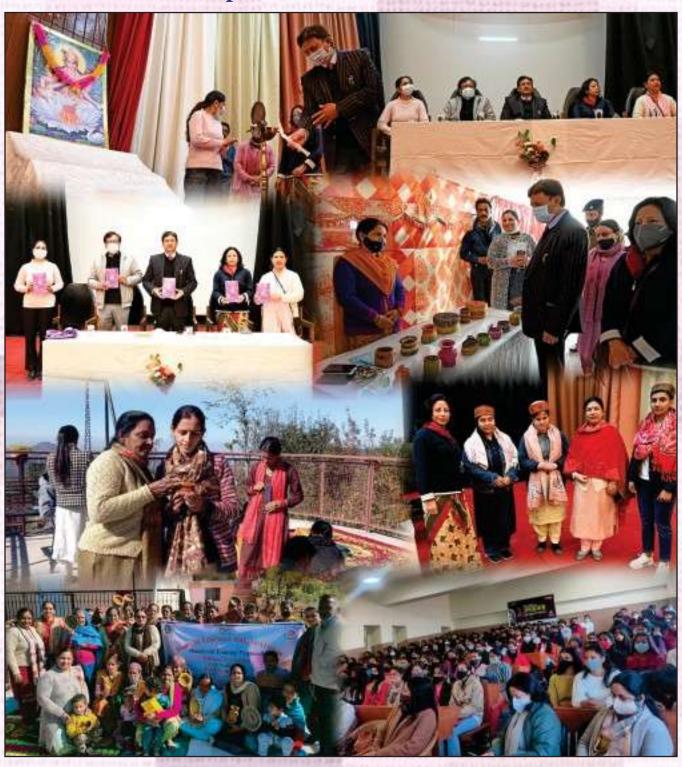
ACTIVITY REPORT

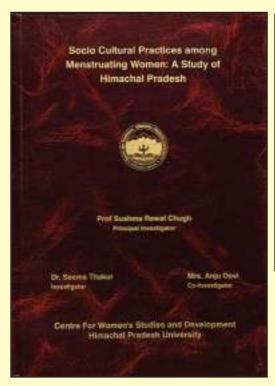
Centre for Women's Studies & Development Himachal Pradesh University "NAAC Accredited 'A' Grade University" April 2020 to March 2022



Publications of the Centre for Women Studies and Development Himachal Pradesh University, Shimla



Hon'ble Vice Chancellor releasing an edited book of the CWSD titled "Gender Equal Society: Myth and Reality" on International Women's Day 2022



Completed and Published Minor Research Project "Socio-Cultural Practices among Menstruating Women: A Study of Himachal Pradesh"



Hon'ble Vice Chancellor releasing book by Dr. Seema Thakur titled "Role of Mahatma Gandhi to Upliftment of Women in India"

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HIMACHAL PRADESH UNIVERSITY

NAAC Accredited 'A' Grade University Gyan Path Summer Hill, Shimla-171005

Prof. S.P. Bansal Vice-Chancellor



MESSAGE

I am happy to know that the Centre for Women Studies and Development, Himachal Pradesh University, Shimla is bringing out its Annual Activities Report very shortly. Centre for Women Studies and Development, Himachal Pradesh University, Shimla was established in the year 2001 under U.G.C. Ixth Plan guidelines (Phase-1). Since then, the Centre has been instrumental in forwarding the cause of women/gender related issues. The Centre has been organizing campaigns, workshops and lectures on gender related issues in collaboration with government organizations (e.g. Police Department, Health and Family Welfare Department, Women Commission etc.) and various N.G.O.s.

It gives me immense pleasure to note that the Centre has been instrumental in empowering rural women by helping them become self-reliant by imparting them pine needle weaving handicraft training. I am sure that with their continuous efforts in the right direction, the Centre will scale new heights. I also commend the efforts of the Centre in highlighting the sensitive issues related to gender and women. The Centre is playing a key role in carrying out extension and outreach activities. It is instrumental in creasing community awareness about various ills prevailing in society and raising health and hygiene issues. I am also happy to note that the Centre has been organizing regular health awareness campaigns and health camps for university staff and also for rural women. The Centre has carried out its activities during the period of pandemic and has also taken initiatives in the field of research and publication.

I wish the Centre for its future endeavours.

(Prof. Sat Prakash Bansal)

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From the Director's Desk...



