

## STREE@2022 - BREAK THE BIAS

**Date:** 7<sup>th</sup> March - 12<sup>th</sup> March 2022

**Platform:** Zoom

**No of Participants:** 434 (313 students, 121 Faculty members)

**Topic:** “STREE@2022 BREAK THE BIAS”

**Organized By:** IEEE-WIE-VSIT and WDC

**Faculty in-charge:**

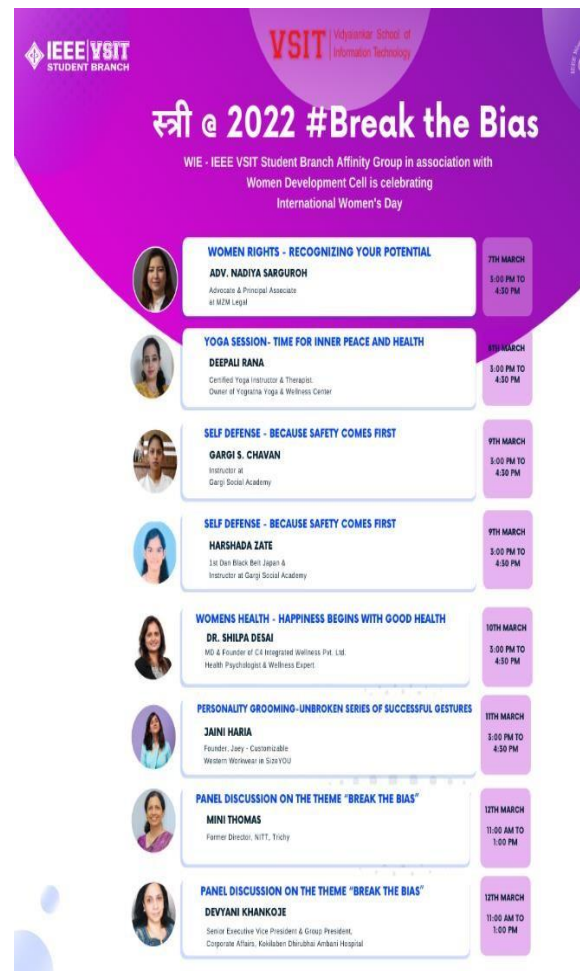
Dr. Sarika Chouhan  
(Branch Counsellor, IEEE-VSIT SB)

Ms. Aasha Chavan  
(IEEE-VSIT SB Mentor)

Mr. Laxmikant Manchekar  
(IEEE-VSIT SB Mentor)

Dr. Kimaya Shelar  
(WDC Convener)

Ms. Madhavi Amondkar  
(WDC Convener)



The event schedule is as follows:

Date	Time	Topic	Speaker
7th March	3:00 PM TO 4:30 PM	WOMEN RIGHTS - RECOGNIZING YOUR POTENTIAL	ADV. NADIYA SARGUORH Advocate & Principal Associate at MZN Legal
8th March	3:00 PM TO 4:30 PM	YOGA SESSION- TIME FOR INNER PEACE AND HEALTH	DEEPAI RANA Certified Yoga Instructor & Therapist Owner of Yoginta Yoga & Wellness Center
9th March	3:00 PM TO 4:30 PM	SELF DEFENSE - BECAUSE SAFETY COMES FIRST	GARGI S. CHAVAN Instructor at Gargi Social Academy
9th March	3:00 PM TO 4:30 PM	SELF DEFENSE - BECAUSE SAFETY COMES FIRST	HARSHADA ZATE 1st Dan Black Belt Judo & Instructor at Gargi Social Academy
10th March	3:00 PM TO 4:30 PM	WOMENS HEALTH - HAPPINESS BEGINS WITH GOOD HEALTH	DR. SHILPA DESAI MD & Founder of C4 Integrated Wellness Pvt. Ltd. Health Psychologist & Wellness Expert
11th March	3:00 PM TO 4:30 PM	PERSONALITY GROOMING- UNBROKEN SERIES OF SUCCESSFUL GESTURES	JAINI HARIA Founder, Jany - Cosmetology Western Makeup in SCVVOU
12th March	11:00 AM TO 1:00 PM	PANEL DISCUSSION ON THE THEME "BREAK THE BIAS"	MINI THOMAS Former Director, NITL, Trichy
12th March	11:00 AM TO 1:00 PM	PANEL DISCUSSION ON THE THEME "BREAK THE BIAS"	DEVYANI KHANKOZE Senior Executive Vice President & Group President, Corporate Affairs, Kokilaben Dhirubhai Ambani Hospital

