

Shri Ramdeobaba College of Engineering and Management

Rotaract Club of RCOEM

In association with

Women Empowerment Cell

PRESENTS

7DAYS-SERIES OF WORKSHOP

We the Rotaract Club of RCOEM took an initiative to held a zonal level seven days workshop called 7Days- Series of Workshop. A series of workshops where experts from different fields conducted an online webinar to give insights about various topics like -

- 1) Women Health
- 2) Self Defense
- 3) Sanitation and Hygiene
- 4) Financial Planning Workshop
- 5) Women Entrepreneurship
- 6) Cyber Security
- 7) Legal Awareness

We planned this event as an open to all platform so that anyone can participate without any arduousness and where all the participants can participate without giving any registration fee. The timing for the event was from 4pm to 5 pm and the event was held on Google Meet platform.

In this event, we were glad to see the zealousness of the participants and their endeavor for the event. We were flabbergasted by seeing their efforts which they have put in for this series of webinars

Name of Event: Women Health

Date: 18th January 2021

No. of Participants: 52

Objective: To get insights about women health

Name of Project Director: Rtr. Nandani Rabra

Report:

The workshop was based on women health conducted by Dr. Vaidehi Marathe. Dr. Vaidehi Marathe is the Director at Maher Maternity & Nursing Home, President at Ob-Gynecological Society. She has been practicing since 25 years and is the winner of prestigious M.S. Signature International Award, Times Power Women Award.

She explained us that women have unique health issues. And some of the health issues that affect both men and women can affect women differently. So the speaker gave insights about issues which include pregnancy, menopause, and conditions of the female organs. Women can have a healthy pregnancy by getting early and regular prenatal care.

Dr. Sunita Dhote
Teacher Incharge, Rotaract Club, RCOEM
Chairperson Women Empowerment Cell

The screenshot shows a Zoom meeting interface. On the left, a presentation slide titled "Why do girls/women get their periods?" is displayed. The slide contains the following text:

- The Menstrual Cycle is a series of changes a girl's body goes through to prepare for a pregnancy
- Every month, the uterus lining gets thicker to prepare for a fertilized egg and pregnancy
- If the egg doesn't get fertilized, that lining is released from the body as blood through the vagina
- This monthly process is called menstruation or a period

The slide also features a diagram of the female reproductive system with labels for the fallopian tube, ovary, uterus, and cervix. A ballerina is depicted in a white tutu on the right side of the slide. The Zoom interface on the right shows a grid of participants, including Vaidehi Marathe, Devshree Vik..., Sunita Nitin..., Kunal Thakur, SYED ASAD..., Siddhant Aja..., Ishika Jayant..., Himani Dilip..., and Janhavi Para... The bottom of the screen shows meeting controls such as "Meeting details", "Turn on captions", and "Vaidehi Marathe is presenting".

Name of Event: Self-defense workshop

Date: 19th January 2021

No. of Participants: 48

No. of Female: 22

No. of Male: 26

Objective: To build confidence and develop self-discipline

Name of Project Director: Rtr. Ananya Timande

Report:

The workshop was based on self-defense for girls conducted by Miss. Deepika Udair and team. Ma'am is 2nd degree black belt in TAEKWON-DO. She is 7 times national gold medalist & 2 times international gold medalist. She is owner of High fly martial arts club. Ma'am has also performed in The Kapil Sharma show in 2018.

Ma'am gave the demo training of Women Self Defense. And the participants were told to practice and perform the same. The training session was given on the Women Self Defense. And Few tips were given on the Women Self Defense.

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Name of Event: Sanitation and hygiene workshop

Date: 20th January 2021

No. of Female: 32

No. of Male: 18

Objective: To build confidence and develop self-discipline

Name of Project Director: Rtr. Ashwesh Alone

Report:

The workshop was based on sanitation and hygiene for women which was conducted by Mrs. Seema Khandale. Mrs. Seema Khandale Ma'am has a strong-willed personality with a passionate vision to conserve our environment and pillar of Ashay Social Group, her journey of becoming a change maker from a homemaker has been an inspiration to many. She has been honored by BahinaBai award and Tarunai Award. She has also been Lokmat Social Entrepreneur Awardee.

She aware us about menstrual cup which can be a great option for period hygiene, especially if a person no longer wants to use pads or tampons. She told us to always read the instructions on the packaging and become familiar with the cup before trying it for the first time. It may take several attempts to figure out how to use a cup, so patience and perseverance are key and there are dozens of brands and types of menstrual cup available for purchase in stores and online.

