

**BPHE'S CSRD-ISWR, Ahmednagar**

**Report On Personality Development For Girl Students'**

**&**

**Report Of Special Guidance Scheme**

**2016- 2017**

## **BPHE'S CSRD-ISWR, Ahmednagar**

### **Report On Personality Development For Girl Students': 2016-17**

#### **I. Personality Development for Girl Students': 5<sup>th</sup> February 2017**

The Personality Development for Girl Students' is a scheme introduced by the Savitribai Phule Pune University to foster the confidence and personality of female students who comes from the rural areas and marginalized sections of society. The marginalization and deprivation is double if the student is a woman and from the backward or scheduled castes. The main objective of this scheme is to develop a critical mind, self-confidence and a commitment to society among the female students. Within this scheme the female students are provided training in health, law, and social activities. They are also given training in self-employment and all possible other activities that enhance her social confidence. This scheme is open to all regular female students of CSRD.

The CSRD- Institute of Social Work and Research, Ahmednagar organized a one-day workshop on Personality Development for Girl Students' on Sunday, 5<sup>th</sup> February, 2017. About 62 MSW students attended the workshop on Sunday. Mrs. Snehal Divekar, and Mrs . Vaishali Pathare conducted the workshop for development of the girl students.

Honorable Director Dr. Suresh Pathare inaugurated the workshop. Through his inspiring and energizing speech, he stressed upon the importance of personality development and its important role in any field of career and life. Health has great relevance for a person's personality and improvement in this area can provide direction to our young women. He congratulated the students for having encashed this opportunity provided by student welfare board of Savitribai Phule Pune University.

#### **II. Activities Organized under the Scheme**

The following three lectures were organized during the workshop:

##### **a) “Chala Nirbhayi hou ya (Let us become fearless)” by Mr. Shivaji Naikwadi**

Mr. Shivaji Naikwadi in his talk focused on the importance of Self-defense, especially for women, is of utmost importance in the kind of the world we live in today. Women, usually referred as the weaker sex, are considered easier targets. In a country like India where the cases of gender violence are on rise, out of which many go unreported, self-defense for women has

become a necessity more than ever. Rape, molestation, kidnapping and murder are the most common forms of crime against women in India. The women in India are also vulnerable to acid attacks and eve teasing. The mindset of the people, including the victim and the spectator, is to ignore and just let it go. But, what we, as the responsible citizens of an independent country, fail to realise is that these instances of harassment can flare up into other bigger heinous crimes against women. And that is when the importance of learning self-defense techniques for women is felt. The women should be aware of the strategies to be adopted under different adverse circumstances. For example, if you're alone at home during such an attack, you should hurriedly run to kitchen to find chili powder and knives to use them as weapons.

**b) “Nutrition and Health” by Mrs. Shivaani Bhambure**

Mrs. Shivani Bhambure focused on the importance of health through the importance of nutrition. Nutrition is the science that interprets the interaction of nutrients and other substances in food in relation to maintenance, growth, reproduction, health and disease of an organism. It includes food intake, absorption, assimilation, biosynthesis, catabolism and excretion. She stated that the diet of an organism is what it eats, which is largely determined by the availability, the processing and palatability of foods. A healthy includes preparation of food and storage methods that preserve nutrients from oxidation, heat or leaching, and that reduce risk of food borne illness.

**c) “Positive thinking” by Mrs. Prerana Vidhate**

Mrs. Prerana Vidhate talked on ‘ Positive Thinking’. What most people don’t know is that the truth of life revolves around **positive thinking** and doing it with the right attitude. Successful people reach their set goals and targets by *thinking positively*, with much energy and enthusiasm generated both in the mind and in the body. If we want to achieve our goals by practicing positive thinking, changing the way we think is simply a matter of changing a habit and this can be done in less time than you might think. With practice you will have this new habit perfected and will be practicing positive thinking automatically and without difficulty in any time at all. We need to constantly remind ourselves that changing how we think is for our own good and we’re doing it to get good results in the near future.

Discussions, group activities, questionnaires, individual exercises, practice sessions and feedback session were held at the end of each session.

**Mrs. Snehal J. Divekar**  
**Student welfare officer**

**Dr. Suresh Pathare**  
**Director**

### III. Programme Schedule of Personality Development For Girl Students'

DATE: 5<sup>th</sup> February 2017

Timing	Topic
9.00 to 9.15 am.	Inauguration
9.15 to 11.15 am.	Lecture on “ Chala Nirbhayi hou ya” by Mr. Shivaji Naikwadi
11.15 to 11.30 am	Tea break
11.30 to 1.30 pm	Lecture on “ Nutrition and Health”by Mrs. Shivaani Bhambure
1.30 to 2.30 pm.	Lunch break
2.30 to 4.30 pm	Lecture on Positive thinking by Mrs. Prerana Vidhate
4.30 to 5.00 pm	Discussion and Feedback session

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Student welfare officer

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