



Shri Ramdeobaba College of Engineering and Management,
RamdeoTekdi, Gittikhadan, Katol Road,
Nagpur - 440 013 (M.S.) (India)

Women Empowerment Cell

Shri Ramdeobaba College of Engineering and Management, Nagpur

Report :Financial Literacy Seminar

Date : 8th March, 2019

Venue :Ashoka Hall, Chitnavis Centre, Nagpur

Objective achieved:

1. Creation of awareness and literacy on Digital Transactions.
2. Awareness of financial planning tools available in market.

The seminar on financial literacy was conducted by Women Empowerment Cell of Shri Ramdeobaba College of Engineering and Management in association with Rotary Club of Mihan Town for the female participants around the vicinity. It was coordinated by Dr. Sunita Dhote and conducted by Dr. Kanchan Naidu an associate professor of above mentioned college and a resource person of Security Exchange Board of India. Around 15 female members participated in the programme.

Dr. SunitaDhote

Chairperson Women Empowerment Cell





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Women Empowerment Cell

Shri Ramdeobaba College of Engineering and Management, Nagpur

Report :Health Awaerness camp (Dental checkup,Gynaecologist,Diabetes checkup)

Date :2nd February, 2019

Venue: Main Auditorium, Shri Ramdeobaba College of Engineering and Management, Nagpur

Objective achieved:

Health awareness camp (dental checkup,gynecologist checkup&diabetes checkup)

Health awareness camp was conducted in main auditorium of college which include dental checkup,gynecologist checkup and diabetes checkup. Wherein 250 teaching and non-teaching staff members did all three types of checkup out of which 125 were male and 125 were females. The above programme was conducted by NSS unit of our college.

Dr. Sunita Dhote

Chairperson Women Empowerment Cell



Female Staff getting BP Check up under health awareness camp on 2nd February.2019



Female Staff dental check up under health awareness camp on 2nd February.2019



Female Staff Diabetes check up under health awareness camp on 2nd February.2019



Female Staff Consulting with Gynaecologist under health awareness camp on 2nd February.2019



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Women Empowerment Cell
Shri Ramdeobaba College of Engineering and Management, Nagpur
Report:Female students health awareness seminar

Date:14th January, 2019

Venue: Industrial Auditorium, Shri Ramdeobaba College of Engineering and Management, Nagpur

Objective achieved was awareness regarding:

1. Know your body.
2. Menstrual hygiene.
3. Care to be taken during menstruation.
4. Tips to tackle male counterparts.
5. Importance of consent sexual intercourse.

Female student's health awareness seminar was conducted for 123 students of 1st year B.E and 1st year MBA.

Dr. Sunita Dhote

Chairperson Women Empowerment Cell



Menstrual hygiene awareness conducted by Dr. Vaidhevi Marathe on 14/02/2019



Menstrual hygiene awareness conducted by Dr. Vaidhevi Marathe on 14/02/2019



Bone Density Checkup Camp

Date: 6 September 2018

Time: 10 am onwards

Venue: Old Library, first floor Department of Management Technology

The objective of conducting the camp was to

1. Detect whether the student or teaching and non-teaching staff have osteoporosis
2. It examines the bones in your spine, hip, and forearm, as these are the bones that are most likely to break when one have osteoporosis.

Outcome:

200 female had attended the camp. Wherein, it was observed that approximately less than 60% of female had lower bone density, they consulted with the doctor and medicine were prescribed accordingly.



Bone Density Checkup camp conducted by Dr. A. Tiwari and Team on 06/09/2018



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Bone Density Checkup camp conducted by Dr. A. Tiwari and Team on 06/09/2018



Shri Ramdeobaba College of Engineering and Management,
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Nagpur - 440 013 (M.S.) (India)

To,

Date : 13/10/2018

The Principal,
SRCOEM,
NAGPUR.

Sub: Conduction of Female Students Health Awareness Seminar.

Respected Sir,

Please give us a permission to conduct health awareness seminar for first year girl's students of our college by Dr. VaidehiMarathe (Gynaecologist) to celebrate "International Day for Girls" under Women Empowerment Cell on 15/10/2018 by 10.00am to 11.30am.

