



NAAC A+

Sustainability

**Gender Sensitization and other Gender Related
Activities**

(2024-25)

Session on Gender Sensitization for New Employees

Date: 16.07.2024

Time:3:30-4:30 PM

Report

A session on Gender Sensitization was conducted for all new joiners on 16th July 2024 at SRHU. The session was facilitated by Mr. Vineet Bahuguna & Ms. Shashi Dhyani, who addressed key aspects of gender sensitivity in the workplace, including respectful communication, inclusivity, and unconscious bias. The session aimed to foster awareness and promote a respectful and equitable work environment from the very beginning of the employees' journey at SRHU. The participants actively engaged in discussions and case-based learning, making the session interactive and impactful.

No. Of Participants: 16



Session on Gender Sensitization led by Mr. Vineet Bahuguna & Ms. Shashi Dhyani for 16 newly joined employees

Maternal and Child Health Program

Date- 25/7/2024

Program – Comprehensive Community Health Program

Activity Detail – A maternal health camp was organized which was attended by pregnant and lactating women, including adolescents and children. A medical team consisting of a doctor, pharmacist, nurse, counsellor, and field supervisor conducted the camp. The camp provided a comprehensive range of services, such as general examination, risk assessment, and primary investigation, including BP, sugar, and haemoglobin. Antenatal and Postnatal women were provided with prophylactic treatment for anaemia and micronutrients. During this camp, counselling of both groups and individuals was also done on nutrition, family planning, self-care during pregnancy, institutional delivery, breastfeeding, hygiene, post-delivery care, etc.

Location –Mahadevpuram, Haridwar

Beneficiaries – 23

Supporting Agency – Wipro Cares

University Role – Staff – 3



**Women, adolescents and children attending maternal health camp organised by RDI, SRHU
with supporting agency Wipro Cares**

Report of World Breastfeeding week

Date: 1st August to 7th August 2024

Activities: To promote the awareness about breastfeeding in public, breast-feeding awareness week was celebrated in Himalayan Institute of Medical Sciences between 1-7 August by the Department of Pediatrics. Dr Anil Rawat (Head of Department), Dr Kanishka and Dr Radhika counselled and motivated the new mothers in the postnatal ward and discussed the solution of various challenges mothers face during breastfeeding. Dept. of Community Medicine under HIMS, SRHU organized health awareness sessions within their field practice area wherein pregnant women, lactating mothers, men and women belonging to reproductive age groups, and those in geriatrics were given health education through role play and health talk in small groups regarding breast milk composition and its variations during lactation, myths burst about mother's perception of 'not producing enough milk', daily frequency of breastfeeding, breastfeeding techniques, and position, signs of good attachment (latching) and effective suckling, and techniques of expressing breast milk relevant for working mothers. RDI also observed breastfeeding week where new mothers in the community sensitized on the importance of colostrum (the first thick yellow milk) for newborns, proper breastfeeding techniques for newborns, health benefits of regular breastfeeding for mothers and nutritional and developmental benefits of consistent breastfeeding for infants.

This initiative was carried out in collaboration with Community Health Officers (CHO), ASHAs, and Anganwadi workers from the Government Department at PHC Kalsi.

Place of Event: Doiwala, Keshavpuri, Jhabrawala, Nagthat Kalsi and Himalayan Institute of Medical Sciences

Participants: Mothers, ASHA workers, Anganwadi workers, Students, and faculty members of pediatric ward HIMS, SRHU

No of Participants: 231



Students and faculty members from pediatric ward, HIMS SRHU counselling sensitizing new mothers on importance of breastfeeding



Participants from Nagthat Kalsi attending oath and awareness session of importance of breastfeeding for mother and newborn



Breastfeeding week celebrated at Department of Community Medicine, HIMS along with awareness sessions for women on importance of breastfeeding for mother and newborn

Session on Gender Sensitization for BCA students (Batch 2024)

Date: 05.08.2024

Time:12:00-01:00 PM

Report

A Gender sensitization session was organized by the Himalayan School of Science and Technology (HSST), Swami Rama Himalayan University, on 5th August 2024. This session was organized for the newly admitted students of HSST. The session was delivered by Mrs. Neelam Danu, Assistant Professor, Department of Applied Sciences & Humanities, aimed to encourage a profound understanding of gender equality and gender sensitization. During her presentation, Mrs. Neelam Danu discussed the significance of gender sensitization in promoting equality and understanding between genders. She highlighted the need for individuals and institutions to be aware of gender biases, stereotypes, and discrimination. She encouraged fostering a more inclusive and respectful society for everyone, irrespective of their gender identities.

