



**Satish Pradhan Dnyanasadhana College, Thane**

**(Arts, Science and Commerce)**

**Reaccredited by NAAC (3rd Cycle) with 'B+' Grade (CGPA-2.69),**

**ISO 21001:2018 Certified**

**Descriptive Report of the Activity**

<b>Date: 21.08.2023 to 24.08.23</b>	<b>Revision: 01 15.06.2022</b>	<b>SPDC/AC/F05</b>
<b>Name of Department/ Committee:</b>	Being Me Committee	<b>Term: I / II</b>
<b>Name of the Activity:</b>	FY Sensitization on Being Me Objectives Skit by NCC cadets	
<b>Name of Collaborating agency/Organization:</b>		

**Event Name :** FY Sensitization on Being Me Objectives Skit by NCC cadets

Date: 21/08/23 to 24/08/23

Venue: F.Y. Classrooms

Number of students attended: All the students of respective F.Y classes of BA, B. Com, B.Sc. BAF, BBI, BAMMC, BMS, B.Sc. CS, B. Sc.IT (Approximately 745 students)

“Being Me” is an initiative taken by Satish Pradhan Dnyanasadhana College for coming five years which would focus on different social concerns such as LGBT, Divyangjan, Cervical Cancer, AIDS, PCOD, PSOS etc. This event will help stakeholders to recognise the strength of differently abled sections of our society.

Some of the Primary Objectives are:

- To change attitude of stakeholders towards sexuality stereotypes & to broaden the understanding about gender identity and equality
- To create awareness about gender specific health issues like AIDS, Cervical cancer and PCOD
- To help the unskilled working population in enhancing skill sets.
- To sensitize stakeholders towards issues of differently abled and to help in their empowerment
- To sensitize stakeholders about the challenges faced by old age citizens and conduct programmes for their general wellbeing.

To sensitize on the above-mentioned objectives to FY students of 2023-2024, Being Me committee organized skit performance of NCC cadets on those objectives. The skit performed in front of the FY students. The skit duration was 10 minutes. This was conducted in their respective class rooms during their Orientation.



**Event Name :** Breaking barriers: exploring sex, gender and trans rights.

Date: 12<sup>th</sup> Oct, 2023.

Venue: P. Savlaram Hall

Time: 11.15 am - 12 pm

Mode: Offline

Guest: Ms. Nilofer Maske

No. of teachers attended: 113

Satish Pradhan Dnyanasadhana college, Thane, Being Me Committee (SFC) organizes a awareness session about Breaking barriers: exploring sex, gender and trans rights.

Dr. Pradnya Tiwad anchored the session and introduced the guests. Dr. Ganesh Bhagure principal of the college orient about “Being Me” committee and its endeavors for sensitization transgenders.

### **Speaker 1**

Guest Nilofer Maske Madam addressed the problems faced by transgenders such as problems of education, employment, perception of society, etc. To deal with such problems all the transgenders have created the “Humsafar Trust” and Nilofer madam is part of it.

To understand the LGBTQIA+” community she shared a presentation wherein she explained i. Difference between sex, gender and sexual orientation.

ii. Features and preferences of transwomen and transmen.

The session was accepting the doubts and questions from all stakeholders present and Nilofer madam addressed it well.

She also highlighted problems faced by them such as toilet facilities, reservation of beds in hospitals, problem of jobs, etc.

## **Speaker 2**

Nima miss shared her journey of faced while schooling, she has studies till 13<sup>th</sup>, she discussed the problem faced by her like doctor do not checkup properly. She suggest the changes need to be done in society as change in education policy for transgender, changes in recruitment policy, etc.



## **Event Name: Precursor conference Meet**

Date:11.12.2023

Venue: A.V. Room

Time : 11 am. – 12 pm.

Attendees: Senior College Teacher

Satish Pradhan Dnyanasadhana college , Thane , Being Me committee jointly organized Pre conference meet to sensitize Techer's towards Problem & dimensions of Homeless children & to study the solution to overcome homelessness by policy making , critical research . Project

co - ordinator & Founder of Jeevan samvardhan Foundation ( NGO ) Dr. Jayashree Kulkarni & Joint secretary of Jeevan samvardhan Mr. Swapnil Bhor were speaker's of the session .

Principal Dr. Bhagure sir address the meeting & inspired teacher participation for upcoming one day CONFERENCE on “ from struggle to strength : unraveling the journey of being or experiencing homelessness ” . He specifies the aim of this conference is to eradicate homelessness .

Dr. Jayashree Kulkarni narrated legal aspects & compassion to problem of homelessness through constitutional rights for child under age 18 , right of protection , right of equality , right of education , various Act's regarding children , measures of safety for homeless child . She thrown a lights on lack of protective shelter , absence of family safety net & parental care , poverty , migration , abandon by family are the root cause .

