

Mahatma Gandhi Vidyamandir's
Maharaja Sayajirao Gaikwad Arts, Science and Commerce College,
Malegaon Camp, Dist. Nashik

Women Grievance Redressal Committee/ICC

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A.Y. 2022-2023

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**MAHARAJA SAYAJIRAO GAIKWAD ARTS, SCIENCE AND COMMERCE
COLLEGE MALEGAON CAMP, MALEGAON (NASIK)**

Report on

One Week workshop on 'Yoga & Nutrition' for Girl students and Women Employee

Date: 15/04/2023

Date: 07/04/2023 to 13/04/2023

Time: 8.00 AM to 9:30 AM

Participants: Girl students and Women Employee in the College

Venue: Gymkhana Department of Sport, M.S.G. College

As per the directive received from the MGV's Women Grievances and Internal Complaint Committee (circular dated 05/04/2023), the Internal Complaint Committee and the Women Grievances Redressal Cell of different colleges were instructed to arrange "One Week Workshop on Yoga and Nutrition" on account of "World Health Day 7th April 2023" for girl students and women employee in the college.

M.S.G. Arts, Science and Commerce College conducted the Yoga and Healthy food program at from 7th April 2023 to 13th April 2023 under the guidance of Principal Dr. S.N. Nikam. The workshop was prepared to make girls students and the women employee professors aware about Yoga, its origin, its necessity in our daily lives and its linkage with food habits in short how -Yoga reaches our body, soul and mind. For this session two Yoga Instructor namely Prof. Amol Valmik Tisge ((M.Ed. SET,NET, Assist. Professor (Sport), M.V.P.Samaj's ACGS College, Taharabad) and Raju Bapurao Shermale ((BA BPEd) Physical Education Teacher, LVH Academy Malegaon) were the instructors for the workshop.

The Principal Dr. S.N. Nikam inaugurate the session and motivated the staff and conveyed the importance of making Yoga and integral part of our daily life by extending the practice of yoga beyond the mat.

Meditation is relaxation and rejuvenates the body and mind. With this aim in mind, a one week workshop was organized. Total 70 girl's student and all Senior and Junior college women employee actively participated in the workshop. The yoga instructor, Prof. Amol Valmik Tisge and Raju Bapurao Shermale took yoga session and good food habit lectures with great

dedication. A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama and meditation are effective techniques to release stress.

The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. On 7th and 8th April 2023 lectures on healthy habits of food nutrition with meditation were conducted by Amol Tisge sir. From 9th April 2023 to 13th April 2023 different Asanas starting with warming up and stretching were followed by a series of Padmasanas, Sukhasana, Tadasana, Bhujang, Suryanamskar Asana and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the teachers. The yoga has 5 basic principles: Exercise, Diet, Breathing, Relaxation and Meditation.

The session concluded on 13th April 2023 with meditation and an interactive session between the instructor and the students, teachers in which the queries of the teachers and students were addressed satisfactorily. The session was very refreshing, reviving and relaxing. The teachers and students participated with full interest, enthusiasm and eagerness. Overall the workshop initiated was very informative and enjoyable at the same time

We receive constant support and encouragement from Principal, Vice-Principals, and all staff for conducting this workshop. I thank all our committee members and Santosh Jadhav Sir Sport Dept. for their great support to conduct the workshop.



Inauguration Program: Principal Dr. S.N. Nikam (President), Vice Principal Dr. D. K. Halwar, More Sir Santosh Jadhav Sir, Committee Members present for program and Ms. Salunke V.T. Welcome the Chair.



Inaugural Speech of Principal Dr. S.N.Nikam in first pic and in second pic instructor Amol Tisge expressing his views about importance of Yoga and nutrition



Instructor explaining the SURYANAMSKAR steps and importance jointly Teachers and Student doing the same activities



Teachers and Students doing yoga and meditation



Instructor Raju Shermale and all teachers and students starting Yoga with warming up and stretching



Participants enjoying the Yoga activities

**Mahatma Gandhi Vidyamandir's
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Date: 08/03/2023

Women Grievance Redressal Committee/ICC

Report on

"International Women's Day"

'Lecture on Women Entrepreneurship'

International Women's Day was celebrated in the college under Women Grievance Redressal Committee/ICC, Vishakha Committee of M.S.G. College on 08/03/2022. On this occasion the Social Worker Smt. Sangitai Navlakha and Smt. Arunatai Sonajkar were invited and felicitated for their social work. The guest gave the guidance on Entrepreneurships for the women and different opportunity to do the work from home. Homemade eating-item are required in demand so the rural area women's have most of chance to become a self-entrepreneurship. Both speakers gave the information of different facilities of the government about women entrepreneurship. All rules and regulation required for the initials stage for starting any business. They gave the idea of starting business by making Papad, Achar, Sweets and other long lasting item at homes. Both guests asked for women's about that they plan to start the business in group and for that they help for starting and assured to provide the platform for sale their products.

