

WOMEN'S FORUM REPORT 2019-2020

Women's Forum has been formed in the College on the occasion of Golden Jubilee Year celebration with the vision and support of Prin. Dr. Aftab Anwar Shaikh on 16th December, 2019. The Forum consists of following Committee Members:

1. Dr. Ashwini Purude (Co-ordinator)
2. Mrs. Lubna Khan (Member)
3. Dr. Afreen Ahmed (Member)
4. Dr. Ana Mateen (Member)
5. Ms. Rifat Memon (Member)
6. Ms. Heena Sayyed (Member)
7. Dr. Reshma Patil (Member)
8. Ms. Deepika Kininge (Member)
9. Ms. Farhat Shaikh (Member)
10. Ms. Nadaf Kausar Sabeha (Member)
11. Ms. Mohsina Mujawar (Member)

Following is the list of activities organized by the Forum in the academic year 2019-2020:

1. Inauguration and Talk on Breast Cancer Awareness

Coordinator: Ms. Farhat Shaikh

Number of beneficiaries: 107

The inauguration of this 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 programme was presided by Mrs. Mehrunisa Shaikh, Head of the Botany Department. She elaborated about the goals of Women's Forum. Dr. Shirwant made a power point presentation about creating awareness of Cancer. She stressed on the importance of traditional lifestyle and explained how urbanites are more victims of deadly cancer. She made a comparative study of cancer occurrence on India and western world. She explained about the risk factors of cancer. She guided about self-examination as well as how early detection of cancer is a key to healthy life. She also stressed on the importance of Mammography test. She made the audience aware of Oncoplastic surgery. The session ended with a lively interaction of question- answers due to active participation of the audience.



Inauguration of Women's Forum



Dr. Mallika Shirwant guiding the audience about Breast Cancer Awareness

2. Guidance Talk on Plantar Fasciitis

Coordinator: Ms. Farhat Shaikh

Number of beneficiaries: 107

The Guidance Talk was organized on 24th December, 2019. The second session of the programme was a guidance talk by Dr. Ayesha Khan. She informed the audience with a Power Point Presentation about the disease Plantar Fasciitis which is very common to

women. She first informed about the causes of the disease. She gave a demonstration of physiotherapy exercises to treat the disease. The session ended with a lively interaction of question- answers due to active participation of the audience.



Dr. Ayesha Khan guiding on Plantar Fasciitis

3. Medical Check up Camp

Coordinator: Ms. Munzarrin Sajjan

Ms. Sabeha Kausar

Number of beneficiaries: 208

Under Women's Forum College had organized one day free Medical check-up for girl students of junior/ senior college, all staff members and family members of non-teaching staff in Ladies Canteen on 6th January, 2020. The specialized doctors in various branch of medical field from Dr. Batra's Homeopathic clinic were invited. The total 208 girl students (junior/ senior college) and staff of college were examined by them for various issues such as B.P, height, weight, BMI, hair loss, skin problems, sugar and thyroid.



Doctors examining the staff and students



Registration for Medical Check-up

4. Workshop on Insurance for all
Coordinator: Dr. Ashwini Purude
Number of beneficiaries: 34

The resource person for the workshop was the prominent alumni of the college, Mr. Vishal Godbole. The objective of the programme was to create awareness among students and staff members about the need and importance of Insurance. The workshop was especially for the teaching and non-teaching staff. The audience was oriented on the need and importance of Insurance policies. Many prejudices, doubts and assumptions were verified and cleared in the question- answer session.



Mr. Godbole addressing the audience

5. Workshop on Stress Management

Coordinator: Dr. Ashwini Purude

Number of beneficiaries: 34

The resource person for the Workshop was Ms. Varsha Vartak, a Clinical Psychologist. She began the Workshop with individual responses from the audience regarding stress element in their lives. 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.

She informed about the positive stress handling strategies. She explained the different customized stress relieving factors. Some of the solutions she offered was:

1. Diet regulation
2. Time management
3. Anger handling issues
4. Maintaining stress diary
5. Counsellor's advice
6. Advice from friends and well – wishers

The workshop was especially for the teaching and non-teaching staff.



