

7.1.1 Measures Initiated by the Institution for the promotion of Gender Equity

Gender equality is one of the key challenges faced by our society today. Institution conducts regular gender equity promotion programmes in order to meet this challenge. Guest speakers from prominent fields are regularly invited to speak on various topics, highlighting the importance and contribution of women in the society. The gender equity promotion initiatives undertaken by the Institution are given below:

1. Gender Equity and Women Empowerment Society- Gender Equity and Women Empowerment Society in the college has been conducting self defence classes, lecture on Gender Sensitization, lecture on Nutrition, poster making competition, talk on financial independence, financial security and financial freedom and lecture on personality development and winning attitude.

a. Self Defence Classes: It is rightly said “Health is an outfit that makes everyone glow”. Projecting this motto, NSS Wing of the college organised self defence classes for girl students from 9:00 to 10:00 a.m daily from 4th Dec., 2021 to 10th Dec., 2021 under the guidance of Ms Pinki, Head Constable, Sector-17 Police station, Chandigarh. These classes were helpful in guiding students on how to be alert in the face of any attack and how to maintain good health and stamina.

b. Lecture on Health and Nutrition: “An investment in health is the one with zero risk and total profit”. An interactive session was held by Dr. Kalyani Singh from the Department of Home Science of our college on this topic. She explained to the students the benefits of a balanced diet and also held an on the spot quiz. It was a motivational lecture on healthy lifestyle and exercise regime.

c. Personality Development: An interesting lecture by Dr. Ranjana from the Department of Environmental Science was held in order to emphasise on self love and the need to always keep growing. She propagated “Be the change that you want to see in the world”.

d. Reproductive Health and Sexual Wellness: This important talk was organized for the students by Dr. Veena Gupta, Medical Officer and Member of Family Planning Association of India, Mohali Branch. She elucidated the importance of hygiene in women in order to maintain reproductive health.

e. Gender Sensitization Lecture: Mrs. Prabhjot Kaur Atwal, gender specialist in the Social Welfare Department, Chandigarh Administration also gave a lecture on “Gender Sensitisation”. Her talk was on enhancement of gender roles and ‘Nasha Mukh Bharat’ for the youth.

f. One Billion Rising: College joined hands with Saanjh Jagori, and organized One Billion Rising -the global movement to end violence against women. Dr. Jyoti Seth, from Saanjh Jagori, introduced the theme of ONE BILLION RISING. She motivated the students to RISE in honour and celebration of all women across the globe and “Grow Rising Gardens.”

g. Rise For Women and Mother Earth: To carry forward this movement, about 100 saplings of different trees were distributed to the students and women staff, for plantation.

h. Women Day Celebrations: International Women’s Day was celebrated with vigour and enthusiasm in sync with the 2021 theme “Choose to Challenge .”

<https://www.gcg42.ac.in/medias/media/big/791/pg-gcg-42-celebrates-international-women-s-day-2020.png>

On the **first day** a “Meditation Session for Physical and Mental Well-Being of women” was conducted by the Brahma Kumaris Sister Sapna and Sister Sumiti. They propagated the significance of inner peace. It was attended by more than 150 students and many staff members. An “Interactive Session on Realising Self-Worth” was conducted by Prof. Jyoti Seth in which 60 people participated, including the teaching faculty and the Administrative staff of the college. On the **second day**, a Self-Defence Training session was held for girl students by authorised Trainers Mr. Pawan Kumar and Ms. BalwinderKaur from Chandigarh Police for about 4 hours. It was attended by approximately 200 students of the college.

International Women's Day
Words to Inspire



International Women's Day Celebration- 'Woman and Mother Earth'
(March, 2021)



Self Defence Classes Lecture on Health and Nutrition
(February, 2021)



Dr. Veena Gupta, Lecture on Women Hygiene
(Medical officer and Member of Family Planning)
(February, 2021)



Dr. Prabhjot Kaur Atwal Lecture on Gender Sensitisation
(Gender Specialist in Social Welfare Department)
(February, 2021)

Nisha Jsool
Principal
PGGCG-42, Chandigarh

K.S.M