

Government Post Graduate College, Ambala Cantt. Haryana

Affiliated to Kurukshetra University, Kurukshetra, Haryana



Gender Equity Programs Performed in 2021-22

Action Plan 2021-22

Acti vity	Organized by	Objective	Tentative Date
1	WDC	Organizing competitions to create Awareness related to women issues	October/ December 2021
2	WDC	Awareness Program to keep health and Hygiene for Girls	October 2021
3	WDC	Workshop of Dietician for A move towards Emotional and Physical Fitness	November 2021
4.	WDC	Awareness program about the rights of women	November 2021
5	WDC/ICC	Awareness program about the POSCO Act and Domestic Violence Laws for women	December 2021
6	WDC	Organizing Workshops on skill development	January / April 2022
7	WDC	Increased knowledge about the rights of women by organizing National workshop/ Webinar Women at Workplace: Issues and Challenges	February 2022
8	WDC	Celebration of Women's day	March 2022
9	WDC	Organizing Online National Webinar on Health issues of Women	April 2022
10	WDC	Organizing Art of Living Program for mental Peace	April 2022
11	YRC	Organizing camp for Anemia Checking	May 2022
12	NSS		June 2022

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13	LLC	Organizing competitions on Beti Bachao Beti Padhao Awareness Programs on Legal Rights of Women	June 2022
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Gender equity Programs in 2021-22

Sr. No	Activity	Organized by	Date	No of participants	Resource Person
1	Two Extension on the topic 1. Cancer related Genealogical Problem 2. Tips related to personal Hygiene	Women Cell	30.10.21	100+10	Dr. Komal Balwani Naturopathic Doctor
2	5 days workshop by on the topic A move towards Emotional and Physical Fitness	Women Cell and Rotary Hospital Ambala Cantt	16.11.2021 to 22.11.2021	600	Dietician Shiva Singh, Rotary Hospital Ambala Cantt
3	Two Extension Lectures on the topic 1. Status of Women in Politics of Haryana: Panchayat to Parliament 2. Indian Constitution and Women Empowerment	Women Cell	29.11.2021	80	Dr. Ram Ji Lal, Ex Principal, Dayal Singh College, Karnal

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4	Ten Day Workshop on Art and Craft	Women Cell	29.11.2021 to 10.12.2021	140+10	Ms. Asha Verma, art and craft teacher
5.	Seven competitions on the theme 1. Healthy women-Healthy society, 2. Importance of Balanced Diet, 3. Importance of Hygiene 4. Empowered women-Empowered society, 5. Gender sensitization, 6. Junk food vs Healthy food	Women Cell	11.12.2021	50	PPT, Poetry Recitation, Declamation, Essay writing, Article writing, Poetry writing and Debate
6	Two Extension Lectures 1. POSCO and Penal laws for the protection, 2. Domestic Violence laws of women	Women Cell	80+10	80+10	Ms. Palak Gupta, Advocate in Supreme Court of India, New Delhi
7	National level Webinar, Topic: Food and Nutrition Education for Healthy Living	Women Cell in collaboration with ED Cell	24.01.2022	More than 200	Ms. Meenal Sharma Vikram Batra K11 Education Pvt.Ltd. New Delhi,

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8	National level Webinar Topic: Women Empowerment through Skill Development	Women Cell in collaboration with ED Cell	27.01.2022	220	Ms. Neha Gupta Motivational Speaker and Career Counselor Panchkula
9.	National seminar cum webinar Topic Women at workplace : issues and challenges	Women Cell in collaboration with IQAC and ARDC	08.02.2022	300	Dr. Sudesh, Director of HRDC , KUK Advocate Sudesh Kumari, Kurukshetra Ms. Gurmeet Devi, Socialworker Yamuna Nagar.
10	National Webinar Topic: Looking at Women's Health Through the Lens of Ayurveda	Women Cell	07.04.2022	175	Dr, Ambika Dhiman, Ayurvedic Consultant, President House, New Delhi
11	Celebration of Women's day by watching Women oriented movie	Women Cell	08.03.22	70	

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12.	Awareness Programme attended by students at Karnal	Haryana State Commission for Women in Collaboration with National Commission for Women	04.03.2022	15	
13.	One Day Workshop Topic : Skill Development and Career Opportunities in the Field of Textile Design and Fashion	Women Cell in Collaboration with ED Cell and Physics Deptt.	20.04.2022	80	Dr. Meeta Gawri HOD Fashion Marketing and Dr. Shweta Sharma, HOD Textile Design from NIIFT Mohali
14.	Five Day Art of Living Workshop	Women Cell in collaboration with NSS	29.04.2022 to 03.05.2022	80	Mr. Pateek and his team, Ambala Branch
15.	Anemia checking Camp for girl students and Female staff	YRC	14.05.22	300	
16.	Competitions (Poetic Recitation, Declamation, Poster Making, Slogan Writing) Topic: Beti bachao Beti Padhao	NSS in Collaboration With Women Cell	11.06.22	50	

