

## **GENDER EQUALITY**

**28<sup>th</sup> December 2023**

- **Objective:** Raising awareness about the importance of gender equality in society.

### **Description:**

The seminar began by defining gender equality as the principle that all individuals, regardless of their gender identity or expression, should have equal rights, opportunities, and access to resources.

Participants gained a deeper understanding of the concept and its relevance in achieving a fair and inclusive society; Banarsidas Chandiwala Institute of Physiotherapy has organised a 1-day Seminar on topic "Gender Equality". The session was led by Dr. Richa Dhir (Assistant Professor, Delhi University) from SPUWAC unit of Delhi Police. Ma'am started the talk by asking questions about stereotypical roles of males and females, making students question their own judgement on roles typically assigned for specific gender. Ma'am involved students by taking relevant examples from social media and Bollywood to arouse their interest in the topic. Ma'am explained how students can stop gender biasing from their end and make a difference in society. Ma'am also explained about cyber-crimes and one should be very vigilant while chatting online.

The seminar on Gender Equality provided a platform for meaningful discussions and insights into the importance of achieving gender equality. By examining gender stereotypes, empowering women, engaging men and boys, and promoting workplace equality, participants gained a broader perspective on the systemic changes required to create a more equitable society. The seminar served as a catalyst for raising awareness, inspiring action, and fostering dialogue around gender equality, ultimately contributing to the ongoing efforts to build a world where all individuals, regardless of gender, have equal rights and opportunities. Students openly came up with their queries and questions to which y Dr. Richa Dhir patiently answered.

The seminar was a huge success. Dr. Nidhi Kalra (PT), Officiating In-Charge felicitated y Dr. Richa Dhir with a token of gift at the end of the session.

