

## CHAMELI DEVI GROUP OF INSTITUTIONS

### Women Development Centre (WDC)

#### Introduction:

The WDC has always strived to plan and execute events that improve the sensitivity of people towards gender and foster gender equality. The WDC plans to take initiatives that would educate the students and staff about the need of having a conducive environment that would enable both the men and women to learn and develop themselves.

The activities planned and executed in the year 2018 are as follows

<b>Sr.No</b>	<b>Event</b>	<b>Date</b>	<b>Participating Department</b>	<b>No. of Students Present</b>
<b>1</b>	Visit at Jimmi Macligan center	18-Jan-18	EC students II year And MBA students and CDIP	<b>47</b>
<b>2</b>	Guest lecture on stress management	26-Jul-18	MBA I and II year	<b>65</b>
<b>3</b>	Session for girls on Hygiene	23-Aug-18	All girls of CS/IT/EC - I and II year and MBA I and II year and CDIP	<b>176</b>

## Event Report

*“We don't have a choice how we will die but we have a choice how we can live”*



**PREAMBLE:** Women Development Centre organized an Industry Visit at Jimmy McGilligan Centre for Sustainable Development for the students on 18<sup>th</sup> Jan 2018 (Tuesday).

**The objective of the visit was as follows**

- **To sensitize the students towards building a sustainable world by learning to make natural colors using flowers.**
- **To educate the students about alternate source of energy.**
- **To make the students aware about the fact that how a lady Dr. Janak Palta has worked against all odds in her life and is a living example of women empowerment.**

### Visit to Jimmy McGilligan Centre

Janak Palta McGilligan and her husband Jimmy McGilligan devoted all their life passionately and selflessly towards sustainable development for “**Green**” initiative having worked for years in Solar Energy and saving the environment.

“Women are the best teachers and trainers as mothers and grandmothers and you can bring changes in generations.” Some of the participants expressed their gratitude that even if they had Poi growing in their backyard and have been using Spinach and beetroot but they have first time learnt how to make colors. Training is so simple and easy.

Centre director Ms. Janak Palta McGilligan took them on a tour of the farm and see fruit trees, vegetables growing there, cows and a windmill and many solar cookers.

Varun Raheja gave detailed information about solar cooking technologies. Ms. Janak Palta gave them the insights on sustainable development and students said they have never seen and experienced a place, a living example of health consciousness, pollution free, waste free and full of natural energy. She told the students that all boys and girls must learn cooking because it's healthy and economical and it's Malwa's culture to enjoy food that is simple, stress free and nutritious. She said that being a historian she has added a new chapter in the history of Malwa by cooking on solar cooker and sharing with people.

The visit also accompanied by the training to make organic colors for Holi. Main objective of this training was to save the environment and health of people by empowering them with knowledge and skills of making natural colors so that they can also earn money , and become smart entrepreneurs of Indore in an effort to

promote Green efforts that are Environment friendly. This is to promote chemical free playing of Holi and Spring Festival of colors, spreading happiness. In India, communities did play eco-friendly Holi using bio-friendly colors made with natural ingredients. With time and fast spaced life these greener efforts did fade away.

Students learnt to prepare natural Holi colors through flower petals. They also understand the concept of sustainable development and learnt how zero waste life style can be adopted by different ways.



**PHOTOS  
DURING THE  
VISIT**

### **Analysis of the feedback and action taken**

It was found that the visit could not begin on time due to the delay in availability of the bus. It was communicated to the transport department to make the bus available on time in future.

The students enjoyed making the colors of holi and they wanted the workshop to be conducted in the college as well. But since Madam Palta has continuous workshops it seemed difficult but we had a discussion with madam and she said in future we may plan it.



## CHAMELI DEVI GROUP OF INSTITUTIONS

### Women Development Centre

### Event Report



*“The personality of a man is most attractive thing”*

**Preamble:** Women Development Centre organized a Session on Stress management on 26/07/2018 (Thursday) for the students and staff of CDGI family.

