

HISLOP COLLEGE

Nagpur

Annual Gender Sensitization Action Plan Session: 2019 – 2020

- Make the young boys and girls gender sensitive and create positive social norms that value the girls and their rights.
- Install the office bearers of WSDC as the 'Gender Champions' of the college. Make the Gender Champions responsible leaders who will facilitate an enabling environment within the college where all students irrespective of their gender are treated with dignity and respect.
- Promote students to take up projects on Women Studies.
- Certificate course on Women Studies.
- Create awareness and sensitivity to social problems, and challenges faced by women, and to deliver various gender sensitization programmes.

S. No.	Programme	Plan
1.	Orientation	To orient the students about the importance of working of the WSDC and creating a gender sensitive society.
2.	Gender sensitization on Sexual Diversity and Gender Identities	To Sensitize the students on the gender discrimination, awareness talk/workshop will be conducted.
3.	Women's Rights	To know the legal rights of a woman and gender equality, legal experts will be invited to create an awareness.
4.	Health & Mental Wellbeing	Awareness on being fit and healthy, both Physically and Mentally is the need of the hour.
5.	Women empowerment/Capacity building	To increase the competence level of an individual

Sr. No.	Title of the programme	Date of the Programme	Outcomes	No. of Partici pants
1.	Talk on 'Gender development' & Installation of 'Gender Champions'	20-08-2019	Gender Champions were installed. Awareness about country's economic approach towards Gender	101
2.	Workshop on Gender sensitization	23-09-2019	Make students gender sensitive and create positive social norms that value girls and their rights	84
3.	Sexual diversity and Gender Identities	04-02-2020	Awareness about gender identity and sexual diversity issues prevailing in the society. Awareness about the issues and challenges faced by people from LGBTQ community in the society.	145
4.	Certificate Course in Gender Studies and Women's Development	3 March to 14 March, 2020 & 23 to 29 May, 2020	To empower women and to change their outlook towards constructs of gender, Feminism, Legal awareness, interpersonal skills, etc.	55
5.	Case Study submission on the implementation of Government Policies for Women & Children.		Studentssuccessfullyconductedactionthroughthecasestudiesimplementationofgovernmentpolicies.	41
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Women's Studies & Development Centre Hislop College, Nagpur

Report

Programme: Inauguration and Installation Day & Date: Tuesday, 20th August 2019

Women's Studies and Development Centre of Hislop College, Nagpur was inaugurated, and the Executive body for the academic session 2019-2020 was installed on 20th August 2019 by the Principal, Dr. (Ms.) D. R. Christian. The programme started with the prayer by Miss. Sakshi Wandhare. The Principal, Dr. (Ms.) D. R. Christian and the speaker Dr. Sneha V. Deshpande, Director of Centre of Women's Studies, Rastrasant Tukadoji Maharaj Nagpur University were welcomed with a sapling and also lit the lamp to officially inaugurate the Women's Studies and Development Centre. The Aims and Objectives were then read by Miss. Aishwarya Tiwaskar for the new student members. The report of the activities done during the academic session 2018-2019 was presented by Mr. Zidan Kachhi.

This year Miss. Kalyani Balpande who excelled in the project work given by the Department of Lifelong Learning and Extension, Rastrasant Tukadoji Maharaj Nagpur University, Nagpur for session 2018-2019 was felicitated. The executive body for the academic session 2019-2020 were installed the Principal, Dr. (Ms.) D. R. Christian and Chief Guest Dr. Sneha Deshpande.

The executive body for the session is as follows:

President:	Miss. Aishwarya Tiwaskar, III B.A.
Vice President:	Mr. Zidan Kachhi, III B.A.
Secretary:	Miss. Sakshi Wandhare, II B.Sc.
Joint Secretary:	Mohammed Shahbaz Sheikh, II B.Com.
Committee Members:	Miss. Saubia Rahman, II B.Sc.
	Miss. Gayatri Rajvaidya, II B.Sc.
	Miss. Dipti Chandani, II B.A.

Mr. Prathamesh Ghadole, III B.Sc.

Mr. Ejaz Ansari, II B.Sc. Mr. Prasad Bhake, II B.Sc. Mr. Anurag Shirke, I B.A.

The installed office bearers are also the gender champions of our college. The vision is that the Gender Champions are envisaged as responsible leaders who will facilitate an enabling environment within their college where girls are treated with dignity and respect. They will strengthen the potential of these young people to advocate for gender equality and monitor progress towards gender justice. The aim of our Women's studies and Development Centre is to make the young boys and girls gender sensitive and create positive social norms that value the girls and their rights.