WIE-IEEE VSIT Student Branch Affinity group in association with Women’s Development Cell of Vidyalankar School of Information Technology (VSIT) organised a weeklong International Women’s Day celebration, keeping this year’s theme: “**Stree@2022-** “Break the Bias”.

A total of six sessions of 1.5 hours each were conducted on 6 days: 07<sup>th</sup>-12<sup>th</sup> March 2022. The participants included faculty members and students from VSIT. The objective of this activity is to strengthen women's inner strength to face any challenges in life and to celebrate womanhood.

## **DAY 1**

### **Inauguration:**

<b>Date:</b>	<b>7<sup>th</sup> March 2022</b>
<b>Time:</b>	<b>3:00 PM TO 4:30 PM</b>
<b>Attendance:</b>	<b>70 (33 students and 37 Faculty members)</b>

Athira Kollara, the Chairperson of WIE VSIT SB welcomed all the participants. This was followed by the Saraswati Mantra and the welcome address rendered by the CAO & WIE-IEE VSIT Advisor of the IT Department, Dr. Sarika Chauhan. The inauguration was also graced by the presence of the Principal of VSIT, Dr. Rohini Kelkar. She also welcomed the participants and extended her best wishes to the organising team. The General Secretary of WIE IEEE VSIT SB, Riya Kadam welcomed Adv. Nadiya Sarguroh Advocate & Principal Associate at MZM Legal.

The poster is for the International Women's Day 2022 celebration. It features the VSIT logo (Vidyalankar School of Information Technology) and the IEEE VSIT Student Branch Affinity Group logo. The text reads: "WIE-IEEE VSIT Student Branch Affinity Group in association with Women Development Cell is Celebrating, International Women's Day स्त्री @ 2022 #Break the bias From 7th March to 12th March 2022". Below this, there are six yellow circular icons representing the activities: Self Defence, Yoga, Personality Grooming, Women's Health, Panel Discussion, and Women's Rights. At the bottom, it says "On Zoom platform".

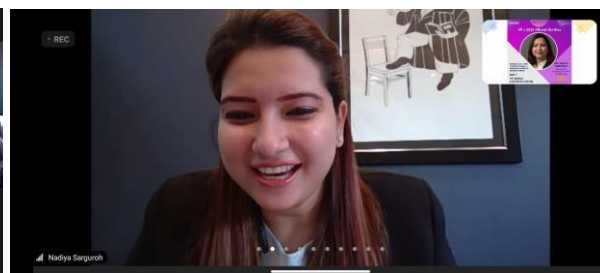
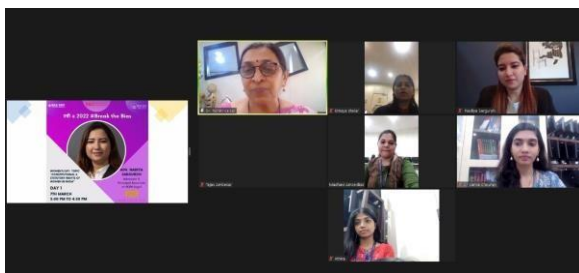
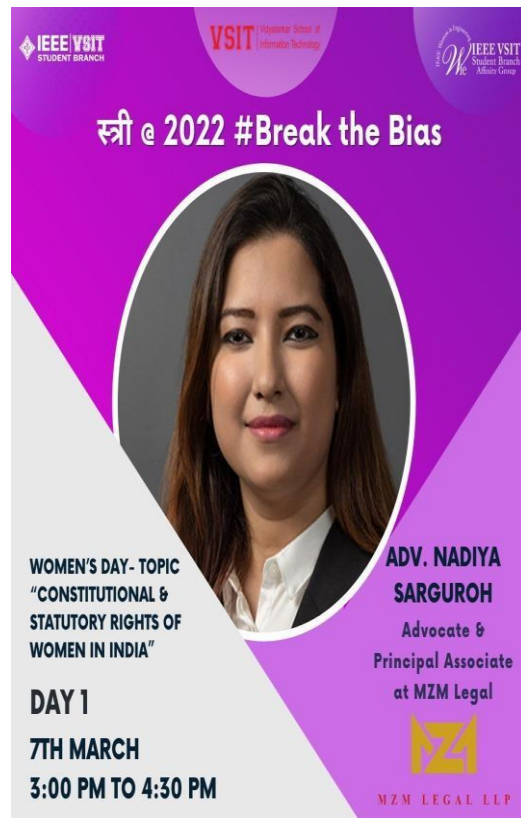
## “Know your Rights” – A session on Women’s right

