

List of Extra Curricular Activities Covering Cross-Cutting Issues


Photograph and Report of Extracurricular Activities

A.Y. 2020-2021

Sr. No.	Date	Title of Activities
1	27-10-2020	An Insight to prevention of sexual harassment E- Quiz
2	10-12-2020	Human Rights Story between and beyond
3	12-02-2021	Know more about Ovarian and Uterine Cancer
4	15-02-2021	Stree Shakti - Being strong when it matters the most
5	8 th & 9th March 2021	Vishakha: Gender Parity during COVID- 19; Mental Health during Covid
6	18-Mar-21	International Conference on Sustainability for Survival
7	10.04.2021	Careers in Marketing: Mapping skills to career opportunities in Marketing
8	23-04-2021	Sexual Assault Awareness Month (Ms. Charu Mudholkar, Aks Foundation)




An insight to prevention of sexual harassment E- Quiz

27-10-2020

SADHU VASWANI INSTITUTE OF MANAGEMENT STUDIES FOR GIRLS 

presents

An insight to prevention of sexual harassment


  





Report Abuse

STOP **Adv. (Dr.) Ruby Chattwal** **STOP ABUSE**
Legal Aid Counsel for Juvenile Court
[Yerwada Jail], Family counselor and
Social Activist

Date : 27th October Time: 11am to 12pm

Join us live on Facebook
<https://www.facebook.com/svims.fb/videos/>
RSVP: Sayali Choudhari (+91 77195 53030)
Organised by Internal Committee SVIMS- Women's Sexual Harassment



LEGAL PRINCIPLES OF SEXUAL HARASSMENT AT THE WORKPLACE
Being in line with the new law

Due Diligence

- No prohibition for male employees
- No reference to prohibited from "sexual harassment"
- Constitution of EC by different offices
- External representation within EC
- Prohibition may be conditional
- Employer must to complete action for false or malicious complaints
- Ability to defend from harassment liability
- Absence of necessary liability on the part of the employer
- No prohibition from other forms of harassment

Adv. Dr. RUBY CHHATWAL Dr. B. Narasimhan

Human Rights Story between and beyond

10-12-2020

Report

To Deny People Their Human Rights Is to Challenge Their Very Humanity -Nelson Mandela

The programme started with an introductory note on Human Rights by Ms. Pooja Zavar, followed a by a video covering the journey of human rights. Ms. Abha Khetarpal, President at Cross the Hurdles and a counsellor for specially abled people and a disability rights activist was invited to share her views and thoughts on the rights of the specially-abled. She stressed on the need for social inclusion for fairness and peace in the society. The talk was followed by an interesting and insightful question-answer session.



Know more about Ovarian and Uterine Cancer

12-02-2021

Report

The speaker Shital Punjabi (Senior Gynaecologist and IVF Specialist) expressed her thanks for taking the initiative to organize a session on Ovarian and Uterine Cancer as most people ignore this.

She started the session by giving the Introduction, an overview of Cancer, the dos and don'ts, and some clinical aspects of cancer. We should immediately seek medical help when our body shows some signs as some % of damage has already been done.

The 3 most important cancers in females are Breast Cancer, Ovarian Cancer and Uterine Cancer. We should have the appropriate knowledge of these as prevention is better than cure.

The occurrence of cervical cancer is due to polygamy, genetic predisposition, poor hygiene and vaginal tampons and recurrent infection. Symptoms are vaginal discharge, heavy bleeding pain or swelling in the abdomen.

She also showed a diagram on Breast Self-Examination which was followed by a short Q&A.

The session was concluded with a Vote of Thanks.



SVIMS
SADHU VASWANI INSTITUTE OF MANAGEMENT STUDIES FOR GIRLS

Guest Lecture on
Know more about Ovarian and Uterine Cancer

Dr Shital Punjabi
Senior Gynecologist and IVF Specialist

TIME
04:00 PM (IST)

DATE
12th February 2021

LINK TO JOIN
<https://www.facebook.com/svims.fb/videos/>

LIVE WEBINAR

Stree Shakti - Being Strong When it Matters the Most

15-02-2021

Report

Cancer is a vicious, silent killer. It requires strength and resilience to fight off or even face this disease. There is a need to build awareness about cancer and the Institution deemed it fit to observe Cancer Awareness Month by organizing a talk on same titled “Stree Shakti - Being strong when It Matters the Most”.

256 participants attended the session. The speaker Ms. Nilima Bhat, Founder & Director of Shakti Leadership spoke about how her journey in this field started when her husband was diagnosed with cancer and her family faced many struggles to overcome this difficult situation. She then explained that our body is like a canvas. We should be very conscious about what we are thinking and believing because different parts of our bodies react to different emotions. For example, an affliction of the lungs is related to sorrow.

