

# COMPENDIUM OF GENDER EQUITY PROGRAMS



ANJUMAN KHAIRUL ISLAM'S  
**POONA COLLEGE**  
OF ARTS, SCIENCE & COMMERCE



ACADEMIC YEARS  
**2015 - 2020**

## ACADEMIC YEAR 2019 - 2020

### Workshop On Self Defence Skills

A Workshop on Self Defence Skills for Girls was organized by NSS Unit of Poona College of Arts, Science and Commerce on 18th September, 2019. The resource person for this workshop was Marshall arts trainer, Ms. Raziya Qazi. The first session was an interaction with the girls by Ms. Raziya. She explained the need for self defence skills. The second session was based on practical skills. She showed some self defence skills practically for which some students also enthusiastically participated.



**Incharge Principal, Moinuddin Khan  
inaugurating the Workshop**



**Resource person, Raziya Qazi showing  
Self Defence Techniques**

### Women's Health Awareness Programme

To create health awareness among the Poona College girls a Women's health awareness program was organized on September 21st, 2019. The purpose of the program was to sensitize the students about the importance of healthy and hygienic measures to prevent infections and promote better health. The session included activities like informative talks, role play and discussions. The guest speakers of the event were Mrs. Ruchi Mathur and Mrs. Lekha Chavan from Corbion Institute of cancer Pune.



**Mrs. Ruchi Mathur  
guest speaker while addressing the students**



## Cancer Awareness Session - Guidance Talk On Breast Cancer Awareness and Inauguration Of Women's Forum

Women's Forum was formed in the College on the occasion of the Golden Jubilee Year celebration. Dr. Mallika Shirwant, the Manager of Prashanti Cancer Care Mission, Pune inaugurated the Forum followed by her guidance talk. She stressed on the importance of traditional lifestyle and explained how urbanites are more victims of deadly cancer. She guided about self-examination as well as how early detection of cancer is a key to healthy life. The session ended with a lively interaction of question- answers due to active participation of the audience.



Latitude: 18.505919  
Longitude: 73.875072  
Accuracy: 25.7m  
Time: 24-12-2019 10:24  
Note: Women's forum  
Poona College

**Dr Shirwant  
addressing the audience**



Time: 24-12-2019 10:30  
Note: Women's forum  
Poona College

**Dr Shiwant  
making her presentation**

## 10 days Women Entrepreneurship Awareness Program

Poona College of Arts, Science & Commerce in Association with MSME Technology center Indo German Tool Room (IGTR), Aurangabad organized a 10 Days Women Entrepreneurship Awareness Program (EAP). The objective of the workshop was to create awareness about entrepreneurship among girl students. The scope of the workshop included developing an idea of Business to implementation, from designing a product to actually marketing and selling. The program was started on the 16th December and lasted for 10 days till the 27th December 2019. The trainers from IGTR were Mr. Rajesh Sahstrabuddhe and Mr. Yogesh Patil.



**Dr.Aftab Anwar Shaikh Addressing the students at the EAP program from left Ms. Shahida Ansari, Mr. Rajesh Ms. Megha Ms. Shabana Mulla, Ms. Deepika Kininge and Dr. Nasrin Khan 16-12-2019**



**Dr. Aftab Anwar Shaikh felicitating Ms. Megha during EAP program Inauguration function 16-12-2019**

## Guidance Talk on Plantar Fasciitis

The inauguration of Women's Forum took place on 24th December, 2019 in the College Conference Hall. Dr. Mallika Shirwant, the Manager of Prashanti Cancer Care Mission, Pune inaugurated the Forum followed by her guidance talk. The second session of the programme was a guidance talk by Dr. Ayesha Khan. She informed the audience about the disease Plantar Fasciitis which is very common in women. She first informed about the causes of the disease. She gave a demonstration of physiotherapy exercises to treat the disease.



