



Activity Report (2020-2021)
Sexual Harassment Prevention Cell

Report of Online Webinar on Importance of Yoga and Diet in Daily Life (2020-

R. C. Patel Arts, Commerce and Science College Organized a lecture on “Importance of Yoga and Diet in Daily Life”

Date -29/01/2021

On the 29th day of January, 2021, R. C. Patel College of Arts, Commerce and Science Shirpur, sexual harassment prevention committee under Women Empowerment organized a lecture on “Yoga and Diet” through Zoom app.

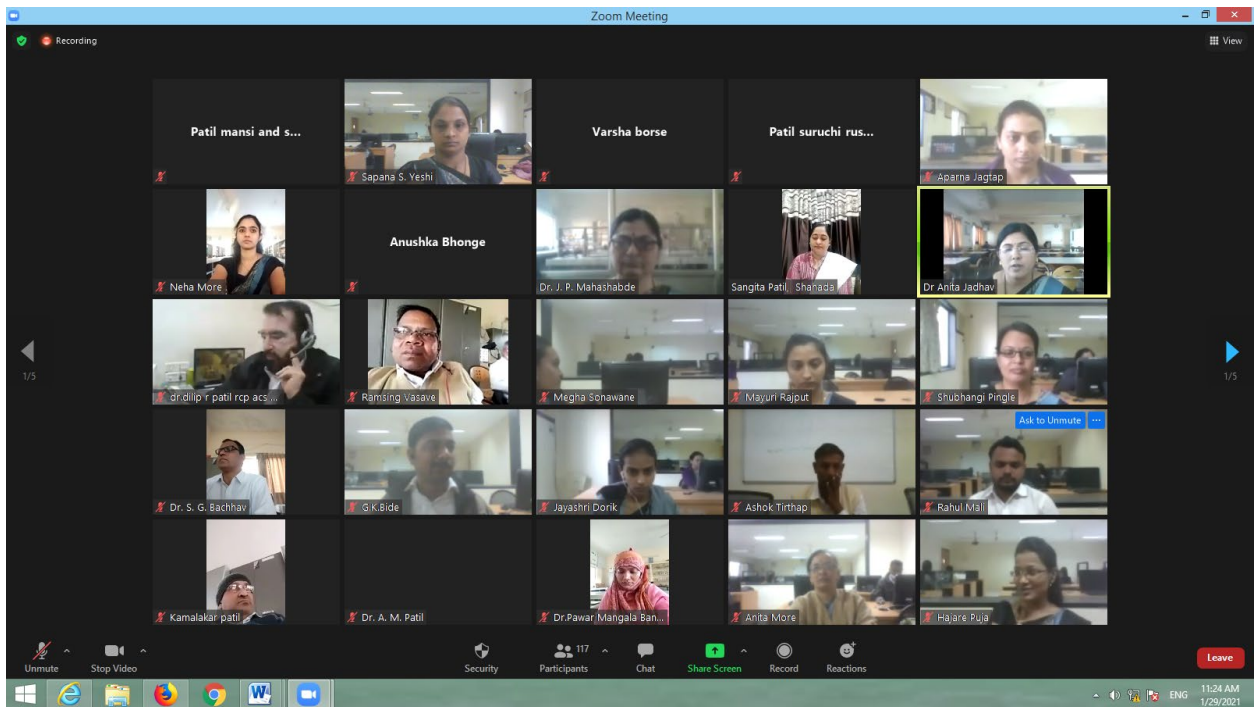
The keynote speaker for the lecture was Mrs. S. H. Madam Patil, Vice President, Gaints Federation, Shahada.

More than 150 students participated in this program. How yoga and diet are important in daily life, how to combine yoga practice and diet to live a healthy and healthy life, how should be our routine by combining yoga practice and diet, if diet is proper along with yoga, weight gain can be controlled, yoga practice gives stability to body and mind and yoga practice for long life It is worth a lot. At the same time, fundamental guidance was given on how to maintain health and give importance to yoga during this corona epidemic by staying away from modern attractions.

The program was chaired by the principal of the college, Dr. D. R. Patil sir. He guided the students, his thoughts about yoga and its importance. On this occasion the Vice Principal Dr. A.M. Patil Sir, Dr. R. D Jadhav Sir, Committee Member Dr. R. S. Pawar was present.