All the women's faculty were also felicitated on this day as well as the students and their mothers on this occasion.

Evidence of the Programme



Felicitation of Smt Arunatai Sonajkar by Prin. S.N.Nikam



Felicitation of Smt Navlakha Mam by Prin. Dr. S. N. Nikam



Felicitations of Student and their mother



Students, staff and parents present for the occasion

**Mahatma Gandhi Vidyamandir's
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Date: 21/02/2023

Women Grievance Redressal Committee/ICC

Report on

"World Social Justice Day"

Lecture on

Gender Equality and Importance of Law

On the occasion of World Social Justice Day, Women Grievance Redressal Committee/ICC organised lecture on "**Gender Equality and Importance of Law**" on 21st February 2023.

Adv. Shishir Hiray (Associate trial lawyer, working in criminal field as well as conveyancing) was the speaker of the session. He enlighten the audience about Gender, caste, discrimination, religion, and the different problems occurs due to this results various types of crime in day to day life. He spoke about the gender equality and the different laws and there uses. Everyone should know at least the basic laws associated for different cases like domestic violence, gender discrimination, right to education, child labour act etc.

For this programme Principal Dr. S.N.Nikam, Vice Principal Dr. T.S. Savale and Dr. D.K.Halwar, Academic supervisor Dr. P.S.Patil including staff , and the students were actively participated.



Welcome function of Adv. Shishir Hiray



Adv. Shishir Hiray while delivering the lecture



Vice Principal Dr. T.S.Savale while addressing the student

सदाशिव लोखंडे, खासदार डॉ. सुजय विखे घटकापर्यंत पोहचविण्याचे काम या विभागामार्फत गावठण जमाबंदी प्रकल्प

समाजातील असमानता दूर करण्यासाठी न्यायव्यवस्था महत्त्वाची-अॅड.शिशिर हिरे

मालेगाव कॉम्प- महिला उत्क्रान्त निवाराण समिती व विशाखा समिती अंतर्गत न्याय दिनानिमित्त मसामाजिक न्याय हक्काचे कार्यदे म वा विषयवर महात्मा गांधी विद्यामंदिर संबलित महाराज सदाजीराव गायकवाड कला विज्ञान आणि वाणिज्य महाविद्यालय मालेगाव कॉम्प येथे महाविद्यालयाचे प्राचार्य डॉ.सुभाष निकम यांच्या मार्गदर्शनाने व्याख्यानेचे आयोजन करण्यात आले होते.

शासकीय प्रमुख व्याख्यते म्हणून मालेगावातील सुप्रसिद्ध विधी तज्ञ अॅड. शिशिर हिरे हे होते त्यांनी त्यांच्या व्याख्यानाने न्यायव्यवस्था ही समाजाच्या हिताची असून त्यामुळे समाजातील असमानता दूर होण्यास मदत होते, त्यांनी या प्रसंगी न्यायव्यवस्थेचे महत्त्व विशद करताना स्त्रियांसाठी, बुरुबासाठी असलेल्या कायद्यांमधील विविध तरतूद विषयी माहिती सांगितली.

न्याय व्यवस्थेपुढे लहान-वाढा, गरीब-मीमंत, स्त्रि-पुरुष असा फरक नसतो, न्यायव्यवस्थेमुळेच आपला देश एक संघ आहे असे त्यांनी सांगितले.

याप्रसंगी महाविद्यालयाचे उपप्राचार्य प्रा.डॉ.अनिल सावळे यांनी आजच्या दिवसाचे महत्त्व सांगताना आपल्या जीवनातील कायदा व न्याय व्यवस्थेचे महत्त्व सांगितले. कार्यक्रमाचे प्रास्ताविक प्रा. वैशाली साळुंखे यांनी तर पाहण्याचा परिचय डॉ. सुषमा कुलकर्णी यांनी करून दिला. कार्यक्रमाचे सूरसंचालन प्रा. अजय ठाकरे यांनी केले. महाविद्यालयाचे उपप्राचार्य प्रा.डॉ.टी.के.हलवर, शैक्षणिक समन्वयक प्रा. डॉ.प्रवीण पाटील यांच्यासह महाविद्यालयातील प्राध्यापक बंधू-भगिनी व विद्यार्थी मोठ्या संख्येने उपस्थित होते.

