



Sr. No.	Name of the Member	Post		Department / Class
Staff				
1.	Dr. Kirtimala Gopal	In-Charge		Chemistry
2.	Dr. Naqui J. Siddiqui	Member		Botany
3.	Dr. Seema Bodkhe	Member		Botany
Students				
1.	Ms. Aastha Baiswar	President		M.Sc. I (Env. Sci.)
2.	Ms. Anagha Tambe	Vice-President		B.Sc. II (CBZ)
3.	Ms. Reshma Deulkar	Secretary		B.Sc. III (CBZ)
4.	Ms. Arpita Dhandhe	Joint- Secretary		B.Sc. III (CBZ)
5.	Ms. Shreya Hole	Coordinator		B.Sc. II (CBZ)
6.	Ms. Devyanshi Fartiyal	Co-coordinator		B.Sc. II (PCM)
7.	Ms. Kirti Kulmeti	Treasurer		M.Sc. I (Botany)
8.	Ms. Chetana Ramteke	Member		B.Sc. II (CBZ)
9.	Ms. Vaishnavi Shamkuwar	Member		B.Sc. II (CBZ)
10.	Mr. Amol Uikey	Member		B.Sc. II (PCM)
11.	Ms. Aditi Thawre	Member		B.Sc. II (PSM)
12.	Ms. Juhi Dave	Member		B.Sc. I (Botany)
13.	Ms. Arya Badwaik	Member		B.Sc. I (Statistics)
14.	Mr. Peter Nandanwar	Member		B.Sc. I (Env. Sci.)
15.	Mr. Sai Swetan	Member		B.Sc. I (Zoology)

Committee Members: WDC-2023-24

Report of WDC for the Session: 2023-24



Prof. Kirtimala Gopal



Prof. Siddiqui

Dr. Seema Bodakhe

For the academic year 2023-24, following were the committee members for Woman's Development Cell.

