



# FAIRFIELD

NAAC ACCREDITED



तेजस्वि नावधीतमस्तु  
ISO 9001:2015 & 14001:2015

## Institute of Management & Technology

Affiliated to GGS IP University, an 'A' Grade College by DHE, Govt. of NCT DELHI,  
Approved by Bar Council of India, NCTE and Recognised under 2(f) of UGC Act of 1956

**Measures initiated by the Institution for the promotion of  
gender equity during the year**

# 2020-21



S. No	Name of Event	Date
1	Donation Drive for International Women's Day	8 <sup>th</sup> March 2021
2	Conversation @ coffee on International Women's Day	8 <sup>th</sup> March 2021
3	Matritva- Tribute to Mother	8 <sup>th</sup> May 2021
4	"Red Dot Challenge" Celebration for Menstrual Hygiene Day	25 <sup>th</sup> May 2021



NAAC ACCREDITED



# FAIRFIELD Institute of Management & Technology

Affiliated to GGS IP University, an 'A' Grade College by DHE, Govt. of NCT DELHI,  
Approved by the Bar Council of India, NCTE and Recognised under 2(f) of UGC Act of 1956

तेजस्वि नावधीतमस्तु  
ISO 9001:2015 & 14001:2015

## Report of DONATION DRIVE ON "INTERNATIONAL WOMEN'S DAY 2021" IN COLLABORATION WITH AARUDIT FOUNDATION

**Date: 08<sup>th</sup> March 2021**

**Timings: 10:30 am onwards**

**Venue: College Premises & Nearby Society**

International Women's Day is observed on March 8<sup>th</sup> every year to appreciate women's efforts and celebrate their achievements in all spheres of life. This year, the theme for International Women's Day is "Choose to Challenge" It indicates that a "challenged world is an alert world, and from challenge comes change". This year, we can all choose to challenge everything that has been holding us back, and become better allies. Keeping true to the motto of Day, the donation drive in association with Aarudit Foundation was organized on 8th Mar 2021 by the NSS Unit of FIMT to ingrain a heart of sympathy, service and responsibility towards the needy women of the society in the student. In this campaign the students were urged to donate the personal hygiene & feminine products (seal packed) to the needy women in the society. The students were given an option of either coming to the college for the donation or donating at their nearby areas.

More than 100 students and the faculty members of FIMT took part in the Donation Drive enthusiastically. The students donated sanitary pads, sanitizers, feminine products and hygiene products to the needy women. A number of NSS volunteers themselves contributed to the drive. Moreover, they were the key to inspire other fellow students and the faculty members of FIMT. We were very happy to know that the students of FIMT showed great enthusiasm in donating for the needy and the poor women of the society. The products collected were then donated to the NGO- AARUDIT FOUNDATION. The good thing about distributing the donations is that by giving the people these items, it frees up the little bit of money they do have for other necessities such as food.

Since we have completed this round of our donation distribution project, we are turning our attention now to other projects, which aim to fulfill our mission of providing the opportunities to achieve self-sufficiency.

*Apna Saxena*



NAAC ACCREDITED



# FAIRFIELD Institute of Management & Technology

Affiliated to GGS IP University, an 'A' Grade College by DHE, Govt. of NCT DELHI,  
Approved by the Bar Council of India, NCTE and Recognised under 2(f) of UGC Act of 1956

तेजस्वि नावधीतमस्तु  
ISO 9001:2015 & 14001:2015

## Report of Conversation @ Coffee ON "INTERNATIONAL WOMEN'S DAY 2021"

**Date:** 08<sup>th</sup> March 2021

**Timings:** 03:30 pm – 04:30 pm

**Venue:** Conference Room, Wing C, FIMT

**Topic:** *Role of Substance*

8th March, considered as International Women's Day. This day brings many things for women – a cause for celebration, a reason to pause and re-evaluate a remembrance, an inspiration and a time to honour, loved and admired. To honor womanhood, NSS Unit of FIMT has organized an event- Conversations @ Coffee for the female staff members of the FIMT on the 08<sup>th</sup> March 2021. All the female staff members were cordially invite for the event. Due to the prevailing situation of COVID-19 limited number of female staff was presented at the event taking all the necessary precautions.

The event started around 3:35 pm, Ms Ipsa Saxena welcomed all the guests and gave a welcome speech on International Women's Day 2021. Then Coffee and snacks were served to the guests. All the female staff members expressed their views on the current situation of the women in the society and every faculty shared how a particular curriculum empowers the women. Then Ms. Nidhi Sharma requested all the guests to say a few words on her "Role of Substance". Keeping in mind the current theme of INTERNATIONAL WOMEN'S DAY 2021, "choose to challenge", all took a pledge to challenge herself with a goal.

The event was concluded with vote of thanks by Ms. Ipsa Saxena.



