



ACHARYA NARENDRA DEV COLLEGE

(UNIVERSITY OF DELHI)



SASHAKT

SOCIETY FOR WOMEN EMPOWERMENT

REPORT

**OF EVENTS ORGANIZED DURING THE ACADEMIC SESSION
2022- 23**

In India, empowering women is crucial to achieving gender equality, or we could say that achieving gender equality is crucial to empowering women.

Women's empowerment is one of the key factors in determining the success of development in the status and position of women in the society.

Our institution continues with its commitment towards women empowerment and their safety in the institution and has a very active society for women empowerment – Sashakt which was setup in 2003 with an aim towards the welfare and development of the female students and faculty members by providing equal rights and opportunities; and a platform for growth, ensuring their progress.

Sashakt organizes activities that

- empower female students and staff of the college
 - help women understand the laws and regulations on sexual harassment
 - educate students and staff on how to prevent and cope with harassment
 - campaign on prevention of sexual harassment
 - address women-related issues in society
 - create awareness on gender-sensitization
-

To this effect several events were organized by the society in the current academic session

Talk on Menstrual Health and Hygiene

On **22nd June, 2022** an online inaugural workshop was held in collaboration with the Global Hunt Foundation. **Ms Ankita Sukhwai** of Global Hunt Foundation delivered a talk on Menstrual Health and Hygiene highlighting the importance of proper nutrition, care and hygiene during the menstrual cycle. Many students and faculty joined the workshop on Google Meet Forum.

SASHAKT
The Society for Women Empowerment

ACHARYA NARENDRA DEV COLLEGE
NAAC GRADE 'A' / DBT STAR COLLEGE / NIRF 2021 RANKING 20
University of Delhi

under the aegis of IQAC and DBT Star College Scheme
invites you for a talk
on
Menstrual Health And Hygiene
by
Ms. Ankita Sukhwat
in collaboration with
Global Hunt Foundation

Date- 22nd June 2022
Time 5 pm
Joining Link - <https://meet.google.com/hif-xqpi-hzf>

Convenor: Dr Anita Narang
Patron: Prof Ravi Toteja

International Breastfeeding Week

Sashakt celebrated the **International Breastfeeding Week** from **August 1st, 2022 to August 7 2022**. An Intercollege Reel Making competition was organized on this occasion. Ms Rohani of PGDAV College secured 1st Position and Mr Nikhil Shukla of Guru Tegh Bahadur Institute of Technology took the 2nd Position.

ACHARYA NARENDRA DEV COLLEGE
University of Delhi
NAAC Accredited Grade 'A' with Score - 3.31 '
NIRF 2022 All India Ranking - 20 / DBT Star college

SASHAKT
The Women Empowerment Society

celebrates
World Breastfeeding week
1 August - 7 August, 2022

"Everyone has a part to play in helping mum to breastfeed their newborn."

Prof. Ravi Toteja (Principal) | Dr. Anita Narang (Convenor) | Vridhi Singh (President) | Saarthak Kumar (Vice-president) | Anushka (Secretary)



Workshop on Street Harassment

A workshop on "**Stand up Against Street Harassment**" by Breakthrough Trust in partnership with Hollaback foundation and L'Oréal Paris USA was organized on **September 12th, 2022**.

Mr. Salman Alvi, a gender-sensitive trainer with Breakthrough Trust held an interactive workshop where in he sensitized the students to intervene and raise voice against street harassment as a witness and how to defend oneself in such a situation.





Workshop on GENDER VIOLENCE in collaboration with Breakthrough organization

Members of Sashakt attended a Workshop on **GENDER VIOLENCE** on 21st September, 2022 organized by “Busara Centre for Behavioural Economics” and “Breakthrough India” on “Gender violence” to create solutions to make campuses safer spaces for both men and women. The participating students were given an honorarium of Rs.750 for their contribution.



