

7.1.1 Measures initiated by the Institution for the promotion of gender equity during the year.

Following events were organised to promote gender equity during the year 2021-22:

- **Name of the Event – LGBTQIA+ Sensitisation Webinar**

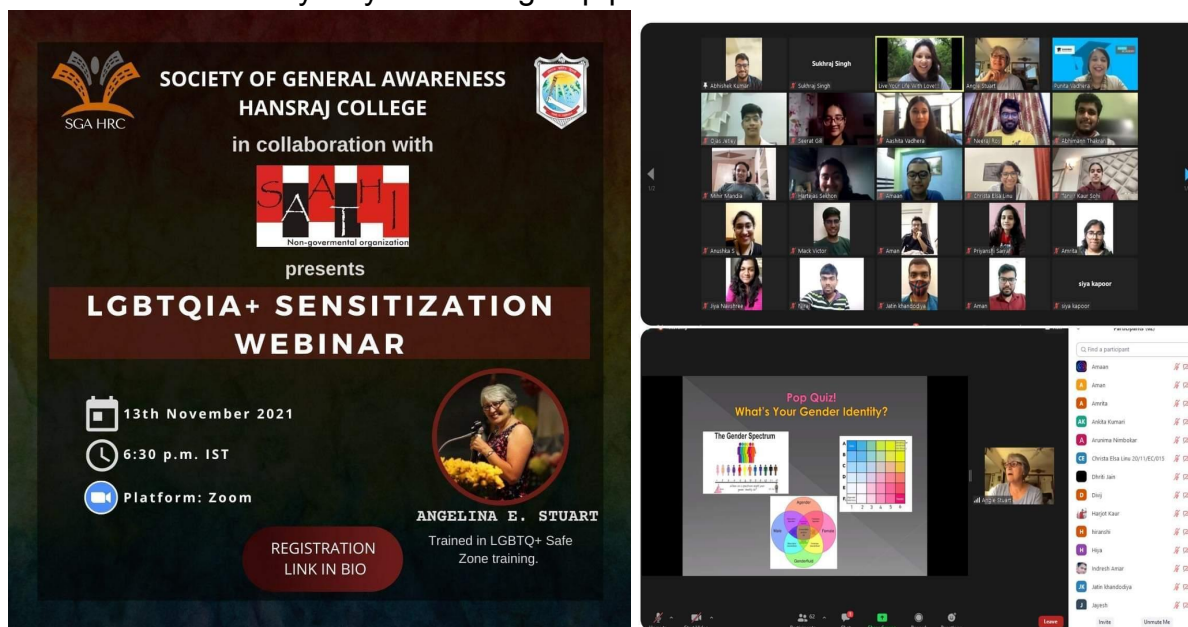
Date of the Event – 13th November

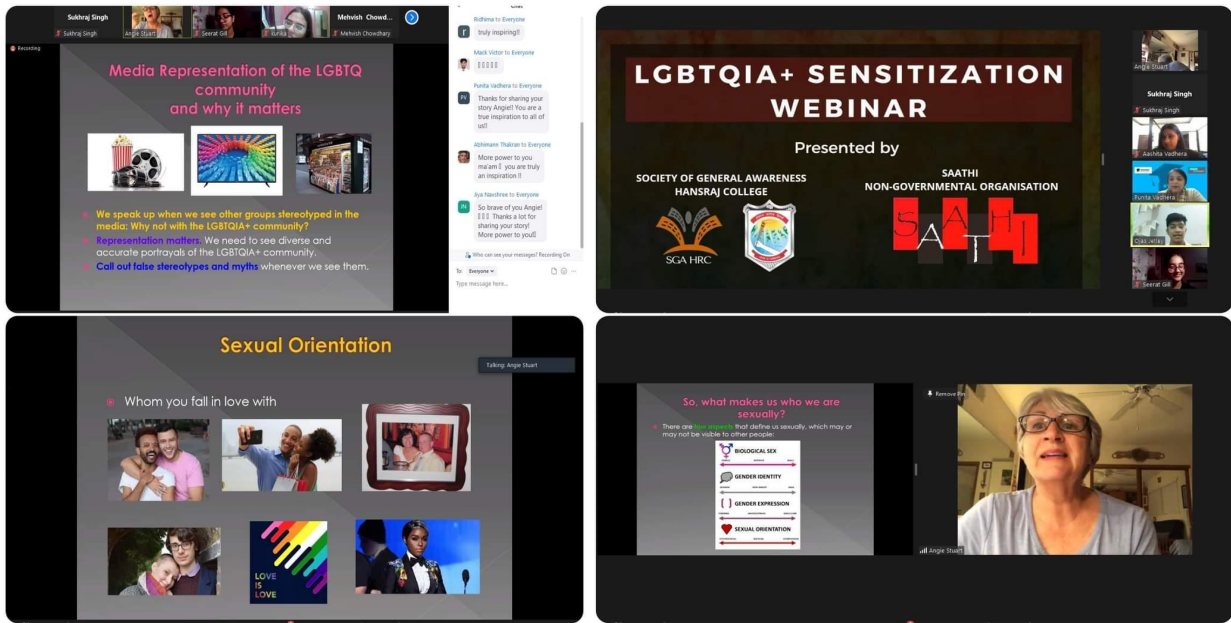
On 13th November 2021, Society of General Awareness, Hansraj College in collaboration with SAATHI, a non-profit organisation, held a sensitization webinar covering the lives and struggles of the LGBTQIA+ community.

