

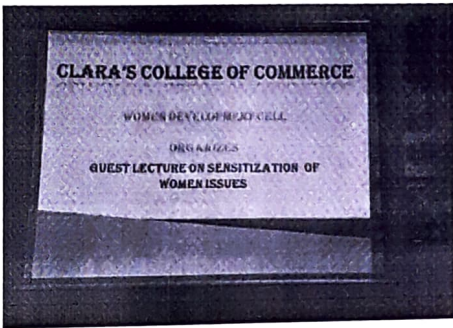
CLARAS COLLEGE OF COMMERCE

WOMEN DEVELOPMENT CELL

Report on guest lecture on sensitization on women issues

Date: 07/08/2017

The Women development cell of Claras college of commerce organized a session on 'Sensitization on women issues' on Saturday 5th August 2017, with the aim of creating awareness among students on the various issues faced by women in their everyday life. The Eminent guest lecturer for the session was Dr. Francis k. Vaidya from Gandhi Shikshan Bhavans, Shrimati Surjaba college of education.



The session started with welcome note by Mrs. Jisha Varghese. Guest lecturer for the session was welcomed by Dr. Geeta Balakrishnan, Principal Claras College of Commerce. During the session the esteemed guest focused on educational and work related issues faced by women in their day to day life. health issues of women was also briefed by Dr. Francis Vaidya. On educational front she discussed about the right of education and various schemes offered by government for compulsory education to girl child. She also briefed about Sexual harassment faced by women in workplace and punishment given to the offender.



The session was attended by students of B.Com, B.M.S, B.A.F and B.M.M. It was an interactive session followed by Question Answer round conducted by Ms. Minal Sharma.




At the conclusion of event, group song was performed by WDC student members-Exzina Waghmare and Sayed Afreen along with other students. Mehul from TYBMS recited inspirational lines on women encouragement. The session ended with Vote of thanks by Mr. Anish Valiyakath.

It was an informative session with positive response and participation on the part of students.

Report compiled by: Jisha Varghese

Jisha


Dr. Geeta Balakrishnan
Principal

Claras College Of Commerce, Yari Road , Versova

Women Development Cell

Report on poster and collage making competition

Date:12/11/17

Women development cell of Claras college of commerce organized a poster and collage making competition on 11th Dec 2017 . The event was held to make students aware of the laurels gained by women in various fields inspite of the adversities faced. The theme for the poster making and collage making was "Your ability counts, gender doesn't". Students from B.com, B.M.S, B.A.F, and B.M.M. individually participated in the competition. Around twenty students across the section participated in the event. Students were allotted time period of one hour for the completion of their poster and collage. Judge for the event was Mrs. Sunaina Patil from Children welfare Centre's High school. Judging criteria was briefed to the students before the beginning of event. Judging criteria was based on relevance to theme, Presentation, creativity and color harmony of the poster and collage. Roma kumari, Exzina waghmare, and Pooja from T.Y.B.M.S were declared first, second and third prize by the judge. Participation certificates were also distributed to all the participants. It was a funfilled learning and doing session for students where students expressed their views on the theme creatively.



Jisha

Report compiled by: Jisha Varghese

Geeta Balakrishnan

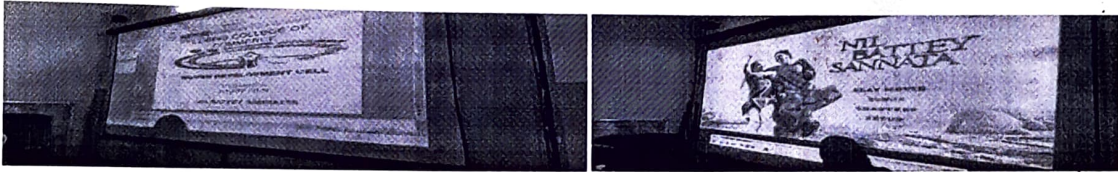
Dr. Geeta Balakrishnan
Principal

**Clara's College Of Commerce
Yari Road, Versova.**

**Report on short film session
Conducted by women development cell**

Date: 05/02/2018

Education for all is a fundamental human right. Education has profound effect on girls and women's ability to claim their rights and achieve status in society. But many a times women themselves are not ready to understand the importance of education in their life and the level of changes that can be brought in their lives with education. With the purpose of creating an awareness about the importance of higher education in women empowerment, a short film session was conducted on 3rd feb 2018 by women development cell of claras college of commerce. Session started with a video on Girl education followed by a short film "Nil Battey Sannatta". Session was attended by students of B.com. BA.F. B.M.S, and B.M.M.



The film dealt with story of a maids daughter who was not motivated to study as she felt being a maids daughter she will also become maid only, but her this thinking was changed by the efforts of her mother, who wanted to continue her studies but couldn't due to the circumstances. The girl in the film later on becomes an I.A.S officer.



Session was enjoyed by the students as it was different from normal discussions, talks, and lectures usually attended. At the end of the session feedback of the students were taken.

Jisha

Report Compiled By: Jisha Varghese

Geeta Lalal
**Dr. Geeta Balakrishnan
Principal**

Clara's College of commerce

Yari Road, Versova - 61

Date: 08/03/2018

Report of guest lecture on "Role of women empowerment to reduce domestic violence"

On the occasion of women's day guest lecture on Women empowerment was organized for the female students by women's development cell of claras college of commerce. The topic for the session was "Role of women empowerment to reduce domestic violence"

The session commenced at 8:30 am with a warm welcome to the speaker Ms. Anita singh by Mrs. Babita kanojia. She began by creating awareness on the issue of gender- violence and analyse the cause and factors of violence against women.



How the violence against women impacts the lives of women victims, their families and society was guided by the speaker. The speaker also explained about educational and social strategies to address the issues. She motivated audience to collect share and develop innovative responses and best practices for elimination and prevention of violence against women in society.

The guest lecture ended with a vote of thanks

Babita Kanojia
(I/C Principal)

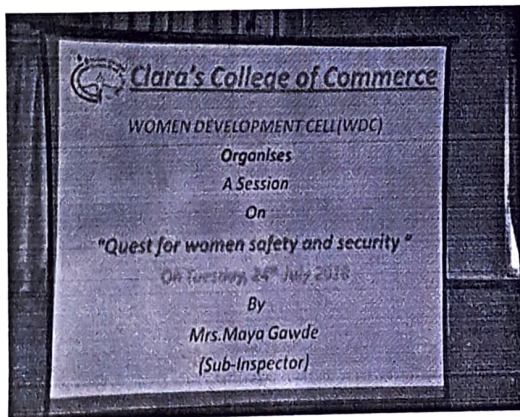
Claras College Of Commerce
Yari Road , Versova

Women Development Cell

Report of session on “Quest for women safety and security”

Date : 25/07/2018

The women development cell of Claras College of Commerce organised a session on quest for women safety and security on Tuesday 24th July 2018. The aim of the session was to create awareness among students about importance of safety and security of women in bringing gender sensitization in society. The session was conducted to give knowledge about women safety in public places especially transportation. The speaker for the session was Mrs. Maya Gawde , Sub inspector, Versova police station. The session was attended by 110 students from all sections of Bcom, BMS, BAF and BMM.



The session started with introduction of guest by Mrs. Jisha Varghese and welcoming by I.C principal Mrs. Babita Kanojia. Mrs. Maya Gawde highlighted on urgent need to solve the problem of women safety so that they can also grow equally like men in their own country. She shared her experience of the cases she handled in which girls were harassed and molested by their family members and boyfriends. She narrated the incidences in which young girls get influenced by unknown men through social media and elopes with them and later these girls become victims of sexual abuse.



Mrs Maya Gawde emphasized that women should be careful while using social media sites with strangers and not to hide facts and matters from parents and to share details of their whereabouts with parents. She advised the female students to have all emergency numbers with them and in case of any incident first protect themselves by moving to safe areas like shops while in public places and then to make call to

police and family members.

The session ended with handy tips from Mrs. Maya Gawde to be safe in public places and question answer session, followed by vote of thanks by Adv. Minal Sharma. The session was very informative and enlightening for the all the students.

Compiled By:
Asst. Prof. Jisha varghese

CLARAS COLLEGE OF COMMERCE,
Yari Road, Versova

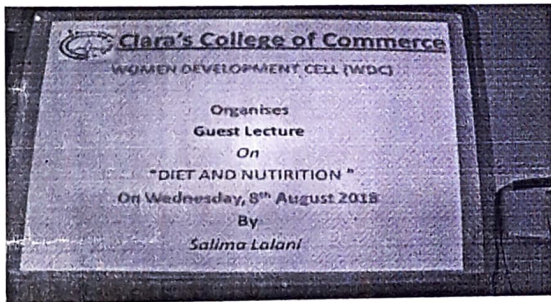
WOMEN DEVELOPMENT CELL

Report of session on 'diet and nutrition'

Date: 10/08/2018

Women development cell of Clara's college of commerce organized a session on diet and nutrition on 8th August 2018. The aim of session was to educate the students about importance of healthy diet in maintaining overall health. The guest speaker for the session was Ms. Salima Lalani, nutritionist from VLCC. The session was attended by around 75 students from Bcom, BAF, BMS and BMM .

The session started with introduction and honouring of guest speaker. .The experienced speaker for the session emphasized on need for the balanced diet in today's day to day lives. She advised and offered a diet plan to students in order to stay healthy in life.



Ms salima Lalani in her session advised on making fruits and vegetables part of our daily food habits. She instructed the students to cut back on gluten based food items and other sugary aerated drinks. The expert speaker highlighted on including various nuts also in our diet to obtain a balance of saturated and unsaturated fats. During the session diet plan for vegetarians as well as non-vegetarians was discussed.

Towards the conclusion of session the expert speaker shared some hand mudras like gyan mudra, apana mudra, surya mudra etc.to channelize body's energy flow and to cure certain ailments. The session came to an end with solving of queries of students by ms. Salima lalani.

Compiled by:
Jisha
Asst prof. Jisha Varghese

Clara's College of Commerce
Yari Road, Versova, Andheri (W), Mumbai-400061

Report on Self-defence Training Workshop

Clara's College of Commerce, organised a three-day self- defence training workshop for girls on first, third and fourth of October, 2018. The objective of workshop was to educate girls in preventive and curative counter protective measures that can be taken in life-threatening situations. The resource person for the workshop was Mr. Sharif Bapu (President & Technical Director of Academic of Self -Defence). Around 161 girl students from various programmes (BCOM, BMS, BAF, BMM) of Degree College participated in the workshop.

