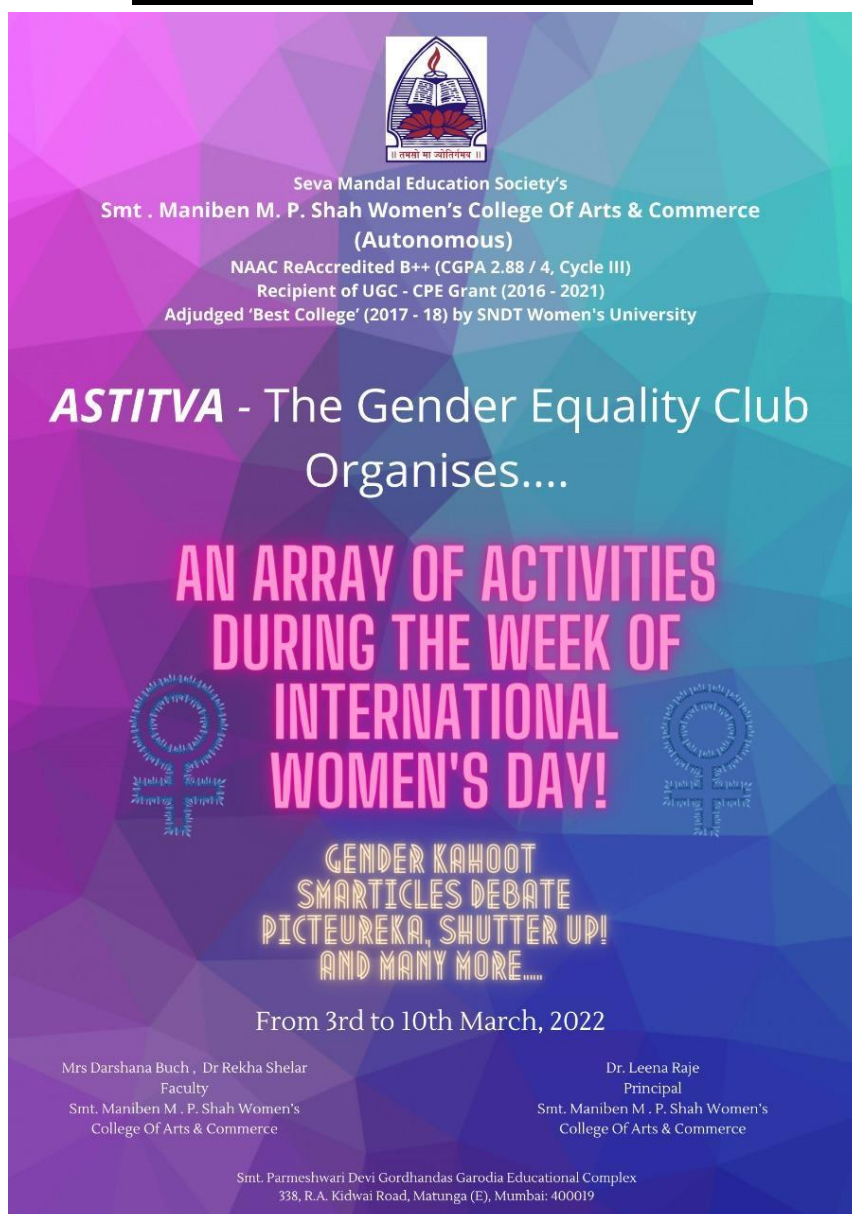


7.1.1 Annual gender sensitization action plan

- The annual gender sensitization action plan conducted through Gender equality Club, 'Astitva'.
- Women's Development Cell organised series of workshops
- MoU signed between Foundation Course department and Akshra foundation, A women's 's Resource Center for year long collaborative activities on gender issues.

Astitva - Annual Report (2021-22)



Team of Astitva was led by Mrs. Darshana Buch and Dr. Rekha Shelar from the department of Foundations course. The team comprised many enthusiastic students from English and Marathi

Medium of Smt. MMP Shah Women's College of Arts and Commerce. The planning of having a successful year at Astitva was done online on Google Meet, considering the pandemic rules.

