



# ATMA RAM SANATAN DHARMA COLLEGE (UNIVERSITY OF DELHI)

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## Gender Sensitization Report

Shakti – the Women Development Cell (WDC) of Atma Ram Sanatan Dharma College, University of Delhi, is committed to promoting gender equality, inclusivity, and empowerment within the academic community. The Cell strives to create a safe and aware environment through various programmes, discussions, and workshops that address gender-related issues. During the academic session 2025–26, Shakti actively engaged students through impactful initiatives that fostered awareness, leadership, and sensitivity towards gender justice and equality.

This year witnessed a series of well-curated programmes, beginning with a seminar on “*How to Face Life’s Challenges and Build a Successful Career*” held on 3 November 2025. The session was conducted by Ms. Sangeeta Gupta, a former IRS officer, who shared her valuable experiences and practical insights on overcoming challenges and building a successful career. Her words inspired students to develop resilience, maintain a positive outlook, and face life’s uncertainties with confidence. On the same day, a thought-provoking group discussion on “*Pink Tax and Beyond – Analysing Everyday Gender Bias*” was also organized. The session encouraged participants to critically examine subtle forms of gender inequality embedded in daily life, thereby enhancing their analytical thinking and awareness.

Continuing its efforts to promote confidence and inclusivity, Shakti organized an engaging extempore competition on 16 February 2026, centered around the theme “*Women in STEM.*” The event provided students with a platform to articulate their thoughts while fostering awareness and appreciation for gender diversity in science, technology, engineering, and mathematics.

On 25 February 2026, Shakti, in collaboration with the Street Level Awareness Program (SLAP), conducted an impactful speaker session and self-defence workshop. The session on the public safety of women and girls was led by Ms. Mriganka Dadwal, Founder of SLAP and former Zee Business TV host, who addressed critical concerns related to safety and awareness in public spaces. This was followed by a Street Fight Self-Defence Workshop conducted by Abhilash, an MMA boxer, where participants received practical training in basic self-defence techniques, equipping them with essential skills for real-life situations.

A major highlight of the year was the successful organization of Shakti’s annual fest, *AIKYA 3.0*, a two-day flagship event celebrating awareness, expression, and empowerment. Day 1, held on 25 March 2026, featured a declamation competition on the topic “*Menstrual Leave: A Step Towards Equality or Reinforcement of Biological Stereotypes?*” along with *PRAVAH*,

a poster-making competition based on the theme of menstrual wellness. The day also included an engaging and interactive event titled “*Women Auction Mania*,” which added a dynamic element to the festivities.

Day 2, held on 27 March 2026, included a lecture on “*Gender Parity is a Human Right*,” delivered by Ms. Mahalakshmi Pavani, Senior Advocate at the Supreme Court. The session provided valuable legal insights and emphasized the importance of gender equality in contemporary society. The day also featured *ASTITVA*, an open mic competition that encouraged creative expression, followed by a screening of the documentary “*Daughters of Mother India*,” which further deepened participants’ understanding of gender issues. The fest concluded with a felicitation ceremony recognizing the efforts and contributions of the team under the guidance of Convenor Dr. Syed Mubin Zehra.

Overall, the academic year 2025–26 has been a period of meaningful engagement and impactful initiatives for Shakti – Women Development Cell. Through a blend of seminars, discussions, competitions, and collaborative programmes, the Cell successfully fostered awareness, encouraged dialogue, and empowered students to become more informed and sensitive individuals.

