List of Activities:

Sr. No.	Name of Activity	Date	Total No. of Participants
1	Choose to Challenge(Women 's Development Committee)	23-03-2021	18
2	Safety of working women at the workplace	12-09-2020	200
3	The story of grit & determination - Women Development Cell Committee (PSHAW)	17-08-2020	60
4	Webinar-Advancing Women through Engagement in Technical Activities during Corona Crisis	14-08-2020	44
5	Ada Lovelace Day Celebration "Women in Technology - A Dire Need of the Hour"	17-10-2020	58
6	SKEP on Cyber Security & Ethical Hacking	06-02-2021to 03-04-2021	55
7	Holistic Wellness In The Times Of Corona	11/6/2020 to 13/6/2020	190
8	Healthy lifestyle and Women centric cancer	27-10-2020	23
9	Let's talk Gender	13-10-2020	34
		07-11-2020	26
10	Every gender matters	02-08-2020	34
11	Prevention of Sexual Harassment and Gender Equality	19-04-2021	23
12	New Aspect Of women Leadership	03-08-2021	14
13	Cyber Security Webinar	12-07-2020	45
14	Every Gender Matters by Hinduja CLG	18-07-2020 to 20-07-2020	110
15	Stay healthy in covid 19 time webinar BY Sophia College	03-06-2020 to 04-06-2021	52
16	Training Program for Volunteers to Combat covid 19	17-08-2020	23
17	Global Handwashing Day	13-10-2020	29
18	Mentoring	01-06-2020 to 30-05-2021	

Criteria VII - Institutional Values and Best Practices

WDC(PSHAW) Online Interaction

Vidyalankar School of Information Technology had organized Online interaction "Choose to Challenge" with Mrs. Ashwini Bhide (IAS, Additional Commissioner, Municipal Corporation of Greater Mumbai). She accepted the invitation and there was overwhelming response for the session. Faculty members and students from VSIT, VP and VIT joined the session.

Date: 23rd March, 2021
Time: 3:00 PM – 4:00 PM

The session commemorated sharp at 3:00 pm. It began with an introduction of Vidyalankar College its founders and little glimpses of Women Development Committee – Prevention of Sexual Harassment at Workplace by Ms. Pooja Jogu.

Followed by introduction of the guest by Principal Dr. Rohini Kelkar.

It was an interactive session wherein few questions were asked to Mrs. Ashwini Bhide. The questions were related to her choice of being an IAS officer, challenges faced by her in the duties assigned to her, her role in Mumbai Metro project, Gender biases, her current role in handling COVID situation and also about her varied responsibilities being a mother, home maker, and so on.

she was quite witty and gave the response accordingly. Some of the highlights are as follows

Educational Achievements: Mrs. Ashwini Bhide is the topper of her batch in 1995. She had a clear goal of becoming an IAS officer.

Roles and Responsibilities: She is from Sangli in western Maharashtra. She worked as the chief executive officer at the Nagpur Zilla Parishad, additional divisional commissioners, joint secretary to the Maharashtra governor, additional metropolitan commissioner in MMRDA and secretary in the school education and sports department. She has predominantly worked in rural Maharashtra and was posted at Ichalkaranji, Kolhapur, Sindhudurg and Nagpur. She is hardworking, dedicated and a hands-on officer who would often spend time at work sites.

Challenges: She was the managing director of Mumbai Metro Rail Corporation (MMRC). Her tenure at MMRC was mired in controversy as she fought tooth and nail to implement the car shed project. She has always been a fearless officer who won't think twice before taking on the powerful decisions. Inspite of being from a non-engineering background, Mrs. Bhide learnt the ropes by looking at files and interactions with her team.

She also mentioned about the support which she has always received from her family in enabling her fulfill all her professional responsibilities and having a proper balance in managing both her personal and professional life. Her husband Santosh Bhide was also an IAS officer but he quit the service in 2011

Overall, the session was smooth and quite interactive and was concluded by vote of thanks by Prof Janhavi Vadke.

Some glimpses of the session are as follows:
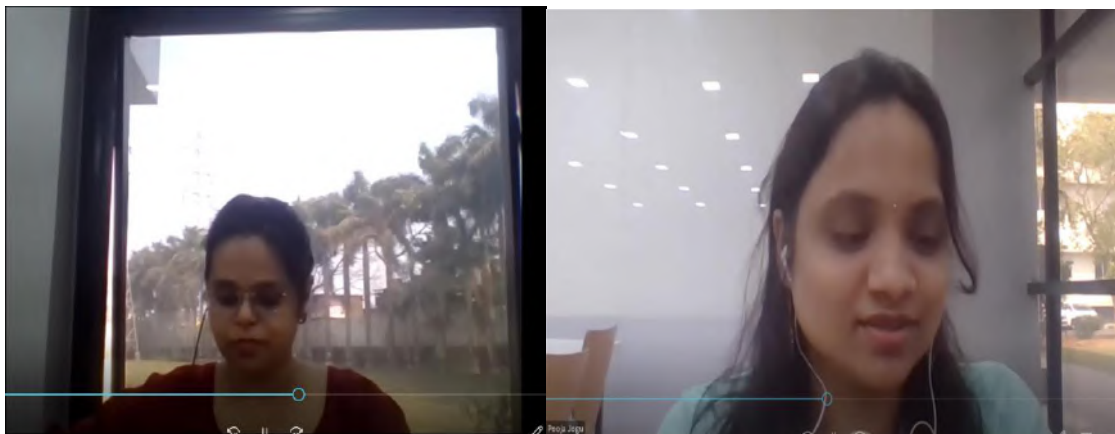
Panel Discussion on -"Safety of working women at the workplace"

Women's Development Committee with the intervention of Confederation of Indian Industry organized a Panel Discussion, the details of which are as under -

Topic: Panel Discussion on Safety of working women at the Work place

Date: 12 September, 2020

Timing: 11:30 am – 12:30 pm

Platform:CISCO WebEx

Attended by: Around 60

Resource Persons:

Moderator – Dr. Mohan Rao
Panelists – 1) Ms. Bhavana Issar
            2) Ms. Trupti Lahiri
            3) Ms. Ravija Shrivastava
            4) Ms. Pushpa Priya

The welcome address was given by Dr Ashwini Joshi on behalf of the Women's Development Committee of Vidyalankar School of Information Technology. She introduced the Moderator Dr. Mohan Rao and welcomed all the dignitaries and the participants. The session was then handed over to the Moderator.

Moderator: Dr Mohan Rao

Dr Mohan Rao gave introduction of all the panelists and invited them all to share their views & experiences being working women & the challenges they faced at the workplace and how they handled the same. He moderated the discussion well and at the end questions were asked to individual Panelists for their views.

Panelist 1: Ms. Bhavana Issar

She narrated her story of being a young rider in 1980's & the way she was looked upon by the society. She also gave her a viewpoint on safety of women in the organization.   She discussed various challenges & constraints faced by working women and also the role of the organizations as well as the Government for ensuring a safe work culture. She focused on strong resolve by women could make a huge difference.

Panelist 2: Ms.Ravija Srivastava

She spoke about unconscious biasness. She put forth the various issues faced by the victims when filing a complaint with the Internal Complaints Committee. The various flaws which does not make the POSH Act effective and the objective being defeated. The delay in the justice, the complicated & tedious inquiry process etc. which acts as a barrier to file a complaint & get justice. According to her a lot of energy, money, and time is wasted in the entire process.
The real issue is also the social stigma faced by a women who is a victim and also who complains. She reiterated the need for a paradigm shift to tackle this major challenge.

Panelist 3: Ms. Pushpa Preeya

Madam acknowledged that women bring healthy competition to the environment & according to her every women is extra-ordinary. Violence against women is quite prevalent in the society. Men and women are no means equal. They have their unique qualities. She focused on gender discrimination, societal thinking, deep rooted bias against women. The challenge of being at the same level with the male counterpart and the issues arising from it. The challenge of glass ceiling along with the casual approach of the Management & Government towards the safety of women at the workplace.

