



**R.S.S.P.M. Ltd. Chalisgaon Sanstha's**  
**Nanasaheb Yashvantrao Narayanrao Chavan Arts, Science**  
**& Commerce College Chalisgaon. Dist - Jalgaon**

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**Best Practice- 2**

**2. Title of the Practice: Gender Sensitization and women empowerment**

Gender Sensitization is a basic requirement to understand the sensitive needs of a particular gender. It helps to examine personal attitudes and beliefs. Gender equality is important to sustainable and economic development by providing equal opportunities for education and employment. The root cause of gender discrimination is the patriarchal mind set prevalent in the Indian society. Though this mind set is changing with urbanization and education, still there is long way to go for a permanent change in the scenario. There is a great need to sensitize the society on gender issues so that there would be no discrimination on the basis of gender. Women empowerment through gender sensitization is one of the key criteria to unlock the potential of women. Education plays the role of a catalyst in gender sensitization issues the college proactively works in sensitizing students in gender issues through courses and outreach programmes. The institutes extension activities is designed to cater to these needs and various committees are formed and interactive sessions between staff and students is encouraged for this purpose. Gender sensitization help students in building correct values, self-discipline and national spirit. A gender sensitive environment enables girls to maximize their potential as it builds self- respect, confidence and self-esteem. Gender equality demands the empowerment of women, with a focus on identifying and redressing imbalances and giving women more autonomy to manage their own lives. When women are empowered, the whole family benefit, thus benefiting the society as a whole and these benefits often have a ripple effect on future generations. The gender sensitization plan creates awareness through lectures, seminars, talks, workshops and debates. Girls are motivated to participate and enroll in NSS, Yuvati sabha, Sports and other co-curricular activities of the college as it develops strength, confidence and leadership qualities in them. To facilitate a gender sensitive environment girls are provided with various facilities and special attentions. It also aims to provide a harmonious and fertile environment for all students to excel physically, mentally, intellectually and emotionally upholding ethics and values.

**Objectives:**

- Sensitizing of students about gender equality
- Building up girl's confidence.
- Empowering girl students
- To instill positive values so as to erase biases in the minds.
- To appreciate the fact that the rights of every woman is as important as her male counterpart.
- To work towards modification of behavior by raising awareness of gender equality concerns.
- To familiarize them with their constitutional rights and safeguards.
- To provide mentorship.

**The Context:**

Most of the students come from rural background. They are generally gender biased. Girls are either shy or confused about themselves and future. Awareness of health, hygiene, opportunities is necessary.

**The Practice:**

Gender sensitization programs through Yuvati Sabha, Internal Complaint Committee, NSS, and Student Development Committee are organized. Personality Development workshop, Swayamsiddha Abhiyan (Self-defense), Lecture series of eminent personalities are held on various topics like health, hygiene, Legal Guidance, Career opportunities etc. are organized. Both the gender students are appealed to attend these activities. In these activities students are given opportunity to express themselves. Facilities like Girl's room, Reading Rooms, Washroom Facility, and Sanitary Napkin Vending Machine are provided for girls. For safety and security night watchman and security guard are appointed. 24X7- CCTV surveillance is available. Apart from Yuvati Sabha committee the college nominates at least one girl student on the different committees formed as IQAC, CDC, Cultural Activity etc. Academic as well as need based counseling is undertaken by Teachers, Counseling Cell and through mentor is provided. International Women's Day is celebrated. In earn while learn scheme most of the girls are given the opportunity.