The guest speaker for the webinar was Angelina E. Stuart, a retired professor of Spanish and ESL at Southwestern College, who gave her excellent insight into the community and cleared all technicalities, which cis-het people usually have trouble understanding. She shared her heart-melting and inspiring story of struggle and sacrifice.

The major takeaway from the webinar was the creation of safe zones in workplaces, offices, at homes and institutions, for safe communication with the LGBTQIA+ community so that they feel accepted and have a safe and secure platform to discuss their issues.

The discussion was made more colourful by some fruitful interaction between the panel and the audience. SGA's president proposed the vote of thanks at the end and the webinar concluded by way of virtual group photos.

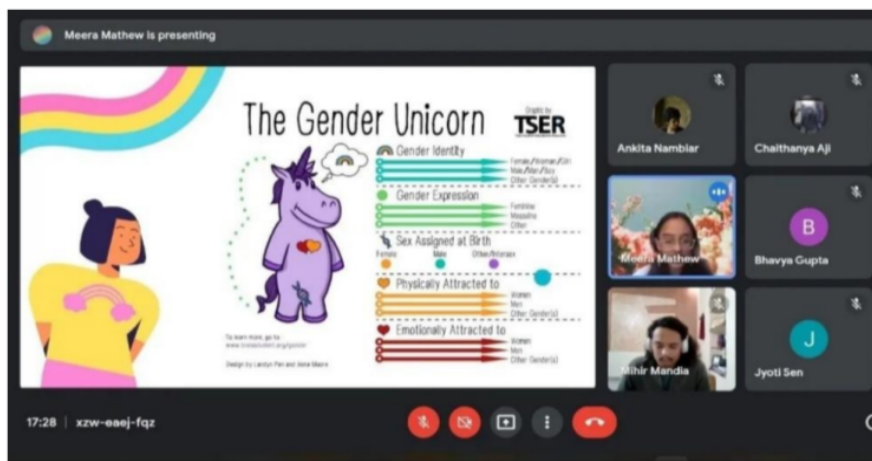




- **Gender Equity Cell Orientation**

Date of the Event: 5 th Feb, 22

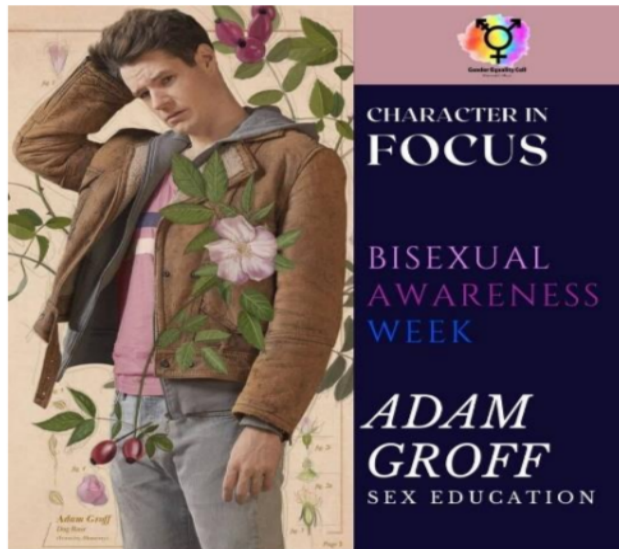
The Gender Equality Cell of Hansraj College organised their orientation on 5th February 2022. The freshers were shown a ppt that defined terms relating to the gender spectrum, among other things, in great depth after a brief introduction by the core team members. Gender expression, gender identity, gender conformity, and gender nonconformity, all of which are sometimes misinterpreted, were all thoroughly described. Following this educational session, the newcomers were invited to participate in a few interactive games based on their knowledge of movies, music, and pop culture. The meeting ended with the hope of having more enjoyable, educational, and interactive sessions in the future.



- **Bisexual Awareness Week**

Date of the Event: 23 rd September-4 th October 2021

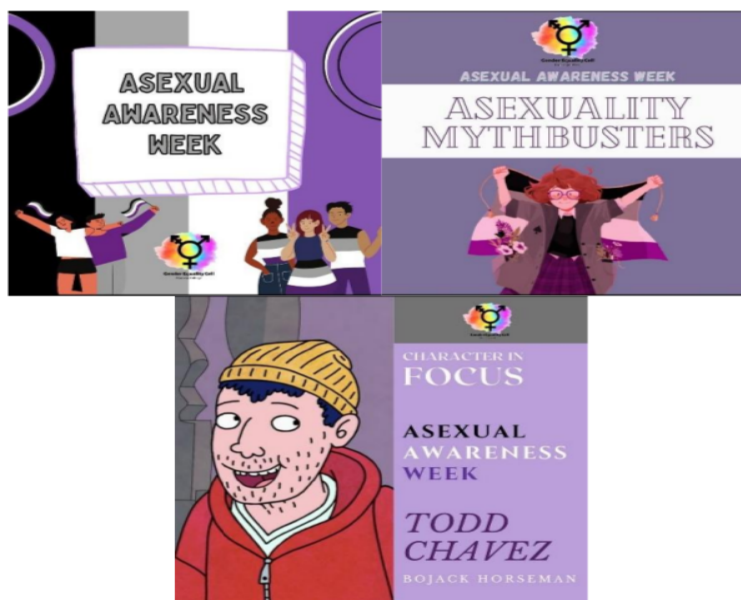
To recognise and celebrate Bisexual Awareness Week, GEC commenced a new series, 'Character in Focus,' which includes taking a closer look at a fictional character from a queer perspective and following their journey throughout their (fictional) life. Bisexual Awareness Week post put Sex Education's Adam Groff in the spotlight.



