

Women Cell for Gender Sensitization
Government Degree College Banjar
(NAAC ACCREDITED 'B' GRADE)



‘Empowering women and girls with more choices and more freedoms is crucial to achieving a better future for all’

(Amartya Sen, Nobel laureate and a founder of UNDP’s Human Development Index)

Objectives of gender sensitization

- Social equity with a stress on gender equity.
- Sensitizing students about equal access and equal opportunity.
- Safeguarding women’s rights.
- Creating an unbiased environment in the institution.
- Sensitizing girls about their constitutional rights.
- Sensitizing students about sexual harassment.

Women Empowerment Cell GDC Banjar
Dr. Renuka Thapliyal **Convener**

Members

Mr. Naresh Kamal
Ms. Monika Negi
Ms. Richa Ahluwalia
Ms. Jyoti Bala
Ms. Dhanwanti Devi

Student Members

Gayatri Devi
Gavishti Negi

Being the coordinator of this cell I have focussed on women issues and tried to sensitize students over the years through various awareness programmes. By addressing inequality in terms of opportunity and access the society can be sanitized for behavioural changes thus becoming more responsible. Education in real sense instills the quality of understanding and differentiating between right and wrong; injustice and other evils prevailing in a society. But why do we need to talk about women and why there is a necessity of creating such bodies like women empowerment or sexual harassment and grievance redressal cells in colleges or state commission for women? Do we really need them?

The answer is yes.....

In view of growing criminal offences against women especially in a hill state like Himachal which has an image of a very cool and calm state, we need to talk about gender sensitivity.

Global facts also reflect biasedness' against women as they are more illiterate, more poor, earn less and own less property. The scenario for India and Himachal Pradesh is... that the government has put more efforts on girls' education by making it free, allocating various scholarships, providing free books and uniforms, running various schemes for females like self-employment, marriage grant, *balika samridhi yogna*, *Kishori shakti yogna* etc. These various schemes must have contributed to the higher status of women.

But despite this it seems that females are being discriminated if we deeply study about two indicators i.e., sex ratio and work participation which has not been found in their favour. It is seen that women remain silent about the abuses and harassment at home and work places despite being highly educated.

UNDP focuses on gender equality and women empowerment not only as human rights, but also because they are a pathway to achieving the Millennium Development Goals and sustainable development.

In India From the Fifth Five Year Plan (1974-78) onwards there is a marked shift in the approach to women's issues i.e., from **welfare to development**.

- The principle of gender equality is enshrined in the Indian Constitution in its Preamble, Fundamental Rights, Fundamental Duties and Directive Principles. The Constitution not only grants equality to women, but also empowers the State to adopt measures against any discrimination.
- The National Commission for Women was set up by an Act of Parliament in 1990 to safeguard the rights and legal entitlements of women.
- The 73rd and 74th Amendments (1993) to the Constitution of India have provided for reservation of seats in the local bodies of Panchayats and Municipalities for women, laying a strong foundation for their participation in decision making at the local levels. These are certain measures a good sign towards women empowerment.

This was understood all over the globe that **women empowerment lies in gender equality** Meaning equal rights, opportunities, distribution of power, financial independence, equal access to education and the opportunity to develop personal ambitions.

When we talk about GDC Banjar we feel proud that women are more empowered as is reflected by the strength of the college which is increasing year after year with girls overpowering boys not only in number but also in academics. CSCA comprises of more than ninety percent girls as

can be seen in the photograph below.



Govt. Degree College, Banjar is committed to gender sensitization which is reflected in the programmes it has undertaken in the past five years. The programme runs through guest lectures, workshops, debates and seminars etc. Girls enthusiastically participate and register for various clubs and societies, Rangers unit of Bharat Scouts and Guides, NSS and NCC etc. They can raise their issues in Women Empowerment and Sexual Harassment and Grievance Redressal Cells which can now be accessed online in the college website.

