

VSPM Academy of Higher Education Jawaharlal Nehru Arts, Commerce and Science College Wadi, Nagpur Dist. Nagpur (Maharashtra) 440023

Criterion VII
Institutional Values and
Best Practices

7.1 Institutional Values and Social Responsibilities

7.1.4 Describe the Institutional efforts/initiatives in providing an inclusive environment i.e., tolerance and harmony towards cultural, regional, linguistic, communal socioeconomic diversity and Sensitization of students and employees to the constitutional obligations: values, rights, duties and responsibilities of citizens

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



(Affiliated to RTM Nagpur University, Nagpur)

Website: www.jncwadi.ac.in

E-mail: jnc.wadi@rediffmail.com

Phone: (07104) 220963

Date: 10/09/2024

This document hereby confirms that the data enclosed, comprising information, supporting documents, numerical data, and reports, has been thoroughly examined and authenticated by both the IQAC and the Principal, and is deemed accurate.

Convenor (IQAC)

JN. Arts, Comm. & Sci. College Wadi, Nagpur

Jawaharial Nehru Arts, Comm. & Sci.

College, Wadi, Nagpur



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



(Affiliated to RTM Nagpur University, Nagpur)

Website: www.jncwadi.ac.in E-mail: jnc.wadi@rediffmail.com Phone: (07104) 220963

WOMEN GRIVANCE REDRESSAL CELL



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



(Affiliated to RTM Nagpur University, Nagpur)

Website: www.jncwadi.ac.in E-mail: jnc.wadi@rediffmail.com Phone: (07104) 220963

IQAC/ Department of Physical Education/ Women Grievance Redressal Cell One Week Add-on Course in Yoga and Meditation 2023-24

Name of the Department/ committee	IQAC/ Department of Physical Education Women Grievance Redressal Cell
Name of the Coordinator	Dr Sarang Khadase Dr Kalpana Borkar
Title of the Event/ Programme	One Week Add-on Course in Yoga and Meditation
Date of the Programme	25 to 30 April 2024

Objective of the event/Programme:

- Stress Reduction: Promote relaxation and decrease stress levels through mindfulness and breathing techniques.
- **Improved Focus and Concentration**: Enhance mental clarity and the ability to concentrate, benefiting both personal and professional life.
- **Emotional Balance**: Cultivate emotional awareness and regulation, helping to manage anxiety, depression, and other emotional challenges.
- **Physical Well-Being**: Support overall physical health through improved flexibility, strength, and posture.
- **Self-Awareness**: Foster greater self-awareness and mindfulness, encouraging a deeper understanding of thoughts and behaviours.
- **Spiritual Growth**: Encourage a connection to one's inner self or higher consciousness, fostering a sense of purpose and meaning.

Total No. of the Participant	35
Total No. of the Teacher	04
Participant	
Expert Faculty	Ms Mala Bhojane
	Ms Meera Warudkar
	Mr Aryan Kale
	Mr Gupte

S.	Name of the Event	Report
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1	One Week Add-on Course in Yoga and Meditation	 The Yoga and Meditation Camp started at 9.00 in the morning in the college auditorium. The instructors: Ms Mala Bhojane, Ms Meera Warudkar, Mr Aryan Kale and Mr Gupte instructed the participant students about the various techniques of yoga and meditation. The camp was conducted from 25th to 30th April 2024. Students enjoyed learning the techniques of meditation, energy levels, importance of yoga, general ailments and remidies. The camp concluded on 30th April. 35 students participated in this one-week camp.
2	Outcome	 Enhanced Physical Health Improved flexibility, strength, and overall fitness. Better posture and body awareness. Emotional Well-Being Greater emotional resilience and regulation. Increased self-awareness and personal insight. Skill Development
		 Acquisition of new yoga techniques and practices. Learning tools for mindfulness and relaxation that can be applied in daily life. 4. Holistic Well-Being A comprehensive sense of well-being that integrates physical, mental, and emotional health. Adoption of healthier lifestyle choices post-camp.

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Dr Sarang Khdase Coordinator Department of Physical education Principal

lawaharlal Nehru Arts, Comm. &

Science College Wadi, Nagpur

Dr Sanjay Tekade Principal Jawaharlal Nehru Arts, Commerce & Science College, Wadi













Jawaharlal Nehru Arts, Commerce and Science College Wadi, Nagpur

ADD-ON COURSE IN YOGA AND MEDITATION

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COURSE STRUCTURE

Course Title

Wellness Through Meditation – A Pathway To Awaken Inner Excellence

CourseObjectives:

- 1. To equip students with pro-peace values, skills and attitudes necessary to become wholesome persons and responsible citizens of the society.
- 2. To help students to gain information about basic structure of our own body, soul, state of mind, consciousness and their influence on our body and behavior.
- 3. To introduce students with our own subtle system and their importance on our body and
- To develop the holistic character of the student by more effective cognitive processes.

CourseOutcomes:

After completion of this course, students will be able to:

- Enhanced physical and psychological well-being.
- More effective cognitive processes (memory, analysis, evaluation) 1) 2)
- Improved awareness, maturity and balance 3)
- Improved decision making and creativity (less risk averse) 4)
- Increased interpersonal effectiveness Ability to cope up with stress (resistance to and recovery from). 5) 6)

CourseContents:

- 1) Introduction of the course its importance
- Balance and imbalances
- 3) Subtle system
- 4) Physical Exercise
- Importance of music
- 6) Holistic approach
- Medical approach

LearningResources:

- 1. Guidebook for academician & students by National Academic team of Sahaja Yoga Dhyan The following books can be referred -Kendra.
 - 2. Human Energy Center

Additional Materials
No additional material needs to be purchased

Web Resources:

amruta.org

freemeditation.com

Pedagogy:

- 1. Meditation
- Some physical exercises
 One to one discussion
- Audio-video techniques
 Assessment

Syllabus: Wellness Through Meditation - A Pathway ToAwaken Inner Excellence

Lecture No.	Topics to be covered in the course	Learning Outcome/Questions to elicit			
1	Introduction &Importance of the course	Why meditation is important? A holistic approach for complete development. Importance of the course as to how to find out our own shortcoming and develop it through complete well being			
2	Balance and Imbalances (Subtle system – 3 channels)	Identifying balances and imbalances in our life, behavior and learning how to overcome them. Introduction to the three channels detail description, their importance and limitations.			
3	Subtle system — 1 st energy center	Introduction to 1st energy center — pelvic plexus, their importance, qualities and diseases associated with it. Feedback and changes in the self-development.			
4	Subtle system – 2 nd energy center	Introduction to 2 nd energy center – Aortic plexus, their importance, developing the qualities of creativity, stable and concentrated mind, dynamic personality, diseases associated with it. Feedback and changes in the self-development.			
5	Subtle system -3 rd energy center	Introduction to 3 rd energy center — Solar plexus, their importance, developing the qualities of generosity, contentment, self-respect and faith for human valuesand diseases associated with it. Feedback and changes in the self-development.			
6	Physical exercise	Physical exercise to improvise all energy center			
7	Subtle system – 4 th energy center	Introduction to 4 th energy center — cardiac plexus, their importance, qualities and diseases associated with it. Enhancement of our immunity, confidence, sense of responsibility within. Feedback and changes in the self-development.			
8	Common ailments & remedies, Medical approach	Liver diet Some simple treatment by using easily available material. The Gross Human Body, its relations with the Subtle Body common ailments & their remedies.			
9	Subtle system- 5 th energy Centre	Introduction to 5 th energy center – cervical plexus, their importance, developing the qualities like Communication Skills, Collective / Team Work skills and diseases associated with it. Feedback and changes in the self-development.			
10	Subtle system – 6 th energy center	Introduction to 6 th energy center – optic chiasma, their importance, qualities and diseases associated with it.			

*		Feedback and changes in the self-development
11	Subtle system — 7 th energy center	Introduction to 7th energy center — Limbic area, their importance, qualities and diseases associated with it. Feedback and changes in the self-development. Balanced flow of energy in the physical anatomy and the subtle system, all round development of personality
12	Importance of music	Meditation through music, on every energy center, learning about basic swar and their importance on our channels.





