

21st February 2022

COLLEGE INTERNAL COMPLAINT COMMITTEE

ACADEMIC YEAR 2021-22

As per the guideline of Maharashtra State Commission Of Women under "**THE SEXUAL HARASSMENT OF WOMEN AT WORKPLACE (PREVENTION,PROHIBITION AND REDRESSAL)ACT 2013**,"the college **Internal Complaint Committee** constitute the following members for the academic year 2021-22.

1. Associate Prof.kirti Menghani (Degree-Presiding Officer)
2. Associate Prof.Dr.Salim Khan (Degree-male Member)
3. Assistant Prof.Vaishali Bankar (Degree-Female Member)
4. Ms.Haya Shaikh (Professional section-Female Member)
5. Ms. Tanveer Khan (Junior Section-Vice Principal-Female member)
6. Mr. Rehan Ansari (Registrar-Superintendent-Male Member)
7. Mr. Sharique Raza Shaikh (External Member-NGO-Rise India Foundation)
8. Mr.Shaikh Sabera Mohd.Husain (Female student-Mcom)
9. Ms.Shaikh Sahnour (Male student-SYBCSIT)
- 10.Ms. Faiza Shaikh (Female student-SYBCOM)
- 11.Ms. Fatima Shaikh (Female student-SYBCOM)

Brief Report Of Activities Conducted

Academic year 2021-22

Due to covid situation and Standard operating procedure (SOP) to be followed by the college prescribed by the University Of Mumbai, the committee conducted activities in hybrid mode. Looking at the stress and anxiety among students during pandemic period, the committee focused more on mental health awareness activities through the counselor and psychologist as resource person. The details of activities conducted are as follows.

1. Three day webinar on "**Being Aware Of Your Mental Health**" was organized in the month of August 2022 for SYJC, SYBCOM and TYBCOM students and ... The resource person of the webinar were Ms. Nazneen Chunawala, Ms. Alpa Doshi Psychologist & counselor from NGO-Mpower. In the webinar ,they discussed about importance of maintaining mental health as well as encouraged help seeking behavior.
2. On the occasion of National Girl child Day, in the month of January one week Workshop was organized in association with DLLE through Mpower. The title of the webinar was "**Thriving During Pandemic**". The purpose of program was to give information about life skills to cope up with stress and worries arise in daily routine life. The workshop covered the topics like Digital Well being and Substance Use & Mental Health which is very relevant to the youth. They motivated students for self care by engaging in productive activity and shared the strategies to build resilience.
3. To spread **Awareness About Hygiene And Cleanliness Behavior To Be Followed During Menstrual Cycle By The Adolescent (GIRLS STUDENTS)** of neighboring school, two days program was conducted by Snehal Vacha under URJJA project of Aditya Birla Education Foundation, where she spoke about natural changes in the female productive system and precautions and hygiene habits to be followed to avoid infections or diseases. She gave the demo of how to use sanitary napkin as well as free sanitary napkin were distributed to encourage the use for health and hygiene.
4. The webinar on the topic "**The significance of nutrition**" by Chief Nutritionist Ms.Jinal Patel from Apollo Spectrum Hospital was organized on 8th February 2022. The speaker presented the topic in a very lucid manner. The speaker highlighted the significance of diet and exercise to keep oneself healthy. She advised to avoid fast food and flavored food. She attended questions of female students and gave satisfactory answer.
5. To help the students to overcome the stress and anxiety during or before SSC and HSC examination counseling session was conducted with the male and female students of

neighboring school. She asked the difficulties faced by the students and gave certain suggestions to overcome examination phobia.

6. On eve of International Women's Day, the gender sensitization programs was organized. On the first day, **Short Films On Gender Issues** were screened. The students were asked to share their observation and learning out of movie. On the second day the **Talk Show- How To Remain Fit** was conducted. The resource person focused on sport activity and proper diet. The entrance and girls common room were decorated and rangoli was drawn at the entrance of the college .Along with teaching and non teaching staff as well as students, the day was celebrated with fun and message

7. To empower the female students, **Two Days Self Defense Workshop** was organized. On the first day, the resource person gave information about kickboxing to male and female students. On second day ,he took workshop on self defense for female students. He asked the girls to learn self defense mechanism to develop confidence and self protection. This will help you to handle various uninvited challenges of daily life. He gave the demo of certain technique and asked the girls to actively participate.

8. In association with IT department, the ICC **Celebrated International Day Of Women & Girls's Science In Science** on 11th February 2022. On this occasion our team visited for Anjuman-I-Islam's Junior colleges offering science to provide hands-on-training practical session on Internet of Things (IOT) exclusively for girl's students to promote awareness about science & technology among girl students.

9. To provide easy access of quality sanitary napkin during menstrual cycle in college premises as well as to empower and create awareness about women's health college got in charity five **Sanitary Napkin Vending Machine** from Aditya Birla Education Foundation under URJA project. Two machines were installed in girls common room and ladies wash room respectively. Remaining three machines were installed in neighboring school, home science college and junior college located at CST campus under the same management of our college.

10. On Friday, 24th September 2019, the Internal Complaint Committee with the help of Nagpada Police station conducted the program on "**Safety Measures for female students against cyber crime & Frauds**" for the female students of all section of the college through virtual platform. The purpose of the program was to create awareness against on line crimes & frauds. .

