



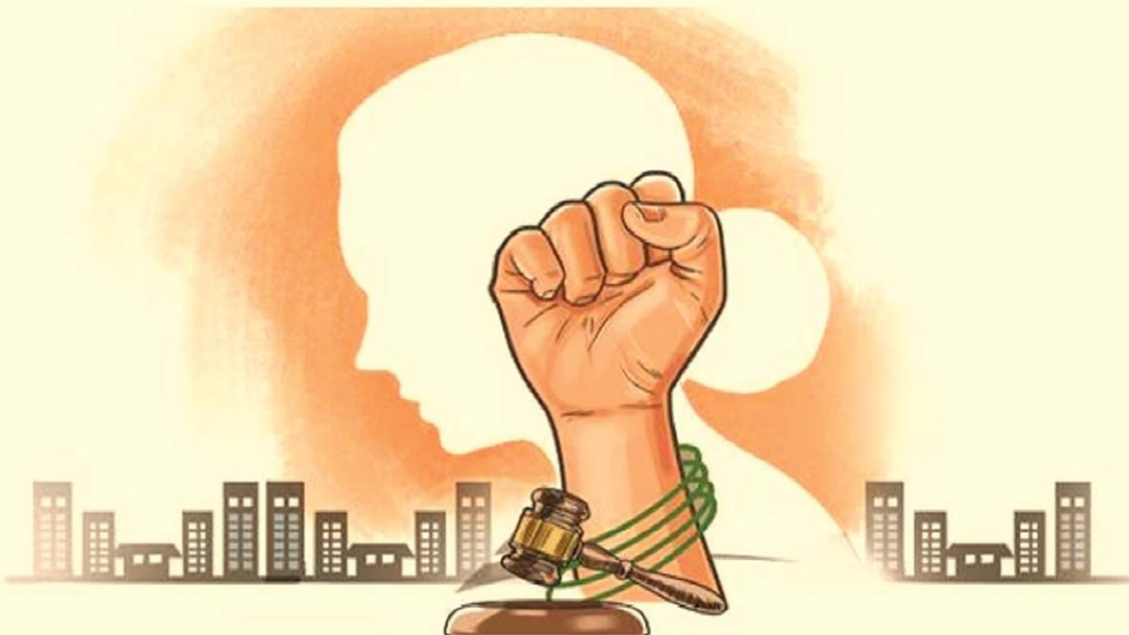
EU ERA
UNIVERSITY

**Era University
Organising a Women Empowerment
Program**

**Chuppi Todo, Hamse
Kaho**

11th June, 2022

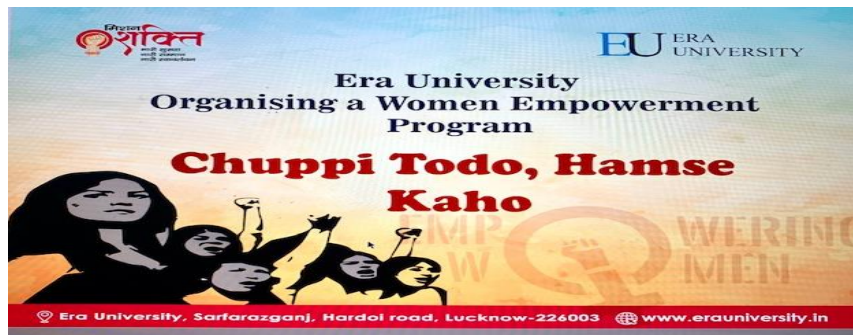
Venue: Mini Auditorium, Ground Floor, University
Building



Conveners:

**Prof (Dr.) Priscilla Samson
HOD, Mental Health Nursing
Era College of Nursing
Era University**

**Dr. Farha Rizvi
Associate Professor
Department of Happiness
Era University**



Event Summary

On June 11th, Era University, Lucknow organized an event named Mission Shakti: *Chuppi Todo, Humse Kaho*, a movement towards Women Empowerment. This program focused on making female students at Era University aware of their right to speak out against discrimination, abuse, or humiliation. Furthermore, this program also focused on encouraging students to speak out about their stressful situations and seek help when they feel they cannot cope. The students were given a platform to express and speak out about their feelings on the theme. Both undergraduate and postgraduate students attended and actively participated in this program. A few male students and faculty were present for this event, which was a "key feature" of this program.

Dr. Priscilla Samson, HOD, Department of Mental Health Nursing, Era's College of Nursing started the program by welcoming the students and encouraging them to express their views on the theme as well as their experiences boldly. Students were allowed to express their feelings and status of women by *nukad natak* (a street show), *mime show*, *choreography*, and narrating *poems* related to the theme. Nursing students prepared beautiful posters for the event depicting the theme of the event. Through their presentations, nursing and clinical psychology students portrayed a clear message that women not only should speak out against inappropriate behavior by others but must take action to bring an end to it.

In the first session, Dr. Farha Rizvi, Associate Professor & HOD Department of Happiness gave a motivational talk to the students and encouraged them to seek timely help to prevent mental stress, depression, and suicide. Further, she briefed the students about the department of Happiness, a unique facility at Era University for students and employees. Her talk on how to increase emotional intelligence brought interest among the attendees. She also gave many helpful tips to students to create positivity in life, including the "*use of catharsis*" in keeping mentally healthy.

In the second session, Dr. Priscilla Samson informed the students about the ample facilities they can avail at Era University. She encouraged the students to talk about their problems and issues. Students actively interacted and brought up some instances during this session. Students were informed that they could discuss matters with any faculty they trusted in their department. They also asked questions which were addressed by Dr. Priscilla and Dr. Farha.

The male students and faculty also participated in the program. Interestingly, the special feature of this program was that the students suggested that such programs should be conducted for both males and females in the future. We look forward to such opportunities in the future to create a safe physical and mental environment for students at Era University.



