

SNDT Women's University

Shreemati Nathibai Damodar Thackersey Women's University



AQAR 2020-21

Criterion VII

Supporting documents

For

- 7.1.8- Describe the Institutional efforts/initiatives in providing an inclusive environment i.e., tolerance and harmony towards cultural, regional, linguistic, communal socioeconomic and other diversities (within 500 words).

<https://sndt.ac.in/pdf/naac/criteria-7/7-1-8-inclusion-and-situatedness.pdf>

INDEX 7.1.8

Sr. No	Details of report	Page Number
01	Describe the Institutional efforts/initiatives in providing an inclusive environment i.e. tolerance and harmony towards cultural, regional, linguistic, communal, socioeconomic and other diversities	03
01	Report on Online Coffee Talk	04
02	Dyslexia awareness month	05
03	Helen keller Awareness programme	06
04	Enhancing your professional footprints with innovative media & information company	08
05	Webinar on virtual hearing	10
06	Role of yoga and mental physical wellness: Covid-19.	12
07	Report on wall paintings project	14

7.1.8 Describe the Institutional efforts/initiatives in providing an inclusive environment i.e. tolerance and harmony towards cultural, regional, linguistic, communal, socioeconomic and other diversities (within a maximum of 200 words)

Social institutions of the society play an important role in social, socio-economic, cultural, environmental, linguistics, communal, tolerance and harmony of the society. Culture is the reflection of society and knowledge is an element of culture. The role of educational institutes is to create, deposit and transfer the knowledge through regional, communal, cultural and environmental settings. The importance of these dimensions in Education is to enrich students' understanding of the dynamics of Indian Society, global social order and to widen their perspectives, opportunities, skills, and to explore problems of the society.

Today we visualise SNDT Women's University as a world class university that continually responds to the changing social realities through the development and application of knowledge. SNDT Women's University is devoted to the cause of women's empowerment through a wide range of professional and vocational courses for women.

Keeping these social dimensions in mind, SNDT Women's University has made an effort to give justice to socio-economic, cultural and environmental factors through activities

This year an offline Coffee Talk was arranged with students of FRM to relieve stress and create light moments for students. The activity was organized at Tea Time from 4.00 to 5.30pm and all were asked to have tea during this time together. Some short stories, incidents and experiences during covid were shared by all the participants.

The Dyslexia Awareness Month was commemorated by the students and staff of the Department of Special Education on October 29, 2020. The event was organized online via the Zoom platform.

Another program was Picking up Drug Addiction – awareness programme on drug addiction on August 8, 2020. It was an awareness programme on drug addiction and different ways of dealing it with.

Report on Online Coffee Talk

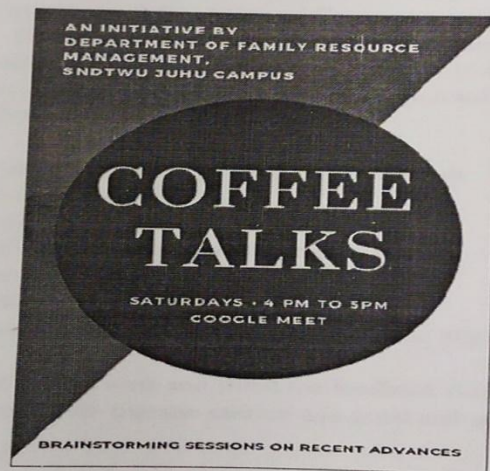



DEPARTMENT OF RESOURCE MANAGEMENT S.N.D.T. WOMEN'S UNIVERSITY

Sir Vithaldas Vidyavihar, Juhu, Mumbai - 400 049.
Phone : 2660 8855, 2660 8462 / 93 Ext. 281
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Report on Online Coffee Talk

On May 15, 2021 Department organized Coffee Talk with Students of FRM to relieve stress and create light moments for students. The activity was organized at Tea Time from 4.00 to 5.30pm and all were asked to have tea during this time together. Some short stories, incidents and experiences during covid were shared by all the participants. Dr. Archana Bhatnagar took initiative in organizing this event. 10 students and 2 faculty members attended the session. Students really enjoyed this activity and expressed that more such activities should be organized.



