

**WOMEN DEVELOPMENT CELL**  
**IN COLLABORATION WITH IQAC**

**COUNSELLING REPORT**  
**ON**  
**‘TYPES OF SEXUAL HARASSMENT’**

Any conduct or behaviour that is intended to demean or humiliate a person is termed as harassment. In the legal set up, these are behaviours turn up to be disturbing, upsetting or threatening. To put it simply, when this is extended to someone considering them to be categorically meek, on the grounds of gender, it is termed as Sexual Harassment. They evolve from discriminatory grounds, and have an effect of nullifying a person's rights or impairing a person from benefiting from their rights. Highlighting similar issues, WDC in collaboration with IQAC, Shyam Lal College organised an open session on 7<sup>th</sup> February, 2018 to counsel students on Sexual Harassment: Problems and solutions. The Speaker for the session was Dr. Aradhana Sharma and the session was attended by 87 students.

Unfortunately, the weaker folk in the society has to bear the scourge of greater discrimination and are harassed to a much greater extent. The Counsellor subsequently, elaborated that several forms of harassment include economic, political and harassment of freedom of choice. But among these, the most prominent and disturbing one is gender based and harassment owing to the same. Especially, women world over experience sexual exploitation in many forms. The situation today is alarming today.

Sexual harassment may be witnessed as written, verbal or physical, and can happen in person or online. It can happen in a lot of ways. For instance, catcalls

and whistling, making obscene comments or jokes and stories. Nonverbal forms of sexual harassment can include acts like staring or stalking a person, or blocking their path. While any physical act that lacks consent or makes the person uncomfortable counts as physical sexual harassment.

Women have often faced sexual harassment at home (in the form of domestic violence), on the streets (in the form of eve teasing and stalking), in public transports, in schools and workplaces and where not! There are many causes of sexual harassment but most important one is the culture and values system and the relative power and status of the men and women in our society. The way in which men and women are brought up in India strongly influences their behaviour as a responsible citizen. Such patriarchal viewpoints endorse an atmosphere where the women remain vulnerable. Moreover, women are more vulnerable to sexual harassment because they more often lack power and often work in insecure positions.

The impacts of sexual harassment are far reaching and varied. Harassment may lead to temporary or prolonged stress or depression depending on the recipient's psychological abilities to cope and the type of harassment and the social support or lack thereof for the recipient. Such a sensitive issue calls for rigorous steps to be taken. First of all, it is important to prevent the primary cause, the wrong upbringing! Also, there needs to be an efficient and effective system to redress the cases of sexual harassment against women. Some other steps include as follows. Mobilizing men and boys as allies may prove to be an efficient solution. Secondly, teaching life-saving Skills to prevent sexual violence. This includes social-emotional learning, ensuring safe relationship skills to adolescents, empowerment-based training. Finally, building a conducive environment with family members/near and dear ones who may ensure a healthy emotional support amidst all the tricky situations.



# **SLC (University of Delhi)**

## **Shyam Lal College**

**Women Development Cell**

**In collaboration with IQAC**

**Organises**

**Counselling session on**  
**Types of Sexual harassment**

**7 February, 2018**

**1:00 PM**

**Counsellor**  
**Dr. Aradhana Sharma**

**DR. ALKA SHARMA**  
**CO- ORDINATOR IQAC & WDC**

**PROF. RABI NARAYAN KAR**  
**PRINCIPAL**