



Wada College Of Management & Science

Affiliated to Mumbai University
Accredited by 'NAAC' with 'B' Grade

Women Development Cell (WDC) Policy

Objective and Mission:

The Women Development Cell (WDC) at Wada College of Management and Science is committed to promoting gender equality, fostering a safe and inclusive campus environment, and empowering women through various initiatives and programs.

Structure and Composition:

The WDC shall consist of faculty members, student representatives, and support staff appointed by the college administration. Roles and responsibilities shall be clearly defined to ensure effective functioning of the cell.

Activities and Programs:

The WDC shall organize workshops, seminars, awareness campaigns, and skill development programs focusing on issues related to gender equality, women's rights, career development, and personal well-being.

Awareness and Sensitization:

Efforts shall be made to raise awareness about gender-based discrimination, harassment, and other relevant topics among students, faculty, and staff. Sensitivity training sessions shall be conducted regularly to promote a culture of respect and equality.

Grievance Redressal Mechanism:

The WDC shall establish a confidential mechanism for addressing complaints related to gender-based discrimination or harassment within the college campus. Support services shall be provided to victims, and appropriate disciplinary action shall be taken against offenders.

Collaborations and Partnerships:

The WDC shall collaborate with external organizations, NGOs, and government agencies working in the field of women's development to leverage resources and expertise for the benefit of the college community.

Resource Allocation:

Adequate resources, including budgetary provisions, infrastructure, and manpower, shall be allocated to support the activities and initiatives of the WDC as per the college's guidelines.

Monitoring and Evaluation:

The WDC shall monitor the progress of its activities and evaluate their impact on the college community regularly. Feedback shall be collected from stakeholders to assess the effectiveness of the policy and programs.

Documentation and Reporting:

Records of WDC activities, achievements, and challenges shall be maintained, and periodic reports shall be prepared for presentation to college authorities and stakeholders.

Promotion and Communication:

Strategies shall be developed to promote WDC initiatives and communicate relevant information to the college community through various channels, including newsletters, social media platforms, and noticeboards.



University of Mumbai

Wada Nirmiti Education Society's
**Wada College Of
Management And Science**

Affiliated to University Of Mumbai

Accredited by "NAAC" with 'B' Grade

At.Harosale,Post.Dahe,Tal.Wada.Dist.Palghar-421303



" Educate a Women, Educate a Nation "

WDC – Annual Report 2022-2023

A guest lecture on Heal Through Food on 23/07/2022

In association with Inner wheel club of Bombay Kandivali organized guest lecture on topic “Heal Through Food”. The speaker **Mrs. Saloni Kothari** is certified nutritionist, Health and Wellness coach, Certified ECCED teacher, Motivational speaker. She has helped 200+ clients to get back in shape and has taken various sessions in school, colleges and corporates.

She took session on Holistic approach to weight loss. **Holistic food** act as medicine is a natural healing **approach** to overall mind and body wellness. What and how we eat is often influenced by our thoughts and emotions, sometimes in unhelpful ways. For optimal health, it is also important to remain physically active.

She mentioned about seven main classes of nutrients that the body needs. These are carbohydrates, proteins, fats, vitamins, minerals, fiber and water. It is important that everyone consumes these seven nutrients daily to help them build their bodies and maintain their health. Deficiencies, excesses, and imbalances in diet can produce negative impacts on health, which may lead to diseases.

She covered almost every aspect of how food affects our body and how should one consume food and be fit. Food with exercise and positive mind have a huge impact on the health. How you can maintain healthy lifestyle. Further in her PPT she also displayed the proper proportion of nutrients to be consumed on daily basis. Total 120 learners participated.



A session on Menstruation Hygiene on 22/09/2022

The speaker **Mrs. Dipti Kashalkar** is social Activist, Instagram Influencer, Entrepreneur. She has conducted 500+ sessions in school, colleges and corporates, tribal villages.

She mentioned that a woman's menstrual health is crucial to her well-being and also to the well-being of her family and community. But too often — especially in the developing country— mindsets, customs and institutional biases prevent women from getting the menstrual health care they need. Pads and tampons may be the most popular choices when it comes to period products, but they aren't the only options. On an average menstruating person uses 5000 to 10000 pads or tampons in lifetime. All these products end up in landfills and in ocean and many contains harmful chemical. One alternative you may want to consider is a menstrual cup. Menstrual cups have quickly become a popular alternative to tampons and pads. Some are long-lasting and reusable while others are disposable.



Cake baking Session conducted on 8/08/2023

Ms. Anushka Mahadev Naik (Student of S.Y.BAF) took the session and 27 female students participated. She taught two types of cakes

1. Chocolate Cake

2. Mawa Muffins

She also taught basics cake decorations. She Also Provided handouts to students for the recipe of cake.



Workshop on Self Defense and its techniques on 20/09/2023

Dr. Chhaya Shah and Mrs. Aruna Gupta Conducted this workshop. **Right of self-defense: A step towards Empowerment of women.**

The trainer Dr. Chhaya shah spoke about the various laws and provisions and showed apps for self- defense. She spoke mainly on the violence's that is committed against women. She gave references of instances related to Domestic Violence, Dowry, Cruelty by husband & in-laws, Sexual Harassment in public, private, or the workplace, Stalking, Obscene Calls. She pointed out why it is necessary to attend and train oneself with this kind of workshop and training programmers. She said that having knowledge about self-defense techniques not only help defend but also it builds confidence in oneself. She gave advices and tips to our girl students on how to avoid situations and circumstances that may lead to unwanted/untoward incident.



Ms. Aruna Gupta (4th dan black Asian Martial Arts of India) and Dr. Chhaya Shah (Asst. Prof., Jitendra Law Chauhan College of Law) demonstrated and taught various self-defense techniques, She said aim for the parts of the body where you can do the most damage easily: the eyes, nose, ears, neck, groin, knee, and legs. Depending on the position of the attacker and how close he is will determine where you will strike and with what part of your body you will employ. Do not step in closer, say, to strike his nose with your hand, when you can reach his knee with a kick.

The student participants got different self-protection tips on how to avoid/defend by attacking a potential attacker by using objects or by striking on the soft spots of the attacker, when subjected to physical abuse, violence, crime, etc.



A Session on Awareness of Anaemia on 21/09/2023

The aim was to create awareness about low hemoglobin levels among Specially in women and children and its impact on health. **Dr. Mukesh Gupta MBBS, MD - Obstetrics & Gynecology, DNB, Post Graduate Diploma in Psychological Counselling Obstetrician, Infertility Specialist** was the Speaker for the day said He said there are various form of anaemia, while iron deficiency anaemia is the most common form and is relatively easy to treat through dietary changes, other forms of anaemia require health interventions that may be less accessible.

He spoke about the most common symptoms associated with anaemia are those that are due to the lack of oxygen supply to the vital body tissue. These symptoms include Tiredness, Weakness, Dizziness, Headache, Shortness of breath, pale skin, gums, or nails, Cold hands and feet, Rapid or irregular pulse. Total 150 learners participated.