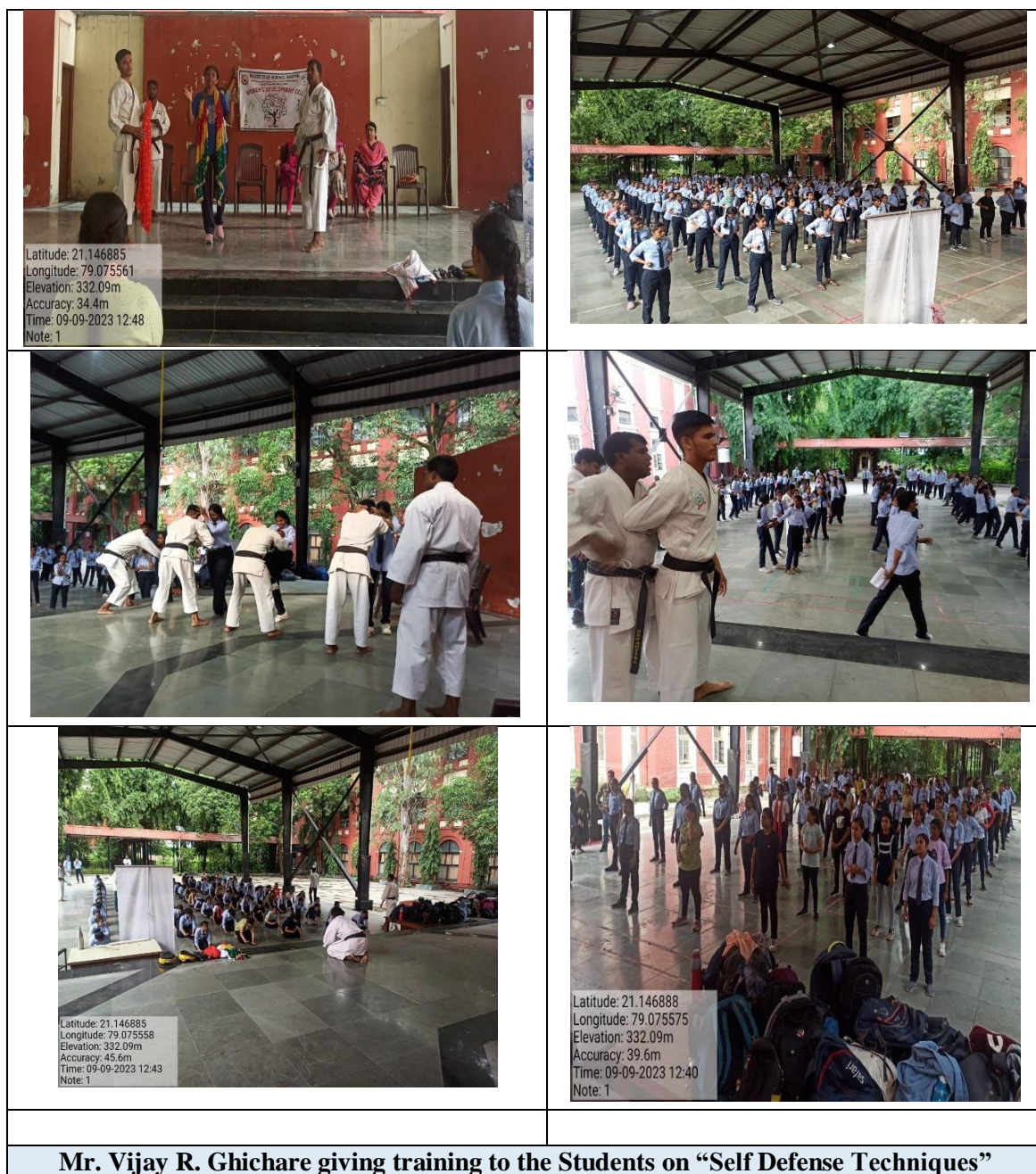
1. **Dr. Kirtimala Gopal : Department of Botany**
1. **Dr. Naqui Jahan Siddiqui : Department of Chemistry**
2. **Dr. Seema Bodkhe : Department of Botany**
- 3.

Various activities have been conducted throughout the year under WDC, the details of which are as follows

1. Inauguration of WDC (18th August 2023): The formal inauguration of the Women's Development Cell (WDC) took place on 18th August 2023, alongside other committees of the Institute of Science. The event was honored by the presence of Chief Guest Mr. Sanket Waghey, IAS (an alumnus of the Institute), who shared his insights during the inauguration program. The Annual Report for 2022-23 was presented by Ms. Aastha Baiswar, who also introduced the new committee members. Dr. Jairam Khobragade encouraged the students with an inspiring address. The program concluded with a vote of thanks, expressing gratitude to all the dignitaries, staff, and students.



2. One-Day Workshop on "Self-Defense Techniques" (8th September 2023): The Women's Development Cell, in collaboration with the Department of Physical Education, organized a one-day workshop on Self-Defense Techniques on 8th September 2023. The session was led by Mr. Vijay R. Ghichare, a 4th Dan Black Belt in Karate, along with his team from the Vidarbha Karate Association, Nagpur. The workshop began with an orientation and discussion on safety precautions in various environments, including roads, homes, workplaces, and public spaces. The trainer demonstrated several self-defense techniques designed to enhance self-confidence and informed participants on how everyday items like handbags, keychains, and dupattas can be used effectively as safety tools.



3. Guest Lecture by Dr. Revati Deshpande on “Physical and Mental Hygiene” (13th September 2023): The Women's Development Cell, in collaboration with the NSS unit of the Institute and Maharashtra Andhshradha Nirmulan Samiti (MANS), organized a one-day workshop featuring three guest lectures on 13th September 2023. The topics covered were:

- 1. Science and Superstitions:** Experts from MANS, an organization dedicated to raising awareness about superstitions, shared their knowledge with the students. They demonstrated how common superstitions can be debunked using scientific principles and discussed ways to prevent the spread of misleading information.

