

Report – 12 July 2021

**Government College of Education, Sector 20 D, Chandigarh**

**WORLD POPULATION DAY 2021**

**Responsible Behavior towards Rights and Choices**

NSS Cell of Government College of Education, Sector- 20D, Chandigarh, in collaboration with PARIJAT ECO- CLUB, organized a National Webinar on the occasion of 'WORLD POPULATION DAY.' The theme of the session was 'Responsible Behaviour towards Rights and Choices.' The Patron of the session was Principal, Dr. A.K. Srivastava. Conveners of the National Webinar were Vice Principal, Dr. Savita Arya and Associate Professor and N.S.S. Programme Officer, Dr. Ravneet Chawla, and Co-ordinators of the webinar were Assistant Professor, Mr. Ravinder Kumar and Assistant Professor, Dr. Dipanshu Sharma. The Technical Assistance was proffered by Assistant Professor, Ms. Sonika Devi. Student Coordinators of the webinar were Ms. Gurbina Chopra and Mr Bharat Sharma and Repertoires for the event were Ms. Priya, Ms. Suchita Aggarwal, and Ms. Mitanksha Taneja.

The Chairperson of the webinar was Mrs. Sunita Dhariwal, Corporate Soft Skill Trainer, who is also a Freelance Social Motivator, Socio Cultural Activist, and an Educator, based in Panchkula. The Speaker of the webinar was Ms. Neena Vir Singh, Lecturer at National Institute of Nursing Education (NINE), PGIMER, Chandigarh who has offered her services for more than 30 years to the Institute, including ongoing more than 15 years as a faculty with NINE.

The webinar was commenced by Ms. Gurbina Chopra, the Student Coordinator. Dr. Ravneet Chawla shared the topic of the day and formally invited Principal Dr. A.K. Srivastava to welcome the Chairperson and the Speaker of the webinar. Dr. Srivastava spoke about the real meaning of WORLD POPULATION DAY and also illustrated on the reproductive health of women in light of an array of issues, socio-economic and otherwise, faced by most Indian women. He also discussed and spoke on the conventional versus neo practices that the girls and young women are living with. He gave apt examples of assertiveness visible among girls and women too and quoted these as desirable traits.

Next in line was the introduction to the Chairperson of the Webinar by the repertoire, Ms. Mitanksha Taneja formally introduced the Chairperson of the session. Dr. Ravneet Chawla formally welcomed Mrs. Sunita Dhariwal who has been building up women from all strata and locale by empowering them to life and occupational skills. Mrs. Sunita Dhariwal emphasised on the importance of the World Population Day, discussed women empowerment and its importance, the relevance of knowing their rights in order to adopt them in their life. She also emphasized on the difference between knowing our rights and strengthening ourselves to fight for them. Mrs. Sunita put the real situation of women and their conditions in front of the participants and casted the limelight on how women are treated in present times too as well. The power of confidence and how it needs to be inculcated in the women of today has become crucial as when the rights are not exercised, women can never become aware of their requirements and

what exactly they need to take a stand for, she emphasized. She pressed upon on the matter that women need to be role model for themselves and to every woman out there who is in the need of one. She talked about how women of this world need to be physically and mentally fit first, to be able to move forward and be able to grow. In continuation, Dr. Ravneet Chawla also discussed the points further and kept her opinions in front for the young participants to be proactive in all such personal and professional matters in their future also.

The next phase of the webinar was taken by the speaker of the day based on her vast experience as a paramedic senior faculty. Ms. Suchita Aggarwal formally introduced the Speaker of the session, Ms. Neena Vir Singh. The speaker initiated her valuable talk by describing the meaning and importance of World Population Day. She stated that the World Population Day is celebrated on 11th July to make awareness about increasing population dynamics, she then emphasised on the point as to why we should be basically worried about our growing population. She also showed the graph depicting child sex ratio of 0-6 yrs between 1981 and 2011 and pressed upon poverty and illiteracy as the major problems which are leading to a substantial rise in population. She discussed how illiteracy and lack of knowledge leads to the soaring increase in population, consequent unemployment and load on available resources. She compared the population rate between China and India and the alarming situation of India to soon surpass China as the country with the largest population in the entire world. She stated how migrations and human trafficking of women is taking place. She discussed how with the growing population, the cost of education is rising and how growing family needs ample of resources that are required to maintain the standard of living. To talk about the growing population, Mrs. Sunita spoke about how adoption is a feasible option where orphans in need can be taken in and taken care of and the population can be kept in check. She encouraged the young participants to make better choices and specially the girls to have an opinion and a strong voice.

