

On 24th Dec 2024, Dr. Raziya Parvin, HOD – Department of History spoke to educate young women students about the existence of various forms of abuse in society and the measures to prevent them. The session aimed to empower participants with knowledge, build their confidence, and provide strategies to recognize and address abuses.

Key points covered included:

**Understanding Abuse:** Students were sensitized about different forms of abuse, such as physical, emotional, sexual, cyber, and economic abuse. Real-life examples and case studies were used for better understanding.

**Recognizing Signs:** The program emphasized recognizing early warning signs of abuse and encouraged vigilance in personal and social settings.

**Preventive Measures:** Practical tips were shared on safeguarding oneself, such as avoiding risky situations, being cautious with online interactions, and understanding legal rights.

**Support Systems:** Information was provided on helplines, NGOs, and legal mechanisms available to address abuse. Students were urged to report incidents without fear or hesitation.

**Building Resilience:** The program focused on self-empowerment, promoting self-defense training, and fostering peer support networks to tackle challenging situations.

They were asked to address doubts and share experiences. Students appreciated the initiative and expressed their commitment to spreading awareness among their peers. This talk reaffirmed the importance of education in combating abuse and creating a safe and supportive environment for young women.