

Sophia Centre for Women's Studies and Development

Annual Report 2021-2022

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INTRODUCTION

The Sophia Centre for Women's Studies and Development (SCWSD), which was launched in 2001 has been diversifying in scope over time. The year 2021-2022, was when the world slowly recovered after the Covid-19 pandemic and things got back on track. It has been a year of hybrid learning with programs and events being held mainly online but with a few offline components. Like the case all over the world, the Covid-19 pandemic stalled life as well as activities at the Sophia Centre for Women's Studies and Development for a brief period. We later regrouped and strategized to continue our programs online which were an eye opener as now we had a larger reach and our programmes were not just limited to a small audience but available to interested people all over India and the world. This academic year we were fortunate to start two postgraduate programmes, a two year degree (MA) programme in Gender Studies and a one year diploma programme in Counseling and Safeguarding of Children and Senior Citizens. In addition we also launched two Certificate Courses in addition to the ones we have been conducting; these included The Certificate Course in Personal Finance Management and Certificate Course in Entrepreneurship Training.

We are extremely grateful to the eminent scholars who have come aboard on the peer review committee for "*Urdhva Mula*" our multidisciplinary journal. This has elevated the academic status of our journal. We are also thankful to all our sponsors, well-wishers and the organisations who we have partnered with. It is because of their ongoing contribution and cooperation that all our projects and the functioning of SCWSD itself, has gone by efficiently for the current year. We hope to gain the much needed funding and support for the next year as well.

STAFF OF THE CENTRE

Honorary Director	:	Dr. (Sr.) Ananda Amritamahar (English Literature)
Coordinator	:	Dr. Lata Pujari (History)
Academic Advisor	:	Dr. Vibhuti Patel (Economics)
Programme Officer	:	Ms. Deepti Anil (Foods, Nutrition, Dietetics)
Library Assistant	:	Ms. Sharayu Kamble
Office Assistant	:	Ms. Merlin Coutinho
Attendant	:	Mr. Hayward Lopez

THE CONSULTATIVE COMMITTEE OF SCWSD

Dr. Laxmi Lingam (Women's Studies)
Dr. Maithreyi Krishnaraj (Economics)
Dr. Nandita Gandhi (Women's Studies)
Dr. Nasreen Fazalbhoy (Sociology)
Dr. Roshni Gawankar (Political Science)
Dr. Suma Chitnis (Education)
Dr. Usha Thakkar (Political Science)

LIBRARY AND DOCUMENTATION

The SCWSD library has an extensive collection of books with a focus on women's issues. The SCWSD library's collection of fiction and non-fiction books has been greatly enhanced through the generous donation of institutions and individuals. The library has a stock of posters on gender issues collected from national and international NGOs. The library also has a collection of relevant journals and we hope to subscribe to more journals for our members. While it is not a lending library it is a very useful reference centre and the library has been growing – both in its resources, as well as its availability and usefulness to its members since 2001. The pandemic and its fall out has definitely caused a decline in the footfall of members coming in to the library but now with easing of the rules we hope to see more people coming to the library. The centre is equipped with an extensive documentation centre which focusses solely on women's issues over a range of 50 topics like sexual harassment, domestic violence, gender inequality among others from (2001-2020) which is of great value to researchers and students. We are in the process of making online our documented articles from newspapers. Library membership is open to all students as well as outsiders. We also offer internet and printout facilities. While we at SCWSD have always tried to upgrade the library by purchasing latest books on women's issues for use by the members, over the last two years due to a paucity of funds we have not been able to add significantly to our collection

- Library membership is open to all students.
- The library subscribes to two journals, *Perspectives in Social Work* and *Indian Journal of Gender Studies* and to six magazines.
- The library has started an online subscription to four journals by Sage Publications: *Feminist Theory; An International Interdisciplinary Journal*, *Gender and Society*, *Indian Journal of Gender Studies*, *Psychology and Development Societies* and *Sage Open*.
- The library has purchased the latest books on women's issues for use by the members of the library.
- The library software: SLIM (++) is utilised in the library to maintain a softcopy record of all literature available in the SCWSD library.
- The SCWSD collection of fiction and non-fiction books has been greatly enhanced through the generous donation of institutions and individuals. The library has a stock of posters on gender issues collected from national and international NGOs.

- Inter-Library Loan system is available for use on demand.

NUMBER OF BOOKS/JOURNALS SUBSCRIBED

Books	29
Newspapers/Journals	14

RESEARCH AND PUBLICATIONS

SCWSD has always been actively involved in research projects focussing mainly on women and issues related to them, since its inception in 2001. In keeping with this ideology, SCWSD in the year 2017-18 secured a research grant from ICSSR (Indian Council of Social Science Research) to study three unique forms of traditional folk art in Maharashtra. The folk art of Maharashtra is multi-faceted and fascinating. For centuries, these folk arts operated with the intention of reaching out to the masses, to the lay population, with the purpose of entertaining, educating and enlightening them. Folk culture exhibits the values, beliefs, behaviour of people in society. With the advent of the phenomenon of the 'Global village,' the forms of folk art of Maharashtra demand special attention and acknowledgement. This project attempts to analyse four folk art forms of Maharashtra - *Kirtana*, *Bharud*, *Lavani* and *Povada*, using two ascribed identities of society members - Gender and Caste. Traditionally some of these folk arts, *Kirtana* and *Povada*, were dominated by male performers, while *Lavani* was performed by women along with their female singers and male musicians. This project is a conscious, systematic effort to unearth the existent but subtle inequalities in the multiple folk expressions to comprehend the impact in its totality. This study aims to appraise the folk art forms in Maharashtra to describe gender and caste hegemonies. In addition, this exercise would scientifically describe the power equations within, thus arriving at a deeper insight and clearer understanding of the politically meaningful hegemonic configurations. The compilation of this research work continued after the initial field work from 2018 to 2020.

Our In-house multidisciplinary peer reviewed journal *Urdhva Mula* published since 2002 is now available online to all those who subscribe to it. The fourteenth issue of "*Urdhva Mula*", our multidisciplinary journal, ISSN 2277-7954, was published in October 2021. *Urdhva Mula* is a much-valued interdisciplinary journal on Women's Studies with a wide variety of articles from scholars and researchers from all over India and the world.

