



CHOITHRAM COLLEGE OF NURSING

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Choithram Hospital & Research Centre Manik Bagh Road, Indore 452014 (M.P.)



● Phone: 0731-2362491 to 99, ● Ext. No.: 407/578
● Principal: +91-731-4939909

E-mail : cconursing@yahoo.co.in, choithramoffice@gmail.com
Webiste : www.choithramnursing.com

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7.1.2: Describe gender equity & sensitization in curricular and co-curricular activities, facilities for women on campus.

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• Principal: +91-731-4939909

E-mail : cconursing@yahoo.co.in, choithramoffice@gmail.com
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ANNUAL REPORT ON GENDER SENSITIZATION AND ACTION PLAN [2018-2019]



**CHOITHRAM COLLEGE OF
NURSING, INDORE**





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Webiste : www.choithramnursing.com

CHOITHRAM COLLEGE OF NURSING

Institutional Year 2018-2019

7.1.2 Measures initiated by the institution for the promotion of gender equity during the last five years.

ACTION PLAN

S.No	Action	Probable month/Date
1.	Awareness Rally on "Drive for Gender Equality"	October 2018
2.	"Mission Sahasi" Mega demonstration.	31 st October 2018
3.	Gender Sensitization Training for Faculty and Staff	September 2019
4.	An awareness talk cum discussion "Empowering women for Personal Safety"	May 2019
5.	Panel Discussion: Women in Leadership	March 2019 (International Women's Day)

IMPLEMENTATION

S.No	Event	Date And Duration	Beneficiary
1.	An awareness talk cum discussion "Empowering women for Personal Safety"	9 th May 2019 11 AM -12 PM	65 students of B.Sc. (N) 1 st year
2.	"Mission Sahasi" Mega demonstration.	31 st October 2018 09 AM -12 PM	B.Sc. (N) 1 st Year Students of CCON
3.	Awareness Rally on "Drive for Gender Equality"	6 th October 2018 8:30 AM -10:30 AM	72 Students of CCON, 30 students of Choithram International


Coordinator


IQAC Coordinator


Principal





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CHOITHRAM COLLEGE OF NURSING ANNUAL REPORT ON GENDER SENSITIZATION & WOMEN EMPOWERMENT 2018-2019

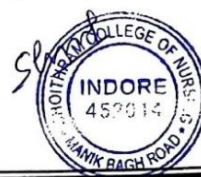
At Choithram College of Nursing, we are committed to fostering an inclusive and equitable environment for all students, staff, and faculty. Gender sensitization is an integral part of our ethos, ensuring that everyone, irrespective of gender, feels respected, valued, and empowered.

Choithram College of Nursing remains dedicated to promoting gender sensitization and creating a nurturing environment for all. Through our ongoing efforts, we strive to instill values of equality and respect, preparing our students to be compassionate and gender-sensitive healthcare professionals.

In the academic session 2018-19, Gender sensitization and women empowerment Cell organizes following events.

An awareness talk cum discussion was conducted on 9/5/2019 with B.Sc. (N) I year students, with the aim to spread awareness among them regarding **"Personal safety"** against, Harassment, teasing, abuse, violence and assault. This Discussion was made by **Ms. Christy Abish, Assistant Professor, Department of Mental Health Nursing.** Students, shared about their experiences of teasing during, travel, shopping at public places and participated in whole discussion with good enthusiasm.

Our BSc. first year students participated in "Mission Sahasi" Mega demonstration on 31 october 2018 ; a Joint Initiative of ABVP & Vidyarthi Nidhi in Association with Shifuji's Mission Prahar. **"Making of the fearless"** the tagline for this project is salience of training by Master Trainer Shifuji Shaurya Bhardwaj, who has trained some of the finest security forces in the country & chief guest of today's program. During the program simple way of self-defense were taught to the girls. Campaign T shirts were also distributed among participants.





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Considering the gender discrimination rampant in today's world, 72 students of B.Sc. Nursing IInd year, Choithram College of Nursing and 30 students from Choithram International have taken up the responsibility of spreading awareness in the wider community beyond college and school, a Rally was organised on 6th October'18 from 8:30-10:30 a.m. from Agrasen Square to Bhavarkuan. The rally was conducted under the project 'Drive for Gender Equality', CAS project.

Note: All the Photographs, circular and flyers are attached with individual report.

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CHOITHRAM COLLEGE OF NURSING ANNUAL GENDER SENSITIZATION PLAN 2018-2019


Gender sensitization involves modifying behaviours to foster greater awareness and empathy towards gender equality. It aims to instil positive attitudes towards gender issues, preventing future gender discrimination. Choithram College of Nursing has a Gender Sensitization and Women Empowerment Committee. This committee, through faculty and student programs, ensures equal concern for girls and boys in all curricular, co-curricular, and extracurricular activities.

Objective: To implement and sustain gender-responsive strategies at Choithram College of Nursing, Indore, aimed at promoting equality and inclusivity. This includes addressing gender disparities, fostering a safe and respectful environment, and empowering all students and staff through education, advocacy, and supportive policies. The plan will focus on creating a culture that challenges gender biases, supports equal opportunities, and encourages the active participation of everyone in the college community.

The college promotes gender justice awareness and creates an enabling environment through various activities.

- Providing mentorship to foster gender inclusion.
- Monitoring and addressing gender equality and safety through regular committee meetings.
- Celebrating International Women's Day.
- Providing inclusive cultural and sports activities.
- Conducting public awareness campaigns to combat gender-based discrimination.




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Manik Bagh Road,
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ANNUAL GENDER SENSITIZATION ACTION TAKEN REPORT 2018-2019

To implement and sustain gender-responsive strategies at Choithram College of Nursing, Indore, aimed at promoting equality and inclusivity. This includes addressing gender disparities, fostering a safe and respectful environment, and empowering all students and staff through education, advocacy, and supportive policies.

Through these comprehensive actions, Choithram College of Nursing, Indore, has made significant strides toward creating a more equitable and inclusive environment. The Gender Action Plan has not only raised awareness but has also empowered individuals to contribute positively to the college's culture of respect and equality.

Mentorship program introduced, focusing on supporting female students and staff in their academic and professional development. This program provided access to resources, guidance, and networking opportunities to empower women within the college.

A dedicated Gender Sensitization and Women Empowerment Cell was established, consisting of faculty members, student representatives, and administrative staff.

The cell conducted regular meetings to review the progress of the Gender Action Plan, gather feedback from the college community, and recommend further actions to ensure continuous improvement in promoting gender equality.

Safe spaces were created on campus where students could freely discuss gender-related issues, share their experiences, and seek support. These spaces were facilitated by trained counsellors who provided confidential advice and assistance.

A series of awareness activities are organized throughout the year to raise awareness about gender equality, addressing issues such as gender stereotypes, unconscious biases, and the importance of inclusivity.

Annual reports were prepared to document the progress made, highlighting key achievements and identifying areas where further efforts were needed. These reports were shared with the college community to maintain transparency and accountability.