**The objective of the workshop was to**

- Understand the reasons of stress in women and men
- The workshop was specifically planned to make both the girls and boys understand the causes of stress and the ways it can be handled.
- The underlying objective was to make the students more sensitive towards each other and develop a sense of responsibility towards their batch mates in times of need.

Stress is a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize. This means that we

experience stress if we believe that we don't have the time, resources, or knowledge to handle a situation. In short we experience stress when we feel "out of control."

This also means that different people handle stress differently, in different situations: you'll handle stress better if you're confident in your abilities, if you can change the situation to take control, and if you feel that you have the help and support needed to do a good job.

“One of the difficulties about stress is that it can work for you or against you, just like a car tire. When the pressure in the tire is right, you can drive smoothly along the road: if it is too low, you feel all the bumps and the controls feel sluggish. If it is too high, you bounce over the potholes, and easily swing out of control”

Many of us experience stress in life, whether this is in the short term from one-off projects, or long-term stress from a high-pressure career.

Not only can this be profoundly unpleasant, it can seriously affect our health and our work. However, it **is** possible to manage stress, if you use the right tools and techniques.

Aiming to overcome the stress and anxiety a session on stress management was organized for all students and faculties of CDGI. The session was addressed by Ms. Neha Mulchandani, a confident and self-driven person and Counseling Psychologist.

Ms Neha informed the students about what is stress, how to identify stressors, how the mind (thoughts, beliefs, attitudes etc) influences the perception of stress, physiological response to stress, emotional aspects of stress, how stress affects people (mentally, physically, emotionally, socially, financially and behaviorally) and techniques of managing stress.

She also included some fun filled practical activities to make the ideas clear and asked thought provoking questions to encourage students to share their experience.

The ways of managing stress that the speaker discussed was

- Mediation
- Exercise
- Developing a hobby
- Meeting new people
- Developing a sensitive approach towards each other
- Learning to accept failures and go ahead in life
- Talking to friends and family in case of need.

The session was excellent, highly informative and encouraging. It helped the students understand different stress management techniques.



## GLIMPSES OF EVENT





Chameli Devi Group Of Institutions  
WOMEN DEVELOPMENT CENTRE  
Guest Lecture On Stress Management  
Speaker's Feedback Form

By: Ms. Neha Mulchandani

DATE: 26/07/2018

Please rate the speaker on the scale of 1 to 5 (5: Excellent, 1: Poor)

Description (optional)

