

S.S.T College of Arts & Commerce

Affiliated to University of Mumbai

WOMEN DEVELOPMENT CELL

2020-21









List of activities for the year 2020-21

Sr. No	Name of the activity	Date of the Activity	Number of students participated
1	Webinar on Health & Hygiene	10.06.2020	41
2	Webinar on Gender Equality	05.08.2020	33
3	Seminar on Stress Management	25.09.2020	25
4	Webinar on Screening of videos related to successful women in India	16.10.2020	23
5	Webinar on Women Empowerment	08.03.2021	21
6	Poster Making Competition (Portrayal of Women in Society)	09.03.2021	35
7	Online Poem Competition on Mother's Day	08.05.2021	14

Report on Webinar on "Health & Hygiene"

Objectives:

- 1. To appreciate different dimensions of health and the role of proper nutrition, physical exercise and healthy habits in maintaining health and explain the different positive and negative influences on health.
- 2. Emphasize the importance of hygiene, personal and community health and recognize their interrelationship.

Outcomes:

- 1. Students gained knowledge regarding proper nutrition, importance of doing physical exercise.
- 2. They also understood the importance of eating healthy food for positive influence on health.

Venue: Virtual Platform

Date: 10-06-20

Students participated: 41

A session was held by the Women development Cell of SST College of Arts & Commerce via official YouTube channel at 12:00 pm, Speaker of the session delivered a talk on 'Women's health & hygiene' in a very informative and interesting manner. To appreciate different dimensions of health and the role of proper nutrition, physical exercise and healthy habits in maintaining health and explain the different positive and negative influences on health. Emphasize the importance of hygiene, personal and community health and recognize their interrelationship. They also discussed the role of immunity in preventing diseases.

She exclusively referred to the importance of health care and maintaining hygiene in daily life of everyone & especially for the women. Session was successful with active participation of 41 students.



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Attendance sheet - Health & Hygiene Session

Sr.No	Name Of Student	Class
1	Jadhav Sakshi Ganesh Rohini	Tybsc(It)
2	Yevale Vaishnavi Dnyaneshwar Meena	Tybsc(It)
3	Rathode Sujata Narendra Rekha	Tybms
4	Kamble Nikita Vilas Ranjana	Tybms
5	Bachute Meghna Anant Seema	Tybms
6	Janyani Reeta Dileepkumar Deepa	Tybms
7	Jaiswal Laxmi Vijay Chand Susheela	Tybcom
8	Singh Vijayalaxmi Ramfer Neetu	Tybcom
9	Kamble Minakshi Yalappa Kalawati	Tybcom
10	Dhumal Sejal Balu Vaishali	Tybcom
11	Pagare Shweta Arun Pratibha	Tybcom
12	Kharat Rohini Sanjay Rekha	Sybcbi
13	Gaikwad Monika Suresh Sujata	Sybcbi
14	Tastode Vidya Ashok Chhaya	Sybcbi
15	Patil Jagruti Sanjay Kalpana	Sybaf
16	Yarvalkar Pallavi Shridhar Sumati	Sybaf
17	Rawlo Prachi Vishal Usha	Sybmm
18	Ghodke Ritu Prashant Pragati	Sybmm
19	Nikalje Ritika Kisan Shanta	Sybmm
20	Mishra Komal Omprakash Ruchi	Fyba
21	Puse Rohini Rohidas Kavita	Fyba

S.S.T. College of Arts & Commerce (Affiliated to University of Mumbai, Mumbai)

https://sstcollege.edu.in/		helpdesk@sstcollege.edu.in		9321073000/4000/8446973000
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22	Phule Priyanka Suresh Sangita	Fyba
23	Morya Laxmi Ramdayal Vanita	Fyba
24	Pawar Leena Sunil Sunita	Fyba
25	Sutare Rajashri Prakash Chhaya	Fybaf
26	Ubale Rohini Sanjay Kalpana	Fybaf
27	Karande Vanshita Haridas Rani	Fybaf
28	Prajapati Poonam Ramkomal Leelavati	Fybaf
29	Waghmare Ashwajit Ramesh Maya	Fybaf
30	Inamdar Soham Sushilkumar Kavita	Sybsc(Cs)
31	Medhe Pranali Gautam Rajani	Sybsc(Cs)
32	Devalekar Taniya Suresh Shubhangi	Fybms
33	Dusane Vanshita Bapu Yogita	Fybms
34	Dwivedi Vidisha Hariom Priyambada	Fybms
35	Fasge Deepali Sadhu Sarita	Fybms
36	Shinde Megha Ganesh Renuka	Fybcom
37	Bhoir Avantika Subhash Kanchan	Fybcom
38	Gupta Nayani Achchhelal Renu	Fybcom
39	Mishra Sanjana Prabhunarayan Savita	Fybcom
40	Gaikwad Sara Dipak Dipali	Fybcom
41	Gaikwad Sadhna Dattatray Sangita	Fybcom

Report on Webinar on Gender Equality

Objectives:

- 1. To encourage female students to be self-reliant and economically independent.
- 2. To instill positive self-esteem and confidence in the female students so that they can take the right decision in and for their lives.