2. **Plastic-Free Campus:** Dr. Nagesh Yemul, a faculty member of the Botany department, addressed the harmful effects of plastic on the environment and human health. He emphasized the importance of maintaining a plastic-free campus to safeguard both nature and life.

3. **Physical and Mental Hygiene:** Guest Speaker Mrs. Revati Deshpande delivered an insightful lecture on the significance of maintaining both physical and mental hygiene. She highlighted the crucial role hygiene plays in overall well-being and encouraged students to prioritize it in their daily lives.

The program commenced with the lighting of the lamp, followed by the guest lectures, and concluded with a vote of thanks.





3. Guest Lecture by Dr. Pratibha Bhutange on “Bharatiya Rajyaghatana Ani Samajik Kayade” & “Yoga Health and Wellness” (28th February 2024):

A guest lecture was organized by the Women’s Development Cell in collaboration with NSS as part of a special camp at Sanjeevani Vrudhhashram, Amgaon, Deoli Dist. Nagpur. The lecture focused on “भारतीय राज्यघटना आणि सामाजिक कायदे” (Indian Constitution and Social Laws) and Yoga Health and Wellness.

Dr. Pratibha Bhutange, Assistant Professor at Swami Vivekananda College of Social Work, Mahal, Nagpur, discussed various laws and their applications in daily life, emphasizing human rights, fundamental rights, and economic, social, and cultural rights.

Dr. Madhavi Mardikar, Student Welfare Dean and Head of the Sports Department at the Institute of Science, highlighted the importance of yoga and its benefits for daily life. She elaborated on her lecture with demonstrations of yoga asanas that should be practiced regularly.





4. Celebration of International Women's Day - 2024 (13th March 2024):

On the occasion of International Women's Day, celebrated globally on 8th March, the Women's Development Cell held its event on 13th March 2024. The celebration featured a guest lecture on "Invest in Women and Accelerate Progress" by Mrs. Shilpa Sathe and Mrs. Deepali Ghonge.

Mrs. Shilpa Sathe, Director of Sathe Academy, Nagpur, and an alumna of the Institute of Science, addressed the students on the importance of life skills for personal and professional growth. She emphasized the critical role of women in various capacities— as a loving mother, caring sister, understanding wife, and lovable daughter. Through her engaging presentation and detailed descriptions, she motivated students to strive for personal development and explained how the theme "Invest in Women and Accelerate Progress" aligns with her organization's work.

Mrs. Deepali Ghonge, a drama artist, performed a portrayal of Jija Mata, highlighting the story of the mother of a warrior and illustrating the significant role of women in personal and societal progress. Her energetic performance captivated the audience and enhanced their engagement with the program.





