

WDC – Annual Report 2022-2023

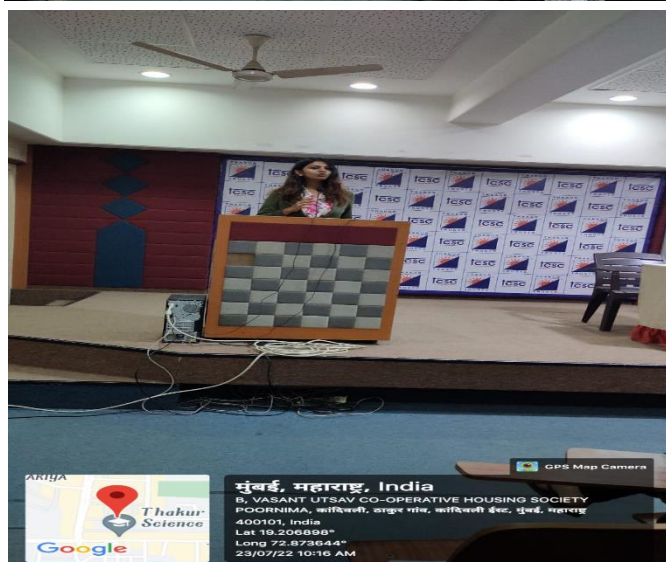
A guest lecture on Heal Through Food on 23/07/2022

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 session 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, fibre 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 219 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.



The poster is for a 'Menstruation Hygiene Awareness' session organized by the Woman Development Cell & Department of IT at Thakur College of Science & Commerce. The college is an autonomous college permanently affiliated to the University of Mumbai, with NAAC Accredited Grade 'A' (3rd Cycle) and ISO 9001: 2015 (Certified). It has won the Best College Award by the University of Mumbai for the year 2018-2019. The poster features the college's logo, the TCSCE logo, and a large graphic of a woman's silhouette inside a teardrop shape. The speaker is Ms. Dipti Kashalkar, a social activist, traveller, youtuber, and entrepreneur. The session is scheduled for 22 July 2022 at the Seminar Hall (1st Floor) at 10 AM. The poster also mentions the college's 75th Azadi Ka Amrit Mahotsav and its 25th anniversary.

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AUTONOMOUS COLLEGE, PERMANENTLY AFFILIATED TO UNIVERSITY OF MUMBAI
NAAC Accredited Grade 'A' (3rd Cycle) & ISO 9001: 2015 (Certified)
Best College Award by University of Mumbai for the Year 2018-2019

WOMAN DEVELOPMENT CELL & DEPARTMENT OF IT
is Organizing
Menstruation Hygiene Awareness

speaker : Ms. Dipti Kashalkar
SOCIAL ACTIVIST, TRAVELLER, YOUTUBER, ENTREPRENEUR

DATE : 22 JULY 2022
VENUE : SEMINAR HALL (1ST FLOOR)
TIME : 10 AM



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 Defence and its techniques on 20/09/2023

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

The trainer Dr. Chhaya shah spoke about the various laws and provisions and showed apps for self-defence. 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 programmes. She said that having knowledge about self-defence 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/unwanted 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-defence 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.

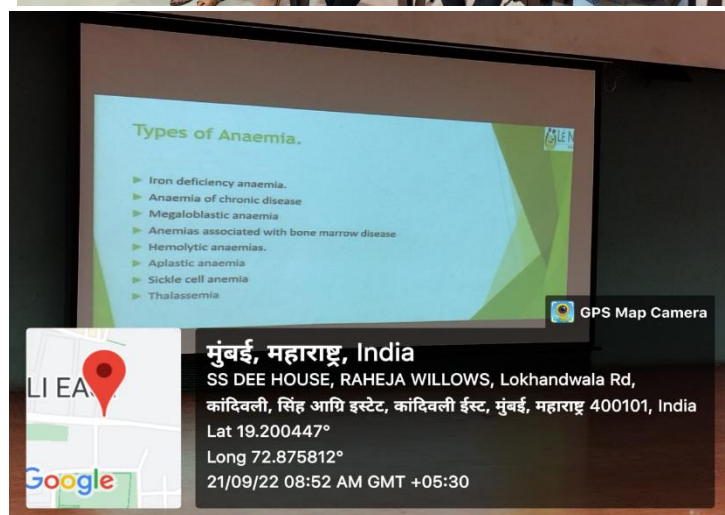
The student participants got different self-protection tips on how to avoid/defend by attacking a potential attacker by using objects or by striking on the soft spots of the attacker, when subjected to physical abuse, violence, crime, etc



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

The aim was to create awareness about low haemoglobin levels among Specially in women and children and its impact on health. **Dr. Mukesh Gupta MBBS, MD - Obstetrics & Gynaecology, 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 322 learners participated.



