



SYMBIOSIS COLLEGE OF ARTS & COMMERCE

An Autonomous College | Under Savitribai Phule Pune University

Reaccredited 'A+' with 3.51 CGPA For Third Cycle By NAAC | College with Potential for Excellence

ANNUAL REPORT



2022-
2023



Project Veera

EVENTS ORGANISED

1 Guest Lecture on "Youth Health & Nutrition"

2 Fundraiser

3 #EnrichRed Campaign

4 Darawali Drive

5 Responsible Charity Drive

6 Sanitary Pad Distribution - College Staff

7 Online Interactive Session on "Stigma Around Men's Mental Health"



REPORT

Project Veera is an initiative that aims to bring attention to the challenges faced by women and young people and to educate and support them through counselling, education, and hands-on training. Throughout this academic year, Veera has organised various sessions and drives under the leadership of the student head of the initiative, Shivi Kapur and the cooperation of the student volunteers from our college, in order to work towards this goal.

The first event was organised on 1st February 2023, to commemorate National Girl Child Day. As a part of this, Project Veera hosted a Guest Lecture on the theme "Youth Health & Nutrition" with Dr. Rekha Sachdev Pohani, Ph.D. in Nutrition. The lecture addressed the issue of poor nutrition prevalent among college students, who often overlook their health due to busy schedules. Dr. Rekha emphasized the significance of specific nutrients like iron, magnesium, B12, and folic acid, and their sources, along with their negative effects if lacking in the diet. The audience was also provided with practical tips for healthy meal preparation and encouraged to make healthy food choices. The lecture was highly informative and engaging, with over 100 attendees, and successfully educated the audience on the importance of proper nutrition in maintaining good health.

On 7th February 2023, Project Veera set up a stall at the college fest "Indradhanu" to raise funds for their upcoming menstrual hygiene campaign. Shivi Kapur along with Shivang Kumar, a first year student, sold t-shirts as part of their fundraising activity.

On 8th February, National Women's Day, Project Veera launched #EnrichRed - a campaign aimed at raising awareness about health problems caused by iron deficiency and poor nutrition, mainly Anemia. As an extension to this cause, educating and shedding light on the issue of menstrual hygiene and providing support by distributing sanitary napkins was also part of the plan.

To commence the campaign, a fundraiser was held from the 8th to 10th of February, 2023 on the Symbiosis College of Arts and Commerce campus. This was led by Shivi Kapur, the student in-charge for Project Veera and Shivang Kumar, a first year student, along with the help of a few other volunteers. A graphic t-shirt stall was set up, wherein all the proceeds from the sale went towards the purchase of sanitary napkins for distribution. A total of 58 t-shirts were sold and these sales raised an amount of around ₹11,500.

After successfully raising funds and purchasing sanitary napkins and paper bags, Project Veera and its volunteers were set for their first drive in the villages of Darawali . This drive was a collaborative effort of Project Veera and National Service Scheme (NSS), with immense help provided by the Centre for Innovation and Entrepreneurship (CIE).

Prior to the first drive, two meetings were held with all the student volunteers on the 27th and 28th of March 2023. During these the students prepared for the upcoming drive and packed the sanitary napkin packets that were to be distributed to the women.





On the 29th of March, 2023, a group of 34 volunteers from Project Veera, NSS and CIE combined travelled to Darawali and Dhanwewadi. At these two locations, first Dr. Sharayu Bhakarey, the head of CIE spoke to the women about emerging business opportunities for rural women and the different ways in which help and guidance can be provided to them by CIE. The women were given ideas on how to improve their existing entrepreneurial ventures or were encouraged to start businesses of their own.

Followed by this, the student volunteers presented a skit highlighting the stigma and misinformation surrounding menstruation as well as menstrual hygiene. The performance was aimed at spreading awareness on the mentioned topics in an engaging and simple manner. This was concluded with a talk on the causes of anemia and its prevention, done with the help of informational charts.

After this, a survey was conducted by the volunteers by interacting with the women about their occupation, education levels and the problems faced by them regarding the same. To mark the end, food packets and sanitary napkins were distributed to the attendees.

A total of 2800 pads were distributed to more than 50 women as a part of Project Veera's first drive.

