



ISMAIL NATIONAL MAHILA PG COLLEGE, MEERUT

(Affiliated to C.C.S. University, Meerut)
Re-accredited by NAAC with A Grade in 2nd Cycle 2015
ISO Certified 9001:2015; ISO Certified 14001:2015

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| Post Event Report: | Guest Lecture |
| Date/Venue | 31st May 2022; Room No. 107, INMPG College |
| Title of the Programme | 'Domestic Violence in the life of women' |
| Organizing Unit/ Collaboration | Women Study Cell |
| Resource Persons | Dr. Swarna |
| No. of Beneficiaries | 36 |
| Objectives of the Programme | <ul style="list-style-type: none">To make the students aware about the problem through this Programme.To discuss the causes and solution of domestic violence in India. |
| Brief Report of the Programme | <p>On 31st May 2022, a guest lecture was organized by the Women Study Cell in the college on the topic 'Domestic violence in the life of women'. As the keynote speaker of the program, Dr. Swarna, in-charge of the English department, while giving information to the students about domestic violence, & said that Domestic violence is a pattern of abusive behaviour in a relationship that is used by one partner to gain or maintain power and control over the other. This type of violence can occur in various forms, including physical, emotional, psychological, sexual, and financial abuse. stopping domestic violence requires a multifaceted approach involving various stakeholders, including governments, law enforcement agencies, community organizations, healthcare providers, educators, and individuals themselves.</p> |
| Programme Outcome | <ul style="list-style-type: none">Through this Programme students were aware about the problem and how to stop domestic violence.The students came to know about the types of violence. |



Convener

Principal



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| Post Event Report: | Guest Lecture |
| Date/Venue | 08th April 2021; Smart Class, INMPG College |
| Title of the Programme | " Stress Management during Examination Period " |
| Organizing Unit/ Collaboration | Women Study Cell |
| Resource Person | Mrs. Neetu Saini (Rehabilitation Psychologist) |
| No. of Beneficiaries | 46 |
| Objectives of the Programme | <ul style="list-style-type: none">• To Make the students aware about the various causes of stress students during examination.• To explore various techniques of stress management. |
| Brief Report of the Programme | <p>A guest lecture was organised by the Women Study Cell on the topic " Stress Management during Examination Period " on 08th April 2021 in Smart Class. The Resource person Mrs. Neetu Saini, Rehabilitation Psychologist enlightened the students about the topic. Thirty-Six students attended the lecture. She explained various reasons and characteristics of stress among youths, especially students during examination. The resource person explained in detail various causes of stress among students during examination such as insufficient sleep, unpreparedness, performance pressure by parents, competition and comparison among students, etc. She gave various solutions to reduce and manage examination stress such as having proper sleep, avoiding unhealthy competition and comparison from other students, accepting one's own uniqueness, regular exercise, healthy diet and lifestyle patters. She also explained the importance of creativity in reducing and managing stress. She encouraged the students to adopt and pursue their hobby to manage stress.</p> |
| Programme Outcome | <ul style="list-style-type: none">• The programme figured out various causes of stress among students during examinations.• Through this Programme students gets various solutions to reduce and manage examination stress. |



Convener

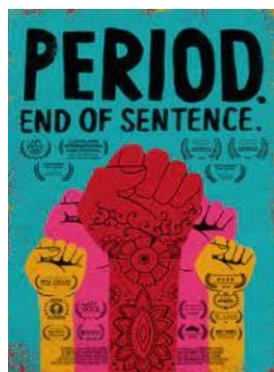
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| Post Event Report: Movie Screening and Discussion | |
| Date/Venue | 21 st November 2022; Ramlal Agarwal Hall |
| Title of the Programme | Period End of Sentence |
| Organizing Unit/ Collaboration | सशक्त Women Study cell |
| Convenor/ Resource Persons | Ms. Meenu Sharma |
| No. of Beneficiaries | 52 |
| Objectives of the Programme | <ul style="list-style-type: none">To stimulate student's understanding on sensitive topics such as menstruation still treated as a taboo.To address critical questions related to menstrual stigma, agency, and power relations. |
| Brief Report of the Programme | On 21st November 2022, Women Study cell of Ismail National Mahila PG College organised the screening of 'PERIOD: End of Sentence,' the Oscar-winning documentary about menstruation. The screening was followed by a discussion. The film is handled with a sensitive touch, benefitting a subject that has long been considered taboo in India. It includes responses from men and women belonging to different age groups, providing varied perspectives, all depicting the common trend of unawareness and stigma attached with the topic of menstruation. While the film focuses on the production of pads, ensuring menstrual health requires reaching far beyond that. The discussion addressed critical questions related to menstrual stigma, agency, and power relations. |
| Programme Outcome | <ul style="list-style-type: none">The screening raised the point that how can we use the current attention to menstruation to bring about transformative change that advances gender justice.The open discussion improved awareness and knowledge about menstrual hygiene practices further lead to help reduce stigma and physical consequences of menstruation for college girls. |



