

Government Degree College Kaffota
District Sirmaur, Himachal Pradesh
Ranking of Government Colleges in HP

**Criterion 2 Student Support, Services and
Progression**

Key Indicator 2.7 Gender Equity

**Metric 2.7.1: No. of health/sensitization
programmes organised**



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RANKING FRAMEWORK

2. STUDENT SUPPORT, SERVICES AND PROGRESSION

2.7. Gender Equity

2.7.1. No. of health/sensitization programmes organised

Response: 3 and above

Government Degree College Kaffota is dedicated to fostering a culture of gender equity, aligning with the United Nations' Sustainable Development Goal (SDG) 5: "Achieve gender equality and empower all women and girls." This commitment extends through every aspect of the institution, from curricular and extracurricular activities to community outreach and sensitization programs. Recognizing that students hail from diverse socio-cultural backgrounds—many from rural and tribal communities—the college takes a proactive approach to promote gender sensitivity, inclusion, and empowerment as essential values.

The college's gender equity initiatives are designed to educate students about gender-related issues, encourage open dialogue, and support women's health and social equity. These programs include targeted health and wellness sessions, legal awareness on harassment protections, and open discussions on social and gender-related challenges. By creating a safe, inclusive space where students can engage with and understand gender equity, the college empowers them to challenge stereotypes, advocate for equal rights, and become ambassadors for positive change within their communities.

Through these ongoing initiatives, Government Degree College Kaffota ensures that its students not only benefit from a supportive campus environment but are also prepared to contribute meaningfully to a more equitable and inclusive society, resonating with the SDG's broader mission of promoting equality and empowering every individual.

The following initiatives were organized to promote gender equity and address health and social sensitization:

i. **Gender Sensitization Programme**

Gender sensitization program conducted focuses on awareness of students on gender sensitization

Implemented through the Women Development Cell and NSS, this program aims to break the stigma and "culture of silence"

ii. Lecture Session on POSCO

A lecture organized by the Internal Committee provided in-depth knowledge on the *Sexual Harassment of Women at Workplace (Prohibition, Prevention, and Redressal) Act, 2013*, and the *POCSO Act, 2012*. This informative session educated students about their legal rights, protections against harassment, and how to seek redressal if needed. The session emphasized the importance of a respectful, safe academic environment and encouraged students to be aware of their rights and to stand against harassment.

These initiatives underscore Government Degree College Kaffota's commitment to gender equity, empowerment, and a safe, inclusive educational environment for all students

iii. Wellness in the Hills" - Holistic Health Awareness Programme

This session, organized by the Women Development Cell (WDC), addressed mental and social health issues affecting female students. The program highlighted common challenges faced by women in rural areas and provides guidance on mental resilience, stress management, and self-care. Interactive discussions and mental health resources aim to promote awareness of mental health as a crucial aspect of well-being and build a supportive environment for students' personal and emotional growth.

iv. Workshop on personal hygiene during mensuration by CHC staff

This session focuses on menstrual hygiene awareness, addressing the need for reliable information, hygienic menstrual absorbents, and facilities for girls and women to manage menstruation with dignity and privacy.

Unfortunately, people often find it embarrassing to talk about menstruation. "Nobody hides tissues when they have a runny nose... people don't get conscious when they have a sneeze coming on and public outbursts are casually blessed. The same is not there of periods." What is worse, even the sanitary-product advertisements avoid mentioning menstruation by pouring a blue liquid on the sanitary item to demonstrate its absorptiveness. This shows the stigma surrounding the blood associated with menstruation.