**Dr. Ayesha Khan  
addressing the audience**



**Staff and Guests  
at the Guidance Talk**

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## Gender Equality and Mindset of Indian Society

Department of sociology organized Guest Lecture on 27th December-2019 about Gender Equality and Mindset of Indian Society, 43 students get benefited on said program. Dr. Salma Aziz, Head, Department of Sociology, Abeda Inamdar Senior College Pune, was discussed about Issue of gender equality in Indian context has been a matter of discussion for centuries. Discrimination against women and girl is a pervasive and long-running phenomenon that characterizes Indian society at every level. Such parental preferences are reflected in increasingly masculine sex ratios in India. Dr. Gulab Pathan, Coordinator of the programme welcomed the delegates and congratulated the participants for its success.



**Guest Speaker addressing on 27 Dec 2019**



## Workshop on Stress Management

A Workshop on 'Stress Management' was conducted in the College Conference Hall on 13/01/2020. The resource person for the Workshop was Ms. Varsha Vartak, a Clinical Psychologist. She explained about the 'fight or flight' mode of stress. She distinguished between the means of healthy and unhealthy stress coping strategies. She also explained about the increase of Cortisol hormone levels to cope with stress and how it affects one's body. The programme concluded with a lively question-answer session.



**Ms. Varsha Vartak**  
explaining the strategies to cope stress



**Audience at the Workshop**

## 'Paper and Cloth Bag Making' Workshop

Women Forum and Department of Commerce jointly organized 'Paper and Cloth Bag Making' workshop for all girl students, teaching and non-teaching staff of Poona College on 14th January 2020 to enhance the qualities of startup ideas of women entrepreneurs. Objective behind this program was to create employment opportunities and empowering them by developing their skills. Ms. Shweta Shah was invited as a guest speaker to motivate young minds of girl students.



**60 participants participated**  
in Paper and Cloth Bag making workshop



**Cloth and Paper Bag made by**  
participants of Workshop

## Guidance Talk on Health And Nutrition

Women's Forum had organised a Guidance Talk in collaboration with the Department of Economics on 'Health and Nutrition' on 17th January, 2020. The resource person for this talk was Dr. Nisar Shaikh, an International Speaker from Vedic Yoga Foundation. He discussed about the various current concerns of women's health due to careless lifestyle of today. He explained how Yoga can help in improving the physical and mental health of a woman for a better life.



**Dr. Nisar Shaikh  
introducing the topic of his Guidance Talk**



**Dr. Nisar Shaikh  
addressing the students**

## Workshop on 'Hair and Beauty' PAI International School, Pune

Women Forum of AKI's Poona College of Arts Science and Commerce organized one- day workshop on 'Hair and Beauty' with PAI International school of Hair and Beauty on 18th Jan 2020 . Mrs.Archana Rokade, Asst. Director, PAI international School of Beauty School, was the Invited Guest. She interacted with the students and practically guided them on personal grooming, self-makeup, hair fall, skin problems , mehandi and nail art skills. She also motivated girls to make their career in this field.



**Vice Principal Prof. Moinnudin Khan felicitating  
Ms. Archana Rokade PAI School of Beauty**



**Participants in Hair and Beauty workshop  
at Poona College Conference Hall - 18 Jan 2019**



## Workshop on Soap Making

Women's Forum had organized a workshop on Soap Making on 22nd January, 2020. The Professional Skills Trainer Ms. Shaziya Khan was invited to conduct the workshop. She informed the participants about the various ingredients required for making variety of soaps as per the taste and preference of the users. After that she acquainted the participants about the variety like baby soaps, glycerine soaps, beauty soaps and soaps of different sizes and shapes. She also showed how to use moulds for preparation. After that she prepared soaps of different varieties and distributed notes of the same.



**Demonstration of making soap**



**Hands on making soap**

## Workshop on Shampoo, Bath Salt And Hand Wash Making

Women's Forum had organized a workshop on Shampoo and Hand Wash making on 23rd January, 2020. Professional Trainer and Event Manager Ms. Neelam Ahuja was invited to conduct the workshop. The resource person informed the participants about the various ingredients required for making variety of shampoos as per the requirement and tastes of the users. She also acquainted the participants about the uses of bathing salts.



