



Knowledge is Supreme

# TOLANI COLLEGE OF COMMERCE (AUTONOMOUS)

150-151, Sher-E-Punjab Society, Guru Gobind Singh Road, Andheri (E), Mumbai – 400 093

College NAAC Code No. MHCOGN10577

AQAR 2022 - 2023

## Criterion VII – Institutional Values and Best Practices

### 7.1 Institutional Values and Social Responsibilities

Metric No.	Key Indicator	Page No.
	<b>Gender Equity</b>	
<b>7.1.1</b>	<b>Measures initiated by the institution for the promotion of gender equity during the year:</b> <b>Specific facilities provided for women in terms of:</b> <b>a. Safety and security</b> Geotagged Photographs of CCTV Camera installed at strategic locations in the College premises <b>b. Counselling</b> Geotagged Photograph of Counselling Room in the College premises <b>c. Common Room</b> Geotagged Photographs of Boys and Girls Common Room in the College premises <b>d. Any other relevant information</b> ● Geotagged Photographs of i. List of members of Cell for Prevention of Sexual Harassment at Work Place displayed at strategic locations in the campus ii. C.W.D.C. & E.O.C. Room iii. Complaint / Suggestion Box at Foyer iv. Sakhi Box in Girls Common Room v. Boys Washroom and Girls Washroom ● Report on: i. A talk on 'Prevention of sexual harassment at workplace & gender issues' ii. Self-defense camp iii. Seminar on 'Pelvic floor health iv. Talk on 'Women health issues' v. A brief report writing on the video titled 'Elimination of violence against women'	   1  2  3   4  5  6-8  9-11 12-14 15-17 18-19



Knowledge is Supreme

# TOLANI COLLEGE OF COMMERCE (AUTONOMOUS)

50-151, Sher-E-Punjab Society, Guru Gobind Singh Road, Andheri (E), Mumbai – 400 093

College NAAC Code No. MHC0GN10577  
AQAR 2022 - 2023

## 7.1.1 Measures initiated by the Institution for Gender Equity & Sensitization



Geotagged Photographs of CCTV Camera installed at strategic locations in the College premises



*Murugan*

Prepared by  
Mr. Murugan N.

*J.A.S.*

Teacher In-charge  
Ms. Jayalakshmi

Verified & Found Correct

*Ansari*

Internal Committee For Data Verification & Validation  
Of Commerce (Autonomous), Mumbai-400

For  
Checked by  
Dr. Ansari Mehrunnisa  
I.Q.A.C. Co-ordinator

*Vijaya Krishna*

Dr. Vijaya Krishna  
Principal

*P*



Knowledge is Supreme

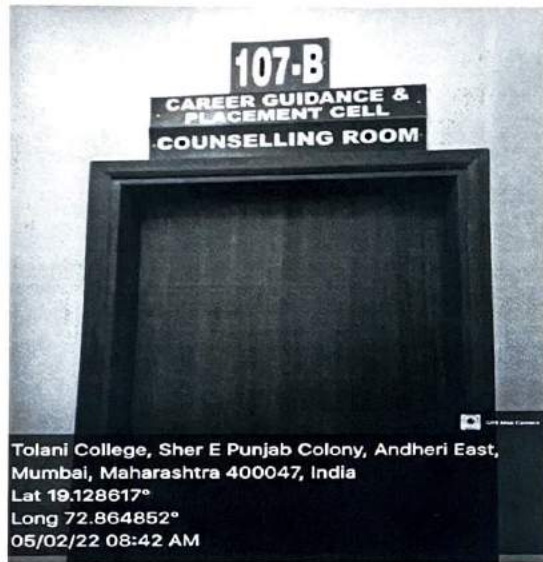
# TOLANI COLLEGE OF COMMERCE (AUTONOMOUS)

50-151, Sher-E-Punjab Society, Guru Gobind Singh Road, Andheri (E), Mumbai – 400 093

College NAAC Code No. MHCOGN10577

AQAR 2022 - 2023

## 7.1.1 Measures initiated by the Institution for Gender Equity & Sensitization



Geotagged Photographs of Counselling Room



*murugan*

Prepared by  
Mr. Murugan N.

*J.A.S.*

Teacher In-charge  
Ms. Jayalakshmi

Verified & Found Correct

*Omish*

Internal Committee For Data Verification & Validation  
Of Commerce (Autonomous), Mumbai-93