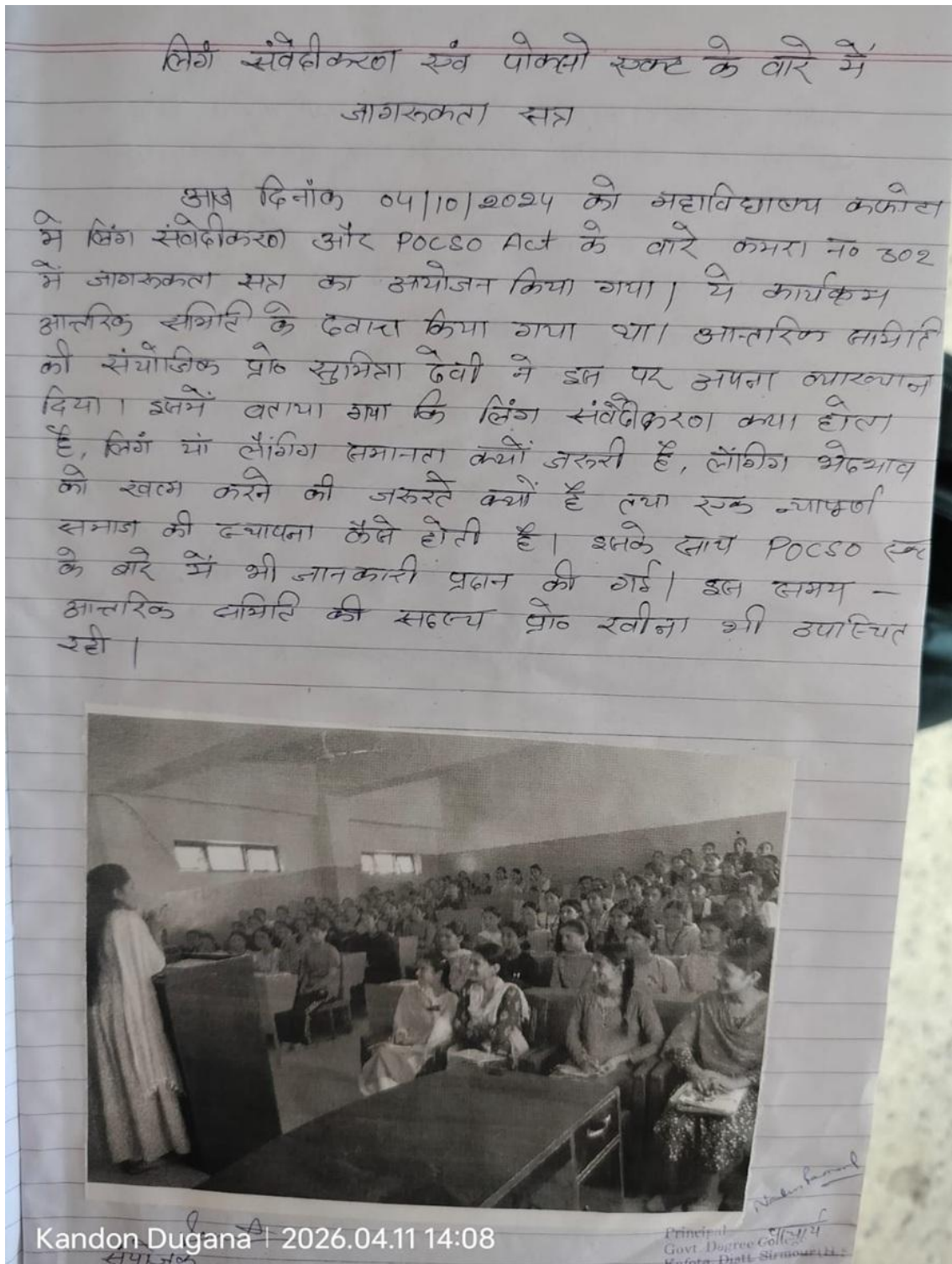


Figure 1: Awareness program on Gender sensitization

आज दिनांक 15/03/25 को महाविद्यालय कफोटा में यौन उत्पीड़न से सम्बन्धित अपराधों एवं सजा के प्रावधानों के बारे में लाइवैरी हॉल में जागरूकता सत्र का आयोजन किया गया। यह कार्यक्रम राष्ट्रीय सेवा योजना एवं आन्तरिक समिति के समुक्त प्रयासों से किया गया। अधिकता दिनेश कुमार ने इस विषय पर अपना व्याख्यान दिया। इसमें बताया गया कि यौन उत्पीड़न क्या है, इसके बारे में जानकारी क्यों जरूरी है। पोक्सो एक्ट क्या है, इसमें कौन-से अपराध शामिल हैं और उन अपराधों के लिए सजा का प्रावधान क्या है। इस सत्र में महाविद्यालय के छात्र-छात्राओं ने अपनी उपस्थिति दी। आन्तरिक समिति की लैंगिक प्रे-लुमिना देवी, प्रो. विक्रम सिंह ठाकुर, राष्ट्रीय सेवा योजना के कार्यक्रम अधिकारी प्रो. दिनेश शर्मा, प्रो. रवींद्र एवं प्रो. अनिल कुमार भी उपस्थित रहे।



संयोजक *Sunish*
आन्तरिक समिति

Kuldeep Singh
प्रधान

ndon Dugana | 2026.04.11 14:08

Principal
Govt. Degree College
Kafota, Distt. Sirmour (H.P.)