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IQAC/WOMEN GRIVANCE REDRESSAL CELL Sexual Harassment of Women at Workplace 2023-24

Name of the Department/ committee	IQAC/Women Grievance Redressal Cell
Name of the Coordinator	Dr Kalpana Borkar
	Dr Leena V Phate
	Dr Nitin Kongre
	Dr Premlata Kurhekar
Title of the Event/	Sexual Harassment of Women at Workplace
Programme	
Date of the Programme	28/10/2023

Objective of the event/Programme:

- Education and Understanding: Provide participants with a clear understanding of what constitutes sexual harassment, including definitions, examples, and the different forms it can take.
- Legal Framework: Inform attendees about relevant laws and regulations regarding sexual harassment in the workplace and other settings, including rights and responsibilities of both employees and employers.
- Recognizing Signs: Help participants recognize the signs of sexual harassment, both in themselves and in others, to foster a more supportive environment.
- Promoting a Safe Environment: Encourage a culture of respect and safety where individuals feel empowered to speak up and report incidents of harassment.
- Reporting Procedures: Clarify the reporting processes and support systems available for victims of sexual harassment, ensuring that attendees know how to seek help.
- Empowerment: Empower participants with tools and resources to assert their rights and support others, enhancing overall workplace morale and safety.
- Encouraging Dialogue: Facilitate open discussions around sexual harassment, allowing participants to share experiences and insights, which can lead to greater awareness and empathy.

Total No. of the Participant	115
Total No. of the Teacher	20
Participant	
Expert Faculty	Adv Priya Zoting
	Director Bliss Foundation, Nagpur

S.	Name of the Event	Report
No		

1	Awareness Program on Sexual Harassment	The Women Grievance Redressal cell organised an Awareness program on Sexual Harassment of
	of Women at Workplace	 Women at Workplace on 02 November 2023. Dr Kalpana Borkar welcomed the guests. Adv Priya Zoting enlightened the students about the concept of sexual harassment. She elaborated the about the legal protection provided by judiciary for sexual harassment at workplace and the need of creating awareness among the girl students and working women. IQAC coordinator Dr Narendra Gharad presented his remarks on the occasion. Principal of the college Dr Sanjay Tekade gave the presidential speech. Akanksha Bangar conducted the program and Vaidhavi Telmore gave vote of thanks.
2	Outcome	 Increased Awareness: Participants gain a clearer understanding of what constitutes sexual harassment, including its various forms and implications Enhanced Workplace Culture: The program fosters a culture of respect and accountability, promoting a safer and more inclusive environment. Empowered Individuals: Participants feel more confident in asserting their rights and supporting others
		 Dialogue and Openness: The program encourages ongoing conversations about sexual harassment, leading to greater community awareness and shared commitment to addressing the issue.

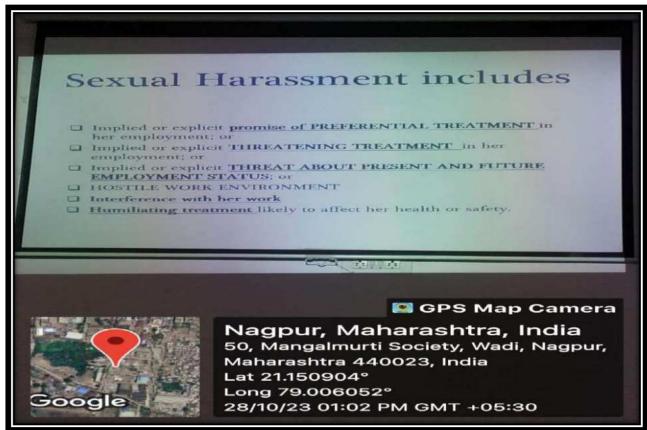
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Dr Kalpana Borkar Coordinator Women Grievance Redressal Cell Principal
Iawaharlal Nehru Arts, Comm. &
Science College Wadi, Nagpur

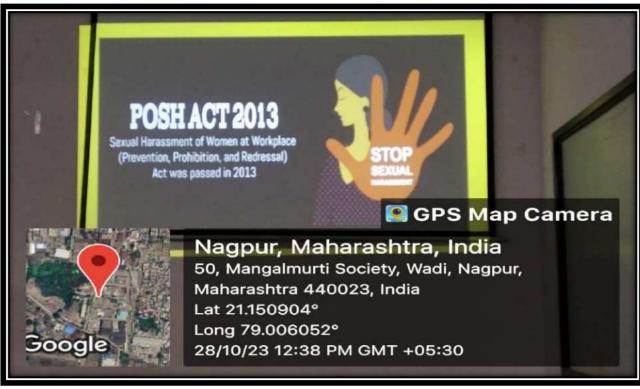
Dr Sanjay Tekade
Principal

Jawaharlal Nehru Arts,
Commerce & Science College,
Wadi













VSPM Academy of Higher Education Nagpur Jawaharlal Nehru Arts, Commerce and Science College Wadi, Nagpur Women Redressal Cell Sexual Harassment of Women at Work Place

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2.	Kiran E. Itankar	-11-0	Tsixun
3.	Sneha B. Meshram	-11-	Sneheu
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26	Vanshika M. Bolche	B. A 2nd year	Junshile
27	Nayna. H. Horne	B. A 2nd year	Aldorne
28	Tina T. Uikey	B. A 2 adyear	Tina vikey
29	Achal T. Salam	B. A 2nd Jean	
30	swebo V. Panchbudhe	B.N 2ndyear	Jenn Stringer
31	Make R. Phaisare	BA 2 nd year	Mahi
32	Saloni p. Bisen	BA 2nd year	2 1505W
33	Sakshi-s. dupare	B.A 2nd years	Salerai
34	Ditahe R. Homewate	B.A 22 year	
35-	manistra A. Bondee	B.A 2ndyear	
36	Sahil . N. Awale	B.A 2ndyear	sahil Awale
37	Shinam . P. Tombhuerrivar	DA Sue Jean	Shor
38	Loxesh S. Sarve	B. A 2nd years	MAKA
33	Aditya L. Khobeasa	B. A 2nd years	
40	Puja v. mesheam	B. A. Zhoyes	
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46	Manta Sharla Agri Bachchhere	R.A. 2" Year	Ayrh'B.
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IQAC/WOMEN GRIVANCE REDRESSAL CELL

Awareness Program on Gender Equity and Sexual Harassment **2023-24**

Name of the Department/committee	IQAC/Women Grievance Redressal Cell
Name of the Coordinator	Dr Kalpana Borkar Dr Leena V Phate Dr Nitin Kongre Dr Premlata Kurhekar
Title of the Event/ Programme	Awareness Program on Gender Equity and Sexual Harassment
Date of the Programme	08/12/2023

Objective of the event/Programme:

- Education and Understanding: Provide participants with a clear understanding of what constitutes sexual harassment, including definitions, examples, and the different forms it can take.
- Legal Framework: Inform attendees about relevant laws and regulations regarding sexual harassment in the workplace and other settings, including rights and responsibilities of both employees and employers.
- Recognizing Signs: Help participants recognize the signs of sexual harassment, both in themselves and in others, to foster a more supportive environment.
- Promoting a Safe Environment: Encourage a culture of respect and safety where individuals feel empowered to speak up and report incidents of harassment.
- Reporting Procedures: Clarify the reporting processes and support systems available for victims of sexual harassment, ensuring that attendees know how to seek help.
- Empowerment: Empower participants with tools and resources to assert their rights and support others, enhancing overall workplace morale and safety.
- Encouraging Dialogue: Facilitate open discussions around sexual harassment, allowing participants to share experiences and insights, which can lead to greater awareness and empathy.

