



SHRI VILE PARLE KELAVANI MANDAL's
USHA PRAVIN GANDHI COLLEGE OF ARTS, SCIENCE & COMMERCE
Bhakti Vedanta Swami Marg, North-South Road No. 1
Juhu Scheme, Vile Parle (West), Mumbai 400 056.
NAAC Accredited "A" grade



7.1.1 SUPPORTING DOCUMENTS

SR. NO.	DOCUMENT TITLES
1	SAFETY AND SECURITY
2	COUNSELLING PROVISIONS
3	COMMON ROOMS
4	ADDITIONAL INFORMATION



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CRITERIA 7.1.1

USHA PRAVIN GANDHI COLLEGE OF ARTS, SCIENCE AND COMMERCE **MEASURES INITIATED BY THE INSTITUTION FOR THE** **PROMOTION OF GENDER EQUITY** **SPECIFIC FACILITIES FOR WOMEN**

SAFETY AND SECURITY

- UPG College takes responsibility for providing a safe space for its students to learn and grow. It has strict round the clock security of high standards at the college gate to create a safe campus.
- Well trained guards are employed by the college on a 24-hour roster. The security guards at the gate, stationed two at a time, check the IDs of everyone entering the campus.
- The high walls of the campus also prevent the trespassers from entering the college premises. The safety and security of students is a priority at UPG College during events and fests when the outsiders are also invited to the college campus.
- UPG College recognises the importance of having institutional safeguards in place to make its students feel safe. As per the Sexual Harassment at Workplace (Prevention and Prohibition) Act 2013 and UGC Regulations 2015, college has constituted an Internal Complaints Committee (ICC).
- The ICC is comprised of members from the teaching and non-teaching staff, elected student representatives and an external member. Information of the ICC members is displayed in important places in the college and on the college website.



COUNSELLING

- Student life today throws up numerous challenges owing to a fast-paced tempo, changing family dynamics, being away from home, increased competitiveness and social media. Usha Pravin Gandhi College of Arts, Science and Commerce recognizes that counselling is important for students to navigate these demands and achieve their academic potential. In keeping with its mission to provide for the all-round holistic development of women students, the college offers formal in-house counselling.
- The Counselling is free and open to all students and staff and complete confidentiality is maintained. It has contributed greatly in promoting the psychological well-being of students, helping them achieve their academic, personal, and relational goals.
- Some of the recurring student concerns flagged by the College Counsellor for UPG College are: Time, Stress, and Relationship Management, Self-Confidence, Career Counselling Problems faced by the students.
- A trained Counsellor is made available for six days per week. Apart from the regular counselling sessions, attempts are made to offer talks in group settings to address common issues that are encountered by young adults. Apart from individual sessions, the counsellors also conduct support group sessions and department-wise informal presentations so that students across the board can engage with their mental health issues without the usual stigma attached to them.
- The college also has a strong Mentor-Ward Programme that complements the teaching-learning exercise. Every student is paired with a faculty-mentor, thus giving them the opportunity to reach out for individual sessions for counsel. The mentors sensitize themselves to the needs of students and recommend formal counselling if required. This plays a significant role in confidence building and skill development.
- Talks on Gender Sensitization are organized from time to time.





COMMON ROOMS

- UPG College provides comfortable two formal common rooms to boys and girls. These common rooms are easily accessible and centrally located.
- Both the common rooms are of sizable capacity and well-ventilated. These rooms accommodate a large number of students.
- These rooms provide the students with a semblance of privacy to relax and freely interact away from prying eyes.



A-1-1




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MIRROR in GIRLS COMMON ROOM




Hafsa



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GENDER EQUITY PROMOTION PROGRAM ORGANIZED BY THE INSTITUTION

SR. NO.	EVENTS	DATE
1	Female mental health awareness	18/01/2022
2	Slogan writing competition on Gender Sensitization, Self-love and no means no by WDC	28/12/2021
3	Gender sensitization session by WDC	18/10/2021
4	Lafz -An open mic on World of Women by WDC	23/09/2021
5	Self-defence workshop by Women Development Cell	01/09/2021 & 02/09/2021 (online) & 27/09/2021 to 30/09/2021 (offline)
6	How to be a boss lady-A webinar to promote female entrepreneurs in starting their own business by WDC	21/08/2021
7	Chat with gynaecologist by WDC	30/07/2021
8	Self-defence workshop by Women development cell	08/04/2021 to 14/04/2021
9	Women's day celebration by WDC	08/03/2021
10	How to make campus safer end gender equal	06/02/2021
11	Self-defence workshop by women by national service scheme	24-01-2021
12	Kali-Let's celebrate girl child	23-01-2021
13	Haqkartavaya	23-01-2021
14	Social sensitisation on domestic violence and rape	22-12-2020
15	Gender sensitisation webinar	17-12-2020
16	Gender equality workshop-social action workshop	28-11-2020
17	Arpan child safety training	12-11-2020
18	Gender equality discussion	07-11-2020
19	Child sexual abuse webinar	23-10-2020
20	Webinar by Gynaecologist	22-10-2020
21	Self-defence workshop by WDC	12/10/2020 to 17/10/2020
22	Short story compilation on Women's Equality Day	25/08/2020



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23	Gender equality in the times of Crisis-Queer resilience, struggle and stories	20/08/2020
24	Child sexual abuse awareness webinar	16/07/2020
25	Self-defence workshop by WDC	22/02/2020 TO 27/02/2020
26	Understanding the gender spectrum -Expressions	29-01-2020
27	'Know your rights'-A socio legal workshop on rights of women	10/01/2020
28	Expressions	16/12/2019
29	Speaker session by Ms. Nadia Sadguroh	11/12/2019
30	Survey on violence against women	08/12/2019
31	Arpan NGO child sexual abuse and child safety	05/11/2019
32	Guest speaker session by Dr. Anuja Agarwal on Women Entrepreneurship	30-09-2019
33	Self-defence workshop for women	18/09/2019
34	Who runs the world?	10/09/2019
35	What lies ahead-women and the entertainment industry post #metoo	11-03-2019
36	Self-defence workshop	08/03/2019
37	Majlis Expression	21/01/2019
38	Self defence strategies for women safety	18/12/2018
39	Makhtub-Everyone has a story to tell	04/10/2018
40	Know your rights	04/09/2018
41	Aamchi chappal ghalun tar bagha	26/08/2018
42	Teaching child safety in Rajda school	26/07/2018
43	Street play on Women Empowerment	25/09/2017
44	Pride Talk	20-08-2017
45	Teaching self defense in Rajda School	19-01-2017



MENTAL HEALTH AWARENESS SESSION

Date – 18th January 2022

Objectives-

- To raise awareness about mental health continuum in females
- To reduce stigma associated with mental illnesses that females may have encountered
- To understand the importance of mental health and work towards improving it

Class/Specialization – Students and members of WDC committee

Duration – 1 hour [10:30am – 11:30 am]

Host - Sakshi Naik [joint secretary of Women development cell]

Number of students – 111

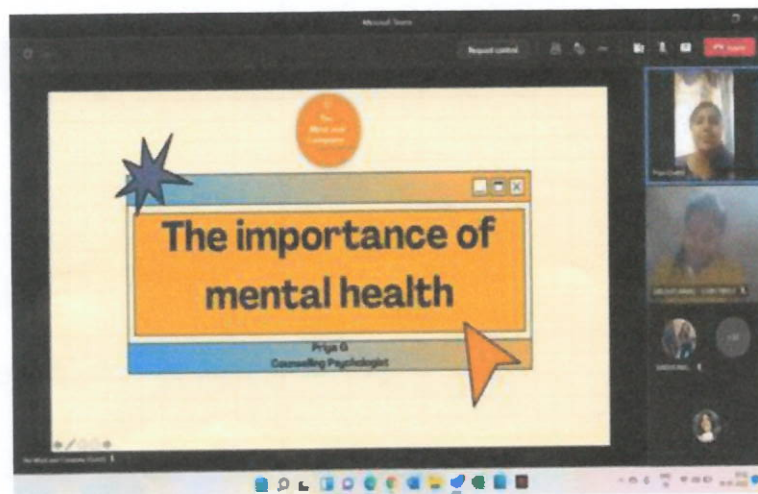
REPORT –

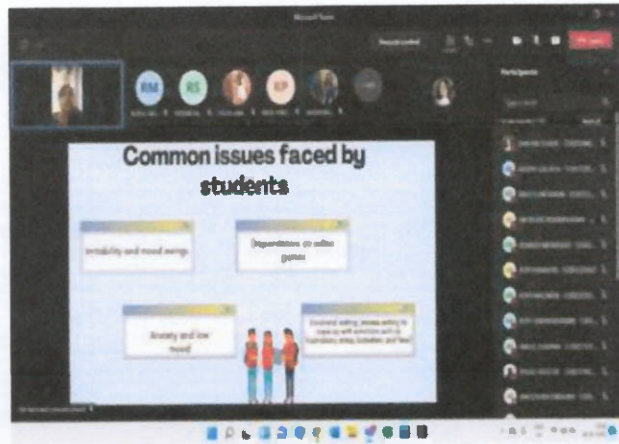
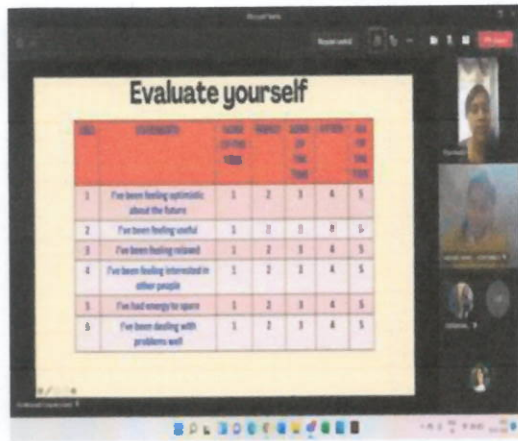
Women Development Cell unit of Usha Pravin Gandhi College organized a session on MENTAL HEALTH AWARENESS on 18th January from 10:30am to 11:30am on MS teams. The session started with the welcome and introduction of the guest **Ms. Priya Arun Prasad** (counselling psychologist) in association with The Mind and Company.

She started the session with sharing a Self-evaluation sheet wherein she asked the participants to rate themselves and, in the end, check their score and interpret their mental wellbeing accordingly. Next, she spoke about health and focused much on MENTAL HEALTH definition and its actual importance. Throwing light on various mental health stigmas, she discussed the common problems faced by the students, its causes, and preventive measures. Under this anxiety, depression and relationship problems were discussed; stress, social pressure, trauma, substance abuse being the causes. Moving forward, the speaker also spoke about how important SELF ACCEPTANCE is and to LOVE YOURSELF. We were shown a few videos where a few of the celebrities shared their mental health issues and spread awareness.

Lastly, the session was open to questions and answers. Participants openly spoke about their issues and gained helpful counselling. Ms. Prasad concluded the session with the quote – **IT IS OK TO NOT BE OKAY.**

Event Photographs:





Attendees:

Full Name	User Action	Timestamp
Mayur Vyas	Joined	1/18/2022, 09:54:25 AM
RISHABH MEHTA - 53003205087	Joined	1/18/2022, 09:54:25 AM
DHEER LIMBAD-53003205168	Joined	1/18/2022, 09:54:25 AM
NAKSHI HATHI - 53002190103	Joined	1/18/2022, 09:54:25 AM
MUSTAFA MARUF - 53003205083	Joined	1/18/2022, 09:54:25 AM
YAGNESH VAJA - 53003205084	Joined	1/18/2022, 09:54:25 AM
SAVAN LADVA - 53003205085	Joined	1/18/2022, 09:54:25 AM
PRATHAM VASANI - 53003205121	Joined	1/18/2022, 09:54:25 AM
ISHA KACHA - 53002190032	Joined	1/18/2022, 09:54:25 AM
ADITI BAVALIYA - 53003205037	Joined	1/18/2022, 09:54:25 AM
RISHIKA VISHWAKARMA - 53003205108	Joined	1/18/2022, 09:54:25 AM
BHOOMI SURIYA - 53001208116	Joined	1/18/2022, 09:54:25 AM
SALONI SHAH18 - 53002190087	Joined	1/18/2022, 09:54:25 AM
LISHA NORONHA - 53001208134	Joined	1/18/2022, 09:54:25 AM
JANHAVI GURAV - 53003205016	Joined	1/18/2022, 09:54:25 AM
SAHIL THALARI - 53003205043	Joined	1/18/2022, 09:54:25 AM
HEER UPADHYAY - 53001208011	Joined	1/18/2022, 09:54:25 AM
NAMIT PANDEY - 53001208103	Joined	1/18/2022, 09:54:25 AM
ANGEL SHARMA - 53002210137	Joined	1/18/2022, 09:54:25 AM
HARSH LIMBAD - 53003205007	Joined	1/18/2022, 09:54:25 AM
ABHISHEK VISHWAKARMA - 53003205019	Joined	1/18/2022, 09:54:25 AM
MOKSHA MEHTA3 - 53002190115	Joined	1/18/2022, 09:54:25 AM
KHUSHI KEDIA - 53001208096	Joined	1/18/2022, 09:54:25 AM
POOJA NAIK - 53003205120	Joined	1/18/2022, 09:54:25 AM
ARYA DEDHIA - 53002190012	Joined	1/18/2022, 09:54:25 AM
VISHAL DARJI - 53003205106	Joined	1/18/2022, 09:54:25 AM
DHARMIK PANSURIYA - 53003200001	Joined	1/18/2022, 09:54:25 AM
DIYA JAISINGH - 53001208053	Joined	1/18/2022, 09:54:25 AM
KANAV MEHTA - 53003205103	Joined	1/18/2022, 09:54:25 AM
DHAVAL DARJI - 53003205090	Joined	1/18/2022, 09:54:25 AM



ADITI MACWAN - 53003205012 Joined 1/18/2022, 09:54:25 AM
SURAJ KUMAR GUPTA - 53003205046 Joined 1/18/2022, 09:54:25 AM
DEEP SHAH - 53003205162 Joined 1/18/2022, 09:54:25 AM
MAYURESH GIRKAR - 53003205089 Joined 1/18/2022, 09:54:25 AM
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VIRAJ ZATAKIA - 53003205137 Joined 1/18/2022, 09:54:25 AM
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NEELESH MODANI - 53003205123 Joined 1/18/2022, 09:54:25 AM
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ANOUSHKA EBRAHIM - 53003205009 Joined 1/18/2022, 09:54:25 AM
MANISH DAVE - 53003205102 Joined 1/18/2022, 09:54:25 AM
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SHRADDHA ASHTEKAR - 53003205039 Joined 1/18/2022, 09:54:25 AM
HIMANSHU OZA - 53003205076 Joined 1/18/2022, 09:54:25 AM



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YASH PANDYA - 53003205152 Joined 1/18/2022, 09:54:25 AM
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Priya (Guest) Joined 1/18/2022, 09:54:25 AM

SLOGAN WRITING COMPETITION

Date: 23rd December 2021.

Class / specialization: All participants of WDC

Number of students: 15

Report:

Women Development Cell of UPG set a Slogan writing competition for all its students to write their ideas down into slogans. The topics for writing the Slogan were: -

- Self-Love
- NO means NO
- Gender sensitization

The entries to submit were open for the students for almost 3 days through a google form. We could submit multiple entries from all categories. We got some good responsive, some were



basic but at the end of the day it was super good to know how today's youth is standing strong beside us women and their rights. We had 2 winners from each category: -

- Self Love:

- 1: Drishti Maru
- 2: Bhoomi Suriya

-Gender Sensitization:

- 1: Drushti Maru
- 2: Perna Pipariya

-No means No

- 1: Ruzell Moos
- 2: Dhvani Parekh

Attendees: -

- Vidhi Pandya
Vidhi Mehra
Perna Pipariya
Priya Phalke
Jai
Moksha Mehta
Nidhi Rao
Diya Jaisingh
Roshni Sanghani
Vidhi Mehta
Bhoomi Suriya
Drushti Maru
Ruzell Moos
Disha Jain
Dhwani Parekh

SEMINAR: GENDER SENSITIZATION

Date: 18th October 2021

Class / specialization: All participants and members of WDC

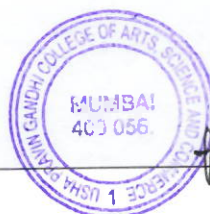
Duration: 2 to 3:30 pm.

Speaker: Mr. Salman Alvi.

Host: Nidhi Rao (member of WDC)

Number of students: 112 Male: 67 Female: 45

Event Photographs:



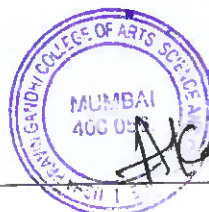
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AAYUSH CHAWLA - 53003210019	Joined	10/18/2021, 1:37:39 PM
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REENA BALDANIA - 53003210083	Joined	10/18/2021, 1:40:53 PM
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Details of the resource person:

Name of speaker: Mr. Salman Alvi



Salman Alvi

Designation: Speaker and representative of Breakthrough Organization

Detailed Event Report:

On 18th October 2021, The Women Development Cell of Usha Pravin Gandhi College conducted an event on the topic 'Gender Sensitization'. On behalf of all the students, the hosts welcomed and introduced Mr. Salman Alvi, trainer and speaker of the Breakthrough Foundation, who spoke on the topic. Firstly, students were briefed about the types of harassments which both men and women face every day. He mentioned that harassments can have a deep impact on our lives, for ex: depression, anxiety, limited mobility etc. Students were taught the ways through which they can help the people around them who are being harassed or how to tackle such situations if they are the ones getting harassed. Videos were shown to the students and accordingly questions were asked which made the seminar very interactive and informative. Lastly, he suggested some tips and tricks which was especially useful especially for women.

"LAFZ"-OPEN MIC ON WORLD OF WOMEN

Date: 23rd September,2021

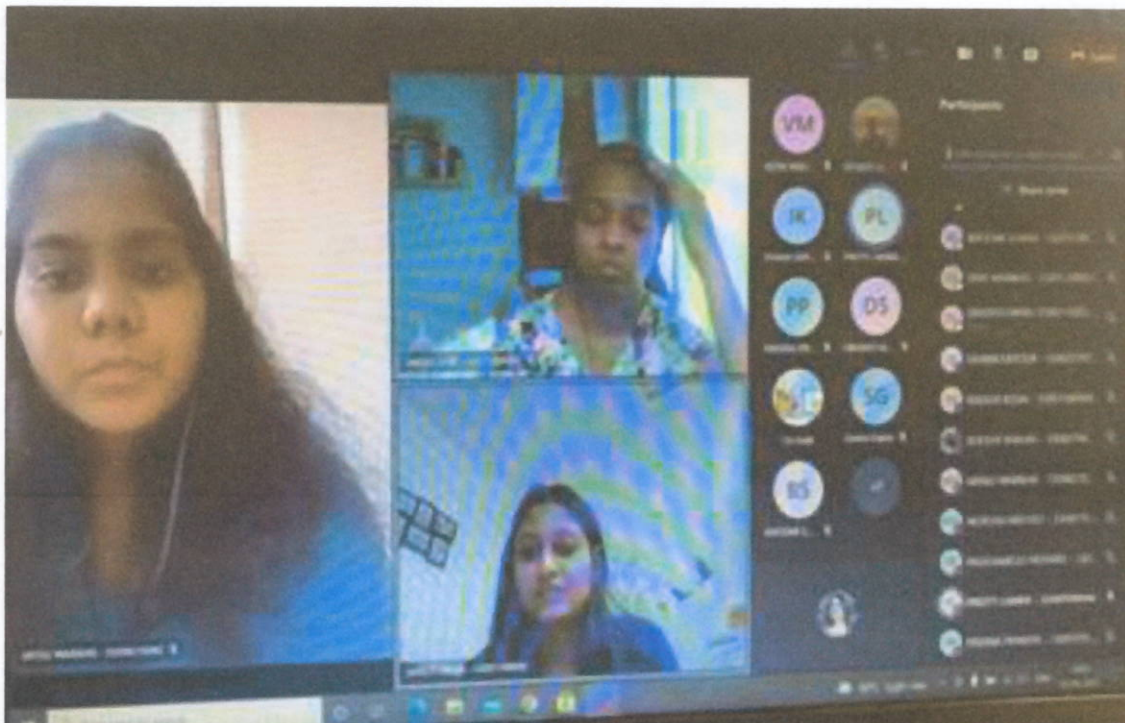
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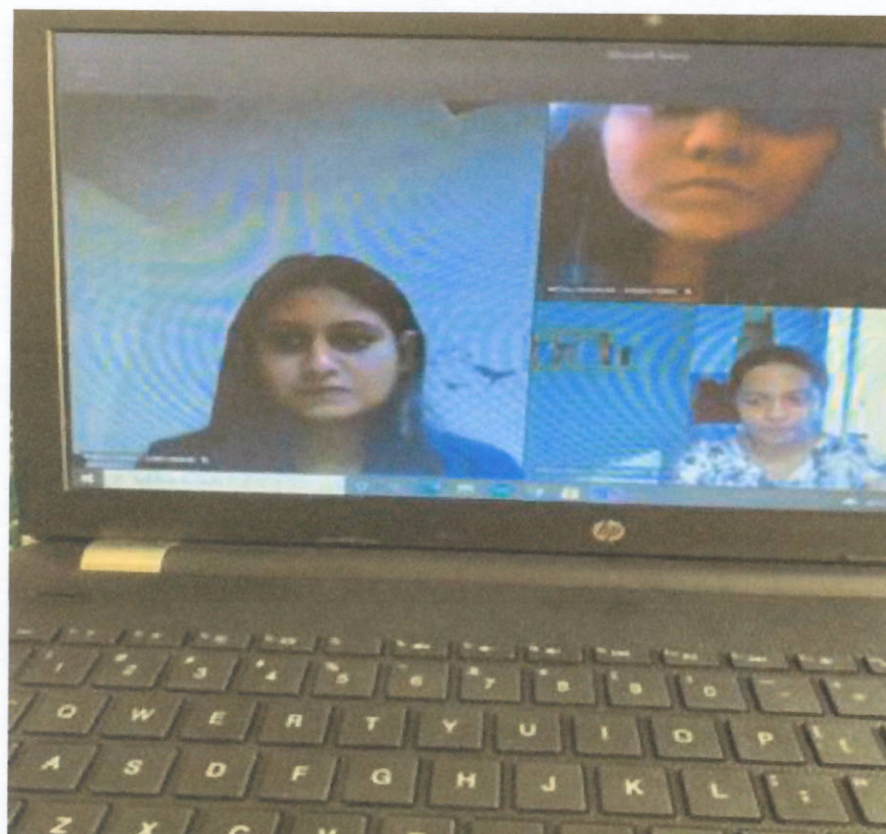
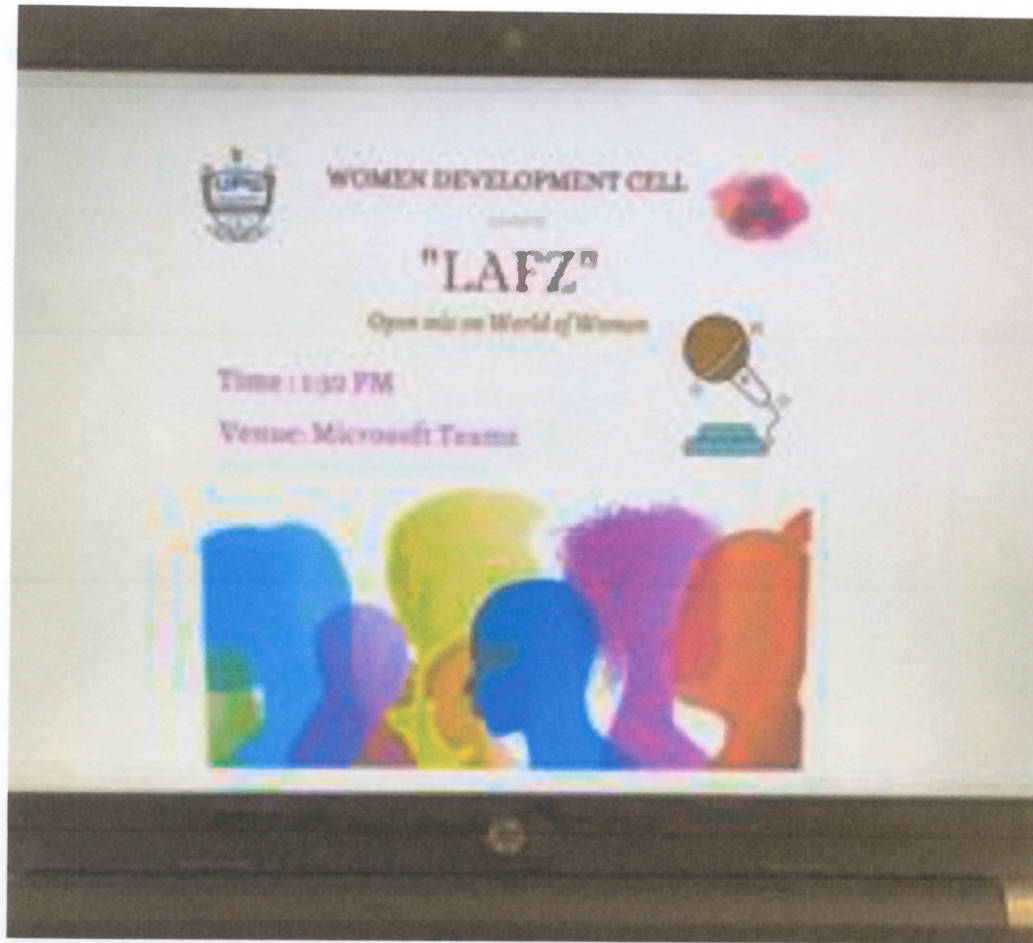
Class Specialization: All the participants and members of WDC

Host: Shruti Lohia(Joint Secretary of WDC)

Number of Students attended: Female: Male:

Event Photographs:





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SELF-DEFENCE WORKSHOP

Date: 1st, 2nd September, 2021 – Online
27th – 30th September, 2021 – Offline

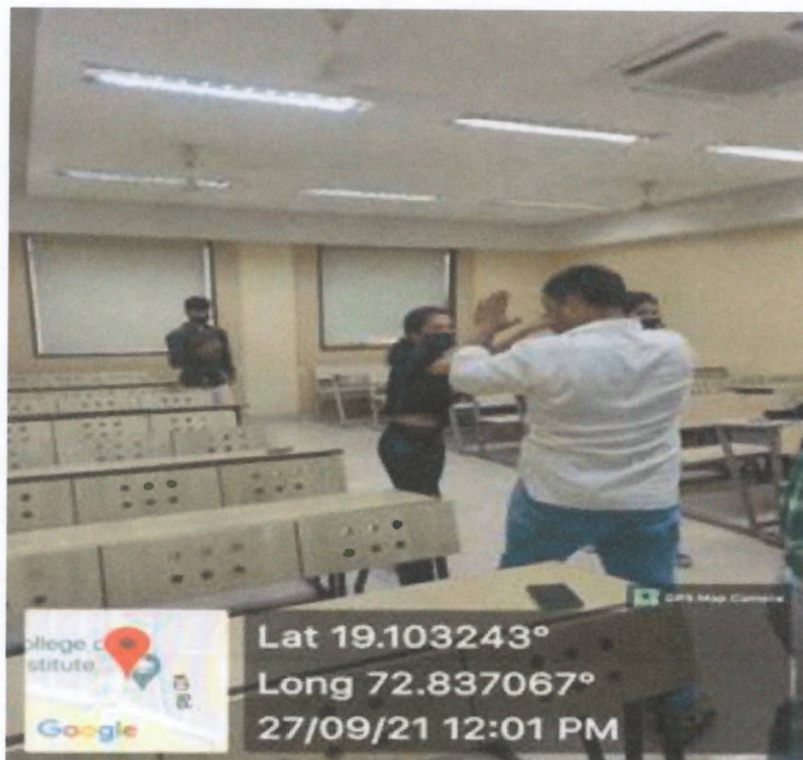
Class Specialization: All staff and students

Duration: Daily 11:30 am to 12:30 pm (1 hour)

Trainer: Mr. Sushil Anil Pandey
(Founder of Kalari Sports Academy)

Number of Students: Female: Male:

Event Photographs:



Atapool

Attendance:

Name:	SAP ID
Dhrumi Shah	53002190089
Sakshi Naik	53001208093
Shruti Lohia	53001190048
Vidhi Pandya	53002210026
Bhoomi Suriya	53001208116
Disha Jain	53008210049
Saima Shaikh	53003190098
Jai Thakkar	53002008053
Janvi Kapur	53002210009
Keya Chandarana	53002210094
Shreya Shobhane	53002205003
Sanika Pendharkar	53002210001
Vidhi Mehta	53001208122
Priya Phalke	53003190074

Details of the resource person:

Name of Instructor: Mr. Sushil Anil Pandey

Designation: 1st Dan Black Taekwondo. Founder of Kalari Sports Academy.

