

**Shri R.L.T. College of Science, Akola**  
**Women's Cell & ICC**  
Organized

**“HEALTH CHECKUP AND AWARENESS CAMP”**

In collaboration with

**The Government Medical College and Civil Hospital, Akola**

The Women's Cell and Internal Complaint Committee (ICC) of Shri RLT College of Science, along with the Department of Microbiology, Department of Physical Education & Sports, NSS, and NCC, jointly organised the “HEALTH CHECKUP AND AWARENESS CAMP” with the Government Medical College and Civil Hospital, Akola, concerning the letter by the Government of Maharashtra dated 15/01/2025.

**महाराष्ट्र शासन**  
**शासकीय वैद्यकीय महाविद्यालय व सर्वोपचार रुग्णालय, अकोला**  
दुरध्वनी: ०७२४-२४३१९६०, २४३७०७८ फॅक्स: ०७२४-२४३७०७८

जा.क्र.शा.वै.म.व.स.रु.अ/ ०० / २०२५ दि:-०६.०२.२०२५  
कार्यालयीन आदेश वेळ: दुपारी २ ते ५

विषय:- १०० दिवस कृती आराखडा अंतर्गत आरोग्य धोबीर तपासणी चमू गठीत करणेबाबत.  
संदर्भ:- १) जा.क्र.शा.वै.म.व.स.रु.अ/३०८/२०२५ दि. १५.०१.२०२५  
२) मा.आयुक्त वैद्यकीय शिक्षण व संजोधन मुंबई यांचे आदेश

उपरोक्त संदर्भाकित विषयांन्वये आप्पास आदेशित करण्यात येते की, १०० दिवस कृती आराखडा अंतर्गत दिनांक ०७.०२.२०२५ रोजी, आर.एल.टी कॉलेज, अकोला जि. अकोला येथे शिबीरामध्ये आरोग्य तपासणीसाठी खालील प्रमाणे चमू गठीत करण्यात येत आहे.

करीता शासकीय वैद्यकीय महाविद्यालय व सर्वोपचार रुग्णालय अकोला येथून खालील नावे दिल्या प्रमाणे डॉक्टर तथा कर्मचाऱ्यांनी हजर राहून तसा अनुपालन अहवाल, या कार्यालयास सादर करावा.

अ.क्र.	डॉक्टर व कर्मचाऱ्यांचे नांव	विभाग	मोबाईल
१)	डॉ. अश्विनी शिंदे (कॉम्युनिटी डॉक्टर) →	पी.एस.एम विभाग	८२०८०१५८१२
२)	डॉ. गोविंद	पी.एस.एम विभाग	९३६६१५५४१
३)	डॉ. चिन्मई चांदुरकर x अदिती शिंदे	पी.एस.एम विभाग	७५८८६९१६४५
४)	डॉ. ऐश्वर्या	स्त्री रोग व प्रसुतीरोग तज्ञ	७९७४०९३२३९
५)	डॉ. रुपाली	मॅडिसीन विभाग	८८८८४०४१८२
६)	डॉ. बालाजी	सर्जरी विभाग	८२०८७४०२०९
७)	डॉ. भावना	ई.एन.टी	९४६०३६६७५२
८)	श्री. निळकंठ मोडेकर	अधिपरिचारीक	८६६८५०४६७६
९)	श्री. राजेश ताले	वैद्यकीय समाजसेवा	९७६६६५२७०६
१०)	श्री. यश फुडे	सांख्यिकी सहाय्यक	९६६५०३६९६७
११)	श्री. तुषार गिरी	स्वच्छता विभाग	८४५९०२७७६१
१२)	श्री. अनिल खंडारे	वाहन चालक MH-30-BD-6138	९०११४१४७८६

वैद्यकीय अधिकांक  
शासकीय वैद्यकीय महाविद्यालय  
व सर्वोपचार रुग्णालय अकोला

प्रती:-  
वरील प्रमाणे सर्व डॉक्टर व कर्मचारी, शा.वै.म. व स.रु.अकोला.