Total No. of the Participant	138
Total No. of the Teacher Participant	18
Expert Faculty	Adv Payal Thavare P.G. Dept of Law, RTM Nagpur University, Nagpur

S.	Name of the	Report
No	Event	
1	Awareness Program on Gender Equity and Sexual Harassment	 The Women Grievance Redressal cell organised an Awareness program on Gender Equity and Sexual Harassment on 9 December 2023. Dr Nitin Kongre welcomed the guests. Adv Payal Thavare enlightened the students about the concept of gender equity and sexual harassment. She elaborated the concept of gender and the need of social equality. Madam also elucidated about the legal protection provided by judiciary for sexual harassment. IQAC coordinator Dr Narendra Gharad presented his remarks on the occasion. Principal of the college Dr Sanjay Tekade gave the presidential speech. Akanksha Bangar conducted the program and Vaidhavi
		Telmore gave vote of thanks.
2	Outcome	 Increased Awareness: Participants gain a clearer understanding of what constitutes sexual harassment, including its various forms and implications Enhanced Workplace Culture: The program fosters a culture of respect and accountability, promoting a safer and more inclusive environment.
		• Empowered Individuals: Participants feel more confident in asserting their rights and supporting others who may experience harassment.
		• Dialogue and Openness : The program encourages ongoing conversations about sexual harassment, leading to greater community awareness and shared commitment to addressing the issue.

Chul

Dr Kalpana Borkar Coordinator Women Grievance Redressal Cell Principal

lawaharlal Nehru Arts, Comm. & Science College Wadi, Nagpur

Dr Sanjay Tekade
Principal

Jawaharlal Nehru Arts,
Commerce & Science College,
Wadi









VSPM Academy of Higher Education Nagpur Jawaharlal Nehru Arts, Commerce and Science College Wadi, Nagpur Women Redressal Cell Awareness Program on Gender Equity and Sexual Harassment

C 11	Name of the Student	2.8	russiii en
Sr. No.		Class	Signature
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3'	Reshaue R. Tingre	Boc 1st yeary	Kuhan.
4.	Sanjana Shewale	-11	Sanjana
5.	sneha B. Meshram	-11-	Sheha
6.	Sepal N. Sonulo	-11-	seinh
7	Sarryak S. Sahare		Balon.
(8)	Dipak A. Fawat	— cc—	Favat .
9)	Akunsha c' Reintelce	BSC 2nd yeary	@ Rounteke
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14)	Dipak A Rawat	BSC 350 year	Faunt ,
(5)	Ankita. R. pandey	BSC 360 year	Ankita
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(23)	Anjali D. Punnase	- 11-	Acynneys
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28)	Nutan V. Jukhdeve		Putans

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29	Gunesh D. Jamunkar	B. com 2nd years	Laures
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31	Nikita D. Chardhari	BSC # year	Nikita
32	Dipali D. Elpare	BSC 1 St apar	Dipali
33	Durga . S. Supta	BSC 1st year	Dungg-
34	Tanushoee D Dabhekers	—II—"	Japushere
35	Humesia Khan	-11-	Honan.
36	Sweety S. Verma	B.Sc 1st Year	Heret
37	shirani B. Shahu	B. Sc 151 year	I huhr
38	Babli D. Injoie	B. A storeas	B. Ingole
39	Ritubou R. Patel	B. A stel year	B. Patel.
40	Tomuston N. Aluke	B.A. 3rd year	Common of the co
41	Bhagyashrai .s. Watchadkaro	A A zee years	Swelphadkob
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63	Aditya L. KhoBeasad	B. Azhd Yean	Adilya
64	Paja V. Mestram	B :12 219 1/203	Pomospery
65	Raksha J. was	B.A. Wayeal	Rad
66	Vaishmovi D. Bhaloni	B. A. ond year.	* Stantoni
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68	Ruchiky Londine	BA 2nd year	B
69	Prity Vo Sonwane	B. A 2 nd year	Raise
70	Planter H. Shark	B-A 2ndyerub	
71	Agni R. Bachchhere	B.A. 27 year	AerhiR.
72	Vaishalj D. Tembrare	B.A 2ndyear	May
73	Akankaha T Karsange	-11	A.B. Keirsank
74	Mayori S. Camtelec	<u> </u>	(mgRamteks)
75	Sonali P. Ru-ve) —	& Jane 10
76	JyoH. S. Patte	-11-	Jyoti
77	shazMa sherkh	B.A 2 200	Sharroto
78	Rita TONJE	BA 24890	J. 2895.
79	Jayachsi R. Atkasi	BA 27c40	ТАнкан
80	Poatiksha U. thomdate	B. A Zylean	Phomolate
81	Payal S. Jumbhalkas	B.A 2 yade	(R) Kumbhalkok
82	Sakaha S. Bahe	Bill Lygh Look	S.Bahe.
83	Sandhya S. Sonbhedze	B. A 2rd year	-S. Son wheel Te
84	boxing M. Taitquel	BA 2nd year	K. Juitgude
85	Jeevan R. Hirotkow	13 Hand Year	() Himakon
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90	Nikita R. Nonau	-1-	alvonare.
91	Ravindra . K. Mahajal	- 111	ROD
92	Krishikesh W. Dalbar	-11	trishikeel
93	Kalan de Shende	-11-	18 hands
94	Ayush Sh Bagde	-11-	Ayush
95	· Abhij + · U. Jadhar	-11-	Abhisit
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101	Pritesh-R. Grandane	-11-	Pritesh
102	Rhushan T. Wiker	-/1-	(13) Man
103	Nagma. F. Pathan	, - u -	Walkey
104	Pragati S. Callage		Bagati
105	Nutan S. Sukhderre		(Muhans
106	Briganka J Hanaskar	-11-	Thurskoo
107	Calchi R. Breary	-11-	Sakshi
108	Divkurshi B. Schoarkar	-11-	Divyanski
109	Ruduja c. Chatap	-11-	Rutiver
110	Counesh D Jamun Kar.	-11-	Luncal
	Bhavesh Rolal	-11-	Bhoveahl.
112	Mandini A. Muse		Anuel
113	Paulavi P. Solanki		Pallovi
114	Achal. U. Donque	11 —	Mongare
115	Adkenteta metatemetalkees	-11-	Aalkamis ha
116	Dandon P. Charbauge	-11-	Breishrije
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Jawaharlal Nehru Arts, Commerce and Science College, Wadi, Nagpur- 440023 (M.S.)



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15 November 2022

Notice

All the girl students are hereby informed that Entrepreneurship Development Cell Woman Grievance Redressal Cell and has organised a workshop on **Grooming and Make-Up** on 21 November 2022 in Room No103 at 12.00 am. Grooming and makeup artist Ms. Kajal Moon will be expert.

Dr Archana K Deshmukh Coordinator Dr Leena V Phate Coordinator Dr Kalpana S Borkar Principal





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Entrepreneurship Development Cell & Women Grievance Redressal Cell: 2022-2023

Grooming and Make-up Workshop

Name of the Department/committee	Entrepreneurship Development Cell & Women Grievance Redressal Cell
Name of the Coordinator	Dr Archana K Deshmukh Dr Leena V Phate
Title of the Event/ Programme	Grooming and Make-up Workshop
Date of the Programme	21 November 2022

Objective of the event/Programme:

- To create awareness about business opportunities as a grooming and make-up artist.
- This workshop is intended to provide the participants knowledge of personal care, which will help them, develop a personality and confidently express themselves in front of guests.
- Understand the importance of good grooming, make-up
- Become an inspirational role model
- Learn to positively influence others.

Total No. of the Participant	92
Total No. of the Teacher Participant	06
Expert Faculty	Ms. Kajal Moon

S. No	Name of the Event	Report
1	Grooming and Make-up Workshop	The Entrepreneurship Development Cell & Women Grievance Redressal Cell organised a Grooming and Make-up Workshop on 21 November 2022.

		Ms Kajal Moon was the expert who gave insights on the
		importance of grooming and also conducted a live session
		and demonstration of personal make-up.
		A girl student was selected and expert performed a
		makeover through a live session.
		• 92 students attended this workshop.
2	Outcome	 Trained students about entrepreneurship opportunities as a grooming artist. Be a professionally refined person. Project a confident image by being well groomed.
		Building up a good self-image.
		 Self-grooming enhances students' personality.

Dr Archana K Deshmukh Coordinator Dr Leena V Phate Coordinator Dr Kalpana S Borkar Principal

VSPM Academy of Higher Education, Nagpur

Jawaharlal Nehru Arts Commerce and Science College Wadi, Nagpur

Entrepreneurship Development Cell and Woman Redressal Cell are jointly organizing a workshop on **Grooming and Personal Makeup** on 21 November 2022 in Room No 103 at 12.00 am. Expert and Makeup Artist Ms. Kajal Moon will conduct the session. Following students attended this program.

