

7.1.1 Gender Equity and Celebration of Days of national/International commemoration

Institution provide a platform for students to voice their opinions and views on gender equality.

Indian constitution has given the equal status to both men and women. Considering this fact the college has organized special workshops, lectures to sensitize the young generation on Gender Discrimination. It is a need that we should arrange programme on this sensitive topic to reduce the barriers caused due to discrimination and gender bias. The main objectives of gender mainstreaming are equal career opportunities for men and women, Fair distribution of wages among women and men and equality with regard to political representation and participation. With the prevalence and gender discrimination and social norms and practices girls become exposed to the possibility of child marriage, teenage pregnancy, child domestic work, poor education and health sexual abuse, exploitation and violence. Many of these manifestations will not change unless girls are valued more. Hence, in order to inculcate these values Gender sensitization seminars, workshops, Guest lecture of renowned persons were organized are every year in the college. In view of Safety and security college has installed CCTV cameras to safe environment to the students and staff of the college.

Institutions has conducted self-defense training for female students. Institutions can provide separate common rooms for female students. College also organized world AIDS day for protecting our college students from venereal diseases.

Since college staff children are now grown ups, there is no necessity to have day care centres. However, provisions is there for future setting up of day care centres that may become a necessity for the children of the newly recruited young staff, CHBs and also for those of nonteaching staff of the college.

Gender Sensitization in curricular activities

8th September 2023: Literacy Day

On the occasion of International Literacy Day, a Slogan Competition was organized for the students. This competition was jointly organized by the department of Sociology and Co-curricular and cultural committee. The topic for the Slogan competition was importance of Literacy in today's era. Total 22 students participated in this competition.



**Picture showing Participants with their Slogans
during the competition**

Co-curricular Activities conducted to spread awareness in support of good health of gender

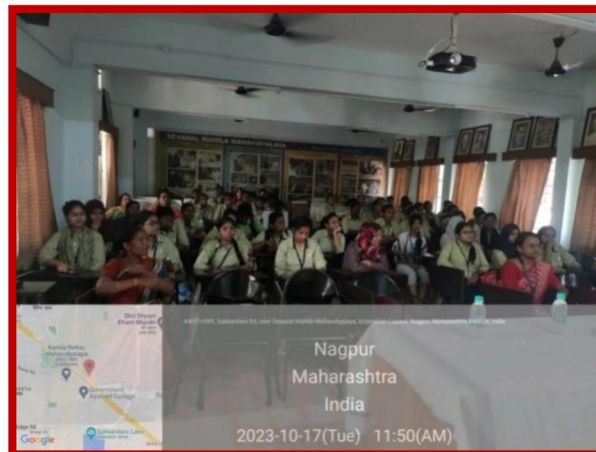
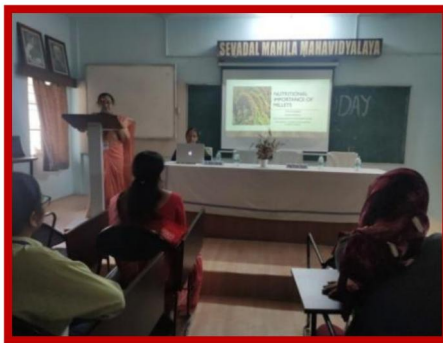
16th October 2023: World Food Day

Food and Agriculture Organization and United Nations have recognized 2023 as International Year of Millets. As part of International Year of Millets, The Food and Nutrition Department of Sevadal Mahila Mahavidyalya, Nagpur and Co-curricular and cultural committee jointly organized a guest lecture on the 17th of October, inviting Dr. Rekha Sharma, (Former Professor, UGC-Human Resource Development Centre, RTMNU, Nagpur) an eminent expert in the field of Food and Nutrition. Dr. Rekha Sharma, a renowned nutritionist and researcher, delivered an insightful lecture on the "Health Benefits of Millets for all the teaching staff members and 51 students of the college. The lecture took place at 11:00 AM in the seminar hall. Dr. Sharma's lecture covered various essential topics related to the health benefits of millets. Dr. Sharma elucidated the nutritional richness of millets, emphasizing their high fibre, protein, and mineral content. She discussed how millets can be a vital component of a balanced diet. The lecture also focused on the numerous health benefits associated with millets, including their role in managing diabetes, improving heart health, and aiding in weight management. The lecture also touched upon the sustainability aspect of millets, highlighting their low water and resource requirements, making them an eco-friendly food choice.

Following the lecture, an interactive session allowed students to ask questions and seek clarification on various aspects of millets and their impact on health. This event not only enriched the knowledge of the students but also encouraged them to make informed choices regarding their diets. It served as a significant contribution to raising awareness about the importance of sustainable and nutritious food sources.

