



Memorandum of Understanding (MoU) between Pravara Medical Trust's Arts, Commerce and Science College Shevgaon and Inner Wheel Club, Shevgaon

Sir. Pravara Medical Trust's Arts, Commerce and Science College Shevgaon, Tal-Shevgaon, Dist- Ahmednagar, Pin-414502 is signing a Memorandum of Understanding (MoU) with Inner Wheel Club, Shevgaon, Tal- Shevgaon, Dist- Ahmednagar, Pin-414502, Pin-414502 (Charter No. 6290) for Three years from 2020-2023. The terms and conditions of the MoU will be as under:

❖ Terms and Conditions:

- 1) Under this MoU, Pravara Medical Trust's Arts, Commerce and Science College Shevgaon and Inner Wheel Club, Shevgaon (Charter No. 6290) will participate in all kinds of cultural or educational activities as needed and support each other in this work.
- 2) Under this MoU, Pravara Medical Trust's Arts, Commerce and Science College Shevgaon and Inner Wheel Club, Shevgaon (Charter No. 6290) will jointly participate in social awareness Program and social work.
- 3) Under this MoU, Pravara Medical Trust's Arts, Commerce and Science College Shevgaon and Inner Wheel Club, Shevgaon (Charter No. 6290) will jointly organize various competitions in the college or in the office of Inner Wheel Club Shevgaon.
- 4) Under this MoU, students of Pravara Medical Trust's Arts, Commerce and Science College Shevgaon can visit Inner Wheel Club, Shevgaon (Charter No. 6290) and members of Inner Wheel Club, Shevgaon (Charter No. 6290) will be able to visit Pravara Medical Trust's Arts, Commerce and Science College Shevgaon. They will also participate in various activities.
- 5) The MoU will be for a period of three years from 2020 to 2023.

6) Neither of the two entities shall interfere in each other's internal administrative processes.

7) Both organizations will ensure that privacy principles are not violated about each other.

8) The said MoU is for three years and the two entities will consider extending the contract together.

Date:

Place: Shevgaon

Proposed By		Accepted By	
Principal, Pravara Medical Trust's Arts, Commerce and Science College Shevgaon	 Principal Arts, Comm. & Sci. College Shevgaon, Dist. Ahmednagar	Club President, Inner Wheel Club, Shevgaon	<u>Mrs Bssaleti</u>
Sign and Seal		Sign and Seal	
Date:	22/09/2020	Date:	22/09/2020

Pravara Medical Trust's
Arts, Commerce and Science College Shevgaon

Women Empowerment Cell

2022-23

Inauguration

Report

Topic: Inauguration Function of Women Empowerment Cell

Date: 25/08/2022

Time: 10:00 AM

Organized by: Women Empowerment Cell

Inauguration Function of Women Empowerment Cell

Women Empowerment Cell of Pravara Medical Trust's Arts, Commerce, and Science College, Shevgaon, is inaugurated on 25th August 2022. The event started with the welcome of the guests. The chairperson of the Women Empowerment Cell, Ms. Pooja Madne, delivered the introductory speech. She shared the college objectives, the facilities available for female students, and the details of various programs planned for the year.


The college principal, Dr. Onkar Rasal, felicitated the chief guest, Mrs. Vasudha Savarkar, and expressed gratitude toward her. Mrs. Vasudha Savarkar guided the students on the importance of women empowerment and the current status of women in society. She explained the definition of women empowerment and why it is necessary. She also elaborated on the role of women in society, societal perspectives, and the changes in society that impact women empowerment.

The principal, Dr. Onkar Rasal, highlight the importance of courage and determination in his speech. He inspired the students by saying, "Success comes to those who face challenges head-on and turn adversities into opportunities." Dr. Rasal highlighted the college's ongoing efforts to create a safe and supportive environment for female students and assured them of the institution's unwavering support.

The vote of thanks was presented by Ms. Meera Dahiphale, while the program was skillfully anchored by Ms. Prajakta Sable.

Conclusion

This inauguration program of the Women Empowerment Cell created awareness among students about the importance of women empowerment and their rights. It is anticipated that the program will boost the confidence of the students and make them feel more empowered.


