

BYSTANDER REPORT 2022-23

The BIP was a collaboration between the University of Muenster, Germany and Janki Devi Memorial College, Delhi University from 2017-22 and from 2023 onwards it is in collaboration with Women Power Connect and Janki Devi Memorial College, Delhi University. A series of workshops aimed at creating gender awareness and sensitization and most important teach students strategies of intervention.

Zoom sessions of the Bystander intervention program for First-year students of the college were organised as per the following schedule:

- Sociology Department -Dr Debahuti Brahmachari, 24 students, 16th May
- Political Science Department - Dr Debahuti Brahmachari, 36 students, 17th May
- Mathematics and Economics Department - 22nd May 2023 with 37 students. The session was conducted by Ms. Teena Kohli, Department of Mathematics, JDMC, DU.
- HDFE Department - Ms. Jaya, 21 students, 27th May 2023.
- Hindi and Sanskrit Department - 22nd May 2023 with 20 students. The session was conducted by Dr. Sonal Jain, Department of Commerce, JDMC, DU.
- Commerce Department - 31st May 2023 with 36 students. The session was conducted by Dr. Sonal Jain, Department of Commerce, JDMC, DU.
- History Department - 24th May, 2023 with 12 students. The session was conducted by Ms. Meghna Surana.
- NCC and BA prog (Hindi)- Dr Debahuti Brahmachari , 50 students , 27th May

The sessions started with an introduction to the goals of the program and the modules by the resource persons of the day. 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 session on healthy relationships and communication was conducted in these online sessions. The sessions dealt with important aspects as to how does one define healthy relationships. The sessions were highly interactive as they consisted of questions relating to our real lives, students were required to rate these situations in terms of healthy and non-healthy on a scale of 1 to 5. These situational questions were intriguing as they made students introspect into their relationships and reflect back on the ratings they chose. It highlighted the need to recognize the difference between healthy and toxic relationships

The importance of communication was laid down, whereby several exercises were conducted based on 4 steps towards effective communication- observations, feelings, needs and requests. Observe what the situation is, know how you feel about that, recognize what are your needs and then formulate a request to present in front of the person you are communicating to.

The sessions were indeed enlightening and participative. Students responded in a positive manner and found these sessions to be amazing and looking forward to more such sessions.

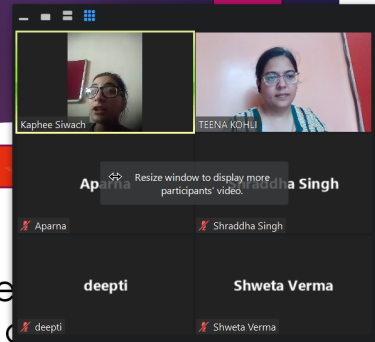
1

2

3

4

- ▶ When your husband/wife gets angry, he/she sometimes hits you. Afterwards, he/she apologises and tells you that he/she is feeling stressed because of his/her job.