Mr. Swapnil Bhor explained drug addiction , nutritional deficiency , lack of education & economic upliftment , absence of mainstream opportunities , inability to fulfill basic necessity of livelihood among them . He insisted educational institute , teacher's , student's contribute in data collection & research in this problem . This will assist in policy making .

42 Teachers attended the session . Dr . Deuskar madam proposed vote of thanks .



**Event Name:** “New year celebration Exploring family Heritage with Grandparents.”

Date : 13<sup>th</sup> January , 2023

Time : 10 am to 12.00 pm

Day : Saturday

Venue : Library

Satish Pradhan Dnyanasadhana college and Being Me committee organized a wonderful event on Family Tree making competition. The aim of such an event was to discover the generation by taking help from their grandparents

A family tree is a chart that shows all the people in a family over many generations and their relationship to one another. Family trees encourage students to build a core identity and discover their roots. Encourages children to bond with relatives. Through creating a family tree, students may discover they have similar personalities and characteristics with their aunts, uncles, cousins, etc.

About 453 students were registered for the competition from different departments. They submitted soft copies as well as hard copies of their Family heritage tree. They presented the information about their work before the Judges Maya Avasthiji and Mrs. Manasi Pradhan Joint secretary of Dnyanasadhana society. Judges keenly observed the work of participants and selected 5 the most fascinating Family tree, one the most creative family tree and one Golden departmental family award. Winners were awarded with trophies given by the judges.



**Event Name: Navigating the World Beyond Constraints**

Guest Speaker: Mr. Birendra Thakur and Siddhi Desai

Date: 16th January 2024

The Commerce faculty organized the "Being Me" event to raise awareness about individuals with disabilities. Mr. Birendra Thakur, a successful divyangajan and Deputy Manager at State Bank of India; and Siddhi Desai, Manager State Bank of India delivered an inspirational speech to 241 FY, SY and TYBCom students in room No. 205 and 107 respectively. Their talk emphasized the importance of perseverance in overcoming life's challenges, leaving the audience deeply moved and inspired. Attendees shared their sentiments through feedback forms, expressing how the program served as a tremendous source of motivation.

The Principal of SPDC, Dr. Ganesh Bhagure spoke about the significance of Being Me in creating better understanding among the young. Dr. Seema Ketkar, the advisor of Being Me and the VP of Arts Faculty briefed the audience about the purpose of the Being Me initiative in her opening remarks. All commerce faculty teachers attended the session. Prof Anjali Singh and Dr. Runa Shajeev compared the entire event. Prof. Anjali Deshpande offered the Vote of thanks. Dr. Manisha Bhingardive, Dr. CA. Kishore Wankhede, Prof Pragati Lot, Prof Ganesh Bhiir, Yashodhan Oak, Prof Sheetal Dighe and Prof Pranit Hile assisted in coordinating the whole program.

We got an overwhelming response from the students. Following photographs are testimony.



### **Event Name : Expert Lecture on “Mental Well Being- Emotional Intelligence**

Science Faculty and “Being Me” in association with Rotary Club of Thane Garden City had arranged for an event on “Discover the power of Emotional Intelligence” on Tuesday, 30th January- 2024, at 11 am in AV room.

Resource Person Dr. Anuja Kelkar-Tulankar - Psychiatrist delivered Expert Lecture on “Mental Well Being- Emotional Intelligence.” All together 92 students and 20 staff member benefitted by this programme.

President Mr. Mahesh Mehrotra and Ex -President Dr Ajit Burad of Rotary Club of Thane Garden City were the invited guest of honour for this programme.

The program began with a warm welcome of resource person & all the invitees. Principal Dr Bhagure sir enlightened the program with his words of wisdom and definition of Emotional Intelligence. Dr Mrunal Bakane- Science Faculty-Vice Principal, Being Me -Advisory Committee member and Co-ordinator for this programme gave brief information about “Being Me” objectives and activities conducted during last three years.

Dr Amita Chandanshive – anchor for the programme, addressed the audience with welcome note and read brief biodata of Dr. Anuja Kelkar-Tulankar.

Dr Anuja - professional Psychiatrist imparted her knowledge on the topic of Emotional Intelligence aptly taking day to day examples and acknowledging the problems of new Gen Z and millennials society, like communication gap between children and parents. She also helped to understand that- “respond is a better behavioural change instead of reply”. She made it clear that Emotional Intelligence is a skill which has to be developed by all. She imbibed that Self-awareness , empathy, social skill, motivation and self regulation are the pillars of Emotional Intelligence.

The take away message was indeed apt for the multi-age audience: the problems are same for all only the difference lies in the approach, a positive approach is the game changer, open ended questions help in better communication and active listening is the key factor for all relationships like friends, colleagues, spouses, leader -team.