Newspaper Cutting

Mahatma Gandhi Vidyamandir's
Maharaja Sayajirao Gaikwad Arts, Science and Commerce
College, Malegaon Camp, Dist. Nashik

Date: 09/11/2022

Women Grievance Redressal Committee/ICC

Report on

"Awareness and Prevention of Sexual Harassment in the Campus"

The talk was organized for all the girl students of the college about the working of anti-sexual harassment cell i.e. the women grievance Redressal committee and/or ICC on 9th November 2022. The coordinator of the cell Ms. Salunke V.T. first welcoming the all-girls students present in the hall and gave the introduction of the committee members. Also she explained the working of the cell and purpose of the cell.

The main objective of program is to create awareness related to occurrence of sexual harassment guidance to prevent and promote gender amity among students.

Prof. Dr. Anita P. Nere provides the information about the awareness of identifying the sexual harassment and discrimination. The procedure for the complaint and the rules of resolving the complaint in detailed.

Whereas Prof. Dr. Sushma C. Kulkarni aware the girls about the personal hygiene, whereas Dr. Snehal Marathe instructed the girls about the use of Sanitary Napkin Vending Machine and the incinerator and it is their duty to maintain the common room cleanliness.

After the discussion with the students we conclude that the students have learnt to identify sexual harassment behavior, issues and stop them. Identify the difference between sexual harassment and discrimination. They can now differentiate between right and wrong behavior.

Evidence of the programme



Coordinator Ms. Salunke V.T. addressing the student



Prof. Dr.A. P.Nere while guiding the students



Student participation in meeting

**Mahatma Gandhi Vidyamandir's
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Date: 03/10/2022

Women Grievance Redressal Committee/ICC

"Navratri Festival Visit Report"

Institutionalized Women's Welfare and Grievance Redressal Committee and Visakha Committee visited to Maharaja Sayajirao Gaikwad Arts, Science and Commerce College Malegaon Camp on the occasion of the worship of Adhishakti in Navaratri. Dr. Kavita Patil and Dr. Poonam Borse were in the committee in this regard. The committee was established to know the grievances of the female staff and students of all branches of Mahatma Gandhi Vidyamandir's, under the chairmanship of Hon'ble Sampada Didi. A goodwill visit was made to the college on 3rd October 2022 under the Women Welfare and Grievance Redressal Committee in which the female professors and students of the college got to know their problems. Committee assured that all the issues will be resolved soon and if there is any problem brought to the notice of the committee, then it will be resolved quickly under the chairmanship of Hon'ble Sampada Didi. Dr. Kavita Patil and Dr. Poonam Borse interacted with the students and female professors. On this occasion, female staff of the college along with students were present. Prof. Dr. Sushma Kulkarni, Prof. Bhagyashree Waghmare and Visakha Committee Member Smt. A.S. Patil, Mrs. Kavita Meshram were present.



Dr. Kavita Patil while discussing with student and Staff



Dr. Poonam Borse while discussing with student and Staff



Dr. Kavita Patil and Dr. Poonam Borse while checking the grievance and redressal file

**Mahatma Gandhi Vidyamandir's
Maharaja Sayajirao Gaikwad Arts, Science and Commerce College,
Malegaon Camp, Dist. Nashik**

Date: 30/09/2022

Women Grievance Redressal Committee/ICC

Report on

"WORKSHOP ON MENSTRUAL HEALTH AND HYGIENE"

On 30th September 2022, the Women Grievance Redressal Committee/ICC Cell of M.S.G. Arts, Science and Commerce College Malegaon Camp in collaboration with Janiv Foundation Pune organized an enriching workshop on "Menstrual Health and Hygiene". Smt. Savita Bhausahab Navale (Malegaon Taluka Supervisor, Janiv Foundation) was the speaker for the day and Smt. Kiran Hemant Vadnere (Malegaon Sale Supervisor, Janiv Foundation). Principal Dr. D.F. Shirude graced the occasion and congratulated the team of WGRC/ICC for organizing a seminar on such topic. He specifically requested the guest speaker to share her thoughts on certain sub topics that covered women of all age groups. Salunke V.T. (Co-ordinator of the WGRC/ICC) welcomed and introduced the Smt. Savita Bhausahab Navale and Smt. Kiran Hemant Vadnere. She holds an experience of conducting more than 50 sessions in educational institutes and especially in Bachat Gat in various villages in Malegaon area. The main agendas of the speaker as stated by herself were about create the awareness in the girls to take care about hygiene and use of the safe sanitary pads during menstrual cycle. To guide girls in having safe and acceptable access to proper healthcare, to provide knowledge to girls about the anatomy and physiology of their bodies and providing right and timely education. The workshop was an inclusive one consisting of a wide area of topics including the emotional and behavioral changes, menstrual cycle, misconceptions V/S facts, etc. being covered. Also show the demo on used of safety sanitary pads of their foundation versus other branded sanitary pads. Each topic revolving around the said theme was systematically discussed and covered. The workshop was made age inclusive by including the onset as well as menopause as the audience was a mixed one. The speaker specifically specified on how the proper exercise, a balanced diet, proper sleep, etc. useful in women life so that mensuration though does have a impact on a women's life was normalized and that shouldn't disrupt normal functioning. The audience was assured of being back with relevant discussions to take the cell to new height