Detailed Event Report:

Conducted a week-long self-defense session with Mr. Sushil Anil Pandey, the founder of Kalari Sports Academy, was invited by the Women Development Cell to conduct a week-long workshop on self-defense from September 1st & 2nd (Online) and (Offline) September 27 – 30th 2021. Dhrumi Shah and Sakshi Naik hosted the event.

The anchors welcomed and introduced Mr. Sushil Anil Pandey, the workshop's mentor, on behalf of all the students.

Any session began with a light warm-up and stretching to ensure that everyone was physically prepared for the training ahead.

DAY 1:

Day 1 of the workshop was held online. Mr. Sushil demonstrated some basic punches and how to land them correctly on the opponent's body. He then went on to teach some collar capture defense techniques with his assistant, Sejal. He followed a basic rule: "Hit, Protect, and Run."

DAY 2:

Day 2 was conducted online as well. The trainer then demonstrated some tactics for avoiding a scenario where someone attempts to strike them. It was a comprehensive 17-step block structure that everyone could use to deal with any issue. Mr. Sushil explained how Taekwondo techniques were used to create these techniques.

DAY 3:

Day 3 was held at college campus on 27th of September, 2021. The teacher began the session by instructing us on various weak points in our bodies. He had the participants do everything on themselves, from the head, hair, eyes, nose, lips, and ears to the fingers, shoulder, and solar plexus, to see what impact it had. He demonstrated groin and solar plexus kicks to the students. Mr. Sushil went on to explain what could be done if a kick is missed.



DAY 4:

Day 4 was at the college campus as well. He showed a variety of techniques for defending oneself against an enemy who attempted to grab one's throat. Mr. Sushil insisted that turning the opponent's finger is the simplest and most powerful way to get out of any situation.

DAY 5:

A knife, despite its brutality, can be used to save someone. The teacher then demonstrated different knife positions as well as the proper way to handle a knife in self-defense. When facing an opponent, he kept repeating hitting joint to joint when blocking. He demonstrated the round-house punch to the head and the uppercut punch to the jaw to the participants.

DAY 6:

The trainer gave us a brief talk about how important it is to practice these exercises on a daily basis in order to be faster at responding. The methods had to be practiced by all of the participants. Mr. Sushil instructed others on how to perform the techniques in the proper manner. He attempted to resolve all of the difficulties that the students encountered while practicing. He put the methodology to the test and provided feedback. He finished by highlighting the workshop's most critical points.

SEMINAR: HOW TO BE A BOSS LADY

Date: 21st August, 2021.

Duration: 10:00am to 11:00am (1 hour)

Class Specialization: Female teacher and all students

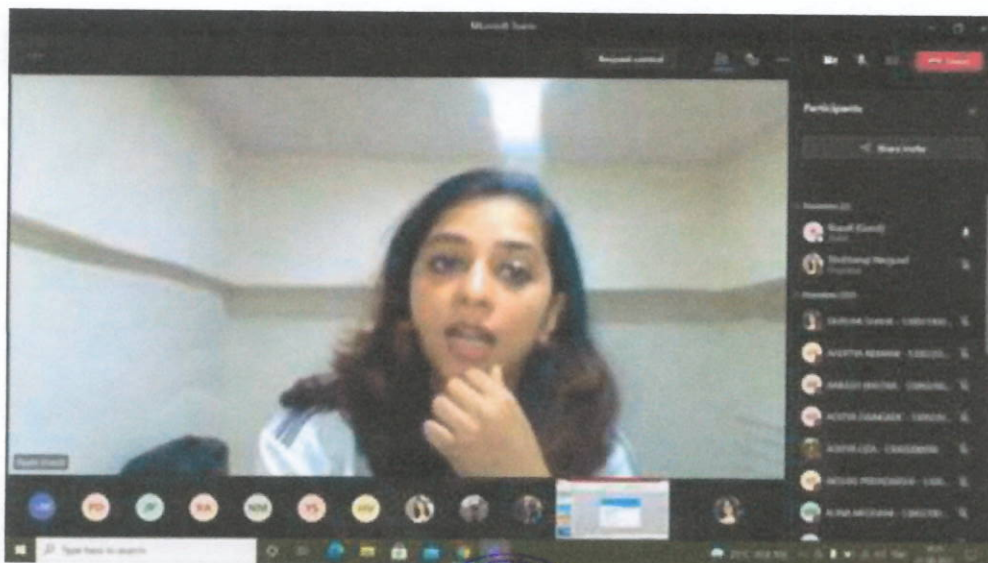
Speaker: Ms. Rupali Kalliyat

Number of students: 110 Male: 43 Female: 67

Objective: Students will be able to:

- 1) Know how we can kick-start our own business
- 2) Make an impact at a larger platform

Event Photographs:



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 KENIL SHETH - 53002200008 Joined 8/21/2021, 9:32:25 AM

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KENIL SHETH - 53002200008	Joined 8/21/2021, 10:33:15 AM
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ADITYA OZA - 53002200096	Joined 8/21/2021, 10:33:15 AM
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JAI THAKKAR - 53002208053	Joined 8/21/2021, 10:33:15 AM
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JHANVI PUROHIT - 53002200015	Joined 8/21/2021, 9:50:24 AM



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Sunita Gupta.	Joined	8/21/2021, 10:05:23 AM
Sunita Gupta.	Left	8/21/2021, 10:18:56 AM
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YUVRAJ MONGA - 53002190054	Joined	8/21/2021, 10:09:05 AM
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PRERNA PIPARIYA - 53003205104	Joined	8/21/2021, 10:11:54 AM
DHWANI PAREKH2 - 53002190057	Joined	8/21/2021, 10:12:49 AM
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KHUSHI KEDIA - 53001208096	Joined	8/21/2021, 10:13:33 AM
KHUSHI KEDIA - 53001208096	Joined	8/21/2021, 10:33:15 AM
BHOOMI SURIYA - 53001208116	Joined	8/21/2021, 10:14:23 AM
PRIYA PHALKE - 53003190074	Joined	8/21/2021, 10:18:50 AM
GAURAV MISHRA - 53002208037	Joined	8/21/2021, 10:33:15 AM
RATI SINHA - 53002190093	Joined	8/21/2021, 10:33:15 AM
DRUSHTI MARU - 53001190051	Joined	8/21/2021, 10:37:27 AM

Details of the resource person:

Name of speaker: Ms. Rupali Kalliyat

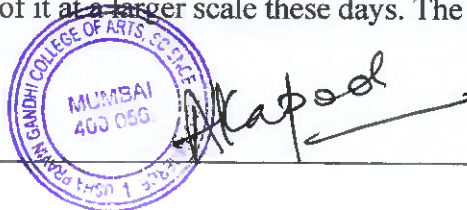
Designation: Certified Master Trainer in Social Entrepreneurship Development Program from IIM Kozhikode, 2015 by British Council. Co- Founder of Vyom the unlimited, and owner of jewelry page 'Virgo Vibes'.

Detailed Event Report:

On 21st of August, 2021 the Women Development cell of Usha Pravin Gandhi College conducted an event on the topic how to be a boss lady. The event was hosted by

On behalf of all the students, the anchors formally welcomed and introduced our guest for the day, our beloved Principal mam, Dr. Anju Kapoor.

The speaker briefed firstly on how to grow up the business game. She shared a few tips on the same. Also talked about his social media is becoming one of the biggest platforms to showcase our products and make money out of it at a larger scale these days. The presence and customer



interaction for growing up the business is necessary on social media. She talked about how in the pandemic the social media has helped in evolving small-scale business all over the world. She herself is a businesswoman, while shared her personal experience about being so. Selling paper and bead jewelry is her business. The session ended up asking a few questions by the students.

WEBINAR: CHAT WITH GYNAECOLOGIST

Date: 30th July, 2021.

Objective:- Students will be able to:

- 1) How to take care of/ wash our private/Vaginal part correctly in order to keep it clean and away from the infectious agents.
- 2) Causes of urinary infections
- 3) What are the causes of PCOD and the respective preventions/precautions for it.

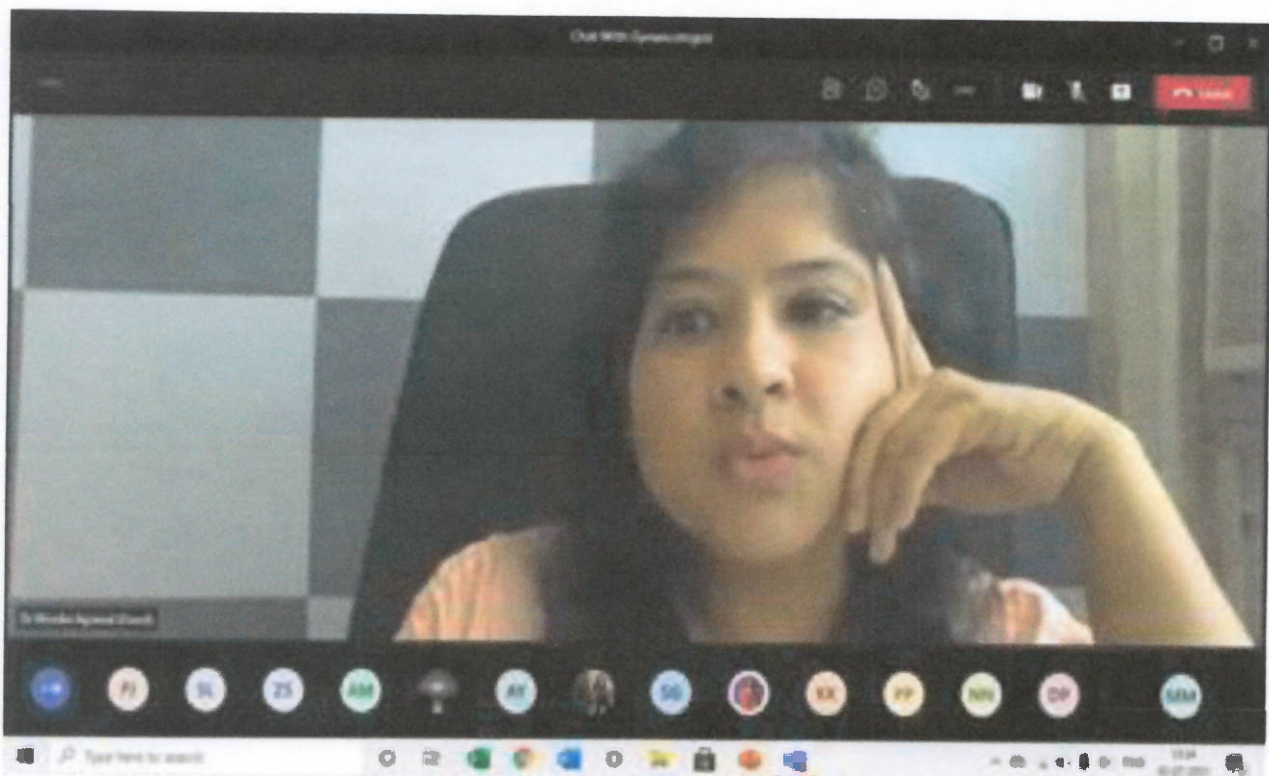
Class/Specialization: Female teacher and all students

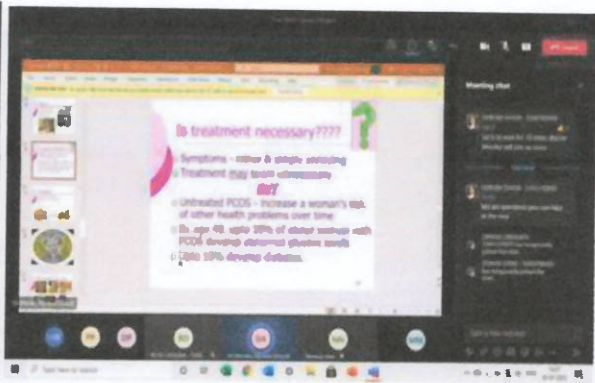
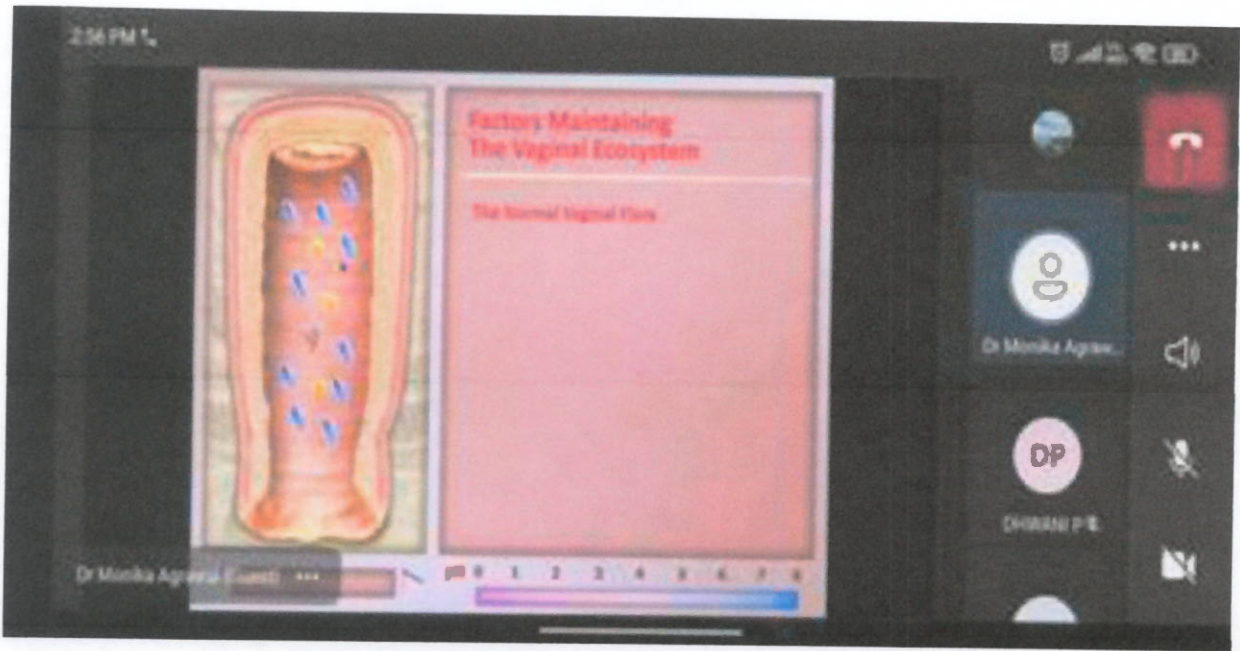
Duration: 2:30pm to 3:30pm (1 hour)

Speaker: Dr.Monika Agarwal.

Number of students: 29 Male: 1 Female: 28

Event Photographs:





Attendees:

Full Name:	User Action:	Timestamp:
DHRUMI SHAH8 - 53002190089	Joined before	7/30/2021
KHUSHI KEDIA - 53001208096	Joined	7/30/2021
SHREYA SHOBHANE - 53002205003	Joined	7/30/2021
DRUSHTI MARU - 53001190051	Joined	7/30/2021
SHRUTI LOHIA - 53001190048	Joined	7/30/2021
SAKSHI SHARMA5 - 53002190091	Joined	7/30/2021
BHOOMI SURIYA - 53001208116	Joined	7/30/2021
KHUSHI SHAH45 - 53002190084	Joined	7/30/2021
DHWANI PAREKH2 - 53002190057	Joined	7/30/2021
MOKSHA MEHTA3 - 53002190115	Joined	7/30/2021
SAKSHI NAIK - 53001208093	Joined	7/30/2021
PRERNA PIPARIYA - 53003205104	Joined	7/30/2021
JAI THAKKAR - 53002208053	Joined	7/30/2021
PREKSHA JIWANI - 53002190031	Joined	7/30/2021



TANISHA MAHESHWARI - 53001208117	Joined	7/30/2021
SAIMA SHAIKH2 - 53003190098	Joined	7/30/2021
VIDHI MEHTA - 53001208122	Joined	7/30/2021
PRIYA PHALKE - 53003190074	Joined	7/30/2021
MEHER LORD - 53002190044	Joined	7/30/2021
AYUSHI MEHTA5 - 53001190057	Joined	7/30/2021
NEHA VISHWAKARMA - 53003205118	Joined	7/30/2021
RISHIKA VISHWAKARMA - 53003205108	Joined	7/30/2021
SAKSHI KRIPALANI - 53003205081	Joined	7/30/2021
ESHA RAITHATHA 53003190079	Joined	7/30/2021
SANIYAH SHAIKH - 53003205170	Joined	7/30/2021
SANIYAH SHAIKH - 53003205170	Joined	7/30/2021
AYUSHREE PANCHAL - 53003205161	Joined	7/30/2021
VINISHA HARIAWALA - 53003205145	Joined	7/30/2021
ZOHA SAKRI - 53003205128	Joined	7/30/2021
SURBHI PRASAD - 53003205153	Joined	7/30/2021
Sunita Gupta	Joined	7/30/2021
Neelam Naik	Joined	7/30/2021

Details of resource person :

Speaker Name: Dr Monika Agarwal

Designation: DGO, MBBS, DNB- Obstetrics and Gynecology, Laparoscopic Surgeon (Obs – Gyn), Practicing at Her Care Clinic

Report:

On 30th of July, 2021; The Women Development cell of Usha Pravin Gandhi College conducted an event on the topic PCOD, PCOS and female hygiene. The event was hosted by Sakshi Naik, Dhvani Parekh.

On behalf of all the students, the anchors formally welcomed and introduced our guest for the day, our beloved Principal ma'am, Dr. Anju Kapoor.

The session started with the speaker asking whether we are aware of the vaginal hygiene or not. She told about the tips/ correct ways for how to clean our vaginal area. She briefed us about the "Don'ts" while cleaning the private part. The students and teachers along with our speaker then discussed the causes of urinary infections. She then told how the intake of excessive amount of junk food, lack in physical activity causes PCOD to be found commonly among a lot of women these days. Some of us also discussed the preventions that should be taken to if you are suffering from PCODs. We also conducted a Question-Answer session where the doubts of the students were cleared thoroughly. The session ended with the note that if you will not take care of your physical health, do not exercise regularly or keep cleaning your private part correctly, do not consider contraception, it will lead us to suffer through PCOD or other disease/infection.



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SELF-DEFENCE WORKSHOP

Date: 8th April, 2021 to 14th April, 2021

The following are some of the learning objectives that students would be expected to achieve:

1. Understand the significance of being able to protect themselves in unexpected circumstances.
2. Learn how to protect themselves using simple objects.
3. The value of being conscious and alert will also be realized by the students.
4. Understand real-life circumstances and how to deal with them effectively.

Class Specialization: All staff and students

Duration: Daily 11:00am to 12:00pm (1 hour)

Trainer: Mr. Sushil Anil Pandey (Founder of Kalari Sports Academy)

Number of Students: Male- 3, Female- 49

Report:

Conducted a week-long self-defense session by taking help of online recording done by Mr. Sushil Anil Pandey, the founder of Kalari Sports Academy, was invited by the Women Development Cell to conduct a week-long workshop on self-defense from April 8th to April 14th, 2021. Shreyanshi Bansal, Dhruvi Wani, and Harshita Rathi hosted the event.

The anchors welcomed and introduced Mr. Sushil Anil Pandey, the workshop's mentor, on behalf of all the students.

Any session began with a light warm-up and stretching to ensure that everyone was physically prepared for the training ahead.

ATTENDANCE:

NAME	SAP ID
Shreyanshi Bansal	53002180007
Harshita Rathi	53002180078
Dhruvi Wani	53001180100
Anamta Aibani	53001190004
Hrishita Desai	53002190013
Dhwani Parekh	53002190057
Sanskriti Sharma	53001190094
Dhrumi Shah	53002190089
Siddhi Vora	53002190099
Ishika Gupta	53001190117
Riyana Babbar	53003190002
Priya Phalke	53003190074
Sakshi Sharma	53002190091
Meher Lord	53002190044
Mitali Shah	53001190084
Akshada Redgaonkar	53001190073
Presha Chokshi	53002190010
Saima Shaikh	53003190098



Simran Pandit	53001190064
Ayushi Mehta	53001190057
Khushi shah	53002190084
Nupur Rawal	53001180069
Kashish Desai	53002180019
Shruti Lohia	53001190048
Ritvi Mehta	53001190055
Aashriiti Jain	53002190104
Preksha Jiwani	53002190031
Sakshi Chandarana	53001180012
Priyanka Kothari	53001208095
Rajeshwari Ghorpade	53002208027
Bhoomi Suriya	53001208116
Diya Jhalani	53002205001
Sharmeen Zariwala	53001208039
Sneha jain	53001208086
Priyam Kapadia	53002190038
Sakshi Naik	53001208093
Krishna Mehta	53002200084
Devayani Hegde	53002208040
Muskan Jain	53002200013
Ikshita Sahay	53002200075
Tamanna Chandnani	53002200060
Krishi Vora	53008200067
Isha Kacha	53002190032
Hetvi Shah	53001208012
Vinisha Shah	53001208072
Shreya Panchal	53002200001
Diya Jaisingh	53001208053
Vishruti Doshi	53002180057
Maitri Patel	53002208058
Male	Sap
Rahil Doshi	53002180023
Prashant Dubey	53003190015
Jai Thakkar	53002208053

DAY 1:

Mr. Sushil demonstrated some basic punches and how to land them correctly on the opponent's body. He then went on to teach some collar capture defence techniques with his assistant, Sejal. He followed a basic rule: "Hit, Protect, and Run."

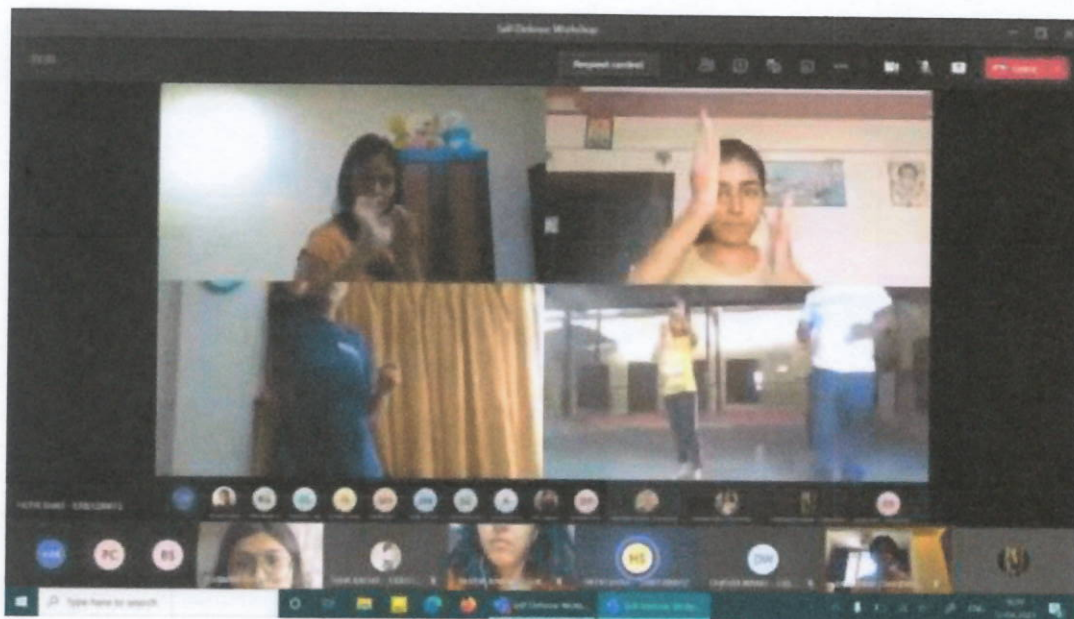


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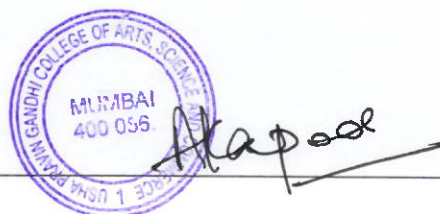
DAY 2:

The trainer then demonstrated some tactics for avoiding a scenario where someone attempts to strike them. It was a comprehensive 17-step block structure that everyone could use to deal with any issue. Mr. Sushil explained how Taekwondo techniques were used to create these techniques. He also demonstrated to the audience how a pen could be used for self-defense.



DAY 3:

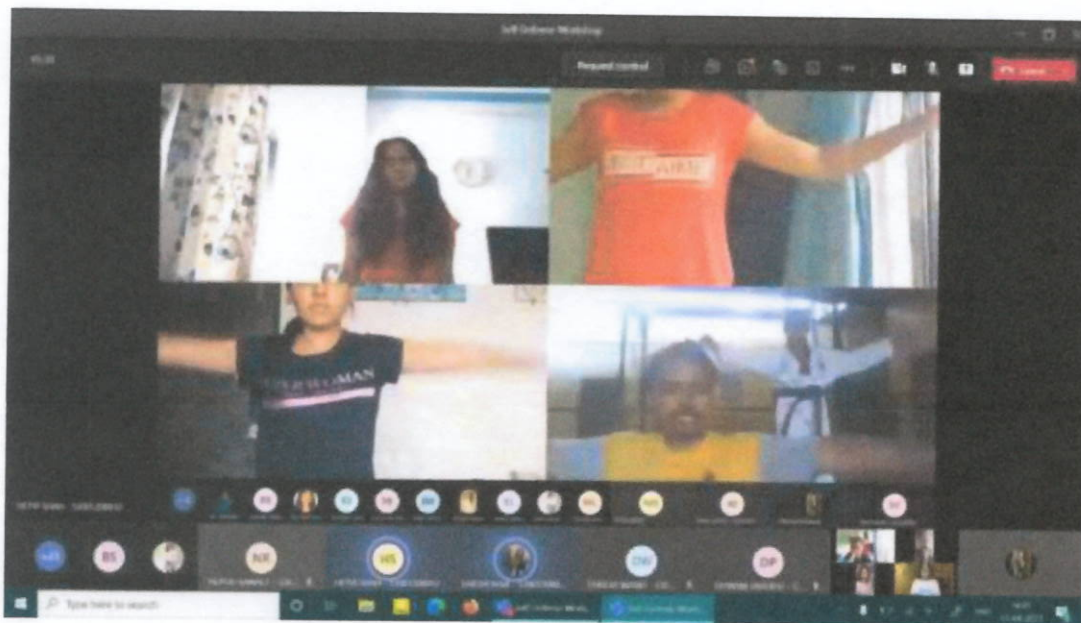
The teacher began the session by instructing us on various weak points in our bodies. He had the participants do everything on themselves, from the head, hair, eyes, nose, lips, and ears to the fingers, shoulder, and solar plexus, to see what impact it had. He demonstrated groin and solar plexus kicks to the students. Mr. Sushil went on to explain what could be done if a kick is missed.





