

SNDT Women's University

Shreemati Nathibai Damodar Thackersey Women's University



AQAR 2020-21

Criterion VII

Supporting documents

For

- 7.1.9- Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties and responsibilities of citizens

https://docs.google.com/document/d/1sCHt48czD_Mm602ptq49WV4dGDlpnDJ7/edit?usp=sharing&ouid=100660592442491391876&rtpof=true&sd=true

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Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties and responsibilities of citizens

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SNDTWU undertakes different initiatives by organizing various activities to sensitize students and employees to the constitutional obligation: Values, Rights, Duties and responsibilities of the citizens. In 2020-21 on 26th Nov 2019, Constitution day was celebrated online in which all the teaching and students took part. Registrar Dr. Waghmare narrated the fundamental rights, Duties, Values and responsibilities of citizens as stated in Constitution of India. He appealed to all to remember the struggle of freedom and respect the National Flag and National Anthem. Our constitution provides for human dignity, equality, Social justice, Human rights and freedom, Rule of law, equity and respect and superiority of constitution in the national life. The whole country is government on the basis of the rights and duties enshrined in the Constitution of India. In SNDTWU few departments have introduced a compulsory paper on the Constitution of India at Degree level and PG level across all disciplines to create awareness and sensitizing the students and employees to constitution obligation. As a part of strengthening the democratic values. In SNDTWU organized Electoral literacy and voters awareness seminars to literate the students and the Employees about the Democracy.

World Pharmacist Day was celebrated at C. U. Shah College of Pharmacy on 25th September and Pharmacist's oath was taken by students and faculty members. Department of Drawing and Panting carried out a wall painting project with a theme of CORONA awareness, Right to education, prohibition of child marriage etc. NSS wing had arranged for a road safety drive

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7.1.9 Sensitization of students and employees of the institution to constitutional obligations: values, rights, duties and responsibilities of citizens:

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, Tadwadi, 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.

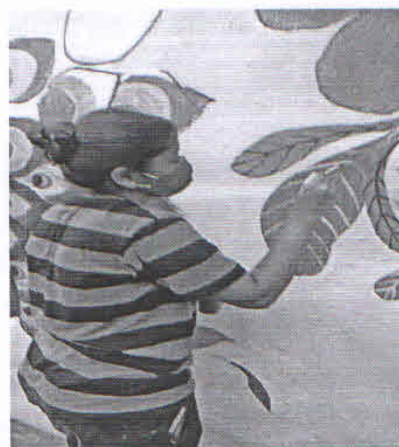
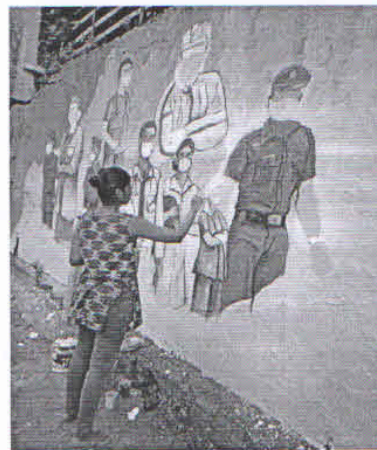
Second project was initiated by NGO namely Society for Nutrition, Education & Health Action (SNEHA). They covered the area of Shiv Shakti School, Shankar Mandir, K.D Compound, Ganesh Nagar, Kandivali West. Where the focus of the wall paintings was on social awareness through paintings on CORONA awareness, 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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Photographs:



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NSS Evidence of events and reports.

1. ROAD SAFETY WEBINAR BY UNITED WAY MUMBAI

Date: 05/16/2021

Topic: TWO WHEELS ONE LIFE

Speaker: MR ROHIT DALVI – NGO-UNITED WAY MUMBAI -9757322861

SAFETY FOR TWO WHEELER RIDER

An online session on road safety measures for two wheeler vehicle riders by United Way Mumbai. United Way Mumbai is a part of the 131-year-old United Way movement spanning over 41 countries across the world.

Their mission is to improve the lives by mobilizing the caring power of communities to advance the common good.

