



Sh. L. N. Hindu College, Rohtak

Annual Report of Women Cell

Session 2022-23



Cordinator

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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 cocurricular 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.

Sr.No.	Date	Activity	No. of Participation	Page No.
1	27-09-22	Declamation Competition	15	4-6
2	07-11-2022	Extension Lecture	90	7-8
3	22-11-2022 to 26-11-22	Health Check-up Camp	250	9-12
4	13-02-2023	Declamation Competition	20	13-15
5.	15-02-2023	Participate in Maharsi Dayanand Sarswati Jayanti in M.D.U	25	16-17
6.	19-06-2023 to 21-06-2023	Three days Yoga Training Workshop	78	18-20

Activities of the Women Cell during the session 2022-23

1. Declamation Competition

Women Cell organized a Declamation Contest on September 7, 2022. 15 students from different streams participated in declamation contest., Dr. Promila Yadav , Dr. Deepti and Dr. Sunny Kapoor as a jury in this contest . The purpose of this contest was to create an understanding among the students that in today's changing circumstances and the role of the Women has changed, Students gave their views on the following topics:-

1. Gender Equality
2. Ending Violence against Women
3. Economic Justice for Women.
4. Reservation System in India.

Shekhar B.A.1st Year, got 1st position, Urvashi B.A.2nd year, got 2nd position , Yesnagpal B.A.Final Year got 3rd position and Satyam B.A.1st Year, got Consolation prize in this contest.



Sh. L.N.Hindu College, Rohtak

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A Post Graduate Co-Educational College Accredited By NAAC With 'B'(2.74) Grade

Women Cell

Organizes
Declamation Competition
On
September 7, 2022

Topic of Competition:

1. Gender Equality
2. Ending Violence against Women
3. Economic Justice for Women.
4. Reservation System in India

Rules/Steps for Competition:

1. Medium: English or Hindi
2. All UG & PG students can participate.
3. Duration of Live Presentation: 3-5 minutes
4. Certificate : 1st , 2nd , 3rd position holder will get certificate for the same
5. Decision of Jury will be final.



Dr Promila Yadav
Co-ordinator

Dr. Rashmi Chhabra
Principal





भाषण प्रतियोगिता में शेखर प्रथम और उर्वशी द्वितीय रही



रोहतक | श्री लाल नाथ हिन्दू कॉलेज की महिला प्रकोष्ठ ने डॉ. रश्मि की अध्यक्षता में भाषण प्रतियोगिता की। महिला प्रकोष्ठ संयोजिका डॉ. प्रोमिला ने बताया कि प्रतियोगिता के विषय लिंग असमानता, महिला के खिलाफ अंतहीन हिंसा तथा आरक्षण रहे। प्रतियोगिता में 15 विद्यार्थियों ने भाग लिया। प्राचार्य डॉ. रश्मि छाबरा ने सभी विजेताओं को बधाई देते हुए कहा कि ऐसी प्रतियोगिताओं के आयोजन का उद्देश्य विद्यार्थियों के आत्मविश्वास को बढ़ाना है। उनके व्यक्तित्व का विकास करना है। निर्णायक मंडल की भूमिका में डॉ. दीप्ति व डॉ. सनी कपूर द्वारा निभाई गई। प्रतियोगिता में प्रथम स्थान शेखर बीए द्वितीय वर्ष, दूसरा स्थान उर्वशी बीए तृतीय वर्ष तथा तीसरा स्थान यश नागपाल बीए तृतीय वर्ष तथा सांत्वना पुरस्कार सत्यम बीए प्रथम वर्ष ने प्राप्त किया।

2. Extension Lecture

Extension lecture on the topic "Cancer Awareness –Faith over Fear" was organized under the auspices of the Women Cell and YRC on National Cancer Awareness Day on November 7, 2022. The useful talk was delivered by Dr. Jolly Health Counselor Indian Red Cross Society. She told that Cancer awareness is an essential aspect of promoting early detection, prevention, and treatment of cancer. It involves educating individuals about the risk factors, symptoms, and available resources to tackle this devastating disease. Through cancer awareness, we help individuals can take charge of their health, seek timely medical attention, and embrace the strength needed to face cancer head-on. By working together as a community to support one another, we can make significant strides in reducing the impact of cancer and improving the lives of those affected by it. Ninety students attended the lecture from different streams.



