CHRIST CHURCH COLLEGE KANPUR

Christ Church College Kanpur

Women Cell

Report

9th November 2021

The Women Cell of the college was constituted in 2016 to maintain a harmonious atmosphere to enable women students to pursue their work with dignity and reassurance. The Cell aims empowering and orienting women to recognise their true potential and to help them attain their own stand in the competing world of today.

The important objectives of the Cell are:

To mould potential women force in the campus to achieve thriving milestones of success, Empowering women to attain emotional, physical and mental freedom and strength to withstand the changing phase of their lives. To enhance self-esteem and quality of life and to eliminate the gender disparity especially in academic, official and house life.

The fundamental functions of the Cell are to safeguard the rights of female student, faculty and staff. The Cell also tries to incorporate hygiene habits and ensure a healthy atmosphere in and around the college.

To promote this noble mission, certain events like public lectures, career counselling, personal safety training programme etc. were organised in the campus.

Activities:

The students and female staff are well appraised of the effective implementation of the scheme launched by the Government of India – "Beti Bachao, Beti Padhao". The Government of Uttar Pradesh through its Asha Jyoti Kendra gave various guidelines to the students through the cell. The Toll-free no. 181, 0512-2303316, 1091, 100, 112 are given to girl students of the college to avail police assistance, legal, medical facility to launch complaints in case of need. Rani Laxmibai Mahila Samman Kosh Scheme by U P Government is for those girl students and women who are facing financial difficulties, women pensioners, women suffering from life threatening diseases. The cell upholds feminist ideals and opens up a space to discuss women's rights, equity, and social justice.

PROGRAMMES ORGANISED BY WOMEN CELL DURING LAST FIVE YEARS:

24th October 2016: Women cell organised a guest lecture on Gender Inequality by Mrs. Neelam Chaturvedi, General Secretary of Sakhi Kendra and President of UP National Alliance for women. 200 students participated in this. A campaign was organised by the cell to inform the girls students about the facilities provided by Asha Jyoti Kendra

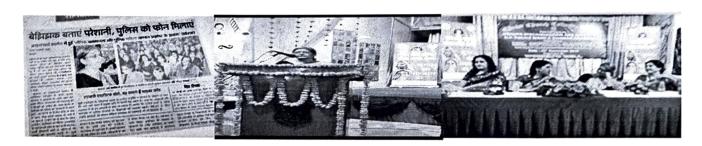


Shipa V. Siwastava

including sanction of financial assistance from UP Rani Laxmi Bai Mahila Samman Kosh, Boards of Asha Jyoti.

Kendra were put on various parts of the college. Students were well informed about the scholarships which they can avail.

25th November 2016: Women Cell organised a guest lecture on Gender Discrimination and Efforts of UP Police Mahila Samman Cell by Mrs Sutapa Sanyal, Director General UP Police. Around 300 students participated in the programme.



22nd October -27th October 2018: "MISSION SAHASI", programme to train the girl students for Self-defense which started on 22nd October 2018 and ended on 27th October 2018. It was organized by Women Cell, Christ Church College Kanpur in collaboration with Akhil Bhartiya Vidyarthi Parishad (ABVP). This was a one-week workshop where our students were trained for Self-defense by a team of trainers from Lucknow. Various dignitaries visited the college during this workshop to encourage the students. 242 students were enrolled in the programme. 83 students completed the Self-defense course. The enrolment forms and the attendance of the students were collected by ABVP. The approximate percent of the students present daily were between 80 and 100. Assessment was made on the basis of attendance of students. They were also evaluated on the basis of techniques of Self-defense learnt by them.

The inaugural function took place on 22nd October 2018. The convener of women cell Dr Shipra Srivastava delivered a small lecture on Self-defense training programme and introduced ABVP. The members of ABVP were introduced by Mr. Sumit Kumar, Mahanagar Sangthan Mantri. He highlighted the key features of the programme.



