

**BUNT SANGHA'S
S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES,
POWAI, MUMBAI-400076.**



**NAAC ACCREDITED 'A' GRADE
RBNQ Certificate of Merit 2019
ISO 21001 : 2018 Certified**

ICC: 2020-2021

Activity Approval Format

Date: 5th March, 2021.

Program: "SHAMEPAIGNE "- A CAMPAIGN AGAINST BODY SHAMING.

 My Body is Beautiful 

Need: To spread awareness about the side effects of body shaming.

Objective: To create awareness on body shaming among the students.

Content: To understand the side effect & protocols of body shaming.

Resource Person & Moderator: Ms. Pritha Saha -Therapist, Success & Relationship coach,
with 8 years of experience.

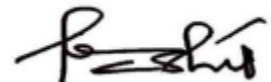
On: 9th March, 2021

Timing: 1:00 pm onwards

Venue: Zoom Webinar

Proposed By: ICC

Verified By:



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Minutes

Date: 6-3-2021

Time: 2:00 pm

Platform: Zoom

Details:

The meeting was conducted in order to discuss the flow & work allocation of the webinar “My Body is Beautiful” to be conducted on 9th March,2021 at 1:00 pm on Zoom platform.

Members Present:

ICC Presiding Officer:

Prof. Neena Sharma

ICC Members:

Asst.Prof. Himani Shukla

Adv. Hamid Khan

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NOTICE

Date: 8th March,2021

Speak to your body in a loving way, it's the only one you've got its your home and it deserves respect
-Iskra Lawrence

The ICC of Bunts Sangha's S.M.Shetty College, Powai brings you a new initiative
"SHAMEPAIGNE "- A CAMPAIGN AGAINST BODY SHAMING.

You are cordially invited to attend our first webinar on-

* 🧑 My Body is Beautiful 🧑 *

Resource person 🧑: Ms. Pritha Saha -Therapist, Success & Relationship coach, with 8 years of experience.

📅 : 9th March, 2021

🕒 : 1:00 pm onward

◆ All the participants shall receive E-certificate 📄

◆ Event Joining Link:

<https://us02web.zoom.us/j/82197192334?pwd=TVhVZjlQVXYvWDdpbmhDTWt5VnozQT09>

Meeting ID: 821 9719 2334

Passcode: 6gn0X8

◆ For any query kindly ✉ at: icc@smshettycollege.edu.in

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BUDGET

Event: Body Shaming

Date: 4th March, 2021

Resource Person: Pritha Saha (Success & Relationship Coach, Therapist)

Mode of event: online zoom Platform

About the Webinar: Typically, people are body shamed when they appear overweight or underweight or don't fit society's view of "thin and beautiful". Our culture loves the ideology of a perfect body, whether it be in print, movies, television, or online, seeing someone who doesn't fit the mold isn't considered acceptable to some. The webinar will focus on how to stop body shaming in the college campus and what can be the legal guidelines for the same.

BUDGET ESTIMATION

Cash Gift for Guest/ Resource Person	Rs.1,500/-
TOTAL	Rs.1,500/-

ICC Presiding Officer:

Asst. Prof. Neena Sharma

ICC Members:

Asst. Prof. Himani Shukla

Adv. Hamid Khan

Mrs. Smitha Ravindranath (Non-teaching)

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Banner

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THE INTERNAL COMMITTEE (IC) PRESENTS

SHAME-PAIGN
A CAMPAIGN AGAINST BODY SHAMING

YOU ARE CORDIALLY INVITED TO ATTEND
OUR FIRST WEBINAR ON-

**MY BODY IS
BEAUTIFUL**

With

Pritha Saha

-THERAPIST, SUCCESS & RELATIONSHIP COACH,
8 YEARS OF EXPERIENCE IN THIS FIELD.

