



*Sadhubella Education Society's
Minority Institute*

J. Watumull Sadhubella Girls College

(B.Com, BMS, BCBI, M.Com)

Near Government Dispensary, Ulhasnagar – 421 001, Dist – Thane

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WOMEN DEVELOPMENT CELL

Annual Report-2017-18

ABOUT WOMEN DEVELOPMENT CELL:

Women Development Cell is a vibrant and incessantly active collaboration of students, faculty, and staff endeavouring to create a more inclusive, tolerant and gender sensitized community within the campus as well as in society. Gender equality and empowerment of women have for long, remained an integral part of development policies and programmes especially for developing nations like India.

A Women Development Cell in any institution symbolizes a safety hub for the students. It is also the sign of progression and open thinking. To a girls' college student, a WDC, unknowingly, becomes her strength and offers her different perspectives on gender issues.

It empowers her to do what she wants. Hence, implementation of WDCs in every college is a must step to be taken.

VISION:

Maintaining and strengthening the status of Women.

MISSION:

To create awareness of feminine potential.

OBJECTIVES OF WDC:

- To create social awareness about the problems of women and in particular regarding gender discrimination.
- To develop the self-confidence of Women.
- To guide about Women Welfare Laws.
- To highlight the importance of health and hygiene.
- To direct Women's role in the society. To develop multidisciplinary approach for the overall personality development.
- To organize seminars, workshops relating to women development and to encourage them to participate actively in the same.
- To prevent sexual harassment and to promote general well-being of female students, teaching and non-teaching women staff of the college.

Committee:-

Sr.No	Name of Member	Designation
1	Ms.Jyoti Lulla	Chairperson
2	Ms. Hitika Makhijani	Member
3	Ms.Sophy Mathew	Member

Activities under WDC 2017-18

Sr. No.	Date	Particulars of Event	Details of Resources person
1.	24-07-2017	Workshop on “Coping with Exams Stress through Meditation”	Mrs.MuskanMakhijani, Mr. Ravi Makhijani, Mr.InderkumarLulla (SawanKripalRuhani Mission)

Workshop on “Coping with Exams Stress through Meditation”

Women Development Cell Organized a one day Workshop on the topic “Coping with Exams Stress through Meditation” on 24th July, 2017 at 10:00 a.m. in room no. 1. The Session was conducted by our invited Guest Speakers - Mrs.MuskanMakhijani and Mr. Ravi Makhijani from SawanKripalRuhani Mission. Mr.InderkumarLulla was the one who introduced the session. The session begins with

the explanation of the life of famous personalities who started their career from scratch. Mrs.MuskanMakhijani explained the benefits of the meditation for body, mind, soul and world peace too. She even explained regarding how we could cleanse our body and mind by using magical words like Sorry, Thank You, I Love You, Forgive Me etc. Mr. Ravi Makhijani explained the importance of positive environment. They took meditation for almost 10-15 minutes which was very much refreshing for the students and teachers too.

183 students attended this workshop and it is concluded by giving a vote of thanks by Prof. JyotiLulla and reciting of National Anthem.