No. of participants: 54



Ms. Neelam Danu taking session on gender sensitization for its newly admitted 54 students of BCA (Batch 2024)

Session on Gender Sensitization for B. Pharm students (Batch 2024)

Date: 6.08.2024

Time:9:30-11:00 AM

Report

On 6th August 2024, the Himalayan School of Pharmaceutical Sciences organized a highly insightful and engaging session on gender sensitization, presented by Ms. Neelam Danu. The session aimed to educate and empower students, encouraging them to become advocates for gender equality in their personal and professional lives. Ms. Danu began by explaining the concept of gender sensitization, emphasizing that it involves developing an awareness and understanding of gender-related issues, biases, and inequalities prevalent in society. She highlighted how deep-rooted stereotypes and prejudices often influence people's perceptions and interactions, shaping societal norms in ways that limit opportunities for various genders. The session underscored the need for an inclusive mindset, fostering respect and equity in all spheres of life.

No. of participants: 36



Ms Neelam Danu engaging students in thought provoking session on gender sensitivity and equity

Session on Gender Sensitization for MSc Clinical Research (Batch 2024)

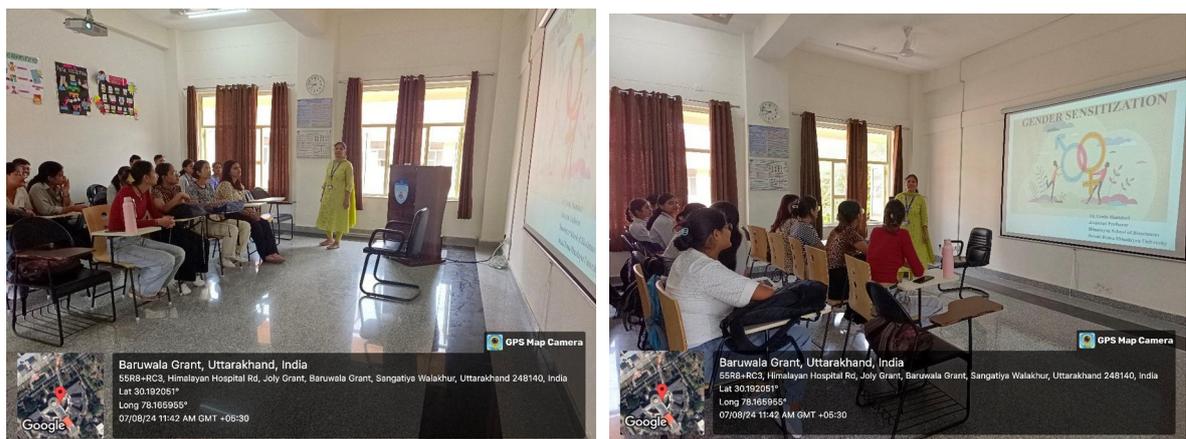
Date: 7.8.2024

Time: 11:00AM-12:00PM

Report

A Gender Sensitization session, led by Dr. Geeta Bhandari, was organized by the Department of community medicine for its newly admitted students. The session aimed to address critical issues related to gender biases and promote equality. Dr. Bhandari began by explaining the concept of gender sensitization, emphasizing its importance in tackling societal stereotypes and fostering a culture of respect and equality. She explored how gender stereotypes and biases affect both men and women, impacting their opportunities and interactions. Real-life examples and case studies were used to illustrate these impacts. The lecture underscored the necessity of creating policies and practices that support gender equality. Dr. Bhandari shared successful examples of gender equality programs and discussed their benefits.