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CHOITHRAM COLLEGE OF NURSING

CHOITHRAM HOSPITAL & RESEARCH CENTER,
MANIK BAGH ROAD, INDORE

Recognized by Indian Nursing Council, New Delhi



STUDENT MENTORING CELL Mentoring Record Sheet

Student's Name : Ajeena S. Alex
Admission Year (Batch): 2019-2023
Name of Mentor : Mrs. Vibhuti Arora
Student Email Id. : ajeena.saranalex@gmail.com

Manik Bagh road, Indore (M.P.), Phone No.: +91-731-2362491-99 (ext. 407, 535), Fax: +91-731-2470068

Email: cconursing@yahoo.co.in, Web: www.cconursing.com



Mentorship Record of Student



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CHOITHRAM HOSPITAL & RESEARCH CENTRE
Manik Bagh Road, INDORE-452 014 (M.P.)

Choithram College of Nursing, Indore
Gender Cell Composition
2018-2019

Date 25/03/19

Name	Details	Designation	Contact
Prof. Sheetal Saxena	Chairperson	Officiating Principal	9425438183
Prof. Aradhana Michael	Coordinator	Professor	9826050048
Prof. Sheetal Saxena	Teaching Faculty	Professor	9827657249
Mrs. Ancy Varkey	Teaching Faculty	Asso. Professor	9479449364
Ms. Anshu Thomas	Student	Head girl	9021312455
Ms. Sushmita John	Student	Head girl	9632140010

Coordinator: [Signature]
IQAC Coordinator: [Signature]
Principal: [Signature]
Principal
Choithram College of Nursing
Manik Bagh Road,
Indore-452014 (M.P.) India

Telephones : (PBX) 2362491 to 99 • Fax : 91-0731-2470068 • e-mail : cconursing@yahoo.co.in
Ext. No. 407/578/535 • website : http://www.cconursing.com • e-mail : usha_mullik@yahoo.com
Principal (R) 491-731-4939909/2764009 • e-mail : medicine@choithram.org

**Gender Sensitization and Women Empowerment cell
composition 2018-2019**





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ANNUAL REPORT ON GENDER SENSITIZATION & WOMEN EMPOWERMENT (2018-2019)



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CHOITHRAM COLLEGE OF NURSING ANNUAL REPORT ON GENDER SENSITIZATION & WOMEN EMPOWERMENT 2018-2019

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Annual Report on Gender Sensitization and Women Empowerment

2018-2019



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In an effort to empower female students and equip them with essential knowledge and skills, a series of awareness programs were organized.

List of Programs organized during the year 2018-2019:

S.No.	Event	Date And Duration	Beneficiary
1.	An awareness talk cum discussion "Empowering women for Personal Safety"	9 th May 2019 11 AM -12 PM	65 students of B.Sc. (N) I st year
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ANNUAL REPORT ON GENDER SENSITIZATION AND ACTION PLAN [2019-2020]



**CHOITHRAM COLLEGE OF
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Institutional Year 2019-2020

7.1.2 Measures initiated by the institution for the promotion of gender equity during the last five years.

ACTION PLAN

S.No	Action	Probable month/Date
1.	Seminar on Gender-Based Violence Awareness	November 2019
2.	Role-Playing Activity: Challenging Gender Stereotypes	January 2020
3.	Awareness programme on the theme "Gender sensitization and taboo about menstruation"	January 2020
4.	International Women's Day on the theme "I Am Generation Equality: Realizing Women's Rights"	March 2020
5.	Gender Equality Fair: Showcasing Equality Initiatives	September 2020

IMPLEMENTATION

S.No	Event	Date And Duration	Beneficiary
1.	International Women's Day on the theme "I Am Generation Equality: Realizing Women's Rights"	7 th March 2020 11 AM – 1:30 PM	All faculty members of Choithram College of Nursing
2.	Awareness programme on the theme "Gender sensitization and taboo about menstruation"	16 th January 2020 10:30 AM – 1:15 PM	500 students of 5th to 10th std. from St. Mary Champion H S School


Coordinator


IQAC Coordinator




Principal



CHOITHRAM COLLEGE OF NURSING
ANNUAL REPORT ON GENDER SENSITIZATION & WOMEN
EMPOWERMENT
2019-2020

Choithram College of Nursing is committed to fostering gender sensitization and creating a supportive environment for everyone. Our continuous efforts aim to instil values of equality and respect, preparing our students to become compassionate and gender-sensitive healthcare professionals. We integrate gender awareness into our curriculum, ensuring that students understand the importance of addressing gender issues in healthcare settings.

Additionally, we have established support systems and resources for students who may face gender-related challenges. Our counselling services offer a safe space for individuals to express their concerns and receive guidance.

In the academic session 2019-20, Gender sensitization and women empowerment Cell organizes following events.

On the occasion of **International Women's Day 2020** (7 March 2020), the faculty members of Choithram College of Nursing took initiative and motivated their talents. To change the gender stereotypes on this # women's day, all the faculty members dressed in yellow to portray a gender-neutral colour for a gender-equal nation. Women can only be strong if she builds up a confidence in herself and keeping that in mind a demonstration class of self-defence was taken by an expert staff nurse from dialysis department of CHRC.

The programme was then followed by songs, dances, musical instruments & poetry recitation by the talented faculty members.

Choithram College of Nursing [OBG Dept.] has organized a one day awareness programme 16 January 2020 on the theme "**Gender sensitization and taboo about menstruation**" at St. Mary Champion H.S. School, Indore under the guidance of Dr. Aradhana Michael, Principal CCON.





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prof Prachi Awasthi (HOD-OBG Dept.), Mrs. Marlene Peter (Assistant Lecturer-OBG) and Ms. Ancy Varghese (Assistant Lecturer-OBG). The awareness program was organized for 5th to 10th std. and around 500 students participated in the class. The 1st session started at 10:25 am by Ms. Ancy Varghese on menstruation and hygiene, girls from 6th to 10th std. participated. The 2nd session taken by Mrs. Marlene Peter and group of 5ths to 10th std. including boys and girls. It was based on adolescent stage and their diet requirements.

At Choithram College of Nursing, we believe nurturing gender sensitivity is essential for our students' holistic development. Our goal is to empower them to advocate for equality and inclusion, contributing to a more equitable healthcare system.

Note: All the Photographs, circular and flyers are attached with individual report.

Principal
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Manik Bagh Road,
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[Signature]
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CHOITHRAM COLLEGE OF NURSING ANNUAL GENDER SENSITIZATION ACTION PLAN 2019-2020


Choithram College of Nursing is dedicated not only to the academic development of its nursing students but also to ensuring their safety, security, and self-esteem, with a strong commitment to gender equality. The college equally prioritizes the well-being of both female and male students, recognizing that this holistic approach leads to positive outcomes for the institution. To further this mission, a Gender Sensitization and Women Empowerment Cell has been established, aimed at empowering the women within the college community. The cell organizes various initiatives, including awareness programs, self-defence training, and expert lectures, to promote empowerment and gender sensitivity..

Objective:

- To eliminate the gender disparity, especially in academic life.
- To create awareness about the social problems faced by women and to work for the uplift of women.
- To make women realize their equal responsibility in building a society. To enhance self-esteem and quality of life.
- To cultivate leadership skills in women.

The college promotes gender justice awareness and creates an enabling environment through various activities.