Free Anaemia check-up camp on 21/09/2023

A free Anemia camp was organized for Degree and Junior College Staff and students. The report was given to all who came for check-up and those who were diagnosed anemia free supplements for 7 days was given. Threaptin biscuits were given to all who came for check- up. Total (120 students +88 staff)



A session "Menstrual Hygiene and personality development" on
25/11/2023

Organized a session for the Second Year and Third Year Girls of Thakur College of Science and Commerce (Degree) on the topic "Menstrual Hygiene and Personality development "The Speaker for the session was **Ms. Simran Gohil [Masters in Administration, a makeover expert, Corporate Trainer and Karate Expert, certified "TTT" (TRAIN THETRAINER)]**

The speaker addressed on the topic of Menstrual Hygiene and care to be taken by the girls when they are in periods, she spoke on PCOS and PCOD. She spoke to girls on personality development and Confidence. How one can enhance their communication skills and interpersonal skills. To understand effective planning, time management and implementation for setting goals and achieving both personal and professional goals. 97 girls attended the seminar.



RANGOLI COMPETITION ON THEME OF "BETI BACHAO BETI PADHAO"
19/12/2023





Art Exhibition on 16/12/2022

Aigiri Art Gallery organized was to embrace women of our society where students can flaunt their art, may it be drawings, painting, sculpture, clay modelling, Rangoli, illustration, digital art, posters, etc. The event was conducted on 16th December 2022 in the Quadrangle of Wada College of Management and Science. The art was posted on the notice board. There were 24 participants who submitted various art. The winner for the events.

Rank	NAME	Class
1	Miss. Shreya Bhoir	Bsc.I.T.
2	Mr. Abhishek Gaikwad	B.M.S.
3	Miss. Afrika Vehale	B.A.F.



A session on “Five days of Happiness” 17/12/2022

Menstrual Health and Hygiene (MHH) is essential to the well-being and empowerment of women and adolescent girls. session on the importance of maintaining and practicing menstrual, use of eco-friendly hygiene disposal of sanitary napkins was organized.

Most common Problems faced during period are periods that occur less than 21 days or more than 35 days apart. Missing three or more periods in a row. Menstrual flow that is much heavier or lighter than usual.

Proline is a pad as small as the palm of your hand. Which we have to use for 9 to 12 hours on days other than period days. The purpose of panty liners is to **absorb everyday vaginal discharge, unexpected light period flow, light spotting, staining at the beginning and ends of periods, and post-intercourse discharge.**



Guest lecture on Cancer awareness on 19th 2022.

The session was addressed by **Dr. Swati Kshirsagar (Radiologist)**. Total 75 students attended the session. She started with the basic introduction of the breast cancer, like What is it? How much population of India and other countries suffer from it? It's awareness among general public, It's symptoms, the various technologies used to cure it, the recovery rate, and many such important information. She also talked about other types of cancer and the symptoms. Overall, the session resulted into great awareness among the students. Even after the session, many students approached her with their personal health related issues.



Workshop on Employability Skill and Career Guidance on 3 /01/2023 and 4/01/ 2023

UM-GICED, American India Foundation (AIF) and DELL Technologies had organized “Employability Skill and Career Guidance” workshop for two days. Female students of degree college were encouraged to participate in this event. This workshop would enable them to cope with the demands and challenges of daily life by helping them develop career and sociopersonal skills. In total 152 students participated.

Workplace was on skill training Program, which includes

- i) Career Guidance
- ii) Office Etiquettes
- iii) Employability Skill Training
- iv) Grooming and communications

Dr Keyurkumar M. Nayak Director Garware Institute of Career Education and Development University of Mumbai graced the workshop with his presence. The learners were provided three certificates one from Garware instituted, Mumbai University, AIF and Dell Technologies, LMS and from NSDC.

Above workshop was again conducted on 31/01/2023 to 1/02/2023 and around 123 girls participated for the same



A workshop on “POSH- What, Why & How”

In association Internal Complaints Committee organized workshop on **13/02/2023**. The Speaker was **Mr. Mohamed Altamash Khan Trainer & program Coordinator -MAVA** (Men Against Violence and Harassment). He first explained about what is the POSH stands for & explaining what constituted sexual harassment at the workplace. The workshop was interactive was appealing and made sure it had the audience’s attention from start to end. He explained sexual harassment occurring both in the organized as well as unorganized sector which often gets left while speaking about POSH. They explained the POSH Act- Prevention of Sexual Harassment of Women at the Workplace along with the way the ICC- Internal Complaints Committee functions thereby giving a holistic education about the entire procedure of complaint and redressal to those who were unaware of the POSH Act. It was followed by a discussion where the audience as well as the participants could put forth their views, perspectives and doubts about the Act and the realities of it that they had learned from news. **150 students** participate in the workshop. He created awareness about how to deal with work place sexual harassment.



Celebrated International Women's Day.

This was an occasion to celebrate the progress made towards achieving gender equality and women's empowerment. It is a day to recognize the extraordinary acts of women and to stand together, as a united force, to advance gender equality around the world. The United Nation's theme for International Women's Day-2023 is "Embrace Equity" The day also marks a call to action for accelerating gender parity. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality. Marked annually on **March 8th**, International Women's Day (IWD) is one of the most important days of the year.

A weeklong event was organized to celebrate this day.



On 28th February 2023, a workshop on self-defense was organized. The Trainer was Mr. Gaurav Pandey founder Ground and Pound 90 students participated. All the participants learned the basic physical techniques that can be used during a combat. They also learned various ways to maintain a healthy and fit lifestyle through exercises. Students were also explained the importance of self-defense and how to respond during unexpected and unwanted situations without getting scared.



On 2nd March, a guest lecture on Gender Sensitization was organized to raise awareness about gender equality concerns and alter people's behavior towards and perspective about other Genders. Raising the gender equality is an important concern. Gender Sensitization and Legal Awareness Program helps in inculcating values of equality, inclusivity and diversity, which are essential for building a healthy society among the adolescent boys and girls. The Guest speaker for the event was Ms. Apurva Paithane, COO & Research Coordinator of Qknit foundation. The speaker spoke about the difference between sex and Gender and awareness about the roles of the gender.



On 3rd March, a workshop on **“Financial Literacy”** was organized. The speaker for the event was Mr. Mitez sheth from HDFC. The session gave insight to the attendees about how financial literacy is the ability to understand and effectively use various financial skills, including personal financial management, budgeting, and investing.



On 6th March a **Documentary** was screened on the life of **Late Ms. Kalpana Chawla**, An Astronaut, Aero space Engineer, first women of Indian Origin to go to the space. The documentary focused on her zeal, enthusiasm, love and ambition towards her career. 93 Students were present for the movie screening session.



On 6th March, an online quiz competition on the topic of “Women in Indian History” was conducted. It is very important for us to have knowledge about our women achievers and how they helped in nation building as well as in the progress of India. A quiz was organized on this topic, where 100 students participated in it.



