

WOMEN DEVELOPMENT CELL

When women thrive, all of society benefits.

Kofi Annan

The Women Development Cell is based on the ideology that women empowerment and gender equality are prerequisites for social development and nation building. The cell works to create a gender sensitized community within the campus as well as in the society.

A brief report of the activities conducted by the Cell is as follows:

- **International Yoga Day-** Our faculty Dr. M.P. Padhye Gogate and Dr. Jenevia Tuscano conducted sessions on 'Yoga and its significance' and 'Yoga and its relationship with Ayurveda'.
- **Yoga Classes for Girl Students** - Yoga classes are organised for lady students on every Friday and Saturday for one hour duration.
- **Lecture cum Demonstration on Yoga-** Conducted by Ms. Pallavi Mehta, Yoga teacher for lady faculty and administrative staff and students.
- **Workshop on Grooming and Nutrition for Young Women** -Ms. Tanaz Hingorani a wellness coach conducted a session for girl students on aspects of wellness and grooming.
- **Workshop on "Sexual Harassment of Women Employees and Students"**- This workshop was conducted in association with The Public concern for Governance Trust. The workshop was conducted as per the directives of Maharashtra State Commission for Women.
- **Film screening** – A film on 'Eve Teasing' was screened by Vaccha (NGO).
- **Yoga Demonstration-** Dr. Mangal P. Padhye Gogate gave a demonstration session on International Yoga Day for lady staff members and students.
- **Sale-**A sale of products prepared by Jijamata Mahila Utpadak Bachat Ghat and Umang Charitable Trust, Kandivali was organised in the college premises.
- **Workshop on Domestic Violence-** The workshop was organised in association with Majlis (NGO working for women's rights) Adv. Nausheen Yousuf and Ms. Aditi Thakkar from Majlis conducted the workshop.

- **‘Let Her Bloom’**- A programme for girl students and their parents was jointly organised by I.Q.A.C. and WDC where a talk was delivered by a well-known psychiatrist Dr. Harish Shetty on the occasion of International Women’s Day
- **Workshop on Health and Hygiene**-The workshop was conducted for female students by Dr. (Mrs.) Mangal P. Padhye-Gogate.
- **“Youth Mela”** - Organised in association with MOGC (Mumbai Obstetrician and Gynaecologist Society), 157 girl students participated in the workshop. Dr. Priti Vyas, Dr.Shreya Prabhoo, Dr Riddhi Desai, Dr Bhavini Shah and Dr. Mansi Medhekar discussed various issues related to nutrition, hygiene reproductive organs, use of contraceptives, self – defence etc.,
- **Workshop on Self Defence** - Mr. Sharif Bapu trained girl students in self defence in order to equip them to deal with physical assault.
- **Session on “Yoga as a Career Option”**- Conducted in association with the Yoga Institute, Santacruz (East) to understand Yoga as a career choice.
- **Cyber Bullying and Harassment: Stay Safe Online**-The session was conducted by counsellor Ms. Sadaf Vidha and her team from Guftagoo Counselling Centre and was followed by an interactive question and answer session.
- **Teenage Girls-Health and Well Being Challenges**-The session was conducted in collaboration with Indian Development Foundation and Gynaecologist Dr. Sarita Naik addressed the girl students.
- **Women's Rights in India**- Dr. Sharmila Ghuge conducted a webinar to create awareness about the rights of women in India.
- **Cyber Bullying of Females in Indian Higher Education Institutions** - A webinar on cyberbullying by Dr. Meenakshi Ingole (University of Delhi) was organized for girl students to make them aware and alert about various pros and cons of using a social networking site.
- **Career Opportunities for Girls in the Armed Forces** - Capt. Tanuja Kabre (Retd. Officer IAF) discussed about the career opportunities for girls in the armed forces to make girls aware of the armed forces as a career option.
- **Intercollegiate Quiz Competition**- An Intercollegiate Online Quiz Competition “Break the Bias” was conducted on the occasion of International Women's Day

- **Grooming Session:** Ms. Jyoti Guptaon conducted a session for girl students on “Personality Development and Health & Hygiene”
- **Orientation session for girl students on “Cervical Cancer” by Dr. Anshumala Shukla Kulkarni**