- To celebrate all-important days related to women.
- To organize various programmes related to health and hygiene.
- To organize soft skill programmes like yoga, meditation etc.


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ANNUAL GENDER SENSITIZATION ACTION TAKEN REPORT 2019-2020

Choithram College of Nursing remains steadfast in its commitment to the holistic development of its students. This includes not only their academic progress but also their overall well-being, with a special focus on gender equality, safety, and empowerment. The institute's proactive approach towards these aspects has been formalized through the establishment of a Gender Sensitization and Women Empowerment Cell. This report outlines the actions taken by the Cell over the past year, highlighting the key initiatives and their impact on the college community.

Choithram College of Nursing [OBG Dept.] has organized a one-day awareness programme on 16/1/2020 based on the theme **"Gender Sensitization and Taboo about Menstruation"**.

The awareness program was organized for 5th to 10th std. and around 500 students participated in the class. The students were explained regarding their stages of development and their nutritional requirements according to their age. The group was explained about their physical, mental and hormonal changes and role of male in school and community.

On the occasion of **International Women's Day** the faculty members of Choithram College of Nursing took initiative and motivated their talents.

To change the gender stereotypes on this # women's day all the faculty members dressed in yellow to portray a gender-neutral colour for a gender-equal nation.

Women can only be strong if she builds up a confidence in herself and keeping that in mind a demonstration class of self-defence was taken by an expert staff nurse from dialysis department of CHRC. The programme was then followed by songs, dances, musical instruments & poetry recitation by the talented faculty members.

The Cell conducted yoga sessions aimed at helping students manage stress, improve concentration, and maintain physical as well as mental well-being. Certified yoga instructors and meditation experts were invited to lead these sessions, which were held regularly throughout the year.





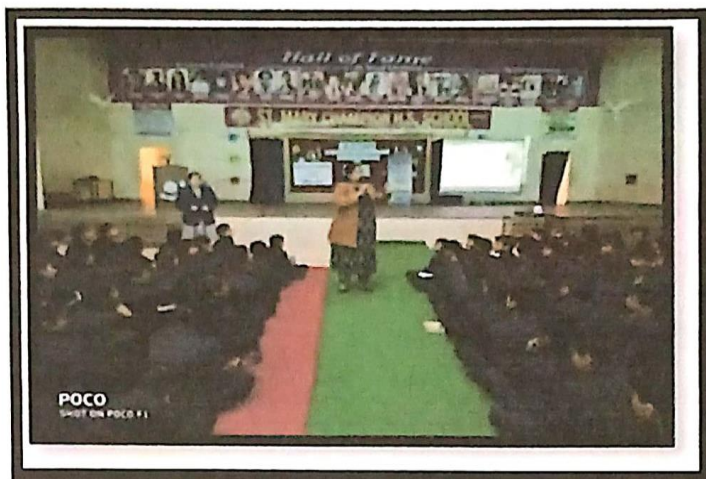
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Expert session for school children on "Gender Sensitization and Taboo about Menstruation"



International Women's Day Celebration





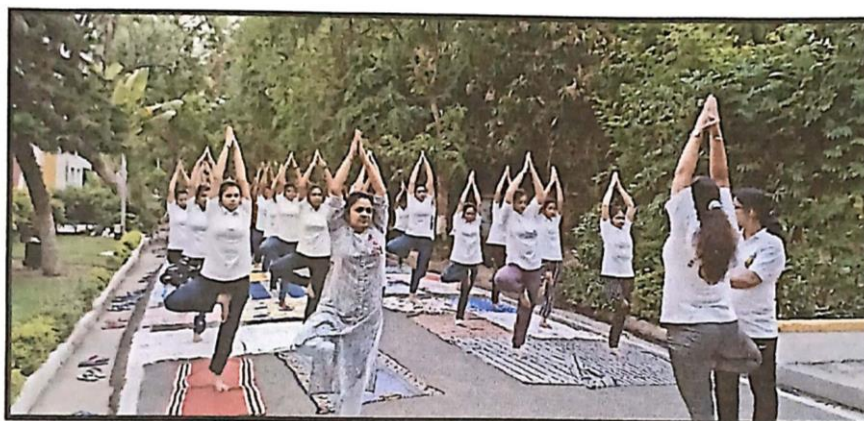
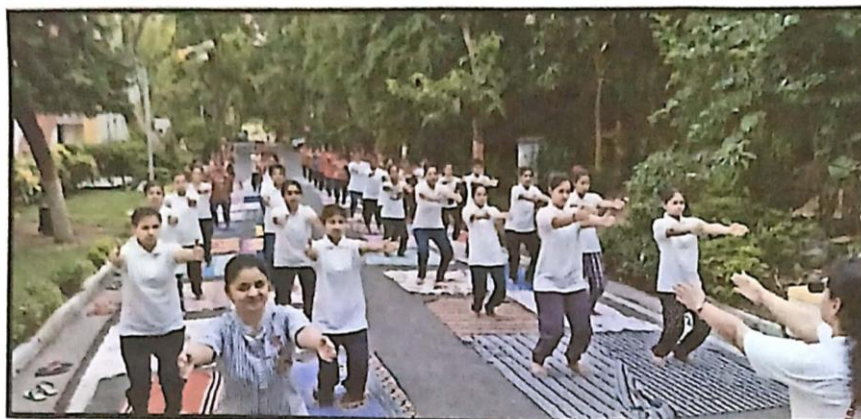
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Yoga Sessions by Yoga Instructor





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In an effort to empower female students and equip them with essential knowledge and skills, a series of awareness programs were organized.

List of Programs organized during the year 2019-2020:

S.No.	Event	Date And Duration	Beneficiary
1.	Awareness programme on the theme "Gender sensitization and taboo about menstruation"	16 th January 2020 10:30 AM – 1:15 PM	500 students of 5th to 10th std. from St. Mary Champion H S School
2.	International Women's Day on the theme "I Am Generation Equality: Realizing Women's Rights"	7 th March 2020 11 AM – 1:30 PM	All faculty members of Choithram College of Nursing


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ANNUAL REPORT ON GENDER SENSITIZATION AND ACTION PLAN [2020-2021]



**CHOITHRAM COLLEGE OF
NURSING, INDORE**





CHOITHRAM COLLEGE OF NURSING

Accredited by NAAC, Affiliated to INC, MPNRC Bhopal, MPMSU Jabalpur
Choithram Hospital & Research Centre Manik Bagh Road, Indore 452014 (M.P.)



