

*Department of Psychology
University of Lucknow
Mission Shakti
Phase-4*

Official Flyer



**DEPARTMENT OF PSYCHOLOGY
PSYCHE HUB CLUB**

UNIVERSITY OF LUCKNOW
cordially invites you to

Mission Shakti Phase 4

(An initiative by Government of Uttar Pradesh)

Under the patronage of Hon'ble Vice Chacellor
PROF. ALOK KUMAR RAI

THEME

SHADES OF WOMANHOOD: A MENTAL HEALTH PERSPECTIVE

DATE - JULY 9, 2022

VENUE - AUDITORIUM, DEPARTMENT OF PSYCHOLOGY

TIME - 3:00PM ONWARDS

Dr. Archana Shukla
Head

Department of Psychology
University of Lucknow

Prof. Madhurima Lall
Convener

Mission Shakti
University of Lucknow

Dr. Manini Srivastava
Asst. Professor

Department of Psychology
University of Lucknow

Dr. Megha Singh
Asst. Professor

Department of Psychology
University of Lucknow



Mission Shakti Phase-4

Minute-to-Minute

Date: 9 July 2022

Time: 3.00 pm onwards

1. Welcoming of the guests- Prof.Lall, Prof.Pradhan, Dr.Shukla, Dr.Manini, Dr.Megha
2. Lamp Lighting- Invite all faculty members
3. Presenting Prof. Lall with Flowers- A little description of Lall ma'am
4. Opening of the event: Dr. Megha Singh Ma'am.
5. Open mic-1: Balendra Tiwari- Slam Poetry
6. Open Mic-2: Vidushi Shukla - English Poem
7. Collage Presentation
8. Open Mic-3: Sahdhana Bais- Song
9. Open Mic-4: Megha Verma- Poetry
10. Walk of womanhood: Background poem recitation by Falak.
11. Open mic-5: Aryan Mishra - Hindi Poem
12. Open mic-6: Omaima - Speech
13. Open mic-7: Istika- Hindi Poetry
14. Address by Madhurima Lall ma'am
15. Open mic-8: Gauri Singh - Song
16. Presenting Certificates to winners and open mic participants
17. Oath of Solidarity: Dr. Manini Srivastava
18. Vote of Thanks: Dr. Manini Srivastava ma'am



**Department of Psychology
University of Lucknow
Lucknow-226007**

Celebrates

Mission Shakti Phase-4
An initiative of Government of Uttar Pradesh

Theme: Shades of Womanhood- A MentalHealth Perspective

In its 4th Phase, the Mission Shakti programme of the Government of Uttar Pradesh was organised at the Department of Psychology, University of Lucknow under the patronship of the honourable Vice Chancellor, Prof. A.K. Rai. The event was initiated by Professor Madhurima Lall, convenor of the Mission Shakti program at Lucknow University at the Department of Psychology, under the supervision and the kind cooperation of the Head, Department of Psychology, Dr. Archana Shukla. Ex paratrooper and Head of Shivnagar NGO Preeti M. Shah was also the chief guest. The event was coordinated and conducted by Team Psymposium of the Psyche Hub Club at the Department of Psychology.

This year's theme "Shades of Womanhood- A MentalHealth Perspective" was ingenious and revolutionary to help tackle the biases that women face. As is the case with every other field in medical science, psychology is no exception when it comes to historical trivialization of women's mental health issues. From labelling every emotion in women as "hysteria" to frequent dismissal of women's mental health concerns as merely hormonal.

In India, if you're not of the higher economic class, caste, cis and heterosexual, chances are that you will receive less than optimal healthcare.

Each woman be it trans, cis, disabled, queer or marginalized women, is as valid as the next. And it is high time that we diverge our scope of research by shifting focus from only the women who are of "accessible" demographic.

The event was opened by the faculty of the department, Dr. Megha Singh.

Highlights of the event were "Splash of Colours"- Artwork Presentation, "Open Mic" and "Walk of Womanhood".

The Splash of Colours required the participants to materialise their message creatively on the papers. Anchal Verma, Shifa Parvez, Falak Shariqa, Gargi Dwivedi and Aditya Vikram presented their artworks and spoke a few words shedding light on their artworks. While the open mic handed over the stage to the participants to let them word and voice their thoughts on the theme. Poems, speeches, and anecdotes resonated in the auditorium. While Vidushi Shukla recited a poem by Maya Angelou, Balendra Tiwari, Istika Swaroop, Omaima, Megha Verma and Aryan Tiwari recited their self composed poems, while gauri Singh sang "O ri Chiraiya" and Sadhana Bais sang "Bandeya" and made compelled the audience with their melodious performances.

The Walk of Womanhood saw students validating the experiences of women, in various shades, sending across the message that there is no single perfect way to be a woman and all of them are equally valid. A homemaker is as valid as a career oriented woman; a widow and a divorce are equally valid as a woman who wants to take care of her parents instead of getting married; a single woman who wants to adopt kids and a woman who doesn't want kids

at all are as valid as a woman who can't have kids due to a multitude of reasons, because it is THEIR body and their choice; a muslim woman who wears a hijab is no less valid than a muslim woman who doesn't wear a hijab; a non-binary person, and a trans man who were assigned female at birth, are as valid as cis women and deserve equal rights as everyone in this country. Their concluding message was that even if we don't see trans women as women, that doesn't make their experiences any less valid and that we are allowed to self identify our genders. The performance was so enticing that the audience demanded a redo, with the chants of "once more".

Prof. Madhurima Lall ma'am came forward and appreciated the holistic presentation of the event, she saw each shade and saw their validity throughout. She spoke about the agenda of Mission Shakti and listed the three essentials one, body and biological perspective, health, then security; in public places and the rights that women have and they should exercise.

The day concluded with the Vote of Thanks by Dr. Manini Srivastava, before which she also swore an oath of solidarity to fight for the rights of women, along with everyone in the audience

The audience that included about thirty five students from the bachelor's program, the master's program and the doctorate program interacted freely with the speakers, asked questions and participated with delight and inquisitiveness. Such programmes, when organised in the department, prove to be of extreme importance by stirring discourse on important and uncomfortable topics of conversation allowing everyone in the room a fresh perspective on topics that are usually considered taboo. The Mission Shakti program, 2022 in its fourth Phase was thus extremely fruitful.

Snaps from the Day