Smt. Savita Bhausahab Navale (Malegaon Taluka Supervisor, Janiv Foundation) while delivering lecture



Student's participation in the workshop

**Mahatma Gandhi Vidyamandir's
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Date: 09/08/2022

Women Grievance Redressal Committee/ICC

**Report on
"World Tribal Day"**

Mahatma Gandhi Vidyamandir's Maharaja Sayajirao Gaikwad Arts, Science and Commerce College, Malegaon Camp, Dist. Nashik, celebrate the **World Tribal Day** on 9th August 2022 by Women's Grievance Redressal Committee/ICC under the guidance of Principal Dr. Dinesh Shirude. The chief guest of the programme was tribal women Mrs. Diksha Rajendra Pawar, Nurse, Civil Hospital Malegaon and her daughter Saloni Rajendra Pawar were duly felicitated in the college on the occasion of World Tribal Day for her work.

Dr. Sushma Kulkarni introduce the Chief Guest and her work. The preface of the programme gave by Miss Vaishali Salunke(WGRC Coordinator). The coordination and vote of thanks was given by Miss. Bhagyashree Waghmare On the occasion, the principal of the college Dr. Dinesh Shirude, Vice Principal Dr. CM Nikam, and all ladies staff of the college were present.

Also in addition to this, the day was celebrated by visiting the tribal shivar at the village of Kukane. The programme start by worshipping the image of Eklavya and thereafter tribal men and women were felicitated by Principal Dr. Dinesh Shirude, M.S.G. College Malegaon Camp. Principal Dr. Dinesh Shirude spoke the importance of education in life, and also explained about the tribals have recorded honesty in history till date and they have done the work without any hesitation. On this occasion along with tribal people in Kukane the Sarpanch Prof. Rajshree Sawant (Kukane), Vice Principal Dr. CM Nikam, Prof. Pravin Patil, Prof. Kailas Ahire, Prof. Atul Wagh were present. Rohini Sonawane, Sakhubai Sonawane, Anjanabai Mali, Leelabai Sonawane, Mirabai Kuar, Ashabai Sonawane, Guntabai Sonawane, Vithabai Mali, Panabai More, Dhanubai Sonawane, Mirabai Sonawane, Bayatabai Mali, Raosaheb Sonawane, Daga Sonawane, and other villagers were present. The villages thanked and appreciated the Mahatma Gandhi Vidyamandir's Institute and the administration of M.S.G. College. Prof. Atul Wagh moderated the occasion and Prof. Praveen Patil presented the vote of thanks.

Ms. Salunke V.T.
(Coordinator WGRC)

Photographs of Programme



Feliciation of Mrs. Diksha Rajendra Pawar by the Principal Dr. Shirude Sir



Visit at Kukane Village



Principal Dr. Shirude Speech in front of Tribal Peoples at Kukane

**Mahatma Gandhi Vidyamandir's
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College, Malegaon Camp, Dist. Nashik**

Date: 21/06/2022

Women Grievance Redressal Committee/ICC

Report on

"International Yoga Day"

