



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

**DECLARATION**

This is to declare that the information, reports, true copies of the supportive documents, numerical data, etc. submitted/presented in this file is verified by Internal Quality Assurance Cell (IQAC) and is correct as per the records. This declaration is for the purpose of NAAC accreditation of HEI for third cycle period 2018-19 to 2022-23.

  
Co-ordinator, IQAC

  
Principal

**PRINCIPAL**  
VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE  
Vikhroli (E), Mumbai - 400 083.

Date:- 10/11/2023

Place: - Vikhroli, Mumbai.





Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

## 5.1.4

**Report of the committee mentioning the activities and number of grievances redressed to prove timely Redressal of the grievances**



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

**INDEX**

REPORT ON GRIEVANCE REDRESSAL .....	4
INTERNAL COMPLAINT COMMITTEE (2018-2019 TO 2022-2023) .....	5
COUNSELING CELL REPORT .....	8
ASPIRE FOR HER.....	10
<u>WOMEN DEVELOPMENT CELL</u>	
REPORT FOR THE A.Y. 2018-2019 TO 2022-2023.....	19



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**

Affiliated to University of Mumbai  
RE-ACCREDITED 'A' GRADE BY NAAC (WITH CGPA 3.15)

ISO 9001 : 2015 CERTIFIED

Vikas High School Marg, Kannamwar Nagar No. 2, Vikhroli (E), Mumbai - 400 083.

Phone : 257 84267 / 257 83540 Fax : 257 96196

**Dr. R. K. Patra**  
Principal

Email : vikascollegeprincipal@gmail.com

**Hon'ble Shri. P. M. Raut**  
Chairman. V. V. Edu. Society

www.vikascollege.org

Date: 14/08/2024

### Report on Grievance Redressal

As per the guidelines of UGC, University of Mumbai and Govt. of Maharashtra, the college has constituted the following committees to ensure a healthy social environment in the college premises fostering equality, fraternity, protection from any kind of ragging, discrimination, harassment or abuse:

- Anti Ragging Committee
- Women Development Cell
- Internal Complaints Committee
- Special Cell
- Minority Cell
- Committee for SC/ST
- OBC Cell
- Grievance Redressal Cell

The students are oriented, during the initial orientation session at the beginning of the session, regarding these committees and their functions as well as the guidelines to approach these committees in case of any grievances.

The members on these committees are available for personal interaction and on phone call whenever students need help.

There have been no serious incidents of any abuse/ discrimination/ ragging or harassment registered with any of these committees.

However, if a student approaches any of the members on these committees, the members along with the coordinators/ chairpersons try to resolve their problems amicably through communication and counselling.



PRINCIPAL

VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE

Vikhroli (E), Mumbai-400 083.



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

**Internal Complaints Committee (2018-19)**

1.	Smt. Vidya P. Raut	Chief Advisor
2.	Dr. Mrs. Megha A. Shetty	Chairman
3.	Mrs. Vijaya Radhakrishnan	Presiding Officer
4.	Mrs. Vaishnavi V. Raut	Member
5.	Mrs. Manisha N. Shinde	Member
6.	Mrs. Sunita V. Dhasal	Member
7.	Adv. Mrs. Sarita N. Patil	Legal Advisor
8.	Shri. Nilvarna Chandrashekhar J.	Management Representative
9.	Mrs. Supriya S. Salvi	Clerk

**Internal Complaints Committee (2019-20)**

1.	Smt. Madhavi M. Nandoskar	Chief Advisor
2.	Dr. Mrs. Megha A. Shetty	Chairman
3.	Mrs. Vijaya Radhakrishnan	Presiding Officer
4.	Mrs. Vaishnavi V. Raut	Member
5.	Dr. Swati M. Jagtap	Member
6.	Mrs. Sunita V. Dhasal	Member
7.	Adv. Mrs. Sarita N. Patil	Legal Advisor
8.	Shri. Nilvarna Chandrashekhar J.	Management Representative
9.	Mrs. Supriya S. Salvi	Clerk



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

**Internal Complaints Committee (2020-21)**

1.	Smt. Madhavi M. Nandoskar	Chief Advisor
2.	Dr. Mrs. Megha A. Shetty	Chairman
3.	Mrs. Vijaya Radhakrishnan	Presiding Officer
4.	Mrs. Vaishnavi V. Raut	Member
5.	Mrs. Manisha N. Shinde	Member
6.	Mrs. Sunita V. Dhasal	Member
7.	Adv. Mrs. Sarita N. Patil	Legal Advisor
8.	Shri. Nilvarna Chandrashekhar J.	Management Representative
9.	Mrs. Supriya S. Salvi	Clerk
10.	Smt. Lata Kulkarni	Member
11.	Smt. Jayashree Deshmukh	Member
12.	Smt. Geeta Wilson	Member
13.	Mrs. Sujata Ghodke	Member

**Internal Complaints Committee (2021-22)**

1.	Smt. Madhavi M. Nandoskar	Chief Advisor
2.	Dr. Mrs. Megha A. Shetty	Chairman
3.	Mrs. Vijaya Radhakrishnan	Presiding Officer
4.	Mrs. Vaishnavi V. Raut	Member
5.	Mrs. Manisha N. Shinde	Member
6.	Mrs. Sunita V. Dhasal	Member
7.	Adv. Mrs. Sarita N. Patil	Legal Advisor
8.	Shri. Nilvarna Chandrashekhar J.	Management Representative
9.	Mrs. Supriya S. Salvi	Clerk
10.	Smt. Lata Kulkarni	Member
11.	Smt. Jayashree Deshmukh	Member
12.	Smt. Geeta Wilson	Member
13.	Mrs. Sujata Ghodke	Member



