

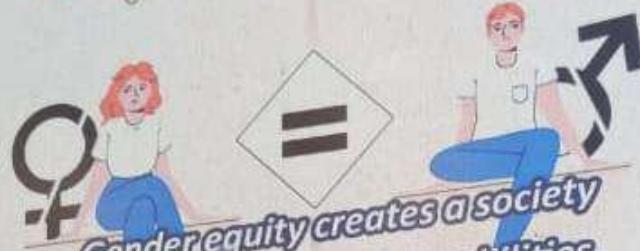
VALLABH GOVT. COLLEGE



MANDI (H.P.)

EQUITY DOESN'T MEAN TAKING AWAY FROM SOME TO GIVE TO OTHERS;
IT MEANS CREATING CONDITIONS WHERE EVERYONE CAN THRIVE

GENDER EQUALITY



*Gender equity creates a society
Where talents and capabilities
are valued over stereotypes or biases.*



GENDER EQUITY

Means respecting all people without discrimination regardless of their gender



A Lecture on Gender Sensitization

On August 28, 2024, a crucial lecture on Gender Sensitization was conducted specifically for girls students of M.A. English and B.A. 3rd Year at Vallabh Government Mandi by Mrs Vrinda Shandill and Mrs Tanzin from English Department. The session was attended by 87 students and aimed to deepen their understanding of gender issues, promote awareness, and foster a respectful and inclusive environment.

The primary objectives of the lecture were to: Educate students about fundamental gender concepts and terminologies, Highlight various gender-related issues and challenges faced in society, Promote sensitivity and respect towards different gender identities and expressions and Encourage students to reflect on their own attitudes and behaviors concerning gender.

Key Topics Covered were: **Using Vending Machines Properly:** The session was held to educate students about the proper use of vending machines in campus, emphasizing hygiene practices and addressing important topics such as menstruation. The meeting aimed to promote awareness and encourage best practices for maintaining cleanliness and addressing menstruation-related needs.

Understanding Gender and Sex: The distinction between biological sex and gender identity. Overview of different gender identities, including transgender, non-binary, and Genderqueer. The impact of social and cultural norms on gender roles and expectations.

The lecture concluded with a Q&A session, where students had the opportunity to ask questions and seek clarification on various aspects of gender sensitization. The feedback from students was overwhelmingly positive, with many expressing a newfound understanding and commitment to promoting gender equality and respect.



Mr. J.
Asha Thakur
Convenor

Smt.
Principal
V.G.C. Mandi

A Lecture on Gender Sensitization :

Awareness on the proper use of sanitary pad vending machines in College Campus

September

On ~~October~~ 2, 2024, a lecture on gender sensitization was conducted for first-year B.Com girl students at Vallabh Government College Mandi, in the Commerce Block. The session was attended by a total of 40 students. The session focused on a range of important topics including various gender issues affecting students and society. Key discussions included the need for improved campus facilities, such as the installation of a vending machine to address convenience and accessibility, particularly for sanitary supplies. Additionally, the lecture provided a platform for students to share and discuss personal problems related to gender issues, emphasizing the importance of open dialogue and support systems. The meeting highlighted the crucial role of awareness and practical solutions in fostering a more inclusive and respectful campus environment.



Mr
Ashe Thakur
Convenor

Lata
Principal
VGC Mandi

College Activity

Sr.No.	Particulars	Remarks
1.	Date	10 th September, 2024
2.	Name of Activity	Lecture on Maintaining Hygiene & Use of Sanitary Vending Machine
3.	Name of Unit/Agency/Department organizing the Activity	Gender Sensitization Committee
4.	Name of Collaborating Agency (If Any)	No
5.	No. of Students Participants	115
6.	No. of Teachers Participants	1
7.	Brief report with two printed photographs (1. Geo tagged photo of activity, 2. Newspaper cutting of the particular activity)	On 10 th September 2024, a gender sensitization lecture was held in the Science Block of Vallabh Government College Mandi, led by Ms. Jyoti Thakur, Assistant Professor of Zoology. The session focused on the importance of personal hygiene and provided an introduction to the vending machine, including its proper use and maintenance, to improve convenience and accessibility for essential sanitary supplies. This lecture also provided a space for students to openly discuss personal challenges related to gender issues, promoting a culture of dialogue and mutual support.