23rd October 2018 witnessed the enlightening talk on "Women Safety" by Dr. Anoop Singh, Prant Adhyaksh, ABVP. Next day there was a talk on "Women Empowerment" by Mrs.



Poonam Kapoor, member Mahila Aayog. On 25th October 2018, Mr. V K Singh, Registrar, CSJMU Kanpur delivered a talk on schemes of Higher Education.

Self-defense training was provided to the students by Mr. Sumit Kumar, Mahanagar Sangthan Mantri on October 25 -26, 2018.

The members included in the organising team from ABVP had Mr. Ramesh Gedia, Kshetriya Sangthan Mantri, Purvi UP, Dr Anoop Singh, Prant Adhyaksha and Mr Prashant Jha Tahseel Sanyojak.

The Sahasi Mission talked about a new perception of personality development amongst the students. It rendered confidence in girls and bolstered their hidden capabilities and capacity to protect themselves and be safe and secured in all types of environments.



18 September 2019: Workshop on Project Shakti means to encourage women empowerment by various techniques of martial arts. Project Shakti was jointly organised by Women's cell, Mr. Aryan Shakya, a renowned martial art trainer and Aaj Prakashan Pvt Ltd. To remove the gender disparity and to teach the girl students to fight against social



harassment and other wrong activities. The chief guest of the workshop was ADG Police Mr. Prem Prakash who encouraged the students for self-





defense, safety and security. He also told students the importance of being strong morally. ADG Police Mr. Prem Prakash provided the helpline numbers of female police stations and the police. In his speech he motivated the students to be strong, capable and independent. 183 students participated in this workshop.

(Dr. Shipra V. Srivastava)

Shipra V. Siwastava

Convener Women Cell Christ Church College, Kanpur

MISSION SAHASI 22 - 27 October 2018

List of students who completed the course

Gaurv Singh Jadaum	
Anany Chaudhary	
Timcy	
lma Iqbal	
Jessica Bhatia	
Meenakshi Bakshi	
Nidhi Dubey	
Nisha	
Vinni	
Neha	
Anupriya Gupta	
Mamta Soni	
Srisht Srivastav	
Suchita Srivastav	
Zahra Saeed	
Priya Gupta	
Diksha Bharti	
Shalini Dubey	
Sadiya Ali	
Mahuish Fatima	
Sakshi Dwivedi	
Imra Ali	
Nidhi Dubey	
Priyanka Jaiswal	
Shrutika Shukla	
Ruchi Sharma	
Nidhi Dubey	
•	_

Anamika Utam
Vaishnavi Gupta
Anshika Shukla
Ragini Kumari
Khusboo Tiwari
Akansha
Nikita
Ritu Yadav
Saniya Gupta
Ritu Awasthi
Muskan Mishra
Deepti Senger
Anshika Srivastava
Harsh Srivastava
Prashant Tiwari
Animesh Kumar Yadav
Shubhra Srivastav
Anjali Meena
Urvashi Kashyap
Chandani Gautam
Akansha
Nikita
Shweta
Nandini
Vaishnavi Gupta
Deepti Senger
Abhilash Kumar
Anshika Srivastava

Priyansika Sonker
Varsha Anand
Mansi Kanojia
Mansi Tripathi
Khusboo Tiwari
Anjali Meena
Urvashi Kashyap
Anjal Ansari
Chandani Gautam
Akansha
Nikita Rochlani
Ankita Rochlani
Zeba Razzaq
Manish Kureel
Neha
Anjali
Unnati
Shalini Singh
Neha
Divya Awasthi
Shubhra Srivastav
Hrishabh Bhatt
Harsh
Mohd, Arbaaz
Vishal Shukla

Shipia V. Sivastava (Dr. Shipra V. Srivastava)

Convener Women Cell

Christ Church College, Kanpur

SELF DEFENCE TRAINING WORKSHOP (BALIKA SURAKSHA ABHIYAN)