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

**Internal Complaints Committee (2022-23)**

1.	Smt. Madhavi M. Nandoskar	Chief Advisor
2.	Dr. Mrs. Megha A. Shetty	Chairman
3.	Mrs. Vijaya Radhakrishnan	Presiding Officer
4.	Mrs. Vaishnavi V. Raut	Member
5.	Mrs. Manisha N. Shinde	Member
6.	Mrs. Sunita V. Dhasal	Member
7.	Adv. Mrs. Sarita N. Patil	Legal Advisor
8.	Shri. Nilvarna Chandrashekhar J.	Management Representative
9.	Mrs. Supriya S. Salvi	Clerk
10.	Smt. Lata Kulkarni	Member
11.	Smt. Jayashree Deshmukh	Member
12.	Smt. Geeta Wilson	Member
13.	Mrs. Sujata Ghodke	Member



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

## COUNSELLING CELL REPORT

The college has a counseling cell with a professional counselor as an active member. Following are the members on the counseling cell:

- |                             |                      |
|-----------------------------|----------------------|
| 1. Prin. Dr. R. K. Patra    | Chairman             |
| 2. Prof. V.V. Mulay         | Coordinator          |
| 3. Prof. Dr. S.K. Deshpande | Member               |
| 4. Prof. Mrs. Anita Madhu   | Member               |
| 5. Mrs. Vrushali Gokhale    | Counselor and Member |

Every year, the counselor is allotted specific time slots to conduct interactive sessions with the students' class wise. She deals with various aspects related to students' life and the problems they face as students and also helps them with solution-oriented talks and workshops.

The counselor has designed a syllabus for the students of the college considering their specific needs as a methodology to overcome stress. The syllabus is divided into the following five units:

1. Diet Plan (To improve their immunity)
2. Game Plan (To train them in planning and managing their own career as well as their problems and difficulties) : Students are encouraged to play simple games through which they can develop their own skills of problem solving, time management as well as stress management in life.
3. Expression Plan (To improve positive thinking) Students are oriented to the thinking process and how it works and how the process is to be channelized towards positive results.
4. Meditation Plan (To help them in psychological empowerment) Students are taught meditation techniques so as to improve their strength of mind.
5. Behavioral Plan (To explain the relation between thoughts, actions and results) The students are thus helped with a Personality Grooming Plan.

Encouraging them to read motivational books like

- a. I Dare – Kiran Bedi
- b. Man Mein Hai Vishwas – Vishwas Nangre Patil
- c. Idli, Arcade Ani Mi – Vitthal Kamath

So as to help them in setting goals in life with such exemplary personalities as ideals. Believing in "Youth is Wealth", the counselor makes the students analyze their own personalities through self-talk and sharing own thoughts. The experiences, problems, personal information shared by the students with the counselor are strictly treated as confidential.



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

Some sessions are conducted for confidence building among the students with a special focus on improving their academic performance.

Especially to deal with problems among the students like peer group pressure or inability to deal with people, group counseling as well as individual counseling methods are adopted.

Post lockdown, the counselor conducted some sessions in order to help them in overcoming stress, depression that was the result of the pandemic and lockdown. They were helped with some techniques to concentrate on studies.

---



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

**REPORT OF ASPIRE FOR HER COURSES**

Aspire For Her, an illustrious non-governmental organization, embodies a compelling gender-diversity movement that celebrates women's empowerment. By harnessing the transformative power of its vibrant communities, Aspire For Her nurtures a culture of inclusivity and inspires women to break through barriers, not just to enter, but to persevere and ultimately thrive in the workforce. With an unwavering commitment to uplifting the economy, Aspire For Her's visionary approach to fostering female talent is poised to bring about a seismic shift in the professional landscape, one where women's potential is fully realized and the possibilities are limitless.

At the heart of their noble cause, lies a fervent mission to ignite the flames of financial independence in women. With a steadfast commitment to realizing their aspirations, they empower women to take the reins of their professional lives and turn their career dreams into tangible actions. But their vision transcends individual empowerment, for they understand that true progress requires collective effort. Thus, they invite women to be a part of a transformative journey, to become trailblazers in their own right and to contribute to at least one of the 3Es - Education, Employment, and Entrepreneurship. With this, they spark a movement that not only lifts women to greater heights but also transforms the very fabric of society.

A new dawn has arrived as we announce a momentous partnership with the illustrious Aspire For Her. With a shared vision of empowering women and fostering gender diversity, **we have signed a Memorandum of Understanding** that promises to bring about transformative change. As a result of this exciting alliance, an array of invaluable resources are now at our fingertips, from indispensable soft skills training to cutting-edge courses on business, technology, data science, design thinking and more.



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

➤ **Free of Cost**

What's even more remarkable is that all of these resources are **completely free of cost**, a testament to Aspire For Her's unwavering commitment to driving positive change. We are honored to join forces with such an esteemed organization and look forward to leveraging these resources to create a brighter future for women in all walks of life.

➤ **Learn with renowned partners...**

At the heart of their unwavering pursuit of excellence lies an unflinching commitment to quality education. Aspire For Her's learning partners, all hailing from the upper echelons of the corporate world, are esteemed names that have blazed a trail of success and left an indelible mark on the professional landscape. Their expertise and guidance provide an invaluable opportunity for Vikas College students to learn from the very best, to acquire skills that will set them apart from the rest and to realize their full potential. This assurance of learning from the finest is a testament to Aspire For Her's unyielding dedication to empowering women, to break through barriers and to become leaders in their own right. With their learning partners by their side, Vikas College students are poised to scale new heights and reach unprecedented levels of success.

