

WOMEN DEVELOPMENT CELL
REPORT FOR THE A.Y. 2021-2022

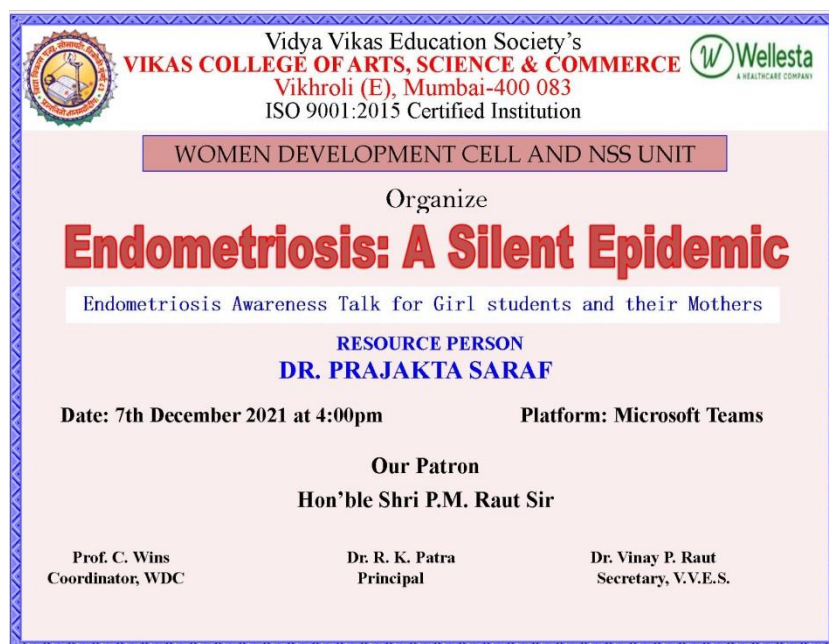
As per the guidelines of the Vice. Chancellor of University of Mumbai, our college has established the Women Development Cell. It looks in to the grievances of women staff and girl students in the college. The following are the members: -

Dr. R.K. Patra (Principal)	Chair Person
Prof. Mrs. C. Wins	Co-Ordinator
Prof. S.K. Deshpande	Advisory Member
Prof. Anita Madhu	Member
Prof. VinipriyaAngel	Member
Mrs. S.V. Dhasal	Member
Miss. Kadam Reshma (T.Y. BA)	Students Representative
Miss. Pooja Kamble (T.Y.B. Com)	Students Representative
Miss. Priyanka Kamble (S.Y.BAF)	Student Representative

Every year at the beginning of the academic year, the committee members conduct an interactive introductory session for the girl students to introduce the concept of women development cell.

Sr. No	Date	Title of the Programme	Resource Person
1.	07.12.2021	Endometriosis: A Silent Epidemic	Dr. Prajakta Saraf
2.	10.03.2022	“Cyber Sakhi” on Cyber Safety	Smt. Steffi Benjamin

Webinar on Endometriosis - A silent Epidemic



Vidya Vikas Education Society's
VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE
Vikhroli (E), Mumbai-400 083
ISO 9001:2015 Certified Institution

Wellesta
A HEALTHCARE COMPANY

WOMEN DEVELOPMENT CELL AND NSS UNIT

Organize

Endometriosis: A Silent Epidemic

Endometriosis Awareness Talk for Girl students and their Mothers

RESOURCE PERSON
DR. PRAJAKTA SARAF

Date: 7th December 2021 at 4:00pm Platform: Microsoft Teams

Our Patron
Hon'ble Shri P.M. Raut Sir

Prof. C. Wins
Coordinator, WDC

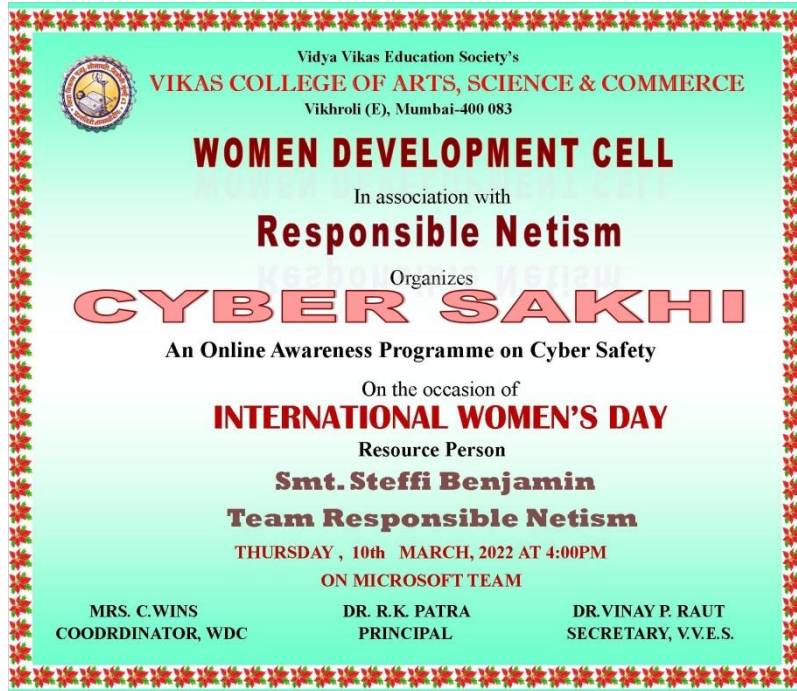
Dr. R. K. Patra
Principal

Dr. Vinay P. Raut
Secretary, V.V.E.S.

