



# 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:** 22<sup>nd</sup> March 2024

**No. of Participants:** 89

ACS Intl. Student Chapter  
Dr. Ambedkar College

Outstanding

DR. AMBEDKAR COLLEGE  
DEEKSHABHOOMI, NAGPUR  
AMERICAN CHEMICAL SOCIETY (ACS)  
INTERNATIONAL STUDENT CHAPTER, DACN  
PRESENTS  
*Women's day special*

- Quiz on Women Health and Hygiene
- Enlightening lecture by Dr. Warsha Dhawale
- Exciting prizes for winners and certificates for participants

TOPIC  
Adolescence-know thyself  
Stay tuned..!!

REGISTER HERE

Venue  
MINI AUDITORIUM  
ROOM NO. 001  
TIME : 10.00 am  
date: 22-03-2024

registrations open till 20 march

## **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)**

Name	Stream With Degree Program (B.A., B.Com, B.Sc., M.Sc., BCA, etc.)	Year or semester	Contact	Signature
1 Archi shyam Iarokar	B.A	2024	9322744120	
2 Shivani Borkar	BSc	Second sem	8380855614	
3 Harshita Hingnekar	B.sc (Biotechnology)	II year (sem 4)	7767991881	<i>[Signature]</i>
4 Prajakta Bhckare	B.sc	Sem 2	7248940042	
5 Mrunali Vaidya	B.sc	2nd semester	9325346663	<i>[Signature]</i>
6 Tanishka Barde	Bsc	Sem 2	8446494804	<i>[Signature]</i>
7 Ayushi Ambagade	B.Sc.	2nd semester	9422348482	<i>[Signature]</i>
8 Aarti Chambhare	Bsc	Sem 2	8432395605	<i>[Signature]</i>
9 Arpita bonde	Bsc	First year sem 2	9307903815	<i>[Signature]</i>
10 Suhana wankhede	Bsc (bccz)	First year (sem 2)	7768847071	<i>[Signature]</i>
11 Drashti Madharsingh Rathod	B.sc	Semester 2	9322451474	<i>[Signature]</i>
12 Khushbu vitthal jambhule	Bsc	Sem 2	7820869562	
13 Priyanshi Nandagaoli	Bsc	1st year	9529488952	<i>[Signature]</i>
14 Vedali Vinod Thool	B.Sc	Sem 2	9322810936	<i>[Signature]</i>
15 Tanushka	BSC	1 year	7620913953	<i>[Signature]</i>
15 Saniya zade	Bsc	Sem 2	9579750537	
16 ANUSHKA CHINCHMALATPURE	MSc Biochemistry	Sem 4	9175417159	<i>[Signature]</i>
17 Nikita Gupta	B.Sc	2 year . 4 semester	7028746229	
18 Riya Vinod Dawale	Bsc	1st year	9284732836	<i>[Signature]</i>
19 Shriya Thakre	Msc 2nd yr (Biochemistry)	Sem-4	7721001646	<i>[Signature]</i>
20 Sayali Thuikar	B. Sc	Sem 4	8855018562	
21 Neema yadav	Msc (chemistry)	2nd yr (4th sem)	8484905571	
22 Sanket Pramod Waghmare	Bsc	6	9284898550	

23 Manasvi Dhopte	Bsc	2	7385091503	
24 Ms. Nikita Ajay Bomkantiwar	M.Sc. Chemistry	2nd year (4th semester)	9767250894	
25 Revati Jenekar	B.com	4 th semester	8550998065	
26 Samiksha Anil Gajbhiye	MSc	4 th Sem	9022205301	
27 Komal Tembhare	BSc	6th sem	8550913735	
28 Dhanshree Shamrao Khadse	M.Sc	1st semester		
29 Sayali Rajesh Nitnaware	M.Sc.	First year	7249631668	<i>[Signature]</i>
30 Sakshi Rajesh Nitnaware	M.Sc	Second semester	8412952028	<i>[Signature]</i>
31 Mugdha Laxman Kanode	Msc. Chemistry	1 year - sem 2.	8482845026	
32 Vanshida Gedamkar	Bsc	4th sem	9371602606	
33 Tina	Bsc bt/bc	2	9322349384	
34 Samiksha Thakre	B Sc biotechnology	Semester 4 year 2nd	7757907889	
35 Disha Mounya	Bc BT	4 <sup>th</sup> sem	8485883134	<i>[Signature]</i>
36 Shravani lunge	Bc BT	4 <sup>th</sup> sem	9096143182	<i>[Signature]</i>