➤ **Get certified...**

In a world where knowledge is power, establishing credibility is key to standing out in a competitive market. That's where Aspire For Her's certificate courses come in, offering Vikas College students a solid base of knowledge and turning them into domain experts in their respective fields. By honing their skills and acquiring new ones, students not only become more valuable assets to their organizations but also open up new doors of opportunity for themselves. Moreover, these certificate courses serve as a testament to their commitment to professional growth, making for great additions to their resumes that catch the eye of potential employers. Aspire For Her's unwavering dedication to empowering women through education has already made a significant impact in the professional landscape, and their certificate courses promise to continue this legacy, transforming students into confident, competent, and sought-after



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

professionals.

➤ **Learn at your own pace...**

Aspire For Her understands that time is a precious commodity, and that every individual has a unique schedule and commitments. That's why they offer a range of programs that are thoughtfully designed as pre-recorded modules, affording students the flexibility to pace themselves and learn at their own convenience. This innovative approach to education ensures that learning is accessible to all, regardless of their availability or location.

➤ **Or learn with experts...**

Indulge yourself in the captivating realm of interactive live sessions and workshops, where luminaries from the industry illuminate our student's path to excellence. Join a gathering of like-minded peers, as they immerse themselves in an atmosphere brimming with creativity and inspiration.

**The courses conducted with AspireFor Her are**

**1) "An inter departmental online certification course on IBM Open P-Tech" in association with Aspire For Her**

**Duration: 8 th June 2021 till 31 st March 2022.**

What is IBM Open P-Tech?

Open P-TECH takes essential professional and technical skill building online and makes it accessible to all students in educational institutions to help them prepare for the future of work - anytime, anywhere.

**2) Google Career Certificate Scholarship Program**

**Duration: 16th March, 2022 till 15<sup>th</sup> March, 2023.**



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
 Affiliated to University of Mumbai  
 ISO 9001:2015 CERTIFIED

Sr. No	Title of the program	Programme Duration/ Link to MOU	Mode of Conduct and Benefits/outcomes	Courses Offered
1	An inter departmental online certification course on IBM Open P-Tech	9 months program. <b>8th June 2021 till 31st March 2022.</b>	<input type="checkbox"/> Regular Online Sessions Structured Learning Plan with one class set aside each week and Webinars and deep dive sessions from industry experts including IBM. <input type="checkbox"/> Flexible Curriculum Proposed learning plan for each student, devised depending on the student's profile, year and stream <input type="checkbox"/> Technical Support Single Point of Contact of the college to be provided support from AFH, including Open P Tech's teachers' toolkit. Reporting to enable students to use the platform	The P-Tech curriculum includes courses that help build technical skills, workplace skills, courses on Art, design, financial and digital literacy as well as resources for teachers. Technical Skills <input type="checkbox"/> Artificial Intelligence <input type="checkbox"/> Block chain <input type="checkbox"/> Cyber Security <input type="checkbox"/> Data Science <input type="checkbox"/> Cloud Computing <input type="checkbox"/> Hybrid Coud <input type="checkbox"/> Internet of Things(IoT) <input type="checkbox"/> Mainframe <input type="checkbox"/> Open source technology <input type="checkbox"/> Programming and coding <input type="checkbox"/> Quantum Comuting <input type="checkbox"/> Virtual Reality Workplace Skills <input type="checkbox"/> Agile work method <input type="checkbox"/> Horizon Career planning and exploration <input type="checkbox"/> Collaboration



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
 Affiliated to University of Mumbai  
 ISO 9001:2015 CERTIFIED

			<p>effectively</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Recognition</li> </ul> <p>In collaboration with IBM and partners, social media highlights about student and college</p> <p><b>Industry-recognized digital badges:</b></p> <p>Students earned the same industry-recognized credentials that many IBM'ers and other professionals are earning on-the-job. It is a great way to highlight new skills on a resume.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Communication</li> <li><input type="checkbox"/> Creative thinking</li> <li><input type="checkbox"/> Critical thinking</li> <li><input type="checkbox"/> Design thinking</li> <li><input type="checkbox"/> Design literacy</li> <li><input type="checkbox"/> Financial Literacy</li> <li><input type="checkbox"/> Interpersonal skills</li> <li><input type="checkbox"/> Job readiness</li> <li><input type="checkbox"/> Leadership</li> <li><input type="checkbox"/> Mindfulness</li> <li><input type="checkbox"/> Problem solving</li> <li><input type="checkbox"/> Professional skills</li> <li><input type="checkbox"/> Study Skills</li> </ul> <p>Expand Your Horizon</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Art</li> <li><input type="checkbox"/> Illustration and design equity</li> <li><input type="checkbox"/> Diversity and inclusion</li> <li><input type="checkbox"/> Giving back</li> <li><input type="checkbox"/> Philanthropy</li> <li><input type="checkbox"/> Let's make something</li> <li><input type="checkbox"/> Media-audio and music</li> <li><input type="checkbox"/> Media-photos and videos</li> <li><input type="checkbox"/> Money Games</li> <li><input type="checkbox"/> Unconconscious Bias</li> </ul>
2	Google Career Certificate Scholarship Program	<b>1 year</b> <b>30<sup>th</sup> May</b> <b>2022 to</b> <b>30th May</b> <b>2023</b>	Aspire For Her in partnership with Nasscom Foundation brings a fantastic opportunity called Google Career Certificate Scholarship	Here are the <b>5 specialization courses</b> that they offered - <ol style="list-style-type: none"> <li>1. Data Analytics</li> <li>2. IT Support</li> <li>3. IT Automation</li> <li>4. UX Design</li> <li>5. Project Management</li> </ol> <p>Students must select one of the five certification specializations,</p>



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
 Affiliated to University of Mumbai  
 ISO 9001:2015 CERTIFIED

			<p>Program, through which our students will get to <b>learn via professional training designed by Google</b> and get certified for absolutely <b>no cost</b>. Through this program, our students will not just get to upskill in in-demand industry skills, but also <b>gain a verified certificate</b> and stand a chance to <b>get placed in companies</b>.</p>	<p>complete the modules, attempt quizzes and assignments, and then they can claim their Google certification.</p>
--	--	--	---	---

This report encompasses a vivid depiction of the salient features of these courses and elucidates the profound impact they have had on our students' learning outcomes.

