

GIRL UP PREET – SGND Khalsa College



Convenor

Ms. Garima Malhotra

Co-Convenor

Ms. Deepinder Kaur

Our Enthusiastic Team

Harsh Vardhan Singh - President

Marooshat Khajawaal - President

Sutanaya Ghosh - Secretary

Harsheen Kaur Datta - Treasurer

Aayushi Bhardwaj - Public Relations Officer

Anusha Fatima - Research & Content Department Head

Mahak Jain - Creative Department Head

Sadia Hussain - Administration Department Head

Vanshika Batra - Events & Collaboration Department Head

Alok Kumar - Groundwork Department Head

(2023-24)

WHAT IS GIRL UP?

GIRL UP (<https://girlup.org/about>) was founded by the UN Foundation in 2010 as an initiative to help/support UN agencies that focus on adolescent girls. The major idea is to build leadership within individual girls, including self-confidence, personal accountability and long-term aspirations. Girls have a tremendous, often untapped power to change the world. Girl Up helps girls

access their inner power to advance the skills, rights, and opportunities of girls everywhere. It is created to inspire all to join and participate in the mission of bringing a change in the lives of young girls, and women around us and to generate awareness about Gender Equality, Gender Violence, Education, STEM for Social Good, Sports, etc. These programs help girls to hone their skills in community organizing, goal setting, and effective communication. Change-makers involved in the Club report noticed confidence, higher levels of civic participation, and a stronger conviction and ability to take action for the global good. Girl Up envisions a world where every girl can reach her full potential.

A world where girls are empowered and our future moves towards a brighter sunshine.

ABOUT GIRL UP PREET

Girl Up Preet is a change-oriented social club under a global campaign of the United Nations foundation, actively participating in the community to tackle and change gender dynamics that are unacceptable in today's world. Equality is our priority, and we work to establish a society that provides equal representation and opportunities regardless of gender or sex. Preet was born when young, change-oriented students of SGNDKC came together, pledging to make a positive impact on the world.

We at Preet are committed to supporting every idea for the betterment of young girls. Preet is a group of dedicated youth taking action to change lives, empowering both people in their communities and adolescent girls to rise up simultaneously. Preet is a growing grassroots movement to create a wonderful world for girls to grow. We believe in equal opportunity and the idea that girls can be wondrous stars.

We adopt multiple strategies to improve the condition of women.

During the Covid-19 pandemic, Preet actively supported women and girls, addressing the disproportionate impact they faced. With women constituting 39% of global employment but experiencing 54% of job losses, our role became crucial. We adapted to the limitations, focusing on online events to train women and girls, fostering awareness and overcoming inhibitions. Despite the pandemic restricting ground-level initiatives, Preet's commitment endured, making a positive impact on society.

Preet believes in training women and adolescent girls in various aspects to help them overcome inhibitions and engage in fruitful activities that make them aware of their strong standing in society, both economically and otherwise.

Preet has organized fundraising events, awareness programs, seminars, talks, and drives to help underprivileged women, educate young girls, and raise awareness among adolescents and adults to foster positive change.

The major idea is to build leadership within individual girls, including self-confidence, personal accountability, and long-term aspirations. Preet is a growing movement, creating a space for women to grow. We believe in equal opportunity and the idea that women can achieve anything they want to. Through initiatives such as seminars, talks, and drives, we strive to support underprivileged women, educate young girls, and raise awareness among both adolescents and adults, fostering positive change.

PAST EVENT RECORD

-March 10, 2022:

Movie Screening & Abstract Writing Competition: A short film addressing sexual harassment was screened, followed by a thorough discussion and an abstract writing competition among attendees. The top 3 pieces were displayed on our Instagram page and the winners were featured on our stories as well.

-March 10, 2022 - March 25, 2022:

Self-Defence Workshop: Organized with the assistance of Delhi Police, the workshop aimed to teach girls basic self-defence techniques, enhancing their sense of safety in unfamiliar environments.

-September 8, 2022:

Street Interview: Members of Girl Up Preet interviewed the public at Connaught Place, gathering views and opinions on feminism and disseminating awareness through handouts.

-January 21, 2023:

Donation Drive with Ihita Foundation: A collaboration between Ihita Foundation and Girl Up Preet resulted in a donation drive for sanitary pads in slums near Sri Guru Nanak Dev Khalsa College, New Delhi. The initiative also included educating slum residents about the Pradhanmantri Janaushadi Kendra.

-February 13, 2023:

National Women's Day: Girl Up Preet expressed appreciation by distributing handmade cards to female staff at Sri Guru Nanak Dev Khalsa College.

-February 16-17, 2023:

Collaboration with Aranya: Girl Up Preet collaborated with Aranya, The Environment Society of Zakir Hussain Delhi College, to showcase and financially support handmade crafts created by underprivileged women at Zakir Hussain College fest "PANKHUDI."

-International Women's Month (March 2023):

- **(March 1, 2023):** Advocate Akshita Singh, who litigates at the Delhi High Court, held an enlightening session on empowering women and promoting gender equality at Sri Guru Nanak Dev Khalsa College.
- **(March 8, 2023):** Girl Up Preet hosted an Instagram live session with Dr. Jasneet Kaur Datta, a child psychologist, discussing mental health issues and practical ways to overcome body dysmorphia and eating disorders.

-October 01, 2023

Stationary Distribution Drive:

- Girl Up Raabta, along with Girl Up Preet, visited Humara Shilshole NGO in Noida to interact with kids, distributing stationery items, and providing education.

October 05, 2023

GirlUp Preet Orientation:

- GirlUp Preet organised an engaging and welcoming orientation session to guide and inspire incoming students.

-November 7, 2023

Police Station Visit:

- Girl Up Preet, in collaboration with Samya, embarked on an insightful visit to the local police station with the aim of acquiring hands-on knowledge about the process of filing a First Information Report (FIR).

-December 01, 2023

Sanitary Pad Distribution Drive & Educational Session:

- Girl Up Preet collaborated with Paree Sanitary pads under "Pareevartan" to promote menstrual hygiene at SGTB Khalsa Girls Sr Sec School, distributing sanitary pads while educating and giving a voice to students to share their experiences.

GLIMPSES OF THE EVENTS



