

Date: 24th March 2022

Time: 8:30 AM

Venue: Shantaben Auditorium

1. Introduction

On 24th March 2022, the Department of Political Science at Haribhai V. Desai College in Pune organized the "Nirbhay Kanya Abhiyan" in association with the Board of Students Development, SPPU. This event aimed to empower and educate young girls on issues related to self-esteem, beauty, health, and self-defense. The event featured two distinguished keynote speakers, Dr. Vileena Inamdar and Dr. Maya Tulpule, who addressed topics of "Saundarya Tanache, Saundarya Manache" (Beauty Inside and Out) and "Health and Diet of Young Girls," respectively. Additionally, self-defense training was provided for girl students. The event saw the active participation of 140 girls.

2. Keynote Speakers

3.1 Dr. Vileena Inamdar: Saundarya Tanache, Saundarya Manache

Dr. Vileena Inamdar, a distinguished expert in the field of psychology, delivered an enlightening presentation on the subject of "Saundarya Tanache, Saundarya Manache" (Beauty Inside and Out). She emphasized the importance of self-esteem, self-worth, and inner beauty, encouraging young girls to develop a positive self-image that goes beyond external appearances.

3.2 Dr. Maya Tulpule: Health and Diet of Young Girls

Dr. Maya Tulpule, a renowned nutritionist and health expert, conducted an informative session on "Health and Diet of Young Girls." She addressed essential topics related to nutrition, fitness, and maintaining a healthy lifestyle tailored to the needs of young girls. Her presentation aimed to promote overall well-being and healthy habits among the attendees.

3. Self-Defense Training

As part of the Nirbhay Kanya Abhiyan, self-defense training was conducted to equip girl students with practical skills and techniques to ensure their safety. Trainers provided hands-on demonstrations and interactive sessions to teach self-defense strategies and boost the confidence of the participants.

4. Participant Engagement

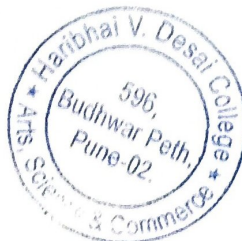
A total of 140 girls actively participated in the Nirbhay Kanya Abhiyan. They engaged with the keynote speakers during the informative sessions, asked questions, and shared their thoughts and concerns. The self-defense training session saw enthusiastic participation as the girls learned valuable skills to protect themselves.

5. Conclusion

The Nirbhay Kanya Abhiyan organized by the Department of Political Science at Haribhai V. Desai College was a significant and empowering event. It addressed crucial aspects of self-esteem, inner beauty, health, and self-defense, providing young girls with knowledge and tools to navigate life confidently and safely. The event underscored the college's commitment to the holistic development and well-being of its female students.


Prof. (Dr.) Neeta Bokil

Head
Department of Political Science
Haribhai V. Desai College, Pune-2
(Commerce, Arts & Science)



विद्यार्थी कल्याण मंडळ, सावित्रीबाई फुले पुणे विद्यापीठ आणि हरिभाई व्ही. देसाई
महाविद्यालय, पुणे यांच्या संयुक्त विद्यमाने आयोजित कार्यक्रम

