

UNIVERSITY OF MUMBAI
No. CONCOL/ 24 / of 2014 - 2015

CIRCULAR:-

The Government of India has published the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 for its implementation at the organization levels.

WHEREAS, sexual harassment results in violation of the fundamental rights of a woman to equality under articles 14 and 15 of the Constitution of India and her right to life and to live with dignity under article 21 of the Constitution and right to practice any profession or to carry on any occupation, trade or business which includes a right to a safe environment free from sexual harassment;

AND WHEREAS, the protection against sexual harassment and the right to work with dignity are universally recognized human rights by international conventions and instruments such as Convention on the Elimination of all Forms of Discrimination against Women, which has been ratified on the 25th June, 1993 by the Government of India;

AND WHEREAS, it was expedient to make provisions for giving effect to the said Convention for protection of women against sexual harassment at workplace and accordingly Indian Parliament has enacted The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013, to provide protection against sexual harassment of women at workplace and for the prevention and redressal of complaints of sexual harassment and for matters connected therewith or incidental thereto;

AND WHEREAS, in exercise of power conferred by Sub-section (3) of Section (1) of the Act 2013, the Central Government has notified the Act to come into force from Ninth December Two Thousand Thirteen;

AND WHEREAS, in exercise of power conferred by Section 29 of the Act, the Central Government has made rules which are known as The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Rules, 2013, which also came into force from Ninth December Two Thousand Thirteen;


AND WHEREAS, under Section 4 of the Act 2013, it is incumbent upon the employer of a workplace to constitute an Internal Complaints Committee and make such other rules in accordance with the provisions of the Act to provide protection against sexual harassment of women at workplace and for the prevention and redressal of complaints of sexual harassment and for matters connected therewith or incidental thereto;

PURSUANT HEREOF, all the employers of the colleges/ institutions affiliated to the University of Mumbai are hereby directed that:

1. If there exist no Internal Complaints Committee in accordance with the Act 2013, to constitute the Internal Complaints Committee, strictly in accordance with the provisions of the Act 2013, within two weeks from the receipt of this circular.
2. If there exist any Committee prior to the enactment of these rules but has not been reconstituted in accordance with the provisions of the Act 2013, then, to re-constitute such existing committee strictly in accordance with the provisions of the Act 2013, within two weeks from the receipt of this circular.
3. All Institutions/colleges should intimate the complete details of the duly constituted or re-constituted Internal Complaints Committee to the University of Mumbai within four weeks from the date of the receipt of this circular.
4. All Institutions/colleges should strictly comply with all the provisions of the Act 2013, particularly the duties of the employer as envisaged under Section 19 of the said Act.
5. In addition to the aforesaid for giving effect to any provision of the Act 2013, all the Institutions/colleges should do such other things or take other steps which are required to be done or taken under the said Act or such other Act for the time being in force.

In pursuance to the Act 2013, the Chairmen / Directors and Principals of the affiliated colleges/institutions are hereby requested to follow the above directions immediately regarding the establishment of the Internal Complaints Committee as per the Act 2013 in the respective colleges/institutions.

Mumbai - 400 032
Date:- 12/11/2014


(Dr. M.A. Khan)
Registrar
(University of Mumbai)

To,
The Chairmen / Directors and Principals of all the affiliated colleges / institutions
for information & necessary action.

Copy for information:-

1. The Secretary, Higher & Technical Education Department, Mantralaya Annexe, Mumbai - 400 032.
2. The Director, Higher Education, Maharashtra State, Central Building, Pune - 411 001.

3. The Director, Higher & Technical Education, Elphinstone Technical School Building, Mahapalika Marg, Mumbai – 400 001.
4. The Joint Director, Higher Education, Mumbai Region, Mumbai – 400 001.
5. The Joint Director, Higher Education, Konkan Region, Parvel – 400 001.

6. The Joint Director, Technical Education Department, Kherwadi, Bandra (East), Mumbai – 400 051.
7. The Presiding Officer, College Tribunal for Mumbai and S.N.D.T. Women's Universities, University Building, East Wing, Fort, Mumbai – 400 032.
8. University of Mumbai College Principals Association, Dnyansadhana College of Arts, Science & Commerce, Near Eternity Mall, Thane (W) – 400 604.
9. The Secretary, Association of Non-Government College (A.N.G.C.), Vidyapeeth Vidyarthi Bhavan, Churchgate, Mumbai – 400 020.
10. The General Secretary, Bombay University and College Teachers Union, Mumbai University Club House, "B" Road, Churchgate, Mumbai – 400 020.(Two copies)
11. The Executive Secretary to the Vice-Chancellor and the Personal Assistants to (i) the Pro-Vice-Chancellor (ii) the Registrar and (iii) the Director, BCUD.
12. Record Section (10 copies).


(Dr. M.A. Khan)
Registrar
(University of Mumbai)

University of Mumbai



No. UMDC/ED/2016-17/ 02/ 2017,

3rd March, 2017.

To,
The Director/ Principal/ Head of College/ Institute

Respected Sir/ Madam,

The University Women Development Cell sincerely appreciates the Colleges which nominated the representatives of their Internal Complaints Committee to attend the training organized by the UWDC with the State Commission for Women on 13, 14 and 15 February 2017.

The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 has come into force from December 9, 2013 and the University Grants Commission has notified University Grants Commission (Prevention, Prohibition and Redressal of Sexual Harassment of Women Employees and Students in Higher Educational Institutions) Regulations, 2015 in July 2016. It is mandatory to constitute the Internal Complaints Committee as follows at every College/ Institution as per the provisions of the said Act.

