



Annual Report 2022-2023 Girl Up Ruhi



Number of event(s)/sessions/activities/webinars organized by the society in the year: 4

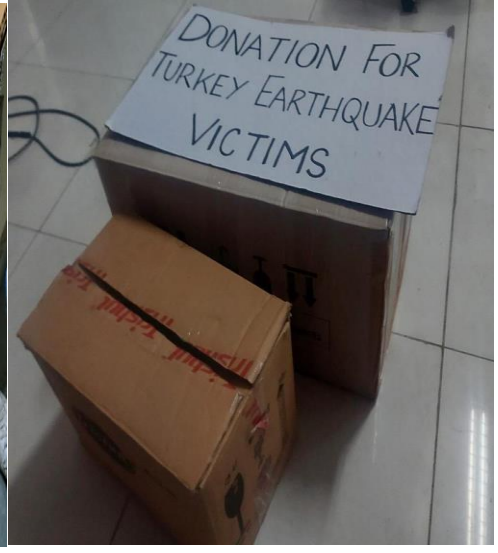
CUET Session

Girl Up Ruhi members visited GGS Girls School in Rohini to teach class 12 students about the CUET (Common University Entrance Test). The seminar started with an introduction of CUET, which covered information on the universities, appropriate courses for students, eligibility requirements for various courses, and preparation advice. Girl Up Ruhi members also presented their own experience and gave the students helpful insights. Students had the opportunity to learn about various educational possibilities during an interactive conversation on the topic of choosing between open college and traditional college. The event also included answering the students' individual queries and concerns about filling out forms, choosing a college, and other relevant subjects.



Donation Drive for Turkey Earthquake Victims

Girl Up Ruhi organised a donation drive for earthquake victims in Turkey, in February 2023. Participants responded enthusiastically, which led to a variety of donations. Numerous items, including clothing, jackets, necessities, and packed snacks, were donated by people. The Embassy of Turkey was chosen as the recipient of these donations. The embassy played a crucial role in facilitating the distribution of the contributions to those who would benefit the most from them. By collaborating with the embassy, Girl Up Ruhi ensured that the donations reached deserving individuals and families in Turkey. Through this heartfelt effort, Girl Up Ruhi and its dedicated team, along with the generous contribution from everyone, extended a helping hand to earthquake victims.



PCOD Session

Girl Up Ruhi organised an insightful webinar on PCOD (Polycystic Ovarian Disease) exclusively for college students. It sought to educate young individuals, who might be impacted by PCOD, about this hormonal disorder and to provide them with useful information. The webinar's guest speaker was Dr. Deepika Taneja, a highly skilled consultant obstetrician and gynaecologist with experience of 12+ years. Dr. Taneja spoke about the causes of PCOD, its signs and symptoms, and how it affects women's health during the webinar. She also emphasised the value of routine medical check-ups and self-care routines for PCOD patients. Overall, college students benefited from the educational opportunity provided by the PCOD webinar hosted by Girl Up Ruhi. By providing a platform to discuss PCOD openly, the webinar played a significant role in breaking the stigma surrounding this common hormonal disorder.

girl up Ruhi SSCS

AWARENESS WEBINAR ON PCOS

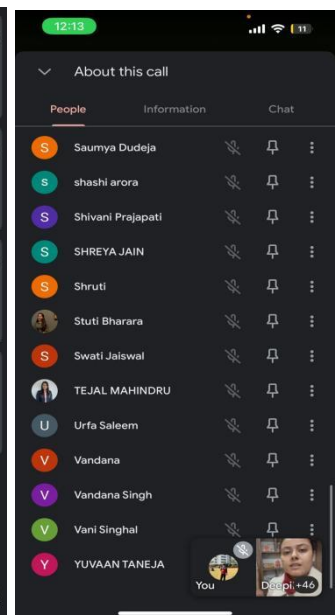
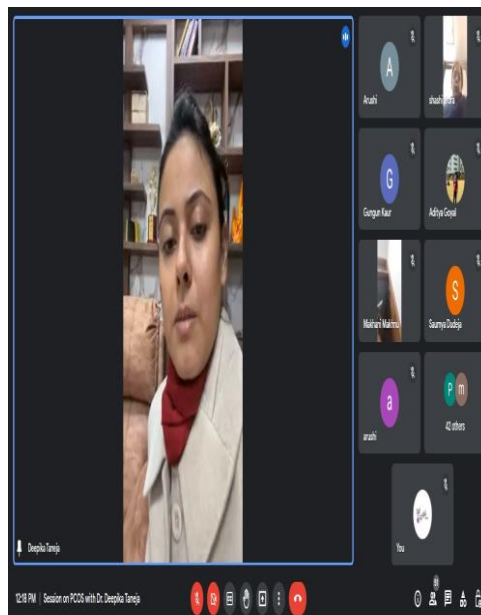
With CORONA Remedies Pvt. Ltd.