प्रत,  
१) वैद्यकीय अधिकांक, शा.वै.म. व स.रु.अकोला,  
२) प्राध्यापक व विभाग प्रमुख, शल्यक्रियाशास्त्र विभाग, शा.वै.म. अकोला  
३) प्राध्यापक व विभाग प्रमुख, नेत्ररोगशास्त्र विभाग, शा.वै.म. अकोला यांना माहितीस्तव सादर.  
४) प्राध्यापक व विभाग प्रमुख, बालरोगशास्त्र विभाग, शा.वै.म. अकोला  
५) प्राध्यापक व विभाग प्रमुख, कान,नाक,घसाशास्त्र विभाग, शा.वै.म. अकोला  
६) अधिसेविका कार्यालय, शासकीय वैद्यकीय महाविद्यालय व सर्वोपचार रुग्णालय अकोला.  
७) टेलीफोन ऑपरेटर विभाग, शासकीय वैद्यकीय महाविद्यालय व सर्वोपचार रुग्णालय अकोला यांनी वरील चमूस दुरध्वनीद्वारे सूचित करावे.

Under the guidance of Dr. R. D. Chandrawanshi Principal and Prof. Dr. P. P. Deohate, a health checkup and organ donation awareness camp were organized on 7<sup>th</sup> February 2025 the event started with a felicitation program of a team of doctors from the Government Medical College and Civil Hospital, Akola. The Inaugural function and felicitation program was anchored by Dr. S. R. Jaiswal, NSS P.O. The introductory speech was delivered by Prof. Dr. P.P. Deohate. The Senior Resident and coordinator Dr. Niraj Shinde along with his team of medical professionals, Dr. Aditi Rathod, Dr. Astha Jain, Dr. Govind A.N., Dr. Shweta Meshram, Dr. Navaneeta Seal, Dr. Rupali Solnor, Dr. Balaji, Dr. Bhawana Sharma, Dr. Vennila, examined the staff and students on the occasion of this event. Shri. Rajesh Tale, a medical social worker, made efforts for the health camp organisation.

A team of doctors specialising in General Medicine, Ophthalmology, Dentistry, Nutrition, Thyroid, Cancer screening, and ENT, along with trained interns and nursing staff was present for the health checkup camp. They offered their services such as Surgery guidance and ENT consultations, general medicines, community medicines, obesity, and Gynecology with breast cancer screening (OBGY). The entire team of ICC & Women Cell, with the Gynecologist, and senior resident Dr. Vennila, made the girls and women staff aware of, how to do self-screening or any lump check in breast cancer. She interacted with girls and counseled them about their irregular menstrual cycles, PCOD, and PCOS. Breast screening of 2 staff members and 2 students was done in the checkup camp. About 15 Lady Staff and

with general medical information to the college community. It provided an opportunity for early detection of health issues and offered valuable insights into maintaining a healthy lifestyle. The team of medical professionals recommended regular health checkups and facilitated follow-up consultations with medical specialists for those with concerning health findings.

Dr. R. D. Chandrawanshi (Principal, Shri R.L.T College of Science, Akola), along with other staff members, Prof. Dr. P. P. Deohate, Dr. H. S. Malpani (Head of Department Microbiology), Dr. R. P. Joshi (Chairman ICC), Dr. A. S. Sawarkar, ICC member, Dr. S. N. Gawande, ICC member, Smt. J. A. Gite, ICC member, Dr. K. M. Heda (NSS Programme Officer), Dr. S. R. Jaiswal (NSS Programme Officer), and Dr. R. M. Agrawal, NCC Officer, made efforts for the successful conduct of the event.



Inauguration ceremony of health checkup camp organized by Shri R. L. T. College of Science, Akola



Introductory Speech by Senior Professor Dr. P. P. Deohate



Introductory Speech by The Senior Resident Dr. Niraj Shinde



Screening and Counseling of students by doctors.



Boys interacted with the doctor professionals and experts.



Student doing general body checkup and Body weight.



ICC coordinator and members discussing with Dr. Venila(OBGY) hormonal imbalance and perimenopausal changes



Guidance about self-screening for lump or breast cancer.



Counseling and screening of breast Cancer.



Awareness by Gynaecologists about PCOD and PCOS among teenage girl students.





The entire Team of Women Cell and ICC with all the Doctor Professionals (OBGY)



The Entire Team of Doctors, Teachers, and staff of the Health Checkup camp.

