

List of Activities

Sr no	Title of the programme	Date and Duration (from-to)	Number of participants
1	Key to Health	03-09-2021	58
2	Blood Donation (Women's welfare)	22-09-2021 to 28-11-2021	58
3	Flash Mob for AIDS / HIV Awareness (CST, Dadar & Wadala Railway station)	15-11-2021 to 09-12-2021	107
4	Seminar on Women in Media	03-02-2022	166
5	Menstrual Health and Hygiene	05-02-2022	152
6	Webinar on Breast Cancer awareness	03-03-2022	353
7	Stree @ 2022 - Break the bias - "Know your rights" - A session on Women's right	07-03-2022	107
8	Stree @ 2022 - Break the bias - "Yoga Session" - Time for Inner Peace and Health	08-03-2022	107
9	Stree @ 2022 - Break the bias - "Self Defense" - Because safety comes first	09-03-2022	51
10	Stree @ 2022 - Break the bias - "Women's Health" - Happiness begins with good health	10-03-2022	109
11	Stree @ 2022 - Break the bias - "Personality Grooming" - Unbroken series of successful gestures	11-03-2022	42
12	Stree @ 2022 - Break the bias - Panel discussion on the theme "Break the Bias"	12-03-2022	55
13	The Art of Rangoli	12-03-2022	30

Webinar on Key to Health

Date of activity	3 rd September 2021
Platform	MS TEAMS

Vidyalankar School of Information Technology had organized a webinar on “Key to Health” by Mrs. Renu Chopra. There was overwhelming response for the session. Faculty members and students from VSIT joined the session.

The session commenced sharp at 3:00 pm. It began with an introduction of Mrs. Renu Chopra by Asst. Prof. Chitra More. Mrs. Renu took over the session explaining the food habits of college students. She said that it is very easy to eat unhealthy while away at college and it could be cheap and convenient, but most meals served in colleges are junk and lack vital nutrients. Most college students do not meet the daily fruit requirement, whole grain requirement and consume excessive amount of sodium. She also talked about some common nutrition myths that Eating after a certain time causes you to gain weight. You should cut carbs to lose weight. Fats and salt are bad for you and many more.



At the end she answered all the queries of students very nicely. It was really an interactive session in the presence of Committee members Prof Chitra More, Prof Janhavi Vadke and Prof Khushboo. Overall 58 students registered and attended the session.

KEY2HEALTH
 It's very easy to eat unhealthy while away at college.
 It could prove both cheap and convenient, however, it doesn't fulfil your nutritional requirements.

It's your CHOICE

KEY2HEALTH
 Common nutrition myths

- Fasting after a certain time causes you to gain weight.
- You should cut carbs to lose weight.
- Fats are bad for you.
- Gluten-free foods are healthier.
- Salt is bad for you.
- Dietary supplements are necessary to be healthy.
- Weight-loss products and supplements labeled as "natural" are safer and effective.

MYTHS vs FACTS

KEY2HEALTH
 Why Nutrition

- The average college student isn't the healthiest individual.
- Most meals served in the college are junk and lack vital nutrients.
- Most college students do not meet the daily fruit requirement, whole grain requirement, and consume an excessive amount of sodium.

BLOOD DONATION(WOMEN'S WELFARE)

SR.NO	VENUE	DATE	TOTAL NUMBERS OF VOLUNTEERS	TOTAL BLOOD UNITS COLLECTED	ORGANIZERS
01	Dadar station	22/09/2021	15	089	JagJivan Ram Hospital
02	Chembur	03/10/2021	02	150	Anvishka
03	Worli	03/10/2021	02	037	Anvishka
04	Borivali	04/10/2021	02	100	Anvishka
05	Byculla	06/10/2021	15	115	JagJivan Ram Hospital
06	Chembur	15/10/2021	02	056	Anvishka
07	Dadar	25/10/2021	08	183	Women welfare of railway
08	Dadar	26/10/2021	10	138	Sion hospital
09	Ghatkopar	28/11/2021	2	80	Anvishka

Description : Volunteers of NSS VSIT motivated pedestrians/local travelers to donate blood by holding motivational hoardings, some of the volunteers helped doctors for filling forms and certificates of donors and helped in checking B.P., hemoglobin, height, weight and blood groups.

Procedure : Volunteers of NSS Unit of Vidyalankar School of Information Technology volunteered at 09 blood donation drives in the month of September to November 2021 at certain locations namely Dadar, Byculla, Borivali, Chembur, Worli and Ghatkopar. In collaboration with following hospitals/blood banks: JagJivan Ram Hospital, Anvishka, Women Welfare of Railway and Sion Hospital. Total 101 volunteers participated in the Blood Donation Drive and total 810 Blood Units were collected successfully.

Some Glimpses of the activity:











Vidyalankar School of Information Technology NSS

Attendance Sheet

Activity Name: Blood Donation (Women welfare of railway)

Collaborated With:

Date of activity : 25/10/2021

Sr. No	Roll No.	First Name	Surname	Father Name	Mother Name	Program	Gender
1	20301B0060	BHAVANA	THAKUR	SACHIN	DAMAYANTI	BMS	Female
2	20301B0037	RUTUJA	PUPPULWAR	PRATAP	KRISHNA	BMS	Male
3	21301C0007	AVANTIKA	KHAMBAL	RATNAKAR	SANGITA	BMS	Female
4	21305C0014	LOCHAN	THALE	BALCHANDRA	SANGITA	BAF	Female
5	21305B0049	NEHA	MHASKE	CHINTAMANI	PRITI	BAF	Female
6	21305B0048	ANNAPURNA	KOLI	DNYANESHWAR	TANUJA	BAF	Female
7	21305C0060	PRITI	HANCHATE	VIJAY	SARIKA	BAF	Female
8	21305C0059	KIRTI	MORE	JITENDRA	JANVI	BAF	Female
9	21305C0006	GAYATRI	SHITOLE	MILIND	KIRTI	BAF	Female
10	21305C0055	SIDDHI	SONAR	DINESH	MANISHA	BAF	Female
11	21305B0038	SHARAVANI	EKILWALE	RAJESH	PADMINI	BAF	Female
12	21315A0035	ANITA	KATTEKOLA	RAGUNATH	JYOTASNA	Data science	Female
13	21301B0053	SHRUSTI	TARU	SURYAKANT	MANDA	BMS	Female
14	20301C0026	SHWETALI	SURYAVANSHI	MILIND	VAISHALI	BMS	Female
15	20301C0008	MANSI	SINGH	NAGENDRAPRASAD	SARITADEVI	BMS	Female

03/10/2021

Sr. No	Roll No.	First Name	Surname	Father Name	Mother Name	Program	Gender
1	20301B0060	BHAVANA	THAKUR	SACHIN	DAMAYANTI	BMS	Female
2	20301B0037	RUTUJA	PUPPULWAR	PRATAP	KRISHNA	BMS	Male

03/10/2021

Sr. No	Roll No.	First Name	Surname	Father Name	Mother Name	Program	Gender
1	20301B0037	RUTUJA	PUPPULWAR	PRATAP	KRISHNA	BMS	Male
2	21301C0007	AVANTIKA	KHAMBAL	RATNAKAR	SANGITA	BMS	Female

04/10/2021

Sr. No	Roll No.	First Name	Surname	Father Name	Mother Name	Program	Gender
1	21301C0007	AVANTIKA	KHAMBAL	RATNAKAR	SANGITA	BMS	Female
2	21305C0014	LOCHAN	THALE	BALCHANDRA	SANGITA	BAF	Female