On 8th march a guest lecture was organized on topic “**Women Entrepreneurship and Entrepreneurs**” for the teachers and students. The Speaker for the day was **Ms. Nidhi Raina; Founder & CEO of Quonscious**. She is amongst the 20 world changing women in conscious business and had won numerous awards, for innovation in design and people transformation at scale. She is a firm believer in human potential and its ability to drive world changing & gamechanging transformation in world economics, industries and business. She shared her insights on Managing a technical career. She spoke about how expression of gratitude and being confident is very important in life. To learn to fight with one’s fears is important. A small Cultural event and lunch was organized by the male staff members for the female staff members.



Sports Activity for Women’s International Days celebration

On occasion of International Women’s Day , sports department , Department of Sports Science and Women Development, as directed by Ministry of Youth Affairs and Sports, celebrated “Kehlo India 10 ka Dum”

Two Indoor games, namely, Carrom and Table Tennis and two outdoor games Viz. Cricket and Kho -Kho were organized for the female students. The event was organized under the management of Sports Director Mr. M.K. Ali Rizvi and Coaches Mr. Gaurav Pandey and Mr.Chandan Yadav. The main motive for this event was to improve the quality of female students in the field of sport.



WDC Report for Academic Year 2021-22

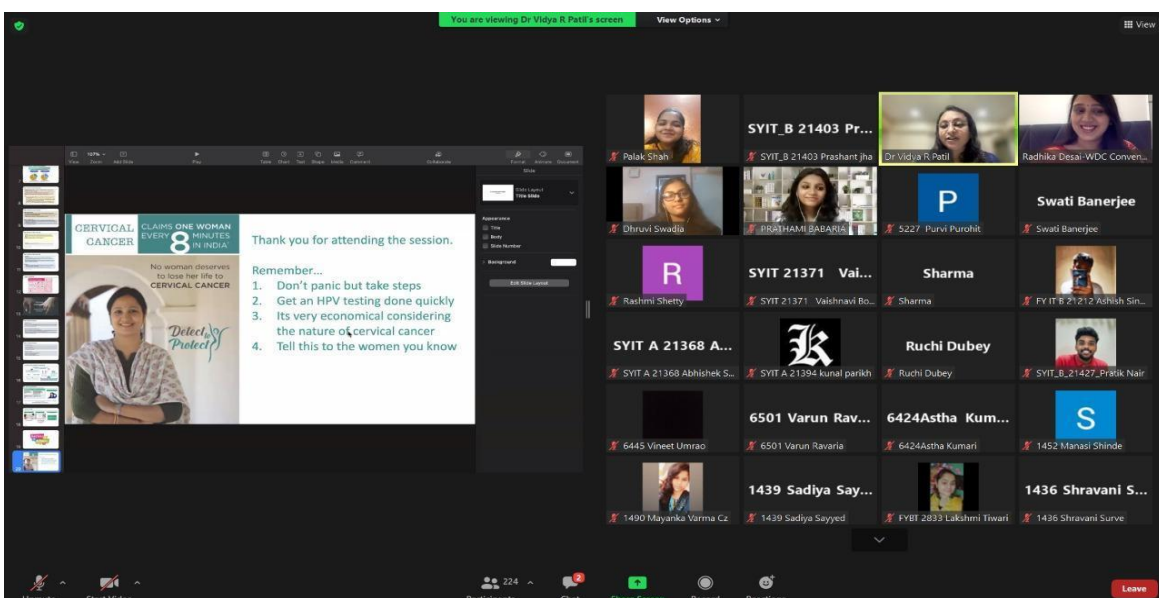
Women Development Cell is formed with statutory norms to promote a healthy and gender equal environment for all the students and staff and promote awareness and safeguard against any form of Sexual Harassment.

Women Development Cell organized Two Day Orientation Program for the Students of SY BSc And TY BSc And BSc Professionals on 26th of August and SY, TY B.com And B.com Professional on 27th August. Under the sheer auspices of the 'WDC Convenor Miss. Tejaswi Dengane along with the host and the 'WDC Committee Teachers.'

The event embarked with maximum participation of students and teachers. A brief inauguration of establishment of the Women Development Cell along with the objective and various activities like online quiz and events where there were famous celebrity guest speakers through virtual mode webinars expressing their opinion on the avid discussion topics and many awareness campaign sessions are brought forward by the college women development cell. All of which was explained by Miss. Tejaswi Dengane Ma'am.

The program was divided into three parts, Nutrition, mental health and grooming session. Every teacher explained the various aspects of some of the most prominent concept in such resilient times thus proving the wonderful session rewarding.

A **webinar** on **"DETECT EARLY SAVE LIVES"** was conducted on 11th October, 2021. The Guest Speaker Mrs. Vidya Rajaram Patil was conducted in association with Inner Wheel club of Mumbai. 95 Participants attended the webinar. How at early-stage Cervical Cancer and Ovarian Cancer can be detected was discussed in detail by Mrs. Vidya. Prevention, regular checkups, vaccinations and many more issues related to menstruation cycle were discussed.



A Poster Making Competition on “Women Achievers in Different Professions” was held for all the learners on 23rd December, 2021. To motivate and give students a platform to express their gratitude towards women in different professions by their creativity.



An Interactive webinar was organized on 12th February, 2022 on “Break the Gender Bias” with guest speaker “ Mrs. Meenakshi Pange ”, 1st runner up Swag Icon of India, 2021 Mrs India pride of nation title elegant 2021, Mrs India Brainy Beauty title winner. She narrated her journey of Mrs India Pageant and inspired young girls to find their individuality after marriage and before that. Mrs. Pange answered questions regarding breaking the gender bias.

You are viewing Meenakshi Pange's screen

World Economic Forum Facts

- India has slipped 28 places in WEF Global Gender Gap Report in 2021.
- Now one of worst performers in South Asia
- India ranks 140 amongst 156 nations

Category	2019 rank	2021 rank	Score (0-1)
Global Gender Gap Index	118	146	0.60*
Economic participation and opportunity	118	146	0.63
Educational attainment	118	146	0.40*
Health and survival	118	146	0.92*
Political empowerment	118	146	0.36
			0.23*