Urdhva Mula

PEER REVIEW COMMITTEE MEMBERS

Sr. No.	NAME
1	Sr. Anila Verghese (Sophia Polytechnique, Mumbai)
2	Prof. Kunal Chattopadhyay (Jadavpur University, Kolkata)
3	Dr. Swarna Rajagopalan (The Prajnya Trust, Chennai)
4	Prof. Samapti Guha (Tata Institute of Social Science, Mumbai)
5	Prof. Bulbul Dhar (Jamia Millia Islamia University, New Delhi)
6	Dr. Veena Devasthali (SNDT University, Mumbai)
7	Jaya Singh (NCERT, New Delhi)
8	Prof. Geraldine Forbes (State University of New York Oswego, USA)
9	Dr. Sucharita Pujari (Centre for Gender Studies and Development, NIRD, Hyderabad)
10	Dr. Michelle Stack (University of British Columbia)
11	Dr. Linda Lane (University of Gothenburg, Scotland)
12	Dr. Alice Clark (University of California, Berkeley)
13	Dr. Geeta Balakrishnan (Nirmala Niketan College of Social Work, Mumbai)
14	Dr. Kumkum Roy (Jawaharlal Nehru University, Delhi)
15	Dr. Shagufta Kapadia (M.S. University, Baroda)

COURSES AND INSTRUCTION

The Centre conducts varied courses for both in house Sophia College students as well as outsiders. These courses are intensive and applicable learning programmes which have great appeal. SCWSD conducts multiple courses throughout the academic year, all of which are designed to address the needs of a diverse set of students. Hence, while the emphasis of some was on the acquirement of skills, others focused on the acquirement of knowledge. Over the years it has been observed that both men and women who have had a break in their education and want to return to formal learning have opted to do a lot of our courses. We have factored in the need for restructuring our courses to function smoothly online and suit the need of the target groups as well. This has helped us to conduct our courses on an online platform not just for our students but also for interested persons from all over India, thus making it open on a national level. The blended (online and offline) courses offered by the SCWSD in the academic year 2021-2022 included

1. Post Graduate Diploma in Counseling and Safeguarding of Children and Senior Citizens in collaboration with the Centre for Safeguarding rights for Children and Senior Citizens(De Nobili College, Pune) and The Psychology Department, Sophia College

This blended learning course began with an orientation for students and well-wishers on 14th June, 2021. The students were from various part of the country. The classes began on 22nd June 2022. The faculty are Konrad Noronha (PhD, MS, MTh, BHMS), Dinesh Braganza (PhD), Deepika Bhandari (MA counseling psychology), Ternan Monteiro (MA, PG Couns. Psych.), Jennie Mendes (PhD), George Cordeiro (PhD), Ravi Sagar (LLB, DLL & LW, PGDHR), Hvovi Bhagwagar (PhD research scholar).

The program was divided into the follow modules, (1) Society and Adverse Circumstances (2) Legal Aspects and Provisions (3) Research Methodology (4) Treatment Planning (5) Case Conceptualization and Onsite Case Conference and (6) Guided Paper. The course ended on April 1, 2022 with the onsite component which was held in Pune. Of the 8 who had enrolled 5 students completed the course while 3 did not. The students received their diplomas in June 2022.

2. Post Graduate Degree programme (MA) in Gender Studies under the aegis of Mumbai University in collaboration with The Sociology Department (Sophia College)

This blended learning programme started on 11th October, 2021 with 8 students. They went through a screening and interview prior to selection and in their MA part 1 which concluded in May 2022 they had gone through eight papers in two semesters. These included Introduction to Women's and Gender Studies, Theories of Women and Gender Studies, Women's Literature, Women and Economy, Women, Decision making and Governance, Women and Health, Constructing Gender through Arts and Media as well as Women and Law.

3. Certificate course for Diet Trainers :

This course was a follow up course for those who had completed the Certificate Course in Basics of Food and Nutrition. The course started on 10th February 2022 and concluded on 6th May 2022 with 8 participants. The topics covered included 1) Diet planning for Normal nutrition 2) Diet planning for Special health conditions 3) Nutrition and Diet planning for Fitness 4) Nutrition Practical which included Product development and Global cuisine.

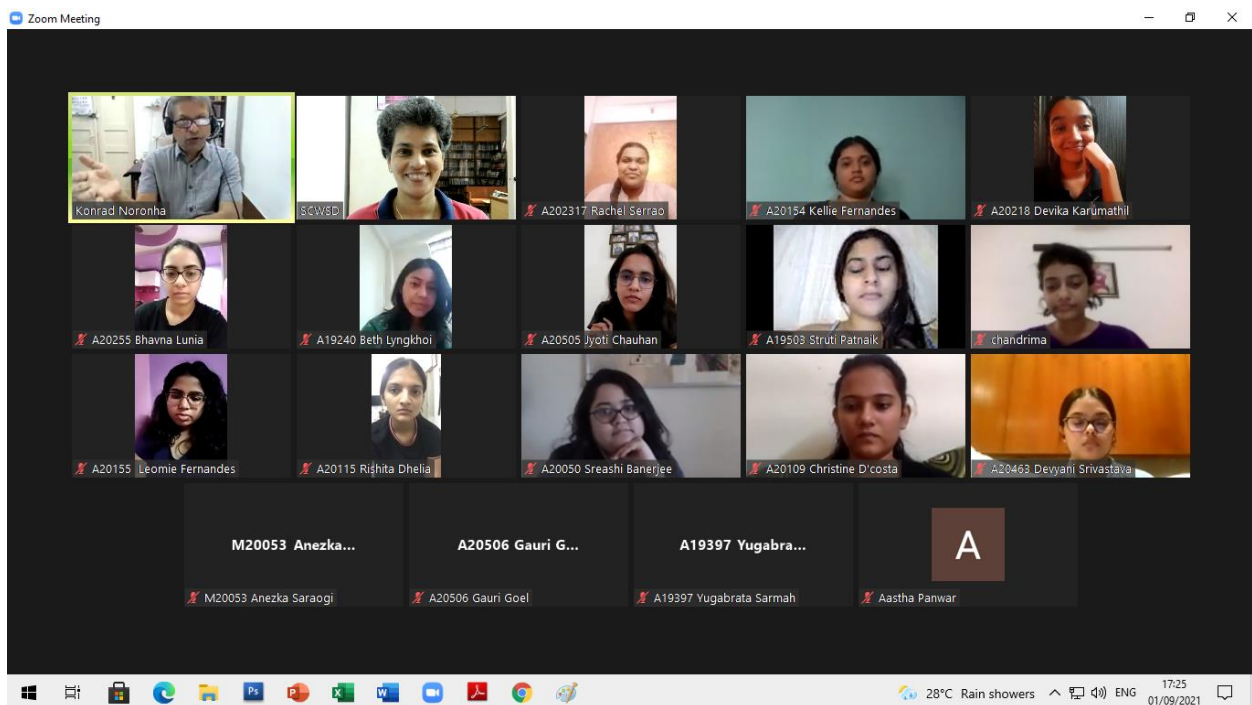
4. Certificate Course in Women's Empowerment

