



**AAGHAAZ – The Women Development  
Cell of College of Vocational Studies,  
University of Delhi**



**Events 2020-21**

| <b><u>Name of the Event</u></b>                          | <b><u>Date</u></b>                           | <b><u>No. of participants</u></b> |
|--|--|-----------------------------------|
| Webinar: Post-Traumatic Stress Disorder and sexual Abuse | 27 <sup>th</sup> -28 <sup>th</sup> June 2020 | 90                                |
| Webinar: Menstrual Hygiene                               | 05 <sup>th</sup> September 2020              | 170                               |
| Breast Cancer Awareness Month                            | 1st October 2020                             | 130                               |
| Umeed Ki Udaan: International Girl Child's Day           | 12-13th October 2020                         | 100                               |
| Vigilance Awareness Week                                 | 27th Oct- 2nd November 2020                  | 150                               |
| Aromantic Spectrum Awareness Week                        | 14-21st February 2021                        | 100                               |
| Panel Discussion: Rights of LGBTQ                        | 24th February 2021                           | 150                               |
| Gender Equality and stereotypes                          | 28 <sup>th</sup> February 2021               | 175                               |
| Azadi ka Amrut Mahotsav: Women and Independence          | 12th March 2021                              | 36                                |

## WEBINAR: POST TRAUMATIC STRESS, DISORDER AND SEXUAL ABUSE

People with PTSD are more likely to be aggressive. The connection between PTSD and violence is found in both men and women with the disorder. Aaghaaz- the Women Development Cell of CVS always tries to enlighten people with best of knowledge on everything possible. On the occasion of World Post-Traumatic Stress Disorder Awareness Day our team has organised webinar on POST TRAUMATIC STRESS DISORDER AND SEXUAL ABUSE. We had Ms. Priyanka Tripathi and Ms. Praneet Kaur as our Guest Speaker. They discussed about the symptoms arising from abuse, what makes people violent and does it affect the relationships. The webinar was attended by approximately 90 to 100 people through Instagram live.



The image shows an Instagram post from the account 'aaghaaz\_cvs'. The post features a promotional graphic for a 'Psychology Session'. The graphic includes the AAGHAAZ logo, the text 'The Women Development Cell of CVS', and a circular photo of Ms. Priyanka Tripathi. The session topic is 'PTSD- Pain of Losing a Loved One: Learn How To Help Yourself and People Around You'. The date is '28th June', the day is 'Sunday', and the time is '1:00 p.m.'. The medium is 'Instagram Live @aaghaaz\_cvs'. At the bottom of the graphic, the names and contact information of Ritika Singh (President), Dr. Inderjeet Dagar (Principal), and Dr. M. Geetha (Convenor) are listed. The Instagram post itself has 62 likes and was posted on June 26, 2020. The caption describes the session as an insightful seminar on PTSD awareness, organized on the occasion of World Post-Traumatic Stress Disorder Awareness Day. It mentions that the guest speaker, Ms. Priyanka Tripathi, is a mental health professional with over 15 years of experience and a degree in Psychology and B.ed.

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The Women Development Cell of CVS

**Psychology Session**

**Topic:**  
**PTSD- Pain of Losing a Loved One: Learn How To Help Yourself and People Around You**

Ms. Priyanka Tripathi  
(Mental Health Professional)

**Date - 28th June**  
**Day - Sunday**  
**Time - 1:00 p.m.**  
**Medium- Instagram Live**  
**@aaghaaz\_cvs**

Ritika Singh  
(President)  
9899806301

Dr. Inderjeet Dagar  
(Principal)

Dr. M. Geetha  
(Convenor)  
9810617815

aaghaaz\_cvs · Follow

aaghaaz\_cvs AAGHAAZ- the Women Development Cell of College of Vocational Studies aims at enlightening people with best of knowledge on everything possible. 🌍  
On the occasion of World Post-Traumatic Stress Disorder Awareness Day, we hence have organised this insightful seminar for you all on "POST TRAUMATIC STRESS DISORDER- PAIN OF LOSING A LOVED ONE- Learn how to help yourself and people around" 🌸

The Psychologist we have on board with us is Ms. Priyanka Tripathi. ❤️ Ms. Priyanka Tripathi, our esteemed guest, is a mental health professional and has been practising in the field for over fifteen years now. With an MA in Psychology and B.ed degree in hand, she is proficient in counselling.

