

**Shri Shivaji Education Society Amravati's Science College,  
Congress Nagar, Nagpur  
2022-2023**

**Notice**

All the teaching, non teaching staff members and students are hereby informed to attend the programme on "Challenges of Womanhood" on, 22<sup>nd</sup> Nov, 2022. All are requested to attend the programme.

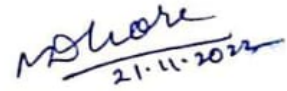
Guest speaker:  
Dr. Anuradha Ridhorkar  
Senior Consultant,  
Kingsway Hospital, Nagpur

Time: 2.00 pm

Venue: Conference Hall



Dr Yogita Meshram  
Convener  
Women Grievance  
Redressal Cell

  
21.11.2022

Prof. M.P. Dhore  
Principal  
S.S.E.S. Amt's Science College,  
Congress Nagar, Nagpur

**Shri Shivaji Education Society Amravati's Science College,  
Congress Nagar, Nagpur**

**Women Grievance Redressal Cell  
Guest lecture on**

**Challenges in Womanhood by Dr. Anuradha Ridhorkar**

2022-23

**Lecture on "Challenges in womanhood"**


Date: 22<sup>nd</sup> Nov, 2022 Time: 2pm to 3pm

Number of beneficiaries: 114

Name of the Resource Person: Dr. Anuradha Ridhorkar

A guest lecture was organized by the women grievance redressal cell of Shivaji science college, Nagpur for the students and staff members on dated 22<sup>nd</sup> Nov 2022 at 2.00pm. Dr. Anuradha Ridhorkar Sr. Consultant, Kingsway, Nagpur was the resource person for the talk.

The program was started by paying floral tribute to founder president Dr. Bhahusaheb Deshmukh. The chairman of the program was Principal Dr M. P. Dhore. The session started with the floral welcome of the guests. The Principal Dr M. P. Dhore welcomed the guest and address the gathering. The Convener Dr. Yogita Meshram briefed aim and objectives, functioning about the wgrc cell. The resource person started the session with a brainstorming on What is Health. She explained the connection between health, hygiene and well-being with special emphasize to adolescence and challenges in womanhood and also discussed peer pressure on young mind and their solution. In her presentation, she highlighted the present scenario, mind state of young generation and challenges faced by the young mind. She emphasized on the need of balanced diet, importance of sleep and exercise that will together promote good health of a person. How to deal with depression, anxiety, and chaotic situation also being discussed. Session was interesting and interacting with several case studies. Session ended with a question answer where audience asked several questions. The Convener of the programme was Dr. Yogita Meshram. The Program was conducted by Dr. Vrushali Kinkhikar. The session was concluded with the vote of thanks by Mr. Dr. Shilpa Gedam. Total 114 students and faculty members were present on this occasion



**Shri Shivaji Education Society Amravati's Science College,  
Congress Nagar, Nagpur**

**Women Grievance Redressal Cell**

Lecture on "Challenges in womanhood"

22<sup>nd</sup> Nov, 2022

**Action Taken Report**

A guest lecture was organized by the Women's Grievance Redressal Cell of Shivaji Science College, Nagpur for the students and staff members on 22nd Nov 2022 at 2.00pm. Dr. Anuradha Ridhorkar Sr. Consultant, Kingsway, Nagpur was the resource person. 114 students were present on this occasion and benefitted by this program..



Dr A. A. Halder  
Coordinator, IQAC  
Science College,  
Congress Nagar, Nagpur



Prof. M. P. Dhore  
Principal  
Science College,  
Congress Nagar, Nagpur





Latitude: 21.128129  
Longitude: 79.082191  
Elevation: 307.66±1 m  
Accuracy: 22.6 m  
Time: 11-22-2022 14:28  
Note: Womenhood

Powered by NoteCam

**Dr. Anuradha Ridhorkar Sr. Consultant, Kingsway, Nagpur, delivered a talk on "Challenges in womanhood" 22<sup>nd</sup> Nov 2022**



Latitude: 21.128122  
Longitude: 79.082191  
Elevation: 307.66±1 m  
Accuracy: 18.6 m  
Time: 11-22-2022 14:21  
Note: Womenhood

Powered by NoteCam



**Student and staff members with guest Dr Ridhorkar**

# Attendance Sheet

Shri Shivaji Education Society, Amravati's Science College, Nagpur.