Panelist 4: Ms. Trupti Lahari

She shared her viewpoint of Safety of Women are now gaining higher positions and form a big/huge section of any working sector around the globe. Women now are more independent in every sense. They are competent enough to take care of themselves and their families. They are more able to make their own life choices and live according to their own terms. She spoke on various acts and small little nuances were discussed about an individual's opinion on safety and security of oneself.   She also gave information about various laws in India for the safety of women.

The general conclusion was that the woman should equip themselves to be a part of the system, if any safety issue is faced she should be vocal about the incident, ensure that she approaches the authorities and does not suffer in silence fearing social stigma.

The organizations and the top management too should play a proactive role in ensuring safety at the workplace. The POSH Act provisions to be implemented in true spirit. More awareness programs to be conducted so that working women know about their rights. A full proof and unbiased procedure of inquiry and justice to be implement at the Organizational level.
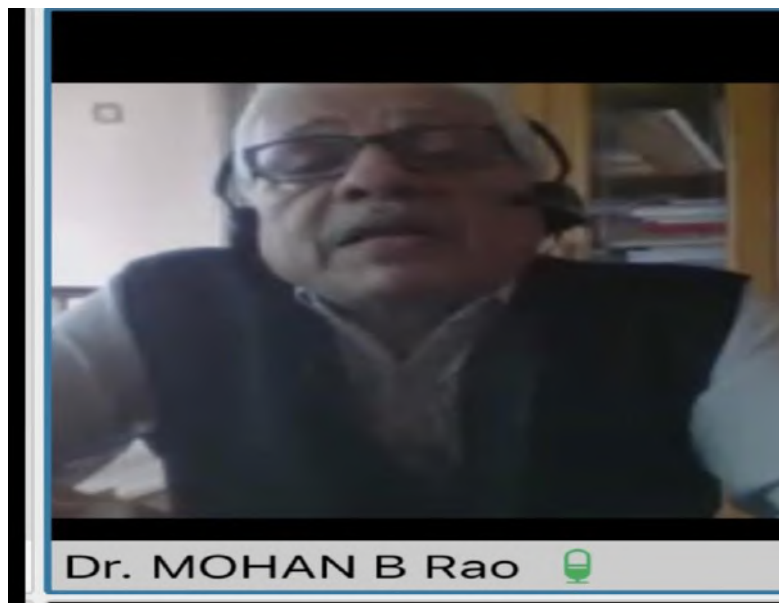
The Government should ensure compliance of the POSH Act, constitution of the Internal Complaints Committee and oversee the working of the same. Regular audits to be conducted to ensure fair & unbiased inquiry without the fear of social stigma or vindictive action against the complaint.

The questions posed by the participants were duly responded by the Panellists. An informative & interesting session on a subject which needs to be considered and dealt with seriously on a priority.

The session was concluded by proposing of the vote of thanks by Ms. Pooja Jogu on behalf of Women's Development Committee and Vidyalankar School of Information technology.

The participants gave a positive feedback on the event.

We, the members of Women's Development Committee express our gratitude towards Principal, Dr. Rohini Kelkar for giving us an opportunity to organize this event with the intervention of Confederation of Indian Industry.

Dr. MOHAN B Rao

Bhavana Issar

Ravija Srivastava

HK

Harsh Kahar (host)

Pushpa Preeya

Report – The story of grit & Determination

Date of Activity: 17th August 2020

Topic: The story of Grit & Determination

Resource Person: Dr. Satya Vadlamani

A Webinar session on the topic "The story of Grit & determination" was conducted by the PSHAW (Women's Development Committee) for the young and promising budding Entrepreneurs of VSIT.

The Resource person was Dr.. Satya Vadlamani , Chair Person & Managing Director of Murli Krishna Pharma Pvt. Ltd. She is the first generation Entrepreneur who decided to take the untrodden path leaving behind a promising job for accomplishing her dream through grit, determination & passion. Ms. Satya delivered an insightful and inspiring webinar session. The web interaction proved very effective and enlightening while emphasizing on the Pharma industries which are known for high return but high risk type of industries.

She focused the discussion regarding the entrepreneurial requirements, the prospects and possibilities which come with the entrepreneurial ventures in the contemporary world. The resource person also suggested the participants to keep on updating and hone their skills and encompass a realistic and practical approach for achieving sustainable success in their ventures or other endeavours. She inspired them to dream and also work towards the fulfilment.

She emphasized that it is important to recognize the gap in the market and the budding entrepreneurs should avoid being a straggler to successfully capture the market. She focussed the importance of never give up attitude and hard work accompanied by passion. She answered all the questions raised by the students and clarified their doubts.

The welcome address was given by Prof. Sidra Usmani, introduction of the Guest was given by the student Ms. Swarangi Joshi & the Vote of thanks was proposed by SYBAF student Ms. Niti Gawde.

There was an overwhelming response for the session. The session was attended by students from all the departments, Faculty as well as the non-teaching staff. The session & the Resource person also received an excellent feedback.

I would like to thank Principal Dr. Rohini Kelkar, Vice Principal Prof. Vijay Gawde, Prof. Asif Rampurawala, Chief Academic Officer Dr. Lakshmi Kavitha & Dr. Sarika Chouhan   for always encouraging and motivating to conduct such knowledge sharing events. The event would not have been possible without the support of the entire Organizing team, faculty, non-teaching staff, technical staff, students and the lovely audience.

WIE First Anniversary Celebrations

Webinar-Advancing Women through Engagement in Technical Activities during Corona Crisis

Date:	**14th August, 2020**	
Time:	**6:00pm to 7:30pm**	
Platform:	**Microsoft Teams**	
Organised By:	**WIE Affinity Group of IEEE-VSIT Student Branch**	
Faculty in-charge:	**Dr. Sarika Chouhan (Advisor, WIE Affinity Group of IEEE-VSIT SB) Ms. Ketaki Ghawali (Branch Mentor, IEEE-VSIT SB) Ms. Seema Bhatkar (Branch Mentor, IEEE-VSIT SB)**	

On the 14th of August 2020, as a part of the celebratory event for its very first anniversary – "Celebrating One Year Empowering Women in Engineering," the Women in Engineering Affinity Group of IEEE-VSIT Student Branch organized a webinar on "Advancing Women through Engagement in Technical Activities during Corona Crisis" delivered by international guest speaker, Dr. Celia Shahnaz of the Department of EEE, BUET, Dhaka, Bangladesh and current Chair of the IEEE Bangladesh Section.

The webinar saw a diverse pool of attendees- 63 registered participants with 44 present at the event; from VSIT's own students and faculty to female students from various other

colleges - VJTI, SPIT, Don Bosco, PCCOER, SIES and many more across Mumbai and Navi-Mumbai.

Ms. Siddhi Ghorpade Vice-Chairperson 2020-21 WIE Affinity Group, IEEE-VSIT SB was on hand to open the event by welcoming the guest of honour - Dr. Shahnaz, Principal of VSIT- Dr. Rohini Kelkar and all the attendees. Following her brief account of how great of a platform WIE has been for the young aspiring women in their branch, a video was shown to all the participants on how WIE had grown over the year - all the achievements and the events conducted by WIE, IEEE-VSIT in the past year.

This was further expounded by Dr. Sarika Chouhan ,Chief Academic Officer-VSIT, Advisor, WIE Affinity Group, IEEE-VSIT SB, EXECOM Member, IEEE Bombay Section as she addressed the audience with how the WIE AG, IEEE-VSIT came to be, thanking all those who lent their help during its formation and how much it had grown over a year with the cumulative efforts of the former as well as the current student members of WIE in conducting various hands-on workshop, seminars, motivational and educational talks indeed with the support of IEEE Bombay Section and Vidyalankar School of Information Technology.

The audience then received a gracious introduction to the guest speaker provided by Ms. Seema Bhatkar, Branch Mentor, WIE Affinity Group, IEEE-VSIT SB. They learnt of   Dr. Shahnaz's incredibly vast experience with leading many impactful Technical and Educational, Women Empowerment and Humanitarian Technology Projects at national as well as international levels and actively volunteering with IEEE, chairing many committees (Women in SIGHT Working Group, IEEE R10) and contributing to numerous others IEEE New Initiative Committee 2020, IEEE WIE Senior Member Elevation Drive. All of this while publishing 150 research papers at national and international conferences which have received best paper awards on multiple occasions. For her work with IEEE, she was awarded 2019 R10 Humanitarian Activities Outstanding Volunteer Award, 2015 WIE Inspiring Member Award and 2013 R10 WIE Professional Volunteer Award.