06/10/2021

Sr. No	Roll No.	First Name	Surname	Father Name	Mother Name	Program	Gender
1	20301B0060	BHAVANA	THAKUR	SACHIN	DAMAYANTI	BMS	Female
2	20301B0037	RUTUJA	PUPPULWAR	PRATAP	KRISHNA	BMS	Male
3	21301C0007	AVANTIKA	KHAMBAL	RATNAKAR	SANGITA	BMS	Female
4	21305C0014	LOCHAN	THALE	BALCHANDRA	SANGITA	BAF	Female
5	21305B0049	NEHA	MHASKE	CHINTAMANI	PRITI	BAF	Female
6	21305B0048	ANNAPURNA	KOLI	DNYANESHWAR	TANUJA	BAF	Female
7	21305C0060	PRITI	HANCHATE	VIJAY	SARIKA	BAF	Female
8	21305C0059	KIRTI	MORE	JITENDRA	JANVI	BAF	Female
9	21305C0006	GAYATRI	SHITOLE	MILIND	KIRTI	BAF	Female
10	21305C0055	SIDDHI	SONAR	DINESH	MANISHA	BAF	Female
11	21305B0038	SHARAVANI	EKILWALE	RAJESH	PADMINI	BAF	Female
12	21315A0035	ANITA	KATTEKOLA	RAGUNATH	JYOTASNA	Data science	Female
13	21301B0053	SHRUSTI	TARU	SURYAKANT	MANDA	BMS	Female
14	20301C0026	SHWETALI	SURYAVANSHI	MILIND	VAISHALI	BMS	Female
15	20301C0008	MANSI	SINGH	NAGENDRAPRASAD	SARITADEVI	BMS	Female

15/10/2021

Sr. No	Roll No.	First Name	Surname	Father Name	Mother Name	Program	Gender
1	20301B0060	BHAVANA	THAKUR	SACHIN	DAMAYANTI	BMS	Female
2	20301B0037	RUTUJA	PUPPULWAR	PRATAP	KRISHNA	BMS	Male

25/10/2021

Sr. No	Roll No.	First Name	Surname	Father Name	Mother Name	Program	Gender
1	20301B0060	BHAVANA	THAKUR	SACHIN	DAMAYANTI	BMS	Female
2	20301B0037	RUTUJA	PUPPULWAR	PRATAP	KRISHNA	BMS	Male
3	21301C0007	AVANTIKA	KHAMBAL	RATNAKAR	SANGITA	BMS	Female
4	21305C0014	LOCHAN	THALE	BALCHANDRA	SANGITA	BAF	Female
5	21305B0049	NEHA	MHASKE	CHINTAMANI	PRITI	BAF	Female
6	21305B0048	ANNAPURNA	KOLI	DNYANESHWAR	TANUJA	BAF	Female

7	21305C0060	PRITI	HANCHATE	VIJAY	SARIKA	BAF	Female
8	21305C0059	KIRTI	MORE	JITENDRA	JANVI	BAF	Female

26/10/2021

Sr. No	Roll No.	First Name	Surname	Father Name	Mother Name	Program	Gender
1	20301B0060	BHAVANA	THAKUR	SACHIN	DAMAYANTI	BMS	Female
2	20301B0037	RUTUJA	PUPPULWAR	PRATAP	KRISHNA	BMS	Male
3	21301C0007	AVANTIKA	KHAMBAL	RATNAKAR	SANGITA	BMS	Female
4	21305C0014	LOCHAN	THALE	BALCHANDRA	SANGITA	BAF	Female
5	21305B0049	NEHA	MHASKE	CHINTAMANI	PRITI	BAF	Female
6	21305B0048	ANNAPURNA	KOLI	DNYANESHWAR	TANUJA	BAF	Female
7	21305C0060	PRITI	HANCHATE	VIJAY	SARIKA	BAF	Female
8	21305C0059	KIRTI	MORE	JITENDRA	JANVI	BAF	Female
9	21305C0006	GAYATRI	SHITOLE	MILIND	KIRTI	BAF	Female
10	21305C0055	SIDDHI	SONAR	DINESH	MANISHA	BAF	Female

28/11/2021

Sr. No	Roll No.	First Name	Surname	Father Name	Mother Name	Program	Gender
1	21305B0049	NEHA	MHASKE	CHINTAMANI	PRITI	BAF	Female
2	21305B0048	ANNAPURNA	KOLI	DNYANESHWAR	TANUJA	BAF	Female

Flash Mob for AIDS/HIV Awareness

Date of activity	15-11-2021 to 30-11-2021
Venue	Mumbai District, Wadala

The NSS team of VSIT, in collaboration with the Mumbai Aids Control Society and other NSS teams from other colleges, participated in a Flash Mob activity on AIDS and HIV awareness during World Aids Week by dance performance mashing-up three to four songs from October 15, 2021 to December 6, 2021. An average of 10 NSS volunteers from VSIT participated in this event at CSMT, Dadar and Wadala railway stations on different days.

SR.NO	VENUE	DATE	TOTAL NUMBER OF VOLUNTEERS	PRACTICE / EVENT
1	Wadala	15/11/2021	13	Practice
2	Wadala	16/11/2021	13	Practice
3	Wadala	18/11/2021	12	Practice
4	Wadala	21/11/2021	11	Practice
5	Wadala	22/11/2021	10	Practice
6	Wadala	24/11/2021	12	Practice
7	Wadala	25/11/2021	12	Practice
8	Wadala	27/11/2021	12	Practice
9	Wadala	29/11/2021	12	Practice
10	Wadala	30/11/2021	12	Practice
11	CSMT Station	01/12/2021	12	Event
12	Wadala	04/12/2021	12	Event
13	Wadala Station	07/12/2021	12	Event
14	Dadar Station	09/12/2021	12	Event

Glimpses of the event :





Vidyalkar School of Information Technology

NSS

Attendance Sheet

Activity Name: FLASHMOB

Collaborated With:

Date of activity : 15-11-2021 to 30-11-2021

Sr. No	Roll No.	First Name	Surname	Father Name	Mother Name	Program	Gender
1	21301B0029	SAYAN	PATRA	SUBATRA	KABITA	BMS	Male
2	21305C0012	SHALAKA	PAWAR	RAJENDRA	SARWADA	BAF	Female
3	21314A0070	RITIKA	NATEKAR	RAVINDRA	RACHANA	BAMMC	Female
4	21305B0019	KHUSHI	DICHOLKAR	SUSHIL	SONALI	BAF	Female
5	21314A0002	JANHVI	UTEKAR	VINAYAK	UJWALA	BAMMC	Female
6	21301B0053	SHRUSTI	TARU	SURYAKANT	MANDA	BMS	Female
7	21301B0035	NIMEESHA	SAWANT	DATTATRAY	DEEPALI	BMS	Female
8	21301A0039	KAJAL	UMARI NYA	ASHOK	VEENA	BMS	Female
9	20302A0046	JASHIKA	PATEL	ASHOK	SHILPA	B.Sc.IT	Female
10	20301C0055	ISHRITA	KASHTE	HITESH	URMILA	BMS	Female
11	21302C0012	SRIKANTH	SIDDABATTULA	LOKNATH	PUNAYAVATHI	B.Sc.IT	Male
12	21301B0029	SAYAN	PATRA	SUBATRA	KABITA	BMS	Male
13	21305C0012	SHALAKA	PAWAR	RAJENDRA	SARWADA	BAF	Female
14	21314A0070	RITIKA	NATEKAR	RAVINDRA	RACHANA	BAMMC	Female
15	21301B0053	SHRUSTI	TARU	SURYAKANT	MANDA	BMS	Female

16	21301B0035	NIMEESHA	SAWAN T	DATTATRAY	DEEPALI	BMS	Female
17	21301A0039	KAJAL	UMARI NYA	ASHOK	VEENA	BMS	Female
19	20302A0046	JASHIKA	PATEL	ASHOK	SHILPA	B.Sc.IT	Female
20	20301C0055	ISHRITA	KASHTTE	HITESH	URMILA	BMS	Female
21	21302C0012	SRIKANTH	SIDDAB ATTULA	LOKNATH	PUNAYAVATHI	B.Sc.IT	Male
22	21301B0029	SAYAN	PATRA	SUBATRA	KABITA	BMS	Male
23	21305C0012	SHALAKA	PAWAR	RAJENDRA	SARWADA	BAF	Female
24	21305B0019	KHUSHI	DICHOL KAR	SUSHIL	SONALI	BAF	Female
25	21301B0053	SHRUSTI	TARU	SURYAKANT	MANDA	BMS	Female
26	21301B0035	NIMEESHA	SAWAN T	DATTATRAY	DEEPALI	BMS	Female
27	21301A0039	KAJAL	UMARI NYA	ASHOK	VEENA	BMS	Female
28	20302A0046	JASHIKA	PATEL	ASHOK	SHILPA	B.Sc.IT	Female
29	20301C0055	ISHRITA	KASHTTE	HITESH	URMILA	BMS	Female
30	21302C0012	SRIKANTH	SIDDAB ATTULA	LOKNATH	PUNAYAVATHI	B.Sc.IT	Male
31	21301B0029	SAYAN	PATRA	SUBATRA	KABITA	BMS	Male
32	21305B0038	SHARAVANI	EKILWALE	RAJESH	PADMINI	BAF	Female
33	21305B0019	KHUSHI	DICHOL KAR	SUSHIL	SONALI	BAF	Female
34	21301B0053	SHRUSTI	TARU	SURYAKANT	MANDA	BMS	Female
35	21301B0035	NIMEESHA	SAWAN T	DATTATRAY	DEEPALI	BMS	Female
36	21301A0039	KAJAL	UMARI NYA	ASHOK	VEENA	BMS	Female
37	20302A0046	JASHIKA	PATEL	ASHOK	SHILPA	B.Sc.IT	Female
38	21301C0012	CHAITRALI	PADYAL	JANARDHAN	DHANASHREE	BMS	Female
39	20301C0055	ISHRITA	KASHTTE	HITESH	URMILA	BMS	Female
40	21302C0012	SRIKANTH	SIDDAB ATTULA	LOKNATH	PUNAYAVATHI	B.Sc.IT	Male
41	21301B0029	SAYAN	PATRA	SUBATRA	KABITA	BMS	Male

