



Shri Shamrao Patil (Yadravkar) Educational & Charitable Trust's

Sharad Institute of Technology College of Engineering

Yadrav (Ichalkaranji)-416 121 Dist: Kolhapur

(Approved by AICTE, New Delhi, Recognized by DTE, Government of Maharashtra &

Affiliated to Dr. Babasaheb Ambedkar Technological University, Lonere,

Accredited by NAAC with 'A' Grade, An ISO 9001:2015 Certified Institute, NBA Accredited Programmes)

An Autonomous Institute

Details of Events conducted through Women Club during

A.Y. 2025-26

Sr. No.	Name of Club	Name of Activity	Date of Conduction	No. of students enrolled
1	Womens Club	Expert talk on [Dr. Manisha Bhojkar(Ayurved Consultant and counselling Pyschologist)]	26 th August 2025	FY Students
2	Womens Club	Expert talk on [Dr. Shishir Shivanand Rudrakshi [Gastroenterologist, Fitness coach, Diet and Lifestyle modification expert]	29 th August, 2025	FY Students

Mrs P M Swami

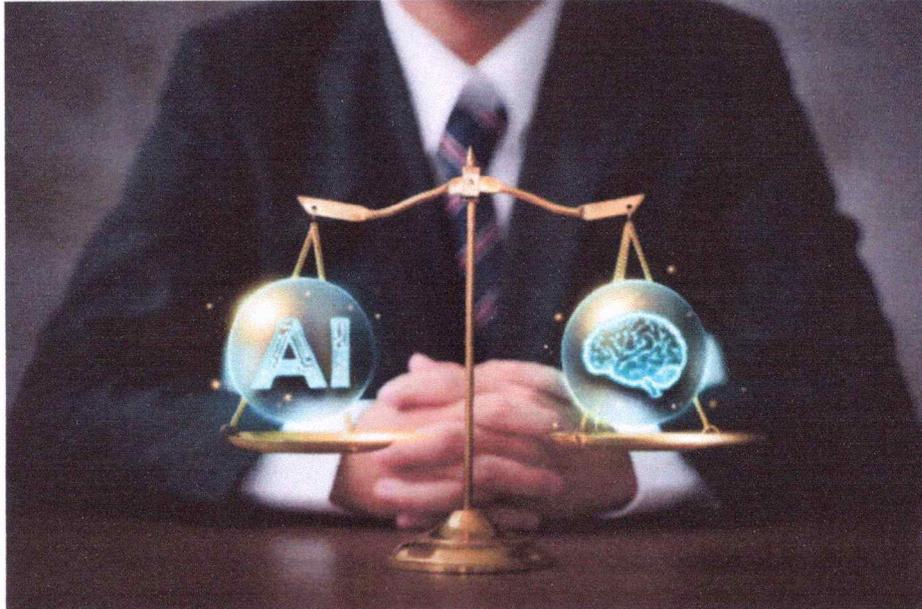
Vice President



Ms P D Ghate

President

Guest Lecture on : Ethical Decision Making



Title:- Ethical Decision Making

Date:- 26th August 2025

Time:- 2:20pm

Venue:- Seminar Hall

Beneficiaries:- UG Engineering students and Female Faculties

Participants:- FY students

Resource Person:- Dr. Manisha Bhojkar (Ayurved Consultant and counselling Pyschologist)



Sr.No	Event/Competition Details	SDG Goals Mapping	Justification
1.	Expert talk on [Dr. Manisha Bhojkar (Ayurved Consultant and counselling Pyschologist)]	SDG 16 – Peace, Justice and Strong Institutions	➤ Ethical decision-making promotes justice, fairness, and responsible behavior, contributing to peaceful and inclusive societies.
		SDG 5 – Gender Equality	➤ Empowering girls to make ethical and confident decisions strengthens gender equality and reduces exploitation or discrimination.
		SDG 4 – Quality Education	➤ Ethical reasoning is a key component of holistic education and life-skill development.