62 likes

JUNE 26, 2020

**AAGHAAZ**  
The Women Development Cell of CVS

**Psychology Session**

**Topic:**  
**PTSD and Sexual Abuse**

**Ms. Praneet Kaur**  
(Counselling Psychologist)

**Date - 27th June**  
**Day - Saturday**  
**Time - 1:00 p.m.**

Ritika Singh  
(President)  
9899806301

Dr. Inderjeet Dagar  
(Principal)

Dr. M. Geetha  
(Convenor)  
9810617815

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aaghaaz\_cvs AAGHAAZ- the Women Development Cell of College of Vocational Studies aims at enlightening people with the best of knowledge on everything possible. 🌍  
On the occasion of World Post-Traumatic Stress Disorder Awareness Day, we have organised an insightful seminar for you all on "POST TRAUMATIC STRESS DISORDER AND SEXUAL ABUSE" 🌸 The Psychologist we have on board with us is Ms. Praneet Kaur ( @pourtheheartout )

Ms. Praneet Kaur our Guest Speaker for the Live Talk Session on the Occasion of World Post Traumatic Stress Disorder Awareness Day, is a professional in the field of Psychology. She completed her Bachelor's degree in Psychology from Khales College

54 likes  
JUNE 26, 2020

**Social Media Link(s):**

[https://www.instagram.com/p/CB5i2YQDHe6/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/CB5i2YQDHe6/?utm_source=ig_web_copy_link)

[https://www.instagram.com/p/CB45pLgDJMs/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/CB45pLgDJMs/?utm_source=ig_web_copy_link)

## WEBINAR: MENSTRUAL HYGIENE

Menstruation, a word that people avoid even saying out loud, is an integral part of life. And we need to be aware of menstrual hygiene. To increase awareness regarding the same, Aaghaaz conducted an enlightening and informative webinar on the 5th of September 2020, in collaboration with Unicharm India. We invited Mrs. Ankita Sukhwai, with whom we had an interactive session and learned a lot of essential facts about menstruation and menstrual hygiene. She commenced the webinar by giving us an insight into the basic understanding of menstruation. She proceeded by busting common myths surrounding it and gave us some interesting facts. She further emphasized the importance of menstrual hygiene and maintaining a healthy lifestyle. Lastly, a Q/A session was done, where attendees posed different queries. Nearly 150+ attendees were present throughout the webinar. The session was undoubtedly a success.

**AAGHAAZ**  
The Women Development Cell of CVS

In collaboration with  
**Unicharm India**  
Presents

WEBINAR ON  
**MENSTRUAL HYGIENE**

BY  
**Mrs. Ankita Sukhwai**  
(CSR Executive - Unicharm India)

Date: 5th September  
Medium: Zoom  
Time: 4pm

R. Singh  
(PRINCIPAL)  
9899806301

Dr. Inderjeet Dagar  
(PRINCIPAL)

