



Report – 2020-21

IEEE WIE SPIT - WDC

IEEE Women in Engineering (WIE) is one of the largest international professional organizations dedicated to promoting women engineers and scientists, and inspiring girls around the world to follow their academic interests in a career in engineering.

IEEE WIE SPIT is the Student Branch WIE Affinity Group of Sardar Patel Institute of Technology located in Region 10. Throughout the year, the Student Branch of WIE runs various contests, competitions and seminars that are focused on the field of Science and Engineering and the role it plays in advancing technology along with celebrating women in various different fields.

Women Development Cell of Sardar Patel Institute of Technology, take care of women and girls who are working in the organization. Different activities, talks, panel discussions are executed for the better development of 360 angles of women.

In the year 2020-21, IEEE WIE SPIT conducted various technical and non-technical events starting from showing gratitude to the WIE committee of 2019-20 in their felicitation, organising seminars on UI/UX Design and even Healthcare and ending the year on a high note by celebrating Women's Week. Here's a glimpse of those.

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2 nd August 2020	Labyrinth: Scavenger Hunt
7 th August 2020	Lead the Life Webinar
5 th September 2020	I made it possible Webinar
20 th September 2020	UI/UX Design Webinar
3 rd October 2020	I engineered my life Webinar
8 th October 2020	Unlock Yourself Webinar
26 th October 2020	STEMlet Phase 1
25 th December 2020	STEMlet Phase 2
16 th January 2021	Heterologous
6 th February 2021	Women Entrepreneurship Webinar
27 th February 2021	Organ Donation Webinar
6 th March 2021	Games Night with Faculty
8 th March 2021	Women and Law Webinar
9 th March 2021	Talk by Tanvi Malhara
10 th March 2021	Webinar on Eye Care

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11th March 2021

Yoga workshop

IEEE WIE - WDC EVENT REPORT

Activity Name	Labyrinth: A digital scavenger hunt
Topic/Theme	Digital scavenger hunt
Agenda of Event	Fun activity
Speaker/Guest	-
Date	2nd August, 2020
Time	3 pm
Platform	Whatsapp
Host/Organised by	IEEE WIE WDC SPIT
No. of Participants	120+
Co-ordinated by	IEEE WIE WDC SPIT

Event Details:-

On the late afternoon of the last day of vacation, WIE - IEEE WDC SPIT conducted a fun event in the form of a digital scavenger hunt under the name of "Labyrinth". The event was open to colleges all over India and witnessed an impressive response.

The 4-hour long event was divided into two parts with a total of 20 riddles in the form of password protected PDFs. The teams were divided among the committee members who were the game masters with each member being in charge of around 9 teams.

The first round commenced with the first 10 PDFs being sent on the Whatsapp group consisting of all the teams. The teams then set out to putting their brains into solving their riddles and the

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first few teams could reveal the answers to the 10th within the first 1 hour. The second round began after a break of 10 minutes, at 5:10 PM. The final scoreboard was released at around 8 PM after the game ended at 7:10 PM.

Event Images /



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Feedback Analysis / Winners:

The top 10 teams were recognized on WIE – IEEE - WDC SPIT's official Instagram page story and the top 3 teams were given an Instagram post dedicated to them. The top 5 teams received a Certificate of Appreciation. In a nutshell, Labyrinth was an extremely engaging and fun event in spite of the few inevitable loopholes.

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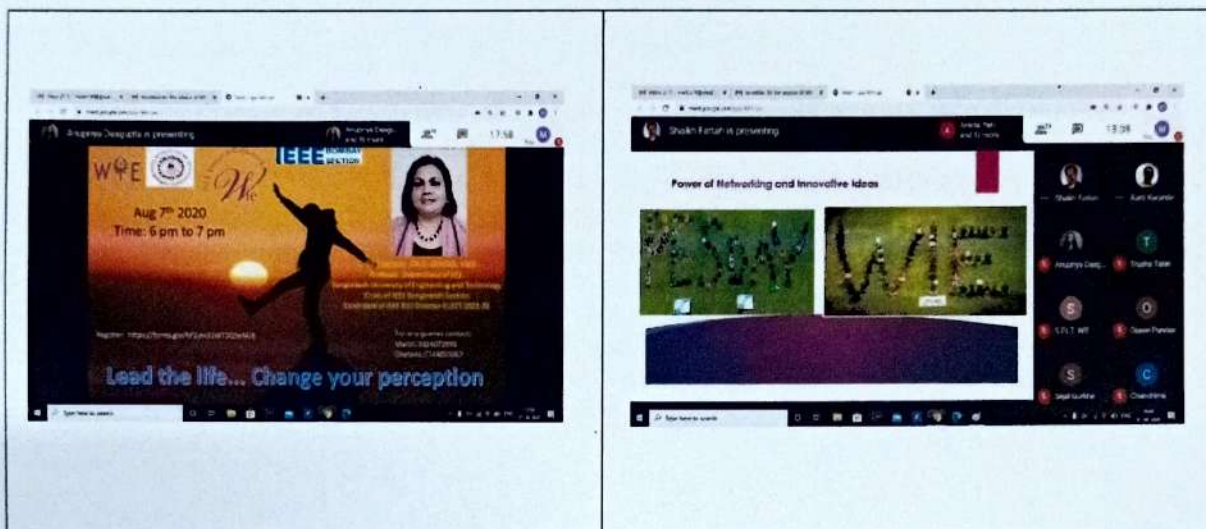
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IEEE WIE WDC EVENT REPORT FORMAT



Activity Name	Webinar
Topic/Theme	Lead the Life
Agenda of Event	Motivational Talk
Speaker/Guest	Dr. Celia Shahnaz
Date	7 th August, 2020
Time	6pm
Platform	Google Meet
Host/Organised by	Dr. Aarti Karande
No. of Participants	35+
Co-ordinated by	IEEE-WIE-WDC SPIT

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Key points:-

- ☐ Awareness about the power of networking, relations and new ideas.
- ☐ Encouraging students toward thinking because "All ideas, small or big, have the ability to change the world."
- ☐ "Lead your Life" instead of it leading you.

Event Details:-

On the evening of 7th August, WIE WDC-SPIT organized a webinar to motivate the students to „Lead their Life“, sponsored by IEEE Bombay Section and WIE WDC Bombay section. As we say, „Actions speak louder than words,“ she not only made us aware of the power of networking, relations and new ideas but also showed us its impact through her life journey. All ideas, small or big, have the ability to change the world and the littlest and greatest of our steps lead to the progress of humanity.

Her work told a tale of innovation, hard work and achievement. Her inspiring words left all the students deeply encouraged to create and persevere towards the success of their creation. The webinar ended on a high note with the speaker giving the students advice and leaving them encouraged.

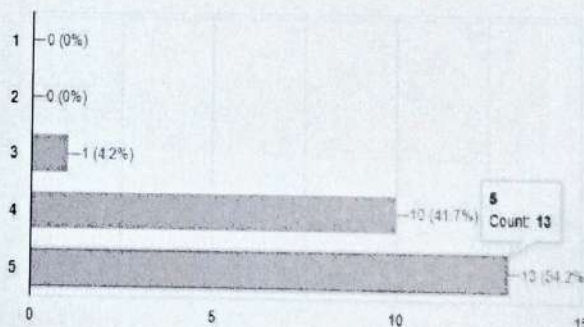
Feedback Analysis

How did you like the webinar? Rate on a scale of 5.