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Dyslexia Awareness Month

The Dyslexia Awareness Month was commemorated by the students and staff of the Department of Special Education on October 29, 2020. The event was organized online via the Zoom platform.

In keeping with the theme of creating awareness, the students of the department conceived, scripted and enacted a video titled 'Decoding Dyslexia'. The video was launched on October 29, 2020 on zoom with an audience of approximately 150 participants.

The event began with the launch of the video followed by the game 'Sparkles' which attempted to bust some myths and bring to light some facts about Dyslexia. The participants also got an opportunity to interact with two adults with a diagnosis of Learning Disability, understand their struggles and triumphs. We also had the opportunity to hear from a parent of an individual with Learning Disability, learning about the impact of the diagnosis on the individual and family from the parent's perspective.



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Helen keller Awareness programme

Helen Keller was one of the first deaf-blind Americans to break the mold and prove that no disability can prevent a person from living their best life. Despite her disability, Helen Keller went on to become an author, a lecturer, and the first deaf-blind recipient of a Bachelor of Arts degree. As of 1984, the last week of each June is dedicated to Helen Keller and all deaf-blind individuals by spreading awareness of the disorder.

Many people are aware of what it means to be considered legally blind or deaf. When it comes to deaf-blindness, it is easy to assume that the disorder is merely a combination of the two disorders. However, being deaf-blind affects much more than hearing and sight. Some important things to remember:

Being deaf-blind does not always mean a person doesn't see or hear anything. The majority of deaf-blind individuals operate on a sliding scale of visual/auditory ability. For instance, some deaf-blind individuals have no hearing, but a limited-enough field of vision to qualify as legally blind. Some individuals can see very little, while being able to hear sounds within a certain range of frequencies. Only in very rare cases do individuals experience absolutely no sight and auditory input.

Most deaf-blind individuals experience other conditions as well. Being deaf-blind is often an indicator of other disorders. Some experience mental or cognitive disorders that make it difficult to think or communicate properly (which may be linked to the brain's inability to learn with sight or sound). Some experience physical disabilities that make it difficult to control motor functions. Often, it is untrue to assume that a deaf-blind person only experiences these two conditions.

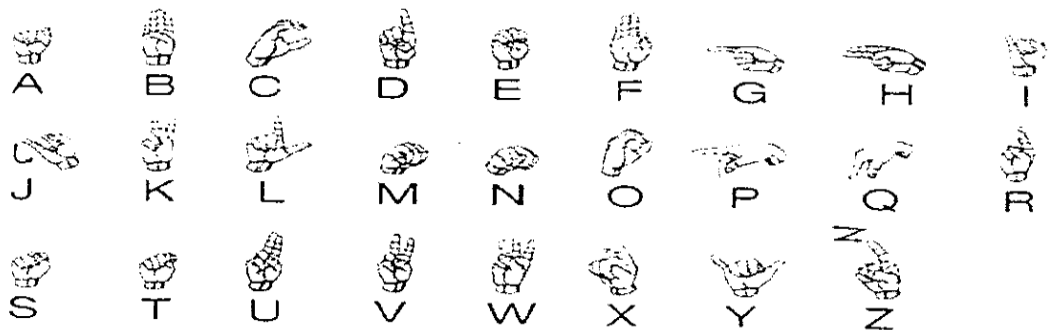
Deaf-blind individuals can be just as functional as anyone else, and achieve an excellent quality of life. One of the biggest misconceptions about deaf-blind individuals is that they live their lives completely dependent or unable to communicate effectively. However, with individualized education plans and the help of loved ones, deaf-blind individuals can overcome any obstacle presented to them. For example, in regards to communication, many deaf-blind individuals use methods such as touch cues, gestures, object symbols, sign language, or braille to communicate. All it takes is time, patience, consistency, and the continued effort of those involved.