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Mandi, HP, India
Kanargarh, Mandi, 175001, HP, India
Lat: 31.707451, Long: 76.937668
10/09/2024 12:10 PM (GMT+05:30)
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ORGANIZER

ASHA THAKUR
Convener

Sonia
PRINCIPAL
VGC Mandi

Vallabh Government College

College Activity

S.N.	Particular	Remarks
1.	Date	21 st September, 2024
2.	Name of Activity	Awareness Programme on Women Menstrual Hygiene
3.	Name of Unit Agency / Department organizing the Activity	Gender Sensitization Committee, VGC Mandi
4.	Name of Collaborating Agency (If Any)	Health International Industry, Bilaspur (H.P.)
5.	No. of Student Participants	200
6.	No. of Teacher Participants	10
7.	Brief Report  	<p>On 21st Sept, 2024 a programme on 'Women Menstrual Hygiene' was organized by Gender Sensitization Committee at Vallabh Govt College Mandi. In this programme, Mr. Ramesh Kumar and Ms. Pooja Sharma, Health Educators, Health International Industry Bilaspur were the Guest Speakers. Mr Ramesh Kumar provided valuable information about the importance of balanced diet, Yoga, exercise, cleanliness, positive thinking and motivated them to lead a healthy and disciplined life. Ms. Pooja Sharma explained in detail the problems related to Menstrual cycles, Hygiene, irregular periods, PCOD, use of sanitary pads etc. through various demonstrations. About 200 students and staff members attending this programme</p>  <p>GPS Map Camera Narla, Himachal Pradesh, India VW69+BX2, Padhar College Rd, Narla, Himachal Pradesh 175012, India Lat 31.86092° Long 76.91974° 21/09/24 12:00 PM GMT +05:30</p> <p>Google</p>

Organizer.


Principal
Vallabh Govt. College
Distt. Mandi H.P.)

Vallabh Government College

College Activity

S.N	Particular	Remarks
1.	Date	23 rd September, 2024
2.	Name of Activity	Awareness programme on Adolescent Health and Hygiene
3.	Name of Unit Agency / Department organizing the Activity	Gender Sensitization Committee, VGC Mandi
4.	Name of Collaborating Agency (If Any)	Zonal Hospital Mandi
5.	No. of Student Participants	220
6.	No. of Teacher Participants	12
7.	Brief Report 	<p>Today, Vallabh Government College, Mandi, hosted a program on "Adolescent Health and Hygiene" organized by the Gender Sensitization Committee. Professor Asha Thakur, the committee head, welcomed the attendees and introduced the chief speaker, Vijay Bhanot, a health educator from the Zonal Hospital, Mandi. During the event, Professor Thakur highlighted various activities conducted under the Gender Sensitization Program at the college. Students participated in presentations, including speeches, poetry recitals, and musical performances, to promote the message of gender equality. Vijay Bhanot provided detailed insights into the physical, mental, emotional, and social aspects of adolescent health. He encouraged students to adopt healthy habits, improve dietary choices, avoid junk food and substance abuse, and embrace a healthy lifestyle for a successful future. He also urged students to share the valuable information gained from the program with their peers, families, and communities. The event was attended by several faculty members, including Professors Baldev, Anju, Shikha Kapoor, Archana, Brinda, Vanita Saklani, Shivendra, Santosh, Kavita, Tejan, and Jyoti, in addition to the enthusiastic student body. Vijay Bhanot was honored with a memento for his contributions to the program.</p> <p>कविता से दिया लैंगिक समानता का संदेश मंडी। यशकीय महाविद्यालय मंडी में जेड सेसटेक कॉलेज के द्वारा "एडेलिंसेट इंटर्न एंड हावीसॉल्वर्स" विषय पर कार्यक्रम हुआ। यहां यशक विद्यालय भवान ने शारीरिक, मानसिक और सार्वजनिक स्वास्थ्य के बारे में बातें। विद्यार्थियों ने कविता, भवय और संरीति के माध्यम से लैंगिक समानता का संदेश दिया। भवय ने संस्कृत वाचनकारी, सच्च भावनी अवनन्द और योग धूम से वरचने के तुलना दिए। कवितामें कई शोकसार भी उल्लिखित हुए। यहां</p>   

Organizer



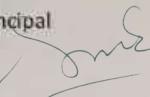
Principal
Vallabh Govt. College
Distt. Mandi (H.P.)