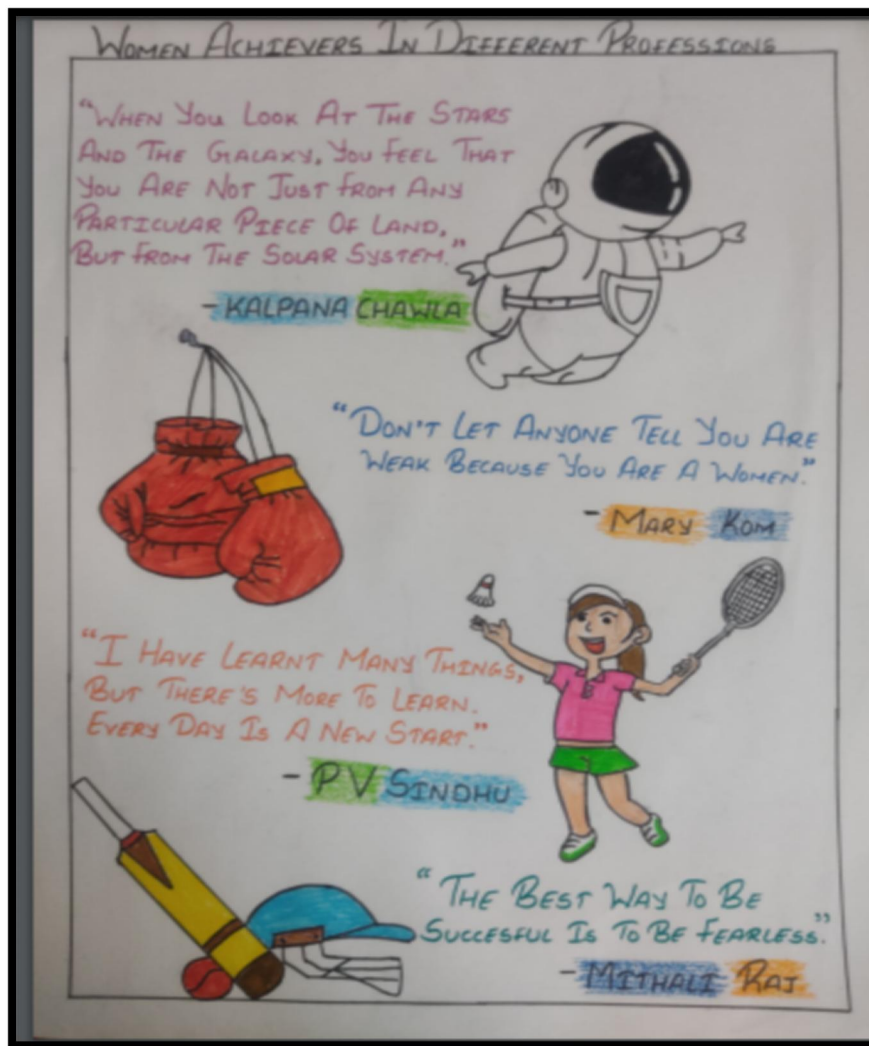
*Figures closer to 1 indicate greater parity between men and women. Source: World Economic Forum

Participants: 77

Unmute Stop Video

Participants Chat Share Screen Record Reactions Apps Leave

Meenakshi Pange ALOK MISHRA Anuradha Hart Ritee Suchandana D. Kuldeepi kankwa Neeta Jain 2319/pcm/Krishna pa... 2311/PCM/Virendra 3911 Bushra Na... 1702 Priya Maurya/MS 3911 Bushra Naseem... 6466 Vrushtee Vaid 3834 Rashi Geh... 2701/PMS/Varu... 3834 Rashi Gehlot Ritupama choudhary 2701/PMS/Varun jha 1712_jay Rai 757 Avinash TVBSC MT 2365_Ansul Verma



8th March, 2022: A celebration of the international women's day with the theme of #BreakTheBias was organized where Principal Madam graced the session with a very prestigious guest- Adv. Nirmala Samant Prabhavalkar who is the first full-term lady Mayor for Mumbai, Treasurer for Shree Siddhivinayak Ganpati Temple Trust, Ex-Chairperson of education committee B.M.C (1992-93), Ex-municipal councillor, Ex-Chairperson for Maharashtra state Commission for Women and an MP elected with the highest votes in Mumbai for an MP. She also helps with Vocational guidance and training for women and is Legal rights awareness, Healthcare and a Social care worker.

Over the next thirty minutes, a phenomenal exchange of information occurred, with the advocate going over the issues faced by women while detailing key points such as Cyber Crimes against women, Outraging Modesty/Molestation, Sexual assault, Marriage related choices, Rape/Attempt to Rape, Domestic Violence/Dowry based Harassment, Mental Stress and Acid Attack, Police Apathy.

