

WOMEN'S SAFETY-SECURITY,LAWS,HEALTH AND WELL-BEING

Four Days (16.06.26-19.06.26) Lectures and Interactive Sessions

Organized by **WOMEN'S STUDIES CENTER**

Rabindra Bharati University

Women's safety and well-being are fundamental to building an equitable and just society. Despite constitutional guarantee and legal frameworks, women continue to face challenges ranging from gender-based violence to gaps in access to healthcare and mental health support. Rabindra Bharati University, with its legacy of cultural and social engagement, recognizes the urgency of creating dialogue and awareness on these issues.

Objective of these 4 days (16.06.26 – 19.06.26) lectures and interactive sessions are :

1. To familiarize participants about social security such as government schemes, welfare entitlements, institutional support system for women and build capacity to access benefits.
2. To enhance digital literacy and equip women with practical tools to protect personal data, identify online threats, and seek legal redressal in cases of cyber harassment, financial fraud or privacy violations.
3. To strengthen legal literacy on constitutional rights so that participants can recognize violations and navigate justice systems
4. To promote awareness of preventive healthcare, nutrition and common health concerns affecting women.
5. To normalize dialogue on psychological well-being, identify stressors and introduce coping strategies along with professional support system.
6. To introduce yoga and meditation as sustainable practices for physical fitness, emotional regulation and stress management, enable participants to integrate mind-body wellness into daily life.

Eligibility to apply :

Post graduate students and research scholars, from all disciplines and genders can apply. Interested candidates should register their names by filling the Google form, link given below, **by 07.06.26 . There is no registration fee, but seats are limited. So, applications will be considered in first come first served basis.**

GOOGLE FORM LINK:

<https://forms.gle/tzs1rZutL1uBLjd48>

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