



ATMA RAM SANATAN DHARMA COLLEGE (UNIVERSITY OF DELHI)

Women Development Cell (WDC)

Women Development Cell (WDC) organised a talk on “**Feminism and the Role of Culture**” by **Prof. Seema Bawa, University of Delhi** on **29 September 2023**. The session focused on promoting gender equality and challenging societal norms. WDC also put up a stall at **AKSA**, the Diwali fair organized at the College.

On **14 November 2023**, WDC organised a workshop on “**Short Stories and Gendered Experiences**”. The speaker, **Dr. Kinshuk Gupta**, Medical Practitioner and acclaimed writer and translator, spoke on how narratives reflect and shape societal perceptions of gender within a cultural context.

The student volunteers of WDC organised a visit to the orphanage home **Don Bosco Ashalayam** on **30 January 2024**, to kindle the spirit of togetherness, joy, and love in the otherwise lonely lives of children.

A **self-defence training workshop** was conducted for girls from **5 to 10 February 2024** to empower participants in various self-defence scenarios. Participants learned to recognize and mitigate potential risks while prioritizing their personal safety and well-being.

WDC organised a **PCOS Awareness Programme** (in collaboration with Mental Health and Wellness Committee) on **7 February 2024**. On this occasion, the speaker **Dr. Yukti Wadhawan** dispelled many misconceptions about Polycystic Ovary Syndrome (PCOS) and emphasized empowering women with knowledge and support.

To mark the occasion of **International Women’s Day on 8 March**, WDC organised and hosted a series of events under **AIKYA**:

a) WDC, in collaboration with Delhi Police, organised “**#Me and Delhi Police**”, in which female Delhi Police officers and 15 girl achievers of the college were felicitated. On this occasion, Special Commissioner of Police **Sh. Deepak Purohit**, Deputy Commissioner of Police **Sh. Rohit Meena**, and Assistant Commissioner of Police **Dr. Garima Tiwari** addressed the audience, emphasizing women empowerment.

b) AIKYA organised an **Inter-College Declamation Contest** on “**Women Reservation Act 2023**”.

c) A **quiz competition** was also organised on **Women in Indian History from Ancient to Modern Times**.

d) AIKYA **Period Pain Simulator Camp** was organised on the college premises to spread awareness about menstrual cramps and the care that women require during those days, followed by an open mic session.