

MADHAV INSTITUTE OF TECHNOLOGY & SCIENCE, GWALIOR

(A Govt. Aided UGC Autonomous & NAAC Accredited Institute Affiliated to RGPV, Bhopal)

GIRLS GRIEVANCE CELL

Report

Date: 08.08.2020

Name of Activity: One day Online Workshop on “**GENDER EQUALITY AND WOMEN SAFETY**” under TEQIP III.

Date of Activity: 10th July 2020

Name of Coordinator: Dr. Anshu Chaturvedi, Chairperson, Girls Grievance Cell.

Number of participants registered for the workshop:123

Number of participants attended the workshop:33

Name of Speaker: Mrs. Breeze Tripathi, Self Defense Trainer & Social Activist.

The Girls Grievance Cell of MITS, Gwalior organized an online workshop on "**Gender Equality and Women Safety**" on 10.07.2020, as per MHRD letter F.No17-4/2020-U.5. dated1st June,2020 from UGC. Workshop comprised of two sessions, one on Gender equality and another on Women safety. The objectives of the workshop in short are stated as follows:

Objectives

- to create a safe environment for females
- to have equal opportunity for financial independence, education and personal development.
- to increasing a woman's sense of self-worth and her decision-making power.
- to work towards her access to opportunities and resources, her power and control over her own life inside and outside the home, and her ability to effect change.
- efforts are not be focused on women alone, rather on the relationship between men and women, especially in society.

Outcomes

After attending the workshop it was expected that the participants will be able to

- comprehend that women's empowerment is a critical aspect of achieving gender equality
- realize that empowered females contribute immensely to the overall advancement and betterment of their families, communities, society and countries, creating a ripple effect that benefits everyone.
- develop themselves as per the job conditions & opportunities to help increase the work force all around the world, making it easier on economy.

- Demonstrate higher participation on economic and political arenas leading to better democratic decisions.
- strengthen women's capacity to defend themselves against potential attacks.
- defend themselves if need arises and be strong against physical assaults
- gain confidence and become role models for the future generation of females

Brief Outline of the Workshop:

Mrs. Breeze Tripathi, the Chairperson of Rakshita Welfare Society, discussed about the women sensitization and Gender equality. Using her 26 years of experience as a social worker for underprivileged girls she explained how females have to endure various types of it, from unwanted sexual remarks and physical touch to rape and femicide. It happens everywhere, be it roads, pavements, public conveyance, bus stops, railway stations, schools and workplaces, in public sanitation facilities, and even the children's parks.

She emphasized on how this horrendous reality not only alters but hinders female's freedom of movement. It also diminishes their ability and willingness to participate in functions and events whether in school, work or social life. It also limits their access to life essential daily services and enjoyment of not only cultural and recreational but even the daily chores and seemingly mundane works. And quite obvious, also leads their health and well-being in downward spiral. She stressed that we generally only see the physical consequences of these attacks and instances, whereas the deeper and more critical damage is done to the mental health of the victim.

These unsafe auras are now being recognised in the private life also. A home where "she" is supposed to be safe and guarded has now turned into the hell. Nobody to save from since the "protector" becomes the "abuser". One of the most underreported crimes is of domestic violence. And furthermore that covers only the female spouses. Majority of the sexual harassment cases stem from someone known to the victims. Hence to create a safer outside one needs to sanitize that inside first. Being a certified master trainer for EWR's by WCB Ministry, she has also shared information about women safety, self-defense techniques and legal aspect explained via POSCO Act. The primary importance of self-defense is for women to be able to protect themselves against anything that's unacceptable in terms of social conduct. There is nothing more empowering than having the confidence to analyze a dangerous situation and take actions to overcome them effectively.

She also explained about the tragic level today gender equality is on. On the world level, women have much fewer opportunities for economic participation, less access to any kind of education, greater health and safety risks, and henceforth less political representation.

Ms Tripathi explained how the word "gender" has described the socially-constructed roles and responsibilities that societies deem appropriate for men and women, which is based on the preconceived notions of the patriarchal society. Hence, gender equality means that men and women have equal power and equal opportunities for financial independence, education, and personal development. As an NCS trained career counsellor (an initiative by Labour and Employment Ministry), she put forth that women's empowerment is a critical aspect of achieving gender equality. It includes increasing a woman's sense of self-worth, her decision-making power, her access to

opportunities and resources, her power and control over her own life inside and outside the home, and her ability to effect change. Gender issues should not be focused on women alone, rather on the relationship between men and women, especially in society. The actions and attitudes of men and boys will play a crucial role in achieving such equality.

Towards the completion of workshop , Mrs. Breeze Tripathi answered the queries posed by participants. The participants were happy to be a part of such a productive workshop and expressed interest to attend similar kind of workshop on large scale to empower the skill of self –defense.The workshop concluded with vote of thanks to the speaker by the members of cell.



Dr. Anshu Chaturvedi

Chairperson,

Girls Grievance Cell,

MITS, Gwalior.