Workshop on Personality Development and Menstrual Hygiene

Workshop on **Personality Development and Menstrual Hygiene** was organized on 26th September 2022 in collaboration with Enactus Society of ANDC, the Millions Minds Pvt . Ltd. And Whisper". More than 200 girls of Acharya Narendra Dev college attended the talk delivered by Ms.Yaashika Ranglani, a Corporate Trainer. Students were given

tips about grooming, facing interviews, and coping with menstrual cycle related stress. A gift hamper was distributed to the students on this occasion by Whisper





Talk on Living Sunshine-Breast Cancer Awareness Month

Sashakt- The Women Empowerment Society of “Acharya Narendra Dev College, University of Delhi in Collaboration with Tarumitra- The Botanical Society of Acharya Narendra Dev College” celebrated the Breast Cancer Awareness Month also Known as Pink Month by organizing a talk Living in Sunshine on 12 th October,2022.

Dr Inderjit Kaur Sethi, retired Associate Professor from SGTB Khalsa College and an active volunteer of Indian Cancer Society was invited to deliver the talk. Another volunteer of Indian Cancer Society Ms Meenakshi from Indian Cancer Society also attended the workshop and addressed the students. In her talk Dr Sethi discussed various types of cancers affecting women and also the incidence of breast cancer in women especially with reference to Indian women. She explained various signs and symptoms to look out for especially with reference to skin and breast cancer.



Sanitary Pad Distribution drive

On 14th November society visited Govindpuri, Nehru camp and distributed pads to underprivileged girls. The members also created an awareness drive for the importance of use of sanitary pads. The drive was in collaboration with Whisper.

Self Defence Camp in association with Delhi Police

Sashakt in collaboration with the Delhi Police Special Unit for Women and Children organized A Self Defence Camp from 21st November to 30th November, 2022. It was attended by the female students of the college. The session concluded with the valedictory ceremony in which attendees received participation certificates.



Quiz competition on International day for the Discrimination against women

The society celebrated International Day of Discrimination against Women on November 25th, 2022. An online quiz was organized for teaching, non-teaching faculty and students against the elimination of violence against the women. All the participants were provided with participation e-certificates.



National Girl Child day

On 24th January 2023 the society celebrated National Girl Child day in which Inter college Poster making competition was organised, on the topic Women Empowerment. Students participated in outstanding numbers and winners were provided with certificates and prizes.

Talk on How Important to be financially , mentally and emotionally independent

On 24th January 2023 a talk by Ms.Harpreet Kaur (tarot card reader, founder of Psychic Visions & Occult Academy) was organised. The students were informed and guided by the society of the importance of financial independence of women in workplaces.

Self - Esteem Boost Month

The Self-Esteem Boost Month is annually observed in February. During this period, the emphasis is on helping individuals to increase their belief in themselves and to develop a greater appreciation for themselves, regardless of the challenges they may face. Self-esteem refers to the value and perception we have of ourselves, which can be challenging to modify. Having a high level of self-esteem can help prevent various problems, such as mental health disorders, and promote good overall health and well-being. It can also enable us to be a valuable source of support and assistance to others. Since our mental health is as vital as our physical health, we should take advantage of this month of observation to care for ourselves and learn to love ourselves more.

Sashakt, The Women Empowerment Society conducted a series of events to celebrate Self- Esteem Boost Month in collaboration with Mentoring and Counselling Society.

Event Schedule-

Date	Activity
February 1- 28, 2023	Slogan/ Affirmation/ Quotation
February 1, 2023	Reel Making Competition and Task- 1 under Love Yourself (A lil more)
February 8, 2023	Movie Screening and Task- 2 under Love Yourself (A lil more)
February 15, 2023	Task- 3 under Love Yourself (A lil more)
February 22, 2023	Task- 4 under Love Yourself (A lil more)
February 23, 2023	Quiz Competition and Debate Competition
February 27, 2023	Talk by Ms. Saloni Sahni, Student Counsellor

- Event- **Movie Screening**

Movie Screening was conducted in view of celebrating the Self- Esteem Boost Month from February 1, 2023- February 28, 2023. The movie screened was “Dear Zindagi”. This event was mainly conducted to aware students about the importance of Self- Esteem in an individual’s life.

