

Topic: Gender Sensitization Program on “Mental Health Among Adolescents Exposed to Gender Inequality”

Date and venue: A programme on Mental Health Among Adolescents Exposed to Gender Inequality was organized by Internal Complaint Committee (ICC), Women Development Cell (WDC) in association with Internal Quality Assurance Cell (IQAC) of Dimoria College (Autonomous) on the 26th of June 2025 from 11am in the Digital Hall of the College.

Objective of the programme:

1. To raise awareness about gender inequalities affecting adolescents' mental health.
2. To spread awareness about mental health issues, fostering empathy and inclusivity among the students.

Participation: The programme was attended by faculty members, administrative staff and students of the college.

Resource Person: Jugashree Baishya Bania, Faculty, Psychology Department, Pratiksha Group of Institutions.

Highlights of the Programme:

1. The resource person, Jugashree Baishya Bania highlighted some important point regarding gender inequalities, pointing out gender norms and stereotypes, and how gender roles affected the opportunities and treatment.
2. She cited some real-life examples and case studies to students so that they can better understand how the issues of gender inequality are deeply rooted in our society.
3. The issue of gender identification is also highlighted in her talk, which helps to increase inclusivity among different genders of the community. The students will hopefully now have a better understanding of different genders in our society.
4. She pointed out issues like gender privilege, where one gender receives advantages or rights simply because of their gender, particularly when their gender aligns with societal norms and power structures. It often goes unnoticed by those who benefit from it. This can happen for both men and women
5. She highlighted some of the problems that happen because of gender issues like child marriage, unwanted pregnancy, difficulty in expressing emotion, pressure from society to be always strong, etc. She distinguishes these problems from both female and male perspectives for better understanding.
6. She also highlighted mental health issues among adolescents and provided some tips to deal with them. She focuses on understanding the power of our thoughts and minds to mitigate these issues.
7. The resource person also informed some therapies and theories in diagnosing mental health issues, like gatekeeping theory, for a better understanding of how psychologists work to attenuate the effect of gender issues faced by adolescents.
8. The programme ended with a Q&A session, where students inquire about their questions regarding the discussions.

Some snaps of the programme

