

NURTURE



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

Smt Shanti Gupta Memorial Lecture

In appreciation of outstanding contributions of late Smt. Shanti Gupta, Co Founder, MIER in the field of education, art, literature and women empowerment, it was decided to organize a series of memorial lectures namely, "Smt Shanti Gupta Memorial Lecture". Padmashree Prof. Ved Ghai was invited as the first speaker for the prestigious lecture on 1st November, 2014. The topic of the lecture was "Vigyan, Darshan Aur Sanskriti Ke Sambandh". Prof. Varun Tripathi, Director, Department of Philosophy, Shri Mata Vaishno Devi University, Jammu presided over the function.



Dr. Arun K. Gupta, Chairman, MIER extended a hearty welcome to the eminent guests on the occasion and hoped that lecture would be a befitting tribute to the great educationist, Smt. Shanti Gupta.

A brief life sketch of Mrs Shanti Gupta was presented by Prof. Reeta Jitender, Former Principal, Government College for Women, Parade, Jammu who was also her student. She enlightened the audience about Smt. Shanti Gupta who was a veteran educationist, gifted poetess and an emancipated social activist.

Speaking on the occasion, Prof. Ved Ghai said that science, philosophy and culture

are integrally related to one another. When science fails in explaining anything, it looks up to philosophy since both are not separate but complementary. She said that every scientist is primarily a philosopher and behind every invention there is some philosophical proposition. She referred to Rig Veda, the oldest manuscript as well as Aristotle and Rishi Kanva who were propagators of both science and philosophy. She further added that the science has to work in coordination with philosophy and culture or else there is a hazard of it being misused which can lead to cataclysmic consequences.

In his presidential remarks, Prof. Varun Tripathi, appreciated the thoughts and

ideas put forth by Prof Ghai in a succinct manner and said that everything in this universe is interrelated and interdependent. Science, philosophy and culture are interwoven in the lives of human beings. He also expressed his gratitude to MIER for providing him an opportunity to be a part of the programme.

Earlier, Dr. Renu Gupta, Director MIER introduced the Chief Guest, Padmashree Prof. Ved Ghai as a precious gem of the land of Dogras, who has enriched the fields of art, culture and history of Jammu and Kashmir. Several distinguished educationists, members of civil society, staff and students attended the lecture.

Gender Sensitization Programme

Dr Poonam Dhawan, Director, Department of Life Long Learning, University of Jammu was invited as a resource person to orient on the topic “Gender Sensitization” on 21st August 2014.

In her address, Dr. Dhawan said that Gender relations are based on power relations. She explained Power relations as a combination of “Power Over and Power To” which leads to “Power Within or Empowerment”. As in our society both men and women are bound by patriarchal roles, therefore, it becomes even more important to develop a positive gender ideology and be more gender sensitive for subsequent development of both the genders devoid of any discrimination .



She further stressed upon the need for zero tolerance towards gender based harassment and discrimination faced by women. She added that several researches indicate that women have suffered more as result of gender discrimination which necessitates gender positive initiatives both at homes and in workplaces towards them. The lecture was followed by an interactive session where queries of the participants were candidly answered by the resource person .

From Director's Desk



It is indeed a matter of great satisfaction that the present issue of “NURTURE” is being published to give a panoramic account of activities carried out by the centre. The centre is making a difference in recognition of the issues and concern of women to empower them and give them their rightful place in the society. I must congratulate the entire team for working hard with zeal, enthusiasm and commitment towards the cause of women.

Our college is among the few private colleges in the country to establish the women studies centre. We are trying to contribute our maximum efforts towards empowerment of young women especially during their formative years in schools and colleges through well concretized strategies. Apart from creating awareness, sensitization and training, the focus is also laid on research projects. Some new add on courses especially for women are being planned this year.

The centre is also initiating a process to safeguard the interest of the working women by constituting a committee against sexual harassment (CASH) in the college. I wish all the success to the centre in its onwards march towards the growth and development of women through its various programmes which the centre plans to take up next year .

Dr. Renu Gupta

Developing Leadership Among Women-A Gender Perspective”



A workshop on the topic “Developing Leadership Among Women - A Gender Perspective” was organized on 18th October, 2014. Dr. Renu Gupta, Director, MIER was the resource person. Dr. Gupta emphasized upon the fact that women are equally efficient as leaders as men in the society, women are good decision makers, good policy makers, with better focus on gender issues thus deserving equal representation as leaders.

She divided the faculty into different groups and assigned them questions to be answered followed by the group presentation by the group leader. They all came up with good suggestions for improving the status of women as leaders such as, a)there should be more reflection on social and security needs of women, b)publications on women friendly data must be encouraged, c)consideration must be given to the self actualization needs and social needs of women, d)there should be increase in women representation in selection and promotion

boards, and provision of autonomy to women, etc.