With the spread of COVID-19 around the world during the year 2020-21, the impact of the pandemic on women has been severe. Women have been leading the health response: women make up almost 70% of the health care workforce, which had exposed them to a greater risk of infection during pandemic. At the same time, women have also been shouldering much of the burden at home, given school and child care facility closures and longstanding gender inequalities in unpaid work. Women also faced high risks of job and income loss, and face increased risks of violence, exploitation, abuse or harassment during times of crisis and quarantine. Crucially, lockdown situations had exacerbated risks of violence, exploitation, abuse or harassment against women. Therefore, to deal with the pandemic created situations and lock downs imposed, the Centre for Women Studies had carried out its many activities through on-line mode. Webinars, lectures series were organized by the Centre during the covid-19 pandemic aiming to create awareness among masses and also to sensitize them against certain sensitive issues like domestic violence, health and hygiene etc. To commemorate 'Azadi ka Amrit Mahotsav', the Centre has been organizing gender sensitization workshops and seminars (International, National and State) on a regular basis for University employees, teachers, students and the local community. Purpose of these workshops/seminars is to create awareness about women and gender related issues and to sensitize community about the problems faced by women. In order to make women self-reliant, the Centre has been imparting pine needle weaving handicraft training to rural women. In the year 2021 the Centre resumed its Hands-on Pine Needles' Handicrafts Workshop by organizing an advanced course in village Dhagogi, District Shimla. The Centre has carried out research and publication activities covering women and gender related issues. The Centre published an edited book titled, 'Gender Equality: Myth and Reality' in the year 2021. A research project titled, 'Socio-Cultural Practices among Menstruating Women: A Study of Himachal Pradesh' was completed and submitted in 2021 to the Dean of Studies H.P. University, Shimla.

Owing to pandemic created situation, the Centre did not release its annual activity book in the year 2020-21; however, the Centre takes pleasure in releasing a combined activity book for the year 2020-21 and 2021-22.

(Professor Sushma Rewal Chugh)

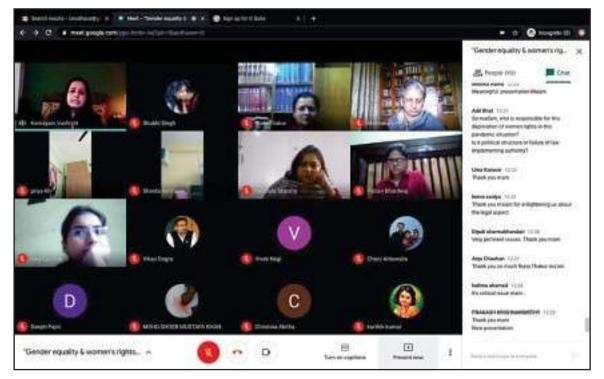
Director

Centre for Women's Studies and Development Himachal Pradesh University, Shimla

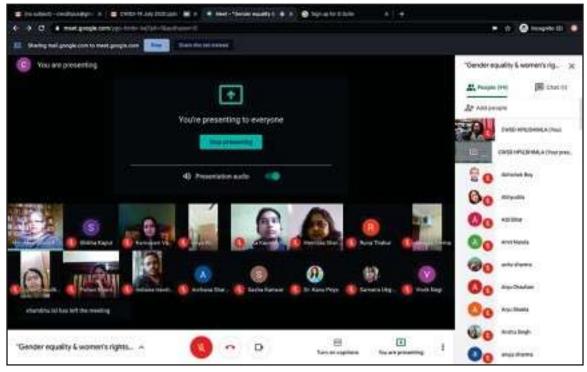
International Webinar on 'Gender Equality & Women's Rights' in view of ongoing Covid-19 on 14th July, 2020

As per UN Women studies report, globally 243 million women and girls aged 15-49 have been subjected to sexual and/or physical violence perpetrated by an intimate partner. The report says that the number is likely to increase as security, health and money worries heighten tensions and strains are accentuated by cramped and confined living conditions. This pandemic has cast a dark shadow of violence against women and girls. India is an extremely diverse country, not only in terms of geography but also in societies, people and culture. Freedom from violence and fear of violence is essential to enjoy human rights. It has also been observed and found through various studies that the notion that only uneducated and economically weaker women endure domestic violence and abusive relationships is not correct. Though women in India comprise about 48% of the total population, even then our society considers them inferior to men. Continuous social conditioning of our society has also contributed to this irrational and illogical notion. Growing up in a patriarchal society, males have internalized a sense of power. It has been understood and observed that poverty and inequality in our country has made women more vulnerable to violence. Whenever marginalized are subjected to atrocities, the women of communities suffer the most. Stark socio-economic inequalities would place vulnerable groups of women at a higher risk of violence. Unemployment, financial strains and insecurity have made it harder for women to escape. According to a report by the National Commission for Women, domestic violence is at an all time high in 10 years. Moreover, there are certain groups of women that suffer more because they belong to multiple minority groups like racial or ethnic minority, indigenous community, rural community, migrants, and children, poor, disabled or elderly. In addition to being subjected to gender discrimination, they are also likely to experience human rights violations. It remains an undisputed fact that women and marginalized people become even more vulnerable in emergencies. Entire humanity worldwide is in the grip of one such emergency in the form of COVID-19 pandemic.