DAY ONE (1st October, 2018)-



On the first day orientation was given to girl students by Mr. Sharif Bapu about the ground level difficulties that a female faces in her life. He explained the meaning of self-defence and its importance. He emphasized on the need for awareness of self - defence techniques and to avoid problematic situations. The various cases of violence against women were shared. Inspiring stories of Late. Phoolan Devi and Nirbhaya Hatyakand were discussed.

DAY TWO (3rd October, 2018)-

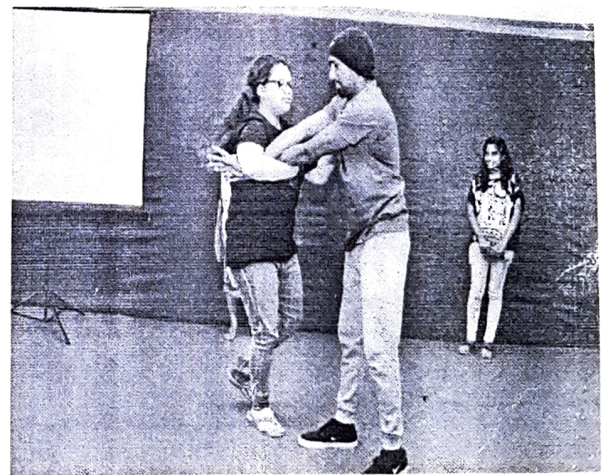
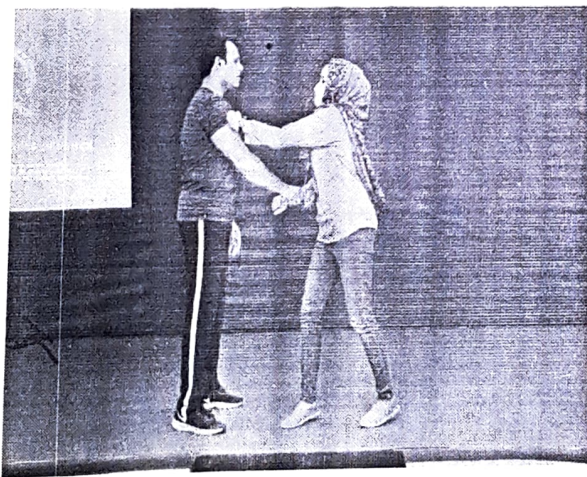
The second day session consisted of group discussion in which Mr. Sharif Bapu had given mock situation to girl participants and briefed about the requisite tactics to be taken thereafter. The necessity of being watchful all the time was discussed.



DAY THREE (4th October, 2018)-

The third day session consisted of practical training on some basic yet effective tactics from Judo & Karate. Girl Students were taught self protective techniques. They were motivated and acknowledged with the fact that for protection of self they have to be prepared well in advance in various dimensions like health, awareness, discipline etc.

The three-day workshop concluded with question answers session in which girl students clarified their queries on self defensive techniques and shared their workshop experiences. It was an interactive and productive workshop for girl students.



Women Development Cell *Jisha*
Convener, Mrs. Jisha Varghese

Place: Andheri
Date: 4th Oct, 2018

Banaji
Mrs. Babita Kanojia
I/C Principal



Clara's College of Commerce

Yari Road, Versova- 61

Women Development Cell

Expert talk on Women Right's

Date: 05/02/2019

On 5th of February 2019, the Women Development Cell of Clara's College of Commerce organized an Expert Talk on Women's Rights.

The workshop was organized with an aim of spreading awareness of women's rights within the budding young females. The speakers for the event were Adv. Nausheen Yusuf a Lawyer and program manager for Majilis legal centre. This event witnessed a participation of over 80 students.



The lecture dealt with marginality of women and the kind of problems faced by women in cases of crime against women and types of legal rights and remedies used to put such crimes to an end.

Students were also made aware of the different crimes like female foeticide, rape, kidnapping, dowry deaths or attempts, torture both mental and physical assault on women with intent to outrage her modesty, honour killings etc. faced by both rural and urban women in India .

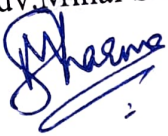
Various landmark cases like the Nirbhaya case and Vishakha ~~V.~~ State of Rajasthan were discussed, which helped the students to get deep insight related to the topic.

It was an informative session on crimes against women and acted as an inspiration for young students to work towards the abolishment of such crimes.

The program ended with a vote of thanks by a committee member.

Prepared By:

Adv. Minal Sharma



Clara's College of Commerce, Yari Road, Versova
Women Development Cell
Report on session on stress management

Date: 13/03/19

"Its not stress that kills us, it is our reaction to it. " --Hans Selye

In today's scenario, regardless of age , gender, status, position etc. everyone is affected by stress at one or the other point of time. One has to accept that stress is part of life, and it can be overcome by positive attitude only. With this objective women development cell of Clara's college of commerce had organised a session on stress management on 12th March, 2019. The expert speaker for the session was Prof. Anita Singh, an acknowledged expert in clinical psychology. Female students along with their mothers were invited for the session, as this session was intended to correspond to the occasion of woman's day on 8th March. This session was attended by around 40 students, ranging from B.com, BMS, BAF, BMM courses and their mothers.



The notable speaker highlighted on different types of stress and ways to combat it. She emphasized on the daily life stress that is undergone by women whether it is house makers or working women. She also guided the students on exam related stress and tips to overcome it. She conducted an informal, non clinical check list test on the audience to estimate their stress level; on the basis of it she guided the participants to determine their own stress levels and ways to overcome it. It was an interesting, interactive, and resourceful session thoroughly enjoyed by the mothers and daughters alike, as they were able to relate themselves to the incidences narrated by the speaker. The session concluded over a cup of tea with vote of thanks.



Jisha

Prepared By:
Asst. Prof. Jisha Varghese

MRH

Clara's College of Commerce

Yari Road, Versova

REPORT

Guest Lecture on

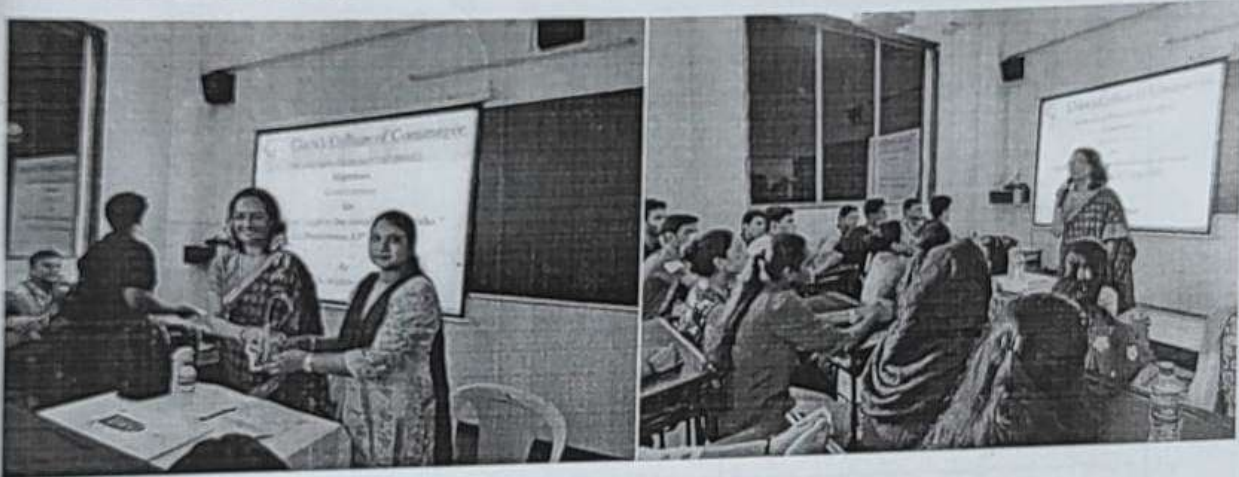
"Women's rights in the Constitution of India"

Date :17/07/2019

No. of Beneficiaries: 237

The Women Development Cell of our College organised a guest lecture on "Women's rights in the Constitution of India" on 17th July 2019. The speaker for the event was Adv.Mahima Neil. The students and Faculties welcomed her warmly.

During the session she talked about the situations of women in today's world. She also mentioned that every woman and girl has right to a life free from violence. Persisting high level of violence against women has created a dreadful situation in society for women. She had a healthy discussion with students and smoothly covered the rights from Constitution of India which are really meant for women. She focused more on the part of awareness about these rights. The students were made aware of different crimes like rape, kidnapping, sexual harassment. She discussed the various landmark cases like Vishakha and others v/s State of Rajasthan, Nirbhaya case. It was informative session and the session concluded with vote of thanks and collection of feedback form.



Details of Beneficiaries.

