

## Women Development Cell – 2021-22

This academic year was quite a dynamic year for the Women Development Cell of the College. The cell was successful in bringing events and spreading awareness through digital platforms. The orientation of the students regarding the rules and responsibilities and complaint mechanism, was conducted in the month of July 2021. To avoid online bullying of students, the members of the cell were regularly counseling the students regarding the same.

The Cell works to promote initiatives and programs that foster a gender-aware and gender-just atmosphere on campus. The aim is to build a gender-sensitive campus. Additionally, it helps to provide young people with the necessary perspectives, attitudes, and abilities so they may work outside the Institute to create gender-neutral settings. On 9<sup>th</sup> February a seminar on ‘Gender Justice’ was organized jointly with the NSS Unit of our College. Mr. Sandesh Lalde of Anubhav Mumbai was the resource person. The seminar turned out fruitful and interactive and helped in sensitizing young minds on the topic of gender justice and women’s rights as per the Indian constitution. A total of 54 (28 girls and 26 boys) attended the seminar.

On the occasion of International Women’s Day with the theme “Break the Bias” women’s day was celebrated on 8<sup>th</sup> March 2022. The event was highly appreciated by female and male teaching and non-teaching staff members.



In order to reduce stress and anxiety and promote well-being among the staff members, a workshop on “Relieving Stress through energy healing” was organized on 11<sup>th</sup> March 2022. Ms. Shilpi Hiwale, Pranic Healer explained how energy healing is a form of complementary and alternative medicine based on the belief that vital energy flows through the human body. The goal of energy healing is to balance the energy flow in a person. Ms. Shilpi and her team demonstrated how energy healing is practiced.

To keep one’s body fit and mind calm and composed it is necessary that yoga is practiced. A yoga session on “Yoga: A Way of Life” was organized on 5<sup>th</sup> April 2022. Dr. Jyoti S. Mundhe, a trained and certified yoga teacher of Ambika Kutir conducted the session. She informed the participants about the benefits of yoga and advised them about their dietary needs. Various asanas were also demonstrated.

The Women Development Cell expresses heartfelt gratitude to the Management for its constant support.

Mrs. Gracy Dsouza  
Chairperson – Women Development Cell  
President- Internal Complaints Committee

## Gender Justice

 Sanskaridham Kelavani Mandal's  
**J. M. Patel College of Commerce**  
Goregaon West, Mumbai-90. 

**N.S.S Unit & WDC  
organises  
seminar on  
Gender justice**

Resource Person: Sandesh Lalge  
Venue: New Seminar Room  
Timing: 10 : 30 am  
Date: 09th February 2022.

Mrs. Gracy D'Souza (Incharge Principal)      Miss. Kinjal N. Karia  
Mrs. Mukti Shah (Programme officer)

Organising members:  
Sakshi Chawan (9326389083)  
Aditya saptal (7738307702)