First session was held on March 2, 2022 for FYBA and FYBAFI in room number 8, old building. It was the golden opportunity of beginning with a campus lecture, as covid had been obstructing campus sessions for the past 2 years. The class saw its best numbers for the session. First, it was described why a gender club had been established at the college. Mrs. Darshana Buch Head of Foundation Course introduced them to the Gender club and the efforts we are taking in order to provide our students with a gender neutral vision.





The session began at 11.20 and ended at 12.30.

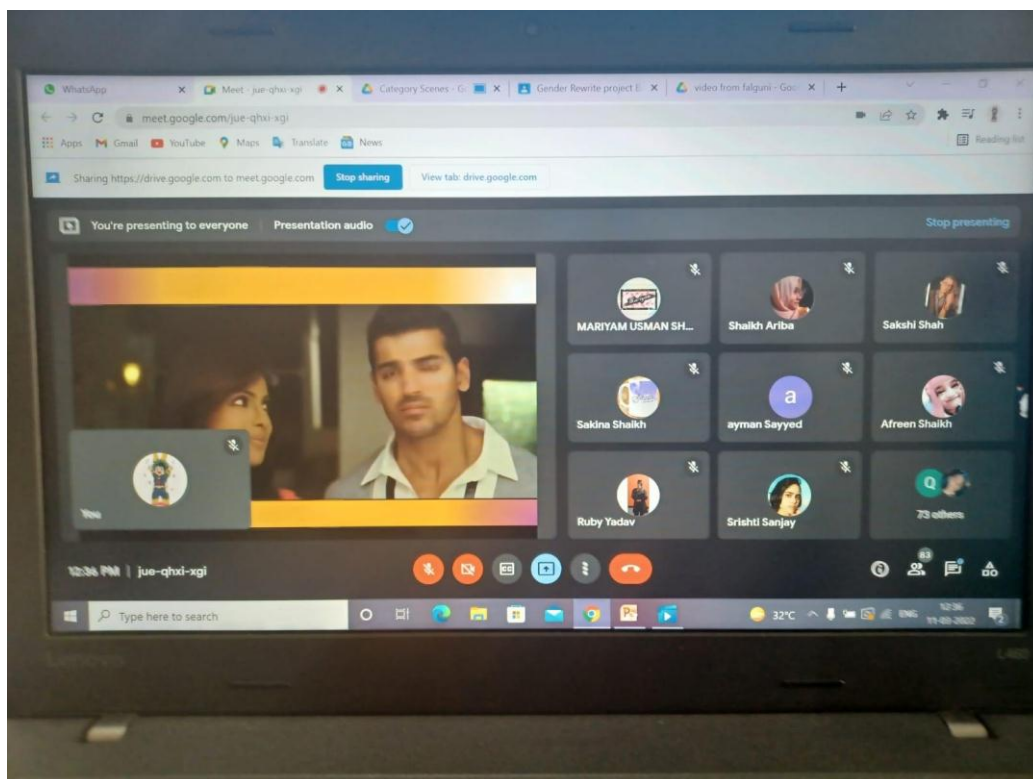
The students were left on a positive note, with a thought that forced them to look at the dark sides of the society around gender equality.

The next activity was a session on March 3rd. This session was with the FYBA which had to be conducted online on Google Meet. The

next new and exciting activity called ‘picture talk’ was conducted. In this activity, our girls showed a pdf that included a few pictures and a discussion on whether the images fall towards masculinity, femininity or stay as neutral gender.

The class remained responsive and gave their opinions. A safe space was created for the girls to open up and put their points forth. It was quite an interactive and informative session.

In the next segment an activity called “Gender Rewrite” started. This activity was inspired by Akshara’s activity of the same name. As the name suggests, we simply have to “twist the frame”. It means the video included a few scenes from movies/ some advertisements/ wrongly composed song lyrics that instilled gender inequality. Here is an image from the presentation of the same that was shown online.