- Event - **Inter - College Quiz Competition**

- Date- February 23, 2023

- Time- Google Form Open from 1st Feb - 21st February for Registration

- Venue- Seminar Hall, ANDC

- Theme- Self- Esteem Boost and Mental Health Wellbeing

- Coordinators- Kapil Sharma and Srijal

FACT-RIZE! Quiz Competition, was organized on the topic Self- Esteem Boost and Mental Health Wellbeing in view of celebrating the Self- Esteem Boost Month from February 1, 2023- February 28, 2023. A Quiz Competition was conducted to make all aware about this month and its importance. Students from different colleges participated in this competition.

- Winners-

1. I- Pratyush Singh
Maharaja Agrasen college
2. II- Darshit Singh Rawat
Acharya Narendra Dev College
3. Certificate of Appreciation- Deepali Singh
Acharya Narendra Dev College

- Event - **Inter - College Debate Competition**

- Date- February 23, 2023

- Time- Google Form Open from 1st Feb - 21st February for Registration

- Venue- Seminar Hall, ANDC

- Theme- How feeling good is different from doing well?

- Coordinators- Divya

A debate competition was organized in view of celebrating the Self- Esteem Boost Month from February 1, 2023- February 28, 2023. There were two rounds those who participated in the first round were evaluated for the

second round,

Dr Geetika Kalra, Convenor of Mentoring and Counseling Society marked the opening of the event, by welcoming all the participants and inspiring them, there were two judges for the event, they were as follow-

1. Dr Geetika Kalra, Convenor of Mentoring and Counseling Society
2. Ms. Salon Sahni, Student Counsellor at ANDC

- Winners-

1. I- Adarsh

Atma Ram Sanatan Dharma College

2. II- Aarti Bagri

Janki Devi memorial college

3. Certificate of Appreciation- Shubh Sandhya Dhar, Acharya Narendra Dev College

4. Best Interjector- Shivangi Gaur

Atma Ram Sanatan Dharma College

- Event- Love Yourself (A lil more)

Winners- Sneha Sharma and Vridhi Singh, Acharya Narendra Dev College

- Event- Talk

A talk was conducted by Ms. Saloni Sahni, Student Counsellor at Acharya Narendra Dev College, University of Delhi on the topic "Boost your Self- Esteem and Love Yourself".



SELF- ESTEEM BOOST MONTH

(FEBRUARY 1, 2023- FEBRUARY 28, 2023)



EVENT SCHEDULE

February 1, 2023	Reel Making Competition and Task- 1
February 8, 2023	Movie Screening and Task- 2
February 15, 2023	Task- 3
February 22, 2023	Task- 4
February 23, 2023	Quiz Competition and Debate Competition
February 27, 2023	Talk by Ms. Saloni Sahni and Prize Distribution



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University of Delhi
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SASHAKT
The Women Empowerment Society
In Collaboration With

Mentoring and Counselling Society
Observes

Self - Esteem Boost Month
February 1, 2023- February 28, 2023
Organizes

**REEL MAKING
COMPETITION**



Scan this QR code to participate
Last date to register is February 20, 2023
E- Certificates will be given to all the participants.

Prof. Ravi Toteja Officiating Principal	Dr. Anita Narang Convener, Sashakt	Dr. Geetika Kalra Convener, Mentoring and Counselling Society
Vridhi Singh President	Valdik Thakre Event Coordinator	



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Observes

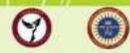
Self - Esteem Boost Month
February 1, 2023- February 28, 2023
Organizes

LOVE YOURSELF
(A lil more)
A Task Solving Competition



Register Now

Prof. Ravi Toteja Officiating Principal	Dr. Anita Narang Convener, Sashakt	Dr. Geetika Kalra Convener, Mentoring and Counselling Society	Vridhi Singh President
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Mentoring and Counselling Society
Observes
Self - Esteem Boost Month
 February 1, 2023- February 28, 2023
Organizes
MOVIE SCREENING
 February 8, 2023 | 1 PM onwards | Seminar Hall

Prof. Ravi Toteja Officiating Principal	Dr. Anita Narang Convenor, Sashakt	Dr. Geetika Kaira Convenor, Mentoring and Counselling Society
Vridhi Singh President	Anushka Secretary	


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Organizes
FACT-RIZE!
 Quiz Competition
Winners will get Cash Prizes !!