The second drive under the campaign took place on the 9th of April 2023 at Responsible Charity which is located in Khadki. Rosyna, the family and health coordinator of the charity, gave the volunteers of Veera and SSIP an introduction to the kind of work which is done in the charity. This includes, providing education to kids from the slum areas, information about health and family planning avenues, raising awareness about government and bank schemes. This was followed by a distribution of sanitary napkin packets to the ladies in attendance.

A total of 2480 sanitary napkins were distributed among around 30 women.

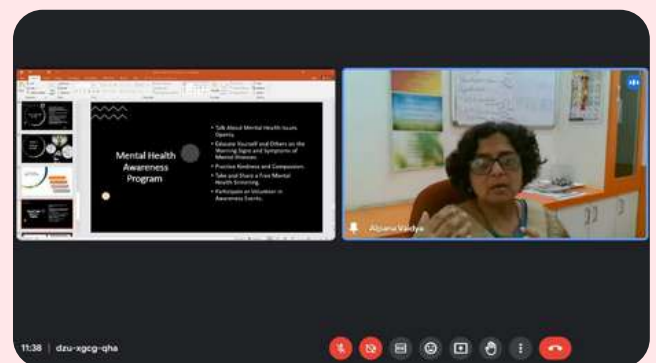
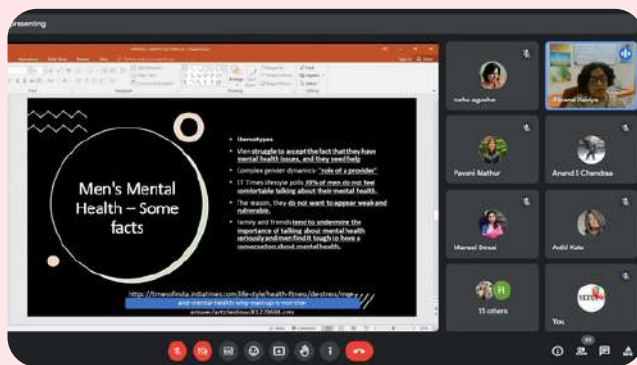
Then, on the 13th of April 2023, sanitary pads were distributed within our own college to the women in the maintenance and security staff.



Veera concluded its eventful year with an online session on Stigma around Men’s Mental Health. Dr. Alpana Vaidhya, the Head of Department of Psychology gave an enlightening speech on gender stereotypes and their impact on mental health, the stigmas around men’s mental health and how we can work towards resolving this issue which was then followed by a riveting and thought provoking discussion addressing questions in the premise of, “Is vulnerability a sign of weakness?”, “Are phrases like ‘man up’ or ‘boys don’t cry’ harmful?” and “How do boys/men react to being asked about mental health?”.

With around 30 attendees, it was appreciated by all who attended and the students demanded that such discussions should be carried out on a more regular basis in an offline mode and on a larger scale. This online session was the perfect event to mark the end of Veera’s memorable year.

Veera has thus had an remarkable year, making a positive impact on the lives of women and children and starting conversations about mental health issues. We hope to continue the work further in the upcoming year, with the help of our enthusiastic and driven student volunteers and teachers.



SNAPSHOTS



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E-POSTERS



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On the Occasion of National Girl Child Day
Project Veera Presents

YOUTH HEALTH & NUTRITION

Guest Lecture with Dr. Rekha Sachdev Pohani

1 FEB, 2023 | 11:30 AM
AV HALL (3RD FLOOR)

Scan to Register

projectveera For more info contact: +91 73557 70983

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PROJECT VEERA & NATIONAL SERVICE SCHEME present

#ENRICHRED

A Campaign for Nutritional Awareness & Support
(A RUSA Funded Activity)

ON 29TH MARCH 2023
10:30 AM ONWARDS
AT DARAWLI GRAM PANCHAYAT, MULSHI TALUKA, PUNE.

Special mention to TK Jivanjee for their generous contribution to our drive.

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PROJECT VEERA & DEPARTMENT OF PSYCHOLOGY present

An interactive session on

Stigma Around Men's Mental Health

REGISTER NOW!

DATE- 2ND MAY 2023
TIME- 11 AM
MODE- ONLINE

projectveera
For more info contact: Shivi- +91 73557 70983