Institute Name \*

1. CDGI
2. CDIP

Stream / Branch Name: \*

1. MBA
2. PHARMACY

### Sample Feedback Form

Selection of the topic by speaker. \*

	1	2	3	4	5	
1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5

The speaker had sufficient knowledge of the topic. \*

	1	2	3	4	5	
1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5

The speaker was able to communicate effectively. \*

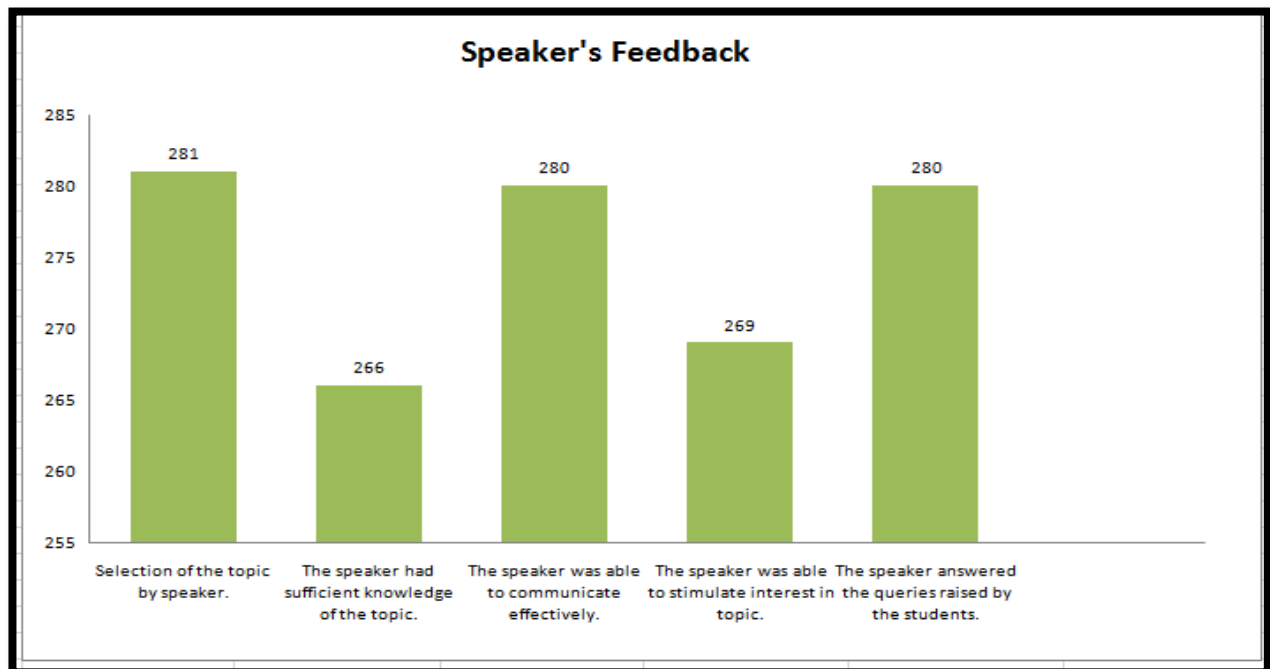
	1	2	3	4	5	
1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5

The speaker was able to stimulate interest in topic. \*

	1	2	3	4	5	
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Chameli Devi Group Of Institutions, Indore								
Women Development Centre								
Guest Lecture On Stress Management								
Speaker's Feedback							Date: 26/07/2018	
sn o	Institute Name	Stream / Branch Name:	Year:	Selection of the topic by speaker.	The speaker had sufficient knowledge of the topic.	The speaker was able to communicate effectively.	The speaker was able to stimulate interest in topic.	The speaker answered the queries raised by the students.
1	CDGI	MBA	I	3	5	5	4	4
2	CDGI	MBA	II	4	5	4	5	5
3	CDIP	PHARMACY	II	5	4	4	4	4
4	CDIP	PHARMACY	I	4	5	4	4	4
5	CDGI	MBA	II	5	3	5	4	4
6	CDIP	PHARMACY	II	3	3	5	5	5
7	CDGI	MBA	II	5	3	4	4	3
8	CDGI	MBA	I	3	4	4	2	3
9	CDIP	PHARMACY	II	4	5	5	3	3
10	CDGI	MBA	II	5	3	5	4	4
11	CDGI	MBA	II	5	4	3	4	2
12	CDIP	PHARMACY	I	4	4	2	5	5
13	CDGI	MBA	I	5	4	3	2	2
14	CDGI	MBA	II	3	4	4	3	3
15	CDGI	MBA	I	3	5	5	4	4
16	CDGI	MBA	II	4	5	4	5	5
17	CDIP	PHARMACY	I	5	4	4	4	4
18	CDGI	MBA	II	4	5	4	4	4
19	CDIP	PHARMACY	II	5	3	5	4	4
20	CDGI	MBA	II	3	3	5	5	5
21	CDIP	PHARMACY	II	3	5	4	5	5
22	CDGI	MBA	I	4	4	5	4	4
23	CDGI	MBA	II	3	3	5	5	5
24	CDIP	MBA	II	5	3	4	4	3
25	CDIP	MBA	I	3	4	4	2	3
26	CDIP	PHARMACY	II	4	5	5	3	3
27	CDGI	MBA	II	5	3	5	4	4
28	CDGI	MBA	II	5	4	3	4	2
29	CDGI	MBA	II	4	4	4	3	3
30	CDIP	PHARMACY	I	5	4	5	4	4
31	CDGI	MBA	I	3	5	4	5	5
32	CDIP	PHARMACY	II	5	5	5	4	5

