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## **Annual Gender Sensitisation Action Plan**

Gender Sensitisation is one fundamental requirement for the normal development of an individual. Without being sensitive to the needs of a particular gender, an individual may refrain from understanding the opposite gender. The need for this sensitivity has been felt and realized through times immemorial and in almost all kinds of human existence, across the globe. But somehow in recent times, a much stronger need is felt and realised to talk and discuss about this sensitive topic both on a personal and professional front. It is felt that individuals need to be more open-minded, rational and unbiased in their thoughts and actions. There is an urgent need to shatter the load of our orthodox beliefs and biases values to accentuate the progressive existence of both the genders. Gender sensitivity can help root out negative attitude about gender and sexuality; it helps us de-condition ourselves to make way for more progressive values. Although the law mandates gender sensitisation in educational institutions, not everyone takes it seriously. In a world preoccupied with assigning the onus of safety to survivors and marginalised groups, an effective gender sensitisation session should raise awareness among everyone. Gender sensitisation can be understood in simple terms as a modification of behavior by addressing issues of gender inequality. Govt. P.G. College for Women, Rohtak is a powerhouse of gender sensitisation as it is the college from where thousands of students graduate every year and carry with them a 'mindset' trained here. The college is committed to gender sensitisation which is reflected in its annual gender sensitisation action plan.

### **Gender Sensitisation Action Plan**

- To sensitise the new students by regular sessions within the induction and the orientation programmes.
- To provide a mentor (who will be a teacher of her department) to the new students, weekly meeting between the mentor and mentee are to be conducted for them to smoothen the burden of study and to ease the stress in the new atmosphere.
- To conduct awareness programme for safety and security on regular basis.
- To organise annual defence training workshops for empowering the girls.
- To organise yoga workshops and fitness training programme for the physical and mental fitness of the young girls.
- To conduct regular meetings of the committees of Grievances and Redressal cell to ensure the safety and security in all aspects.
- To sensitise the young girls by the inclusion of topics related to Gender sensitisation for the girl students.
- To conduct counselling sessions for the girl students.

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### **Our Objective of Gender Sensitisation**

- To create an environment of justice
- To instill positive values so as to erase biases in the young developing minds as they progress towards the fair and unbiased society.
- To create an inclusive gender diverse workplace with fair practices.
- To work towards modification of behaviour by raising awareness of gender equality concerns.
- To appreciate the fact that the rights of every woman is as important as her male counterpart.
- To create an open minded society.
- To familiarise them with their constitutional rights and safeguards.
- To provide mentorship.
- To establish a formal mechanism to deal with the issues related to sexual discrimination and abuse.
- To conduct gender awareness and sensitisation activities on regular basis .
- To foster Student's Code of Conduct that promotes gender parity at the governance level.

### **Related Bodies in Gender Sensitisation**

- Women studies and Development cell
- Grievances and Redressal cell
- Anti Ragging Committee
- Counselling cell
- IQAC
- Mentor- Mentee committee
- N.S.S
- N.C.C
- Legal Literacy cell
- Youth Red Cross
- Placement cell
- Subject Societies/Departments
- Literary and Cultural Committee

### Annual Gender Sensitisation Action Plan (2016-17)

S.No	Month	Title of the Programme	Organising Committee
1	September,2016	Extension Lecture on "Domestic violence and cyber crime"	Women Cell
2	September,2016	Workshop on Stress Management	Women Cell
3	September,2016	On the spot Inter –Class Declamation contest on "Beti – Bachao Beti –Padhao" and "Aggression in youth"	Women Cell
4	September,2016	Nutrition Week celebration (Extension Lectures and Inter-class competitions)	Dept. of Home Science
5	September,2016	One day workshop on "Health and Hygiene"	Youth Red Cross
6	October, 2016	Group Discussion on "Self Confidence" "Male and female Relationship" and "Family and Society"	Women Cell
7	October, 2016	One day camp on "HIV, AIDS"	Youth Red cross
8	October, 2016	District level Health Awareness Camp	Youth Red cross
9	January,2017	Participation in Seven days Health Awareness Camp	Dept. of Fine Arts
10	Feburary,2017	Counselling camp for Women	Women Cell
11	March, 2017	Painting Exhibition by National Women Artists on the occasion of International Women's Day	Dept. of Psychology
12	March, 2017	Extension Lecture on 'Need of Freedom for Self Development'	Youth Red cross
13	March, 2017	On the spot Interclass Poster making competition on "Crime Against Women"	Youth Red cross
14	March, 2017	International Women Day's Celebration	Youth Red cross
15	March, 2017	Full health checkup on Women's Day and Extension Lecture on "Need of Digitalisation in Modern Society"	Youth Red cross

**Annual Gender Sensitisation Action Plan(2017-18)**

1	September, 2017	Extension Lecture on 'Domestic Violence and Cyber Crime'	Women Cell
2	October, 2017	Personality Development and Life Skills cadre camp	N.C.C
3	October, 2017	Inter-Class Competition on "Health on Platter"	Dept of Home Science
4	October, 2017	Two days workshop on "Stress Management"	Women Cell
5	October, 2017	Women Security and self Defence Training camp	Women Cell
6	October, 2017	Lecture cum Demonstration on collage (by Prof. Ravinder Sharma, Govt. College of Art, Chandigarh, Sec-10) and Poster Making Competition on "Beti Bachao"	Dept. of Fine Arts.
7	January, 2018	Workshop on Health and Hygiene"	Dept. of Home Science
		Extension Lecture on "Importance of Blood"	Dept. of Home Science
8	February, 2018	Celebration of Nutrition Week	Dept. of Home Science
9	March, 2018	Organising a national workshop "The visual Image " to promote Girl child	Dept. of Fine Arts.
10	March, 2018	Painting Exhibition of Women Artist on the Occasion of International Women's Day	Dept. of Fine Arts.

