

Social out -reach programme conducted by Women Cell

The Women Cell of Baba Ghulam Shah Badshah University conducted a social out-reach programme on 28th of January, 2014 in which every teacher of the university contributed a pen and a note book to be distributed to children living in orphanages. The convener of the Women's Cell thanked all the teaching fraternity for this noble gesture and said that these small acts of kindness could lead to positive changes in the society.

One Day Workshop conducted by Women's Cell on the topic "Generating Awareness about Gender Equality" on 7th of March, 2014

A one day workshop was organized by the Women's Cell on the topic "Generating Awareness about Gender Equality" on 7th of March, 2014. The resource person was Prof. Deepsheekha Kotwal, Head, Dept. of English, University of Jammu. The participants were students, faculty members and non -teaching staff. The programme comprised two sessions, in the first session convener of the Women's Cell Dr. Romina Rashid delivered welcome address and gave the importance of conducting such programmes. She reiterated that moving towards gender equality requires a new way of thinking in which both men and women have to play their roles. Prof. Deepsheekha Kotwal in her comprehensive lecture on gender equality traced the evolution of gender studies and reasons for gender inequality in the society. She stressed the need for awareness about it and further stated that an environment of positivity ,hope ,encouragement and enthusiasm has to be created which would lead to increasing access of women to all the benefits .The second session was an interactive session in which participants posed various questions to the resource person. The programme concluded on vote of thanks by Dean Academic Affairs, Prof. A. K. Koul. In his concluding address Prof. Koul said that age long discrimination and neglect against women cannot be turned out in a day, however, raise in educational levels across the country will result in gender equality. He thanked the organisers and the resource person for conducting such knowledge oriented workshop.

Seminar on "Role of Women in Society"

Women Cell of Baba Ghulam Shah Badshah University organized a seminar on " Role of Women in Society" on 18th of August, 2014. The seminar was inaugurated by Dean School of Education Prof. Nighat Basu. In her speech , Prof. Basu stressed on the importance of women in the society as a whole and said that no country can progress if its women are not empowered and respected. Speaking on the occasion , Convener Women Cell Dr. Romina Rashid emphasized upon the

hardships encountered by women in daily life . She focused on how every woman should inspire and support other women. She urged the audience to recognize and acknowledge the contribution of women in society as a mother, daughter, wife , friend, sister . Dr. Radha Gupta , faculty member Dept .of Management Studies encouraged the women to fight for their rights and courageously express their opinions. The scholars and some students also posited their views on women’s role in society. The seminar was attended by the students of the department of English, Education and Management Studies. Dr. Shachi Sood, faculty member of the department of English conducted proceedings of the seminar. The seminar concluded with vote of thanks by Dr. Romina Rashid, Convener Women Cell.

One day Seminar on “Women Empowerment” conducted by Women’s Cell

A One day seminar on “Women Empowerment” was organized by the Women’s Cell of Baba Ghulam Shah Badshah University, Rajouri on 8th of March, 2015 in collaboration with the department of English. The seminar started with recitation of the Holy Quran by Raiz Malik which was followed by the welcome address by Convener Women Cell, Dr. Romina Rashid. In her welcome address she emphasized that there is no chance for the betterment of the world unless the condition of women is improved. Women’s awareness about development is basic to her empowerment and for achieving this awareness the most important ingredient is the necessity of a healthy environment about her perception by the society and community in which she is born .Many scholars and faculty members presented their views on women empowerment and its benefits. The keynote speaker Prof. Satnam Kour, Head, Dept. of English, and University of Jammu posited the view that empowerment of women requires participation and cooperation of men as they benefit by having educated mothers; wives, daughters and sisters .India has taken several steps towards empowering women through education. We, however, have to catch up with the rest of the world and that can happen only through changing traditional mind -sets that accord women second-class status in society.The seminar ended on vote of thanks by Dr. Shachi Sood, Assistant Professor, Dept. of English, Baba Ghulam Shah Badshah University.

Workshop on Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act 2013

Women Cell of Baba Ghulam Shah Badshah University organized one day workshop on the implementation of the “Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act 2013 on September 6, 2015 in the MCA Seminar Hall. The objective of the programme was to educate the teaching and non –teaching staff regarding the provision of the Act. The programme was inaugurated by Prof. A. K. Koul, Dean Academic Affairs , Prof. Nighat Basu, Dean School of Education. Prof. A. K. Koul was the chief guest . The Convener of Women Cell, Dr. Romina Rashid welcomed the guests and highlighted the importance of this

workshop. The programme was conducted by Ms. Mamta Choudhary, an Assistant Professor of the Dept. of Management Studies. The programme was divided into two sessions , in the first session Prof. Nighat Basu explained the historical developments, legislative journey and main features of this Act. In the second session Complaint mechanism process , duties and responsibilities of Employer Rights of Aggrieved Women with regards “ Sexual Harassment of Women at Workplace(Prevention , Prohibition and Redressal) Act 2013 were discussed by the Convener of Women Cell. The participants put forth their queries to the experts .The programme ended with a vote of thanks by Ms. Shabina Nazir, Assistant Registrar Academic Affairs.



