

7.1 Gender Equity

7.1.1 Measures initiated by the institution for the promotion of gender equity

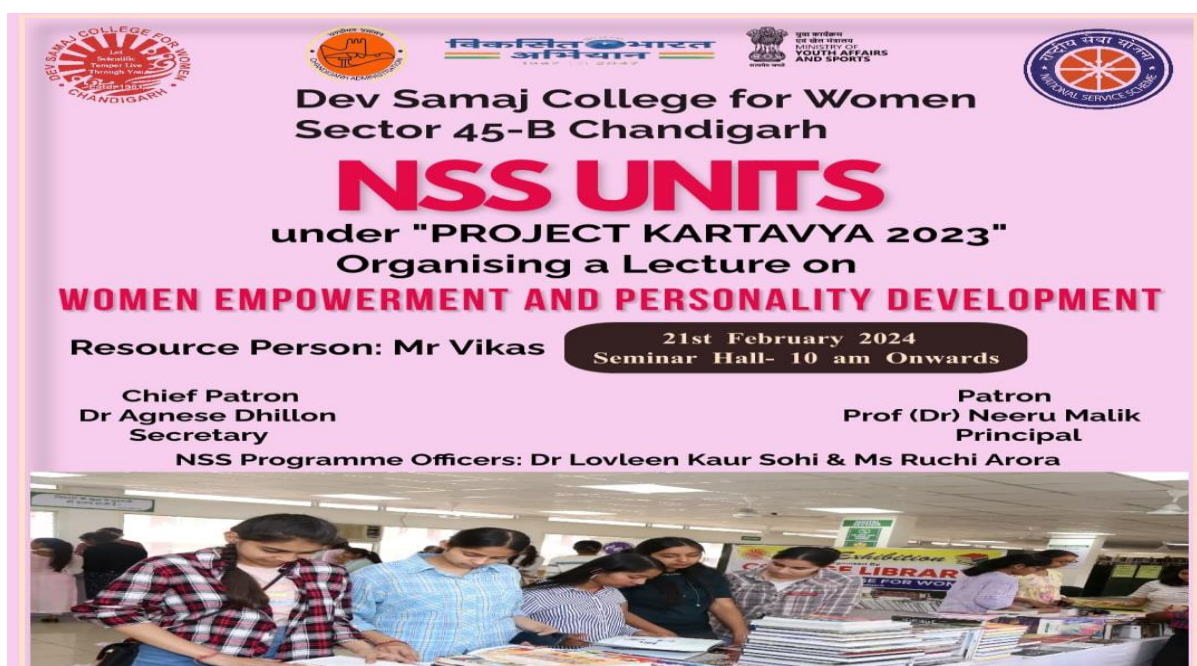
Session on Women Empowerment and Personality Development

NSS Units of Dev Samaj College for Women Sec 45-B under "Project Kartavya 2023" organised a talk on **Women Empowerment and Personality Development** on 21st Feb 2024. The resource person for the session was **Mr Vikas, Founder, Project Kartavya**. He spoke at length to NSS volunteers on the importance of empowering women and becoming self-reliant. Almost 100 girls attended the session and benefitted from it. Dr Lovleen Sohi further spoke to girls on uplifting each other becoming each-others strength. Ms Ruchi Arora delivered a vote of thanks.

NSS Programme Officers

Dr Lovleen Kaur Sohi

Ms Ruchi Arora



Dev Samaj College for Women
Sector 45-B Chandigarh

NSS UNITS
under "PROJECT KARTAVYA 2023"
Organising a Lecture on
WOMEN EMPOWERMENT AND PERSONALITY DEVELOPMENT