During questions answer session students came forward and openly asked about their problems which showed that we are successful in fostering awareness concerning mental wellness.

A formal vote of thanks was given by Dr. Aasawari Tak. We would like to express our sincere gratitude towards Secretary- Mr Kamlesh Pradhan sir, Jt Secretary Mrs Manasi Pradhan, and principal Dr Bhagure sir for their constant support in arranging such programmes. Mention must be made of contribution of all stream vice principals and nonteaching staff for their cooperation to make this event successful.

Beautiful Flyer of the programme was made by Dr. Aasawari Tak. All Committee members of this programme shouldered the responsibility given perfectly. Thanks to all of them.

Students were given feedback link to know about the programme.

The program was indeed one of its kind.

### **Event Name : From Struggle to Strength: Navigating and Networking Homeless Children**

The conference "From Struggle to Strength: Navigating and Networking Homeless Children" was conducted by “Being Me” of Satish Pradhan Dnyasadhana College, Thane in association JeevanSanvardhan Foundation which was a significant step towards addressing the challenges faced by homeless children. We remain committed to the cause and look forward to continued collaboration in our efforts to provide support and opportunities for these vulnerable individuals. The conference commenced with an inaugural session graced by esteemed dignitaries including Dr. NeelamGorhe, Dr. GirishPrabhune, Dr. RavindraGole, Mr.SadashivChavan, and Dr. JayashreeKulkarni. Their inspiring words set the tone for the rest of the day. Concurrent sessions were held from 11:15 a.m. to 1:00 p.m. in the AV Room. Ms.DeepaliMistry, Mr.UmakantChoudhary, and Ms.Sujata Angadai were invited to share their expertise and insights during this session. Following lunch, a session took place in the AV room from 1:30 pm to 3:00

pm. Dr. InduPrakash Singh, Mr. Vijay Pawar, Mr.BhatuSawant, and Prof. ZubairMeenai were among the distinguished speakers who shared their knowledge on relevant topics. Ms. Susie Shah, Adv. NilimaChavan, and Mr. Rahul Kanthikar were invited to discuss the rules and laws pertaining to homeless individuals, shedding light on important legal aspects. The conference concluded with a valedictory function featuring AditiTatkare, Ms. Susie Shah, and a conference summary by Mr.SantoshShinde. The formal vote of thanks and conclusion were delivered by Shri. Kamlesh Pradhan.

The conference was attended by a total of 239 individuals, including 62 professors and 174 students. Among them, 65 participants successfully presented their research papers. In this conference, the themes revolved around the historical perspective of the concept of "Home," the risks and challenges faced by homeless children/youth, socio-cultural and economic factors contributing to homelessness, rehabilitation measures, government policies, and national/international laws related to homelessness, health and hygiene issues, and the causative factors of homelessness. Teachers and students dedicated considerable effort to conducting research on these topics, recognizing their potential to contribute significantly to societal improvement. This collective endeavour instils in each of us a sense of responsibility towards our society.



**Event Name :** "Ek Selfie Toh Banta Hai"

**Title: Report: "Ek Selfie Toh Banta Hai"**

The "Being Me" committee organized an online event titled "Ek Selfie Toh Banta Hai" to commemorate the special bond between generations. The event aimed to foster meaningful connections between grandparents and their grandchildren while celebrating the essence of family ties. Participants were invited to register for the event and capture a memorable selfie with their grandparents, accompanied by a meaningful tagline.

The event was conducted entirely online, allowing participants to join from the comfort of their homes. Participants were provided with a brochure containing detailed instructions and a Google Form link to submit their entries. The brochure outlined the objectives of the event and provided guidelines for capturing the perfect selfie with their grandparents.



Participants were encouraged to capture candid moments that reflected the unique bond they shared with their grandparents. The tagline accompanying the selfie was expected to encapsulate the essence of their relationship and convey a heartfelt message.

After receiving numerous entries, the committee selected the winners and consolation prize recipients based on the creativity, emotional depth, and authenticity of their entries.

1st Prize: Niyati Aayush Jadhav

2nd Prize: Pranali Patil

Consolation Prizes:

- Manas Ramtirth
- Roshni Maurya
- Pritam Shinde
- Radhika

The "Ek Selfie Toh Banta Hai" event proved to be a heartwarming celebration of the cherished bond between generations. Through the power of photography and storytelling, participants showcased the love, joy, and wisdom passed down through the generations. The event provided a platform for families to come together, celebrate their heritage, and create lasting memories that will be treasured for years to come.

The "Being Me" committee extends its heartfelt gratitude to all the participants for their enthusiastic participation and congratulates the winners and consolation prize recipients for their remarkable entries. We look forward to organizing more events that celebrate the beauty of family bonds and foster connections across generations.