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(41)	Juhi Mahendou Kanhene		Lanhers
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25	Rustika. D. Baware	BSCI Sem Benera
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27	Ruia Mesheam	B. A 1 year Foresteen
	Injali K. Pal	B. com Pyear A Pal
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62	Achal. U. Dongsel	B. com I year	Hongord
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64	Shreya . S. Wey	B. Cam±tycax	(a)kayai
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15 November 2022

Notice

All the students are hereby informed that Entrepreneurship Development Cell and Woman Grievance Redressal Cell and has organised a workshop on **Jio Smart Sales Trainee Program** on 19 November 2022 in Room No 107 at 10.30 am. Mr Sachin Oza, Senior Manager from Jio Digital Life will be the expert

Dr Archana K Deshmukh Coordinator Dr Leena V Phate Coordinator



VSPM Academy of Higher Education Nagpur's

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Entrepreneurship Development Cell & Women Grievance Redressal Cell:2022-2023

Jio Smart Sales Trainee Program

Name of the Department/committee	Entrepreneurship Development Cell & Women Grievance Redressal Cell
Name of the Coordinator	Dr Archana K Deshmukh Dr Leena V Phate
Title of the Event/ Programme	Jio Smart Sales Trainee Program
Date of the Programme	19 November 2022

Objective of the event/Programme:

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- To foster entrepreneurial spirit in the young minds so that it leads to generation of wealth and employment opportunities.
- professional knowledge, competencies, skills, and effectiveness and the learning process.
- Create career opportunities.
- Develop sources of earning while learning.

Total No. of the Participant	168
Total No. of the Teacher Participant	06
Expert Faculty	Mr. Sachin Oza Senior Manager (Jio Digital Life)

S.	Name of the	Report
No	Event	

1	Jio Smart Sales Trainee Program	 The Entrepreneurship Development Cell &Women Grievance Redressal Cell organised a Workshop 'Jio Smart Sales Trainee Program' on 19 November 2022. Mr. Sachin Oza, Senior Manager (Jio Digital Life)was the expert who gave insights on the opportunities of business with Jio Digital as an entrepreneur and as an employee. The program was especially focused on the giving a good earning opportunity to girls. 168 students attended this workshop.
2	Outcome	 Trained students about entrepreneurship opportunities as a partner of Jio Digital Life. Created awareness about professional opportunities Opportunity of earn while learning. Enhanced vision of girl students about a positive career. Building up a good self-image.

Dr Archana K Deshmukh Coordinator Dr Leena V Phate Coordinator

VSPM Academy of Higher Education, Nagpur

Jawaharlal Nehru Arts Commerce and Science College Wadi, Nagpur

Entrepreneurship Development Cell and Woman Redressal Cell are jointly organizing a workshop on **Jio Smart Sales Traince Program** on 19 November 2022. Following students attended this program.

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1	Razia. SIK	B.A 2nd	Buig
2	Harshade. Putte		1 ARK
3	Babii O. Ingole		B. Ingole
	Rituboui R. Patel		R. Patel
5	Vishakha . I. Bhelave	B.A 2nd year	e Vishakha.
6	swati . S. Dhueve	B.A Heas	5 Ohurve
7	Samilisha. S. Newwee	B. A yea	2 Syleware
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30	Asiiti R. Zanzad	BSC 1+ year Posts
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33	Disha · V · Kelwade	B.A. 2nd year D.V. Kelwade.
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35	Samiksha k. Kangali	B.A. endyare Skaryali
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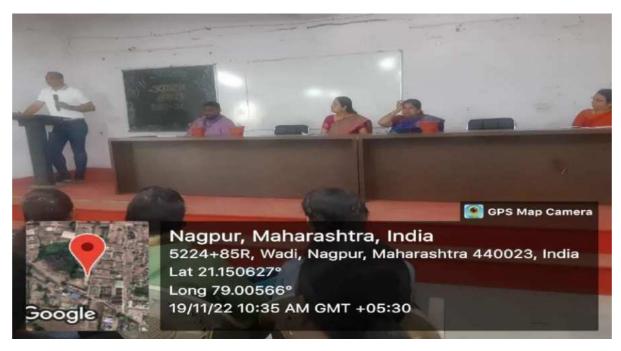
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Entrepreneurship Development Cell & Women Grievance Redressal Cell: 2022-2023

Fevicryl Art and Craft workshop

	<u>*</u>
Name of the Department/	Entrepreneurship Development Cell &
committee	Women Grievance Redressal Cell
Name of the Coordinator	Dr Archana K Deshmukh
	Dr Leena V Phate
Title of the Event/ Programme	Fevicryl Art and Craft workshop
Date of the Programme	09 March 2023

Objective of the event/Programme:

- Create opportunities of business/entrepreneurship
- Develop sources of earning while learning
- Arts and craft activities help instil a sense of achievement and pride in children, boosting their self-confidence.
- The opportunity to create whatever a student desires helps foster creativity.
- A student will learn to make correct and effective decisions by facing and solving artistic challenges.

Total No. of the Participant	63
Total No. of the Teacher	Dr Kalpana S Borkar
Participant	Dr Archana K Deshmukh
	Dr Leena V Phate
	Ms Shubhangi Lamsonge
	Ms Akanksha Bangar
Expert Faculty	Ms.Kajal Totlani
	Fevicryl Art and Craft Certified Teacher

S. No	Name of the Event	Report
1	Fevicryl Art and Craft Workshop	

		Ms.Kajal Totlani, Fevicryl Art and Craft Certified Teacher
		conducted this workshop
		She demonstrated various artefacts before the students and
		also gave ideas to start a business.
		The program was especially focused on the giving a good
		earning opportunity to girls.
		• 63 students attended this workshop.
2	Outcome	 63 students attended this workshop. Trained students about entrepreneurship opportunities as an artist.
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2	Outcome	Trained students about entrepreneurship opportunities as an artist.
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2	Outcome	 Trained students about entrepreneurship opportunities as an artist. Created awareness about professional opportunities Opportunity of earn while learning.
2	Outcome	 Trained students about entrepreneurship opportunities as an artist. Created awareness about professional opportunities Opportunity of earn while learning. Enhanced vision of girl students about a positive career.

Dr Archana K Deshmukh Coordinator Dr Leena V Phate Coordinator

VSPM Academy of Higher Education, Nagpur

Jawaharlal Nehru Arts Commerce and Science College Wadi, Nagpur

intrepreneurship Development Cell and Woman Redressal Cell jointly organised a workshop on evicryl Art and craft Making on 09 March 2023. Following students attended this workshop. Expert 48 Kajal Totlani conducted the workshop.

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Women Grievance Redressal Cell 2022-2023 Menstrual Cycle Management & Hygiene

Name of the Department/committee	Women Grievance Redressal Cell	
Name of the Coordinator	Dr Archana K Deshmukh	
	Dr Leena V Phate	
Title of the Event/ Program	Menstrual Cycle Management & Hygiene	
Date of the Program	23 November 2022	
Objective of the event/Program:		
 To create awareness about heal 	• •	
 Importance of cleanliness durin 	<u> </u>	
 To build self-confidence of girl 	S	
 To clarify misunderstanding regarding menstruation. 		
Total No. of the Participant 63		
Total No. of the Teacher	Dr Kalpana S Borkar	
Participant	Dr Archana K Deshmukh	
_	Dr Leena V Phate	
	Ms Shubhangi Lamsonge	
	Ms Akanksha Bangar	
Expert Faculty	Ms. Kapgate	

S. No	Name of the Event	Report
1	Menstrual Cycle Management & Hygiene	 Women Grievance Redressal Cell organised a workshop on menstrualCycle Management and Hygiene on 23 November 2022. Ms. Swati Kapagate from Amazon India Ltd was the resource person. She gave a presentation on menstrual cycle management and hygiene.