 February 23, 2023  10 AM Onwards  Seminar Hall, ANDC	 <small>Scan this QR Code to Register</small>	
Prof. Ravi Toteja Officiating Principal	Dr. Anita Narang Convenor, Sashakt	Dr. Geetika Kaira Convenor, Mentoring and Counselling Society
Vridhi Singh President	Kapil Sharma Event Coordinator	


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Observes
Self - Esteem Boost Month
 February 1, 2023- February 28, 2023
Organizes
DEBATE COMPETITION
"Winners will get Cash Prizes"

 February 23, 2023  11:00 AM Onwards  Seminar Hall, ANDC	 <small>Scan this QR Code to Register</small>	
Prof. Ravi Toteja Officiating Principal	Dr. Anita Narang Convenor, Sashakt	Dr. Geetika Kaira Convenor, Mentoring and Counselling Society
Vridhi Singh President	Divya Gulihar Event Coordinator	

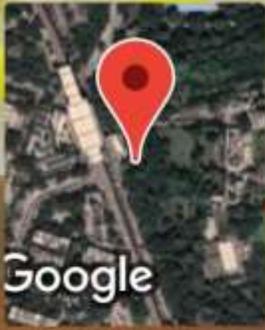

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Observes
Self - Esteem Boost Month
 February 1, 2023- February 28, 2023
Organizes
TALK
 On
Boost your Self- Esteem & Love yourself
 By

Ms. Saloni Sahni
 Student Counsellor
 February 27, 2023 | 11:00 AM Onwards | Seminar Hall

Prof. Ravi Toteja Officiating Principal	Dr. Anita Narang Convenor, Sashakt	Dr. Geetika Kaira Convenor, Mentoring and Counselling Society	Vridhi Singh President
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 GPS Map Camera



New Delhi, Delhi, India
Acharya Narendra Dev College, University of Delhi,
Govindpuri, Kalkaji, New Delhi, Delhi 110019, India
Lat 28.543892°
Long 77.264996°
23/02/23 01:43 PM GMT +05:30





Workshop on Gender sensitization

The society organized a workshop on Gender sensitization in collaboration with Breakthrough trust on 18th April 2023. All the students of 1st and 2nd years attended the event and a survey was conducted and students were asked various questions related to gender sensitization.

Talk on Gender Sensitization

On the occasion of International Women's day, the society organized a Talk on Gender Sensitization which was presided by Leena Zaveri, Advocate. She sensitized the ambassadors of the future towards gender neutrality and guided them about various women protection programs at workplaces. The students discussed the Internal Complaint committee rules and regulations and further information about the POSH act. The Convenor of Sashkat Dr. Anita Narang and Convenor of Mentoring and Counseling society Dr. Geetika Kalra presented a planter and memento as a token of appreciation to the guest.





STRIVIA Quiz competition

The society also held an Inter college quiz competition - STRIVIA to make the young generation aware of the women who made a difference in the world. The quiz was based on National , International unsung women's and around the Theme of International Women's day 2023 - DigitALL. The quiz was presented by-
Saarthak Kumar -Vice President Sashakt
Suprobh Ahna Borah - Event coordinator
Vijaylakshmi - Quiz master

Winners of the quiz competition were-

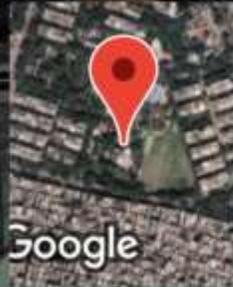
First Position - Anushka Tomar and Basila of Acharya Narendra Dev College

Second Position - Riya of Gargi college and Ambika of Zakir Hussain College

The event culminated with a vote of thanks by Hirtik Singh Rathore and winners were awarded cash prizes and certificates of appreciation.



GPS Map Camera



Google

New Delhi, Delhi, India

G7Q7+PH6 Acharya Narendra Dev College, Bal Mukund Khand, Giri Nagar, Kalkaji, New Delhi, Delhi 110019, India

Lat 28.538981°

Long 77.264016°

21/03/23 10:44 AM GMT +05:30

