

NURTURE



A NEWSLETTER OF THE SMT. SHANTI GUPTA CENTRE FOR WOMEN STUDIES

UGC Sponsored Residential Workshop on Capacity Building of Women Managers in Higher Education

Smt. Shanti Gupta Centre for Women Studies organized a five day UGC sponsored residential workshop on "Capacity Building of Women Managers in Higher Education" from 22nd to 26th November, 2010.

Dr. Pam Rajput Member, National Consultative Committee, North West Region was the Core Group Resource Person for the workshop while Prof. Jaya Indiresan represented UGC as Member, National Consultative Committee; South West Region. Dr. Poonam Dhawan, Director Centre for Women Studies, University of Jammu and Regional Coordinator (NWR),

Dr. Nilofer Khan, Sub Regional Coordinator, (NWR) were also present during the workshop.



30 participants from various universities and colleges of North West Region comprising of the states of Punjab, Himachal Pradesh and Jammu Kashmir were sensitized and motivated towards women studies perspectives and issues. Sh Sham Lal Sharma, Hon'ble Minister for Health, Horticulture & Floriculture, J&K was the Chief Guest while Dr. Arun K. Gupta, Chairman MIER was the Guest of Honour. In his inaugural address, Sh. Sham Lal lauded the role of the SSGCWS in promoting the cause of women empowerment and hoped for result oriented deliberations of far reaching consequences during the week long participation by the enlightened luminaries.

During the workshop, fifteen technical sessions on different themes were taken up by experts in which five manuals developed by noted women scholars in India were transacted using participatory approach by the experts. The manual on "Women Studies Perspectives" was transacted by Dr. Pushpinder Walia, Principal DAV College for Women, Ferozpur Cantt., while the manual on "Women and Governance" was taken up by Dr. Harsimranpreet Sidhu, Principal, GuruNanak Khalsa College for Women, Guraya, Jalandhar. Dr. Renu Gupta, Director, SSGCWS and Dr. Navleen Kaur, Assistant Professor, Dept. of Community Education and Disability Studies Punjab University apprised the participants about the manual on "Women and Academic Leadership". Dr. Yasmeen Ashai, Director CWS, Govt. College for Women, M.A. Road, Srinagar and Dr. Renu Bhardwaj, Professor, Botanical and Environmental Science, Guru Nanak Dev University, Amritsar threw light on the manuals on "Managing Personal and Professional Roles" and "Women and Research" respectively. Mrs. Rajni Sehgal, SSP Prisons, Central Jail, Jammu and Dr. Meenakshi Kilam, Director, Distance Education, University of Jammu shared their experiences with the participants in the open sessions. Dr. Poonam Dhawan concluded the workshop with the valedictory session and also distributed certificates and group photographs among the participants.

Workshops on Life and Communication Skills



The centre organised a week long workshop on “Developing Life Skills” for different group of students in a phased manner. Wide range of topics were covered in this workshop such as Behavioral Soft Skills, Interpersonal Skills, Management Skills, Ethical Skills, Functional Skills and Psychological Skills. During the workshop, students participated in different activities to acquire and enhance these skills.



An eight day workshop on “Development of Communication Skills” was organized for the students of the college. During the workshop, students were made familiar with the skill of listening, speaking, reading and writing English and the barriers hindering effective communication. Various drills and exercises on effective communication techniques were conducted. Language games were also organised to make the lessons interesting and interactive.

Wall Magazine



Different issues of the Wall Magazine being released by dignitaries.

From the Director's Desk

It is a matter of great satisfaction that Smt. Shanti Gupta Centre for Women Studies after being approved by the University Grants Commission (UGC) in the XI plan in phase-I carried out its multifarious activities as per the UGC guidelines. The IV volume of ‘Nurture’ is in our hands. I would like to place on record my sincerest appreciation for all my colleagues, staff and students without whose active cooperation the centre would not have achieved its avowed goals. I would also like to take this opportunity to thank all the individuals, resource persons, eminent women who participated in different programmes of the centre and enriched us with their varied and wide experiences.

We are looking forward to starting some add on and certificate courses for our women folk from the next session on women and health, women and law, social empowerment of women and women and technology. We are committed to contribute our maximum efforts towards capacity building and empowerment of young women especially during their formative years in schools and colleges.



Dr. Renu Gupta

May'11 / Newsletter

Mother's Day was celebrated with great fervor and gaiety on 8th May, 2010. Around 50 mothers of the students of the Model Academy participated in the function. Mrs. Rupa Gupta, Principal Model Academy, Residency Road extended a warm welcome to the guests.

