



The Women Development Cell (WDC) of SGDC has been functioning since 2011. It attempts to sensitize the student and teaching community on issues relating to gender discrimination, women's rights and empowerment. In the past, it has successfully organized programs on female feticide, sexual harassment and self-defense in the college. The Cell endeavors to involve both of girls and boys students of college in its information dissemination and sensitization activities, so as to foster a healthy dialogue based on mutual trust, respect and co-operation.

Objectives

- To provide and maintain a dignified congenial working environment for women employees (including teaching, non-teaching and contractual workers) and students where they can work, study and explore their potential to the fullest.
- To sensitize all members of the college community towards the prohibition of gender discriminations and sexual harassment at the work place.
- To encourage their involvement through academic, cultural and outreach activities such as talks, seminars, workshops, community action, drama, street theatre, poster-making etc.
- To provide place for dialogue, discussion, and deliberation on woman's rights and gender related issues.
- To encourage participation from NGOs and law enforcement agencies in this area.
- To become a resource centre for women and provide a forum for exchange of ideas on any such issues.
- To review safety and security measures for female employees and girl students in the college campus.

Mission

- To develop the self confidence of women employees and girl students.
- To guide about Women Welfare Laws.
- To assert the importance of spiritual, economic, social, racial and gender equality.
- To highlight the importance of health and hygiene.
- To direct women's role in the society.
- To provide equal career opportunities to all the genders.
- To eliminate deep rooted beliefs of gender bias and discrimination in the society.
- To develop multidisciplinary approach for the overall personality development of an individual.

Who can approach the WDC

Any woman employee including faculty, staff and girl student of SGDC can approach the cell.

WDC Members (2023-24)

- | | | |
|--------------------------------|---|--------------------------|
| 1. Dr. (Mrs.) Vandana A. Sinha | - | Chairperson (9769346223) |
| 2. Ms. Vijay Laxmi Gupta | - | Convener (8591109772) |
| 3. Mrs. Geeta Yadav | - | Member (8108969788) |

Future Plans

- To help battling examination stress, the Cell is planning to provide counseling sessions and psychologist visits in the college.
- A workshop on 'Meditation at Home' will be planned to deal with the everyday stress and anxieties of the girl students.
- For a healthy and fit life, yoga camps and aerobics classes will also be organized by the Cell.
- To spread the importance and ways for women empowerment and gender equality various talks, workshops and events will be organized to understand their unexplored skills and talents.
- To start a short term course on gender and law with the objective of increasing awareness about myths and taboos.



SHRI G.P.M. DEGREE COLLEGE

WOMEN DEVELOPMENT CELL

Awake.. Arise.. Educate.. Savitribai Phule

Presentation: Health and Hygiene of Infant & Pregnant Women

05/01/2024

Maintaining good health and hygiene practices during pregnancy is essential for the health of both the mother and the developing fetus. This includes practices such as regular prenatal care, proper nutrition, and exercise. Pregnant women should also take extra care to avoid exposure to harmful substances, such as tobacco smoke and alcohol. By considering this issues, Women Development Cell organized Presentation on topic, Health andHygiene of infant & pregnant women, Where Mrs. Archana Tiwari, addressed student on given topic and gave knowledgeable talk to students.

Event Details

Name of the Event : Health and Hygiene of infant & Pregnant Women.
Date : 05th January 2024
Time : 11:00 pm to 12: pm

Event Purpose

The seminar was organized to cover below topic:

- The value of a healthy diet for expectant mothers and their unborn children
Baby hygiene routines, such as bathing and changing diapers properly
- Advice on nursing and preparing formula correctly
- Strategies for preventing common illnesses and infections in both mothers and babies
- The benefits of regular prenatal and postnatal care
- How to help moms and newborns with their emotional health

A few more images from the occasion...



The outcome of the Event

After participation in the event, our students gained with-

- Improved awareness and comprehension of the best practices for baby and mother hygiene and health.
- Increased knowledge of typical health hazards and ways to avoid them.
- Improved ability to identify warning signs of potential health problems and seek appropriate care.
- Enhanced skills and confidence in areas such as breastfeeding, formula preparation, and infant hygiene.
- Opportunities to connect with healthcare professionals and other parents for ongoing support and guidance.
- A stronger desire to put health and cleanliness habits that promote the wellbeing of moms and infant's first.

