



GUJARAT RESEARCH SOCIETY'S  
**HANSRAJ JIVANDAS COLLEGE OF EDUCATION**

RE-ACCREDITED WITH "A+" GRADE BY NAAC, AUTONOMOUS

**WOMEN DEVELOPMENT CELL UNDER THE AEGIS OF RUSA  
ONE DAY WORKSHOP**

on

**'From Safety to Success: POSH Training & Women's Leadership Development'**

**Date: 8 March, 2025**

**CHIEF PATRON**

**Mr. Rajeev Hazarat**  
President  
Gujarat Research Society

**Dr. Anita Swami**  
Executive Director  
Gujarat Research Society

**Prof. (Dr.) Geeta Shetty**  
Principal  
Hansraj Jivandas College of  
Education

**WORKSHOP  
COORDINATOR**

**Prof. (Dr.) Vaishali Sawant**

**TARGET AUDIENCE**

Teaching Fraternity from  
schools & colleges &  
college students

**TIMING**

11 a.m. to 5:00 p.m.

**HOW TO REGISTER?**

- ♦ Registration charges:  
Rs.100/- (Payment on  
day of workshop)
- ♦ Registration is  
mandatory.
- ♦ Capacity of workshop:  
150 participants, first  
come first serve basis
- ♦ Link for registration:  
<https://forms.gle/CbiMyLmkvvHNqziS8>

Gujarat Research Society's  
Hansraj Jivandas College  
of Education  
Dr. Madhuri Shah Campus,  
R.K. Mission Marg, Khar (W),  
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Hansraj Jivandas College of Education (HJCE) is a distinguished teacher training institution affiliated with the University of Mumbai, India. Established with a commitment to excellence in teacher education, HJCE offers comprehensive programs designed to equip aspiring educators with pedagogical skills, research insights, and a strong foundation in educational philosophy. The college fosters a learner-centric approach, integrating modern teaching methodologies with traditional values. With a dedicated faculty, state-of-the-art infrastructure, and a focus on innovation in education, HJCE plays a vital role in shaping competent and socially responsible educators.

Resource persons from EAP-India, which is a trail blazing Employee Assistance Program (EAP) provider, working closely and strategically with organisations to nurture and enhance the emotional and psychological well being of the employees.

**Session 1: Training on POSH (Prevention of Sexual Harassment)**

**Content covered:**

1. Importance & Benefits of Gender Equality at the Workplace
2. Uncovering Unconscious Biases
3. Types of Sexual Harassment
4. Intent vs Impact of Sexual Harassment
5. Emotion Regulation

**Session 2: Women in the Workplace: Empowerment & Leadership**

**Content Covered:**

1. Owning Your Leadership
2. Confidence vs. Competence
3. Emotional Labor & Boundaries
4. Work-Life Integration- Moving beyond the balance myth to what actually works
5. Women Supporting Women
6. Handling Bias & Microaggressions
7. Resilience & Mental Strength- Thriving in spaces that weren't built for you

The training will include interactive discussions, case studies, role-playing exercises, and Q&A sessions to deepen participants' understanding.

**Contact Person: Prof. Dr. Vaishali Sawant**  
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**Organising Committee:**

**Prof. (Dr.) Usha Borkar (IQAC Coordinator)**  
**Prof. (Dr.) Karuna Sinha (RUSA Coordinator-Soft Component)**  
**Prof. (Dr.) Shrima Banerjee, Dr. Archana Katgeri, Dr. Pallavi Talekar**