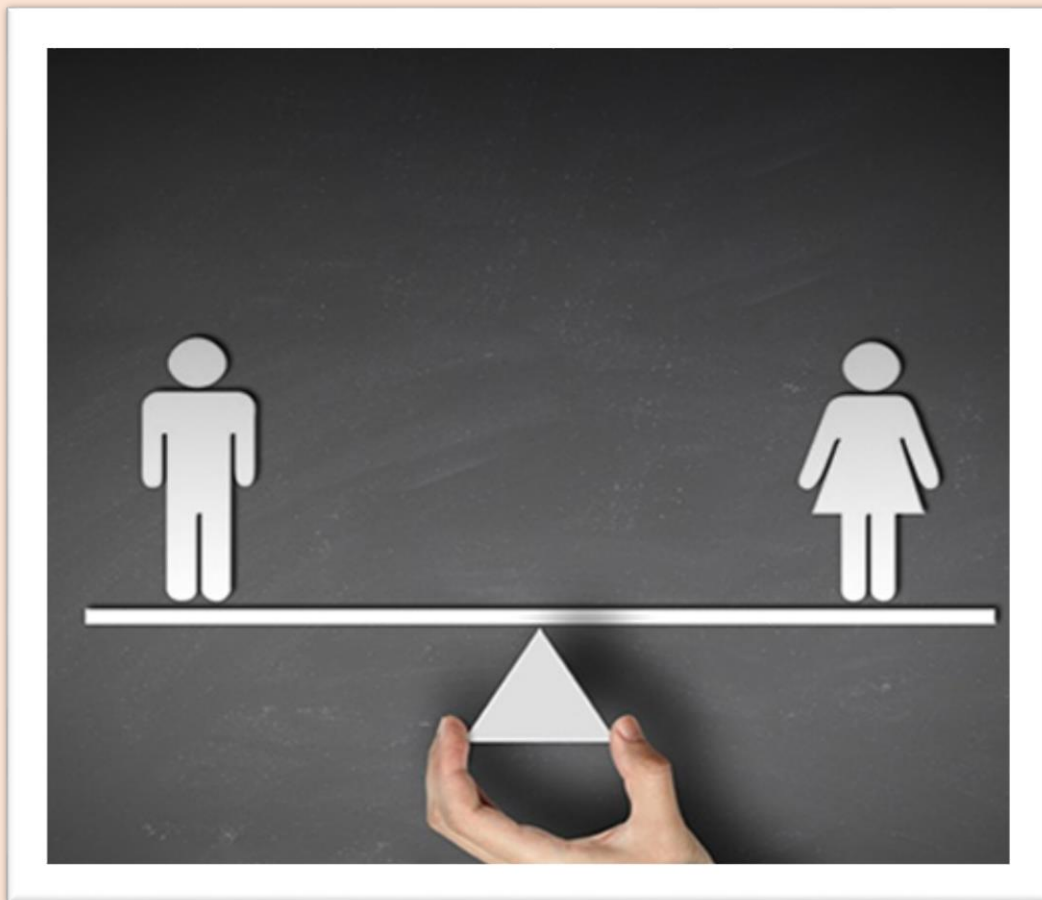




Government of Maharashtra  
**Sydenham College of Commerce and Economics, Mumbai**  
*(A Constituent College of Dr Homi Bhabha State University)*



## Annual Gender Sensitization Action Plan 2020-2021



## **Introduction:**

Sydenham College has always been in forefront in providing equal opportunity and exposure to both men and women, thus favoring gender equitable society. We at Sydenham make every effort to inculcate the values of egalitarianism, multifariousness and Inclusivity by developing a compassionate place for staff and student. College has different societies like NSS, Women Development Cell, Internal Complaint Cell, anti-ragging and Grievance Cell to foster dignified and deferential behavior in the campus.

College societies organizes variety of programs in order to encourage students towards gender sensitization and equality.