निर्भय कन्या अभियान

दिनांक: २४/०३/२०२२

विद्यार्थी उपस्थिती पत्रक

अ. क्र.	विद्यार्थ्याचे नाव	वर्ग	स्वाक्षरी
1.	Diksha Balasaheb Londhe	SyBA	<u>Dandur</u>
2.	Priyanka Rajendra Bhisre	SYBA	P. Bhisre.
3.	Shelhale Sakshi Shivajirao	F.Y.B.A.	<u>Sakshi</u>
4.	Kamble Sakshi Gangaram	F.Y.B.A.	<u>Sakshi</u>
5.	Sangita Subhash Yankar	T.Y.BA	<u>S. Yankar</u>
6.	Samruddhi. Sanjeev. Gaikwad	T.Y.B.A	<u>Samruddhi</u>
7.	Vaishnavi Balasaheb Govardhan	SYBA	<u>Govardhan V.B</u>
8.	Siddhi Ajay Dighe.	T.Y.B.A.	<u>Siddhi</u>
9.	Amruta Vitthal Telang	T.Y.B.A	<u>Amruta</u>
10.	Vaishnavi Gopinath Salve	S.Y.B.A	<u>V. Salve</u>
11.	Samrudhi Shelgaonkar	S.Y.B.A	<u>Samrudhi</u>
12.	Shivani Shankar Landge.	S.Y.B.A	<u>Shivani</u>
13.	Shraddha Somnath Kumbhar	S.Y.B.A	<u>Shraddha K.</u>
14.	Samika Bharat Shinde.	SY.B.A.	<u>Samika</u>
15.	Akshata Bhimrao Mali	S.Y.B.A.	<u>Akshata</u>
16.	Vaishnavi Gajanan Amke	S.Y.B.A	<u>Amke</u>

अ. क्र.	विद्यार्थ्यांचे नाव	वर्ग	स्वाक्षरी
17	Amruta Panchit Hecage	SYBA	Amruta
18	Aboli Manish Sonawane	3YBA	Abonawane
19	Nikita Vijay Sanas	SYBA	NiVsan
20	Perana Mahendra Bobade	TYBA	Perbale
21	Prajakta C. Sonawane	TYBA	Prajakta
22	Ransmadevi S. Patel	TYBA	RSP
23	Pushpa v. Gandle.	TYBA	Gandle
24	Shruti R. Yadav	TYBA	Shruti
25	Sanika Sadashiv Deshmukh	TYBA	Seshmukh
26	Salunke Anuradh Anil	SYBA	Salunke
27	Shruti Anil Mhetre	SYBA	Mhetre
28	Samruddhi Pawar	SYBA	Pawar
29	Adette Vakheria	S.Y.B.A	Adette
30	BV Bhavika Rata	F.Y.B.A.	BVRata
31	Vaishnavi U. Gulig	F.Y.B.A	Vaishnavi
32	Dabhade (Poo) Dhavaji	F.Y.B.A	Poo Dabhade
33	Aarya Sharad Nikumbh	F.Y.B.A	AarNikumbh
34	Gayatri Jitendra Thakar	F.Y.B.A	Gayatri
35	Samruddhi Sanjay Chavan.	F.Y.B.A	Sanjay
36	Mankar Dakshi	F.Y.B.A	Dakshi

अ. क्र.	विद्यार्थ्यांचे नाव	वर्ग	स्वाक्षरी
37	Sanika Kulkarni	Sy Bcom	<u>SKulkarni</u>
38	Aarti Avinash shinde	S/Bcom	<u>shinde</u>
39	Nikita S. Sarwade	S/Bcom	<u>Sarwade</u>
40	Aditi Shinde. Kalkade	S.Y. Bcom	Aditee
41	Geetari Late	S.Y. Bcom	<u>Geetari</u>
42	Vaishnavi Nakti	S.Y. Bcom	<u>Nakti</u>
43	Nita Bodake	S.Y. Bcom	<u>Nita</u>
44	Prajakta khade	S.Y. Bcom	<u>Bkhade</u>
45	Shivani Rathod	S.Y. Bcom	<u>Rathod</u>
46	Knushboo R. Shah	S.Y. Bcom	<u>Shah</u>
47	Tejashree. Jadhav	S.Y. Bcom	<u>Jadhav</u>
48	Prandali Bandal	S.Y. Bcom	<u>Bandal</u>
49	Kalyani Sutar	S.Y. B.com	<u>Kalyani</u>
50	Vaishnavi Saraf	S.Y. B.com	<u>Saraf</u>
51	Nikita Karokhe	S.Y. Bcom	<u>NK</u>
52	Vasuti Gada	S.Y. Bcom	<u>Vasuti</u>
53	Abhilasha Rai	S.Y. Bcom	<u>Abhilasha</u>
54	Cranganii Ayushi	S.Y. Bcom	<u>Ayushi</u>
55	Soni Kinjal	S.Y. B.com	<u>Soni</u>
56	Chaudhari Pooja	S.Y. B.com	<u>Pooja</u>