communication styles

Vaishnavi Jaiswal entered the waiting room

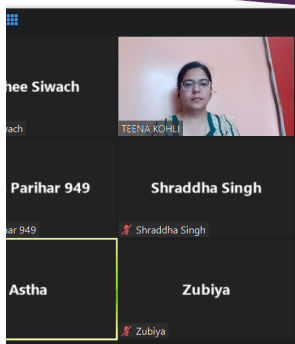
Admit

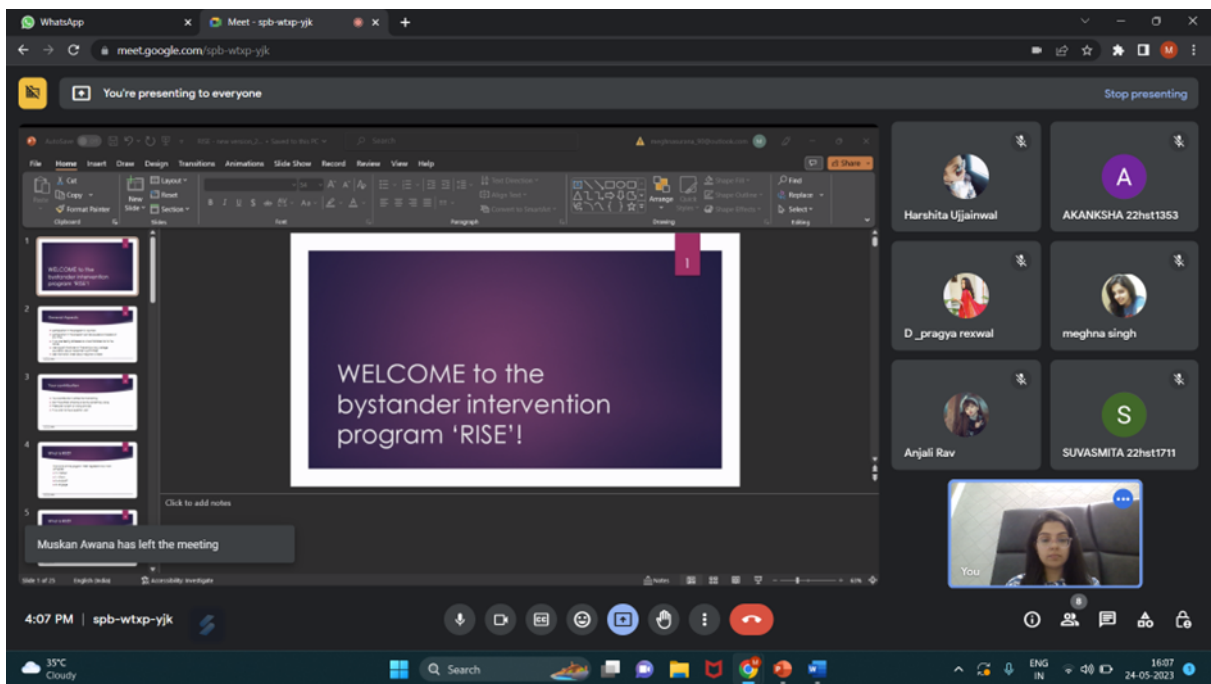
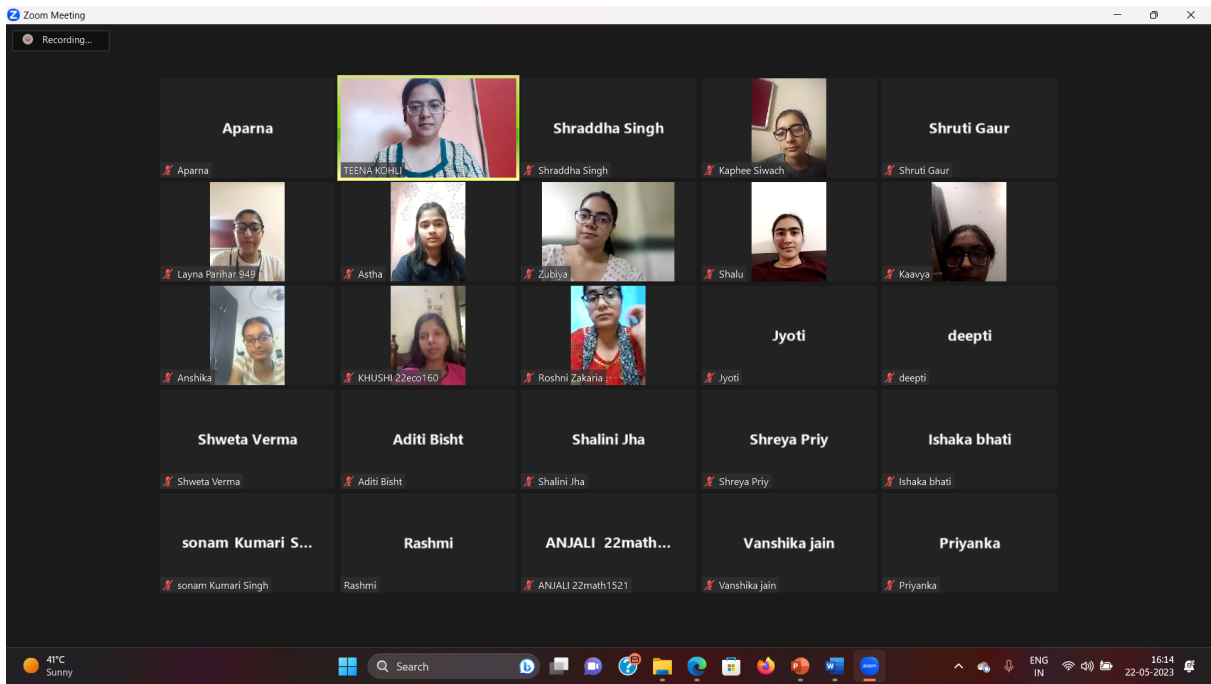
View