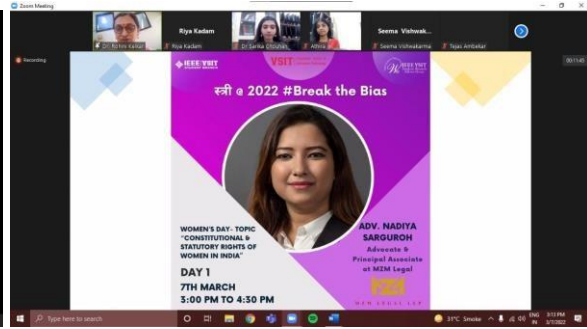
<b>Date:</b>	<b>7<sup>th</sup> March 2022</b>
<b>Time:</b>	<b>3:00 PM TO 4:30 PM</b>
<b>Attendance:</b>	<b>107(83 students and 24 Faculty members)</b>

Ms. Nadiya Sarguroh joined MZM Legal as an Associate in 2017 and has been actively working with MZM on a variety of complex Dispute Resolution and Corporate Litigation cases since then. She also has extensive experience working on Corporate Transactions and Litigation. She has a master's degree in Intellectual Property Rights and a Post Graduate Diploma in Alternative Dispute Resolution from the University of Mumbai.

She started her session by talking about the importance of women empowerment and women’s day. She explained why it is necessary for not only women but people in general to know their own rights. She also talked about the history of women’s rights and the oppression faced by women. Further she went on to explain the various rights that are granted to women by the Constitution of India such as Right to Equality under Article 14 and 15, Equality in Employment and Salaries under Article 16. She spoke about the Sexual Harassment Act 2013, daughters having equal succession in HUF under the Hindu Succession Act, Maternity Benefit Act 1961, Protection of Women from Domestic Violence Act 2005. She answered various queries raised by the participants.

Dr. Sarika Chouhan presented a small e-memento from IEEE-WIE VSIT and WDC VSIT. Ms. Aasha Chavan thanked all participants, the speaker and the committee members for their valuable contributions towards successful conduction of STREE@2022 Day-1. The day ended on a positive note with all delegates and volunteers smiling for a group picture.





## DAY 2

### “Yoga Session”-Time For Inner Peace & Health

<b>Date:</b>	<b>8<sup>th</sup> March 2022</b>
<b>Time:</b>	<b>3:00 PM TO 4:30 PM</b>
<b>Attendance:</b>	<b>107(83 students and 24 Faculty members)</b>

Chetna Bendale, the former GS of WIE IEEE VSIT students branch gave a warm welcome to all faculty members and participants for Day 2 Stree@2022 session. Ms. Madhavi Amondkar Convener of Women Development Cell greeted all attendees and introduced the session. Chairperson of IEEE VSIT SB, Tejas Ambekar introduced the Guest Speaker- Deepali Rana, Certified Yoga Therapist.

Deepali Rana is a Certified Yoga Therapist from Indore. She completed her diploma in Yoga from DAVV Indore. Besides that, Deepali has certified from Institutes of repute in different healthcare practices like Fire/Dry Cupping (SBPASS), Yoga Therapies, Seeds & Colour therapy, Breathing practices, Meditation, Power Yoga, Kids special yoga, etc. She is successfully running her online/offline yoga centre **YOGRATNA** and spreading the message of "LIVE A HEALTHY LIFE".