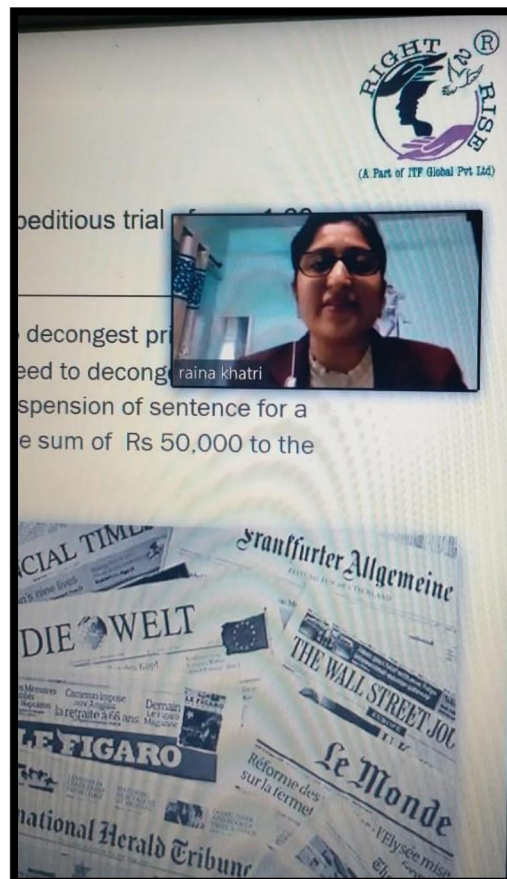
1. Webinar

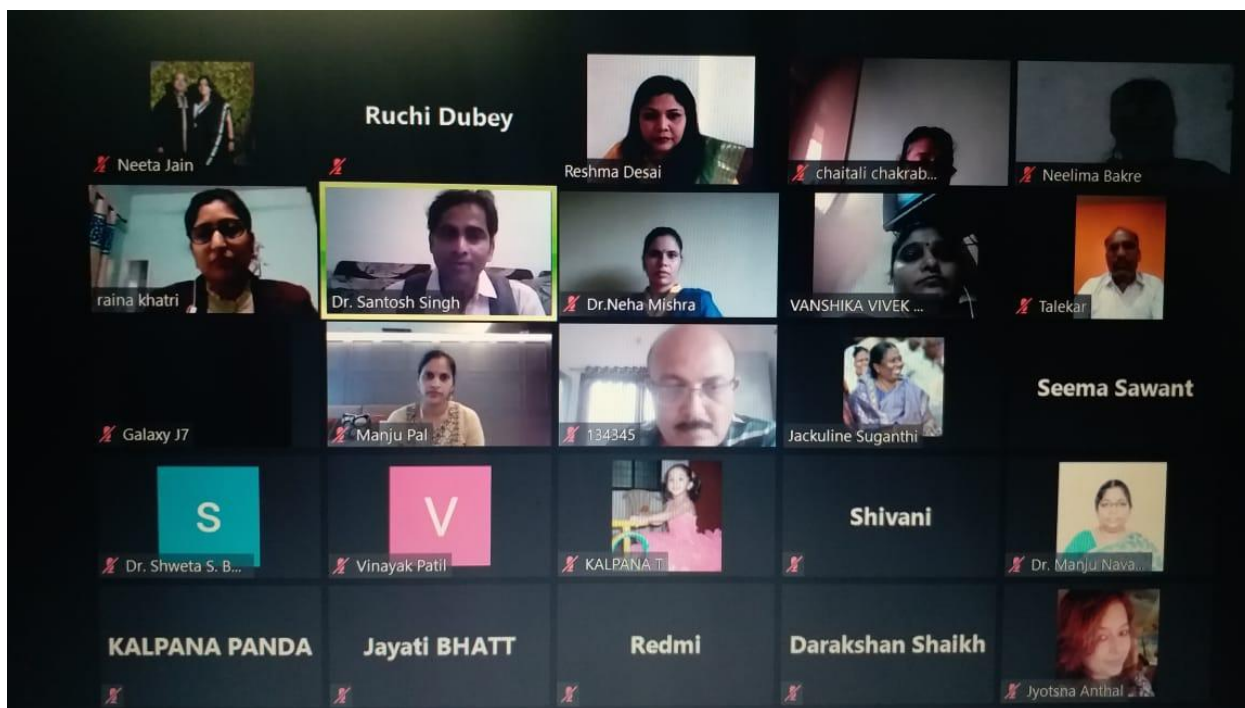
Topic: “POCSO – Laws in COVID Time”

Webinar was conducted on 18th June, 2020 on zoom platform by Resource Person Ms. Raina Khatri Tandon. (Founder/CEO of Right2rise.®, Certified POSH/POCSO Specialist and Human Rights Expert, Founder of RKT Foundation, felicitated by UN rex Karmveer Awardee and Women Achievers by World HRD Congress). 517 participants attended the webinar.

Ms. Tandon shed light on various cases all across India, highlighting and giving us a deeper insight into the stance of the POCSO Act. Even though the Act was introduced in 2012, there are many regions in India not only rural but are also urban area that do not promote the benefits of this Act. This states that, physical abuse is still a taboo, rather than a crime. Thus, to save the honour of the family and due to the stigma attached to it many individual cases are not reported. Through the session Ms. Tandon also mentioned that, as an evolving generation we need to create awareness on sex education for our younger generation beyond good and bad touch, as much as they are more prone to the hands of the perpetrator. Age is not a criterion any more, since the cases we see are inclusive of all age groups. Anyone going through abuse should be able to report it and should be aided with help, not only physically or mentally but also legally.

Photos:





2. Online Quiz

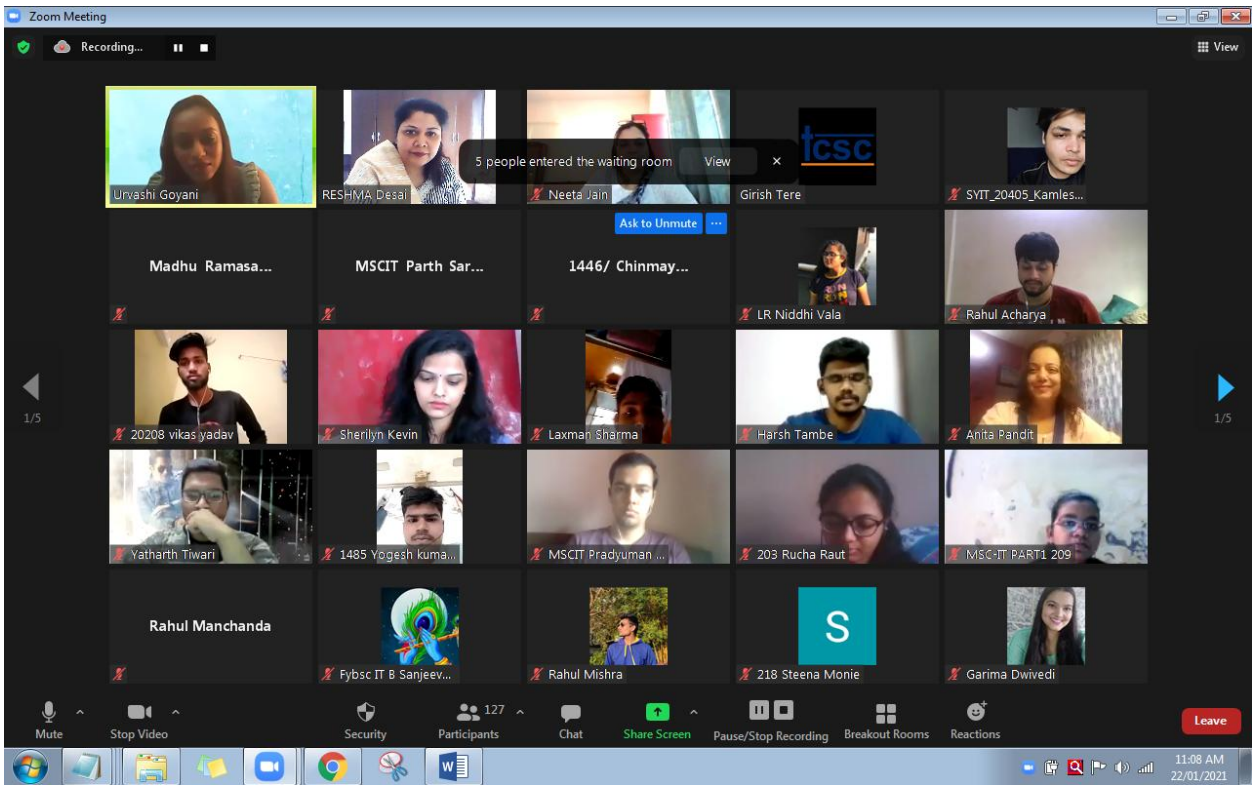
Online quiz conducted on 11th October, 2020. On the occasion of International Girls Child Day WDC Organized Online quiz to spread awareness about achievements of women and their health and Hygiene to the students. 203 learners participated.

3. Guest Lecture on the topic Food Matters held on 22nd January 2021

138 participants attended. The Guest Speaker Ms. Urvashi Goyani (Dietitian/Nutritionist) stressed the importance of Healthy food intake to the young College Students as Nutrition is a critical part of health and development. It is known fact that Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity.

She mentioned about seven main classes of nutrients that the body needs. These are carbohydrates, proteins, fats, vitamins, minerals, fibre and water. It is important that everyone consumes these seven nutrients on a daily basis to help them build their bodies and maintain their health. Deficiencies, excesses and imbalances in diet can produce negative impacts on health, which may lead to diseases.

Photos:



4. Celebration of International Women Day.

WDC organized week long festivities to celebrate International Women's Day by organizing an array of events from 1st to 8th march.

