

WOMEN COMMUNIT EXTENSION CELL POSTER YEAR 2018

Lingaya's Lalita Devi Institute Of Management & Sciences
NAAC 'A' Grade Institution
Affiliated to CCSIP University & Recognised By Govt. of Delhi & NCTE

WOMEN COMMUNITY EXTENSION CELL



Department of Education
Faculty Coordinator
Dr. Manju Sharma - 9600453333
Ms. Vandana Sharma - 8832382509
Student Coordinator
Kritika - 7503312276
Bharti Yadav - 9996520000

Department of Management
Faculty Coordinator
Dr. Manika Gupta - 7642078021
Ms. Nupal Asasti - 8058271746
Ms. Priyanka Tyagi - 9011595850
Student Coordinator
Jaya charma - 991694056
Unnati - 9119454964
Shubha - 7503655731

Department of Mass Communication
Faculty Coordinator
Ms. Harmeet Kuchhar - 9999169373
Ms. Saloni Saini - 9871779571
Student Coordinator
Bhya Pandey - 9073445565 &
Urvashi Dubey - 9810292397

DIRECTOR
LINGAYA'S LALITA DEVI INSTITUTE
OF MANAGEMENT & SCIENCES
MANDI ROAD, MANDI
NEW DELHI-110047



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OF MANAGEMENT & SCIENCES

Choose to Know

WOMEN COMMUNITY EXTENSION CELL



Co-ordinator

Prof. (Dr.) Manju Sharma (8076843266)

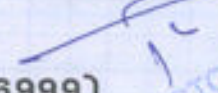
Members

Dr. Geeta Arora (9958276999)

Dr. Jyoti Dahiya (9871310707)

Dr. Shikha Gupta (7838092682)

Ms Rupal N. Asati (9958674306)


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Lingaya's Lalita Devi Institute of Management & Sciences

(NAAC Accredited "A" Grade Institute & Approved U/s 2(f) of UGC Act 1956)

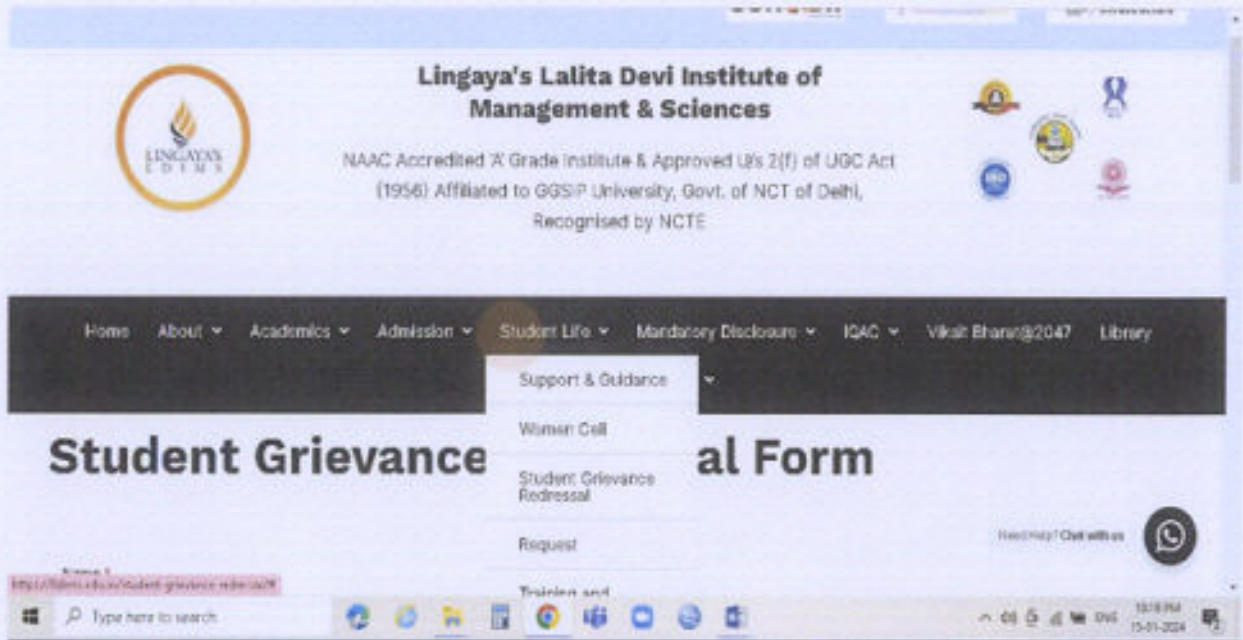
Mandi Road, Mandi, New Delhi-110047.

Ph : 011-26651112-3, Fax : 011-26651050

website : www.ldims.edu.in, email : director.ldims@gmail.com



WEBSITE IMAGE



MSL
Dr. Manju Sharma
MA (Psychology & Hindi)
Med, M.Phil & PhD (Education)

MSL
DIRECTOR
LINGAYA'S LALITA DEVI INSTITUTE
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NEW DELHI-110047

Women Cell YEAR 22-23

Objective:

To work for Gender- sensitive Campus

Gender is a major concern in the policies of government and UGC. Initially conceptualized as a platform for women harassment redressal cell in our educational institute (erstwhile Ldims, Mandi), it grew into a Cell playing a catalyst for gender sensitization, knowledge sharing and women empowerment. Contributing to the visibility of gender issues, the Cell opens a genuine dialogue among scholars, activists, faculty, staff and students through talks, discussions, counselling and consultation.