For  
Checked by  
Dr. Ansari Mehrunnisa  
I.Q.A.C. Co-ordinator

*[Signature]*

Dr. Vijaya Krishna  
Principal

Page 2 of 5



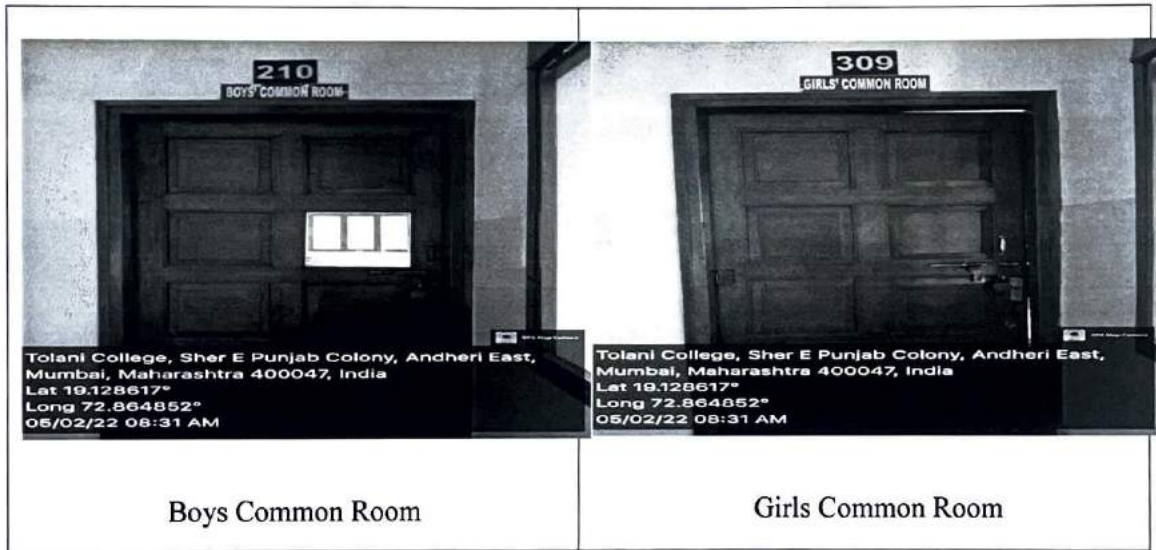
Knowledge is Supreme

# TOLANI COLLEGE OF COMMERCE (AUTONOMOUS)

50-151, Sher-E-Punjab Society, Guru Gobind Singh Road, Andheri (E), Mumbai – 400 093

College NAAC Code No. MHC0GN10577  
AQAR 2022 - 2023

## 7.1.1 Measures initiated by the Institution for Gender Equity & Sensitization



*murugan*  
Prepared by  
Mr. Murugan N.

*J.R.Si*  
Teacher In-charge  
Ms. Jayalakshmi

Verified & Found Correct

*Ansari*  
Internal Committee For Data Verification & Validation  
Of Commerce (Autonomous), Mumbai-47

For Checked by  
Dr. Ansari Mehrunnisa  
I.Q.A.C. Co-ordinator

*[Signature]*  
Dr. Vijaya Krishna  
Principal



Knowledge is Supreme

# TOLANI COLLEGE OF COMMERCE (AUTONOMOUS)

50-151, Sher-E-Punjab Society, Guru Gobind Singh Road, Andheri (E), Mumbai – 400 093

College NAAC Code No. MHCOGN10577  
AQAR 2022 - 2023

## 7.1.1 Measures initiated by the Institution for Gender Equity & Sensitization

<p><b>Women Development Cell</b> University of Mumbai TOLANI COLLEGE OF COMMERCE CELL FOR PREVENTION OF SEXUAL HARASSMENT AT WORK PLACE Ms. Shubha Choudhari (Member) - 9819551708 Ms. Ajay S. Ghosh (Convener) - 9820041009 Ms. Heena Mehta 9820260452</p> <p>Tolani College, Sher E Punjab Colony, Andheri East, Mumbai, Maharashtra 400047, India Lat 19.128617° Long 72.864852° 05/02/22 11:58 AM</p>	<p>Tolani College, Sher E Punjab Colony, Andheri East, Mumbai, Maharashtra 400047, India Lat 19.128617° Long 72.864852° 05/02/22 08:33 AM</p>
<p>C.W.D.C. list displayed at strategic locations in the campus.</p>	<p>C.W.D.C. &amp; E.O.C. Room</p>
<p>Tolani College, Sher E Punjab Colony, Andheri East, Mumbai, Maharashtra 400047, India Lat 19.128617° Long 72.864852° 05/02/22 08:45 AM</p>	<p>Tolani College, Sher E Punjab Colony, Andheri East, Mumbai, Maharashtra 400047, India Lat 19.128617° Long 72.864852° 05/02/22 08:29 AM</p>
<p>Complaint / Suggestion Box at Foyer</p>	<p>Sakhi Box in Girls Common Room</p>

*Murugan*

Prepared by  
Mr. Murugan N.

