



Christ Church College, Kanpur

Mission Shakti Unit



Annual Report

2023-2024

Christ Church College, Kanpur is actively committed to delivering quality education and providing opportunities for overall development of the students. Mission Shakti is a comprehensive and visionary initiative started by Uttar Pradesh government that aims to empower women for safety, security, and self-reliance.

By raising awareness, establish in secure environment, and providing workshops and training programs, the mission strives to transform the lives of women and create a society that is inclusive and empowered.

Through its multifaceted approach, Mission Shakti empowers women to take charge of their safety, pursue entrepreneurship, and gain the skills needed to thrive in various sectors. By addressing the specific challenges faced by women and providing them with the necessary support and opportunities, Mission Shakti paves the way for a more equal and inclusive society where women can fulfill their potential and contribute to the overall progress and development of the nation and its students.

Objectives:

1. Provide immediate and comprehensive continuum of care, support and assistance to women affected by violence and for those in distress.
2. To put in place quality mechanisms for rescue, protection and rehabilitation of women in need of assistance and victims of crime and violence.
3. To improve accessibility to various government services available for women at various level.
4. Making people aware about Government schemes and programme as well as legal provisions.
5. To fight social evils like dowry, domestic violence, Sexual Harassment at Workplace and to promote gender equality.

A brief report of the activities conducted by done by this unit is as follows:

1. A talk on Polycystic ovary syndrome (PCOS) and health camp

(7th November, 2023)

The activity was conducted under the guidance of Principal Prof. Joseph Daniel & Prof. Meet Kamal (Coordinator of Mission Shakti). This program was organized to make people aware about the problem of Polycystic Ovary Syndrome and how to overcome it.

Dr. Poonam Sachan (M.B.B.S), (M.S) discussed with students about the symptoms of (PCOS) & what diet should be taken in it. The hemoglobin test & other health checkups were also been conducted.

The outcome of this program was that the students became aware about PCOS which is very common nowadays and also learned how to cure it.

Geo Tagged Photographs





GPS Map Camera
Kanpur, Uttar Pradesh, India
office no 1 & 2 first floor, Harmony Arcade, 17/1, Mall Rd, Khas Bazar, Shiwala,
Patkapur, Kanpur, Uttar Pradesh 208001, India
Lat 26.471603°
Long 80.352333°
07/11/23 12:40 PM GMT +05:30



GPS Map Camera
Kanpur, Uttar Pradesh, India
office no 1 & 2 first floor, Harmony Arcade, 17/1, Mall Rd, Khas
Bazar, Shiwala, Patkapur, Kanpur, Uttar Pradesh 208001, India
Lat 26.471602°
Long 80.352345°
07/11/23 12:54 PM GMT +05:30



Christ Church College, Kanpur

CELL/ COMMITTEE: Mission Shakti Unit

PROGRAMME: A talk on Polycystic ovary Syndrome (PCOS) and health camp

VENUE: College Library

DATE: 7th November, 2023

ATTENDANCE SHEETS

Sl. No.	Name	Student/ Research Scholar/ Faculty	Class/ Designation	Signature
1.	Khushi Jadaun	Student	B.Sc V Sem	Khushi Jadaun
2.	Alisha Mansha	Student	M.A Sem 3	Alisha Mansha
3.	sejal Mishra	student	M.A (History)	Sejal Mishra
4.	Dipali yadav	Student	B.A Sem V	Dipali
5.	Ragini Kumari	Student	M.A Ist	Ragini
6.	Sakshi Gupta	Student	B.Sc. III Sem	Sakshi
7.	Pratima Nishad	Student	B.Sc III Sem	Pratima
8.	Nandani Prautari	Student	B.Sc (III Sem)	Nandani
9.	Esha Hazariwal	Student	BA (Sem I)	Esha
10.	Mansi Shukla	Student	BA (Sem 5)	Mansi
11.	Zainab Akhtar	Student	M.Sc (Sem I)	Zainab
12.	Anshika Mishra	Student	B.A (Sem I)	Anshika
13.	Aditi Srivastava	student	B.Sc (I Sem)	Aditi
14.	Kashish Singh	Student	B.A (I Sem)	Kashish Singh
15.	Kumkum Yadav	Student	B.A (I Sem)	Kumkum
16.	Sakshi Dwivedi	student	B.Sc (I Sem)	Sakshi
17.	Khushi	Student	B.A (I Sem)	Khushi
18.	Aradhya Dubey	Student	B.Com (I Sem)	Aradhya
19.	Khushi Yadav	Student	B.Sc (I Sem)	Khushi
20.	Vanshika Verma	Student	B.Sc (I Sem)	Vanshika
21.	Kushal Gupta	Student	B.Sc (I Sem)	Kushal
22.	Kulsum Jais	Student	B.Sc (I Sem)	Kulsum Jais
23.	Mehel SAHIL	Student	B.Sc (I Sem)	Mehel Sahil

M. Jais

S.No.	Name	Student/ Research Student/ Faculty	Class/ Designation	Signature
①	Amjika Rawat	student	B.A	Amjika
②	Ananya Singh	student	B.Sc	Ananya
③	Aditi Tiwari	Student	Bsc	Aditi
④	Swarnil Tripathi	Student	B.Sc	Swarnil
⑤	Diya Yadav	Student	B.Com	Diya
⑥	Kalpna Gaurav	Student	M.A(P)	Kalpna Gaurav
⑦	Nastir Singh	Student	M.A. (P)	Nastir
⑧	Shweta Rawat	Student	M.A. (P)	Shweta
⑨	Aadiba Shamsud	Student	BSc Ist	Aadiba
⑩	Alfisha Ansari	Student	B.A. Ist	Alfisha
⑪	Alshifa Musheer	Student	B.Com Ist	Alshifa
⑫	Humera Kaleem	Student	BSC Ist	Humera Kaleem
⑬	Faiyy	Student	B.A Sem I	Faiyy
⑭	Riya Karmojiya	Student	B.A Sem I st	Riya
⑮	SHIVANG SHUKLA	STUDENT	Bsc Bio Sem I	Shivang
⑯	VAIBHAV SINGH	STUDENT	BSC Bio(I)	Vaibh.
⑰	Gunjan Gupta	Student	B.Com(T)	Gunjan
⑱	Simran Sonker	Student	Bsc - Bio Sem I	Simran
(19)	Aishifa Khan	Student	B.S.C Bio Sem I	Aishifa

M. Farid

2. Study on the level of awareness on mental health issues among women.

This study aims to determine level of awareness among the women about the mental health issues they are facing in their lives. Moreover, this study includes the responses of 30 students of Christ Church College, Kanpur.

The study reveals that 26% of the females have been diagnosed with a mental health condition such as stress, anxiety, depression, etc. Out of the total females, 40% do not feel comfortable discussing their mental health concerns with their family members and friends. 62.5% females who have been suffering from mental health issues have not sought a professional help to overcome these issues. More than 75% of the respondents are satisfied with the efforts made by Mission Shakti Unit of Christ Church College, Kanpur and are hoping that there could be more initiatives taken by them in near future which are helpful for them.

Google Form Link:

[https://docs.google.com/forms/d/e/1FAIpQLSflhmRMiRjOrkc65IiJuuOW7TkzWnLOvJoAEnMSciUHw00Qow/viewform?usp=sf link](https://docs.google.com/forms/d/e/1FAIpQLSflhmRMiRjOrkc65IiJuuOW7TkzWnLOvJoAEnMSciUHw00Qow/viewform?usp=sf_link)

M. Anand

**Coordinator
Mission Shakti Unit**