- The Cell envisages playing a significant role in:
- Mobilising on women's views and perspectives on important social issues
- Questioning the existing biased and stereotypical notions, concepts those deny identity and respectable space to women
- Assimilating gender consciousness into all systems of knowledge in order to progress towards a true gender sensitive society
- Eliminating cultures of impunity, silence and complicity

Action Plan:

- By arranging talks/ lectures/discussions on gender related issues
- By playing street skit , documentaries and socially relevant movies to gender sensitise students/ staff and faculty in the university
- By adopting colonies, villages to gender sensitise and make them aware of schemes, facilities of the government

Members Women Cell:

- Dr Manju sharma, Department of Education
- Dr jyoti Dahiya ,Department of Education)
- Dr Geeta Arora , (Department of BA(J&MC
- Dr Shikha Gupta ,Department of Management
- Mrs Roopal N Asati Department of Management

Location of the office, Women Cell:

Top Floor (on the Right side near by auditorium

Contact : 8078843266

e-mail: Manju.sharma@ldims.org.in



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Strictly as per norms & guidelines of UGC and The Sexual Harassment of Women at Workplace(Prevention, Prohibition and Redressal) Act, 2013, following the University's policy of zero tolerance on campus for gender based violence and harassment to prevent and redress the complaints, the Cell has a dedicated Internal Complaint Committee with the following constitution:

Mechanism Complaint Registration

Any student, staff or faculty member may lodge a complaint against gender harassment telephonically, through fax or through online/e-mail; the complaint can also be made in the 'Complaint Register' available in the office of H.R Head..

Chairperson of the Cell:
Prof. (Dr) K.K Garg


Coordinator
Dr. Manju Sharma


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NOTICE

11/11/2020

Women's cell LLDIMS was established in to ensure safe and secure working environment for all the women (Girls) in this institute. The women cell was inaugurated in Dr Manju Sharma under the pattern ship of The Women's all function as a body that investigators and recommends action all acts of harassment against any individual (of either sex)

To lodge a complaint:-

You can send E-mail to- Manju.sharma@lldims.org.in

Call us on phone: - 8076843266

Be assured that

- All complaints and name of the victim will be kept confidential
- A baseless complains will be advisedly affecting the credibility of the complaint

Women Extension Community Cell

S. No.	Faculty Name	Email ID	Phone No.	Department
1.	Dr. Manju Sharma	Manju.sharma@lldims.org.in	8076843266	B.Ed.
2.	Dr Geeta Arora	Geeta.arora@lldims.org.in	9958276999	BA(JMC)
3.	Ms. Rupal	Rupal.asati@lldims.org.in	8058271726	BBA
4.	Ms Anshu shrivastava	Anshu.shrivastava@lldims.org.in	9930386870	B.com

Coordinator

Dr Manju Sharma

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NOTICE

17/08/2019

Women's cell LLDIMS was established in to ensure safe and secure working environment for all the women (Girls) in this institute. The women cell was inaugurated in prof. Kavita Joshi under the pattern ship of The Women's all function as a body that investigators and recommends action all acts of harassment against any individual (of either sex)

To lodge a complaint:-

You can send e-mail to- manjuvats69@yahoo.co.in

Be assured that

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Women community Extension Cell

S. No.	Faculty Name	Email ID	Phone No.	Department
1.	Dr. Manju Sharma	Manjuvats69yahoo.co.in	9868453333	Education .
2.	Ms. Kamini	Kamini.ar 13@gmail.com	9467814786	Education
3.	Ms. Rupal	Roopal.asati26@gmail.com	8058271746	Management
4.	Dr Manisha	Manisha23040 @gmail.com	7042078021	Management
5.	Ms anamika srivastava	Anamika.sri20@gmail.com	9313908563	Journalism
6.	Ms Anshu srivastava	reachanshusrivastava@gmail.com	9953665141	Counsellor


Coordinator

(Dr Manju Sharma)


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Women Extension Community Cell

S. No.	Faculty Name	Email ID	Phone No.	Department
1.	Dr. Manju Sharma	Manjuvats69yahoo.co.in	9868453333	B.Ed.
2.	Ms.Harmeet Kocchar	Kr.harmeet@gmail.com	9999169373	BA(JMC)
3.	Ms.Rupal	Roopal.asati26@gmail.com	8058271726	BBA & B.Com
4.	Ms.Saloni	Salonisaini110@gmail.com	9871779571	BA(JMC)


Coordinator

Dr Manju Sharma


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Date; 21/07/2018

POLICY FOR GENDER EQUALITY AND SEXUAL HARRASMENT

At LLDIMS, we are committed to fostering a workplace and educational environment that promotes gender equality and ensures the safety and well-being of all individuals. This policy is a collaborative effort between the Director of LLDIMS, the Coordinator of the Women's Cell, and the Sexual Harassment Cell.

Members:

1.	Dr. Manju Sharma	Manjuvats69@gmail.com	8076843266	B.Ed.
2.	Ms.Harmeet Kocchar	Kr.harmeet@gmail.com	9999169373	BA(JMC)
3.	Ms.Rupal Asati	Roopal.asati26@gmail.com	8058271726	BBA & B.Com
4.	Ms.Saloni	Salonisaini110@gmail.com	9871779571	BA(JMC)

- Ensures the overall implementation and adherence to the gender equality and sexual harassment policy.
- Provides necessary support and resources for the effective functioning of the Women's Cell and
- Leads initiatives to promote gender equality within the institution. Organizes awareness programs, workshops, and events focused on women's issues and empowerment.
- Serves as a point of contact for women facing challenges or seeking guidance.

Coordinator Anti-Sexual Harassment Cell:

- Oversees the implementation of policies and procedures related to the prevention and redressal of sexual harassment.
- Conducts awareness sessions on preventing sexual harassment and the avenues available for reporting incidents.
- Ensures fair and timely resolution of complaints related to sexual harassment.




