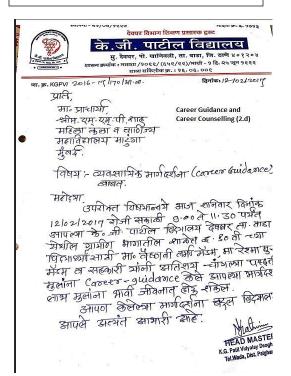
Linkages for Institutional Social Responsibility

1.a - Activities conducted for the elderly such as celebrating Shravan and Valentine's Day



2..d - Career Guidance and Career Counselling



3.5.1

2. b - Mental Health and Counselling Services



2.b - Mental Health and Counselling Services

MENSTRUATION AND BODY AWARENESS REPORT

Samvedna Counselling Centre conducted a workshop for the women and girls of the Police colony on Menstruation and Body Awareness on 17# February, 2015 so as to enable them to care for their emotional and physical health effectively. The workshop topic was chosen after finding the needs and preferences of the women.

To make the workshop comprehensive, 3 sessions were conducted for the women, on Psychoeducation, Nutrition and Yoga.

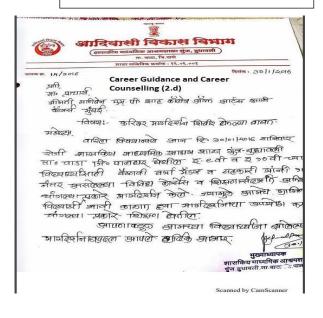
Ms. Snehal Subramanian with the help of a PowerPoint presentation explained to them the various physical changes that take place within the body before menstruation and its effect on our health, emotions, moods and behavior. They were explained about the process and the different stages as well. They were spoken to about the myths that we have always believed about menstruation and their doubts regarding the same were cleared.

Ms. Madhavi Sathe spoke to the women regarding Nutrition. Using a PowerPoint presentation, she explained the process of menstruation and the importance of eating the right food to ensure that the body is able to deal with the physical changes. Different needs of the women and the girls were addressed and nutrition to help balance the effect of age was also spoken about. Interesting and healthy recipes, and alternatives to some food products in terms of their nutrition were discussed so that the women would be able to include them in their daily routine.

Ms. Renuka Prajapati then took a session on Yoga, to help balance the hormones, the menstrual cycle, cramps and pain, and the emotional disturbances. They were spoken to about the importance of breathing the correct way, and some pranayam exercises were demonstrated to them. Different postures that stretched various parts of the body were also demonstrated and their importance was explained. They were encouraged to try the poses themselves and the mistakes and wrong postures were corrected. Their doubts were cleared.

The women and girls from the Police Colony gave a positive feedback to the workshop, and sald that it was very informative, and touched upon a lot of aspects of menstruation. They were very happy with the workshop.

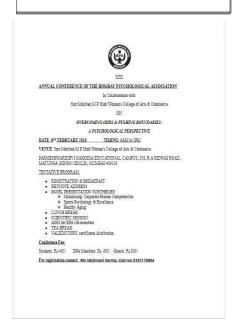
2.d - Career Guidance and Career Counselling



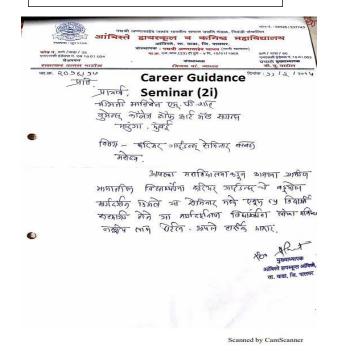
2h - Aptitude Testing and Career Counselling to school Children on 10th September 2016



2.e - Overcoming Odds and Pushing Boundaries



2i - Career Guidance Seminar



SSR- Criterion III

2j-Career Guidance lecture

6c-Cancer awareness and Support to Cancer patients





6c-Cancer awareness and Support to Cancer patients

Introduction

In 1994, Vandana Gupta founded V Care Foundation under the guiding principle that every cancer patients deserves access to a holistic, healing environment.

V Care is dedicated to providing free, total support, where people diagnosed with cancer and their families can receive the hope and encouragement they need to fight for recovery and maintain the quality of their lives. V Care provides information and resources that cancer patients and their families need to make informed decisions about treatment and help them through the cancer experience. V Care events, programs and other activities allow cancer patients, survivors, family and friends and volunteers to take an active role in the fights against cancer. With the support of their generous donors, V Care has Patient Oriented Projects on ongoing basis like financial support, V Care van to travel from Gadge Maharaj Dharamshala and Tata Memorial Hospital, A

Toy library at Tata Memorial Hospital, Paathshala at Dharamshala and various community awareness programmes for prevention and early detection of cancer.

On February 22, 2014, V Care Foundation, along with several well wishers, supporters, guests and families got together in a culminating ceremony of the 20th year celebrations.

<u>Time period:</u>

We were divided into three groups in which there were two in one group. The groups were Rajeshwari & Chetna, Ankita & Rehana and Jane & Anisha. We worked with V Care from 5th May 2014 to 15th May 2014 .There were different time schedule and different work was assigned, so that we could interact with everyone, whether it was Tata Memorial Hospital (TMH), Gadge Maharaj Dharamshala, Activity area and V Care Pathshala. It was a very nice experience interacting with patients and their families and informing them about V Care Foundation & the facilities provided by the foundation.