In her inaugural speech the Principal lauded the efforts taken by the Women's Studies and Development Centre. The principal stressed that each and every student should contribute their best to the social issues which are prevalent in the society. Also every individual should be gender sensitized so that they become valuable citizens of this country. Dr. (Mrs.) Sneha V. Deshpande spoke on 'Gender development' in India. She gave a detailed analysis on the studies done by her in Vidarbha. She gave a feminist approach to understand and address the disparate impact that the economic development and globalization have on people based on the gender, location, class and socio-political identities. This is an economic approach to view country's development in terms of job creation, inflation control and high employment. These aim to improve the economic wellbeing of the country and also the quality of life for its people.

The programme concluded with the vote of thanks.

Mrs. J. N. Christy

Women's Studies & Development Centre Hislop College, Nagpur

Photographs

Programme: Inauguration and Installation

Day & Date: Tuesday, 20th August 2019







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Women's Studies and Development Centre "Inauguration and Installation programme" <u>Attendance Sheet</u>

Sr. No.	Name	Class	Signature
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02.	Anagha A. Lichade	BSC Iyean	frichad.
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4.	Ishika Sood	Bsc. I year	
5-	Pryja Shekhawat	BSC Iyear	Sching
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7.	Humaika Kausar	B.SC I year	-totuaira
8-	Shouti Burnewar	BSC. I year	Shruti B
9.	Kajal U. Daherewal	B.SC. I YOUN	Roahowell
10.	Bankha.M. Mishra	B.Sc. IYEar	Hukne .
14.	Juhi R. TaitKar	BSC. I year	Juhi
12	Shrushti Brimroo Khobragade	B.Sc JS year	Shopsag ade
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14	Sakshi Babanzao Pawar	BSCI YOU	
15	Ashwini Sunii Mulale	BSC IYEars	
16	Jayshree Wanare	B.SCI Year	fur-
17	Infali Singh	B. Sc I year	VAsingh.
18-	Manisha Vudipi	B.S.C. I. Ys.	Ville
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20	Maria Gomes	B. wm Iyr.	masia
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4	Bianca Samuel	B-SC 2st yt.	Bunce
5	Roshni Palesha	B.SC ISt year B.SC Ist yr. B.SC Ist yr.	Bou Bai
6.	Rishita Rai	B.S. Ist year	Boulda
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29	Sakshi Kotekar	BSC 1st year	Akotekar X
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Women's Studies & Development Centre

Hislop College, Nagpur

Report

Programme: Workshop on Gender Sensitization

Day & Date: Monday, 23rd September 2019

The Women's studies and Development Centre in collaboration with Human Rights and Opportunity Cell conducted a Workshop on Gender Sensitization to make the student members gender sensitive and create positive social norms that value the girls and their rights. The topic was on "Sexual Objectification of Women". The resource person for the day was Mr. John Landge, Master Trainer, Human Resource Development. Dr. Anjali Andrews, Overall In charge, welcomed the guest. Miss. Dipti Chandani, Executive member of the cell compered the session.

The workshop started with a word of prayer by Miss. Sakshi Wandhare. Miss. Dipti Chandani was the compere for the programme. A brief introduction was given about our Resource person, Mr. John Landge by Miss. Aishwarya Tiwaskar. An introduction to the topic was given by Mr. John Landge and the following short films/ads were screened:

- 1. Ahalya: The short film is based on a mythical story of Ahalya with a feminist angle to the story.
- 2. Stand Up Against the Harm Caused by Objectification of Women in Advertising
- 3. What our kids see? It's about the view of kids about the advertisements they see every day, where they see the women as objects.
- 4. TEDx Dangerous ways advertisements see women. The talk was given by Jean Kilbourne. Her TED Talk reveals that the ads have victimized women based on their physical experience.
- 5. Vir Das's take on modern day sexist advertising in this hilarious new video for HE Deodorant and join them as they take a refreshing stand against such meaningless objectifications with the launch of their new variant, HE RESPECT.

After the screening, the resource person initiated the discussion between the student members. It was an interactive session. The students participated in the discussion actively and shared their views. The session concluded that Sexual objectification contributes to harmful gender stereotypes that normalize violence against girls but also for boys. Also, boys see how their bodies are portrayed in relation to girls and internalize the notion that success and attractiveness are tied to dominance, power and aggression. It was decided that we should stand up against Objectification of both the sexes and create a better world for everyone regardless of gender.

The workshop concluded by presenting a memento to Mr. John Landge and vote of thanks by Miss. Saubia Rahman.