DAY 4:

He showed a variety of techniques for defending oneself against an enemy who attempted to grab one's throat. Mr. Sushil insisted that turning the opponent's finger is the simplest and most powerful way to get out of any situation. He taught the participants how to avoid situations where they were being grabbed by the hands or given bear hugs from behind.



DAY 5:

A knife, despite its brutality, can be used to save someone. The teacher then demonstrated different knife positions as well as the proper way to handle a knife in self-defense. When facing an opponent, he kept repeating hitting joint to joint when blocking. He demonstrated the round-house punch to the head and the uppercut punch to the jaw to the participants.

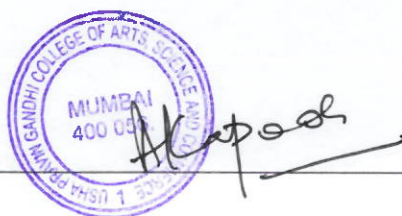


DAY 6:

The trainer gave us a brief talk about how important it is to practice these exercises on a daily basis in order to be faster at responding. The methods had to be practiced by all of the participants. Mr. Sushil instructed others on how to perform the techniques in the proper manner. He attempted to resolve all of the difficulties that the students encountered while practicing. He put the methodology to the test and provided feedback. He finished by highlighting the workshop's most critical points.



It was a fantastic, energizing session. The session ended by a vote of thanks from the professor Ms. Surachai Bhandarkar. Students learned simple but powerful strategies for dealing with unexpected events. All learned a lot during the session. Shreyanshi Bansal thanked him on behalf of all the attendees for such an informative session.



HOW TO MAKE CAMPUS SAFER AND GENDER EQUAL

Date- 6th February 2021

Learning objectives-

- 1) Understand the meaning of sexual harassments
- 2) The different ways to seek redressal and how to make campus safer
- 3) Discussion about Second Social Action Project

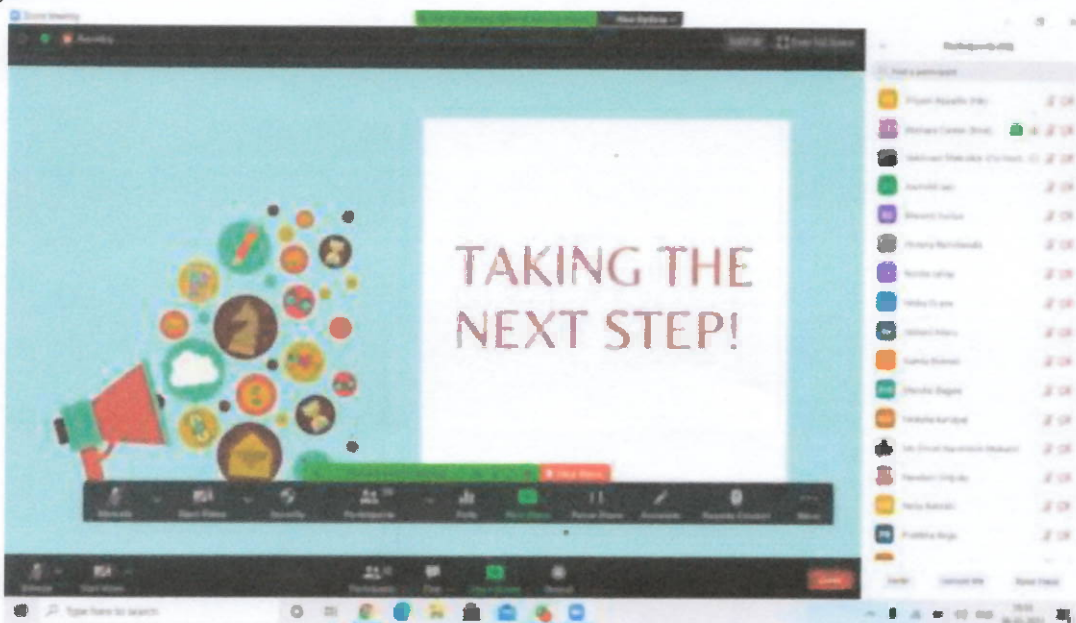
Duration- 3.30pm to 5.10pm (1 hour 40 minutes)

Speaker- Gargi and Vaishnavi Mahurkar

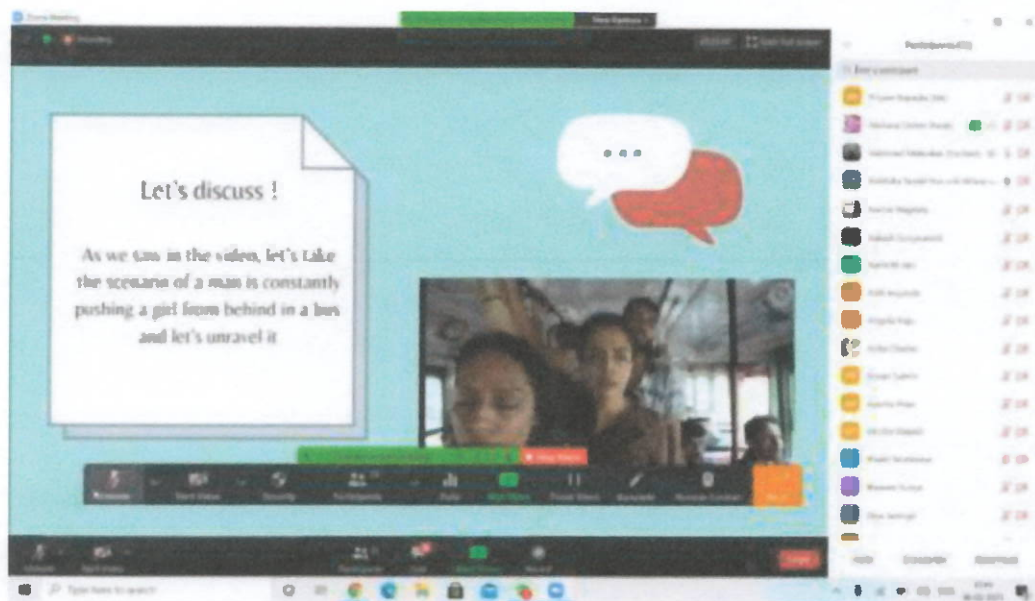
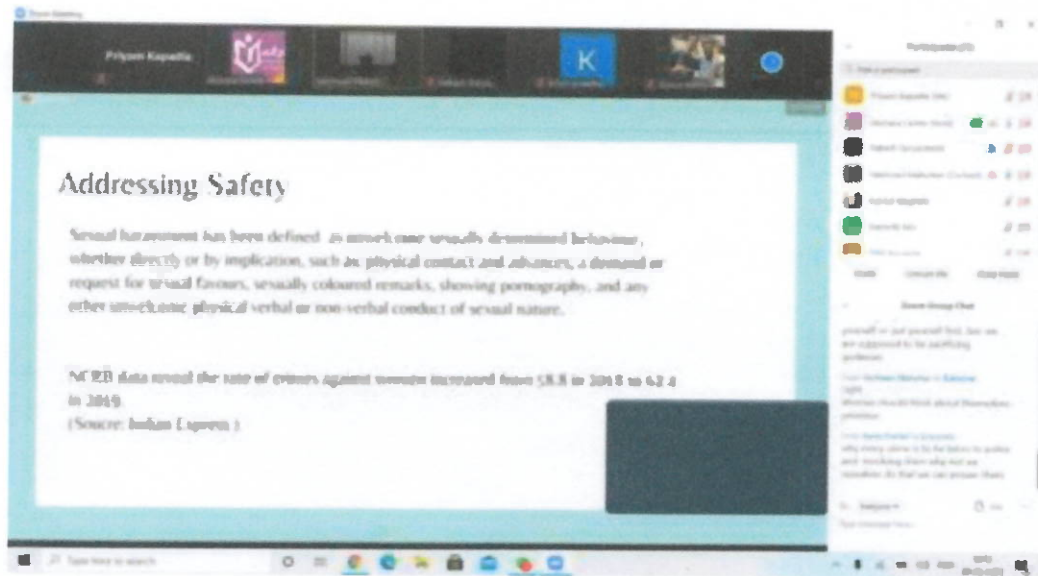
Number of participants –80

Report -

On the 6th February, 2021 The Akshara Centre, as a part of Gender equality club conducted a virtual session on the topic 'Taking the next step of how to make campus safer and gender equal.' The main objective of the session was to highlight sexual harassment and the steps to seek for redressal. Our speaker shared an interesting video on "Boys will be boys" under the issues of sexual harassment, followed by comments and great discussion about the video and views of the audience. They also explained us about different kinds of harassments in the public and private places such as college campus, public places, around the college, workspaces etc. Some of the incidents were also shared by the audience from their life stories. They also told us about the various ways of how to seek for redressal mechanism by addressing safety. They explained the legal definition of sexual harassment in depth. Also, they explained about how to maintain and respect boundaries with everyone at everywhere. At the end, discussion about the Second social action project took place to make everyone participate actively and spread awareness for the same. The session was aptly summarized as harassment if not stopped it will be a root cause to many social evils. Thus, society needs a culture of consent. They motivated us to take active steps to make campus space safer and seek for friendly redressal. Indeed, it was a very insightful and interactive session conducted by Akshara Centre Youth for change program.



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SELF DEFENCE WORKSHOP FOR WOMEN

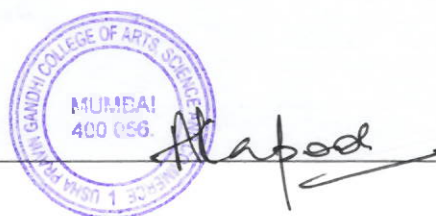
Date- 24th January, 2021.

Learning objectives- Students will be able:

- 1) To learn new techniques when they are being attacked by some men.
- 2) To understand how to escape from an attacker depending on different situations.

Class/Specialization- Young women and female staff

Duration- 5:00pm to 6:00pm (1 hour)



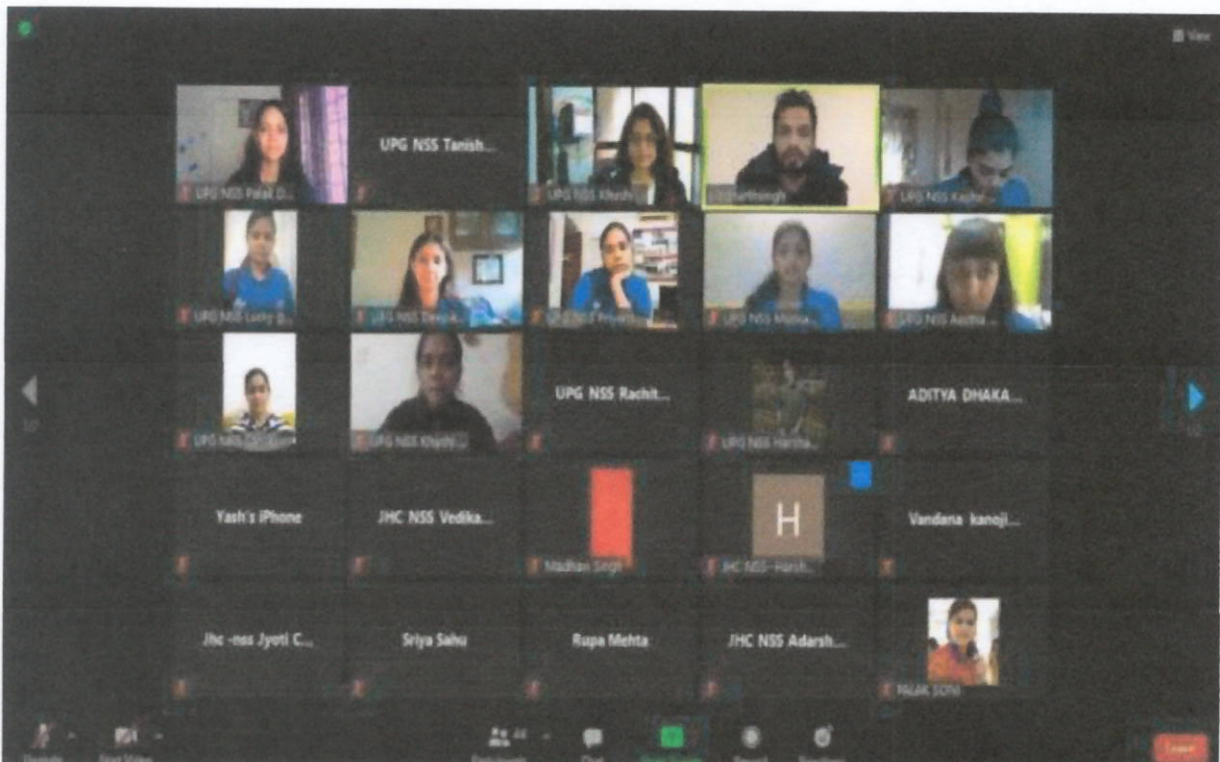
Speaker- Mr. Siddharth Singh

Number of students – Male-7, Female –19

Number of another participants- 34

Report-

The NSS Unit organized a Self Defence Workshop via zoom meeting. The trainer for the day was Mr. Siddharth Singh is a founder, Cross-trainer fight club. Also, India's highest ranked competitive grappler and much more. He first gave us some information regarding martial arts, kick boxing and striking martial arts and grappling. There are two types of attacks first: from a stranger, second: 80% of attacks are by the people you know. Next, he gave some situations and solutions for the same. He then explained us which are the guys who attack women; not a guy who does a 9 to 5 job, not a sportsman, who has his goal set but men who are losers and who didn't achieve anything in life. And when these people attack you, you have a 5-10secs window open. You have to be as violent, confident, strong, aggressive and angry you have ever been. He then explained 4 stages his attack can happen and guided everyone how can it be prevented. The activity ended successfully.



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TEACHING SELF DEFENSE IN RAJDA SCHOOL

Date- 19th January, 2017.

Learning objectives- Students will be able:

- To teach children techniques of self-defence.
- To make them aware about how to escape from attackers.

Class/Specialization- School students

Duration- 10:00am to 12:00pm (2 hours)

Number of students – Male-03, Female –02

Report-

The volunteers of Usha Pravin Gandhi College NSS Unit went for an activity at Rajda High School, Borivali West. It is one of the initiatives where the volunteers are told to teach self-defence to the kids. Volunteers were to teach students of STD 5-10. All children were started off by introducing themselves to the volunteers and vice-a-versa. After which the children were divided in groups and each volunteer spent about 20 minutes by teaching them different defines techniques. The volunteers also made the children perform the same techniques for practice, Volunteers and children left with some ways to protect themselves from attackers and also some new friends.





CELEBRATION OF INTERNATIONAL WOMEN'S DAY

DATE- 8th March, 2021.

Learning objectives- Students will be able to: explore existing ideas and knowledge about the status of women and men in society and the degree to which they think women and men have achieved equality.

Class/Specialization- All staff and students

Duration- 11:00am to 1:30pm (2hours 30minutes)

Speaker- Ms. Gargi Khandekar, Program officer (youth for change program) of Akshara Centre

Number of attendees- 144

Male- 35 **Female-** 109

Report-

On the 8th of March, 2021, the Women Development Cell organized an interactive event on the occasion of 'International Women's Day' called "Affirmative actions towards achieving gender equality". The chief guest of the session was Ms. Gargi Khandekar, Program officer (youth for change program) of Akshara Centre followed by the best poetry and storytelling performances event "Speak Up".

The session began with a summary of all the events done by the Women Development Cell for the year 2020-2021. It was followed by a presentation by Shreyanshi Bansal, Secretary of WDC. The presentation was based on the Gender Audit Report done by the committee under the guidance of teachers, it highlighted various measures taken by UPG college for empowering women participation and detailed gender analysis of the college.

Ms. Gargi Khandekar shed light on how far we have come concerning gender equality, where we are and how much journey is left to achieve the shared goal. She emphasized how vital



small steps are to attain equality and, in the process, we have to learn, unlearn and relearn various ideas.

Thereafter, Dr. Anju Kapoor, principal of Usha Pravin Gandhi College of Arts, Science and Commerce, spoke about the most valuable subject "love yourself". She highlighted one should not seek external validation and start loving themselves. After a short break, "Speak Up" the poetry and storytelling competition began. Five contestants were shortlisted from all the entries to perform. After all the delightful performances, Dhruvi Wani and Harshita Rathi, Joint secretary of WDC recited poems. Shortly after winners were declared, Bhumi Suriya- 1st place, Shreya Panchal and Simran- 2nd place, Ishika Gupta and Bhumi- 3rd place with that the women's day celebration came to an end.

ATTENDENCE:

<u>Full Name</u>	<u>User Action</u>
Neelam Naik	Joined
SHREYANSHI BANSAL - 53002180007	Joined
HARSHITA RATHI - 53002180078	Joined
DHRUVI WANIZ - 53001180100	Joined
MEERA CHAWDA - 40104190116	Joined
Rashmi Gahlowt	Joined
DIYA JAISINGH - 53001208053	Joined
RAJESHWARI GHORPADE - 53002208027	Joined
Sunita Gupta	Joined
Mayur Vyas	Joined
KRISHNA MEHTA - 53002200084	Joined
DHRUMI SHAH8 - 53002190089	Joined
Anju Kapoor (Dr.) (UPG College)	Joined
AARRIYA SALGAONKAR - 53001208067	Joined
JUHI MANJREKAR - 53001208068	Joined
PRACHI SHAH - 53001208022	Joined
NAYANIKA DWIVEDI - 53001208007	Joined
Gargi Khandekar (Guest)	Joined
Suruchi Bhandodkar	Joined
TAMANNA CHANDNANI - 53002200060	Joined
MAITRI PATEL - 53002208058	Joined
SAACHI SHRIYAN - 53001208043	Joined
MAANYA SAIGAL - 53001208041	Joined
ANANYA KHATRI - 53001208051	Joined
DIVYA MEHTA4 - 53002180056	Joined
SHRUTI LOHIA - 53001190048	Joined
KESVI KAPADI - 53001208065	Joined
Simran Pandit (Guest)	Joined



Anju Kapoor

TANYA BORKAR - 53001208005	Joined
SHARMEEN ZARIWALA - 53001208039	Joined
ISHIKA GUPTA2 - 53001190117	Joined
KHUSHI ARORA - 53001208025	Joined
KASHMI VYAS - 53001208023	Joined
Kalika Kherdikar	Joined
AASHVI GALAIYA - 53001208004	Joined
JAI THAKKAR - 53002208053	Joined
BHOOMI SURIYA - 53001208116	Joined
PRIYAM KAPADIA - 53002190038	Joined
Dipali Vichare	Joined
Mayur Pedamkar	Joined
DHWANI PAREKH2 - 53002190057	Joined
yogita katkar	Joined
RAHIL DOSHI2 - 53002180023	Joined
IKSHITA SAHAY - 53002200075	Joined
MITALI SHAH3 - 53001190084	Joined
MUSKAN JAIN - 53002200013	Joined
MIHIR DHANGDHARIYA - 53003205005	Joined
HETVI SHAH - 53001208012	Joined
SHREYA NANDY - 53001208049	Joined
SIDDHI VORA - 53002190099	Joined
Smruti Nanavaty	Joined
AASHRIITI JAIN - 53002190104	Joined
AKSHADA REDGAONKAR - 53001190073	Joined
SAIMA SHAIKH2 - 53003190098	Joined
SANSKRITI SHARMA3 - 53001190094	Joined
Rekha Thanvi	Joined
Nidhi Pawar	Joined
Rajendra	Joined
PREKSHA JIWANI - 53002190031	Joined
RIYANA BABBAR - 53003190002	Joined
Shreya Panchal (Guest)	Joined
AGADH CHATURVEDI - 53001208035	Joined
CHIRAG JETHWA - 53003190119	Joined
RAHI SHAH - 53001208020	Joined
HARSHIL VASANT - 53003190114	Joined
ISHA KACHA - 53002190032	Joined
MAHENDRA SINGH BISHT - 53003190126	Joined
MIRANG SHAH - 53003190097	Joined
SHUBH SANGHVI2 - 53003190088	Joined
JASH SANGHRAJKA - 53003190086	Joined



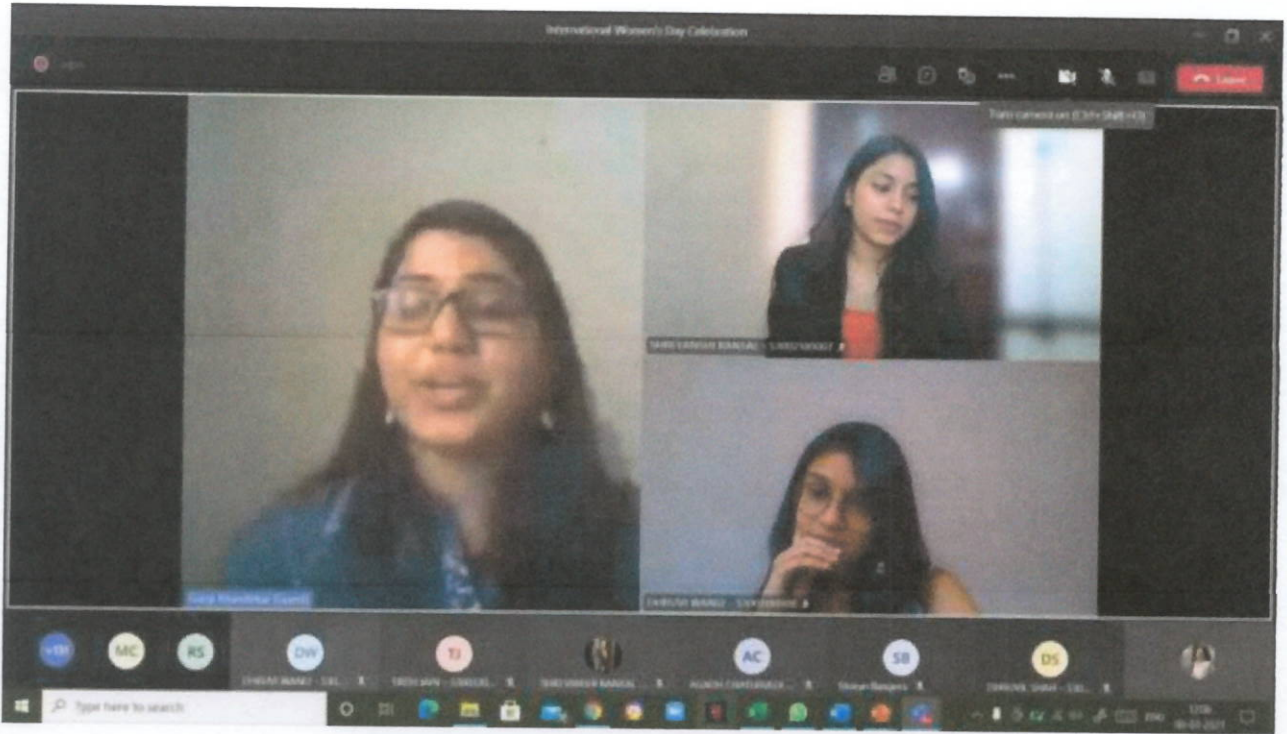
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HRISHITA DESAI - 53002190013	Joined
PARTH SAPARIYA - 53003190089	Joined
SWATHI PARAMATA - 53003190066	Joined
KENISHA SHAH - 53001208045	Joined
HIYA PARMAR - 53003190067	Joined
SHYAM SHANDHA - 53003205002	Joined
JASH RUPARELIA - 53003190083	Joined
ESHA RAITHATHA - 53003190079	Joined
Nidhi Pawar	Joined
HRUTVIK SONANI - 53003190106	Joined
Shruti Pawaskar	Joined
DIYA JHALANI - 53002205001	Joined
DHAVAL SANGANI - 53003190085	Joined
MAHEK GANDHI - 53003205159	Joined
YASH SURVE - 53003190107	Joined
BURHANUDDIN PETIWALA - 53003190073	Joined
AYUSH MEHTA - 53001208010	Joined
SHRUTI SALIAN - 53003190084	Joined
ISHAN KARIA - 53003190121	Joined
SAHAJ THAKKAR - 53003190109	Joined
FENI PETHANI - 53003190072	Joined
ANISH POOJARI - 53003190075	Joined
DHRUVI SHAH - 53001208015	Joined
DHRUVIL SHAH - 53003205157	Joined
SAKSHI SHARMA5 - 53002190091	Joined
HET KOSADIA - 53001208036	Joined
ABDULLAH SHAIKH - 53003190100	Joined
BHAVI SHENDE - 53003190102	Joined
AYAAN KHAN - 53003205001	Joined
MEHER LORD - 53002190044	Joined
SHREYA PANCHAL - 53002200001	Joined
BHAVIKA LOHIYA - 53001208032	Joined
JAY THADESHWAR2 - 53003190108	Joined
KHUSHI SHAH - 53001208016	Joined
PRIYANKA SAROJ - 53003190091	Joined
NYONIKA PANT - 53001208060	Joined
PRERNA KOTECHA - 53001208055	Joined
AARYA MEHTA - 53001208027	Joined
RAHAT CHHABRA - 53001208056	Joined
ETHAN JOHANN LOBO - 53001208009	Joined
KASHISH DESAI4 - 53002180019	Joined



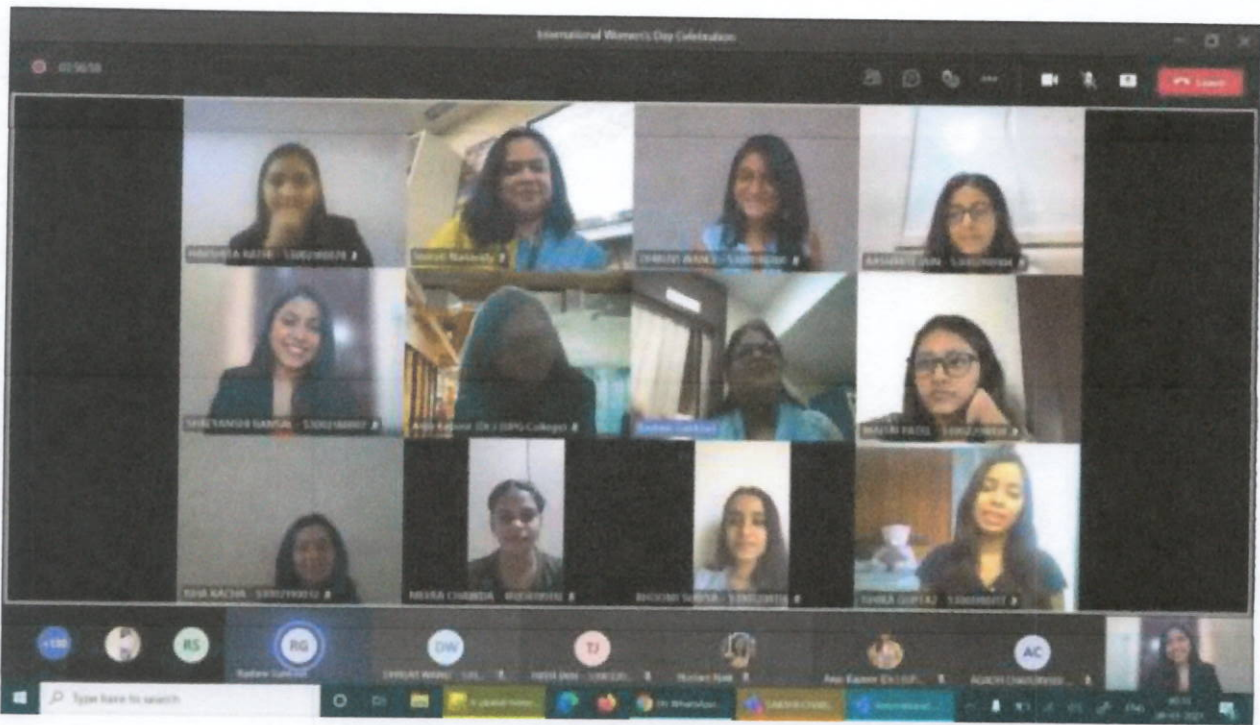
JINALI MEHTA - 53001208071	Joined
MEGHA MANDALIYA - 53001208014	Joined
RONAK VARIA - 53003190113	Joined
KRISHNA KANODIA - 53003205003	Joined
VANSHIKA SHAH - 53001208052	Joined
TANVI SAIGAL - 53001208021	Joined
JASLEEN KAUR BHITTEWAD - 53001208026	Joined
KASHVI SANGHAVI - 53001208003	Joined
TAVLEEN KAUR RAJPAL - 53001208040	Joined
YASHVI GALA - 53001208062	Joined
SURABHI DESHPANDE - 53001208034	Joined
MANAN CHOTHANI - 53001208070	Joined
SHRADDHA SHETTY - 53001208038	Joined
SAMIA QURESHI - 53001208064	Joined
Sharyn Bangera	Joined
VEER SONI - 53001208030	Joined
AASTHA VERMA - 53001208006	Joined
HARINI SHUKLA - 53001208057	Joined
AESHA SHAH2 - 53003190096	Joined
TIRTH JAIN - 53003205158	Joined
AYUSH PATEL4 - 53003190070	Joined
SHUBH KHAN - 53001208048	Joined
SAKSHI NAIK - 53001208093	Joined
SAURABH RAI - 53003190078	Joined
DITI PALAN - 53001208028	Joined
Drishti	Joined
DRISHTI THAKER - 53001208013	Joined
YASHVI DANI - 53001208044	Joined
AYUSHI MEHTA5 - 53001190057	Joined
HINAL SAVANI - 53003190092	Joined
JENIL TANNA - 53003190120	Joined
SAMEER SAYED - 53003190094	Joined



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REPORT ON KALI

Date- 23rd January, 2021.

