



# ST. WILFRED'S P.G. COLLEGE

(Affiliated to the University of Rajasthan)

## 5.1.4

*Annual report of the committee monitoring the activities and number of grievance and redressed to proof timely redressal of the grievances: -*

This annual report outlines the activities and accomplishments of the Anti-Ragging Committee, Grievance Committee, and Internal Complaint Committee at St. Wilfred's PG College. These committees play a crucial role in maintaining a safe, respectful, and inclusive environment within the college premises.

### **Anti-Ragging Committee:**

The Anti-Ragging Committee remained vigilant in preventing and addressing incidents of ragging. We organized awareness campaigns, orientation sessions, and workshops for both new and existing students. No reported incidents of ragging were recorded during the year, indicating a positive and safe campus atmosphere.

### **Grievance Committee:**

The Grievance Committee actively addressed concerns raised by students, faculty, and staff members. The grievances received, covering various issues such as academics, facilities, and interpersonal matters. These grievances were resolved within the stipulated timeframe, ensuring a timely resolution and fostering a culture of open communication.

### **Internal Complaint Committee:**

The Internal Complaint Committee continued its efforts to ensure a harassment-free campus. It conducted sensitization sessions and training programs on gender equality and prevention of harassment. These were resolved effectively, maintaining the dignity and safety of all the students and members of the college community.



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## ACTIVITY REPORT OF ICC AND ANTI RAGGING

ACTIVITY REPORT	
<b>Name Of Activity</b>	Awareness campaign on Women And Their Legal Rights
<b>Date</b>	28-08-2018
<b>Organized By</b>	Women Cell \ICC
<b>Resource Person</b>	Dr. Snigdha Sharma
<b>Faculty Coordinator</b>	Mrs Asha Soni, Dr Monika Sharma
<b>Student Participation</b>	97
<b>Event Summary</b>	<p><b>Introduction:</b></p> <p>The Women's Cell/Internal Complaints Committee (ICC) of [St. Wilfred's PG College.] organized an awareness campaign with the aim of educating women about their legal rights and empowering them. This campaign sought to raise awareness about the importance of women's rights, provide information on legal provisions, and promote a sense of empowerment among women within our organization.</p> <p><b>Objectives:</b> The primary objectives of the awareness campaign were as follows:</p> <ol style="list-style-type: none"><li>1. To educate women about their legal rights and entitlements.</li><li>2. To increase awareness about gender-based discrimination and harassment.</li><li>3. To foster a culture of gender equality and inclusion within the organization.</li><li>4. To empower women to take action against any form of harassment or discrimination.</li></ol> <p><b>Activities:</b></p> <ol style="list-style-type: none"><li>1. <b>Workshops and Seminars:</b> The campaign commenced with a series of workshops and seminars conducted by legal experts and gender equality advocates. These sessions covered topics such as sexual harassment, workplace discrimination, domestic violence, and women's legal rights. Participants had the opportunity to ask questions and clarify doubts regarding these issues.</li><li>2. <b>Informational Pamphlets:</b> Informative pamphlets and brochures were distributed among participants, containing essential information about laws related to women's rights, procedures for</li></ol>



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filing complaints, and resources for seeking legal assistance.

3. **Interactive Sessions:** Interactive sessions were organized to encourage open discussions on gender issues, challenges faced by women, and strategies for empowerment. These sessions allowed participants to share their experiences and learn from each other.
4. **Legal Aid Clinic:** A legal aid clinic was set up to provide guidance to women seeking legal assistance. Experienced lawyers were available to offer legal advice and support.
5. **Awareness Walk:** An awareness walk was organized within the organization premises to symbolize unity and the commitment to gender equality. Participants carried placards with empowering slogans and messages.

## Outcomes:

The Women's Cell/Internal Complaints Committee's awareness campaign achieved the following outcomes:

1. **Increased Awareness:** Participants gained a deeper understanding of their legal rights, which empowered them to recognize and address gender-based discrimination and harassment.
2. **Confidence and Empowerment:** Women within the organization reported increased confidence in asserting their rights and a greater sense of empowerment.
3. **Cultural Shift:** The campaign contributed to fostering a more inclusive and gender-sensitive work environment, where employees are more conscious of respecting women's rights.
4. **Resources Utilization:** The legal aid clinic proved to be a valuable resource for women seeking legal assistance, connecting them with relevant legal professionals.

## Conclusion:

The Women's Cell/Internal Complaints Committee's awareness campaign on women's legal rights and empowerment was a resounding success. It played a pivotal role in educating women about their rights, promoting gender equality, and empowering women within our organization. As we move forward, we remain committed to sustaining this momentum and continuously working towards creating a safe and inclusive environment for all employees.

We extend our gratitude to all the participants, guest speakers, and volunteers who made this campaign a success.



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ACTIVITY REPORT	
<b>Name Of Activity</b>	Women And Safety Skills Programme
<b>Date</b>	15-09-2018
<b>Organized By</b>	Women Cell \ICC
<b>Resource Person</b>	Dr. Anirudh Prasad
<b>Faculty Coordinator</b>	Dr. Monika Sharma
<b>Student Participation</b>	110
<b>Event Summary</b>	<p><b>Introduction:</b> The Women's Cell/Internal Complaints Committee (ICC) of [St. Wilfred's PG College.] conducted a comprehensive awareness campaign with the objective of promoting women's safety and empowering them with skills relevant to the modern world. This campaign aimed to address the pressing issues of women's safety and provide women with the tools and knowledge to enhance their skills and thrive in contemporary society.</p> <p><b>Objectives:</b> The primary objectives of the awareness campaign were as follows:</p> <ol style="list-style-type: none"><li>1. To raise awareness about women's safety concerns in various contexts.</li><li>2. To provide practical tips and guidance on personal safety and security.</li><li>3. To encourage women to develop essential skills for personal and professional growth.</li><li>4. To inspire women to be self-reliant and confident in the modern world.</li></ol> <p><b>Activities:</b></p> <ol style="list-style-type: none"><li>1. <b>Safety Workshops:</b> The campaign began with safety workshops led by experts in personal safety and self-defense. These workshops covered topics such as situational awareness, self-defense techniques, and cyber safety. Participants had the opportunity to practice physical self-defense techniques in a safe and controlled environment.</li><li>2. <b>Awareness Sessions:</b> Informative sessions were conducted to address various safety concerns, including workplace harassment, domestic violence, and online threats. These sessions emphasized the importance of recognizing early warning signs and seeking help when needed.</li><li>3. <b>Skill Development Workshops:</b> Workshops on skill development were organized to help women enhance their abilities in various fields, such as digital literacy, communication skills, financial literacy, and entrepreneurship. These workshops aimed to empower women to excel</li></ol>



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in their personal and professional lives.

4. **Career Guidance:** Career guidance sessions were conducted to assist women in making informed career choices and pursuing their ambitions. Experienced professionals shared insights on career planning, networking, and personal branding.
5. **Resource Distribution:** Informational pamphlets and resources were distributed to participants, containing safety tips, contact information for support services, and resources for skill development.

## Outcomes:

The Women's Cell/Internal Complaints Committee's awareness campaign yielded the following outcomes:

1. **Increased Awareness:** Participants gained a heightened awareness of safety concerns and learned practical strategies to protect themselves in various situations.
2. **Enhanced Skills:** Women developed new skills and honed existing ones, which can contribute to their personal growth and professional success in the modern world.
3. **Empowerment:** The campaign empowered women with knowledge and tools to navigate the challenges of the contemporary world, fostering self-reliance and confidence.
4. **Inspiration:** Women were inspired to set and pursue ambitious goals, and many expressed a renewed sense of determination to excel in their chosen fields.

## Conclusion:

The Women's Cell/Internal Complaints Committee's awareness campaign on women's safety and skill development was a significant success. It addressed critical issues related to women's safety and provided valuable insights and skills for personal and professional advancement. As we move forward, we remain committed to supporting and empowering women within our organization and society at large.

We extend our gratitude to all the participants, guest speakers, and volunteers who contributed to the success of this campaign.



