

**BHARATI VIDYAPEETH  
DEMEED TO BE UNIVERSITY,  
COLLEGE OF NURSING, NAVI  
MUMBAI**



**NSS REGULAR ACTIVITY**

**2018-2019**

**Bharati Vidyapeeth Deemed To Be University, College of Nursing, Navi-  
Mumbai  
NSS UNIT**

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**Report  
On  
NSS REGULAR ACTIVITY, 2018-2019**

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**NSS, ORIENTATION DAY.**

On 12<sup>th</sup> August 2017, Saturday NSS orientation for first year students was organized at the seminar hall in the presence of principal Mrs. Vaishali Jadhav and Mrs. Ritu principal of architecture college Navi Mumbai, invited as a chief guest. Total 50 NSS volunteers attended. The programme was started with welcome song, lighting the lamp, NSS song, NSS prog Officer, Mrs. Natasha Mahajan had given brief orientation about hour's calculation, activities, visits, and camps were discussed. Future Plans of N.S.S. for this year were also discussed, so that they can put their efforts into it. Following it Mrs. Vaishali Jadhav, Professor had put emphasis on NSS as community oriented programme and role of a youth in NSS.

8, number of faculty, male and, female volunteers So, Total number of volunteers were 50, attended the orientation programme.

**Report on international yoga day 2018 celebrations**

On the occasion of fourth international yoga day 2018, the yoga day was organized at Bharati Vidyapeeth College of Nursing, Navi Mumbai on 21<sup>st</sup> June 2018. It was inaugurated by respected principal madam Mrs. Vaishali Jadhav. Brief introduction of programme and schedule given by Mr. Digvijay Patil.

The students of b.sc and post basic b.sc nursing also teaching faculties were the participant in the 2 days yoga programme. Programme was scheduled as prior 1 week before and informed to respective guest and participants each by invitation. The programme was successful; almost 130 people were joined and celebrated with enthusiasm. Fascinating yoga activities and exercise taken by Shivganesgh yoga teacher Mr. Arun.

The lecture was taken on the personality development by yoga teacher Mr. Ganesh Korpu under well-known aspects like motivation, leadership, and smart work.

### **International Day against Drug Abuse & Illicit Trafficking**

On 26 June 2018 Bharati Vidyapeeth College of nursing, celebrated international drug abuse illicit trafficking day in campus. It was inaugurated by respected professor Mr. Dhanraj Babu given brief introduction of programme and schedule given by Mr. Vaibhav Powar. The students of b.sc nursing also teaching faculties were the participant in this celebration programme was scheduled as prior 1 week before and informed to respective guest and participants each by invitation. The programme was successful; almost 125 people were joined and celebrated with enthusiasm.

### **World environment health day**

On 26/6/18 June Bharati Vidyapeeth College of nursing conducted three street plays on waste management, antipolythene, personal hygiene and environmental hygiene in NMMC hospital.

Street play on waste management:

Group 1 with total 7 students organized street play on waste management in that they explained about the importance of waste management and method to manage the waste and how to reuse the wet and dry waste.

Street play on antipolythene hazards of plastic:

Group 2 with total 11 students organizes street play on antipolythene hazards of plastic in that they explained about plastic pollution its prevention, advantages of no use plastic and about the plastic ban reason.

Street play on personal hygiene and environmental hygiene: group 3 with total 08 students organized street play on personal and environmental hygiene, they explained about the importance of maintaining personal hygiene, its risk factors if not maintained properly.

### **Report on world blood donor day celebration**

World blood donor day organized by Mr. Deepak Bhatlawande in fundamental lab of Bharati Vidyapeeth College of nursing on 26<sup>th</sup> June 2018 with the coordination of second year b.sc nursing students.

Blood donation day organized with the collaboration of Navi Mumbai blood bank.

