



Sh. L. N. Hindu College, Rohtak

Annual Report on Women Cell

Session 2025-26



Coordinator
Dr. Promila Yadav (Asst. Professor)
Dept. of Political Science,
Sh. L.N Hindu College, Rohtak
Phone. No. 9466497346
email: promila.yadav.lnhcr@gmail.com



Co -Coordinator
Dr. Chitra Sharma (Librarian)
Sh. L.N Hindu College, Rohtak
Phone No.9729099440
email: chitra.sharma.lnhcr@gmail.com



Member
Dr. Seema Gosain(Asst. Professor)
Sh. L.N. Hindu College, Rohtak
Phone No. 9896932800
Email - seema.gosain.lnhcr@gmail.com

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.	18.09.2025	Extension Lecture on Meditation for Mental Health	55	3-5

2	09-10 2025	Mahandi Competition	25	6-8
3	7-12-2025	Conference on Women's Empowerment	57	9-11
4	15-03-26	One Day Health Checkup Camp	200	12-14
5.	23-04-26	Interactive Session on Women health	76	15-18

Activities of the Women Cell during the session 2025-26

1. Extension Lecture

A special lecture was organized under the joint auspices of the Women's Cell and the Yoga Cell. The college Principal, Dr. Anil Kumar Taneja, presided over the event. Mrs. Sunita Arora, Vice Principal of Government College, Kaithal, attended as the special speaker. Her lecture was titled "Meditation for Mental and Emotional Well-being." While formally welcoming the keynote speaker, Principal Dr. Anil Kumar Taneja remarked that meditation is an inner journey—a spiritual path leading to the Divine. He noted that through meditation, we can enhance the quality of our worldly lives and encouraged everyone to incorporate meditation and yoga into their daily routines. Subsequently, the keynote speaker shared her insights with the audience, stating that amidst today's hectic lifestyles and mental stress, meditation serves as an effective means to maintain mental and emotional health. She elaborated on the utility of meditation and the benefits derived from its regular practice. Students participated enthusiastically throughout the lecture, asking inquisitive questions. The event was moderated by Dr. Promila Yadav (Coordinator, Women's Cell). At the conclusion of the program, Mrs. Anila Bathla extended a vote of thanks to the keynote speaker, guests, and the audience.



Sh. L. N. Hindu College, Rohtak

A Govt. Aided Post Graduated Co-Educational College,
Affiliated to M.D. University Rohtak, Approved by AICTE New Delhi,
NAAC Accredited & ISO 9001: 2015 Certified Institute



<https://lnhinducollege.edu.in>

✉ hindu_bca@yahoo.com

📍 Nearby Bhiwani Chungi, Rohtak-124001, Haryana, India

Ref. No. 2025/Sep/Stu/262

Dated:- 17.09.2025

Notice

It is to inform all the staff members and students that the Women Cell of College is going to organize an Extension Lecture in collaboration with Yoga Cell on the topic "Meditation for Mental and Emotional Well being" on 18.09.2025 at 12:30 p.m. in Madhav Sabhagar.

The lecture will surely be beneficial for all as it will help to cope with life's normal stresses and challenges.

Your cooperation is highly appreciated.


Principal



लालनाथ हिंदू महाविद्यालय में योग को लेकर आयोजित चर्चा में शामिल शिक्षक एवं छात्र। स्रोत : महाविद्यालय

रोहतक। लालनाथ हिंदू महाविद्यालय में महिला व योग प्रकोष्ठ के संयुक्त तत्वावधान में मानसिक और भावनात्मक सेहत के लिए ध्यान विषय पर चर्चा हुई। इसमें छात्रों को योग व ध्यान के महत्व से अवगत कराया गया। इस चर्चा में कैथल स्थित गवर्नमेंट कॉलेज की वाइस प्रिंसिपल सुनीता अरोड़ा मुख्य रूप से उपस्थित रही। प्राचार्य डॉ. अनिल कुमार तनेजा ने कार्यक्रम की अध्यक्षता की। उन्होंने कहा कि ध्यान एक आंतरिक यात्रा है। इससे सांसारिक जीवन की गुणवत्ता को बढ़ाया जा सकता है। वाइस प्रिंसिपल ने कहा कि आज के युग में मानसिक दबाव के बीच ध्यान मानसिक एवं भावनात्मक स्वास्थ्य को बनाए रखने का एक प्रभावी उपाय है। इस अवसर पर डॉ. चित्रा, डॉ. रश्मि छाबड़ा, डॉ. रजनी व अन्य उपस्थित रहे।

2. Mehendi Competition

The Women's Cell, was organized a Mehendi competition to the occasion of Karwa Chauth, presided over by Principal Dr. Anil Kumar Taneja. Speaking on the occasion, the Women's Cell Coordinator, Dr. Promila Yadav, highlighted that India is a land of diversity where people of all faiths celebrate festivals according to their own customs and traditions. She noted that the month of Kartik holds special

significance in Hinduism, as many major festivals fall during this period. Every festival and fast observed in India reflects the country's rich culture. The panel of judges for the competition comprised Dr. Anju Deshwal, Dr. Deepti Sharma, Dr. Rajni, and Dr. Savita. Vrinda (B.Com. 1st Year) secured the first position, while Priyanshi (BCA Final Year) took the second position. Anju (B.A. 1st Year) and Shweta (B.Sc. 2nd Year) shared the third position, and Deepanshi (3rd Year) received a consolation prize. Following the competition, Principal Dr Anil Kumar Taneja presented certificates and extended his best wishes to all participants, encouraging students to participate in various competitions actively. At the conclusion of the event, Dr. Chitra Sharma thanked all the teachers and students present.



