Internship Inauguration Ceremony: Safe and Secure Public Transport in Delhi powered by Urban Catalysts

Date: Tuesday, 16 January 2024

Time: 1:00 PM onwards

Location: Committee Room, Janki Devi Memorial College

Topic: Safe and Secure Public Transport in Delhi powered by Urban Catalysts

The afternoon unfolded into a momentous occasion today with the inauguration ceremony for the internship program on Safe and Secure Public Transport in Delhi, a collaborative initiative between our esteemed institution and Urban Catalysts.

The ceremony commenced at 1:00 PM with a vibrant exchange of experiences. We, the inspiring interns, eagerly shared our personal encounters with Delhi's public transport system, both positive and negative. This initial dialogue set the stage for a deeper understanding of the existing challenges and opportunities in making public transport safer and more secure for all.

Following our personal reflections, Shradha Gupta of Urban Catalysts took the podium. She shed light on the organisation's mission and expertise in creating inclusive and sustainable cities. She then elaborated on the specific goals and expectations of the internship program, providing us with a clear roadmap for the journey ahead. Each intern was left feeling empowered and enthusiastic about contributing to this crucial initiative.

Our respected Principal, Professor Swati Pal, and our teachers then graced the ceremony with their presence, followed by principal ma'am's guidance. Her words of wisdom and encouragement resonated deeply with us. She emphasised the importance of public transportation in shaping a thriving city and commended our decision to be a part of this transformative project. The faculty members also joined in offering their best wishes and support, solidifying our resolve to make a meaningful difference.

The internship inauguration ceremony culminated in a sense of shared purpose and unwavering commitment. As we embark on this journey alongside Urban Catalysts, we carry with us the invaluable experiences shared, the insights gained, and the unwavering support of our institution. We are confident that the coming months will be filled with enriching learning, meaningful contributions, and a collective effort towards building a safer and more secure public transport system for Delhi and beyond.

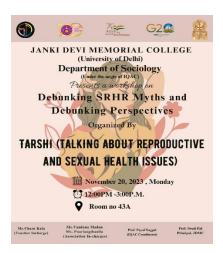




Understanding Gender and Sexuality











Under the auspices of IQAC, the Sociology Department of Janki Devi Memorial College held a session to better understand Gender and Sexuality with the help of TARSHI (Talking About Reproductive and Sexual Health Issues). The workshop is broken down into three sessions. The first session was held on Wednesday, November 8, 2023 from 11:00 a.m. to 2:00 p.m. in Room No. 43A, with 39 students participating on the first day.

Resource persons for the workshop was Ms Ayesha and Ms Chitrangi. TARSHI is a non-profitable organisation which aims to create awareness and sensitise the public regarding various issues of gender, sexuality, sexual and reproductive health etc. The total strength present in the session was 25 individuals from all three years combined.

The workshop began with a small activity game, *Fire in the Mountain!*, which allowed the creation of groups of four members for the next stage. Each group was provided with a statement to work within a stipulated time. The task was to discuss and share the insights related to the topic provided. The group conversation was lively and diverse in its opinions. Participants actively engaged with the resource persons on a variety of issues such as disability and sexuality, women and masturbation, gender and sexuality in Indian media, and so on.

The session ended with yet another interesting activity wherein participants were asked to share their concerns regarding sexuality and gender while tossing a ball of thread towards each other randomly, creating a 'web of concerns'. There was a questioning of stereotypical norms within society surrounding gender and sexuality. Through this innovative activity, participants learnt the interconnectedness of a number of issues surrounding the theme at the social level. Their brains were gently pushed to think about the correlation between topics like sexual intercourse and law, job opportunities and marriage, sexuality and religion, etc. The following group discussion focused on brainstorming unusual and unspoken themes allowing the individual minds to widen their horizons.