## HEALTH CHECKUP CAMP

Organized by  
The Berar General Education Society's  
**Shri R. L. T. College of Science, Akola**  
Department of Microbiology, Women Cell and ICC, Department of Physical Education  
And Sports, NSS and NCC  
In collaboration with  
Government Medical College and Civil Hospital, Akola  
**Date: 07 February, 2025**

### List of Students

SR. NO.	NAME OF STUDENTS	CLASS	SIGNATURE
1)	Chaitali . M. Lanjudkar	M.Sc I	<i>[Signature]</i>
2)	Sonali . N. Janunkar	M.Sc I	<i>[Signature]</i>
3)	Sakshi . N. Ingle	M.Sc I	<i>[Signature]</i>
4)	Anuja V. Pagrut	M.Sc - II	<i>[Signature]</i>
5)	Supriya M. Sadanshiv	B.Sc I	<i>[Signature]</i>
6)	Shirpa . A. Sadanshiv	B.Sc I	<i>[Signature]</i>
7)	Rasika P. Tapce	MSc-II	R.P. Tapce
8)	Sakshi G. Shelke	MSc-II	<i>[Signature]</i>
9)	Revati P. Labane	MSc-II	<i>[Signature]</i>
10)	Pooja . A. Bais	MSc I	<i>[Signature]</i>
11)	Vaishnavi . C. Pachpor	MSc I	V.C. Pachpor
12)	Vaishnavi P. Mulkund	MSc I	V.P. Mulkund
13)	Shreya . F. Mulkund	MSc-I	<i>[Signature]</i>
14)	Archi . Gautam Pawar	MSc-I	<i>[Signature]</i>
15)	Poojanka . Sanjay . Vathe	MSc-I	<i>[Signature]</i>
16)	Vaishnavi . Rajesh Ghuge	BSc - II yr	<i>[Signature]</i>
17)	Trupti . Pralhad Wankhade	BSc-II nd yr	<i>[Signature]</i>
18)	Gauri . Anantao . Gajre	BSc-II nd yr	<i>[Signature]</i>
19)	Tanvi . Dnyaneshwar Phule	B.Sc-II nd yr	<i>[Signature]</i>
20)	Dhyanashree . S. Kate	BSc-II nd yr	<i>[Signature]</i>
21)	Khushi . Ranjit Wankhade	BSc-II nd yr	<i>[Signature]</i>
22)	Dipti . Vinod . Wagh	B.Sc-II nd yr	<i>[Signature]</i>
23)	Chanchal . Gajanan . Raut	BSc II	<i>[Signature]</i>
24)	Vaishnavi . Gajanan . Tekade	BSc II	<i>[Signature]</i>
25)	Pranjali . Ajay . Mankar	BSc II	<i>[Signature]</i>
26)	Shreya . Mukund . Pathare	BSc II	<i>[Signature]</i>
27)	Payal . Pandit . Bhagat	BSc II	<i>[Signature]</i>
28)	Anjali . Mohan . Shejale	BSc II	<i>[Signature]</i>
29)	Vaishnavi . Suresh . Solanke	BSc II	<i>[Signature]</i>
30)	Sanhya . Anjum . Shaikh . Rahat	BSc - I	<i>[Signature]</i>
31)	APURVA . Shailendra . Kale	BSc-I	<i>[Signature]</i>
32)	Gayatri . Sanjay . Wankhade	BSc-I	<i>[Signature]</i>
33)	Aditi . Pradhep . Tayade	BSc-I	<i>[Signature]</i>
34)	Gayatri . Kailas . Kalamkar	BSc-I	<i>[Signature]</i>
35)	Jaliba . Firdous . Subhan . Khan	B.Sc - II	<i>[Signature]</i>
36)	Hina . P. . shekh . shekhji	B.Sc - II	<i>[Signature]</i>
37)	Rishika . Kantilal . Basraf	BSc - I	<i>[Signature]</i>