There were more than 35 students and faculty who attended this talk.

All the attendees loved the webinar and we received an overwhelming response.

They were motivated and wish to attend such webinars in the future.



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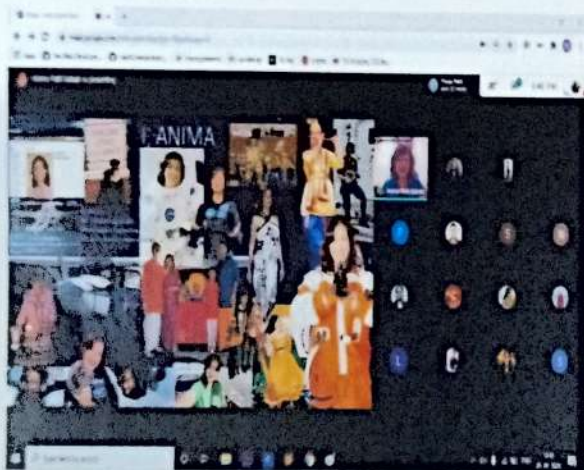
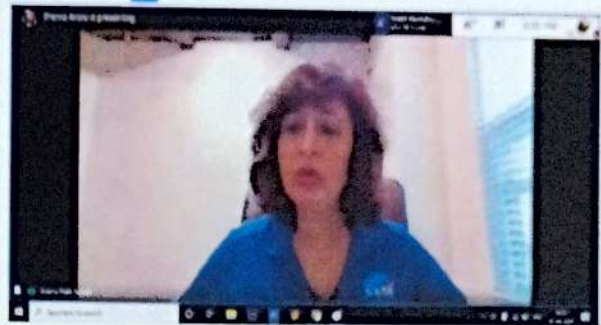
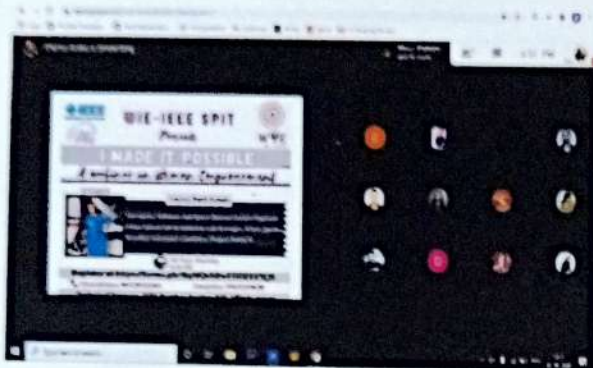
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Activity Name	Webinar
Topic/Theme	I Made It Possible
Agenda of Event	Women Empowerment
Speaker/Guest	Anima Patil-Sabale
Date	5th September, 2020
Time	6:30 pm
Platform	Google Meet
Host/Organised by	Dr. Aarti Karande
No. of Participants	60+
Co-ordinated by	WIE WDC-SPIT Committee

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- Human possibilities are endless. In emergency situations, each person can tackle the impossible - and people who love to go to the extreme prove this perfectly.
- Achieving a goal is a wildly exhilarating thing. If you're flirting with the idea of giving up, you could be throwing away something wonderful—your best future.
- You are never too old to set another goal or to dream a new dream.
- There is no limit to what we, as women, can accomplish.

Event Details:-

On 5th September 2020, WIE WDC-SPIT team hosted a webinar on women empowerment, sponsored by IEEE Bombay Section and WIE WDC Bombay section. The speaker Anima Patil Sabale took the students on a thrilling ride of her journey full of ups and downs and how she made her most difficult dream of all come true. To top that she also motivated everyone on how to deal with criticisms and taunts that one has to face in life.

She is a Software and Aerospace engineer currently working at NASA's Johnson Space Center for Jacobs as Orion Spacecraft Simulations lab manager and xEMU Spacesuit Engineer. Her work has been recognised and appreciated by people everywhere. Her journey was really inspiring and relatable at some points which made the attendees feel a special connect with her. The webinar ended on a high note with the speaker giving the students advice and leaving them encouraged.

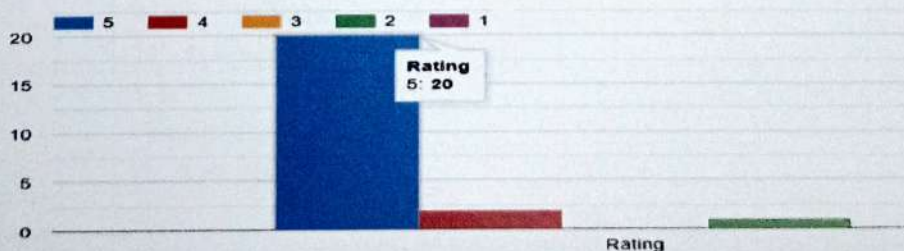
Feedback Analysis:-

With 60+ students attending this session and a positive response from most of them, the webinar was a success. All of the attendees left deeply motivated.

"Really an inspirational speaker. So grateful to listen to her!" - Ayushi Tandon.

"Very inspiring seminar. Well organized. Amazing Speaker." - Aditi Rao.

Rate it out of 5



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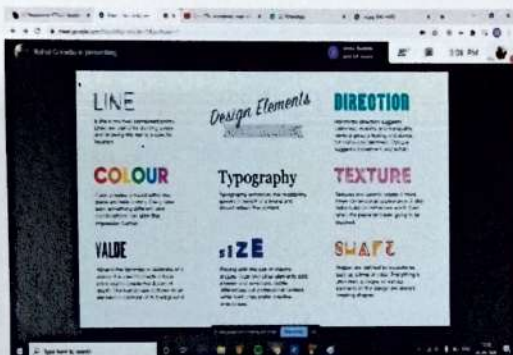
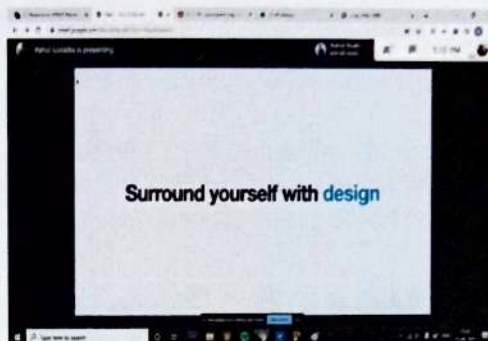
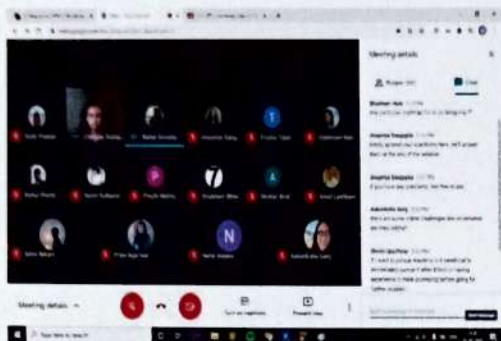
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IEEE WIE WDC EVENT REPORT



Activity Name	Webinar
Topic/Theme	UI/UX Designing
Agenda of Event	Educational Talk
Speaker/Guest	Rahul Goradia
Date	20 th September, 2020
Time	3pm
Platform	Google Meet
Host/Organised by	Dr. Aarti Karande
No. of Participants	70+
Co-ordinated by	WIE WDC-S.P.I.T

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About the Speaker:-

The speaker was Mr Rahul Goradia, a product designer currently working at Zomato. He has given talks to various college communities such as Microsoft student partners and Google developers' student club. He is a top writer of design on Medium and a scholarship winner from my college PES university from where he graduated with a Bachelor's in Design degree.