Starting the session with a rejuvenating series of stretching exercises that one should do everyday whenever time permits. A wide range of Yoga asanas were taught starting from Asanas that enriches the digestive system such as " Paschimottasana (Seated forward bend pose)", "Balasana (Child's pose)". Moving on with Asanas for balance, flexibility and better spine health: "Trikonasan, Virabhadrasana (Warrior pose), Ardha Matsyendrasana.". Ms. Deepali gave the participants an intricate description of Surya Namaskar which is a Sanskrit name for a specific sequence of 12 yoga asanas; which is also known as "Sun Salutation". Participants were expounded with few eye exercises for relieving stress and migraines. Progressing the session towards face yoga for wrinkles and dark circles to breathing exercises i.e., Pranayama such as Kapalbhati, Bhastrika, Anulom Vilom to be done daily but especially before exams to ease anxiety. The session was concluded with a Q&A session and new-acquired knowledge to work towards living a healthy life.

IEEE VSIT STUDENT BRANCH VSIT Vignanantharam School of Information Technology

स्त्री @ 2022 #Break the Bias

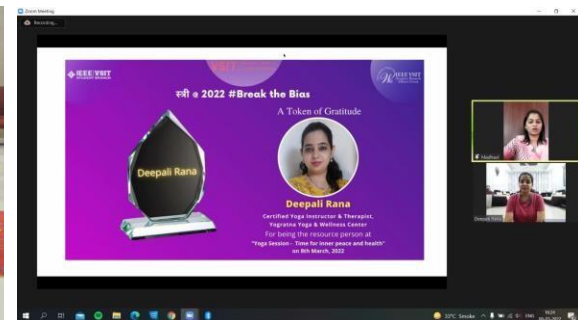
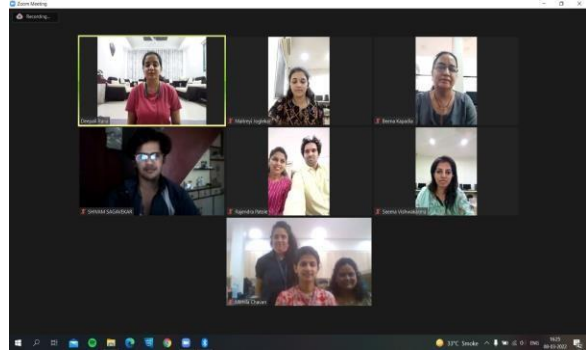
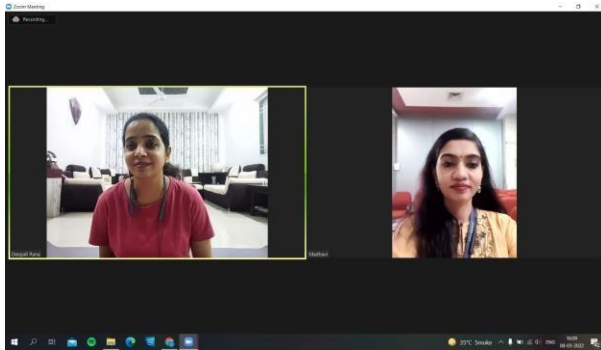
YOGA SESSION - TIME FOR INNER PEACE AND HEALTH

DAY 2  
8TH MARCH  
3:00 PM TO 4:30 PM

DEEPAI RANA  
Certified Yoga Instructor & Therapist. Owner of Yogragna Yoga & Wellness Center



After the Q&A session Dr. Sarika Chauhan thanked the guest, while Kimaya Ma'am felicitated Ms. Deepali Rana for the purposeful session conducted and presented a small e-memento from IEEE-WIE VSIT and WDC VSIT while also thanking the participants and committee members for participating and coordinating a successful event for Stree@2022 Day-2.



