

The Annual Report for the year 2021-2023 of PAAKHI - The Women Empowerment cell demonstrates the vibrancy and heterogeneity in the events along with the consistent and deterministic efforts of the members to aware the mankind throughout, standing out with its principles of cohesion, learning and devoted engagement among the individuals.

Following events took place throughout the session 2021-2023 –

Interactive Session

PAAKHI - The Women Empowerment Cell of Sri Aurobindo College conducted a motivational session on google meet on the journey of a very inspiring person - Miss Ankita Sharma [Miss India wheelchair 2017-18 (runner up)]. She is the real living proof of a tough, unbreakable and unshakeable person. During the session, she shared her story about how like any other teenager she was struggling with her life. But the only difference was that she was on a wheelchair. Her world turned upside down and these major changes in her life didn't hold her back, she moved forward wearing her scars as her crown with a new motive of spreading awareness about how wheelchair bound people are socially suffering.

It was a very inducing session with nearly 100 participants. The session was very interactive as the audience asked questions from our guest speaker Miss Ankita Sharma and she gracefully answered them all. It was very inspiring for all of us to listen to her.



Date: 18th July 2021

Health and Well-being outcomes of Breastfeeding

A webinar on 'Health and wellbeing outcomes of breastfeeding' was organised by the women empowerment cell that is PAAKHI and the gender sensitization forum SAMVDENA to mark the breastfeeding

week which is from 1st of August to 7th of August.

We had a panel of expert Doctors who enlightened everyone about the breastfeeding week, the benefits and the precautions that need to be taken.

The event was concluded by the questions from the attendees.

It was a very informative and insightful session with around 100 participants.

"Alone we can do so little, together we can do so much". It was in fact this mantra of functioning together that has brought us together to conduct this interactive session.



Date: August 3rd 2021

Gender discrimination and harassment

On 27th Aug 2021, PAAKHI: The Women Empowerment Cell in collaboration with Samvedna: The Gender Sensitization Forum of Sri Aurobindo College (M) conducted an interactive session on the Topic - "Gender Discrimination and Harassment" the webinar was held on zoom from 3:00pm to 5:00pm. It was a very inducing session with nearly 125 participants throughout the event. The session was very interactive as the audience asked number of questions from our guest speaker Dr.Vinita Chandra and she patiently answered them all.

Date: August 27th, 2021

World Suicide Prevention Day

On the occasion of World Suicide Prevention Day, PAAKHI - The Women Empowerment Cell of Sri Aurobindo College organised an activity where we created A Safe Space for all to share their thoughts about the importance of mental health in today's radical world. The youth shared their sagacious thoughts regarding Emotional and Mental well-being.

The following questions were asked : What are the key factors that drive Indian women to suicide? And What motivates you to succeed in life and keep moving

forward?



Date:10 September 2021

My body, My choice

Paakhi - The Women Empowerment Cell of Sri Aurobindo College organised an Open Mic Competition on the topic My Body , My Choice to highlight the need of body positivity and make people aware of what body shaming is.

The event was started with a beautiful Shloka following which Principal sir welcomed and congratulated all the participants.

The participants enthusiastically shared their views on the topic and enlightened the attendees. Following the participants, the core team, the teacher coordinators and respected principal sir also shared their valuable opinion and thoughts on body shaming.

Theme - My body, My choice



Date of the event- 25th September 2021

World Contraceptive Day

PAAKHI- The Women Empowerment Cell of Sri Aurobindo College broke some myths on Contraception. Our sole mission being spreading the word and raise awareness about contraception and safe sex.

Date- 26th September 2021



Udaan- Fit for Sure

PAAKHI- The Women Empowerment Cell and SAMVEDNA- The Gender Sensitisation Forum of Sri Aurobindo College, University of Delhi teamed up to bring the Women's Fitness Challenge! UDAAN- Fit for Sure on the occasion of National Women's Health and Fitness Day. In this participants have to send their photo/video doing some physical activity and we received numerous entries. The best were posted as a combined reel on our Instagram page.

Date-30th September 2021



Book Discussion

The Book Club PAAKHI in collaboration with The Underliners The Readers Collective of RaCSAC conducted a Book Discussion on the novel *A Thousand Splendid Suns* by Khaled Hosseini. The novel is the celebration of endurance and survival in the face of unspeakable tragedy. It narrates the strength and resilience of two women who endure physical and psychological cruelty in an anti-feminist society. Date- 25th October 2021



Decoding Sexist Remarks

PAAKHI decoded some sexist remarks from the Bollywood movies and the remarks by some famous politicians.