Debunking SRHR Myths and Debunking Perspectives

The second session of the three-session workshop was held on the 20th of November 2023, 12:00 PM to 3:00 PM at room no. 43A. The resource persons for this workshop were Ms. Chitrangi and Ms. Ayesha from TARSHI.

The workshop was conducted on the topic "Debunking Sexual and Reproductive Health and Rights Myths and Building Perspectives". The aim of the workshop was to make the students understand the importance of awareness and agency when it comes to making a choice regarding matters of sex, reproductive health and sexual health. They also explained how myths and taboos surrounding such topics make it a difficult task to openly gather information from our peers, teachers and parents.

The workshop was an interactive session and was divided into two parts. For the first part, students were asked to move to the ground wherein the students were asked to organise themselves in groups of twelve and in concentric circles. The students were made to walk to music and were asked to stop once the music stopped. Then they were asked to turn around and choose their partners and were given topics by the resource persons, which they had to further discuss amongst themselves. The topic ranged from discussing unplanned pregnancies, sexual health of the LGBTQIA+ community, peer pressure regarding being involved in sexual activities etc. Once the activity was concluded students were asked to move back into the venue of the workshop. There these topics were discussed more in detail with the resource persons.

Ms. Chitrangi and Ms. Ayesha helped the students navigate their way through these topics and provided them with more information regarding what steps to take if they ever encounter such an experience. The students were also engaged in the interaction and put forward their questions and their concerns. After the discussion was over the students were made to watch a video regarding safe abortions, types of abortions etc.

Additionally, the workshop entailed a letter activity which basically made the students read a case study and they were given three choices based on their choices they had to change the rows in which they were sitting originally. Once the students had made their choices, the students were asked to convince students who had chosen the other two options and were asked to negotiate and convince them to move to their side. The students of each group engaged in a lively discussion regarding why the other students should choose their group. Ms. Chitrangi and Ms. Aisha encouraged the students to provide strong arguments regarding their choices. After the activity was concluded, the students were asked to put forward topics that could be included in reproductive health, sexual health and both. The topics covered included same sex marriage, contraception, safe sex practices, abortions, family planning, sex work and much more.

At the end of the workshop, Ms. Chitrangi and Ms. Ayesha explain to the students how the workshop is going to help them in the future when they are going to be making choices regarding their bodies regarding their sexual health and their reproductive choices. They also explained how important it is to speak up when it comes to their own bodies and to make their own choices. They explained to the students that as the youth it is important that they are aware about the choices they now have and they should make informed decisions regarding what matters to them. The second session of the TARSHI workshop was then brought to a close with a vote of thanks by Pakhi. Overall the session enabled the participants to look at such matters with a broad and open mind, it not only taught the student audience how one can deal if found in such scenarios but also how to examine it. This session was knowledgeable which the participants will surely carry forward.

"Navigating Consent and Boundaries"

The last session of the three session workshop was on the 29th of November 2023, 11:00 PM to 2:00 PM at room no. 43A. The resource persons for this workshop were Ms. Chitrangi and Ms. Ayesha from TARSHI.

The workshop was conducted on the topic "Navigating Consent and Boundaries". The aim of the workshop was to make the students understand how consent and boundaries are important in any relationship. They also explained how consent is about setting and respecting boundaries, and

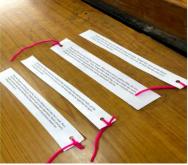
checking in when something is unclear, following that they also explained that boundaries are a healthy way to indicate what you are comfortable with.

The workshop commenced with Riddhi Priya, the vice president of the department, delivering a brief introduction and recap of the previous session. Subsequently, Tarshi volunteers Ms. Chitrangi and Ms. Ayesha organised the students into pairs, providing each group with a slip containing a unique situation. Each pair of students were supposed to analyse it and identify the degree of consent and force in the given situation and tie the slip on the rope which had consent at one end and force on the other, also along with that they were asked to give reason for their response. A discussion had uproared on each situation and everyone shared their point of view. After this a break of 10 mins was given in which the participants were asked to click a picture of anyone who is wearing red clothing and a picture of a place in college that is the individual's favourite spot. After the break detailed discussion was held on consent and boundaries, few students also shared their experiences. And following that there also was a discussion on how while clicking pictures of people wearing red clothes we had to ask for their consent and how each of them agreed with different conditions.