## DAY 3

### “Self Defence”- Because Safety Comes First

<b>Date:</b>	<b>9<sup>th</sup> March 2022</b>
<b>Time:</b>	<b>3:00 PM TO 4:30 PM</b>
<b>Attendance:</b>	<b>51(38 students and 13 Faculty members)</b>

Ruchi Thakekar, Vice-Chairperson of WIE IEEE VSIT SB warmly welcomed all faculty members and participants for joining the session. Further Maitreyi Gharat, Logistics head WIE IEEE VSIT SB introduced the guest instructor Ms. Gargi Chavan and Ms. Harshada Zate.

Ms. Gargi S Chavan who is a JKNSKI Certified Karate Instructor and Self Defence Trainer at Gargi Social Academy. Joining her was Ms. Harshada Zate who is a 1st Dan Black Belt and an instructor at Gargi Social Academy.

This power packed session was initiated with a full body stretch and warm-up which is done to avoid injuries while learning self-defence techniques. Moving ahead with the main session itself, Ms. Gargi started with different self-defence techniques to get out of various holds and ways to escape from the attacker. Opening with how to get out of a single-handed neck hold, she demonstrated how to pull the attacker down while using the same motion to create impact and escape. Moving on to how to escape choke holds to two handed neck holds, wrist holds and more. She also taught the participants a few vital karate moves such as Karate block, face, stomach and chest punches and kicks which would be effective for self-defence. Concluding the session with few techniques on how to advance the karate moves to be used as a combination. Thus wrapping-up with a hands-on experience of learning self-defence techniques because **SAFETY COMES FIRST**.

Riya Kadam, General Secretary of WIE IEEE VSIT SB felicitated Ms. Gargi Chavan and Ms. Harshada Zate on behalf of WIE IEEE VSIT AND WDC VSIT with a small e-memento for conducting such an empirical session. Moreover, thanking the participants for participating and committee members for administering a successful session for Stree@2022 Day-3.









## **DAY 4**

### **“Women’s Health”- Happiness Begins With Good Health**

<b>Date:</b>	<b>10<sup>th</sup> March 2022</b>
<b>Time:</b>	<b>3:00 PM TO 4:30 PM</b>
<b>Attendance:</b>	<b>109 (89 students and 20 Faculty members)</b>

Maitreyi Gharat, the Logistics Head of WIE IEEE VSIT SB welcomed all the participants. Chetna Bhendale, the former General Secretary of WIE IEEE VSIT SB welcomed the speaker of the day Dr. Shilpa Desai MD & Founder of C4 Integrated Wellness Pvt. Ltd. Health Psychologist & Wellness Expert.

Dr. Shilpa Desai has a PhD in Health Psychology. She is an established health psychologist, scientist & fitness expert with over two decades of experience in bringing holistic wellness to people of all ages. She

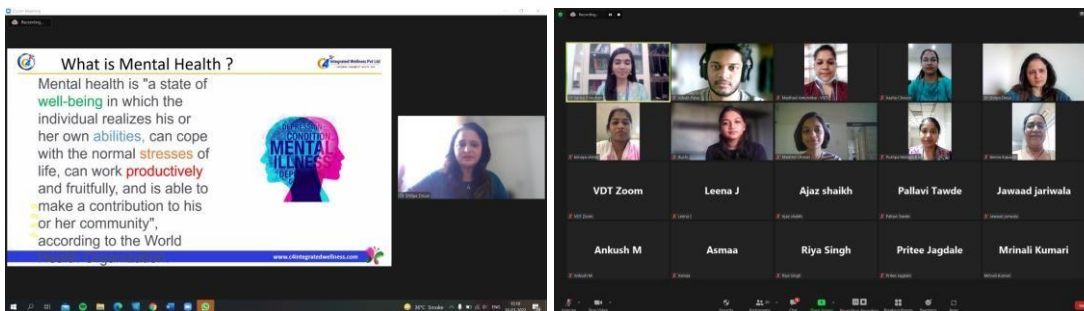
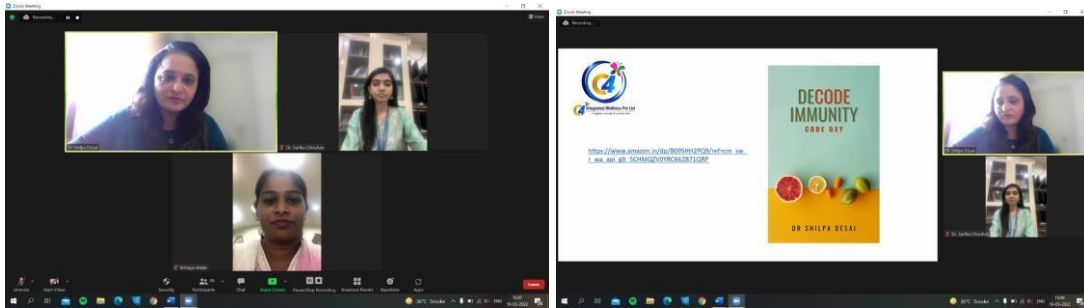
founded C4 Integrated Wellness and is a Managing Director of the company. Dr. Desai has published several papers on healthcare in journals of international repute. "Fastest Growing Leaders 2018" by Asia One in Singapore, "Champion of Fitness for 2017-2018" by Economic Times, "Women Leaders in Health Care" by Medgate Today for Leading 40 Women Entrepreneurs in the Healthcare industry in India are some of the awards she has received.

