



Smt. Shanti Gupta Centre For Women's Studies
Annual Calendar (2023-24)

S. No.	MONTH	ACTIVITY	OUTCOME
1.	22 nd May, 2023	<ul style="list-style-type: none">• Sensitization program for girl students<ul style="list-style-type: none">❖ Theme: Menstrual Health and HygieneResource Persons: Dr. Shivika Gupta, Gynaecologist Dr. Palki Sharma, Dermatologist Mrs. Kanupriya Garg, Nutritionals and Yoga Instructor	Sensitized students towards menstrual health
2.	31 st July, 2023	<ul style="list-style-type: none">• Health Talk<ul style="list-style-type: none">❖ Theme: Osteoporosis: Causes and remedial measuresResource person: Dr. Kanav Padha, Consultant orthopaedics, trauma and joint replacement surgeon, Govt. hospital Gandhi Nagar, Jammu.	Awareness of college students about osteoporosis
3.	1-2 nd August, 2023	<ul style="list-style-type: none">• Adolescence Education Program in collaboration with Model Academy (classes 9-12)	Awareness regarding life skills and interventions for stress and anxiety
	22 nd August, 2023	<ul style="list-style-type: none">• Women Equality Day<ul style="list-style-type: none">❖ Workshop: Essentials skills for women entrepreneurs (focus of G-20 and SDG 5)Resource person: FICCI FLO JKL	Empowerment and development of entrepreneurial skills
	29 th August, 2023	<ul style="list-style-type: none">• Facilitation cum investiture ceremony of new gender champions• Gender Champions Awards	Empowered students in leadership roles Recognition and honour for Gender Champions
4.	11 th September, 2023	<ul style="list-style-type: none">• Training cum orientation program for Gender Champions Club activities<ul style="list-style-type: none">❖ Organization club's activities❖ Distribution of duties	Awareness regarding their roles and responsibilities in the Gender Club
	28 th September,	<ul style="list-style-type: none">• Virtual student exchange program	Gaining awareness and

	2023	<ul style="list-style-type: none"> ❖ Deeper understanding of challenges faced by women worldwide ❖ Strategies to empower women for sustainable development 	experiences through interaction with students of the exchange educational institution
5.	31 st October, 2023	<ul style="list-style-type: none"> • Webinar series with MoU colleges and other CWS on best practices 	Applying best practices for improving CWS at MIER
6.	23 rd November, 2023	<ul style="list-style-type: none"> • Panel Discussion <ul style="list-style-type: none"> ❖ Topic “Legal Awareness Among Women” Resource Persons: Prof. Sunita Zalpuri, Head School of Law, MIET (Two other resource persons) 	Awareness of staff and female students about their legal rights.
7.	27 th December, 2023	<ul style="list-style-type: none"> • Josh Talk by Eminent Women <ul style="list-style-type: none"> ❖ Theme: Women Empowerment Resource person: Hailey Desai, Founder, Women Empowerment Forum- “I am remarkable” 	Empowered and motivated female students would initiate sustainable development
8.	16 th January, 2024	<ul style="list-style-type: none"> • Collaborative International Research Project <ul style="list-style-type: none"> ❖ Theme: Women and Well-being (SDG 3 and G-20): Ensure healthy lives and promote well-being for all at all ages) 	Publication of research report and dissemination of findings
	23 rd January, 2024	<ul style="list-style-type: none"> • Conducting Internal Gender Audit 	Report of Audit and sharing of findings
9.	20 th February 2024	<ul style="list-style-type: none"> • Visit to Nimbark Organic Foods 	Awareness about running a business promoting women entrepreneurship
10.	8 th March, 2024	<ul style="list-style-type: none"> • International Women’s Day Celebrations <ul style="list-style-type: none"> ❖ One-day Self Defence Camp Resource person: Smt. Rashmi Wazir, SSP, Commandant Women Battalion, Jammu. • Shrimati Shanti Gupta Women Achievement Award to Eminent Women 	Development of self-defence techniques among female students of the college. Facilitation and recognition of women achiever for their contribution in society
11.	17 th April, 2024	<ul style="list-style-type: none"> • Sharing of Experiences <ul style="list-style-type: none"> ❖ Resource person: Aarti Mahajan Dhingra, Founder of Shape n Smile, Jammu-based entrepreneur 	Motivated and engaged students.
12.	13 th May, 2024	<ul style="list-style-type: none"> • Mother’s Day celebrations <ul style="list-style-type: none"> ❖ Symposium competition ❖ Theme: Redefining motherhood for the 21st Century 	Appreciation for the changing role of a mother.

Any other:

- Selection of Gender Champions for the session 2023-24
- Booklet on healthy practices of the centre
- Video of the Josh talk
- Developing a certificate course
- On-going research project & Editing of book
- Developing the framework for Gender Audit
- Consultancy by the centre
- Preparing of video on the CWS activities right from the inception
- Book on Women Empowerment
- Quarterly Review Meetings to be organized
- Advisory Committee Meeting (Annual)

Randor

Convener
SSGCWS

R. Gupta

Director
SSGCWS

