



GOVT. DEGREE COLLEGE FOR WOMEN KATHUA -
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Annual Gender Sensitization Action Plan: 2022-23

Our primary vision is to establish a secure and nurturing environment for our students while delivering education that is attuned to gender-related concerns and fosters empowerment. We are deeply committed to ensuring that every student is afforded equal opportunities in all aspects of college life. Our institution places great emphasis on upholding and advancing gender equality, meticulously ensuring its presence in all our activities and operations.

We have taken deliberate measures to guarantee the continual observance of gender equity in every facet of our institute's functioning. Moreover, we have devised a range of specific programs, events, and lectures scheduled throughout the year to promote gender sensitization among both our employees and students.

Action Plan:

Activity	Responsibility	Action Plan
Raising Awareness about Sexual Harassment	Internal Complaints Committee	Organize a program to inform students about gender harassment and how they can report it. Include student members in the committee to share their perspective and provide information.
Celebrating Women's Day & Women-Centric Festive Days	Women Development Cell	Host informative talks on: ➤ Staying safe for women ➤ Managing stress ➤ Personal health and hygiene
Menstrual Hygiene Week	Women Development Cell	Arrange interactive sessions to discuss girls' health and personal hygiene, especially focusing on menstrual hygiene.
Promoting Women's Rights and Gender Equity Women's rights	IQAC (Internal Quality Assurance Cell)	Awareness Programmes on: ➤ Gender Equity ➤ Preventing Gender-based violence ➤ Women Rights.
Exploring Entrepreneurship Opportunities	Career Counselling Cell	<ul style="list-style-type: none">• Organize Interactive session with entrepreneurs to inspire and educate students.• Seminars on Skill Development Programmes.• Organize an Exhibition and sale of students' products.

7.1.1. Gender Sensitization Programmes:

1. Women's Day Celebration: 08-03-2022:

Women's Day also celebrated by NCC cadets of the college collaboration with Nari Shakti Niketan Manch Kathua on dated 08-03-2022. Women's Day commemorates the achievements of women and their existence in general. It offers an opportunity to reflect on progress made, to call for change, and to celebrate acts of courage and determination by ordinary women who have played an extraordinary role in the history of their countries and communities.



2. Organisation of Beti Bachao and Beti Padhao Campaign: 01.06.2022

The NSS unit of Govt. Degree College for Women, Kathua today on 1-06-2022 under the “Beti Bachao and Beti Padhao “Campaign organized a poster making competition in which 25 Students participated. The programme was organized under the guidance of worthy Principal, Dr. Sangita Nagari. She along with the jury members appreciated the students who were taking part in this event. The students who participated in this event made colorful posters displaying the various themes and aspects on this issue of social concern. Esteemed Principal highlighted the need of the hour to take the education of saving the girl child and educating her, to the doorsteps of those people who still do not have equalized daughters to their sons.



3. Nukkad Naatak Programme: 02.06.2022

NSS Unit of Govt. Degree College for Women Kathua organized a “Nukkad Naatak” program under the aegis of Beti Bachao, Beti Padao Campaign on 02.06.2022. The motive to conduct such activity was to spread awareness among the people about the importance of girl child. The main objective of such activities is to discourage Female Foeticide, to ensure the protection and survival of the girl child, encouraging education of the girl child.



4. Organization of Rally on Beti Bachao Beti Padhao: 9th of June, 2022

The NSS unit and Red- Ribbon Club of Govt. Degree College for women Kathua today on 09-06-2022 under the aegis of “Beti Bachao Beti Padhao” campaign organized a ‘Rally’ which was flagged off by Dr Sangita Nagari, esteemed Principal of the College. The route of rally was set from College to the adopted village Changran where the volunteers launched a campaign to aware the common masses regarding the importance of educating the girl child.



5. Organisation of Webinar on “MENSTRUAL HYGIENCE”: 03.06.2022

Govt. Degree College for women, Kathua in collaboration with Global Hunt Foundation Organized Webinar on “Menstrual Hygiene” on 03 June 2022 under the guidance of Dr. Sangeeta Nagari, esteemed Principal of the college. Prof. Pallavi gave a warm welcome to the speaker Ms. Nitiya Chaudhary, CSR Executive, Unicharm India. She is Specialist in Social Work, Women Empowerment and Project Management. The session was very informative for the college girls which gave them a comprehensive understanding on the what, why and how of menstruation. It consisted of the meaning of menstruation, developing biological understanding, related social taboos and awareness regarding the hygiene practices to be maintained during menstruation. At the end of the session all the queries of the students were satisfied by Ms. Nitiya Chaudhary. The session was anchored by Prof. Pallavi, HOD, Department of Political Science, GDCW, Kathua and Nodal Officer of Shikshit Bharat.