Lecture on “Parenting for Working Mothers”

The Dept .of English organized a lecture on “Parenting for Working Mothers” on 6th of March, 2016. The Convener of Women Cell delivered a lecture , in her lecture she said that every working mother should understand that motherhood is a duty which never ends. With increased responsibilities and less time being spent at home and with children, it is essential to devise a proper parenting strategy that would not hamper a child’s studies and care should be taken to fulfill the emotional and psychological needs of child. The role of a mother is very important for the overall development of a child and working mothers should try to spend quality time with their children. Later on the women employees narrated their problems and asked various questions regarding the proper parenting. Dr. Romina Rashid patiently answered all the queries .The programme was conducted by Miss. Mariya Aslam , faculty Dept. of English and the vote of thanks was delivered by Dr. Shachi Sood, faculty member of the Dept. of English.

Mother’s Day Celebration in Department of English

The Department of English on the eve of Mother’s Day on 13th of May, 2016 showed “English Vinglish” movie to the students . Mocked by her family for not knowing English, the main protagonist Shashi attempts to learn the language and rediscovers herself to reassert her value as a mother and a wife. Speaking on the occasion, Convener Women Cell and Head , Dept. of English

Dr. Romina Rashid emphasized upon the students to respect their mothers and acknowledge the sacrifices and hardships faced by them for upbringing them.

Dietary counseling of pregnant women

The labour women were given dietary counseling on 26th of November, 2016. The main aim of imparting nutritional education to them was to improve their maternal nutrition during pregnancy. Through this counseling the efforts were made to reduce the risk of anaemia, and improve birth weight as it has greater impact on the health of baby and mother.

Report on One Day Workshop organized by Women's Cell on "The Economic Role of Women in Society".

A one day workshop was by organized by Women's Cell on the topic "The Economic Role of Women in Society" on 11th of December; 2016. The resource person was Prof. Nighat Basu, Dean School of Education, Central University of Kashmir. The programmed commenced with recitation of the Holy Quran by Mohd Raiz Malik and it was followed by the welcome address by Dr. Romina Rashid, Convener Women Cell, BabaGhulam Shah Badshah University Rajouri. In her welcome address, she welcomed the resource person and the participants. She stated that women are economic agents but their visibility is very less. The main motif of organizing this workshop was to discuss various ways to make visible women's contribution in the economy and to develop economic empowerment as an approach for development and gender equality in society. In the first session, after welcome address by the convener, the resource person deliberated comprehensively on the various issues pertaining to women's role as an important economic agent. She stated that women's economic roles are different from those of men and as a result men and women are not found equally distributed across the various types of works/ employability available in the country; and male female wage gap. There is need to invest more resources in women, and equally important to encourage changes in gender roles so that reproductive work does not remain the exclusive concern of women. In the second session resource person answered the queries of participants. The programme ended on vote of thanks by Ms. Mariya Aslam, Assistant Professor, Dept. of English.

Women's Day Celebration in Department of Education

Women's Day was celebrated in the Department of Education on 8th March, 2017. Prof. G. Malik encouraged the girls to work hard and excel in different fields as they have the potential to touch the zenith of excellence. Prof. Malik gave example of Mala Yusufzai, who despite all hardships didn't yield to the patriarchal pressure and fought for women's education.

Women's Day Celebration in the School of Engineering and Technology

The School of Engineering and Technology celebrated Women's Day on 8th March, 2017 with great zeal and fervor. Miss Farkhanda Anna, Assistant Professor in the Dept. of ECE and also a member of Internal Complaints Committee of Women's Cell applauded the role of women in each sphere of life. She said that in this technology driven world women have carved out niches for themselves , she cited examples of technocrats who have excelled in their fields.



Visit to local village for identifying problems of rural women

This programme was conducted on 16th of May, 2017. The members of Women Cell , BGSBU made a door to door visit of the village of Dhanore and identified the problems of rural women. Illiteracy and ignorance were the root cause of problems faced by these women. The women also complaint of financial constraints and lack of resources in their area which have driven them to backwardness.

