



Annual Report 2025-2026

Girl Up Ruhi



Number of event(s)/sessions/activities/webinars organized by the society in the year – 5

Number of fest organized – 1

SELF-DEFENCE WORKSHOP

On **29 August 2025**, Girl Up Ruhi, SSCBS organized a **Self Defence Workshop**. It was conducted by the Special Unit for Women & Children (SPUWAC), Delhi Police to take a step towards women empowerment. The event focused on equipping women with essential self defence skills, boosting their confidence, and raising awareness about their safety and legal rights. **SPUWAC** senior officers and martial arts instructors led a workshop on legal awareness and self-defence. The goal of the session was to give students a foundational understanding of law and practical self-defence techniques. Effective striking techniques, hold escape, and attack blocking were all demonstrated. Mental readiness, or remaining composed, aware, and self-assured in dangerous circumstances, was another point of emphasis for trainers. Laws pertaining to domestic abuse, sexual harassment, stalking, and women's rights under Indian law were discussed during a legal awareness session. Students were urged to speak out against abuse and to report crimes. The workshop effectively promoted safety, awareness, and empowerment as it concluded with a Q&A and closing remarks.



SESSION ON PSYCHOLOGICAL FIRST AID

Girl Up Ruhi, SSCBS, in collaboration with **Girl Up Rooh, Girl Up Ripple, Girl Up JMI and Girl Up Rubaroo** organized an insightful mental health awareness session on Psychological First Aid, led by **Ms. Yashashvi Sharma**, a Counselling Psychologist, Rehabilitation Professional (RCI), PhD Scholar, CBT Practitioner, and the Founder of Manovritta.

During the online session, Ms. Yashashvi Sharma elaborated on what Psychological First Aid (PFA) is and especially focused on how it is different from psychological therapy and how to give it to distressed people. She also explained WHO's recommended approach "Look, Listen and Link", which phrases are empathetic to connect with them more strongly while also ensuring to not to drain oneself.

The session was highly interactive, with attendees actively participating in discussions about early detection, previous experiences of attendees with people in distress and their safe places and activities which recharge them. Ms. Yashashvi Sharma emphasized the significance of protecting oneself from over-helping. The event concluded on a positive note, leaving attendees better informed and motivated to give PFA to anyone who needs it. Girl Up Ruhi remains committed to organizing such impactful sessions to empower individuals with critical mental health knowledge.



BAAL VIVAH MukT BHARAT CAMPAIGN

On **16 January 2026**, Girl Up Ruhi, SSCBS organized a Baal Vivah MukT Bharat Campaign. It was a great pleasure to have Advocate Rahul Kumar as our resource person and teacher Ms. Shalini Prakash to support the event. The one-hour session was held in the seminar hall and focused on sensitizing students about the social, legal, and ethical dimensions of child marriage in India, aligning with the objectives of the **Baal Vivah MukT Bharat Campaign**. It places special emphasis on the **Prohibition of Child Marriage Act (PCMA), 2006**, along with its **2021 Amendment**, highlighting the legal framework, consequences of child marriage, and the responsibilities of stakeholders. Through this discussion, students are encouraged to recognize their role as informed youth in raising awareness, challenging harmful practices, and contributing to the vision of a child-marriage-free India. As a collective commitment, students were also encouraged to take a pledge to support a **child-marriage-free India** and actively spread awareness within their communities.



VALENTINE'S WEEK ACTIVITY

The Valentine's Week Interactive Awareness and Student Engagement Activity organised by Girl Up Ruhi at the Nescafe Area, Shaheed Sukhdev College of Business Studies, on **10th February** witnessed enthusiastic participation and an engaging response from students across batches. The event successfully transformed the space into a vibrant and welcoming hub where students felt comfortable expressing themselves and connecting with peers.

Designed as an open entry experience, the activity featured three interactive engagement stations including **Spin the Wheel, Song Dedications to Loved Ones (Wall of Love) and the Compatibility Test Card Game**. The Compatibility Test Card Game invited students to reflect on shared values, boundaries, communication styles and emotional understanding in relationships. It encouraged thoughtful participation while keeping the atmosphere light, interactive and enjoyable. The overall setup ensured smooth movement and accessibility, allowing students to participate freely and confidently.

