

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

GENDER EQUALITY & INCLUSION CLUB (SDG Champions Club)

1. Introduction

The Gender Equality & Inclusion Club at SRHU promotes equity, empowerment, and inclusive participation across campus life. Aligned with SDGs 5 and 10, the club addresses gender-based disparities and social inequalities through awareness, advocacy, and student-led action. With gender sensitivity embedded in SRHU's curriculum - across over 200 courses - the club complements academic learning with experiential engagement, fostering a campus culture rooted in respect, representation, and equal opportunity.

2. Objectives

The objectives of the Club are:

- Raise awareness on gender equity and social inclusion through sensitization sessions, campaigns, and peer-led discussions.
- Support SRHU's inclusive academic environment by linking club activities with gender-focused curriculum and institutional policies.
- Empower students to challenge stereotypes and promote safe spaces through dialogue, creative expression, and leadership roles.
- Facilitate outreach and engagement with marginalized communities to promote equity in education, health, and opportunity.

3. Club Committee

The Club shall be governed by a committee comprising the following members:

Composition	Roles
Dr Nupur Joshi, Assistant Professor, HSBS	Chairperson
Dr Ujjwal Nautiyal, Associate Professor, HSPS	Treasurer
Dr Nikku Yadav, Associate Professor, HIMS	Member Secretary
Ms Namrata Ruth, Student, HSPS	Member

Students Detail

S.No.	Student Name	Registration No.	Enrollment No.	Programme Name
1	Nupur Kundaliya	DD231109301015	SRHU23001305	B. Pharmacy
2	Parmpra Chauhan	DD231109301016	SRHU23001306	B. Pharmacy

3	Sheetal Dubey	DD22112302035	SRHU22000126	B.Com
4	Shobhit Painuly	DD22112302036	SRHU22000127	B.Com
5	Shreya Sharma	DD22112302037	SRHU22000128	B.Com
6	Amisha	DD22114305008	SRHU22000286	B.Optom.
7	Khushboo Gupta	DD22115302007	SRHU22000481	B.Sc. (Hons) Microbiology
8	Shubham Gusain	DD22115302013	SRHU22000487	B.Sc. (Hons) Microbiology
9	Anishka	DD2113302016	SRHU21000458	B.Sc. (Nursing)
10	Ayush Thapa	DD2113302033	SRHU21000475	B.Sc. (Nursing)
11	Kumkum Dhiman	DD2113302067	SRHU21000509	B.Sc. (Nursing)
12	Lakhveer Kaur	DD2113302068	SRHU21000510	B.Sc. (Nursing)
13	Abhay Singh Gusain	DD22118301034	SRHU22000042	B.Sc. Yoga
14	Ansh Verma	DD22114302005	SRHU22000292	BASLP
15	Sneha Dobriyal	DD22112301037	SRHU22000081	BBA
16	Sumit Dokwal	DD22112301038	SRHU22000082	BBA
17	Tulika Uniyal	DD22112301040	SRHU22000084	BBA
18	Surya Pratap Chauhan	DD22111301048	SRHU22000381	BCA
19	Vidhi Sharma	DD22111301049	SRHU22000382	BCA
20	Priya Uniyal	DD22114303022	SRHU22000222	BMLT
21	Priyanshi	DD22114303023	SRHU22000223	BMLT
22	Ishika Mehrotra	DD22114306006	SRHU22000176	BPT
23	Mukul	DD22114306015	SRHU22000185	BPT
24	Nashra Shamshi	DD22114306016	SRHU22000186	BPT
25	Kiran	DD22114307013	SRHU22000242	BRIT
26	Manish Kumar	DD22114307014	SRHU22000243	BRIT
27	Sadaf Parveen	DD23106301031	SRHU23000825	BSc Biotechnology
28	Sakshi	DD23106301032	SRHU23000826	BSc Biotechnology

29	Sakshi Khatri	DD23106301033	SRHU23000827	BSc Biotechnology
30	Ritik Mamgain	DD22118501002	SRHU18000670	M.Sc. Yoga Sciences
31	Megha Rawat	DD22118501005	SRHU18000674	M.Sc. Yoga Sciences
32	Ayush Negi	DD22118501008	SRHU18000667	M.Sc. Yoga Sciences
33	Akshat Pal	DD2114301012	SRHU21000624	MBBS
34	Amisha Singh	DD2114301013	SRHU21000625	MBBS
35	Ankit Mann	DD2114301021	SRHU21000633	MBBS
36	Aruna Arora	DD2114301027	SRHU21000639	MBBS
37	Bhavit Gupta	DD2114301036	SRHU21000648	MBBS
38	Dhwani Jain	DD2114301040	SRHU21000652	MBBS
39	Ishita Kalra	DD2114301056	SRHU21000668	MBBS
40	Nishant Singh	DD2114301084	SRHU21000696	MBBS
41	Pratistha Puri	DD2114301093	SRHU21000705	MBBS
42	Akanksha Verma	DD22114522001	SRHU22000146	MPT (Ortho)
43	Ishita Jain	DD22114522002	SRHU22000147	MPT (Ortho)