Prof. Shahnaz then began with her topic "Advancing Women through Engagement in Technical Activities during Corona Crisis" which she started by explaining how she studied in Canada and her association with IEEE by being a Senior Member of IEEE, an IEB Fellow and how she came back to Dhaka, Bangladesh where she started an IEEE branch in her region. Through her long spanning and incredibly vibrant journey of volunteering with IEEE members and committees at all levels, she imparted onto the audience the powerfully positive impact engaging in technical activities and associating with such societies can have on not just the personal and professional development of young women but also the community and how it can extend to the whole of humanity.

It left everyone inspired to contribute to the development of the community alongside personal upliftment.

Prof. Shahnaz's talk was then followed by a question-answer session by Ms. Ketaki Ghawali ,Branch Mentor, WIE Affinity Group, IEEE-VSIT SB where she masterfully answered many questions about how she made differences being in the WIE Affinity Groups, how can the young aspiring women in WIE can make small differences and how they can encourage more women where there are less number of females in that technology section. She was graciously thanked by Ms. Ghawali for her truly remarkable contribution to the success of WIE AG's Anniversary.

The time was then turned to Karishma Bahl ,Chairperson 2019-20 WIE Affinity Group, IEEE-VSIT SB & Vaishnavi Ajila ,Vice-Chairperson 2019-20 WIE Affinity Group, IEEE-VSIT SB so they could share their experience on being associated with WIE and IEEE-VSIT on how they started a new branch of WIE within their IEEE-VSIT SB.

The event met its conclusion with the vote of thanks given by Khushi Sharma, Chairperson 2020-21 WIE Affinity Group, IEEE-VSIT SB as she thanked the guest speaker, the audience as well as the Principal of VSIT, Dr. Rohini Kelkar, Vice-Principal of VSIT, Mr. Asif Rampurawala and the management of Vidyalankar Dyanpeeth Trust.

FIRST ANNIVERSARY CELEBRATIONS

FIRST ANNIVERSARY CELEBRATIONS

FIRST ANNIVERSARY CELEBRATIONS

FIRST ANNIVERSARY CELEBRATIONS

FIRST ANNIVERSARY CELEBRATIONS

Ada Lovelace Day Celebration

"Women in Technology - A Dire Need of the Hour"

Date:	17th October, 2020
Time:	11:00am to 12:30pm
Platform:	Zoom
Arranged By:	WIE Affinity Group of IEEE-VSIT Student Branch in association with WIE Affinity Group of IEEE Bombay Section.
Faculty in-charge:	Dr. Sarika Chouhan (Advisor, WIE Affinity Group of IEEE-VSIT SB) Ms. Ketaki Ghawali (Branch Mentor, IEEE-VSIT SB) Ms. Seema Bhatkar (Branch Mentor, IEEE-VSIT SB)

On account of Ada Lovelace Day, an International Celebration of the contribution and achievements of women in the field of Science and Technology created in memory of the first computer programmer, Ada Lovelace, the Women in Engineering Affinity Group of the IEEE-VSIT Student Branch in association with the WIE Affinity Group of IEEE Bombay Section organized a webinar to contribute to the WIE IEEE-VSIT belief of starting a woman-helping-woman movement and pursuing female empowerment at the grassroots level. The guest speaker, Ms. Aanchal Sharma, Software Development Engineer - Reliance Jio, WiDS Ambassador and Author was invited to deliver a most inspiring talk - "Women in Technology - a Dire Need of the Hour" on the 17th of October 2020.

The webinar saw a diverse pool of attendees- 58 registered participants with 40 present at the event; from VSIT's own students and faculty to students from various other colleges - SPIT, Don Bosco, SIES, etc. across the Bombay Section.

Ms. Siddhi Ghorpade (Vice-Chairperson 2020-21 WIE Affinity Group, IEEE-VSIT SB) commenced the event by cordially welcoming the guest of honour - Ms. Sharma and all the attendees and thanking WIE IEEE Bombay Section for granting the technical sponsorship for the event. Following her brief account of why we celebrate Ada Lovelace Day internationally and how it ties well with the IEEE WIE objective, Dr. Sarika Chouhan- Branch Counselor and Advisor, WIE Affinity Group, IEEE-VSIT, CAO-VSIT addressed the audience and thanked all those who were involved with bringing the event together - Dr. Varsha Turkar, Chair- WIE IEEE Bombay Section, Dr. Rohini Kelkar, Principal-VSIT, Vidyalankar Dnyanpeeth Trust and the team of WIE IEEE-VSIT.

The audience then received a gracious introduction to the guest speaker provided by Ms. Khushi Sharma (Chairperson 2020-21 WIE Affinity Group, IEEE-VSIT SB). They learnt of Ms. Aanchal Sharma's incredibly vast experience working at Reliance Jio- starting out as an Android Developer working on Jio's chatbot, JioBolo to becoming a backend engineer contributing to the stability of many projects within Jio. Her involvement with various communities like Google Developers Groups, Women in Data Science, GirlScript Foundation, SheCodes, etc. and her work as an e-book author and tech blogger.

The speaker then began with her talk for the occasion which she kicked off by talking about the gendered world of global technology and why we need to combat the workplace gender bias. While speaking about her own experience as a woman pursuing a career in Engineering, she discussed what steps she has taken to address the problem she feels so passionately about. She then shared with us the various projects she has worked on at Jio, including JioInteract – World's First AI based Video Call Platform and JioCare – Jio's WhatsApp Customer Care Project through which she explained the steps involved in building a scalable ML Application. She carefully and concisely went over concepts such as Horizontal Scaling, Exposing Model's Through APIs, Load Testing, Stack Monitoring, etc. This very interesting segment was followed by a few encouraging words for young men and women starting their careers in Technology and how it falls onto us to progress the field for the benefit of humanity.

The speaker's talk was then followed by a question-answer session overseen by Ms. Khushi Sharma where she masterfully answered many questions about the various technological aspects involved in developing her COVID Tracker Web App, what advice and insight she can provide to beginners to Android Development, the technologies used by companies at present and what changes they might make in the future in terms of making the shift from proprietary software to open source software. She also discoursed at length about the gender bias in the global technological sphere and humanitarian technology.

