



S.S.T College of Arts & Commerce

Affiliated to University of Mumbai

**WOMEN
DEVELOPMENT
CELL**

2016-17



S.S.T. College of Arts & Commerce

(Affiliated to University of Mumbai, Mumbai)
Ulhasnagar - 421 004, Dist. Thane.

Activities done by Women Development Cell during 2016-17

Sr. No.	Name of the Activity	Date of the Activity	No. of students Participated
1	Rakshabandhan Celebration	07.08.2016	40
2	Health & Hygiene Program	17.08.2016	43
3	Poster & Rangoli making on theme	25.10.2016	40
4	Screening of movie – Pink	18.12.2016	70
5	Visit to Satkarma Balak-Ashram	06.01.2017	22
6	Guest lecture on Sexual Harassment	02.02.2017	55
7	Women's Day Celebration	08.03.2017	80
8	Seminar on Women Nutrition	23.03.2017	35



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Report on Raksha Bandhan Celebration

Venue: College campus

Date: 7th August, 2016.

Students participated : 40

Raksha Bandhan is an important festival for females & has emotional value as it is celebrated with the special bond that siblings share. It also symbolizes harmony, love, care and sense of protection within the family. On this occasion, the WDC unit organized a Raksha bandhan celebration in SST College of Arts and Commerce on 7th August, 2016. . The event was celebrated with full enthusiasm and zeal. Such celebrations of festivals with true spirit teach students about our Indian cultural & traditional values & develop a sense of unity as well.

Not only this but our college girl students visited a nearby village & celebrated the festival with them & distributed chocolates among them.

Glimpses





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Report on Seminar on Hygiene Program

Objectives:

1. To make girl students aware of the importance of their health & hygiene.
2. To solve their queries about Hygiene.

Outcomes:

1. Girls got knowledge of good health.
2. They also got tips on how to overcome hygiene problems.

Report on Seminar on Hygiene Program

Venue: Room no. 208

Date: 17th August, 2016

No. of Students : 43

To boost up the rate of women empowerment, it's essential for women to STAY HEALTHY & FIT. In this regard the WDC unit of SST College of Arts and Commerce organized a Hygiene and Health programme on 17th August, 2016 at 12:00pm. in Room no. 208. In this, Assistant Professor Reena Mishra spoke to girl students about Health, Diet and Nutrition and the need to develop healthy habits for a healthy mind and Posters on health and hygiene were put up in the college to create awareness among students. Posters were about the proper use of the available facilities in the toilets, use of dustbins and basic awareness about hygiene and its importance to health.



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Glimpses of the Event:



Students attending a Seminar of Health & Hygiene



Picture of An Awareness poster made by the participants.



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Report on Poster & Rangoli making Competition: Theme- Save Girl Child

Objectives:

1. To make students aware of gender equality.
2. To create awareness about importance of saving the girl child

Outcomes:

1. The posters and Rangoli put a positive impact on everybody as those the killing of a girl child was portrayed as real.
2. It touched the hearts of everyone which may turn into the spread of the same message society.

Venue: College Campus

Date: 25th October, 2016.

Students Participated: 40

Women Development Cell of SST College of Arts and Commerce organized a poster making competition on 25th October, 2016. The event was open for participation for all the students. The students expressed their views and thoughts by drawing, writing slogans and quotes. One could see and feel the enthusiasm that the students had in their presentation. This activity was kept to create an awareness as well as it was organized to explore and encourage creativity in students and offer them a platform to showcase their skills. Best poster was displayed in college premises to encourage students to showcase their talent & to give a message to society regarding the theme 'Save Girl Child'.



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Glimpses:



SST College Students
participated in the competition

Poster made by the student of
SST College.





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Report on Screening of Movie – Pink

Objectives:

1. To create awareness about women's rights and face harassment.
2. To make them confident to say NO to anything which is indecent for them.

Outcomes:

1. The movie generated confidence and willpower among the female viewers.
2. It also conveyed the message of equal rights to women.

Venue: Room: 208 SST College Of Arts & Commerce

Date: 19th December, 2016

No. of students: 70

Women Development Cell arranged a screening of the movie PINK to highlight the issues faced by women in the society, it was conducted on 19th December, 2016 in Room no. 208 at 11:00a.m. The audience was engaged with a short introduction about the film by the host. It ran for about two hours and sixteen minutes and after it was done, the host began the discussion by asking everyone their opinions about it. Students were able to see beyond the surface storyline and actually search for deeper meanings that certain symbols in the film represented. From this movie students learnt that women are also living, breathing beings, and their consent equally matters.

