

Report on

Sustainable Development

Goal 5



GENDER EQUALITY

1. Gender Sensitization Programs

To cultivate a culture of inclusivity and gender sensitivity across its ecosystem, SRHU regularly conducts targeted sensitization sessions for students, faculty, and newly inducted staff. These sessions aim to raise awareness on gender-based discrimination, promote respect and equity, and reinforce the University's commitment to a safe and inclusive environment.

a. Student Sensitization

In the academic year 2024–25, the University organized 24 dedicated sensitization sessions for undergraduate and postgraduate students across various academic units. These interactive workshops covered topics such as gender roles, prevention of sexual harassment (POSH), respectful communication, and understanding of institutional redressal mechanisms.

No. of sessions (2024-2025): 07

Total beneficiaries: 322

b. Faculty, Staff Induction & Sensitization

All newly joined staff including faculty, administrative and technical personnel participates in gender sensitization sessions conducted as part of their onboarding process. Topics included workplace behavior, gender respect, and POSH compliance.

No. of sessions (2024-2025): 17

Total beneficiaries: 543

Sample Report (Students)

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

Date: 23.10.2024

Time: 9:00-10:00 AM

Notice

HIMALAYAN INSTITUTE OF MEDICAL SCIENCES
OFFICE OF THE PRINCIPAL

Date: 04th October, 2024
HIMS/2024/ 2470 (A)

NOTICE FOR MBBS STUDENTS

MBBS Second Prof. Students (Batch-2024) are required to attend the session being organized by HIMS on "Gender Sensitization" on 23/10/2024 from 09:00 to 10:00 am in Lecture Theatre-1 (Medical College). It is mandatory for all the students to attend the session.



Vice Principal (UG Medical Programme)

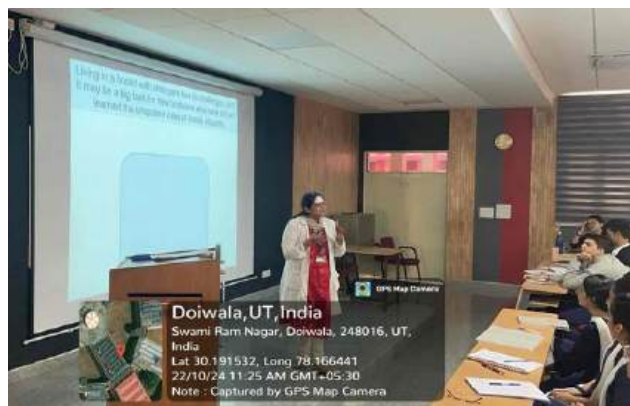
Dr. Anuradha Kusum
Vice Principal
(UG Medical Programmes)
HIMS, SRHU
Jolly Grant, Dehradun-248016

Copy to : The Principal, HIMS
: Dr. Alpa Gupta – Dept. of Pediatrics

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**

Attendance
ATTENDANCE SHEET FOR MBBS FIRST PROF.
FOUNDATION COURSE
Date : 23/10/2024 (9-10am)
Session : Gender sensitization

S. No.	Name	F / M	Father's Name	Signature of student
1.	Aaditya Singh Kathait	Male	Vijay Singh Kathait	<i>A. Kathait</i>
2.	Aarushi Rai	Female	Daleep Singh Rai	<i>A. Rai</i>
3.	Abhinav Tiwari	Male	Sandeep Kumar Tiwari	<i>Abhinav</i>
4.	Abhishek Sharma	Male	Virender	<i>Abhishek</i>
5.	Ada Fatima	Female	Sabir Ahmed	<i>Ada</i>
6.	Aditi Devrani	Female	Prakash Devrani	<i>Aditi</i>
7.	Aditi Negi	Female	Mahipal Singh Negi	
8.	Aditi Priya Prasad	Female	Arun Kumar Prasad	<i>A. Prasad</i>
9.	Aditi Shah	Female	Bikram Chand Shah	<i>Aditi Shah</i>
10.	Aditya Garg	Male	Vishal Garg	<i>Aditya Garg</i>
11.	Aditya Prasad	Male	Ajoy Prasad	<i>Aditya Prasad</i>
12.	Aditya Sehgal	Male	Nishant Sehgal	<i>Aditya</i>
13.	Akshit Kumar	Male	Manoj Kumar	<i>Akshit</i>
14.	Amaan Abdullah	Male	Abdul Sattar	<i>Amaan</i>
15.	Amolika Katoch	Female	Ajay Katoch	<i>Amolika</i>
16.	Ananya	Female	Digvijay Gaurav	<i>Ananya</i>
17.	Anirudh Vij	Male	Dr Aman Vij	<i>Anirudh</i>
18.	Anshika Jindal	Female	Rajeev Kumar Jindal	<i>Anshika</i>
19.	Anusha Jain	Female	Sachin Jain	<i>Anusha</i>

20.	Anvi Arya	Female	Ajay Kumar Arya	
21.	Aryaveer Dahiya	Male	Pervinder Singh Dahiya	<u>Aryaveer Dahiya</u>
22.	Aviral Srivastava	Male	Pankaj Srivastava	<u>A</u>
23.	Ayush Singh	Male	Rakesh Singh	<u>Singh</u>
24.	Bhargavi	Female	Deen Dayal Singh	<u>Bhargavi</u>
25.	Bhavika Grover	Female	Dhiraj Grover	<u>Bhavika</u>
26.	Chahat	Female	Vinod Kumar	<u>Chahat</u>
27.	Chetan Bhatt	Male	Dinesh Bhatt	<u>Chetan</u>
28.	Chitranshi Bansal	Female	Sanjay Bansal	<u>Chitranshi</u>
29.	Daksh	Male	Yogesh Goyal	<u>Daksh</u>
30.	Daksh Modi	Male	Kishan Lal Modi	<u>Daksh Modi</u>
31.	Darsh Gupta	Male	Gurudutt Gupta	<u>Darsh</u>
32.	Deepika Mahar	Female	Laxman Singh Mahar	<u>Deepika</u>
33.	Dharmishtha Malhan	Female	Yogesh Malhan	<u>Dharmishtha</u>
34.	Divya Baliyan	Male	Harsh Vardhan Arya	<u>Divya</u>
35.	Dwideh Mahajan	Male	Sandeep Mahajan	<u>Dwideh</u>
36.	Ekam Brar	Female	Harmandeep Singh Brar	<u>Ekam Brar</u>
37.	Fardeen Siddiqui	Male	Mukeem Siddiqui	<u>Fardeen</u>
38.	Gaurav Pratap Singh	Male	Narender Singh	<u>Gaurav</u>
39.	Harshita Gupta	Female	Mahesh Kumar	<u>Harshita</u>
40.	Harshita Nain	Female	Naresh Kumar	<u>Harshita</u>
41.	Honey Jindal	Male	Satish Kumar	<u>Honey</u>
42.	Ipsita Kunwar	Female	Vishal Kunwar	<u>Ipsita</u>
43.	Ipsita Nitin Rastogi	Female	Nitin Rastogi	<u>Ipsita</u>
44.	Ishveen Kaur Saluja	Female	Bakshish Singh Saluja	<u>Ishveen</u>