The theme for Helen Keller Deaf-Blind Awareness Week 2020 is 'DEAFBLIND and THRIVING', which sets a positive and encouraging message. It aims at removing obstacles people who are deafblind face and amid all the other obstructions "Misconceptions don't have to be one of them"

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Happy Helen Keller Day



Share

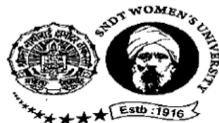
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WEBINAR ON VIRTUAL HIRING on April 03, 2021

A Webinar on VIRTUAL HIRING was organized by Department of Textile Science and Apparel Design online on April, 03, 2021 Ms. Minal Sule. In time of pandemic need was felt to train students for the concept of Virtual Hiring. Under this webinar how to prepare biodata, how to attend virtual interview, points to be kept in mind while attending virtual interviews etc. were covered. Total 40 students attended this webinar on VIRTUAL HIRING



**Shreemati Nathibai Damodar
Thackersey Women's University**

Reaccredited by NAAC. Awarded "A" Grade

**Department of Textile Science and
Apparel Design**

**Invites You to the Webinar on
Virtual Hiring**

Organized by
Dr. Anshu Sharma,
HOD and Associate Professor, TSAD
and
Mrs. Nikhila Rane,
Assistant Professor, TSAD



Saturday 3rd April 2021



11.00 am to 12.30 pm



Google Meet

Speaker



**Ms. Meenal Sule,
Visiting Faculty for Soft Skills &
Communication Skills
S. N. D. T Women's University,
Corporate Trainer**

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ENHANCING YOUR PROFESSIONAL FOOTPRINTS WITH INNOVATIVE MEDIA & INFORMATION COMPANY on May 05, 2021

A session on ENHANCING YOUR PROFESSIONAL FOOTPRINTS WITH INNOVATIVE MEDIA & INFORMATION COMPANY was organized by Department of Textile Science and Apparel Design online on May 05, 2021. Ms. Jigna Shah, Founder Innovative Media and Information Company. Topics covered under the session were Media, Branding, Hr Services for Textile and Apparel Industry. Innovative Media and Information Company was founded in the year 2012. This company combines and connects industry contributors under one platform. Vision is to reduce gap of all the contributors and assemble them into one platform. Mission is to utilize optimum potential towards growth of country and human race.

Fashion Value Chain (FVC) is the Global Online platform to unite Fashion Enthusiasts and Fraternity into one platform. This platform is for budding fashion entrepreneurs, freelancers, designers who want to follow their dreams in the fashion industry. FVC will cover Fashion Stylist, bloggers, models, photographers, retailers, designers, private labels, Indian and International brands, local home grown brands etc. Fashion Followers are already following them on social media pages. TEXTILE APPAREL JOBS is the Indian Global Online Employment Platform for both Organization who needs an Efficient Human Resource to build strong team and for people who are seeking Dream Jobs with Meaningful Career. Vision is to provide one stop solution to Global Textile and Apparel Industry for

Mission is connecting people to organization and vice versa. Innovative Design and Print Services provides graphic design, textile design/pattern design, fashion illustrations designs. Graphic design caters to the logo, brochure, leaflet, Magazine, etc. Textile Design provides designs for men, women, and kids fabrics.

Fashion Illustration provides an illustration for fashion, garment. Internship Opportunities with Textile Value Chain TEXTILE VALUE CHAIN as Social Media Content Developer which help in to develop Graphic design skills, knowledge improvement for textile industry.

As content writer intern need to Write articles, research papers, textile industry news writing and development, market reports, proofreading, drafting, social media content. It gives benefits of having your work published in an international textile journal enhances your profile with added credits, one not only develops their writing skills but also gain a deep knowledge in a particular topic.

Total 22 students of Textile science and Apparel design attended this session.