Mrs. J. N. Christy

Women's Studies & Development Centre Hislop College, Nagpur

Photographs

Programme: Workshop on Gender Sensitization

Day & Date: Monday, 23rd September 2019



Women's Studies and Development Centre in collaboration with Human Rights & Equal Opportunity Cell Workshop on "Gender Sensitization" Topic :- Sexual Objectification of Women <u>Attendance Sheet</u>

Date:- 23rd September, 2019

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	Sr. No.	Name	Class	Signature
	Ŋ	Aishwaya Thursker	BA sen V	Auch
	2)	Gayabri Rajvaidya	BRC Sem III	Afjvaidya.
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	Ý.	Aishwarya Madankar	B.SC. Sem I.	Amerdanles
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	6).	Shreya Ginarpande	B.SC I	Shreyq-
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ļ	8)	Mitali Mcshwam	BSCI	Queli
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	20	Koushno Gaus	BSC Ir yn	Aque
	21	Prathamesh P. Ghadole	B. Sc Sem E	ghadel.
	22	Ejaz A. Ansaki	B.Sc Sem TI	- Elar
	23	TIGANLUNG GONMEI	M.A. Joh Sem	att.
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ļ	25	Rishikesh Nogdawone	BA II	Erlagdowerne
3	26	Vedant Anil Grawande.	B.A. III	Ketawande

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	27.	Saubia Rahman	BSC Sem3	Dalume
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	37	Tayash parevas UMESH GIRHALE	BS,CI	Central -
	38	Dipti Chandani	B.A. TT ys.	Et. chandani
	39	Hemalashi yasurani	B.A. IYY	purchestri.
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10	Shriyanshin Bhattacharjee	BSC I	Roald
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12.	Harsha Mohta	BA Ist year BGC I Y.	Marsha
13.	Brijeth Wantchede	BECTY.	Adamlined
14.	Yash Bozokar	B.A.I.	JASMA -
15.		BSCIST	11Brani
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Women's Studies & Development Centre Hislop College, Nagpur

Report

Programme: "Sexual Diversity and Gender Identities: Unheard Narratives of LGBTQ+" Day & Date: Tuesday, 4th February 2020.

Women's Studies and Development Centre and PG Department of Sociology, Hislop College, Nagpur jointly organized an awareness programme on "Sexual Diversity and Gender Identities: Unheard Narratives of LGBTQ+" on 4th February 2020. The programme started with a prayer by Miss. Dipti Chandnani. Miss. Aishwarya Tiwaskar, President of the Cell gave the introduction to the topic. The guests were welcomed with the saplings. Mr. Zidan Kachhi, Vice President introduced Sarathi Trust who work with LGBT. Dr. Pratik Michael gave his remarks about the programme. Mr. Nikunj Joshi explained who LGBT are and what are the problems they encountered. He also narrated his experiences too. The Guest of Honour, Mr. Kasta Dip, Director of India Peace Centre gave his remarks about this awareness programme. Mr. Vijayan Pillai, ESHA, National Council of Churches in India led the students to take a candle lit pledge. The programme ended by vote of thanks by Mr. Zidan Kachhi.

Muisty N. Christy

Women's Studies & Development Centre Hislop College, Nagpur

Photos

Programme: "Sexual Diversity and Gender Identities: Unheard Narratives of LGBTQ+" Day & Date: Tuesday, 4th February 2020.



Women's Studies and Development Centre

Programme on "Sexual Diversity and Gender Identities: Unheard Narratives of LGBTQ+" <u>Attendance Sheet</u> Date:- 4th February, 2020

		Date:-	4 February, 2020
Sr. No.	Name	Class	Signature
1.	Saubia Rahman	BSC S-4	For
2.	Gayatri Rajvaidya	BSC 5-4	atres,
3.	Sakshi Wandhare	B209-4	sh
4.	Prasad Bhake	BSC S-4	<u>fb</u>
5.	Tejas Junankar	BS15-4	SALAS
G.	Dipti Chandani	BA 5-4	Rudenden
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8.	Aishwarya Tiwaskar	BA 5-6	Ref .
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10.	Carren Thomas	BSC 5-6	<u></u>
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13.	Shipra . Jaltaj Ramteke	M.A-IL year	STallar
14	Ruknson Sheikh	MAIIng year	Rukhson.
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16)	Sakshi Pawant	BSC Istyes	- Oco-
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18].	Aishwarya Madankar	B.Sc Ist	Amodorkan
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20)	Akshat Rao	BBA I*	Made
21)	Storavan pardly	BBA 1st	gandey.
22)	Ritik S. Bhaiswood	BBA 7 st sem	Pleases
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25)	Rothni Paletha	B.SC I year	Bot
26)	Aachal Singh	BSC Tyes	r (Dachalsing)
27]	Kgiul V. Dahanwal	B.S.CI year	Bacherned