Resource Person: Mr Vikas
21st February 2024
Seminar Hall- 10 am Onwards

Chief Patron
Dr Agnese Dhillon
Secretary

Patron
Prof (Dr) Neeru Malik
Principal

NSS Programme Officers: Dr Lovleen Kaur Sohi & Ms Ruchi Arora

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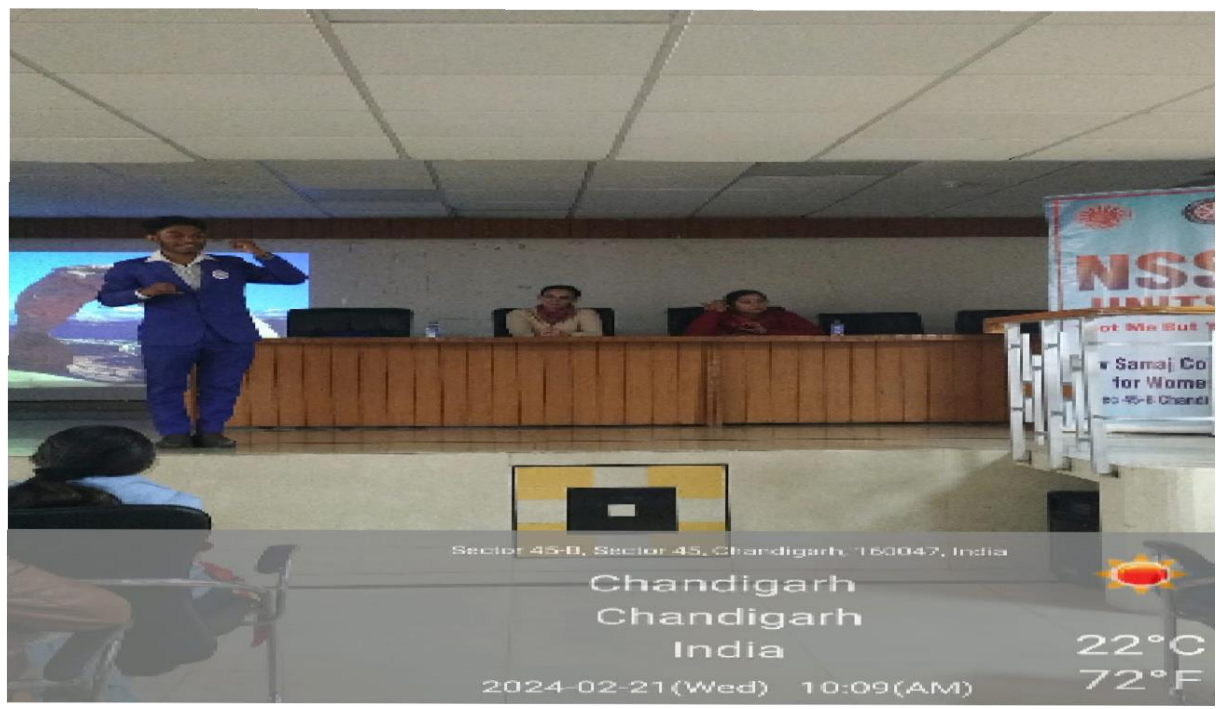
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Session on Menstrual Health and Hygiene

NSS Units organised a session on **Menstrual Health and Hygiene** for the students. Under the guidance of NSS PO Ms Ruchi Arora and Dr Lovleen Kaur Sohi the session was organised to impart awareness among students on menstruation and maintaining personal hygiene. The resource person **Dr. Sunaina Bansal, Senior Gynaecologist, Cloud Nine Hospital** conducted a crucial session on Menstrual Health and Hygiene, addressing important aspects related to women's reproductive health. Dr. Bansal provided insights into menstrual hygiene practices, debunked myths surrounding menstruation, and emphasized the significance of promoting open dialogue and awareness regarding menstrual health issues. The students cleared their doubts and improved their knowledge on menstruation. Participants were encouraged to prioritize their well-being and advocate for menstrual hygiene education within their communities. 200 students attended and benefitted from the session.

NSS Programme Officers

Dr Lovleen Kaur Sohi

Ms Ruchi Arora



Dr Sunaina being felicitated by the Programme Officers



Dr Sunaina's session on menstrual health in progress



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Empowering Women from Village Burail

NSS Units of DSCW 45 in collaboration with I-Volunteer an NGO and Mr Rohit Sharma, Director of Global Youth Federation India organised a session on **Women Empowerment on 15th March 2024** from 4pm-6pm. The online interactive session focussed on empowering women from Burail with various Government Schemes. They were explained how to work from home and empower themselves through these schemes for housewives. Around 80 women attended the session on the college campus. Principal, Prof(Dr) Neeru Malik praised Mr Rohit and Dr Lovleen Kaur Sohi for organising the session in a smooth manner. She applauded them for empowering women from the adopted village Burail and giving them a chance to feel empowered. She interacted with the women and motivated them to overcome gender biasedness and spread message of gender equality.



MARCH 01,2024

Self Defence Session:

The Swayam Team, Chandigarh Police began the day with a focus towards self- protection and safety. The volunteers were taught self- protection safety tricks and stunts. The girls were motivated to learn techniques to be able to help others in need. The session was thoroughly enjoyed by the volunteers.



Team Swayam teaching self defence tricks to volunteers

MARCH 02,2024

Self-Defence Session:

On the final day of self-defence session, Team SWAYAM- Self Defence, Chandigarh Police led the session, focusing on practical techniques for personal safety and empowerment. The session emphasized hands-on practice and role-playing exercises to reinforce the techniques taught. Attendees expressed increased confidence in their ability to protect themselves and appreciated the relevance of the skills learned in the context of personal safety. The 3 day sessions came to a close with girls feeling more confident about self- defence.



The session in progress



Felicitation to team SWAYAM

Breast Cancer Walkathon