Event Details:-

On 20th of August, WIE WDC-SPIT organized a webinar on UI/UX designing. The speaker Mr Rahul Goradia gave us very useful insights on the topic. The speaker shared helpful insights on homework to be done by the students to explore different features like typography, colour schemes, texture and more.

He stressed on the need for hands-on experience on key software available in the public domain (Sketch, Adobe XT, and Figma). He highlighted the importance of key personality skills like good communication which are important for key negotiations with the client. He also showed some sample designs with good colour coordinated themes.

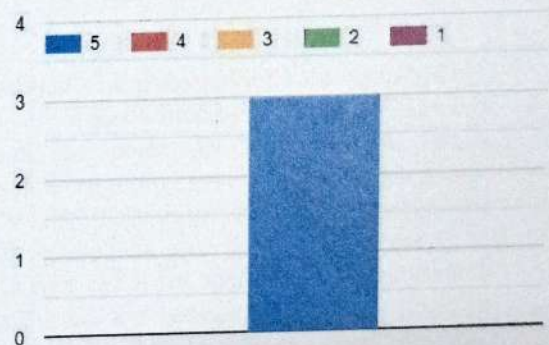
Books and sites to refer: The eloquent speaker guided the students by pointing to very good reading material like

- i) The Design of Everyday things by Don Norman
- ii) Steal like an artist -Austin Kleon

He also encouraged active participation to avail the opportunities on Uplabs on design challenges and also apply on Internshala for internships.

Feedback Analysis:-

The audience was captivated by the very different and unique domain of UI/UX which motivated creativity and originality in the thought process. It was an enlightening experience to hear the Speaker enthralled by his deep knowledge and expertise inspiring many.



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IEEE WIE WDC EVENT REPORT

Activity Name	Webinar
Topic/Theme	I Engineered my Life
Agenda of Event	Motivational
Speaker/Guest	Dr. Padmaja Joshi
Date	3 rd October, 2020
Time	5pm
Platform	Google Meet
Host/Organised by	Dr. Aarti Karandikar
No. of Participants	70+



Speaker Biography:-

Dr. Padmaja Joshi has developed herself through dedication towards engineering as a career. She believes that Creativity has its rewards, Exploring the possibilities of the world of difference.

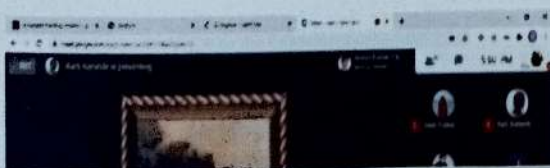
Event Details:-

On 3rd of October, WIE WDC-S.P.I.T. organized a webinar –I Engineered my Life, sponsored by IEEE WIE WDC Bombay Section Affinity Group. The event was started by invoking the blessings of Saraswati, the Goddess of knowledge and wisdom. The speaker Dr. Padmaja Joshi, Senior director at C-DAC (Center for Development of Advanced Computing) gave very useful insights on the topic about life and how much it is important to manage it. The speaker shared her experience and reminded us that creativity has its rewards. She stressed on how time management is so important in one's life and one can simply do it by making a check-list, also how it is important in our day to day life. She highlighted exploring the possibilities and how one can make a world of difference. She has also showed presentation for the same and shared the story about how her colleague helped her to explore more options into presentation.

The eloquent speaker guided the students by giving very good tips to follow to make changes in their life:

- Keep learning new skills
- Learn to go in depth of topic
- Communication is a key to success
- Always use right resources

After a vote of thanks to the speaker for giving this insightful session and also everyone for attending it, everyone rose for the National Anthem and the event was carried out successfully.



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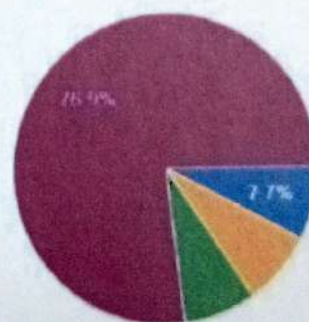
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Feedback Analysis:

"It's really very interesting and wonderful session"

The audience was deeply motivated by my ma'am's insights and words. The event ended on a high note and people left with a new dreams and perspective to life.

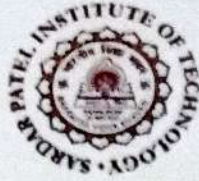


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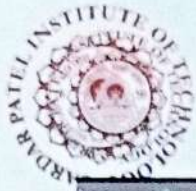
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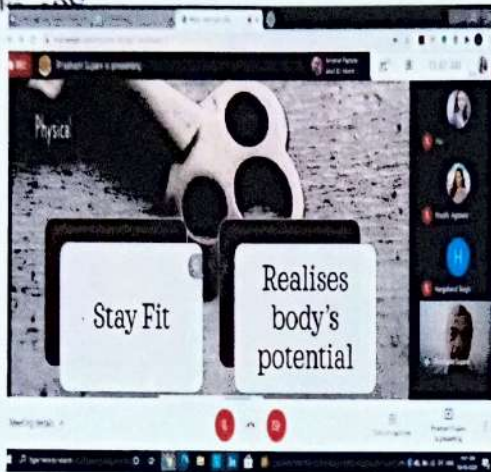


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Activity Name	Webinar
Topic/Theme	UNLOCK YOURSELF
Agenda of Event	A guide to finding your true self.
Speaker/Guest	Mr. Prashant Gujare
Date	8th October, 2020
Time	11:30 am to 12:30 pm
Platform	Google Meet
Host/Organised by	Dr. Aarti Karande
No. of Participants	80+
Co-ordinated by	WIE WDC-S.P.I.T Committee

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Key points:-

Just because you fail once, doesn't mean you're gonna fail at everything. Keep trying, hold on, and always believe in yourself.

Do not be dependent on anyone for anything. In the truest sense freedom cannot be bestowed it must be achieved.

You learn something valuable from all of the significant events and people, but you never touch your true potential until you challenge yourself to go beyond imposed limitations.

Unlock yourself in all ways possible such as physically, mentally and emotionally and hence achieve ultimate liberation.

