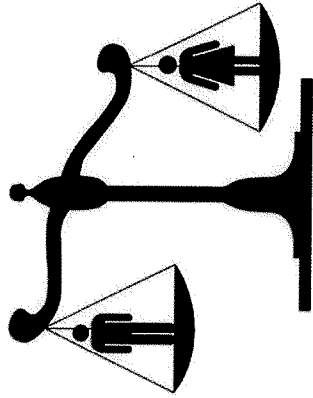




YOGITA DENTAL COLLEGE & HOSPITAL KHED, RATNAGIRI

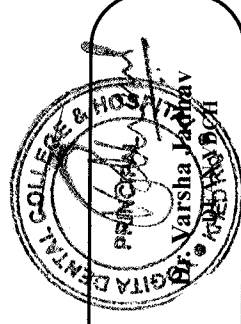
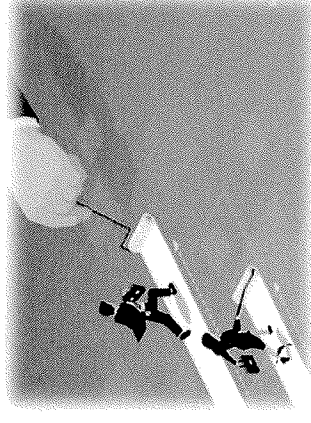
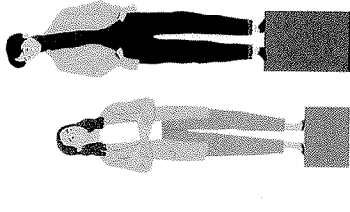


TOPIC :- GENDER BIAS

SPEAKER:- DR. PRIYANKA RAZDAN

TIME: 11AM

DATE: -16 DECEMBER 2024



Dr. Himangi Pol
CEO YDCH

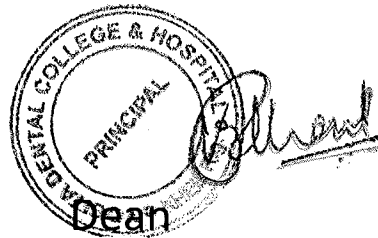
YOGITA DENTAL COLLEGE AND HOSPITAL

DATE- 09/12/2024

NOTICE

All the teaching and non-teaching staff, students are hereby invited to attend 'Seminar on Gender Bias' program in Yogita Dental College and Hospital on 16/12/2024 in Blue classroom.

Speaker: Dr. Asmita sonawane.



Yogita Dental College and Hospital

YOGITA DENTAL COLLEGE AND HOSPITAL

DATE- 18/12/2024

REPORT

GENDER BIAS PROGRAM

Event Details:

- **Title of the Program:** Gender Bias Awareness Program
- **Date:** 16th December 2024
- **Time:** 11:00 AM
- **Venue:** Yogita Dental College and Hospital
- **Target Audience:** Female staff and students
- **Speaker:** Dr. Asmita sonawane
- **Number of participants:** 75

On **11th February 2025**, Yogita Dental College and Hospital hosted an insightful program on "**Gender Bias**" for its female staff and students. The event was led by Dr. Asmita sonawane, a prominent speaker with expertise in gender studies, social equality, and women's rights. The aim of the session was to raise awareness about the subtle and overt forms of gender bias that exist in various aspects of life, including education, work, and personal relationships, and to discuss ways to overcome them.

Program Overview:

The event began promptly at **11:00 AM** with a warm welcome by the event coordinator. Dr. Asmita sonawane was introduced as the speaker for the day, and the audience was encouraged to actively engage throughout the session.

Key Highlights of the Program:

1. **Understanding Gender Bias:** Dr. Asmita sonawane started by explaining what gender bias is, both in its overt and subtle forms. She described gender bias as a preference or prejudice against individuals based on their gender, often resulting in unequal treatment. She discussed how these biases can manifest in everyday situations, such as hiring decisions, educational opportunities, and social expectations.
2. **Identifying Gender Bias in Different Sectors:** Dr. Asmita sonawane provided real-life examples of gender bias in various fields, including education, healthcare, and the workplace. She spoke about the historical underrepresentation of women in leadership roles, STEM fields, and decision-making positions. Additionally, she discussed how female students and staff may experience gender bias in academic environments and professional settings.
3. **Impact of Gender Bias:** The speaker emphasized the harmful effects of gender bias, noting that it leads to unequal opportunities, diminished self-confidence, and perpetuates stereotypes. Dr. Asmita sonawane highlighted how these biases create systemic barriers that prevent women from achieving their full potential.

YOGITA DENTAL COLLEGE AND HOSPITAL

4. **Challenging Gender Bias:** One of the key segments of the talk focused on strategies to confront and eliminate gender bias. Dr. Asmita sonawane discussed how individuals can challenge gender stereotypes by questioning societal norms, promoting inclusive

practices, and creating supportive environments. She encouraged the participants to use their voices to address gender inequality, whether in the classroom, the workplace, or in their personal lives.

5. **Promoting Gender Equality:** Dr. Asmita sonawane called for a collective effort to create a gender-equal society. She discussed the importance of education in changing mindsets and how male and female allies must work together to challenge gender biases. She also stressed the significance of policies that promote gender equality in institutions and society at large.
6. **Interactive Session and Discussion:** Following the lecture, Dr. Asmita sonawane facilitated an interactive session where participants shared their experiences related to gender bias. Several staff members and students spoke about situations where they felt disadvantaged or dismissed due to their gender. Dr. Asmita sonawane provided thoughtful responses and strategies for addressing these challenges, stressing the importance of self-advocacy and allyship.
7. **Empowerment through Awareness:** The program concluded with Dr. Asmita sonawane call to action, urging the female staff and students to become advocates for gender equality in their respective spheres. She encouraged them to educate others, raise awareness about gender bias, and continue fostering an environment where everyone, regardless of gender, has an equal opportunity to succeed.

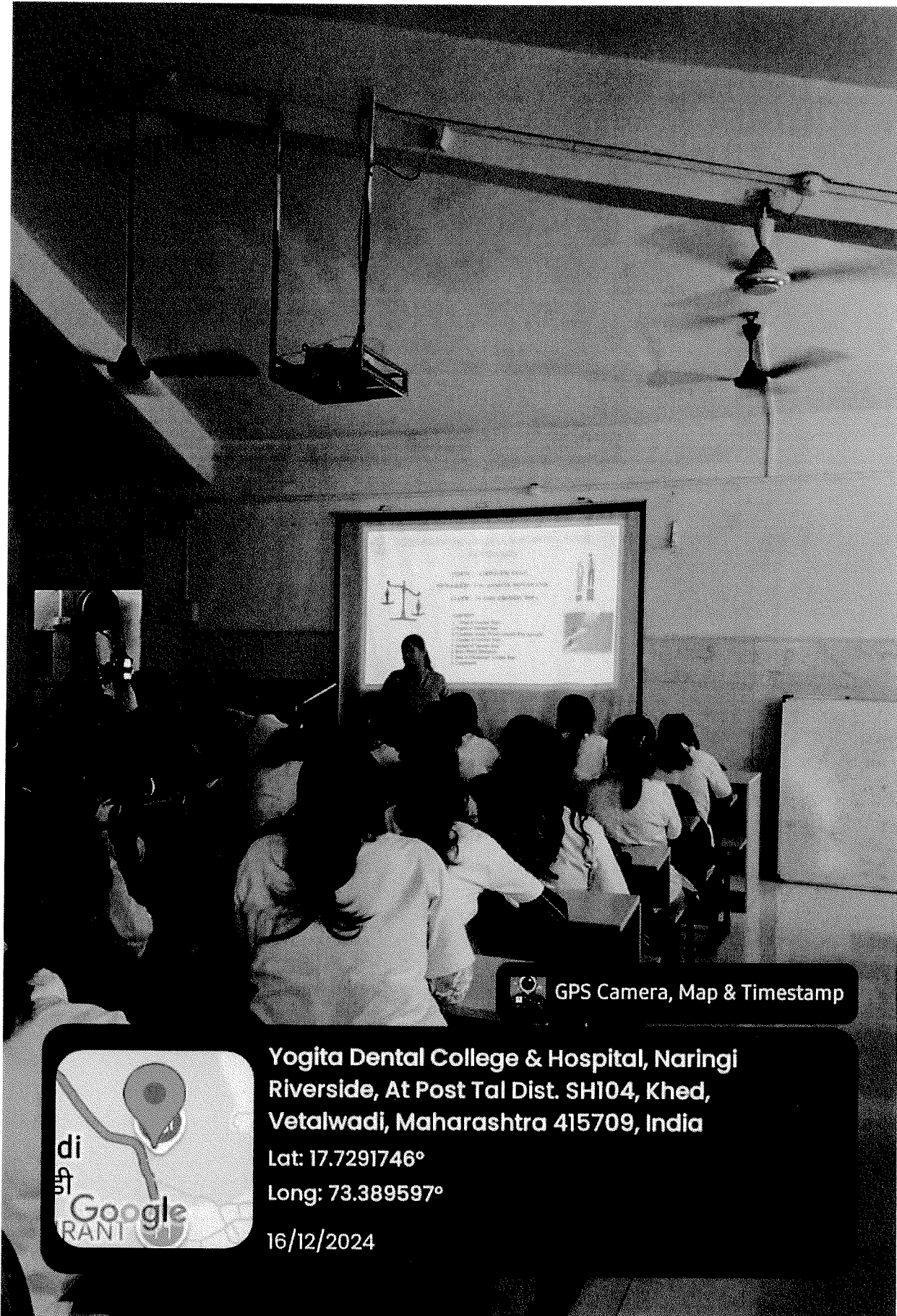
Conclusion:

The program was a success, with many participants expressing a newfound awareness of the various forms of gender bias that exist in their everyday lives. Dr. Asmita sonawane Desai's expert insights and thought-provoking discussion left the attendees feeling empowered to take action in challenging gender biases and contributing to a more equal society.

Acknowledgments:

The college administration thanked Dr. Asmita sonawane for her invaluable contribution to the program and expressed its commitment to organizing more such events to further the cause of gender equality. The participants were encouraged to actively engage in ongoing discussions about gender bias and to be proactive in advocating for change.

YOGITA DENTAL COLLEGE AND HOSPITAL



GPS Camera, Map & Timestamp



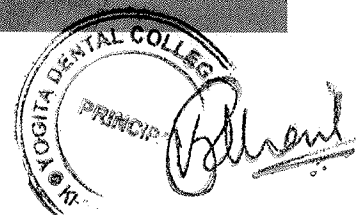
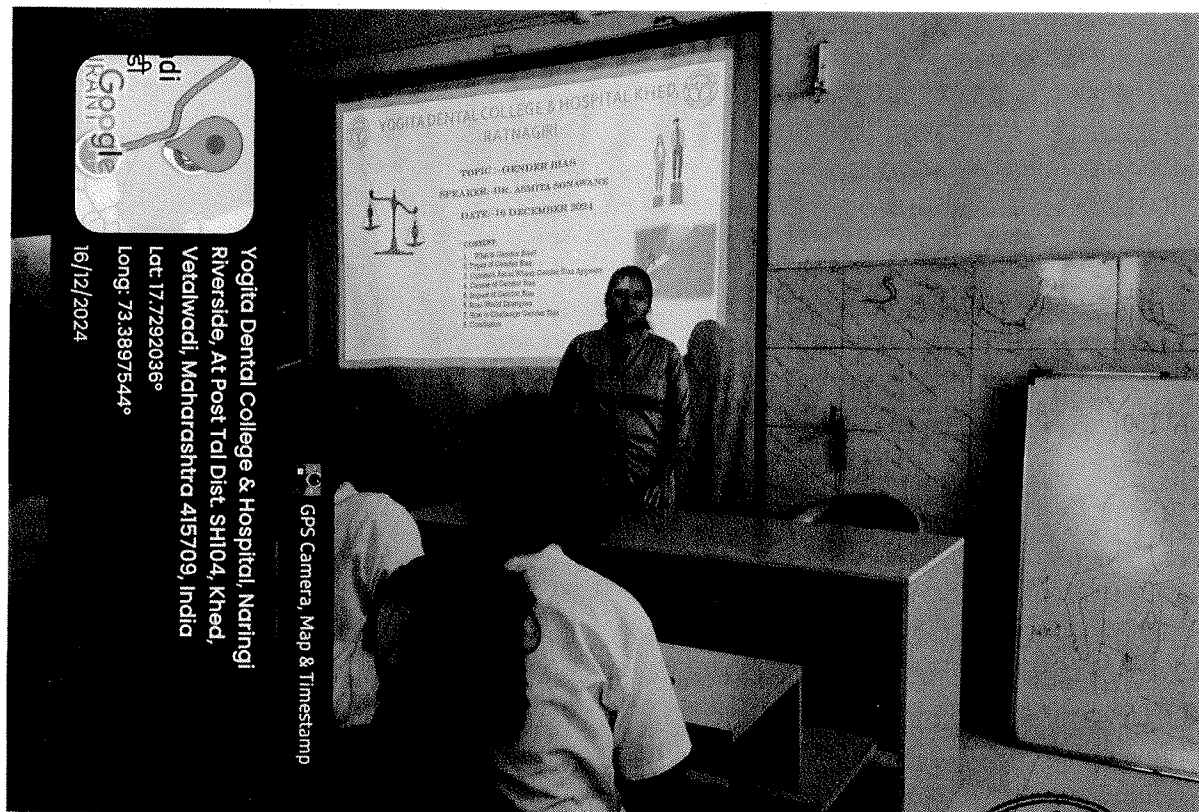
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Vetalwadi, Maharashtra 415709, India

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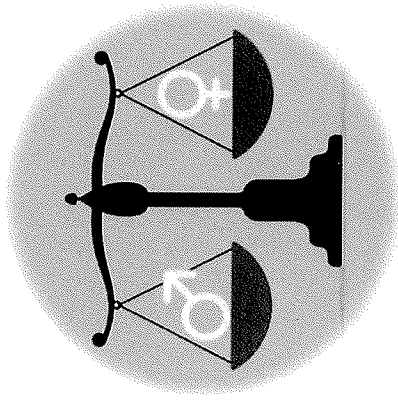
16/12/2024

YOGITA DENTAL COLLEGE AND HOSPITAL





YOGITA DENTAL COLLEGE & HOSPITAL KHED, RATNAGIRI

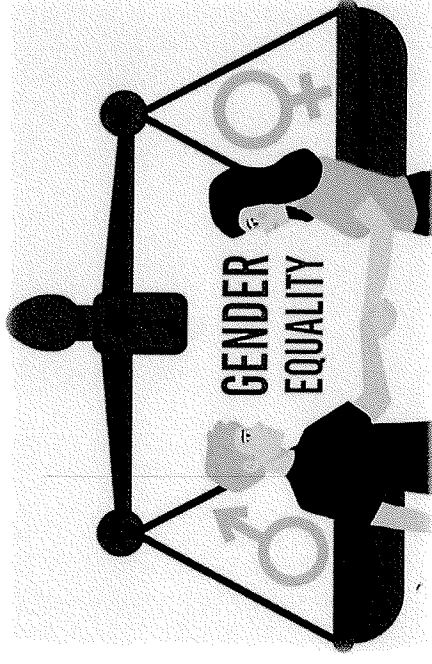


Topic :-ROLE OF EDUCATION TO ATTAIN GENDER EQUALITY

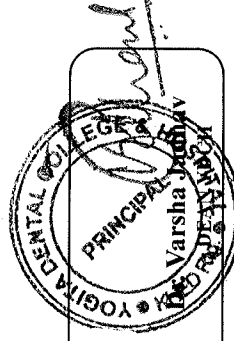
Speaker:- Dr. Swati Sharma

Date:-22nd August 2024

Time: 3PM



Dr. Himangi Pol
CEO YDCH



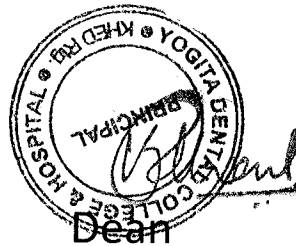
YOGITA DENTAL COLLEGE AND HOSPITAL

DATE- 02/08/2024

NOTICE

All the teaching and non-teaching staff, students are hereby invited to attend 'Role of education to attain gender equality' program in Yogita Dental College and Hospital on 22/08/2024 in Blue classroom.