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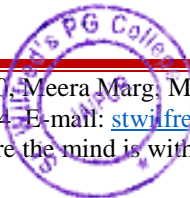
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ACTIVITY REPORT	
Name Of Activity	Guest lecture Women Empowerment
Date	19-08-2019
Organized By	Women Cell /ICC
Resource Person	Dr. I.K. Sharma
Faculty Coordinator	Dr. Seema Jacob
Student Participation	91
Event Summary	<p><b>Introduction:</b></p> <p>The Women's Cell/Internal Complaints Committee (ICC) of [St. Wilfred's PG College.] organized an enlightening guest lecture on the theme of women empowerment, focusing on the challenges women face and how to overcome them. The lecture aimed to shed light on common obstacles such as gender discrimination, stereotypes, and cultural norms, while also exploring the intersectionality of gender with other factors like race, ethnicity, and socioeconomic status.</p> <p><b>Objectives:</b> The primary objectives of the guest lecture were as follows:</p> <ol style="list-style-type: none"><li>1. To raise awareness about the challenges women, encounter in their pursuit of empowerment.</li><li>2. To provide insights into strategies for overcoming gender-related obstacles.</li><li>3. To foster a deeper understanding of how multiple factors, including race, ethnicity, and socioeconomic status, intersect with gender to create unique challenges.</li></ol> <p><b>Guest Speaker:</b> The guest lecture was delivered by [Dr. I.K. Sharma], an esteemed expert in the field of gender studies and women's empowerment. [Dr. I.K. Sharma] has a wealth of experience and expertise in addressing the multifaceted issues faced by women.</p> <p><b>Key Points Discussed:</b></p> <ol style="list-style-type: none"><li>1. <b>Gender Discrimination:</b> The speaker highlighted the prevalence of gender discrimination in various spheres of life and discussed its detrimental effects on women's progress. Strategies for recognizing and</li><li>2. combatting discrimination were discussed.</li></ol>



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3. **Stereotypes:** The lecture addressed harmful gender stereotypes that often limit women's opportunities and potential. Participants were encouraged to challenge and break free from these stereotypes.
4. **Cultural Norms:** Cultural norms and traditions that can hinder women's empowerment were explored. The speaker emphasized the importance
5. of cultural sensitivity while advocating for positive change.
6. **Intersectionality:** The lecture delved into the concept of intersectionality, emphasizing how gender intersects with other factors such as race, ethnicity, and socioeconomic status. Participants gained insights into how these intersections can amplify challenges and disparities.
7. **Empowerment Strategies:** Practical strategies for women to empower themselves were discussed, including education, networking, mentorship, and advocating for change.

## Outcomes:

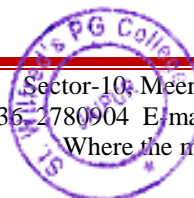
The guest lecture on women empowerment yielded the following outcomes:

1. **Awareness and Understanding:** Participants gained a deeper understanding of the challenges women face and the importance of addressing gender-related issues.
2. **Empowerment:** Women were inspired to take control of their lives and pursue empowerment with renewed determination.
3. **Intersectionality Awareness:** The concept of intersectionality was highlighted, encouraging participants to consider the unique challenges faced by individuals with diverse backgrounds.
4. **Call to Action:** Participants expressed a commitment to challenging gender discrimination, stereotypes, and cultural norms within their communities and workplaces.

## Conclusion:

The Women's Cell/Internal Complaints Committee's guest lecture on women empowerment and overcoming challenges was an informative and thought-provoking event. It succeeded in shedding light on the obstacles that hinder women's progress and inspired participants to take action. As we continue our efforts to support and empower women, we will build upon the insights gained from this lecture to create a more inclusive and equitable environment.

We extend our sincere thanks to [Dr. I.K. Sharma] for sharing their expertise and to all participants for their active engagement in this important discussion.



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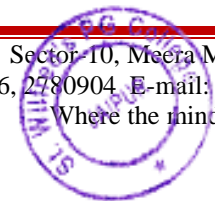
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ACTIVITY REPORT	
Name Of Activity	Guest lecture on Gender equality
Date	26-09-2019
Organized By	WOMEN CELL /ICC
Resource Person	Pushpa Mai
Faculty Coordinator	Dr. Monika Sharma
Student Participation	110
Event Summary	<p>The guest lecture organized by the Women's Cell/Internal Complaints Committee (ICC) of [St. Wilfred's PG College.] focused on presenting current statistics and data concerning gender disparities in several critical areas, including education, employment, politics, and violence against women. The lecture also delved into the profound impact of gender inequality on economic growth and social development.</p> <p><b>Objectives:</b> The primary objectives of the guest lecture were as follows:</p> <ol style="list-style-type: none"><li>1. To disseminate up-to-date statistical information regarding gender disparities in key sectors.</li><li>2. To illustrate the consequences of gender inequality on economic growth and social development.</li><li>3. To raise awareness about the urgency of addressing these disparities.</li></ol> <p><b>Guest Speaker:</b> The lecture was delivered by [Pushpa Mai], a distinguished authority in the field of gender studies and social development. [Pushpa Mai] is renowned for their research and advocacy efforts to address gender disparities globally.</p> <p><b>Key Points Discussed:</b></p> <ol style="list-style-type: none"><li>1. <b>Gender Disparities in Education:</b> The lecture began by highlighting disparities in access to quality education for girls and women. Current statistics were presented, showing the gender gap in enrollment rates, literacy rates, and access to higher education.</li><li>2. <b>Gender Disparities in Employment:</b> The guest speaker discussed the gender pay gap, occupational segregation, and the challenges women face in accessing leadership roles in the workplace. Data showcased disparities in wages and career advancement</li></ol>



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opportunities.

3. **Gender Disparities in Politics:** The lecture emphasized the underrepresentation of women in political positions, both at the national and local levels. Statistical evidence revealed the gender gap in political participation and decision-making.
4. **Violence Against Women:** Disturbing statistics on violence against women, including domestic violence and sexual harassment, were presented. The lecture underscored the profound impact of such violence on women's physical and mental health.
5. **Impact on Economic Growth and Social Development:** The guest speaker discussed how gender disparities negatively affect economic growth and hinder social development. Research findings were shared to demonstrate how gender equality can contribute to economic prosperity and overall well-being.

## Outcomes:

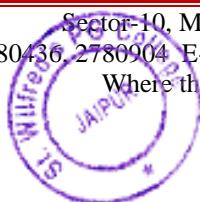
The guest lecture on gender disparities and their impact on economic growth and social development resulted in the following outcomes:

1. **Increased Awareness:** Participants gained a comprehensive understanding of the extent and consequences of gender disparities in various sectors.
2. **Call for Action:** The lecture inspired participants to advocate for policy changes and initiatives aimed at reducing gender disparities and promoting equality.
3. **Empowerment:** Women in the audience expressed a stronger commitment to breaking down barriers in their personal and professional lives.
4. **Knowledge Sharing:** Participants left the lecture with valuable statistical data that can be used to inform discussions and initiatives within their communities and workplaces.

## Conclusion:

The Women's Cell/Internal Complaints Committee's guest lecture on gender disparities and their impact on economic growth and social development was an eye-opening event. It underscored the urgency of addressing these disparities and highlighted the benefits of achieving gender equality. Moving forward, our organization remains dedicated to promoting gender equality and combating gender-based disparities in all facets of life.

We extend our heartfelt appreciation to [Pushpa Mai for their valuable





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insights and to all participants for their active engagement during this important lecture.



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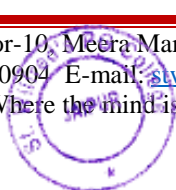
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ACTIVITY REPORT	
Name Of Activity	Guest lecture on Gender Based-Discrimination
Date	25-08-2021
Organized By	WOMEN CELL /ICC
Resource Person	Dr.Versha Gupta
Faculty Coordinator	Dr. Rajni Vyas
Student Participation	98
Event Summary	<p><b>Introduction:</b> The Women's Cell/Internal Complaints Committee (ICC) of [St. Wilfred's PG College] hosted a guest lecture centered on the critical topic of gender-based discrimination. This lecture aimed to raise awareness about the various forms of gender-based discrimination, its effects on individuals and society, and strategies to combat it effectively.</p> <p><b>Objectives:</b> The primary objectives of the guest lecture were as follows:</p> <ol style="list-style-type: none"><li>1. To educate participants about the various manifestations of gender-based discrimination.</li><li>2. To highlight the detrimental impact of gender-based discrimination on individuals and communities.</li><li>3. To provide strategies and tools to combat and eliminate gender-based discrimination.</li></ol> <p><b>Guest Speaker:</b> The lecture was delivered by [Dr. Versha Gupta], a recognized authority in gender studies and a passionate advocate for gender equality. [Dr. Versha Gupta] has extensive experience in researching and addressing gender-based discrimination.</p> <p><b>Key Points Discussed:</b></p> <ol style="list-style-type: none"><li>1. <b>Understanding Gender-Based Discrimination:</b> The lecture began with a comprehensive overview of what gender-based discrimination entails. It explained that it is the unequal treatment or prejudice against individuals based on their gender or gender identity.</li><li>2. <b>Forms of Discrimination:</b> Various forms of gender-based discrimination were discussed, including but not limited to workplace discrimination, sexual harassment, gender-based</li></ol>

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violence, and unequal access to education and healthcare.