- Preiding Officer – Woman faculty member employed at a senior level (not below a Professor for University, Associate Professor or Reader for college).
- Two faculty / teaching members and two non-teaching employees-persons committed to the cause of women or have social work experience or have legal knowledge, preferred.
- Three students (from undergraduate (1), Master's (1) and Research scholars (1) to be elected through a transparent democratic procedure), if the matters involves students.
- One member from amongst NGOs or associations committed to the cause of women or a person familiar with the issues relating to Sexual Harassment.
- At least one half of the total members so nominated shall be women.

Colleges/ Institutions are hereby requested to furnish information regarding the constitution of the Internal Complaints Committee at their College/ Institution to the UWDC by March 5, 2017.

With regards,


Dr. M.A. Khan
Registrar
University of Mumbai

Internal Complaint Committee

2021-22

INTERNAL COMPLAINT COMMITTEE

INTERNAL COMPLAINT COMMITTEE	
Key Objectives	▪ To uphold the commitment of the Institute to provide an environment free of gender based discrimination.
Key Inputs	▪ To keep a track of proper reporting of the complaints and their follow-up procedures.

KEY RESPONSIBILITIES

1. To provide a neutral, confidential and supportive environment for members of the campus community who may have been sexually harassed.
2. To advice complainants of means of resolution as specified by the legislation.
3. To ensure fair and timely resolution of sexual harassment complaints.
4. To promote awareness about sexual harassment through educational initiatives that encourages and fosters a respectful and safe campus environment.

COMMITTEE MEMBERS

Sr.No	Designation	Name of the member
1	Presiding officer	Dr. Kimaya Shelar
2	Teaching Member	Dr.Sagar Gaikwad
3	Teaching Member	Akshatha Jain
4	Non-teaching Member	Apurva Mahadik
5	Non-teaching Member	Akshay Mohite
6	External Member	Archana Samarth
7	Student Member	Anamika Salvi
8	Student Member	Rachna Sonwane




Principal
Vidyalankar School of
Information Technology
Antop Hill, Wadala (E),
Mumbai-400 037.

Internal Complaint Committee (ICC)

MEETING AGENDA

To,

1. Dr. Rohini Kelkar
2. Dr. Poonam Mirwani
3. Dr. Kimaya Shelar
4. Dr. Sagar Gaikwad
5. Akshatha Jain
6. Apurva Mahadik
7. Akshay Mohite
8. Archana Samarth
9. Anamika Salvi
10. Rachna Sonwane

Dear Sir/Madam,

It is my pleasure to inform you that the 1st Meeting of the Internal Complaint Committee of Vidyalankar School of Information Technology is scheduled to be held on 17/6/2021 at 12:00 pm through online mode in MS Team. The agenda of the meeting is enclosed herewith. You are therefore requested to kindly make it convenient to attend the meeting.

Dated:09/06/2021



Kimaya
Coordinator, ICC

AGENDA FOR FIRST MEETING OF ICC

The following agenda-items shall be discussed in the 1st Meeting of ICC that has been scheduled to be held on 17/6/2021.

Agenda Item	Particulars
1	Committee reformation
2	To discuss about the objectives to be carried out by the committee.
3	To discuss about the various activities to be carried out by the Committee

Meeting Schedule Time: 12:00 p.m.		Starting Time: 12:00 pm	
Meeting of	ICC	Meeting No.	01
		Held on	17/6/2021

Members present:

Sr.No	Name of the Member	Signature
1	Dr. Rohini Kelkar	<i>R Kelkar</i>
2	Dr. Poonam Mirwani	<i>P Mirwani</i>
3	Dr. Kimaya Shelar	<i>Kimaya</i>
4	Dr. Sagar Gaikwad	<i>S Gaikwad</i>
5	Akshatha Jain	<i>A Jain</i>
6	Apurva Mahadik	<i>A Mahadik</i>
7	Archana Samarth	<i>Arsa</i>
8	Akshay Mohite	<i>A Mohite</i>
9	Anamika Salvi	<i>A Salvi</i>
10	Rachna Sonwane	<i>R Sonwane</i>

The following agenda-items were discussed in the 1st Meeting of ICC that held on 17/6/2021 at 12:00 pm.

Sr. No.	Minutes of Meeting
1	With reference to UGC Notification No. E 91-1/2013(TFGS) dated 02-05-2016 and as per AICTE process handbook norms Principal of Vidyalankar School of Information technology has reconstituted the Internal Complaints Committee.
2	The new committee has been formed .Dr.Kimaya Shelar was appointed as a presiding officer in presence of principal Dr.Rohini Kelkar and IQAC coordinator Dr. Poonam Mirwani.
3	Chairperson welcomed all the participants of the Meeting.
4	Chairperson briefed about the rules and regulations of ICC



5	The Committee stressed the need to make students aware of the objective of the Committee by the Faculty Members.
6	The Committee stressed the need to increase awareness amongst the employees on how the rules have been amended to prevent instances of harassment of women employees
7	The Chairperson expressed her thanks to all participants and the members agreed that the Committee will meet every quarter on a regular basis.
8	The meeting ended with vote of thanks to the Chair.



Kinay
Coordinator, ICC

Internal Complaint Committee (ICC)

MEETING AGENDA

To,

1. Dr. Kimaya Shelar
2. Dr.Sagar Gaikwad
3. Akshatha Jain
4. Apurva Mahadik
5. Akshay Mohite
6. Ms. Archana Samarth
7. Anamika Salvi
8. Rachna Sonwane

Dear Sir/Madam,

It is my pleasure to inform you that the 2nd Meeting of the Internal Complaint Committee of Vidyalkar School of Information Technology is scheduled to be held on 12/8/2021 at 12:00 pm through online mode in MS. Teams. The agenda of the meeting is enclosed herewith. You are therefore requested to kindly make it convenient to attend the meeting.

