



Sh. L. N. Hindu College, Rohtak

Annual Report on Women Cell

Session 2023-24



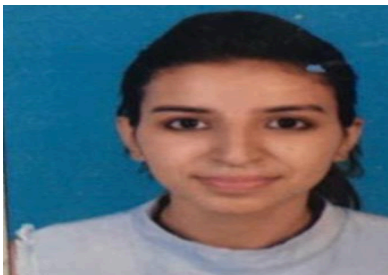
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In a co-educational institution, Women Cell occupies an important place, especially for sensitizing students regarding women-related issues. We, at Sh. L.N. Hindu College strive hard to build up a society with social and economic gender equality as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

VISION

The college visualizes a future where women's 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	09-08-23	State-Level Online Quiz Contest	80	3-6
2	26-09-23	General Health Check-up Camp	107	7-8
3	09-10-23	Utishth Bhart Upkram Pratiyogita	53	9-10
4	27-10-23	General Health Check-up Camp	114	11-12
5.	16-03-24	Extension Lecture	78	13-14

Activities of the Women Cell during the session 2023-24

1.State-Level Online Quiz Contest

Women Cell organized a State-Level Online Quiz Contest on the Quit India Movement on August 9, 2023. A total of 106 college students from various streams and institutions across the state participated in the contest. Dr. Promila Yadav and Dr. Chitra Sharma as a jury in this contest. The State-Level Online Quiz Contest on the Quit India Movement was a resounding success, fostering a spirit of learning and remembrance among college students. Organized by the Women's Cell, the event not only honored a pivotal moment in India's history but also promoted academic excellence and critical thinking. The organizers and participants look forward to more such engaging and educational events in the future.

Sr.No.	Name	Father Name	Class	Institution Name	Position
1.	Priyanka	Sh.Hosiyar Singh	M.A.Ist year	I.G.U.Meerpur,Rewari	1
2.	Monika	Sh.Hosiyar Singh	B.A.1st year	G.C.W.Narnaul	1st
3.	Sumit	Sh. Satish Kumar	B.A.IIIrd Year	Sh.L.N.Hindu,College Rohtak	IInd

4.	Mohan	Sh.Sushil Tiwari	B.A.IIrd Year	Sh.L.N.Hindu,College Rohtak	IInd
5.	Meenakshi	Sh.Dharmveer	B.A.IIIrd Year	Sh.L.N.Hindu,College Rohtak	IIIRD
6.	Neha	Sh.Naveen Kumar	M.A.Ist year	I.G.U.Meerpur,Rewari	IIIRD
7.	Riya	Sh. Ram Niwas	B.A.IIIrd Year	Sh.L.N.Hindu,College Rohtak	Consultation
8.	Vijay Kumar	Sh.Narender Singh	M.A.IIrd Year	N.R.S.Gov.College Rohtak	Consultation

National Level Quiz on Quit India Movement (Responses)

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H107 Sh.L.N Hindu college Rohtak, Haryana

	A	B	C	D	E	F	G	H
1	Timestamp	Email address	Score	Name	Father's Name	WhatsApp NO	Class	Institution Name
2	09/08/2023 10:56:36	panchalnitin048@gmail.c	26 / 100	Nitin	Ramniwas	8950212025	BA 3rd year	Sh.L.N Hindu College Ro H
3	09/08/2023 11:00:51	rahul072467@gmail.com	56 / 100	Rahul	Joginder	9896164093	BA 3rd year	Sh.L.N Hindu college Rol H
4	09/08/2023 11:01:05	jitensinghahuja@gmail.c	28 / 100	Jiten ahuja	Rajesh ahuja	9467398360	B.a 2nd year	Sh.L.N Hindu college Rol H
5	09/08/2023 11:01:57	hansrajangra63@gmail.c	32 / 100	Aman	Nikhil	368 BA		Sh.L.N Hindu college Rol R
6	09/08/2023 11:05:25	pruthipratishtha@gmail.c	38 / 100	Pratishtha	Mr. Sunil Pruthi	9355110022	BA-3	Sh.L.N Hindu college Rol H
7	09/08/2023 11:06:06	ravindergujran100@gmai	50 / 100	Ravinder	Chanderpal	9306133948	BA 3rd year	Sh. Lal nath hindu collag:Ji
8	09/08/2023 11:08:26	parmeet2304@gmail.com	36 / 100	Parmeet saini	Suresh kumar	9896005573	BA 2nd year	Sh. Lal nath hindu collgi:H
9	09/08/2023 11:08:49	ashishwadhwa6279@gm	28 / 100	Ashish	Pankaj kumar	9896790225	BAJMC	Sh.L.N Hindu college Rol R
10	09/08/2023 11:09:09	riyab0700@gmail.com	80 / 100	Riya	Ram niwas	8307020886	BAfinal year6 th sem	Sh. L.N Hindu College Rt H
11	09/08/2023 11:11:41	vkjalandhra2001@gmail.	80 / 100	Vijay kumar	Narender singh	8570031145	MA. Final year Pol sci	NRS gov college, rohtak H
12	09/08/2023 11:12:37	mehndirattasagar9@gma	42 / 100	Sagar Kumar	Sanjay Kumar	8307671811	Ba3rdyear	Sh.L.N Hindu college Rol H
13	09/08/2023 11:14:47	sudeshkhasa290@gmail.	26 / 100	Sudesh	Prem Singh	7404536015	B A final Year	Sh.L.N Hindu college Rol H
14	09/08/2023 11:15:33	tanujachawriya4@gmail.i	26 / 100	Tanuja	Naresh	9050388360	BA 5th sem	SH LN Hindu college R
15	09/08/2023 11:15:46	anjalissehrawat890@gmai	40 / 100	Anjali Sehrawat	Mrs. Baluram	7015318851	B.A.3 year	Sh.L.N Hindu college Rol H
16	09/08/2023 11:18:08	drpromilayadav09@gmai	56 / 100	Varsha	Mr Suraj bhan	9802801390	BA final	Shri LN Hindu College H
17	09/08/2023 11:18:52	lalitjangra111000@gmail.	60 / 100	Lalit	Raj kumar	9992352912	Ba 2 year	Sh.L.N Hindu college Rol H
18	09/08/2023 11:19:41	sii357164@gmail.com	68 / 100	Varsha	Mr. Subhash	8295030217	BA final year	SH. L. N HINDU COLLA(H