Vallabh Government College

College Activity

S.N	Particular	Remarks
1.	Date	18 th October, 2024 and 22 nd October, 2024
2.	Name of Activity	Group Discussions on Gender Equality through Story Telling
3.	Name of Unit Agency / Department organizing the Activity	Gender Sensitization Committee, VGC Mandi.
4.	Name of Collaborating Agency (If Any)	-
5.	No. of Student Participants	120 + 130 = 250
6.	No. of Teacher Participants	01
7.	Brief Report  	<p>On dated 18th October, 2024 and 22nd October, 2024 two sessions on the topic 'Group Discussion on Gender Equality through Story Telling' were conducted in our college. Mrs Asha Thakur, Assistant Professor (English), narrated to short stories namely, 'Lajwanti' in BA 1st English major class and sky is the limit in BA 2nd Compulsory English class. Both these stories exposed the harsh reality of gender inequality in our society. After that many students shared their personal experiences faced by them in their homes and surroundings also. Many students expressed their views regarding these issues. They also offered some suggestions and resolutions against the gender biased behaviour and mentality of our society. So, the story telling method proved to be a powerful tool for gender sensitization by challenging social norms, age old conventions, gender stereotypes and to create a collective vision of gender neutrality and equality. About 250 students attended both of these group discussion sessions.</p> 

Organizer 
Asha Thakur
Convener

Principal 

Principal
Vallabh Govt. College
Distt. Mandi (H.P.)

REPORT (NOV-2024)

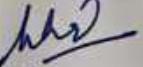
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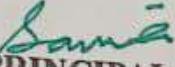
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Vallabh Govt. College Mandi

College Activity

Sr.No.	Particulars	Remarks
1.	Date	5 th November, 2024
2.	Name of Activity	Self Defence Training Course
3.	Name of Unit/Agency/Department organizing the Activity	Gender Sensitization Committee
4.	Name of Collaborating Agency (If Any)	Krishna Physical Fitness and Training Academy Mandi
5.	No. of Students Participants	50
6.	No. of Teachers Participants	10
7.	Brief report with two printed photographs (1. Geo tagged photo of activity, 2. Newspaper cutting of the particular activity)	<p>In Vallabh Government College Mandi, by following the directions of Prof. Surina Sharma, Principal, the Gender Sensitization Committee has organized a Self Defense Training Course 'Parivartan' for the girl students of this college in collaboration with IQAC. This course is of one month duration started from 5th November 2024. 50 girls students are enrolled in this course with a registration fees of Rs 400/-each rupees (Rs 200/- is paid by the student and Rs 200/- is paid by the college itself). Two expert coaches have been hired as Trainers, Shri Vinod Thakur, Ex. Army Officer and Trainer at Krishna Physical fitness and Training Academy, Mandi and his associate, Mrs Santoshi Sharma, national, international and Asian gold medalist in kickboxing and wushu games, Asian coach of Savate French games and presently holding the post of Chairperson Feminine Commission Sewate Association India. Both the coaches are providing their expertise to these girls and teaching them all the self defense skills and techniques which would help them to boost their confidence and empower them to face any difficult and unwanted situations and also to become independent in their life.</p>  


ORGANIZER :