Our student Ms. Dhriti Pandey went for Panel Discussion on Gen Z's Perspective on modern feminism. 18/11/2022 organised by WDC. For Screening of six students a panel discussion was conducted on views on modern Feminism She was selected from TCSC.



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

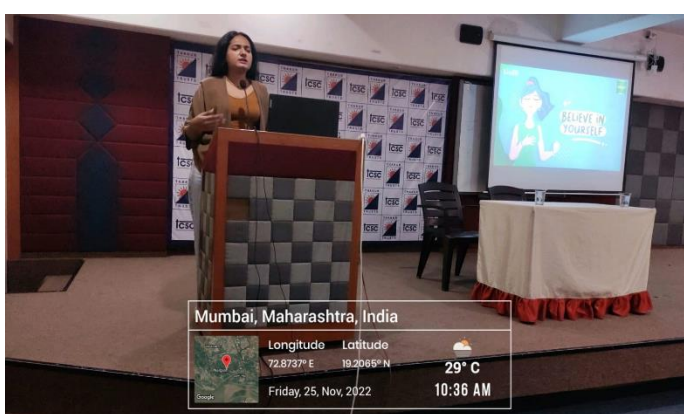
A free Anaemia camp was organised for Degree and Junior College Staff and students. The report was given to all who came for check-up and those who were diagnosed anaemic free supplements for 7 days was given. Threptin biscuits were given to all who came for check-up. Total (120 students +88 staff)



A session "Menstrual Hygiene and personality development" on 25/11/2022

Organised 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 THE TRAINER)]**

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.



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 Thakur College of science and commerce. 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	Mr. Lakshay Sunil Jatawat	B.Sc Cs
2	Mr,Himanshu Verma	B.Com

3	Ms. Anita Sthar	B,Sc Biotechnology
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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 organised.

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.

Proliner 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.**



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

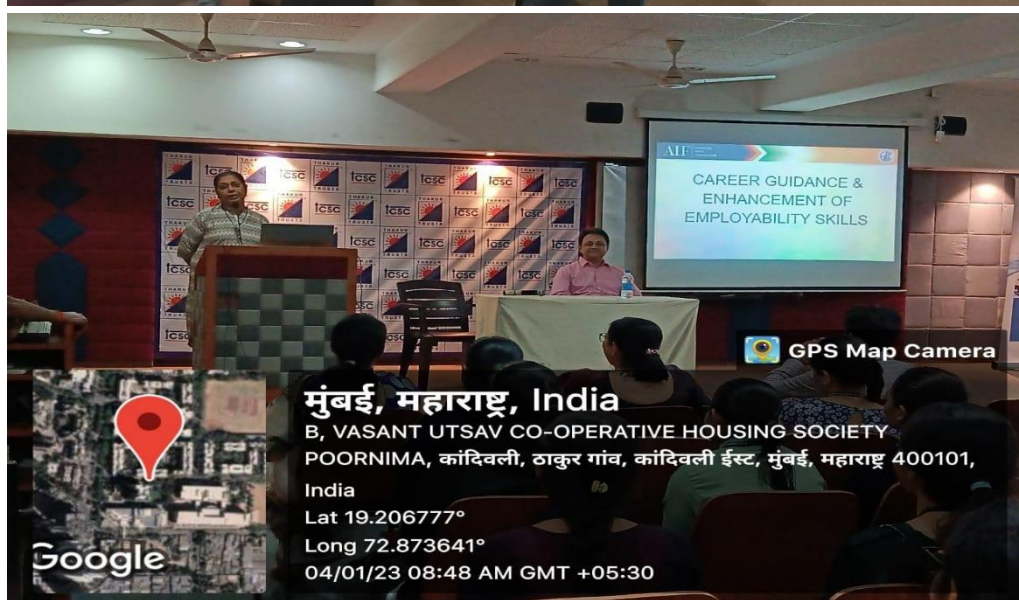
UM-GICED, American India Foundation (AIF) and DELL Technologies had organised “Employability Skill and Career Guidance” workshop for two days. Female students of degree college were encouraged to participate in this event. This workshop would enable them to cope with the demands and challenges of daily life by helping them develop career and socio personal skills. In total 322 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 organised as well as unorganised 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. **211 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 organised to celebrate this day

On 28th February 2023, a workshop on self-defence was organised. 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