Miss Fiza Arshad, counselor, SSGCWS gave an informative and lively presentation on "Effective Parenting". She said that Mother is a person who embodies compassion, kindness, benevolence and selfless love. Good parenting requires 4A's- Availability, Appreciation, Affection and Acceptance. She gave many tips on children's eating habits, moral development, healthy habits, study habits and good communication. Mothers also shared their problems and the methods they used in tackling those problems.

A Compatibility test for mothers and their children was administered by Miss Jasleen Mohial which was enjoyed by all the participants. Prizes were also distributed to the winners of this activity. Dr. Renu Gupta in her presidential remarks said that motherhood is a special feeling that comes naturally to a mother. Mothers hold their children's hand for a short while but their hearts forever. She applauded the mothers for the sacrifices and efforts they make for their children. This was followed by a heart touching song and video clipping based on mother child relationship. Dr. Saba Anjum, Project Officer of the centre formally presented vote of thanks. Gifts were also given to the mothers as a token of love and affection.



International Women's Day

A guest lecture on "Equal Access to Education, Training, Science and Technology: Pathway to Decent Work for Women" was organised on 9th March, 2011 to commemorate International Women Day. Dr. Poonam Dhawan, Director, CWS, University of Jammu was the resource person.

Welcoming the distinguished guest, Dr. Renu Gupta highlighted the contributions of Dr. Dhawan in the field of women empowerment and upliftment. She hailed her as one of the role models for the younger generation. While deliberating upon the theme, Dr. Dhawan emphasized that sex based discrimination is still prevalent in the society. Men have better access to medical, educational and technological facilities as compared to women which needs to be eradicated by equipping women with the tool of education. On their part, males should facilitate the progress and development of women which is very significant for the progress of a nation. This was followed by a lively interactive session in which the queries of the audience were satisfied by the distinguished speaker. A formal vote of thanks was presented by Dr. Surinder Kaur. The latest issue of wall magazine on International Women Day was also inaugurated by the learned speaker.



Extension Lecture

An extension lecture was organised by the centre on the topic “Health Seeking Behaviour of Women” on 11th March, 2011. Dr. Neeru Sharma, HOD PG Deptt. of Home Science, University of Jammu was the resource person.

In her opening remarks, Dr. Sharma stated the fact that male and female have the same life expectancy, but the female advantage in life expectancy is not seen in her health. Health is actually related to status in the society and women are still viewed as an economic burden.

Focusing on health seeking behavior, she expressed the view that health seeking behavior in terms of illness refers to those activities undertaken by an individual in response to symptoms which are generally neglected or taken lightly by women due to lack of knowledge awareness, belief system prevalent in the community. She further apprised the audience about the national and international studies conducted in this area which indicate the factors that influence the health seeking behavior in women such as limited access to money, decision making and nature of women’s work, health care providers, inability to understand medical personals, language barriers or illiteracy, unfair treatment of medical personals, Psychological factors, Fear of doctors and avoidance of seeking health care altogether.

She concluded the lecture by saying that to make the women aware regarding their health care they have to be mobilized and activated to avail the opportunities, become bold to take decisions and overcome all the barriers to seek help and assistance needed for good health resulting in happy and healthy life ahead.



Sharing Experiences



An interactive session was held in which eminent academican and active social worker Prof. Ved Ghai shared her life experiences with the staff and students of the college.

Dr. Renu Gupta, Director in her welcome address introduced Dr. Ghai as one of the precious gems that the land of Dogras has produced. Dr. Gupta acquainted the audience with the enormous contributions of Dr. Ghai in the fields of art, culture literature and women empowerment. She also described her as an inspiring figure in the area of social service. Various Govt. agencies also acknowledged her work by facilitating her with numerous awards and medals.

Dr. Ved Ghai shared her journey of life as a women with the staff and students. She shared her many interesting anecdotes of life which helped her to shape her personality. She fondly spoke about her meeting with Gandhiji in 1947 and his teachings and simplicity which left indelible mark on her personality. Her inclination towards poetry since her childhood laid foundation for her illustrious career in art and literature and helped her earning laurels in literary circles. She also shared her commitment to work tirelessly for the cause of women empowerment and exhorted the audience to join hands to shape the destiny of socially and economically backward women. It was followed by a lively interaction with the faculty and students.

Guidance & Counselling Activities

Adolescent Education Programme

SSGCWS launched an “Adolescent Education Programme” for the students of class 10th to 12th of Model Academy School. The first programme was inaugurated by Dr. Adit Gupta, Joint Director MIER.