No. of participants: 15



Dr. Geeta Bhandari taking a session on Gender Sensitization which was attended by 15 newly admitted students at Department of Clinical Research, HIMS

Session on Gender Sensitization for BSc and MSc Yoga Sciences (Batch 2024)

Date: 08.08.2024

Time: 11:00 AM onwards

Report

The lecture on Gender Sensitivity for students was conducted by Dr. Mala Tripathi at the Himalayan School of Yoga Sciences on 06 August 2024. Dr. Mala Tripathi's lecture on Gender Sensitization aimed to foster a more inclusive and respectful environment. She discussed the importance of understanding and addressing gender biases, stereotypes, and discrimination. Dr. Mala provided insights into the social and cultural constructs of gender and emphasized the need for equal treatment and opportunities for all genders. Through interactive discussions and real-life examples, she encouraged students to challenge existing prejudices, promote gender equality, and create a supportive atmosphere within the university and beyond.

No. of participants: 38



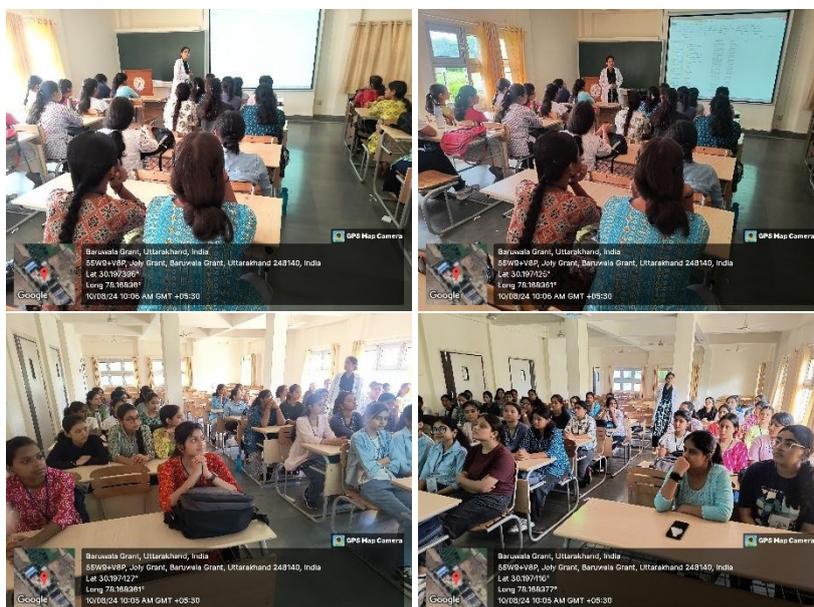
Dr Mala Tripathi sensitizing 38 newly admitted students of HSYS on gender equality and equity

Report on Lecture on Menstrual Hygiene Awareness

Date: 10/08/2024

Activity: On August 10, 2024, Ms. Shama Praveen delivered a lecture on Menstrual Hygiene to the newly admitted B.Sc. and M.Sc. female students at the Himalayan School of Biosciences. The lecture aimed to educate young women on the importance of maintaining proper menstrual health, breaking taboos, and promoting awareness about safe and hygienic practices. Ms. Praveen discussed essential topics such as menstrual cycle management, hygiene products, health risks associated with poor hygiene, and the significance of spreading awareness. The session encouraged students to ask questions, fostering an open and informative discussion. The lecture played a crucial role in empowering students with knowledge and confidence, ensuring their well-being and comfort in handling menstrual health effectively.

No. of participants: **49**



49 female students from BSc and MSc (Batch 2024) attending lecture by Ms Shama Praveen on Menstrual Hygiene

Session on Gender Sensitization for BSc and MSc Biotechnology/ Microbiology (Batch 2024)

Date: 12.08.2024

Time:9:30-11:00 AM

Report

A lecture on Gender Sensitization was conducted on 12th August 2024 for B.Sc. 1st year and M. Sc 1st year students by Dr. Archana Dhasmana, Assistant Professor, Himalayan School of Biosciences, Swami Rama Himalayan University. The session aimed to raise awareness about gender equality, address stereotypes, and promote respectful behavior in both academic and social settings. Key topics discussed in the session are understanding gender roles, the importance of inclusivity, and the impact of unconscious biases. The lecture also highlighted the significance of fostering a supportive environment for all genders within the academic community. Students actively participated in discussions, reflecting on their own perceptions and learning how to contribute positively towards gender equity.

