

Report on Women's Development Cell 2017-2018



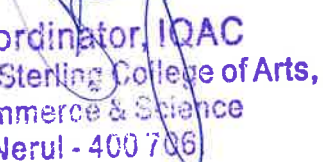
NCRD's Sterling College of Arts, Science & Commerce,

(Accredited by NAAC & Affiliated to University of Mumbai)


Sector – 19, Nerul (East), Navi Mumbai -400706

Phone: 022/27705535

Email: senior_commerce@yahoo.co.in


Coordinator, IQAC
NCRD'S Sterling College of Arts,
Commerce & Science
Nerul - 400706




Principal
NCRD'S Sterling College of Arts, Commerce & Science
Nerul, Navi Mumbai - 400706



National Centre for Rural Development's
Sterling College of Arts, Commerce & Science

(NAAC Accredited)

(Affiliated to University of Mumbai)

Sector 19, Nerul (East), Navi Mumbai – 400706

Tel. No. : +91-22-2770 5535.


Email – senior_commerce@yahoo.co.in

Contents

Sr. No	Particulars	Page No
1	Abstract	1
2	Workshop on Zumba	2-5
3	Ask the Gynaec	6-91
4	Workshop on Women's rights and legal aspects for protecting and empowering women	12-17
5	International Women's Day Celebration	18-22


Coordinator, IQAC
NCRD's Sterling College of Arts,
Commerce & Science
Nerul - 400 706.




Principal
NCRD's Sterling College of Arts, Commerce & Science
Nerul, Navi Mumbai - 400706



National Centre for Rural Development's
Sterling College of Arts, Commerce & Science

(NAAC Accredited)

(Affiliated to University of Mumbai)

Sector 19, Nerul (East), Navi Mumbai – 400706

Tel. No. : +91-22-2770 5535.

Email – senior_commerce@yahoo.co.in


ABSTRACT

The Women Development Cell (WDC) aims to promote awareness on gender equality and gender sensitization among students. During the academic year the committee encouraged the girl students and female teaching and non-teaching staff to participate in the activities exclusively organized by the committee for their development.

The cell takes the responsibility to organize awareness programmes on gender sensitization, women rights and women empowerment for the female students and staff.


Coordinator ICAC
NCRD'S Sterling College of Arts,
Commerce & Science
Nerul - 400 706.




Principal
NCRD'S Sterling College of Arts, Commerce & Science
Nerul, Navi Mumbai - 400706



National Centre for Rural Development's
Sterling College of Arts, Commerce & Science

(NAAC Accredited)

(Affiliated to University of Mumbai)

Sector 19, Nerul (East), Navi Mumbai – 400706

Tel. No. : +91-22-2770 5535.

Email – senior_commerce@yahoo.co.in

NOTICE

Date:18/09/2017

This is to inform all the college students (girls) that the women development cell would be conducting a Zumba workshop on 21st and 22nd September at 10:00 am in Auditorium. All the girl students are requested to assemble in time.


Co-ordinator WDC


Principal
Principal
NCRD's Sterling College of Arts, Commerce & Science
Nerul, Navi Mumbai - 400706


Coordinator IQAC
NCRD's Sterling College of Arts,
Commerce & Science
Nerul - 400 706.





National Centre for Rural Development's
Sterling College of Arts, Commerce & Science

(NAAC Accredited)

(Affiliated to University of Mumbai)

Sector 19, Nerul (East), Navi Mumbai – 400706

Tel. No. : +91-22-2770 5535.

Email – senior_commerce@yahoo.co.in

O/W No. NCRD/STL/WD/206/2017

Invitation Letter

Date:16/09/2017

To,
Ms. Zillian

Subject: Two Days workshop on Zumba

Dear Madam,

We are pleased to invite you as a guest to conduct a two days zumba workshop for our degree college students.

You are cordially invited for the workshop to be held on 20th & 21st September 2017 at 10:00 am at our college.

Your expertise and experience in your field will be great contribution to the programme and will highly benefit our students.

We look forward to a positive response from your side.

Regards,

Megha Mahajan

Women's Development Cell

NCRD Sterling College of Arts, Science and Commerce

[Signature]
Coordinator, IQAC
NCRD'S Sterling College of Arts,
Commerce & Science
Nerul - 400 706.