Form responses 1

National Level Quiz on Quit India Movement (Responses)

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H107 Sh.L.N Hindu college Rohtak, Haryana

	A	B	C	D	E	F	G	H
1	Timestamp	Email address	Score	Name	Father's Name	WhatsApp NO	Class	Institution Name
19	09/08/2023 11:20:44	smudgii58@gmail.com	86 / 100	Sumit	Mr. Satish khmar	7988248787	Ba 2nd year	Sh.L.N Hindu college Rol H
20	09/08/2023 11:22:37	vksurliia545@gmail.com	48 / 100	Virender	Dhambir	9518082420	B.A 1st year	Sh.L.N Hindu college Rol H
21	09/08/2023 11:23:25	suhagmanisha030@gma	84 / 100	Manesha	Dharamveer	9306131889	BA3	Sh.L.N Hindu college Rol H
22	09/08/2023 11:23:49	mohantiwari8295214358	86 / 100	Mohan	Sushil tiwari	8295214358	BA 2nd	Sh.L.N Hindu college Rol H
23	09/08/2023 11:24:00	tarunkhanna214@gmail.i	40 / 100	Tarun	Bharat bhushan	8307904457	Ba 2nd year	Sh.L.N Hindu college Rol R
24	09/08/2023 11:24:23	amanssehrawat166@gma	72 / 100	Manjeet singh sehrawat	AJMER Singh sehrawat	13144 BA		Indhu college H
25	09/08/2023 11:24:30	hosiyarsingh6711@gmail	90 / 100	Priyanka	Hoshiyar singh	9050156711	M. A Pol science	Indira Gandhi University I H
26	09/08/2023 11:26:40	yashmalli0925@gmail.c	26 / 100	Yash	Shab singh	8569940925	BCA 1st year	Sh.L.N Hindu college Rol H
27	09/08/2023 11:28:13	718amansharma@gmail.	72 / 100	Amansharma	Sunilsharma	9588775442	B. A	Sh.L.N Hindu college Rol H
28	09/08/2023 11:28:45	ad9736764@gmail.com	26 / 100	Aditya	Sanjay	9034097531	Bca	Sh.L.N Hindu college Rol H
29	09/08/2023 11:28:51	pidiyarpawan@gmail.com	68 / 100	Pawan	Ram sawroop	8168221084	B.a 1st	Sh.L.N Hindu college Rol H
30	09/08/2023 11:29:14	neha2001yadv@gmail.c	84 / 100	Neha	Naveen Kumar	9728420719	MA.	Indira Gandhi University I H
31	09/08/2023 11:29:26	ritusharma5626@gmail.c	76 / 100	Ritu	sh.Surender Sharma	9306017554	B.A.3rd year	Sh.L.N. Hindu Clg R
32	09/08/2023 11:30:05	hosiyarsingh6711@gmail	90 / 100	Monika	Hoshiyar singh	9050156711	BA 1st	GCW Narnaul H
33	09/08/2023 11:30:26	yuvnikmadaan@gmail.c	30 / 100	Mohit	Jaswant	8278038174	Bca 1st year	Sh.L.N Hindu college Rol H
34	09/08/2023 11:31:04	manavjain7015@gmail.c	30 / 100	Manav	Lokesh	7015580861	BCA	St LN Hindu college H
35	09/08/2023 11:33:40	jkhichi88@gmail.com	58 / 100	Jaswant	Madan lal	9671146925	B.a	Sh.L.N Hindu college Rol H

