

# **AWARENESS SEMINAR:**

## **CREATING A CULTURE OF RESPECT**

**Student Name: BAZIL-UDDIN-KHAN**

**Roll Number: 24K-0559**

**Department: CS**

**Course Instructor: Miss KHUSHBOO FARID**

**Date of Submission: 24th April 2025**

### **Key Takeaways:**

1. The main points that we learned was the definition of harassment and how it can occur in various forms and what are the forms of harassment for example verbal, physical, emotional, or even digital etc.
2. The seminar emphasized the importance of respect in every environment like whether it is educational, professional, or social and how it helps to form a foundation for a safe and inclusive culture.
3. A strong focus was given to legal frameworks like what we were able to learn from Miss Adv-Uffafah regarding the legal bindings etc like we discussed with examples regarding the Protection against Harassment of Women at the Workplace Act for example Mam Munzazza Siddiqui gave an example regarding the Harassment done by an geo news employee according to her geo removed from him from his office despite years of experience and this shows how institutions are required to implement law with strict policies against harassment.
4. The key point that was highlighted that the responsibility lies on both men and women as they both can be victims, and we also discussed what important responsibilities are on the men and how they can have a role in preventing and addressing harassment issues.
5. The importance of reporting mechanisms and support systems within organizations was stressed, including the role of inquiry committees and the responsibilities of management like the main things that were discussed that regarding the undisclosed cases where the cases are been not reported. Also we were able to learn that how if someone god forbid faces Harassment so how he should file a complaint with proper facts to help him to persecute the culprit.

6. We also learned about power dynamics and how they can sometimes enable or hide harassment, making awareness and education even more critical.
7. Another main point was that how electronic etc media could play a role to make it more helpful to counter Harassment as we learnt the responsibility of media.
8. We also understand the importance and main points on Sdg 5, sdg 16

## Personal Reflections:

I found the seminar was very much helpful because it contains all the relevant facts about harassment. According to my experience I was able to learn what is the actual definition of Harassment in terms of legal terms. As it is something that we often hear about, but probably we couldn't always fully understand the laws or systems in place to protect individuals. I appreciated how the session connected as the panel was very much completely brilliant as not only from legal side we understood different real-life scenarios, which made it easier to relate to. Like relating to Andrew Tate or etc we got to know that how to unfollow those who try to disunite the society. I also understood the situations that when especially like online etc where people are harassed but they don't report it out of fear or are having lack of knowledge are why doing wrong by not reporting it. This seminar made me realize how important it is to speak up and to support others who might be going through something like this. It also made me reflect on the small ways we can all contribute to a culture of respect just by listening, setting boundaries, and not tolerating offensive behavior as just a joke.

## Recommendations:

By seeing the success of this seminar I would recommend different topics on which upcoming seminars could be done as I feel it might contribute a lot to the society which might be neglected the some are :

1. Upcoming seminars could focus on **digital harassment and cyberbullying**, especially since a lot of our communication and interactions now happen online so we could discuss more in detail how to use the acts been stated in constitution to reduce these types of Harassments.
2. Another important topic could be **mental health and harassment**, like exploring how these two are connected and how victims can be able to seek help.
3. It would also be useful to have workshops on **how to intervene as a witness** and the proper way to support someone who reports harassment.
4. Lastly, a session focusing specifically on **harassment laws and rights for students** in universities and colleges would be really informative.