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Post Event Report: Awareness Session

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| Date/Venue | 03 December,2022; Ramlal Agarwal Hall |
| Title of the Programme | An Awareness Session on POSH Act (sexual harassment at Workplace) |
| Organizing Unit/ Collaboration | सशक्त Women Study cell |
| Convenor/ Resource Persons | Ms. Meenu Sharma. Dr. Anubhuti Chauhan, President of Arunodaya Society, Adv. Sylvia Samuel |
| No. of Beneficiaries | 75 Students and 12 Faculty members |
| Objectives of the Programme | <ul style="list-style-type: none"> To address the challenges related to workplace. To create awareness among young students about various sexual harassment at workplace and the ways to deal in the workplace. To cover all important aspects of the law including Prevention, Prohibition and Redressal of sexual harassment at workplace |
| Brief Report of the Programme | The program was inaugurated by all the distinguished guests by lighting a lamp in front of Maa Saraswati. Followed that felicitation of the guests with plant saplings. Dr. Anubhuti Chauhan, the chief guest unveiled the name 'सशक्त' of Women Study Cell and encourage the students for empowerment. After that Ms. Meenu Sharma, in charge of Women Study cell introduced the topic. She says that Sexual harassment in the workplace is a violation of a woman's right to equality, life, and liberty. The Speaker introduced the genesis of the law and cited few real-life examples of harassment cases in India. She then introduced the idea of aggrieved woman in the context of POSH Act and listed out various incidents that constitute harassment at workplace. She further pointed out the list of behaviours that will be considered as harassment at workplace. The Speaker detailed about how unwelcomed practice will impact the behaviour and took participants on the inquiry process for harassment cases at workplace. After that Principal Prof. Anita Rathi addressed the session and motivated students to be empowered with knowledge of law and rights. |
| Programme Outcome | <ul style="list-style-type: none"> The beneficiaries came to understand a 3P approach to prevent harassment at workplace and highlighted on punishments and penalties which an individual is subject to, when he is found guilty of engaging in a harassment behaviour. It was very insightful student friendly and knowledgeable session and achieved the purpose of creating awareness in the young minds about types of harassment at work place and the role of POSH act in preventing the same. |



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| Post Event Report: Awareness Program | |
| Date/Venue | 06 th December 2022; Ramlal Agarwal Hall |
| Title of the Programme | Water Conservation Awareness Program |
| Organizing Unit/ Collaboration | सशक्त Women Study cell in collaboration with 'Jaagruk Naagrik Foundation' |
| Convenor/ Resource Persons | Ms. Meenu Sharma Shri Girish Shukla Dr. AK Shukla |
| No. of Beneficiaries | 100 |
| Objectives of the Programme | <ul style="list-style-type: none"> To throw light on the need and importance of water conservation in the present times. To learn some practical techniques to reduce water usage and its conservation. |
| Brief Report of the Programme | In Ismail National Women's PG College Meerut, a program for water conservation awareness and career counseling for students was jointly organized by the College's Women's Studies Cell 'Sashakt' and 'Jaagruk Naagrik Foundation' on 6th December 2023., Shri Girish Shukla describes the side effects of emerging crises due to continuous decreasing water level, discussed in detail the measures to avoid it. In this series, Dr. AK Shukla showed various measures of water conservation through PPT. He seriously discussed the importance of rainwater in human life, and how it can be saved for dire situations in the future. In the program, the principal of the college Dr. Anita Rathi highlighted the importance of water conservation to the students and assured its need for future generations. |
| Programme Outcome | <ul style="list-style-type: none"> The awareness programme created awareness on water conservation. It also awoken the conscience and instil a sense of responsibility and moral duties among the attendees. |