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	28	Barkha M. Mishera	BSC - 1st year	Septekne.
	29	Ronita Dutta	BA-Istycon BA-Iycon	Rowith
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	39	Riya S. Soitkan	BSC. Sem-II	
	40	Pradmya Sawlikar	BSc Ist yr.	Pradmy
	41	Typh Verna	BSC. Istyr	John
	42.	Saleshi Kotekar	BSC - Ist year	Holikant
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	55.	Jyothis James	BBAI Yr.	Juthu
	56.	Sheela David	BBA ISt YA	Bheela
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	58.	Kavita Naidu	BBA TStyr	Paris -
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	60.	Sudhanshu R. Ramtehe	B.A. IIrolys	
	61.	Derphan Turkay	BBR I ga	S
	62	Nikhil Zingh	BBA IST LOCH	Nikit
	63	Voishnav Choudham	BBA TSt year	- Chi-
	64	Nikhil Gupta	BBA Istyean	Nikhi I
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	70	Mkash Kanopila	BSC 1st year	Dimiza
	71	Yosh Malade	BSC 1st year	(PM
	72	Tuskar Kunfam	BSC - 1st year	July A
	73	title Ulhas Sani	BSC 1st year	Webi
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	78	Bhupendra charde	BCCA154	Bled
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From

Mrs. J. N. Christy, Women's Studies and Development Centre, Hislop College, Nagpur.

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The Officiating Principal, Hislop College, Nagpur.

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Sub:1. Permission to conduct a 'Certificate Course on Women's Studies'
2. Request to use the 'Shalom' Auditorium and AV Room and facilities for the same from
s3rd March to 23rd March from 11 a.m. to 2.00 p.m. and other permissions.

Dear Sir,

The Women's Studies and Development Centre will be conducting a Certificate Course in Women's Studies for the student members to enable a deeper insight into the significance of Women's Studies and to facilitate an understanding of issues related to gender. The 15-day certificate course will be conducted from 3rd March to 23rd March between 11 a.m. to 2.00 p.m. The Course will be Co-ordinated by Dr. Priya Rajkumar, Department of Psychology and grant us permission to run the above mentioned course.

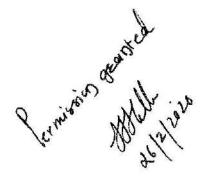
Hence, kindly approve the following:

- 1. The use of the Auditorium and AV Room at the available dates including the LCD projector and the PA system.
- 2. The services of Mr. Laxmikant Sonone, Mr. Vicky and Mr. Kishore.
- 3. Need of 10 nos. of Mementos for the Guests and Resource persons.
- 4. To use the digital display board to publicize our programme to our college students.

Thanking you in anticipation

Yours sincerely,

(Mrs. J. N. Christy)



HISLOP COLLEGE, Nagpur | Women's Studies & Development Centre + Department of Psychology

Certificate Course in Gender Studies and Women's Development - 2020

Since decades, there is widespread discrimination against women and other vulnerable groups from different walks of life. This discrimination is against universal human rights principles of equal rights and respect for human dignity. Discrimination hampers the full participation of women in the political, social, economic and cultural life of the country. These adverse trends reflect in the overall growth of women, their families and society as a whole.

The change in attitude and behavior towards women is a transformative process, requiring long term commitment as well as a provision of knowledge and techniques to create a society which recognizes the significance of promoting gender equality

Hislop College has taken the initiative to inculcate in its students a spirit of inquiry into the dynamics of gencer equality and facilitate transformative change in attitudes, beliefs in relation to gender. Assuming that this transformative change would have a ripple effect, as students become agents of change in the wider society we live in

With this purpose the certificate course in Gender Studies and Women's Development 2020 aims at transformative learning and enabling learners to become agents of change in facilitating a healthy perspective towards gender, human dignity and mutual respect.

Objectives of the Course

- 1. To stimulate greater insight into gender equality and gender related issues.
- 2. To help students develop a wider perspective of issues concerning women through exposure visits and interactive learning.
- 3. To enable students to grasp the concepts and techniques in relation to gender through individual and group projects and presentations.
- 4. To motivate students to become gender sensitive change agents in their neighbourhood.

Duration of the Course: 30 hours

Time of Sessions: 12:00 p.m. to 02:00 p.m. including lecture and group work

Venue: AV room / SHALOM auditorium, Hislop College

Certificates will be given to students who have successfully completed the course.