Dated: 03/8/2021



Kimaya
Coordinator, ICC

AGENDA FOR SECOND MEETING OF ICC

The following agenda-items shall be discussed in the 2nd Meeting of ICC that has been scheduled to be held on 12/8/2021.

Agenda Item	Particulars
1	To discuss about the importance and functioning of ICC
2	To discuss the importance of mentoring sessions
3	To discuss about the activities related to gender sensitization.

Meeting Schedule Time: 12:00 p.m.		Starting Time:		12:00 p.m.	
Meeting of	ICC	Meeting No.	02	Held on	12/8/2021

Members present:

Sr.No	Name of the Member	Signature
1	Dr.Kimaya Shelar	<i>Kimaya</i>
2	Dr.Sagar Gaikwad	<i>Sagar</i>
3	Akshatha Jain	<i>AJ</i>
4	Apurva Mahadik	<i>Am</i>
5	Archana Samarth	<i>Arsg.</i>
6	Anamika Salvi	<i>Asalvi</i>
7	Rachna Sonwane	<i>Rso</i>

The following agenda-items were discussed in the 2nd Meeting of ICC that held on 12/8/2021 at 12:00 pm.

Sr. No.	Minutes of Meeting
1	Chairperson welcomed all the participants of the Meeting.
2	It was verified that information about the constitution of Mahila Takrar Nivaran Samiti/ICC was uploaded on the display for the information of students and women employees
3	Discussed about the importance and functioning of ICC
4	Through the online mode mentoring of the students are taken on a regular basis.
5	Through online sessions students were made aware of gender equality.
6	The Chairperson expressed her thanks to all participants and the members agreed that the Committee will meet every quarter on a regular basis.
7	The meeting ended with vote of thanks to the Chair.



Kimaya
Coordinator, ICC

Internal Complaint Committee (ICC)

MEETING AGENDA

To,

1. Dr. Kimaya Shelar
2. Dr.Sagar Gaikwad
3. Akshatha Jain
4. Apurva Mahadik
5. Akshay Mohite
6. Ms. Archana Samarth
7. Anamika Salvi
8. Rachna Sonwane

Dear Sir/Madam,

It is my pleasure to inform you that the 3rd Meeting of the Internal Complaint Committee of Vidyalankar School of Information Technology is scheduled to be held on 11/12/2021 at 12:00 pm at principals' cabin. The agenda of the meeting is enclosed herewith. You are therefore requested to kindly make it convenient to attend the meeting.

Dated: 2/12/2021



Kimaya
Coordinator, ICC

AGENDA FOR THIRD MEETING OF ICC

The following agenda-items shall be discussed in the 3rd Meeting of ICC that has been scheduled to be held on 11/12/2021.

Agenda Item	Particulars
1	To discuss about the complaint handling procedure with the members of the committee.
2	To increase the awareness amongst the employees on how the rules have been amended to prevent instances of harassment of women employees.
3	To discuss about women's day celebration 2022.

Meeting Schedule Time: 12:00		Starting Time:		12:00 pm	
Meeting of	ICC	Meeting No.	03	Held on	11/12/2021

Members present:

Sr.No	Name of the Member	Signature
1	Dr.Kimaya Shelar	<i>Kimaya</i>
2	Dr.Sagar Gaikwad	<i>Sagar Gaikwad</i>
3	Akshay Mohite	<i>Akshay Mohite</i>
4	Apurva Mahadik	<i>Am</i>
5	Archana Samarth	<i>Archa</i>
6	Anamika Salvi	<i>Anamika Salvi</i>
7	Rachna Sonwane	<i>Rachna</i>

The following agenda-items were discussed in the 3rd Meeting of ICC that held on 11/12/2021 at 12:00 pm.

Sr. No.	Minutes of Meeting
1	Chairperson welcomed all the participants of the Meeting.
2	It was verified that information about the constitution of Mahila Takrar Nivaran Samiti/ICC was uploaded on the display for the information of students and women employees
3	Complaint handling procedure was discussed among the members of the committee
4	Committee members briefed the staff members about the rules have been amended to prevent instances of harassment of women employees.
5	To celebrate international women's day on 8 th March 2022 on the theme #Break the Bias.



6	The Chairperson expressed her thanks to all participants and the members agreed that the Committee will meet every quarter on a regular basis.
7	The meeting ended with vote of thanks to the Chair.



K. K. Kulkarni
Coordinator, ICC

Internal Complaint Committee (ICC)

MEETING AGENDA

To,

1. Dr. Kimaya Shelar
2. Dr. Sagar Gaikwad
3. Akshatha Jain
4. Apurva Mahadik
5. Akshay Mohite
6. Ms. Archana Samarth
7. Anamika Salvi
8. Rachna Sonwane

Dear Sir/Madam,

It is my pleasure to inform you that the 4th Meeting of the Internal Complaint Committee of Vidyalankar School of Information Technology is scheduled to be held on 20/1/2022 at 12:00 pm at principal's cabin. The agenda of the meeting is enclosed herewith. You are therefore requested to kindly make it convenient to attend the meeting.

