

## Brief Report

On

### **‘HOW TO BE A GOOD BYSTANDER’**

The trainer-led interactive session on ‘HOW TO BE A GOOD BYSTANDER’ (End Violence against women) was organized by the Faculty of Pharmacy, Integral University, Lucknow in association with Breakthrough, supported by L'Oréal Paris and Hollaback, held on 27th October 2021 at 11:00 AM.

The training program was to enhance the scientific skills and practical approach to end street harassment and violence against women. In this session trainers discussed How You Can Intervene Safely: When it comes to intervening safely, one should remember the four Ds - **direct, distract, delegate, delay**. Call out negative behavior, tell the person to stop or ask the victim if they are OK and trainers gave the information about **Bystander Intervention** which teaches five basic steps:

- Notice the event.
- Interpret the situation as a problem.
- Assume personal responsibility.
- Know how to help.
- Step up

Trainers also discussed the current state of affairs in the academic worlds in India and globally with respect to male: female faculty ratio, and highlighted that with an increase in time the change in ratio is not significant. She also compared this with the male: female student intake ratio and said this reflects that data is similar and a lot needs to be done. Trainers gave meaningful suggestions and answered the queries of students. The positive feedback from the students reflected that the purpose of the training was successfully accomplished. Around 145 first-year students from various courses in pharmacy actively participated.

**Mr. Ranjan Kumar**, Faculty coordinator thanked trainers from Breakthrough **Ms. Neha Mishra** and **Mr. Azharuddin Siddiqui**, for their exceptional approach to sharing information on this sensitive issue, and **Ms. Shabana Khatoun**, Faculty coordinator along with all the support staff for the smooth conduct of the event. He also thanked **Dr. Tarique Mahmood**, Head of,

Department of Pharmacy for his co-operation and **Prof. Syed Misbahul Hasan**, Dean, Faculty of Pharmacy for his inspiration to conduct this event smoothly.



A handwritten signature in blue ink, consisting of a stylized 'T' and 'M'.

Dr. Tarique Mahmood  
Head,  
Faculty of Pharmacy

A handwritten signature in blue ink, written in a cursive style.

Prof Syed Misbahul Hasan  
Dean,  
Faculty of Pharmacy.