HISLOP COLLEGE, Nagpur | Women's Studies & Development Centre + Department of Psychology

Course Outline

- PHASE I Learning Through Lectures/Assignments/Interaction with Resource Persons: 20 hours
- PHASE II Learning through Live Visits/Observation and Real Time Interaction with Women in
- Difficult Circumstances & Women who are Making a Difference in Society: 5 hours
 PHASE III Individual/Group Projects and Learning Assignments: 5 hours

30 hours

Schedule of the Course

PHASE I - Learning Through Lectures/Assignments/Interaction with Resource Persons

March 3, 2020

- Inaugural Session
- Student Orientation, Welcome and Sharing Expectations by Dr. Priya Rajkumar
- Kathak Recital on the Theme of Women's Development by Milonee Indapwar
- Ice-breaking Session by Mr. Tanmay Shanware/Ms. Namrata Babhulkar

March 4, 2020

Gender Equality: Sensitization and Shaping Perspectives by Dr. Priya Rajkumar

March 5, 2020

What to do when Disaster Strikes: Dr. Susan John

March 6, 2020

Effective Communication and You/Entrepreneurship/Human Values & Ethics by Ms. Swaima
 Ahmad

March 7, 2020

Health and Wellbeing by Dr. Kalpana Jadhav

March 8 - 11, 2020 (no sessions)

March 12, 2020

Women and the Law by Ms. Hanifa Sheikh

March 13, 2020

Understanding Feminism: Exploring Western / Indian Perspectives by Dr. Shinu Mol FC, Ms.
 Dhanshree Patrikar

March 14, 2020

HISLOP COLLEGE, Nagpur | Women's Studies & Development Centre + Department of Psychology

• Psychosocial Issues related to Gender: A Transgender Narrative by Mx. Vidya Kamble

March 16, 2020 9,

Time Management by Mr. Tanmay Shanware

March 17, 2020

Panel Discussion: Women of Substance and their Impact on Life and Living

March 18, 2020

Movie Screening on Gender followed by Discussion

Total: 20 hours

PHASE II – Learning through Live Visits/Observation and Real Time Interaction with Women in Difficult Circumstances & Women who are Making a Difference in Society

- Visit to Women Prisoners Cell Central Jail, Nagpur (tentative)
- Interaction with Rural Women's Self Help Groups (tentative)
- Women Sex Workers / HIV (tentative)
- Women in the Police Force/ Law (tentative)
- Women in the Corporates / Non Profit Organizations- CEOs (tentative)

Cancelled

Due to Covid-19

Total: 5 hours

PHASE III - Individual/Group Projects and Learning Assignments

25 - 26 March, 2020

Students work on individual and group projects and assignments

27 March, 2020

Submission of written assignments

28 - 29 March, 2020

Evaluation of Assignments

31 March, 2020

- Valedictory Function
- Presentation of Student Learning and Participants Certificates
- Mementos for Best Participant and Group Presentation

Cybersecurity by Mr. Sujit Christy Session 8 9 Time Management by Mr. Tanmay Shanware 10 Assertiveness Training by Mr. Tanmay Shanware 11 The Leader in You by Dr Priya Rajkumar 12 Women of Substance by Dr. Dipti Christian

WOMEN'S STUDIES & DEVELOPMENT CENTRE HISLOP COLLEGE, NAGPUR

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Details	of	course	com	pleted	in	hours

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March	Live Sessions	Teaching Hours	Interaction and Group Activity	Total Number of Hours
3 rd	Inauguration	1		1
4 th	Gender Equality	1	1	2
5 th	Disaster Management	1	• 1	2
6 th	Effective communication	1	1	2
7 th	Health and Well Being	1	1	2
12 th	Women and Law	1	1	2
13 th	Feminism	1	1	2
14 th	LGBTQ	1	1	2
	1		Total	15 hours
May	Online Sessions	Teaching Hours	Interaction	
23 rd	Cyber law	40 min	20 min	1
26 th	Assertiveness Training	40 min	20 min	1
27 th	Time Management	40 min	20 min	1
28 th	Leadership	40 min	20 min	1
29 th	Women of Substance	40 min	20 min	1
				5 hours
	Four Written Assignments			10 hours
	Total	· · · · · ·		30 hours

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Date	MARCH 03, 2020 (Tue)	
Timing	11:00 g.m12:30 p.m.	
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Date Timing	MARCH 04, 2020 (wed)	_
Timing	11:00 g.m 12: 30 p.m. Session 2	
Date	MARCH DS, 2020 (Thu)	
Timing	11:00 g.m 12:30 p.m.	
	Session 3	
Date	MARCH 06,2020 (Fri)	_
Timing	11:00 a.m 12:30 p.m. Session 4	-
Date	MARCH 07, 2020 (Sat)	
Timing	11:00 g.m 12: 30 p.m.	
	Session 5	
Date	MARCH 12, 2020 (Thu)	1.0000
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Date	MARCH 12, 2020 (Fri)	_
Timing	MARCH 12, 2020 (Fri) 41:00 a.m 12:30 p.m.	
	Session 7	8
Date	MARCH 14, 2020 (Sat)	
Timing	11:00 a.m 12:00 p.m.	
	Session 8	
Date	MAY 23, 2020 (Sat)	e
Timing	11:00 a.m 12:30 p.m. Session 9	-
Date	MAY 26, 2020 (Tue)	
Timing	11:00 g.m 12:30 p.m.	0
	Session 10	
Date	MAY 27, 2020 (Wed)	
Timing	11:00 g.m 12:00 p.m.	
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	JULY 03, 2020 (Fri)	