Dates and Duration of Programme: 17 to 25th October 2020

Duration 18 hour

(2 hrs daily online session on google meet link)

Number of Students Enrolled: 367

Number of students who completed the course: 116

Attendance Sheet is Enclosed

Assessment: Essay writing, Slogan, Poster competitions were conducted on

"Swasth Nari Swasth Bharat"

1st/ 2nd/ 3rd prizes were given to students for various Essay /Poster/slogan competitions

SUMMARY REPORT

25.10.2020

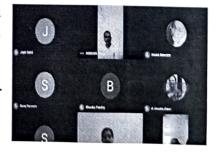
Christ Church College, Kanpur has been proactively engaged in taking up issues and concerns of women and empowering them to combat sexual harassment and gender discrimination, ensuring safety and security to women, so that they can walk with pride and confidence, at par with men in society. As part of its continuous activities, Women Cell Christ Church college has taken the initiative of organizing a Self- Defence Training Workshop (17th to 25th October, 2020) under the aegis and directives of UP Government's Balika Suraksha Abhiyan.



The Programme was inaugurated on 17th October,2020 by offering prayers to the Almighty. The **Welcome Address** was delivered by **Dr. Joseph Daniel**, **Principal** of the college. Thereafter, Dr. **Shipra Srivastava**, **Convener**, **Women Cell** addressed the students and outlined the objectives and theme of the workshop.

This Nine-day Physical

Training Workshop on Taekwondo and Martial Arts was conducted by Mr. Prayag Singh, National Trainer and Joint Secretary Taekwondo Association, Kanpur along with Yashi Singh. They imparted training on techniques of selfdefence used for Purse snatching /teasing and many more and laid stress on the pressure point attack for self-defence.



DAY 1 started with the encouraging talk by Dr. Archana Pandey, Associate Professor, BND College on "Sashakt Nari, Sashakt Bharat", wherein she stressed the importance of women empowerment and informed the participants of the Helpline number for girls 1090/112.

DAY 2 witnessed the motivational address of Prof. Soofia Shahab, Chairperson ICC of the College. Prof. Shahab informed the participants about the aims and activities of the Cell and urged the girls to feel free to contact the cell in case of any problem they are facing. Dr Sunita

Rathore, Faculty of Law, Lucknow University, gave a talk on the legal scenario, regulations and Acts, POSCO and laws related to sexual harassment, eve teasing and domestic violence.

DAY 3 started with a motivational address by Dr. Shipra Srivastava, Convener, Women

Cell of the College, who spoke about the relevance of the Avatars of Shakti during the auspicious festival of Navratri. Thereafter Dr. Firdos Katiyar, Associate Professor of the Botany Department, gave tips for a healthy and nutritious diet, particularly with reference to deficiencies and health issues of women.

DAY 4 witnessed the motivational address delivered by **Dr. Dorothy Rai,** Head, Department of English who talked about the



BALIKA SURAKSHA ABHIYAN
PANEL OF JUDGES

DR SUJATA CHATURVEDI DR SHALINI KAPOOR

dress code for girls while **Dr. Vibha Singh,** BHU, Varanasi gave a talk on health, "Amazing diet for Amazing youth"

DAY 5 began with a motivational talk by **Dr Vibha Dixit**, Associate Professor, Department of Political Science on Women Empowerment, followed by a talk on Nutrition for Adolescents, by **Ms. Nandita Joshi**, Clinical Nutritionist Tata Memorial Hospital, Mumbai. She emphasized the importance of a balanced diet and how to adopt healthy choices for a healthy life.

DAY 6 began with a motivational address on Positive Thinking by **Dr. Shweta Chand**, Associate Professor, Department of Chemistry, while **Dr. Sidhanshu Rai**, Faculty of Management, CSJMU gave expert advice on "Self-Satisfaction is the Main key for Success"

Day 7 had the motivational address was given by Dr Meetkamal on the Mental Conditioning of the youth, followed by a talk on mental fitness and development of critical thinking by renowned psychiatrist, Dr Alka Bajpai.

