**Women and Gender Development Cell (2019-2020)**

The WGDC of Smt. M.M.K. College seeks to create a gender-just society by sensitizing the students and faculty to uncover the implicit biases that are inbuilt into the society we inhibit.

This endeavor started by conducting a guest lecture on “HUMAN RIGHTS IN INDIAN CONSTITUTION” by (Adv) Dr. Rashmi Oza, Professor, Department of law, University of Mumbai.

She gave an interesting insight on the constitution of India which is based on the principles of liberty, equality, fraternity and justice. The students attended the lectures in large numbers and gained from her expertise.

The WGDC invited Dr. Lata Das, Centre for Lifelong learning, Tata Institute of Social Sciences (TISS) on 24th February 2020 to interact with the students on the topic “MENTAL HEALTH ISSUES IN TODAY’S YOUTH”.

She threw light on how mental health problems can affect a student's energy level, concentration, dependability, mental ability, and optimism, hindering performance. She also discussed how depression is associated with lower grade point averages, and that co-occurring depression and how anxiety can increase this association.

The year concluded with a special lecture conducted for the teaching and non-teaching staff on the occasion of International Women’s Day on 9th March 2020.

Dietician, Practicing Homeopath, Yoga master, Reiki Practitioner and Sleep-Expert Dr. Kitty Rathod spoke about the “Role of Nutrition in Women’s Health”.

She shared how good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, how our diet can help us to reach and maintain a healthy weight and reduce the risk of chronic diseases.

Various other activities were also conducted like team building games wherein attractive prizes were given to the winners.

The WGDC is looking forward to more such associations in future.