



NURTURE



Newsletter of the Smt. Shanti Gupta Centre for Women Studies- Approved by the UGC

CERTIFICATE COURSE ON "WOMEN AND TECHNOLOGY"

While women have gained greater access to education at all levels, they have not yet reached parity with men in fields of science and technology. This was the gist of a 15 days UGC sponsored course on the topic "Women and Technology" organised from 21st January to 4th February, 2013. The course enabled the students to understand the factors and circumstances due to which women are not able to excel and participate in the field of science and technology and what can be done to improve the situation. About 60 students attended the course.

The course was divided into five modules 1) Introduction to Women's Role in Technology 2) Gender Differences (Participation and Usage of Technology) 3) Gender Issues - Problems of Women at IT Workplace 4) Mainstreaming Women in Science and Technology and 5) IT and Women.

Dr Madhu Gupta, Former Director, Centre for Women Studies, GGM Science College, was the resource person for the first two modules. She described that women in the 16th, 17th



and 19th century were associated with the field of science and invention despite odd conditions of that time and how they excelled in these fields.

Prof. Indu Gandotra, Assistant Professor, Model Institute of Engineering and Technology, while taking up third and fourth modules, explained how "Machismo" attached with long working hours in the technology sector deters women's career advancement. She also explained a term "Ghettoization" which is

a case in which women and men in the same occupation hold different titles, ranks and pay structures. Such factors act as barriers to the career development of women. She suggested ways to mainstream women in the technology sector by modifying the occupational culture which would enable utilization of women as important economic and technical resources.



Dr. Pragaya Khanna, Professor, Government College for Women, Parade took up the fifth module. She stressed that women aspirants must develop in themselves certain skills namely, skills of data analysis, presentation, communication and business skills.

The students were also made familiar with certain measures which are required to motivate women such as increase in capacity, increase in education and also increase in schemes floated by the government. Dr. Naheed Soz, Managing Director Women Development Corporation, Jammu and Kashmir awarded certificates to the participants on the completion of the course.

ORIENTATION PROGRAMME

Importance of Time Management for Women

Effective Time Management is considered important for success in both personal and professional lives. An orientation programme on "Importance of Time Management for Women" was organized on 14th January, 2013 for all faculty members of the college. Ms Jasleen Mohial, Coordinator, Model Academy - The Prestigious School of MIER was the resource person.

Her presentation started with self assessment analysis on time management in which participants were asked to fill a questionnaire and then rate themselves on the scale of 1-10. She beautifully applied the skill of story telling, through which time management skills such as cohesiveness, negotiation, creating opportunities, clarity etc. were discussed. She explained the difference between being efficient and effective and how both these techniques should be aimed at getting maximum productivity. Time Management measures such as preparation of - To Do List, Goal Setting, Proactiveness, Prioritization etc. were also explained.

Certain time wasters such as telephone calls, visitors, meetings, lack of communication, unorganised desk, etc. were also highlighted. She stressed upon the need

to do SWOT analysis. The participants were asked to analyze their strengths and weaknesses and learn the importance to say no to any unwanted task or event. She also advised them to do the difficult tasks first and then aim for trivial things and avoid wasting time on petty issues. There was an active involvement of the participants who also gave their views. Everyone appreciated the efforts of the centre in organizing such a programme.



FROM DIRECTOR'S DESK



It is indeed a matter of great satisfaction that the present issue of "Nurture" is being published to give an overview of the multifarious activities carried out by the centre. I must congratulate the entire team for working hard with selfless service and commitment towards the cause of women. We have been able to successfully launch a course on women and technology for the students of the college.

Under XII plan guidelines the centre is committed to carry on activities related to teaching, training, advocacy and research and contribute our maximum efforts towards capacity building and empowerment of young women which happen to be a laudable goals in all developing societies

We wish to rededicate ourselves towards the development of women folk through different programmes which the centre plans to take up during the next year by devising innovative techniques and initiating interdisciplinary research.

Dr. Renu Gupta

"A woman is the full circle; within her is the power to create, nurture and transform"

Diane Mariechild



EXTENSION LECTURES

Women and Social Taboos



An extension lecture was organized on 19th September, 2012 on the topic "Women and Social Taboos". The resource person for the lecture was Dr Abha Chuhan HOD, Department of Sociology, University of Jammu. Dr. Chuhan observed that there are many socio-cultural taboos being practiced against women right from their birth to death. She said that women are a marginalized section of society and taboos can go to extremes. Many a time these prove physically, mentally and emotionally taxing for women.