## Annual Gender Sensitisation Action Plan(2018-19)

<u>S.No</u>	<u>Month</u>	<u>Title of the Programme</u>	<u>Organising Committee</u>
1	August. 2018	Paper spray distribution Among the Girl Students	Women Cell
2	August. 2018	Extension Lecture on "Women and child Development" and Group Discussion with Girls	Women Cell
3	August. 2018	Cyber Security to Girls .Providing information about Durga Shakti App by a Police Officer.	Women Cell
4	January 2019	Five Days District Level Health Awareness Camp	Youth Red cross
5	January 2019	Webinar on Diagnosis Management and Prevention of Covid -19	Youth Red cross
6	January 2019	E-Quiz and Slogan Writing Competition on "World Blood Donar Day"	Youth Red cross
7	February, 2019	Painting Exhibition on Native, Emotions, Childhood and Women Empowerment	Dept of Fine Arts.
8	March, 2019	Painting Exhibition by women Artist of Fine Arts Dept. on the Occasion of International Women's Day	Dept of Fine Arts.
9	March, 2019	Celebration of Poshan Pakhwara under the aegis of National Nutrition Mission	Dept of Home Science

### Annual Gender Sensitisation Action Plan (2019-20)

S.No	Months	Title of the Programme	Organising Committee
1	August, 2019	Extension Lecture on "Financial Literacy and Investors Awareness Programme"	Dept. Of Commerce
2	August, 2019	Extension Lecture on "Drug Abuse"	Legal Literacy cell
3	August, 2019	Inter Class Poster Making Competition on "Beti Bacchao"	Dept of Fine Arts.
4	August, 2019	Extension Lecture on "Durga Shakti App" Poshan Maah Celebration	Women Cell
5	September 2019	Poshan Maah Celebration	N.S.S
6	September 2019	Short Play on "Invisible Labour"	Legal Literacy cell
7	September 2019	Poshan Maah Celebration	N.S.S
8	September 2019	Poetic Recitation Competition on "Women Empowerment"	Women Cell
9	September 2019	Collage Making Competition on "Women Empowerment"	Dept of Fine Arts.
10	October 2019	Extension Lecture on "To Aware the Cadets about Self Protection on the occasion of International Girl Child Day"	N.C.C
11	October 2019	Extension Lecture on "Victim Recompensation"	Legal Literacy cell
12	November 2019	Extension Lecture on "Self-Employment and skill Development"	Legal Literacy cell
13	January 2020	Marshal Art Training	Women Cell
14	January 2020	Oath Taking by girl students against Female foeticide	Women Cell
15	January 2020	Online National Webinar on P.C.O.D and Women Health	Dept. of Home Science
16	January 2020	Poster making and Slogan Writing Competition on "Beti –Bachao Beti – Padhao"	Women Cell
17	February 2020	Online Extension Lecture on "Women Cleanliness"	Women Cell
18	February 2020	Extension Lecture on "Law for Women"	Legal Literacy cell
19	February 2020	Online Poster and Slogan Writing Competition on "Digital India, Women Empowerment"	Legal Literacy cell

**Annual Gender Sensitisation Action Plan (2020-21)**

<b>Sr No.</b>	<b>Month</b>	<b>Title of the Programme</b>	<b>Organizing Committee</b>
1	February, 2020	One day seminar on AIDS Awareness in collaboration with Red Ribbon Club	Youth Red Cross
2	February, 2020	Awareness Rally on covid-19	Youth Red Cross
3	February, 2020	Health checkup camp	Youth Red Cross
4	December,2020	Poster making and Rangoli making competition on World AIDS day	Youth Red Cross
5	January 2021	Essay Writing Competition on "Awareness of National Voting"	Electoral Club
6	February, 2021	Extension Lecture on "Legal Awareness Related to Women Rights"	Legal Literacy Cell
7	February, 2021	Poster Making Competition on "Awareness " of "Voting Rights of Girl students"	Legal Literacy Cell
8	February, 2021	National Seminar on Nutrition Sensitisation "	Dept.of Home Science
9	March ,2021	Blood Donation Camp	Youth Red Cross
10	January 2021	State Level Quiz Competition on covid-19,General Awareness	Youth Red Cross
11	January 2021	Inter College Poster Making and Poetic Recitation Competition on the occasion of Internation day against drug abuse and Illicit Trafficking	Youth Red Cross

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12	June 2021	National Level online Competition on “Preparation of Diet Chart for Covid-19 Patients”	Dept. of Home Science
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