

Government College of Engineering & Technology

Safapora, Ganderbal, Kashmir-193504

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Report on International Women's Day Celebrations

The Government College of Engineering and Technology, Safapora, Ganderbal in collaboration with NSS Unit, celebrated International Women's Day on *8th March 2025* with a thoughtful and engaging event. The five day long celebrations aimed to honor and raise awareness about women's achievements, promote gender equality, and highlight the ongoing challenges women face globally. The program began with a warm introduction about the significance of the day, delivered by, Ms. Darpan Bhat and Ms. Sehrish Yousuf, 1st Semester B.Tech students. As hosts, they welcomed all the students and faculty to the event, setting a positive tone for the celebration.

The celebrations officially commenced with a heartfelt poem recited by Ms. Tuba Rashid, Department of Humanities. The poem beautifully captured the essence of women's resilience and strength. Following the recital, Ms. Rashid delivered an insightful **Presentation** on the history, significance, and global achievements of women, while also emphasizing the call to action in connection with International Women's Day.

The event continued with an engaging **Group Discussion**, where participants, including both faculty and students, came together to share their perspectives on various themes related to gender equality and women's empowerment. The conversation touched upon current issues and challenges, helping to raise awareness and stimulate thoughtful dialogue.

The group discussion also focused on local and indigenous issues affecting women, making it both productive and meaningful. Participants explored challenges such as limited access to healthcare and education in rural communities, highlighting the need to address these specific concerns for true empowerment. This focused conversation deepened the understanding of the intersection between global and local women's issues.

To encourage deeper reflection, the event featured Q&A session, prompting students to think critically about the topics discussed and come up with their own responses. This interactive session proved to be a valuable platform for expressing individual ideas and opinions on the importance of gender equality and women's rights.

On *11th March 2025*, in continuation of the celebrations for International Women's Day, Prof. Sameer Gupkari, Department of Mathematics, began the proceedings by orienting the audience about theme of mental health. He welcomed the speaker Dr. Omer Hussain, Assistant Professor, Department of Biomedical Engineering, Government College of Engineering and Technology, who delivered a **special lecture on**

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“Mental Health and Nutrition”. The lecture aimed to raise awareness about the mental health and nutrition, particularly focusing on the well-being of women and girls.

Dr. Hussain began the lecture by emphasizing the importance of maintaining good health and hygiene, particularly in women, who often face unique health challenges. He discussed common health issues that affect women, such as menstrual health, reproductive health, and the impact of proper hygiene on overall well-being. Dr. Hussain stressed that health awareness is a crucial aspect of empowerment, as understanding and addressing one’s health can significantly impact a woman’s quality of life and contribute to her success in various aspects of life.

Dr. Hussain addressed how societal pressures and gender-specific health needs can affect women’s mental health and recommended strategies for self-care and support. Further, Dr. Hussain discussed the importance of safe and clean environments for women and girls, particularly in areas where sanitation and safety may be limited. He highlighted how access to clean water, sanitary products, and safe spaces directly influences the overall health and empowerment of women, allowing them to focus on education, careers, and personal growth.

The session ended with an interactive Q&A session, where students actively participated and raised questions about various health concerns. Dr. Hussain answered the queries thoughtfully, providing valuable insights into the importance of health education. Dr. Hussain’s lecture added a meaningful dimension to the overall program, underlining the vital connection between women’s health and empowerment.

As a highlight of the celebrations, college students took part in a drawing competition themed around International Women's Day. Their artwork powerfully captured the struggles, strength, and empowerment of women, sparking conversation on gender equality and women's rights. Through creative expression, they brought attention to important issues, celebrating women's contributions in all walks of life.

The program concluded with a vote of thanks delivered by Ms. Tuba Rashid, expressing gratitude to the esteemed Principal, Dr. Rauf Ahmad Khan, speaker, faculty members and all the participants for their enthusiasm and meaningful contributions to the event. The International Women’s Day celebrations at the Government College of Engineering and Technology, Safapora, Ganderbal, were a resounding success, fostering a sense of unity and empowerment among all attendees.

Sd/- Sameer Ahmad
Program Officer NSS
GCET Safapora.

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Glimpses of the Celebrations



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