As the number of infected persons is rising with each passing day, its gendered effects are also emerging in an equally alarming manner. Though data are scarce, but media coverage and reports from various organizations have revealed an alarming picture of increased reports of violence against women and girls during COVID-19. In majority of cases perpetrators of violence against women are intimate partners. To address these issues the Centre for Women's Studies and Development, H.P. University, Shimla had organized a one day National Webinar on the theme 'Gender Equality and Women's Rights in view of ongoing COVID-19' on 14th July, 2020.



Participants' Interaction during the Webinar



Participants' Interaction during the Webinar

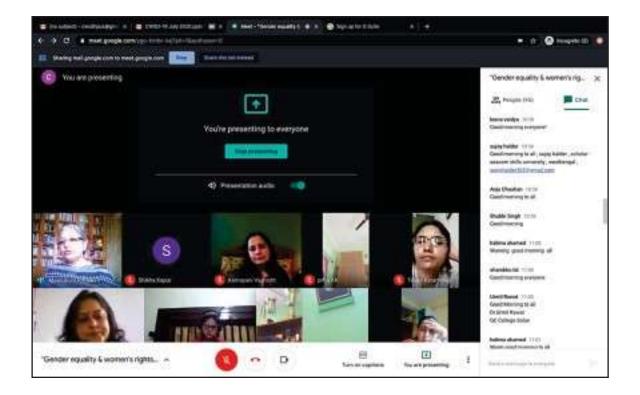
Hon'ble Vice Chancellor of Himachal Pradesh University, Prof. Sikander Kumar was the patron of the webinar. Convener of the webinar was Prof. Sushma Rewal Chugh, Director Centre for Women's Studies and Development, H.P. University. Organizing committee included, Dr. Seema Thakur, Project Officer and Mrs. Anju Devi, Research Fellow, Centre for Women's Studies and Development, H.P. University. Webinar was addressed by three learned resource persons. They dealt with three different topics which addressed gender dimensions of COVID related issues. Themes that were covered included, 'Pandemic and Gender Equality-Covid-19 and gender based violence' by Prof. Meenakshi Faith Paul, Chairperson, Department of Evening Studies, H.P. University; Dr. Runa Mehta Thakur, Department of Laws, H.P. University addressed the issue of 'Gender Equality and Women's Rights-in view of Covid-19'. Dr. Kamayani Bisht, Associate Professor, English Department, Government College Sanjauli, spoke about society's denial of marginalized people. The theme of her discussion was, 'Pandemic Hits Harder at the Margins'.

Pandemic has hit women and the marginalized people the most. Prof. Meenakshi Faith Paul pointed out that during the times of pandemic women are confined to their homes with their abusers. This has made the matters worse for women and girls. Home can prove to be a dangerous place for women if they are stuck in isolation with their tormentors. A report by the National Commission for Women pointed out, 77% women chose to keep mum about domestic violence, whereas 86% women do not file reports against domestic violence. This may be attributed to fear of more harassment by husband and in-laws. These battered women face social stigma and lack of support by their own families.

Dr. Runa Mehta Thakur highlighted the violation of human rights of women during the lockdown period. Women migrant laborers have to go through an ordeal. Harrowing tales of women dying or giving birth on the streets surfaced. Female workers were the first to hit by the impacts of this virus. They were the worst hit by unemployment, layoffs, limited access to and delivery of justice during the lockdown period. It also emerged during the course of discussion that right to life, which is a fundamental right, was also compromised along with human rights. Right to shelter and privacy for females during quarantine were also compromised. Children also suffered during the period of lockdown. Mid day meals to school children could not be served during this period of lockdown.

It was pointed out by Dr. Kamayani Bisht that the rights of deprived gender, sex workers and with alternate sexuality were violated more than the others. A report on the plight of sex workers suggested that only 20% sex workers in Delhi have election ID. Majority of them do not have documents which would have made them eligible to access government's welfare schemes. Hygiene is a huge challenge for sex workers and migrant laborers as they are forced to live in inhumane conditions. Many of those suffer from chronic diseases due to lack of health facilities.

Experts were of the opinion that laws should be framed keeping in mind different cultures and people. Onus should be on enhancing telemedical technology and traditional methods of healing should



be encouraged. More midwives should be trained to handle medical emergencies in remote and rural areas. Financial assistance should be provided to females. There should be various ways to reach out to distressed women. Distress response should be an essential service. They should be made aware about these various ways. The webinar was attended by students, faculty members, research scholars, social activists and gender champions from various Institutes, Colleges and Universities from Tamilnadu, Maharashtra, Uttar Pradesh, Meghalaya, Assam, Madhya Pradesh, Jammu and Kashmir and Himachal Pradesh. The participants appreciated the sessions and found them very informative.

