



THE BORIVLI EDUCATION SOCIETY'S
**Matushri Pushpaben Vinubhai
Valia College of Commerce**



मातुश्री पुष्पाबेन विनुभाई वालिया वाणिज्य महाविद्यालय

Affiliated to University of Mumbai • NAAC Accredited

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College Code : 406 • MS - 50

DLLE

ANNUAL REPORT FOR THE YEAR 2023 – 2024


Name of the College: Matushri Pushpaben Vinubhai Valia College of Commerce

This is to state that the DLLE Extension Work Activity for the year 2023 – 2024 for 120/240 hours has been successfully completed by 98 out of 135 students of the college enrolled for the Extension Work Activities.


Students were given a list of activities to perform.

List of activities conducted in the year 2023 – 2024:

| Sr. No | Date | Events | No of Participants |
|--------|------------|-----------------------------------|--------------------|
| 1 | 11/08/2023 | 1 st Term Orientation | 102 |
| 2 | 26/08/2023 | Poster Making – Women Empowerment | 52 |
| 3 | 02/09/2023 | Essay Writing – Chandrayaan 3 | 58 |
| 4 | 13/09/2023 | Seminar - HOTA 1992 | 99 |
| 5 | 11/01/2024 | 2 nd Term Orientation | 88 |
| 6 | 20/01/2024 | UDAAN | 14 |
| 7 | 16/02/2024 | Elocution – Women Empowerment | 34 |
| 8 | 16/02/2024 | Career and Project Guidance | 34 |


Prof. Rajvee Dhakan
Extension Work Teacher


Prof. Tejaswi Prajapati
Extension Work Teacher


Prof. V. Manikandan
Principal Incharge

WDC Summary Report 2023-2024

1. YOGA DAY

The theme for the International Day of Yoga 2023 was 'Yoga for Vasudhaiva Kutumbakam' or 'Yoga for the Welfare of All as One World-One Family'. Our College, "Matushri Pushpaben Vinubhai Valia College of Commerce celebrated yoga day on "June 21st 2023"

- To help them to increase concentration
- To improve strength, balance and flexibility and
- To reduce stress and anxiety

2. YOUNG AGE ADDICTIONS

The Women's Development Cell in collaboration with IQAC committee has organized a seminar on "YOUNG AGE ADDICTIONS" on **22nd August 2023** held by our guest speaker Dr. Santosh Goel. The speaker gave information about the addiction and treatments available for college students and how to cope with the stress and peer pressure without turning to drugs or alcohol.

3. SEXUAL HARRASSMENT AT WORK PLACE

The Women's Development Cell in collaboration with IQAC committee has organized a seminar on "Sexual Harrasment at Workplace" on 16th September 2023 held by our guest speaker Ms. Asha Kulkarni.

It was great experience and information shared by guest. Students got valuable information from the seminar and also shared their opinions about what types of behaviour constitute sexual harassment, which can be affected by things such as the work culture, but also by the current social and cultural values, norms and attitudes of society. Opinions were also vary according to the individuals own level of awareness and knowledge of their legal rights and existing laws around sexual harassment and discrimination.

4. SELF DEFENCE WORKSHOP (SEMESTER 1)

The Women's Development Unit of the college constantly responds to the needs and demands of the students of our college. WDC in collaboration with IQAC Committee has organized a 3-day self-defense workshop on **10th, 11th and 12th October 2023**. Event details are listed below. The workshop consisted of 3 seminars that took place on the mentioned days, one day each.

DAY 1: PSYCHOLOGICAL DEFENCE MECHANISM

On the first day of the workshop, guest lecturer DR. GOURI CHAFEKAR shared a valuable defence mechanism for the girl to survive the situation mentally, physically and legally. A large no. of girls participated in the seminar and received valuable information about self-defense.

DAY 2: THE BEST DEFENCE IS A GOOD OFFENCE

The second day of the workshop was conducted by MS. UNNATI THAKAR of MUMBAI POLICE. The speaker encouraged the girls to be independent, confident and strong enough to deal with these serious situations and ways to escape from these problems. Many students attended the workshop.

DAY 3: BE AN OPPONENT NOT A VICTIM

On the third day of the workshop, SENSAI MANIK NAIDU (4TH DEGREE BLACK BELT) JAPAN KARATE ASSOCIATION shared karate techniques with the girls. He encouraged students to learn self-defense techniques and protect themselves from any kind of attack. Many Students were enrolled in the seminar.

4. SELF DEFENCE WORKSHOP (SEMESTER 2)

Day1: On 29th February 2024, WDC Committee Organized the Self Defence seminar for girl students. Our guest was "Sensai Manik Naidu" along with his team. Various self defence techniques were demonstrated Manik Naidu Sir and his team. Students actively participated in the event.

Day2:

On 1st march 2024, WDC committee conducted a seminar on "HEALTH THROUGH FOOD" and our guest speaker was DT. Khushboo Mehta. She guided our students about what to be eaten and what not. Students were asking the questions if they were having doubt.

Day 3:

On 2nd March, 2024, WDC Committee had organized a Reel Making Competition on Self Defence for Girls. It was an Initiative taken by the committee to encourage students to show their talent. Students have hardly participated.

LIST OF EVENTS WOMEN DEVELOPMENT CELL 2023-2024

| YEAR | TITLE OF THE PROGRAM | DATE | NO. OF STUDENTS | STATUS |
|------|---|----------------------------------|------------------|-------------------------------------|
| 2023 | Yoga Day | 21/06/23 | 70 | CONDUCTED |
| 2023 | Young Age Addictions | 22/08/23 | 150 | CONDUCTED |
| 2023 | Sexual Harassment at Work place | 16/09/23 | 120 | CONDUCTED |
| 2023 | 3 Days Self- defence <ul style="list-style-type: none"> • Day1: Psychological Defence Mechanisms • Day2: Best Defence is a Good Offence • Day3: Be an Opponent, Not a Victim | 10/10/23 11/10/23 12/10/23 | 92 80 180 | CONDUCTED CONDUCTED CONDUCTED |
| 2024 | 3 Days Self- defence <ul style="list-style-type: none"> • Day1:Self- Defence Today – For Better Tomorrow • Day2:Heal through Food • Day3:Reel Making on Self defence | 29/02/24 01/03/24 02/03/24 | 200 178 02 | CONDUCTED CONDUCTED CONDUCTED |