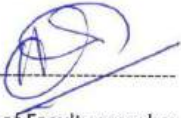
72.	Niyati Nagyan	Female	Yatindra Nagyan	Niyati
73.	Palak Dhiman	Female	Pankaj Dhiman	Palak
74.	Param Chauhan	Male	Parveen Kumar	Param
75.	Pihu Sharma	Female	Mahesh Chandra Sharma	
76.	Poorva Dalal	Female	Navin Dalal	
77.	Prachi Dhingra	Female	Gulshan Kumar Dhingra	Prachi
78.	Prachi Singh	Female	Pardeep Singh	Prachi Singh
79.	Pragya Goyal	Female	Late Satish Agrawal	Pragya
80.	Pragya Parimal	Female	Pranav Parimal	Pragya
81.	Pragya Rawat	Female	Vinod Singh Rawat	Pragya Rawat
82.	Prakul	Male	Anil Parashar	Prakul
83.	Pratishtha Negi	Female	Chandra Pal Singh Negi	Pratishtha
84.	Preet Singh	Male	Lakshbir Singh	
85.	Prince Saini	Male	Amit Kumar	Prince Saini
86.	Priya Khichar	Female	Rajesh Kumar	Priya Khichar
87.	Priyal Gupta	Female	Rajan Gupta	Priyal
88.	Priyanshi Seth	Female	Vishal Seth	Priyanshi
89.	Rajan Gupta	Male	Yogesh Kumar	Rajan Gupta
90.	Rashi Mehta	Female	Ajay Mehta	Rashi Mehta
91.	Reva Singh	Female	Subhash Chand	Reva
92.	Riddhi Jain	Female	Rajesh Jain	Riddhi Jain
93.	Riddhima Rastogi	Female	Vipul Kumar Rastogi	Riddhima
94.	Rishabh Nand Amoli	Male	Nand Lal Amoli	Rishabh
95.	Roshni Sachdev	Female	Raman Sachdev	Roshni
96.	Saksham Agarwal	Male	Pankaj Agarwal	Saksham


	Jay Shilpkar	Male	Vijay Shilpkar	<u>F.A.S.</u>
47.	Kanishk Raman	Male	Pushpesh Raman Tripathi	<u>Kanishk</u>
48.	Kanishka Singh	Female	Kaushlendra P. Singh	<u>Kanishka Singh</u>
49.	Karan Singh	Male	Suman Singh	<u>Karan Singh</u>
50.	Kartik Sachdeva	Male	Ashok Kumar Sachdeva	<u>Kartik</u>
51.	Kartikey Kamdi	Male	Ajay Singh Kamdi	<u>Kartikey</u>
52.	Khushi Jain	Female	Naveen Jain	<u>Khushi</u>
53.	Krishna Chadha	Female	Gaurav Chadha	<u>Krishna</u>
54.	Kush Awana	Male	Sunil Awana	<u>Kush</u>
55.	Lakshya Gupta	Male	Lokesh Gupta	<u>Lakshya</u>
56.	Maliha	Female	Nasir Ali	<u>Maliha</u>
57.	Manas Pathak	Male	Kalakar Pathak	<u>Manas</u>
58.	Manasvi Jasrotia	Female	Davinder Singh Jasrotia	<u>Manasvi</u>
59.	Manasvi Sharma	Female	Rajesh Sharma	<u>Manasvi</u>
60.	Mayank Chauhan	Male	Vikram Singh Chauhan	<u>Mayank</u>
61.	Mohd Ashhad Ansari	Male	Sanjeed Ali	<u>Mohd</u>
62.	Mohd Riyan	Male	Barkat Ali	<u>Riyan</u>
63.	Mohd Yusuf	Male	Inam Ali	<u>Mohd</u>
64.	Monishka Singh	Female	Harish Singh	<u>Monishka</u>
65.	Mudit Mishra	Male	Sanjay Kumar Mishra	<u>Mudit</u>
66.	Naina Soni	Female	Sanjay Kumar	<u>Naina</u>
67.	Nandini Solanki	Female	Prashant Solanki	<u>Nandini</u>
68.	Navya Mudgal	Female	Praveen Mudgal	<u>Navya</u>
69.	Neeraj	Female	Subhash	<u>Neeraj</u>
70.	Niharika	Female	Amit	<u>Niharika</u>
71.				

98.	Samriddhi Chauhan	Female	Suresh Chauhan	<i>Samriddhi</i>
99.	Samridhi Bisht	Female	Vinod Singh Bisht	<i>Samridhi</i>
100.	Sanjeevani Negi	Female	Dharmendra Singh Negi	<i>Sanjeevani</i>
101.	Sanyam Mittal	Male	Rajiv Mittal	<i>Sanyam</i>
102.	Sarah Ahmad	Female	Vakeel Ahmad	<i>Sarah</i>
103.	Sarthak Saini	Male	Vinod Saini	<i>Sarthak</i>
104.	Saumya Goyal	Female	Madhur Goyal	<i>Sa</i>
105.	Shailley Hyanki	Female	Diwakaran Singh Hyanki	<i>Shailley</i>
106.	Shalini Rawat	Female	Rajendra Singh	<i>Shalini</i>
107.	Shaurya Bhardwaj	Male	Vineet Bhardwaj	<i>Shaurya</i>
108.	Sheryl Pattnaik	Female	Sushanta Kumar Pattnaik	<i>Sheryl</i>
109.	Shonal Avanish Singh	Female	Avanish Kumar Singh	<i>Shonal</i>
110.	Shubhanshu Patel	Male	Chandrama Prasad	<i>Shubhanshu Patel</i>
111.	Simran Kalra	Female	Anil Kalra	<i>Simran</i>
112.	Sneha	Female	Vineet Gupta	<i>Sneha</i>
113.	Sneha Gupta	Female	Ankush Gupta	<i>Sneha</i>
114.	Sneha Singh	Female	Pawan Singh	<i>Sneha</i>
115.	Somya Yadav	Female	Sanjeev Mohan	<i>Somya</i>
116.	Sparsh Pandey	Male	Pradeep Kumar Pandey	<i>Sparsh</i>
117.	Srishti Sharma	Female	Alok Sharma	<i>Srishti</i>
118.	Stuti Singhal	Female	Vipul Kumar Singhal	<i>Stuti</i>
119.	Suhail Ahmed	Male	Shakil	<i>Suhail</i>
120.	Suhani Mehrotra	Female	Gautam Mehrotra	<i>Suhani</i>
121.	Swagata Joshi	Female	Rakesh Chandra	<i>Swagata</i>
122.	Tanishka	Female	Vikas Jain	<i>Tanishka</i>

