



Vidyasagar University

Midnapore, West Bengal

721102



7.1.1. Measures initiated by the Institution for the promotion of gender equity during the year

Gender Sensitivity within Campus:

1. **Women's Studies Centre:** The Women's Studies Centre, aims to:

- Promote study, research, documentation & publication, of gender-related issues with a special focus on women.
- training women in skill-enhancement
- consultancy on issues related to women
- provide a flourishing interdisciplinary environment for research and allied activities on a wide range of Women's issues.

Programme wise report:

LET'S TALK MIND AND MINDFULNESS: Mental Health Awareness Contact Sessions

Date: 30 November 2023

Venue: Women's Studies Centre

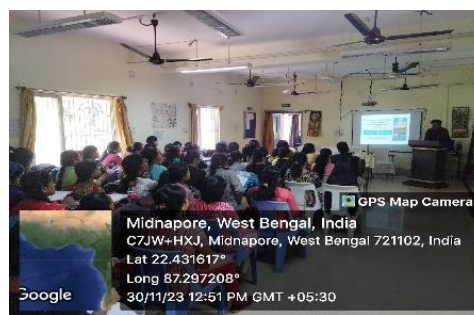
Participants:

Scholars: 11

Students: 55

Dr. Suddhendu Chakraborty, Clinical Psychiatrist, was also present as the resource person and facilitator.

In our society mental illness is stigmatized more than any other illness. According to the Global Mental Health Statistics overview, 970 million people around the world struggle with some sort of mental illness. 14.3% of deaths worldwide or approximately 8 million deaths each year are attributed to mental disorder. Depression affects over 300 million people worldwide, regardless of culture, age, gender, religion, race or economic status. Suicide has become the fourth leading cause of death among people aged 15-29 in a 2020 survey. 62% of respondents reported experiencing some degree of anxiety increased by a massive 25%. There are many more statistics to consider mental illness as a legitimate illness and it should not be taboo to talk about it. It is necessary to find out the treatments for mental illness and the practice of mindfulness could be a treatment for it.



Awareness Programme: Sexual Harassment of Women at Workplace

Date: 13 December 2023

Venue: B. N. Sasmal Hall



The resource persons described the procedures in a judicial system, step by step, for seeking legal redressal for instances of sexual harassment of women in the workplace. She let the audience know that the victim gets the opportunity to maintain the confidentiality of her/his witness by deposing only in the presence of the Magistrate/Judge. Adv. Barik also has made the audience aware of the possible punishment for committing harassment to others.

The audience unanimously thanked the organizers for the awareness programme on sexual harassment of women in the workplace. The students and scholars (both men and women), particularly, have requested the organisers to consider organising a seminar/workshop on sexual harassment in the workplace.

Self Defence Training Programme

Dates: 27 February to 7 March 2024

Time: 07.00 a.m.

Venue: Khudiram Krirangan (Sports Ground), Vidyasagar University.

The Centre of Women's Studies Centre, Vidyasagar University organized a 10-day training program on self-defense for girl's students and research scholars. Women's Studies Centre took up this initiative in collaboration with Midnapore Karate Institute and the program was held from 27/02/2024 to 07/03/2024. The Head of the Dept. of Geography, Prof. Nilanjana Das Chatterjee, took up this initiative of training the girls for Self Defense. 53 girls participated in this program from various departments of the University. The program was inaugurated on 27th February in the presence of the Hon'ble Vice Chancellor, Prof. Susanta Kumar Chakraborty, Director of IQAC Prof. Madhumangal Pal, and other dignitaries. The training program started every morning at 7 a.m. and ended around 9 a.m. The girls were not only trained physically but they were given psychological sessions to boost their morale. This gave the girls confidence. Self-defense is not only the physical training of the women but it also needs them to feel confident and



at the end of the program, the participants were given certificates on 8th March on the day of International Women's Day.

not be afraid of the adverse situation they are in. The session was really an interactive one and the girls felt empowered after the session. All the examples that were given to the participants were from real life and this thus gave the participants to learn in a better way. The program was overall a success and

Celebration of International Women's Day by Women's Studies Centre at Vidyasagar University

Date: 11th March, 2024

Place: B N Sasmal Hall

Speaker: Anita Agnihotri, Eminent Writer

No. of Participant -200

The Women's Studies Centre of Vidyasagar University, Midnapore had organised a special event in order to celebrate International Women's Day at B.N Sashmal Hall. The key speaker of the day Anita Agnihotri presented her thoughts on the topic of Women's Struggle for Human Rights (*Narir Sangram Manabadhikarer*). With an interesting introduction to how Human Rights as a concept is considered truly important and its violation one of the most heinous crimes ever often by the general masses. But when it comes to human rights or women's or women's rights, the severity of the concept decreases and nobody is shocked with stories of violation of human rights of women. Its sinisterness lies in the fact that it has become so common. For her disquisition, she had taken up the life stories of four illustrious women Bilkis Bano, Medha Patkar,



Gauri Lankesh and Kamala Bhasin.

Napkin Vending Machine: Four machines have been installed in Vidyasagar University, namely, the Women's Utility Centre, Central Library, Medical Unit, and the Girls Student Hostel.

