



ANNUAL GENDER SENSITIZATION PLAN (2023-24)

Techno India NJR Institute of Technology places a strong emphasis on women's empowerment and gender equality. Through our outreach and within the institute, we strive to bring about a positive change in attitudes and support equity between genders.

Annual gender sensitization plan is as follows:

Objective: To promote inclusiveness, tolerance, harmony and women's empowerment among the students and staff.

1. Aiming to promote health, nutrition, Self-defense, and entrepreneurship among the female students.
2. Organize workshops on cybercrime, hotel safety, and career development enhancement for female students.
3. Students should receive professional counseling.
4. Financial guidance for students and staff.
5. Facilitate workshops that promote diversity and gender-sensitive communication. Students and staff alike.
6. There needs to be mentorship in college where faculty and students can approach each other Matters of gender-related issues.
7. Monitoring and evaluation mechanisms for implementation and their follow-ups.
8. Conducting regular awareness-raising activities among students and staff.
9. Balanced gender quota during recruitment.
10. Gender parity in student conduct at the governance level is promoted by the student code of conduct.




TECHNO INDIA NJR INSTITUTE OF TECHNOLOGY

Approved by AICTE & Affiliated to Rajasthan Technical University

www.technonjr.org




NJR Knowledge Campus, Plot-SPL-T, Bhamashah (RIICO) Industrial Area, Kaladwas, Udaipur - 313003 (Raj.)
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Debate Competition



TECHNO NJR
INSTITUTE OF TECHNOLOGY

Approved by AICTE Affiliated to RTU Kota Accredited by NAAC



Event
On

Gender Quotas in Leadership Roles

Date : March 08, 2024
Time : 2 PM - 3 PM
Venue : Techno NJR Seminar Hall

ADMISSIONS OPEN 2024-25 WWW.TECHNONJR.ORG
FOR ADMISSION RELATED QUERIES. CONTACT : 8696932729/730

For Techno India NJR Institute of Technology

Dr. S. Vyas
Director



Report

Event: Debate Competition on "Gender Quotas in Leadership Roles"

College: Techno NJR Institute of Technology

Venue: Seminar Hall

Date: March 08, 2024

Time: 2:00 PM - 3:00 PM

Judges: 1) Dr. Rekha Lahoti

2) Naresh Mali

Chief Guest : Meera Ranawat

Abstract

On March 08, 2024, the Techno NJR Institute of Technology hosted a stimulating debate competition on the topic "Gender Quotas in Leadership Roles." The event took place in the Seminar Hall from 2:00 PM to 3:00 PM and saw an engaging exchange of ideas among the participants.

The debate centered around the contentious issue of implementing gender quotas in leadership roles across various sectors. The participants passionately argued both for and against the motion, discussing the implications of such quotas on equality, meritocracy, and organizational efficiency.

Arguments

Arguments For Gender Quotas: Proponents of the motion argued that gender quotas are essential for ensuring equal representation in leadership positions, which have traditionally been dominated by men. They highlighted that quotas can help break the glass ceiling and provide women with opportunities to demonstrate their leadership abilities, ultimately contributing to a more diverse and inclusive work environment.

Arguments Against Gender Quotas: Opponents, however, contended that gender quotas



could undermine merit-based selection and lead to tokenism. They argued that leadership roles should be filled based on competence and qualifications, rather than fulfilling a numerical quota. They also expressed concerns that quotas might reinforce stereotypes rather than challenge them.

The debate was engaging, with participants presenting well-researched arguments and responding to counterpoints effectively. The audience actively contributed, adding depth to the discussion. The judges commended the participants for their articulate arguments. While no consensus was reached, the event encouraged critical thinking on the complex issue of gender quotas in leadership, highlighting diverse perspectives and the importance of gender equality in modern society.

Participant List					
Email Address	Name	Roll No.	Branch	Semester	You are
punittak2005@gmail.com	Punit Tak	23ETCCS126	CSE	III Sem	Proponents
anishkaranawat3@gmail.com	Anishka Ranawat	23ETCCS008	CSE	III Sem	Opponents
dishigpt15@gmail.com	Dishi Gupta	23ETCCS033	CSE	III Sem	Opponents
yashdave2332@gmail.com	YASH DAVE	23ETCCS169	CSE	III Sem	Opponents
sharmameet312@gmail.com	Meet Sharma	23ETCCS079	CSE	III Sem	Proponents
khushaldak4444@gmail.com	Khushal dak	23ETCCS061	CSE	III Sem	Proponents
yashmailyou@gmail.com	Yash Jain	23ETCCS170	CSE	III Sem	Proponents

