CHRIST
(DEEMED TO BE UNIVERSITY)
BANGALORE | DELHI NCR | PUNE

5 SDG GENDER EQUALITY

ANNUAL REPORT

2024-25

When Equality Wins, Everyone Wins



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Acapella Group Performance

Date: 12 February, 2024
Venue: Bangalore, Central Campus
No. of participants: 25

The activity was an Acapella performance by a student group from the Department of Western Music, School of Arts and Humanities, CHRIST (Deemed to be University), Bangalore, held on 12th February 2024 in the Main Auditorium, as part of the university's Sustainability Week celebrations, organised in collaboration with the SDG Cell, which mainly aligned with SDG 5. The performance was held to open Sustainability Week on a celebratory note and to showcase the department's musical talent, while inviting department students, faculty, and other attendees to engage with the week's broader sustainability and inclusivity themes. It was carried out through a live vocal performance by student singers, both boys and girls of the Department of Western Music, at the inaugural ceremony, setting an engaging and uplifting tone for the events to follow. In terms of impact, the performance successfully energised the audience. It generated enthusiasm for the week's programming, reinforcing the department's active role in university-wide initiatives and demonstrating how the arts can be woven into awareness-building efforts around sustainability and community engagement.



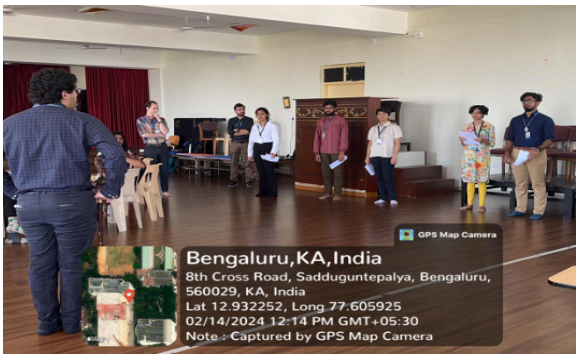




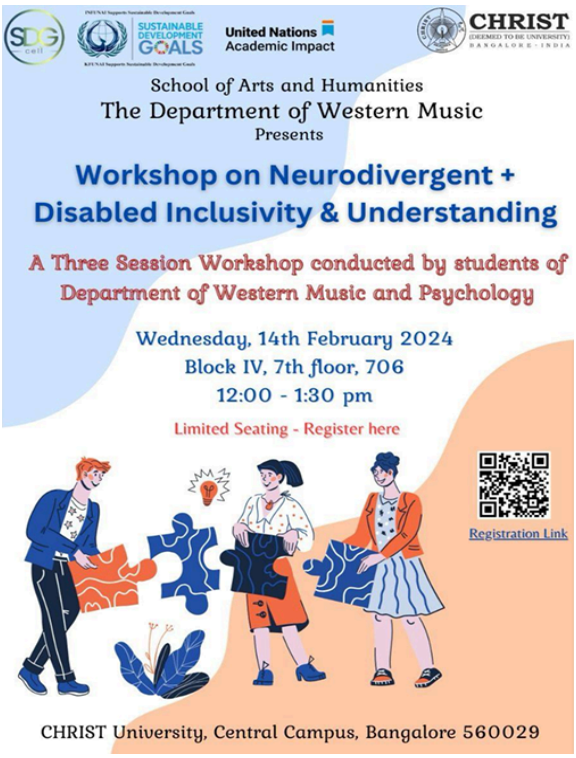
Workshop on Neurodivergent and Disabled Inclusivity + Understanding

Date: 14 February, 2024
Venue: Bangalore, Central Campus
No. of participants: 25

The activity was a workshop titled "Neurodivergent and Disabled Inclusivity + Understanding," organised by students of the Department of Western Music and Psychology at CHRIST (Deemed to be University), Bangalore, held on 14th February 2024 at the 706 Concert Hall, Block IV, as part of Sustainability Week in collaboration with the SDG Cell, with 25 participants attending through registration. The workshop was conducted to build awareness and understanding around neurodivergence and disability, addressing concepts of normality, inclusion, and institutional accommodation that are often underexplored in mainstream academic settings. It was facilitated by student presenters Dhruv Deepak, Azriela Maben, Deekshitha Raj, and Geethika R., who began with a hands-on primer activity simulating a range of tasks to introduce core concepts, followed by an open discussion connecting neurodivergence, disability, and education, along with shared personal experiences relevant to the topic. In terms of impact, the session deepened participants' understanding of inclusivity and the role of institutional support systems, encouraged empathetic dialogue among students, and generated sufficient engagement to plan two follow-up sessions, along with a longer-term framework for future workshops on neurodivergence and disability-related issues.







Stall: Showcasing Various Activities- Department of Western Music

Date: 15 February, 2024
Venue: Bangalore, Central Campus
No. of participants: 25

The activity was a stall organised by the Department of Western Music, School of Arts and Humanities, CHRIST (Deemed to be University), Bangalore, held on 15th February 2024 at Garden Street, as part of Sustainability Week and School of Arts and Humanities Day, in collaboration with the SDG Cell. The stall was set up to showcase the department's initiatives and activities aligned with SDG 5 (Gender Equality), etc., engaging the wider student and faculty community in an informal, interactive setting. It was carried out through a range of games and activities, including a crossword puzzle centred on women composers and additional activities focused on health and well-being, all hosted by student volunteers from the department. In terms of impact, the stall successfully drew in a diverse audience, sparked curiosity and conversation about gender representation in the history of classical music, and reinforced awareness of well-being and inclusivity themes, contributing to a lively and participatory close to the department's Sustainability Week programming.



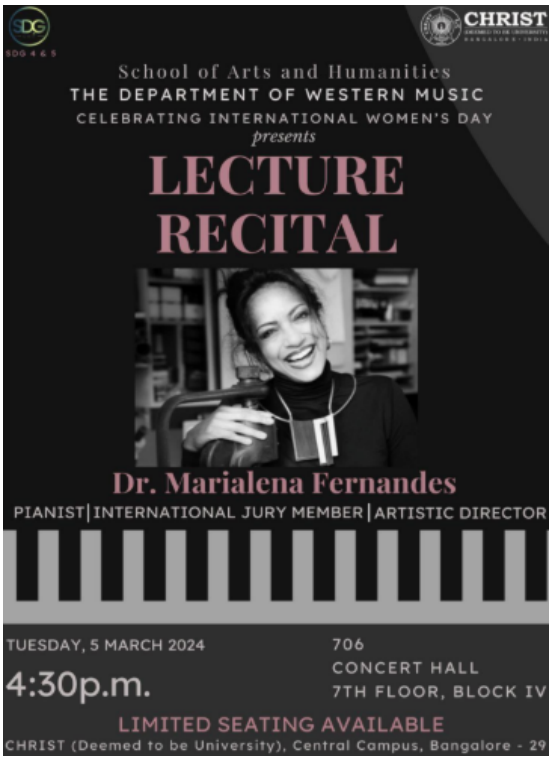
Lecture Recital

Date: 5 March, 2024
Venue: Bangalore, Central Campus
No. of participants: 100

The activity was a "Lecture Recital" organised by the Department of Western Music, School of Arts and Humanities, at CHRIST (Deemed to be University), Bangalore, in collaboration with the SDG Cell, held on 5th March 2024 at the 706 Concert Hall, Block IV, with around 100 participants, including department students, faculty, and other interested attendees. The activity was conducted to celebrate International Women's Day and to expose students to a distinguished woman artist's perspective on music, aligning with SDG 5 (Gender Equality). It was carried out through a performance-cum-talk by Dr Marialena Fernandes, an internationally acclaimed pianist, artistic director, and Professor of Chamber Music at the University of Music and Performing Arts, Vienna, who performed selected pieces from the Western classical canon while sharing insights on the distinction between "hearing" and "listening," identifying musical voices, and interpreting foreground and background elements in compositions. The impact of the activity was notable: the interactive format encouraged students to develop subjective interpretations of the pieces performed, Dr Fernandes' passionate approach inspired and motivated the audience, and her emphasis on removing words like "mistake" or "error" helped ease performance anxiety, fostering musicality, emotional expression, and confidence among student musicians, with plans to invite her for future sessions.







Collage Making Competition

Date: 20 March, 2024
Venue: Delhi NCR Campus
No. of participants: 30

SDG Cell, in collaboration with the Samvad Club, had organised an inter-school collage-making competition. The activity was held to mark International Women's Day, celebrating women's achievements worldwide, promoting Gender Equality, and encouraging reflection on ongoing efforts toward women's empowerment and inclusivity. Participants took part, working across sub-themes such as breaking stereotypes, women in STEM, politics, sports, entrepreneurship, art, and humanitarian work. The event unfolded in two stages: collage creation in the B-Block basement activity area, followed by presentations in the Seminar Hall in A-Block, with judges assessing entries for creativity, originality, thematic relevance, and overall impact, and concluding with a prize distribution. Feedback from 25 respondents was overwhelmingly positive, with 96% rating their experience as excellent or good and 80% finding the sub-themes highly relevant. The activity successfully raised awareness of gender equality, sparked meaningful dialogue among participants, and reinforced the institution's commitment to advancing women's empowerment through creative, community-driven engagement.







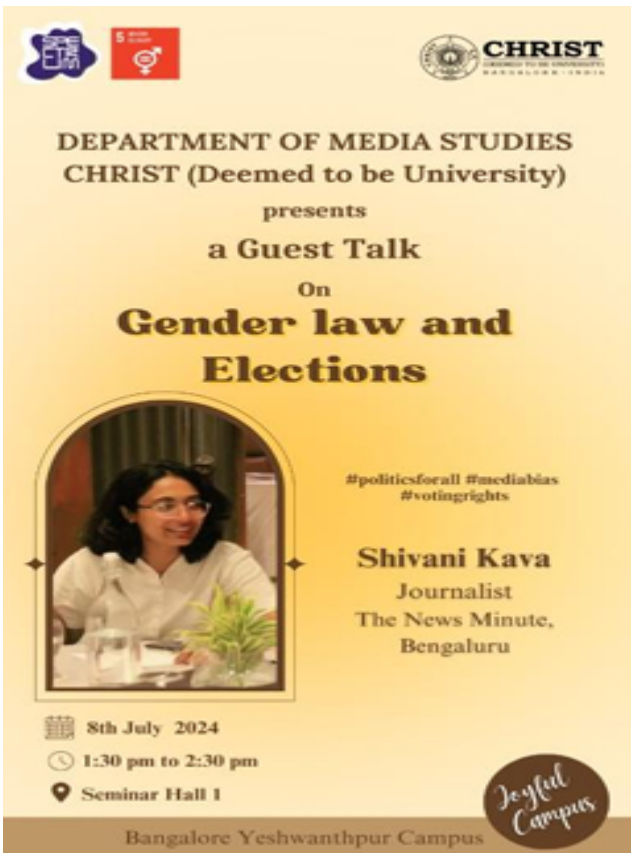
Gender, Law, and Elections

Date: 8 July, 2024
Venue: Bangalore, Yeshwanthpur Campus
No. of participants: 285

The Department of Media Studies organised a guest talk titled "Gender, Law and Elections," marking the inaugural event of its student club, The Spectrum. The activity aimed to deepen students' understanding of gender inclusivity in governance, elections, and media representation. It was held as a two-hour interactive session in Seminar Hall 1, Block A, featuring journalist Shivani Kava of The News Minute, Bengaluru, who addressed around 285 Media Studies students. She spoke on issues such as the sexual abuse allegations against Prajwal Revanna, Karnataka media's political coverage, women's participation and rising voter turnout in elections, the women's reservation bill, and the challenges of working in male-dominated newsrooms, followed by an engaging Q&A session. The talk had a strong academic and professional impact, giving students real-world context for their theoretical media studies and exposing them to the practical challenges of gender-sensitive journalism. Feedback was highly positive, with students particularly valuing direct interaction with a working journalist and the discussion's relevance to current events, which generated strong interest in similar future sessions.