She started her session by talking about Mental Health and how it affects people and their relationships. She talked about different Mental Health issues like Anxiety disorders, Bipolar disorders, Depressive disorders, PTSD, Eating disorders and Sleeping disorders. She also explained the different symptoms of Mental Health Problems such as feeling sad and lonely, concentration problems, anger issues, etc and the importance of identifying the Mental Health Problems and getting proper treatment. She shared a few important tips to improve the Mental Health and release stress.

After answering a few queries from the participants, she concluded her session. The Vice Chairperson of WIE IEEE VSIT SB, Ruchi Thakekar presented a small e-memento from IEEE-WIE VSIT and WDC VSIT and thanked all participants, the speaker and the committee

The poster is purple and white. At the top left, it says 'IEEE VSIT STUDENT BRANCH'. At the top center, it says 'VSIT (Vignansar School of Information Technology)'. At the top right, it says 'IEEE VSIT Student Branch Affinity Group'. The main title is 'स्त्री @ 2022 #Break the Bias'. In the center is a circular portrait of Dr. Shilpa Desai. Below the portrait, on the left, it says 'WOMENS HEALTH - HAPPINESS BEGINS WITH GOOD HEALTH'. On the right, it says 'DR. SHILPA DESAI MD & Founder of C4 Integrated Wellness Pvt. Ltd. Health Psychologist & Wellness Expert'. At the bottom left, it says 'DAY 4 10TH MARCH 3:00 PM TO 4:30 PM'.

members for their valuable contributions towards successful conduction of STREE@2022 Day-4.



## DAY 5

# “Personality Grooming” – Unbroken Series of Successful Gestures

<b>Date:</b>	<b>11<sup>th</sup> March 2022</b>
<b>Time:</b>	<b>3:00 PM TO 4:30 PM</b>
<b>Attendance:</b>	<b>42 (27 students and 15 Faculty members)</b>

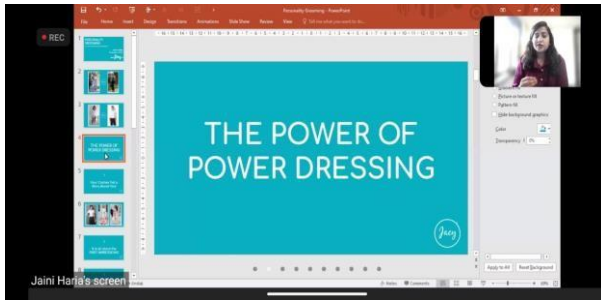
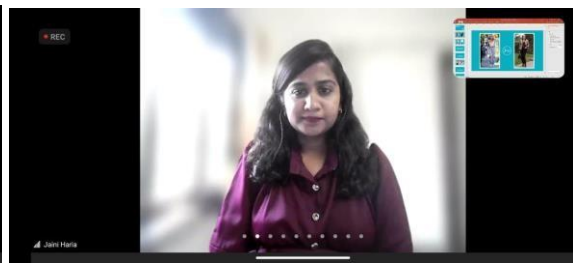
Ms. Jaini Haria has an MBA from XLRI and is an ex-Investment Banker who aims at changing the way women shop for clothes in India. She believes that every woman deserves to feel comfortable in her own skin, no matter her size or shape. She founded **Jaey** with the aim of disrupting the stereotypical way of sizing clothes, or people, by letter (S, M, L, etc.) or numbers (10, 12, 14, etc.) using path-breaking AI-enabled measuring technology. Beginning with an impressive presentation explaining the central thought of "The Power of Power Dressing". Jaey is a technologically advanced bespoke women's western-wear brand that offers customizable, high-quality clothing in Size: **YOU - Your Body, Your Size!**

