J.D.M.V.P.S.SHRI S.S.PATIL ART'S, BHAUSAHEB

SHRI T.T. SALUNKHE COMMERCE

<u>& SHRI G.R.PANDIT SCIENCE COLLEGE JALGAON.</u>

YUVATI SABHA REPORT-2021-22

INAUGURATION AND ONLINE LECTURE - Gender equity perception and misconceptions

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-

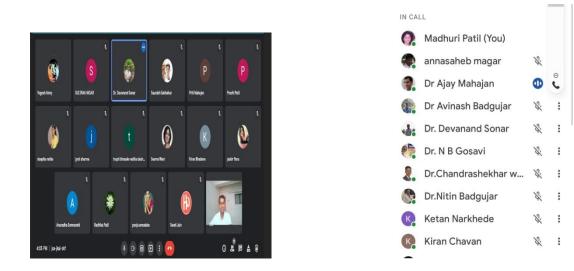
Yuvatisabha Academic year2022-22 was inaugurated by Dr. Devanand Sonar -Director Soham Yog center M.J. College Jalgaon 12 th January, on the occasion of Rajmata Jijau Jayanti and National Youth day. The program was presided over by Honorable Principal Dr. L.P. Deshmukh. Dr. sonar gave guidance on gender equity perception and misconceptions, and answered questions from the coalition. In this program **51** students are participate.

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.



Dr.Devanand sonar -lecture on gender equity.

SURYANAMASKAR, YOGA PRACTICE AND HEALTH(Onlile)-

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-

On 15/2/2022 Dr.Leena Chaudhari –Ass. Prof. – Yoga Guidance center KBC NM university Jalgaon.guided about the importance of Surya Namaskar on Yoga practice and health and give guidance on the importance of yoga and health, 41 girls participed. Satisfactory answers the questions were given by her in this program. The chair person of the program was principal of the College Dr.L.P.Deshmukh The program was conducted online.

Outcomes-

1 Understand importance of suryanamaskar.

2 The tendency to practice yoga was awakened among the students.

3 Realized the importance of yoga for the treatment of various diseases.

4 Understand importance of yoga to increase concentration positive approch and happiness .

5 The student got ready to practice yoga every day.





SELF-DEFENSE WORK SHOP-

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-

Self-defense work shop was organized from 15/3/22 to 23/3/22 for girl students.**55** Girls were participated in this workshop. Swayumsiddha instructor gives guidance through demonstration and practical. He gave information about punch, knee attack, kicks, self defense from knife attack, etc with demonstration and practice. Chief Guest in the concluding occasion was Dr.Mrs. Mani Mutha –member of Maharashtra Marital Art council. Under her guidance she gave tips on martial art to the students. The program was chaired by prof. R.V. Deshmukh.

Outcomes-

1 Students learn self defense.

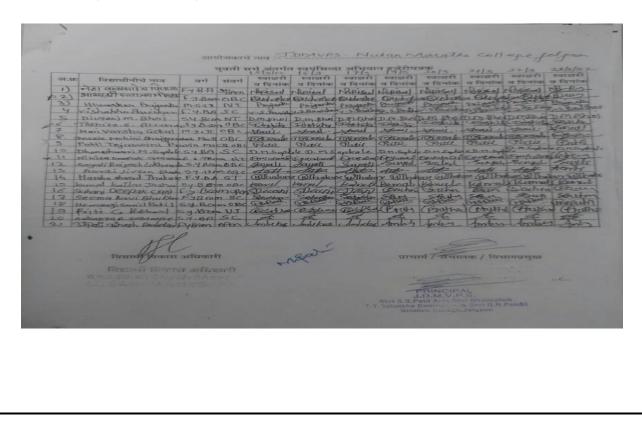
- 2 Learned to express their own opinion.
- 3 Learned to participate spontaneous in any activity.
- 4 Confidence was created among the students.



Self defense training



concluding day- chief guest- Dr. Mani Mutha



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PERSONALITY DEVELOPMENT WORK SHOP-

Objectives-

- 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.

Outline-

A personality development work shop was organized on March 25 th in which **74** students of various colleges were present. The Program was inaugurated by Dr. Nitin Badgujar- Student development department-KBCNMU(Jalgaon Division). The program was chaired by Principal of the college Dr. L.P. Deshmukh. Dr Badgujar told how to develop personality through SWOC.

The first resource person Dr. Sharad Akole Psychiatrist guided on the subject Art of living, How to speak, impact of responses on life, marriage institute, pre marriage counseling etc.

The second resource person Dr. Devanad Sonar Guided with demonstration on yoga and stress control.we can increase concentration by integrating mind, intellect and spirit.

Third recourse person Dr.Sonal Mahajan, Naturopath M.J.College Jalgaon guided on how to control diseases naturally. She guided on the benefit og natural sattvic aahar and vihar on PCOD disease and answered various questions of the students.

Fourth resource person Mrs.Anjali Patil (Volley ball player, Chhatrapati award winner) convinced the students about importance of sports on filed like health and employment.

Concluding remark was conducted by Prof. R.B. Deshmukh.

Outcomes-

1Confidence was created among the students.

2 They expressed their thoughts spontaneously while giving feedback.

3 openly discussing all the issues with the resource persons.

4 Overcome self-doubt, and are able to assert one self in professional setting.

5 Verbal and non verbal communication abilities increases, active listening, and expressing ideas effectively.

6 Got knowledge about natural cures for various diseases like PCOD etc.

7 They understood the importance of sports and employment an opportunities from them.





Inauguration

Felicitation of Sonali V Patil (under cover officer)



PERSONALITY DEVELOPMENT WORK SHOP



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