



# PANIPAT INSTITUTE OF ENGINEERING & TECHNOLOGY

(An Autonomous Institute, Approved by AICTE, New Delhi & Affiliated to Kurukshetra University, Kurukshetra)

**3** GOOD HEALTH AND WELL-BEING



## SDG 3 GOOD HEALTH AND WELL-BEING

**Goal 3: To Ensure Healthy lives & Promote Well-being for all at all ages**



### 3.2. SEXUAL AND REPRODUCTIVE HEALTH CARE SERVICES FOR STUDENTS

Panipat Institute of Engineering & Technology (PIET) is dedicated to empowering women and maintaining a zero-tolerance policy towards sexual harassment. The institute administration is committed to ensuring that everyone working or studying at PIET is treated with dignity and respect and has the right to a safe and healthy work environment. The ICC is tasked with addressing matters related to sexual harassment, respecting confidentiality, and ensuring that complainants, witnesses, and the accused do not face victimization or discrimination during the inquiry process.

In compliance with the Supreme Court and AICTE directives, PIET has established an Internal Complaints Committee (ICC) for Gender Sensitization and Complaints against Sexual Harassment. The committee addresses discriminatory behavior, including sexual harassment, and advises on remedial actions, including punishment for offenders. The committee comprises representatives from faculty, staff, administrative officers, and students.

#### Objectives:

1. To build self-esteem and dignity among female students and faculty members.
2. To offer services such as counseling and legal aid in cases of atrocities against women.
3. To create awareness regarding women's rights.
4. To arrange programs related to health and personality development.
5. To record and document the minutes of meetings and annual reports.



## PANIPAT INSTITUTE OF ENGINEERING & TECHNOLOGY

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Ref. No. : PIET/23/21996-A

Date : 27/07/2023

### **OFFICE ORDER**

The revised Internal Complaint Committee, for the academic year 2023-2024 in conformity with the applicable AICTE & UGC regulations, is as follows:

S. No.	Name	Designation	Contact details
1	Dr. Anita Malik	Presiding Officer	Professor, Department of Applied Sciences and Humanities, dranita.applied@piet.co.in, M: 9255560000
2	Dr. Rachna Khurana	Faculty Member	Associate Professor, Department of Applied Sciences and Humanities, rachna.applied@piet.co.in, M: 9729077004
3	Ms. Palika	Faculty Member	Assistant Professor, Department of Pharmacy, palika.pharmacy@piet.co.in, M: 7508982019
4	Ms. Savita Arya	Member from Non-Govt. Organization	Nari tu Narayani Uthan Samiti, Panipat, M: 9255420002
5	Mr. Suresh Tyagi	Non-Teaching Employee	Superintendent, Academics, sureshtyagi@piet.co.in, M: 9766256318
6	Ms. Kajal	Non-Teaching Employee	Office Assistant, ECE, kajal.ece@piet.co.in, M: 7303208966
7	Mr. Achintya	Student Member (5 <sup>th</sup> Semester)	B. Tech - CSE (AIML), M: 9540578440
8	Ms. Navneet	Student Member (5 <sup>th</sup> Semester)	B. Tech - CSE (AIML), M: 9416805941
9	Mr. Rishabh Mittal	Student Member (1 <sup>st</sup> Year)	B. Pharmacy, M: 9255800567

\*Students will be called only, if the matter involves students.

**DIRECTOR**

CC:

- Management for kind information
- All Deans/HoDs/HoOs/Registrar
- All Concerned members
- All Notice Boards

## **Mechanism of ICC on Sexual Harassment:**

The mechanism for registering complaints at PIET is safe, accessible, and sensitive.

## **Under the Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act, 2013, and PIET policies:**

- **Who Can Approach ICC and File a Complaint:**

1. Any female employee of PIET, including faculty and staff, or any woman residing on or visiting the campus may file a complaint.
2. Any student, irrespective of age and/or gender, may file a complaint.

- **How to File a Complaint:**

- A formal written complaint must be submitted either as a hard copy addressed to the Presiding Officer or via email to [dranita.applied@piet.co.in](mailto:dranita.applied@piet.co.in) within 90 days of the incident. The ICC is required to complete the inquiry process and submit its report within 90 days of receiving the complaint.
- The formal complaint should include:
  - Date and time of the incident
  - Place where it occurred
  - Name and contact information of the accused
  - Name and contact information of witnesses, if any
  - Detailed description of the incident
- Assistance is available from the ICC if needed to draft the complaint.

