

Workshop on Women Health, Hygiene, Gender Sensitivity and Awareness regarding sexual Harassment

Women cell on 2nd august 2023 organized a workshop on Health and Hygiene in collaboration with Rotary club Shimla at college auditorium with a motto that ‘empowerment begins with awareness’. The chief guest for the occasion was Dr Ram Lal, Professor Ophthalmology, IGMC and our guest of honour and key note speaker was Dr Nishi Sood, Prof of Gynaecology Obstetrics at Kamla Nehru Hospital, Shimla. Other dignitaries Dr BhupinderSingh , Principal COE Sanjauli , Mr Amit Pal Sood President Rotary Club and alumni of our college, Mr AjitButail former president Rotary Club and Mr Manchanda, Optician and media personnel were also present . The first half of the workshop began with a welcome note by Associate Professor HimaniSaxsena to the August gathering. She presented a special thanks to the President Rotary club for donating sanitary pads dispensing machine to our institution. During the event a former President, Rotary club MrAjitButail addressed the august gathering where he talked about the aims, objectives and functioning of Rotary Club. He further elaborated the upcoming cycle project in Shimla city which they plan to do in collaboration with our institution. This is an environment protection project which aims to promote bicycle riding for the citizens of Shimla.

Our keynote speaker Dr Nishi Sood gave her discourse on the topic of Menstrual Health and Hygiene as well as expounded the practical knowledge on the issues incidentally and substantially connected with the menstrual cycle and coitus. She also informed about the precautions and prevention to be taken in a pre/post intercourse period to maintain healthy menstrual as well as sexual life in consonance with day today life. Her informative talk was interactive and full of everyday practical knowledge.

The second half of the workshop hosted a lecture on ‘sexual harassment of women at work place’. This lecture was delivered by Dr Kamayani, Associate Professor Department of English, COE, Sanjauli. She explained in detail through PPT about meaning and definition of sexual harassment, POSH Act, 2013 and Vishakha guidelines to our student participants. Girl’s students were briefed about their various rights if they face any kind of sexually coloured remarks or acts. As, many students were new entrance they were told that they can register their complaints with two committee’s namely ICC and women cell and by doing so they will be provided with every kind of assistance from college authorities. The program ended with vote of thanks by the convener of women cell Dr Maneesha Kohli, Associate Professor Department of Botany.