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ACTIVITY LIST WOMEN COMMUNITY EXTENSION CELL

SESSION 2017-18 to 2021-22

Sr. No.	Activity Name	Date & Year	Conducted By
1.	Orientation of WCEC	When Session Started	All Committee Members
2.	Yoga & Meditation	1/02/2018	Mr Masroor Hassan
3.	Chalchitra we gather perception (Pink movie)	07/09/2018	Ms Harmeet Kocchar
4.	Safety and self defence workshop	18/09/2019	Mr. Chandan Singh Head of PCR VAN
5.	Women's Day Celebration	08/03/2019	Dr. Manju Sharma & Mr Masroor Hassan
6.	Mental Health Awareness	05/04/2019	Dr. Ashu Srivastava Counselor
7.	Stress Management	27/03/2019	Dr. Ashu Srivastava Counselor
8.	Gust Lecture on Common gynaec disorders and importance of cervical cancer vaccination	18/09/2019	Dr. Yukti Wadhwan MBBS, Ms obgy ARM
9.	Orientation of WCEC	When Session Started	All Committee Members
10.	Hindi Divas Celebration	14/09/2020	Dr. Manju Sharma
11.	Deepawali Celebration	09/10/2020	Dr. Manju Sharma
12.	Board Decoration Competition	10/10/2020	Dr. Manju Sharma
13.	Christmas Celebration	24/12/2020	Dr. Manju Sharma
14.	Orientation of WCEC	When Session Started	All Committee Members
15.	Women's Day Celebration	08/03/2021	Dr. Manju Sharma & Mr Masroor Hassan
16.	Personality Building & Personality Development Program	15/12/2021	Dr. Manju Sharma

17.	Professional Careers Skills	21/12/2021	Mr. Nishant Jaisawal
18.	Digital Literacy & Effective use of Social Media	27/12/21	NCW Dr Mala Dixit & Ms Ghazala Khatoon
19.	Orientation of WCEC	When Session Started	All Committee Members
20.	Women's Day Celebration	08/03/2022	Prof. Dr. Manju Sharma & Mr Masroor Hassan
21.	Street play – Evolution of Women Condition	08/03/2022	Dr. Manju Sharma Dr. JyotiDahiya
22.	Racial Diversity Sensitization	25/03/2022	Dr. AnkitaDhamija


Prof. Dr. Manju Sharma
Coordinator – WCEC LLDIMS


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REPORT ON INTERNATIONAL WOMEN'S DAY

VENUE LLDIMS, CAMPUS

Date: 08/03/2022

Today, on the occasion of Women's international Day, NukkadNatak was organized in the institute on the topic of 'Evolution of women's condition'. Following students participated in this skit Balram, Minakshi, Merin, Parul, Muskan, Pinki Pooja, Prerna Priyanka puri Priyanka shani Radha jha, Sapna, TarunikaVishwas, Shakuntla, Aleena, Rinki, Vishal Rajni, Radhika Singh Riya jain, Muskan

Welcome speech given by Dr Jyoti Dahiya assistant professor in Department of Education Programme ended over with vote of thank by Dr Manju Sharma Coordinator of Women Community Extension Cell LLDIMS

Various games activities organised by games instructor Mr Masoor Hassan for students such as volley ball, basket ball chess, race etc.



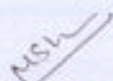

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Dr Manju Sharma
Coordinator WECE, LLDIMS



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WORKSHOP ON STRESS MANAGEMENT

Women extension cell organised workshop on stress management and coping strategies for BBA&B.COM students by our counsellor Ms Anshu shrivastava on 27/03/2019 in seminar hall.

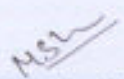
In workshop students learned about A personal plan for management of stress and accompanied with practical learning of progressive muscle relaxation exercises



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Dr Manju Sharma
Coordinator WECE, LLDIMS


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REPORT ON WOMEN CELL WORKSHOP SAFETY AND SELF DEFENCE

A two hour awareness campaign/workshop for college girls on sexual assault and harassment and a workshop on self – defense held in Lingaya's Lalita Devi Institute of Management and sciences on 18th September. 2018

The two – hour long workshop had a demonstration on self defense techniques for girls, which is of great help to them in time of crisis. **Mr. Chandan singh** head of PCR Van organized a self – defense workshop for the girls, he said added that such workshops are holding across the country and this year, the focus was on the district headquarters in the state.

The organizers taught the girls many self defence tricks and techniques to develop confidence in them.

Orientation and discussion were held on safety precautions at road, home school, public place and also while using internet. They also mentioned that they want women and girls to be able to know what to do when faced with assault, be it at the workplace, on the streets or even at home, and also self defence not requires years of practice to get right and might not look very elegant but can dramatically increases your chances of coming out of a sticky situation, safe.