Ms. Jaini Haria started the session by throwing light on how your clothes tell a story about you. She highlighted how what one sees impacts the initial judgement thus, showing why it is all about the **FIRST IMPRESSION**. The way you dress represents you as an individual and the effort you put in styling yourself in your clothes reveal how you think as a person. Messy Fit, Messy Mind. She further explained as to why the **FIT** plays a key factor on how well you know your body. Giving an insightful explanation and scenario-based example in how one's personality and grooming goes hand in hand, she emphasised on **Maintaining Your Style**, because you are **UNIQUE**. The session concluded with a Q&A session.

Maitreyi Gharat, Logistics Head of WIE IEEE VSIT SB concluded the session by presenting a small e-memento from WIE IEEE and WDC VSIT to the speaker. Alongside it thanked the speaker, participants and committee members for the insightful session and much appreciated participation and contribution for successful administration of Stree@2022 Day-5.

The poster is for an event titled "स्त्री @ 2022 #Break the Bias". It features a central image of Jaini Haria, the founder of Jaey, sitting and gesturing. The text on the poster includes: "PERSONALITY GROOMING- UNBROKEN SERIES OF SUCCESSFUL GESTURES", "DAY 5", "11TH MARCH", "3:00 PM TO 4:30 PM", and "JAINI HARIA Founder, Jaey - Customizable Western Workwear in SizeYOU". Logos for IEEE VSIT Student Branch and VSIT (Vignansarathi School of Information Technology) are also present.





## DAY 6

### Panel Discussion on the theme “Break the Bias”

#### International Women’s Day

<b>Date:</b>	<b>12<sup>th</sup> March 2022</b>
<b>Time:</b>	<b>11:00 AM TO 12:15 PM</b>
<b>Attendance:</b>	<b>55(43 students and 12 Faculty members)</b>