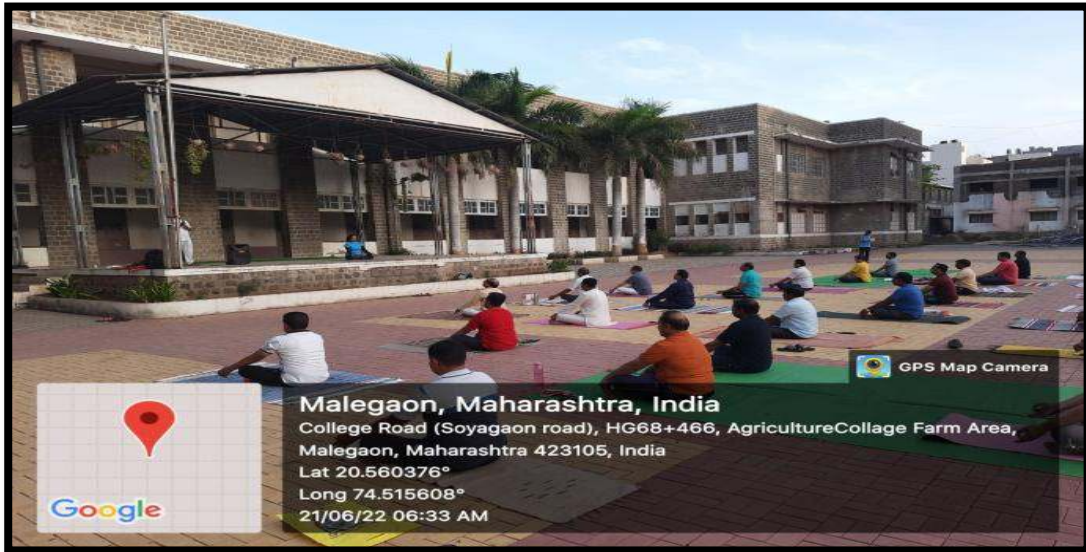
Women Welfare and Grievance Redressal Committee in association with Department of Physical Education and Sports, NSS, NCC in Mahatma Gandhi Vidyamandir's Maharaja Sayajirao Gaikwad Arts, Science and Commerce College, Malegaon Camp celebrates the eight International Yoga Day on 21st June 2022, by doing yoga. On this occasion, Yoga instructor Prof. Nitin Khairnar and Medha Suryavanshi, Malegaon guided the attendees. Prof. Nitin Khairnar explained the importance of yoga in the life. The Instructor explain on how to meditate and demonstrated various yoga poses and performed all yoga from the staff and students. Principal Dr. Dinesh Shirude, Vice Principal Dr. CM Nikam, Academic Coordinator Dr. N. B. Bachhav, Director of Physical Education Dr. Manish Deore, Prof. Sandip Kodurkar, Vice Principal of Junior College Prof. Prafulla Nikam, Supervisor Prof. Ravindra More, Vice Principal of MCVV Prof. Ajinkya Thakare, Mr. R.H.Shelar (Registrar) Mr. J.Z. Katyare (OS), Members of Women Grievance Cell along with all teaching, non-teaching staff and students of the college were present.

The news were published in

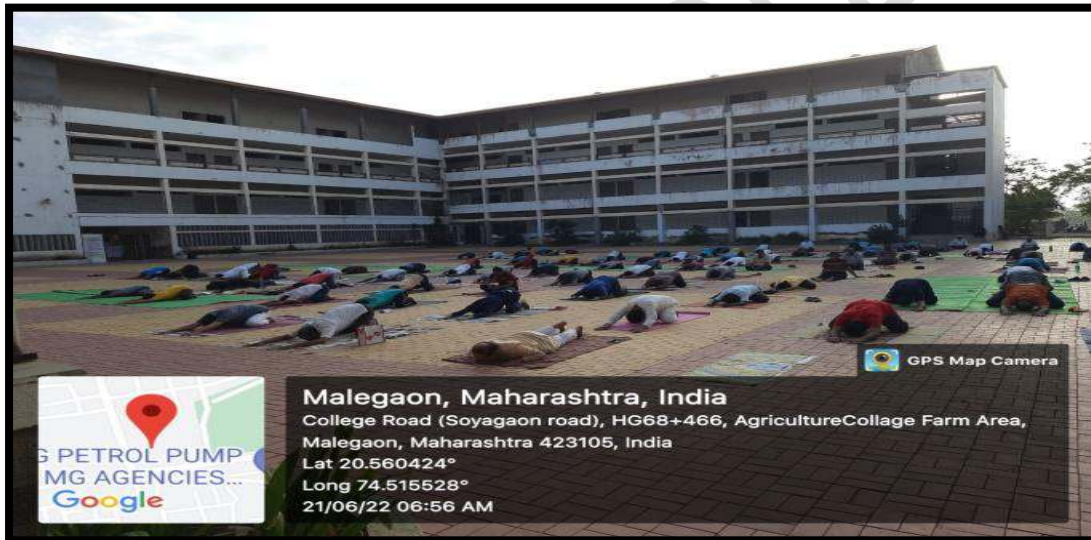
<https://mokshiniwarta.blogspot.com/2022/06/22-june.html>

Ms. Salunke V.T.
(Coordinator WGRC)

Some snapshots from the event



Meditaion performed by staff and students as per instrctur Khairnar Insructions



Different Yoga Pose performed by staff and students as per instruction