Screening of Movie

A movie “ Bend it Like Beckham” was shown to the students of the department of English and Tourism Management on 20th of May, 2017 by Women Cell. The main motif of showing this movie was to infuse passion in the girl students that they can also break the stereotypes by venturing into the fields which are considered to be exclusively for men.

Screening of Marry Kom

The Indian movies are not only song and dance sequences but they have portrayed women in very strong and meaningful roles. Women Cell showed “ Mary Kom” movie to the students of Department of Arabic in the seminar hall of Management Studies on July 25th, 2017. Mary Kom is true life story of Indian boxer who won accolades internationally. The main aim of showing this movie was to show the students that woman can continue her successful journey despite her hardships.

An out - reach activity conducted by Women’s Cell on 25th of August, 2017.

Women Cell conducted a social outreach activity by paying a visit to “NariNiketan”, a lodging place for destitute and orphan women run by Social Welfare Department of India. The convener of the Women Cell, Dr. Romina Rashid interacted with the inmates of NariNiketan and distributed sweets and stationary items to these inmates. She stressed upon the need of women’s education and encouraged the girls to complete their education as it is the only way for their emancipation and would fulfill their economic needs. Research scholars from the department of English also accompanied the Convener, Women’s Cell and interacted with the girls of NariNiketan.

Visit to local village to sensitize women about breast cancer and ovarian cancer

This programme was conducted by the Women Cell in collaboration with the Nursing College , BG SBU on 26th of August, 2017. Dr. Titi Xavier , Principal of the Nursing College, two teachers from Nursing College and around six female students from Nursing College volunteered for this campaign and sensitized the local women about the symptoms and preventive measures for these diseases.

Awareness Programme on BBBP

An awareness program on BBBP was held on 20 Nov 2017 in collaboration with Gram Samridhi Evam Swachhta Paksh and Ministry of information and Broadcasting to sensitize people about the importance of education among girls. Choudhary Zulfikar Ali, the then Minister of tribal affairs was the chief guest of the occasion along with other district officers. Students from different departments attended the program and the recourse persons highlighted the core issues that plague the society on the pretext of emancipation.



Visit to Pahari Hostel for Girls

The Convener of Women Cell and female faculty of English Department visited the Pahari hostel for girls, Rajouri on 25th of January ,2018 and distributed sweets and note books to the inmates of the hostel. She interacted with the students and encouraged them to work hard for the better future.



Group discussion with the hostel boarders regarding sexual harassment

This programme was held on 8th of February, 2018 in the Girls' Hostel of Baba Ghulam Shah Badshah University . They were informed about the Internal Complaints Committee and mechanism for lodging complaint against sexual harassment or any kind of harassment.



Women's Day Celebration in Nursing College

Women's Day was celebrated in Nursing College , BGSBU on 8th of March , 2018. The Principal emphasized on the students to follow the footsteps of great women like Florence Nightingale, Mother Teresa who worked selflessly for the betterment of humanity.



Women's Day Celebration in Department of Mathematics

The Department of Mathematics celebrated Women's Day on 8th of March, 2018 . The Convener of Women's Cell Dr. Romina Rashid was the chief guest. She delivered her lecture on "Importance of Creating a Gender balanced Society". In her lecture she stressed the need of acknowledging and respecting both men and women equally to create a gender balanced society.



One Day Seminar on "Women Empowerment" on 8th of March, 2018 Conducted by Women's Cell

A One day seminar on "Women Empowerment" was organized by Women's Cell in collaboration with the Nursing College; Baba Ghulam Shah Badshah University. The seminar was an eye opener as it gave an equal opportunity to all participants to express their views .It also initiated a dialogue thereby creating a positive step ahead for building a conducive work environment. The convener of the Women Cell sensitized the students about the rising menace of domestic violence, sexual harassment, gender bias and she encouraged them to work hard for the betterment of humanity and use their skills against combating the ills of violence against women. The programme was conducted by Mrs. Farkhanda Anna, Assistant Professor, College of Engineering BGSBU , member of ICC (Internal Complaint Committee.) . Later on, Dr. Titi Xavier thanked the resource person and the participants and wished such seminars would also be organized in future by the Women's Cell to sensitize students about various contemporary issues of women.

