

**WOMEN'S CELL**

**IQAC**



**LALA RURAL COLLEGE, LALA**

### **Overview of Women's Cell, IQAC, Lala Rural College, Lala**

The goal of Women's Cell, IQAC, Lala Rural College, Lala is the overall development in all spheres of their life. The targeted group includes all girl students, women from nearby community and primary and secondary level students of nearby schools.

The Women's Cell of Lala Rural College was established in 2015 with aims of empowering and orienting women to recognize their true potential and to help them attain their own stand in a competitive world. The aim of the cell is also to enhance understanding of issues related to women. The Women's Cell endeavours to support the overall welfare of both female students and the teaching and non-teaching women staff at the college.

#### **2015-2016**

Dr. Seema Rekha Das (Chairperson)

Mrs. Anuradha De (Convenor)

#### **2016-2019**

Mrs. Anuradha Saha (Chairperson)

Dr. S. Bebita Devi (Convenor)

The cell was constituted vide Resolution No.3 adopted in the meeting of the IQAC dated **26/01/2019** with the following members:

Mrs. Anuradha Saha (Chairperson)

Dr. S. Bebita Devi (Convenor)

Dr. Lakshmi Nath (Member)

Dr. Mayurakshi Nath (Member)

Dr. Sonali Roy (Member)

The Cell was reorganised vide Resolution No. 10 adopted in the meeting of the IQAC dated 18/01/21. The present Women's Cell, IQAC, Lala Rural College, Lala comprises of the following members:

Sl. No	Name of the members	Designation	Contact No
1	Dr. Himabrata Chakravarty	Principal	8638873165
2	Dr. Ng. Dayamay Singha	Co-ordinator, IQAC	7002488782
3	Dr. S. Bebita Devi	Convenor	7002155702
4	Dr. Lakshmi Nath	Member	7637965465
5	Miss Anamika Khersa	Member	7636915988

Principal

Co-ordinator, IQAC

(Dr. Himabrata Chakravarty)

(Dr. Ng. Dayamay Singha)

Lala Rural College, Lala

Lala Rural College, Lala

## **Objectives of Women's Cell: -**

- To enhance self-esteem and self confidence among women students and staff
- To foster decision making ability.
- To increase awareness of women related social issues, health, employment and gender related matters.
- To realize role of women in building up of a healthy society.
- To provide and maintain a dignified, congenial working environment for women employees (including teaching, non-teaching and contractual workers) and students, where they can work, study and explore their potential to the fullest.

## **Mission of the Cell:**

**Promote Gender Equality:** We strive to create an environment where every woman, regardless of her background, feels equal, respected, and empowered. We aim to eliminate gender-based discrimination and stereotypes.

**Raise Awareness:** We are dedicated to raising awareness about women's rights, gender issues, and the importance of a respectful and inclusive campus culture. We conduct workshops, seminars, and campaigns to educate our college community.

**Provide Support:** We offer a safe space for women to seek guidance, support, and counseling for any issues they may face, be it academic, personal, or professional. We connect them with relevant resources and services.

**Prevent Harassment and Violence:** Our cell is committed to preventing and addressing instances of harassment, violence, and discrimination against women. We work closely with college authorities to ensure swift and fair redressal of complaints.

**Celebrate Achievements:** We celebrate the achievements and contributions of women in our college community, whether in academics, sports, arts, or any other field. We aim to inspire and empower women to reach their full potential.

**Foster Leadership:** We provide opportunities for women to develop leadership skills and take on active roles in various college activities. We believe in nurturing future leaders who can bring about positive change.

**Collaborate and Network:** We actively collaborate with external organizations, NGOs, and institutions working for women's rights and empowerment. We also encourage networking among our college's alumnae for mentorship and support.

**Regularly Review and Improve:** We continually assess our programs and initiatives to ensure their effectiveness and relevance. We engage in open dialogue with the college community to gather feedback and make improvements.

## **Vision of the Cell:**

**Online Support Services:** Develop a user-friendly online platform that provides immediate support and information to women facing issues such as harassment, discrimination, or mental health concerns. Ensure 24/7 accessibility for urgent assistance.

**Skills and Empowerment Workshops:** Organize a series of workshops focusing on building practical skills, including financial literacy, self-defense, negotiation skills, and leadership development, to empower women both personally and professionally.

**Mentorship Programs:** Establish mentorship programs that connect female students with experienced women in various fields, including academia, business, and the arts. This can provide valuable guidance and networking opportunities.

**Awareness Campaigns:** Launch comprehensive awareness campaigns on campus and in the surrounding community to address issues such as consent, cyber bullying, gender-based violence, and mental health. Use various media channels, including social media, to reach a broader audience.

**Research and Publications:** Encourage students and faculty members to conduct research on gender-related topics and publish their findings in college journals or present them at conferences. This can contribute to a broader academic dialogue on gender issues.

**Collaborations with NGOs:** Forge partnerships with local and national non-governmental organizations (NGOs) working on women's rights and empowerment. Collaborative efforts can amplify the impact of initiatives and provide access to additional resources.

**Regular Feedback Mechanism:** Establish a feedback system that allows women in the college community to provide input on the effectiveness of Women's Cell programs and suggest areas of improvement.

**Legal Advice:** Partner with legal professionals to provide legal aid clinics, where students can receive guidance on legal matters related to gender-based issues, including filing complaints and seeking redressal.

**Collaborative Events:** Organize collaborative events with other college clubs and organizations to promote cross-disciplinary discussions and projects related to women's empowerment.