WISH U ALL, THE BEST.



SHRI G.P.M. DEGREE COLLEGE

WOMEN DEVELOPMENT CELL

Awake.. Arise.. Educate.. Savitribai Phule

Workshop : Essay Writing Competition – Gender Issues

27/10/2023

The Women Development Cell organized an Essay writing competition on topic Gender Issues on 27 October, 2023. A Nation can progress and attain higher development growth only when both men and women are entitled to equal opportunities. By considering this we organized an Essay Writing Competition to represent their ideas and thoughts about the topic.

Event Details

Name of the Event : Essay Writing Competition – Gender Issues.
Date : 27 October, 2023
Time : 10:00 am to 11:00 pm

Event Purpose

- Students ought to be given the chance to express their opinions on the subject.
- Students should consider gender issues and put their ideas into practice.
- Should be informed about gender issues both domestically and internationally in India.
- To improve one's capacity for thought and writing.

A few more images from the occasion...



The outcome of the Event

After participation in the event, our students gained with-

- It enhances one's ability to talk clearly, organize their thoughts, and read and write better.
- It helps children learn more about issues related to gender.
- It helps provide guidance on gender issues in India and other countries.

WISH U ALL, THE BEST.



Workshop : Stress Management and Mental Health

10/10/2023

The Women Development Cell organized a workshop of Stress Management and Mental Health. On 10th October 2023. The purpose of this workshop was to give the ideas of mental health and how to handle the stress. In this workshop there were a discussion within the teachers and students about various activities which will help to handle the stress.

Event Details

Name of the Event : Workshop - Stress Management and Mental Health
Date : 10 October, 2023
Time : 11:00 am to 12:30 pm

Event Purpose

- To learn Stress reduction strategies can enhance productivity, decision-making, and cognitive performance.
- To know the impact of individuals, caregivers, communities and societies on our mental health
- To know about stress triggers and to find out how to reduce their stress.
- To know the impact of diet on our health.
- To know various relaxation techniques to reduce the stress.

A few more images from the occasion...



The outcome of the Event

After participation in the event, our students gained with-

- How to reducing symptoms of anxiety and sadness, stress management practices can improve mental health in general.
- When they manage their stress may see gains in their physical well-being, such as lowered blood pressure, less tension in their muscles, and enhanced immune system performance.
- Different methods for lowering stress levels while working.
- Relationships with friends, family, and coworkers can be strained by stress.

WISH U ALL, THE BEST



Guest Lecture : Women's Legal Right and Empowerment

09/03/2023

On the 8th of March 2023, on the occasion of International Women's Day, a guest lecture was held on the topic of "Women's Legal Rights and Empowerment". The lecture was delivered by Mr. Kuldeep Yadav a renowned lawyer and women's rights activist. Mr. Kuldeep began the lecture by emphasizing the importance of women's legal rights and how they are essential for their empowerment. He provided a brief history of women's legal rights and how women have struggled for their rights over the centuries. He highlighted the key legal rights that women have, including the right to vote, the right to education, the right to work, the right to equal pay, the right to own property, and the right to reproductive healthcare. He also discussed how these rights are protected by law in most countries around the world.

Event Details

Name of the Event : Guest Lecture: Women's Legal Right and Empowerment

Date : 08th March, 2023

Time : 12:00 pm to 01:00 pm

Event Purpose

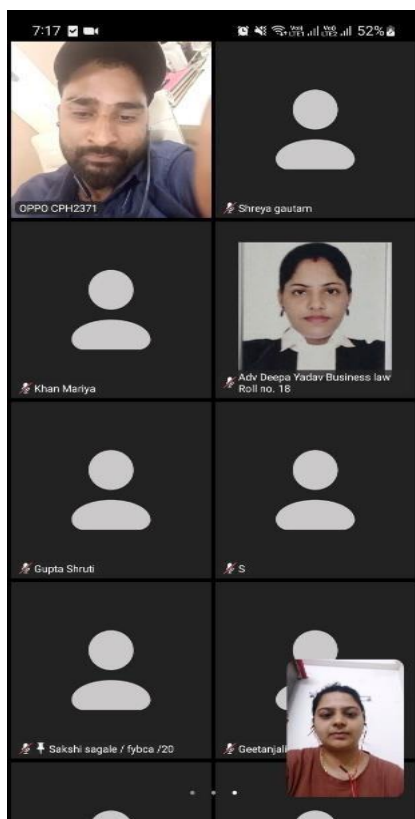
- To raise awareness about the importance of women's legal rights and their role in promoting gender equality and women's empowerment.
- To educate attendees about the key legal rights that women have and how these rights are protected by law in most countries. To shed light on the challenges that women still face in exercising their legal rights, such as discrimination, violence, and lack of access to justice.
- To inspire attendees to take action towards promoting women's legal rights and empowerment, whether through advocacy, volunteering, or other forms of support. To provide an opportunity for attendees to network and connect with other like-minded individuals and organizations working towards women's rights and empowerment.

