

Final report

Bystander Intervention Program RISE was conducted online on Zoom platform in the academic session 2021-22 for first year students of the college. The BIP is a collaboration between the University of Muenster, Germany and Janki Devi Memorial College, University of Delhi. The main aim of this program was to aware participants about the topics like gender, sexual violence and rape myths.

The goals of these sessions are to enable the students to:

- ▶ make participants reflect about topics like gender, healthy relationships, sexual violence and bystander behavior.
- ▶ inform participants about how gender stereotypes contribute to the occurrence of sexual violence and what rape myths are.
- ▶ support participants in finding strategies how to intervene in potentially violent situations and how to communicate effectively in interpersonal relationships.
- ▶ engage participants as potential witnesses of sexual violence.

There are four modules in this programme-

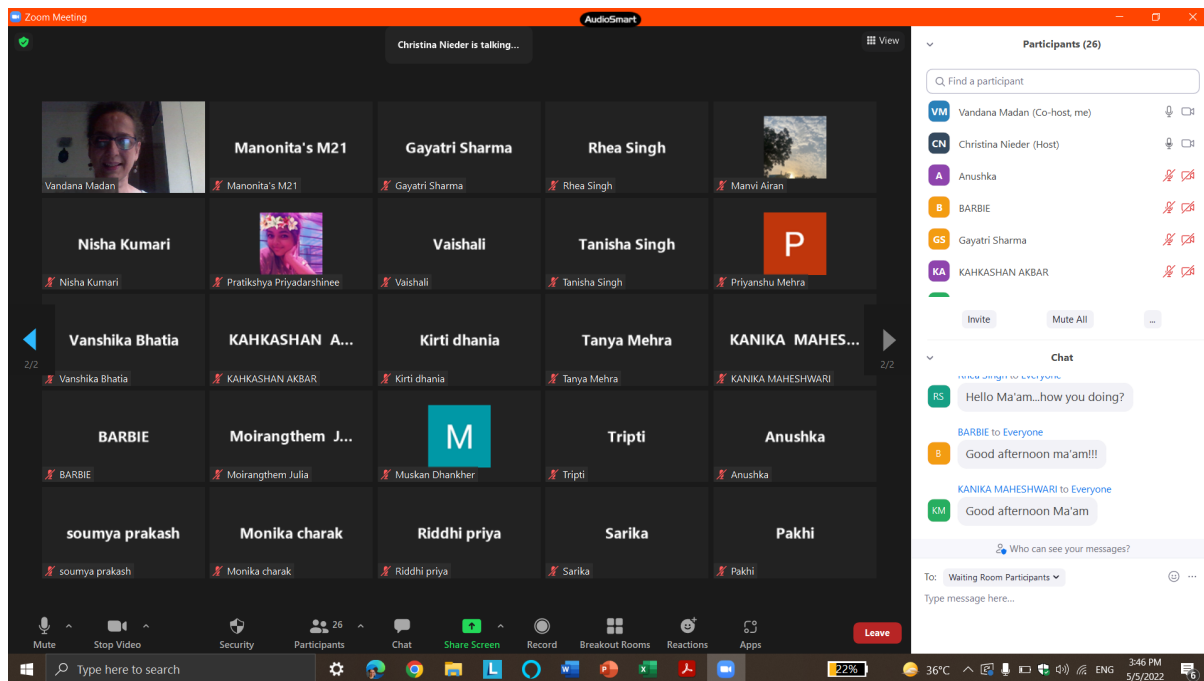
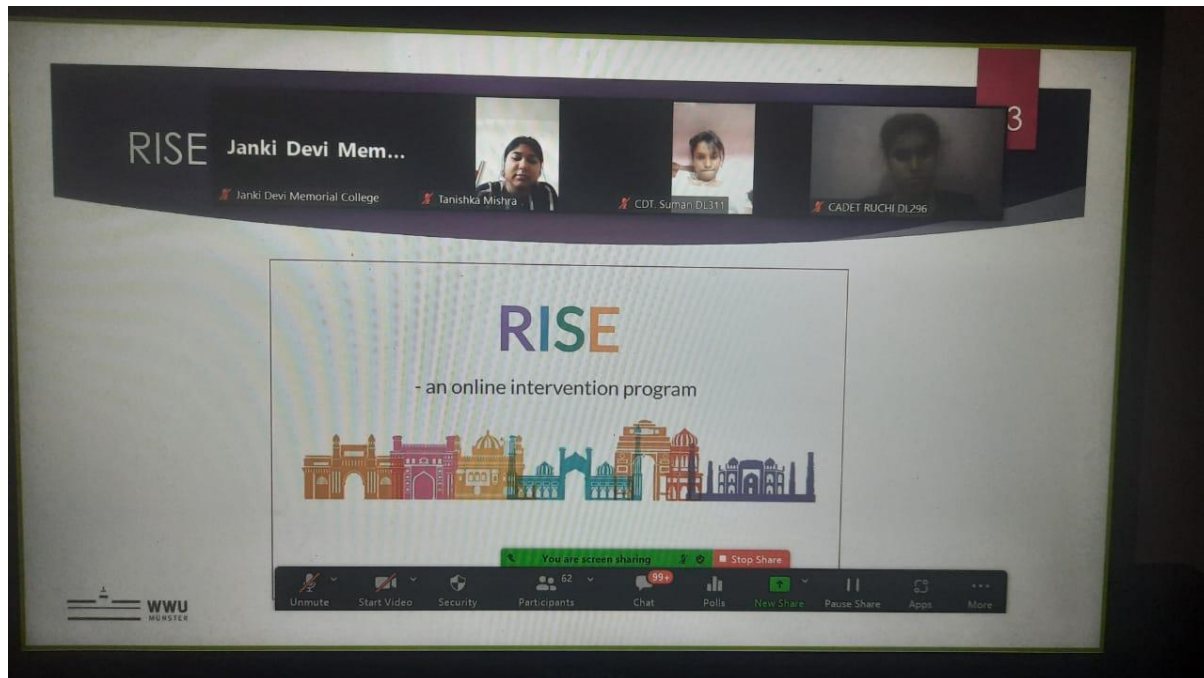
- Gender. • Healthy relationships and communication.
- Sexual violence. • Bystander intervention.

