

# AWARENESS PROGRAMME ON “GENDER EQUALITY & BETI BACHAO-BETI PADHAO”.

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## Highlights:

LADLI FOUNDATION TRUST organizing “KANYA PUJAN MAHOTSAV” under the auspices of Ladies Forum for the year 2019-20.

Traditional belief for constructive work to promote “GENDER EQUALITY & BETI BACHAO-BETI PADHAO”.

For the last seven years, Ladli is involved in enhancing the quality of life of the socially victimized young women and has directly benefitted more than 65000 girls through its originaive projects. The flagship initiative program started by hon’ble prime minister “SHRI NARENDRA MODI JI”.



AWARENESS PROGRAMME ON “GENDER EQUALITY & BETI  
BACHAO-BETI PADHAO”.

Date: 08<sup>th</sup> August 2019

Venu: A.S.Patil College of Commerece(Autonomous),Vijayapur

Hall Number:12

Anchor	Asst.Prof.Veena A.More Member of Ladies Forum BCA Programme.
Welcome Speech & Introduction	Asst.Prof.Laxmi Bagalkot Chair person of Ladies Forum BCA Programme.
Speech by Chief guest	Dr. Sharada.Shankanwar
Speech by	Dr.Javid.Jamadhar President of National Youth Federation of India.
Speech by students	Swetha.jain Sejal.jain
Guest of honor	Mr.vijay Runwal Deepak Medicals.
Presidential Remark	Dr.H.M.Mujavar Principal of A.S.Patil College of Commerce (Autonomous),Vijayapur
Vote of thanks	Asst.Prof.Fatima.Sagarkhan M.Com Department

Anchor: Asst.Prof.Veena A.More  
Member of Ladies Forum  
BCA Programme.



Welcome Speech & Introduction: Asst.Prof.Laxmi Bagalkot  
Chair person of Ladies Forum  
BCA Programme.



Smt.Laxmi Bagalkot welcome all the delegates who were present on that day. She also welcome Dr. Sharada.Shankanwar and all the hygiene kit sponsored persons present in spite of their busy schedule, they spared their valuable time to be a part of the programme. She also introduced the chief guest of the programme Dr. Sharada.Shankanwar who were working as general physician and Ayurvedic gynecologist in her own clinic.

Speech by Chief guest : Dr. Sharada.Shankanwar  
General physician  
& Ayurvedic gynecologist



Dr. Sharada.Shankanwar gave an important speech on Food and nutrition for the woman. She talked on the importance of food and nutrition in human – being. We cannot live without food and water. But also we need nutritional food to built up our body and also the immunity.

She also mentioned the three functions of food which are as under:

1. It gives us strength
2. It help us to built up the immune system to fight against diseases
3. It help to maintain the bodily growth especially among babies

The nutritionist described about balance diet which is the kind of food which we have to include in our meals everyday the six essential nutrients, that is carbohydrates, proteins, vitamins, fats, minerals and water. She taught about the disadvantage of junk food and the methods of cooking so as not to destroy the essential nutrient present in food grains like rice, potatoes, dal etc.

Balance diet is very important for girls which is also the crucial age for them. It is also known as the second Growth Phase. But there are reasons for poor nutrition on adolescent girls which can be described as follows:

1. Lack of knowledge in the family and community about the importance of nutrition during teenager stage
2. Lack of food because of Socio – economic circumstances
3. Poor dietary intake of vegetables and fruits

4. Bad and unhygienic cooking habits
5. Lack of appetite due to stress and strains

The nutritionist stressed about the importance of Iron because it is the stage that the adolescent girls undergo menstruation cycle. If the amount of iron is not taken, the adolescent girl may become anemic and that too because of poor nutritional food in the body.

Speech by: Dr.Javid.Jamadhar  
President of National Youth Federation of India.



**Dr.Javid.Jamadhar** spoke on the occasion as he stated that to make empowerment and to improve the social status of women by encouraging her. As the Central Government given the statement that “Women has to be get equal importance” in society.

While speaking sir had highlights the following valuable points:

- To prevent gender biased sex selective elimination
- To ensure survival and protection of the girl child
- To ensure education and participation of the girl child

Presidential Remark: Dr.H.M.Mujavar

Principal

A.S.Patil College of Commerce(Autonomous),Vijayapur



Principal Dr.H.M.Mujavar presided over the function and addressed the students and motivated the students and stressed about the importance of “GENDER EQUALITY & BETI BACHAO-BETI PADHAO”.

Vote of Thanks: Asst.Prof.Fatima.Sagarkhan

M.Com Department

Asst.Prof.Fatima.Sagarkhan offered the vote of thanks on behalf of A.S.Patil College of Commerce(Autonomous),Vijayapur. She express special thanks to the chief guests Dr. Sharada.Shankanwar , Dr.Javid.Jamadhar and Mr.Vijay Runwal.



She also thank Laxmi Bagalkot and Veena.More and Co-workers for their help and support in making the programme a success. A big thank you to all the participants and each one of you present here.