It was inaugurated by auspicious hand of principal of Bharati Vidyapeeth College of nursing professor Mrs. Vaishali Jadhav. The students of BSc and post basic b.sc nursing were participated in blood donation camp. Prior consent was taken from each individual. The camp was very effectively organized. Total 80 volunteers participated from which 29 donated bloods

Total participant- 80

Female student – 45

Male student- 35

### **GUEST LECTURE ON SELF DEFENSE FOR WOMENS.**

On 26<sup>th</sup> July 2018 Bharati Vidyapeeth College of nursing conducted guest lecture on self-defense for women From 10 am to 1 pm.

#### **Details about experts:**

**Full name:** Mrs. Shikha Chakraborty

Master trainer for karate, knife trainer and marshal art, from Combatant sport academy sea woods, Navi Mumbai. Total 14 years' experience of training.

Mr. Rounak Mookharji. International gold medalist and master trainer for karate and marshal art in Combatant sport academy Sea woods, Navi Mumbai.

Session was started with the felicitation and welcoming the guest. Mrs. Pratibha has introduced the guest and about session. Principal Mam has given the speech on importance of self defense. The session included an interactive lecture assisted with a power-point presentation and demonstration by the expert. Mrs. Shikha has informed the students about importance of self defense for the women. Also she has shared various experiences related to women harassment. Both the trainers have taken training session on self defense techniques. The lecture was really good. Students learn various self defense techniques and how to act in such situation tactfully.

The session was ended with vote of thanks by Mr. Parshuram Deshmukh, Asst. NSS Incharge The interactive lecture and training programme by the experts guest was effective and well appreciated by all the participants.

**Number of beneficiaries:** 70 students

### **World senior citizen day**

On 21/08/2018 second year BSC students of Bharati Vidyapeeth College of nursing along with Mrs. Natasha M, Mrs. Shital Sawant, and Mr. Vishal Ghorpade visited Guru Krupa old age home, Nerul, Navi Mumbai.

The students had organized dance songs, and games for the geriatric people. Prizes were given to the winners.

Hand towel for each one, water bottles, old cloths diaper were donated to old age home from the contribution collected by students. Two students from third year b.sc nursing sponsored 2 kg cake for old age people so we had cake cutting programme and distributed among the group

The old age people shared their opinion regarding young group and they told positive views about youngster. They also asked their experience in old age home.

**BENEFICIARIES** – 40 old age people

### **National road victim day**

On 1<sup>st</sup> august 2018 FIRST year BSC students of Bharati Vidyapeeth College of nursing along with Mrs. Supriya Mane, Mrs. Smita D'Souza conducted street play on road safety .The role play was both in Marathi and Hindi language to ensure the children understanding. The role play started at 11 am. The principal Mr. Sharma of English medium inaugurated the event. 38 students of F.Y.B.Sc Nursing had participated in the role play and Charts were displayed

The Marathi medium principal Mrs. Kaiser and her staff with students participated as audience for the role play. The students were asked to repeat the slogan; few students shared their thoughts regarding road safety. The role play constituted of recent causes, recent example of road accidents, dubbed song and slogans which were attention capturing ideas of students. The whole role play was divided into causes, and prevention.

### **Tree plantation**

On 3rd august 2018, bharati Vidyapeeth College of nursing Navi Mumbai successfully completed the event of tree plantation under the national services scheme at college campus. Trees are the foremost source for producing the oxygen in environment. A very first tree planted by the principal Mrs. Vaishali Jadhav , Mr. Vishal Ghorpade, Mrs. Smita D'Souza, Mr. Vishal powar, and others by Mrs. Natasha Mahajan and other volunteers and total tree planted by all others including in-charge teachers, and volunteers were 06.

All were happy and experience proud after the tree plantation event was finished.

Total participant-60

First year BSc students-15

Second year BSc students-45

### **World polio day 4th august 2018**

On special pulse polio drive to contribute and to increase the awareness among general public a rally is organized by bharati Vidyapeeth College of nursing, Navi

Mumbai in coordination with Kharghar polio unit of urban health post, govt of Maharashtra for 8-9 km route of Kharghar.