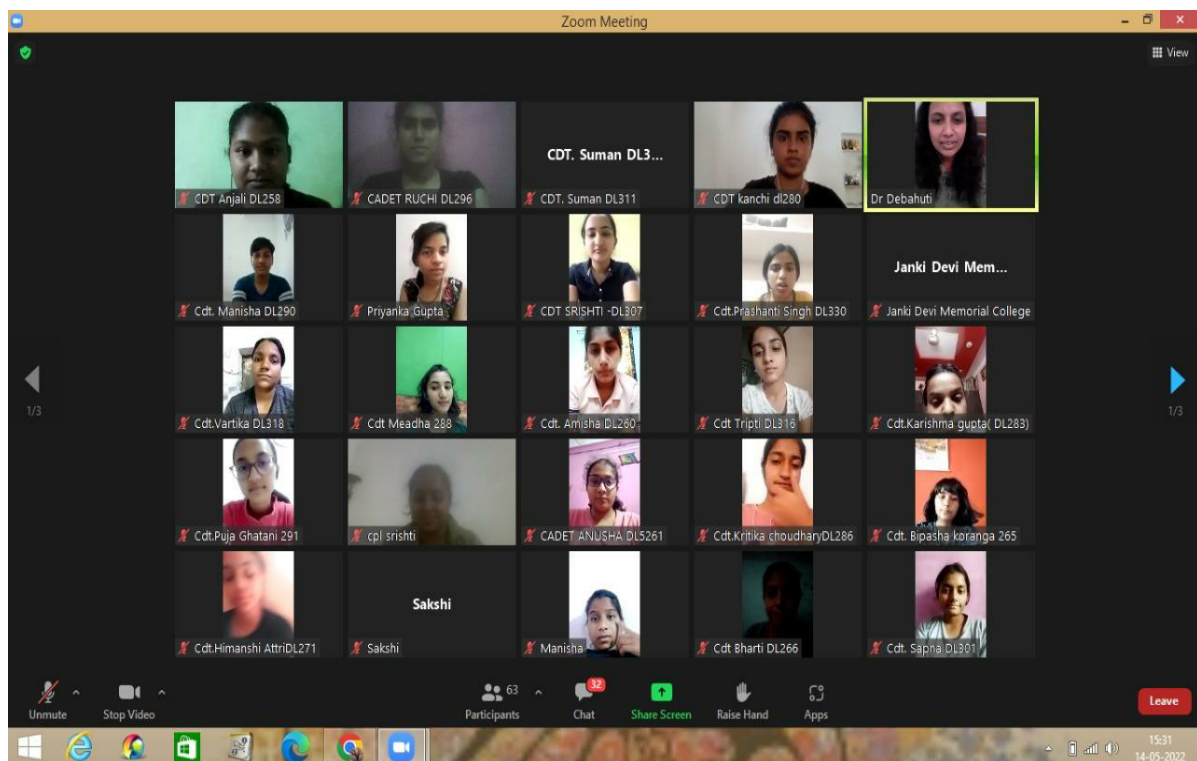
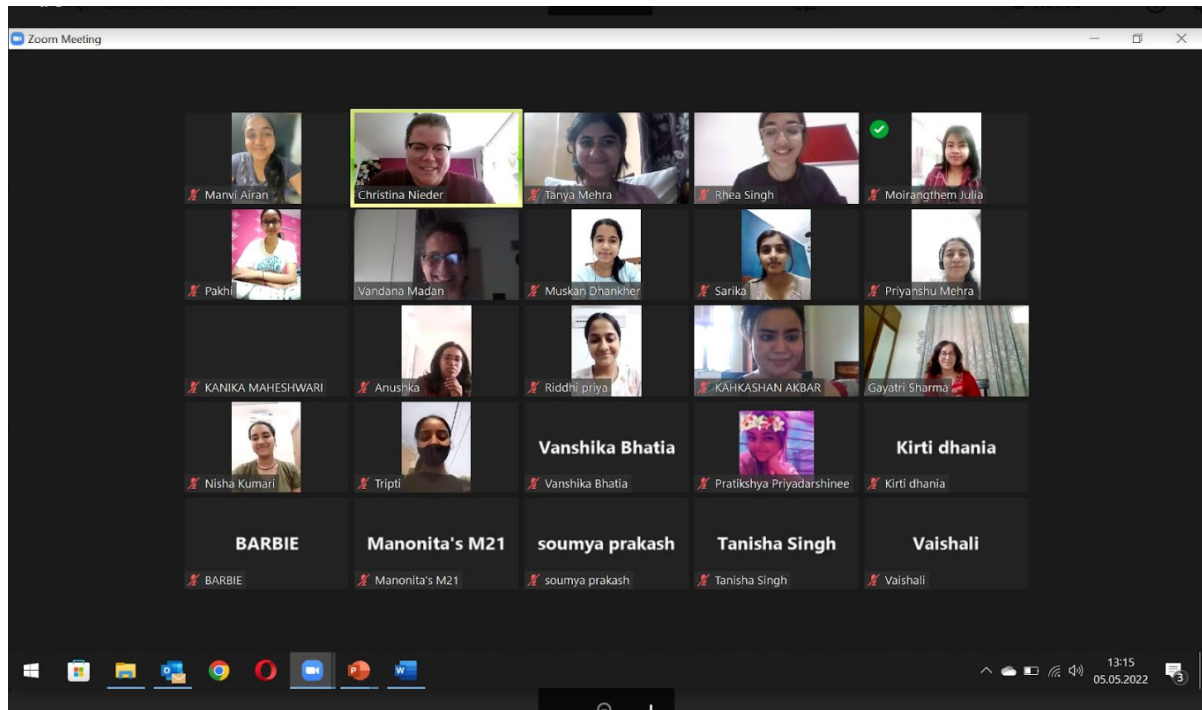
The participants were asked to engage in a couple of interesting exercises which involved analysing different situations, identifying and categorizing them as healthy/unhealthy relationships. This was followed by an elaborate discussion on 3 types of communication style namely passive, aggressive and assertive style, assertive being the most appropriate way to communicate. They were also taught how to communicate their feelings, speak up for their personal space and listen to others in need of moral support. It also touched upon the aspect of body autonomy and how violence can never be justified on any grounds. It gave the participants a reason to reflect on their personal relationships, filter the toxicity and make other people aware about the same.

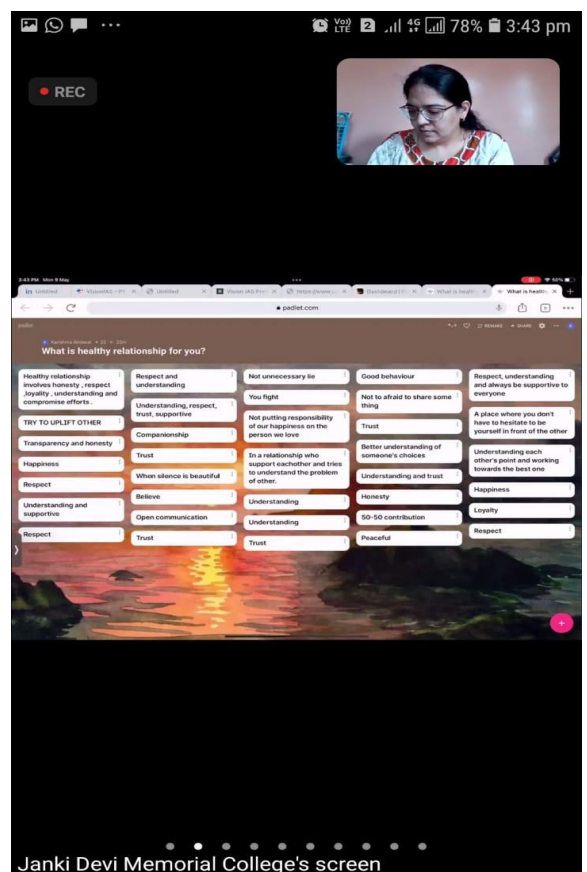
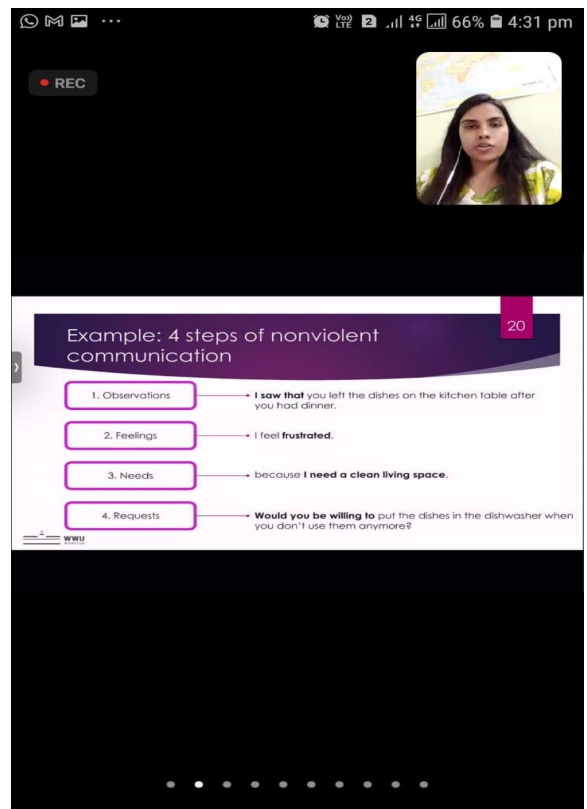
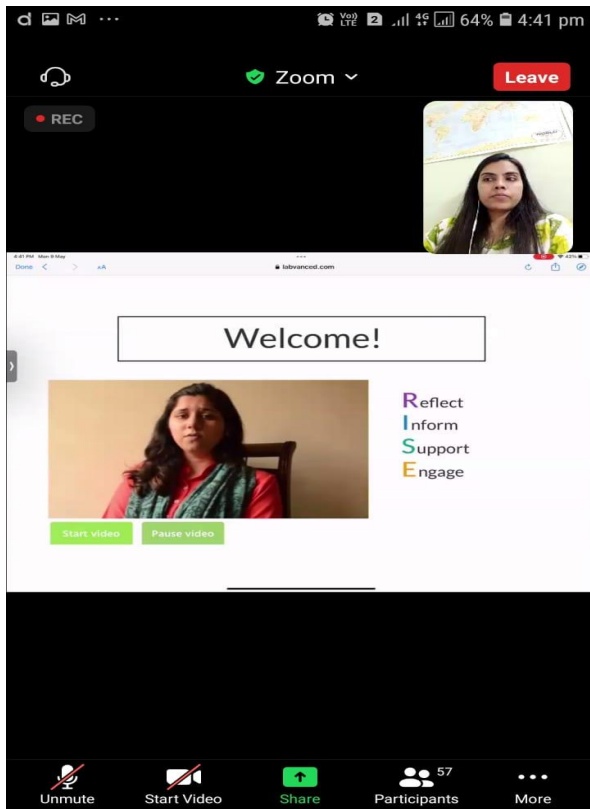
- The BIP session was conducted online on 5th May 2022 with the students of Sociology department by Dr. Neider. 23 students attended the session which lasted 1 hour.
- The bystander session took place for the students of the Department of Sanskrit whereby it was attended by 19 students on 5th May 2022. The session was conducted successfully by Dr Debahuti Brahmachari from the Department of Political Science , JDMC.
- An online BIP session was conducted with the students of Commerce and Hindi department by Ms. Meghna Surana and Dr Sonal Jain, Assistant Professors, Department of Commerce on 5th May 2022 from 4:30 pm to 5:30 pm through zoom. 45 students attended the session.
- An online BIP session was conducted with the students of Mathematics and Economics department by Ms. Teena Kohli and Ms. Karishma Ahlawat, Assistant Professors, Department of Mathematics on 9th May 2022 from 3:30 pm to 5:00 pm through zoom. 55 students attended the session.
- The session was taken up by the resource persons Dr Christina Nieder and Dr Debahuti Brahmachari on 13th May 2022 for students of B.A.(H) Political Science. The session began with an address note by the resource person, Dr Christina Nieder, from Munster university who described the motto of the workshop- RISE – Reflect , Inform , Support , Engage. It was attended by 50 students.
- Bystander Intervention Workshop' on 14th May 2022, for JDMC NCC cadet and BA Programme students. The resource person of the session was Dr Debahuti Brahmachari (Asst Prof Department of Political Science, CTO NCC). It was attended by 48 students.
- The session for BA(P) students was conducted by Ms. Meghna Surana on 23rd May 2022. It was attended by 33 students.