Gender Sensitivity

Date: 26 July, 2024
Venue: Yeshwanthpur Campus
No. of participants: 65

The activity was a Freshers Orientation Session titled "Gender Sensitivity," organised by the Department of Media Studies, CHRIST (Deemed to be University), Bangalore Yeshwanthpur Campus, held on 26th July 2024, in Class 1 BACP, Room B-502, with 65 first-year Media Studies students in attendance. The session was conducted to introduce incoming students to concepts of gender sensitivity, stereotypes, discrimination, and empowerment as part of their orientation into university life. Dr Sucheta Sankar V. delivered it from the Department of English and Cultural Studies, who explained the distinction between sex and gender, discussed how gender-based expectations create dysregulation in individuals and relationships, and illustrated these concepts through case studies, including one on career choice being shaped by fear of societal judgment and another on children's biased emotional reactions to a female CEO. In terms of impact, the session equipped students with practical takeaways to educate themselves, challenge stereotypes, and act as allies to all genders; it fostered healthy, open dialogue on gender expectations, made students more conscious of their own behaviors in a social university setting, and created a safe, welcoming platform for freely expressing thoughts and opinions, with feedback highlighting the speaker's clarity and the value of the interactive Q&A session.





Gender Studies Committee Orientation

Date: 30 July, 2024
Venue: Bangalore, Central Campus
No. of participants: 318

The activity was the "Gender Studies Committee Orientation for First-Year Students," organised by the Gender Studies Committee, School of Law, CHRIST (Deemed to be University), Bangalore, held on 30th July 2024 across first-year classrooms, with all first-year law students in attendance. The orientation was conducted to introduce incoming students to gender studies and its intersection with legal practice, and to encourage active participation in committee initiatives. It was carried out by committee convenors Anshika Misra and Manasvi Kaushik, along with core committee members, through an overview of gender studies, an explanation of the committee's mission and past activities, and interactive discussions on contemporary gender issues. In terms of impact, students gained a foundational understanding of gender sensitivity in legal practice and awareness of gender-related legal challenges, leaving them motivated to engage in future committee-led advocacy efforts. The committee subsequently opened applications for general body membership.



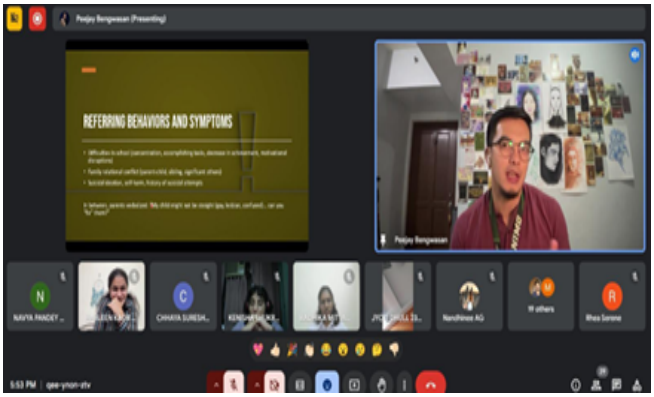




Global Perspectives on Gender Affirmative Counselling: Exploring Cultural Approaches and Practices

Date: 13 September, 2024
Venue: Delhi, NCR Campus
No. of participants: 34

The activity was a virtual workshop titled "Global Perspectives on Gender Affirmative Counselling: Exploring Cultural Approaches and Practices," organised by the Department of Psychology, School of Humanities and Social Sciences, in collaboration with the International Cell, held via Google Meet with 34 participants. The workshop was conducted to raise awareness among psychology students about gender-inclusive counselling practices, particularly for the LGBTQ+ community, and to expose them to globally informed, culturally sensitive approaches in therapeutic settings. It was carried out through a one-hour session by guest speaker Dr Peejay D. Bengwasan, a psychologist and psychometrician from the Philippines, who compared gender-affirmative counselling practices across the Philippines, North America, and Europe using real-life case studies, discussed limitations of traditional psychometric tools for gender-diverse populations, and addressed cultural sensitivity in conservative contexts, followed by a 30-minute interactive Q&A. The impact was strongly positive, with feedback from 22 respondents showing that 54.5% rated the content excellent and 40.9% rated it good. Participants gained deeper insight into inclusive counselling techniques, empathy-building, and adapting assessment tools, enhancing their preparedness for culturally sensitive, gender-affirming professional practice.







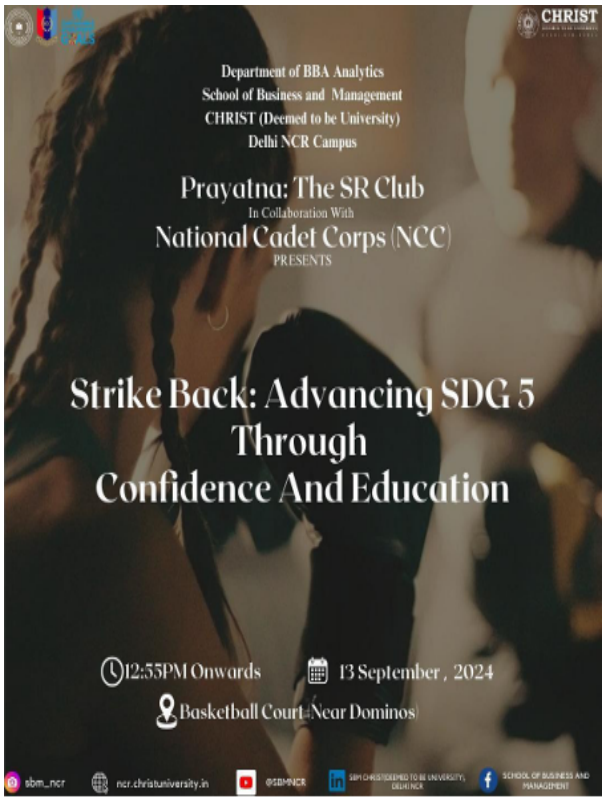
Strike Back: Advancing SDG 5 Through Confidence and Education

Date: 13 September, 2024
Venue: Delhi, NCR Campus
No. of participants: 40

The activity was a self-defence workshop titled "Strike Back: Advancing SDG 5 Through Confidence and Education," organised by the Department of BBA Analytics, School of Business and Management, with 40 students in attendance. The workshop was conducted to advance Sustainable Development Goal 5 (Gender Equality) by building confidence, awareness, and practical safety skills among students, particularly by encouraging women to protect themselves and stand up for their rights in real-life situations. It was carried out through an orientation session led by the National Cadet Corps (NCC), which briefed participants on the relevance of self-defence and demonstrated three essential techniques suited to different threat levels, ranging from stunning to incapacitating an attacker. Two Women Inspectors were then invited as special guests to deliver motivational speeches that reinforced the workshop's message, followed by a vote of thanks and a token of appreciation from the faculty coordinator. The impact was highly positive, with feedback indicating that 99.3% of attendees were satisfied, and most experiences were rated 4 or 5 out of 5. Participants left with practical self-defence knowledge, heightened confidence, and a stronger sense of personal safety and empowerment.







Understanding Women SHG: Rural Development and Empowerment Field Visit

Date: 24 September, 2024
Venue: Yelachamanahally, Karnataka
No. of Participants: 200+

The Department of Sociology and Social Work conducted an experiential field visit to Yelachamanahally to provide students with hands-on exposure to women's Self-Help Groups (SHGs) and rural development frameworks. The programme explored the financial progress of regional women's groups, whose active capital flow grew from 25 lakhs to 2 crores rupees. Structured interactions with Gram Panchayat Representatives and community leaders enabled participants to understand the horizontally integrated grassroots microfinance structure, financial management, the group decision-making process, and women's entrepreneurship in rural communities. The visit provided the students with first-hand experience in social mobilisation, participatory rural development, decentralised promotion strategies, and sustainable poverty reduction.









Empower Her: Pad Distribution for Health & Dignity

Date: 29 September, 2024
Venue: Central Road Research Institute
No. of participants: 100+ Women

"Prayatna", The SR Club of the BBA Analytics Department, School of Business and Management, organised "Empower Her: Pad Distribution for Health & Dignity" in collaboration with Warriors Without Cause NGO. The activity was conducted to address the pressing need for accessible menstrual hygiene resources for underprivileged women and to promote their health and dignity by breaking financial and informational barriers related to menstruation. It was carried out at the CSIR – Central Road Research Institute, where volunteers first held an educational session for over 100 women, explaining hygiene practices, dispelling common myths, and demonstrating the proper use of sanitary products through interactive discussion, followed by the distribution of sanitary pads to each participant. The drive had a significant impact, addressing a critical gap in menstrual health accessibility, empowering women with practical knowledge, and fostering a supportive, stigma-free environment for open conversation about menstrual health. Feedback was strongly positive: the majority of participants rated their experience highly and expressed interest in similar future sessions. At the same time, many women indicated they would share what they learned with others, extending the initiative's impact beyond the event itself.

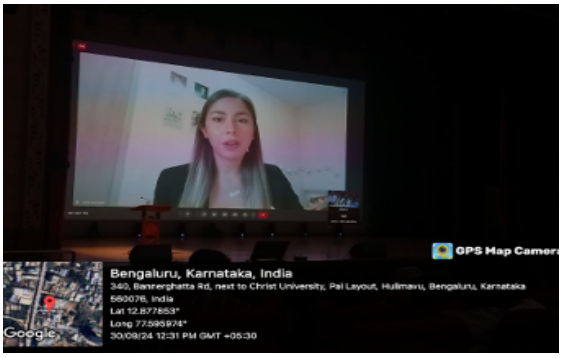




Women's Empowerment: Concepts, Policies and Practices

Date: 30 September, 2024
Venue: Bangalore, Bannerghatta Road Campus
No. of participants: 48

The Department of Media Studies, School of Arts and Humanities, organised an International Seminar titled "Women's Empowerment: Concepts, Policies and Practices" in collaboration with Akashvani, Bengaluru. The activity was conducted to foster critical dialogue on gender equality by examining the paradoxes between progress and persistent challenges in women's empowerment across education, employment, entrepreneurship, and activism. The full-day event was carried out at the Main Auditorium, structured around welcome addresses, a keynote by feminist scholar Prof. Mary E. John on the realities facing Indian women, a special address by Dr. Anjali Anand Seth on overcoming societal expectations, an inspirational session by young UN Women activist Selin Özünaldım, remarks from an MSME representative on entrepreneurship support schemes for women, and a student-led panel discussion on youth perspectives on gender equality, moderated by seminar convener Dr. Indumathi S. The seminar had a substantial academic and social impact, deepening participants' understanding of systemic gender inequalities, the role of policy interventions like procurement quotas and financial aid for women entrepreneurs, and the significance of youth-led activism in advancing gender equality. Broadcast by Akashvani, the event brought together scholars, professionals, and students, reinforcing the university's commitment to sustained advocacy and cross-sector collaboration on women's empowerment.







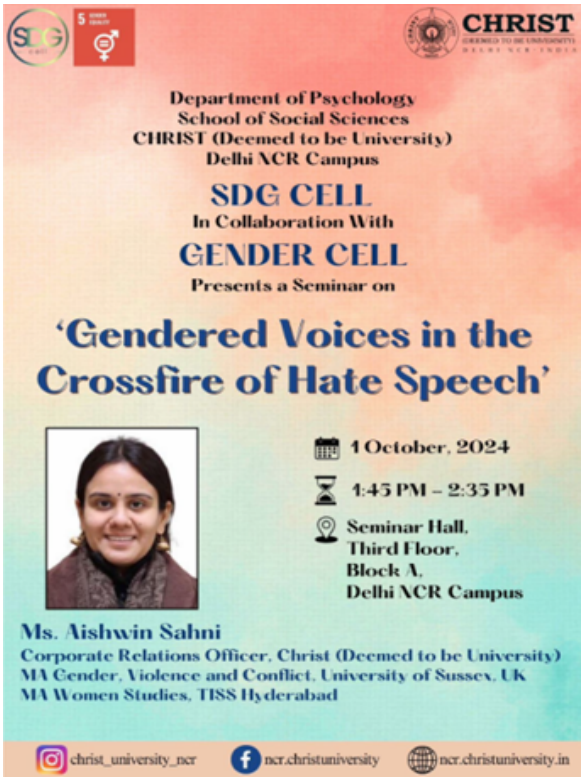
Gendered Voices in the Crossfire of Hate Speech

Date: 1 October, 2024
Venue: Delhi NCR Campus
No. of participants: 24

The SDG Cell of the Department of Psychology, in collaboration with the Gender Cell, School of Social Sciences, organised a seminar titled "Gendered Voices in the Crossfire of Hate Speech." The activity was conducted to help students understand the impact of hate speech on gender equality, in alignment with UN Sustainable Development Goal 5, and to foster critical awareness of how conflict and violence disproportionately affect women. It was conducted as a one-hour session in the Seminar Hall, Block A, led by speaker Ms Aishwin Sahni, Corporate Relations Officer at CHRIST and a gender studies scholar from the University of Sussex and TISS Hyderabad. She examined the gendered atrocities of the 1947 Partition, the practice of honour killings, the violence faced by Sikh women after Indira Gandhi's assassination in 1984, and the role of social media in spreading harmful ideologies today, supported by a personal account from a Sikh woman survivor. The session had a strong impact, deepening students' understanding of how historical trauma affects subsequent generations and encouraging critical reflection on ongoing hate speech and gender-based violence. Feedback from 24 respondents was highly positive: most rated the session as informative, engaging, and impactful, and 87.5% expressed interest in attending similar sessions in the future.