124.	Utkarsh Srivastava	Male	Dhananjai Kr. Srivastava	
125.	Vaibhav Bhatt	Male	Rajeshwar Prasad	
126.	Vaibhavi Arya	Female	Himanshu Kumar	
127.	Vaishnavi Sharma	Female	Manoj Sharma	
128.	Vanshika Arora	Female	Dalip Arora	
129.	Varnika Sharma	Female	Sandeep Sharma	
130.	Varnita Singh	Female	Ashwani Kumar	
131.	Yash Kumar	Male	Khadak Singh	
132.	Yash Tripathi	Male	Dharmendra Kr. Tripathi	

133. Divyanshu Gulati


 Signature of Faculty member


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Sample Report (Faculty & Staff)

Session on Gender Sensitization for New Employees

Date: 17.02.2025

Time: 3:30-4:30 PM

Notice

SESSION ON GENDER SENSITIZATION FOR NEW EMPLOYEES

DATE: 17.02.2025

TIME: 3:30 -4:30 PM

NOTICE



SWAMI RAMA HIMALAYAN UNIVERSITY

DEPARTMENT OF HUMAN RESOURCES

NOTICE

Date: 15/02/2025

All new employees are hereby informed that a mandatory session on Gender Sensitization is being organized by the Department of Human Resources on 17th February, 2025 from 3:30 PM to 4:30 PM at the Training Hall, HIMS Building. This session is an essential part of the orientation program and aims to promote awareness, inclusivity, and respectful workplace behaviour. All new joiners are required to attend the session without fail.



Neha Rawat
Assistant Manager, HR

Department of Human Resources,
Swami Rama Himalayan University,
Swami Ram Nagar, Darwaja,
Dehradun (Uttarakhand)

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

Attendance

SRHU/FF/149

Himalayan Hospital
(A Constituent Unit of Swami Rama Himalayan University)

Training attendance sheet

Date: 17.2.25 Time: 10 am to 4:30 pm Training type (Tick): ☒ Internal / ☐ External

Topic: Induction & Orientation Code of conduct, Gender Sensitization, Professional Ethics

Trainer Name and Designation: Ms. Kavita Negi, Deputy Manager & Ms. Neha Rawat Assistant Manager

Venue: B.C. Roy Auditorium, Near HRD

Department: New Joining Employees

Objective:

1. Organization overview - To be provide engaging overview of the organization, including its Vision, Mission, & core value.
2. At the end of the programe new join employee will be able to learn about role & responsibility with in the organization.
3. To be explain about organization culture.
4. Explain to the employee about safety, Policies, Gendre sensitization & other essential policies.

S.No	BioMetric No.	Name	Designation	Department	Signature 10:00am	3:00pm
1	7106	Dr. Purva Vasant Darade	Senior Resident	Obst. & Gynae	<u>call duty</u>	
2	7107	Dr. Solanki Paresha Lalsinh	Senior Resident	Anaesthesia	<u>Leave</u>	
3	7108	Ms. Muskan Sahu	Junior OT Technician	OT	<u>Muskan</u>	<u>Muskan</u>
4	7109	Ms. Himani	Staff Nurse	Nursing	<u>Himani</u>	<u>Himani</u>
5	7110	Ms. Mitali Koranga	Staff Nurse	Nursing	<u>Left</u> (AB)	(AB)
6	7111	Ms. Ritika Saini	Staff Nurse (Trainee)	Nursing	<u>Ritika</u> (AB)	<u>Ritika</u> (AB)
7	7112	Ms. Luxmi Gouniyal	ANM	Nursing	<u>Luxmi</u> (AB)	<u>Luxmi</u> (AB)
8	7113	Dr. Taruna Bhati	Senior Resident	Anaesthesia	<u>Taruna</u>	
9	7114	Dr. Pragya Khugsal	Assistant Professor	Obst. & Gynae	<u>Pragya</u>	<u>Pragya</u>
10	7115	Dr. Richa Kumari	Assistant Professor	Surgery	<u>Richa</u>	<u>Richa</u>
11	7116	Dr. Sunil Kumar	Assistant Professor	Physical Medicine & Rehabilitation	<u>Sunil</u>	<u>Sunil</u>
12	7117	Mr. Vimal Singh	Junior OT Technician	OT	<u>Vimal</u>	<u>Vimal</u>
13	7118	Ms. Kajal Pradhan	Staff Nurse	Nursing	<u>Kajal</u>	<u>Kajal</u>
14	7119	Ms. Megha	Staff Nurse	Nursing	<u>Megha</u>	<u>Megha</u>
15	7120	Ms. Deepmala Dass	Staff Nurse	Nursing	<u>Deepmala</u>	<u>Deepmala</u>
16	7123	Mr. Vineet Bijalwan	Attendant	IPD	<u>Vineet</u>	<u>Vineet</u>
17	7124	Mr. Saurabh Khatri	Attendant	IPD	<u>Saurabh Khatri</u>	<u>Saurabh Khatri</u>

age: 1

Signature of trainer: Ms. Kavita - 6850
Ms. Neha - 6852
Department: Human Resource
Swami Rama Himalayan University
Swami Ram Nagar, Coimbatore
Tamil Nadu - 643001