*J.R.Si*

Teacher In-charge  
Ms. Jayalakshmi

*Ansari*

Checked by  
Dr. Ansari Mehrunnisa  
I.Q.A.C. Co-ordinator

*Vijaya*

Dr. Vijaya Krishna  
Principal





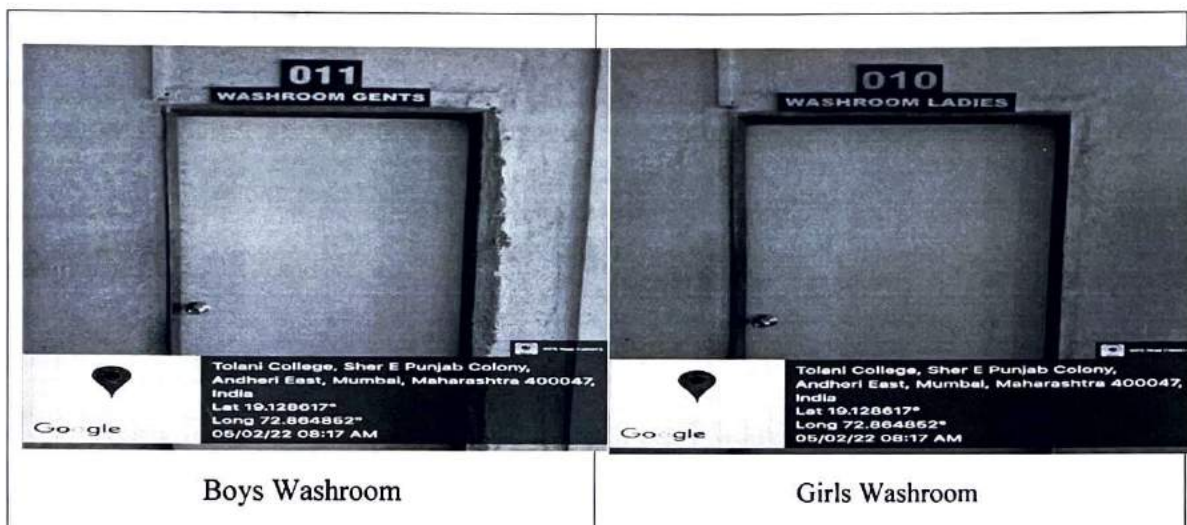
Knowledge is Supreme

# TOLANI COLLEGE OF COMMERCE (AUTONOMOUS)

50-151, Sher-E-Punjab Society, Guru Gobind Singh Road, Andheri (E), Mumbai – 400 093

College NAAC Code No. MHC0GN10577  
AQAR 2022 - 2023

## 7.1.1 Measures initiated by the Institution for Gender Equity & Sensitization



*murugan*

Prepared by  
Mr. Murugan N.

*J.A.Si*

Teacher In-charge  
Ms. Jayalakshmi

Verified & Found Correct

*Ansari*

Internal Committee for Data Verification & Validation  
Of Commerce (Autonomous), Mumbai-93

For  
Checked by  
Dr. Ansari Mehrunnisa  
I.Q.A.C. Co-ordinator

*Vijaya Krishna*

Dr. Vijaya Krishna  
Principal



Knowledge is Supreme

# Tolani College of Commerce (Autonomous)

## तोलानी वाणिज्य महाविद्यालय (स्वायत्त)

(Sponsored and Managed by Tolani Education Society, Mumbai - 400 021)  
(Recognised Linguistic (Sindhi) Minority Institution, Affiliated to University of Mumbai)

Re-Accredited (3<sup>rd</sup> Cycle) by N.A.A.C. with 'A' Grade (CGPA 3.03)

150-151, SHER-E-PUNJAB SOCIETY,  
GURU GOBIND SINGH ROAD,  
ANDHERI (EAST), MUMBAI-400 093.

Tel. : (022) 6153 5455  
Fax : (022) 6153 5456  
E-mail : tcc@tolani.edu  
Website : tcc.tolani.edu

College NAAC Code No. MHC0GN10577

AQAR 2022 - 2023

Name of the Event	Talk on "Prevention of Sexual Harassment at Work Place & Gender Issues"					
Organised by	College Women Development Cell (C.W.D.C.)					
Organised for	Degree College Learners					
Day and Date	Friday, 27 <sup>th</sup> January, 2023					
Name of the Resource Person along with the designation	Ms. Reshma Jagtap - Legal Co-ordinator of Society for Nutrition, Education and Health Action (SNEHA) – an NGO working for Prevention of Violence against Women and Children					
If the event is organised in collaboration with an external institution/agency, name of the institution	Society for Nutrition, Education and Health Action (SNEHA) – an NGO working for Prevention of Violence against Women and Children					
Mode of the Event	In-person	Yes	Online	-	Hybrid	-
Objectives of the Event	<ol style="list-style-type: none"><li>1. To create awareness about the concept of Sexual Harassment.</li><li>2. To recognize the acts considered as Sexual Harassment at work place.</li><li>3. To discuss Gender Matters and Prevention of Violence against Women and Children.</li></ol>					