The event was brought to its conclusion by Ms. Khushi Sharma presenting the vote of thanks to the speakers and audience. Following the event, All the participants received e-certificates for their participation immediately after submitting their feedback through our certificate auto-generation.
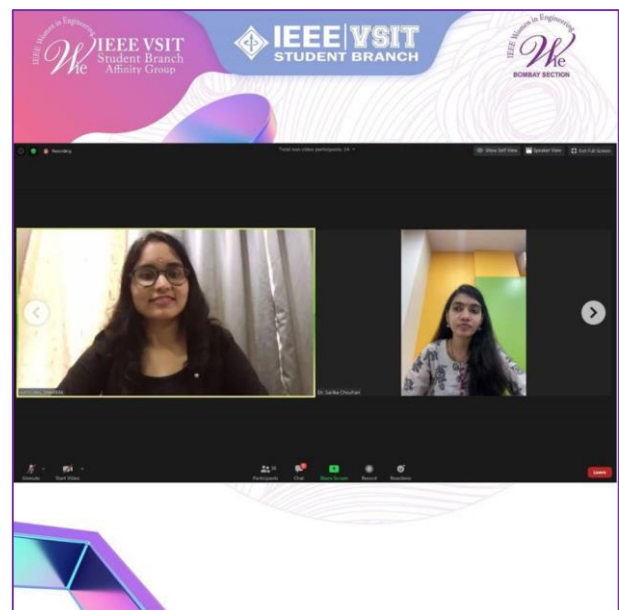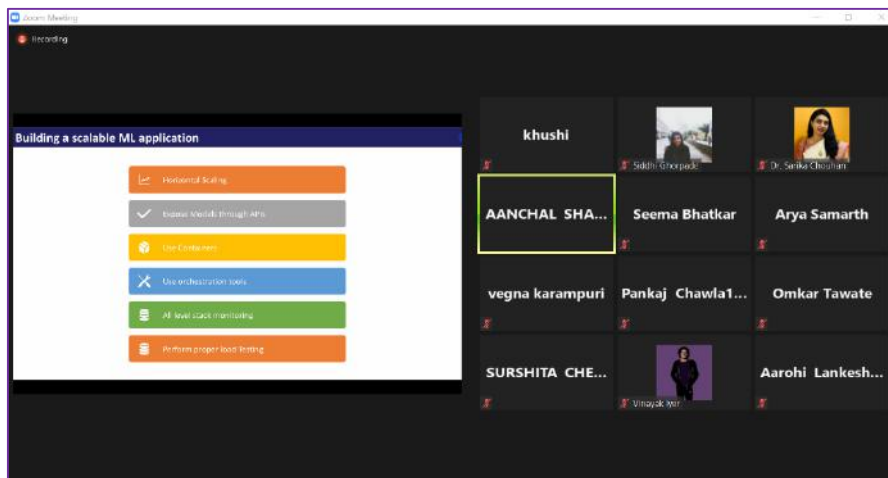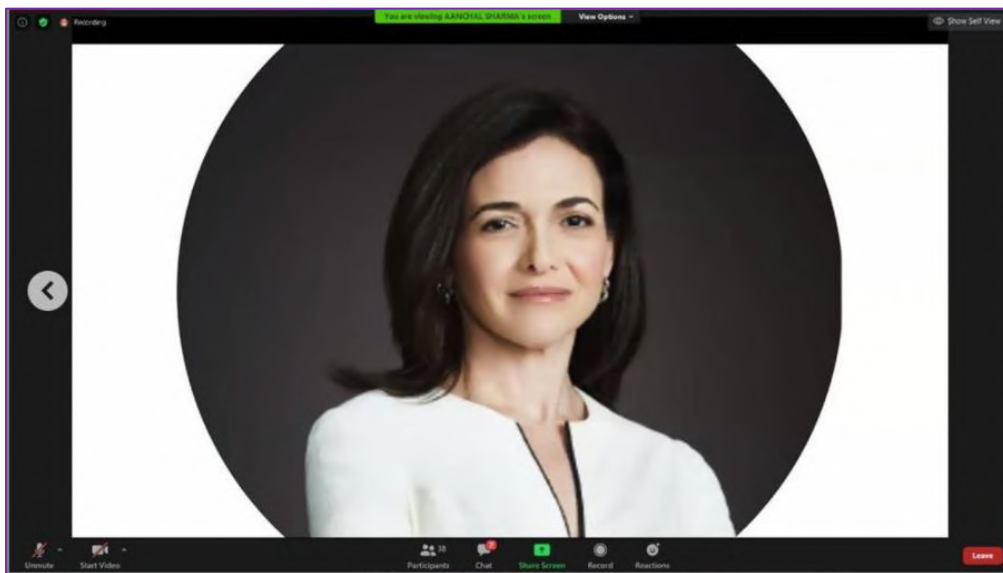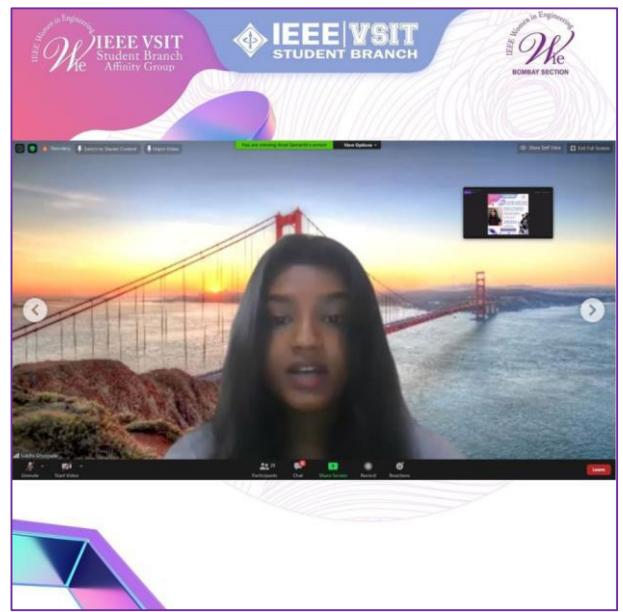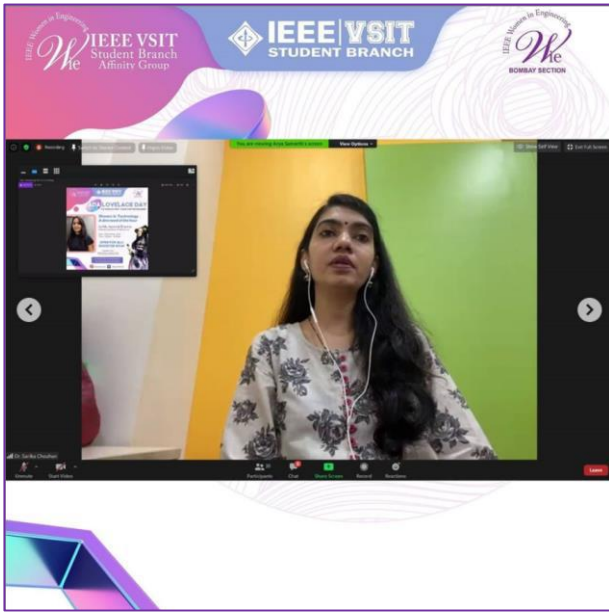
Skill & Knowledge Enhancement Programme-SKEP on "Cyber Security & Ethical Hacking"

Date:	6th February to 3rd April 2021
Time:	02:00 PM TO 4:00 PM
Platform:	ZOOM
Organized By:	IEEE-VSIT Student Branch
Faculty in-charge:	Dr. Sarika Chouhan (Branch Counselor, IEEE-VSIT SB)

The **IEEE-VSIT Student Branch** has organised 6 days long Skill & Knowledge Enhancement Programme-SKEP on **"Cyber Security & Ethical Hacking"** from the 6th of February 2021 to 3rd of April 2021. The workshop saw a great number of participants from IEEE-VSIT SB which totaled to around **55+** in number.

On Day 1 of SKEP **Dr. Sarika Chouhan,** Branch Counsellor, IEEE-VSIT SB welcomed all the participants and faculty members who were present for the event. She introduced our Guest speaker for this event **Mr. Yasir Shaikh** (Founder Macksofy Technologies & Information Security Trainer, CCNA, CEH, CEI, ECSA, CHFI, OSCP Certified). Mr. Yasir has multiple certifications CCNA, CEH, ECSA, CHFI, OSCP in his account. With over 4 plus years of experience in training. He is

continuously engaged in providing cyber security training to students and corporates all over the world. He has been continuously taking cyber security workshops and seminars all over India. Mr. Yasir has trained more than 3000 Students and more than 1000 corporates. Mr. Yasir has been invited as speaker in many International Conferences motivating everyone who see cyber security as a need and as a career option. Mr. Yasir is awarded as "Best Individual in Providing Cyber Security Training" By CSI in 2018. Multiple Agencies, Multinational Companies, Nationalized and International Banks are availing his cyber security solutions for deploying cyber security for their services. The 6-day event was commenced by Dr. Sarika Chouhan (Branch Counsellor, IEEE-VSIT SB) introducing to the attendees about the event and its benefits & importance.

Day-1

Mr. Yasir started by explaining the agenda of the event. He continued by simplifying what Ethical Hacking means and how people use it in their lives and jobs. Topics such as, Information Gathering, Scanning, Vulnerability Analysis were covered throughout the workshop.

The hands-on session began after Mr. Yasir made the participants familiar with Ethical Hacking. The participants were given a task of writing codes and performing them. He concluded each session by giving a short recap of it which included things which were covered in the session. Ethical hacking concepts, information security controls, Information security laws and standards were briefed.

Day-2

Session was started with brief revision on topics covered on day 1 followed by practical session where he taught students system hacking where practical were performed on Kali Linux.Malware Threats, theory and practical hands-on on various worms, Trojans, viruses were taught. How backdoors are created and how they are used to get the keystrokes of the victim as well as how to trace the origin of the Trojan horse or backdoor was taught.