This course aims to create enhanced awareness amongst young adults on a wide array of issues that pertain to women. The course is designed to give students a holistic view of women's issues through the multiple windows of Economics, Psychology, Media Studies, Sociology, Culture, Politics, Biology, etc. The course ran from 17th August to 8th September 2021 with 33 students from Sophia College. The resource persons for this course are experts in their various fields. The Certificate Course in Women's Empowerment aimed to raise awareness on issues that impede the growth of women in the country, focusing on the role of culture in perpetuating gender stereotypes. The girls were provided with opportunities to interact with NGOs and engage in workshops teaching street play techniques and improving communication skills.

5. Certificate Course in Social Work Focusing on Women and Girls

SCWSD has designed this course to give students a foreknowledge of what social work is. It makes explicit the opportunities and the challenges that come with working in such a field. Apart from providing a strong foundation in social work, the course also specialises in the important focus area of women's issues within the social sector. The course was held from 17th August to

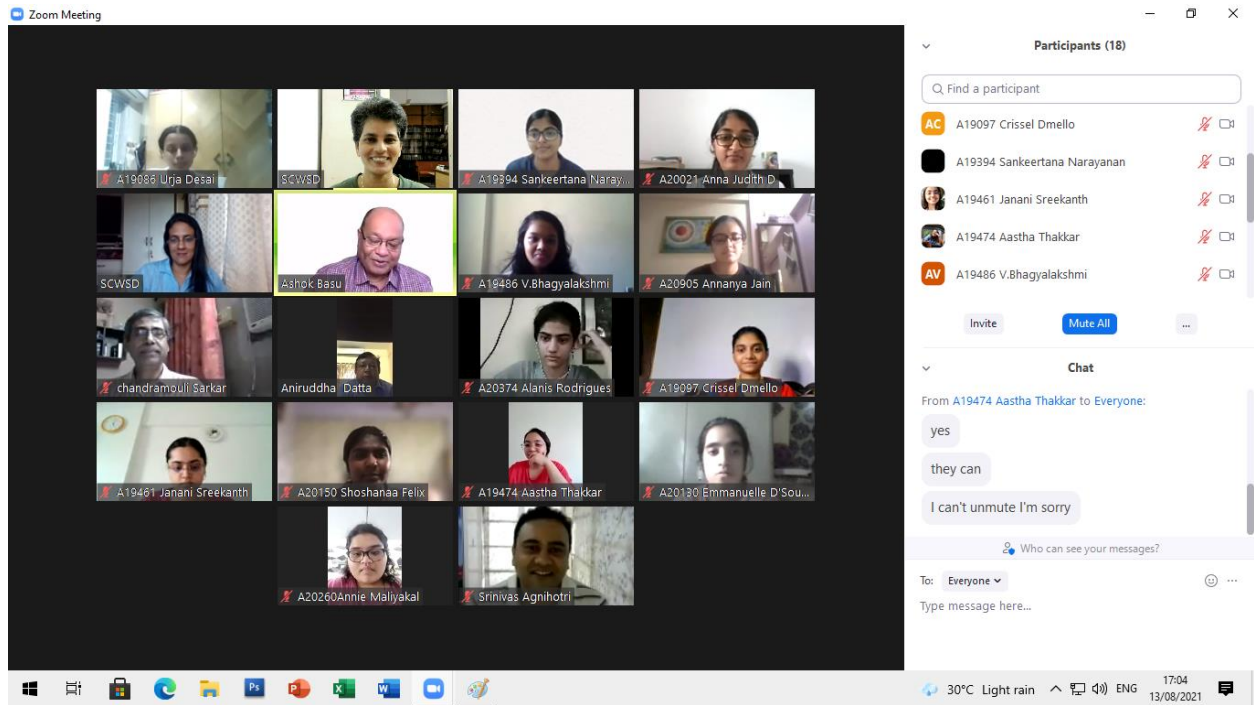
8th September 2021 with 18 in-house college students. The various resource persons for this course are experts in their respective fields, who are backed by years of experience in the social sector. Basic principles of social work in India, research methods in social work, women and legal rights, counselling skills and women and mental health are few of the sessions that the course offers to the students. The Certificate Course in Social Work aimed to introduce its participants to the basic principles of social work, making them aware of the current social issues that need attention, roots of gender discrimination and legal rights of women.



A session with Fr. Konrad Noronha, Certificate Course in Social Work Focusing on Issues Related to Women and Girls 01.09.2021

6. Certificate Course in Personal Finance Management

SCWSD has designed this new course from this academic year to give students an introduction and knowledge to equip themselves with financial prowess which is extremely necessary in today's world for women's empowerment. The course was held from 26th July to 13th August 2021 with 16 participants. The different topics covered in the course included what is personal finance, components of a financial plan, basics of budgeting, Introduction to savings, equity, mutual funds as well as financial fraud and security.