passive

aggressive

assertive





WhatsApp Meet - spb-wtsp-yjk

meet.google.com/spb-wtsp-yjk

You're presenting to everyone Stop presenting

17

Analyze: Is the response passive, aggressive or assertive?

A boy is upset because he got bad grades in his last exam. He says:

- I am getting bored here, let's go.
- When you are talking to other people, I think you might want to be with them instead of me. That makes me feel bad.
- I wish that you were not here. You are the biggest reason I don't allow you to talk to other people.

passive aggressive assertive

4:43 PM | spb-wtsp-yjk

33°C Hazy

In-call messages

Let everyone send messages

Messages can only be seen by people in the call and are deleted when the call ends

Unstarred

D_pragya rewal 4:32 PM Healthy

Dhriti 22ht1489 4:32 PM Unhealthy

Harshita Ujjainwal 4:32 PM Healthy

Dhriti 22ht1489 4:42 PM Passive

SUVASMITA 22ht1711 4:42 PM Passive

Send a message

WhatsApp Meet - spb-wtsp-yjk

meet.google.com/spb-wtsp-yjk

You're presenting to everyone Stop presenting

22

applying nonviolent communication

- Come together in groups of four.
- Try to find a way to formulate a request using the four steps of nonviolent communication!
- There are many possibilities to formulate a request!
- There are no clear resolutions, there is no explicit right or wrong!

Example: Your best friend always wants to be with you, even when you want to do activities by yourself.

4:56 PM | spb-wtsp-yjk

Bhagvin Mah... Construction

People

All muted Add people

Your presentation

Anjali Rav

D_pragya rewal

Dhriti 22ht1489

Harshita Ujjainwal

manyah sahay

Meghna Surana Meeting host

Poonam Sahu

Shalini 22ht209

Google Meet interface showing a presentation slide titled "WELCOME to the bystander intervention program 'RISE!'". The slide is numbered 1. The meeting is titled "dza-ajow-pwd". The presenter is Ankita Pandey. The meeting controls show "You're presenting to everyone" and "Stop presenting". The People panel shows participants: Sonal Jain (You) Meeting host, Sonal Jain Your presentation, Aditi, Anamika Marina, Ananya Pandey, ANJALI 22ba1197, and Ankita Pandey. The Windows taskbar shows the time 3:41 PM and date 22-05-2023.

Google Meet interface showing a presentation slide titled "Exercise: Discuss the behavior! healthy vs. unhealthy?". The slide is numbered 11. The slide content includes a horizontal bar with numbers 1 to 5 and a text box stating: "You and your partner agree to take the night off from texting or calling each other, but while you're out with your friends your partner calls and texts you multiple times to say he/she misses you." The meeting is titled "dza-ajow-pwd". The presenter is Varsha Varsha. The meeting controls show "You're presenting to everyone" and "Stop presenting". The In-call messages panel shows messages from ISHITA 21hd441, Varsha Varsha, Aditi, and Varsha Varsha. The Windows taskbar shows the time 3:59 PM and date 22-05-2023.

Google Meet - dza-ajow-pwd

meet.google.com/dza-ajow-pwd?authuser=1

4:21 PM | dza-ajow-pwd

People

All muted

Add people

In call

- Sonal Jain (You) Meeting host
- Aditi
- Anamika Manna
- ANJALI 22ba1197
- Ankita Pandey
- ISHITA 21hnd441
- KHUSHBOO 21hnd644

Activate Windows

Go to Settings to activate Windows.

