

**WOMEN DEVELOPMENT CENTRE (WDC), Shyam Lal
College**

In collaboration with IQAC

GENDER COUNSELLING REPORT

On

“Career and Work-life balance”

*“We need to do a better job of putting ourselves higher on our own ‘to-do’ list.”
—Michelle Obama*

Women Development Centre (WDC) of Shyam Lal College has always been proactive in dealing with aspects related to gender biases, spreading awareness and removing myths. The Gender Counselling sessions are among the most favored sessions and the students look up to such sessions. Thus, the Women Development Cell in collaboration with IQAC took the pioneer initiative in conducting a gender counselling session on “Career and Work-life balance” on 20th January, 2023. The Counselling session that caught the attention of a large number of students and witnessed the presence of 93 students who discussed their issues and concerns. Dr. Kushal Kaushik was the counsellor for the session.

The session started highlighting the need for such Counselling session. The students were apprised with the relevance and were encouraged to raise their issues and concerns. The students are many doubts and concerns about the topic and openly gave vent to them. Some students who expressed their unawareness about the topic, were first introduced to it and were apprised about the challenges of the same. Looking at the present competitive conditions in the society, WDC realized the need to prepare the students of such challenges and to prepare them for the same. This is in line with the College’s objective of providing holistic development of the students.

After that, the Counsellor expressed an appreciation for the College administration for taking up such a sought after topic. She said that we have to start working from micro level and the College is the best platform to begin with.

The Counsellor talked about the concept of 'Dual career couples' and the challenges posed by it. Stressing on the need to strike the right balance between work and life, she highlighted how various Corporates are doing their bit in ensuring work life balance. She stated that students must learn to balance things in life from student stage only. This skills will help them enjoy a balanced life throughout.

The Counsellor appreciated the efforts of the College and WDC in organizing such an event and thanked the organizers for inviting her.



SLC (University of Delhi) **Shyam Lal College**

NAAC A++ & NIRF AIR 68th

WDC
in collaboration with
IQAC

organize a session on

"Career

&

Work Life Balance"



20 January 2023
12:00 PM



Seminar Hall

All students and faculty members are invited.

Prof. Kusha Tiwari
(Convenor, WDC)

Prof. Rabi Narayan Kar
(Principal)