



Sh. L.N. Hindu College, Rohtak

Affiliated to M.D University, Rohtak

A post Graduate Co- Educational College, Bhiwani Road, Rohtak

Accredited by NAAC with 'B' (2.74) Grade

Annual Report

On

Women Cell

(2020-21)

Mrs. Anila Bathla

Convener of Women Cell

Assistant Professor (Sanskrit)

Sh. L.N. Hindu College, Rohtak

Ph.No: 9017177657

E-Mail : anilabathla471@gmail.com

WOMEN CELL



In a co-educational institution Women Cell occupies an important place especially for sensitizing students regarding women related issues. We, at Sh. L.N. Hindu College strive hard to build up a society with social and economic gender equality as envisaged in the Constitution of India.

VISION

The college visualizes a future where women empowerment is no more a goal but a reality. Assurance of justice and equity in society to women by extending academic, financial, emotional and moral support is the focal point of the vision of the institution. **MISSION** To train women to acquire wide range of skills and knowledge and to develop and increase their social, economic and intellectual capacities for peace, security and prosperity of mankind.

OBJECTIVES

The Objectives of the Women Cell are stated in the tasks of the Mission. The Women Cell seeks to inculcate through its programs:

- Belief in self as a woman by empowering them.
- To provide for academic excellence. • To inculcate the value of discipline in the students.
- To provide an excellent infrastructure.
- To ensure that girls have the social and technical skills needed for living and working in the modern world and are flexible in their approach to careers.
- Holistic development through promotion of participation in curricular and co-curricular activities beyond their curriculum.
- To sensitize values of citizenship through civic sense, public conduct, leadership, rights and responsibilities.
- To stimulate respect and sensitivity for the others through exposure to cultural diversity, languages and human rights.
- Identification of strong leadership, change-makers among women and girls and building their capacity

Activities of the Women Cell during the session 2020-21

1. Rakhi Making Competition

On August 2, 2021, Rakhi making competition was organized on the occasion of Rakhi festival under the aegis of Women's Cell in Shri Lal Nath Hindu College. The Convener of Women's Cell, Mrs. Anil Kumari said that 15 girls participated in the Rakhi Banao competition, the girls sent a video of 3 minutes, on the basis of which the decision was taken by the jury. The judges were played by Mrs. Anil Kumari and Dr. Reecha. Iknor (B.Com III) First, Diksha M.Sc. Divitay, Archana B.Com III III, Mamta B.Sc I received the consolation award. The competition was organized under the leadership and guidance of Principal Dr. Vijay Kumar.



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Women Cell
Organizing
Online Rakhi Making Competition



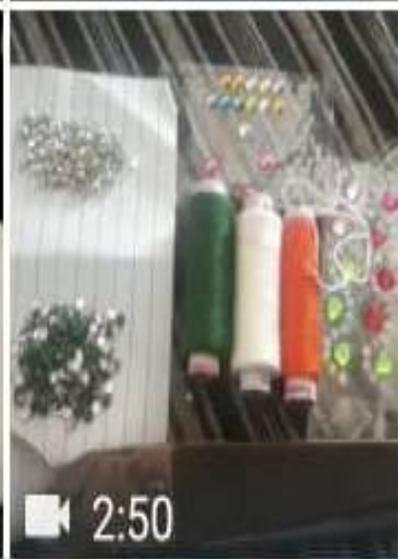
Rules/Instructions for Competition:-

- 1) Art work should be original.
- 2) All UG. & PG. Students can participate.
- 3) Interested students may submit three minute video with their Name , Class , Roll no. , Phone no. , Email latest by Aug 01, 2020 to the following teachers.
a) Mrs. Anila Bathla (Ph.no. 9017177657) b) Mrs. Richa Bhatnagar (Ph.no. 8168296310)
- 4) Decision of Jury will be final.
- 5) Result will be declared on Aug 02, 2020
- 6) E-Certificate will be given to winners on their Email.

Co-Convener
Mrs. Richa Bhatnagar

Convener
Mrs. Anila Bathla

Principal
Dr. Vijay Kumar





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2019-20

Certificate of Appreciation

WOMEN CELL

Online Rakhi Making Competition

This is to certify that Mr./MS. Diksha
of M.Sc 1st participated in Rakhi Making
and got Second position.

