

## Maharaja Surajmal Institute of Technology

### Seminar on Gender Sensitization

Internal Complaint Committee cell of MSIT had organized a seminar of one hour on topic **“Gender Sensitization ”for students of ECE 3<sup>rd</sup> semester on Oct 5 (Thursday) from ( 11 am-12 pm) in #206.**

*The workshop was conducted by Sleepwell Foundation .*

Sleepwell Foundation (SWF), the CSR arm of Sheela Foam Ltd, is a registered 'Not for Profit' organization. SWF has been actively working in the areas of Emotional Wellness and Skill Development through its innovative and dynamic programmes across India. For its exceptional services to the community in enhancing emotional wellness, SWF has been awarded with SEVA BHUSHAN AWARD. The session was conducted by expert counsellors in the field from SWF.

Gender sensitization refers to the process of raising awareness and understanding about the issues related to gender, gender inequality, and gender-based discrimination. It aims to promote equality between all genders and challenge stereotypes, biases, and harmful social norms that perpetuate discrimination and oppression based on gender. The two speakers :

Ms. Neelam and Simi are certified trained counsellor, and have worked extensively with people from diverse backgrounds, profiles, and different age groups. They are also working as a volunteer counsellor for Sanjivini society for mental health and has counselled clients with problems areas including interpersonal issues, anxiety, depression, mental illness, suicidal thoughts, sexual abuse/trauma, low self-esteem, grief, substance abuse, to name a few.





Seminar ended with a vote of thanks and memento presentation by Dr. Richa Gupta

Dr. Richa Gupta

Co-ordinator

(Associate Professor, ECE)

Dr. Archana Balyan

(Convenor, IIC Cell)

(Director, MSIT)