41°C Sunny

16:21 22-05-2023

Meet - jdb-frak-zvy

meet.google.com/jdb-frak-zvy?authuser=0

6:15 PM | jdb-frak-zvy

Swati Kumari

fiza khatun

KARISH 22bcomp1735

Priya 22bcomp654

SARIKA 22bcomp958

VEENA 22bcomh418

ELINN 22bcomh580

22 others

You

Activate Windows

Go to Settings to activate Windows.

30°C Cloudy

18:15 31-05-2023

Meet - jdb-frak-zvy

Links - sonaljain@jdm.du.ac.in

meet.google.com/jdb-frak-zvy?authuser=0

Swati Kumari

fiza khan

SHRUTI 22bcomh1315

ELINN 22bcomh580

Vedantika 22bcomh507

Jaismeet 22bcomp992

Anshika Sharma has left the meeting

SARIKA 22bcomp958

17 others

You

In-call messages

Let everyone send messages

Messages can only be seen by people in the call and are deleted when the call ends

KHUSHBOO KUMARI 6:14PM
It was very amazing i like it this is very important for life

Dimpal 22bcomh1576 6:15PM
It's very interesting and it will help to express their feeling

Anshika Sharma 6:15PM
great discussion! thanksss

Send a message

6:16 PM | jdb-frak-zvy

Activate Windows
Go to Settings to activate Windows.

Type here to search

30°C Cloudy

18:16
31-05-2023

3:15

DL2022SWA205388

Cdt.Diksha Pandey 335

Cdt Karishma 321

CDT Anjali 394

Cdt. Sapna DL301

Kajal Koli 398

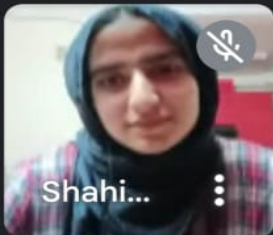
4:48



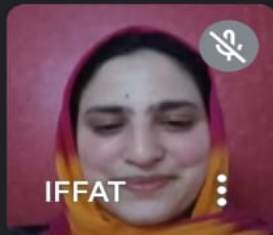
cun-wvio-zew ▶



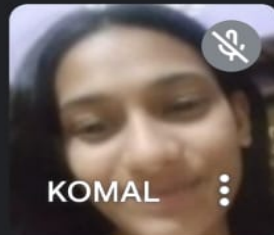
Debahuti is presenting



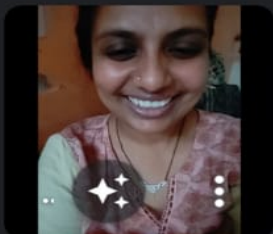
Shahi...



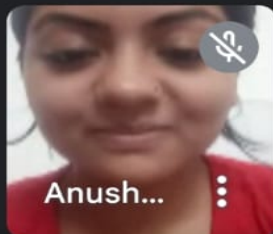
IFFAT



KOMAL



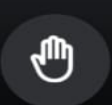
..



Anush...



And 21 others



× In-call messages



A

Acha laga



KRITI 21hnd768 4 min

Good section,



ANJALI 22ba1197 3 min

Perfect 🙌🙌



ISHITA 21hnd441 1 min

Amazing tha outstanding tha
Interesting laga bhott

Pooja Kumari 1 min

Ok ma'am



Tripti 22hnd1086 1 min

Ma'am link open nhi ho rha



Neeru Kumari 1 min

Yes ma'am



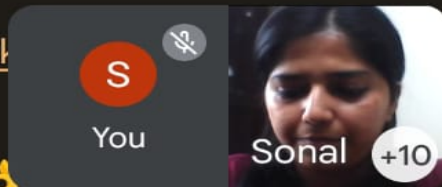
Sonal Jain Now

Atendence Link:

<https://forms.gle/k>

Aditi Now

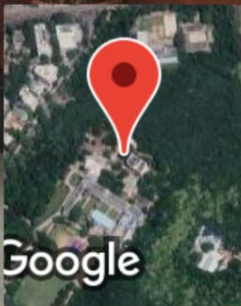
Nice section 🙌🙌



Send message



These sessions concluded with valedictory session on 9th June 2023. Ms. Gayatri Sharma from Friedrich Ebert Stiftung (FES) and Ms. Zabithah Reshma, Project Officer from Women Power Connect (WPC) addressed students and motivated them to encourage their friends and juniors to join more workshop of this kind and talk openly about gender and relationship issues. Prof. Pal, Principal Janki Devi Memorial College congratulated students on attending these sessions and said that as an educated individual they have responsibility towards the society to educate them about these issues. In the end certificates were given to Resource persons and participants.