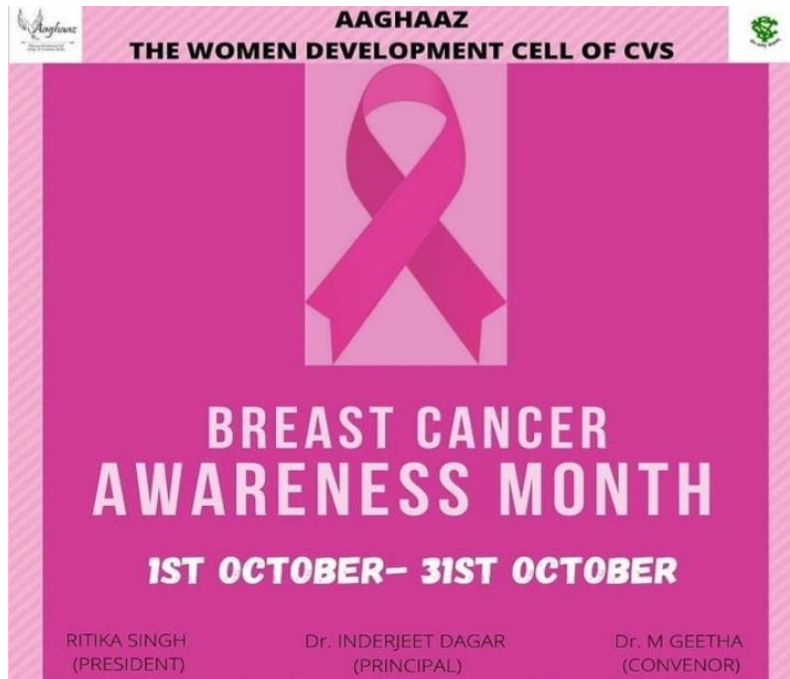
Dr. M. Geetha  
(CONVENOR)

### Social Media Link(s):

<https://www.instagram.com/p/CEoeCg3DkyP/?igshid=YmMyMTA2M2Y=>

## BREAST CANCER AWARENESS MONTH

Breast cancer awareness month is an annual cause that commences on 1 October and aims to increase awareness about breast cancer.



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THE WOMEN DEVELOPMENT CELL OF CVS

**BREAST CANCER  
AWARENESS MONTH**

**1ST OCTOBER – 31ST OCTOBER**

RITIKA SINGH (PRESIDENT)      Dr. INDERJEET DAGAR (PRINCIPAL)      Dr. M GEETHA (CONVENOR)



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BREAST CANCER AWARENESS MONTH  
(1th OCTOBER - 31st OCTOBER)

**What Are the Symptoms of Breast Cancer?**

1. NEW LUMP IN THE BREAST OR UNDERARM (ARMPIT).
2. THICKENING OR SWELLING OF PART OF THE BREAST.
3. IRRITATION OR DIMPLING OF BREAST SKIN.
4. REDNESS OR FLAKY SKIN IN THE NIPPLE AREA OR THE BREAST.
5. PULLING IN OF THE NIPPLE OR PAIN IN THE NIPPLE AREA.
6. NIPPLE DISCHARGE OTHER THAN BREAST MILK, INCLUDING BLOOD.

RITIKA SINGH (PRESIDENT)      Dr. INDERJEET DAGAR (PRINCIPAL)      Dr. M GEETHA (CONVENOR)

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WOMEN DEVELOPMENT CELL OF CVS

BREAST CANCER AWARENESS MONTH  
(1th OCTOBER - 31st OCTOBER)

**What can one do to reduce the risk of breast cancer?**

1. KEEP WEIGHT IN CHECK
2. BE PHYSICALLY ACTIVE
3. EAT YOUR FRUITS & VEGETABLES – AND AVOID TOO MUCH ALCOHOL
4. DON'T SMOKE
5. BREASTFEED, IF POSSIBLE
6. AVOID BIRTH CONTROL PILLS, PARTICULARLY AFTER AGE 35 OR IF YOU SMOKE
7. AVOID POST-MENOPAUSAL HORMONES
8. TAMOXIFEN AND RALOXIFENE FOR WOMEN AT HIGH RISK

RITIKA SINGH (PRESIDENT)      Dr. INDERJEET DAGAR (PRINCIPAL)      Dr. M GEETHA (CONVENOR)

