

EQUAL OPPORTUNITY CELL (EOC)

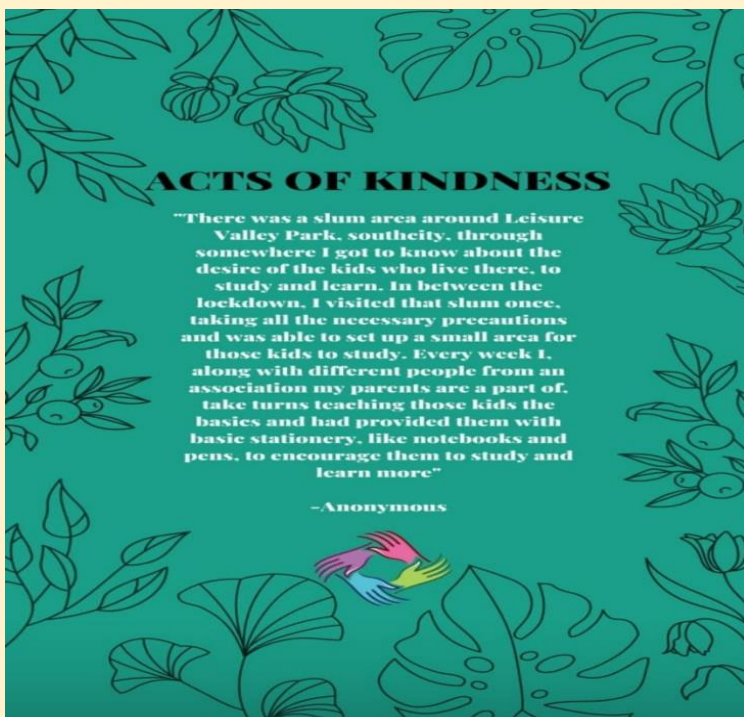
JESUS AND MARY COLLEGE

EOC REPORT: 2020 – 21

Equal Opportunity Cell, Jesus and Mary College stands as a pillar of social justice and works towards its commitment of creating avenues for students with disabilities and under-represented sections of society. The society aims to ensure awareness, equity and generates equal opportunity amongst students and brings about social inclusion, diversity and cohesion in the institution.

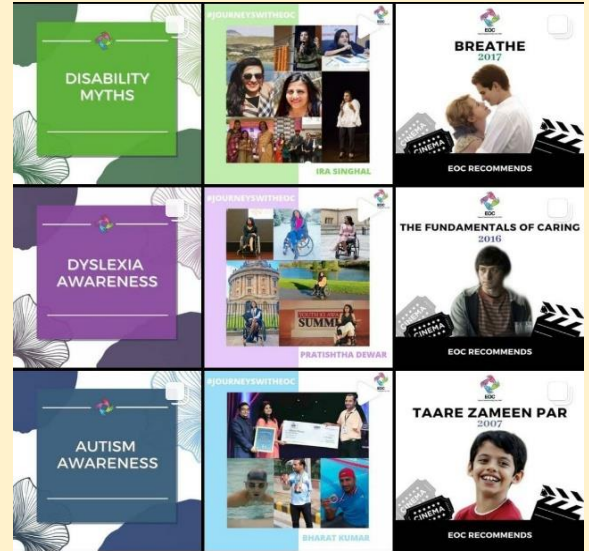
EOC's new session kick-started with interactive and fun games as we organized an Ice Breaker session, to interact with the members beyond formal lines. The office bearers walked the members through the vision of the society, and they were ready to take on this beautiful and enriching journey.

We launched our first online campaign of the year 'Empathy Challenge'. This was one of its kind, wherein participants carried out daily activities while being blindfolded. The main purpose of this challenge was to sensitize people with visual disabilities and aid the participants to empathize better with visually impaired individuals.



In lieu of World Kindness Day on 13th November 2020, we launched the 'Act of Kindness' initiative encouraging individuals to share their anecdotes of where they displayed kindness towards themselves or others. We received a number of entries that were shared on our Instagram page to create a domino effect. In addition to this, the members of the society sent a personalized note to each other which instilled a sense of warmth, encouragement and worth!