Dated: 12/1/2022



Kimaya
Coordinator, ICC

AGENDA FOR FORTH MEETING OF ICC

The following agenda-items shall be discussed in the 4th Meeting of ICC that has been scheduled to be held on 20/1/2022.

Agenda Item	Particulars
1	To discuss about the activity to be conducted on health and hygiene of the students.
2	To make the students aware about the importance of women rights.
3	To provide the secure environment for the students and the staffs in the campus

Meeting Schedule Time: 12:00 p.m.		Starting Time:		12:00 pm	
Meeting of	ICC	Meeting No.	04	Held on	20/1/2022

Members present:

Sr.No	Name of the Member	Signature
1	Dr.Kimaya Shelar	<i>Kimaya</i>
2	Akshatha Jain	<i>AJ</i>
3	Akshay Mohite	<i>Akshay Mohite</i>
4	Archana Samarth	<i>Archana</i>
5	Anamika Salvi	<i>Anamika Salvi</i>
6	Rachna Sonwane	<i>Rachna</i>

The following agenda-items were discussed in the 4th Meeting of ICC that held on 20/1/2022 at 12:00 pm.

Sr. No.	Minutes of Meeting
1	Chairperson welcomed all the participants of the Meeting.
2	It was verified that information about the constitution of Mahila Takrar Nivaran Samiti/ICC was uploaded on the display for the information of students and women employees
3	It was decided to conduct the activity related to Women's health and hygiene for the students and staff members.
4	It was decided to make students aware about the women rights.
5	It was noted that till date no such incident which lowers the dignity of girl students or women employees took place or was reported in the institute.
6	The Chairperson expressed her thanks to all participants and the members agreed that the Committee will meet every quarter on a regular basis.
7	The meeting ended with vote of thanks to the Chair.



Kimaya
Coordinator, ICC

Internal Complaint Committee (ICC)

MEETING AGENDA

To,

1. Dr. Kimaya Shelar
2. Dr.Sagar Gaikwad
3. Akshatha Jain
4. Apurva Mahadik
5. Anamika Salvi
6. Rachna Sonwane

Dear Sir/Madam,

It is my pleasure to inform you that the 5th Meeting of the Internal Complaint Committee of Vidyalankar School of Information Technology is scheduled to be held on 26/2/2022 at 12:00 pm in X-002. The agenda of the meeting is enclosed herewith. You are therefore requested to kindly make it convenient to attend the meeting.

Dated: 18/02/2022



Kimaya
Coordinator, ICC

AGENDA FOR FIFTH MEETING OF ICC

The following agenda-items shall be discussed in the 5th Meeting of ICC that has been scheduled to be held on 26/2/2022.

Agenda Item	Particulars
1	Committee reformation
2	To discuss about the objectives to be carried out by the committee.
3	To discuss about the various activities to be carried out by the Committee

Meeting Schedule Time: 12:00 p.m.		Starting Time:		12:00 p.m.	
Meeting of	ICC	Meeting No.	05	Held on	26/2/2022

Members present:

Sr.No	Name of the Member	Signature
1	Dr.Kimaya Shelar	<i>Kimaya</i>
2	Akshatha Jain	<i>AJ</i>
3	Dr.Sagar Gaikwad	<i>Sagar</i>
4	Apurva Me	<i>As</i>
5	Anamika Salvi	<i>A.Salvi</i>
6	Rachna Sonwane	<i>Rach</i>

The following agenda-items were discussed in the 5th Meeting of ICC that held on 26/2/2022 at 12:00 pm.

Sr. No.	Minutes of Meeting
1	Chairperson welcomed all the participants of the Meeting.
2	Detailed report of the activity based on Women hygiene was submitted.
3	One-week Workshop for Women on International Women Day celebration was planned.
4	The meeting ended with vote of thanks to the Chair.



Kimaya
Coordinator, ICC

Internal Complaint Committee (ICC)

MEETING AGENDA

To,

1. Dr. Kimaya Shelar
2. Dr.Sagar Gaikwad
3. Akshatha Jain
4. Apurva Mahadik
5. Anamika Salvi
6. Rachna Sonwane

Dear Sir/Madam,

It is my pleasure to inform you that the 6th Meeting of the Internal Complaint Committee of Vidyalankar School of Information Technology is scheduled to be held on 26/3/2022 at 12:00 pm in X-002. The agenda of the meeting is enclosed herewith. You are therefore requested to kindly make it convenient to attend the meeting.

Dated: 18/03/2022



Kimaya
Coordinator, ICC

AGENDA FOR FIFTH MEETING OF ICC

The following agenda-items shall be discussed in the 6th Meeting of ICC that has been scheduled to be held on 26/3/2022.

Agenda Item	Particulars
1	Committee reformation for the next academic year
2	To discuss about the activities conducted.
3	To discuss about the various activities to be carried out by the Committee in the next academic year.

Meeting Schedule Time: 12:00 pm		Starting Time:		12:00 pm	
Meeting of	ICC	Meeting No.	06	Held on	26/3/2022

Members present:

Sr.No	Name of the Member	Signature
1	Dr.Kimaya Shelar	<i>Kimaya</i>
2	Akshatha Jain	<i>AJ</i>
3	Dr.Sagar Gaikwad	<i>S Gaikwad</i>
4	Apurva Mohite	<i>Am</i>
5	Anamika Salvi	<i>A Salvi</i>
6	Rachna Sonwane	<i>R Sonwane</i>

The following agenda-items were discussed in the 6th Meeting of ICC that held on 26/3/2022 at 12:00 pm.

Sr. No.	Minutes of Meeting
1	Chairperson welcomed all the participants of the Meeting.
2	Detailed report of the workshop conducted on occasion of International Women Day..
3	Discussed on the committee members to be added.
4	Discussed about the activities to be conducted in the next academic year.
5.	The meeting ended with vote of thanks to the Chair.



Kimaya
Coordinator, ICC

STREE@2022 - BREAK THE BIAS

Date: 7th March - 12th 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)



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".

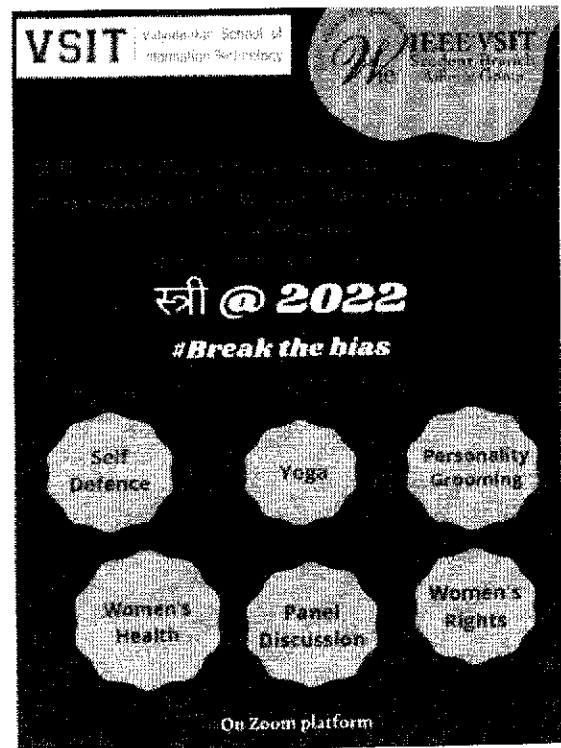
A total of six sessions of 1.5 hours each were conducted on 6 days: 07th-12th March 2022. The participants included faculty members and students from VSIT. The objective of this activity is to strengthen women's inner strength to face any challenges in life and to celebrate womanhood.

DAY 1

Inauguration:

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

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.



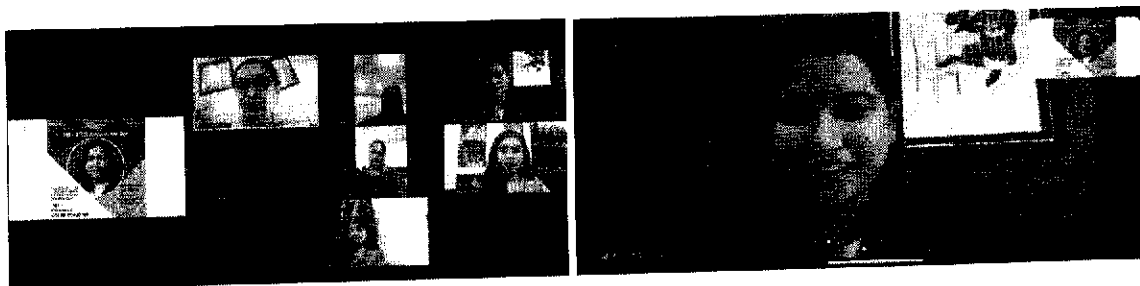
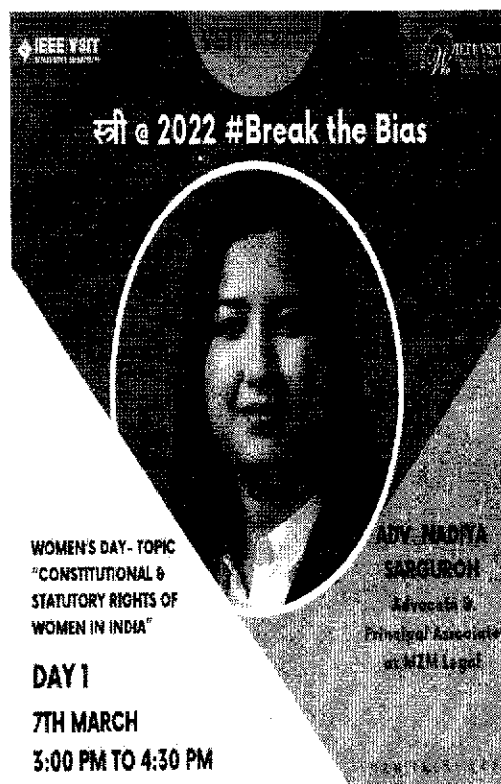
“Know your Rights” – A session on Women’s right

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

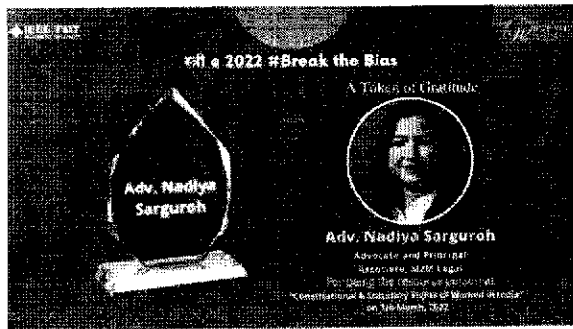
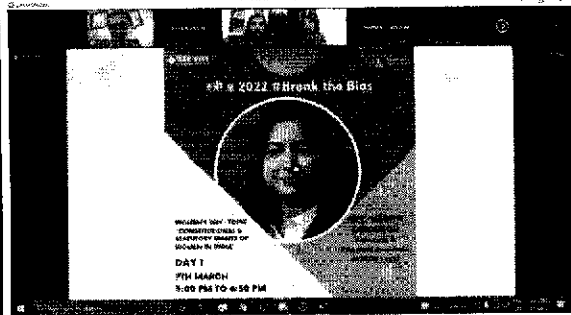
Ms. Nadiya Sarguroh joined MZM Legal as an Associate in 2017 and has been actively working with MZM on a variety of complex Dispute Resolution and Corporate Litigation cases since then. She also has extensive experience working on Corporate Transactions and Litigation. She has a master's degree in Intellectual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

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

Chetna Bendale, the former GS of WIE IEEE VSIT students branch gave a warm welcome to all faculty members and participants for Day 2 Strec@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 spin 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

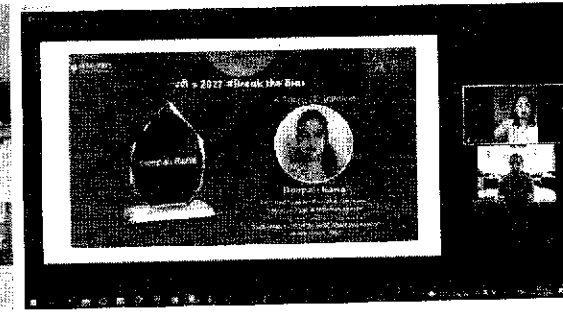
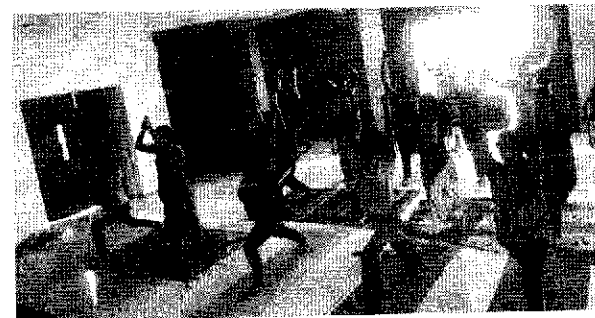
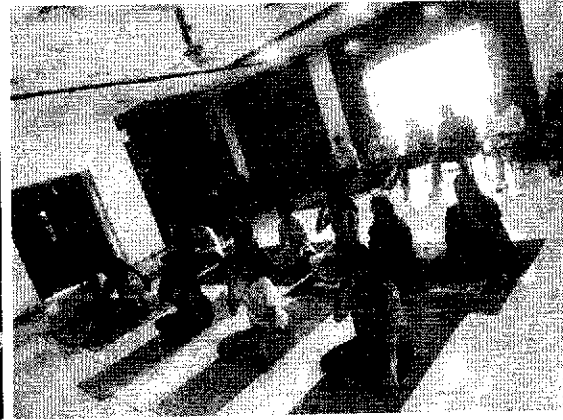
स्त्री @ 2022 #Break the Bias

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
Yograta 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

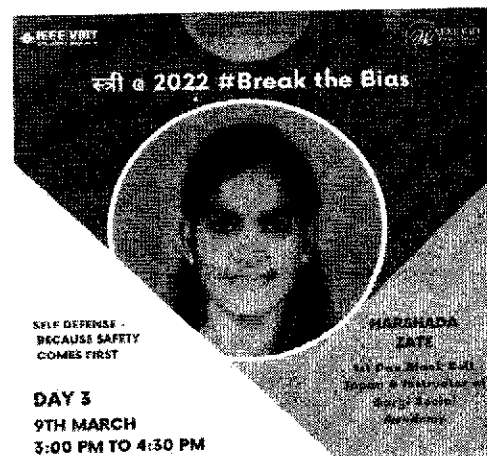
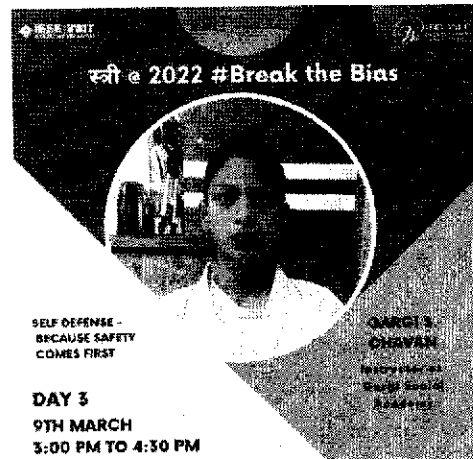
Date:	9 th March 2022
Time:	3:00 PM TO 4:30 PM
Attendance:	51(38 students and 13 Faculty members)