A session with Mr Ashok Basu, Certificate Course in Personal Finance Management 13.08.2021

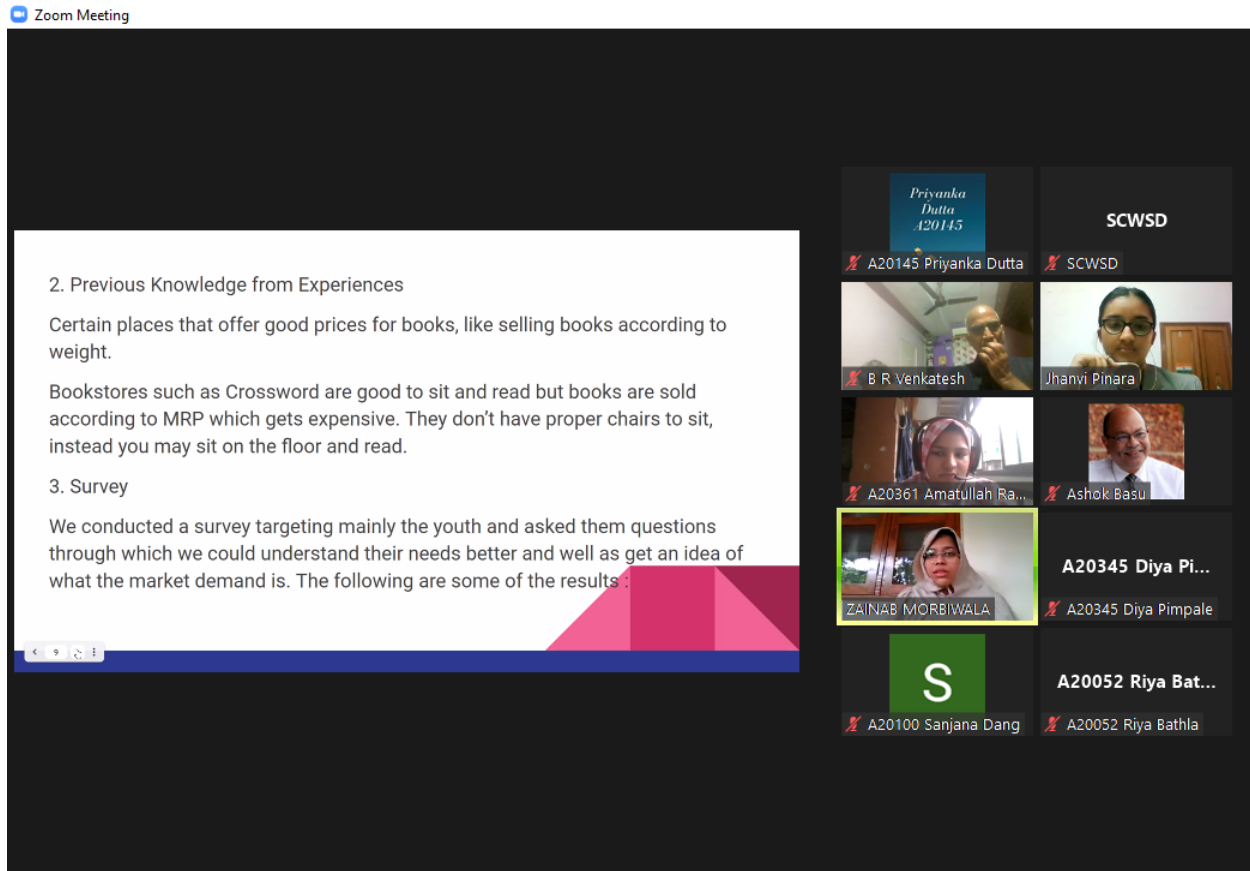
7. Certificate Course in Entrepreneurship Training:

This course was introduced for the first time this year and held in two batches due to a demand from students

(1st batch - 19th July to 11th August 2021, number of participants 16 &

2nd batch - 31st January to 14th March 2022, number of participants – 33)

The course components included introduction to Entrepreneurship Ideation - various ways of thinking of ideas, starting the process, how to filter from the numerous ideas one may have to pick a few or one best suited for you, Self-Awareness (related to Entrepreneurship) – to know ourselves a little more, discover our strengths/weaknesses , attributes, things that we can do well, are we really cut out to be an entrepreneur?, Idea to Reality – what are the parameters required to actually convert this idea into a business, how do you think about it, how do you action it, tools / skills/ thoughts required, Attributes of an Entrepreneur/Soft Skills – what do we need to be entrepreneurs , how do I improve and finally Business Modelling Presentation – finally how do we actually put our idea into a business model – see is it feasible financially and market wise or not.



Business Plan Presentation Competition, Certificate Course in Entrepreneurship Training 12.08.2021

8. Certificate Course in Feminist Lawyering

(23rd July to 14th August 2021, number of participants – 33)

SCWSD in collaboration with One Future Collective conducted a certificate course on Introduction to Feminist Lawyering over 8 days that is on every Friday & Saturday from 23rd July to 14th August 2021 for the students of Sophia College. The curriculum for this course was led and facilitated by:

1. Uttanshi Agarwal, Associate Lead, Knowledge, One Future Collective
 2. Kuhoo Tiwari, Associate, CEO's Office, One Future Collective
 3. Disha Pathak, Senior Program Officer, Knowledge & Advocacy, One Future Collective,
- and supported by Vidur Kapoor. The course ran over the span of 8 days with a 3 hour session each day. The batch for this online certificate course consisted of 30 participants with 29 of them successfully completing the course work and being awarded the course-completion certificate. The

course was facilitated in a participatory format founded on the principles of co-learning and taking ownership for one's own learning. Through the course of the learning sessions, we looked at various aspects of feminist lawyering in order to understand the existing support infrastructure for survivors of gender-based violence as well as the role of various stakeholders in offering survivor-centric and trauma-informed care to them.

Several activities were executed by the cohort, some individually and some in groups. The remainder of this report outlines the key learnings and outputs from the course as made by the participants themselves.

SOPHIA CENTRE FOR WOMEN'S STUDIES AND DEVELOPMENT, SOPHIA COLLEGE (AUTONOMOUS), MUMBAI

 SOPHIA COLLEGE

 one future collective

Introduction to Feminist Lawyering Certificate Course

16th July - 7th August 2021 Fridays and Saturdays
3:30 PM - 6.30 PM IST

- Gender based violence and the law ✓
- Feminism and the law ✓
- Trauma-informed approaches within the legal system ✓
- Movement lawyering ✓

Participatory Approach to Learning & Certificate on completion. This course is a credit course.
FOR STUDENTS OF SOPHIA COLLEGE ONLY

Standard fee: 3500 INR [Sign up at:](#)
500 INR for Sophia students only bit.ly/signup_sophia

For any queries, write to us at info@onefuturecollective.org

Flyer sharing information about Certificate Course in Introduction to Feminist Lawyering