It was a rally of about 94 bharati Vidyapeeth colleges of nursing students with 5 faculty supervisors and a team of 5 members with 1 health assistant Mr.hanuman.k.gowari for the rally.

It started at 10 am in the morning from belpada gaon sector 3 to datta chowk sector 11 to and fro with speaker announcements and creative informational banner, charts, posters and slogan by the students.

Rally covered bal bharati school road sector 4, kendriya vihar road to sector 11 datta mandir chowk then return via shivaji chowk sector 12 , kharghar cha raja temple road sector 6, sector 7 , utsav chowk road , station road sector 2, belpada complex sector 7.

Students participated in the rally were enthusiastic and motivated they were benefitted with a lecture on polio vaccine invention and popularity by the health assistant mr.hanuman.k.gowari he have given them the brief information about the invention of polio vaccine and types.

Students and faculty supervisors were provided with tea as refreshment by the polio unit kharghar.

Rally was successfully completed by 1pm at bvdu college of nursing, kharghar.

Faculty supervised were ms. Sudershana lal, mr. Deepak bhatlavende, ms. Anisha v, Mr. Vaibhav powar, ms, nilam bhawar mrs. Smita d'souza..

Total participant- 80

Female student – 45

Male student- 35

### **SWATCHTA BHARAT ABHIYAN**

On 17 august 2018, bharati Vidyapeeth College of nursing successfully done the cleaning as a swatch bharat under the national service scheme at college campus.as cleanliness is very important to maintain personal hygiene as well as to prevent diseases. The whole classroom is cleaned all the dust is removed and wiping is done by the students. All were very happy after seeing the cleaned class.

Total participant-15

Female student -10

Male student-05

### **GUEST LECTURE ON CYBER ETHICS AND IMPACT ON YOUNGSTERS AND MTP ACT.**

On 25<sup>th</sup> Aug 2018 Bharati Vidyapeeth College of nursing conducted guest lecture on cyber ethics and impact on youngsters and MTP act.

From 10 am to 1 pm.

#### **Details about experts:**

**Full name:** Mrs. Shikha Chakraborty

**Qualification and Designation with years of experience :** Master trainer for karate, knife trainer and marshal art, from Combatant sport academy seawoods, navi Mumbai. Total 14 year's experience of training.

Mr. Rounak Mookharji. International gold medalist and master trainer for karate and marshal art in Combatant sport academy Seawoods, Navi Mumbai. Session was started with the felicitation and welcoming the guest. Mrs. Pratibha has introduced the guest and about session. Principal Mam has given the speech on importance of cyber ethics and impact on youngsters and MTP act. The session included an interactive lecture assisted with a power-point presentation and demonstration by the expert. Mrs. Shikha has informed the students about importance of cyber ethics and impact on youngsters and MTP act. The lecture was really good. Students learn various cyber ethics and impact on youngsters and MTP act.

The session was ended with vote of thanks by Mrs. Natasha Mahajan NSS In charge. The interactive lecture and training programme by the experts guest was effective and well appreciated by all the participants.

**Number of beneficiaries:** 200 students

**VISIT TO SEAL ORPHANAGE HOME, VANGANI VILLAGE, PANVEL,  
RAIGAD**

Seal Ashram is an organization, created by some of the socially dedicated personalities, in order to help socially backward individuals and bring them back to the main stream of the society. It is their vision to lead the perishing souls from darkness to eternal light and serve poor orphans and helpless people.

