



SIES Graduate School of Technology
Sri Chandrasekarendra Saraswati Vidyapuram
Sector 5, Nerul, Navimumbai-400706



Women Development Cell

WDC Annual Report 2021-22

The CWDC (College Women Development Cell) has been set up as per the guidelines laid down by the women development cell of University of Mumbai. CWDC conducts various programs and workshops to create social awareness in students about women related issues. The cell looks into the grievances of the women, both staff and students, and provides guidance and help to them.

The following events have been organized under WDC for the year 2021-22.

WDC SIESGST conducted a seminar on October 14th, 2021 at 4pm on virtual grounds via the Microsoft Teams App. The seminar commenced with her explaining about the idea of empowerment. Further they explained how a lot of board toppers are girls but that does not reflect in the job market and this is due to cultural expectations of women as homemakers and extreme intra-household inequalities. Then they explained what feminization of poverty is, how women perform 66% of the work but only earn 10% of the income. Further she told the audience how the pandemic has disrupted women's lives with an increase in the number of domestic violence cases.

Towards the end, they explained what can be done to recognize the problems faced, create awareness about these problems and participate fully in the cause. The seminar ended with an interactive question and answer session.

WDC SIESGST conducted a self defense workshop on December 27th, 2021 on virtual grounds via the Microsoft Teams App. The mission of this workshop was to create awareness and spread the significance of fitness, sports and adventures among each and every individual. Training self-defense to each and every individual so that girls could fight back against any unusual activities as well as to improve their fitness and boys could protect themselves and inculcate discipline amongst them.

Self-Defense is an art of protecting ourselves from any danger. This workshop played a major role in spreading the importance of self-defense to each and every student and faculty. Self-Defense is a contribution of every martial art and is very effective when applied on the enemy.

The workshop commenced with them explaining about the importance of self-defense. The well trained trainers were there and their techniques are very effective in achieving the best results. Their Self-Defense training included-

1. Warm-ups
2. Stretching Exercise
3. Kicks
4. Punches
5. Self-Defense Techniques
6. Locks and breaks
7. Keeping yourself safe using household or surrounding things E.g. Keys, pens, hairpins, bags, etc.

Towards the end, they explained what can be done to recognize the problems faced, create awareness about these problems and participate fully in the cause. The seminar ended with an interactive question and answer session.

WDC SIESGST conducted a seminar on February 17th, 2022 at 4:30pm on virtual grounds via the Microsoft Teams App. The POSH Act, as mandatory compliance, requires every company having more than ten employees to constitute an Internal Complaints Committee (ICC) in the prescribed manner to receive and address the complaints of any sort of sexual harassment from women in a time-bound and extremely confidential manner. This is not all of it to know more, join the session with the link given below. A few minutes of your day and you will get to know more precisely about equal opportunities at work.

The seminar commenced with the explanation about Gender roles and stereotypes, they also explained about the changes in the work world, fears and challenges faced by the individuals. They gave us insights about the POSH Act, and told us about the provisions of the Act. Towards the end, they explained how we should maintain Safe Workplaces.

WDC SIESGST conducted a seminar on March 8th, 2022 at 3:30pm on virtual grounds via the Microsoft Teams App. Stress management is a wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress, especially chronic stress, usually for the purpose of and for the motive of improving everyday functioning. Stress produces numerous physical and mental symptoms which vary according to each individual's situational factors. These can include a decline in physical health, such as headaches, chest pain, fatigue, and sleep problems, as well as depression. The process of stress management is named as one of the keys to a happy and successful life in modern society. Life often delivers

numerous demands that can be difficult to handle, but stress management provides a number of ways to manage anxiety and maintain overall well-being.