Activities of Women Cell of GDC Banjar

Activities 2016-2017

Special lecture on Anti Ragging

SHO Banjar delivered a lecture on Anti Ragging and drug de-addiction on 16 August 2016.

Special lecture on Drug Abuse

Under the leadership of Chief Judicial Magistrate Kullu a team comprising of doctors and lawyers paid a visit to this institution on 28 September 2016 and appraised the teachers and students about drug abuse and its ill effects along with legal implications. Ms. Kanta Verma (CJM), Dr. Abhinav Sharma, Mr. Baldev Singh Thakur and Mr. Dola Singh delivered lectures on this occasion.

Activities 2017-2018

Theme: Women Empowerment

As per the direction of Himachal Pradesh State Commission for Women a programme was organised by the Women and Child Protection Cell of GDC Banjar. In this programme the cell was supposed to organise competitions such as essay writing, slogan writing and declamation on various themes related to Women Empowerment. On 11th December 2017 the students participated in essay writing and slogan writing competitions in which 37 and 22 students participated respectively. Dr. Binta Thakur, Dr. Ramesh Yadav, Prof. Govind Singh and Dr. Kanchan were in the panel of judges. The declamation contest was held on 12th December 2017 in which 21 students participated. Prof. T.S. Verma, Dr. Binta Thakur and Prof. Govind Singh were in the panel of judges for this contest.

The coordinator of this programme Dr. Renuka Thapliyal focused on issues such as growing crimes against women in a hill state like Himachal Pradesh and overall status of women in India and Himachal Pradesh in her opening address. She stressed on the fact that for women empowerment 'gender equity' is must. Among guests ASI Mr. Deewan Singh, Nodal Officer Mr. Jai Thakur from Police Station Banjar and Mr. Moti Ram from Child Development Project Office were present.

Dr. Mandeep Sharma, Principal GDC Banjar, who was also the Chief Guest of this function, in his address laid stress on equality in every sphere of life. He gave example of Shalini Agnihotri,

SP Kullu, for her remarkable courage and achievements. In Essay Writing Competition Heena Kumari bagged first prize, Meemansa Duggal second and Monika secured third position. In Slogan Writing Competition Shivani secured first, Heena second and Yograj secured third position. In Declamation Contest Lalita Kumari secured first, Meemansa Duggal second and Prasanna secured third position. The programme came to an end with prize distribution.



Self Defense Camp:

Three days “Self Defense Karate Camp” was organized with the help of Veer Martial Art Association from 27th to 29th September 2018. The camp was conducted by Karate professionals of SHITO-RYU-KARATE School of India Mr. Mohan Lal and Mr. Harish Kumar who are Black belt holders. In this camp 35 girls participated and learnt Karate skills for self-protection. This defense camp was held with the help of Rovers & Rangers Unit of GDC Banjar.



Activities 2019-2020

Poshan Abhiyan

Women Cell along with Rovers and Rangers Unit of GDC Banjar with the help of representatives of Govt. Hospital Banjar organised an awareness camp on nutrition and health for girl students on 27th September 2019 under Poshan Abhiyan of Government. HB Screening was also done during this camp.



बंजार में दी पोषण अभियान की जानकारी

बंजार, 27 सितम्बर (लक्ष्मण): रोजकीय महाविद्यालय बंजार में स्वास्थ्य विभाग बंजार की ओर से पोषण अभियान के तहत एच.डी. स्क्रीनिंग कैंप का आयोजन किया गया। इस कार्यक्रम की शुरुआत सह आचार्य डा. रेणुका थपलियाल ने की। उन्होंने उपस्थित छात्राओं को पोषण अभियान कार्यक्रम की जानकारी दी।