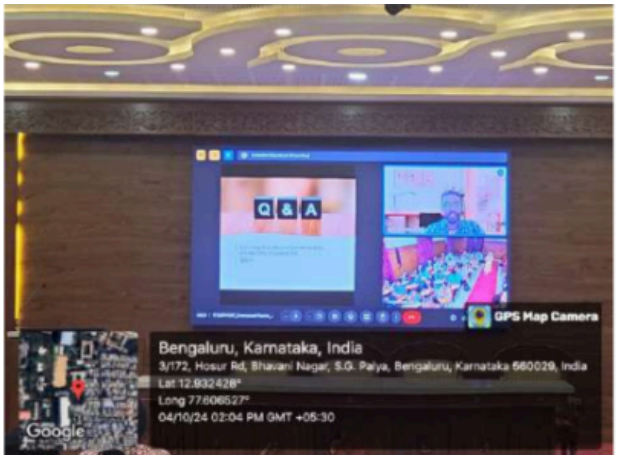




Women & Domestic Violence Seminar: Crime-Culture Matrix and Legal Frameworks

Date: 04 October, 2024
Venue: Bengaluru Central Campus
No. of Participants: 200+ (Departmental Aggregate)

The Department of Sociology and Social Work has conducted a seminar on "Women& institution lessons primary care education with a focus on domestic violence" that provided an incisive critique of gendered violence through the lens of the Bharatiya Nyaya Sanhita and to the nation, and reviewed a system of critical and inclusive ideologies of domestic violence and diverse models of laws implemented by judicial mechanisms. Focused on conceptualising the encroaching definition of institution challenges to gendered violence, conceptualising the cultural place in violence indicators, conceptualising India's crime-culture matrix, evaluating the state's and community institutional responses to disabled prospects, and redefining the state's intervention measures about the Nirbhaya case, Kathua case, etc. and gender protected laws, mental resorts of institutions, aimed at therapeutic and institutional intervention. Participated in the discussion of patriarchal spaces of institutions, such as purity rate charging procedures, policy setups, and emerging prevention structures. Emphasised on the biopsychosocial worldview of the classroom & empowerment, empowering the students with a formal analytical setup for legal remedies and institutional deliverance to the disabled prospects.





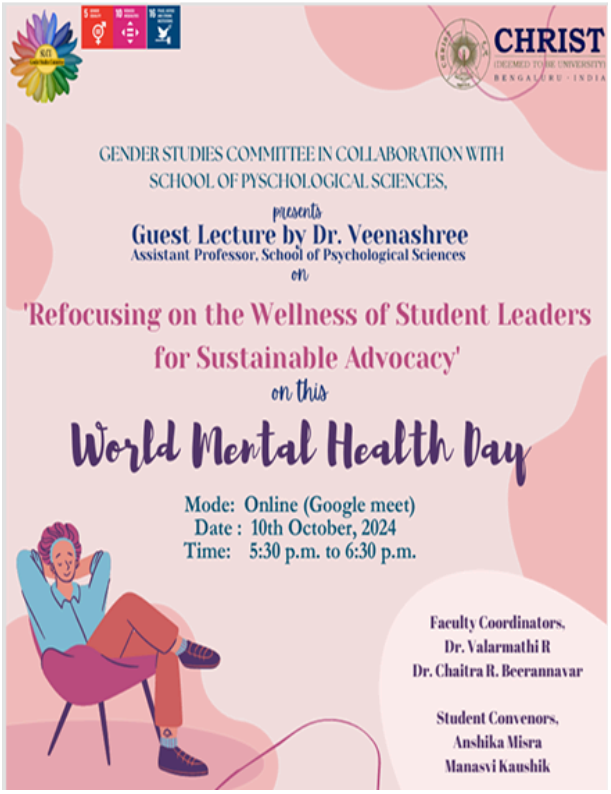
Guest Lecture: Refocusing on the Wellness of Student Leaders for Sustainable Advocacy

Date: 10 October, 2024
Venue: Online
No. of participants: 40

The activity was a guest lecture titled "Refocusing on the Wellness of Student Leaders for Sustainable Advocacy," organised jointly by the Gender Studies Committee and the Department of Psychology, CHRIST (Deemed to be University), Bangalore, held online via Google Meet on 10th October 2024, with 40 School of Law students participating. The lecture was conducted to raise awareness of student leaders' mental health and emotional well-being and their connection to sustainable advocacy work. It was delivered by Dr Veenashree, an Assistant Professor in the Department of Psychology, who shared practical stress-management techniques and encouraged the formation of peer support systems to foster a culture of collective care among student leaders. In terms of impact, participants gained a stronger understanding of the importance of self-care and emotional resilience in sustaining effective leadership, with cross-disciplinary collaboration between law and psychology enriching their perspectives on mental health in advocacy roles and prompting plans for further interdisciplinary wellness programs.







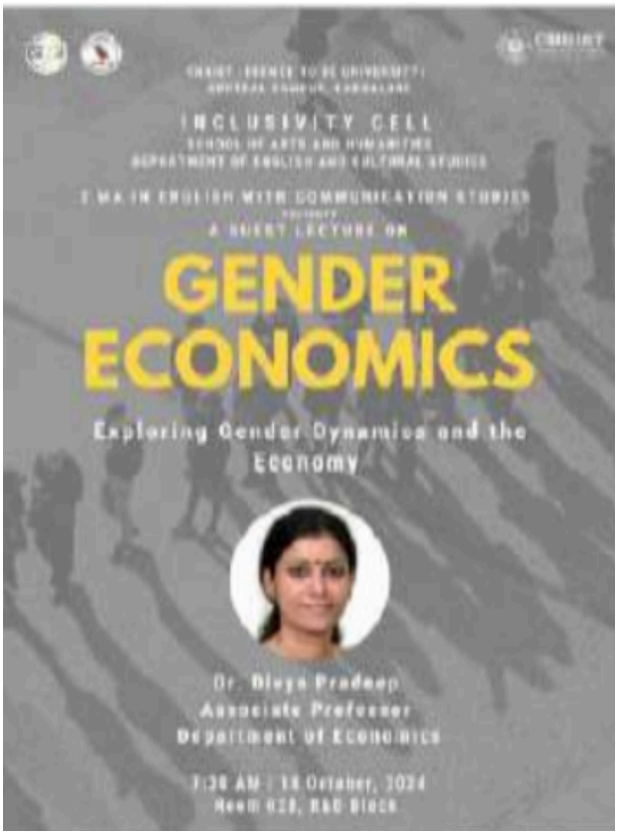
Gender Economics Workshop: Exploring Gender Dynamics and the Economy

Date: 15 October, 2024
Venue: Bangalore, Central Campus
No. of Participants: 400+ (Departmental Aggregate)

Conducted by the Department of English and Cultural Studies under the School of Arts and Humanities at CHRIST (Deemed to be University), an insightful and contextually-designed workshop, entitled 'Gender Economics- Exploring Gender Dynamics and the Economy' was organised to more exactly analyse economic models that tend to neglect women's role in the economy. Centred predominantly on unpaid care work, domestic gender disparities, and structural economic inequalities, the workshop used generic analytical tools to evaluate how gender economics intersect with macroeconomic indicators such as gendered wage gaps, economic underrepresentation, and the economic contributions of women, which are often left out of standard measurement criteria. The workshop aimed to bridge the gender pay gap, challenge existing economic modes of operation through an inclusive system for understanding economic rights, evaluate policy-led solutions, and foster students' ambitions to understand, analyse, and critique economic systems through a gendered and intersectional lens within the workplace.





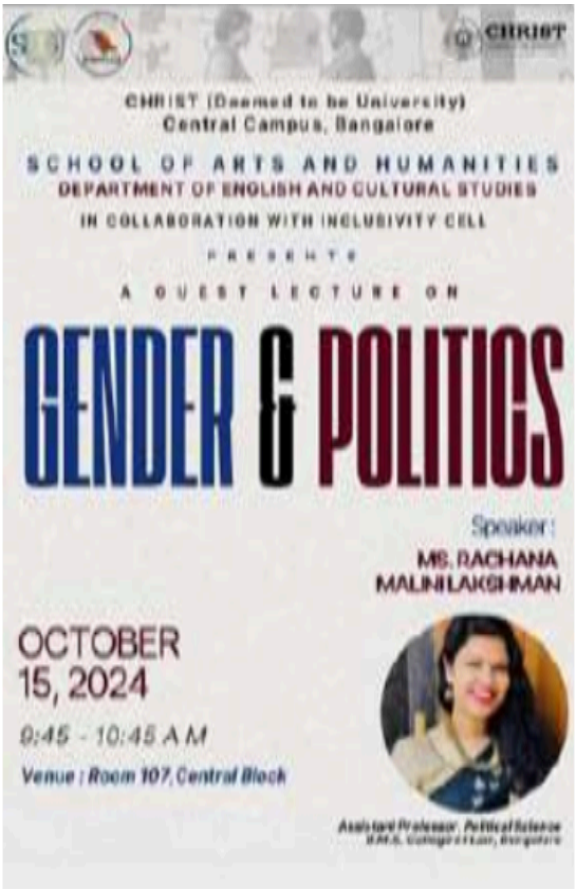


Gender and Politics: A Guest Lecture

Date: 15 October, 2024
Venue: Room 107, Central Block, Central Campus
No. of Participants: 400+ (Departmental Aggregate)

The Department of English and Cultural Studies, with the support of the Inclusivity Cell, also sponsored an expert guest lecture by Ms Rachana Kanakarathnam on 'Gender & Politics". The discussion centred on the various issues confronting women in the political sphere, encompassing political and institutional under-representation, gender-based power relations, and cultural stereotypes and assumptions. Students explored the factors of prior precedents, electoral processes, and socio-economic parameters that curb female inclusion and political decision-making within modern state mechanisms. The hosts fostered critical discussions about mechanisms to fundamentally dismantle structural limitations and further promote and intensify women's political involvement, while stimulating a detailed analysis of internal grassroots struggles juxtaposed with formal policy deletion efforts to augment students' civic consciousness and cultivate enlightened perspectives on gender-responsive, politically empowered citizenship.





Breast Cancer Awareness Session

Date: 16 October, 2024
Venue: Bangalore, Central Campus
No. of Participants: 400+

The event was organised as part of the MA in English with Communication Studies initiative undertaken by the Department of English and Cultural Studies during Breast Cancer Awareness Month. This interactive program, supported by the Department of Women's Studies, featured Dr Soumya Holla, a noted Breast Cancer Surgeon. The program addressed a focus on women's reproductive health, early diagnosis, self- breast examination practice and health check-ups. The speaker provided important clinical information intended to shed light on breast cancer, to dispel health myths, and to point out the importance of proactive healthcare by frequent checkups and early procedures to combat this disease. The participants were included in discussions of community services, health basics and physical health. The interactive program contributed significantly to eliminating false health-related conceptions, improving health-seeking attitudes, and equipping students with knowledge to help create a supportive, caring community environment. The program focused extensively on women's reproductive health, early detection strategies, self-examination routines, and preventive healthcare practices. Dr Holla delivered crucial clinical insights aimed at demystifying breast cancer, dismantling prevailing health stigmas, and emphasising the life-saving importance of routine medical screenings and timely intervention. Participants actively engaged in discussions regarding holistic care, physical well-being, and community-level health advocacy. The interactive event directly enhanced health-seeking behaviour, dispelled medical misconceptions, and equipped students with vital knowledge to foster a supportive, health-conscious community.