Delhi, Delhi, India

CANTEEN, JANKI DEVI MEMORIAL COLLEGE, J.D.M.C Rd,
Old Rajinder Nagar, Rajinder Nagar, Delhi, 110001, India

Lat 28.642405°

Long 77.192176°

09/06/23 12:39 PM GMT +05:30

 GPS Map Camera



 GPS Map Camera



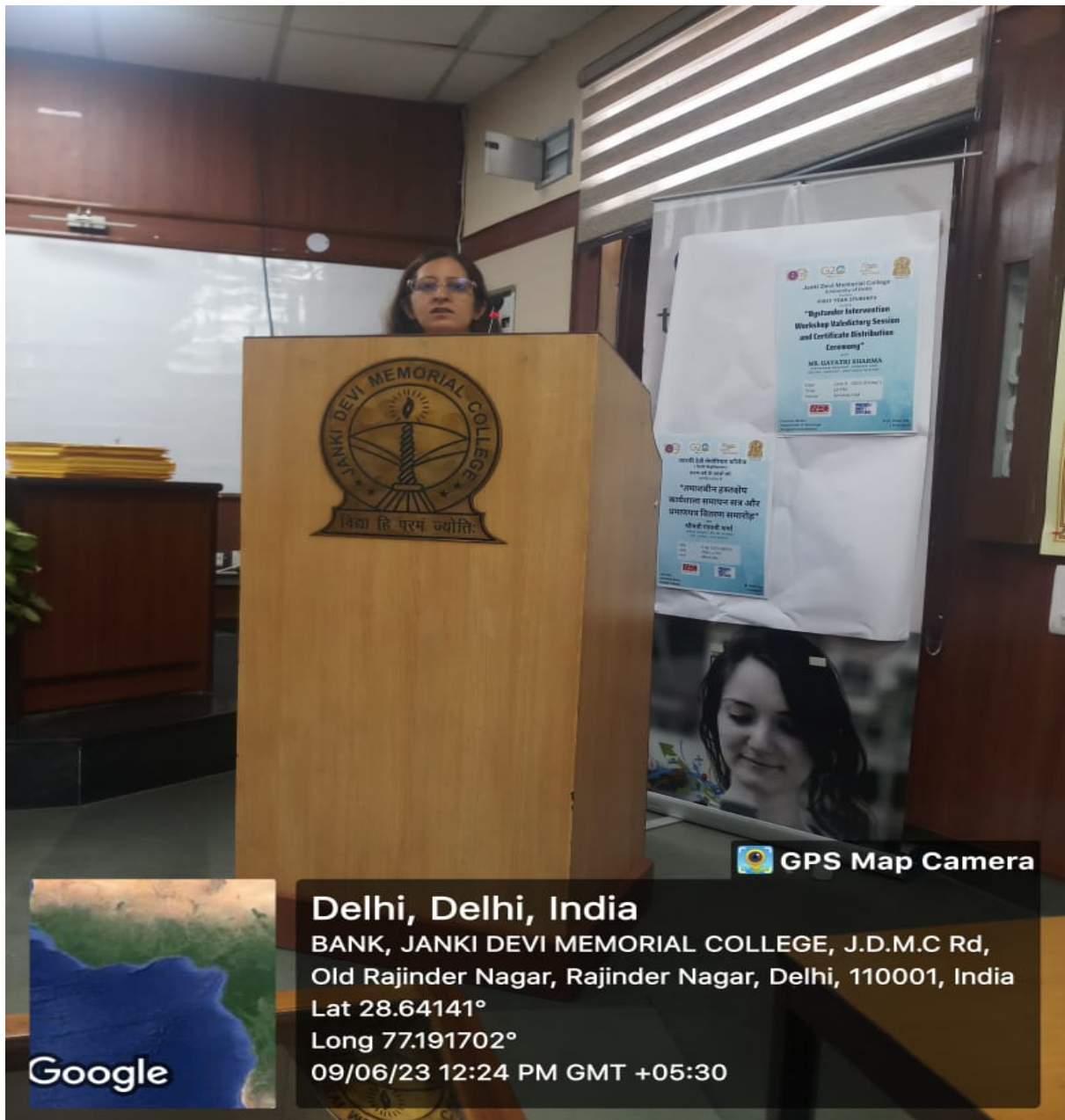
Delhi, Delhi, India

CANTEEN, JANKI DEVI MEMORIAL COLLEGE, J.D.M.C Rd,
Old Rajinder Nagar, Rajinder Nagar, Delhi, 110001, India

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Delhi, Delhi, India

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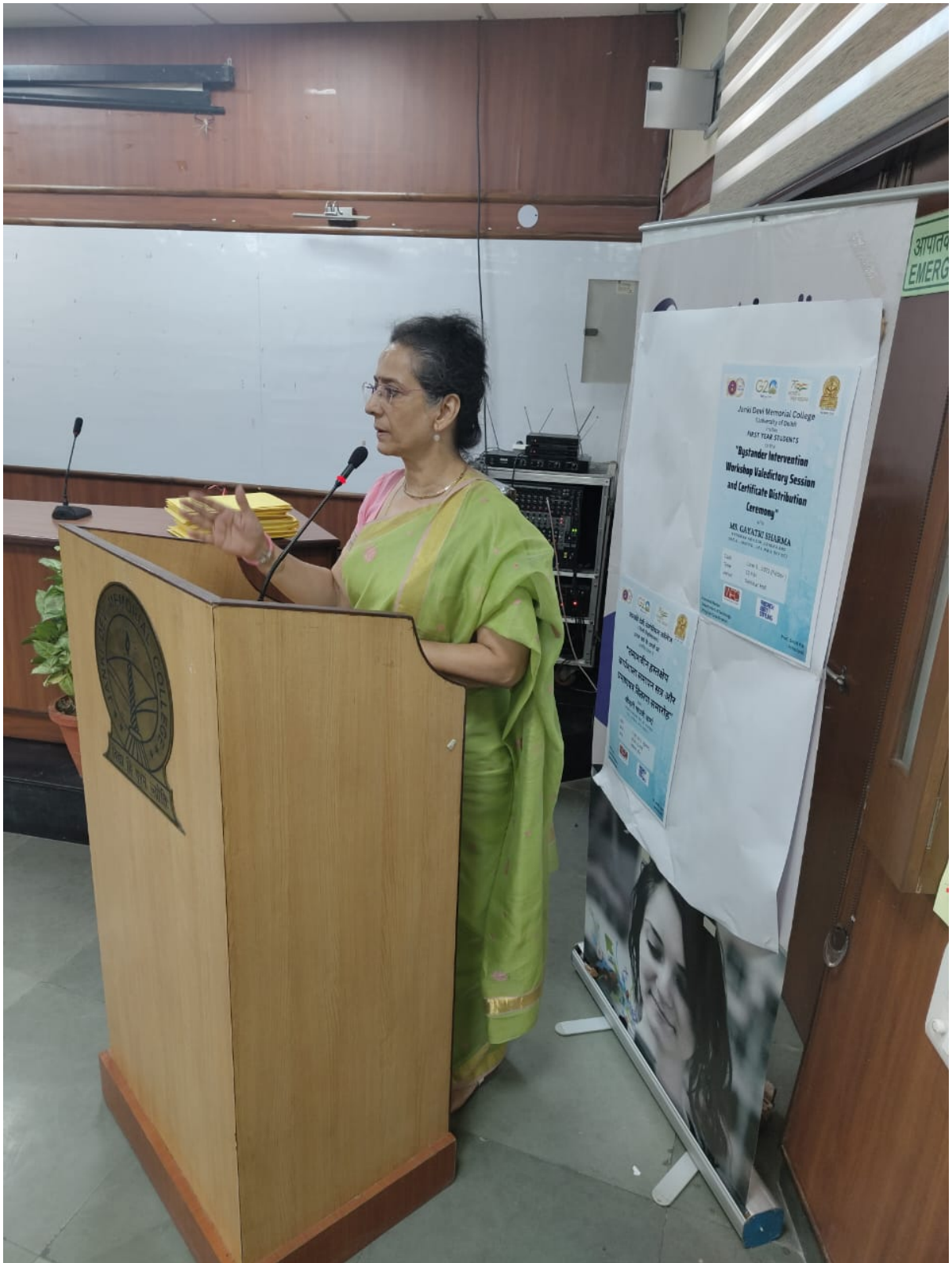
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 GPS Map Camera