Speaker: Dr. Swati Sharma.



Yogita Dental College and Hospital

YOGITA DENTAL COLLEGE AND HOSPITAL

DATE: 23/08/2024

REPORT

ROLE OF EDUCATION TO ATTAIN GENDER EQUALITY PROGRAM

Event Details:

- Title of the Program: The Role of Education to Attain Gender Equality
- Date: 22ND AUGUST 2024
- Time: 03.00 PM
- Venue: Yogita Dental College and Hospital
- Target Audience: Female staff and students
- Speaker: Dr. Swati Sharma
- Number of participants: 78

On 10th December 2024, Yogita Dental College and Hospital organized an insightful and impactful program titled "The Role of Education to Attain Gender Equality." The event was aimed specifically at the female staff and students of the institution, emphasizing the critical role that education plays in achieving gender equality in society.

The Program Overview:

The program commenced promptly at 11:00 AM with an introduction by the event coordinator, followed by a warm welcome extended to the esteemed speaker, Dr.Tehseen Desai who led the session with her deep knowledge and compelling insights on how education can serve as a powerful tool in bridging gender disparities.

Key Highlights of the Talk:

1. Understanding Gender Equality: Dr.Tehseen Desai began by defining gender equality and its significance in the modern world. She emphasized that gender equality is not just a women's issue, but a human rights issue that requires the active participation of all members of society. She highlighted that education is one of the most effective ways to bring about social transformation.
2. Impact of Education on Gender Stereotypes: Dr.Tehseen Desai discussed how education helps challenge and dismantle traditional gender stereotypes. By providing equal opportunities for both genders to learn, think critically, and pursue their passions, education paves the way for a more inclusive society.
3. Empowerment Through Education: A key focus of the session was on how education empowers women to make informed decisions, pursue careers, and take leadership roles in society. Dr.Tehseen Desai highlighted various success stories of women across different fields who have broken barriers due to their access to quality education.
4. Barriers to Equal Education: Dr.Tehseen Desai also spoke candidly about the barriers that women and girls face in accessing education, such as socio-cultural norms, economic constraints, and safety concerns. She emphasized the importance of addressing these issues through policies, societal change, and individual commitment.

YOGITA DENTAL COLLEGE AND HOSPITAL

5. Role of Institutions in Promoting Gender Equality: Dr.Tehseen Desai called upon educational institutions, particularly those like Yogita Dental College, to take proactive steps in promoting gender equality. This includes creating safe learning environments, offering scholarships, mentorship programs, and gender-sensitive curricula.
6. Call to Action: The speaker concluded by urging the female students and staff present to use their education as a means to advocate for gender equality in their professional and personal lives. She encouraged them to become role models and ambassadors for gender equality, inspiring others to break free from stereotypes and biases.

Interactive Session:

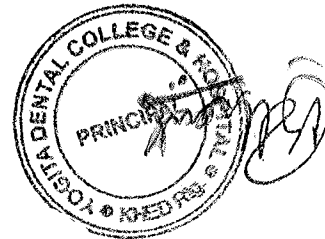
Following the talk, an interactive Q&A session was held. Many of the students and staff raised pertinent questions about how they could contribute to gender equality in their daily lives and the workplace. Dr.Tehseen Desai provided thoughtful and empowering responses, offering advice on practical steps for promoting gender equality at the individual and community levels.

Conclusion:

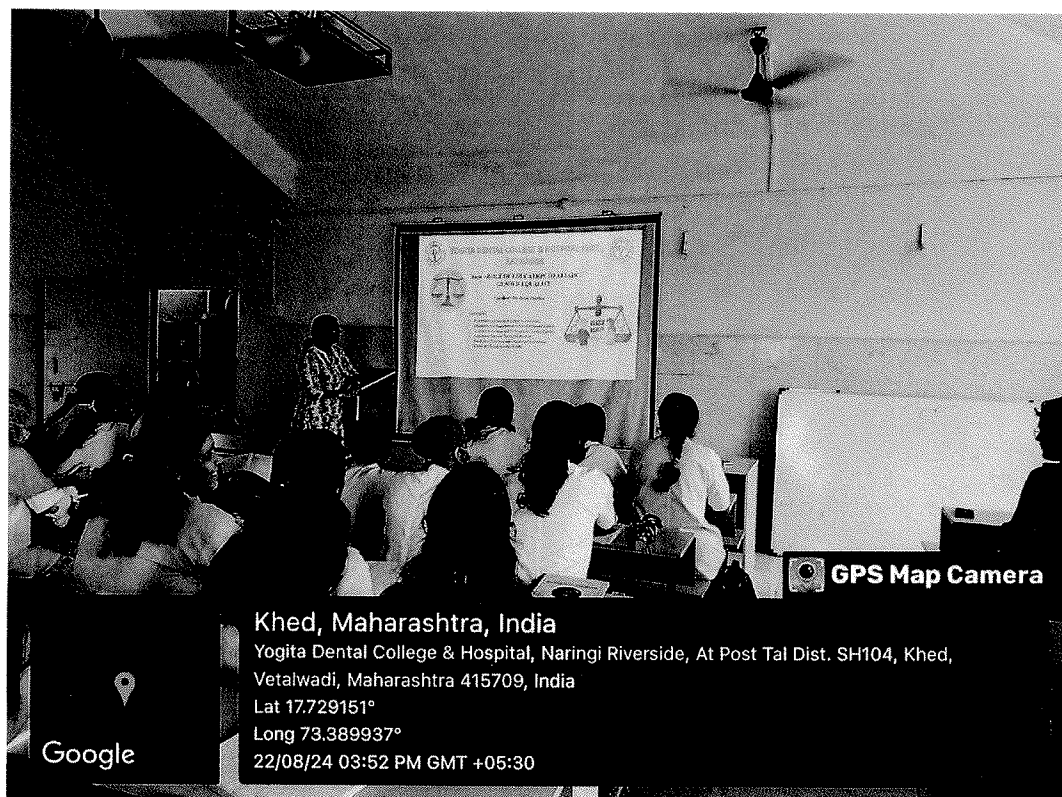
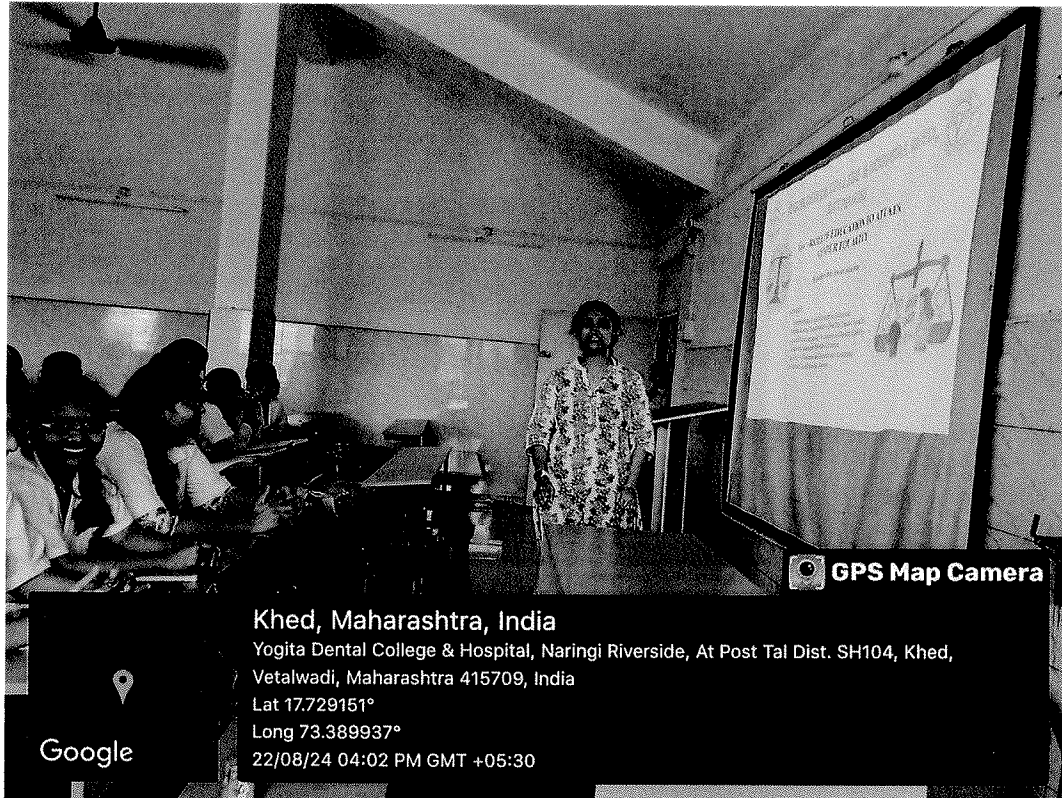
The program was a resounding success, leaving the attendees inspired and motivated to become active participants in the movement for gender equality. Dr.Tehseen Desai lecture not only highlighted the importance of education in bridging gender gaps but also served as a powerful reminder of the role each individual plays in fostering a more equitable world.