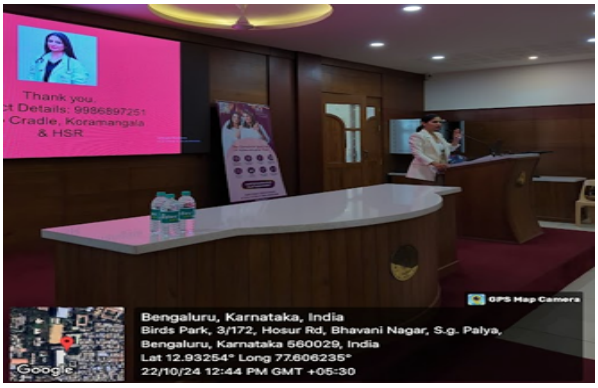




Women's Health Matters: A Holistic Approach

Date: 22 October, 2024
Venue: Bangalore, Central Campus
No. of participants: 77

The AWARDSS Cell of the Department of Statistics and Data Science, CHRIST (Deemed to be University), Bengaluru, in collaboration with the SDG Cell and Centre for Counselling and Health Services, organised an event titled "Women's Health Matters: A Holistic Approach" on 22nd October 2024, at the Panel Room, Block 2. The activity was conducted to promote a comprehensive understanding of women's health as a multidimensional issue, encouraging students and faculty to prioritise physical, mental, and emotional well-being while breaking the stigma around health-related concerns. It aimed to equip participants with practical, actionable knowledge for lifelong wellness. The session was delivered by Dr Namrata Nagendra, an experienced obstetrician-gynaecologist from Apollo Cradle, who addressed 77 participants, covering key areas such as physical health, mental wellness, nutrition, social support, and self-care, followed by an interactive Q&A session addressing personalised concerns. The impact of the activity was strongly positive: 96.9% of the 32 feedback respondents rated the speaker's knowledge and expertise 4 or 5, while 100% rated their overall experience of the session 4 or 5. Participants reported gaining valuable insights into their biological health and described the session as informative, engaging, and empowering for their personal well-being.







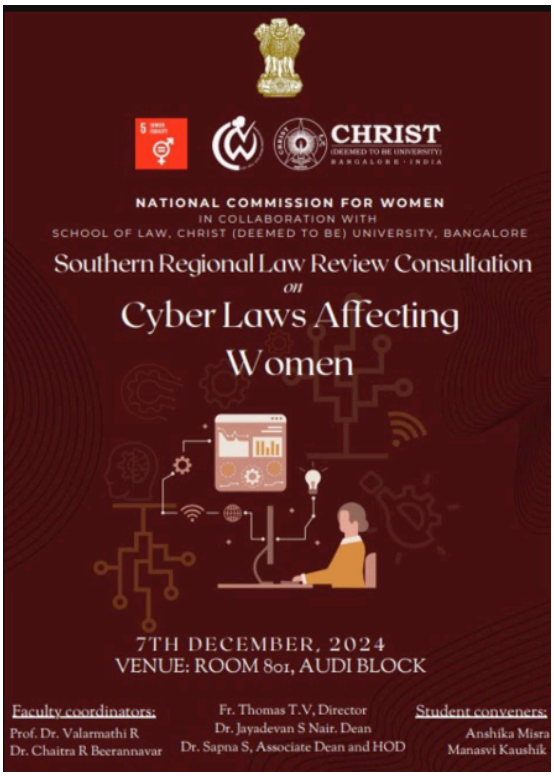
Southern Regional Law Review Consultation on Cyber Laws Affecting Women

Date: 7 December, 2024
Venue: Bangalore, Central Campus

The activity was the "Southern Regional Law Review Consultation on Cyber Laws Affecting Women," organized by the Gender Studies Committee, School of Law, CHRIST (Deemed to be University), Bangalore, in collaboration with the National Commission for Women (NCW), held on 7th December 2024 at Room 801, Auditorium Block, with judges, advocates, academicians, police officers, and industry professionals in attendance. The consultation was conducted to evaluate the adequacy of existing cyber law frameworks for protecting women and to recommend legislative reforms to address emerging digital threats. It was carried out through presentations and panel discussions by an extensive lineup of distinguished experts, including the Dean of the School of Law, NCW officials, a Karnataka High Court judge, senior police officers, cybersecurity experts, advocates, and NGO representatives, covering topics such as deepfakes, AI-driven exploitation, digital forensics, the POSH Act, and cybercrime reporting mechanisms. In terms of impact, the consultation generated concrete, gender-sensitive recommendations for cyber law reform, emphasised the need for digital literacy initiatives and stakeholder collaboration, and led to the compilation and submission of formal recommendations to the NCW for inclusion in national legislative reform proposals.







Debate: "Gender-Neutral Parenting Leave Policies"

Date: 12 December, 2024
Venue: Bangalore, Central Campus
No. of participants: 8

The activity was a debate on "Gender-Neutral Parenting Leave Policies," organised by the School of Business and Management, CHRIST (Deemed to be University), Bangalore, held on 12th December 2024 in Room 211, 2nd Floor, Central Campus, with 8 MBA students participating. The debate was conducted to explore equity across gender roles and the workforce implications of parenting leave policies, deepening students' understanding of gender-related stereotypes and economic considerations. It was carried out through a structured discussion between two teams of four MBA students, with one side advocating for gender-neutral leave to promote equality, reduce career disadvantages for women, and support diverse family structures. In contrast, the opposing side raised concerns about mothers' specific post-childbirth needs, cultural resistance, and operational challenges for smaller businesses. In terms of impact, the debate encouraged critical engagement with the balance between equity and practicality in workplace policy, helping participants better understand the societal and economic dimensions of gender-inclusive parenting leave and reinforcing the broader push toward challenging traditional gender-based barriers.







PANACEA

Date: 13 December, 2024
Venue: Bangalore, Central Campus, Online
No. of participants: 64

The activity was "PANACEA," a four-day multi-format event organized by the Gender Studies Committee, School of Law, CHRIST (Deemed to be University), Bangalore, held from 13th to 16th December 2024 across Room 501, Central Block, and online, comprising a movie screening (17 participants), an open forum (32 participants), a judgment re-writing exercise (3 participants), and a corporate presentation (12 participants). The event was conducted to foster awareness and dialogue around gender advocacy and inclusivity in both academic and professional spaces. It was carried out through a screening of "Hidden Figures" to spark discussion on gender equality, an open forum addressing gender roles and stereotypes, a judgment re-writing exercise applying a gender-sensitive legal lens, and a corporate presentation on building inclusive workplaces. In terms of impact, the event deepened students' awareness of gender barriers in STEM and legal fields. It equipped them with practical strategies for fostering inclusive environments, along with plans for continued engagement through additional workshops and the institutionalisation of gender-inclusive initiatives.







Addressing Gender Violence

Date: 18 December, 2024
Venue: Bangalore, Central Campus
No. of participants: 100+

The activity was a guest talk titled "Addressing Gender Violence," organised by Bahumukhi, the Gender Forum of the Department of English and Cultural Studies at CHRIST (Deemed to be University), Bangalore Yeshwanthpur Campus, held on 18th December 2024 at the Seminar Hall. The talk was conducted to commemorate the International Day for the Elimination of Violence against Women and to raise awareness about gender violence, aligning with SDG 5 (Gender Equality). Dr Sushma V. Murthy, from CHRIST University's Central Campus, explored how domestic and gender-based violence have been represented and normalised in literature and cultural narratives, encouraging students to deconstruct harmful stereotypes critically. This was followed by an engaging Q&A session in which participants reflected on literary examples and discussed education's role in preventing gender violence. In terms of impact, the session was highly appreciated, with most participants rating it 5/5 and expressing strong interest in similar future talks; it deepened students' critical thinking around normalised violence in cultural narratives and sparked meaningful dialogue, with organisers planning to incorporate more real-life examples and extended Q&A time in future sessions based on participant feedback.







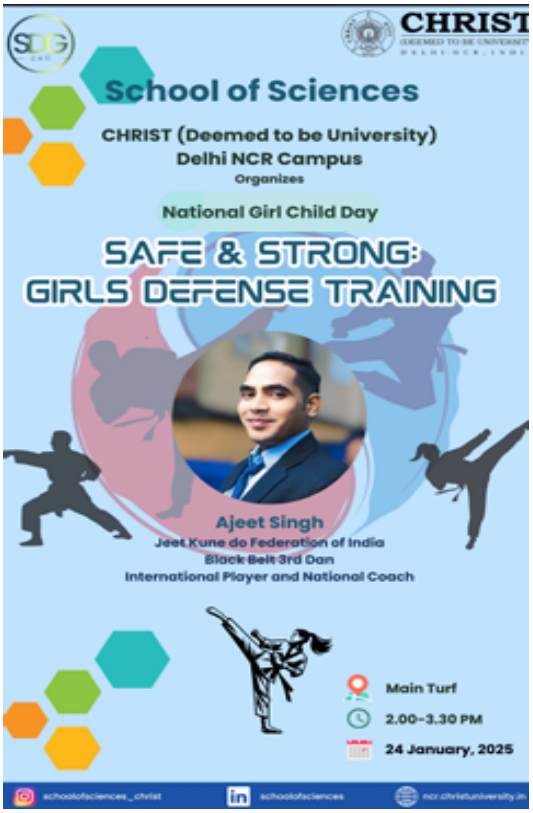
National Girl Child Day, Safe and Strong: Girls' Defence Training

Date: 24 January, 2025
Venue: Delhi NCR Campus
No. of participants: 64

The School of Sciences at CHRIST (Deemed to be University), Delhi NCR, organised a training session titled "Safe and Strong: Girls' Defence Training" on 24th January 2025 at the Main Turf, to mark National Girl Child Day. The activity was conducted to empower female students with essential self-defence skills and to promote personal safety, situational awareness, and confidence. It aimed to equip participants with practical tools to handle real-life threats with courage and resilience. The session was conducted by Mr Ajeet Singh, a 3rd Dan Black Belt National Coach with the Jeet Kune Do Federation of India, who combined theoretical insights with hands-on demonstrations and interactive exercises for 64 participants, including 60 female students and 4 teachers. The training emphasised quick reflexes, mental resilience, and effective defensive techniques applicable in challenging scenarios. The impact of the activity was highly positive: 95% of participants expressed satisfaction, with an average rating of 4.73 out of 5 for the overall experience and 4.64 out of 5 for the effectiveness of teaching self-defence techniques. The session enhanced self-confidence, improved practical self-defence skills, fostered community bonding among participants, and instilled a long-term mindset of self-reliance, with strong demand for similar workshops in the future.







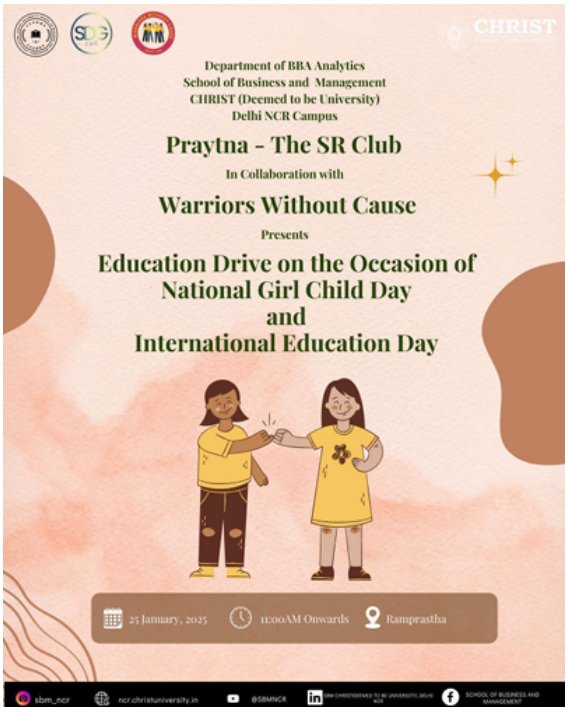
Education Drive on the occasion of National Girl Child Day and International Education Day

Date: 25 January, 2025
Venue: Ramprastha, Vaishali
No. of participants: 40 (attendees), 8 (volunteers)

The SR Club of the BBA Analytics Department at the School of Business and Management organised an Education Drive in collaboration with Warriors Without Cause to mark National Girl Child Day and International Education Day. The activity was conducted to empower underprivileged girl children through education, promote equal learning opportunities, and inspire them to pursue their aspirations confidently. It was held at Ramprastha, Vaishali, where 8 student volunteers engaged 40 children through self-introductions, general knowledge sessions, and real-life experience-sharing, with a particular focus on encouraging girls to dream big. The event also included a stationery drive offering notebooks, pencils, and erasers, as well as team-building games, face painting, short performances, and patriotic chants that fostered unity, creativity, and confidence. The drive had a meaningful impact on both children and volunteers: it strengthened children's motivation to continue their education, particularly among girls, while giving volunteers a deep sense of fulfilment and reinforcing their commitment to social responsibility. Feedback was overwhelmingly positive, with all volunteers rating the experience highly and highlighting the emotional connections formed and the drive's meaningful contribution to the children's learning and empowerment.