The webinar concluded with Prof. Sushma Rewal Chugh, Director, Centre for Women's Studies and Development, Himachal Pradesh University, Shimla, proposing a vote of thanks to all the participants.

Women's Studies Lecture Series

Centre for Women's Studies & Development, H.P. University started a lecture series on the theme 'Women Studies Lecture Series' covering various topics ranging from, Health and Wellness during Covid-19, Issues of Mental Health during Covid-19, Role of media in highlighting the plight of marginalized people during Covid-19 along with many other such relevant themes from 24th July, 2020 onwards.

Lecture Series on 'Wellness and Health During Covid-19'

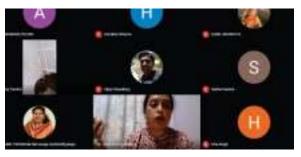
Centre for Women's Studies and Development, H.P. University organised one day Lecture on 'Wellness and Health During Covid-19' on 20-8-2020. Dr. Neerja Medical Officer (Ayurveda), H.P. University Health Centre was the resource person. Dr. Neerja emphasized upon the importance of a balanced diet in prevention of diseases. She stressed that impetus should be on health to deal with the problem of such magnitude such as Covid-19. Covid-19 had impacted adversely the population with weakened immune systems or people having 'compromised immunity'. The resource person deliberated the importance of digestion in having a strong immune system. She also apprised the participants about the foods one could have to boost immunity. She emphasized about the importance of 'satvik aahar'.

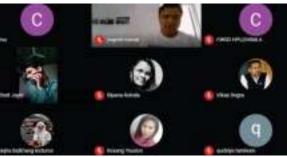
Dr. Neerja stressed upon the need to stay mentally fit and healthy during the period of lock downs. She also gave tips about the appropriate usage and consumption of herbs to boost immunity. She apprised the participants about the health treasure trove that we have in our kitchens. Importance of daily usage of masalas and herbal teas were also discussed during the course of discussion.

The lecture was very interactive in nature. It was actively attended by the participants not only from India but also from abroad. The lecture was widely appreciated.







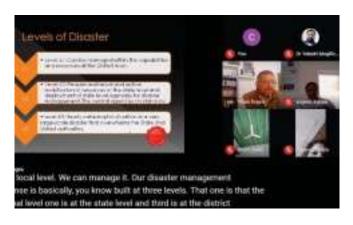


Lecture on 'Media in the Times of Disaster' on 27-8-2020

Under the Online lecture series, the Centre for Women's Studies and development Himachal Pradesh university organized one Day Lecture on 'Media in the Times of Disaster' on 27th august 2020. Prof. Vikas Dogra, Chairman, Department of Journalism and Mass Communications, H.P. University was the key speaker. Director Centre for Women's Studies and Development, Himachal Pradesh University welcomed all the participants and introduced the theme of the lecture. The online lecture was attended by a large number of participants from all across the globe.

Prof. Dogra deliberated upon the sensitive and important role played by media during the trying times of disasters. He stressed upon the need to have a free 'watchdog' media instead of 'lapdog' media. Many instances were quoted by him where he had emphasized the role played by media in sensitizing the masses and also create awareness. Media contribute in preparedness and disaster mitigation and acts as an effective channel for spreading disaster awareness. Media has emerged as one of the most important communication partners during an emergency. Through a very thought provoking presentation, Prof. Dogra had also thrown light on harnessing the social media to augment crisis management capabilities and also to combat the crises.

Participants were actively involved in the discussion that ensued after the lecture.









National Webinar on 'Choose to Challenge' on 8th March, 2021 (International Women's Day) in collaboration with Indian Science Congress Association, Shimla Chapter

The COVID-19 pandemic is harming health, social and economic well-being worldwide. As COVID-19 spreads around the world, the impact of the pandemic on women is becoming increasingly severe. First and foremost, women are leading the health response: women make up almost 70% of the health care workforce, exposing them to a greater risk of infection. At the same time, women are also shouldering much of the burden at home, given school and child care facility closures and longstanding gender inequalities in unpaid work. Women also face high risks of job and income loss, and face increased risks of violence, exploitation, abuse or harassment during times of crisis and quarantine. Crucially, lockdown situations exacerbate risks of violence, exploitation, abuse or harassment against women. As per UN Women studies report, globally 243 million women and girls aged 15-49 have been subjected to sexual and/or physical violence perpetrated by an intimate partner. Freedom from violence and fear of violence is essential to enjoy human rights. It has also been observed and found through various studies that the notion that only uneducated and economically weaker women endure domestic violence and abusive relationships is not correct. Though women in India comprise about 48% of the total population, even then our society considers them inferior to men. This pandemic has cast a dark shadow of violence against women and girls. India is an extremely diverse country, not only in terms of geography but also in societies, people and culture.