Learning objectives- Students will be able to:

Understand the significance and importance of Girl Child touching upon the topics of Education, Girl Nutrition, Child Marriage, Legal Rights and Girl Protection

Class/Specialization- All staff and students

Duration- 10:00 am- 11:00am (1 Hour)

Speaker- Urmila Salunkhe, Sr. Program Office of Akshara Centre

Number of students—136

Male-17,**Female**—119

Report -

On the 23rd of January, 2021, the Women Development Cell organized an interactive session on the occasion of 'National Girl Child Day.' The speaker of the session was Urmila Salunkhe, Sr. Program Officer of Akshara Centre. The session focused on the prejudices and misogynistic views against women, the importance of girl child touching upon topics of education, girl nutrition, child marriage, legal rights, and girl protection.

The speaker started the session by emphasizing the most common stereotypes attached to women. She talked about the societal prejudices that are labeled to a girl since her birth. Thereafter, she talked about various issues like girl child still being aborted in various parts of India, less involvement of women in sports, women being restricted to go alone outside, hardly any property rights given to women, and the assault that women go through. Subsequently, she also enlightened the audience with the increasing cases of Anemia in women due to poor nutritional diet. Ms. Salunkhe ended the session by informing the audience about the rights



legislated for women. In totality, the event was super interactive and fun. The audience was well engaged and responded actively.

<u>Full Name</u>	<u>User Action</u>
YASHVI SHAH33 - 53001190086	Joined before
HRUNAY SHAH - 53001190081	Joined before
KHUSHI KAUSHAL - 53001190040	Joined before
KANHA DHAKAN - 53001190018	Joined before
HINAL SHAH10 - 53001190091	Joined before
PARTH DURANI - 53001180021	Joined before
TEESTA DALVI - 53001180114	Joined before
ACHYUT SOOD - 53001190100	Joined before
KHUSHI BHATT - 53001190008	Joined before
RITIKA SONI - 53001190099	Joined before
KRISHA SHAH29 - 53001180083	Joined before
NEERAJ NAIR - 53001190116	Joined before
SAKSHI CHANDARANA - 53001180012	Joined before
DHARTI BORICHA - 53001190110	Joined before
YASHVI GALAIYA - 53001190027	Joined before
DEVIKA RATHI - 53001190072	Joined before
HUSAINA PETIWALA - 53001205003	Joined before
AKSHADA REDGAONKAR - 53001190073	Joined before
NEEL SHAH23 - 53001190085	Joined before
DHWANI PATEL2 - 53001190068	Joined before
PREITY LAMBA - 53001190046	Joined before
CHIRAG SHAH2 - 53001190088	Joined before
DIVYA DHANDHA - 53001190019	Joined before
KRISHA MASRANI - 53001190053	Joined before
SUVIDHI DUDHORIA - 53001190023	Joined before
DHAIRYA IYER - 53001190035	Joined before
DRUSHTI MARU - 53001190051	Joined before
SAMIKSHA MUNDHRA - 53001190059	Joined before
RACHITA SHETTY - 53001190097	Joined before
ISHITA DOSHI - 53001190020	Joined before
NEHA GAUD - 53001190028	Joined before
MANDAR CHAUGULE - 53001190011	Joined before
TANUSHI SHETH - 53001190096	Joined before
GRESHA SHAH2 - 53001190083	Joined before
STUTI PANDEY - 53001190063	Joined before
SIDDHARTH BUDHDEO - 53001190010	Joined before
ZALAK SHAH - 53001190087	Joined before
DEVANSH SAVLA - 53001190079	Joined before
VIKAS BHARAT SINGH - 53001190105	Joined before
VEDIKA NARSRIA - 53001205004	Joined before



FARZIN DALAL2 - 53001190014	Joined before
AKSHITA SONI - 53001190115	Joined before
MAITRI SANGHAVI - 53001190076	Joined before
MAITRI SHAH17 - 53001190080	Joined before
RITVI MEHTA - 53001190055	Joined before
AASHVI SHETH - 53001190095	Joined before
JASH HIRANI - 53001190034	Joined before
SAKSHI IYER - 53001190036	Joined before
STUTI PATADE - 53001190066	Joined before
NAMAN MODI - 53001190113	Joined before
ATHARVA DESHPANDE - 53001190017	Joined before
MITALI SHAH3 - 53001190084	Joined before
AAKANSHA JAIN - 53001180034	Joined before
ZAINAB BHARTHOO2 - 53001190007	Joined before
AARYA REDIJ - 53001190074	Joined before
ISHIKA GUPTA2 - 53001190117	Joined before
RHEA KOTHARI - 53001190043	Joined before
VEDIKA AGARWAL - 53001205002	Joined before
ISHIKA GUPTA1 - 53001190031	Joined before
DHRUVI WANI2 - 53001180100	Joined before
AASHNA GAGLANI - 53001190025	Joined before
SAMRIDHI GOYAL - 53001180030	Joined before
YUKTI DEDHIA - 53001190015	Joined before
AhkamYar Khan - 53001190109	Joined before
JAI MEHTA3 - 53001190054	Joined before
KHUSHI KOTHARI5 - 53001190042	Joined before
KARSHINI AGRAWAL - 53001190003	Joined before
VATSAL DEDHIA2 - 53001190016	Joined before
AASTHA AGRAWAL3 - 53001190002	Joined before
SAKSHI GUPTA9 - 53001190032	Joined before
ADHEESHA GAMBHIR - 53001190118	Joined before
SHRUSHTI MANKAD - 53001190049	Joined before
NIDHI MISTRY2 - 53001190058	Joined before
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PAKHI SAIKIA - 53001190075	Joined before
AAYUSHI ZAVERI2 - 53001190108	Joined before
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RIDDHI AGRAWAL - 53001180002	Joined before
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JAINA KOTHARI - 53001190041	Joined
RAJ LODHIA - 53001190047	Joined



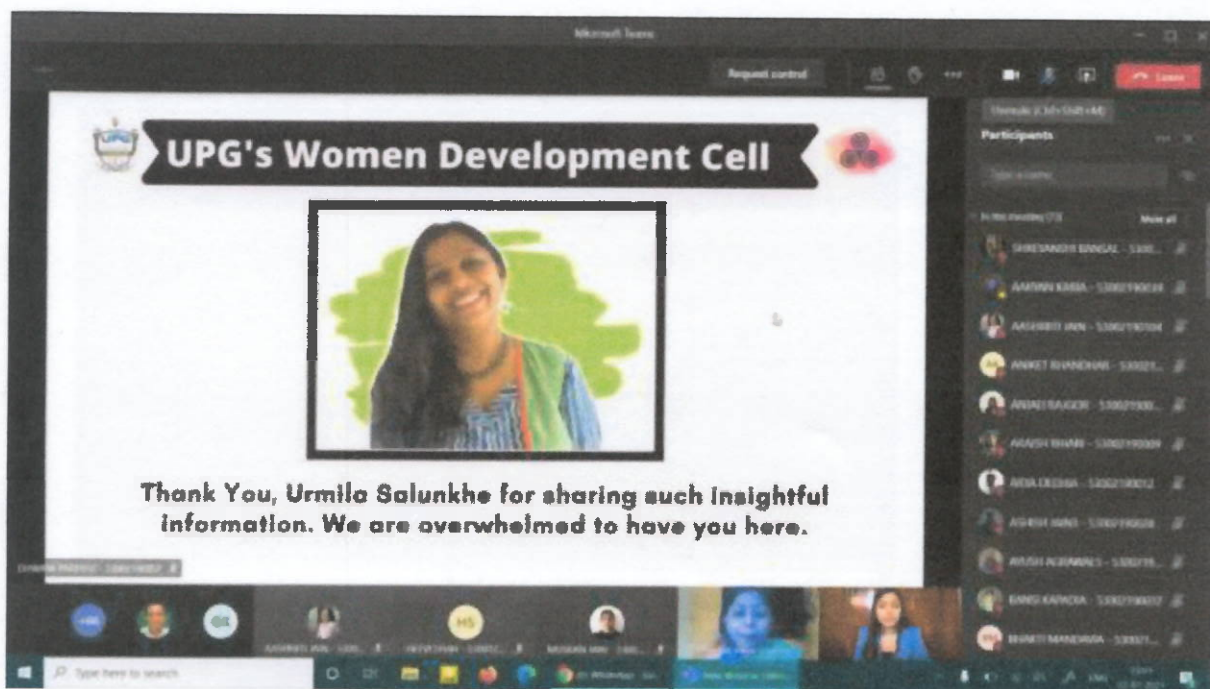
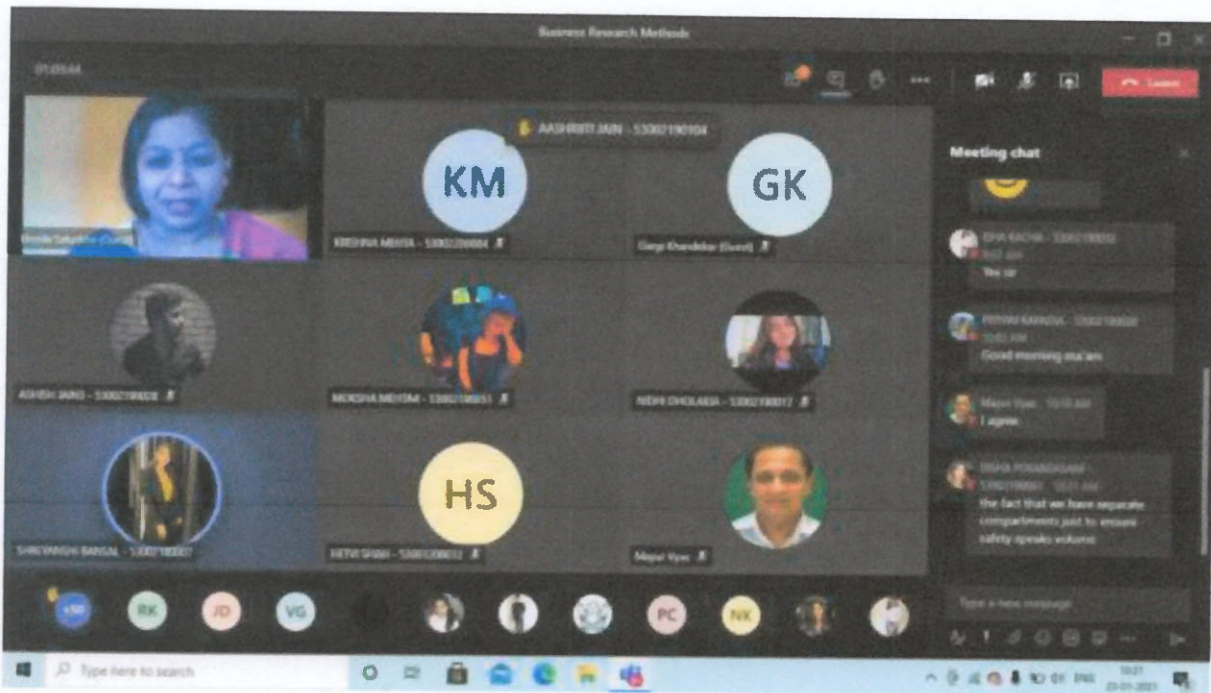
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KHUSHI SHAH43 - 53001190089	Joined
SHIVANI MANOHAR - 53001190050	Joined
RIYA RATHI - 53001190071	Joined
SIYA VERNEKAR - 53001190104	Joined
DWISHA GOSALIA - 53001190030	Joined
ADITI DOSHI2 - 53001190021	Joined
DIWAKAR MATHUR - 53001180044	Joined
PRERNA BRIJWASI - 53001190114	Joined
MANASI WALAVALKAR - 53001190107	Joined
AARYA KUSHE - 53001190045	Joined
SHREYA GAUTAM - 53001180105	Joined
SIMRAN SHAH5 - 53001190090	Joined
ANAMTA AIBANI - 53001190004	Joined
SANSKRITI SHARMA3 - 53001190094	Joined
NISHIKA MEHTA - 53001190056	Joined
KAVISHA DUDEJA - 53001190022	Joined
KIMAYA KUMAR - 53001190044	Joined
SHIKHA THAKKAR2 - 53001190101	Joined
KHUSHI VYAS - 53001190106	Joined
RAJESHWARI GHORPADE - 53002208027	Joined
DIYA JHALANI - 53002205001	Joined
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SHREYANSHI BANSAL - 53002180007	Joined
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AASHRIITI JAIN - 53002190104	Joined
SHRUTI LOHIA - 53001190048	Joined
DHRUMI SHAH8 - 53002190089	Joined
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SIDDHI VORA - 53002190099	Joined
ISHA KACHA - 53002190032	Joined
SAKSHI NAIK - 53001208093	Joined
KRISHNA MEHTA - 53002200084	Joined
PRIYANKA KOTHARI - 53001208095	Joined
DHWANI PAREKH2 - 53002190057	Joined
DIVYA MEHTA4 - 53002180056	Joined
MAANIKA VEECUMSEE - 53001205001	Joined
TAMANNA CHANDNANI - 53002200060	Joined
IKSHITA SAHAY - 53002200075	Joined
PRIYAM KAPADIA - 53002190038	Joined
KHUSHI SHAH45 - 53002190084	Joined
RAHIL DOSHI2 - 53002180023	Joined
PRESHA CHOKSHI - 53002190010	Joined

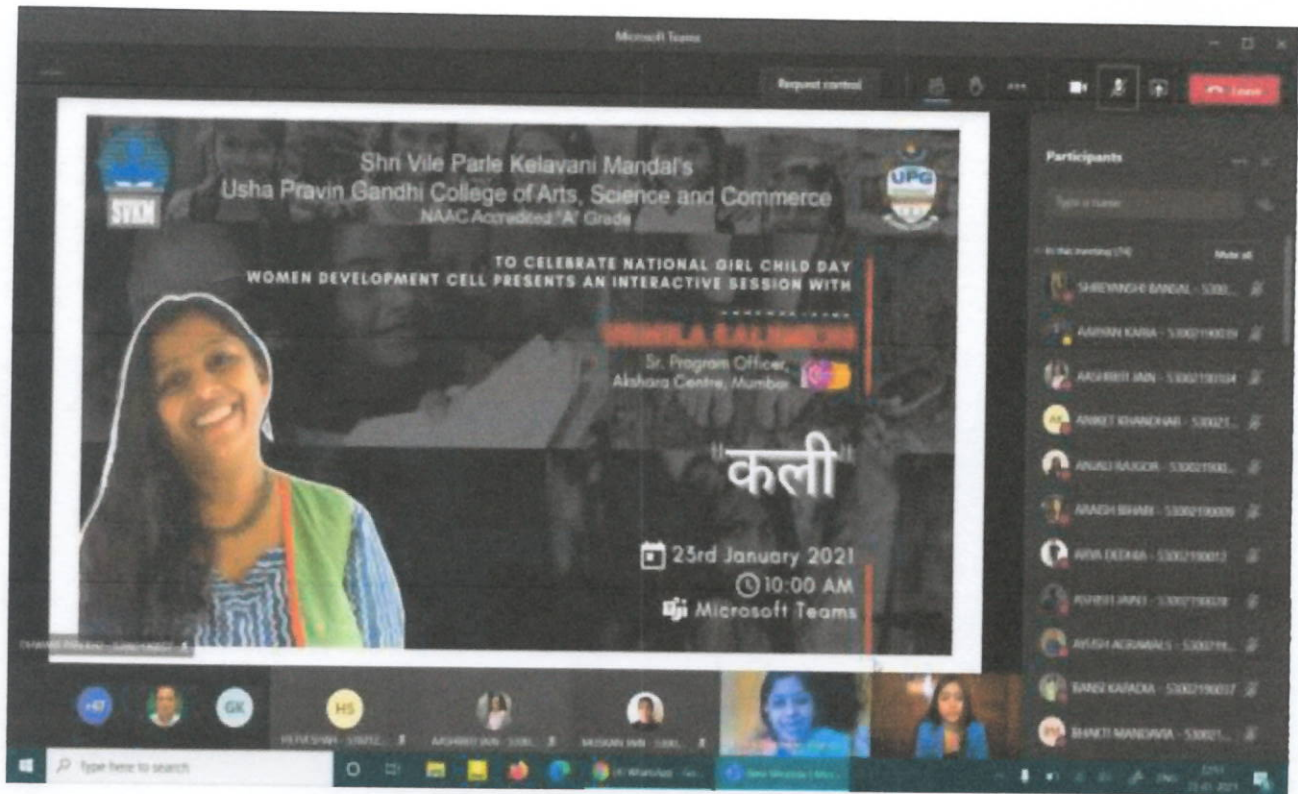


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HETVI SHAH - 53001208012	Joined
HRISHITA DESAI - 53002190013	Joined
SHREYA PANCHAL - 53002200001	Joined
PREKSHA JIWANI - 53002190031	Joined
SAPNAKUMARI VISHWAKARMA 53001180097	-Joined





Alshara

HAQKARTAVHYA

Youth are leading the change in our society. They are the future of our country. Therefore, we discussed the youth rights and duties!

Date- 23rd January, 2021

Class/Specialization: - All Students

Duration – 4:00pm to 2:30pm

Speaker – Pratibha (Sr. Coordinator, campaigns and dissemination, Community, Member Vartaleap) Kejal Savla (Convener, The Blue Ribbon Movement)

Number of students - 25

The poster is for an event titled "#HaqKartavhya". At the top, there are three logos: "VartaLeap", "Akshara Centre" (with the tagline "towards gender justice"), and "ComMutiny" (with the tagline "the youth collective"). The main text reads: "Youth are leading the change in our society. They are the future of our country. So as we near the 72nd Republic Day let's come together for a charcha on youth rights and duties!". Below this, it lists "Resource persons:" and features two circular portraits. The first is Pratibha, Sr. Coordinator of Campaigns and Dissemination, ComMutiny Member, and VartaLeap member. The second is Kejal Savla, Convener of The Blue Ribbon Movement. The poster also includes the date "DATE: 23 JANUARY, 2021" and time "TIME: 2.30 PM TO 4.00 PM". At the bottom, there are social media handles for Facebook (@AksharaCentre), Instagram (@aksharacentreindia), and Twitter (@aksharacentre), along with the note "The registration link will be shared soon".

Outcome: broadening the perspective and horizons of thinking of the ones who attended the panel discussion.



SOCIAL SENSITISATION ON DOMESTIC VIOLENCE AND RAPE

Date- 22nd December, 2020.

Learning objectives- Students will be able:

- 1) To spread awareness about the social issue of domestic violence and rape.
- 2) To create a comfortable platform where participants can share their personal experiences.
- 3) To understand how alarming the cause is and the urgency to reduce its numbers.

Class/Specialization- All NSS volunteers

Duration- 6:00pm to 8:30pm (1 hour 30 minutes)

Number of students – Male-6, Female –15

Report-

The NSS Unit of Usha Pravin Gandhi College of Arts, Science and Commerce The topic for social sensitization was: The three months of lockdown this year recorded more complaints of domestic violence and rape on the women than those received in the previous 10 years. Volunteers were divided into teams and Each team had to prepare for 1-2 mins. Volunteers could discuss various laws about it, the factors of why rape has increased, what can be done, our views etc. The discussion started with the statistics of the NCRB Data showing that out of the 33,356 reported rapes in 2018, offenders were known to the victims in almost 94%. This alarming fact is ringing truer than ever during the lockdown. Even during the lockdown, it is not safe for women to stay home. The main reasons for the rapes to occur was the sex ratio, the sluggish aw system, frustration and anger of Men and Economic crises. Then, volunteers moved on to how rapes at home are not recorded due to the society being ashamed to file a complaint against one of their family members. Then one of volunteer shared about his friend who was assaulted by his maternal grandfather and at first family didn't agree to what she said but then filed a complaint against him later. This was continued by how India as a country is improving and changing gradually and slowly, it may take decades to change but it is. The activity ended successfully.



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WEBINAR ON GENDER SENSITIZATION

Date- 17th December, 2020.

Learning objectives- Students will be able:

- 1) To understand the different gender roles in our society.
- 2) To spread awareness and break stereotypes.

Class/Specialization- All students

Duration- 2:00pm to 4:00pm (2 hours)

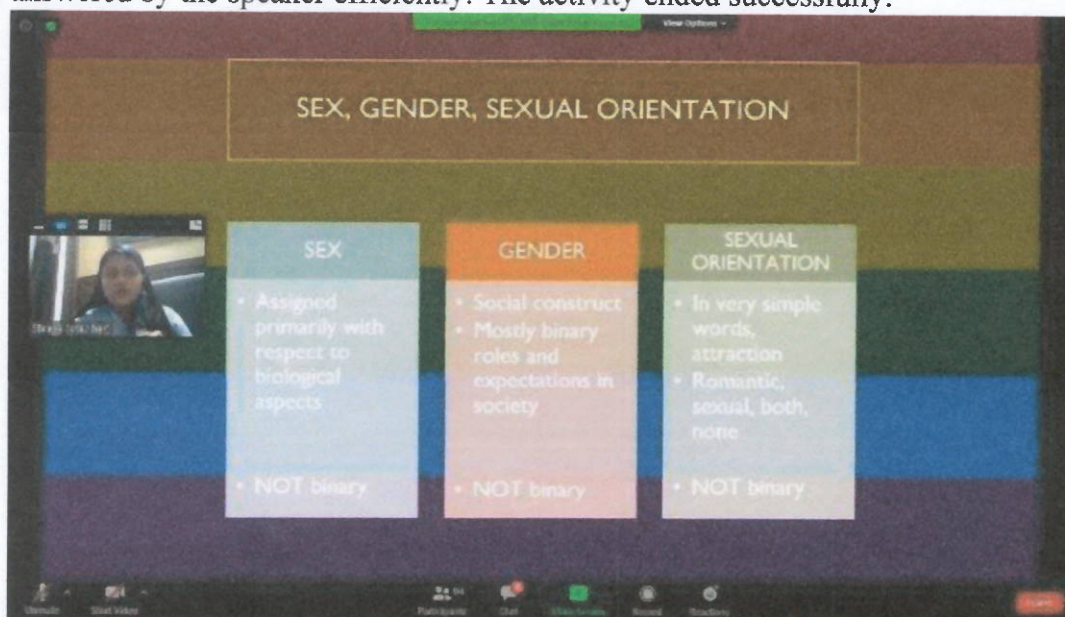
Speaker- Ms. Shreya Joshi

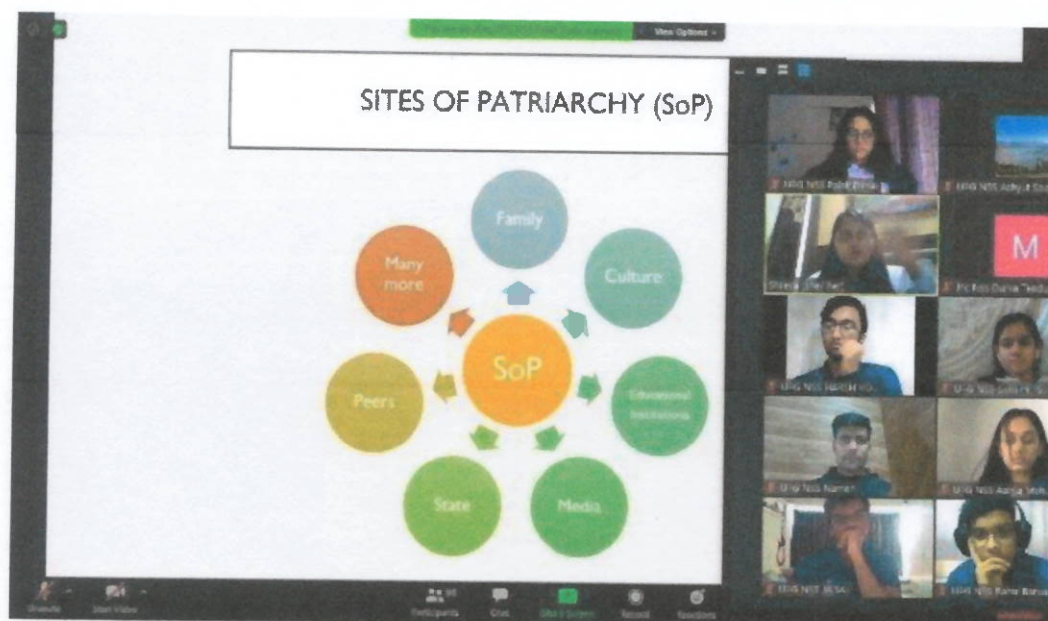
Number of Volunteers participated – Male-14, Female – 22

Number of another participants- 64

Report-

The NSS Unit of Usha Pravin Gandhi College of Arts, Science and Commerce organized an activity based on the topic Gender Sensitization via zoom meeting. The keynote speaker for the activity was Ms. Shreya Joshi a social worker and activist for intersectional queer rights and gender equality. The session started with the speaker addressing the volunteers about gender roles, stereotypes, role of media, family, educational institutions, cultural backgrounds etc. and next she made everyone understand what is gender, sex and sexual orientation. The meaning of patriarchy, male dominance and its effects were then discussed with all the volunteers and participants. The idea that gender and sex are not the same and definitely not binary was explained by the speaker. Lastly, she discussed facts about sexuality and LGBTQ community. The activity proved to create a great impact and awareness in the minds of the youth. It was an interactive and interesting activity. At the end volunteers and other participants shared their personal experiences when they encountered patriarchy. Lastly all the questions were answered by the speaker efficiently. The activity ended successfully.