42	21305C0012	SHALAKA	PAWAR	RAJENDRA	SARWADA	BAF	Female
43	21305B0019	KHUSHI	DICHOLKAR	SUSHIL	SONALI	BAF	Female
44	21301B0053	SHRUSTI	TARU	SURYAKANT	MANDA	BMS	Female
45	21301B0035	NIMEESHA	SAWANT	DATTATRAY	DEEPALI	BMS	Female
46	21301A0039	KAJAL	UMARINYA	ASHOK	VEENA	BMS	Female
47	20302A0046	JASHIKA	PATEL	ASHOK	SHILPA	B.Sc.IT	Female
48	20301C0055	ISHRITA	KASHTTE	HITESH	URMILA	BMS	Female
49	21301A0054	AMIT	SEELAM	VENKATESHWARA RAO	NAGAKUMARI	BMS	Male
50	21302C0012	SRIKANTH	SIDDAB ATTULA	LOKNATH	PUNAYAVATHI	B.Sc.IT	Male
51	21301B0029	SAYAN	PATRA	SUBATRA	KABITA	BMS	Male
52	21305C0012	SHALAKA	PAWAR	RAJENDRA	SARWADA	BAF	Female
53	21305B0019	KHUSHI	DICHOLKAR	SUSHIL	SONALI	BAF	Female
54	21301B0053	SHRUSTI	TARU	SURYAKANT	MANDA	BMS	Female
55	21301B0035	NIMEESHA	SAWANT	DATTATRAY	DEEPALI	BMS	Female
56	21301C0012	CHAITRALI	PADYAL	JANARDHAN	DHANASHREE	BMS	Female
57	21301A0039	KAJAL	UMARINYA	ASHOK	VEENA	BMS	Female
58	21302C0012	SRIKANTH	SIDDAB ATTULA	LOKNATH	PUNAYAVATHI	B.Sc.IT	Male
59	21301A0054	AMIT	SEELAM	VENKATESHWARA RAO	NAGAKUMARI	BMS	Male
60	21305C0012	SHALAKA	PAWAR	RAJENDRA	SARWADA	BAF	Female
61	21305B0019	KHUSHI	DICHOLKAR	SUSHIL	SONALI	BAF	Female
62	21301B0053	SHRUSTI	TARU	SURYAKANT	MANDA	BMS	Female
63	21301B0035	NIMEESHA	SAWANT	DATTATRAY	DEEPALI	BMS	Female
64	21301A0039	KAJAL	UMARINYA	ASHOK	VEENA	BMS	Female
65	21301C0012	CHAITRALI	PADYAL	JANARDHAN	DHANASHREE	BMS	Female

66	21314A0002	JANHVI	UTEKAR	VINAYAK	UJWALA	BAMMC	Female
67	21302C0012	SRIKANTH	SIDDABATTULA	LOKNATH	PUNAYAVATHI	B.Sc.IT	Male
68	21301B0029	SAYAN	PATRA	SUBATRA	KABITA	BMS	Male
69	21305C0012	SHALAKA	PAWAR	RAJENDRA	SARWADA	BAF	Female
70	21305B0019	KHUSHI	DICHOLKAR	SUSHIL	SONALI	BAF	Female
71	21301B0053	SHRUSTI	TARU	SURYAKANT	MANDA	BMS	Female
72	21301B0035	NIMEESHA	SAWANT	DATTATRAY	DEEPALI	BMS	Female
73	21301A0039	KAJAL	UMARINYA	ASHOK	VEENA	BMS	Female
74	20302A0046	JASHIKA	PATEL	ASHOK	SHILPA	B.Sc.IT	Female
75	21302C0012	SRIKANTH	SIDDABATTULA	LOKNATH	PUNAYAVATHI	B.Sc.IT	Male
76	21301B0029	SAYAN	PATRA	SUBATRA	KABITA	BMS	Male
77	21305C0012	SHALAKA	PAWAR	RAJENDRA	SARWADA	BAF	Female
78	21305B0019	KHUSHI	DICHOLKAR	SUSHIL	SONALI	BAF	Female
79	21301B0053	SHRUSTI	TARU	SURYAKANT	MANDA	BMS	Female
80	21301B0035	NIMEESHA	SAWANT	DATTATRAY	DEEPALI	BMS	Female
81	21301A0039	KAJAL	UMARINYA	ASHOK	VEENA	BMS	Female
82	21314A0002	JANHVI	UTEKAR	VINAYAK	UJWALA	BAMMC	Female
83	20302A0046	JASHIKA	PATEL	ASHOK	SHILPA	B.Sc.IT	Female
84	21302C0012	SRIKANTH	SIDDABATTULA	LOKNATH	PUNAYAVATHI	B.Sc.IT	Male
85	21301B0029	SAYAN	PATRA	SUBATRA	KABITA	BMS	Male
86	21314A0070	RITIKA	NATEKAR	RAVINDRA	RACHANA	BAMMC	Female
87	21305B0019	KHUSHI	DICHOLKAR	SUSHIL	SONALI	BAF	Female
88	21301B0053	SHRUSTI	TARU	SURYAKANT	MANDA	BMS	Female
89	21301B0035	NIMEESHA	SAWANT	DATTATRAY	DEEPALI	BMS	Female

90	21301A0039	KAJAL	UMARI NYA	ASHOK	VEENA	BMS	Femal e
91	21301A0054	AMIT	SEELAM	VENKATESHWARA RAO	NAGAKUM ARI	BMS	Male
92	20302A0046	JASHIKA	PATEL	ASHOK	SHILPA	B.Sc.IT	Femal e
94	20301C0055	ISHRITA	KASHTTE	HITESH	URMILA	BMS	Femal e
95	21314A0002	JANHVI	UTEKAR	VINAYAK	UJWALA	BAMMC	Femal e
96	21302C0012	SRIKANTH	SIDDAB ATTULA	LOKNATH	PUNAYAVA THI	B.Sc.IT	Male
97	21301B0029	SAYAN	PATRA	SUBATRA	KABITA	BMS	Male
98	21314A0070	RITIKA	NATEKA R	RAVINDRA	RACHANA	BAMMC	Femal e
99	21305B0019	KHUSHI	DICHOL KAR	SUSHIL	SONALI	BAF	Femal e
100	21301B0053	SHRUSTI	TARU	SURYAKANT	MANDA	BMS	Femal e
101	21301B0035	NIMEESHA	SAWAN T	DATTATRAY	DEEPALI	BMS	Femal e
102	21301A0039	KAJAL	UMARI NYA	ASHOK	VEENA	BMS	Femal e
103	21301A0054	AMIT	SEELAM	VENKATESHWARA RAO	NAGAKUM ARI	BMS	Male
104	20302A0046	JASHIKA	PATEL	ASHOK	SHILPA	B.Sc.IT	Femal e
105	20301C0055	ISHRITA	KASHTTE	HITESH	URMILA	BMS	Femal e
106	21314A0002	JANHVI	UTEKAR	VINAYAK	UJWALA	BAMMC	Femal e
107	21305C0012	SHALAKA	PAWAR	RAJENDRA	SARWADA	BAF	Femal e

Webinar: Women in Media

Date Of Activity:	February 3, 2022
Platform:	M.S. Teams
Time:	11:30 a.m to 1:00 p.m
No. of Students Present:	166

A seminar was organized by the department of Mass Media for the students for FYBAMMC & SYBAMMC on the topic of “WOMEN IN MEDIA”. The lecture commenced at 11:30am and concluded at 1:00pm, the resource person, Prof. Daivata Patil, she is a faculty member with department of Communication & Journalism, University of Mumbai since 2008. She is also associated with Onjal Arts Production as Creative Producer since 2016. She has produced a Marathi feature film `Barayan` that theatrically released on Jan 2018 all over Maharashtra and was very well received by the audiences.

