



Sophia Irene Heredia Centre for Women's Studies and Development

Annual Report 2023-2024

Sophia Irene Heredia Centre for Women's Studies and Development
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INTRODUCTION

The Sophia Irene Heredia Centre for Women's Studies and Development (SIHCWSD), launched in 2001 is rooted in the values of academics, advocacy and increasing awareness on gender issues. We have diversified in scope and range of our activities and programmes via which we seek to analyze gender dynamics, challenge stereotypes and promote gender equality. Through research, education, and advocacy, SIHCWSD aims to empower women and foster inclusivity in various fields. It provides a platform for interdisciplinary inquiry into issues such as gender discrimination, rights, and intersectionality. Ultimately, SIHCWSD strives to create a more equitable and just world for all genders. The year 2023-2024, has been a fulfilling year for the SIHCWSD. It has been a year of hybrid learning with programs and events being held both online and offline. Post pandemic as we conducted a few of our programmes online we discovered that it broadened our reach pan-India in terms of participants as well as resource persons. All the programmes, certificate courses, post graduate degree and diploma courses and workshops were conducted as per earlier academic schedules, details of which are given in the pages to follow.

We are extremely grateful to the eminent scholars who are on board the peer review committee for "Urdhva Mula " our multidisciplinary women's studies journal which has elevated the academic status of our journal. We are also thankful to all our sponsors, well-wishers and the organizations who we have partnered with. It is because of their ongoing contribution and cooperation especially from The Irene Heredia Foundation that all our projects and the functioning of SIHCWSD 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)
Academic Advisor	:	Prof.. Vibhuti Patel (Economics)
Coordinator	:	Dr. Lata Pujari (History)
Programme Officer	:	Ms Deepti Anil (Foods, Nutrition, Dietetics)
Office Assistant	:	Ms Shraddha Satam
Library Assistant	:	Ms. Zarina Vapiwala
Attendant	:	Mr. Hayward Lopez

THE CONSULTATIVE COMMITTEE OF SIHCWSD

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

LIBRARY AND DOCUMENTATION

The SIHCWSD library has an extensive collection of books with a focus on women's issues. The SIHCWSD library's collection of fiction and nonfiction 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 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 (2001-2024) which is of great value to researchers and students. We are in the process of making our documented articles from newspapers available to online users. This year we completed a documentation volume on *Women and Law*, with articles documented from newspapers from. (Aug. 2003 - Dec. 2021) Library membership is open to all students as well as outsiders. We also offer internet and print out facilities. While we at SIHCWSD have always tried to upgrade the library by purchasing latest books on women's issues for use by the members, over the last few years due to a paucity of funds we have not been able to add significantly to our collection. The library subscribes to two journals, Perspectives in Social Work and Indian Journal of Gender Studies and six magazines. The library has also 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 software: SLIM (++) is utilised in the library to maintain a softcopy record of all literature available in the SIHCWSD library. The Inter-Library Loan system is available for use on demand.

NUMBER OF BOOKS/JOURNALS SUBSCRIBED TO IN THE CURRENT ACADEMIC YEAR

Books	5
Journals & Periodicals	4

RESEARCH AND PUBLICATIONS

SIHCWSD 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 (Science Research) secured a research grant from ICSSR (Indian Council of Social Science Research) to study three unique forms of traditional folk art in Maharashtra. The pandemic stalled our research efforts and we are currently in the process of identifying areas of interest and feasibility of some research projects. One of the primary objectives of the Sophia Women's Centre is to utilise research as a vital tool to address issues related to women's development. By prioritising research, the Centre aims to uncover insights and develop solutions that empower women and promote societal advancement. This commitment to research underscores the Centre's dedication to creating impactful change and fostering a deeper understanding of the challenges and opportunities facing women today.

We are also planning on developing the following initiatives in the next academic year

SNAC (Sophia Nutrition Awareness Campaign)

Since its inception in 2001, SIHCWSD has been relentless in improving and empowering the lives of young girls and women. In order to achieve this SIHCWSD has been involved in instruction and courses curated specially to suit the needs of various target groups, research and publications with a special focus on women and their issues, outreach programmes for the disadvantaged sections of the society as well as run a library and documentation centre in its premises. It is in keeping with this ideology that we have decided to start a value added service for our staff and students in the area of diet and nutrition. It is well accepted that good nutrition is important for your body and processes. It is important to have a balanced diet rich in all nutrients to ensure that no deficiencies or hormonal imbalances are created in the body. Nutrition is also important for you to boost your immunity and give it the ability to fight against diseases. Since it is often said that 'We are what we eat' we believe this initiative will help in creating a better quality of life for all those who we can reach out to by increasing nutrition awareness as well as aiding in making appropriate food choices.

The SNAC Plan:

We will be offering personalised diet counselling plans for both students and staff of Sophia College at nominal rates with one routine follow up. In addition SNAC will also be organising workshops, discussions and demonstrations on relevant topics for our student population. We are also hopeful of raising funds to provide free healthy snack options like fruits and nuts to needy students of our college. The person in charge of the program will be Ms Deepti Anil who has completed her Masters in Foods, Nutrition and Dietetics from Mumbai University as well as her PG programme in Public Health Nutrition from IIPH, New Delhi.

Research fellowship/grant: The Centre aims to foster research programs by providing annual or biennial grants to postgraduate students, research scholars, and institutions. This initiative will enable the Centre to explore new and significant topics while amplifying the voices of women and other genders on a wide range of issues. By doing so, the Centre will extend its influence and connect with many like-minded stakeholders and institutions.

Our In-house multidisciplinary peer reviewed journal Urdhva Mula published since 2002 is now available online to all those who subscribe to it. The sixteenth issue of “Urdhva Mula”, our multidisciplinary journal, ISSN 2277-7954, was published in October 2023. 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. We also published our much awaited and used yearly planner for 2024. SIHCWSD came out with a set of bookmarks with empowering dialogues from mainstream bollywood films.

TABLE 1: PEER REVIEW COMMITTEE MEMBERS

Sr. No.	NAME and ORGANISATION	EXPERTISE
1	Sr. Anila Verghese (Sophia Polytechnic, Mumbai)	History
2	Prof. Kunal Chattopadhyay (Jadavpur University, Kolkata)	European Socialist movements, Radical Politics in India, Gender Studies.
3	Dr. Swarna Rajagopalan (The Prajnya Trust, Chennai)	Political Science and International Relations
4	Prof. Samapti Guha (Tata Institute of Social Science, Mumbai)	Economics
5	Prof. Bulbul Dhar (Jamia Millia Islamia University, New Delhi)	Political Science with specialization in Human Rights
6	Dr. Veena Devasthali (SNDT University, Mumbai)	Macro Economics, Development Economics, Economics and Labour
7	Jaya Singh (NCERT, New Delhi)	Economics
8	Prof. Geraldine Forbes (State University of New York Oswego, USA)	History
9	Dr. Sucharita Pujari (Centre for Gender Studies and Development, NIRD, Hyderabad)	Social researcher trained in Population Studies
10	Dr. Michelle Stack (University of British Columbia)	Media Education and media-academic communication
11	Dr. Linda Lane (University of Gothenburg, Sweden)	Social Work, European Studies, Global Studies
12	Dr. Alice Clark (University of California, Berkeley)	History, Gender and Society in India
13	Dr. Geeta Balakrishnan (Nirmala Niketan College of Social Work, Mumbai)	Social Work
14	Dr. Kumkum Roy (Jawaharlal Nehru University, Delhi)	Gender and Development Studies
15	Dr. Shagufta Kapadia (M.S. University, Baroda)	Human Development and Family Studies

COURSES AND INSTRUCTION

The Centre conducts varied courses for in-house Sophia College students. These courses are intensive and applicable learning programmes which have great appeal. SIHCWSD 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 acquisition of skills, others focused on the acquisition 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 needs 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 SIHCWSD in the academic year 2023-2024 included

POST GRADUATE PROGRAMMES

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 with an orientation on 20th June, 2023. The students were from various parts of the country. The classes began on 22nd June 2023. The faculty are Konrad Noronha (PhD, MS, MTh, BHMS), Dinesh Braganza (PhD), Hovvi Bhatnagar (Phd, Research scholar), Ravi Sagar (LLB, DLL & LW, PGDHR), Sophia Peermoinudeen (MSc counseling psych) and Lavanya Mohan (MSc counseling

The program was divided into the following 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 6, 2024 with the onsite component which was held in Pune.

4 students completed the course while 2 did not and are allowed to complete the same in the next academic year (2024-25). They have been allowed to appear for what they have missed, and will get their diplomas only on completion of all courses. The students who completed received their diplomas in May 2024.

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

This two-year learning programme concluded its second batch on April 30th, 2024 with 3 students. The MA part II students had one learning semester and the final semester consisted entirely of research work and dissertation writing. They had an intensive presentation of the research work carried out and viva voce before the project was approved by the examiners.

3. Post Graduate Diploma In Nutrition, Diet and Fitness.

This one year diploma course (Semester 1 and Semester 2) commenced with an online orientation session on 17th of July 2023 with 12 students. This was followed by 30 hours of an online bridge course . Semester 1 commenced from 1st of August 2023 and concluded on 22nd of December 2023. Semester 2 commenced from 3rd of January 2024 and concluded on 26th April 2024 inclusive of exams and assignments.

Subjects covered included –

Paper 1- Basics Foods and Nutrition

Paper2- Nutrition through the ages and its impact on health

Paper 3- Applied Physiology and Nutrition for Special Health Condition.

Paper 4 – Fundamentals of Diet Planning.

ADD ON TWO CREDIT CERTIFICATE COURSES

1. 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 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. The course was held from 11th September to 6th October, 2023. The number of successful participants who completed the course was 11 of the 19 who enrolled.

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

SIHCWSD has designed this course to give students a forehand knowledge 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 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. The course was held from 11th September to 6th October, 2023. The number of successful participants who completed the course was 16 of the 21 who enrolled.

3. Certificate Course in Personal Finance Management

SIHCWSD has designed this course 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 different topics covered in the course included personal finance, components of a financial plan, basics of budgeting, Introduction to savings, equity, mutual funds as well as financial fraud and security. The course was held from the 3rd to the 19th of January, 2024. The number of successful participants who completed the course was 29 of the 33 who enrolled.