अ. क्र.	विद्यार्थ्यांचे नाव	वर्ग	स्वाक्षरी
57	Janvi Sanjay Ghag	MSc I (Micro)	Ghag
58	Mounal Tukaram Jawalekar	MSc I (Micro)	Jawalekar
59	Sneha Raghunath wayal	MSc I (Micro)	Wayal
60	Amisha mahesh kshirsagar	MSc I (Micro)	Amishale
61	Isha Anmol khatavkar	MSc I (Micro)	Isha
62	Pranjali Narendra Marathe	MSc I (Micro)	Pranjali
63	Neha Hasmukh Punmiya	MSc I (Micro)	Neha
64	Narayani V. Takkar-Shenoy	Msc-I (micro)	Narayani
65	Jagtap kirti Sanjay	Msc I (micro)	Jagtap
66	Sathe Manasi	Msc I (micro)	Sathe
67	Vishwaja S. Dhengale	MSc I (micro)	Vishwaja
68	Sakshi Pilane	"	Sakshi
69	Kalyani Shelar	"	Kalyani
70	Shatakshi Mulay	MSc "	Shatakshi
71	Snehal A. Malunj.	Msc I (Micro)	Malunj.
72	Mayuri R. Pawar	Msc I (Micro)	Mayuri
73	Dhamale Ashwini	MSc I (Micro)	Ashwini
74	Payal Udelhavrao Jare.	Msc I (Micro)	Payal
75	Vaishnavi Mahadev shitole	Msc I (Micro)	Vaishnavi
76	Srushti Bhalchandra Talawadkar.	MSc I Micro	Srushti

अ. क्र.	विद्यार्थ्यांचे नाव	वर्ग	स्वाक्षरी
77	Mulhekar sanukruti Laxman	MSc-II (micro)	Mulhekar
78	Pooja Bharat shingare	MSc-II (micro)	PJB
79	Namrata kishor Ghinde	mSc II (micro)	Ghinde
80	Aishwarya shankar Karbhal	mSc II (micro)	Ashkarbhal
81	Payal Sanjeev Jadhav	M.Sc. II (micro)	PJadhav
82	Ashwini Prakash Kshirsagar	M.Sc II micro	Ashkshirsagar.
83	Priyanka Madhukar Sutar	M.Sc II micro	Priyanka
84	Komal Dileep Mane	M.Sc II micro	<u>Kd.m.</u>
85	snehal yuvraj Parkar	M.Sc II micro	Snehal
86	Aishwarya Khar Kharbe	MSc. II micro	Ashwarya
87	Vishakha Patil	M.Sc. II Micro	Vishakha
88	Dhyanada Borse	—	DB
89	Shorayu Garud	—	Shorayu
90	Yadav Aeta :	—	<u>Yadav</u>
91	Mansi A. Gaikwad		<u>Mansi</u>
92	Abhishek Hiwale	—	Abhishek
93	Shambhavi Rajadhyaksha	—	Shambhavi
94	Yogita Manathe	—	Manathe
95	Yogini Kanade	Ph.D Student	<u>YBK</u>
96	Richa Raut	Staff	Richa