Following are some of the activities which has been planned:

## **Activity Planner 2020-2021**

Sr. no	Subject	Target Audience	Action Plan
1	Gender Related Issues	Students	<ul style="list-style-type: none"><li>• Workshop on Social Customs and Beliefs, Gender discrimination,</li><li>• Interactive session successful women.</li><li>• Work life balance</li><li>• Domestic Violence</li></ul>
2	Health and Hygiene	Student and staff	<ul style="list-style-type: none"><li>• Mental Wellness Program</li><li>• Nutrition workshop</li><li>• Yoga session</li></ul>
3	Gender Sensitization	Students	<ul style="list-style-type: none"><li>• Webinar on Women and Cyber safety</li><li>• Workshop on self defence</li><li>• Celebration of International Women,s Day</li><li>• Legal rights of women and men</li></ul>
4.	Career Opportunities and Entrepreneurial development	Students	<ul style="list-style-type: none"><li>• Placement</li><li>• Career Guidance Workshop</li></ul>

			<ul style="list-style-type: none"> <li>• Personality Development Workshop</li> <li>• Workshop on leadership and entrepreneurship in corporate world</li> <li>• Talk show</li> </ul>
5.	Infrastructure facilities for safety and security of Women		<ul style="list-style-type: none"> <li>• CCTV Camera</li> <li>• 24/7 Security Guard</li> <li>• Sanitary Vending Machine</li> <li>• Girls Common Room</li> </ul>

## Activity Undertaken 2020-2021

Sr. No.	Name of the Activities	Date
1	Online Workshop on Yoga and Meditation	21 <sup>st</sup> June 2020
2	Webinar on CV and Resume Building	25 <sup>th</sup> June 2020
3	Online Webinar on Gender Equality for inclusive growth	26 <sup>th</sup> August 2020
4	Online session on mental health and meditation	05 <sup>th</sup> September, 2020
5	Alumni Lecture Series – Mr Ashok Piramal	20 <sup>th</sup> September, 2020
6	Webinar on De-Stress with Music	10 <sup>th</sup> October, 2020
6	Mentorship Program to Clear Professional Exam	05 <sup>th</sup> December 2020
7	Webinar on Women's Right in Indian Constitution	08 <sup>th</sup> March 2021

# Gender Equality for Inclusive Growth

Government of Maharashtra  
Sydenham College of Commerce and Economics, Mumbai  
(A Constituent College of Dr Homi Bhabha State University)

**BMS Department  
Organizes  
Online webinar on  
“Gender Equality for Inclusive Growth”**

**Speaker:  
Qudsia Virani**

Date: 26<sup>th</sup> August, at 02.00 pm  
Platform: Google Meet

HBSU logo and Government of Maharashtra logo are visible in the top left and right corners of the banner. The background features abstract orange and blue wavy lines.

