



### Annual Report of ICC for Academic Year 2021-22

Sr.No	Particulate	Information
1	Number of complaints on sexual harassment received in the year	0
2	Number of complaints disposed off during the year	0
3	Number of cases pending for more than 90 days	0
4	Number of events/ awareness programs organized to create awareness against sexual harassments conducted during year	2
5	Nature of Action	--

(Mrs P M Tayade)  
Coordinator

(Dr. S. M. Gulhane)  
Principal





## REPORT ON Women's Health and Nutrition

ICC/ Vishaka Committee and Board of Students Welfare Committee of Pravara Rural Engineering College, Loni has organized an online seminar under Nirbhay Kanya Abhiyan Yojana, SPPU, Pune for All Girl's student of our college

### Topic: Women's Health and Nutrition

□ **Date:** 1st March 2022

□ **Time:** 10 AM to 11 AM

**Speaker:** Dr. Kanchan Samish Deshmukh

Head of Department of Home science

Women's College of Home Science and BCA, Loni

She delivered a lecture on Food and nutrition. She said, Adolescence is a significant period for physical growth and sexual maturation. Nutrition being an important determinant of physical growth of adolescents is an important area that needs attention. Inadequate nutritional intake during adolescence can have serious concerns throughout the reproductive years and beyond. Poor nutrition during adolescence can harm the work capacity and productivity of adolescent boys and girls in their later years. Further, an undernourished girl is at the risk of developing complications during pregnancy and the chances of her giving birth to a low birth weight baby increases, thus perpetuating a vicious cycle of malnutrition and ill-health. In her discussion, she has given the brief information of Major components of components of food included protein, fats, carbohydrates, minerals and vitamins which perform different functions and balance diet etc.

### Function of various food components

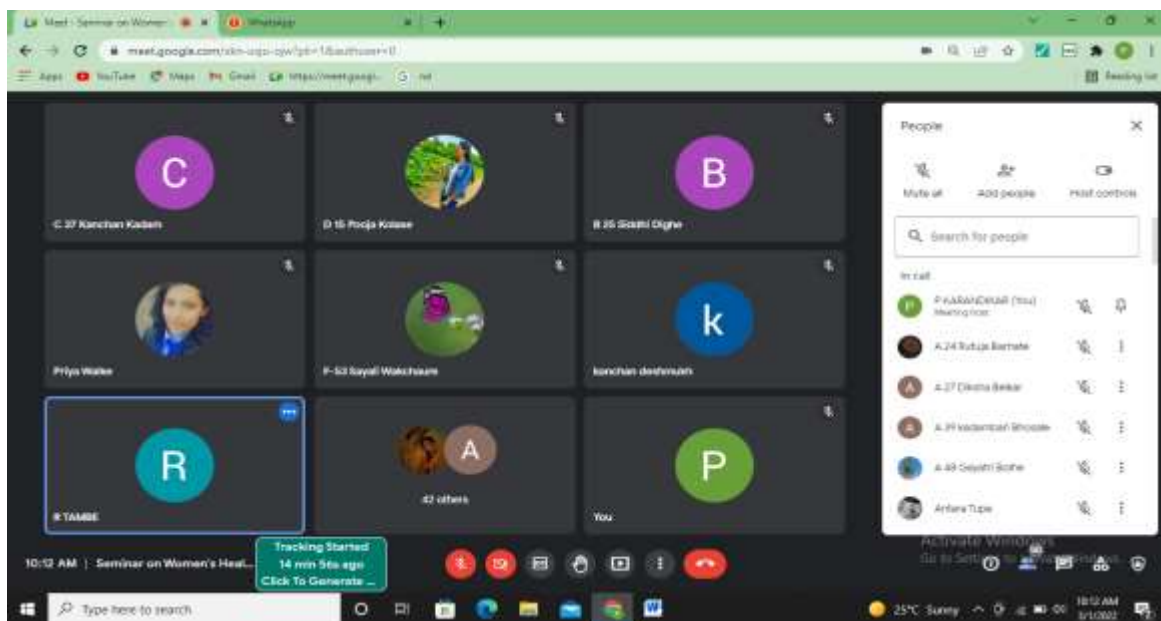
- Proteins are of greatest importance in nutrition. Proteins are required for bodybuilding and help in repair and maintenance of body tissues.