The next session was arranged on March 11, 10.30, where activity named “Gender Discrimination” conducted. The students referred to various TED talks to curate correct information about real and

recent examples of Gender Discrimination. The classes actively participated in the discussions and were excited about talking about events of discrimination and biases that they have had experienced or heard of.

This boosted a lot of confidence in the team. The next activity was Quizzes on Kahoot which included questions revolving around Gender Discrimination. These Quizzes were actually created to gauge the level of knowledge girls already had about concepts like gender, sex, gender biases, gender equality, gender equity and many more of the likes.

The quiz had 21 questions, which were created on a google form and circulated to FY and SY classes of BA, BAFI, Bcom, BMM and BMS. The Quiz was also created in Hindi and Marathi so that each student could attempt the quiz from the mentioned classes and language doesn't remain a barrier for any of them.

FYBMM and FYBMS were the classes that witnessed the team's last and most interesting sessions on March 15, online. The activities done in these classes were called "photo exhibition" and "audience perspective". For the photo exhibition, students carried a photoshoot involving the embracement of the man/woman in you where the traditional norms of gender dressing were broken.

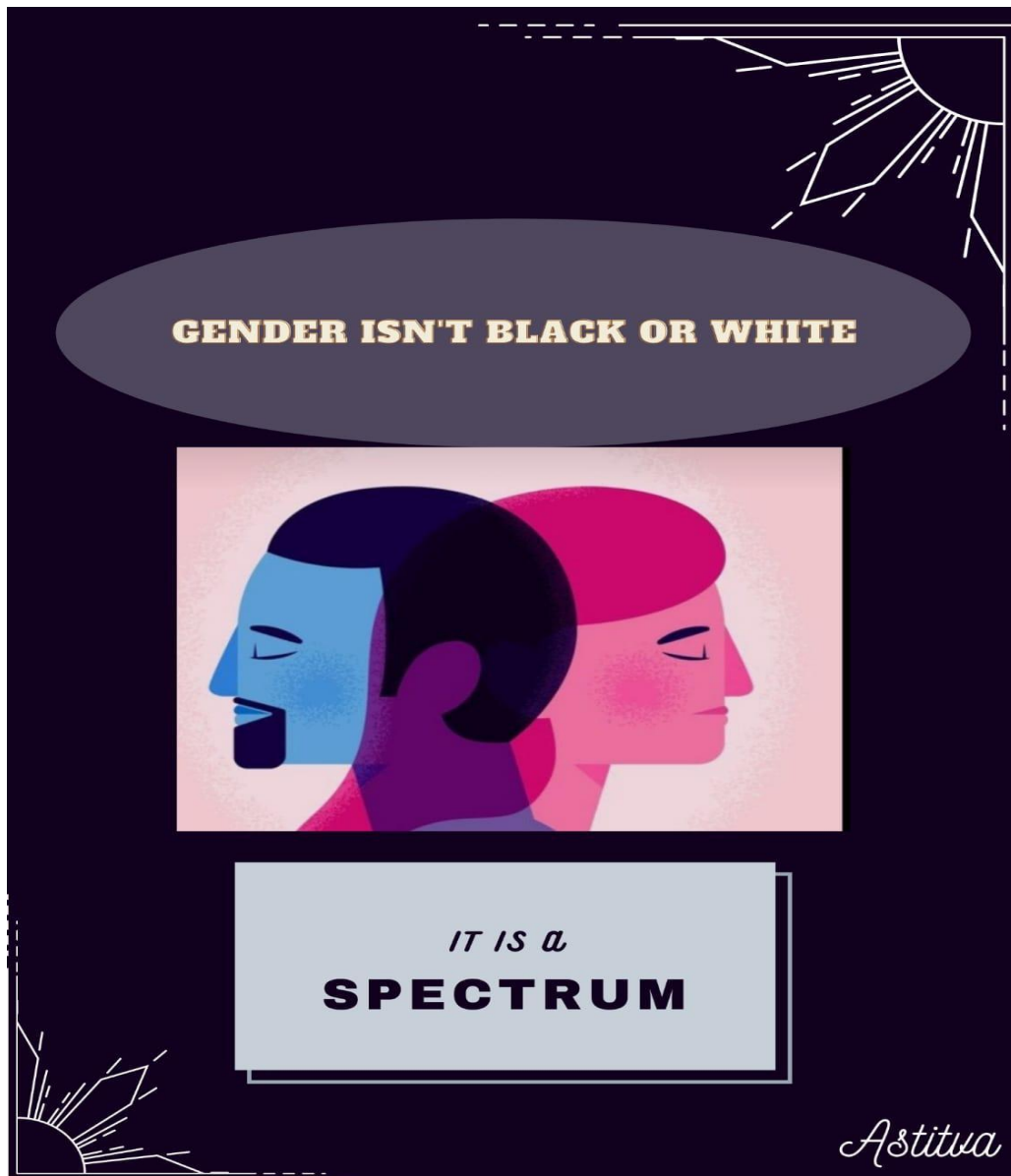
This activity sparked quite an interesting debate on how women should dress or should not dress as per her age, body type, skin tone, profession and the likes. The students had a variety of opinions on the topic. This activity also included them showing their pictures, or pictures from the internet that broke the traditional dressing norms that are imposed upon both men and women.