The lecture was commenced with the latest trending item song from Pushpa Movie- The lyrics bashes men for stereotyping women. The song highlights the concept of `Male Gaze`. Movies were primarily viewed by men. How will this change? With more women working behind the camera, in the roles of producers, directors etc.

“IT’S NOT ONLY ABOUT WOMEN”.

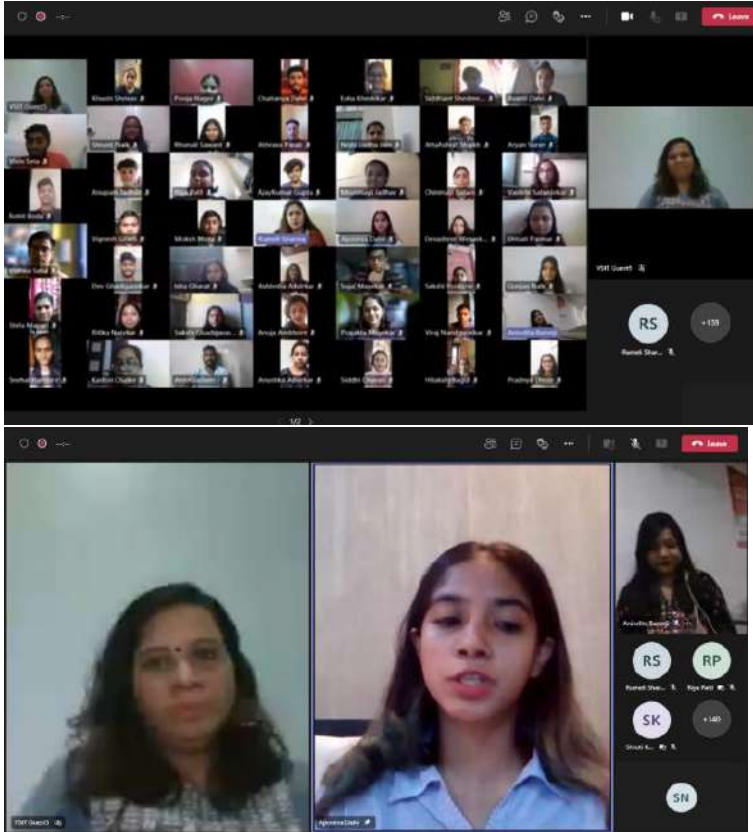
Four issues were addressed:

- Stereotyping
- Under-representation
- Over-representation
- Misrepresentation

Students had an interactive question & answer session with ma`am where questions like

- How to counter `Male Gaze`?
- How more women in all walks of life – Journalism, Producers, Photographers, etc.

The session was not only informative but also interactive for the students.



Report on Menstrual Health and Hygiene Session conducted by Women Development Cell & Parent Interaction Committee

Women Development Cell and Parents Interaction Committee together had organized a session on “Menstrual Health and Hygiene Session” for Parents and students.

Date: Tuesday, 5th February 2022

Time: 10.00 a.m. to 1.00 p.m.

Speaker: Ms Nitya Chaudhary

Platform: MS Teams

Audience: Parents, Students, and Faculty.

No. of Attendees: 152

Session Link: <https://bit.ly/3ACT6al>



The session was conducted by Ms. Nitya Chaudhary, CSR Executive for Unicharm India, New Delhi. She specializes in social work, women empowerment and project management and has been associated with unique Charm India since 2016. She holds an experience of conducting more than 600 sessions for menstrual health and hygiene. The objective of the session was to make the females understand the onset of menstruation which is one of the most important physiological changes that occur in girls during their adolescent years, and it is surrounded by a lot of myths and misconceptions. Ms. Nitya had also explained about the changes that happens in a female body as per the age. Overall it was a very good and informative session for the participants which later ended with question and answer session.

MENSTRUAL HEALTH & HYGIENE MANAGEMENT



CSR Initiative of Unicharm India

CHILDREN ENTER PUBERTY ANYTIME IN THE EARLY ADOLESCENCE DEPENDING ON THEIR GENETIC, BIOLOGICAL & SOCIAL FACTORS

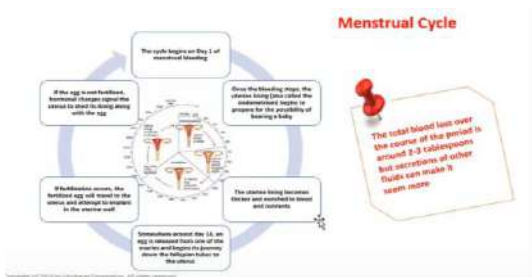
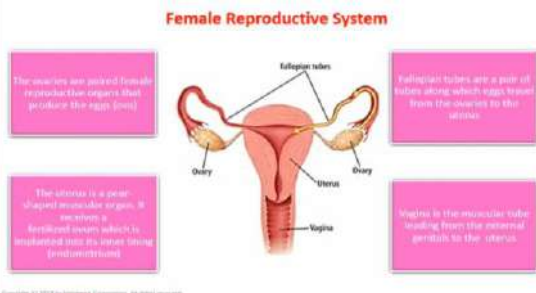
Early Adolescence - (10 to 13 Years of age)
Transition to adolescence characterized by puberty

Middle Adolescence - (14 to 16 years of age)
Essence of adolescence, strong peer group influence

Late Adolescence - (17-19 years of age)
Transition to adulthood and adult roles.

Puberty is the process of physical changes through which a child's body matures into an adult body capable of reproduction. It is initiated by hormonal signals from the brain to the gonads (ovaries in girls, testes in boys).

Adulthood is the period in the human lifespan in which full physical and intellectual maturity has been attained. Adulthood is commonly thought of as beginning between the age 18 to 21 years.



Menstrual Management

This will give you an idea about:

- Length of your menstrual cycle
- Number of days you bleed

Tracking your menstrual cycle will help you to stay prepared for the next menstruation.

The average menstrual cycle is 28 days long. It usually happens between 22-40 days.

A menstrual cycle is counted from the first day of one menstruation to the first day of the next menstruation.

Tracking is important to understand our cycle, as well as to have healthy periods. Missing periods or having prolonged periods are causes of:

- PCOS
- Thyroid disorders
- Uterine fibroids
- Diabetes
- Endometriosis
- PID (Pelvic Inflammatory Disease)

FOR THE CHILDREN... WHAT DO WE DO...?

Parental duty...

- Moving towards independence – taking ownership of your life choices/ actions/ emotions.
- Not just right, responsibility...!
- Discussing and negotiating – not demanding...!
- Learning to accept "no" – no one is entitled to have it all their way...!
- Being very important...!
- Don't be in a hurry – learn to let your parents have "seniority" over longer...!

Importance of:

- Patience
- Communication
- Empathy
- Learning to let go – allowing more decision-making power with your child
- Sharing the process – make your child a partner in the process.