Attendance Sheet of

Guest Lecture

Women Grievance Redressal Cell

22<sup>nd</sup> November 2022 (Tuesday)

Sr. No.	Name of Students		Sign
1	Raj Sonone	M	
2	Sahil behate	M	
3	Varshan Waghmare	M	
4	Anshu Meshram	F	
5	Bampada bunde	F	
6	Sakshi Sakhare	F	
7	Nandini Singh	F	
8	Madhur Patil	M	
9	Vivya Surkar	F	
10	Laxmi Timande	F	
11	Khushbu Vaidya	F	
12	Janhavi Choudhari	F	
13	Dhiraj T. J. Singh	M	
14	Gouri Panchbhadre	F	
15	Pooja Nigam	F	
16	Sugeshwari B. Tapathi	F	
17	Sheladha Masram	F	
18	Snehal Jibhakte	F	
19	Prakarsha Khadse	F	
20	Vasuki dabhare		
21	Shrushti Thakur		
22	Sanskriti Manje		
23	Prithi Kumbhare		
24	Krutika Dhakate		
25	Umarani Balbandiwari		
26	Priyanka Phonde		
27	Pankaja Dakhole		
28	Manisha Sharma		
29	Vaishnavi Farkade		
30	Falguni Kumbhru		
31	Varshnavi Likhitar		
32	Nukti Telmale		
33	Anshu Ganesh Meshram		
34	Pranav Rajesh Chausagade	M	
35	Laishan Nilesh Shakkas	M	
36	Shruti Tiwari		

Shri Shivaji Education Society, Amravati's Science College, Nagpur.

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Guest Lecture

Women Grievance Redressal Cell

22<sup>nd</sup> November 2022 (Tuesday)

Sr. No.	Name of Students	Sign
1	Abhishek Batke (CBZ) B3 M	Abhishek
2	Sourav Bangale (CBZ) G2 M	Sourav
3	Vedanti Wakulker (CBZ) B6	Vedanti
4	Reya Parkhi (CCSM) F2	Reya
5	Anchal. Bale (CBZ) B5	Anchal
6	Sonali Jagi MSC-II	Sonali
7	Sadanya Bhadani MSC-II	Sadanya
8	Pranali Jadhavkar BSC II <sup>nd</sup>	Pranali
9	Durga Wadale 1 <sup>st</sup> year M	Durga
10	Jeev Uparkar BSC I	Jeev
11	Sakshi Dhakate B.sc II	Sakshi
12	Munesh R. Chaudhary B.sc II <sup>nd</sup> yr M	Chaudhary
13	Amisha Bilkar B.sc II <sup>nd</sup> year	Amisha
14	Mrs. Kanchan Khurwale	Khurwale
15	Mrs. Anupama H. Mendhe	AMendhe
16	Mrs. Samata N. Gogale	Sh
17	Ms. Pranali Choudhan	Pranali
18	A. D. Futale	Futale
19	Ms. P. B. Samarkar	P.B.
20	Mrs. P. N. Deshmukh	P.N.
21	Pranita Tiwari	Pranita
22	Dr. Y. K. Meshram	Y.K.
23	Vrushali Kulkarni	Vrushali
24	S. R. Gedam	Syedam
25	Sarita Wakodkar	Sarita
26	Soniya A. Mirza	Soniya
27	Megha N. Tabhane	Megha
28	Shraverini Khurche	Shraverini
29	Mrs. S. J. Kene	S.J.
30	Shivani Sharma	Shivani
31	SAKSHI Mahale (B2) (CCBM)	Sakshi
32	SAKSHI DHAPKE	Sakshi
33	JHANVI BURADE	Jhanvi
34	UTKARSHA KOTHE	Utkarsha
35	VAISHNAVI PANDE	Vaishnavi

Shri Shivaji Education Society, Amravati's Science College, Nagpur.