A few more images from the occasion...



Mr. Kuldeep Yadav
B. Sc. L. L. B.
Lawyer at Andheri Court





The outcome of the Event

After participation in the event, our students gained with-

- **Increased Awareness:** The lecture helped raise awareness among the attendees on the importance of women's legal rights and their role in promoting gender equality and women's empowerment.
- **Knowledge Enhancement:** The lecture provided a deeper understanding of the key legal rights that women have and how they are protected by law in most countries.
- **Insights into Challenges:** The lecture shed light on the challenges that women still face in exercising their legal rights, such as discrimination, violence, and lack of access to justice.
- **Inspiration for Action:** The lecture inspired attendees to take action towards promoting women's legal rights and empowerment, whether through advocacy, volunteering, or other forms of support.

WISH U ALL THE BEST.



SHRI G.P.M. DEGREE COLLEGE

WOMEN DEVELOPMENT CELL

Awake.. Arise.. Educate.. Savitribai Phule

Presentation : Health and Hygiene of Infant & Pregnant Women

29/12/2022

Maintaining good health and hygiene practices during pregnancy is essential for the health of both the mother and the developing fetus. This includes practices such as regular prenatal care, proper nutrition, and exercise. Pregnant women should also take extra care to avoid exposure to harmful substances, such as tobacco smoke and alcohol. By considering this issues, Women Development Cell organized Presentation on topic, Health and Hygiene of infant & pregnant women, Where Mrs. Utkarsha Mhatre, faculty of Computer Department addressed student on given topic and gave knowledgeable talk to students.

Event Details

Name of the Event : Health and Hygiene of infant & Pregnant Women.
Date : 28th Dec 2022
Time : 12:00 pm to 01:30 pm

Event Purpose

The seminar was organized to cover below topic:

- The importance of proper nutrition for pregnant women and babies
- Hygiene practices for infants, including proper diaper changing and bathing techniques
- Tips for breastfeeding and proper formula preparation
- Strategies for preventing common illnesses and infections in both mothers and babies
- The benefits of regular prenatal and postnatal care
- Ways to support the emotional well-being of mothers and babies

A few more images from the occasion...



The outcome of the Event

After participation in the event, our students gained with-

- Increased knowledge and understanding of best practices for maternal and infant health and hygiene
- Greater awareness of common health risks and how to prevent them
- Improved ability to identify warning signs of potential health problems and seek appropriate care
- Enhanced skills and confidence in areas such as breastfeeding, formula preparation, and infant hygiene
- Opportunities to connect with healthcare professionals and other parents for ongoing support and guidance
- Increased motivation to prioritize health and hygiene practices that support the well-being of mothers and babies

WISH U ALL THE BEST.



SHRI G.P.M. DEGREE COLLEGE

WOMEN DEVELOPMENT CELL

Awake.. Arise.. Educate.. Savitribai Phule

Workshop : Essay Writing Competition – Gender Issues

10/11/2022

The Women Development Cell organized an Essay writing competition on topic Gender Issues for the girls on 10 November, 2022 whereby 29 girls attended the competition. A Nation can progress and attain higher development growth only when both men and women are entitled to equal opportunities. By considering this we organized an Essay Writing Competition for Girls to represent their ideas and thoughts about the topic.