SH. L.N. Hindu College, Rohtak

(Affiliated to M.D.U., Rohtak)

Youth Red Cross

in collaboration with

Women Cell


Organize

An Extension Lecture

On

National Cancer Awareness Day

Topic: Cancer Awareness - Faith over Fear



Resource Person :
Dr. Jolly
Health Counselor
Indian Red Cross Society
(Drug de addiction and
Rehabilitation Centre)

Date : November 07, 2022
Time : 11:15 am
Venue : Madhav Sabhagar



3. Five days Health Checkup Camp For Women

A Five days Health Checkup Camp for Women was organized under the auspices of the Women Cell and YRC on November 22 to 26, 2023. The objective of this program was to conduct a complete health checkup of the girl students studying in the college and to provide them proper guidance to become health conscious. On the first day of the health check-up camp, Dr. Kavita and her team from the District General Hospital examined the students of HB, B. P., height measurement, weight etc. were examined, on the second day the health of the girl students was examined by Dr. Nisha Gynecologist and her team from the District General Hospital itself and medicines were provided to them. On the third day, District Red Cross Society Rohtak The students were taught subtle postures related to PCOD / PCOS, problems related to menstruation, exercises for dance and humor, and Pranayama as well as meditation by Health Consultant Mrs. Jolly. On the fourth day of the camp, we and you social Chirag and Arun Govind, associated with the Welfare Society, told the girl students about the prevention and remedy of Thalassemia and balanced diet to increase the amount of hemoglobin. On the last day of the health camp, sanitary pads were distributed to the women in the slum area of Rajendra Colony by the volunteers and they were also told about the precautions to be taken during menstruation. At the closing ceremony of the camp, the college principal Dr. Rashmi Chhabra said that this In the five-day Women's Health Check Up Camp, different types of activities were conducted every day, the aim of which was to make all the girl students aware of their health. In the future also, everyone should be aware of their health, so a separate counseling session was also organized. Professor Neelam Maggu, who was a special guest in the program, said that we have to keep our young generation healthy and health conscious to secure the future of the society. He said that girls are the foundation of two families, if they remain healthy then only we will be able to keep our home, family and society safe and healthy. 250 students from different streams participated in this Health Checkup Camp.



SH. L.N. Hindu College, Rohtak

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Youth Red Cross

Youth Red Cross

In collaboration with

Women Cell

Organize

5 Days Health Checkup Camp for Women

November 22, 2022 – November 26, 2022

Venue: YRC Office

Activities

- *Full Body Test (HB, BP, Sugar)*
- *Workshop on Yoga Therapy for Release Stress*
- *Yoga Exercise as a Solution to pcod/pcos/mp & Laughter Therapy*
- *Extension Lecture by Gynecologist*
- *Extension Lecture on Balanced Diet*
- *Extension Lecture on Balanced Hemoglobin*
- *Extension Lecture on Thalassemia*



महिलाओं को वितरित किए सेनेटरी पैड

संवाद न्यूज एजेंसी

रोहतक। लाल नाथ हिंदू महाविद्यालय में पांच दिवसीय महिला स्वास्थ्य शिविर का सोमवार को समापन किया। डॉ. प्रोमिला यादव समन्वयक महिला प्रकोष्ठ ने बताया कि शिविर का उद्देश्य छात्राओं को उनके स्वास्थ्य के प्रति जागरूक करना है। अंतिम दिन सोमवार को राजेंद्र कॉलोनी के स्लम एरिया में स्वयंसेवकों ने महिलाओं को सेनेटरी पैड वितरित किए। उनसे जुड़ी हुई सावधानियों के बारे बताया।

डॉ. शालू जुनेजा ने 5 दिनों की गतिविधियों का ब्योरा देते हुए कहा कि डॉ. कविता व उनकी टीम ने छात्रों की एचबी, बीपी, हाइट मेजरमेंट, वजन की जांच की गई। दूसरे दिन डॉ. निशा महिला रोग विशेषज्ञ ने छात्रों के स्वास्थ्य की जांच कर दवाइयां प्रदान की। तीसरे दिन जोली ने छात्रों को सूक्ष्म आसन पीसीओडी, पीसीओएस से जुड़ी समस्या के



स्लम एरिया में महिलाओं को सेनेटरी पैड वितरित करते लाल नाथ हिंदू महाविद्यालय के विद्यार्थी। विज्ञापन