In the end, Dr. Gupta suggested some measures for empowering women, by giving an example of “Geese in the V formation” through which she elaborated that a women must help others in a team, must enjoy their work, have a strong desire to excel, and learn to appreciate by being critical. There was an active interaction by the participants through out the programme who very enthusiastically shared their view points.

Adolescence Education

In collaboration with Kendriya Vidhyalya Sangatahn (KVS) Jammu, a workshop on “Adolescence Education” was organized on 20th September, 2014 with an aim to guide the teachers of Model Academy - a prestigious School of MIER and teacher educators of MIER College of Education on how to implement Adolescence Education Programme more effectively at the school level. Mrs Shyamala Khajuriya, TGT Science, Kendriya Vidyalaya, Nagrota was the resource person.

Mrs Khajuriya explained various stimulating techniques during the workshop. She explained the POWER model to the participants by telling about the significance of the model as the base of adolescence education in the classrooms, especially in advocating the different life skills to them. She conducted various activities for the participants such as guided blind man's self, role plays, display of charts, etc. and also briefed various other methods for effective implementation of Adolescence Education programme such as introduction of suggestion box, case studies, debates, quiz, brainstorming sessions, etc. Her main focus was not on the application of lecture method in guiding adolescents but rather on use of the above mentioned methods that can be applied according to the different situations. She even advised the participants never to be judgmental in their approach towards adolescents.

The participants found the workshop to be enlightening and impressive. Their queries were also answered by Mrs. Khajuriya in a prompt manner.



Women and Education

“One major tool which can facilitate women's empowerment is education”, said Dr. Deepshikha Kotwal, Former Director, CWS, University of Jammu during an extension lecture. The lecture was organised to generate awareness on the topic “Women and Education” on 24th November, 2014 by SSGCWS.

She described feminism as a belief in equality of men and women but the reality is that women remain to be the marginalized section of the society. Thus, their development is necessary which can come through proper education. She exhorted upon some ways to empower women, such as development of their life skills, change in value system of the society with time, and also suggested that there should a transformation in the present education system with focus on gender equality.

Speaking on the present age women, she alleged that today's woman is quoted as “womyn” not woman, which represents her as



someone who has access to education, purchasing power, economic independence, and also has an identity and beliefs of her own. Yet, the irony remains that crime and violence against women is on the rise in our present society which is impeding growth of women. She appealed to the young women participants to come forward to bring change for their future generations and also recommended that the change in them must come with responsibility.

CELEBRATION OF DAYS

Mother's Day

Model Academy - The prestigious school of MIER celebrated Mother's Day in collaboration with SSGCWS on 11th May, 2014 and paid rich tributes to all mothers.

Dr. Renu Gupta, Director, SSGCWS was the Chief Guest on the occasion. She applauded the role of mothers the world over and said that mothers are multi-taskers and guiding force in the family and that the role of a mother is very important in shaping a child's personality. Dr. Chitra Mishra, Principal, Model Academy, in her address said that mother nurtures and gives a dignified life to the child and cited examples of great mothers like Jija Bhai, Maryam, Yashoda etc. She also recited a poem on the occasion.

The students presented speeches, motivational thoughts, poems, Hindi and English group song on the theme of mother and short skit depicting the role of a mother. In addition to this, students also prepared gifts for their mothers like photo frames, decorated pots, photo albums, recipe books, clay modelling using tiles and cards.



Women's Equality Day

Students of PG department of the college visited Old Age Home Amphalla, Jammu on the occasion of Women Equality Day on 26th August, 2014. The visit was planned with purpose of inculcating social ethics among youngsters.



During the visit the students very enthusiastically interacted with the old women and discussed about their needs and problems.

The conversation reflected upon students' compassion and empathy towards the necessities of old women. They also carried some refreshments for the inmates which they distributed among them. The inmates were happy on receiving the goods and gave blessings to the students.

Most of the students gave assurance to be sensitive towards the need of the old women in the future, which is a neglected segment in our society. They also expressed that such an event has helped them realize their duties towards community and has given them personal accomplishment.

Human Rights Day



Smt. Shanti Gupta Centre for Women Studies and Centre for Human Rights, MIER College of Education commemorated Human Rights Day by organizing an impressive program at the MIER campus on 10th December, 2014. The programme was organized to felicitate and award certificates to the second batch of students who have successfully completed the UGC sponsored course on Human Rights and Values. Prof. Desh Bandhu Gupta, Director, College Development Council, University of Jammu was the Chief Guest on the occasion.

A poster exhibition based on the theme "Human Rights" was put up by the centre which was inaugurated by the chief



guest. A motivating group song and two skits on the themes "Education for all" and "Human Rights and Domestic Violence" were presented by the students which were highly appreciated by the audience.

Later, in his address, Prof. Gupta said that awareness of human rights is the need of the hour because every human being is entitled to some basic right which should be respected by all and sundry. He also appreciated the role of MIER in promoting awareness about human rights and values.