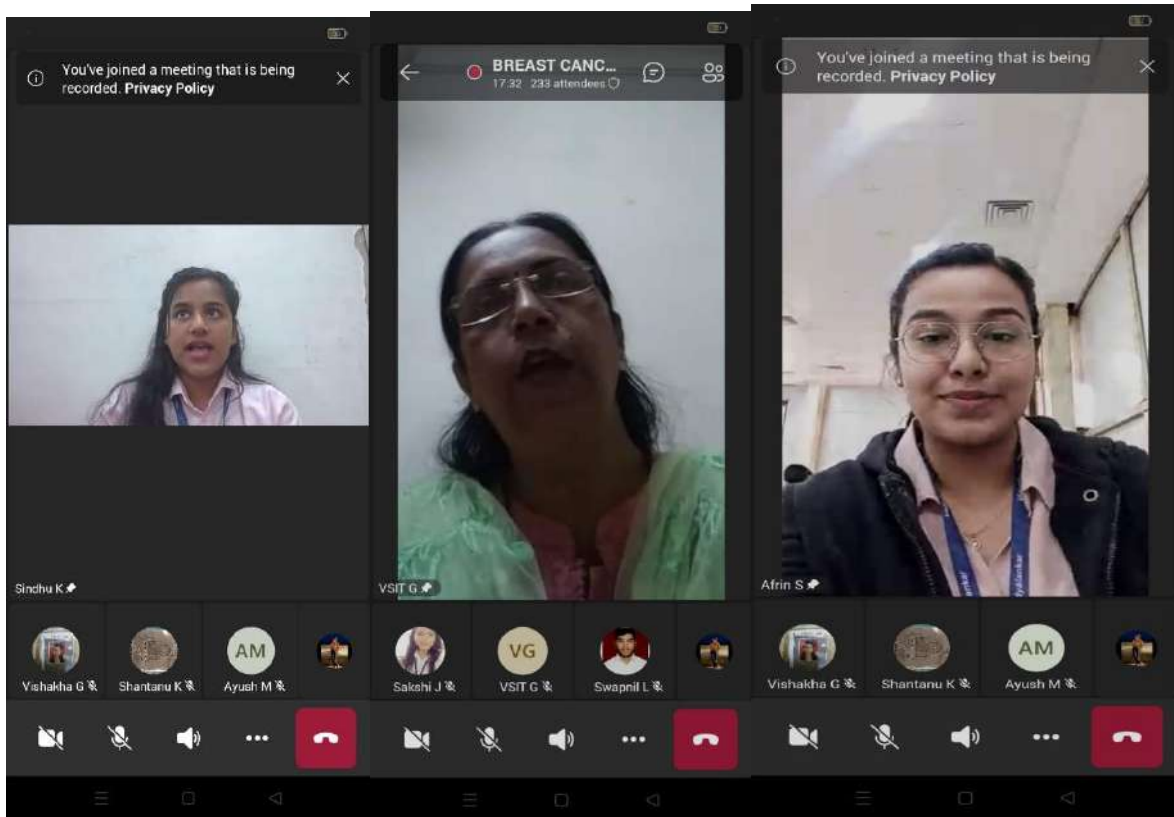
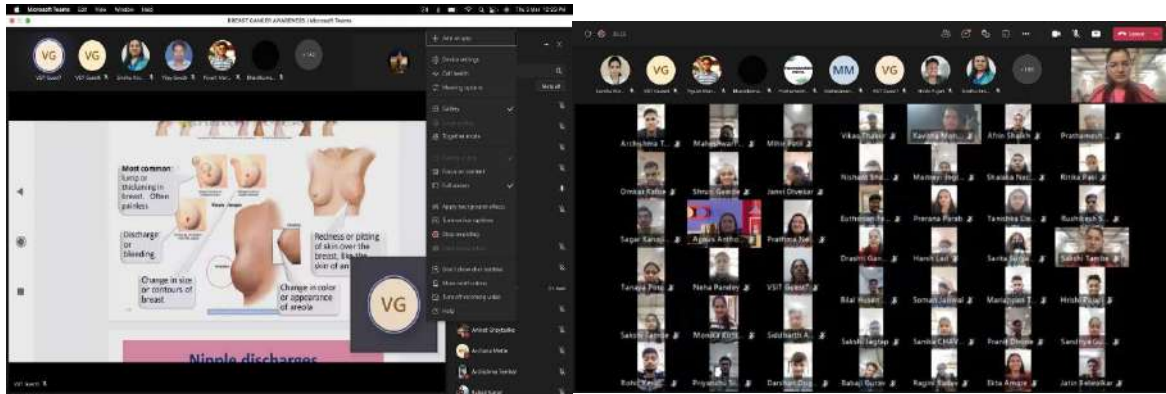
Webinar on BREAST CANCER AWARENESS

Date of the activity	03 rd March 2022
Platform	MS Teams
No. of Attendees	353

IQAC in association with NSS unit of VSIT & Pahile Majhe Kartavya foundation has organised Breast Cancer Awareness. Our resource persons were Dr. Sandip Bipte, Ms. Nayna Kanal (breast cancer survivor) and Ms. Vishakha Pawar. On 3rd March 2022 at 11:30 AM on Microsoft Teams. The Session Was conducted for the Students & Faculty Members across all the streams. The session was attended by 353 attendees & the founder trustee & president of the foundation Mrs. Nayna D Kanal has shared her experienced from the beginning and we had learned a lot about how to identify the cancer as well as she had explained it with the help of diagram. Mrs. Vishkha Pawar had cleared the doubts of each and every students & Faculty Members. We learned about how difficult it is to be a cancer patient it requires a lot of courage, the one thing we learned from this session that we should never lose our hopes in any situation.



The session was ended with vote of thanks by Hrishu Pujari Student of SYBBI.



STREE@2022 - BREAK THE BIAS

Date: 7th March - 12th March 2022

Platform: Zoom

No of Participants: 434 (313 students, 121 Faculty members)

Topic: “STREE@2022 BREAK THE BIAS”

Organized By: IEEE-WIE-VSIT and WDC

Faculty in-charge:

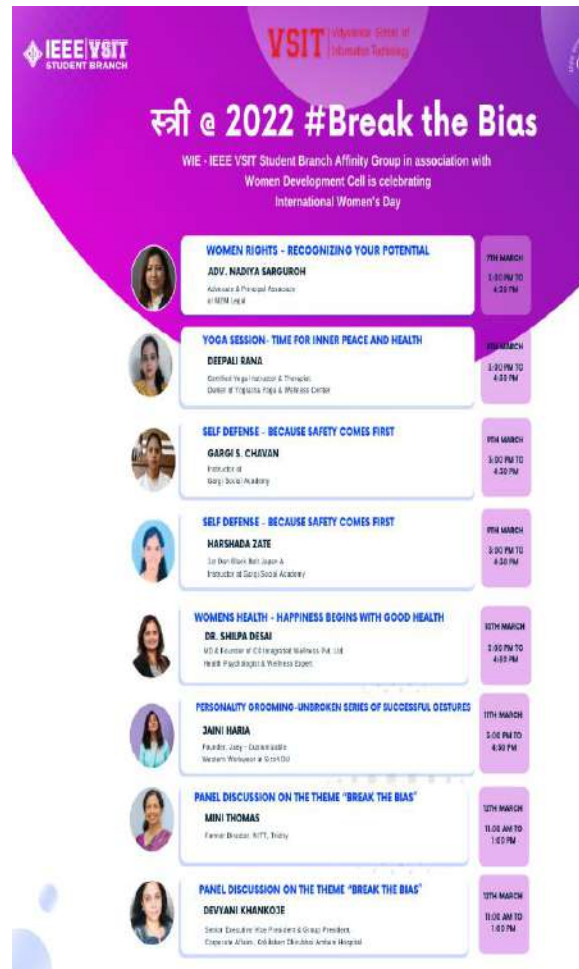
Dr. Sarika Chouhan
(Branch Counsellor, IEEE-VSIT SB)

Ms. Aasha Chavan
(IEEE-VSIT SB Mentor)

Mr. Laxmikant Manchekar
(IEEE-VSIT SB Mentor)

Dr. Kimaya Shelar
(WDC Convener)

Ms. Madhavi Amondkar
(WDC Convener)



WIE-IEEE VSIT Student Branch Affinity group in association with Women’s Development Cell of Vidyalankar School of Information Technology (VSIT) organised a weeklong International Women’s Day celebration, keeping this year’s theme: “Stree@2022- “Break the Bias”.

A total of six sessions of 1.5 hours each were conducted on 6 days: 07th-12th March 2022. The participants included faculty members and students from VSIT. The objective of this activity is to strengthen women's inner strength to face any challenges in life and to celebrate womanhood.

DAY 1

Inauguration:

Date:	7th March 2022
Time:	3:00 PM TO 4:30 PM
Attendance:	70 (33 students and 37 Faculty members)

Athira Kollara, the Chairperson of WIE VSIT SB welcomed all the participants. This was followed by the Saraswati Mantra and the welcome address rendered by the CAO & WIE-IEE VSIT Advisor of the IT Department, Dr. Sarika Chauhan. The inauguration was also graced by the presence of the Principal of VSIT, Dr. Rohini Kelkar. She also welcomed the participants and extended her best wishes to the organising team. The General Secretary of WIE IEEE VSIT SB, Riya Kadam welcomed Adv. Nadiya Sarguroh Advocate & Principal Associate at MZM Legal.