For the success of the program Mr. Ganesh Sonar Sir, Mr. Sanjay More Sir, Mr. B.T. Chaudhary provided valuable support. Coordinator Dr. Jyoti Mahashabde introduced the programme. Dr. Anita Jadhav anchored the program, Guests were introduced by Sapna Yeshi. Also Prof. Shubhangi Pingle gave vote of thanks. All faculty members, non-teaching staff, male and female students of the college participated in this online program.

Dr. J. P. Mahashabde
Coordinator



Report of Webinar on Role of Women in Value Education (2020-21)

R. C. Patel Arts, Commerce and Science College Organized a lecture on Women Empowerment

Date -30/01/2021

On the 30th day of January, 2021, R. C. Patel College of Arts, Commerce and Science Shirpur, sexual harassment prevention committee under Women Empowerment organized a lecture on “Rashtramata Jijau” through Zoom app. The keynote speaker for the lecture was Dr. P. S. Girase, Jai Hind College, Dhule.

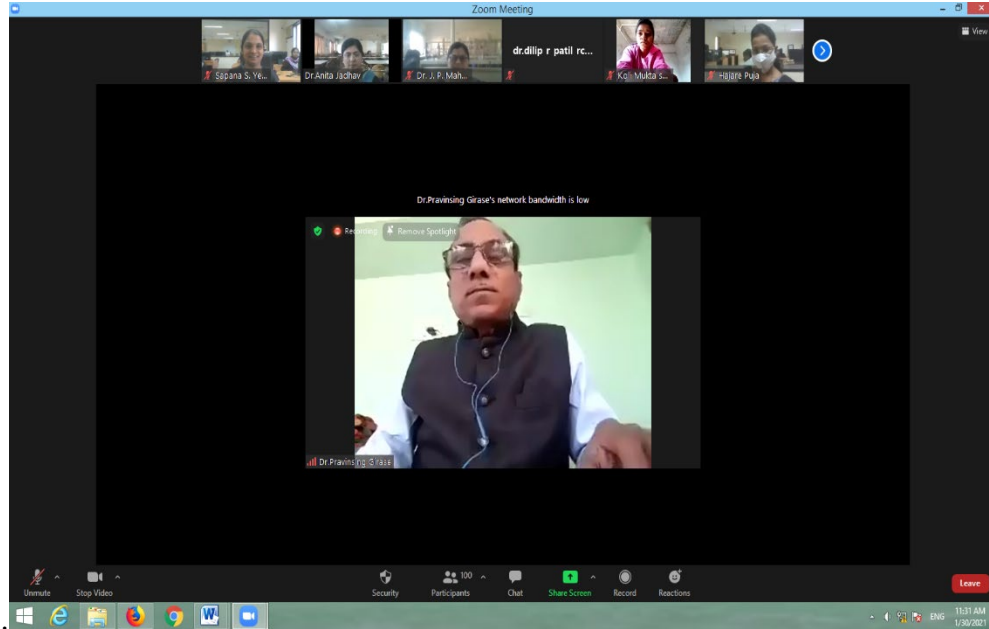
More than 105 students participated in this program. The students were informed about the history of Rashtramata Jijau, her skills, motherhood and the participation of Jijau in the formation of Swaraj. While raising Shivaji Maharaj and inculcating him, Jijamata taught him politics as well as duty, he also taught him to be equal in justice and to rule harshly with the offenders. Maharajas also woke up to all the commands of the mother and thus provided the fundamental guidance that Hindu Swaraj became a reality.

The program was chaired by the principal of the college, Dr. D. R. Patil sir guided the students, the principal presented his thoughts about the history of Jijau and the formation of self-government.

On this occasion the Vice Principal Dr. A.M. Patil Sir, Dr. R. D Jadhav Sir, Committee Member Dr. R. S. Pawar was present.

For the success of the program Mr. Ganesh Sonar Sir, Mr. Sanjay More Sir, Mr. BT Chaudhary provided valuable support to the coordinator Dr. Jyoti Mahashabde introduced the programme. Dr. Anita Jadhav coordinated the program, Guests were introduced by Sapna Yeshi. Also Prof. Shubhangi Pingle gave vote of thanks. All faculty members, non-teaching staff, male and female students of the college participated in this online program.

Dr. J. P. Mahashabde
Coordinator



Speaker : Dr. P. S. Girase



Aratahshabde
Dr. J. P. Mahalkabde
Co-ordinator