

SDG 05

GENDER EQUALITY



LIST OF ACTIVITIES

SR. NO.	ACTIVITY TITLE
1	Poster Competition on Gender Equality at CUST
2	Gender Equality Awareness Session: A Visit to a Govt School
3	Gender Equality Awareness Session: A Visit to an Academy
4	Gender Equality Awareness Session: A Visit to an Orphanage
5	SDG's EXPO 2025: Gender Equality
6	Awareness Session on Women's Health and Equality
7	Awareness Session on Polycystic Ovary Syndrome (PCOS)

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ACTIVITY 01: POSTER COMPETITION ON GENDER EQUALITY

Organized By:
The Department of Management
Sciences in collaboration with the DSE.



A vibrant poster competition on gender equality was held at the Capital University of Science and Technology (CUST) in Islamabad, where students passionately shared their thoughts and insights on the significance of gender equality in our society. This event aimed to raise awareness about Sustainable Development Goal 5 (SDG 5) – Gender Equality, with a particular focus on key targets:

§ 5.1: Ending all forms of discrimination

§ 5.5: Ensuring women's full participation in leadership

§ 5.C: Adopting policies for gender equality

The competition encouraged students to creatively express how gender equality contributes to a more just and equitable world, where every individual, regardless of gender, has the opportunity to thrive in all aspects of life. Through their imaginative posters, students highlighted the urgent need for equal rights, opportunities, and access to resources.



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ACTIVITY 02:

GENDER EQUALITY AWARENESS SESSION: A VISIT TO A GOVT SCHOOL

Organized By:
The Department of Management
Sciences in collaboration with the DSE.



Being SDG 05 Ambassador, Ms. Haleema had the privilege to visit a government school for boys in phase 7, where she was dedicated on talking on topics like Gender Equality, which highlighted Sustainable Development Goal 5. This initiative aims to empower underprivileged children, by providing them with educational opportunities and personal growth experiences. Her main goal was to raise awareness about gender equality, emphasizing its importance in today's society. Gender equality means ensuring that everyone, regardless of their gender, has the same rights, responsibilities, and opportunities. It is essential especially for boys to maintain this equality by fostering an environment of respect and understanding, where all voices are heard and valued.



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ACTIVITY 03:

GENDER EQUALITY AWARENESS SESSION: A VISIT TO AN ACADEMY

Organized By:
The Department of Management
Sciences in collaboration with the DSE.



The session began with a warm welcome by Ms. Haleema Mohsin, SDG 05 Ambassador, who introduced the purpose of the event. A brief overview of gender equality was presented, focusing on equal rights, opportunities, and mutual respect for all genders. It was followed by:

- Interactive Talk on Gender Equality
- Group Activities and Games
- Storytelling Session
- Question & Answer Session
- Equality Pledge

The event aimed to promote awareness and understanding of gender equality among academy students. The goal was to encourage respectful attitudes, challenge stereotypes, and inspire young minds to support fairness and equal opportunities for all genders.



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ACTIVITY 04:

GENDER EQUALITY AWARENESS SESSION: A VISIT TO AN ORPHANAGE

Organized By:
The Department of Management
Sciences in collaboration with the DSE.



The primary goal of this session was to educate and engage boys at the orphanage in conversations around gender equality, challenging stereotypes, and encouraging respect and fairness towards all genders from a young age. It aimed to shape positive attitudes and promote empathy, understanding, and shared responsibility. The key highlights of the event were:

- Introduction to Gender Equality
- Storytelling and Real-Life Examples
- Interactive Group Discussion
- Role Play Activity
- Creative Expression
- Equality Pledge



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ACTIVITY 05: SDGS EXPO 2025: GENDER EQUALITY

Organized By:
The Directorate of Sustainability
and environment



Ms. Haleema Mohsin organized an interactive activity at a university expo to promote gender equality, aligning with SDG 5.

The activity challenged traditional gender roles by having male participants prepare and serve green tea, a task typically associated with women. This sparked discussions about the limitations of gender stereotypes and how challenging them can foster fairness and inclusivity in both personal and professional settings.

The initiative was well-received, particularly by female students, and aimed to encourage critical thinking about gender roles and promote equal participation for all genders.



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ACTIVITY 06: AWARENESS SESSION ON WOMEN HEALTH

Organized By:
The Department of Bioinformatics
and Biosciences



The Department of Bioinformatics and Biosciences, GENIX society in collaboration with DSE, organized an awareness session on women's health and equality at Concordia College, focusing on Sustainable Development Goal 5.6 (Ensure universal access to sexual and reproductive health and reproductive rights). The event promoted a culture of inclusivity and respect, inspiring students to contribute to women's health and equality.

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ACTIVITY 07: AWARENESS SESSION ON POLYCYSTIC OVARY SYNDROME

Organized By:
The Department of Bioinformatics
and Biosciences



The Department of Sustainability and Environment (DSE), in collaboration with the Genix Society, Department of Bioinformatics and Biosciences, Capital University of Science and Technology, conducted an awareness session on Polycystic Ovary Syndrome (PCOS) at Punjab College on March 1, 2025. The session aimed to educate young women about PCOS's causes, symptoms, and long-term health implications, promoting early diagnosis and lifestyle management. Key objectives included raising awareness about hormonal imbalance, menstrual irregularities, and mental health issues associated with PCOS, while providing guidance on dietary and medical interventions. The interactive session empowered students to seek timely medical help and adopt preventive measures. This initiative contributed to SDG 5.6 (Ensure universal access to sexual and reproductive health and reproductive rights), fostering good health, well-being, and gender equality among young women.