Attendance Sheet of

Guest Lecture

Women Grievance Redressal Cell

22<sup>nd</sup> November 2022 (Tuesday)

Sr. No.	Name of Students	Sign
1	Tanaya P. chipate	Chipate
2	Toral S. Bhandarkar	Bhandarkar
3	Renuka P. Gokhale	R. P. Gokhale
4	Aparna S. Kulkarni	Aparna
5	Shruti fulari	Shruti
6	Chetna Ghadge	Chetna Ghadge
7	Radha Somkumar	Radha
8	Oivya Devkar	Oivya
9	Isha Dhole	I. A. Dhole
10	Neha Lonare	Neha
11	Sucheta Nandanwar	Sucheta
12	Falguni Jitkar	Falguni
13	Jhushi Patel	Jhushi
14	Gaurav M. Parshuramkar M	Gaurav
15	Diksha R. Gedam	Diksha
16	Devesh D Pathe M	Pathe
17	Parsha Waghmare M	Parsha
18	Aparna Damodar	Aparna Damodar
19	Gargi Vichore	Gargi Vichore
20	Ishita Shelwani	Ishita Shelwani
21	SAT JOSHI	Sat
22	Kunali Ghondge CAM	Kunali
23	Himanshi Mehare CAM	Himanshi
24	Sumati Kale CAM	Sumati
25	Saloni A. Nandanwar CAM	Saloni
26	Sharvari M. Patilwar (CAM)	Sharvari
27	Nandini D. Choudhari CAM	Nandini
28	Shreyal V. Bombarde CAM	Shreyal



Shri Shivaji Education Society, Amravati's Science College, Nagpur.

Attendance Sheet of

Guest Lecture

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22<sup>nd</sup> November 2022 (Tuesday)

Sr. No.	Name of Students	Sign
29)	Darshan Vijay Darvekar M	Darshan
30)	Kabirish Bawangade	Kabirish
31)	Ishta Shrivastava	Ishta
32)	Shubhada Kabule	Shubhada
33)	Mansi Nandanwar	Mansi
34)	Sudhanshu Sakhare	Sudhanshu
35)	Dr. Shahin K. Sayyad (Staff member)	Shahin
36)	Shamya V. Ghonmade (Staff-11)	Shamya
37)	Dr. R. P. Sonwalkar -11-	R. P.
38)	Dr. A. A. Deshmukh -11-	A. A.
39)	Varsha Pande -11-	Varsha
40)	P. Dade madam -11-	P. Dade
41)	Dr. Sapna Baghel	Sapna
42)	Ms. Mayuri Bhad	Mayuri
43)	Dr. Rangini Patil -11-	Rangini
-		

