



Report on 'International Women's Day Program at VPKBIET' on 08 Mar 2025

The International Women's Day was celebrated under the guidance of the Presiding Officer of the Internal Complaint Committee (ICC) Dr. Aparna G. Sajjan by the empowered women power of VPKBIET during the entire day. A team of doctors and technical experts from Mahila Ayurveda Hospital, Baramati was invited with the intention of Health Awareness lectures followed by a Medical Camp. The secretary of Vidya Pratishthan Adv. Nilimatai Gujar inaugurated the session and offered best wishes to the woman power of VPKBIET. Both the lectures 'Importance of Gender Sensitization in Reproductive Health' by Dr. Smita Patil and 'Importance of Ayurveda and Yoga in Daily Life' by Dr. Savita Wale were immensely informative, interactive and helping us understand key health concerns and preventive measures. Subsequently, during the medical camp, our staff members underwent a health check-up, which included tests for blood pressure, hemoglobin levels, blood sugar levels, Nadi Parikshan, and registration on the Prakruti Parikshan App. VPKBIET lady staff members offered valuable gifts to the house keeping lady workers. Dr. Aparna Sajjan, Mrs. Varsha Surwase, Mrs. Gauri Bhoite, Mrs. Swati Lad, Mrs. Kusumanjali Jagtap and Mr. Deepak Sonawane contributed drastically towards the success of the noble activity.

News Link : <https://bhavnagari.in/विद्या-प्रतिष्ठान-बाराम-4/>

<https://youtube.com/shorts/xxU1qMwrrUk?si=hNqx9SRVvzIuRYXO>





Vidya Pratishthan's
Kamalnayn Bajaj Institute of Engineering & Technology, Baramati



Welcome
for
Women's Day Program On Health Awareness



Dr. Savita Wale
Associate Professor
Govt. Ayurveda Hospital, Baramati



Dr. Smita Patil
Assistant Professor
Govt. Ayurveda Hospital, Baramati

Date: 8th March 2025 Time: 10:00 AM to 11:00 AM
Venue: Hall No. 02, Main Building, VPKBIET, Baramati

Daily Routine

ब्राह्मे मुहुर्ते उत्तिष्ठे	Waking up Early
शौच विधी	Voiding urges
दंतधावन	Brushing teeth
अंजन	Collyrium
नावन	Nasal Drops
गण्डूष	Gargling
धूमपान	Inhalation of Smoke
ताम्बुल सेवन	Having Betel leave
अभ्यंग	Oil massage
व्यायाम	Physical exercise
उद्वर्तन	Powder massage
स्नान	Bathing
सद्वृत्त	Good conduct

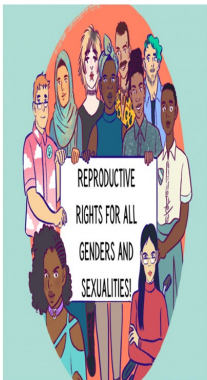
Gender Sensitization Difference Between Sex and Gender



- **Sex** – refers to the **biological differences** between males and females, such as the genitalia and genetic differences. And hence, are anatomical and physiological.
- **Gender** - : People are **born female or male**, who **grow into women and men**. They are taught what the appropriate behavior and attitudes, roles and activities are for them, and how they should relate to other people. **learned behavior are set by the society.**
- Responsibilities, norms/values, dress codes, attitudes, opportunities, rights, mobility, freedom of expression, priorities and even dreams are **determined by the society.**
- *Sex is biologically determined. Gender is a social construct*

Dr Smita Patil

Conclusion



- **“WHEN WOMEN HAVE EQUAL RIGHTS, EVERYONE BENEFITS”**
- **“May every woman feel empowered, valued, and unstoppable today and always!”**
- **“Wishing all women the power to achieve their dreams, break barriers, and shine in every sphere of life! Happy Women’s Day! ”**



Dr Smita Patil