



Best Practice



***Women Empowerment
Programme***





Women Empowerment Programme

Name of the extension activity	Organising unit/ agency/ collaborating agency	Name of the Scheme	Date
Poshan Maah 2022	NSS	Women Empowerment & Health Awareness	24-09-2022 to 30-09-2022
A Special Guidance Program on "Women Health"	NSS	Women Empowerment	25-01-2023
Nirbhaya Kanya Abhiyaan_ "Women Self Defence-Meri Raksha Meri Jimmedari"	Student Development Cell	Gender Issues, Women Empowerment	15-02-2023
International Women's Day	NSS Unit & Women Empowerment Cell	Gender Issues, Women Empowerment	08-03-2023



C. J. Bhangale

Dr. C. J. Bhangale
Principal
Principal
College of Pharmacy, Chincholi
Tal. Sinnar, Dist. Nashik 422102



Report on Poshan Mah 2022

Name of Department/ Committee	National Service Scheme (DSF114)
Title of the event	Poshan Maah 2022
Date	24/09/2022 to 30/09/2022
Name of the coordinator	Mrs. Kaveri M.Nannor, Dr. Sachin B. Somwanshi
Name of the Expert	Dr.Ashish Shinde (Gynaecologist) Miss.Harshada Aher (Yoga Trainer)
Objective	- To carry out various activities focusing on the health of the women and the children. -To eliminate malnutrition in the country.
Outcome	-Students and womens of village and school students of villages got information about health and nutrition to overcome malnutrition and health problems.
No. of Participant	180

Pravara Rural Education Society's, College of Pharmacy (For Women) has celebrated **Poshan Maah** from 24/09/2022 to 30/09/2022 with the goal of elimination of malnutrition in the country. NSS unit performed various activities such as

1. School students interaction on healthy diet and health hygiene
2. Seminar on women's nutritional diet and health hygiene by Dr Ashish Shinde on 27/09/2022
3. Conducted 7 days Yoga shibir for students under the guidance of yoga teacher Miss.Harshada Aher from 24/09/2022 to 30/09/2022.

The principal of the college, Dr. Charushila Bhangale, HODs of the respective departments, coordinators, teaching and non-teaching staff as well as students participated wholeheartedly to make the programme a success.

Photo Gallery

1.SCHOOL STUDENTS INTERACTION ON HEALTHY DIET AND HEALTH HYIGENE





2. SEMINAR ON WOMEN'S NUTRITIONAL DIET AND HEALTH HYGIENE BY DR ASHISH SHINDE



3. CONDUCTED 7 DAYS YOGA SHIBIR FOR STUDENTS UNDER THE GUIDANCE OF YOGA TEACHER MISS. HARSHADA AHER FROM 24/09/2022 TO 30/09/2022



V. M. Nannor

Mrs. Kaveri M. Nannor
Coordinator

C. J. Bhangale

Dr. C. J. Bhangale
Principal
College of Pharmacy, Chincholi
Tal. Sinnar, Dist. Nashik 422102

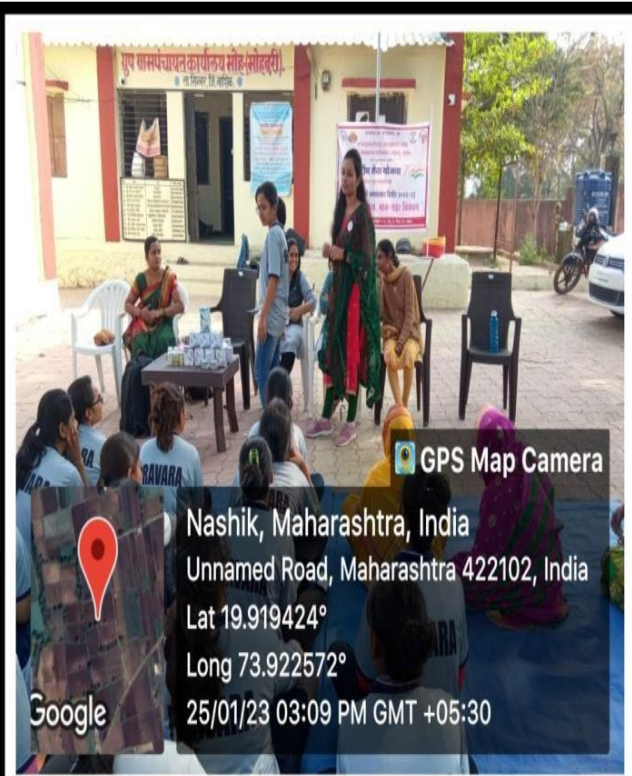


Report

Name of Department/ Committee	National Service Scheme (DSF-114)
Title of the event	A Special Guidance Program on "Women Health"
Date	25/01/2023
Name of the coordinator	Mrs. Kaveri T. Vaditake_Nannor
Name of Expert Person	Mrs. Sangita Jadhav
Objective	<p>To address the unique healthcare needs of women.</p> <p>To focus on mental health aspects, addressing stress management, anxiety, depression, and the importance of seeking support and counselling when needed.</p> <p>To offer guidance on maintaining a healthy diet, exercise, and lifestyle choices.</p> <p>To empower women to advocate for their health rights, encourage participation in decision-making regarding their health, and support initiatives promoting women's health equity.</p>
No. of Participants	50
Details: <p>PRES's, College of Pharmacy (For Women), Chincholi, Nashik organized a special guidance program on "Women Health" at Mohu Village under the guidance of Mrs. Kaveri T. Vaditake, NSS Programme Officer for NSS volunteers and local girls and ladies on 25/01/2023 at 2.00 pm. Mrs. Sangita Jadhav was the expert person who provided comprehensive guidance and support to women, addressing various aspects of their physical, mental, and emotional well-being. She also focused regarding maintaining a balanced diet, understanding nutritional needs, and addressing dietary concerns specific to women's health stages.</p> <p>A program with these objectives can significantly contribute to enhancing women's health outcomes by providing them with the necessary knowledge, resources, and support to make informed decisions about their health and well-being.</p>	
Photo Gallery	



