

DR. AMBEDKAR COLLEGE, DEEKSHABHOOMI, NAGPUR



REPORT

**International Women's Day Celebration
SEMINAR ON WOMEN EMPOWERMENT: RIGHTS, EQUALITY AND
OPPORTUNITIES**

**WOMEN DEVELOPMENT CELL
SESSION 2024-2025**

NAME OF THE PROGRAMME	:	International Women's Day Celebration-Seminar On Women Empowerment: Rights, Equality And Opportunities
DAY & DATE	:	Monday, 24 th March, 2025
VENUE	:	Dr. Kumbhare Hall, Dr. Ambedkar College, Deekshabhoomi, Nagpur.
PROGRAMME OBJECTIVE	:	To increase awareness among students and educate them about women's rights, gender equality, and the importance of empowering women in all spheres of life.
LEARNING OUTCOMES	:	Know their rights and where to seek help or support when needed. Also they will become more confident in expressing their opinions.

BROCHURE :



**Empowering Women :
Accelerated Action**

International Women's Day Celebration

**"Women Empowerment :
Rights, Equality & Opportunities"**

Organized
by

Param Poojya Dr. Babasaheb Ambedkar Smarak Samiti's
Dr. Ambedkar College
DEEKSHABHOOMI, NAGPUR
RE-ACCREDITED WITH 'A' GRADE BY NAAC
RECOGNISED AS COLLEGE WITH POTENTIAL FOR EXCELLENCE BY UGC

In Association with

**National Academy of Sciences,
India(NASI)**

DATE : 24TH MARCH, 2025
Time : 10.30 am

VENUE

Adv. Kumbhare Sabhagruha, DACN

Chief Guest
Dr. Madhavi Khode Chaware, IAS
Additional Divisional Commissioner, Nagpur
Vice chancellor, RTMNU

Guest of Honor
Prof. Smita Acharya
Director - IQAC
Coordinator - NAAC, RTMNU
Secretary - NASI, Nagpur Chapter

CHAIRPERSON
Dr. Mrs. Deepa Panikkar
Principal
Dr. Ambedkar College, DACN

CONVENOR
Dr. Varsha Panbude
Vice Principal, Commerce
Coordinator, WDC, DACN
Prof. N.S. Gajbhiye
Chairman, NASI
Nagpur chapter

Technical Session I
Ms. Shilpa Sathe
Psychologist
"The Mental Health & Well being"

Technical Session II
Ms. Shraddha Dhomne
WHC, Nagpur
"Cyber Security & Cyber Awareness"

Interactive Session III
IRS Aishwarya Ulkey
Assistant Commissioner of Income Tax
(Officer Trainee)

Technical Session IV
Dr. Mukta Chavan Deb
Programme coordinator
BSA, LLB (Hons.)
Head in charge, Department of Management,
"Personal Branding for Career Success : Defining & Communicating Your Values"

COORDINATORS
Dr. Vidhya Chourpagar
Assistant Professor
HOD (Political science), Member WDC, DACN
Dr. Pritee Wakudkar
Assistant Professor, Physics
Member WDC, DACN

ORGANISING COMMITTEE
Dr. Pratima Lokhande
Associate Professor, Law
Member WDC, DACN
Mrs. Priyanka Soltkar
Assistant Professor, BCA
Member WDC, DACN

INAUGURAL SESSION

Chief Guest–	Dr. Madhavi Khode Chaware, IAS Additional Divisional Commissioner, Nagpur, In-charge Vice- Chancellor RTM Nagpur University
Guest of Honor:	Dr.Smita Acharya, Director IQAC, Coordinator, NAAC, RTMNU, Secretary National Academy of Sciences India (NASI) Nagpur Chapter
President of the Function:	Principal, Dr. Deepa Panhekar, Dr.Ambedkar College,Deekshabhoomi,Nagpur
Coordinator WDC:	Dr.VarshaPanbude, Coordinator, WomenDevelopmentCell WDC, Dr.Ambedkar College, Deekshabhoomi Nagpur
Conducted By-	Ms. Subhusha Agarwal L.L.B 8sem.Fiveyears course

On 24 March 2025, One-day seminar on the topic of **Women Empowerment: Rights, Equality and Opportunities was organized jointly by Dr. Ambedkar College Deekshabhoomi Nagpur and National Academy of Sciences India (NASI) Nagpur**. The aim of the conference was to create awareness, provide information, guidance and opportunities for women/girl Students to get equal rights, equal opportunities and resources as men, to empower women with the ability to make their own decisions, to give priority and equal opportunities to women in all areas such as employment, education, jobs, business, women's health, psychological information, legal knowledge. With the financial support received from NASI, Nagpur these programmes were conducted- one day conference in Mahila Mahavidyalaya, Gadchiroli and a seminar in Dr. Ambedkar College Deekshabhoomi, Nagpur.