- Carbohydrates form the major component of most diets and are the main source of energy.
- Vitamins and minerals are required in small quantities. They do not yield energy but enable the body to use other nutrients and also play in important role in growth, repair and regulation of vital body functions.
- Requirements for iron and calcium are particularly increased in adolescence, due to rapid physical growth during adolescence.
- Calcium needs during adolescence are greater than they are in either childhood or adulthood because of rapid increase in lean body mass and skeletal growth
- Zinc is especially important in adolescence because of its role in growth and sexual maturation. Some sources of zinc are grains, nuts, meat, cheese and milk.

### Snap shot of lecture :





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**Principal**





## REPORT ON WOMEN'S DAY CELEBRATION

**Event Organized by Pravara Rural Engineering College,Loni**

**DATE: 08-03-2022**

**VENUE: Blue Seminar Hall**

**Beneficiaries:-** UG & PG Girl students and Ladies Faculty

**Need of the program:** Keeping in view the growing imbalance in the man-woman ratio, we have to focusing on celebrating and welcoming girl child. To get rid of vicious social customs of dowry system responsible for killing of girl child, harassment of women's through various reasons. Also aware women are about health.

### **Event Details:**

**Event Title:** International Women's Day Celebration

### **Description Event Celebration**

**Guest of Honor: - Mrs.Yogesh Shinde.** PSI Loni Police Station

**Dr.Niteen Ghorpade,** MBBS DGO,Rahata,Dist.Ahmednagar

**Venue:** Blue Seminar Hall,PREC Loni

**Date:**8<sup>th</sup> March 2022 **Time :**3.00 pm to 5.00 pm

**Number of Participants:** 150+ (All Lady Faculties and Girl Students)

### **Preparation of the Event:**

The approval for the Women's Day Programme was required almost two weeks in advance. The circular was circulated among all lady faculty members and girls for their information . The Seminar Hall was booked well in advance. Finally, Invite cum offer letter was given to the resource person.





## International Women's Day :

### Conception:

International Women's Day is a **global day celebrating the social, economic, cultural and political achievements of women**. The day also marks a call to action for accelerating gender parity. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality. International Women's Day has occurred for well over a century with the first gathering held in 1911. Learn more about the day's **timeline**.

### Objective:

To create Empowerment through Legal Awareness to enable women and girls to know their legal rights and to understand the procedure and method of access to the legal systems And to aware them through Health awareness Program.

### Scheduled of the Program:

Time	Activity
3.00pm to 3.10pm	Welcome of Guests and Introduction of event
3.10pm to 3.20pm	Lightening the lamp
3.20pm to 3.30pm	Welcome address by Prof Anil.P Londhe
3.30pm to 3.35pm	Felicitation of Guests
3.35 to 4.10.pm	Address by Guest of Honor MR.Yogesh Shinde
4.10 pm to 4.45pm	Address by Guest of Honor Dr.Neeteen Ghorpade
4.45pm to 5.00pm	Vote of Thanks by Prof. Pratibha M Tayade

The International Women's Day was celebrated at Pravara Rural Engineering College Loni, VISHAKA committee on 8 th March, 2022. The purpose of celebrating Women's Day by conducting expert lecture on the Empowerment through Legal Awareness to enable women and girls to know their legal rights and to understand the procedure and method of access to the legal





### Details of program:

Legal awareness helps to promote consciousness of legal culture, participation in the formation of laws and the rule of law. Mr. Yogesh Shinde PSI, Loni Police station said, Legal awareness is a essential rights of women, he added and stressed that education is important for every girls because it gives them a chance to lead dignified lives. He said,” Sexual harassment, domestic violence, rape through their shelter and child abuse are rampant even in this modern age. Women, especially the younger ones, should be legally empowered to tackle those forms of discrimination. Our justice system provides for women’s safety and security

He also explained basics of criminal legal system including difference between cognizable and non-cognizable, bailable and non-bailable offences and civil and criminal cases, among others. He explained in detail the processes like filing a police complaint and what goes into an FIR and a chargesheet.

Empowering women is **essential to the health and social development of families, communities and countries**. When women are living safe, fulfilled and productive lives, they can reach their full potential. Contributing their skills to the workforce and can raise happier and healthier children.

Dr. Niteen Ghorpade focused his session on An overview of the menstrual cycle undergone by adolescents and how to tackle various issues related to it. He also was giving health tips about the benefits of eating healthy food and the importance of indulging into regular exercise as well as meditation.

### Snap Shot of Program:



Empowerment through legal awareness by Mr. Yogesh Shinde, PSI Loni Police Station.





Expert lecture on Women's Health Awareness by Dr. Niteen Ghorpade, MBBS DGO, Rahata.



Felicitation of all ladies faculty and all non-teaching staff on the occasion of Women's Day 2021

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**Principal**