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Name of Event: Financial planning workshop

Date: 21th January 2021

No. of Participants: 52

No. of Female: 33

No. of Male: 19

Objective: the importance of financial planning in our life

Name of Project Director: Rtr. Rishav Dutt

Report:

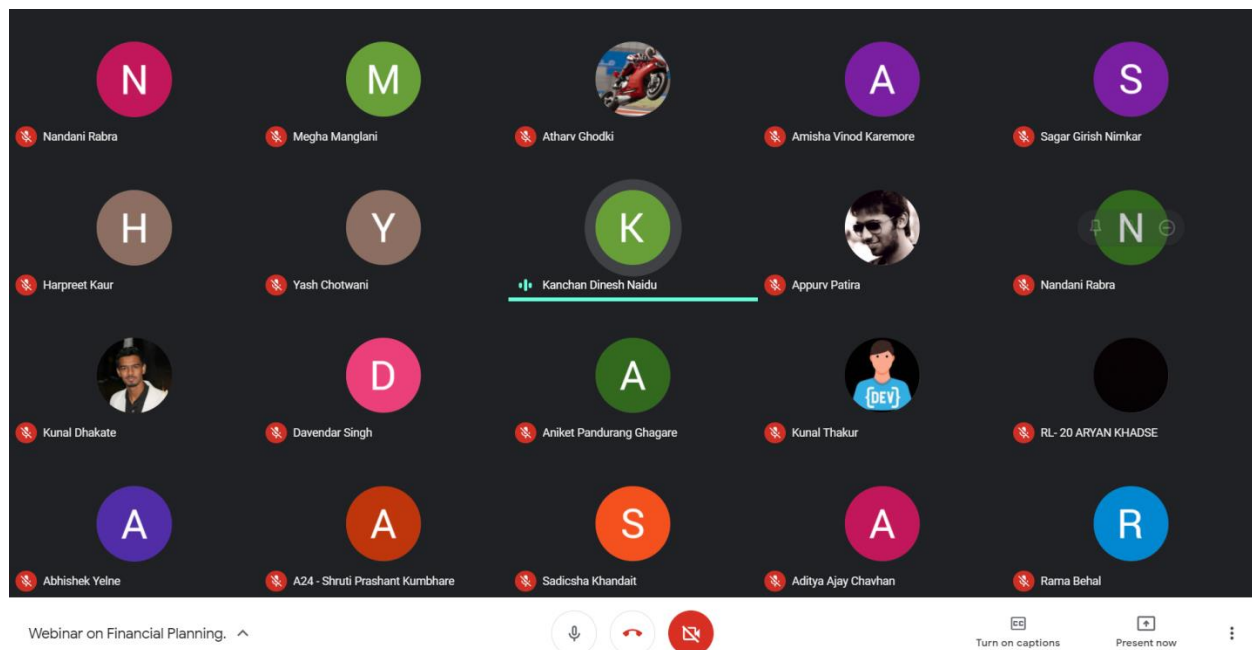
The workshop was based on financial planning conducted by Dr.Kanchan Naidu. Dr. Kanchan Naidu is a CFA, MBA (finance), M. Com & have a PH.D. Ma'am is SEBI certified Financial Resource Person. She was bestowed with "Distinguish Service Award" by AIMS International – The Association of Indian Management Scholars.

She told us that Financial planning is a step-by-step approach to meet one's life goals. A financial plan acts as a guide as you go through life's journey. Essentially, it helps you be in control of your income, expenses and investments such that you can manage your money and achieve your goals. The importance of personal financial planning in India cannot be ignored. It is not just about increasing your savings and reducing your expenses

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Name of Event: Legal Awareness workshop

Date: 22th January 2021

No. of Participants: 40

No. of Female: 12

No. of Male: 28

Objective: To spread awareness about legal guidance for women

Name of Project Director: Rtr. Aditya Chauhan

Report:

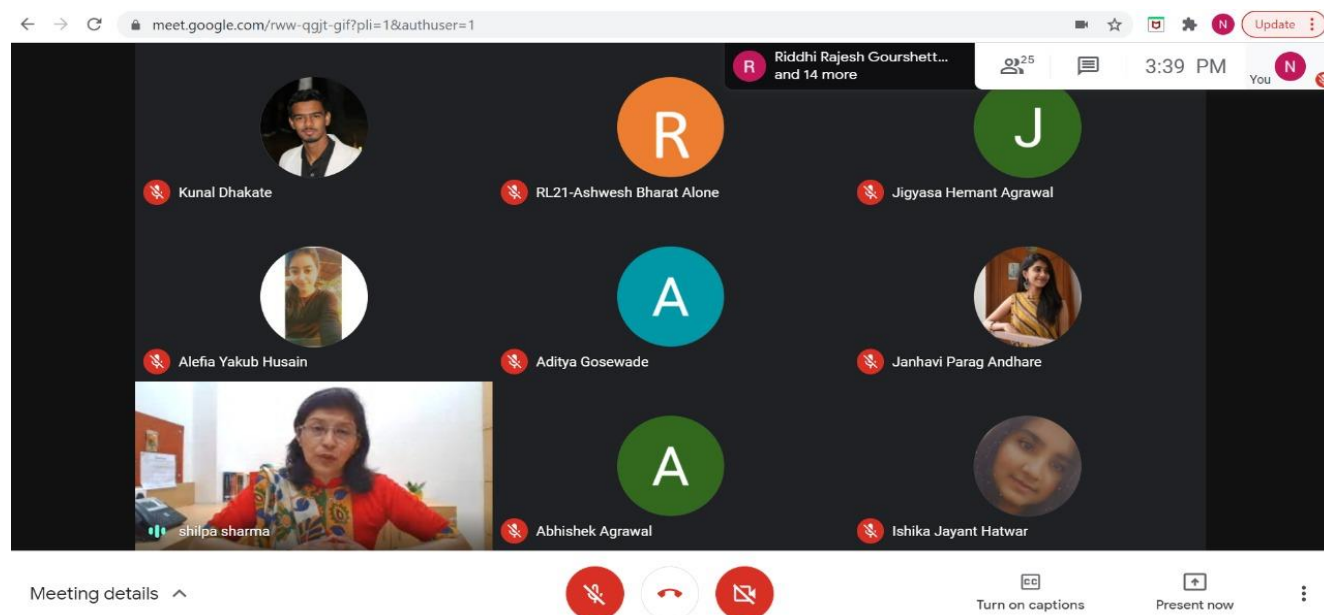
The workshop was based on Legal Awareness which was conducted by Dr. Shilpa Santosh Sharma ma'am. She is presently working as an Assistant Professor in Symbiosis Law School. Ma'am has more than 12 years of teaching experience in law subjects like Environmental Law, Arbitration, Contract etc. She was appointed as chairperson of FAMILY WELFARE COMMITTEE constituted under the direction of Hon'ble Supreme Court of India.

She guided about some awareness programs which are implemented through Non-Governmental Organizations (NGOs) and reputed institutions and aims to empower women and girls with the knowledge of their legal rights and duties, ultimately to be able to share power equally, gain full access to the means of development and to inspire the whole community.

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Name of Event: Cyber Security workshop

Date: 24th January 2021

No. of Female: 32

No. of Male: 17

Objective: To spread awareness about the need of security and safety of personal information in the cyber world.

Name of Project Director: Rtr. Kunal Thakur

Report:

The workshop was based on Cyber Security which was conducted by Rahul sir, an expert in the field and currently is the President of Code Chef RCOEM chapter, Event head at ACM committee and Leader of Hack club. "Technology trust is a good thing, but control is a better one."

He explained that cyber security is important because government, military, corporate, financial, and medical organizations collect, process, and store unprecedented amounts of data on computers and other devices. A significant portion of that data can be sensitive information, whether that be intellectual property, financial data, personal information, or other types of data for which unauthorized access or exposure could have negative consequences. Organizations transmit sensitive data across networks and to other devices in the course of doing businesses, and cyber security describes the discipline dedicated to protecting that information and the systems used to process or store it.

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COMPUTER CRIMINALS

HARM YOU OR PERSONAL BENEFIT

USER

ATTACKER

CREDENTIALS
BANKING DETAILS
PERSONAL INFO

Zoom Meeting Participants:

- RAHUL AGRAWAL (R)
- Kunal Thakur (K)
- Nandani Rabra (N)
- Kunal Thakur (K)
- Siddhant Ajaykuma... (S)
- Abhishek Agrawal (A)
- ROOPALI DEOTALE (R)
- Nikita Ajay Agrawal (N)

Name of Event: Women Entrepreneurship workshop

Date: 28th January 2021

No. of Female: 13

No. of Male: 17

Objective: To strengthen skills and build high profile carrier opportunities

Name of Project Director: Rtr. Bipasha Das

Report:

The workshop was based on Women Entrepreneurship which was conducted by Mrs. Rashmi Kulkarni, an IT professional - turned - entrepreneur, she has a remarkable cross vertical exposure in her professional career spanning about 15 years. A Josh Talks Speaker & Entrepreneur of the Year (2015) Awardee, she has toppled over all challenges on her way, and landed herself at the helm of affairs at Navitas - the LED Lighting Brand of Zero Systems.

She emphasized on the increasing presence of women as entrepreneurs led to the change in the demographic characteristics of business and economic growth of the country. Women-owned businesses enterprises are playing a prominent role in society inspiring others and generating more employment opportunities in the country. There is need for sustainable growth of women entrepreneurs, to promote a balanced growth in the country, and Startup India is committed to strengthening the women entrepreneurship ecosystem, through policies and initiatives, and creation of enabling networks.

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