Event Details

Name of the Event : Essay Writing Competition – Gender Issues.
Date : 10 November, 2022
Time : 11:00 am to 12:00 pm

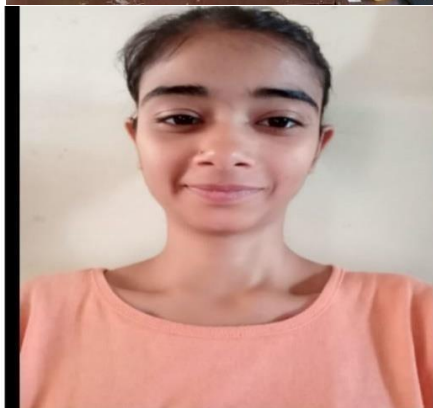
Event Purpose

- Students should get the opportunities to represent their ideas about the topic.
- Students should think and implement their ideas on gender issues.
- To know about gender issues in India as well as out of the Nation.
- To enhance writing and thinking abilities.

A few more images from the occasion...



Rank - 1
Name: Liza Naidu
(SY B.SCIT)



Rank - 2
Name: Kesar Upadhyay
(FY B.SCIT)



Rank - 3
Name: Ankita Yadav
(FY B.SCIT)

The outcome of the Event

After participation in the event, our students gained with-

- It improves one's capacity for reading and writing as well as for organizing thoughts and speaking effectively.
- It assists kids in learning more about gender issues.
- It aids in offering direction for gender issues in India and other nations.

WISH U ALL, THE BEST



SHRI G.P.M. DEGREE COLLEGE

WOMEN DEVELOPMENT CELL

Vision.. Innovation.. Solution.. Presentation

Workshop : Stress Management and Mental Health

05/10/2022

The Women Development Cell organized a workshop of Stress Management and Mental Health for the girls on 4 October 2022 whereby 45 girls attended the workshop. The purpose of this workshop was to give the ideas of mental health and how to handle the stress. In this workshop there were a discussion within the teachers and students about various activities which will help to handle the stress.

Event Details

Name of the Event : Workshop - Stress Management and Mental Health
Date : 04 October, 2022
Time : 11:00 am to 12:30 pm

Event Purpose

- To learn how to manage emotions in times of uncertainty and stress.
- To know the impact of individuals, caregivers, communities and societies on our mental health.
- To know about stress triggers and to find out how to reduce their stress.
- To know the impact of diet on our health.
- To know various relaxation techniques to reduce the stress.

A few more images from the occasion...



The outcome of the Event

After participation in the event, our students gained with-

- How to recognize stress symptoms before they become an issue.
- How to stay calm under the pressure and get more work done in less time to enhance their productivity through the skill of mindfulness.
- Various techniques for stress reduction while working.
- Methods of anxiety management, Stress management and though management.

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SHRI G.P.M. DEGREE COLLEGE

WOMEN DEVELOPMENT CELL

Awake Arise. Educate SavitribaiPhule

Guest Lecture: Women's Health Issues and Family Health Insurance

26/10/2021

Women Development Cell has organized a Guest Lecture on ' Women's Health Issues and Family Health Insurance. The guest lecture helps to prevent us from issues like PCOS, TSDF Hirsutism, HPV and identify symptoms. It is used to protect girls health by proper drugs and body check up on time, balanced diet, regular exercise, adequate sleep, immunization e.g. HPV (protection against cervical cancer and genital wart), screening examination. The guest speaker of event is Dr. Mrs. Usha Marathe. She delivered a wonderful lecture regarding the topic and guided the audience. She also answered the questions raised by students and total 63 students were participated.

Due to the covid pandemic, the event was conducted **online via Zoom**

Event Details

Name of Event : Women's Health Issues and Family Health Insurance

Date : 26th October, 2021

Time : 04 p.m. to 05 p.m.

Guest Speaker:



Dr. Mrs. Usha Yadav Marathe,
MBBS,DGO,DNB
(Gynecologist & IVF Specialist)

Event Purpose

- To make students aware about women health issues and remedies for it.
- To make students know about why is health insurance essential.
- To make aware about reasons for health problems.
- To develop knowledge about proper remedies, exercise and diet.
- To create awareness about immunization (human papilloma virus).

Some more Glimpses of the Event ...



Outcome of the Event.....

After participation in the event, our students gained with –

- The need of balance diet, physical exercises and hygiene etiquette that will together promote health of a women.
- Healthy lifestyle and necessary eating habits will lead an outcome that is healthy body.
- The students understood the responsibility towards their body by taking a balanced diet and maintaining healthy life.

