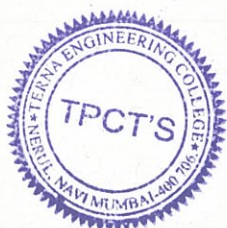


# Measures initiated by the Institution for the promotion of gender equity and Institutional initiatives

## Academic year 2022-2023 Index

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2	Haldi-Kumkum Celebration
3	Women's day celebration
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## PRANIC HEALING SESSION

Date: 19/01/2023

No. of Volunteers Participated: 41

The NSS unit of Terna Engineering College, Nerul organized a Free Pranic Healing Session for all the students and the staff of college on 19 th January 2023 at Terna Auditorium by Sonali Bhelonde, an associative certified pranic healer. The session started at 3 pm with light lamping ceremony. The session was conducted to provide students with an introduction to the practice and its potential benefits. The speaker gave a brief overview of Pranic Healing and its principles before starting the actual healing session.

The session was open to all students who were interested in learning about energy healing, and a good turnout was observed. During the session, the healer first demonstrated the technique of scanning the energy field and identifying areas of imbalance. The students were then taught how to perform weeping and brushing techniques to clear blockages and balance the energy centres. The students were then asked to do some pranic healing exercises and practice the techniques with each other under the guidance of the healer. They were also given the opportunity to experience the healing process themselves. The students were amazed by the sensation of energy movement and reported feeling relaxed and rejuvenated after the session.



Pranic Healing Session

The session ended with a Q & A session, where the healer answered any questions, the students had about Pranic Healing and its applications. Overall, the session was well-received by the students, who expressed an interest in learning more about the practice and incorporating it into their daily routine.



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**Terna Engineering College, Nerul, Navi Mumbai**

**Women Development Cell**

**Report of Haldi-Kumkum Celebration**

Date: 26/01/2023

Haldi Kumkum program is celebrated on 24/01/2023 at 3.00 pm in room no 371. In the afternoon after lunch a small cultural program was arranged by WDC.

Our staff Mrs. Anandi Kawathekar madam recited a poem on mother daughter relations which got appreciation from all. Small games among the ladies were also played which was increasing the fun of the event.

All were gifted a small token of event.

Event Coordinators

WDC Chairperson

Mrs. Ujwala V. Gaikwad

Dr. Vaishali Khairnar

Mrs. Maya Kshirsagar



WDC Team celebrating Haldi Kumkum



  
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## Women's Day Celebration

Venue: NSS Cell, Terna Auditorium, Terna engineering college

Date: 8<sup>th</sup> March, 2023

No. of Volunteers Participated: 18

Objective:

The Women's Day celebration aimed to recognize the contributions of cleaning staff and raise awareness about gender equality and sensitivity.



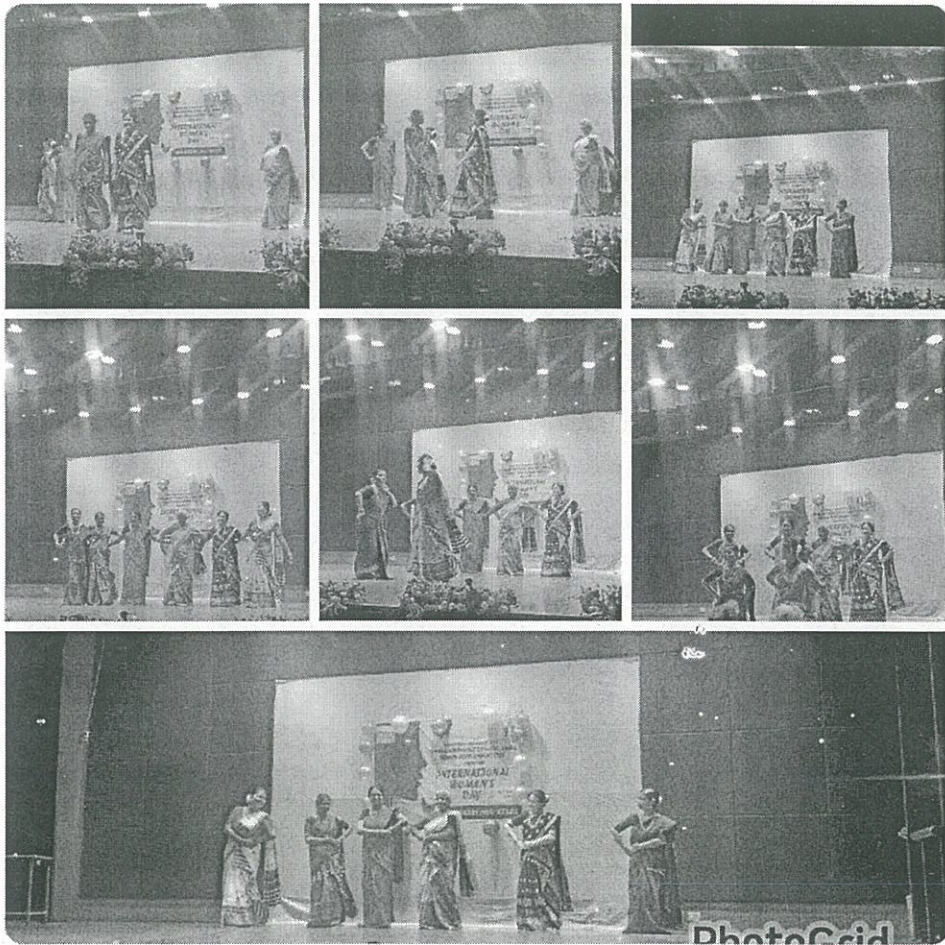
Felicitation of female cleaning staff by NSS