- 3. Impact on Individuals and Society:** The guest speaker emphasized the severe consequences of gender-based discrimination on the physical, mental, and emotional well-being of individuals. Furthermore, it was pointed out how such discrimination perpetuates inequality and hinders societal progress.
- 4. Legal Framework and Protections:** An overview of national and international laws and regulations aimed at preventing and addressing gender-based discrimination was provided. Participants were encouraged to understand their rights and the legal recourse available.
- 5. Strategies to Combat Discrimination:** Practical strategies and tools for combating gender-based discrimination were shared. These included fostering a culture of gender equality, promoting diversity and inclusion, and advocating for policy changes.

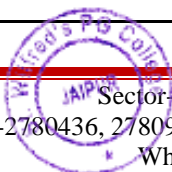
## Outcomes:

The guest lecture on gender-based discrimination yielded the following outcomes:

- 1. Increased Awareness:** Participants gained a deeper understanding of the various forms and manifestations of gender-based discrimination.
- 2. Empowerment:** Attendees left the lecture feeling empowered with knowledge and strategies to combat discrimination in their personal and professional lives.
- 3. Call for Action:** The lecture inspired participants to become advocates for gender equality and to actively challenge discriminatory practices within their communities and workplaces.
- 4. Networking:** The event provided a platform for participants to connect and share their experiences, fostering a sense of community among those dedicated to combating gender-based discrimination.

## Conclusion:

The guest lecture on gender-based discrimination was a crucial event that shed light on a pervasive issue affecting individuals and societies globally. It equipped participants with knowledge and tools to recognize, address, and combat gender-based discrimination effectively. Our organization remains committed to promoting gender equality and eliminating all forms of discrimination.



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We extend our sincere gratitude to [Dr. Versha Gupta] for their expertise and to all participants for their active engagement during this enlightening lecture.



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ACTIVITY REPORT	
Name Of Activity	Poster Making Competition On Stop Violence
Date	24-09-2021
Organized By	Anti-Ragging Cell
Recourse Person	Dr . Subash Gupta
Faculty Coordinator	Dr. Seema Jacob
Student Participation	108
Event Summary	<p>Poster making competition on Stop violence was organized by Anti-Ragging Cell.</p> <p><b>Recognizing the Root Causes:</b> The theme of the poster identified common root causes of violence, such as poverty, inequality, discrimination, and lack of access to education and discussed how societal norms and cultural factors can perpetuate violence.</p> <p><b>Community Involvement:</b> The posters on various themes highlighted the importance of community engagement in violence prevention.</p> <p>More than fifty students participated in this competition and displayed their skills.</p>



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ACTIVITY REPORT	
<b>Name Of Activity</b>	Debate competition on Preventing Sexual Harassment & Promoting Respectful Behavior Among Students
<b>Date</b>	27-08-2022
<b>Organized By</b>	Anti-Ragging Cell
<b>Resource Person</b>	Dr. S. K. Singhal
<b>Faculty Coordinator</b>	Dr. Muktika Savaskar
<b>Student Participation</b>	27
<b>Event Summary</b>	<p><b>Introduction:</b> The Anti-Ragging Cell of [St. Wilfred's PG College] successfully organized a poster making competition under the theme "Stop Violence." This event was designed to raise awareness about the importance of ending violence in our society, particularly in educational institutions, and to encourage creative expression among the participants.</p> <p><b>Objectives:</b> The primary objectives of the poster making competition were as follows:</p> <ol style="list-style-type: none"><li>1. To promote awareness about the detrimental effects of violence in educational institutions.</li><li>2. To encourage students and participants to express their views on stopping violence through artistic means.</li><li>3. To engage the community in discussions and actions aimed at creating a safer environment within the organization.</li></ol> <p><b>Participants:</b> The competition was open to all students, faculty members, and staff of [St. Wilfred's PG College]. Participants were divided into different categories based on their age and skill level to ensure a fair and inclusive competition.</p> <p><b>Competition Guidelines:</b></p> <ol style="list-style-type: none"><li>1. The theme of the poster was "Stop Violence," and participants were encouraged to be creative and thought-provoking in their designs.</li><li>2. Participants could use various art materials, including paints, markers, pencils, and digital tools.</li><li>3. All entries were required to be original and convey a clear message against violence.</li><li>4. The judging criteria included creativity, relevance to the theme, artistic skills, and overall impact.</li></ol> <p><b>Event Highlights:</b></p>



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1. **Creative Expression:** Participants showcased their creativity by designing posters that conveyed powerful messages against violence. The posters featured striking imagery and thought-provoking slogans.
2. **Community Engagement:** The competition provided a platform for students, faculty, and staff to come together and engage in discussions about the importance of stopping violence in educational settings.
3. **Judging and Awards:** A panel of judges assessed the entries based on the established criteria. Prizes were awarded to the winners in each category, recognizing their outstanding contributions.

## Outcomes:

The poster making competition on "Stop Violence" organized by the Anti-Ragging Cell resulted in the following outcomes:

1. **Increased Awareness:** The event successfully raised awareness about the negative impact of violence and the importance of creating a safe and harmonious environment within the organization.
2. **Creative Expression:** Participants had the opportunity to express their views on stopping violence through creative and artistic means.
3. **Community Building:** The competition fostered a sense of community among students, faculty, and staff, encouraging them to work together towards a common goal.
4. **Empowerment:** Participants felt empowered to speak out against violence and to contribute to a more peaceful and respectful campus culture.

## Conclusion:

The poster making competition on "Stop Violence" organized by the Anti-Ragging Cell was a meaningful and impactful event. It successfully combined artistic expression with a powerful message against violence, contributing to a safer and more inclusive educational environment. As an organization, we remain committed to promoting a violence-free campus and creating a culture of respect and empathy.

We extend our appreciation to all the participants, judges, and organizers who made this competition a success.



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ACTIVITY REPORT	
Name Of Activity	Guest lecture on Prevention of Sexual Harassment
Date	25-08-2022
Organized By	Women Cell /ICC
Resource Person	Dr Mona Gupta
Faculty Coordinator	Dr. Monika Sharma
Student Participation	89
Event Summary	<p><b>Introduction:</b> The Women's Cell/Internal Complaints Committee (ICC) of [St. Wilfred's PG College] organized an enlightening guest lecture focused on the prevention of sexual harassment. This lecture aimed to raise awareness among students about the importance of recognizing and preventing sexual harassment in educational settings.</p> <p><b>Objectives:</b> The primary objectives of the guest lecture were as follows:</p> <ol style="list-style-type: none"><li>1. To educate students about the various forms of sexual harassment.</li><li>2. To inform students about their rights and the procedures for reporting and addressing sexual harassment.</li><li>3. To promote a safe and respectful environment within the institution.</li></ol> <p><b>Guest Speaker:</b> The lecture was delivered by [Dr Mona Gupta], a renowned expert in the field of sexual harassment prevention and gender equality. [Dr Mona Gupta] has extensive experience in conducting training and awareness programs on this subject.</p> <p><b>Key Points Discussed:</b></p> <ol style="list-style-type: none"><li>1. <b>Understanding Sexual Harassment:</b> The lecture began by defining sexual harassment and explaining the various forms it can take, including verbal, non-verbal, and physical harassment.</li><li>2. <b>Recognizing Harassment:</b> The speaker discussed how to recognize situations that may constitute sexual harassment, emphasizing the importance of being aware of one's rights and boundaries.</li><li>3. <b>Rights and Reporting Procedures:</b> Students were informed about their rights in cases of sexual harassment and the proper procedures for reporting such incidents. The lecture explained the role of the ICC in handling complaints and ensuring confidentiality.</li><li>4. <b>Prevention Strategies:</b> Practical strategies for preventing sexual harassment were discussed, including creating a culture of respect,</li></ol>



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bystander intervention, and promoting consent education.

5. **Support and Resources:** Information about available support services, counseling, and legal recourse for victims of sexual harassment was provided.

## Outcomes:

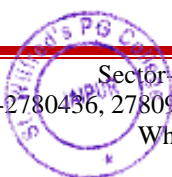
The guest lecture on the prevention of sexual harassment for student awareness resulted in the following outcomes:

1. **Increased Awareness:** Students gained a deeper understanding of what constitutes sexual harassment and the importance of addressing it.
2. **Empowerment:** Attendees left the lecture feeling empowered with knowledge about their rights and the procedures for reporting harassment.
3. **Safe Environment:** The lecture contributed to creating a safer and more respectful educational environment within the institution.
4. **Call for Action:** Students expressed their commitment to promoting awareness and preventing sexual harassment in their academic community.