Figure 2: Awareness on POSCO

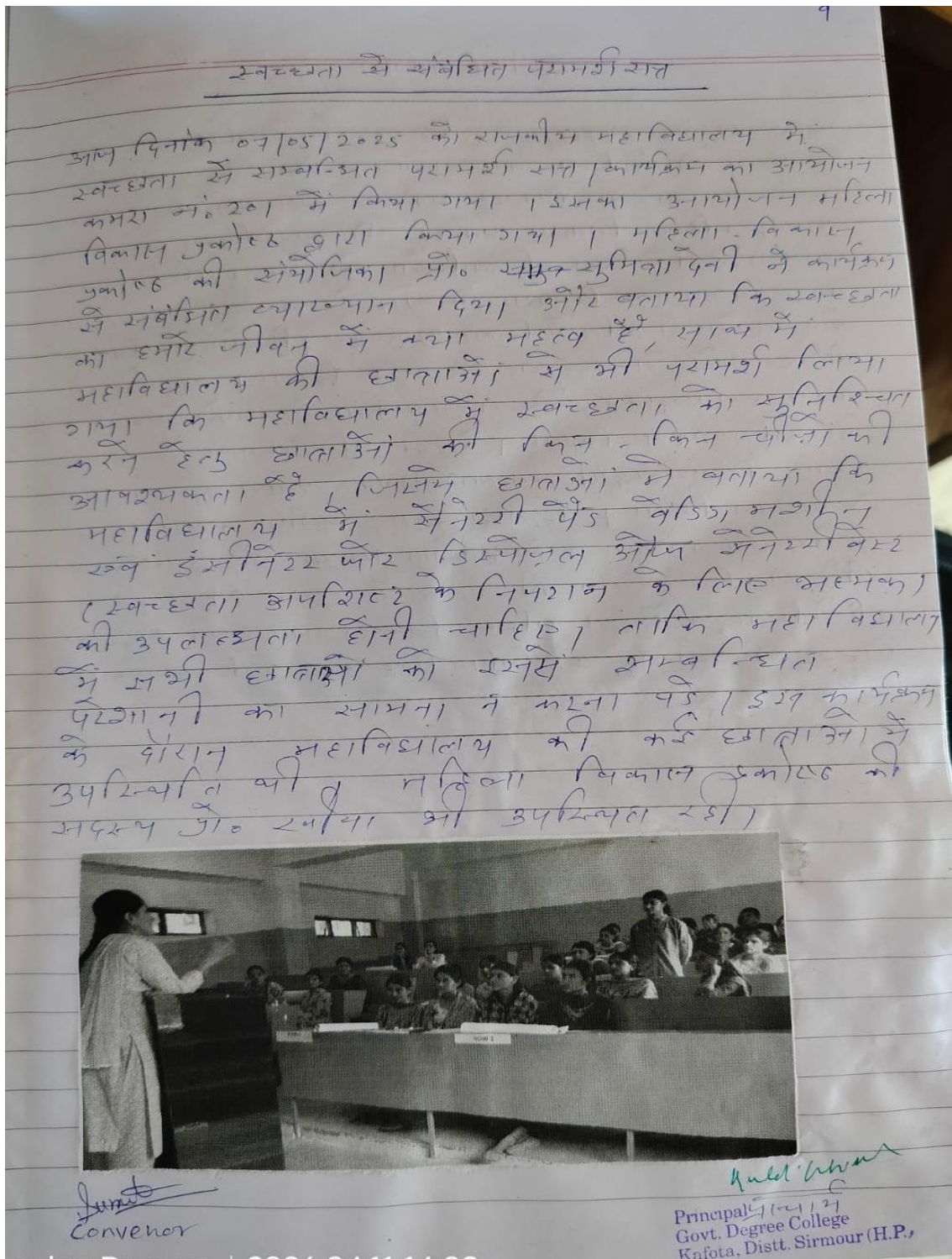



Figure 3: Awareness on hygiene by Ms Sumitra

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आज दिनांक 27/11/25 को राजकीय महाविद्यालय कफोटा में व्यक्तिगत स्वच्छता से सम्बन्धित जागरूकता सत्र का आयोजन किया गया। इस सत्र में CHC प्रिया पुष्कर द्वारा व्याख्यान दिया गया। उन्होंने छात्रों को पीरियड (Menstruation) के दौरान हमें किस प्रकार व्यक्तिगत स्वच्छता का ध्यान रखना चाहिए इस पर अपना व्याख्यान दिया। उन्होंने बताया कि पीरियड के दौरान हमें सर्जिस का विशेष ध्यान रखना चाहिए। और अगर हम सर्जिस का ध्यान नहीं रखते हैं तो हमें कई प्रकार की समस्याएँ लग सकती हैं। इस दौरान हमें खान-पान का भी विशेष ध्यान रखना चाहिए। इस व्याख्यान के दौरान डा. मरुचारी, प्रो. विवेक शर्मा, प्रो. विपिन सिंह, प्रो. अजय कुमार, प्रो. रवीना, और प्रो. सुमित्रा भी उपस्थित रही। महाविद्यालय के प्राचार्य महोदय भी इस व्याख्यान के दौरान उपस्थित रहे।



Sumita
Convener

Widya
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Figure 4: Session on female hygiene and menstrual cycle by Ms Priya from PHC Kaffota