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**Date: 07 February, 2025**

SR. NO.	NAME OF STUDENTS	CLASS	SIGNATURE
38	Shivani Vinod Raut	BSc-I G1-2	<i>[Signature]</i>
39	Shreya Ganesh More	BSc-I N-2	<i>[Signature]</i>
40	Sanika Dilip Amale	BSc-I N-2	<i>[Signature]</i>
41	Vedika Dipak Dabhera	BSc-I N-2	<i>[Signature]</i>
42	Dnyaneshwari P Kalmegh	BSc-I N-2	<i>[Signature]</i>
43	Aashtha vilas Nawalkar	BSc-I G12	<i>[Signature]</i>
44	Tejpti Jitendra Chandan	BSc-I G2	<i>[Signature]</i>
45	Radhika Vishwas Jagde	BSc-I G2	<i>[Signature]</i>
46	Pisha Vijay Yeole	BSc-I G2	<i>[Signature]</i>
47	Diksha Shrihari Bhagat	BSc-III B1	<i>[Signature]</i>
48	Shravani Gajananrao Babhmukh	BSc-III B1	<i>[Signature]</i>
49	Ankita somdatta Dhoze	BSc-III B2	<i>[Signature]</i>
50	Dhanshree Pramod Bajaskar	BSc-III B2	<i>[Signature]</i>
51	Harshada Shrikant Dange	BSc-III B2	<i>[Signature]</i>
52	Pranali Mahendra Hundewale	BSc-III B2	<i>[Signature]</i>
53	Punam Keshav Karkad	BSc-III B2	<i>[Signature]</i>
54	Pradnya Dilip Belokar	BSc-III B2	<i>[Signature]</i>
55	Chanchal Vinod Hiranwade	BSc-III B3	<i>[Signature]</i>
56	Sakshi Vilas Dumble	BSc-I G13	<i>[Signature]</i>
57	Manaswi Rishrajit Sirsat	BSc-III B2	<i>[Signature]</i>
58	Sayali Sachin Ahir	B.Sc-I G18	<i>[Signature]</i>
59	Gunjan Mahavir Tayde	B.Sc-I G15	<i>[Signature]</i>
60	Manali Mahavir Tayde	B.Sc-I G15	<i>[Signature]</i>
61	Pooi Rahul Jogle	B.Sc-I N16	<i>[Signature]</i>
62	Rajal Suresh Shrinath	B.Sc-I G1-14	<i>[Signature]</i>
63	Sital Arvind Wankhade	11th	<i>[Signature]</i>
64	<del>_____</del>		<i>[Signature]</i>

SR. NO.	NAME OF STUDENTS	CLASS	SIGNATURE
101	Jagdish A. Khan	BSc-I <sup>st</sup>	<i>[Signature]</i>
102	Priyanshu S. Darvekar	BSc-II <sup>nd</sup>	<i>[Signature]</i>
103	Piyush S. Tawade	BSc-II <sup>nd</sup>	<i>[Signature]</i>
104	Anas Y. Bhavnagare	B.Sc. I <sup>st</sup>	<i>[Signature]</i>
105	Rudhviraj G. Supalkar	B.Sc. I <sup>st</sup>	<i>[Signature]</i>
106	Abhishek K. Khanapurse	BSc-II <sup>nd</sup>	<i>[Signature]</i>
107	Abhay A. Rathod	BSc-III	<i>[Signature]</i>
108	Mahesh B. Gohade	BSc-II <sup>nd</sup>	<i>[Signature]</i>
109	Aniket R. Karkad	BSc-II <sup>nd</sup>	<i>[Signature]</i>
110	Sachin T. Sable	BSc-II <sup>nd</sup>	<i>[Signature]</i>
111	Vedant G. Solanke	BSc-II <sup>nd</sup>	<i>[Signature]</i>
112	Rushikesh S. Bhosone	BSc-II <sup>nd</sup>	<i>[Signature]</i>
113	Harish A. Gorje	-II-	<i>[Signature]</i>
114	Nageshwar N. Usde	-II-	<i>[Signature]</i>
115	Sumit P. Ghandhore	-II-	<i>[Signature]</i>
116	Harish D. Nanote	-II-	<i>[Signature]</i>
117	Aartiya Ravindra Umbarkey	=11=	<i>[Signature]</i>
118	Anshul Rajkumar Tilasi	=11=	<i>[Signature]</i>
119	Yash Ravindra Janwade	=11=	<i>[Signature]</i>
120	Ajay Manikrao Dabhade	=11=	<i>[Signature]</i>
121	Snehanjit Vijayanath Athawale	BSc-I	<i>[Signature]</i>
122	Aniket Sanjay Ambhore	BSc-III	<i>[Signature]</i>
123	Nipun Rajabhadur Jaiswal	B.Sc III	<i>[Signature]</i>
124	Saurabh Kisanrao Gaikwad	M.Sc I	<i>[Signature]</i>
125	Yash Dnyaneshwar Jogle	M.Sc I	<i>[Signature]</i>
126	Ashimay Anurajal Prasadani	M.Sc-I	<i>[Signature]</i>
127	Gaurav Guneshaas Bainsagi	M.Sc-I	<i>[Signature]</i>
128	Saypal Anil Rathod	M.Sc-II	<i>[Signature]</i>
129	Rutuja Sunil Pathak	M.Sc-I	<i>[Signature]</i>
130	Riya Ramesh Vishwakarma	BSc-I	<i>[Signature]</i>
131	Anchal Suresh Jeewatsamani	BSc-I	<i>[Signature]</i>
132	Rishika Kantilal Saraf	BSc-I	<i>[Signature]</i>

