



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.



Asha
Asha Thakur
Convener

Sandeep
Principal
VGC Mandi

A Lecture on Gender Sensitization :

Awareness on the proper use of Sanitary Pad Vending Machines in College Campus

On ~~October~~ ^{September} 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.



MD
Ashe Thakur
Convener

Sania
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)	<p>On 10th 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.</p>



ORGANIZER




hbo
 Asha Thakur
 Convener

PRINCIPAL

Sania
 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 21Sept, 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>   

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>    

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 there personal experiences faced by them in their homes and surroundings also. Many students expressed there 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.)

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> <div data-bbox="290 960 671 1733" data-label="Image"> </div> <div data-bbox="290 1196 671 1420" data-label="Image"> </div> <div data-bbox="290 1420 671 1733" data-label="Image"> </div>	<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 Sevyate 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 Sevyate 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> <div data-bbox="700 1733 1107 1980" data-label="Image"> </div> <div data-bbox="1139 1756 1506 1980" data-label="Image"> </div>


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

College Activity

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.