- **Asexual Awareness Week posts**

Date of the Event: 27 th October- 31 st October 2021

GEC HRC celebrated Asexual Awareness week with three Instagram posts highlighting acecentric issues. The first post dealt with basic understanding about the asexual community, the second one busted some asexuality myths, and the third and final post was 'Character in Focus,' this time highlighting Bojack Horseman's Todd Chavez's character.



- **Looking Back and Moving Forward Webinar on Transgender Day of Remembrance**

Date of the event: 20 th Nov 2021

On the occasion of Transgender Awareness Week, GEC HRC organised a webinar to celebrate Transgender Day of Remembrance by trying to draw attention to the community and spread awareness. The webinar saw enthusiastic participation of students and was presided over by two guest speakers, Mx Ria Sharma who is a human rights activist and educator, and Amrita Sarkar who is one of the founding members and the secretary of IRGT. The presenters shared their own stories and educated the audience on the country's LGBTQIA heritage. At the conclusion of the presentation, the audience participated in an interactive Q&A session in which they discussed the importance of mental health and the challenges that transgender individuals experience on a daily basis.



- **Offline meet-up**

Date of the Event: 28 th Feb 2022

GEC had its first offline meeting of the session on 28 th February 2022. After a small introduction and an activity on gender sensitization, the members took to songs and music. It was very enriching to interact and get to know the fellow society members in person.



- **Webinar on struggles of LGBTQ born in Indian society**

Date of the Event: June 28th,2021

We felt immense pleasure to host some of the most eminent personalities in the LGBTQ QA+ community. Our speaker for the first day was His Grace Manvendra Singh Gohil -Crown Prince of Rajpipla. He is also the co-founder and chairperson of Lakshay Trust. He'll shed some light on the ' Struggles of LGBTQA+ born in Indian Society' on June 28th,2021 at 5 PM. Our speaker for the second day is a renounced poet and LGBTQ rights activist Aditya Tiwari who'll enlighten us about ' Discourse and Issues of Queer Lives in Non-Metropolitan Cities' on June 29th,2021. Both the sessions were indeed a great success and were very insightful for all of us as we got to hear the real-life stories/experience and problems people of the LGBTQ community go through in Indian society when they try to accept their own identity. More than 100 people joined the webinar and also interacted and asked questions from the speaker.



- **Webinar on sexual health Awareness and menstrual hygiene**

Date of the Event: July 10th 2021

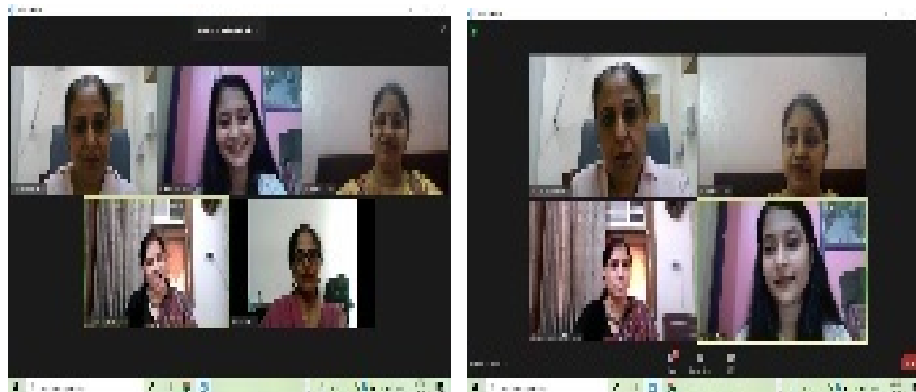
Sexual health and menstrual hygiene are crucial elements of our holistic approach to health and well-being. Taking note of this, we felt immense pleasure to host Ms. Aashrina Jain -- Campaign Lead for HaqSePERIOD and spokesperson for PEE SAFE for a webinar on the topic "Sexual Health Awareness and Menstrual Hygiene" on July 10th 2021 at 4 PM. We felt proud to collaborate with the renowned hygiene and wellness brand PEE SAFE which focuses on providing sustainable hygiene products to both men and women. To reach out to a larger segment of the population the brand also launched its more affordable RAHO SAFE range of products recently. More than 100 people joined the webinar and also interacted and asked questions from the speaker.