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 Department of Microbiology, Women Cell and ICC, Department of Physical Education  
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 Government Medical College and Civil Hospital, Akola  
 Date: 07 February, 2025

List of Students

SR. NO.	NAME OF STUDENTS	CLASS	SIGNATURE
133	Prabhat Lalchand Prajapati	BSc-II	[Signature]
134	Sucyoni Devsao Gawar	BSC-III	[Signature]
135	Pratham Sunil Aterkar	BSC-I	[Signature]
136	Sahil Jayant Hanwade	BSC-II	[Signature]
137	Prathmesh Ram. S. Mahariya	BSC-I	[Signature]
138	Rohit A. Alane	BSc-I	[Signature]
139	Renu. S. Dubey	MSC-II	[Signature]
140	Pooja A. Thakur	MSC-III	[Signature]
141	Vaishnavi C. Hirudkar	MSC-II	[Signature]
142	Dnyaneshwari A. Thakur	MSC-II	[Signature]
143	Komal Baburao Raut	BSC-II	[Signature]
144	Divya Anand Pande	BSC-2nd year	[Signature]
145	Shelvi Sanjay Tekade	BSC-2nd year	[Signature]
146	Pallavi Suddhakar Aglave	BSC-I	[Signature]
147	Samiksha Ramnada Dhumandhar	BSC-I	[Signature]
148	Pragati Baban chavan	BSC-I	[Signature]
149	Nayana A. Lawhale	MSC-II	[Signature]
150	Vaishnavi Sandip Kale	BSC-I	[Signature]
151	Rupali Ramrao Waghare	BSC-I	[Signature]
152	Riya Vijay Wagh	BSC-I	[Signature]
153	Sucyoni Prasad Patil	BSC-I	[Signature]
154	Dipti Ravindra Chakre	BSC-I	[Signature]
155	Poojima Dewanand Nalwade	BSC-I	[Signature]
156	Neha Devendra Yeatkar	BSC-I	[Signature]
157	Ohari Vilas Ingle	BSC-I	[Signature]
158	Sameedhi Sandip Wankhede	BSC-I	[Signature]
159	Komal Anil Ingle	BSC-I	[Signature]
160	Shilpa Anil Sandanishir	BSC-I	[Signature]
161	Ritu Vilas Wagh	BSC-I	[Signature]
162	Vaishnavi Damodar Akhane	BSC-I	[Signature]
163	Baksha Dipak Heda	BSC-I	[Signature]
164	Rutuja Shyamundar Bhad	BSC-II	[Signature]
165	Gwati Sanjay Kalmegh	BSC-II	[Signature]
166	Disha Ramesh Kawale	BSC-II	[Signature]
167	Padma Kisan Savastkar	BSC-I	[Signature]

List of Students

SR. NO.	NAME OF STUDENTS	CLASS	SIGNATURE
168	Anchal Suresh Jeewatramani	BSC-I	[Signature]
169	Rutuja Sunil Pathak	BSC-I	[Signature]
170	Riya Ramesh Vishwakarma	BSC-I	[Signature]
171	Sneha Santosh Japsare	BSC-I	[Signature]
172	Poonam Shrikrushna Ishandezao	BSC-I	[Signature]
174	Chaitali Ravindra Lakhande	BSC-I	[Signature]
175	Ritika Ganesh Gulhane	BSC-I	[Signature]
176	Vaishnavi Prashant Bajaj	BSC-III	[Signature]
177	Dnyaneshwari Prashant Bajaj	BSC-III	[Signature]
178	Jyoti Shekhar Aodhe	BSC-III	[Signature]
179	Vaishnavi Vilas Chaitali	BSC-III	[Signature]
180	Sanika Lakshman Ambekar	BSC-III	[Signature]
181	Nikita Vijay Raut	BSC-III	[Signature]
182	Nandini Santosh Tayde	BSC-III	[Signature]
183	Vaishnavi Gejanan Yewale	BSC-III	[Signature]
184	Bhagyashri Suresh Bahare	BSC-III	[Signature]
185	Pranjali Subhash Thakare	BSC-III	[Signature]
186	Khushi Satish Gupta	BSC-III	[Signature]
187	Rutuja Gejanan Lade	BSC-III	[Signature]
188	Sanika Gopal Khatkar	BSC-II	[Signature]
189	Snehal Ganesh Shegetkar	BSC-II	[Signature]
190	Aparna Santosh Surbade	BSC-II	[Signature]
191	Rupali Pratiksha Wankhede	BSC-I	[Signature]