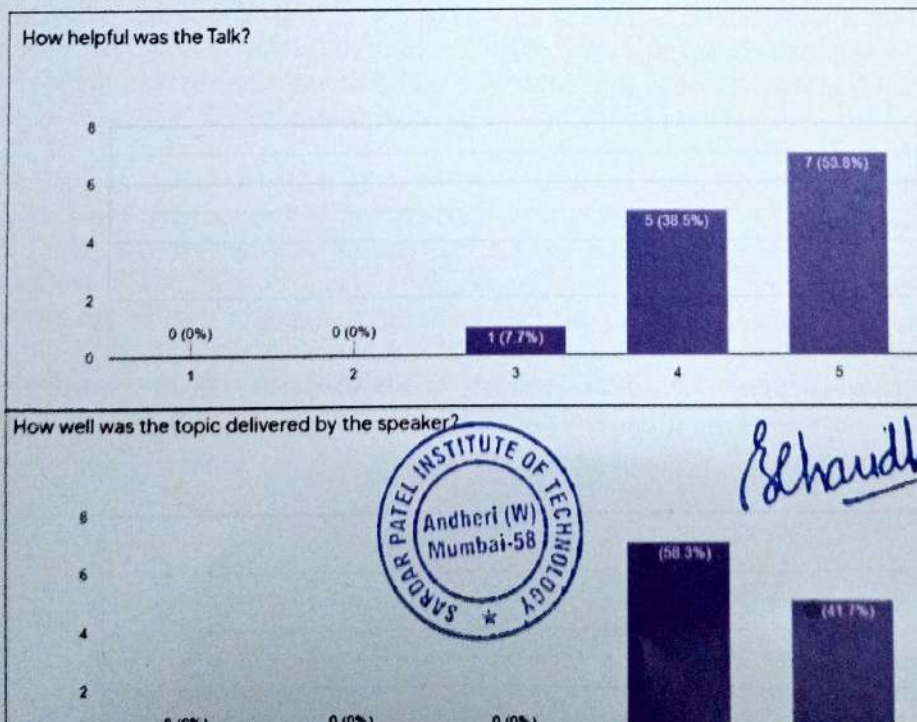
Event Details:-

On 8th October 2020, WIE WDC-SPIT team hosted a webinar on unlocking yourself. The speaker Prashant Gujar taught the students how to unlock their true potential and how failure and successes do not matter unless you keep trying and keep improving. He also gave 6 most important skills required to achieve this millennium and they are play, empathy, story, symphony, design and meaning with each of them being very well explained by him.

He has spent 18 years in the IT industry after completing his M.Tech in IIT Bombay. He is a parenting coach for a last few years now and provides free parenting coaching. He shared instances from his life where he allowed himself to get bored at times and lived at asharam just to experience how life is beyond technology and to listen to his body and mind when kept in isolation. The webinar ended on a high note with the speaker giving the students advice by answering their questions and leaving them encouraged.

Feedback Analysis:-

There were more than 35 students and faculty who attended this talk. All the attendees loved the webinar and we received an overwhelming response. They were motivated and wish to attend such webinars in the future.





IEEE WIE WDC EVENT REPORT FORMAT

Activity Name	STEMlet Article Writing Contest	
Topic/Theme	Phase 1 :- Advancements in STEM	
	Phase 2 :- Astronomical theories	
Agenda of Event	Publishing articles in STEM-let – WIE WDC S.P.I.T's annual technical journal.	
Judge	Ankolika De	
Date	Phase 1	:- 26th October 2020
	Phase 2	:- 25th December 2020
Platform	Online Submission	
Host/Organised by	WIE WDC S.P.I.T Committee	
No. of Participants	Phase 1	:- 5+
	Phase 2	:- 10+
Co-ordinated by	WIE WDC S.P.I.T Committee	

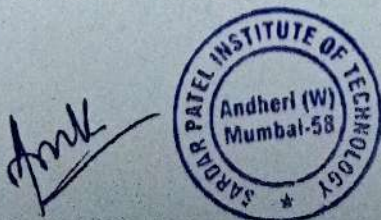
Judge Biography:-

Ankolika De was the judge for both the phases of the contest. She is currently pursuing Bachelors in Computer Science from City University of Hong Kong. She has written for an extensive range of magazines and journals and is prominent on researching and writing about issues of gender inequality in technology. She firmly believes that the way to go forward is to make technology more inclusive and safer for everyone.

Event Details:-

On 4th October 2020, WIE IEEE WDC SPIT team announced it's first ever STEM-let (an annual technical journal). Through the medium of which the team hoped to bring to everyone's notice updates on the recent technological developments, WIE WDC's journey with technology in 2020-21, Women of SPIT and much more.

On 12th October, 2020, WIE IEEE WDC SPIT team unveiled the first stepping stone to STEM-let. As the name suggests one of the sections of the journal aimed to be dedicated towards STEM. Taking this into consideration the team announced an article writing contest consisting of two phases. Phase 1 was dedicated to articles on recent advancements in S.T.E.M. All the participants mailed their entries to wiespit@spit.ac.in on or before the deadline. Shortlisted articles got a chance to get published in STEM-let. On 17th December, 2020, Phase 2 of the article writing contest was announced and PR messages for the same were sent to all the class groups. Phase 2 was dedicated to articles on discoveries and theories in astronomy.



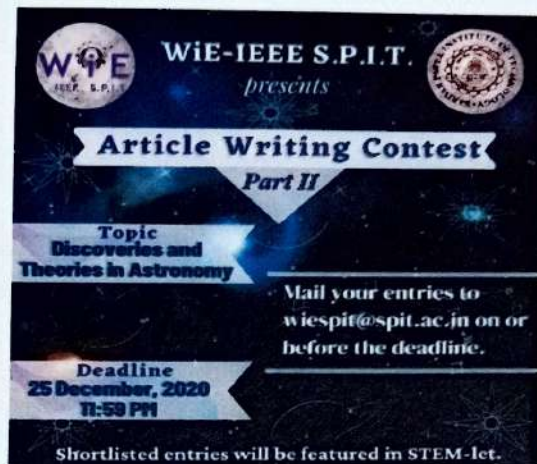
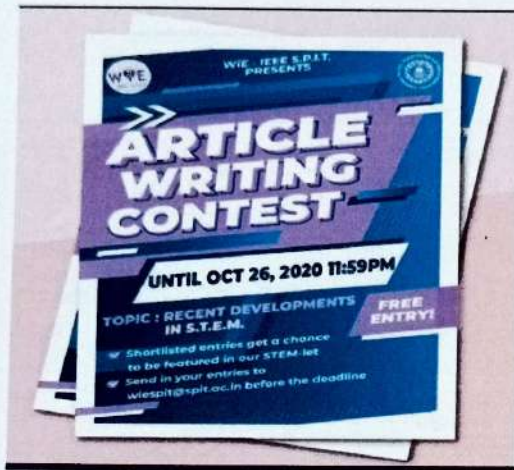
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Event Photos:-



Published Articles:-

Phase 1:-

- ☐ STEM – Approaching the Future by Keshav Thosar, SE EXTC
- ☐ Mimicking the Human Brain by Abhishek Chopra, SE COMPS Phase 2:-
- ☐ Double Nucleus Hypothesis by Anushka Pilena, SE ETRX
- ☐ White Holes by Hardik Shrivastava, SE IT

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Activity Name	Heterologous
Topic/Theme	-
Agenda of Event	Logo-designing Competition
Judge	Smiti Poddar
Date	16th January, 2021
Time	-
Platform	Online
Host/Organised by	WIE WDC S.P.I.T Committee
No. of Participants	10+
Co-ordinated by	WIE WDC S.P.I.T Committee

Judge Biography:-

Smiti Poddar is a student of Electronics Engineering who doesn't fail to observe the slightest designing factors in her day to day life. She is the Head of Creatives of Oculus 2021, S.P.I.T; Head of Creatives of Student Council, S.P.I.T and also the Head of Finance of Women In Engineering, S.P.I.T.