PICS OF ACTIVITIES CONDUCTED UNDER ICC





TALK SHOW ON PHYSICAL FITNESS



DISCUSSION ON SHORT FILMS FOR GENDER SENSITIZATION



CELEBRATION OF WOMNE'S DAY WITH CULTURAL



LECTURE ON SIGNIFICANCE OF NUTRITION— BY JINAL SHAH



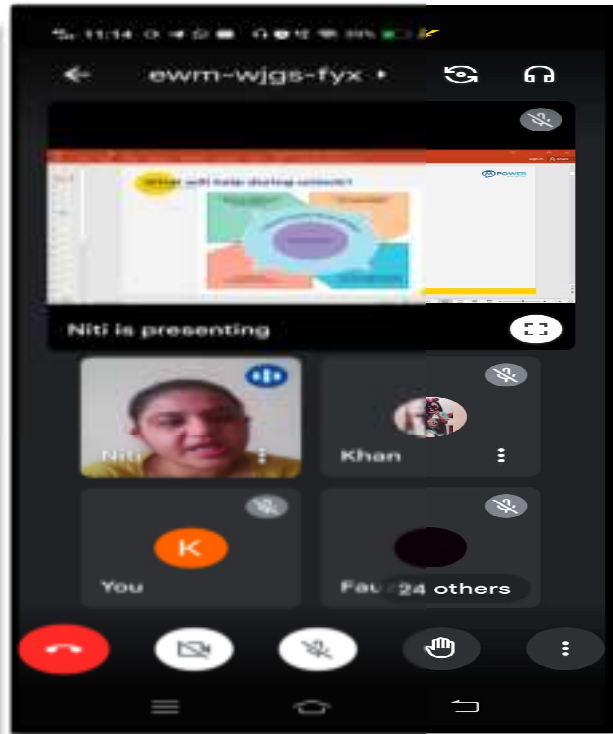
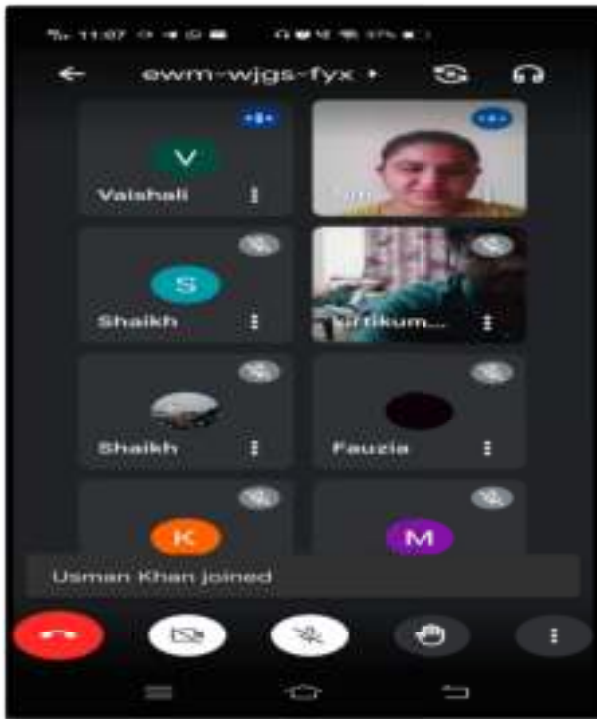
AWARENESS PROGRAM ON HEALTH AND HYGINE-USE OF SANITARY NAPKIN



HANDS ON TRAINING ON IOT TO FEMALE STUDENTS



SESSION ON TO OVERCOME FEAR AND ANXIETY BEFORE OFF LINE SSC AND HAS





SESSIONS ON MENTAL HEALTH AWARENESS



SELF DEFENSE WORKSHOP

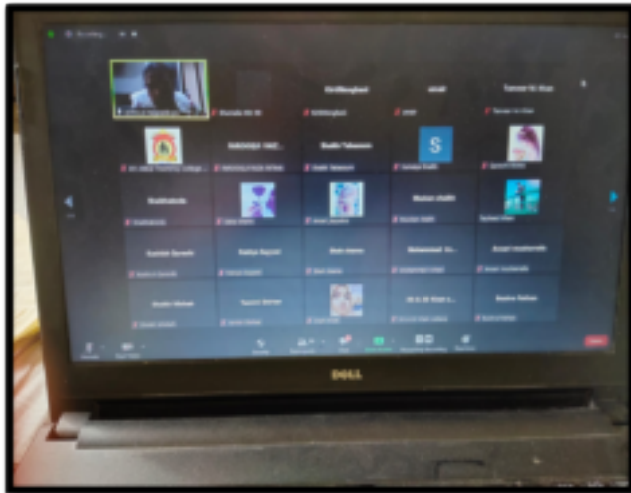


May 25, 2022 13:49:05
MS Ali Road
Kamathipura
Mumbai
Maharashtra



25 May 2022 14:47:09
Kamathipura
Mumbai
Maharashtra

**INSTALLATION OF SANITARY NAPKIN VENDING MACHINE
FOR FEMALE STUDENTS AND WOMEN SATFF**



SAFETY MEASURES FOR FEMALE STUDENTS AGAINST CYBER CRIME & FRAUDS

Prepared by

Ms.Kirti Menghani
(Presiding officer-ICC)

Approved by

Prof.Dr.Shaukat Ali
(Principal)