4. Certificate Course in Basic Baking

The Certificate Course in Baking taught its students a number of sweet and savoury preparations such as tarts, pies, quiches, etc. The course indeed geared the students' interest in exploring advanced levels of baking. The course was held from 11th September to 6th October, 2023. The number of successful participants who completed the course was 7 of the 8 who enrolled.

5. Certificate Course in the History of Indian Food:

The Certificate Course in the History of Indian Food was introduced this year with a total of 61 students of whom 54 successfully completed the course. Apart from learning about origin of ingredients and history of ingredients/recipes the course also included two very interesting food walks around the popular street food areas of Fort and Kalbadevi, which was very well received and appreciated as a live sensory food experience.

6. Women's Leadership Training Programme –

The Archdiocesan Women's Commission conducts the Women's Leadership training Program(WLTP) in association with Sophia Centre for Women's Studies, in the Archdiocese of Bombay. The WLTP is aimed at creating a gender just society, as part of Jesus's evangelising work of justice. The 18th batch of the WLTP was organised at Don Bosco School, Borivali (West), from 15th July to 3rd September 2023 for 8 weekends, by the Archdiocesan Women's Commission head Bernadine Fernandes and supported by the Borivali Deanery Coordinator, Veera Davies.

The Valedictory ceremony of the WLTP was held on 3rd September 2023. It was the culmination of the efforts of a dedicated team of Faculty and Animators who instilled a foundation of knowledge and awareness of equality, dignity and rights of women in society. The eminent women speakers encouraged the participants to introspect on all aspects of life as a woman. There were role plays, games, presentations, public speaking and group discussions. 38 participants ranging from the age group of 25 to 60, along with their family gathered to celebrate the Valedictory ceremony of the new women leaders. The Valedictory ceremony was graced by Bishop Barthol Baretto, Bishop in-charge of the Archdiocesan Women's Commission, Fr. Anthony J Fernandes, Ecclesial Advisor of the Archdiocesan Women's Commission, Dr. (Sr.) Ananda Amritmahal Co-founder of the WLTP, and Ex Commission Secretary, Sunita Machado.

The ceremony commenced with the lighting of the samay. Bernadine Fernandes in her opening pray, prayed for the participants to become beacons of light in the world. Sr.Ananda the founder of the WLTP

and ex- principal of Sophia College Mumbai in her address recalled the humble beginnings of the WLTP in a small classroom to what has now blossomed into a full fledged movement empowering the many lives of women in society. She stressed the need to keep growing and evolving with the changing times. The participants showcased what they learned from the WLTP, They performed skits, action songs and choral singing demonstrating the impact of the WLTP on them. The values of gender equality, justice, and empowerment reflected in their performances. Two young participants gave heartfelt testimonials and the impact the WLTP has had in their lives and in transforming them into leaders. A video collage of the participants sharing their experience at the WLTP stood testimony to the transformative impact the WLTP had on them. Bishop Barthol Baretto congratulated the 38 participants on behalf of Cardinal Oswald Gracias, in his address. He also thanked the Archdiocesan Women's Commission for their dedication to the formation of the Women's cells in the Archdiocese. He invited everyone present to take up the role of prophets in society, to be the voice of the voiceless ; to ensure that no woman is taken for granted. He encouraged all the participants to become 'agents of change' in the community.

Fr Anthony J.Fernandes also encouraged the participants, when he said that the participants should "know the way, go the way and show the way,". He appreciated the hard work of Bernadine, Veera and all the Deanery Coordinators in bringing this WLTP 2023 to fruition. Sr.Ananda anointed the participants and Bishop Barthol gave out the certificates. A group photograph of new confident ,and dynamic women leaders brought this commemorative event to a close.

Co-curricular courses conducted by the Sophia Irene Heredia Centre for Women's Studies and Development in the Academic year 2023-2024

1. Baking Science and Pastry Arts

The Co-curricular course in Baking Science and Pastry Arts commenced on February 15th, 2024 with 50 students. The different topics and procedures demonstrated and practised included Buttercream cake art , Buttercream piping technique art, Royal icing art , Fondant 2D Art , Cupcake art , Fondant 3D art ,Chocolate art , Cookie art , Bread art , Cake decoration done by the students on cakes in class with buttercream icing & Fondant decorations. There was a cake assignment brought by students from home, French Macaroon art. After which the students had a graded test baking their own recipes in groups and finally a Field trip to the European pastry school. Here the students were given a tour of the school where they got to see live classes, they were shown a demo of chocolate garnishes alongside a little bit of theory of chocolate and they were given some mini cakes and chocolates to taste as well. The course also included home assignments and a final graded test in the procedures of baking and icing which had been demonstrated and practised in class. Feedback was collected via a google form from students for better learning outcomes and course correction if need be.

2. Nutrition for fitness and wellness

The course commenced on February 16th 2024 with 70 students. The students were led to several foundational topics in nutrition including Introduction to Nutrition, understanding macronutrients and micronutrients which was In-depth study of carbohydrates, proteins, fats, vitamins and minerals, Daily requirements and food sources. The course also covered topics of hydration and its importance, emotional eating, eating disorders, cooking methods and nutrient retention as well as nutrition in the life cycle of a woman. The students had a graded practical assignment to complete which was based on easy recipe formulation for increasing the protein quality using simple ingredients for effective food combination. The final graded assignment was an essay based on the role of nutrition in the lives of young women. Feedback was collected via a google form from students for better learning outcomes and course correction if need be.

3. Digital marketing

The course commenced on February 16th 2024 with 70 students. The students were guided through the concepts of conventional marketing practices, introduction to digital marketing, web design and optimization, search engine optimization, Basics of AI and Chat GPT, PPC advertising, social media, email, content and mobile marketing, digital marketing strategy and planning. The student participants were routinely given assignments to evaluate their understanding of the concepts. Feedback was collected via a google form from students for better learning outcomes and course correction if need be.

TABLE 2: SUMMARY OF COURSES AND EVENTS CONDUCTED AT SIHCWSD IN 2023-24

Sophia Irene Heredia Centre for Women's Studies and Development Programme Report 2023-2024					
Events and Programmes					
Sr. No.	Date	Event	Mode of execution	Participants	Successful candidates
1	15.07.2023 to 03.09.2023	WLTP	Offline	38	38
2	11.07.2023	Population Day (Sophia X SXIE)	Online event	68	
3	23.08.2023	Genderlogue	Panel discussion and Documentary screening	170	-
4	29.11.2023	Genderlogue	Students events	120	
5	11.10.2024	International Girl Child Day (Sophia X SXIE)	Online event		
6	16.12.2023	Biennial Public Lecture – Prof. Amita Dhanda “Building alliances: gender, mental, health, and disabilities”	offline	50	

7	07.03.2024	International Women's Day (Sophia X MU)	Offline	104	
	And 11.03.2024	And International Women's Day (Sophia X SXIE)	& Online	& 74	
8		Sophia College Gender Internal Audit Report	Offline	-	
9	2023-2024	M.A. in Gender Studies Part II	Hybrid	3 (Part II)	
10	22.07.2023 to 01.04.2024	Diploma in Counseling and Safeguarding Children and Senior Citizens (Sophia X DeNoblie)	Online and Onsite	6	5
11	17.07.2023 – ongoing	Diploma in Nutrition, Diet, and Fitness	Hybrid	12	
12	20 th , 22 nd , 27 th , and 29 th March 2024	Sugar and Spice (Four sessions)	Offline	9	
Add-on Courses					
1	03.01.2024 to 19.01.2024	Personal Finance Management	Online	33	29
2	14.09.2023 to 30.01.2024	Baking	Offline	8	7
3	11.009.2023 to 06.10.2023	Women's Empowerment	Online	19	11
4	11.009.2023 to 07.10.2023	Social Work	Online	21	16
5	11.12.2023 to 29.12.2023	History of Indian Food	Hybrid	61	54
Co-curricular courses					
1		Nutrition for Fitness and Wellness	Hybrid	69	69
2		Digital Marketing	Hybrid	70	70
3	15.02.2023 to 14.03.2024	Baking Science and Pastry Art	Hybrid	50	50

EVENTS AT SIHCWSD:

GENDERLOGUE 2023 (August and November)

A Report on the first Genderlogue held at Sophia College on 23rd August, 2023.

Cinema is a powerful medium that reflects and shapes societal values, norms, and beliefs. In Bollywood, the world's largest film industry based in India, the gendered perspective has played a significant role in shaping narratives and character portrayals. This essay explores the gendered perspective of cinema in Bollywood, highlighting the evolving representation of men and women, examining stereotypes, and showcasing examples of films that have challenged traditional gender roles. Bollywood cinema has witnessed an evolution in its gendered perspective over the years. Initially, films tended to reinforce traditional gender roles and patriarchal norms, depicting women as submissive, objectified, and dependent on men. However, with the rise of feminist movements and social change, Bollywood has gradually started challenging these stereotypes. Modern narratives have sought to present women as strong, independent, and empowered individuals capable of charting their own paths.

Bollywood has been criticised for perpetuating gender stereotypes. For instance, the portrayal of the "damsel in distress" and the "macho hero" was a recurring theme in earlier films. However, recent years have witnessed a significant shift. Films like "Queen" (2013), directed by Vikas Bahl, portray a young woman who embarks on a journey of self-discovery after being left at the altar. Such narratives challenge conventional norms by showcasing the protagonist's independence and resilience.

Additionally, films like "Pink" (2016), directed by Aniruddha Roy Chowdhury, tackle social issues such as consent and victim-blaming. This courtroom drama puts the spotlight on the experiences of women and challenges the prevailing patriarchal mindset. Such films have been instrumental in breaking gender stereotypes and encouraging conversations about gender equality.

Breaking the Mould

Bollywood has witnessed the emergence of strong female characters who defy traditional gender roles and expectations. Deepika Padukone's portrayal of the feisty and headstrong "Piku" in the film of the same name (2015) directed by Shoojit Sircar showcases a woman who navigates the complexities of life on her own terms while caring for her ageing father. This character breaks the mould of the conventional submissive daughter and challenges the perception that women exist solely for the happiness of others.