S.No	BioMetric No.	Name	Designation	Department	Signature 10:00am	3:00pm
18	7125	Mr. Bijendra Singh	Attendant	IPD		
19	7126	Mr. Rohan Deep	Attendant	IPD		
20	7127	Mr. Mayank Rawat	Attendant	Information Technology		
21	7128	Mr. Neha Pal	Staff Nurse	Nursing		
22	7129	Dr. Anjali Sonker	Assistant Professor	Obst. & Gynae Department		
23	7130	Mr. Dinesh Sariyal	Office Assistant	Radiology Department		
24	7131	Mr. Rahul	Attendant	Medical Record Department		
25	7132	Mr. Saurabh Singh	Attendant	Principal Office - HIMS		
26	7133	Mr. Manish Dhamija	Attendant	IPD		
27	7134	Mr. Manish Kumar	Attendant	IPD		
28	7135	Mr. Abhijeet Chand	Attendant	IPD		
29	7136	Mr. Vibhor Gairola	Attendant	IPD		
30	7137	Mr. Makan Chand	Security Guard	Security		
31	7138	Mr. Alam Singh	Security Guard	Security		
32	7139	Mr. Bhagat Singh	Security Guard	Security		
33	7140	Mr. Amar Jyout Singh	Security Guard	Security		
34	7141	Ms. Aajma	Staff Nurse	Nursing		
35	7142	Ms. Arpita Bali	Tutor	HCN		
36	7143	Dr. Sharad Saini	Tutor	Anatomy		
37	7144	Mr. Swapneel Singh	Attendant	Anatomy		
38	7145	Mr. Arvind Hanswal	Attendant	Microbiology		
39	7146	Mr. Manoj kr.	Attendant	IPD		
40	7147	Mr. Vijay Singh	Attendant	HCDRL		
41	7148	Mr. Shubham Pundir	Attendant	Hostel-Boys.		
42	7150	Mohan Singh	Attendant	Dental		

S.No	BioMetric No.	Name	Designation	Department	Signature 10:00am	3:00pm
43		<u>Aash</u>	O.T Technician	O.T	<u>Aash</u>	<u>Aash</u>
44		<u>Sumit Mangaiy</u>	Office Assistant	-	<u>Sumit Mangaiy</u>	<u>Sumit Mangaiy</u>
45		<u>Harish ch. Bhat</u>	Security Guard		<u>Harish</u>	<u>Harish</u>
46		<u>I</u>				
47						
48						

Total (39) Candidate

Madhu
Madhu Gaur (540)
Assistant Manager
(Programme Coordinator)

Page: 3

Signature of trainer:.....
Ms. Kavita - Kavita 6850
Ms. Neha - Neha
Department of Human Resources
Swami Rama Himalayan University
Swami Rama Nagar, Dehradun
6852

2. Support for Women's Empowerment

SRHU is committed to promoting gender equality and empowering women through targeted initiatives. Recognizing the importance of addressing barriers to women's education and career advancement, the following activities have been undertaken to support women's empowerment.

a. Maternity Leave and Workplace Equality

The organisation recognises the importance of maintaining a healthy work-life balance and overall well-being by offering 90 days of maternity leave to its female employees. This policy plays a vital role in supporting working mothers, allowing adequate time for recovery and newborn care, and aligns with SDG Target 5.4 [\(For more information\)](#). In addition, we uphold a strong commitment to equitable recruitment and employment practices, ensuring that all applicants and employees are treated fairly and without discrimination, regardless of gender or any other individual characteristics [\(For more information\)](#).

b. Fee Concession for Female Candidates

To encourage greater participation of women in higher education, particularly in technical disciplines, the institution offers merit-based fee concessions for female students. Eligible candidates receive a one-time concession equivalent to 25% of the first-year tuition fee, distributed across the academic year. This initiative directly supports SDG Target 5.1 (ending discrimination against women and girls) and SDG Target 5.5 [\(For more information\)](#).

3. Inclusive and Safe Campus Environment

The University has implemented a variety of initiatives that are designed to promote women's empowerment, nurture gender equality, and establish a safe and supportive environment for women.

a. Internal Complaints Committee (ICC)

In compliance with the UGC Regulations, 2015, the University has constituted an Internal Complaints Committee (ICC). The ICC is responsible for addressing complaints related to sexual harassment, ensuring that such matters are investigated thoroughly and resolved fairly. Grievance Redressal Mechanism: The ICC reports incidents to the appropriate authorities and ensures timely and equitable resolution of all complaints.

Annual Reporting: A comprehensive annual report is submitted to higher authorities, detailing recorded incidents, actions taken, and preventive measures implemented to ensure continued oversight and accountability. This initiative is in direct alignment with SDG Target 5.2, which aims to eliminate all forms of violence against women and girls, including sexual exploitation. ([For more information](#))

b. Safe and Accessible Infrastructure:

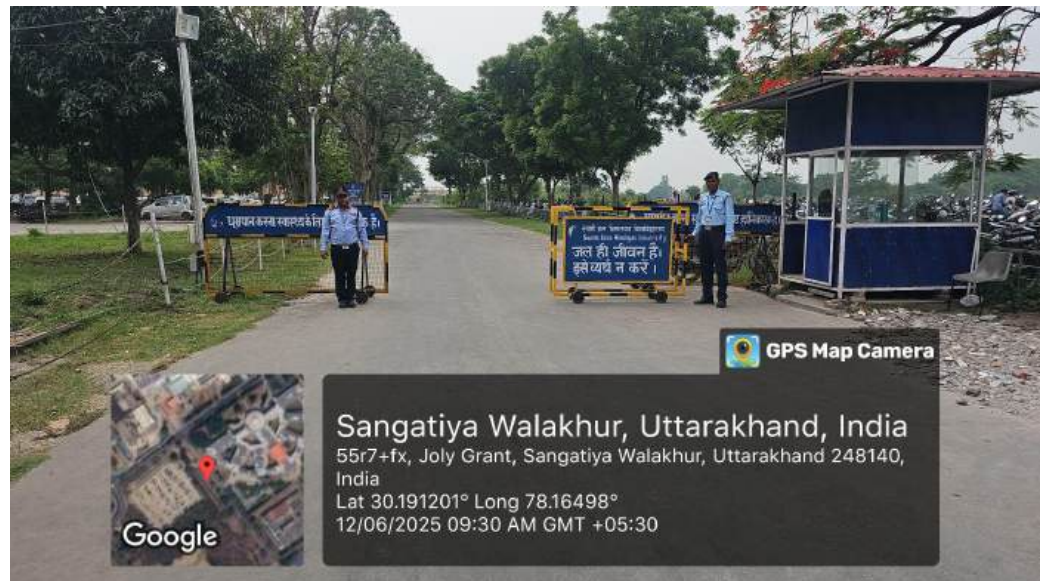
- The University is committed to providing a safe and secure environment for female students and staff, with a strong focus on both safety and empowerment. Key measures include the deployment of security personnel at strategic checkpoints and the appointment of full-time female wardens in hostels, ensuring round-the-clock oversight and support. These proactive steps contribute to SDG Target 5.2 by reducing the risk of assault, harassment, or abuse on campus. Collectively, they foster a protective and enabling environment where female students can pursue their education with confidence and without fear.