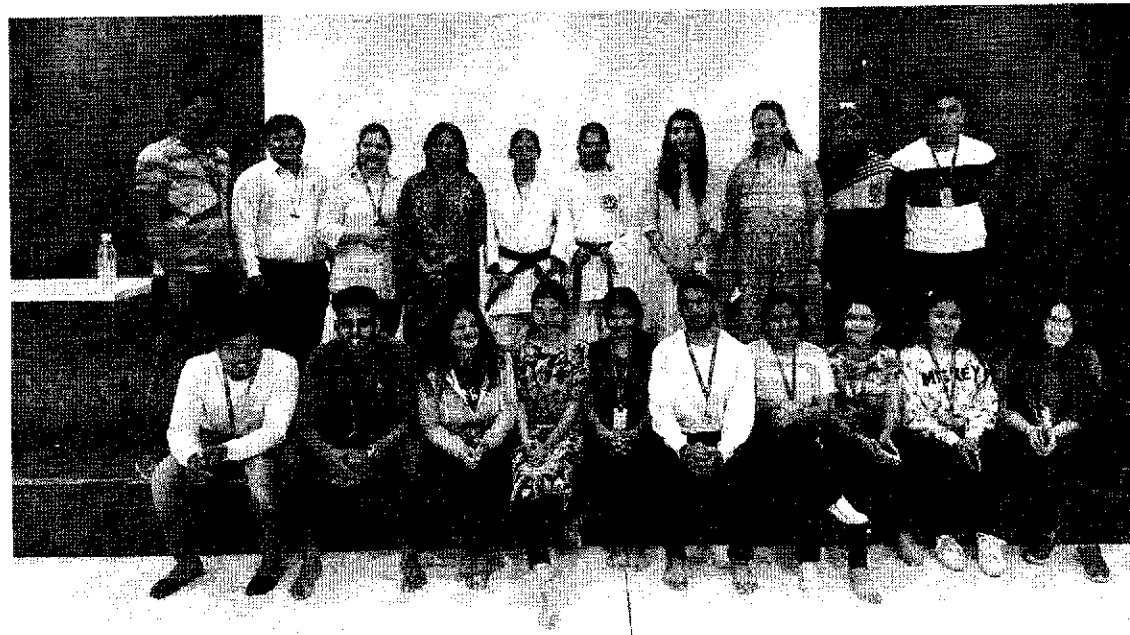
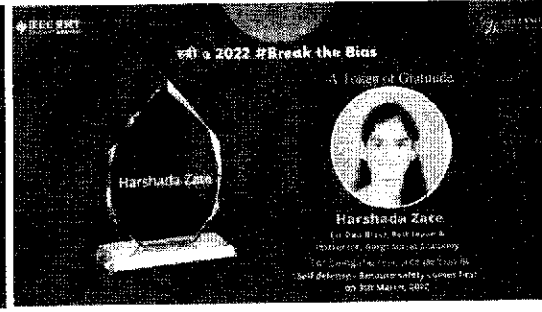
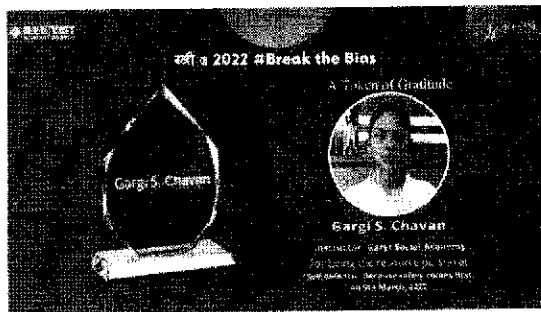
Ruchi Thakekar, Vice-Chairperson of WIE IEEE VSIT SB warmly welcomed all faculty members and participants for joining the session. Further Maitreyi Gharat, Logistics head WIE IEEE VSIT SB introduced the guest instructor Ms. Gargi Chavan and Ms. Harshada Zate.

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 Strec@2022 Day-3.





DAY 4

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

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

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 Thakkar presented a small e-memento from IEEE-WIE VSIT and WDC VSIT and thanked all participants, the speaker and the committee

IEEE VSIT

WOMENS HEALTH -
HAPPINESS BEGINS
WITH GOOD HEALTH

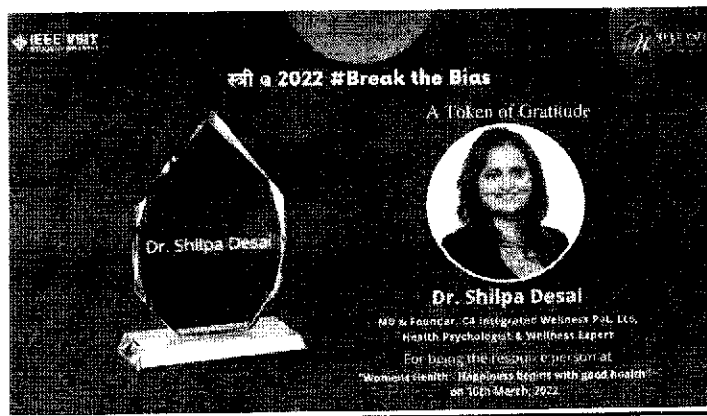
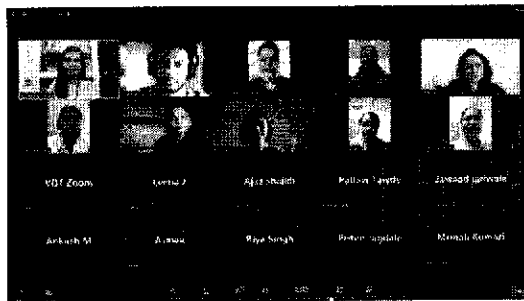
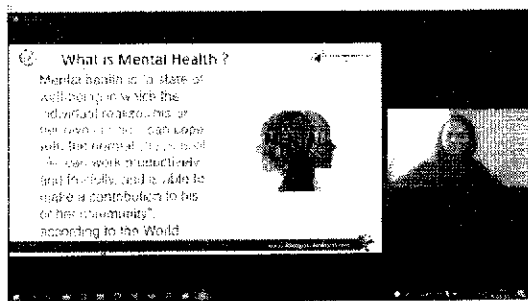
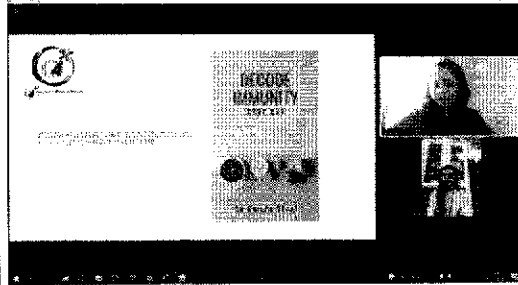
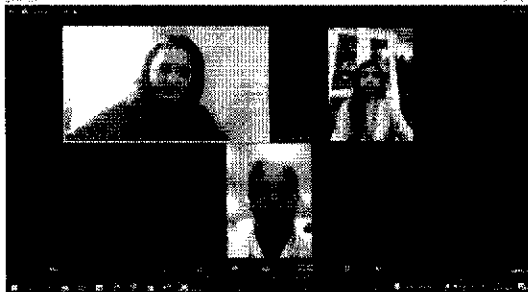
स्त्री e 2022 #Break the Bias