Some of the taboos are also formed due to biological differences among men and women. She said that economic empowerment of women would eventually help in minimizing some of these social taboos. She further said that empowerment alone will give courage to women to break free from the chains of limiting beliefs, patterns and societal or religious conditions that have traditionally kept women suppressed and unable to realize their true potential. The session was followed by discussion during which the participants put forth their queries.

Woman as a Working Parent



The centre organized an extension lecture on the topic "Woman as a Working Parent" on 17th November, 2012. The resource person for the lecture was Mrs. Sarita Chauhan Rana (IAS), Vice Chairperson, Jammu Development Authority. In her lecture she observed that women have become more active, independent and are balancing their lives remarkably as successful working women and as caring parents. She further said working women are more confident, have a higher sense of self esteem, a greater sense of personal competence and autonomy.



She illustrated certain portions from the constitution which focus on the rights of women, her beliefs, her right to justice, personal and social advantages. Disadvantages of being a working woman parent were also discussed. She stressed that every woman must focus on herself. If she does justice to herself she can do justice towards others. She cautioned participants that even though a woman is expected to do multitasking, she must not think that she is a super woman. At the end of the session queries of the participants were answered by the resource person.

SHARING OF EXPERIENCES

Sharing of Experiences with women achievers happens to be a regular feature of the SSGCWS. Dr. Naheed Soz, Managing Director, Jammu and Kashmir Women Development Corporation (JKWDC) visited the college to share her experiences with the students and members of staff. Dr. Soz observed that she has excelled in her life only because of her parents who

never discriminated between her and her brothers. She was always treated equally and was provided all possible opportunities by her parents. She emphasized that though a lot may be talked about women empowerment yet much needs to be done in this area. According to her women have been caught in the vicious cycle of marriage, family and pregnancy due to which women have always forgone their ambitions in life. She highlighted four indicators of poor status of women a) Declining sex-ratio b) Bias against girl child c) Female foeticide d) Over work, malnutrition and repeated pregnancies. Certain measures were suggested by her through which women empowerment can be achieved. These included Micro Financing-Entrepreneurship Development, Special Package for Promotion of Girl Child, Rural Health Mission, Incentives for Women etc. An interactive session followed after the lecture. Her message to the young teacher trainees' was that every woman must take a stand for herself and try to be victorious against odds.



CELEBRATION OF DAYS

To mark Women's Equality Day, a symposium on "Women's Equality – Myth or Reality" was organized in the college on 26th August, 2012. The participants discussed the hurdles which women face in society and what has been done at the constitutional and legal levels to improve the situation. They also highlighted the role of women as entrepreneurs and politicians. Participants generally agreed that there is a need to change the attitude of women about themselves and that no one should be denied equal opportunities. The faculty and students expressed concern about the unequal status of women in society in spite of many schemes to mitigate the different types of barriers and discriminations against them.



Women's Equality Day



Independence Day

Independence Day was celebrated on 17th Aug, 2012 by organising a patriotic song festival in collaboration with



Viraj Kala Kendra, an NGO. The focus of the programme was to remember and commemorate the sacrifices made by women during the freedom movement. The songs aroused patriotic feelings and were highly appreciated by the audience. Teachers from various schools participated in the programme along with a group of housewives.

Mothers' Day



Maintaining its tradition of developing cultural ethos amongst students, SSGCWS in collaboration with Model Academy - The Prestigious School of MIER organized a function to mark 'Mother's Day' at its campus. Prof. Arti Bakshi Head, Dept. of Psychology, University of Jammu was the Chief Guest on this occasion. Dr. Renu Gupta Director MIER was the guest of honour.



Dr. Arti Bakshi spoke on 'Parenting' which was followed by an interactive session with mothers. Dr. Renu Gupta in her address appreciated the role of a mother in shaping child's personality. The choir group of the school paid tributes to mothers by singing a song highlighting the importance of mothers. This was followed by a documentary on "mothers". The mothers were presented with gifts after the function.

Human Rights Day



International Women's Day



To celebrate Human Rights Day on 10th December, 2012, a lecture cum demonstration of self defense techniques was organized for the members of staff and students of the college. The resource persons for the occasion were Dy.SP Ms. Albina Mallik (Mahilla Battalion), Dy. SP Javed Ahmed and Inspector Kuldeep Handoo, a national level instructor.