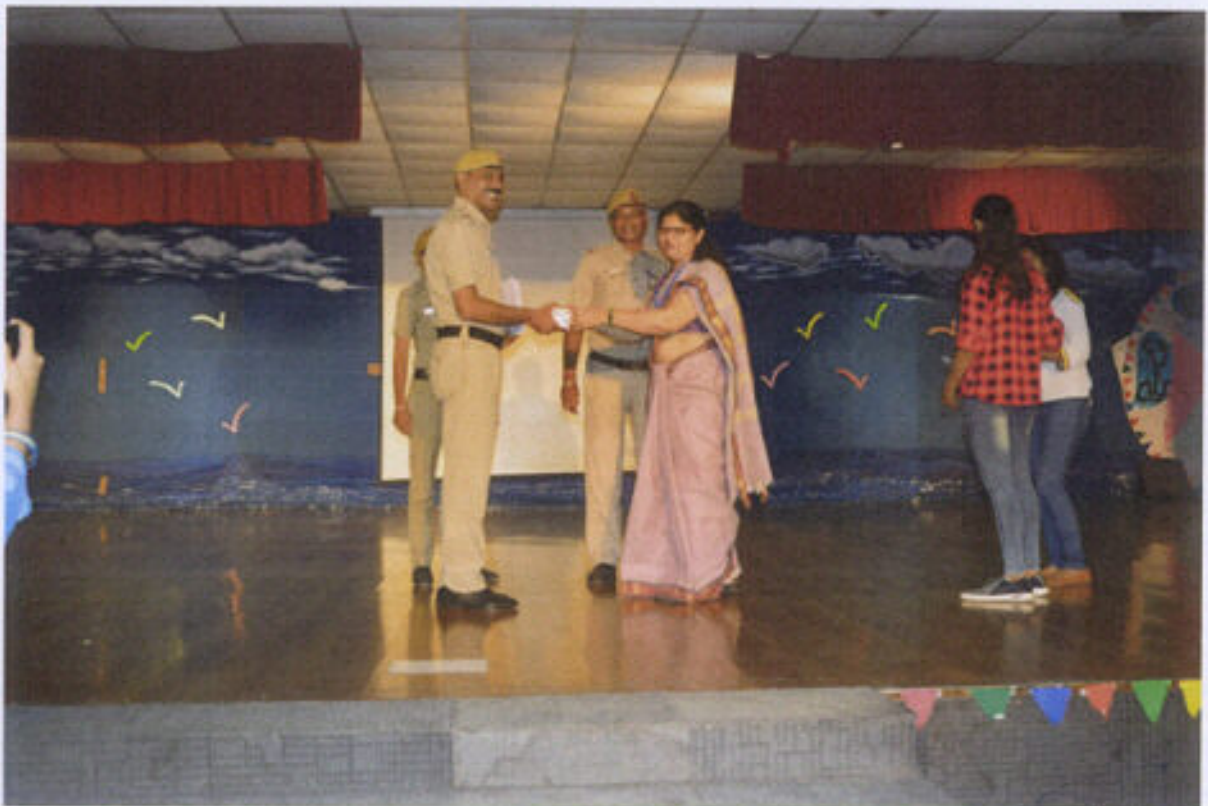
Apart from teaching us tricks and tips on how to solve ourselves in (SOS) situations, through demonstration as well as case – study of sexual assault they are keen on educating women and girls about basic rights also like filling FIRs etc.

The demonstration session:

- Prevention is the best self defense
- Get loud and push back.
- Remember the most effective body parts to hit
 - Eye
 - Nose
 - Neck
 - Knee
 - Use your elbows, Knee and Head
 - Use everybody objects- pin, perfume, pen, etc.

Glimpses of workshop







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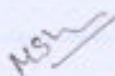



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Different techniques to self defend against different forms of attacks:

- Wrist hold
- Stop on outside strike
- Escape a bear hug
- use of hand edges to counter strike an attacker

The learning outcomes from the workshop on self defense are the we learnt about different kinds of violence that may be faced by girls or women in any place including at home. The volunteers got different self protection tips on how to avoid by attacking a potential attacker by using objects or by striking on the soft spots of the attacker.



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Coordinator, WECE, LLDIMS



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CIRCULAR

LLDIMS in collaboration with National Commission for Women, Delhi organises a workshop on Personal Capacity Building scheduled on 15-Dec, 12:00 Noon on the below meeting link: <https://meet.google.com/frq-drdo-uuw>

All Female Students from 1st to final years across all courses are required to attend this mandatorily.

See you in the session

Thanks

CIRCULAR

LLDIMS in collaboration with National Commission for Women, Delhi organises a workshop on Professional Career Skills scheduled Tomorrow, 12:00 Noon on the below meeting link: <https://meet.google.com/mtx-suyr-whg>

All Female Students from 1st to final years across all courses are required to attend this mandatorily.

See you in the session

Thanks


CIRCULAR

LLDIMS in collaboration with National Commission for Women, Delhi organises an e-workshop on Digital Literacy scheduled Tomorrow, 09:00 am on the below meeting link: <https://meet.google.com/zxh-tuub-gox>

All Female Students from 1st to final years across all courses are required to attend this mandatorily.

See you in the session

Thanks


Dr. Manju Sharma
Coordinator, WECE, LLDIMS


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15th December' 2021, Wednesday

12:00 PM

Platform: Google Meet

(<https://meet.google.com/frq-drdo-uuw>)

Resource Persons: -

Dr. Manju Sharma

Dr. Sangeet Sharma

Associate Professors

Dept. of Education, LLDIMS



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E-Workshop on Personal Capacity Building

BY: The National Commission for Women, Delhi

Lingaya's Lalita Devi Institute of Management and Sciences (Approved and affiliated by GGSIPU and Govt. of NCT of Delhi) in collaboration with National Commission for Women, Delhi organized a workshop on Personal Capacity Building. The meeting was held for all female students from first to final years across all courses. The meeting had a strength of over 200+ female students and at the beginning itself, the students were briefed about the three aspects that were to be elaborately covered in the workshop.