Activities:

- i. Before the session started, the attendees had to give a pre-test based on the basic information related to the two-wheelers.
- ii. At the end of the session, attendees again gave a post-test with the same questions to know how much they learned from this session.

TOPICS DISCUSSED:

1. Know your vehicle
2. Controls indicators and equipments
3. Basic Operation
4. Braking to a Stop
5. Preparing to Ride
6. Safe Rider
7. Personal Protective Gear
8. Rules of the Road
9. Risk and Riding
10. Basic street strategies
11. Strategies for common riding situations
12. Special riding situations
13. Rider Impairments
14. Speed and its consequences
15. Use of Mobile Phones
16. Helping accident victims

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The online session “Two wheels one life, Safety for two wheeler rider”, started with the brief introduction about the United Way of Mumbai, their associated partners and the speakers. The key speaker was Mr. Rohit Dalvi, a member of United Way Mumbai.

The main objective of this session was how to prevent road accidents and keep yourself safe.

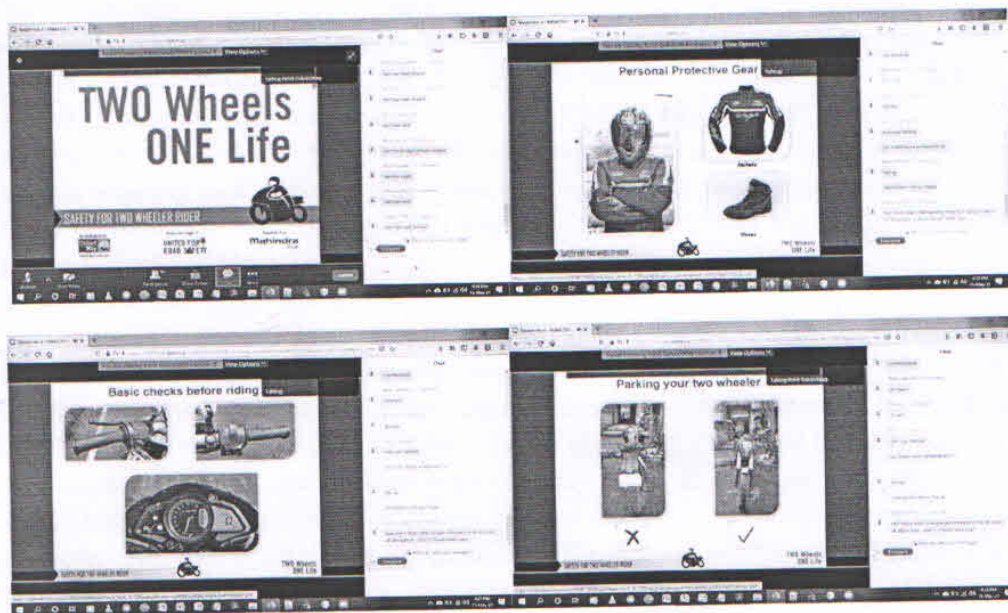
Initially, they gave basic information of the vehicle , its equipment and the basic operations. After that, they shared about the brakes of the vehicle i.e., which brake we should use at the time of emergency. They gave detailed information on Protective gears to use like what type of helmet is the safest, the type of jackets for long distance traveling, the type elbow guards and knee guards, etc.

Then they discussed the traffic rules, the risks of riding, basic street strategies to be followed and the strategies for the common riding situations.

Then they discussed the rider impairments, consequences of speeding and the risk of using mobile phones while riding.

They concluded by giving information on how to help an accident victim and what measures should be taken.

The session was attended by the students of first year and second year MCA.



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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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Signs of Emotional Distress

- Frequent physical complaints: headaches, stomach aches
- Sleep issues
- Academic concerns (difficulty with focus, frequent absences)
- Increased irritability
- Changes in social habits (withdrawing/isolating)
- Negative changes in behavior (increased behavioral challenges)
- Difficulty concentrating
- Negative Self Talk (e.g. "Nobody likes me," "I'm never going to succeed.")
- Increased anxiety and worries
- Change in appetite

Benefits of Yoga and Mindfulness for Children (and the rest of us)

