



## MAHARAJA BIR BIKRAM COLLEGE, AGARTALA



### Annual Gender Sensitization Action Plan:

Maharaja Bir Bikram College is committed to fostering a gender-sensitive, inclusive, and equitable academic environment. This action plan outlines structured initiatives to promote gender awareness, equality, mental health, and self-defense training for students and staff.

#### 1. Objectives

- To instil gender sensitivity and inclusivity among students and staff.
- To create awareness about gender-related issues through seminars, workshops, and events.
- To promote mental well-being and personal safety, particularly for female students.

#### 2. Implementation Strategy

##### A. Training Programs

- Activity: Organizing workshops and training programs on gender sensitivity, equality, and inclusivity.
- Target Group: Students, faculty, and non-teaching staff.
- Methodology: Interactive sessions, expert-led discussions etc.
- Collaborations: External experts, NGOs, and government organizations.
- Frequency: Atleast once in a year.
- Expected Outcome: Increased awareness and sensitivity towards gender issues, fostering a more inclusive campus.

##### B. Awareness Campaigns and Events

- Activity: Conducting seminars, group discussions, and invited lectures on gender-related topics.
- Target Group: Students and staff.
- Topics Covered: Gender equality, legal rights, women empowerment.
- Collaborations: Eminent academicians, legal experts, and social activists.
- Frequency: Atleast two events .
- Expected Outcome: Enhanced understanding and sensitization regarding gender issues, leading to behavioral and attitudinal changes.

##### C. Mental Health and Self-Defense Initiatives for Female Students

#### 1. Mental Health Awareness and Well-Being

- Activity: Organizing events such as International Yoga Day and World Menstrual Hygiene Day.
- Target Group: Female students and staff.
- Methodology: Awareness sessions, expert talks, and interactive discussions on stress management, menstrual hygiene, and self-care.
- Frequency: once in a year.

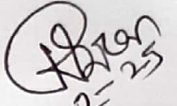
- Expected Outcome: Improved mental and physical well-being, reduced stress, and increased awareness of personal health.

## 2. Self-Defense Training Programs

- Activity: Conducting self-defense training sessions to equip female students with essential safety skills.
- Target Group: Female students.
- Methodology: Hands-on training by certified instructors, focusing on basic self-defense techniques.
- Collaborations: Police department, martial arts trainers, and women's safety organizations.
- Frequency: Biannual training sessions.
- Expected Outcome: Increased confidence and preparedness among female students to handle challenging situations.

## 3. Monitoring and Evaluation

- A Gender Sensitization and Inclusion Committee will oversee the implementation of activities.
- The effectiveness of the programs will be evaluated based on student participation, feedback, and observed behavioral changes.
- This action plan aims to ensure a gender-inclusive, safe, and empowering environment at M.B.B. College.

  
Principal,  
M.B.B. College,  
Agartala.

(Dr. K. Mahabadi)  
Principal,  
M.B.B. College, Agartala.