Richa
Co-Convener
Dr. Richa

Anila
Convener
Dr. Anila bathla

Vijay
Principal
Dr. Vijay Kumar



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2019-20

Certificate of Appreciation

WOMEN CELL

Online Rakhi Making Competition

This is to certify that Mr./MS. Iknoor Kaur
of B.Com 3rd participated in Rakhi Making
and got First position.

Richa
Co-Convener
Dr. Richa

Anila
Convener
Dr. Anila bathla

Vijay
Principal
Dr. Vijay Kumar

2. National Webinar on “Yoga and Ayurveda”

Under the aegis of Women's Cell of Shri Lal Nath Hindu Mahavidyalaya, Rohtak, a one-day national webinar was organized by Mrs. Anil Kumari, whose theme was "Yoga and Ayurveda" on 25th August 2020. The keynote speaker of the program was Swami Jogendra Yogacharya. In the beginning, co-convenor Praveen Sharma welcomed the keynote speaker and the participants. After that, the Principal of the college, Dr. Vijay Kumar, while welcoming the keynote speaker, told Yoga and Ayurveda the need of the future world. Describing the importance of Yoga and Ayurveda in his address, he inspired the participants to make Yoga and Ayurveda the basis of their lives by taking inspiration from the statement. Introducing the keynote speaker, coordinator Anil Kumari underlined the importance of the webinar, clarifying the topic of yoga. The statement of Swami Jogendra Yogacharya was knowledgeable and useful. In his speech, he described yoga as the best way to relieve stress. He told that there have been many thinkers and scriptures in the Indian path of knowledge. At present, the most popular is Ashtanga Yoga, preached by Maharishi Patanjali. In which Asana and Pranayama became most popular.



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WOMEN CELL Organizes NATIONAL WEBINAR ON YOGA AND AYURVEDA



AUGUST 25,2020 (TUESDAY)

TIME: 10:00A.M.

Resource Person

SWAMI JOGENDER ACHARYA

RENOWNED YOGACHARYA

Platform –Zoom app

Click here for registration –

<https://forms.gle/dqdBCk9nWtLrPwQy5>

Chief Patron

Sh.Rajesh Kumar Sehgal
(President, Hindu Educational society, Rohtak)

Patron

Dr. Vijay Kumar
Principal

Coordinator

Mrs. Anil Kumari

Zoom Meeting

Recording...

Participants (36)

Find a participant

Dr. Vijay Kumar (Host) [Mute] [Video Off]

anila bathla [Mute] [Video Off]

Chandna Jain c21f6859 [Mute] [Video Off]

Raunak Singh [Mute] [Video Off]

Galaxy A30 [Mute] [Video Off]

Dr. Neel... [Ask to Unmute](#) [More](#)

Dr. Rajni kumar [Mute] [Video Off]

Dr. Suman Chandra [Mute] [Video Off]

Dr. Sunny Kapoor [Mute] [Video Off]

Dr. Neelam Maggu [Mute] [Video Off]

Dr. Chitra Sharma [Mute] [Video Off]

Dr. Deepthi Sharma [Mute] [Video Off]

DRIPOMLA [Mute] [Video Off]