← About this call

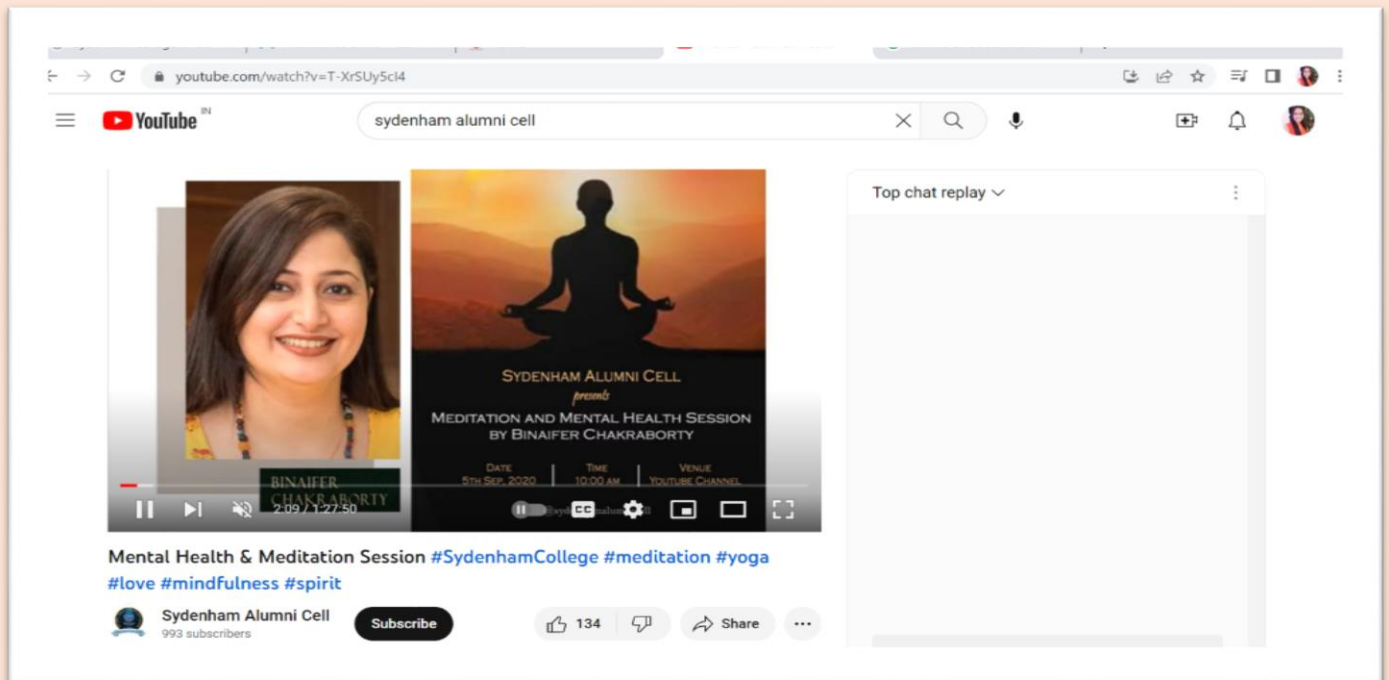
People Information

M	Mahenoor Shaikh	✖	⋮
M	Maithili Maru	✖	⋮
M	Mansi Jhajharia	✖	⋮
M	Meghna Pardesi	✖	⋮
N	Neeraj Zagade	✖	⋮
N	Neetiesh Pawar	✖	⋮
N	Nikita kumari Singh	✖	⋮
P	Parth Saha	✖	⋮
P	Preeti Thakur	✖	⋮
P	Purva Magar	✖	⋮
R	Rahul Chavan	✖	⋮
R	Rupali Kumari	✖	⋮
S	Sahina Khatun	✖	⋮
S	sakshi mishra	✖	⋮
S	Saloni Patil	✖	⋮

A session on Gender Equality was organized on Gender Equality Day, to sensitize students towards Gender Parity. Speaker highlighted about gender equality in education, workplace, sports, music, Bollywood etc. She shared some examples and stories which enabled students to get greater insights into the topic. The session was attended by more than 50 students.