Session 11 | MAY 28, 2020 (Thursday) | 11 a.m. - 12

online

HISLOP COLLEGE, Nagpur

Women's Studies & Development Centre in collaboration with Department of Psychology

Certificate Course in Women's Studies

Gender Studies & Women's Development - 2020

Registration Sheet

	Reg. No.	Name	Class	Contact No.	Signature	_1
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•	6.	KANAD JAMBHULKAR	BA-11		+ <u> </u>	
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• 1	- 10	NEELAM AGLAME	BA-II	9823699270		
• 1		MADHULEE ANSINGKAR	BA - 11	9923118131		<u> </u>
	12.~	SEJAL SAKHARE		9511280898		-
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	- 21.	BHARGAVI WADIGHARE		9518774318		_
		TRIVENI MANIGAM	BSC-1	4766 025223		
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	24.	Dr. SAJIMOL GEORGE	Dept. of Chem	94211714450		1-
	- 25.	MILONEE INDAPWAR	MA	9960649988		-
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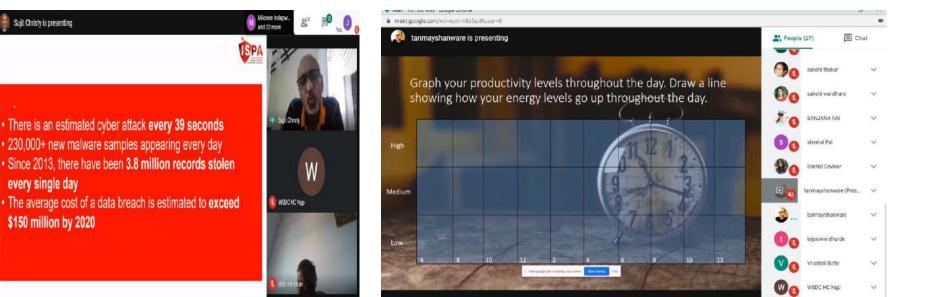
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Attendance Sheet: Sessions

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Gender Studies & Women's Development -- 2020

Attendance Sheet: Inaugural Programme

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Attendance Sheet: Sessions

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Women's Studies & Development Centre And Department of Psychology Hislop College, Nagpur

Certificate Course in Women's Studies

Session: 2019-2020

Topic: Gender Studies and Women's Development

Report

Inauguration Date: 3rd March 2020 Topic: Student orientation: Welcome and Sharing expectations Resource Person: Mr. Tanmay Shanware & Miss. Namrata Babhulkar, Department of Psychology, Hislop College, Nagpur.

The inaugural session started with the prayer. Zidan Kachhi, Student Co-Ordinator briefed the participants about the course schedule. Dr. Priya Rajkumar, Course Co-Ordinator shared the objectives of the course. She highlighted the importance of the certificate Course. She encouraged the participants to avail this opportunity to learn new things.

A Kathak recital was given by the student Mrs. Milonee Indapawar, of II M.A. Psychology. The recital depicted the strength, fearlessness, and free woman. Dr. Pratik Michael, Vice Principal, Hislop College, Nagpur congratulated the cell for organizing the certificate course. He also added that the course will sensitize all the participants collectively irrespective of gender.

The second session was a group activity session. The resource persons were Miss. Namrata Babhulkar and Mr. Tanmay Shanware. The participants were divided into groups and were asked to make a tower with the newspapers and had to stand without any support. This activity helped the students to realize that they should work as a group.

Session 1 Date: 4th March 2020 Topic: Gender Equality: Sensitization and Shaping Perspectives Resource Person: Dr. Priya Rajkumar, Department of Psychology, Hislop College, Nagpur

The opening session was on Gender Equality: Sensitization and Shaping Perspectives by Dr. Priya Rajkumar. She defined Gender Equality and shared statistical data as to what exactly is the scenario. Dr. Priya Rajkumar gave a better understanding on topic. She told the difference between gender and sex in the form of power point presentation.

Later, she told about the difference between gender equality and gender equity. Then she gave a small task to do where girls were told to walk like boys and boys were told to walk like girls. This was to explain the roles one has to live up to. Then more information regarding gender sensitization was given and also on women empowerment.

At the end of the session assignments were given to the participants. Then the session concluded with a video in which two kids were shown changing their roles for a day and how they manage to do it.