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SHRI G.P.M. DEGREE COLLEGE

WOMEN DEVELOPMENT CELL

Awake Arise Educate SavitribaiPhule

Guest Lecture: Cyber Safety for Girls

04/10/2021

Women Development Cell of SGDC has organized a Guest Lecture on 'Cyber Safety for Girls'. The guest lecture helps to prevent us from issues like breaches, cyber-attacks and identify theft. It is used to protect yourself and your data from unauthorized access, modification and detection. The guest speaker of event is Mr. Smith Gonsalves. Mr. Smith Sir delivered a wonderful lecture regarding the topic and guided the audience. He also answered the questions raised by students, total 35 students were participated.

Due to the covid pandemic, the event was conducted **online via Zoom**

Event Details

Name of Event : Cyber Safety for Girls

Date : 04th October, 2021

Time : 11.30 a.m. to 12.30 p.m.

Guest Speaker:



Mr. Smith Gonsalves

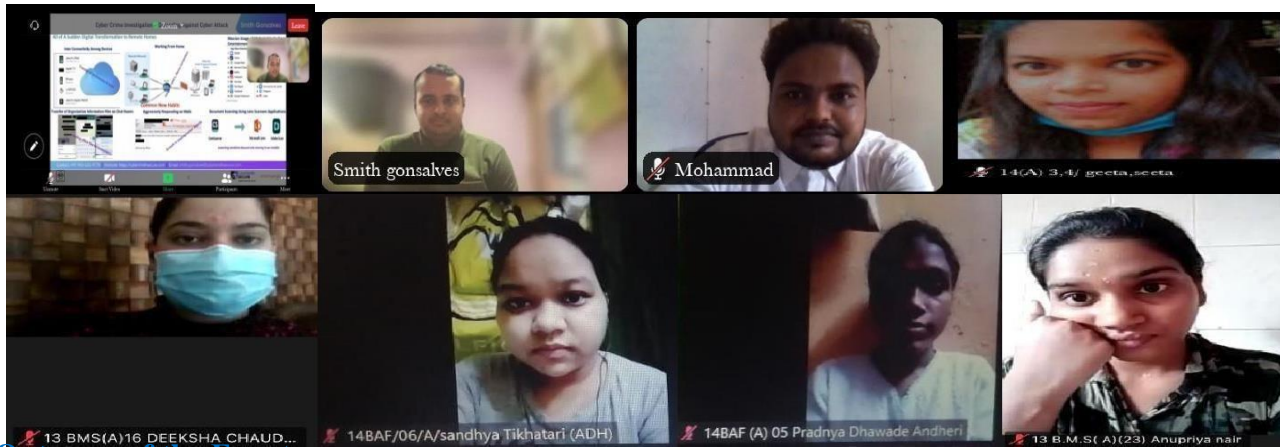
(Director & Principal Consultant)

Cyber Security Evangelist & Information Security

Event Purpose

- To make students aware about cyber-attacks, privacy breaches and identity theft.
- To make students know about following things
 - 1) Do not share personal information. Keep personal information about yourself private. This includes information about your family members, your school, your telephone number, and your address. Be careful what you write or upload. Think twice before you post or say anything online. Once it is in cyberspace, it is there forever.
 - 2) Do not post anything that you would not want your family, other students, teachers, or current and future employers to see! Connect with care. Do not click on links or open emails from people you do not know.
 - 3) Cyber criminals use emails and links that look okay to lure people into clicking. If you think an offer is too good to be true, it probably is. Use strong passwords. Try not to use the same password for multiple sites.
 - 4) Make passwords strong and change them often. Keep your belongings safe. Lock your computer and mobile phone.

Some more glimpses of the Event



Outcome of the Event....

After participation in the event, our students gained with –
Cyber security protects devices and a network from harm by third parties, Online Safety protects the people using them from harm by the devices and networks (and therefor third parties) through awareness, education, information and technology.

WISH U ALL THE BEST.



