



II आ नो भद्रः क्रतवोः यन्तु विश्वतः II
ADARSH VIDYA PRASARAK SANSTHA'S

ADARSH COLLEGE OF ARTS & COMMERCE

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Women Development Cell (WDC) organized Two Day Workshop on 'SMART GIRL' REPORT

Adarsh Vidya Prasarak Sanstha's Adarsh College of Arts and Commerce, Women Development Cell (WDC) in association with Bharatiya Jain Sanghatana organized the 'Smart Girl' programme. It was two days' workshop held from 11/10/2023 to 12/10/2023. The resource person was Mr. Ratnakarji Mahajan. The Workshop was organized for first year student (girls) of all faculty. Total 73 girls got benefited from this workshop. The slogan of program was 'Smart Girl to be happy, to be strong'. The workshop started by 9.30am in college's Auditorium. Mr. Ratnakarji Mahajan was felicitated by Principal Dr. Sangeeta Pande. The resource person had interactive conversation with the girls.

On day1, he enlightened the girls with different aspects of self-awareness. He showed video clip of movie 'Jab We Met' and asked five questions on it. Then with ten more questions he made girls understand the importance of self-awareness and added a small act 'माझे चांगले गुण वाढविण्यासाठी आणि वाईट गुण कमी करण्यासाठी माझी ओळख महत्वाची आहे'. We had lunch break from 1.00pm to 1.30pm. After break resource person took next topic about Communication and Relationship. He gave knowledge about types of communications and way we communicate differently with different people. He took 'Opinion poll' with ten questions and made girls understand that 'No opinion is absolutely right or wrong'. We should respect each other's opinion. Furthermore, Principal Dr. Sangeeta Pande addressed the students and the vote of thanks was given by Mrs. Raina Hinger.

On day 2, the resource person started the session with audio – visual lecture on self esteem and self defense, menstruation and personal hygienic, social and educational awareness, family and social relationship, choices and decisions of life. He also took the interactive session of the girls and their parents to improve bonding between them. Thus he provided the information of various aspects. The feedback given by the girls and their parents proved that the workshop motivated them and enhance their self confidence.

Principal Dr. Sangeeta Pande addressed the students and the vote of thanks was given by Dr. Snehal Deshmukh.

The Smart Girl Workshop was successfully completed under the able guidance of WDC Incharge- Dr. Sangeeta Pande and the collective efforts of Dr. Snehal Deshmukh, Ms. Raina Hinger and Ms. Aashika Mhatre (WDC members).

Date- 13/10/2023



S. Pande
Dr. Sangeeta Pande
(I/C Principal & WDC in-charge)

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