• Phone: 0731-2362491 to 99, • Ext. No.: 407/578
• Principal: +91-731-4939909

E-mail : cconursing@yahoo.co.in, choithramoffice@gmail.com
Webiste : www.choithramnursing.com

CHOITHRAM COLLEGE OF NURSING

Institutional Year 2020-2021

7.1.2 Measures initiated by the institution for the promotion of gender equity during the last five years.

ACTION PLAN

S.No	Action	Probable month/Date
1.	Webinar: Gender Sensitization during the COVID-19 Pandemic	November 2020
2.	Virtual Panel Discussion: Gender Inequality Exacerbated by COVID-19	January 2021
3.	Online Workshop: Balancing Work and Family During the Pandemic	March 2021 (International Women's Day)
4.	Virtual Awareness Campaign: Addressing Domestic Violence in Lockdown	June 2021
5.	Online Training: Promoting Gender Equality in Remote Work	September 2021

IMPLEMENTATION

S.No	Event	Date And Duration	Beneficiary
1.	Talk Show on "Body Positivity and Self Image"	10 th December 2021 12 PM – 1PM	71 Students of of B.Sc. (N) 1 st year
2.	Awareness talk On "Gender Sensitization & Awareness of PCPNDT Act	20 th August 2021 3:00 PM to 4:00 PM	20 B.Sc. (N) 4 th Year students
3.	International Women's Day on the theme "Women In Leadership: Achieving An Equal Future In a Covid-19 World".	8 th March 2021 10 AM – 12 PM	All faculty members of Choithram College of Nursing

Coordinator

IQAC Coordinator



Principal



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CHOITHRAM COLLEGE OF NURSING ANNUAL REPORT ON GENDER SENSITIZATION AND WOMEN EMPOWERMENT 2020-2021

Choithram College of Nursing committed to fostering an inclusive and equitable environment for all students, staff, and faculty. Gender sensitization is an integral part of our ethos, ensuring that everyone, irrespective of gender, feels respected, valued, and empowered.

In the academic session 2020-21, Gender sensitization and women empowerment Cell) organizes following events.

To spread the awareness among the nursing students on gender equality and as take up of leadership program, an awareness program was conducted by Choithram college of Nursing on 20th August 2021 on the topic "**Gender sensitization & awareness of PCPNDT Act (Pre-conception and Pre-Natal Diagnostic Techniques.)**

In which Ms. Hemlata Birla, M.Sc. (N) Final year student has discussed about the Right of women to decide on number and spacing of children, awareness regarding female feticide and prenatal sex determination and Pre Natal-Diagnostic Techniques Act.

On 8th march 2021, Choithram College of Nursing celebrated International Women's Day based on the theme "**Women in Leadership: Achieving an equal future in a COVID-19 world**". All the faculties had dressed in the colours purple representing justice and dignity, green representing hope and white representing purity.

On this occasion, **Ms. Madhuri Bhuriya**, faculty of our college depicted her thoughts for women by a poster and a poem on woman's day.

Note: All the Photographs, circular and flyers are attached with individual report.



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Indore-452014, India



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CHOITHRAM COLLEGE OF NURSING ANNUAL GENDER SENSITIZATION ACTION PLAN 2020-2021

The COVID-19 pandemic presented unprecedented challenges, but the Gender Sensitization and Women Empowerment Cell at Choithram College of Nursing successfully adapted its initiatives to continue supporting and empowering students. Through the use of digital platforms, virtual programs, and consistent support systems, the cell ensured that the goals of gender equality, health awareness, and skill development were met even in these challenging times.

Objective:

- To Foster an environment that promotes equal treatment and opportunities for all genders within the college community.
- To continue the initiatives of the Gender Sensitization and Women Empowerment Cell while adapting to the challenges posed by the COVID-19 pandemic, ensuring the safety, well-being, and continuous empowerment of students.

The college promotes gender justice awareness and creates an enabling environment through various activities even during periods of lockdown and social distancing.

- Ensure the safety and security of all students, particularly women, by implementing measures and programs that address their specific needs.
- Raise awareness about the impact of COVID-19 on women's health, including access to essential services like reproductive health care.


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ANNUAL GENDER SENSITIZATION ACTION TAKEN REPORT 2020-2021

In response to the unique challenges posed by the COVID-19 pandemic, the Gender Sensitization and Women Empowerment Cell at Choithram College of Nursing swiftly adapted its activities to ensure the continued support and empowerment of students. The following is an overview of the key actions taken during this period:

Over the past decade, gender equality has been explicitly recognized as a key not only to the health of nations, but also to their social and economic development. Its importance is further emphasized by the fact that **"Promotion of Gender Equality and Women's Empowerment"** finds itself in the list of Millennium Development Goals

To spread the awareness among the nursing students on gender equality and as take up of leadership program, an awareness program was conducted by Choithram college of Nursing on 20th August 2021 on the topic **"Gender sensitization & awareness of PCPNDT Act (Pre-conception and Pre-Natal Diagnostic Techniques.)"**

On 8th march 2021, Choithram College of Nursing celebrated International Women's Day based on the theme **"Women in Leadership: Achieving an equal future in a COVID-19 world"**. Choithram Hospital and research centre along with Choithram College of Nursing celebrated woman's day and wished all the women who came for COVID vaccination in the OPD's to uphold the strength and courage of femininity.





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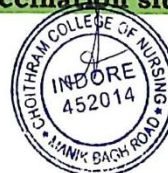
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Session on PCPNDT Act



**Women's Day Celebration at COVID 19 Vaccination site in
CHRC**





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In an effort to empower female students and equip them with essential knowledge and skills, a series of awareness programs were organized.

List of Programs organized during the year 2020-2021:

S.No.	Event	Date And Duration	Beneficiary
1.	An Awareness talk on "Gender Sensitization & Awareness of PCPNDT Act"	20 th August 2021 3:00 PM to 4:00 PM	20 B.Sc. (N) 4 th Year students
2.	International Women's Day on the theme "Women in Leadership: Achieving An Equal Future In a Covid-19 World".	8 th March 2021 10 AM – 12 PM	All faculty members of Choithram College of Nursing


Coordinator


IQAC Coordinator


Principal
Principal
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ANNUAL REPORT ON GENDER SENSITIZATION AND ACTION PLAN [2021-2022]



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CHOITHRAM COLLEGE OF NURSING

Institutional Year 2021-2022

7.1.2 Measures initiated by the institution for the promotion of gender equity during the last five years.

ACTION PLAN

S.No	Action	Probable month/Date
1.	Discussion Forum: Gender Equality in the Workplace	January 2022
2.	Community Outreach Program: Promoting Gender Equality	March 2022
3.	Session on Self Defence Training	March 2022
4.	Women's Equality Day (Oath taking) Programme	August 2022

IMPLEMENTATION

S.No	Event	Date And Duration	Beneficiary
1.	Women's Equality Day (Oath taking) Programme	26 th August 2022	All faculty members of Choithram College of Nursing and students
2.	Session on Self Defence Training	14 th March 2022 to 17 th March 2022 3PM – 5PM (4 days training for 2 hours daily)	64 B.Sc. (N) 4 th Year students


Coordinator


IQAC Coordinator


Principal





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CHOITHRAM COLLEGE OF NURSING ANNUAL REPORT ON GENDER SENSITIZATION 2021-2022

At Choithram College of Nursing, we believe that gender sensitization is a crucial aspect of creating an inclusive, equitable, and supportive environment for all. Our commitment to promoting gender equality and fostering a culture of respect and understanding is reflected in our comprehensive gender sensitization programs and initiatives.

In the academic session 2021-22, Gender sensitization and women empowerment Cell organizes following events.

Choithram college of Nursing in Collaboration of **DANAM Foundation**, Indore has organized 2 hours **"Self-Defence Session"** for B.Sc. Nursing II year students on **13/9/22** from **9:00-11:00 AM**.