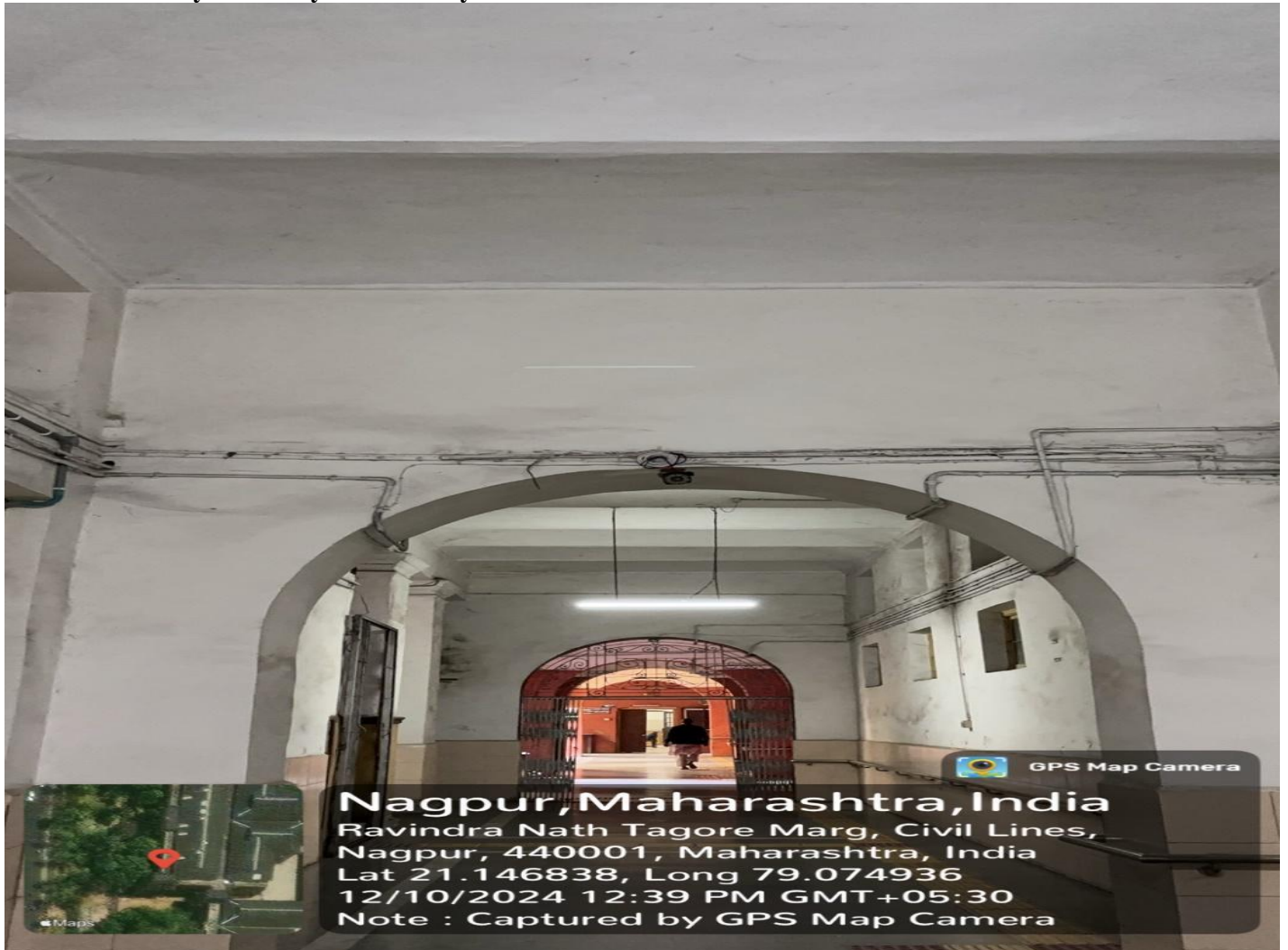
The program was honored by the presence of Dr. Jairam Khobragade, Director of the Institute. The event concluded with a vote of thanks presented by Ms. Aastha Baiswar. A poster and photography competition were held, with prizes distributed to the winners. Ms. Sai Swetan, Ms. Ayushi Zhilape, and Ms. Sandhya Prajapati won awards in the poetry competition, while Mr. Raunak Adagade and Ms. Sampada Raut emerged victorious in the photography competition. With this program, the WDC committee for 2023-24 was formally dissolved. However, the outgoing members assured their continued support and guidance to the future team, committed to addressing and advocating for the issues and concerns of women at IOS.