Chairman
Women Empowerment Cell
PMT's ACSC,
Shevgaon




Principal
Arts, Commerce & Science College
Shevgaon, Dist. Anhednagar

Photos



Guest lighting the lamp

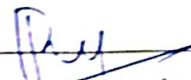


Principle Addressing to students




Chairman
Women Empowerment Cell
PMT's ACSC,
Shevgaon




Principal
Arts, Comm. & Sci. College
Shevgaon, Dist Ahmednagar

Pravara Medical Trust's
Arts, Commerce and Science College Shevgaon
Women Empowerment Cell

2022-23

Mahila Melava

Report

Topic: Mahila Melava

Date: 2nd October 2022

Time: 11:00 AM

Organized by: Women Empowerment Cell & Innerwheel club Shevgaon

Mahila Melava

Date: October 2, 2022

Time: 11 AM

Venue: Pravara Medical Trust Arts Commerce Science College, Shevgaon

Organizers: Pravara Medical Trust Arts Commerce Science College, Shevgaon, Women Empowerment Cell, and Inner Wheel Club, Shevgaon

Objective: To create awareness, empower, and inspire women.

A successful women's empowerment program, "Jagir Adishakti," was held on October 2, 2022, at Pravara Medical Trust Arts Commerce Science College, Shevgaon. The event, organized by the college's Women Empowerment Cell and Inner Wheel Club, aimed to raise awareness, empower, and motivate women.

The gathering brought together a large number of primary school teachers from Shevgaon. Key highlights of the event included inspiring speeches by Professor Rasal Madam the chief guest, interacted with all the women teachers and inspired them. and Dr. Manisha Ladha Madam, who provided valuable insights on work-life balance and personal development. The event also fostered a supportive environment where women could freely express their thoughts and experiences.

The program received full support from the college administration, with the principal, Dr. Onkar Prasad, granting permission and Kirti Palam, the headmistress from Khamgaon, taking charge of the event. The active participation of all female professors from the college demonstrated a strong commitment to women's empowerment.

College Cooperation: The college principal, Dr. Onkar Prasad, granted permission for the event. Kirti Palam, the headmistress from Khamgaon, took charge of the program.

Compering: Savita Raut compered the event.


Overall, the "Jagir Adishakti" program was a resounding success, serving as a catalyst for women's empowerment and inspiring them to reach their full potential. This women's gathering proved to be a significant step towards women empowerment. The event inspired women and encouraged them to develop their potential.

No. of Participants :37 & No of female staff: 12


Chairman

Women Empowerment Cell
PMT's ACSC,
Shevgaon




Principal

Arts, Comm. & Sci. College
Shevgaon, Dist Ahmednagar

Mahila Melava



Occupation of Guests



Lamp Lighting Event.

Pragna
Chairman
Women Empowerment Cell
PMT's ACSC,
Shevgaon



R
Principal
Arts, Comm. & Sci. College
Shevgaon, Dist. Ahmednagar

Pravara Medical Trust's
Arts, Commerce and Science College Shevgaon

Women Empowerment Cell

2022-23

Yoga Session

Report

Topic: Yoga Session

Date: 3rd October 2022

Time: 08:00 AM

Organized by: Women Empowerment Cell & Innerwheel club Shevgaon

No. of Participants: 27

Yoga Session

Introduction

A Yoga session was organized by the Pravara Medical Trusts Arts Commerce and Science College Shevgaon, Women Empowerment Cell and Innerwheel Club Shevgaon on 3rd October 2022 at 08:00 AM. The session aimed to promote physical and mental well-being among the participants, primarily women.

Objectives

- To introduce participants to basic yoga postures and breathing techniques.
- To enhance physical flexibility, strength, and balance.
- To reduce stress and anxiety levels.
- To improve mental clarity and focus.
- To foster a sense of community and well-being.

Session Details

The yoga session was conducted by Mr. Keshav Sase. The session included the :

- **Warm-up:** Gentle stretching exercises to prepare the body for the yoga practice.
- **Asanas:**
- **Pranayama:** Breathing exercises to calm the mind and regulate breath.
- **Meditation:** A brief meditation session to promote relaxation and mindfulness.

