

## 7.1.1 - Measures initiated by the Institution for the promotion of gender equity during the year

Convener and members of Women Harassment Prevention / Vishakha committee and Women Cell of College

21	विशाखा / महिला उत्पीड़न निवारण समिति		
	1	डॉ. कमर तलत	संयोजक
	2	डॉ. सुचित्रा गुप्ता	सदस्य
	3	डॉ. अश्विनी महाजन	सदस्य
	4	डॉ. तरलोचन कौर	सदस्य
	5	डॉ. मर्सी जार्ज	सदस्य
	6	डॉ. दिव्य कुमुदिनी मिज	सदस्य
	7	डॉ. श्रीराम कुंजाम	सदस्य
	8	डॉ. एलिजाबेथ भगत	सदस्य
	9	डॉ. विजय लक्ष्मी नायडू	सदस्य
	10	डॉ. नीतू दास	सदस्य
	11	सुश्री सीमा पंजवानी	सदस्य

क्र	समिति का नाम		हस्ता
24	महिला प्रकोष्ठ		
	1	डॉ. सोमाली गुप्ता	संयोजक
	2	डॉ. शिखा अग्रवाल	सदस्य
	3	डॉ. अश्विनी महाजन	सदस्य
	4	डॉ. सुचित्रा गुप्ता	सदस्य
	5	डॉ. एलिजाबेथ भगत	सदस्य
	6	डॉ. प्रेरणा कटाने	सदस्य
	7	डॉ. दिव्या मिंज	सदस्य
	8	डॉ. मर्सी जार्ज	सदस्य
	9	डॉ. रचिता श्रीवास्तव	सदस्य
	10	डॉ. राजेश्वरी लहरे	सदस्य

**Programs organised by women cell  
(Session-2023-24)**

S.NO	TITLE OF PROGRAMMES	DATE	NO. OF PARTICIPANTS
1.	Creating Mental health awareness	10.10.2023	28
2.	Screening of the short film “De Taali “ Based on Drugs and Transgender	21.11.2023	56
3.	Psychological Counselling	02.12.2023	46
4.	Screening of short film “PAHAL” based on domestic violence and sexual harassment against women at work place.	08.03.2024	52
5.	Menstrual Hygiene Awareness and Napkin Distribution	22.12.2024	29

## Workshop on Mental Health Awareness Our Mind, Our Rights

**Date-** 10 October 2023

**Objective:** Creating mental health awareness and our rights.

The occasion of World Mental Health Day 10 October, women cell of the college creating mental health awareness among the girls along with department of Psychology. On this occasion department of psychology and mental health and stress management cell, Govt. V.Y.T. Post Graduate Autonomous College Durg, jointly was organized a workshop on Mental Health Awareness. The workshop focused on our mind, our rights. The keynote speaker of the program was Dr. Abha Shasikumar, former psychological consultant, Bhilai Steel Plant.



**Date-** 10 October 2023

Dr. Abha Shashikumar strongly advocated women empowerment and mental health of women. Addressing the program, advocate Gauri Chakraborty talked about the universal right to mental health. She talked about moving forward on the path of life with self-confidence. The program was conducted by the head of the department, Dr. Rachita Srivastava . Dr. Pratibha Sharma, Assistant Professor Psychology gave the vote of thanks.

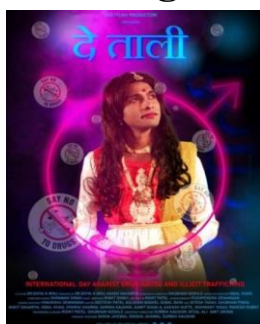
#### Outcomes:

Total 154 women participants out of 205 participants showed their activeness in the workshop and benefited from it. After the work shop participants got deeply knowledge of mental health and its prevention. Participants knew about 'Our mind, our rights'.