## Conclusion:

The Women's Cell/Internal Complaints Committee's guest lecture on the prevention of sexual harassment was a crucial and informative event. It successfully educated students about their rights and the importance of recognizing and preventing sexual harassment. As we continue our efforts to ensure a safe and respectful educational environment, we will build upon the insights gained from this lecture.

We extend our heartfelt appreciation to [Guest Speaker's Name] for their expertise and to all students for their active engagement during this important lecture.



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ACTIVITY REPORT	
Event	Guest Lecture on Stop Ragging for The First Year Students
Date	23-9-2022
Organized By	Anti-Ragging Committee
Activity	Stop Ragging
Resource Person	Dr.K.K Sharma
Coordinator	Dr. Anupama Sharma,
Student Participation	110
Event Summary	<p><b>Introduction:</b> The Anti-Ragging Cell of [St. Wilfred's PG College] organized a guest lecture with the aim of educating first-year students about the importance of preventing ragging, creating awareness about the consequences of ragging, and fostering a culture of respect and inclusivity within the institution.</p> <p><b>Objectives:</b> The primary objectives of the guest lecture were as follows:</p> <ol style="list-style-type: none"><li>1. To educate first-year students about the negative consequences of ragging on both victims and perpetrators.</li><li>2. To raise awareness about the legal and disciplinary actions against ragging.</li><li>3. To encourage students to take a proactive role in preventing ragging and promoting a safe and respectful campus environment.</li></ol> <p><b>Guest Speaker:</b> The lecture was delivered by [Dr.K.K Sharma], a recognized expert in anti-ragging measures and student well-being. [Dr.K.K Sharma] has extensive experience in conducting awareness programs and workshops on this subject.</p> <p><b>Key Points Discussed:</b></p> <ol style="list-style-type: none"><li>1. <b>Understanding Ragging:</b> The lecture began with an explanation of what constitutes ragging, emphasizing that it includes any form of verbal, physical, or psychological abuse or harassment of students.</li><li>2. <b>Consequences of Ragging:</b> The speaker discussed the profound impact of ragging on the mental and emotional well-being of victims, and the potential legal and academic consequences for perpetrators.</li><li>3. <b>Legal Framework:</b> Students were informed about the relevant laws and regulations related to ragging, including the Anti-Ragging Act, and the disciplinary actions that can be taken against those involved in ragging.</li><li>4. <b>Reporting Mechanisms:</b> The lecture explained the procedures for reporting incidents of ragging, emphasizing the importance of seeking help</li></ol>

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and support when needed.

5. **Creating a Safe Environment:** Practical strategies for creating a safe and inclusive campus environment were discussed, including promoting mutual respect, empathy, and conflict resolution skills.

### Outcomes:

The guest lecture on "Stop Ragging" for first-year students resulted in the following outcomes:

1. **Increased Awareness:** First-year students gained a deeper understanding of what constitutes ragging and the serious consequences it can have on both victims and perpetrators.
2. **Empowerment:** Attendees left the lecture feeling empowered to recognize and report incidents of ragging and to contribute to a campus culture of respect and safety.
3. **Prevention Commitment:** Students expressed their commitment to preventing ragging and actively promoting a welcoming and inclusive campus environment.
4. **Knowledge Sharing:** The lecture encouraged open discussions among students, enabling them to share their thoughts and concerns related to ragging.

### Conclusion:

The guest lecture on "Stop Ragging" for first-year students was a crucial and informative event that emphasized the importance of preventing ragging and fostering a culture of respect within the institution. As we continue our efforts to create a safe and inclusive campus environment, we will build upon the insights gained from this lecture.

We extend our heartfelt appreciation to [Dr.K.K Sharma] for their expertise and to all first-year students for their active engagement during this important lecture.



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ACTIVITY REPORT	
Event	Open Discussion on Ragging for first year and second year students
Date	10-10-2022
Organised By	Anti-Ragging Committee
Activity	Ragging Is A Crime
Resource Person	Dr.S.K Gupta
Coordinator	Dr. Bhola Ram Saini
Student Participation	125
Event Summary	<p><b>Introduction:</b> The Anti-Ragging Committee of [St. Wilfred's PG College] organized an open discussion where a spokesperson was invited to engage with first-year and second-year students on the topic of "Ragging Is A Crime." This event aimed to provide a platform for students to express their opinions on ragging in the campus, as well as to gather suggestions for preventing and stopping ragging.</p> <p><b>Objectives:</b> The primary objectives of the open discussion were as follows:</p> <ol style="list-style-type: none"><li>1. To raise awareness among students about the seriousness of ragging and its legal implications.</li><li>2. To provide students with an opportunity to voice their opinions and concerns regarding ragging on campus.</li><li>3. To engage students in a constructive dialogue to gather suggestions for preventing and stopping ragging.</li></ol> <p><b>Event Details:</b></p> <p><b>Guest Speaker/Spokesperson:</b> The spokesperson for the discussion was [Spokesperson's Name], a recognized authority on campus safety, anti-ragging measures, and student well-being. [Dr.S.K Gupta] brought valuable expertise and insights to the discussion.</p> <p><b>Key Points Discussed:</b></p> <ol style="list-style-type: none"><li>1. <b>Understanding Ragging:</b> [Spokesperson's Name] began by providing a comprehensive understanding of what constitutes ragging and the harm it can cause to students physically, emotionally, and mentally.</li><li>2. <b>Legal Consequences:</b> The speaker discussed the legal implications of ragging, including potential criminal charges and disciplinary actions that can be taken against individuals involved in ragging.</li><li>3. <b>Student Opinions:</b> The discussion opened up to students, allowing them to share their opinions, experiences, and concerns regarding ragging on campus. Students</li></ol>

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were encouraged to speak openly about their observations and thoughts.

4. **Suggestions for Prevention:** Participants were asked to provide suggestions on how to prevent and stop ragging on campus. The discussion included strategies for creating awareness, promoting a culture of respect, and establishing reporting mechanisms.

## Outcomes:

The open discussion on "Ragging Is A Crime" resulted in the following outcomes:

1. **Increased Awareness:** Students gained a deeper understanding of the seriousness of ragging and the potential consequences it can have.
2. **Student Engagement:** The discussion provided students with a platform to voice their opinions and concerns, fostering a sense of ownership and responsibility for campus safety.
3. **Suggestions for Prevention:** Valuable suggestions were gathered from students on how to prevent and stop ragging, which will inform future anti-ragging initiatives.
4. **Commitment to Change:** Students expressed their commitment to actively contribute to a campus culture where ragging is not tolerated.

## Conclusion:

The open discussion on "Ragging Is A Crime" was a significant step in raising awareness about the issue and involving students in the dialogue. It emphasized the importance of preventing and stopping ragging on campus, and the commitment of students to create a safer and more respectful environment.

We extend our gratitude to [Dr.S.K Gupta] for their valuable insights and to all participating students for their active engagement during this important discussion.

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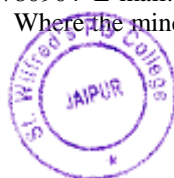
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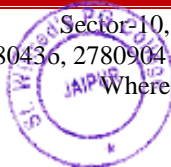
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ACTIVITY REPORT	
<b>Event</b>	Workshop On Stress Management for newcomers
<b>Date</b>	25-10-2022
<b>Organised By</b>	Anti-Ragging Committee
<b>Activity</b>	Workshop
<b>Resource Person</b>	Dr.V.P Sharma
<b>Coordinator</b>	Dr. Seema Jacob
<b>Student Participation</b>	141
<b>Event Summary</b>	<p><b>Introduction:</b> The [St. Wilfred's PG College] organized a workshop on stress management specifically designed for newcomers to help them navigate the challenges and transitions associated with joining our organization. The workshop aimed to equip newcomers with effective strategies and coping mechanisms to manage stress and thrive in their new environment.</p> <p><b>Objectives:</b> The primary objectives of the stress management workshop for newcomers were as follows:</p> <ol style="list-style-type: none"><li>1. To introduce newcomers to the concept of stress and its potential impact on their well-being.</li><li>2. To provide practical tools and techniques for managing and reducing stress.</li><li>3. To create a supportive and welcoming environment for newcomers to connect and share their experiences.</li></ol> <p><b>Workshop Details:</b></p> <p><b>Facilitators:</b> The workshop was facilitated by experienced experts in stress management and mental well-being. They provided guidance and support to newcomers throughout the session.</p> <p><b>Workshop Content:</b></p> <ol style="list-style-type: none"><li>1. <b>Understanding Stress:</b> The workshop began with an explanation of stress, its causes, and how it can affect physical and mental health. Participants were encouraged to reflect on their own experiences of stress.</li><li>2. <b>Identifying Stressors:</b> Newcomers were guided in identifying specific stressors related to their transition into the organization, such as adjusting to a new work environment, meeting performance expectations, and managing work-life balance.</li><li>3. <b>Coping Strategies:</b> Practical stress management techniques were introduced, including deep breathing exercises, mindfulness practices, time management skills, and effective communication strategies.</li><li>4. <b>Building Resilience:</b> The workshop emphasized the importance of building resilience to better handle stress. Participants learned about resilience-building activities and resources.</li></ol>





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5. **Sharing Experiences:** An interactive session allowed newcomers to share their experiences and stress management strategies with each other, promoting peer support and community building.