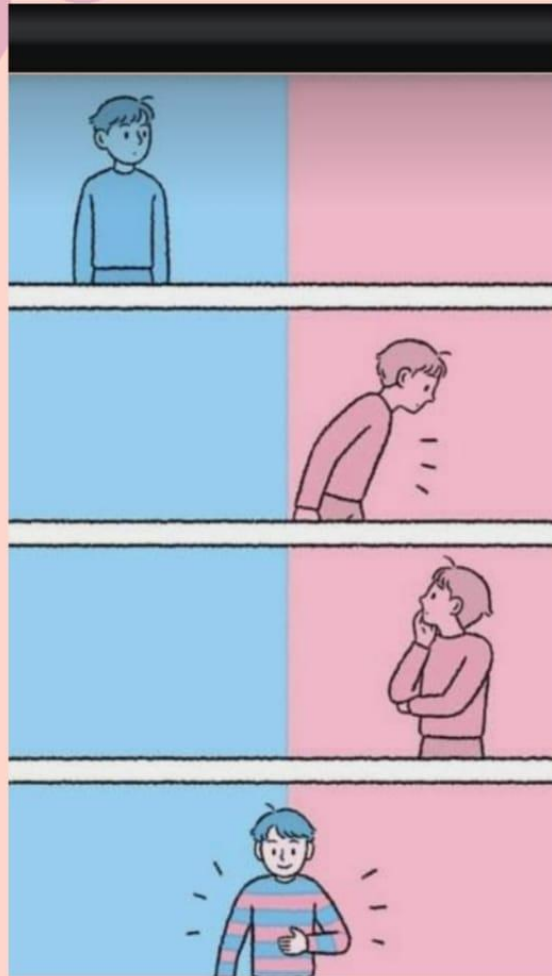
Audience Perspective was the last activity. Critically acclaimed films like Tamasha and Queen screened.

The movies were accepted or rejected by the audience on the basis of what a man should be doing and how far a woman should be allowed to follow her dreams.

This again, sparked an interesting debate among the students and also led them to introspect. Students posted various images and posts related

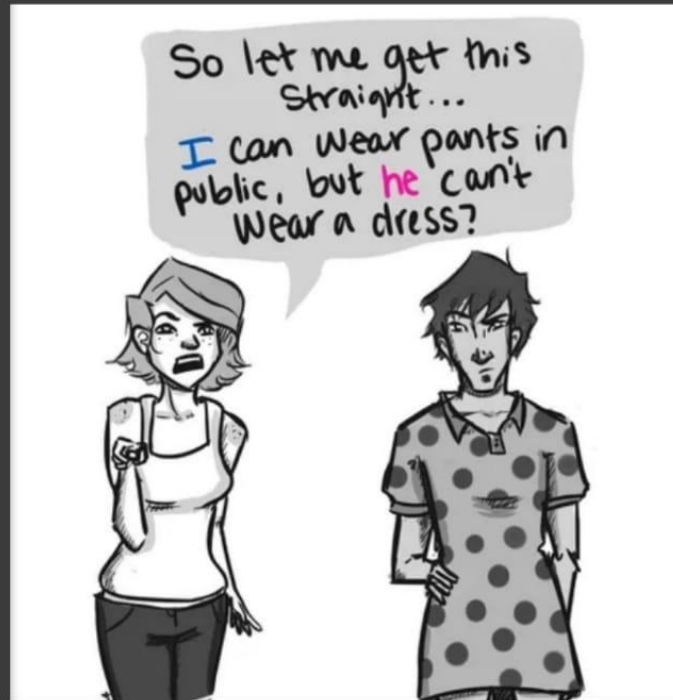
to gender equality issues on the instagram page of Gender club. Here are a few images and posts.