DATE : 9TH MARCH, 2021 VENUE : ZOOM TIME : 1:00 PM

Report

The Internal Committee (IC) of Bunts Sangha's S.M Shetty College of Science Commerce and Management Studies, Powai organized a webinar on 9th March 2021 regarding a new initiative "**Shame-paign**" - a campaign against body shaming on the topic "My body is beautiful". The event was organized on Zoom Application.

The resource person for the webinar was Miss Pritha saha. She is a trained therapist with over 8 years of experience and is a life success and relationship coach.

The event was commenced by a poll prepared by the students regarding questions related to the topic. More than 60 students from all the departments participated in the session. Afterwards Miss Palak Srivastava from Bachelors in Arts of MultiMedia and Communication from S.M Shetty Degree College, Powai gave a warm welcome and introduced the new initiative "**Shame-paign**"

She later requested the presiding officer of IC Asst. Prof. Neena Sharma to address everyone.

The event was followed by a small presentation by the members of the campaign which was presented by Ms. Hrithika Shetty. Afterwards Ms. Shara Sheikh was called over to introduce the resource person.

Later Ms. Priitha Saha conducted the rest of the event by a presentation made by her and talked about the importance of self love.

The Q & A session followed a post presentation with students asking queries after which Miss Meghna Maitra was called to give a vote of thanks and conclude the session. A short video by the members of the campaign was presented after the vote of thanks.

The Webinar provided a good sense of knowledge to the students and helped them understand more about self love and body positivity.

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PARTICIPANT LIST/ ATTENDANCE

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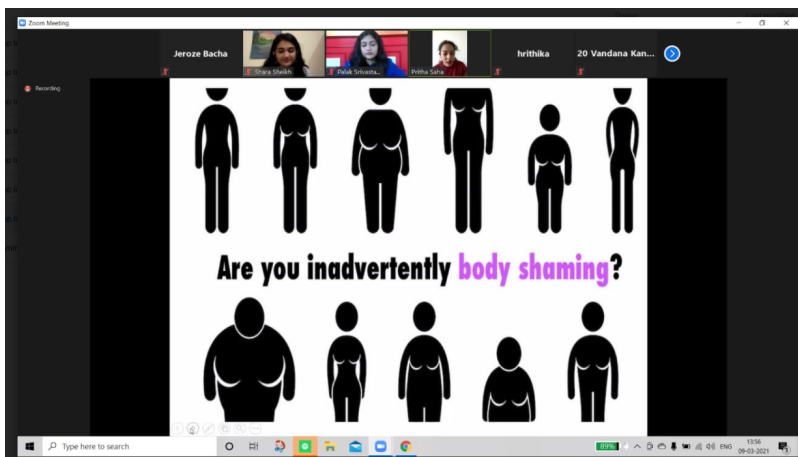
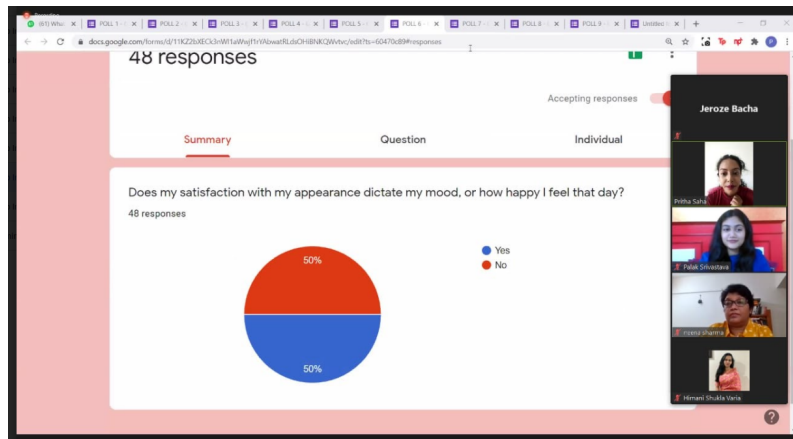
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Pictures



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SAMPLE CERTIFICATE



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CERTIFICATE OF PARTICIPATION

This is to certify that _____

of _____ college

has participated in the National Webinar on 'Strategies to Enhance Research & Academic Visibility : Role of Libraries & Information Centers' organized by the Learning Resource Center & I.Q.A.C. of the College on 23rd June, 2020.