The three aspects were as follows: -

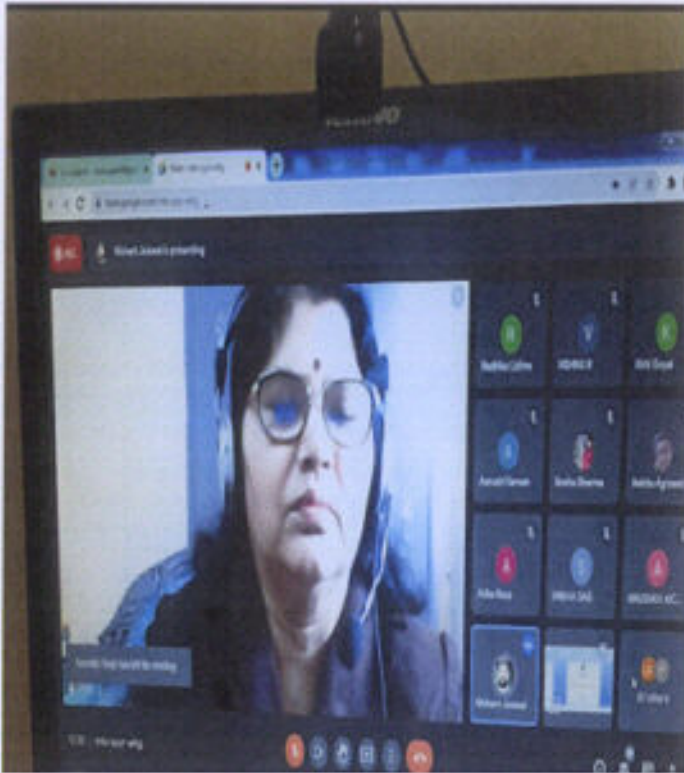
1. Listening Skills and Brainstorming.
2. Time Management and Stress Management.
3. Internal Communication and Group Discussion.

Out of these three aspects, Dr. Manju Sharma explicated upon "Listening Skills and Brainstorming", which was followed by Dr. Sangeet Sharma covering "Time Management and Stress Management." Additionally, there was a brief mention about the Women's Cell of LLDIMS, which was installed in 2010. Students were made familiar with the objective of the E-Workshop- the welfare of all females.

As the workshop marked its onset, Dr. Manju Sharma kick started the event by laying due emphasis upon the vitality of good communication skills that aid an individual in seeking employment, sitting for placement interviews, and in fostering good interpersonal relations with others. She validated how a person should eloquently express his or her viewpoints and ideas coherently and how one can strive to become an effective listener, in turn. With the help of an informative PowerPoint Presentation and pictorial representation in the form of diagrams, she figuratively linked the significance of a bulb and a brain (how due to the flowing of electric currents, the bulb remains lighted. Similarly, due to the free-flowing of ideas, pupils' brains get ignited with a spark, and their original and creative ideas help in shaping their cognitive capacities.) Dr. Manju Sharma further elaborated upon body language, speaking techniques, good organizational skills, mind mapping, and paraphrasing. She made her interaction interesting through various illustrations and by encouraging participation.

Next in line was Dr. Sangeet Sharma who initiated "stress management" by conducting a LIVE demonstrative exercise in which he asked the attendees to sit straight, lift their eyes a little, and give a big smile. The purpose of this exercise was to explain to the students the pattern in which stress adversely affects bodily postures, eating habits, mental abilities, etc. A lot of students took interest and asked him various questions, to which he promptly responded. He compared the journey of life to a Radio FM Station to describe that life is a journey and not an end process. He explained how certain concepts are closely intertwined: feeling-action-behaviour-result. Then, he moved on to "time management", which is essentially self-management. Dr. Sangeet Sharma articulated the impediments that come in the way of self-management, like procrastination- one's biggest foe and not prioritizing important tasks. Overall, his session was quite interactive marked by the keen participation of students.

All in all, the E-workshop commenced on a fruitful note and expanded the horizons of each student.




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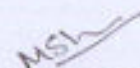
National Commission for Women, Delhi
Organises
an E-Workshop on
Personal Capacity Building

Resource Persons:-
Dr Manju Sharma
Dr Sangeet Sharma
Associate Professors,
Dept of Education, LLDIMS

15-Dec (Wednesday)
12:00 PM
Google Meet

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CELEBRATION OF WOMEN'S DAY

Programme organised

1. Balloon race
2. Balloon dance
3. Tug of war

Winners

Tug of war - Ms Stuti , Dr Sweta Gaur, Dr Geeta Arora Ms Mansi, Ms Akansha

Balloon race - Dr Manju Sharma

Pair race - Ms Aarushi





INTERACTIVE SESSION WITH GYNAECOLOGIST

Women cell (LLDIMS) organized interactive session for girls by Dr Yukti wadhwan MBBS, MS (ObGY)FRM Delhi

Topic -"common gynaec disorders and importance of cervical cancer vaccination".

Women cell of LLDIMS had organized special programme for its first year girl students "Ask a Gynaecologist! "Let's not be shy anymore, shall we? Because awkwardness is no excuse to stay in the dark about your lady parts" on September 18, 2019 in the Auditorium of the Institute.

Dr. Yukti Wadhawan (MBBS, MS, FRM) Consultant Infertility Specialist, had been invited as the Specialist. She was given a floral welcome before she chaired the programme.

Dr. Yukti addressed all the girl students and said that they must not ignore their intimate health issue mainly with periods, PCOD & breast issues.

In India alone, 77% of women health is under risk. Don't hesitate- Talk openly with your gynaecologist. She had given valuable knowledge, facts and myths on Irregular / Missed Periods, and their complications, PCOD, Vaginal Discharge, Bleeding, Heavy Pain and Issues related to women & teens. She said that ignoring even a small issue can sometimes be dangerous!

She discussed with girls about common gynaecological diseases and their prevention. Dr Yukti's main focus was on creating awareness in girl students about personal hygiene and provided information about:

1. Menstrual Problems (Amenorrhea and Dysmenorrhoeal)
2. PCOD (Polycystic ovarian disease)
3. Abnormal White Discharge
4. Itching in private parts
5. Endometriosis
6. Information about Cervical Cancer and its Vaccination

And their preventions.

