

## **Year 2015-16**

### **Activities/Seminars by the Women Development Cell of the college in the present academic session are :**

- Organised a panel discussion cum interactive session on “Violence against Women” in collaboration with WILGA (Women’s Initiative for Liberation, Growth and Action) on 10th October, 2015. The panelists included a gynecologist Dr. Jagdish Kaur, a social worker Dr. Smita Deshpande and a lawyer Ms. Meenakshi Prasad. The students were made aware of the legal rights of women in case they face violence or crime at home, at public places or at place of work.
- Organised a “Stress Management” workshop in collaboration with WILGA (Women’s Initiative for Liberation, Growth and Action) on 14th March 2016. Experts in clinical psychology were invited to brief the students about stress and its possible management techniques. The speakers included Dr. Jagdish Kaur, President of WILGA, Dr. Mona Choudhary, Dr. Rushi Arshad from the Department of Clinical Psychology, PGIMER, Dr. RML Hospital and Mr. Hemant Kumar Pandey, a yoga and meditation techniques expert. The students were apprised of Biological and Clinical Manifestation of Stress followed by Management and Behavioral issues of stress. Mr. Hemant Kumar Pandey conducted a brief session of Yogic exercises and Meditation techniques.