**Dr. Kirtimala Gopal
&
Dr. Naqui Jahan Siddiqui
In-charge WDC - 2023-24**

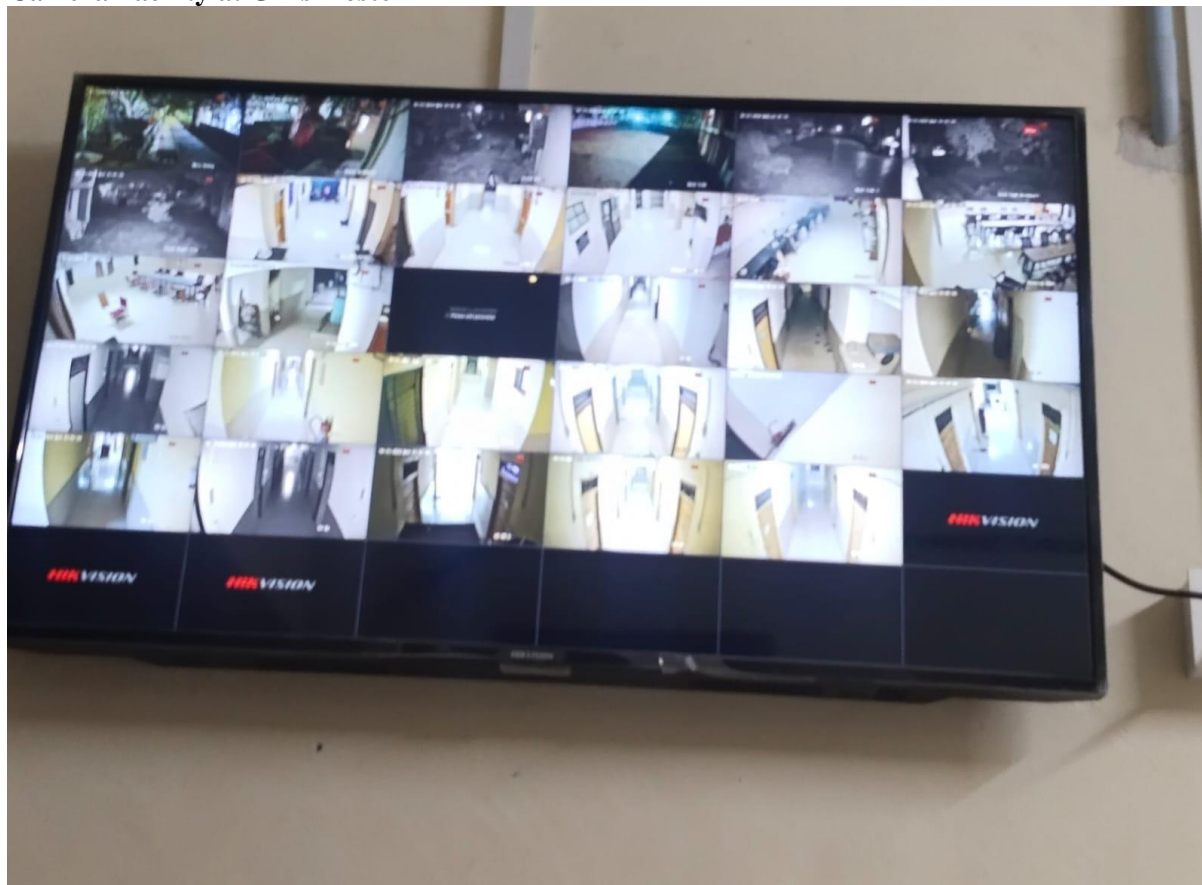
1. Girls Common Room



2. Camera facility for Safety and Security



Camera Facility at Girls Hostel



Fitness Camp for Girls hostel

Institute of Science, Nagpur
(Autonomous Institute of Govt. of Maharashtra)