## Response Sheet



Chameli Devi Group Of Institutions  
WOMEN DEVELOPMENT CENTRE  
Guest Lecture On Stress Management  
Session Feedback Form

By: Ms. Neha Mulchandani

DATE: 26/07/2018

Please rate the speaker on the scale of 1 to 5 (5: Excellent, 1: Poor)

Description (optional)

Institute Name \*

1. CDGI

2. CDIP

Stream / Branch Name: \*

1. MBA

2. PHARMACY

### Sample Feedback Form

Selection of the topic by speaker. \*

	1	2	3	4	5	
1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5

The speaker had sufficient knowledge of the topic. \*

	1	2	3	4	5	
1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5

The speaker was able to communicate effectively. \*

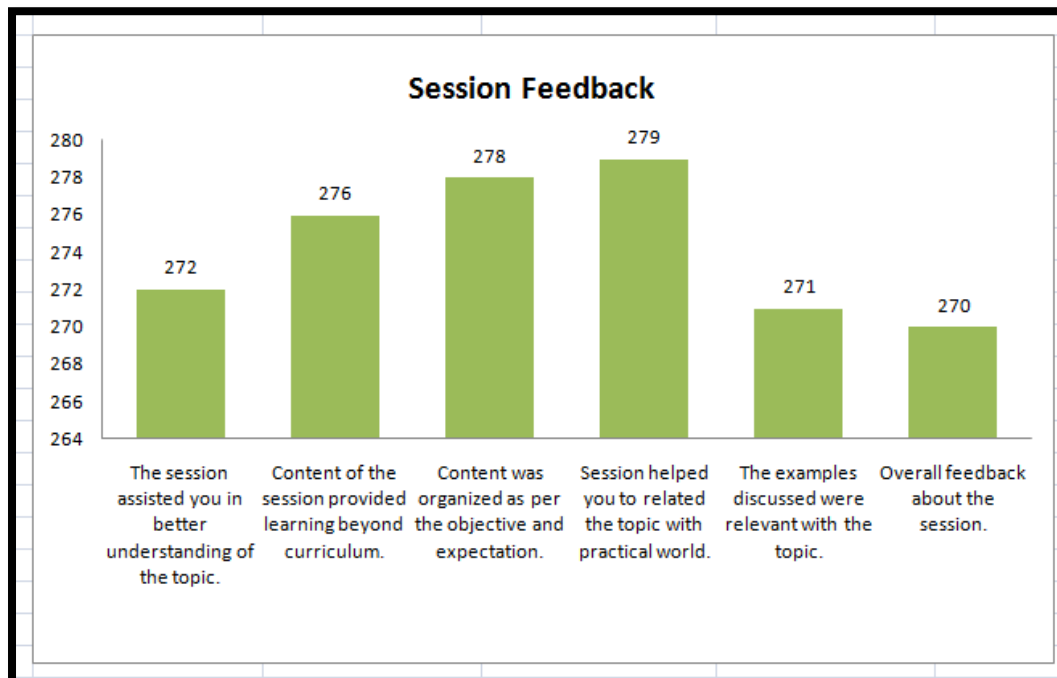
	1	2	3	4	5	
1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5