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1. Two Extension Lectures by Dr. Komal Balwani on 30.10.21 on the Topics “Cancer related Genealogical Problem” and “Tips related to personal Hygiene”



2. 5 days workshop by Dietician Shiva Singh, Rotary Hospital Ambala Cantt 16.11.2021 to 22.11.2021 on the Topic “A move towards Emotional and Physical Fitness”



पौष्टिक आहार लेना बहुत जरूरी है : शिवा

अम्बाला | गवर्नमेंट पीजी कॉलेज में महिला प्रकोष्ठ ने भावनात्मक व शारीरिक फिटनेस की ओर एक कदम विषय पर 5 दिवसीय कार्यशाला का आयोजन किया। मुख्यातिथि आहार विशेषज्ञ शिवा कुमार थे। प्रिंसिपल अरुण जोशी ने बच्चों को बताया कि आज के भाग दौड़ वाले समय में पौष्टिक आहार लेना बहुत जरूरी है। मौके पर प्रो. हरदीश कौर, प्रो. नेहा रानी, प्रो. कुसुम भाटिया, प्रो. अंजू तंवर, प्रो. शिल्पा, प्रो. ममता, प्रो. अंजना, प्रो. अजय गौरी ने सहयोग दिया। प्रो. देशराज बाजवा व प्रो. शगुन आहूजा मीजुद थे।

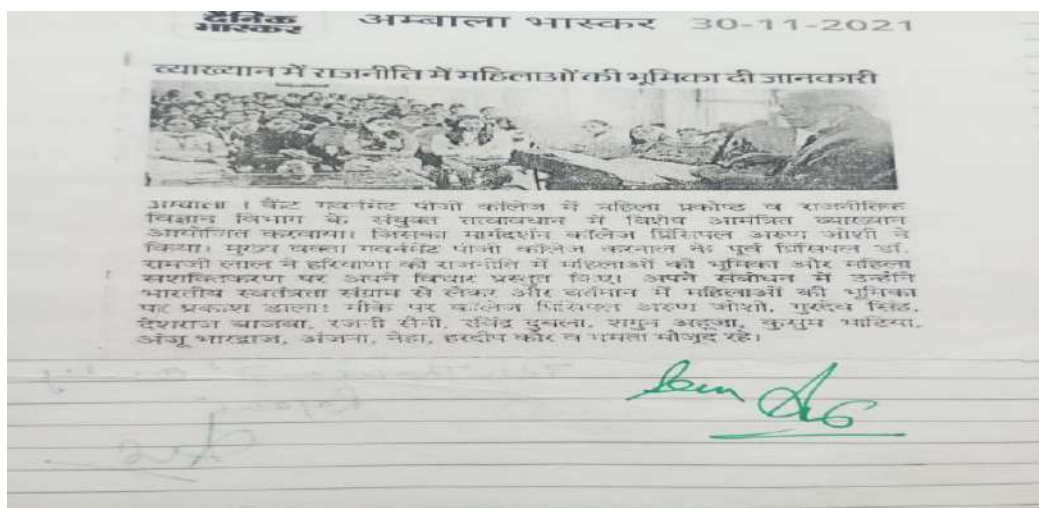
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3. Two Extension Lectures by Dr. Ram Ji Lal, Ex Principal, Dayal Singh College, Karnal on 29.11.2021 on the Topics “Status of Women in Politics of Haryana: Panchayat to Parliament” and “Indian Constitution and Women Empowerment”



4. Ten working days workshop on Art and Craft was organized by Women Development Cell from 29 November, 2021 to 10 December, 2021.





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स्टूडेंट्स को कला और शिल्प का महत्व बताया



अम्बाला | कैंट गवर्नमेंट कॉलेज के महिला प्रकोष्ठ की विषय कला और शिल्प पर कार्यशाला के चौथे दिन मुख्यातिथि कला और शिल्प विशेषज्ञ आशा वर्मा रही। प्रिंसिपल अरुण जोशी ने बच्चों को कला और शिल्प का महत्व बताया। आशा वर्मा ने बच्चों को कार्यशाला के अंतर्गत पेंटिंग, बेस्ट आउट ऑफ वेस्ट, टाई एंड डाई को एक नया रूप देने की तकनीक के बारे में सिखाया। छात्राओं ने अनुपयोगी वस्तुओं को उपयोग में लाकर कुछ नया सीखने का प्रयास किया। मौके पर महिला प्रकोष्ठ की संयोजिका प्रो. रजनी सैनी, प्रो. देशराज बाजवा, प्रो. अंजू भास्कराज, प्रो. नेहा रानी, प्रो. हरदीश कौर, प्रो. अंजू तंवर, प्रो. शिल्पा, प्रो. ममता, प्रो. अंजना मौजूद थे।

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5. On 11 December, 2021, Women Cell of the college organized seven competitions



6. Two Extension Lectures of Advocate Palak Gupta on the topic "Sexual Harassment of women at work place, Posh Act"



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7. National Webinar on the topic “Food and Nutrition Education for Healthy Living” on 24.01.2022



8. National Webinar by Resource person was Ms. Neha Gupta, on 27.01.2022 on the topic “Women Empowerment through Skill Development”



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9. Women Development Cell of the college organized National seminar cum webinar in collaboration with IQAC and ADRC on 8 February, 2022. Topic of the seminar was “Women at workplace : issues and challenges”.



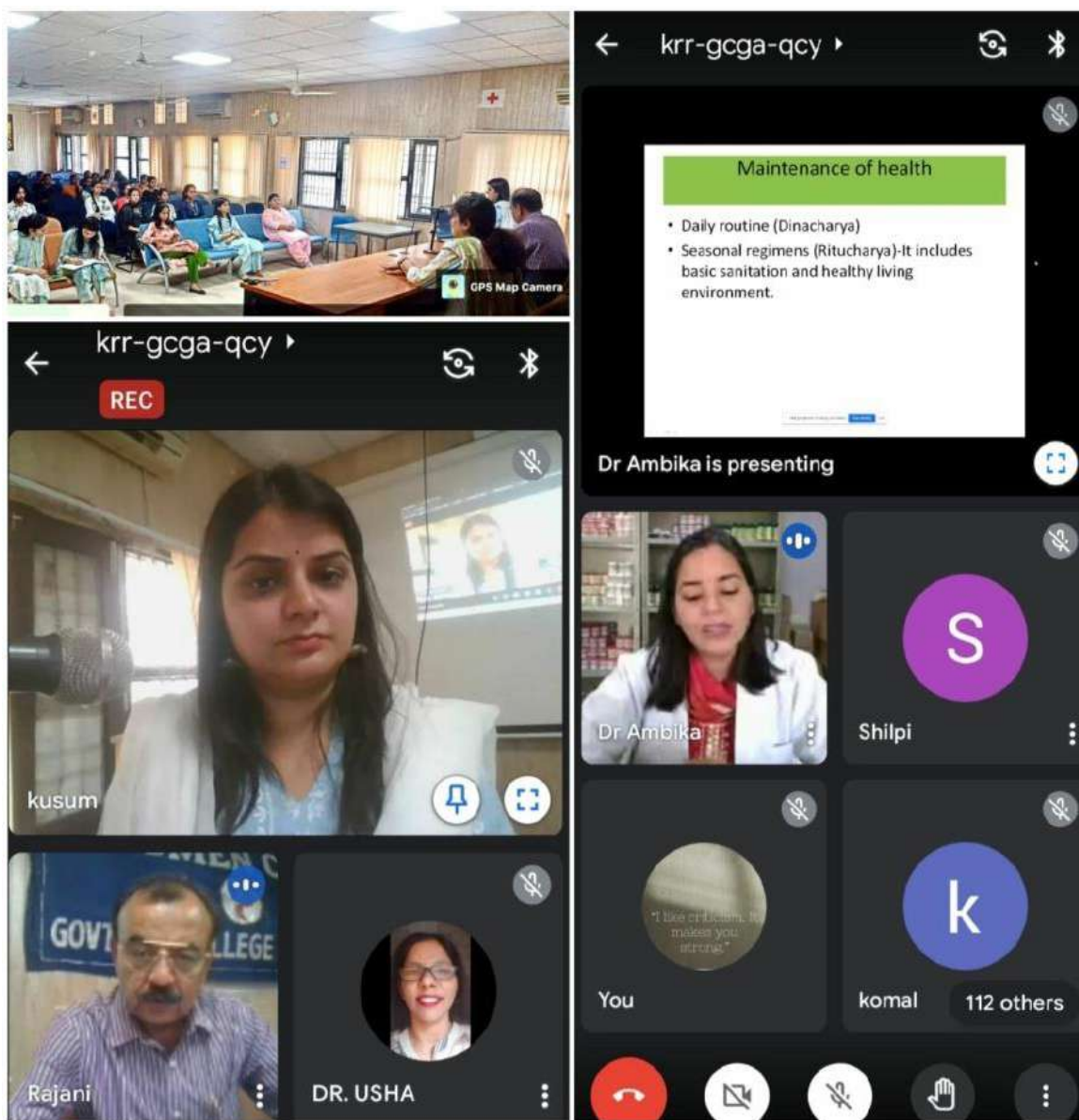
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10. One day National Webinar on the topic “Looking at Women's Health through the Lens of Ayurveda” was organized by the Women Development Cell of the college to celebrate the World Health Day on 7 April, 2022.