तत्पश्चात हेल्थ एजुकेटर किशत चंद ने छात्राओं को पर्सनल हाईजीन के बारे में विस्तृत जानकारी दी। इस अवसर पर शारीरिक शिक्षा विभाग की मुखिया सहायक आचार्य ज्योति बाला ने भी छात्राओं के साथ अपने विचार साझा किए और उन्हें पर्सनल हाईजीन के प्रति जागरूक किया। इसके साथ-साथ स्वास्थ्य विभाग की टीम, जिसमें ठाकुर सिंह, मनोहर लाल, बहादुर सिंह, सूरजमणि, रेखा देवी एवं सुंदर सिंह, भवानी सिंह और आशा कार्यकर्ता किरणा देवी, नीतू



बंजार : बंजार कालेज में छात्राओं को पोषण अभियान कार्यक्रम की जानकारी देते स्वास्थ्य शिक्षक। (लक्ष्मण)

एवं पुष्पा ने मिलकर छात्राओं का एच.डी. परीक्षण किया। इस कार्यक्रम में लगभग 500 से अधिक छात्राओं ने भाग लिया, जिसमें से 303 छात्राओं का एच.डी. परीक्षण किया गया। जिन

छात्राओं में खून की कमी पाई गई, उन्हें संतुलित आहार लेने की सलाह दी गई। इस कार्यक्रम में प्राचार्य डा. मनदीप शर्मा, सह आचार्य डा. रमेश यादव, डा. विनीता ठाकुर, सहायक

आचार्य मोनिका नेगी, रिचा आहलुवालिया, रजनीश कुमार, डा. बेराम, विकास नेगी, दीप कुमार एवं महाविद्यालय के अन्य कर्मचारी तथा महाविद्यालय की छात्राएं मौजूद रहीं।

Invited Lecture on Human Trafficking

The cell also conducted an awareness campaign on human trafficking with the help of legal cell of Banjar.

Invited Lecture on Psychological Problems

A lecture on socio-psychological problems with a stress on psychological diseases, drug abuse and taboos associated with menstruation was delivered by Dr. Satyabrat of Government Hospital Kullu where he sensitized all the students about it.



Activities 2020-2021

International Women's Day

On International Women's Day a district level camp was organised with the help of Child Development Project. Mr. Hem Chand Verma was the Chief Guest. The principal Dr. Mandeep Sharma presented bouquets to all the women colleagues and appreciated their contribution to the progress of college. Mr. Krishan Lal Sharma (CDPO) delivered a lecture on women empowerment.

महिला कर्मचारियों को किया सम्मानित
बंजार (लक्ष्मण): महाविद्यालय बंजार में अंतर्राष्ट्रीय महिला दिवस, महर्षि दयानंद सरस्वती जयंती व जिला स्तरीय नशा मुक्त अभियान कार्यक्रम का आयोजन किया गया। महिला दिवस के उपलक्ष्य में प्राचार्य डा. मनदीप शर्मा ने महाविद्यालय की महिला कर्मचारियों को पुष्प गुच्छ भेंट कर सम्मानित किया तथा समाज में महिलाओं की भागीदारी के विषय में जानकारी सांझा की।
बंजार में यह कार्यक्रम बाल विकास परियोजना के तत्वावधान में मनाया गया। कार्यक्रम में एस.डी. हेम चंद वर्मा ने बतौर मुख्यातिथि शिरकत की। सी.डी.पी.ओ. कृष्ण लाल शर्मा ने महिला सशक्तिकरण के बारे में उपस्थित महिलाओं को जानकारी दी। इस अवसर पर समारिका, नीतिका, योगेश्वरी, दीक्षा, गायत्री, रोहानी, योगिता, दिव्या भारती आदि को एफ.डी. प्रदान की गई। वहीं, उत्कृष्ट कार्य करने वाली महिलाओं को भी सम्मानित किया गया।



बंजार : जिला स्तरीय नशा मुक्त अभियान में भाषण प्रतियोगिता की विजेता प्रतिभागी को सम्मानित करते हुए।
(लक्ष्मण)