



Vishnu Waman Thakur Charitable Trust's

VIVA INSTITUTE OF TECHNOLOGY

Approved by AICTE New Delhi, Recognised by DTE, Govt. of Maharashtra, Affiliated to University of Mumbai.

Accredited by NAAC with "B++" Grade

Women Development Cell (WDC) & Internal Complaints Committee (ICC) (2024-2025)

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EVENT 1: Eco-Friendly Bamboo Rakhi Distribution"

Date: 8th August 2024

Topic: *"Eco-Friendly Bamboo Rakhi Distribution"*

Name of speaker (Designation & Organization): Seva Vivek NGO

Venue: VIVA Technical Campus

Time: 9:30 a.m. onwards

The National Service Scheme (NSS) unit at VIVA Institute of Technology, in collaboration with the Women Development Cell (WDC) and the Internal Complaints Committee (ICC), proudly hosted a Bamboo Rakhi Exhibition that showcased the remarkable craftsmanship of Adivasi artisans. Volunteers warmly invited all students and staff to celebrate traditional values and support the upliftment of Adivasi communities. Every pre-ordered rakhi from the NGO was successfully sold by the volunteers, demonstrating appreciation for the artisans' work. In total, 40 rakhis were sold, highlighting the community's support for this noble cause.



EVENT 2: Guest Lecture on “Acupressure and Holistic Health”

Date: 4th February 2025

Topic: “Acupressure and Holistic Health”

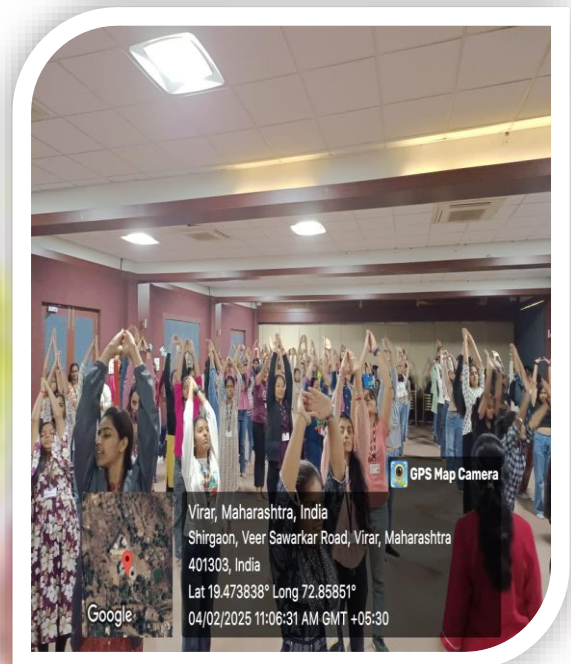
**Resource Person: Mrs. Padmaja Abhyankar
Founder, Sukshma Yog Kendra.**

Venue: 4th floor Seminar Hall

Time: 9:30 a.m. onwards

The Women Development Cell (WDC), in collaboration with the Internal Complaints Committee (ICC) of VIVA Institute of Technology in Virar, successfully hosted a guest lecture titled "Acupressure and Holistic Health." This engaging session, led by Mrs. Padmaja Abhyankar, founder of Sukshma Yog Kendra, was tailored for an audience that included both teaching and non-teaching staff, as well as students.

Mrs. Abhyankar shared her expertise on the therapeutic benefits of acupressure, illustrating how it can effectively address a range of health concerns. Attendees were treated to practical demonstrations that showcased techniques aimed at alleviating stress, headaches, and various bodily discomforts. The lecture not only explored the historical context and advantages of acupressure but also provided live demonstrations, allowing participants to experience the techniques first hand. Feedback from attendees highlighted the session's informative nature and its value in enhancing their understanding of holistic health practices. Overall, the event was a resounding success, fostering a greater appreciation for acupressure among the participants.



EVENT 3:

International Women's Day Celebration: "Personality Development"

Date: 8th March, 2025


Topic: "Personality Development"

Resource Person: Dr. Varsha Dandawate, General Surgeon at Sushrut Surgical Hospital, Nalasopara.

Venue: 4th floor Seminar Hall

Time: 9:30 a.m. onwards

On March 8th, in celebration of International Women's Day, the Women Development Cell (WDC) collaborated with the Internal Complaints Committee (ICC) at VIVA Institute of Technology in Virar hosted an enlightening expert talk on "Personality Development." The session featured Dr. Varsha Dandawate, a distinguished General Surgeon at Sushrut Surgical Hospital in Nalasopara, who served as the chief guest. Attended by both teaching and non-teaching staff as well as students, the event emphasized the vital role of personality development and self-awareness in achieving personal and professional success. Dr. Dandawate's insights not only highlighted the significance of investing in one's personality but also motivated attendees to embrace growth and pursue a more fulfilling life. Her presence and expertise left a lasting impression, encouraging many to reflect on their own development journeys.