Dy. SP Albina Mallik addressed the audience and said that it is the need of the hour to train women folk in self defense. She threw light on the concept, categorization, types and constitutional aspects of self defense. It was followed by a live demonstration of self defense techniques by the team of Mahilla Battalion comprising eighteen members of the Jammu police force. Dr. Renu Gupta complimented the team members and expressed her gratitude to the police officers for organising such a pertinent programme for women.

International Women's Day was celebrated by organising an inter college symposium on the theme "Role of Women in the Present Society" in collaboration with Dainik Jagran, a leading Hindi newspaper. Students from various colleges of education in Jammu participated in the symposium. Dr. Madhu Khullar, Director Health Services, Jammu was the Chief Guest on the occasion. Mrs. Reena Shahi, Content Developer and Soft Skills Trainer from Chandigarh, Dr. Surinder Kaur, Controller of Examination, MIER and Dr. Arti Durrani, Asstt. Prof, Gandhi Memorial College of Education were the distinguished judges. Dr. Khullar exhorted women to help themselves by developing skills, upgrading knowledge and becoming contributing members of the society. Speaking on the topic, Dr. Renu Gupta said that women are playing commendable roles both at personal as well as at professional levels. Himani Jalotra and Sujata from MIER College of Education were adjudged first and second respectively whereas Neha Bhatti from JK College of Education bagged third position. Certificates were distributed among the winners by chief guest.



ADOLESCENT EDUCATION PROGRAMME



The SSGCWS organised an Adolescent Education Programme in two phases for the students of Model Academy - The Prestigious School of MIER. The Adolescent Education Programme is an important initiative that aims to empower young people with accurate, age appropriate and culturally relevant information. This programme was organized to generate awareness among the adolescents about various challenges faced by them and how they can prepare themselves to face the complexities of life with more confidence and maturity.

The programme was divided into six modules namely Introduction to Adolescence; Stages of Adolescence; Training in Assertiveness; Chance at Buying Happiness; Life Skills and Decision Making; Adolescent Health; Stress and its Impact. The resource persons for the different modules were Dr. Surinder Kour, Ms. Monika Marwaha, Ms Jasleen Mohial, Ms. Manisha Sharma, Ms. Auditi Malhotra, Ms, Manju Wali and Ms. Monika Rathore. The students keenly participated in the sessions and posed pertinent queries which were satisfied by the resource persons.

WALL MAGAZINE

The Wall magazine is a regular and significant feature of the centre. The purpose is to highlight the news clippings and achievements of women which otherwise go unnoticed by the student community. Ten issues of wall magazine were displayed during the current session such as "Human Rights and Women", "Social Taboos", "Disability", "Crime against women" etc. to sensitise young teacher trainees.



Different issues of the Wall Magazine being released by dignitaries

COMMUNITY SERVICE

Students of the college organized a charity drive for the inmates of Old Age Home Amphalla, Jammu on 4th March, 2013. It was organized with the purpose of inculcating social ethics and respect for the elders among youngsters. They contributed generously in the charity drive with several items for the use of people in old age home, especially the women inmates.



The students visited the old age home along with Mrs Monika Rathore, Coordinator SSGCWS and handed over the items to the concerned officials. They also interacted with the inmates. The inmates were happy about the visit and the consideration shown towards them. Students expressed their thoughts by saying that such events help them to realize their duties towards the community and give them personal satisfaction.

PARTICIPATION IN CONFERENCES / SEMINARS / WORKSHOPS



Mrs. Poonam Soni, Sr. Lecturer, MIER College presented a paper on the topic "Status of Women in Rural and Urban India" held at JK College of Education, Jammu on 8th March 2013.

Mrs. Monika Rathore attended and presented papers in the following conferences and seminars:

Attended a one day workshop on the topic "Sexual Harassment at Workplace" held at the University of Jammu on 26th August 2012.

Presented a paper on the topic "Progressive Women- Apprehensions of the Society" at a State level conference held at JK College of Education Jammu on 8th March 2013.

Presented a paper on the topic "Violations of Human Rights Against Women" in a UGC sponsored seminar on "Human Rights and Moral Values in Higher Education" held on 22nd - 23rd March at MIER College of Education.

Attended a two day workshop at Govt. College of Parade, Jammu on "Convention on Elimination of Discrimination Against Women" (CEDAW) on 25th and 26th March 2013.