### Social Media Link(s):

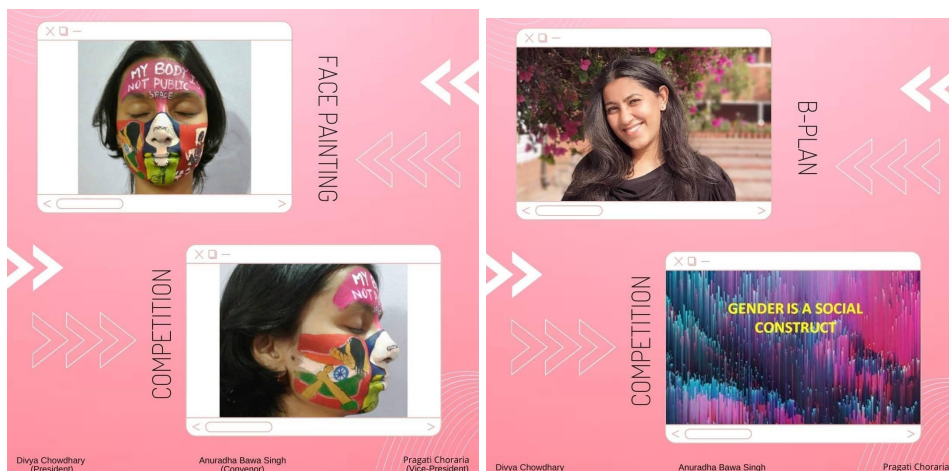
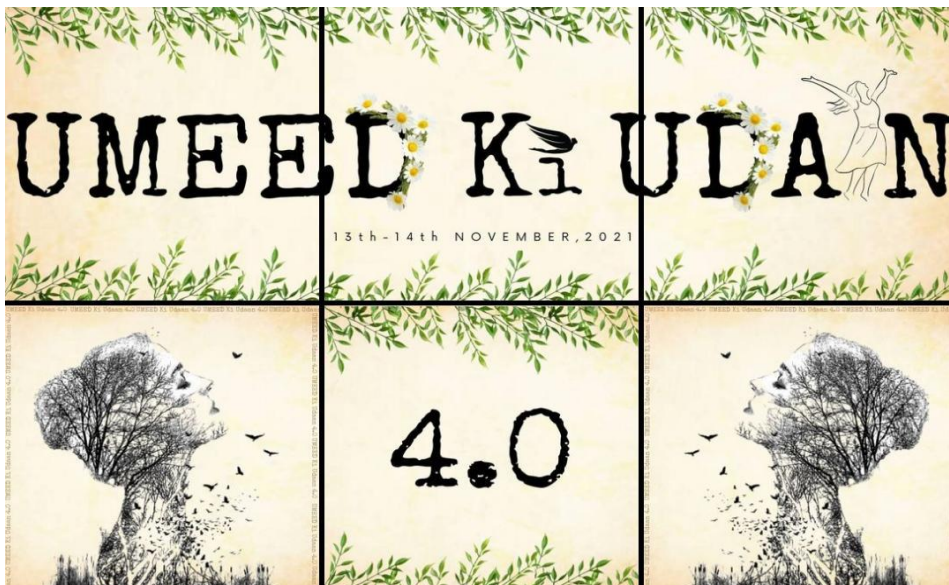
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<https://www.instagram.com/p/CG9k8QFjwI3/?igshid=YmMyMTA2M2Y=>

<https://www.instagram.com/p/CG9k9jajSff/?igshid=YmMyMTA2M2Y=>

## UMEED KI UDAAN (INTERNATIONAL GIRL CHILD'S DAY)

International Day of the Girl Child is an International observance day declared by the United Nations. AAGHAAZ conducted an event – EMPOWERING GIRLS for a BRIGHTER TOMORROW – Joined by around 100 people, the event was a grand success with the presence of our wonderful speakers, Meenu Padha and Seema Vikas Gadiya, they just made the whole event so auspicious by sharing their amazing knowledge on some really insightful topics! This surely was one of the most memorable events of AAGHAAZ!