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

DATE: \_\_\_/\_\_\_/\_\_\_

PAGE No: \_\_\_

Name of students	Department	Signature
① Tanvi. S. Boldhane	M.Sc. (Chemistry)	<u>Boldhane</u>
② Snehal Nundeshwar	M.Sc. (Chemistry)	
③ Sneha Yadav	M.Sc. (Chemistry)	<u>Yadav</u>
④ Mitali Pawar	"	<u>Pawar</u>
⑤ Mayuri Katare	"	<u>Katare</u>
⑥ Shriya Thakur	M.Sc. (Biochemistry)	<u>Shriya</u>
⑦ Anushka Chinchmalapure	M.C. B/C (Sem-4)	<u>Anushka</u>
⑧ Tanishka Bunde	B.Sc. (Sem 2) BT	<u>T.B.</u>
⑨ Palti Chimbhare	B.Sc.-BT (Sem 2)	<u>Chimbhare</u>
⑩ Anushi Ambogadi	B.Sc.-BT (Sem 2)	<u>Ambogadi</u>
⑪ Khushi Vaidya	B.Sc.-BT (Sem 2)	<u>Vaidya</u>
⑫ Disha Marwaha	B.Sc.-BT (Sem 2)	<u>Disha</u>
⑬ Neha Yadav	B.Sc.-BT (Sem 2)	<u>Yadav</u>
⑭ Shreya Shende	B.Sc.-BT (Sem 2)	<u>Shende</u>
⑮ Trisha Gajbiye	B.Sc.-BT (Sem 2)	<u>Gajbiye</u>
16. Purnali Kothare	B.Sc.-BT (Sem 2)	<u>Kothare</u>
⑰ Archita Somkuwar	B.Sc.-BT (Sem II)	<u>Somkuwar</u>
18. Janvi Sahare	B.Sc.-BT (Sem II)	<u>Sahare</u>
19. Ananya Barutkar	B.Sc.-BT (Sem II)	<u>Barutkar</u>
20. Sanika Bhoyar	B.Sc.-BT (Sem II)	<u>Bhoyar</u>
21. Eshika Katore	B.Sc.-BT (Sem II)	<u>Eshika</u>
22. Divyani Bhope	B.Sc.-BT (Sem II)	<u>Bhope</u>
23. Suman Nayak	B.Sc.-BT (Sem II)	<u>Nayak</u>
24. Sayali Rathod	B.Sc.-BT (Sem II)	<u>Rathod</u>
25. Shreya S. Kature	B.Sc. (C.S) [Sem II]	<u>Kature</u>
26. Payal M. Meshram	BCA (SEM - II)	<u>Meshram</u>
27. Vedika W. Salame	B.Sc. BT (Sem II)	<u>Salame</u>
28. Tejaswini P. Sable	B.Sc. (BT) (Sem II)	<u>Sable</u>
29. Anjali B. Raipure	B.Sc. (BT) (Sem II)	<u>Raipure</u>