vo V15 Triple Camera

वेबिनार में योग व आयुर्वेद का महत्व बताया

रोहतक। लालनाथ हिंदू महाविद्यालय के महिला प्रकोष्ठ के तत्वावधान में एक दिवसीय

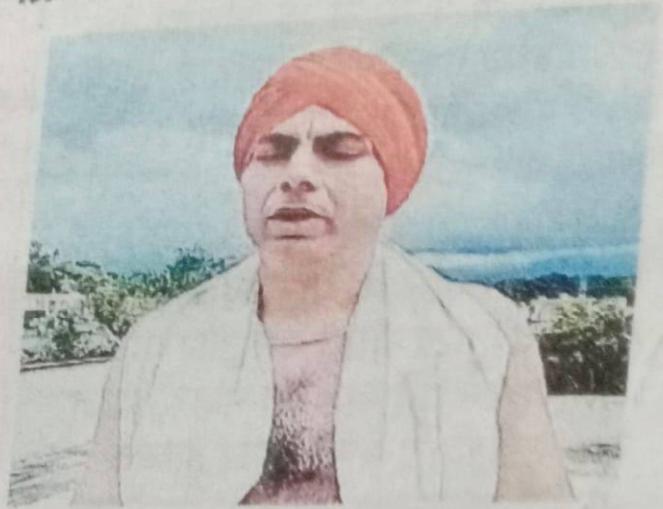


राष्ट्रीय वेबिनार का आयोजन किया गया। इसका विषय योग एवं आयुर्वेद रहा। यहां लोगों को योग व आयुर्वेद की जानकारी दी गई। वेबिनार की संयोजन अनिल कुमारी रही। मुख्य वक्ता स्वामी जोगेंद्र योगाचार्य ने योग को तनाव दूर करने का सर्वोत्तम साधन बताते हुए कहा कि भारतीय ज्ञान

मार्ग में अनेक चिंतक हुए हैं। वर्तमान में सर्वाधिक लोकप्रिय महर्षि पतंजलि के अष्टांग योग हैं। इसमें आसन व प्राणायाम सर्वाधिक लोकप्रिय हुए हैं। मानव प्राणायाम को अपनाकर अपना जीवन स्वस्थ बना सकता है। अंत में वरिष्ठ प्राध्यापिका डॉ. उमा शर्मा ने मुख्य वक्ता व प्रतिभागियों का आभार जताया। सह संयोजक प्रवीण शर्मा ने मुख्य वक्ता व प्रतिभागियों का स्वागत किया। प्राचार्य डॉ. विजय कुमार ने योग व आयुर्वेद को भविष्य के विश्व की आवश्यकता बताते हुए योग व आयुर्वेद का महत्व समझाया।

तनाव दूर के लिए योग कारगर, क्रियाओं से अवगत कराया

जासं, रोहतक : श्रीलाल नाथ हिंदू कालेज के महिला प्रकोष्ठ की ओर से योग एवं आयुर्वेद विषय पर एक दिवसीय राष्ट्रीय वेबिनार का आयोजन किया गया। स्वामी जोगेंद्र योगाचार्य प्रतिभागियों को विभिन्न प्राणायाम और योग क्रियाओं से अवगत कराया। उन्होंने कहा कि तनाव को दूर करने लिए योग से बेहतर साधन नहीं कार्यक्रम के सह संयोजक प्रवीण शर्मा, डा. उमा शर्मा आदि इस दौरान सुद रहे।



श्रीलाल नाथ हिंदू कालेज के राष्ट्रीय वेबिनार में योग का महत्व बताते जोगेंद्र योगाचार्य। • विज्ञप्ति

3. Health Check Up

On 29.12.2020, under University Outreach Program and Women's Cell, free health checkup for women was organized by Shri Lal Nath Hindu College in Baniyani village. The camp was organized by Dr. Promila and Dr. Under the direction of Chitra. For women's health checkup, Dr. Kamala Verma (SMO) Kalanaur, Dr. Himanshi and his team Sonia, Pooja, Suresh and Seema (Asha worker) in this routine health checkup of women, HB test, BP check, other health problems related to women were investigated and Medicines related to them were also distributed. Use less salt and use more green leafy vegetables because anemia was found in most women and BP was found to be high, about 74 women were examined in the camp. Principal Dr. Vijay Kumar thanked Dr. Kamala Verma and Dr. Himanshi and their team. He said that Hindu College would also organize various such medical camps according to the needs of the village and Hindu College would play an important role in Prime Minister's Swasth Bharat Abhiyan. Dr . Himanshi said that if Hindu College organizes any health camp in future also, we will have full cooperation with them. In the camp, Bansi Vich, sarpanch of Bansi village and library caretaker Balwan ji and students Kavita, Seema, Sweta, Sahil, Rohit and Ajay assisted.





