



**OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE FOR WOMEN
KATHUA-184101**

(NAAC Accredited B+ Grade)

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Press Release

Raising Awareness: Lecture on Sexual Harassment and Psychological Stress Organized by CASH

The Committee Against Sexual Harassment (CASH) organized an insightful lecture on "Sexual Harassment and Psychological Stress" to raise awareness among students and faculty. The session aimed to educate participants on recognizing harassment, understanding its psychological impact, and knowing their legal rights under the Sexual Harassment of Women at Workplace Act, 2013.

Dr. Rachna, the keynote speaker, explained how harassment can lead to severe mental health issues like stress, anxiety, and depression, disrupting academic performance and personal well-being. She stressed the importance of speaking up, seeking emotional and legal support, and utilizing resources like counseling services and grievance redressal bodies such as CASH.

The lecture also emphasized preventive strategies, including gender sensitization programs, bystander intervention, and strict enforcement of anti-harassment policies. The session concluded with an open Q&A, encouraging students and faculty to actively contribute to fostering a safer, more respectful campus environment.

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cipal, Sonika Manojan, who extended her heartfelt greetings to all guests, students, and parents. The ceremony featured vibrant cultural performances by students from Nanhe Kadam, Pyare Kadam, and Badhte Kadam, show-

ous support in shaping the future of young learners. The ceremony marked an important milestone in the academic journey of the students, inspiring them to move forward with confidence and determination.

GDCW Kathua organizes Lecture on Sexual Harassment and Psychological Stress



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REFUGEE MESSAGE BUREAU
JAMMU, MAR 15

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सीएसएच द्वारा कटुआ के जीडीसीडब्ल्यू में यौन उत्पीड़न और मनोवैज्ञानिक तनाव पर व्याख्यान आयोजित किया

सवेरा न्यूज/कुलदीप शर्मा कटुआ, 15 मार्च : कमेटी अगेस्ट सेक्सुअल हैरसमेंट (सीएसएच) ने गवर्नमेंट डिग्री कॉलेज फॉर विमेन (जीडीसीडब्ल्यू), कटुआ में यौन उत्पीड़न और मनोवैज्ञानिक तनाव पर एक ज्ञानवर्धक व्याख्यान आयोजित किया, जिसका उद्देश्य छात्राओं और शिक्षकों के बीच जागरूकता बढ़ाना था। इस सत्र का उद्देश्य प्रतिभागियों को उत्पीड़न को पहचानने, इसके मनोवैज्ञानिक प्रभाव को समझने और कार्यस्थल पर महिलाओं के यौन उत्पीड़न अधिनियम, 2013 के तहत उनके कानूनी अधिकारों को जानने के बारे में शिक्षित करना था। कार्यक्रम की मुख्य वक्ता डॉ. रचना ने बताया कि कैसे उत्पीड़न तनाव, चिंता और अवसाद जैसी गंभीर मानसिक स्वास्थ्य समस्याओं को जन्म दे सकता है, जिससे शैक्षणिक प्रदर्शन और व्यक्तिगत स्वास्थ्य में बाधा उत्पन्न हो सकती है। उन्होंने बोलने, भावनात्मक और कानूनी सहायता प्राप्त करने और परामर्श सेवाओं और सीएसएच जैसी शिकायत निवारण निकायों जैसे संसाधनों का उपयोग करने के महत्व पर जोर दिया।



कार्यक्रम में उपस्थित छात्राओं को संबोधित करती मुख्य वक्ता डॉ. रचना। अर्जुन शर्मा

Lecture held on 'Sexual Harassment and Psychological Stress'

NL CORRESPONDENT

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