College of Nursing observed **Women's Equality Day** on **26 August 2022**. The event aimed to appreciate and celebrate the heroic role of women while addressing discrimination and social violence against them. Faculty and staff took an oath for women's equality. Associate Professor Vaishali Tiwari motivated students with a video presentation on the history and importance of Women's Equality Day.

Team of faculty members of Choithram College of Nursing (**Mr. Anmol Joseph, Ms. Ritika Williams, Mrs. Christy Abish, Mrs. Jessica Crozer, Ms. Monica Chandore, Mr. Ankit Nand, Mr. Arnold Peter**), coordinated a 4-day session of self-defence training from **14/03/22 - 17/03/22**, for nursing students, in collaboration with Danam Foundation.

Gender sensitization and women Empowerment cell of Choithram College of Nursing has organized a talk show on the topic of **"Body Positivity and Self Image"** on **10/12/2021 @ 12:00-1:00PM** for B.Sc. Nursing I year students.





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At Choithram College of Nursing, we believe nurturing gender sensitivity is essential for our students' holistic development. Through these efforts, we prepare our students to be compassionate and gender-sensitive healthcare professionals.

Note: All the Photographs, circular and flyers are attached with individual report.

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CHOITHRAM COLLEGE OF NURSING ANNUAL GENDER SENSITIZATION ACTION PLAN 2021-2022

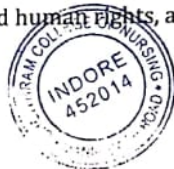
Choithram College of Nursing, Indore prioritizes women empowerment and gender equality. To address these concerns, the college has developed an annual gender sensitization action plan, which includes regular activities aimed at promoting gender awareness and equality.


Empowering women involves transforming societal views on women's resilience. To promote women's empowerment, various initiatives are organized, including guest lectures, seminars, awareness programs, and other welfare activities. Women faculty and female students are actively encouraged to participate in academic, cultural, co-curricular, and extracurricular activities.

Objective: To promote gender equality and women empowerment at Choithram College of Nursing, Indore, through regular educational and sensitization activities that challenge stereotypes and foster respect and inclusivity.

Annual Gender Sensitization Action Plan:

- ✓ Create and maintain a safe, secure, and healthy environment that promotes respectful and dignified behaviour at all levels.
- ✓ Conduct induction and orientation programs for students to enhance gender sensitization.
- ✓ Address Psychosocial issues like Adjustment issues, depression and interpersonal conflicts from failures through expert counselling sessions.
- ✓ Review the minutes and action taken reports from the Women Empowerment Cell, Internal Complaint Committee, Anti-Sexual Harassment Committee, and Grievances Redressal Committee to ensure timely resolutions.
- ✓ Develop and implement a student code of conduct that promotes gender equality at the governance level.
- ✓ Organize awareness programs for female students on topics such as self-defence, Reproductive rights and human rights, and female foeticide.




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Annual Gender Sensitization Action Taken Report 2021-2022

To ensure the safety and security of female students, the institution provides special facilities such as common rooms, CCTV cameras and throughout the campus. Girls' hostels have only female wardens and teacher supervisors. Duties of supervisors are arranged in such a manner that supervisors remain there continuously for 24x7hrs. Hostel wardens also reside within the hostel premises. Female sweepers are there in each girl hostel. No males are allowed in the hostel premises without due permissions. Strong security personnel deployed all around the campus to create secure enrolment. Separate wash-rooms are available for girls and boys. 24 hour's water is available with proper ventilation in the washroom.



CCTV CAMERAS



RESTRICTED ENTRY IN GIRL'S HOSTEL





CHOITHRAM COLLEGE OF NURSING

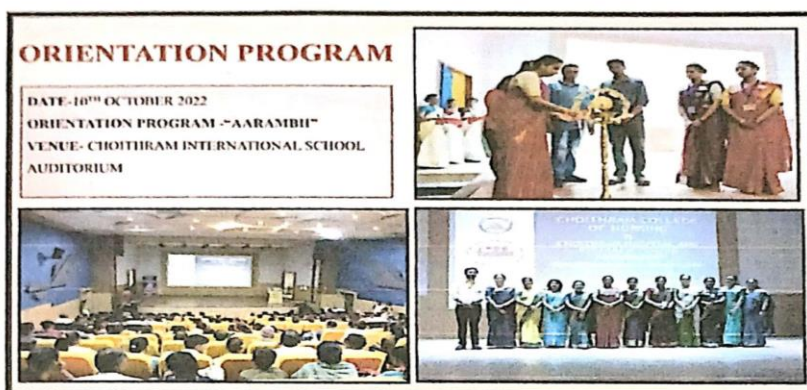
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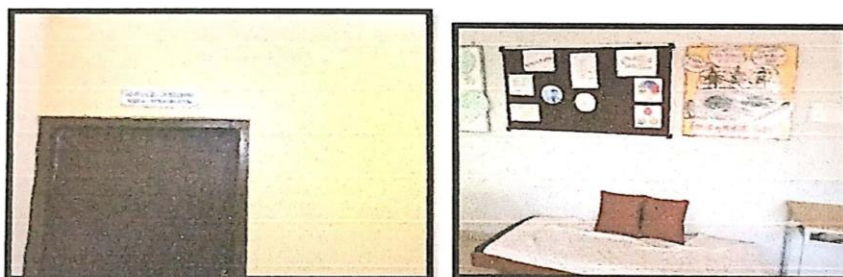
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Induction and Orientation programs 'AARAMBH' organized on 10/7/2022 for students and parents of newly joined Batch to inform them about the Professional code of conduct, various committees such as Anti-ragging committee, Cell for prevention of Sexual Harassment, Gender Sensitization and Women Empowerment Cell, Grievance Redressal cell and policies of the organizations.



Counselling services are a vital part of Student Support Services. To offer support to students and to Address their Psychosocial issues like Adjustment issues, emotional distress and interpersonal conflicts, college of nursing established a **"Psychosocial wellbeing and care cell" (SAMVAD)**.



An **internal complaints committee (ICC)**, Cell for Prevention of Sexual Harassment is established (CPOSH) to prevent and address sexual harassment within the institute.





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Notification

Constitution of internal complaints committee on "Sexual Harassment" in Choithram College of Nursing to redress complaints of sexual harassment of women.

