



HUMERA KHAN COLLEGE OF EDUCATION

UGC.NCTE Approved, Affiliated To University Of Mumbai (NCTE Code No: 123082)

Oshiwara, Jogeshwari(W)

NAAC Accreditation 'B' Grade



MAHARASHTRA EDUCATIONAL SOCIETY'S HUMERA KHAN COLLEGE OF EDUCATION

Oshiwara, Jogeshwari (W), Mumbai-400102

NAAC ACCREDITED GRADE "B"



CELEBRATES

International Women's Day



WOMEN'S HISTORY MONTH 2025
"MOVING FORWARD TOGETHER"



DATE: 08TH MARCH 2025

TIME: 10AM ONWARDS

VENUE: CLASSROOM

PRINCIPAL
DR. MASARRAT SAHEB ALI

CHIEF CO-ORDINATOR
DR. VARSHA MARU

EVENT INCHARGE
DR. AVANI KANAKIA

ORGANISING COMMITTEE

ASST PROF. VIDYA VISHWAKARMA

DR. SANDHYA SARWADE

ASST PROF. VIKAS YADAV

ASST PROF. SHENAZ KHAN

**VISION: SHAPING THE PUPIL TEACHERS TO SHOULDER THE RESPONSIBILITY
OF SHAPING THE FUTURE YOUTH OF THE NATION**

REPORT ON WOMENS DAY

Date: 8th MARCH 2025

Principal: Dr. Masarrat Saheb Ali

Faculty Incharge: Dr. Avani Kanakia

The Women's Cell Committee of Humera Khan College of Education organized a special event on the occasion of International Women's Day on March 8, 2025, at 10:00 AM. The celebration began with a short inaugural session highlighting the significance of Women's Day and its importance in society. The event aimed to create awareness on women's health, well-being, and the importance of self-care, emphasizing the need for holistic development and empowerment.

Objectives:

- To celebrate and acknowledge the contributions of women's.
- To promote physical and mental well-being through a dedicated yoga session.
- To raise awareness about cancer prevention, early detection, and treatment through an informative seminar.
- To educate and empower students about gender equality and women's rights.
- To encourage active participation in discussions and initiatives that support women's health and empowerment.

Significance:

- The event highlighted the importance of Women's Day and created awareness about women's health and well-being.
- The yoga session encouraged participants to adopt a healthy lifestyle by promoting physical and mental wellness.
- The cancer awareness seminar educated students and faculty on early detection, prevention, and treatment options.
- The celebration fostered a sense of unity and encouraged active participation in initiatives supporting women's health and welfare.

Content:

- The event began with a short celebration to highlight the significance of Women's Day and its importance in society. The assembly was conducted by General Secretary, Unaiza Khan, and Assembly Incharge, Maseera Shaikh.

- The celebration aimed to create awareness about women's health, well-being, and the importance of self-care.
- Under the Women's Cell Committee, an amazing session on "Balancing Chakras Meditation" was conducted by Dr. Avani Kanakia Ma'am. The session focused on mental well-being, inner balance, and self-care, guiding participants through the importance of chakras and their alignment. Dr. Avani Kanakia ma'am shared practical meditation techniques, allowing attendees to experience deep relaxation and mindfulness. The yoga session by Ma'am helped attendees realize the physical and mental benefits of yoga, including stress relief, improved flexibility, and overall wellness. The session was well received, leaving a positive impact on all participants.
- Following this, a seminar on Cancer Awareness was conducted by Dr. Sai Bichu, educating attendees on the importance of early detection, prevention strategies, and treatment options. The session provided valuable insights into women's health, reinforcing the need for proactive measures and self-care.
- The event concluded with a message encouraging participants to prioritize their health and well-being.

Learning Outcomes:

The Women's Day celebration at Humera Khan College of Education provided a deeper understanding of the importance of women's health, well-being, and self-care. The event emphasized the significance of Women's Day, encouraging participants to recognize the need for maintaining a healthy lifestyle. Through active participation, students and faculty gained practical insights into incorporating yoga into their daily routines.

The celebration left a lasting impact on the attendees, reinforcing the importance of self-care and early health awareness. Participants gained valuable knowledge on meditation techniques for mental well-being and understood the significance of proactive health check-ups. The session by Dr. Avani Kanakia helped individuals connect with their inner energy and manage stress effectively, while Dr. Sai Bichu's seminar encouraged them to be more health-conscious and informed about cancer prevention.

The cancer awareness seminar by Dr. Sai Bichhu played a crucial role in educating participants about the importance of early detection, prevention, and treatment of cancer. The session provided valuable knowledge on recognizing symptoms and taking proactive health measures. Interactive discussions allowed students and faculty to clarify doubts and gain a better understanding of cancer-related concerns. Overall, the event fostered awareness, encouraged a proactive approach to health, and inspired individuals to prioritize their well-being in daily life.

The event successfully met its objective of spreading awareness, motivation, and empowerment, reminding every woman present that her health and well-being matter just as much as any other responsibility.

ASSEMBLY





BALANCING CHAKRAS MEDITATION



WORKSHOP ON CANCER AWARENESS