**The activities organized under ‘Gender Sensitization’ best practice:**

<b>Sr. no.</b>	<b>Name of activity</b>	<b>Resource person</b>	<b>Dates</b>	<b>No. of participants</b>
1.	Health and nutritious diet	Dr. Nilambari Tendulkar	05/04/2022	50
2.	Yoga for Healthy living	Mrs. Seema Sharma		
3.	Self -employment	Dr. Mrs. N. P. Golhar		
4.	Personality development and leadership qualities	Dr. P. S. Nannavare		
5.	Swayamsiddha Abhiyan	Mr. Chotu Chaudhari	21-29/03/2022	100
6.	“Relationships in virtual world	Dr. Payal Pawar, Psychiatrist	14/11/2021	
7.	Essay Competition on the occasion of Swami Vivekanand Jayanti, Rashtramata Jijau Jayanti and Savitribai Phule Jayanti	Dr. N. P. Golhar	31/01/2022	24
8.	Interview Techniques (Soft skills)	Prof. Sunil Patil	07/07/2021	146
9.	NSS winter camp on theme ‘Beti Bacho Beti Padhao’	College NSS Unit	07/03-13/03/2021	75
10.	COVID- 19 Vaccination drive	Taluka Health Centre and Chalisgon Nagarpalika Hospital	26-27/10/2021	119
11.	COVID- 19 Vaccination drive	Taluka Health Centre, Chalisgaon and Hon. MP Mr. Unmesh Patil	09/09/2021	115
12.	COVID- 19 Vaccination survey	IQAC	18/10-30/10/2021	1626
13	1. Laws’ for women 2. Mental Health	Ad. Mrs. Yedake Dr. Payal Pawar	15/03/2022	150

**Evidence of Success:**

We encourage First year students to attend these activities, so that we can observe their progress in following years. We do see the positive changes the students who participate. They do better in their academic as well as co-curricular and extra- curricular activities also. The programs have brought changes in behavior of participants.

**Problems Encountered and Resources Required**

As most of the students come from Farmer background, and come from rural area. They want to complete the activity in short period of time, which becomes difficult.

**Dr. Nilambari Tendulkar speaking on Health and nutritious diet**





## नानासाहेब य.ना.चव्हाण महाविद्यालयात विद्यार्थिनी व्यक्तिमत्व विकास कार्यशाळा

**चाळीसगाव :** कवयित्री बहिणाबाई चौधरी उत्तर महाराष्ट्र विद्यापीठ जळगाव, विद्यार्थी विकास विभाग आणि नानासाहेब यशवंतराव नारायणराव चव्हाण कला, विज्ञान आणि वाणिज्य महाविद्यालय चाळीसगाव येथील विद्यार्थी विकास विभाग यांच्या संयुक्त विद्यमाने युवती सभेच्या अंतर्गत विद्यार्थिनी व्यक्तिमत्व विकास कार्यशाळेचे यशस्वीपणे आयोजन करण्यात आले.

विद्यार्थिनी व्यक्तिमत्व विकास कार्यशाळेचे अध्यक्षस्थान महाविद्यालयाचे प्राचार्य डॉ.एस.आर. जाधव यांनी भूषविले. याप्रसंगी व्यासपीठावर कार्यशाळेचे प्रमुख वक्ते डॉ.नीलांबरी तेंडुलकर, सीमा शर्मा, प्रा.डॉ.सौ.निमा गोल्हार, प्रा.डॉ. पंकजकुमार नन्नवरे, विद्यार्थी विकास विभागाचे प्रमुख व उपप्राचार्य डॉ. जी.डी. देशमुख, उपप्राचार्य डॉ.उज्ज्वल आर.मगर, युवती सभा प्रमुख प्रा.पार्वती पाडवी, प्रा.अनुराधा कुलकर्णी, प्रा.डॉ. उज्वला नन्नवरे, प्रा.सुवर्णा मोरे, प्रा.मंगला सूर्यवंशी, प्रा.डॉ.करुणा गायकवाड उपस्थित होते.

महाविद्यालयाचे प्राचार्य डॉ.



