

One- Day Training Programme on the Rights of Women

P.G. Department of English, Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib, in collaboration with Institute's Innovation Council organised a One Day Training Programme on Human Rights (Rights of Women) on March 11, 2026. This programme was funded by National Human Rights Commission, New Delhi. In the inaugural session Dr. Jasvir Singh, Principal, Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib, welcomed the resource person and the participants. While speaking on the theme of One Day Training Programme, he talked about women's rights. He told that women are more sensitive to their duty rather than their rights. So it's the duty of society to take care of women's rights. Dr. Gurpreet Kaur, Head, P.G Department of English and Convener of the programme, briefed about National Human Rights Commission and its functioning. She also spoke about the importance of the One Day Training Programme that would make the participants aware of their rights.

The first session was conducted by Dr. Jayanti Dutta, Professor and Programme-Director, Malaviya Mission Teachers' Training Centre, Panjab University, Chandigarh. Dr. Jayanti Dutta spoke on the topic of **Violence against Women and Women Trafficking** and she focused on the growing concerns of violence against women and the serious issue of women trafficking in society. Dr. Dutta highlighted that violence against women is a violation of basic human rights and remains one of the most widespread social problems worldwide. She emphasized the need for awareness, education, and strong legal measures to prevent such crimes and to protect women's dignity and freedom. It was an interactive session where Dr. Dutta effectively engaged the participants and answered their queries to their full satisfaction.

The second academic session was conducted by Dr. Supinder Kaur Professor, Department of Laws, Panjab University, Chandigarh. In her lecture, Dr. Supinder Kaur spoke on the topic of **Composition and functioning of NWC/SWCs**. Dr. Kaur also explained the importance of protecting women from sexual harassment at workplaces. She highlighted that harassment not only violates women's dignity but also restricts their ability to work freely and safely. Dr. Supinder Kaur emphasized that even creating a hostile work environment or making women uncomfortable at work may be considered sexual harassment.

The Third academic session was conducted by Jaspinder Kaur, Advocate, Sri Anandpur Sahib. The focussed on **Reproductive and Maternal Health** and educated the participants about legal protections and the responsibilities of society toward children. During the lecture, Advocate Jaspinder Kaur explained the importance of child welfare, emphasizing that every child has the right to safety, education, healthcare, and proper development. She highlighted that children are the future of the nation, and their physical, emotional, and educational needs must be protected. She also discussed various laws and policies related to child protection, including laws against child labour, child abuse, and child marriage. She informed the audience about the role of parents, teachers, and community members in identifying and reporting cases where children's rights are violated. She stressed the importance of creating a safe and supportive environment where children can grow with dignity and confidence. She encouraged students to be aware of their rights and to speak up if they face any form of exploitation or discrimination.

The fourth and last academic session was conducted by Dr. Savita Kohli, Gynaecologist, Kohli Hospital, Sri Anandpur Sahib. Dr. Kohli began the lecture by explaining the importance of regular medical check-ups and early diagnosis in preventing gynaecological problems. She discussed common issues faced by women such as menstrual disorders, hormonal imbalance, polycystic ovarian syndrome (PCOS), and infections. She emphasized the need for proper hygiene, balanced nutrition, and regular exercise for maintaining good reproductive health. Dr. Kohli also highlighted the importance of awareness about breast health

and cervical cancer screening. She encouraged young women to consult qualified doctors whenever they notice unusual symptoms rather than ignoring them. The session also included guidance on healthy lifestyle choices, stress management, and the significance of mental well-being.

One hundred and ten girl students participated in this One Day Training Program. The participants were served with tea, snacks and sweets during tea breaks and during the lunch break a healthy and nutritious meal was served to all the participants. The program concluded with the distribution of certificates to all the participants.