Date: 26<sup>th</sup> August 2020

## Mental Health and Meditation

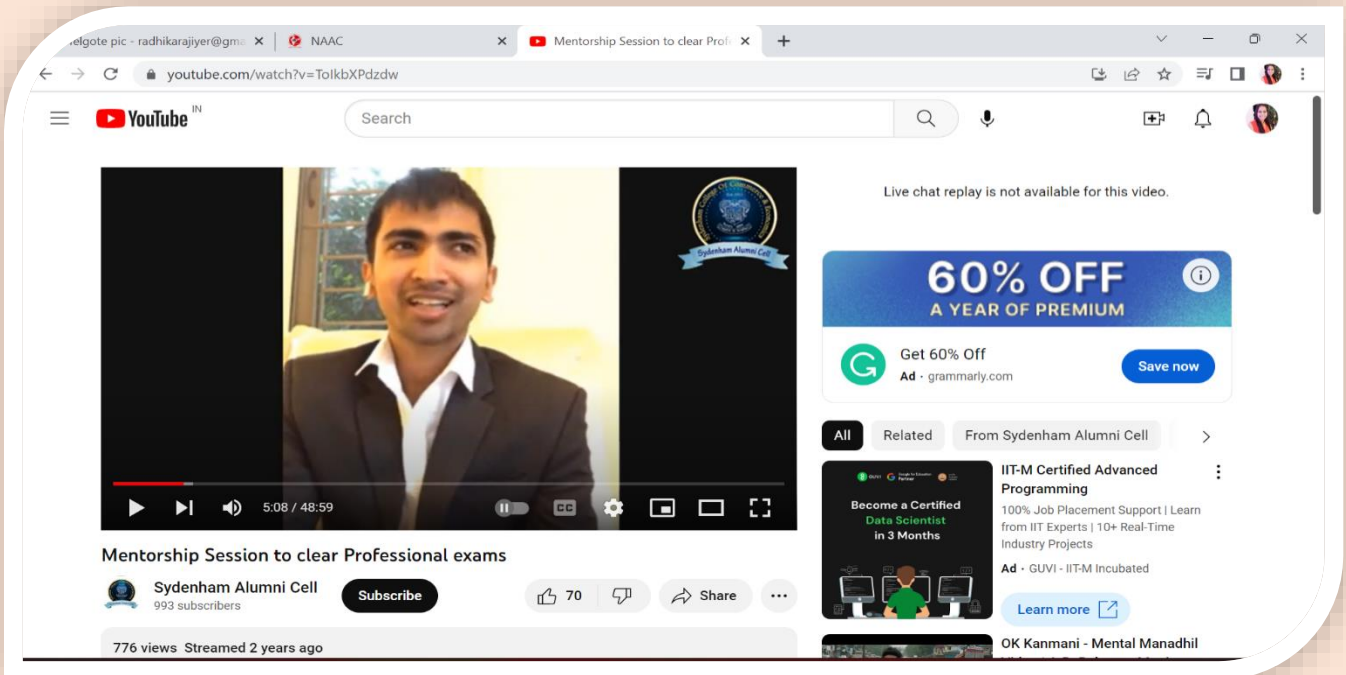


You tube link: <https://www.youtube.com/watch?v=T-XrSUy5cI4>

Mental health & meditation session. Resource person our alumni Smt. Binaifer Chakraborty, Reiki Master, EFT Healer, and Candle Healer on 5th September 2020, live on Sydenham Alumni you Tube Channel.

The session was live on you tube and many students benefitted from her session during pandemic as the students stress and anxiety level was on rise. She focused on various mind relaxation techniques to be done during pandemic, exams. This helped students improve their concentration techniques thereby enhancing their performance

## Mentorship Program



elgote pic - radhikarajiyer@gm... x | NAAC x | Mentorship Session to clear Profi... x +

youtube.com/watch?v=ToIkbXPdzd

YouTube IN Search

Live chat replay is not available for this video.

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OK Kanmani - Mental Manadhil

You tube Link: <https://www.youtube.com/watch?v=ToIkbXPdzd>

The Alumni Cell of the college had organized a Mentorship programme with Resource person as CA Mr. Udit Goyal who focused on “How to clear Professional Exams on 5<sup>th</sup> December 2020, live on Sydenham Alumni You Tube Channel. The session was very informative and helpful for majority of the CA aspirants of our college. Sydenham College is known for its legacy of creating CA’s who have been placed in companies of national and international repute. More than 100 students attended the session.

## Mind Relaxing Activity

Government of Maharashtra  
Sydenham College of Commerce and Economics, Mumbai  
(A Constituent College of Dr Homi Bhabha State University)

IQAC & DEPARTMENT OF ENGLISH  
On the Occasion of  
*World Mental Health Day*  
Presents  
Webinar on  
**"De-stress with Music"**  
*Music heals wounds which medicine cannot!!!*

Resource Person  
**Dr. Mahendra Telgote**

Date: 10<sup>th</sup> October, 2020 at 12.30 pm  
Platform: Google Meet

12:58 84%

About this call

People Information

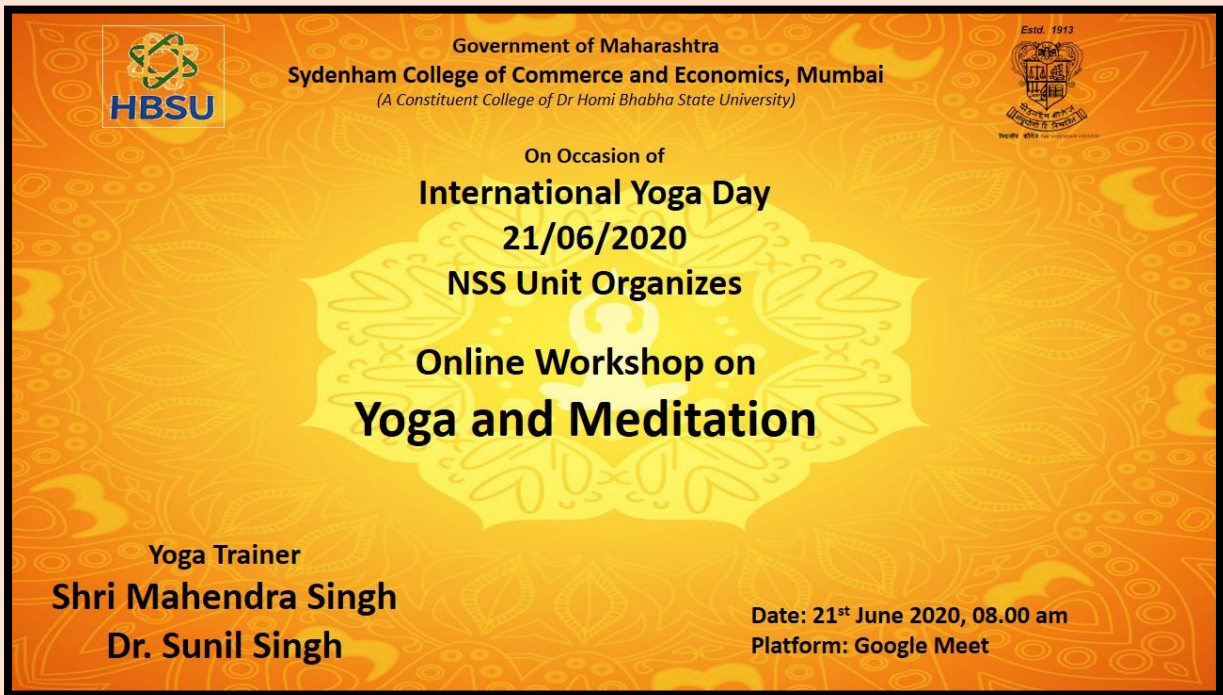
P	Prashant Verma (You)	
C	Chetan Sunil Sonawane	
H	Harshita Gupta	
H	Het Gala	
h	humaira sheikh	
h	humaira sheikh (Presenta...	
K	Kanchan Kanojia	
M	Mahenoor Shaikh	
M	Mayuresh Vade	
N	Neeraj Zagade	
N	Neetesh Pawar	
N	Neha Patil	
N	Nikita kumari Singh	
P	Parth Saha	
P	Preeti Thakur	
P	Purva Magar	
R	Rahul Chavan	
R	Rupali Kumari	
S	Sahina Khatun	
s	sakshi mishra	
S	Saloni Patil	
S	Shruti Karawde	
S	Suneet Kule	
S	Viv'क Solanki18	
V	Vrutika Prajapati	
y	yash bhanse	

