

WOMEN GRIEVANCE CELL
(Internal Complaints Committee)

The University has Women Grievance Cell that provides a sense of security and empowerment to females enrolling here. The Cell is actively involved to assure that the women inside the campus are protected by organising a number of workshop, seminars and talks. Furthermore, on the very first day of college, the representatives from the Women's Grievance Cell make the students aware of the existence of the cell and the facilities they provide; thereby making them feel secure at the first step. Moreover this knowledge of the existence of such an organisation within the university curbs the possibility of harassment. The Cell organises various programs with the students in order to make them vigilant about the latest developments.

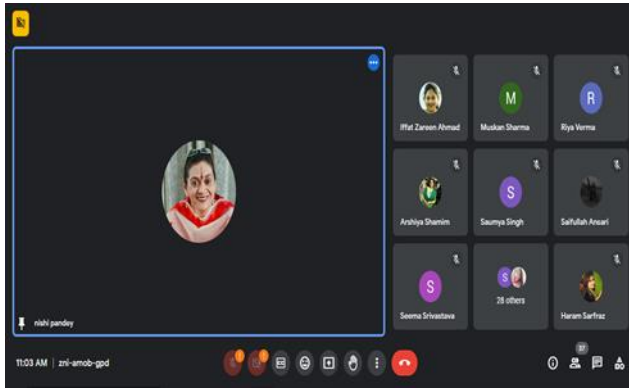
IMPORTANT EVENTS

Awareness Programme on “Sexual harassment of Women at Workplace (Prevention, prohibition and redressal Act, 2013)” organized by the Women Grievance Cell (Internal Complaints Committee)

Women Grievance Cell (Internal Complaints Committee), Integral University Lucknow organized an Awareness Programme on “Sexual harassment of Women at Workplace (Prevention, prohibition and redressal Act, 2013)” on 16th of December 2023 in response to letter from UGC (Ref. No. D.O. No.91-3/2020 (GS) dated 11-12-2023). The scheduled programme was conducted online using Google Meet Platform in which students of under graduate, post graduate, research scholars and faculty members have participated. The speaker for the event was Dr. Nishi Pandey, Professor, Department of English & Modern European Languages, Lucknow University. The University Grants Commission Prevention, prohibition and redressal of sexual harassment of women employees and students in higher educational institutions Regulations 2015 emphasizes on the responsibilities of the higher education institutions.

Prof. Nishi Pandey spoke about the different types of sexual harassment the females are subjected to at workplace and also encouraged to come forward and speak up about these. She also discussed the salient features of the “Sexual harassment of Women at Workplace (Prevention, prohibition and redressal Act, 2013)” and also about the Regulations 2015 by the UGC. She also talked about the inception of the act and discussed Vishakha and others v. State of Rajasthan case and its significance in laying down an elaborate guideline to deal with the menace of sexual harassment against women at workplaces.

The program was well coordinated by Ar. Zeba Nisar, Dr. Saima Beg and Dr. Shazia Usmani under the supervision of Prof. Iffat Zareen Ahmad, Chairperson, Women Grievance Cell, Integral University. The event was attended online by more than 50 people including the faculty members, staff, and students. The response from the audience was quite overwhelming.



INTEGRAL UNIVERSITY

SEXUAL HARASSMENT OF WOMEN AT WORKPLACE
 PREVENTION, PROHIBITION AND REDRESSAL ACT, 2013.
 #AWARENESSPROGRAMME

DATE
 09 DEC - 15 DEC
 2023 - 2023

10:30 onwards

You're not a victim for sharing your story. You are a survivor setting the world on fire with your truth. And you never know who needs your light, your warmth, and raging courage.

Alex EBe

VENUE
 HALL 3, CENTRAL AUDITORIUM


Dr. NISHI PANDEY
 (SPEAKER)

ORGANISED BY Women Grievance Cell (Internal Complaint Committee), Integral University, Lucknow

Dr. NISHI PANDEY
 Professor, Department of English and Modern European Languages
 Director, USC Human Resource Development Centre Co-ordinator Centre for Cultural Texts, Records and Translation of Indian Literatures

Webinar on "POCSO Act and the Prevention of Child Sexual Abuse"

Women Grievance Cell (Internal Complaints Committee), Integral University Lucknow in collaboration with an NGO, Sakshi with motto “Equality is inclusiveness” conducted a webinar on "POCSO Act and The Prevention of Child Sexual Abuse" at Integral University, Lucknow in the online mode on 15th July, 2023. We have worked with Rakshin Project Team in raising awareness about the POCSO. The Rakshin Project, a Youth Led Movement, Pan India, to stop child sexual abuse started with a directive received by Sakshi, from the Directorate of NSS, Ministry of Youth Affairs & Sports, Government of India, for delivering workshops with NSS Volunteers in order to strengthen ‘Youth as powerful enablers’ for creating a Constitutional Rights Based Enabled Environment in the context of Gender Equality, with a focus on building awareness about POCSOA 2012 (Amendment 2019) to stop child sexual abuse. As an educational institution, we prioritize the safety and well-being of our students, and we believe that this webinar will be of great significance in creating awareness and promoting preventive measures against child sexual abuse.

The Protection of Children from Sexual Offenses (POCSO) Act is a crucial legislation designed to safeguard children from various forms of sexual exploitation. However, it is essential for our students, faculty, and staff to have a comprehensive understanding of the Act, its provisions, and the importance of prevention strategies. The expertise and knowledge of the team in this field have greatly benefitted our community and contributed to our ongoing efforts to create a safe and nurturing environment for our students.