### Social Media Link(s):

<https://www.instagram.com/reel/CWqR5GeFJY1/?igshid=YmMyMTA2M2Y=>

<https://www.instagram.com/p/CWBLFQHvqgE/?igshid=YmMyMTA2M2Y=>

## VIGILANCE AWARENESS WEEK

The Central Vigilance Commission observes the Vigilance Awareness Week from 27th October to 2nd November. This awareness week was specifically chosen to celebrate the birthday of our great leader, Sardar Vallabhbhai Patel. Aaghaaz encourages all the stakeholders to collectively participate in the prevention of, and fight against corruption and to raise public awareness regarding the existence, causes and gravity of the threat posed by corruption. The whole society of around 150 people stands strong to fight against corruption, misconduct, negligence, waste and wrongful acts.



**AAGHAAZ**  
The Women Development Cell of CVS



# VIGILANCE AWARENESS WEEK

( 27th October - 2nd November)

Ritika Singh  
(President)  
9899806301

Dr. Inderjeet Dagar  
(Principal)

Dr. M. Geetha  
(Convenor)  
9810617815



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WOMEN DEVELOPMENT CELL OF CVS

“

In the midst of the disguises and artifices that reign among men, it is only attention and vigilance that can save us from surprises.

Ritika Singh  
(President)

Dr. Inderjeet Dagar  
(Principal)

Dr. M Geetha  
(Convenor)



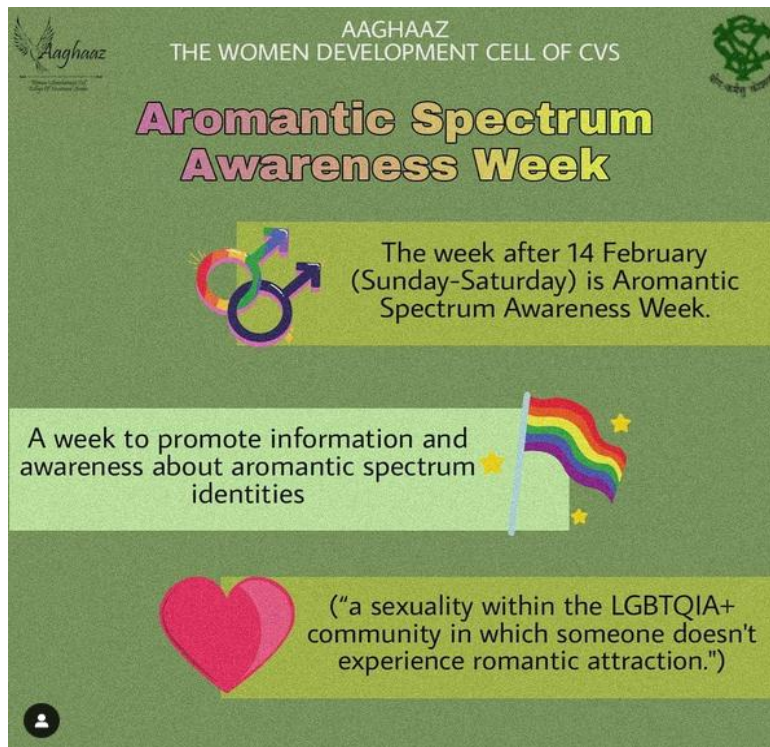
Social Media Link(s):

<https://www.instagram.com/p/CG66GnpDi8s/?igshid=YmMyMTA2M2Y>



## AROMANTIC SPECTRUM AWARENESS WEEK

The aromantic spectrum awareness week is a week-long celebration to increase awareness about aromantic spectrum identities. Aaghaaz always encourages people to accept who they are and acknowledge themselves. To emphasise the same, we created several awareness posts and group discussions to make people aware of the Aromantics and encouraged everyone to support and acknowledge them. Online meets were held with small groups of people to address them about the Aromantics and how to support them.