The speaker was able to stimulate interest in topic. \*

	1	2	3	4	5	
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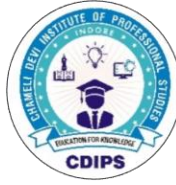
Chameli Devi Group Of Institutions, Indore									
Women Development Centre									
Guest Lecture On Stress Management									
Session Feedback								Date: 26/07/2018	
sno	Institute Name	Stream / Branch Name:	Year:	The session assisted you in better understanding of the topic.	Content of the session provided learning beyond curriculum.	Content was organized as per the objective and expectation.	Session helped you to related the topic with practical world.	The examples discussed were relevant with the topic.	Overall feedback about the session.
1	CDIP	MBA	I	3	5	4	4	4	4
2	CDGI	MBA	II	5	3	5	4	4	5
3	CDGI	MBA	II	3	3	5	5	5	4
4	CDIP	PHARMACY	II	3	5	4	5	5	5
5	CDIP	PHARMACY	II	4	4	5	4	4	3
6	CDGI	MBA	I	5	5	3	5	5	5
7	CDGI	MBA	II	4	3	3	3	3	5
8	CDGI	MBA	II	4	5	5	3	3	3
9	CDIP	PHARMACY	I	4	3	4	5	5	3
10	CDGI	MBA	II	5	4	5	4	4	5
11	CDGI	MBA	II	4	2	3	5	5	4
12	CDGI	MBA	II	4	3	4	5	5	5
13	CDGI	MBA	II	5	5	5	4	5	5
14	CDIP	PHARMACY	I	4	4	2	5	5	5
15	CDGI	MBA	I	5	4	3	2	2	3
16	CDIP	PHARMACY	II	5	5	5	4	5	4
17	CDIP	PHARMACY	I	4	4	2	5	5	5
18	CDGI	MBA	II	5	4	3	2	2	4
19	CDIP	PHARMACY	II	3	4	4	3	3	5
20	CDGI	MBA	II	3	5	4	5	5	3
21	CDIP	PHARMACY	II	5	5	5	4	5	5
22	CDGI	MBA	I	4	4	2	5	5	5
23	CDGI	MBA	II	5	4	3	2	3	3
24	CDIP	MBA	II	3	4	4	3	3	5
25	CDIP	MBA	I	3	5	5	4	4	5
26	CDIP	PHARMACY	II	4	5	4	5	5	4
27	CDGI	MBA	II	3	5	5	4	4	5
28	CDGI	MBA	II	5	4	3	4	2	3
29	CDGI	MBA	II	4	4	4	3	3	4
30	CDIP	PHARMACY	I	5	4	5	4	4	4
31	CDGI	MBA	I	3	5	4	5	5	5

## Response Sheet



## **Analysis of the feedback**

- **The students appreciated the workshop**
- **They wanted more such practical workshops, hence the WDC team has decided to incorporate more such workshops in times to come.**
- **Only MBA and CDIP students could participate in this workshop, similar workshops to be planned for other students.**



## CHAMELI DEVI GROUP OF INSTITUTIONS

### Women Development Centre

### Event Report



**PREAMBLE:** Women Development Centre organized a workshop on the topic **“Health & Hygiene”** for the students on 23/08/2018 (Thursday).

The objectives of the workshop were

- To create awareness about health and hygiene among the girls.
- To inform them about the various health issues that they might encounter if the hygiene is not maintained properly.

- Educating the girls about menstrual hygiene, the problems and solutions to it.
- To provide a platform to the girls to openly discuss their doubts and get the answers from the expert.

### **Workshop on Health and Hygiene**

A healthy life is a dream of each individual. For being healthy we need to know the actual meaning of health and hygiene. According to WHO, health is “a complete state of physical, mental and social well-being, and not merely the absence of disease or infirmity.” As per the definition, a person cannot be said to be healthy merely by a disease-free condition. He/ she should be physically as well as mentally healthy. This demands a hygienic condition. Health and hygiene are two correlated terms.

Hygiene is the practice of certain habits to maintain a good health. It can be at the personal level (personal hygiene) and at the community level (social hygiene). Personal level hygiene includes cleanliness, physical exercise, proper rest, and sleep and other habits like avoiding smoking, drinking alcohols, drugs etc.. Majority of diseases can be prevented by keeping a good personal hygiene.

Society includes the surrounding we live and other public places. A good environment has a great impact on the physical and mental condition of an individual. The untidy and improper way of disposal of waste in public places leads to unhealthy conditions. These lead to uncontrolled growth of rodents and disease-causing and carrying microbes and make us ill. Hence social hygiene is as important as personal hygiene.