Sniffing Attacks which covered how information is transferred over internet as well as how packets are theft and manipulated. Men In The Middle Attack was performed.

Social Engineering attack concept was explained which is a psychology to manipulate the victim in order to reveal sensitive data.

Day-3

Denial-Of-Service Attack, Session Hijacking, Evading IDS, Firewalls, and Honeypots topics were covered on Day-3. Denial –of-service Attack: How do attack is performed how to make a machine or network resource unavailable to its intended users by temporarily or indefinitely disrupting services of a host connected to the Internet. Session Hijacking: Session hijacking is an attack where a user session is taken over by an attacker. A session starts when you log into a service, for example your banking application, and ends when you log out. Firewall- Honeypots: Session where how the firewalls are configured how honeypots are setup in order to prevent a hacking attack

Day-4

Hacking Of Web Servers and Web Applications where student were taught on how to hack web servers, installing vulnerable web application on virtual system and how xss attack are performed was covered.
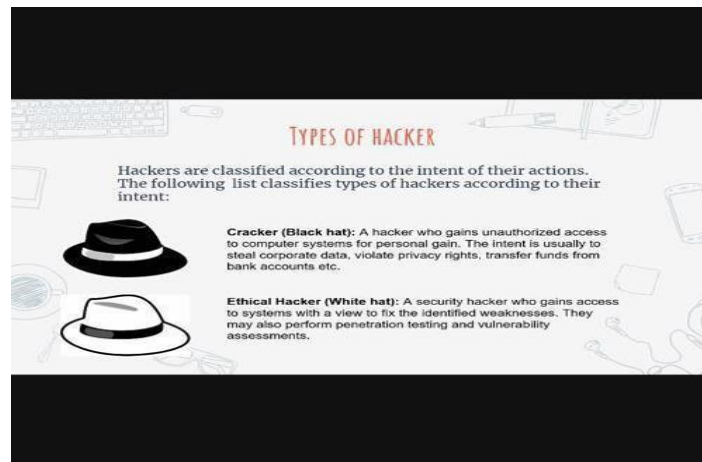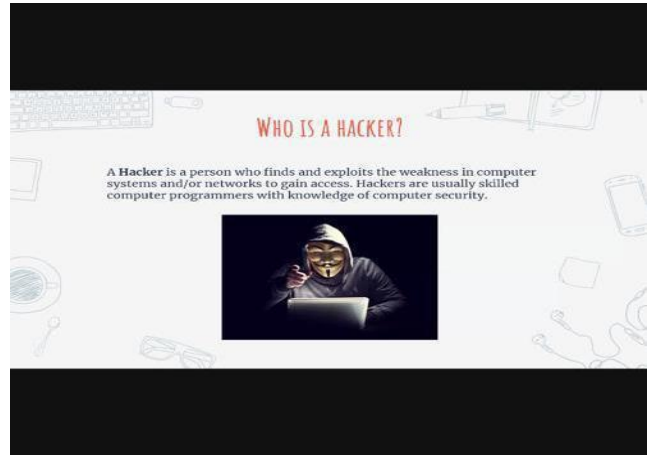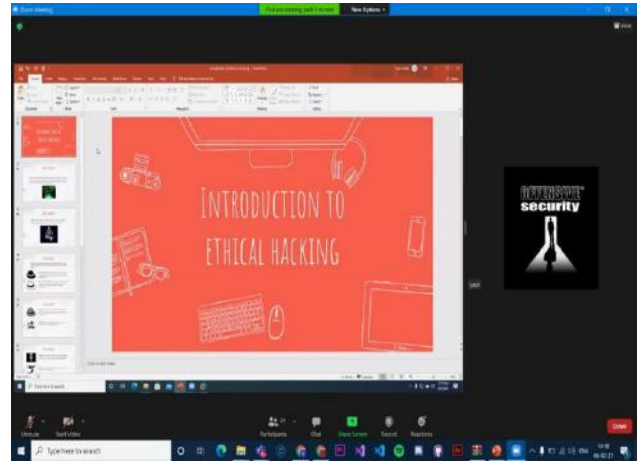
Day-5

A CTF challenge for students where they were taught to hack the system and web applications located on another system that was virtually connected and Cloud Computing, Cryptography giving knowledge on various encryption and decryption methods, various tools and techniques used to hide data were covered.

Day -6

SQL Injection, Hacking Wireless Networks, Hacking Mobile Platforms, IoT and OT Hacking topics were covered. Also a brief walkthrough of all the topics covered so far was given and doubts of all the students were solved concluding the 6 days training program.
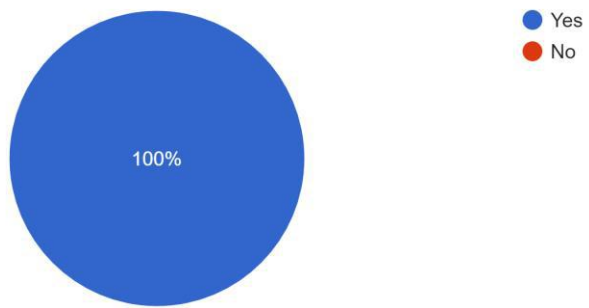
The 6-day event concluded by **Mr. Yasir** giving the feedback on the whole event and awarding 2 students from our branch, **Mr. Omkar Tawate** and **Mr. Hardik Dagha,** free CEH & CSCU EC Council certification from Macksofy.

Dr. Sarika Chouhan

Mackdroid

INTRODUCTION TO ETHICAL HACKING

WHAT IS HACKING?

Hacking is the activity of identifying weaknesses in a computer system or a network to exploit the security to gain access to personal data or business data. An example of computer hacking can be: using a password cracking algorithm to gain access to a computer system.

WHO IS A HACKER?

A Hacker is a person who finds and exploits the weakness in computer systems and/or networks to gain access. Hackers are usually skilled computer programmers with knowledge of computer security.

TYPES OF HACKER

Hackers are classified according to the intent of their actions. The following list classifies types of hackers according to their intent:

Cracker (Black hat): A hacker who gains unauthorized access to computer systems for personal gain. The intent is usually to steal corporate data, violate privacy rights, transfer funds from bank accounts etc.

Ethical Hacker (White hat): A security hacker who gains access to systems with a view to fix the identified weaknesses. They may also perform penetration testing and vulnerability assessments.

Feedback Analysis

Did you find the session informative?
49 responses

- Yes
- No

100%

How would you rate the quality of the session?