4. Terms and Conditions

Sr. No.	Clause	Details
1.	Quorum	50% of the total members
2.	Tenure of the Club	Perpetual
3.	Tenure of the Chairperson	3 years
4.	Tenure of the Members	2-3 years
5.	Frequency of Meetings	<i>Preferably once per quarter.</i>
6.	Meeting Notice and Agenda	The member secretary with prior approval of the Chairperson shall circulate the Meeting Notice and Agenda to all the members at least seven (7) working days prior to the date of the meeting.

7.	Minutes of the Meeting	The Secretary records the minutes, which are signed by the Chairperson and Secretary. A signed copy is forwarded to members within three (3) working days of the meeting
8.	Duties and function	<ul style="list-style-type: none"> a) Plan and manage gender sensitization programs for students and staff, aligned with SRHU's anti-discrimination policies. b) Coordinate student-led forums and campaigns on gender rights, accessibility, and inclusive practices c) Collaborate with faculty to reinforce classroom learning through club-based activities and experiential projects. d) Support grievance redressal awareness by promoting ICC mechanisms and safe reporting channels.
9.	Funding and Resources	<ul style="list-style-type: none"> a. Institutional budget allocation b. Donations and sponsorships
10.	Amendments	Any amendment to this club must be proposed in writing and approved by a two-thirds majority of the club Committee
11.	Dissolution	<i>In the event of dissolution, the assets and liabilities of the Club shall be transferred to the Swami Rama Himalayan University.</i>

5. Services Offered

- Gender Sensitization Workshops for new students and staff
- Poster Campaigns on gender stereotypes and equity
- Celebration of International Women's Day & Pride Month
- Outreach to Local Schools on gender and inclusion themes
- Student-Led Research Projects on gender bias in healthcare, education, or media



Sign. of Chairperson

Chairperson

Gender Equality & Inclusion Club (SDG 5 & 10)
Swami Rama Himalayan University



Sign. of Treasurer



Sign. of Member Secretary

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

NOTICE

GENDER EQUALITY & INCLUSION CLUB (SDG CHAMPIONS CLUB)

SRHU/APDC/GEIC/2024/01

09th July 2024

This is to inform all students of the Himalayan School of Biological Sciences (HSBS) that a Gender Equality and Inclusion Awareness Workshop will be organized on 16th July 2024. The event aims to promote awareness about gender equality, diversity, and inclusion, and to encourage students to foster an inclusive and equitable campus environment.

Details of the Event:

- **Event** : Gender Equality and Inclusion Awareness Workshop
- **Date** : 16th July 2024
- **Time** : 9:30AM Onward
- **Venue** : Himalayan School of Biosciences
- **Organized by** : Gender Equality & Inclusion Club, SRHU
- **Eligibility** : All HSBS students interested in social equity, inclusion, and gender-related initiatives

Interested students are requested to register their names with the Club Coordinator or Class Representative by 15th July 2024. Active participation is highly encouraged.

For further details and workshop schedules, please contact the Club Coordinator

Promote Equality, Embrace Inclusion, Inspire Change!



Chairperson

Chairperson

Gender Equality & Inclusion Club (SDG 5 & 10)
Swami Rama Himalayan University

Copy to:-

Hon'ble President

Hon'ble Vice Chancellor

Director General (Academic Development)

Pro-Vice Chancellor

Registrar

Deans/Heads of the Constituent Academic Departments

Finance Officer

Members of the club-For necessary arrangements and action



for kind information please

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REPORT

Organized by	: Gender Equality and Inclusion Club, Swami Rama Himalayan University
Date	: 15 th -16 th July 2024
Venue	: Himalayan School of Biosciences
Time	: 09:30AM onwards

The Gender Equality and Inclusion Club, Swami Rama Himalayan University as part of continuous efforts to promote health, dignity, and gender-sensitive education, a Menstrual Hygiene Awareness Lecture was organized on 10th August 2024 for newly admitted B.Sc. and M.Sc. female students of the Himalayan School of Biosciences, in collaboration with.

The session was led by Ms. Shama Praveen, who delivered an engaging and informative lecture aimed at empowering young women with accurate knowledge and practical guidance about menstrual health and hygiene.

