



Anjuman Khairul Islam's

POONA COLLEGE OF ARTS, SCIENCE & COMMERCE

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- Government of Maharashtra and Savitribai Phule Pune University Recognized Minority Institute
- UGC - 2(f) & 12 (B) Status • NAAC Re-accredited College • DST - FIST Funded College



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Gender Sensitization Action Plan

Academic Year 2019-2020

A meeting of the Women's Forum took place on 17th June, 2019 in the Principal Office of the College at 12.00 noon. The agenda of the meeting was to plan out various activities for gender sensitization in the academic year 2019-20. The following members of the Committee were present:

Members present:

1. Prin. Prof. Dr Aftab Anwar Shaikh (Principal) *A*
2. Dr. Ashwini Purude (Incharge) *Ashwini Purude*
3. Dr. Aafreen Ahmed (Member) *Aafreen Ahmed*
4. Ms. Heena Sayyed (Member) *Heena Sayyed*
5. Dr. Reshma Patil (Member) *Reshma Patil*
6. Ms. Deepika Kininge (Member) *Deepika Kininge*
7. Ms. Munzarin Sajjan (Member) *Munzarin Sajjan*
8. Ms. Mohsina Mujawar (Non-teaching member) *Mohsina Mujawar*

Members absent:

1. Dr. Ana Mateen (Member) *Ana Mateen*

Minutes of the Meeting:

The following discussion took place in the meeting according to the agenda declared earlier:

- To conduct workshops/seminars in collaboration with various organisations to help them in handling challenges with respect to their communication and emotional upheavals with the opposite gender.
- To focus on hygiene practices and sanitation methods to be followed.
- To conduct awareness drive with health related issues like cancer.
- To organise a workshop or seminar on value-based education for girl students.
- To invite eminent lawyers to have a comprehensive understanding of the legal issues of violence against women.
- To conduct various skill development programs to economically empower the girl students by helping them to become entrepreneurs.
- To organize health camps in the college campus.
- To encourage the use of suggestion box through which any kind of gender discrimination experienced in class or office can be shared for counselling.

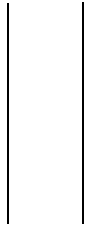
List of Activities

Sr. No	Events	Activities	Outcomes
	Women's Empowerment	Self Defence Skills	<ul style="list-style-type: none"> • A Workshop on 'Self Defense Skills for Girls' was organized by the NSS Unit of Poona College to develop self-confidence among the girl students. • The Resource Person pointed out the need for self-defense skills. • The audience was left spellbound with the interaction skills of the speaker. • Practical Self Defence Skills were also demonstrated in this program.
2.	Women's Health	Women's Health Awareness Programme	<ul style="list-style-type: none"> • The discussion led to awareness amidst girl students regarding the importance of good health & hygiene. • Girl students learnt how to identify their personal health problems and how to deal with them • The girl students were provided information about how to maintain good health and hygiene in daily life.
		Cancer Awareness Session-Guidance Talk on 'Breast Cancer Awareness'	<ul style="list-style-type: none"> • The Women's Forum of Poona College organize a Guidance Talk on 'Breast Cancer Awareness'. • Dr. Mallika Shirwant from Prashanti Cancer Care Mission, Pune, gave an impressive and informative lecture on the given topic. • The speaker suggested that women should change their lifestyle and eating habits to safeguard themselves from acquiring Cancer-like diseases. • Women participants were the beneficiaries of this talk
		Guidance Talk on Plantar Fasciitis	<ul style="list-style-type: none"> • The Women's Forum of Poona College conducted a Guidance Talk on 'Plantar Fasciitis' which is common in women. • The speaker Dr. Ayesha Khan gave the girls information about the causes of the disease 'Plantar Fasciitis'. She also gave a demonstration of physiotherapy exercises to treat the disease. • The speaker explained the various kinds of treatment for 'Plantar Fasciitis' such as massage, contrast baths, ultrasonography and shock-wave therapy to aid long-term healing. The session ended with a lively interaction comprising question- answers due to active participation of the audience.