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| Post Event Report: National Seminar | |
| Date/Venue | 10 th December 2022; Ramlal Agarwal Hall |
| Title of the Programme | National Seminar “Current Scenario and perspective of Human Rights in India” |
| Organizing Unit/ Collaboration | सशक्त Women Study cell in collaboration with Department of Political science |
| Convenor/ Resource Persons | Ms. Meenu Sharma, Dr. Deepti Srivastava, Dr. Louke Kumari, Dr. Pramod Kumar |
| No. of Beneficiaries | 100 |
| Objectives of the Programme | <ul style="list-style-type: none"> To throw light on the need and importance Human rights and new perspectives |
| Brief Report of the Programme | <p>The seminar was organized in blended mode and based on the theme of “Current Scenario and perspective of Human Rights in India”. The seminar started with the inaugural programme graced by honourable Principal, Chief speaker and other dignitaries. The session starts with welcome address by Ms. Meenu Sharma to welcome all the dignitaries, presenters and all present in the programme with a brief introduction of the theme. Followed that felicitation of the guests by Prof. Shivali Agarwal. The chief guest of the seminar, Dr. Deepti Srivastava have given a fresh start to the theme of Human rights through political perspective. After that, Dr. Louke Kumari, the keynote speaker talks over Gender equality, the very heart of human rights and United Nations values. The resource person of the seminar, Dr. Pramod Kumar gave feminist perspective to the theme. He discussed laws and policies for women for equal access to land, property, and housing and economic and social discrimination, rendering them vulnerable section of society. He also talked over Gender-based violence and sexual and reproductive health rights. These lectures were followed by question, discussion and viewpoints of the participants and speakers. In the post lunch sessions participants presented their paper in two academic sessions, one chaired by Prof. Deepa Tyagi and second session chaired by Dr. Shubhra Tripathi. The valedictory session started with an invited talk by Adv. Geeta Garg, an eminent advocate of Meerut and Guest of Honour of the seminar. Certificates were distributed to the presenters by the dignified guests.</p> |
| Programme Outcome | <ul style="list-style-type: none"> Various interesting, contemporary and relevant topics were discussed by the resource persons. The presented papers explored different dimensions of Human Rights as marital rapes defying women's right to live with dignity, breach of human rights by the expansion of Artificial Intelligence and surveillance of society, violation in gender-based violence at digital platforms etc. |



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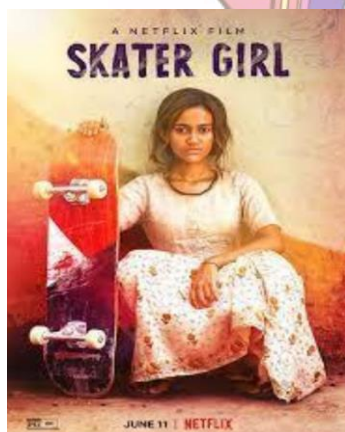
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Post Event Report: Movie screening and Discussion

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| Date/Venue | 9th February 2023; Ramlal Agarwal Hall |
| Title of the Programme | Movie screening and Discussion 'Skater Girl' |
| Organizing Unit/ Collaboration | सशक्त Women Study cell |
| Convenor/ Resource Persons | Ms. Meenu Sharma |
| No. of Beneficiaries | 52 |
| Objectives of the Programme | <ul style="list-style-type: none"> To change society by touching on topics that are rarely discussed in public. To address critical questions related to cast based discrimination and women empowerment. |
| Brief Report of the Programme | 'सशक्त' Women study cell of Ismail National Mahila PG College, Meerut organised the screening of the movie 'Skater Girl' on 9th February which covered the issue of social discriminations in one of the villages of Rajasthan. Skater Girl is a film directed by Manjari Makijany and sets out to be a feel-good tale of a poor girl who battles adverse socio-economic conditions to pursue her dreams. After the screening, students also shared their reflection of the movie. |
| Programme Outcome | <ul style="list-style-type: none"> The students motivated to pursue their dream and steps out to win against odd. The discussion led to touch some important issues girls faced in the society. |



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