No. of participants: 38



Session for 38 students of HSBS on gender equity and equality by Dr Archana Dhasmana

Session on Gender Sensitization for New Employees

Date: 16.09.2024

Time:11:00AM-12:00 PM

Report

A session on Gender Sensitization was conducted for all new joiners on 16th September 2024 at SRHU. The session was facilitated by Ms. Shashi Dhyani, who addressed key aspects of gender sensitivity in the workplace, including respectful communication, inclusivity, and unconscious bias. The session aimed to foster awareness and promote a respectful and equitable work environment from the very beginning of the employees' journey at SRHU. The participants actively engaged in discussions and case-based learning, making the session interactive and impactful.

No. Of Participants: 12



Session on Gender Sensitization led by Ms. Shashi Dhyani for 12 newly joined employees

Session on Gender Sensitization for MBBS Second Prof. students (Batch 2024)

Date: 23.10.2024

Time:9:00-10:00 AM

Report

Dr. Alpa Gupta, Professor at the Himalayan Institute of Medical Sciences, SRHU, conducted a gender sensitization session for 129 MBBS students. This session aimed to enhance the students' understanding of gender issues, promote gender equality, and discuss the impact of gender bias in healthcare settings. Dr Gupta, utilized a combination of lecture, multimedia presentation, case studies, and interactive activities to engage the students and provide a comprehensive overview of the topic. The session covered several key topics, including the importance of gender sensitization, common gender stereotypes, and their impacts, as well as examples of gender bias in medical treatment. Through group discussions, role-playing exercises, and practical tools, students were equipped with strategies to identify and address gender bias in their future professional practice. These activities allowed students to share personal experiences and learn effective communication techniques for fostering an inclusive healthcare environment.

No. of participants: 129



**Session on Gender Sensitization for 129 student of MBBS Second Prof. (Batch 2024) , facilitated by
Dr Alpa Gupta**

Session on Gender Sensitization for New Employees

Date: 02.12.2024

Time:2:30-3:30 PM

Report

A session on Gender Sensitization was conducted for all new joiners on 2nd December 2024 at SRHU. The session was facilitated by Ms. Neha Rawat, who addressed key aspects of gender sensitivity in the workplace, including respectful communication, inclusivity, and unconscious bias. The session aimed to foster awareness and promote a respectful and equitable work environment from the very beginning of the employees' journey at SRHU. The participants actively engaged in discussions and case-based learning, making the session interactive and impactful.

No. Of Participants: 14



Session on Gender Sensitization led by Ms. Neha Rawat for 14 newly joined employees

Maternal and Child Health Program

Date- 4.12.2024

Program – Comprehensive Community Health Program

Activity Detail – A maternal health camp was organized which was attended by pregnant and lactating women, including adolescents and children. A medical team consisting of a doctor, pharmacist, nurse, counsellor, and field supervisor conducted the camp. The camp provided a comprehensive range of services, such as general examination, and primary investigation, including Blood Pressure, sugar, and haemoglobin. During this camp, counselling of both groups and individuals was also done on nutrition, family planning, self-care during pregnancy, institutional delivery, breastfeeding, hygiene, post-delivery care, etc.

Location –Salempur, Haridwar

Beneficiaries – 30

Supporting Agency – Wipro Cares

University Role – Staff – 4



Maternal health camp in progress where the beneficiaries were counselled by the medical team

Session on Gender Sensitization for New Employees

Date: 16.12.2024

Time:2:30-3:30 PM

Report

A session on Gender Sensitization was conducted for all new joiners on 16th December 2024 at SRHU. The session addressed key aspects of gender sensitivity in the workplace, including respectful communication, inclusivity, and unconscious bias. The session aimed to foster awareness and promote a respectful and equitable work environment from the very beginning of the employees' journey at SRHU. The participants actively engaged in discussions and case-based learning, making the session interactive and impactful.

No. Of Participants: 37



Session on Gender Sensitization for 37 newly joined employees

Session on Gender Sensitization for New Employees

Date: 01.02.2025

Time:3:30-4:30 PM

Report

A session on Gender Sensitization was conducted for all new joiners on 1st February 2025 at SRHU. The session was facilitated by Ms. Neha Rawat, who addressed key aspects of gender sensitivity in the workplace, including respectful communication, inclusivity, and unconscious bias. The session aimed to foster awareness and promote a respectful and equitable work environment from the very beginning of the employees' journey at SRHU. The participants actively engaged in discussions and case-based learning, making the session interactive and impactful.