- **National webinar on Breast cancer**

Date of the Event: July 13th, 2021

Breast cancer is the most frequent invasive cancer in women, and after lung cancer, it is the second largest cause of cancer death in women. Breast cancer awareness is critical because early identification, through self-screening, allows the illness to be caught when it is most curable. In an attempt to guide women about the issues faced and questions raised about Breast Cancer, Women Development Cell, Hansraj College, collaborated with Max Institute of Cancer care, Vaishali and organized a National on Breast Cancer: Screening and Early Detection. The guest speaker of the session was Dr Meenu Walia, a renowned Cancer specialist with almost 30 years of experience in treating Cancer patients and also the first DNB medical oncologist of India. The session began with an oration by our President, followed by brief comments from our convenors in which they addressed the audience, the guest speaker, and informed everyone about our Cell's current projects as well as our planned initiatives. Our guest speaker then gave an informative PowerPoint presentation to the entire audience. The presentation covered all aspects of Breast Cancer, including what it is, how it occurs, why it occurs, what diet should be followed to prevent or treat Breast Cancer, what lifestyle changes should be made to prevent the disease, and how to diagnose Breast Cancer using a mammogram or self examination. She also emphasised the necessity of staying active, maintaining a healthy weight, and rigorously avoiding smoking, nicotine, or any form of processed or red meat in order to keep the breasts healthy and cancer-free. The speaker finished up by thoroughly answering the audience's queries, and the session came to a close. Overall, it was an educational workshop that emphasised the significance of staying healthy and taking advantage of early stage breast cancer prevention and detection.



- **Atrocities against women and patriarchy**

Date of the Event: 7th August 2021

" For most of history, anonymous was a woman." - Virginia Woolf

A patriarchal society conditions women to uphold its standards of honour and propriety but at the same time discriminates, violates and regulates their bodies. Sometimes, patriarchal norms are so ingrained in our psyche, that we propagate them even without realising. In order to help people unlearn their prejudices, we at WDC organised a national webinar to discuss "Atrocities against Women and Patriarchy" on 7th August, 2021 at 12:30 PM.

We felt exuberantly joyful to announce our speaker for the session Dr. Bulbul Dhar and guest of honour Dr. Neeta Sehgal. Professor Dhar is a renowned scholar from the political science department of Jamia Millia Islamia while Professor Sehgal is a teacher of Zoology at DU.

It was indeed an insightful session where the speakers made us aware about the present condition of women in Indian society and various kinds of discrimination they face on a daily basis. More than 100 people joined the webinar and also interacted and asked questions from the speakers.



- **Common health issues in females: healing through Ayurveda**

Date of the Event: 18 August 2021

Report on webinar - Common Health Issues in Females: Healing through Ayurveda

The purpose of medical science is not to down-scale everything to a physical level, but to penetrate deeper into the realm beyond sensory perceptions and bring a more holistic approach to treatment. In this context, Ayurveda is the perfect example as it combines elements of yoga, food habits and epigenetic social cultures. It can be especially beneficial for women's health as it tackles problems with intricate detail rather than dismissing

symptoms as female hysteria- the blunder modern medicine has made for years.

Taking cognizance of this, we at WDC Hansraj in association with Arogya Bharti, Delhi organised a webinar on ' Common Health Issues in Females: Healing through Ayurveda' on 18 August 2021. Our speaker for the session was erudite scholar Dr. Deepa Mishra. She serves as Associate professor and HOD of Prasuti Tantra-stri Roga A&U Tibbia College and Hospital.

The session saw enthusiastic participation of about 100 people from the teaching faculty of Hansraj and students. Our speaker enlightened the audience about various health ailments in women like pcos, UTIs, uterine fibroids etc and how these can be treated through ayurvedic herbs and yoga asanas. The importance of maintaining good health was emphasized with special caution against anxiety and depression. The speaker also recommended ayurvedic ways of improving several aspects of our daily lives like sleeping schedule and diet.

An interactive Q&A session followed after the speaker's address where doubts of the audience were quenched. The webinar ended with a vote of thanks by Professor Maya Verma of the physics department where she thanked the audience, our respected principal Rama ma'am and our convenor Dr. Monika Kaul for logistic support. In all, the webinar was insightful and successfully conducted



- **Webinar on gender sensitization and POSH**

Gender sensitization is the process of transforming men and women's stereotype mentality, a mindset that strongly believes men and women are unequal creatures that must operate in separate socio-economic spaces.

Gender sensitization aims to educate people on the differences between sex and gender, how gender is socially produced, and gender stereotypes. It assists them in determining which gender stereotypes are true and which are false. The goal of gender sensitization is to raise awareness of the relevance of gender sensitivity in the workplace among working professionals. Individuals who are not sensitive to the requirements of one gender may be

unable to comprehend the needs of the other.

Gender is a socially learned behavior based on male and female social expectations. Women and children are the most vulnerable members of society under this situation. And it's the unreasonable pressure placed on boys and girls to conform to established masculinity and femininity stereotypes. Girls are subjected to unjustified social control, discrimination, and dominance. Emotional, kind, and scared boys are discouraged. Gender Sensitization provides a clear and exact vision of gender, assisting in the understanding that GENDER is not about "Women," but rather "People."

Gender sensitization is a need that has been felt and recognized by the Women's Development Cell, Hansraj College. We aim at delivering Gender sensitization to the community as part of the grass-roots gender intervention.



