



PRAGATI: WOMEN'S DEVELOPMENT CELL- DAULAT RAM COLLEGE

20th August 2025- **MANAGING PEER PRESSURE AND MAKING INDEPENDENT CHOICES SEMINAR ALONG WITH THE YOUTH WELLNESS CAMPAIGN**



A thought-provoking session by Ms. Tanisha Jain enabled students to find their voice in college and make informed decisions. The students understood how to deal with positive and negative peer pressure by always trusting their instincts. The Youth Wellness Campaign raised awareness about menstrual health and distributed related goodies to the students.

16th September 2025- **EVOLVING ROLES AND VALUES OF WOMEN IN MODERN INDIA**



The main objective of this lecture was to make students aware of the evolving roles and values of women in modern India. It aimed to encourage reflection on women's roles in society and family, their rights, challenges, and empowerment. Dr. Pandey stressed that modern feminine values are not entirely new but rooted in historical traditions of strength and dignity. He encouraged students to see themselves as self-sovereign (Swamini) and never weak summed up in his concluding remark, "I am tender, not weak."

30th September 2025- **SEMINAR ON MENSTRUAL HYGIENE AND WELLNESS BY MS. ALANKRITA PANDEY**



The event aimed to create awareness about menstrual health, challenge taboos, and highlight sustainable menstrual practices through dialogue and experience-sharing by Ms. Alankrita Pandey. The session highlighted menstrual cups as a cost-effective and sustainable alternative, and introduced Titli Foundation's work in donating menstrual cups to underprivileged menstruators over a period of five years. Open discussion on personal experiences fostered a safe space to break the silence around menstruation.

08th October 2025- **MENTAL HEALTH AND POSITIVITY**



The main objective was to spread awareness about mental health in an engaging and relatable manner. The use of games helped participants both young and old to learn actively, by linking childhood games with real-life challenges. The event used redesigned childhood games like Ludo and Snakes & Ladders to spread awareness on depression, anxiety, and substance abuse. Participants moved across life-sized boards, answering questions and discussing each topic. The organizers successfully created an environment where participants could reflect, learn, and express themselves freely.

14th and 15th October 2025- **SELF- DEFENSE CAMP**



The Self-Defence Camp aimed to empower female students with confidence and practical safety skills. It emphasized the practicality of simple escape techniques that can be used in real-life situations. The legal awareness session strengthened students' understanding of recent criminal law updates, encouraging informed reporting and proactive safety measures. The camp also encouraged students to develop presence of mind, courage, and self-belief in real-life situations.

12th November 2025- **YOUTH WELLNESS CAMPAIGN IN COLLABORATION WITH THE RIGHT SIDE STORY**



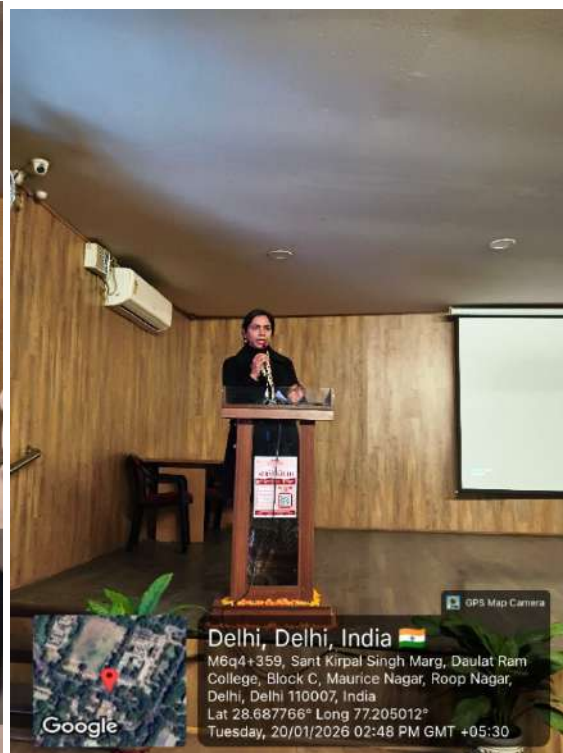
Students gained better understanding of menstrual health and hygiene practices through interactive discussions. Over five hundred students benefited from the donation, ensuring access to essential sanitary products. The initiative strengthened Daulat Ram College's commitment to women's well-being and inclusivity on campus.