6. Two-Day Lecture Series for Civil Services Aspirants: 6th –7th of June, 2022

Career Counselling and Placement Cell College organized “A Two-Day Lecture Series for Civil Services Aspirants”. The function began with the welcome address by Prof. Romika Bassin. Dr. Sangita Nagari, Principal of the college was the Chief Guest, speaking on the occasion; she exhorted upon the need to imbibe moral values into their lives and highlighted the need of awareness among students. Prof. Ashwani Khajuria, Department of Food Science and Quality Control also stressed upon the importance of moral values into their lives. On day one, four lectures were delivered, Prof. Vijay Kumar, Assistant Professor of Sociology, Prof. Pallavi of Political science, Prof. Satish Khajuria of Public Administration. On day two, four lectures will be delivered by the eminent Professors, Dr. Naresh Sharma of Physics, Dr. Poonam Sambyal of Zoology, Dr. Rajni Khajuria of Chemistry and Dr. Ajay Sanotra of Geography. Other staff members of the college also graced the occasion. Large no. of students participated in the Two-Day Lecture Series. The proceedings of the programme were conducted by Prof. Pallavi, Department of Political Science.



7. Organization of One Day Lecture on Guidance & Career Counselling in Banking Sector by Institute of Professional Banking: 29.07.2022

Career Counselling and Placement Cell, GDCW, Kathua organized a lecture on “Guidance and Career Counselling in Banking Sector” for young aspirants in offline mode. Ms. Amandeep Kour, Area Head, Institute of Professional Banking (IPB) was the resource person for the talk. She discussed the procedure of getting into the banking services after the completion of graduation.



8. A One Day Lecture on MBA/Business Education & its Career prospects in the Contemporary era of changing market dynamic: 02.08.2022

Career Counselling and Placement cell with collaboration with IQAC, GDCW, Kathua, organized a lecture on ‘MBA/Business Education and its Career Prospects in the Contemporary Era of Changing Prospects in the contemporary Era of Changing Market Dynamic’ for young aspirants in offline mode. Dr. Mahesh Koul from the Management School, Kathua campus (University of Jammu), was the resource person for the talk.



9. Awareness Lecture about the skill development Programme: 09-11-2022

Institution Innovative Cell of Government Degree College for Women, Kathua in collaboration with IQAC organized a One Day Awareness lecture about the Skill Development Programme in Horticulture under “My College My Pride” for college students. Dr. Anju Bala, HDO from Horticulture Department, Kathua was the resource person. The resource person Dr. Anju Bala delivered lecture on various techniques on the cultivation of Orchards (from seed to seed lings), motivated students to use traditional methods of manuring and culturing, use of organic farming and how to generate resources/income through these traditional methods.



10. One Day Awareness Cum Technical Session about the Cultivation of White button Mushroom on Small to Medium Scale: 02.12. 2022

Career Counselling and Placement Cell in collaboration with IQAC, Government Degree College for Women, Kathua organized a One Day “Awareness Cum Technical Session about the Cultivation of White button Mushroom on Small to Medium Scale” under “My Town My Pride” for college students. Mr. Vinay Gupta and Rajneesh Singh from Agriculture Production & Farmers Welfare Department, Kathua were the resource persons for talk. The resource person Mr. Rajneesh Singh discussed about the importance of mushroom cultivation in present scenario. He briefed about how to

cultivate mushroom, the materials required for cultivation and the resources provided by Government of India to opt this as a profession. Mr. Vinay Gupta, the resource person imparted training on entrepreneurship development in mushroom cultivation. He discussed about how mushroom cultivation production can play an important role in enhancing the farmers income.