Music can be a useful tool in relieving stress. Music can be used as a therapeutic tool to not only decrease stress and anxiety, but to also promote healing and improve one's overall emotional well-being.

The IQAC and English Department organized a webinar to promote mental wellbeing of the students and faculties.

Prof Mahendra Telgote, from Department of English is a vivid music lover. He conducted the session and focused on various mind relaxation techniques with music. More than 80 students actively participated and found the session to be more useful in relaxing their minds.

## Yoga & Meditation



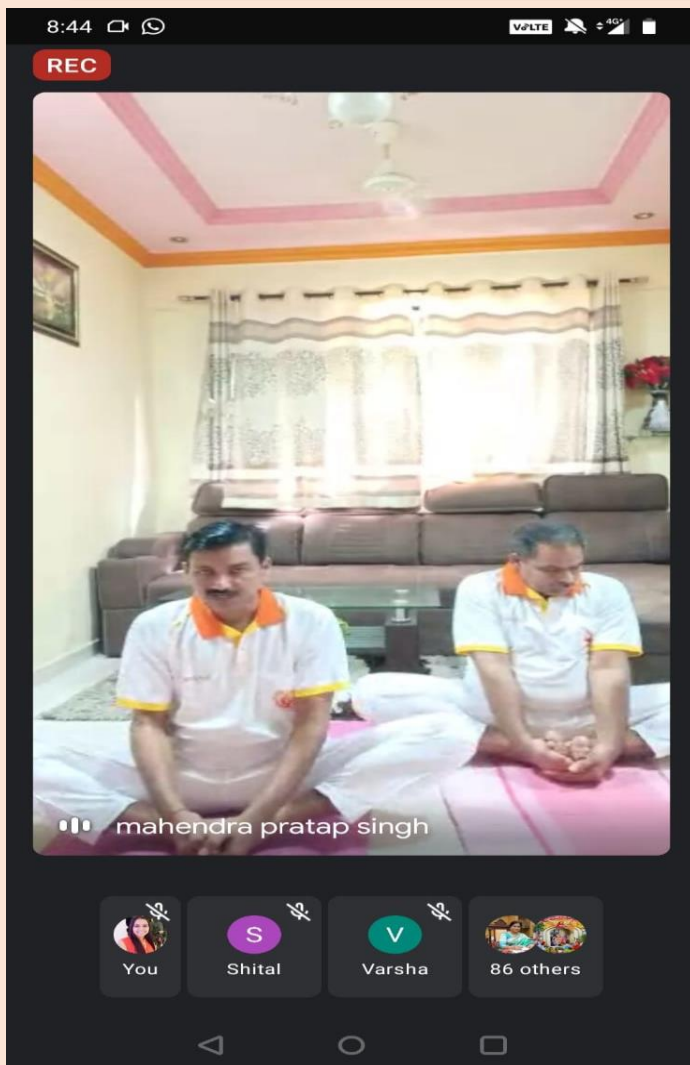
The poster features a yellow and orange background with a subtle floral pattern. At the top left is the HBSU logo, and at the top right is the college's crest. The central text is arranged in a vertical hierarchy, starting with the college's name and affiliation, followed by the event title and date. The names of the yoga trainers are listed at the bottom left, and the date and platform are at the bottom right.

