



SYMBIOSIS SCHOOL OF BIOLOGICAL SCIENCES

Symbiosis International University

(Established under section 3 of the UGC Act, 1956)

Re-accredited by NAAC with 'A' grade

Founder: Prof. Dr. S. B. Mujumdar, M. Sc., Ph. D. (Awarded Padma Bhushan and Padma Shri by President of India)

7.1.1_SSBS_Gender Equity_2019-2020

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Gender sensitization Session 21st September 2019

Devaki Gokhale <devaki.gokhale@ssbs.edu.in>

Thu, Aug 22, 2019 at 9:48 AM

To: "<faculty@ssbs.edu.in>" <faculty@ssbs.edu.in>, Sankesh Chikane <office.assistant@ssbs.edu.in>

Cc: Anuradha Vaidya-Hemdev Vaidya-Hemdev <dydirector@ssbs.edu.in>, "Dr. Vinaykumar Rale" <director@ssbs.edu.in>, Anup Thakur <anup.thakur@ssbs.edu.in>

Dear all,

Gender Sensitization Session will be conducted for SSCA & SSBS Semester 1 students only on:-

Date: 21st September 2019

Day: Saturday

Time: 11 am to 1 pm

Venue: Seminar Hall

@Sankesh Chikane please take attendance for this session and submit to Ms. Pooja Deshpande.

Regards

Ms. Devaki Gokhale

Assistant Professor

Symbiosis School of Biological Sciences

(formerly called as Symbiosis School of Biomedical Sciences)

Symbiosis International (Deemed University),

Gram- Lavale Taluka- Mulshi,

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Session was conducted by Dr. Swati Gadgil





Gender Sensitization Seminar By Dr. Swati Gadgil



Dr. Swati Gadgil gave a gender sensitization seminar. SSBS students attended and had a very good discussion with Dr. Gadgil. Dr. Swati talked about importance of role of genders in the society. Role of men and women and sensitive needs of a particular gender in the society was discussed. This enables students for a communication among diverse student population.

Dr. Swati Gadgil had Published various medico-legal and general articles in different magazines and newspapers Currently columnist for Lokmat, on Stress Management. Write Articles for Yoga Sakha magazine and Ishanyavarta magazine of the North East. Interviewed number of times on various Television Channels and participated in panel discussions. Literature reading broadcast on Akashwani on number of occasions in AisiAkshareRasike program.

List of SSBS students who attended the Gender Sensitization Seminar

	PRN No.	Name
1	19040343001	ASMITA ASHWANI JOTSHI
2	19040343002	AZAD ZAINAB ABIZER SHIRIN
3	19040343003	BAWDEKAR RUPALI UMESH NIRUPAMA
4	19040343004	BHOSALE AKSHATA RAJENDRA VAISHALI
5	19040343005	CHINDARKAR MANALI SHRIRAM SUNITA
6	19040343006	CHORDIYA PRANITA PRAMOD VAISHALI
7	19040343007	DIMPLE DALAL
8	19040343008	DOSHI DISHA SANJAYKUMAR
9	19040343009	EMI BABY KOSHY
10	19040343010	GURLEEN KAUR CHAUHAN
11	19040343011	JAHNAVI PARAGCHANDRA CHAUHAN
12	19040343012	JOSHI ANIMISH RAGHAVENDRA
13	19040343013	KARACHIWALA AAMENA FIROZ JUMANA
14	19040343014	KELUSKAR NIRMITI JAYWANT POURNIMA
15	19040343015	KELUSKAR SHRUTI SHASHIKANT SNEHA

16	19040343016	KONDWILKAR VIBHAV KRISHNA SEEMA
17	19040343017	MAHANTA SHRUTI MANOJ SUVARNA
18	19040343018	MANKAD MARGI DHAVAL
19	19040343019	MARY RAJU MATHEW
20	19040343020	MARYAM AFIFA
21	19040343021	MESTA KRISHNA SURESH
22	19040343022	MULCHANDANI AANCHAL DEEPAK
23	19040343023	NANDINI SHARMA
24	19040343024	PANKHURI PURNIMA
25	19040343025	PRUTHVI PAREKH
26	19040343026	RAMCHANDANI HEMALI KHUSHALDAS
27	19040343027	REEVIKA KHURANA
28	19040343028	RHEA MONGA
29	19040343029	SARAH GAUR
30	19040343030	SARVANI PALLE
31	19040343031	SHAH SHWETA RAJENDRA MEGHA
32	19040343032	SHAPARIYA PRARTHANA MANOJ
33	19040343033	SHAYONIKA SHAW
34	19040343034	SHETGAUNKER SHRIYA UMESH
35	19040343035	SHETTY PRATIKSHA SHANTIRAJ REKHA
36	19040343036	SHRAVALI JAIN
37	19040343037	SUGANDHI RIYA CHANDRASHEKHAR SHEETAL
38	19040343038	SWARNA AADHYA D
39	19040343039	SYEDA AYESHA SIDDIQUA
40	19040343040	TRIVEDI MAITRI SANJAY VAISHALI
41	19040343041	VANAMALA KEERTHI
42	19040343042	VIRA MAITRI RAJESH