11. One Day Lecture on Vocational Courses: 15.12. 2022

Career Counselling and Placement Cell in collaboration with IQAC, Government Degree College for Women, Kathua organized a one- day lecture on the topic “Vocational Courses in ITI” under ‘My College My Pride’ on 15th December, 2022 under the valuable guidance of Dr. Sangita Nagari, the principal of the college. Mr. Rahul Gupta, vocational Instructor of ITI Kathua was the resource person of the programme. The resource person emphasized on different courses offered by ITI Kathua like Computer Operation, Stenography, Health & sanitary Inspector, Cosmetology, Dress making, sewing technology, traditional phulkari arts, Basholi painting etc. These skill-based courses offer great career opportunities to the students. The programme began with the welcome address of Ms. Romika Bassin, Convener of Career Counselling and placement Cell who outlined the purpose of the programme. About 250 students attended the lecture. During the interactive session, the students actively participated and a lot of queries were raised by the students.



12. One Day Awareness lecture about “Eat Healthy, Stay Healthy” under “My College My Pride”: 12.12.2022

The Department of Food Science & Quality Control and Science Club of Government Degree College for Women, Kathua organized a One Day Awareness lecture about “Eat Healthy Stay Healthy” under the theme “My College My Pride” for college students on 12th Dec, 2022. Prof. Ashwani Khajuria, HOD Department of Food Science & Quality Control was the resource person. Esteemed Principal of the college, Dr Sangita Nagari was the chief guest on the occasion. Speaking on the occasion, she stressed upon the need to be aware of the healthy eating and healthy food practices. The resource person Prof Ashwani Khajuria delivered a lecture on the importance of selecting processed food. He explained the meaning of various technical terms and words being used on the labels of packaged food products being sold in the market. A total of around 150 students attended the lecture.



13. Book exhibition and free books distribution programme: 14.12.2022

The Department of Political science and Economics, Government Degree College for Women, Kathua organized Book exhibition and book donation activity which includes books of different subjects. Further activity included information about the interesting facts about Money and Fundamental duties under the aegis of “My college my pride” on 14th dec 2022. The programme started with an interactive session of Dr. Sangita Nagari, Worthy Principal of the college, she interacted with the students who participated in the programme and provided information about the interesting facts of money, demonetization, plastic money, UPI and an awareness regarding Fundamental duties. The event was hosted by Ms. Pallavi (HOD, Department of political science) and Dr. Anupam Manuhar (HOD, Department of Economics).



14. Quiz Competition on “Gender Sensitisation”: 23.12. 2022

A Quiz Competition was organized by Department of Sociology, Government Degree College for Women, Kathua on 23rd December, 2022 under the aegis of “Azadi ka Amrit Mahotsava”. This Competition was organized to sensitize students to issues related to gender and equality among all sexes and provides them with the tools and skills to develop and integrate a gendered perspective in work and life. The whole programme was organized under the ablest guidance of Dr. Sangita Nagari, the principal of the college. In the competition, there were four teams, Team A, Team B, Team C and Team D. First position was clinched by Team A namely, Riya, Naina & Shivani. Second position was secured by Team C, namely, Kashish, Prakriti & Reety. Third Position was shared by Team D namely Palvi, Riyanka & Kashish. The Quiz was organized by Prof. Vijay Kumar, HOD, Department of Sociology. Ms. Ambika Rajput, Dr. Anupam Manuhaar, Prof. Pallavi, Dr. Vaishno Devi, Mr. Satish Khajuria, Dr. Deepti Salotra, Dr. Usha Kiran and Ms. Radhika also actively participated in this competition. Prizes were also distributed among the winners.



***15. “Domestic Violence” in collaboration with SAKHI - One Stop Centre, Kathua:
31st of December, 2022***

GDC Women, Kathua organized an Awareness Programme on 31-12-2022 regarding “Domestic Violence” in collaboration with SAKHI– One Stop Centre, Kathua. The programme was organized by Dr. Deepti Salotra, Assistant Professor in Home Science under the patronage of Dr. Sangita Nagari, worthy Principal of the college. During the event, Kumari Anjisha, Central Administrator in SAKHI - One Stop Centre, Kathua, aware the students that Ministry of Women and Child Development (MWCD), Govt. of India has formulated centrally sponsored One Stop Centre scheme, popularly known as SAKHI scheme for setting up one stop centre to provide support and police assistance, legal aid and counseling to women affected by any kind of violence, both in private and public places. She further said that emergency response and medical assistance are being provided free of cost to women and girls who are the victims of the violence. She also inspired the students that girls should come forward in case of any violence or forced issues and know their legal rights too. Pamphlets depicting the scheme details were also distributed among the participants.