The Pediatric Nursing department of our institute in collaboration with NSS unit had organized on day programme for orphanage children, on 1<sup>ST</sup> SEPTEMBER 2018, Saturday from 9.00am to 1 pm. This special programme was convened by our Prof. (Mrs.) Vaishali Jadhav, Principal and organized by Mrs. Natasha Mahajan, NSS Prog. Officer, Mrs. Arunima Sreelatha, Mr. Vishal Ghorpade and conducted by the third B.Sc. Nursing students. It was decided that one day health awareness programme for the children resident at SEAL



Panvel. Activities such as Health assessment of SEAL children were examined for head to foot examination, dental observation with routine test .Nearly 149 children were benefitted with this service. Lecture on important of balance diet for children, Sports activity conducted by Mr. Yash Joshi like Running 100 meters, Skipping, lemon and spoon, music & chair, the children took active participant, enjoyed and won first and second prizes. Following the sports entertainment programme was conducted for the children Ms. Archana and group had performed group dance, a comedy skit by Mr. Vikesh. During the valedictory function Brother Philips, Guest of Honor given a speech on life of orphanage children, their role to upgrade their life style he added that the NSS unit of Bharati Vidyapeeth is doing good job and blessed us with prayer and prayer song by Seal ashram children. Prize distribution was done. Mrs. Natasha contributed tooth brush and paste for children .Ms. Arunima S. hands over the contributed unused clothes, Bags, Play material, and first aid kit and common medicine, and said that in future the NSS unit will render better events. There was an interactive session with children at the end of the programme & vote of thanks was given by Ms. Aarti Total 149 children and approx. 100 psychiatric patient was benefitted, snacks was provided by the organizer to the SEAL people and the SEAL institute had given a delicious lunch for the teachers and Volunteers.

### **PERFORMANCE OF SKIT ON PALLIATIVE CARE: PALLIATIVE**

#### **CARE DAY**

The **world palliative care** was celebrated on **September 26th** 2018 AT TATA HOSPITAL PAREL MUMBAI under the guidance of Mrs. Vaishali Jadhav, The Principal of Bharati Vidyapeeth Deemed University, College Of Nursing, And Navi Mumbai. We participated at intercollegiate level skit computation along with two teachers Mr. Vishal Ghorpade and Mrs. .Shital Sawant and students. The students were guided by Mr. Vishal G, Mrs. Natasha M, and Mrs. Shital Tike.

The theme for World Day 2018, which took place on 26 SEP 2018 **BECAUSE I MATTER** We chose 'Because I Matter' as this year's theme, because it centers on the lived experience of people affected by serious illness, looking at what matters most, including the often-overlooked financial impact of palliative care needs on individuals and households. The theme also contains elements of human rights and justice, asking: If I matter, then why am I not getting the care I need?

Total 15 colleges were participated in this competition Overall the programme was very educative and informative for the public regarding awareness palliative care.

**NUMBER OF BENEFICIARIES – 150 PEOPLE.**

### **WORLD CONTRACEPTION DAY**

On 26<sup>th</sup> September 2018 Bharati Vidyapeeth College of Nursing Conducted survey and street play on contraception along with 4<sup>th</sup> year BSc students.

The day has been started with survey of eligible couples. Group has been divided in six groups for survey and collecting information and find out eligible couple. Nearby 200 families surveyed from students. People also have been asked for permanent sterilization those who already got two or more than no of children. Through survey student's rerecorded common attitude and knowledge towards adverse effects, risk factors of large family of population.

Street play conducted at Ramabai nagar and UPH Belapur for opd based patients. In health talk students nicely explained about contraceptive methods, advantages of small family and adverse effects of large family on individual, family, society and overall community with the help of A.V. aids. After presentation people asked many doubts about methods of contraception and how to use it.

## **FIRST AID MANAGEMENT**

On 28th Sept. 2018 the first aid training programme was started with introduction of first aid & its incident rate by Mr.Dhanraj Babu following it, Mrs. Swati, school teacher had welcomed our students and faculty with brief introduction, about Bvdu College of nursing, navi Mumbai. After orientation, Mr. Dhanraj babu introduced the session of the first aid training and given the introduction about first aid, purposes and golden rules of first aid.

Also she explained about first aid kit and emphasized the importance of it.

The students of fourth year had taken initiated and prepared a wonderful street play with motivation song, charts to display on various aspects of minor ailments and incident where first aid management is required. The street play started with introduction song, one student had become first aider.

