

Report of 2nd March 2021

Emotions are the integral part of human life. Especially women travelling through roller coaster rider of everyday life need a balance of these emotions. To create this emotional awareness a webinar was organized by Era University, Lucknow on 2nd March 2021 under “Mission Shakti Abhiyan”. The theme of the session was “Managing emotion for self-empowerment”. The session was addressed by Dr.Farha Rizvi, Associate Professor & Clinical Psychologist, Dept. of Happiness, Era University, which advocated women how to cope up with such emotional barriers and maintain their wellbeing.

A woman is a strong pillar. She is a professional, a home maker, a healer, a mentor etc. Emotional wellbeing of her own-self will lead a family, an organization and a society towards emotional awareness and transcendence.



Report of 3rd March 2021

Responsibility of building society, managing household, building families rests on a woman. What about the rights and protection of women? Indian constitution came forward and framed various laws to empower women against exploitation, harassment, domestic violence and sexual assault. To safeguard the interests of a girl child and adult women by Govt. of India implemented measurable mechanism in the form of Acts.

Era University, Lucknow took the initiative by organizing a webinar on “Women rights under Indian Judicial Law”. The session was headed by Ms.Ninnie Srivastava, Advocate, High Court, Lucknow Bench, on 3rd March 2021. This was the platform where female faculty, students and staff were oriented about Acts & Laws related to the safety and security of female.

The under mentioned Acts & Laws were discussed in the session

1. POSCO Act
2. Protection of women from domestic Violence Act 2005
3. The Dowry Prohibition Act 1961
4. The Immoral Trafficking Act 1956
5. The Sexual Harassment of women at workplace Act
6. The indecent Representation of Women (Prohibition) Act 1956



Report of 4th March 2021

Self Defence, especially for women, is of utmost important in the kind of world we live today. Building confidence in physical resistance skills allows women to feel more capable and more at peace when in potentially dangerous areas. As they know the proper techniques to fend off an attacker. Keeping in mind the need of the hour, Era University under the programme “Mission Shakti”, took the initiative of introducing all the female students to the Self-defence techniques conducted 4th March 2021 under the national Judo player’s Supervision, Ms.VarshaVerma at University campus.

Ms.VarshaVerma is the NGO’s chairperson, “Ek Koshish Asi Bhi” which actively works for the destitute and sexually abused women and children. Indeed, Ms.Verma is an inspirational woman who motivated our students to give away their insecurities and coyness, and bloom out to be courageous and invincible in any worse situation. All the girl students of Era University voluntarily participated in the various defence techniques shared and demonstrated by Ms.Verma, adhering to the safety measures. She was felicitated by Era University for such valuable training to the students. Student volunteers were also felicitated on Women’s Day.

Some of the quick tips and tricks for self-defence discussed were:-

1. If

1. If overpowered pretend to be submissive at first and fight back when the attacker is off guard
2. Always try to sit behind the cab driver in the case travelling alone.
3. Keep a check when walking or cycling on the road to avoid groping.
4. Say out in a loud and aggressive voice when required, use anything nearby as weapon.
5. The best self-defence weapon for a woman is self-confidence, good health and presence of mind.



Report of 5th March 2021

Women have the right to be free from violence, harassment or discrimination. Removing the barriers of an unsafe environment can help women fulfil their potential as individuals as contributors to work, communities and economics. Keeping all this in mind UP Govt. has taken certain measures to protect the females from such violence. Various emergency contact numbers and apps have been established so that women can contact police immediately contact the police and get emergency security if needed. Mr. Shiv Pratap Singh sub-inspector, Thakurganj thana, UP Police headed a session organized by Era University Lucknow on 5th March 2021, in which he introduced Women helpline number 1090, child helpline on 1098 etc, which are facilities available 24x7. He also informed about pink booths and patrolling to our students and faculty members.



Report of 6th March 2021

Domestic abuse and illiteracy are major factors which hamper the growth of women and make them subject to a torturous life. A Nukkad Natak presented by the students of Faculty of Nursing was presented depicting this scenario and thus creating awareness about literacy about women's rights and highlighted the need of the hour, i.e. women must help each other in event of domestic violence and crisis. This event further strengthened the Mission Shakti in empowering women.



Report of 7th March 2021

As a follow-up of the talk delivered by Dr. Farha Rizvi on 2nd March 2021 on emotional well being of women, students were invited to consult her for their own problems.

Several students consulted Dr. Farha online or through telephonic calls and they were counselled with confidentiality.

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Report of 8th March 2021

At Era University, International Women's Day was celebrated as the culmination of womanhood with songs, dance, recitations presented by various faculty members and most importantly by felicitating 49 staff members who have been with Era's institution for many years, serving it selflessly and with dedication. Each of them was given a plaque of honour, certificate of appreciation and gifts. Student volunteers who participated in some programs under Mission Shakti were also felicitated.



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