Guards (Male and Female) at the barricades at the University entrance



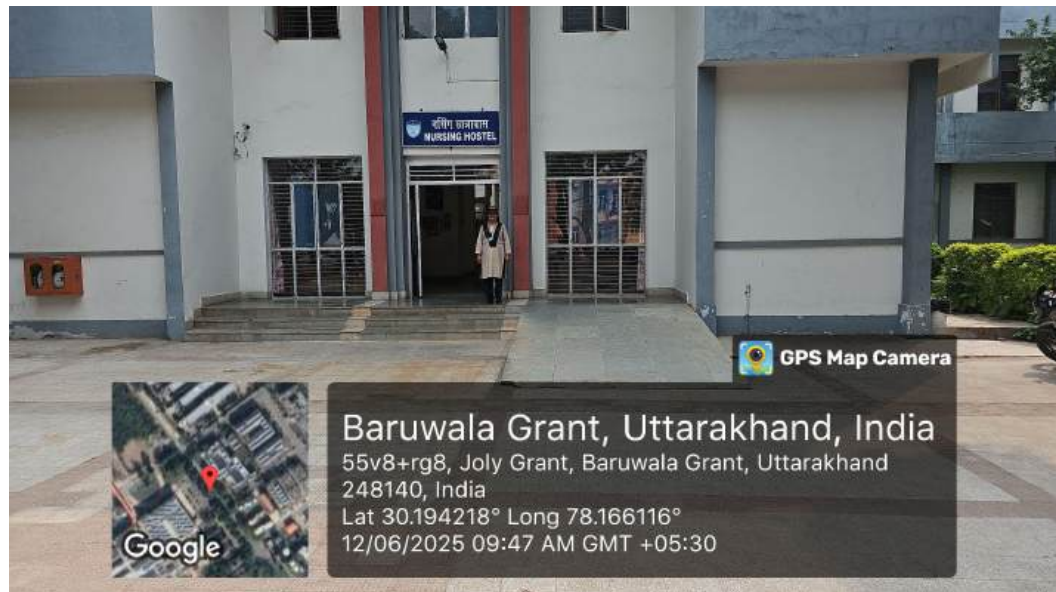
Guards (Male and Female) at the barricades at the entrance of the residential campus
(near the Medical College)



Security Guard at Barricades on the way to University and Nursing College (near SBI ATM)



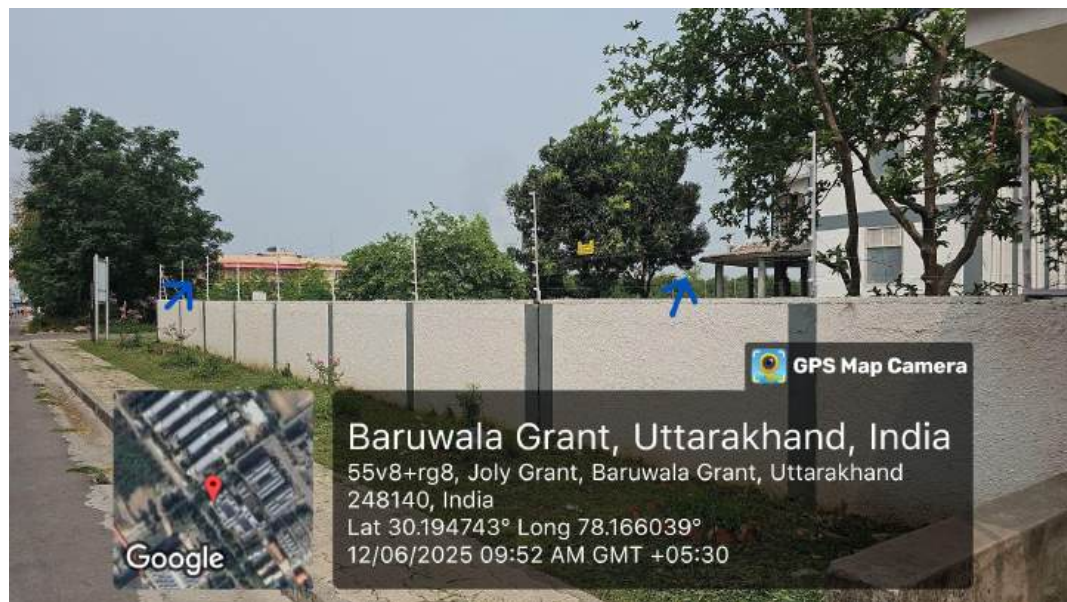
Security Guard at barricades on the way to Hospital LTs (besides Central Laboratory)



Female guard outside the Nursing girls' hostel



Female guard outside the MBBS girls' hostel



Low voltage electric wire fencing at MBBS girls hostel

- A total of 2,325 CCTV cameras have been strategically installed across the campus to strengthen surveillance and safety. In addition, the formation of a dedicated “Action Team” equipped to manage emergencies further enhances the University’s safety infrastructure. These measures directly support SDG Target 5.2 by establishing robust systems for the prevention, detection, and effective response to incidents, thereby fostering a secure environment for all, particularly women and girls.



CCTV surveillance at the MBBS Girls' Hostel





CCTV surveillance at the Nursing Girls' Hostel



CCTV surveillance at the School of Biosciences, SRHU



CCTV cameras at School of Pharmaceutical Sciences, SRHU



CCTV cameras at School of Bio- Sciences, SRHU



CCTV camera at School of Bio- Sciences (left) and at Working girls hostel (right), SRHU



Central CCTV surveillance center

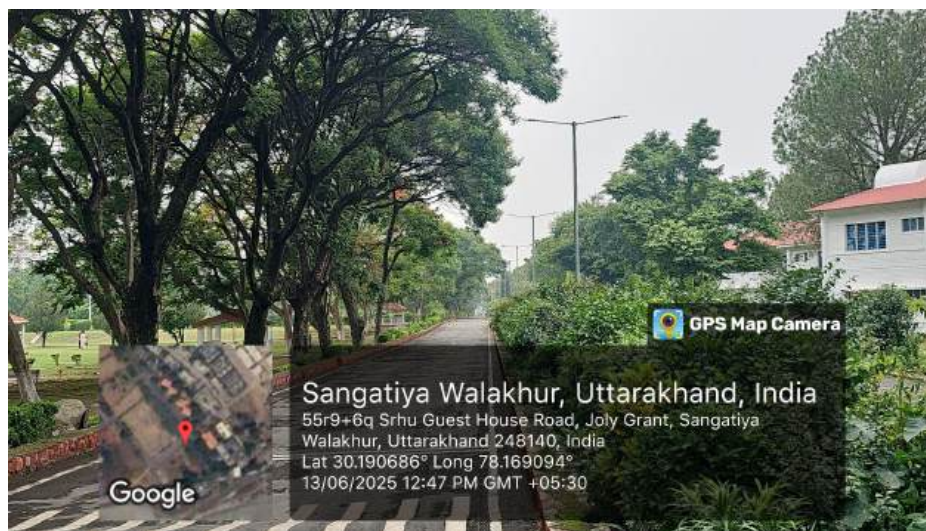
- Well-lit campus pathways, supported by reliable generator backup systems, ensure safety during nighttime hours—addressing a key concern related to women’s security. This initiative aligns with SDG Target 5.4, as it fosters a sense of autonomy, mobility, and confidence among female students, enabling their full participation in campus life and academic activities without restriction.