Ms. Chitrangi and Ms. Ayesha ended the workshop by opening a questionnaire from students to clear any of the doubts and explaining how navigating consent and boundaries are important for us in future and how the understanding of it is going to be useful. The last session of the Tarshi was then brought to a close with vote of thanks by Armish, the Student Joint Secretary of the Department. Further Ms. Chitrangi and Ms. Ayesha were given the Jar of Appreciation which complied numerous handwritten feedbacks which were done by the participants of the workshop. The Teacher-In-Charge, Charu ma'am then presented this gift as a token of gratitude for such a wonderful and interactive workshop. Later at the end of the session the students who showed their participation in three of the session conducted by Trashi were given certificate of participation by Ms. Chitrangi and Ms. Ayesha. Overall the session was knowledgeable, interactive and gave new perspective of understanding things related to consent and its importance.

The three-sessionTARSHI workshop was able to highlight upon the features and factors of Gender & Sexuality, Myths around Sexual and Reproductive Health and Navigating Consent. Each session was conducted down to all the details that entailed in each of these topics. It is evident that people in general are aware of the serious claims within the realms of each but TARSHI was able to help its participants see how one can handle and have a deeper understanding of such situations through the conducted workshops.





Intra Declamation Competition



Janki Devi Memorial College's Department of Sociology hosted an Intra Declamation Competition for the first-year class. This competition was held on November 4, 2023, at 11:30 a.m. in Room No. 43A. Kanika Kakar as the judge and third-year students as the audience. The topics for the Declamation: Impact of Social Media on Society, Vegetarianism is the hallmark of being a Good Indian and Violence is justified when Identity is threatened. Participant was given a time limit of 3 minutes to speak upon their chosen topic.

Five students from the first year participated; Sakshi Kumari, Anuradha, Anushka Dev, Arunima Pal, and Radhika Venkatraman. Sakshi and Arunima spoke on vegetarianism and its effects on societal values over time, while the remaining participants discussed the impact of social media providing the audience-the listeners an overview of social media being a boon and a bane. Each participants arguments was commendable and is highly appreciated for succinctly sharing their views. Additionally with the closing of the competition, Kanika Ma'am gave her insight on oratory skills in general and gave her heartiest congratulations to all before announcing the winner.

Arunima Pal secured the position and Radhika Venkatraman secured the position.

Overall, the competition was a huge success as each student participated with their utmost enthusiasm.

Sociology of Elites: Theoretical Dilemmas & Empirical Contexts



The department of Sociology of Janki Devi Memorial College hosted a seminar on the theme "Sociology of Elites: Theoretical Dilemmas & Empirical Contexts" on October 19, 2023. Dr Suraj

Beri, an assistant professor of sociology at Nagaland Central University in Lumami, spoke at the lecture. The seminar was also graced with the presence of the department's alumni, making this session really special. Additionally, there was a total participation of 93 students being present at room 43A. The seminar began at 11:45 A.M.

Dr Suraj Beri opened the talk with the question of elitism in the country and how they have been addressed by various segments of society. The primary focus of the entire seminar was on the concept of privilege, which is extremely important in Sociology in particular and in society in general. How we as a culture perceive privilege connected with various categories such as gender, caste, and class. He discusses how those in power make decisions regarding our lives, the lives of ordinary people, and how this is a systematic pattern of society in which power defines position as well as influence.

The session was absolutely enlightening and the students could understand the different dimensions of the topic as well as how significant it is within the society. At the end of the seminar, there was an interactive Q&A session, as the students were evidently excited to ask Dr. Beri on his research on the Elites and its interactions with the world. Armish Alamgir concluded the session with a vote of appreciation to the speaker for being such a delight and inspiration to the student audience, the professors present in the session, and the audience for being interactive and enthusiastic for the same.



