

### **Report on International Women's day 2021.**

Debates and Seminars committee in collaboration with Women Development Cell and Committee Against Sexual Harassment of GDC Uttersoo organised one day seminar on the occasion of international Women's day on 16<sup>th</sup> March 2021. The theme for the seminar was Women and Present day Challenges. The venue of the seminar was conference room. The chief guest for the occasion was Mudasir Aziz Psycho-therapist, PhD Scholar and In-charge Drug De-addiction Centre Anantnag. The programme commenced with the recitation of some verses of holy Quran by Ayesha Binti Zainab a student from second semester. It was followed by the praises to Almighty Allah swt in the form of Naat-i-Sharif by Azrat Jan of 5<sup>th</sup> Semester student.

The welcome address to chief guest and participants was provided by Mohamad Arif Khanday Assistant professor Botany.

Mr. Tariq Bashir Assistant professor History while speaking on the occasion highlighted the importance and concern of the fights of women in our life.

Mrs. Mudasir Aziz the chief Speaker on the occasion also highlighted the importance of the day. She also deliberated upon the issues which pertain to the psychological domain of women. She also attempted to understand and create consciousness about the role women needs to play in the different fields of our life.

This lucrative and awesome lecture was followed by the presentations delivered by the participants who have registered for the said event. The presentations were confined on the topic highlighted above and the best three were given awardee. The panel to evaluate the performance of participants comprised of Mr. Gowher Ahmad Malik Assistant Professor Economics, Mr Tariaq Bashir Assistant Professor History and Shawana Manzoor Assistant Professor Environmental Science.

Abidah Jan BSc student from 3<sup>rd</sup> semester bagged 1<sup>st</sup> position, Munazah Shafi 5<sup>th</sup> Semester Student got 2<sup>nd</sup> position and Asmat Fayaz of 2<sup>nd</sup> Semester got 3<sup>rd</sup> position respectively.

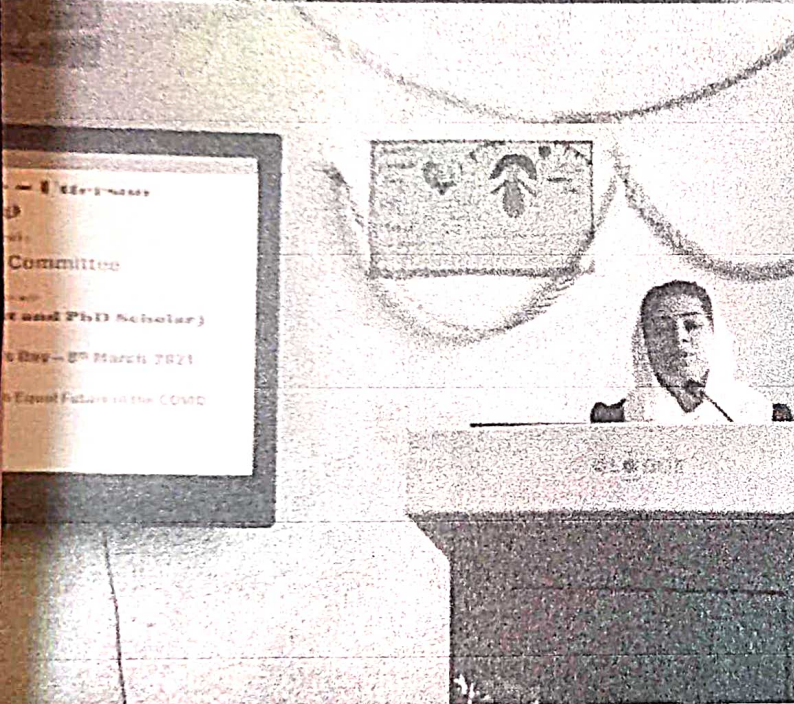
Mr Gowher Ahmad Malik speaking on the occasion drew the attention of the audience about dowry and property rights of daughters.

Mr. Bashir Ahmad Dar Associate Professor Economics presented the vote of thanks to the chief guest and audience present on the occasion.

The technical support during the whole event was provided by Mr. Faheem Ahmad.



**Govt Degree College – Utersoo  
(Anantnag)**  
In collaboration with  
**Debates and Seminars Committee**  
*Presents an interactive program with*  
**Mudasir Aziz (Psycho-therapist and PhD Scholar)**  
**Celebration of International Women's Day – 8<sup>th</sup> March, 2021**  
Theme: "Women in Leadership: Achieving an Equal Future in the COVID-19 World"



## REPORT

### One week Self Defense Workshop(27-09-21 to 03-10-21)

Event- Workshop on Self Defense for female Students

Duration: 27<sup>th</sup> Of September to 3<sup>rd</sup> October

Participants- Female students of GDC, Uttersoo (all semesters & all streams)

No. of participants: 20

Organisers: WDC & CASH, Debates & Seminar committee

Venue: Girls common room, Main Building

Trainer: Dr. Ulfat Abbas (Physical Education)

### **Objectives:**

- 1) To educate the girl students about the different types of violence against them .
- 2) To provide knowledge about the tips of self-protection to be kept in mind in different situations.
- 3) To show case and give demo on different self-defense techniques.

### **Event Details:**

For a safer world, there's a crucial requirement to teach self-defense to girls from an early age, so that they grow up to become self-reliant, strong and confident individuals. . Self-defense classes have many benefits apart from just safety. They sharpen your reflexes, keep you fit, reduce stress, raise self-awareness, and also teach you discipline – skills that can help every woman lead a happy and safe life.

Women Development committee (WDC) & Committee Against Sexual Harassment (CASH) in collaboration with Debates & seminar committee of GDC Uttersoo conducted a week long self-defense workshop from 27<sup>th</sup> of September to 3<sup>rd</sup> October 2021, for the female students of the college. The training was conducted to boost the self-confidence of the girls and to make them able to act in unfavorable situations. Self-defense prepares oneself for any unforeseen circumstance and can also empower to help others in time of need.

The workshop started with an inaugural speech by Dr. Tasleema Bano (Principal). She highlighted the key points as to why such kinds of workshops are required to sensitize our girl child/students to self-protect themselves in public places as well as at home. She also pointed out that this is the demand of the hour as we can relate ourselves to the news items of domestic violence, eve-teasing cases and other severe forms of violence against women which is pouring in on a day to day basis.

Prof. Shawana Manzoor, (Convener WDC & CASH), spoke largely on the kind of violence that is