Despite stress often being thought of as a subjective experience, levels of stress are readily measurable; using various physiological tests, similar to those used in polygraphs. There are several models of stress management, each with distinctive explanations of mechanisms for controlling stress. Much more research is necessary to provide a better understanding of which mechanisms actually operate and are effective in practice. The seminar commenced with the explanation about What is Stress? What are the Signs of Stress? She gave us insights about how we should manage and prevent stress, and told us about How Stress can be diagnosed. Towards the end, she explained how we should manage and prevent stress.

This year WDC brought positive changes and the efforts and the hard work put behind each event. was clearly visible. The cell hopes to bring many progressive changes for women and promises to keep working to bring about a positive change in the society.

Report By-
CWDC, SIESGST, Nerul.

SIES Graduate School of Technology
RISE WITH EDUCATION

WDC

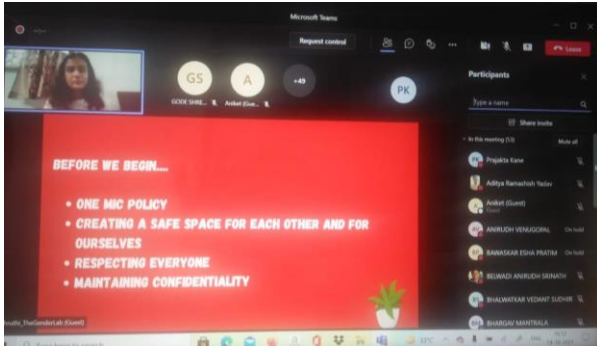
SIES GRADUATE SCHOOL OF TECHNOLOGY STUDENT COUNCIL

GENDER SENSITIZATION

Ms. Shruti **Mr. Aniket Wakankar**

Let us learn from our speakers what 'Gender' means and bring a change together.

14th October 2021 4:00 pm to 5:00 pm



Seminar on gender sensitization



workshop on self defense

WDC SIES GST
 in collaboration with
AMBROSIAN RESOURCES
 presents awareness training program on
PSH ACT

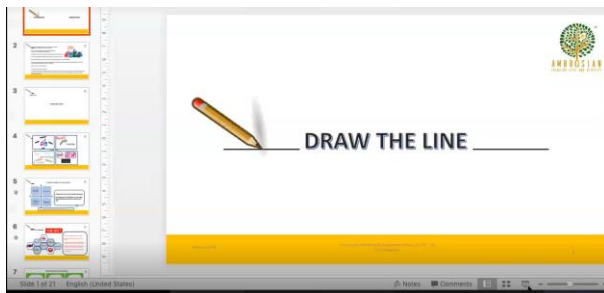
SPEAKERS

Nilofar Sait
Psychotherapist and certified practitioner of MBTI

Malini Shah
Practicing psychotherapist and behavioral trainer

17 February 2022
04:30 - 05:30 PM

Platform : MS Teams



1 in 3 women experience physical or sexual violence in their lifetimes, most frequently by an intimate partner
 52% of married women are free to decide about sexual relations, contraceptive use and health care
 Worldwide, almost 750 million women and girls alive today were married
 1 in 2 women killed worldwide were killed by their partners or family in 2
 71% of all human trafficking victims worldwide are women and girls, 3 out of 4 exploited
 Violence against women is as serious a cause of death and incapacity among women as cancer, and a greater cause of ill health than traffic accidents and malaria combined
 India ranks 140 out of 156 countries
 135.6 years to close the gender gap
 The gender gap in India has widened to 62.5%, largely due to women's inadequate representation in politics, technical and leadership roles, decrease in women's labour force participation rate, poor healthcare, lagging female to male literacy ratio, income inequality

seminar on post act



WDC of SIESGST
On the occasion of **Women's Day**
Presents a webinar on
STRESS MANGEMENT



March, 8 2022



3:30 PM - 4:30 PM

ONLINE PLATFORM: MS TEAMS

SPEAKER

Dietician Vijaya Sheth

Clinical and Research Dietician, Nutritionist Food Technologist
Certified and Registered diabetic educator with (ADS) American
diabetic association. Rd. 775. Nutrigenomic consultant.