## Screening of the short film “De Taali ” based on Drugs and Transgender

1. Title of the Activity- Screening of short film “DE TAALI” based on Drugs and Transgender.
2. Venu – 21.11 at Vivekanand auditorium of college.
3. No. of participants - 56
4. Outcome of activity – Awareness amongst students about the inequalities confronting all genders.
5. Description of Activity - A film “DE TAALI” based on Drugs and Transgender, scripted by Dr. Divya K.Minj, one of the faculty member of the department is screened for PG students and teachers aim to provide an intersectional approach in creating awareness amongst students about the inequalities confronting all genders

## Screening of short film “DE TAALI” based on Drugs and Transgender





## Psychological Counseling Session

Date of counseling session: 02-12-2023

Objective: Understanding the psychological problem and find out solution

On 02 December 2023 women cell of the college organized psychological counseling session for students of Mini Mata Girls Hostel of the college. Counseling session was based on exam stress and academic problem. Women cell invited to psychologist for counseling. Dr. Rachita Shrivastava, Dr. Pratibha Sharma and Pusplata Nirmalkar met girls one by one and solved their problem. Due to semester exam so many students facing stress. During the session identifying what contributes to anxiety. Burden of expectations, fear of results and performance were major factors. Time management, meditation and other tips was suggested to dealing with exam stress. Output: girls knew their problem and learned how to deal with stress and anxiety. The 15 students are benefited from this counseling session.



#### 4. Screening of short film “PAHAL” based on domestic violence and sexual harassment against women at work place.

**1.Title of the Activity-** Screening of short film “PAHAL” based on domestic violence and sexual harassment against women at work place.

**2. Date & Venue** – 08.03.2024 at Vivekanand auditorium of college.

**3.No.of participants** – 52

**4.Outcome of activity** – Awareness towards Crime against women.

Description of Activity - A film “PAHAL” based on domestic violence and sexual harassment against women, scripted by Dr. Divya K. Minj, one of the faculty members of the zoology department is screened for students, teachers and college employees. This film was awarded by the official screening award in India's first National short film festival on legal awareness season ,2018.

### Screened a short film “PAHAL” based on domestic violence and sexual harassment against women at work place.

Date – February 2018



***This film was awarded by the official screening award in India's first National short film festival on legal awareness season –2***

# Menstrual Hygiene Awareness and Napkin Distribution

Date: 22 January 2024

Objective: To increase the awareness about menstrual hygiene among girls.

Report: The Women Cell of the college organized a awareness drive for menstrual hygiene and napkin distribution in Mini Mata Women Hostel Govt.V.Y.T. PG Autonomous College, Durg (C.G.) on 22 January 2024.

The main objective of the program was to increase awareness among the girl students about menstrual hygiene. The program started with an awareness session in which the members of the Women's Cell gave information about the importance of menstrual hygiene. The professors informed that poor menstrual hygiene can lead to serious health risks like reproductive and urinary tract infections which can result in infertility and birth related complications in the future. Sanitary napkins were distributed to the girls on this occasion. Outcomes: Girls learned the importance of menstrual hygiene and got information about safe and affordable sanitary napkins to manage menstruation.

More than 25 students participate in this event.