**Financial Assistance:** Explore opportunities for scholarships and financial aid specifically targeted at supporting female students, especially those facing economic challenges.

**Annual Report:** Publish an annual report summarizing the Women's Cell's achievements, challenges, and future goals. Share this report with the college community and stakeholders to maintain transparency.

By implementing these future plans and initiatives, the Women's Cell, IQAC, Lala Rural College, Lala will be able to continue to evolve and make a lasting impact on the lives of women within the college community and beyond.

**Activities: -**

- Organizing Workshops related with Health and Hygiene on topics such as menstrual hygiene, reproductive health, nutrition, and mental well-being. Invite healthcare professionals to provide information and guidance to female students.
- Conduct awareness campaigns on women's rights and gender equality. Teach students about laws related to sexual harassment, domestic violence, and workplace discrimination.
- Invite legal experts to conduct workshops on women's legal rights and responsibilities. Cover topics such as marriage, divorce, property rights, and workplace rights.
- Provide career counseling sessions that focus on job opportunities, resume building, interview preparation, and entrepreneurship. Encourage female students to explore diverse career options.
- Celebrate International Women's Day, Women's History Month, and other relevant events by organizing awareness programs, discussions, and cultural events that promote gender equality and women's empowerment.
- Encourage students to engage in community service and outreach programs that focus on women's issues, health, and education.

Dr. S. Bebita Devi

Convener

Women's Cell, IQAC, Lala Rural College

**Some of the Activities undertaken by Women's Cell, IQAC, Lala Rural College, Lala**

- On 24<sup>th</sup> march, 2018, a Protest March was launched in collaboration with NSS Unit, LRC against the heinous act of rape and murder of a young girl named Kinirung Reang. An amount of Rs.23,000 as a financial aid from the college family including the teaching fraternity, students and office bearers was handed over to the bereaved family.
- On 8<sup>th</sup> March 2019, Women's Cell, Lala Rural College celebrated International Women's Day. Keeping in view the sensitization of the status and security issues of women, self-defense technique was demonstrated then followed by plantation of saplings in the college campus. Besides, art competition was also conducted as a mark of celebration on the theme of 'Women and society'.
- On 19<sup>th</sup> March, 2019, for a noble and humanitarian work the Cell extends their hand to the needy people by arranging a programme for handing over the old cloths to a government registered NGO called 'Thunder Bolt'.
- On 20<sup>th</sup> March, 2019, Women's Cell, Lala Rural College in collaboration with Career Counseling Cell, IQAC, Lala Rural College and Ramanujan: Institute of Competitive Exams' organized a career counseling programme in the college premises.
- On 27<sup>th</sup> March, 2019 Women's Cell, Lala Rural College organized an awareness programme in the college premises on the use of EVM\VV PAT.
- On 1<sup>st</sup> October. 2019 Women's Cell, IQAC, Lala Rural College in collaboration with District Legal Health Society organised an awareness programme on Mental Health with an objective of targeted intervention cum screening camp.
- 'On 20<sup>th</sup> October 2020, Women's Cell, Lala Rural College, arranged a programme for handing over the old cloths to an NGO named Native Pride Club.
- On Saturday 26<sup>th</sup> February 2022 under the joint auspices of Lions Club, Cachar Cancer Hospital, Amrutanjan Health Care and Women's Cell, Lala Rural College, Lala an awareness programme on Breast Cancer was organized at Lala Rural College auditorium.
- On 8<sup>th</sup> March, 2022, Women's Cell, IQAC, Lala Rural College, Lala, in collaboration with All Assam College teachers Association (ACTA), Karimganj–Hailakandi Zone celebrated International Women's Day at Native Pride Club, Rongpur, centered on the theme of "Gender equality today for a sustainable tomorrow". Dr. Manisha Chakrabarty (Banik), Medical Officer,

Katlicherra, BPHE talked on the awareness on health and hygiene. Besides, sanitary napkins were distributed to the women-folk of the village.

- On 9<sup>th</sup> June, 2022 as ‘one-day training workshop on facial and bridal makeup ‘organized by the Women's Cell of Lala Rural College. This event was made possible through collaboration with the Lions Club, Lala and Urban Color Cosmetics London. The workshop aimed to empower and educate both college students and women from various communities in Lala area on skincare and makeup techniques.
- On 26<sup>th</sup> January, 2023 to encourage and promote an atmosphere of artistic excellence and impetus to the budding artists among the students of Lala Rural College, the Women’s Cell, IQAC, Lala Rural College organized an arts and crafts exhibition.
- On 5<sup>th</sup> April, 2023 to commemorate the Platinum Jubilee of Hon’ble Gauhati High Court, Guwahati, Women’s Cell, IQAC, Lala Rural College in collaboration with the District Legal Services Authority, Hailakandi organized an awareness programme on the legal issues faced by women in the precincts of Lala Rural College.
- Keeping in tune with other institutions and forums across the globe, the NSS unit and Women’s Cell, IQAC of Lala Rural College observed ‘World No Tobacco Day’ on May 31<sup>st</sup> in the college auditorium in association with DTCC (District Tobacco Control Cell), Hailakandi and DLSA (District Legal Services Authority), Hailakandi to raise awareness about the harmful effects of tobacco use and to promote a tobacco-free lifestyle.
- On 16<sup>th</sup> March, 2023 the International Women’s Day was celebrated at Lala Rural College, Lala. The first session incorporated a Stress Management Programme titled, ‘**Arogya**’. The second session of the programme was arranged to include all the designated speeches centered on the theme of International Women’s Day for the year 2023: “**Digit All: Innovation and technology for gender equality**”