

M. S. P. Mandal's
R.B. Attal Arts, Science & Commerce College, Georai.
INTERNAL COMPLAINT COMMITTEE, 2020-2021
ANNUAL REPORT

COVID-19 has amplified and exacerbated stress and overwhelms mental health issues have been on raise for teachers, administrative staff and students for long time. Internal Complaint Committee and District Mental Health Department, Beed had jointly organized a talk on Stress management in R. B. Attal College, Georai on 8th January 2021 at 11.30am in Seminar Hall. Dr. Mogle, District Mental Health Department, Beed, delivered a talk on Stress management. He said that due to fast and busy life style we all are facing big changes and so unknowingly always under lots of pressure. To overcome this Effective stress management is very important. Healthy diet, sufficient sleep, regular exercise helps to reduce the stress. He said that Cancer, heart attack, diabetics are some serous decease which could be also result of depression.

Internal Complaint Committee had organized a Facebook live talk on 'Stri Purush Samanta- Vichar ani Vastav'. Dr. Samita Jadhav, Associate Professor, Deogiri College, Aurangabad, was delivered a talk on 27th Jan 2021 at 11.30 am from facebook page of R. B. Attal Arts, Science and Commerce College, Georai, Dist. Beed. Dr Samita Jadhav mentioned that the subject of empowerment of women has become a major issue across the world including India over past few decades. Many agencies of United Nations in their reports have emphasized that gender issue is to be given utmost priority. Inequalities between men and women and discrimination against women have also been age-old issues all over the world.

'Internal Complaint Committee' and Dept. of Zoology had jointly organized a 'Blood Group Detection Camp' on 1st February 2021 at 11:30 am. in the Zoology laboratory. The main objective of this Blood Group Detection camp was to know the blood group. Principal Dr. Rajni Shikhare had inaugurated the camp and explained the importance of blood group detection. The program was conducted with all safety precautions for COVID-19.

This year, the theme of International Women's Day (8 March) is, "Women in Leadership: Achieving an equal future in a COVID-19 world." The day was celebrated by the women empowerment cell of the college on 8th March 2021 at 10.30 am from facebook page of R. B. Attal Arts, Science and Commerce College hoping a more equal future and recovery from the COVID-19 pandemic and highlights the gaps that remain. Chef guest, Prof. Chhaya Sondge, Shri. Bankat Swami Mahavidyalaya, Beed said that 'Stri' means her empowerment and for making her empowerment all the obstacles in her path should be removed. She also briefed that women's need for equality emerged from ancient times due to gender inequality and male domination in Indian society. She highlighted that women should never compromise on their dreams. They should always work to achieve their dreams and reach the same by overcoming all the hurdles

Women Empowerment Cell of the College visited Girls at Balgram Anathalay, Georai on 9th March 2021 on the occasion of International Women Day. The visit began with an interactive session between the girls and the students of our college. This was followed by games, conversations, and more fun activities. It was an amazing opportunity for the children to talk about their passions, their dreams, their favorite games, food items, and so much more. The College offered lunch for all inmates.

Anemia is widespread in India. Prevalence of anemia is very high among girls. So efforts should be taken to reduce the prevalence of anemia and promote the health of girls. Therefore, Women Cell organized a two day Complete Blood Count Check-up Camp for girls in collaboration with District Health Centre camp on 6 & 7th August. Free medicines for one year were given to the girls who were reported as anemic.

Women Empowerment Cell had organized a free blood check-up and a routine health check-up for women in the adopted village Revki on 12th August 2021 and at 'Sahara Anathalaya', Balgram, Georai, on 18th August 2021 In this activity, the doctors counseled the women and children about various health problems and cleared their doubts through checking their weight, BP and blood tests like CBC.

The increasing influence of social media has raised alarm bells as well as giving a boost to overall connectivity. While social media can be used in ways that promote positive and productive ideas in society, the negative outcomes from social media such as cyber-bullying and other online dangers also pose a massive threat. Therefore, the Women Cell organized a lecture 'Social Media: Do's and Don'ts on 9th August 2021 at 2.00pm on zoom platform. Chief guest PSI Vijendra Nachan, Crime Branch, Beed guided that social media can be used in a constructive and peace-building manner. It's important to be cognizant of your actions online, so that you don't contribute to such a problem, or become a victim.

It is observed that Tribal Banjara Women in Geroai Taluka experience poor access to basic needs such as healthcare, safe and pure water, sanitation, education, etc. This pandemic has created food insecurity and these people have lost their means of livelihood.

The Women Empowerment Cell visited Banjara (Tribal Community) Tandas on 11 Aug 2021 in the vicinity in order to make the Banjara women aware about health and hygiene, education and to know their socio-economic status. These women were interviewed by the female teachers and girls. It has been observed that the colorful life of banjara women is seen as their outer world but they face the problem within Tandas and household by bearing all type of annoyance.

To bring out the creative talents of students and celebrate the festival of lights in its true spirit. The 'Diya' decoration competition was organized by women empowerment cell at College on 30th October 2021. The main objective of this Competition was to explore the student's imagination and creativity. Most of the students participated enthusiastically in the Competition.

The need of the hour for the girl students in the society is to safeguard them against violence committed against them. It is felt that student welfare can strengthen the girl students for their self-protection and women empowerment through a programme of self-defence. Women

empowerment cell had organised a three day Self defence program from 22/11/21 to 24/11/21. Objectives of this programme are, to educate the girl students about different types of violence against them, to provide knowledge about the different tips of self-protection to keep in mind in different situations, to show case and give demo on different self-defence techniques. To aware girls about their self-protection such programs arranged by Women Cell of the College. Mr. Avinash Bargaje, Military School, Beed guided the students.

A few minute of Yoga during the day can be great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama and meditation are effective techniques to release stress. Meditation is relaxation and rejuvenates the body and mind. With this aim a Three Day Yoga Camp” for the girl students of the college had organized on 9/12/2021 - 11/12/2021 in Indoor Hall of Sports Department. Dr. Varsha Jaysingpure, Associate Professor, Balbhim College, Beed guided the students.
