



**Sant Gadge Baba Amravati University Amravati**  
**Women's Facilities Centre (WFC)**

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**Women's Facilities Centre (WFC)**

**Coordinator :**

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**Dr. Tanuja S. Raut**

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**Co-Coordinator**

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**Background of Women's facilities Centre**

Swami Vivekananda said, "There is no chance for the welfare of India until the condition of the women is improved" women are the pivots around who, the family, society & the whole humanity move. The prosperity and growth of a nation depends on the status and

development of its women.

Nation's most precious resources are its people it is not in number but also their capacities, which are crucial input of human resource development.

Research shown that (1) India has the world's largest number of professionally qualified women; (2) India has more working women than any other country in world. This includes female workers of all levels of skill-form the surgeon and the airline pilot to bus conductors, (3) on an average however, women in India are socially, politically and economically weaker than men.

S.G.B. Amravati University also have near about 48.20% of women workers in various categories from top to bottom. In the university campus 59.76% girl students are also studying. The women's body is wonderfully complex and delicate however, multiple roles as the mother, daughter, wife, homemaker, wage earner can be physically & mentally quite taxing.

Therefore it is essential to provide them safe and congenial atmosphere at the working place.

If this is not done it may hamper the efficiency and the development of the system as a whole. It is with this intention to provide basic infrastructural facilities for women. S.G.B. Amravati University has established women's facility centre in March 2008 under U.G.C. x" plan to achieve the following objectives.

## **AIMS AND OBJECTIVES**

- To provide basic infrastructure facilities for women students, teachers and non - teaching staff of the university.
- To encourage women from rural area to enroll themselves in the higher education system.
- To explore their inherent capabilities and to strengthen them.
- To encourage women to achieve higher positions.
- To aware women about key health.
- All-round development of women (Physical, mental & social)

## **Available Infrastructure Under UGC X<sup>th</sup> Plan**

I) Total Built up area : 95 Sq. Mts.

II) Facilities Created:-

- i) Women's Common Room : 3.81 x 4.58 = 17.45 Sq. Mts.
- ii) Gymnasium Room : 4.11 x 4.58 = 18.82 Sq. Mts.
- iii) Special Needs Room : 2.06 x 1.92 = 3.96 Sq. Mts.
- iv) Changing Rooms : 1.50 x 1.20 = 1.80 Sq. Mts.
- v) Shower Rooms : 1.50 x 1.20 = 1.80 Sq. Mts.
- vi) Verandah : 2.87 x 1.54 = 4.42 Sq. Mts.
- vii) Ladies Toilet : 2.94 x 2.96 = 8.70 Sq. Mts.
- viii) Toilet for Disabled : 1.75 x 1.50 = 2.63 Sq. Mts.
- ix) Front otta : 12.37 x 1.50 = 18.56 Sq. Mts.

## **Recent number of women staff and students on the campus**

Category	Number of Women	Number of Men	Percentage of Women %
Students	915	616	59.76%
Teachers	17	54	23.94%
Non Teaching	46	317	12.67%
Technical Staff	03	67	04.28%
Total	981	1054	48.20%

## **XI PLAN**

\* For further Development of WFC New Proposal of 25.00 lakhs submitted (As per Xth plan guidelines) under XIth plan Merged Schemes.

\* Received Rs. 10.00 lakhs under XIth plan merged schemes and fully utilized.

**\* Utilization Submitted.( heads as per Xth plan )**

- i) **Ladies Toilets with self flushing facilities : 3.00 Lakhs**
- ii) **Women's Common Room Furniture : 3.00 Lakhs**
- iii) **Gymnasium Equipments, Lockers  
and Shower Rooms : 3.00 Lakhs**
- iv) **Upgrading the existing infrastructure  
and maintenance : 1.00 Lakhs**

**XII PLAN**

**\* For further Development of WFC Received Rs. 10.00 lakhs under XIIth plan schemes and fully utilized for gymnasium development.**

<b>Sr. No.</b>	<b>Name of Equipment's</b>	<b>Quantity</b>
1	Rower Aerofit AF 7103	1 NOS
2	Compact Stepper Aerofit	1 NOS
3	Twister Twin Aerofit KETS	1 NOS
4	AB Booster Aerofit	1 NOS
5	Commercial Motorized Treadmill Aerofit AF 11	1 NOS
6	Elliptical Trainer Aerofit 9.5	1 NOS
7	Recumbent Bike Aerofit 9.7	1 NOS
8	Spin Bike Aerofit AF 535	1 NOS
9	Dumbbell rack Aerofit KFRK 12	1 NOS
10	Anti-Burst Gym Ball 55 cms	1 NOS
11	Anti-Burst Gym Ball 65 cms	1 NOS
12	Anti-Burst Gym Ball 75 cms	1 NOS
13	Trampoline Aerofit 36"	1 NOS
14	Trampoline Aerofit 40"	1 NOS
15	Trampoline Aerofit 55"	1 NOS
16	Massage Chair Aerofit AF 222	1 NOS
17	Belt Vibrator Make Aerofit Model 302 D	1 NOS

18	Roller Massager Make Aerofit Model TD 001B Belt Type	1 NOS
19	Electronic Platform Weighing Scale make SECA, Model SECA 786	1 NOS
20	Stadiometer make SEKA Dimension 22.5''D X 13''W X 5''H with total weight 7 lbs.	1 NOS
21	Body Scale BMI Measuring Machine Portable Body	1 NOS
22	BP apparatus make diamond	5 NOS
23	Stethoscope make diamond, high accuracy 99.99Y	5 NOS
24	Dumbbell with rubber head make Power max	
25	Body Scale BMI Measuring Machine Portable Body	1 NOS
26	Stethoscope make diamond, high accuracy 99.99Y	2 NOS
27	Stair Climber make Power max (ASPEN 4000 stair Climber) Motorized stair climber contact heart rate monitor track time distance in floor and minimum ceiling height 96''(8ft) size 44''L x 26''W x 68''L	1 Unit

### **Best Practices Of Center**

1. **Guest Lecture Series**
  - a) **“Women’s Health & Fitness” by Dr. P. N. Ronghe**
  - b) **“Women’s & Yoga” by Dr. ArunKodaskar**
  - c) **“Personality Development” by Dr. Mahesh Dabre**
  - d) **“Personal Hygiene” by Dr. Pallavi Dhole**
2. **Sharmdan**
3. **Yoga &Pranayam Camp**
4. **Women’s Sports Meet**
5. **Cultural Program for Women**
6. **Guest Lecture**
7. **Health Check-up**
8. **Aerobics Dance Camp**
9. **Celebration of Women’s day**

## **Future Plan**

- **Organize Workshops , Seminars , Guest lectures on Personality Development , Communication Skills, Soft Skills, Health Awareness, Environmental awareness etc.**
- **Conduct Yoga and Aerobics classes etc.**
- **Counseling**
- **Physical fitness guidance for students opting jobs in Police, Railway, Sports etc.**
- **Consultancy for Stress Management.**
- **Organize Sports, Games Competitions.**



**Sant Gadge Baba Amravati**  
**Women's Facilities C**