1	Timestamp	Email address	Score	Name	Father's Name	WhatsApp NO	Class	Institution Name	
36	09/08/2023 11:34:55	shekharmorya450@gmail	24 / 100	Shekhar	Rattan singh	8950268895	M.a Final	Sh. Lal nath hindu college	H
37	09/08/2023 11:35:33	meenuchaba901@gmail.	54 / 100	Vidhi	Kawaijeet	9034153018	Bca	Shri lai nath hindu college	H
38	09/08/2023 11:36:36	jitenderkumar51959@gm	38 / 100	Jitender	Krishna kumar	9034392612	BCA 1 YEAR	Sh.L.N Hindu college Rol	H
39	09/08/2023 11:36:51	ad9736764@gmail.com	18 / 100	Aditya	Sanjya	9034097531	Bca 1st year	Sh.L.N Hindu college Rol	H
40	09/08/2023 11:38:53	duakiran74@gmail.com	36 / 100	Kiran	Dinesh	7404068724	Bca 1 year	Sh.L.N hindu college rohi	R
41	09/08/2023 11:39:38	dhingrajatin32@gmail.co	26 / 100	Jatin	MR. Suriender Dhingra	9588301045	BCA	Sh. LN. Hindu collage Rc	H
42	09/08/2023 11:41:10	berisanyam51@gmail.co	60 / 100	Sanyam	Madan lal	8529202021	BCA	Sh.L.N Hindu college Rol	R
43	09/08/2023 11:41:29	hprohtak420@gmail.com	34 / 100	Himanshu	Chander Bhan	9728701924	BCA (1st)	SH.Lal Nath Hindu Colle	H
44	09/08/2023 11:42:17	vksurlia545@gmail.com	62 / 100	Virender	Dhambir	9518082420	B.A 1st year	Sh.L.N Hindu college Rol	H
45	09/08/2023 11:42:45	hjangra972005@gmail.co	52 / 100	Harsh Kumar	Ashok	9671473906	Bca 1st year	Sh. LN hindu college	H
46	09/08/2023 11:42:59	rawatv2005@gmail.com	84 / 100	VANSH RAWAT	Parkash singh	9053483302	1st year	Sh. L N Hindu college	H
47	09/08/2023 11:43:20	ararahardik757@gmail.co	86 / 100	Hardik	Harish	97292 98202	Bca 1st year	Sh.L.N Hindu college Rol	H
48	09/08/2023 11:43:32	ishusharma3114@gmail.	66 / 100	Ishant Sharma	Dinesh kumar	9992211002	BCA 1st year	Sh.L.N Hindu college Rol	H
49	09/08/2023 11:43:35	sunilkumarirb95@gmail.c	86 / 100	Sagar duhan	Sunil kumar	8295112323	BCA	Sh.L.N Hindu college Rol	H
50	09/08/2023 11:43:39	gabashilpi1@gmail.com	64 / 100	shilpi	sanjay	7065728562	bca	Sh.L.N Hindu college Rol	H
51	09/08/2023 11:44:40	sushantvij621@gmail.co	34 / 100	Sushant Vij	Mr. Pawan	9468006808	BCA 1st year	Sh.L.N Hindu college Rol	H
52	09/08/2023 11:44:42	shubhamsanwan4321@	78 / 100	Shubham	Mr.Rakesh	9671331263	BCA 1 year	Sh. L N Hindu college Rol	H
53	09/08/2023 11:45:25	khichir88@gmail.com	64 / 100	Vishal	Bijendr	8607686881	B.a	Sh.L.N Hindu college Rol	H
54	09/08/2023 11:45:25	khichir88@gmail.com	64 / 100	Vishal	Bijendr	8607686881	B.a	Sh.L.N Hindu college Rol	H
55	09/08/2023 11:46:19	himanshutanwer28@gma	76 / 100	Himanshu	Bhup Singh	9802517899	B.C.A	Sh.L.N Hindu college Rol	H
56	09/08/2023 11:46:36	anehasaini829552@gma	24 / 100	Aneha	Gurucharan singh	8295513145	B.a final year	D.N college	H
57	09/08/2023 11:47:31	nazukgulati6@gmail.com	24 / 100	Nazuk Gulati	Devendra Gulati	9518483648	Ba 2 year	Sh.L.N Hindu college Rol	R
58	09/08/2023 11:50:00	yashkumar7027167015@	28 / 100	yash	hukam Chand	7027167015	bca 2nd year	MDU University	H
59	09/08/2023 11:50:07	gabakeshav26@gmail.co	62 / 100	Keshav	Mahesh Kumar gaba	8708848970	BCA	Sh.L.N Hindu college Rol	H
60	09/08/2023 11:51:01	kapilkr981@gmail.com	28 / 100	Kapil	Kaptan	9817813262	B.A	Sh.L.N Hindu college Rol	H