## Outcomes:

The stress management workshop for newcomers resulted in the following outcomes:

1. **Increased Awareness:** Newcomers gained a deeper understanding of stress, its causes, and its effects on their well-being.
2. **Practical Skills:** Participants learned and practiced practical stress management techniques that they can apply in their daily lives.
3. **Peer Support:** The workshop fostered connections among newcomers, creating a supportive network for sharing experiences and strategies.
4. **Improved Well-Being:** Attendees left the workshop with a sense of empowerment and tools to effectively manage and reduce stress.

## Conclusion:

The stress management workshop for newcomers was a valuable initiative that provided newcomers with essential skills and support to navigate the challenges of their transition into our organization. It emphasized the organization's commitment to the well-being of its members and the importance of creating a supportive and welcoming environment.

We extend our gratitude to the facilitators for their expertise and to all newcomers who actively participated in this workshop.



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## ACTIVITY REPORT

<b>Event</b>	Awareness Campaign for the first year students
<b>Date</b>	13-12-2022
<b>Organised By</b>	Anti-Ragging Committee
<b>Activity</b>	Nukkad Natak
<b>Resource Person</b>	Dr.A.K Gupta
<b>Coordinator</b>	Dr.Bhola Ram Saini
<b>Student Participation</b>	130
<b>Event Summary</b>	<p><b>Introduction:</b> A powerful Nukkad Natak (street play) was performed by third-year students of [St. Wilfred's PG College] with the aim of raising awareness among first-year students about the prevention of ragging. The Nukkad Natak served as an innovative and engaging medium to convey important messages about the harmful effects of ragging and the importance of maintaining a ragging-free campus.</p> <p><b>Objectives:</b> The primary objectives of the Nukkad Natak were as follows:</p> <ol style="list-style-type: none"><li>1. To educate first-year students about the consequences and detrimental effects of ragging.</li><li>2. To emphasize the role of every student in preventing and reporting ragging incidents.</li><li>3. To create a memorable and impactful experience that would leave a lasting impression on the audience.</li></ol> <p><b>Nukkad Natak Details:</b></p> <p><b>Participants:</b> The Nukkad Natak was performed by a group of enthusiastic and talented third-year students who volunteered to participate in this awareness initiative.</p> <p><b>Performance Content:</b></p> <ol style="list-style-type: none"><li>1. <b>Introduction:</b> The Nukkad Natak began with an introduction that set the stage and engaged the audience's attention.</li><li>2. <b>Narrative:</b> The performance followed a narrative that depicted various scenarios related to ragging, including verbal abuse, physical harassment, and mental intimidation. The actors portrayed the experiences of both victims and perpetrators.</li><li>3. <b>Consequences:</b> The Natak highlighted the severe consequences of ragging, both legal and psychological, on the individuals involved.</li><li>4. <b>Prevention Message:</b> Throughout the play, a strong prevention message was conveyed, emphasizing the responsibility of every student in preventing and reporting ragging incidents.</li><li>5. <b>Resolution:</b> The Natak concluded with a resolution, illustrating the transformation of attitudes and behaviors among the characters, advocating for a campus free from ragging.</li></ol> <p><b>Outcomes:</b></p> <p>The Nukkad Natak on the prevention of ragging resulted in the following outcomes:</p> <ol style="list-style-type: none"><li>1. <b>Awareness:</b> First-year students gained a deeper understanding of the harmful effects of ragging and its consequences through the engaging and relatable performance.</li></ol>

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2. **Impact:** The Natak left a strong and lasting impression on the audience, making them more receptive to the anti-ragging message.
3. **Empowerment:** The performance empowered students to stand up against ragging and encouraged them to play an active role in preventing such incidents.
4. **Community Building:** The Natak promoted a sense of unity and responsibility among students, fostering a safer and more inclusive campus culture.

## Conclusion:

The Nukkad Natak on the prevention of ragging was a creative and effective approach to raise awareness among first-year students. It utilized the power of storytelling and visual representation to convey important messages about the negative consequences of ragging and the importance of preventing it. This initiative reflects the commitment of our organization to maintain a safe and welcoming campus environment.

We extend our appreciation to the third-year students who dedicated their time and talents to deliver this impactful message



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## ACTIVITY REPORT

<b>Event</b>	“Ragging And Its Impact On Students” for second year students
<b>Date</b>	22-12-2022
<b>Organised By</b>	Anti-Ragging Committee
<b>Activity</b>	Debate Competition
<b>Resource Person</b>	Dr.K.C Sharma
<b>Coordinator</b>	Dr.Dileep Kumar
<b>Student Participation</b>	120
<b>Event Summary</b>	<p><b>Introduction:</b> The Anti-Ragging Committee of [St. Wilfred’s PG College] organized a stimulating debate competition on the topic "Ragging and Its Impact on Students." The competition was specifically designed for second-year students to provide them with a platform to express their opinions and engage in a constructive dialogue about this critical issue. The event was expertly coordinated by Dr. Dileep Kumar.</p> <p><b>Objectives:</b> The primary objectives of the debate competition were as follows:</p> <ol style="list-style-type: none"><li>1. To encourage second-year students to voice their perspectives and insights on the topic of ragging.</li><li>2. To facilitate a healthy and informed discussion on the impact of ragging on students' physical and mental well-being.</li><li>3. To promote critical thinking and awareness about the consequences of ragging within the academic community.</li></ol> <p><b>Event Details:</b></p> <p><b>Coordinator:</b> The competition was efficiently coordinated by Dr. Dileep Kumar, a respected faculty member known for their commitment to student well-being and academic excellence.</p> <p><b>Competition Structure:</b> The debate competition followed a structured format, with participants divided into teams for and against the motion. Each team presented arguments and counterarguments, followed by a rebuttal round and a concluding statement.</p> <p><b>Judges:</b> A panel of judges consisting of faculty members and experts in the field of student well-being and campus safety assessed the debates.</p> <p><b>Key Points Discussed:</b></p> <ol style="list-style-type: none"><li>1. <b>Understanding Ragging:</b> Participants provided definitions and explanations of ragging, establishing a common understanding of the term.</li><li>2. <b>Impact on Students:</b> Both sides presented arguments regarding the physical, emotional, and psychological impact of ragging on students, drawing on real-life examples and research findings.</li></ol>

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3. **Legal and Ethical Aspects:** The debates explored the legal and ethical dimensions of ragging, discussing relevant laws and regulations and the ethical responsibilities of students and institutions.
4. **Prevention and Reporting:** Strategies for preventing ragging and promoting a culture of reporting were discussed, with participants suggesting proactive measures to combat the issue.

## Outcomes:

The debate competition on "Ragging and Its Impact on Students" resulted in the following outcomes:

1. **Informed Opinions:** Second-year students demonstrated informed opinions and critical thinking skills regarding the issue of ragging.
2. **Awareness:** The competition raised awareness about the consequences of ragging and the need for preventive measures.
3. **Discussion and Dialogue:** The event facilitated open and constructive dialogue among students, encouraging them to engage with the issue at a deeper level.
4. **Promotion of Responsibility:** Participants recognized their role in preventing and addressing ragging incidents and committed to being responsible members of the academic community.

## Conclusion:

The debate competition was a meaningful and thought-provoking event that encouraged second-year students to explore the impact of ragging on their peers and the academic environment. It highlighted the importance of addressing this issue and the role that students play in promoting a safe and respectful campus culture.

We extend our gratitude to Dr. Dileep Kumar for effectively coordinating the competition and to all participants for their active and insightful contributions.



