

Events under the aegis of Sashakt in the year 2021-2022

Keeping up with its responsibilities regarding women health, the society organized a webinar By Dr Hansa Yogendra on ‘Managing life in covid times: Yoga shows the way’ on 29th June 2021, 6:00 PM. The pandemic has reiterated the need for taking care of our body and mind as our supreme duty. Our resource person Dr Hansaji Yogendra, from The Yoga Institute, Mumbai Maharashtra, is a very well known personality in the field of yoga. She enlightened on us on the ways we can maintain good health, both physical and mental, by following simple food habits and yogic exercises. She emphasised on the need of pranayam in keeping the body healthy. She interacted with the audience and answered their queries. Participants took active part in post talk interactive session. 60 participants joined the webinar on google meet and almost equal number watched the live streaming on YouTube.

Due to ongoing pandemic, where students can be reached out only in online mode, the society organised another webinar on ‘Empowerment through legal rights’ conducted by Vivel in collaboration with Josh talks by Ms. Karuna Nundy (Lawyer, Supreme court of India) on 9th June 2021. She advised young minds to become agents of justice. They should know the law and use the power to transform the system for yourself and the society. She imparted awareness on various sections of Indian penal code for sexual harassment, protection against domestic violence act, cybersafety which includes cyberstalking, bullying and how the law deals with it. In addition, the module

concluded with the definition of consent as provided by the law. The objective of the webinar was achieved through an attempt to increase perceptiveness on gender-sensitive issues and building confidence through the knowledge of rights.

The society organised a logo making competition on 26th November, 2021 and selected the best logo for the society and the logo was launched on 31st December during an online meeting. The society has a committed group of enthusiastic students who organised an interactive webinar on ‘ Why him, why not her’ by a budding author Riya Kushwaha who emphasized the need of equality between men and women in the society.

Another webinar was organised on 2nd February, 2022 on the topic ‘ Virtual training on stand up against street harassment’. The webinar was well attended by the students and was followed by thought provoking group discussion.

The colleges reopened and the society organised offline interactive talk by reiki masters, Ms. Seema Sharma on the topic ‘Energy work to declutter and re-energize’. This was to address the mental health of our students who suffered quite a lot during the pandemic.

Another exciting event was the inter-college poster making competition on 23rd April which was widely participated. A team of judges were appointed to select the best poster and was awarded the token of appreciation by the college.