9. Women's Leadership Training Programme –

The Women's Leadership Training Programme was conceptualised as a programme to empower Catholic women, the course is the result of collaboration between SCWSD and the Bombay Archdiocesan Women's Commission. The course was held between (24th July to 4th September), 2021 Mumbai, with 92 participants, the participants were drawn from different dioceses in Mumbai. The aim of the course is to infuse the participants with leadership qualities, and inspire

them to take charge of a larger locus of control within their lives as well as within their own parishes. The detailed programme is as follows:

WLTP 2021-22 Time-Table

Day, Date	Resource person	Session Topic
Sat. 24 th July	Sr. Philomena D'Souza	Introduction, Women Empowerment
Sun. 25 th July	Sr. Philomena D'Souza	Women Leadership
Sat. 31 st Jul	Sr. Ananda Amritmahal	Women's Studies & History of the Women's Movement
Sun. 1 st Aug	Aileen Marques	Women's Legal Rights
Sat. 7 th Aug	Chrisann Almeida-Creado	Assertiveness Training
Sun. 8 th Aug	Dr Astrid Lobo Gajiwala	Gender Sensitisation
Sat. 14 th Aug	Vasundhara Sanghi	Basic Counselling Skills I
Sun. 15 th Aug	Vasundhara Sanghi	Basic Counselling Skills II
Sat. 21 nd Aug	Sr. Patricia D'Souza	Rational Emotive Behaviour
Sun. 22 rd Aug	Marcia D'Cunha	Public Speaking
Sat. 28 th Aug	Sr. Ananda Amritmahal	Jesus' Vision for Women
Sun 29 th Aug	Virginia Saldanha	Gender Policy of the Catholic Church
Sat 4 th Sep	Dr. Angelica D'Souza	Women's Health Matters

Online events and Conferences:

With the pandemic disrupting all offline events we at SCWSD also strategized to reach out to as many people as possible via several online events organised both on a national as well as international scale. Since its inception SCWSD has been an active participant in organizing workshops for improving the knowledge base of participants, networking with others and increasing motivation. Students and participants get skills like learning, communicating, listening and experiencing new bonding through such platforms which have immense value for students and their upcoming future. The latest were,

Genderlogues - To instill values of generational equality and its positive effect on the student community, we at SCWSD had planned a Two-Day Genderlogue event in collaboration with FES (Friedrich Ebert Stiftung, New Delhi) on the same on 27th September, 2021 and 4th October 2021. The events were a mix of expert input as well as student activities. There was a Panel Discussion with prominent personalities from the field of labour law Ms Christine Nathan (Retired UN Official, ILO), as well as Medicine Professor Veena Vaswani from the department of forensic medicine at the Yennepoya University, Managalore. The moderator for the discussion was Professor Vibhuti Patel. The second panel discussed the reach of women in public spaces and included Dr. Shilpa Phadke, Author and Associate Professor TISS and Mahabanoo Mody Kotwal, Bollywood actor and activist, the discussion was moderated by Ms Reena Agarwal. There were about 156 - 170 participants attended and actively participated in the programmes.

International Conference on Gender Sensitisation and Protection of the Rights of Children and Vulnerable Adults on the 17th and 18th of January 2022 (number of participants – 128)

Discriminations and abuses exist in all walks of life, including everyday interactions in the family, at the workplace and in public space in most societies. Stereotypes are fed into the minds of individuals right from a very young age and subsequently, people respond to social situations keeping their imbibed prejudices about the ‘other’. It results in unhealthy social practices including verbal and physical abuse not only maligning others but also causing injury and trauma. It is in this context that SCWSD organised the seminar on “Gender Sensitisation and Protection of the Rights of Children and Vulnerable Adults” was organised.

FRIEDRICH EBERT STIFTUNG **gender & equity** **SOPHIA COLLEGE AUTONOMOUS**

PRESENT TWO PANEL DISCUSSIONS

GENERATION EQUALITY 2021

WITH





Mediator: Prof. Vibhuti Patel, Gender Economics & Women's Rights Activist
 Dr. Arina Yaswanth, Department of Forensic Medicine, Yeshodra deemed to be University, DeraKaliak, Mangalore
 Charlotte Nathan, Bent, UN Official (ILO), Bangalore

27th September 2021
Time: 4 to 6 PM

GENERATION EQUALITY 2021 & GENDER AND PUBLIC SPACE

WITH






Moderator: Reetika Agrawal, Education and Associate Festival Director, Literature Live!
 Rachana Madhobhosini, Transgender and Human rights activist
 Dr. Shilpa Phadke, Professor, TBSS and Author of 'Why Loiter'
 Mahabeeson Modi-Karwal, Actor, Director and Activist

4th October 2021
Time: 4 to 6 PM

Live on Zoom and Facebook
Registration Link:
<https://forms.gle/DACHoaxqKyLxTCFk7>

FRIEDRICH EBERT STIFTUNG **gender & equity** **SOPHIA COLLEGE AUTONOMOUS**

FRIEDRICH EBERT STIFTUNG, NEW DELHI, INDIA OFFICE X SOPHIA CENTRE FOR WOMEN'S STUDIES AND DEVELOPMENT, SOPHIA COLLEGE, MUMBAI

BRING TO YOU AN ONLINE COMPETITION ON THE THEME

GENERATION EQUALITY 2021 & GENDER AND PUBLIC SPACE

EVENTS

The 3 categories for participation are:
3 minutes Monologue, Poetry writing and recitation, and Bookmark making

3 MINUTES MONOLOGUE
(Theme: Generation Equality 2021)
Last date for accepting entries:
19 Sep. 2021

BOOK-IT (BOOKMARK WITH A CAPTION)
(Theme: Gender and Public Space)
Last date for accepting entries:
24 Sep. 2021

POETRY WRITING AND RECITATION
(Theme: Gender and Public Space)
Last date for accepting entries:
24 Sep. 2021

The winners from each category will win Crossword vouchers worth
Rs. 2000 - 1st Position
Rs. 1500 - 2nd Position
Rs. 1000 - 3rd Position.

The seminar introduced and sensitised participants on various issues related to abuse and its prevention. The participants were exposed to the viewpoints of experts who addressed sociological and psychological dynamics, moral dimensions and legal aspects of this issue. Gender sensitisation was an important component of the seminar as it is crucial for the balanced development of young minds by helping them in building correct values and self-discipline. The seminar had two sessions per day. Each session was conducted by subject expert/s via engaging panel discussions, which was followed by a question-and-answer session. This event was done in collaboration with De Nobili college, Pune, Majlis, Silver Innings and GAROP.