4. Extension Lecture

Under the chairmanship of Vijay Kumar, an online extension lecture was organized by the Women's Cell on the topic "Development of Women's Rights in India". There is such a belief about India that the status of women here in ancient times was very low. In fact we find many such examples where the status of women is seen as high in Indian society. On this occasion Principal Dr. Vijay Kumar Said that we should investigate the right situation by analyzing the misconceptions spread about the Indian society. After this, Dr. Baldev Singh Mehra, former chairman of the Department of Sanskrit, MDU and Dean of the Faculty of Humanities, spoke point-wise in his scholarly lecture. Resolved the misconceptions and threw light on the Acts related to women's rights of the present times. After this, the doubts of the participants were also resolved by them. At the end of the program Senior Professor Dr. Uma Sharma thanked all the participants including the guest lecturer. On the online platform Mrs. Madhu Aroda, Dr. Anju Deshwal, Dr. Rajni Kumari and other professors were present



श्री लाल नाथ हिन्दू महाविद्यालय, रोहतक
महर्षि दयानन्द विश्वविद्यालय, रोहतक द्वारा मान्यता प्राप्त
स्नातकोत्तर सहशिक्षा महाविद्यालय, भिवानी रोड, रोहतक
[NAAC द्वारा 'बी' ग्रेड (2.74) प्राप्त]

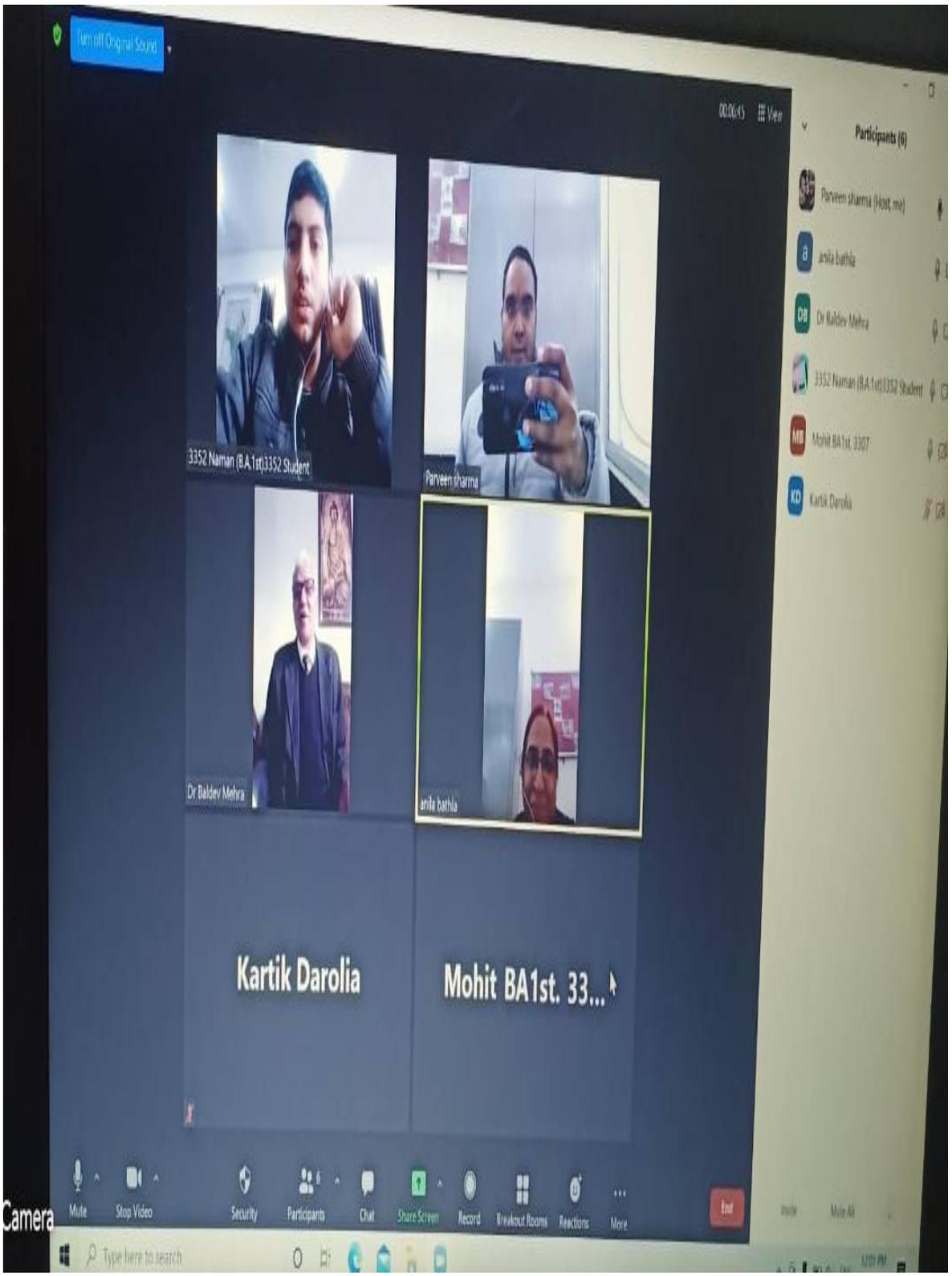
दिनांक - 29 जनवरी 2021
महिला प्रकोष्ठ द्वारा आयोजित
"भारत में महिला अधिकार का विकासक्रम"
विषय पर अतिथि व्याख्यान