6e-Computer training of underpriviledge students

About The Project



The Project at St. Catherine's home with Animedh Charitable Trust was conducted under the guidance of our coordinator Mrs. Sujata Agarwal and Managing Trustee of Animedh Charitable Trust Mrs. Nivedita Desai. It was a 12 days project of "**Tutorship at St. Catherine's home**".

The project was scheduled according to the syllabus. The course included basics of MS office i.e. MS word, MS power point, MS excel, MS paint, etc.

The teacher: student ratio was 1:1 that is one student under one volunteer. There were 23 students and 23 volunteers and each pair was allotted one computer for practicing.

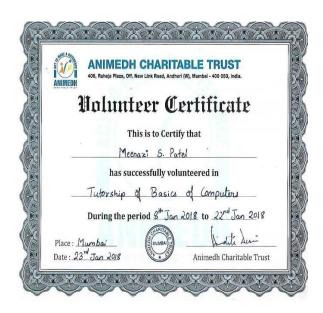
The volunteers were provided with a book by Animedh Charitable Trust which scheduled activities to be undertaken on a daily basis.

On the final day, all students were felicitated with course completion certificate as well as the volunteers were rewarded with tutorship certificate.

Objectives of the project

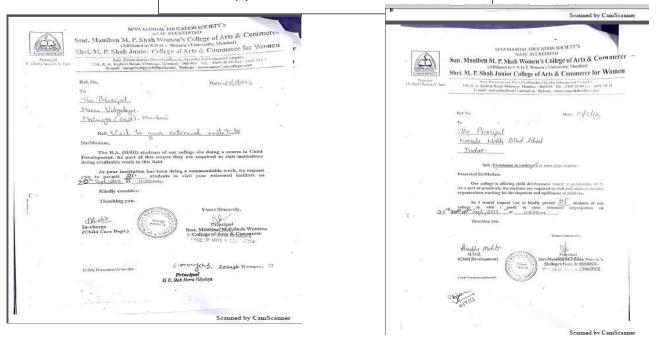
- 1. Spreading awareness about computers.
- 2. Undertaking responsibility to reach out to the under privileged and weaker section of the society in a more effective manner.
- 3. To undertake the responsibility of guiding the future citizen of the country.
- 4. To inculcate the importance of tutorship.

6e-Computer training of under privileged students



Smt. Maniben M.P. Shah Women's College of Arts and Commerce, Matunga, Mumbai

9a (2)-Field visits to schools for children with special needs every year



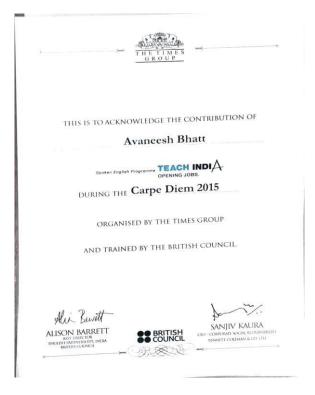
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S.Y.B.A. INTERNSHIP SCHOOL DATA-2017-18 CHILD - DEVELOPMENT					
RUNO.	NO	NAME OF THE STUDENT	NAME OF THE INSTITUTION		
	51	Arean Saba	Anjuman Khairul Islam Urdu Primary		
-	52	Dharia 4nkta	School(Girls), Madanpura Gayatri Vidyalay Mandir ,Wadala		
	23	Fartiet Jebeen	Khalifa Zaiuctdin Giris Primary School, Mahim		
ζ.	54	Salkwat Swat	Rose English High School, Govandi		
5.	55	Jagadia Shrutika	Shri Bansidhar Aggarwal Model School, Wadala		
5	56	Chan Fehmids	M.N.P.Urdu School no 2, Dharavi Transit		
7-	57	Kundale Wayuni	Rose English High School, Governdi		
ē.	56	Caur Harleson	Auxillium Convent High School,		
9.	59	Farab Shairevi	Gayatri Vidyalay Mandir, Wadala		
10.	50	Rauckar Neha	Karmweer Bhaurao Patil English School, Sion		
11	61	Murugan Revad	Harquis Nursery, Byculle (8)		
12	62	Seyyerd Zafar Khuskia	Al-Huda Maktab And International School, Sowri		
13.	53	Shinde Aditi	Rahuf's Education Society, Antop Hill		
14.	65	Chohan Ashma	Shri, Sanatan Dharam High School, Sion Koliwada		
25.	77	Ansari Mahjabeen	Taha English School, Wadata		
26.	79	Gawde Kinjal	Rahul's Education Society, Antop Hill		
17.	80	Khan Minal	M.N.P. Urdu School no.2,H.P Keluskar Marg		
18.	81	Qadri Amirumissa	M.N.P. Urdu School no.1, H.P Keluskar marg		
19.	82	Shalkh Tarannum	Vivek English High School, Kurla		
20.	83	Neelakandan Supriya	M.N.P. Urdu School no.2, H.P. Keluskar Mare		

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11.a (2)-Teaching Project to underprivileged youth



11.a-Teaching Project to underprivileged youth





Dr. Leena Raje Principal