



# ATMA RAM SANATAN DHARMA COLLEGE (UNIVERSITY OF DELHI)

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## Gender Sensitization Report

The Women Development Cell (WDC), SHAKTI, ARSD College has consistently demonstrated its commitment to empowering students, especially women, through impactful events and initiatives focusing on health, safety, self-development, and creative expression. Each event was curated to address real-world challenges faced by students while encouraging personal growth, awareness, and leadership.

A seminar on Polycystic Ovarian Disease (PCOD) with Dr Indu Aggarwal, HoD, Department of Preventive Oncology, Rajiv Gandhi Cancer Institute and Research Centre, Delhi and Dr Satinder Kaur, Director, Surgical Oncology, Max Hospital, as the resource persons, was one of the key events organised by the WDC. It offered valuable insights into PCOD, PCOS, ovarian cancer, and related hormonal disorders and successfully educated students on menstrual health and busted myths around reproductive health issues. The interactive nature of the seminar encouraged female students to engage in dialogue in a safe and supportive environment openly. The event promoted body positivity and self-care and addressed the mental and emotional impacts of such conditions, making it highly informative and empathetic.

In pursuing physical empowerment, WDC organised a self-defence camp that equipped female students with practical skills and strategies to protect themselves in everyday situations. The camp trained participants in physical defence techniques and situational awareness while strengthening their mental fortitude. Instructors emphasised the importance of mental preparedness, encouraging students to act with courage and clarity during unsafe situations. This initiative significantly boosted students' confidence, promoted self-reliance, and enhanced their safety.

As part of its annual flagship event, WDC conducted a seminar titled “UNSTOPPABLE MINDSET: Winning in Life and Beyond” with Captain (Dr.) Sunaina Singh as the keynote speaker. A retired Army officer, Dr. Singh inspired students to develop resilience, emotional intelligence, and a problem-solving approach to life. Her powerful message—emphasising leadership, optimism, and a growth mindset— motivated students to stay driven, overcome adversity, and uplift others as they achieve personal success. The seminar left a lasting impact on the students, helping them adopt a stronger and more positive outlook.

Recognising the importance of digital safety, WDC also hosted a seminar on Cyber Crime Awareness, led by Mr. H.C. Dashrath Kumar from the Cyber Cell of Delhi Police. The session educated students about the rising threats of online fraud and scams, equipping them with knowledge to stay safe and report incidents promptly. This seminar was particularly beneficial in today's digital age, ensuring that students are informed, alert, and capable of protecting their digital identities.

Lastly, WDC organised a series of competitions under AIKYA'25, including photography,

doodle making, declamation, and quiz. These events celebrated creativity and intellect and served as platforms to raise awareness about women's rights movements. The competitions fostered team spirit, nurtured student talents, and provided a balanced mix of academic and cultural experiences.

Through these wide-ranging events, WDC successfully created a holistic environment for learning, empowerment, and expression—benefiting students across various dimensions of their personal and academic lives.