- **Webinar on women health and deficiencies**

Date of the event: September 25, 2021

Because of biological and gender-related distinctions, being a man or a woman has a substantial impact on health. Women's and girls' health is of particular significance since they are disadvantaged in many nations due to prejudice based on sociocultural factors. Women and girls, for example, are more vulnerable to HIV/AIDS than men. WDC Hansraj College presented an educational discussion on the topic of Women Health and Deficiencies in order to benefit this cause and raise awareness on September 25, 2021 at 5 PM. We were extremely delighted to introduce our speaker for the session, Ms Preeti Gupta, MSc (Food and Nutrition) Nutrition Consultant Dietetics and Weight Management. It was indeed an insightful session where the speaker made us aware about various health issues and also their remedies. She also talked about how women shape society and why it is important for them to take good care of themselves. More than 100 people joined the webinar and also interacted and asked questions from the speaker.



- **Webinar on laws and rights for the protection of women**

Date of the event: 18th October 2021



- **Workshop on capacity building of Women through Yoga**

Date of the Event: 5th November 2021

"Yoga is the journey of the self, through the self, to the self."— The Bhagavad Gita

To facilitate the capacity building and personality development program put forth by the National Commission for Women (NCW), WDC Hansraj organized a Workshop on Capacity building of women through YOGA on 5th November from 4 PM to 6 PM.

Our honorable speakers for the session were:

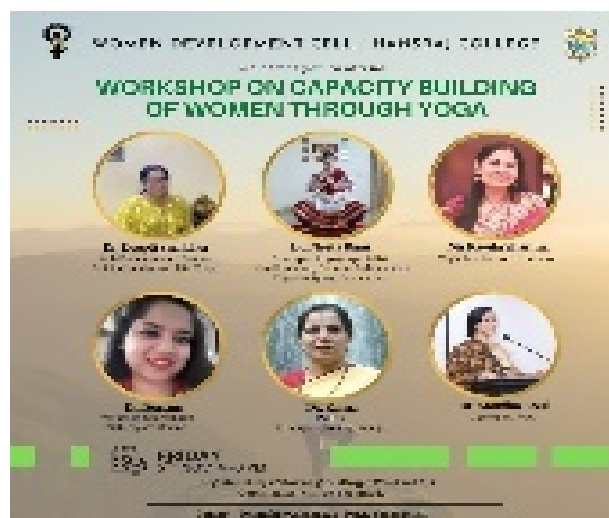
Dr. Neeta Rani

Vice-President: Gautam Budha Nagar Yogasan Sports Association.

Dr. Deepti Sambher
YCB Evaluator and Teacher
Spiritual Healer, Numerologist, and Life coach

Ms. Kavita Sharma
Yoga Teacher & Evaluator

The event was a great success. More than 150 people joined the webinar and did Yoga with our speakers online.



- **Self Defence Workshops in collaboration with Delhi Police**

Self-defence training can provide a pathway to increase women's safety and their potential for becoming effective agents of social change. An informed and embodied understanding of violence can go a long way in recognising, preventing and interrupting it. Taking cognizance of this fact, Hansraj College, a premier institute of Delhi University, organised a 5 day Self Defence Workshop in collaboration with Delhi Police. Under the initiative, girls from underprivileged backgrounds were given preliminary self-defence training with the aim of affecting change at the grass-root level. All efforts regarding the same were sourced through the Women Development Cell of the college as it is the designated body for such endeavours.

Overcoming the obstacles posed by the ongoing pandemic, the workshop was carried out in blended mode. The training sessions were broadcasted live for those who couldn't be there physically. Over 50 students joined the online live sessions daily. The workshop also saw the enthusiastic participation of 45 volunteers in total, out of which, 20 volunteers daily accompanied the training agency to the chosen site. The volunteers residing outside Delhi contributed to the cause by making posters and promoting the workshop on social media platforms. Bhavya Deep, President of WDC, supervised the preparations for the workshop, under the guidance of Dr Monika Kaul and other faculty coordinators.

Date: From 22 November to 26 November
Timing: 3 p.m to 5 p.m everyday

Venue: Yamuna Khadar Region, New Delhi

Head Trainer:

About the Collaborating Training Agency

The Self-defence workshop was conducted with the help of the Special Police Unit for Women and Children (SPUWAC). It is a special body of Delhi Police, which aims to safeguard the rights of women and children in the Capital. While on one hand, it enquires the complaints and investigates the cases related to dowry and other crimes against women, primarily matrimonial disputes specified in section 498-A and 460 of IPC, on the other hand, it caters to children by building a cadre of child-friendly police and child-friendly police stations across the city. As a Nodal body, it works with various NGOs, schools, colleges and other agencies to gather insights and spread legal and social awareness about various issues concerning women and children in the present times, thereby striving to create a more enabled and emphatic ecosystem.