Dr. Renu Gupta and Mrs. Monika Rathore jointly submitted a paper on the topic "Women Peace and Security a Theoretical Perspective" at the International Conference held from 26th to 27th, October, 2012 at Punjabi University Patiala.



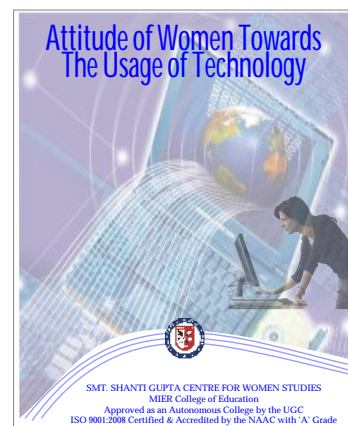
COUNSELLING SERVICES

The Centre, in collaboration with the Guidance and Counseling Committee of the college and the school counsellors provides guidance and support to the students of the college and school. The students who require counselling on priority are given suggestions for improvement. A systematic programme has been developed by the centre to counsel young women through individual and group counselling sessions.



The aim is to help students deal with academic stress as well as other personal problems such as anxiety, depression, interpersonal relations, peer problems etc. and retain them in their courses of studies. These sessions help to boost their morale and help them adjust to the demands of their immediate environment. For the purpose of academic counseling, orientation programmes on the topic "Effective study habits, and career focus with respect to higher education" were organized by experts. On Issues relating to personal problems, several sessions were held for girl students in which students were encouraged to come out with their problems and share the same with counsellor.

PROPOSED RESEARCH STUDY



A research study entitled "Attitudes of Women Teachers Towards the Usage of Technology" is currently under way. The study shall be based on 300 female teachers of the colleges of Education in the Jammu region to assess the attitudes of women teachers towards technology in general and its usage in teaching learning situations in particular.



*"To call woman the weaker sex is a libel; it is man's injustice to woman.
If by strength is meant brute strength, then, indeed, is woman less brute than man.
If by strength is meant moral power, then woman is immeasurably man's superior"*

M.K.Gandhi

MEETING OF THE STANDING COMMITTEE



A meeting of the standing committee of SSGCWS was organized on 28th March, 2013.



The agenda of the meeting was to discuss and suggest activities for the implementation of annual calendar for the session 2013-2014. The objectives of the centre were also discussed in order to include activities in accordance with it. All members of the standing committee attended the meeting and gave their valuable suggestions.

FAMOUS INDIAN WOMEN WRITERS

Indian women writers have garnered critical praise for their scintillating literary prowess and making social issues a key part of their work. Indian women authors writing in English have earned international renown.

ARUNDHATI ROY made headlines around the world when she became the first Indian woman to win a Man Booker prize for her debut novel, 'The God of Small Things' (1997). In the decade following that momentous achievement, Roy has become an ardent advocate of social and economic justice for the country's oppressed minorities. She was awarded the Sahitya Akademi Award for her collection of essays on contemporary issues 'The Algebra of Infinite Justice' in 2006.



One of India's most prolific novelists, **ANITA DESAI** is a veteran in the writing field. She has been short listed three times for the Booker Prize. For her idyllic prose novel 'The Village by the Sea,' Desai won the Guardian Children's Fiction Prize in 1983. She was honored with a Sahitya Akademi Award for her novel 'Fire on the Mountain' in 1978. Along with being a novelist, Desai is also the Emeritus John E. Burchard Professor of Humanities at the Institute of Technology at Massachusetts.



One of the well known writers in India, **SHASHI DESHPANDE** has written books for both children and adults, for over thirty years now. She has penned nine novels, a number of short stories, children's books and several discerning essays. Her novel, 'That Long Silence,' won the Sahitya Akademi Award in 1990. Trained as a journalist, Deshpande's work focuses on the reality and truth of the lives of Indian women. She received the Padma Sri award in 2009.



The Indian author, **KIRAN DESAI** is one of the most celebrated authors in the country, since her novel 'The Inheritance of Loss' won the 2006 Man Booker Prize. The novel was also awarded the National Book Critics Circle Fiction Award. Her first book 'Hullabaloo in the Guava Orchard,' a novel, published in 1998 has received rave reviews and won the Betty Trask Award, a prize awarded by the Society of Authors for new novels by citizens under the age of 35 of the Commonwealth Nations.



"If you want something said, ask a man; if you want something done, ask a woman"

Margaret Thatcher

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