अतिथि व्याख्याता : डॉ. बलदेव सिंह मेहरा
भूतपूर्व विभागाध्यक्ष,
संस्कृत विभाग, मदवि, रोहतक
व्याख्यान से जुड़ने के लिये जूम एप 12:00 अवसर पर नीचे क्लिक करें
[click here](#)

आयोजन समिति :
श्रीमती अनिल कुमारी
(समन्वयिका, महिला प्रकोष्ठ)
9017177657

प्रवीण शर्मा
9802556912

प्राचार्य
डॉ. विजय कुमार



5. One Day Online Workshop on “Pranayam for good health of Body and Mind in Covid -19”

Under the auspices of Shri Lal Nath Hindu Mahavidyalaya, an online one-day workshop was organized by "Women's Cell". On this occasion, Principal Dr. Rashmi Chhabra said "Pranayama - the dimension of health of mind - body in the era of coronavirus" is a need to be healthy from the mind and in the era of this coronavirus, we have to say that whatever guidelines have been issued by the government All of them have been made keeping our safety in mind, so all of us should follow the guidelines given by the government and advised everyone to get the vaccine. The keynote speaker of this workshop, Swami ji, while explaining the importance of Prayanaam, said that along with the body - Along with this, Pranayama also has a lot of effect on the mind. Swamiji told that 20% of sick we are from the body and 80% of the sick we are from the mind, so we need to keep both body and mind healthy and the only way to keep both of them healthy is Pranayama. He made the practice of Bhastrika, Kapalbhati, Vilom and also told - Udgit Pranayama and Anulom, Dhamari, Singh Kriya, Rechak, Kumbhak, Puraka and their importance. And he said in the end that if our feelings and feelings are positive then our future will also be happy. Around 400 participants took part in this workshop. In the end Dr. Uma Sharma while expressing thanks said that the biggest gift for us is Yoga.



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Women Cell Organises

One Day Workshop on

Pranayam for Good Health of Body and Mind in COVID-19

कोरोनावायरस के दौर में तन- मन की स्वास्थ्यता का आयाम: प्राणायाम

Friday

May 7, 2021

Time: 9:30 am.



Joining link for the
workshop:

<https://us02web.zoom.us/j/89938651150?pwd=WkZCRDhMV2x0WlZMZlIiQm9keGRZUT09>

Meeting ID: 899 3865 1150

Passcode: 98765

Keynote Speaker

Swami Jogender Yogacharya Ji

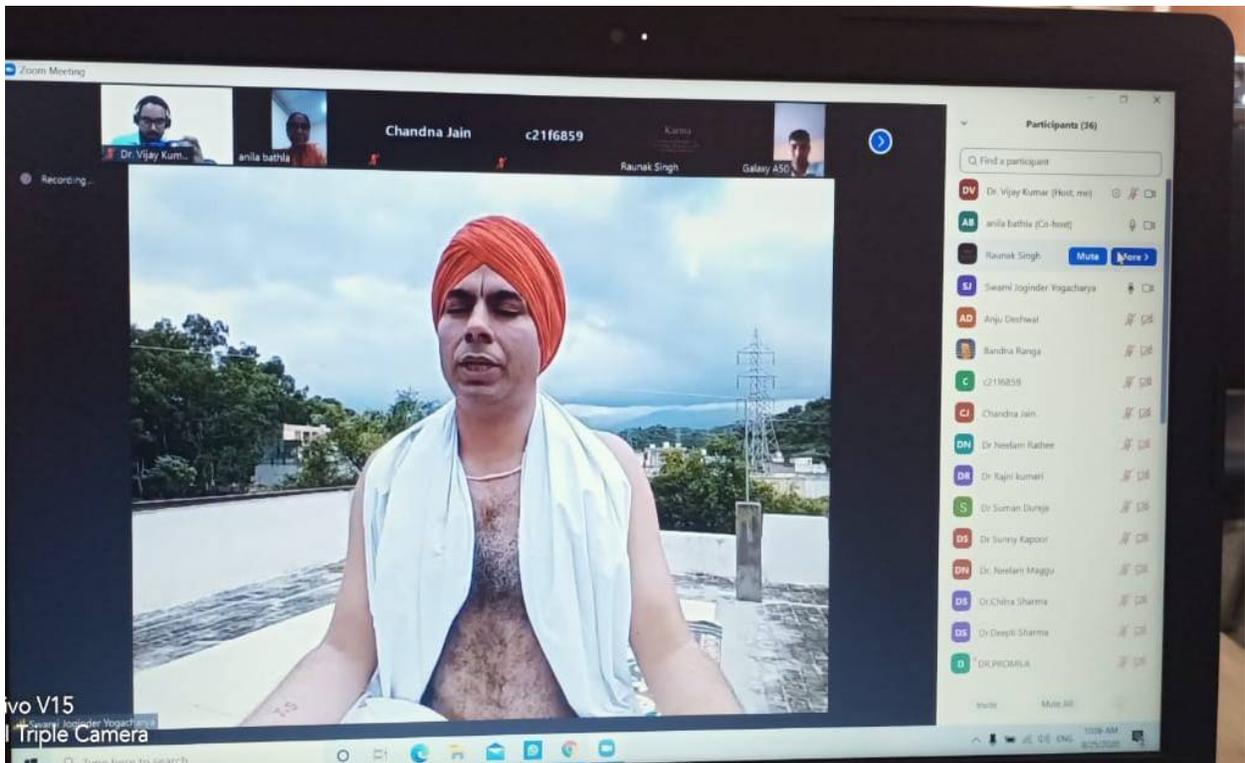
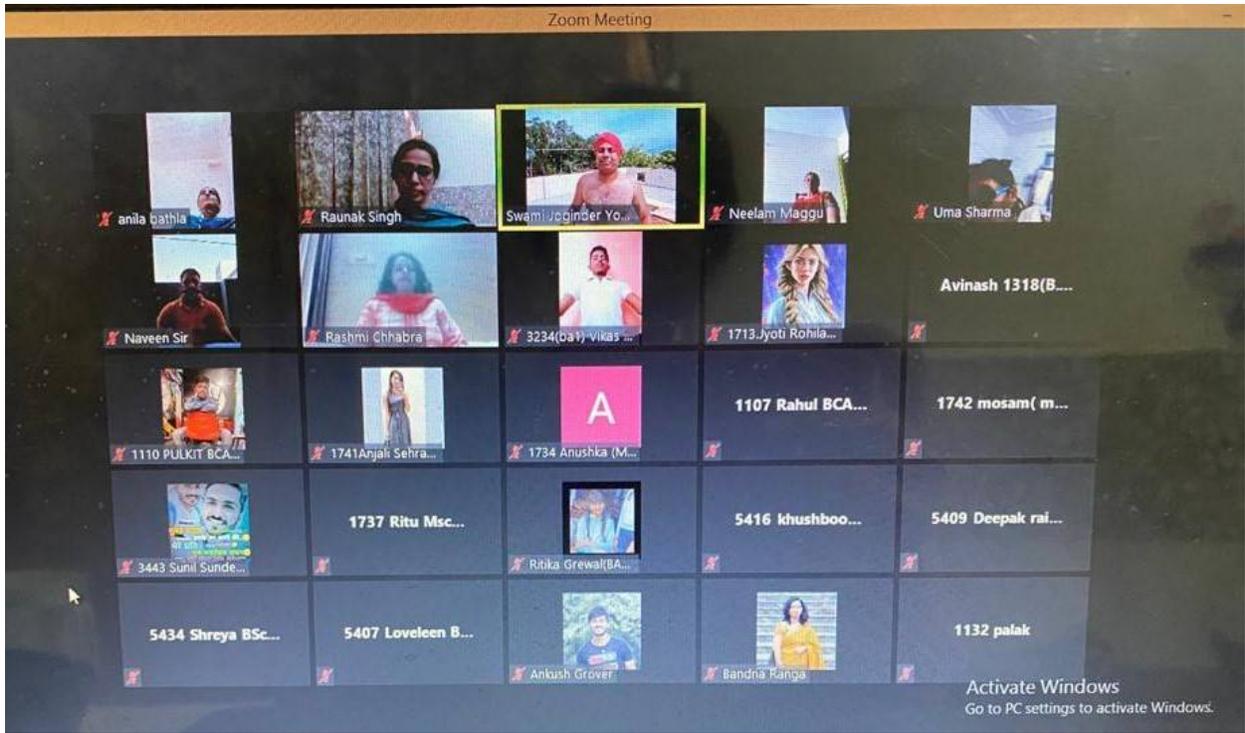
Organising Committee