30.	Renuka P. Sharpure	Bsc(BT sem 2)	<u>Renuka</u>
31.	Sakshi. Y. Mashtam	BCA(Sem 2)	<u>Sakshi</u>
32.	Vedanti. G. Choudhari	BCA(sem 2)	<u>Choudhari</u>
33.	Alkhalaha Dhande	BCA(Lem 2)	<u>Dhande</u>
34.	Laxmi G Chichmalake	BCA(sem 2)	<u>Chichmalake</u>
35.	Angali L. Gonerwane.	BCA(sem 2)	<u>Gonerwane</u>
36.	Prerna S. Katre	BCA(sem 2)	<u>Katre</u>
37.	Palak. S. Bhardwaj	BCA(sem 2)	<u>Bhardwaj</u>
38.	Prajali. N. Ukay	BCA(sem 2)	<u>Ukay</u>
39.	Nehasika. S. Tiwari	BCA(sem 2)	<u>Tiwari</u>
40.	Mansi. N. Singh	BCA(sem 2)	<u>Singh</u>
41.	Avanti Ghosmode	BCA(sem 2)	<u>Ghosmode</u>
42.	Nishigandha Wasade	BCA(sem 2)	<u>Wasade</u>
43.	Gulafsha. Ansari	BCA(sem 2)	<u>Ansari</u>
44.	Ritu Badwaik	BCA sem 2	<u>Badwaik</u>
45.	Shamli Sudesh Gupta	BCA sem 2	<u>Gupta</u>
46.	Ketki Ujjawal Dhotre	BCA sem 2	<u>Dhotre</u>
47.	Astha " Saijay Dunge	BCA Sem 2	<u>Dunge</u>
48.	Ishita hemant patil	BCA Sem 2	<u>Patil</u>
49.	Hitesha Pramod Raut	BCA sem 2	<u>Raut</u>
50.	vidhi A. patle	BCA sem-2	<u>Patle</u>
60.	shravani Lunge	BTBC sem-4	<u>Lunge</u>
✓ 61.	Harshita Shingekar	BTBC Sem-4	<u>Shingekar</u>
62.	Akansha Singh	MSc (I <sup>st</sup> year)	<u>Singh</u>
63.	Vandevi Pawar	MSc (1 <sup>st</sup> year)	<u>Pawar</u>
✓ 64.	Suyali Nitnaware	M.Sc (1 <sup>st</sup> year)	<u>Nitnaware</u>
✓ 65.	Sakshi Nitnaware	M.Sc (1 <sup>st</sup> year)	<u>Nitnaware</u>
66.	Aachal Awale	Bsc (1 <sup>st</sup> year)	<u>Awale</u>
67.	Nikita A. Boinkantwar	MSc (II <sup>nd</sup> year)	<u>Boinkantwar</u>
68.	Samiksha R. Ganat	Msc (II <sup>nd</sup> year)	<u>Ganate</u>

69. Ankita Sudhir Uskande (MSc-II<sup>nd</sup> Chem) ~~Ankita~~
70. Madhusha Rajish Kate (MSc - II<sup>nd</sup> Chem) ~~Madhusha~~
71. Pratiksha Namdeo Lokhande (MSc-II<sup>nd</sup> Chem) ~~Pratiksha~~
- ✓ 72. Suhana Wankhede [BSc sem II BCCZ] ~~Suhana~~
- ✓ 73. Arpita Bonde [BSc sem II BCCZ] ~~Arpita~~
- ✓ 74. Riya V. Pawale [B.Sc Sem II BCCB] ~~Pawale~~
75. Vanshita R. Marrom [BCA Sem II] ~~Vanshita~~
76. Soundarya J. Bhavne [BCA Sem II] ~~Soundarya~~
78. Shreyee V. Pande (BCA Sem II) ~~Shreyee~~
- ✓ 79. Drashti Madhosi ng Rathod. (BCCZ) (sem II) ~~Drashti~~
80. Gitanjali Singh (BCA Sem II) ~~Gitanjali~~
81. Riya Meshram (BCA sem II) ~~Riya~~
82. Tanushka S. Patil (BSC sem II) ~~Tanushka~~
- ✓ 83. Priyamshi Nandagasti (BSc sem II) ~~Priyamshi~~
- ✓ 84. Vedali Thos (BSc Sem II) ~~Vedali~~
85. Vidya Y. Mulmule (BSC sem II) ~~Vidya~~
86. Aparna R. Gundkar (B.Sc sem II) (BCCZ) ~~Aparna~~
87. Nirmiti S. Bhilkar (BCA Sem II) ~~Nirmiti~~
88. Pooja B. Santakhe (BCA sem II) ~~Pooja~~
89. Sreeram S. Raut (BCA sem II) ~~Sreeram~~