



## Report – Women and Sexual Harassment Cell

### A. About Activity:

<b>Name of Activity</b>	International Women’s Day Celebration	<b>Date</b>	6 <sup>th</sup> March 2020
<b>Name of Expert</b>	Meghana Goswami and Mahuva Police	<b>Place</b>	Diwaliba Polytechnic, UTU
<b>Total No. of Participant</b>	45	<b>Time</b>	9:00 to 1:00

### B. Purpose:

The Main purpose is to improve good nutrition. Nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health. Another purpose is to give inspirational speech on women’s day they must develop confidence and self discipline in order to get success in their professional and personal life. They can able to flight for the rights. Every person has to know about the responsibility to word the society.

### C. Activity carried out:

1. Start the session by UTU anthem.
2. After these, Introduced the guest.
3. Discussed on why we are together here.
4. Discuss on importance of women day.
5. Session conduct by expert (Meghana Goswami) on ‘Nutrient basics’.
6. Next session conduct by Mahuva Police on ‘Safety and Defense’.
7. After session, Dance and singing performance given by students.
8. Distributed gift to students for dance and signing performance.
9. Student sharing their views on nutrient.
10. Shown video of diwaliba women cell activities.
11. Vote of thanks.

### D. Outcome of activity:

Main outcome of this activity to change in consumer behaviour towards increased consumption of a diversified diet of vegetable and fruits, with implications for obesity and diet related diseases.

### E. Details:

<b>Name of Trainer</b>	<b>Designation/Role</b>	<b>Email</b>	<b>Contact No</b>
Meghana Goswami	Lecturer and Clinical Instructor	meghana.goswami@utu.ac.in	9727592111

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### Photographs:





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