Through the confluence of industry giants Google and IBM, the Aspire For Her courses have been a beacon of empowerment for our students, helping them transcend their potential and achieve greatness. The courses were structured meticulously, covering a wide range of topics, from cutting-edge technology to essential soft skills. The curriculum was tailored to suit the needs of our students, preparing them for the challenges that lie ahead in their professional lives.

The impact of these courses on our students' learning outcomes has been truly remarkable. They have not only enhanced their technical know-how but have also honed their communication and leadership skills, instilling in them the confidence to become leaders in their chosen fields. The Aspire For Her courses have indeed been a transformative experience for our students, equipping them with the necessary tools to realize their aspirations.



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

The Aspire For Her courses have been a testament to the power of education, and I am confident that the knowledge gained from these courses will serve our students well in their future endeavors.

**aspire**  
FOR HER

**GOOGLE CAREER CERTIFICATE  
SCHOLARSHIP PROGRAM**

**Orientation Session with Vikas  
College of Arts, Science & Commerce**

**Speaker**  
**Neeraja Ganesh**  
Mentor & Consultant, Aspire For Her

**16th March  
5:00 PM**

**Google Certificates - Free of cost**

**Learn the benefits of the certifications  
and how you can enrol for them**

**Zoom Meeting ID -92222775152**



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED



# GOOGLE PROFESSIONAL CERTIFICATION

## Soft Skill Training - How To Build Your Confidence



*Speaker*

**Sharon D'Souza-Preto**

Certified Emotional Intelligence Facilitator  
Relationship and Life Coach

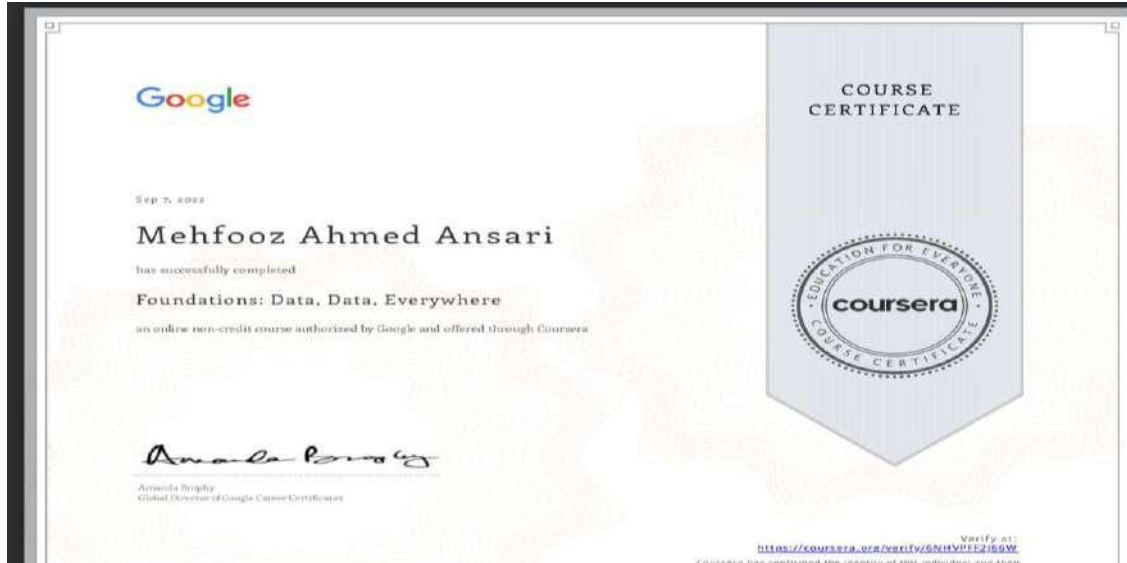


**6 June, 2022**  
**6:00 PM**

Learn how to stand out amidst the crowd  
as you prepare for jobs & internships



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED





Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

## **WOMEN DEVELOPMENT CELL**

### **INTRODUCTION:-**

As per the guidelines of the University of Mumbai, the college has constructed a Women Development Cell with a main objective to create awareness about various issues related with women in the complex society. Committee cannot take action against anybody involved in abuse in any form, so we create awareness about gender equality, domestic violence, and sexual harassment. We ensure safety and security to the girl students and women in the campus. Our campus does not encourage and promote discrimination among the boy and girl students. We also believe in empowering girl students through education, and also, we work on it by conducting interaction sessions, seminar and workshop.

Women Development Cell consists of Principal as a chairperson followed by coordinator members from teaching and non-teaching faculty and student representatives.

### **Objectives:-**

- To enlighten the students regarding the role of women in the progress and development of society.
- To empower the girl students with a sense of confidence in handling difficulty and insecure situation in the society.
- To prevent and protect themselves against sexual harassment.
- To enlighten the girl students on the importance of health and hygiene.
- To promote gender equality.



