



## SYMBIOSIS SCHOOL OF PLANNING ARCHITECTURE & DESIGN, NAGPUR

Symbiosis International (Deemed University)

### International Women's Day Celebration

01/03/2023 – 08/03/2023

Venue-SSPAD-Seminar Hall

International women's day is global day celebrating the various achievements of women in various fields. The day also marks a call to action for accelerating gender parity. The Symbiosis School of planning, Architecture and Design, Nagpur celebrated a various activity on the occasion of this special day to raise the awareness about the status and dignity of women amongst the students. The celebration started with open house meeting for all the girls of the institute with the Dy. Director of SSPAD, Dr. Nandini Kulkarni where all the girls students discussed about their opinion on the issues or challenges faced by women's in the society and what corrective measures and guidance can be provided to them to overcome these situations. As per the discussion with the students the event was conducted for them on their mental and physical strengths and well beingness.

#### Schedule

Sr. No	Name of the Activity	Date	Time	Conducted By
1	Open House Meeting	01/03/2023	11.00 am to 12.30 pm	Dr. Nandini Kulkarni (Dy. Director SSPAD)
2	Emotional and mental health	08/03/2023	2.00 pm to 2.45 pm	Ms. Vijayshree Bajaj and Ms. Nivedita Jogdand (SCEW-SIU Nagpur)
3	Self Defense	08/03/2023	2.45 pm to 4.00 pm	Dr. Pawan Bisht (Asst. Director DSRW, SIU- Nagpur), Diva Goyal (Student SSPAD)



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The activity arranged on the special occasion of Women's Day was conducted in two sessions where the first session was conducted by Ms. Vijashree Bajaj and Ms. Nivedita Jogdand (SCEW-SIU Nagpur) and they highlighted on very specific points on how a woman can balance the professionalism along with family responsibilities, the corrective measures required in women's daily routine to improve the physical and mental health, how a healthy diet and short exercise helps in improving the concentration in individual's life etc..the first session concluded with the Gratitude session where everyone present in the seminar Hall showed a Gratitude for their close ones for what unknowingly they have done for them.

The second session was conducted by Dr. Pawan Bisht (Assistant Director DSRW-SIU, Nagpur) where he has focused on the need of self defense for women and shared his experience about the various situations that might affect the safety of individual and he also urged the audience to equip themselves with few defense techniques which help them in protecting themselves in uncertain situations. The basic techniques which were required for the self-defense were demonstrated by the experts Ms. Diva Goyal and Mr. Aditya Menon (Students of SSPAD) who are professionally trained Karate experts. All the students were enthusiastically involved in learning the techniques and it was indeed a helpful session specially for females.

On the occasion of this special day The Dy. Director of SSPAD Dr. Nandini Kulkarni felicitated the girls students of the institute for their achievements. The student of 2<sup>nd</sup> year B.Design Ms. Diva Goyal felicitated for her achievements in winning various medals in "Mewar Karate Championship" and the student Ms. Mehak Gupta (4<sup>th</sup> year B.Design) felicitated for winning the Poster Design Competition organized by SCMC, Pune on the occasion of prestigious G20 event for the Ministry of Youth Affairs and Sports.

The celebration concluded with vote of thanks whole heartily.



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08/03/23 02:14 PM GMT +05:30



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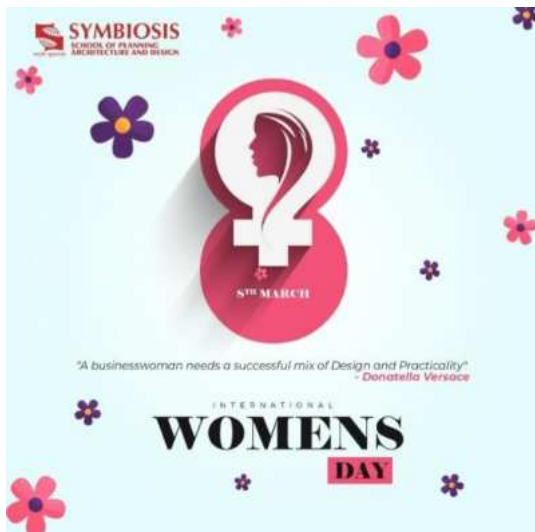
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*[Signature]*

Dr. Nandini Kulkarni  
Dy. Director  
SSPAD, Nagpur