On 1st of March, Poster making competition on topic "Roles of Woman in our life", which had 43 participants.

On 2nd March, Essay and Poem competition on the topic "The Woman behind my story" with 16 participants.

On 3rd March, Webinar on "Women's rights and empowerment", conducted by Ms. Ankita Shroff joined by 196 participants.

On 4th March, Online Quiz on "Famous Women Achievers". In which 142 learners participated.

On 5th and 6th March, two events on Instagram were organized. For social media presence, a drive to post a photo with the important women of their life using #ChooseToChallenge #WDC2021 and Gift Hamper making tutorials were posted on Instagram made by Ms. Sakshi Chaudhary, Ms. Virajita Chigullapally and Ms. Kajal Jain.

On 8th March: WDC Organized a Seminar to celebrate with the women who choose to challenge. The Speakers for the event were Ms. Dimple Mehta, Ms. Gautami Kapoor, Ms. Priyanka Kasture and our alumna VLCC Miss India Runner Up Ms. Manya Singh. 496 participants attended the event online and on You tube Platform.

Ms. Dimple Mehta holds a degree in fashion and lifestyle design and ventured into the world of styling post her degree. She has worked closely with big Bollywood Artist. She also works In For Style to speak about body positivity and mental health and runs a parallel with In For Growth her Digital Marketing and Business Development company. She elaborated on the topic Body Positivity, where she explained that societal norms and expectations should not become one priority rather women should be able to indulge in self-love and care to promote a healthy environment around one and other.

Ms. Gautami Kapoor, An Indian television and film actress and model. She is well known for playing the role of Jaya in Kehta Hai Dil on Star Plus. She also gained popularity playing the lead in TV drama Ghar Ek Mandir and more recently in Parvarish - Season 2 on Sony TV. She has also acted in many Marathi Movies. She gave an insight, that the entertainment industry does set standards for women to work by, but believing and supporting women to be entrepreneurs is giving scope to a bright future.

Ms. Priyanka Kasture is building brands using content is her thing. Starting from 2018, with the help of powerful content, Ms. Kasture has built a cumulative follower-base of over 4,50,000 people, and has secured over 8 million impressions per month, all organic. She is currently building Machine Learning India (MLI), ground-up. Being a budding young entrepreneur, she shed light on the position of women in the work space dynamic and also revealed that women can be over achievers.

Women achievers spoke from different aspects which truly gave the event a persona of what a woman is capable of, multitalented, dynamic and all-rounder achievers.



5. Webinar

Topic: Women's Health Wisdom

86 Female Participants attended the webinar which was conducted by Dr. Mrs. Ranna Doshi. (MD, DGO, DFP, FICG) Gynaecologist and Obstetrician.

Convenor of WDC Ms. Radhika Desai gave the welcome speech and introduced the highly inspiring Dr. Doshi. Some highlights included Dr. Doshi having an experience of 40 years and over more than 15000 deliveries done by her. Dr. Doshi has also won the mayor's award in 2015 for distinguished professional and social services. More than 10,000 patients benefited from Dr. Doshi's social work.

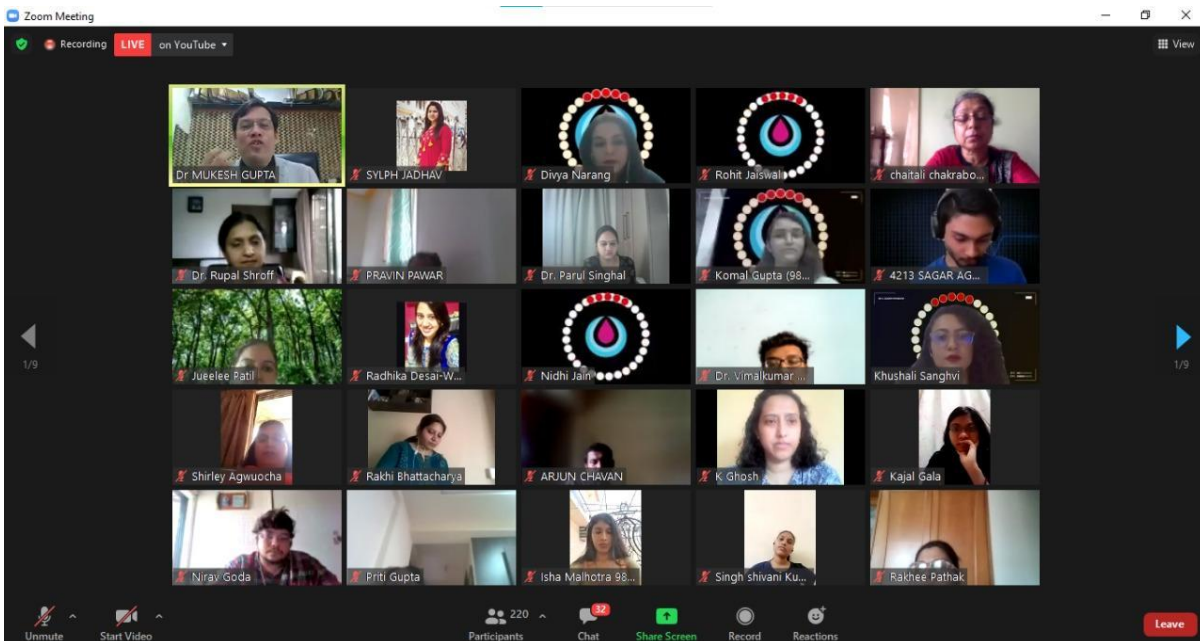
Dr. Doshi stressed on the importance of a good lifestyle and how it affects the overall menstrual cycle of a female. Many other crucial topics like hypothyroidism and Hashimoto were discussed by her. Remedies and consultation on many female related problems like PCOD and PCOS were discussed. Dr. Doshi alerted the participants when one should consult a gynaecologist and which symptoms can be treated by simple remedies. Dr. Doshi also explained the importance of Women hygiene and gave tips where almost care should be taken by young girls. Then Dr. Doshi answered few queries asked by the audience and ended with a gist of all the tips given in the webinar.

6. Awareness Campaign on: Menstruation-Natural, Normal, Nothing More...

It is rightly said that "small drops of water today will make an ocean tomorrow".

Thakur College of Science & Commerce has collaborated with MenstrualHygieneDay.Org (Global), which is working in the direction of ending period poverty and stigma attached to it. Department of MA-EMA in collaboration with Women Development Cell of TCSC took an initiative to break the taboo around menstruation hygiene (MH) where no women or girl will be uncomfortable talking about menstruation and menstruation hygiene. To create awareness about menstruation hygiene, various offline and online events were conducted starting 20th May. Learners were informed about the significance of 28th May, which is celebrated as

Menstruation Day. They were also enlightened as to why 28th May was selected as Menstruation Day. The Menstruation Bracelet Challenge was a great initiative to make people explore their creative side and spread awareness about MHM. Several renowned celebrities such Ritvik Sahore (Actor), Siddarth Nigam (Actor), Mahima Makwana (Actor), Simran Buddharup (Actor), Shibani Kashyap (Singer), Harshada Patil (Actor) joined hands with TCSC and helped reach the wider audience. On 28th May, a webinar titled “Menstruation-Natural, Normal, Nothing More” was organized, the objective of which was to normalize the talk about menstruation. Dr. Mukesh Gupta was invited as a guest speaker (MBBS, MS and DNB) Obstetrician & Gynaecologist, who cleared the myths related to menstruation and answered various questions related to it. The webinar was attended by more than 250 people, which made it a great success. It was a small step towards creating a world, where talking about menstruation would not be considered awkward.