Acknowledgments:

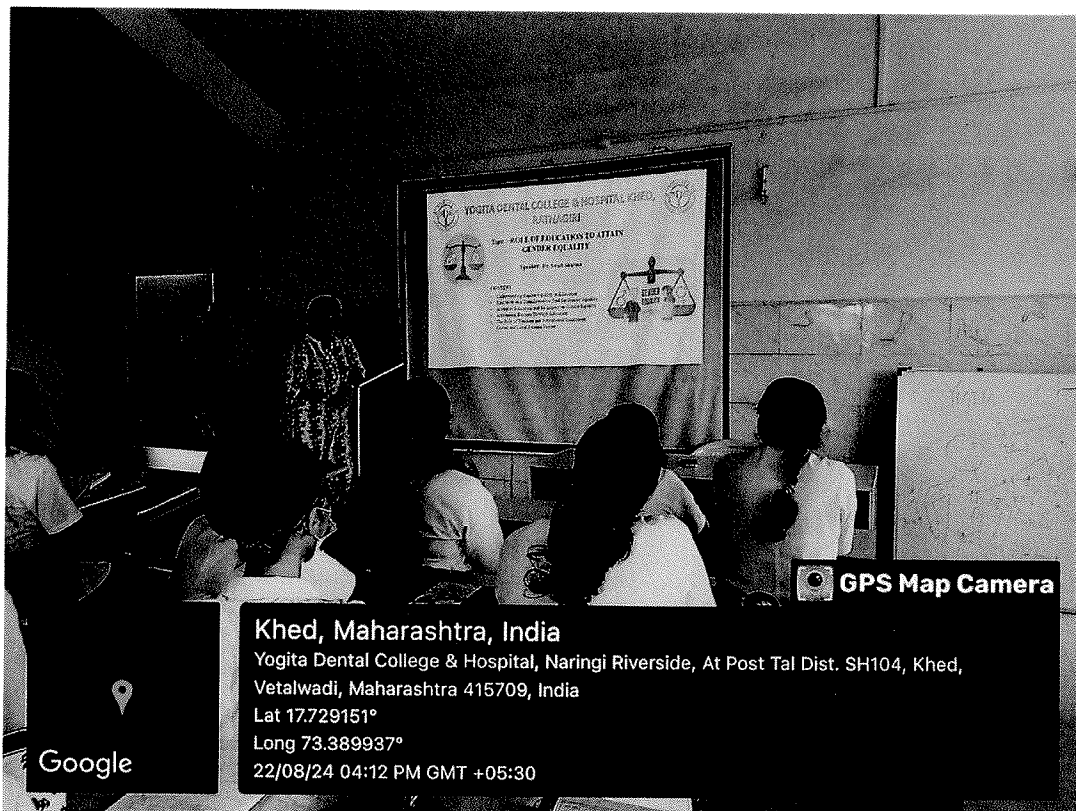
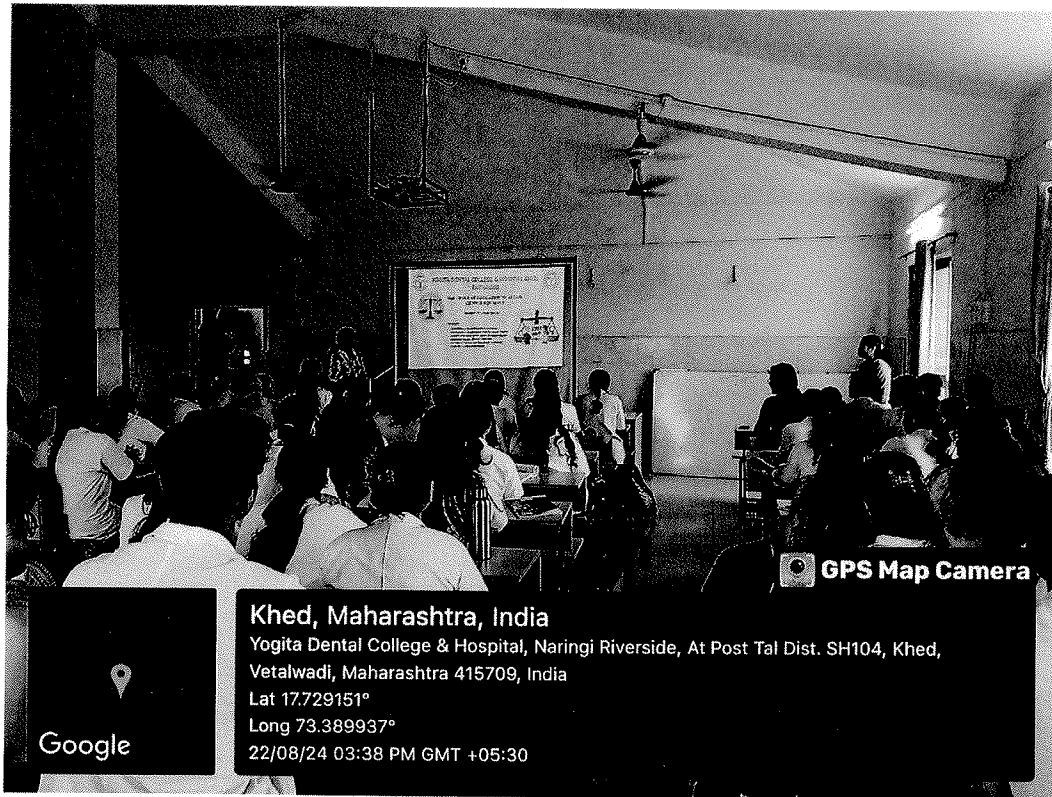
The event concluded with a vote of thanks to Dr.Tehseen Desai for her invaluable contribution and to all the participants for their engaging participation. The college administration expressed its commitment to organizing more such programs in the future to continue empowering its female staff and students in the pursuit of gender equality.



