

Anubhuti- The Women Development Cell

Shaheed Rajguru College of Applied Sciences for Women, University of Delhi

Anubhuti, the Women Development Cell (WDC) of Shaheed Rajguru College of Applied Sciences for Women, University of Delhi, is dedicated to empowering women through a variety of awareness programs, workshops, and skill-building activities. The cell's initiatives are designed to promote gender equality, self-reliance, and leadership among students while addressing important social issues. Anubhuti is committed to providing a holistic educational environment that nurtures confidence, supports professional growth, and creates a space for women to excel academically, professionally, and in society at large. The cell is led by Dr. Daya Bhardwaj (Convenor) and Dr. Sneha Kabra (Co-convenor), along with a team of faculty members and a student council for the year 2024-2025, including President Ms. Janhvi Gupta and other student office bearers.

Throughout the year, WDC organized several impactful events. A notable **three-day Health Camp** was held in collaboration with **Indraprastha Apollo Hospital**, providing free medical tests and consultations for students and staff, significantly increasing health awareness on campus during 2024-2025. This was organised in collaboration with Indraprastha Apollo Hospital in 2024, which saw 150 participants benefiting from free tests and professional consultations.

Another significant initiative was the seminar on “Women in Unconventional Fields” held in 2025, attracting 80 participants and focusing on breaking gender stereotypes in career choices. On International Women’s Day, a **seminar titled “Women in Unconventional Fields”** featured inspiring guest speakers like Captain Dr. Sunaina Singh and Captain Shivani Kalra, who shared their journeys through male-dominated careers, encouraging self-belief and challenging stereotypes.

Another highlight, **Ahaan 4.0: Threads of Heritage, Sparks of Humor**, was a dual event celebrating culture through heritage dress-up and comedy, fostering a creative and joyful community spirit. In terms of cultural engagement, the cell hosted the Cultural Canvas event in partnership with Ahaan in 2025, where around 30-40 participants enjoyed creative dress-up and campus chronicles.

A collaborative effort with IEEE brought STEM awareness to East Point School in 2024, involving 70-80 students and highlighting educational opportunities under NEP 2020 and in Delhi University. In 2024, the cell extended outreach beyond campus, the WDC collaborated

with IEEE to conduct a **STEM awareness program at East Point School**, engaging students on STEM opportunities, NEP 2020 reforms, and DU's educational prospects.

Health and wellness continued to be a focus with a **Breast Cancer Awareness Seminar by Dr. Geeta Kadayaprath**, underscoring the importance of early detection and preventive action. The cell also ran a **haemoglobin testing camp in collaboration with Apollo Hospital** and Menstrual Café, where 122 students were tested and provided with health recommendations, raising crucial awareness around anaemia and overall student well-being. This seminar was organised in 2024, attended by 90 participants which later followed the Haemoglobin Testing Camp organized with Menstrual Café and Apollo Hospital, where 122 students received screenings and health guidance.

In addition to health-oriented activities, WDC promoted creativity and social awareness through a **Rangoli competition at the Diwali Mela themed "Women Empowerment,"** encouraging vibrant self-expression. The accompanying Blossoms stall provided fun opportunities like hair braiding and nail art, adding a festive connection among participants.

The extensive participation and variety of activities underscore the Women Development Cell's commitment to women's well-being, empowerment, and education across academic and community spheres during the year 2024-2025. Overall, the Anubhuti Women Development Cell remains steadfast in its mission to foster empowerment, leadership, and inclusivity for women throughout the academic year 2024-2025.