On Day 8 a talk on Introduction and benefits of NSS and NCC wings was given by Dr Sunita Verma and Role of NSS was explained by Dr Alka Nivedan from Lucknow, who spoke about the development of personality by joining NSS wing. Dr. Ashutosh Saxena, Head, Department of Political Science and Dr. Niranjan Swaroop, Convener, NCC gave detailed information about the NCC wing and its units, benefits and prospects of the NCC. They said that NCC helps in the holistic development of youth, imparts social skills and a patriotic spirit and is also a launchpad for the forces.

Events like Essay writing, Slogan, Poster competitions on "Swasth Nari Swasth Bharat" were also conducted. Dr. Sujata Chaturvedi, Dr. Sangeeta Gupta, Dr. Mridula Samson and Shalini Kapoor were the Judges for these competitions.



The curtains came down on the Nine-day Training Workshop on 25th October, 2020. The closing ceremony commenced with the Address of Revd. Samuel Paul Lal, Patron & Secretary, College Governing Body. This was followed by the Address of Dr. Ripu Daman Singh, RHEO, Kanpur. In the end, the Prize Distribution ceremony was held in which the winners of these competitions were awarded.

The entire program of Nine days was very efficiently and successfully conducted and coordinated by **Dr. Meetkamal**, Coordinator, Balika Suraksha Aabhiyan of the college keeping in view the holistic development of the girl students.

Such initiatives and programmes not only help to bolster the confidence and morale of the girl students, but also impart them the mental agility and physical state of



them the mental agility and physical strength to take any situation in their stride, with composure and confidence befitting a 21st century girl.

(Dr. Shipra V Srivastava)

Shipia V Srwastava

Women Cell

Christ Church College, Kanpur

SELF DEFENCE TRAINING WORKSHOP (BALIKA SURAKSHA ABHIYAN)

Dates and Duration of Programme: 17 to 25th October 2020

LIST OF PARTICIPANTS

S.No. Name of the Student	Class
	B.Sc
Sharasti Shukla Komal Yadav	B.Sc
3. Sharasti Shukla	
4. Priya Tiwari	B.Sc
•	B.Sc
5. Shanvi Sharma	B.Sc
6. Mansi	B.A
7. Bedika Awasthi	B.A
8. Saivy sonkar	B.A
9. Reet Kaur	B.A
10. Nida Parveen	B.A
11. Deepika Sonkar	B.A
12. Nida Parveen	B.A
13. Ishika Rohra	B.A
14. Ruchi Dwivedi	B.A
15. Naziya Parveen	B.A
16. Tanu Upadhyay	B.Sc
17. Kajal gupta	B.A
18. Gauravi dwivedí	B.A
19. Kajal gupta	B.A
20. Maira khan	B.A
21.Anshika Srivastava	B.A
22. Anam Fatima	B.Sc
23. Akriti	B.A
24. Anjali Gusain	B.a
25. Daniya Hashmi	B.A
26. Saniya Fatima	B.A
27. Anshika Srivastava	B.A
28. Shruti rawat	B.A
29. Palak Gupta	B.Sc
30. Abha singh	B.A
31. ASTHA MISHRA	B.Sc
32. Isha Singh	B.Sc
33. Syed Zunaira Fatmi	B.Sc
34. Isha singh	B.Com
35. Aditi Tripathi	B.Com
36. Khushi Agarwal	B.Com
37. Tanzeela farog	B.Com
38. Syed Zunaira Fatmí	B.Sc
39. Warisha Nasir	B.A
40. Mansi bajpai	B.Com
To munor pulpar	2,00111