- Excellent
- Very good
- Good
- Average
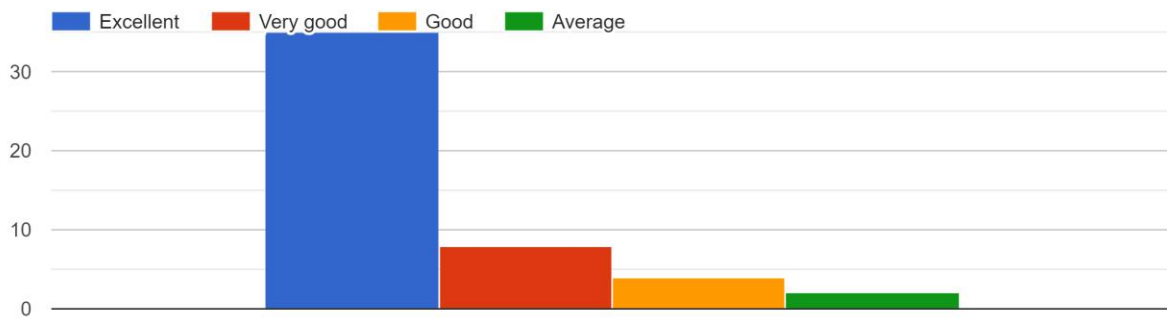
How well did this session meet your expectation?
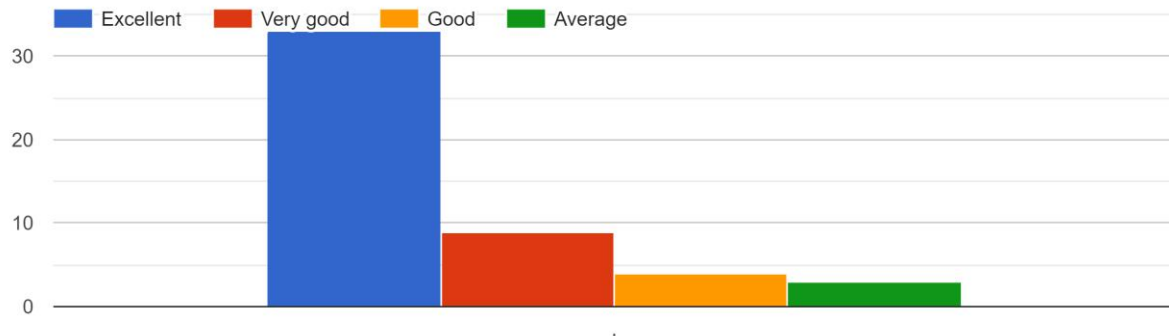
How well was the session delivered by the speaker?
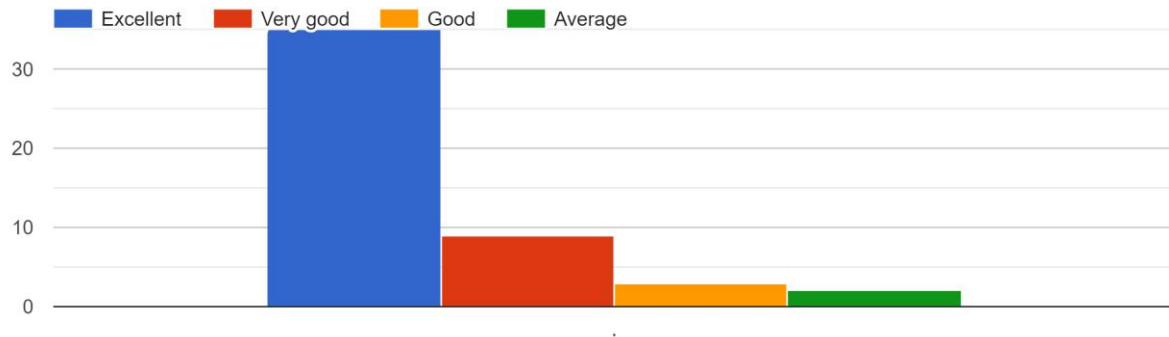
What are your takeaways from the session?

Very useful session enjoyed a lot

Excellent

Hacks links

Learned how trojan works and affects the machine

Knowledge

I learned a lot about professions related to hacking, their scope, their differences, uses (both, good and bad) and the moral code.

All about Ethical hacking

A lot

how the hacking is done by different ways

Cyber security detailed info

I learned more about cyber security

Skills

I learned how to get access using Kali Linux to other device using windows machine.

brief and informative session

Got to know about Hacking and what is ethical hacking and many more stuff

The session was informative.

Learnings of kali linux

Informative sessions

Brief and informative session

About different ways of attaking and finding info by using vmware

very informative

Learned the basics oncepts of ethical hacking.

Very informative.Satisfied with the information learn through the session

It was good

ibgot info about trojan

Viruses injection

Learned how to find vulnerabilities in a system and how hackers use it to gain access to systems.

Many different hacking methods such as creating my own virus , website hacking , pentesting , brute force attacks and also clearance of many other doubts . Thanks for all these .

How to test the security of the website

Yep improved my knowledge

Great information about cyber security including the basics of it.

Learned a lot about hackers , types of hackers , what is hacking , different types of attacks ,etc.

Such a informative session which play the important role in Cyber Security and IT filed. It shows the diversity of the core subjects and area of interest..!!

I got to know the different types of hackers and how they can use they exploits

It was interesting to learn about this topic. Looking forward to next session

about the basics of Ethical hacking

Information session

Types of hackers

Very informative

Comment/suggestion

It was very interesting and informative, learned a lot and enjoyed the learning process as well.

Sir is amazing, i just loved the way of teaching of sir, and also he's very very friendly

Awesome

I just was to thank Yasir sir for the knowledge I gained through him.

I loved the session. Learned lot of different things about hackers.

Glad to attend these session Thanks for your valuable knowledge and opportunity..!!

HOLISTIC WELLNESS IN THE TIMES OF CORONA - DAY 1

LET'S GO OUT! PSYCHOLOGICAL ASPECTS OF COPING WITH LIFE POST LOCKDOWN

Date:	**11ᵗʰ June, 2020**
Time:	**3:00pm to 4:00pm**
Platform:	**Microsoft Teams**
Arranged By:	**WIE Affinity Group of IEEE-VSIT Student Branch**
Faculty in-charge:	**Dr. Sarika Chouhan (Advisor, WIE Affinity Group of IEEE-VSIT SB) Ms. Ketaki Ghawali (Branch Mentor, IEEE-VSIT SB) Ms. Seema Bhatkar (Branch Mentor, IEEE-VSIT SB)**

Moving into Unlock 1.0, **WIE Affinity Group** of **IEEE-VSIT Student Branch** organized an amusing three-day Online sessions **"Holistic Wellness in the Times of Corona"** from 11ᵗʰ June to 13ᵗʰ June 2020. The guest speaker for day 1 was **Dr. Nidhi Thanawala** (Life Coach, Therapist, Psychology professor at H.R College) and the topic which she spoke on was **"Let's Go Out"- Psychological Aspects of Coping with Life post Lockdown**. The event saw a diverse pool of attendees which were **70+** in number consisting of VSIT's own students and faculty.

The event was commenced by **Dr. Sarika Chouhan** (Advisor, WIE Affinity Group of IEEE-VSIT SB) by welcoming all the attendees and introducing Dr. Thanawala to them. All the attendees were addressed by Dr. Thanawala and were cordially welcomed to the event.

Dr. Thanawala started her session with explaining the attendees on how to deal with lockdown and not to worry or panic rather develop a daily routine habit. Also, she talked about how one can be prepared for the post-lockdown or unlock world. Dr. Thanawala stated that we have to start reconnecting with the people that we used to meet before lockdown so that we can return to our routine. She shared that there are four important things that are needed to cope up with the lockdown which in her own words are "**SEWA** of which **S** stands for **Sleep**. Every person requires a minimum 8-hours of sleep. The **E** stands **Eating**. Everyone should eat healthy food so that our body remains healthy and fit. The **W** stands for **Water**. Every person should drink 3-4 litres of water everyday. The last letter **A** stands for **Air**. Everyone should inhale fresh and pure air." Dr. Thanawala then emphasised on how to escape the productivity trap. She explained that we should avoid the question of 'How productive have you been during the lockdown?' and not feel the pressure of being productive instead we should do things that are useful for us.

Dr. Thanawala gave some advice on how we should shape ourselves by following 4 steps which are: **Step-1.** We should uninstall all shopping applications. **Step-2.** We should not have any kind of wish lists in our pathways and should avoid messages that make us sad. **Step-3.** We should make a list of expenses that are essential and which are not. **Step-4.** We should make and follow a strict budget. She said that following these steps will shape us in a good way. She then stated that to deal with the psychological aspects of the Lockdown we should take various precautions. Dr. Thanawala concluded by saying that we should not fear anything and we should ask ourselves how rational the fear is?

Dr. Thanawala then responded to the questions in the Question and Answer session carried out by Dr. Sarika Chouhan. The questions were posed by the attendees which covered the basics of Psychological problems faced by people. The purpose of the event was to give everyone a brief about the importance of how to deal with difficult psychological situations at the early level in this short span of time which was surely met.

