



Navneet Education Society's

NAVNEET COLLEGE **OF COMMERCE & SCIENCE**

Recognised under Section 2(f) of the UGC Act, 1956

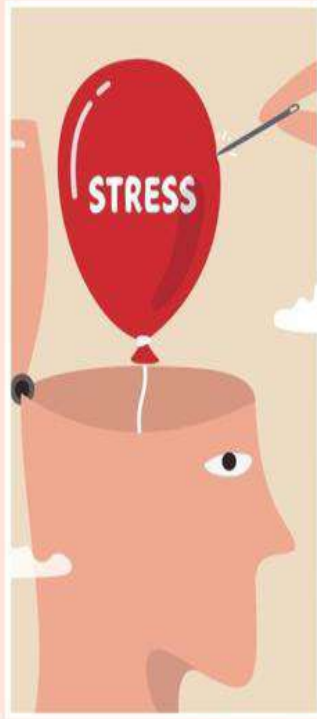
Reports of Workshops Organised by the WDC



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WORKSHOP ON- STRESS MANAGEMENT BY-PRATIKSHA SANGLE (CLINICAL PSYCHOLOGIST)



- Topics
- Definition
 - Effects
 - Causes
 - strategies



Let come together and learn what Stress is! How can we manage it and how to overcome stress.

Timings- 10:30 to 11:30am
venue- Navneet College

Date- 15th February 2019
Day- Thursday

Registration
Plz register on the link given



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WORKSHOP ON STRESS MANAGEMENT



Date: - 15/02/2019

Resource Person: - Pratiksha Sangle (M.A, Clinical Psychology)

Time: - 10:30am to 11:30am

No of Participants: 24

IQAC of Navneet College organized a workshop on 'Stress Management' on November 2, 2022, from 10:30 am to 11:30 am. The resource person for the event was Pratiksha Sangle, M.A. in Clinical Psychology. The workshop saw active participation from 24 students, creating an engaging environment for learning. Pratiksha Sangle commenced the session with an insightful introduction to stress, covering its causes, effects, and symptoms. The primary focus was to equip students with effective strategies for dealing with stress in their academic and personal lives.

Throughout the workshop, students received detailed information about stress, gaining a deeper understanding of its nuances. Pratiksha Sangle, drawing on her expertise, provided practical strategies to manage and cope with stress effectively. The aim was not only to educate students about the nature of stress but also to empower them with actionable techniques for stress management. The workshop concluded with an interactive Q&A session, allowing students to seek clarification and share their thoughts. Participants left the session with valuable insights and a toolkit of strategies to navigate stress in their daily lives.

Outcome:

The 'Stress Management' workshop successfully achieved its objective of educating students about stress and equipping them with practical strategies for effective management. By enhancing students' awareness and providing actionable tools, the workshop contributed to fostering a healthier and more resilient community at Navneet College.

Principal



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**WOMEN DEVELOPMENT CELL
ORGANISES
WORKSHOP ON SELF-DEFENSE
PROGRAMME FOR GIRL
STUDENTS**

**DATE -19/12/19
TIMING- 9 AM – 10 AM
VENUE: COLLEGE GROUND**

Gilderlane Mun. School Bldg. Belasis Bridge, Opp. Rly. Stn. Mumbai Central, Mumbai 400 008
Tel.: 022-23082017-18, 022-23012671 Email: degreecollege@nesedu.in Website: www.nesedu.in



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WORKSHOP ON SELF-DEFENSE PROGRAMME FOR GIRL STUDENTS



Day & Date –19th December, 2019

Timing- 9 AM – 10 AM

Venue: Ground, Navneet College of Arts, Science and Commerce.

Navneet College of Arts, Science, and Commerce organized a crucial workshop on Self-Defense for girl students on December 19, 2019, from 9 AM to 10 AM at the college ground. The workshop, coordinated by the Women Development Cell in collaboration with NSS, aimed to empower female students with knowledge and techniques for self-protection.

The objectives of the workshop were threefold: first, to educate girl students about different types of violence they might encounter; second, to provide tips for self-protection in various situations; and third, to showcase and demonstrate different self-defences techniques.

Recognizing the need to address the safety concerns faced by girls and women in society, the Women Development Cell, under the guidance of the college Principal, organized this training session. The primary purpose was to strengthen the self-protection skills of female students and staff, contributing to women empowerment.