The poster is for the International Women's Day 2022 celebration. It features the VSIT logo (Vidyalankar School of Information Technology) and the IEEE VSIT Student Branch Affinity Group logo. The text reads: "WIE-IEEE VSIT Student Branch Affinity Group in association with Women Development Cell is Celebrating, International Women's Day स्त्री @ 2022 #Break the bias From 7th March to 12th March 2022". Below this, there are six yellow circular icons representing the activities: Self Defence, Yoga, Personality Grooming, Women's Health, Panel Discussion, and Women's Rights. At the bottom, it says "On Zoom platform".

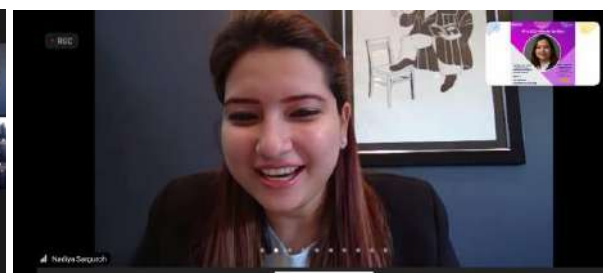
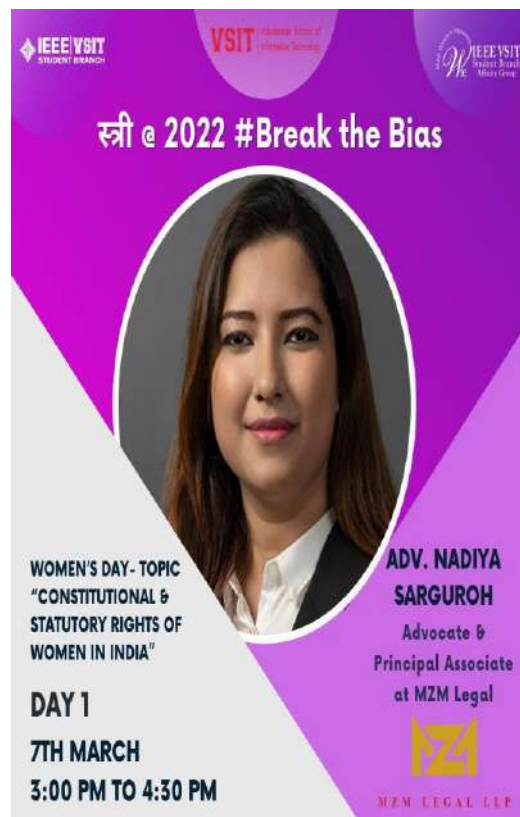
“Know your Rights” – A session on Women’s right

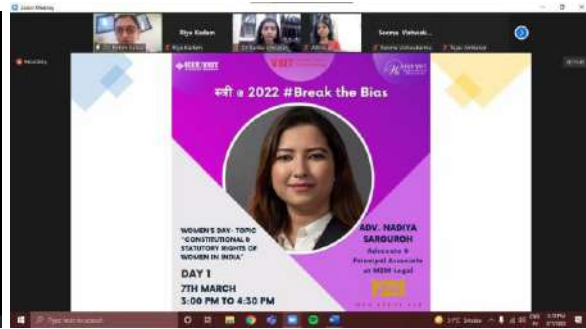
Date:	7th March 2022
Time:	3:00 PM TO 4:30 PM
Attendance:	107(83 students and 24 Faculty members)

Ms. Nadiya Sarguroh joined MZM Legal as an Associate in 2017 and has been actively working with MZM on a variety of complex Dispute Resolution and Corporate Litigation cases since then. She also has extensive experience working on Corporate Transactions and Litigation. She has a master's degree in Intellectual Property Rights and a Post Graduate Diploma in Alternative Dispute Resolution from the University of Mumbai.

She started her session by talking about the importance of women empowerment and women’s day. She explained why it is necessary for not only women but people in general to know their own rights. She also talked about the history of women’s rights and the oppression faced by women. Further she went on to explain the various rights that are granted to women by the Constitution of India such as Right to Equality under Article 14 and 15, Equality in Employment and Salaries under Article 16. She spoke about the Sexual Harassment Act 2013, daughters having equal succession in HUF under the Hindu Succession Act, Maternity Benefit Act 1961, Protection of Women from Domestic Violence Act 2005. She answered various queries raised by the participants.

Dr. Sarika Chouhan presented a small e-memento from IEEE-WIE VSIT and WDC VSIT. Ms. Aasha Chavan thanked all participants, the speaker and the committee members for their valuable contributions towards successful conduction of STREE@2022 Day-1. The day ended on a positive note with all delegates and volunteers smiling for a group picture.





DAY 2

“Yoga Session”-Time For Inner Peace & Health

Date:	8th March 2022
Time:	3:00 PM TO 4:30 PM
Attendance:	107(83 students and 24 Faculty members)

Chetna Bendale, the former GS of WIE IEEE VSIT students branch gave a warm welcome to all faculty members and participants for Day 2 Stree@2022 session. Ms. Madhavi Amondkar Convener of Women Development Cell greeted all attendees and introduced the session. Chairperson of IEEE VSIT SB, Tejas Ambekar introduced the Guest Speaker- Deepali Rana, Certified Yoga Therapist.

Deepali Rana is a Certified Yoga Therapist from Indore. She completed her diploma in Yoga from DAVV Indore. Besides that, Deepali has certified from Institutes of repute in different healthcare practices like Fire/Dry Cupping (SBPASS), Yoga Therapies, Seeds & Colour therapy, Breathing practices, Meditation, Power Yoga, Kids special yoga, etc. She is successfully running her online/offline yoga centre **YOGRATNA** and spreading the message of "LIVE A HEALTHY LIFE".

Starting the session with a rejuvenating series of stretching exercises that one should do everyday whenever time permits. A wide range of Yoga asanas were taught starting from Asanas that enriches the digestive system such as " Paschimottasana (Seated forward bend pose)", "Balasana (Child's pose)". Moving on with Asanas for balance, flexibility and better spine health: "Trikonasan, Virabhadrasana (Warrior pose), Ardha Matsyendrasana.". Ms. Deepali gave the participants an intricate description of Surya Namaskar which is a Sanskrit name for a specific sequence of 12 yoga asanas; which is also known as "Sun Salutation". Participants were expounded with few eye exercises for relieving stress and migraines. Progressing the session towards face yoga for wrinkles and dark circles to breathing exercises i.e., Pranayama such as Kapalbhati, Bhastrika, Anulom Vilom to be done daily but especially before exams to ease anxiety. The session was concluded with a Q&A session and new-acquired knowledge to work towards living a healthy life.

The poster is for a yoga session titled "Yoga Session - Time For Inner Peace and Health". It features a central portrait of Deepali Rana, a Certified Yoga Instructor & Therapist. The event is part of the "Stree @ 2022 #Break the Bias" campaign. The session is scheduled for Day 2, 8th March, from 3:00 PM to 4:30 PM. Logos for IEEE VSIT Student Branch and VSIT are visible at the top.