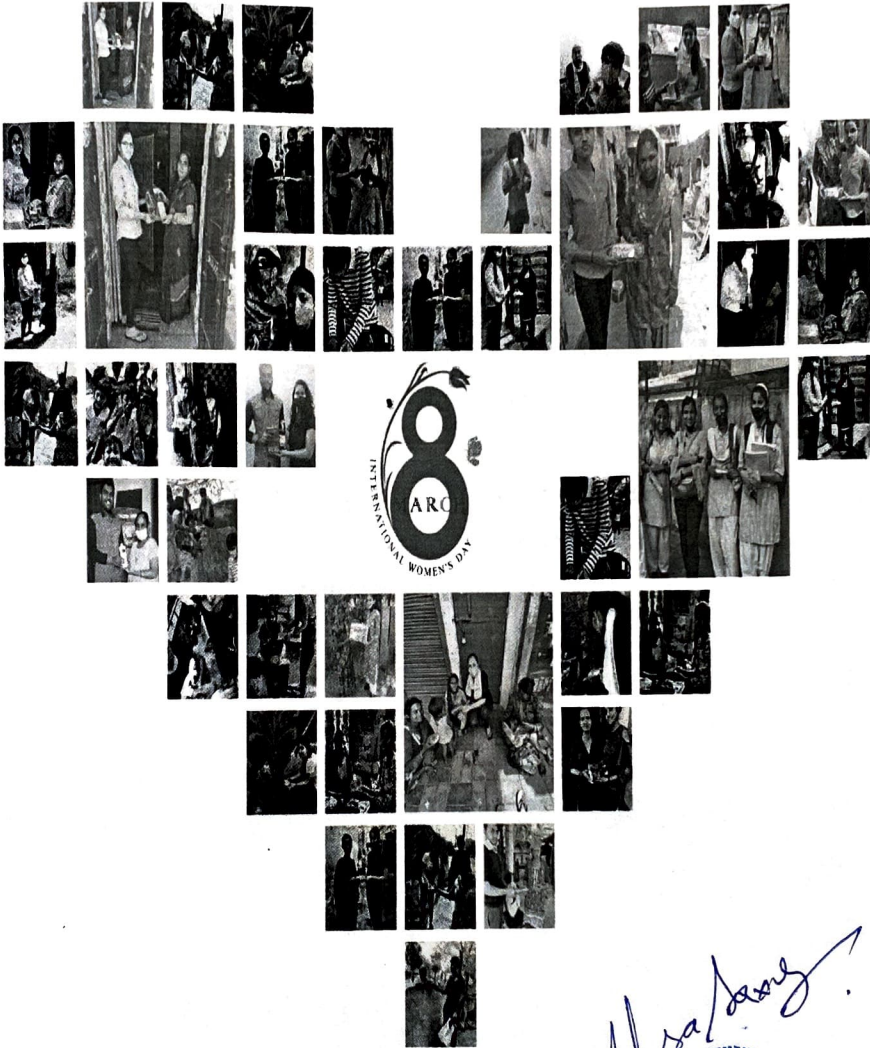
NAAC ACCREDITED



# FAIRFIELD Institute of Management & Technology

Affiliated to GGS IP University, an 'A' Grade College by DHE, Govt. of NCT DELHI,  
Approved by the Bar Council of India, NCTE and Recognised under 2(f) of UGC Act of 1956

तेजस्वि नावधीतमस्तु  
ISO 9001:2015 & 14001:2015



*Alisa Singh*  
INSTITUTE OF MANAGEMENT & TECHNOLOGY  
FAIRFIELD

# शाश्वतम्

*Eternal*  
FIMT-NSS UNIT

NAAC ACCREDITED



संज्ञांकित माध्यामिक शिक्षण संस्थान  
अनु. 1001/2013 & 14001/2013

Event poster



**FAIRFIELD** Institute of Management & Technology

Affiliated to GGSIPU University, an IT Brand ranked by IIM, One of IIM 100  
Approved by the Bar Council of India, AICTE and Recognized under 2B of UGC Act of 1956



शाश्वतम्

NSS FIMT Unit 2 Team 1

Presents

**MOTHER'S**

*day*

**9th of May 2021**

✓ Registration open: 8th May, 5 pm - 9th May, 10 pm.

✓ Either help or gift something to your mother.

✓ One hour of attendance will be given to the NSS volunteers.



FIMT INSTITUTIONAL CAMPUS, BIJWASAN ROAD, KAPASHERA, NEW DELHI-110037

9312352942 | 9811568155

fimtnd@gmail.com

www.fimt-ggsipu.org

## REPORT ON "MATRITVA - THE NATURE AND LOVE (Mother's Day 2021)"

Date: 9th May 2021

Timings: By 10 PM, 9th May 2021

Link: <https://forms.gle/EL5UbnGXfsmq5Lss8>

**"When you are looking at your mother, you are looking at the purest love you will ever know."** RIGHTLY QUOTED BY CHARLEY BENETTO.

We UNIT 2 TEAM 1 organised

**MATRITVA - THE NATURE OF LOVE** on the occasion of mother's day on the 9th of May, 2021, Sunday. Registration for the event was started on 8th May, 5 pm and closed on 9th May, 10 pm.

We conducted a small activity on this occasion as a little thanking gesture towards our mothers and guardians.

The participants were informed to gift any suitable gift of their choice, like a sapling, rose, card or a cake to their mothers. They were also supposed to make a short video or collage where they were seen helping their mothers in her work like cooking, watering plants and the type.



84 NSS VOLUNTEERS took part in this activity.

All of the participants took part in the activity with the utmost zeal and we got to see a variety of different pictures and videos. Volunteers uploaded videos of celebrating mother's day with their mothers in their ways by cutting cakes, gifting cards, roses and saplings.

We also came across a unique style of celebrating, some volunteers uploaded videos of plantations with their mothers. Volunteers were also seen helping their mothers with household chores.

This activity taught us a lot about all the efforts our mother put in day and night for us and the family. They work throughout the day without any rest with a smile on their faces. We learnt that we should help our mothers irrespective of the day, even our little help can be a lot.

The event was very well carried out as a good amount of volunteers took part in it. Also, we look forward to more such events in future as these events are not very cumbersome and allow the volunteers to take part with ease.

FIMT INSTITUTIONAL CAMPUS, BIJWASAN ROAD, KAPASHERA, NEW DELHI-110037

9312352942 | 9811568155

fimtnd@gmail.com

www.fimt-ggsipu.org

# शाश्वतम्

*Eternal*  
FIMT-NSS UNIT

NAAC ACCREDITED



तेजस्विनः ज्ञानपीठमन्त्रालय  
ISO 9001:2015 & 14001:2015

## Glimpses of the Event



**FAIRFIELD**  
Institute of Management & Technology  
(Affiliated to GGSIP University, New Delhi)

# शाश्वतम्

*Eternal*  
FIMT-NSS UNIT



**FAIRFIELD**  
Institute of Management & Technology  
(Affiliated to GGSIP University, New Delhi)

# शाश्वतम्

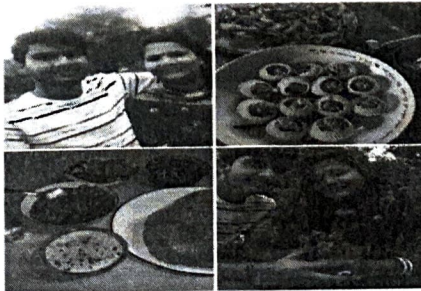
*Eternal*  
FIMT-NSS UNIT



**FAIRFIELD**  
Institute of Management & Technology  
(Affiliated to GGSIP University, New Delhi)

# शाश्वतम्

*Eternal*  
FIMT-NSS UNIT



**METROPOLIS**  
09/05/2021

FIMT INSTITUTIONAL CAMPUS, BIJWASAN ROAD, KAPASHERA, NEW DELHI-110037

9312352942 | 9811568155


fimtnd@gmail.com

www.fimt-ggsipu.org



## Feedback of the event

84 Volunteers participated wholeheartedly in the Mother's day event. They were seen gifting their mother's cakes, roses, plants and stuff and showering them with love. We received a lot of videos and pictures of the wholesome bond that a child and a mother share. The event was indeed a great success as volunteers did all they could do to show a gesture of thanks to their mothers. We also saw some unique ways of celebration, as some volunteers sent in the videos of them doing gardening with their mothers. This indeed fulfilled our purpose of keeping in mind that our mothers as well as mother earth, both of which nurtures us since the day we are born. We look forward to organising more of such events in future as we were overwhelmed by the number of responses we got, it is clear that the volunteers also liked the activity.

  
Ms. Ipsa Saxena  
(NSS coordinator)



“MENSTRUAL HYGIENE DAY”

“FREEDOM FIGHTERS COME ALIVE” BY NSS UNIT (F.I.M.T)

The activity was organized with a motive to keep the people aware about menstrual hygiene. The main motive was to spread awareness that menstrual is the sign of a healthy women and there is no dirty about it.

NSS volunteers were said to upload their photos with a evident RED colored dot on their palm and said to mention one myth associated with the phenomenon of Menstruation and the fact corresponding to it.