Librarian

Vice Principal

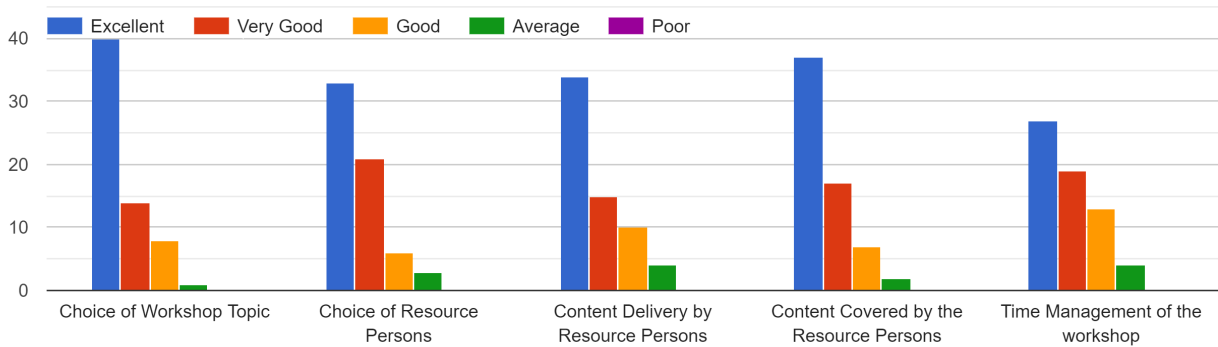
IQAC Co-ordinator

Principal

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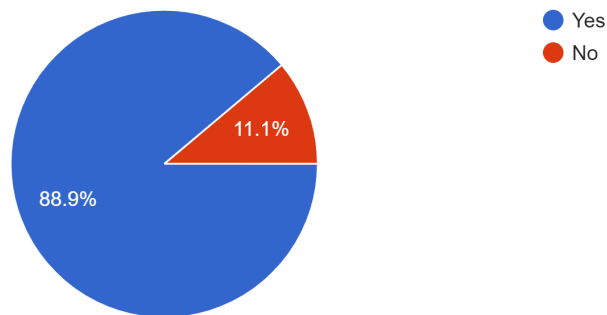
Feedback Analysis

Please give your feedback about the workshop



Was the time chosen for the workshop convenient for you?

63 responses



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Feedback Form: Webinar on "My Body is Beautiful" ☆ All changes saved in Drive

Questions Responses **63** Total points: 0

Mention 3 takeaways from the workshop.
63 responses

- Do not compare with others and just be yourself and be happy
-
- Don't feel ashamed, sharam nhi karnai ka, or khud k body ko love krnai ka
- Thank our body, be proud of our body, flaunt with whatever you have.
- We should love our body
- Being confident
- Love your body
Feel confident
Take care of your body
- Body Positivity

Feedback Form: Webinar on "My Body is Beautiful" ☆ All changes saved in Drive

Questions Responses **63** Total points: 0

Mention any difficulty (if any) that you faced with regards to technical or any other aspect during the workshop?
63 responses

-
- Not as such
- No difficulties
- No difficulty.
- No i didn't
- no
- NONE
- Network issue
- *

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ACTION TAKEN REPORT

Event : "**Shame-paign**" - a campaign against body shaming on the topic "My body is beautiful".

Date: 9th March 2021

Timing: 1:00 pm onward

Venue: Zoom Call

<u>FEEDBACK RECEIVED</u>	<u>ACTION TAKEN</u>
The Feedback received from the participants was positive. Most of them have conveyed that there should be a platform to discuss body related issues on an open form.	It was agreed to have similar sessions being student centric.