No. Of Participants: 21



Session on Gender Sensitization led by Ms. Neha Rawat for 21 newly joined employees

Report on International Day of Women & Girls in Science

Date: 11.02.2025

Activity: The event commenced with an auspicious Lamp Lighting Ceremony, symbolizing the pursuit of knowledge, followed by a soulful Guru Vandana led by Dr. Ankit and his team from HSYS. Dr. Anupama Mishra, Assistant Professor at HSST, delivered the welcome address and introduced the central theme of STEM (Science, Technology, Engineering, and Mathematics). She emphasized the underrepresentation of women in the STEM workforce despite forming 43% of STEM graduates in India. Highlighting initiatives like Vigyan Jyoti and WISE Fellowship, she underscored the need to support women in science and technology.

Dr. Sadhana Srivastava, Member of URAB and former Scientist G at ICMR, delivered an insightful talk on women in STEM, addressing the gender gap and advocating for inclusive policies, leadership opportunities, and structured mentorship. She spotlighted key initiatives such as SERB-POWER, DST Women Scientist Scheme, and the Atal Innovation Mission, urging young women to pursue scientific careers with confidence and resilience. This segment served as a powerful platform to raise awareness about gender equity in STEM, celebrate achievements, and inspire future generations of women scientists and engineers.

Place of Event: Himalayan School of Science and Technology (HSST)

Participants: Faculty and students at Himalayan School of Science and Technology

No of beneficiaries: 85

Some glimpses of the activity



"Guru Vandana",

by Dr. Ankit and his team from HSYS



Welcome address and about STEM "

by Dr. Anupama Mishra, HSST



"Session conducted on STEM"

**By Dr. Sadhana Srivastava, Member, URB, & Former Sc
G ICMR**



"Group Photographs"

Session on Gender Sensitization for New Employees

Date: 17.02.2025

Time:3:30-4:30 PM

Report

A session on Gender Sensitization was conducted for all new joiners on 17th February 2025 at SRHU. The session was facilitated by Ms. Neha Rawat, who addressed key aspects of gender sensitivity in the workplace, including respectful communication, inclusivity, and unconscious bias. The session aimed to foster awareness and promote a respectful and equitable work environment from the very beginning of the employees' journey at SRHU. The participants actively engaged in discussions and case-based learning, making the session interactive and impactful.

No. Of Participants: 39



Session on Gender Sensitization led by Ms. Neha Rawat for 39 newly joined employees

Session on Gender Sensitization for New Employees

Date: 01.03.2025

Time:3:30-4:30 PM

Report

A session on Gender Sensitization was conducted for all new joiners on 1st March 2025 at SRHU. The session was facilitated by Ms. Neha Rawat, who addressed key aspects of gender sensitivity in the workplace, including respectful communication, inclusivity, and unconscious bias. The session aimed to foster awareness and promote a respectful and equitable work environment from the very beginning of the employees' journey at SRHU. The participants actively engaged in discussions and case-based learning, making the session interactive and impactful.

No. Of Participants: 83



Session on Gender Sensitization led by Ms. Neha Rawat for 83 newly joined employees

Report on International Women Day

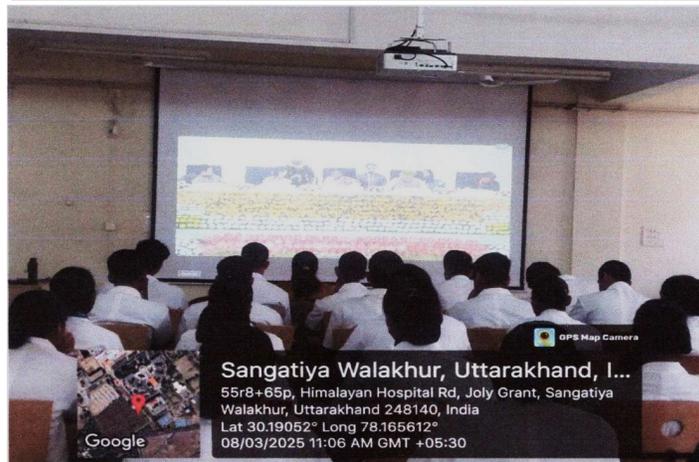
Date: 08/03/2025

Activity: On the occasion of International Women's Day, celebrated on 8th March 2025, the Nursing Department organized a virtual telecast of the National Conference held at Vigyan Bhavan, New Delhi. The theme for this year was "Nari Shakti Se Viksit Bharat", highlighting the vital role of women in national development. The President of India, virtually delivered an inspiring address emphasizing women's empowerment across sectors such as education, technology, health, safety, defense, and leadership. A short film was screened showcasing achievements in women's development, followed by cultural performances including Bharatanatyam and other traditional dances by women from different regions of India. The program concluded with the singing of the national anthem, leaving a strong message of unity and empowerment.