	Girls	Boys	Total
FYBCOM	31	28	59
SYBCOM	31	25	56
FYBAF	13	9	22
SYBAF	10	7	17
FYBMS	18	21	39
SYBMS	9	13	22
FYBMM	7	5	12
SYBMM	3	7	10
Total	122	115	237

Submitted by *for*
Asst. Prof. Reetesh R Singh

MPG
Principal

Dr.Madhukar Gitte

Clara's College of Commerce
Yari Road, Versova
REPORT
on
"Self-Defense Training Workshop"

Date :26/07/2019

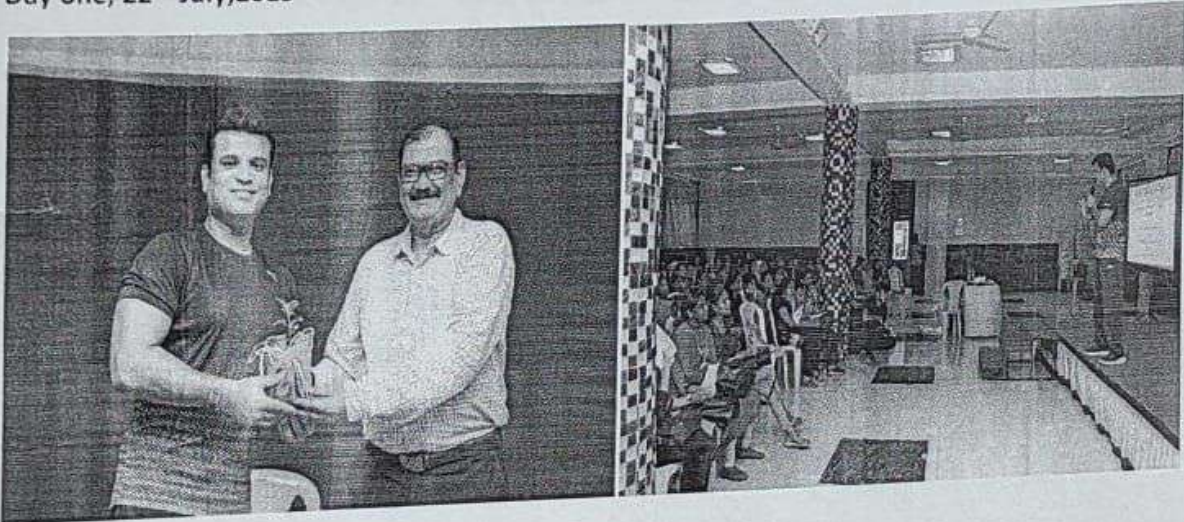
No. of Beneficiaries: 106

The Resource person: Mr. Sharif Bapu,
President & Technical Director

Academy of Self Defense

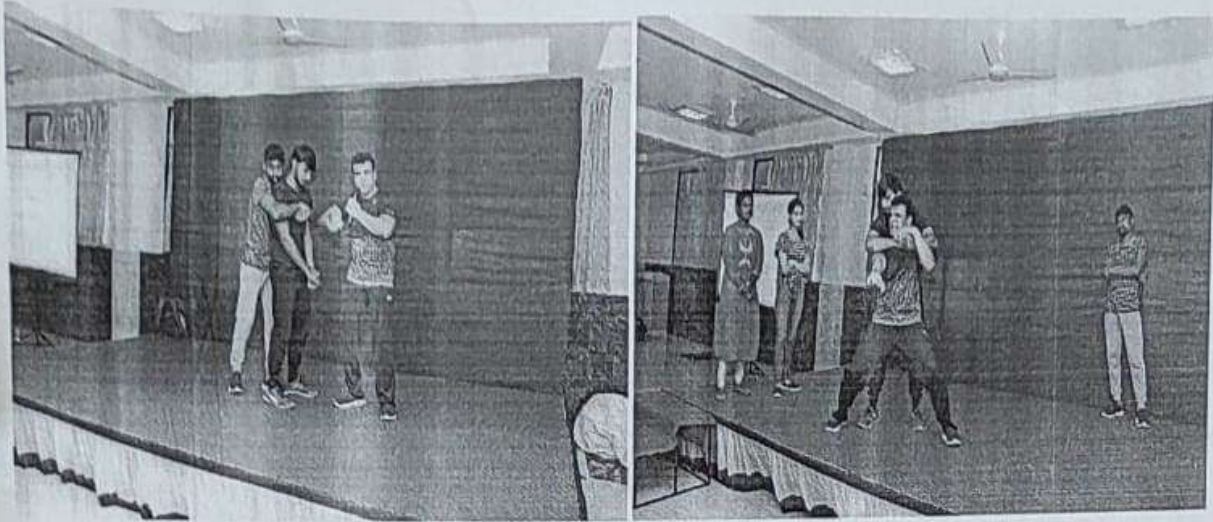
The Women Development Cell of our College organised a three day self-defense training workshop for girls on 22nd, 23rd & 24th of July, 2019. The girls from Programmes- B. Com, B.M.S, B.A.F, B.M.M have participated in training workshop. The Objective of conducting the workshop is to acquaint girls with counter attack moves.

Day one, 22nd July, 2019



The girls warmly welcomed Mr. Sharif Sir and his co-trainers. The Orientation was given to girls by Mr. Sharif Bapu. He discussed the present scenario of increasing violence against women, and few girls shared their problems faced while travelling. The discussion led by Mr. Sharif made girls to realize the need of getting trained with effective tactics. He explained the concept of "being trained" and explained the need to be attentive all the time while walking on roads, railway stations. He suggested girls to read the people around them. He made girls aware of legal procedures as well. The topic of prevention of girl abuse was also discussed, so that the students could guide their younger siblings and classmates.

Day two, 23rd July, 2019



The second day of workshop was full of demonstrations, where Mr. Sharif Babu and his co-trainers have demonstrated certain techniques to be followed ; like what to do when a stranger wants to touch by taking advantage of crowd in Bus or Railway stations; use of elbow to hit. The demonstration was also performed and experienced by few volunteer girls.

Day three, 24th July, 2019



The third day was full of practices. Girls tried the tactics taught by trainers. They practiced demo fight with trainers first and then practiced with their friends. The trainers taught the girls many self-defense tricks and techniques to develop confidence in them. Mr. Sharif Babu also taught the lesson of being confident rather than having physical strength. The girls learned the counter attack moves taught by trainers.

It was power booster workshop packed with information and training, the session concluded with vote of thanks.

Details of Beneficiaries.

Class	Girls
FYBCOM	41
SYBCOM	17
FYBAF	14
SYBAF	16
FYBMS	6
SYBMS	6
FYBMM	6
Total	106

Submitted by
Asst. Prof. Reetesh R Singh




Dr. Gitte Madhukar
Principal

CLARA'S COLLEGE OF COMMERCE
Yari Road, Versova, Mumbai-400061

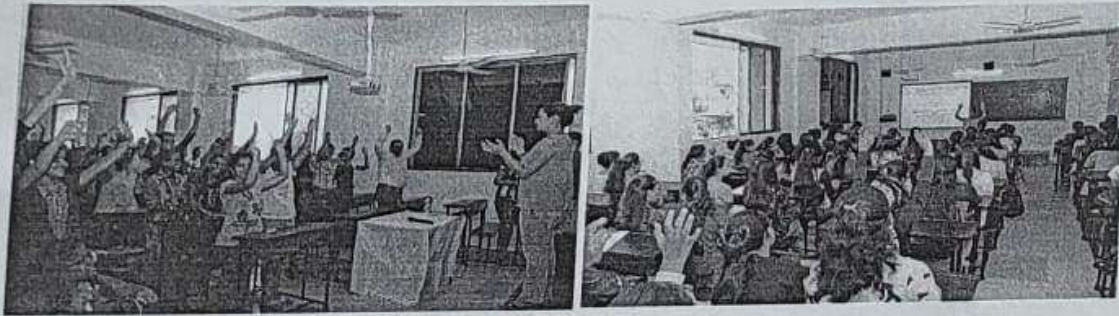
Report on Meditation-Healthy Body, Healthy Mind

Date-14/08/2019

No .of Beneficiaries – 75

Healthy mind, healthy body—we often hear this, but don't do much to incorporate it in our lifestyle. We must not forget that **"Health is Wealth."** If we do not take care of our physical health, our mental health will automatically suffer.

For keeping stress at bay and to enable the students to tolerate the potential stress associated with life, Women Development Cell of Clara's College Of Commerce organized workshop on Meditation- Healthy body ,Healthy Mind on 13th August 2019 at 8.30 am, where distinguished person Mrs. Uttara Dhanjal, motivational trainer and speaker conducted a workshop on the topic. The workshop was initiated with the objective of deepening the awareness of Meditation and healthy mind and body among women. She guided female students to conserve their energy and focus its positivity through meditation. She also explained remedies for personal health problems to the participants with lot of patience.



The overall workshop proved quit beneficial to the students. The lecture concluded with a feedback session.

Details of Beneficiaries:

CLASS	Girls
FYBCOM	36
FYBAF	16
SYBAF	08
TYBAF	08
FYBMM	03
SYBMM	04
TOTAL	75

Prepared By:

Ruchita

Ms. Ruchita Pandhare

MPG
Principal

Dr. Madhukar Gitte

Clara's College of Commerce

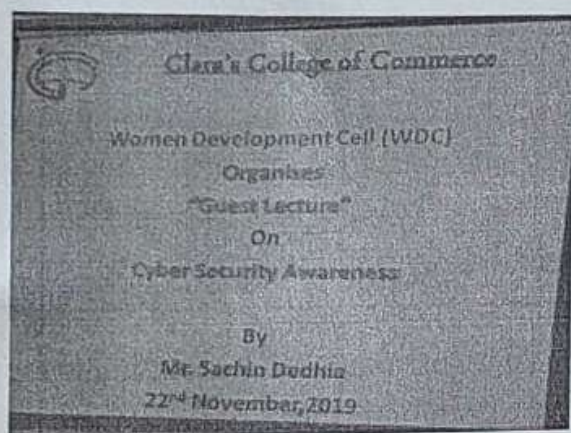
Yari Road-61

Report

Date: 22/11/2019

Cyber Security Awareness Programme for Women

On 22nd of November 2019, Clara's College of Commerce organized a Cyber Security Awareness Programme for Women. The event was organized with an aim of spreading awareness on cybercrime among Women's. The speaker for the event was Mr. Sachin Dedhai.



This event witnessed a participation of over 73 female students ie.

Class	No. Of Students
F.Y.Bcom (A)	12
F.Y.Bcom (B)	10
F.Y.BMS (A)	10
F.Y. BMS (B)	05

F.Y.BAF	12
F. Y.BMM	06
S. Y.B.Com	18

Mr. Sachin Dedhai explained that every citizen is living in two worlds simultaneously. One is the "REAL" world and the other is the "VIRTUAL" world. While existing in the real world we take all security precautions possible to remain safe and secure. On the contrary, while existing or operating in the virtual world the average citizens take no self-security precautions while operating in this world and they even do not know the legal provisions (IT ACT) that govern the legitimate use of the cyber space and virtual world.

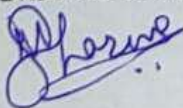
He discussed the various categories of cybercrimes giving several live examples, there by creating awareness to the students on what cybercrime is and how to avoid being a victim of cybercrime. He also enlightened them to report a crime around them, so that the percentage of crime can be cut down. He educated the students by giving tips and countermeasures while using internet, so that they do not become a victim of cybercrime and discussed IT Act 2008 laws.

Relevant queries were arises from the side of students and faculty delegates. They got justified answers from the speakers. The interactions were very relevant and meaningful. Participants would be benefitted from this event.

The program ended with a vote of thanks by a Faculty member.

Submitted By:

Adv.Minal Sharma.