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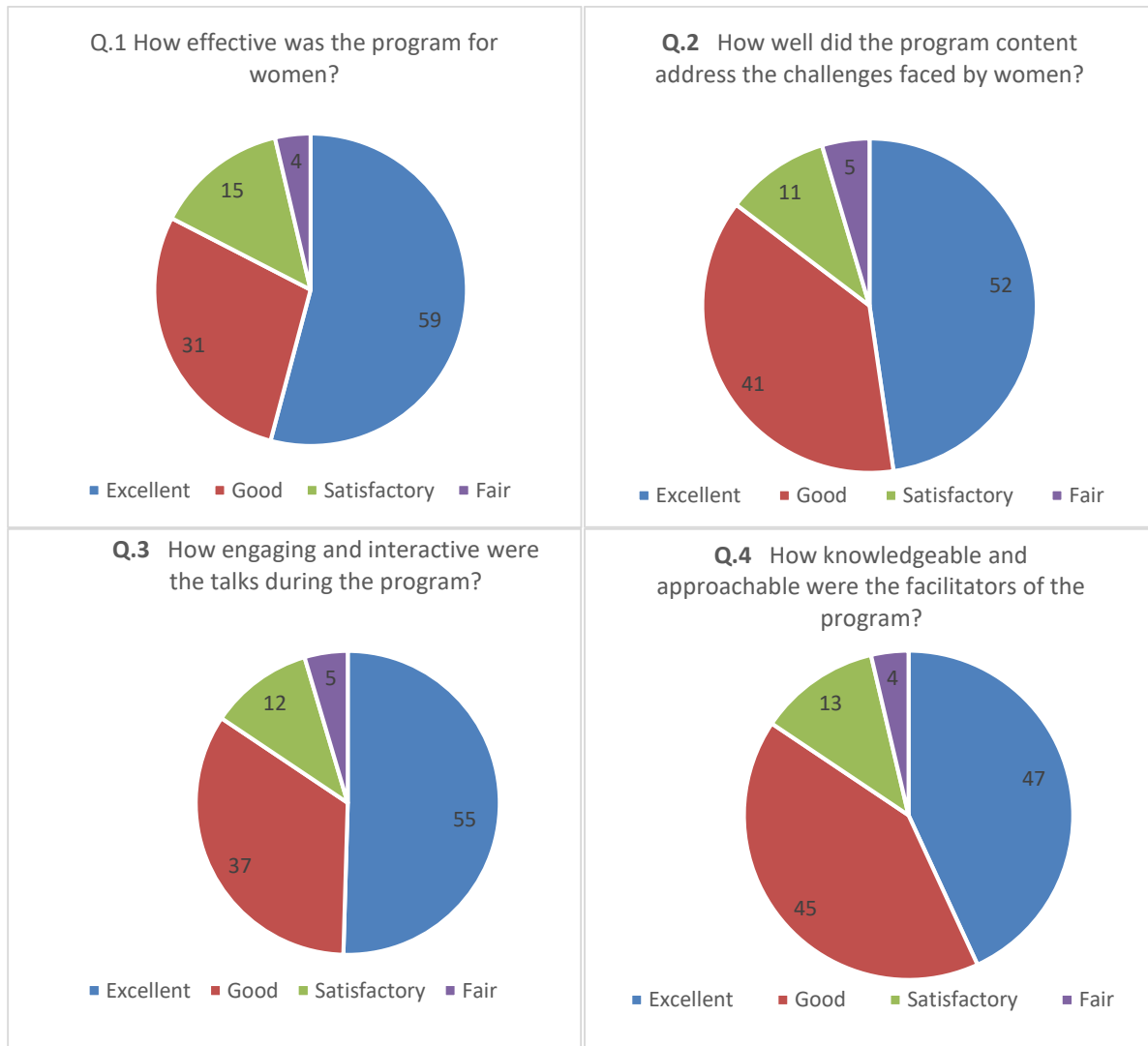
**Women Grievance Redressal Cell**

Lecture on "Challenges in womanhood"

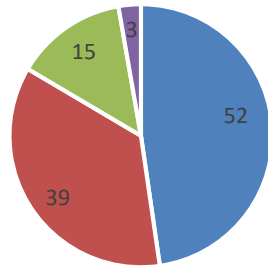
1. Number of Students attended the Lecture: 114

2. Number of students who have submitted the feedback: 109

**Graphical Representation of Feedback**



**Q.5** How likely are you to apply the knowledge and skills gained from the program in your daily life?



■ Excellent ■ Good ■ Satisfactory ■ Fair

Dr A. A. Halder  
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**Feedback Form**

**Date: 22/11/2022**

Please rate the following aspects of the program on a scale from 1 to 4,  
with 1 being "Fair" , 2 being "Satisfactory" , 3 being "Good" and 4 being "Excellent"

**Q.1** How effective was the program for women?

1

2

3

4

**Q.2** How well did the program content address the challenges faced by women?

1

2

3

4

**Q.3** How engaging and interactive were the talks during the program?

1

2

3

4

**Q.4** How knowledgeable and approachable were the facilitators of the program?

1

2

3

4

**Q.5** How likely are you to apply the knowledge and skills gained from the program in your daily life?

1

2

3

4