During the session the student had discuss on of first aid management of various minor condition, as follows:

1. Fractures: it was discussed about the utilization of domestic articles like newspaper and wooden stick in immobilization of fracture.
2. Dog bite should always clean with tap water and that it should be covered with clean cloth. How to refer the victim to hospital.

**Total participants- 100-120**  
**Teaching and non-teaching -11**

## **SWATCHTA RALLY**

On 29 september2018, Bharati Vidyapeeth College of nursing has taken out the rally on swatchta from college campus to the Yerla College, Belapada by in-charge teachers with sloganeering on swatchta, as telling the importance of cleanliness.

All were very happy after the rally and felt proud as they have awarded the peoples, about the importance of maintaining cleanliness.

Total participant- 50

Male student- 19

Female student – 31

## **RUBELLA AND MEASLES HEALTH TALK**

On 18<sup>th</sup> September 2018, Bharati Vidyapeeth College of Nursing, Navi Mumbai successfully gave a health talk on the topic rubella and measles under the National Service Scheme at the NMMC Hospital, Vashi in the OPD. The education on the introduction of the rubella and measles, its importance, its symptoms, its prevention were given by the students to the antenatal mothers. All have given a good response.

Total participant-08

Second year nursing student-08

Female student-07

Total beneficiaries-06

### **SEMINAR ON ORGAN DONATION**

On 26<sup>th</sup> October 2018, second year BSC students of Bharati Vidyapeeth College of Nursing, Navi Mumbai attended a seminar on organ donation organized by YMT College of Nursing. The session on organ donation was addressed by Dr. Shingare, DMER, Director, Government of Maharashtra. Interested members were encouraged to fill forms for organ donation. The interactive lecture by the expert guest was effective and well appreciated by all the participants.

### **CELEBRATION OF “RASHTRIYA EKTA DIWAS”.**

The Run for Unity was organized by Bharati Vidyapeeth College of Nursing to celebrate the birth anniversary of Sardar Vallabhbhai Patel on 31 October, 2018 as “Rashtriya Ekta Diwas”.

The Run for Unity was started from Gav Devi Mandir of Wavange, Village on October 31, 2018, sharply at 9 A.M. Total 47 students had taken part in running to celebrate and propagate the message of national integrity. The students carried the message “our culture and legacy is of unity in diversity” and tried to transfer this message of unity to the nation by continuous running for 15 minutes. The Faculty Convener for the event was Mrs. Natasha Mahajan. Some memorable glimpses of this success of our students to public domain in this run is shown below:

### **PLEDGE CEREMONY**

The Pledge was administered at 10.00 am near the temple of Wavange village. Large number of faculty members, staff and students participated in the pledge ceremony and took pledge for the integrity and unity of the country

### **NATIONAL EPILEPSY DAY**

The **national epilepsy day** was celebrated on **November 17th** 2018 at nmmc hospital vashi navi Mumbai under the guidance of Mrs. Vaishali Jadhav, the principal of Bharati Vidyapeeth Deemed University, College of Nursing, Navi Mumbai. At college level all female faculty was felicitated by male faculty and brief speech was given by Mr. Dhanraj sir regarding theme. On account of this programme various activities and events were carried out at BVDU College of Nursing Navi Mumbai and Belapada sector 3 by the students and the faculty. The purpose of these events was to create awareness and importance regarding women's rights and gender equality. On 8<sup>th</sup> March 2018 the students of first year B.Sc Nursing participated in the rally regarding progress of women at Belapada sector 3. The students were guided by Mr. Vishal G, Mrs. Natasha M, and Mrs. Shital Tike.