Dr. Madhukar Gitte

(Principal)

CLARA'S COLLEGE OF COMMERCE

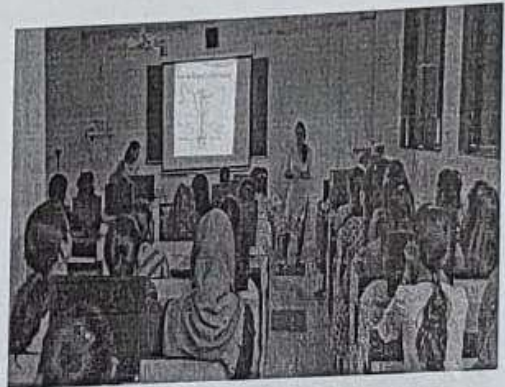
Yari Road, Versova, Mumbai-400061

Report on Awareness on Polycystic ovarian syndrome(PCOD)

Date- 30/11/2019

No .of Beneficiaries – 47

In India, every 4th girl/women is having PCOS in the age group of 14-28 years. It can also occur in girl as young as 11 year old. To bring about health awareness to the people, Clara's College of Commerce, has conducted an awareness programme on Polycystic Ovary Syndrome (PCOS) & its Challenges on 30th November, 2019 in the college I.T. Lab under the banner of Women Development Cell. The lecture was delivered by renowned Obstetrician & Gynaecologist Dr. Savita Ware, She described various causative factors, diagnostic parameters, and complications PCOS in detail. She further explained myths and facts about PCOS and various measures that can be taken for the prevention/management of PCOS. Dr.Savita Ware cleared the doubts of participant girls related to their gynaecological problems. The session turned out to be a very informative session, which encouraged the students to take up the healthy lifestyle from today itself.



Details of Beneficiaries:

Class	Girls
FYBCOM	06
FYBMS	06
SYBCOM	10
SYBMS	03
SYBAF	08
TYBCOM	14
TOTAL	47

Prepared by:

Ms.Ruchita Pandhare


Principal

(Dr. Madhukar Gitte)

Clara's College of Commerce
Yari Road, Versova- 61

Report on Self-defence Training

The ability to protect oneself physically from violence is a basic human right that should be reachable for everyone. Self-defence, especially for women, is of utmost importance in the kind of the world we live in today. Women, usually referred as the weaker sex, are considered easier targets. In a country like India where the cases of gender violence are on rise, out of which many go unreported, self-defence for women has become a necessity more than ever.

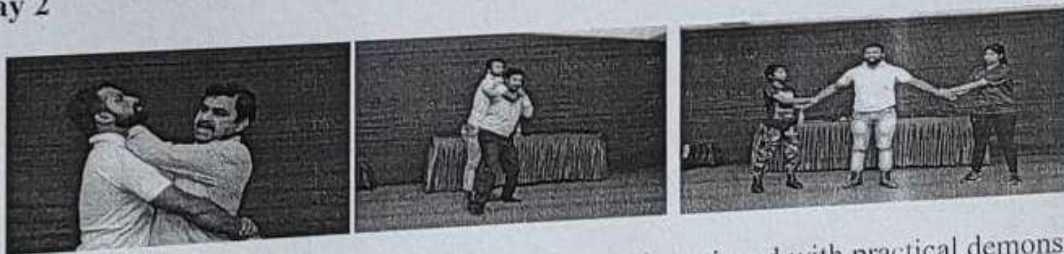
With this intent Clara's college of commerce organized a Three day self defence training session for the girl students of B.com, BMS, BAF and BMM on 9th, 10th and 11th of December 2019. The trainer for the session was Dr. Advait Deshpandey, President IMTC, Pune and his team. The session consisted of introduction, Demonstration and Practical training on self defence techniques.

Day 1



First day session started with welcome note and felicitation of Dr. Advait Deshpandey and his team members. Dr. Advait Deshpandey and his team gave an introductory session on self defence and its emerging importance in recent years. He insisted on being alert and taking necessary actions to keep oneself safe in untoward situations. He cited some of the recent incidences in India to give awareness to girls. The trainer and his team showed some of the simple techniques to defend oneself.

Day 2



Second day session started with a welcome note, and continued with practical demonstration on self defence techniques by Dr. Advait Deshpandey and his team members. The team members

displayed the techniques to defend oneself by attacking on the sensitive points of the attacker. Student participants were invited to practice the techniques with the team members.

Day 3



Third day session started with review of some of the techniques and students were asked to practice the techniques with their fellow friends. Students enjoyed the session while performing the techniques. One of the team members shared her experience and motivation for learning the self defence techniques. Session ended with a vote of thanks by the student participant.

Jisha

Submitted By:
Mrs. Jisha Varghese
Convenor WDC



MPG

Dr. Madhukar Gilte
Principal

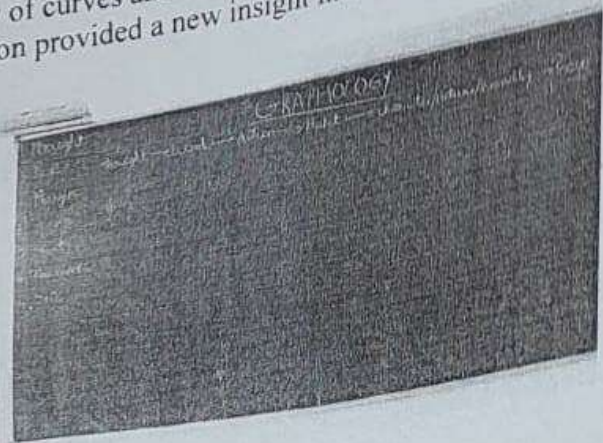
Principal
Claras College of Commerce
Yari Road, Versova,
Andheri (W), Mumbai-400 061.

CLARAS COLLEGE OF COMMERCE
 Yari Road, Versova
 Women Development Cell

Session on "Science of Graphology and the Art of Handwriting Analysis"

1. Date: 11/01/2020
2. Venue: Room No. 57
3. Guest speaker: Ms. Ritu Sachanandani
4. No. Of Beneficiaries: 64
5. Objectives: 1. To highlight the importance of good handwriting.
 2. To acquaint with the techniques of writing.

Good handwriting is the platform for achievement in the workplace and self assurance in life. It is the key to progress and success. With this view, Women Development Cell of Clara's College of Commerce organized a session on "the science of graphology and the art of handwriting analysis" on 10th January 2020. The guest speaker for the session was Ms. Ritu Sachanandani from Institute of Graphology and Personal Success. The session was attended by girl students from B.Com, BMS, and BAF. The expert discussed how with the study of handwriting of a person, one can understand the state of mind of that person; we can understand whether a person is future oriented or gives importances to past memories. She also discussed about the purpose of red lines and blue lines in a notebook. She gave the activity of writing about oneself in two pages to the participants, they were required to write about their aspirations and likes and other good memories. On the basis of write up by the students, she gave an analytical view of patterns of handwriting. She gave an overview of curves and slanting lines used in handwriting. It was interesting and interactive session. The session provided a new insight into the need for good legible handwriting.



Details of beneficiaries;

Class	No. of Girls
FYBCOM	16
SYBCOM	13
TYBCOM	13
FYBAF	07
SYBAF	08

TYBAJ	04
FYBMS	01
TYBMS	01

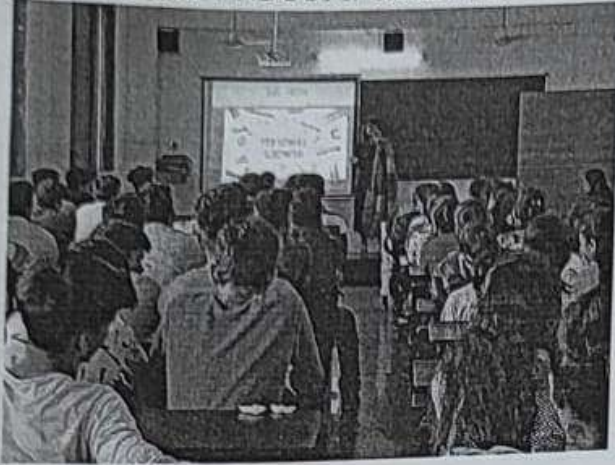
Jaha
Signed by:
Dr. Jisha Varghese
Asst. Professor

(Signature)
Dr. Madhukar G. G.
(Principal)

Date: 25/01/2020

"Workshop on Life Skills: Time Management"

The Women Development Cell (WDC) of Clara's College of Commerce organized a Workshop on Life Skills – Time Management on Saturday, 25th January 2020, from 08:00 am to 09:30 am in TY.BCOM. Classroom.



Objective

- Establish what your priorities are in life.
- Discover where your time goes during the day.
- Learn about organizational tools available.
- Review effective time management strategies and resources

Volunteers – Total 99 (TYBAF – 29, SYBAF – 11, TYBCOM - 22, SYBCOM - 15, SYBMM - 8, SYBMS - 14)

- **Brief about the workshop** – The session was organised by Women Development Cell in-charges and teachers to create time management skills amongst the students. Prof. Subhashini Naikar was the speaker for the day. She is Vice Principal, Assistant Professor & Placement Officer at Prahaladrai Dalmia Lions College of Commerce and Economics. She is an Author too. The session began at 08.00 a.m. with a short inaugural function wherein guest was given a sapling welcome. Life skills training equips people with the social and interpersonal skills that enable them to cope with the demands of everyday life. She focused on how one should identify their own particular time wasters and adopt strategies for reducing them. Recognise the variety of causes of procrastination and apply relevant techniques to overcome these. Clarify and prioritise your objectives and goals, by creating more planning time. She also gave students a group activity that displayed time management skills in practice, which required planning, organizing and communication. The students learnt an important life skill of time management through the workshop. The session concluded with the vote of thanks at around 09.30 a.m.