Similarly, Alia Bhatt's portrayal of a Bihari migrant worker in "Uda Punjab" (2016) directed by Abhishek Chaubey provides a powerful commentary on gender, class, and drug abuse. Her character defies stereotypes associated with women from marginalised backgrounds, displaying courage, resilience, and determination.

Furthermore, "Dangal" (2016), directed by Nitesh Tiwari, is based on the true story of Indian wrestler Geeta Phogat. The film showcases the journey of Geeta and her sister Babita, breaking barriers in a male-

dominated sport and challenging societal expectations. This biographical sports drama celebrates the strength and determination of women, inspiring countless others.

The gendered perspective of cinema in Bollywood has evolved over the years, reflecting the changing dynamics of Indian society. While earlier films reinforced traditional stereotypes, modern narratives have showcased empowered female characters, challenging societal norms and advocating for gender equality. Films like "Queen," "Pink," "Piku," "Udta Punjab," and "Dangal" have made significant contributions by presenting strong female protagonists and addressing important social issues. Bollywood's portrayal of gender roles continues to evolve, providing a platform for diverse voices and narratives that contribute to a more inclusive and equitable society.

The Sophia Centre for Women's Studies & Development (SCWSD) at the Sophia College for Women fosters academic research, teaching, advocacy, and community partnerships in support of women's empowerment and also to help other marginalised groups. It is in keeping with this vision that we have forged a like minded association with Frederich Ebert Stiftung for this Genderlogue on Challenging Gender Stereotypes in Bollywood : Narrative Shifts and Breaking the mould

The first Genderlogue at Sophia College held on August 23, 2023 explored the aforementioned concepts via two approaches, a video clip screening and a panel discussion. The programme commenced with the lighting of the auspicious lamp by the dignitaries present followed by an introductory speech by Mr Richard Kaniewski, Deputy Country Director of FES India who spoke about cinema, its role in engaging and educating society as well as his introduction to the gendered nuances in it both in Germany as well as in Bollywood. He shared how his limited exposure to Bollywood and his preconceived notions about the same were challenged and changed upon viewing some films after his stay in India.

At first we had a short video clip compilation which was made by our students which challenged and made the audience question the age old stereotypes which perpetuate to this day and age. Since the aim of the Genderlogue was to increase awareness as well as initiate a dialogue within the student population on the relevant issue of Gender it was a very relevant input of viewing the world of Bollywood through a student's lens. The students went through several popular Bollywood movies like *Pink*, *Shubh Mangal Zyaada Savdhan*, *Dum laga ke Haisha*, *Queen*, *English Vinglish*, *Thappad* and *Maja Ma* among others and made a compilation of relevant clips which spoke to the audience on several gender relevant themes like gender stereotyping, body shaming, patriarchy, dowry, gender preferences as well as LGBTQIA issues. The screening was enjoyed thoroughly by the viewing audience.

This was followed by the much awaited panel discussion for which we had with us Roshmila Bhattacharya is a senior journalist who in a career spanning over three decades, has worked with three of the leading publishing houses in the country—The Times of India, Hindustan Times and Indian Express, serving as Features Editor, Screen, Deputy Editor, HT Café, and Entertainment Editor, Mumbai Mirror. She has been contributing regularly to The Telegraph, National Herald, Deccan Herald, Free Press Journal and Rediff.Com, breaking several stories on the national platform, has been a columnist for over 15 years and continues to find enjoyment in the field of entertainment journalism. In July 2019, she released her first book, *Bad Man*, the memoir of Gulshan Grover. It was published by Penguin, went

into reprint and subsequently, came out with a Hindi translation, even prompting a question by Amitabh Bachchan on KBC. In December 2019, Rupa Books published *Matinee Men: A Journey Through Bollywood*. It is listed amongst the 20 Best Bollywood Movie e-books of All Time by BookAuthority and The Times of India has recommended it as one of the eight books every Bollywood lover should read. Coming up for release during Halloween 2023 is an interesting non-fiction, published by Om Books. Towards the end of the year, another book will be brought to the stores by Rupa. Both are rooted in the Hindi film industry.

We also had with us Insia Dariwala who is an award winning, international filmmaker, a child rights activist, a TEDx Speaker and a Creative Campaign strategist, Insia deftly dons many hats, and uses her expertise of 18 years to creatively impact society and address significant social issues like Child Sexual Abuse (CSA), domestic violence, and Female Genital Cutting (FGC) through the medium of visual arts and cinema. In an attempt to mainstream these social issues, she has successfully executed several community projects through art installations, poetry, live storytelling, Photography, puppetry animation, street plays, digital toolkits, fiction and non-fiction films-engaging thousands of people across India and globally. A pioneer in the field of Photo Campaigns on Child Abuse and FGM, her ground-breaking campaign on Male Child Sexual Abuse resulted in getting the Union Cabinet Minister of India to sanction the first ever study on Male Child Sexual Abuse, and also became instrumental in amending the compensation scheme law for boys under the POCSO act in 2018, making it gender neutral. Today she successfully runs two non-profits Sahiyo and The Hands of Hope Foundation, which work on Child Rights issues.

The panel also had Mr Yogesh Pawar who has been a print, web and TV journalist for 25 years. A TISS post-grad in Medical & Psychiatric Social Work he briefly pursued marital and sexual counseling before going on to work with The Indian Express, Elle, NDTV, and DNA from 1995-to 2019. While he has eclectically reported on everything from politics, crime, entertainment, sports, and the environment - his forte has always been social and developmental issues and culture. He has extensively written on hunger, poverty, destitution, exclusion, discrimination, caste, gender, sexuality, performing arts & cinema. A freelance journalist since May 2019 his by lines can now be found in The Quint, Caravan, Article 14, Al Jazeera and Free Press Journal.

We are extremely proud of the final panel member who was one of us Srishti Srivastava. Shrishti Shrivastava is a popular television and film actor, who predominantly appears in Hindi web series. She is also a YouTuber and social media influencer. Shrishti Shrivastava completed her Mass Media from Sophia College for Woman. She also interned with Ogilvy and Mather, two of the top advertising agencies, while subsequently pursuing her acting career. She has worked in tv series and films such as 'Gully Boy', 'Gulabo Sitabo', "Dhavaak" and Maja Ma.

Moderating the discussion was Ms Reena Agrawal is an educator at heart having spent more than 3 decades teaching Sociology and other subjects to almost all disciplines in Mumbai- from Humanities to Mass Media. Passionate about her subject, she believes that every student must have some engagement

with this discipline to get a better world view. Reena, co-founded Story express where the focus is on storytelling to support education among the lesser privileged children. She is on the organizing committee of Literature Live! initiated by prominent journalist and writer Anil Dharker.

The discussion commenced with the relevant question of how Bollywood has evolved over the years to which Ms Insia responded by saying that the onus is on each one of the players in the whole scenario, the writers, directors, producers, actors as well as the audience to be the change makers and not accept the heavily gendered narrative that has been fed to us over the years. To this Ms Srishti Srivastava very ably added that the change has begun as she said that if the audiences had not evolved as much as they have it would not be possible for a mainstream actress like Madhuri Dixit to play a closeted lesbian as she did in the movie *Maja Ma*, Mr Yogesh Pawar also added to the same by pointing out that Ms Sharmila Tagore played a grandmother who comes out of the closet after her husband's death in *Gulmohar*. The panelists then deliberated among themselves about the changing face of cinema and the factors responsible for the same, including education, awareness and empowerment of women as many women film makers have been more bold to take on such themes. Ms Roshmila Bhattacharya recalled the time that the film *Fire* had released which showed the lesbian relationship between two sisters in law. She was in Uttar Pradesh at that point in time and when she viewed the movie in a local theatre she was aghast at the negative emotions the movie generated, the audience was not willing to accept that such a relationship could take place and were disgusted by it. They even so much commented that such movies destroy our culture and sensibilities. Ms Bhattacharya briefly commented also about how patriarchy was seen not only in Bollywood movies but also in the film posters where the hero was highlighted more predominantly and the heroine took a backseat.

The discussion then moved to the role of OTT and social media which directly or indirectly influences the audience's acceptance of films with bold themes. The panel discussed this and there was a unanimous consensus that the streaming platforms offered greater scope for both directors as Insia pointed out as well as performers to experiment. Usually the commerce behind Bollywood cinema makes it restrictive for mainstream cinema to experiment with LGBTQIA or such issues as the general audience may not accept it however OTT is a better option for filmmakers who want to delve into these subjects as the box office collection does not bear heavily on such a platform. The discussion was followed by an interactive question and answer session by the audience which reflected on how this brief programme has affected and engaged the young minds present to question as well as deliberate on the topic in question.

The programme ended with the erudite closing comments by Professor Vibhuti Patel who pointed out the relevance of the day's activities as well as the lacunae that needed to be addressed in the same. This was followed by the national anthem which marked the closing of the session.

Report on the second Genderlogue held on 29.11.23 AT Sophia College.

Cinema is a powerful medium that reflects and shapes societal values, norms, and beliefs. Bollywood, the world's largest film industry, has had an influence on the gendered perspective in India, and plays a great role in shaping narratives and character portrayals. Sophia College Genderlogue on "Challenging Gender

Stereotypes in Bollywood: Narrative Shifts and Breaking the Mould" was marked by active participation of students and teachers of 7 colleges of Mumbai University and 1 college of SNDT Women's University it took place on the 29th of November it helped students explore and voice their opinions on the gendered perspective of cinema in Bollywood, and highlighted the ever-evolving representation of men and women and stereotypes through examples of films that have challenged traditional gender roles.

After a brief introduction of the event by the anchor Rishita Mahadik, the first segment, that is the research paper presentation, started in full swing with student led activities, The programme began with research paper presentations by students on thought provoking themes. These papers were based on archival research, film reviews and perception analysis of the viewers with Qualitative and quantitative research methods. Zareen Khan being the first student to present. Khan's paper focused on the movie 'Mom', and highlighted how the film challenges societal norms and encourages reflection on gender biases. The paper navigated the ever-evolving tapestry of Bollywood, and brought forth the movie's transformative power in dismantling gender stereotypes. Next up was Ishita Tenjerla, whose paper was a critical analysis of the Changing Representation Of Working Women In Bollywood Films, with Tenjerla emphasising on how directors should give the character of a career-driven woman more importance on screen and how producers also play an important role in funding films with progressive characters. The paper presentation ended with Pearl Ferraro, who focused on how film production has a profound impact on people's mindsets and the changes that take place over time. She spoke of common stereotypes that go unnoticed and how it's the need of the hour to break these by setting things in motion and paying due attention to the women that are playing an active role in transforming mindsets. It was followed by the release of The Planner for 2024 and 6 Bookmarks based on the theme of the genderlogue by the organisers.