Outcomes:

- 1. The seminar highlighted the importance of women being an equal pillar in social & economic growth.
- 2. It spread the message of Equality to be followed at home among male & Female children.

Venue: YouTube Channel of College

Date: 5th August,2020 Students participated: 33

SST College of Arts & Commerce organized a session on Gender Equality on 5th August, 2020 at 1:00 pm via the official YouTube Channel of College. In this session speaker highlighted the issue that globally, women have fewer opportunities for economic participation than men, less access to basic and higher education, greater health and safety risks, and less political representation. & to solve the issues we should consider Gender Equality in our Lifetimes by adapting following points:

- 1. Talk to women and girls
- 2. Stop child marriage and sexual harassment
- 3. Make education gender sensitive
- 4. Raise aspirations of girls and their parents
- 5. Empower mothers
- 6. Give proper value to 'women's work'
- 7. Get women into power
- 8. Stop the violence

Session was successful with active participation of 33 students.

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Attendance sheet – Gender Equality

Sr.No	Name Of Student	Class
1	Jadhav Sakshi Ganesh Rohini	Tybsc(It)
2	Yevale Vaishnavi Dnyaneshwar	Tybsc(It)
	Meena	
3	Rathode Sujata Narendra Rekha	Tybms
4	Kamble Nikita Vilas Ranjana	Tybms
5	Bachute Meghna Anant Seema	Tybms
6	Janyani Reeta Dileepkumar Deepa	Tybms
7	Jaiswal Laxmi Vijay Chand Susheela	Tybcom
8	Singh Vijayalaxmi Ramfer Neetu	Tybcom
9	Kamble Minakshi Yalappa Kalawati	Tybcom
10	Dhumal Sejal Balu Vaishali	Tybcom
11	Pagare Shweta Arun Pratibha	Tybcom
12	Kharat Rohini Sanjay Rekha	Sybcbi
13	Gaikwad Monika Suresh Sujata	Sybcbi
14	Tastode Vidya Ashok Chhaya	Sybcbi
15	Patil Jagruti Sanjay Kalpana	Sybaf
16	Yarvalkar Pallavi Shridhar Sumati	Sybaf
17	Rawlo Prachi Vishal Usha	Sybmm
18	Ghodke Ritu Prashant Pragati	Sybmm
19	Nikalje Ritika Kisan Shanta	Sybmm
20	Mishra Komal Omprakash Ruchi	Fyba
21	Puse Rohini Rohidas Kavita	Fyba
22	Phule Priyanka Suresh Sangita	Fyba
23	Morya Laxmi Ramdayal Vanita	Fyba
24	Pawar Leena Sunil Sunita	Fyba
25	Sutare Rajashri Prakash Chhaya	Fybaf
26	Ubale Rohini Sanjay Lalpana	Fybaf
27	Karande Vanshita Haridas Rani	Fybaf
28	Prajapati Poonam Ramkomal Leelavati	Fybaf
29	Waghmare Ashwajit Ramesh Maya	Fybaf
30	Inamdar Soham Sushilkumar Kavita	Sybsc(Cs)
31	Medhe Pranali Gautam Rajani	Sybsc(Cs)
32	Devalekar Taniya Suresh Shubhangi	Fybms
33	Dusane Vanshita Bapu Yogita	Fybms

Report on Webinar on Stress Management

Objectrives:

- 1. To explain to students the causes of stress.
- 2. To guide the students for remedial measures to cope up with the stress.

Outcomes:

- 1. Female students got knowledge about the causes of various types of stress.
- 2. Unique techniques and measures like Yoga, meditation, social service etc. were taught to the students.

Venue: Virtual Platform Date: 25th September, 2020 Students participated: 25

The speaker started the webinar with a brief overview about stress: Stress is the subjective feeling of being under too much emotional pressure.