Some points of preventions Dr. Yukti discussed were:

1. Don't use tampons or cups. Use only cotton pad. No matter how heavy your flow is though, you should change your pad at least every 4 or 6 hours so you don't end up with an odor from bacteria that can grow in the blood. As often as you need to.
2. Please don't ignore anything which you feel abnormal during periods.
3. Do not use Soap/ Dettol / Savlon or any other commercial vaginal washes/chemical washes in your private area.
4. Wash with plain water and use tissue to dry and that must be tap dry.
5. Focus yourself as primary person. If you are not healthy, you won't be able to make others happy.
6. Be proud of your femininity. Cherish it.
7. If you have a problem, seek a solution. Don't shy.

8. There is always correct age to happen everything in life. So focus on your studies and career. Have a self-control.
9. Follow a healthy lifestyle.
10. Don't skip breakfast
11. Don't skip meals for weight loss.
12. Do brisk walking/do exercise daily

The audience were welcomed to put forward their queries, if any. The programme ended with question and answer session: There were an Incredible participation of students. Students came forward various queries about their problems i.e.,

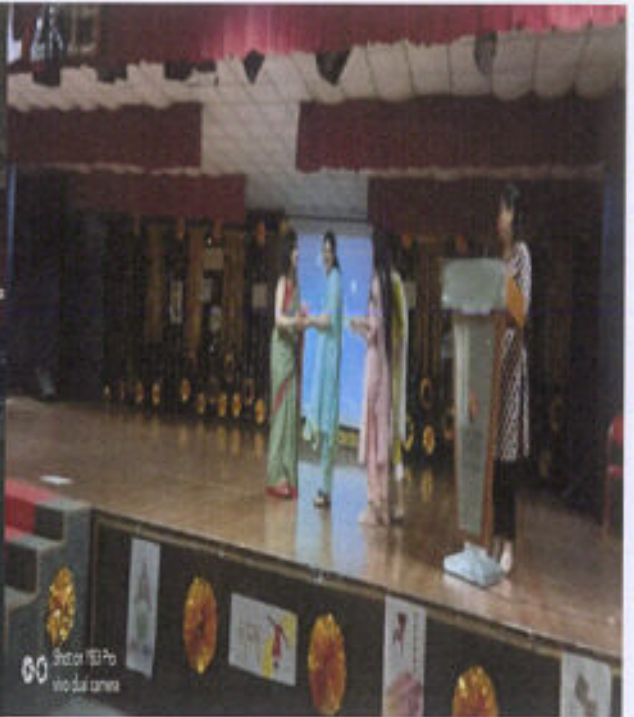
1. When Should I Worry About Itching Down There?
2. How Much Daily Discharge Is Normal?
3. Is It Safe to Have Sex During My Period?
4. Medications during menstrual pain

The students were overwhelmed by getting answers of their queries by the Specialist Doctor. Dr. Yukti concluded when it comes to women health, it can be hard to know what's "Normal" and what may be a sign of a potential health problem. So be bold for change. You don't need to suffer in silence.

She quoted "I always say that you are best advocate for yourself, so you have to listen to your own internal voice. If you are not sure that something is right then it probably isn't"

See a Doctor and seek help before it's too late





MENTAL HEALTH AWARENESS PROGRAMME

The concept of mental health may seem normal in our daily life but it is important for each and every ones well being in today's time ,we feel stressed in each and every point like exams ,preparation of assignments and presentation ,in today 's seminar we were given tips and did relaxation exercises to focus on ourselves .

Woman cell organised workshop for BEd trainees on dual role of woman ;balancing home and work place on 5/4/2019






WOMEN'S DAY CELEBRATION 2019




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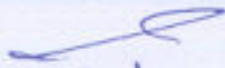
WOMEN CELL GUEST LECTURE

DATE – 14/10/2019

The mental health initiative by women's cell, organized a talk on "Unmasking the emotions, reach out and breathe out". An interactive session was addressed by Ms. Anshu Srivastava, Student Counsellor.

This talk was aimed to put forward an understanding the situations which would be sorted out by just reaching and breathing out stress accompanied with Hakuna Matata activity, which emphasized on what people, can do to help themselves and others when faced with tough times.




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21st December

12:00 - 1:30 pm

Conducted by – Mr. Nishant Jaiswaal

HOD- Training and Placement, LLDIMS

Professional- Career Skills

By:- The National Commission For Women, Delhi

Lingaya's Lalita Devi Institute of Management And Sciences (Approved and Affiliated by GGSIPU and Govt. Of NCT of delhi) in collaboration with national Commission for women, Delhi organized a workshop on career building. The meeting was for all the female students from first to final year across all courses. The meeting was attended by over 200+ female students and at the beginning itself, students were detailed about the 3 aspects that were covered in the workshop.

The three aspects were as follows:

- Identifying career opportunities
- Resume Skills
- Interview and presentation skills

Career

Profession that somebody has been trained for and does for a long time. It includes education, training and work experience.

Choosing career is a big decision in a person's life. Not only career provides the income necessary for you and for your family, but you must also enjoy the job enough to do it for a long time.

Different ways that you can identify your career:

- Talk to different people from various fields of work experience to gather information about Different career options.
- Research about what field suits you the best, what are it's ups and down, if it's best for you or not, look at the job preferences,
- Build your resume and start your job search.

Resume is a formal document that a job applicant creates to itemize their qualifications for a position.

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The sole purpose of a resume is to land you in an interview and showcase your experience and skills.

People usually get confused between resume and CV, resume is one page Summary of your work experience and background relevant to the job you are applying to. A cv is a longer academic diary that includes all your experience, certificates and publications.

A good resume always has a header and contact information, objective or summary, work experience, education, certification and license, skills, Awards and honors, outside projects.