Outcome and Impact

The yoga session was well-received by the participants. It provided a much-needed break from their daily routines and offered a holistic approach to well-being. The session helped to:

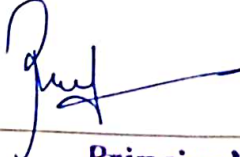
- Improve physical flexibility and strength.
- Reduce stress and anxiety levels.
- Enhance mental clarity and focus.
- Promote relaxation and mindfulness.
- Foster a sense of community and camaraderie among the participants.

Conclusion

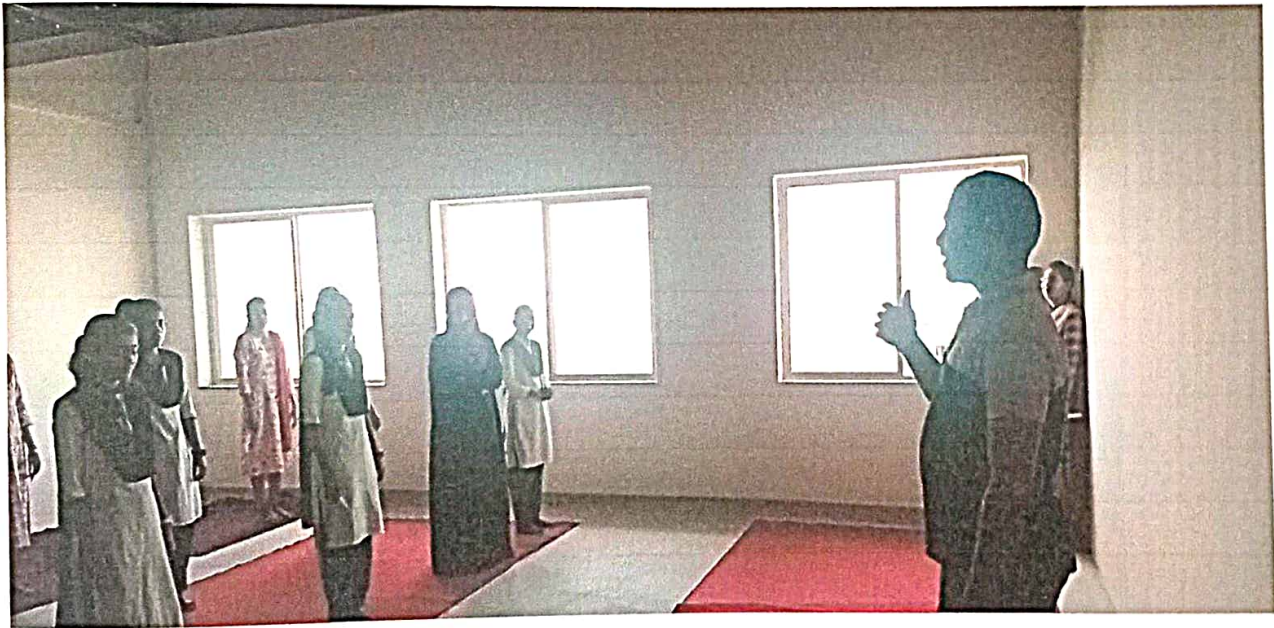
The yoga session was a successful event that contributed to the overall well-being of the participants. The Women Empowerment Cell and Innerwheel Club Shevgaon plan to organize more such events in the future to promote healthy lifestyles and empower women.

Chairman
Women Empowerment Cell,
PMT's ACSC,
Shevgaon




Principal
Arts, Comm. & Sci. College
Shevgaon, Dist. Ahmednagar

Yoga Session



Pragati
Chairman
Women Empowerment Cell
PNT & CBC,
Shevgaon



Priya
Principal
Arts, Comm. & Sci. College
Shevgaon, Dist. Ahmednagar

Rangoli Competition

Date: 04/10/2022

Theme: Save Girl Child and Women Empowerment

Objective:

To showcase the artistic talents of female students in the college and to create awareness on the topic of women empowerment.

Participants: Fifteen students from the college are participated in the competition.

Judges: The competition was judged by Mrs. Vasudha Savarkar and Mrs. Sunita Gawli.