Prepared by -

Adv. Minal Sharma

Dr. Madhukar Gitte

(Principal)

Clara's College of Commerce, Yari Road, Versova

Women Development Cell

Report of Workshop on 'Making Yoga A Habit'

Date: 7th March 2020

Venue: AV Room

Guest Speaker: Ms. Uttara Dhanjal

No. of Beneficiaries: 39

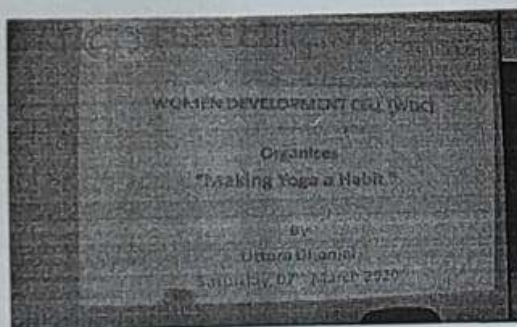
Objective: 1. To Commemorate International Women's Day

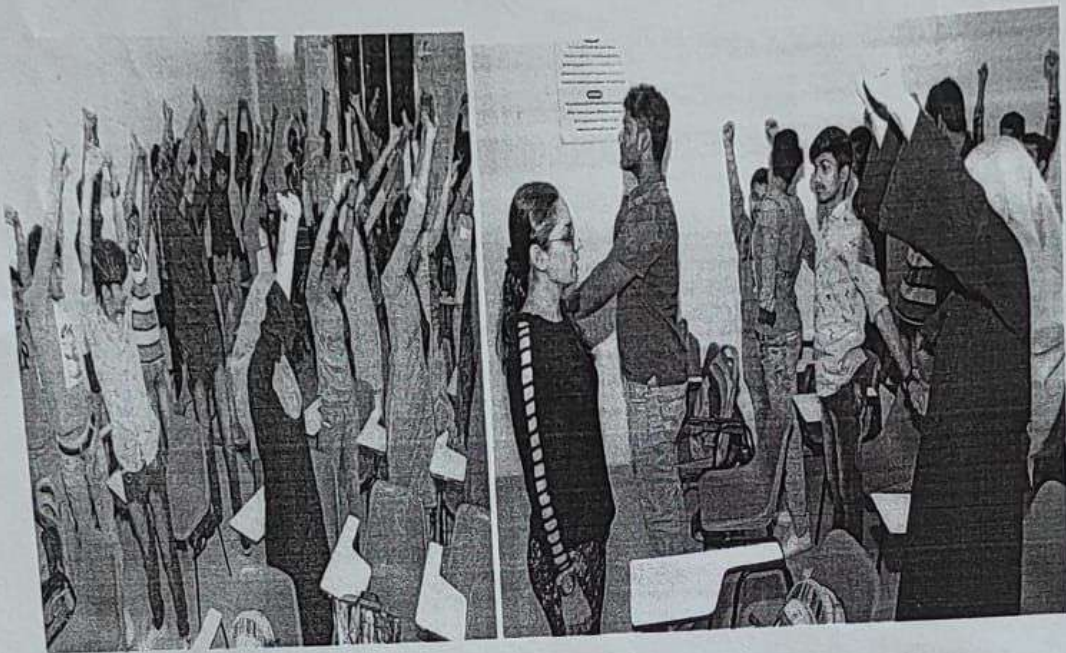
2. To raise awareness about Yoga for healthy life.

Human being is the by-product of his habits-both bad and good. Our lifestyles, happiness and success are all result of our habits. With good, healthy habits, we can lead a healthier life. Yoga is best way of leading a healthy life. Women has to play diverse roles in our society and for this, it is essential for them to maintain a healthy life. With this aim, to commemorate the international women's day, Women Development Cell of our college organised a workshop on 'Making Yoga a Habit'. The guest speaker for the session was Ms. Uttara Dhanjal, a wellness consultant with expertise in Yoga. The workshop was attended by Students from FYBCOM, FYBMS, FYBAF and FYBMM. During the Workshop the guest trainer demonstrated various Yoga Aasanas, which can be practised in our daily life. She guided the students in performing various postures and stretching exercises. She shared exercises to develop concentration during exams. Session was thoroughly enjoyed by students. It was an interactive session.

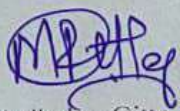
Details of beneficiaries:

Class	No. of Girls	No. of Boys
FYBCOM	12	14
FYBMS	00	04
FYBAF	03	02
FYBMM	00	04





Prepared By: Jisha
Asst. Prof Jisha Varghese


Dr. Madhukar Gitte
(Principal)

Clarar's college of commerce

Yari Road, versova

Women development Quiz cell

Report on Online Quiz on National Women's Day

Date: 18th and 19th FEB, 2021

No. of beneficiaries: 1002

Objectives: 1. To create awareness about National women's day

2. To highlight the women achievers of India.

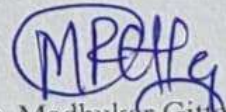
3. To create awareness of legal rights of women.

National women's day is observed to celebrate the social, cultural, political and economic achievements of women in India. To create awareness about national women's day and the women acheivers of India from various fields the Women development cell and IQAC of clara's college of commerce organized an online quiz competition on 18th and 19th Feb, 2021. Quiz was conducted through google form, and the participants who scored more than 50% in quiz were issued e- certificates also. Participants from across the country participated in the quiz. Students, faculty, Principal from various states and various colleges participated in the quiz. Responses from 1002 participants were obtained for the quiz.

Prepared By. Jisha

Mrs. Jisha Varghese

Assistant Professor



Dr. Madhukar Gite

Principal

Claras's college of commerce

Yari Road, versova

Women development Quiz cell

Report On One Day National Webinar On Gender Sensitization

Date: 8th March 2021

Resource person: Mrs. Anita Singh(Psychologist)

Key Note Speaker: Dr. Mehtab Ray

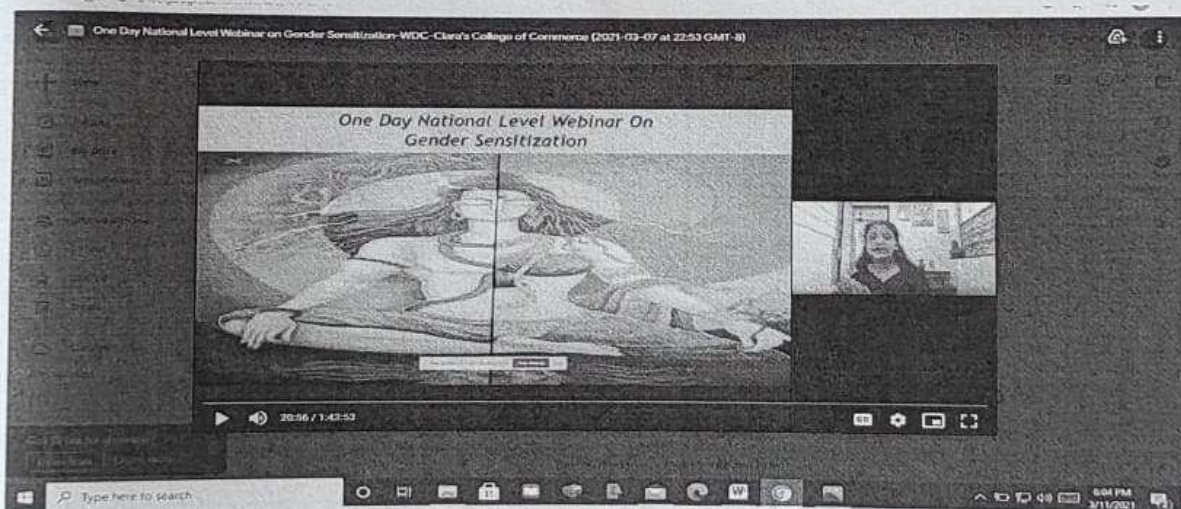
No. of Beneficiaries: 178

Objectives: 1. To celebrate the International women's day

2. To create awareness about needs of varied gender

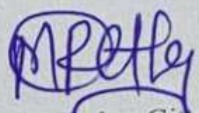
3. To develop a sense of equality, inclusivity and diversity among the people.

As part of celebration of International women's day , Women development cell and Department of bachelor of commerce of Claras college of commerce organized a one day national level webinar on gender sensitization. The aim of webinar was to create an understanding among people the need for gender equality in society and an awareness of needs of varied genders. Webinar was organized in Google meet. During the session the key note speaker Dr. Mehtab Ray highlighted on the difference in attitude of society towards men and women, how discrimination is shown among them on various grounds. The resource person Dr. Anita Singh elaborated the topic with the help of examples from mythological stories and tales. She emphasized on the need to initiate change from one's home, one's personal life. Registrations from across the country were obtained for the webinar, registrations were obtained through google form. 178 respondents attended the webinar, session was thoroughly enjoyed by the attendees, question answer session was also conducted at the end of session, where in many participants raised their questions and satisfying answers for that was provided by the resource person. Attendees were issued e-certificate for participation in the webinar.





Prepared by, Jisha
Jisha Varghese
Assistant Professor


Dr. Madhukar Gitte
Principal

Report of: Virtual Session on Financial Awareness-Living Life Independently

Date: 26th July, 2021, Duration: 1^{1/2} hours

SDP/FDP /CLASS:

SYBCOM/TYBCOM/SYBMS/TYBMS/SYBAF/TYBAF/SYBMM/TYBMM

Title: Virtual Session on Financial Awareness-Living Life Independently

Name of the Resource person: Ms. Farha Zeba

Objectives: To create awareness among students for financial investment avenues and equip them to take informed decisions,

No. of participants/Beneficiaries: 55

Organizer: Mrs. Jisha Varghese

Report

Women Development cell of Clara's College of Commerce in collaboration with Her Money Talks & BSE India organized a virtual session on Financial awareness on 26th July 2021 at 11: 30 am Via Zoom Meet . The resource person for the session was Ms.Farha Zeba,(NSE certified market professional and soft skills trainer).

S.No	Category	Male	Female	Total
1	Students	28	16	44
2	Faculty	6	5	11
3	Total	34	21	55

Financial awareness is essential in our daily lives, so as to be well equipped to take financial decisions. Knowledge of different investment avenues, its benefits and risks involved in it is essential for making wise financial planning. Today's youth being more interested in undertaking investments to earn easy returns, its essential to make them aware of different investment options available and their rights as an informed investor.


During the session Ms. Farha Khan discussed about the various investment options and the returns available in it. Role of SEBI as financial regulator, types of capital market and different options available for investors were also briefed upon. Tips for investors while making investment decisions were also highlighted.

It was an interactive session where students participated actively with their response and queries. The session provided considerable learning opportunity to the participants.