The training session, held in the college ground, attracted around 30 participants from various departments. The workshop included demonstrations of effective self-defence techniques, equipping participants with the tools to handle unexpected situations and enhance both mental and physical well-being.



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Outcome:

The initiative reflected the college's commitment to creating a safe and empowering environment for its female students and staff members. The workshop on self-defences proved to be a proactive step towards building resilience and confidence among participants.

Some Glimpse of the Event:



Principal



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Gender Audit Report



98195 99851

Ms. Rashmi Joshi
Gender Equality Activist

4, B/141, Yoganand Society, Vazira Naka, Borivali (W), Mumbai - 400 092.
Email : rashmijoshi72@rediffmail.com

GENDER AUDIT
of
**Navneet College of Arts , Science and
Commerce, Mumbai**
For the year 2022-2023
Conducted By
MS. RASHMI JOSHI
(Gender Equality Activist)

Gender Equality is a Human Right and is vital for a Peaceful, Prosperous World.



Ms. Rashmi Joshi

Gender Equality Activist

98195 99851

4, B/141, Yoganand Society, Vazira Naka, Borivali (W), Mumbai - 400 092.
Email : rashmijoshi72@rediffmail.com

Information about the College

Navneet College of Arts, Science and Commerce is run by Navneet Education Society which was established in 1998, with the sole motive of imparting quality education. At present it offers variety of Programmes across three Faculties (Arts, Science & Commerce) B. A.(Psychology), B.A. (M.M.C.) B. Com, BMS, BAF, B. Sc – IT. BCA at Underduate level and M. Com, M. Sc – IT at Post-graduate level. The two philosophies guiding us are “Vidya Vardhate Rashtram” (Enriching Nation through Education) and “Vidya Dadati Vinayam” (Education gives Humility). The College aims to cater to the students form different strata of the society in keeping with the ideal of Sarvodaya and is striving to achieve the holistic development of its students.

Vision

To create smart, responsible and humble citizens with vibrant and ethical thought process rooted in Indian values by providing opportunities for the holistic development of the youth.

Mission

- To ensure all round development of the students from various strata of the society to achieve the goal of Sarvodaya
- To encourage learners to achieve holistic development by taking part in co-curricular and extra-curricular activities.
- To inculcate research culture among staff and learners
- To create the human resource that can meaningfully contribute to industry and community at
- To enhance employability of learners by providing vocational and skill based learning
- To create strong base of ethical values among learners
- To mould the learners to become future leaders, entrepreneurs and most importantly, good human beings.

Gender Equality is a Human Right and is vital for a Peaceful, Prosperous World.



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Objectives:

- To provide an atmosphere of learning and empowerment to learners
- To create opportunities for staff and learners to achieve excellence in academic and other fields.
- To enhance and enrich the curriculum in keeping with the current trends of industry and society
- To optimally utilize technology, infrastructure and financial resources
- To strengthen academia- industry relationship
- To orient learners towards ethical and environmental values

Courses taught and total strength of students:

Sr. No.	Programme	Male	Female	Total
1.	B.Sc.(Information Technology)	104	16	120
2.	B.Com	233	106	339
3.	B.M.S	71	32	103
4.	B.Com (Accounting & Finance)	32	28	60
5.	M.Com (Advance Accountancy)	16	9	25
6.	M.Com (Business Management)	21	8	29
7.	M.Sc.(Information Technology)	33	8	41
8.	B.A. (Psychology)	7	6	13
9.	B.A. (Multimedia and Mass Communication)	1	0	1
	Total	518	213	731

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Need For Gender Audit:

- To find out gender balance in the institution.
- To take active steps in curbing gender related issues.
- To promote gender equality.
- To provide equal opportunities to both the genders.
- To tackle problems of sexual harassment through timely redressal of the complaint.