Session 2

Date: 5th March 2020 Topic: What to do when Disaster Strikes at Home Resource Person: Dr. Susan John, Department of Physics, SFS College, Nagpur

In today's session, Dr. Susan John enlightened the brains of student in the area of fire safety and CPR. She told about various types of fires and various reasons for the fire to occur.

The most noteworthy point was that "Never use elevators during a disaster ". Also she questioned the participants what if they noticed a fire? The participants actively participated in the discussion. She advised to stay calm and evacuate the place as early as possible and then call the rescue team. She provided some important contact numbers for disaster management.

Students were taught how to use fire extinguisher. Dr. Susan John explained P A S S (Pull Aim Squeeze and Sweep) method on how to use the fire extinguisher. She also made a point that when we are stuck in a disaster and are in doubt, we should leave the place.

In the next session she about first-aid and also gave very detailed information about how to assist casualty.

At the end of her session, she cleared the doubt of the participants about C.P.R (cardiopulmonary resuscitation). It is an emergency procedure that combines chest compressions often with artificial ventilation in an effort to manually preserve intact brain function until further measures are taken to restore spontaneous blood circulation and breathing in person who is in cardiac arrest.

The session ended with a question-and-answer session.

Session 3

Date: 6th March 2020 Topic: Effective Communication and You Resource Person: Mrs. Swaima Ahmad, Nagpur

Mrs. Swaima Ahmad introduced to the topic by explaining about effective communication. She mentioned that we should understand the emotion and intentions behind the information. She also gave some examples on how we should convey a message clearly and need to listen in a way that gains the full meaning of what is being said and makes the other person feel heard and understood. She also added that we should improve communication with our parents, siblings, and friends so that one can deepen our connections with others, build greater trust and respect, and improve teamwork, problem solving, and your overall social and emotional health. Students also got to learn about the verbal vocal and visual communication based on body language.

Session 4 Date: 7th March 2020 Topic: Health and Wellbeing Resource Person: Dr. Kalpana Jadhav, Department of Physical Education, Hislop College, Nagpur.

Dr. Kalpana Jadhav spoke on the 6 dimensions of health. The six dimensions of wellness are physical, emotional, spiritual, intellectual, environmental and social. She mentioned that Wellness and living a healthy life is more than being physically fit. We need no longer to make it to the gym and sweat. She also stated that as of today, being healthy and alive involves a more complex and systematic approach that integrates states of physical, mental and spiritual well-being.

She clearly explained how to Approach and Achieve Health and Wellness. She mentioned how Family, Media, Cultural, Social and Peer influence our Health and Wellness. The session ended by performing Yoga exercises by participants led by the Resource Person.

There was also a BYOS activity where the participants brought fruits and chaat masala to prepare Fruit Chaat. The participants were divided into four groups, Peelers, Mixers, Servers and Cleaners. This was to ensure that all the participants participated in the group activity and stressed that they should always take nutritional diet.

Session 5 Date: 12th March 2020 Topic: Women and Law Resource Person: Adv. Hanifa Sheikh, Practising High Court Lawyer.

The session began with a movie on women prostitution and what the women had to go through these tough situations. After the movie statistical data of human trafficking in India was discussed and also mentioned that it is a huge business in today's world. She explained the laws on human trafficking and also read out the articles in Indian Constitution for Human Rights. The session ended with an interactive session with the resource person.

Session 6

Date: 13th March 2020

Topic: Understanding Feminism: Exploring Western and Indian Philosophical Perspectives Resource Person: Dr. Shinumol T.C. Head Department of Philosophy, Hislop College, Nagpur Miss. Dhanasri Patrikar, Department of Philosophy, RTM Nagpur University

The first session was on Feminism in Western Philosophical Perspectives by Dr. Shinumol T.C. Head Department of Philosophy, Hislop College, Nagpur. She started with a quote "One is not born, but rather becomes, a woman" by Simone De Beauvoir. She clearly explained the philosophical terms like Universal human nature, essence of human being etc. she explained the timeline of the western philosophy where the traditional, modern and post modern periods were discussed. She also suggested to read the book 'The second sex'.

The second session was on the Indian perspective by Ms. Dhanasri Patrikar from Department of Philosophy, RTM Nagpur University. She read the quote by William Golding. She spoke on Metaphysical theory, Evolution of feminism through exemplifications. It was an interesting and interactive session for the students.

Session 7

Date: 14th March 2020 Topic: Psychosocial Issues related to Gender: A Transgender Narrative Resource Person: Mx. Vidya Kamble, Honary Judge, Lok Adalat, Nagpur

Mx. Vidya Kamble began an session by explaining the term transgender, how they lead their lives and also their lifestyle. She narrated her story on how she was treated at home, what made her to leave her home and how she struggled to live a life today. The session ended with question answer session about the lives of transgender and their lifestyle.

