

## **Girls' Association**

**Convener: Dr. Neelam Kumari**

Girls' Association of Zakir Husain Delhi College organised many programs in session 2023 to 2024 . talk on 'teenage to womanhood' organised by Girls' association on 6th March 2024. Dr Neelam Kumari Convenor of Girls' association welcomed dr. Rachana Gupta and Dr. Rita presented a potted plant to her. The seminar aimed to educate young girls about the physical and emotional transitions associated with puberty and womanhood. Dr. Rachna Gupta's interactive session included a robust question-and-answer segment, where attendees had the opportunity to address their concerns and clarify doubts regarding the changes they were experiencing. Topics covered included puberty, menstruation, reproductive health, and self-care practices. Through Dr. Rachna Gupta's expertise and engagement, participants gained valuable insights and information, empowering them to navigate this transformative phase of life with confidence and understanding. The event provided a supportive environment for young girls to learn and grow, ensuring they left with the knowledge and resources needed to embrace womanhood positively. Further, Girls' Association of Zakir Husain Delhi College organised one day annual fest on the eve of woman's day (7 march 2024) .In this program different competitions were held like debate competition, mehndi competition, poster making competition, rangoli making competition , dance competition, singing competition. The three best participants in each competition were awarded with certificate of appreciation and prize money. Different teachers played their part by being judges across different competitions, and the management of the event was well co-ordinated by the core team of the society.