



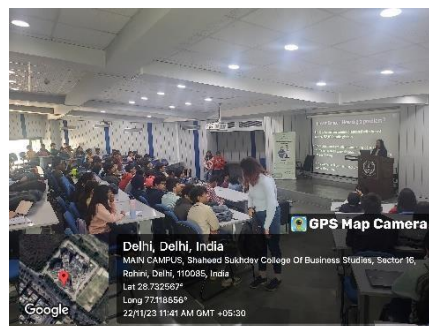
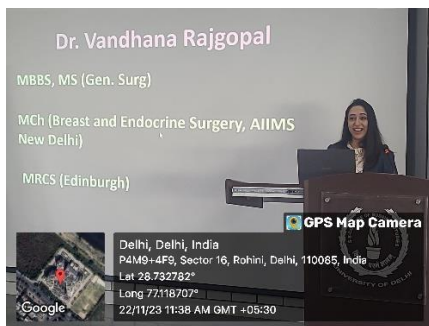
## Annual Report 2023-2024 Girl Up Ruhi



**No. of event(s)/sessions/activities/webinars organized by the society in the year: 3**

### Session about Breast Cancer

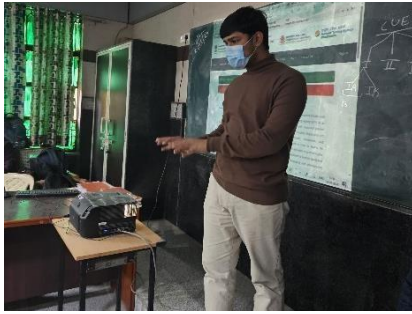
Girl Up Ruhi organized a special event at Shaheed Sukhdev College to raise breast cancer awareness. Dr. Vandhana Rajgopal, an expert in Breast and Endocrine Surgery, shared insights with around 100 students. The event aimed to dispel myths, highlight global impacts, and other objectives included addressing advanced-stage diagnoses, emphasizing early detection, and educating on treatment options. Dr. Vandhana's presentation and the Q&A session engaged the attendees. In the presentation, she explained about the symptoms and effects of breast cancer. She also enlightened about the places to visit for early identification and treatment of Breast Cancer. Dr. Vandhana also highlighted concerns about advanced-stage diagnoses and rising cases in the 30-45 age group in India. A unique part of the event was a live demonstration led by volunteers for NAB India Centre for Blind Women and Disability Studies, where a visually challenged woman demonstrated on a dummy how to self-examine breast cancer, making selfbreast examinations accessible and promoting inclusivity. They also advocated for early specialist visits to promptly address any bodily changes, emphasizing the vital role of proactive healthcare in early detection. The event concluded with a call for proactive healthcare, aligning with Girl Up Ruhi's mission for women's empowerment and global health awareness.



### CUET Session

Girl Up Ruhi organized a special event at a local boys' school to raise awareness about the CUET – UG exam for undergraduate admissions in India. 100 students attended the session, engaging in discussions and fostering a supportive environment. The event covered CUET-UG basics, exam details, eligibility criteria and valuable resources for effective preparation. Notably, the session provided a meticulous breakdown of the form-filling process, including document uploading procedure and preference list preparation. A dedicated doubt resolution session was incorporated to address the queries and concerns of the attending students and contact

information was shared for ongoing support. Students found the event informative and empowering, aligning with Girl Up Ruhi's mission of awareness and empowerment. The event also exemplified the organization's commitment to promoting educational opportunities and facilitating the academic success of aspiring students.



### Speaker session for Women's Day

Girl Up Ruhi, SSCBS, hosted a compelling Women's Day speaker session on March 8, 2024, aiming to celebrate women and shed light on their successes and challenges across various fields. The event sought to inspire students while deepening their understanding of global women's issues. Ms. Ismini Panagopoulou, First Counselor at the Embassy of Greece, initiated the session, sharing her corporate journey and the hurdles she faced in achieving work-life balance, particularly after becoming a mother. Students engaged in an interactive dialogue seeking advice on navigating workplace discrimination. Next Ms. Poonam Agarwal, a prominent journalist recounted her determined career path despite journalism traditionally being an unconventional choice for women. She discussed the significant challenges and backlash she encountered, leaving a lasting impression with her self-proclaimed inspiration. The third speaker, a representative from Red Brigade Lucknow highlighted the organization's efforts in advocating for marginalized women and survivors through various means such as activism, legal aid, and self-defense training. The session underscored the importance of empowering women to speak out against violence and reclaim their freedom.



## Other Initiatives

- **Pride Palette** – Girl Up Ruhi celebrated The Pride Month at Shaheed Sukhdev College of Business Studies garnered a footfall of 200 attendees. The event in collaboration with Kriti, the college's art society, aimed to promote inclusivity. Attendees participated by leaving thumbprints, symbolizing unity, diversity and support for the LGBTQ+ community by forming the Pride flag. This interactive activity facilitated meaningful engagement and dialogue. In conclusion, the Pride Month celebration at SSCBS successfully promoted inclusivity through creative expression, symbolized by the collaborative formation of the Pride flag with thumbprints reflecting unity and support for the LGBTQ+ community.



- **Women's Day Board (My Ideal Women)** - Girl Up Ruhi organized a memorable Women's Day activity at Shaheed Sukhdev College of Business Studies, celebrating women's contributions. A dedicated board allowed attendees to share about their ideal women, often citing their mothers. This fostered gratitude and emotional connections. The event, a collaboration with Kriti, SSCBS's Fine Arts Society, combined creative talents to empower women. Attendees engaged in conversations, expressing admiration and laughter and creating a vibrant atmosphere. This partnership highlighted solidarity in promoting gender equality. In summary, the event provided a platform to honor women's contributions, fostering positivity, gratitude and empowerment among attendees.



**Teacher Incharges:** Shalini Prakash, Sonika Thakral

**Student Committee:**

**President:** Vani Singhal

**Vice President:** Arohi Jain

**Coordinator:** Amishi Kapoor

**Coordinator:** Aadhya Ramdev

**Advisory Committee:** AbhinavRathore, Aditya Goyal, Arpita Verma, Arushi, Aryan Siddhant, Mugdha Raj, Namrata Singh, Shruti Yadav, Urfa Saleem

**Core Committee:** BhavyaTarun, Drishti Boliwal, Drishti Maheshwari, Gul Narula, Prisha Barua, Tanmay Kapoor, Riya Raj, Sakshi, Siddhi Jangid, Vanshika Bhattad

**Organising Committee:** Aakash, Amneet Kaur, Ananya Singh, Ankita Garg, Anmol Priyadarsh, Anoushka Manchanda, Ansh Kujur, Anshu, Manvi Sahu, Ayaan Neyaz, Diksha Sharma, Medha Singla, Manik Mani, Meenu, Neha Kumari, Pragya Jyoti, Ravi Bhatti, Roshan, Sheen, Vansh Gupta, Vivek Shubham Raj, Vaanya