**Question answer session of the workshop**



**Demonstration of making Hand wash**

## Two Days Workshop on Women's Health & Human Development

The Department of Economics and Women's Forum in collaboration with Swadhar IDWC (NGO) has organized a Two-Days Workshop from 29th to 30th January, 2020. The Objective of the Workshop was to make the students aware about various concerns of Women's Health related to Nutrition, Hygiene and Safety and to guide the students on Adolescents and AIDS Awareness. The girls understood the difference between love and attraction. They were guided about the Do's & Don'ts of Friendship. The session on AIDS Awareness enlightened them with the cause and effects of the disease and precautions to be taken to prevent such diseases.



Felicitation - 30 Jan 2020



Audience are actively listening

## Workshop on Cake, Chocolate And Ice Cream Making

Women's Forum has organized a workshop on cake, chocolate and ice cream making on the occasion of National Women's Day 17th February, 2020. Professional Baker Ms Nazhat Shaikh Dafedar was invited to conduct the workshop. Different types of cakes were made and demonstrated and participants made notes of its preparation. The mentor and the participants enthusiastically participated in the workshop, students were motivated to start Baking entrepreneurial ventures.



Demonstration of making sponge cake  
17 Feb 2020



Hands on and question answer session  
on the workshop - 17 Feb 2020



## 'Women Entrepreneurship Exhibition Cum Sale'

On the occasion of Golden Jubilee year of Poona College Women Forum of Poona College organized Women Entrepreneurship Exhibition cum Sale on 20th January .Dr. Surbhi Jain, Head, Department of Management Sciences, PUMBA, SPPU, Pune inaugurated the program and motivated students for entrepreneurial skills. More than 200 visitors visited Stalls this Women Entrepreneurs Exhibition cum Sale. Around 60 women entrepreneurs participated in this Exhibition cum sale and learned Entrepreneurship skills.



**Principal Dr.Aftab Anwar Shaikh is Felicitating Chief Guest Dr.Surbhi Jain,Department of Management Sciences, PUMBA, SPPU, Pune. 20/01/2020**



**Dr.Surbhi Jain of Bouquet making observing bouquets 20/01/2020**

## Poona College Celebrates International Women's Day

Women's Forum had organized a Guidance Talk on 'Awareness of Sexual Harassment at Workplace' on 9th March, 2020. The Workshop was arranged for ladies' staff members of teaching, non- teaching and menial staff. The programme began with the felicitation of the ladies menial staff, few of them have been working with the college for more than thirty years. The guidance talk was presided by Advocate Rasika Kulkarni. She shared her eye opening experiences right from the teenage students to working women. She enlightened the audience with the various legal provisions and conditions for registering sexual harassment cases.



**Felicitation of Advocate Rasika Kulkarni**



**Felicitation of Mrs. Babytai Kedari**

## ACADEMIC YEAR 2018 - 2019

### Emerging Cyber Crime on Women: Issues and Challenges

Vidhyarthini Manch organized an gender awareness program for on 'Emerging Cyber crime on Women..Issues and Challenges. Advocate Deeba khanam was invited to delivered the lecture on 25th July 2018. The objective of this lecture was to make students aware about cyber crimes on internet and social media and how one has to protect oneself from such frauds. The girl students profusely thanked the speaker for speaking on such an essential topic and enlightening them.



**Adv. Deeba Khanam addressing students  
25/07/2018**



**Adv Deeba Khanam addressing students about  
various types of frauds on social media 25/07/2018**

### Skill Development Program in Mehendi Design Course

Poona College has started with Skill Development Coursers under the banner Poona College Centre for Skill Development in collaboration Jan Shikshan Sansthan, a Government initiative. The objective of the course was to acquaint students about various trades which will give them self-employment. The Skill Development Programme enables the students to enhance their skills become self-reliant, make their own start-ups, and earn sufficient earnings to improve their standard of living. One such course - Mehendi design making for girl students started on 14th September 2018. The said classes were taken on every Fridays and Saturday only. The trainees started to feel confident and practiced whatever they have learnt through this course.



**The Director of Jan Shikshan Sansthan giving  
directives to aspiring students regarding various  
Skill Development Courses.**



**Ms. Uzma Umar Shaikh guiding one of her student  
by letting her draw Mehendi design on  
her own hands**



## Debate Competition

This Debate competition was organized on the topic entitled Purdah: A Practice of Suffocation or Liberation as an exercise of gender consciousness, promoting the skill of logical argumentation and sensitizing students regarding integral social issues. Mr. Asif Khan was the coordinator of this competition. The objective of the programme was to promote the skill of logical argumentation and sensitize students on social issues.



