



# Hassan Khoyihami Memorial Degree College Bandipora

Kashmir - 193502

No: HKM/GDCB/24-25/

Dated:

## **One-Day Workshop on *Gender Sensitisation* under Sewa Parv at HKM GDC Bandipora 26<sup>th</sup> September 2025**

The Department of Sociology, in collaboration with the College NCORD Cell and the Women Empowerment Cell, organised a **One-Day Workshop on Gender Sensitisation** on 26<sup>th</sup> September 2025 under the **Sewa Parv** initiative. The programme aimed at cultivating awareness about gender roles, challenging stereotypes, and promoting a culture of equality and respect within society.

The workshop formally began with a welcome address by the Officiating Principal, Dr. Mubashir Hamid, who highlighted the importance of sensitising young minds towards gender equity in order to create a just and inclusive social environment. This was followed by Dr. Wasia Hamid, HoD Sociology and Convener Women Empowerment Cell, who presented an overview of the objectives of the workshop. She underlined how the sessions were designed to encourage self-reflection, critical engagement, and dialogue among students.

The workshop was structured into three interactive sessions:

### **1. First Session – Activity: “What Do You See?”**

Conducted by Dr. Wasia Hamid, this engaging activity asked students to close their eyes and imagine people in various professions and with specific traits, while observing the first image that came to mind. The exercise revealed how quickly and unconsciously individuals assign gender to roles and qualities, reinforcing deep-rooted stereotypes. Through a reflective discussion, students realised the need to unlearn these biases and recognise individuals beyond restrictive labels. The session concluded with the message that true progress lies in building a society where opportunities are determined by talent and effort, not gender.

### **2. Second Session – Group Discussion**

A group discussion on the theme “*How Gender Stereotypes Influence Daily Life in Family, Education, and Career Choices*” was skilfully moderated by Prof. Sadaf Shafi, Faculty of English. Students actively participated and shared their experiences, pointing out how gender expectations often shape familial responsibilities, educational pursuits, and professional aspirations. The discussion highlighted that stereotypes not only limit women but also restrict men, emphasising the need for equal opportunities and mutual respect across all genders.

### **3. Third Session – Expert Lecture**

The concluding session featured an expert lecture by Dr. Ghulam Mohammad Khan, Convener of the College NCORD Cell, on the topic “*Breaking Gender Stereotypes: Towards Equality and Respect.*” Drawing examples from Kashmiri society, Dr. Khan illuminated how many stereotypes are subtly internalised and perpetuated in everyday life. He stressed that these attitudes, though often imperceptible, strongly influence behaviours and decision-making. The lecture called for conscious efforts to question such stereotypes, encouraging a gradual but steady transformation towards gender equality. The session ended with an engaging interactive Q&A, allowing students to clarify doubts and exchange perspectives.



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The programme concluded with a vote of thanks delivered by Prof. Irfan Ahmad, NSS Programme Officer, who expressed gratitude to the resource persons, organisers, and participants for making the workshop meaningful and impactful.

The workshop proved to be an enriching learning experience for students and faculty alike. It not only facilitated self-introspection but also encouraged participants to take small yet significant steps towards fostering an environment of equity, inclusivity, and respect in both personal and professional spheres.



*Media Secretary*  
HKM GDC Bandipora