Her team was amongst the top 10 in the national level advertising competition organised by SJMSOM, IIT Bombay. In a nationwide Android Development hackathon, her team ranked 7th in the E-Learning category where she designed the entire UI/UX of their Android Application. Her passion for art started all the way back when she was a small girl expressing her creative ideas on a blank canvas. Over the years her creativity and eye towards the intrinsic details of her artwork has only improved.

From painting on a canvas to designing logos to posters and UI/UX designs she has now also expressed herself in the digital world.

Event Details:-

Just almost as the New Year vibes were coming to an end and the excitement of the beginning of a new semester was in the atmosphere, WIE WDC came up with a new event. After unveiling the Annual Technical Journal, STEM-let, this time it was an uncommon competition named HETEROLOGOUS- a logo designing competition but with a twist.

Contestants had to combine 2 logos and create a new one, logically as well as creatively. They were supposed to name their brand, name the product or value that the brand represents and also provide a short justification for the name given. The promotional messages started doing rounds as soon as the new year had begun. The deadline was still a long way on 16 January.





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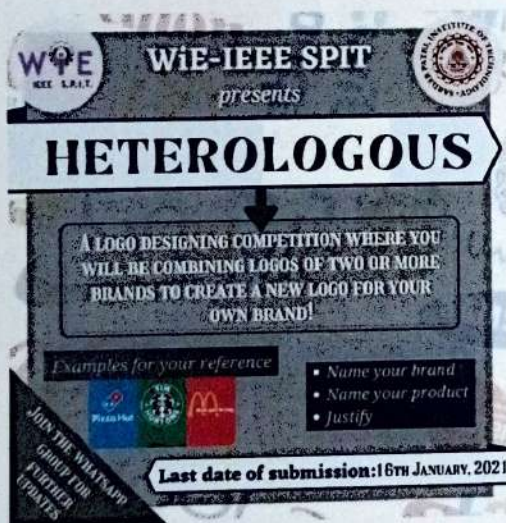
WIE WDC had started receiving decent number of registrations. Participants were enthusiastic but were scratching their heads at the same time. They did take some time to come up with innovative ideas and then sit down to actually design. Then finally they gave finishing touches to their task by giving a suitable name followed by justification.

Different teams came up with different thoughtful creations. Teams worked hard till the last moment and did what they could do best. As said, WIE WDC posted all the submissions on their instagram page and every participating team was provided a certificate.

As they say, all's well that ends well, the competition ended on a positive note with numerous unique submissions. After judging all the submissions, the top 3 decided were

The winners were given the golden opportunity to design the logo of the STEMlet's magazine. Kudos to all the participants and hearty congratulations to all the winners. Hope that more such interactive and healthy engaging competitions are conducted in the future.

Event Images / Banner:-



Winners:

First Place: Garima Gupta

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Second Place: Rishabh Vira and Sharli Kude
Entry:



Third Place: Divya Gavandi
Entry:



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Activity Name	Webinar
Topic/Theme	Role of Women Entrepreneurship in Indian Economy
Agenda of Event	Educational Talk
Speaker/Guest	Ms. Priya Gupta
Date	6 th February, 2021
Time	5-6 pm
Platform	Google Meet
Host/Organised by	Dr. Aarti Karande
No. of Participants	30+
Co-ordinated by	WIE WDC - SPIT

Speaker Biography:

Ms. Priya Mehta is the founder of Sarvpriye Foundation. An NGO that promotes Women Entrepreneurship & Sustainability across India. As a Young Social Entrepreneur, she is establishing a community that promotes equitable and cohesive living in the society. She regularly addresses forums to reconstruct cognition with the help of conflict transformation and PsychoDynamic techniques. Her aim is to provide support and guidance to all women, to ensure equal opportunities for them on the labour market and to promote economic independence.





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Event Details :

On 6th of February, WIE WDC-SPIT in collaboration with IIC S.P.I.T, organized a webinar on - **Birds eye analysis on role of Women Entrepreneurship in the Indian Economy**. The speaker Ms Priya Gupta is the founder of Sarvpriye Foundation, an NGO that promotes Women Entrepreneurship & Sustainability across India. She gave us very useful insights on the topic. She explained the root causes such as gender inequality and the injustice every woman has to go through in their everyday life, which caused her to start the initiative.

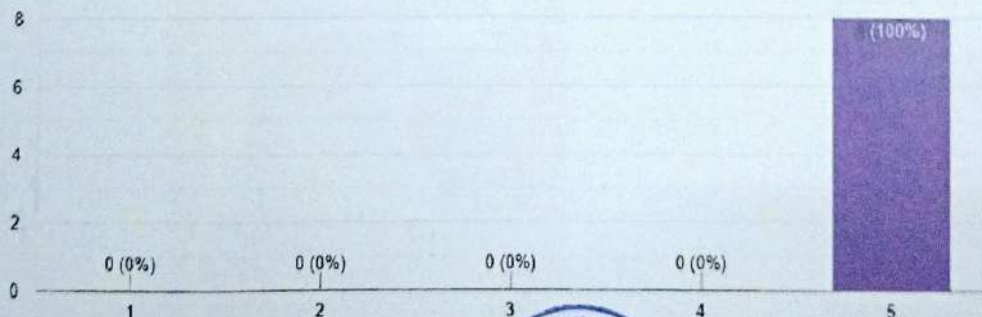
She spoke about how essential women empowerment is and how every woman should be aware of her own rights. Each woman should have a realization of her liberty. She also stressed on the need to read books and gain knowledge, be aware of the current affairs. She advised each one of us to be aware of our surroundings, be sensitive about the unjust happenings and be vocal about the same. She shared her experiences and the lessons she learnt while she was in US and Europe. She realised that the situation of women entrepreneurship was same everywhere. Women are looked down upon when it comes to giving leadership roles. Therefore, it is important for woman to express her opinions, be a leader instead of just being a caretaker. Women should learn to handle social responsibilities judiciously. She also explained how venture capitalists/ government officials are all prominently male dominated domains.

It is thus very important for women to think differently, organize a work schedule and know her competitors in order to create her own personal identity. To summarize, one should bloom like a tree with strong roots in issues you want to work on, and then branch out sharing your knowledge with others.



Feedback analysis:

How helpful was the Talk?



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IEEE WIE WDC EVENT REPORT

Activity Name	Webinar
Topic/Theme	Organ Donation- Saves Lives!
Agenda of Event	To know more about the noble cause of organ donation
Speaker/Guest	Dr. Geetika Vashisth
Date	27 February 2021
Time	5-6 pm
Platform	Google Meet: http://meet.google.com/vyx-xqtw-ixp
Host/Organised by	Dr. Aarti Karande
No. of Participants	40+
Co-ordinated by	WIE WDC-S.P.I.T.

Speaker Biography: -

Dr. Geetika Vashisth is working with ORGAN India, Parashar Foundation, as Head - Operations and Outreach. A Post Graduate in Public Health from Tata Institute of Social Sciences, Mumbai, she has been working with a goal to bring a meaningful impact in the lives of many. She has been involved in various public health projects for last many years and has now focused her energies for the cause of Organ Donation and Transplantation.