SHRI G.P.M. DEGREE COLLEGE

Women Development Cell
Awake..Arise..Educate...SavitribaiPhule

Guest Lecture on 'Domestic Violence'

31.12.2021

Women Development Cell of SGDC has organized a Guest Lecture on 'Domestic Violence'. The guest lecture helps to prevent you from domestic violence. The guest speaker Adv. Richa Singh delivered a knowledgeable lecture regarding the topic and guided the audience. She also answered the questions raised by students. The session was virtually attended by 54 students.

Due to the covid pandemic, the event was conducted **online via Zoom**

Event Details

Name of Event : 'Domestic Violence'

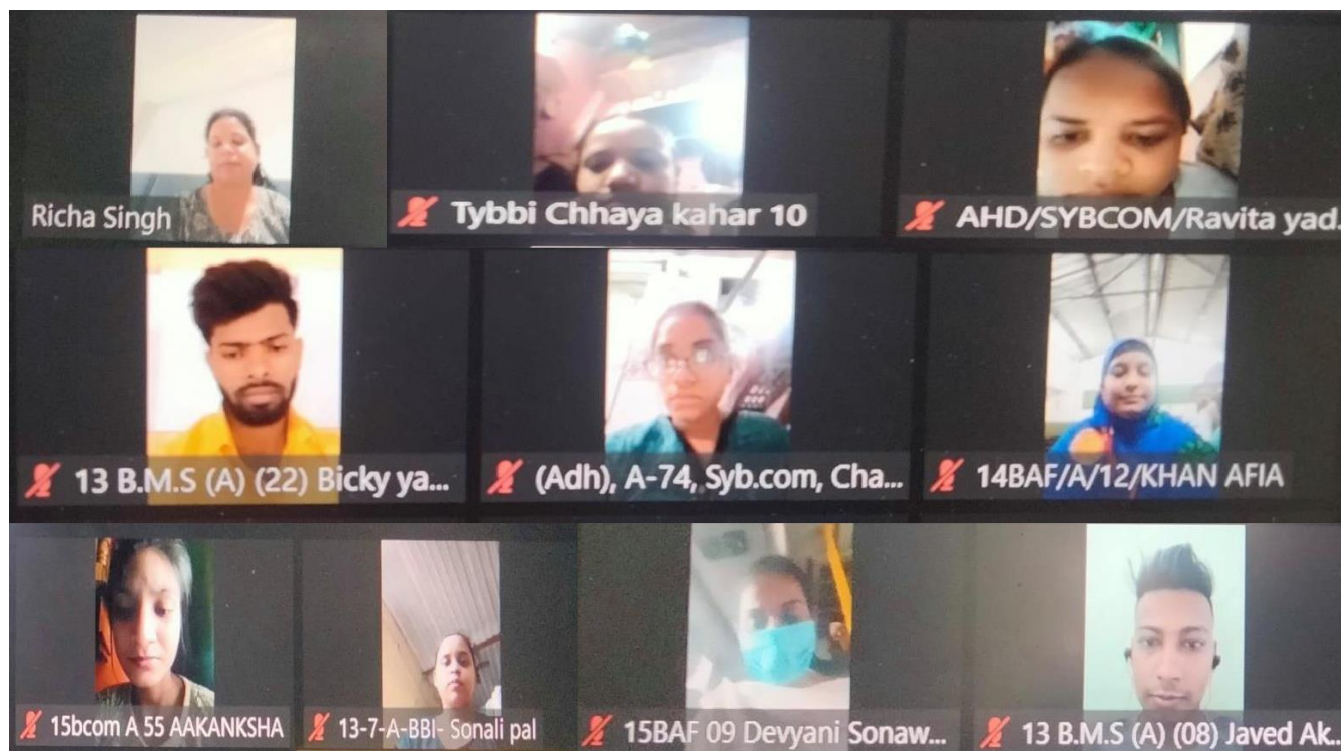
Date : 31st December, 2021

Time : 12 p.m. to 01 p.m.

Event Purpose

- To make students aware about domestic violence.
- To develop knowledge about effective of policy about domestic violence.

Some more glimpses of the event ...



Outcome of the Event

After participation in the event, our students gained with –

- To determine the prevalence, characteristics, reasons and the socio-demographic correlates of domestic violence, and how females to cope with the act of violence and to overcome the situation.
- To learn about social issues that lead to domestic violence and India, infamous for gender-based violence

WISH U ALL THE BEST.