In order to educate ourselves and be aware of the rising issue of increasing population, Ms. Neena spoke about reproductive health and how we need to take care of ourselves and seek timely medical aid when in need. She also made students aware about various birth control methods including condoms, female condoms, pills and hormonal rings. She elaborated on the topic of the appropriate age of bearing and rearing children where she stated that too early or too late pregnancy can be harmful for both the mother and the child. Therefore, there should be a proper education provided to everyone regarding the contraceptives available and about the sexually transmitted diseases and related preventive measures. There is a need for the provision of equal opportunities and primary education for both boys and girls and availability of reproductive health services in a minimum cost which can be easily afforded by everyone, the speaker emphasized.

Ms. Singh shared a visual compilation of related things which were scientific and very informative for the audience in relation to all that should be done about the theme of the day. She also emphasized on infection control practices. The speaker in her last section of the presentation focussed on Covid-19 related safety measures who is at the risk of getting COVID - 19 and who is responsible for it's spread. She talked about how it is everybody's responsibly to contain the disease by following the covid safety measures. In conclusion, Ms. Neena gave a take

home message where she said that if we as citizens want to save this world, we need to control the progressive graph of the growing population and have stabilization in the population.

Dr. Ravneet Chawla, convenor and moderator of the webinar intertwined the content of the Chairperson and the speaker in context of training the minds of pupil teachers for their future roles besides managing their own present as young adults. Ecology and good mental and physical health are a must for entire population, she said. She reinforced the idea of limiting numbers and hence need to check on unwanted or unplanned pregnancies among masses. Youth has a pivotal role in doing so; it's not just rights but responsible choices, she said.

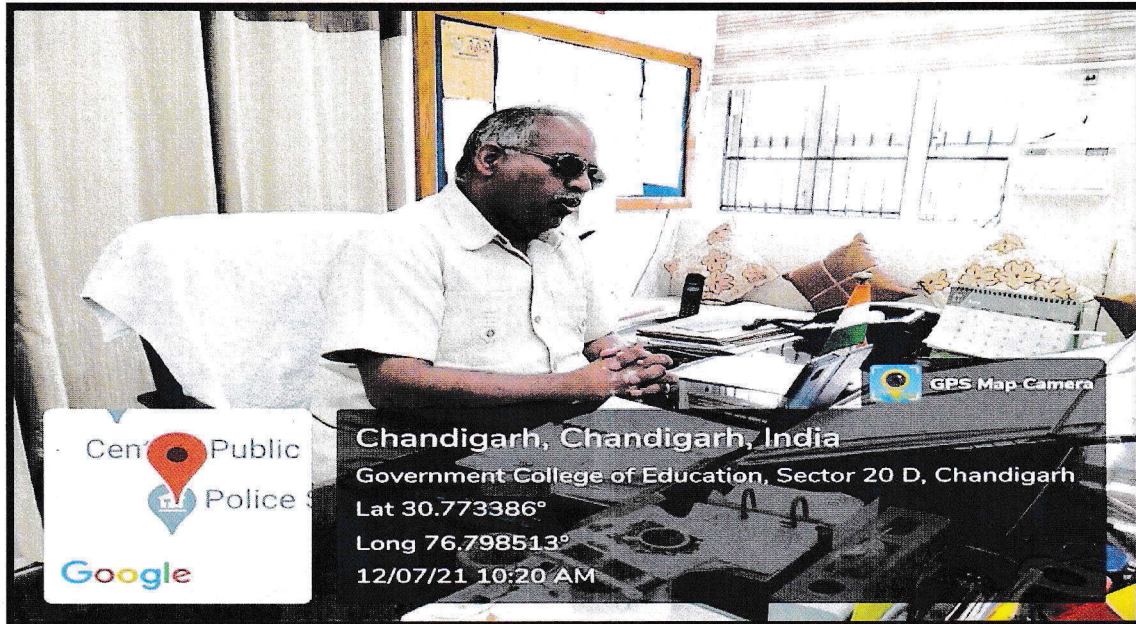
An interaction session followed with points on responsibility on the young generation who are soon to be in the middle of two different generations and hence the need to be more attentive towards these requirements and issues which should not be taken lightly. Questions from students brought up issues on sexual health and consequences related to child bearing and to the psychological health. Mrs. Sunita and Ms. Neena answered all the questions explaining in light of real life examples.