Results:

First Prize: Kurhe Gayatri (Second Year B.Sc.)

Second Prize: Gaikwad Priyanka (Second Year B.Sc.)


Third Prize: Nikalje Sakshi (Second Year B.A.)

This rangoli competition highlighted the artistic talent and creativity of the students. the themes helped spread awareness about women empowerment. The organizers expressed gratitude for the enthusiastic participation of all students.

Conclusion:

This rangoli competition proved to be a festive and educational experience for the students.


Chairman
Women Empowerment Cell
PMT's ACSC,
Shevgaon


Principal
Arts, Comm. & Sci. College
Shevgaon, Dist Ahmednagar

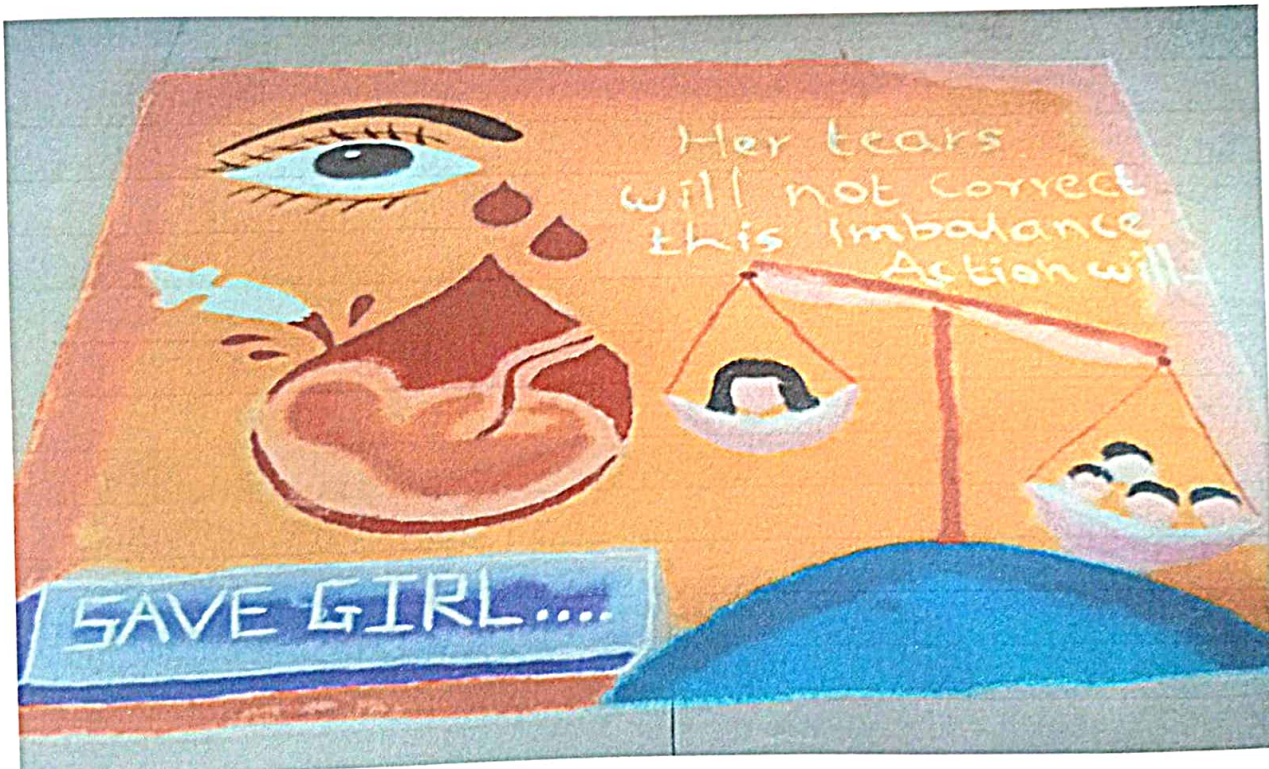
Rangoli Competition


4/10/2022


Photo



The Competition Judged by Mrs. Vasudha Maam




Chairman
Empowerment Cell
P.M. NCSG,
Shevgaon


Principal
Arts, Comm. & Sci. College
Shevgaon, Dist Ahmednagar