

Annual Report (2018-19)

Women Empowerment Cell

International Women's Day Celebration (8.03.2019)

Date: 08/03/19

Venue: Madhu Limaye Seminar Hall

The International Women's Day was celebrated by WEC, ITM University, Gwalior on 8/03/2019 at 3:30 pm. The theme of this year's celebration was "Health and Fitness Awareness of Women". In our Indian society women are mostly ignorant about their health and fitness which results in health hazards at later stage. WEC ITM University decided to give a wakeup call to all their stakeholder women (student and staff) about the issue.



The Minute to Minute Program for the day was as follows :

S. No.	Program	Time	Speaker
1.	Arrival of Guest, Dignitaries and students in Hall	1:00 pm	---
2.	Welcome and felicitation of guests	1:00 pm- 1:05 pm	By officials
3.	Welcome Address & presentation of theme	1:05pm-1:10 pm	WEC convener

4.	Words of inspiration	1:10 pm – 1:25 pm	Hon'ble Chancellor
5.	Inspirative Words	1:25 pm-1:35pm	by Hon'ble Vice-Chancellor
6.	Expert talk on: Health & hygiene	1:35pm – 2:00 pm	Dr. Veena Pradhan CMO, Janak Ganj Dispensary , Gwalior
7.	Expert talk on Fitness	2:00 pm-2:30 pm	Dr. Indu Majumdar, Dean SOSE
8.	Open Session	2:30 pm – 2:45 pm	Participants
9.	Vote of Thanks	2:45 pm -2:50 pm	Mrs. Trapti Pathak
10.	Hi- Tea	2:50 pm-3:30 pm	All participants



The theme of the day was laid down by Mrs. Geetanjali Surange Convener , WEC ITM University. Followed by which Honble Vice Chancellor talked about the contribution of women in building the future of society and Country. Dr. R.D Gupta Advisor to Chancellor thrown light on the journey of Indian women in all walks of life and emphasized how conditions for women in society are changing day by day.



Invited speaker Dr. Veena Pradhan ,CMO Janak Ganj Dispensary laid tdown the sketch of the talk very nicely and divided her lecture in to two halves : one for students and one for staff. She notified that in current generation young girls' problem is more based on lack of nutrition and diet which leads to many complications like infertility in future and hence she emphasized on how girls should take care of their health. On the other hand she rose the problems of modern working woman as well who struggles to balance professional and personal life. To manage both properly and efficiently a woman must be conscious about her health and fitness. She very beautifully presented Dos and Donts to be followed by young girls and women.

Second invited speaker Dr. Indu Mazumdar, explained what fitness of body and mind is, and explained easy and quick ways to manage your fitness schedule.

In the last segment of the program the participants were invited to share their views on the theme.. Many participants presented their views through speech , poems and songs.

The program ended with a vote of thanks to the dignitaries by a student member.

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Expert talk on Health and Hygiene :

An expert talk on health and hygiene was organized by WEC on August 18th 2018 for the entire female fraternity of the ITM University. Dr. Roza Olyai, Senior Gynaecologist of Gwalior was invited to deliver the session. She delivered the talk on importance of maintaining menstrual hygiene







Grievance Redressal:

No complaint is registered in this academic year in ICC under Sexual harassment at work place.

(Geetanjali Surange)
Convener, WEC

Copy to (Through mail):

1. Office of Hon'ble Chancellor
2. Office of Hon'ble Pro Chancellor
3. Hon'ble Vice Chancellor
4. Hon'ble Pro Vice Chancellor
5. Registrar
6. HR Department
7. All members of WEC