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

**WOMEN DEVELOPMENT CELL**  
**REPORT FOR THE A.Y. 2018-2019**

According to the guidelines of University of Mumbai, Women Development Cell of our college has been formed. Following are the members:

Hon'ble Mrs. Vidya P. Raut	Convenor
Dr. R.K.Patra (Principal)	Chair Person
Prof. Mrs.C. Wins	Member
Prof. S.K.Deshpande	Member
Prof. Anita Madhu	Member
Prof. Sudhiksha Shirke	Member
Mrs. S.V.Dhasal	Member
Mrs. Vrushali Gokhale	Counselor
Miss: Kalavti D. Nandgavkar	Students' representative
Miss.Lexmi Ashok Bakari	Students' representative
Miss. Manali Wali	Students' representative

At the beginning of the academic year, the committee members have conducted an interactive introductory session for the girl students to introduce the concept of women development cell.



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

1	11,12,13 Oct2018	Workshop on “self-Defense”	Dr. Reshma Anvekar Miss. Charuta Mulay
2	25.1 2019	Workshop on “Self-Dence”	Dr. Reshma Anvekar
3	28.1.2019	Interactive-cum Workshop in “Gender Sensitization”	Mr. Althamesh Khan and his team(TISS and MAVA)
4	29.1.2019	Interactive session on “Domestic Violence and Sexual Harassment”	Miss. Padma Mathias Shri. Pednekar PSI Shri. Ashok Patil Shri. Pravin Gajarmal

**Workshop on Self-Defense:**

As per the direction given by the Department of Students' Development of University of Mumbai, circular no. SW/06/ of 2018, Vikas College of Arts, Science & Commerce has conducted 3 days' workshop on “Self Defense” on **11<sup>th</sup>, 12<sup>th</sup> and 13<sup>th</sup> October,2018** for girl students. Hon'ble Vidya P. Taut, CEO. Vidya Vikas Education Society was invited as a chairperson. Dr. Reshma Anvekar and Ms. Charuta Mulay were invited as the resource persons to conduct the session.

Dr. Reshma Anvekar is black belt in Karate; she is an international player, likewise Miss. Charuta Mulay who is an international champion in Karate. Dr. Reshma Anvekar has given training for girl students, how to tackle the situation without weapon. She also explained how daily used material like pen, Cell Phone, keychain can be used to protect them when we are facing sexual attack at lonely places. She also explained which parts are very sensitive on the face and how to hit.

Miss. Charuta Mulay also trained our girl students with some basic technique with hands. Students from B.A & B.Com participated in this workshop.

# Vidya Vikas Education Society's





## Workshop on Self-Defense

As per the direction given by the Department of Students' Development of University of Mumbai, circular no. SW/06/of 2018, Vikas College of Arts, Science & Commerce conducted workshop on **"Self Defense"** on **25<sup>th</sup> January, 2019** for girl students. Dr. Reshma Anvekar Karate Champion invited as the resource persons to conduct the session.

She is an international player. She conducted this session with practical examples with the help of some girl students with and without weapons. She also explained how even a small material like keychain, pen, and mobile can be used when there is a problem.

Students of FY, SY, B.Sc., IT, C.S., Biotech participated. Students have given the positive feedback. Even after completing the session the girl students had the interaction with resource person, the programme became very effective.



# VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE

Affiliated to University of Mumbai

ISO 9001:2015 CE





**Interactive Session –cum-workshop on “Gender Sensitization”:**

Women Development Cell of the Vikas College of Arts, Science & Commerce, Vikhroli (E) conducted an interactive session-cum-workshop on “Gender Sensitization” on 28<sup>th</sup> January, 2019. The session was conducted by Althamesh Khan and his team from TISS and MAVA, on Ngo.

The main concept of the programme is to sensitize the students regarding Gender equality. In this programme, both boy and girl students of Night session participated. We believe that this session will upgrade the level of our students’ confidence. This will certainly empower our students as they head towards their future path of social life.

The resource person, Mr. Althamesh Khan expressed that inequality between men and women is due to the social factor, not political or natural.





Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**

Affiliated to University of Mumbai

**Interactive session on Domestic Violence & Sexual Harassment:**

By considering the welfare of the girl students of our college, the women Development Cell of the Vikas College of Arts, Science & Commerce conducted an **“Interactive session on the title of “Domestic Violence and Sexual Harassment” on 29<sup>th</sup> January, 2019.**

The main concept of the programme is to orient the girl students towards their own protection from sexual harassment in society and at domestic level. The session was attended by Day session girl students. The resource persons are invited from Mumbai Police Commissioners' office.

The resource persons are –

1. Ms. Padma Mathias
2. Shri. Pendnekar, PSI
3. Shri. Ashok Patil
4. Shri. PravinGajarmal

This session very helpful for protecting themselves in caught in a life threatening situation in the society.





Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED





Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

**WOMEN DEVELOPMENT CELL**

**REPORT FOR THE A.Y. 2019-20**

According to the guidelines of University of Mumbai, Women Development Cell of our college has been formed. Following are the members:

Hon <sup>ble</sup> Mrs. Vidya P. Raut	Convenor
Dr. R.K.Patra(Principal)	Chair Person
Prof. Mrs.C. Wins	Co-Ordinator
Prof. S.K.Deshpande	Advisory Member
Prof. Anita Madhu	Member
Prof. Sudhiksha Shirke	Member
Mrs. S.V.Dhasal	Member
Mrs. Vrushali Gokhale	Counselor
Miss. Janvi Rajendra Panchal	Students Representative
Miss. Khushi Manshi Jain	Students Representative

At the beginning of the academic year, the committee members have conducted an interactive introductory session for the girl students to introduce the concept of women development cell.



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

**WORKSHOP ON PRE-MARITAL COUNSELING**

Women Development Cell of our college has conducted a two days workshop on “Pre-marital Counseling” on 29<sup>th</sup>&30<sup>th</sup> January 2020. The Workshop was conducted by Stree Mukti Sanghatana, an NGO. It was specifically for both boy and girl students of third year class. The workshop was inaugurated by Prof. Vikas P. Raut, Director, Vikas Career College. Vice Principal, Shaji Mathew, Mrs. Megha Parab, Head Mistress, Shishu Vibhag, Prof. Jyostna Shimpi were present on this occasion.

