

Gender Equity And Sensitization

A.Y 2023-24





FORMAT FOR REPORTS OF THE EVENTS CONDUCTED AT BRIMS

1	Name of The Event:	Session On Zero Tolerance To Sexual Harassment
2	Organised by: (Committee name)	Women Development Cell
3	Location and Venue:	Room No 30, 4 th Floor, Dr V N BRIMS
4	Date and Timing:	7 th March 2024, 12:20 P.M To 1:30 P.M
5	Resource Persons/ Speaker/ Organisation	Dr Smita Jape
6	No. Participants: (Students/ Faculty/ Staff)	Faculty Member- 01 Female Students- 36
7	Executive Summary of the Event:	<p>On March 7, 2024, Dr. Smita Jape, Convenor of the Women Development Cell, conducted an important session on "Zero Tolerance to Sexual Harassment" for female students. The session aimed to sensitize students about sexual harassment, UGC guidelines, and various laws that can assist them in cases of sexual harassment. This timely and crucial event provided valuable information to empower young women in their academic and personal lives.</p> <p>The session began with Dr. Jape introducing the concept of sexual harassment and its various forms. She emphasized that sexual harassment could occur in different settings, including educational institutions, workplaces, and public spaces. Dr. Jape stressed the importance of recognizing and reporting such incidents to create a safe environment for all.</p> <p>A significant portion of the session was dedicated to discussing the University Grants Commission (UGC) guidelines on prevention, prohibition, and redressal of sexual harassment. Dr. Jape explained the mandatory provisions that all</p>



	<p>higher education institutions must implement, such as the establishment of Internal Complaints Committees (ICCs) and the development of clear policies against sexual harassment.</p> <p>Furthermore, the session covered other relevant laws that protect women's rights and safety, such as the Indian Penal Code sections related to sexual offenses and the Protection of Women from Domestic Violence Act. Dr. Jape emphasized the importance of being aware of these legal provisions to enable students to protect themselves and others.</p> <p>The interactive nature of the session allowed students to ask questions and share their concerns. Many participants sought clarification on what constitutes sexual harassment and how to respond to such situations. Dr. Jape provided practical advice on assertiveness, setting boundaries, and seeking help from appropriate authorities.</p> <p>Dr. Jape encouraged students to support their peers and create a culture of zero tolerance towards any form of harassment or discrimination.</p> <p>Towards the end of the session, Dr. Jape provided information about on-campus resources available to students, including counselling services and the contact details of the Internal Complaints Committee. She urged students to report any incidents of sexual harassment promptly and assured them of the institution's commitment to addressing such issues with utmost seriousness and confidentiality.</p> <p>The session concluded with a powerful message emphasizing that sexual harassment is never the victim's fault and that every individual has the right to a safe and respectful environment. Dr. Jape encouraged the students to be proactive in creating awareness about sexual harassment and to stand up against any form of gender-based discrimination or violence.</p> <p>As awareness continues to grow and institutions take proactive measures, it is hoped that incidents of sexual harassment will decrease, leading to a more equitable and respectful society for all.</p>
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<p>8 Geo Tagged Photographs:</p>	 <div data-bbox="446 616 662 806">  <p>Google</p> </div> <div data-bbox="662 571 1316 806"> <p>GPS Map Camera</p> <p>Thane, Maharashtra, India Chendani Bunder Road, Thane West, Jambli Naka, Thane West, Thane, Maharashtra 400601, India Lat 19.189074° Long 72.980605° 07/03/24 12:54 PM GMT +05:30</p> </div>
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Signature of the Committee Convenor