Dr.Varsha Panbude presented the outline of the conference in her introductory speech. She also gave information about the conference held in Gadchiroli, which is the earlier segment of the same conference, considering the issues of tribal women.

Dr. Smita Acharya initially gave information about the National Academy of Sciences India(NASI) Nagpur. Dr. Smita Acharya expressed regret that although the birth ratio of women to men in India is almost 50 percent, there are fewer women than men in jobs, business, industry, education, employment, politics, and economy and suggested that girls should be prepared to lead in all fields.

Chief Guest of the function, Dr. Madhavi Khode, discussed the topic of women's rights, equality and opportunities. She shared her opinion that women's empowerment needs to start with themselves. The values of rights, equality and opportunities are embedded in the Indian Constitution, but at the social level, these values are not available to everyone. Therefore, these values have to be earned. For this, she articulated that things like studying a lot, reading books, taking care of diet, planning time, etc. should be done primarily. Girls need to come forward on their own and participate in the decision-making process. Both women and men should be considered equal in society. If women become empowered, men will definitely benefit from them.



SESSION -1

Topic-Mental Health and Well-being



While presenting on the topic of Mental Health and Well-being, Psychologist Ms. Shilpa Sathe, Psychologist stated that mental health includes emotional, psychological and social well-being. All girls should strive to stay mentally healthy. While facing the normal stresses of life, one should appreciate the work of others, give time to relatives, love them a lot, help them in their work, which helps in reducing one's own stress. Learn things that interests you. Give time to activities like running, playing, good cooking, good studies, etc. The more active you keep yourself, the more you get the most happiness. The speakers expressed the feeling that engaging in hobbies, being grateful, keeping a distance from social media, etc. will help in staying mentally healthy.

SESSION -2

Topic-Cyber Security and Cyber Awareness



Women Head Constable Shraddha Dhomne, speaking on the topic of cyber security and cyber awareness, said that nowadays, due to the increased use of the internet, our lives have become easier, but at the same time many problems have also arisen. Due to cybercrime, the data of many people is stolen and money also disappears from the bank account. So, it is necessary to be careful. For the items that are to be purchased, do not pay for them in advance. When the item arrives at home, pay in cash for it. Avoid online shopping in public places with WiFi. Do not put a photo of any of your family members on any social media platforms. At the same time, information about some important safe sites was given by her. She insisted all the girls not to participate easily in any group there on social media. She conveyed students to be very careful about the settings in the mobile. Also, she explained the dangers of cybercrime to the students by sharing some live incidents related to cybercrime.

SESSION -3

Topic-Alumni Interaction with Students



IRS Aishwarya Ukey, Assistant Commissioner, Income Tax who has passed the UPSC examination, gave a great guidance to the students. On this occasion, she said that many youths in the country dream of becoming IAS and IPS officers by passing the UPSC examination. However, students get confused while choosing optional subjects for the UPSC examination. If you choose a subject of your choice, you can understand the subject better. After choosing a subject, you should read good quality books and also read daily newspapers regularly. One can stay updated with current affairs by reading newspapers like The Hindu or Indian Express. Reading articles and editorials in these newspapers helps understand various things and increases the depth of knowledge.

It is necessary to prepare short notes on important news, government schemes, international relations and social issues. Studying monthly magazines like Yojana, Kurukshetra and Economic and Political Weekly and making short notes on current affairs in depth can be useful in writing answers. Apart from this, success in these exams can be achieved through time management, determination and hard work.

SESSION-4

Topic-Personal Branding for Career Success: Defining and Communicating Your Values



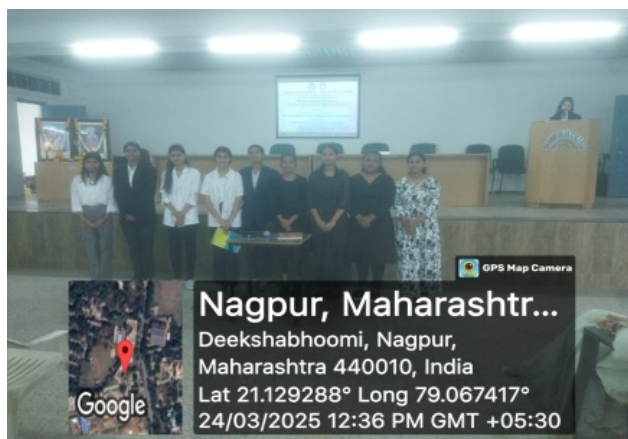
The speaker for this session was Dr. Muktai Chavan Deb, Coordinator BBALLB, Head In Charge, Department of Management. Addressing on the topic of Personal Branding for Career Success : Defining and Communicating Your Values, Dr. Muktai Chavan Deb said that personal branding is the process of identifying yourself and creating your own personality. Through personal branding, we convey our values, our strengths, and our business concepts to others. This is a kind of achievement, where we leave an imprint of our personality. Personal branding for career success defines our values. Personal branding is an important aspect of a successful career. She emphasized on development of personal branding through developing the technical as well as soft skills, being active on useful media platforms like LinkedIn, which eventually contribute towards personal branding. The students discussed openly in this session.