Ethnographic Practices in Sociological Inquiry



On October 11, 2023, the department of Sociology at Janki Devi Memorial College, University of Delhi, held a seminar titled "Ethnographic practices in Sociological Inquiry." Dr. Nupurima Yadav, an alumni of the department who is now an Assistant Professor in the Department of Sociology at Delhi School of Economics, was the speaker for this session. The session began at 11:45 a.m., with 106 students from all three years in attendance.

Dr Nupurnima, began to present the field of Ethnography and contrasted it to the study of Anthropology, as well as how the two can be distinguished. She explained the various types of ethnography, such as Classic Ethnography, Digital Ethnography, Multi Site Ethnography, and Autoethnography, and how each type served to identify the crisis of representation and legitimation, as well as to define the global cultural economy we live in. Dr Yadav expressed this viewpoint by discussing digital ethnography in relation to today's timeline, as digitalization has taken over even the most banal routines of life and discussions, such as how "Memes," a picture with embedded text, have become a popular method of communication. As a result, taking on the form of a narrative. She also mentioned the works of notable sociologists such as M.N. Srinivas and T.N. Madan since she followed their study of understanding one's own society and shared her research experience when she performed her study on Astrology in India, which also is a book published under her name.

After the seminar, there was an interactive Q&A session, as the students were evidently excited to ask Dr. Yadav's research knowledge as well as their questions about ethnography. Overall, the department was successful in organising a highly effective session and with the guidance of Dr Yadav, the students were able to learn something new which will be applicable in their futures.



FRESHERS' 2023



On October 6, the Department of Sociology at Janki Devi Memorial College, University of Delhi, hosted a freshers orientation for first-year students. The event began at 2 p.m. in the college auditorium. The event was graced by our venerable Principal Swati Pal and the professors of the department. Students from all three years were present to witness the event that included many fun activities for the first years, ranging from games to performances.

The event was handled with grace by the anchors Armish Alamgir and Garima Kumari. The student counsel of the department was introduced before the event began in all its grandeur, and they received their allotted badges from the Principal, which was a highlight of the event as it was formally the introduction of the team to the department as a whole.

The event featured a range of colourful solo, group dancing and singing from the second and third year students for their juniors, and a keyboard performance by Manonita Verma and a skit played by Madiha Affroz and her crew representing the "Reel Vs Real College Life."

The event was joyfully celebrated as the performances by the duo Catherine & Tanisha, Kashish,

Gaigai, Aparna, Gaurangi, Barbie and crew, Urvashi and friends, to name a few, were ravishing, exciting, and enjoyable as the audience seated in front was seen to be energetic with one performance after another. The principal also shared some insightful words with the first years about what to anticipate from the department and how to make the most of the opportunities provided by the college. The teachers also informed the students regarding the placement cell and explained about the importance of being diligent in class but at the same enjoying their college life to the fullest. They also highlighted the importance of being a part of such a prestigious institution and how the students with their hard work can uphold the values of the college and make the college proud.



<u>Career Counselling Workshop</u> With International Development Program



On October 4, 2023, the Department of Sociology at Janki Devi Memorial College, University of Delhi, organised a Career Counselling Workshop in collaboration with International Development Programmes (IDP), a Global Leader in International Service. Ms. Aarti Sharma, an assistant Destination Manager at IDP Education and department alumna, spoke at the event, and she was accompanied by Ms. Vibha Sang, the Program and Strategic Alliance Manager. The session was held in the seminar hall at 11:30 a.m. for all department students interested in pursuing a study life abroad.

Ms. Sharma introduce the scope and opportunities the discipline of sociology had to offer outside

the borders of India. Secondly, she stated that to achieve any high paying salary in the field of jobs one must have the skill sets of experience. She also explained to the student audience what the IDP organisation has to offer its applicants, ranging from finding the best school to make one employable to finding the greatest accommodations. An absolute full package. Even the troubles of visa grants, IELTS preparations or even universities Accentures were handled under the auspices of IDP Education.