		 63 students attended this workshop. Dr Archana k Deshmukh conducted the program. Dr Manish Chavhan proposed the vote of thanks. 	
2	Outcome	 Comprehension of menstrual cycle, difficulties an importance of maintaining hygiene during that period. Building up a good self-image and self-confidence. 	nd

Dr Archana K Deshmukh Coordinator

April

Dr Leena V Phate Coordinator

aphate

VSPM Academy of Higher Education, Nagpur

Jawaharlal Nehru Arts Commerce and Science College Wadi, Nagpur

National Service Scheme and Woman Redressal Cell jointly organized a workshop for Girl Students on Menstrual Cycle Management and Hygiene on 23 November 2022 in Room No. 104 at 9.00 am: Expert Ms. Pallavi Kapgate from Amazon (CSR) conducted the session. Following students attended this program.

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1	Aakansha Karsarpe	BA 18 / Year	A.T. longer the
2	Mayon Ramteke	<u></u>	Marately.
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Women Grievance Redressal Cell 2022-2023 International Women's Day

Name of the Department/committee	Women Grievance Redressal Cell
Name of the Coordinator	Dr Kalpana S Borkar Dr Archana K Deshmukh Dr Leena V Phate
Title of the Event/ Program	International Women's Day
Date of the Program	09 March 2023

Objective of the event/Program:

- Celebrating women's achievements
- Raising awareness about gender inequities, gender parity, and women's rights. It also calls for action to accelerate women's equality.
- Promoting gender equality by encouraging equal participation in social, economic, cultural, and political activities. It also focuses on issues such as reproductive rights, and violence and abuse against women.

Total No. of the Participant	126
Total No. of the Teacher	12
Participant	
Expert Faculty	Ms. Chaya Janbandhu (Mrs India)
	Ms.Bharati Patil (Jilha Parishad Sabhapati)
	Ms. Aachal Lokhande (Maharashtra TV)
	Mr Subhash Khakse (News Reporter)

S. No	Name of the Event	Report
1	International Women's Day	 Women Gr ievance Redressal Cell organised International Women's Day on9th March 2023. Ms. Chaya Janbandhu (Mrs India) Ms.Bharati Patil (Jilha Parishad Sabhapati) Ms. Aachal Lokhande (Maharashtra TV) Mr Subhash Khakse (News Reporter) were chief guests.

		100
		• 126 students attended this workshop.
		 Dr Leena Phate gave introductory remarks.
		All the guests delivered lectures.
		Dr Kalpana Borkar guided students on this occasion.
		Dr Manisha Bhatkulkar proposed the vote of thanks.
		Dr Archana K Deshmukh conducted the program.
2 Outcome		Taught students to reflect on progress made towards achieving gender equality and women's empowerment.
		 Created awareness to recognizing women's contribution who have broken barriers, demonstrated leadership, and made a significant impact in their respective fields.
		 Encouraged to take action to accelerate gender parity. It's also a day to promote gender equality within organizations and to showcase commitment to diversity and inclusion.
1	ı	

Dr Archana K Deshmukh

Coordinator

ARAMIL

Dr Leena V Phate Coordinator

VSPM Academy of Higher Education Nagpur's

Jawaharlal Nehru Arts, Commerce and Science College. Wadi, Nagpur

International Women's Day

The Women Redressal Cell has organized International Women's Day on 8^{th} March 2023 at 10.00 am. The following students attended the function.

S. No	Name of the Students	Class	Signature
I.	Skanksha J. Karsanne	B. A J year	1
2.	Troti S. Patle	B. A J year	Freite
3.	Vaishali D. Temphare	B. A.J. El years	A
4.	Tayashin R. AlkAzi	B. Alstyeas	THURST
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10.	Platy R. Bhaisoire	BA1 year	Mahe: Dramteke
11.	Akansha 'C' Pamteke	B.Sc 1styear	A) Rounteke
12.	Xkantsha B' Ramteke	B.Sc Ist year	(Kimb)
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14.	Vaishnavi B. Dhanorkar	B. A 2 year	Charceles
15.	Kajal R. Patel	B.A 2 year	K. Pate
16.		B. A 2 year	A. Mate
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20.	Shivani M. Jadhar	B-SC . 2" year	Sjadlar
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या वाडी वार्ता : वाडी येथील जवाहरला नेहरू महाविद्यालयात आंतरराष्ट्रीय महिला दिनानिमित्त माजी गुणवंत विद्यार्थिनीचा सत्कार करण्यात आला. प्ररंभी महिला दिनानिमित्त आयोजित चित्रकला प्रदर्शनाचे उद्घाटन पॉप्युलर

हणून लेस

नारनवरे, डॉ. तुळसा डॉगरे, प्रा. सरोज वाणी, डॉ. रेखा बडोले, डॉ. ज्वाला डोहाने, प्रा. पुष्पा ढाबरे, प्रा. रोमा हर्षवर्धन, डॉ. सुजित बोधी

जनबंध, जिल्ह्याच्या माजी शिक्षण व वित्त सभापती भारती पाटील, प्राचार्या कल्पना बोरकर, डॉ. नरेंद्र घारड, प्रा. सुभाव खाकसे यांच्या इस्ते सपत्र झाले. प्रास्ताविक डॉ. लीना फाटे

यांनी केले. प्रमुख पाहुण्या भारती पाटील यांनी विद्यार्थ्यांना सामितले को, मीवनात यशस्त्री होण्यासाठी सतत प्रयत्र करणे आवश्यक आहे. प्रमुख पाहुणे डॉ. छाया जनबंधू यांनी अध्यासासोबतच

राहून भारतीय सॅविधानाने दिलेल्या अधिकारांचा आणि संशीचा लाभ घेण्याचे आवाहन केले.

पत्रकार सुभाष खाकसे यांनीदेखील विद्यार्थ्यांना मार्गदर्शन केले. कार्यक्रमाचे संवातन डॉ. अर्चाना देशमुख व आभार डॉ. मनीपा भातकुलकार योगी केल डॉ. नभा कांबळ, डॉ. संजय टेकडे, डॉ. निवीन कोंच्ये, डॉ. सुभाकर बोस्कर, डॉ. सारंग खडसे, डॉ. गजानन झाडे, डॉ. सुभाव शेमेंकर, हाँ अरूण देवरे, हाँ, प्रेमा कुहेंकर, हाँ मनीच चकाण सह इतर प्राध्यापक, कर्मचारी व विद्यार्थी यावेळी मोठ्या संख्येन उपस्थित होते.

महिलांनी मानसिक आरोग्यही



नवभारत

नेहरू महाविद्यालय में मनाया महिला दिवस

■ वाडी (सं.). वाडी स्थित जवाहरलाल नेहरू महाविद्यालय में विश्व महिला दिवस पर विशेष कार्यक्रम के तहत 3 पूर्व प्रतिभावान छात्राओं का सत्कार किया गया. प्रारंभ में महिला दिवस पर सम्पन्न चित्रकला प्रदर्शनी का उदघाटन पापुलर क्विन्स ऑफ मिसेस युनिवर्स 2023 की विजेता छाया जनबंधु, जिप की पूर्व शिक्षा व वित्त सभापति भारती पाटिल, प्राचार्य कल्पना बोरकर, डॉ. नरेंद्र घारड के हाथों हुआ. मुख्य समारोह का दीप प्रजवलन कर उदघाटन किया गया. डॉ. छाया जनबंधू, भारती पाटिल, आंचल लोखंडे इन 3 प्रतिभावान छात्राओं का प्राचार्य कल्पना बोरकर आदि के हाथों सत्कार किया गया. प्रस्तावना डॉ. लीना फाटे ने रखी. भारती पाटिल ने संबोधित करते हुए अपने जीवन संघर्ष का अनुभव व्यक्त कर छात्रों को जीवन में सफलता हेत निरंतर प्रयास



किये. संचालन डॉ. अर्चना देशमुख ने उपस्थित थे.