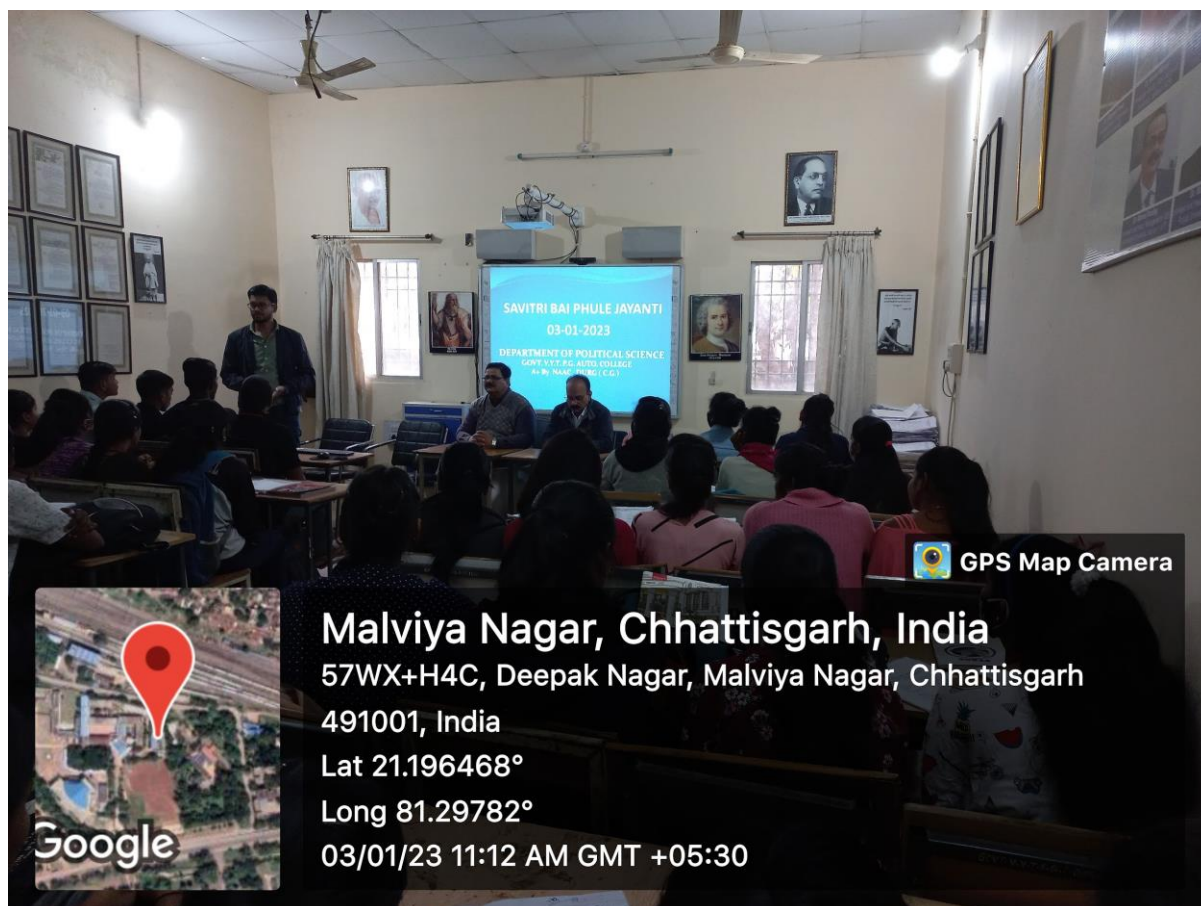


## HUMAN RIGHTS DAY.



In continuation of AZADAI KA AMRIT MAHOTSAV Department of political science of Govt V.Y.T. PG College has celebrated International Human Rights Day On 9th Dec 2023,( 10th Dec was holiday) . The theme of this year was" Freedom, Equality, and Justice for All" decided by UNO. The program was inaugurated by the principal Dr M A Siddiqui, he pointed out the role of youth in the proliferation of Human rights. Dr Shakeel Husain delivered a lecture on "Human Rights for all " . A Questionnaire Session was answered by Asst Professor Tarun Kumar and Rakhi Bharti . Program was anchored by Dr. Rajeshwari and Dr.Rashmi Gour . vote of Thanks devoted by Shahbaz Ali.

## EMPOWERMENT DAY



In continuation of AZADAI KA AMRIT MAHOTSAV Department of political science of Govt V.Y.T. PG College has celebrated the Birthday of SAVITRIBAI PHULE as Empowerment Day on 03/01/2023. A Guest lecture was organised by the department on the topic of "Savitribai Phule's role in women education" . Dr R.N. Singh principal of the VYT college inaugurated the program. The resource person of the Programme was Dr. Abhinesh Surana Professor and Head department of Hindi, and Dr. A.K. Khan Professor department of economics. The principal and resource persons were warmly welcomed by the Head of the Department Dr. Shakeel Husain and students. Principal Dr. R. N. Singh shared his view on the contribution of Savitribai Phule in women



  
Principal

Govt. V.Y.T.PG Autonomous  
College, Durg