Mr. Ravinder, Co-ordinator of the webinar and member of Parijat Eco-Club extended vote of thanks to the speakers and the faculty as well as students contributing in different roles. Dr. Savita Arya, Vice Principal and NSS Program Officer and the Convenor of the webinar appreciated the points brought up and interactions during the Webinar. The National Webinar was culminated and it turned out to be a grand success.

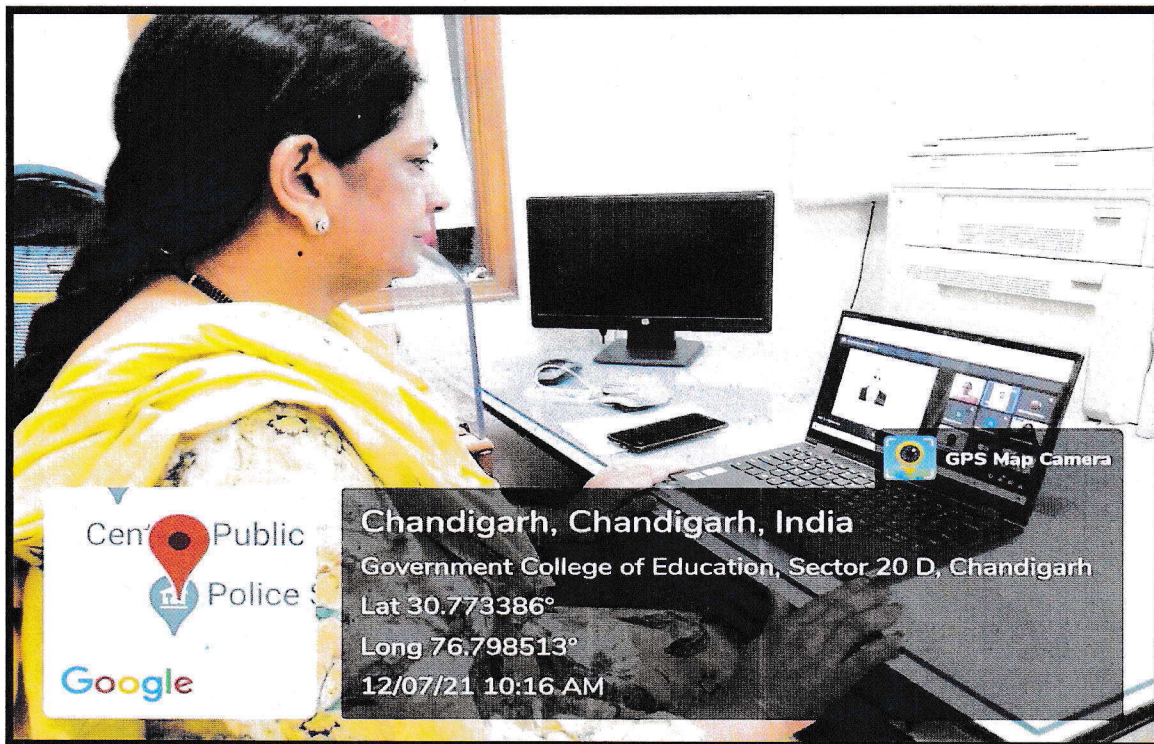
### **Summary of key points from Session**

- Population by choice is needed not by chance
- Proper planning should be done for family planning
- Reproductive health is must
- Learn to fight for your rights
- Education and willingness to strive for good is needed to be adopted by women in society
- Each one of us has a responsibility towards population load, nationally and globally.
- We must not waste any more time in educating all to have correct choices in light of rights and duties we owe to the mankind.

Here are some glimpses from the webinar:



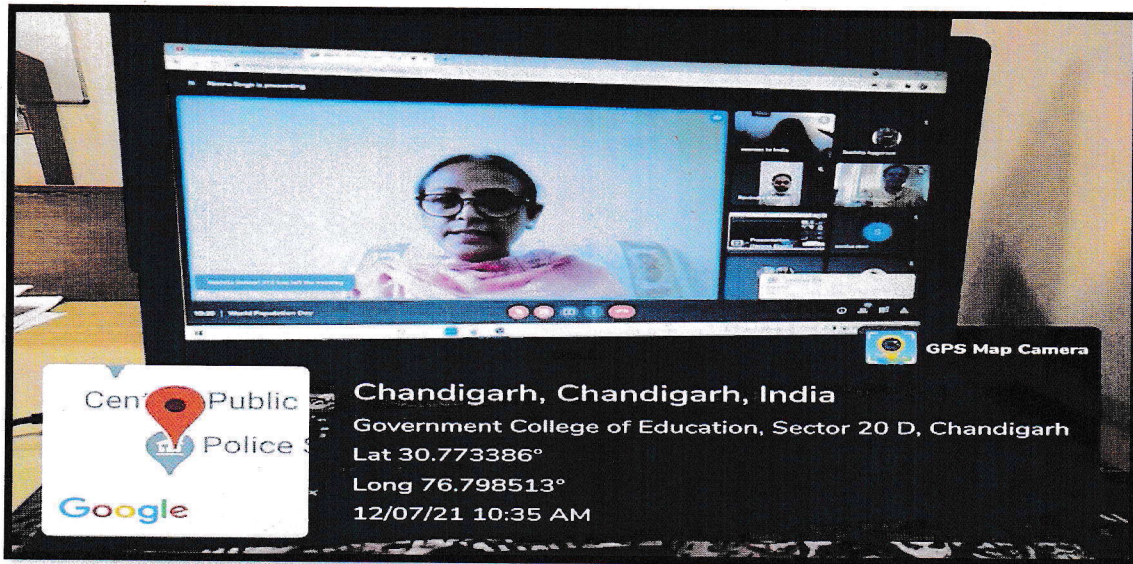
Dr. A.K. Srivastava formally welcoming the Chairperson and the Speaker for the webinar.



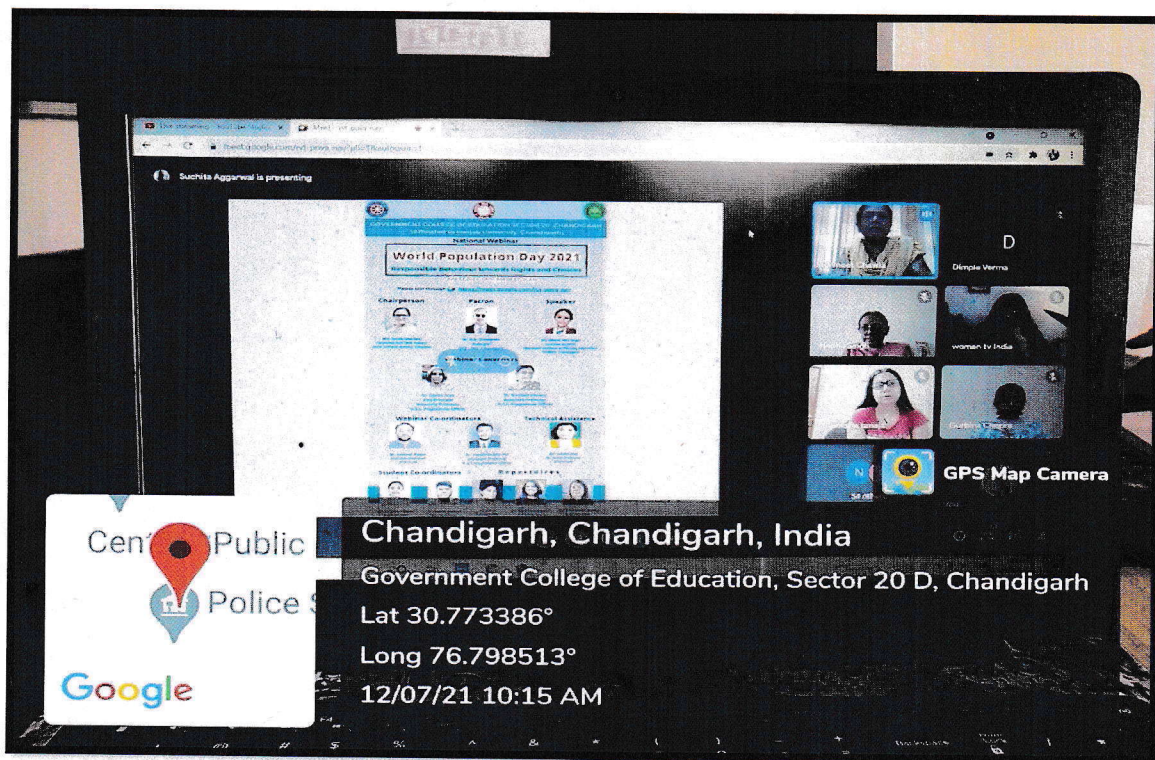
Dr. Ravneet Chawla, Convenor of the webinar, addressing the viewpoints presented by both the Chairperson and the Speaker and elaborating them further.