The second segment of the event was the street play, with the NSS unit of Sophia College taking charge with their play 'Azad'. They raised their voices against the corruption and oppression of women in Bollywood, and cried out against the objectification of women and the derogatory mindset of the producer who aims only to please the people. They harked the need of women themselves and called their brethren to rise up against the injustices. The second play was by the Hindi Department of Sophia College on 'Gender Stereotypes in Bollywood'. They called their audience to pay attention to how men are given preferences in household across India, while the women are silenced by society.

The Genderlogue Hotseat's elimination round took place alongside the street plays. With 10 finalists clearing the first round, a rapid fire round consisting of 10 pairs answering 10 questions took place.

Next was the model parliament or the mock parliament, which is a simulation of the parliamentary proceedings of a legislature and was based upon the Indian parliamentary system. The session provided an opportunity to see the practical working of parliament deliberating on a bill related to our theme. The 3rd segment was really exciting as it was a mock parliament in which the students of 7 colleges took part. A lot of hard work had gone into it in terms of research and drafting of the bill. After a lively debate the student parliamentarians passed the amended version of the bill that was titled as The Equality and Non-discrimination (Gender Rights) in the Indian Cinema Act and covered LGBTQIA communities under its purview. A thought provoking debate, it raised questions amongst both the audience and the two debating parties. The final session included Adv. Gayatri Sharma, Programme Advisor of Gender and Social

Justice, FES introducing Friedrich Ebert Stiftung and its activities; There were concluding remarks by Dr. Rashna Poncha, Vice Principal (Arts) and Dr. Rajbinderkaur Dehiya Vice Principal (Science) of Sophia College and Concluding Note by Prof. Vibhuti Patel. Finally, certificates and prizes were distributed to the presenters of all segments. All registered participants got their e certificates by email. The programme ended with Vote of Thanks by Dr. Lata Pujari and Ms. Deepti Anil. This marked the culmination of SIHCWSD in Sophia College holding 10 Genderlogues in 5 consecutive years from 2019 to 2023.

PUBLIC LECTURE SERIES:

2023 has been a momentous year for us as we were fortunate to initiate what we hope will be an enriching and rewarding series of biennial public lectures by eminent speakers who are stalwarts in their subjects for enhancing the knowledge of all attendees. An independent centre like ours has flourished over the years by engaging in income-generating activities and through funding by well-wishers. One of our more generous benefactors has been The Irene Heredia Foundation. The foundation was set up by the Heredia family in memory of their late mother Irene. They have made a large donation to the corpus in memory of their mother's lifelong commitment to the empowerment of women in one way or another. The purpose of this donation is to fund the activities of the Centre and also to institute a biennial public lecture in memory of Mrs Heredia. The very first time the lecture was held on 16th December 2023, and it was titled " Building Alliances: Gender Mental Health and Disability" by Amita Dhanda (Professor Emerita and Head Centre for Disability Studies and Centre for Legal Philosophy and Justice Education, NALSAR University of Law, Hyderabad). It was attended by members of Ms Irene Heredia's Family as well as several people from academia, journalism, gender justice and college students.

INTRA COLLEGIATE SEMINARS

In order to raise awareness amongst college students on relevant issues related to both young girls and women the SIHCWSD 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 (see appendix for event posters)

1. World Population Day (10.07.2023)
2. International Girlchild Day (11.10.2023)

This day was marked by an online talk and discussion on Domestic Violence by Advocate Flavia Agnes, a pioneer in the domain of seeking justice for women who are victims of Domestic Violence and Founder of Majlis.

3. International Day against Domestic Violence (26.11.2023)
4. International Women's Day (08.03.24)

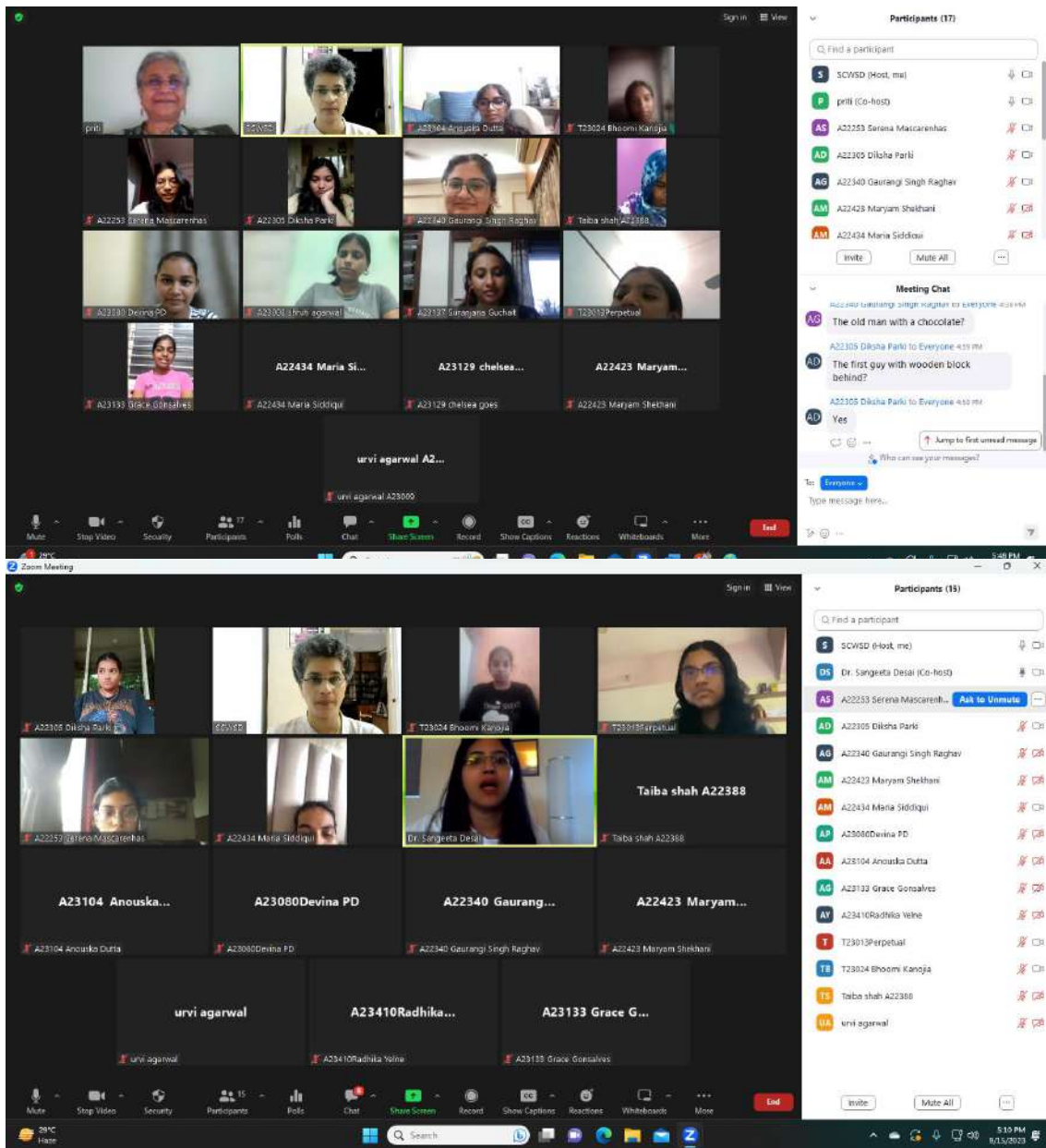
The International Women's Day Celebrations was celebrated by Sophia Centre for Women's Studies and Development (SCWSD) in collaboration with the Women Development Cell of St. Xaviers Institute of Education (SXIE) on March 11th, 2024, online. The programme included an online conversation with Ms Prerna Desai and Dr. Noorjehan Safia Niaz both activists who spoke on Women in Governance.

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 113th IWD. The Sophia Irene Heredia Centre for Women's Studies and Development (SIHCWSD) in collaboration with the Mumbai University, the NSS unit and The sports Department of Sophia College conducted a programme on the 7th of March, 2024 to celebrate International Women's day. The event was attended by 104 students from different colleges apart from Sophia from Mumbai, Thane and Raigad districts. The programmes held on this day captivated the young minds and included the following sessions.

International Women's Day Celebration organised by University of Mumbai and Sophia College (Empowered Autonomous), Mumbai (Sophia Women's Centre, Sophia NSS Unit, & Sophia Dept. Physical Education)	
Date: 07th March 2024 Time: 9:00 to 5:00	
Time	Programme Schedule
9:00 a.m. to 09:30 a.m.	Registration, Refreshments, and Tea
09:30 a.m. to 10:00 a.m.	Inaugural Ceremony <ul style="list-style-type: none"> - Instructions to the participants - Lighting of the lamp - Welcome note: brief introduction of Sophia College - Opening remark: Dr. Anagha Tendulkar Patil, Principal, Sophia College - Event message: Dr. (Sr.) Ananda Amritmahal, Dean. Sophia College, and Director, Sophia Women's Centre
10:00 a.m. to 11:15 a.m.	Session: 1 Prof. Medha Rajadhyaksha (Expression through canvas: Practical Session)
11:15 a.m. to 12:30 p.m.	Session: 2 Interactive session with the Nirbhaya Squad
12:30 p.m. to 01:00 p.m.	SIHCWSD Add-on course certificate distribution

01:00 p.m. to 02:00 p.m.	Lunch (documentary screening in the AV hall)
02:00 p.m. to 03:00 p.m.	Session: 3 Ms Anjali Joglekar (Understanding Mindfulness) Dr Linda Dennis
03:00 p.m. to 04:00 p.m.	Session: 4 (Practical Session) Mr Bhaskar (Self-defense) Session: 5 as above
04:00 p.m. to 05:00 p.m.	
05:00 p.m. to 05:30 p.m.	Feedback and Certificate Distribution

This day also marked the Valedictory and Certificate Distribution day for all our academic certificate programmes. Feedback for the same was also collected from all the participants.