आवश्यक बताया. प्रमुख अतिथि पापुलर किया. आभार डॉ. मनीषा भातकुलकर ने क्विन्स ऑफ युनिवर्सल (पर्यावरण) -23 माना. डॉ. नभा कांबले, डॉ. संजय टेकाड़े, की विजेता डॉ. छाया जनबंधु ने अध्ययन डॉ. नितिन कोन्ग्रे, डॉ. सुधाकर बोरकर, के साथ किसी पसंद के क्षेत्र में क्रियाशील डॉ. सारंग खड़से, डा. गजानन झाड़े, डा. होने व भारतीय संविधान द्वारा प्राप्त सुभाष शेंभेकर, डा. अरुण देवरे, डा. प्रेमा अधिकार व मौके का लाभ लेने का आह्वान कुर्हेकर, डा. मनीष चव्हाण सहित अन्य किया. आंचल लोखंडे ने भी विचार व्यक्त प्राध्यापक, कर्मचारी व छात्र बडी संख्या में

Nagpur-metro-2 Edition 11-march-2023 Page No. 2 epaper.enavabharat.com





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



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Women Grievance Redressal Cell 2022- 2023

Legal Provisions for Women's Rights & Safety in India

Name of the Department/committee	Women Grievance Redressal Cell
Name of the Coordinator	Dr. Kalpana S. Borkar Dr. Archana K. Deshmukh Dr. Leena V. Phate
Title of the Event/ Programme	Legal Provisions for Women's Rights & Safety in India
Date of the Programme	11 March 2023

Objective of the event/Programme:

- To create awareness about provision of laws available for women safety
- Importance of judiciary system for the maintenance of women's rights
- To build self-confidence of girls
- To clarify misunderstanding regarding functioning of legal provisions in India
- To create awareness about sexual-Harassment.

Total No. of the Participant	77
Total No. of the Teacher Participant	08
Expert Faculty	Adv. Ms. Swati Jibhkate

S.	Name of the	Report
No	Event	
1	Legal Provisions for Women's Rights & Safety in India	 Women Grievance Redressal Cell organised Legal Provisions forWomen's Rights & Safety in India on 11th March 2023. Adv. Ms. Swati Jibhkate was the expert speaker 77 students attended this program. Dr Kalpana Borkar guided students on this occasion. Ms Jyoti Patle proposed the vote of thanks. Dr Archana K Deshmukh conducted the program.
2	Outcome	 Girl students became aware about legal definition of sexual-harassment They also learned about various legal provisions for Women's Rights & Safety in India

ARehul

Ghate

Dr Archana K Deshmukh Coordinator

Dr Leena V Phate Coordinator

Dr Kalpana S Borkar Offg. Principal

नागपुर, मंगलवार 14 मार्च 2023

जवाहरलाल नेहरू कॉलेज

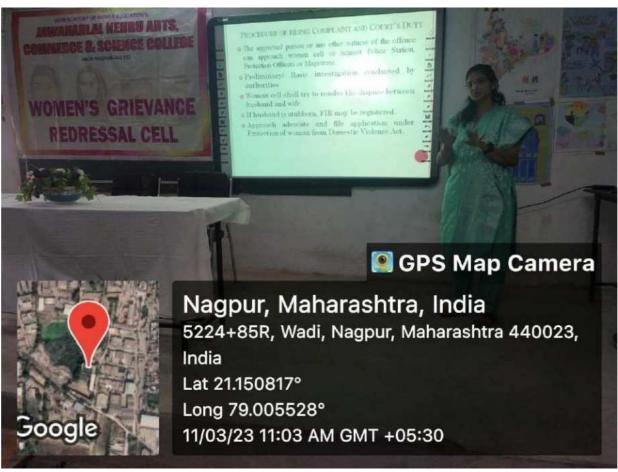
🕮 वाडी (सं.). समाज में महिलाओं के अधिकारों को बताने के लिए महिला तकार निवारण समिति द्वारा जवाहरलाल नेहरू कला, वाणिज्य, व विज्ञान महाविद्यालय में एक चर्चा सत्र का आयोजन किया गया. कार्यक्रम की अध्यक्षता कार्यकारी प्राचार्य डॉ. कल्पना बोरकर ने की. प्रमुख वक्ता के रूप में एड. स्मिता जिभकाटे मौजूद थीं. उन्होंने अपने उद्घोधन में भारतीय संविधान द्वारा महिलाओं की सुरक्षा के लिए नहीं वरदान है. इसे अच्छे से समझकर छात्राओं को संविधान में स्त्रियों के मूलभूत



नताए गए कानून व अधिकार की विस्तार इसका उपयोग करना होगा. उन्होंने अधिकार, स्त्री पुरुष समानता अधिकार, से व्याख्याकर बताया कि कानून जंजीर कार्यक्रम में मौजूद शिक्षिकाओं के साथ दहेज प्रतिबंधक कानून, लैंगिक अत्याचार

विरोधी कानून, बलात्कार विरोधी कानून, अभद्र व्यवहार इत्यादी के साथ इंडियन पिनल कोड (IPC) पोक्सो (POCSO) विशाखा केस संदर्भ की महत्त्वपूर्ण जानकारी दी.कार्यक्रम का सूत्रसंचालन डॉ. अर्चना देशमुख और आभार प्रथम वर्ष छात्रा ज्योती पटले ने व्यक्त किया. कार्यक्रम में डॉ. .लीना फाटे, डॉ. प्रेमलता कुरेकर, डॉ. सुधाकर बोरकर, एड. पंकज जिभकाटे, प्रा. शुभांगी लामसोगे, प्रा. आकांक्षा बांगर के साथ बड़ी संख्या में छात्राएं उपस्थित थीं.









Jawaharlal Nehru Arts Commerce and Science College Wadi, Nagpur

Woman Redressal Cell organised an Expert Talk on Legal Provisions for Women's Rights & Safety in India on 11 March 2023. Following students attended this workshop. Expert Adv. Swati Jibhkate conducted this session.

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

Women Grievance Redressal Cell

Name of the Department/ committee	Women Grievance Redressal Cell
Name of the Coordinator	Dr Kalpana Borkar
	Dr Archana K Deshmukh
	Dr Leena V Phate
Title of the Event/ Programme	Sexual Harassment of Women: Legal
	Provisions and Redressal
Date of the Programme	26 Feb 2022

Objective of the event/Programme:

- 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.
- 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.
- To hold meetings regularly.
- To organise various functions acquainting the women regarding their rights.
- To equip the female students, faculty and staff members with knowledge of their legal rights.
- To safe guard the rights of female students, faculty and staff members.
- To provide a platform for listening to complaints & redressal of grievance.

Sponsored Agency /Institute	Jawaharlal Nehru Arts, commerce and	
	Science College, Wadi	
Total No. of the Participant	76	
Total No. of the Teacher Participant	12	
Expert Faculty	Adv Bhuvaneshwari Turkar-Bisen	

S.N	Name of the	Report	
	Event		
1	Sexual Harassment of Women: Legal Provisions and Redressal	 The Woman Redressal Cell organised an expert talk on Sexual Harassment of Women: Legal Provisions and Redressal. Adv Buvaneshwari Turkar-Bisen was invited as an expert on 26 Feb 2022. She delivered an excellent talk on various legal provisions to stop sexual harassment and also explained in detail the definition of sexual harassment. She also highlighted various legal laws preventing sexual Harassment. 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 Premlata Kurhekar proposed the formal vote of thanks. • 76 students attended this presentation.	
2	Outcome	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.	

Dr Leena V Phate Coordinator Dr Archana K Deshmukh Coordinator Dr Kalpana Borkar Principal

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VSPM Academy of Higher Education Nagpur

Jawaharlal Nehru arts commerce and Science College, Wadi

Women Redressal Cell of Jawaharlal Nehru arts commerce and Science College, Wadi organized an expert talk on Sexual Harassment of Women: Legal Provision and Redressal on 26/02/2022 at 10.30 am in auditorium. Following students attended this expert talk.

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VSPM Academy of Higher Education Nagpur's

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Women Grievance Redressal Cell

International Women's Day

2021-2022

Name of the Department/committee	Women Grievance Redressal Cell
Name of the Coordinator	Dr Kalpana Borkar
	Dr Archana K Deshmukh
	Dr Leena V Phate
Title of the Event/ Programme	International Women's Day
Date of the Programme	9 March 2022

Objective of the event/Programme:

- 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.
- 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.
- To organise various functions acquainting the women regarding their rights.
- To equip the female students, faculty and staff members with knowledge of their legal rights.
- To provide a platform for listening to complaints & redressal of grievance.