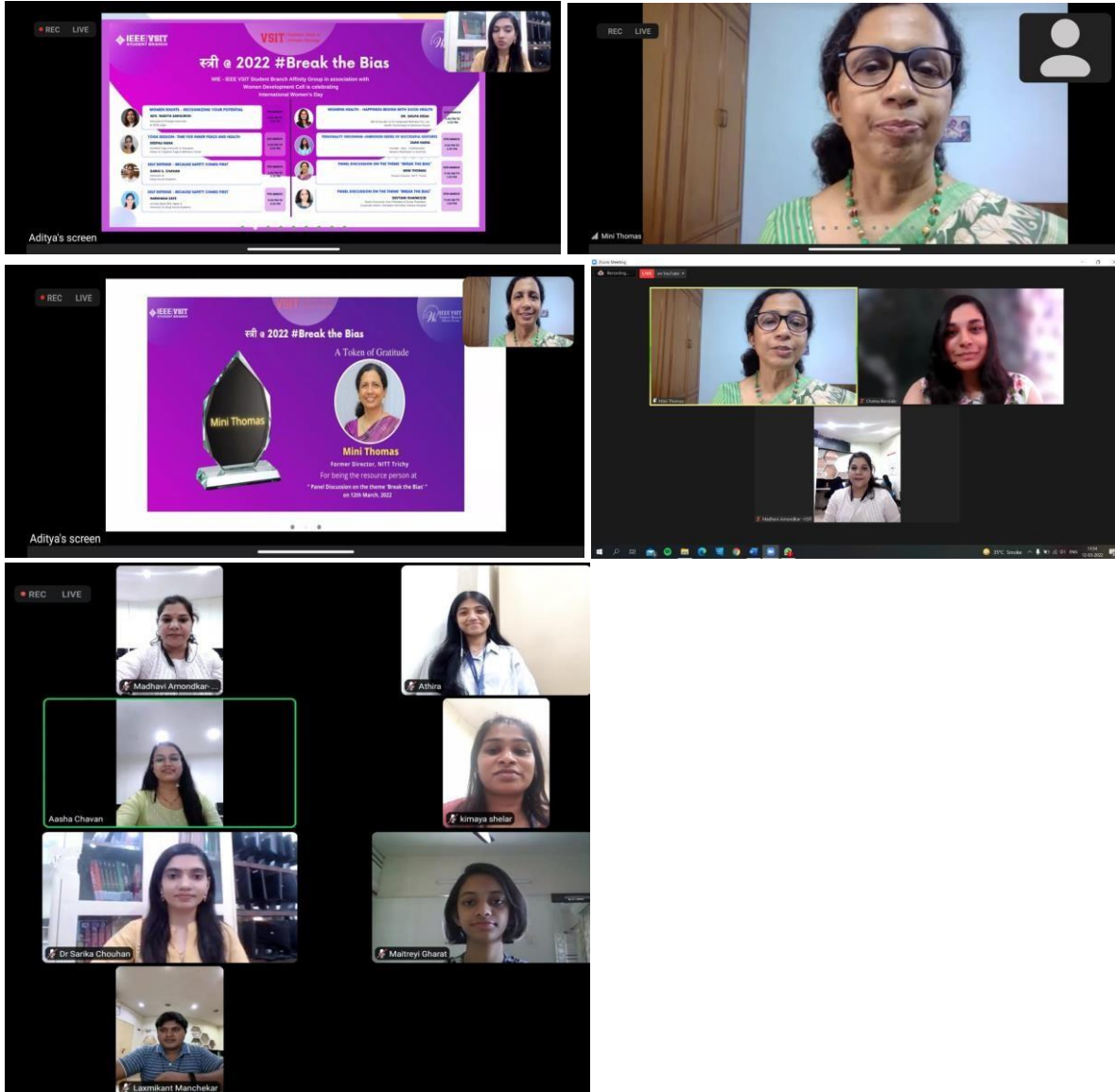
Athira Kollara, the Chairperson of WIE IEEE VSIT SB welcomed all the participants. Chetna Bhendale, the former General Secretary of WIE IEEE VSIT SB welcomed the speaker of the day Dr. Mini Thomas Former Director, NIT, Trichy.

Dr. Mini Shaji Thomas is a Professor in the Department of Electrical Engineering, Faculty of Engineering and Technology, JMI, and was the Director of the National Institute of Technology, Tiruchirappalli (NIT, Trichy) from 2016 to 2021. She has published over 150 research papers in International Journals and Conferences of repute. She is the author of the textbook 'Power System SCADA and Smart Grids' by CRC Press, Taylor and Francis, USA. Dr. Thomas has set up the first of its kind SCADA laboratory and Substation Automation (SA) Laboratory at JMI, and as the founder coordinator, started a unique, first full-time, M Tech program in the Faculty of Engineering & Technology. For these contributions, Dr. Thomas won the IEEE Educational Activities Board (EAB) Meritorious Achievement Award 2015. She is a 'Distinguished Lecturer' of IEEE Power & Energy Society.

Dr. Mini Shaji Thomas briefed the participants on her journey from a lecturer in REC to the Director of NIT, Trichy. According to her, ” Take A Risk and Grab the Opportunity” is the mantra of her life. She advised the participants to learn to take risks, be innovative and work hard by sharing her own experiences as a working woman. She told the participants to handle any of the biases they face in their life with a mature attitude. She explained how to balance personal and professional life. She answered some questions from the participants and concluded her session.



Ms. Madhavi Amondkar presented a small E-memento from WIE IEEE VSIT SB and WDC VSIT to the speaker Dr. Mini Thomas and After that, Ms. Aasha Chavan delivered the vote of thanks to all the participants for attending the event.



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