Dr. Varsha Vartak guiding the audience

6. Workshop on Cloth bag and Paper bag making

Coordinator: Ms. Deepika Kininge

Number of beneficiaries: 76

This workshop was conducted on 14th January, 2020. Ms Ayesha, Ms. Zara, Ms. Alifiya and Ms. Shama conducted paper and cloth bag making course for girls, teaching staff, non-teaching staff, parents and family members of non-teaching staff. The objective of this programme was to create employment opportunities and empowering women by developing their skills.



Resource persons guiding the audience

7. Guidance Talk on Health and Nutrition

Coordinator: Ms. Rifat Memon

Dr. Ana Mateen

Number of beneficiaries: 77

A Guidance Talk was arranged on 17th January, 2020 on 'Health and Nutrition.' The resource person for the talk was Dr. Nisar Shaikh. He guided about overall health and he compared women's health globally. He directed to eat fresh and healthy food and how diseases due to faulty eating habits are carried forward genetically.



Dr. Nisar Shaikh guiding students

8. Workshop on Hair and Beauty Care

Coordinator: Ms. Deepika Kininge

Dr. Reshma Patil

Number of beneficiaries: 87

A Workshop on 'Hair and Beauty Care' was organized on 18th January, 2020 which included Makeup, Personal Grooming, Nail Art and Mehendi. The programme was organized in collaboration with PAI International School of Hair and Beauty, Pune. The students and staff members were given demo of makeup with vital information. Mrs. Archana Rokade, from PAI PAI International School of Hair and Beauty, Pune guided on personal grooming, self make up, hair fall, skin problems, mehendi and nail art skills. She also motivated girls to make career in the beauty industry. Her team presented nicely different types of hair styles and makeup.



Mrs. Archana Rokade, Asst. Director of PAI academy guiding students



Practical session of Make up

9. Women Entrepreneur Stall (Self-made Products)

Coordinator: Ms. Deepika Kininge

Number of beneficiaries: 15

Women's Forum in collaboration with the college provided stalls for selling self- made products in the college campus from 20th January, 2020 to 24th January, 2020.

Chocolates, paper bags, cloth bags, soaps, bath salt and decorative items were sold by the young women entrepreneurs.



Stall on Decorative items



Cloth and Paper bag stall



Chocolate stall



Handmade and organic Soap stall

10. Workshop on Soap Making

Coordinator: Dr. Ashwini Purude

Number of beneficiaries: 54

A Workshop on soap making was conducted on 22nd January, 2020. The resource person for the workshop was Ms. Shaziya Khan. She showed a demo of actual preparation of various types of soaps. She informed the audience of the exact proportions of ingredients. All the soaps made were organic, chemical free and hand made.



Practical of soap making

11. Workshop on Shampoo and Hand Wash making

Coordinator: Dr. Ashwini Purude

Number of beneficiaries: 69

A Workshop on Shampoo, Bath salt and hand wash making was conducted on 23rd January, 2020. The resource person for the workshop was Ms. Neelam Ahuja. She showed a demo of actual preparation of various types of shampoos, hand wash and bath

salt. She informed the audience of the exact proportions of ingredients. All the products made were organic, chemical free and hand made.



Students trying hands on with handwash and shampoo making

12. Two day Workshop on ‘Women’s Health and Human Development’

Coordinator: Dr. Ashwini Purude

Dr. Ana Mateen

Number of beneficiaries: 72

A Two day workshop was organized in collaboration with Department of Economics on ‘Women’s Health and Human Development’ was organized from 29th January to 30th Januray, 2020. The workshop was conducted in collaboration with Swadhar IDWC (NGO) The workshop consisted of:

Day 1: Women’s Health and Hygiene and Nutrition and Human Development

Day 2: Session I: Love Attraction of Adolescents

Session II: AIDS Awareness

The girls were made aware of healthy eating habits and importance of nutritious food. The girls were oriented to identify attraction from love and how to control one’s emotions. The AIDS awareness session gave scientific information about AIDS and its preventive measures.



Session on AIDS Awareness



Session on Women's Health and Hygiene and Nutrition and Human Development



Love Attraction of Adolescents

Upcoming events in February, 2020

- 1. Workshop on Chocolate making**
- 2. Workshop on Cake and Icecream making**
- 3. Celebration of National Women's Day on 13th February with a session of Yoga for Women's Fitness**

Upcoming event in March, 2020

- 1. Celebration of International Women's Day on 8th March, 2020.**