The main purpose of the workshop is to prepare the students mentally for their successful marital and social life. Workshop on this topic is very essential because of lack of communication between parents and children. This workshop will definitely enhance their maturity.

Workshop was divided into four sessions; there are 2 sessions, which are, session 1 and 2 on 29. 1. 2020 and sessions 3 and 4 were on 30.1 2020.

Session 1) Gender equality

- 2) Selection of the Partner
- 3) Marital adjustment
- 4) Sexuality in marital life

First session was conducted by Ms. Sangeeta Saraf, full of illustrations from daily life, movies and with colorful pictorial presentations; she explained to the students efficiently and effectively the importance of gender equality and its implementation on life.

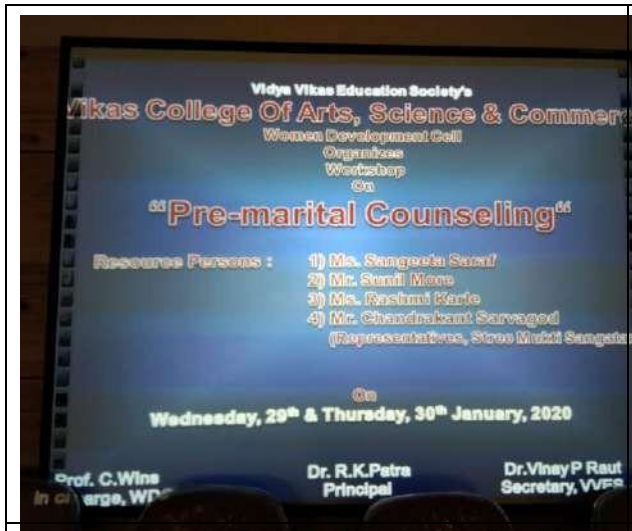
Second session was conducted by Mr. Sunil More, he elaborate the topic “Flow to select your partner” enlightened the students on the criteria; they should focus while selecting their life partner.

In third session, Mrs. Rashmi Karle and Mrs. Karuna Ghate on the second day interacted with the participants on the marital adjustment. They explained that the sense of responsibility, communication, understanding were the main principles supporting a good healthy family life.



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

In the fourth session, a very serious and sensitive topic likes „Sexuality in Marriage“ was handled very effectively by Mr. Chandrakant Sarvagod. We hope this workshop will be very effective and useful to the participants to their future marital life.



A workshop on “Pre-marital Counseling”



of the workshop.



Ms. Sangeeta Saraf, Member of NGO explaining the topic



Audience present in the workshop



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED



Mrs. Sangeeta Saraf interacting with audience.



Audience present in the workshop



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

## WOMEN DEVELOPMENT CELL

REPORT FOR THE A.Y. 2020-2021

According to the guidelines of University of Mumbai, Women Development Cell of our college has been formed. Following are the members:-

Dr. R.K. Patra (Principal)	Chair Person
Prof. Mrs. C. Wins	Co-Ordinator
Prof. S.K. Deshpande	Advisory Member
Prof. Anita Madhu	Member
Prof. Sudhiksha Shirke	Member
Mrs. S.V. Dhasal	Member
Mrs. Vrushali Gokhale	Counselor
Miss. Namrata Shahne (T.Y.BSc, Chemistry)	Students Representative
Miss. Khushi Manishi Jain (T.Y. B. Com)	Students Representative
Miss. Madhuri Gajanan Jogale (S.Y.BA)	Student Representative

Every year at the beginning of the academic year, the committee members conduct an interactive introductory session for the girl students to introduce the concept of women development cell.

1.	16.7.2020	Encompassing Gender: Gender Bias & Stereotyping, Gender Equality and Women' Rights	Dr. Leena Pimpley
2	24.02.2021	Cyber Crimes	Mrs. Manisha S
3	08.3.2021	Inter-collegiate Photography Competition	Prof. Pramod Gaikwad



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

**Encompassing Gender: Gender Bias & Stereotyping,**

**Gender Equality and Women' Rights**

The programme was started with the meaning of what is gender? And what is sex? Sex means biological character that defines the human male or female. Gender is a culture, which is socially imposed. The speaker used different colourful slides to explain gender and sex. She explained how the toys are classified between boys and girls and said gender stereotyping was developed by the society. She explained that how the boys are groomed by providing, protecting, procreating, possessing and etc. simultaneously girls are discouraged by submitting, nurturing, sacrificing and etc.

She explained age wise how the society inculcate certain characters between girls and boys, gender-based work and its value women do, gender-based violence worldwide like physical and sexual harassment.

The theme of the programme was to showcase the gender inequality in the complex society and dealing with gender equality.

**Webinar on Cyber Crimes**

On 24<sup>th</sup> February 2021, the Women Development Cell of Vikas College of Arts, Science and Commerce in association with Responsible Netism conducted a Webinar for our young students of both boys and girls on the title of "Cyber Crime".

The resource person Mrs. Manisha S has given a speech on this title, she removed certain misinterpretations from the mind of young students regarding the cyber-crimes. She emphasized that no one will escape from the punishment if he or she, minor or major involved in crimes in internet. If minor involved in cyber-crimes, their parents will be punished by imprisonment or penalties or both. Even they may lose their jobs.

**Some highlights of Cyber-crimes: -**

Fake profiles- Open an account in social media and spread wrong formation about others. Hacking- Stealing other's data. Stalking- Following others in the social media with wrong intention.



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

Morphing- Join two different photos and make a new.

