



KONKAN GYANPEETH URAN COLLEGE OF COMMERCE AND ARTS

Permanently Affiliated to University of Mumbai,
Re-Accredited with 'B' Grade by NACC, u.s.2 (f) & 12 (B) by U.G.C.-
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Women Development Cell Annual Report

Academic Year 2025-26

Committee Members

01) Mrs. Madhavi Patil (Adv)	- Member
02) Mrs. N.A. Sakhare	- Member
03) Miss. Hannat Shaikh	- Member
04) Mrs. Pooja Gupta	- Member
05) Mrs. Vinita Tandel	- Member
06) Mrs. Deepu Yadav	- Member
07) Mrs C.N. Shama	- Member
08) Mrs P.R. Mhatre	- Member
09) Mrs. P. Koli	- Member

Programme

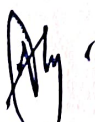
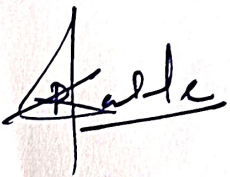
- 1) Yoga, Health and Hygienic Program
- 2) Social media: The Demoralization of Youth
- 2) Krantijyoti Savitribai Phule, Birth Anniversary
- 3) Health Check-Up Camp

Objective of the Programme


- 1) To create awareness about the importance of yoga in daily life, to promote physical fitness and mental well-being, to educate students about personal hygiene and sanitation.
- 2) To creating awareness among students about the growing negative impact of social media on the mental, emotional, and social well-being of today's youth.
- 3) To pay heartfelt tribute to Savitribai Phule and recognize her contributions, to create awareness about the importance of women's education in society, to inspire students through her life, struggles, and achievements.
- 4) To provide basic health check-up facilities to students and staff ,to educate participants about nutrition, fitness, and healthy lifestyle

About the Programme

- 1) **Yoga, Health and Hygienic Program:** A practical yoga session was conducted where students actively participated in performing various asana, pranayama, and meditation techniques. The instructor explained the benefits of each posture and guided students on how to practice them regularly. An awareness session on health and hygiene followed, covering topics such as personal cleanliness, balanced diet, menstrual hygiene, and prevention of common diseases.
- 2) **Social Media: The Demoralization of Youth:** The programme proved to be informative and thought-provoking. It helped students understand the importance of self-control, critical thinking, and positive engagement on digital platforms. Students became aware of the negative psychological, social, and academic effects of excessive social media usage. The programme promoted positive self-image, mental well-being, and healthy social relationships.
- 3) **Krantijyoti Savitribai Phule, Birth Anniversary:** Students gained in-depth knowledge about the life and contributions of Savitribai Phule. Increased awareness regarding women's education and empowerment. Development of confidence and communication skills through active participation. Strengthening of values such as equality, justice, and social responsibility. Motivation among students to contribute towards social reform and community development. Enhanced interest in participating in social and cultural activities.
- 4) **Health Check-Up Camp :** During this program, a health check-up was conducted for the girl's students as well as all Staff of the college. In this camp Complete Blood Count, Serum T3 Serum T4, Serum TSH, Biochemistry, were conducted. A team of qualified doctors, nurses, and medical staff from Indira Gandhi Government Hospital actively participated in the camp. Special attention was given to the health concerns of girl students, including anemia, nutrition, and personal hygiene. The medical team also provided guidance on maintaining a balanced diet and adopting healthy daily routines.



**IQAC/NAAC
Co-ordinator
Konkan Gyanpeeth Uran College
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