- **Confidentiality:**

- All information related to a complaint will be kept strictly confidential.

PIET is committed to providing a safe and respectful environment for all its members. Incidents of sexual harassment are taken seriously, and appropriate action will be taken as per the institution's policies. PIET has shown a strong dedication to enhancing access to sexual and reproductive health care through a range of impactful programs and events. These initiatives are closely aligned with SDG 3, aiming to empower students and the broader community with education and resources to achieve improved health outcomes.

**Key Topics Covered:** Menstrual health, PCOD, PCOS, maternal wellness, hormonal imbalances,

**Outcomes:**

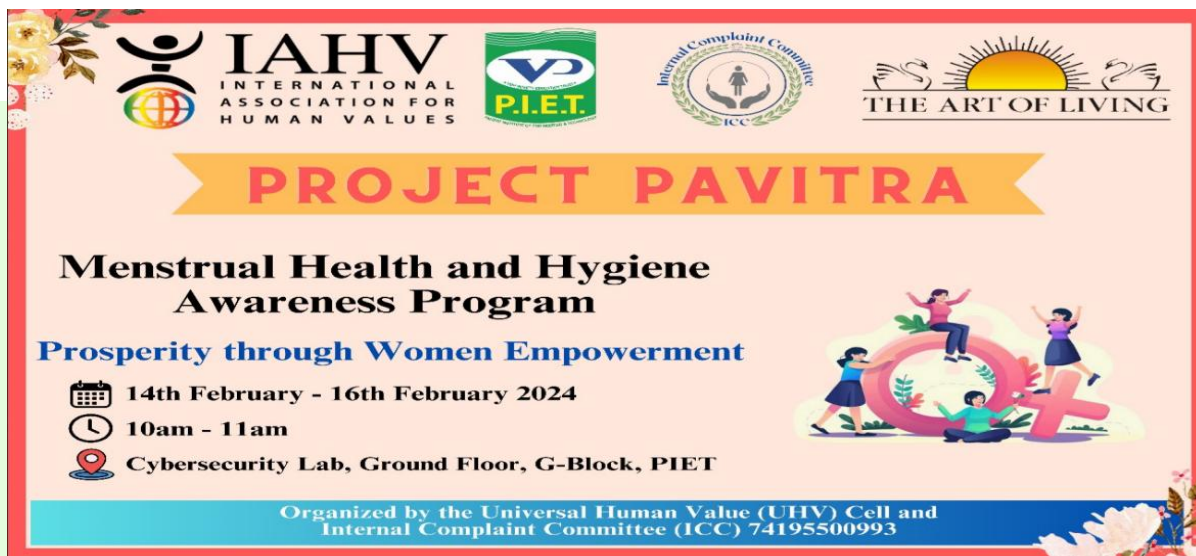
- Enhanced awareness and understanding of sexual and reproductive health.
- Provision of practical tools and natural remedies to address gynecological challenges.

Through its diverse and well-coordinated initiatives, PIET has established a holistic framework to tackle sexual and reproductive health challenges among students and the surrounding community. These programs have played a pivotal role in breaking stigmas, empowering individuals, and delivering essential education and resources, all in alignment with SDG 3. PIET continues to serve as a model institution, seamlessly integrating education, health care, and cultural practices to enhance overall well-being."

**Below is a brief summary for each of the key initiatives and their collective impact along with some glimpses for each event.**

<b>Sr no</b>	<b>Name of Event</b>	<b>Organization /Collaboration Agency</b>	<b>Dates of event</b>
1	PROJECT PAVITRA "A Menstrual Health and Hygiene Awareness Program"	Art of Living, International Association for Human Value (IAHV)	14 <sup>th</sup> February 2024 – 16 <sup>th</sup> February 2024
2	Poster-Making Competition on Sexual Harassment	ICC (Internal Complaint Cell, Panipat Institute of Engineering and Technology	6 <sup>th</sup> December 2022
3	"Gender Equality Today for a Sustainable Tomorrow Break" On the occasion of International Women's Day.	ICC (Internal Complaint Cell, Panipat Institute of Engineering and Technology	8 <sup>th</sup> March 2022