Sex Therapy Essentials for Future Counsellors

Date: 25 January, 2025
Venue: Delhi NCR Campus
No. of participants: 80

The activity was a guest lecture titled "Sex Therapy Essentials for Future Counsellors," organised by the Department of Psychology, School of Social Sciences, at CHRIST (Deemed to be University), Delhi-NCR, held on 25th January 2025 at the Conference Hall, Block B, with 80 final-year MSc Counselling Psychology students (74 female, 6 male) and 1 faculty member in attendance. The activity was conducted to equip future counsellors with essential, often-overlooked clinical knowledge in sex therapy, given its relevance to comprehensive and professional counselling practice. It was carried out through a lecture by Dr Mohd Afsar, a clinical psychologist and consultant at Chacha Nehru Bal Chikitsalya, who distinguished between sexual deviations and dysfunctions, discussed the psychological underpinnings of sexual dysfunctions, addressed common barriers such as awkwardness in sexual history-taking, and detailed the seven key domains of sexual history-taking essential to therapy, followed by an interactive Q&A. In terms of impact, feedback from 31 respondents showed near-universal satisfaction, with 100% rating the session as useful and insightful (64.5% and 74.2% giving top marks respectively), around 80% finding the content relevant, comprehensive, practical, and engaging, and strong appreciation for the speaker's pacing, professionalism, and handling of questions, equipping students with structured, practical, and empathetic approaches to a sensitive but essential area of counseling.

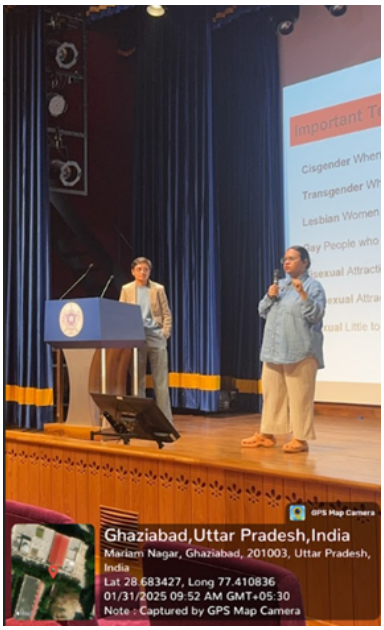


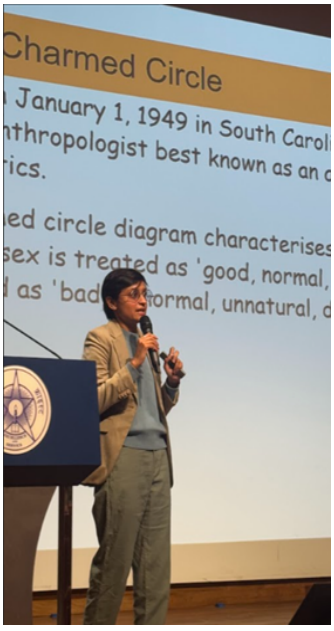


Empowering Therapy: A Queer- Affirmative Approach

Date: 31 January, 2025
Venue: Delhi NCR Campus
No. of participants:

The activity was a workshop titled "Empowering Therapy: A Queer-Affirmative Approach," organised by Atishaya, the Gender Cell of the Department of Psychology, School of Social Sciences, with first-year MPCO students, Atishaya volunteers, and faculty in attendance. The workshop was conducted to build awareness and competence in queer-affirmative therapy, equipping future counsellors to understand and support LGBTQIA+ clients while confronting systemic biases embedded in conventional mental health practices. It was carried out through a session led by Ms Shruti Garg, a UK Healthcare Board-certified Drama and Movement Therapist and Queer Affirmative Therapist, who guided participants through discussions on queer identities and terminology, social location and privilege, and practical strategies for affirmative therapy, alongside an interactive group activity reimagining a world where queer identities are the norm, followed by an open Q&A. The impact of the activity was substantial: it successfully bridged gaps in participants' understanding of LGBTQIA+ identities and the unique stressors queer individuals face, encouraged attendees to reflect on their own biases and privilege critically, and left most participants feeling genuinely equipped and motivated to integrate queer-affirmative principles into their future clinical practice. The session was widely regarded as informative and of high overall quality, marking a meaningful step toward fostering more inclusive, bias-aware therapeutic practices within the psychology program. However, some participants suggested that future sessions could go further by incorporating more structured discussions and situational case examples to deepen practical application.





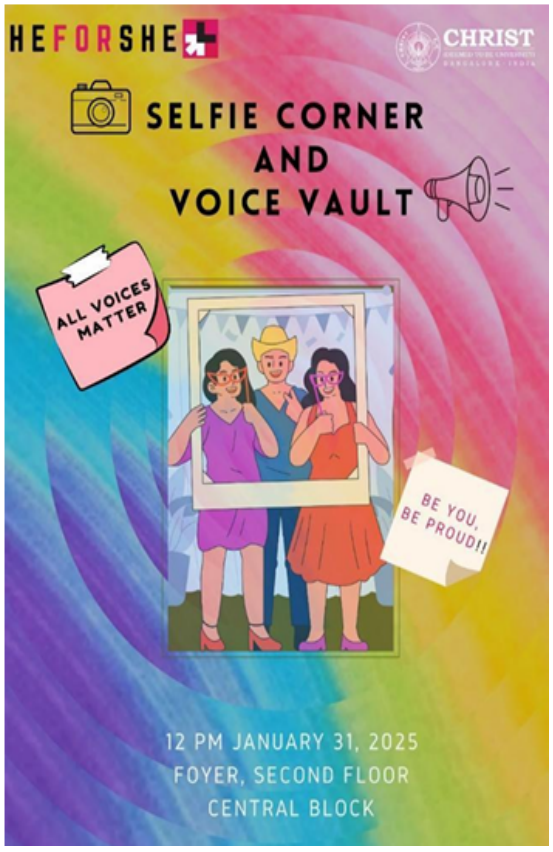


Selfie Corner and Voice Vault

Date: 31 January, 2025
Venue: Bangalore Central Campus
No. of participants: 50

The activity, "Selfie Corner and Voice Vault," organised by the School of Business and Management, CHRIST (Deemed to be University), Bangalore, was held on 31st January 2025 in the Foyer on the 2nd Floor of the Central Campus, with 50 students and faculty participating. The activity was conducted to foster self-expression, a sense of belonging, and inclusivity within the university community, and to create a platform for open dialogue on equality, diversity, and inclusion. It was carried out through a themed photo booth where attendees took pictures with creative props celebrating self-expression, alongside a "Voice Vault" board where participants wrote and shared their thoughts and opinions on equality and diversity. In terms of impact, the event successfully brought together students and faculty for a shared celebration of inclusivity, encouraged meaningful reflection and dialogue on diverse perspectives, and reinforced the university's ongoing commitment to initiatives that support gender equality and community-wide inclusivity.





Redefining Masculinity

Date: 1 February, 2025
Venue: Bangalore Central Campus
No. of participants: 150

The Department of Computer Science hosted a guest talk titled "Redefining Masculinity: Embracing Strength, Sensitivity, and Authenticity" as part of its Gender Uniqueness and Equality for Successful Transition initiative. The session was conducted to help students move beyond rigid, traditional notions of masculinity and to foster a more inclusive understanding of gender roles, emotional expression, and authenticity. The activity was held as a one-hour interactive seminar at Skyview, 10th Floor, Central Block, where Assistant Professor Emmanuel Daniel from the Department of Sociology and Social Work addressed around 150 undergraduate and postgraduate students. His presentation combined a contextual overview of conventional masculinity norms with real-life case studies, followed by an open discussion where students shared perspectives on mental health, relationships, and societal pressures tied to gender expectations. The seminar had a meaningful academic and cultural impact, broadening participants' critical thinking on gender constructs, challenging harmful stereotypes, and encouraging emotional intelligence and empathy. It contributed to a more open, respectful, and inclusive campus culture, with strong positive feedback prompting the department to plan similar future initiatives on gender studies and equality.







Understanding Gendered Perspectives on Mental Health in Indian Women

Date: 1 February, 2025
Venue: Bangalore, Central Campus
No. of participants: 100+

The activity was "Breaking Barriers: Understanding Gendered Perspective on Mental Health in Indian Women," a guest talk organized by the Women in Research and IT Cell (WRIT) of the Department of Computer Science at CHRIST (Deemed to be University), Bangalore, held on 1st February 2025 at Central Block 911, with 100 first-year undergraduate and postgraduate students from BCA, MSCAIM, and MCA in attendance. The seminar was conducted to raise awareness about the unique mental health challenges faced by Indian women, addressing an area often overlooked in mainstream academic curricula, and to foster a more empathetic, culturally sensitive understanding of gender dynamics on campus. The session was delivered through presentations by Dr Smitha Philip and Dr Mitali Jha, Assistant Professors from the School of Psychological Sciences, who explored the societal, cultural, and biological factors shaping women's mental well-being in India, followed by an interactive discussion that allowed students to engage directly with the speakers. In terms of impact, the seminar broadened students' academic and cultural perspectives, strengthened critical thinking and empathy, highlighted disparities in access to mental healthcare, and encouraged students to become more informed, inclusive, and engaged citizens. Plans for feedback collection and future sessions aim to sustain this awareness.







Gender Sensitivity and the Prevention of Sexual Harassment – A Critical of Strategies for Creating Safe and Respectful Spaces

Date: 1 February, 2025
Venue: Bannerghatta Road Campus
No. of participants: 80

The activity was a guest session titled "Gender Sensitivity and the Prevention of Sexual Harassment – A Critical Study of Strategies for Creating Safe and Respectful Spaces," organised by the School of Business and Management, CHRIST (Deemed to be University), Bangalore Bannerghatta Road Campus, held on 1st February 2025, with over 80 students from 4 BA Economics and 4 BBA SBA A in attendance. The session was conducted to educate students on legal protections against sexual harassment and to empower them with knowledge of their rights and avenues for redressal. It was carried out through a lecture by Ms. Sribhoomi Yeshaswini, an advocate specializing in labour, consumer, and sexual harassment law, who structured her address around landmark cases such as Vishaka vs. State of Rajasthan, the POSH Act, constitutional protections, the legal definition of "reasonable woman," and procedural aspects including complaint filing, evidence, and cross-examination, followed by an interactive Q&A where students could seek personal guidance. In terms of impact, students gained a strengthened understanding of sexual harassment laws and the POSH Act, greater clarity on complex concepts like "tacit consent," and a safe space to discuss sensitive issues and seek help if needed, while also developing critical awareness of both the strengths and limitations of India's legal framework in protecting victims of harassment.







Gender Sensitization

Date:10 February, 2025
Venue: Bangalore Yeshwanthpur Campus
No. of participants: 132

The Department of Mathematics, CHRIST (Deemed to be University), Bangalore Yeshwanthpur Campus, organised a Gender Sensitisation Seminar titled "Transforming Mindsets: Breaking Barriers for Gender Equality" on 10th February 2025, at Seminar Hall 2, aligned with SDG 5 (Gender Equality). The activity was conducted to raise awareness of gender inequality, empowerment, and the need for an inclusive society, while helping students recognise and combat harmful stereotypes and biases prevalent in everyday life and workplaces. The session was delivered by Dr Vijayalakshmi C, Professor and Head, Department of Statistics and Applied Mathematics, Central University of Tamil Nadu, to 132 students and 6 faculty members of the Department of Mathematics. It was conducted in a highly interactive format, encouraging students and teachers to share personal experiences and to discuss scientific definitions of gender, the harm of stereotypes, workplace inequality, and the undervaluation of jobs traditionally performed by women, such as cooking. The impact of the activity was notably positive: 82% of the 61 respondents to the feedback felt the speaker was well-prepared, 75.4% found the session relevant, and about 79% considered it informative. The seminar left participants with a stronger commitment to promoting gender inclusivity, along with a follow-up plan that encourages continued mindfulness and active efforts to combat gender bias.