Date- 1

st November 2021



Men's Day

On International Men's day, Paakhi- The Women Empowerment Cell of Sri Aurobindo College, Delhi University, organised an Article Writing Competition Topic being, THE FUTURE OF MASCULINITY: OVERCOMING STEREOTYPES and we have received entries around 50. The best entries were published on our Instagram story.

Date- 19th

-25th November 2021



International Day of Elimination of Violence against Women

Violence against women goes beyond beatings. It includes forced marriage, marital rape, sexual harassment, intermediation at work and educational institutions, trafficking and forced prostitution. On the Occasion of the International day for the elimination of violence against women PAAKHI presents the stories of some brave heroes. We have also organised the poll session on our Instagram page in which we asked about the questions related to violence against women.



Date- 25th November 2021

Denouement

The Book Club of PAAKHI, is cheered to announce that we have successfully organised an Inter College Event 'Denouement' in which we witness reasonable participation. We had organised it on Google Forms. The difficulty level was moderate and the participants were asked to guess the name of the

Book or Author from the given quotes in the specified time allowed.
Date- 30th December 2021



National Girl Child day

On the auspicious occasion of National Girl Child day we have presented a poem prepared by the content team of PAAKHI .Date : 24th January 2022



Book Club Meet

The Book Club of PAAKHI organised a Book Discussion on the novel It Ends with Us by Colleen Hoover on It is a riveting drama packed with painful truths about the devastations of domestic violence. Themes of jealousy, emotional abuse and generational cycles are insightfully and powerfully explored in it. Various aspects of the novel were discussed in detail. It was a good discussion.



Date-30th January 2022

Novel bunch(the book club meet)

The Book Club * Paakhi organised a Book Discussion on the novel *The Seven Husbands of Evelyn Hugo* by Taylor Jenkins Reid on 13th March 2022 at 4 pm . Evelyn is flawed , complicated , courageous and determined . And it's these flaws and complexities which all the more human . While the story is full of drama and twists , it is also a story of true love , society's moral standards and being a strong woman in a predominantly man's world . The book's themes include unapologetic ambition , elusive love , damaging secrets and the illusion that we could ever truly know a big celebrity .



On 13th march 2022

VEERANGANA'22

Paakhi Society's Veerangana Fest - Empowering Women Through Fun and Games

Date: 4th-5th march '22

Paakhi Society organized its annual Veerangana Fest, a celebration of women's empowerment. The fest featured games like treasure hunt and a reel making competition, encouraging teamwork and creativity. Renowned women leaders delivered inspiring talks, motivating participants to overcome challenges. The fest provided networking opportunities and fostered collaboration among like-minded individuals. It was a successful event, empowering women and promoting inclusivity.



Conclusion

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The annual report for the years 2021-2022 of PAAKHI - The Women Empowerment Cell showcases a diverse range of events and the unwavering dedication of its members in raising awareness and promoting gender equality. The report highlights the successful interactive sessions, webinars, activities, and discussions organized by PAAKHI, which focused on various aspects of women's empowerment, mental health, gender discrimination, body positivity, contraception, and more.

The motivational sessions with inspiring individuals like Miss Ankita Sharma, the expert panel discussions on breastfeeding and gender discrimination, and the activities held on World Suicide Prevention Day and World Contraceptive Day demonstrated the commitment of PAAKHI in addressing crucial issues and providing valuable insights to the participants.

Furthermore, the engagement with literature through book discussions, decoding sexist remarks, and organizing inter-college events like Denouement showcased the intellectual and literary pursuits of PAAKHI. The activities conducted on International Men's Day and the International Day of Elimination of Violence against Women highlighted the organization's inclusive approach in recognizing the importance of gender equality and addressing societal challenges.

The report also highlights the successful Veerangana Fest, which celebrated women's empowerment through engaging games, inspiring talks, and collaborative opportunities. This fest served as a platform for women to showcase their talents, strengthen networks, and foster a supportive environment.

Overall, the annual report reflects the vibrancy, determination, and commitment of PAAKHI - The Women Empowerment Cell in its pursuit of promoting gender equality, raising awareness, and empowering individuals. The events organized throughout the session exemplify the organization's principles of cohesion, learning, and dedicated engagement among its members.