During the times of pandemic it has been observed that women leaders did well in containing the spread of this deadly virus. In the backdrop of the prevalent pandemic situation, the theme for International Women's Day, 8 March 2021 (IWD 2021) was announced as: "Women in leadership: Achieving an equal future in a COVID-19 world." This theme seeks to draw attention to and celebrates the tremendous efforts by women and girls around the world in shaping a more equal future and recovery from the COVID-19 pandemic. This calls for women's full and effective participation and decision-making in public life, as well as the elimination of violence, for achieving gender equality and the empowerment of all women and girls. The flagship 'Generation Equality' campaign also highlights women's right to decision-making in all areas of life, equal pay, equal sharing of unpaid care and domestic work, an end to all forms of violence against women and girls, and health-care services that respond to their needs.

In tune with the theme chosen by UNWTO, the Centre for Women's Studies and Development, Himachal Pradesh University in collaboration with the Indian Science Congress, Shimla Chapter, had organized a one-day National Webinar on 8th March, 2021on the theme, 'Choose to Challenge'. The webinar was attended by more than 100 participants from all across the country. Resource persons for the webinar were academicians who have closely been associated with the women and gender related



Hon'ble Vice Chancellor Prof. Sikander Kumar addressing the participants



Prof. Sushma Rewal Chugh, Director, Centre for Women Studies & Development



Prof. Mamta Mokta, Resource Person for the Webinar

issues. Prof. Mamta Mokta, Dept. of Public Administration, Prof. Chander Mohan Parsheera, Director, Institute of Tribal Studies, Prof. Meenakshi Faith Paul, Principal, Dept. for Evening Studies, H.P.U., Dr. Ajai Srivastava, Nodal Officer, Disability Affairs, H.P.U. were the resource persons for the webinar.

The webinar was inaugurated by the Hon'ble Vice Chancellor of Himachal Pradesh University, Prof. Sikander Kumar. Convener of the webinar was Prof. Sushma Rewal Chugh, Director Centre for Women's Studies and Development, H.P. University. Organizing committee included, Dr. Seema Thakur, Project Officer and Mrs. Anju Devi, Research Fellow, Centre for Women's Studies and Development, H.P. University.

While highlighting the need for gender equality and equal opportunities for all, the Hon'ble Vice Chancellor, Prof. Sikander Kumar stressed upon the importance of helping and uplifting under privileged women. This would enable them to join mainstream. He emphasized upon the need to have a balanced society, where men and women share equal opportunities, freedom and rights.

Prof. Mamta Mokta applauded the role played by successful women leaders in curtailing the spread of Covid. Prof. Mokta addressed the issue of 'Women in Governance'. Women managers/leaders that have broken the glass ceiling in non-traditional organizations have proven that effective leaders don't come from one mold. They have demonstrated that command-and-control style of managing others is not the only way to succeed. Women's success shows that a non-traditional leadership style is well suited to the conditions of some work environments and can increase an organization's chances of surviving in an uncertain world.

Next resource person Prof. Chander Mohan Parsheera emphasized upon the importance of women self-help groups during uncertain times such as Covid. Rural women have emerged as the backbone of economies of developed as well as developing nations. They are the active agents of socio-economic changes. Women self-help groups in India have risen to the extraordinary challenges posed by Covid-19 pandemic. Women in rural areas have taken an initiative to protect environment by opposing deforestation. Women in rural areas have emerged as decisive leaders.

Prof. Meenakshi Faith Paul raised the issues of violence, exploitation, abuse and harassment against women. Female workers were the first to hit by the impacts of this virus. They were the worst hit by unemployment, layoffs, limited access to and delivery of justice during the lockdown period. It also emerged during the course of discussion that right to life, which is a fundamental right, was also compromised along with human rights. To tackle with such issues, the entire society has to work towards achieving gender equality; women, men, LGBT community and transgender have to contribute towards uplifting the weaker sections. Governmental and non-governmental organizations have to work in tandem.



Prof. C.M. Parsheera, Resource Person



Prof. Meenakshi Faith Paul, Resource Person



Webinar in Progress

Dr. Ajai Srivastava, Nodal Officer, Disability Affairs, H.P. University highlighted the true essence of inclusion by mainstreaming women with disabilities. Whenever marginalized are subjected to atrocities, the women of disabilities suffer the most. Stark socio-economic inequalities would place vulnerable groups of women at a higher risk of violence. Fostering the spirit of gender sensitivity would go a long way in ensuring equality.

Women's access to information and participation in data collection must be ensured. Women-led agricultural co-operative should be encouraged. Women must have access to social assistance. We can all choose to challenge and call out gender bias and inequality. We can all choose to seek out and celebrate women's achievements. Collectively, we can all help create an inclusive world.