Poster Competition on “Gender Equity”

Date: 11 February, 2025
Venue: Gazebo, near the fountain area
No. of participants: 33

The School of Sciences at CHRIST (Deemed to be University), Delhi NCR, organised a Poster Competition on "Gender Equity" on 11th February 2025, at the Gazebo near the fountain area. The activity was conducted to raise awareness about Sustainable Development Goal 5 (Gender Equality) and to encourage students to critically engage with issues of inclusivity, equality, and empowerment. It aimed to provide a creative platform where students could express their perspectives on gender roles, biases, and social change while strengthening their communication and critical-thinking skills. The competition was held with the participation of 33 students from various programmes, who prepared handmade posters on A3 sheets after completing registration and meeting submission deadlines. Judges evaluated the posters and engaged participants in interactive discussions, fostering knowledge sharing and diverse viewpoints. The activity had a strong positive impact: 87.5% of participants rated their overall experience as good to excellent, while 62.5% reported increased awareness and understanding of gender equity issues. The event also inspired advocacy, encouraging students to challenge stereotypes and consider broader themes such as workplace gender equity and LGBTQ+ inclusion for future initiatives.





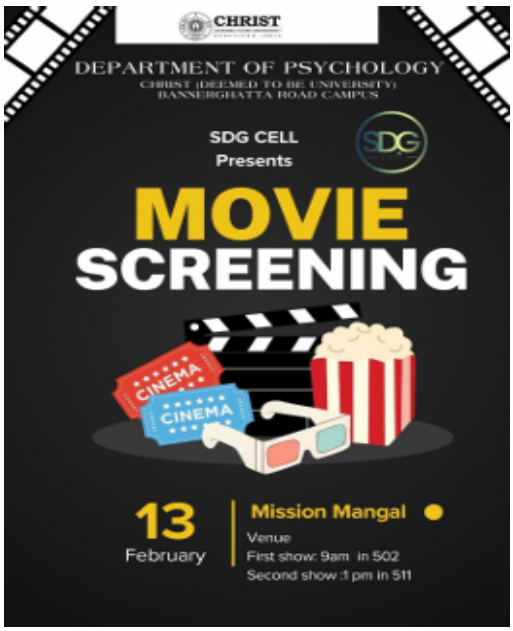
Screening Mission Mangal

Date: 13 February, 2025
Venue: Bannerghatta Campus
No. of participants: 200

The activity was a movie screening of "Mission Mangal," organised by the Psychology Association and SDG Cell, Department of Psychology, at CHRIST (Deemed to be University), Bangalore, held on 13th February 2025 across two shows (9:00–11:30 AM and 1:00–3:30 PM) at Rooms 502 and 511, with 200 students from 2 BSc Psychology A and B in attendance. The screening was conducted to bridge theoretical psychological concepts with real-world applications, using the film's narrative to explore SDG 5 (Gender Equality) through themes of motivation, resilience, teamwork, and gender dynamics in STEM. It was carried out by having students watch the film, followed by facilitated discussions on psychological themes such as emotional intelligence, adaptability, decision-making under pressure, and leadership, as well as critical reflection on gender biases in STEM fields, the role of mentorship, and barriers to inclusivity in professional growth. The impact of the activity was strong: the majority of participants found the session highly engaging and informative, with over half rating it a 5 on overall engagement, speaker effectiveness, and quality of information; students reported a deeper understanding of perseverance, critical thinking, and teamwork as essential problem-solving skills, alongside heightened awareness of gender-based challenges and the importance of mentorship and social support in career progression. While just over half of participants felt they learned new terms and concepts, the session overall succeeded in reinforcing students' awareness of the SDGs and their real-world relevance to building equitable, knowledge-driven professional spaces.



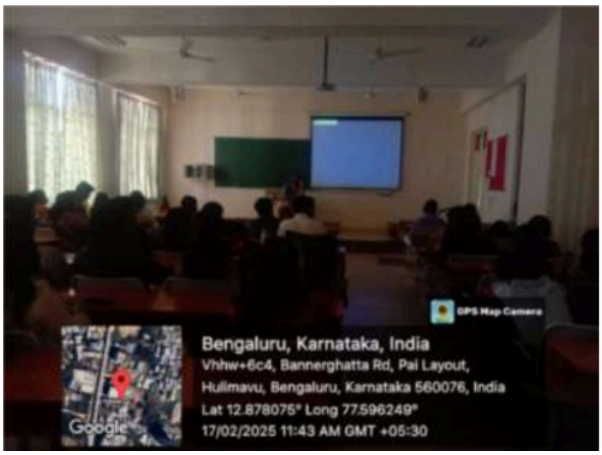


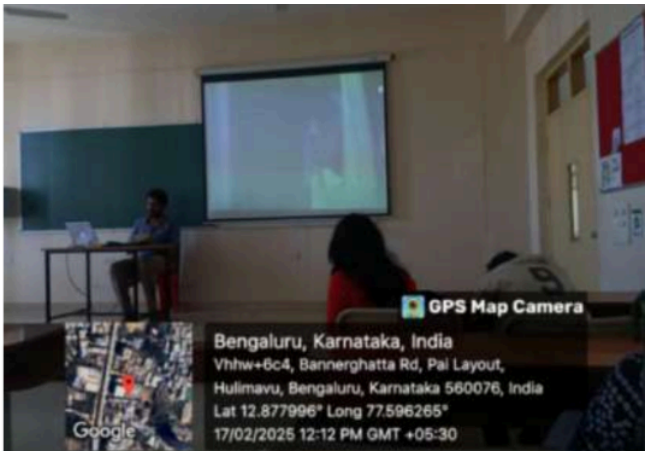


Gender, Sexuality, and the Ecologies of Higher Academia in India

Date: 17 February, 2025
Venue: BGR Campus
No. of Participants: 400+

This academic session on queer ecology was organised by the Department of English and Cultural Studies, CHRIST (Deemed to be University). It was addressed by speaker Vibhu Vasudev, with an introduction by researcher Roshan Philip. The session was conducted to critically interrogate legal structures, cultural studies, and the emerging field of queer ecology within the broader context of India's higher education system, offering students a rare, interdisciplinary lens through which to examine gender and sexuality studies. The lecture series addressed a wide range of interconnected issues, including the history of Indian queer concepts, indigenous gender terminologies, language structures, and the performativity of masculinity, as well as an analysis of queer representations in popular culture, particularly in Bollywood cinema. These threads were woven together with contemporary queer theory to challenge normative models of gender identity and to explore alternative possibilities within both ecological and sociological frameworks. The session further engaged with pressing contemporary issues, including queer relationships, marriage, family systems, and the ongoing institutionalisation of queer studies as an academic discipline. In terms of impact, the session deepened students' critical understanding of queer identity beyond Western frameworks, situating it within an Indian cultural and linguistic context, while encouraging them to question dominant societal norms around gender, sexuality, and belonging in both academic and everyday life.





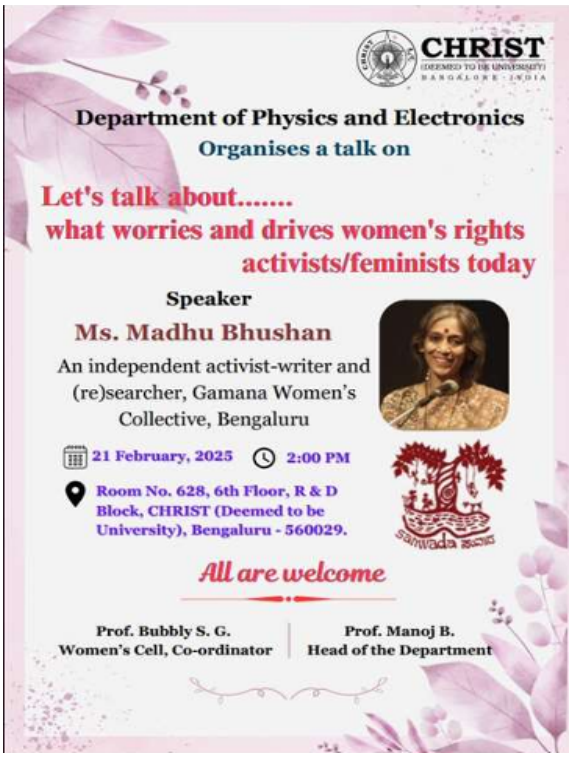
Talk on Gender Sensitisation.

Date: 21 February, 2025
Venue: Bangalore, Central Campus
No. of participants: 60

The Department of Physics and Electronics, School of Sciences, CHRIST (Deemed to be University), Bengaluru, organised an invited talk on gender sensitisation titled "Let's talk about... What worries and drives women's rights activists/feminists today" on 21st February 2025, at Room 628, R&D Block. The activity was conducted to sensitise students and faculty to gender-related issues, patriarchal structures, and the erosion of constitutional values of equality and justice, and to foster a more inclusive and empathetic society. It aimed to raise awareness about the challenges faced by both men and women rather than presenting a one-sided view. The session was delivered by Mrs Madhu Bhushan, an independent activist-writer associated with Gamana Women's Collective, who addressed 60 participants, including postgraduate students, research scholars, and faculty members, and was followed by an interactive question-and-answer discussion. The impact of the talk was strongly positive: 100% of feedback respondents rated the session 4 or 5 in effectiveness at raising awareness of women's rights, and 93% rated it highly for engagement and interactivity. Participants appreciated the balanced, open-minded approach that addressed the difficulties faced by both genders and expressed interest in more such talks on societal issues, equality, and self-confidence in the future.



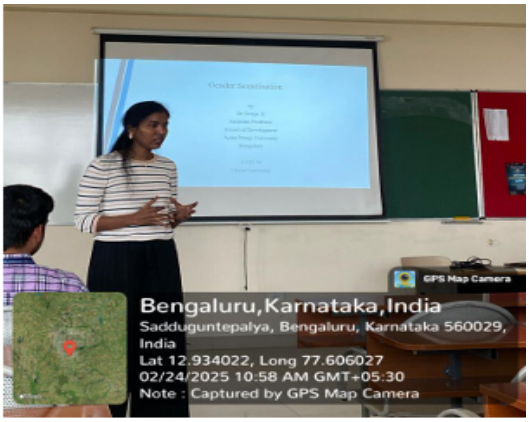




Gender Sensitisation Workshop

Date: 24 February, 2025
Venue: Bangalore, Central Campus
No. of Participants: 55

The activity was a "Gender Sensitisation Workshop" organised by the Department of Economics at CHRIST (Deemed to be University), Bangalore, held on 24th February 2025 in Room 615, Central Block, with 55 students from 4MAECO in attendance. The workshop was conducted to widen students' understanding of gender as a social construct and to raise awareness about how gender-based biases and discrimination originate. It was carried out during a session by Dr Deepa E, Assistant Professor at Azim Premji University, Bangalore, and a researcher specialising in Women's Studies, gender, and informal sector work, who explained how gender norms are socially constructed from childhood and how this process gives rise to entrenched biases and discrimination. In terms of impact, the session gave participants a more informed and expansive view of gender as a social construct rather than a fixed reality; feedback indicated the workshop was particularly insightful for male students, who gained new awareness of how gender sensitisation intersects with and exposes ingrained biases, ultimately strengthening students' overall understanding of gender norms and their social origins.





