



Matoshri Education Society's

MATOSHRI COLLEGE OF PHARMACY

Eklahare, Near Odhagaon, Aurangabad Highway, Tal. & Dist. Nashik, Nashik- 422 105. (M.S.) Ph. No.: 0253-2406687, 9552516050
E-mail ID: matoshripharmacy@rediffmail.com Website: pharmacy.matoshri.edu.in

Approved by: All India Council of Technical Education (AICTE), Pharmacy Council of India, New Delhi, Govt. of Maharashtra, DTE, Mumbai. Affiliated to:
Savitribai Phule Pune University, Pune (ID.No.PU/NS/Pharm./163/2012) DTE Code: 5405

Annual Gender Sensitization Action Plan

Year	Title of the Gender sensitization Programme	Duration (From-To)	No. of participants
2019-20	Meditation	17.01.2020 -17.01.2020	55
	Self Defence Techniques		
	Legal Provision to protect right of women		
2018-19	"Women health and security"	08.03.2018	232
	Laws for women protection	09.03.2018	
	CyberSecurity	10.03.2018	
	Karate Training		
2017-18	Sexual Harasment at workplace	07.03.2018-07.03.2018	110
2016-17	Diet and Personal Hygiene	08.03.2017-08.03.2017	104
2015-16	Health for girls	12.02.2016-12.02.2016	94




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Report on one day Workshop on "Nirbhay Kanya Abhiyan" (2019-20)

Nirbhay Kanaya Abhiyan Scheme is introduced by university to develop the confidence and personality of a lady students who comes deprived sections of society. The main objective of the scheme is to develop a critical mind, self confidence and commitment to society. To achieve the said objectives, Savitribai Phule Pune University, Pune Clubbed ten different colleges near to peripheri and gives permission to organise same programme. In our clubbing university gives permission to MET IOP to organize same and our college has participated in it.

Objectives:

- The objective of the session was to motivate girls for meditation.
- To learn and practice various self defence technique.
- To learn various Acts and legal provision for protection of women right.

Sr No.	Session	Resource Person
1	Meditaion	Dr. Arun K. Burud
2	Self Defence Techniques	Mr. Arif Khan
3	Legal Provision to protect right of women	Mrs. GayatriJadhav (PSI)

The programme was inaugurated on 17th Jan. 2020 with opening lecture of Dr. Anil K. Burud who focused on importance of meditation to get relief from the stressful life.

On the same day, Mr. Arif Khan discussed about problems faced by girls such as acid attack and given training session to defend from such attack through his self defence techniques.

On the same day, Mrs Gayatri Jadhav, PSI cleared legal rights of women provided under various sections of Indian Panel code. She made aware about cyber crimes and laws associated with it. She also gave idea about how to rescue from the abuse/black-mailing from social network.

Response of Students:

Girl's students actively participated and shared problems faced by them, in day to day life in the society and got solutions from experts. Overall response of girl's students was very nice.




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*Swearing of Nirbhaya Palkhik Panyal by Mrs. Gayatri Jadhav
PSI, Maharashtra Police.*



Training session on Self Defense by Mr. Arif Nihan





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Report on NIRBHAY KANYA ABHIYAN 2018-19

Savitribai Phule Pune University sanctioned a grant for year 2018-19 under Nirbhay kanya abhiyan to our college total 05 expert lectures & training program on various topics were organized on various subjects for the girls of B. Pharmacy. Arrangement for the lectures was made in the seminar hall for power point presentations. Total 232 girls' students benefited with this workshop on Nirbhay kanya abhiyan. Students of backward class also benefitted with the scheme. Nirbhay kanya abhiyan really help the students by improving their knowledge with various aspects related with them. They are going to achieve their education goals through this knowledge. We really appreciate the efforts taken by the university to organize these events for colleges. The university is routinely taking such efforts for students and releasing the grants for motivating the college to conduct such activity. We thanks to the Vice chancellor, Director Board of student's welfare and their staff members for helping us. This will also improve the teaching skills of the college teachers. On the occasion of world women's day the MCOP organised workshop on "Women health and security" with collaboration of S.P.P.U. on 8 to 10 march 2018, the workshop was inaugurated by Dr. Gauri Pimpralekar. Principal Dr. N. P. Jain hold Presidential place. Dr. Vaishali Suryawanshi, Principal and Y. N. Gosavi were invited as chief guest, in the first session on 8th march. Dr. Guari Pimpralekar created awarteness about women cell in which she gave detailed information about infertility problems and women diet. On the second day police inspector Bhushan Deshmukh and cyber crime members Mrs. Mushkan Khan and Mr. Kuthubh Sohani gave information about, cyber crime. On the day third Miss. Supriya Survade trained students for self defense with karate training.





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Rangoli Competition in MCOP promoting Gender Equity.




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Event Organized Report (2017-18)

Name of event Organized: Guest lecture

Title of the event: Sexual Harasment at workplace

Date of event organized: 07/03/2018

Name of the co-ordinator of event: Mr. Khamkar P. A

Class of the participant: All Girls and ladies staff.

No. of participant: 110

Name of the expert with designation: Dr. Vishali Suryawanshi, Principal, Matoshri College of Education (B. Ed.)