Place of the event: Himalayan College of Nursing, SRHU

Participants: Students and faculty members of HCN

No. of Participants: 87



Telecast of National conference on International Women's Day attended by 87 participants

Session on Gender Sensitization for New Employees

Date: 17.03.2025

Time:3:30-4:30 PM

Report

A session on Gender Sensitization was conducted for all new joiners on 17th March 2025 at SRHU. The session was facilitated by Ms. Neha Rawat, who addressed key aspects of gender sensitivity in the workplace, including respectful communication, inclusivity, and unconscious bias. The session aimed to foster awareness and promote a respectful and equitable work environment from the very beginning of the employees' journey at SRHU. The participants actively engaged in discussions and case-based learning, making the session interactive and impactful.

No. Of Participants: 38



Session on Gender Sensitization led by Ms. Neha Rawat for 38 newly joined employees

Session on Gender Sensitization for New Employees

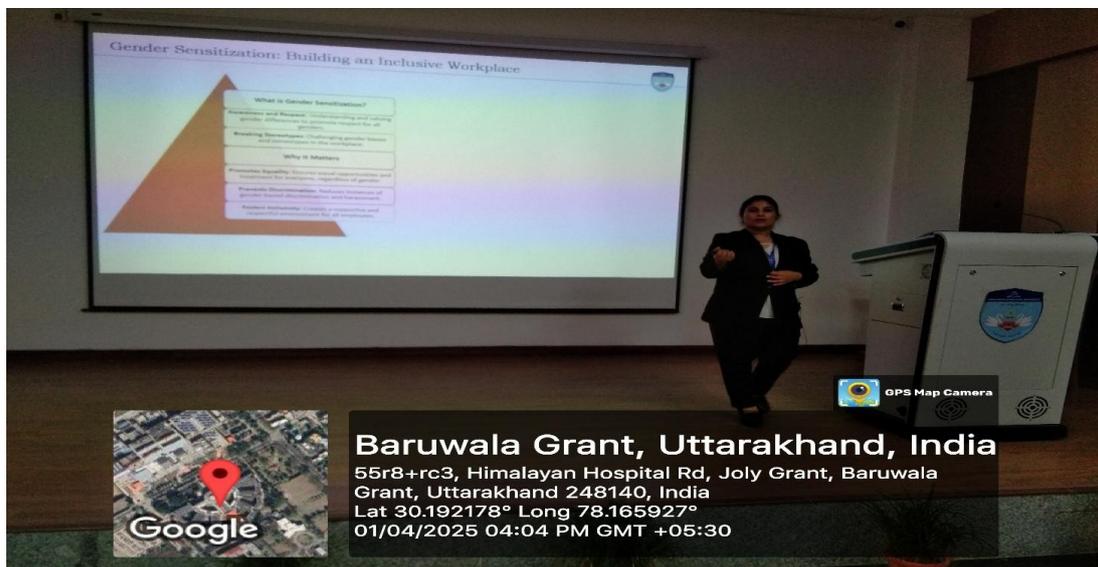
Date: 01.04.2025

Time:3:30-4:30 PM

Report

A session on Gender Sensitization was conducted for all new joiners on 1st April 2025 at SRHU. The session was facilitated by Ms. Neha Rawat, who addressed key aspects of gender sensitivity in the workplace, including respectful communication, inclusivity, and unconscious bias. The session aimed to foster awareness and promote a respectful and equitable work environment from the very beginning of the employees' journey at SRHU. The participants actively engaged in discussions and case-based learning, making the session interactive and impactful.