GENDER EQUALITY WORKSHOP

Date: 28th November 2020

Objective: To enable students to notice the subtle sexism, misogyny in media

No of students: All Akshara members from WDC

Report:

On 28th of November 2020; Akshara Foundation had Miss. GeetaRoa give a talk about the subtle hidden sexist messages conveyed through everyday television and media.


GeetaRoa who is also a guest lecturer at Sophia College, explained the class about the gender lens. About the independence; ambition, freedom of choice and opinion each gender is entitled to. Then a series of advertisements, movies, item songs even Netflix shows were shown to the audience. Followed by analyzing the same through the gender lens and a discussion on the same. It was truly fascinating how these subtle messages are so ingrained in our patriarchal society that we hardly notice them let alone oppose them. But being aware of them is crucial as media does play a pivotal role in not only shaping identities; ideologies in our societies but also influencing real life behavior. It was debilitating how women were shown as meek; devoid of opinions & authority, ambition. And how disgustingly glorified and celebrated overly sacrificial women are made to be. Not to mention how the Bollywood item no's objectify women just as pretty looking bodies incapable of anything else.

The class was also assigned a social action project where they themselves had to find such problematic narratives within everyday media and highlight them. Over all the agenda of the workshop was to dismantle such hidden narratives by making students aware of them.



Akshara

Announcing the next Workshop!




GEETA RAO
 Guest Faculty at
Sophia College
 Ex-Editor, Vogue

Learn from her about creating
 your own social action project.

Let's take
 another step
 towards
 gender equality.


Be a gender champion
 and learn the creative
 way to bring about
 change!



Where: Zoom
When: 28th November 2020,
 Saturday
Time: 3:30 PM



GE Club



<https://www.aksharacentre.org/>

CHILD SAFETY TRAINING

Date- 12th November, 2020.

Learning objectives- Students will be able:

- 1) To understand about child sexual abuse.
- 2) To learn about child safety and how to aware kids about the same.
- 3) To get training about personal safety and how to educate children about the same.

Class/Specialization- NSS Volunteers

Duration- 1:30pm to 3:30pm (2 hours)

Speaker- Akshada Shinde (Arpan NGO)

Number of students – Male-14, Female –28

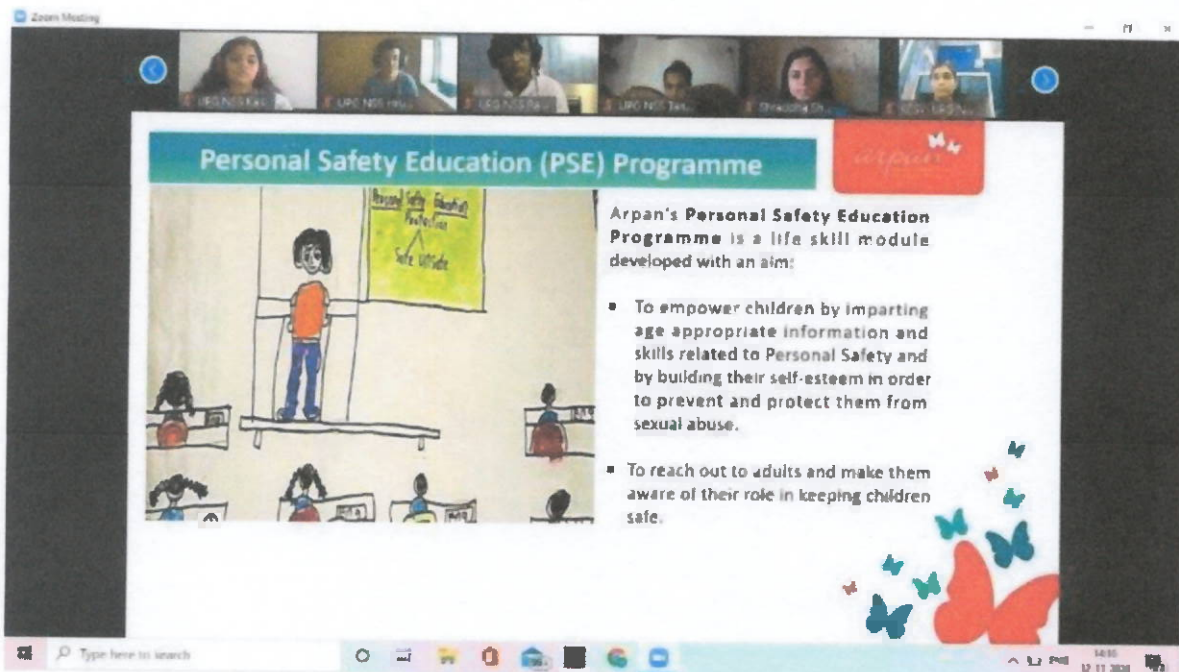
Report-

The NSS Unit of Usha Pravin Gandhi College of Arts, Science and Commerce organized a Child Safety Training Program in collaboration with Arpan NGO via zoom meeting. The session started with the speaker explaining what is child sexual abuse and why it is important to talk about it even in the times of current pandemic. Over the session the speaker showed

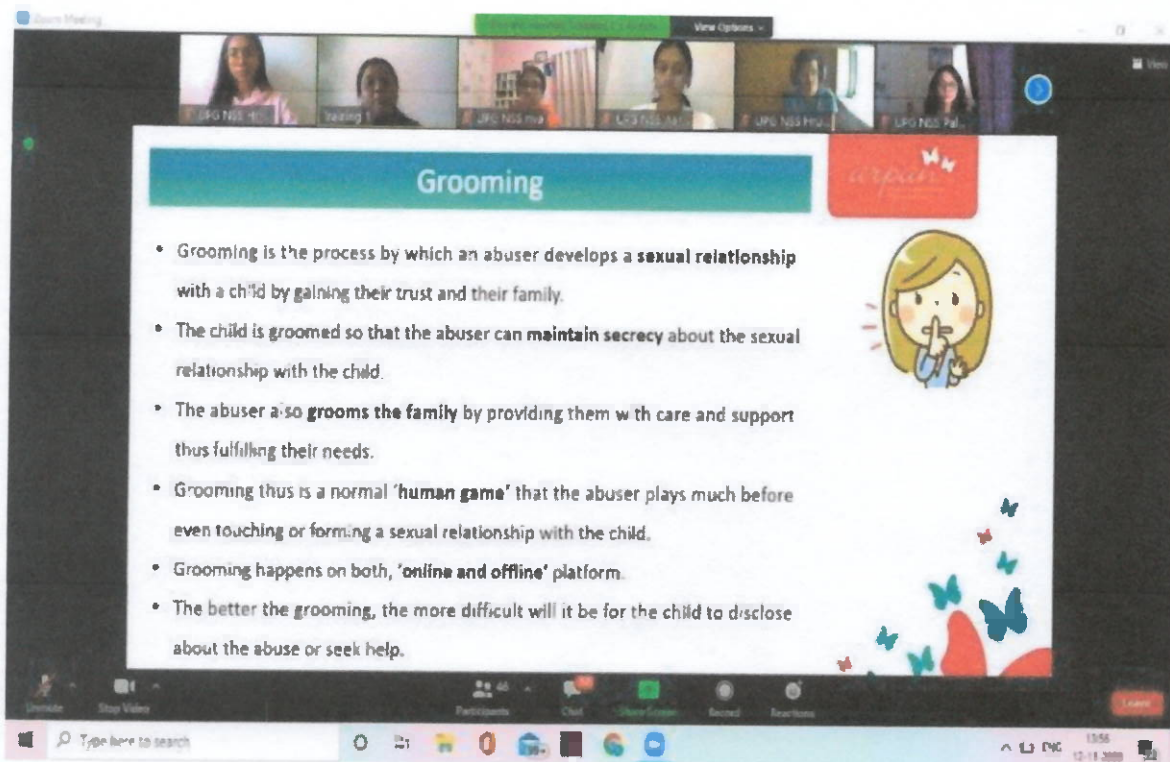


 Akshada

various videos and slides that explained various concepts such as what constitutes to child sexual abuse, the importance of accountability among others. Next the speaker gave the volunteers a brief knowledge about types of sexual abuse, online sexual abuse, grooming, personal safety education program and the POSCO act. She also touched upon the stigma around talking about child sexual abuse as well as the general stigma in using terminologies. Volunteers were guided by the speaker about their roles what they can do on individual basis to stop child sexual abuse. The training proved to be very beneficial making the volunteers aware about how to deal with child sexual abuse. It was short yet highly educative and thought-provoking session. All the questions were answered by the speaker at the end. The activity ended successfully.



MUMBAI
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Arpan



WEBINAR ON GENDER EQUALITY

Date- 7th November, 2020

Learning objectives: Students will be able to learn :-

- What is meant by Gender Identity?
- The difference between sex and gender
- What is sexual orientation
- Discrimination and feticides
- Stereotypes and gender roles

Class/Specialization :- All Students

Duration - 3:30pm to 5:30pm (2 hours)

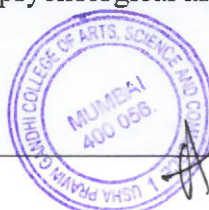
Speaker - Gargi Khandekar, From Akshara NGO

Number of students - 263

Report -

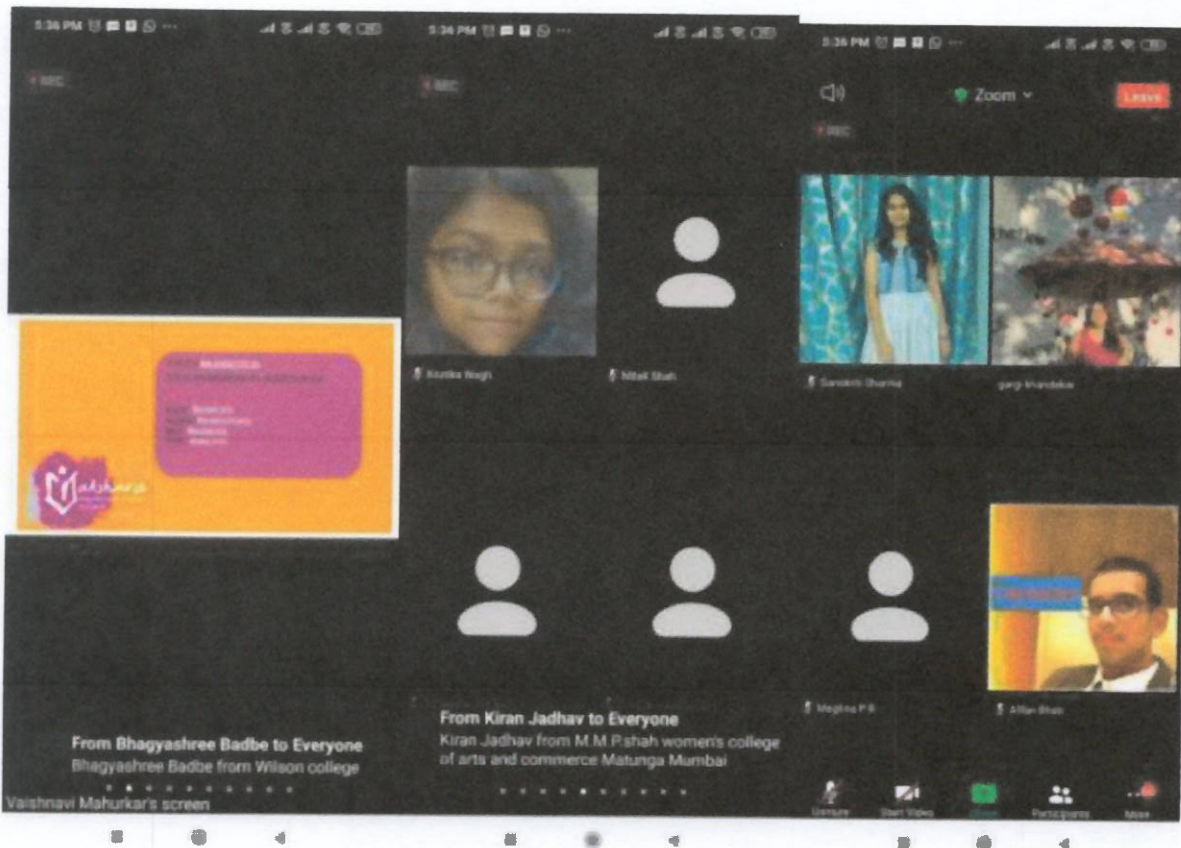
On the 7th of November, 2020 the Women Development Cell in collaboration with Akshara Centre organized the first workshop for the year 2020-21 on Gender Equality. The event was hosted by Gargi Khandekar from Akshara Centre.

The workshop started with a series of polls asking the participants to answer some gender and sexuality related questions. The hosts then talked about the difference between sex and gender. A discussion about gender roles, psychological aspects of gender and biological aspects of sex



Akshara

took place. The most important topic was gender identity, how we feel about ourselves, our sexual orientation and how we define ourselves. An enlightening video on the topic was shown which made things pretty clear. A rapid fire round also took place wherein the hosts asked the participants to type the first word they could think of when they heard a particular word. A discussion about gender stereotypes also took place. Examples from Bollywood were given to clear what are gender roles and stereotypes. The hosts then talked about discrimination, feticide, sex determination, patriarchy, male child preference, male domination and female oppression. The session was informative and talked about the topics that we hadn't known before. It was an interactive, insightful and interesting session. We learnt a lot and are ready to implement changes in our lives to make a difference.



CHILD SEXUAL ABUSE WEBINAR

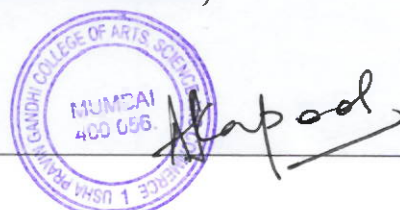
Date- 23rd October, 2020.

Learning objectives- Students will be able:

- 1) To understand about child sexual abuse.
- 2) To break the general stigma about child abuse.
- 3) To know the importance of educating people about child sexual abuse specially in the pandemic times.

Class/Specialization- NSS Volunteers

Duration- 5:00pm to 6:45pm (1 hour 45 minutes)



Speaker- Aditi Kishore (Sakshi NGO)

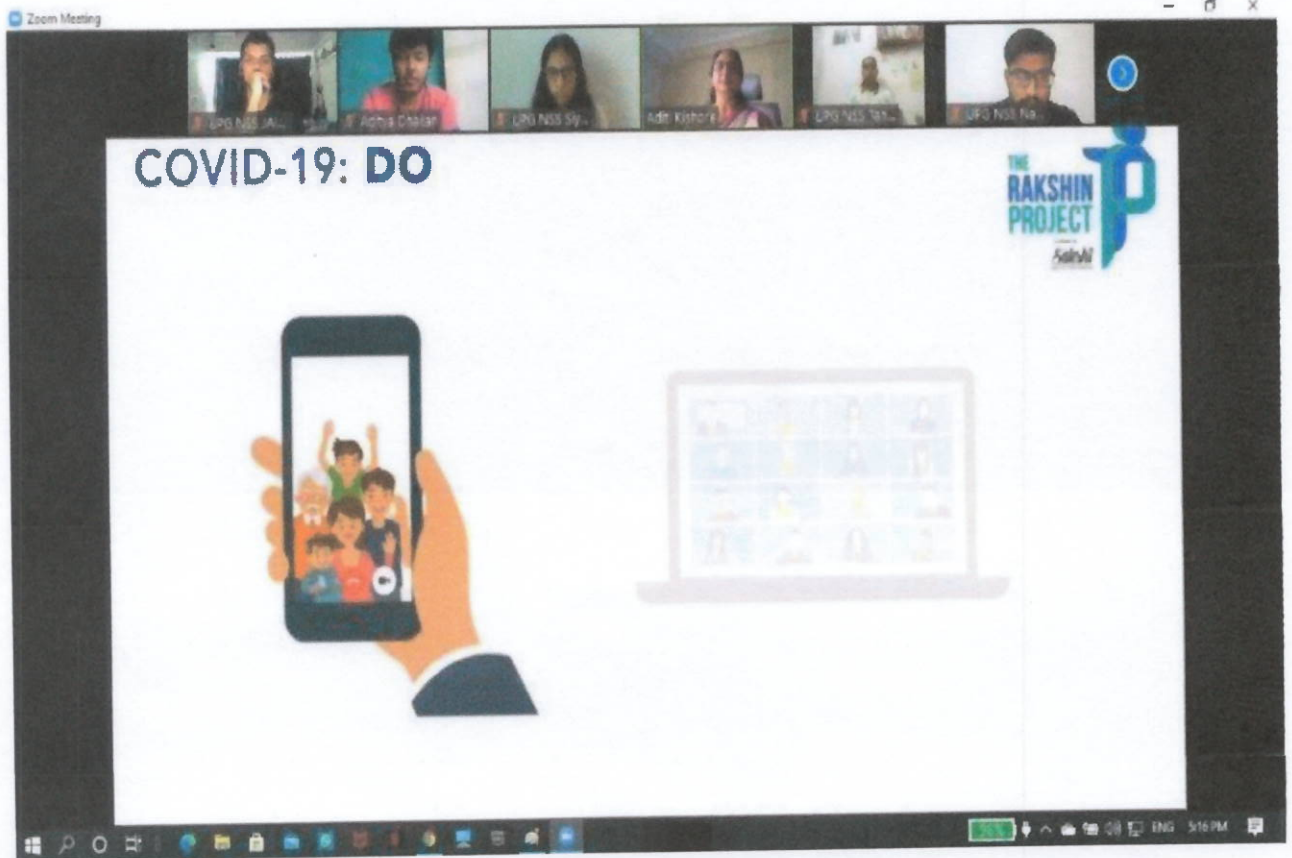
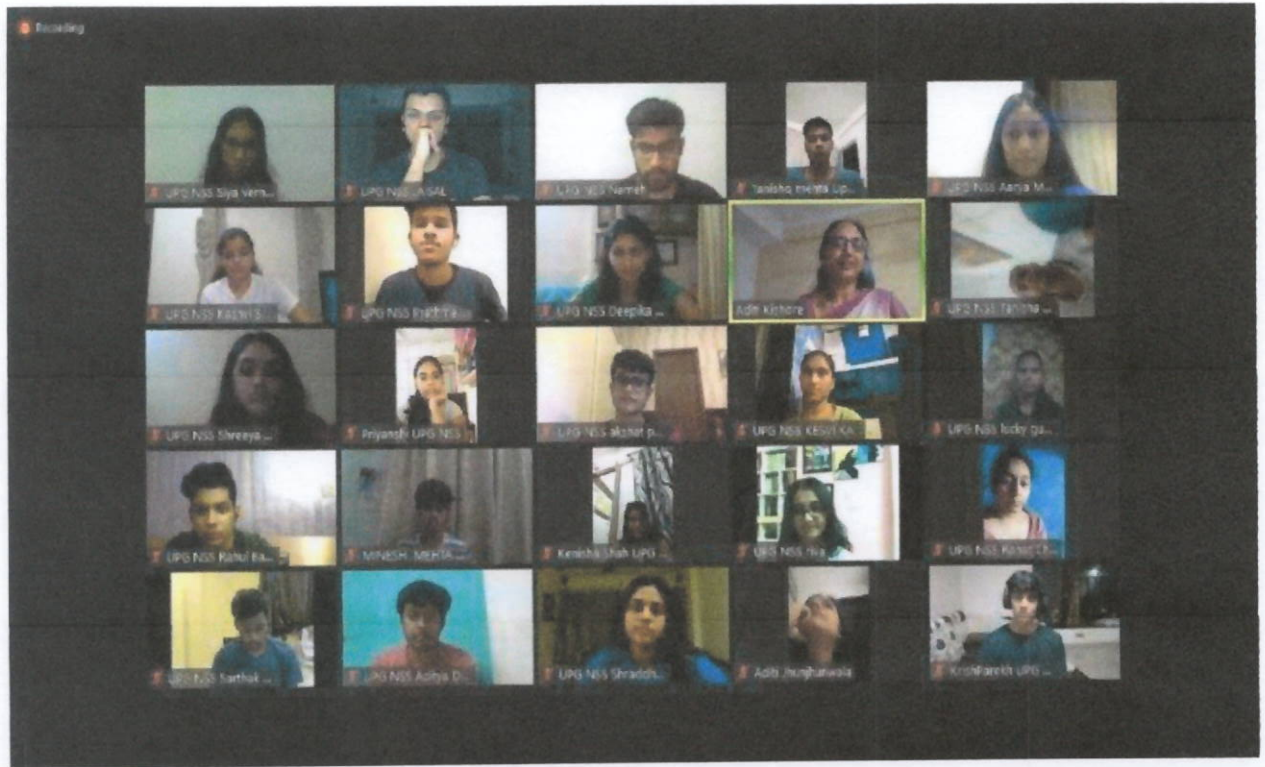
Number of students – Male-11, Female – 14

Report-

The NSS Unit of Usha Pravin Gandhi College of Arts, Science and Commerce organized a session on Child Sexual Abuse with the volunteers via a zoom meet. The session began with Aditi Kishore Ma'am explaining why it is important to talk about child sexual abuse even in times of the current pandemic. Over the session, she shared various videos that explained various concepts such as what constitutes as sexual abuse, the importance of accountability, among others. She also touched upon the stigma around talking about child sexual abuse as well as the general stigma in using terminologies. She also informed about the concept of gas lighting. The session was concluded with information on the role of Rakshins, the importance and need to stop child sexual abuse and internship opportunities with Sakshi as Rakshins. The members had their doubts clarified at the end in an interactive question and answer session. The session was very informative and helped each and every member present, understand and learn more about the topic. It was a short yet highly educative and thought-provoking session. The activity ended successfully.



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WEBINAR BY GYNAECOLOGIST

Date- 22nd October, 2020.

Learning objectives: Students will be able to:

- Understand the importance of vaginal hygiene and the causes of vaginal infection.
- Hormonal imbalance in women
- The struggles faced by young teenage girls and how they can overcome it.
- Some ailments related to lockdown/Covid.

Class/Specialization – All staff and students

Duration – 3pm-4pm (1 hour)

Speaker- Dr. Monika Agarwal

No. of students – Male-3, Female – 44

On the 22nd of October, the Women Development Cell conducted an event 'WEBINAR BY GYNAECOLOGIST'. The event was hosted by Shreyanshi Bansal, Dhruvi Wani and Harshita Rathi.

On behalf of all the students, the anchors formally welcomed and introduced our guest for the day, Dr. Monika Agarwal. Our guest had put up a presentation for us which helped us understand the importance of vaginal hygiene. She put forward some Dos and Don'ts to improve vaginal hygiene. She cleared our concepts regarding vaginal infections, its symptoms and measures to avoid them. She even educated us about the sexually transmitted diseases and the vaccines as well as contraceptive devices needed to avoid them. She suggested some tips to maintain hygiene which can avoid breast and cervical cancer. It was a very informative and interactive session where our guest answered the doubts raised by students and cleared many misconceptions.

A quote by Jim Rohn, 'Take care of your body, it's the only place you have to live', was the highlight of the day, shared by Dr. Monika Agarwal.

