

Women Development Cell Report Year 2020/2021



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

(Accredited by NAAC & Affiliated to University of Mumbai)

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Principal,
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Abstract

ACADEMIC YEAR 2019-2020

Name of the committee: Women Development Cell


Name of the members: Prof. Megha Mahajan

Prof. Dr Manasi Killedar


Prof. Priyam vashist

The Committee comprises of coordinator & members. The committee takes adequate initiative on developing the skills of the students on a regular basis. The main Objectives of WDC is to provide a platform for Girl students to encourage entrepreneurial skills, To Provide for dialogue, discussion and deliberation on Gender related issues. To encourage girl students for participation in Extra and co-curricular activities apart from Academics, to review safety and security of girl students in the College premises.

In accordance with the above objectives ,Women Development Cell in the year 2019-2020 organised various activities for developing the Entrepreneurial skill, providing Guidance about Health and Hygiene and celebrating Womanhood.


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NOTICE

DATE: 12th Jan 2021

This is to inform students that Workshop on **Women Health Sanitation & Hygiene** will be conducting for all girl students on 13th Jan 2021 in order to understand women's various health issues.

ATTENDANCE IS COMPULSORY.

WOMEN DEVELOPMENT CELL

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Brochure



Menstruation is a natural part of the reproductive cycle. However, in most parts of the world, it remains a taboo and is rarely talked about.

Cultural practices and taboos around menstruation negatively impact the lives of women and girls, and reinforce gender inequities and exclusion. Moreover, studies have proved a direct link between poor menstrual hygiene and urinary or reproductive tract infections and other illnesses.



WOMEN DEVELOPMENT CELL ORGANIZING PROGRAMME

ON

WOMEN HEALTH, SANITATION AND HYGIENE

By Dr. Hema Deshmukh


MD (Gynecologist)

Program Objectives


1. To create awareness about women health issues.
2. To create awareness about "Menstrual Health & for Women".



**Know more About PCOD,
THYROID, PCOS, UTI and Stay Healthy
and FIT.**


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O/w No. NCRD/STL/WD/711/2021

Invitation Letter

To,

DATE : 12th Jan 2021

Dr. Hema Deshmunkh

Chembur

Subject: Workshop on Women Health Sanitation & Hygiene

Dear Madam,

We are pleased to invite you as a guest for conducting a workshop Sanitation & Hygiene. You are cordially invited for the workshop to be held on 13th January 2021.

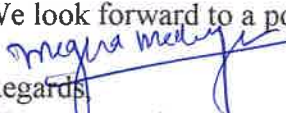
Your expertise and experience in your field will be great contribution to the programme and will highly benefit our students.

We look forward to a positive response from your side.


Regards,

Women Development Committee

NCRD Sterling College of Arts, Science and Commerce


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O/W NO: NCRD / STL / WD / 714 / 2021

Thanking Letter

Date: 14/1/2021

To,
Dr. Hema Deshmukh,

Chembur

Dear Madam,


On behalf of the skill development committee of NCRD Sterling College of Arts, Science and Commerce, Nerul, we would like to thank you for delivering an informative lecture on 13/1/2021.

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

Regards,

Women Development Committee

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Report

Online Workshop on women health, Sanitation & Hygiene

Date :-13 January 2021

No of participant:- 48

Sanitation & Hygiene workshop was conducted for girl students in association with Rotary club, Navi Mumbai on 13th January 2021.


Sanitation is important for all, helping to maintain health. For Girls this subject is more relevant and importance. Considering this a Sanitation & Hygiene workshop was conducted for girl students.

Health education plays an important role in the community hygiene. To prevent illness and have positive health attitude, correct and complete knowledge of health is necessary. Health is cleanliness and cleanliness is one of the main defences against diseases, whether contagious or self-generated. Hygiene is a set of practices performed to preserve health. According to the World Health Organization (WHO), “Hygiene refers to conditions and practices that helps to maintain health and prevent the spread of diseases”. Personal hygiene refers to maintaining the body's cleanliness. Maintaining cleanliness is also important for our self-confidence, physical and emotional well-being.


Health education plays an important role in the field of education. To prevent illness and have positive health attitude, correct and complete knowledge of health is necessary. The Importance of Good Personal Hygiene is necessary for many reasons: personal, social, and psychological or simply as a way of life. Keeping a good standard of hygiene helps to prevent the development and spread of infections, illnesses and odour.

The objectives of the workshop are

1. To create awareness about the health status of the members of the staff and students in the campus.
2. To provide counselling for the various health problems of the respondents.


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3. To know more about women health issues like PCOD, PCOS, Thyroid.
4. To promote awareness about food safety.


Dr. Hema Deshmukh, a gynecologist was invited to conduct this workshop. She thoroughly oriented the students on Sanitation and hygiene standards to be maintained and also the consequences if the hygiene aspects are not followed.