लिए व्यायाम व प्राणायाम का अभ्यास करवाया। शिविर के चौथे दिन हम और आप सोशल वेलफेयर सोसाइटी से जुड़े चिराग व उनकी टीम ने थैलेसीमिया के निवारण, उपाय व हीमोग्लोबिन की मात्रा को बढ़ाने के लिए संतुलित भोजन के बारे में छात्राओं को जागरूक किया। इस अवसर पर महाविद्यालय प्राचार्य डॉ. रश्मि छाबड़ा ने कहा कि पांच

दिवसीय स्वास्थ्य जांच शिविर में रोजाना अलग-अलग प्रकार की गतिविधियां करवाई गईं, जिनका उद्देश्य सभी छात्राओं को उनके स्वास्थ्य के प्रति सजग करना रहा। कार्यक्रम के समापन पर स्वयंसेवकों को प्रमाणपत्र व स्मृति चिह्न देकर सम्मानित किया। इस मौके पर साक्षी, कोमल, मुस्कान, स्वाति, विनय ग़ोवर, प्रशांत, कृष्णा, ललित, दीपांशु मौजूद रहे।

रोहतक | श्री लालनाथ हिंदू महाविद्यालय में चल रहे पांच दिवसीय महिला स्वास्थ्य शिविर का प्राचार्या डॉ. रश्मि छाबड़ा की अध्यक्षता में सोमवार को समापन हो गया। इस दौरान मंच संचालन डॉ. प्रोमिला यादव ने किया। उन्होंने कहा कि इस शिविर का उद्देश्य छात्राओं को उनके स्वास्थ्य के प्रति जागरूक करना है क्योंकि आज की व्यस्त दिनचर्या में स्वस्थ रहना कठिन है। आज हर आयु के व्यक्ति को तनाव है और उसकी इस तनाव का प्रभाव

4. Declamation Competition

Women Cell organized a Declamation Contest on February 13, 2023 to celebrate the Sarojni Naydu Jayanti. The topic of declamation was “**Express Yourself**”. The program's purpose is to inform the students about the life of Sarojni Naydu so that they can move ahead by taking inspiration from students through her unyielding spirit and determination in the face of numerous challenges. She broke barriers in a male-dominated society and rose to prominent positions in public life, serving as the first woman President of the Indian National Congress and later becoming the first woman to hold the status of a state governor in India. as you strive to achieve your dreams and make a positive impact on the world, remember the extraordinary life of Sarojini Naidu. Let her passion for education, her dedication to her craft and her unwavering commitment to her principles guide your journey. Believe in yourselves, pursue knowledge, and let your voices be heard - just as the Nightingale of India did in her time. Dr. Promila Yadav, Dr. Chitra Sharma, Dr. Neelam Radi and Dr. Seema Gosai as a jury in this contest. 20 students from different streams participated in declamation contest. Komal, B.A.1st year, got 1st position, Latika B.A.1st year, got 2nd position & Lalit and Neha B.A.1st Year got 3rd position in this contest.



Sh. L.N.Hindu College, Rohtak

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Women Cell

Organizes

Declamation Competition

On

Express Yourself

February 13, 2023

Topic of Competition:

1. Role of Women in current scenario

2. Women Empowerment

3. Women Entrepreneurship

Rules/Steps for Competition:

1. Medium: English or Hindi

2. All UG & PG students can participate.

3. Duration of Live Presentation: 3-5 minutes

4. Certificate : 1st, 2nd, 3rd position holder will get certificate for the same

5. Decision of Jury will be final.



Dr Promila Yadav
Co-ordinator

Dr. Rashmi Chhabra
Principal



भाषण प्रतियोगिता में कोमल प्रथम, लतिका द्वितीय

रोहतक, गिरिश सैनी। लाल नाथ हिंदू कॉलेज में वूमैन सेल के तत्वावधान में सरोजिनी नायडू की जयंती के अवसर पर भाषण प्रतियोगिता का आयोजन किया गया। इस कार्यक्रम की अध्यक्षता प्राचार्य डॉ. रश्मि छाबड़ा ने की। वूमैन सेल कोऑर्डिनेटर डॉ. प्रोमिला ने बताया कि प्रतियोगिता का विषय -एक्सप्रेस योरसेल्फ रहा। इसमें प्रतिभागी विद्यार्थियों ने नारी की स्थिति कल और आज, साहित्य में नारी की भूमिका व देश की आर्थिक उन्नति में



