

Women Development Cell



Teacher Incharge: Dr. Prof. (Smt.) Tejashree Patankar

Student Secretary: Ms. Anushka More

Student Joint Secretary: Ms. Renuka Bahulkar

Student Treasurer: Mr. Tejas Madhavi

On 27th September 2018, a Self-Defence Workshop was held in the Auditorium. Mr. Ravindra Patil, Coach, Podar Judo Club, along with his student assistants, guided and taught the students various techniques of self-defence. The session began with understanding the concept and reason behind martial arts wherein he explained what Judo is and how it is practiced. He then taught various self-defence moves by giving examples of various situations. He also explained how we can make the best possible use of the things available in our surrounding to make a protecting weapon. Each student was asked to perform every move learnt. And various Dos and Don'ts were discussed. Both girls and boys attended this workshop and promised to use it only for protecting themselves or others when required. The session concluded with a 'Ray' (a respectful bow in Judo) to convey the students' gratitude towards the coach and his students.

Taking yet another step towards wellness, the WDC organised a personal hygiene programme for all female students of BMC School in the age group of 10-15 years on 22nd January, 2019. The students were shown a short animated film named 'Hello Periods!' followed by an interactive session. Many questions were asked, answers were given and doubts were solved. These female students were taught about hygiene and health care requirements, importance of personal hygiene, government aids and how to overcome social taboos about periods. They were taught how to maintain hygiene at home, schools and other public places, how to be vocal about this subject and have a regular talk with their family members or teachers.

Venue:

- 1) Nadkarni Park Municipal Marathi School No.3
- 2) Nadkarni Park Municipal Upper Primary Urdu School
- 3) Nadkarni Park Municipal Hindi School No.1
- 4) Nadkarni Park Municipal Marathi School No.1

The Cell conducted an informative and interactive session named as 'Ask the Gynaec' on 22nd January 2019. In this session, Dr. Mansi Medhekar (Gynaecologist) provided a lot of essential information related to women's daily hygiene and their health issues. Nowadays women go

through various diseases like irregular menstrual cycle, PCOD/PCOS, white discharge from intimate areas, thyroid and so on. In this session, Dr. Medhekar gave a detailed information about these problems and also suggested some remedies for them. She suggested some diet plans for females going through obesity which is one of the major cause for these diseases.