The aim of the programme is to sensitize the adolescent youth, create awareness and impart correct knowledge on a range of issues confronting them at different stages of their development. The topics covered under the seven days programme were - Understanding Adolescence, An Introduction to Life Skills, Dealing with Acne and Anemia, Stress – Its Impact on Youth and How to Manage it, Understanding Substance Abuse and its Relation to Other High Risk Behaviour, Intellectual Development, Decision Making and Assertiveness Training.

The educational programme was interactive and participatory in nature. Various power point presentations were made before the students. Group discussions and exercises were done to have an in-depth understanding about the issues being faced by the adolescent youth of today's world. The resource persons for the programme were Ms. Fiza Arshad Counselor, Ms. Jasleen Mohial and Ms. Samriti Singh, Project officer SSGCWS. A feedback from the students was taken, the response was very positive and the students felt that more of such programmes should be held regularly, so that they feel more confident and competent about themselves. The programme will be conducted in a phased manner to cover up all adolescents of class 10th to 12th throughout the year in the next session.



Career Counselling Session



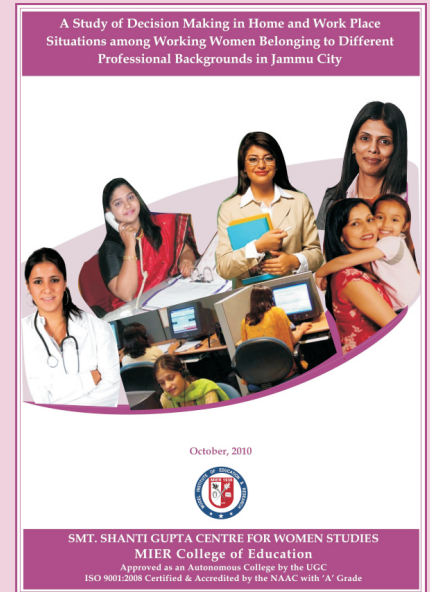
A Career counselling session was organised for class 11th & 12th on 12th January 2011. The resource person for the session was Retd. Maj. Gen. Prof. S.K. Sharma, Principal Model Institute of Engineering and Technology. The aim of the programme was to educate students about various career options. While welcoming the resource person, Ms. Fiza Arshad, Counselor highlighted Dr. Sharma's achievement in the field of Engineering Education.

Prof. Sharma briefed the students about various streams, professional colleges, eligibility criteria and procedures for applying for these courses. Speaking on the occasion, Dr. Adit Gupta, Joint Director MIER said that students should be very focused and clear about choosing a career. He also stressed upon the students not to go by what others are doing but think what they want to do. The lecture of Prof. Sharma was followed by an interactive session. He also distributed a book written by him “Career Planning after 10+2” among the students.

Research Study on "Decision Making Among Working Women"

A research study on "Decision Making Among Working Women" has been completed. It was undertaken to study the decision making in home and workplace situations amongst working women belonging to different professional backgrounds in Jammu City and the problems being faced by them during decision making both at home and at workplace.

The sample of the study consisted of 300 working women belonging to five different professional backgrounds namely, academics, administration, banking, medical and self employed. The results indicated that the working women of Jammu City enjoy a good amount of decision making at home as well as at workplace. However, decision making is comparatively higher at home than at workplace. The results also yielded information about the factors which are perceived as barriers in the process of decision making by the working women and gave insight into the differences in their decision making depending upon their professional backgrounds. The results of the present study provided valuable information on the patterns of decision making of working women about which no empirical evidence was available in Jammu region. Several recommendations were suggested to help the working women to improve their decision making.



Research Colloquium

A research colloquium was organized by the Research Wing of the MIER College of Education to share the results of the research study conducted by the centre with all the academic staff of the college.

A team led by Dr. Arun K. Gupta comprised of Dr. Renu Gupta, Late Dr. Poonam Jamwal, Dr. Saba Anjum, Mr. Moolraj Sharma and Ms. Fiza Arshad as its members had conducted the research study. The report of the findings of the research was presented by Ms. Fiza Arshad, who very comprehensively elaborated upon the need of the study, its objectives, the sample selected, the mode of data collection, the scoring scheme and finally the results and conclusions derived and the major recommendations based on the study.



Speaking on the occasion, Dr. Arun K. Gupta emphasized that the status of women has undergone a drastic change and at present women play a vital role in every walk of life and have risen to achieve independent status. The present project is significant in that it is a pioneer study in the Jammu region, which strives to find out in detail the level and areas of decision making by working women in various situations.

The report presentation was followed by a lively interactive session in which the participants enthusiastically expressed their opinions and suggestions.

Additions to the Centre

To further enrich the resources of the centre, 43 books on women related issues were purchased which will provide valuable resources to students and scholars in conducting studies related to women issues and for other programmes. Besides this, a magazine stand for display of magazines, a newspaper reading board, a digital camera and a PA system were also purchased to facilitate its day-to-day functioning.