Financial fraud and terrorism

Dealing with bullying: -

1. Should not react and respond.
2. Report to trusted adults
3. Keep copies and evidences
4. Report abuse at the social media site
5. Cut Communication with bulling
6. Report to police
7. Stay strong
8. Learn to protect ourselves

More than 250 students participated in the webinar. The speaker made the webinar interesting, she used different PPT slides to support her speech.

### **Inter-collegiate Photography Competition**

On 8<sup>th</sup> March 2021 an Inter-collegiate Photography Competition was conducted by Dept. of B. Voc (Media Production), B.Voc. (Medical Lab Technology) and Women Development Cell of our college, on the occasion International Women' Day.

The programme started with welcome and introduction speech by Prof.

Pramod Gaikwad. The themes for the photography competition are as follows,

1. Working women
2. House wives
3. Family role of women
4. Religious women
5. Rural and urban women lifestyle
6. Women' ornaments
7. Women farmers/labourers

Many students were participated and displayed their photographs in the webinar and they explained about how the photos were related with themes given. Dr.

Shubhada Deshpande and Smt. C. Wins given speech about how the women play an important role in the family at home, and in the society. Now-a-days women contribute huge



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

in the field of agriculture, and service sector, we cannot deny their contribution on overall economic development in the economy. They also expressed the various problems faced by women in the society, and also discussed why they are not ready to bring out the problems in the society.



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

**WOMEN DEVELOPMENT CELL**  
**REPORT FOR THE A.Y. 2021-2022**

As per the guidelines of the Vice. Chancellor of University of Mumbai, our college has established the Women Development Cell. It looks in to the grievances of womenstaff and girl students in the college. The following are the members:-

Dr. R.K. Patra (Principal)	Chair Person
Prof. Mrs. C. Wins	Co-Ordinator
Prof. S.K. Deshpande	Advisory Member
Prof. Anita Madhu	Member
Mrs. S.V. Dhasal	Member
Miss. Kadam Reshma (T.Y. BA)	Students Representative
Miss. Pooja Kamble (T.Y.B. Com)	Students Representative
Miss. Priyanka Kamble (S.Y.BAF)	Student Representative

Every year at the beginning of the academic year, the committee members conduct an interactive introductory session for the girl students to introduce the concept of women development cell.

Sr. No	Date	Title of the Programme	Resource Person
1.	07.12.2021	Endometriosis: A Silent Epidemic	Dr. Prajakta Saraf
2.	10.03.2022	“Cyber Sakhi” on Cyber Safety	Smt. Steffi Benjamin



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

Webinar on Endometriosis - A silent Epidemic

On 7<sup>th</sup> December 2021, at 4.00 pm on Microsoft Teams, the W.D.C. and NSS of the college in association with wellesta Healthcare Pvt. Ltd. Conducted a webinar on Endometriosis - A silent Epidemic. The resource person, Dr. Prajakta Saraf explained about the Endometriosis with the help of colourful PPT slides. She explained the 1<sup>st</sup> occurrence of menstruation, woman's monthly cycle, the length of the menstrual cycle, how it varied from woman to woman, regular cycles, that are longer or shorter. She also explained about the Cramps during menstruation and during endometriosis, with the help of PPT, she cleared the doubts of the students the difference between menstruation and endometriosis. She gave how OTC painkillers reduce the pain during menstruation.

The resource person also explained the causes of endometriosis like, retrograde menstruation, immune system disorder, Hormone imbalance, poor diet and lifestyle, endometrial all transport. She also gave some treatment option and solution like medical management, lifestyle change exercise, surgical treatment, finally the webinar was concluded with question answer session.

“Cyber Sakhi” on Cyber Safety”

The WDC of the College, in association with Responsible Netism organized “Cyber Sakhi”, an online awareness programme on cyber safety, on the occasion of international Women's Day on 10<sup>th</sup> March 2022, at 4:00 pm on Microsoft Teams. In this current technological world, students are too much exposed to social media and they are affected by bullying. Due to which, they have been socially isolated, made to feel different, they are ashamed and also need loneliness. Ultimately it affects their studies, negativity in their minds sometime, they try to do suicide. So, by considering all these consequences, the W.D.C. of the college organized this programme.

Resource person Smt. Steffi Benjamin, conducted the session with colorful presentation, she discussed various causes of bullying and also discussed „how to deal with bullying“. She also discussed on online grooming are revenge porn, honey traps, Sextortion, self-created child sexually abusive material, Dating Apps etc. The solutions are, do not react or respond because bullies wait for reaction, report to trust adults like, parents, teachers etc. keep copies and evidences of the bullying content and report to social media site. The webinar was concluded with question answer session.



Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

**WOMEN DEVELOPMENT CELL**  
**REPORT FOR THE A.Y. 2022-2023**

As per the guidelines of the Vice. Chancellor of the University of Mumbai, our college has established the Women Development Cell. It looks in to the grievances of women staff and girl students in the college. The following are themembers: -

Dr. R.K. Patra (Principal)	Chair Person
Prof. Mrs. C. Wins	Co-Ordinator
Dr. S.K. Deshpande	Advisory Member
Dr. Reshma Anvekar	Member
Prof. Anita Madhu	Member
Prof. VinipriyaAngel	Member
Mrs. S.V. Dhasal	Member
Miss. Priyanka Waghmare (TY.BA)	Student Representative
Miss. Nikita Singh (TY.B.Com/C)	Student Representative

The Committee members conduct an interactive introductory session for the girlstudents at the beginning of the academic year, to introduce the concept of Women Development Cell. This introductory session will create awareness about the cell in the college.

