

## THE INSTITUTION

The Government Engineering College, Raipur C.G. is committed to impart holistic education and strives to achieve its aim of preparing students to meet the challenges of present and upcoming century. Our team of well qualified and experienced faculty provide the necessary wings of skills to fulfil the dreams of students not only for academic success but also for life.

## BASIC SCIENCE AND HUMANITIES

The Basic Sciences and Humanities department is the academic crossroads where the precision of scientific inquiry intersects with the richness of human expression. Here, students engage with core subjects like Mathematics, Physics, Chemistry, as well as Communication skills. It's a dynamic blend that fosters critical thinking and a holistic understanding of the natural world and human experiences. This department lays the foundation for well-rounded individuals, bridging the realms of logic and creativity in the pursuit of knowledge.

## ABOUT INTERNAL COMPLAINTS COMMITTEE

The Internal Complaints Committee (ICC), commonly known as the Women's Cell, is a vital component of organizations, institutions, or workplaces dedicated to ensuring a safe and inclusive environment for women. Tasked with addressing and resolving complaints related to harassment, discrimination, or any form of gender-based misconduct, the ICC plays a crucial role in promoting gender equity. Comprising members with diverse roles and backgrounds, the ICC is responsible for conducting impartial investigations, providing a confidential platform for complainants, and recommending appropriate actions in line with legal and organizational guidelines. Its existence underscores the commitment to fostering a workplace or educational setting that is free from discrimination, empowering individuals to voice their concerns and contributing to a culture of respect and equality.



**EMINENT SPEAKER**  
**MS. CHANCHAL TIWARI**  
**ADDITIONAL SUPERINTENDENT OF POICE**  
**IUCAW , GOVT. OF CHHATTISGARH**



**AASTHA AMANAT**  
**CO - FOUNDER**  
**AMANAT FOUNDATION**



**SHEIKH ASIF**  
**CO-FOUNDER**  
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**ARUNA KHALKO**  
**CAMPAIGN**  
**MANAGER**



**DIMPLE PATEL**  
**COMMUNITY**  
**MANAGER**



**DR. M. R. KHAN**  
**PATRON & PRINCIPAL ,**  
**GOVT. ENGINEERING COLLEGE ,**  
**RAIPUR**



**DR. SHWETA CHOUBEY**  
**CHAIRPERSON, ICC & COORDINATOR**  
**HOD , BASIC SCIENCE AND HUMANITIES**

## ABOUT PROGRAMME



### Introduction to EmpowHer Program: Fostering Women's Empowerment

Welcome to the EmpowHer Program, a transformative journey dedicated to fostering women's empowerment and well-being. In a world that thrives on diversity and equality, this program takes a holistic approach, addressing crucial facets such as workplace empowerment, legal advocacy, health, and community engagement. Through insightful discussions, interactive sessions, and expert guidance, EmpowHer aims to cultivate an environment where women can thrive, supporting each other on the path to personal and professional success. Join us in building a community that celebrates and empowers women in all aspects of life.

## SUB THEMES

1. Self-Confidence Building
2. Emotional Intelligence Development
3. Financial Literacy for Women
4. Self-Care and Mental Well-being
5. Assertiveness Training
6. Career Development Strategies
7. Building Healthy Relationships
8. Tech-Savvy Empowerment
9. Navigating Life Transitions
10. Leadership Skills Cultivation



One Day National Workshop on

“EmpowHer: A Holistic Approach to  
women’s Safety and Well- being “  
on 19th January 2024



**ORGANIZED BY**

Internal Complaint Committee in  
Collaboration with the Department  
of Applied Science & Humanities

**Government Engineering College,  
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SEJBAHAR Raipur**

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**Mr. Ashish Singh Thakur, Asst. Professor , GEC Raipur**

One Day Workshop on

“Empower Her: A Holistic Approach to womens’s safety and Well-being-2024”

**Date:19-Jan-2024**

**CONTENTS OF WORKSHOP:**

1. Promote Self-Empowerment: Empower women with the knowledge and tools to take control of their own safety, both physically and mentally.
- 2.Enhance Personal Safety: Equip participants with practical self-defense techniques and knowledge on staying safe in various environments, including public spaces and online platforms.
- 3.Address Mental Health: Raise awareness about the importance of mental well-being, break the stigma surrounding mental health, and provide strategies for stress management.
- 4.Encourage Holistic Well-being: Foster a holistic approach to women's health by exploring topics such as nutrition, fitness, and work-life balance, ensuring overall well-being.
- 5.Build a Supportive Community: Facilitate networking opportunities to connect like-minded individuals, encouraging the formation of a supportive community for ongoing empowerment

[How to register?](#)

1.One can register using the QR CODE below:

<https://forms.gle/J9NWR7fd8vRuvhot5>