		<p>Workshop on 'Stress Management'</p>	<ul style="list-style-type: none"> • The Women's Forum of Poona College organized a Workshop on 'Stress Management'. • The audience was made aware of how stress affects the body and mind, risk factors of stress, its prevention, detection as well as treatment available. • Many prejudices, doubts and assumptions were clarified in the question-answer session. • The speaker explained the different customized stress relieving factors. Solutions offered: 1. Diet regulation 2. Time management 3. Anger management 4. Maintaining stress diary 5. Counsellor's advice 6. Advice from friends and well-wishers.
		<p>Guidance Talk on 'Health and Nutrition'</p>	<ul style="list-style-type: none"> • This activity was aimed at creating awareness amidst girl students about good health, hygiene & nutrition. • Girl students learnt about their personal health • problems and gained solutions for those.
		<p>Two Days Workshop on 'Women's Health and Human Development'</p>	<ul style="list-style-type: none"> • The girl students were made aware about various health concerns of women, their nutrition intake and its importance. • The speaker discussed how the impact of negligence of nutrition on health can be seen during the pregnancy stage. • The girls understood the difference between love and attraction. They were guided regarding the do's and don'ts of friendship. • At the end a talk on AIDS Awareness enlightened them regarding the cause and effects of the disease and precautions to be taken to prevent such diseases. • The girls were made aware of healthy eating habits and importance of nutritious food. Many prejudices, doubts and assumptions were clarified in the question-answer session.
		<p>10 days' Women Entrepreneurship Awareness Program</p>	<ul style="list-style-type: none"> • Poona College of Arts, Science & Commerce in Association with MSME Technology Center Indo German Tool Room, Aurangabad, organized a 10 Days 'Women Entrepreneurship Awareness Program' for Girl students of Poona College. • The main objective of this workshop was to create awareness regarding entrepreneurship

3. Women's Economic Empowerment		<p>among girl students of our college.</p> <ul style="list-style-type: none"> • The trainer gave information about the actual cost of the company, how to prepare a business plan, where they need to target how much they can expand and how to achieve the target. • The speaker also gave information about different fields of loan for an entrepreneur which the students were unaware of.
	Workshop on 'Paper and Cloth Bag Making'	<ul style="list-style-type: none"> • The Women's Forum of Poona College conducted a workshop on 'Paper and Cloth Bag Making'. • The girl students received a platform to exhibit their entrepreneurial skills. • The activity led to giving startup ideas to the girl students. • The girl students got an opportunity to learn entrepreneurship skills.
	Guidance Talk on 'Hair and Beauty (Makeup, Personal Grooming, Nail Art & Mehendi) – Career Opportunities'	<ul style="list-style-type: none"> • The Women's Forum of Poona College organized a Guidance Talk on 'Hair and Beauty (Makeup, Personal Grooming, Nail Art & Mehendi) Career Opportunities'. • This activity aimed at providing a platform to exhibit entrepreneurial skills and give startup ideas to the girl students.
	Workshop on 'Soap Making'	<ul style="list-style-type: none"> • The Women's Forum of Poona College conducted a workshop on 'Soap Making'. • The girl students received a platform to exhibit their entrepreneurial skills. • The activity led to giving startup ideas to the girl students. • The Resource Person showed how to make a variety of soaps like baby soaps, glycerin soaps, beauty soaps and soaps of different sizes and shapes.
	Workshop on 'Shampoo, Bath Salt and Hand Wash Making'	<ul style="list-style-type: none"> • The Women's Forum of Poona College organized a workshop on 'Shampoo, Bath Salt and Hand Wash Making'.. • Organizing this workshop was a significant step for providing girl students an opportunity to learn entrepreneurship skills. • The participants tried to practically make the shampoo, bath salt and hand wash. • At the end of the workshop, all the participants decided to try to make the shampoos, bath salt and hand washes and also market them for commercial purpose.

		<p>Workshop on ‘Cake, Chocolate and Ice-cream Making’</p>	<ul style="list-style-type: none"> • The Women’s Forum of Poona College conducted a workshop on ‘Cake, Chocolate and Ice-cream Making’. • The activity led to giving startup ideas to the girl students. • The girl students received a platform to exhibit their entrepreneurial skills. • The participants practically tried making Chocolates, Ice-cream and Cake. • At the end of the workshop, all the participants decided to make the Cake, Chocolate and Ice-cream and also market them for commercial purpose.
		<p>Women Entrepreneur Stall under Magnum Intercollegiate Fest</p>	<ul style="list-style-type: none"> • This fest was organized jointly by the Department of BBA & Women’s Forum of Poona College with the aim of providing the girl students a platform to exhibit their entrepreneurial skills. • In this Fest majority of the stall owners sold all their products and earned profit. • Homemade products like Soaps, Shampoos, Bouquets, Handicrafts, Paper and Cloth Bags, decorative Keys, name plates Chocolates, chocolate bouquets, dresses, decorative things, best out of waste products were showcased for selling in the campus to motivate Homepreneurs.
4.	<p>Legal Awareness</p>	<p>Guest Lecture on ‘Gender Equality and Mindset of Indian Society’</p>	<ul style="list-style-type: none"> • The issue of gender equality in the Indian context has been a topic of discussion for centuries. • Through this talk the speaker tried to explain how Indian society is based on patriarchy. • The speaker discussed many methods and techniques through which we can bring equality in society.
		<p>Guidance Talk on ‘Awareness of Sexual Harassment at Workplace’</p>	<ul style="list-style-type: none"> • The Women’s Forum of Poona College organized a Guidance Talk on ‘Awareness of Sexual Harassment at Workplace’. • The speaker encouraged the girls to raise their voices and be bold in adverse situations. • The participants were made aware of certain legal and constitutional aspects to prevent sexual abuse.



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