Thanking you

Yours Sincerely

Dr. Sunita Dhote

(Chairperson Women Empowerment Cell)



Shri Ramdeobaba College of Engineering and Management Nagpur - 440013

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INTERNAL QUALITY ASSURANCE CELL (IQAC)

Bone Density Check-up and Health Check-up Camp

14th August, 2018

Bone Density Check-up and Health Check-up Camp was organized at Shri Ramdeobaba College of Engineering and Management, Nagpur on 14th August, 2018 under the banner of Internal Quality Assurance Cell for Teaching and Non - Teaching Staff and Girl Students. A team of seven doctors from Rotarack, Rotary Mihan Town, Nagpur visited the Campus to bring awareness amongst women on the topic "Bone Density". Around 101 students and staff members attended the camp.

According to the doctors to maintain strong bones, human body not only needs adequate intake of calcium but also vitamin D for calcium absorption and vitamin K₂ for binding calcium to bone daily which we don't easily get from our day to day diet. Bone is dynamic, living tissue undergoing bone renewal which involves both bone formation and bone loss throughout life. After the age of 30 bones starts to lose calcium and this is why woman need to take adequate amount of calcium, vitamin D and vitamin K₂ daily. Also there is no visible sign of weak bones and the problem often goes unnoticed over many years, with no symptoms or discomfort until a bone breaks.

The team has emphasized the participants to go for bone density test periodically to have healthier bones. Through this test, one can diagnose osteoporosis before a bone gets broken. The team examined the girl students and ladies staff and suggested important tips for healthy bones such as eating calcium rich food, to take calcium supplements, to add vitamin D to your day to day life, weight bearing exercises, to

stop smoking and drinking, to eat lot of vegetables, consume enough proteins, avoid very low calorie diets and so on.

The camp received overwhelming response from ladies teaching and non-teaching staff and girl students of RCOEM and was very useful for all.



One Day Bone Density Checkup Camp organized at RCOEM, Nagpur on 14th August, 2018

M. Hasamnis

Dr. (Mrs.) Meghana A. Hasamnis
Member Secretary, IQAC



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INTERNAL QUALITY ASSURANCE CELL (IQAC)

Dental Check-up Camp

1st August, 2018

Internal Quality Assurance Cell of Shri Ramdeobaba College of Engineering and Management has organized one day Dental Check-up Camp for all its students, teaching and non-teaching faculty to impart awareness on dental hygiene. Dentist from Nagpur, Dr. Jayant Gayaki with an experience of 21 years has delivered the importance of oral hygiene as well as related health issues. Total 65 participants availed this opportunity and got their dental check-up done.

During the talk, a complete insight was given on problem arising due to dental issues. He also emphasized that almost 90% of the Indian population are having casual approach towards poor oral hygiene and needs more awareness on the subject. According to him, people of India are least aware about dentistry as compared to European countries. People of India understand the importance of dentistry only when they come across the dental issues.

Dr. Jayant Gayaki has given some important tips to the participants on how to maintain their oral hygiene and remain healthy. According to him, there is billions of bacteria line inside our mouth and many of these bacteria build up plague causing tooth decay which can lead to gum disease. For healthy smile, he asked to have good oral hygiene, everyday brushing after meals using antimicrobial mouthwash and flossing at least once per day. Also according to him, health diet that minimise sugary and starchy foods will help to keep those bad bacterial under control. He guided the students to maintain their dental health by brushing and cleaning every day and using soft bristled brushes.

He insisted everyone to use an antimicrobial toothpaste containing fluoride as it protects teeth from dealing decay. Regulator examinations are important for detection and prevention of oral disease. The program was completed with dental examination of students and staff. The complete session was very interesting and participants wear impressed with the eye catching tips given by Dr. Gayaki oral hygiene for maintaining the lasting smile

The session was concluded with vote of thanks from Dr. (Mrs.) Meghana Hasamnis. She expressed her gratitude towards Dr. Gayaki for providing valuable information to all the participants in order to lead healthy smiling life.



Dr. Jayant Gayaki, interacting with audience



One Day 'Dental Check up Camp' was organized at RCOEM, Nagpur on 31st July, 2018

Meghana A. Hasamnis

Dr. (Mrs.) Meghana A. Hasamnis
Member Secretary, IQAC