Awareness Campaign on Menstrual Health and Hygiene at ITI, Summer Hill, on 23rd September, 2021

For a nation to progress and develop, it is utmost essential to prioritize health of citizens. It is rightly said that, 'Healthy citizens are the greatest asset any country can have' and 'The health of a mother and child is a more telling measure of a nation's state than economic indicators'. Healthy women invariably mean healthy communities. Keeping this in mind, Centre for Women Studies and Development, Himachal Pradesh University launched an Awareness Campaign on Menstrual Health and Hygiene for the girl students of ITI, Summerhill, Shimla under RUSA on 23rd September, 2021 at the ITI campus Summerhill. To address various health issues faced by the young women, Centre for Women Studies and Development, HPU invited Dr.Shriya Ganju, Gynaecologist, Kamla Nehru Hospital, Shimla. Dr Ganju highlighted the importance of menstrual hygiene and health issues. Girls students and all female staff members of ITI actively participated in this awareness programme. Prof. Sushma Rewal Chugh, Director Centre for Women's Studies and Development introduced the theme of the campaign and encourage all girls participants to feel free to ask any question or query related to menstrual health. Ms Anju Devi and Mr. Rajkumar staff member of Centre also presented on that occasion. At the end Dr Seema Thakur Project Officer Thanked all the participants Staff Members of ITI and Dr Shreya to make the event a success.



Director CWSD addressing the audience.



Participants of Health Awareness Campaign



Participants of Health Awareness Campaign

Breast Cancer Awareness Campaign for Rural Women of Chaily Panchayat on 30th September, 2021

Centre for Women Studies and Development, Himachal Pradesh University, under its outreach activities had organized a one day awareness campaign on breast cancer and other women health related issues. The campaign was carried out in the Chaily Panchayat. We at the Centre firmly believe that women represent the cornerstone of a family's overall health; therefore utmost attention is required towards the health of women. With the objective of reaching out to rural women, to break away the stigma attached to women health related issues and also to create health awareness, a one day campaign on breast cancer awareness was launched in the Chaily Panchayat on 30th September, 2021. The Centre had invited Dr. Usha Justa, a senior gynaecologist from Kamla Nehru Hospital Shimla.









Anti-Drug Awareness Campaign for H.P. University students on 30th October, 2021

Centre for Women Studies and Development, Himachal Pradesh University, Shimla in an effort to eradicate the use of drugs among youth, carried out an anti-drug awareness campaign for the students of Institution of Vocational Studies, Himachal Pradesh University, Shimla on 30th October, 2021. The campaign was attended by a large number of students along with the Director I.V.S. Prof. Chander Mohan Parsheera, Prof. Sonia Khan, I.V.S., Dr. Nitin Vyas, I.V.S. and Dr. O.P. Sharma, Y.S. Parmar Chair. Mr. O.P. Sharma, Convener-cum-Advisor Himachal Pradesh Nasha Nivaran Board, was the main speaker for the event.

While addressing the students, Mr. Sharma raised concern about the rising trend of drug abuse among youth, more particularly amongst the student community. He appealed the teaching community and NGOs to sensitize the students and parents so that they take up a pioneering role in creating an atmosphere where drug abusers and peddlers will have no place in society. He asserted that use of drugs or substances may lead to addiction or dependence, serious physical injury (such as damage to kidneys, liver, heart) or psychological harm like hallucinations, memory loss or death. In addition to causing death, substance abuse is also responsible for significant morbidity and the treatment of drug addiction creates a tremendous burden on society. Drug abuse would eventually lead to many kinds of criminal activities. The need of money to buy illegal drugs has driven many youths to earn money easily and they get involved in criminal activities. It has posed a serious problem amongst youth and school children and controlling it has become a major challenge. Mr. Sharma exhorted the police and other law enforcing agencies to be more vigilant and take strong action against drug marketers indulged in this nuisance. The anti-drug awareness campaign proved to be a very informative and interactive event that sensitized the students against this menace. Students of the Institute participated whole heartedly in the ensuing discussion.



Welcome address by Director CWSD Prof. Sushma Rewal Chugh



Director I.V.S. addressing the participants



Mr. O.P. Sharma interacting with participants



Participants of Workshop

Advance Course on Pine Needles Workshop at Village Dhagogi (21st November 2021 to 25th November 2021)

To commemorate Azadi ka Amrit Mahotsav, Centre for Women's Studies and Development, H.P. University, had organized a 5-days outcome based advanced training workshop of creating handicrafts from pine needles for the rural women folk of Dhagogi Village, District Shimla under the Equity Initiative Head of RUSA. Besides working in the University, the Centre has also been closely associated with rural women and paving way for their empowerment through organizing such workshops and other outreach activities under RUSA Equity Initiative. This workshop aimed to provide training of making beautiful handicrafts from the locally available pine needles to rural women. This 5-days workshop also aimed at capacity building of rural women.