[Signature]

**Dr Rashmi P. Joshi,**  
 Women Cell & ICC Chairperson



[Signature]

**Principal**  
**Dr R. D. Chandrawanshi**



The Berar General Education Society's  
**Shri R.L.T. College of Science, Akola**

NAAC Re-Accredited Grade 'A' with CGPA 3.18

**Women's Development Cell and Internal Complaint Committee (ICC)**

In collaboration with

**Department of Physical Education and Sports**

Organizes Community Enrichment Program on

**Women Empowerment Through Self-Defense**

From 8<sup>th</sup> February 2025 to 8<sup>th</sup> March 2025



## REPORT

Every woman should possess the skills and confidence to protect herself. In today's world, the significance of self-defence for women is undeniable. Learning effective self-defence tips can enhance feelings of security and empower women to take their safety into their own hands. The unfortunate reality is that women face various threats, ranging from harassment to physical assault. While we aspire to live in a world devoid of crime, especially crimes against women, we recognise how unrealistic that is at present. Women must be equipped with self-protection tips. Mastering self-defence for women doesn't necessitate becoming an expert martial artist; even basic techniques can make a substantial difference.

Just imagine walking down a street at night without any fear. That's the kind of poise and confidence self-defence training instils. We encourage women to explore versatile techniques and self-defence tips for females, such as:

### **Strikes:**

Powerful strikes like elbow and knee strikes can effectively counter an aggressor at close range. Targeting vulnerable areas allows slighter women to inflict damage still.

### **Releases:**

If grabbed, learning wrist releases, hair releases, and bear hug releases enables women to quickly break free from holds and create distance.

### **Chokes/Choke Releases:**

Preventing and escaping from chokes is vital. Focused techniques like throat strikes, head butts, and aggressive choke releases can save lives.

Self-defence comprises more than just physical skills. It's also about cultivating the proper survival mindset – tuning intuition, avoiding dangerous situations through risk awareness, using verbal commands, and projecting confidence to deter would-be attackers. With the right self-defence tips for women, ladies can expect incredible benefits beyond just safety: increased fitness, discipline, stress relief, and unshakable self-confidence that radiates through all areas of life.

Keeping this in mind, the Women's Development Cell & Internal Complaint Committee (ICC) with the Department of Physical Education and Sports of Shri R.L.T. College of Science, Akola, jointly organised a community enrichment and training program from 8/2/2025 to 8/3/2025. For

the one-month training, the 144 undergraduate girls were registered through the Google form link:  
<https://forms.gle/YYPjkuNiB6kR6VK7>. The first 120 girls were selected for training.



The Berar General Education Society's  
**Shri R.L.T. College of Science, Akola**  
NAAC Re-Accredited Grade 'A' with CGPA 3.18  
**Women's Development Cell and Internal Complaint Committee (ICC)**  
In collaboration with  
**Department of Physical Education and Sports**  
Organizes Community Enrichment Program on  
**Women Empowerment Through Self-Defense**  
From 8<sup>th</sup> February 2025 to 8<sup>th</sup> March 2025



**Inauguration: 8<sup>th</sup> February 2025**

**Time: 5:00 pm**

**Venue: Shri R.L.T. College of Science, Akola**

**Resource Person**

Dr. Rajesh D. Chandrawanshi (Self-Defense Expert & D.P.E.S)  
Ms. Aishwarya Ghugare (Color Holder of Judo & Wrestling)

**Organizing Committee**

Dr. R.D. Chandrawanshi Principal	Dr. R.P. Joshi Chairperson ICC	Dr. A.S. Sawarkar Member	Dr. S.N. Gawande Member
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**& All members of ICC and DPES**

**A Community Enrichment Program**  
**“Women Empowerment Through Self-Defense”**  
Duration: 8<sup>th</sup> February to 8<sup>th</sup> March 2025  
Time: 5: 00pm – 6:00 pm daily  
Eligibility: UG / PG Girl Students of Shri R.L.T. College of Science, Akola.

