

ACTION PLAN (AY 2020-21)

The Women Harassment Committee has given instructions to its departments under a broad theme 'Gender Issues' for conducting some events. Each department is instructed to adopt a suitable perspective for the theme and some of their academic day activities should be based on it.

Members should look into the possibilities of fruitful interaction with established Women's Institutions in the city and they are advised to decide for organising academic programs during the year.

Departments and societies should be encouraged to gear activities around socially relevant issues and look at avenues by which the student's knowledge of current affairs can be enhanced.

Following activities have been conducted during this academic year under the Annual **gender sensitization action plan**:

S. No.	Title of the Programme	Date
1.	Women Equality Day	25 th August 2021
2.	Cervical Cancer Awareness Program	27 th August, 2021
3.	Self-defence Workshop Through Kung Fu Art	9 th -10 th November, 2021

GENDER EQUITY

Gender sensitizing is about changing behavior and instilling empathy into the views that we hold about our own and the other genders. It helps people in examining their personal attitudes and beliefs and questioning the 'realities' they thought they know. The institutes take proper initiatives to promote gender equity programs for creating an egalitarian status among the campus community.

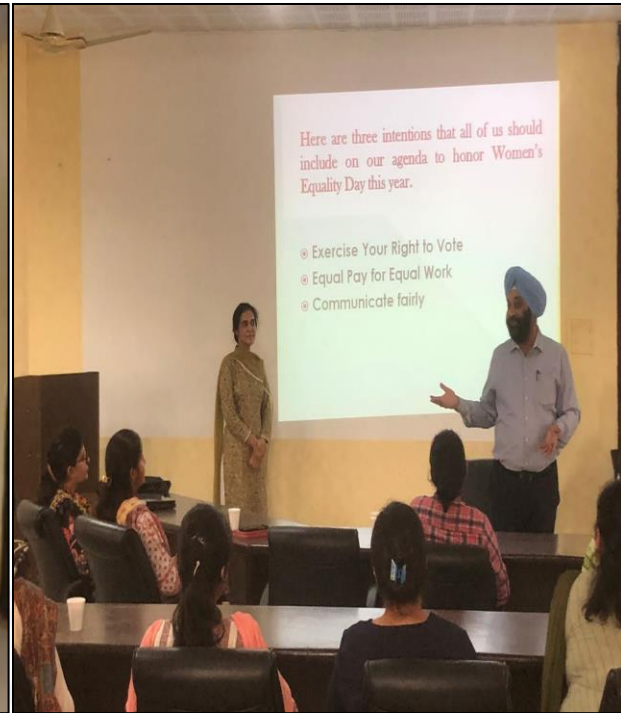
❖ Women Equality Day

A talk on gender equity was organised by the Department of Management on 25th August 2021. In this session, following three intentions were discussed to sensitize gender equality that all should observe to honor Women's Equality Day this year.

- Exercise Your Right to Vote
- Equal Pay for Equal Work
- Communicate Fairly

Glimpses of the Event Celebration





❖ Cervical Cancer Awareness Program

On August 27, 2021 Department of Management organized a seminar at GGI Auditorium on 'Cervical Cancer Awareness'. This session was conducted by Dr. Neeru Gupta, (An Associate Professor at DAV College, Amritsar) and Ms. Priyanka Goyal (from NGO Phulkarican). It was an opportunity to educate women when the expert elaborated on cervical cancer and gave an overview of this disease. She made the audience aware about its risk factors, causative agents, early sign and symptoms, early diagnosis and stages with the treatment options. She focused on the prevention of cervical cancer by vaccination and taking preventive measures related to reproductive health of female. She also presented some statistical data to depict the overall picture of cervical cancer burden on the society. The main focus of the program was to make the participants aware of cervical cancer and to promote vaccination against cervical cancer.

Glimpses of the Event





❖ Self-Defence Workshop Through Kung-Fu Art

Day 1- The Grievance and Redressal Cell and Department of Management Studies organized a workshop on 'Self-Defense through Kung-Fu Art' on 9th-10th November, 2021 in the campus auditorium. The participants especially the girls learned the basic techniques of self defense and some physical exercises. The training was conducted to boost the self confidence of the girls and to make them able to act in unfavorable situations. The girls were taught simple ways of self defense and they were also trained for tackling situations in which they found themselves under any kind of harassment.