**Knowledge is Supreme**

# Tolani College of Commerce (Autonomous)

## तोलानी वाणिज्य महाविद्यालय (स्वायत्त)

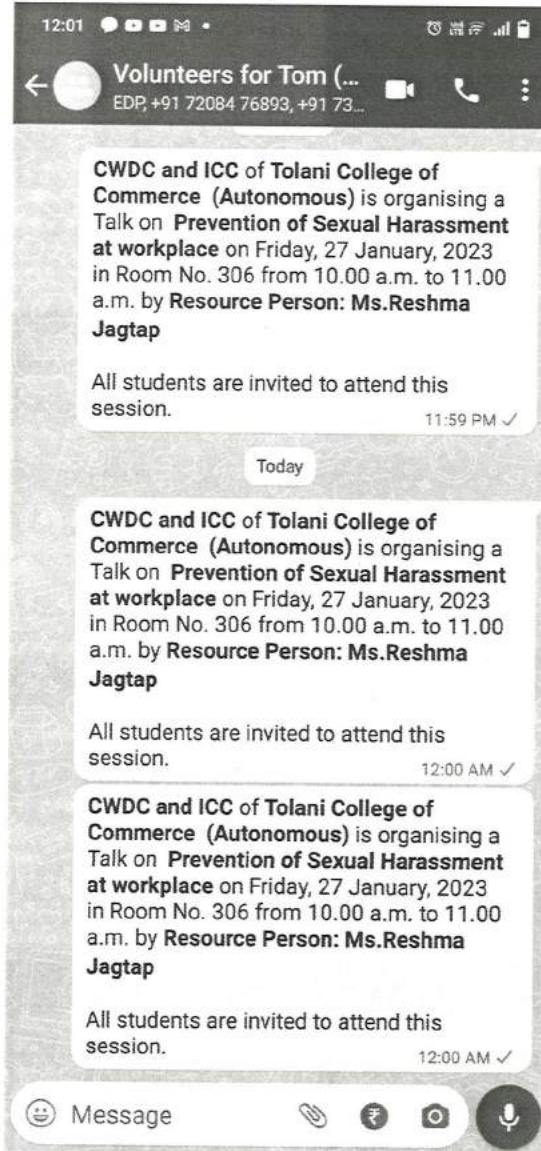
(Sponsored and Managed by Tolani Education Society, Mumbai - 400 021)  
(Recognised Linguistic (Sindhi) Minority Institution, Affiliated to University of Mumbai)

Re-Accredited (3<sup>rd</sup> Cycle) by N.A.A.C. with 'A' Grade (CGPA 3.03)

150-151, SHER-E-PUNJAB SOCIETY,  
GURU GOBIND SINGH ROAD,  
ANDHERI (EAST), MUMBAI-400 093.

Tel. : (022) 6153 5455  
Fax : (022) 6153 5456  
E-mail : tcc@tolani.edu  
Website : tcc.tolani.edu

### Publicity Material







Knowledge is Supreme

# Tolani College of Commerce (Autonomous)


## तोलांनी वाणिज्य महाविद्यालय (स्वायत्त)

(Sponsored and Managed by Tolani Education Society, Mumbai - 400 021)  
(Recognised Linguistic (Sindhi) Minority Institution, Affiliated to University of Mumbai)

Re-Accredited (3<sup>rd</sup> Cycle) by N.A.A.C. with 'A' Grade (CGPA 3.03)

150-151, SHER-E-PUNJAB SOCIETY,  
GURU GOBIND SINGH ROAD,  
ANDHERI (EAST), MUMBAI-400 093.

Tel. : (022) 6153 5455  
Fax : (022) 6153 5456  
E-mail : tcc@tolani.edu  
Website : tcc.tolani.edu

Number of Participants	Male	31	Female	64	Total	95
Geotagged Photographs of the Event						
						
Learners attending the talk						
Learning Outcomes	<ol style="list-style-type: none"><li>1) Learners were able to understand the concept of sexual harassment.</li><li>2) Learners could identify the acts leading to sexual harassment at work place.</li><li>3) Learners were made aware of the measures to prevent violence against women and children.</li></ol>					

Verified & Found Correct

*murugan*

Prepared by

Mr. Murugan Nadar

*Jyoti S. Ghosh*

Teacher In-charge

Ms. Jyoti S. Ghosh

*Mehrunnisa Ansari*

Internal Committee For Data Verification & Validation  
Of Commerce (Autonomous), Mumbai-93

Checked by

Dr. Mehrunnisa Ansari  
I.Q.A.C. Co-ordinator

*Dr. Vasudev Iyer*

Dr. Vasudev Iyer

I/c Principal





Knowledge is Supreme

# Tolani College of Commerce (Autonomous)

## तोलानी वाणिज्य महाविद्यालय (स्वायत्त)

(Sponsored and Managed by Tolani Education Society, Mumbai - 400 021)  
(Recognised Linguistic (Sindhi) Minority Institution, Affiliated to University of Mumbai)

Re-Accredited (3<sup>rd</sup> Cycle) by N.A.A.C. with 'A' Grade (CGPA 3.03)

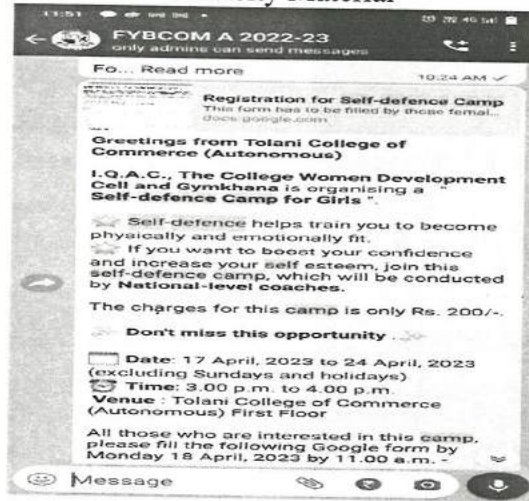
150-151, SHER-E-PUNJAB SOCIETY,  
GURU GOBIND SINGH ROAD,  
ANDHERI (EAST), MUMBAI-400 093.

