

EQUAL OPPORTUNITY CENTRE 2014-15

I. “Women’s Cell”, a wing of Equal Opportunity Centre, Lady Keane College, celebrated **INTERNETIONAL WOMEN’S DAY** on 8th March 2014. Ms. Wansuk Myrthong, a police personal from Meghalaya First Police Battalion scaled Mt. Everest on 18th May 2013. The members of the Women’s Cell felt that it is befitting to invite Ms. Myrthong to the College on this special day. Recognizing and honouring her tremendous achievement on scaling Mount Everest she was felicitated on the occasion. Ms. Myrthong shared her thrilling experiences which inspired one and all present there. Listening to her, we felt that if one has dream, courage, sincerity and determination one can overcome all the hurdles and achieve the goal.

As part of this celebration, Dr. B. Lato, the district Medical and Health Officer, Jaintia Hills , Meghalaya was invited to deliver a **Talk** on “**Women and Health**” to the students. This was very informative to the students.

The days programme began at 11a.m. in the Seminar Hall. Around 100 students and 20 faculty members attended the function. It was a great experience for all.

II. The members of the Women’s cell, Lady Keane College attended a Panel Discussion on “**Partners in Women Empowerment—Issues and Challenges**” on 31st March 2014 at 1p.m in St. Anthony’s College, Shillong.

III. On 3rd December 2014 the Women’s Cell and the Prevention of Sexual Harassment Cell organized “**Women’s Safety Awareness Workshop**” in the College Seminar Hall. The Resource persons were Shri G.H.P.Raju, IPS, Inspector General of Police, Government of Meghalaya and Dr. Sonali Shinde Tesia, Consultant Psychiatrist, Woodland Hospital, Shillong. There were around 170 participants, both teachers and students from Degree Section of the College. The programme was covered by both print and electronic media. The Principal of the College, Dr (Mrs).C.Massar started the programme with the welcome speech. This was followed by a short address by the Convenor of the Equal Opportunity Centre, Mrs. Sipra Choudhury.

The presentation on ‘**Legal Provisions for Women’s Safety**’ was given by Shri G. H.P. Raju, who shared his views that there is a rise of crime against women in Meghalaya. He also mentioned that there are many cases which are not reported because of fear and other social reasons. He put more stress on **cyber crimes** to which the young students are likely to fall prey if unaware. We feel safe and comfortable taking it for granted that only our known friends are aware of what we reveal to them through mobile and internet ,not realizing that provided informations are recorded in the main server which can be misused if someone desires. So he advised all to be very careful with e-mails, WhatsApp,

FB, etc. He mentioned that many get mesmerised by them, so the need of the hour is to use them tactfully and within limits. He also added a note on the danger of trial rooms in shops especially in metro cities; also in hotels where additional hidden cameras could be installed to intrude into one's privacy if desired so.

He assured the college students that the Women cell is a boon to them and they should not hesitate to report any matter to the members of the cell.

The second presentation was on “**Psychological aspect of Women's Safety**” by Dr.Sonali S.Tesia.Her presentation dealt with **Physical and Sexual** abuses, also the Severity of Abuses. She mentioned there are two **types of Stigma** associated with the abuse:

1. Social stigma is characterized by prejudice, attitude and discriminating behaviour against the individual with problems.

2. Perceived stigma (self) internal.

She gave the awareness about the **Myths and Prevention:**

Myths :1. Respectable family do not wash their dirty linen (disclose)

2. Not to say bad things

3. Not to malign.

Prevention: WE (Women Empowerment) play a major role. Children should be educated on

1. Self respect and Individual dignity.
2. Personal safety
3. Teachings on good touch & bad touch.
4. Sex education (age appropriate)
5. Building healthy relationship based on honesty, sharing & trust.

Communication Skills are important:-

1. Thinking.
2. Listening.
3. Speaking

In conclusion she reminded the students of a few **keys on skills** that they can incorporate in solving problems:-

1. Identifying core issues quickly.
2. Generate testable hypothesis
3. Gather and analyze hypothesis.
4. Craft creative practical solution
5. Syndicate, support and mobilize

The media (TV, Internet and Radio) also play a major role in this respect, but one should take **care** of the following:-

1. Ethical reporting of events.
2. Privacy should be honoured
3. Healthy relationship to be maintained.
4. Articles towards safety measures & resources for self help are encouraged.

Both the sessions were very informative to both the students and teaching faculty, satisfactory interactions took place.

Future Plans: Equal Opportunity Centre proposes

(i) To celebrate **INTERNETIONAL WOMEN'S DAY** on 8th March 2015. We propose to have a **cultural event** and **felicitate** the performers. Estimated cost—Rs.20000/= (approximately).

(ii) Safety Awareness Workshop Part II. Estimated cost---Rs.30000/= (approximately).

Mrs Sipra Choudhary
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Lady Keane College