The speaker then beautifully explained the concepts of love and relationship that women play and how it directly affects her health as well as of others. Women must use the shakti of these powerful positive relationships to heal and reduce the negative impact of cancer.



SADHU VASWANI INSTITUTE OF MANAGEMENT STUDIES FOR GIRLS

Guest Lecture on

STREE SHAKTI

Being strong when it matters the most



Ms. Nilima Bhat

Founder, Director
Shakti Leadership



TIME

04:00 PM (IST)

LINK TO JOIN

<https://www.facebook.com/svims.fb/videos/>

DATE

15th February 2021



8th and 9th March 2021

Report

Sadhu Vaswani Institute of Management Studies organized a session women's Day.

The session started with a prayer followed by a small speech by our Director B. Nanwani. The Speaker Ms. Divya Hegde is the CEO and founder of the integrated Penguin this full-service digital marketing agency has its offices in New Zealand and India. She always believed that dream has no Gender and the first step to women empowerment is to women to acknowledge her ambitions.

COVID-19 has illustrated that women are so important to society and the world economy. The backward move is not just to blow to women and societal progress and the quality that it was terrible for the economy as well females during covid-19 especially the frontline workers, health sector workers, doctors, engineers etc yet they are paid 11% less than the males according to the UN reports. According to her, we have to have trade-offs on what is important to us and what not important to us and we need to get selfish. Do the things which you like as there are many guidelines set up by societies. Our panel members included Raksha Agarwal, Aishwarya Rathi and Manisha Bhati

Raksha Agarwal, the Director and Founder of Zariya Mental Health and Counsellor spoke about her aim through Zariya which was to spread Mental Health Awareness. During the pandemic, all the responsibilities came on the women who had to work from home as well as look after the house which increased the pressure on the women's mental health. She also said that there is a disparity in the jobs done by men and women which we should also not forget that women faced extreme levels of domestic violence during n covid 19.

Talking about mental health she said that the research shows that 70% of mental health workers include women. It shows that most of the nurses who helped in COVID-19 have developed mental health symptoms like depression, anxiety, etc. Our next panel member was Aishwarya Rathi, the CEO and Founder of Astra Brand.

She believes it's all in the mind, women can do anything that men can do. According to her equality is all about the brain She gave us some tips like talking/reaching out to someone when in need, asking for help if required and Joining support groups. The third panellist is Manisha Bhati, the CEO and Co-Founder at G Hunt India. She spoke about her journey in her career and how she faced challenges and obstacles to reach the height she is in now. Later a short video was played on women's empowerment.

After the lunch break, we had a dialogue under Nari Sakti with Sister Lucy Kurien who has different shelter homes in various parts of India. She spoke about the various challenges faced by her. The biggest challenge she faced was that she didn't know the local language.

Lastly, there was a competition wherein the participants portrayed women's empowerment.

Sadhu Vaswani Institute of Management Studies for Girls
 Approved by AICTE - Affiliated to SPPU - NAAC Accredited with B-Grade
 ISO 9001:2015 Management Institute

presents

"Vishakha: Gender Parity in the times of COVID19"



CHIEF GUEST
 Ma Divya Hedge
 UN Women
 Leadership Commitment Awardee





INTERVIEWEE
 Sister Lucy Kurien
 Founder and Director
 Maher NGO

ESTEEMED PANELISTS



Raksha Agarwal
 Founder- Director
 Zariya Mental Health



Ms Aishwarya Rathi
 Coo and founder
 ASTRA brand




Manisha Bhati
 CEO and Founder
 Dreamhunt India


Date : 8th March  Time : 9:00 am

Link: <https://www.facebook.com/svims.fb/videos/>


Powered by StreamYard




Smita Iyer



Raksha Agarwal




Manisha Bhati



aishwarya rathi

Powered by StreamYard



divya

Sadhu Vaswani Institute of Management Studies for Girls
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 ISO 9001:2015 Management Institute

presents

"Vishakha: Gender and Mental Health"



Sarah Landry
 CEO of TH.O





ROOHI
 Mental health

Members from ROOHI



Divya Bhatia
 Independent Director



Shriya Shrivastava
 Founder
 Managing Director



Jui Kadvekar
 Co-Founder
 Executive Director

Date : 9th March  Time : 9:00 am

Link: <https://www.facebook.com/svims.fb/videos/>

Chicago Atlanta
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Chicago



Atlanta



Indianapolis



Winston-Salem, N.C.

SEPTEMBER 28, 2020

AMA COVID-19 UPDATE

Theresa Robe-Kirchgraber, MD | Professor, @ National Center of Excellence in Women's Health

Powered by StreamYard



Harshali



Sayali Choudhari



Sarah Landry - TH.O

18-Mar-21

Report

The Conference was inaugurated on 18h March 2021 with Cecilia Kinuthia-Njenga as the Chief Guest.