Tel. : (022) 6153 5455  
Fax : (022) 6153 5456  
E-mail : tcc@tolani.edu  
Website : tcc.tolani.edu

### College NAAC Code No. MHC0GN10577 AQAR 2022 - 2023

Name of the Event	Self- Defence Camp
Organized by	College Women Development Cell (C.W.D.C.) and Gymkhana
Organized for	Female Learners from Degree College and Neighbouring Schools
Day and Date	Saturday, 11th March, 2023
Name of the Resource Person	Ms. Naina Dharmendra Yadav, Ms. Kiran Kumari Yadav and Ms. Jaspreet Kaur Kapoor (All 3 coaches are Tolani Alumni)
If the event is organized in collaboration with an external institution/agency, name of the institution	Meghwadi Police Station – 'Nirbhaya Pathak'
Mode of the Event	<b>In-person</b> Yes Offline - Hybrid -
Objectives of the Event	1) To orient the learners about the importance of self-defence and being alert. 2) To practically show the learners self-defence techniques and encourage the learners to practice the same and become self-reliant.

#### Publicity Material





Knowledge is Supreme

# Tolani College of Commerce (Autonomous)

## तोलानी वाणिज्य महाविद्यालय (स्वायत्त)

(Sponsored and Managed by Tolani Education Society, Mumbai - 400 021)  
(Recognised Linguistic (Sindhi) Minority Institution, Affiliated to University of Mumbai)

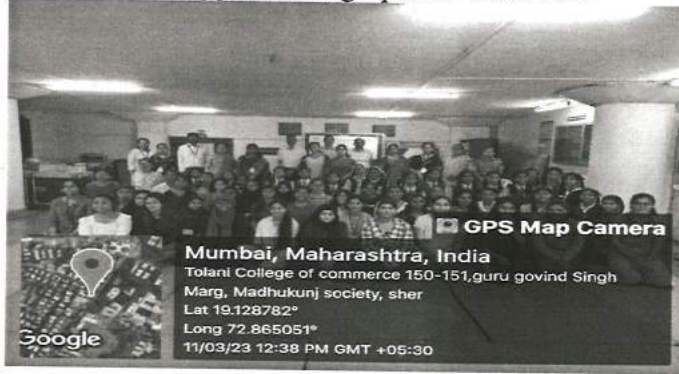
Re-Accredited (3<sup>rd</sup> Cycle) by N.A.A.C. with 'A' Grade (CGPA 3.03)

150-151, SHER-E-PUNJAB SOCIETY,  
GURU GOBIND SINGH ROAD,  
ANDHERI (EAST), MUMBAI-400 093.

Tel. : (022) 6153 5455  
Fax : (022) 6153 5456  
E-mail : tcc@tolani.edu  
Website : tcc.tolani.edu

Number of Participants	Male	00	Female	77 TCC learners 31 School learners	Total	108
------------------------	------	----	--------	------------------------------------	-------	-----

### Geo-tagged Photographs of the Event



Group Picture of the Learners, Coaches and Authorities

सकाळ



जोगेश्वरी : तोलानी महाविद्यालयात उपस्थित विविध शाळेतील मुली तसेच महिलांना स्वसंरक्षणाचे धडे देताना प्रशिक्षक.

### तोलानी महाविद्यालयाकडून महिलांना स्वसंरक्षणाचे धडे

जोगेश्वरी (बातमीदार) : जागतिक महिला दिनाचे औचित्य साधून अंधेरी पूर्वच्या तोलानी महाविद्यालयात मुलींना मोफत स्वसंरक्षणाचे धडे देण्यात आले. मेघवाडी पोलिसांच्या सहकार्याने आजूबाजूच्या परिसरातील महिला आणि मुलींसाठी स्वसंरक्षण कार्यशाळा आयोजित केली होती. महिला सबलीकरणासाठी अशा प्रकारच्या कार्यशाळांची सध्या फार गरज आहे. अशा प्रशिक्षणातून मिळालेल्या मार्गदर्शनामुळे संकटकाळी महिलांना स्वतःचे संरक्षण करता येऊ शकते, अशी माहिती महाविद्यालयाच्या ज्युडो प्रशिक्षक जसप्रीत कपूर यांनी दिली. कार्यशाळेचे प्रशिक्षक डॉ. निसार हुसेन व त्यांच्या सहकार्यांनी प्रात्यक्षिके दाखवून विद्यार्थिनींना स्वसंरक्षणाचे धडे दिले. या वेळी शंकरवाडी मराठी शाळा, श्रमिक विद्यालय, बाल विकास, हरी नगर क्र. २, गुरू नानक इंग्लिश हायस्कूल आणि इन्फंट जिझस हायस्कूल मधील ३१ मुलींनी आणि तोलानी कॉलेज ऑफ कॉमर्सच्या ७२ मुलींनी यात सहभाग घेतला. या वेळी मेघवाडीचे वरिष्ठ पोलिस निरीक्षक राजेंद्र पांढरे उपस्थित होते. ही कार्यशाळा डॉ. निसार हुसेन यांच्या मार्गदर्शनाखाली आणि पात्र स्वसंरक्षण आणि ज्युडो प्रशिक्षक जसप्रीत कपूर, किरण यादव आणि नवना यादव यांच्या मार्गदर्शनाखाली झाली.