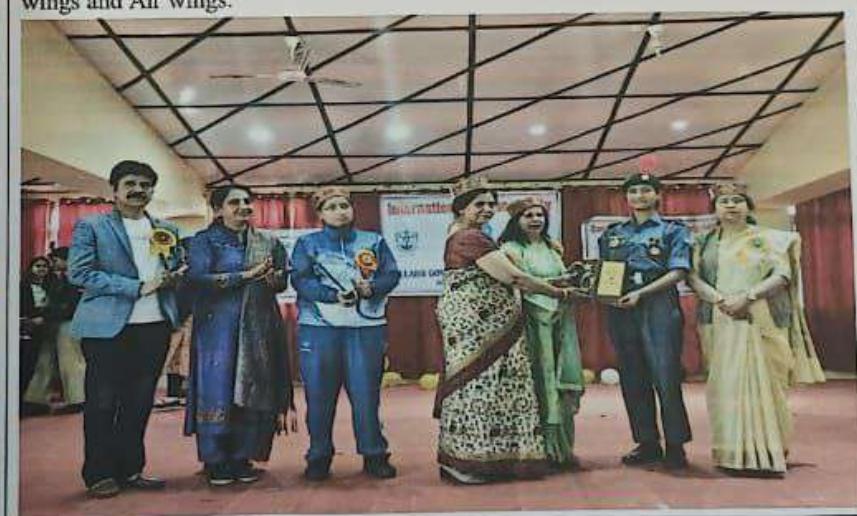

PRINCIPAL
VGC Mandi

Sr.No.	Particulars	Remarks
1.	Date	21 st November, 2024
2.	Name of Activity	Awareness Program on Importance of Self Defence Skills & Training: Need of the Hour
3.	Name of Unit/Agency/Department organizing the Activity	Gender Sensitization Committee
4.	Name of Collaborating Agency (If Any)	Krishna Physical Fitness and Training Academy Mandi
5.	No. of Students Participants	400
6.	No. of Teachers Participants	10
7.	<p>Brief report with two printed photographs (1. Geo tagged photo of activity, 2. Newspaper cutting of the particular activity)</p> 	<p>On November 21, 2024, under the guidance of the Principal, Professor Surina Sharma, the Gender Sensitization Committee of Vallabh Government College, Mandi, organized an awareness program on the topic, "The Importance of Self-Defense Skills and Training: A Need of the Hour." The program featured Chief Guest, Mr. Vinod Thakur, a retired Army Officer and Trainer at Krishna Fitness and Training Academy, Mandi, along with his associate trainer, Mrs. Santoshi Sharma, a National Gold Medalist in Kickboxing and Wushu Games, Coach for the Asian Games, and Chairperson of the Feminine Commission of Seyate Association India. Mr. Vinod Thakur shared his military life experiences with the students and elaborated on the importance of learning self-defense skills. He emphasized that in today's world, it is essential for the youth to be physically and mentally strong so that they can face any unpleasant situation with determination when the time comes. Mrs. Santoshi Sharma spoke about her inspiring journey, from being an athlete to becoming a coach and then the Chairperson of the Feminine Commission Seyate Association India. She shared the sweet and bitter experiences of her struggle and motivated the students to strengthen themselves in all aspects so that they could easily navigate the challenging paths of life in the future. Following this, Professor Asha Thakur, the Coordinator of the Gender Sensitization Committee, expressed heartfelt gratitude to both experts and speakers for their presence and for imparting valuable information on self-defense skills and techniques to the students. She urged the students to share this important knowledge with their families and communities. At the conclusion of the event, both trainers demonstrated various self-defense techniques and tactics, teaching the students how they can protect themselves in difficult situations.</p>  


 Principal
 Vallabh Govt. College
 Distt. Mandi H.P.)

Vallabh Govt. College Mandi

College Activity

Sr. No.	Particulars	Remarks
1.	Date	8 th March, 2025
2.	Name of Activity	International Women's Day Celebrations
3.	Name of Unit/Agency/Department organizing the Activity	Gender Sensitisation Committee
4.	Name of Collaborating Agency (If Any)	NCC Units
5.	No. of Students Participants	400
6.	No. of Teachers Participants	80
7.	Brief report with two printed photographs (1. Geo tagged photo of activity, 2. Newspaper cutting of the particular activity)	<p>On 8th March, 2025 International Women's Day was celebrated by Gender Sensitisation Committee in VGC Mandi. The function was graced by Rtd. Principal, Prof. Achala Jamwal as our Chief Guest, Dr. Shreshtha Kashyap (Rtd. Associate Prof.) as the Guest of Honour, our college Principal, Prof. Surina Sharma, and other distinguished guests. The chief guest in her address emphasized the importance of women recognising their inner strengths and striving for their overall personality development which would ultimately shape our collective future. Prof. Surina Sharma highlighted that education is the cornerstone of women's empowerment. On this occasion, 5 women achievers were honoured with Women's Achievers awards for their unique and specific contributions. Students representatives as the 'Gender Champions' were also honoured with mementoes in recognition of their contribution towards gender Sensitisation. Several competitions such as Poster making, Slogan Writing, Declamation, Poetry Recitation etc. to ensure the participation of students towards gender Sensitisation were also organised. Prizes were distributed to the winners by our Chief Guest in the end. The event also featured other beautiful cultural song and dance performances on the theme of women empowerment. The event witnessed an enthusiastic participation of faculty members, hundreds of students, volunteers and Cadets of NCC Army wings and Air wings.</p>   

Organizer


 Principal
 Vallabh Govt. College
 Distt. Mandi (H.P.)

GENDER SENSITIZATION

Date: 11/11/2024

Venue: Vallabh Govt. College Mandi

No. of students participated: 11

No. of teachers participated: 02

Today a new initiative was started by the National Service Scheme Unit of Vallabh Government College Mandi in which the National Service Scheme Unit administered oath to the students on gender based discrimination in the college campus and this program lasted for two days and in this program they were made aware about gender based discrimination in which all the students were informed that no person will discriminate against any person on the basis of gender and will treat all persons equally and will fight for their rights.