To raise awareness about the Health and Hygiene among girls students CDGI organized a workshop by Dr, Pooja Jain. Dr. Pooja is a Gynecologist Practicing since last 10 years. She informed the students about the advantages of healthy eating, balanced diet, food pyramid and the various nutrients found in the food items.

However, the young eaters' favorite part was the description of the fruits and vegetables based on color. She also briefed about the benefits of doing everyday workout like jogging, yoga, physical exercise, playing sports and the need to drink lots of water, fruits and to have healthy eating habits.

She also sensitized the girls on practicing Intimate Hygiene. She Said Intimate hygiene is important for their overall health as it not only has a soothing effect but also protects a woman from harmful bacteria which could be the main cause of fatal diseases like cancer, various infections, sterility or other kinds of diseases. Dr. Pooja also solved the queries of the girls on various hygiene issues.







Glimpses of the Workshop





### Glimpses of the Workshop

## **Sample Feedback Form and Response Sheet**

<b>Chameli Devi Group Of Institutions WOMEN DEVELOPMENT CENTRE Session For Girls On Hygiene Speaker's Feedback Form</b>	
By: Dr. Pooja jain	DATE: 23/08/2018
Please rate the speaker on the scale of 1 to 5 (5: Excellent, 1: Poor) Description (optional)	
Institute Name *	
1. CDGI	
2. CDIP	
Stream / Branch Name: *	
1. CS	

Selection of the topic by speaker. \*

	1	2	3	4	5	
1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5

The speaker had sufficient knowledge of the topic. \*

	1	2	3	4	5	
1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5

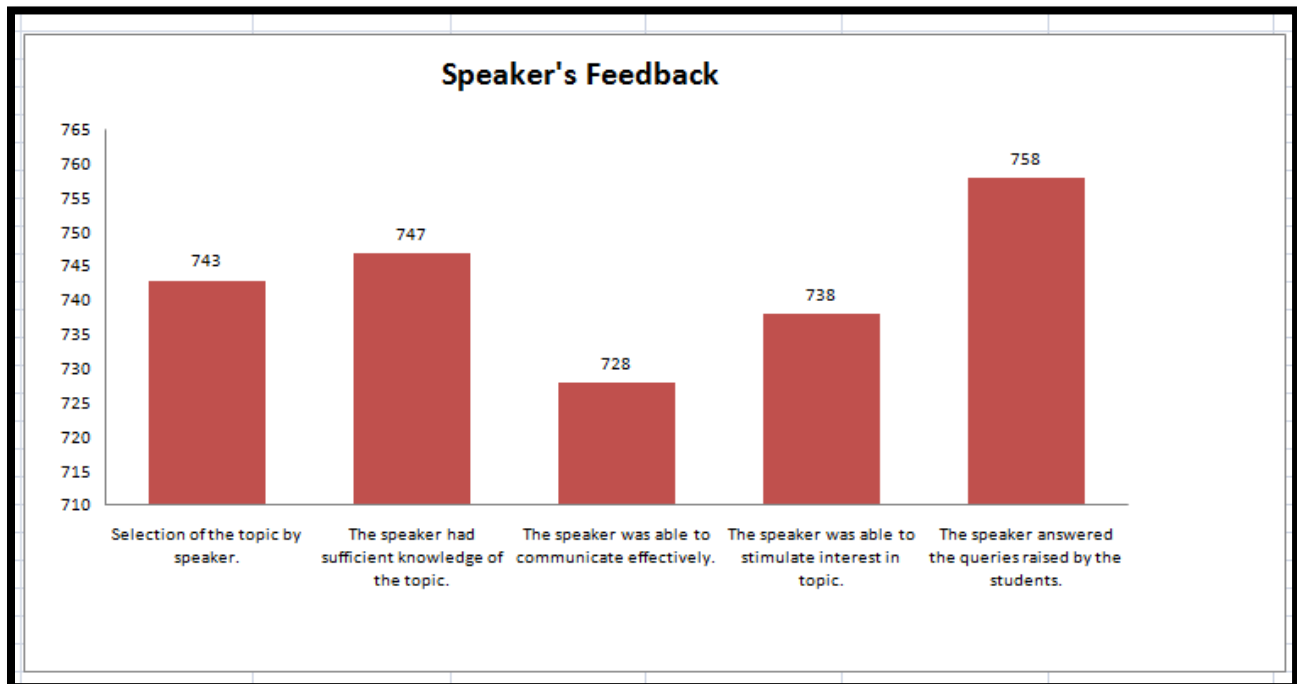
The speaker was able to communicate effectively. \*