She also underlined the primary reasons why one should aim to study abroad, such as the opportunity to immerse oneself in a new culture, broaden one's knowledge, and learn valuable life skills. She also mentioned how Ireland, New Zealand, the United States, Canada, and Australia were the most populous destinations for education overseas. Ms. Sharma also instilled knowledge of the various procedures that universities in the United States, United Kingdom, and Australia follow, which are primarily based on merit and scholarships, further she mentioned about the average living costs, and how to manage one's finances and expenses through Study Work Rights and Part-time Work Rights. Moreover, one should research well and thoroughly before applying and not just solely apply based on rankings. It is also critical that an applicant has all of the necessary documentation, including Letters of Recommendation (LOR), Statements of Purpose, 10th and 12th grade transcripts, and your Undergraduate Degree. On the other hand, Non-Clinical Psychology, Psychotherapy & Counselling, Counselling, Social Work, Family, Rehab & Mental Health Counselling, HR Managers/Market Analysts, Public Relations, and International Relations were just a few of the courses that Ms. Sharma had mentioned during the workshop that most sociology students take.

The workshop was meaningful to the students as it helped them see their route of studying abroad in a broader context. Ms. Sharma was an excellent speaker who clarified the doubts and questions of those who were still perplexed, and with her help it surely made the event a huge success.



Online Workshop on Gender Rights and Laws

With Special Reference to Sexual Harassment at the Workplace





"We need to reshape our own perception of how we view ourselves. We have to step up as women and take the lead." — Beyoncé.

The Department of Sociology hosted a workshop on the topic 'Gender Rights and Laws: with Special Reference to Sexual Harassment at the Workplace'. The resource person for the session was Ms. Gayatri Sharma, a lawyer, gender and social justice adviser.

Ms Sharma started the session by showing data indicating how significantly crime against women had escalated. She pointed out how the data helps us recognize that harassment occurs in both the public and private sphere. Cases of harassment that occurs in the public are observed, recognized, and reported, whereas cases in the private sphere are not even questioned. She also delves in to discuss on marital rape as a point to discuss the issue of consent, and dimensions that marginalizes women and limit their independence.

Webinars like this leave a great impact on people to think about and it is no doubt that we anticipate more of such gender conscious workshops in future.

A Dream of Trees

Movie Screening





The Department of Sociology of Janki Devi Memorial College, University of Delhi organised a movie screening A Dream of Trees, on 26th September, at 09:30 am in the seminar hall.

The film is a dream-like exploration of the relationship between humans and trees. It is an uplifting story about reviving the connections between plants and animals as well as between people and rainforests in a shared environment. The story of the ecological restoration of tropical rainforests in India's Anamalai Hills. The film followed the works of two Nature Conservation Foundation Scientists, Divya Mudappa and TR Shankar, discussing the importance of civet excreta in the growth of rainforests, its extraordinary values, and how restoration helps revive forests and reintroduce wildlife the film left a very meaningful lesson on how "It is easy to destroy but impossible to recreate."

An interactive discussion with Charu Ma'am and Vandana Ma'am revealed that the documentary was similar to field work, wherein the importance of the role of local people was emphasised. The interaction became more energetic with the presence of the Principal, Professor Swati Pal, as she shares a story at the end, depicting a person's love and respect towards nature.

September 20, 2023





The Department of Sociology, of Janki Devi Memorial College, University of Delhi organised a workshop on the *Visual Narratives, Art and Graphic Design*. The resource person for the workshop was Ms. Ishita Debnath Biswas, Visual Artist and Designer and department alumna. The event was organised for all the three years of the department on the 20th of September 2023 at room no. 43A wherein the workshop began by 11:45 A.M.