अ. क्र.	विद्यार्थ्याचे नाव	वर्ग	स्वाक्षरी
97	Snehal Suresh Sapkal	S4.Bsc	<u>Sapkal</u>
98	Rasika Rakesh Deshpande	SY.Bsc	<u>Rasika</u>
99	Shruti Vikas Chavan	S4.Bsc	<u>Shruti</u>
100	Anjali Vasant Nalawade	S4.Bsc	<u>Anjali</u>
101	Purva Prashant Chate	S4.Bsc	<u>Purva</u>
102	Neha Bharat Kudale.	S4.Bsc	<u>Neha</u>
103	Neha Vitthal Kale.	S4.Bsc	<u>Neha</u>
104	Ash Dhanashri . Kale.	SY.Bsc.	<u>Dhale</u>
105	Ridhi Y. Padgharje	S.Y.Bsc	<u>Ridhi</u>
106	Waykar Apaksha	M.Sc II	<u>Waykar</u>
107	Prachi Khanekar	MSc II	<u>Prachi Khanekar</u>
108	Jyotsna Shelar	M.Sc II	<u>Jyotsna</u>
109	Urmee chetan Sarpotdar	T.Y.Bsc.	<u>Urmee</u>
110	Shraddha A. Parmar	T.Y.Bsc.	<u>Shraddha</u>
111	Namrata .T. Bibave	T.Y.Bsc	<u>Namrata</u>
112	Yashvini Ghadge	TYBsc	<u>Yashvini</u>
113	Tanvi - G. Kanhekar	TYBsc	<u>Tanvi</u>
114	Sakshi N. Mohite	TYBsc	<u>Sakshi</u>
115	Divya A. Padghan	TYBsc	<u>Divya</u>
116	Kinjal V. Shah	TYBsc	<u>Kinjal</u>

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117	Sanika . P. Khurd.	Sy.B.Com.	<u>Sid</u>
118	Gamsudhi . J. Jadhav	S.Y.B.Com	<u>Gamsudhi</u>
119	Arva. Deodhar.	S.Y.B.Com.	<u>Deodhar AD.</u>
120	Bhavika. T. Soni.	S.Y.B.Com	<u>B.T. Soni.</u>
121	Jyotsna J. Bondage Vaibhavi Kalyankar	T.Y.B.A	<u>Jyotsna</u>
122	Saburi Gawali	F.Y bcom	<u>S.S. Gawali</u>
123	Vaibhavi Kalyankar	FYBcom	<u>Vaibhavi</u>
124	Payal. A. Shah	FYBcom	<u>Payal A. Shah</u>
125	Rameshwari Kondhalkar	FY Bcom	<u>Rameshwari</u>
126	Payal Jagade	FY Bcom	<u>Payal</u>
127	Sayali Chavan	F. Y Bcom	<u>smeharan</u>
128	Aishwarya Gunjal	Fy.B.com	<u>Aishwarya</u>
129	Manasi . A. Limbkar	Fy B.com	<u>Manasi</u>
130	Tanuja R. Shelar	Fy . B.com	<u>Phelof.</u>
131	Anita Dca Rajesh	Fy . Bcom	<u>Anita .</u>
132	Kavita shumbhavi Bhuliyu	Fy. Bcom(A)	<u>KB</u>
133	Manasi Subhash Dongare	Fy B.com (D)	<u>mfd.</u>
134	Harshada Hanumant Thorat.	F.V.Bcom(A)	<u>Harshada</u>
135	Rohini Balu Gund.	F.V.Bcom(A)	<u>Rohini Gund.</u>
136	Roshni Gadiya	F.Y. Bcom(A)	<u>Roshni</u>

अ. क्र.	विद्यार्थ्यांचे नाव	वर्ग	स्वाक्षरी
137	Shrutika Pardeshi.	F.Y. Bcom(A)	Shrutika Pardeshi
138	Aakanksha Bhokare	F.Y. Bcom(A)	A.S. Bhokare.
139	Mayuri Vijay Khairre	F.Y. B.com(A)	Mayuri.
140	Anushka Sondkar	F.Y. Bcom(A)	Anushka Sondkar
141	Samrudhi Suresh Balkawade	F.Y. Bcom(A)	S.S. Balkawade
142	Samita Santosh Navale	F.Y. Bcom(A)	Samita
143	Siddhi Sopan Shinde	F.Y. Bcom(A)	S.S. Shinde
144	Manasi. Pardeshi	F.Y. Bcom(A)	Manasi Pardeshi
145	Divya Kudle	F.Y. Bcom(A)	Divya.
146	Diya Sunil Pawar	F.Y. Bcom(A)	Diya.
147	Riya Rahul Humbur	F.Y. Bcom(A)	R Humbur
148	Rohini Ramesh Kolhe	F.Y. Bcom(A)	RK.
149	Harshada Hanumant Thorat	F.Y. Bcom(A)	H Thorat
150	Rohini Balu Gund	F.Y. Bcom(A)	R Gund
151	Manasi Subhash Dongare	F.Y. Bcom(A)	MD.
152	Kavita Shamsibhai Bhaliya	F.Y. Bcom(A)	KB.
153	Shrutika Pardeshi	F.Y. Bcom(A)	S. Pardeshi
154	Aakanksha Bhokare	F.Y. Bcom(A)	A.S. Bhokare
155	Mayuri Khairre	F.Y. B.com(A)	Mayuri.
156	Anushka Sondkar	F.Y. Bcom(A)	Anushka Sondkar