41. Arpita Albert	B.Com
42. Zainab Mirza	B.Com
43. Binish fatima	B.Com
44. Samriddhi Singh	B.Sc
45, Aradhana Srivastava	B.A
46. UMANSHI GUPTA	B.Com
47. Zoya	B.A
48. Avantika Mishra	B.Com
49. Anjani	B.Com
50. Reshma Khatoon	B.A
51. Zoya	B.A
52. Anjani	B.Com
53. Prachi Gautam	B.A
54. Anushka	B.Com
55. Muskan Newatia	B.Sc
56. Anchal verma	B.Com
57. Anushka	B.Com
58. Anushka	B.Com
59. Khansa Mukhtar	B.Sc
60. Sanjana gautam	B.Sc
61. Ayushi Pathak	B.A
62. Rishika Gulati	B.Com
63. Rachna singh	B.A
64. Sanjana gautam	B.Sc
65. Priya shukla	B.Sc
66. Kavya Agarwal	B.Com
67. Shalini vyas	B.Sc
68. Sanjana gautam	B.Sc
69. Sejal trivedi	B.Sc
70. Kaushiki ranjan	B.A
71. Monika Bhatia	B.Sc
72. Prachi yadav	B.A
73. Divyanshi Gupta	B.Com
74. Roshni tripathi	B.A
75. Sneha Yadav	B.Sc
76. Roshni tripathi	B.A
77. Taiyba Fatima	B.Com
78. Shruti Pathak	B.A
79. Bhavya gera	B.Com
80. Aditi	B.Com
81. Aishwarya gupta	B.A _
82. Rini katiyar	B.Sc

83. Khushi malhotra	B.A
84. Manshi tripathi	B.A
85. KAMAKSHI SINGH	B.Sc
86. Anjali sachan	B.A
87. Diksha Sharma	B.A
88. Sanyogita Dixit	B.A
89. Gauri Khanna	B.Com
90. Naziya jilani	B.A
91. Sanyogita Dixit	B.A
92. Vartika Singh	B.A
93. Anshika Mishra	B.Sc
94. Naziya jilani	B.A
95. Vartika Singh	B.A
96. Anshika Mishra	B.Sc
97. Shagun Mishra	B.A
98. Shreya Yadav	B.Com
99. Darshdeep kaur	B.Com
100. Swati Singh	B.A
101. Ayushi Singh	B.A
102. Rishika Lamba	B.Com
103. Shivangi Shukla	B.Sc
104. Shivangi Shukla	B.Sc
105. Ankita thakur	B.Sc
106. Shivangi Shukla	B.Sc
107. Ankita thakur	B.Sc
108. Kisa Zahra	B.Sc
109. Dilpreet kaur	B.Com
110. Vaibhavi chaurasia	B.Com
111. Marhaba siddiqui	B.Com
112. Iqra Khanam	B.Com
113. Soumi Banerjee	B.Com
114. Shalu yadav	B.A
115. Amisha Pal	B.A
116. Manju gautam	B.A

Shipea V. Swastave

Dr. Shipra V Srivastava

Convener
Women Cell
Christ Church College, Kanpur

Mission Shakti (An Initiative of U.P. Govt.) Christ Church College, Kanpur Report of Programme March 2-8, 2021

Number of Students Enrolled: 103

Number of students who completed the course: 67

Attendance Sheet is Enclosed



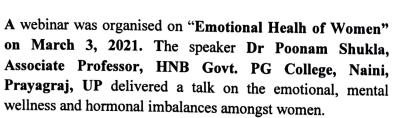








2nd March, 2021 Poster Competition on "Women are the pillar of the society/ Nari hi samaaj ka stambh hai". Dr Sabina Bodra, Dr.Mridula Samson, Dr.Anindita Bhattacharya were the judges of the event. Winners of the Poster competition were :1. Khushi Malhotra B.A. II 2. Taruna Garg M.Sc. Final Chemistry 3. Zeba Razaq M.Sc. Final Zoology







Extempore activity by students who spoke on various aspects of women was organised on March 4, 2021. Topics were given to them on the spot and they had to speak on nari shakti /nari asmita/nari swabhimaan. The programme was coordinated by Dr. Vibha Dikshit. The winners were Khushi Malhotra B.A.II, Raina Wahaj and Rakesh.