Significance of Program:-

Report on Guest Lecture

On 26th August 2025, a guest lecture on "Ethical Decision Making" was held at Sharad Institute of Technology College of Engineering, Yadrav (Ichalkaranji). Ethical Decision Making refers to the process of choosing actions that are morally right, socially responsible, and aligned with core values such as honesty, integrity, fairness, and respect. It involves analyzing situations carefully, understanding consequences, and making choices that promote personal and social well-being.

In adolescent life, ethical decision-making plays a crucial role in shaping character, building trust, and developing responsible citizenship.

Importance of Ethical Decision Making

- ❖ Helps in distinguishing right from wrong,
- ❖ Builds strong moral character.
- ❖ Encourages accountability and responsibility.
- ❖ Strengthens trust in relationships. Prevents involvement in harmful activities. Promotes fairness and respect for others.

Key Components of Ethical Decision Making

1. Self-Awareness

Understanding personal values, beliefs, and principles.

2. Critical Thinking

Evaluating situations logically before making decisions.

3. Empathy

Considering how decisions affect others.

4. Responsibility

Accepting consequences of actions.

5. Integrity

Doing the right thing even when no one is watching.

Steps in Ethical Decision Making

- ❖ Identify the problem or situation,
- ❖ Gather relevant facts.
- ❖ Consider alternative actions.
- ❖ Evaluate consequences of each option.
- ❖ Choose the most ethical solution.
- ❖ Reflect on the outcome.

Role in Student Development

For young girls and students, ethical decision-making:

- ❖ Helps resist peer pressure.
- ❖ Encourages respectful relationships.
- ❖ Promotes academic honesty.
- ❖ Supports safe and responsible digital behavior.
- ❖ Builds leadership qualities.

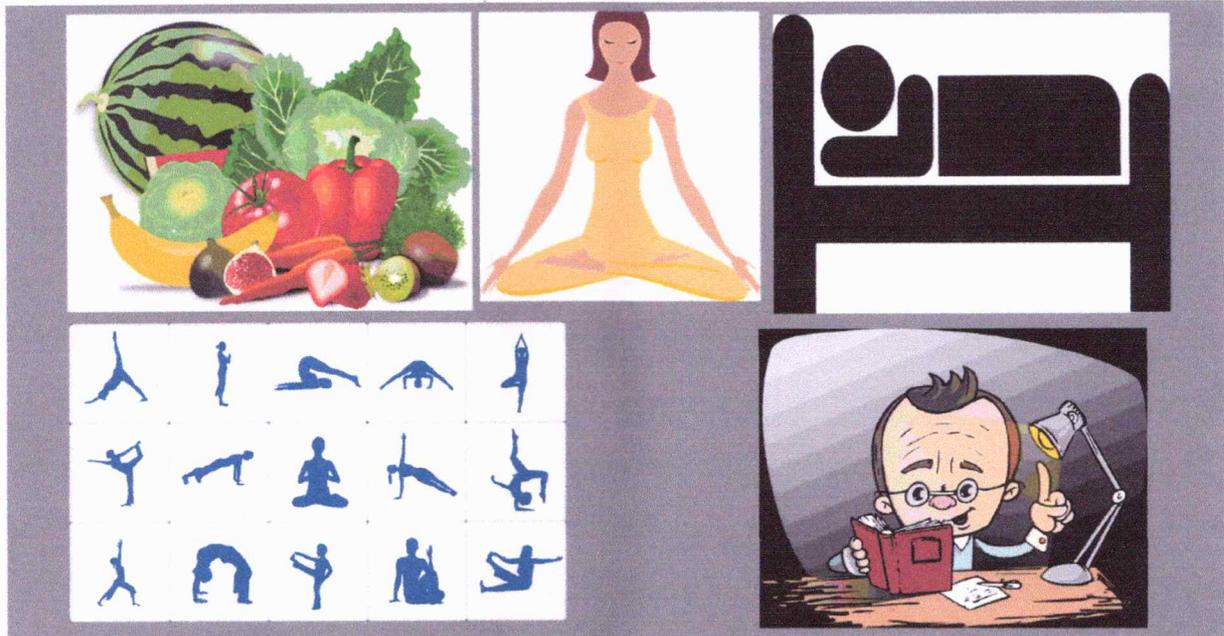
Conclusion

Ethical Decision Making is a foundational life skill that empowers individuals to act responsibly, confidently, and morally. It strengthens personal integrity and contributes to the creation of a safe, respectful, and progressive society.