Director's Address

The inaugural address was given by Director SVIMS, Dr. BH Nanwani wherein she shared the theme of the conference and its importance in today's times.

Dr . Nanwani began her address by welcoming the attendees and then taking them into the journey of need and the importance of Sustainability that, undoubtedly, touches each one of us in some way.

Sustainability double clicks on human development, environment protection, economy, human rights, inclusiveness, reverence for life et al. For us in SVIMS, our Founders Sadhu Vaswani and Rev. Dada J P Vaswani - Visionary saints of Modern India embraced and amplified Sustainability. Rev Sadhu Vaswani, Founder of several educational institutions and an educational movement called Mira Movement in Education, Founder of Brotherhood Association committed to spiritual and social upliftment of the community, philanthropist, social reformer, a compassionate saint who started several social welfare activities, a lover of nature, a firm believer and practitioner of the concept of Reverence for Life, a messiah of Love, he appealed for rights of animals and vegetarianism – and is revered as the epitome for Sustainable and Satvik Thinking and Living.

He believed in and promoted gender equity and women empowerment. The endearing element to the thought is that Sadhu Vaswani did not much appreciate the word 'empowerment'. He said the word smacks of power and anything that speaks of power is unequal and dilutes the essence of the cause.

He felt women must be afforded opportunities for growth and development and must rise to their potential. In an era where women's upliftment and empowerment were unheard phrases and utopian; Sadhu Vaswani, anchored the idea of educating women to bridge the deep divide that existed between men and women.

Starting centres of education exclusively for women, where the North Star for such education was character building; they brought to life their eternal belief that Competence emerges from Character.



Careers in Marketing: Mapping skills to career opportunities in Marketing

10.04.2021

Report

Mr. Ankit Gupta, a Marketing Consultant in his talk mentioned that to be successful in a Marketing job/ career a person should be creative, patient, a good communicator, a solution-provider and very good at networking with people.

He urged all the students to have an account on LinkedIn and build a network of their own. In his opinion, "it is the responsibility of a student to prepare herself for a career and find an opportunity suitable to her career objective." To do this, LinkedIn proves to be a great platform. When we asked him, how does his work life as a consultant differ from his work life when he was into a job, he said that "Being a consultant requires more discipline and networking. It is important to reach out to people and tell them about your services." He was of the strong opinion that a job role in Sales should be taken up enthusiastically since, a job in Sales makes one more courageous, open to new ideas and a trouble-shooter.

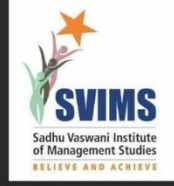


Sexual Assault Awareness month (Ms. Charu Mudholkar, Aks Foundation)

23-04-2021 Report - Ehsaas

To observe Sexual Assault Awareness Month, we had joined hands with the Aks Foundation. Aks Foundation is a Pune-based Non-governmental Organisation (NGO) working to combat gender-based violence. Firstly, we organised and conducted a Poem-writing competition the theme of which was Sexual Assault. We had a total of 21 entries and the results were announced on 20th April 2021. The 2 winners declared were Ms. Aathira Nair and Ms. Laveena Dias. While the judges for this competition were: our Director, Dr. B Nanwani and Ms. Charu Mudholkar, Aks Foundation.

On 23rd April 2021, we had the Director of Operations at Aks Foundation as the speaker for a short programme. She started the session right from the basics where she mentioned that even calling a lady by a name which outrages her modesty is a form of sexual harassment. She laid down the various forms of sexual harassment and explained the meaning and differences between Sexual harassment at the workplace, stalking, Voyeurism, disrobing a woman, outraging a woman's modesty and insulting a woman's modesty. With statistics from the National Crime Record Bureau, 2019, National Commission for Women, 2020 and Business Standard Newspaper she revealed to us some astonishing facts of: a. one case of stalking takes place every 55 minutes, b. about 88 cases of rape take place every day, c. while the conviction rate is under 30%. She continued to explain the dynamics of sexual assault and the 4 trauma responses of Flight, Fight, Freeze and Fawn. She ended the session by sharing the Aks helpline numbers with all of us.



CERTIFICATE OF PARTICIPATION

THIS CERTIFICATE IS BEING AWARDED TO

DAMINI PANDE

FOR PARTICIPATING IN THE POEM COMPETITION

EHSAAS - YOUR EXPERIENCE, YOUR WORDS

Organised to observe Sexual Assault Awareness month

Date: 23rd April 2021

MS.BINDIYA RANGWANI

HEAD OF TRAINING AND PLACEMENT
COMMITTEE SVIMS

MS.CHARU MUDHOLKAR

AKS FOUNDATION

DR.B.NANWANI

DIRECTOR SVIMS