(Zoom session, Certificate Course in Social Work Focusing on Issues related to Women and Girls)

The screenshot shows a Zoom meeting in progress. The main window displays a presentation slide with the title "Sub disciplines within Food History" and a bulleted list of topics. The top of the screen shows the meeting controls and a list of participants. The bottom of the screen shows the Windows taskbar.

Sub disciplines within Food History

- ▶ Culinary history.
- ▶ History of nutrition.
- ▶ History of dining and manners.
- ▶ History of theories of diet.
- ▶ History of foodstuffs.
- ▶ Histories of food businesses
- ▶ Histories of important individuals or groups
- ▶ History of culinary literature, effects of migration on food habits, etc

Participants (59)

Participant Name	Status
SCWSD (Host, me)	On
KURUSH DALAL (Co-host)	On
A20002 Litishia Cherian	On
A20237 Amayakirti Khurasiya	On
AG A21005 Gargi Agrawal	On
AR A21015 Riddhi Ambulkar	On
AF A21050 Priya Bhansali	On
AA A21058 Areeba Chakwala	On
AS A21087 SOUMYA CHOUDHAN	On
AT A21101 Treva Creado	On
AH A21104 Halimah Dada	On
AA A21108 Amanda Doosta	On
AH A21122 husena diwan	On
AR A21146 Rashida Dudhwala	On
AP A21164 Pearl Ferreira	On
AA A21168 Aayati Gaur	On
AH A21175 Harshita Giroti	On

The screenshot shows a Zoom meeting in progress. The main window displays a grid of participants. The top of the screen shows the meeting controls and a list of participants. The bottom of the screen shows the Windows taskbar.

Participants (53)

Participant Name	Status
SCWSD (Host, me)	On
Riddhi Joshi (Co-host)	On
KURUSH DALAL	On
A20002 Litishia Cherian	On
AA A20237 Amayakirti Khurasiya	On
AG A21005 Gargi Agrawal	On
AR A21015 Riddhi Ambulkar	On
AS A21087 SOUMYA CHOUDHAN	On
AH A21104 Halimah Dada	On
AA A21108 Amanda Doosta	On
AH A21122 husena diwan	On
AR A21146 Rashida Dudhwala	On
AP A21164 Pearl Ferreira	On
AA A21168 Aayati Gaur	On
AG A21184 Ganga Gupta	On
AA A21228 Ayesha Shamsher Khan	On
AH A21230 Hamra Khan	On

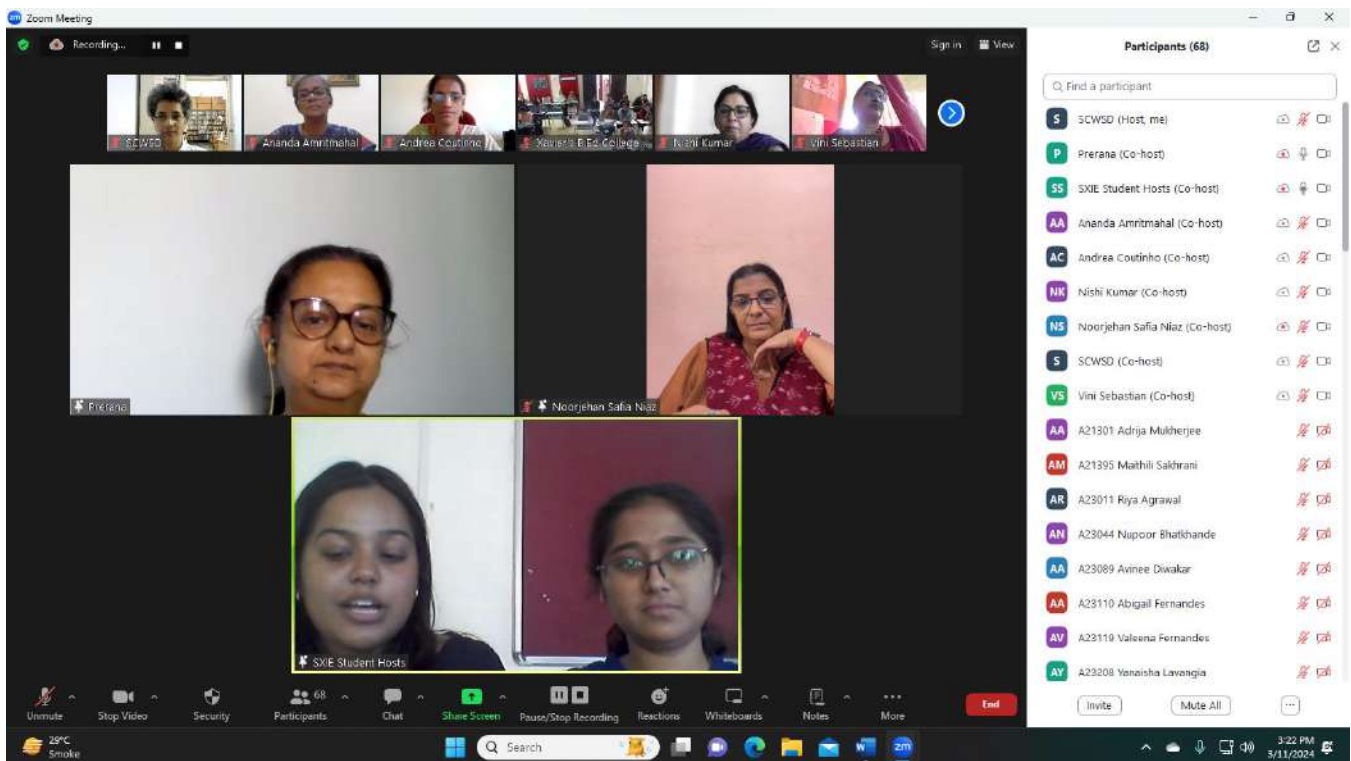
(Zoom session, Certificate Course in History of Indian Food)



(International Women's Day Celebration: Top: participants involve in creative activity; below: interactive session with Nirbhaya Squad, Gamdevi Police Station, Mumbai)



(International Women's Day Celebration: Self-defence Technique)



(Panel discussion on ‘Women’s Leadership: Opportunities and Challenges’, International Women’s Day Celebration in Collaboration with St. Xaviers Institutes of Education, Mumbai)

CONSULTANCY AND COLLABORATIONS

The activities over the years 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.

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 SIHCWSD 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.

APPENDIX

DETAILS ABOUT THE VARIOUS CERTIFICATE COURSES

Certificate Course in Women’s Empowerment

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, ideals, 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.

Nature of the Course:

The meaning and origin of patriarchy, the concept of "sex and gender", the process of conditioning, the agents of socialisation, the role of culture in creating and perpetuating gender stereotypes.

Women and development, women in the labour force, the economic worth of women's work (paid and unpaid), the role of women's studies and analysis in generating gender-aware approaches to development (as opposed to gender-blind approaches), the impact of industrialisation, SAPs and globalisation on women in the Indian scenario and the place of women in science and technology.

Women's rights in the Indian constitution, with special reference to fundamental rights and directive principles; women and property relations, inheritance issues, marital issues etc. under the different civil codes (based on religious traditions); legal provisions made for the protection of women and the efficacy of these.

The invisibility and silence of women in history; the history of women's development and empowerment both in the West and in India; landmarks that have had a significant impact on the condition of women.

Psychological theories of gender development (both Freudian and Feminist); gender and mental health (mainstream and gendered perspectives); sex-role stereotyping in Psychology and its critique, Feminist Psychotherapy and Psychology required for development workers.

Women and the media; the role of literature and the media in reinforcing or challenging media stereotypes.

Meaning, nature and scope of development work; different approaches and their ideological underpinnings; theories and practices in development work.

Methods of development work, community organisation and social movements.

The Indian social situation and the problems that need attention; knowledge of different welfare agencies, institutions, NGOs

Innovative approaches and strategies in the empowerment of women; grassroots and community based interventions and movements.

(The remaining hours will be devoted to research and reference work in the library.)

Select Bibliography

Agnes, Flavia. State Gender and the Rhetoric of Law Reform.

Basu, Durga Das. Shorter Constitution of India.

Chatterji, Shoma A. Subject: Cinema, Object: Woman.

Chowdhary, D. Paul. Introduction to Social Work.

Davar, Bhargavi. Mental Health of Indian Women.

De Beauvoir, Simone. The Second Sex.

Friedlander, W.A. Introduction to Social Welfare.

Ganguli, Geetanjali. The Law on Trial.

Joseph, Ammu. Women in Journalism.

Kashyap, Subhash. Our Constitution .

Madan, G.R. Indian Social Problems. Vols. I and II.

Millet, Kate. Sexual Politics.

Moser, Carolyn. Gender Planning.

Patel, Vibhuti. Women's Challenges of the New Millenium.

Patwa, Subhadra. The Law and Gender Justice.

Ponachha, Veena. Gender within the Human Rights Discourse.

Prior, Pauline. Gender and Mental Health

Singh K. Social Work Theory and Practice.

Singh, Uma. New Woman and Mass Media

Tharu, Susie and K.Lalitha. Women Writing in India, Vols. I and II.

Planning Commission, The Human Development Report- 2001.

Warhol, Robyn and Diane P. Herndl. Feminisms

Wollstonecraft, Mary. A Vindication of the Rights of Women.

Women's Encyclopaedia. Routledge.

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

Budgeting

- Setting financial goals

- Creating a budget plan

- Tracking expenses

Saving and Investing

- Types of savings accounts

- Investment options

- Diversification and risk management

Debt Management

- Types of debt

- Strategies for managing debt

Credit scores and reports

Insurance

- Types of insurance

- Importance of insurance

- Choosing the right insurance plan

Retirement Planning

Retirement savings plans

Strategies for retirement planning

Financial Planning

Creating a financial plan

Reviewing and updating the plan

Financial planning resources

Investing in Stocks, Bonds and Mutual Funds

Types of investments

Risk vs. Return

Online Fraud prevention and identity theft.