GPS Map Camera
Sinnar, Maharashtra, India
WW5P+P78, Mohu, Sinnar, Maharashtra 422102,
India
Lat 19.909218°



GPS Map Camera
Nashik, Maharashtra, India
Unnamed Road, Maharashtra 422102, India
Lat 19.919424°
Long 73.922572°
Google
25/01/23 03:09 PM GMT +05:30



GPS Map Camera
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Sinnar, Maharashtra, India
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GPS Map Camera
Sinnar, Maharashtra, India
WW5P+P78, Mohu, Sinnar, Maharashtra 422102,
India
Lat 19.909185°

Vaditake

Mrs. Kaveri T. Vaditake
NSS Co-ordinator



Bhangale

Dr. C. J. Bhangale
Principal

Approved by AICTE, Pharmacy Council of India, New Delhi
NAAC ACCREDITED - A Grade
College of Pharmacy, Chincholi
Tal. Sinnar, Dist. Nashik 422102



Report

Name of Department/ Committee	Student Development Department
Title of the event	SPPU sponsored workshop on “Women Self Defence-Meri Raksha Meri Jimmedari” under Nirbhaya Kanya Abhiyaan
Date	15 th February 2023
Name of the coordinator	Mrs. Sangita Bhandare
Name of the Expert	Mrs. Shivani Kotkar, a self-defence instructor
Objective	The main objectives of Nirbhaya Kanya Abhiyan includes development of self-confidence how to defend oneself in any situation, training in self-defense and finally make them fearless and be ready to face any unwanted situation. To organize the lecture on Importance of Health and laws related to Women.
Outcome	Students understood the importance of Health and hygiene. Gain Knowledge about different laws for women and different steps of Karate for Self defence.
No. of Participants	197
<p>PRES's, College of Pharmacy (For Women), Chincholi, Nashik have conducted self defence programme “Women Self Defence-Meri Raksha Meri Jimmedari” under Nirbhaya Kanya Abhiyaan sponsored by Student Development Department of Savitribai Phule Pune University, Pune on 15th February 2023. Mrs. Shivani Kotkar, a self-defence instructor, delivered their skills about self-defence for our students under programme. The main objectives of Nirbhaya Kanya Abhiyan includes development of self-confidence, how to defend oneself in any situation, training in self defence and finally make them fearless and be ready to face any unwanted situation.</p>	
Photo Gallery	



Nashik, Maharashtra, India
Pravara Rural Education Society's College of Pharmacy (For Women's) Chincholi, Maharashtra 422102, India
Lat 19.881651°
Long 73.933909°
15/02/23 10:03 AM GMT +05:30



Nashik, Maharashtra, India
Pravara Rural Education Society's College of Pharmacy (For Women's) Chincholi, Maharashtra 422102, India
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Nashik, Maharashtra, India
Pravara Rural Education Society's College of Pharmacy (For Women's) Chincholi, Maharashtra 422102, India
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Long 73.933909°
15/02/23 10:05 AM GMT +05:30

(Mrs. Sangita Bhandare
Co-ordinator



Dr. C. J. Bhangale
Principal

College of Pharmacy, Chincholi
Tal. Sinnar, Dist. Nashik 422102

NAAC ACCREDITED 'A' Grade
Approved by AICTE, Pharmacy Council of India, New Delhi, recognized by Govt. of Maharashtra
AISHE:C-44115



Report on International Women's Day 2023

Name of Department	National Service Scheme (DSF114)
Title of the event	International Women's Day 2023
Date	08/03/2023
Name of the coordinator	Mrs. Kaveri M. Nannor
Name of the Expert	Mrs. Rupali Lahade, Mrs. Namita Kharde and Mrs. Vaishali Bajare
Objective	To raise awareness about the status and dignity of women among the students.
Outcome	Was to take more advantage of the potentials and talents of half of the humanity, and not just seek to consecrate gender equality in principle.
No.of Participant s	189

The International Women's Day, which was observed on 8th March, 2023, was celebrated at Pravara Rural Education Society's, College of Pharmacy (For Women), Chincholi, Nashik in association with Savitribai Phule Pune University, Internal Quality Assurance Cell, National Service Scheme, Student Development Board, Women's Grievance Redressal Committee. The celebration of Women's day started at the seminar hall. Celebration started with lamp lightning ceremony along with Saraswati Vandana by the students. At the outset of program Principal, Dr. Charushila J. Bhangale gave a short speech on Women's Day. The resource persons for the function were Mrs. Rupali Lahade, Mrs. Namita Kharde and Mrs. Vaishali Bajare who addressed the female staff and students on the occasion of Women's day celebration.

Photo Gallery





GPS Map Camera

Nashik, Maharashtra, India
VWPJ+MQ6, Nashik, Maharashtra 422102, India
Lat 19.886522°
Long 73.9322°
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Vas.

Mrs. Kaveri T. Vaditake
NSS Co-ordinator



Bhangale

Dr. C. J. Bhangale
Principal

College of Pharmacy Chincholi
Tal. Sinnar, Dist. Nashik 422102
AISHE: C-44115

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