	1	2	3	4	5	
1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5

The speaker was able to stimulate interest in topic. \*

	1	2	3	4	5	
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Chameli Devi Group Of Institutions, Indore								
Women Development Centre								
Session For Girls On Hygiene								
Speaker's Feedback							Date: 23/08/2018	
sn o	Institute Name	Stream / Branch Name:	Year:	Selection of the topic by speaker.	The speaker had sufficient knowledge of the topic.	The speaker was able to communicate effectively.	The speaker was able to stimulate interest in topic.	The speaker answered the queries raised by the students.
1	CDGI	MBA	I	5	4	5	4	4
2	CDGI	MBA	I	3	5	4	5	5
3	CDIP	PHARMACY	I	5	5	4	4	4
4	CDGI	CS	II	2	4	4	4	4
5	CDGI	IT	II	2	5	5	4	4
6	CDGI	CS	II	3	3	5	5	5
7	CDGI	MBA	I	4	3	4	5	5
8	CDGI	MBA	II	5	5	5	4	4
9	CDGI	MBA	I	4	4	3	5	5
10	CDGI	CS	II	4	3	3	3	3
11	CDGI	CS	II	4	5	5	3	3
12	CDGI	IT	II	4	3	4	5	5
13	CDGI	MBA	II	5	5	5	4	4
14	CDGI	MBA	I	4	4	3	5	5
15	CDGI	MBA	II	5	4	5	5	4
16	CDGI	EC	II	3	3	5	4	3
17	CDGI	MBA	II	5	5	4	5	5
18	CDGI	CS	II	5	5	5	3	5
19	CDGI	MBA	II	4	4	3	3	4
20	CDGI	MBA	II	5	5	3	5	5
21	CDGI	CS	II	3	3	5	4	3
22	CDGI	MBA	I	4	4	5	5	3
23	CDGI	MBA	II	4	4	4	3	3
24	CDGI	CS	II	5	4	5	4	4
25	CDIP	PHARMACY	I	3	5	4	5	5
26	CDGI	MBA	II	5	5	4	4	4
27	CDGI	CS	II	2	4	4	4	4
28	CDGI	CS	II	2	5	5	4	4
29	CDIP	PHARMACY	I	3	3	5	5	5
30	CDGI	CS	II	4	3	4	5	5
31	CDGI	MBA	I	5	5	5	4	4
32	CDGI	MBA	I	3	3	5	4	3
33	CDIP	PHARMACY	II	5	5	4	5	5
34	CDGI	IT	II	5	5	5	3	5



# Chameli Devi Group Of Institutions WOMEN DEVELOPMENT CENTRE Session For Girls On Hygiene Session Feedback Form

By: Dr. Pooja jain

DATE: 23/08/2018

Please rate the speaker on the scale of 1 to 5 (5: Excellent, 1: Poor)

Description (optional)