61	09/08/2023 11:51:47	parteekgaba74@gmail.co	80 / 100	Parteek	Sanjeev Kumar	8168360703	BCA 1st year	SH. L.N. Hindu College, I	H
62	09/08/2023 11:52:28	komaldevi3413@gmail.co	34 / 100	Komal	Raj kumar	8053723402	B.A final year	Dayanand mahila mahav	H
63	09/08/2023 11:56:42	kuk.anshulyadav@gmail.	76 / 100	Anshul	Hari shankar Yadav	8295123416	B. a final	Dayanand mahila mahav	H
64	09/08/2023 11:56:44	kartikpasrija03@gmail.co	68 / 100	Tanya	Kuldeep pasrija	8307867174	Bba 1 year	Sh.L.N Hindu college Rol	H
65	09/08/2023 11:57:06	yogeshsharma122486@	72 / 100	Yogesh	Anil	8607221387	BA 2nd year	Mdu University	H
66	09/08/2023 12:08:21	mrjayanteashpuniyani@c	36 / 100	Jayant	Virender Kumar	8307604254	BBA 2nd year	MDU	H
67	09/08/2023 12:09:12	meenakshihooda1419@	88 / 100	Meenakshi	Jaibhagwan	7419192221	Pursuing in graduation	Sh.L.N Hindu college Rol	R
68	09/08/2023 12:09:42	rinkunarula221@gmail.co	44 / 100	Palak	Kishan lal	8396958160	Ba 1st sem	Sh LN hindu college	H
69	09/08/2023 12:10:10	akash040405@gmail.co	92 / 100	Priya	Arun Kumar	7206056706	Ma 1st year	IGU meerpur	H
70	09/08/2023 12:23:56	artvekumar@gmail.com	28 / 100	Ankush	Sh.Avtar Singh	7404423293	BA2nd year	Dayanad Mahila Mahavic	K
71	09/08/2023 12:30:32	sr9986445@gmail.com	30 / 100	Suraj	Ram parkash	9896768151	B.A 3rd year	Sh.L.N Hindu college Rol	H
72	09/08/2023 12:35:49	basorarun53@gmail.com	58 / 100	Arun	Suresh	7082697673	B a 1st year	Sh.L.N Hindu college Rol	R
73	09/08/2023 12:40:17	gunjanguoswami2509@gr	78 / 100	Gunjan goswami	Kamal goswami	9718779812	BA 3rd year	DU	H
74	09/08/2023 12:47:45	shivanimoudgil05@gmail	82 / 100	Shivani sharma	Shishpal Sharma	8168764260	BA 2nd	Dayanand mahila mahav	H
75	09/08/2023 12:48:10	katariyarohit850@gmail.c	54 / 100	Rohit	Balbir	9053944216	B. A	Shri L. N Hindu college	H
76	09/08/2023 12:50:33	anshusangwan664@gma	88 / 100	Anshu	Sh. Rajpal	8307908452	B.A. 2nd year	Dayanand Mahila Mahav	H
77	09/08/2023 13:32:52	bhutyani@gmail.com	48 / 100	Tina	Mr. Jagdish lal	8813083736	Bcom pass out	Sh.L.N Hindu college Rol	H
78	09/08/2023 13:38:58	sk3565397@gmail.com	76 / 100	Rajni	Antu Ram	9992752842	BA 2nd year	Dayanand mahila maha	H
79	09/08/2023 13:41:12	durhanraahul880@gmail.c	82 / 100	Rahul	Teluram	9729714864	B.A.	Sh.L.N Hindu college Rol	H
80	09/08/2023 13:46:17	vinaykalsain0@gmail.co	76 / 100	Vinay	Mr .Pardeep jumar	9306842638	B.A. Second year	Sh.L.N Hindu college Rol	H
81	09/08/2023 14:25:38	mittasandii37@gmail.co	78 / 100	Pramjeet	Subash	9817621011	BA final year	Hindu kanya jind	H
82	09/08/2023 14:37:32	taniyadhawan0@gmail.co	64 / 100	Pari dhawan	Pawan Kumar	8307253308	BA 1styear	Sh.L.N Hindu college Rol	R
83	09/08/2023 14:38:05	anmolyaduvanshi604@g	74 / 100	Anmol yadav	Anil Kumar yadav	8053461869	M.A	Indira Gandhi University	H
84	09/08/2023 15:19:01	pahwadeepanshu4@gma	84 / 100	Deepanshu	Mr. Munish kumar	8708501615	BCA(2ND YEAR)	Sh.L.N Hindu college Rol	H
85	09/08/2023 15:44:01	vashudhaka82@gmail.co	34 / 100	Vashu sagar	Sunil	9813029358	Ba	Sh.L.N Hindu college Rol	K