PROGRAMME SCHEDULE

DAY 1
17.01.2022

Inauguration (2.30-3.30)

Dr. (Sr.) Ananda Amritmahal (Welcome note)
Principal, Sophia College (Autonomous) Mumbai

Dr. Linda Lane (Key-note address)
Department of Social Work, Gothenburg, Sweden

1st Panel Discussion (3.00-4.30)

Topic - Perspectives on Gender Sensitization and Rights of Children and Senior Citizens

Prof. Vibhuti Patel
Vice President, Indian Association for Women's Studies

Ms Pooja Taparia
Founder and Chief Executive, Arpan, Mumbai

Prof. Daryl Higgins
Director, Institute of Child Protection Studies, Australian Catholic University

Adv. Flavia Agnes (Moderator)
Former Director 'Majlis'

2nd Panel Discussion (4.30-6.00)

Topic - Dismantling Patriarchy, Masculinity, and Misogyny focusing on Children and Senior Citizens

Ms Anupama Dutta
Helpage India

Mr. Sailesh Mishra
Director, Silver Innings, Mumbai, India

Dr. Vahida Nainar
Independent Researcher, Gender, Human Rights, International Law

Dr. Geeta Balakrishnan (Moderator)
Retd Principal, Nirmala Niketan College of Social Work

DAY 2
18.01.2022

3rd Panel Discussion (3.00-4.30)

Topic - Mobilising Support for A New UN Convention on The Rights of Older People - The Global Alliance for the Rights of Older People, United Kingdom

Dr. Marijke de Pauw
Global Rights Policy Adviser, HelpAge International

Mr. Naraidoo Gava Naraidoo
Director, DIS-MOI (Droits Humains Ocean Indien), Mauritius.
Deputy Chair of Steering Group, Global Alliance for the Rights of Older People

Dr. Debanjan Banerjee
MD, DNB Psychiatry, DM Geriatric Psychiatry
Consultant Old Age Psychiatrist, Kolkata, India & Member,
International Psychogeriatric Association (IPA)

Ms Margaret Young
Member of Steering Group, Global Alliance for the Rights of Older People

Dr. Kiran Rabheru
Chair of Steering Group, Global Alliance for the Rights of Older People, Geriatric Psychiatrist, TOH, Professor of Psychiatry, U of Ottawa/Chair of the Board, ILC-Canada (Moderator)

4th Panel Discussion (4.30-6.00)

Topic - Legislative protection and Social Security Measures for Children and Senior Citizens

Ms Christine Nathan
International Labour Organization (Retd)

Dr. Alannah Fernandes
Independent Researcher

Ms Neha Matthews
Journalist


Adv. Audrey D'Mello (Moderator)
Director, Majlis

Valedictory (6.00-6.30)

Justice Dr. Shalini Phansalkar Joshi
Retd. Judge, Bombay High Court

Concluding Remarks

Dr. Jerome Stanislaus D'Souza
President, the Jesuit Conference of South Asia




Two-day Online International Conference

“Gender Sensitisation and Protection of the Rights of Children and Vulnerable Adults”

Date : 17th & 18th January 2022
Time : 02.30 pm – 06.30 pm (IST)
Live on: Zoom

Co-organisers
Department of Psychology,
Sophia College (Autonomous), Mumbai



THE GLOBAL ALLIANCE
FOR THE RIGHTS OF OLDER PEOPLE

Intra-college Seminars: In order to raise awareness amongst college students on relevant issues related to both young girls and women the SCWSD also organised events which included panel discussions and inputs by experts, poems, mono acts, songs and poster making events by students from colleges all over Mumbai on some marked important days of the year. These were carried out in collaboration with SXIE (St Xaviers Institute of Education) and were carried out on the following days

1. World Population Day (10.07.2021) (number of participants – 96)
2. International Girlchild Day (11.10.2021) (number of participants – 158)
3. International Women’s Day (08.03.2022) (number of participants – 170)

International Women’s Day Celebrations on March 8th, 2022 by Sophia Centre for Women’s studies and Development (SCWSD) in collaboration with Women Development Cell of St. Xaviers Institute of Education (SXIE)

International Women's Day, also known as IWD for short, grew out of the labour movement to become an annual event recognised by the United Nations. The seeds were planted in 1908, when 15,000 women marched through New York demanding shorter working hours, better pay and the right to vote. A year later, the Socialist Party of America declared the first National Woman's Day. International Women's Day was first celebrated in 1911, in Austria, Denmark, Germany and Switzerland. The centenary was celebrated in 2011, so this year we technically celebrated the 111th IWD.

The Sophia Centre for Women's studies and Development (SCWSD) in collaboration with Women Development Cell of St. Xaviers Institute of Education (SXIE) conducted an online programme on the 8th of March, 2022 titled "Enriching women's lives through entrepreneurship and empowerment" from (2-3.30)pm on ZOOM. The programme was well attended with about 180 participants.

The session commenced at 1:58pm. After a short welcome and general instructions to participants by student volunteers of the MA course in Gender Studies from Sophia College, the introduction on International Women's Day was done by Dr. Vini Sebastian from SXIE. She spoke about the aims and vision of St Xavier's Institute of Education and their Women's Development Cell, Potentia. After which there was a brief introduction about Sophia College and The Sophia Centre for Women's Studies and Development . This was followed by a welcome address by the principal of St Xavier's Institute of Education Dr. Sossama Samuel. She talked at length about International Women's Day and enriching women's lives. She spoke about how during Covid times women's empowerment helped women start new jobs and how women can develop societies by helping other women.

Dr. Nishi Kumar (SXIE) then introduced Dr Deepika Pandita and mentioned her achievements as she was the Resource Person from Symbiosis Institute of Business Management (SIBM) to speak on 'Women's Empowerment and Entrepreneurship.' Dr Deepika Pandita in her talk spoke about how women are becoming empowered economically. She spoke about how Indian women have come out of the comfort zone and the factors contributing to the growth of women entrepreneurs in India. She introduced the audience to several women entrepreneurs in India. She highlighted the Cafe Coffee Day Debt study and the fact that powerful women can actually make a difference.

The next part of the programme involved a presentation on poems written on Women's Day by the SXIE students and also a mono act performed by a student from SXIE on the theme of subjugation and torture of women.