Mumbai, Mumbai-Today  
14/03/2023 Page No. 3

Newspaper coverage of Self-Defence Camp





**Knowledge is Supreme**

# Tolani College of Commerce (Autonomous)

## तोलानी वाणिज्य महाविद्यालय (स्वायत्त)

(Sponsored and Managed by Tolani Education Society, Mumbai - 400 021)  
(Recognised Linguistic (Sindhi) Minority Institution, Affiliated to University of Mumbai)

Re-Accredited (3<sup>rd</sup> Cycle) by N.A.A.C. with 'A' Grade (CGPA 3.03)

150-151, SHER-E-PUNJAB SOCIETY,  
GURU GOBIND SINGH ROAD,  
ANDHERI (EAST), MUMBAI-400 093.

Tel. : (022) 6153 5455  
Fax : (022) 6153 5456  
E-mail : tcc@tolani.edu  
Website : tcc.tolani.edu

Learning Outcomes	<ol style="list-style-type: none"><li>1. The three coaches (all TCC Alumni) assisted the College and school learners to warm up and then practically showed the self-defence techniques and made the learners practice the same.</li><li>2. The learners learned the techniques of self-defence</li></ol>
-------------------	---

Verified & Found Correct

Prepared by

Ms. Shalini Clayton

Teacher In-charge

Ms. Jyoti S. Ghosh

Internal Committee For Data Verification & Accreditation  
Of Commerce (Autonomous), Mumbai-400 093

For

Checked by

Dr. Mehrunnisa  
Ansari

I.Q.A.C. Co-ordinator

Dr. Vasudev Iyer

I/c Principal





**Knowledge is Supreme**

# Tolani College of Commerce (Autonomous)

## तोलानी वाणिज्य महाविद्यालय (स्वायत्त)

(Sponsored and Managed by Tolani Education Society, Mumbai - 400 021)  
(Recognised Linguistic (Sindhi) Minority Institution, Affiliated to University of Mumbai)

Re-Accredited (3<sup>rd</sup> Cycle) by N.A.A.C. with 'A' Grade (CGPA 3.03)

150-151, SHER-E-PUNJAB SOCIETY,  
GURU GOBIND SINGH ROAD,  
ANDHERI (EAST), MUMBAI-400 093.

Tel. : (022) 6153 5455  
Fax : (022) 6153 5456  
E-mail : tcc@tolani.edu  
Website : tcc.tolani.edu

College NAAC Code No. MHCOGN10577

AQAR 2022 - 2023

Name of the Event	Seminar on "Pelvic Floor Health"					
Organised by	College Women Development Cell (C.W.D.C.)					
Organised for	Degree College Female Learners					
Day and Date	8 <sup>th</sup> March, 2023					
Name of the Resource Person along with the designation	Dr. Shinee Shanbhag – Deputy Medical Director, Physiorehab, Mumbai.					
Mode of the Event	In-person	Yes	Online	-	Hybrid	-
Objectives of the Event	1. To orient the learners and staff members about the 'Pelvic Floor Health'. 2. To create awareness about the symptoms showing issues in the pelvic floor. 3. To make the audience understand the measures to overcome issues related to the Pelvic Floor.					





Knowledge is Supreme

# Tolani College of Commerce (Autonomous)

## तोलानी वाणिज्य महाविद्यालय (स्वायत्त)

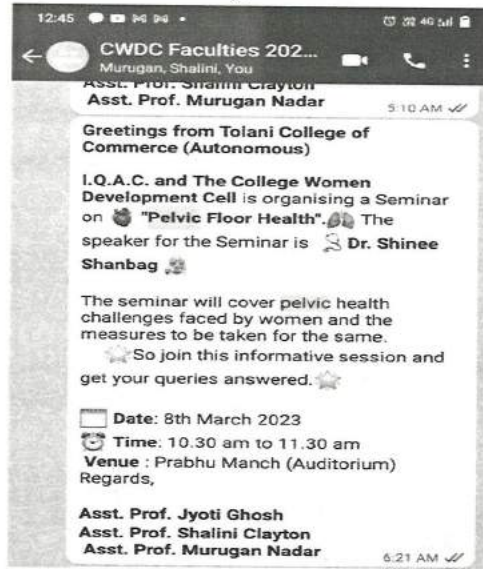
(Sponsored and Managed by Tolani Education Society, Mumbai - 400 021)  
(Recognised Linguistic (Sindhi) Minority Institution, Affiliated to University of Mumbai)

Re-Accredited (3<sup>rd</sup> Cycle) by N.A.A.C. with 'A' Grade (CGPA 3.03)

150-151, SHER-E-PUNJAB SOCIETY,  
GURU GOBIND SINGH ROAD,  
ANDHERI (EAST), MUMBAI-400 093.