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"INTERNATIONAL WOMEN'S DAY"
THE WOMEN DEVELOPMENT CELL (WDC)
IN COLLABORATION WITH THE INTERNAL COMPLAINTS COMMITTEE (ICC)
DEGREE & DIPLOMA SECTION

EXPERT TALK:
"PERSONALITY DEVELOPMENT"
DATE: 8TH MARCH 2025
TIME: 9.30 A.M. ONWARDS. | 4th FLOOR SEMINAR HALL

DR. VARSHA DANDAWATE
GENERAL SURGEON, FOUNDER OF
SUSHRUT SURGICAL HOSPITAL,
NALLASOPARA.

EMPOWERED WOMEN AREN'T JUST CHANGING THE WORLD THEY ARE
BUILDING IT, LEADING IT, AND REDEFINING IT.



EVENT 4: Self Defence Training Programme for Girl Students

Date: 10th March, 2025

Topic: “Workshop on Self Defence”

Resource Person: Mr. Rahul Bajpai, Founder JEET 4 LIFE MMA ACADEMY, Joint

Secretary of PRO MMA League, Virar

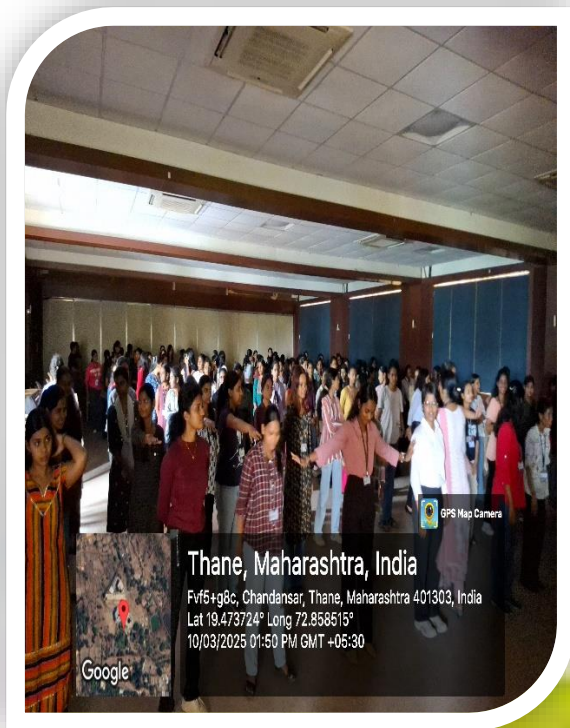
Venue: 4th floor Seminar Hall

Time: 1:30 p.m. onwards

The Women Development Cell (WDC), in collaboration with the Internal Complaints Committee (ICC) of VIVA Institute of Technology in Virar, hosted an impactful workshop focused on a Self-Defence Training Programme specifically designed for girl students. This initiative aimed to empower young women by equipping them with vital self-defence techniques and strategies necessary for personal safety. During the workshop, participants were introduced to a variety of self-defence moves that are effective in countering potential threats. They learned how to fend off attackers, escape from holds, and defend themselves against both physical and psychological intimidation.

A significant aspect of the training was the emphasis on mental preparedness, where students were taught the importance of remaining calm in high-pressure situations and accurately assessing potential dangers. Key lessons included interpreting body language, recognizing early signs of threats, and utilizing common objects as tools for self-defence.

This comprehensive approach not only enhanced the physical capabilities of the attendees but also fortified their mental resilience. The workshop highlighted the crucial role of self-defence in fostering independence and boosting self-confidence among young women, providing them with essential skills and knowledge to navigate potentially challenging circumstances with assurance and poise.



EVENT 5: Expert Talk: “Health and Nutrition”

Date: 12th March, 2025

Topic: “Health and Nutrition”

**Resource Person: Dr. Archana Jain, Consultant Dieticians and Nutritionist,
Prakriti Hospital, Virar.**

Venue: 4th floor Seminar Hall

Time: 10:30 a.m. onwards

The Women Development Cell (WDC), in association with the Internal Complaints Committee (ICC) of VIVA Institute of Technology, Virar, successfully hosted an enlightening expert talk featuring the esteemed dietician, Dr. Archana Jain, who serves as a Consultant Dietician and Nutritionist at Prakriti Hospital, Virar. The session, centered on the theme of “Health and Nutrition,” aimed to educate a diverse audience comprising faculty members, administrative staff, and students of the college.

Dr. Jain emphasized the critical role of gut health and highlighted the essential foods necessary for optimal metabolism. She elaborated on the significance of incorporating prebiotics and probiotics into daily diets, aiming to foster better digestive health. Throughout the talk, she addressed various misconceptions surrounding nutrition and provided practical advice on maintaining a balanced diet for overall well-being. The session proved to be highly informative, leaving participants with valuable insights into healthy eating habits and lifestyle choices.