The programme then moved on with Ms Shivranjani Sharda (MA student, Sophia College) who took over to give a short speech and read poem about International Women's Day.

A short and impactful video on the Nirbhaya squad and the work they do to protect women was then played. At 3pm the women police officers of the Nirbhaya Squad from Gamdevi Police Station, Sub-inspector Roopali Patil and Constable Shubhagini Patil joined the meeting and Dr Lata Pujari, Coordinator SCWSD welcomed them. Roopali Patil then talked about the Nirbhaya Squad, their role in helping women. She elaborated upon the apprehensions in women's minds as far as making a police complaint goes as well as reassured the audience which comprised mainly of women about the fact that police will always help a woman in distress. She quoted examples of how the Nirbhaya squad has helped women from all strata in life from situations of domestic abuse, molestation and harassment. The session was conducted in Marathi, Hindi and English by Dr.Lata Pujari and Ms Isidora Fernandes, MA student of Sophia College. The interactive session that followed with the audience was especially insightful as the police officers patiently answered all the queries posed to them.

Outreach Involvement

The outreach programmes conducted by the SCWSD are directed towards economically disadvantaged young girls and women who have been unable to continue their formal education for a variety of reasons. The participants for these courses are affiliated with various NGO's with whom SCWSD collaborates. If needed the courses are repeated as per the demand. Resource persons also go to different parts of the city, if the participants are unable to come to Sophia College which is located in South Mumbai. It is extremely heartening for us as an organisation to recognise that our outreach programmes have benefitted numerous economically disadvantaged young girls and women. A key component of our programmes is that they not stationary, but mobile, which means we meet those in need of outreach services at the location at which they are. SCWSD members and collaborators have conducted capacity building workshops; entrepreneurship training as well as skill based vocational training for the focus groups within as

well as in the suburbs of Mumbai. Due to the ongoing pandemic and its restrictions we were unable to conduct outreach programmes in the last two years but in the past we have worked on several outreach programmes which focussed on capacity and skill building for gainful employment. These included Community Health care worker, Self-defence and cooking courses.

We are thankful to all our sponsors, well-wishers and the organisations we have partnered with over the years. It is because of their ongoing contribution and cooperation that all our projects and the functioning of SCWSD itself, have gone by efficiently for the current year. We hope to gain the much-needed funding and support for the next year as well.

CONSULTANCY AND COLLABORATIONS

The activities and involvement in the current year have been extremely encouraging for the advancement of the centre including organizing online talks and conferences in collaboration with national organisations like the IAWS (Indian Association of Women's Studies) and international bodies like Friedrich Ehrlich Stiftung (FES), Germany, GAROP (London, UK).

Over the years we have collaborated for academic, training and outreach programmes with several organisations including UNICEF, MAVIM, YWCA, Akshara, Akanksha, Stree Mukti Sanghatana, Navjeevan Trust, CEHAT, CCDT, AAMRAE, VACHA, Silver Innings, MAVA, Young Star Trust, among others. The centre functions as a referral centre and the staff of the centre has provided consultancy services to several organisations.

APPENDIX

DETAILS ABOUT THE VARIOUS CERTIFICATE COURSES

Certificate Course in Women's Empowerment

Duration of Theory and Field Work	:	30 hours
Number of students per batch	:	30
Eligibility	:	H.S.C. (or equivalent)

Objectives:

- To gain an understanding of issues related to women, their rights, perceptions, aspirations, dreams and development.
- To understand the ways in which society has been constructed, the universal nature of patriarchal structures and the gender stereotypes that have been imposed.
- To examine women's realities within the framework of academic disciplines, e.g. Sociology, Psychology, Economics, etc.
- To gain an insight into the history of women's development and the various interventions that have been made; the strategies employed to empower women (individual, collective and governmental).
- To understand the principles, ideal, beliefs and practices that are involved in development work especially in relation to women.
- To learn the skills, values and ethics of development work.
- To appreciate the importance of development work and women's empowerment in the present context.

Course Content:

1. The meaning and origin of patriarchy
Concept of "sex and gender",
Process of conditioning, the agents of socialisation,
Role of culture in creating and perpetuating gender stereotypes
2. Women and development
Women in the labour force,
Impact of industrialisation,
SAPs and globalisation
3. Women's rights in the Indian constitution
Women and property
Legal provisions made for the protection of women

4. The invisibility and silence of women in history
History of women's development and empowerment
Significant impact on the condition of women
5. Psychological theories of gender development
Gender and mental health
Sex-role stereotyping in Psychology and its critique
Feminist Psychotherapy
6. Women and the media
the role of literature and the media in reinforcing
7. Meaning, nature and scope of development work
Different approaches and their ideological underpinnings
Theories and practices in development work
8. Methods of development work
Community organisation and social movements
Indian social situation and the problems that need attention;
Knowledge of different welfare agencies, institutions, NGOs
9. Innovative approaches and strategies in the empowerment of women

Field Work: Observational visits to welfare agencies, government and non-governmental institutions dealing with the empowerment of women, to observe the objectives of the institute, the types of beneficiaries, the administrative set-up and mode of functioning, the funding, the problems faced by the agency.

1. Field Placement: students will be given the opportunity to work in pairs with various agencies and organisations. Their work will be assessed by the agency and they will get graded out of a total of 25 marks. Another 25 marks will be allotted for their critical evaluation of the organisation, which will be presented in a report.

Select Bibliography

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 Warhol, Robyn and Diane P. Herndl. *Feminisms*
 Wollstonecraft, Mary. *A Vindication of the Rights of Women*.
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Certificate Course in Social Work focusing on Issues Related to Women and Girls

Duration of Theory and Field Work	:	30 hours
Number of students per batch	:	30
Eligibility	:	H.S.C. (or equivalent)

Course Overview: This course is designed to provide an overview of the issues related to women and girls in the social work context. The course will cover the historical and social context of women and girls, the challenges they face, and the various strategies and approaches used to address these challenges. The course will also focus on the role of social workers in addressing issues related to women and girls.