Sponsored Agency /Institute	Jawaharlal Nehru Arts, commerce and Science
	College, Wadi
Total No. of the Participant	97
Total No. of the Teacher	Women Redressal Cell members
Participant	
Expert Faculty	Mrs. Pranoti Kalamkar
	Mrs Shital Patil

S.	Name of the	Report
No	Event	
1	International Women's Day	 The Woman Redressal Cell organised International Women's Day on 9 March 2022. Mrs. Pranoti Kalamkar, a poetess and Mrs Pragati Patil, Chairman of NGO were invited as the guests. Mrs Pranoti Kalamkar delivered a lecture on the importance of freedom of expression to women Mrs Shital Patil delivered a lecture on opportunities for girl students. (Mahima Bahuudeyshiya Sanstha Nagpur) 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. 97 students attended this presentation.
2	Outcome	• 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.

Coordinator

Coordinator

Principal

Dr Archana K Deshmukh

Dr Leena V Phate

Dr Kalpana S Borkar

Jawaharlal Nehru Arts Commerce and Science College Wadi, Nagpur

The Women Redressal Cell, IQAC and Department of English jointly organized an expert talk on the occasion of Women's Day on 9th March 2022. A poster competition was organized by Department of English on this occasion. Following students and staff members attended the expert talk and prize distribution.

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Women Grievance Redressal Cell

Life skills: Health and Hygiene Management for Girls

2021-2022

Name of the Department/committee	Women Grievance Redressal Cell
Name of the Coordinator	Dr Kalpana Borkar
	Dr Archana K Deshmukh
	Dr Leena V Phate
Title of the Event/ Programme	Life skills: Health and Hygiene Management for
	Girls
Date of the Programme	22 March 2022

Objective of the event/Programme:

- 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.
- 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.
- To hold meetings regularly.
- To organise various functions acquainting the women regarding their rights.
- To equip the female students, faculty and staff members with knowledge of their legal rights.
- To safe guard the rights of female students, faculty and staff members.
- To provide a platform for listening to complaints & redressal of grievance.

Sponsored Agency /Institute	Jawaharlal Nehru Arts, commerce and Science
	College, Wadi
Total No. of the Participant	69
Total No. of the Teacher	Women Redressal Cell members
Participant	
Expert Faculty	Dr Swati Chalkhor

S. No	Name of the Event	Report
1	Life skills: Health and Hygiene Management for Girls	 The Woman Redressal Cell organised a guest lecture on 22 March 2022 at 10.00 a.m. on Life skills: Health and Hygiene Management for Girls. Dr Swati Chalkhor was invited as the expert speaker. She delivered a lecture on the importance Health and Hygiene Management for Girls 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. 69 girl students attended this presentation.
2	Outcome	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.

Dr Archana K Deshmukh Coordinator Dr Leena V Phate Coordinator Dr Kalpana S Borkar Principal

VSPM Academy of Higher Education, Nagpur

Jawaharlal Nehru Arts Commerce and Science College Wadi, Nagpur

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.

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Women Grievance Redressal Cell 2019-20 Two Day Workshop on Skills and Training In Traditional Arts/Crafts

Objectives of the Programme:

Women grievance redressal cell organised a two-day workshop on skills and training in traditional arts for girl students to encourage entrepreneurship skills for economic independence.

Sponsored Agency /Institute: Rotary Club Inshanya, Nagpur

Total No. of the Participant: 47

Total No. of the Teacher Participant: 04

Expert Faculty: Rotary Club Ishanya, Nagpur Members

Report:

Women grievance redressal cell organised a two-day workshop on skills and training in traditional arts for girl students to encourage entrepreneurship skills for economic independence from on 24 & 25 September 2019. 47 girl students participated in this workshop. Expert faculty from Rotary club Ishanya trained students in the following skills:

- 1. Artificial rangoli Making
- **2.** Diva decoration
- **3.** Decorative garland making
- 4. News Paper Bags

The Rotary club Inshanya, Nagpur also purchased the items prepared by the students and invited future business of diya decoration for Diwali season.

Outcome:

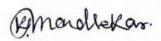
Skill acquisition: Participants learned new practical skills.

Creative expression: Participants discovered their natural creativity, experiment with different techniques and materials, and express themselves through color.

Self-esteem: Participants build their self-esteem and sense of achievement by learning a new skill.

Entrepreneurship Skills: This workshop provided students a business-oriented training to open opportunities of self-employment.

Offg Principals
Jawaharial Nehru Art,
Commerce & Science
College, Wadi,



Convener, Women's Grievance Redressal Committee











VSPM Academy of Higher Education Nagpur's Jawaharlal Nehru Arts, Commerce & Science College Wadi, Nagpur

TWO DAYS WORKSHOP ON SKILLS AND TRAINING IN TRADITIONAL ARTS/ CRAFTS

Organized by
WOMEN GRIEVANCE & REDRESSAL CELL

The Women Grievance & Redressal Cell has organized Two Days Workshop on Skills and Training in Traditional Arts/Crafts on 24th & 25th September, 2019 in collaboration with Rotary Club Nagpur. The following students attended the workshop.

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Women Grievance Redressal Cell

Guest Lecture on Gender Sensitization and Women's Safety

On March 11, 2020, the Women's Grievance Redressal Committee organized a guest lecture to commemorate International Women's Day. The event featured renowned speaker Mrs. Vijaya Marotkar, who delivered an insightful speech on 'Gender Sensitization and Women Safety.'

Mrs. Marotkar addressed crucial issues, including sexual harassment of girls, the major problems girls face in their daily lives, the importance of controlling obsessive behaviors, and the careful use of mobile phones. Her speech emphasized the need for awareness and proactive measures to ensure women's safety and equality.

The event was presided over by Officiating Principal Dr. M. M. Bhajbhuje, who delivered the presidential address. The introductory remarks were given by the Convener, Dr. Kalpana Mandlekar, setting the stage for the lecture.

Dr. Archana Deshmukh conducted the programme, ensuring its smooth flow, and Dr. Nabha Kamble concluded the event with a formal vote of thanks.

A total of 92 students attended the programme, actively engaging with the topics discussed and contributing to the success of the event.

Convener,

Women's Committee

Grievance

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Redressal

Offgraniningel Jawaharlai Nehru Art Commerce & Science College, Wadi,

नेहरू कॉलेजमध्ये महिला दिन





नागपूर: महिला तक्रार निवारण समितीअंतर्गत जवाहरलाल नेहरू कला, वाणिज्य व विज्ञान महाविद्यालयात महिला दिन साजरा करण्यात आला. या कार्यक्रमाला प्रमुख अतिथी म्हणून प्रा. विजया मारोतकर होत्या. त्याचप्रमाणे महाविद्यालयाचे प्रभारी प्राचार्य डॉ. एम. एन. भजभुजे कार्यक्रमाच्या अध्यक्षस्थानी होते. प्रमुख वक्त्या प्रा. विजया मारोतकर यांनी 'पोरी जरा जपून' या विषयातंर्गत' मोबाइल जपून वापर गं पोरी! अश्लीलता आवर गं पोरी' असा महत्वाचा कानमंत्र दिला. आधुनिक काळातील स्त्री जीवनातील समस्या, मुलींवर होणारे अत्याचार अशा परिस्थीतीत सावधिगरी कशाप्रकारे बाळगावी याबाबत मार्गदर्शन केले. प्रभारी प्राचार्य डॉ. एम. एन भजभुजे यांनी अध्यक्षीय भाषण दिले. कार्यक्रमाचे प्रास्ताविक महिला तक्रार निवारण समितीच्या संयोजक डॉ. कल्पना मंडलेकर यांनी केले. संचालन डॉ. अर्चना देशमुख तर आभार डॉ. नभा कांबळे यांनी मानले.

गाडगे महाराज कॉलेजमध्ये महिला दिन





VSPM ACADEMY OF HIGHER EDUCATION, NAGPUR

JAWAHARLAL NEHRU ARTS, COMMERCE & SCIENCE COLLEGE,

MADI, NAGPUR-440 023 (M.S.) ☎ (07104) 220963, E-mail: jnc.wadi@rediffmail.com

Date: 11/03/2020

To, Mrs. Vijaya Marotkar Nagpur

Subject: - Invitation letter

Dear Madam,

Women Redressal Cell of the college is organizing a guest lecture on 11th March, 2020 at 9.30 am. You are invited as a guest to speak on 'Gender Sensitization and Women Safety'. We look forward to your presence and guidance.

