## J.D.M.V.P.S.SHRI S.S.PATIL ART'S,BHAUSAHEB SHRI T.T. SALUNKHE COMMERCE

### & SHRI G.R.PANDIT SCIENCE COLLEGE JALGAON.



A REPORT

**OF** 

**YUVATI SABHA** 

(YEAR-2018-2023)

#### **OBJECTIVES OF YUVATI SABHA:**

- 1 To improve overall personality of the girl students.
- 2 To develop self confidence in girl students.
- 3 To reduce stress and conflicts.
- 4 To increase positive qualities like punctuality, flexible attitude, willingness to learn, friendly nature.
- 5 Be spontaneous.
- 6 To empower girls.
- 7 To make them able to defend against physical assault.
- 8 To strive for girls physical and mental health improvement.
- 9 To inculcate the tendency of self employment among female students

#### YUVATI SABHA COMMITTEE MEMBERS

1	Dr.MadhuriSatishPatil	Chairman
2	Mrs. SmitaDeshmukh	Member
3	Dr.J.P.Sontakke	Member
4	Mrs. LalitaHingonekar	Member
5	Mrs. Kamal B. Patil	Member

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#### YUVATI SABHAREPORT-2018-19

#### Inauguration and lecture on gender equity

#### **Objectives-**

To educate the students about gender, what is gender equity. To creat a sense of equality in the mind of girt students. Trying to remove the stereotypes about gender in their minds.

#### **Outline**

Academic year 2018 yuvatisabha was inaugurated by DrUsha Shah of AndhashraddhaNirmulansamiti, who guided the students on gender equity and wished them good luck for the future.Mrs. SandhyaSuryavanshi an entrepreneur was also present. The program was organized by Dr.M.S.Patil.

More than 50 girls students were presents for this lecture.

#### **Outcomes-**

1The students got to know about gender equity.

- 2 A sense of equality arose in their minds.
- 3 Awareness of own rights and duties in society.



Inaguration and lecture on gender equity by DrUsha Shah..(14/8/2018)

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#### Slogan competition on BETI BACHO BETI PADHAO-

#### **Objectives-**

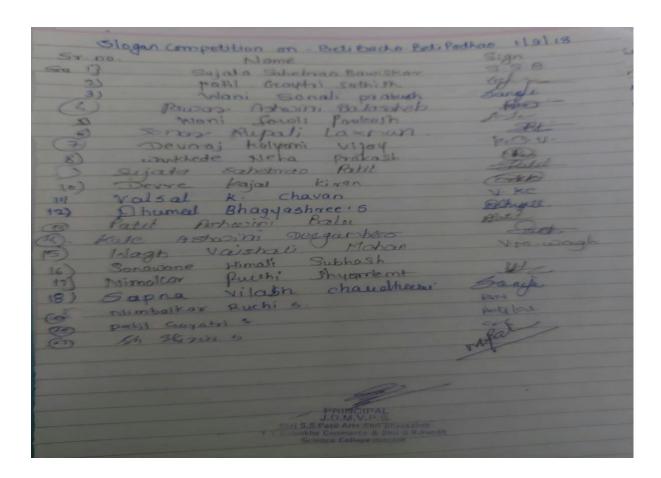
Crete awareness of sexual ratio disturbances among female students and also enhance women empowerment while eliminating gender- based inequalities while also safeguarding girl children.

#### **Outline-**

On first September the students submitted slogans. 21 students participated in it.

#### **Outcomes-**

Students were made aware of sexual ratio balance, got information about female feticide and express their thoughts through slogans.



### WORKSHOP MAKING AND SALE OF CLAY LAMPS AND GREETING CARDS-

#### **Objectives-**

To inculcate the tendency of self employment among the girl students and help them to become self- reliant.

#### **Outline-**

The students were trained in the college to bring earthen lamps and decorate them and make greeting cards and all those materials were sold in the college. 19 girls participated in this activity. The financial benefits from the sale was given to all the participating students.

#### **Outcomes-**

**CARD** 

- 1 An attitude of self-employment was formed among the girl students.
- 2 From the point of view of employment different ideas were formed in their minds.
- 3 Due to financial gain, confidence was created in them.





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#### **YOGA FOR HEALTH (26-9-18 to 03-10-18)**

#### **Objectives-**

Prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier, saner and more integrated members of the society and of the nation.

#### **Outline-**

Yoga teacher Dr.MadhuriPatil and National player of yoga JanhaviPatil gave information and demonstration on all subjects of health, mental development, yoga and employment creation in eight days. Yoga bhushan Anita Patil was present on the concluding day.

On the first day, the importance of yogasana for staying healthy as well as diversity and how yogasana treat various diseases were explained with a demonstration.

On second day, supplements for mental development, eye exercises, exercises for peace of mind, meditation, shavasana, makarasana were explained with demonstration.

On the third day pranayam meditation to supplement was said to increase memory.

On last day, yoga is a form of sports and information was given about making athletes, various yoga competition and about yoga trainer.

#### **Outcomes-**

- 1 Understand how to increase concentration.
- 2 The tendency to practice yoga was awakened among the students.
- 3 Realized the importance of yoga for the treatment of various diseases.
- 4 The importance of employment generation from yoga was realized.
- 5 The student got ready to practice yoga every day.





yogasana demonstration



Yoga bhushan Anita Patil was present on the concluding day.

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#### SWAVYUM SIDDHA TRAINING-

#### **Objectives-**

- 1 To develop self confidence in girl students
- 2 Be spontaneous.
- 3 To empower girls.
- 4To make them able to defend against physical assault.
- 5 To strive for girls physical and mental health improvement.

#### **Outline-**

The swavyum Siddha trainer Mr. RajendraJanjale trained the girls for eight days(15/12/18 to 22/12/18) in which he taught the girls different types of punches, how to defend themselves using elbow and knees, and hand-on learning how to defend themselves with the help of available materials such as water bottle, bag etc. Also taught how to protect oneself when attacked. More than 50 students were participated in this.

#### **Outcomes-**

- 1 Students learn self defense.
- 2 Learned to express their own opinion.
- 3 Learned to participate spontaneous in any activity.
- 4 Confidence was created among the students.



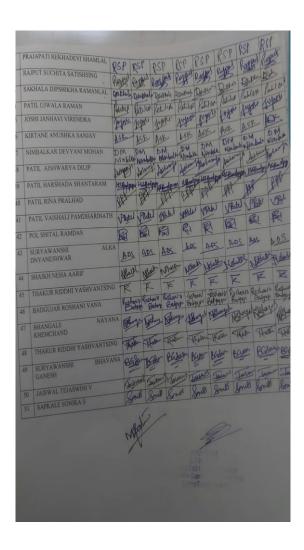


Rajendra Janjale Explain with practical



Self defense training by Rajendra Janjale





#### ICT TREANING- (SavitribaiPhulejayanti)-

#### **Objectives-**

- 1 To create awareness of technology among students.
- 2 Educate students to use computer.
- 3 To inform students about new technologies.

#### **Outline-**

With the help of faculty members of Computer Department students were trained to make power point presentation on computer with the aim of inspiring computer knowledge to the students and teaching new technology.

#### Outcomes-

- 1Students learn computer hands on.
- 2 Students got to know about the internet
- 3 Students were able to make PPT. 21 students participated in this.



ICT TRAINING (PPT ) by Mayuri Pawwar