LABELS ASIDE

Astitva



CHANGE YOUR MINDSET

Don't stick to old age norms

Women Development Cell activities

WDC conducted a series of workshops in online mode on Gender related issues.

Date	Title of Webinar	Objectives
08/07/2021	Body Image and Mental health	<ul style="list-style-type: none"> The aim of this session was to create awareness about body image and its effect on mental health and how to overcome negative body image.
12/07/2021	Role of Women's Commission In the State	<ul style="list-style-type: none"> To spread awareness among students about Women's Commission In The State To make students conscious about sexual harassment and acts and provisions to file case against it.
27/08/2021	Understanding Yourself - first step towards entrepreneurship	<ul style="list-style-type: none"> To motivate students towards business(entrepreneurship) Give relevant ideas and make them understand the process and basic skill set required for the same. Instill in them self confidence and how to overcome different obstacles.
09/09/2021	Trends in Nutritional Status of Women over the last 75 years	<ul style="list-style-type: none"> To understand the changes in the nutritional status of Indian women post-independence till current time To determine the factors influencing nutritional status of women To know govt. policies and programs specifically aimed at bettering women's health
09/09/2021	Electronic media main striyon	<ul style="list-style-type: none"> To aware to students

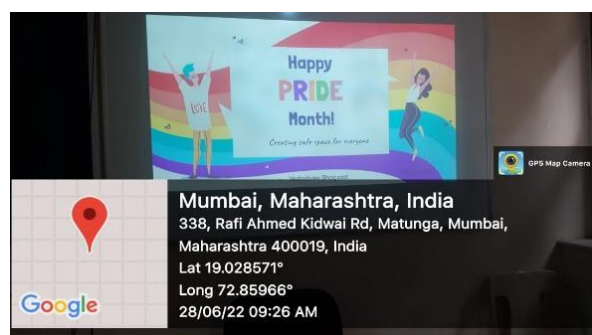
	kee dasha aur disha	towards current women's conditions in media
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7.1.1 Role of Counselling centre

The Counselling centre addresses the needs of the students, parents, their families and neighbourhood. Apart from the individual Counselling sessions, group sessions on gender sensitisation. Psychologists, doctors, nutritionists, chartered accountants, lawyers, provide specialized counselling services.

The Counselling centre conducted the **Pride Month Sensitisation in the month of June & July 2022**. Lesbian, Gay, Bisexual and Transgender Pride Month (LGBT Pride Month) is celebrated annually in June to honour the 1969 Stonewall riots, and works to achieve equal justice and equal opportunity for lesbian, gay, bisexual, transgender, and questioning (LGBTQ) Americans. A series of workshops were organised by Samvedana Counselling Centre to generate awareness and sensitivity among the students towards LGBTQ+ community. The sessions were facilitated by Ms. Vedashree Bhagwat, College Counsellor.

The sessions were for Psychology, Sociology, BMS, BMM departments. More than 250 students attended the session and gave positive feedback. The topics related to Gender, Sexuality and equal rights were covered.