No. Of Participants: 37



Session on Gender Sensitization led by Ms. Neha Rawat for 37 newly joined employees

Session on Gender Sensitization for New Employees

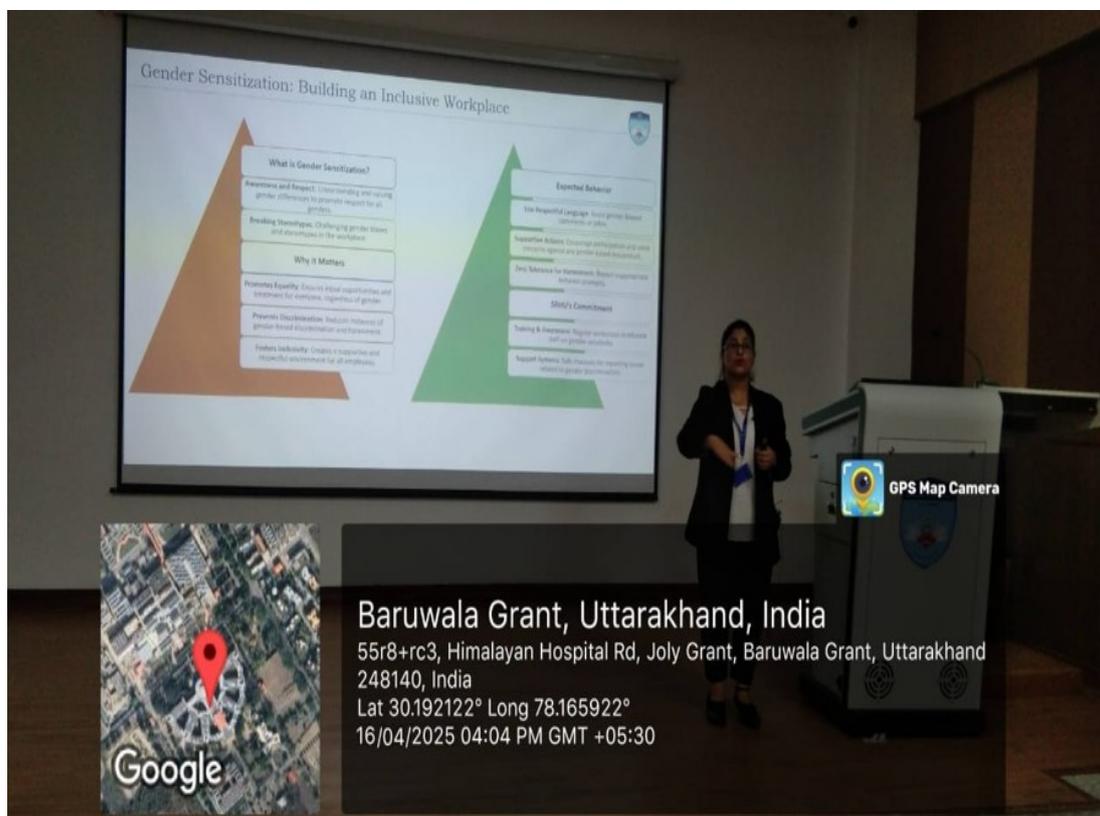
Date: 16.04.2025

Time:3:30-4:30 PM

Report

A session on Gender Sensitization was conducted for all new joiners on 16th April 2025 at SRHU. The session was facilitated by Ms. Neha Rawat, who addressed key aspects of gender sensitivity in the workplace, including respectful communication, inclusivity, and unconscious bias. The session aimed to foster awareness and promote a respectful and equitable work environment from the very beginning of the employees' journey at SRHU. The participants actively engaged in discussions and case-based learning, making the session interactive and impactful.

No. Of Participants: 30



Session on Gender Sensitization led by Ms. Neha Rawat for 30 newly joined employees