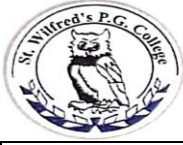
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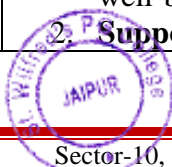
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ACTIVITY REPORT	
<b>Event</b>	Open Discussion for the first year students
<b>Date</b>	22-2023
<b>Organised By</b>	Anti-ragging committee
<b>Activity</b>	Psychological Counseling for students
<b>Resource Person</b>	Dr.Pooja Gupta
<b>Coordinator</b>	Dr. Rajni Vyas
<b>Student Participation</b>	145
<b>Event Summary</b>	<p><b>Introduction:</b> The Anti-Ragging Committee of [St. Wilfred's PG College] organized a psychological counseling session for first-year students with the aim of providing them with mental support and creating a stress-free and supportive environment. This initiative was designed to address the psychological well-being of students during their transition into college life.</p> <p><b>Objectives:</b> The primary objectives of the psychological counseling session were as follows:</p> <ol style="list-style-type: none"><li>1. To offer a safe and confidential space for first-year students to discuss their concerns and issues.</li><li>2. To provide psychological support and guidance to help students navigate the challenges of college life.</li><li>3. To promote a stress-free and supportive campus environment.</li></ol> <p><b>Event Details:</b></p> <p><b>Facilitators:</b> The counseling session was facilitated by licensed and experienced mental health professionals who specialize in working with college students.</p> <p><b>Counseling Format:</b> The counseling session followed a group format, allowing students to share their concerns and experiences in a supportive group setting.</p> <p><b>Key Points Discussed:</b></p> <ol style="list-style-type: none"><li>1. <b>Transition Challenges:</b> Students were encouraged to share their experiences and challenges in transitioning from high school to college life. Common concerns such as academic pressure, social adjustment, and homesickness were discussed.</li><li>2. <b>Stress Management:</b> Practical stress management techniques and coping strategies were shared, including time management, relaxation exercises, and seeking social support.</li><li>3. <b>Building Resilience:</b> The importance of building resilience to handle academic and personal challenges was emphasized. Students learned about the role of resilience in maintaining mental well-being.</li><li>4. <b>Mental Health Awareness:</b> The session aimed to reduce stigma surrounding mental health issues and encourage students to seek help when needed. Information on available mental health resources within the college was provided.<p><b>Outcomes:</b></p><p>The psychological counseling session for first-year students resulted in the following outcomes:</p><ol style="list-style-type: none"><li>1. <b>Increased Awareness:</b> First-year students gained a deeper understanding of the challenges they may face during their college journey and the importance of mental well-being.</li><li>2. <b>Supportive Environment:</b> The session created a supportive and non-judgmental</li></ol></li></ol>



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space for students to discuss their concerns and seek guidance.

3. **Stress Reduction:** Participants learned practical stress management techniques that they can apply in their daily lives to reduce stress.
4. **Resilience Building:** Students left the session with a greater sense of resilience and the ability to cope with challenges effectively.

### Conclusion:

The psychological counseling session for first-year students was a valuable initiative that addressed the psychological well-being of students during their transition into college life. It underscored the commitment of our college to provide holistic support to students and create a stress-free and supportive campus environment.

We extend our appreciation to the mental health professionals for their expertise and to all participating students for their active engagement during this important session.



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ACTIVITY REPORT	
<b>Event</b>	Guest Lecture for all streams of first year students
<b>Date</b>	15-3-2023
<b>Organised By</b>	Anti-Ragging Committee
<b>Activity</b>	Guest Lecture On 'Eve-Teasing'
<b>Resource Person</b>	Dr .Sunil Gupta
<b>Coordinator</b>	Dr. Anupama Sharma
<b>Student Participation</b>	140
<b>Event Summary</b>	<p><b>Introduction:</b> The Anti-Ragging Committee of [St. Wilfred's PG College] organized a guest lecture on the topic of "Eve-Teasing" for all streams of first-year students. The lecture aimed to raise awareness about the issue of eve-teasing, provide students with strategies to deal with it, and foster a safe and respectful campus environment. The event also included a question-and-answer session to gather students' opinions and concerns.</p> <p><b>Objectives:</b> The primary objectives of the guest lecture were as follows:</p> <ol style="list-style-type: none"><li>1. To educate first-year students about the concept of eve-teasing and its various forms.</li><li>2. To provide practical guidance on how to deal with eve-teasing incidents.</li><li>3. To create a platform for students to express their opinions and seek clarifications on the topic.</li></ol> <p><b>Guest Speaker:</b> The lecture was delivered by [Dr .Sunil Gupta], an expert in gender-based violence prevention and women's safety. [Dr .Sunil Gupta ]brought valuable insights and expertise to the discussion.</p> <p><b>Key Points Discussed:</b></p> <ol style="list-style-type: none"><li>1. <b>Understanding Eve-Teasing:</b> The lecture began with a comprehensive explanation of what eve-teasing entails, emphasizing that it includes any unwelcome and inappropriate behavior or harassment directed towards women.</li><li>2. <b>Forms of Eve-Teasing:</b> Various forms of eve-teasing were discussed, including catcalling, stalking, verbal harassment, and cyberbullying.</li><li>3. <b>Impact on Victims:</b> The speaker highlighted the emotional and psychological impact of eve-teasing on victims and the importance of addressing it promptly.</li><li>4. <b>Self-Defense and Empowerment:</b> Practical self-defense techniques and empowerment strategies were shared to help students respond confidently and assertively in eve-teasing situations.</li><li>5. <b>Legal Aspects:</b> Students were informed about the legal aspects of eve-teasing and the importance of reporting such incidents.</li></ol> <p><b>Question-and-Answer Session:</b> Following the lecture, a question-and-answer session allowed students to seek clarifications, share their opinions, and express any concerns they had about eve-teasing. This interactive session encouraged open dialogue.</p> <p><b>Outcomes:</b></p>



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The guest lecture on "Eve-Teasing" awareness resulted in the following outcomes:

1. **Increased Awareness:** First-year students gained a deeper understanding of the issue of eve-teasing and its various forms.
2. **Empowerment:** Participants left the lecture feeling empowered with knowledge and strategies to deal with eve-teasing.
3. **Open Dialogue:** The question-and-answer session provided a platform for students to engage in a meaningful and open dialogue about the topic.
4. **Commitment to Safety:** Students expressed their commitment to creating a safe and respectful campus environment and supporting victims of eve-teasing.

### Conclusion:

The guest lecture on "Eve-Teasing" awareness was a crucial and informative event that equipped first-year students with the knowledge and tools to deal with this important issue. It emphasized the commitment of our organization to promoting gender equality and ensuring the safety and well-being of all students.

We extend our gratitude to [Dr. Sunil Gupta for their expertise and to all participating students for their active engagement during this important lecture



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ACTIVITY REPORT	
<b>Event</b>	Orientation programme for new comers
<b>Organised By</b>	Anti-Ragging Committee
<b>Date</b>	4-4-2023
<b>Activity</b>	Pledge by students
<b>Resource Person</b>	Dr.Anita Sharma
<b>Coordinator</b>	Dr. Anupama Sharma, Dr. Nupur jain
<b>Student Participation</b>	135
<b>Event Summary</b>	<p><b>Introduction:</b> As part of the orientation program at [St. Wilfred's PG College], an important and symbolic event took place where students united to reaffirm their commitment to eradicate ragging and create a safe, nurturing, and inclusive environment for all. This event served as a strong foundation for a campus culture built on respect, understanding, and personal growth.</p> <p><b>Event Details:</b></p> <p><b>Event Description:</b></p> <p>During the orientation program, all incoming students, faculty, and staff members gathered in a communal setting. The event was marked by unity and a shared commitment to the principles of respect, empathy, and inclusivity.</p> <p><b>Pledge:</b></p> <p>A specially designed pledge was read aloud by a representative student, and all participants joined in to recite the pledge, affirming their commitment to the following principles:</p> <ol style="list-style-type: none"><li><b>Eradicate Ragging:</b> Participants pledged to work collectively to eradicate ragging in all its forms, recognizing it as a harmful and unacceptable practice.</li><li><b>Safe Environment:</b> Participants committed to creating and maintaining a safe and nurturing environment on campus where every individual feels protected and valued.</li><li><b>Respect and Understanding:</b> The pledge emphasized the importance of showing respect and understanding to all members of the campus community, regardless of their background, beliefs, or identities.</li><li><b>Vigilance:</b> Participants pledged to be vigilant and report any incidents of ragging or harassment, ensuring that the campus remains free from such activities.</li><li><b>Personal Growth:</b> The pledge highlighted the belief that personal growth and development are best achieved in an atmosphere of respect, support, and encouragement.</li></ol> <p><b>Ceremony:</b></p> <p>The pledge ceremony was accompanied by a symbolic lighting of candles, signifying the</p>

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light of knowledge, understanding, and unity that would guide the campus community in their commitment to these principles.