An online quiz was organized on Various aspects of Women on March 05, 2021. The Quiz was coordinated by Dr Anindta Bhattacharya and Dr Shweta Chand. The winners of the quiz were Sudhakar Choudhary, Abhishek Pal, Abhishek Gautam and Mansi Misra.

Mr Prayag Singh, National Trainer Martial Arts conducted, A Self Defence Training Programme in the college on March 06, 2021. Various techniques were taught to the students regarding how to combat incidence of chain snatching/ purse snatching/ eve-teasing and etc. The event was coordinated by Dr Sangeeta Gupta.



A Nukkad Natak (Street Play) was staged by the students on "Naritav aur uski samaj ki bediyaan" on 08 March, 2021. This play carried the message that it is imperative to empower women if society is to be kept vibrant and dynamic.



Shipla -V. Suvastava (Dr. Shipra V Srivastava) Convener Women Cell Christ Church College, Kanpur

Mission Shakti (An Initiative of U.P. Govt.) Christ Church College, Kanpur Report of Programme March 2-8, 2021

LIST OF PARTICIPANTS

S.NO.	NAME
1	NAMRATA AGARWAL
2	JAYA SRIVASTAVA
3	REENA GUPTA
4	NAMRATA SINGHAL
5	RAJNI GHAI
6	YASMEEN ALI
7	SUMAN LATA VISHNOI
8	ANITA CHARLES
9	KALPANA MOSES
10	ASHU BALA
11	NEETU MISHRA
12	MEENU SIGATIA
13	SUFIA ALAM
14	ALMA KHATOON
15	SUMAN GAUTAM
16	UZMA RASHID
17	BHARTI TRIVEDI
18	KALPNA
19	NEELAM SINGH
20	ANJU
21	VIBHA TRIPATHI
22	ANITA
23	ANITA FRANCIS
24	NEELU BEHAL
25	HEMLATA KATIYAR
26	KIRAN GUPTA
27	RANJANA MISHRA
28	MANJU MISHRA
29	ALKA MISRA
30	SHEELA PANDEY
31	SHAISTA ZABEEN
32	FAUZIA ALI
33	VIBHA GUPTA
34	ANJU GUPTA
35	ANJU RICHARD

S.NO.	NAME
36	RITA BAJPAI
37	JASPREET KAUR ARORA
38	SUMAN SINGH
39	KHUSI MALHOTRA
40	RAINA WAHAJ
41	TARUNA GARG
42	ZEBA RAZAQ
43	MAITRI PANNA
44	ANJALI SACHAN
45	VARSHA ANAND
46	GRISHA MATHUR
47	ISHIKA PAL
48	SAKSHI TIWARI
49	ADITYA SONI
50	HARSH GUPTA
51	YUVRAJ TYAGI
52	ARYAN SRIVASTAVA
53	ASHISH DAS
54	AVIRAJ SINGH
55	GAURAV YADAV
56	AMAN KUMAR GAUTAM
57	DANIEL MASIH
58	VINAY KUMAR
59	KRATIKA MEHROTRA
60	ABHISHEK PAL
61	ABHISHEK GAUTAM
62	HARI OM
63	VARUNA ANAND
64	SIDDHANT KUMAR JAIN
65	PRIYANSH OMAR
66	SUDHAKAR CHOUDHARY
67	RAKESH

Shipsa V. Suvastava (Dr. Shipra V Srivastava)

Women Cell
Christ Church College, Kanpur

Mission Shakti Phase III (An Initiative of UP Govt.) Christ Church College, Kanpur Report of Programme 26-08-2021 to 16-12-2021

"Women Equality Day" was observed on August 26, 2021. An Essay writing competition on the topic "Development of Entrepreneurship in women" was conducted on the occasion.