Students, faculty, and staff of Integral University were the target audience. This webinar served as an excellent opportunity for our community to learn from experts in the field and engage in meaningful discussions regarding child protection.



International Seminar on “Lifestyle Diseases: Working Women’s health priorities and interventions”

The Department of Bioengineering, Women's Grievance Cell, and Women Study Centre at Integral University, in collaboration with the International Society for Medical Food & Nutrition and King George's Medical University (KGMU), organized an International Seminar on “Lifestyle Diseases: Working Women’s health priorities and interventions” on 24-25 November 2022”

The seminar aimed to shed light on the importance of personal well-being in the lives of working women, focusing on mental health, musculoskeletal issues, nutritional requirements, and healthy practices. The event sought to empower women to prioritize their health alongside their professional and personal responsibilities.

Two pre-events were organized to raise awareness regarding women's health issues among the students and faculty members:

Painting Competition: A painting competition on the theme "Health and Wellbeing" was conducted, encouraging students to explore various aspects of health, including physical, mental, emotional, and societal well-being and use their artistic talents to contribute to the promotion of health and well-being amongst all.

PCOS Awareness Program: Under the aegis of this seminar, Department of Obstetrics and gynaecology, Integral Institute of Medical Sciences and Research have organized a PCOS Awareness program. It was an important initiative to shed light on a lifestyle condition that affects millions of women worldwide. By increasing awareness and providing resources and support, it aims to empower individuals with PCOS to take control of their health and seek appropriate medical care.

The first speaker was **Prof. Nuzhat Husain**, Ex- Director & Dean Dr. Ram Manohar Lohia Institute of Medical Sciences, Lucknow. She shed light on the statistics related to female cancer patients and raised awareness about the early symptoms of breast cancer in women. **Professor Alok Dhawan**, the Director of CBMR, emphasized the importance of a healthy lifestyle and work-life balance by quoting "Ayushman Bhav - Live long and healthy." **Ms. Toolika Rani**, Squadron Leader, G-20 Brand Ambassador (Higher Education), Uttar Pradesh, and a former Indian Air Force Officer, delivered a virtual address to the audience. Her talk was centred on the subjects of wellness and mental health, offering valuable insights and guidance. **Prof. Qamar Rahman**, Distinguished Professor and Dean of Research (Science and Technology), Amity University, and Visiting Professor, Rostock University, Germany, expressed admiration for our university.

Prof. Soniya Nityanand, the Hon'ble Vice Chancellor of KGMU, Lucknow, raised awareness about various health challenges faced by working women due to lack of self-care in her presidential address. She recommended that Integral University develop strategies for female employees to combat lifestyle diseases and propose these to the state ministry and policymakers. In her speech, she also emphasized the importance of preventing lifestyle diseases and discussed the cervical vaccine. The keynote lecture was delivered by **Dr. Farah Usmani**, she joined us in virtual mode from New York, she is International Health, Gender & Development Expert, Global Vice-President, SAFAR Foundation, where she enlightened us with the risks and impacts of lifestyle transitions in working women's life and also focused on research viewpoint on women's

health and lifestyle. The session was concluded by the address of **Dr. Sayed Nadeem Akhtar**, the Hon'ble Pro Chancellor of Integral University and the Patron of the event, underscored his address with the quote: "Keep a girl healthy, and keep the generation healthy."

After inaugural session two plenary sessions were held. In these sessions, invited speakers gave their lead talks about the various aspects of Lifestyle disorders in working women. Session 1 was chaired by **Prof. Sangita Saxena**, Department of Biotechnology, BBAU, Lucknow and co-chaired by **Prof. Iffat Zreen Ahmad**, Department of Bioengineering, Integral University. The distinguished speakers in the first session included **Prof. Nuzhat Husain**, who presented on the imperative of "Prevention and Screening for Cancer of the Uterine Cervix: A Health Priority in India." **Prof. Qamar Rahman** shared insights into "Environmental Exposure and Women's Health." **Dr. Deepa Kapoor**, Assistant Director, Tender Palm Hospital, Lucknow, delivered a lecture on "ME-NO-PAUSE AT MENOPAUSE." **Dr. Ritu Trivedi**, Senior Principal Scientist at Endocrinology CSIR-CDRI, Lucknow, discussed "The Significance of Hormonal Status in Women."

Session 2 was chaired by **Prof. Neelam Pathak**, Head, Department of Biochemistry, Dr. Ram Manohar Lohia Awadh University, Ayodhya, UP, and co-chaired by **Dr. Huma Mustafa**, Joint Director, UP-CST. Notable speakers in the second session included **Dr. Pranjal Agarwal**, Director of Nirvan Hospital, Lucknow, who delivered a keynote address on the challenges related to mental health of working women in his talk "It's OK to be not OK". **Ms. Shalini Srivastava**, Senior Dietician, KGMU, Lucknow, and the Convenor of NetPro.FaN, Lucknow, provided insights on "Nutrition for working women with PCOS."

The sessions were followed by the Panel Discussion to identify practical solutions, policy implications, and empowerment strategies while raising awareness and promoting advocacy for women's health. The panel discussion was graced by the dignitaries like **Dr. Nagma Abbasi**, Founder and CEO NexGen Life Sciences Pvt. Ltd; **Dr. Abha Chandra**, Dean, IIMSR, Lucknow; **Dr. Farah Abbassi**, Breast Surgeon and Endocrinologist, Sahara Hospital, Lucknow; **Dr. Huma Mustafa**, Joint Director, UP-CST. The session was well coordinated by **Ms. Shalini Srivastava**, Sr. Dietician, KGMU, Lucknow.



International Seminar on “Lifestyle Diseases: Working Women’s health priorities and interventions”