Session 8 Date: 23rd May 2020 Topic: Emerging trends in cyber security Resource Person: Mr. Sujit Christy

The session was delivered online via Google Meet. The session began with greetings and introduction of the resource person, Mr. Sujit Christy. He was introduced by Mrs. J. N. Christy ma'am and then the session was handed over to resource person.

He began the session with a presentation where he started informing about Cyber Crimes. It was a graphical representation with information about harmful apps and awareness about them. There were facts and figures in the presentation. He also told about cyber trafficking and how it works.

He concluded the session with tips for saving ourselves from being a victim of it and he also told about a real life incident of a photographer. Then the interactive session began, and sir said that he would be glad to help and people can reach out to them if they have queries in future or need suggestions. The session ended with a vote of thank by Mr. Zidan Kachhi, Vice President of WSDC.

Session 9 Date: 26th May 2020 Topic: Time Management Resource Person: Mr. Tanmay Shanware

The session was delivered online via Google Meet. The session began with an introduction of our Resource person by Mr. Zidan Kachhi. Then the session was handed over to sir. He began with introduction to time management and why we might lack it. He gave information through a presentation. There was a brief introduction and then he started with an exercise for the same. He told about time wasters, goal list, Eisenhower Matrix and also presented graphs as to how one can follow time management. He also gave tips and ideas as to how one can make their own ideal timetable and then he concluded the session with an overview. The session ended with the vote of thanks by Mr. Zidan Kachhi, Vice President of WSDC.

Session 10 Date: 27th May 2020 Topic: Assertiveness Training Resource Person: Mr. Tanmay Shanware

The session began with an introduction to the session by Mr. Zidan Kachhi, Vice President of WSDC. The Resource person, Mr. Tanmay Shanware was introduced by Dr. Priya Rajkumar. Mr. Tanmay Shanware began the session with a short story. He explained the need for assertiveness through story as medium and then he started with an informative presentation. The presentation helped to understand the points and types of expressions more clearly. He also gave some exercises to understand oneself better and then gave a formula and tips as to how one can be better at being assertive. After the session there was an interactive session and it concluded with a Vote of Thanks by Dr. Priya Rajkumar Ma'am, course coordinator.

This session was delivered online via Skype.

Session 11 Date: 28th May 2020 Topic: The leader in You Resource Person: Dr. Priya Rajkumar

The session was delivered via Skype. It began with greetings and introduction of the resource person Dr. Priya Rajkumar ma'am. Then the session was handed over to her. She gave a brief introduction of the topic and then started with a presentation. She started the presentation with a great example of Malala Yusufzai. She then talked about the women leadership and their balance and obstacles. She gave examples of successful women leaders like Mother Teresa, Jacinda Arden and so on. She then gave some tips as to how one can develop leadership qualities. Then there was an interactive session and it concluded with a Vote Thanks by Mr. Zidan Kachhi, Vice President, WSDC.

Session 12 Date: 29th May 2020 Topic: Women of Substance Resource Person: Dr. (Ms.) D. R. Christian

The session was delivered online via Skype. It began with greetings and introduction of the resource person, Dr. Dipti Christian Ma'am. She began the session with a brief introduction. And then, a presentation. She gave examples of great women worldwide, such as Malala Yousafzai, Marie Curie, Savitribai Phule and so on. She gave their life story as an inspiration for the listeners. She also gave some ways to write things about the listeners which made them understand themselves better. Throughout the presentation she also told some incidents about her personal life and how she overcame

it. She gave points to how people can build themselves. The session then ended with a vote of thanks by Mr. Zidan Kachhi, Vice President, WSDC.

The assignments were given to the participants and were assessed on the following criteria: (a) Clarity of response (b) Presentation of Ideas/Thoughts (c) Interdisciplinary focus (d) Relevance of the response.

The participants were awarded a course completion certificate.

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WOMEN'S STUDIES AND DEVELOPMENT CENTRE & DEPARTMENT OF PSYCHOLOGY HISLOP COLLEGE NAGPUR

This is to certify that

Milonee Indapwar

has successfully completed 30-hours CERTIFICATE COURSE IN WOMEN'S STUDIES on the topic

GENDER STUDIES AND WOMEN'S DEVELOPMENT

from 3rd March to 14th March, 2020 & 23rd May to 29th May, 2020

Dr. Priya Rajkumar Course Co-ordinator Department of Psychology Hislop College, Nagpur

Dr. J. N. Christy Convener WSDC Hislop College, Nagpur

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Dr. Pratik E. P. Michael IQAC Co-ordinator Hislop College, Nagpur

Dr. Prashant Shelke Officiating Principal Hislop College, Nagpur

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