IEEE VSIT STUDENT BRANCH VSIT WIE IEEE VSIT Student Branch

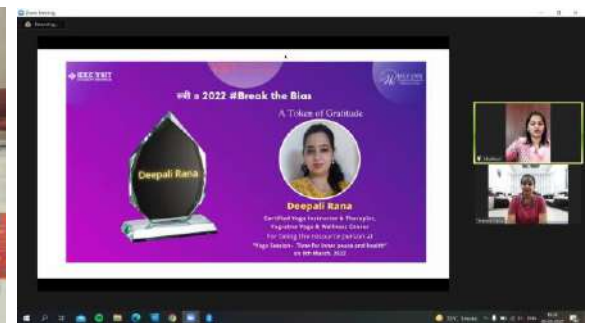
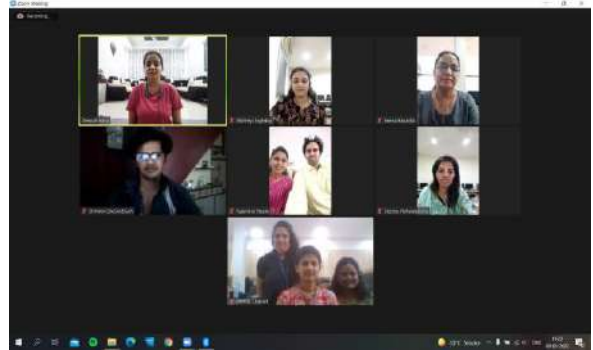
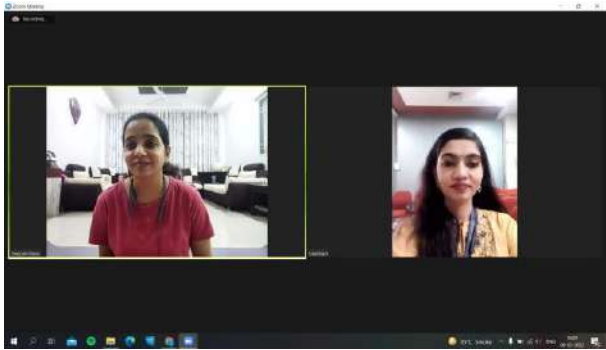
स्त्री @ 2022 #Break the Bias

YOGA SESSION - TIME FOR INNER PEACE AND HEALTH

DAY 2
8TH MARCH
3:00 PM TO 4:30 PM

DEEPAI RANA
Certified Yoga Instructor & Therapist. Owner of Yogragna Yoga & Wellness Center

After the Q&A session Dr. Sarika Chauhan thanked the guest, while Kimaya Ma'am felicitated Ms. Deepali Rana for the purposeful session conducted and presented a small e-memento from IEEE-WIE VSIT and WDC VSIT while also thanking the participants and committee members for participating and coordinating a successful event for Stree@2022 Day-2.



DAY 3

“Self Defence”- Because Safety Comes First

Date:	9th March 2022
Time:	3:00 PM TO 4:30 PM
Attendance:	51(38 students and 13 Faculty members)

Ruchi Thakekar, Vice-Chairperson of WIE IEEE VSIT SB warmly welcomed all faculty members and participants for joining the session. Further Maitreyi Gharat, Logistics head WIE IEEE VSIT SB introduced the guest instructor Ms. Gargi Chavan and Ms. Harshada Zate.

Ms. Gargi S Chavan who is a JKNSKI Certified Karate Instructor and Self Defence Trainer at Gargi Social Academy. Joining her was Ms. Harshada Zate who is a 1st Dan Black Belt and an instructor at Gargi Social Academy.

This power packed session was initiated with a full body stretch and warm-up which is done to avoid injuries while learning self-defence techniques. Moving ahead with the main session itself, Ms. Gargi started with different self-defence techniques to get out of various holds and ways to escape from the attacker. Opening with how to get out of a single-handed neck hold, she demonstrated how to pull the attacker down while using the same motion to create impact and escape. Moving on to how to escape choke holds to two handed neck holds, wrist holds and more. She also taught the participants a few vital karate moves such as Karate block, face, stomach and chest punches and kicks which would be effective for self-defence. Concluding the session with few techniques on how to advance the karate moves to be used as a combination. Thus wrapping-up with a hands-on experience of learning self-defence techniques because **SAFETY COMES FIRST**.

Riya Kadam, General Secretary of WIE IEEE VSIT SB felicitated Ms. Gargi Chavan and Ms. Harshada Zate on behalf of WIE IEEE VSIT AND WDC VSIT with a small e-memento for conducting such an empirical session. Moreover, thanking the participants for participating and committee members for administering a successful session for Stree@2022 Day-3.





DAY 4

“Women’s Health”- Happiness Begins With Good Health

Date:	10th March 2022
Time:	3:00 PM TO 4:30 PM
Attendance:	109 (89 students and 20 Faculty members)

Maitreyi Gharat, the Logistics Head of WIE IEEE VSIT SB welcomed all the participants. Chetna Bhendale, the former General Secretary of WIE IEEE VSIT SB welcomed the speaker of the day Dr. Shilpa Desai MD & Founder of C4 Integrated Wellness Pvt. Ltd. Health Psychologist & Wellness Expert.

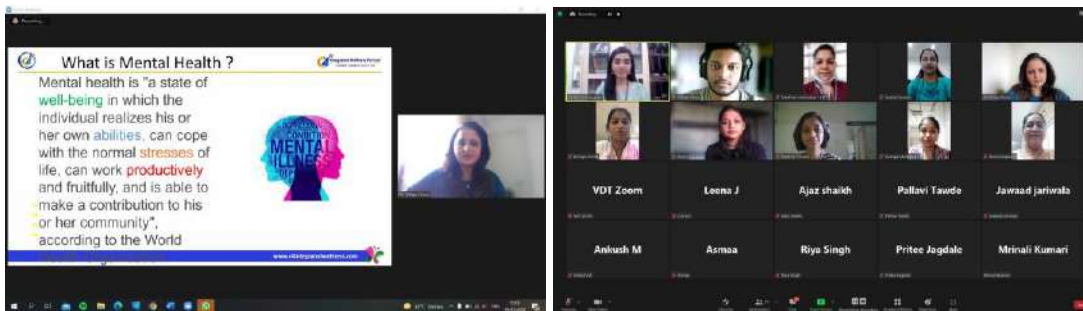
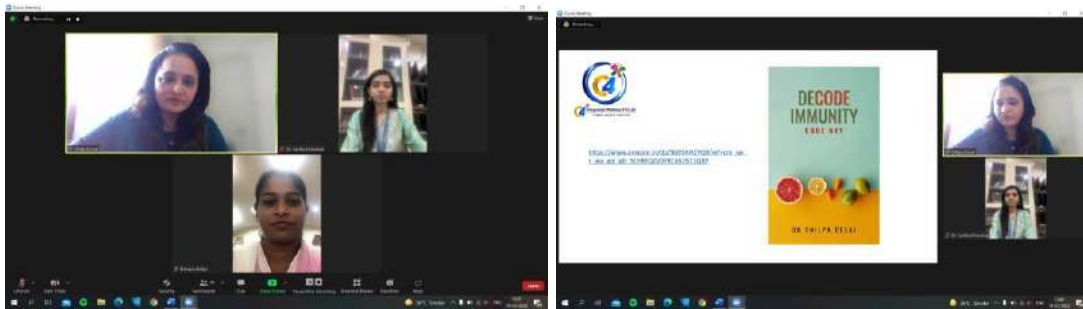
Dr. Shilpa Desai has a PhD in Health Psychology. She is an established health psychologist, scientist & fitness expert with over two decades of experience in bringing holistic wellness to people of all ages. She founded C4 Integrated Wellness and is a Managing Director of the company. Dr. Desai has published several papers on healthcare in journals of international repute. "Fastest Growing Leaders 2018" by Asia One in Singapore, "Champion of Fitness for 2017-2018" by Economic Times, "Women Leaders in Health Care" by Medgate Today for Leading 40 Women Entrepreneurs in the Healthcare industry in India are some of the awards she has received.

She started her session by talking about Mental Health and how it affects people and their relationships. She talked about different Mental Health issues like Anxiety disorders, Bipolar disorders, Depressive disorders, PTSD, Eating disorders and Sleeping disorders. She also explained the different symptoms of Mental Health Problems such as feeling sad and lonely, concentration problems, anger issues, etc and the importance of identifying the Mental Health Problems and getting proper treatment. She shared a few important tips to improve the Mental Health and release stress.

After answering a few queries from the participants, she concluded her session. The Vice Chairperson of WIE IEEE VSIT SB, Ruchi Thakekar presented a small e-memento from IEEE-WIE VSIT and WDC VSIT and thanked all participants, the speaker and the committee



members for their valuable contributions towards successful conduction of STREE@2022 Day-4.