दिनांक: १७/०२/२०२२

गहत्वाची सूचना

महाविद्यालयातील सर्व विद्यार्थिनींना सूचित करण्यात येते की, विद्यार्थी कल्याण मंडळ, सावित्रीबाई फुले पुणे विद्यापीठ व एच. व्ही. देसाई महाविद्यालय, पुणे यांच्या संयुक्त विद्यमाने गुरुवार, दि. २४/०२/२०२२ रोजी 'निर्भय कन्या अभियान' आयोजित करण्यात आले आहे. महाविद्यालयातील युवतींमध्ये आरोग्य, आहार, सौंदर्य व स्वसंरक्षण इ. गुद्द्यांबाबत जागृती निर्माण करणे व त्याद्वारे युवतींना आत्मनिर्भर करून स्त्री सक्षमीकरणास चालना देणे, हा या कार्यशाळेचा प्रमुख उद्देश आहे.

सदर कार्यशाळेतील उपक्रमांचा तपशील पुढीलप्रमाणे:

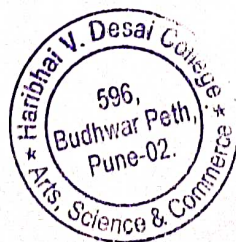
अ. क्र.	कार्यक्रमाचा तपशील	प्रमुख वक्त्या	वेळ	स्थळ
१.	'सौंदर्य तनाचे, सौंदर्य मनाचे'	डॉ. विलीना इनामदार	सकाळी ८.३० ते ९.२५	शांताबेन सभागृह, एच. व्ही. देसाई महाविद्यालय, पुणे
२.	'युवतींचे आरोग्य व आहार'	डॉ. माया तुळपुळे	सकाळी ९.३० ते १०.२५	
३.	अल्पोपाहार		सकाळी १०.३० ते ११	
४.	स्वसंरक्षण प्रशिक्षण	आर. डी. स्पोर्ट्स क्लब, पुणे	सकाळी ११.१५ ते १२.१५	

टीप:

- कार्यशाळेत सहभाग घेऊ इच्छिणाऱ्या विद्यार्थिनींनी सोबत दिलेल्या Google Form मध्ये नावनोंदणी करणे आवश्यक आहे. केवळ कोव्हीड प्रतिबंधात्मक लसीचे २ डोस घेतलेल्या विद्यार्थिनींनाच या कार्यशाळेत सहभागी होता येईल. लसीकरण प्रमाणपत्र (Vaccination Certificate) दिलेल्या Google Form मध्ये अपलोड करणे आवश्यक आहे.
- सदर कार्यशाळेत ७० विद्यार्थिनींनाच प्रवेश घेता येईल. त्यामुळे प्रथम येणाऱ्यास प्राथम प्राधान्य (First Come First Basis) या तत्त्वावर विद्यार्थिनींची नोंदणी केली जाईल.
- सर्व विद्यार्थिनींनी सकाळी ८.१५ वाजता महाविद्यालयात उपस्थित राहावे. कार्यक्रम वेळेत सुरु होईल.

डॉ. नीता बोकील

विद्यार्थी कल्याण अधिकारी



गणेश राऊत

डॉ. गणेश राऊत
Officiating Principal
H. V. Desai College,
(Commerce, Arts, Science)
Pune-2.





