

Committee Name: Sashakt – The Women Welfare Committee

Convenor: Dr. Geetika Kalra

The Sashakt team welcomed the new batch of students and coordinated sessions sessions by inviting experts during three-day orientation programme for our first year students. The sessions were conducted by Ms. Koyel who is working with NGO 'Nazaria' who are working on gender sensitivity and awareness on sexual harassment.

Event 1: Session by SANFE

Date: 10th September, 2018

Sashakt Society organized an interactive session by developers of SANFE (an IIT Delhi venture) on Gender Sensitization and promoting women health care and hygiene on 10th September, 2018. The developers of the product discussed about SANFE urination funnels which enables women to pee while standing. They also discussed about it's current cost and steps they are taking to make it more cost effective which would ensure it's availability to all classes of women.

Event 2 : Talk on 'Empower HERstory'

Date: 29th October, 2018

Sashakt Committee organized an interactive talk on "Empower HERstory", on 29th October, 2018. The talk was delivered by Ms. Anju Kumari. She is an experienced corporate professional, motivational speaker and life skills trainer. She delivered an inspiring talk and was able to connect with the students with her strong motivational words. She could relate to the audience through real life experiences shared by her. She exuded energy and encouraged the students to reinvent themselves, love themselves first and follow their heart. The talk was followed by interactive session where students' queries were answered.

Event 3 : Workshop on "Women's Legal Rights"

Date: 11th January, 2019

The Sashakt Society of ANDC organized a workshop on Women's Legal Rights on 11th January, 2019. The workshop was conducted by 'Josh Talks' an NGO which goes by the tagline #absamjhautanahi. Ms. Somya Singhal, Campaign Manager from Josh talks was the speaker.

Through her talk she was able to create general awareness among students about Women's Legal Rights and how they can practice these rights. The students were able to learn about various genders and the social stigma associated with them. The speaker was successful in guiding the

students to appreciate and develop a sense of respect for an individual, irrespective of their genders. The workshop was followed by an interactive session where enthusiastic students asked various questions, which were satisfactorily answered by the speaker. All the attending students were given goody bags consisting of Vivel products on their way out.

Event 4 : Self Defense training workshop

Date: 5th March to 15th March, 2019

Sashakt Committee organized a Self Defense Training workshop in collaboration with Delhi Police from 5th March to 15th March, 2019. The workshop received participation from 46 girls from our college. They participated enthusiastically while learning various techniques to defend themselves from perpetual attacks. They were advised to stay physically fit and mentally alert of their surroundings.

Event 5 : Sashakt Committee Valedictory Function

Date: 15th March, 2019

A Sashakt Committee Valedictory Function was organized on the last day of the Self Defense training workshop i.e. 15th March, 2019. A poster making competition was organized to mark the occasion.

The competition was followed by a demonstration performed by participants of the Self Defense Training workshop. They were awarded certificates at the end of the function.