In between the sessions two skits were presented by the students which were written and prepared by students themselves. The theme used for the skits was “Women Empowerment”.

The first skit was on “*Marie Curie*”, the first woman scientist achieving Nobel Prize. The skit conveyed her struggles as a woman scientist before her research work was recognized. This skit was presented by B.Sc. students.

Another skit was “*Ujale Ki Oar*”. It was prepared and presented by BA and B Com students. This skit showed that the patriarchal mindset of men always consider that women cannot understand the major economic and socio-political issues neither they could dare to participate in the political affairs in the region, which is primarily erroneous and women can participate and lead in political field.

The Online Quiz Contests were also organized which were prepared and conducted by students. The winners were distributed the books on genre of women empowerment.



Valedictory Session

In this session, Dr. Mukta Chavan Deb, Principal Dr. Deepa Panhekar, Dr. Varsha Panbude, Coordinator, Women Development Cell, Dr. Pratima Lokhande, Dr. Vidya Chaurapgar, Prof. Priyanka Soitkar, Dr. Preeti Wakudkar were present. The whole programme was organized and conducted by the Students Council Coordinators. The students who participated in this session were honored with certificates. Also, the volunteering students, thanked all the students and gave prizes. Vote of thanks was given by Ku. Aarushi Joglekar (B. Com. Sem2).

Finally, the program was concluded with the National Anthem.

LIST OF PARTICIPANTS: (Total 200 and more)

Sr. No	Name of Student	Class	Signature
1	Anushka Milind Alene	B.A. 1 st yr	Anushka
2	Sakshi Vilas Mureshbhai	B.A. 1 st yr	Sakshi
3	Deepika Maheshwari	B.A. 1 st yr	Deepika
4	Pooja Maheshwari	B.A. 1 st yr	Pooja
5	Vidisha R. Chaudhari	B.A. 1 st yr	Vidisha
6	Shikha Suresh	B.A. 1 st yr	Shikha
7	Prachi C. Ganbar	B.A. 1 st yr	Prachi
8	Prashansa C. Patil	B.A. 1 st yr	Prashansa
9	Mishra Gaurav	B.A. 1 st yr	Mishra
10	Mishra Gaurav	B.A. 1 st yr	Mishra
11	Sanskruti's. Waghmare	B.A. 1 st yr	Sanskruti
12	Trisha Khoskar	B.A. 1 st yr	Trisha
13	Vidisha Khoskar	B.A. 1 st yr	Vidisha
14	Vidisha Khoskar	B.A. 1 st yr	Vidisha
15	Krushal M. Deshpande	B.A. 1 st yr	Krushal
16	Harsh D. Bhand	B.A. 1 st yr	Harsh
17	Jyoti D. Bhand	B.A. 1 st yr	Jyoti
18	Garvi Wale	B.A. 1 st yr	Garvi
19	Shruti Dhanyu Ghoshale	B.A. 1 st yr	Shruti
20	Roshan P. Khatke	B.A. 1 st yr	Roshan
21	Pooja P. Chitambar	B.A. 1 st yr	Pooja
22	Jyoti Khatke	B.A. 1 st yr	Jyoti
23	Pooja B. Khatke	B.A. 1 st yr	Pooja
24	Gurpreet R. Gajikar	B.A. 1 st yr	Gurpreet
25	Anushka Khatke	B.A. 1 st yr	Anushka

26	Diksha Gajbhiye	B.A. Sem II	Diksha
27	Rishika Anam	B.A. Sem II	Rishika
28	Shobha Anam	B.A. Sem II	Shobha
29	Diksha R. Mesthram	B.A. Sem II	Diksha
30	Maheshwari Anam	B.A. Sem II	Maheshwari
31	Anam Chaurapgar	B.A. Sem II	Anam
32	Anam Chaurapgar	B.A. Sem II	Anam
33	Anam Chaurapgar	B.A. Sem II	Anam
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124	Anam Chaurapgar	B.A. Sem II	Anam
125	Anam Chaurapgar	B.A. Sem II	Anam
126	Anam Chaurapgar	B.A. Sem II	Anam
127	Anam Chaurapgar	B.A. Sem II	Anam

