

Hans Raj Mahila Maha Vidyalaya, Jalandhar

ANNUAL GENDER SENSITIZATION ACTION PLAN

Action Plan (2014-15)

- Panel discussions/Documentary film making on topics related to social evils faced by women
- Holistic Development
 - Compulsory self-defense classes for the students
 - Karate
 - Counseling of Women with familial and emotional problem
 - Personality Development
- Spiritual discourse for opening of mental horizon and character strengthening
- Vocational training programmes shall be carried out for imparting employment oriented skills to girls of poor families
<https://www.hrmmv.org/documents/AQAR/AQAR%20HMV%202014-15.pdf> (pg9/72)

Action Plan (2015-16)

- Workshop on self defence
- Training programmes/workshops for the visually challenged
- Computer Training programmes for the teaching/non-teaching staff
- Motivational lectures to the students
- Students will be encouraged, given training and full support to participate actively in various personality enhancement programmes
- Students will be chosen, encouraged and sent to the various camps and competitions
- Seminar on gender issues

<https://www.hrmmv.org/documents/AQAR/AQAR%20HMV%202014-15.pdf> (pg71/72)

Action Plan (2016-17)

- Seminar on Personality Development
- Mentoring of students
- Interactive sessions on Stress Management, Time Management, Overcoming examination anxiety and other psychological problems
- 7 day Self Defense Training workshop
- Motivational lecture on women empowerment
- Preparation of Youth Festival events
- Short term course for English speaking skills of students
- Setting up of Legal Literacy Cell
- Education on Children Rights Political Science Deptt.
- Computer training programme for Visually Challenged students
- Mobility smart care training workshop for visually challenged students
- Recording of talking books for visually impaired
- Motivational interactive sessions with Physically Challenged students
- Celebration of International Women's Day
- Poster making competition on Women's Issues
<https://www.hrmv.org/documents/AQAR/AQAR%20HMV%202015-16.pdf> (pg.71-72/82)

Action Plan 2017-18

- Empowerment through Entrepreneurship
- Motivational and career counseling seminar
- Workshop on personality development, resume writing and interviewing skills
- Self defence classes for students
- Conference on Making Public Places Safe for Women
- Inter-class discussion on "How women are empowered"
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- Render counselling services to students for their psychological problems
- International Women's day celebration
- Inter class Poster making competiton

- To organize workshops on Stress management, Time management, Examination Anxiety, Adjustment problems
- Render counselling services to students for their psychological problems

<https://www.hrmmv.org/documents/AQAR/AQAR%20HVMV%202016-17.pdf> (pg.93-95/106)

Action Plan for 2018-19

- Seminar on Gender Sensitisation
- Workshop on Gender Sensitisation: legal perspective
- Extension lecture on Legal Rights of Women
- Workshop on Gender Sensitisation: legal perspective • Extension lecture on Legal Rights of Women
- To organise slogan writing & poster making competition on the topics like Gender Equity, Women Empowerment, Tree Plantation and Water Conservation
- Celebration of Rakhi Sakhi, celebrating Rakhi with a theme to promote friendship among women.
- Establishment of All India Ladies League chapter in the college to facilitate networking among the young women.
- Celebration of Shakti bandhan
- To sign MOU"s with various women organizations in order to facilitate the entrepreneurship and financial independence for the girls studying in this college and women living in the villages adopted for Unnat Bharat Abhiyan.
- Hold an open Mic event in collaboration with some media house on issues related to women. Women Empowerment and Gender Studies Cell
- One regional conference on Defense Against Sexual Harassment: Social and Legal Perspectives.
- One Interactive session with outgoing students on Sexual Harassment at Work Place: Problems and Perspectives 2019

<https://www.hrmmv.org/documents/AQAR/AQAR%20HVMV%202017-18.pdf> (pg.119,122-124/136)