Different signs of stress are problems in the sleeping pattern, eating habits, behavioral problems like an increase or decrease in activity level, substance use or abuse iterability etc. physical problems like gastrointestinal problems, headaches, body pains, sweating, weight loss or gain, headaches etc. psychological and emotional like feeling euphoric, denial, anxiety or fear, depression, grief, apathy etc. social problems like blaming, isolation. How we can manage stress by adapting few points like Exercise, Deep Breathing and so on. Session was successful with active participation of 25 students.







Attendance sheet – Stress Management

Sr. No	Name Of Student	Class
1	Bhul Rita Jhapatsingh Mathura	FYBCOM
2	Dike Shweta Subhash Supriya	FYBCOM
3	Komre Vanshita Pradip Gaytri	FYBCOM
4	Gupta Neha Rajesh Rita	FYBMS
5	Gupta Sonali Avadhesh Meera	FYBMS
6	Gurav Vaishnavi Ajit Manisha	FYBMS
7	Jadhav Nisha Kumar Swati	FYBMS
8	Jadhav Priya Laxman Surekha	FYBMS
9	Kapse Pranjali Santosh Sunita	FYBSC(CS)
10	Salekar Aditi Tanaji Laxmi	FYBSC(CS)
11	Pawar Manjiri Dattaram Dipti	FYBAF
12	Golam Pratiksha Chandrakant Chaitali	FYBAF
13	Dubey Supriya Rangnath Anita	FYBAF
14	Jaiswal Laxmi Vijay Chand Susheela	TYBCOM
15	Singh Vijayalaxmi Ramfer Neetu	TYBCOM
16	Kamble Minakshi Yalappa Kalawati	TYBCOM
17	Dhumal Sejal Balu Vaishali	TYBCOM
18	Pagare Shweta Arun Pratibha	TYBCOM
19	Kharat Rohini Sanjay Rekha	SYBCBI
20	Gaikwad Monika Suresh Sujata	SYBCBI
21	Tastode Vidya Ashok Chhaya	SYBCBI
22	Patil Jagruti Sanjay Kalpana	SYBAF
23	Yarvalkar Pallavi Shridhar Sumati	SYBAF
24	Rawlo Prachi Vishal Usha	SYBMM
25	Ghodke Ritu Prashant Pragati	SYBMM

Report on

Screening of Videos of Successful Women in India

Objectives:

- 1. To encourage female students to dream big and strive for the same.
- 2. To motivate them to be well equipped with financial and knowledge power to face the challenges of life.

Outcomes:

- 1. Screening of inspirational videos of successful Women in India boosted morale and confidence amongst the students.
- 2. This activity motivated many female students to become self reliant and career oriented.

Venue: YouTube Channel of College

Date:16th October, 2020

Students participated: 23

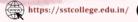
SST College of Arts & Commerce organized screening of successful women in India on 16 th October, 2021 at 3pm via official YouTube channel of college, through this screening students came to know about following personalities:

1. The Fiscal Scholar - Gita Gopinath

Gita Gopinath is a Harvard economist who became the first Indian woman to assume the position of Chief Economist at IMF - the International Monetary Fund.



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2. Dhing Express - Hima Das

Hima Das is the first Indian athlete (sprint runner) to win gold at the IAAF World Under-20 Athletics Championship in 2018, held at Tampere, Finland. Later, she went on to win gold and silver medals at the Asian Games held in Jakarta. She currently holds the Indian national record in 400 meters, with a timing of 50.79s. The daughter of a humble rice farmer near the town of Dhing in Assam, Hima Das became a national phenomenon at the young age of 18.



3. Ms. Knock-out - Mary Kom

Chungneijang Mary Kom Hmangte is an Indian Olympic boxer from Manipur. She is the only woman to achieve the coveted No. 1 position in the International Boxing Association (AIBA) after becoming the World Amateur Boxing champion for a six time record. Kom is also the only woman boxer to have won a medal in all seven world championships, making it a world record.



4. Pepsi Queen - Indra Nooyi

Indra Nooyi is a business executive and former CEO of PepsiCo. She has consistently been ranked among the world's 100 most powerful women. She also featured on the Fortune List in 2015 as the 2nd most powerful woman in the world. SST College of Arts & Commerce organized screening of successful women in India on 16th October, 2021 at 3pm via official YouTube channel of college, through this screening students came to know about following personalities.