Mrs Anila Bathla

Ms Raunak Rathee

Principal

Dr Rashmi Chhabra



6. Online State Level Slogan and Poster Making Competition

Under the auspices of the Women's Cell in Shri Lal Nath Hindu Mahavidyalaya, a state level online poster and slogan making competition was organized on May 10, 2021 on the occasion of Mother's Day. The competition was organized under the chairmanship of Principal Rashmi Chhabra. In her remarks, the Principal, while highlighting the importance of mother, told the importance of events like Mother's Day. In his speech, he said that the place of mother is the highest. In order to increase the values of respect and love for their parents in the students, such events are very necessary. Through this type of competitions, creativity can also be developed in the students. He also congratulated the convener of the organizing committee Mrs. Anila Bathla and member Praveen Sharma and all the students for the successful organization of the competition. 20 participants from different colleges of the state participated in the competition in which Anjali, B.Sc. third year, Rajiv Gandhi Government College, Bhiwani got first place, Poonam, B.Ed first year, Singh Ram Memorial College, Umra, Hisar second and Ankit, B.Com third year. , Shri Lal Nath Hindu Mahavidyalaya, Rohtak secured third position.



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[NAAC द्वारा 'बी' ग्रेड (2.74) प्राप्त]

दिनांक -10 मई 2021
महिला प्रकोष्ठ द्वारा आयोजित
"अन्तर्राष्ट्रीय मातृदिवस"
के उपलक्ष्य में
राज्यस्तरीय आन्लाइन पोस्टर एवम् स्लोगन निर्माण प्रतियोगिता

नियम

- 1 एक महाविद्यालय से दो प्रतिभागी भाग ले सकते हैं ।
- 2 सभी प्रतिभागी अपने पोस्टर या स्लोगन का छायाचित्र (फोटो) दिनांक 10 मई 2021 को सायं छः बजे तक निम्नलिखित दूरभाष संकेतों पर आयोजन समिति को भेज सकते हैं ।
- 3 प्रतियोगिता के प्रथम तीन प्रतिभागियों को प्रमाण पत्र दिये जायेंगे ।

आयोजन समिति :
श्रीमती अनिल कुमारी(विभागाध्यक्षा)
9017177657

प्रवीण शर्मा
9802556912

प्राचार्या
डा रश्मि छाबडा