### **WORLD TOILET DAY 2018**

Mrs. Smita D'Souza celebrated World Toilet Day with 1st year students in NMMC, Hospital Vashi on 19<sup>th</sup> November 2018. During this event celebration will target the people living in tribal areas to make them understand importance of toilet if no safe sanitation what will be the cause's symptoms treatment and its prevention with the help of street play and charts. Health talk was given by 1st year students in OPD. Health talk was given in presence of sister in charge under the guidance of Mrs. Smita. Students prepared charts and models and explained to OPD patients and relatives. As there are many patients of tribal area in hospital to give more knowledge on importance of Toilet Day to people, exhibition of chart was arranged by students of third year in NMMC Hospital.

'World toilet day' was very informative for patients as well as their relatives gain knowledge about toilet effects.

### **WORLD COPD DAY CELEBRATION**

The exhibition with the help of models and charts was displayed in the opd area by the M.Sc. Nursing students ON 21<sup>ST</sup> November 2018. Total six number of students participated in the organizing the exhibition.

10. 00 am – 11.00 am: preparation for the display of the exhibition.

11 am- 12.00 pm: explanation of the exhibits and practical demonstration of the breathing exercises for strengthening the respiratory muscles.

#### **Street play on non violence against women**

with total 08 students organized street play on Non-Violence against women on 26<sup>th</sup> november 2018, they explained about its importance and the causes if non-violence is not maintained.

Total participant- 34

Female student – 20

Male student- 14

### **WORLD LARGEST WALK AGAINST BLINDNESS**

#### **MARTYRS DAY**

30 January is the date observed at the national level. The date was chosen as it marks the assassination of Mohandas karamchand Gandhi ji in 1948, by nathuram godse. On martyr's day the president, the vice president, the prime minister, the defense minister, and the three service chiefs gather at the Samadhi at raj ghat memorial and lay wreaths decorated with multi-colour flowers. The armed forces personnel blow bugles sounding the last post. The inter-services contingent reverse arms as a mark of respect. A two-minute silence in memory of Indian martyrs is observed throughout the country at 11 am. Participants hold all-religion prayers and sing tributes.

On 30<sup>th</sup> January 2019 bharati Vidyapeeth College of nursing 1<sup>st</sup> year BSc nursing student observed 2 minute silence in rememberence of martyrs.

## **EYE CHECKUP CAMP FOR TEACHING, NON-TEACHING AND STUDENTS**

**Date:** - 08 Feb. 2019.

**Venue:** - fundamental lab, College Of Nursing Kharghar Navi Mumbai

**Time:** - 10 Am To 4pm.

**Expert:** - Advanced eye hospital and institute team sanpada.

**Type of event:** - EYE CHECKUP.

On 08 Feb. and 15 Th Feb.2019 Bharati Vidyapeeth deemed University College of Nursing Navi Mumbai Organized eye checkup for teaching, Non-teaching staff and for students. It was started at 10 am under the guidance of advanced eye hospital and institute team sanpada. Organized By Professor Mrs. Vaishali Jadhav Principal College of Nursing Navi Mumbai. Overall the camp was very effective for all faculties teaching, non teaching and students. Overall the programme was very effective and health conscious for the faculty non-teaching and for students understood the importance of it.

**No of beneficiaries:** - teaching and non teaching Faculties and students of BVCON Navi Mumbai

**Student involved:** - 194.

**Teaching and non-teaching staff-** 33.

## **DRUG FREE INDIA, A NATIONWIDE CAMPAIGN**

Drug Free India, a nationwide campaign, launched at Chandigarh University on 18 February and at Guru Jambheshwar University of Science and Technology in Hisar, with support from the Government of Haryana, on 19 February. The campaign, an initiative of The Art of Living focusing on combating the drug menace, will be launched in the presence of Sri Sri Ravi Shankar, and popular actor Sanjay Dutt will also be a part of it. Nearly 60,000 students will attend the event on both days, and colleges across the country will join via live broadcast

to take a pledge against drug abuse, said a statement issued by The Art of Living. “When stress increases, man seeks to get rid of this stress and in this process gets into substance abuse,” said Sri Sri, founder of The Art of Living, adding: “When you train them in handling this stress effectively through spiritual tools like meditation, Pranayam and Yoga then their perspective towards life changes totally. Otherwise, so many youth are destroying their lives by getting into addiction. To put an end to this menace, we are organizing this nation-wide movement called the Drug Free India.” Bharati Vidyapeeth College of nursing along with Architecture College organized live session for students in architecture seminar hall on 20<sup>th</sup> February 2019. students along with staff took pledge on against drug abuse .