Ms. Biswas introduce the theme and emphasized on the significant distinctions between a narrative and a story, as well as how a single story may be told using a variety of narratives. Her expertise in the field of visual storytelling and design gave the viewers a new perspective on how to view an image. She not only imparted knowledge on the fundamental principles but also on the concept behind the visual illustrations found in children's books, highlighting the fact that complex stories are often simplified for a child's benefit and are often depicted in fantastical and abstract ways in addition to realistic ones. She also educated the audience about contemporary art and the value of visual study or visualisation. Ms. Biswas' leadership allowed the workshop to successfully educate the excited students a new paradigm for comprehending the view all around them.

The workshop was a big success since the audience was invested in the topic and engaged with the speaker well from the beginning of the workshop until the end of the Q&A. They also enjoyed the activity of creating their own visual narrative, which was done during the workshop. The teachers took part in this exercise as well as the students.



Fern Gully: The Last Rainforest

Movie Screening

September 19, 2023

The Sociology Department organised a film screening for third-year students on September 19, 2023, to help them understand the relationship between humans and the environment. The chosen movie for the same was Bill Kroyer's 1992 animated environmental fantasy film *Fern Gully: The Last Rainforest*. The screening took place in Room 43A from 10 A.M. to 11 A.M. The movie explored themes of environmental conservation, the impact of human activity on nature, and the magic of the rainforest. It was an hour-long film that was animated beautifully and kept the audience engaged throughout.

The plot revolved around Crysta, a young and inquisitive fairy living in the thriving Fern Gully rainforest, who unintentionally reduced the size of a human named Zak. Inadvertently introducing him to the captivating and at-risk world of the forest. As Zak learned more about nature's delicate balance, he joined forces with Crysta and her companions to stop the evil spirit Hexus, who was released when a tree was cut down by humans. It was a typical ecological narrative emphasising the negative consequences of deforestation.

Overall, it complimented the themes and emotions of the story, enhancing its impact. The film conveyed significant sociological messages related to environmentalism, the human-environment relationship, responsibility, and the impact of corporate interests on the environment. These messages will surely encourage viewers to reflect on their roles in society and the environment and advocate for positive change.

ONLINE ESSAY WRITING COMPETITION

<u>15 September 2023</u>



Under the auspices of the IQAC and G-20 Jan Bhagidari, the Department of Sociology at Janki Devi Memorial College, University of Delhi, held an online essay writing competition for all JDMC students. The theme for essay competition was 'Community Engagement and Inclusive Governance: The G20's Imperative for Sustainable Development'. The event began on September 8, 2023, and the results were announced on September 15, 2023. The judge for the competition was Dr Pavan Kumar, Assistant Professor, School of Global Affairs at Dr. B. R. Ambedkar University of Delhi.

A total of 20 submissions were recieved for the competition. Mahvish Fatima, a third-year B.A. Sociology Honours student, won the competition with her beautifully written essay. In addition,

Garima Kumari, a 2nd Year student of B.A. Sociology Honours and Sohagani Roy, a 1st Year student of B.A. English Honours, received special mentions from the judge for their thoughtful and innovative essays.

Online Counselling Session

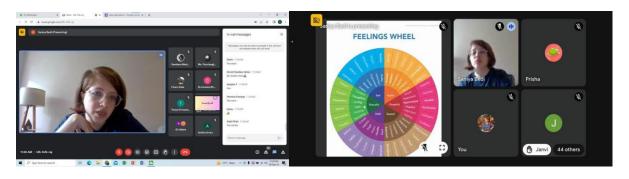
A NEW BEGINNING: LIFE AS A COLLEGE STUDENT

6 September 2023



On 6th September 2023, 11:00 pm onwards, an online counselling session for the first year students was organised by the Department of Sociology in collaboration with the Counselling Committee of Janki Devi Memorial College, University of Delhi, on the topic "A New Beginning: Life As A College Student" on a Google Meet platform. The resource person for the session was Mrs. Saniya Bedi, an alumna of Delhi University, a Counselling Psychologist and a Content Creator.

