

2016

Women's Cell, Shillong College organized a Popular Talk on “**Work –Life Balance**” on the 9<sup>th</sup> of December,2016, in the Conference Hall of the college.

The **main objective** of the programme was to provide a forum for insightful discussion on the challenges that women face when work and family responsibilities collide, and to come out with meaningful suggestions that may enable women to maintain a healthy work-life balance.

It was an attempt to develop rational and cognitive skills that would help students in making informed choices in areas like education, employment and health.

The Resource Person for the programme was Mrs Valentina Pakyntein, Department of Anthropology, NEHU, Shillong. Padmashree Theilin Phanbuh, Chairperson, Meghalaya State Commission for Women, was the Chief Guest on this day.



2017

### Self Defence Training Programme

A Self Defence Training Programme for girl students was organized by Women's Cell, Shillong College, in collaboration with Meghalaya School of Martial Arts, Shillong , on the 17th of August,2017. Forty-four students participated in the Training Programme. A team of five coaches, headed by chief coach Mr Donny Ranee, imparted self defence training to the students.

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Self Defence Training video.mp4

2017

## Workshop on Online Safety

A Workshop on Online Safety was organized by Women's Cell, Shillong College, in collaboration with Center for Social Research, New Delhi, an NGO working for the rights of women and children, on the 18<sup>th</sup> of August, 2017 . The resource person, Ms. Arnika Singh, Project Officer, Media division at Center for Social Research, New Delhi , discussed the online safety mechanisms devised to control information shared by users in virtual spaces. Information and solutions to concerns like cyber bullying, harassment, fake news, etc., were discussed much to the benefit of the students, who by and large, constitute the major force of social media users today.



2019

## State level Consultation on “Human Trafficking of Women and Girls in Meghalaya”

**Date: 10<sup>th</sup> of July, 2019**

Women's Cell, Shillong College participated in the one day “**State level Consultation on Human Trafficking of Women and Girls in Meghalaya**” organized by Meghalaya State Commission for Women, Government of Meghalaya, on the 10<sup>th</sup> of July, 2019.

Among the many topics discussed were pertinent deliberations on “Global and National Insights on Human Trafficking”, “Role of Police in Human Trafficking” and “How to prevent and tackle the problem of Human Trafficking”. A documentary entitled “In the Shadows- Voices of victims of Human Trafficking” was also screened on the day, much to the benefit of the young group of students who attended the programme.



2020

## **Legal Literacy Campaign on POCSO Act (2019)**

**Date: 25th February, 2020.**

A Legal Literacy Campaign on POCSO Act (2019) was held in the Conference of the college on the 25th February, 2020. The programme was an initiative of the Meghalaya State Legal Services Authority, Shillong, and was conducted in the college in association with **Women's Cell, Shillong College.**

The main objective of the programme was to sensitize the young minds on early access to justice, free legal aid, free legal services and to address legal needs of colleges, in accordance with POCSO Act, 2019.

It is hoped that such information would empower victims and build up their self esteem.

The Resource Person addressed many issues related to the sexual abuse of children and enlightened on the various ways under which an offender can be booked. She also emphasised on the judicial procedures where the interest of the victim is safeguarded at every stage through child friendly mechanisms. The discussion also elaborated on the judicial procedures against juvenile offenders.

The Member Secretary, MSLSA, Shri Noor Ain Khan, MHJS, also delivered a speech, much to the delight of the 282 students present.

*Double click on icon below to take a view of a session*



Member Secretary, MSLSA, Shri Noor Ain Khan.mp4

2020

## **Panel Discussion: *"I am Generation Equality: Realising Women's Rights"*.**

**Date: 7th of March, 2020**

**On the 7th of March, 2020, Shillong** College Women's Cell, was able to send five students to participate in a **Panel Discussion** organised by Sankardev College, Shillong. The theme of the Panel Discussion was ***"I am Generation Equality: Realising Women's Rights"*.**

The panelists enlightened on related topics ranging from a sociological aspect of the rights of women as presented by Ms. Iamon Syiem, Retd. Head of the Department of Sociology, St. Edmund's College to trafficking of women by Ms .M Kharbhih, Programme Manager, Impulse NGO Network. Another panelist Dr. Finella Lyngdoh Nonglait, Advocate Meghalaya High Court, spoke on legal related aspects of the rights of women, while Dr. R. Jennifer War,

Dean of Academics, Martin Luther Christian University, touched on issues of reproductive health education for women, and life skills in general.



### “Government Services for the Upliftment of Women”

**Date: 8<sup>th</sup> of March,2021,**

To celebrate Women’s Day **On the 8<sup>th</sup> of March,2021**, Women’s Cell Shillong College organized a talk entitled “ Government Services for the Upliftment of Women. The Resource Person on this day was Smti. Dolfie V Massar, Assistant Director, Social Welfare(Social Defence), Government of Meghalaya. Due the ongoing Covid – 19 pandemic, the event was held in the blended mode.

The objective of the talk was to educate students on various schemes and services offered either by the state or the central government. This is an attempt at capacity building, as it offered students an insight into what the government has to offer. Some of the schemes mentioned were Swadhar Greh, Sukanya Sunridhi Yojana, Nirbhaya Funds, National Creche Scheme and others. The speaker also enlightened on skills development and skills training programmes offered by the government.