Session on Gender Sensitization for New Employees

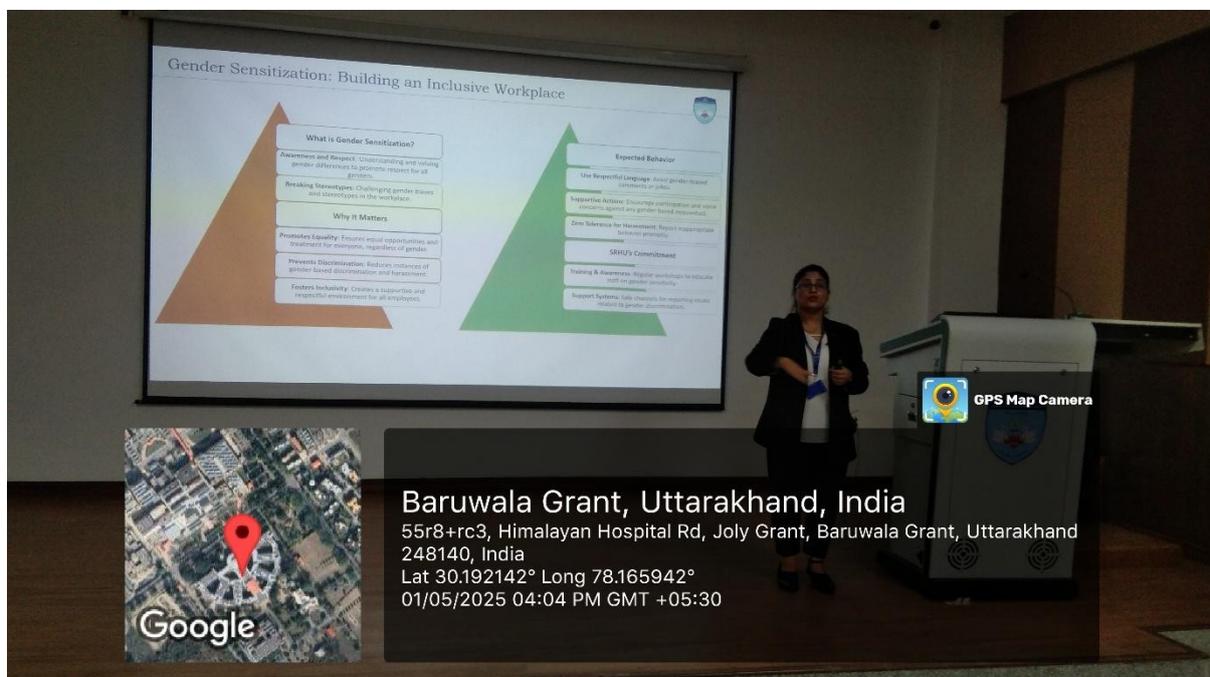
Date: 01.05.2025

Time:3:30-4:30 PM

Report

A session on Gender Sensitization was conducted for all new joiners on 1st May 2025 at SRHU. The session was facilitated by Ms. Neha Rawat, who addressed key aspects of gender sensitivity in the workplace, including respectful communication, inclusivity, and unconscious bias. The session aimed to foster awareness and promote a respectful and equitable work environment from the very beginning of the employees' journey at SRHU. The participants actively engaged in discussions and case-based learning, making the session interactive and impactful.

No. Of Participants: 36



Baruwala Grant, Uttarakhand, India

55r8+rc3, Himalayan Hospital Rd, Joly Grant, Baruwala Grant, Uttarakhand

248140, India

Lat 30.192142° Long 78.165942°

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Session on Gender Sensitization led by Ms. Neha Rawat for 36 newly joined employees

Session on Gender Sensitization for MHA students (Batch 2024)

Date: 15.05.2025

Time:10:00 AM Onwards

Report

A Gender Sensitization session was conducted for MHA students (Batch 2024) on 15th May 2025 at 10:00 AM, led by Dr. Shweta Samant (PT), Assistant Professor, Department of Hospital Administration, SRHU. The session emphasized the importance of gender sensitization in creating an inclusive and respectful environment within healthcare settings. Dr. Samant highlighted common gender-related issues faced by patients and staff, such as discrimination, stereotyping, and unequal opportunities. She elaborated on the crucial role hospital administrators play in promoting gender equality through policymaking, training, and fostering a supportive workplace culture. The session also covered key legal provisions under Indian law related to gender equality, ensuring participants understood the statutory responsibilities and protections in place. Additionally, the challenges and barriers to implementing gender-sensitive practices—such as deeply rooted societal norms, resistance to change, and lack of awareness—were discussed, underlining the need for continuous education and proactive leadership in addressing gender disparities in healthcare.

No. of participants: 12



Session On Gender Sensitization for students of MHA (Batch 2024) in progress