**1 WEEK FITNESS CAMP
FOR HOSTEL GIRLS
5-10 FEBRUARY 2024
5:30-6:30 PM**

DR. JAIRAM KHOBRADE
DIRECTOR, INSTITUTE OF SCIENCE

**COACH
DR. MADHAVI MARDIKAR**
STUDENT WELFARE DEAN

DR. ARUNA KAWADKAR
HOSTEL IN CHARGE

SHIVKANYA KADAM
HOSTEL IN CHARGE

**ASSISTANT COACH
VRUSHALI DESHMUKH**

**ASSISTANT COACH
DR. SUNIL KAPGATE**



Girls Hostel program and counseling



Department of Physical Education

1. **21st June 2023 International Yoga-Day** - Physical Education Department Organised International Yoga- Day for Students and Staff of the Institute. It was attended by Director, Teaching and Non-teaching staff and Students with great enthusiasm. The event began with a brief introduction on Yoga Day by Mrs. Vrushali Deshmukh and by welcoming the guest of honour Ms. Dhanshri Lekurwale, International yoga Patu. Dhanashree took sitting, standing, Proline and Supine positions asanas for the staff and students. The Yoga session begins with the speech of Director of Institute of science, he addressed and encouraged the students to practice regular yoga to remain fit and improve concentration. International Yoga Day celebrations ended with a huge success under the supervision of Prof. Madhavi Mardikar Head of the department, physical education.
2. **National Sports Day- August 29, 2023**, the Department of Physical Education, organized the National Sports Day. The chief guest was Dr. Dipal Singh Sontakke, Head of Physical Education, VNIASS. Dr Jairam Khobragade, director, was the chairman. Speaking on the occasion, Chief Guest Mr. Sontakkay explained the importance of physical education to the students and urged them to spend half an hour every day for their physical well-being. Dr Khobragade, director of the institute, also spoke importance of fitness. On this occasion, various Informal and formal games were organized for the students, for example In the Bank on the Tank, Football, Table Tennis, Tiger and Ship, Tug of War. BSc first year student Siddhant Gawande expressed his views on Major Dhyan Chand and won the hearts of the audience by telling many incidents in his life. The pledge was read out by Kumari Aditi Tripathi and followed by the students. The programme was hosted by BSc first year student Akshad Dahiwade. The event was organised under the guidance of Dr Madhavi Mardikar, Head of Physical Education Department, Dr Sunil Kapgate and Vrushali Deshmukh.
3. **Self-Defence Workshop** - September 8 and 9, 2023, the Department of Physical Education organized a self-defense workshop for girls at the Institute of Science, Nagpur. Black Belt Dan Shri Vijay Gijre demonstrate and trained the girls with defence skills. He explained very easily how to deal with others and how to defend herself with the help of various devices without fear of any kind of attack. He explained how to use the bag, pin, pullover he had and how to defend ourself. The programme was inaugurated by Hon'ble Director Dr. Jairam Khobragade on this occasion The Programme was conducted by Vrushali Deshmukh while a vote of thanks was given by Dr. By Sunil Kapagte Dr. Jairam Khobragade, Director, Science Institute, spoke about the importance of this subject while Dr. Madhavi Mardikar gave the introductory speech in which 170 girl students participated and understood the training.
4. **One-week Fitness camp (workshop)** for hostel girls were organised by department of Physical education between 5th to 9th October 2023. Various types of training exercises were given to the students to increase their Physical fitness. The camp was inaugurated by Dr. Jairam Khobragade, Director Institute of Science, Nagpur, while Dr. CM Dudhe and Dr. CP Chaudhary were present as a Chief guest at the concluding. Dr. Madhavi Mardikar and Sunil Kapgate conducted the camp for hostel girl students.
5. **Department organised University Level Inter-Collegiate Floorball (Men & Women) and Volleyball (Women) Tournaments.** Volleyball was organised from 31st October–3 November 2023, Ms Anjali Chorghade Chhatrapati awardee was the inaugurator and Prize Distribution at the hand of Dr. Jairam Khobragade Director

Institute of Science, Institute's Volleyball Women's team bagged 4th place and Floorball Tournaments were organised from 19-21 March 2024, Dr. Sanjay Chaudhari Head of the department Physical Education S.B. City and Senate member of University was chief guest and Dr. Jairam Khobragade was preside over the function. Institute's Floorball Men's team secured 4th place.