Day 2- It was a lively session in which the expert, Master Harjeet Singh, Founder President International Kung-Fu-Wushu Federation (IKWF), explained various self-defense techniques to the learners. He stated that the need of the hour for the girls and women in the society is to protect them for the violence committed against them. He spoke largely on the kind of violence that is committed against women. He narrated some instances related to Domestic violence, Dowry, Cruelty by husband & in-laws, Sexual harassment in public, private, or at the workplace, Stalking, Obscene Calls that comes to the Special Police Unit for assistance. He shared his success stories of winning medals at international level. With his practical experiences during his visits abroad, he inspired the students present in the auditorium to learn this Kung-Fu- Wushu game for self defence.



ACTION PLAN (AY 2019-20)

The Women Harassment Committee has given instructions to decide the activities about Gender Sensitization under the theme 'Gender Equity'. The departments are advised for academic interactions with women institutions in Amritsar and across India.

As per the requirement they can select a relevant theme about Gender Sensitization for all academic events in the institution.

Members should look into the possibilities of fruitful interaction with established Women's Institutions in the city and they are advised to decide for organising academic programs during the year. The activities should add to student's knowledge for current affairs as well as for upliftment of social welfare.

Following events have been conducted in the Campus during the academic year 2019-20.

S. No.	Title of the Programme	Date
1.	Talk on 'Women's Rights as a Human Right'	12 th - 13 th September, 2019
2.	Seminar on 'Shaping Global Standards on Gender Equality'	5 th -6 th November, 2019
3.	Talk on 'Gender Disparities in Economic and Political Scenario'	29 th - 30 th January, 2020
4.	Seminar on 'Economic Empowerment of Indian Women'	4 th – 5 th February, 2020

❖ Women's Right as a Human Right

DAY 1- A talk on gender equity was organised by Department of Management on 12th-13th September, 2019. On the first day i.e. 12th September, 2019, the expert started with the phrase 'Women's rights are human rights' and explained how a women makes her contribution in every aspect of life: in the home, on the job, in their communities, as mothers, wives, sisters, daughters, learners, workers, citizens and leaders. In this session, the focus was on issues that matter most in the lives of women and their families: access to education, health care, jobs, and credit, the chance to enjoy basic legal and human rights.



DAY 2- In the speech given by the expert on second day (13th September, 2019), the examples of Indian women were given to inspire the students for career building as well as to be a home-maker. The expert with her well-versed talk described the role of women in fields and in factories, in village markets and Supermarkets and in living rooms and board rooms. Whether it is while playing with our children in the park or washing clothes in a river, or taking a break at the office water cooler, we come together and talk about our aspirations and concerns. And time and again, our talk turns to our children and our families. The purpose of the gender equity was well served when students agreed with the opinion of expert that however different we may be, there is far more that unites us than divides us. Women share a common future. Also, women are here to find common ground so that society may help bring new dignity and respect to women and girls all over the world. In doing so, this will bring new strength and stability to families as well.



❖ Shaping Global Standards on Gender Equality

DAY 1- The department of Management organized an event on ‘Shaping Global Standards on Gender Equality’ from 5th November, 2019 to 6th November, 2019 in which Women rights were discussed. This event was a dedication to gender equality and the empowerment of women. The expert stressed that recognition of gender equality is a matter of human rights and is crucial to progress across all the nation goals and targets.

Gender equality can be a catalytic policy intervention that triggers positive multiplier effects across the spectrum of nation development. So, the aim of this session was to bring awareness among the participants about setting new global standards for achieving gender equality.



Day 2- On 6th November, 2019 session, the expert talked that in every country women are confronted by discrimination and inequality. They face violence, abuse and unequal treatment at home, at work and in their wider communities – and are denied opportunities to learn, to earn and to lead. Additionally, the speaker stated that every nation must understand **gender justice as the full equality and equity between women and men** in all spheres of life, resulting in women jointly, and on an equal basis with men, defining and shaping the policies, structures and decisions that affect their lives and society as a whole.

So, this event was helpful to bring awareness among the participants about setting new global standards for achieving gender equality.



❖ A Talk On Gender Disparities In Economic And Political Scenario

DAY 1- Gender inequality in India is a multifaceted issue that primarily concerns women, but some argue that various gender equality indices place men at a disadvantage, or that it affects each gender equally. To make audience aware about gender disparities, a two day session on 'Gender Disparities in Economic and Political Scenario' from 29th January, 2020 to 30th January, 2020. In this talk, the expert addressed the issue of civil society laws and policies that reflected gender differences in three key domains: capabilities, livelihoods, and agency. The aim of this seminar was to remove the gender disparities for the enhancing the quality of life for everyone. Further, the expert pointed out that any approach to analyse global trends in gender equality must be cognizant of the fact that not all gender disparities favour men in economic and political scenario.