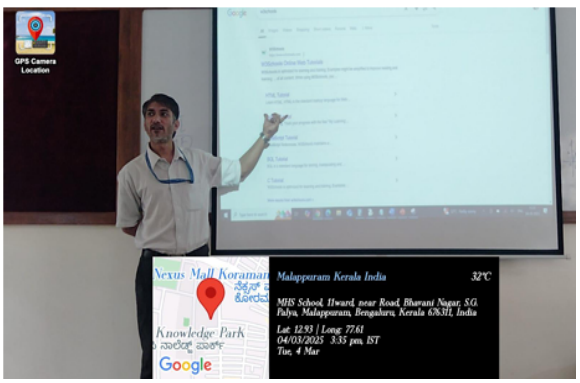


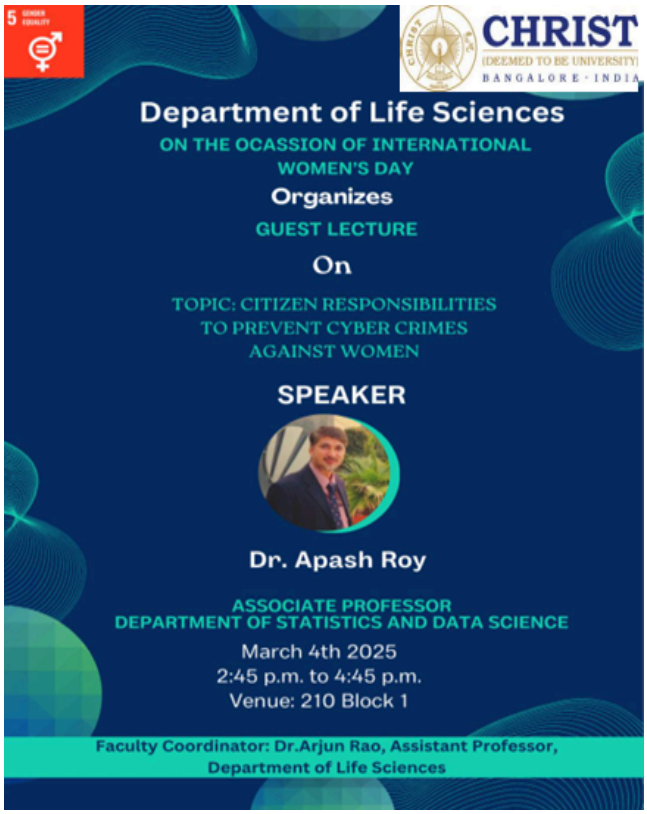
Lecture on Citizen Responsibilities to Prevent Cyber Crime Against Women

Date: 3 March, 2025
Venue: Bangalore, Central Campus
No. of participants: 59

The activity was a lecture titled "Citizen Responsibilities to Prevent Cyber Crime against Women," organised by the Department of Life Sciences at CHRIST (Deemed to be University), Bangalore, held on 4th March 2025, on the occasion of International Women's Day, with 59 students from 2 MFS in attendance. The lecture was conducted to raise awareness about the rising incidence of cybercrimes against women and to educate citizens on their role in preventing such crimes. It was delivered by Dr Apash Roy, Associate Professor in the Department of Statistics and Data Science, who explained various forms of cybercrime, including phishing, spamming, cyberstalking, harassment, defamation, cyberbullying, and cyber pornography, discussed challenges and protective strategies, and concluded with a hands-on introduction to Python programming as a tool to help prevent such crimes, followed by student interaction. In terms of impact, feedback indicated that students greatly benefited from the session, with most reporting a clearer understanding of citizen responsibilities in preventing cybercrime against women, equipping them with both awareness of online safety risks and practical technical skills to contribute meaningfully toward safer digital spaces for women.







Defining Gender: Sensitivity for Gender in Academic and Work Spaces

Date: 3 March, 2025
Venue: Bangalore Yeshwanthpur Campus
No. of participants: 113

The activity was a seminar titled "Defining Gender: Sensitivity for Gender at Academic and Work Space," organised by the Department of Commerce, School of Commerce, Finance and Accountancy, at CHRIST (Deemed to be University), Bangalore Yeshwanthpur Campus, held on 3rd March 2025 at the Block C Seminar Hall, with 113 first- and second-year students in attendance. The seminar was conducted to raise awareness about gender-related issues and promote inclusivity in academic and professional spaces. It was carried out through a session led by Dr. Kiran Mamgain, Associate Professor in the Department of English and Cultural Studies, who distinguished gender from biological sex, introduced concepts of gender identity, expression, and orientation, and examined how cultural, social, and historical contexts shape gender stereotypes and biases, supported by a thought-provoking video and an interactive group activity where students discussed real-life incidents of gender stereotyping in career choices. In terms of impact, the seminar deepened students' understanding of gender beyond biological categories, encouraged critical reflection on internalised biases, and fostered a strengthened commitment among participants to challenge stereotypes and actively promote diversity, equality, and inclusivity within both academic and future professional environments.







EMPOW(H)ER

Date: 6 March, 2025
Venue: Bangalore, Central Campus
No. of participants: 132

The activity was "EMPOW(H)ER," a multi-format workshop and panel discussion series organized by the Gender Studies Committee, School of Law, CHRIST (Deemed to be University), Bangalore, held from 6th to 10th March 2025, comprising a Self-Defence Workshop at Dharmaram Basketball Ground, a Walkathon on Campus Road, "The Red Thread" stall on women's health in collaboration with ATR (open to all) on Garden Street, and a Panel Discussion on Pre-Marital Counselling & Well-being in Room 211, Central Block, reaching 132 students overall from across LLB and LLM programs. The initiative was conducted to empower participants with self-defence skills, raise awareness of menstrual hygiene and reproductive health, foster collective advocacy for women's safety, and promote healthy relationship-building and family well-being, aligning with SDG 5, among other objectives. It was carried out through hands-on self-defence training, a community walkathon, an informative health stall, and an expert-led panel featuring counselling psychologists, a mediator, and a gender-safety legal expert who discussed emotional preparedness, conflict resolution, and communication in relationships. In terms of impact, participants gained practical self-defence skills and confidence, deeper awareness of women's health and reproductive wellness, a strengthened sense of solidarity around women's safety, and valuable tools for emotional resilience and healthy relationship dynamics, with the week-long initiative successfully sparking meaningful, sustained conversations on women's empowerment across the university community.







A Community Outreach Activity - Domestic Violence Awareness

Date: 7 March, 2025
Venue: SHANTI SAHYOG, Kalkaji, New Delhi
No. of participants: 15

The SDG Cell of the Department of Economics, Political Science and Sociology, conducted a community outreach activity titled "Domestic Violence Awareness and Empowerment" in collaboration with Shanti Sahyog, an NGO working for peace and cooperation. The activity was carried out as part of SDG Week to raise awareness about domestic violence and empowerment, address Gender Equality, and build stronger partnerships between academia and community organisations for social advocacy. It was conducted at the Shanti Sahyog centre in Kalkaji, New Delhi, where 15 students and the SDG Cell Coordinator engaged with the local community through an inaugural awareness session, followed by interactive discussions, role-plays, and survivor testimonials covering legal rights and empowerment strategies for those affected by domestic violence. The activity had a meaningful impact, enhancing participants' understanding of domestic violence and available support mechanisms, encouraging community-driven solutions, and strengthening ties between the university and grassroots organisations. Feedback was overwhelmingly positive, with 90% rating their experience as excellent, 100% finding the theme highly relevant, and all respondents indicating they felt encouraged to take further action. This prompted the department to consider scaling up the initiative in the future through collaboration with legal and law enforcement agencies.







Voices of Change: Women Who Redefine Success

Date: 8 March, 2025
Venue: Bangalore Central Campus

The SDG Cell organised "Voices of Change: Women Who Redefine Success," a Women's Day celebration held on March 8, 2025, at Campus View, Central Block, 10th floor, bringing together students and faculty to honour and reflect on women's achievements and lived experiences. The activity was conducted to inspire self-love, validation, and self-awareness among participants, while also promoting greater awareness of women's health issues and working to dispel common myths and misconceptions surrounding them. To accomplish this, the event featured a series of creative and engaging speaker sessions led by accomplished founders Ms Priya Vardharajan, Ms Fiona Martin, and Ms Sonal Dave, each of whom shared valuable insights, personal journeys, and professional wisdom drawn from their diverse fields. These sessions were complemented by interactive community advocacy training designed to equip participants with practical tools to champion women's issues within their own circles and communities. As a result, the event generated a meaningful and lasting impact: attendees reported heightened empathy toward the struggles and challenges faced by women in various walks of life, gained a deeper and more nuanced understanding of these issues, and left with a stronger sense of awareness regarding personal health and self-worth, ultimately reinforcing the broader mission of empowering women and fostering an inclusive, supportive campus culture.





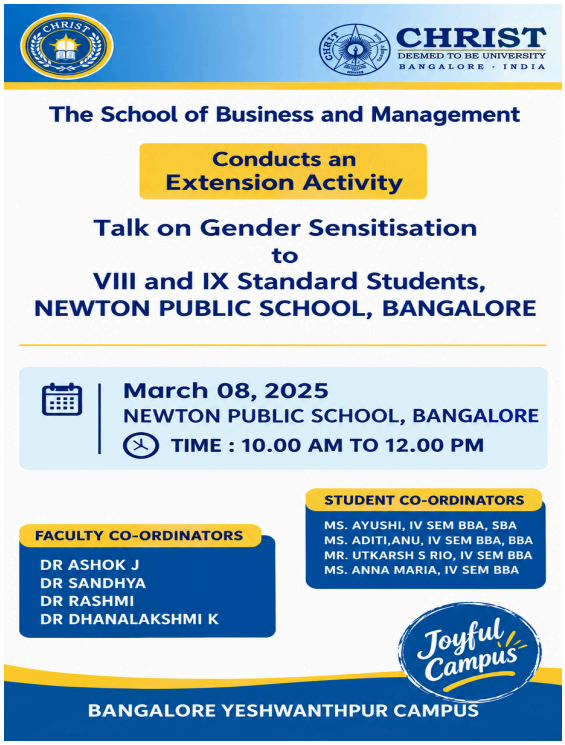
Gender Sensitisation

Date: 8 March, 2025
Venue: Newton Public School
No. of participants: 50

The activity was an extension activity titled "Gender Sensitisation," organised by the School of Business and Management, CHRIST (Deemed to be University), Bangalore, held on 8th March 2025 at Newton Public School, with 50 school students in attendance. The activity was conducted to create awareness among high school students about gender equality, stereotypes, and biases prevalent in society, and to encourage a shared responsibility between all genders in fostering inclusivity. It was carried out by undergraduate student presenters Aditi Jain, Anna Maria Raison, Ayushi, and Utkarsh Singh Rathore through an opening discussion centered on the theme "Respect has no gender, only humanity," followed by interactive role-playing exercises, short videos and case studies, a quiz, and an open forum where students shared personal experiences and discussed key concepts such as the glass ceiling effect and the impact of gender discrimination on education and careers. In terms of impact, students actively engaged in challenging their preconceived notions about gender roles, gained a clearer understanding of how stereotypes limit opportunities for all genders, and expressed a strong commitment to promoting equality and inclusivity, with a structured follow-up plan developed based on participant feedback to address their interests through myth-busting sessions, interactive activities, and inspiring stories of individuals who broke gender barriers.







E-Poster Making Competition on Reimagining a Gender-Neutral Future

Date: 8 March, 2025
Venue: Online

The Gender Champions of the School of Sciences, CHRIST (Deemed to be University), Bangalore, organised an E-Poster Making Competition titled "Reimagining a Gender-Neutral Future" from 8th to 17th March 2025, under the motto "Going Beyond Gender," in observance of International Women's Day. The activity was conducted to raise students' awareness of ongoing gender inequalities and foster a futuristic, solution-oriented mindset toward achieving a more gender-neutral society. It aimed to encourage students to view social issues with critical scepticism and channel their concerns into creative, artistic expression with a strong social message. The competition was conducted online, with planning led by Dr Suma S, Faculty Gender Champion Coordinator. Student gender champions contributed to the initiative by designing the invitation poster and creating the registration form. Submissions were circulated across departments of the School of Sciences before entries closed on 17th March. The impact of the activity was meaningful: it evoked research and deeper learning among participants about current gender-bias issues and possible solutions, while the theme inspired hope and actionable ideas for change. Entries from seven participants were shortlisted, with three winning e-posters recognised and awarded certificates. The initiative is believed to have sparked creativity and civic consciousness among participants, nurturing them from concerned citizens into potential future leaders and advocates for gender equality.