Sh. L.N.Hindu College, Rohtak

Affiliated to M .D . University, Rohtak

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



Women Cell

Organizes

State level quiz

On Quit India Moment Day

August 09,2023

Topic of :

1. Quit India Moment
2. Indian Constitution

Rules/Steps for Competition:

1. Medium: English or Hindi
2. All UG & PG students can be participate.
3. Link For Registration and quiz Competition will be same.
Link will be active from 11:00 a.m. to 11:30 a.m.
<https://forms.gle/x5EUAnjL7MJRo967>
4. Certificate : 1st, 2nd, 3rd position holder will get certificate for the same
5. Decision of Jury will be final.



Coordinator

Dr. Promila Yadav

Principal

Dr. Rashmi Chhabra

प्रश्नोत्तरी में प्रियंका प्रथम

रोहतक। श्री लाल नाथ हिंदू महाविद्यालय में महिला प्रकोष्ठ द्वारा स्नातक तथा स्नातकोत्तर विद्यार्थियों के लिए ऑनलाइन प्रश्नोत्तरी प्रतियोगिता का आयोजन किया गया। महिला प्रकोष्ठ कोऑर्डिनेटर डॉ. प्रोमिला यादव ने बताया प्रतियोगिता का उद्देश्य विद्यार्थियों को अपने इतिहास के प्रति जिज्ञासु बनाना एवं 1942 के भारत छोड़ो आंदोलन के दौरान किए गए बलिदानों को याद करवाना रहा। इस प्रतियोगिता में छह अन्य महाविद्यालयों से 79 प्रतिभागियों ने भाग लिया, जिसमें प्रथम स्थान प्रियंका इंदिरा गांधी यूनिवर्सिटी मीरपुर, दूसरा स्थान मोनिका, गवर्मेन्ट कॉलेज फॉर वूमेन नारनौल और तृतीय स्थान सुमित श्री लाल नाथ हिंदू कॉलेज रोहतक ने हासिल किया। प्राचार्या डॉ. रश्मि छाबड़ा ने बताया कि प्रश्नोत्तरी प्रतियोगिता भारत छोड़ो आंदोलन व भारतीय संविधान से जुड़े ऐतिहासिक संदर्भ, प्रमुख घटनाओं और व्यक्तियों पर आधारित रही। उन्होंने कहा कि भारत छोड़ो आंदोलन भारत की स्वतंत्रता संग्राम में एक महत्वपूर्ण मोड़ था। प्राचार्या ने सभी विजेता विद्यार्थियों को बधाई दी।

2. Health Checkup Camp

A health check-up camp was organized in Baniyani village on September 26, 2023, under the auspices of the Women's Cell of Shri Lalnath Hindu College. Dr. Promila Yadav emphasized the importance of a healthy body for societal development and explained that the camp was organized considering the villagers' rural background and basic needs.

Dr. Chitra welcomed the entire team of health professionals at the camp. The health check-up was conducted by a team that included Dr. Veerpal Narwal, the health officer; Dr. Satish, the medical officer; and Drs. Sachin and Vishwa Deepak. The camp offered various health services such as HB and sugar tests, eye defect check-ups, and dental examinations.

Fifteen volunteers from the Women's Cell participated in the camp, during which health check-ups were conducted for 107 villagers. Notable attendees included Bhimrao Ambedkar Library in-charge Balwan Singh, and volunteers Maheshwari, Babita, Palak, Anu, Kirti, and Kumkum.



Sh. L.N.Hindu College, Rohtak

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Women-Cell

Organizes

Health Check-up Camp

Place: Baniyani Village

Date : 26 September 2023

Time: 10:00 A.M.





पंजाब केसरी

शिविर में 107 ग्रामीणों ने करवाई स्वास्थ्य की जांच

शिविर में स्वास्थ्य की जांच करते चिकित्सक।

रोहतक, 26 सितम्बर (स.ह.): श्री लालनाथ हिंदू महाविद्यालय में महिला प्रकोष्ठ के तत्वावधान में मंगलवार को स्वास्थ्य जांच शिविर का आयोजन बनियानी गांव में किया गया। डॉ. प्रमिला यादव ने बताया कि समाज के विकास के लिए सर्वप्रथम स्वस्थ शरीर का होना आवश्यक है। हमारी ग्रामीण पृष्ठभूमि और मूलभूत आवश्यकताओं को ध्यान में रखते हुए इस स्वास्थ्य जांच शिविर का आयोजन किया गया। इस अवसर पर डॉ. चित्रा ने सभी डॉक्टरों की टीम का स्वागत किया।