Tel. : (022) 6153 5455  
Fax : (022) 6153 5456  
E-mail : tcc@tolani.edu  
Website : tcc.tolani.edu

### Publicity Material



Number of Participants	Male	N.A.	Female	183 learners & 20 staff	Total	203
------------------------	------	------	--------	----------------------------	-------	-----

### Geo-tagged Photographs of the Event



Dr. Shinee orienting the female learners and staff members about 'Pelvic Floor Health'





**Knowledge is Supreme**

# Tolani College of Commerce (Autonomous)

## तोलानी वाणिज्य महाविद्यालय (स्वायत्त)

(Sponsored and Managed by Tolani Education Society, Mumbai - 400 021)  
(Recognised Linguistic (Sindhi) Minority Institution, Affiliated to University of Mumbai)

Re-Accredited (3<sup>rd</sup> Cycle) by N.A.A.C. with 'A' Grade (CGPA 3.03)

150-151, SHER-E-PUNJAB SOCIETY,  
GURU GOBIND SINGH ROAD,  
ANDHERI (EAST), MUMBAI-400 093.

Tel. : (022) 6153 5455  
Fax : (022) 6153 5456  
E-mail : tcc@tolani.edu  
Website : tcc.tolani.edu

Learning Outcomes	<ol style="list-style-type: none"><li>1. The learners and staff members could comprehend the concept of 'Pelvic Floor'.</li><li>2. The audience could have a clear understanding of the symptoms showing issues in the pelvic floor and the measures to overcome these issues.</li><li>3. There was demonstration of some exercises helpful for Pelvic Floor Health.</li></ol>
-------------------	--

Verified & Found Correct

*Comments*

Internal Committee For Data Verification & Validation  
Of Commerce (Autonomous), Mumbai-93

*[Signature]*

Prepared by

Ms. Ranjeeta Prajapati

*[Signature]*

For Teacher In-charge

Ms. Jyoti S. Ghosh

For Checked by

Dr. Mehrunnisa Ansari  
I.Q.A.C. Co-ordinator

*[Signature]*

Dr. Vasudev Iyer

I/c Principal





Knowledge is Supreme

# Tolani College of Commerce (Autonomous)

## तोलानी वाणिज्य महाविद्यालय (स्वायत्त)

(Sponsored and Managed by Tolani Education Society, Mumbai - 400 021)  
(Recognised Linguistic (Sindhi) Minority Institution, Affiliated to University of Mumbai)

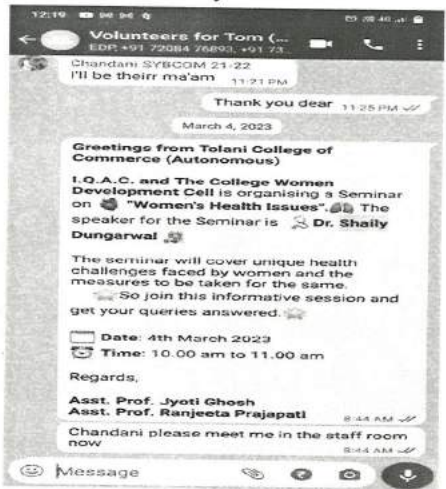
Re-Accredited (3<sup>rd</sup> Cycle) by N.A.A.C. with 'A' Grade (CGPA 3.03)

150-151, SHER-E-PUNJAB SOCIETY,  
GURU GOBIND SINGH ROAD,  
ANDHERI (EAST), MUMBAI-400 093.

Tel. : (022) 6153 5455  
Fax : (022) 6153 5456  
E-mail : tcc@tolani.edu  
Website : tcc.tolani.edu

College NAAC Code No. MHC0GN10577

AQAR 2022 - 2023

Name of the Event	Talk on "Women Health Issues"					
Organised by	College Women Development Cell (C.D.W.C.)					
Organised for	Degree College Female Learners					
Day and Date	Saturday, 4 <sup>th</sup> March, 2023					
Name of the Resource Person along with the designation	Dr. Shaily Dugarwal (Obstetrician, Gynaecologist & Infertility Specialist)					
Mode of the Event	In-person	Yes	Online	-	Hybrid	-
Objectives of the Event	1. To create awareness about health issues generally overlooked by women, like PCOD and PCOS. 2. To understand the measures to overcome the issues related to women's health.					
Publicity Material						
						
Number of participants	Male	NA	Female	93	Total	93







Knowledge is Supreme

# Tolani College of Commerce (Autonomous)

## तोलानी वाणिज्य महाविद्यालय (स्वायत्त)

(Sponsored and Managed by Tolani Education Society, Mumbai - 400 021)  
(Recognised Linguistic (Sindhi) Minority Institution, Affiliated to University of Mumbai)

Re-Accredited (3<sup>rd</sup> Cycle) by N.A.A.C. with 'A' Grade (CGPA 3.03)

150-151, SHER-E-PUNJAB SOCIETY,  
GURU GOBIND SINGH ROAD,  
ANDHERI (EAST), MUMBAI-400 093.