## Outcomes:

The pledge event during the orientation program resulted in the following outcomes:

1. **Shared Commitment:** All participants, including students, faculty, and staff, collectively committed to fostering a safe and inclusive campus environment.
2. **Unity:** The event promoted a sense of unity and belonging among the campus community, setting a positive tone for the academic year.
3. **Awareness:** The pledge ceremony raised awareness about the importance of eradicating ragging and promoting respectful behavior.
4. **Empowerment:** Students felt empowered and responsible for contributing to a campus culture that prioritizes safety and personal growth.

## Conclusion:

The pledge event during the orientation program at [Organization Name] was a powerful and meaningful way to initiate the academic year. It established a strong foundation for creating a campus culture based on respect, understanding, and personal growth. The commitment of the campus community to eradicate ragging and ensure a safe environment reflects the values and ethos of our institution.

We look forward to a year of academic excellence, personal development, and mutual respect.



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ACTIVITY REPORT	
<b>Event</b>	Guest Lecture
<b>Organized by</b>	Anti-Ragging Committee
<b>Date</b>	24-4-2023
<b>Activity</b>	Lecture on Anti-Ragging
<b>Resource Person</b>	Dr.Anita Sharma
<b>Coordinator</b>	Dr.Manisha Tiwari, Dr.Mridula Sharma
<b>Student Participation</b>	125
<b>Event Summary</b>	<p><b>Introduction:</b> An important lecture on "Anti-Ragging" was organized by [St. Wilfred's PG College] to raise awareness among students about the consequences of ragging on campus. The lecture aimed to educate students about the legal actions that can be taken against ragging and the importance of maintaining a ragging-free environment within the institution.</p> <p><b>Objectives:</b> The primary objectives of the anti-ragging lecture were as follows:</p> <ol style="list-style-type: none"><li>1. To provide students with a clear understanding of what constitutes ragging and its various forms.</li><li>2. To inform students about the legal and disciplinary actions that can be taken against those involved in ragging.</li><li>3. To emphasize the institution's commitment to maintaining a safe and respectful campus environment.</li></ol> <p><b>Lecturer:</b> The lecture was delivered by [Dr.Anita Sharma], a respected authority on campus safety and anti-ragging measures. [Dr.Anita Sharma] has extensive experience in conducting awareness programs and workshops on this subject.</p> <p><b>Key Points Discussed:</b></p> <ol style="list-style-type: none"><li>1. <b>Understanding Ragging:</b> The lecture began with a comprehensive explanation of what constitutes ragging, emphasizing that it includes any form of verbal, physical, or psychological abuse or harassment of students.</li><li>2. <b>Consequences of Ragging:</b> The speaker discussed the profound impact of ragging on the mental, emotional, and physical well-being of victims and the potential legal and academic consequences</li></ol>

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for perpetrators.

3. **Legal Framework:** Students were informed about the relevant laws and regulations related to ragging, including the Anti-Ragging Act, and the disciplinary actions that can be taken against individuals involved in ragging.
4. **Reporting Mechanisms:** The lecture explained the procedures for reporting incidents of ragging, emphasizing the importance of seeking help and support when needed.
5. **Creating a Safe Environment:** Practical strategies for creating a safe and inclusive campus environment were discussed, including promoting mutual respect, empathy, and a culture of reporting.

### Outcomes:

The lecture on "Anti-Ragging Awareness" resulted in the following outcomes:

1. **Increased Awareness:** Students gained a deeper understanding of what constitutes ragging and the serious consequences it can have on both victims and perpetrators.
2. **Empowerment:** Attendees left the lecture feeling empowered with knowledge about their rights and the procedures for reporting ragging.
3. **Commitment to Safety:** The lecture reinforced the institution's commitment to maintaining a ragging-free campus environment, with students expressing their commitment to this goal.
4. **Open Dialogue:** The lecture encouraged open discussions among students, enabling them to share their thoughts and concerns related to ragging.

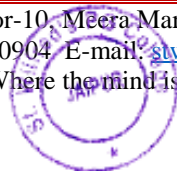
### Conclusion:

The lecture on "Anti-Ragging Awareness" was a crucial and informative event that equipped students with knowledge about the consequences of ragging and the legal actions that can be taken against it. It emphasized the institution's commitment to maintaining a safe and respectful campus environment and empowering students to be vigilant against ragging. We extend our appreciation to [Lecturer's Name] for their expertise and to all attending students for their active engagement during this important lecture.

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ACTIVITY REPORT	
Event	Nukkad Natak
Organised by	Anti-Ragging Committee
Date	5-6-2023
Activity	Impact of Ragging on students
Resource Person	Dr.N.K Gupta
Coordinator	Dr.Manisha Tiwari
Student Participation	120
Event Summary	<p><b>Introduction:</b> The Anti-Ragging Committee of [St. Wilfred's PG College] organized an impactful Nukkad Natak (street play) to raise awareness about the devastating impact of ragging on students' mental health. This creative initiative aimed to convey a powerful message about the harmful consequences of ragging and the importance of fostering a compassionate and supportive campus environment. The Nukkad Natak was performed by students of the National Service Scheme (NSS).</p> <p><b>Objectives:</b> The primary objectives of the Nukkad Natak were as follows:</p> <ol style="list-style-type: none"><li>To educate the campus community about the adverse effects of ragging on the mental health and well-being of students.</li><li>To encourage empathy and understanding among students and faculty regarding the experiences of ragging victims.</li><li>To promote a culture of respect, support, and inclusivity on campus, where ragging has no place.</li></ol> <p><b>Nukkad Natak Details:</b></p> <p><b>Participants:</b> The Nukkad Natak was skillfully performed by enthusiastic students of the National Service Scheme (NSS) who volunteered to participate in this awareness initiative.</p> <p><b>Performance Content:</b></p> <ol style="list-style-type: none"><li><b>Introduction:</b> The Nukkad Natak commenced with a captivating introduction that drew the attention of the audience.</li><li><b>Narrative:</b> The play followed a narrative that depicted the experiences of students who had been subjected to ragging. It highlighted the emotional turmoil and distress faced by victims.</li><li><b>Impact on Mental Health:</b> Through powerful dialogues and emotional performances, the Natak illustrated the severe impact of ragging on the mental health and psychological well-being of students.</li><li><b>Empathy and Support:</b> The Nukkad Natak emphasized the importance of empathy, support, and reporting incidents of ragging to prevent further harm.</li><li><b>Resolution:</b> The play concluded with a resolution, symbolizing the collective commitment of the campus community to prevent and address ragging.</li></ol> <p><b>Outcomes:</b></p> <p>The Nukkad Natak on the "Impact of Ragging on Student's Mental Health" resulted in the following outcomes:</p> <ol style="list-style-type: none"><li><b>Awareness:</b> The audience gained a deeper understanding of the emotional and psychological trauma experienced by victims of ragging.</li><li><b>Empathy:</b> The play fostered empathy among students and faculty members, encouraging them to stand up against ragging and support victims.</li></ol>



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3. **Commitment to Change:** Participants left the Natak with a renewed commitment to create a campus environment free from ragging.
4. **Collective Responsibility:** The performance reinforced the idea that preventing ragging is a collective responsibility and requires the active involvement of every member of the campus community.

### Conclusion:

The Nukkad Natak on the "Impact of Ragging on Student's Mental Health" was a powerful and moving initiative that effectively conveyed the message of the devastating consequences of ragging. It encouraged empathy, understanding, and a commitment to building a safe and compassionate campus environment.

We extend our heartfelt appreciation to the students of NSS for their dedication and creativity in delivering this impactful message.