To help and train rural women of the State towards becoming financially independent and augmenting their income, Centre for Women's Studies and Development of H.P. University had organized this advanced handicraft training camp. This camp was attended by more than 50 rural women from Mashobra Block. A Government of Himachal Pradesh certified Master Trainer Mrs. Sudershana Kumari painstakingly trained these women. To make the workshop achieve its objective of providing training to maximum number of women and empowering them, help from Ward Member, Mahila Mandals and Self help groups of this Village was solicited.



Rural women of Dhagogi village with their products



Participants of workshop



Pine Needle Products

Rural women mastering the art of souvenirs from pine needles is paving way for the souvenir industry of this small village which in turn is becoming a source of their empowerment through income generation.

Glimpses of the Workshop



Awareness Campaign against Domestic Violence and on Women's Health at Rajiv Gandhi Degree College, Kotshera on 13th December, 2021

To commemorate Azadi ka Amrit Mahotsav, Centre for Women's Studies and Development, H.P. University, had organized a one day Awareness Campaign on Domestic Violence and Women's Health on 13th December, 2021 at Rajiv Gandhi Degree College Kotshera under the Equity Initiative Head of RUSA. The Centre has been organizing such campaigns and other outreach activities under RUSA Equity Initiative. This Awareness Campaign was aimed to educate College students regarding domestic violence and its devastating impact on the victims. The campaign also focused on the issues pertaining to women's health and nutrition. Prof. Mamata Mokta, Dean Faculty of Social Sciences addressed the issue of domestic violence. She stressed upon the need to recognize patterns of domestic abuse and also highlighted various types of domestic abuse. She stressed upon the need to break the vicious cycle. It was heartening to see both the boys and girls of the College wholeheartedly taking part in the discussion that ensued.

To cover the topic related to women's health, nutrition and menstruation Dr. Shriya Ganjoo, Gynecologist from Kamla Nehru Hospital, was invited to deliver a talk. She emphasized upon the need



Director CWSD felicitating the Speaker



Prof. Mamta Mokta addressing the participants



Dr. Shreya Ganju addressing the audience



Participants of Awareness Campaign



Participants of Awareness Campaign



for young girls and women to stay healthy. She answered many queries of the students and the faculty members of the College related to menstruation and nutrition.

The Campaign was attended by more than 130 students and faculty members of the College. The campaign was also attended by the Principal of the College, Dr. Anupama Garg.

The students of the College were also apprised of the various helplines of the Government helpful in combatting the issue of violence against women. The students pledged their active participation in eradicating the evil of violence against women.

Workshop on 'Break the Bias'

on International Women's Day on 8th March, 2022

To commemorate Azadi ka Amrit Mahotsava, the Centre for Women's Studies and Development, Himachal Pradesh University under the Equity Head Initiative of RUSA, had celebrated International Women's Day in the University Auditorium on 8th March, 2022 by organizing a workshop on the theme, 'Break the Bias'. Prof. Sikander Kumar, Hon'ble Vice-Chancellor of Himachal Pradesh University was the chief guest for the event. Ms. Ranjana Chauhan, S.P. Lokayukta, I.P.S. was the special guest for the occasion. Prof. Chander Mohan Parsheera, Director, I.Q.A.C. was also our esteemed guest for the event.

Director of Centre for Women Studies and Development, Himachal Pradesh University welcomed the participants and apprised the gathering about the theme of the workshop. The workshop was attended by more than 260 participants from H.P.University and women from rural areas. On the occasion of International Women's Day, the Hon'ble Vice-Chancellor Prof. Sikander Kumar released an edited book published by the Centre titled,' Gender Equal Society: Myth and Reality'. Another book with the title, 'Role of Mahatama Gandhi to Upliftment of Women in India' by Dr. Seema Thakur, Project Officer, Centre for Women's Studies and Development, H.P. University was also released by the Hon'ble Vice-Chancellor on the occasion of International Women's Day.

The Hon'ble Vice-Chancellor highlighted the theme of the workshop. He emphasized upon the importance of women being the real architect of the Society. Women really do build a society. They build not only themselves but a whole community. Yet history has failed the women many a time to represent what a woman can be. International Women's Day (March 8) is a global day celebrating the historical, cultural, and political achievements of women. He emphasized upon the need to continuously examine the opportunities, as well as the constraints, to empower women and girls to have a voice and be equal players in decision-making for sustainable development and greater gender equality. Without gender equality today, a sustainable future, and an equal future, remains beyond our reach. Women and girls are effective and powerful leaders and change-makers for climate adaptation and mitigation. They are involved in sustainability initiatives around the world, and their participation and leadership results in more effective climate action. Continuing to examine the opportunities, as well as the constraints, to empower women and girls to have a voice and be equal players in decision-making related to climate change and sustainability is essential for sustainable development and greater gender equality. Without gender equality today, a sustainable future, and an equal future, remains beyond our reach. This thought has been the focus on this International Women's Day, which is "Gender equality today for a sustainable tomorrow".