Do's and don'ts of a resume:

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1. Do customize your resume.
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5. Multiple personalities.

Majorly there are six types of interviews:-

1. structured interview
2. Unstructured interview
3. Group interview
4. Individual interview
5. Informal interview
6. Formal interview.

How do you prepare for an interview:

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CELEBRATION OF NEW YEAR 2020





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Mehendi competition

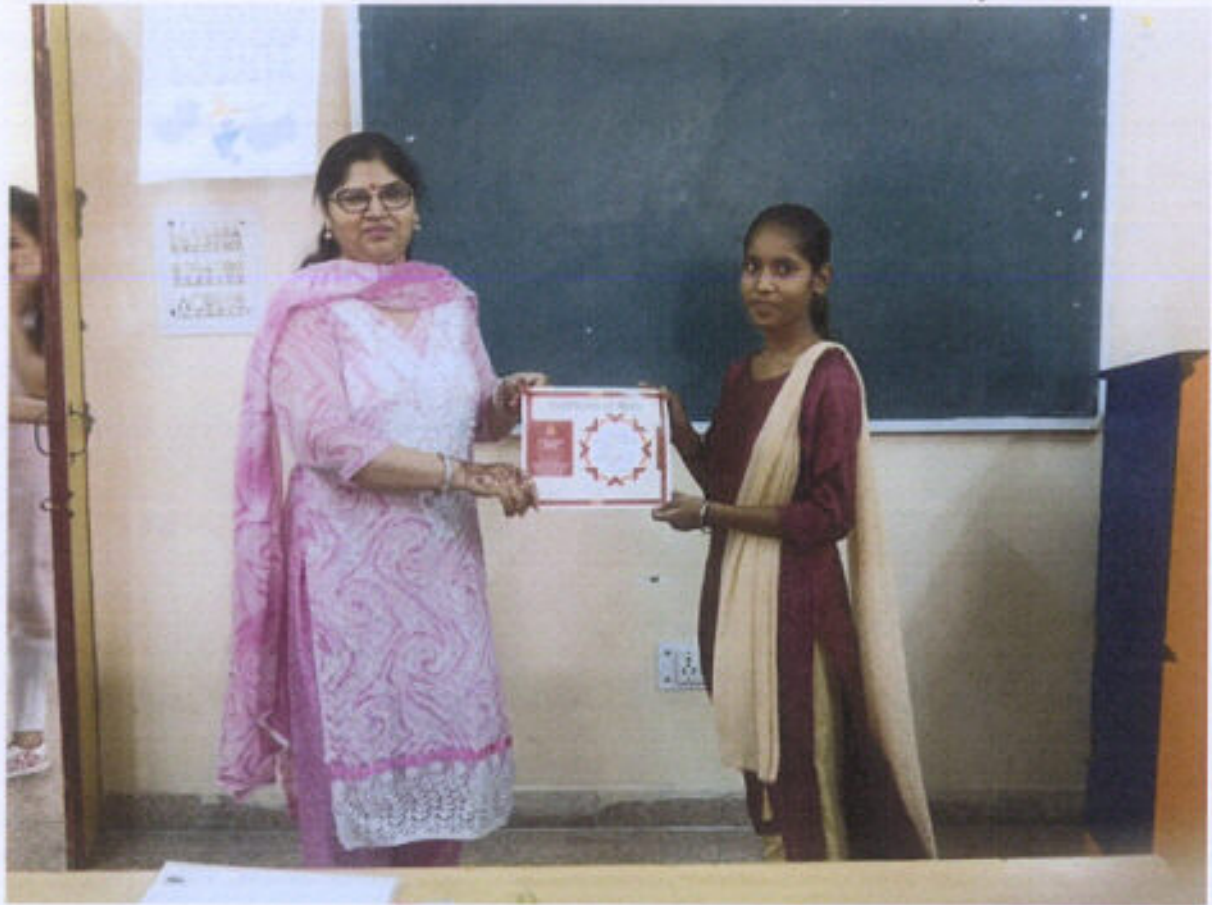
Date -16/10/2018

Winners first - Shashi bala

Second position - Sunita




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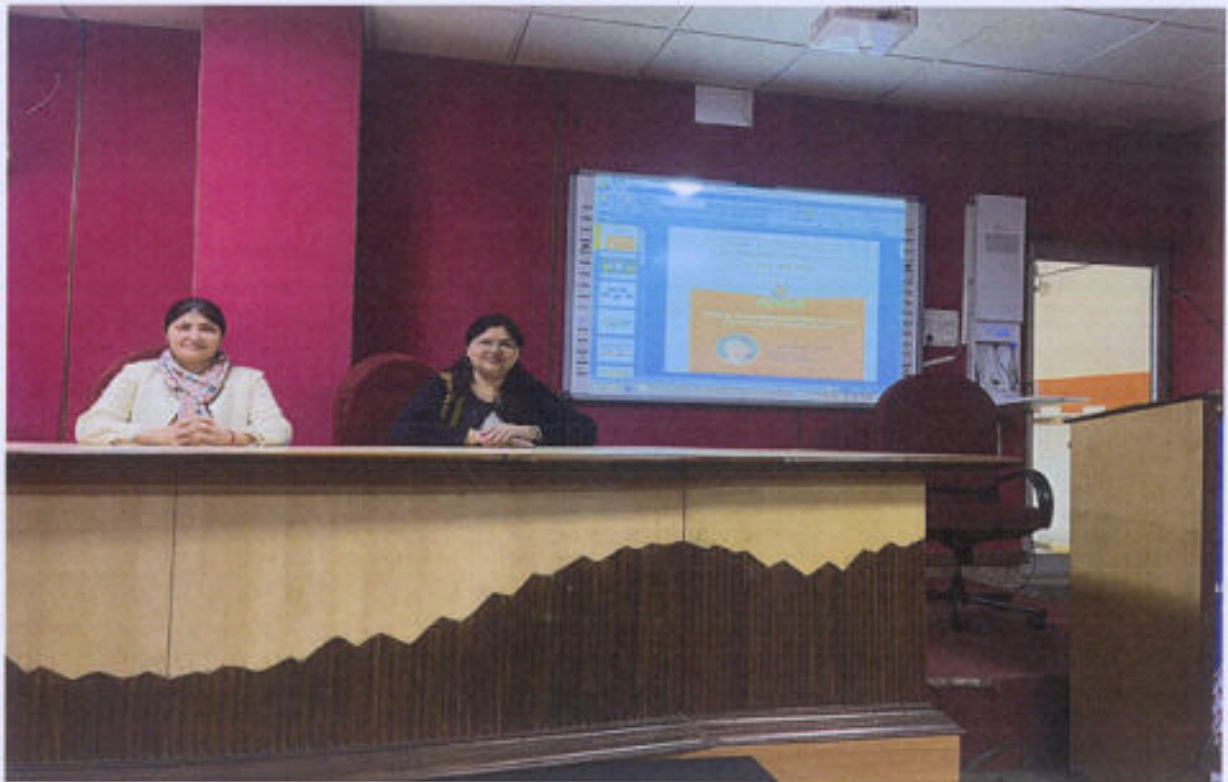