The session began with a formal introduction of the resource person by Ms. Vandana Madan. Mrs. Bedi then followed up to introduce the students present in the meeting to the topic discussion. She explained how important it is to adjust and maintain a college schedule. To do so, individuals has to keep in mind the significance of professional development, social connections, extra-curricular excellence as well as personal growth. Additionally, she made the students partake in an interesting "Feelings Wheel" activity which helped them identify how they felt to be able to regulate their emotions. She also discussed how to overcome problems related to anxiety and overthinking as nowadays it is quite common to see even amongst school-going children and the growing youth.



A total of 50 students participated in the session and actively asked questions which were answered by Mrs. Bedi. The session ended with a vote of thanks. It was a successful interactive session that gave the students insights on coping with challenges that a fresher in college can encounter and how to grow as unique individuals in various fields.

Teachers' Day Celebration 5 September 2023



The Department of Sociology of Janki Devi Memorial College, University of Delhi organised an event for its faculty on the occasion of Teacher's Day on the 5th of September.

The event started at 12 pm with the President of the Department, Manvi Airan who welcome the faculty and students. Teachers were felicitated with a bouquet of flowers and handmade greetings cards, followed by the ceremony of cutting a cake. The event had games in which both students and teachers participated with much enthusiasm. The event was a great success as room 43A was filled with the laughter of enjoying the occasion and all the three years along with the teachers had a memorable time to remember.

The event ended with students capturing this lovely occasion with the teachers by getting their pictures taken. Overall, it was a memorable event planned with an intent to deliver gratitude to all the Teachers.

Orientation Programme



Department of Sociology, Janki Devi Memorial College, University of Delhi conducted orientation programmes for the batch of 2023-27 on 17th August, 2023, Room No 43 A. The programme started with the professors introducing themselves to the freshers and making them comfortable. The freshers were then introduced to the department and myriad other important things such as the department magazine; SOCH, the department festival ETHOS, and most importantly their syllabus. Students from second and third years gave a presentation on the structure of the courses under NEP for first year. The orientation ended with a little video showing snippets of the department activities. The students and the faculty members gave a hearty welcome to the first years and wished them well for their experience in the Sociology department of Janki Devi Memorial College.

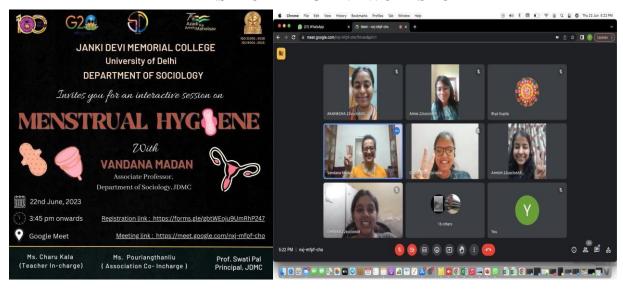


Orientation Programme for the First Year Students

The Department of Sociology organised an orientation for the first year on the 10th July 2023 at 11:00 a.m. in room number 43 A. The session was meant to inform the students regarding courses offered by the department in the Second Year (Third Semester): Discipline Specific Courses, Elective Courses as well as Value Added Courses and Skill Enhancement Courses. The teachers discuss the issue of chronic absenteeism in the ingoing semester. The students were inform on the importance of attending classes not only the Core Courses but also their Generic Elective, SEC and VAC courses.



MENSTRUAL HYGIENE WORKSHOP



The Department of sociology department organised an online workshop on Menstrual Hygiene on 22nd June 2023. The resource person for the workshop was Ms Vandana Madan. She shares her experience with the students and the importance of maintaining menstrual hygiene. She stresses on women's health and well-being. It is also important for conversations regarding women's health are important to raise awareness about the importance of menstrual hygiene and break the silence and cultural stigma surrounding menstruation.