The lecture covered key aspects of menstrual well-being, including the basics of the menstrual cycle, safe and hygienic practices, and the proper use and disposal of menstrual products. Ms. Praveen also discussed common health complications that may arise from poor hygiene practices and emphasized the importance of breaking taboos and dismantling stigma associated with menstruation. Participants were encouraged to act as peer educators, helping spread awareness and normalize menstrual health discussions within their communities.

An interactive discussion followed, creating an open and comfortable space where students shared questions, clarified doubts, and engaged in meaningful dialogue. The session fostered confidence and encouraged a positive, informed approach toward menstrual health.

The program proved highly impactful, as students reported increased awareness, confidence in addressing menstrual issues, and motivation to adopt and promote healthy practices. The initiative successfully reinforced SRHU's commitment to advancing gender equality, health education, and social awareness among young women.

EVENT HIGHLIGHT




Dr. Nupur Joshi

Chairperson

Chairperson

Gender Equality & Inclusion Club (SDG 5 & 10)
Swami Rama Himalayan University

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49 female students from BSc and MSc (Batch 2024) attending a lecture by Ms Shama Praveen on Menstrual Hygiene



Dr. Nupur Joshi
Chairperson

Gender Equality & Inclusion Club (SDG 5 & 10)
Swami Rama Himalayan University

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Uttarakhand 248016

ATTENDANCE

DATE: 10/08/2024.

SWAMI RAMA HIMALAYAN UNIVERSITY HIMALAYAN SCHOOL OF BIOSCIENCES

Event: Menstrual Hygiene (Ms. Suman Praveen, HLU, SHU)

S. No.	Students Name	Course/Program	Signature
1.	Drishita Sharma	BSc Micro	Drishita Sharma
2.	Krushboo Gurav	BSc. Micro. Microbiology	Krushboo
3.	Vidhi Tyagi	BSc Biotech	Vidhi
4.	Nupur Chauhan	BSc Biotech	Nupur
5.	Anjali Patel	B.Sc. Biotech.	Anjali
6.	Komal Singh	BSc. Micro	Komal
7.	Kashish Thapa	M.Sc. Biotechnology	Kashish
8.	Vandana Kandari	M.Sc. Biotech.	Vandana
9.	Shivangi Gaur	M.Sc. Micro.	Shivangi
10.	Rajivya Groshain	B.Sc. Micro	Rajivya
11.	Nandini Tyagi	M.Sc. Biotech.	Nandini
12.	Niharika Sat	M.Sc. Biotech	Niharika
13.	Rishika Negi	BSc Microbiology	Rishika Negi
14.	Preeti Duttapuri	BSc Microbiology	Preeti D.
15.	Jhanvi Bhandari	BSc. Micro	Jhanvi
16.	Isha Panwar	BSc. Micro	Isha
17.	Bhawna Kapri	BSc. Micro.	Bhawna
18.	Monika Chautam	BSc. Micro	Monika
19.	Sejal Gihale	BSc. Micro.	Sejal Gihale
20.	Akanksha Kumar	BSc. Biotechnology	Akanksha
21.	Kushvi Rawat	BSc. Biotech	Kushvi
22.	Shivani Bhandari	B.Sc. Biotech	Shivani
23.	Seelakshmi K	BSc Biotech	Seelakshmi
24.	Shreethika Pandey	B.Sc Biotech	Shreethika
25.	Meenakshi Digaonkar	B.Sc. Biotech	Meenakshi
26.	Jyoti Dukhan	B.Sc. Biotech.	Jyoti
27.	Nisha Panu	B.Sc. Microbiology	Nisha Panu



Dr. Nupur Joshi

Chairperson

Chairperson

Gender Equality & Inclusion Club (SDG 5 & 10)
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S. No.	Students Name	Course/Program	Signature
28.	Neha Naithyal	M.Sc Biotechnology	© Neha Naithyal
29.	Komal Saini	B.Sc Microbiology	Komal Saini
30.	Sheetal Mandal	B.Sc Biotech	Sheetal
31.	Mansi	B.Sc Micro	Mansi
32.	Kajal Rawat	B.Sc Biotech	Kajal
33.	Tanisha Thakur	B.Sc Biotech	Tanisha
34.	Shikha Negi	B.Sc Micro	Shikha
35.	Shreya Jaiswal	B.Sc Micro	Shreya
36.	Maysha Sharma	B.Sc Biotech	Maysha
37.	Jaishree	B.Sc Biotech	Jaishree
38.	Adit	B.Sc Biotech	Adit
39.	Anjali Goyal	B.Sc Biotech	Anjali
40.	Ekshi	B.Sc Biotech	Ekshi
41.	Diksha Thapliyal	B.Sc Biotech	Diksha
42.	Vanshika Khandan	B.Sc Biotechnology	Vanshika
43.	Gunjan Negi	B.Sc Microbiology	Gunjan Negi
44.	Madhumala	B.Sc Biotechnology	Madhumala
45.	Milind Kumar	B.Sc Biotechnology	Milind Kumar
46.	Shreyansh Manwal	B.Sc Biotechnology	Shreyansh Manwal
47.	Ritika Mandal	B.Sc Biotechnology	Ritika
48.	Shubham	B.Sc Microbiology	Shubham
49.	Uchit	B.Sc Biotech	Uchit

