

Consolidated Report of CWDC Activities for the academic year 2021-22

Several programs were conducted in the college when the college reopened in October 2021. Some programs conducted by the CWDC are mentioned below.

- The College Women's Development Cell conducted an online guest lecture on the topic *Significance of Diet and Nutrition* on 8th February, 2022. Ms Jinal Patel, dietician and nutritionist associated with Apollo Hospital, was the resource person. About 35 girls participated. The resource person ended her session after responding to several queries raised by the girl students. The lecture went on for more than an hour.
- On 17th February, 2022 a lecture was organized by the CWDC on the topic *How to remain Motivated under Uncertain Circumstances*. The lecture was delivered by Ms Shraddha Pol, a psychological counsellor. About 75 students were present for the guest lecture.
- On 18th Feb 2022, a lecture on Menstrual Health and Hygiene was organized for the girl students. Ms Snehal Pawar was the resource person who with the help of a power-point presentation not only shared important information about menstrual health, gynaecological issues but also dispelled common misconceptions surrounding menstruation.
- The Women's Day was celebrated in a grand manner on 7th as well as on 8th March 2022. The college was decorated by the students with flowers, balloons and motifs. On 7th March five short films were shown to the students. The short films were thought-provoking and based on issues related to gender parity. At the end of each film, a discussion followed and the students debated on the rationality and irrationality of some deeply entrenched social mindset. This screening of films was attended by more than 125 students. It was an intellectually stimulating session for all those who attended the program.
- On 8th March 2022 CWDC organized a guest lecture on the topic *How to be Physically and Mentally Fit*. Mr Sushil Dhokre and Ms Pooja Parab, both working as fitness experts and personal trainers were the resource persons for the day. The session was attended by staff and students. About 150 students were present for this lecture. It was a highly engaging and interactive session. The speakers shared invaluable tips about importance of balanced diet, sleep and exercise in our lives.
- The CWDC organized a two-day kickboxing workshop on 23rd and 24th March 2022 for the girl students. Ali Saif Mirza, a state level kickboxing champion was the resource person on both days. About 25 girls were trained in the basics of self-defence.