Feedback

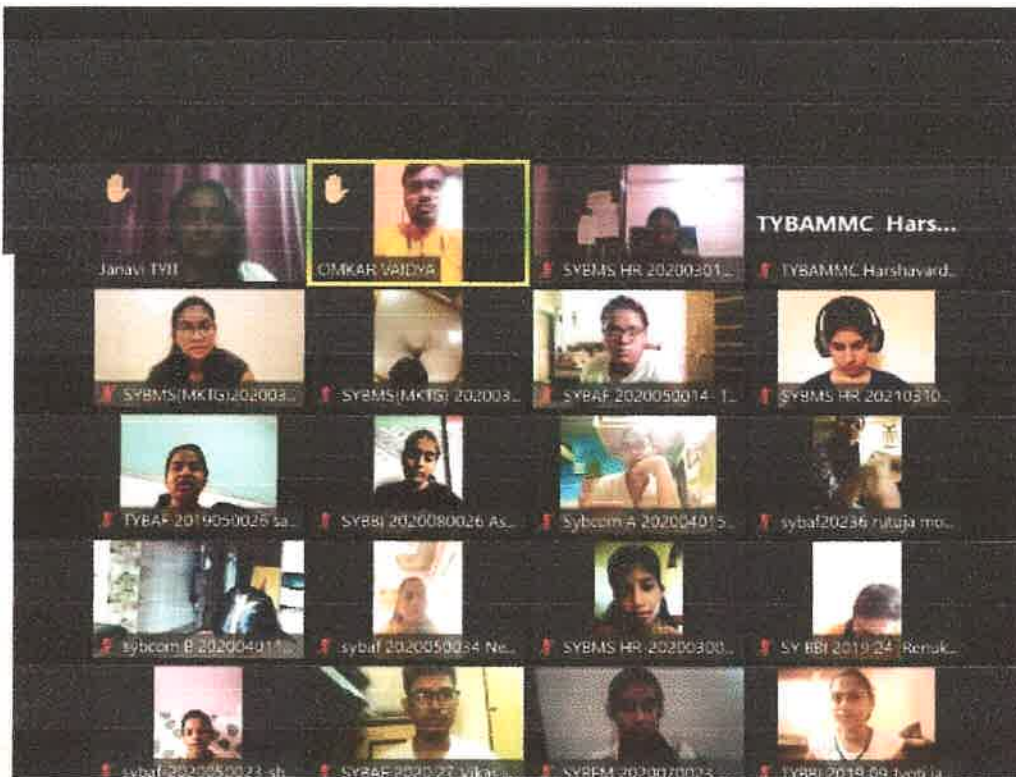
The students found the activity really informative, hence it was decided to make it a regular activity.


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List of participants and Photos



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NOTICE

Date:14/02/2021

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 15th February 2021 at 11:30 through zoom meeting .


Attendance is compulsory.


Co-ordinator WDC


Principal


Coordinator, IQAC
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Principal
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Brochure

ONLINE WORK SHOP LEGAL RIGHTS OF
WOMEN

Program Objectives

To spread awareness about legal rights of women
To know the need and importance of women
empowerment



On 15 FEB 2021

Time : 11:30 to 12:30

CONTACT : DR. SUMATHI GOPAL
ADV BOMBAY HIGH COURT
9892622912



**"KNOW
YOUR
RIGHTS"**

BY
ADV. DR. SUMATHI GOPAL



Coordinator, (C.A.S)
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OW/No. NCD/MD/719/2021

Invitation Letter

Date: 14/02/2021

To,
Dr. Sumathi Gopal

Subject: Workshop Legal Rights Of Women And Importance Of Women Empowerment

Dear Madam,

We are pleased to invite you as a guest for delivering a talk on women's rights and legal aspects for protecting and empowering women for our degree college students.

You are cordially invited for the workshop to be held on September 20th 2016 at 10:30 am at our college auditorium.

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 Malhotra

Women's Development Cell

NCRD Sterling College of Arts, Science and Commerce

[Signature]

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[Signature]
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O/w No. NCRD/STL/720/2021
Thanking Letter

Date: September 17th FEB 2021

To,
Dr. Sumathi Gopal

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 rights and legal aspects for protecting and empowering women.

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


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REPORT

Title: Workshop on Women's Rights and Legal aspects for protecting and empowering women

Date: September 15 th feb 2021

Venue: Online Zoom Meeting

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.

To know more about importance of women empowerment

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 along with Dr Sumathi Gopal have conducted this workshop to create awareness among girl students.

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

Megha Mahajan
WDC Coordinator


Coordinator, IOAC
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LIST OF PARTICIPANT AND PHOTOGRAPHS



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