



Vishnu Waman Thakur Charitable Trust's  
**VIVA Institute of Technology**  
Approved by AICTE New Delhi, Recognized by DTE, Govt. of Maharashtra  
And Affiliated to University of Mumbai  
**NAAC "B++" Grade**

**A Report on**  
**International Women's Day**  
**Celebration**  
**5<sup>th</sup> – 8<sup>th</sup> March 2024**

**Organized By**  
**Women Development Cell**  
**In Association With**  
**Internal Complaints Committee**



# ***International Women's Day Report***

**Title: International Women's Day Celebration**

**Date:** 5<sup>th</sup> March – 8<sup>th</sup> March 2024.

**Venue:** VIVA Institute of Technology

**Beneficiaries and participants:** UG & PG engineering students and staff members.

## **Event Details: -**

<b>Sr no.</b>	<b>Event Details</b>	<b>Time</b>	<b>Date &amp; Venue</b>
1.	Quiz Competition	Online mode	<b>5<sup>th</sup> March 2024.</b>
2.	Guest Lecture	3.30 p.m onwards	<b>6<sup>th</sup> March 2024</b> Seminar Hall, VIVA Institute of Technology.
3.	Poster Making	11.15 a.m. onwards	<b>6<sup>th</sup> March 2024</b> room no 401, VIVA Institute of Technology
4.	Women's Day celebration Get-together	3.30 p.m. Onwards	<b>7<sup>th</sup> March 2024</b> Seminar hall, main building, VIVA Tech.
5.	Sanitary Pad Donation Drive	8.30 a.m onwards	<b>8<sup>th</sup> March 2024</b> Talaycha Pada, Bhatane Village



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**8th March**, considered as International Women's Day. This day brings many things for women – a reason for celebration, a cause to pause and reassess a remembrance, an inspiration and a time to tribute, loved and admired. To honour womanhood, VIVA Institute of Technology has celebrated the International Women's Day throughout the week from 5<sup>th</sup> March to 8<sup>th</sup> March 2024. The purpose of celebrating Women's Day was sensitization about "Gender equality and women's empowerment". At the outset, various events have been organised in the college campus.

**EVENT 1:**

**Quiz Competition – "Gender Equality"**

**Date: 5<sup>th</sup> March 2024.**

**Mode: Online**

On the auspicious day, online quiz competition was conducted for our college students based on theme of 'Gender Equity'. The motto was to bring out the awareness amongst young generation about importance of gender equality as not only a fundamental human right but a necessary foundation for a sustainable and peaceful world.





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**Event 2:**

**Date:** 6<sup>th</sup> March 2023

**Topic:** "Personality Development & Menstrual Hygiene"

**Resource Person:** Dr. Dipak Desai  
Virar Maternity Hospital, Virar.

**Venue:** Seminar Hall, Main Building.

**Time:** 3:30 pm onwards

Women Development Cell of VIVA Institute of Technology, Virar organized a program on "Personality Development and Menstrual Hygiene" for all the staff members and students of the college. Dr. Dipak Desai, renowned gynecologist of Vasai Taluka was present as a chief guest to give valuable speech on women's health and lifestyle management.

The program was inaugurated with the lighting of the lamp by the chief guest Dr. Deepak Desai and Dr. Arun Kumar, principal of VIVA Institute of Technology. The Principal, while introducing Dr. Deepak Desai to the audience highlighted the fact that *gone are the days when women were simply home and kitchen bound*. This scenario from yesteryears is so outdated and old-fashioned that nowadays, women not only handle home and a career but manage a complete overall personal growth. Due to this role reversal, many of the women lately are a victim of obesity and poor fitness regime. Due to the stress of juggling a home and career, many women are facing a lot of difficulties associated with their health due to lack of exercise and proper physical workouts. But complaining isn't the solution as finding a balance between personal and professional life with fitness, diet is crucial if not easy. And that's why we are here as today.

Dr. Deepak Desai brilliantly start up with the statement that "health status of women directly reflects the health status of the nation". The concept of women's health today has become a major concern among the developing countries because of deteriorating quality



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of life. India has made considerable progress in social and economic development in recent decades, like improvement in life expectancy, but Infant mortality and illiteracy demonstrates it lagged behind in the improvement of women's health. Dr. Desai convinces the audience by telling number of steps women can take to stay healthy and feel better. The doctor ended his speech by telling the ABC's of Healthy lifestyle where A means avoid smoking, caffeine, excess salt and sugar. B means balanced diet and C means intake of more Calcium.

The session ended with vote of thanks to the dignitaries.

