

Report

Two Day Workshop on Gender equity, Empowerment and Future Leadership

Date: 13th September 2025

The Women Cell of St Bedes college Shimla hosted a two day interactive workshop on Gender Equity Empowerment and Future Leadership in collaboration with **YWCA** and **Rise Up** from the 11th September to 12th September 2025. Various colleges were invited to the workshop including Centre of Excellence, Government College Sanjauli. Four Gender Champions attended the workshop on the behalf of Government College, Sanjauli.

The Chief Guest for the event was Principal Sister Rosily T.L of St Bede's college itself. The spokesperson for the workshop was Ms. Nikita Dhiman, coordinator North India region Rise Up.

Day one of the workshop began by creating a safe space for all the participants to share their stories, experience and thoughts- a judgement free space, this was followed by some short creative sessions on gender equality and equity, leadership skills and qualities, feminism, feminist values, policy making and advocacy for women. Along with these sessions the participants were given time to think about their true self. It was time for self reflection. Day one ended with a few games and a little session on mental health.

Day two of the workshop began with a session on sexual and reproductive health and rights and an activity. Along with a lesson on menopause and problems faced by women during menopause. Apart from this there were other sessions and activities on empowerment, economic empowerment, and mental health.

Day two ended with the Valedictory Ceremony. The vote of thanks was given by the President of Women's Cell St Bede's College and the Principal Sister Rosily T.L presented a token of appreciation to Ms. Nikkita Dhiman and certificate of participation to all the participants from the various colleges.

Overall, the workshop was a great way to interact with others and helped the participants learn about their rights and gain knowledge about empowerment in various domains of life.