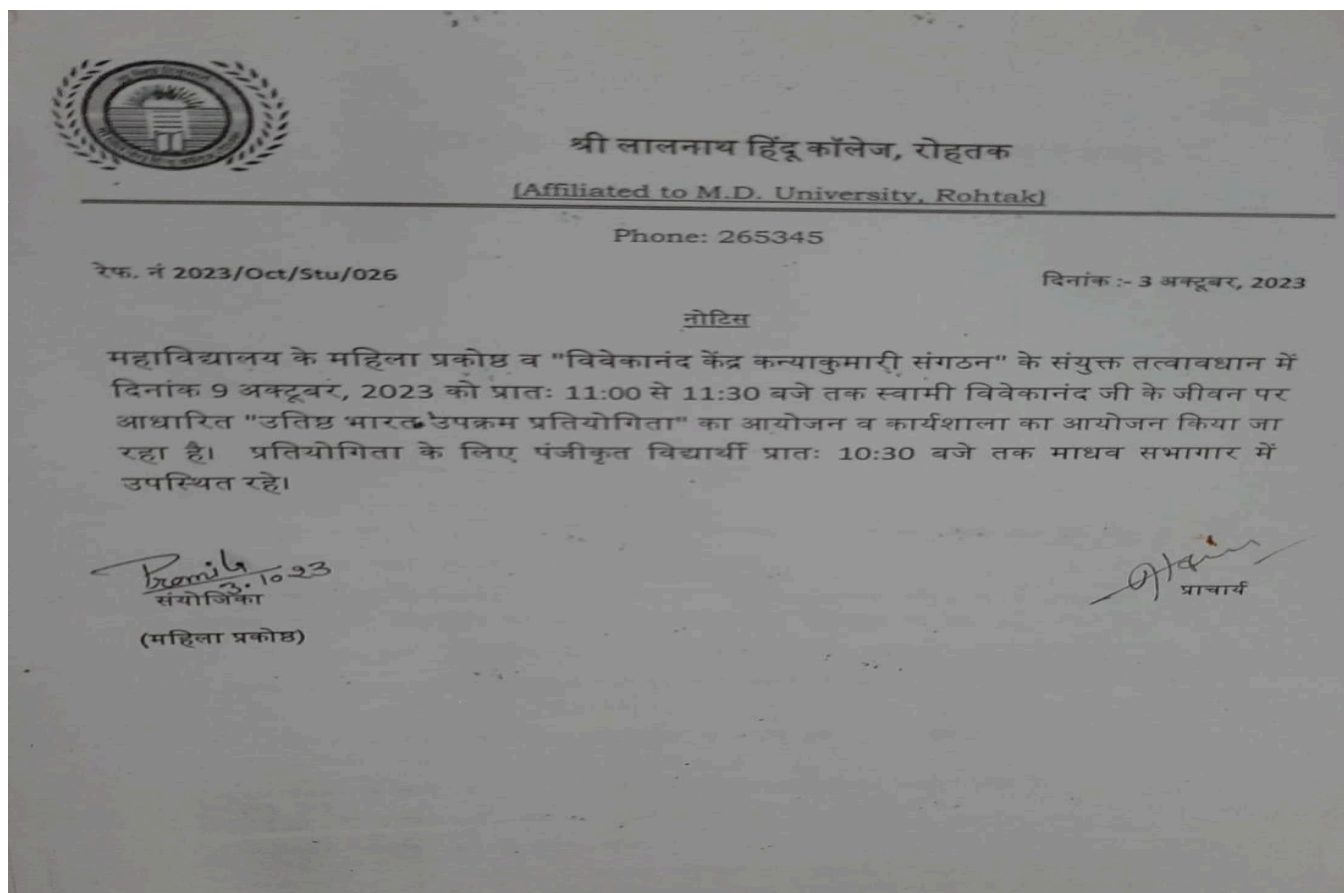
शिविर में डॉ. वीरपाल नरवाल हेल्थ ऑफिसर, डॉ. सतीश मैडीकल ऑफिसर, डॉ. सचिन, डॉ. विश्व दीपक आदि की टीम द्वारा स्वास्थ्य जांच की गई। शिविर में एच.बी., शूगर टैस्ट के साथ नेत्र दोष जांच तथा दातों की भी जांच की गई। इस शिविर में महिला प्रकोष्ठ के 15 वॉलंटियर्स ने भाग लिया तथा 107 ग्रामीणों के स्वास्थ्य जांच की गई। इस मौके पर भीमराव अम्बेडकर पुस्तकालय के इंचार्ज बलवान सिंह, माहेश्वरी, बबीता, पलक, अनु, कीर्ति, कुमकुम आदि मौजूद रहे।

3. Utishth Bhart Pratiyogita

On October 9, 2023, the Women Cell organized a *Utishth Bharat Pratiyogita* in collaboration with Swami Vivekananda Kendra, Rohtak Shakha. This competition, based on the life and teachings of Swami Vivekananda, aimed to inspire students with the values of self-discipline, service, and national pride. A total of 53 students enthusiastically participated in the event.

The competition covered various aspects of Swami Vivekananda's philosophy, including his emphasis on youth empowerment, spiritual growth, and nation-building. Students demonstrated their understanding through a variety of activities, including quizzes, Games and Short play. The event provided a platform for students to reflect on the teachings of one of India's greatest philosophers and apply them to modern-day challenges.

The collaboration with Swami Vivekananda Kendra further enriched the experience by providing insights into Swamiji's vision for a progressive and united India. The event concluded with the distribution of certificates to participants, encouraging them to embody the values of Swami Vivekananda in their daily lives.





4. Health Checkup Camp For Women

On October 27, 2023, the Women Cell organized a comprehensive health check-up camp on the college campus to mark the anniversary of Dr. Mangal Sain. The camp aimed to promote health awareness and provide medical services to students. A team of doctors conducted thorough health examinations, including eye check-ups, blood pressure (B.P.) assessments, dental check-ups, hemoglobin (H.P.) tests, and blood sugar check-ups. 114 students were examined during the camp, each receiving personalized consultations based on their medical needs. The event focused on early detection of common health issues and encouraging students to prioritize their well-being. Students benefited from the expert advice provided by the medical professionals, gaining insights into their health status and tips for maintaining a healthy lifestyle.



Sh. L.N.Hindu College, Rohtak

Affiliated to M .D . University, Rohtak



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

Women-Cell

Organizes

Health Check-up Camp

On The 97th Anniversary of Dr. Mangal Sain

Venue: D-Block 's Garden

Date : 27 October 2023

Time: 10:00 A.M.