Event Details: -

WIE WDC-IEEE-SPIT organised a session on Organ Donation by Dr. Geetika Vashisth from Organ India. Organ India is an initiative of Parashar Foundation and is fully supported by Vijaya Gujrat foundation. The Organisation aims to raise awareness on organ donation and aid those facing organ failure to get the right help. The speaker of the session elaborated on the donation Categories. The webinar helped the audience to make them aware about how one can contribute towards participating in an organ donation.

Event Banner: -



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IEEE WIE WDC EVENT REPORT

Activity Name	Games Night
Topic/Theme	Tribute to Female faculty
Agenda of Event	Inauguration of Women's Week
Speaker/Guest	Female staff of S.P.I.T.
Date	06 th March, 2021
Time	06:00 pm to 07:00 pm
Platform	Google Meet
Host/Organised by	Trusha Talati and Aditi Chaluvadi
No. of Participants	30+
Co-ordinated by	WIE WDC SPIT committee

Event Details:- SPIT WIE WDC inaugurated their women's week on 6th March by organizing a virtual meet comprising of all female staff SPIT. The event began with blessings of Maa Saraswati.

The first game was the Trivia Night: throwback to the 90's, wherein the teachers had to guess the name of a movie using clues like still from a movie and internet emojis representing the movie title. There were rounds of charades also!

The second game was online housie, which was definitely the most exciting part of the evening. Although the game was slow paced in the beginning it did have a trilling end.

The event concluded after the teachers shared their journeys as women in science and technology.

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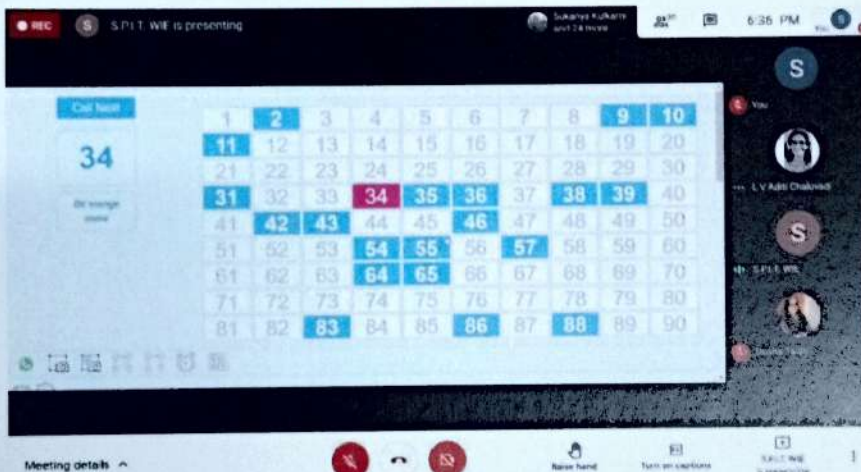
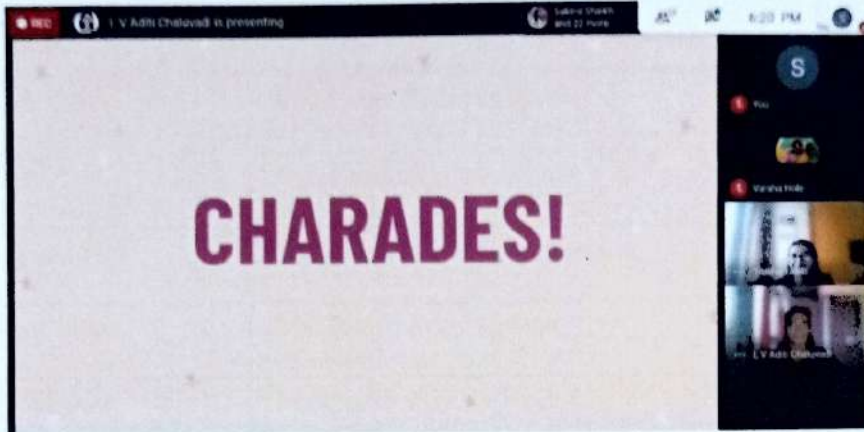
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Winners:

Quick Five	<i>Dr Sukanya Kulkarni Ma'am</i>
First Row	<i>Dr Reena Sonkusare Ma'am</i>
Second Row	<i>Prof. Pallavi Malame Ma'am</i>
Third Row	<i>Prof. Prachi Dalvi Ma'am</i>
Full House	<i>Prof. Vijaya Kamble Ma'am</i> <i>Dr Sukanya Kulkarni Ma'am</i>



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IEEE WIE WDC EVENT REPORT

Activity Name	Webinar
Topic/Theme	Women and Law
Agenda of Event	
Speaker/Guest	Dr. Madhura Kalamkar
Date	08/03/21
Time	5:00 – 6:00 pm
Platform	YouTube
Host/Organised by	Richa Motwani
No. of Participants	30+
Co-ordinated by	WIE-WDC SPIT

Speaker Biography:- Dr. Madhura Kalamkar has completed LLM and PhD in law from Bhartiya Vidyapeeth University in Pune. She is a lawyer by profession and is currently the principal in charge of Hindi Vidya Prachar Samiti's College of Law. She is also the member of the LLM Curriculum Development Committee.

Event Details:- On the occasion of Women's Day, WIE-WDC SPIT had organised a session on "Women and Law". The event began with the Saraswati Vandana. Ma'am began by wishing all the participants a very Happy Women's Day. She also quoted that, "A Women is a Mother, a Daughter, a Sister and a Wife". She introduced us to the various laws related to women's rights. As she defined the various problems faced women, the few known cases such as the Shakti Mill Case, among others, came into the picture. Later she also discussed how the laws and rights for women can help in such situations. Concluding her talk she mentioned that women aren't equal to men, there are Superior. In the end, questions from the participants were taken up by ma'am. Her views on the solutions to the crimes on women are to not remain silent. She had solely focused on the importance of women bravely tackling their problems and bringing about a change in the society. We presented her with token of appreciation in the end.

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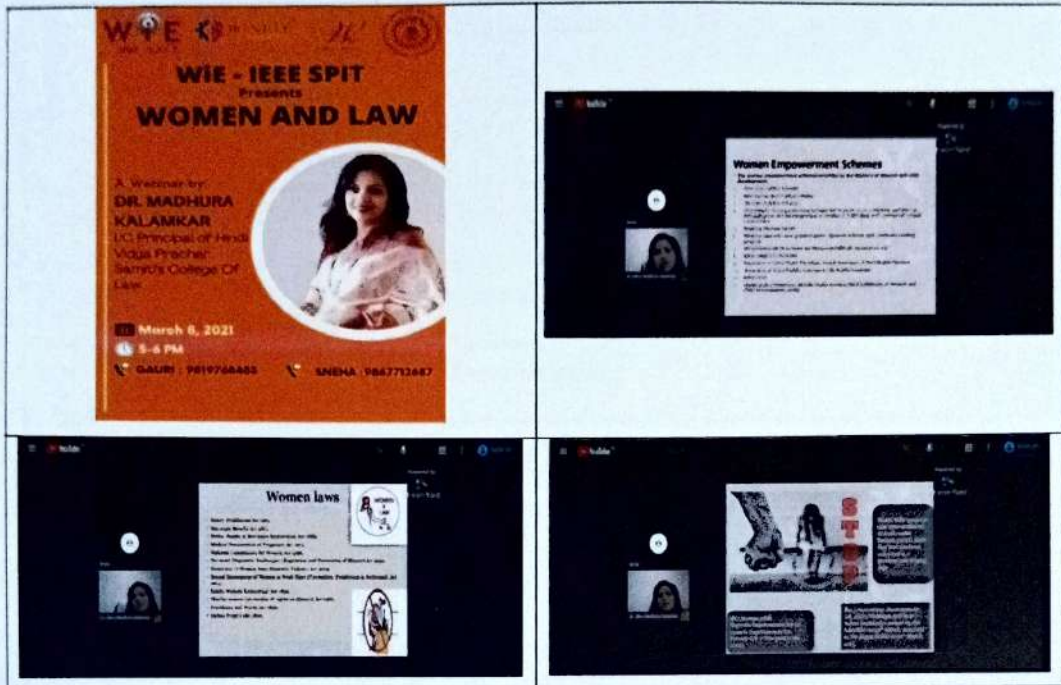
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IEEE WIE WDC EVENT REPORT

