



DR. AMBEDKAR COLLEGE, DEEKSHABHOOMI NAGPUR



DEPARTMENT OF CHEMISTRY

American Chemical Society International Student Chapter

"ENIGHTENING LECTURE BY DR. WARSHA DHAWADE"

Name of Program: Adolescence - know thyself.

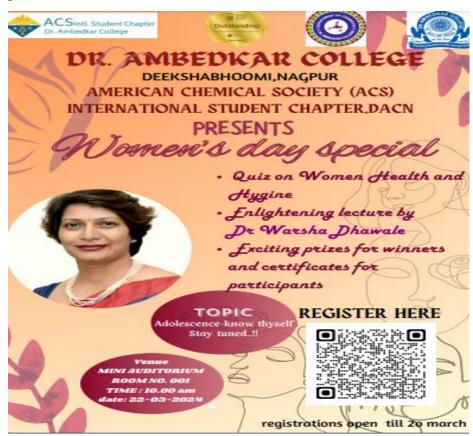
Organised by: Department of Chemistry

Under the Aegis of: American Chemical Society Intl.

Venue of Program: Mini Auditorium Dr. Ambedkar College, NAGPUR.

Date of the Program: 22nd March 2024

No. of Participants: 89



Introduction:

The "Adolescence-Know Thyself" session was held to address the importance of self-awareness during the critical phase of adolescence. Hosted by Department of Chemistry at Dr. Ambedkar College, Deekshabhoomi Nagpur, the event aimed to provide adolescents with valuable insights and guidance to navigate this transformative period with confidence and self-understanding.

Key Highlights:

- **1. Understanding Adolescence:** The session began with an exploration of the adolescence phase, highlighting its significance as a time of physical, emotional, and psychological changes. Attendees gained a deeper understanding of the challenges and opportunities associated with this developmental stage.
- **2. Promoting Self-Reflection:** Participants were encouraged to engage in self-reflection exercises to better understand their thoughts, feelings, and behaviors. Through guided activities and discussions, they explored their personal values, goals, and aspirations, laying the foundation for self-discovery and growth.
- **3. Building Self-Esteem:** The session focused on fostering positive self-esteem and confidence among adolescents. Strategies for overcoming self-doubt and embracing one's unique qualities were discussed, empowering attendees to cultivate a strong sense of self-worth.
- **4. Navigating Peer Pressure:** Peer pressure is a common concern during adolescence. The session provided practical tips and techniques for dealing with peer pressure effectively, empowering participants to make informed decisions and stay true to themselves.
- **5. Supportive Environment:** A supportive and non-judgmental environment was created to facilitate open communication and sharing among attendees. Through peer support and mentorship, adolescents felt encouraged to express themselves authentically and seek help when needed.

Acknowledgment:

The success of 'Adolescence-Know Thyself' program was made possible by the dedicated guidance and support of Dr. Mrs. Deepa Panhekar, Faculty Advisor, and Ms. Karuna Shahani Assistant Professor, Department of Chemistry, Ms. Swati Chimurkar, Lecturer, Department of Biochemistry and the entire ACS team. A special thanks to Dr. Warsha Dhawade for giving such impactful talk on Adolescence.

Conclusion:

The "Adolescence-Know Thyself" session provided a valuable platform for adolescents to explore their identity, values, and aspirations in a supportive and nurturing environment. By promoting self-awareness, self-esteem, and resilience, the event empowered attendees to navigate the challenges of adolescence with confidence and authenticity. The organizers are commended for their efforts in organizing such a meaningful and impactful session.

Some Glimpse













Dr. Ambedkar College, Deekshabhoomi, Nagpur American Chemical Society International Student Chapter

Womens Day event (Attendance Sheet)

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Revati Jenekar	B.com	4 th semester	8550998065	
Samiksha Anil Gajbhiye	MSc	4 th Sem	9022205301	
Komal Tembhare	BSc	6th sem	8550913735	
Dhanshree Shamrao Khadse	M.Sc	1st semester		
Sayali Rajesh Nitnaware	M.Sc.	First year	7249631668	
Sakshi Rajesh Nitnaware	M.Sc	Second semester	8412952028 Jahr	5
Mugdha Laxman Kanode	Msc. Chemistry	1 year - sem 2.	8482845026	
Vanshida Gedamkar	Bsc	4th sem	9371602606	
	Bsc bt/bc	2	9322349384	
Tina Samiksha Thakre	B.Sc biotechnology	Semester 4 year 2nd	7757907889	

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WOMEN'S DAY CLUEST LECTURE (22 March, ATTENDEES LIST. 2024)

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