As per the provisions of University Grant Commission (Prevention, Prohibition and redressal of sexual harassment of women employees and students in higher educational institutions) regulations, 2018, the internal complaints committee comprising of the following members to redress the complaints on sexual harassment has been reconstituted for the year 2021-22 as under

Category	Representative Members	Designation	Email	Contact No.
Chairperson	Dr. (Prof.) Aradhna Michael	Principal	aradhna@choithram.org	9826050048
Coordinator	Prof. Ancy Varkey	Professor	ancy.varkey@gmail.com	9479449364
Teaching Faculty	• Prof. Rakhi Phandse • Ms. Ramya Pillai	Professor Asst. Professor	rkphandse@gmail.com tr.ramya44@gmail.com	8319301034 7019178138
Non-Teaching Staff	• Mrs. Mercy Phillip • Mrs. Saroj Rana	Office In charge Warden	Mercyphillip76@gmail.com -----	9179835235 7369713532
Women Counsellor	Mrs. Anila Gangrade	Counsellor	anilagangrade@gmail.com	9827539789
Management Personnel	Dr. Anut Bhatt	Deputy Director (CHRC)	medicines@choithram.org	7999009861
Student Members	• Ms. Shreya S.Kumar • Ms. Bismi Mathew • Ms. Dipika Patel • Ms. Pritibala Verma	Head Girl Head Girl Student Student	Deenikan Patel 51517@gmail.com Pritibermata10@gmail.com	9962653628 8435874715 9302651517 8305943432


Prof. Ancy Varkey
 Coordinator


Dr. (Prof.) Aradhna Michael
 Principal
 Dr. (Prof.) Aradhna Michael
 Principal
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 Manik Bagh Road,
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Regular meetings were conducted. Committee members reviewed the minutes and action taken reports of the Women Empowerment Cell, Internal Complaint Committee, Anti-Sexual Harassment Committee, and Grievances Redressal Committee.

2021-2022-

CELL FOR PREVENTION OF SEXUAL HARASSMENT (Academic Year 2021-22)

PROCEEDINGS OF THE 1ST MEETING (INTERNAL COMPLAINTS COMMITTEE) OF THE
CELL FOR PREVENTION OF SEXUAL HARASSMENT HELD ON 12TH, NOVEMBER 2021 AT
12:30 PM IN THE PRINCIPAL'S OFFICE.

Meeting 01

Date: 12/11/21

Time: 12:30 pm

Venue: Principal office

The following Members attended the Meeting:

Details	Name	Designation	Address
Chairperson	Dr. (Prof.) Aradhana Michael	Principal	Choithram CON, Indore
Coordinator	Prof. Anny Varkey	Professor	Choithram CON, Indore
Teaching Faculty	Prof. Rakhi Phandse	Professor	Choithram CON, Indore
Teaching Faculty	Mrs. Ramya Pillai	Asst. Professor	Choithram CON, Indore
Non-teaching Faculty	Mrs. Mercy Phillip	Office Incharge	Choithram CON, Indore
Student	Ms. Shreya S.Kumar	Head girl	Choithram CON, Indore
Student	Ms. Deepika Patel	Student	Choithram CON, Indore

Agenda:

To decide action plan of the cell for the Academic year 2021-2022.

Minutes:

- Prof. Anny Varkey welcomed all the members and explained the purpose of the meeting.
- All the members decided to-
 - a. Make an action plan for the year 2021-2022 to ensure safety of the girl students in the college campus by putting CCTV cameras in hostel also.
 - b. Make them aware about the functions and guidelines of the anti-sexual harassment cell for women.
 - c. Aware them about the procedure to make complaints if they have any problem regarding sexual harassment.
 - d. Organise Self-defence sessions / Training program for students to build confidence among them.
- Mrs Ramya Pillai concluded the meeting with the vote of thanks for the meeting.

Principal
Dr. (Prof.) Aradhana Michael
Principal
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CELL FOR PREVENTION OF SEXUAL HARASSMENT (Academic Year 2021-22)

PROCEEDINGS OF THE 2nd MEETING INTERNAL COMPLAINTS COMMITTEE OF THE
CELL FOR PREVENTION OF SEXUAL HARASSMENT HELD ON 15th, June 2021 AT
11:00 AM IN THE CONFERENCE ROOM.

Meeting 02

Date: 15/6/22

Time: 11:00 am

Venue: Conference Room

The following Members attended the Meeting:


Details	Name	Designation	Address
Chairperson	Dr. (Prof) Aradhana Michael	Principal	Choithram CON, Indore
Coordinator	Prof. Ancy Varkey	Professor	Choithram CON, Indore
Teaching Faculty	Prof. Rakhi Phandse	Professor	Choithram CON, Indore
Teaching Faculty	Mrs. Ramya Pillai	Asst. Professor	Choithram CON, Indore
Non-teaching Faculty	Mrs. Mercy Phillip	Office Incharge	Choithram CON, Indore
Non-teaching Faculty	Mrs. Saroj Rana	Warden	Choithram CON, Indore
Student Member	Ms. Shreya S.Kumar	Head girl	Choithram CON, Indore
Student Member	Ms. Bismi Mathew	Head girl	Choithram CON, Indore
Student Member	Ms. Deepika Patel	Student	Choithram CON, Indore

Agenda:

- Celebration of World Women Equality Day.
- To conduct an awareness program for new B.Sc. Nursing batch regarding, code of conduct and cell for prevention of Sexual harassment.

Minutes:

- Prof. Ancy Varkey welcomed all the members and explained the purpose of the meeting.
- Minutes of the previous meeting were read and discussed.
- All the members discussed on-
 - a. Forming posters of 'Anti-Sexual Harassment Cell' specifying guidelines of the cell and display them on the walls of the college building as per the directions given by the central government.
 - b. Discussion was made to celebrate world Women equality Day on 26/8/22 and make sensitize all teaching and nonteaching staffs for the same.
 - c. It was also decided to conduct an orientation session on Prevention of Sexual Harassment and its guidelines for New B.Sc. (N) students, after their Induction and orientation Program, as they joined the institution.
- Mrs Ramya Pillai concluded the meeting with the vote of thanks for the meeting.


Dr. (Prof.) Aradhana Michael
Principal
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CELL FOR PREVENTION OF SEXUAL HARASSMENT (Academic Year 2021-22)

PROCEEDINGS OF THE 3rd MEETING (INTERNAL COMPLAINTS COMMITTEE) OF THE
CELL FOR PREVENTION OF SEXUAL HARASSMENT HELD ON 29th, SEPTEMBER 2022 AT
1:30PM IN THE PRINCIPAL'S OFFICE.

Meeting 03

Date: 29/9/22
Time: 1:30 Pm
Venue: Principal's Office

The following Members attended the Meeting:

Details	Name	Designation	Address
Chairperson	Dr. (Prof) Aradhna Michael	Principal	Choithram CON, Indore
Coordinator	Prof. Ancy Varkey	Professor	Choithram CON, Indore
Teaching Faculty	Prof. Rakhi Phandse	Professor	Choithram CON, Indore
Teaching Faculty	Mrs. Vaishali Tiwari	Assoc. Professor	Choithram CON, Indore
Teaching Faculty	Mr. Anmol Joseph	Asst. Lecturer	Choithram CON, Indore
Non-teaching Faculty	Mrs. Mercy Phillip	Office Incharge	Choithram CON, Indore
Student Member	Ms. Shreya S.Kumar	Head girl	Choithram CON, Indore
Student Member	Ms. Bismi Mathew	Head girl	Choithram CON, Indore
Student Member	Ms. Preetibala Verma	Student	Choithram CON, Indore

Agenda:

- To elect and add new members in cell for prevention of Sexual Harassment.
- To Orient/Elected new members about the functions, procedure and guidelines for Prevention of Sexual Harassment cell.