Street light at the tubewell chowk



Streetlights across University roads



Streetlights across University roads

c. Gender-Sensitive Campus Initiatives

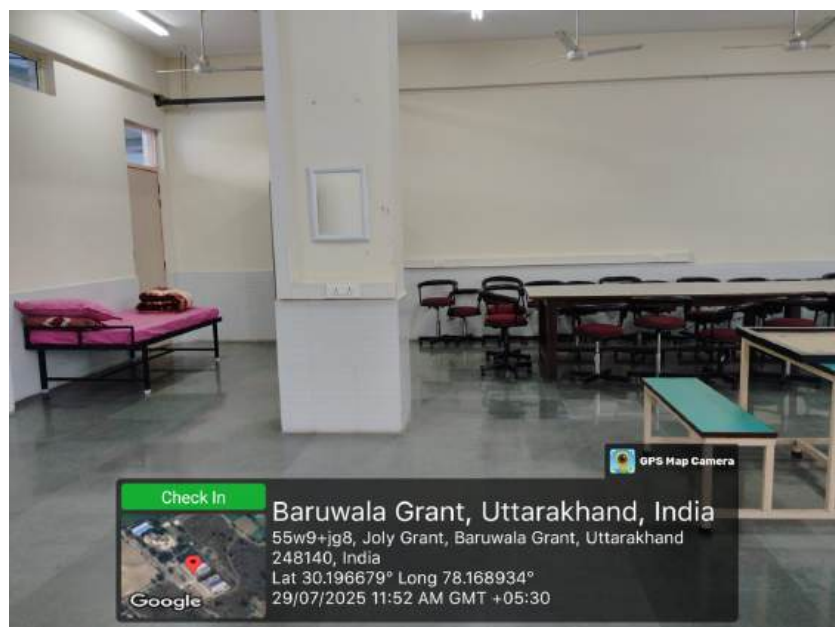
- Separate common areas for male and female students, equipped with essential amenities, reflect the University's commitment to addressing gender-specific needs, aligning with SDG Target 5.4. In the girls' common areas, the installation of sanitary pad vending machines and hygienic waste disposal units further demonstrates the institution's focus on women's health and hygiene, thereby advancing SDG Target 5.6, which promotes universal access to sexual and reproductive health services.



Girls' Common Room at Himalayan Institute of Medical Sciences, SRHU



Girls' Common Room at Himalayan College of Nursing, SRHU



Girls' Common Room at School of Science and Technology, SRHU



Sanitary pad vending machine in the girls' common room to promote menstrual hygiene management

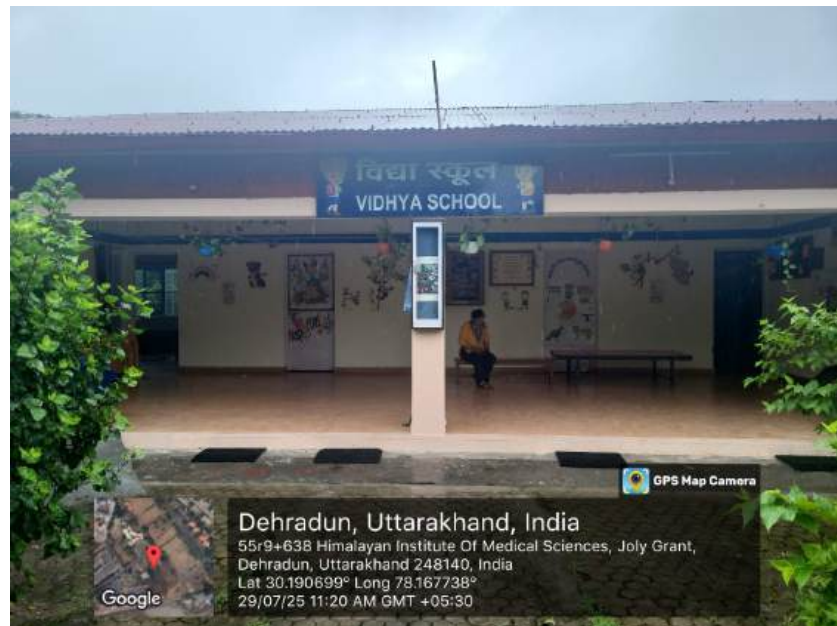


Sanitary pad disposal machine in the MBBS girls' hostel to promote menstrual hygiene management

- The Udgam Pre-school and Day-care Facility, together with the Vidya School on campus, directly support SDG Target 5.4 by addressing the childcare needs of working parents and student mothers, particularly women. These facilities—featuring childcare services, audio-visual activity rooms, and a dedicated nursing area for mothers—help ease caregiving responsibilities that are often unequally borne by women. In doing so, they play a crucial role in advancing gender equality and enabling greater participation of women in education and the workforce.

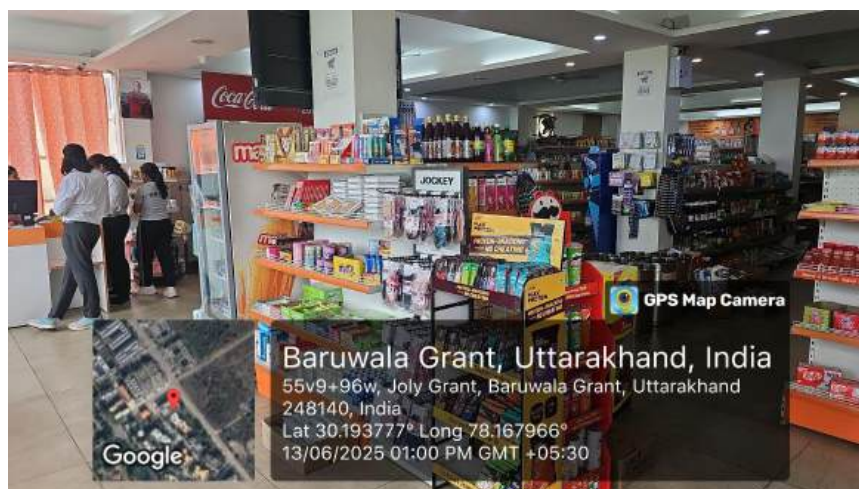


Udgam Pre-School within the campus, provides a safe and nurturing environment for the children of faculty members



Vidhya School on campus supports SDG 5 by enabling women faculty to balance work and caregiving through accessible early childhood education

- Supplementary facilities, such a parlor, tailoring services, and food stores on campus, reduces the necessity for female employees and students to exit the grounds for daily essentials, thereby supporting SDG 5.A.