Lecture on “Politics of Gender in the Indian Society” in Department of English

A lecture was delivered to the scholars and students of the department of English by Convener Women Cell, Dr. Romina Rashid on 10th of April, 2018 on “ Politics of Gender in the Indian Society”. In her lecture she gave a detailed account of gender and various theories pertaining to it. Talking in the Indian context she said that Indian society venerates women but the same society creates ripples for her and discriminates her against male child. This special status given to a boy leads to gender discrimination and it further reduces her stature in the patriarchal society. Despite all odds women should not crumble under the societal pressure, but should fight bravely against the rigid system .



Seminar on “ Issues of Working Women”

A seminar on the theme of “Issues of Working Women” was organized by the Women Cell of Baba Ghulam Shah Badshah University Rajouri on 16th April, 2018 . The seminar was jointly

organized by the Women Cell and the School of Management Studies, and was attended by teaching and non-teaching employees of the University. The seminar started with the welcome address by Convener of the Women Cell, Dr. Romina Rashid. She highlighted the various problems faced by working women at workplace that hinders their upward elevation in the organization. Prof. Naseem Ahmad, Dean School of Management Studies appreciated the role played by women in the Gross Domestic Product of nation but despite their efforts their work doesn't get recognised. At work place women also face problems because they have to maintain balance between their family and work. Hence their work is double than men. Apart from domestic issues there are other issues like gender bias, sexual harassment, networking that prevent women from up gradation in her organization. Many teachers and officers of the university narrated their experiences and gave suggestions for bringing relief to women. The programme was conducted by Miss. Farkhanda Anna, member of Internal Complaint Committee of BGSBU. Dr. Radha Gupta, Assistant Professor of Dept. of Management Studies delivered vote of thanks.

Mother's Day Celebrations

Mother's Day was celebrated by Women Cell, BGSBU ON 13th of May, 2018. The faculty, scholars and students from department of English, Mathematics and Education participated in the event. The students wrote beautiful captions on Mother's Day. Some of the students drew sketches, some wrote poetry and some expressed their feelings for their mothers by singing songs and reciting poetry. The main aim of organizing this programme was to make students aware of the role and importance of mother in a person's life and the struggles and sacrifices she makes to give right upbringing to her children. Speaking on the occasion the Convener of Women Cell, Dr. Romina Rashid said that celebrating Mother's Day makes people remember the importance of mothers in their life. Mother is the only one person in our life who sacrifices her happiness and dreams for us. Her love for her children is selfless and its intensity cannot be described nor can be measured because mother changes the world with every child she raises. The programme was conducted by Miss. Asma Zahoor, Research Scholar of the Dept. of English.

Sensitizing the Girls about Hygiene

The team of Women Cell visited Girls' Hostel, BGSBU on 21st of May, 2018 and sensitized them on the issues of women hygiene and sanitation. The Convener of the Women Cell interacted with the boarders of the hostel and briefed them about the importance of hygiene, she said that hygiene practices keep us free from all kinds of infectious diseases. As women have double responsibility, they take care of domestic chores--prepare food, take care of children, they are at a risk of spreading germs and diseases.



Interaction with Women at Nari Niketan

This programme was carried out by the scholars of the department of English on 9th of August, 2018. The scholars along with the head of the department interacted with the inmates of the Nari Niketan and distributed note books and pens among the inmates of the Nari Niketan.

Guest Lecture in Department of English

Dr. Titi Xavier, Principal College of Nursing delivered a lecture in the Dept. of English on 20th October, 2018 on “Ovarian Cancer and its Causes”. In her lecture she sensitized the students and faculty about the ovarian cancer and said that it is important to recognize the early symptoms that could lead to this deadly disease. Therefore, it is very important to note any persistent irregularities that may arise. Some of the common symptoms are: abdominal pain, bloating, frequent urination, trouble in eating, back pain, constipation , changes during menstrual cycle. All these symptoms should not be ignored and timely consultation with a competent gynecologist help in curbing this disease at the early stage. She further advised the female students and staff to remain tension free as most diseases occurring to women are due to stress or depression.





**BABA GHULAM SHAH BADSHAH
UNIVERSITY RAJOURI (J&K)-185234
Women Cell**

*Ref No: BGSBU/Wc/14/01
Dated: 07/03/2014*

Report of One Day Workshop conducted by Women's Cell on the topic "Generating Awareness about Gender Equality" on 7th of March, 2014.

