



G.S. Mandal's
MARATHWADA INSTITUTE OF TECHNOLOGY
CIDCO AURANGABAD

NAAC Accredited by Grade "B"

Founder: Anandraoji Deshmukh (Freedom Fighter)

Recognized by Government of Maharashtra

Affiliated to Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.

Report on One-Day Workshop and Expert Talk on Gender Equality

Date: 13/01/2024

A one-day workshop and expert talk on the crucial topic of "Gender Equality" was organized at Marathwada Institute of Technology CIDCO by Women Empowerment Cell. The event aimed to promote awareness and understanding of ethical values, morals, and address contemporary issues, including the impact of mobile addiction among the younger generation and the misuse of social media.

The workshop commenced with an insightful discussion on the importance of ethical values and morals in fostering a harmonious society. Participants engaged in interactive sessions, exploring ways to instill these values in daily life, promoting respect, empathy, and inclusivity.

Dr. Roshan Ranade, member of SAKAR foundation, delivered an eye-opening speech on the growing concern of mobile addiction among the younger generation. Attendees gained valuable insights into the psychological aspects of excessive screen time, effects of mobile addiction and learned practical strategies to address and mitigate this issue. The workshop also focused on the misuse of social media platforms and its impact on gender dynamics.

Mrs. Vaishali Awalgaokar executive member of SAKAR foundation discussed the need for responsible online behavior and emphasized the role of educators and parents in guiding the youth toward ethical and positive digital engagement.

MSW students played beautiful act on Gender Equality.

Dr. Mahendra Kondekar, as the President of the program, shared valuable insights into the broader societal implications of gender inequality and ways to address these issues.

The event was anchored by Asst. Prof. Sushama Sapkal, who ensured a smooth flow of discussions and interactions.

The one-day workshop proved to be a significant milestone in addressing contemporary challenges related to gender equality, ethics, and the responsible use of technology. The expert talks and interactive sessions facilitated a deeper understanding among participants, empowering them to contribute positively to societal change. The commitment of the institution to fostering a culture of respect and equality was evident throughout the event.



Act Played by MSW students on Gender Equality



Mrs. Vaishali Awalgaonkar guided students



A small help from MIT CIDCO to Sakar Foundation




Principal
PRINCIPAL
M.I.T. Cidco, Aurangabad



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Seminar Report on Women's Health, Hygiene, and Safety

Date: 08/03/2024

The Women's Empowerment Cell (WEC) of Marathwada Institute of Technology CIDCO organized a seminar focusing on women's health, hygiene, and safety. The seminar aimed to educate girls students on maintaining personal health, ensuring safety, and promoting hygiene practices among women.

The keynote speaker for the seminar was Dr. Nilima Pandey, an expert in Women's health and wellness (Director of SAKAR foundation) and Mrs. Vaishali Awalgaokar emphasized the importance of adopting healthy lifestyles, practicing self-care, and prioritizing mental well-being to achieve overall health and vitality.



Topics Covered:

Becoming Healthy: Mrs. Vaishali Awalgaokar executive member of SAKAR foundation highlighted the significance of regular exercise, balanced nutrition, and adequate sleep in promoting women's health. She provided practical tips on incorporating healthy habits into daily routines and encouraged attendees to prioritize their well-being.



Ensuring Safety: in the seminar Dr. Nilima Pandey addressed safety concerns faced by women in various settings. Strategies for staying safe in public spaces, preventing harassment, and recognizing warning signs of abusive relationships were discussed. Participants were empowered with knowledge and resources to protect themselves and seek assistance if needed.



Maintaining Personal Hygiene: The importance of personal hygiene in preventing infections and diseases was underscored. Ms. Vaishali shared best practices for maintaining cleanliness, including proper handwashing techniques, menstrual hygiene management, and skincare routines tailored to individual needs.

Conclusion:

The seminar on women's health, hygiene, and safety organized by WEC was a resounding success, thanks to the insightful presentations, interactive discussions, and expert guidance provided. Attendees left the seminar feeling empowered and equipped with the knowledge and tools to prioritize their health, safety, and well-being in their daily lives. The event served as a valuable platform for fostering awareness and promoting positive health outcomes for women in the community.



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Dr. Mahendra Kondekar, Vice Principal as the President of the program.

The event was anchored by Asst. Prof. Sushama Sapkal, who ensured a smooth flow of discussions and interactions.




Principal
PRINCIPAL
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