Dr Promila Yadav (coordinator)
Dr Chitra Sharma (Member)

Dr. Anil Kumar Taneja
Principal



श्री लालनाथ हिंदू कॉलेज में डॉ. मंगल सैन का 97वां जन्मोत्सव धूमधाम से मनाया

डॉ. मंगल सैन निष्ठावान व त्याग की भावना रखने वाले राजनीतिज्ञ थे: श्रीनिवास गोयल

हरिद्वीप न्यूज़ | रोहतक

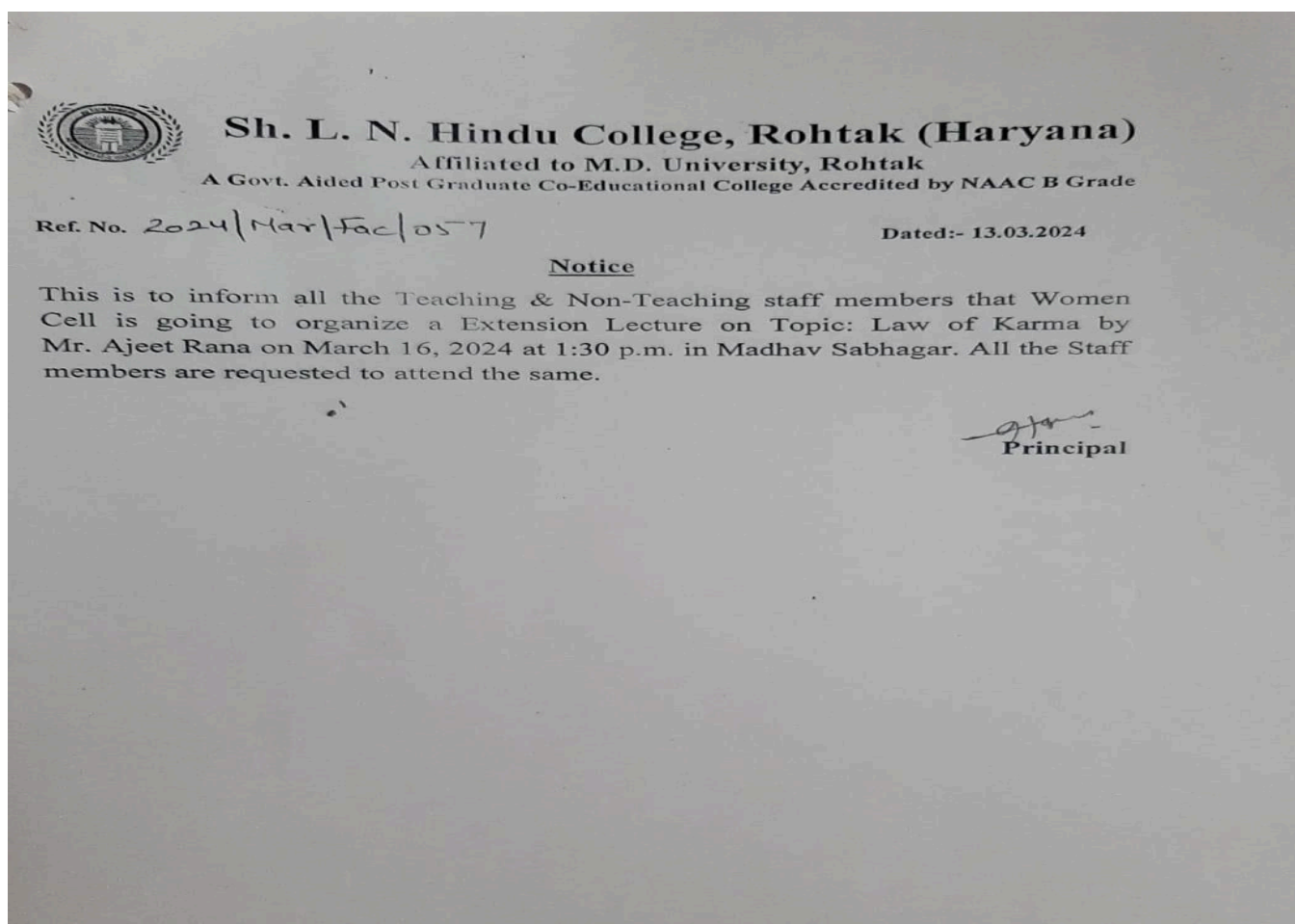
डॉ. मंगल सैन निष्ठावान तथा त्याग की भावना रखने वाले राजनीतिज्ञ, एकजुट होकर कार्य करने में प्रवीण तथा नींव के पत्थर, जिसके आधार पर आज का उन्नत समाज खड़ा है, यह महाविद्यालय समाज को उनके दिए गए उपहारों में से एक है। ये बात मुख्य अतिथि हरियाणा व्यापारी कल्याण बोर्ड सिरसा के लोकसभा प्रभारी श्रीनिवास गोयल ने श्री लालनाथ हिंदू महाविद्यालय में आयोजित डॉ. मंगल सैन के 97वें जन्मोत्सव के उपलक्ष्य में कही। कार्यक्रम का शुभारंभ डॉ. मंगल सैन की प्रतिमा पर माल्यापण एवं सरस्वती मां के समक्ष दीप प्रज्वलित कर किया गया।