23 Students were motivated with this screening and they decided to work hard in life to achieve milestones.





Attendance sheet Online screening of videos related successful women in India

Sr. No	Name Of Student	Class
1	Girase Amisha Bhagwansing Sangita	TYBSC(IT)
2	Chauhan Laxmi Achelal Koushalya	TYBSC(IT)
3	Tiwari Snehal Rajendra Prasad Sangeeta	TYBSC(IT)
4	Shinde Nisha Narayan Nisha	TYBSC(IT)
5	Naiknavare Manisha Ashok Pushpa	SYBAF
6	Mali Minal Bhagvan Chhaya	SYBAF
7	Tambe Prachi Gangaram Nirmala	SYBAF
8	Kokne Rupali Rajaram Hira	FYBAF
9	Ramteke Sharmila Sanjay Kalpana	FYBAF
10	Kadam Yukta Hemant Kanchan	FYBCOM
11	Gupta Jyoti Mahesh Chandra Gayatri Devi	FYBCOM
12	Kharche Roshani Sandeep Vijaya	FYBCOM
13	Lalan Roshni Suresh Laxmi	TYBMS
14	Mane Varsha Vijay Rekha	TYBMS
15	Dasari Jyoti Shivnaga Rani	TYBMS
16	Pagadi Deepali Ramchandra Laxmi	TYBMS
17	Kalne Trupti Anil Deepali	TYBMS
18	Ratambe Ankita Balu Anita	SYBBI
19	Sonawane Nandini Kailash Vijayabai	SYBBI
20	Ram Babita Satyendra Kantidevi	SYBBI
21	Uke Shraddha Subhash Sushila	SYBBI
22	Sonavne Rutuja Balkrishna Lalita	SYBMM
23	Shelar Rani Raju Alesh	SYBMM

Report on

"Webinar on Women Empowerment Scheme"

Objectives:

- 1. To impart knowledge to women regarding contribution in social & economic growth of the country through Women Empowerment Schemes.
- 2. To enhance knowledge about Government support for Women by the supportive Laws and schemes.

Outcomes:

- 1. Viewers learnt regarding various Women Empowerment Schemes.
- 2. The webinar added correct and complete information about schemes relating to women empowerment.

Venue: YouTube Channel of College

Date: 8th March, 2021

Students Participants: 21

Women Development Cell organized "Online Webinar on Women Empowerment schemes" with an objective to impart knowledge to women regarding contribution in social & economic growth of the country through Women Empowerment Schemes. Resource person, Dr. Neeta Patil explained various schemes for overall development of women & nation.

In this online session Dr. Neeta Patil spoke about "Beti Bachao Beti Padhao Scheme, One Stop Center Scheme, Women Helpline Scheme, ideas for startups" etc. The session was successful with an active participation of 21 students.

Link for the Webinar:





Attendance sheet – Online webinar on women empowerment scheme

SR.NO	Name of Student	Class
1	Manglani Khushi Kaluram Babita	FYBCOM
2	Dubey Aditi Ramji Deepa	FYBCOM
3	Gupta Kumari Suman Shivcharan Manju	FYBCOM
4	Kajale Poonam Shekhar Seema	FYBCOM
5	Jangale Harshada Chandrakant Prajakta	FYBMS
6	Jethithor Aditi Vinod Swati	FYBMS
7	Kale Madhura Sunil Sangita	FYBMS
8	Medhe Pranali Gautam Rajani	FYBSC(CS)
9	Yadav Neeshita Prakash Sandhya	FYBSC(CS)
10	Thorat Kajal Tukaram Sarika	FYBAF
11	Manguli Bhavna Suresh Nila	FYBAF
12	Mukadam Harshada Kailas Ranjana	FYBAF
13	Kamble Akshada Gautam Alka	FYBAF
14	Jalgaonkar Sejal Harishchandra Jyoti	FYBAF
15	Shimpi Kanchan Kishor Malati	FYBAF
16	Surwase Sakshi Shivaji Lalita	SYBMM
17	Thalkar Geeta Laxman Bebi	SYBMM
18	Tayade Shweta Rajkumaar Jyoti	SYBMM
19	Kaklis Priti Sanjay Nisha	SYBBI
20	Shaikh Mahek Iqbal Shabana	SYBBI
21	Saroj Komal Prakash Kamla	TYBCOM

Report on Online Poster Making Competition on Theme "Portrayal of Women in Society"

Objectives:

- 1. To create awareness about contribution of women in society
- 2. To portray the present status of women .

Outcomes:

- 1. Participants portrayed the current status of women in society.
- 2. A tribute & appreciation too was offered to women of our nation.