Conducted for over 5 hours, the event witnessed continuous footfall throughout the day and was successfully coordinated by 8 dedicated volunteers. With over 300 students from all three batches engaging throughout the day, the initiative maintained consistent participation and a lively energy at the venue. The Wall of Love received over 100 song dedications and heartfelt messages, while the activity as a whole fostered dozens of meaningful peer interactions through its engaging and awareness-driven format. Students appreciated the balance between fun elements and thoughtful discussions, making the experience both engaging and memorable.

The event added warmth and positivity to Valentine's Week celebrations on campus while reinforcing the society's commitment to creating safe, inclusive, and successful student led initiatives. Overall, the activity stood out as a memorable and enthusiastic celebration of empathy, connection and student engagement, leaving participants with a positive and lasting impression.



ART OF COMMUNICATION AND PERSONAL BRANDING

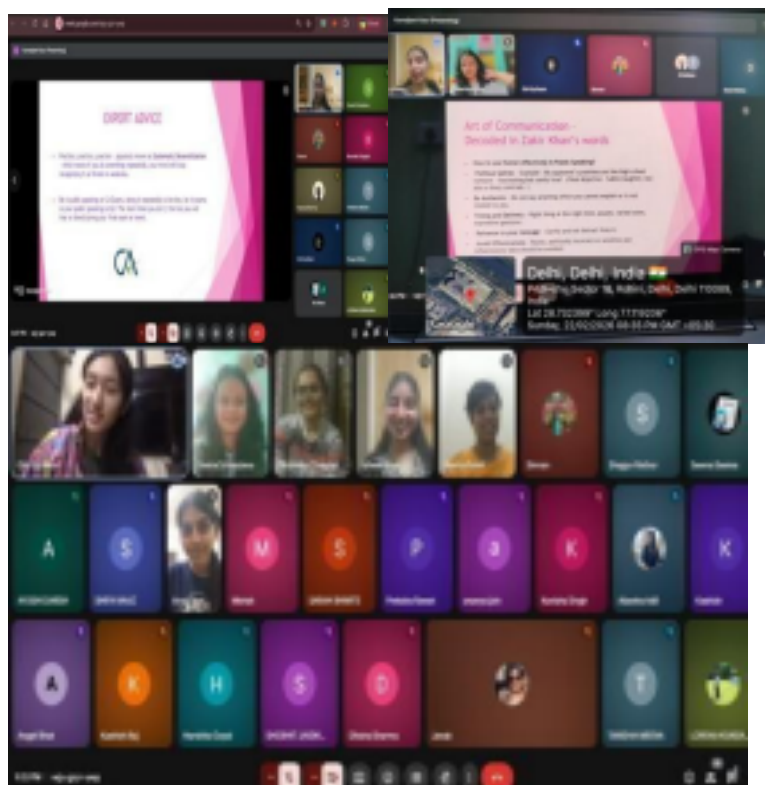
The webinar on “**Art of Communication and Personal Branding**”, organised by Girl Up Rooh in collaboration with Girl Up Rubaroo and Girl Up Ruhi, witnessed active participation and an engaging response from students. Conducted by Ms. Ishwin Kaur, the session focused on enhancing communication skills, building confidence and understanding the importance of personal branding in academic and professional growth. The session successfully created an interactive and insightful environment where students felt encouraged to express themselves and learn practical communication strategies.

Designed as an informative and interactive session, the webinar introduced key

frameworks such as the SHARE model and the 4 P's and 3 P's of effective communication and public speaking. Through real life examples, including references to **Zakir Khan**, the speaker highlighted the importance of authenticity, storytelling and audience connection. Students were encouraged to reflect on their communication styles, build confidence and actively engage in opportunities that enhance their personal brand.

With consistent engagement throughout the session, the webinar maintained a lively and participative atmosphere. The interactive format, along with practical tips on overcoming stage fear and handling audiences, made the session both insightful and relatable. Students appreciated the balance between theoretical frameworks and real world application, making the experience meaningful and impactful.

