

## **A Talk on Gender Sensitization & Socialization by Dr. Ruchika Varma**

Date: 30th October 2019

Dr. Ruchika Varma is a proud alumna of Mata Sundri College who presented a talk on “Gender Sensitization and Socialization” on 30 October 2019. Dr. Varma is a proud alumna of our college who graduated as the Delhi University topper in 1996. She completed her postgraduate and PhD from Allahabad University in 1998 and 2008 respectively. She conducted many research studies and projects regarding Gender Sensitization and Socialization.

It was explained how many students are taught similar values of “good girls and boys” that were taught to her 25 years ago, how society still wants a working wife who can also manage the household tasks efficiently. She talked about how young girls and women face sexual harassment and many times in the form of bullying, ragging, stares and inappropriate touch at the workplace and education institutions. She emphasized how many times, because of the taboo around the issue, many women are unaware that they have been harassed. It was further highlighted how many women are not just victims but also beneficiaries of such patriarchal and demeaning incidents.

Sharing many personal life events that she faced herself, as well as daily events that daughters today face, a fruitful interaction with the students was generated to increase awareness. She credits many such incidents in the shaping of her career and the research carried out. Dr. Varma also addressed the decreasing number of joint families in the urban cities and cited its benefits in a successful marriage as well as a stable mental health. In the end, she urged the young students of psychology to help take constructive steps and increase the awareness of many such issues considered taboo in our country. The entire session was interactive and successful in engaging the students.