DAY 2- In the beginning of session, the expert started the discussion with prevailing trends in gender equalities of capabilities. The expert specified that gender equality is not about transferring opportunities from men to women, but about realizing the rights of everyone, and creating conditions where both have all the rights and abilities to realise their full human potential.

This seminar helped the participants to analyse rationally that global trends in gender equality must be cognizant of the fact that not all gender disparities favour men. The aim of this seminar was to remove the gender disparities for enhancing the quality of life for everyone.



❖ Seminar on Economic Empowerment of Indian Women

A seminar on 'Economic Empowerment of Indian Women' was organized for two days from 4th February, 2020 to 5th February, 2020 in order to put some light on the sensitive topic of women empowerment. The expert told that empowerment refers to the process of change that gives individuals greater freedom of choice and action. The development of economic empowerment for women is contingent upon available resources and whether women.

Image of student asking question from speaker regarding women empowerment



ACTION PLAN (AY 2018-19)

The Grievance and Redressal Cell has given instructions to decide the activities about Gender Sensitization under the theme 'Gender Equity'. The departments are advised for academic interactions with women institutions in Amritsar and across India.

As per the requirement they can select a relevant theme about Gender Sensitization for all academic events in the institution.

Members should look into the possibilities of fruitful interaction with established Women's Institutions in the city and should decide to organize academic programs for the year. The activities must add to student's knowledge for current affairs as well as for upliftment of social welfare.

Following events have been conducted in the Campus during the academic year 2018-19.

S. No.	Title of the Programme	Date
1.	'Enhanced Spirit of Volunteerism and Women Safety: Nukkad Natak'	25 th October, 2018
2.	Seminar on 'Girls are Medals'	17 th April, 2019
3.	Seminar on 'Gender Sensitization'	9 th May, 2019

❖ Enhanced Spirit of Volunteerism and Women Safety: Nukkad Natak

A team of around 20 people from GGI campus touched various aspects of women safety and gender equality in the *natak*. The audience included around 450 people from various genders and age.

Topics like safety, gender equality and sexual harassment were discussed. We received positive feedback from the audience with many women even acknowledging that they felt emotional and overwhelmed while watching the play.

Volunteerism is a basic expression of human relationships. It is about people's need to participate in their societies and to feel that they matter to others. We strongly believe that the social relationships intrinsic to volunteer work are critical to individual and community well-being.

The ethos of volunteerism is infused with values such as solidarity, reciprocity, mutual trust, belonging and empowerment, all of which contribute significantly to quality of life.

Glimpses from Nukkad Natak



❖ Seminar on 'Girls are Medals'

Seminar on 'Girls are Medals' was organized on 17th April 2019. In the session, the expert conveyed the need to make girls equally powerful by giving examples of female participation in each and every sector. The speaker further stressfully conveyed the message that girls have the strength to achieve anything; may it be a sports field, industrial sector or hard work of defense field. Further the talk continued by the speaker reflecting the urge for everyone to motivate their daughters to choose a career that can bring an achievement where ever they want to explore and that success will be a real reward and medal for girls.

Glimpse of Speaker- Audience Interaction



❖ Seminar On Gender Sensitization

Seminar on 'Gender Sensitization' was organized on 9th May 2019. The objectives of the seminar were to equip the participants on the following aspects:

- Understanding stereotypes in Gender and how they are formed.
- Gender and differences in approach and communication.
- Understanding the Unwelcome comments, gestures and behaviour in indecent context.
- Understanding guidelines to determine and recognize these behaviours, procedures to deal with them.
- Preventive and remedial procedures at workplace to ensure workplace safe for women.

Glimpse of Expert Talking to Audience



ACTION PLAN (AY 2017-18)

The Women Harassment Committee has given instructions to its departments under a broad theme 'Gender Issues' for conducting some events. Each department is instructed to adopt a suitable perspective for the theme and some of their academic day activities must be based on it.

Members should look into the possibilities of fruitful interaction with established Women's Institutions in the city and should decide to organize academic programs for the year.

Departments and societies should be encouraged to gear activities around socially relevant issues and look at avenues by which the student's knowledge of current affairs should be enhanced.

Under the **Annual gender sensitization action plan**, following activities have been conducted during the last academic year:

S. No.	Title of the Programme	Date
1.	Self-Defence Workshop for Girls	15 th September, 2017
2.	Seminar on International Women's Day	08 th March, 2018
3.	Talk on 'Work Life Balance'	18 th April, 2018

❖ Self-Defense Workshop for Girls

The Women Grievance Cell organized a workshop on 'Self-Defense' on 15th September, 2017 in the campus auditorium. The participants especially the girls learned the basic techniques of self defense and some physical exercises. It was a lively session in which the expert explained various self-defense techniques to the learners.