Dr. Nupur Joshi
Chairperson

Chairperson

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NOTICE

GENDER EQUALITY & INCLUSION CLUB (SDG CHAMPIONS CLUB)

SRHU/APDC/GEIC/2024/02

22nd July 2024

This is to inform all students of the Swami Rama Himalayan University that a Gender Equality and Inclusion Awareness Workshop will be organized on 1st-07th August 2024. The event aims to promote awareness about gender equality, diversity, and inclusion, and to encourage students to foster an inclusive and equitable campus environment.

Details of the Event:

- Event : Gender Equality and Inclusion Awareness Workshop
- Date : 1st-07th August 2024
- Time : 09:30 AM onward
- Venue : Doiwala, Keshavpuri, Jhabrawala, Nagthar, and Kalsi
- Organized by : Gender Equality & Inclusion Club, SRHU
- Eligibility : All SRHU students interested in social equity, inclusion, and gender-related initiatives

Interested students are requested to register their names with the Club Coordinator or Class Representative by 27th July 2024. Active participation is highly encouraged.

For further details and workshop schedules, please contact the Club Coordinator – SRHU.

Promote Equality, Embrace Inclusion, Inspire Change!



Chairperson

Chairperson
Gender Equality & Inclusion Club (SDG 5)
Swami Rama Himalayan Univers

Copy to:-

Hon'ble President

Hon'ble Vice Chancellor

Director General (Academic Development)

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Uttarakhand 248016

REPORT

Organized by	: Gender Equality and Inclusion Club, Swami Rama Himalayan University
Date	: 1 st -07 th August 2024
Venue	: Doiwala, Keshavpuri, Jhabrawala, Nagthat, and Kalsi
Time	: 09:30AM onwards

The Gender Equality and Inclusion Club, Swami Rama Himalayan University to commemorate World Breastfeeding Week 2024, a series of impactful awareness and counselling sessions were organized from 1st to 7th August 2024 in collaboration with Departments of Paediatrics and Community Medicine, Rural Development Institute. The initiative reflected SRHU's strong commitment to gender equality, maternal health, and inclusive community engagement.

The week-long celebration included activities across both hospital and community settings, aimed at promoting the importance of breastfeeding, dispelling myths, and empowering mothers with the right knowledge and confidence.

At the HIMS Postnatal Ward, faculty members from the Department of Paediatrics Dr. Anil Rawat (HoD), Dr. Kanishka, and Dr. Radhika—led counselling sessions for new mothers. They provided practical guidance on early initiation, exclusive breastfeeding, and overcoming common challenges. The sessions also emphasized emotional support and motivation for lactating mothers.

Meanwhile, the Department of Community Medicine, in collaboration with the Gender Equality and Inclusion Club, conducted community outreach programs in Doiwala, Keshavpuri, Jhabrawala, Nagthat, and Kalsi. These included role plays, group discussions, and interactive health talks focused on the composition and benefits of breast milk, debunking myths such as “insufficient milk,” correct breastfeeding techniques, and the importance of frequent feeding. Demonstrations were also held on expressing breast milk, particularly to assist working mothers in maintaining breastfeeding practices.

The Rural Development Institute (RDI) extended the initiative through community sensitisation drives, engaging mothers and families in awareness sessions on the importance of colostrum, the long-term health benefits of breastfeeding, and correct positioning and latching techniques. The participation of Community Health Officers (CHOs), ASHAs, and Anganwadi workers at PHC Kalsi enhanced the reach and impact of these programs.

The multi-sectoral collaboration successfully advanced SRHU's mission to promote gender-sensitive health practices, inclusive maternal care, and community empowerment. The initiative not only celebrated the essence of World Breastfeeding Week but also fostered sustainable behavioral change within the communities.



Dr. Nupur Joshi
Chairperson

Chairperson
Gender Equality & Inclusion Club (SDG 5 & 10)
Swami Rama Himalayan University

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EVENT HIGHLIGHT



Students and faculty members counselling sensitizing new mothers on the importance of breastfeeding

Dr. Nupur Joshi
Chairperson
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Swami Rama Himalayan University