Detail of dellaty woulder, there is	A-25	
ZW State away		me salaba
men min tille der alleg ik dass entirenderne	ters	
Charlest wife , Laplace	4464	900 A 100 A
The state of the s	er dille en de gee	
ALCOHOL STATE OF THE STATE OF T		
The state of the s		
Service on the Service of the Servic		
CO and desired in the property of	i de la	
and there are the second secon	3	Part of the last
Control of the Control of the Control of Control of the Control of	A consequence	anna set par
every consistent everyoned in which profession black of coly companies we consistent of in	Andrew on the second	u, wanes
	مربعله	

17 students participated in the event. The Winners were

English:

First: Shruti tiwari B.Com II

Second: Ishika Pal B.Sc part II

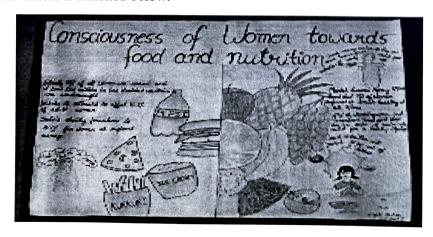
Third: Sakshi Tiwari M.Com part II

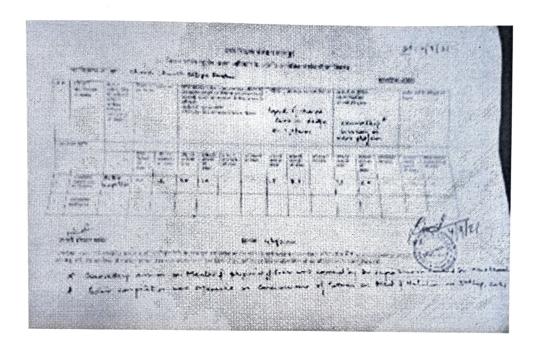
Hindi:

Dainik Jain B. Sc. II

Anjali Sachan B.A. II Alisha Mansha B.A III

A Poster competition was organised on "Consciousness of Women towards Food and Nutrtion" on September 3, 2021. 32 students participated in the event. A copy of report send to the nodal officer is attached below.





A counselling session on Mental and Physical fitness was organised on online platform on September 2, 2021. The main speaker of the session was Dr Shipra Srivastava, Convener, Women Cell stressed the importance of mental health and the physical fitness. She urged the students to maintain a positive attitude, whatever the circumstances and nurture mind, body and soul. This session was coordinated by Dr Meet Kamal, Mission Shakti Prabhari. A total of 40 students joined the platform.



A quiz competition on 'Women Empowerment' was organised on September 13, 2021 via google link. The winners were:

First: Khushi Malhotra B.A. II and Harshvardhan Dixit B.A.III

Second: Kanchi Tripathi B.A. II

Third: Meghna Sharma B.Sc. II, Lavanya Gupta B. A. II, Kajal Mishra B. Sc. II and Deepa Mishra M.Sc Chemistry (F)



Christ Church College Kanpur Women Cell under the aegis of Mission Shakti Phase III

organizes

A Health Awareness Talk on Breast Cancer on 28th October at 10 a.m. Venue: College Hall

Experts: Dr. Jitin Prasad & Dr. Shweta Khanna (Regency Hospital Kanpur)

Dr. Sabina Bodra (Vice-Principal) Dr. Shipra Srivastav (Convener Women Cell) Dr. Meet kamal Dr. Vibha Dikshit (In-charge Mission Shakti) (Coordinator)

A Health awareness talk on Breast Cancer was organised on October 28, 2021 by the women cell in collaboration with Regency Hospital, Kanpur. The talk was delivered by eminent cancer specialists, Dr Shweta Khanna and Dr Jitin Prasad. The event was attended by around 150 students.





Shipla V. Suvastava (Dr. Shipra V Srivastava)

Women Cell

Christ Church College, Kanpur