

7.1.1: Institution has initiated the Gender Audit and measures for the promotion of gender equity during the last five years

7.1.1.a

G.S College of Commerce & Economics-Autonomous, Jabalpur-MP

22 February 2023 ·

The Women Empowerment Committee organised a programme of dance and song with the objective to promote students to showcase their talents .56 (boys and girls)students performed on stage and more than 200 students attended the programme. The complete staff attended the programme . Dr Shakti Prathaban, Mr Praveen Singh, Dr Sunita Upadhyay,Dr Archana Muthye, Dr Ram Patel , Miss Sumona Ghosh and Mr Mueen Ahmad helped to organise a successful programme.

Dr Aarti Patel

Head, Women Empowerment Committee



G.S College of Commerce & Economics-Autonomous, Jabalpur-MP

[24 December 2022](#)

The Women Empowerment Committee visited Village Bhamki and mentored the students. Dr Sunita Upadhyay taught the students Hindi Grammar whereas Miss Sumona Ghosh spoke to the 11th standard girls bringing into perspective the use of commerce education in every aspect of life, career options and the importance of focus in life. Dr Aarti Patel interacted with the girls and explained the importance of dream building, goal setting and the path to follow to reach the highest level of achievement. She mentored them and emphasised the role of parents, teachers, friends in their young lives along with the rightful code of conduct to be followed by girls in society. The importance of learning self defence too was touched upon by the Professors.



G.S College of Commerce & Economics-Autonomous, Jabalpur-MP

[28 November 2022](#)

The Women Empowerment Committee organised a self defence camp of 10 days (14.11.22-26.11.22) especially for girls. The techniques focused upon were upper, middle, lower, side, down, elbow and palm heel punches and blocks. To render girls street smart some street fighting techniques were also taught-handshake, to free one or both hands from front, cross or behind

when attacked,defense when hair , bag or dupatta is caught or if hugged from behind.Our trainer a black belt in Karate , Miss Neelam kataria very patiently explained the techniques and guided the girls in every practice.We are very grateful to her.

Dr Aarti Patel

Head- Women Empowerment Committee



**G.S College of Commerce & Economics-Autonomous,
Jabalpur-MP**

24 November 2022 · 🌐

Today the students learnt the 4 punch, 3 block technique. Mr Sachin Malve helped to organise the training.

Dr Aarti Patel

Head- Women Empowerment Committee





**G.S. College of Commerce & Economics-Autonomous,
Jabalpur-MP**

18 November 2022 - 📍

Today on the 4th day girls practised the 3 punches and blocks taught to them on the first 3 days. Mrs Neha Pandey helped to organise the training.

Dr Aarti Patel

Head-Women Empowerment Committee.



**G.S. College of Commerce & Economics-Autonomous,
Jabalpur-MP**

17 November 2022 - 📍

Today the girls learnt the palm heel block technique along with upper and middle hand freeing technique. Dr Sunita Upadhyay and Mrs Neha Pandey supervised the function.

Dr Aarti Patel

Head- Women Empowerment Committee





**G.S. College of Commerce & Economics-Autonomous,
Jabalpur-MP**
14 November 2022 - 🌐

The 10 day self defence training programme for girls was inaugurated today in the Seminar Hall. 30 girls registered for the training. Ms Kataria (Black belt) our karate trainer informed the girls of the usefulness of self defence and chalked out the programme for the next nine days. Dr Sunita Upadhyay, Dr Archana Muthye and Mrs Neha Pandey helped to organise the training.

Dr Arti Patel

Head- Women Empowerment Committee