**Promoting gender-consciousness among students to set the tone for the debate on 26th July 2018**

## Annayala Vacha Kashi Fodavi? Awareness of Sexual Abuse

Vidhayrthini Manch had organized a Guest lecture on 'AnnayalaVacha Kashi Fodavi? –Awareness of Sexual Abuse, on 7th August 2018. Mrs. Kirti Deshpande and Advocate Eeshani Joshi from Bhartiya Stree Shaki Jagran Sanstha, Pune, addressed the girl students. The aim of this program was to bring awareness among girl students about sexual abuse and to make them alert in the life. Mrs. Kirti provided some important tips regarding safety to girl students. Whereas Advocate Eeshani Joshi provided information about various laws to protect females.



**Dr. Swaleha Pathan vice -Chairperson introducing Guest 7/8/2018**



**students attentively listening to lecture 7/8/2018**

## Digital Literacy and Online Safety Program.

Poona College of Arts, Science & Commerce in collaboration with SPPU, Facebook and National Commission for Woman organized a Workshop on 'Digital Literacy and Online Safety to Women' named Digital Shakti on 25th August, 2018 for their girls' students. Ms. Janice Verghese- a techno lawyer with specialization in Cyber law, working with CyberPeace Foundation, as the Manager for Communications and Training addressed the girl participants.



**Felicitation of Ms. Janice Verghese-  
by HOD. Dr. Abbas Lokhandwala**



**Attendees of Digital Literacy and  
Online Safety Program**

## Employability Skill Training Program and Placement Drive

Vidhyarthini Manch organized the “Employability Skill Training Program and Placement Drive” of 3 days in collaboration with Labournet Social Enterprise. This workshop was organized from 1st February to 3rd February. The program was conducted by Mr. Saeed, Corporate Trainer along with Mr. Yogesh from Labournet. Various companies like Reliance, Teamlease & MD India, representative visited the college to interview and place the students.



**Employability Skill Placement Drive**



## ACADEMIC YEAR 2017 - 2018

### Workshop by Internal Complaint Committee

A Workshop was organized by Internal Complaint Committee (ICC) "Sexual Harassment of Women at Workplace (Prevention, Prohibition & Redressal)", It was organized in the Poona College Conference Hall in the presence of the esteemed Principal Dr. Rafique Sarkhawas, Vice Principal, Dr. Aftab Anwar Shaikh and the Presiding officer Mrs. Mehrunnisa Shaikh. The Eminent personalities for the Workshop were Dr. Salma Aziz & Jaseinth Stephen Bastin. Ms. Jaseinth focused on all the UGC rules and regulations how the committee should be formed and how it should work for the organization. She also highlighted on how.



**Guest Speaker addressing audience  
[27-02-2017]**



**Audience attending workshop very attentively  
[27-02-2017]**

### "Mazi Suraksha Mazya Hathi' (My Safety in My Hand) Sexual Harassment and Gender Awareness program organized by Vidhyarthini Manch

Vidhyarthini Manch organized a programme on 6th December 2017 on the topic "Mazi Suraksha Mazya Hathi' (My Safety in My Hand) under sexual harassment and woman's rights. Mrs Kirti Deshpande from NGO Stree Shakti Jagran Sanstha and Advocate Eeshani Joshi delivered the lectures. Mrs Kirti Deshpande gave general introduction about harassment, types of abuse, their root causes, precautions to be taken, preventions, protections and safety assistance from Police. Advocate Eeshani Joshi gave emphasis on How to use user friendly laws in case of harassment and sexual abuse



**Dr. Swaleha Pathan along with  
Mrs. Kirti Deshpande (NGO)**



**Mrs. Kirti Deshpande (NGO)  
explaining students**

## Screening of A Doll's House

The screening of the movie 'A Doll's House' was done on 23rd January, 2018 to enhance the students' understanding. It encouraged the students to indulge in film appreciation and helped the students to gain linguistic competence. Post screening the students were encouraged to indulge in an oral appreciation of the film. Apart from gaining aesthetic pleasure the students gained valuable insight into the various nuances of the text through the exposure to the film. This film depicted and gave an insight on gender equity.