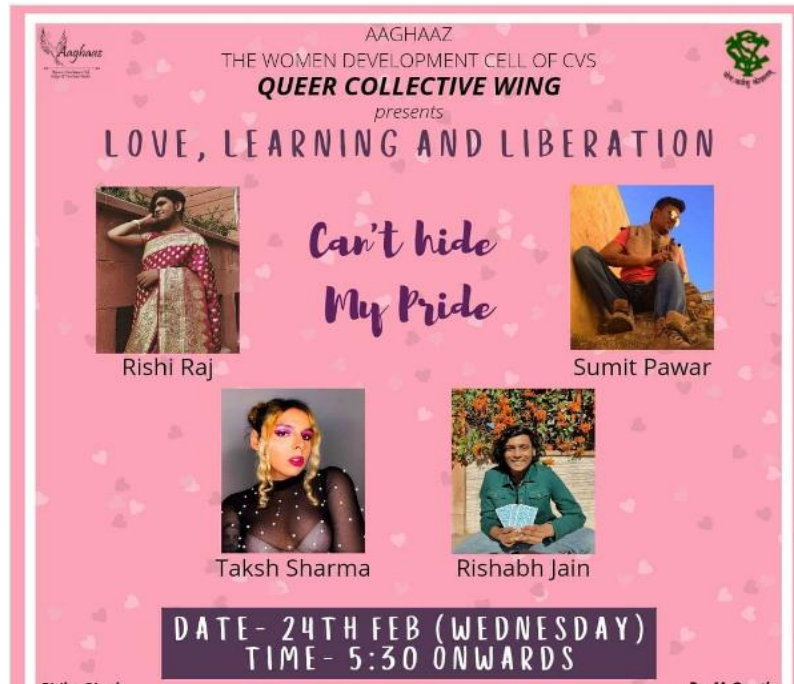


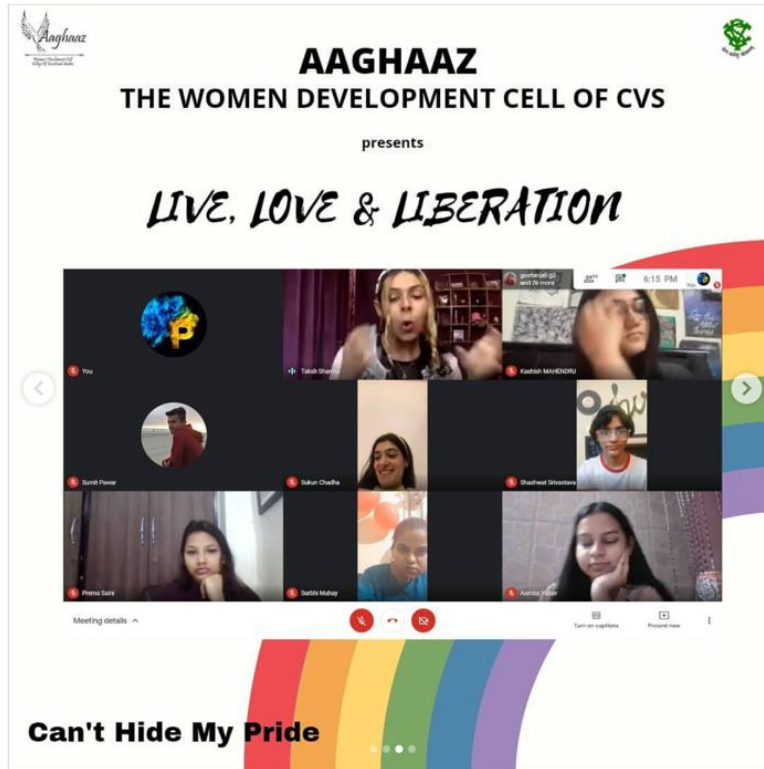
### Social Media Link(s):

<https://www.instagram.com/p/CLdwdAZDntM/?igshid=MDJmNzVkMjY=>

## PANEL DISCUSSION: RIGHTS OF LGBTQ

The Queer Collective of Aaghaaz organized an insightful speaker session to enlighten us with their knowledge and share their experiences as a member of the LGBTQIA+ community, or also as an ally. The speakers told us about the Rights of LGBTQ+ community, the History of this particular community, about its survival, and also how its members struggle with mental health problems. Attended by 150+ members, the session was very interactive and also fun-loving at the same time! A lot of queries were solved; each and every member was so delighted to meet the four incredible speakers. It was so worth it!