Photos



Guest Lecture on “Life Style upgrade for students”



Title:- “Life Style upgrade for students”

Date:- 29th August, 2025

Time:- 10.30 am

Venue:- Seminar Hall

Beneficiaries:- UG Engineering students and Female Faculties

Participants:- FY students

Resource Person:- Dr. Shishir Shivanand Rudrakshi [Gastroenterologist, Fitness coach, Diet and Lifestyle modification expert]



Sr.No	Event/Competition Details	SDG Goals Mapping	Justification
1.	Expert talk on [Dr. Shishir Shivanand Rudrakshi [Gastroenterologist, Fitness coach, Diet and Lifestyle modification expert]]	SDG 3 – Good Health and Well-Being	➤ Promotes physical and mental health practices among students.
		SDG 4 – Quality Education	➤ Encourages holistic development beyond academic learning.
		SDG 5 – Gender Equality	➤ Empowers both boys and girls with confidence, safety awareness, and equal opportunities.
		SDG 8 – Decent Work and Economic Growth	➤ Prepares students with professional habits and life skills required for future employment.

Report on Guest Lecture

On 29th August, 2025 a guest lecture on “Life Style upgrade for students” was held at Sharad Institute of Technology College of Engineering, Yadav (Ichalkaranji), “Life Style Upgrade for Students” refers to the conscious improvement of daily habits, mindset, health practices, communication skills, and overall personality to achieve personal and professional success. It is not about luxury or fashion, but about adopting disciplined, healthy, and growth-oriented behaviors that enhance quality of life.

A positive lifestyle upgrade helps students become confident, focused, emotionally strong, and socially responsible individuals.

Need for Lifestyle Upgrade in Students

In today’s fast-changing world, students face:

- ❖ Academic pressure
- ❖ Digital distractions
- ❖ Peer influence
- ❖ Emotional stress
- ❖ Career uncertainty

Upgrading lifestyle habits helps students manage these challenges effectively and build a strong foundation for their future.

Key Areas of Lifestyle Upgrade

1. Physical Health & Fitness

- ❖ Regular exercise or yoga
- ❖ Balanced diet
- ❖ Proper sleep (7–8 hours) Personal hygiene

Impact: Improves energy levels, immunity, and concentration.

2. Mental & Emotional Well-being

- ❖ Mindfulness practices
- ❖ Positive thinking
- ❖ Stress management techniques
- ❖ Emotional control

Impact: Enhances resilience and emotional stability.

3. Time Management & Productivity

- ❖ Daily planning
- ❖ Setting short-term and long-term goals.
- ❖ Avoiding procrastination.
- ❖ Limiting screen time.

Impact: Improves academic performance and reduces stress.

4. Communication & Social Skills

- ❖ Respectful conversation.
- ❖ Active Confidence in public speaking.
- ❖ Healthy relationship boundaries.

Impact: Builds strong interpersonal relationships and leadership qualities.

5. Digital Discipline

- ❖ Responsible social media use.
- ❖ Avoiding cyberbullying.
- ❖ Protecting personal data.
- ❖ Using technology for learning.

Impact: Ensures safe and productive digital engagement.

6. Personality & Professional Grooming

- ❖ Proper dressing sense.
- ❖ Body language awareness
- ❖ Cleanliness and neatness
- ❖ Self-confidence

Impact: Creates a positive first impression and professional readiness.

Practical Strategies for Students

- ❖ Start the day with a morning routine.
- ❖ Maintain a gratitude journal.
- ❖ Read books regularly.
- ❖ Set weekly improvement goals.
- ❖ Surround yourself with positive influences.
- ❖ Participate in skill-development activities.

Conclusion

A Lifestyle Upgrade for Students is a transformational process that shapes character, discipline, and mindset. By adopting healthy habits, positive thinking, and responsible behavior, students can achieve academic excellence and personal success while contributing positively to society.

Photos