FORMAT FOR REPORTS OF THE EVENTS CONDUCTED AT BRIMS

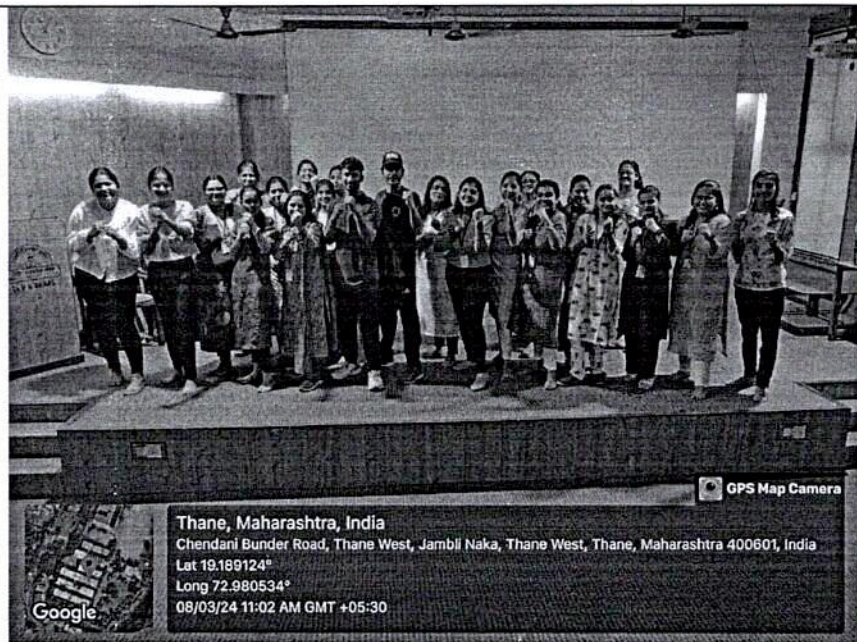
1	Name of The Event:	Session on 'Empower Her: Self Defence And Personal Safety Workshop'
2	Organised by: (Committee name)	Women Development Cell (WDC)
3	Location and Venue:	Panini Hall, Ground Floor, Dr V N BRIMS
4	Date and Timing:	8 th March 2024, 10:00 A.M To 11:30 A.M
5	Resource Persons/ Speaker/ Organisation	Mr. Khemraj Paintola and Mr. Arun Jaiswar
6	No. Participants: (Students/ Faculty/ Staff)	Female Staff- 05 Female Students- 15
7	Executive Summary of the Event:	<p>On March 8, 2024, in celebration of International Women's Day, the Women Development Committee (WDC) organized a crucial and empowering session titled 'Empower Her: Self-Defense and Personal Safety Workshop'. The event was specifically designed to equip female students and staff members with practical self-defense techniques and enhance their personal safety awareness.</p> <p>The workshop was conducted by two esteemed martial arts experts, Mr. Khemraj Paintola and Mr. Arun Jaiswar. Mr. Paintola, the lead instructor, brought a wealth of experience to the session. As a kickboxing black belt, Kungfu Wushu black belt, national player, and owner of Power Zone Fitness and Martial Arts, his expertise in self-defense techniques was invaluable to the participants.</p> <p>The session began with an introduction to the importance of self-defense and personal safety in today's world. Mr. Paintola emphasized that while it's unfortunate that such skills are necessary, being prepared can make a significant difference in potentially dangerous situations. He stressed that the goal of self-defense is not to engage in combat, but to create opportunities to escape and seek help.</p> <p>Throughout the workshop, participants were introduced to a variety of practical self-defense techniques. These included:</p>