### Event Snapshots:





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**Event 3:**

**Poster-Making Competition on the theme of – “Gender Equality”**

**Date: 6<sup>th</sup> March 2024.**

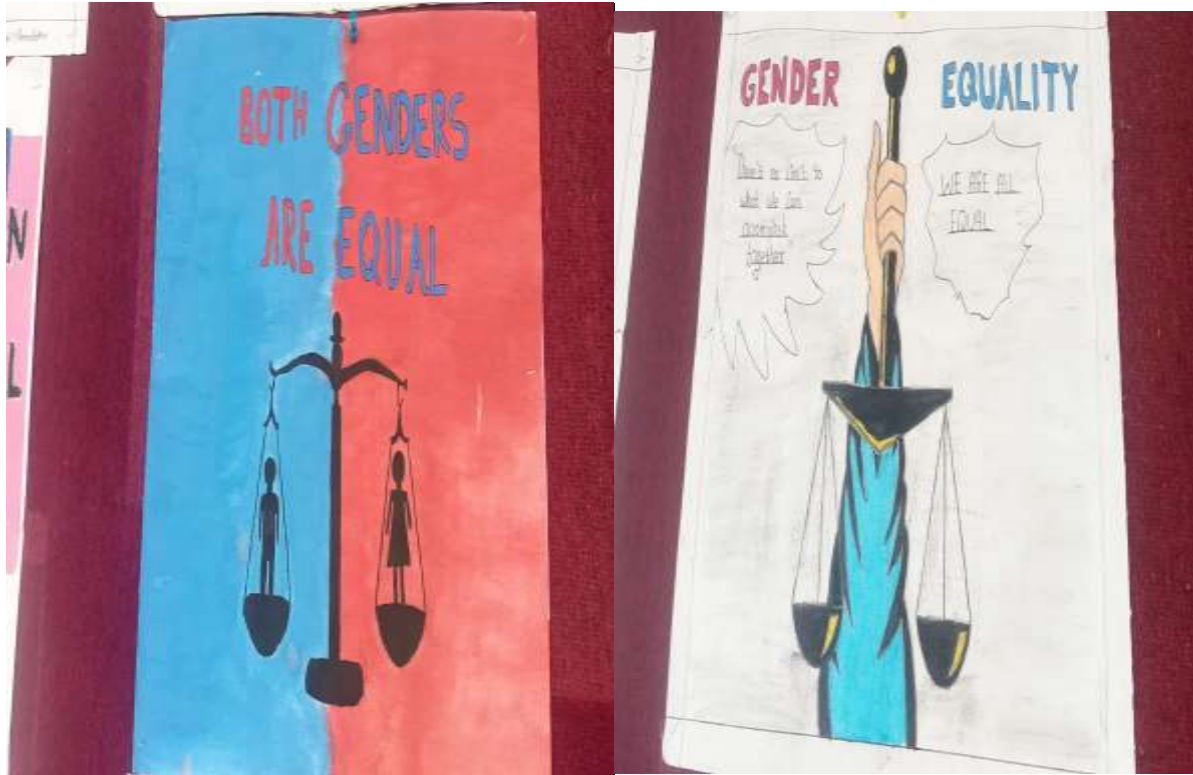
**Venue: Room no 401, 4<sup>th</sup> floor, main building**

Poster-making competition was conducted for our college students based on theme of 'Gender Equity'. The motto was to bring out the awareness amongst young generation about importance of gender equality as not only a fundamental human right but a necessary foundation for a sustainable and peaceful world. The students have given a good response.





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#### Event 4:

### WOMEN'S DAY CELEBRATION GET-TOGETHER

**Date: 7<sup>th</sup> March 2024.**

**Venue: Seminar Hall, 4<sup>th</sup> floor, main building**

A small get-together on 7 March 2024, where all the teaching and non-teaching staff members and female students were invited. The main agenda for the gathering was mainly to socialize with all the female members from all the different levels and departments, irrespective of their designation with an aim to establish and enhance their coordination and communication with each other for fruitful and smooth working in the institution.





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### Event 5:

#### **“Donation Drive- Sharing is Caring”**

**Venue: Talyacha Pada, Bhatane village.**

WDC AND ICC in association with NSS unit of VIVA Institute of Technology organized an event “Sharing is Caring”. On 8<sup>th</sup> March 2024, volunteers had arranged a sanitary pad donation drive in the campus. Student and faculties donated over 250 packets of Sanitary Pads. These pads were then donated to women’s of Talyacha Pada, Bhatane Village, on the occasion of International Women’s Day.

Also, Volunteers interacted with the village women and discussed about the stigma related to Menstruation, how they should take care of the hygiene during the menstrual cycle days.



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