Tel. : (022) 6153 5455  
Fax : (022) 6153 5456  
E-mail : tcc@tolani.edu  
Website : tcc.tolani.edu

### Geo-tagged Photographs of the Event



Dr. Shaily orienting the learners about the women's health issues

#### Learning Outcomes

1. The learners were aware of the importance of women's health issues.
2. The important takeaways for the learners were as follows :
  - Attention to early warning signs
  - Lifestyle modifications as a primary line of health treatment for PCOD
  - Diet restriction and exercises for a PCOD free body





**Knowledge is Supreme**

# Tolani College of Commerce (Autonomous)

## तोलानी वाणिज्य महाविद्यालय (स्वायत्त)

(Sponsored and Managed by Tolani Education Society, Mumbai - 400 021)  
(Recognised Linguistic (Sindhi) Minority Institution, Affiliated to University of Mumbai)

Re-Accredited (3<sup>rd</sup> Cycle) by N.A.A.C. with 'A' Grade (CGPA 3.03)

150-151, SHER-E-PUNJAB SOCIETY,  
GURU GOBIND SINGH ROAD,  
ANDHERI (EAST), MUMBAI-400 093.

Tel. : (022) 6153 5455  
Fax : (022) 6153 5456  
E-mail : tcc@tolani.edu  
Website : tcc.tolani.edu

Verified & Found Correct

*Ansari*

Internal Committee For Data Verification & Validation  
Of Commerce (Autonomous), Mumbai-93

Prepared by

Ms. Ranjeeta Prajapati

Teacher In-charge

Ms. Jyoti S. Ghosh

Checked by

Dr. Mehrunnisa Ansari  
I.Q.A.C. Co-ordinator

Dr. Vasudev Iyer

I/c Principal





Knowledge is Supreme

# Tolani College of Commerce (Autonomous)

## तोलानी वाणिज्य महाविद्यालय (स्वायत्त)

(Sponsored and Managed by Tolani Education Society, Mumbai - 400 021)  
(Recognised Linguistic (Sindhi) Minority Institution, Affiliated to University of Mumbai)

Re-Accredited (3<sup>rd</sup> Cycle) by N.A.A.C. with 'A' Grade (CGPA 3.03)

150-151, SHER-E-PUNJAB SOCIETY,  
GURU GOBIND SINGH ROAD,  
ANDHERI (EAST), MUMBAI-400 093.

Tel. : (022) 6153 5455  
Fax : (022) 6153 5456  
E-mail : tcc@tolani.edu  
Website : tcc.tolani.edu

College NAAC Code No. MHC0GN10577

AQAR 2022 - 2023

Name of the event	Brief report writing on the video titled 'Elimination of violence against women'
Organised by	Equal Opportunity Centre
Organised for	Learners
Day and Date	Friday, 25 <sup>th</sup> November, 2022
Mode of the event	In-person -- Online Yes Hybrid --
Objective of the event	To play a key role in bringing attention to and awareness among learners towards violence against women and the impact of the same on women.



Number of participants	Male	6	Female	33	Total	39
------------------------	------	---	--------	----	-------	----





Knowledge is Supreme

# Tolani College of Commerce (Autonomous)

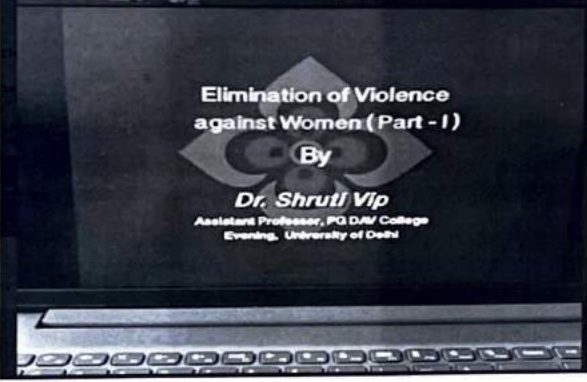
## तोलानी वाणिज्य महाविद्यालय (स्वायत्त)


(Sponsored and Managed by Tolani Education Society, Mumbai - 400 021)  
(Recognised Linguistic (Sindhi) Minority Institution, Affiliated to University of Mumbai)

Re-Accredited (3<sup>rd</sup> Cycle) by N.A.A.C. with 'A' Grade (CGPA 3.03)

150-151, SHER-E-PUNJAB SOCIETY,  
GURU GOBIND SINGH ROAD,  
ANDHERI (EAST), MUMBAI-400 093.

Tel. : (022) 6153 5455  
Fax : (022) 6153 5456  
E-mail : tcc@tolani.edu  
Website : tcc.tolani.edu

	 <p>Slide of the video</p>
Learning outcome	The learners were made aware of health impacts that can last a lifetime like violence affects women's physical, mental, sexual, and reproductive health and that promising programmes are needed to prevent violence against women and girls exist.

  
Teacher In-charge &  
Prepared by  
Dr. Hema Mehta

Verified & Found Correct  
  
For Internal Committee For Data Verification & Validation  
Tolani College Of Commerce (Autonomous) Mumbai 93  
Checked by  
for Dr. Ansari Mehrunnisa  
I.Q.A.C. Co-ordinator  
  
Dr. Vijaya Krishna  
Principal

