

**22 November 2024**

**SRI GURU GOBIND SINGH COLLEGE OF COMMERCE**

**UNIVERSITY OF DELHI**

**INTERNAL QUALITY ASSURANCE CELL  
ONLINE SEMINAR**

The Internal Quality Assurance Cell (IQAC) of Sri Guru Gobind Singh College of Commerce (SGGSCC), in collaboration with the Internal Complaint and Gender Sensitisation Committee (ICGSC), successfully organized an online seminar titled Understanding Gendered Experiences of Mental Health on 22 November 2024.

The seminar was led by Ms. Shivika Khurana, a psychotherapist educator, who delivered an insightful lecture on how gender dynamics influence mental health. The session aimed to promote inclusivity and empathy through a deeper understanding of gender-sensitive approaches to mental health care.

The event began with a virtual felicitation of the Principal and Ms. Shivika Khurana, followed by the Principal's motivational address. Ms. Shivika Khurana's thought-provoking presentation offered fresh perspectives on mental health challenges influenced by gender. The session also included an engaging Q&A segment, where participants posed insightful questions, making the discussion interactive and impactful.

The seminar received positive feedback from attendees, marking it as a successful and enriching event. It was a valuable initiative that highlighted the college's commitment to raising awareness on critical social issues.

# What is Mental Health?

Terms in the brain graphic: Grief, Anxiety, Phobia, Depression, Panic, Post-Traumatic Stress, Shame, Hello my home is.

1:21 PM | Session on Understanding Gendered Experien...

Participants: Shivika Khurana, Rekha Sharma, principal office, Prableen Kaur, Rachna Sethi, Ankit Chawla 224050, 73 others, Arshjyot Kaur 234006.

# Gendered roles and their burden

1. What Are Gender Roles?  
Socially constructed expectations about behaviors, responsibilities, and roles deemed appropriate for men and women.  
Men: Breadwinners, emotionally stoic, strong.  
Women: Caregivers, nurturing, emotionally expressive.

2. Mental Health Burdens of Gender Roles


**For Men:**  
Pressure to suppress emotions leads to increased risk of depression and suicide.  
Fear of stigma when seeking help.  
Stress from being the sole provider.

**For Women:**  
Emotional labor and caregiving responsibilities contribute to anxiety and burnout.  
Balancing career and family leads to chronic stress.  
Gender-based violence and harassment exacerbate mental health issues.

1:41 PM | Session on Understanding Gendered Experien...

Participants: Shivika Khurana (Presenting), Ankit Chawla 224050, Rekha Sharma, principal office, Jaspreet Kaur 234004, Rachna Sethi, Gurleen Kaur Sehgal, 63 others, Arshjyot Kaur 234006.

Gurleen Kaur Sehgal (Presenting)



**Dr. Jatinder Bir Singh**  
Principal,  
Sri Guru Gobind Singh  
College of Commerce

Shivika Khurana

Rachna Sethi

Prableen Kaur

principal office

Rekha Sharma

Ankit Chawla 224050

77 others

Arshjyot Kaur 234006

1:17 PM | Session on Understanding Gendered Experien...

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