The event was brought to its conclusion by Khushi Sharma (Chair, WIE Affinity Group of IEEE-VSIT SB) presenting a vote of thanks to the speaker , Dr. Rohini Kelkar (Principal, VSIT), Mr. Asif Rampurawala (Vice-Principal, VSIT), Vidyalankar Dnyanapeeth Trust and the audience.
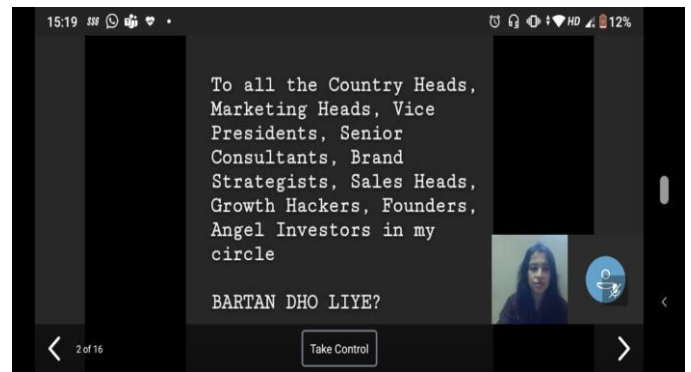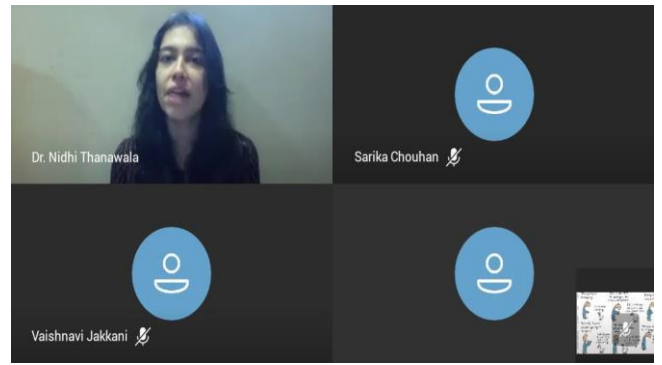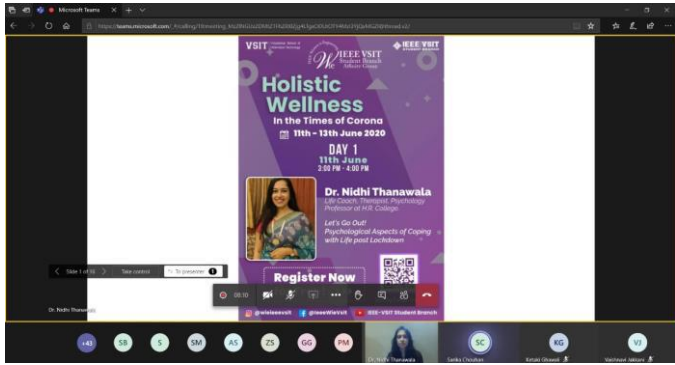
HOLISTIC WELLNESS IN THE TIMES OF CORONA - DAY 2

WELLNESS - WELLBEING WORKSHOP TIBETAN BOWL SOUND HEALING

Date:	**12th June, 2020**
Time:	**11:00am to 12:30pm**
Platform:	**Microsoft Teams**
Arranged By:	**WIE Affinity Group of IEEE-VSIT Student Branch**
Faculty in-charge:	**Dr. Sarika Chouhan (Advisor, WIE Affinity Group of IEEE-VSIT SB) Ms. Ketaki Ghawali (Branch Mentor, IEEE-VSIT SB) Ms. Seema Bhatkar (Branch Mentor, IEEE-VSIT SB)**

Moving into Unlock 1.0, **WIE Affinity Group** of **IEEE-VSIT Student Branch** organized an amusing three-day Online sessions **"Holistic Wellness in the Times of Corona"** from 11th June to 13th June 2020. The guest speaker for day 2 was **Ms. Prathama Nemane** (Sound Healer, Reiki Master, Asst. Professor at VSIT) and the activity which she spoke on and conducted was **"Wellness - Wellbeing Workshop, Tibetan Bowl Sound Healing"**. The event saw a diverse pool of attendees which were **60+** in number consisting of VSIT's own students and faculty.

The event was commenced by **Dr. Sarika Chouhan** (Advisor, WIE Affinity Group of IEEE-VSIT SB) by welcoming all the attendees and introducing Ms. Nemane to them. All the attendees were addressed by Ms. Nemane and were cordially welcomed to the event.

Ms. Nemane started her session with explaining to the attendees the six different aspects of her talk which are **Wellness, Wellbeing, Chakras, Nadayoga, Bij Mantras and Sound Healing**. She started by talking about Wellness. She quoted that Wellness is a dynamic process of change and growth. She shared that there are 6 different types of wellness which are: Social, Emotional, Physical, Environmental, Financial and Spiritual. Ms. Nemane stated that Wellbeing is the experience of health, happiness and prosperity. She said that there are 10 different foundations of wellbeing which include Self-caring, Mindfulness, Learning, Vitality, Gratitude, Confidence, Calm, Motivation, Courage and Lastly Services. Ms. Nemane then emphasised that the human body consists of energy and it has different types of Chakras that are present. The Chakras from top to bottom are the Crown Chakra, 3rd eye Chakra, Throat Chakra, Heart Chakra, Solar Plexus Chakra, the Sacral Chakra and the final one the Root Chakra.

Ms. Nemane gave relaxation to the attendees by conducting sound therapy which is the Nadayoga. She advised everyone to close their eyes and go into the posture of meditation she then made them relax their mind and body by repeating the sound thrice by saying SAA for the root chakra, REE for the Sacral chakra, GAA which replenishes the solar plexus chakra, MAA for the heart chakra, PAA for the throat chakra, DHA which enhances the 3rd eye chakra, NII for improving the crown chakra and in the end SAA for the overall body replenishment. She then enriched the chakras by repeating the sound of LAAM for the root chakra, VAAM for the sacral chakra, RAAM replenishing the solar plexus chakra, YAAM for the heart chakra, HAAM to improve the throat chakra, OM incrementing the 3rd eye chakra and lastly AUM to augment the crown chakras. Ms. Nemane concluded by relaxing and cooling down everyone's mind and soul using different Tibetan bowl sounds.

The purpose of the event was to give everyone a feeling of relaxation and enhancement to busy minds and souls in this short span of time which was surely met.

The event was brought to its conclusion by Siddhi Ghorpade (Vice Chair, WIE Affinity Group of IEEE-VSIT SB) presenting a vote of thanks to the speaker , Dr. Rohini Kelkar (Principal, VSIT), Mr. Asif Rampurawala (Vice-Principal, VSIT), Vidyalankar Dnyanapeeth Trust and the audience.

HOLISTIC WELLNESS IN THE TIMES OF CORONA - DAY 3

VIRTUAL ZUMBA SESSION

Date:	**13th June, 2020**
Time:	**11:00pm to 12:00pm**
Platform:	**Microsoft Teams**
Arranged By:	**WIE Affinity Group of IEEE-VSIT Student Branch**
Faculty in-charge:	**Dr. Sarika Chouhan (Advisor, WIE Affinity Group of IEEE-VSIT SB)** **Ms. Ketaki Ghawali (Branch Mentor, IEEE-VSIT SB)** **Ms. Seema Bhatkar (Branch Mentor, IEEE-VSIT SB)**

Moving into Unlock 1.0, **WIE Affinity Group** of **IEEE-VSIT Student Branch** organized an amusing three-day Online sessions **"Holistic Wellness in the Times of Corona"** from 11th June to 13th June 2020. The guest instructor for final day was **Mr. Lokesh Rane** (Licensed Zumba and Fitness Instructor, Founder - Dance Fitness with Loki) and the session which he conducted was **"Virtual Zumba Session"**. The event saw a diverse pool of attendees which were **60+** in number consisting of VSIT's own students and faculty.

The event was commenced by **Ms. Seema Bhatkar** (Branch Mentor, IEEE-VSIT SB) by welcoming all the attendees and introducing Mr. Rane to them. All the attendees were addressed by Mr. Rane and were cordially welcomed to the event.

As it was a Zumba session Mr. Rane started it with some light warm-up exercises so that the body can ready itself for an interesting workout. A good warm-up session is necessary so that the body can relax itself and we can be ready for a healthy workout. Mr. Rane continued with the dance form of Salsa. Salsa dance provides the body and heart various health benefits of an aerobic exercise. Mr. Rane encouraged everyone to groove into the sound of the music and let their body loose and enjoy the salsa moves. He then taught different moves which improves the health of the different parts of the body.

Mr. Rane then shifted to another famous dance form which is Bollywood style. Bollywood dance helps and Boosts coordination and rhythm of the body. He cheered everyone to let their body flow with the ecstatic bollywood songs which included 'Ghenda Phool', 'Ladki Aankh Maare' to name a few. Mr. Rane switched to Belly dancing. Belly Dance form increases the stability, balance and posture of your body. Mr. Rane concluded the workout by doing the Zumba stretching which helps the body relax.

