



VSPM Academy of Higher Education Nagpur's

**Jawaharlal Nehru Arts, Commerce and Science  
College, Wadi, Nagpur- 440023 (M.S.)**

(Affiliated to RTM Nagpur University, Nagpur)

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**Internal Quality Assurance Cell (IQAC): 2021-2022**

**Report of Event/ Life Skills (Yoga, Physical Fitness, Health and Hygiene)**

<b>Name of the Department/ committee</b>	Women Redressal Cell
<b>Name of the Coordinator</b>	Dr Kalpana Borkar Dr Archana K. Deshmukh Dr Leena V Phate
<b>Title of the Event/ Programme</b>	Life skills: Health and Hygiene Management for Girls
<b>Date of the Programme</b>	22 March 2022
<b>Objective of the event/Programme:</b>	<ul style="list-style-type: none"><li>• Women Redressal cell is a growing community of women which share a common purpose to learn, educate and collaborate on ideas that have the power to effect meaningful and positive change while fighting the challenges they face.</li><li>• To investigate reported cases of sexual harassment of women, if any and submit its report to the disciplinary authority recommending action to be taken against the accused miscreants.</li><li>• To hold meetings regularly.</li><li>• To organise various functions acquainting the women regarding their rights.</li><li>• To equip the female students, faculty and staff members with knowledge of their legal rights.</li><li>• To safe guard the rights of female students, faculty and staff members.</li><li>• To provide a platform for listening to complaints &amp; redressal of grievance.</li></ul>
<b>Sponsored Agency /Institute</b>	Jawaharlal Nehru Arts, commerce and Science College, Wadi
<b>Total No. of the Participant</b>	69
<b>Total No. of the Teacher Participant</b>	Women Redressal Cell members
<b>Expert Faculty</b>	Dr Swati Chalkhor

S. No	Name of the Event	Report
1	Woman Redressal Cell	<ul style="list-style-type: none"> <li>The Woman Redressal Cell organised a guest lecture on 23 March 2023 at 10.00 a.m. on Life skills: Health and Hygiene Management for Girls. Dr Swati Chalkhor was invited as the expert speaker.</li> <li>She delivered a lecture on the importance Health and Hygiene Management for Girls</li> <li>Dr N.V. Gharad (IQAC convener) presented the preamble. Dr Kalpana Borkar (off. Principal) presented the chairperson speech and Dr Archana K. Deshmukh conducted the event. Dr Manisha Bhatkulkar proposed the formal vote of thanks.</li> <li>69 girl students attended this presentation.</li> </ul>
2	Outcome	<ul style="list-style-type: none"> <li>It was indeed an enlightening experience for students and encouraged how to safe guard and promote wellbeing of all girl students and women employees of the organisation.</li> </ul>



Convener  
Dr Leena Phate



Coordinator  
Dr Archana Deshmukh



Offg. Principal  
Dr. Kalpana S. Borkar

**Dr Swati Chalkhor delivering a lecture on  
The Importance Health and Hygiene Management for Girls**



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The Women Redressal Cell and IQAC is jointly organizing an expert talk on Life Skill: Health and Hygiene for Girls on 22 March 2022. Dr. Swati Chalkhor is invited as an expert. Following students are present for this program.

S.N.	Name	Class	Sign
1	Geetika S. Limbalkar	B.com 1 <sup>st</sup>	Limbalakar
2	Pooja A. Bhatnagar	B.com 1 <sup>st</sup>	Bhatnagar
3	Samiksha G. Patil	B.com 1 <sup>st</sup>	Patil
4	Rishiya N. Chaudhari	B.com 1 <sup>st</sup>	Chaudhari
5	Babli D. Ingole	B.A (Sem II)	Ingole
6	Savali T. Bhasikhar	B.A (Sem II)	Bhasikhar
7	Ritika R. Patil	B.A 1 <sup>st</sup> year	Patil
8	Vishalcha J. Bhulave	B.A (Sem I)	Bhulave
9	Tanuja Y. Bawane	B.com 1 <sup>st</sup>	Bawane
10	Jiteshwari D. Thakare	B.com 1 <sup>st</sup>	Thakare
11	Kajal R. Chaudhari	B.com 1 <sup>st</sup>	Chaudhari
12	Pranshi P. Patil	B.com 1 <sup>st</sup>	Patil
13	Pranshi D. Bhargava	B.com 1 <sup>st</sup>	Bhargava
14	Bhramika A. Tardus	B.com 1 <sup>st</sup>	Tardus
15	Akansha A. Beje	B.com 1 <sup>st</sup>	Beje
16	Rishi R. Dabunde	B.com 1 <sup>st</sup>	Dabunde
17	Shachi N. Kharagde	B.com 1 <sup>st</sup>	Kharagde
18	Kavya D. Taje	B.com 1 <sup>st</sup>	Taje
19	Urushi R. Chaudhari	B.com 1 <sup>st</sup>	Chaudhari