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A Workshop for D.P.S.E Students Life Skills (as per WHO) held on 17th February 2023 at on 11:00am in the Seminar Hall, LLDIMS Delhi by Dr. Manju Sharma The Life Skills Workshops to support Students Mental and Emotional Health and Well-Being Binder will help you cultivate optimal life skills students need to succeed in and out of college. There are all DPSE Students... Ma'am and Student discussed the education is all life skills.

As Life skill education important for Adolescents, the life skills are Problem Solving critical Thinking Effective communication skills, Decision making Creative thinking, Interpersonal relationship skills, Self-Awareness building Skills Empathy, Coping with steers and coping within helps children to develop self-confidence and successfully deal life changes. With significant It will help student understand and analyze every situation right and come solution- up with It will help and personal growth. Student in professional. Life skills are not just one skill, but a combination of several skills that important to us for is overall development.




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**Racial Diversity sensitization
(25/03/2022)**

Students of Department of Management (BBA II and III Yr) participated in the National seminar on Racial Diversity sensitization in North East Indians organised by National Commission for Women in collaboration with national Commission for minority . Students participated in the panel discussion where the panellist from. media, ministry , NGO have contributed in student learning in the field of Racial Diversity.




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REPORT ON WOMENS DAY CELEBRATION

The Women's Community Extension Cell at LLDIMS celebrated International Women's Day on 6th March 2023 in the college's auditorium. The event was organized to recognize the contribution of women to society and promote gender equality.

The event was attended by students, faculty members, and staff. Various fun activities were organized, including balloon balancing with a partner, glass pyramid, Balloon Train, Tug of War (Men), and Tug of War (Women). The employees participated with great enthusiasm and showcased their competitive spirit.

Apart from these activities, students made posters in the college premises with the theme of gender equality and women's rights. The posters highlighted the importance of empowering women and creating a society where women have equal opportunities to pursue their dreams. The committee also awarded the winning students for their creativity and efforts.

The event was a great success and helped raise awareness about the need for gender equality and women's empowerment. It provided a platform for the employees to come together and celebrate the achievements of women while also acknowledging the work that needs to be done to ensure a more equitable and inclusive society.

In conclusion, the International Women's Day celebration at LLDIMS was an excellent initiative by the Women's Community Extension Cell, and it was heartening to see the participation and enthusiasm of the employees. Such events go a long way in promoting gender equality and creating a more inclusive society.



E WORKSHOP ON DIGITAL LITERACY

(27 DEC 2021)

Lingaya's Lalita Devi Institute of Management & Sciences

(Approved & Affiliated by GGSIP University & Govt. of NCT of Delhi)



National Commission for Women, Delhi



Organises
an E-Workshop on

Digital Literacy

Resource Persons:-

Prof. (Dr.) Mala Dixit
HoD- Dept of Education, LLDIMS

Ms. Ghazala Khatoon
Asst. Professor,
Department of Education
LLDIMS

 27- Dec (Monday)
09:00 AM
 Google Meet



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**Lingaya's Lalita Devi Institute of
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National Commission for Women, Delhi

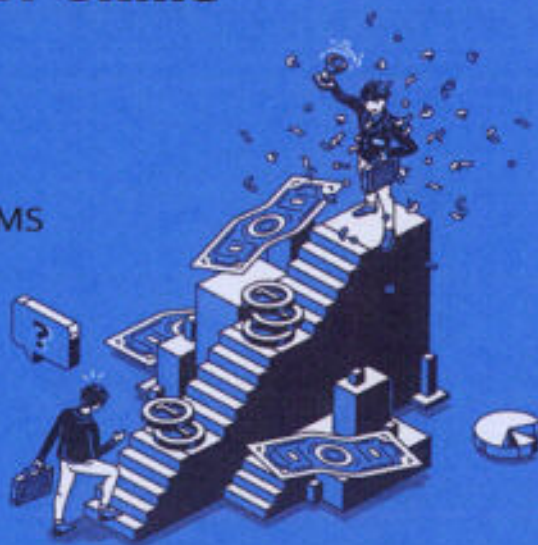
Organises
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Resource Persons:-
Mr Nishant Jaiswal

HoD- Training & Placement, LLDIMS

 21-Dec (Tuesday)
12:00 PM
 Google Meet



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