The purpose of the event was to give everyone a feeling of enthusiasm, fitness, good health and energy to bodies in this short span of time which was surely met.

With this the 3-day event **"Holistic Wellness in the Times of Corona"** was brought to its conclusion by Karishma Bahl (Former Chair, WIE Affinity Group of IEEE-VSIT SB) presenting a vote of thanks to the instructor , Dr. Rohini Kelkar (Principal, VSIT), Mr. Asif Rampurawala (Vice-Principal, VSIT), Vidyalankar Dnyanapeeth Trust and the audience for their constant support and encouragement and it made this event a sure Success!
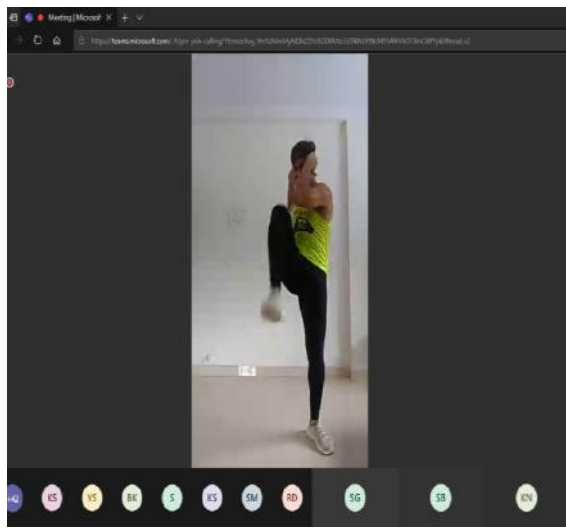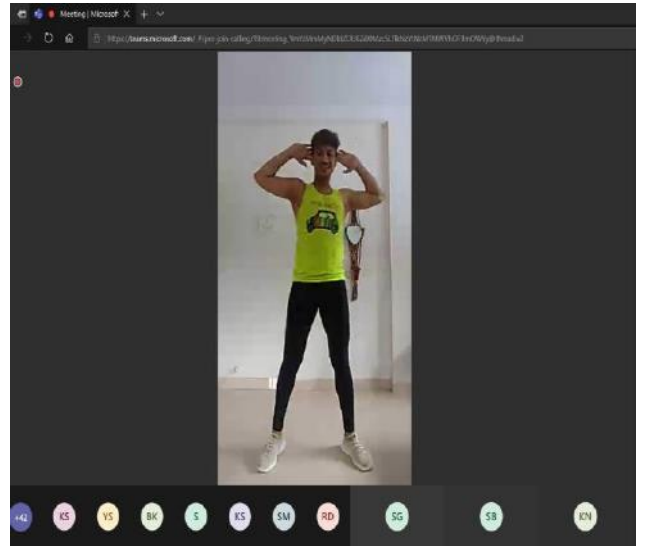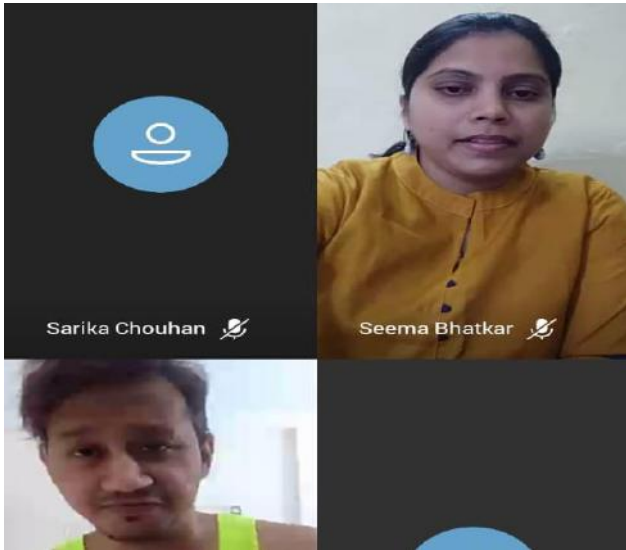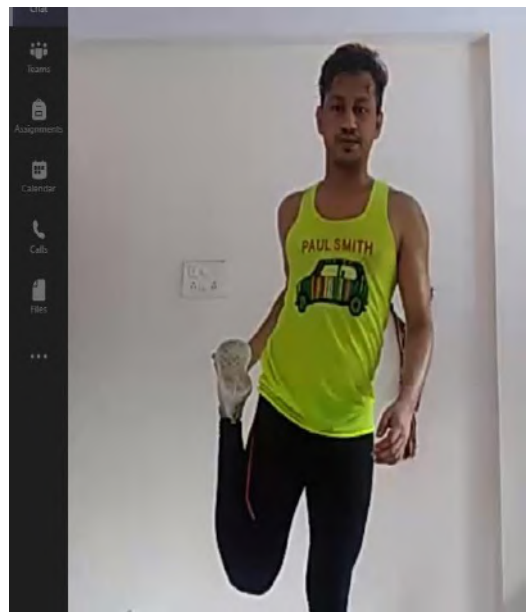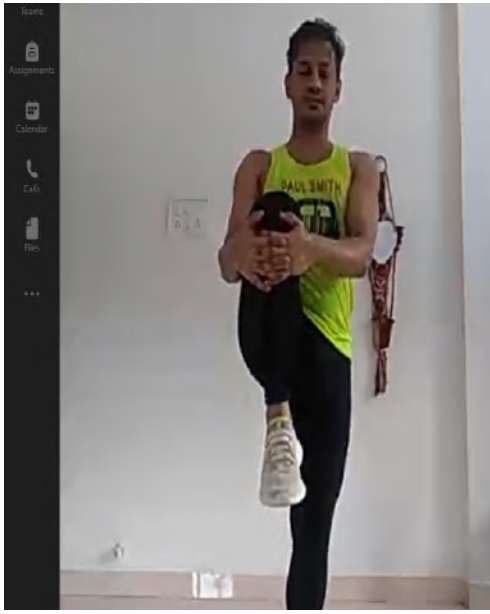
REPORT OF MENTORING

YEAR 2020 -2021

Coordinators:

1. Ms. Agnus Anthony Meledath
2. Ms Seema Vishwakarma

At VSIT we have an exceptional mentoring program for the students were the students get the opportunity to be counselled by their teachers on an online mode. This program helps to specifically foster the development of confident graduates and postgraduates with exceptional communications, leadership, critical thinking, ethical decision-making, and intrapersonal and interpersonal skills. It also helps undergraduate students in enhancing their talents in academic, professional, social, ethical and leadership qualities.

The objective of conducting Mentoring was mainly to build capability and self-reliance in the Mentees and helped them to clarify the Mentee's perspective while bringing an additional impartial view to bear on the issues. Developing confidentiality, trust, understanding, and positive expectation are key of successful mentoring. Sometimes, when the issues are straightforward and urgent, a Mentor might offer advice to the mentee to visit the campus counsellor.

In the first few months of the academic year, mentoring was conducted on an offline mode but due to pandemic it was conducted on an online mode on the MS teams app.

The process of mentoring was carried out in the following manner on the online mode. The list of the students allocated to the mentors was sent by mail. The soft copy of mentoring handbook was provided to collect the data of the students. All mentors had to fill the details of the mentoring sessions in the links provided after the mentoring sessions. Mentors created a meeting link on Microsoft teams as per convenience of mentees and shared the meeting link of the mentor- mentee interaction two days prior to the interaction. No recording of the interactions was done to maintain confidentiality, The first part of mentoring was group activity which was conducted by the mentors for the entire batch (once in a month).in which the mentors conducted some fun activities so that they can break the ice. Second part was one to one interaction online. (once in a month). If they came across any mentees who have major issues and needed personal counselling the names of such students with the details of student (name, course, roll number) were mailed to the mentoring in charges and they were asked to keep in touch with the students till further instruction from the mentoring committee. After the interaction mentors had to update the interaction details in an MS form created by the mentoring committee. The Mentoring committee prepared the reports based on MS Form filled by mentors after conducting the sessions.

Glimpses of the group activity by Mentors on online mode: