

Sh. L.N. Hindu College, Rohtak



WOMEN CELL

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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.

- To conduct seminars and workshop to impart knowledge of opportunities and tools available and train the women.
- Organizing different activities to make women aware of their health, sports, self-defense etc.
- Conducting various competitions to encourage their artistic talents for creative thinking
- To highlight the importance of spirituality, health, hygiene and safety
- Celebration of International Women's Day on March 8th, every year
- To inculcate entrepreneurial attitude among young girls, scientists at the earliest so that they can be "job providers" rather than "job seekers".
- Counseling services related to gender discrimination, right to education, right to equality etc.



Activities of the Women Cell during the Session 2018-19

Activities of the Women Cell during the Session 2019-20

Activities of the Women Cell during the Session 2018-19

1. “Rakhi Making Competition” organized by Women Cell on 20th August, 2018, Dr Arun Jain, Madhu Arora, Anil Kumari gave judgement, Dr Shikha Phogat organized the activity.



2. Extension Lecture on “Women Empowerment” organized on 29 September, 2018. Dr Sonia Malik, Professor, Deptt. Of Psychology, M.D.U Rohtak was the resource person for the day. She explained that it is necessary to provide a healthy environment so that they can make decisions of her own for each and every sphere of life.



3. Workshop on “Masterful Mentoring and Stress Management through Meditation” was organized on 31st January, 2019. Mrs. Seema Charla delivered the lecture. She highlighted how the positivity in teachers can affect the minds of the students. A special focus was laid on the need of meditation for the feelingful and stress-free relationship between the teachers and students.



4. “International Women’s Day” celebration on 8 March, 2019, organized by Women Cell in collaboration with Old Students Association. On this occasion, Inter – College Competition was organized in which 10 colleges from Rohtak participated in various cultural events like Group Dance, Group Song, Solo Dance, Solo Song & Literary events.





Activities of the Women Cell during the Session 2019-20

1. “Mehandi Competition” organized on 17 October, 2019 by Women Cell in collaboration with Home Science Department. 25 students participated in the competition. Dr. Rashmi, Dr. Anju, Dr. Shikha judged the competition.



2. Spiritual Lecture on “Discovering Inner Beauty” organized on 23 January, 2020. Prof. Sandeep, Engineering College, Delhi was the main speaker. In his lecture, he stated that by stabilizing our inner- self, we can discover the beauty within. One should be confident to conquer every struggle in life.



3. Extension Lecture on “Be happy and empower through meditation” conducted on 07 February, 2020. Dr Sunita Arora, Associate Professor, Govt. College, Kaithal was the resource person. He elaborated the importance of meditation by stating that in this materialistic world, only meditation can bring satisfaction and happiness in our lives.



ध्यान-अभ्यास के बारे में विद्यार्थियों को किया जागरूक

रोहतक, (मनमोहन कथूरिया): सावन कृपाल रूहानी मिशन द्वारा लाल नाथ हिन्दू कॉलेज में ध्यान-अभ्यास के माध्यम से सुखी व सशक्त जीवन विषय पर एक दिवसीय आध्यात्मिक कार्यशाला का आयोजन किया गया। जिसमें विशेष रूप से कॉलेज के सभी स्टाफ को ध्यान-अभ्यास व उससे जुड़े विभिन्न पहलुओं की जानकारी दी गई कि अगर हम अपने जीवन में ध्यान-अभ्यास को प्रमुख रखते हैं तो इसके द्वारा हम अपने अंतर में प्रभु की सत्ता से जुड़ते हैं, जिससे कि हम अपने अंदर सुख, शांति व प्रेम का अनुभव करते हैं। सावन कृपाल रूहानी मिशन के सदस्य तरुण ने बताया कि हम अपने जीवन की प्रत्येक जिम्मेदारियों का निर्वाह भली-भाँति करते हैं,



लाल नाथ हिन्दू कॉलेज में ध्यान अभ्यास बारे जानकारी देते सावन कृपाल रूहानी मिशन के सदस्य।

जिसके द्वारा हमारे जीवन में सुख, शांति व समृद्धि आती है। इसके साथ-साथ हमारा दृष्टिकोण भी सकारात्मक हो जाता है। हमें अपने जीवन में आए किसी भी उतार-चढ़ाव, सुख-दुःख, लाभ-हानि आदि का कोई असर नहीं होता क्योंकि हम ये अपने

अंदर अनुभव कर चुके होते हैं कि ये सुख-दुःख सिर्फ हमारे शरीर के साथ जुड़े हुए हैं और पिछले कर्मों के कारण आ रहे हैं। हमारा अपने जीवन को देखने का नजरिया ही बदल जाता है। मिशन द्वारा प्रकाशित आध्यात्मिक साहित्य भी निशुल्क उपलब्ध कराया गया।

पंजाब केसरी

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4. An Online Workshop on “How to stay happy and busy during Covid19” was organized on 17 April, 2020 by Women Cell. BK Uma Didi was the main speaker. All the staff members attended the workshop and learnt how to deal with the tough situation.



5. An Online Workshop on “The Power of Positivity in this Pandemic Phase” was organized on 29 April, 2020 by Sawan Kirpal Ruhani Mission. A total of 60 students and faculty members attended the Online Zoom meeting where they learnt how meditation can help us live a life with positive attitude which in turn brings peace and harmony in today's pandemic situation.