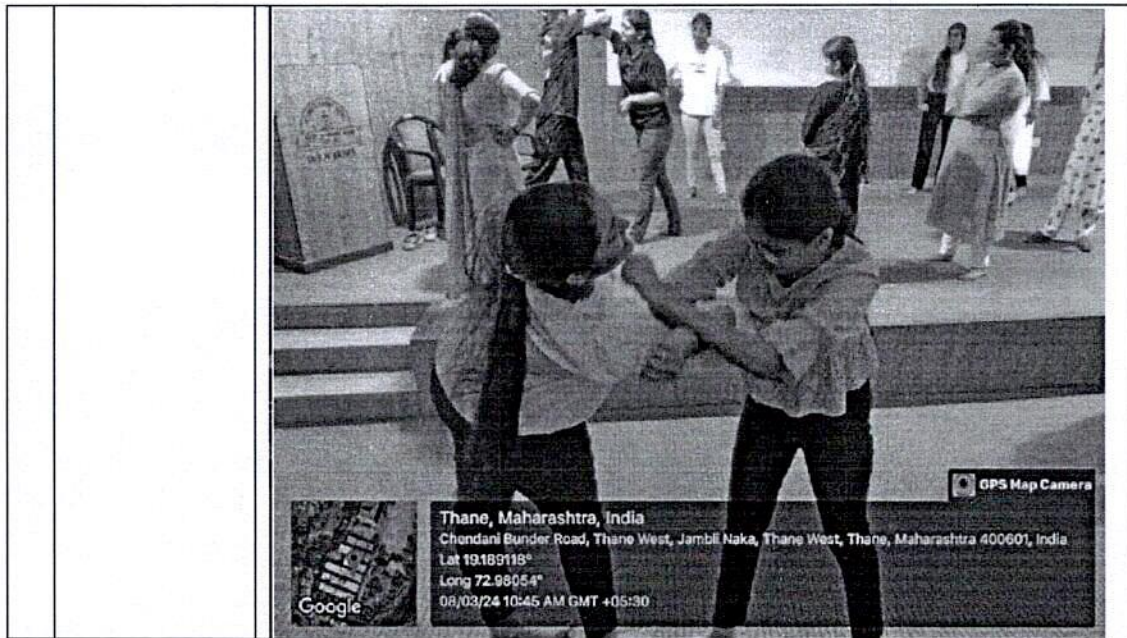


	<ol style="list-style-type: none"> 1. Situational awareness: Recognizing potential threats and avoiding dangerous situations. 2. Vocal techniques: Using voice as a tool to deter attackers and draw attention. 3. Basic striking techniques: Targeting vulnerable areas to momentarily incapacitate an attacker. 4. Escape maneuvers: Breaking free from grabs and holds. 5. Use of everyday objects as defensive tools. <p>Mr. Paintola and Mr. Jaiswar demonstrated each technique clearly, explaining the principles behind them and their practical applications. Participants were then given the opportunity to practice these techniques under careful supervision, ensuring they understood the proper form and execution.</p> <p>The instructors emphasized the importance of confidence and decisiveness in self-defense situations. They encouraged participants to trust their instincts and act swiftly when feeling threatened. The workshop also covered the psychological aspects of self-defense, discussing how to remain calm under pressure and make quick decisions in stressful situations.</p> <p>The workshop was interactive, with participants asking questions and sharing their own experiences and concerns. This open dialogue created a supportive atmosphere where women felt comfortable discussing personal safety issues.</p> <p>Towards the end of the session, Mr. Paintola and Mr. Jaiswar conducted simulated scenarios, allowing participants to apply the techniques they had learned in realistic situations. This practical application helped reinforce the lessons and build confidence among the attendees.</p> <p>The 'Empower Her' workshop was met with enthusiasm from both students and staff members. Many participants expressed feeling more confident and prepared to handle potential threats after attending the session. The Women Development Committee's initiative to organize this workshop demonstrated institute's commitment to the safety and empowerment of its female community members.</p>
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Photographs:**



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Signature of the Committee Convenor





FORMAT FOR REPORTS OF THE EVENTS CONDUCTED AT BRIMS

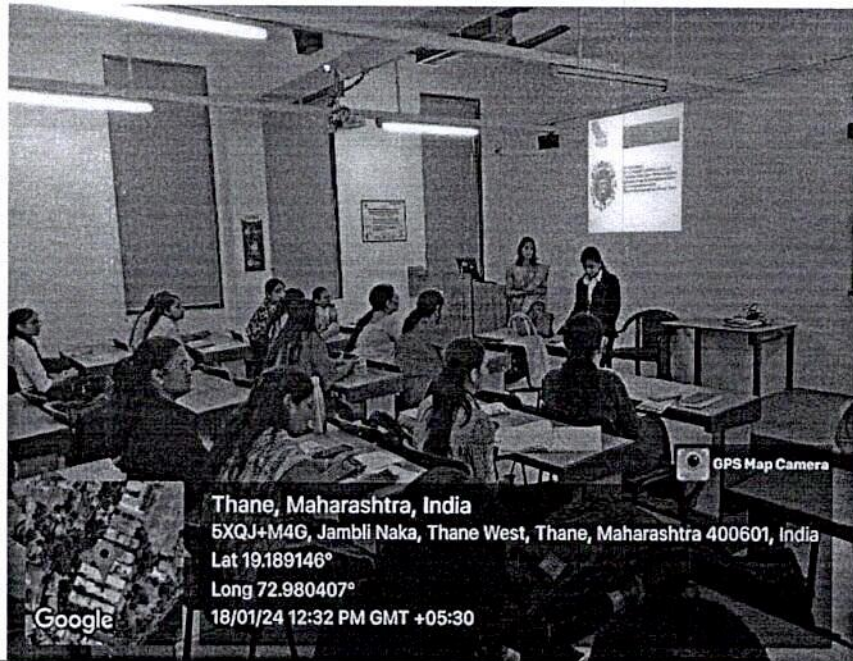
1	Name of The Event:	Nurturing Women's Health at all stages of Life Cycle
2	Organised by: (Committee name)	Women Development Cell (WDC)
3	Location and Venue:	12:30 P.M To 1:30 P.M (Room No 30)
4	Date and Timing:	18 th January 2024
5	Resource Persons/ Speaker/ Organisation	Dr. Snehal Kohale from Tieten Medicity, Thane
6	No. Participants: (Students/ Faculty/ Staff)	Faculty Members- 05 Staff- 03 Female Students- 43
7	Executive Summary of the Event:	<p>Dr. Snehal Kohale, a distinguished medical professional from Tieten Medicity, Thane, conducted an informative session for the women faculty members and female students of Dr. V N BRIMS. The presentation, titled "Nurturing Women's Health at all stages of Life Cycle," emphasized the critical importance of maintaining health throughout various phases of a woman's life.</p> <p>The session began with Dr. Kohale highlighting the unique health challenges women face at different stages of their lives. She stressed that women's health is not just about reproductive health but encompasses physical, mental, and emotional well-being from childhood through old age.</p> <p>Starting with adolescence, Dr. Kohale discussed the importance of proper nutrition, regular exercise, and mental health awareness during this crucial developmental stage. She emphasized the need for education about menstrual health and hygiene, as well as the importance of building healthy habits that will serve as a foundation for lifelong wellness.</p> <p>Moving on to young adulthood, the focus shifted to reproductive health. Dr. Kohale covered topics such as family planning, prenatal care, and the</p>



	<p>importance of regular check-ups. She also addressed common concerns like polycystic ovary syndrome (PCOS) and endometriosis, encouraging early detection and management of these conditions.</p> <p>For women in their middle years, Dr. Kohale discussed the significance of maintaining a balanced diet, regular exercise, and stress management. She emphasized the importance of screenings for breast and cervical cancer, as well as bone density tests to prevent osteoporosis. The speaker also touched upon the challenges of perimenopause and menopause, offering guidance on managing symptoms and maintaining quality of life during this transition.</p> <p>Addressing the health needs of older women, Dr. Kohale highlighted the importance of regular health check-ups, managing chronic conditions, and maintaining social connections to support mental health. She also discussed preventive measures for age-related issues such as arthritis, cardiovascular diseases, and cognitive decline.</p> <p>Throughout the session, Dr. Kohale emphasized the importance of self-care and preventive health measures. She encouraged the audience to prioritize regular exercise, maintain a balanced diet rich in essential nutrients, and practice stress-reduction techniques such as meditation or yoga. The speaker also stressed the significance of regular health screenings and prompt medical attention when issues arise.</p> <p>Dr. Kohale addressed the often-overlooked aspect of mental health, discussing how it intertwines with physical health at every stage of life. She encouraged open conversations about mental health issues and seeking professional help when needed.</p> <p>The session concluded with a Q&A segment, where attendees had the opportunity to ask specific questions about women's health issues. Dr. Kohale provided insightful answers, further demonstrating her expertise in the field. The presentation was well-received by the women faculty members and female students of Dr. V N BRIMS. Many attendees expressed appreciation for the comprehensive overview of women's health across the lifespan and the practical advice provided.</p>
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Photographs:

Thane, Maharashtra, India
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Signature of the Committee Convenor



18/01/2024

'Nurturing women's health at all stages of life cycle'

Dr. Snehal Kolale

Sl. No.

Name.

Roll No.

Sign.

1.	Ms. Sweta Nair	Staff	Swain
2.	Ms. Dipali Hindale	Staff	DH
3.	Rutika Rajesh Shinde	V58	Rutika
4.	Girija Kishor Nimkar	V40	Girija
5.	Arpita Dhoneshwar Salale	V-55	Arpita
6.	Apeksha V. Malgaonkar	V-34	Apeksha
7.	Garita Gypte	V-24	Garita
8.	Siddhi Devsukhkar	V-13	Siddhi
9.	Isha G. Bhoir	V07	Isha
10.	Neha Grunjal	V23	Neha
11.	Ms. Archana Pandit	Staff	Archana
12.	Aditi Shinde	V-57	Aditi
13.	Chawan Shilpa	V-11	Shilpa
14.	Aishwarya Dabde	V-12	Aishwarya
15.	Sakshi Nagare	V-37	Sakshi
16.	Sonal Rai	V-50	Sonal
17.	Srushti War	V-61	Srushti
18.	Vishakha Raje	V-51	Vishakha
19.	Zoya Zule	V-62	Zoya
20.	Siddhi Khatavkar	V-30	Siddhi
21.	Darshana Koli	Staff	Darshana
22.	Vibhuti Sare	Faculty	Vibhuti
23.	Pallavi Chandwaskar	Faculty	Pallavi
24.	Sanchari Anwaray	Faculty	Sanchari
25.	Dipti Perinval	Faculty	Dipti
26.	Dr. Smruti Tare	"	Smruti
27.	Priyanka Nagare	C-38	Priyanka
28.	Kalpani Bhaugokar	C-38	Kalpani



Gunjal Ujwala

C 17

U.A Gunjal.

Siddhi Patole

C 50

~~Siddhi Patole~~

2) Srushti Bharnuke

C-09

~~Srushti Bharnuke~~

3) Sneha Pandey

C-46

~~Sneha Pandey~~

4) Aarti Gawde

C-16

~~Aarti Gawde~~

5) Tanvi Wadonalkar

C-63

~~Tanvi Wadonalkar~~

6) Bhavna Ponnar

C 52

~~Bhavna Ponnar~~

1) Ruchira Pawale

C 47

~~Ruchira Pawale~~

2) Radhika Namjoshi

C 42

~~Radhika Namjoshi~~

1) Samiksha Semwal

P 54

~~Samiksha Semwal~~

2) Rohini Sutar

C 59

~~Rohini Sutar~~

1) Vrushita Naik

C 41

~~Vrushita Naik~~

1) Manan Pawar

C-57

~~Manan Pawar~~

3) Shweta Dhonde

P-15

~~Shweta Dhonde~~

4) Ruchita Jalpur

C-22

~~Ruchita Jalpur~~

5) Divya Ahe

C-03

~~Divya Ahe~~

6) Sayali Shejwal

C-57

~~Sayali Shejwal~~

7) Shruti V Raut

C-53

~~Shruti V Raut~~

3) Sakshi Tambe

V 60

~~Sakshi Tambe~~

1) Rutuja Panhalkar

P-39

~~Rutuja Panhalkar~~

2) Siddhi Mahajan

P-32

~~Siddhi Mahajan~~

3) Simran Sathe

P-62

~~Simran Sathe~~

2) Neha Kapur

V-28

~~Neha Kapur~~

