Anubhuti- The Women Development Cell

Shaheed Rajguru College of Applied Sciences for Women, University of Delhi

Anubhuti, the Women Development Cell (WDC) of Shaheed Rajguru College of Applied Sciences for Women, University of Delhi, is dedicated to empowering women through a variety of awareness programs, workshops, and skill-building activities. The cell's initiatives are designed to promote gender equality, self-reliance, and leadership among students while addressing important social issues. Anubhuti is committed to providing a holistic educational environment that nurtures confidence, supports professional growth, and creates a space for women to excel academically, professionally, and in society at large. The cell is led by Dr. Daya Bhardwaj (Convenor) and Dr. Sneha Kabra (Co-convenor), along with a team of faculty members and a student council for the year 2024-2025, including President Ms. Janhvi Gupta and other student office bearers.

Activities

Health Camp at SRCASW:

WDC organised a three-day Health Camp from **11–13 November 2024** in collaboration with **Indraprastha Apollo Hospital**. The camp offered free tests, including HB, BP, Sugar, BMD, Eye, and Dental check-ups, along with expert consultations and anaemia medication. Around **150 participants** benefited from the initiative, which was highly appreciated and strengthened health awareness among students and staff.

Women's Day Seminar – "Women in Unconventional Fields":

On **5 March 2025**, WDC celebrated International Women's Day by organising a seminar on "Women in Unconventional Fields". The session featured **Captain Dr. Sunaina Singh and Captain Shivani Kalra** as guest speakers, who shared their inspiring journeys in male-dominated professions. With **80 participants**, the event encouraged self-belief, resilience, and challenged gender stereotypes.

Ahaan 4.0 – Threads of Heritage, Sparks of Humor:

WDC, in collaboration with Ahaan, hosted Ahaan 4.0 on **24 February 2025**, featuring two sub-events – Cultural Canvas (heritage dress-up) and Campus Chronicles (comedy).

Around **30–40 participants** showcased creativity through cultural expressions and humorous campus anecdotes, fostering a vibrant and inclusive community spirit.

STEM Awareness Activity at East Point School:

In collaboration with IEEE, WDC-Anubhuti conducted a STEM awareness program at **East Point School** on **6 December 2024**. The session engaged **70–80 students** (classes 9–12) and discussed STEM career opportunities, NEP 2020 reforms, and Delhi University prospects. The event concluded with an interactive Q&A session, promoting curiosity and educational awareness.

Breast Cancer Awareness Seminar:

A Breast Cancer Awareness Seminar was conducted **on 17 October 2024**, led by **Dr. Geeta Kadayaprath**, Senior Oncologist at Apollo Women Cancer Centre. The session, attended by **90 participants**, focused on early detection, myths, genetic risk factors (like BRCA), and preventive measures, emphasising that awareness and timely action can make breast cancer manageable.

Haemoglobin Testing Camp:

In collaboration with **Apollo Hospital** and **Menstrual Café**, WDC organised a Haemoglobin Testing Camp on **17 October 2024**, where 122 students were tested. Results revealed 43% non-anaemic, 15% mildly anaemic, 40% moderately anaemic, and 2% severely anaemic participants. Students received personalised health recommendations, promoting anaemia awareness and overall well-being.

Diwali Mela – Rangoli Competition & Blossoms Stall:

On **25 October 2024**, WDC organised a Rangoli Competition themed “Women Empowerment” during the college Diwali Mela. The event encouraged creativity and social awareness through artistic expression. The accompanying Blossoms Stall offered hair braiding and nail art activities, creating a lively and engaging space for self-expression and connection.

Overall, Anubhuti – The Women Development Cell of SRCASW remains steadfast in its mission to empower women through leadership, health awareness, creativity, and inclusivity, making remarkable contributions to the college community during the academic year **2024–2025**.

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