Submitted By:

Mrs.Jisha Varghese

Jisha


Dr. Madhukar Gite

(Principal)

REPORT OF: Virtual Session on Domestic Violence

Date: 17 th September, 2021

Duration: 01.00 Hour

SDP/ FDP: Both

Class : All Classes

Title: Virtual Session on Domestic Violence

Objectives:

1. To sensitize everyone regarding Domestic Violence
2. To create awareness about its legal prospective and importance understanding what is domestic violence and how come one be protected from such violence

Number of Registered Participants: 50

No of Participants /Beneficiaries: 37

Organizer: Women Development Cell of Clara's College of Commerce

Resource Person: Ms. Janaki Misra

REPORT

Clara's College of Commerce organized an online Session on Virtual Session on Domestic Violence on 17 th September, 2021 at 12:00 PM through zoom platform for the students and faculties. The main objectives behind organizing this event were to sensitize everyone regarding Domestic Violence and to create awareness about its legal prospective and importance understanding what is domestic violence and how come one be protected from such violence.

Ms. Janaki Misra, Assistant Professor S.N.D.T. Women's University Law School, Juhu Campus Mumbai was the speaker for the session. The session dealt with creating awareness about the need and importance of Domestic Violence and relating provisions of the same. The lecture was well structured and covered various aspects on the legal provisions on the Domestic Violence. She has discussed the Domestic Violence Act of 2005, narrated how to find domestic violence helplines and counseling in India and later on focused on the immerging issues. She discussed various other statutory provisions of the India and government and judiciary initiatives to overcome the problems. She has also thrown lights on various ways through which domestic violence is committed. Relevant queries were raised from the side of student and faculty delegates. They got justified answers from the speaker. The interactions were very relevant and meaningful. Participants would be benefitted with this event. The program ended with a vote of thanks by a committee member.

WDC Coordinator Mrs. Jisha Varghese organized activity as an in-charge and anchored the programme.

The numbers of beneficiaries were

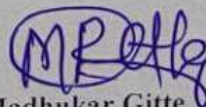
Category	Male	Female	Total
Students	11	12	23
Faculty	5	9	14
TOTAL	16	21	37

Outcome:

Participants would be benefitted due to this webinar on "Domestic Violence" as they gain knowledge regarding it's legal prospective and also its importance in individuals life to understand about their rights and know more about what exactly is domestic violence.

Mr. Ajay Kaul Sir, Secretary, Mr. Prashant Kashid Sir, Activity Chairman and Principal Dr. Madhukar Gitte guided and encouraged to conduct the activity. The entire faculty helped in conducting the event successful.

Submitted by
Ms. Minal Sharma



Dr. Madhukar Gitte
Principal

Photos of the session on Virtual Session on Domestic Violence conducted on 17 September 2021

Case Laws

Arvindh Kumar v. State of Bihar, (2018) 8 SCC 273.

Shobha Rani v. Madhukar Reddy, 1988 SCR(1) 1010.

Violence by Aggravated Member of a Family

Violence by Aggravated Member of a Family

Violence by Aggravated Member of a Family

Violence by Aggravated Member of a Family

Violence by Aggravated Member of a Family

Violence by Aggravated Member of a Family

Protection Officer

Appointed to guide the victims with respect to the legal proceedings

Acknowledges the role of Service Providers in providing medical, housing, legal, therapy and other support services

Dowry Prohibition Act, 1961

Prohibits giving or taking of dowry

Prohibits Dowry-related offences

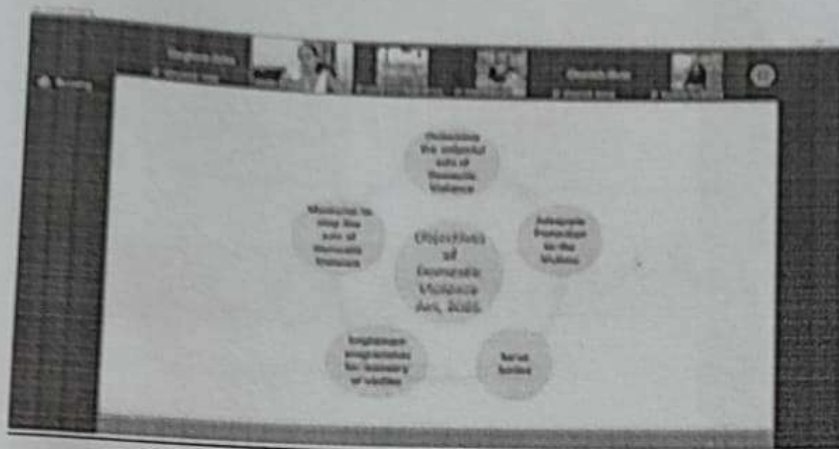
What is Domestic Violence?

Violence by Aggravated Member of a Family

Physical, Sexual, Emotional, Psychological and Economic

Prohibition of Member from Domestic Violence Act, 2019

Photos of the session on Virtual Session on Domestic Violence conducted on 17 September 2021



Case Laws

Anesh Kumar v. State of Bihar, (2014) 8 SCC 273.

Shobha Rani v. Madhakar Raddi, 1988 SCR(1) 1010.

REPORT OF: Virtual Workshop - Being Mindful with Yoga

Date: 11th February, 2022

Duration: 01.00 Hour

SDP/ FDP: Both

Class: All Classes

Title: Virtual Workshop - Being Mindful with Yoga

Objectives:

1. To sensitize everyone regarding the Importance of Yoga
2. To create awareness about Yoga and the importance of understanding how yoga plays an important role in our day-to-day life both physically and mentally.

Number of Registered Participants: 54

No of Participants /Beneficiaries: 39

Organizer: Women Development Cell of Clara's College of Commerce

Resource Person: Ms. Laxmikumari Vidyabahadur Maurya

REPORT

Clara's College of Commerce organized an online Session on Virtual Workshop - Being Mindful with Yoga on 11th February, 2022 at 09:00 AM through zoom platform for the students and faculties. The main objectives behind organizing this event were to sensitize everyone regarding Importance of Yoga and to create awareness about Yoga and importance understanding how yoga plays an important role in our day to day life both physically and mentally.

Ms. Laxmikumari Vidyabahadur Maurya, Yoga Instructor at Kaya Yoga Kendra Mumbai was the instructor for the session. The session dealt with creating awareness about the need and importance of yoga in our day to day hectic schedule and relating benefits for the same to boost our immunity. The workshop was well structured and covered various physical and breathing exercises which can be done easily sitting at any place.

She has discussed the techniques of doing Pranayama Examples include: alternate nostril breathing (nadishodhana) , victorious breath (ujjayi), female honeybee humming breath (bhramari), bellows breath (bastrika), narrated how these exercises helps in reducing stress, improves sleep quality, Increases mindfulness, Reduces high blood pressure, Improves lung function and majorly how it strengthens the connection between your body and mind. She discussed various other physical stretching exercises for all the different body parts. She has also thrown lights on these can be performed at any time of the day just sparing 15mins of our day to make our lives.

Relevant queries were raised from the side of student and faculty delegates. They got justified answers from the speaker. The interactions were very relevant and meaningful. Participants would be benefitted with this event.

The program ended with a vote of thanks by a committee member.

WDC Coordinator Mrs.Jisha Varghese organized activity as an in-charge and

WDC Coordinator Mrs.Jisha Varghese organized activity as an in-charge and anchored the programme.

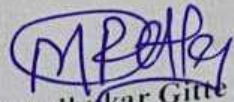
The numbers of beneficiaries were

Category	Male	Female	Total
Students	7	16	23
Faculty	6	10	16
TOTAL	13	26	39

Outcome:

Participants would be benefitted due to this webinar on " Workshop - Being Mindful with Yoga " as they gain knowledge regarding health and its importance in an individual's life to understand their bodies and mind at the early stage.

Mr. Ajay Kaul Sir, Secretary, Mr. Prashant Kashid Sir, Activity Chairman and Principal Dr. Madhukar Gitte guided and encouraged to conduct the activity. The entire faculty helped in conducting the event successfully.


Dr. Madhukar Gitte
Principal

Submitted by
Ms. Minal Sharma



CLARA'S COLLEGE OF COMMERCE
Yari Road, Versova.

Report on "National Level Webinar on Branding Yourself"

Date: 05/03/2022

Duration: 1Hr

SDP/FDP/Class: SDP

Title: "National Level Webinar on Branding Yourself"

Name of Resource Person: Ms. Rupali Gautam

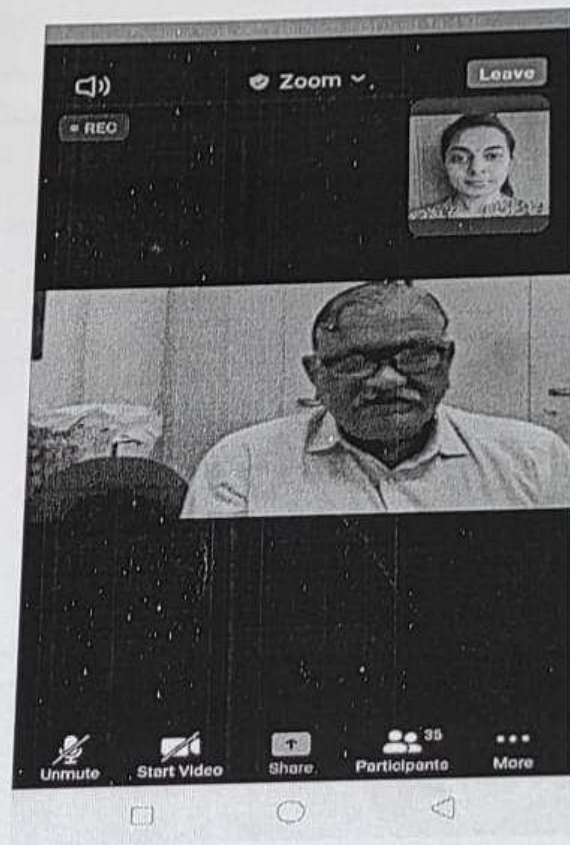
Objectives: "To guide students about importance of branding"

No. of participants/Beneficiaries: 49

Organiser: Women Development Cell (WDC) and National Service Scheme (NSS) Unit in Collaboration with National Human Rights & Social Justice Commission and Film and Television Media Academy.

Report

WDC & NSS unit of Clara's College of Commerce in Collaboration with National Human Rights & Social Justice Commission and Film and Television Media Academy had organized National Level Webinar on Branding Yourself on 5th March, 2022 through Zoom platform for the students.