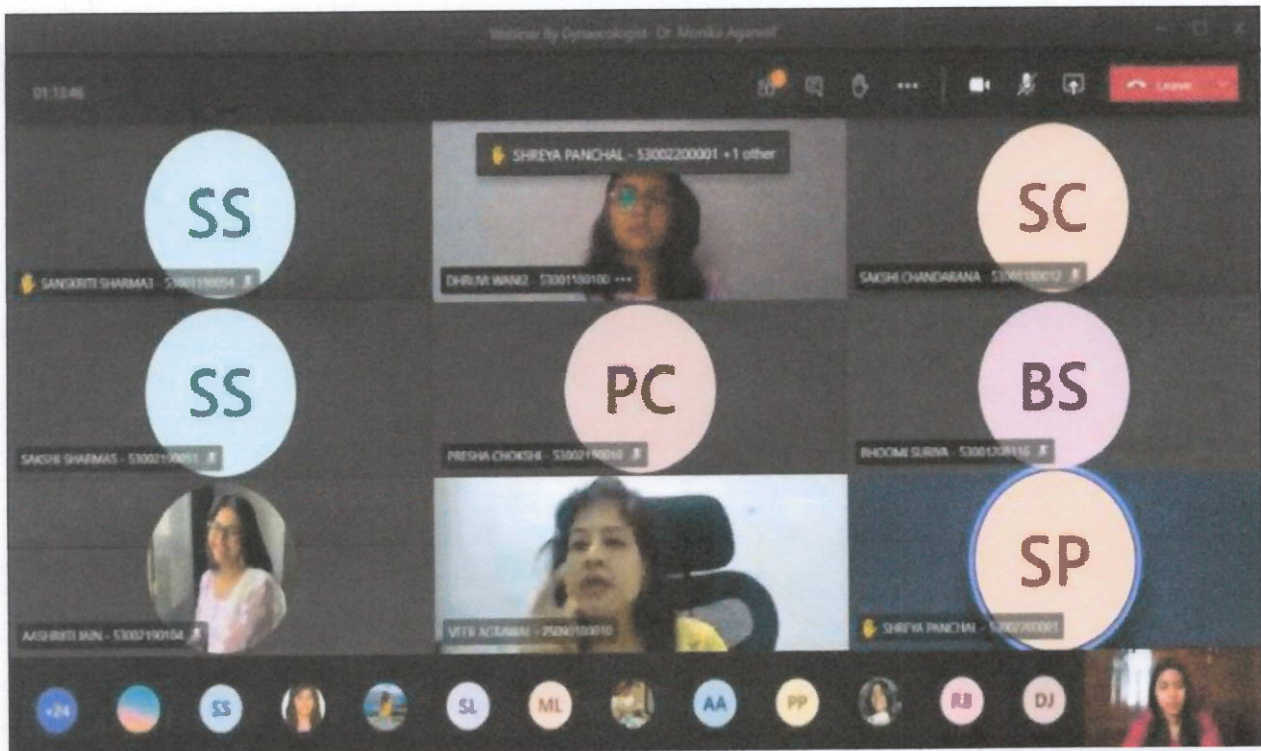
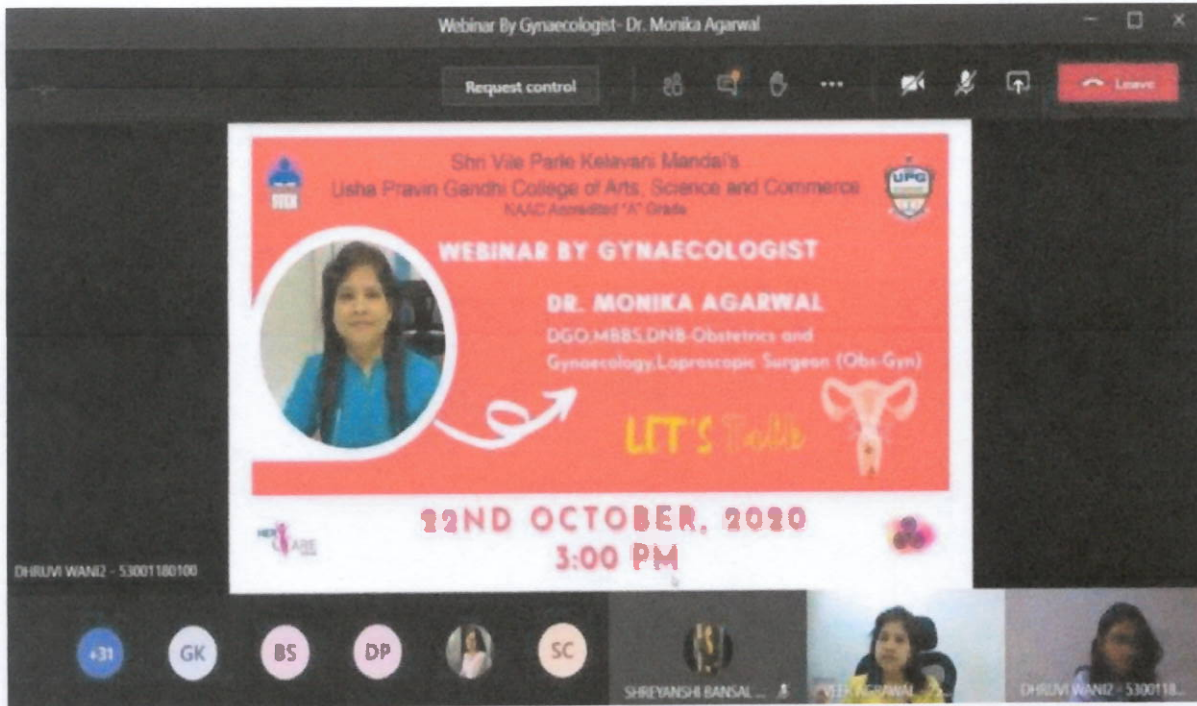
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yogesh.davane	Joined
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RAHIL DOSHI2 - 53002180023	Joined



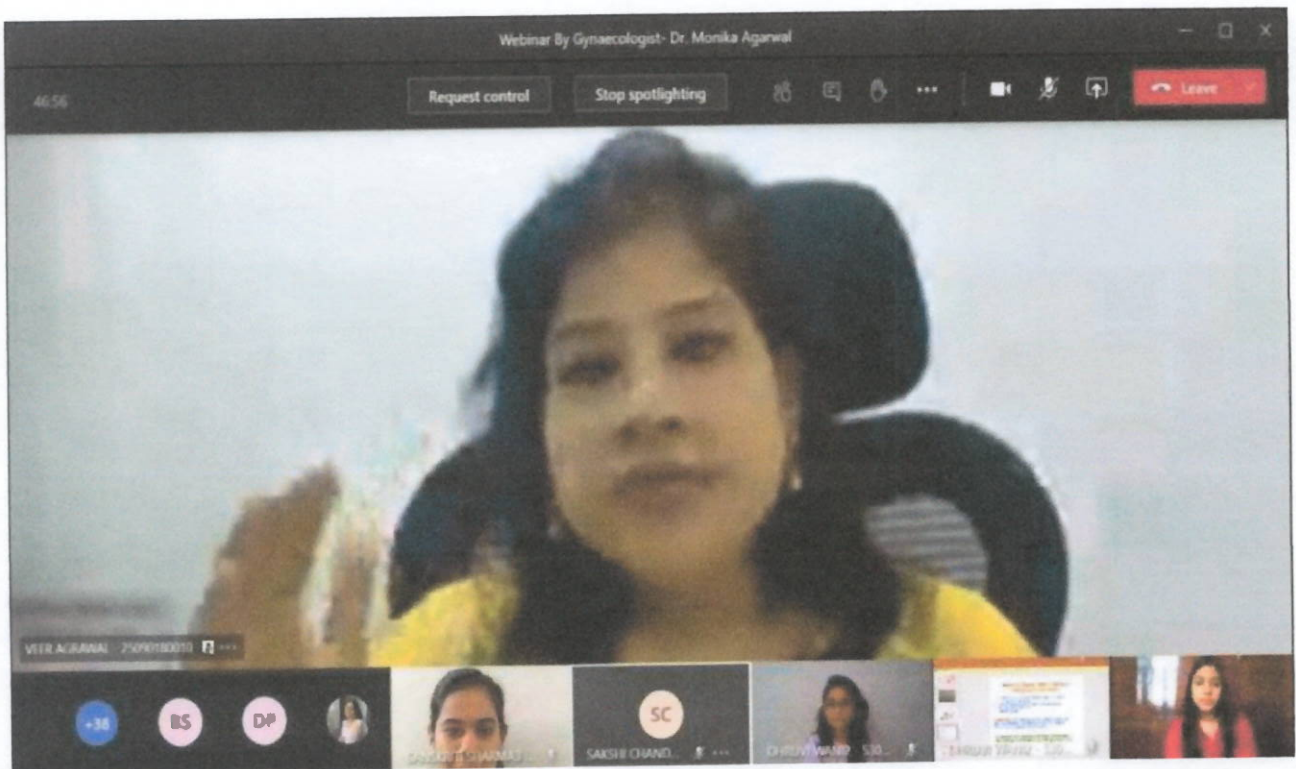
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Divya	Joined



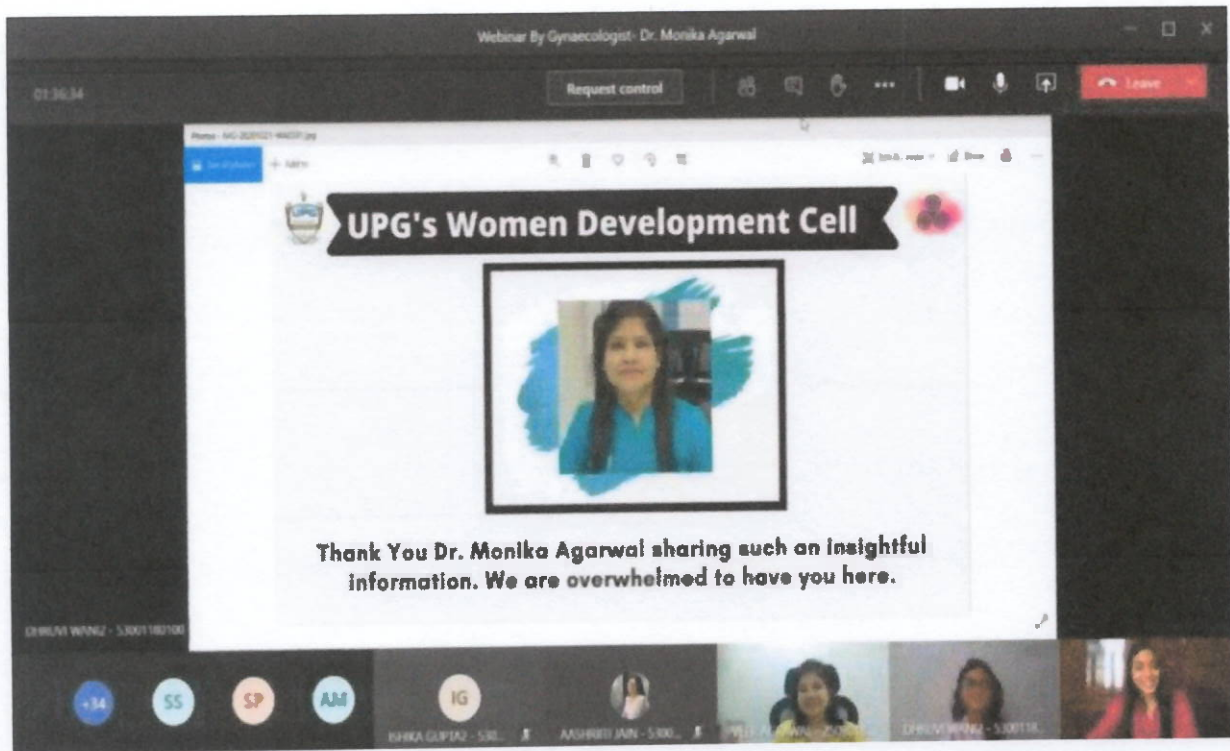
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MUMBAI 400 001
PRINCE 1 USHA PRASAD
COLLEGE OF ARTS, SCIENCE AND
COMMERCE
Alkapad



THE SELF-DEFENCE WORKSHOP

Date: 12th-October, 2020 to 17th October, 2020

Learning Objectives: Students will be able to:

1. Understand the importance of defending themselves in unforeseen situations.
2. Learn the use of basic objects to defend themselves.
3. The students will also realize the importance of being aware and alert.
4. Know about the real-life situations and deal with it in an effective way.

Class Specialization: All staff and students

Duration: Daily 11:00am to 12:00pm (1 hour)

Trainer: Mr. Sushil Anil Pandey
(Founder of Kalari Sports Academy)

Number of Students: Male- 3
Female- 47



Report:

The Women Development Cell invited Mr. Sushil Anil Pandey, the founder of Kalari Sports Academy to conduct a week-long workshop on self-defense from 12th October, 2020 to 17th October, 2020. The event was hosted by Shreyanshi Bansal, Dhruvi Wani and Harshita Rathi. On behalf of all the students, the anchors formally welcomed and introduced the trainer for the workshop, Mr. Sushil Anil Pandey. The trainer started off every session with a light warm-up and stretching for everyone to be physically active for the training ahead.

NAME	SAP ID
Shreyanshi Bansal	53002180007
Harshita Rathi	53002180078
Dhruvi Wani	53001180100
Anamta Aibani	53001190004
Hrishita Desai	53002190013
Dhwani Parekh	53002190057
Sanskriti Sharma	53001190094
Dhrumi Shah	53002190089
Siddhi Vora	53002190099
Ishika Gupta	53001190117
Riyana Babbar	53003190002
Priya Phalke	53003190074
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Meher Lord	53002190044
Mitali Shah	53001190084
Akshada Redgaonkar	53001190073
Presha Chokshi	53002190010
Saima Shaikh	53003190098



Simran Pandit	53001190064
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Shruti Lohia	53001190048
Ritvi Mehta	53001190055
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Diya Jhalani	53002205001
Sharmeen Zariwala	53001208039
Sneha jain	53001208086
Priyam Kapadia	53002190038
Sakshi Naik	53001208093
Krishna Mehta	53002200084
Devayani Hegde	53002208040
Muskan Jain	53002200013
Ikshita Sahay	53002200075
Tamanna Chandnani	53002200060



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Krishi Vora	53008200067
Isha Kacha	53002190032
Hetvi Shah	53001208012
Vinisha Shah	53001208072
Shreya Panchal	53002200001
Diya Jaisingh	53001208053
Male	Sap
Rahil Doshi	53002180023
Prashant Dubey	53003190015
Jai Thakkar	53002208053

DAY 1:

Mr. Sushil, taught some basic punches and its correct hit on the opponent's body. Along with his assistant, Sejal he went on to teach some defence tactics against a collar catch. "Hit, Protect and Run." was the simple rule he kept forward.



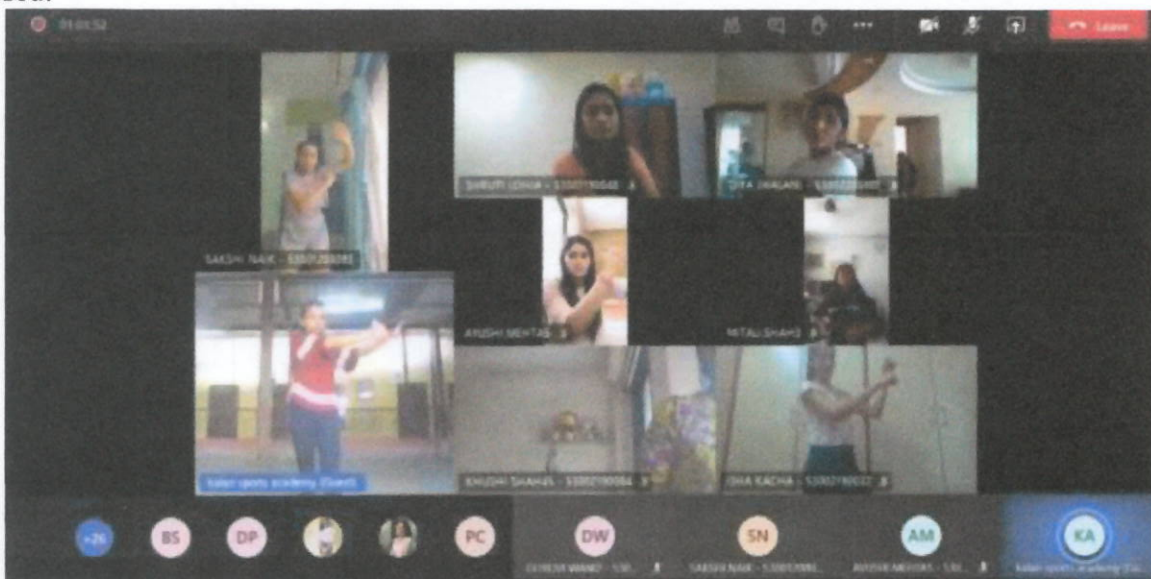
DAY 2:

The trainer went ahead and showed some techniques using which one could avoid a situation if someone tries to hit them. It was a complete 17-step block system which could be used by anyone to combat any troubled situation. Mr. Sushil revealed about how the bits of these techniques were taken from Taekwondo. He further showed the participants on how easily a pen could be used for defence.



DAY 3:

The session started with the trainer educating us on different weak point in one's body. Starting from the head, hair, eyes, nose, lips, ears to the fingers, shoulder, solar plexus, he made the participants do all of these on themselves to know its effect. He showed the students kicks to the groin and solar plexus. Mr. Sushil went ahead and informed everyone on what to do if a kick is missed.



Alkapool

DAY 4:

He demonstrated variations using which one could defend an opponent if he tried to catch one's neck. Mr. Sushil kept repeating that to turn the finger of the opponent is the easiest and most effective way to get out of any situation. He informed the participants on how to get rid of situations of hand holds and bear hugs from behind.



DAY 5:

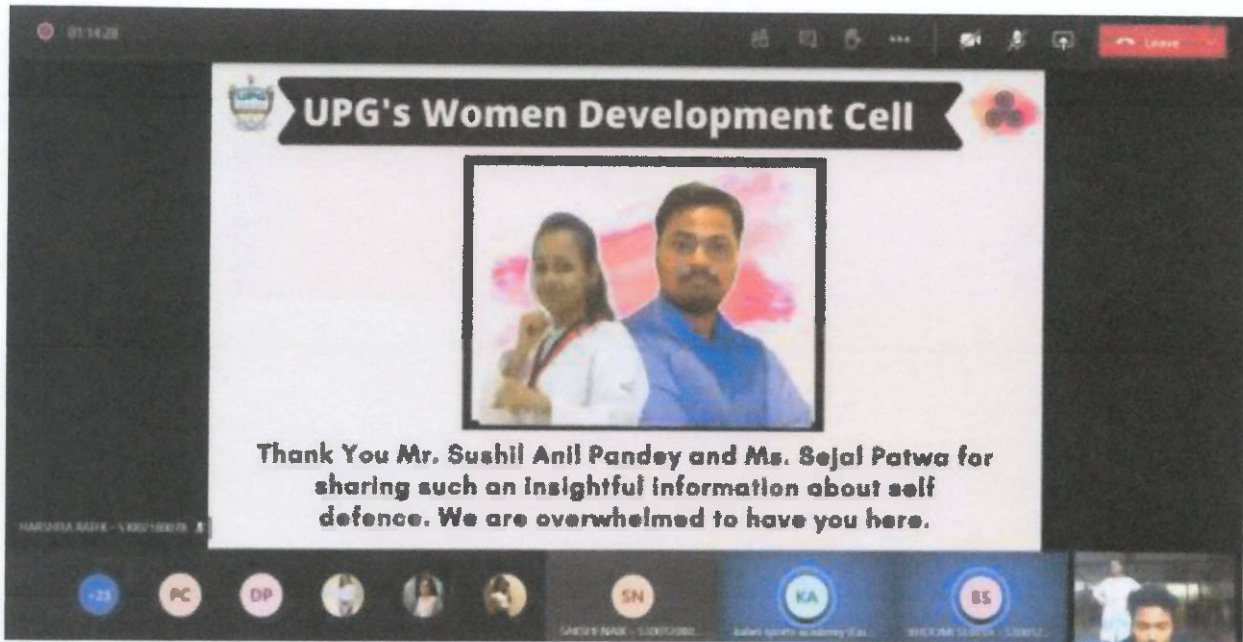
Knife, which is a very brutal instrument can be used to save anyone. The trainer went on to demonstrate the various knife positions and the correct way to hold knife in one's defence. He kept repeating to hit joint to joint while blocking whenever facing an opponent. He guided the participants on the round-house punch to the head and uppercut punch to the chin.



Alapad

DAY 6:

The trainer had a small talk with us on the importance of practicing these techniques regularly to be quicker in reacting. All the participants were made to practice the techniques. Mr. Sushil guided everyone on the correct form to do the techniques. He tried and solved all the difficulty faced by the students while practicing. He tested everyone doing the technique and gave his feedback. At the end, he concluded by highlighting he important points of the workshop.



It was a great, enthusiastic session. Students learnt basic yet effective techniques to deal with in any unpredicted event. The session was very informative for everyone. On behalf of all the participants, Shreyanshi Bansal thanked him for such an insightful session.

SHORT STORY WRITING COMPETITON ON WOMEN EQUALITY DAY.

Date- 25th August, 2020.

Learning objectives- Students will be able:

1) To spread awareness about equality in the society.

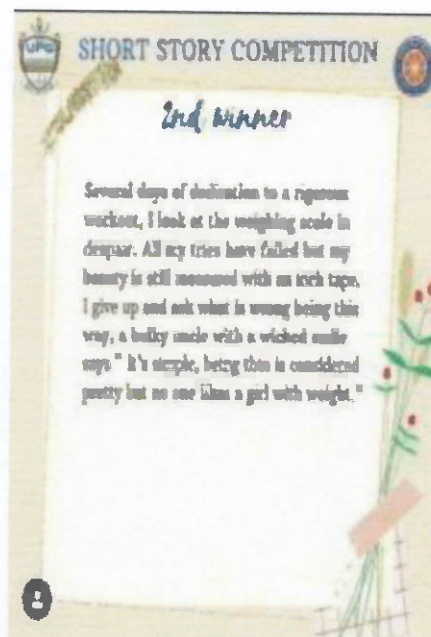
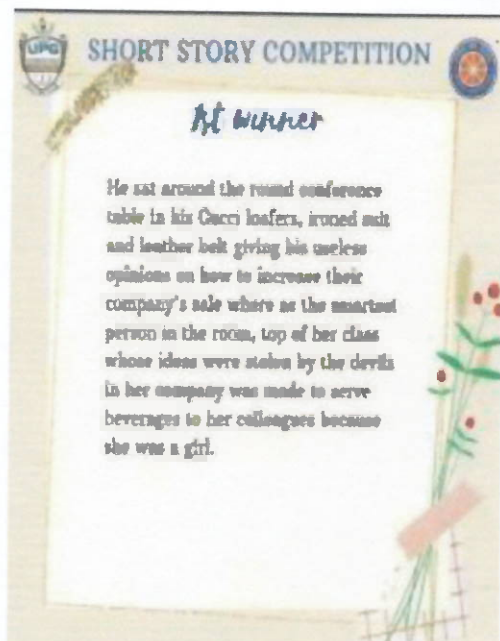
Class/Specialization- All students and staff

Duration- 9:00am to 2:00pm (5 hours)

Number of students – Male-6, Female –9



Report-



The NSS Unit of Usha Pravin Gandhi College of Arts, Science and Commerce organized a short story competition on account of Women's Equality Day. The theme of the competition was women's equality. 20 participants actively took part in the competition and showed their talent through their words. The main aim of the event was to make people know what actually women's equality means and what each individual think about it. Three winners were declared based on their short stories namely Muskan, Dhvani and Saumya securing the 1st, 2nd and 3rd position respectively. The event was a successful attempt to get volunteers engaged into the competition on account of this important day. The event was successful.

GENDER EQUITY IN TIMES OF CRISIS- QUEER RESILIENCE, STRUGGLES AND STORIES

Date- 20th August, 2020.

Learning objectives- Students will be able to:

- 1) Understand the challenges faced by people when they come out as LGBTQ.
- 2) The struggles that the LGBTQ community faces in India. What are their resilience and struggles during the pandemic and how are dealing with them?
- 3) The students will also realize the importance of treating a person right irrespective of their gender.

Class/Specialization- All staff and students

Duration- 11:00am to 12:40pm (1 hour 40 minutes)

Speaker- Swarnil Alizeh, (LGBTQ) community.

Number of students – Male - 33, Female – 109



Report -

On the 20th of August, 2020, the Women Development Cell conducted an event on the topic 'Gender equity in the times of crisis- Queer resilience, struggles and stories.' The event was hosted by Shreyanshi Bansal, Dhruvi Wani and Harshita Rathi. On behalf of all the students, the anchors formally welcomed and introduced our guest for the day, Swapnil Alizeh.

Our guest shared various stories and incidents from their life and inspired us to overcome the struggles and challenges that we all face in life. They also told us about the various problems faced by the LGBTQ community in India in terms of acceptance by their families but they are happy enough with self-acceptance. They are also struggling with lack of work, poor mental as well as physical health and harassment that they face on an everyday basis. They are even facing lack of access to healthcare facilities. Due to the pandemic, they are even unable to make a living for themselves and the people who are artist have to shift towards corporate world where they don't get deserved respect. We also discussed their stand in film industry. They suggested us ways in which we could help them such as by giving them work, by providing them with the most basic necessities such as food because they go days without having food, but most importantly to treat them as human beings that deserve the same amount of love and respect as you and I. It was really an eye opener session for all of us and we understood the importance of giving the LGBTQ community the same respect that you and I would love to get.