[Signature]
Principal
NCRD'S Sterling College of Arts, Commerce & Science
Nerul, Navi Mumbai - 400706



National Centre for Rural Development's
Sterling College of Arts, Commerce & Science

(NAAC Accredited)

(Affiliated to University of Mumbai)

Sector 19, Nerul (East), Navi Mumbai – 400706

Tel. No. : +91-22-2770 5535.

Email – senior_commerce@yahoo.co.in

O/W NO. NCRD/STL/WD/209/2017

Thanking Letter

Date: 21st september 2017


To,
Ms. Zillian

Dear Madam,

On behalf of the Women's Development Cell of NCRD Sterling College of Arts, Science and Commerce, Nerul, we would like to thank you for conducting a two days zumba workshop.

It has been a pleasure working with you, we look forward to work with you in our future educational endeavours.

Regards,


SKM Development Committee

NCRD Sterling College of Arts, Science and Commerce


Coordinator, IQAC
NCRD'S Sterling College of Arts,
Commerce & Science
Nerul - 400 706.




Principal
NCRD'S Sterling College of Arts, Commerce & Science
Nerul, Navi Mumbai - 400706



National Centre for Rural Development's
Sterling College of Arts, Commerce & Science

(NAAC Accredited)

(Affiliated to University of Mumbai)

Sector 19, Nerul (East), Navi Mumbai – 400706

Tel. No. : +91-22-2770 5535.

Email – senior_commerce@yahoo.co.in

REPORT

Title: Workshop on Zumba

Date: 20th & 21st September 2017

Venue: Auditorium

Objectives:

1. To enable the students to learn a fun aerobic workout
2. To enable the students to understand the benefits of exercise
3. To enable the students to learn a fun way of keeping active

Description:

A zumba workshop was conducted by the TYBMS student Ms. Zillian who was certified zumba trainer. She oriented the students on how zumba is also a fitness regime which can be practiced. she conducted a session for FY and SY girl students separately for one hour duration each.

Outcome and Recommendation:

The students found the workshop very interesting and showed great interest during practical session. The workshop was a success and it is recommended to conduct such workshops in future.

Participants: BMS, BAF and BCOM girls

Megha Malhotra
WDC

[Signature]
Coordinator, IQAC
NCRD'S Sterling College of Arts,
Commerce & Science
Nerul - 400 706.



[Signature]
Principal
NCRD'S Sterling College of Arts, Commerce & Science
Nerul, Navi Mumbai - 400706

[Signature]
NCRD'S Sterling College of Arts, Commerce & Science
Nerul, Navi Mumbai - 400706



National Centre for Rural Development's
Sterling College of Arts, Commerce & Science

(NAAC Accredited)

(Affiliated to University of Mumbai)

Sector 19, Nerul (East), Navi Mumbai – 400706

Tel. No. : +91-22-2770 5535.

Email – senior_commerce@yahoo.co.in

NOTICE

Date:15/01/2018

This is to inform all the college students (girls) that the women development cell would be conducting an interactive session named as 'Ask the Gynaec' on 22nd January 2018 at 10:00 am in G4.

Attendance is compulsory.


Co-ordinator WDC


Principal

Principal
NCRD'S Sterling College of Arts, Commerce & Science
Nerul, Navi Mumbai - 400706


Coordinator, IQAC
NCRD'S Sterling College of Arts,
Commerce & Science
Nerul - 400 706.





National Centre for Rural Development's
Sterling College of Arts, Commerce & Science

(NAAC Accredited)

(Affiliated to University of Mumbai)

Sector 19, Nerul (East), Navi Mumbai – 400706

Tel. No. : +91-22-2770 5535.

Email – senior_commerce@yahoo.co.in

O/W NO. NCRD/STL/WD/2/9/2018
Invitation Letter

Date:12/01/2018

To,
Dr. Supriya lad

Subject: Workshop “Ask the Gynaec”

Dear Madam,

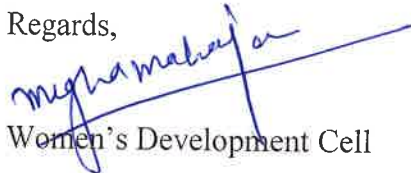
We are pleased to invite you as a guest for delivering a talk on women’s daily hygiene, their health issues and PCOD for our degree college students.