The webinar reinforced the importance of confidence, preparation, and self-expression while motivating students to step out of their comfort zones. Overall, the session stood out as an engaging and enriching experience, leaving participants with valuable takeaways and a positive, lasting impression. The webinar concluded with the motivational quote: **“Manzil unhi ko milti hai, jinke sapno mein jaan hoti hai, Pankhon se kuch nahi hota, hauslon se udaan hoti hai.”**



EMPOWERMENT THROUGH SPORTS

An interactive session with **Himanshi Malik** was organized to inspire students and raise awareness about women's empowerment, self defence, and the role of sports in personal development. The session provided valuable insights into the journey of a young sportsperson and the importance of confidence, discipline, and self-belief. Himanshi Malik, a **19 year old Wushu player** from Chandigarh, began the session by sharing her personal journey into sports. She explained that her father has been her trainer and mentor since childhood, and his guidance played a crucial role in shaping her career. Coming from a traditional

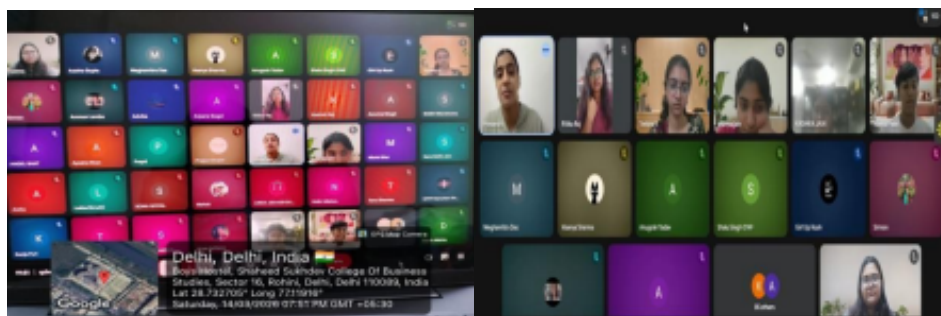
Haryana background, her family supported her aspirations and encouraged her to pursue sports seriously.

She reflected on how she started as a normal student in Grade 5 but gradually developed her skills and confidence through consistent training and discipline. She emphasized that martial arts such as Wushu not only strengthen the body but also build mental resilience and confidence. A major part of her talk focused on the societal mindset regarding women - how women are often perceived as weak and dependent, and how such stereotypes must change.

Himanshi also spoke about the importance of independence and self-defence for women. She encouraged students to learn at least basic self-defence techniques, noting that self-defence is not only about physical protection but also about awareness, confidence, and the ability to respond to difficult situations. She highlighted the importance of family support and referenced national campaigns such as **Beti Bachao Beti Padhao** in her discussion.

She discussed how movies like Dangal have helped highlight the strength and potential of female athletes and inspired many young girls to take up sports. Her key message was about self-motivation and belief - encouraging students not to be discouraged by societal judgments and to speak up and seek help from trusted individuals if they ever face uncomfortable or unsafe situations.

The session concluded with an engaging question and answer round where students interacted with her and gained deeper insights into sports, discipline, and personal growth. The message was simple yet powerful - believe in yourself, stay determined, and never let societal limitations define your potential. Overall, the session was highly motivating and enlightening, inspiring students to pursue their goals with confidence and awareness.



NGO DRIVE ON DAUGHTERS' DAY

On the occasion of Daughters' Day, Girl Up Ruhi, SSCBS, in collaboration with **Girl Up Udaan**, **ARSD**, organized a donation drive and interactive session with the support of Uttejana Foundation, an NGO that actively works in the fields of youth inspiration, slum development, women empowerment, and youth awareness.

The session started with volunteers interacting with the children and distributing sheets, pencils, and crayons. The children were encouraged to bring out their creativity through drawing and colouring. Their drawing consisted of houses, trees, cars, the National Flag, and even the Earth. The volunteers captured these moments through photographs.

The session continued with fun-filled games such as **Stand Up - Sit Down**, **Kabaddi**, and **Red Light - Green Light**, where the children participated with

great enthusiasm and energy. Then a short discussion was held to highlight the significance of Daughters' Day. Volunteers engaged the children in conversations around gender equality.

