

V. K. KRISHNA MENON COLLEGE OF COMMERCE AND ECONOMICS AND SHARAD SHANKAR DIGHE COLLEGE OF SCIENCE

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Details of activities conducted by the Committee for Academic Year 2021-22

Name of the Committee: - Women's Development Council

Name of the Committee Convener - Dr. Ruchi Tandon

Activities at College Level

Sr. No.	Date/s of Event	Title / Theme of Event	Brief Detail of a activity	No. of Beneficiaries
1	18.04.2022	Women' s health in current scenario	Time: 11.30am onwards resource person :Dr. Leena Muralidharan	57
2	25.03.2022	Seminar on Health is Wealth	A Seminar 'HEALTH IS WEALTH' on 25.3.22 Friday, at 1:00 pm in Library. There will be following two sessions Session 1- How to take care of your back?Speaker: Dr Viswanathan Iyer, Neurosurgeon Session 2-Covid-19-our journeySpeaker : Dr Roopa Viswanathan, (Microbiologist), Managing Director, Qualilife Diagnostics	55
3	8.03.2022	Seminar on Womens day celebration	'Ghar ke female FIT toh family SUPERHIT' by the Resource Person: Ms Rashmi Nikunj Bhanushali (Nutritionist) is organized followed by small celebration and few Games.	55

4	11.01.2022	Webinar on RTI	Session on RTI by Shailesh Gandhi Session on Stress management and Youth by Ms. Samanta Dhanukar	120
5	15.01.2022	Webinar on Consumer Protection	Time: 10 am to 11.30 pm Topic: * “Consumer Protection: Changing paradigms in law & practice” **by Adv. Savitri Naveen, Lawyer & Consultant, Mumbai & Thane Courts.	110
6	8.01.2022	Webinar on “ Ayurvedic System of Medicine and Nutritional supplement in adolescents	WDC in association with Department of Computer science organized a Webinar on 08th January, 2022 Saturday from 08.00 am – 09.00 am Resource Person: Dr. Swati Puranik Google Meet link: https://meet.google.com/oxp-dtca-mcz	143
7	23.12.2021	Sanitary kit distribution	WDC, Nature club and Botany department jointly with IDF have organized a session on menstrual hygiene and arranged distribution of Dignity Kits to girls of P.A. Menon English High school attached with our college. Time:- 8:00am to 9:30am	132
8	8.12.2021	Photography competition	Photography Competition was organized with theme Pollution Free India was organized during Environment week and entries were taken on Padlet Wall	48
9	1.12.2021	Quiz competition on Environment	Dlle, WDC, NSS has organised Environment week during which several programs related to environment protection were organised. Quiz was organised online during lecture. Time was 15 min and 25 questions were asked.	56
10	30-11-2021	Workshop on ‘Soft Skills for Success’	WDC in association with Department of Accountancy and Commerce Association organized a Workshop on ‘Soft Skills for Success’ for the students on 30th November, 2021 through Online platform (Google Meet). Ms. Padmini Panse was the resource person.	130

11	30.11.2021	Poster Making Competition on Women Entrepreneurs	On Womens entrepreneurs day a digital poster making competition was organized. All posters were pasted on Padlet wall.	38
12	27.10.2021	Workshop on “ Women Empowerment with reference to the Constitution of India”	Department of Law in association with WDC and NSS organized a workshop on “ Women Empowerment with reference to the Constitution of India” by Mrs.Reena Pillai,Dept of Law Vaze’s Kelkar College, Mulund East, on 27th October from 2.30 pm to 4 pm.	65
13	26.10.2021	Webinar on Gender Sensitization and Education	Resource personDr. Hema Mehta, Asst.professor, Tolani College, Mumbai	372
14	22.10.2021	Help your Health webinar	This webinar covered the major problems that students face today, the nutrition & lifestyle management of it with Homoeopathic awareness.Resource Person : DR SHARAYU RAJWADE KSHIRSAGAR, B.H.M.S (P UNE) INTERNATIONAL P. G .D IN WELLNESS & COSMETOLOGYTime: 12:00 noonStudents of Junior and Senior college and parents of school students attended the webinar	377
15	30.10.2021	A quiz based on the webinar as a part of FC project	Question were asked on Google forms. Questions were prepared by Resource person Dr. Sharayu	202

16	30.09.2021	Igniting the young Minds	The first day of the celebration, Igniting the young minds program was conducted, Under this activity, after inaugural session an online yoga Session was organized. During the session 3 students of TYBCOM namely Ms. Pritam Sawant, Ms Shruti Shedege, and Ms Shradhha who have done YOGA course in 2019 organised by our college, demonstrated aasanas to students of Junior College and school Students under the guidance of a Professional Yoga Teacher Shri R.P. Athalye from Ambika Yog Kutir. The resource person told the importance of each AASANA along with its demonstration. Also, announcement of commencement of yoga course jointly with Shri Ambika Yog Kutir was made by Shri Surve ji, from Ambika Yog Kutir.	237
17	21.06.2021	Yoga day celebration	Centre Of Gandhian Studies And Action and Women Development Cell of our college has organized an online Yoga day session jointly with Shri Ambika Yog Kutir on the occasion of International Yoga day. It was organized for Students and staff of Senior college and P.A. Menon English School.	322