A woman can fight for herself and say no to a man's advancements. A woman is not a man's puppet. The movie engaged the students and was a significant break from their daily routine. It was indeed an inspiring experience.



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Glimpses:



SST College students engrossed in the screening of the movie



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Report on Visit to Satkarma BalakAshram, Badlapur

Objectives:

1. To serve the children of the orphanage & spend some quality time with them.
2. To inculcate social service quality in students of SST College.

Outcomes:

1. It was a mind satisfying visit for all the students.
2. A visit to the Ashram was a life-changing experience as was filled with emotions.

Venue: SATKARMA Balak Ashram, Badlapur

Date: 6th January, 2017

Students Participated: 22

Women Development Cell organized a visit to Satkarma BalakAshram, Badlapur (Dist. Thane). Ashram takes complete care of small children staying there. WDC unit was lucky to get an opportunity to visit an Ashram named Satkarma BalakAshram On 6th January, 2017. It was a two-storey building with a terrace. The age group of the children ranged from 5 years to 14 years. We offered them food, cold drinks, books, chocolates, pens, etc. WDC members segregated themselves and went to talk individually to everyone. Many of us played indoor & outdoor games with those children. .

It was indeed a very satisfying experience for all of us, as this activity brought smiles on children's & our faces too. And our students realized their social responsibilities towards such underdeveloped people.



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Glimpses:



Group picture of WDC & College students with Ashram's children.



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Report on Seminar on Sexual Harassment

Objectives:

1. To make female students & staff aware of Prevention, Prohibition & Redressal Act - 2013.
2. To remove fear and generate confidence to tackle such situations bravely.

Outcomes:

1. The knowledge of the participants got enhanced about the Prevention, Prohibition & Redressal Act - 2013.
2. The students who attended the seminar became more confident due to knowledge shared with them.

Venue: SST College of Arts & Commerce

Date: 2nd February, 2017

Resource Person: Adv. Nirmala Mehtre

Students Participated: 55

With reference to create an alarm for women to keep themselves safe & protected at work place, Women Development Cell organized a seminar on 'Sexual Harassment of Women at Workplace – Prevention, Prohibition & Redressal Act-2013' on 2nd February, 2017, Adv. Nirmala Mehtre, an eminent advocate, addressed the girl students and female faculty members (as per the initiative of Maharashtra Commission for Women) on background to sexual harassment of women at workplace act 2013, importance of Vishakha guidelines, details of Act 2013 and preventative measures. 55 students attended the seminar & found it very informative, relevant and alarming.



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Glimpses:



Adv. Nirmala Mhatre addressing students about Sexual Harassment.



The Resource person addressing to the students on Sexual Harassment



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Report on WOMEN'S DAY CELEBRATION

Objectives:

1. To give the female students & staff members a knowledge of Health & Hygiene.
2. To make female students comfortable to approach gynecologists for Hygiene related issues if any.

Outcomes:

1. The seminar clarified all the doubts of participants & worked as Life time torch bearer for Hygiene & Health.
2. Students were enlightened with tips given by Dr. Namita Sharan.

Venue: SST College of Arts & Commerce

Date: 8th March, 2017

Participants: 83

Women's Day Celebration was organized in Room no.208 on 8th March, 2017 by the students of the department of WDC & DLLE in which a total number of 225 students had participated .

The Speaker Dr. Namita Sharan had shared the knowledge of Hygiene and cleanliness. She made the students understand the importance of cleanliness and the necessary nutrition required to maintain good health. Lastly, a small celebration took place with teachers by cutting the cake.



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Glimpses:



**The resource Person Dr.
Namita Sharan Addressing the
Students.**

**Celebration by Cutting cake by
Dr. Namita Sharan & Dr. Gunjit
Pasricha & other SST staff
Members.**





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Report on Seminar on Food & Nutrition

Objectives:

1. To generate a habit of healthy lifestyle amongst female students. .
2. To share knowledge about nutritious food beneficial for healthy growth.

Outcomes:

1. Knowledge about Nutrition, Diet & Healthy eating habits was shared among all the female students.
2. Participants were made aware of nutritious food.

Venue: Room- 208

Date: 23-03-17

Participants: 35

Resource Person : Mr. Manish Kumar

Women Development Cell organized a seminar on the theme “Food and Nutrition”. The seminar was basically on healthy eating and cooking for women. There was an interactive session on “Food and Nutrition” by Mr. Manish Kumar. In this seminar, the topic “Eating right to remain healthy” was described very nicely by Mr. Manish; he also gave a few lifestyle mantras to the students.



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Glimpse:



**Mr. Manish Kumar Addressing students about
nutrition & nutriline**