



ANJUMAN-I-ISLAM'S

**KALSEKAR TECHNICAL CAMPUS, NEW PANVEL**

Approved by : All India Council for Technical Education, Council of Architecture, Pharmacy Council of India New Delhi,  
Recognised by : Directorate of Technical Education, Govt. of Maharashtra, Affiliated to : University of Mumbai.

□ SCHOOL OF ENGINEERING & TECHNOLOGY

□ SCHOOL OF PHARMACY

□ SCHOOL OF ARCHITECTURE

## REPORT

### **Women's Day Celebration 2022**

**Organized by Women Development and Grievance Cell & School of Pharmacy in collaboration with IQAC**

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**International Women's Day**  
8th March 2022

Talk on  
**Self Defence For Female Students & Faculty  
&  
Nutrition And Its Importance in Women**

Venue : AIKTC Auditorium Time : 10:00 am on wards

Organised by : Women Development & Grievance Cell  
& School of Pharmacy in Collaboration with IQAC

Prof. Poonam Mhatre  
Controller, WDGC

Dr. Abdul Razak Honnutagi  
Director

Mr. Burhan Harris  
Hon. Exec. Chairman, BINM

Mr. G.A.R. Shaikh  
Hon. General Secretary, AI

Ramesh Jadhav  
National Director of Akasud Akasud (2018-2019)

Shefa Syed  
National Director of Akasud Akasud (2018-2019)

Women Development and Grievance Cell of AIKTC celebrated International Women's Day (IWD) 2022 in auditorium of our campus with a program based on this year's theme **#Break The Bias**.

8th March is celebrated as International Women's Day globally to commemorate the cultural, political, and socioeconomic achievements of women. It is also a focal point in the women's rights movement, bringing attention to issues such as gender equality, reproductive rights, violence and abuse against women.

To celebrate the Women's Day and make it fruitful, two events were organized, the first event was the workshop on **Self Defence** for Girls, conducted by Ramesh Jadhav, who has more than 30 yrs experience in the field of martial arts, wu-shu, karate and taichi. He organizes personal fitness, self defence and martial arts classes under All Mumbai Association Sports and Fitness For All (AMASFA).



Mr. Ramesh Jadhav showing self defence technique to the participants

The second event was an online expert talk on **‘Nutritional requirements for Women of different age group’s** by Shefa Syed, a qualified Nutritionist and Certified Diabetes Educator. She is a specialist in Weight loss, diabetes and heart diseases. She is also a Certified FODMAP expert, who consults people suffering from IBS and a graduate in Food Science and Nutrition, PGD in Clinical Nutrition and Dietetics. The program was attended by nearly 300 students and faculties.

Members of student council managed the whole ceremony. The opening ceremony started at 10.30 with welcome of all, followed by recitation of Holy Quran. At 10.45am, introduction of the Women’s Day and workshop expert Mr. Ramesh Jadhav was given. The workshop started at 10.55 and continued till 12pm. Answer of all the queries of girl student were given by the expert.





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Participants trying their hands on the self defence techniques taught by the instructor

At 12.05 pm the second guest, Shefa Syed was introduced to give a talk on - **Nutritional requirements for Women of different age groups**. A detailed talk on the healthy food and the food to fight various diseases was given from 12.10pm to 1pm.

The expert talk was followed by felicitation of the female cleaning staff of our campus. At 1.15pm Director, AIKTC, Dr. Abdul Razak Honnutagi motivated the girl students for a bright future.



The programme ended at 1.45 pm with vote of thanks given by student coordinator. Feedback and attendance was taken at the end of the program and snacks were distributed to all the participants. The programme ended on a happy note with a motivated feeling of self importance for all the participants.

Report prepared by-  
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Senior Member WDGC

Prof. Poonam Mhatre  
Controller,  
ICC/WDGC/ASHC

Prof. Ramjan Khatik  
Director, AIKTC