This informative and interactive workshop ended with the speaker addressing the questions put up by the students. It was a very fruitful and engaging workshop.

Pictures of the workshop from all the sessions







REC

9

Healthy vs. unhealthy relationships

- In the following exercise, we want to further discuss what kind of behavior characterizes a healthy or unhealthy relationships (e.g., friendship, marriage or relationship with family members).
- I will present several situations and I would like you to decide if this would be healthy or unhealthy for you.
- You can write your answer in the Zoom chat.
- After each situation, you can explain (but only if you want) your position.

WWU

4:29

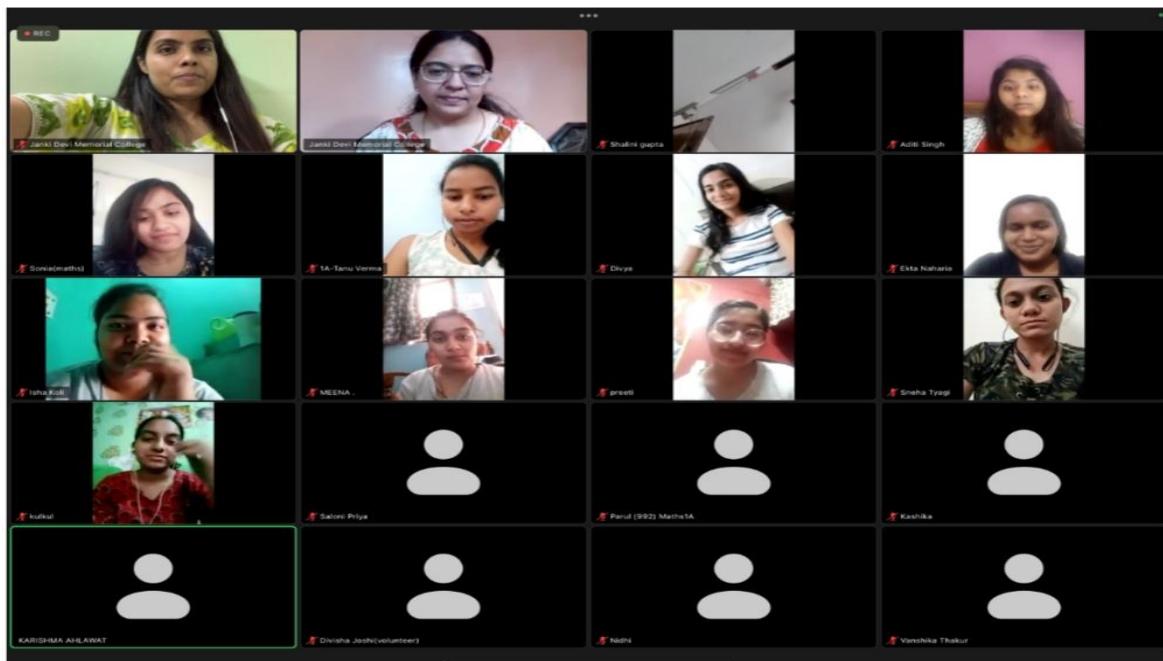
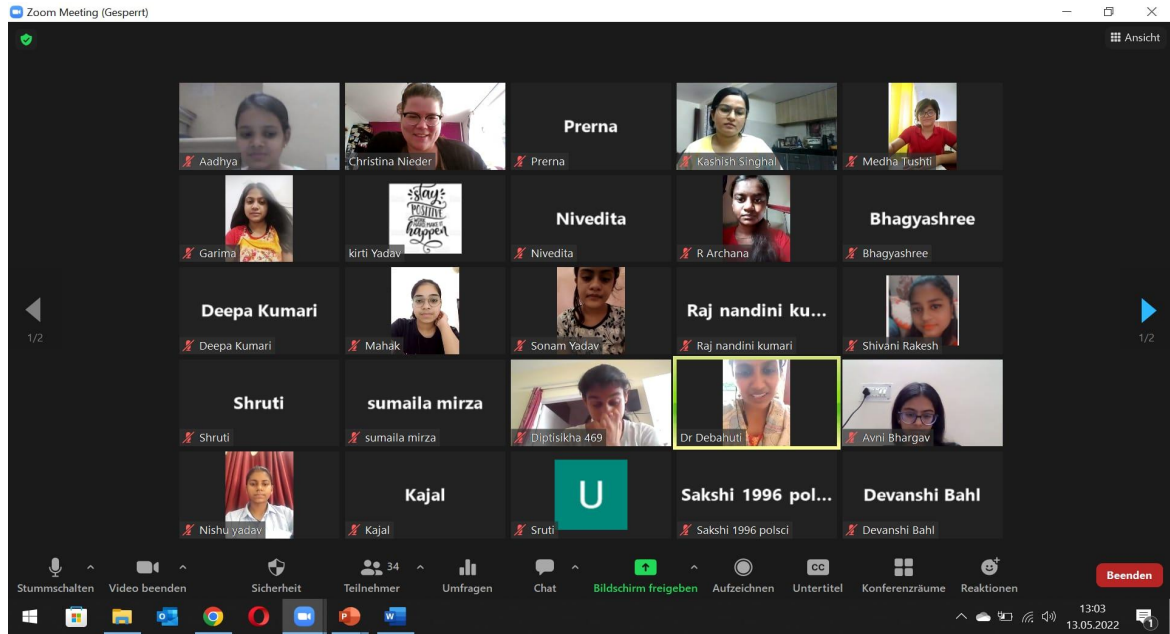
Dr Debahuti

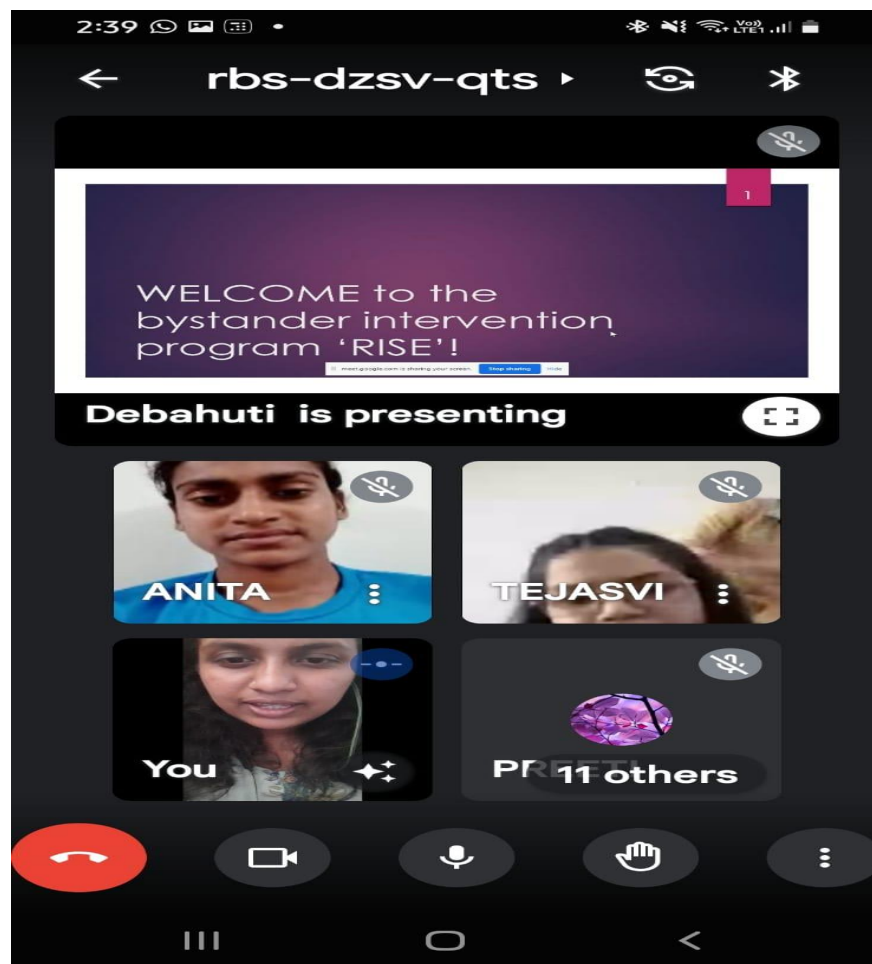
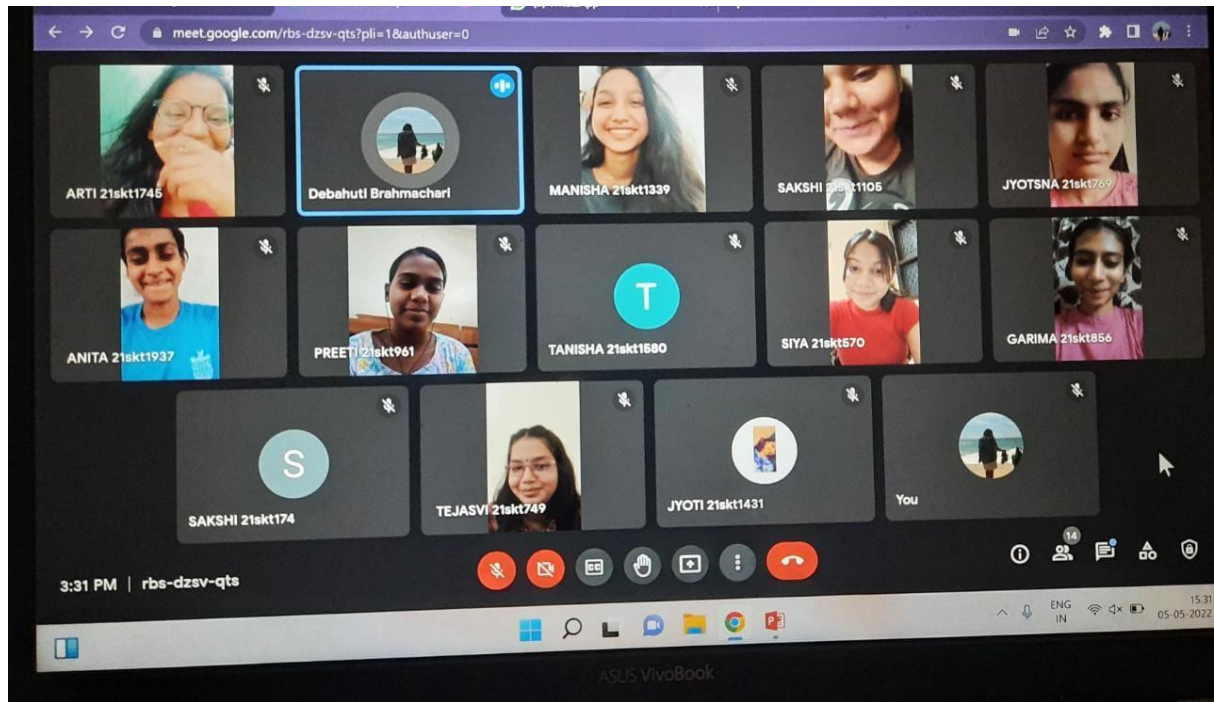
Aadhya

Christina Nieder

Medha Tushti

Aadhya





Zoom Meeting

Recording Paused

Participants (35)

JD Janki ... (Host, me) Mute More >

MS meghna singh (Co-host)

MS meghna singh (Co-host)

SJ Sonal Jain (Co-host)

A Aanya

A Akanksha

AM Astha mathur 684

CS Chalsy Sharma

DD Diksha Dhanker 1060

DG DIVYA GUPTA 455

D Divya231

GP Gauri patel

H Harshita

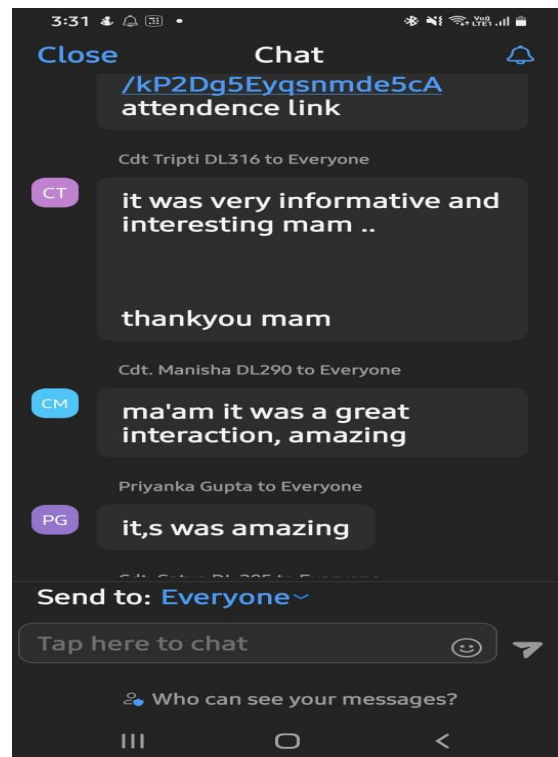
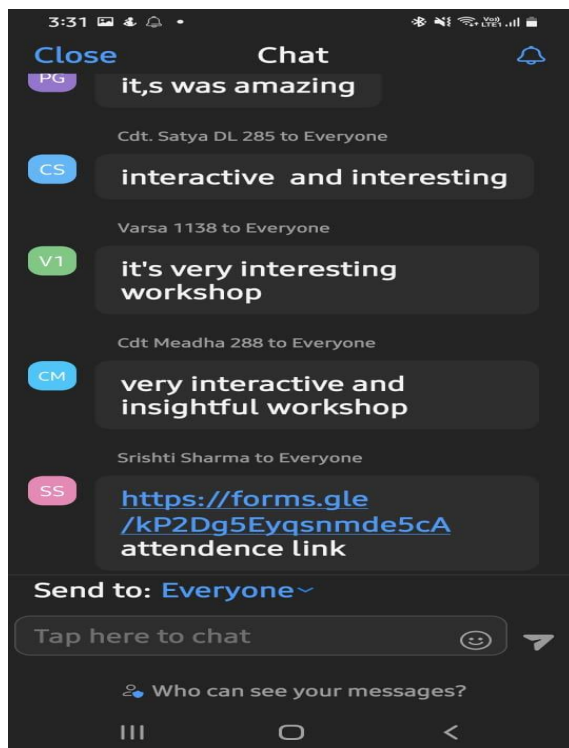
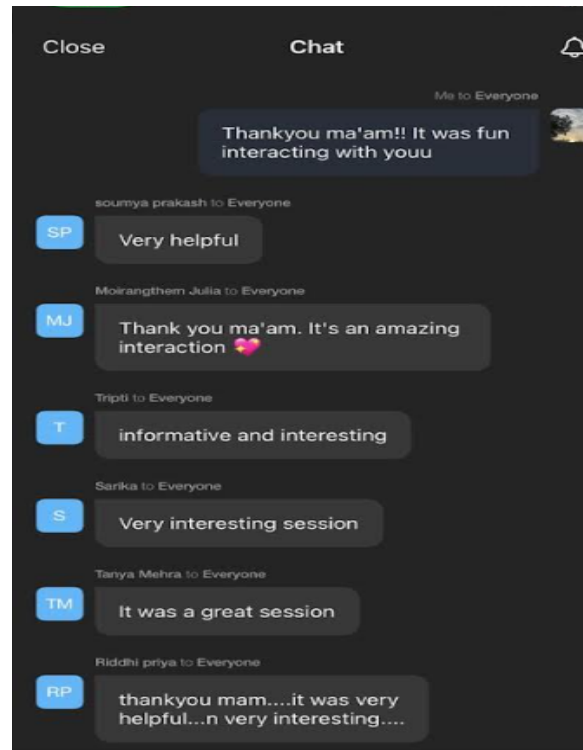
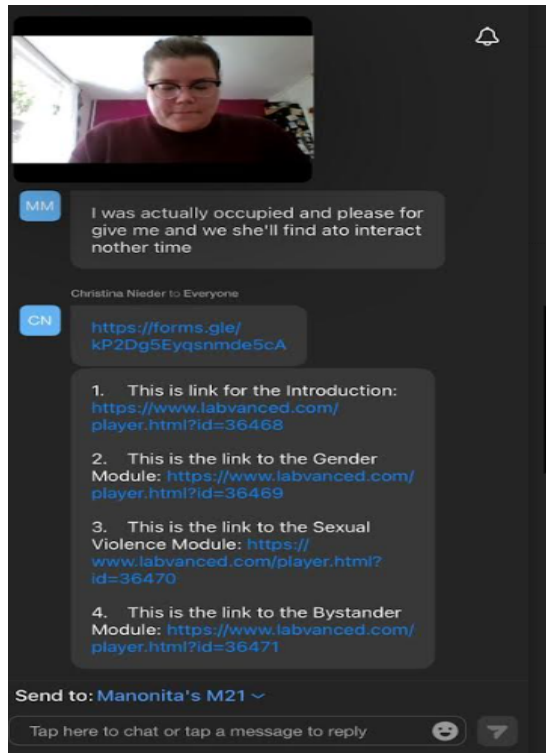
Windows