Google

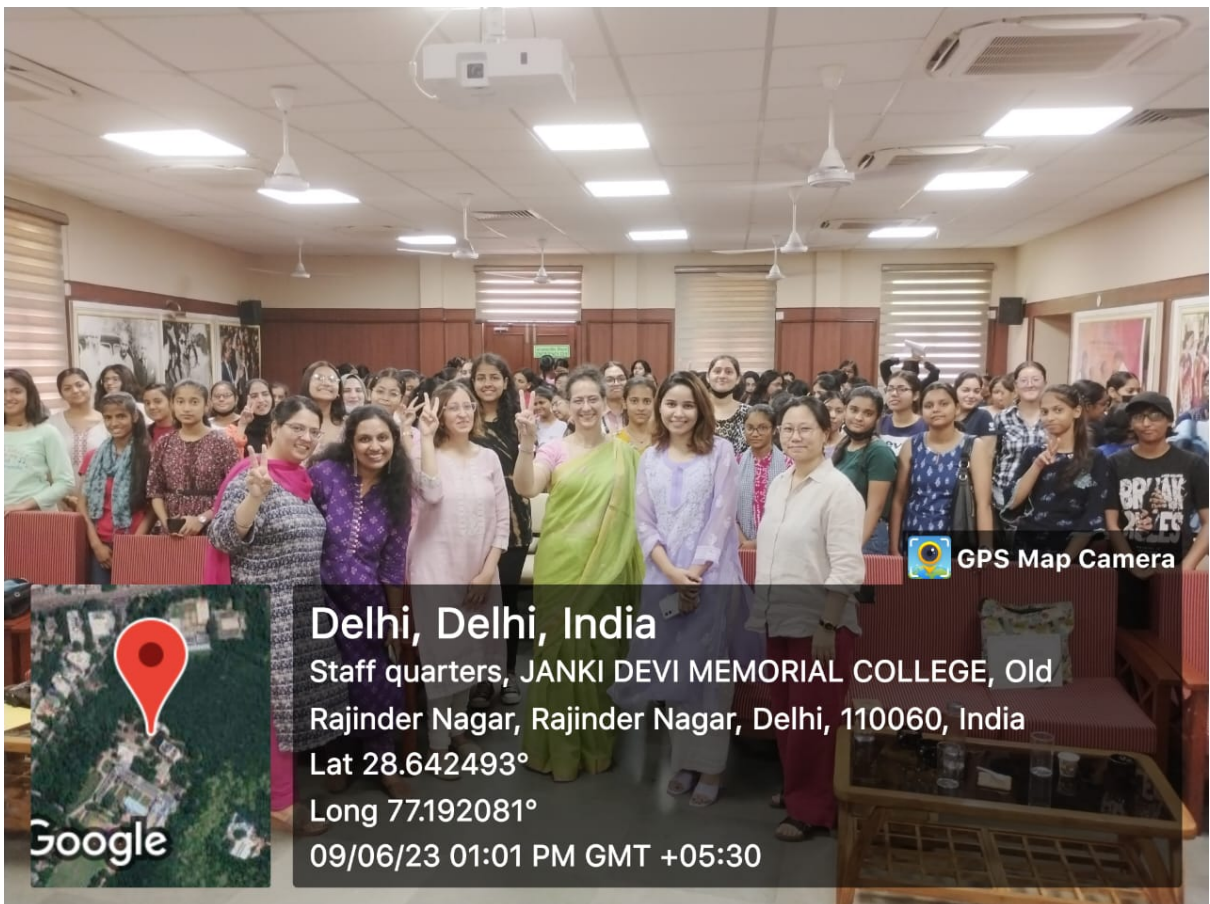
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Old Rajinder Nagar, Rajinder Nagar, Delhi, 110001, India