एस.आर.जाधवयांच्याहस्तेसावित्रीबाई फुले यांच्या प्रतिमेचे पूजन व माल्यार्पण करून विद्यार्थिनी व्यक्तिमत्व विकास कार्यशाळेचे उद्घाटन करण्यात आले. याप्रसंगी प्राचार्य डॉ.एस.आर.जाधव विद्यार्थिनींना मार्गदर्शन करताना म्हणाले की, विद्यार्थिनी व्यक्तिमत्व विकास कार्यशाळेतून विद्यार्थिनींनी स्वतःचा व्यक्तिमत्त्वाचा विकास कसा साधता येईल, त्याबरोबर आपले सुदृढ आरोग्य व सकस आहार यांचा समतोल जर सुयोग्य पद्धतीने साधले, तर आपले व्यक्तिमत्व आपल्याला नक्कीच साधता येईल. कार्यशाळेच्या प्रथम सत्राचे वक्ते डॉ.नीलांबरी तेंडुलकर विद्यार्थिनींना आरोग्य आणि आहार या विषयावर बोलताना म्हणाल्या की, बदललेल्या जीवनशैलीमुळे आपले आरोग्य धोक्यात आले आहे.त्यासाठी दररोज

व्यायाम व योग्य आहार खूप महत्त्वाचे आहे.

दुसऱ्या सत्राचे वक्ते सीमा शर्मा योग शिक्षण या विषयावर मार्गदर्शन करताना म्हणाल्या की, अनेक व्याधी ह्या आरोग्याची योग्य काळजी न घेतल्याने होतात.आपण जर नियमितपणे योगा केला तर जीवन हे आनंदी व व्याधीमुक्त होऊ शकते. योग केल्याने शारीरिक,मानसिक स्वास्थ्य मिळते. तिसऱ्या सत्राचे वक्ते डॉ. निमा गोल्हार यांनी रोजगार स्वयंरोजगार या विषयावर मार्गदर्शन केले.त्या म्हणाल्या रोजगार व स्वयंरोजगार यातील फरक आपण समजून घेतला पाहिजे. तसेच स्वयंरोजगाराचे विविध प्रकार, त्यासाठी लागणारी आर्थिक मदत,कच्चांमाल उपलब्ध असणारी बाजारपेठ, परिश्रम घेण्याची तयारी,

कल्पक दृष्टी, सतत नावीन्याचा ध्यास या विषयी मार्गदर्शन केले. शिवाय स्वयंरोजगारासाठी शासनाच्या विविध योजनांचीही माहिती विद्यार्थिनींना दिली.

चौथ्या सत्राचे वक्ते प्रा. डॉ. पंकजकुमार नन्नवरे यांनी व्यक्तिमत्व विकास व नेतृत्व गुण या विषयावर मार्गदर्शन करताना व्यक्तिमत्व म्हणजे नेमके काय ? हे स्पष्ट केले.

विद्यार्थी व्यक्तिमत्व विकास कार्यशाळेच्या यशस्वितेसाठी महाविद्यालयाचे प्राचार्य डॉ.एस.आर. जाधव, उपप्राचार्य मा.डॉ.एस. डी.महाजन वद्यार्थी विकास विभागाचे प्रमुख व उपप्राचार्य डॉ.जी.डी. देशमुख, उपप्राचार्य डॉ.उज्ज्वल मगर, उपप्राचार्य डॉ.पी.जे.परमार यांनी मार्गदर्शन केले.

युवती सभा प्रमुख प्रा.पार्वती पाडवी, प्रा.अनुराधा कुलकर्णी, प्रा. डॉ. उज्वला नन्नवरे, प्रा.सुवर्णा मोरे, प्रा.डॉ.शैला साखला, प्रा.डॉ.निमा गोल्हार, डॉ.मंगला सूर्यवंशी, प्रा.डॉ. करुणा गायकवाड आदींनी परिश्रम घेतले. सूत्रसंचालन प्रा.डॉ. उज्वला नन्नवरे यांनी केले. आभार प्रा. सुवर्णा मोरे यांनी मानले.

## Dr. Payal Pawar Speaking on Mental Health



## Student interacting during the session





## Swatcchata Abhiyan