Sr. No.	Date	Confirmed Date	Topics	Resource Person	RPs contact details
1	03.1.2024 (3:00 – 4:30) pm		What is Personal Finance? Why? How? Different sources of income - Students	Mr. Ashok Basu	
2	03.1.2024 (4:45 – 6:00) pm		Components of a Financial Plan	Mr. Ashok Basu	
3	04.1.2024 (4:00 – 5:30) pm		Basics of Budgeting	Mr. Ashok Basu	
4	05.1.2024 (4:00 – 5:30) pm		Prioritizing Saving and setting financial goals	Mr. Ashok Basu	
5	06.1.2024 (4:00 – 5:30) pm		Introduction to various types of saving methods	Mr. Ashok Basu	
6	08.1.2024 (4:00 – 5:30) pm		PPF/PF/FD/ Emergency Fund	Mr. Sarkar	
7	09.1.2024 (4:00 – 5:30) pm		Introduction to equity markets	Mr. Srinivas Agnihotri	
8	10.1.2024 (4:00 – 5:30) pm		Introduction to Mutual Funds? Why and how to save in Mutual Funds.	Mr Srinivas Agnihotri	

9	11.1.2024 (4:00 – 5:30) pm		Financial Arithmetic	Mr Sarkar	
10	12.1.2024 (4:00 – 5:30) pm		Do I need Life Insurance?	Mr. Dhiren Tanna	
11	13.1.2024 (4:00 – 5:30) pm		Need for Health Insurance and the Importance of Mediclaim	Mr Sarkar	
12	15.1.2024 (4:00 – 5:30) pm		Understanding Identity Theft Issues, Financial Fraud and Safety, and Grievance Redressal.	Mr. Srinivas Agnihotri	
13	16.1.2024 (4:00 – 5:30) pm		Women and investment	Dr. Lata Pujari	
14	17.1.2024 (4:00 – 5:30) pm		Debt Management	Mr. Srinivas Agnihotri	
15	18.1.2024 (4:00 – 5:30) pm		Tax planning and Retirement Planning	Ms Chaitee Londhe	

Certificate Course in Basic Baking

Practicals

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

1. Breads, rolls, etc.

2. Cakes, pastries (50 hours)

Select Bibliography

Chatterjee, Gitanjali. *Health, Nutrition and Disease*

Dalal, Tarla. All publications

Philips, Thangam. All publications.

Certificate Course in Social Work focusing on Issues Related to Women and Girls

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

**DETAILED PROGRAMME FOR CERTIFICATE COURSE IN SOCIAL WORK FOCUSING ON
ISSUES RELATED TO WOMEN AND GIRLS 2023-2024
(Monday – Friday 4:00 – 5:30 online)**

<u>No</u>	<u>Date</u>	<u>Preferred date</u>	<u>Topic</u>	<u>Resource Person</u>
1	11.09.2023		Basic Principles of Social Work: Equity and Equality - Why and How?	Mr Ashish Desai
2	12.09.2023		Mindfulness and the importance of detachment in social work	Radhika Shanbhag
3	13.09.2023		Two sessions merged (15th September)	Dr. Renu Shah
4	14.09.2023		Self study session	
5	15.09.2023	-	Roots of Gender Discrimination	Dr. Sangeeta Desai
6	16.09.2023		Community Organisation: Meaning, Objective, Principles, Approaches, Roles of Community Organization Worker and Tools for working with individuals & families	Dr Renu Shah
7	25.09.2023		Counselling Skills I (Practical)	Fr. Konrad /
8	26.09.2023		Counselling Skills II (practical)	Fr. Konrad /
9	27.09.2023	-	Introduction to Prerana and its Social Involvement	Preeti Patkar
10	29.09.2023		Cancelled due to declared holiday	
11	30.09.2023	-	Suicide Prevention	Pragyaa Lodha
12	03.10.2023		Role of NGOs in women's welfare: Pros and Cons	/Ruchi Sinha Beulah Shekhar

13	04.10.2023		Introduction to MAVA and its activities to stop gender-based Violence	Altamash (MAVA)
14	05.10.2023		Use of social media for Advocacy	Yogesh Pawar
15	06.10.2023		Issues, Challenges, and Rights of LGBTQIA	Pallari Gajaria
16	07.10.2023		Women and Mental Health	

Sophia College Autonomous, Mumbai
(SIHCWSD, Sophia Counselling Centre and Dept. of Psychology)
in collaboration with
The Center for Safeguarding and Human Formation (CSHF), De Nobili College, Ramwadi, Pune Offers
a
Blended Learning Diploma Programme in Counselling and Safeguarding of Children and Senior
Citizens, 2024-25

Websites: <https://centersafeguarding.wixsite.com/jcsa>, <https://sophiacollegemumbai.com/>

Faculty: Konrad Noronha (PhD Counsellor Education and Supervision, MTh, BHMS), Dinesh Braganza (PhD Counsellor Education and Supervision), Adv. Ravi Sagar (LLB, AOR, DLL & LW, PGDHR) & Team, Hvovi Bhagwagar (MA, PhD Scholar), Sophia Peermohideen (MA, Clinical Psychology), Lavanya Mohan (MSc), Patricia D'Souza (PhD Scholar), Usha Shrinivasan Shahane (MA, Sociology)

1. Course objectives

- To develop an understanding of safeguarding minors and senior citizens.
- To understand the importance of awareness of child and adult care and prevention in child and adult abuse.
- To learn treatment procedures or process in understanding adverse experiences
- To include thematic frameworks from spirituality and religiosity into the counselling process
- To learn some intervention techniques that are sensitive and appropriate.

2. Course outcome

The student will be able to -

- Identify, analyse and recognize the vulnerabilities of minors and senior citizens

- Explain and discuss legal frameworks and policies existent in India.
- Understand the need for risk assessment and prevention .
- Define the roles and responsibilities of various stakeholders and promote a collaborative approach to ensure effective protection.
- Train the participants in appropriate intervention methods, including reporting procedures and support services.
- Understand ethical dilemmas related to safeguarding.
- Get involved in safeguarding efforts through discussions on community resources, awareness campaigns, and advocacy.

3. Program objectives

The program objective is to advance the skills of the students, as this is a post masters course. This will create a greater knowledge in the students, enabling a whole body of persons in society who will be more adept in doing advanced work with survivors, perpetrators and in generating awareness.

4. Preamble

This course covers the various concepts of ‘Safeguarding of Children and Senior Citizens.’ The course will generate awareness about the issue of abuse in its various forms, and its treatment and prevention. It will address sociological, psychological, neuroscientific, legal and spiritual aspects of this issue. It is meant to develop advanced skills and understandings.

Note: This course is meant for those who are already in the field of safeguarding. If participants want to discuss cases, it should be from the viewpoint of treatment planning; the assumption is that the cases are already closed legally in order to avoid contempt of court. This course is not a place for self-therapy or reporting. Also, there will be no recordings during class.

Papers:

Diploma in Counseling and Safeguarding of Minors and Senior Citizens			
Sr no	Subject title	Credits	Marks
1	Society and Adverse Circumstances	4	100
2	Legal Aspects and Provisions	4	100
3	Research Methodology	4	100
4	Treatment Planning	4	100
5	Case Conceptualization and Onsite Case Conference	4	100

6	Module XI: Guided Research Paper	8	100
		28	600

5. Credits

Credits: 23 credits = 360 hours

6. Evaluation pattern:

Continuous along with the course – Quizzes, Summaries, Guided paper, clinical case conferences, onsite component,

7. References

Required Texts

- a. Association for the Treatment of Sexual Abusers (ATSA), Professional Code of Ethics (2001). Web: www.atsa.com
- b. Frankel, Lois. (2017). *Ageless Women, Timeless Wisdom: Witty, Wicked, and Wise Reflections on Well-Lived Lives*. Skyhorse Publishing: NY, USA
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- e. Phelan, A. (2020). *Advances in Elder Abuse Research: Practice, Legislation and Policy: 23 (International Perspectives on Aging)*. Springer:USA
- f. Protection of Children from Sexual Offences Act, 2012. Ministry of Law and Justice.
- g. Qualis H. S & Williams, A. (2021). *Caregiver Family Therapy: Empowering Families to Meet the Challenges of Aging*. American Psychological Association: USA
- h. User Handbook on Protection of Children from Sexual Offences Act, 2012
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- Abrams, Robert C., Lachs, Mark., McAvay, Gail., Keohane, Denis J., and Bruce, Martha L. (2002). Predictors of Self-Neglect in Community-Dwelling Elders, *American Journal of Psychiatry*. 159(10), 1723-1730
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- Mandal Shashi Nath. Protection of Human Rights of Oldage Person: A Dynamic Perspective. Electronic copy available at: <http://ssrn.com/abstract=1707583>
- Mercado, Cynthia Calkins.; Jeglic, Elizabeth. (2011). *Sex Offender Management, Treatment, And Civil Commitment: An Evidence Based Analysis Aimed at Reducing Sexual Violence*. Research Report Submitted to the National Institute of by John Jay College of Criminal Justice, Department of Psychology. <http://www.jjay.cuny.edu/psychology/>
- Pope Francis. (2016). *The Gift of Priestly Vocation, Ratio Fundamentalis Institutionis Sacerdotalis (RFIS)*. www.vatican.va
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- S. Sudha & Chirayath Suchindran & Elizabeth J. Mutran & S. Irudaya Rajan & P. Sankara Sarma Marital Status, Family Ties, and Self-rated Health Among Elders in South India. (2006). *J Cross Cult Gerontol*, DOI 10.1007/s10823-006-9027-x

Convention on the Rights of the Child,
https://resourcecentre.savethechildren.net/node/15172/pdf/crc_0.pdf

Recommended Movies

- a. Water – Director: Deepa Mehta
- b. Monsoon Wedding – Director: Mira Nair
- c. Kahani 2 – Director: Sujoy Ghosh
- d. Highway – Director: Imtiaz Ali
- e. Page 3 – Director: Madhur Bhandarkar
- f. 'I Am' is a 2010 Indian anthology film by Onir. It consists of four short films: "Omar", "Afia", "Abhimanyu", and "Megha": Director: Onir
- g. Mardani – Director: Pradeep Sarkar
- h. Bawandar – Director, Jag Mundhra
- i. Precious – Director – Lee Daniels
- j. Mardaani - Director – Gopi Puthran

Diploma in Nutrition, Diet & Fitness

Syllabus

Vision: To enable the students to explore cost effective, nutrition, diet and fitness knowledge attitudes and practices to make sustainable food choices and live a holistic lifestyle

Aim: Is to encourage these students to become change agents for their families, friends, peers and social models as they can become key influencers in public and private life by positively improving their own nutrition attitudes and practices.