The event concluded on a sweet note by distributing chips and chocolates to children, leaving them delighted. Girl Up Ruhi remains committed to organizing such impactful sessions and drives to empower individuals with critical social values and happiness.



VOLFEST 2026

Volfest, themed “**Humans of Volunteering**,” served as a vibrant platform that brought together multiple NGOs to celebrate the spirit of volunteerism and showcase impactful social initiatives. The event provided organizations with an opportunity to present their work, engage with a diverse audience, and raise awareness about critical social issues. Uttejana Foundation was one of the participating organizations and effectively highlighted its flagship initiatives - **Project Rakht**, **Project Ehsaas** and **Project Chanakya** each focusing on different dimensions of community welfare such as menstrual hygiene awareness, emotional well being, and education.

The stall set up by Uttejana Foundation was designed to be interactive and engaging, attracting significant visitor participation. To enhance involvement, activity based elements were incorporated for different projects. For Project

Rakht, a “Spin the Wheel” game was organized to spread awareness about menstrual hygiene in an engaging and approachable manner. For Project Ehsaas, visitors were encouraged to write notes on mental well-being, fostering open conversations and reflection around emotional health. These activities not only made the stall more appealing but also helped communicate important messages in a simple and impactful way.

As part of a live project, the Girl Up Ruhi students collaborated closely with Uttejana Foundation and played an active role throughout the event. They managed the stall in shifts, ensuring smooth coordination and consistent engagement with visitors. The team actively interacted with attendees, explained the foundation’s mission, and provided detailed insights into its initiatives while also encouraging participation in the activities.

This hands on experience enabled the students to develop essential skills such as communication, teamwork and public engagement. It also offered valuable exposure to the functioning of non profit initiatives at the grassroots level. Overall, Volfest proved to be a highly enriching experience, combining practical learning with a deeper understanding of how volunteering can drive meaningful social change.



CAREERS IN DEVELOPMENT MANAGEMENT

On **4 April 2026**, a session on Careers in Development Management was organized at the **Indian School of Development Management** for students interested in exploring the social sector. The session was conducted in an interactive format, providing participants with a clear introduction to development management as a field that integrates management principles with a focus on social impact and community development.

The speakers shared valuable insights into the diverse opportunities within the development sector, including roles in **NGOs, public policy, corporate social responsibility (CSR), and social enterprises**. They emphasized the importance of key skills such as critical thinking, effective communication, leadership, and adaptability, along with the need for ethical decision making and grassroots engagement. The discussion also highlighted how formal education and field experience can help individuals build impactful careers in this domain.

Overall, the session proved to be informative and engaging, encouraging students to reflect on their career aspirations and consider development management as a meaningful professional pathway. It inspired participants to contribute towards sustainable and inclusive social change through informed and responsible action.



INSTALLATION OF MENSTRUAL HYGIENE INFRASTRUCTURE ON CAMPUS UNDER CSR SUPPORT

In **January 2026**, Girl Up Ruhi presented a successful proposal for reinforcing the menstrual hygiene infrastructure across the college premises. Supported by Corporate Social Responsibility (CSR) funding from M/s KEI Industries Limited, the project secured the procurement of 2 wall-mounted, UPI-and-coin-based Sanitary Napkin Vending Machines (with **50 napkin storage capacity and 24-hour battery backup**) and **16 Sanitary Napkin Disposal Bins** placed across all floors of the college building. This initiative greatly enhances on-campus health facilities and accessibility for the student community.



UTTEJANA LIVE PROJECT

Girl Up Ruhi, in collaboration with **Uttejana Foundation**, undertook a structured three-month Live Project (**1st February - 30th April 2026**). Members actively participated in organisational and on-ground activities including project planning, execution, monitoring, social media campaigns, content development, human resource support, volunteer coordination, and CSR implementation.

Over the course of the project, **12 field visits** were conducted, providing members with hands-on exposure to social sector operations, stakeholder coordination, and impact measurement. The project offered experiential learning opportunities, structured mentorship, and professional development aligned with the society's objective of fostering leadership, responsibility, and social awareness among students. Upon completion, participating members were eligible for an Official Offer Letter, Completion Certificate, and Letter of Recommendation from Uttejana Foundation.