Activity Name	Webinar
Topic/Theme	Miss India Multinational 2019
Agenda of Event	Motivational Talk
Speaker/Guest	Ms. Tanvi Malhara
Date	9 th March, 2021
Time	5 pm
Platform	Youtube
Host/Organised by	Sneha Savarkar
No. of Participants	40+
Co-ordinated by	WIE-WDC SPIT

Speaker Biography:-

Miss Tanvi Malhara is a living example of beauty with brains. She is a former RJ and an excellent speaker. She has completed her BA in media studies and psychology from the Symbiosis School of Liberal Arts. She is an all-rounder and has participated in several state and national level competitions.

Event Details:-

On 9th of March, WIE WDC-S.P.I.T. organized a webinar – Miss India Multinational 2019, sponsored by IEEE WIE WDC Bombay Section Affinity Group for the celebration of Women's week. The event was started by invoking the blessings of Saraswati, the Goddess of knowledge and wisdom. The speaker Miss Tanvi Malhara, Former Miss India Multinational 2019 gave very useful insights on the topic about her life and her journey as Miss India

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Miss India Multinational 2019. The speaker shared her experiences about her personal life and her beauty pageant journey. She

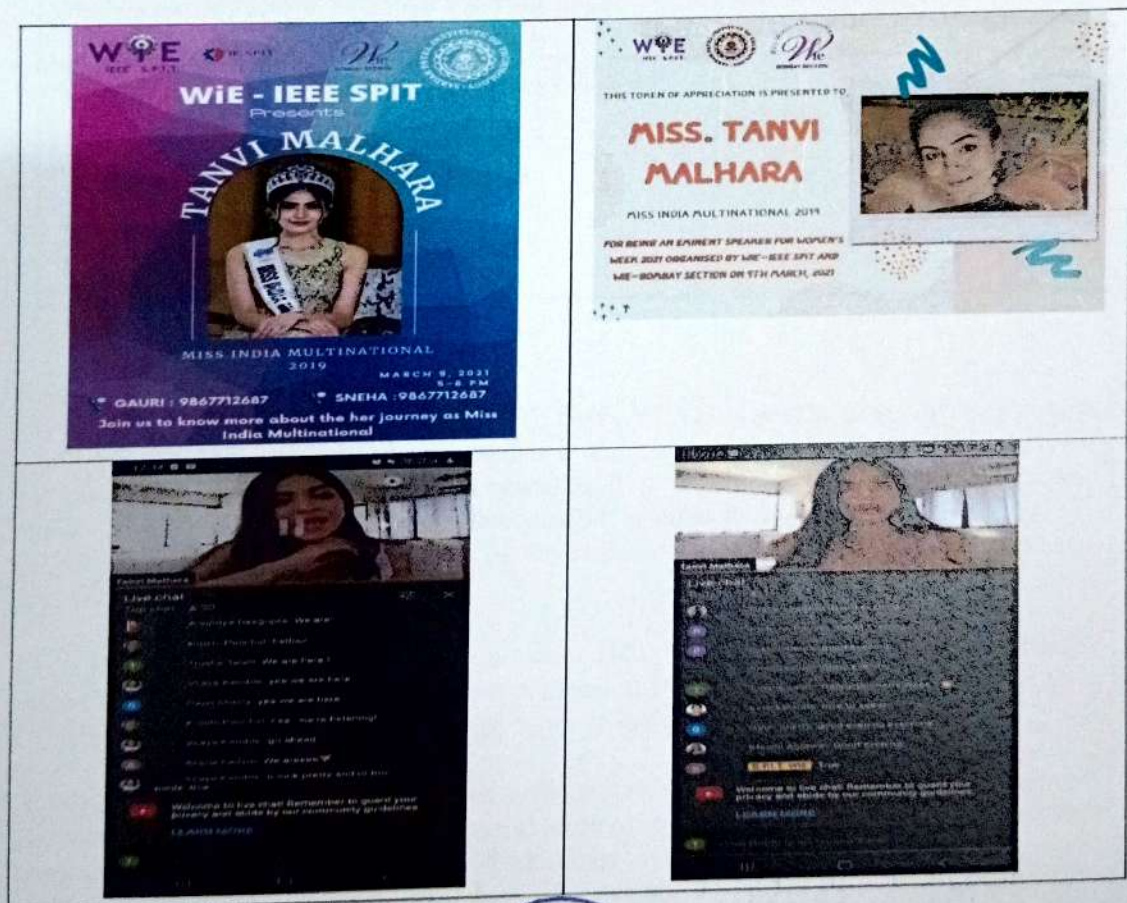
empathize on how much self-confidence is important and how it help one's to stand out from others in a room. She shared her own journey from how she accepted her flaws and her failures. She highlighted her life events and how everyone can achieve them with consistency. Later in the Question and Answer segment she answered the Questions asked by the host and participants. She encouraged everyone to persue their dreams.

The eloquent speaker guided the participants by giving very useful insights about her life journey:

- I. Beauty Pageantry world and how it enhances confidence
- II. How to become a RJ
- III. She encouraged everyone to go for Pageantry.

After a vote of thanks and token of Appreciation to the speaker for giving this insightful session and also everyone for attending it. The event was carried out successfully.

Event Images / Banner:-



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IEEE WIE WDC EVENT REPORT

Activity Name	Webinar on Care of eyes
Topic/Theme	Care of Eyes in overexposure to screens and in diabetes
Agenda of Event	Informational Talk
Speaker/Guest	Dr Sandeep Nakhate
Date	10 th March, 2021
Time	05:00 pm – 06:00 pm
Platform	YouTube Live
Host/Organised by	Anupriya Dasgupta
No. of Participants	20+
Co-ordinated by	WIE WDC- SPIT

Speaker Biography: -

Dr. Sandeep Nakhate* (MBBS, DOMS, FCLI, FMR, MBA) has worked as an Ophthalmologist and Senior Medical Administrator in hospitals in India and abroad for more than 25 years. He has completed his UG and PG medical education from prestigious B J Government Medical college, Pune and speciality trainings from various institutions in India and abroad. He has special interest in preventive approach of diseases and educates people on how to prevent diseases.