Institute Name \*

1. CDGI
2. CDIP

Stream / Branch Name: \*

1. CS

The session assisted you in better understanding of the topic. \*

	1	2	3	4	5	
1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5

Content of the session provided learning beyond curriculum. \*

	1	2	3	4	5	
1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5

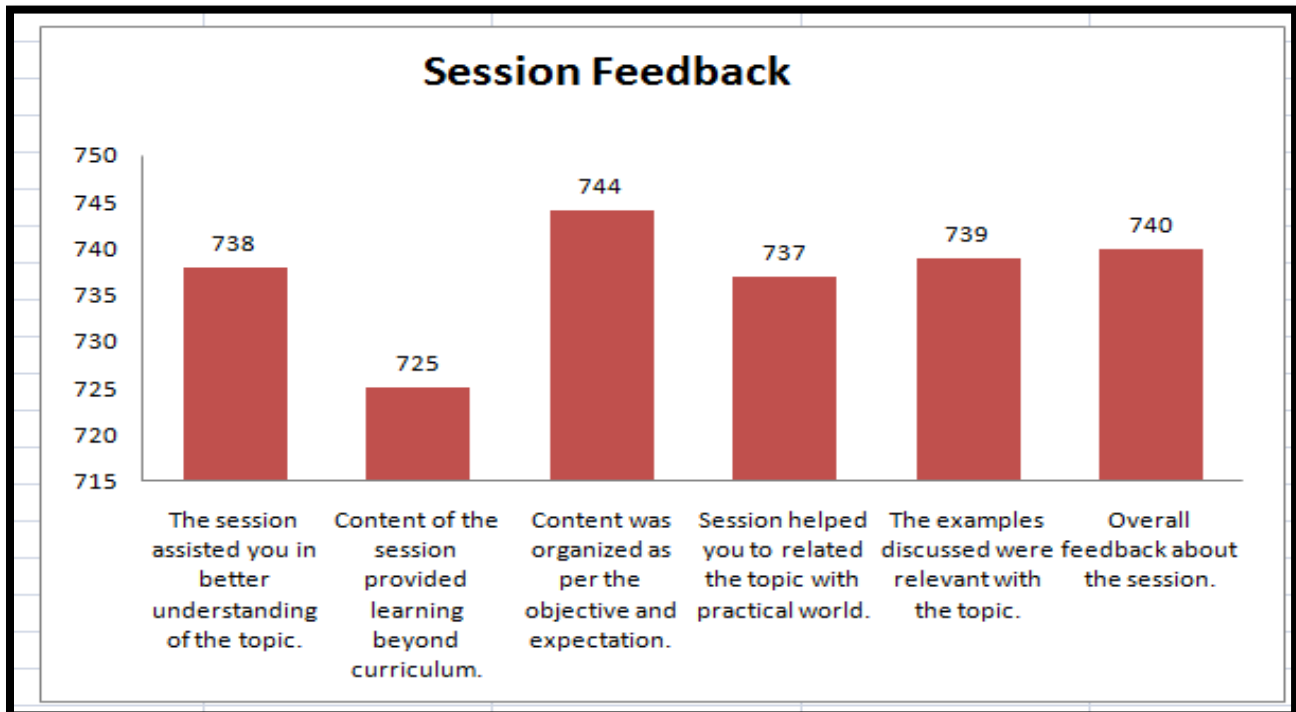
Content was organized as per the objective and expectation. \*

	1	2	3	4	5	
1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5

Session helped you to related the topic with practical world. \*

	1	2	3	4	5	
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Chameli Devi Group Of Institutions, Indore									
Women Development Centre									
Session For Girls On Hygiene									
Session Feedback								Date: 23/08/2018	
sno	Institute Name	Stream / Branch Name:	Year:	The session assisted you in better understanding of the topic.	Content of the session provided learning beyond curriculum.	Content was organized as per the objective and expectation.	Session helped you to related the topic with practical world.	The examples discussed were relevant with the topic.	Overall feedback about the session.
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16	CDGI	EC	II	5	3	3	5	3	4
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28	CDGI	IT	II	4	2	5	4	4	4
29	CDGI	CS	II	4	3	3	4	5	4
30	CDGI	MBA	II	3	4	5	4	3	5
31	CDIP	PHARMACY	I	5	5	5	5	4	3



**Analysis and action taken on the basis of feedback:**

- 1. The session was liked by the students.**
- 2. They learnt a lot of things about health and hygiene**
- 3. WDC plans to do more such sessions for the girls frequently.**