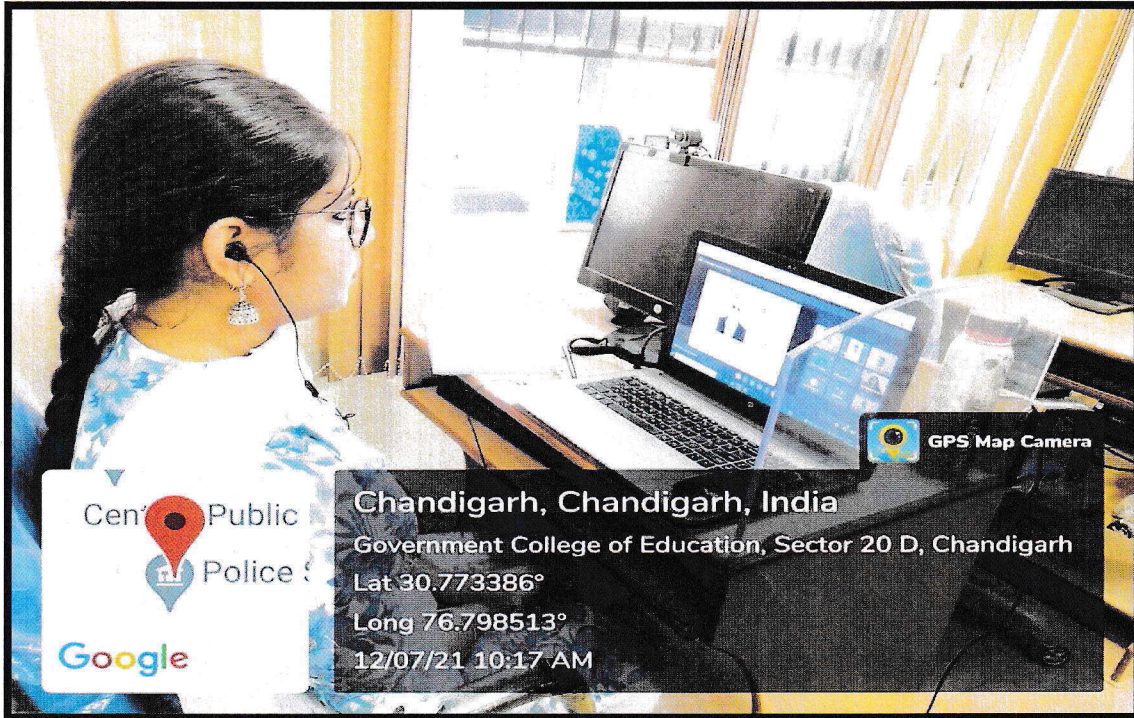


Chairperson, Mrs. Sunita Dhariwal discussing all the points.



Ms. Neena Vir Singh, Speaker for the session sharing all the necessary information with the young participants.





Ms. Gurbina Chopra, Student Coordinator managing the webinar.

**Support Committee for managing and organizing the event –**

**Teacher's Team –**

Dr. A.K. Srivastava Patron of the Webinar  
 Dr. Savita Arya & Dr. Ravneet Chawla (Conveners)  
 Mr. Ravinder Kumar & Dr. Dipanshu Sharma (Coordinators)  
 Ms.. Sonika Devi (Technical Assistance)

**Student's team –**

**Student Co-ordinators:** Ms. Gurbina Chopra B.Ed Sem 4; Mr. Bharat Sharma, B.Ed Sem 2

**Repertoires :** Ms. Suchita Aggarwal, B.Ed Semester 2; Ms. Mitanksha Taneja, B.Ed Semester 2;  
 Ms. Priya, B.Ed Semester 4

*Savita 12/17/21*  
 Dr. Ravneet Chawla  
 Organizer & Convener  
 Assoc, Prof, NSS PO

*Savita 12/17/21*  
 Dr. Savita Arya  
 Convener  
 Vice Principal

*3/12/07/21*  
 Dr. A.K.Srivastava  
 Patron & Principal  
 GCE 20, Chandigarh