Sr. No	Date	Title of the Programme	Resource Person
1.	13.08.2022	Self Defense	Protection & Security Branch of Mumbai Police
2.	07. 09.2022	Workshop on Skill Training	American India Foundation Team
3.	08.03.2023	Building Relationship: Boost to Healthy Society	Prof. Jyostna N Shimpi Adv. Lalita Mehta

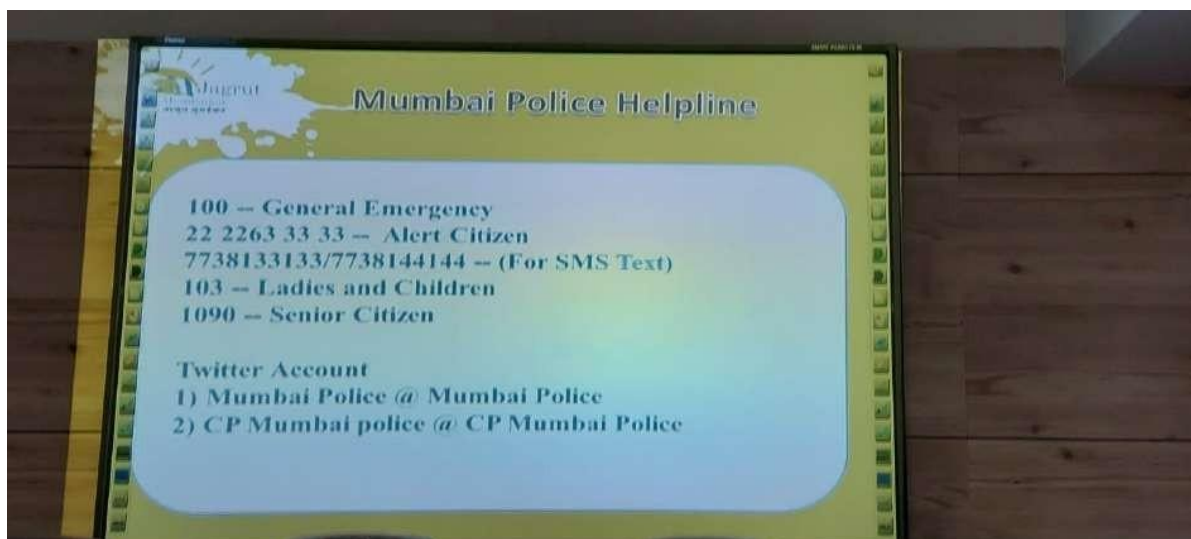


Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

### Self Defense

As a part of the celebration of the 75<sup>th</sup> Azadi Ka Amrit Mahotsav, the Internal Quality Assurance Cell, Women Development Cell and National Service Scheme in association with Protection & Security Branch of Mumbai Police, organize a workshop on “Self Defense”, on 13<sup>th</sup> March 2022. The team consists of Ms. Padma Mathias from the Office of Police Commissioner Mumbai and her male colleagues. The team has conducted the session for the girl students of the college.

She urged the girl students how they should be on alert always, everywhere and anytime. She also emphasized more on their physical fitness. She advised self defense helps us to prepare for unexpected situation and also whenever we are attacked by strangers, self defense is very essential to the girl students in the society. Martial arts and self defense skills are useful for dangerous and unforeseen circumstances. The girl students are advised to maintain proper communication with their parents or adults in the family, whenever they are outing with their friends. She also emphasized the students to share information when they travel in the auto or taxi as a protective measure. The session was supported by colorful PPT and question answer section, the students have participated actively.





Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Kannamwar Nagar-2, Vikhroli (E), Mumbai

**75**  
Azadi Ka  
Amrit Mahotsav

**60**  
1962-2022  
Diamond Jubilee Year 2022-2023

**INTERNAL QUALITY ASSURANCE CELL  
WOMEN DEVELOPMENT CELL  
&  
NATIONAL SERVICE SCHEME**  
In Association with  
**PROTECTION & SECURITY BRANCH OF MUMBAI POLICE**

Organise a workshop on

**Self Defence**

Saturday, 13th Aug, 2022

**Venue: Conference Hall, Time: 3:00pm**

Dr. R.K. Patra  
Principal

Dr. Vinay P. Raut  
Secretary, V.V.E.S.





Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED





Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

**An Interactive Session on “Building Relationship: Boost to Healthy Society”**

On the occasion of the International Women' Day, on 8<sup>th</sup> March 2023, WDC of the college has organized an Interactive Session on “Building Relationship: Boost to Healthy Society”, Prof. Mrs. Jyostna N Shimpi and Adv. Lalita Mehta conducted the interactive session. The session was divided into two parts; the 1<sup>st</sup> part was conducted by Adv. Lalita Mehta on the main causes of the divorce and the legal aspect of divorce. She explained that divorce the legal dissolution of the marital union between a man and woman. The separation is granted by the court of law. Divorce can be a mutual divorce and contested divorce; she also explained how the lack of communication, infidelity, or extramarital affairs, too much conflicts and argument and lack of physical intimacy became the major causes of divorce. Simultaneously, after divorce how the couple experiences like decreased levels of happiness, change in economic and social status and emotional problems and the impact on children include academic, behavior and psychological problems.

The 2<sup>nd</sup> part of the interactive session was conducted by Prof. JyostnaN Shimpi. She has explained how a healthy relationship boosts to healthy society. She has explained in a very simple and lucid language about what does a healthy relationship and how to manage to have a successful relationship by both husband and wife. She also explained the various challenges faced by the couple in their life. She has given many tips to build healthy relationship. She conducted the session with beautiful and colorful presentation, so we could see the active participation of the students.





Vidya Vikas Education Society's  
**VIKAS COLLEGE OF ARTS, SCIENCE & COMMERCE**  
Affiliated to University of Mumbai  
ISO 9001:2015 CERTIFIED