Objective :

1. It is a Capacity Building Initiative, to enable potential motivators with a keen interest in nutrition, to learn about its sources, functions, diet diversity, deficiencies, excesses, impact on community health and well being and much more.
2. To learn about different nutrition intervention strategies that are needed to develop micro as well as mass approaches to combat and overcome various nutrition challenges and barriers.
3. To learn about nutrition-based fitness, to understand its impact on health.

Bridge Course 30 Hrs ONLINE

INTRODUCTION TO FOODS, NUTRITIONAL BIOCHEMISTRY AND PHYSIOLOGY

1. Introduction to nutritional science
2. Definitions and concept of nutrition, health, nutrients, food groups, food pyramids(different types), nutritional status, balanced diet, Optimum nutrition
3. supplementary foods nutritional labelling,
4. Functions of food, factors affecting food consumption, food choice, meal planning and food costs
5. Atomic structure, Periodic table of elements and fundamentals of functional groups
6. Recommended Dietary Allowances-ICMR standards
7. An overview of human body composition
8. Factors influencing body composition-Age, Sex, etc.
9. General Terms related to Basic Anatomy & Physiology
10. Introduction to cells, tissues organs, and system organization
11. Cell structure, transport, through the cell membrane
12. Basic human tissues – Epithelial, Muscle, Connective, Nervous
13. Skeletal and Muscular System – Classification and Basic Structure

SEMESTER 1

PAPER	Title	Theory/ Practical	Internal Marks	Semester End Exam	Total Mark s	Hrs / week	Credits	TOTAL HRS
1	BASIC FOODS & NUTRITION	Theory	40	60	100	3	4	60
2	NUTRITION THROUGH THE AGES	Theory	40	60	100	3	4	60
3	APPLIED PHYSIOLOGY & NUTRITION FOR SPECIAL HEALTH CONDITIONS	Theory	40	60	100	3	4	60
4	FUNDAMENTALS OF DIET PLANNING	Practical		100	100	3	4	60
	Total				400		16	240

PAPER 1 BASIC FOODS & NUTRITION (Theory) (100 Marks)

Objectives :

- To create a better understanding of the basic aspects of human nutrition by providing information on the current concepts of nutritional principles
- To give a simple account of the metabolism and functions of the major dietary constituents and their nutritional and clinical importance.
- To study the interrelationships between nutrients along with their recommended allowances and food sources so as to enable students to become aware of the importance of a balanced diet based on sound nutritional principles.
- To enable understanding of the chemistry of food components, the chemical and biochemical reactions in foods.

1. Energy

- Calorie/Joule.
- Energy requirements by the body.[BMR,REE, Thermic effect of food, Physical activity Nonexercise Activity Thermogenesis]
- Factors influencing energy requirements
- Measurement of energy, Electron Transport chain, ATP,
- Over view of the energy
- Energy content of food stuff.-Introduction to caloric value of different food
- Dietary Energy Intake Estimations

2. Carbohydrate

- Chemistry, classification, functions, deficiencies, excess, food sources and RDA
- Properties of sugars - Hydrolysis, Caramelization, Maillard reaction.
- Dietary fibre and Resistant Starch
- Gelatinization, pasting, syneresis, retrogradation, dextrinization. Factors affecting gelatinization and gelation.,
- Gums – Functions, sources, applications.

- Pectic substances, pectin gels
- Glycemic index of food [low-moderate-high gi food].
- Artificial sweeteners.
- Gi load.

3. Fat

- Chemistry, classification, functions, deficiencies, excess, food sources and RDA
- Saturated, unsaturated and essential fatty acids
- Hydrogenation and Trans fatty acids
- Properties of Fats: crystallinity of solid fats, Polymorphism, Melting points, Plasticity of Fats, chemical degradation, oxidative and hydrolytic rancidity, effect of heat, chemical modifications- Hydrogenation, Interesterification, Winterization
- Plasma lipids, lipoproteins and phospho lipoproteins.

4. Protein

- Chemistry, classification, functions, deficiencies, excess, food sources and RDA
- 1. Essential and non essential amino acids.
- 2. Overview of protein supplements.
- 3. Protein quality of foods
- 4. Properties of proteins – Amphoterism, Isoelectric point, Water-binding capacity, hydrolysis, denaturation, Coagulation, Salting in, salting out, Gluten complex development, Gelation, texturization (spun and extruded textures) ,

5. Metabolism of macronutrients

- Carbohydrates: - EMP, TCA, Gluconeogenesis, HMP, Glycogen metabolism.
- Protein:-Urea cycle.
- Lipid: - Oxidation and biosynthesis of even C fatty acid and Cholesterol biosynthesis.
- Formation and impact of ketone bodies.

6. Micronutrients Chemistry, classification, functions, deficiencies, excess, food sources and RDA

7. Importance of Hydration

8. Nutrient – Nutrient Interactions in the body

9. Effect of cooking and processing on Nutrients

References :

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- 2) Davidson S., Passmore R. and Brock J.F., (1986), Human Nutrition and Dietetics, Churchill Livingstone, Edinburg. Devlin T.M., (1986), Textbook of Biochemistry with clinical correlations (2nd Edition), John Wiley.
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- 4) Gopalan C., Rama Sastri B.V. and Balasubramanian S.C., 1989. Nutritive Value of Indian Foods. 2nd Edition ICMR Offset Press, New Delhi.
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PAPER 2 NUTRITION THROUGH THE AGES (100 Marks)

Objectives:

- To understand the changes in human body composition during different stages of life.
- To study the influence of nutrition on man during the different stages of life cycle.

1. Nutrition during Pregnancy

- Physiology of pregnancy
- Effect of Nutritional Status on pregnancy outcome and Nutrition related complications
- Nutritional requirements and dietary guidelines
- Nutrition concerns during pregnancy- morning sickness, constipation, preeclampsia, eclampsia, physiologic anemia, toxemia, cigarette smoking and alcohol abuse, malnutrition, calcium deficiency
- Effect of Nutrition on the Fetus during Pregnancy
- Nutrients required for brain development of foetus

2. Nutrition during Lactation

- Physiology of Lactation, human milk composition, benefits of breast feeding
- Nutrient needs
- Galactagogue
- Formula feeding or breast milk substitutes
- 1st 1000 Day-Science
 - Physical Growth and Brain Development
 - Essential Nutrition Action
 - Low Birth Weight babies and catch up growth
 - WHO Growth Charts, Percentile Growth Charts, Z Score Growth Charts, Plotting
 - Types of Malnutrition- Wasting –Stunting –Underweight
- Science of Breastfeeding

- Breast Crawl
- Breast-feeding Holds: Cross-cradle, Cradle, Football, Laid back & Side Lying.
- Correct/Incorrect Latching
- 45 points of counseling point of breastfeeding
- Feeding Low Birth Weight Babies
- Supplementary Suckling Techniques
- Relactation Protocol
- Anatomical problems like Cleft lip/palate/hypotonia/ankyloglossia
- Breast Conditions
 - Engorgement
 - Mastitis
 - Sore/Fissured Nipples
 - Common Breastfeeding Difficulties:-Not enough milk., Baby cry, Rejection of breastfeeding
- Breast Milk
 - Composition
 - Causes of Lactation Failure
 - Hand Expression
 - Pump
 - Physical methods to increase the amount
 - Storage
 - Feeding expressed breast milk to the newborn
- Behavior Change Communication
- New Born Care
- Kangaroo Mother Care

3. Nutrition in Infancy

- Physiologic development, Motor, Cognitive development.

- Nutrient needs.
 - Common nutrition problems
 - Feeding Preterm and low birth weight infants
 - Complementary Feeding
 - Frequency
 - Quantity
 - Consistency
 - Diversity
 - Home made protein powders
 - Type 1 Nutrients rich recipes
 - Type 2 Nutrients rich recipes
 - Responsive Feeding and Behavior Problems in Children
4. Nutrition in toddlerhood and preschool childhood preadolescent.
 - Growth and development
 - Nutrient needs
 - Nutrition for children with special health care needs
 - Feeding problems
 5. Nutrition in adolescence
 - Growth and development
 - Nutrient needs
 - nutritional concerns in adolescents: obesity, acne, underweight, anemia, eating disorders: anorexia nervosa and bulimia
 6. Nutritional requirements and dietary recommendation in the adult years.
 7. Nutritional requirements and concerns such as osteoporosis, denture problems, underweight, heart problems, anaemia, arthritis, cataract, in aging/elderly.

References:

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- 3) Health Spoken Tutorial, IIT Bombay - https://www.youtube.com/channel/UCmyV3lKT1Gs1AfgtV8pp_Q
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- 5) Bennion, H. (1979) *Clinical Nutrition*, New York Harper and Raw Publishers
- 6) Brown, J. E. (1998). *Nutrition Now*, West/Wadsworth: International Thomson Pub. Co
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- 10) Jackson, M. S., Rees, Jane, M., Golden, Neville, H.; Irwin Charles, E. (ed) (1997). *Adolescent Nutritional Disorders*. New York: The New York Academy of Science.

PAPER 3 APPLIED PHYSIOLOGY & NUTRITION FOR SPECIAL HEALTH CONDITIONS

(Theory) (100 Marks)

Objectives :

- To enable the students to understand the Physiology and Functions of the important systems in the body
- To Study of the etiology, clinical symptoms and nutrition management for various special health conditions
- Modify the normal diet for disease conditions based on the pathophysiology.