**Program Highlights:**

- Training for Self-Defense
- Physical and Mental health improvement
- one month duration.
- Certificate for each participant

**Rules:**

- Daily training of 1hr (5:00 pm to 6:00pm)
- College I-card/ Admission Receipt compulsory
- Regular practice compulsory

**Contact:**

- Dr. R. P. Joshi (Sawalkar) 9923074666



**FREE** Register Now

Registration Link:  
<https://forms.gle/YYPjkuNiB6kR6VK7>  
or  
Scan QR for Registration:





Dr. Sonali Gawande is conducting the inaugural programme and felicitation of guests on the dais on 8/2/25



Officiating Principal Dr. R. D. Chandrawanshi delivered the introductory speech and guided the participants about the judo workshop.



The Executive Member of the B.G.E. society Dr. P. T. Agrawal, Dr A. S. Sawarkar, Smt. Vaishali Badgujar, Principal Dr. R. D. Chandrawanshi and Dr. S.N. Gawande in the inaugural ceremony.



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**Women Empowerment through Self-Defense**



From 8<sup>th</sup> February to 8<sup>th</sup> March 2025

### Invitation

On the occasion of International Women's Day, we cordially invite you to  
the Valedictory Program of the Community Enrichment Program,  
"Women Empowerment through Self-Defense."

on

8<sup>th</sup> March 2025; Venue: College Auditorium at 1:00 pm

**Chief Guest**

**Lt. Shweta Mendhe**  
(Director Physical Edu. & Sports)  
Smt. R.D.G. College, Akola

**Resource Persons (Alumina's)**

**Ms. Nikita Ambuskar (PSI, Gadchiroli)**  
**Ms. Prachi Tathurkar**

#### Organizing Committee

Dr. R.D. Chandrawanshi	Dr. R. P. Joshi	Dr. A.S. Sawarkar	Dr. S.N. Gawande
Principal	Chairperson I.C.C. & Women's cell	Member	Member

Smt. Jyoti Gite & all the members of ICC and DPES

On the occasion of International Women's Day, the chairperson of the ICC and Women Cell of Shri R.L.T. College of Science Akola organized one wonderful guest lecture on a topic "Gender Equity versus Gender Equality" by one of the alumina of college Ms. Prachi Tathurkar, working at the Thermal Power Plant Paras, Dist. Akola.

She explained that *Gender equality* refers to the equal treatment of men and women in all aspects of life, ensuring that everyone has the same rights, responsibilities, and opportunities regardless of their gender.

Ms. Prachi guided students about *Gender equity* recognizes that men and women have different needs, experiences, and disadvantages, and it aims to address these disparities by providing differentiated resources and opportunities based on these needs.

Ms. Prachi informed the audience, How to Empower Women, as it is the process of enhancing women's capacity to make choices and transform those choices into desired actions and outcomes. It involves increasing control over resources, improving decision-making power, and achieving economic, social, and political independence.



Chief Guest of the Women's Day function, Lt. Shweta Mendhe, and the guest speaker and alumna, Ms. Prachi Tathurkar, on the dais. Introductory speech by Dr. R. P. Joshi (Sawalkar), ICC Chairperson.



Felicitation of Dr. S. N. Gawande for being awarded her PhD Degree.

Conduction of the programme was done by Dr. Gawande, ICC member.



Felicitation by giving a Shawl and a floral bouquet to the guest of honour.



Wonderful speech on “Gender Equity versus Gender Equality” by Ms. Prachi Tathurkar



A beautiful poem was written on Women’s Day by Dr H.S. Malpani, HOD, Department of Microbiology.



The entire Team of the Self Defence Workshop, along with guests, the ICC team, and respected principal Dr R. D. Chandrawanshi.

**Dr. Rashmi P. Joshi,**  
**Women Cell & ICC Chairperson**



**Principal**  
**Dr. R. D. Chandrawanshi**