On 7th December 2021, at 4.00 pm on Microsoft Teams, the W.D.C. and NSS of the college in association with wellesta Healthcare Pvt. Ltd. conducted a webinar on Endometriosis - A silent Epidemic. The resource person, Dr. Prajakta Saraf explained about the Endometriosis with the help of colorful PPT slides. She explained the 1st occurrence of menstruation, woman's monthly cycle, the length of the menstrual cycle, how it varied from woman to woman, regular cycles, that are longer or shorter. She also explained about the Cramps during menstruation and during endometriosis, with the help of PPT, she cleared the doubts of the students the difference between menstruation and endometriosis. She gave how OTC painkillers reduce the pain during menstruation.

The resource person also explained the causes of endometriosis like, retrograde menstruation, immune system disorder, Hormone imbalance, poor diet and lifestyle, endometrial all transport. She also gave some treatment option and solution like medical management, lifestyle change exercise, surgical treatment, finally the webinar was concluded with question answer session.

“Cyber Sakhi” on Cyber Safety



Vidya Vikas Education Society's
VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE
Vikhroli (E), Mumbai-400 083

WOMEN DEVELOPMENT CELL

In association with
Responsible Netism

Organizes
CYBER SAKHI

An Online Awareness Programme on Cyber Safety

On the occasion of
INTERNATIONAL WOMEN'S DAY

Resource Person
Smt. Steffi Benjamin
Team Responsible Netism

THURSDAY, 10th MARCH, 2022 AT 4:00PM
ON MICROSOFT TEAM

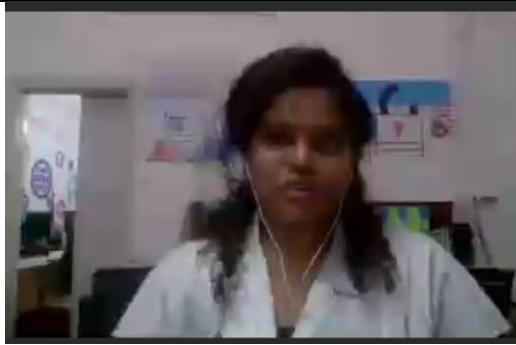
MRS. C. WINS
COORDINATOR, WDC

DR. R.K. PATRA
PRINCIPAL

DR. VINAY P. RAUT
SECRETARY, V.V.E.S.

The WDC of the College, in association with Responsible Netism organized “Cyber Sakhi”, an online awareness programme on cyber safety, on the occasion of international Women’s Day on 10th March 2022, at 4:00 pm on Microsoft Teams. In this current technological world, students are too much exposed to social media and they are affected by bullying. Due to which, they have been socially isolated, made to feel different, they are ashamed and also need loneliness. Ultimately it affects their studies, negativity in their minds sometime, they try to do suicide. So, by considering all these consequences, the W.D.C. of the college organized this programme.

Resource person Smt. Steffi Benjamin, conducted the session with colorful presentation, she discussed various causes of bullying and also discussed ‘how to deal with bullying’. She also discussed on online grooming are revenge porn, honey traps, Sextortion, self-created child sexually abusive material, Dating Apps etc. The solutions are, do not react or respond because bullies wait for reaction, report to trust adults like, parents, teachers etc. keep copies and evidences of the bullying content and report to social media site. The webinar was concluded with question answer session.



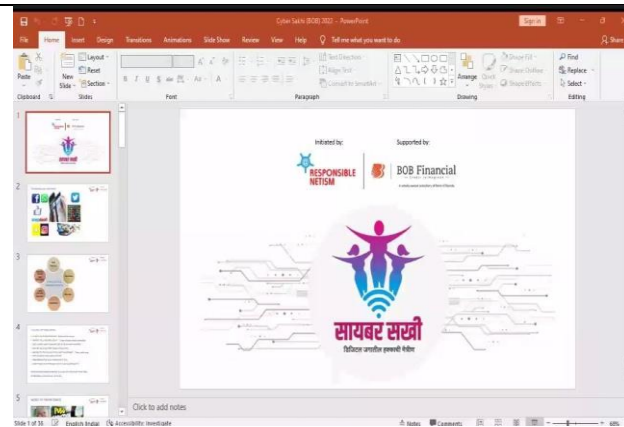
DEALING WITH BULLYING



- DON'T REACT NOR RESPOND - Bullies wait for reaction
- REPORT TO A TRUSTED ADULT – Parent, Principal, Teacher, Counsellor,
- KEEP COPIES AND EVIDENCES OF THE BULLYING CONTENT
- REPORT ABUSE AT THE SOCIAL MEDIA SITE
- REPORT TO THE POLICE IF YOU ARE THREATENED – Take an adult along
- SEEK COUNSELLING AND SUPPORT
- REMEMBER THE BULLY NEEDS HELP TOO
- RAISE YOUR VOICE STRONG LOUD CLEAR AND FEARLESS

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WORLD OF ONLINE GAMES



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SOCIAL DISCONNECTION (PANDEMIC FAMILIES)



- NO COMMUNICATION
- SOCIAL ISOLATION
- NO CONFRONTATION
- DIGITAL INFIDELITY
- MULTIPLE RELATIONSHIPS

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