DAY 1 (22 November 2021) Inaugural Session

On the 25th of November, the reporting time for the volunteers was 1 p.m. the volunteers visited about 30 houses in the Yamuna Khadar village. They motivated the women or the matriarch of the house to send their daughters for the self-defence workshop, and also spoke to them about the importance of self-defence training as a tool for women empowerment. The dedicated information dissemination efforts of the volunteers bore fruit as by 3 p.m about 60 girls gathered to attend the workshop. The trainer sent by SPUWAC also arrived by 3 p.m and the session with some warm-up and stretching exercises; and went on to highlight why such kinds of workshops are required to sensitize girls to defend themselves in public places as well as at home. She gave advice and tips to the participants on how to avoid situations and circumstances that may lead to unwanted/untoward incidents. In addition to all this, the college also collaborated with NGO Moksha Foundation to distribute nutritious vegetable biryani to 300 residents of Yamuna Khadar village.

Day 2 (23 November 2021) Good Touch vs Bad Touch Education

Due to the overwhelming success of the first session, the second day also saw the turnout was about 60 girls. The second-day training focused on younger girls aged between 8-13 years and taught them about Good and Bad Touch. The trainer taught the girls about the correct names for their anatomy and private parts. She told them about “stranger danger” and inappropriate sexual behaviour exhibited by adults. She also educated them on the ways to report abuse and encouraged them to take ownership of their bodies. The volunteers, along with Teacher Coordinator Dr Poonam, facilitated the training by maintaining decorum throughout the session.

Day 3 (24 November 2021) Tips for Self- Defence

On the 3rd day, the participants were given useful tips on how to defend themselves if they are faced with an attacker. The trainer told the participants that the first tip for self-defence is prevention or diffusing the situation. She elaborated that attackers, whatever their objectives, are always looking for unsuspecting, vulnerable targets. So, girls should always be alert of their surroundings by only walking in well-lit and crowded areas. While travelling

they should always vary their routes. Apart from avoiding confrontation, one can also defuse a situation (talk someone down from physically assaulting you) or get away—by handing over their wallet/purse or distracting the attacker. If violence is unavoidable then girls should always hit the attacker's neck and try to disbalance them targeting their knees. Scratching and gouging the eyes of the attacker's can also be effective in defending oneself. The 3rd session concluded with the volunteers distributing sanitary pads to the participants as a way of promoting menstrual hygiene and ending period poverty. The pad distribution campaign was carried with the help of the NGO God Gives Everything.

Day 4 (25 November 2021) Demonstration Session

On 25 November, The trainers demonstrated various self defence techniques for the participants. She taught them how to stop an outside strike, escape a bear hug and leverage one's weight. A specially effective technique demonstrated by the trainer was the use of "hand edges to counter strike an attacker". The main target for this technique is the neck and head, so it could be effectively used against anyone. Here the girl can hit the attacker's belly, neck, face, eye with the edges of her hand with full speed without exerting herself. The training session came to an end with the volunteers distributing food to the participants and 200 other residents of the area with the support of Swayam NGO .

Day 5 (26 November 2021) Practice Session

The 5th and last training session of the workshop consisted of the participants practicing the techniques demonstrated by the trainer the previous day. The volunteers helped the girls in perfecting their strikes and aim. The trainer gave them feedback on their posture and movements. The NGO Moksha Foundation visited the premises again to distribute nutritious food to the residents of the area.

The workshop concluded with a note on the promise from both sides that these kinds of workshops will be continued in the times to come.



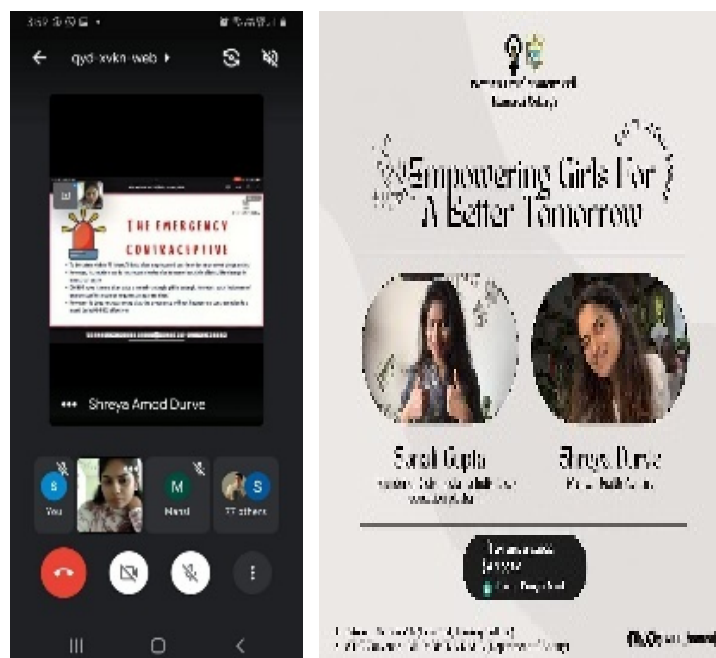
- **Webinar on empowering girls for the better tomorrow**

On 24 January 2022, the Women's Development Cell, Hansraj College conducted a webinar on "Empowering women for a better tomorrow." The session discussed hygiene, health and safety of women to gain confidence, respect and honor in the society. It focused on not only the economic empowerment of these women but also their social, political and health empowerment. The session was attended by over 100 students as well as college professors in addition to the WDC, Hansraj team.