Myths and the Facts are :-

<u>Myths</u>	<u>Facts</u>
Periods are shameful.	It's a normal women's body process.
It is not suggested to exercise during menstruation as it may aggravate pain.	Absolutely no, light exercises help relieve dysmenorrhea and releases serotonin that makes you feel happy.
Women are not allowed in the temple, during their menstrual cycle.	The fact is that, it doesn't matter, it doesn't make any difference that, she is menstruating or not.
During their periods, girls are impure Girls having their periods should not cook or visit sacred places.	The fact is that, it doesn't matter, it doesn't make any difference that, she is menstruating or not.
Women shouldn't wash their head on the first day of their period as it affects the uterus and they might face a problem in delivering a child.	This is completely wrong and has no scientific evidence. Everyone, regardless of gender, should keep their body clean. And women specifically need to maintain good hygiene during menstruation.

Many NSS volunteers participated and shared their pictures and videos. We were overwhelmed with the responses of the people. The event was concluded successfully, and we received many response. It was indeed a great experience by sharing your patriotic thoughts and participating in activities.

*Abhishek*  
INSTITUTE OF MANAGEMENT & TECHNOLOGY  
FAIRFIELD

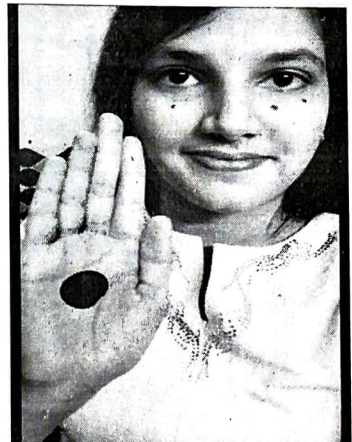
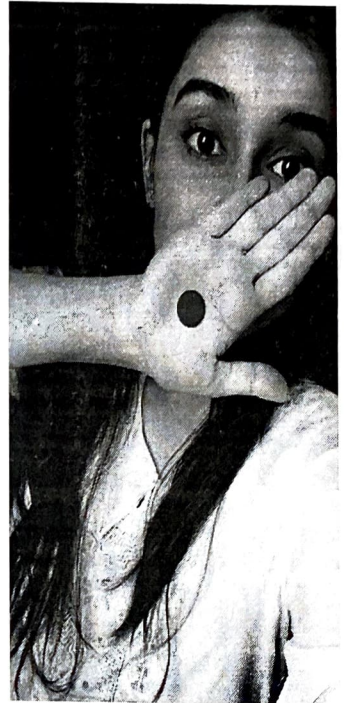
# शाश्वतम्

*Eternal*  
FIMT-NSS UNIT

NAAC ACCREDITED



तेजस्वि नावपीतमस्तु  
ISO 9001:2015 & 14001:2015



FIMT INSTITUTIONAL CAMPUS, BIJWASAN ROAD, KAPASHERA, NEW DELHI-110037

9312352942 | 9811568155

fimtnd@gmail.com

www.fimt-ggsipu.org

## FEEDBACK ON MENSTRUAL HYGIENE DAY" "RED DOT CHALLENGE"

Added in the list of one of the best and successful activity. Everyone has fully and whole heartly participated. Our aim was fulfilled as we got good responses.

Questions Responses 97

37 more files

**One MYTH surrounding Menstruation.**  
97 responses

- Period blood is dirty blood
- Only women get periods
- Periods are shameful
- Your period should last exactly one week each month.
- It's not safe or healthy to swim or bath while menstruating. This myth is common in India, Italy, and Argentina. It is safe to bath and to swim while menstruating. It's possible that this myth started before feminine hygiene products were invented or became popular to use. Any bodily fluids can contaminate a swimming pool or bathtub, not just menstrual blood. Using tampons or menstrual cups is safe and sanitary for swimming and bathing.
- Menstrual Blood Just Blood.
- Girls can not touch or eat pickle

RED DOT CHALLENGE - 7/05/2020-10/05/2021

Questions Responses 97

Was the session well planned and well paced?

When a girl is having period she is nervous and she is shy to talk to her friends.

Red dot corresponding to the MCT (menstruation) by you know

When you have menstrual cramps, you're feeling an extreme burn, you're experiencing a headache and you're unable to continue in the gym or school, it's time to stop. There are ways to make your period more comfortable. You can use heat packs, take over-the-counter pain relievers, and use tampons or menstrual cups. It's also important to get enough rest and eat healthy foods during your period.

Period should last exactly one week each month. This is a common myth. The length of a period can vary from person to person. Some people have shorter periods, while others have longer periods. It's important to listen to your body and know when to stop. If you're experiencing pain or discomfort, it's best to take a break and rest.

Periods are not just for girls. They are a natural part of the female reproductive system. It's important to have a healthy relationship with your body and know when to stop. If you're experiencing pain or discomfort, it's best to take a break and rest.



*[Signature]*



INSTITUTE OF MANAGEMENT & TECHNOLOGY  
AIRFIELD