Learn about PCOS, symptom reversal and precautionary methods available

12 PM
15th December, 2022

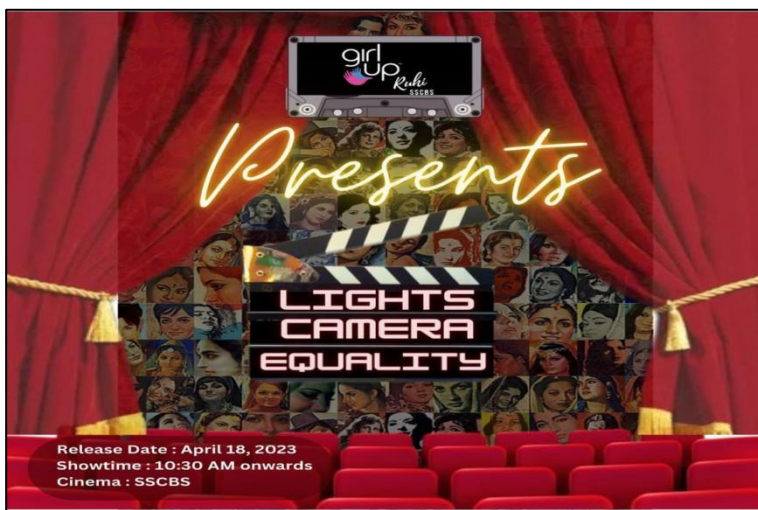
Speaker
DR. DEEPIKA TANEJA
MBBS (MAMC), MS Obs & gyne (LHMC),
Consultant (Jaipur Golden Hospital)
Consultant Gynecologist, Laparoscopic Surgeon, Infertility Specialist

Arohi Jain: +91 8448783619 Vani Singhal: +91 9354314337



Lights! Camera! Equality!

Girl Up Ruhi cordially invited members from various Girl Up Clubs to join us for a unique and enjoyable networking session centred around the theme "Sexism in the Entertainment Industry". Our goal was to create a forum for like-minded individuals to connect, share their views, and engage in stimulating conversation about relevant issues. An Open Mic session was organized, where Girl Up members delivered empowering poems and songs that helped spread the message of the event regarding misogyny and women's empowerment. The highlight of the event was the debating activity where different Girl Up groups came on stage and chose chits with various topics related to the misogyny prevalent in Bollywood. We also had two exciting games – Whisper Challenge & Dumb Charades, that not only entertained the guests but also encouraged them to delve deeper into the topic at hand.



Other Initiatives

- **Social Media Activism** - The official Instagram account of Girl Up Ruhi focuses on shedding light on significant issues concerning gender-based stereotypes and the everyday challenges faced by women. It serves as a platform to address and comment on news articles and events related to gender equality and other related topics. With a dedicated following of over 600 individuals, the Instagram handle has successfully created a digital space that promotes progressive and empowering activism. Recent posts have covered diverse topics such as offering valuable insights on Polycystic Ovary Syndrome (PCOD) and reporting news updates on the remarkable feat of the top four female rankers in the UPSC civil service examinations.
- **Valentine's Day Board** - Girl Up Ruhi created a thought-provoking board to celebrate Valentine's Day, serving as a collective space for individuals to share their personal encounters with both red flags and green flags within their relationships. This heartfelt initiative encouraged open dialogue and introspection while celebrating the essence of love. It provided a platform for people to share significant moments when they identified warning signs or positive indicators, fostering a better understanding of healthy relationship dynamics. Girl Up Ruhi's creative way of celebrating Valentine's Day inspired empathy, growth, and awareness, thereby forming a community that values and supports one another in their pursuit of love and happiness.



● **Donation of Sanitary Napkins** - Girl Up Ruhi donated hampers consisting of pads. The activity of donating pads was a significant initiative aimed at addressing the pressing issue of menstrual hygiene and empowering women in need. Our organization recognized the importance of ensuring access to sanitary pads for women and girls who often face economic constraints or limited resources. This activity served as a powerful testament to the transformative power of collective action in making a positive difference in the lives of women and girls.

Student Committee

President: Ria Khandpur

Vice President: Aditi Khatri

Secretary: Arohi Jain

PR Head: Vani Singhal

Advisory Committee: Harsimar Sehra, Ishita Aggarwal,

Kanak Yadav, Keshav Verma, Mansi Raj, Prestha Hooda, Udit Singh

Core Committee: Abhinav Rathore, Aditya Goyal, Arpita Verma,

Arushi, Aryan Siddhant, Mugdha Raj, Namrata, Shruti, Urfa Saleem

Organising Committee: Aadhya Ramdhev, Amishi Kapoor, Bhavya Tarun, Diksha Aggarwal, Drishti Boliwal, Drishti Maheshwari, Gul Narula, Muskan Agrahari, Prisha Barua, Riya Kumari, Sakshi Singh, Siddhi Jangid, Tanmay Kapoor, Vanshika Bhattad, Yoshei Amanda Konyak