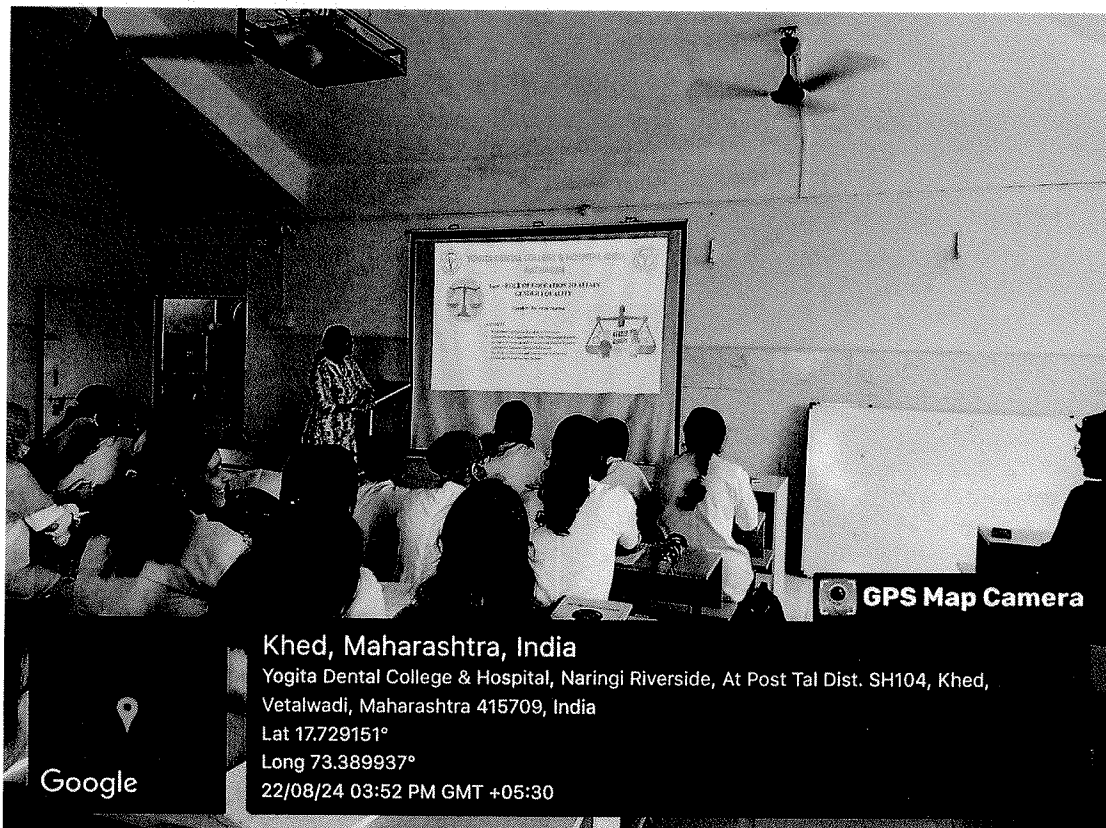
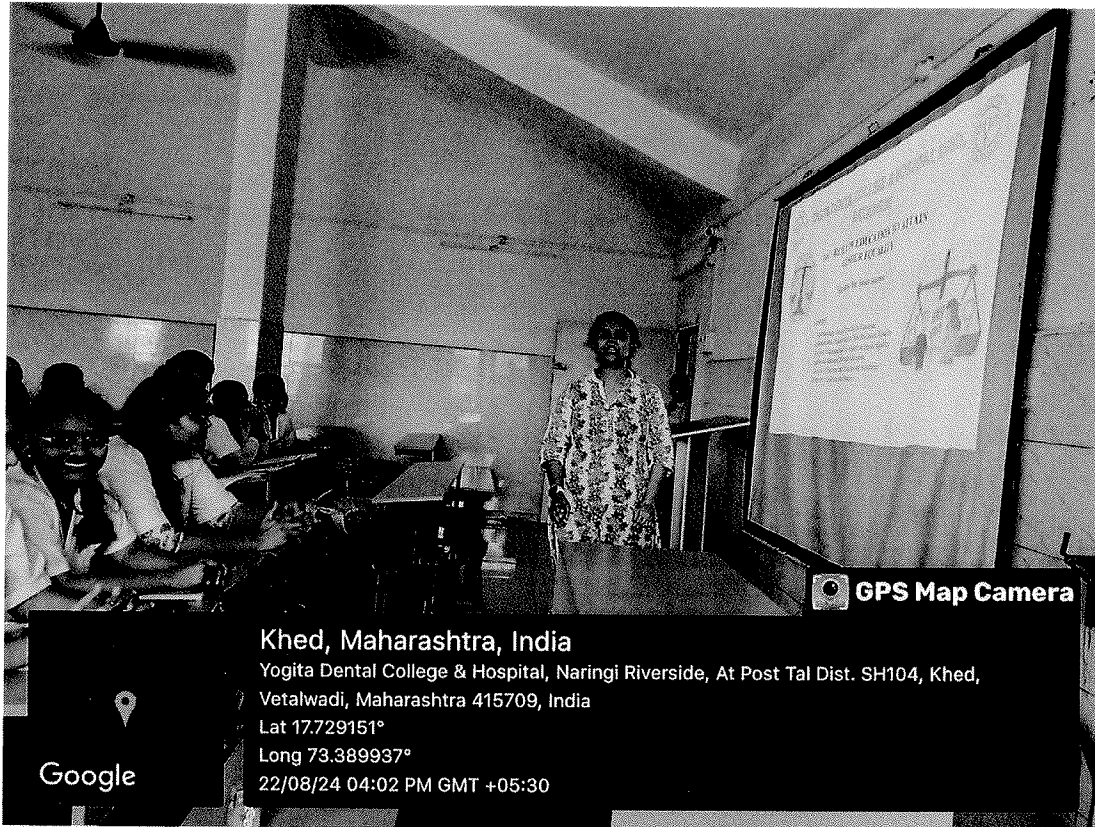
YOGITA DENTAL COLLEGE AND HOSPITAL



YOGITA DENTAL COLLEGE AND HOSPITAL



YOGITA DENTAL COLLEGE AND HOSPITAL





YOGITA DENTAL COLLEGE & HOSPITAL KHED, RATNAGIRI

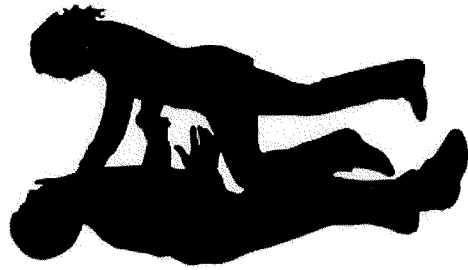


Topic :-SELF-DEFENSE TRAINING

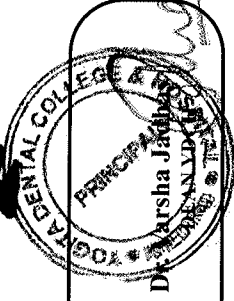
Speaker:- Mr.Prateek Padumale

Date:-14th October 2024

Time: 11 AM



Dr. Himangi Pol
CEO YDCH





YOGITA DENTAL COLLEGE & HOSPITAL KHED, RATNAGIRI



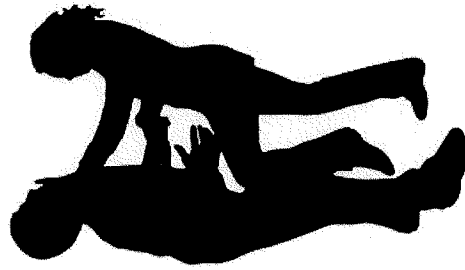
Topic :-**SELF-DEFENSE TRAINING**

Speaker:- Mr.Prateek Padumale

Date:-14th October 2024

Content

- What is self-defence vs. fighting ?
- Understand the philosophy behind self-defense.
- Shift from victim mentality to empowered mindset.
- Understanding attacker psychology
- Building confidence and mental readiness
- Self-awareness reflection exercise



YOGITA DENTAL COLLEGE AND HOSPITAL

DATE- 08/10/24

NOTICE

All the teaching and non-teaching staff, students are hereby invited to attend 'Self Defence Training' program in Yogita Dental College and Hospital on 14/10/2024 in Red classroom.