Winner Name: Anishka Ranawat

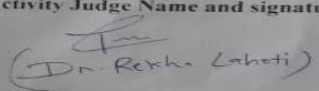


Score card

Judgment Sheet

Name	Confidence (10 Marks)	Topic relevance (10 Marks)	Total (20)
Punit	09	09	18
Anshika	10	09	19
- dishi	09	08	17
- Yash Dand	08	08	16
Yash Jain	06	06	12
Kushal Dak	05	05	10
Meet	05	05	10

Activity In charge

Activity Judge Name and signature -

(Dr. Rekha Lahoti)



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Meet	09	08	17

Activity In charge
Activity Judge Name and signature -
Naresh Mal

For Techno India NJR Institute of Technology

A.S. Vyas
Director



Geotag Photos:





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08/03/24 02:30 PM GMT +05:30

For Techno India NJR Institute of Technology

(Dr. S. Vyas)
Director



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Long 73.751404°



GPS Map Camera



Mental Health Matters: Understanding Women's Unique Mental Health Challenges



Approved by AICTE Affiliated to RTU Kota Accredited by NAAC




Session on

Mental Health Matters (Understanding Women's Unique Mental Health Challenges)

Speaker

Mr. Dr. Kamal Kishore Bishnoi
(Associate Professor)
Department of Surgical and Gastroenterology,
Geetanjali Medical College and Hospital,
Udaipur



🕒 2:00-4:00 PM 📅 January 24, 2024
📍 Seminar Hall, Techno NJR Knowledge Campus

📺 📢 📷 /TechnoNJROfficial || 🌐 <http://www.technonjr.org>



Speaker: Dr. Kamal Kishor Bishnoi

Venue: Seminar Hall

Date: 24/01/24

Time: 2-4 Pm

Introduction:

A seminar on the topic “Mental Health Matters: Understanding Women's Unique Mental Health Challenges” was held at the Seminar Hall on [Insert Date]. The session was led by **Dr. Kamal Kishor Bishnoi**, a renowned mental health expert and advocate for gender-specific healthcare awareness. The seminar aimed to shed light on the various mental health challenges women face, highlighting biological, social, and cultural factors that contribute to these issues.

Key Highlights of the Speech:

Dr. Bishnoi began by emphasizing the importance of mental health as a critical aspect of overall well-being, particularly for women. He presented compelling statistics about the higher prevalence of mental health disorders among women, stressing that conditions such as depression, anxiety, and PTSD disproportionately affect women due to various factors.

1. Biological and Hormonal Influences:

- Dr. Bishnoi explained how hormonal changes during puberty, pregnancy, postpartum periods, and menopause significantly influence women’s mental health.
- He discussed **postpartum depression** as a common yet underreported condition, affecting new mothers and often dismissed as “baby blues.”
- The impact of menopause on mental health was also covered, with the speaker highlighting mood swings, depression, and anxiety experienced by many women during this phase.

2. Social and Cultural Pressures:

- Dr. Bishnoi addressed the societal expectations placed on women to fulfill multiple roles—caregiver, professional, partner, and parent. He pointed out how this “superwoman” expectation can lead to chronic stress, burnout, and anxiety.
- He also brought attention to the impact of trauma, such as domestic violence and sexual abuse, on women's mental health, stressing the need for trauma-informed care.

3. Stigma and Barriers to Seeking Help:

- A significant part of Dr. Bishnoi’s speech focused on the stigma surrounding mental health, especially for women. He noted that many women feel hesitant to seek help for fear of being



labeled as “too emotional” or weak.

- He urged society to break down these stigmas, emphasizing that mental health challenges are medical conditions, not personal failings.

4. Call for Action:

- Dr. Bishnoi highlighted the importance of open conversations about mental health, encouraging both men and women to discuss these issues without fear of judgment.
- He advocated for better mental health services tailored to women’s specific needs, including access to therapy and support groups for conditions like postpartum depression and trauma-related disorders.
- He concluded with a call to action, urging the audience to support mental health initiatives, promote self-care among women, and challenge societal norms that contribute to mental health struggles.

Conclusion:

The seminar concluded with an engaging Q&A session, where Dr. Bishnoi answered questions from the audience. Topics included strategies for coping with stress, how to support women experiencing mental health issues, and the need for policies that promote better mental health care for women.

Dr. Bishnoi’s seminar was an eye-opening and educational event, providing valuable insights into the mental health challenges women face. His call for greater awareness, open dialogue, and gender-specific mental health care resonated with the audience, leaving a lasting impact.