## Activity: PROJECT PAVITRA “A Menstrual Health and Hygiene Awareness Program”



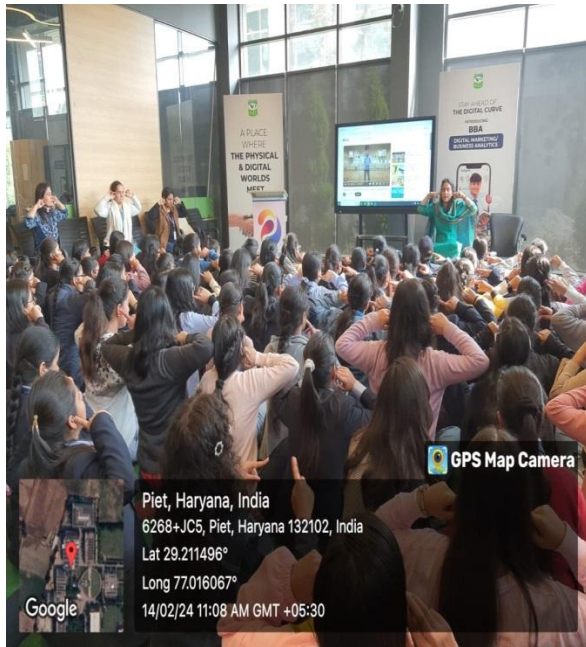
The banner features logos for IAHV (International Association for Human Values), P.I.E.T., Internal Complaint Committee (ICC), and The Art of Living. The main title is "PROJECT PAVITRA" in a yellow banner, followed by "Menstrual Health and Hygiene Awareness Program" and "Prosperity through Women Empowerment". The dates are "14th February - 16th February 2024" and the time is "10am - 11am". The location is "Cybersecurity Lab, Ground Floor, G-Block, PIET". An illustration shows three people interacting with a large pink number '1'. The footer states: "Organized by the Universal Human Value (UHV) Cell and Internal Complaint Committee (ICC) 74195500993".

### DAY 1:

The menstrual health and hygiene awareness program for first-year girls commenced today as part of a three-day initiative aimed at guiding students about menstrual health and hygiene. The session began with an energetic start as Ms. Deepika Dawar, the nutritionist, engaged the students with a funny chicken dance, setting a lively tone for the rest of the session. The discussion highlighted the impact of junk food and stress on early puberty onset and the development of diseases like PCOS and PCOD. Students were introduced to various stress-relieving techniques such as yoga and mudras like Bhramari.



Ms. Deepika Dawar during the PCOS and PCOD session



**Girl's students participate in the meditation session**

**DAY 2:**

Continuing the menstrual health and hygiene awareness program, day two focused on educating students about suitable foods during menstruation, stress-relieving techniques through meditation and mudras, as well as addressing common concerns related to period blood and discharge. Ms. Dawar introduced students to various mudras such as Surya mudra, Vayu mudra, and Shakti mudra, explaining their benefits in managing menstrual discomfort and balancing energy levels. To conclude the session, students engaged in interactive games, including "Ship and Lio," aimed at fostering a relaxed and enjoyable atmosphere while reinforcing key learnings about menstrual health and hygiene.



**Ms. Dawar introduced students to various mudras**



### Girls' students Participate in the Session

#### DAY 3:

# AND WELL-BEING

The final day of the menstrual health and hygiene awareness program focused on debunking myths surrounding menstruation, emphasizing the importance of knowledge about menstruation, gathering feedback from students, and concluding the program on a positive note. Ms. Deepika Dawar, addressed various cultural myths surrounding menstruation prevalent in India, such as restrictions on entering places where pickles are made and visiting temples during periods. She clarified misconceptions and encouraged students to question and challenge societal taboos related to menstruation.