Total participant- 80

Female student – 45

Male student- 35

### **Lecture on disaster management**

Bharati Vidyapeeth College of nursing along with Architecture College organized disaster management lecture on 22<sup>nd</sup> feb 2018 by Mr Anil Dandekar .

Nurses play a critical role in emergency preparedness at all levels through planning & health education and direct care provided during disasters. Nurses can actively participate in all the phases of disaster preparedness and response within institutions and communities. Thus, with an effective co-ordinated team work we can help to minimize the impact of the disaster at large.

The session included an interactive lecture assisted with a power-point presentation by the expert.

12 pm – 2 pm: Lecture by the expert

I. The content of the lecture:

1. Definition of disaster
2. Types of disaster
3. Statistics of disaster in India and world-wide



4. Points to remember during the disaster, line of action and actual interventions to help community in preventing number of casualties and death.

The interactive lecture and demonstration by the expert guest was effective and well appreciated by all the participants.

**WOMENS DAY CELEBRATION IN COLLABORATION WITH  
HINDALCO INDUSTRIES LTD, TALOJA.**

Womens day was celebrated in collaboration with Hindalco Industries Ltd and Ministry of women and child Welfare, Raigad Branch by Bharati Vidyapeeth College of nursing on 8<sup>th</sup> march 2019 from 10 am to 5 pm at Club hall, Hindalco Industries Ltd, Talaja.

.Session was started with the welcome address by Mr. Lahu Programme coordinator. Key note address was given by Mr. Sachin Pawar, CDPO, Raigad District. Mr. Madhav Powar, Asst. Manager, CSR, dept, has given a speech on women day followed by motivational speech by Mrs. Priyanka Patil, Supervisor, ICDS, Raigad District.

First session was taken by, **Mrs. Santoshi Chavan** on laws for women's and how to fight for the woman's right. She has shared her experiences. And session was informative.

**Mr. Arun Naik** has taken session on various employment options for woman's and short courses available.

**Third year Physiotherapy students** of MGM college performed the role play on various health problems of women and exercises

**Mrs. Pratibha Jadhav** delivered a lecture on adolescent health and issues and its management. Also given information about various adolescent health programmes implemented by the government and how to utilized. Followed by

video on health problem management of adolescents. The session was good and group response was very good.

Mr. Arun Naik: Completed M.M.S., M.A (Psychology), Director Astitva adaptation consultancy, Thane. Have 23 years' experience of counseling, working as trainer for self-employment and industrial relation and behavioral sciences and sales and marketing.

Mrs. Pratibha Jadhav: working as Asst. Prof. BVCON, Navi Mumbai.

**Resource person:** Mrs. Santoshi Chavan, Advocate High Court, Mr. Arun Naik, Director Astitva adaptation consultancy, Mrs. Pratibha Jadhav, Asst Prof. BVCON.

**Details about experts:**

**Full name:** Mrs. Santoshi Chavan.

**Qualification and Designation with years of experience:** completed **B.A.L.L.B.** and working as a Advocate High Court, practicing in Panvel court, working for women empowerment.

**First year P.B.BSc Nursing students** had done excellent role play on menstrual hygiene. Songs and slogans used was very good, group response was very good.

In the afternoon session First year P.B.BSc Nursing students had done women health assessment and help in the blood collection for the camp organized by Hindalco Industries Ltd.

Session was ended with vote of thanks by Mrs. Priyanka Patil. The interactive lecture by the experts guest and role play by students was effective and well appreciated by all the participants.

**Number of beneficiaries:** 350 women and adolescents girls, Anganwadi workers and supervisors.