

## List of Extra Curricular Activities Covering Cross-Cutting Issues

### Photographs and Reports of Extracurricular Activities

**A.Y. 2018-2019**

Sr.No.	Date	Name of Activity
1	07-03-2019	Guest Session: Women Empowerment and Mental Health
2	07-03-2019	Guest Session: Abhivyakti: Women and Law
3	10-03-2019	Global Mentoring Walk

#### Guest Session: Women Empowerment and Mental Health

07-03-2019

Dr. Sadhana Natu, Associate Professor and Head, Department of Psychology, Modern College of Arts, Ganeshkhind, Pune, held the audience in awe when she spoke on 'Women Empowerment and Mental Health'.

She discussed how mental health and empowerment are two essential needs in context of women. She mentioned the importance of emotional intelligence and shared many examples to show how one can manage one's emotions. Dr. Natu also urged not to suppress negative emotions as it could lead to mental and physical ailments in the long run.

During her interaction with the students, Dr. Sadhana explained how certain gender specific risk factors like violence, socioeconomic disadvantage, income inequality, social status, roles, and negative life experiences and events can adversely affect women's mental health.



## Guest Session: Abhivyakti: Women and Law

Date : 07-03-2019

A renowned social activist, Ms. Alka Joshi, who is associated with a group named LOKAYAT based out of Pune was invited to talk and create awareness on a wide range of issues related to youth. She shared her views on fascism, the growing communal divide, sexual harassment at workplace, domestic violence, caste inequality and gender inequality.

Ms. Joshi mentioned in her talk how about how their team is working hard to create a new non-violent, peaceful society, where women are able to live with dignity as human beings, and explore the fullest development of their inherent abilities. She educated the students about the Vishakha Guidelines, and shared many historic cases indicating violence on women. Ms. Joshi also explained the ways in which one can appeal to the ICC committee, its procedure, fines and penalty. Towards the end of the session two small documentaries related to sexual harassment were shown to the audience.



## Global Mentoring Walk

Date: 10-03-2019

We organized a mentoring session for our students in partnership with Vital Voices. This session named as 'Global Mentoring Walk' was our way of extending our International Women's day celebration. In this session, below mentioned self-created iconic women leaders who have with courage proved their mettle in the corporate world, were invited to guide and provide a correct outlook to the dreams relating to professional career of our students. The session started with an introduction to Vital Voices and the profile of mentors by Ms. Sweta Mohapatra, Flagbearer of Vital Voices in Pune. Ms. Vinita Gera then addressed the students with her keynote speech on 'Attracting, retaining and growing women talent in Corporates.' Then, each of the mentors took over a group of students for a focused mentorship session. This session helped a lot of our students to broaden their outlook and clarify their doubts. The session ended with a question-answer round and felicitation of each mentor.

Name and Designation of the Mentors:

1. Amarjeet Labana: HR Head, APAC region, MediaOcean
2. Shweta Shukla: Director, HR, Mastercard
3. Stueti Gupta: President, Society of Women Engineers and Senior Manager, John Deere
4. Vinita Gera: General Manager, India, Dell EMC
5. Taru Gardonia: Programming Head, Radio Mirchi
6. Nandini De: Director, Engineer, Veritas