Minutes:

- Prof. Ancy Varkey welcomed all the members and explained the purpose of the meeting.
- Minutes of the previous meeting were read and discussed.
- The internal complaints committee (ICC) was re-constituted as mentioned above as per the UGC (Prevention, Prohibition and Redressed OF Sexual Harassment of Women Employees and Students in Higher Education Institutions) Regulations, 2015.
- The committee noted that though no complaint of sexual harassment has been received from any girl student, it was necessary to be alert not to occur such events in the college campus,
- Prof. Ancy Varkey has explained and discussed about the functions, procedure and guidelines for Prevention of Sexual Harassment cell to new members.
- Prof. Rakhi Phandse concluded the meeting with the vote of thanks for the meeting.

Dr. (Prof.) Aradhna Michael
Principal
Choithram College of Nursing
Manik Bagh Road,
Indore-452014 (M.P.) India



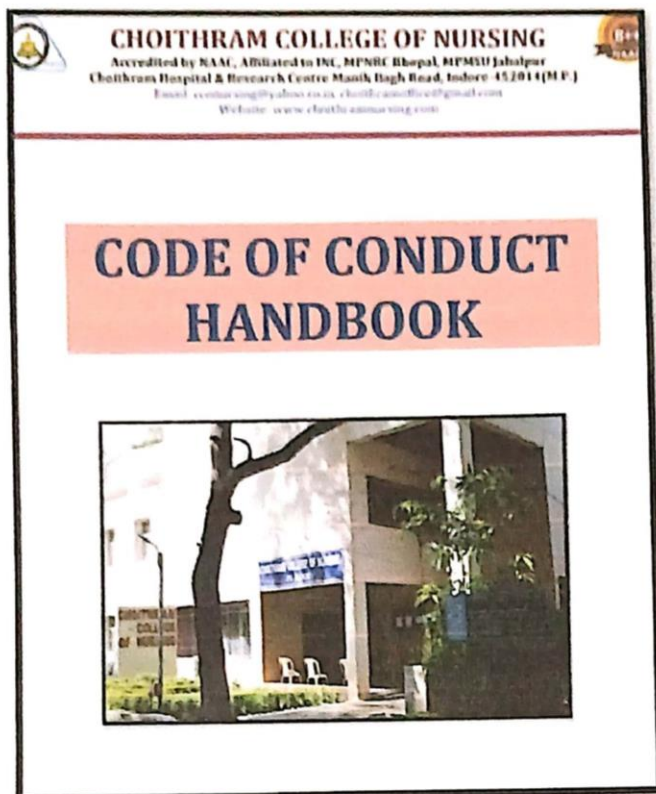
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• Principal: +91-731-4939909

E-mail : cconursing@yahoo.co.in, choithramoffice@gmail.com
Website : www.choithramnursing.com



Code of Conduct Handbook for Students and Staff





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In an effort to empower female students and equip them with essential knowledge and skills, a series of awareness programs were organized.

List of Programs organized during the year 2021-2022:

S.No	Event	Date And Duration	Beneficiary
1.	Session on Self Defence Training	14 th March 2022 to 17 th March 2022 3PM – 5PM (4 days training for 2 hours daily)	64 B.Sc. (N) 4 th Year students
2.	Women's Equality Day (Oath taking) Programme	26 th August 2022	All faculty members of Choithram College of Nursing and students (235)
3.	"Training on Self- Defence"	13/9/2022 9:00-11:00AM	70 B.Sc. Nursing Students


Coordinator


IQAC Coordinator


Principal
Choithram College of Nursing
Manik Bagh Road,
Indore-452014 (M.P.) India





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ANNUAL REPORT ON GENDER SENSITIZATION AND ACTION PLAN [2022-2023]



**CHOITHRAM COLLEGE OF
NURSING, INDORE**





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CHOITHRAM COLLEGE OF NURSING

Institutional Year 2022-2023

7.1.2 Measures initiated by the institution for the promotion of gender equity during the last five years.

ACTION PLAN

S.No	Action	Probable month/Date
1.	An awareness program on "Threat & Cyber Security"	August 2022
2.	Interactive session on "Reproductive Rights"	November 2022
	Gender Sensitization Workshop: Workplace Dynamics	November 2022
3.	E- Program on the theme "Success is your Birth right"	December 2022
4.	International Women's Day on the theme "DigitALL: Innovation and technology for gender equality".	March 2023
5.	Instructional Lecture on "Fire and Safety"	April 2023
6.	Gender Sensitization Art and Culture Exhibition	June 2023
7.	Training Session on "Self Defence"	July 2023
8.	"Embrace equity" theme of the year. "Expert Talk" by Dr. Mala Singh Thakur on the Topic: "The role of Women in Society: Perspective and Discourse".	August 2023

IMPLEMENTATION

S.No	Event	Date And Duration	Beneficiary
1.	An awareness program on "Threat & Cyber Security"	10 th August 2022 12 PM – 3 PM	All Batch of B.Sc. Nursing and M.Sc, Nursing with Faculty members of Choithram College of Nursing





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2.	Interactive session on "Reproductive Rights"	10 th November 2022 3 PM – 4 PM	71- students of B.Sc. (N) I st Year students.
3.	E- Program on the theme "Success is your Birth right"	12 th December 2022 1PM – 2 PM	69 B.Sc. (N) II nd Year students.
4.	International Women's Day on the theme "DigitALL: Innovation and technology for gender equality".	9 th March 2023 3:30 PM – 5 PM	All faculty members of Choithram College of Nursing
5.	Instructional Lecture on "Fire and Safety"	25 th April 2023 4 PM - 5 PM	All Batch of B.Sc. Nursing with Faculty members of Choithram College of Nursing
6.	Training Session on "Self Defence"	21 st July 2023 9 AM -11 AM	71 B.Sc. (N) I st Year students.
7.	"Embrace equity" theme of the year. "Expert Talk" by Dr. Mala Singh Thakur on the Topic: "The role of Women in Society: Perspective and Discourse".	25 th august 2023 3 PM -5 PM	I st , II nd & III rd Year B.Sc. Nursing Students with Faculty members of Choithram College of Nursing


Coordinator


IQAC Coordinator


Principal





CHOITHRAM COLLEGE OF NURSING
ANNUAL REPORT ON GENDER SENSITIZATION
2022-2023

At Choithram College of Nursing, we believe that gender sensitization is a crucial aspect of creating an inclusive, equitable, and supportive environment for all. Our commitment to promoting gender equality and fostering a culture of respect and understanding is reflected in our comprehensive gender sensitization programs and initiatives.

In the academic session 2022-23, Gender sensitization and women empowerment Cell organizes following events.

In order to accomplish the rights of women and girls, Choithram college of Nursing has organized an **"Expert Talk"** was organized on 25/08/2023. **"Embrace equity"** was the theme for this year. **Dr. Mala Singh Thakur**, Social activist was invited to speak on the topic: **"The role of Women in Society: Perspective and Discourse"**.

An awareness program on **"Threat & Cyber Security"** was organized by Choithram College of Nursing on **10th August 2023** in Choithram Auditorium in collaboration with MP Police. The Guest of Honor and the speaker of the session was **Dr. Varun Kapoor**, IPS, Additional Director of General of Police RAPTC, Indore and his team.