Grocery Store within the University



Tailoring and ironing services for female employees and students at the University



Laundry Services within the University Campus

- As part of its commitment to women's safety and security, SRHU has introduced free self-defense classes for female students and staff. Conducted every Sunday morning at the Utility Centre Gym, the program is structured into 4 weekly sessions per batch, focusing on equipping women with both practical defence skills and mental resilience.



SRHU's free self-defence classes empower women with skills and confidence to enhance personal safety and resilience

4. Promoting Women in Research and Innovation

The University has made significant contributions to the academic and public health discourse through a series of peer-reviewed, Scopus-indexed research publications. These studies span critical themes such as menstrual health and stress among undergraduate women, adolescent

girls' awareness of sexual and reproductive health, childbirth anxiety among first-time mothers, and maternal practices in infant feeding. The institution has also explored important clinical and diagnostic aspects of women's health, including studies on pelvic hydatid cysts, breast cancer trends, diagnostic delays, and survival analysis among women in the Sub-Himalayan region. Technological interventions in gender classification through deep learning, as well as maternal nutrition practices for children, further reflect a multidisciplinary approach to advancing gender equity.

SN	PUBLICATION TITLE	DOI
1	Exploring the Relationship Between Perceived Stress and Menstrual Health in Undergraduates Across Different Academic Disciplines	10.47203/IJCH.2025.v37i02.019
2	Navigating Risks: Exploring Sexual and Reproductive Health and Contraceptive Awareness among Adolescent Girls in in District Dehradun	10.47203/IJCH.2025.v37i01.014
3	Childbirth preparedness and childbirth anxiety among primigravida in a lower-middle income country: A phenomenological qualitative study	10.1016/j.cegh.2025.101918
4	Evaluation of infant feeding knowledge and practices of mothers in rural communities of Uttarakhand India: A cross-sectional study	10.1016/j.jnn.2025.101694

5	Awareness about Community Management of Hyperglycemia during Pregnancy among Medical Undergraduates in Western Uttarakhand	10.47203/IJCH.2024.v36i01.017
6	A study of women entrepreneurs as catalysts for sustainable development An inspirational story of Uttarakhand well known "Mushroom Girl"	10.1201/9781032725581-6
7	National workshop on 'Women empowerment in Uttarakhand through S&T interventions'	
8	Primary Pelvic Hydatid Cyst in Adolescent Female	10.4103/jiaps.jiaps_96_23
9	To study the survival analysis and recurrence pattern in women treated for breast cancer: Retrospective study, a tertiary cancer center experience from Sub-Himalayan Region of India	10.1002/jso.27588
10	Understanding the Rising Breast Cancer Among Young Women: Biological Insights, Projections, and an Opportunity Window Leading up to 2040	10.1007/s13193-024-01909-x
11	Diagnostic delays in breast cancer among young women: An emphasis on healthcare providers	10.1016/j.breast.2023.103623

12	A Novel Deep Learning Based Gender Classification, Expression Recognition and Emoticon Generation	10.1109/IC2PCT60090.2024.10486512
13	Nutrition related practice of mother's under-five children	10.47203/IJCH.2024.v36i01.012

5. Women's Health and Well-Being

a. Health and Wellness Programs for Women:

In support of Target 5.6, SRHU commemorated World Breastfeeding Week, highlighting the importance of maternal and child health. Similarly, awareness campaigns on menstrual health, aligned with Target 5.2, work to dismantle taboos and foster open conversations around menstrual hygiene, gender-based violence, and equity.



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

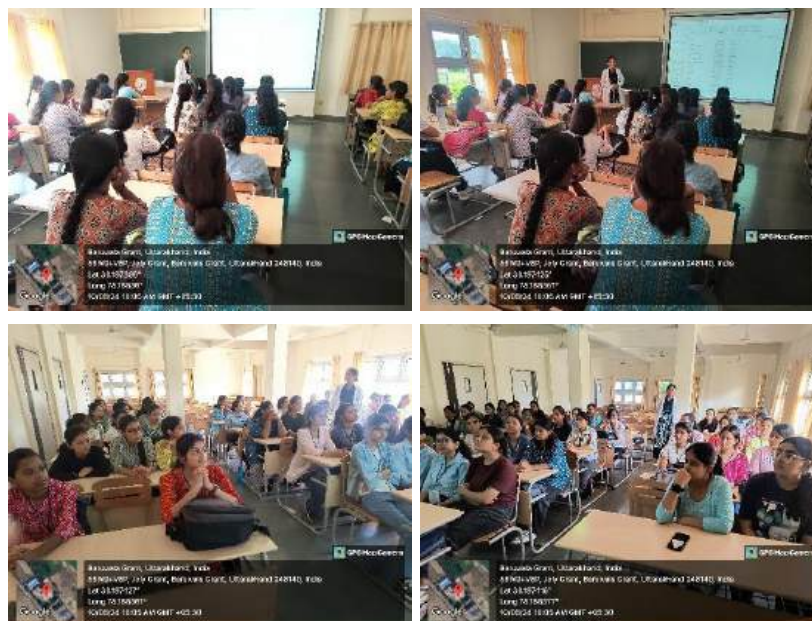


Students and faculty members from the pediatric ward, HIMs SRHU, counselling sensitizing new mothers on the importance of breastfeeding



Distribution of sanitary pads by the Department of Community Medicine on World Menstrual Hygiene Day, promoting menstrual health and hygiene awareness

To further strengthen women's health education, on 10th August 2024, Ms. Shama Praveen delivered an interactive session on menstrual hygiene for newly admitted B.Sc. and M.Sc. female students at the Himalayan School of Biosciences. The session focused on menstrual health management, hygiene practices, and awareness building, encouraging open dialogue and empowering young women with knowledge and confidence to manage their health with dignity.