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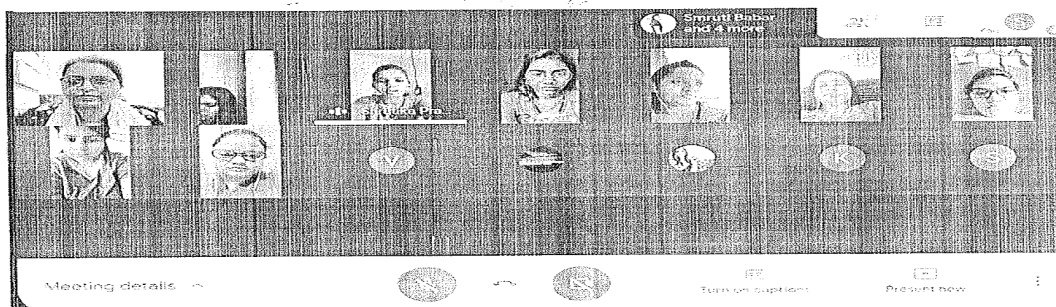


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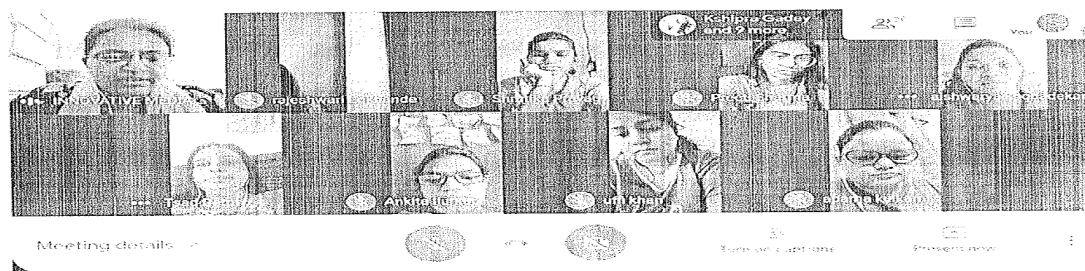
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1. Online Session in progress



Online Session in progress

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Role of yoga and mental physical wellness: Covid-19.

The online event was conducted by First year and Second year MCA students on 21st July 2020 where the students were informed of the importance of Yoga on mental and Physical wellbeing of people in the Pandemic.

Yoga is a word that became popular across the world in the last few years. Yoga is not only beneficial for the body but also for the mind. It helps to improve blood flow and helps in building mind clarity. For ages, yoga was known to be beneficial for our physical & mental health. It not only helps us to stay calm but also helps us to lose weight.

During this ongoing coronavirus pandemic, when we are all bound to live a restricted life under the constant fear of infection risks, it is natural for anyone to develop anxiety. The continuous flow of negative news, the inadequacy of daily resources, everything is adding to this growing anxiety and depression. Being confined at home for such long periods of time can be mentally challenging for us. When our mind is flooded with the uncertainty of the future, we often experience sleepless nights causing fatigue. Many of us are unable to relax our mind during this time thereby increasing the stress on our minds.

During this time, it is important to understand that mental health is very important for survival. To help with this growing level of anxiety and depression, we must lead a healthy lifestyle, stay connected to our loved ones, and practice yoga at home.

WHY YOGA?

Continuous anxiety or stress can manifest many health conditions such as high blood pressure, muscle tension, breathing issues, etc. Stress is the element that triggers our sympathetic nervous system causing all these health issues and in such situations, yoga can help us to stay calm. The posture and asanas of yoga help us to reduce muscle tension, joint issues and relax our sympathetic system, resulting in a relaxed mind. There are a lot of yoga poses which help us to manage our blood pressure level and anxiety. Yoga also teaches us to regulate our breath, which can make a person feel relaxed and at peace.

YOGA DURING THE PANDEMIC

To live through this lockdown & pandemic period, yoga is the best thing to adopt as a lifestyle habit. It helps us build a strong physical, mental and spiritual health system. When combined with breathing and meditation, it acts as the best element to take care of our mind, body and soul. There are different forms of yoga that can help us to stay physically strong and mentally balanced. It could also be something you can motivate others in your family & social circle to do, as it could help them get through these times easily & healthily. Just like a normal walk in the park or 30 minutes of hard-core gym exercising, Yoga brings its own flavour and benefits to the table, which can be performed by people of all ages, and provides you with a holistic sense of health, which is especially required during these times.