Kavi CS



Nutrition approach for Women's day celebration



Number of students who participated : 19

Introduction

International Women's Day (IWD) is celebrated annually on the 8th of March. In the year 1945, the Charter of United Nations became the first international agreement to declare the proposition of equality between women and men. The UN celebrated its first official IWD on 8 March during International Women's Year in 1975. Two years later, in December 1977, the General Assembly adopted a resolution announcing a United Nations Day for Women's Rights and International Peace to be observed on any day of the year by Member States, in accordance with their historical and national traditions. Gloria Steinem, world-renowned feminist, journalist and activist once explained *"The story of women's struggle for equality belongs to no single feminist nor any one organization but to the collective efforts of all who care about human rights."* According to United Nations (UN), IWD is a time to reflect on progress made, to call for change and to celebrate acts of courage and determination by ordinary women. Dr Marleen Temmerman, Director of WHO's Department of Reproductive Health and Research, explicates that *"despite progress, societies are still failing women in*

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relation to health, most acutely in poor countries and among the poorest women in all countries. Discrimination on the basis of their sex leads to health disadvantages for women. The vision of gender equality in health remains an unfinished agenda."

On the occasion of International Women's Day, students of Symbiosis School of Biological Sciences (Nutrition & Dietetics) conducted a nutrition education and health promotion activity at Sarvatra Vihar, Khadki, Pune. It is indispensable for maintaining optimal food habits throughout a woman's lifetime to optimize her. Women should be defined to health topics and emboldened to participate in health promotion programs to promote healthy eating habits and thus achieve optimal nutritional status. Nutrition education and health promotion activities are crucial as they target and upgrade subjects dietary intakes by promoting behavioural changes such as food choice and cooking ability, goal-setting, motivation, and support the efforts for a change. This activity aimed to outline recommended healthy lifestyle behaviours such as nutrition, improving diet, physical activity & mental health.

The theme of this activity was "Healthy women healthy nation". This theme was selected because the health of women determines the health of the community. The women folk are surrounded with a load of responsibilities, in their home, organization and child care. So it is seen that women give more priority towards the health of their family instead of their own. It's the need of the hour that women are empowered and play a significant role in society. To achieve this goal, women need to focus on a comprehensive approach towards themselves & holistic health care.

Target group

Women's group was focussed specifically on issues that affect women in her day to day life. In this group we discovered topics that included relationships, physical & mental health, and overall nourishment of body. We celebrated this day with this women's group because social recognition is very important. Women of all ages (preschool, school age, teenagers, young adults, adults, old age groups) were present. Adults and old age women were present to a larger extent.

The stakeholder

- The entire program was arranged by students of Symbiosis School of Biological Sciences (M.Sc. Nutrition & Dietetics) & their Assistant Professor with nutrition society of India, Pune chapter and Khadki Corporator , Mrs.Pooja Anand's support.
- . Local Corporator Mrs. Pooja Anand ma'am & Anand family provided us assistance throughout the program. She supported us with resources and had a great hand in the entire event.

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- The event manager, photographer, sound and light effect controller, anchor and food provider without whom the program was incomplete.

Activities

All the acts performed were a replica of television Marathi channel daily soaps. The idea behind this was, to easily convey messages to the target audience; it's more relatable and entertaining.

➤ Act 1 Home Minister

This act was performed where there was a host (*Bhauji*) and two pairs (daughter-in-law & mother-in-law) each. At the start, the title song was played conveying various messages regarding their day to day life. Two games were played wherein in the first game; the host asks questions regarding foodstuffs (for e.g. Name 5 green leafy vegetables? Name 5 red fruits?) and they had to answer in given particular time. The second game was filling the tank with water from a bucket in a given particular time.



➤ Act 2 *Majhya Navryachi Bayko*

Binge eating and outside food has been positively associated with body weight, obesity and poor diet quality. This act shows a tug of war between healthy (homemade) and unhealthy foods (outside junk food). Healthy food and junk food are antagonistic and keep clashing with each other over nutrients and calories. In a similar way the act was portrayed showing clashes between a funky woman who always binge eats and a family woman who cooks home food and serves to her husband.

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➤ Act 3 Aamhi Saare Khavayye

Cooking at home has declined over the last several decades; the benefits of home cooking have gained attention in recent years. 4 nutritious recipes, easy to cook, (*Jash-e-mastani*, *nachnichhi rani*, Cauliflower green rice & flax seed *thalipith*) were presented with basic ingredients and displayed. This was a significant step toward better understanding the relationship between cooking and health benefits.



➤ Act 4 WHO Hand-wash

Hands are the main pathways of germ transmission. Therefore hand hygiene is the most important measure to avoid the germ transmission. The right method of handwashing in 11 steps was shown as suggested by the World Health Organisation. Also people were made aware of the outbreak of the coronavirus and precautions to avoid COVID-19.

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➤ Act 5 *Nukkad Natak*

Nukkad Natak also known as street play is considered as one the major form of edutainment wherein people are made aware of a particular topic. The main topic of *Nukkad Natak* was "menstrual hygiene and health" wherein some of the major aspects were covered like

- Importance of using pads and avoiding cloth to prevent infections.
- Importance of a balanced diet and what all to consume in a day to meet the nutrition requirements.
- Fluid intake and the significance of adequate sleep.
- Mental health.
- Exercise



➤ Act 6 *Aggobai Sasubai*

In this act, how a relationship of mother-in-law & daughter in law should be was shown. This was moreover focussed on mental health.

Report Prepared by Mrs. Radhika Hedao

Radhika CS