128.	Chand D. Sonule	Bsc (Sem-I)	Sonule
129.	Ganpati S. Sonule	B.Sc. Sem-I	Sonule
130.	Vijayashree S. Meshram	B.Sc. Sem-I	Meshram
131.	Manjunayee N. Nandekar	B.A. (Sem-II)	Nandekar
132.	Shambhavi G. Khoswalhar	B.A. (Sem-II)	Khoswalhar
133.	Vanshika Jande	B.Sc. (Sem-II)	Jande
134.	Dahali Hatwar	B.A. (Sem-II)	Hatwar
135.	Smriti Avam	B.A. (Sem-II)	Avam
136.	Pratikha Sonule	B.A. (Sem-II)	Sonule
137.	Amisha Joshi	B.A. (Sem-II)	Joshi
138.	Abhi Wankhade	B.A. (Sem-II)	Wankhade
139.	Shreya Kamat	B.A. (Sem-II)	Kamat
140.	Monika R. Ghayre	B.A. (Sem-II)	Ghayre
141.	Jayashree P. Ghayre	B.A. (Sem-II)	Ghayre
142.	Shreya Kamat	B.A. (Sem-II)	Kamat
143.	Shreya Kamat	B.A. (Sem-II)	Kamat
144.	Shreya Kamat	B.A. (Sem-II)	Kamat
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160.	Shreya Kamat	B.A. (Sem-II)	Kamat
161.	Shreya Kamat	B.A. (Sem-II)	Kamat

162.	Masmi B. Thakare	B.A. (Sem-II)	Thakare
163.	Riya B. Thakare	B.A. (Sem-II)	Thakare
164.	Ganesh S. Thakare	B.A. (Sem-II)	Thakare
165.	Umesh S. Thakare	B.A. (Sem-II)	Thakare
166.	Drinashree S. Thakare	B.A. (Sem-II)	Thakare
167.	Umesh S. Thakare	B.A. (Sem-II)	Thakare
168.	Umesh S. Thakare	B.A. (Sem-II)	Thakare
169.	Umesh S. Thakare	B.A. (Sem-II)	Thakare
170.	Umesh S. Thakare	B.A. (Sem-II)	Thakare
171.	Umesh S. Thakare	B.A. (Sem-II)	Thakare
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175.	Umesh S. Thakare	B.A. (Sem-II)	Thakare
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196.	Umesh S. Thakare	B.A. (Sem-II)	Thakare
197.	Umesh S. Thakare	B.A. (Sem-II)	Thakare
198.	Umesh S. Thakare	B.A. (Sem-II)	Thakare
199.	Umesh S. Thakare	B.A. (Sem-II)	Thakare
200.	Umesh S. Thakare	B.A. (Sem-II)	Thakare
201.	Umesh S. Thakare	B.A. (Sem-II)	Thakare

NEWS COVERAGE:

Participation of girls in decision-making is empowerment: Dr Madhavi Khode-Chaware



Dr Madhavi Khode-Chaware addressing the gathering. Dr Deepa Panhekar, Dr Smita Acharya and others look on.

■ Staff Reporter

STRESSING the need of women empowerment, Dr Madhavi Khode-Chaware, Additional Divisional Commissioner, Nagpur, and In-charge Vice-Chancellor, RTM Nagpur University said, "Participation of women in decision-making can be termed as their empowerment. We need to initiate the empowerment at the individual level."

Dr Khode-Chaware was speaking during the one-day women's conference on 'Women Empowerment: Rights, Equality, and Opportunities' jointly organised by Dr Ambedkar

College, Deekshabhoomi, and the National Academy of Sciences India (NASI), Nagpur.

Dr Khode-Chaware highlighted that rights, equality, and opportunities are embedded in the Indian Constitution; however, these values are not equally accessible to everyone at the societal level. She stressed that these values must be actively pursued through dedicated study, reading books, maintaining health, and effective time management. She also urged girls to take the initiative and participate in decision-making process.

Dr Smita Acharya, Secretary of NASI, Nagpur, and IQAC Director of RTM

Nagpur University, expressed concern that while the birth ratio of men and women in India is nearly equal, women still lag behind in employment, business, industry, education, politics, and the economy compared to men.

Dr Deepa Panhekar, Principal of Dr Ambedkar College, stated that the college is consistently striving for women's empowerment. She also extended gratitude to Bhadrant Arya Nagarjuna Surai Sasai, Chairman of the Dr Babasaheb Ambedkar Memorial Committee, Dr Sudhir Fulzele (Secretary), and all esteemed committee members.

Dr Varsha Panbude, Coordinator of the Women's Development Cell gave introductory speech. Dr Pratima Lokhande, Dr Vidya Chaurpagar, Assistant Prof. Priyanka Soitkar, and Assistant Prof. Preeti Wakudkar contributed to the event's success. Sharvari Dhok and Mrunali Meshram introduced the guests. Subhusha Agrawal (Law Department) conducted the proceedings and proposed a vote of thanks.

Shilpa Sathe, Psychologist; Shraddha Dhokane, WHC; IRS Aishwarya Ukey, Dr Mukta Chavan Deb conducted four sessions.