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11. Celebration of Women's Day by showing women oriented film to female staff members and girl students on 08/03/2022



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12. 15 students attended the One day Awareness Programme to aware Girl students and women about their rights by organized by Haryana State Commission for Women in Collaboration with National Commission for Women on 4th March, 2022.



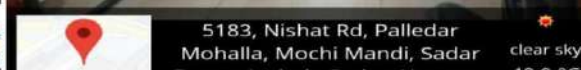
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13. One Day Workshop on the topic “Skill Development and Career Opportunities in the Field of Textile Design and Fashion”



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14. Five Day Art of Living Workshop by Mr. Pateek and his team from Ambala Branch from 29.04.2022 to 03.05.2022



15. Anemia checking camp for girls and staff organized by YRC on 14.05.2022



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कविता पाठन में निशा व भाषण में हर्ष रहे प्रथम

अभ्यासा। गवर्नमेंट पीजी कॉलेज व कुमन सेल की तरफ से बेटों बचाओ बेटों पढ़ाओ पर प्रतियोगिताओं का आयोजन किया गया। कविता पाठन में निशा ने पहला, तान्या ने दूसरा व डिंकी ने तीसरा प्राप्त किया। भाषण में हर्ष ने पहला, सिमरन ने दूसरा व अनिका ने तीसरा स्थान प्राप्त किया। पोस्टर मेकिंग में दीपक ने पहला, निखिल ने दूसरा, प्रीति ने तीसरा स्थान प्राप्त किया। स्लोगन लेखन में निखिल ने पहला, रिया ने दूसरा व निशा ने तीसरा स्थान प्राप्त किया। मौके पर प्रिंसिपल अरुण जोशी, कुमन सेल इंचार्ज प्रो. रजनी सैनी, एनएसएस इंकाई इंचार्ज डॉ. आभा चौधरी, प्रो. कुसुम भाटिया, प्रो. हरदीरा कौर, प्रो. नेहा व प्रो. अंजना मौजूद रहे।

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17. Organized legal Awareness program (Domestic Violence, Cyber crime, rights of women at workplace) by Legal literacy cell on 15. 06.22



अम्बाला भास्कर 16-06-2022

कपूर, करलव, गुरदास, मुस्कान, सानम, प्रयका, श्वता, विनय, प्रमलान, स्नेहा, केशव, हिमांशु, प्रशांत, नारायण एवं अनुपम व अन्य मौजूद रहे।

महिला अधिकारों, हेल्पलाइन व एप्स के बारे में बताया



अम्बाला । कैंट के राजकीय स्नातकोत्तर महाविद्यालय में कानून साक्षरता प्रकोष्ठ व महिला प्रकोष्ठ के संयुक्त तत्वावधान में छात्राओं के लिए घरेलू हिंसा व कार्यस्थल पर महिला उत्पीड़न संबंधित व्याख्यान करवाया गया। पुलिस विभाग से वीरेंद्र कुमार ने साइबर क्राइम के बारे में विस्तार से बताया। डिस्ट्रिक्ट लीगल सर्विसेज अथॉरिटी से बलराम ने विद्यार्थियों को घरेलू हिंसा कानून के बारे में बताया। थाना महेश नगर अम्बाला कैंट से एएसआई सरोज ने महिलाओं से संबंधित अधिकारों के बारे में चर्चा की और महिला हेल्पलाइन व एप्स के बारे में बताया। मौके पर कार्यवाहक प्रिंसिपल गगनदीप कौर, प्रो. गुरविंदर सिंह, डॉ. रविकांत, प्रो. रणदीप, प्रो. अंजू भारद्वाज, प्रो. सुजाता, प्रो. अंजना, प्रो. प्रभजोत, प्रो. हितेश मौजूद रहे।