Special guest for the event, Ms. Ranjana Chauhan, S.P. Lokayukta, I.P.S. spoke about prevalence of gender inequality around the world. Despite all the efforts, still today, an average woman spends



Felicitations by Director CWSD



Lighting of lamp by the Guest of Honour Ms. Ranjana Chauhan, S.P. Lokayukta



Dignitaries on the dais



Address by the Hon'ble Vice-Chancellor, H.P. University, Prof. Sikander Kumar



Welcome address by the Director, C.W.S.D.



Address by E.C. Member Ms. Raj Kumari



Address by the Guest of Honour Ms. Ranjana Chauhan, I.P.S. Lokayukta



Experiences shared by Ms. Pratibha, a visually challenged student pursuing Ph.D., Political Science



Experiences shared by Prof. Sonia Khan, I.V.S.



Song by Ms. Muskan youth icon (Visually Challenged Student)



Felicitations by the Director CWSD



'Make a symbol - Break the Bias'

double time working as compared to the men, unpaid. They face atrocities and intimidations for achieving what they truly desire. It is a known fact that the world couldn't run without women. She highlighted the importance of International Women's Day in not only being a commemorative event but also to remember those extraordinary women who paved their path of achievements through the gender-biased society. It may seem that we have progressed very far by now. Although some progress has been made, but a recent study of 145 nations showed that there's still a gender gap. This gap could be filled through equality in economic participation and opportunity, educational attainment, health and survival, and political empowerment.

Prof. Meenakshi Faith Paul, Principal Department of Evening Studies, H.P.U. was the main speaker for the next session of the workshop. Through her deliberations she highlighted the importance of gender equality in the context of the climate crisis and disaster risk reduction. Women are increasingly being recognized as more vulnerable to climate change impacts than men, as they constitute the majority of the world's poor and are more dependent on the natural resources which climate change threatens the most. She also pointed out that women were making the world a better place with their infinite strength, willpower, and determination. Every day, with power enough to shatter the shackles of patriarchy, women across the globe are overcoming different hurdles and making their place evident in the society. Whether deliberate or unconscious, bias has always made it difficult for women to move ahead. Women need to summon the fortitude to overcome all obstacles in all areas of life in order to achieve significant progress.

Mrs. Rajkumari, Member E.C. H.P. University emphasized upon the importance of International women's day. She addressed the issue of biases faced by women and gender stereotyped roles assigned to women even in contemporary society. She spoke about gender balance as not solely a women's issue, but an economic issue. She highlighted the struggles of being a modern women and workspace discrimination faced by women in the workplace.

Prof. Sonia Khan, addressed the issue of social prejudices faced by women. According to her, women empowerment could be achieved through education, employment and also by imbibing and encouraging a culture of sisterhood in women empowerment.

We have exemplary examples of women braving all physical challenges to chase their dreams and to make their mark. Ms. Pratibha (Pursuing Ph.D. in Political Science and Ms. Muskan (Pursuing Ph.D. in Music) are role models for the society as they have overcome all hurdles and are now making their mark. The event was also attended by Ms. Nidhi, a renowned handball player. All these talented girls shared their experiences and motivated the audience. It was pointed out by the resource persons that though women today definitely live in a better world than the women belonging to history, but there still are things that need to be addressed.

Exhibition-cum-Sale of Pine Needles Handicrafts on 8th March, 2022

With the motive to empower rural women the Centre for Women's Studies and Development, Himachal Pradesh University under the Equity Head Initiative of RUSA had organized pine needles' handicraft training workshops. The outcome of these hands-on workshops is that women have started making beautiful pine needles' handicrafts. These handicrafts are sold through self-help groups and also through home stay owners and hoteliers. Therefore these training workshops organized for rural women have proved to be a step towards capacity building for rural women.

The Centre for Women's Studies and Development, H.P.U. has always been instrumental in furthering the cause of women empowerment by helping them becoming self-reliant. With this aim, the Centre had organized a one-day exhibition-cum-sale of Pine needles' handicrafts prepared by these trained rural women in the University campus. This exhibition-cum-sale of handicrafts was inaugurated by the Hon'ble Vice-Chancellor, Himachal Pradesh University, Prof. Sikander Kumar. He was accompanied by the Dean I.Q.A.C. Prof. Chander Mohan Parsheera. The exhibition was held on 8th March, 2022. The exhibition-cum-sale received a great response from the University fraternity and proved to be very encouraging and motivating for women coming from rural backgrounds for the sale of their produce.



Hon'ble Vice Chancellor, H.P. University, Prof. Sikander Kumar inaugurating the Exhibition



Hon'ble Vice Chancellor, H.P. University, Prof. Sikander Kumar at the exhibition stall









Centre for Women's Studies & Development

Himachal Pradesh University
(NAAC Accredited 'A' Grade University)