The speaker used a variety of tales, films, scenarios, self-reflections, and evaluations to help participants absorb the lessons and legal provisions that have been highlighted in order to empower and create a safe and conducive society for women.

A healthy discussion took place on how the theme "empowering women for better tomorrow" is very apt for today's time and how the government, through its various policies like Sukanya Samridhi Yojana, Ladali Yojana, Beti Bachao Beti Padhao, and many more scholarship schemes, has tried to uplift the status of the girl child, and to a good extent.

The session was concluded with an informative Q/A session and self-reflective activities.



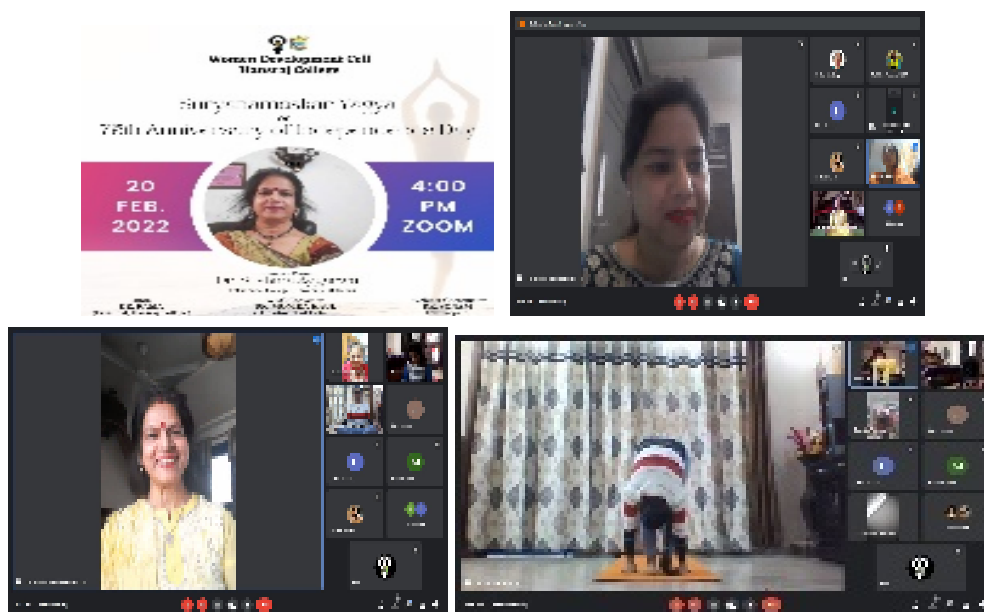
- **Webinar on Surya Namaskar yoga on 75th Independence day**

The Women's Development Cell of Hansraj College hosted a workshop on "Surya Namaskar Yagya" on February 22, 2022 on the 75th Anniversary of Independence Day. It was open for for college students, their families, teachers, professors, and anybody else who wanted to participate

The programme encouraged the participants to learn about the benefits of Yoga and meditation for the mind, body, and soul, as well as how to turn it into a profession. The speaker, Dr. Sushma Aggarwal focused on the fact that women need to play many roles in their life, whether as mothers, daughters, wives, friends, or employees, and they do it with devotion, commitment, and love. As women, they scarcely have time to take care of themselves in the midst of playing multiple roles and taking care of others. But it should be

kept in mind that they are individuals before any other entity. A few minutes of Surya Namaskar, gives us the love, care, and priority we deserve

The session was concluded with an informative Q/A session and self-reflective activities



- **Webinar on Women in Government**

The Women's Development Cell of Hansraj College hosted a webinar on "Women in Government" on February 26, 2022. The program focused on boosting women's self-esteem, educating them about their ability to make their own decisions, and equipping and empowering them to make decisions for themselves and society.

The speaker utilized a variety of examples and personal stories to demonstrate to the audience that they have the power to affect social change for themselves and others. In addition to the WDC, Hansraj team, approximately 50 students and college instructors attended the event.

A conversation was held about how women's political participation is a necessary condition for gender equality and true democracy, as well as how it facilitates women's direct participation in public decision-making.

The session was concluded with an informative Q/A session and self-reflective activities.



- **Speaker's session to spread awareness on legal rights and duties**

On the occasion of International Women's Day 2022, WDC Hansraj organized a speaker session, where children studying with the Padhaku wing of NSS Hansraj College participated. It kickstarted with the host stating out loud a feminist poem that they'd written, following an introduction of the speakers.

Advocate Shweta Sharma initiated the conversation by starting an interaction with the audience, who responded enthusiastically. She primarily talked about the legal rights and duties and women and citizens in general and concluded her part on a feminist reference to Indira Gandhi. After that, Advocate Ikrant Sharma took over by stating that we should celebrate women every day, and not just on Women's Day. His conversation with the audience included discussion on traditional Indian views on the concept of women and that thought, freedom of speech, and beliefs shape society as we see it. The next speaker, Mr Rakshit brought a new perspective, stating that women need not be empowered, but rather represented properly. He also discussed toxic masculinity and concluded his part by giving a general worldview of an ideal society. Following that, Advocate Nitin Yadav addressed day-to-day misconducts women face and that wrong is wrong, one must stand up to it. WDC representative Deeksha expressed gratitude and the event was concluded by Dr Monika Kaul's words and token of gratitude.