1. Anatomy & physiology of the following Systems :-

- Gastrointestinal System
- Cardiovascular System
- Respiratory System

- Excretory System
- Endocrine System

2. Study of the etiology, clinical symptoms and treatment with emphasis to dietary management and modify the normal diet for disease conditions based on the pathophysiology

- Obesity and Underweight
- Fevers and Infections
- Diabetes
- Metabolic syndrome
- Bone Health
- GI disorders
- Endocrine Disorders
- Nutritional Anaemia

3. Modification of Normal Diets:

- Clear Liquid Diet
- Full fluid Diet
- Soft Diet
- Mechanical/dental Soft Diet
- Cold Semi Liquid diet
- Blenderized diets

References :

- 1) Anderson, Liennea, Dibble, Marjorie, Turkki, P.R.; Mitchell, Helen & Rynbergen, Henderika (1982) "Nutrition in Health and Disease" 17th Edition J.B. Lippincott Co. Philadelphia.
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- 4) Gopalan C., Rama Sastri, B.V. & Balasubramanian S.C.; Revised and updated by Narsingha Rao B.S. Deosthale,
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- 6) Kinney, J.M.; Jeejeebhoy K.N. Hill G.L. and Owner, O.E. (1988) "Nutrition and Metabolism in Patient Care" W.B. Saunders & Co., Philadelphia
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- 16) Tortora G.J. and Anagnostakos N.P. (1990). Principles of Anatomy and Physiology, 6th Edition. Harper and Row

PAPER 5 FUNDAMENTALS OF DIET PLANNING (Practical 100 Marks)

Objectives :

- To enable the students to understand the fundamentals of Diet planning and use various tools and protocols to record , plan and recommend suitable diets .
- Anthropometric Assessment- BMI, BMR using formula, BIA, WHR, WHtR

- Dietary Recall
- Food Frequency
- Food Preferences
- RDA tables.
- Calculation. of nutrient requirements (BMR and PAL)
- Food Pyramids
- Standardization of household Measures and recipes
- Exchange List.
- Menu & Recipe Planning. and Nutritive calculations

SEMESTER 2

PAPER	Title	Theory/ Practical	Internal Marks	Semester End Exam	Total Marks	Hrs / week	Credits	TOTAL HRS
5	NUTRITION FOR FITNESS	Theory	40	60	100	3	4	60
6	DIET PLANNING FOR NORMAL & SPECIAL HEALTH CONDITIONS	Practical	40	60	100	3	4	60
7	DIET PLANNING FOR DIFFERENT SPORTS	Practical	40	60	100		4	60
8	EXERCISE PHYSIOLOGY & FITNESS ASSESSMENT	Practical	40	60	100		4	60
	TOTAL				400		16	240

PAPER 5 NUTRITION FOR FITNESS (Theory) (100 Marks)

Objectives:

- To enable the students to understand the characteristics, physiology and body composition needs of different power/strength sports
- To impart knowledge on sports specific nutrition and hydration guidelines- in endurance /power/strength,/weight / racket/ aquatic sports
- To help students understand the role of ergogenic aids- their dose, safety and efficacy to enhance sports performance.

1. Nutrition for endurance sports; Energy & Macro & micro nutrient needs

- Types of endurance sports; body compositional standards
- Energy metabolism during endurance exercise & energy needs of endurance athletes
- Sport specific nutritional guidelines
- Carbohydrates-Type & Timing of carbohydrate ingestion, Glycogen loading techniques
- Lipids- Use of ketogenic diets, Fat loading, strategies to enhance fat utilization/ Fat burners
- Proteins-Requirements, Role of protein in endurance exercise
- Vitamins & Minerals: Micronutrients that regulate energy metabolism, blood formation, bone health
- Antioxidant micronutrients
- Sports anemia and other sports specific micronutrient deficiencies
- Water & Electrolytes: Fluid & electrolyte requirements, Dehydration
- Fluid & electrolyte replacement strategies
- Sports drinks and sports gel

2. Nutrition for strength sport

- Types and characteristics of strength or high intensity sports (sprinting, throwing, body building etc)
- Physiology of energy systems
- Nutritional requirements- macronutrients- carbohydrates, fats proteins

- Muscle building- post exercise anabolic window
 - Impact of resistance training on body composition of athletes in strength sports
 - Micronutrient requirements
 - Nutrient periodization in training and competition
3. Nutrition for weight class sports- combat sports, individual events
- Types and characteristics- physiological needs, body composition and energy systems used.
 - Macro and micronutrient requirements in training and competition.
 - Hydration guidelines in weight class sports
 - Making weight- weight loss and gain in training and competition-
 - Strategies to promote healthy weight loss in athletes
4. Nutrition for racket, track and field sports and aquatic sports
- Characteristics- physiology, energy system, and body composition, duration of match, training.
 - Macro and micronutrient requirements in training and competition
 - Dietary and hydration strategies for sports person in different periods of training and competition
5. Use of Nutritional supplements in strength/power sports- use, effects, efficacy and safety
- Creatine monohydrate, Sodium bicarbonates, Nitrates
 - B-Alanine, Caffeine
 - Protein supplements
 - Fat burners

References:

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production and performance (No. Ed. 2). Human Kinetics.

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- 5) Slater, G., & Phillips, S. M. (2011). *Nutrition guidelines for strength sports: sprinting, weightlifting, throwing events, and bodybuilding*. *Journal of sports sciences*, 29(sup1), S67- S77.
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- 15) Wolinsky, I. (1998) Nutrition in Exercise and Sports CRC press NY.
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PAPER 6 DIET PLANNING FOR NORMAL AND SPECIAL HEALTH CONDITIONS (Practical) (100 Marks)

1. Dietary Requirements, Menu Planning & Cooking for:

- Pregnancy and Lactation
- Weaning foods

- Toddlerhood and preschool childhood preadolescent and adolescence
- Adult years and elderly population

2. Planning and cooking for the following special conditions

- Obesity and Underweight
 - Fevers and Infections
 - Diabetes
 - Metabolic syndrome
 - Bone Health
 - GI disorders
 - Endocrine Disorders
- Planning, preparation and evaluation of macro and micro nutrient modified recipes
 - High Protein, High/ Low calorie, fat, fibre recipes, mineral .antioxidant rich, Vitamin A, Vitamin C,
 - Planning and preparation of sports drinks, thalis, tiffin boxes etc.
 - Planning and preparation of Indian and global cuisine
 - Planning and preparation of functional food recipes and best out of waste
 - Product development - each student will develop at least one nutrient rich commercial based products
 - CASE STUDY - Each student will be guided to record a comprehensive assessment a therapeutic conditions which will include a 1 month follow up.

The following criteria will be recorded

- Patient profile
- Anthropometric assessment
- Medical history
- Biochemical assessment
- Food allergies
- Medications taken
- 24 hour diet recall

- Physical activity and lifestyle

Paper 7 DIET PLANNING FOR DIFFERENT SPORTS (Practical) (100 Marks)

Objectives :

To enable students, learn planning and cooking of diet for different sports categories as well as sports persons of various age groups and gender.

1.Planning and cooking of recipes for the following scenarios

- Pre game/workout
- Post game/workout
- During workout
- On season and Off-season
- Product development - Each student will develop at least one sports based drink, bar, smoothee etc

2. Planning of diets for sports persons

- Endurance ,Weight, Power and Strength
- Track and field ,Racket, Aquatic

3. Survey of ergogenic aids and Product development - Each student will develop at least one sports based drink, bar, smoothee etc.

PAPER 8 EXERCISE PHYSIOLOGY & FITNESS ASSESSMENT (Practical) (100 Marks)

Objectives:

- To enable to gain practical knowledge and understanding of the skeletal and muscular systems. Its functions, basic biomechanical principles which govern human movement and fitness.

1a. Overview of

- An overview of human body composition
- Factors influencing body composition-Age, Gender with special emphasis on Exercise.

1b. Methods of Assessing body Composition

1c. Physiology of Exercise

- Musculo skeletal System
- Muscle : Structure, Composition , Types and Functioning of muscles
- Musculo skeletal anatomy – muscle fiber types, muscle contraction, strength power and endurance, neuroendocrine, respiratory and cardiovascular systems in exercise
- Types of muscle exercises-endurance, resistance and flexibility and their effect on on the composition and strength of muscle

2. Exercise related Muscle injuries

- Adaptation to exercise-causes & concerns

3. Markers of muscle fitness

- Bone
- Bone Physiology-Structure of bone, Bone formation & remodeling
- Types of joints
- Bone injuries during exercise training
- Exercise & bone health
- Cardiovascular System
- Physiology of Cardiovascular System-Effect of exercise
- Markers of cardiovascular fitness
- Effect of Exercise training on Cardiovascular fitness
- Role of exercise in the diseases of CV system
- Pulmonary System
- Physiology of respiration

- Effect of Exercise training on pulmonary function
- Markers of pulmonary fitness
- Endocrinal and neuronal factors influencing exercise performance
- Physiology of endocrine and neural system
- Effect of Exercise training on endocrine and neural system
- Markers of endocrine and neural fitness
- Fluid and electrolyte balance .acid base effect on exercise
- Prevention & Management of Exercise injuries

4.Assessment of physical and functional capacity

- Assessment of Cardio respiratory Exercises using Vo2 Max
- Assessment of Muscular fitness
- Bench Jump
- Push ups
- Sit and Reach Test
- Ruler Drop test
- Curl up, Squat test
- Assessment of skeletal fitness-BMD
- Suitable Exercise program for weight management
- Assessment of Psychological Fitness
- TEOSQ - Task and Ego Orientation in Sport Questionnaire
- Illinois Self Evaluation Questionnaire & Other Relevant Tests
- Assessment of Nutritional status - Biochemical parameters & Clinical Sign
- Nutritional Counseling & Stress management

References :

- 1) Davier, A, Blakeley, G. H. and Kidd, C (2001) *Human Physiology*, Harcourt Pub., 1st ed. Edinburgh ChurchillLivingstone.
- 2) Laboratory Manual, NIN

- 3) McArdle, WD., Katch, F. L. & Katch, VL (1996) *Exercise Physiology*, (4th ed.), Williams & Wilkins, A Waverly Company
- 4) Rhodes, R & Pflouzer, R (2003) *Human Physiology*, Thomson Brooks & Cole, (4th Ed).
- 5) Tortora, G. J. and Grabowski, R. S. (1993) *Principles of Anatomy and Physiology*, (7th ed.).Harper Collins College Publishers.
- 6) Waugh, A. and Grant, A. (2006) *Anatomy and Physiology in Health and illness* Churchill Livingstone, 10th ed

