

Maharashtra Education Society  
**MES Night College of Arts & Commerce**  
Karve Road, Pune

## **International Women's Day**

**Date:** 8th March 2023

**Time:** 5.00 to 7.00

**Venue:** The College Ground

**Objective of the program:**

1. To inform the female students about the importance of Women's Day.
2. To encourage the female students to live happily while living as women.
3. To educate today's female students about how to take care of their physical health while shaping the women of tomorrow.
4. To aware the female students about the importance of the saying "Arogyam Paramam Bhagyam Swasthya Sarvartha Sadhanam".

**Details of the Program:**

MES Night College of Arts & Commerce celebrated International Women's Day on Wednesday 8th March 2023, from 5.00 PM to 7.00 PM. The program was celebrated under the guidance of Dr. Atul Kulkarni. The students were guided by Smt. Pradnya Adhav, Smt. Smita Raut and Smt. Akshata Deodhar to celebrate International Women's Day.

Sanika Bhosale, a SYBCOM student, launched the "Body Health Mantra" program, which effectively instilled enthusiasm among the participants. The program emphasized the significance of Yogasana through various methods. To encourage active participation, students were invited to ask questions, and Sanika Bhosale addressed their inquiries by demonstrating relevant yoga postures and providing sound guidance on maintaining a healthy diet. Outdoor activities, including games like musical chairs and kho-kho, invigorated students and unlocked their latent potential. This resulted in a noticeable increase in their physical energy.

Additionally, SYBCOM student Durgesh Kolambe contributed a visually stunning painting poster for the International Women's Day decorations. Mrs. Smita Raut expressed her gratitude to all participating students.

**Program Outcomes:**

1. The program helped to bring the students together on the occasion of Women's Day.
2. The program helped the female students to understand their own identity.
3. Lessons on maintaining body health were learned by the female students through yoga.
4. Latent qualities were energized through outdoor play.
5. Every female participant acquired the power to become a woman of Future India.

**Photos:**



**A Few Snapshots of World Women Din**



**Students enjoying the World Women's Day play by Outdoor Games**