



Women Development Cell Annual Report 2017-18

Encourage, Enhance and Empower

Committee (2017-18):

Faculty in charge:	Dr.(Smt.) Tejashree Patankar
Student Secretary:	Anushka M. More 9821350061
Student Joint Secretary:	Saurav Ambavane
Student Treasure:	Poonam Shah & Ankita Ligam

Event 1: Personal Hygiene Awareness Programme

Date: 8th January and 11th January

Time: 9am-4pm (In different sessions)

Venue:

- 1) City of Los Angeles Municipal Marathi School
- 2) Nadkarni Park Municipal Marathi School No.3
- 3) Nadkarni Park Municipal Upper Primary Urdu School
- 4) Nadkarni Park Municipal Hindi School No.1
- 5) Nadkarni Park Municipal Marathi School No.1

REPORT:

“When "i" is replaced by "we" even illness becomes wellness.”- Malcolm X

Taking a step towards wellness, the WDC organised a hygiene programme for all the female students of the BMC schools from age group 10-15 years. The students were shown a short animated film named "Hello Periods!" followed by an interactive session. The students were taught about government aids, health care requirements, importance of personal hygiene and how to overcome social taboos about periods. They were also taught to be vocal about this subject and have a regular talk to their family members or teachers. The session concluded by distribution of chocolates to the students which traded a promise to practice everything taught and spread the words.



Ready to board the train named "Encourage, Enhance & Empower!"



Being the change, with a promise of hygiene to self and the society

Event 2: Self Defence Workshop

Date: 06/02/2018

Time: 10am-12pm

Venue: Auditorium

Report:

Walking on our path of Encourage, Enhance & Empower the forum had organised a Self Defence Workshop for all the students, teaching and non-teaching staff. The Podar Judo club's coach Mr. Ravindra W. Patil along with his fellow students illustrated some simple techniques and moves which were then practiced by all the participants. The workshop ended on a note of being a fighter, never a victim and never letting any one be a victim. The students made a judo bow known as "Ray" to express their respect and gratitude towards the coach and his fellow students.

In this manner the workshop ended on a high note of "Let us empower together!"



Ready to learn some moves



Practicing learned techniques



Group Photograph



Thanks giving to the coach

Event 3: Disaster Management Workshop

Date: 22nd and 23rd February 2018

Time: 9am-5pm

Venue: Disaster Management Office, Curry Road

"If you fail to prepare, you prepare to fail." - unknown.

On the 22nd of February 2018, the Women Development Cell along with the NSS students attended the two days Disaster management workshop organised by the Disaster Management office of Curry road in their office premises.

The day begins with a prayer which talks about not just being a human but also serve like one with humanity. After which detailed seminars about the types of disasters and the measures that can be taken, what fire is and how to deal with it, the do's and don'ts and certain key notes to follow in any disaster.

The 2nd day, i.e 23rd February 2018.

The session before lunch informed about first aid and how it shall be given in various situations. They talked about how to understand the victim and his/her wound in order to provide with best and immediate first aid. Later the students had a practical session where various knots, home-made life jackets and various types of stretchers were introduced and taught. The day concluded with a pledge of being a responsible citizen and practice the knowledge that we have, correctly when needed.



Ways in which a victim shall be carried and treated.



Life jacket made out of easily available things



Group picture

Event 4: International Women's day celebration

Date: 8th March 2018

Time 11.15am-12.30pm

Venue: F2

“Women are the real architects of the society” - Cher

The celebration began by remembering Jyotiba Phule and lighting the lamp. To illustrate the numerous achievements made by successful women, a PPT was shown along with a musical performance. This was followed by a dance signifying the strength of women. It is important for women to know their strengths and to respect themselves. A skit was conducted which gave this message, and also highlighted the versatile role women play in the society. Then, we had a dance performance "Ardhanari-Nateshwar", a concept which signifies the importance of both, the man

and the woman and how this balance is important for sustainability of living. The cultural part of the celebration concluded with a prayer from the movie Ubuntu - "Hich Amuchi Prarthana Ana Hech Amuche Magane, Manasane Manasashi Manasa Sama Vagane" a song which stresses on oneness and equality, encouraging us to end gender discrimination and treat everyone equally...as humans.

After this, a group working with an aim of spreading awareness of menstrual hygiene and disposal of sanitary napkins - Team Red Dot, held an informative session for the youth and the college staff. They concluded the session by distributing sanitary waste disposal bags along with a promise from the attendees to be a responsible citizen and keep our environment healthy, safe and clean.

This celebration was held in the F2 classroom, which was decorated with poems, articles and drawings, all based on women, contributed by students of various colleges.

Ms. Harsha Singh, a student of Podar college and a women entrepreneur, showcased her art work and exhibited her creative work.



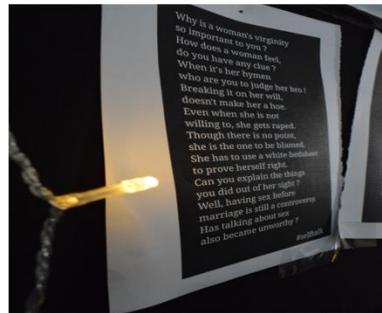
Lighting the lamp

Felicitating all the teaching and non-teaching female staff

Dance performances



Singing performance and the women empowerment skit



(LHS)exhibition of literary art contributed by students of various colleges across Mumbai, (RHS) Ms. Harsha Singh, a female entrepreneur exhibiting her creative art work



Event 5: A Session by Team Red Dot.

Date: 8th March 2018

Time: 12.30-1pm

Venue: F2

As a part of the Women's Day Celebrations, the women Development Cell had invited Project Red Dot to conduct a session which spoke about the problems caused by improper disposal of sanitary waste and how they can be solved. In this session, Mr. Vikas Koli, the director of Project Red Dot spoke about the current ways of disposing off sanitary waste, especially sanitary napkins and how they are causing a health hazard to the rag pickers and people who segregate waste. The problem at hand was explained to the students via various videos.

The team not only highlighted the problem but also shared with the students a very simple way to tackle this issue. They handed out bags with a red dot on them and explained to students that these bags would make segregation of waste easier as the red dot signifies sanitary waste. Mr. Koli then spoke about various other places where this project was running and informed the students how they could support the cause.

The audience included not only students but also teaching and non teaching faculty members. It was an interactive session and the audience enjoyed it and got to learn a lot. The session concluded with a promise to be a responsible and responsive citizen initiating a wave of change.



Mr. Vikas Koli explaining about Red Dot



Distribution of the red dotted bags



Students interacting

***** Lets Encourage, Enhance and Empower together! *****