6. **One Day National Conference** The National Conference was organized by Rashtrasant Tukdoji Maharaj Nagpur University Physical Education Teachers Association (NUPETA) and Dhanvate National College, Government Institute of Science, Jotiba College of Physical Education, Dharampeth College of Arts Commerce, Nabira College Katol, Rashtrasant Tukdoji College Chimur and Pragati Mahila College Bhandara on Tuesday, December 19, 2023. The theme of the conference was The Role of Physical Education in the Context of National Education Policy: Challenges, Scope, and Opportunities. The conference was inaugurated by Dr. Subhash Chaudhary, Vice Chancellor of the University and Presiding was of Director Dr. Jairam Khobragade. Dr. Madhavi Mardikar conducted the program and Dr. Devendra Wankhede expressed his gratitude. 230 Participants were present.
7. **Intra Murals** were organized by the Physical Education department from 5 to 10 January 2024 for the entire Institute students. Volleyball, Basketball, Cricket, Chess, Badminton, Table Tennis, Yoga, Suryanamaskar, Shot Put and Football were organised for the students. Sports competitions were organized for BSc-1 to MSc - 2 students. Shri Sushant Rathod was Student In-charge and 1 **Yoga**- Sakshi Narnawre, Abhay kayarkar 2 **Surya Namaskar**- Monali Batki, Shruti Shembekar 3 **Chess**- Krushna Katekhaye, Abhishek Kapaley 4 **Table Tennis**- Aashish Kathane, Manish Kadukar 5 **Volleyball** - Prasad Rathod, Maithili Jadhav, Aditya Godele 6 **Badminton**- Vivek Jadhav, Ayush Tagde, Manvi Pathak 7 **Cricket** - Sushant Rathod, Bhupesh Saryam **Shot Put** - Amol Ukey, Keshav Sant 9 **Tug of war** - Rahul Kurrewar, Ishika Warwade 10 **Football** - Nikhilesh Khandate, Aniket Nannaware 11 **Marathon** - Nishant Patle, Sakshi Raut were event In-charges.
8. **State Sports Day** was collaboratively celebrated with Institute of Science and PGTD Department of Physical Education. State Sports Day was celebrated on January 15, 2024, in memory of Khashaba Jadhav. Similarly, Wrestling, Chess, Table-tennis and Athletics events were organized on the occasion of State Sports Day, Director Dr. Jairam Khobragade Chief guest of the function. Dr Madhavi Mardikar give the information of Khashaba Jadhav's and Vrushali Deshmukh gave a vote of thanks.
9. **The one-week workshop on "8 Key Elements of Personality Development"** was organised in collaboratively with Institute of Science and PGTD Physical Education, RTMNU Nagpur University with huge success. Throughout the program, participants studied various aspects of personal growth and self-improvement, gaining invaluable insights that would undoubtedly make their lives positive. Prin. Dr. Vijay Datarkar Principal Jyotiba College of Physical Education inaugurated the week-long workshop on March 22. ProVice-Chancellor, RTM Nagpur University Sanjay Dudhe presided over the closing ceremony, Dr Jairam Khobragade Director, Institute of Science Nagpur was the chief guest and Dr. Prashant Kadu was the special guest. Guests. Introductory remark and Vote of thanks performed by Madhavi Mardikar.



Maithili Jadhav Represented AIU and Krida Mohostva and Secured 3rd Place in Inter – University Tournaments



Tatu Tio Secured Bronze Medal in University Athletics meet event - Hurdles.



Various Prize winners and represented All India University, State Level Tournaments and National Level Tournaments



Volleyball Team Secured 4th place at University Level



Self Defence Camp was Organised at Institute for Girls



Physical and Mental Fitness Camp for Hostel Girls



Volleyball Winner Team 2023-24 at Wardha



Floorball Winner Team 2023-24



Inauguration of National Conference 19 December 2023



Inauguration of Floorball University Level Tournaments



Zone Winner - Volleyball Team



Press Conference regarding – Implementation of NEP 2020 in IOS