Project Aisha

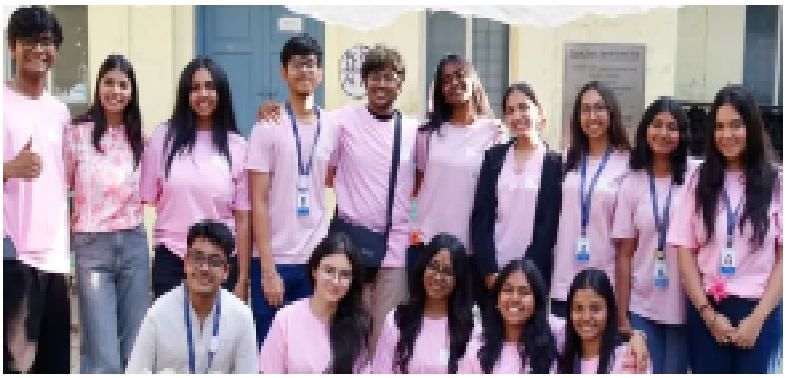
Date: 10 March, 2025
No. of participants: 105

The Department of Professional Studies led "Project Aisha," a practical empowerment initiative focused on menstrual health for young girls and women in the community. The activity was carried out to address menstrual health challenges, combat period poverty, and advocate for access to hygiene as a fundamental right, recognising that many young girls and women continue to face significant barriers to managing their menstrual health safely and with dignity. It was implemented through a combination of targeted education sessions and resource distribution, ensuring that practical support reached the community directly while equipping participants with the knowledge and tools to manage their menstrual health with confidence and dignity. The project was closely aligned with multiple Sustainable Development Goals, including SDG 5 (Gender Equality). As a result, Project Aisha delivered meaningful, direct support. She made a lasting impact on over 150 young women and girls, expanding their access to essential health resources and reinforcing their right to dignity and well-being.











A Woman Theatre Artist's Reengagement with Her Body Through Theatre

Date: 10 March, 2025
Venue: Bannerghatta Road Campus
No. of participants: 70

The activity was a guest session titled "A Woman Theatre Artiste's Reengagement with Her Body through Theatre," organised by the Department of Economics and School of Business and Management, CHRIST (Deemed to be University), Bangalore Bannerghatta Road Campus, held on 10th March 2025, with over 70 students from 4 BA Economics and 6 BBA Honours (HR) attending. The session was conducted to explore gender as a social construct and performance, to challenge traditional binaries, and to foster critical engagement with feminist thought and bodily agency. It was carried out through an address by Ms Parshathy J Nath, a theatre-maker and INLAKS Theatre Award-winning performer trained in Kalari, Koodiyattam, and classical Indian dance, who structured her talk around themes including gender as performance, blurring binaries, and her personal artistic journey, followed by an interactive segment where students performed guided tasks to engage with these concepts experientially. In terms of impact, the session successfully introduced the underrepresented concept of gender fluidity, prompted students to examine their own perceptions of gender roles critically, created a safe space for self-expression and personal empowerment through the interactive exercises, and deepened participants' understanding of feminist perspectives on bodily agency and the societal limitations placed on women.





Women Leadership Conclave

Date: 13 March, 2025
Venue: Bannerghatta Road Campus
No. of participants: 1500

The activity was the "Women Leadership Conclave," a speakers' conclave and panel discussion organised by the School of Business and Management, CHRIST (Deemed to be University), Bangalore Bannerghatta Road Campus, held on 13th March 2025 at the Main Auditorium, with 1,500 students in attendance. The conclave was held to explore women's evolving roles in corporate leadership and to address persistent challenges, including gender bias, unequal pay, and limited mentorship opportunities. It was carried out through an inauguration featuring a welcome dance by Natyavriksha, keynote speeches by Ms. Aarthy Sampath on diversity and inclusion in leadership and Ms. R. Sreekala on balancing leadership with well-being, a panel discussion titled "Empowering Tomorrow" featuring Ms. Sai Kavitha Krishna Iyengar, Ms. Pooja Pandey Tripathi, and Ms. Sudeepta Banerjee, moderated by Ms. Sowmya V Kumaran, followed by an audience interaction session and networking lunch. In terms of impact, the event significantly raised awareness about gender diversity in leadership and the value of inclusive workplaces, equipped attendees with actionable strategies to address mentorship gaps and pay disparity, and inspired aspiring women leaders among students to pursue leadership roles. It strengthened industry-academia collaboration between the university and prominent corporate leaders, with discussions expected to drive future initiatives supporting women's leadership development across industries.







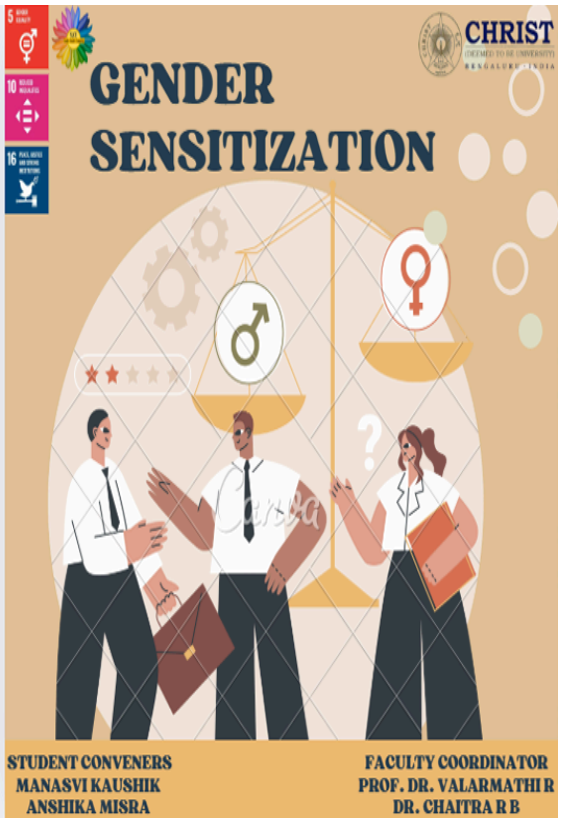
Gender Sensitisation

Date: 18 March, 2025
Venue: Bangalore, Central Campus

The activity was a "Gender Sensitisation" session, organised by the Gender Studies Committee, School of Law, CHRIST (Deemed to be University), Bangalore, held on 18th March 2025, across first-year classrooms, with all first-year law students in attendance. The session was conducted to help students distinguish between sex and gender, understand the importance of consent, examine social media's impact on women, and address barriers women face in leadership, aligning with SDG 5, among other objectives. It was carried out by committee convenors and core members, including Ahiree Banerjee, Aswathy Rakesh, Diksha Sharma, Meera Vinod, and Varda, through engaging discussions, real-world case studies, and interactive Q&A sessions. The impact was substantial: many students realised for the first time that gender is a social construct rather than strictly biological, gained clarity on consent as informed, enthusiastic, and ongoing, and developed a deeper awareness of online gender-based harassment and digital responsibility. The session also inspired students to actively challenge stereotypes and advocate for women's leadership and inclusivity, with post-session feedback describing it as eye-opening and prompting requests for more such sessions, successfully equipping participants with the awareness needed to foster a more gender-sensitive society.



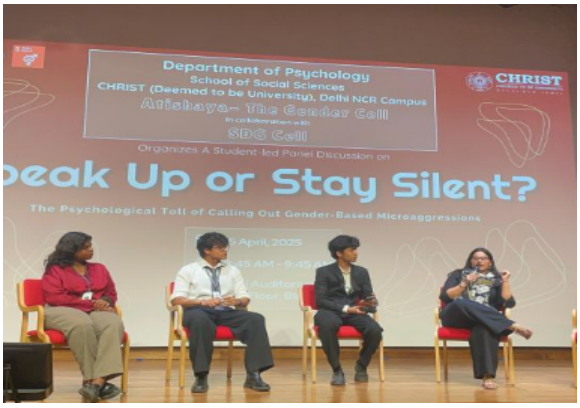




Speak Up or Stay Silent – Psychological Toll of Gender-Based Microaggressions

Date: 15 April, 2025
Venue: Delhi NCR Campus

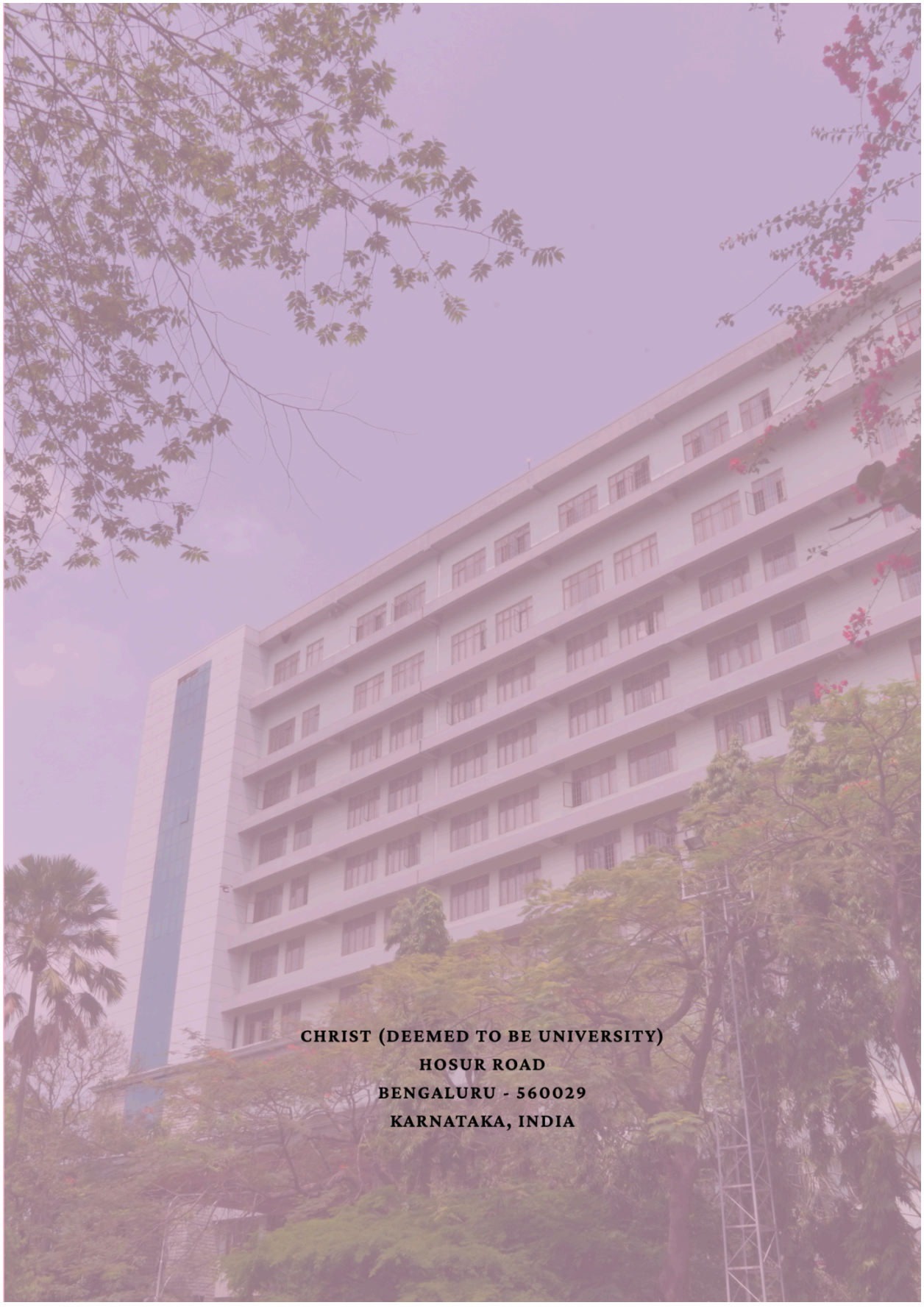
The SDG Cell, in collaboration with Atishaya (The Gender Cell), organised a panel discussion titled "Speak Up or Stay Silent," bringing together students and faculty to explore the psychological toll of gender-based microaggressions in everyday life. The activity was conducted to address intersectionality across class, caste, gender, body type, and religion, while also examining internalised gender norms, emotional labour, and the mental health implications of choosing silence over confrontation in the face of discrimination. It was carried out through expert-led panel discussions that thoughtfully integrated psychological theories with lived Indian social contexts, allowing panellists to ground abstract concepts in relatable, culturally specific examples, followed by interactive Q&A sessions that encouraged open dialogue and reflection among attendees. In terms of impact, the discussion successfully created a safe, validating space for individuals holding marginalised identities to share their experiences, fostered greater student engagement with issues of everyday discrimination, and deepened participants' awareness of the mental health challenges that arise from navigating microaggressions and systemic bias in daily life.











CHRIST (DEEMED TO BE UNIVERSITY)
HOSUR ROAD
BENGALURU - 560029
KARNATAKA, INDIA