

Annual Report 2024-2025

Girl Up Ruhi

No. of event(s)/sessions/activities/webinars organized by the society in the year: 5

Self-Defence Workshop: Empowering Women Through Safety and Awareness

Girl Up Ruhi of SSCBS organized a Self-Defence Workshop in collaboration with the Special Police Unit for Women and Children (SPUWAC), Delhi Police. The workshop was held in the college seminar hall and drew an expected turnout of 50+ students. The event focused on equipping women with essential self-defense skills, boosting their confidence, and raising awareness about their safety and legal rights.

The session was led by two skilled instructors from SPUWAC, who began by emphasizing the critical role of self-defense in ensuring women's safety in today's world. They stressed that self-defense is not just a physical skill but also a mental strategy that helps women feel empowered in vulnerable situations. The instructors then demonstrated practical techniques such as blocking, striking, and escaping from holds, encouraging active participation from the attendees. The hands-on practice made the techniques easier to grasp and apply in real-life scenarios.

In addition to physical defense techniques, the trainers emphasized the importance of mental preparedness, such as staying calm and alert in potentially dangerous situations. They discussed how projecting confidence and being aware of one's surroundings can help deter threats. This holistic approach aimed to give participants the tools to defend themselves both physically and mentally.

The workshop also included a segment on women's legal rights, where the instructors explained how to report harassment or assault and discussed the protections available under the law. This provided participants with crucial information on how to seek help and take legal action if necessary.

The session concluded with an interactive Q&A, where students had the opportunity to ask questions and seek personalized advice from the instructors. The participants engaged actively, discussing strategies for handling real-life safety concerns.

Overall, the Self-Defence Workshop organized by Girl Up Ruhi was a significant success. It provided participants with valuable self-defense skills, increased their confidence, and raised their awareness about personal safety and legal rights. The collaboration with SPUWAC and the active involvement of the students made this event an impactful step toward promoting women's safety and empowerment on campus.



CUET-UG Awareness and Guidance Session for School Students

Girl Up Ruhi recently took a significant step toward educational empowerment by organizing an informative and interactive session at a government boys' school. The event aimed to raise awareness about the CUET-UG (Common University Entrance Test for Undergraduate Admissions in India), ensuring that students had access to crucial information and guidance for their academic journeys.

With an impressive turnout of 100 enthusiastic students, the session fostered an engaging and supportive atmosphere where participants could learn, ask questions, and feel empowered to take charge of their futures. The discussion covered essential aspects of CUET-UG, including its purpose, exam structure, eligibility criteria, and subject choices. To provide practical support, the organizers meticulously walked students through the form-filling process, highlighting critical steps such as document uploading, preference list preparation, and submission guidelines, ensuring that no important detail was overlooked.

Recognizing that students often have specific concerns when navigating competitive exams, the event featured a dedicated doubt-resolution segment. Here, attendees had the opportunity to clarify their doubts, seek personalized advice, and gain insights tailored to their individual aspirations. To extend the support beyond the session, Girl Up Ruhi also shared contact information so that students could reach out for further guidance whenever needed.

For many students, this session was not just informative, it was transformative. The event aligned perfectly with Girl Up Ruhi's mission of awareness and empowerment, reinforcing the organization's commitment to bridging educational gaps, promoting equal access to opportunities, and nurturing the academic ambitions of young minds.

Through initiatives like these, Girl Up Ruhi continues to pave the way for a more informed, confident, and ambitious generation of students, proving that knowledge, when shared, becomes a powerful tool for change.

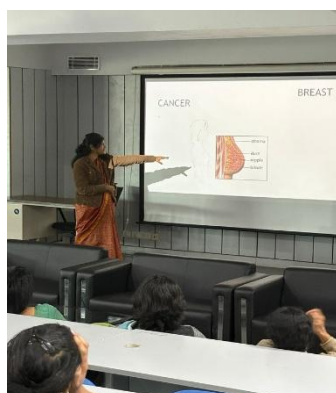


Speaker Session on Cervical Cancer by Girl Up Ruhi, SSCBS

Girl Up Ruhi, SSCBS, organized an insightful awareness session on cervical cancer, led by Dr. Perna Lakhwani, a renowned Gynecologic Oncologist at Fortis Hospital, Shalimar Bagh, New Delhi. With over 17 years of experience, she has trained at prestigious institutions like AIIMS, Tata Memorial Hospital, and Memorial Sloan Kettering Cancer Center.

During the session, Dr. Lakhwani elaborated on the causes, symptoms, and preventive measures for cervical cancer, stressing the importance of HPV vaccination and routine screenings. She also discussed the role of minimally invasive surgeries in gynecologic oncology and debunked common myths surrounding the disease.

The session was highly interactive, with attendees actively participating in discussions about early detection, risk factors, and advancements in treatment. Dr. Lakhwani emphasized the significance of preventive healthcare and encouraged the audience to spread awareness within their communities. The event concluded on a positive note, leaving attendees better informed and motivated to prioritize women's health. Girl Up Ruhi remains committed to organizing such impactful sessions to empower individuals with critical health knowledge.



Period Pain Simulator

Girl Up Ruhi, a SSCBS student community, organized a Period Pain Simulator program to make the public aware about menstrual pain. The showstopper of the event was a period pain simulator, a machine which simulates menstrual cramp pain. Most boys, who had never experienced anything like this before, were surprised at the severity of it. Through this, they grasped what menstruators experience monthly. The aim of the event was to educate people about menstrual discomfort, promote honest conversations regarding menstrual well-being, and advocate for improved policies at schools and the workplace to help menstruators. Breaking the period taboo was a key area of focus.

There was a Q&A session to address common misconceptions, and students spoke about their own challenges, such as managing cramps and the unavailability of menstrual products. The event was highly impactful, altered the perception of people towards menstruation and facilitated its discussion. Most participants concurred that menstrual health education must begin early. Organized by President Aadhya Ramdev and Vice President Amishi, the event was able to generate awareness and inclusivity.



Breaking Barriers: A Case Competition

Girl Up Ruhi, SSCBS organized Breaking Barriers, a case competition under its annual fest season. The event challenged participants to take on the role of consultants responding to a workplace harassment crisis at a fictional firm, Horizon Consulting. Through this, the competition aimed to spark critical thinking around corporate responsibility, internal culture, and ethical leadership.

Participants were required to devise a comprehensive crisis management and culture restoration plan, focusing on immediate legal and PR strategies, alongside long-term HR reforms. Judged by third-years, the competition saw powerful and creative ideas, from internal town halls to D&I-driven brand campaigns. The teams demonstrated a strong understanding of strategic thinking while addressing themes of inclusivity and accountability.

The event not only encouraged students to think beyond traditional business solutions but also reflected Girl Up Ruhi's core belief in advocacy through action. Breaking Barriers successfully created a space for meaningful discussion and real-world problem-solving, establishing itself as one of the most impactful and value-driven events of the season.