Smt. Maniben M. P. Shah Women's College of Arts & Commerce

(Autonomous under S.N.D.T. Women's University, Mumbai)

NAAC REACCREDITED B ++

UGC STATUS - COLLEGE WITH POTENTIAL FOR EXCELLENCE

Adjudged as Best College (2017-18) SNDT Women's University

Dr. Leena Raje
Principal

Smt. Parmeshwari Devi Gordhandas Garodia Educational Complex,
338, R. A. Kidwai Road, Matunga, Mumbai - 400 019 Tel. : 2409 58 69
E-mail : 021.mmpshah@gmail.com, Website : www.mmpshahcollege.in

Degrees

BA, BA-MM,
B.Com, B.Com-AFI., BMS,
M.A-Counseling Psychology,
M.A. Hindi
M. Com - Marketing Mgt.
M. Com - Advanced Mgt.
Accounting & Auditing

Center for Distance Education
(Hindi Medium)
(Affiliated to Mahatma
Gandhi International
Hindi Vishvavidyalay)

MOU

This Memorandum of Understanding is prepared and entered in Mumbai on | 14.10.2021. It is a document outlining an understanding be Smt. Maniben M. P Shah Women's College (Department of Foundation Courses) and Akshara, meant to create the right environment for conducting workshops on issues of gender equality, violence against women and leadership

Between

Smt. Maniben M. P Shah (MMP) Women's College of Arts & Commerce, Matunga (Autonomous), Department of Foundation Courses, having its office at Smt. Parmeshwari Devi Gordhandas Goradia Educational Complex, 338 R.A Kidwai Road, Matunga, Mumbai - 400019 through its authorized signatory Dr. Leena Raje, Principal, Smt. M.M.P Shah Women's College of Arts & Commerce. The institution is established and managed by Seva Mandal Education Society and has always been a pioneer in the field of women's education starting various colleges and courses as per the demands of society, thus providing women students a wide choice of courses and supporting them to become empowered and self-reliant.

And

Akshara, a women's resource centre, having its registered office at Neelambari 501, Gokhale Road, Dadar West, Mumbai 400028 through its authorized signatory Ms. Nandita Shah, Co-Director. Akshara works with women and youth for the empowerment of girls along with prevention of violence.

Partnership Context

Akshara and Smt. M.M.P Shah Women's College of Arts and Commerce, (Autonomous) will collaborate to support students/volunteers to join a process of self-education, gender trainings and organizing small actions within or out of college. Both believe that it is important for youth to be exposed to gender equal concepts and undertake trainings which will impact personal behaviour and encourage public social actions. This is important as youth can in future change gender inequality in the families and in society and work towards a just and equal society.

At Akshara we believe that in current times students need to have 21st century values and skills and extra-curricular involvement brings out huge learning amongst students which stays for life. Our effort is to give initiative to students to plan and execute small actions/events through establishment of a college level gender equality club which is run by students under our joint guidance.

Partner Roles in the Collaboration:

Role of Akshara Center:

1. Organize 3-5 workshops on issues of gender equality, violence against women and leadership
2. Organize training workshops for the students for small virtual events and actions on gender equality
3. Akshara will help establish Gender Equality club in the college and help student take up small virtual events and actions
4. A joint certificate will be given to all the students who have consistently participated at the end of the year

Role of Smt. M.M.P Shah Women's College of Arts and Commerce will be:

1. The College will ensure that 25 interested and committed students are assigned to the Akshara program
2. The College will ensure there is a Program Officer or Lecturer in charge of coordination with Akshara Centre and the College
3. The College will provide support to Volunteers to conduct small events/actions on gender equality within the college or virtually
4. The College and the Program Officer will encourage the 20 volunteers who will be required to participate consistently throughout the year with Akshara Centre
5. Share college logos for the certificate and joint events

Communication:

The person of contact from Akshara Centre will be Ms. Kajal Boraste and from Smt. M.M.P Shah Women's College of Arts and Commerce will be Assistant professors Ms. Darshana Buch and Dr. Rekha Shelar

Duration of the Collaboration

The collaboration will be effective from the period of October 2021 to April 2022. There is no financial cost to it except time and infrastructural support if and when required.



Signature

Dr. Nandita Shah
For Akshara Centre



Signature

Dr. Leena Raje
Principal

Smt. M.M.P Shah women's college
of Arts and Commerce (Autonomous),
Matunga, Mumbai