A one day workshop was organized by the Women's Cell on the topic "Generating Awareness about Gender Equality" on 7th of March, 2014. The resource person was Prof. Deepsheekha Kotwal, Head, Dept. of English, University of Jammu. The participants were students, faculty members and non-teaching staff. The programme comprised two sessions, in the first session convener of the Women's Cell Dr. Romina Rashid delivered welcome address and gave the importance of conducting such programmes. She reiterated that moving towards gender equality requires a new way of thinking in which both men and women have to play their roles. Prof. Deepsheekha Kotwal in her comprehensive lecture on gender equality traced the evolution of gender studies and reasons for gender inequality in the society. She stressed the need for awareness about it and further stated that an environment of positivity, hope, encouragement and enthusiasm has to be created which would lead to increasing access of women to all the benefits. The second session was an interactive session in which participants posed various questions to the resource person. The programme concluded on vote of thanks by Dean Academic Affairs, Prof. A. K. Koul. In his concluding address Prof. Koul said that age long discrimination and neglect against women cannot be turned out in a day, however, raise in educational levels across the country will result in gender equality. He thanked the organisers and the resource person for conducting such knowledge oriented workshop.

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1. Special Secretary to HVC for information to Hon'ble Vice Chancellor
2. Dean Academic Affairs.



**BABA GHULAM SHAH BADSHAH
UNIVERSITY RAJOURI (J&K)-185234
Women Cell**

Ref No: BGSBU/Wc/15/02

Dated: 08/03/2015

Report on One day Seminar on “Women Empowerment” conducted by Women’s Cell.

A One day seminar on “Women Empowerment” was organized by the Women’s Cell of Baba Ghulam Shah Badshah University, Rajouri on 8th of March, 2015 in collaboration with the department of English. The seminar started with recitation of the Holy Quran by Raiz Malik which was followed by the welcome address by Convener Women Cell, Dr. Romina Rashid. In her welcome address she emphasized that there is no chance for the betterment of the world unless the condition of women is improved. Women’s awareness about development is basic to her empowerment and for achieving this awareness the most important ingredient is the necessity of a healthy environment about her perception by the society and community in which she is born .Many scholars and faculty members presented their views on women empowerment and its benefits. The keynote speaker Prof. Satnam Kour, Head, Dept. of English, and University of Jammu posited the view that empowerment of women requires participation and cooperation of men as they benefit by having educated mothers; wives, daughters and sisters .India has taken several steps towards empowering women through education. We, however, have to catch up with the rest of the world and that can happen only through changing traditional mind -sets that accord women second-class status in society.The seminar ended on vote of thanks by Dr. Shachi Sood, Assistant Professor, Dept. of English, Baba Ghulam Shah Badshah University.

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**BABA GHULAM SHAH BADSHAH
UNIVERSITY RAJOURI (J&K)-185234
Women Cell**

*Ref No: BGSBU/Wc/16/03
Dated: 11/12/2016*

Report on One Day Workshop organized by Women's Cell on "The Economic Role of Women in Society".

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**BABA GHULAM SHAH BADSHAH
UNIVERSITY RAJOURI (J&K)-185234
Women Cell**

*Ref No: BGSBU/Wc/17/04
Dated: 25/08/2017*

Report of an out - reach activity conducted by Women's Cell on 25th of August, 2017.

Women Cell conducted a social outreach activity by paying a visit to "NariNiketan", a lodging place for destitute and orphan women run by Social Welfare Department of India. The convener of the Women Cell, Dr. Romina Rashid interacted with the inmates of NariNiketan and distributed sweets and stationary items to these inmates. She stressed upon the need of women's education and encouraged the girls to complete their education as it is the only way for their emancipation and would fulfill their economic needs. Research scholars from the department of English also accompanied the Convener, Women's Cell and interacted with the girls of NariNiketan.

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**BABA GHULAM SHAH BADSHAH
UNIVERSITY RAJOURI (J&K)-185234
Women Cell**

**Ref No: BGSBU/Wc/18/05
Dated: 08/03/2018**

One Day Seminar on “Women Empowerment” on 8th of March, 2018 Conducted by Women’s Cell.

A One day seminar on “Women Empowerment” was organized by Women’s Cell in collaboration with the Nursing College; Baba Ghulam Shah Badshah University .The seminar was an eye opener as it gave an equal opportunity to all participants to express their views .It also initiated a dialogue thereby creating a positive step ahead for building a conducive work environment. The convener of the Women Cell sensitized the students about the rising menace of domestic violence, sexual harassment, gender bias and she encouraged them to work hard for the betterment of humanity and use their skills against combating the ills of violence against women. The programme was conducted by Mrs. Farkhanda Anna, Assistant Professor, College of Engineering BGSBU , member of ICC (Internal Complaint Committee.) . Later on, Dr. Titi Xavier thanked the resource person and the participants and wished such seminars would also be organized in future by the Women’s Cell to sensitize students about various contemporary issues of women.

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