**Screening of Doll's House 23-01-2018**

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## Skin and Hair Care' Loreal

Vidhyarthini Manch had invited Reshma Baig and her associate to conduct a workshop on 'Skin and Hair Care'. The workshop was scheduled on 23rd January 2018 from 9.00am onwards. Reshma Baig gave the information of about maintaining skin moisture, drinking water frequently avoiding junk food, dealing with acne and pigmentation, eye care, black circles under eye, hair care, massage of head and many more. The students asked many questions and satisfactorily Reshma has answered all questions. The function was success as more than 70+ students got benefitted by this workshop



**Representative of Loreal Cosmetic company addressing students on Skin and Hair Care(23/01/2018)**



## ACADEMIC YEAR 2016 - 2017

### Health and Hygiene Program

Department of Psychology in collaboration with Vidhyarthini Manch had organised a program cum workshop for girl students on Health and Hygiene on 11th August 2016. Representatives from Loreal company gave information about their product and showed practical demonstration of how to use them. The session was followed by question and answer session.



**Dr. Swaleha Pathan with Proctor and Gamble representatives**



**Attendees of Digital Literacy and Online Safety Program**

### Awareness and Legal aspects of Sexual Abuse

Vidhyarthini Manch organised a guest lecture on Awareness and Legal aspects of Sexual Abuse on 16th August 2016. Ms Kirti Deshpande who is associated with an NGO called Stree Shakti Jagran, Pune and is working actively in the Sexual abuse and harassment cases delivered the interactive session and emphasized on the basic tips to control the harassment by culprit in various public places like bus stop, in the bus, theatre, garden and college area. She made students aware about types of sexual violence & how to protect oneself.



**Dr. Swaleha Pathan, Vice Chairperson, Vidhyarthini Manch addressing students**



**Ms. Kirti Deshpande addressing girls students**

## Sociology of Gender

A State-Level seminar on Sociology of Gender was organized on 16-12-2016 to discuss Issue of gender equality in Indian context has been a matter of discussion for centuries. Smt. Rashmi Shukla, Commissioner of Police, Pune was invited as the Chief Guest for inauguration of the said program. This state level seminar was Sponsored by S. P. Pune University. Various facets such as gender equality, discrimination against women and girls, Crimes against women,rapes, dowry deaths and honour killings were discussed in depth.



**Inauguration of Seminar 16-12-2016**



**Guest speaker addressing audience 16-12-2016**



## ACADEMIC YEAR 2015 - 2016

### Sexual Abuse and Safety of Girls

A lecture on 'Sexual Abuse and Safety of Girls' Gender Sensitization was organized on 18th Jan. 2016, Mrs. Mrunalini Datar associated with an NGO called Stree Shakti Jagran Sanstha, Pune was invited as the guest speaker. The objective of the program was to make girls aware about types of sexual abuse at home, college, public places and work place and to make the understand the safety measures to be taken.



**Mrs. Mrunalini Datar addressing girl students  
(18th Jan 2016)**



**Dr. Swaleha Pathan, Vice Chairperson,  
Vidhyarthini Manch, Mrs. Kirti Deshpande  
addressing girl students (18thJan 2016)**

### Health and Hygiene - A Guest Lecture by Dr. Rahelah Vantankhah ( Awareness Drive on Health and Hygiene)

Vidhyarthini Manch Committee of Poona College of Arts, Science & Commerce had organized a lecture on the topic "Health & Hygiene" on 27th January 2016 in the Conference Hall, at : 10.00am for all the girls students of the college. Dr. Rahelah Vantankhah, gynecologist from pune was the speaker who initiated her talk by discussing various problems related to females which are ignored because of our busy life and schedule which are leading to severr health problem. She spoke on problem and solutions to various health related problems among girl students about thyroid, irregular menstrual cycle, amenia, cervical cancer, breast cancer etc.



**Dr. Rahela interacting with the gathering**