Mrs. Jisha Varghese-WDC Coordinator, welcomed all the participants then Dr. Madhukar Gitte-Principal, gave an introductory speech for the event. Our first guest speaker Mr. Vijay Shetty-Senior Advisor at National Human Rights & Social Justice Commission shared his deep thoughts about the importance of getting education in India. Our second guest speaker Mr. Chetan Mathur-Course Director in Film and Television Media Academy explained the importance of highlighting the qualities that an individual has in order to make oneself a brand.

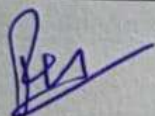
Ms. Rupali Gautam – A Certified Image Consultant was the resource person for the webinar. She started her session with smoothly explaining the importance of packaging oneself before exposing to the corporate world. She advised students to remove negativity that they keep with them. She also guided the students about writing a good resume by explaining the importance of technical points of a resume like use of resume summary or objective, listing of work experience & achievements, mentioning top soft and hard skills, inclusion of additional resume sections-languages, hobbies, crafting a convincing cover letter and proofreading resume branding. She explained to the audience about the need of branding themselves in a correct way. She cleared the doubts of participants.

Mrs. Ruchita Pandhare proposed the vote of thanks to all the speakers and participants.

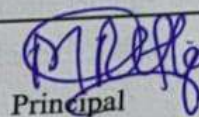
Beneficiary details are as follows:

Gender	Count of Gender	
Female		35
Male		14
Grand Total		49

Submitted by:



Asst.Prof. Reetesh R. Singh



Principal

Dr. Madhukar Gitte

Principal
Claras College of Commerce
Yari Road, Versova,
Andheri (W), Mumbai-400 061.

REPORT OF: Workshop on Personality Development

Date: 15th September, 2022

Duration: 01.00 Hour

SDP/ FDP:SDP

Class: TYBCOM, TYBMS, TYBAF, TYBMM

Title: Workshop on Personality Development

Objectives:

1. To develop awareness on need for Good personality in all spheres of life
2. To create knowledge of skills required for personality development

No of Participants /Beneficiaries: 90

Organizer: Women Development Cell of Clara's College of Commerce

Resource Person: Nikhil Velari

REPORT

The Women Development Cell of Clara's College of Commerce organized a workshop on Personality Development on 15th September, 2022 at 8:00am. The objective of this workshop was to highlight the role of good personality in all spheres of life.

The resource person for the session was Mr. Nikhil Velari, the soft skill trainer.

Mr. Nikhil Velari in the beginning gave a brief talk on need for personality development and skills to be developed. Latter Mr. Nikhil carried out group activities with students where team work and self expression was emphasised.

Students actively participated in the play way activities .

The teachers guided and supervised the students in carrying out activities during the workshop.

The numbers of beneficiaries were 90

Class	Male	Female	Total
TYBCOM	21	17	38
TYBMS (Finance)	07	06	13
TYBMS (HR)	02	05	07
TYBMS (MKT)	07	09	16
TYBAF	08	06	14
TYBMM	00	02	02
TOTAL	45	45	90

Outcome:

Participants gained the knowledge of personality developing skills.

Mr. Ajay Kaul Sir, Secretary, Mr. Prashant Kashid Sir, Activity Chairman and Principal Dr.

Madhukar Gitte guided and encouraged to conduct the activity.

Jisha
Submitted by

Mrs. Jisha Varghese

Dr. Madhukar Gitte
Principal

Photos



CLARA'S COLLEGE OF COMMERCE
Yari Road, Versova, Andheri (West), Mumbai

Report on "Workshop -Self Defense"

Date: 17/01/2023

Duration: 2 Hr

SDP/FDP/Class: SDP

Title: "Workshop -Self Defense"

Name of Resource Person: Mr. Sharif Babu

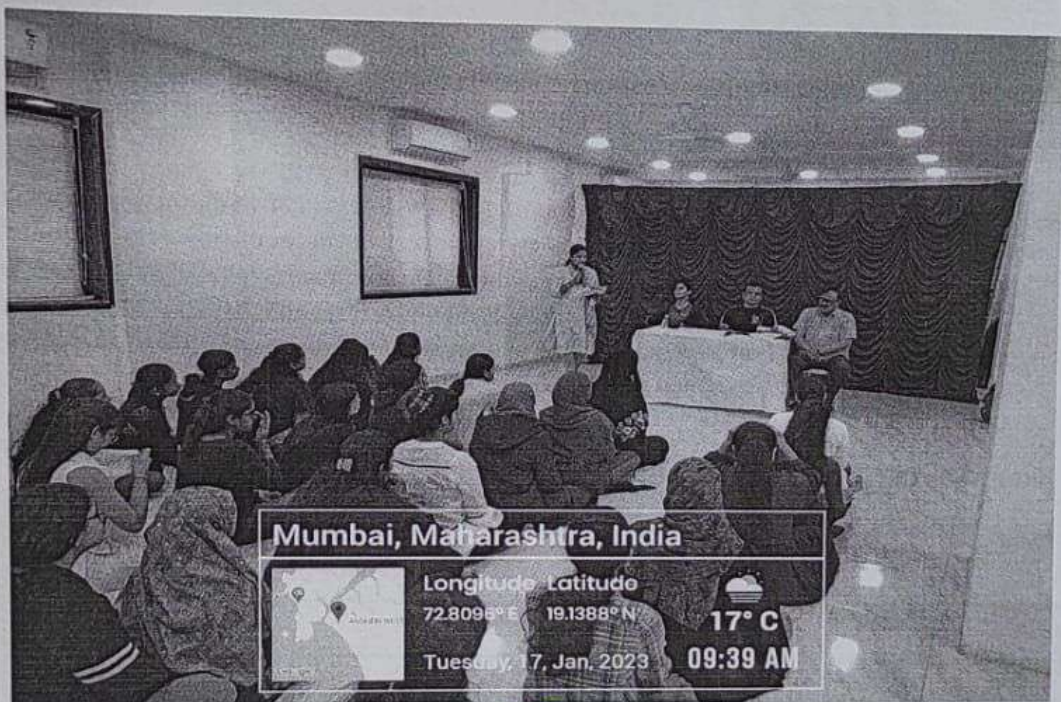
Objectives: To acquaint girls with counter attack moves.

No. of participants: 66

Organiser: WDC

The Women Development Cell of our college organised a self-defence training workshop for girl students on 17th of Jan, 2023. The girls from Programmes- B. Com, B.M.S, B.A.F, B.A.M.M.C have participated in the workshop.

Mrs. Jisha Varghese (Incharge of WDC) introduced Mr. Sharif Babu and welcomed him as the trainer for the workshop. The girls warmly welcomed Mr. Sharif Sir and his co-trainers. He discussed the present scenario of increasing violence against women, and few girls shared their problems faced while travelling through bus, railways. The discussion led by Mr. Sharif made girls realize the need of getting trained with effective tactics. He explained the concept of becoming your own bodyguard. He advised the importance of observing people around them while travelling. The topic of prevention of girl abuse was also discussed, so that the students could guide their younger siblings and classmates.





Mr. Sharif Babu and his co-trainers have demonstrated certain techniques to be followed ; like what to do when a stranger wants to touch by taking advantage of crowds in Bus or Railway stations; use of elbow to hit. The demonstration was also performed and experienced by a few volunteer girls. Girls tried the tactics taught by trainers. They practiced demo fighting with trainers first and then practiced with their friends. The trainers taught the girls many self-defence tricks and techniques to develop confidence in them. It was a power booster workshop packed with information and training.

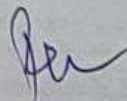
The session concluded with a vote of thanks.

Details of Beneficiaries.

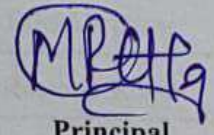
Class	Girls
FYBCOM	18
SYBCOM	6



TYBCOM	17
FYBMS	9
SYBMS	10
TYBAMMC	1
TYBAF	5
Total	66



Submitted by
Asst. Prof. Reetesh R Singh



Principal
Dr. Madhukar Gitte
Principal
Claras College of Commerce
Yarl Road, Versova,
Andheri (W), Mumbai-400 061

CLARA'S COLLEGE OF COMMERCE
Yari Road, Versova, Andheri (W), Mumbai-61

Report on Visit to Versova Police station

Date: 8-03-2023

SDP/FDP: SDP

Class – All Classes

Objective: To Learn more about law and order in the community and to understand the importance of safety and security.

Number of Participants: 10

Organizer: WDC

Report

The Women Development Cell of Clara's College Of Commerce visited Versova Police Station on the occasion of International Women's Day on 8th March 2023. The occasion intended to raise awareness about the status and dignity of women among the students under the theme, Gender Equality Today for a Sustainable Tomorrow.

The female students greeted and wished female faculty members and police staff with greeting cards. Police officials elaborated how they intend to help with the public issues with special reference to women's protection and safety. Total 10 female students along with faculty member visited the station. The police shared their policies with the students and explained the function of a police station. Officers also offered valuable knowledge and thoughts on women's safety. The students also asked questions to the police officials about the working of police in crime detection and their role in Criminal justice system and same is answered in details by the police officials.

No. of beneficiaries:

Category	Female	Faculty	Total
Total	10	1 Male and 1 Female	12

Mr. Ajay Kaul Sir, Secretary, Mr. Prashant Kashid Sir, Activity Chairman, and Principal Dr. Madhukar Gitte guided and encouraged to conduct the activity.

