



## Annual Report 2021-2022

### Girl Up Ruhi



#### Dhabba Nahi (Date – 12th March 2022)

Girl Up Ruhi participated as a volunteer in the Dhabba Nahi project of Hemkunt Foundation in collaboration with Girl Up India. Dhabba Nahi is a project designed to create awareness in marginalized communities and to de-stigmatize the taboo around menstruation. By providing sanitary napkins and raising awareness around good hygiene practices, the project aims to affect the lives of women and girls by giving them tools for achieving better menstrual hygiene. The site where they were distributed was Ghata, a place in Gurgaon. All the volunteers reached the office of Hemkunt Foundation at 12:30 PM after which Hemkunt Foundation volunteers briefed them about the activities of the day. Volunteers have been divided into two groups - those who would educate the women about menstrual hygiene; and the rest would package the menstrual hygiene kits. After reaching the site, women from the community were called and divided into groups. The volunteers had a conversation with them about how menstruation is a natural process and not something to be ashamed about; they were also taught how to use a menstrual pad. Finally, the menstrual hygiene kits were distributed among the women. The total headcount was 175+ beneficiaries.



#### Breaking Barriers

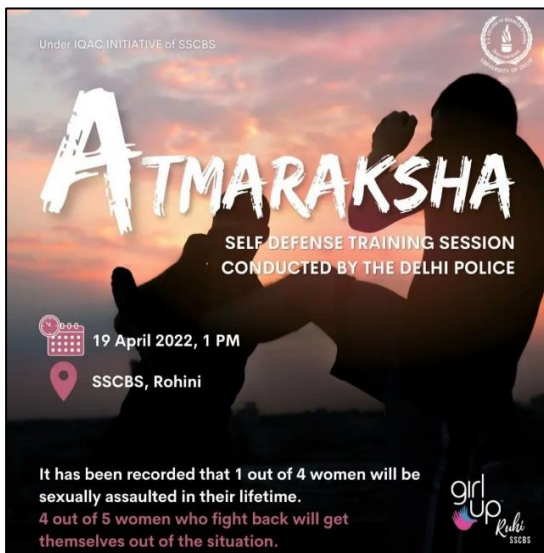
Breaking barriers covers the journey of trailblazing personalities in different occupational fields who were subjected to various stereotypes but never stopped and changed their circumstances for the better by breaking the 'barriers'. We interviewed ground-breaking personalities who shared their life experiences in overcoming the hurdles of sexism and societal pressure. The idea behind Breaking Barriers is to explore exemplary women and their experiences in their respective carpaths. We interviewed women flourishing in different professions including Ms. Aditi Kakkar, an athlete who is the founder of Studio-To-Street Lifestyle Activewear Brand - Ochre Ms. Rakshanda, a data scientist at

Microsoft, and Ms. Tanya Apachu, a content creator who works toward women's rights. The interview with Ms Tanya Apachu was really entertaining and insightful, the way she creates informative content on various topics that were earlier considered taboo is really admirable. Her story of overcoming the problems of self - doubt and camera consciousness was very motivating. Ms. Aditi Kakkar inspired us with her journey, starting with her interest in martial arts and athletics, to weightlifting and becoming an entrepreneur. Whereas Ms. Rakshandha is a professional working as a Data Scientist at Microsoft, she told us about the challenges and stereotypes she faced and how she overcame them.



## Self Defence Workshop

This enriching session consisted of a basic demonstration of life-saving self-defence techniques and tactics to combat harassment against women of any kind. We believe that self-defence helps women gain confidence, empower themselves, and find safety in vulnerable positions. Women need to feel empowered and should not be forced to feel the way so many of them do. Women would definitely benefit from learning proper self-defence techniques and reflecting on other aspects of their lives. Girl Up Ruhi conducted a 2-hour Self Defence Workshop with the Delhi Police to support this cause on the College premises. 4 instructors were sent by Delhi Police who conducted the workshop.





## Cyber Bullying VIDEO

Girl Up Ruhi launched a short film on Cyber Bullying, on 13th October 2021. The objective was to raise awareness and start conversations about cyberbullying and how it affects people. The film was made with a motive to make people understand what all a bullied person goes through, and the ending shows how one can prevent themselves from such bullying. The video was posted on social media handles - YouTube and Instagram, and has received an immense response, with a lot of positive comments and more than 800 views on Instagram within just one day.

## International Women's Day

Girl Up Ruhi celebrated International Women's Day on 8th March 2022 by making posters of 'busting gender stereotypes. Girl Up Ruhi tied-up with Kartavya, SSCBS - to celebrate the day. Wrist bands of green, white, and purple colours were distributed in representation to symbolize women's equality in society. A collaborative board was made to group together instances where people shared their experiences at times, they faced sexism and broke societal stereotypes. We also spread awareness through placards that had statements like "My wife is taller than me and I don't mind that" contradicting the common notions of the society.



## Other Initiatives

- **Activism through social media** - The Girl Up Instagram handles posts about various pressing issues such as gender-based stereotypes, and inequalities faced by women in everyday life. It comments about news related to gender equality, etc. It has a dedicated following of 500+ and has created a digital space for progressive and empowering activism and an open environment for discussing such matters. Some of our recent posts include the legalisation of sex workers as a job, intersectional feminism, etc.



### • Girl Up Ally Meet

Girl Up India organized the Girl Up Ally Meet, a networking event on 28th May 2022 (Saturday) at AGENC CoLAB, Dhan Mill. The event was attended by some incredible youth-focused organizations from various fields and Girl Up leaders. It was an opportunity for all to connect, learn more about each other, and amplify and uplift each other's work. It was an offline networking event that aimed at providing a platform for the changemakers to understand each other's initiatives and seek guidance. Representatives from Girl Up Ruhi got an opportunity to be a part of this initiative and interact with Girl Up Kavach, Girl Up Manipur, and other youth organizations like Project Paddling, Project Bala, etc.



## **Student Committee**

**President:** Sakshi Grover

**Vice President:** Irsheen Baveja

**Secretary:** Aditi Khatri

**PR Head:** Ria Khandpur

**Advisory Committee:** Aditya Mishra, Arshia Dogra, Harleen Kaur, Haseeb Haroon, Pulkit Verma, Riya Moiloth, Rupali Singhal

**Core Committee:** Harsimar Seehra, Ishita Aggarwal, Kanak Yadav, Keshav Verma, Mansi Raj, Prestha Hooda, D Sanjay, Udit Singh, Abhinav Rathore, Aditi Prasad, Aditya Goyal, Ananya Arora, Arnab Kumar, Arohi Jain, Arpita Verma, Arushi, Aryan Siddhant, Kethavanth Akhil Naik, Mugdha Raj, Namrata, Shruti, Shruti, Shruti Gorain, Srishti Sinha, Urfa Saleem, Vani Singhal