कार्यक्रम के सफल संचालन के लिए प्राचार्य डॉ. अनिल तनेजा को बधाई एवं शुभकामनाएं दीं। प्राचार्य डॉ. अनिल तनेजा ने कहा कि डॉ. मंगल सैन द्वारा लगाए पौधे को सींचना हमारा सौभाग्य होगा। कार्यक्रम में प्रमुख केंद्र बिंदु रक्तदान शिविर, निशुल्क स्वास्थ्य जांच शिविर, खादी हस्तशिल्प सामान एवं खुला रंगमंच आदि रहे। सभी रक्तदाताओं को जीजा माता सेवा न्यास की तरफ से रिफ्रेशमेंट वितरित की गई। इस मौके पर अश्वनी खुराना, जितेंद्र मेहता, राजेश कुमार कत्याल, संजय आहूजा, गुलशन राय ढल, श्याम कपूर, नंदलाल गिरधर, अजय निझावन, गुलशन कुमार धींगड़ा, विशाल भाटिया, जतिन लूथरा आदि मौजूद रहे।

सर्वप्रथम डॉ. रश्मि छाबड़ा ने स्वागत भाषण देते हुए सभी अतिथि गणों का अभिवादन व स्वागत किया एवं मंच संचालन की भूमिका वंदना रंगा ने निभाई। कार्यक्रम के विशिष्ट अतिथि हिंदू प्रबंध समिति के पूर्व प्रधान राजेश कुमार सहगल ने डॉक्टर मंगल सैन का जीवन परिचय देते हुए उनके विशिष्ट गुणों से सभी को अवगत करवा समाज के प्रति उनके योगदान को याद किया। कार्यक्रम के सफल संचालन के लिए प्राचार्य डॉ. अनिल तनेजा को बधाई एवं शुभकामनाएं दीं।

5. Extension Lecture

On March 16, 2023, the Women Cell organized an extension lecture on the topic "Need to Follow Law of Karma." The enlightening session was delivered by Dr. Ajeet Rana, retired Professor and Head of the Department of Economics, M.D.U, Rohtak. The lecture emphasized the importance of the law of karma in shaping one's life and actions, encouraging Teaching and Non-Teaching faculty to understand how their deeds, both good and bad, contribute to future outcomes. Dr. Rana, drawing upon philosophical and practical perspectives, explained how the law of karma is relevant in both personal and professional lives, fostering responsibility, ethics, and a sense of duty. The session was further honored by the presence of Mrs. Uma Di, the chief guest, who shared her insights and appreciated the thought-provoking discussion. The lecture was well-received by the audience, and the participants were encouraged to internalize and apply the principles of karma in their daily lives.





हमें अपने कर्तव्य रूपी **कर्मों** का आकलन अवश्य करना चाहिए : अजीत राणा

रोहतक 16 मार्च (धामु): श्री लाल नाथ हिंदू महाविद्यालय के महिला प्रकोष्ठ द्वारा नीडटू फॉलो 'लॉ ऑफ कर्मा' विषय पर विस्तार व्याख्यान का आयोजन किया गया। कार्यक्रम के मुख्य वक्ता डॉ. अजीत राणा सेवानिवृत्त प्रोफेसर एवं विभागाध्यक्ष अर्थशास्त्र विभाग, महर्षि दयानंद विश्वविद्यालय, रोहतक व मुख्य अतिथि कुमारी उमा रानी, डायरेक्टर एंड सेंटर इंचार्ज ब्रह्माकुमारीज आर्य नगर, रोहतक रहे। सरस्वती मां के सामने दीप प्रज्वलित कर कार्यक्रम का शुभारंभ किया गया।

मुख्य वक्ता डॉ. अजीत राणा ने श्रोताओं को समझाया कि जो जैसा करता है उसको फल भी वैसा ही मिलता है। उन्होंने बताया कि जिस प्रकार गुप्तदान का फल ज्यादा मिलता है उसी तरह गुप्त पाप का दुष्परिणाम



मुख्य अतिथि का स्वागत करते प्राचार्य डॉ. अनिल कुमार तनेजा व अन्य।

भी ज्यादा मिलता है। हमें जब भी मौका मिले अपने कर्तव्य रूपी कर्मों का आकलन अवश्य करना चाहिए।

मानवीय मूल्यों को अपनाने पर ही मानव श्रेष्ठ कर्म करता है और वे आध्यात्मिकता से आते हैं। मुख्य अतिथि कुमारी उमा रानी ने विभिन्न उदाहरणों द्वारा मैडीटेशन का महत्व समझाया व अभ्यास भी करवाया।

कार्यक्रम के अंत में प्राचार्य डॉ. अनिल कुमार तनेजा ने 'लॉ ऑफ कर्मा' को उदाहरण द्वारा समझाया। साथ ही कहा कि हमें अपने कर्मों के अनुसार फल अवश्य मिलता है।

इस मौके पर अनिला बठला, डॉ. मीनाक्षी गुणानी, डॉ. अंजू देशवाल, सुश्री सरयू, शादी लाल विरमानी, पवन आदि मौजूद थे।