Images of Girls Learning Various Self-Defense Techniques



❖ Seminar on International Women's Day

Department of CSE/IT organized a seminar on International Women's Day (IWD) on 8th March, 2018. Keeping the theme of IWD 2018, 'Time is Now: Rural and Urban Activists Transforming Women's Lives', the programme was marked by intensive discussion on women's activism over the decades that has paved the way for women's rights and a more equal future.

The expert addressed the participants on various challenges encountered by women in personal and professional life and discussed some of the effective strategies to handle difficult situations through case studies and personal experiences. While offering some constructive solutions to overcome the challenges faced by women, she pointed out how we miss to appreciate ourselves as a constructive resource in a given situation. She motivated the young participants to be joyous in their lives and find meaning in their living.

Glimpses of the Event



❖ Talk On 'Work Life Balance'

A seminar on the topic 'Work Life Balance' was organized by the department of CSE/IT on 18th April, 2018 in which the expert addressed the participants. The objective of this seminar was about creating and maintaining supportive and healthy work environments, which will enable employees to have balance between work and personal responsibilities and thus strengthen employee loyalty and productivity. After the presentation, participants learnt how to:

- Apply basic principles to establish a healthy work-life-balance mindset.
- Recognize opportunities for mental health and wellness in the home and workplace.
- Develop a personal plan for wellness and self-care.
- Create a health and fitness plan to improve quality of life.

Glimpses of the Event



ACTION PLAN (AY 2016-17)

The Women Harassment Committee has given instructions to its departments under a broad theme “Gender Issues” for conducting some events. Each department is instructed to adopt a suitable perspective for the theme and some of their academic day activities should be based on it.

Members should look into the possibilities of fruitful interaction with established Women’s Institutions in the city and further they should decide to organize academic programs during the year.

Departments and societies need to be encouraged to gear activities around socially relevant issues and look at avenues by which the student’s knowledge of current affairs should be enhanced.

Under the **Annual gender sensitization action plan**, following activities have been conducted during the last academic year:

S. No.	Title of the Programme	Date
1.	Seminar on ‘Female Stereotypes’	12 th December, 2016
2.	Talk on ‘Active Participation in Administration’	15 th March, 2017
3.	Seminar on ‘Stress Management’	17 th May, 2017

❖ Seminar on Female Stereotypes

The Grievance and Redressal Cell organised a seminar on 12th December, 2016 to bring awareness amongst the young generation about gender stereotypes and gender-based discrimination. These elements are omnipresent in our society and women in our country are often deprived of basic rights they should otherwise be entitled to. The expert started the session by asking questions from the women and girls. They shared their thoughts on their right to inherit property. Alarming, most of them said that they find no reason for why it's important to have a property under their name. The hot discussion and responses of the audience developed the interest of the participants about the severity of the issue and motivated to think differently as the traditional gender roles of women cannot change the image of women. Many people in society think that women should be caregivers, good wives, and mothers, who work tirelessly to take care of their families inside and outside of the home. The audience felt stimulated to determine and design a solution to this pervasive problem.

The speaker during the session gave an example of a female named Rina who is an exemplary youth activist. The expert inspired the audience during the session by giving examples of Indian CEOs working in corporate sectors and gave a message at the end by saying, "It's not easy to challenge stereotypes, but society doesn't change if you don't start changing yourself first."

Glimpses of the Event



❖ Talk on 'Active Participation in Administration'

A seminar on 'Active Participation of Women in Administration' was organized on 15th March 2017. The message attendees got from this seminar was "By increasing the proportion of women in public institutions, we make them more representative, innovative, better decision makers that will benefit the whole societies". These are the wordings of Antonio Guterres, United Nations Secretary- General.

Afterwards, the expert stressed that women's political participation is a fundamental pre-requisite for gender equality and genuine democracy. It facilitates women's direct engagement in public decision-making and is a means of ensuring better accountability to women.

Expert Questioning a Girl Participant



❖ Seminar on 'Stress Management'

A Seminar on 'Stress Management' was conducted on 17th May 2017. In the beginning of the session, a brief overview about stress and its different facets in general context were explained by the host. The host provided an understanding on the impact of stress and nicely discussed with the participants that how to have an arsenal of tools for managing such a situation. In this seminar, participants learnt how to notice their stress indicators, and gain greater understanding about stress-reduction tools and strategies.

Glimpses of the Event

