we organized a program on "Safeguard of women under IPC and Health and Hygiene" It was the program organized in collaboration with Narpoli Police Station. Guests for the program were Mrs. Kokate Women Police Sub Inspector, Narpoli Police station and Dr. Supriya, Gynecologist. Mrs. Kokate Guided the girls regarding various Laws under IPC for their safeguard. She put light on some important section like Section 375 for sexual assault and section 376 for punishment of section 375 etc. Dr. Supriya stated the importance of health and hygiene. She told about a balance diet required for women and various hygiene measures.