In the month of December, we initiated another informative, yet fun campaign on Instagram which aimed at normalizing conversations on disabilities and PwBD intending to instil a fresh perspective in them. This comprised of three aspects: #EOCrecommends wherein we critically analysed movies like Forrest Gump, Barfi and A Beautiful Mind and highlighted various aspects to inspire the community, #JourneyswithEOC that focused on featuring inspiring personalities who battled distinct odds in their life and did not let their disability become a hindrance in their journey to success, #AwarenesswithEOC which focussed on debunking myths and educating individuals about diverse disabilities.



EQUAL OPPORTUNITY CELL, JESUS AND MARY COLLEGE
brings you a webinar on:

Mental Wellness and Social Inclusion

with **MS. SRISHTI ASTHANA**

Psychologist and Mental Health Advocate
With rich experience in training programs of leading organizations like TATA Power, NTPC, NSPCL

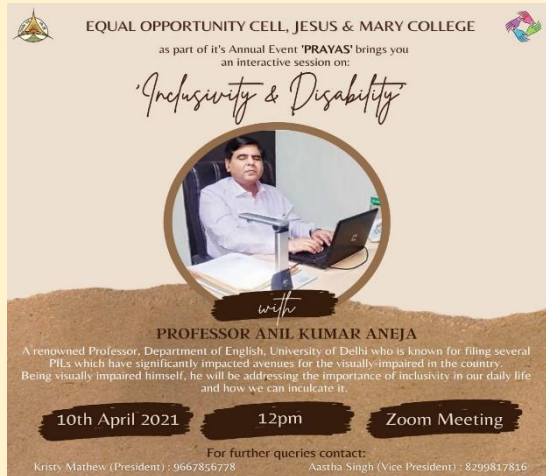
For any queries, contact:
Kristy Mathew : 9667856778
Aastha Singh : 8299817816

20th February, 2021 12pm Google Meet

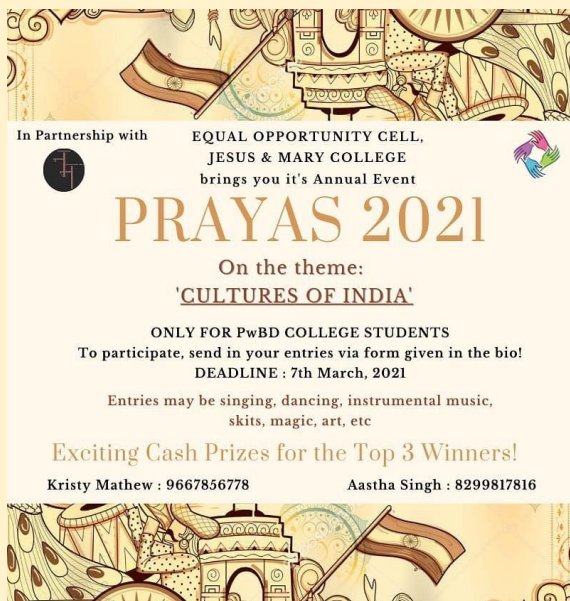
We began the new semester by hosting a webinar on ‘Mental Wellness and Social Inclusion’ with Ms. Srishti Asthana, a renowned psychologist. She emphasized the noxious effects social isolation can have on one’s mental health and that social inclusion is the key to one’s satisfaction in life along with higher longevity, characterized by healthy and quality life. Through this event, participants were able to develop an appealing and supportive approach towards others’ needs.



In April, EOC organized its annual inter-college competition 'Prayas' for students with disability, where young talents expressed their views on the theme - 'Cultures of India' through art forms such as dance and music. Students enthusiastically participated and the enlivening entries were judged by Ms. Ruma Roka, founder of Noida Deaf Society and Ms. Shikha Mathur, a professional vocalist.



The highlight of the annual event was an interactive live session on 'Inclusivity and Disability' by Professor Anil Kumar Aneja, Nodal Officer, Persons with Disabilities and Officer on Special Duty, Equal Opportunity Cell, University of Delhi. He emphasized the importance of an inclusive society and the need to overcome our individualistic attitude and initiate inclusive efforts and reach out mentally and rationally to help create a better society. The event was a huge success welcoming more than 150 participants and was highly acclaimed by all.



Team EOC expresses its gratitude to our convenor and faculty members who have been our support system throughout. It has been an overwhelming journey with the best team possible. We thank everyone for their contribution and for having faith in us.

Convenor – Dr. Anu Saxena

President – Ms. Kristy A Mathew

Vice President – Ms. Aastha Singh