International Women's Day

A "Slogan Writing Competition" was held on the occasion of International Women's Day on 6th March, 2015. The topic was "Educate the Girl Child". 25 students from the different departments of the college participated in the event.

Students expressed their creative ideas by writing thought provoking slogans which were later displayed for the staff and the students of the college. Ms. Neha, Ms. Tabassum and Ms. Nitika from the B.Ed. Department bagged the first three prizes respectively.

Dr. Renu Gupta, Director, MIER applauded the students for their efforts and exhorted them to create awareness about the importance of educating the girl child in society.



Sharing of Experience



"Sharing of Experience" a regular feature of the centre in which Ms. Sakina Itoo, Former Minister of State for Social Welfare, Jammu and Kashmir, was the resource person. The function was held on 9th March, 2015.

Ms. Itoo shared that even after much deliberations in the parliament as well as in the state assembly the target of achieving 33% of reservation for women candidates is still far from truth, thus; highlighting the gender discrimination in politics. She shared her experiences as a politician, even though politics was not her first career choice. She joined politics after the death of her father and

to fulfill her family aspirations. She became the youngest women minister in the state and gave all the credit for this to her mother and sisters for their unwavering support and trust in her.

She further apprised the audience that she had to face many challenges and struggles on the job whether because of her male colleagues or being the youngest in the profession, but it was her strong dedication and hard work that she could pave her way in the politics. She has been active in politics for more than 18 years and undertook various women projects such as self-help groups, creating awareness about

disability and vocational training programmes for women. Ms. Itoo encouraged the audience specially women that they could achieve anything in life with honesty and hard work. At the end of the programme, she candidly answered the questions of the audience.

Earlier, Dr. Renu Gupta, Director, MIER welcomed the invited dignitary and hoped that such interactions shall inspire and encourage the members of the staff and students. A memento was also presented to the esteemed guest.

Adolescent Education Programme

To generate awareness among adolescents on various challenges faced by them and to provide suggestions and strategies for facing life with confidence, maturity and high self-esteem, a six day long Adolescence Education Programme was launched in two phases by the centre first from 15th to 21st January, 2015 and then from 9th to 14th February, 2015. The target group of the programme was students of Class VIII of Model Academy School.

The program was divided into six modules namely, Introduction to Adolescence as a concept; Stages of Adolescence; Life Skills and Decision Making; Assertiveness; Chance at Buying Happiness; Adolescent Health; Stress and its Impact. The resource persons oriented the adolescents on the key issues faced by them during this crucial phase of their life.

During the programme various queries were collected from the students through a "Question Box" activity. The queries were related to pertinent issues of adolescence such as dealing with stress, application of life skills, finding real happiness, health problems during adolescence, handling aggression etc. In response, a group counselling session was organized for the students. The panel handled each and every query with utmost care and sensitivity. Students thoroughly enjoyed the session and were satisfied with the response to their queries.



COUNSELLING SERVICES



The Centre, in collaboration with the Guidance and Counselling Committee of the MIER College and the school counsellor provides guidance and support to the students of the college and school.

A systematic programme has been developed by the centre to counsel young women and students 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 adjust to the demands of their immediate environment. Experts were also invited for conducting academic and career



counselling sessions. Special sessions were held on issues relating to personal problems of girl students in which they were encouraged to come out with their problems and share the same with counsellor in a free and frank manner.

RESEARCH ROUND UP

Paper Presentation

A joint paper was presented by Dr. Bharti Tandon and Mrs. Monika Rathore on the topic "Socio Economic Status of Dalit Women in Urban Area - Pilot Survey" on 21st February, 2015 at Sai Shyam College Jammu in a National Seminar Sponsored by ICSSR.



Ms. Monika Rathore



Dr. Bharti Tandon

Proposed Research Study

A research study entitled "Assessment of life skills among young women" is currently being undertaken by the centre. A sample of 300 young women from different colleges in the Jammu region will be collected. The primary focus of the study is to evaluate the need of life skills among young women in their area of work.

MEETING

A meeting of the standing committee of SSGCWS was held on 10th April, 2015. The agenda of the meeting was to discuss and suggest activities for the implementation of annual calendar for the session 2015-2016 and also to discuss upon the formation of Committee against Sexual Harassment (CASH) in MIER under the guidelines of the University Grants Commission. All the members of the standing committee attended the meeting and gave their valuable suggestions.

Meeting of the Standing Committee



WALL MAGAZINE

The Centre tries to bring forth to the student community the achievements and news clippings of women which would otherwise go unnoticed by them. The wall magazine is one such regular and important medium of the Centre. Various Issues were released during the session based on the topics such as Steps for Self Safety, Gender Sensitization, Education and Women, Women and Leadership, Adolescent Girls - Future of the Society, Women and Humanity.

Different issues of the Wall Magazine being released by the dignitaries.



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