Objective of the event:

- To improve the status and dignity of women in the socity.
- To review from time to time the existing provisions of the constitution and other laws affecting women and recommend amendments so as to suggest remedial legislation measures.

Outcome of the event: After Sucessfully completing the seminar students and staff will be able to

- Know where to complain about sexual Harrasment at workplace and College.
- Know the process how to complain about sexual Harrasment at workplace andcollege.




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Report on Diet and Personal Hygiene (2016-17)

Guest lecture by Dr. Shital Kadam on a topic '**Diet and Personal Hygiene**' on 8 March 2017 at 2.30 pm was arranged at Matoshri College of Pharmacy for all girl students and ladies staff. Dr. Shital Kadam was felicitated by principal sir. Dr. Kadam shared many unhygienic cases of women and precautions to avoid such conditions. In a session she informed about various phases of menstrual cycle and Personal hygiene to be taken by girls. She also discussed about various means available for menstruation and care taken for their disposal to avoid environmental pollution. She also explained about treatment related to menstrual painful conditions and other normal health issues.

Dr. Kadam focused on importance of balanced diet in maintaining good health for girls/women to provide energy for women's busy lives and help to reduce the risk of disease. A healthy eating plan she suggested includes:

- At least three ounce equivalents of whole grains such as whole-grain bread, whole-wheat cereal flakes, whole-wheat pasta, brown rice or oats.
- Three servings of low-fat or fat-free dairy products including milk, yogurt or cheese; or calcium-fortified plant-based alternatives.
- Five to 5-and-a-half ounce equivalents of protein such as lean meat, poultry, seafood, eggs, beans, lentils, tofu, nuts and seeds.
- Two cups of fruits — fresh, frozen or canned without added sugar.
- Two-and-a-half cups of colorful vegetables — fresh, frozen or canned without added salt.



Session on Diet and Personal Hygiene




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Report on Women Health Issues (2015-16)

Speaker: Dr. Jyoti Katkade and Dr. Shraddha Kute

Venue: Matoshri college of Pharmacy, Date: Feb 12, 2015

Guest lecture on "TALK ON HEALTH FOR GIRLS" was held on Feb 12, 2016. This session was planned by our Principal Dr. Nitin Jain for the benefits of women health and hygiene. The guest lecture began with a welcome address by the students who welcomed Dr. Jyoti Katkade and Dr. Shraddha Kute and our Principal Dr. Nitin Jain.

Dr. Jyoti katkade has over 10 years of experience. She is an expertise in dealing with high risk pregnancies and gynecological surgeries (Abdominal and Vaginal Surgeries) and also infertility treatments.

She began with the introduction of Adolescent between the age of 10 – 19. She explained different stages of adolescent like early and middle stage, early teenage pregnancy, unsafe sex leading to transmission of diseases. Thyroid related problems, women health and methods to overcome these problems by healthy ways like yoga, healthy foods and to avoid junk foods, since many added preservatives which causes unhealthy and imbalanced lifestyle.

Awareness on irregular periods which affects fertility in future and to overcome the problem of this by having healthy foods and yoga. Cervical Cancer awareness was also given to the students and its prevention by using vaccination. This vaccination can be taken by both women and men in-order to overcome the cervical cancer. The vaccination can be taken in 3 doses – first month, after 6 months and the last dose after 1 year.

Dr. Kute explained the meaning of women health. Defined the violence, menopause period, signs and symptoms, and risk factors. Described breast cancer, signs and symptoms and risk factors. Discussed about infancy, childhood, mental health injuries, HIV, AIDS, substance use, nutrition, maternal health, depression, causes and also talked about stress management.

The session ended with the heartily thanks to Dr. Jyoti Katkade and Dr. Shraddha Kute by the students for agreeing to be the guest in a short period of time and take time to share knowledge with the students. Speakers also thanked the management for providing the platform to organize guest lectures on such topics and also appreciated the faculty members, student volunteers and participants for the successful conduction of the event.



Session on Women health issues



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7.1.1 Specific facilities provided for women in term of: Safety and security, Counselling, Common rooms.

Institution shows gender sensitivity in providing facilities. In today's competitive world, an educational institute is not only responsible for providing the education of highest standards, it is also responsible for ensuring employment for its graduates. In order to fully prepare Matoshri graduates for their careers, it has launched initiatives such as the Personality Development Program, Industry Interactions, Guest Faculty from Industry forums, and the Language Lab. The main objective is to ensure that our students have the personality, exposure, skills, and self-confidence to take on the most urgent challenges and assignments starting from day one of their employment. Institute has formed Internal Complaint Committee with objective to review from time to time the existing provisions of the constitution and other laws affecting women and recommend amendments so as to suggest remedial legislation measures. Also to aware boys and girls about Sexual Harassment. Girls and Boys Hostel is secured by 24 hr. CCTV Surveillance is provided taking in view of students safety and security. Counselling rooms are meant to provide better counselling and interaction with the students that can help to identify the skills that should be developed or improved upon. Common rooms are provided for both the boys and Girls in the premises.





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CCTV CAMERA



GIRLS STUDENTS COUNSELING

GIRLS COMMON ROOM

AMBULANCE FACILITY



SECURITY

BUS FACILITY

LIFT FACILITY



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