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ACTIVITY REPORT	
<b>Event</b>	Workshop on Anti-Ragging for all college students
<b>Date</b>	15-5-2023
<b>Organised by</b>	Anti-Ragging Committee
<b>Activity</b>	Creating a Ragging-Free Campus:
<b>Resource Person</b>	Dr.Pravven Gupta
<b>Coordinator</b>	Dr.Manisha Tiwari
<b>Student Participation</b>	100
<b>Event Summary</b>	<p><b>Introduction:</b> A comprehensive workshop on "Anti-Ragging" was organized at [St. Wilfred's PG College] to raise awareness among all students about the consequences of ragging and to provide a platform for students to discuss and resolve any issues related to ragging on campus. This workshop aimed to foster a safe and supportive environment and empower students to actively prevent and address ragging incidents.</p> <p><b>Objectives:</b> The primary objectives of the anti-ragging workshop were as follows:</p> <ol style="list-style-type: none"><li>1. To educate all students about the harmful effects of ragging and the legal and disciplinary actions against it.</li><li>2. To provide a safe and open forum for students to share their concerns and seek solutions to issues related to ragging.</li><li>3. To reinforce the institution's commitment to a ragging-free campus.</li></ol> <p><b>Workshop Details:</b></p> <p><b>Facilitators:</b> The workshop was facilitated by experts in campus safety, counseling, and anti-ragging measures who had extensive experience in conducting similar awareness programs.</p> <p><b>Workshop Content:</b></p> <ol style="list-style-type: none"><li>1. <b>Understanding Ragging:</b> The workshop began with an in-depth explanation of what constitutes ragging, its various forms, and the psychological and emotional impact it has on victims.</li><li>2. <b>Legal and Disciplinary Aspects:</b> Students were informed about the legal and disciplinary consequences of ragging, including the Anti-Ragging Act and the institution's anti-ragging policies.</li><li>3. <b>Reporting Mechanisms:</b> Practical information on how to report incidents of ragging and the confidentiality and support provided to</li></ol>

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complainants was discussed.

4. **Sharing Concerns:** Students were encouraged to share their concerns, experiences, or observations related to ragging in a safe and non-judgmental environment.
5. **Issue Resolution:** Facilitators and experts provided guidance and solutions to address the issues and concerns raised by students.

## Outcomes:

The anti-ragging workshop resulted in the following outcomes:

1. **Awareness:** All participants gained a deeper understanding of the negative impact of ragging and the importance of preventing it.
2. **Empowerment:** Students left the workshop feeling empowered with knowledge about their rights and the steps to take when facing or witnessing ragging.
3. **Issue Resolution:** The workshop provided a platform for students to address and resolve specific ragging-related issues and concerns.
4. **Commitment to Safety:** The institution's commitment to maintaining a ragging-free campus was reinforced, with students expressing their commitment to this goal.

## Conclusion:

The anti-ragging workshop served as an essential and informative event that equipped students with knowledge about the consequences of ragging and the steps to prevent and address it. It created an open and supportive environment where students felt comfortable discussing their concerns and seeking resolutions.

We extend our gratitude to the facilitators and experts for their valuable contributions and to all attending students for their active engagement during this important workshop.



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ACTIVITY REPORT	
<b>Event</b>	Counseling session for the first year students
<b>Date</b>	3-6-2023
<b>Organised by</b>	Anti-Ragging Committee
<b>Activity</b>	One to one counseling for students
<b>Resource Person</b>	Dr.S.k.Singh
<b>Coordinator</b>	Dr.Bhola Ram Saini
<b>Student Participation</b>	120
<b>Event Summary</b>	<p><b>Introduction:</b> The [St. Wilfred's PG College] organized one-to-one counseling sessions for first-year students to provide them with individualized support, guidance, and a platform to address their unique concerns and challenges. These counseling sessions were designed to offer mental support and promote a stress-free environment for our newest members.</p> <p><b>Objectives:</b> The primary objectives of the one-to-one counseling sessions were as follows:</p> <ol style="list-style-type: none"><li>1. To provide a confidential and safe space for first-year students to discuss their personal, academic, and emotional concerns.</li><li>2. To offer individualized guidance and strategies to help students navigate the challenges of transitioning to college life.</li><li>3. To promote mental well-being, stress management, and a sense of belonging among first-year students.</li></ol> <p><b>Counseling Session Details:</b></p> <p><b>Dates:</b> [Insert Dates] <b>Location:</b> [Insert Location] <b>Duration:</b> [Insert Duration]</p> <p><b>Counselors:</b> Experienced and licensed mental health professionals, along with trained student counselors, conducted the one-to-one counseling sessions. These professionals specialize in working with students and addressing their specific needs.</p> <p><b>Counseling Approach:</b> The counseling sessions followed a client-centered approach, where students were encouraged to express their concerns, feelings, and goals. The counselors provided active listening, empathy, and guidance tailored to each student's needs.</p> <p><b>Key Areas Addressed:</b></p> <ol style="list-style-type: none"><li>1. <b>Academic Challenges:</b> Students discussed any academic difficulties they were facing, such as study habits, time management, or adjusting to college-level coursework.</li><li>2. <b>Emotional Well-Being:</b> Emotional concerns, including homesickness,</li></ol>



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Where the mind is without fear! Where the head is held high!!



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- anxiety, and stress, were explored, and coping strategies were discussed.
3. **Social Integration:** Counselors assisted students in navigating social dynamics, making friends, and building a support network on campus.
  4. **Personal Growth:** Students were encouraged to set personal goals and discuss their aspirations and plans for personal growth during their college journey.
  5. **Stress Management:** Practical stress management techniques, such as relaxation exercises and mindfulness practices, were shared to help students manage stress effectively.

## Outcomes:

The one-to-one counseling sessions for first-year students resulted in the following outcomes:

1. **Individualized Support:** Each student received personalized support and guidance to address their specific concerns and challenges.
2. **Improved Mental Well-Being:** Students reported feeling more supported and better equipped to manage stress and emotional issues.
3. **Increased Awareness:** The sessions raised awareness among students about available mental health resources and the importance of seeking help when needed.
4. **Enhanced Student Experience:** The counseling sessions contributed to a positive and enriching college experience for first-year students.

## Conclusion:

The one-to-one counseling sessions were a valuable and essential initiative that provided first-year students with individualized support, promoting their mental well-being and contributing to a stress-free environment. They underscored the commitment of [Organization Name] to the holistic development and well-being of its students.

We extend our gratitude to the dedicated counselors and all participating students for their active engagement during these vital sessions.



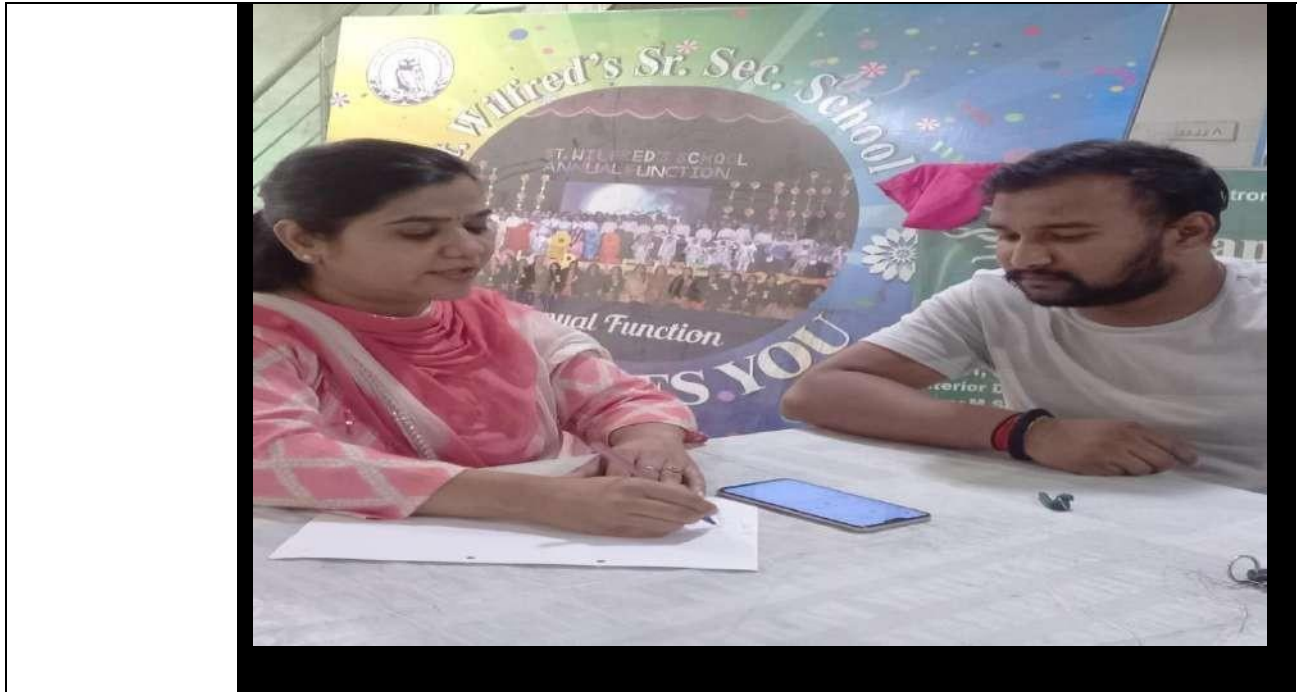
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