WDC Report for Academic Year 2019-20

Women Development Cell (WDC) works for promoting awareness about laws protecting them from sexual Harassment and providing amiable environment for Gender equality amongst the students of the College. With the above aim WDC conducted various Activities throughout the year.

Orientation Program:

The committee conducted an **Orientation Program** for the girl students to create awareness of the Duties and Requirements of the Women Development Cell which was organized on 26th August ,2019 for the Learners and Members of WDC.

Poster Making Competition:

A Poster making Competition was held on the theme “Women Empowerment & Awareness against Sexual Harassment” on 23rd August 2019 to spread awareness about the social issues. Posters were displayed in the open quadrangle which were appreciated for the creative and artistic skills of the participants. The Judges evaluated the posters on different criteria like relevance to the theme, accuracy and the clarity of message overall presentation. The Winners were as follows

First rank-Ms. Vishita Rodda F.Y.B.M.M-C(9341),Second Rank – Mr. Ganesh Choudhary T.Y.B.Sc-Maths(769) , Third Rank -Ms. Nandita Jain F.Y.B.M.S-A (5849).

Guest Lecture on “Career Opportunities for Women in Civil and Defence services” - on 11th September and 24th September:

A Guest Lecture on “Career **Opportunities for Women in Civil and defence services**” was held on 11th September and 24th September, 2019 by Commander Vijay Pratap Singh (Former Director Advance Space Tech Projects, Indian Navy) who discussed about various posts in these services and eligibility criteria. The speaker also discussed the pre-Requisite and career growth opportunities available for women in this field

Guest Lecture on “Health and Hygiene -What you ought to know ” -Dr. Minal Dhabaliya

A guest Lecture on “**Health and Hygiene -What you ought to know** ” Dr. Minal Dhabaliya a gynaecologist with more than 20 years of experience spoke about general health Menstrual Cycle. She talked about vaginal infections and how these infections can be treated .Students were engrossed during the entire seminar and paid rapt attention to social dilemmas and

discussed various misconception about their Health and Hygiene.

National Conference on “Women Empowerment and Gender Equality -Contemporary Issues” - On 4th of January 2020

On 4th of January 2020 WDC and IQAC of the college in Association with University of Mumbai Women Development Cell organized a National Conference on “**Women Empowerment and Gender Equality -Contemporary Issues**” .62 Papers were published in UGC-Care Approved and Referred Journal in Vol-68-issuse -1 January -2020 of Our Heritage Journal With ISSN:0474-9030 Impact Factor 4.912(SJIF)



Self Defence workshop on “Stand up against Sexual Harassment with Self Defence Techniques” -by Raina Khatori Tandon

A Self Defence workshop was conducted on the topic “**Stand up against Sexual Harassment with self Defence Techniques**” The Trainer and Motivational Speaker was an Advocate Raina Khatori Tandon is Director for Right2Rise.She spoke about POSH laws and the dos and don'ts of working with the other gender. She showed us different apps available on the mobile. She gave a demonstration of different techniques for Self Defence.

Women Empowerment Week

Women Empowerment Week was conducted between 3rd March -11th March to Celebrate the International Women's Day, according to Directives given by UGC. Various Activity were conducted for all the students in the college

1) **Self Defence Workshop** by Ground And Pound MMA Trainer Mr.Guarav Pandey in-charge of the event -Dr. Parul Singhal

2) **Movie Screening and Analysis** of the movie "Sand ki Aankh" (Hindi) In-charge of the event -Dr. Rakhi Bhattacharya

3) **An Awareness talk on "Women Health n Menstrual Hygiene"** was by Mrs. Dipti Kashalkar and Mr. Saurav Kashalkar from Upasana Charitable Society. They spoke on menstrual health and hygiene and also about personal health and hygiene. They went to different classrooms and spoke to the students. The in-charge of the event -Ms.Jyotsna Anthal

4) Online Quiz on Women Empowerment

was conducted during the second lecture where all the students accessed the Quiz Link through mobile and answered the Multiple-Choice Questions about 500 students attempted the test, This activity was to bring awareness among the students about issues related to Women.

5) **Seminar on Opportunities and overcoming Biases for Empowering Women.** This event was graced by Mrs. Leena Gupta Transformational Corporate Coach, Ms. Harha Mukhrjee Entrepreneur and Ms. Swara Kotnis Former Mrs. Vivacious Title Winner, these three achievers various from field were honoured for the same.

6) A **guest Lecture by Advocate Smt. Ujwala Karderkar** a well-known Advocate Talked on the topic Gender Equality & Women Empowerment.in association with Inner Wheel Rotary Club of Bombay Kandivali

7) **Poster Competition** was conducted on topics "Celebrating Women hood, Women Achievers, Women Right's, any other topic related to theme, the winners were – First Rank Ms. Swati Vishwa karma – S.Y.BSc CS-A(815), Second Rank – Yadav Shubham Achhalal – S.Y.BSc IT(B)(19316),Third Rank Yashashree Gawade S.Y.B.A.F. (8856).

WDC Report for Academic Year 2018-19

Women Development Cell (WDC) aims at promoting safer and amiable environment for the Women of the College. It's a platform to ensure that every stake holder is given due say and presence in the smooth working of the Institution. The various activities of the committee include:

Orientation Program:

Orientation Program on "Awareness of the Duties and Requirements of the Women Development Cell" was organized on 25th July ,2018 for the Learners and Members of WDC.

Guest Lecture on Awareness of Sexual Harassment -on 4th August, 2018 by Mr. Harshad Santosh Pore, Member - WDC for the Class IV Employees of the Institution :

A Guest Lecture on **Awareness of Sexual Harassment** was held on 4th August, 2018 by Mr. Harshad Santosh Pore, Member - WDC for the Class IV Employees of the Institution. The objective of the event was to create a safe environment for all the employees of the college. The participants were trained in handling day-to-day issues and provided guidance to identify, prevent and remove sexual harassment from the work place. This workshop identified areas to make Educational Institutions more gender-sensitive.

Guest Lecture on "Empower Yourself by Managing Your Finance" was held on 24th August, 2018 by Mr. Nehal Parekh:

A Guest Lecture on **"Empower Yourself by Managing Your Finance"** was held on 24th August, 2018 by Mr. Nehal Parekh- Financial Advisor for Investment Planning. The lecture focused on importance of setting financial goals, wealth management, and planning for long-term financial goals.