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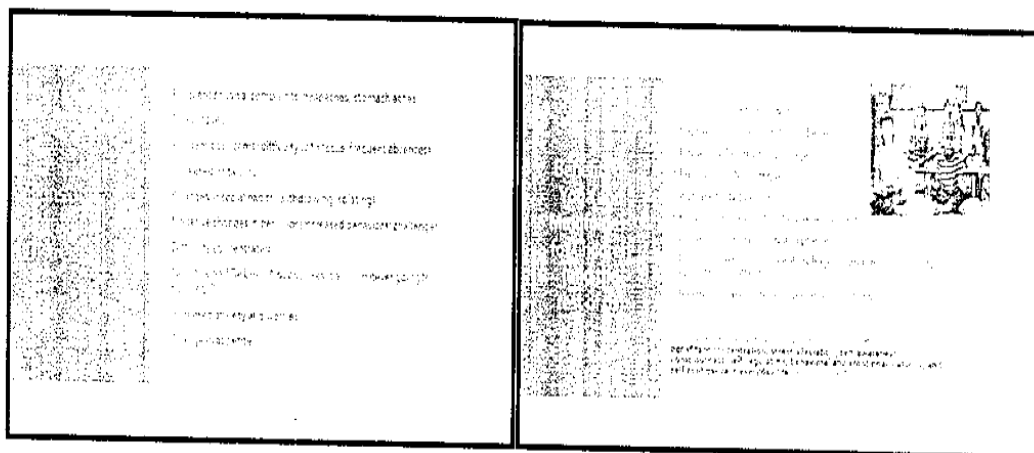
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Department: Drawing and Painting, Mumbai,

Year 2020-21

Report of Wall Paintings projects

Name of Students: Ms. Vaishnavi Dhargalkar and Ms. Akansha Surve

Vaishnavi Dhargalkar – SNDT MVA, 2nd Year (Creative Painting) and Akansha Surve – SNDT MVA 2nd Year (Mural Design) the students from department of Drawing and Painting, Mumbai worked on the walls for the project done under BMC Department. Brihanmumbai Municipal Corporation (B.M.C) E ward includes the area Ambedkar Hospital, Dr Baba Saheb Ambedkar Rd, Byculla East, Byculla, Mumbai, Maharashtra 400012. Total 20 walls were painted by the group of art students. The second site was GST Bhavan Mazgaon ward includes the area 27 Nesbit Road Mazgaon, Tadvadi, Maharana Pratap Chowk, Mazgaon Circle, Mumbai, Maharashtra 400010. In this area students painted 40 walls. 5 walls painted at Hathibag, Love Lane, Mazgaon. All these sites were painted with the subject nature. The forms of birds and animals decorated the walls with bright colours through which students motivated the public for nature conservation. It was a good experience, to create paintings on a larger scale.

Second project was initiated by NGO namely Society for Nutrition, Education & Health Action (SNEHA). They covered the area of Shiv Shakti School, Shankar Mandir, K.D Compound, Ganesh Nagar, Kandivali West. Where the focus of the wall paintings was on social awareness through paintings on CORONA awareness, Right to education, prohibition of child marriage act awareness etc. issues. To create social awareness the students used their painting skill for sensitizing people.

Outcome:

1. Students got professional experience of wall paintings.
2. They could make good use of painting skills and visual medium to spread awareness about social issues in society.
3. Students understood the connection of art and society.
4. Students learnt to interact with people while working on this project.

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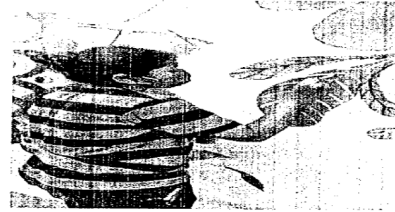
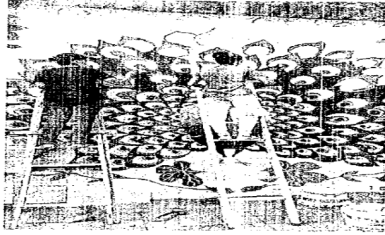
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