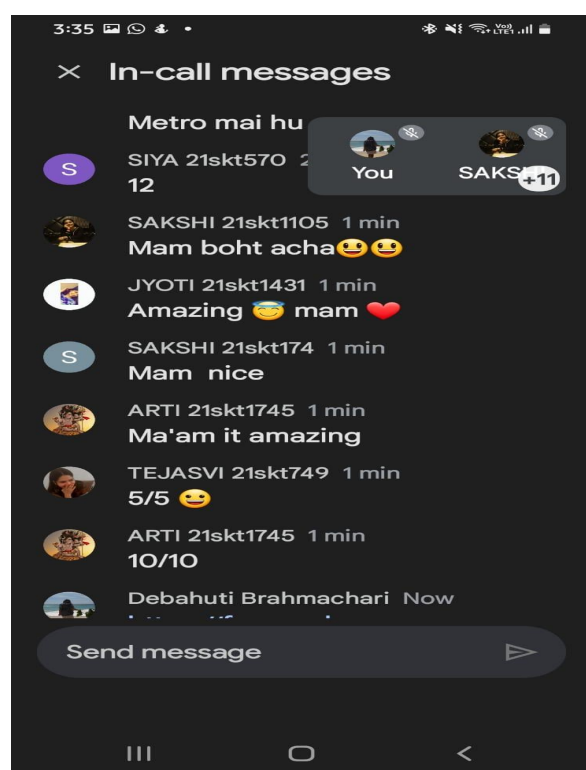
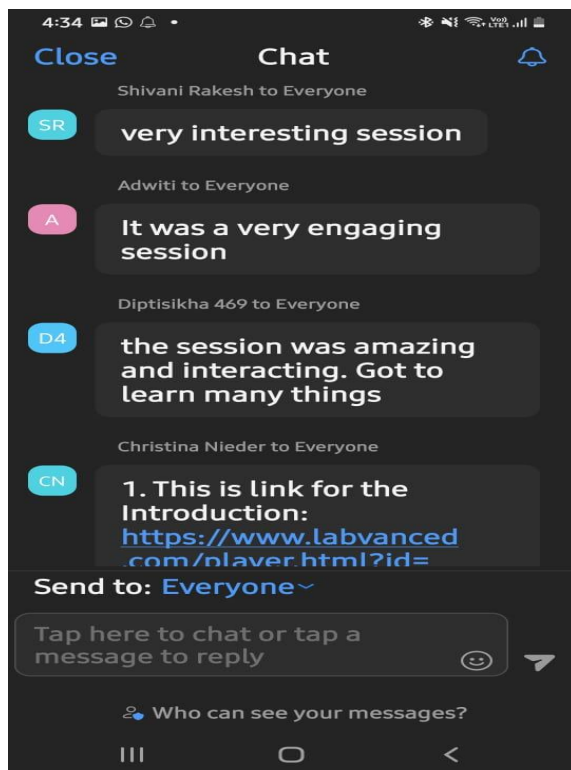
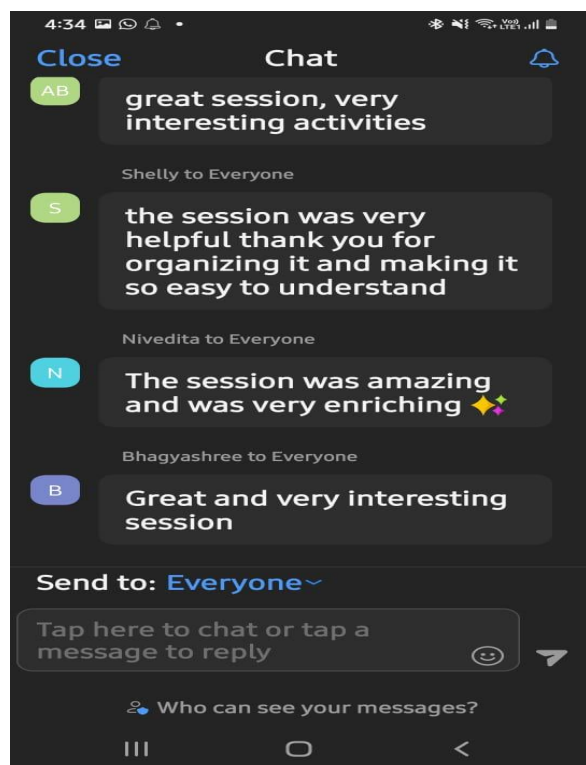
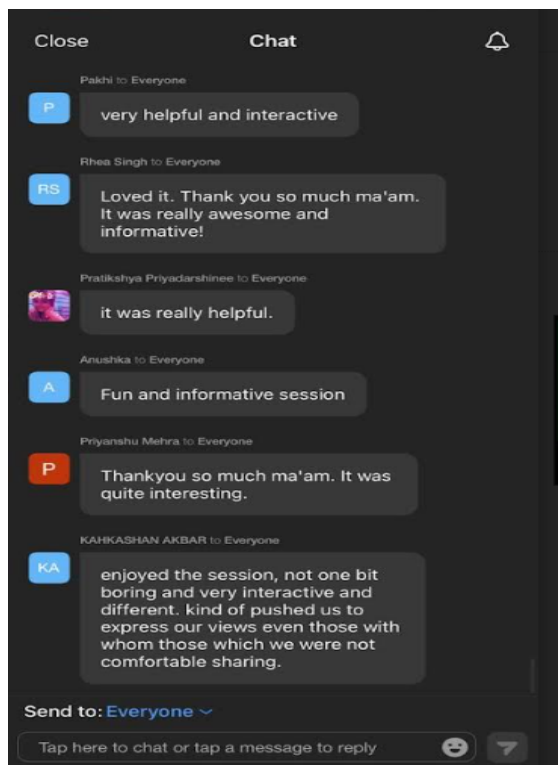
 Supriya Kumari	 Janki Devi Memorial College	 meghna singh	 Chalsy Sharma	 meghna singh
 Khushi Verma	 Sneha K	 Rupali	 Prachi yadav 1638	 Astha mathur 684
 Ishika	 Shuchita vij	 realme 7i	 Harshita	 Niharika Singh 994
 Akanksha	 Gauri patel	 Jagruithi Reddy	 Pinki	 Perteak Bali
 Sonal Jain	 Diksha Dhanker 1060	 DIVYA GUPTA 455	 Sayma	 kaanchi sony

