

**Bharati Vidyapeeth's**  
**Dr. Patangrao Kadam Mahavidyalaya, Sangli.**  
**Ladies' association**  
**Report (2019-2020)**

1. Committee meeting were held on Saturday, 27<sup>th</sup> July 2019, Friday 27<sup>th</sup> September 2019 and Saturday, 25<sup>th</sup> January 2020.
2. Completed Gender Audit of the year 2018-19.
3. A pleasant trip to Amba was organized on 23<sup>rd</sup> February 2020.
4. A lecture on Gender Equity was organized on 11<sup>th</sup> July 2019 on the occasion of World population Day. Ms. Bharati Bhavikatti, Convenor of Ladies association delivered this lecture. After the lecture a quiz was conducted for Gender Sensitization. Hon. Principal Dr. D. G. Kanase delivered presidential address.
5. A One-day Workshop was organized on "Stress management and Mental Wellbeing" on 02/08/2019. Dr. Yugandhara Patil, Dr. Priya Patil were the resource persons. Hon. Principal Dr. D. G. Kanase presided over the function. Dr. Mrs. Prabha Patil hosted the function.
6. Wallpaper Exhibition was organized on the theme "Young India-Developing India" on 15/8/2019.
7. A lecture by Ms. Tamboli, Counsellor for Mental Health and Wallpaper Exhibition was organized on World Suicide Prevention Day on 10/09/2019.
8. A Poster Exhibition was organized on the theme "Art of Living" on 27/9/2019.
9. International Women's Day was celebrated on 8<sup>th</sup> March 2020. Regional Director of Bharati Vidyapeeth Hon. Dr. H. M. Kadam and Hon. Principal Dr. D. G. Kanase Felicitated all the teaching and nonteaching ladies' staff by giving a rose and a book.



(Ms. B. K. Bhavikatti)



(Dr. D. G. Kanase)

PRINCIPAL,  
Dr. Patangrao Kadam Mahavidyalaya,  
Sangli - 416416 (Sangliwadi)

No.	Programs
1	Program on Gender equality and gender sensitization:11 <sup>th</sup> July 2019
	 













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**Ladies' Association**

**A lecture on Gender Equity, 11<sup>th</sup> July 2019**


**Report (2019-2020)**

A lecture on Gender Equity was organized on 11<sup>th</sup> July 2019 on the occasion of World population Day.


Dr. Mrs. Prabha Patil welcomed Hon. Dignitaries, teachers and students. She elaborated on the purpose of observing the World population Day. The program was inaugurated by worshipping the image of Dr. Patangrao Kadam, founder, Bharati Vidyapeeth, Pune. Thereafter Principal Dr.D.G.Kanase felicitated Ms. Bharati Bhavikatti.

Ms. Bharati Bhavikatti, Convenor of Ladies association delivered a lecture on Gender equity. She discussed the difference between 'Gender' and 'Sex'. Further she explained the concept of Gender equity and Gender equality. She also explained with examples how gender discrimination is still prevailing in Indian society. Finally, she explained the benefits of gender equity to the society as the World is progressing and still, we are denying the rights of 50% population. After the lecture a quiz was conducted for Gender Sensitization. Students were given a questionnaire having one line answer and multiple-choice questions. Representative students were asked to present their views on Gender Equity in India. Hon. Principal Dr. D. G. Kanase delivered presidential address. He congratulated the winners of quiz and told that he was very happy to see almost equal no. of girl students in higher education institutes like ours. He also pointed out that in near future, Girls will give a tough fight for boy an all fields.

Prizes were given away at the hands of Hon. Dignitaries on the Dias. Ms. Rupali Kamble delivered vote of thanks and the program was concluded.

  
(Ms. B.K. Bhavikatti)  
Convener,  
Ladies' association



  
(Dr. D. G. Kanase)  
PRINCIPAL,  
Dr. Patangrao Kadam Mahavidyalaya,  
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**Ladies' Association**

**One-day Workshop "Stress management and Mental Wellbeing" 02/08/2019  
Report (2019-2020)**

A One-day Workshop was organized on "Stress management and Mental Wellbeing" on 02/08/2019. Dr. Yugandhara Patil, Dr. Priya Patil were the resource persons. Hon. Principal Dr. D. G. Kanase presided over the function. Dr. Mrs. Prabha Patil hosted the function.

Ms. Ms. Bharati Bhavikatti, Convenor, welcomed Hon. Dignitaries, teachers and students. She elaborated on the purpose of workshop on "Stress management and Mental Wellbeing" She further elaborated that everyone reacts differently to stressful situations. Coping styles and symptoms vary. Learning how to cope with stress can help our mental and physical well-being. The program was inaugurated by worshipping the image of Dr. Patangrao Kadam, founder, Bharati Vidyapeeth, Pune. Thereafter Principal Dr. D. G. Kanase felicitated Ms. the resource persons Dr. Yugandhara Patil and Dr. Priya Patil. Principal Dr. D. G. Kanase took a brief review of Bharati Vidyapeeth, Pune and explained the contribution of Founder Dr. Patangrao Kadam for wellbeing of mankind in addition to providing quality education to rural, deprived students.

The first session was conducted by Dr. Yugandhara Patil. She started the session with an interesting game that helped the students to understand that they are stressed out of some anxiety, fear, peer pressure etc. She further explained that Stress management gives us a range of tools to reset and to recalibrate our alarm system. It can help our mind and body adapt (resilience). Without it, our body might always be on high alert. Over time, chronic stress can lead to serious health problems. If left unaddressed, stress can lead to depression and anxiety in students. This can, in turn, negatively impact school and work performance and personal relationships with family, friends, co-workers, and peers.

The second session was conducted by Dr. Priya Patil. She started her session with the advantages of stress management. she discussed 10 advantages of stress management. Thereafter she gave five tips to manage stress and reduce the overall stress of day-to-day activities thereby maintaining our mental peace. She also added the Benefits of preventing stress at workplace viz. reduced symptoms of poor mental and physical health. fewer injuries, less illness and lost time. reduced sick leave usage, absences and staff turnover. increased productivity.

In valedictory participants opinions on the workshop were taken and the workshop was concluded with the vote of thanks by Dr. Mrs. Prabha Patil.



(Ms. B. K. Bhavikatti)



(Dr. D. G. Kanase)

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