Speaker and Demonstrator: Mr. Prateek Padmule.



Yogita Dental College and Hospital

YOGITA DENTAL COLLEGE AND HOSPITAL

Date- 15/10/2025

REPORT

SELF-DEFENSE TRAINING PROGRAM

Event Details:

- **Title of the Program:** Self-Defense Training Program
- **Date:** 14TH OCTOBER 2025
- **Time:** 11:00 AM
- **Venue:** Yogita Dental College and Hospital
- **Target Audience:** Female staff and students
- **Instructor:** Mr. Prateek Padumale
- **Number of participants:** 48

On 14TH OCTOBER 2025, Yogita Dental College and Hospital organized an informative and hands-on **Self-Defense Training Program** for its female staff and students. The session was conducted by **Mr. Prateek Padumale**, a well-known expert in self-defense techniques. The purpose of the program was to equip participants with basic self-defense skills and to raise awareness about the importance of personal safety and self-confidence.

Program Overview:

The event commenced at **11:00 AM** with an introductory speech by the event coordinator, who welcomed Mr. Prateek Padumale and all attendees. The session was aimed at helping women become more aware of their surroundings, recognize potential threats, and respond effectively in threatening situations.

Key Highlights of the Training:

1. **Introduction to Self-Defense:** Mr. Padumale began the session by introducing the concept of self-defense, emphasizing that it is not just about physical strength, but also about developing mental alertness, awareness, and confidence. He discussed how learning self-defense can significantly improve one's personal security and give individuals the ability to protect themselves in dangerous situations.
2. **Basic Self-Defense Techniques:** Mr. Padumale demonstrated various simple yet effective self-defense techniques that anyone, regardless of size or physical strength, can learn and apply. These included techniques for breaking free from holds, defensive strikes to vulnerable areas of the body (such as the eyes, nose, and groin), and how to use one's surroundings to gain an advantage in a threatening scenario.
3. **Focus on Personal Safety and Awareness:** The instructor stressed the importance of situational awareness—being mindful of one's environment and recognizing potential risks before they escalate. He shared tips on how to stay alert in public places, identify suspicious behavior, and how to react when approached by strangers.
4. **Role of Mental Preparedness:** Mr. Padumale highlighted the importance of mental preparedness in self-defense. He explained that staying calm and focused in a stressful

YOGITA DENTAL COLLEGE AND HOSPITAL

situation can be as important as physical techniques. The ability to think clearly and make quick decisions can significantly improve one's chances of escaping danger.

5. **Interactive Training Session:** Following the theoretical portion, the participants engaged in a hands-on session where Mr. Padumale guided them through various defense moves and tactics. The attendees practiced techniques such as escaping wrist grabs, defending against chokeholds, and learning how to use body posture to fend off attackers. The training was interactive and allowed participants to ask questions and clarify doubts.
6. **Encouragement and Empowerment:** Throughout the session, Mr. Padumale emphasized that self-defense is about empowerment and taking control of one's safety. He encouraged the female staff and students to incorporate these techniques into their daily lives and to always trust their instincts when it comes to personal security.

Feedback and Discussion:

After the practical demonstration, the session opened up for a brief discussion where the participants shared their thoughts and experiences. Many attendees expressed their gratitude for learning these valuable skills, and a few even shared personal stories where they had felt vulnerable but now felt more confident in their ability to protect themselves.

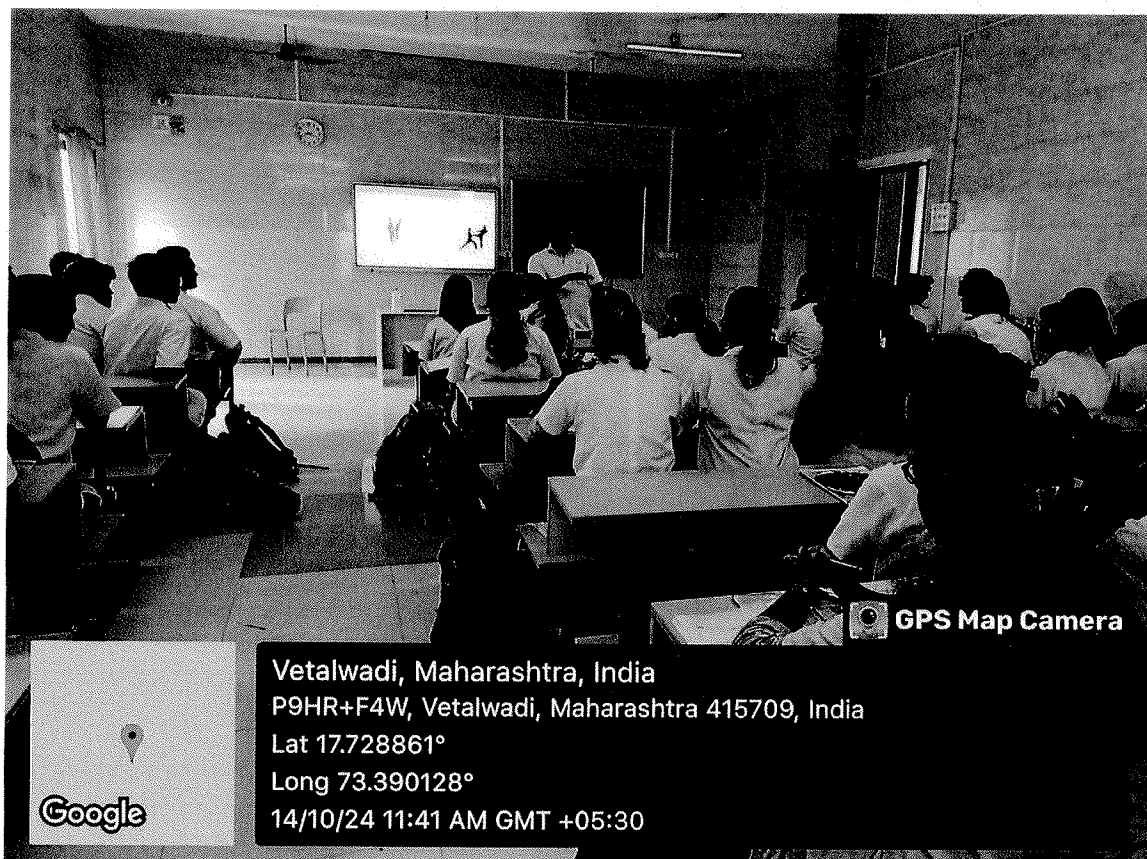
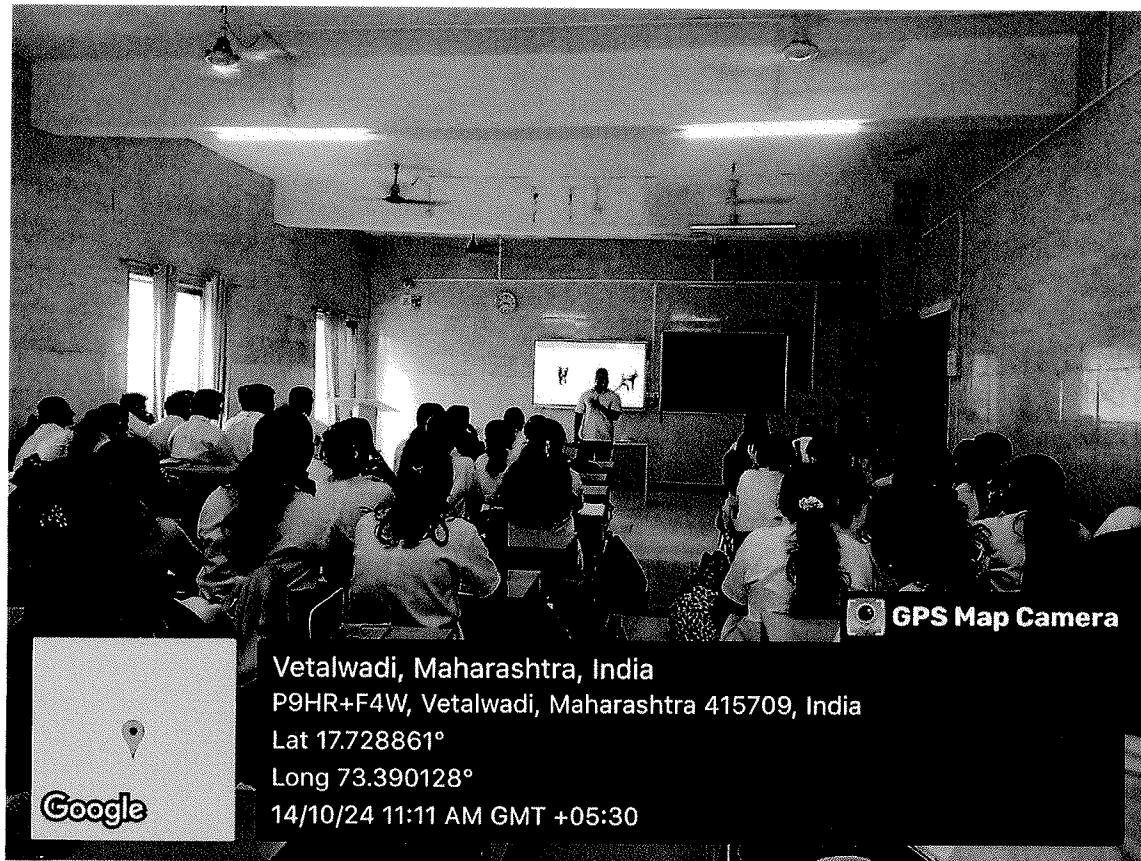
Conclusion:

The program concluded with a thank-you note to Mr. Prateek Padumale for his expert guidance and for imparting crucial self-defense skills to the participants. The attendees were given a certificate of participation, and the event coordinators expressed the commitment of Yogita Dental College and Hospital to continue hosting such programs to ensure the safety, well-being, and empowerment of its female staff and students.

Acknowledgments:

The college administration thanked all the participants for their active engagement and expressed their intention to organize further sessions and workshops aimed at enhancing the personal safety and confidence of the students and staff. This training session was deemed an important step in fostering a safer and more empowered community within the institution.

YOGITA DENTAL COLLEGE AND HOSPITAL





YOGITA DENTAL COLLEGE & HOSPITAL KHED, RATNAGIRI



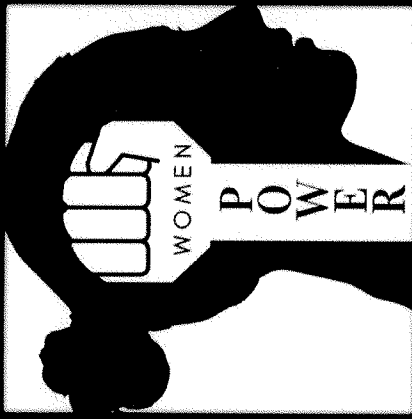
TOPIC :SELF EMPOWERMENT & SAFETY

SPEAKER:-DR.SHIRIN KSHIRSAGAR

DATE:-17 JANUARY 2025

CONTENT

- Introduction to Self-Empowerment
- Emotional and Mental Empowerment
- Physical Safety Awareness
- Self-Defense Basics
- Empowerment Through Goal Setting
- Assertiveness Training



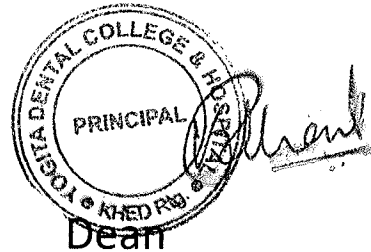
YOGITA DENTAL COLLEGE AND HOSPITAL

DATE- 10/01/2025

NOTICE

All the teaching and non-teaching staff, students are hereby invited to attend 'Self-Empowerment and Safety' program in Yogita Dental College and Hospital on 17/01/2025 in Blue classroom.

Speaker: Dr. Shirin Kshirsagar



YOGITA DENTAL COLLEGE & HOSPITAL
PRINCIPAL
KHED RD
Dean

Yogita Dental College and Hospital

YOGITA DENTAL COLLEGE AND HOSPITAL

REPORT

Self-Empowerment Program

Date: 17th January 2025

Venue: College Auditorium

Number of participants: 24

A **Self-Empowerment Program** was conducted at **Yogita Dental College and Hospital** on **17th January 2025**, exclusively for all female staff and students. The event was organized with the aim of fostering self-confidence, leadership skills, mental well-being, and professional growth among women in the institution.

Objective:

To encourage and empower women to realize their full potential, overcome challenges, and develop a strong sense of self-worth and independence in both personal and professional life.

Chief Guest and Speaker:

The highlight of the program was a motivational session delivered by **Dr. Shirin Kshirsagar**, a respected academician and advocate for women's empowerment. **Dr. Shirin Kshirsagar** delivered an inspiring and thought-provoking talk on the theme "**Empowered Women Empower the Nation**", sharing her personal journey and providing practical tools for self-growth and resilience.

Program Highlights:

- **Inauguration Ceremony:**

The program began at 10:00 AM with a formal inauguration. The Principal, **Dr. Varsha Jadhav**, welcomed the gathering and spoke about the importance of such initiatives in promoting gender equity and self-belief.

- **Motivational Talk by Dr. Shirin Kshirsagar:**

Dr. Shirin Kshirsagar's session was both engaging and empowering. She addressed key areas such as:

- Building self-confidence
 - Managing stress and emotional well-being
 - Developing leadership and communication skills
 - Facing societal challenges with courage and dignity.
- Her insights resonated deeply with the audience, and the interactive Q&A

YOGITA DENTAL COLLEGE AND HOSPITAL

session allowed participants to connect directly with her experiences and advice.

- **Workshops and Group Activities:**

To reinforce the concepts discussed, group activities were held focusing on:

- Team-building
- Time management
- Personal goal-setting

These interactive segments enabled participants to reflect on their strengths and areas for development.

