

GUWWA Activities conducted in the Session 2022 (July) to 2023(June)

World Mental Health Day October 10, 2022

Swasti Psychological Counselling Cell, Department of Psychology in collaboration with Gorakhpur University Women's Welfare Association (GUWWA) organized a Psychological Healing Clinic on the occasion of the World Mental Health Day on October 10, 2022 in the GUWWA Common Hall from 10:30 am onwards on the theme "Prioritize your Mental Health and Well-being". The Programme began by welcoming of the guests and students by Prof. Nandita Singh, President, GUWWA. This was followed by a theme presentation by the Head, Department of Psychology, Prof. Anubhuti Dubey. Prof. Dhananjay Singh elaborated on emotional states like fear, anxiety etc and the need to tackle these emotional states. Prof. Sunita Murmu, Secretary proposed the vote of thanks. Several staff and students of the University undertook the psychological tests to understand their stress levels. The Panel of Psychological Counselling Experts from Swasti, the Psychological Counselling Cell provided psychological counseling to those who took the tests. The response of the participants was very enthusiastic and encouraging. More than 70 students and staff participated in the psychological tests.

Interactive Session on “Empowering Rural and Tribal Women through Capacity Building”
held on August 08, 2022 at Maharani Laxmibai Women’s Hostel.

Speaker: Smt. Sheela Tripathi

A Talk on **“Empowering Rural and Tribal Women through Capacity Building”** was held on August 08, 2022 in the Common Room of Maharani Laxmibai Women’s Hostel, Deen Dayal Upadhyaya Gorakhpur University. Smt. Sheela Tripathi, First Lady of Indira Gandhi National Tribal University, Amarkantak, Madhya Pradesh was the Chief Speaker. Smt. Sheela Tripathi shared her experiences of working with the tribal and rural women of Madhya Pradesh and discussed how she had empowered them by encouraging their local arts and handicrafts. This was followed by an Interactive Session with the hostel residents who raised several questions of social interest. The Talk was attended by 47 students. The Vice President of GUWWA, Prof. Sudha Yadav chaired the Session. Prof. Divya Rani Singh presented a handmade paper bag by the Girls of the Dept. of Home Science to the Chief Speaker and proposed the vote of thanks. The Programme was conducted by Prof. Sunita Murmu, Secretary, GUWWA. The Talk was attended by the Superintendents of the Hostel Dr. Tulika Mishra, Dr. Arti Yadav, Dr. Ranjanlata and other Staff members of the Hostel.

**Talk on Empowering Rural and Tribal Women through Capacity Building on 20.08.2022 Speaker:
Smt. Sheela Tripathi**

International Women's Day March 08, 2023

To mark the celebrations of the **International Women's Day** an **Invited Talk on "DigitALL: Innovation and Technology for Gender Equality"** was organized on by **Gorakhpur women's Welfare Association (GUWWA) March 01, 2023** at **Lecture Hall, Department of Zoology, DDU Gorakhpur University , Gorakhpur**. Advocate **Mohammad Sajid** of the High Court of Delhi was the Chief Speaker. He elaborated on the importance of the use of technology and emphasized its growing importance especially in creating agender parity. He also highlighted the legal aspects of it. He delivered his Talk Online which was attended by the participants offline. **Dr. Kusum Rawat** from the Dept. of Electronics delivered a Talk through a powerpoint presentation on the tremendous advantages of being technologically savvy and elaborated on the various Apps available for women that could lead to their empowerment. **Dr. Swarnima Singh** from the Dept. of Geography shared her personal experience of empowering herself digitally through self education on the Internet. Her inspiring and emotional story was well received by the participants of the programme. **The Programme was attended 210 students. A Poster Competition was also held on the same topic and Prizes were awarded to the Winners of the Poster Competition. There were 10 Poster entries.**

Gorakhpur University Women's Welfare Association (GUWWA)
DEEN DAYAL UPADHYAYA GORAKHPUR UNIVERSITY, GORAKHPUR

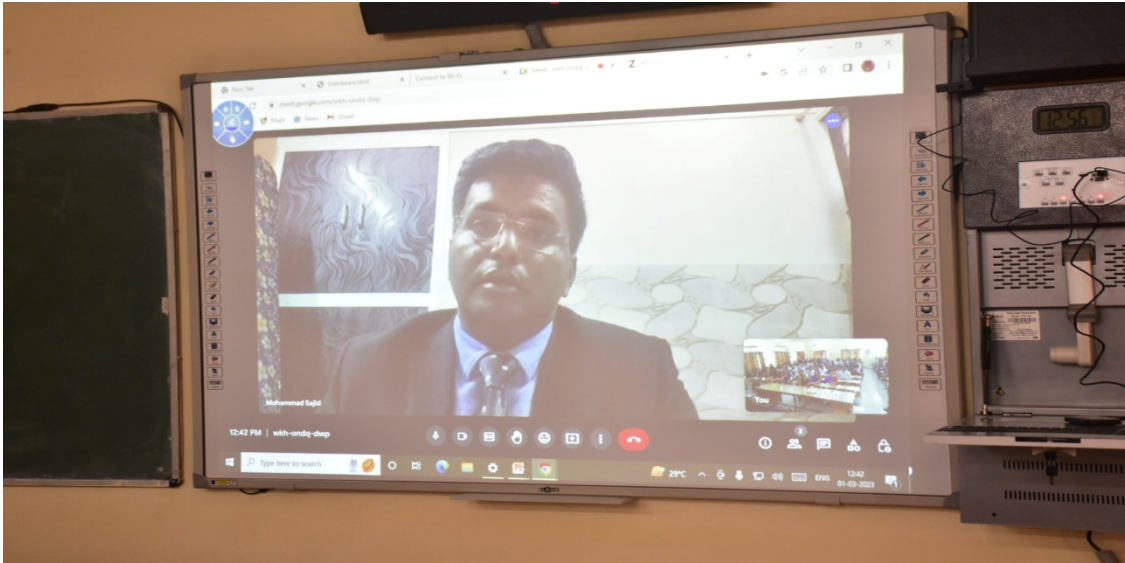
Cordially invites you to a Programme to celebrate
INTERNATIONAL WOMEN'S DAY
Topic
*DigitALL: Innovation and Technology
for Gender Equality*
Invited lecture by
Adv. Mohammad Sajid (High Court of Delhi)
1st March, 2023
Venue : Seminar Hall, Research Building
Department of Zoology
Timing - 11:30 am onwards

Patron
Prof. Rajesh Singh
Vice chancellor
D.D.U.G.U. Gorakhpur

President
GUWWA
Prof. Nandita I.P. Singh

Coordinators
Dr. Swarnima Singh (Dept. of Geography)
Dr. Kusum Rawat (Dept. of Electronics)

Happy Women's Day



Chief Speaker: Adv. Mohammad Sajid , High Court, Delhi



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Participants of the Programme.



Speaker Dr. Kusum Rawat



GUWWA President with the Speakers of the Day



Poster Competition :DigitALL: Innovation and Technology for Gender Equality

Sunita Murmu

Prof. Sunita Murmu

Secretary

Gorakhpur University Women's Welfare Association (GUWWA)