Thanking you.

Commerce & Science College, Wadi,



VSPM ACADEMY OF HIGHER EDUCATION, NAGPUR

JAWAHARLAL NEHRU ARTS, COMMERCE & SCIENCE COLLEGE,

ADI, NAGPUR-440 023 (M.S.) ☎ (07104) 220963, E-mail: jnc.wadi@rediffmail.com

Date: 11/03/2020

To, Mrs. Vijaya Marotkar Nagpur

Subject: - Letter of Appreciation

Dear Madam,

The Women Redressal Cell, Jawaharlal Nehru Arts, Commerce and Science College Wadi, Nagpur would like to thank you for accepting our invitation to be the speaker for the guest lecture on 'Gender Sensitization and Women's Safety' on 11th March, 2020. Your information and thought provoking speech was extremely beneficial for all the participants.

We look forward to your co-operation, guidance and support in future for many similar activities.

Thanking you.

Offgrenningh lawaharlal Nehru Art, ommerce & Science College, Wadi,

VSPM Academy of Higher Education Nagpur Jawaharlal Nehru Arts, Commerce and Science College Wadi, Nagpur

Guest Lecture on Gender Sensitization and Women Safety Organized by Women Redressal Cell

The Women Redressal Cell has organized guest lecture on Gender Sensitization and Women Safety on 11th March 2020. The following students attended the workshop.

march 2020. The following students attended the workshop.	Class	Signature
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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)

Website: www.jncwadi.ac.in E-mail: jnc.wadi@rediffmail.com Phone: (07104) 220963

Women Grievance Redressal Cell and Dept of Zoology WORKSHOP ON MAKING CLOTH AND PAPER BAGS

17 - 19 September 2018.

AIMS AND OBJECTIVES

- Women Empowerment
- Scope and opportunity in this business
- Guidance to start paper bag manufacturing unit
- Detailed information on paper bag manufacturing process
- Business promotion and marketing strategy

REPORT

Currently, paper bags have become a style statement for the people of India and abroad. The demand for eco-friendly paper bags is rising at an exponential rate throughout the county and it will continue to rise in coming years. Jawaharlal Nehru Arts, Commerce and Science College Wadi, Nagpur in collaboration with Mahima Bahuddeshiye Samajik Sanstha Nagpur successfully conducted 3 days (17 to 19 September 2018) workshop for women empowerment of college students as well as ladies from nearby locality for making paper and cloth bags which will be used as a replacement for plastic bags. Under this initiative, we are creating awareness among youth & women regarding the ill effects of using plastic bags and in turn, training them to make bags using recyclable materials like paper & cloth., The director of this unit Mrs. Shital Patil and her team very well organized this workshop. They all taught me how to make both paper and cloth bags, with newspaper and those bags were also very useful in different shops.

OUTCOME

- A source of self-help and self-confidence for girl students.
- Created opportunities, space, and scope for the development of the skill of community.
- Provides training, support, and guidance for the skill related occupations.
- provided complete knowledge of how to make paper and cloth bags and also marketing of those bags





















Bmardlekar.

Dr. Kalpana Mandlekar

Dr. J. R. Dontulwar Jawaharlal Nehru Arts, Comm. & Science College Wadi, Nagpur



VSPM ACADEMY OF HIGHER EDUCAION, NAGPUR

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WADI, NAGPUR-440 023 (M.S.) 2 (07104) 220963, E-mail: jncollegewadi@rediffmail.com

The following students/ beneficiaries are present for cloth—and paper bags making workshop organized by Women Empowerment and Skill Development Cell in collaboration with Mahima Bahuddeshi Samajik Sanstha, Nagpur.

1>	Name of the Student	Class	The second second		
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VSPM ACADEMY OF HIGHER EDUCAION, NAGPUR

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VSPM Academy of Higher Education Nagpur's

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GUEST LECTURE ON MENSTRUATION AND HYGIENE 2018-19

AIMS AND OBJECTIVES

With information technology providing ready access to vast quantities of resources, lectures with information to do more than transmit information. A good lecture serves as a catalyst by: Introducing a subject and providing an overview by identifying key areas.

2. Approaches and the literature available,

It also stimulate thinking and facilitating understanding,

3. It also standing understanding,
Arousing interest and motivating further enquiry and discussion It inculcate the knowledge among students and also create interest in the subject. 4. Guest lectures expose students to real world life experiences.

A guest lecture was arranged by Department of zoology in collaboration with Women Redressel Cell. On 28 Sept 2018 and the guest speaker was Dr. Archana Meshram, Dept of Zoology Dr. Ambedkar College, Nagpur.

The entire Informative talk about the theme Menstruation and Hygiene. She delivered her lecture very immensely, She gave a brief overview of the research activity going on in this field in India and abroad, what are the expected future outcomes of different projects under Menstruation ,what are the consecutive effect of non hygienic practices under menstruation

During her lecture she shared very nice information about what is menstruation cycle. ,how many days it take to complete, what are the effects of non hygienic practices under menstruation .

Lastly there was question answer session with the students. Students enjoyed a lot. Most of the girl students they asked about the infection which they can carry after using bad quality sanitary napkins, and how one could get rid of these type of consequences. She also focus on using good quality of Sanitary napkins and the use of it, while menstrual cycle.

OUTCOME/RESULT:-

- 1. Students get the complete information about different aspects of Menstruations.
- Various hygienic values are shared by the guest speaker.
- 3. Students know and how of the menstrual hygiene in day to day life.
- 4. They convinced about the use of cotton sanitary napkins so they would not get infected by the infection in their body.
- The overview of the guest lecture was achieving the depth of knowledge about Menstruation and various diseases and to know advance research in this field.

PHOTOGRAPHS















VSPM ACADEMY OF HIGHER EDUCATION, NAGPUR JAWAHARLAL NEHRU ARTS, COMMERCE

& SCIENCE COLLEGE,

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दिनांक:-

नोटीस

सर्व महिला प्राध्यापक व विद्यार्थिनींना सुचित करण्यात येत आहे की, दि. 28 सप्टेंबर 2018 रोज शुक्रवारला, सकाळी 1130 वाजता खोली क्र. 107 मध्ये महिला तक्रार निवारण समीती व प्राणिशास्त्र विभागाद्वारे महिलांच्या आरोग्याविषयी समस्या व त्याचे उपाय, या विषयावर डॉ. अर्चना मेश्राम यांचे व्याख्यान आयोजित करण्यात आले आहे. तरी सर्व महिला प्राध्यापक व विद्यार्थिनीनी उपस्थित रहावे.

आयोजक विभाग प्रमुख

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Women Redressal Cell

The following students/ beneficiaries/Teaching staff members are present for guest lecture on "MENSTRUATION AND HYGIENE" organized by pepartment of Zoology in collaboration with Women Redressal Cell on

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Women Redressal Cell

The following students/ beneficiaries/Teaching staff members are present for guest lecture on "MENSTRUATION AND HYGIENE" organized by Department of Zoology in collaboration with Women Redressal Cell on 28/09/2018 in Auditorium.

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Women Redressal Cell

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VSPM ACADEMY OF HIGHER EDUCATON, NAGPUR

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CERTIFICATE OF APPRECIATION

Dr Archana Meshram Asst. Professor, Department Zoology Dr Ambedkar College Dikshabhoomi, Nagpur has conducted the guest lecture on "MENSTRUATION AND HYGIENE" organised by Department of Zoology in collaboration with Women Redressaal Cell at Jawaharlal Nehru Arts, Commerce and Science College, Wadi, Nagpur dated 28/Sept/2018. She delivered a valuable and resourceful lecture and enlightens the student's ladies participants and it benefitted the majority of the girls' students as well as ladies participants.

Thanking You

Date: 28/09/2018

Place: Wadi, Nagpur

Principal

Kimawalekan. Convener, Women Redressal cell

OR. (Mrs.) TOLY STA. C. WANDLEKAR Augus applicator & Fred, Department, of Economics, Janahanni Hehru College, Wadi, Nagpur-23

Head Department of

Zoology

Dr. Maideha Girackusker Read Dept. of Zocksöy. Jawaharia hahau Goiloga Wadi. Dist. Natiour.