20)	Batini . R. Shende	B.com 1 <sup>st</sup> year	<del>Pratini</del>
21)	Akasha . J. Rande	-11-	<del>Akasha</del>
22)	Shweta . V. Sakhare	-11-	<del>Shweta</del>
23)	Damini . H. Lonjerwar	-11-	<del>Damini</del>
21	Jyotsna Konate	B.com 1 <sup>st</sup> year	Jyotsna
22	Priyanka . V. Raut	B.com 2 <sup>nd</sup> year	Priyanka
23	Sujata . A. Ingole	B.com 1 <sup>st</sup> year	Sujata
24	Apali . P. Wadibhambale	B.com 1 <sup>st</sup> year	Apali
25)	Kajal . Rajesh . Patel	B.A 1 <sup>st</sup> year	Kajal
26)	Achul . Ganesh . Bhojrao	B.com 2 <sup>nd</sup> year	Achul
27)	Sejal . Ashok . Sakase	B.com 1 <sup>st</sup> year	Sejal
28)	Pranav . N. Patil	B.com 1 <sup>st</sup> year	Pranav
29)	Jyoteshwari . A. Salame	B.com 1 <sup>st</sup> year	Jyoteshwari
30)	Babali . M. Varna	B.com 1 <sup>st</sup> year	Babali
31)	Nikita . S. Chavhan	B.com 1 <sup>st</sup> year	Nikita
32)	Rashmi . Jitendra . Sonpade	B.com 1 <sup>st</sup> year	Rashmi
33)	Katila . Shankarrao . Khorgade	B.Sc XI <sup>th</sup> Sem	Katila
34)	Priyanka . Vijay . Panchalwar	B.Sc III <sup>rd</sup> year	Priyanka
35)	Swati . Sunil . Dhurve	B.A 1 <sup>st</sup> year	Swati
36)	Trishkshi . Natarajan . Jude	B.A 1 <sup>st</sup> year	Trishkshi
37)	Shital . Rajesh . Hattwar	B.Sc 1 <sup>st</sup> year	Shital
38)	Pratibha . S. Meshram	B.com 1 <sup>st</sup> year	Pratibha
39)	Pratiksha . A. Dhole	B.com 1 <sup>st</sup> year	Pratiksha
40)	Kajal . Omprakash . Ravi	B.com 1 <sup>st</sup> year	Kajal
41)	Pooja . Ganpat . Rao . Dhoshkar	B.com 1 <sup>st</sup> year	Pooja
42)	Sakshi . Sunil . Lonkar	B.com 1 <sup>st</sup> year	Sakshi
43)	Nikita . Jitendra . Kaurse	B.com 1 <sup>st</sup> year	Nikita

44	Aditya P. ...	B.Sc. ...	Aditya
45	Kalyani D. Minave	B.Sc. ...	Kalyani
46	Ragini R. ...	B.Sc. ...	Ragini
47	Prerna More	B.Sc. ...	Prerna
48	Prachi N. Pachkawade	B.A. ...	Prachi
49	Pratiksha Kirait	B.A. ...	Pratiksha
50	Smrithi S. ...	B.A. ...	Smrithi
51	Anjali Kshale	-II-	Anjali
52	Prachi S. Shetkar	B.Sc. - III	Prachi
53	Pragati Bawane	BA - II	Pragati
54	Varsha Jambhulkar	B.Sc. - IV	Varsha
55	Saloni R. Wasnik	B.Sc. - IV	Saloni
56	Rishi R. Khingorao	B.Sc. - IV	Rishi
57	Anu G. Patil	B.Sc. - IV	Anu
58	Shruti L. Rewatkar	B.Sc. - IV	Shruti
59	Prachi N. Gule	B.Sc. - IV	Prachi
60	Aarti D. Hecol	B.Sc. - IV	Aarti
61	Aashvi T. ...	-II-	Aashvi
62	Samiksha N. ...	-II-	Samiksha
63	Ratna R. Pardey	B.S. - CGM	Ratna
64	Nikita N. Bhojkar	B.Com. - I	Nikita
65	Snaha A. Meshram	B.Com. - I	Snaha
66	Anusheela Ch. Deshmukh	B.A. - 2019	Anusheela
67	Sakshi R. Bisen	-II-	Sakshi
68	Snigdha K. ...	-II-	Snigdha
69	Prachi S. ...	-II-	Prachi