Tactics for Self management

- **Internal locus of self- evaluation-** Periodically re-evaluate your priorities and your role in various settings
- **Focus on what you can do -** Resist the urge to give up or run away from problems
- **Manage your emotions-** Express your feelings, Try not to lash out on others
- **Seek out support-** Ask someone for their opinion or advice, get more information to help make decisions, Accept help with daily tasks and responsibilities
- **Remind yourself that you are human and are doing the best you can given the circumstances**



Gender Sensitization activity to increase the inner strength

8th March 2023: Report on International Women's Day–

Every year 8th March is celebrated as International Women's Day all over the world. It is a global day celebrating the social, economic, political and cultural achievements of women. The day also marks a call to action for accelerating gender parity. This significant activity is witnessed worldwide as groups come together to celebrate women's achievements. Sevadal Mahila Mahavidyalaya also celebrated this event with great enthusiastic. Co-curricular and cultural committee of the college organized flower offering to Savitribai Phule and a guest lecture by renowned Writer and Social activist Dr. Leena Nikam. Hon'ble Shri Sanjayji Shende, President, Sevadal Shikshan Sanstha was the chairperson of the programme. Dr. Anjali Mahakalkar madam, Officiating Principal, Sevadal Mahila Mahavidyalaya was also present on the dais.

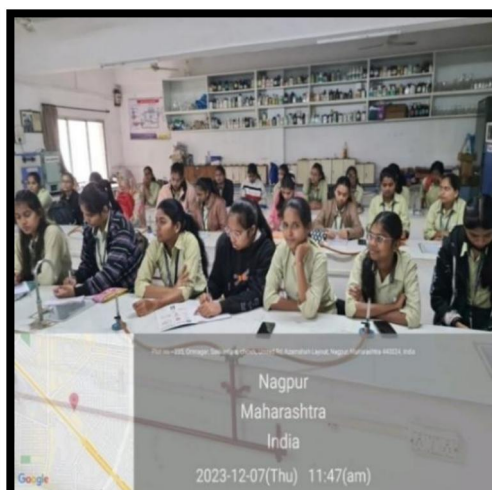
Dr. Nikam madam talked on the theme of 'Radu nakos, Ladh' i.e. don't cry just fight for your rights. She talked about the journey of women through decades. She gave many examples of women achievements and also express concern about the increasing crime rate against women. She asked the students to critically examine the value system of our society with the scientific temperament and then decide what to follow and what to leave. She talked about emotional dependency of the women and one of its major causes of economical dependency. She appealed the students to be on their own and prove their inner strength. Shri Sanjayji Shende also addressed the students and asked them to grab every single opportunity to learn and achieve something. Dr. Reeta Dhandekar, convenor, cultural committee compared the programme and expressed the vote of thanks. Around 100 Students were present on this occasion and responded very positively.



Picture showing Gender Sensitization activities for safety and security of the women in the college

1/12/2023: World AIDS Day-

Every year on 1st December World AIDS day is being celebrated. It is an annual event that serves as a reminder of the global struggle to end HIV-related stigma. It also provides an opportunity to highlight the work of eliminating HIV/AIDS. Sevadal Mahila Mahavidyalaya every year mark this day with the awareness activity. This year a guest lecture was jointly organized by co-curricular and cultural committee, Parents -Teacher association and Alumni association of the college on dated 7/12/2023 on the eve of AIDS day. The guest speaker was Dr (Mrs) Seema R Nimbarte, Assistant Professor, Microbiology Department. She talked with the students about HIV, how it is transmitted and how it can be prevented. This lecture was of great importance so that the students can take care of their own health and health of others.



Staff And Students attending the Guest Lecture by Nimbarte Madam

World Health Day :7th April 2024-

World Health Day is celebrated on 7th April every year to mark the anniversary of WHO in 1948. This day provide an opportunity to focus world attention on a health problem or issue that deserves special attention. It aims at raising awareness about the importance of global health. Theme for this year was 'My Health, My Right'. Considering the theme a special lecture was organized by Co-curricular and Cultural committee, Parents Teacher association and Alumni association of the college on dated 10/04/2024. The topic for the lecture was "Women Health Awareness". Officiating Principal Dr. N.S. Dhoble madam was also present on the dais. Dr. Priya Chahande madam introduced the guest and welcome with memento and sapling.

Women are the backbone of the family. But mostly they gave the preference to the family member's health and ignore their health issues. Considering the fact, Dr (Mrs) Anuradha Ridhorkar,a renowned Gynecologist was invited for this lecture. She told the students that how women have the fundamental right to live a happy and healthy life free from abuse and discrimination. She informed them about eating disorders, importance of Exercise, Disadvantages of Mobiles and good Sleeping habits.She talked about the modern lifestyle and its impact on our health in details with day-to-day examples. She shared her experiences of women health issues which can be prevented by day-to-day care. She suggested some basic tips which are very useful for women. At the end of the lecture a question answer session was opened for the audience. Many students as well as the staff members discuss their individual health issues and asked their queries also. Madam gave the answer for every individual. Overall, the lecture was very beneficial to all the students as well as ladies staff members.



Picture- Dr (Mrs) Anuradha Ridhorkar,a renowned Gynecologist addressing the students of Sevadal Mahila Mahavidyalaya, Nagpur on the occasion of World Health Day :7th April 2024