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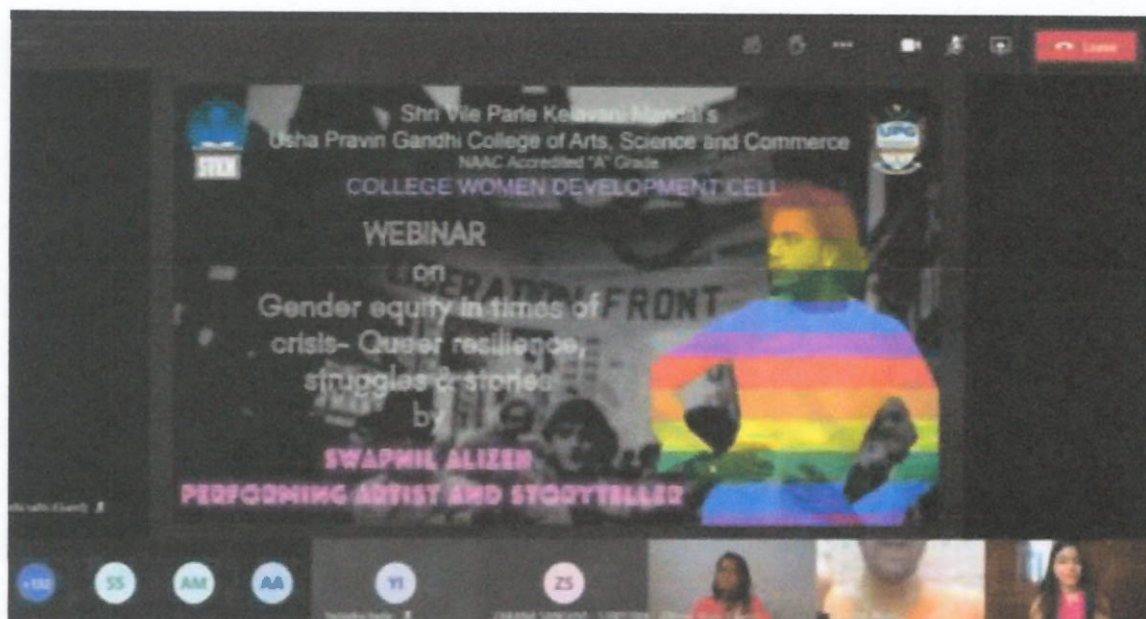
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IRA GANJU - 53003190019	Joined	8/20/2020, 11:00:31 AM
SIMRAN SINGH4 - 53002190092	Joined	8/20/2020, 11:00:39 AM
TEESTA DALVI - 53001180114	Joined	8/20/2020, 11:00:41 AM
ARAISH BIHARI - 53002190009	Joined	8/20/2020, 11:00:46 AM
PRIYANSHI TOLIA - 53001195013	Joined	8/20/2020, 11:00:52 AM
JAY VORA3 - 53002190100	Joined	8/20/2020, 11:00:55 AM
EESHAN ARORA - 53001195005	Joined	8/20/2020, 11:01:05 AM
KHUSHI SHAH42 - 53002180094	Joined	8/20/2020, 11:01:07 AM
ADHITHI TAWDE - 53001180095	Joined	8/20/2020, 11:01:09 AM
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MAHEK SISODIA - 53001180102	Joined	8/20/2020, 11:01:12 AM
HETVI SURTI - 53001180094	Joined	8/20/2020, 11:01:14 AM
SHREYA AGARWAL5 - 53002180002	Joined	8/20/2020, 11:01:16 AM
SRISHTI GUPTA3 - 53001195001	Joined	8/20/2020, 11:01:22 AM
HEALY SHAH - 53001180082	Joined	8/20/2020, 11:01:23 AM
TWISHA DEDHIYA - 53001180016	Joined	8/20/2020, 11:01:23 AM
AVKASH SHAH - 53001180080	Joined	8/20/2020, 11:01:23 AM
TARAN KHANPARA - 53001195009	Joined	8/20/2020, 11:01:30 AM
KEVAL VORA - 53008190116	Joined	8/20/2020, 11:01:30 AM
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DEVKI BANDIWDEKAR - 53001180104	Joined	8/20/2020, 11:01:32 AM
ESHA DOSHI2 - 53001180018	Joined	8/20/2020, 11:01:38 AM
DHRUVI DAMANI - 53001180015	Joined	8/20/2020, 11:01:39 AM
MOKSHA MEHTA3 - 53002190115	Joined	8/20/2020, 11:01:40 AM
KANIKA AGRAWAL2 - 53001195007	Joined	8/20/2020, 11:01:41 AM
Savraj Singh Banga - 53001180107	Joined	8/20/2020, 11:01:44 AM
RIDDHI AGRAWAL - 53001180002	Joined	8/20/2020, 11:01:44 AM
SANNYA DUGGAL - 53002190020	Joined	8/20/2020, 11:01:51 AM
MITALI SHAH3 - 53001190084	Joined	8/20/2020, 11:01:59 AM
NISHKA SHAH5 - 53001180084	Joined	8/20/2020, 11:02:02 AM
NUPUR RAWAL2 - 53001180069	Joined	8/20/2020, 11:02:07 AM
DHWANI PAREKH2 - 53002190057	Joined	8/20/2020, 11:02:09 AM
BINAISHA NAZIR - 53001180057	Joined	8/20/2020, 11:02:16 AM
AADIT SAVLA - 53001180076	Joined	8/20/2020, 11:02:27 AM
ANKITA SAHOO - 53001180072	Joined	8/20/2020, 11:02:40 AM
AMRITA CHATTERJEE - 53001180013	Joined	8/20/2020, 11:03:09 AM
AMRITA KUDLE - 53001180041	Joined	8/20/2020, 11:03:12 AM
FATEMA MOTI - 53001180054	Joined	8/20/2020, 11:03:25 AM
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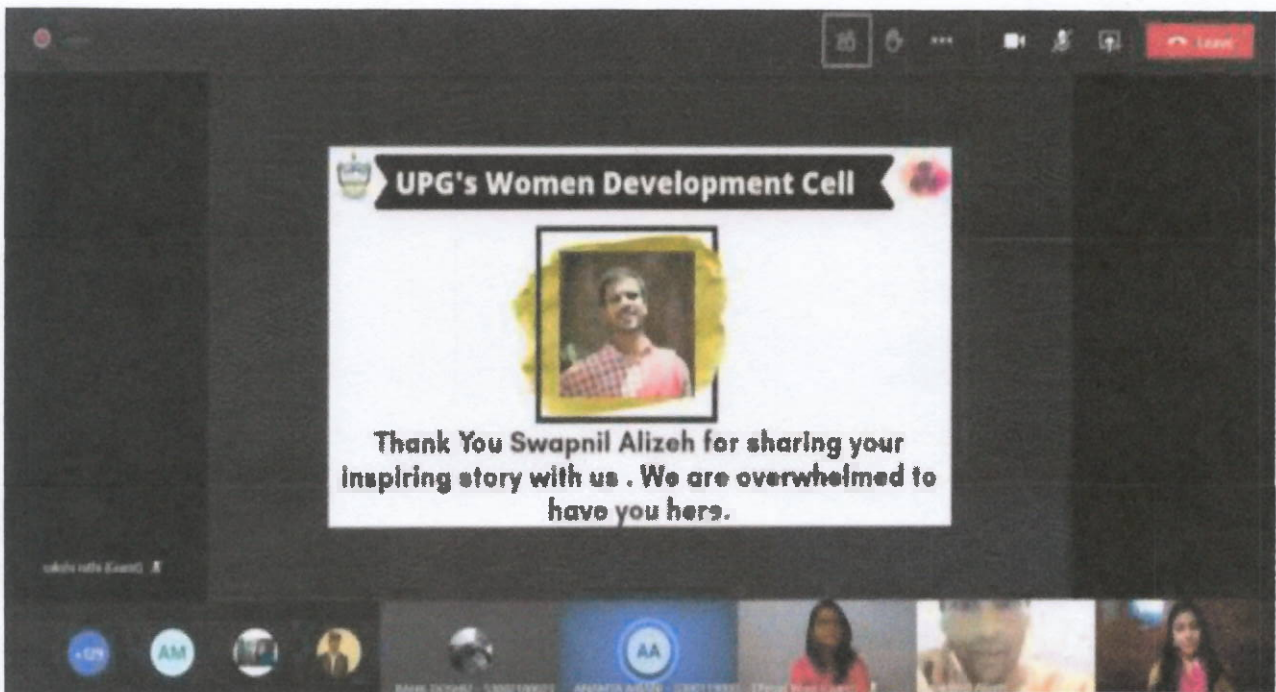
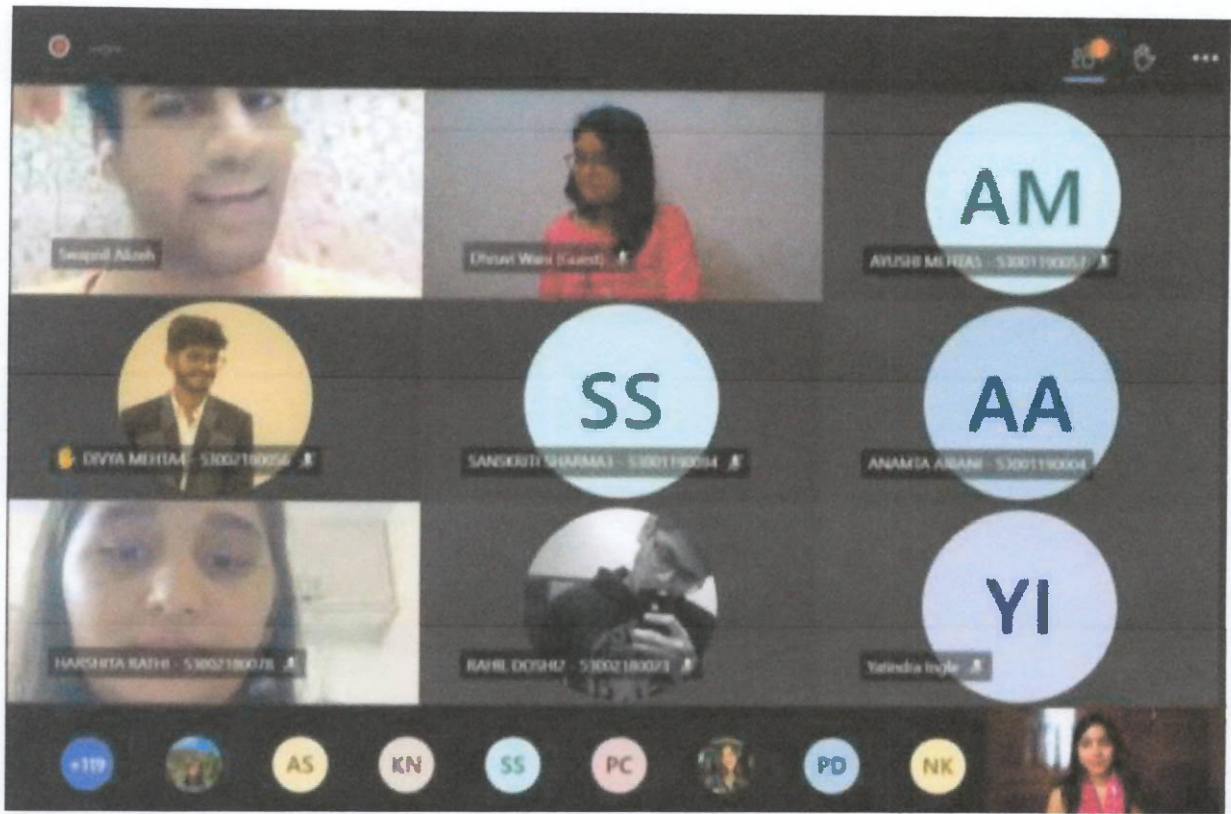


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PRIYANKA PAREKH - 53001180064	Joined	8/20/2020, 11:05:59 AM
DEVASHRI SAMANI - 53001180073	Joined	8/20/2020, 11:06:24 AM
YOSHITA PAREEK - 53001180062	Joined	8/20/2020, 11:06:25 AM
SAHIL DUNTAL - 53001180020	Joined	8/20/2020, 11:06:37 AM
ANKUR HOODA - 53001180033	Joined	8/20/2020, 11:06:56 AM
UJVAL BAROT - 53001180009	Joined	8/20/2020, 11:07:28 AM
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ARIANA DHARMADHIKARI - 53001180017	Joined	8/20/2020, 11:09:22 AM
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PARTH DURANI - 53001180021	Joined	8/20/2020, 11:12:24 AM
DHEERAJ MISTRY - 53003190060	Joined	8/20/2020, 11:12:27 AM
PRIYA PHALKE - 53003190074	Joined	8/20/2020, 11:12:50 AM
MADIHA ALI - 53001180005	Joined	8/20/2020, 11:13:18 AM
RAHIL DOSHI2 - 53002180023	Joined	8/20/2020, 11:13:57 AM
DIVYA MAURYA - 53001180045	Joined	8/20/2020, 11:21:59 AM
SIYA VERNEKAR - 53001190104	Joined	8/20/2020, 11:22:08 AM
RITIKA SONI - 53001190099	Joined	8/20/2020, 11:22:37 AM
AYAAN KHAN - 53003205001	Joined	8/20/2020, 11:41:02 AM
SHLOK JAIN2 - 53001195011	Joined	8/20/2020, 11:44:37 AM





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 Faculty of Arts, Science and Commerce, Usha Kranti Mahavidyalaya, Mumbai.



CHILD SEXUAL ABUSE AWARENESS WEBINAR

Date- 16th July, 2020.

Learning objectives- Students will be able:

- 1) To understand about child sexual abuse.
- 2) To learn about the POSCO Act and the redressal for child sexual abuse.

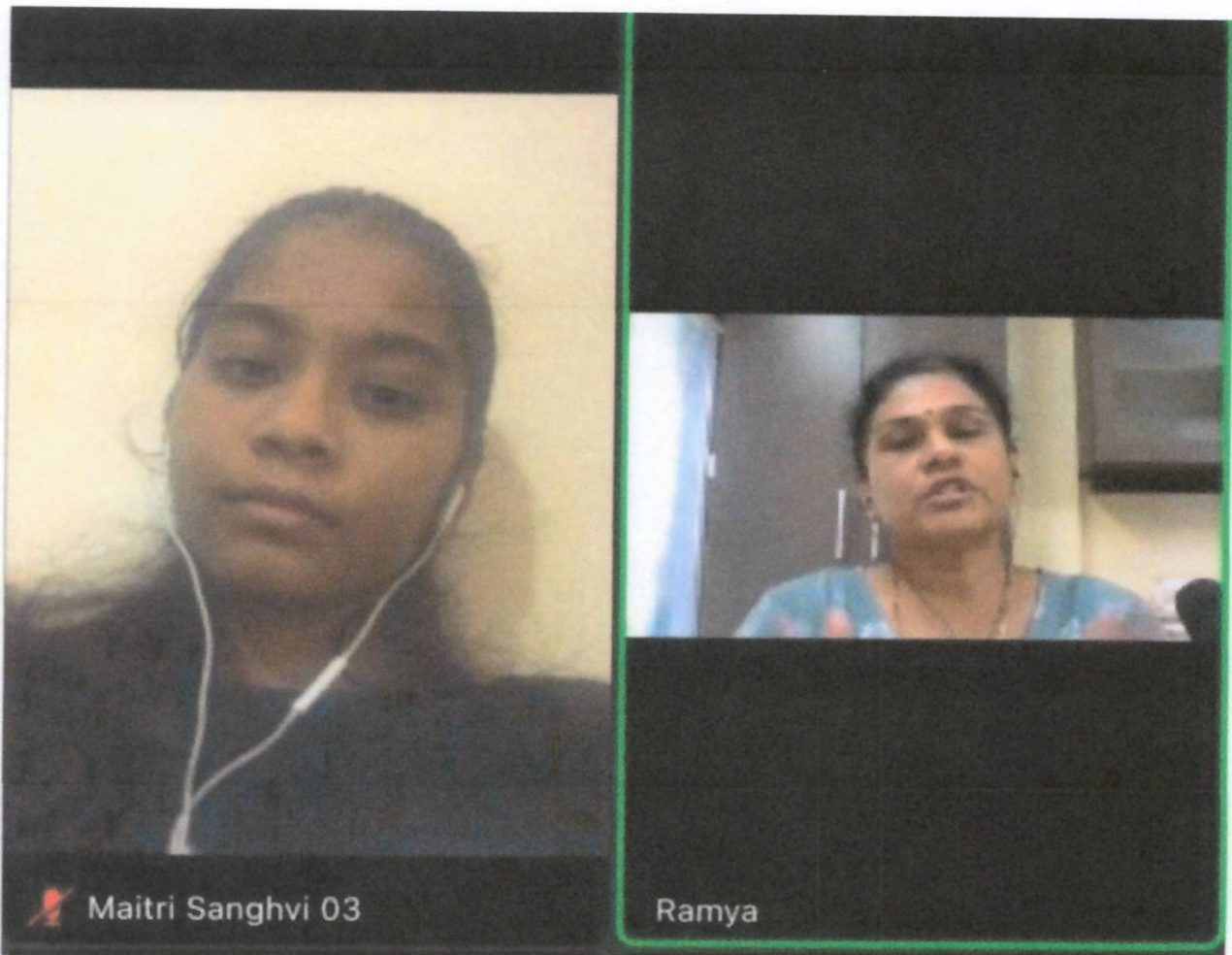
Class/Specialization- NSS Volunteers

Duration- 3:30am to 5:30pm (2 hours)

Speaker- Dr. Ramya (Sakshi NGO)

Number of students – Male- 6, **Female –** 14

Report-



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THE 2012 LAW



ACCOUNTABILITY

OMISSION IS COMMISSION

POCSO E - BOX (NCPCR.GOV.IN)
OR
CHILDLINE (1098)



The NSS Unit of Usha Pravin Gandhi College of Arts, Science and Commerce organized a Child Sexual Webinar for our volunteers via zoom. The online webinar named the Rakshin Project hosted by Sakshi NGO was based on sexual abuse faced by children. It educated all the volunteers about the laws and rules for the protection of children (POSCO ACT). New concepts such as Gaslighting, POSCO ACT, Cyber Crime Behaviours, Consent, Accountability etc. all were explained in detail with the help of videos and presentations. The various provisions of reporting child sexual abuse cases were brought the notice of volunteers. The session was engaging and informative making volunteers understand a matter that is often neglected or not talked about in society. Finally, a question-and-answer round was carried out which answered the doubts of the volunteers. The activity ended successfully.



Akash

PRIDE TALK

Date- 20 August,2017.

Class- All students of Usha Pravin Gandhi College of Arts, Commerce and Science.

Duration- 11 am onwards

Platform- UPG Classroom

Report on Pride Talk Date- 20 August,2017. Class- All students of Usha Pravin Gandhi College of Arts, Commerce and Science. Duration- 11 am onwards Platform- UPG Classroom Report On the 20th of August,2017 the Social Outreach Unit of Usha Pravin Gandhi College of Arts, Commerce and Science conducted a seminar on Pride Talk. This seminar started with our principal, Dr. Mrs. Anju Kapoor, addressing the audience and introducing the speakers, Mr. Deepak Kashyap, Mr. Harish Iyer and Mr. Ankit Bhuptani. They spoke in depth about the LGBTQ rights. They explained to us that it takes no compromise to give people their rights, it takes no money to respect the individual, it takes no political deal to give people freedom and it takes no survey to remove repression. The Social Outreach Unit of UPG College proudly supports the gay rights and stands united with the LGBTQ community because we believe that United we stand, Divided we fall.



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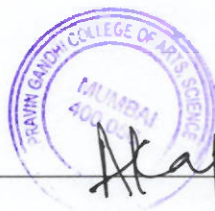
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SELF-DEFENCE WORKSHOP BY MR. SUSHIL PANDEY

Duration: 22nd-27th February, 2020. (11:30AM-1:00PM)

Objective: "To learn various techniques of self-defense on each day and make oneself powerful to face any kind of circumstance."

Description: Mr. Sushil Pandey, owner at Kalari Sports academy and 1 dan black belt holder in Taekwondo, conducted the workshop. On day 1, Mr. Pandey discussed all the situations they come across in daily life. He taught them how to deal with such situations in public places like trains, buses, markets etc. Students were also taught basic hand and leg movements. On day 2, the students were made to learn the 17 step which they practiced everyday till the workshop ended. Mr. Pandey educated the students on the use of pens, ID cards and knives for their protection. On day 3 of the workshop, Taekwondo kicks and punches were taught to students along with anti-rape and anti-assault defence. Sir also taught the students, how being confident and fearless is the first step toward any kind of self-defense. On the 4th and last day of this exciting workshop, everything from scratch was revised. According to Mr. Pandey, most of these heinous acts are done by family members itself and it is important to know how to deal with them too. It was a very helpful workshop and all kinds of unpredictable situations were discussed and given solutions for.



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And it's a wrap



Take notes 🖋️



It's a wrap for day 2



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UNDERSTANDING THE GENDER SPECTRUM -EXPRESSIONS- A SOCIO-LEGAL WORKSHOP ON SEXUAL VIOLENCE AGAINST WOMEN AND CHILDREN

Date: January 29, 2020

Time: 11:30 AM – 1:30 PM (2 hours)

Objective: To spread awareness of Socio-Legal Provisions made for sexual violence against women and children.

Speaker: Advocate Mallika Verma, a lawyer associated with NGO, Majlis.

Number of Students: 56 Females 14 Males

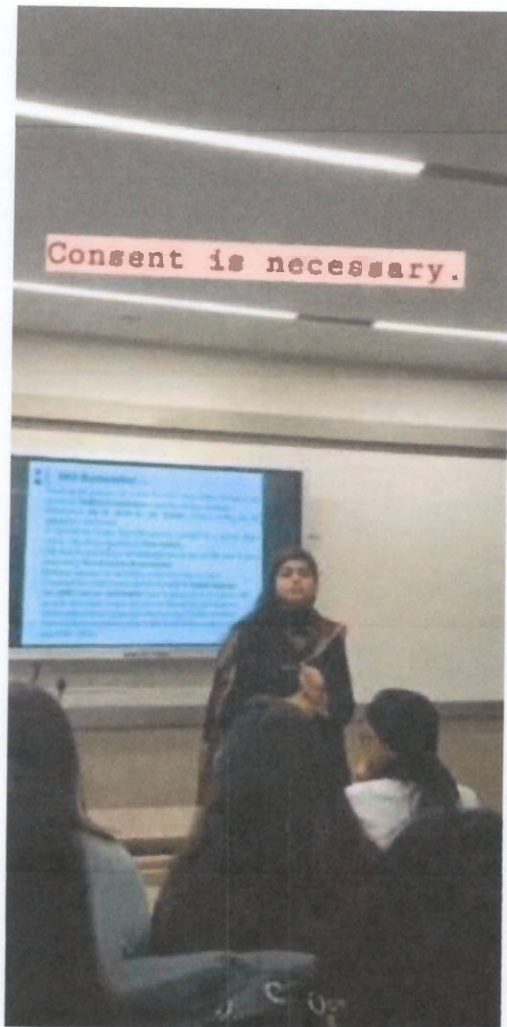
Description: Advocate Verma is a practicing Lawyer and a Social Activist from Majlis. She started the workshop by discussing various experiences of the audience that have been to police stations. The speaker then discussed at length The Indian Penal Code (IPC) and differentiated it from The Protection of Children from Sexual Offences Act, 2012 (POSCO).

Being a full-time practitioner of law, the Advocate discussed several cases that she was looking after and illustrated the rights of both the genders against sexual violence. Advocate Verma spoke about the importance of consent and also discussed various rape cases that have taken place across the country. The Mumbai Police Hierarchy was discussed and the audience was made aware of how to file a police complaint. She also spoke about the rights of the victim and the accused. Sharing details about the recent study conducted by Majlis, it was informed that in 91% of the cases, the accused were family members of the victims. According to the speaker, there are enough laws to protect the women but awareness and implementation of these laws remains a challenge. She also discussed the role of media in cases related to IPC and POSCO.

The workshop was open to all and was attended by 70 people including students and teachers. During the workshop, the attendees shared various experiences and cleared several doubts. Overall, the workshop was enlightening and the audience was made aware of small and crucial elements that matter.



Mallika Verma



STREET PLAY ON WOMEN EMPOWERMENT

Date- 25th September, 2017.

Learning objectives- Students will be able:

- To spread awareness about women empowerment.
- To make people understand about equal rights for all genders.

Class/Specialization- General Public

Number of students – Male-09, Female –06



Report-

The NSS volunteers of Usha Pravin Gandhi College of Management performed a street play at Chhatrapati Shivaji Terminal. The motive of this street play was to promote Women empowerment. The play was based on equal rights to be received by each individual irrespective to their gender roles. Volunteers performed twice in the given time slot. All the volunteers, with their high spirits conveyed the message efficiently.

TEACHING CHILD SAFETY IN RAJDA SCHOOL

Date- 26th July, 2018.

Learning objectives- Students will be able:

- To aware children about Child Safety
- To make them understand how to approach for help
- To teach them the correct terminologies used for child safety.

Class/Specialization- School Children

Duration- 8:30am to 10:30pm (2 hours)

Number of students – Male- 02, **Female –**03

Report-

The NSS committee of Usha Pravin Gandhi College of Arts, Science & Commerce had organized a school visit on 26rd July 2018 to Rajda high school, Borivali west. Students were taught about child safety. The teaching was made easier and effective by using different pictures and stories. Teaching and learning session between the volunteers and students lasted for two hours. This value education activity gave a lifelong experience to all the volunteers. The school students were taught the right way to approach help in case of any abuse. They were also taught to use correct terminologies and seek help without hesitation. NSS volunteers took an active participation in the event and put forth their ideas and opinions regarding child sexual abuse.





YOUTH FEST

College participated in Youth Fest 2018-19 .UPG Drama team presented **Aamchi Chappal Ghalun Tar Bagha** in Marathi Skit on 26-08-2018. This skit bagged gold medal. The skit was based on Gender Equality . The competition ended on a high note when the actors were appreciated for their performances . The play switched the role male and female which forced audience to think on the orthodox society which we live in . The play was a note to break the stereotype . It was highly appreciated by the audience .



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S.No.	Aamchi Chappal Ghalun Tar Bagha Team
1.	Aaryan Deshpande
2.	Katha Salaa
3.	Yaashna Pej
4.	Anuraj Rajadhyaksha
5.	Saniya Haque
6.	Abhishek Thorat



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**“KNOW YOUR RIGHTS”-A SOCIO LEGAL WORKSHOP ON RIGHTS OF
WOMEN**

Duration: 2.5hours (9:00 AM - 11:30 AM), 4TH Sept 2018

Objective: “To spread awareness on Socio Legal Provisions for Women Protection and Women Empowerment”

Description: Ms. Sidhva, a Practicing Lawyer and Social activist from Majlis conducted the workshop. She introduced with the background of Women’s Movement and the landmark cases. Along with several personal experiences as a practitioner of law, the speaker illustrated women’s rights and amendments in the IPC with landmark cases and judgments. She demystified the difference between how media portrays victims, courts and the procedures associated with law. Sharing details about the recent study by Majlis it was informed to the audience that out of all violations against women, in 91% of the cases, the accused were close family members of the victims or known to the victim.

According to Ms. Sidhva, there are enough laws to protect women but not enough implementations of the laws. The workshop was open to all and was attended by 50 people including students and teachers. During the workshop, attendees discussed about various issues surrounding gender justice and shared opinions and suggestions for empowering women on their legal rights. Advocate Sidhva opened the question-and-answer sessions at the end. It was an enlightening talk and various queries were answered by the speaker satisfactorily. Topic included: Marital rape; Harassment at work place; Domestic violence; Triple Talaq and Halala; Contradictory Laws; Portrayal of women in media.

Speaker: Advocate Persis Sidhva, a lawyer associated with NGO, Majlis.

Number of students: Female - 31, Male – 19

Outcome: At the end of the day, students were not only legally empowered but they were filled with hope and faith to reach out to more people and work hand in hand with the law to make the surroundings better for themselves and for other women.

**WORKSHOP ON WOMEN RIGHTS AND GENDER EQUALITY ATTENDANCE - 4TH
SEPTEMBER 2018**

Names	Class	Division	Sap No.
Soumya Singh	FY BAFTNMP	A	53008190101
Drishti Kapadia	FY BSCIT A	A	53003190035
Simran Gupta	FY IT	A	53003170023
Sakshi Jadav	FYBA	A	53008180028
Akshata Karulkar	FYBA	A	53008180035
Ishita Mandavia	FYBA	A	53008180046
Nidhi Bhide	FYBMM	A	53001180011



Sapna Vishwakarma	FYBMM	B	53001180097
Hetvi Surti	FYBMM	B	53001180094
Dhruvi Wani	FYBMM	B	53001180100
Khushi Kaushal	FYBMM A	A	53001190040
Mandar Chaugule	FYBMM A	A	53001190011
Tanisha Jalan	FYBMM A	A	53001190037
Ritvi Mehta	FYBMM A	A	53001190055
Sakshi Bajaj	FYBMS	A	53002180006
Nehal Bhansali	FYBMS	A	53002180010
Shreyanshi Bansal	FYBMS	A	53002180007
Yashokrita Jain	FYBMS	A	53002180036
Nidhi Chopra	FYBMS	A	53002180015
Umang Agrawal	FYBMS	A	53002180005
Bijal Parikh	FYBMS	B	53002180073
Shaily Ranveria	FYBMS	B	53002180075
Riya Thakur	FYBMS	B	53002180106
Raghini Pathode	FYBMS	B	53002180119
Tanu Kushwaha	SY BSC IT	A	53003170035
Muskaan Singh	SY BSC IT	B	53003170088
Rikin Shah	SY IT	A	53003170082
Sahil Duntal	SYBMM B	B	53001180020
Adarsh Singh	SYBMM B	B	53001180042
Aryaman Padate	SYBMM B	B	53001180109
Ammisha Mehta	SYBMS	A	53002170120
Chakshu Bohra	SYBMS	A	53002170012
Ayushi Shah	SYBMS	B	53002170081
Riya Parekh	SYBMS	B	53002170062
Yutika Giri	SYBMS A	A	53002180028
Nayan Ojha	SYBMS A	A	53002180069
Jainam Sanghavi	SYBMS B	B	53002180079
Ashutosh Gautam	TY BSCIT B	B	53003170017
Nair Prishita	TYBMM	A	53001160068
Rabiya Memon	TYBMM	B	53001160060
Priyanshi Bansal	TYBMM	B	53001160009
Priyamvada Bagla	TYBMM	B	53001160007
Nirvi Jain	TYBMM	B	53001160037
Sharmin Hazarika	TYBMM	B	53001160033
Sahil Shah	TYBMM	A	53001160028
Dhaval Gadekar	TYBMM	B	53001160046
Jigar Thakkar	TYBMM	B	53001160044
Vipin Das Nair	TYBMM A	A	53001170061



MAKTUB – EVERYONE HAS A STORY TO TELL

Date- 4th October, 2018

Learning objectives- Students gained insights about the lives of successful entrepreneurs and social reformers, their struggles and journeys. Guidance to budding women entrepreneurs and practical difficulties faced by them.

Class/Specialization- All staff and students

Duration- 12pm to 2pm (2 hours)

Speakers- Juhi Godambe, Mansi Thakkar, Jasdeep Mago, Terence Ferreira and Saba Hemani

Number of students – 83

Report -

The event was kickstarted by the hosts from the organising team of the Entrepreneurship Cell of UPG. The first speaker was the very popular and talented blogger and founder of the brand, 'Arabellaa', Juhi Godambe. She shared her journey of becoming a blogger and then one of the most successful women entrepreneurs of our time. The females in the audience were able to gain valuable insights from her story. Next speaker on the list was Jasdeep Mago. She is a neuropsychologist & counsellor, mental health advocate and wellbeing influencer and also the co-founder of Invisible Illness India, a mental health rehabilitation initiative. She was able to give the audience a balanced view from the perspective of a woman and the mental health aspect. She addressed the concerns related to the mental health of women while pursuing their interests and goals. Next up were the representatives of NGO 'Chal Rand De', Terence Ferreira and Saba Hemani. They shared the story of this NGO right from its inception and all the challenges faced by them every day as they work towards making the slums of Mumbai visually appealing and beautiful. Our last speaker for the day was Mansi Thakkar who is a leadership coach for youth, women and startups. She explained in detail how should one go ahead with a business idea, specifically women entrepreneurs. She addressed the questions of the audience regarding her personal journey and some dos and don'ts that one should keep in mind. Our respected Principal Dr. Mrs. Anju Kapoor was also a part of the event along with our teacher in charges Mrs. Shubhangi Nargund and Mr. Abhijeet Mohite along with other faculty members.



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SELF DEFENCE STRATEGIES FOR WOMEN'S SAFETY

Duration: 1.5hours (10:00 AM - 11:30 AM), 18th Dec 2018

Objective: To provide practical and strategic training specific to each place that can be focused on violence awareness and prevention.

Description: The College's Women Development Cell had organized the "WOMEN'S SELF DEFENCE WORKSHOP". The instructors for this workshop were Sensei Ambadatt Pant(Technical Director), Global Martial Arts Academy.

He told the students about various Existing tools of safety which we carry with us every time but we are not aware of them what they are and how can we use them. He demonstrated various techniques of reflex attack and attack which we can face from different directions so what to do at that time. He just not demonstrated even the students practiced in real to see how they work. In the end they were thanked with a small token of appreciation.

Number of students: Female-35



Self Defence Strategies for Women's Safety – 18th Dec 2018

Names	Class	Division	Sap No.
Drishiti Kapadia	FY BSCIT A	A	53003190035
Simran Gupta	FY IT	A	53003170023
Sakshi Jadav	FYBA	A	53008180028
Akshata Karulkar	FYBA	A	53008180035
Ishita Mandavia	FYBA	A	53008180046
Nidhi Bhide	FYBMM	A	53001180011
Sapna Vishwakarma	FYBMM	B	53001180097
Hetvi Surti	FYBMM	B	53001180094
Dhruvi Wani	FYBMM	B	53001180100
Khushi Kaushal	FYBMM A	A	53001190040
Tanisha Jalan	FYBMM A	A	53001190037
Ritvi Mehta	FYBMM A	A	53001190055
Sakshi Bajaj	FYBMS	A	53002180006
Nehal Bhansali	FYBMS	A	53002180010
Shreyanshi Bansal	FYBMS	A	53002180007
Yashokrita Jain	FYBMS	A	53002180036
Nidhi Chopra	FYBMS	A	53002180015
Bijal Parikh	FYBMS	B	53002180073
Shaily Ranveria	FYBMS	B	53002180075
Riya Thakur	FYBMS	B	53002180106
Raghini Pathode	FYBMS	B	53002180119
Tanu Kushwaha	SY BSC IT	A	53003170035
Muskaan Singh	SY BSC IT	B	53003170088
Ammisha Mehta	SYBMS	A	53002170120
Chakshu Bohra	SYBMS	A	53002170012
Ayushi Shah	SYBMS	B	53002170081
Riya Parekh	SYBMS	B	53002170062
Yutika Giri	SYBMS A	A	53002180028
Nair Prishita	TYBMM	A	53001160068
Rabiya Memon	TYBMM	B	53001160060
Priyanshi Bansal	TYBMM	B	53001160009
Priyamvada Bagla	TYBMM	B	53001160007
Nirvi Jain	TYBMM	B	53001160037
Dhruvee	Sybm	A	53001170085
Dipti	Sybm	B	53001170081
Hritika	Sybm	A	53001170056
Krishika	Sybm	B	53001170082
Priyanka	Fybm	B	53001180097
Ramsha	Sybm	B	53001170102
Riddhima	Sybm	B	53001170049

Outcome: Students came away with how to recognize and respond to aggressive attacks, how to build awareness and some hands-on defence training.



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MAJLIS EXPRESSION – A PLATFORM TO EXPRESS OPINIONS USING VERBAL OR NON-VERBAL EXPRESSIONS

Duration: 4.5hours (11:00 AM - 3:30 PM), 21st Jan 2019

Objective: To bring out opinions of young minds on the respective topics either using verbal or non-verbal expressions .

Description: Women Development Cell of Usha Pravin Gandhi College of Arts, Science and Commerce organized an intra-College half day event cum competition “EXPRESSION” on the topic “My Body My Choice” in association with the NGO Majlis. This Program gave a student’s a platform to express their Opinion by using verbal or Non-Verbal Expressions about the topic concerning women. The Competition was open to all students of the college. The competition was just by a panel of three judges Adv.Devina Choubal(Majlis), Sameeta Khandalkar(Jeevan aadhar), Adv. Nausheen Yousuf(Majlis) and Assistant Prof.BMM department Mr. Mayur Sarfare was the internal judge. For verbal competition Ramsha Tausalkar (SYBMM) and for non-verbal competition Shreyanshi(FYBMS) were the winners. Students from the entire college participated in the competition with utmost enthusiasm and energy. The judges handed out trophies and certificates to the winners and the judges concluded the event by delivering the words of guidance and encouragement to the students. In the end they were thanked with a small token of appreciation.

Number of students: Female - 42, Male – 27

Outcome: The students expressed themselves openly and in alluring ways through poetries, shades of colors in different forms, speeches and all of them were very novel and splendid.



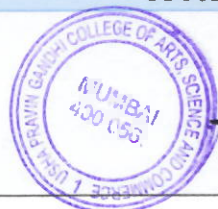


Name	class	division	Sap id
Dhruvee	Syymm	A	53001170085
Dipti	Syymm	B	53001170081
Hritika	Syymm	A	53001170056
Krishika	Syymm	B	53001170082
Priyanka	Fybmm	B	53001180097
Ramsha	Syymm	B	53001170102
Ria bangand	Syymm	B	53001170003
Riddhima	Syymm	B	53001170049
Siddhi	Syymm	B	53001170117
Yashvi shah	Syymm	A	53001170095
Sneha panchal	Syymm	A	53001170063
Jainam shah	Tybmm	Journo	53001160090
Avani patel	Tybmm	Journo	53001160080
Vrushti shah	Tybmm	Journo	53001160086
Aayushi parekh	Tybmm	Journo	53001160076
Pranil tailor	Tybmm	Journo	53001160107
Aagam mehta	Fybms	B	53002180054
Parth tikmani	Fybms	B	53002180107
Animesh rathi	Fybms	B	53002180076
Vipul solanki	Fybms	B	53002180071
Yash oswal	Fybms	B	53002180071
Raj sheth	Fybms	B	53002180101



Alapad

mitali vyas	Fybms	B	53002180110
kirtan vithalani	Fybms	B	53002180108
Devansh munanka	Fybms	B	53002180067
parth savla	Fybms	B	53002180082
Manas sharma	Fybms	B	53002180100
priyanshu shah	Fybms	B	53002180116
Ayushi shah	Fybms	B	53002180084
hetvi shah	Fybms	B	53002180089
neel shah	Fybms	B	53002180096
dhrumil savla	Fybms	B	53002180081
khushi shah	Fybms	B	53002180094
divya mehta	Fybms	B	53002180056
bhavya mehta	Fybms	B	53002180055
shrushti shah	Fybms	B	53002180092
anushree rana	Fybms	B	53002180074
raghu savla	Fybms	A	53002180039
saumya mehta	Fybms	B	53002180062
nikhil somani	Fybmm	B	53001180092
avkash shah	Fybmm	B	53001180080
aadit savla	Fybmm	B	53001180076
mikail shaikh	Fybmm	B	53001180116
dhruvi wani	Fybmm	B	53001180100
mitali sawant	Fybmm	B	53001180077
nupur rawal	Fybmm	B	53001180069
jainam chheda	Fybms	A	53002180013
kashish mehta	Fybms	B	53002180058
Priyanshi bansal	Tybmm	B	53001160009
Priyamvada bagla	Tybmm	B	53001160007
Shubham jain	Sybms	A	53002170034
Srishti shah	Tybmm	A	53001160099
bijal parikh	Fybms	B	53002180073
Sapna			
vishwakarma	Fybmm	B	53001180097
ragini pathode	Fybms	B	53002180119
riya thakaur	Fybms	B	53002480106
shreyanshi bansal	Fybms	A	53002180007
shaily ranveria	Fybms	B	53002180075
Rahil doshi	Fybms	A	53002180023
nehal bhansal	Fybms	A	53002180010
nishi shah	Tybms	B	53002160114
rikin shah	Sybscit	B	53003170082
hilonee shah	Fybms	B	53002180090
ami lodaria	Fybms	A	53002180050
vrutti jakharia	Fybms	A	53002180037



Atapod

SELF DEFENCE STRATEGIES FOR WOMEN'S SAFETY

Duration: 1hour 40min (9:30 AM - 11:10 AM), 8th March 2019

Objective: To provide practical and strategic training specific to each place that can be focused on violence awareness and prevention.

Description: The College's Women Development Cell had organized the "WOMEN'S SELF DEFENCE WORKSHOP" on the occasion of International Women's Day. The workshop was held at Santokba Sadan. The instructors for this workshop were Mrs. Aruna Nilesh Gupta, 2nd Dan black belt in Goju-Ryu Seibukan (India) and Dr.Chhaya Shah, Assistant Professor, SVKM's Jitendra Chauhan College of law.

The speaker started with a talk on the need for self defence. She also mentioned important smartphone application available for prevention of danger and raising alarm and also certain laws and sections in the IPC pertaining to the same. She also showed videos to spread awareness among women regarding self defence. 12 different self defence techniques with the students were demonstrated. In the end thanked with a small token of appreciation.

Number of Students: Female-33 Male-0





WHAT LIES AHEAD –WOMEN AND THE ENTERTAINMENT INDUSTRY POST #METOO

Duration: 2 hours (11:00 AM – 1:00 PM), 11th March 2019

Objective: To bring forth the situation of women in Media Industry and find out answers to various questions.

Description: The panelists discussed various aspects such as, how the media industry has been deemed 'unsafe' for women-from casting couch, to undermining women's voices, there are many stories have come out, and many that will soon tumble out. The #MeeToo Movement has given women all across the world a voice to finally speak up, find solidarity and get closure. At a time like this, there are batches of young students – filled with dreams in their eyes, moving into the industry. Is the industry ready to safeguard them? Is it a conducive environment to grow? How afraid are the predators now? Or are they still shielded?

How will our content and our content creators now evolve, in the post #MeToo Era? Will trashy sex-comedies still be a part of the 100-Crore Gang? There are many questions to be answered, and who better to answer them than the women of our industry, who've trail blazed the path of progressive content?

The question answer session followed the discussion. The panelists were thanked with a small token of appreciation.

Outcome: broadening the perspective and horizons of thinking of the ones who attended the panel discussion.

Panelists:

1.Jyoti Kapoor – Bollywood Screenwriter. Writer of Badhaai Ho, Daawat e Ishq among many other films.



2. Disha Rindani – Screenwriter. Co-Writer of Death in the Gunj.
3. Reshu Nath – Screenwriter. Writer of numerous web series and TV shows like 4. Karrle Tu Bhi Mohabbat, Broken but Beautiful and Law and Honour.
5. Rakhee Sandilya – Writer-Director of the award-winning film Ribbon.
6. Ritika Bhatia – Head of Festivals at Drishyam Films.
7. Geetanjali Tikekar – A television actress with over 18 years of experience, and also bonafide producer.



What Lies Ahead – Women and the Entertainment Industry Post #MeToo- 11TH March 2019

Names	Class	Division	Sap No.
Riya Thakur	FYBMS	B	53002180106
Raghini Pathode	FYBMS	B	53002180119
Tanu Kushwaha	SY BSC IT	A	53003170035
Muskaan Singh	SY BSC IT	B	53003170088
Adarsh Singh	SYBMM B	B	53001180042
Ammisha Mehta	SYBMS	A	53002170120
Chakshu Bohra	SYBMS	A	53002170012
Ayushi Shah	SYBMS	B	53002170081
Riya Parekh	SYBMS	B	53002170062
Yutika Giri	SYBMS A	A	53002180028
Nair Prishita	TYBMM	A	53001160068
Rabiya Memon	TYBMM	B	53001160060
Priyanshi Bansal	TYBMM	B	53001160009
Priyamvada Bagla	TYBMM	B	53001160007
Nirvi Jain	TYBMM	B	53001160037
Simran Gupta	FY IT	A	53003170023

Sakshi Jadav	FYBA	A	53008180028
Akshata Karulkar	FYBA	A	53008180035
Ishita Mandavia	FYBA	A	53008180046
Nidhi Bhinde	FYBMM	A	53001180011
Sapna Vishwakarma	FYBMM	B	53001180097
Hetvi Surti	FYBMM	B	53001180094
Dhruvi Wani	FYBMM	B	53001180100
Khushi Kaushal	FYBMM A	A	53001190040
Tanisha Jalan	FYBMM A	A	53001190037
Ritvi Mehta	FYBMM A	A	53001190055
Sakshi Bajaj	FYBMS	A	53002180006
Nehal Bhansali	FYBMS	A	53002180010
Shreyanshi Bansal	FYBMS	A	53002180007

WHO RUN THE WORLD?

On Saturday, August 10th (from 11am to 1pm), the Women's development cell of the college held its first event for the academic year 2019-2020, in collaboration with Young India foundation and SeHer

Objective : To create awareness about menstrual hygiene & nutrition amongst women.

Duration : 2 hours

Participants : 25

SeHER is an NGO that works to create awareness about menstrual hygiene and nutrition amongst women, especially in the rural areas of Maharashtra, while also working on legal redressal for human right cases.

"There's so much you can do with the information, knowledge and privilege you have."

The event titled, **Who Run the World?** saw guest speaker, **Koshika Krishna**, founder of seHER, and winner of the #FundYourOwnWorth award (2018) an initiative by ICICI bank. She addressed students of the college. The NGO works primarily with women in rural Maharashtra in creating awareness about menstrual hygiene and risks associated with unhealthy care practices and addresses the stigma and myth around menstruation. SeHER has positively impacted the lives of 2500 women since its inception, with Koshika interacting with 826 female beneficiaries, directly.

Another important topic discussed at the event by Koshika was the Right to Information Act 2005. She spoke about her personal experience of filing several RTIs, and the work that follows to hold government officials accountable.

Some of the cases undertaken by SeHER was in 2016 in Dadar, Mumbai, where the members of a society were receiving contaminated water and even after filing several complaints with the BMC they had no luck, over time 60 of the residents suffered from severe cases of jaundice



to the extent where some residents even suffered liver damage. SeHER decided to file an RTI and were able to get the BMC to look into the matter, resolve it and compensate the residents. SeHER has also been successful in helping 3000 folk artists of Maharashtra get a pension promised by the state government, which wasn't credited over a long period of time with due compensation.

Koshika addressed other civil issues in Mumbai spoke about how one can file an RTI. She reassured the students that although getting a solution from government bodies such as the BMC can be a long process, but not a futile one. Koshika is a strong believer of the fact that **“if educated people feed into the existing system then the educated uneducated cannot do anything!”**. She encouraged the youth of today to take up small local issues and create changes at whatever individual level they can to create a better more helpful future. The session wrapped with the guest talking about change.org petitions and how students can begin their social outreach journey with creating these online petitions.

The session came to an end with a vote of thanks by a member of the committee followed by the teacher in charge felicitating the guest with a small token of appreciation.





USHA PRAVIN GANDHI COLLEGE
COMMERCE
2020-21
US SURE
H. K. P. S.

THE SELF DEFENCE WORKSHOP

Date :18 September 2019,upg college ,3rd floor

Duration : 3 hours

Participants : 25

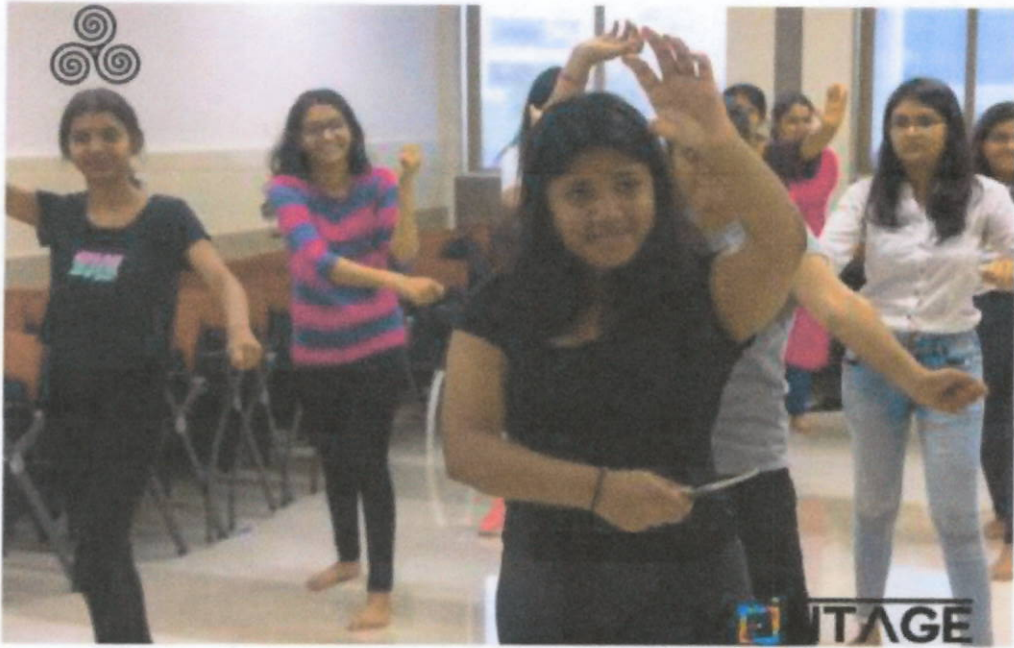
Trainer : Sushil Pandey

Objective : To teach self defense

A self defence workshop was organized by the members of WDC .The trainer in charge was Mr. Sushil Pandey who is Taekwondo and black belt self defence trainer . He taught us various tactics of self-protection with the use of a pen ,knife and ID card .He also gave us an insight on Rape assault protection. It started at 11 and ended at 1 pm.25 students attended the workshop and also had an interactive session with the trainer. He taught all the students the 17 steps of self defence. Mr. Sushil also shared some of his stories with all the students. The workshop was a very beneficial one. The event was wrapped up by the token of appreciation by Rashmi ma'am and Ashish sir.



Ashish



Usha Prava Gandhi
400 056
MONTAGE
ARTS, SCIENCE AND COMMERCE

Acapod



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GUEST SPEAKER SESSION BY DR. ANUJA AGARWAL

Date- 30th August, 2019.

Learning objectives- Students gained knowledge about how to plan and implement a business idea with special guidance for women entrepreneurs.

Class/Specialization- All staff and students

Duration- 10:00am to 11:30pm (1 hour 30 minutes)

Speaker- Dr. Anuja Agarwal.

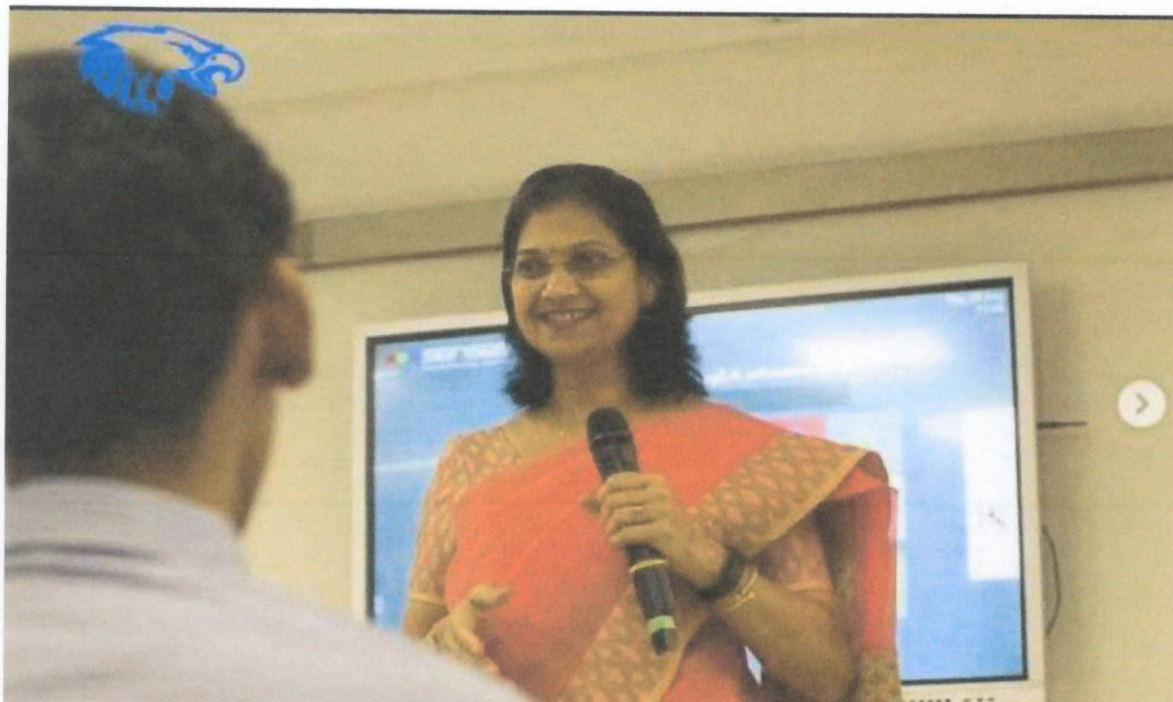
Number of students – 115

Report -

It was an interactive and an inspiring guest speaker session by Dr. Anuja Agarwal, the Associate Dean Technology Management at Mukesh Patel School of Technology, Management and Engineering. It was held on 30th August, 2019. Dr. Anuja started the session with a few inspiring stories of successful entrepreneurs. She very uniquely explained how an entrepreneur can kick start its business. She explained everything right from the conception of the product to successful administration of 5-year plan. There was special importance given to women entrepreneurs as there is an increasing need of women entrepreneurs in this modern world. She explained how women should overcome the traditional barriers to entry and believe in themselves to succeed. It was a very active session which the audience thoroughly enjoyed and learnt something from it too. Our respected Principal Dr. Mrs. Anju Kapoor was also a part



of the event along with our teacher in charges Mrs. Shubhangi Nargund and Mr. Abhijeet Mohite along with other faculty members.



Arkapool



CHILD SEXUAL ABUSE AND CHILD SAFETY

Date- 5th November, 2019.

Learning objectives- Students will be able:

- 1) To learn about child sexual abuse.
- 2) To train about child safety week.

Class/Specialization- NSS Volunteers

Duration- 2:00am to 3:00pm (1 hour)

Number of students – Male-6, Female –14

Report-

The NSS unit of Usha Pravin Gandhi college of arts, Science and commerce visited an NGO named Arpan in Goregaon East on 31st October, 2019. We were given an orientation on child Safety week. The Child Safety Week is an initiative towards building a people led movement for collective action for change towards addressing concerns of child safety — by way of dedicating a concentrated period of time annually for conversations, actions, and change efforts for child safety. Key dates around children and child rights fall in this week: 14th November: Children's Day, India 19th November: World Day for the Prevention of Child Abuse 20th November: International Children's Day We saw a video on child safety. We generated ideas for conducting an event during Child safety week.





UPG NSS
ATAPOD



SURVEY ON VIOLENCE AGAINST WOMEN

DATE : 8TH, DECEMBER 2019

Report of the Activity:

Seven of our members had distributed flash cards that consist basic information about laws and regulations made for women in order to create awareness regarding the same . Members distributed the flash cards to women(teens)at Andheri Station on 8th December, 2019 from 1:30pm to 2:30pm. Total number of students participated : 07

Aim/purpose:

- To make the women aware about the actions to be taken for the violence happening against them.
- To get the approximate no of women who are aware of the laws made for them.
- To get to know how women tackle the tough situations.
- To create awareness regarding different women's rights and laws which can be used by them during their hard times.
- To know that how safe do they feel when they are alone

Resource material used:

Flash cards with basic information.

Survey Questionnaire

Results/outcome:

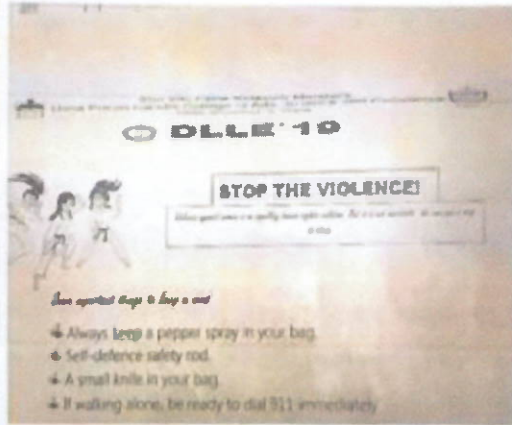
- The women were really co-operative .
- They want to fight back but because of thinking that what will society say about them they prefer to stay quiet.
- Only few of them knew the laws made for them.

Overall, it resulted in an informative session for community as well as for us.

We came to know that there are many women's who are still not aware about the rights and the laws that are made by the government for their safety and security.



Alkapool



COLLEGE WOMEN DEVELOPMENT CELL ACTIVITY

Date: 11/12/2019

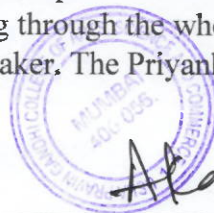
Time: 9:30 am to 11:00 am

Speaker : Ms. Nadia Sadguroh.

Participants : 100

Objective - Awareness of basic rights of women and laws relating to sexual harassment at workplace

A speaker session was held at UPG College on 11th December, 2019, where our speaker for the day was Ms. Nadia Sadguroh. The students from all the departments were eager to hear from her. About 100 students attended the session all curious to hear from the advocate. The session was started with educating the students with the basic rights which are included in the Article 14 and Article 16 of the Indian Constitution. She further gave the situation where the harassment could happen in the work place and how to deal with those heinous perpetrators. Later there was an in-depth discussion on the topic where the speaker shared her views about how the criminal justice system works and what changes we could bring in the whole system. The speaker also asked our views on the topic. A debate later followed where the speaker asked if instant justice is correct or going through the whole judge and court trial is correct. A few cases were also discussed by the speaker. The Priyanka Reddy case and the Nirbhaya case



was in prime focus. The session ended after the sharing of opinions related to the cases. After the session, our speaker was given a token of appreciation for sharing her knowledge with the students. All the students who attended the session were parted with abundance of knowledge regarding the basic rights of women at the workplace. Their thinking and view towards the whole law system also changed . The session did change a lot of minds and was indeed a spectacular session



A purple circular stamp from the University of Arts, Science and Commerce, Mumbai, with a signature "Atapool" written over it.



EXPRESSIONS

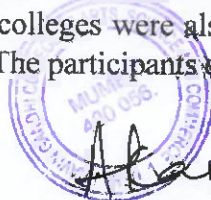
Date:16th December,2019

Time:11:30-1:30

NGO - Majilis

Objective : The objective of the event was to express students thought on freedom keeping the gender perspective in mind.

On 16/12/19, Women development cell(WDC) of Usha Pravin Gandhi college of arts science and commerce hosted an event "EXPRESSIONS "in association with the NGO Majilis. This was a competitive event. Students from other colleges were also invited to participate in the event. The theme of the event was "Freedom". The participants displayed their idea of freedom



through various mediums such as verbal(poem, story, rap song, monologue) and non-verbal(posters, illustrations). The respected judges of the event were Mallika Verma, Tanvi Mane, Shreya Sen, Professor Shriram Deshpande. The judges were also enthusiastic enough to question cross question the participants and know their views behind their ideas. The event received positive response with 41 members(20 non-members&21 members)
The event ended with the prize distribution and the participants were felicitated with certificate. The event was memorable enough and it gave opportunity for everyone to open up and convey their views on the topic.



Atapool



Atapori