

Women Development Cell 2020-21

Due to nationwide Covid 19 Pandemic situation, all educational institutions were instructed to conduct online classes. Colleges have been challenged with creating and adapting to new ways of teaching - learning, working and living lives amid stressors that was never experienced before. But for all the hardship that was experienced, the year 2020 has also provided a unique opportunity to reflect and lessons to be learnt.

Following online activities were organized by the WDC-

Online Guest Lecture on 'Women's Health': A Guest lecture on the topic 'Women's Health' was organised by Women Development Cell on 21st January 2021 through Zoom Application for girl students and female staff of the college. The speaker was Dr. Shantanu Abhyankar, MBBS, MD [OB-GYN] a practicing gynecologist from Wai, Satara. Dr. Abhyankar is associated with various social programmes and he also writes on various issues faced by women related to the health and hygiene.

Dr. Abhyankar covered a range of health disorders faced by women such as polycystic ovarian syndrome, obesity, hormonal imbalances and its impact on the body and menopause. He guided the girl students on the importance of family planning and suitable methods of family planning. He advised the participants on the importance of good exercise, vaccination and proper diet. Mrs. Pranita Kamath was the convener of the programme.

Online Guest lecture on 'Myths and Misconceptions Sex and Sexuality' was organised on 2nd February 2021 to create awareness about healthy sexuality and to remove the misconceptions about the sex and sexuality. This lecture was organised for the boys and girls students of all the classes. The speaker was Dr. Shantanu Abhyankar, MBBS, MD [OB-GYN]. He spoke on the concept of healthy sexuality which is about gender, equality and women's rights. He guided the participants on various misconceptions related to sex and sexuality. Various concepts related to puberty, menstruation and sexual orientation were discussed by him. He narrated various sexual disorders and proper medical solution related to them. Dr. Abhyankar stressed on the proper education and pre-marriage counselling to solve these problems. Mr. Vikas Upadhyay was the convener of the program.

Online Lecture on 'Teenage Girls: Health and Well Being Challenges' was organised jointly with Indian Development Foundation (IDF) and Vivek College, Goregaon and Valia college, Andheri on 26th March 2021. Dr. Sarita Narang Naik, MBBS [Gold Medalist], MD[CBG] delivered this lecture through Zoom mode. She spoke on various health issues faced by the adolescent girls. She has covered the health issues such as menstrual problems, obesity and gynecological problems faced by teen age girls. She explained the importance of good diet and nutrition for the girls. This was very informative session and many girl students raised their doubts which were solved by the speaker. This programme was attended by girl students of 3 colleges including J.M. Patel College of Commerce,

Awareness Session on Online Harassment: The WDC of our college received some complaints from girl students regarding harassment from the boys wherein indecent messages were sent to the girls on WhatsApp. In order to create awareness on online harassment, on

6thFebruary, 2021, the WDC jointly with the NSS unit conducted an “AWARENESS SESSION ON ONLINE HARASSMENT”. Advocate Mr. Sunil Shukla, with more than 25 Years of Experience” was the resource person where 90 students attended the session. Mrs. Kausar Shaikh NSS Programme Officer and WDC member convened the program.

Mr. Sunil Shukla spoke about the various forms of online harassment such as cyber bullying, trolling, flaming, doxing, outing and fraping. He narrated the various methods where the perpetrators use personal information, abusive messaging or bullying behavior to cause emotional distress to the victims. He explained the methods of cyberbullying and cyber harassment as a form of harassment using electronic means. The main objective of this lecture was to create awareness among girl students so they can take the help of law and fight against such harassments. At the end of the lecture, there was a round of question and answers. Mrs. Crimita Almeida proposed vote of thanks.

Self-Defense Training Program: This programme was conducted for girl students jointly with the NSS unit of our college. Mrs. Kausar Shaikh was the programme convener and Ms. Kinjal Karia was the member of the organizing committee. Mr. Sitaram R. Chavan, President & Style Chief of Shotokan Global Japan Karate Academy was the Trainer for the session where 40 students from our college attended. There were (15) boys and (25) girl participants. The trainer with the help of two students showed all the demos, along with virtual training to participants to deal with the situations. The main objective was that girls can prepare their minds and body to respond to threats against their safety. The important aspect of this training was to empower the girls and to enable them to defend against any type of physical assault.

A session on ‘**Women rights and stop body shaming**’ was organized jointly with Rotaract Club (RID No. 3141) of our college by Ms. Crimita Almeida. 25 (Students) + 3 (Staff) attended the program. The speaker for the session was Ms. Rajashree Ram, Senior Associate with Economic Laws Practices (ELP) Litigation and Dispute Resolution practice in Mumbai. The programme was conducted on online platform through google meet at 4.30 pm on 8th March 2021. Body shaming is something that concerns every young mind while growing up and the issues need to be addressed. The main objective of conducting the session was to create awareness among the students and how to handle such situations. Students gained the knowledge about various acts/laws pertaining to women rights and issues pertaining to body shaming and how individuals should be more accepting of being different from others.

Women’s Day Celebration – On 8th March 2021, the WDC celebrated women’s day along with the teaching and non-teaching staff of our college. Mrs. Gracy Dsouza, Mr. B.D. Reddy and Mrs. Vinaya Modak expressed their views on the concept of Women’s Day. It was a fun filled day. The cultural program presented a marvelous Bharatnatyam performance along with a Bollywood song. Then a drama was staged and composed by the Mr. Vinesh Matal. Thereafter, a beautiful Shayari recitation by Mr. Manoj Mishra and a performance of song by Mr. Shahid Qureshi. The most attractive part of the whole program was the Secret Santa gift exchange. The names of those wanting to participate were written down on a piece of paper and drawn randomly from a box to assign a Secret Santa to each staff member. The staff

members were asked to wrap his/her gift, he/she should label it with the recipient's name but doesn't indicate whom the present is from. (Remember, most of the fun is in the secrecy.) and bring it on Women's Day. All the gifts are then placed in the seminar room for opening at a designated time. It was followed by lunch sponsored by the Management. Everybody enjoyed the cultural program and highly appreciated the organisers.

Mrs. Gracy D'souza

Chairperson – WDC