Participation in Seminars / Workshops



The UGC invited all centre Directors of different regions of the country to present a report about the functioning of their respective centres under the scheme “Development of Women’s Studies in Indian Universities and Colleges” on 22nd June, 2010 at New Delhi. Dr. Renu Gupta, Director, SSGCWS gave detailed presentation of the activities of the centre before the Expert Committee since its inception.



Ms. Monika Bajaj, Ms. Anu Sharma, Lecturers, MIER College and Ms. Fiza Arshad, Counselor attended a 5 day workshop on “Capacity Building for Women Managers in Higher Education” (SAM) which was organised by the SSGCWS from 22nd to 28th November, 2010 at MIER College.

Ms. Usha Gadoo, Vice Principal, Model Academy - The Experimental School of MIER College attended a 5 day sensitization programme on Women Empowerment on the topic “What Constraints/Opportunities Women are facing in Getting their Rights” at NIPCCD, New Delhi from 20th to 25th December, 2010.



Dr. Renu Gupta attended a 5 day UGC sponsored Capacity Building of Women Managers in Higher Education workshop from 28th March to 1st April, 2011 at Kurukshetra University, Kurukshetra. The aim of the workshop was to make the participants fully aware about the two new modules “Human Resource Management in Higher Education Institutes” and “Recognition and Elimination of Sexual Harassment at Work place”.



Dr. Ira Bhan, Lecturer, MIER College of Education attended a workshop on “Attitudinal Differences towards Girl Child” on 7th March, 2011 at Sai Shyam College of Education, Jammu. The workshop was organised to commemorate International Women’s Day.

Dr. Surinder Kaur, Controller of Examination, MIER College of Education attended one day State level seminar on “Women Empowerment” at R.M. College and Educational Trust Jammu on 17th March, 2011.



Linkages Formed with World Women Awakening Organisation

SSGCWS formed linkages with the World Women Awakening Organisation, Jammu Chapter. The objective of this linkage was to provide a platform for like-minded women to work together for enhancing women empowerment and connect with larger number of women. As part of this initiative, a seminar was organised by World Women Awakening Organisation on the topic “Violence / Exploitation of Women at Work Place” on 18th March 2011. Various women from different strata of society participated and expressed their views on the topic. Four members of the faculty of the centre became members of WWAO. The centre has also planned various programmes in collaboration with WWAO to accelerate progress towards gender equality and elimination of violence against women.



Meetings

Standing Committee Meeting



The standing committee meeting of the centre was held on 15th May, 2010. Dr. Renu Gupta, Director started the proceedings of the meeting by giving a brief account of activities of the last session. The members of the Standing Committee gave constructive suggestions for future activities like SAM Residential Workshop, Adolescent Education Programme, Certificate Courses for Women, Reactivation of Sexual Harassment Cell in the institution, Gender Auditing of the institution etc. The calendar of activities for the new session were discussed and approved in the meeting.

Advisory Committee Meeting

The SSGCWS organised a meeting of its Advisory Committee on 25th November, 2010. Dr. Arun K. Gupta, Patron of the committee extended a formal welcome to all the members present in the meeting. Some of the prominent members present were Dr. Pam Rajput, Member National Consultative Committee, North West Region, Dr. Poonam Dhawan, Director CWS, University of Jammu, Mrs. Shashi Kaul, Director, CWS, Govt. College for Women, Parade Jammu and Mrs. Hafiza Muzaffar, Secretary, J&K State Women Commission. Dr. Renu Gupta gave an account of the functioning of the centre as well as projected its future activities. The members also suggested to start new programmes such as short term courses for women on different themes like rights of women, health and women, women and leadership etc. in order to make the centre more vibrant and effective.



Remembrance



The centre pays homage to its first co-ordinator of the centre, Dr. Poonam Jamwal (1956-2011). Dr. Jamwal was an inspiring woman professional who worked tirelessly for women's rights and empowerment. She contributed to various women publications and research studies conducted by the centre. Her missionary zeal and enthusiasm served to inspire her colleagues and various women activists. The yeomen service rendered by Dr. Poonam during her

long tenure at MIER for the cause of Women Empowerment and Development of Education shall be long remembered. We at the centre shall miss her presence.

Welcome to Our Family



Samriti Singh

Ms. Samriti Singh has joined as a Project Officer. She is M.A (Human Rights) and M.Phil (Political Science).

Ms. Suruchi Sharma has joined as a Counselor. Her qualifications are M.A. (Psychology) and B.Ed.



Suruchi Sharma

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