

## **Anubhuti- The Women Development Cell**

### **Activities 2023-2024**

1. Seminar on **“Breaking Barriers in Cancer Awareness” and “Brain and Thoughts of Youth: The Influence of Environmental Steroids on Male as well as Female Neural Networks,”**

Organized a series of seminars on **“Breaking Barriers in Cancer Awareness” and “Brain and Thoughts of Youth: The Influence of Environmental Steroids on Male as well as Female Neural Networks,”** by the Women Development Cell and NSS on G-Van of Maharaja Agrasen College, University of Delhi on 11th October 2023, featuring Dr. Kanika Sharma, Director & Clinical Lead- Radiation Oncology, Dharamshala Narayana Superspecialist Hospital and Prof. Rita Singh, Chair, Division of Molecular Endocrinology and Reproduction, Department of Zoology, DU respectively. Total 213 students attended the seminar.

2. **WDC Orientation**

Organised a **WDC Orientation** in collaboration with Power Squad Dhyuti Foundation on 31st October 2023. The session, themed **“Women- Self Awareness”**, aimed to inspire and empower women students to discover their potential and live a life of dignity and honor. The event featured eminent guests from the foundation, including Ms. Priyanka Singh, the founder and executive director of the **“As Wonderful as Women”** campaign. Total 45 students were present for the same.

3. Seminar on **“Legal and Mental Health Awareness”**

Organized a seminar on **“Legal and Mental Health Awareness”** for Women’ in collaboration with Ehsaas, the Mental Health Awareness Society on 4th March 2024. The event aimed to shed light on crucial topics concerning the posting of intimate content on social media without consent, a violation of law services provided by DLSA, and stress management. The session featured guest speakers including Advocate Megha Batra, a Delhi High Court lawyer, and Dr. Satabdi Chakraborty, an expert in Psychiatric Social Work from IHBAS. Ms. Batra discussed the legal implications of social media usage, emphasizing cyberbullying and relevant laws, while Dr. Satabdi provided insights into stress management techniques. 109 students attended the seminar.

4. Article Writing Competition on **“How Social and Cultural Factors Influence Women’s Self-Concept”**

Organised online Article Writing Competition on **“How Social and Cultural Factors Influence Women’s Self-Concept”** on 6th March 2024 under Annual Fest, *Ahaan 3.0*. Total 125 students participated in the event.

5. **Poster Competition**

Organised **Poster Competition** under *Ahaan 3.0* on 7th March 2024, from 10:00 am. The competition took place in the vibrant atmosphere of the Foyer Area at SRCASW. The event attracted a diverse group of students eager to express themselves artistically and contribute to the cultural ambiance of the fest.

6. **Nukkad Natak on Women’s dignity, feminism, and raising awareness on acid attacks**

Hosted a **Nukkad Natak** With a theme centered around **Women’s dignity, feminism, and raising awareness on acid attacks** on March 7<sup>th</sup> 2024, with the District Legal Services Authority (DLSA) at the heart of the Annual Cultural Fest. 143 students attended the Nukkad natak.

7. **Outreach program**

Conducted an **outreach program** in collaboration with the food society, ‘Aahaar’ of Shaheed Rajguru College of Applied Sciences for Women at a government school on 9th February, 2024. The program aimed to educate students about nutrition, diseases associated with unhealthy eating habits, and the importance of maintaining a balanced diet. 118 students are benefitted by the event.

8. **Health Camp**

Organizing a **two-day Health Camp for students** with Menstrual Café and Indraprastha Apollo Hospital, under the aegis of the Internal Quality Assurance Cell (IQAC) on 13<sup>th</sup> and 14<sup>th</sup> of March, 2024. The camp offered vital health services, including HB testing, ECG, blood pressure screening, PFT, sugar level testing, BMD, gynaecologist, physiotherapy, dietician and doctor consultations, and comprehensive eye examinations. Organized a **Health Camp for the Faculty and Staff** of the College on 18th March 2024. This initiative aimed to empower the staff of the college by promoting health awareness and facilitating access to essential medical services, emphasizing holistic well-being . 149 students and 132 staff members are benefitted by health camp.

9. **Anemia awareness flagship program**

WDC has taken an initiative regarding **Anemia awareness flagship program** from the session 2023-24 to help those students and staff prone to Anemic conditions and provide them with supplements to cope with the same and maintain healthy levels of immunity.

10. WDC also started a project to understand the conceptualization and understanding of feminism in urban literate population in both the genders. The aim of project to measure and understand the inter-generational understanding of feminism in young and middle-aged adults.

11. **“Feast for Your Senses”**

Hosted a vibrant stall titled **“Feast for Your Senses”** for the Diwali Mela on 9th November 2023. The stall offered a delightful fusion of culinary delights and artistic expressions, inviting participants to indulge in delectable Flavors while admiring strokes of artistry on canvas