भाषण में कोमल प्रथम

रोहतक। श्री लाल नाथ हिंदू कॉलेज में सरोजिनी नायडू की जयंती पर भाषण प्रतियोगिता का आयोजन प्राचार्या डॉ. रश्मि छाबड़ा की अध्यक्षता में किया गया। वूमैन सेल कोऑर्डिनेटर डॉ. प्रोमिला ने बताया कि प्रतियोगिता का विषय एक्सप्रेस योरसेल्फ विषय रहा। जिसमें विद्यार्थियों ने नारी की स्थिति कल और आज,

भाषण प्रतियोगिता में कोमल रही प्रथम



रोहतक। श्री लाल नाथ हिंदू कॉलेज में सोमवार को वूमैन सेल के तत्वावधान में सरोजिनी नायडू की जयंती के अवसर पर भाषण प्रतियोगिता का आयोजन किया

5. Participate in Celebration of Swami Dayanand Saraswati Sawan Jayanti

Women Cell volunteers enthusiastically participated in Maharishi Dayanand Saraswati's second century ceremony organized by Maharishi Dayanand University on February 15, 2023. 25 volunteers participated in the ceremony.



महर्षि दयानंद के विचारों को
अपने चरित्र में समाहित करें
रोहतक। श्री लाल नाथ हिन्दू महाविद्यालय
के एनएसएस, एनसीसी, वाईआरसी एवं
बोयस् गैर्ल्स की ओर से महर्षि दयानंद

रोहतक। श्री लाल नाथ हिंदू
महाविद्यालय के एनएसएस,
एनसीसी, वाईआरसी एवं वूमेन
सैल द्वारा महर्षि दयानंद
विश्वविद्यालय द्वारा महर्षि दयानंद
सरस्वती की द्विशताब्दी के अवसर
पर आयोजित समारोह में
सहभागिता की। प्राचार्या डॉ. रश्मि
लालदा ने कहा कि स्वामी दयानंद



6. Three days Yoga Workshop

Women Cell organized Three days Yoga Training Workshop on 19th -21st June , 2023 to celebrate the International Yoga Day under the aegis of Haryana Yog Aayog Govt. of Haryana with collaboration in Yoga Cell ,YRC ,NCC and NSS. First day an extension lecture on the topic "Ashtang yog " organized. The useful talk was delivered by BEO Phool Sing. On the second day practical session on common yoga protocol was organized under the guidance of Acharya Jogendr ji .On the last day of Yoga Training Workshop celebrated the International Yoga Day celebration. 78 students from different streams participated in this lecture.



Sh. L.N. Hindu College, Rohtak

(Under the aegis of Haryana Yog Aayog, Govt. of Haryana)

Organises

3 Days Yoga Training Workshop

On the occasion of

International Yoga Day, 2023

19th – 21st June, 2023

Schedule:

19th June: Lecture & Discussion on Yoga at 10:00am. (In Madhav Sabhagar)

20th June: Practical Session on Common Yoga Protocol at 8:00 am (Outside HIMT Hall)

21st June: International Yoga Day Celebration at 8:00 am. (Outside HIMT Hall)



Organized by: Yoga Training Cell, YRC, NCC, NSS & Women Cell





रोहतक, गिरीश सैनी (ऋषि की आवाज ब्यूरो)। लाल नाथ हिंदू कॉलेज में जारी तीन दिवसीय योग प्रशिक्षण शिविर के दूसरे दिन की शुरूआत आचार्य जोगिंदर ने गायत्री मंत्र के साथ की। उन्होंने प्रतिभागियों को कहा कि हमारी वर्तमान दिनचर्या में योगाभ्यास से उत्तम कुछ नहीं है। उन्होंने शरीर को स्वस्थ रखने के लिए योगाभ्यास को अनिवार्य बताया। दूसरे दिन के सत्र में प्रतिभागियों ने 21 योगासनों का अभ्यास किया। कार्यक्रम के अंत में वरिष्ठ प्रोफेसर अनिला बठला ने मंचासीन आचार्य जोगिंदर, संजय दयाल सागर, सुनील वर्मा व विकास पवार का आभार व्यक्त किया। उन्होंने प्रतिभागियों के साथ योगाभ्यास के लाभ साझा करते हुए इसे अपनी दिनचर्या का अभिन्न अंग बनाने की अपील की। इस अवसर पर वाईआरसी संयोजक डॉ. शालू जुनेजा, एनएसएस संयोजक डॉ रजनी कुमारी, महिला प्रकोष्ठ संयोजक डॉ. प्रोमिला यादव, डॉ. प्रवीण शर्मा, वंदना कोऑर्डिनेटर एकेडमिक इंचार्ज, डॉ. संदीप, डॉ. रौनक, डॉ.