Activities:

1. Clothes and Roses Distribution: Members of NSS Cell distributed clothes and roses to female cleaning staff as a gesture of appreciation.
2. Interactive Session: An interactive session was conducted to encourage the female cleaning staff to share their experiences, thoughts, and opinions. The session focused on various issues related to their work and life, such as gender roles, stereo types, and biases.
3. Gender Sensitization Session: A session on gender sensitization was conducted to raise awareness about the importance of gender equality and sensitivity. The session emphasized the need to eliminate gender-based discrimination and promote equal opportunities for all.



  
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Cultural event by GE Female staff

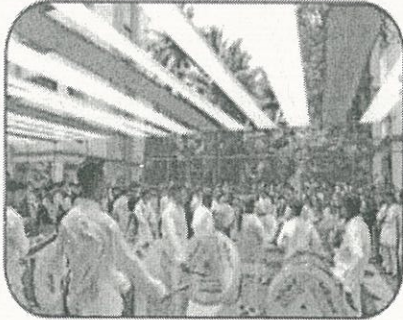
The Women's Day celebration at the NSS Cell/WDC of Terna Engineering College was a success. It achieved its objectives of recognizing the contributions of female cleaning staff and raising awareness about gender equality and sensitivity. We hope to continue organizing such events in the future to promote social inclusion and equality.



  
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**Event Date: 28/03/23**

**Traditional Day:**



Traditional Day at Revive was a vibrant celebration of culture, with students dressed in a kaleidoscope of colors. The atmosphere was filled with joy, laughter, and music, as students embraced their cultural roots. Live Dhol and Tasha performances added to the festive spirit, making it a memorable day.

Dhol Tasha played by Girl students

**Event Date: 30/03/23**

**Pro Kabaddi and The Dance Arena:**



The Pro Kabaddi tournament commenced with paramount enthusiasm, featuring 10 teams. D.Y. Patil Management, Terna Engineering, B.N.N College, and TERNA Engineering stood out in the competition. B.N.N College emerged as champions, reigning supreme in the finals.

"The Dance Arena" featured over 18 contestants who showcased their exceptional dance talents. Their performances left the audience delighted, and 10 contestants advanced to the finals, where they will continue to showcase their skills.

**Thriving Minds and The Pen Warriors:**

A Suturing workshop was conducted, allowing participants to learn valuable suturing and knot-tying techniques from Dr. DM Belekar, HOD General Surgery at Terna Medical College. This hands-on experience will prove invaluable in their future endeavors.

Additionally, an ARTICLE and POETRY writing competition saw participation from 15 talented individuals. Mr. Harshad Toraskar won the "Spill the Ink" category, while Ms. Diti Gupta secured the top spot in "Poets Combat."



Girl students in Pro kabaddi and Thriving minds



  
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## Yoga Day Webinar

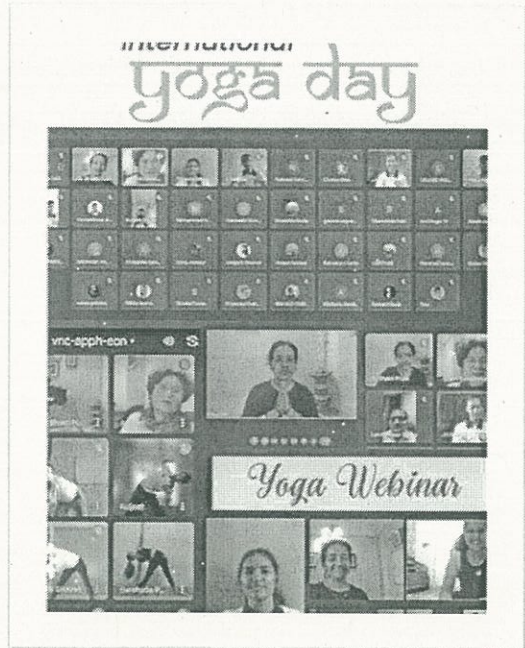
Date: - 21<sup>st</sup> June 2023

No<sup>o</sup> Of Volunteers: - 44

The NSS Unit of Terna Engineering College conducted a webinar to spread the benefits and passion of yoga. 'International Yoga Day' is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system.

The event started with a short speech by our principal Dr. L. K Raga sir about Yoga. The speaker for this event was Dr. Bhakti Pitale, she is a certified yoga instructor. She told us about the importance of yoga in day-to-day life and how it can impact our life on the larger scale, as we get old, our life changes and routines get difficult. So, if we continue to do yoga on regular basis there are many diseases that we can avoid.

Mam demonstrated various Asana and told us the benefit of those while the volunteer followed her. At the end she also told how the diet can affect our body and what are the requirements if it to perform properly, regularly and healthily.



  
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