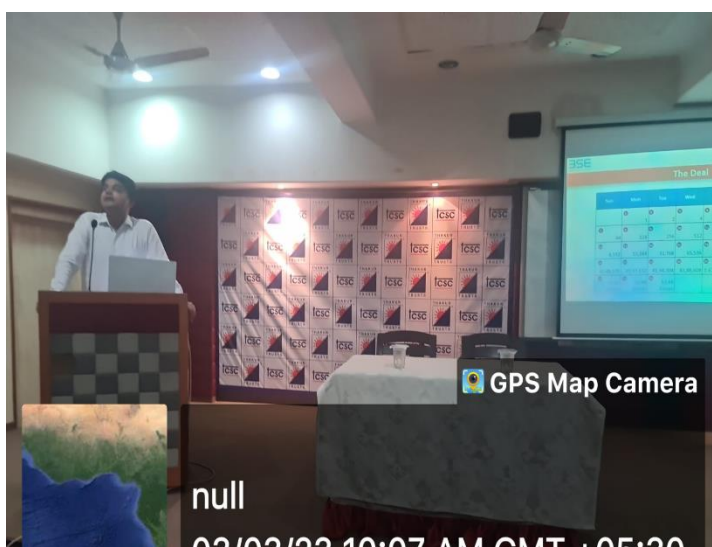
various ways to maintain a healthy and fit lifestyle through exercises. Students were also explained the importance of self-defence and how to respond during unexpected and unwanted situations without getting scared.



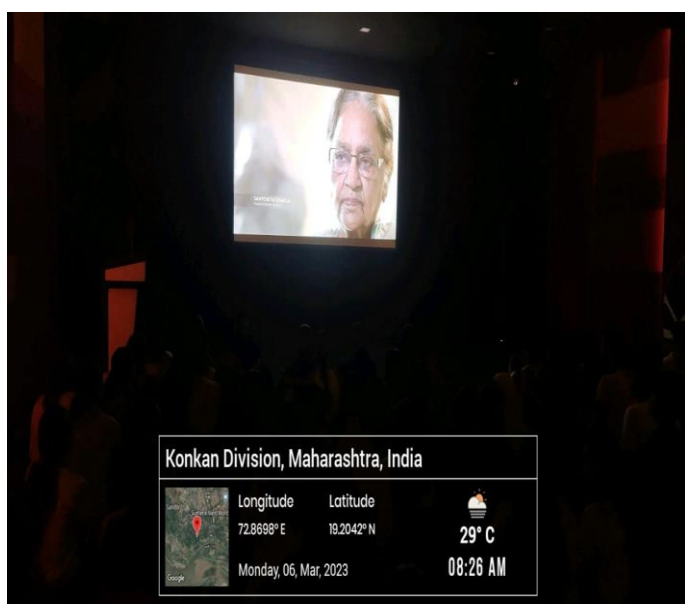
On 2nd March, a guest lecture on Gender Sensitization was organized to raise awareness about gender equality concerns and alter people's behaviour towards and perspective about other Genders. Raising the gender equality is an important concern. Gender Sensitization and Legal Awareness Programme helps 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 organised. The speaker for the event was Mr. Dhaval Pandhi, ACCA. 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.

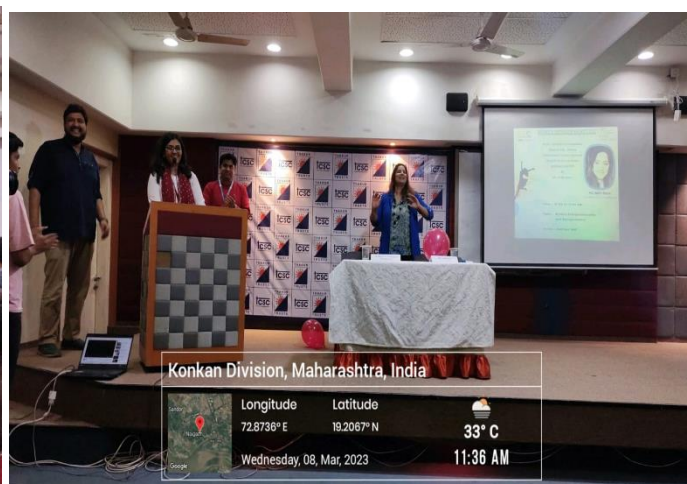


On 6th March a documentary was screened on the life of **Late Ms. Kalpana Chawla**, An Astronaut, Aero space Engineer, first women of Indian Origin to go to the space. The documentary focused on her zeal, enthusiasm, love and ambition towards her career. 93 Students were present for the movie screening 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 organised on this topic, where 100 students participated in it.

On 8th march a guest lecture was organised 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 & game changing 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 organised 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 organised for the female students. The event was organised 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.

Women achivers in sports field were feliciated

- 1) **Diksha Umesh singh** participant in khelo India and Gold medal in national hand 2 hand.
- 2) **Ms. Anjali Ravindra giri** Gold in DSO state wushu and Gold medal in national hand 2 hand.
- 3) **MS. Pooja Yadav** participant in all India yoga
- 4) **Ms. Darshana Lakhani** - judo coach , Internationalist Medalist , common wealth - silver medal





Principal Dr. C. T Chakraborty encouraging students to participating in sports