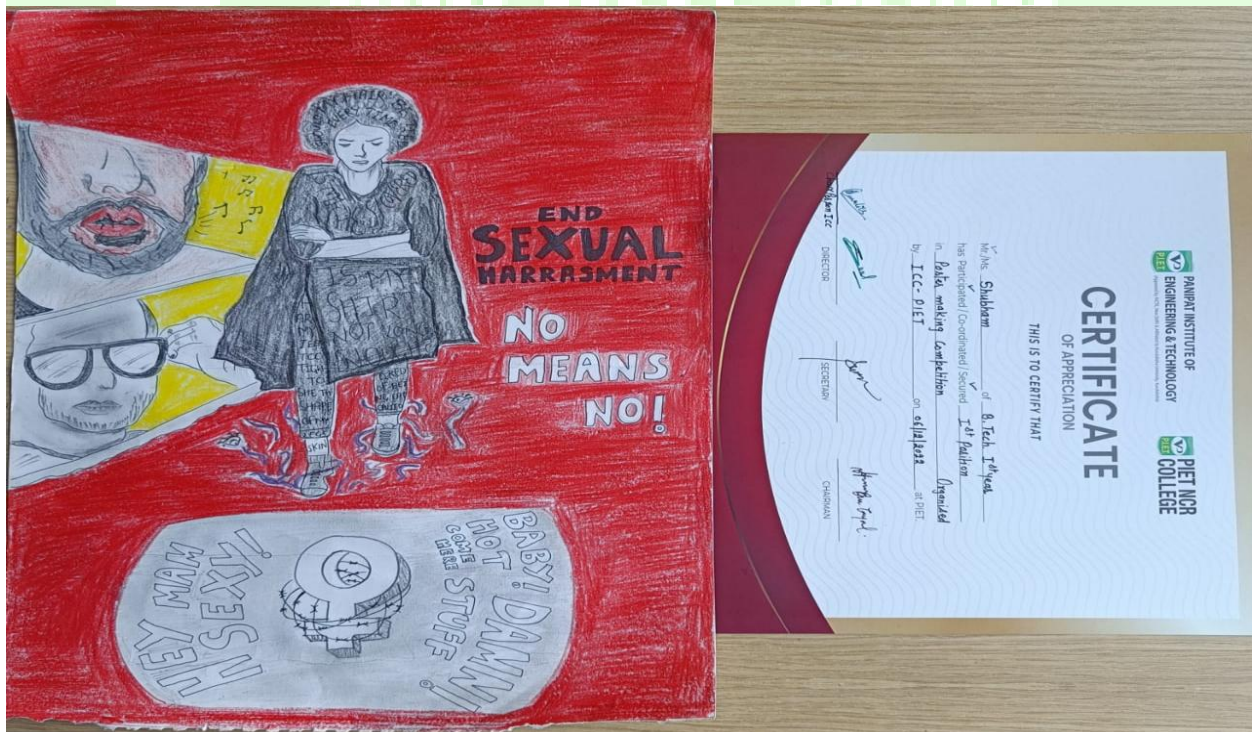
**Ms. Dawar and Dr. Vinay Khatri HOD Applied Science and Humanities during the session**

## Activity: Poster-Making Competition on Sexual Harassment

To raise awareness and foster dialogue around the critical issue of sexual harassment, a poster-making competition was held at Panipat Institute of Engineering and Technology by the ICC cell PIET. This event aimed to encourage creativity and engage participants in addressing this sensitive topic through visual art and expression.

### Objectives:

- To promote awareness about the prevalence and impact of sexual harassment.
- To empower individuals to speak out against harassment and advocate for change.
- To foster creativity and teamwork among participants.



Sexual harassment awareness through poster making competition





Sexual harassment awareness through poster making competition



Sexual harassment awareness through poster making competition

**Activity: Gender Equality Today for a Sustainable Tomorrow Break On the occasion of International Women’s Day.**

Internal Complaint Committee organized Gender Equality Today for a Sustainable Tomorrow Break” on the occasion of International Women’s Day at APJ auditorium on 8<sup>th</sup> March 2022. Ms. Monika Singh, ISR, Panipat, graced the occasion as the Chief Guest respectively. Their words of wisdom were no less than an inspiration. She mainly focused on the Legal Right for Women. She not just talks about the matter of gender equality; it is a fundamental issue of human rights, social justice, and progress, there are several key areas where legal rights for women are typically addressed: Equality and Non-Discrimination, Reproductive Rights, Violence against women, Economies Rights, Education, Legal protection and Access to Justice and other areas as well.



**Ms. Monika Singh, ISR, Panipat, as the Chief Guest of the Day**



**Ms. Monika Singh, ISR, delivered her talk with participants**



**Chief Guest and speaker of the event with Participants**