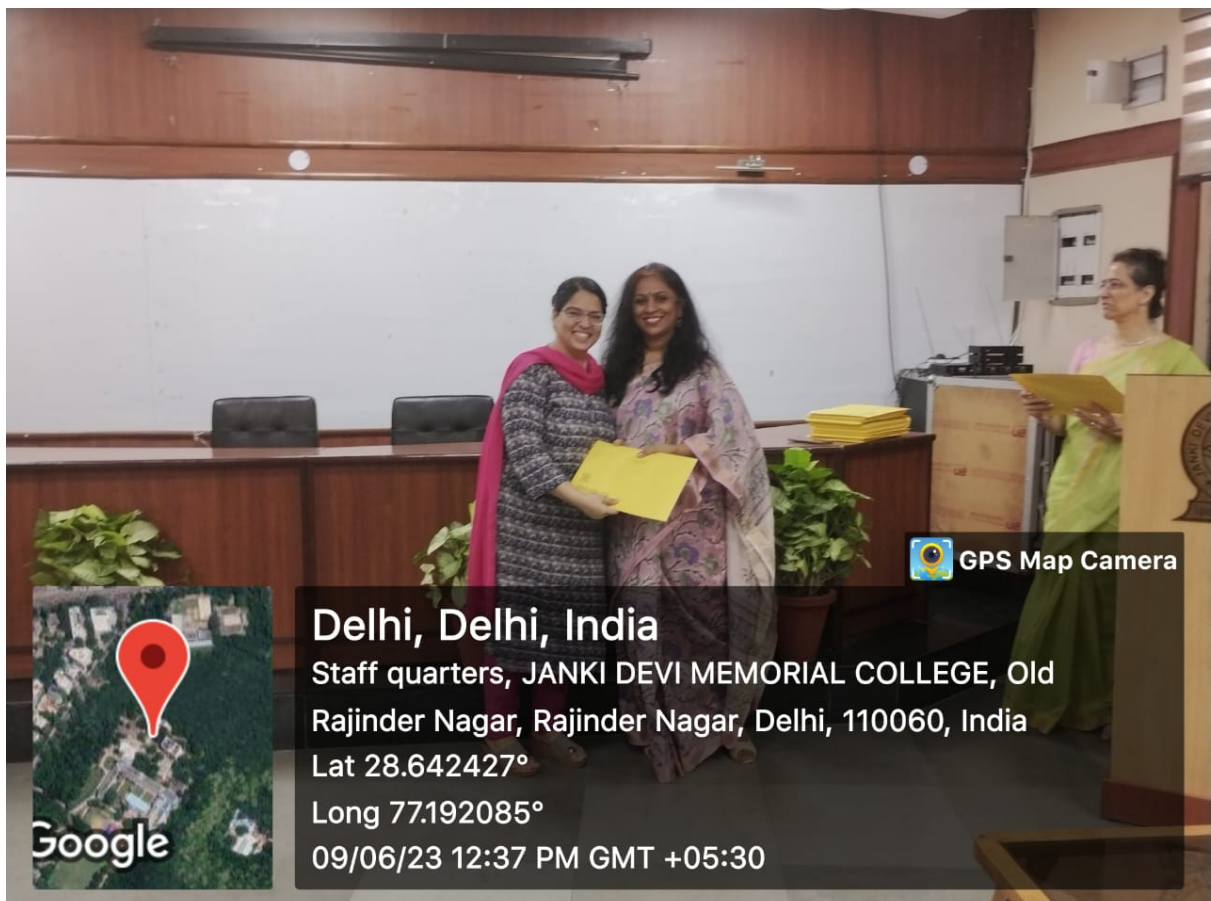
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Long 77.192112°

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