19th November 2025- **UNDERSTANDING SEXUAL HARASSMENT: POWER, BOUNDARIES AND LEGAL AWARENESS**



Vageshwari ma'am held an interactive session, informing students about case studies, their legal rights, effects of power dynamics and gender roles in the context of sexual harassment. Enhanced confidence among participants to speak up, assert boundaries, and make informed decisions. Increased awareness of power dynamics and everyday gender roles. Better understanding of personal boundaries and their subjective nature.

20th January 2026- **STRATEGIX 1.0- Policy Making Competition**



Strategix 1.0 aimed to provide a platform for students to critically engage with contemporary social issues affecting women at large, develop analytical thinking, and encourage practical, research-based policy solutions through presentations and expert evaluation.

Strategix 1.0 was conducted in two stages: an online and an offline round. Participants first submitted PowerPoint presentations on women-centric social issues, evaluated on research and policy feasibility. Shortlisted teams then presented their ideas before a panel of judges, followed by a question-and-answer session.

The interactive discussions and expert feedback provided valuable insights into policy formulation and implementation challenges.

22nd January 2026- **SEMINAR ON CERVICAL AND BREAST CANCER AWARENESS BY DR. ANITA MALIK**



Dr. Anita Malik highlighted the causes, prevention, screening methods, and importance of HPV vaccination for cervical and breast cancer. It also covered their causes, prevention, early detection, thereby encouraging informed health choices among young women. The session also included an interactive discussion to address students' questions and promote awareness.

10th February 2026- **BADGING CEREMONY**



The Badging Ceremony was conducted in a structured and sequential manner, with each office bearer formally invited on stage and inducted into their role. The badges were conferred by Dr. Isha Goel, symbolising official recognition, responsibility, and leadership commitment.

16th February 2026- **GALENTIN'S DAY EVENT**





The Galentine's Day celebration organized by the Women's Development Cell, Daulat Ram College aimed to celebrate friendship and sisterhood while providing a safe and engaging platform for interaction, and inspiration through meaningful conversations. The programme included felicitation of Sejal Kumar, interactive discussions, and a musical jamming session. A rapid-fire round and audience interaction encouraged open dialogue and participation, followed by a symbolic closing activity.

26th February 2026- **ADHYAVI'26 – Annual Fest of Women Development Cell**





The event aimed to provide a creative platform for students to express their talents and ideas through performance, visual storytelling, and artistic representation. Registrations were conducted through an online form for competitions including Open Mic, Reel Making, and Photography. The programme began with a brief welcome and introduction, followed by Open Mic performances where students presented dance, singing, and poetry within the allotted time. Participants of the Reel Making and Photography competitions captured moments of the fest across the campus. The event concluded with the evaluation of entries and a prize distribution ceremony where winners received certificates, trophies and hampers. The event encouraged students to participate actively and express their talents. It created a lively atmosphere on campus and promoted creativity, confidence, and interaction among students.

18th March 2026- **International Women's Day Celebration and Policy Paper Presentation**





This Women's Day celebration aimed to honour and celebrate the strength, resilience, and achievements of women, while also promoting awareness of gender equality and women's rights. The event was conducted in a structured manner, beginning with a panel discussion to build awareness on gender issues. This was followed by a National Young Scholars' Conference, involving abstract submission, screening, full paper submission, and final selection. The selected participants presented their research across three panels-History, Political Science, and English, through interactive sessions with cross-questioning and audience participation. It contributed to women's development by creating awareness about rights, encouraging confidence and self-expression, and fostering a sense of leadership and participation among students.

15th, 22nd, 26th March 2026- **PROJECT EHSAAAS: FEELING STORIES, FOSTERING HOPE**





Pragati (WDC) identified the Human Peace Foundation in Nirman Vihar as the project site. Members conducted introductory sessions to document the life stories of residents. Interactive games like Tambola were organized to promote mental agility and social inclusion. Activities such as 'Passing the Parcel' and a dedicated dance performance by the Cultural Head took place, ending with a symbolic Rose Ceremony. Project Ehsaas aimed to foster meaningful intergenerational connection through empathy, presence, and genuine bond. It reminded us that sometimes, the most profound impact lies not in grand gestures, but in simply being there.