Government of Maharashtra  
Sydenham College of Commerce and Economics, Mumbai  
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On Occasion of  
**International Yoga Day**  
21/06/2020  
NSS Unit Organizes  
**Online Workshop on  
Yoga and Meditation**

Yoga Trainer  
**Shri Mahendra Singh**  
**Dr. Sunil Singh**

Date: 21<sup>st</sup> June 2020, 08.00 am  
Platform: Google Meet



NSS unit of the College had organized an online yoga session for physical and mental relaxation for students and faculties. Dr. Sunil Singh and Shri Mahendra Pratap Singh conducted the session. They focused on various yoga postures and asanas for physical fitness and pranayama and dhyana mudra for mental fitness. The session was attended by more than 80 participants. The session was conducted on occasion of International Yoga Day.



# International Women's Day



Government of Maharashtra  
Sydenham College of Commerce and Economics, Mumbai  
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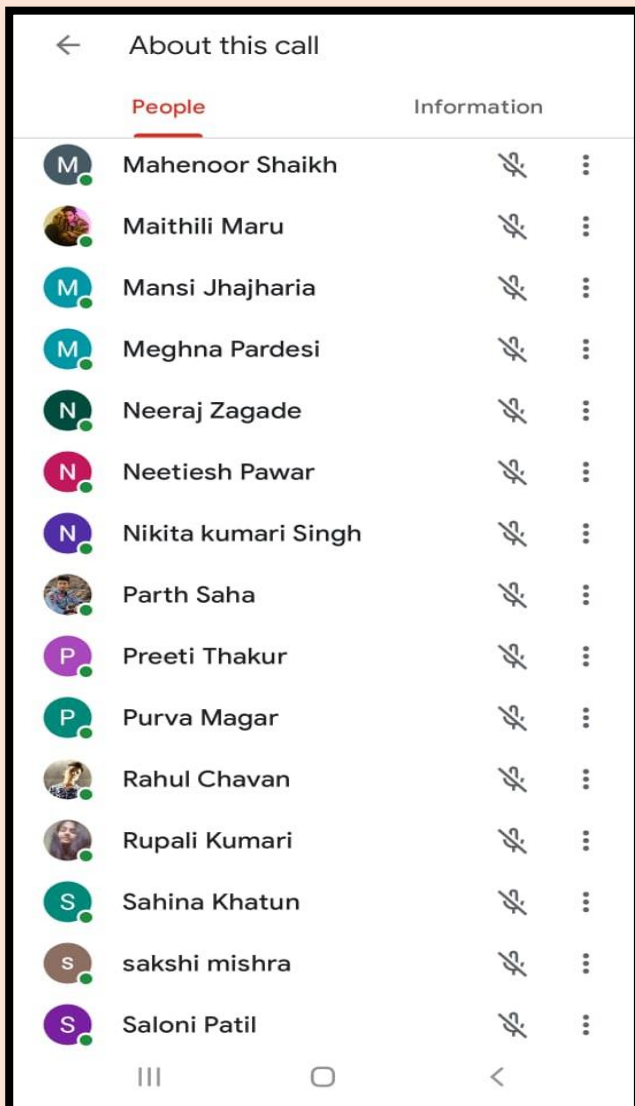


## Women Development Cell organizes Online webinar on “Women's Right in Indian Constitution”



**Speaker:**  
**Adv. Sagar Kotkar**

**Date:** 08<sup>th</sup> March 2021, at 12.00 noon  
**Platform:** Google Meet



The Constitution of India has granted several rights to ensure equality of women. It also empowers every state to adopt positive discrimination in favor of women for counteracting the cumulative discrimination faced by them.

On the occasion of International Women's Day -08th March 2021, the Women Development Cell of the College had organized a “Webinar on Women's Right in Indian Constitution” to make students aware about the various constitutional privileges mentioned in the Legal constitution on India.

The Session was attended by more than 80 students and faculties.

Many students gave a positive feedback regarding the session as it gave them insight into rights and provisions.