Course Content:

- 1: Introduction to Social Work and Women's Issues
 - Concept and definition of social work
 - Historical and social context of women's issues in social work
- 2: Women's Rights
 - International frameworks and conventions on women's rights
 - National laws and policies on women's rights
- 3: Gender-Based Violence
 - Types and prevalence of gender-based violence
 - Intervention strategies for gender-based violence
- 4: Sexual and Reproductive Health
 - Sexual and reproductive health rights
 - Barriers to accessing sexual and reproductive health services
- 5: Women's Health and Well-being
 - Gender and health
 - Women's reproductive health
 - Violence against women

- 6: Education and Women's Empowerment
 - Education and gender
 - Women's literacy
 - Education and economic empowerment
- 7: Women and Work
 - Women in the workforce
 - Gender wage gap
 - Challenges faced by women in the workplace
- 8: Women and Politics
 - Women's political participation
 - Women's representation in governance
- 9: Women and Media
 - Representation of women in media
 - Role of media in promoting women's empowerment
- 10: Women and Migration
 - Gender and migration
 - Challenges faced by women migrants
 - Intervention strategies for supporting women migrants
- 11: Women and Disability
 - Gender and disability
 - Challenges faced by women with disabilities
 - Intervention strategies for supporting women with disabilities
- 12: Social Work Practice with Women and Girls
 - The role of social workers in addressing issues related to women and girls
 - Best practices for working with women and girls
 - Advocacy and policy for women and girls

Certificate Course on Basics in Food and Nutrition

- Duration** : Two hour sessions, four times a week for ten months. This year 96 sessions were held.
- Eligibility** : Graduation (or equivalent)
- Teaching Faculty** : Trained Nutritionists, Practicing Dieticians, Community Nutrition workers, Medical Doctors, Fitness Experts, Naturopaths, Alternative Medicine Practitioners and Counsellors.

SYLLABUS FOR THE COURSE

- Paper 1: Basics of Foods, Nutrition and Normal Dietics
(Theory) 100 marks (75marks Final Exam+ 25 marks Internal Assessment)
- Paper 2: Basics of Foods, Nutrition and Normal Dietics
(Practical) 100 marks (75marks Final Exam+ 25 marks Internal Assessment)
- Paper 3: Basic Anatomy, Physiology and Therapeutic Nutrition
(Theory) 100 marks (75marks Final Exam+ 25 marks Internal Assessment)

Paper 4: Diet Planning for Therapeutic Conditions
(Practical) 100 marks (75marks Final Exam+ 25 marks Internal Assessment)
Paper 5: Fitness Nutrition
(Theory) 100 marks (75marks Final Exam+ 25 marks Internal Assessment)
Paper 6: Fitness Diet Planning
(Practical) 100 marks (75marks Final Exam+ 25 marks Internal Assessment)
Ancillary Subjects (Internal Assessment)
Paper 7: Introductory Biochemistry (Theory) (50 marks)
Paper 8: Outreach Nutrition Programme (Practical) (50 marks)
Paper 9: Product Development (50 marks)
Paper 10: Case Study (50 marks)
Paper 11: Counselling Techniques (50 marks)

Certificate Course in Personal Finance Management

Course Overview: This course is designed to provide a comprehensive understanding of personal finance management. The course will cover topics such as budgeting, saving, investing, debt management, and retirement planning. The course will also provide practical guidance on how to manage personal finances effectively.

Course Duration: 30 hours

Course Content:

Introduction to Personal Finance Management

Concept and definition of personal finance management

Importance of personal finance management

1. Budgeting

Setting financial goals

Creating a budget plan

Tracking expenses

2. Saving and Investing

Types of savings accounts

Investment options

Diversification and risk management

3. Debt Management

Types of debt

Strategies for managing debt

Credit scores and reports

4. Insurance

Types of insurance

- Importance of insurance
- Choosing the right insurance plan
- 5. Retirement Planning**
 - Retirement savings plans
 - Strategies for retirement planning
- 6. Financial Planning**
 - Creating a financial plan
 - Reviewing and updating the plan
 - Financial planning resources
- 7. Investing in Stocks, Bonds and Mutual Funds**
 - Types of investments
 - Risk vs. Return
- 8. Online Fraud prevention and identity theft.**

Certificate Course in Entrepreneurship Training

Aims and Objectives: - Addressing young generation with possible opportunities for them to expand their career goals. Confidence building to face the challenges. Creating a mind-set to become entrepreneur. Therefore, Demystify Entrepreneurship.

Duration of Theory and Field Work	:	30 hours
Number of students per batch	:	30
Eligibility	:	H.S.C. (or equivalent)

Methodology: -

Irrespective whether Online or Offline (Classroom) – highly interactive – no lectures but involving the participants in Discussion.

We make sure each and every participant participates actively and contributes in each of the session.

Outcome: -

- Entrepreneur’s Mindset - Change in Thinking
- Develop the Can-Do Attitude
- Communication Skill Improvement
- Understanding Working in Teams
- They will always be in Scanning Mode to identify Opportunities.
- They will be confident that – now they can chart out their career goals clearly.

Curriculum: -

1. Networking
2. Qualities of Entrepreneurs
3. Business Mantra – Step Involved in Creating Enterprise.
4. Ideation Session - I
5. Ideation Session – 2
6. Ideation Session – 3 – includes SWOT Analysis
7. Market Study – Market Research – 1
8. Market Study – Market Research – 2
9. Business Plan – why and how?
10. How To Identify Business Opportunity – based on Market Study.
11. Financials – Part 1 – Importance of Cash
12. Financial – Part 2 – Importance of Costs in Business
13. Financials – Part 3 – Importance of Financial Analysis - 1
14. Financials – Part 4 – Importance of Financial Analysis – 2
15. Financials – Part 5 – Importance of Financial Analysis – 3
16. Value Chain – Forward/Backward integration
17. Pillars of Successful running of Business.
18. Women in Business
19. Business Plan Presentations.

Certificate Course in Basic Baking

Duration of Theory and Practical Work	:	30 hours
Number of Students per batch	:	16
Eligibility	:	H.S.C. (or equivalent)

Scheme of Evaluation:

1. Theory Examination (2 hours)	:	40 marks
2. Practicals (2 each)	:	60 marks
3. Project	:	50 marks
4. Orals	:	50 marks

Practicals

Practical instruction will be given in each of the following areas given below:

1. Breads, rolls, etc.
2. Cakes, pastries (30 hours)

Select Bibliography

Chatterjee, Gitanjali. *Health, Nutrition and Disease*

Dalal, Tarla. All publications
Philips, Thangam. All publications.