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

b. Counselling and Support Services:

The Psychological Counselling Cell, managed by the Clinical Psychology Department, supports SDG 5.2 by offering confidential and non-judgmental treatment for sexual, emotional, or psychological concerns. This effort guarantees prompt assistance, enhancing a safer and more responsive campus atmosphere.



Psychological Counselling Cell at Himalayan Hospital, HIMS, SRHU



Psychological Counselling Cell at Himalayan Hospital, HIMS, SRHU



Counselling session in progress by a specialist at the Psychological Counselling Cell

6. Community Engagement and Outreach

The University enhances women's empowerment through its partnership with the Rural Development Institute (RDI), promoting women's leadership by training community health professionals. RDI has actively advanced the agenda of gender equality through a wide-ranging portfolio of community-based initiatives that prioritize the health, well-being, and empowerment of women, children, and adolescents, especially in underserved and rural areas.

At the core of this outreach is a sustained focus on maternal and child health, with over 60 health camps and 3,000+ home visits reaching pregnant and lactating women. High-risk pregnancies were supported through targeted interventions, transportation aid, and nutrition supplementation. Village Health, Sanitation, and Nutrition Days (VHSNDs), enhanced by community participation and SHG-led initiatives like millet laddoo distribution, bolstered maternal nutrition and local women's livelihoods.



Maternal healthcare camps conducted by SRHU advance SDG 5 by promoting safe motherhood, improved nutrition, and the overall well-being of women and children



As part of its commitment to SDG 5, SRHU distributed nutrition kits to mothers to combat maternal malnutrition and promote healthy, safe pregnancies



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Women participate in VHSND sessions, accessing essential health services, nutrition support, and counselling, strengthening maternal well-being

The University also addressed women's reproductive and preventive health through cervical and breast cancer screenings, menopause outreach camps, and health education workshops, integrating traditional practices like yoga for holistic well-being.



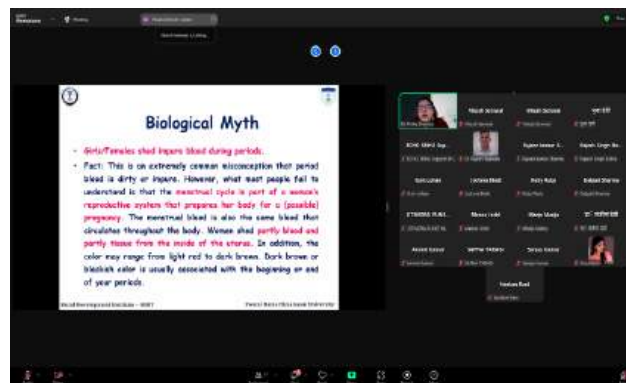
**Promoting women's health and empowerment through cervical and breast cancer screenings,
menopause outreach camps, and health education workshops**

Programs like the Adolescent Health Program and School Health & Hygiene Clubs engaged thousands of youth, parents, and educators through awareness sessions, peer education, and health check-ups. Emphasis was placed on menstrual hygiene management (MHM), with inclusive training for teachers, adolescent girls, and marginalised groups such as forest-dwelling communities and persons with disabilities.



RDI empowered adolescent girls in slum, tribal, and remote areas by promoting access to nutrition, hygiene education, and menstrual products—fostering dignity and equality in line with SDG 5

Community mobilization efforts brought together SHGs, parents, ASHAs, and local leaders to build awareness, promote health-seeking behaviour, and reduce stigma around key gender and health issues. Through collaborative platforms like the Virtual Immersion Program and the ASHA Certificate Course, the initiative has also strengthened the capacity of frontline workers in low-performing areas.



Teachers being trained through the ECHO platform on menstrual hygiene management



Training ASHA workers on menstrual health management to enhance community awareness, break taboos, and promote gender equality

Livelihood and skills-based outreach, such as tailoring and handicraft training for women in remote villages and Gujjar communities, further supported economic independence and gender-inclusive development.



Women participating in tailoring and handcraft activities gain economic empowerment and self-reliance and advance gender equality

Events like International Women's Day served to celebrate women's contributions and mobilise collective action toward gender equity. By engaging more than community members, this event underscored the grassroots momentum behind gender-responsive programming.





Celebrating the strength and resilience of women—RDI marked International Women’s Day across regions from Doiwala to Nagthat to Bahadrabad, reaffirming its commitment to gender equality

Through these integrated efforts, RDI, SRHU continue to foster an ecosystem of empowerment, where access to health, education, skills, and agency is made equitable and inclusive for all.

7. Promoting Gender Equality through Education, Leadership, and Regional Collaboration

Aligned with SDG Target 5.5, which emphasises full and effective participation of women in leadership and decision-making, several impactful programs are conducted in the University

On 8th March 2025, the Himalayan College of Nursing (HCN) commemorated International Women's Day by participating in the National Conference at Vigyan Bhavan, New Delhi, through a live telecast. Themed "Nari Shakti Se Viksit Bharat", the conference featured a compelling address by the President of India, highlighting the indispensable role of women in driving national progress across sectors such as education, healthcare, technology, defense, and leadership. The event was attended by 87 participants, including students and faculty, and served as a platform for dialogue and inspiration.



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

Further promoting women's leadership in science and technology, SRHU organized a dedicated session on Women in STEM, hosted by the Department of Medical Physics and the School of Sciences & Technology (SST). Eminent speaker Dr. Sadhana Srivastava, former Scientist G at ICMR, advocated for inclusive policies, structured mentorship, and government-supported programs such as SERB-POWER, Vigyan Jyoti, and the WISE Fellowship. The event provided

young women aspiring to enter STEM fields with vital encouragement and awareness about available institutional support.



Session on Women in STEM by Dr. Sadhana Srivastava, promoting gender equality in science and technology

Extending the commitment to gender-responsive development, a 4-day regional training program on Gender Equality and Social Inclusion (GESI) responsive Springshed Management in the Hindu Kush Himalaya (HKH) was conducted from 29 January to 1 February 2025. Organized in collaboration with ICIMOD, G.B. Pant NIHE, and supported by the UK International Development and the Swiss Agency for Development and Cooperation, the training focused on interdisciplinary strategies for sustainable springshed management. The program was attended by 41 participants from various Himalayan states of India as well as neighboring countries Nepal and Bhutan. It emphasized gender-inclusive water governance, climate resilience, and ecological sustainability—empowering both women and men to lead and manage natural resources effectively.



Regional training on gender-inclusive springshed management, empowering participants from Himalayan regions to lead in sustainable water governance

Together, these initiatives reflect SRHU's sustained dedication to achieving SDG 5 by fostering environments that support gender equity, promote women's participation in decision-making, and build capacity for sustainable, inclusive development.