

7.1.1. Number of gender equity promotion programs organized by the institution during the last five years (5)

For Faculty Members -

Year	Title of the program	Date and Duration (from-to)	Number of participants
2017 – 18	Parenting	18 July 2017, 10.00 am to 11.00 am	15
2015 – 16	Good Food Good Mind	16 June 2016, 11.00 am to 12.00 noon	14
2015 – 16	Investment for Women	19 December 2015, 1.00 pm to 2.00 pm	15
2014 – 15	Women Health	8 June 2015, 10.00 am to 11.00 am	16
2013 – 14	Time Management	15 May 2014, 10.00 am to 11.00 am	21
2013 – 14	Work Life Balance	10 Jan 2014, 10.00 am to 11.00 am	21

For Students –

Year	Title of the program	Date and Duration (from-to)	Number of participants by Gender
2017 – 18	Abuse and Addictions	28 August 2017, 10.00 am to 11.00 am	165
2016 – 17	Women Entrepreneurs	17 October 2016, 1.00 pm to 2.00 pm	150
2016 – 17	Skill Development	27 September 2016, 10.00 am to 12.00 noon	160
2015 – 16	Handling Stress	5 November 2015, 11.00 am to 12.00 noon	130
2014 – 15	Personal Grooming	26 August 2014, 10.00 am to 12.00 noon	140




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Report on Parenting

JuLY 18th , 2017: A session on parenting was organized to the faculty members about the parents' roles in student achievement.

The speaker Dr.Padmaloohana Bisoyi spoke about the problem parents have is they've never been trained to handle kids that don't listen, refuse to go to bed, or do their homework. But just like employees can be taught new tools to be better accountants, engineers and managers, parents can be armed with tools to effortlessly manage day-to-day discipline challenges of raising children, leaving them more confident, less stressed and more in control.

As an employer, who do you want walking through your door each morning: The employee who is rushed, harried, stressed and distracted...or the employee who woke up well rested, feels calm following a smooth morning routine and does not feel guilty about dreading going home later that day.




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Report on Good Food Good Mind

June 16th, 2016: A session on good food good mind was organized to the faculty members about the impact of good food good mind.

The speaker Mrs. Kajal Maheshwari spoke about the significance of good food good mind. She had covered feed your body good food, feed your mind good thoughts.




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Report on Investment for women

December 19th , 2015: A session on investment for women was organized in order to make aware the faculty members about the importance of investment of money. The speaker Mrs.Aishwarya G spoke about where, when and how to invest the money.

In Your 30s

At this age, women are usually married and might even have children. They have the additional responsibility of caring for a family. Women must remain invested in Mutual Funds and should also hold Life Insurance policies. One Life Insurance policy for each earning member in the family is a must. It is also important to invest for your children's future. Mutual Fund Systematic Investment Plans (SIP) is a good way to start.

In Your 40s

In your 40s you're probably thinking about funding your kid's higher education. If you think you haven't saved enough for it, consider an education loan. This loan gives you tax benefits under Section 80E of the Income Tax Act. If not, loans against property or Fixed Deposit are a better option. These come at a lower interest rate.

In Your 50s

As you near your retirement, you should start moving some of your risky investments to safer avenues such as debt mutual funds.




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Report on Women Health

June 8th, 2015: A session on women health was organized in order to make attentive the faculty members about the importance of women health.

The speaker Dr.Kirti Dharwadkar spoke about how to foster good mental health in the workplace. Maintain good posture, reduce consuming caffeine beverages, take healthy lunches and place a bowl of fruits in the office.




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Report on Time management

May 15th, 2014: A session on time management was organized in order to make aware the faculty members about the importance of time.

The speaker Ms.Pranita Burbure spoke about time must be explicitly managed, like money. Time management will make a difference not only for your organization, or family, but also for your personal development, self-knowledge, studies/education, family, friendships. To have a balanced life is very important, there for the ability to integrate in your schedule free time, leisure, creative activities, intimacy, adventure, and space for unplanned and unexpected events or encounters in your life.




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Report on Work life Balance

January 10, 2014: A session on work life balance was organized in order to sensitize the faculty members about the importance of maintaining the right work life balance.

The speaker, Ms. Sneha Alan spoke about the necessity of proper prioritizing between career and ambition on one hand and life i.e health, pleasure, family, leisure and spiritual development on the other. She expressed that in today's world, the reason more and more cases of suicides and mental stress is being heard is because of the imbalance between work and family time. Reports state that 60% of the people today are not being able to give time to their families and because of which a lot of guilt piles up. Suicidal and divorce rates have increased considerably since the olden times. She stressed about the importance of understanding how one should learn to maintain the right balance between work and family in order to have more fulfilling lives. The faculty members participated enthusiastically and got a lot of guidelines on how to maintain a good work life balance and appreciate more fulfilling relationships.




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Report On Abuse and Addictions

August 28th, 2017: A session on Abuse and Addictions was organized for MBA-I year students .

The speaker Dr.Iram Shaikh spoke about how to prevent addictions among college students. People often take this fun too far by delving into excessive drug and alcohol abuse. This impacts millions of college students every year in multiple ways, including creating a lifelong addiction, causing educational problems, and even personal injury. The speaker has promoted some alternative life styles.




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Women Entrepreneurs

October 17th, 2016: A session on Women Entrepreneurs was organized to MBA-II year students

The speaker Prof. Aishwarya Gopalkrishnan spoke about Successful Women entrepreneurs in India. Everyone must come up with a vision that motivates people to give their best. Be a student for life and listen carefully. Work with time and value your values.




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Skill Development

September 27th,2016: A session on skill development was organized to MBA-I year students

The speaker Dr.Daniel Penkar spoke about how to manage the time and the way of listening and how to recap (Listening, respect, interpersonal skills, communication). The speaker explained the steps of successful problem-solving and 4 skills that are important for employment (academic skills, life skills, employability skills, and technical skills.)




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Handling Stress

October 5th, 2015: A session on handling stress was organized to MBA-II year students

The speaker Prof. Pranita Burbure had discussed the following things:

1. Identify the sources of stress in your life
2. Practice the 4 A's (Avoid, Alter, Adapt & Accept) of stress management
3. Connect to others
4. Make time for fun and relaxation
5. Manage your time better
6. Maintain balance with a healthy lifestyle




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Personal Grooming

August 26th,2014: A session on Personal grooming was organized to MBA-I year students

The speaker Dr.Daniel Penkar spoke about how to evaluate your personality and how to look and feel presentable in front of others, how to create a proper posture, how grooming can have a great impact on your life and Be a good role model for others.




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