

REPORT

The Department of Sociology organized an Extension lecture on the topic "Role of Women in Sports – A Sociological Perspective" in the college on 23rd September 2025. The lecture was organized under the guidance of Prof. (Dr.) Anita Kaushal, Principal of the college.

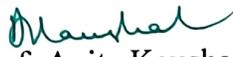
The Lecture was delivered by Prof. (Dr.) Sanjay Tewari from the Department of Russian Academy of Social and Fundamental Sciences, Moscow. Around 35 students actively participated in the event. This event was organized both as an activity of Department and SEWA Pakhwara. Dr. Amrit Kaur warmly welcomed the guest speaker and Head of the Department. While introducing the Guest Speaker, she said that lecture was organized to understand how gender and sports are connected and how society has shaped the experiences of women in the World of Sports and attempted to bring gender equality.

While addressing the students and faculty, the Guest speaker Prof. (Dr.) Sanjay Tewari shared that it was initially challenging for him to introduce the idea of studying sports from a Sociological Perspective. He explained that, historically, sports have been dominated by men due to patriarchal structures in society. The system considered women unfit for competitive and physically demanding activities. As a result, women were often excluded and faced many barriers—both social and structural. These systems often viewed women as unfit for physically demanding or competitive sports, leading to their exclusion and marginalization.

However, over time, things have improved. Women have broken many barriers, challenged old stereotypes, and succeeded in various sports fields. Despite this progress, the journey towards full equality is still ongoing. Women face many challenges in the World of Sports," he said. These challenges are not just physical or competitive, but deeply rooted in social attitudes and historical beliefs. For a long time, traditional gender roles have shaped how society views women's participation in sports—often portraying them as weak, emotional, or less capable than men. These outdated theories must be deconstructed and questioned. Only then can we create a space where women are truly seen as equals in sports and beyond. A sociological perspective helps us break down these long-standing stereotypes and move towards a more inclusive and fair society. The lecture focused on how sports not only reflect physical performance but also represent larger social beliefs and gender norms.

At the end of the session, Dr. Ranjay Vardhan extended heartfelt thanks to all the dignitaries, faculty members, students, and especially to the guest speaker, Prof. (Dr.) Sanjay Tewari, for making the event meaningful and inspiring. He stated that there is an urgent need to take steps to minimize rather eradicate gender inequality and women should be an active participant in national development. Dr. Amrit Kaur and Dr. Seema Chauhan coordinated the Lecture.


Dr Ranjay Vardhan
Head, Department of Sociology


(Prof. Anita Kaushal)
Principal