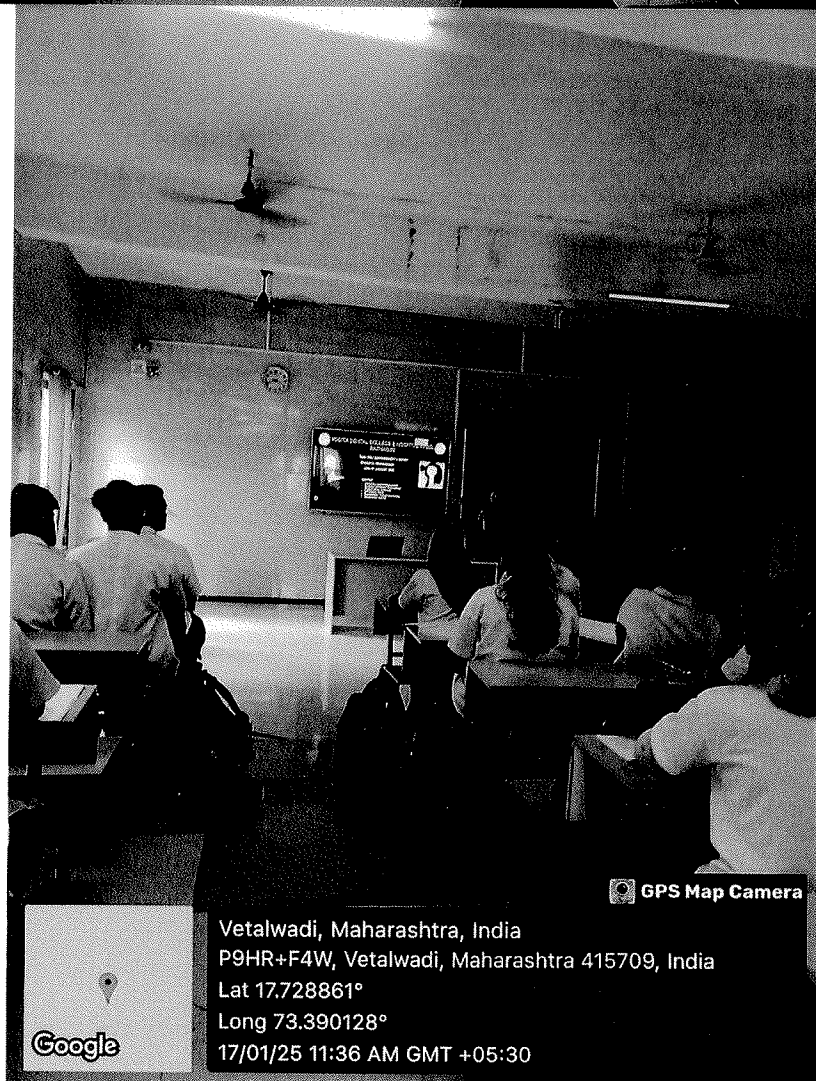
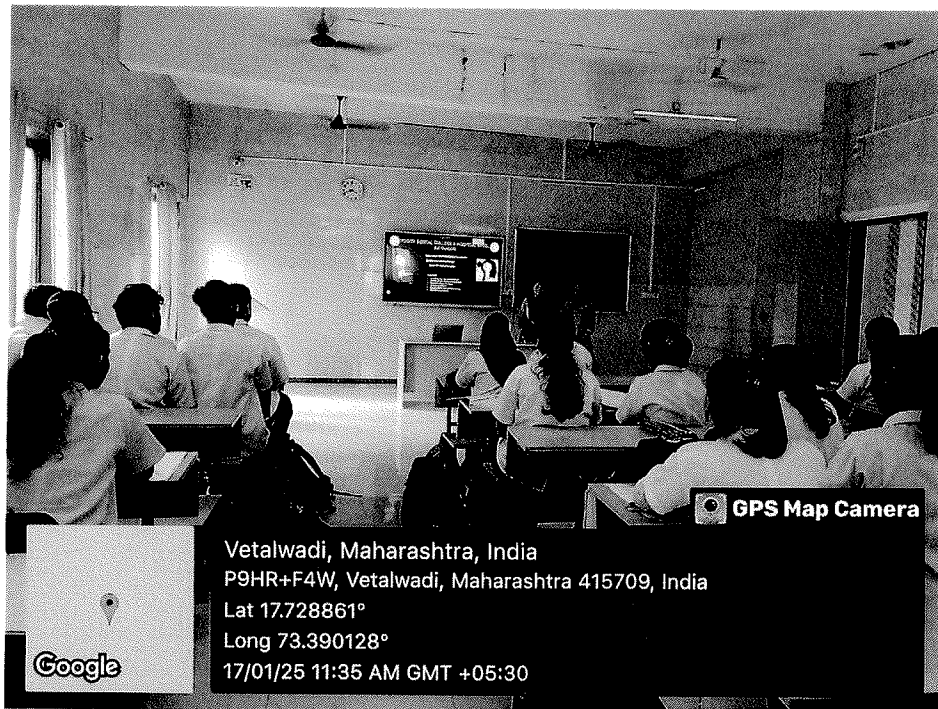
- **Cultural Segment:**

A short cultural program followed, including performances by students that celebrated womanhood, unity, and strength through music, dance, and drama.

- **Vote of Thanks:**

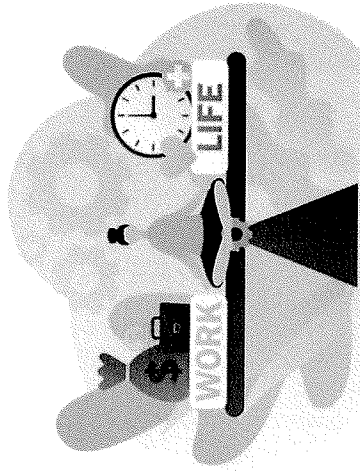
The program concluded with a vote of thanks by **Dr. Gauri Kadam**, acknowledging the presence of **Dr. Shirin Kshirsagar**, the college management, organizing committee, and all the participants for making the event a grand success.

YOGITA DENTAL COLLEGE AND HOSPITAL





YOGITA DENTAL COLLEGE & HOSPITAL KHED, RATNAGIRI



Topic :WORK LIFE BALANCE

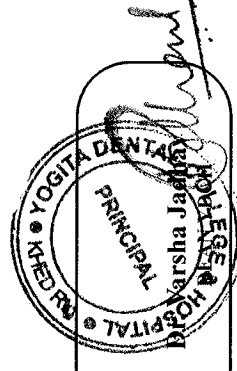
Speaker:- Dr.Gauri Kadam

Time: 10AM

Date:-21st May 2025



Dr. Himangi Pol
CEO YDCH



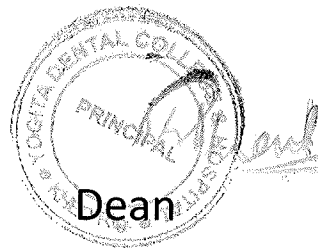
YOGITA DENTAL COLLEGE AND HOSPITAL

DATE- 10/05/2025

NOTICE

All the teaching and non-teaching staff, students are hereby invited to attend 'Work life balance' program in Yogita Dental College and Hospital on 21/05/2025 in Blue classroom.

Speaker: Dr.Gauri Kadam.



Yogita Dental College and Hospital

REPORT

Work-Life Balance Program

Date: 21st May 2025

Venue: College classroom

Number of participants: 38

A **Work-Life Balance Program** was organized on **21st May 2025** at **Yogita Dental College and Hospital**, exclusively for the female staff and students. The session aimed to address the growing need for maintaining a healthy balance between professional responsibilities and personal life, especially for women in the healthcare and academic sectors.

Objective:

To create awareness about the importance of work-life balance, manage stress effectively, and promote emotional and mental well-being among female students and staff.

Guest Speaker:

The keynote speaker for the event was **Dr.Gauri Kadam**, a renowned psychologist and motivational speaker with expertise in workplace wellness and emotional intelligence. Her insights and strategies focused on practical ways to manage personal and professional roles effectively.

Program Overview:

- **Inaugural Session:**
The event commenced at **10:00 AM** with a welcome address by **Dr. Varsha Jadhav**, who emphasized the significance of mental health, time management, and support systems in achieving work-life balance.
- **Motivational Talk by Dr.Gauri Kadam:**
Dr.Gauri Kadam delivered an engaging and insightful session titled “**Balancing Life: A Journey to Inner Harmony**”. She discussed:
 - Recognizing signs of burnout and stress
 - Setting personal and professional boundaries
 - Time and energy management
 - Mindfulness and self-care techniquesHer talk included relatable examples and practical strategies that resonated well with both staff and students. The session was followed by an interactive Q&A round, where participants openly shared concerns and received valuable advice.
- **Interactive Activities:**
Short activities and exercises were conducted to reinforce key concepts. These included:
 - Stress management games

- Guided breathing and relaxation techniques
- Group discussions on everyday work-life challenges faced by women
- **Feedback and Experience Sharing:**
A few participants shared their personal experiences and how the session helped them gain clarity and motivation to implement changes in their routines.
- **Vote of Thanks:**
The event concluded with a heartfelt vote of thanks delivered by **Dr. Shirin Kshirsagar**, who appreciated **Dr.Gauri Kadam**'s valuable contribution and thanked the management, staff, and students for their enthusiastic participation.