Guidance Lecture on Awareness against Cyber Crime and Sexual Harassment on Internet- on 29th August, 2018, by Mr. Jerry Thomas:

A Guidance Lecture on **Awareness against Cyber Crime and Sexual Harassment on Internet** was conducted on 29th August, 2018, by Mr. Jerry Thomas, who is an Ethical Hacker with experience of working with Mumbai Police. He gave hands on training on how to detect hacking and secure accounts for Net Banking, Handling Personal Information etc.

Poster Making Competition:

A Poster Making Competition was conducted on 21st September ,2018 to spread awareness about Women Empowerment. Posters were displayed in the quadrangle and many students and teachers appreciated the work and ideas of the students who put their heart and soul in their creativity. 44 Students participated

The Winners were:

1st Prize- Ms. Sambre Yashaswi Kumar, T.Y.B.M.S.

2nd Prize- Ms. Patil Dhanshri Manohar ,T.Y.B.Sc .I.T.

3rd Prize- Ms. Gaikawad Jagruti Sunil (Computer Science)

Awareness Lecture on “Menstrual Hygiene and Biodegradable Products” was organized on 4th & 12th September, 2018 by Mrs. Dipti Kashalkar and Mr. Saurav Kashalkar:

An Awareness Lecture on “Menstrual Hygiene and Biodegradable Products” was organized on 4th & 12th September, 2018 by Mrs. Dipti Kashalkar and Mr. Saurav Kashalkar from Upasana Charitable Society .They spoke on menstrual health , social constructs about the issue and how the society is evolving by increasing dialogue on such matters.

Teacher’s Day Celebration

As part of **Teacher’s Day Celebration**, to show gratitude and appreciation towards the teachers a treasure hunt was organized in association with KGK–Entice, a leading company in real diamond jewelry. The winners went back with gold and silver coins as well as other goodies for all.

Guest Lecture on "Rage a War against Sexual Harassment:

A Guest Lecture on "**Rage a War against Sexual Harassment**" in association with Department of Film, Television and New Media Production was organized on 30th January, 2019. Advocate Sanjeev Kumar Rapiolu, practicing with Bombay High Court was the speaker for the session. The session focused on various legal provisions and cases related to Sexual Harassment.

WDC Report for Academic Year 2017-18

Women Development Cell (TCSC) Academic Year 2017-2018 Annual Report Orientation Program

College Women Development Cell (WDC) started its activity for the Academic Year 2017-2018 by conducting an Orientation Program for the members of WDC and informative Lecture for Learners as well as for the members of WDC on the Topic “Awareness on the Duties and Requirements of the Women Development Cell” on 12th August 2017.

PowerPoint Presentation Competition

A PowerPoint Presentation Competition on “Role of Women in Modern Indian Society” was organized on 16th August 2017.



Workshop on Stress Management 16th September 2017 By Mr. Vijay Purohit

A Workshop for all the students of Degree College on Stress Management was held on 16th September 2017 By Mr. Vijay Purohit (Volunteer, Divine India Youth Association) and an Advocate by profession. Learners participated in the event and listened attentively to the information He made a PowerPoint presentation on issues causing Stress and showed some other clippings to throw light on various aspects of this Immense Problem and facts regarding various issues and discussed various approaches for dealing with such situation.



Guest Lecture session on “Awareness against Sexual Harassment” Police officers from Samta Nagar Police Station

The Women Development Cell and Department of Wada College of Management and Science in collaboration with The Inner Wheel (NGO,Kandivali) organized a guest Lecture session on “Awareness against Sexual Harassment” a topic of concern for today’s generation.

The session was conducted by police officers from Samta Nagar Police Station. It included a team of 3 police officers & one guest speaker,

- 1) Mr.Anil Mane (Inspector)
- 2) Mr.Tadakhe (Sub-Inspector)
- 3)Ms.Netra Mule(Sub-Inspector)
- 4)UnnatiThakar (Guest Speaker)

All of them spoke on the various measures against sexual harassment. They showed us the path of redressal for such matter and the laws pertaining to it. They also provided us with their emergency women help line number (103), which helps all the female victims to launch a complaint or call police.



Guest Lecture session on “Breast and Cervical Cancer & Self Detection methods” Dr. Upasna Saxena(MBBS, MD) from HCG Apex Cancer Hospital, Borivali on September 22, 2017

The Women Development Cell of Thakur College organized a guest session on “Breast and Cervical Cancer & Self Detection methods” which is a topic that needs to be made aware among the young generations. The session was conducted by Dr. Upasna Saxena(MBBS, MD) from HCG Apex Cancer Hospital, Borivali on September 22, 2017. The audience was also given some hand-outs by the speaker which contained details about Cancer. Dr.Upasna gave a detailed explanation for the, the self-detection methods which was the highlight of the session. She also spoke about the health, hygiene, hormonal balance which is required in young girls.



Guest Lecture on “Gender Sensitivity Among Youth”, 30th Jan 2018, Dr. Paromita Chakrabarti

Women development Cell in Association with Inner Wheel Club of Kandivali Mumbai invited Dr. Paromita Chakrabarti (Associate professor, H.R. College), for Guest Lecture on 30th Jan 2018. The topic was “Gender Sensitivity Among Youth” - to sensitize the students on the ill effects of Gender Bias in the society and the need to bring equality for creating a good societal atmosphere for the progress of self as well as other.



Poem Writing Competition was organized on 6th February 2018

The Society will progress if and only if Women Are Respected and Empowered. To encourage this thought a Poem Writing Competition was organized on 6th February 2018 in the college premises, for all classes. The students expressed their views and thoughts about the Women Empowerment by writing beautiful lines, slogans and quotes. One could see and feel the enthusiasm that the students had in their presentation. This activity kept the students engaged and it was organized to explore and encourage creativity in students and offer them a platform to showcase their skills. It inspired them to think and work creatively in order to promote artistic and poetic excellence.

Self-Defense Program on 7th and 8th February in Thakur stadium, “MISSION SAHASI”

WDC and different institute under Wada College Of Management And Science Mass Self defence Program on 7th and 8th February in college. NCC and NSS students volunteered for keeping the overall discipline for the event.

Vidyarthi Nidhi initiated a mission Named “MISSION SAHASI” with, which is considered to be the shortest and most effective practical based copyrighted training system. Sashakt hi Surakshit is an Unarmed Combat, Survival Tactics, Situation Reaction Tactics, Anti In-house assault, Anti Rape Tactics self-esteem training program.

With “MISSION SAHASI” Grand Master gave training to approximately 100 girl students from Wada college. The girls from various departments of our College were also part of this program.

Overall it was truly an energetic & eye-opener event for all of us. All our students learnt the basic Self defence Techniques which is useful for everybody and in each and every walk of life.



For the Academic year 2017-18 WDC conducted various events to inculcate Self-reliance and Positivity in to the girl students by making them aware from Health issues to Self Defence techniques.