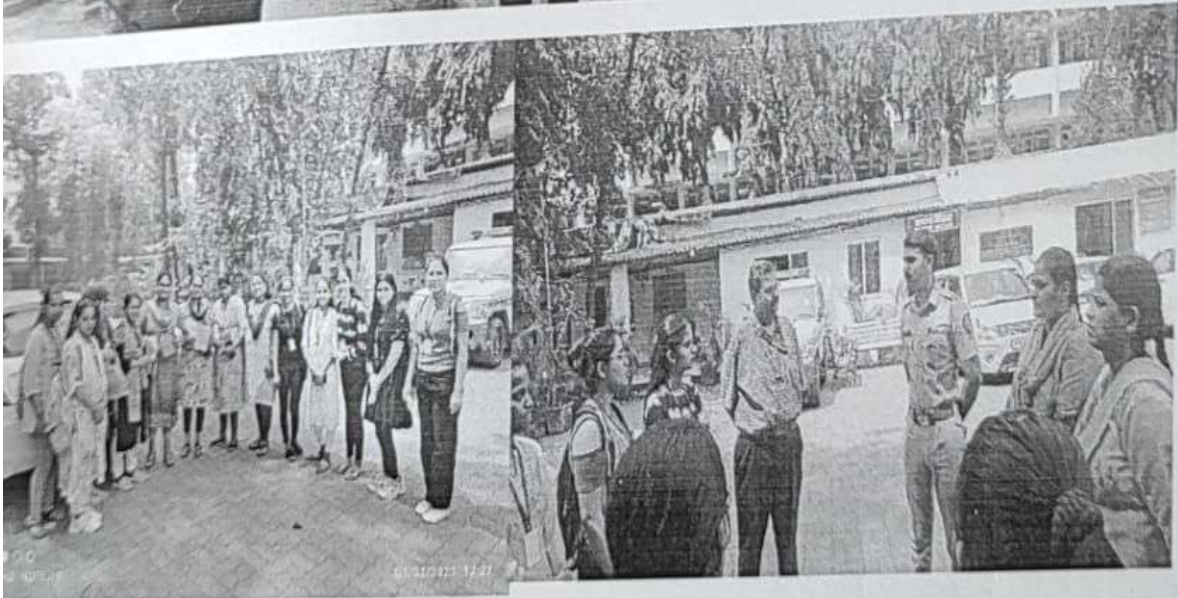

Submitted by:

Ruchita Pandhare


Principal

Dr. Madhukar Gitte

Event Photographs :



CLARA'S COLLEGE OF COMMERCE
Yari Road, Versova, Andheri (West), Mumbai

Report on "Workshop on Art of Flower Making"

Date: 06/03/2023

Duration: 2 Hr

SDP/FDP/Class: SDP

Title: "Workshop on Art of Flower Making"

Name of Resource Person: Ms.Chandi Alisha, Ms. Khan Sumaiya, Ms.Barse Varsha

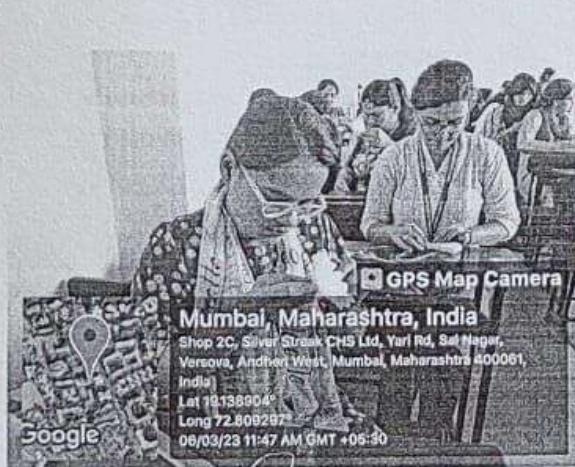
Objectives: To celebrate International Women's Day.

No. of participants: 17

Organiser:WDC

The WDC of Clara's College of Commerce in collaboration with Clara's College of Education organised a workshop on art of flower making on 6th March 2023 at 9.30 am in room number 57, 4th floor. The workshop was organised for female students to celebrate International Women's Day.

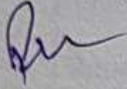
Mrs. Jisha Varghese (Incharge of WDC) introduced Ms.Chandi Alisha, Ms. Khan Sumaiya, Ms.Barse Varsha and welcomed them as the trainers for the workshop. In the workshop, flower making was practiced by using coloured chart papers, Broomstick, White tissue paper, Tape, White thread, Fine steel wire, Gum & Scissor. All students were given hands-on training of making beautiful flowers from simple, easily available materials.



Details of Beneficiaries.

Class	Girls
FYBCOM	8
SYBCOM	1
FYBMS	8
Total	17

The session concluded with a vote of thanks.



Submitted by
Asst. Prof. Reetesh R Singh



Principal
Dr. Madhukar Gitte

REPORT OF: How to score more in government entrance exam

Date: 8th March, 2023

Duration: 1 1/2 Hour

SDP/ FDP:SDP

Class: FYBCOM, SYBCOM, TYBCOM, FYBMS, SYBMS, TYBMS, FYBAF, SYBAF, TYBAF

Title: Session on 'How to score more in government entrance exam'

Objectives:

1. To provide knowledge of upcoming government entrance exams.
2. To familiarise with techniques to prepare for competitive exams.

No of Participants /Beneficiaries: 65

Organizer: Women Development Cell of Clara's College of Commerce

Resource Person: Mrs. Avina Suthar

REPORT

The Women Development Cell of Clara's College of Commerce organized a session on "How to score more in government entrance exam" on 8th March, 2023 at 8:00am. The objective of this workshop was to familiarize students with techniques of preparing for competitive exams and give knowledge of various government entrance exams.

The resource person for the session was Mrs. Avina Suthar, the trainer from Career Managers Training Institute.

The resource person started the session with a briefing of various upcoming competitive exams. She shared a mock test with students and discussed the techniques to solve the paper in fastest manner.

Students enthusiastically solved and discussed the questions of the mock test.

Session concluded with vote of thanks and feedback from students.


Class	Male	Female	Total
FYBCOM	9	5	14
SYBCOM	0	3	3
TYBCOM	5	1	6
FYBAF	1	1	2
SYBAF	1	5	6
FYBMS	7	5	12
TYBMS	5	6	11
SYBMS	4	7	11
TOTAL	32	33	65

Outcome:

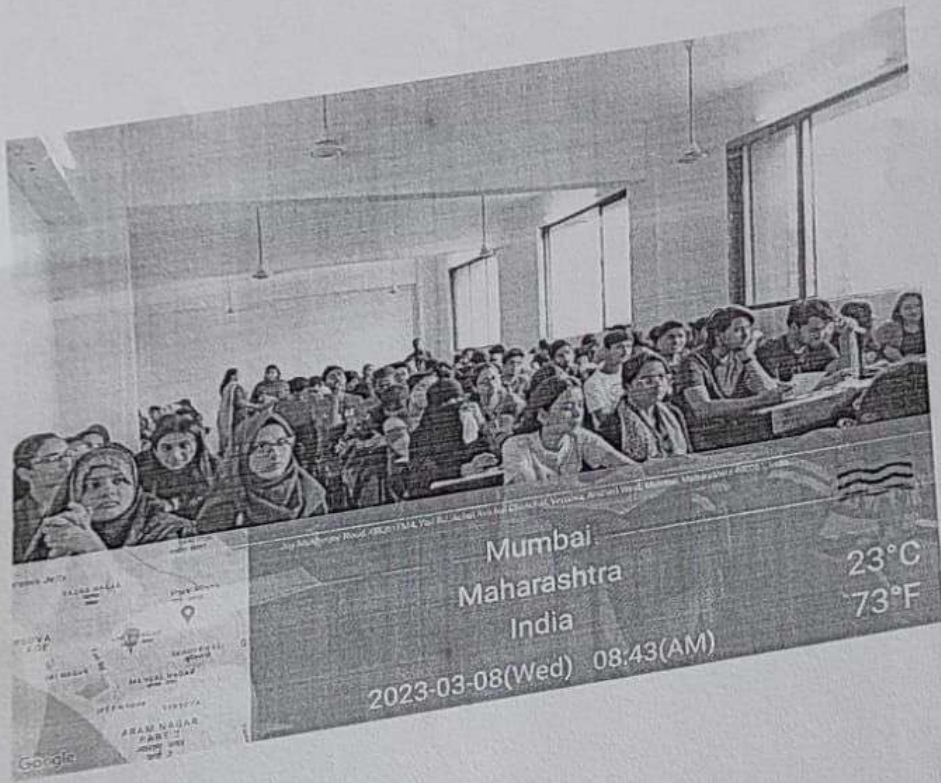
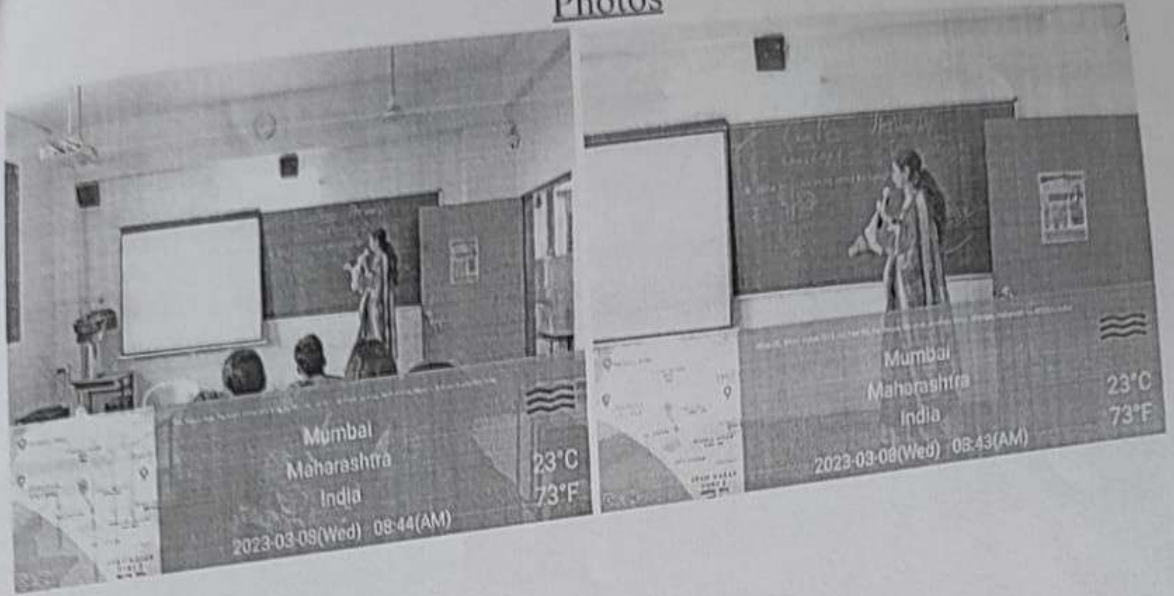
Participants gained the knowledge of techniques of preparing for competitive exams.

Mr. Ajay Kaul Sir, Secretary, Mr. Prashant Kashid Sir, Activity Chairman and Principal Dr. Madhukar Gitte guided and encouraged to conduct the activity.

Submitted by Jisha
Mrs. Jisha Varghese


Dr. Madhukar Gitte
Principal

Photos



FREE 1 DAY WORKSHOP

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Career Managers
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All Students will receive after Session

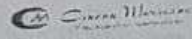
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