29°C Haze

15:32 23-05-2022

Feedback from the students





17:30:58 From TANVI 21hnd920 to Everyone:

mam ek acchi or clear communication kisi bhi problem ko solve kar sakti h

17:31:07 From Ishita saini to Everyone:

interesting

17:31:22 From Geetika Tuteja ,1st year to Everyone:

wonderful session

17:31:22 From Sakshi ahuja to Everyone:

i was always aggressive but now i understood ki baat smjhana better h

17:31:26 From Yachika Bansal to Everyone:

very useful and interesting session

17:31:31 From Gungun sirohi to Everyone:

aapni baat ko samjana better hai . ki hum kya sochte h . ya iss time mere mn mein kya chal rha h

17:31:45 From Anjali Pathak to Everyone:

today's session is good

17:31:54 From Akansha HINDI Department to Everyone:

session is excellent maine sika ki kaise ham apne communication ko kaise aur acha kre

17:32:18 From Gungun sirohi to Everyone:

wonderful session

17:32:24 From Madhu Jaiswal to Everyone:

ma'am ham is tarah ek dusre ki baato Or new chizo ko jane he ki

17:32:36 From Mihika Kaura 1st year Hindi Department to Everyone:

wonderful session 👍

17:32:44 From Madhu Jaiswal to Everyone:

wonderful

17:33:03 From Tanu raj Siddharth to Everyone:

excellent session very helpful♥

17:33:04 From Anjali Pathak to Everyone:

relationship kya hai or kaise hme saambhalna chahiye or kya important hai relationship mei

17:33:27 From neha to Everyone:

excellent session 🥰❤️

17:33:34 From Seema to Everyone:

wonderful

17:33:35 From Nandita to Everyone:

clean communication

17:33:39 From Kajal (Hindi Dept ,1st year) to Everyone:

very useful session 🥰

17:34:49 From USHA 21hnd1963 to Everyone:

wonderful session 👍

17:36:24 From Janki Devi Memorial College to Everyone:

<https://forms.gle/kP2Dg5Eyqsnmde5cA>

17:36:27 From Ishita saini to Everyone:

amazing session

17:37:12 From Janki Devi Memorial College to Everyone:

This is link for the Introduction: <https://www.labvanced.com/player.html?id=36468>

This is the link to the Gender Module: <https://www.labvanced.com/player.html?id=36469>

This is the link to the Sexual Violence Module:

<https://www.labvanced.com/player.html?id=36470>

This is the link to the Bystander Module:

<https://www.labvanced.com/player.html?id=3647>

16:29:22 From Khushi Verma to Everyone:

ma'am it was a good experience. want more like this

16:29:24 From Pallavi to Everyone:

about the healthy relationship

16:29:27 From Niharika Singh 994 to Everyone:

Such an enlightening session

Thank you so much

16:29:36 From DIVYA GUPTA 455 to Janki Devi Memorial College(Direct Message):

Ma'am it was an amazing experience

16:29:43 From Shuchita Vij to Everyone:

informative session!

16:29:46 From vertika Bali to Everyone:

It was an interactive session and we learned more about red and green flags

16:29:52 From DIVYA GUPTA 455 to Everyone:

Ma'am it was an amazing experience

16:30:15 From Meghna Deol to Everyone:

Thank you mam . It was a wonderful session. Learned a lot

16:30:30 From Prachi yadav 1638 to Everyone:

it was an amazing session

16:30:30 From Aanya to Janki Devi Memorial College(Direct Message):

Very good session and has helped us a lot ! Thank you

16:31:00 From Komal Karwa 323 to Everyone:

It was an amazing session.

16:31:00 From Astha mathur 684 to Everyone:

Thankyou ma'am ,it was a great experience

16:31:28 From Jagruthi Reddy to Everyone:

great session

16:31:35 From Rinee 777 to Everyone:

thank you mam . it was a great session

16:31:50 From Garima to Everyone:

amazing session.learned a lot

16:31:50 From Akanksha to Everyone:

thank you ma'am . it was an amazing session .

16:32:17 From Pooja pandey 1093 to Everyone:

pooja pandey 1093

16:32:21 From Kratika Gautam 337 to Everyone:

it's done ma'am

16:32:36 From Pooja pandey 1093 to Everyone:

ok sorry ma'am

16:32:54 From Kratika Gautam 337 to Everyone:

thank you so much ma'am . it's a great experience

16:33:22 From PRIYA 21bap1747 to Everyone:

thank you mam . great season 👍