Venue: Online

Date: 9th March, 2021 No. of participants: 30

Women Development Cell in Association with DRISHTI Foundation, Ulhasnagar, organized a Poster Making Competition on Theme "Portrayal of Women in Society" on 09th March, 2021, at 10:30 am. To portray women who have contributed to society in one or the other way.

DRISHTI Foundation is a local NGO led by Mrs. Meena Sonde, a social activist who works for women welfare & organizes various competitions, celebrates various festivals & many more events. WDC in association with DRISHTI organizes at least one event every year with them.

In this Poster Making Competition on Theme highlighted "Portrayal of Women in Society" & gave tribute to the women of our nation who have contributed to social & economic growth & skill of participants was enhanced & appreciated.









Attendance sheet - Online webinar on "Portrayal of Women in Society"

Sr.No	Name Of Student	Class
1	Sejal Jalgaonkar	FYBAF
2	Dubey Aditi	FYBCOM
3	Gupta Kumari Suman	FYBCOM
4	Poonam Kajale Shekhar	FYBCOM
5	Jangale Harshada Chandrakant Prajakta	FYBMS
6	Jethithor Aditi Vinod Swati	FYBMS
7	Kale Madhura Sunil Sangita	FYBMS
8	Medhe Pranali Gautam Rajani	FYBSC(CS)
9	Yadav Neeshita Prakash Sandhya	FYBSC(CS)
10	Thorat Kajal Tukaram Sarika	FYBAF
11	Manguli Bhavna Suresh Nila	FYBAF
12	Mukadam Harshada Kailas Ranjana	FYBAF
13	Kamble Akshada Gautam Alka	FYBAF
14	Jadhav Sakshi Ganesh Rohini	TYBSC(IT)
15	Shimpi Kanchan Kishor Malati	FYBAF
16	Surwase Sakshi Shivaji Lalita	SYBMM
17	Thalkar Geeta Laxman Bebi	SYBMM
18	Tayade Shweta Rajkumaar Jyoti	SYBMM
19	Kaklis Priti Sanjay Nisha	SYBBI
20	Shaikh Mahek Iqbal Shabana	SYBBI
21	Saroj Komal Prakash Kamla	TYBCOM
22	Manglani Khushi Kaluram Babita	FYBCOM
23	Mishra Komal Omprakash Ruchi	FYBA
24	Puse Rohini Rohidas Kavita	FYBA
25	Phule Priyanka Suresh Sangita	FYBA
26	Morya Laxmi Ramdayal Vanita	FYBA
27	Pawar Leena Sunil Sunita	FYBA
28	Sutare Rajashri Prakash Chhaya	FYBAF
29	Ubale Rohini Sanjay Kalpana	FYBAF
30	Karande Vanshita Haridas Rani	FYBAF

Report on Online Poem Competition on occasion of "Mother's Day"

Objectives:

- 1. To motivate students to express the importance of their Mother in their life.
- 2. To honor the contribution of mothers, acknowledge the efforts of maternal bonds and the role of mothers in our society.

Outcomes:

- 1. Students participated enthusiastically & shared their opinions through poems.
- 2. Students exhibited their gratitude, love and regard for their mothers through poems.

Venue: YouTube Channel of College

Date: 8th May, 2021

Students Participated: 14

Women Development Cell organized "Online poem Competition" as it provides students an opportunity to engage in ideas, gain insight, and make meaning of their experiences through writing during these trying times.

14 Students from different streams participated in this activity where they got an opportunity to express themselves. The session successfully ended with prize distribution to winners in competition.

Students participated enthusiastically & shared their opinions through poems.



Attendance Sheet – Online poem competition on occasion of Mother's Day

SR.NO	Name of Student	Class
1	Sutare Rajashri Prakash Chhaya	FYBAF
2	Ubale Rohini Sanjay Kalpana	FYBAF
3	Karande Vanshita Haridas Rani	FYBAF
4	Prajapati Poonam Ramkomal Leelavati	FYBAF
5	Inamdar Soham Sushilkumar Kavita	SYBSC(CS)
6	Medhe Pranali Gautam Rajani	SYBSC(CS)
7	Devalekar Taniya Suresh Shubhangi	FYBMS
8	Dusane Vanshita Bapu Yogita	FYBMS
9	Dwivedi Vidisha Hariom Priyambada	FYBMS
10	Fasge Deepali Sadhu Sarita	FYBMS
11	Shinde Megha Ganesh Renuka	FYBCOM
12	Bhoir Avantika Subhash Kanchan	FYBCOM
13	Gupta Nayani Achchhelal Renu	FYBCOM
14	Mishra Sanjana Prabhunarayan Savita	FYBCOM