



GOVERNMENT COLLEGE THEOG
District SHIMLA-171201
HIMACHAL PRADESH
Affiliated to Himachal Pradesh University
Shimla-6
Gender Equity
7.1.1 Measures initiated by the Institution
for the promotion of gender equity during
the year.

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Gender Equity Initiatives

The Women Cell of the college organized a series of activities to promote gender equity. First, to celebrate **World Breastfeeding Week** (August 1-7, 2023), a talk by **Dr. Isha Chauhan**, Gynaecologist at Civil Hospital, Theog, highlighted the importance of breastfeeding, health, and hygiene for girls. This was followed by a session with **Ms. Rita Thakur**, Counsellor at Nayi Disha Kendra, who discussed students' rights, consent, and gender equality while addressing emotional and psychological challenges like stress and peer pressure. Next, a talk on **Gender Sensitization** was delivered by **Dr. Anuja Sharma**, Retd. Associate Professor of English, focusing on workplace inclusivity and gender roles, accompanied by a short film screening. Lastly, **International Women's Day** was celebrated on March 8, 2023, recognizing women's achievements, and promoting gender equality.

S.No	Name of Event	Resource Person	Number of Students benefitted
1	World Breast Feeding Week' Celebration	Dr. Isha Chauhan	120
2	Counselling for Adolescent Health	Ms Rita Thakur	120
3	Talk on Gender Sensitization	Dr Anuja Sharma	100
4	Movie on Gender Bias	Movie	100
5	International Women's Day	Students of the College	150
Total			590

Link to the Reports: <https://gctheog.edu.in/misc/womencell/>



Over 20% of the students actively participated in these activities.



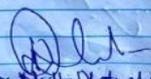
Theog, HP, India
 College Road, Theog, Theog, 171201, HP, India
 Lat 31.120710, Long 77.356053
 08/05/2023 01:33 PM GMT+05:30
 Note: Captured by GPS Map Camera

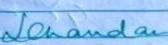
08.08.2023

A gender sensitization programme was organized by the Women Cell of the college on 8th August, 2023. The resource person for the programme was Mrs Anuja Rathore Sharma, Retired Associate Professor, St. Bede's College Shimla. The resource person gave a very informative and enlightening speech on gender sensitization and highlighted the strategies and initiatives that can be adopted to create an inclusive environment. She emphasized about the roles, rights and responsibilities of different genders. She stated that promoting gender equality in colleges helps the students to break down traditional gender roles and expectations, fostering an environment where individuals are treated equally regardless of their gender identity. She appealed the audience that it is crucial to encourage dialogue, promote empathy, and create safe spaces to ensure that gender sensitization becomes an integral part of the college.

In the end vote of thanks was proposed by Dr Sandhya Sharma (Convener, Women Cell). She thanked the resource person for an eye opening presentation on gender sensitization and worthy Principal Ma'am Dr Lalita Chandel for being the prime motivator in organizing such activities in the college.

Sandhya
 Dr Sandhya Sharma
 (Convener, Women Cell)


 Dr Lalita Chandel
 (Member, Women Cell)


 Principal
 Govt. Degree College,
 Theog, Distt. Shimla (HP)

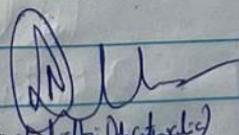


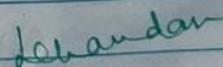
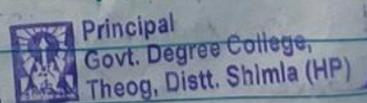
05.08.2023

In celebration of the World Breast Feeding Week, from 1st August to 7th August Women cell of the college hosted an event on 5th August 2023 for girls from all the streams. Dr Isha Chauhan, a gynaecologist from Civil Hospital Theog, and Ms Rita Thakur, a counsellor for adolescent health at Mayi Disha Kendra (MNDK), a civil counsellor in Theog, served as resource persons for the occasion. In her remarks to the girl students, Dr Isha Chauhan emphasized the value of breastfeeding as she recognized that girls will be future mothers. She elaborated the theme of World Breast Feeding Week set by the World Alliance for Breast Feeding Action (WABA) for this year "Let's make breastfeeding and work, work!" She emphasized that policymakers and colleagues must take the necessary measures so as to support working mothers who are breast feeding their infants. She not only talked about breast feeding but also addressed students on personal hygiene. The session covered the crucial facets of personal hygiene, including routines for maintaining hand cleanliness, oral hygiene and body hygiene especially during menstruation. She also enlightened the students about PCOD, UTIs, and many other prevalent gynaecological issues faced by women nowadays.

Towards the end, vote of thanks was proposed by Dr Sandhya Sharma (Convener, Women Cell). She thanked the resource persons and worthy Principal Ma'am Dr Lalita Chondar for being the constant source of inspiration.

Sandhya
Dr Sandhya Sharma
(Convener, Women Cell)


Dr Malini Dhakral
(Member, Women Cell)



Principal
Govt. Degree College,
Theog, Distt. Shimla (HP)

Women's Anti-Sexual Harassment Committee: The committee, constituted as per norms, includes a woman faculty member as the presiding officer, two teaching staff, two non-teaching staff, and half of the members are women.

WOMEN CELL



Utkrishi Mahavidyalaya
GOVT. DEGREE COLLEGE, THEOG
DISTT. SHIMLA (H.P.)

Name & Designation	Post Held	Contact No.
Dr. Sandhya Sharma	Convener	9816967019
Dr. Nidhi Dhatwalia	Member	9418725263
Prof. Yogesh Sood	Member	9805460225
Prof. Yesh Desh	Member	8627088877
Dr. Kalpana Sharma	Member	7018725710
Dr. Saroj Devi Negi	Member	9816227678
Sh. Naresh Sharma	Member	9625173401
Prof. Anamika Ramchaik	Member	8629005079
Prof. Chetna Negi	Member	7807376758
Ms. Jyoti Sharma	Member	9459212818
Ms. Radha Devi	Member	8219227446

Grievances Redressal as per timeline:

The college ensures timely grievance redressal through its Internal Complaints Committee (ICC) and other relevant committees.

Link: <https://gctheog.edu.in/about/internalcomplaintcommittee/>

<https://gctheog.edu.in/misc/womencell/>