- **Webinar on property rights of women in India**

The Women's Development Cell, Hansraj College conducted its most awaited event of the year, the annual cultural fest NOOR '22. It was a three day extravaganza from the 4th to 6th April 2022. NOOR '22 was inclusive to every circle of students, with a line-up that included a webinar and competition, topped off with an intriguing workshop.

NOOR '22, WDC's annual cultural fest in Hansraj, began on April 4, 2022, with the blessings of God and a message from our convenor and core team. Dr Neha, an expert on Property Laws and women's rights from the Campus Law Centre, University of Delhi, led a workshop on "Property Rights of Women in India." The speaker contributed priceless lessons from her own life experiences and gave the audience an informed yet entertaining presentation. As part of our cultural extravaganza Noor '22, a session on "Good and Bad Touch" was held in the Yamuna Khadar Slum on April 5th. WDC hoped to raise awareness

among the less fortunate about the rising number of cases of child sexual abuse through this programme. The programme was led by WDC project heads and coordinators with the goal of raising awareness and educating children about the difference between good and bad touch at a time when child abuse and molestation are commonplace in society. The interactive programme also focused on the critical importance of empowering young children to report any abuse, apprehension, or fear they may be experiencing to designated people in the school, such as the school counsellor, Principal, and teachers. On the last day of the fest, that is 6th April, a comic strip competition was organized on the topic of feminism. The contest encouraged participants to create their own storyboard or cartoon as a means of exploring their understanding of the topic. NOOR 2022 exemplified the full range of empowerment and inclusion that the Women's Development Cell, Hansraj College promotes. The three-day fest, which moved from one event to the next, demonstrated diversity and its celebration through knowledge and awareness.



- **Workshop on good touch and bad touch - project Nazariyaa**

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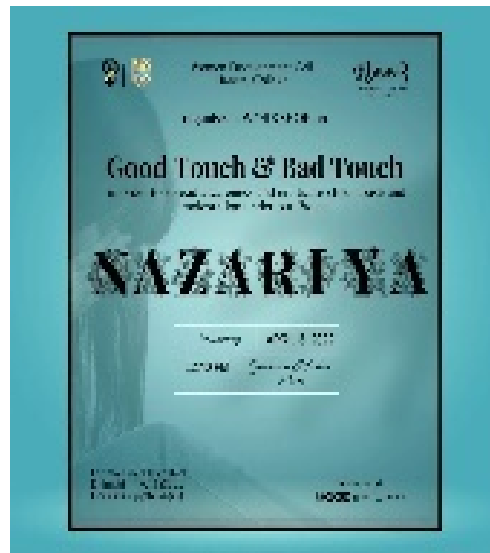
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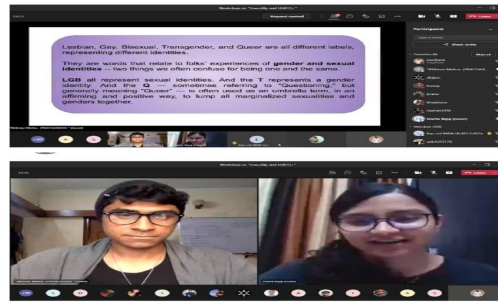
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- **Sexuality and LGBTQ+**

‘Equality means more than passing a law, the struggle is really won in the heart and mind of community wear it really counts’ Remembering these golden words of Barbara Gittings, we at NSS Hansraj organized a session on the topic “Sexuality and LGBTQ+”. On this World Health Day, keeping in the mind the theme “Building A Fairer, Healthier World”. This workshop was organised to propagate sexual health knowledge and address gender inequality and discrimination. The workshop was organised in collaboration with Pratisandhi foundation. It was a marvelous session with Ms.Narita and Mr. Abhinav Mehra who sensitised the volunteers on various issues such as LGBTQ, sex vs gender, sexual orientation and challenging stigma and biases It was indeed an insightful session with an audience of 150 people and was successful in achieving its due objective to educate the audience about all the issues related to LGBTQ+ community.



- **Women safety and gender Sensitization 24January 2022**

'To safe a girl is to save generations'- Gordon B. Hinckley

To honor the gracious occasion of national girl child day, we at NSS Hansraj are conducting a prodigious speaker session on the topic 'women safety and gender sensitization'. Our esteemed speaker Mr Jitendra Kumar Jha is a notable graduate from the University of Delhi in Political Science Honours and LLB. He has been practicing law since 1996 in the Hon'ble Supreme Court of India and high court Given his flair for women's right protection, he successfully sought justice for Nirbhaya's parents in the landmark Nirbhaya case. The session made us learn about female rights, how to effectively exercise them in the hour of need and the importance of spreading the idea of gender sensitization among the masses.

NSS HANSRAJ

**Session On
Women Safety
&
Gender Sensitization**

Date: January 24, 2022
Time: 5 PM Onwards
Platform: Google Meet

Jitendra Kumar Jha
Represented Nirbhaya's parents in the Nirbhaya Case, Pol Sc (I), and LLB from the University of Delhi and practicing Law Since 1996 in the Hon'ble Supreme Court and High Courts.

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