You are cordially invited for the workshop to be held on 22nd January 2018 at 10:00 am at our college.

Your expertise and experience in your field will be great contribution to the programme and will highly benefit our students.

We look forward to a positive response from your side.

Regards,


Women’s Development Cell

NCRD Sterling College of Arts, Science and Commerce

No. of Participants



Principal
NCRD'S Sterling College of Arts, Commerce & Science
Nerul, Navi Mumbai - 400706


Coordinator, IQAC
NCRD Sterling College of Arts,
Commerce & Science
Nerul - 400 706.





National Centre for Rural Development's
Sterling College of Arts, Commerce & Science

(NAAC Accredited)

(Affiliated to University of Mumbai)

Sector 19, Nerul (East), Navi Mumbai – 400706

Tel. No. : +91-22-2770 5535.

Email – senior_commerce@yahoo.co.in

O/W No. NCRD/STL/422/2018

Thanking Letter

Date: 22nd January 2018

To,
Dr. Supriya Iad

Dear Madam,

On behalf of the Women's Development Cell of NCRD Sterling College of Arts, Science and Commerce, Nerul, we would like to thank you for delivering an informative lecture on women's daily hygiene, their health issues and PCOD.

It has been a pleasure working with you, we look forward to work with you in our future educational endeavours.

Regards,


Women's Development Committee

NCRD Sterling College of Arts, Science and Commerce


Coordinator, IQAC
NCRD'S Sterling College of Arts,
Commerce & Science
Nerul - 400 706.




Principal
NCRD'S Sterling College of Arts, Commerce & Science
Nerul, Navi Mumbai - 400706



National Centre for Rural Development's
Sterling College of Arts, Commerce & Science

(NAAC Accredited)

(Affiliated to University of Mumbai)

Sector 19, Nerul (East), Navi Mumbai – 400706

Tel. No. : +91-22-2770 5535.

Email – senior_commerce@yahoo.co.in

REPORT

Title: Ask the Gynaec

Date: 22nd January 2018

Venue: Auditorium

Objectives:

The main objective of this workshop was to provide information about female hygiene and also to address the issues related to health and hygiene which girls students are facing.

Description:

The Cell conducted an informative and interactive session named as 'Ask the Gynaec'. The session was conducted for girls students and was convened by Dr. Supriya lad (Gynaecologist).

Outcome and Recommendation:

Dr. Supriya lad (Gynaecologist) provided a lot of essential information related to women's daily hygiene and their health issues. She gave detailed insight on women's health issues of PCOD and suggested some remedies for them. She suggested some diet plans for females going through obesity which is one of the major causes for PCOD problems.

Participants: BMS, BAF and BCOM girls

No. of Participants : 42


Coordinator, QAC
NCRD's Sterling College of Arts,
Commerce & Science
Nerul - 400 706.




Principal
NCRD's Sterling College of Arts, Commerce & Science
Nerul, Navi Mumbai - 400706



National Centre for Rural Development's
Sterling College of Arts, Commerce & Science

(NAAC Accredited)

(Affiliated to University of Mumbai)

Sector 19, Nerul (East), Navi Mumbai – 400706

Tel. No. : +91-22-2770 5535.

Email – senior_commerce@yahoo.co.in


PHOTOGRAPHS



Workshop “Ask the Gynaec”


Coordinator, IQAC
NCRD'S Sterling College of Arts,
Commerce & Science
Nerul - 400 706.