Event Details:- On the occasion of women's week 2021, WIE WDC-SPIT arranged a webinar about "Care of Eyes in overexposure to screens and in Diabetes" by Dr Sandeep Nakhate on 10th March 2021. The event started with the divine blessings of goddess Saraswati.

Dr. Sandeep commenced his talk by giving a background of how the covid pandemic altered our lifestyles leading to increased screen time and more stress on our eyes. He briefed us about the symptoms of overexposure to screen and highlighted the common mistakes people often make while using electronic gadgets. He went on to elaborate, the temporary and permanent effects of

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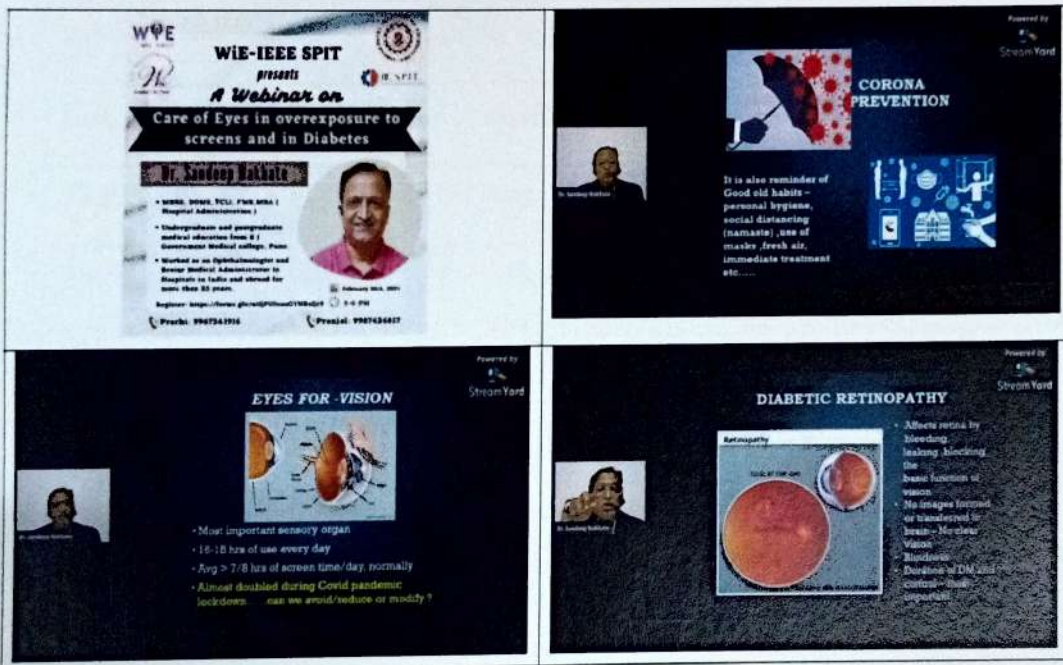
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screens on physical, mental and emotion health. He further recommended eye exercises for good eyesight.

In the second half of the webinar, he spoke about diabetes and it's effects on our eyes. He raised awareness about diabetic retinopathy, it's symptoms as well as treatment and diagnosis. He explained how we can't cut down our screen time completely but can reduce it by a great extent and gave us few tips on maintaining a health lifestyle.

He took up a few questions from the audience and generously answered them before concluding the event.

Event Images / Banner:-



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IEEE WIE WDC EVENT REPORT

Activity Name	Webinar
Topic/Theme	Yoga to support you
Agenda of Event	Informative Talk
Speaker/Guest	Dr Sujata Kulkarni
Date	11 th March, 2021
Time	05:00pm – 06:00pm
Platform	YouTube Live Stream
Host/Organised by	Pranjal Patil
No. of Participants	30+
Co-ordinated by	WIE WDC-SPIT Committee

Speaker Biography: - Dr Sujata Kulkarni is certified as a yoga instructor from Ministry of AYUSH, Govt. of India. She is also an associate professor who holds a PhD in Electronics.

Event Details: - On the background of women's week 2021, WIE WDC-SPIT organized a webinar on "Yoga to support you" by Dr Sujata Kulkarni. The session began by seeking the blessings of Goddess Saraswati.

The major theme of her talk was hormonal imbalance in females and how 30-40 minutes of everyday exercise and yoga help in maintaining the hormonal balance. She further explained the common symptoms of hormonal imbalance and factors that affect the normal hormonal levels. She demonstrated a few yogasanas like Baddha konasana Pashimottanasana Ardha ushtrasana Supta baddha konasana Bhujangasana Setu bandhasana o Ardha halasana o Sarvangasana o Matsyasana Shashankasana Along with yogasanas she also shared a few general healthcare tips. Finally she took questions from the audience before concluding the session.

Pranjal Patil



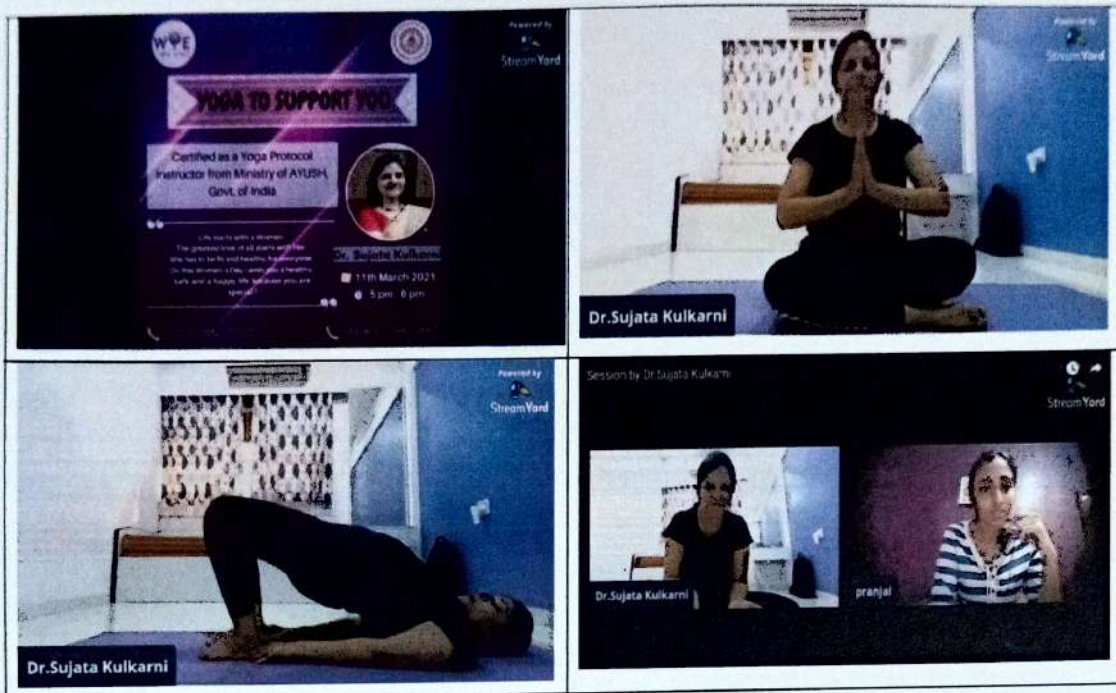
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