- Improves concentration & focus
- Regulates self-perception and confidence
- Develops healthy body image
- Improves emotional regulation
- Increases body awareness
- Provides coping skills for stress management
- Fosters self-compassion & acceptance
- Practicing mindfulness regularly helps us strengthen our ability to control our attention
- It's an alternative to cope with our emotions



"The evidence of yoga practice among children indicates improved benefits in concentration, stress alleviation, self-awareness, consciousness, self-regulation, behavioral and emotional maturity, and self-confidence in everyday life." - Shapiro, K. & Fishbein, D. (2010)

Benefits for Anxiety and Depression

- Research suggest that a regular yoga and mindfulness practice can help reduce anxiety and depression symptoms.
- Improve mood & relaxation
- Reduce stress levels
- Increase energy
- "Studies show that yoga can reduce the impact of exaggerated stress responses and may be helpful for both anxiety and depression. In other words, **yoga functions like other self-soothing techniques**, such as meditation, relaxation, exercise, or even socializing with friends. By reducing perceived stress and anxiety, yoga appears to modulate stress response systems." (Yoga for anxiety and depression, 2018)

Beneficial poses for Anxiety & Depression

- Sun Salutations
- Reclined Bound ankle
- Bridge Pose
- Dolphin
- Legs up the wall



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National Webinar on International and National Policies and Legislative Provisions for Persons with Disabilities

The National Webinar on International and National Policies and Legislative Provisions for Persons with Disabilities was organized by the Department of Special Education between May 5 - 7, 2021. It was an online program open to interested participants from all over the country.

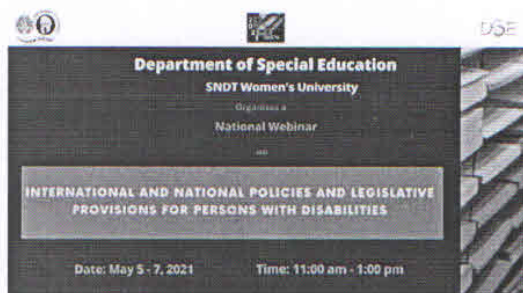
Approximate 250 to 300 participants joined us on the zoom platform for this webinar. Under the patronage of Hon'ble Vice Chancellor Prof. Shashikala Wanjari, the webinar was inaugurated by Dr M. N. Mani.

We were honored to have Dr Bhushan Punani as the keynote speaker. The team of stalwart resource persons was led by Former Chairperson Rehabilitation Council of India, Dr Sudesh Mukhopadhyay, Former Chairperson Dr Aloka Guha, Prof. Anupam Ahuja, Head, International Relations Division (IRD), NCERT, and Prof. Anita Julka, Former Dean Coordination, NCERT.

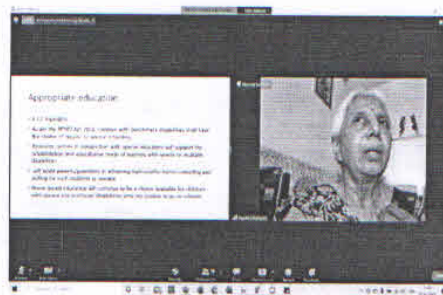
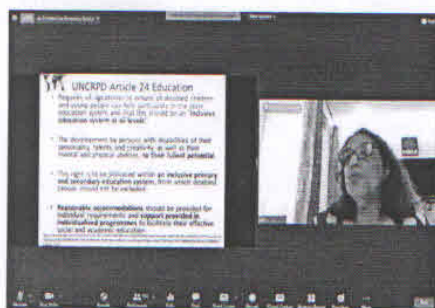
The webinar drew to its conclusion in the presence of Dr Jayanthi Narayan, Former Deputy Director of the national Institute for the empowerment of persons with Intellectual Disabilities, as the chief guest for the Valedictory ceremony.

Over the period of three days discourses and discussion on a range of policies and legislations were undertaken under the topics like 'Evolving Legislations for Inclusive Education, International Perspective on Inclusive Education, Evolving legislation for Inclusive Education, Perspectives on Rehabilitation of Persons with Disabilities, Goalposts for Inclusive Education, and Role of International Organizations in Education.

The participants got an opportunity to ask and receive answers to their questions on legislations and policies related to the field of Special Education.



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