Gender Sensitive Features of the College:

A. Programmes /Activities conducted for Gender Related Issues :

NSS Unit and Women's Development Cell had organized the following programs for gender related issues :-

Date	Name of the event	Participants (in number) Male..... Female	Total
12 th February 2022	Udaan Festival with the theme of Transgender	8 Male and 6 Females	14
30 th September 2022	Women Empowerment	30 Males and 17 Females	47

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B. Achievement of Women in the College

C. Other Facilities

Entrance. : Yes

Staircase : Yes

StudyRoom: Yes

Safety Measures : Yes

Redressal of gender issues : Immediate with proper process

Common Room : Yes

Wash Rooms : Yes

Rest Rooms : Yes

Sanitary Napkins Vending Machine : Yes

Curricular Aspects of Gender Equality:

Gender Related Cross Cutting Issues in Course Curriculum

Program	Course	Semester and Module	Topic
B Com	Foundation Course	SEM – I MOD – II,III	Gender Equity and Sensitiveness
BMS	Foundation Course - I	SEM – I MOD – I,II,V	Gender Equity and Sensitiveness
BAF	Foundation Course - I	MOD – II,III	Gender Equity and Sensitiveness
BA	Introduction to Literature	Sem - I MOD – II,III	Gender & Literature, Gender and Human Values

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BA	Introduction to Literature	Sem - II MOD – II,III	Gender & Literature, Gender and Human Values, Gender Equality
BA	English I	Sem - III MOD – II,III	Gender and Human Values,
BA	English II	Sem - IV Sem - III MOD – II,III MOD – II,III	Gender and Human Values,
BA	English III	Sem - III MOD – II	Gender and Human Values
BA	English III	Sem - IV MOD – II	Gender and Human Values
BA	Foundation Course	SEM – I MOD – II,III	Gender Equity and Sensitiveness

As the part of curriculum, we not only discuss topics related to gender inequality and violence against women, we also teach them remedies to overcome them.

Gender Equality :

A. Number of teaching and non teaching staff in the college

	Male	Female	Total
Teaching Staff	13	5	18
Non-Teaching Staff	3	2	5

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B. Students' Ratio: 518: 213

C. Number of teachers registered for Ph D

Male : None Female : Two

D. Number of teachers recognized as Ph D guides :

Male : None Female : None

E. Number of teachers who have published research papers in the journals notified on UGC website

Male : Four Female : One

F. Number of teachers who have published books and chapters in edited volumes

Male : One Female: One

G. Number of students benefitted by scholarships and free-ships provided by government as well as besides government schemes :-

Sr. No.	Name of Scholarships	Male	Female	Total
1.	Freeship and scholarship for Sc/ST students	14	08	22
2.	Scholarship for SEBC./EWS	02	04	06
3.	Schoarship for OBC/SBC/VJNT	07	01	08
	Total	23	13	36



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Women's Development Cell (WDC):

Sr. No.	Name of the Teacher	Designation
1	Suman Yadav	Chairperson
2	Eram Qureshi	Member
3	Shashikala Tripathy	Member

Internal Complaints Committee (ICC):

Sr.No	Name	Designation	Position
1	Dr. Anjan Kumar (Presiding Officer)	Principal	Presiding Officer
2	Prof. Manasi Baghat	Ast. Prof.	Chairperson
3	Prof. Suman Yadav (Member)	Ast. Prof.	Member
4	Prof. Jitendra Mishra (Member)	Ast. Prof.	Member
5	Mrs. Asha Yashwant Masurkar	Senior Clerk	Member

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Best Practices About Gender Sensitivity

- Best Practice 1: The management give equal Pay and benefits for comparable roles with similar responsibilities to both male and female staff. Moreover, they are given equal opportunities for promotions and career progression.
- Best Practice 2: In keeping with the vision and mission, the College tries its best to maintain inclusive environment by encouraging teachers and students to achieve academic excellence without any gender discrimination.

I have conducted a study of various activities organized by Navneet College of Commerce, Arts and Science during the period 2022 To 2023 in order to provide equal opportunities to its women students.

I conclude that the college has taken various initiatives to protect and promote the interests of its women students.

However, i suggest the following recommendations :

- a. Self Defense
- b. Prevention and Protection against sexual harassment
- c. Women related health issues
- d. Vocational courses suitable to women
- e. Laws enacted for the betterment of women
- f. Awareness on problems less discussed such as menstruation

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Facilities for Women



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FACILITIES FOR WOMEN

1) GIRLS COMMON ROOM



2) Sanitary Napkin Vending Machine & Disposal Machine



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Usha K. Mishra



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3) CCTV Surveillance in College Campus



4) Security at the Entry Gate



Jushar . h. Mishra



H. Redkar
Principal

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