**Social Media Link(s):**

<https://www.instagram.com/p/CLl5m4jDEuW/?igshid=YmMyMTA2M2Y=>

[https://www.instagram.com/p/CLtKryoDUC\\_/?igshid=YmMyMTA2M2Y=](https://www.instagram.com/p/CLtKryoDUC_/?igshid=YmMyMTA2M2Y=)

## GENDER EQUALITY AND STEREOTYPES

Gender equality is when people of all genders have equal rights, responsibilities and opportunities. Gender equality prevents violence against women, and is also essential for economic prosperity in numerous ways. Gender equality is a human right! Every boy does not play football and every girl does not like to play with a doll! Why does one have to stick with pink or blue, when we can have the whole rainbow? Keeping these things in mind, and in order to remove the gender stereotypes

Aaghaaz collaborated with 'BHARAT GIRL UP' to talk about 'EQUALITY AND GENDER STEREOTYPES'. With almost 150+ attendees, the webinar was a huge success and was extremely insightful for young minds!

**AAGHAAZ**

The Women Development Cell of CVS  
in association with

**BHARAT GIRL UP**

presents

WEBINAR ON

**EQUALITY AND GENDER STEREOTYPES**

**28th february, 2021**

**10 am onwards**

**GOOGLE MEET**

RITIKA SINGH  
(PRESIDENT)  
(9899806301)

Dr. INDERJEET DAGAR  
(PRINCIPAL)

DR. M. GEETHA  
(CONVENOR)  
(9810617815)

### Social Media Link(s):

<https://www.instagram.com/p/CLv0d6oDobJ/?igshid=YmMyMTA2M2Y=>

## AZADI KA AMRUT MAHOTSAV: WOMEN AND INDEPENDENCE

The celebration of 75 years of India's Independence "Azadi ka Amrut Mahotsav" was commenced 75 weeks before Independence Day. The honourable Prime minister of India launched the opening ceremony on the 12th of March from Gujarat

On this occasion, Aaghaaz, The women Development Cell of the College of vocational studies successfully organized an inaugural opening online event on the 12th of March at 4 pm whose theme revolved around "Women and Independence". This event included Poetry, Song, speech and monologues.

**AAGHAAZ**  
The Women Development Cell of CVS  
*presents*

# AZADI KA AMRUT MAHOTSAV

Date : 12th March, 2021  
Time : 4PM onwards  
Medium : Google Meet

*event includes*  
**Poetry, Song, Speech & Monologue**

**Ritika Singh**  
(President)

**Dr. M. Geetha**  
(Convenor)

**Dr. Inderjeet Dagar**  
(Principal)

**Divya Chowdhary**  
(Secretary)

### Social Media Link(s):

<https://www.instagram.com/p/CMRVRiNjakb/?igshid=YmMyMTA2M2Y=>

This is to certify that the activity report (Teacher/Department/Society/Association) has been submitted for documentation to Internal Quality Assurance Cell, College of Vocational Studies, University of Delhi.

*Anu Satyal*

Dr. Anu Satyal  
IQAC Coordinator  
College of Vocational Studies

*Ajay Jaiswal*

Prof. Ajay Jaiswal  
Officer on Special Duty  
College of Vocational Studies  
Principal/अ.प्र.स.उ. / प्रधानाचार्य  
College of Vocational Studies  
कॉलेज ऑफ वोकेशनल स्टडीज  
(University of Delhi) / (दिल्ली विश्वविद्यालय)  
Triveni Sheikh Sarai, Phase II  
त्रिवेणी शेख सराय, फेज- II,  
New Delhi-110017/नई दिल्ली -110017