College of Nursing in Collaboration of **DANAM Foundation**, Indore has organized 2 hours **"Self-Défense Session"** for B.Sc. Nursing I year students. The primary aim of the self-defence session was to equip nursing students with practical techniques to defend themselves in potentially threatening situations encountered in their professional /Personal environment.

An Instructional Lecture was organized on **"Fire and Safety"** on **24/4/23 at 4:00-5:00 PM.** for its students and faculty members. The aim was to raise awareness about fire prevention, emergency response procedures, and safety protocols within the healthcare setting.





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On the occasion of **International Women's Day** Choithram College of Nursing has organized sports activity (Recreational activity) on 9/3/2023 for all faculty members to focus on Holistic development.

Additionally, a special e- program was organized for women empowerment through zoom application on 12 /12/22 at 1:00 pm on the theme "**Success is your Birth right**".

A session on "**Reproductive Rights**" was conducted for the First -year B.Sc. Nursing students on 10th Nov.2022 (Friday) at UG Block, Choithram College of Nursing. The session aimed to educate students on the critical topic of reproductive rights, highlighting its significance in nursing practice and healthcare.

Through targeted initiatives, we aim to equip our students with the knowledge and empathy needed to address gender-related challenges in healthcare. Our commitment extends to organizing special seminars, inviting experts, and providing support services, ensuring that our graduates emerge as compassionate and gender-sensitive healthcare professionals.

Note: All the Photographs, circular and flyers are attached with individual report.

Principal
Choithram College of Nursing
Manik Bagh Road,
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CHOITHRAM COLLEGE OF NURSING ANNUAL GENDER SENSITIZATION ACTION PLAN 2022-2023

The annual gender sensitization plan for Choithram College of Nursing aims to promote gender equality and create a supportive environment. Key Features include:

- Celebrate International Women's Day and other relevant occasions with events.
- Provide guidance for a safe and inclusive environment.
- Facilitate open discussions on gender rights through the interactive sessions, or discussions.
- Encourage student-led initiatives promoting gender equality.
- Collaborate with external organizations working on gender issues.
- Invite guest speakers to share insights and experiences.
- Organize workshops on cybercrime, safety, and security, specifically for female students.


PRINCIPAL

Principal
Choithram College of Nursing
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Gender Sensitization Annual Action Plan Action Taken Report 2022-2023

This year, our institution has taken significant steps to promote gender equality and ensure a safe and inclusive environment.

We celebrated International Women's Day on March 9, 2023, and other notable occasions such as Women Equality Day on August 25, 2023, with events that highlighted women's achievements and contributions.

To foster a safe and inclusive campus, we provided comprehensive guidance and resources, ensuring all students feel secure and valued.

We also collaborated with external organizations dedicated to gender issues, enhancing our efforts and broadening our impact. Notably, our institution signed a Memorandum of Understanding with the DANAM Foundation, an NGO working for women's safety and rights.

Guest speakers, including leaders and activists, were invited to share their insights and experiences, enriching our community's knowledge and perspective. Students attended an e-webinar on "Women Empowerment" on November 10, 2022.

Additionally, Institution organized specialized workshops on fire safety, cybercrime, safety, and security, with a particular focus on the needs and concerns of our female students, equipping them with essential skills and information to navigate the digital world safely.





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List of gender Equality sensitization programmes organized by the institution during the year 2022-2023.

S.No	Event	Date And Duration	Beneficiary
1.	Interactive session on "Reproductive Rights"	10 th November 2022 3 PM – 4 PM	71 students of B.Sc. (N) I st Year students.
2.	E- Program on the theme "Success is your Birth right"	12 th December 2022 1PM – 2 PM	69 B.Sc. (N) II nd Year students.
3.	International Women's Day on the theme "DigitALL: Innovation and technology for gender equality".	9 th March 2023 3:30 PM – 5 PM	All faculty members of Choithram College of Nursing
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6.	An awareness program on "Threat & Cyber Security"	10 th August 2023 12 PM – 3 PM	All Batch of B.Sc. Nursing and M.Sc, Nursing with Faculty members of Choithram College of Nursing
7.	"Embrace equity" theme of the year. "Expert Talk" by Dr. Mala Singh Thakur on the Topic: "The role of Women in Society: Perspective and Discourse".	25 th august 2023 3 PM -5 PM	I st , II nd & III rd Year B.Sc. Nursing Students with Faculty members of Choithram College of Nursing





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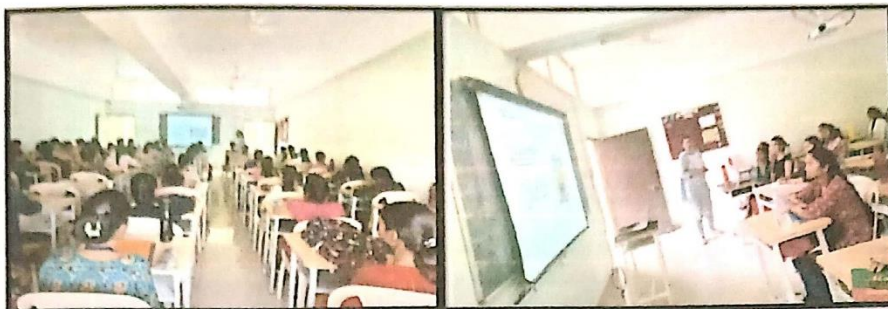
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Glimpses of Events Conducted in year 2022-2023



Instructional session on "Reproductive Rights"



E-webinar on Women Empowerment, 12/12/2022



International Women's Day





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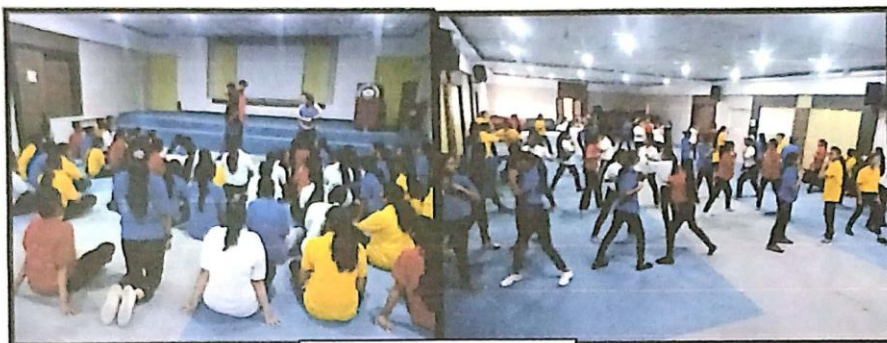


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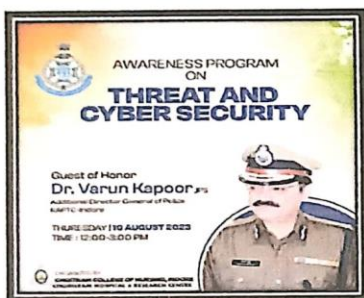
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Fire and safety Workshop



Self-Defence Training



Awareness session on Threat and Cyber Security





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Women Equality Day 2023


Coordinator


IQAC Coordinator


Principal
Choithram College of Nursing
Manik Bagh Road,
Indore-452014 (M.P.) India

