

WOMEN DEVELOPMENT CELL

When women thrive, all of society benefits.

Kofi Annan

The Women Development Cell is based on the ideology that women empowerment and gender equality are prerequisites for social development and nation building. The cell works to create a gender sensitized community within the campus as well as in the society.

A brief report of the activities conducted by the Cell is as follows:

- **Yoga Sessions** were organized for all students for one hour duration to raise awareness about the importance of yoga in daily life and to enhance concentration, flexibility, and stress management through yoga practices by Alka Kulkarni.
- **Session on “Health Nutrition and Polycystic Syndrome (PCOS)”**- was organized to create awareness about taking care during the Menstrual Cycle. It was conducted by Dr. Meghna Bhagat and Ms. Shahnaz Chauhan.
- **“Self Defence workshop: Need of the Hour”** -Dr.Chhaya Shah, Ms.Rikita Shah, Mr. Ashish Upendra Rajak conducted workshop for all females teaching and non-teaching staff and students to build awareness about tangibly defending themselves against physical attack and make girls & women aware about physical fitness for self-protection.
- **Ill Effects of Tobacco** -This session was conducted to assess the ill effects of tobacco on health and well-being within the campus and surrounding communities to study the impact of tobacco on the lungs, heart, and other organs and by fostering awareness, promoting strict anti-tobacco policies, and providing support for cessation, we can help mitigate its harmful effects.
- **Poster Making Competition on “Women Empowerment”** - A poster making competition was held between students to create awareness about Why women Empowerment is needed ?
- **Session on cervical cancer followed by fun activity for staff-** To spread awareness about women’s health concerns relating to cervical cancer on occasion of International women’s day and to give a relaxed time for all the staff members from their daily routine.
- **Gender Audit-** The objectives of a **Gender Audit** event typically revolve around evaluating gender equality, identifying gaps, and promoting policies that foster inclusivity.