DR. SHILPA
DESAI

MD & Founder of C4
Integrated Wellness
Pvt. Ltd.
Health Psychologist
& Wellness Expert

DAY 4
10TH MARCH
3:00 PM TO 4:30 PM

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

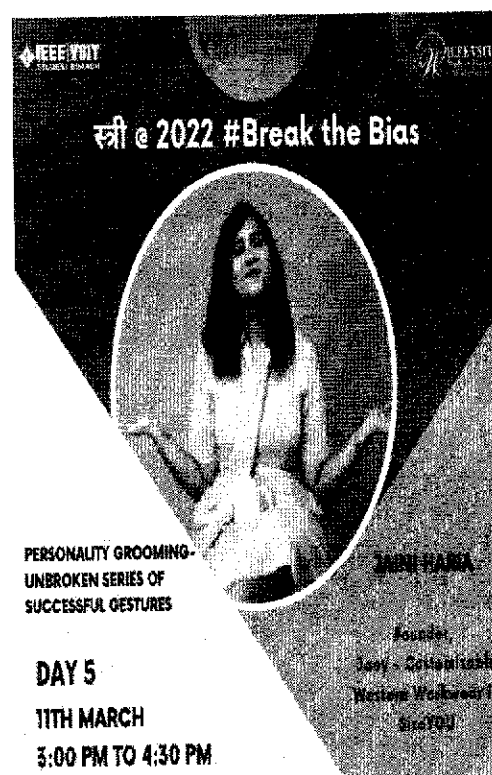


DAY 5

“Personality Grooming” – Unbroken Series of Successful Gestures

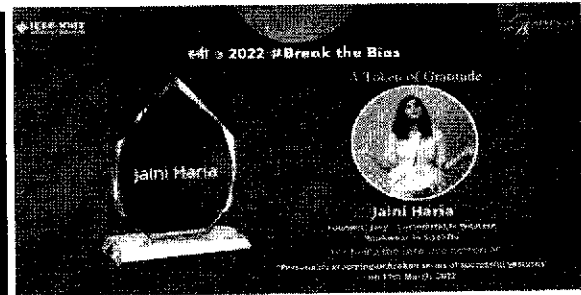
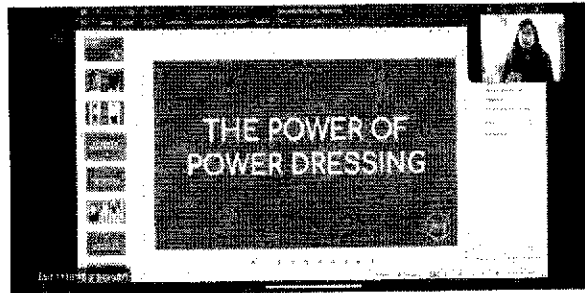
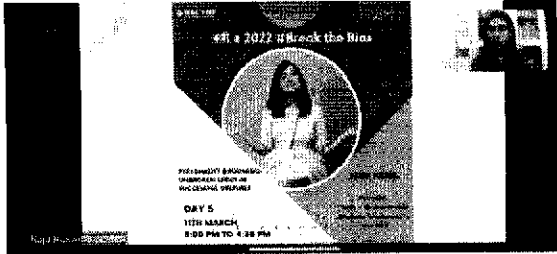
Date:	11th March 2022
Time:	3:00 PM TO 4:30 PM
Attendance:	42 (27 students and 15 Faculty members)

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.



DAY 6

Panel Discussion on the theme “Break the Bias”

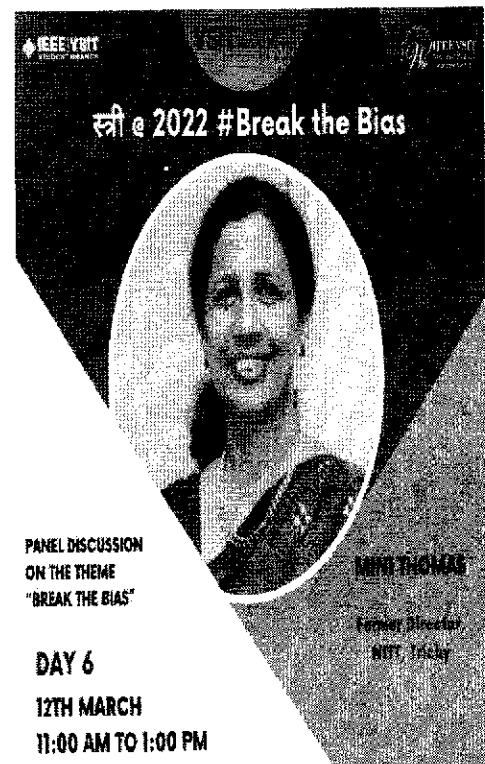
International Women’s Day

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

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.