DAY 5

“Personality Grooming” – Unbroken Series of Successful Gestures

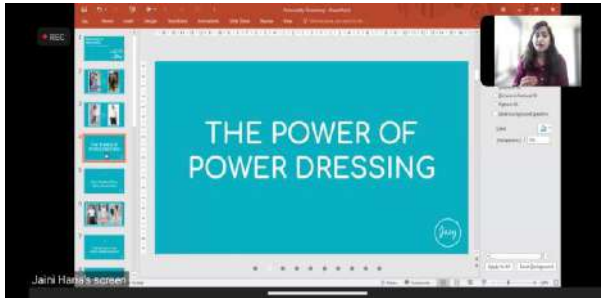
Date:	11th March 2022
Time:	3:00 PM TO 4:30 PM
Attendance:	42 (27 students and 15 Faculty members)

Ms. Jaini Haria has an MBA from XLRI and is an ex-Investment Banker who aims at changing the way women shop for clothes in India. She believes that every woman deserves to feel comfortable in her own skin, no matter her size or shape. She founded **Jaey** with the aim of disrupting the stereotypical way of sizing clothes, or people, by letter (S, M, L, etc.) or numbers (10, 12, 14, etc.) using path-breaking AI-enabled measuring technology. Beginning with an impressive presentation explaining the central thought of "The Power of Power Dressing". Jaey is a technologically advanced bespoke women's western-wear brand that offers customizable, high-quality clothing in Size: **YOU - Your Body, Your Size!**



Ms. Jaini Haria started the session by throwing light on how your clothes tell a story about you. She highlighted how what one sees impacts the initial judgement thus, showing why it is all about the **FIRST IMPRESSION**. The way you dress represents you as an individual and the effort you put in styling yourself in your clothes reveal how you think as a person. Messy Fit, Messy Mind. She further explained as to why the **FIT** plays a key factor on how well you know your body. Giving an insightful explanation and scenario-based example in how one's personality and grooming goes hand in hand, she emphasised on **Maintaining Your Style**, because you are **UNIQUE**. The session concluded with a Q&A session.

Maitreyi Gharat, Logistics Head of WIE IEEE VSIT SB concluded the session by presenting a small e-memento from WIE IEEE and WDC VSIT to the speaker. Alongside it thanked the speaker, participants and committee members for the insightful session and much appreciated participation and contribution for successful administration of Stree@2022 Day-5.



DAY 6

Panel Discussion on the theme “Break the Bias”

International Women’s Day

Date:	12th March 2022
Time:	11:00 AM TO 12:15 PM
Attendance:	55(43 students and 12 Faculty members)

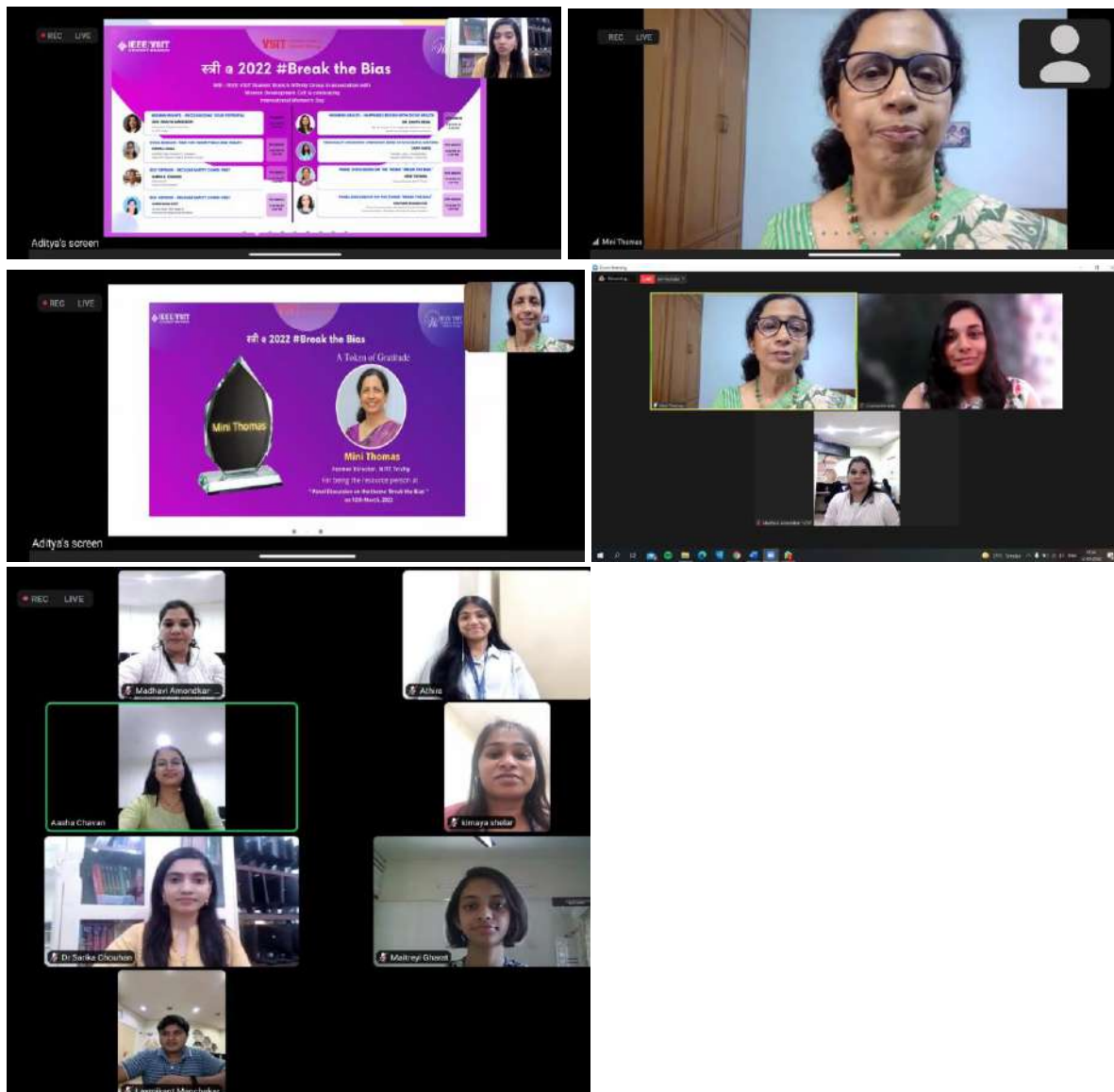
Athira Kollara, the Chairperson of WIE IEEE VSIT SB welcomed all the participants. Chetna Bhendale, the former General Secretary of WIE IEEE VSIT SB welcomed the speaker of the day Dr. Mini Thomas Former Director, NIT, Trichy.

Dr. Mini Shaji Thomas is a Professor in the Department of Electrical Engineering, Faculty of Engineering and Technology, JMI, and was the Director of the National Institute of Technology, Tiruchirappalli (NIT, Trichy) from 2016 to 2021. She has published over 150 research papers in International Journals and Conferences of repute. She is the author of the textbook 'Power System SCADA and Smart Grids' by CRC Press, Taylor and Francis, USA. Dr. Thomas has set up the first of its kind SCADA laboratory and Substation Automation (SA) Laboratory at JMI, and as the founder coordinator, started a unique, first full-time, M Tech program in the Faculty of Engineering & Technology. For these contributions, Dr. Thomas won the IEEE Educational Activities Board (EAB) Meritorious Achievement Award 2015. She is a 'Distinguished Lecturer' of IEEE Power & Energy Society.

Dr. Mini Shaji Thomas briefed the participants on her journey from a lecturer in REC to the Director of NIT, Trichy. According to her, ” Take A Risk and Grab the Opportunity” is the mantra of her life. She advised the participants to learn to take risks, be innovative and work hard by sharing her own experiences as a working woman. She told the participants to handle any of the biases they face in their life with a mature attitude. She explained how to balance personal and professional life. She answered some questions from the participants and concluded her session.



Ms. Madhavi Amondkar presented a small E-memento from WIE IEEE VSIT SB and WDC VSIT to the speaker Dr. Mini Thomas and After that, Ms. Aasha Chavan delivered the vote of thanks to all the participants for attending the event.



A Report on “The Art of Rangoli ”

Organising Committee: Hobby Club committee of VSIT

Date of Activity: 12th March 2022

Timings: 4:00 PM to 5:00 PM

Topic: A workshop on “The Art of Rangoli”

Guest Speaker: Mr Rakesh Jadhav

Platform: MS Teams

This Session of Rangoli making was conducted by Mr Rakesh Jadhav. He has won many awards for portraying his talent. In this session the following things were demonstrated-

- **Tracing and scaling the portrait for rangoli.**
- **Making of lighter & darker tones of the rangoli colour.**
- **Teaching the techniques of shading.**
- **Mr Rakesh made the rangoli of Late Shri Lata Mangeshkar.**

This session was attended by around 30 people .



Student Feedback:

The workshop was very informative. The audience learnt about the techniques involved in rangoli making.

