



S.I.W.S.
N.R. SWAMY COLLEGE OF COMMERCE AND ECONOMICS
AND
SMT. THIRUMALAI COLLEGE OF SCIENCE
WADALA MUMBAI-400031

20.05.20

Annual Report

2019-20

Women Development Cell

The Women Development Cell (WDC) of SIWS College conducted the following activities in the year 2019-2020.

1) A talk on “Domestic Violence” by Advocate Shalini Devi on 13th September 2019:

Violence against women is a serious problem in India. It was the need of the hour to educate young minds of our college so that they are aware of the various rights given to them through our Indian laws.

The session started with an interactive talk about the basics of domestic violence and later on, various rights and privileges were enlightened. Students and teachers equally participated in this session. Emphasis was also given on different legal rights of both men and women. It was an enlightening session for both, students and teachers. More than 80 students attended the seminar.

2) A Workshop on “Stress Management and Mental Health” by Dr. Sherlyn Senthinathan on 10th December, 2019

Stress levels seem to be high in India compared to other countries, both developed and emerging, says a survey. Nearly 75% of respondents here do not feel comfortable talking to a medical professional about their stress and cite cost as one of the barriers. Work and finances are the key reasons people attribute their stress to. It is the need of the hour to make young minds aware about mental health and ways to tackle it.

The session started with an interactive talk about stress and its causes. Emphasis was also given about mental health awareness. There was an enthusiastic participation by students and teachers in this enlightening session.

More than 122 students, both boys and girls, attended the session.

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3) Installation of automatic sanitary napkin vending machine in all ladies' washrooms donated by Shree Shankara Hindu Mission of Matunga on 6th February, 2020.

In order to achieve good menstrual hygiene practices among girls students the college authority has installed automatic sanitary napkin vending machine in all ladies' washrooms donated by Shree Shankara Hindu Mission of Matunga along with effective disposal system.

The objective of this kind of facility is to make sanitary pads available easily and economical as well. In order to manage the menstrual wastes incinerator has been attached along with the machine which is a better option to dispose used pads effectively. The WDC of the college is highly obliged to Mr. Sunder Iyer and family, the donors for this arrangement.

4) A National Webinar on Transcending Gender Stereotypes by Prof. Ruby Pavri, Head, Department of Psychology, St. Xavier's College, Mumbai on 11th May 2020 during Lockdown

OUTLINE of TOPICS

1. Gender Roles
 - The process of socialization
 - The Male Role (and potential problems)
 - The Female Role (and potential problems)
2. Gender Stereotypes
 - What are the traditional gender stereotypes?
 - How do we challenge them?
 - Sexual gender stereotypes are even more dangerous in interpersonal relationships
3. Suggestions for effective interaction between genders (in the times of COVID and beyond)

The webinar was attended by 103 members from all over India and outside India as well on Zoom Platform.

Rekha Bhatia

Prof. Rekha Bhatia
Convener

Date-20.05.20



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Usha Iyer

Dr. Usha Iyer
Principal

Usha Iyer

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