Principal
NCRD'S Sterling College of Arts, Commerce & Science
Nerul, Navi Mumbai - 400706

Ask the Gynec

Ankita Sakham Mane	<u>Amane</u>
PRATIKSHA MOHAN SHINDE	<u>Bhinde</u>
Divya Anil Dingankar	<u>Dingankar</u>
Lata Ganpat Parate	<u>Parate</u>
Swamiksha Vinesh Shelar	<u>Shelar</u>
Sneha Santosh Magar	<u>Sneha</u>
Shruti Baban Bandal	<u>Shruti</u>
Minnu Pachu Raghorr	<u>Minnu</u>
Bhavna Sadanand Gawand	<u>Bhavna</u>
Devashree Ramesh Jangale	<u>Devashree</u>
Anushka Vitthal Kharat	<u>Anushka</u>
Aakanksha Ramchandra Mohite	<u>Aakanksha</u>
Manasi Sunil Kasar	<u>Manasi</u>
Pratiksha Ashok Dandie	<u>Pratiksha</u>
Pallavi Narayan Khandagale	<u>Pallavi</u>
Aukita Sakhdar Jadhav	<u>Aukita</u>
Mohini Pramod Khochate	<u>Mohini</u>
Nilam Ravindra Utekar	<u>Nilam</u>
Neha Ramesh Patil	<u>Neha</u>
Muskan Shaikat Shaikh	<u>Muskan</u>
Vaishnavi Giorakish Yewale	<u>Vaishnavi</u>
Megha Vijaykumar Shinde	<u>Megha</u>
Mrunalini Bhatnagar	<u>Mrunalini</u>
Rachani Gobhele	<u>Rachani</u>
Manasi Kshirsagar	<u>Manasi</u>
Ekta Parvati	<u>Ekta</u>
Meenakshi Deem	<u>Meenakshi</u>
Pucham Pawar	<u>Pucham</u>
Vrushi Pawar	<u>Vrushi</u>
Hemangi Kulkarni	<u>Hemangi</u>
Munisha Patel	<u>Munisha</u>

Rashmi more

Rashmi

Rashmi. Kulkarni

Rashmi

Nazmeen Ansari

Rashmi

Neha Ram Singh

Neha

Sneha Gupta

Sneha

Sakshi Chavan

Sakshi

Memon Sofia

Memon

Varshavi Salunke

Varshavi

Raha Chavan

Raha

Murari Malhe

Murari



National Centre for Rural Development's
Sterling College of Arts, Commerce & Science

(NAAC Accredited)

(Affiliated to University of Mumbai)

Sector 19, Nerul (East), Navi Mumbai – 400706

Tel. No. : +91-22-2770 5535.

Email – senior_commerce@yahoo.co.in

NOTICE

Date:8/12/2017

This is to inform all the college students (girls) that the women development cell would be conducting a workshop on Women's Rights and legal aspects for protecting and empowering women on 12th December 2017 at 10:00 am in Auditorium 7th floor.

Attendance is compulsory.


Co-ordinator WDC


Principal


Co-ordinator WDC
NCRD's Sterling College of Arts,
Commerce & Science
Nerul, Navi Mumbai - 400706




Principal
NCRD's Sterling College of Arts, Commerce & Science
Nerul, Navi Mumbai - 400706



National Centre for Rural Development's
Sterling College of Arts, Commerce & Science

(NAAC Accredited)

(Affiliated to University of Mumbai)

Sector 19, Nerul (East), Navi Mumbai – 400706

Tel. No. : +91-22-2770 5535.

Email – senior_commerce@yahoo.co.in

REPORT

Title: Workshop on Women's rights and legal aspects for protecting and empowering women

Date: December 12th 2017

Venue: Auditorium

Objectives:

This workshop was conducted to help the participants of the workshop to help negotiate their rights and understand the remedies available to them when rights are violated.

Description:

A workshop was conducted for girl students to make them understand about Women's Rights and legal aspects for protecting and empowering women. The Coordinators of the WDC of the college Mrs. Prasuna & Megha Mahajan have conducted this workshop to create awareness among girl students.

The students found the workshop very informative.

Outcome and Recommendation:

During the interaction with students some issue were identified such as Negative attitude towards women, Lack of awareness among women about their rights. It was recommended to conduct some more workshops to address such issues

Participants: BMS, BAF and BCOM girls

No. of Participants : 36

Megha Mahajan

[Signature]
Coordinator, IQAC
NCRD'S Sterling College of Arts,
Commerce & Science
Nerul - 400 706.



[Signature]
Principal
NCRD'S Sterling College of Arts, Commerce & Science
Nerul, Navi Mumbai - 400 706