Sh. L. N. Hindu College, Rohtak

A Govt. Aided Post Graduated Co-Educational College,
Affiliated to M.D. University Rohtak, Approved by AICTE New Delhi,
NAAC Accredited & ISO 9001: 2015 Certified Institute



<https://lnhinducollege.edu.in>



hindu_bca@yahoo.com



Nearby Bhiwani Chungi, Rohtak-124001, Haryana, India

Ref. No. 2025/Oct/Slu/271

Date..08.10.2025

Notice

On the joyful occasion of Karwa Chauth College's Women Cell is organising 'Mehndi competition' for students to celebrate beauty and tradition of this festival. This event aims to promote creativity, cultural and festival spirit among students.

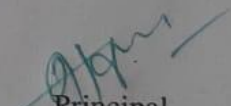
Event details: Date 9th October 20,2025

Timing: 12 Noon

Venue: Madhav Sabhagaar

Theme: Traditional and Festive Mehndi

Note: Interested participants may give their name to Dr. Promila Yadav (9466497346) and Dr. Chitra Sharma(9729099440)


Principal



3. Conference on Women's Empowerment

A grand event centred on the theme of "Women's Discourse"—focusing on women's empowerment and the vision of a New India—was organized under the joint aegis of the Women's Cell and the Stree

Shakti Sangathan Trust, Rohtak. The event was rich in cultural diversity. It commenced with the lighting of the ceremonial lamp before Goddess Saraswati and the offering of flowers by the chief guests, Smt. Mamta Sharma and Smt. Kanchan Bala. The event was graced by Chief Guests Smt. Saroj Rathi (Chairperson, Bahadurgarh) and Smt. Neena Rathi (Councilor, Bahadurgarh). They delivered inspiring addresses highlighting the significance of women's power, their rights, their economic upliftment, and their role in the nation's progress, while also shedding light on the evolving role of women from ancient times to the modern era. Distinguished and influential women from far-flung areas participated in the event, sharing their experiences and views on the social, educational, and economic empowerment of women. The event's chairperson, Principal Dr. Anil Kumar Taneja, remarked that men and women complement each other; when one moves forward, the other supports them, which is why women are advancing in all fields today. Students and members presented various cultural performances that beautifully incorporated messages regarding Indian culture, women's power, and social consciousness. On this occasion, several distinguished women who have made notable contributions in their respective fields were honored with certificates of appreciation and mementos by the Stree Shakti Sangathan. To further reinforce the message of women's empowerment, a poignant play titled "Female Foeticide: A Curse" was staged. Written by Madhukant Ji and directed by Dr. Rajat Sharma, the play featured a significant performance by Sonika Pawar, with Pawan Gehlot Ji serving as the narrator. Dr. Promila Yadav, Coordinator of the Women's Cell, administered a pledge to all attendees to "Adopt Swadeshi and Save the Nation" and encouraged the youth to become self-reliant. The event concluded with a *Kalyan Mantra* (prayer for well-being) led by Ms. Mamta Bhola, Principal of Shiksha Bharati School, Ramnagar.



Sh. L. N. Hindu College, Rohtak

A Govt. Aided Post Graduated Co-Educational College,
Affiliated to M.D. University Rohtak, Approved by AICTE New Delhi,
NAAC Accredited & ISO 9001: 2015 Certified Institute



<https://lnhinducollege.edu.in>



hindu_bca@yahoo.com



Nearby Bhiwani Chungi, Rohtak-124001, Haryana, India

Ref. No. 2025/Dec/Fac/149

Dated: - 06.12.2025

Notice

आप सभी को सूचित किया जाता है कि श्री लालनाथ महाविद्यालय की महिला प्रकोष्ठ एवं स्त्री शक्ति संगठन के संयुक्त तत्वावधान में नारी शक्ति सम्मान समारोह का आयोजन दिनांक 7 दिसंबर, 2025 को प्रातः 11:00 बजे माधव सभागार में किया जाएगा जिसमें आपका दायित्व इस प्रकार से हैं :-

- स्टेज
- सरस्वती पूजन
- ई-फ्लेक्स, साउंड, माइक & जनरेटर अरेंजमेंट
- क्लैलिनेस & सिटींग अरेंजमेंट
- टी, वाटर & लंच अरेंजमेंट
- प्रेस & फोटोग्राफी

डॉ. सीमा गोसाईं

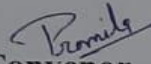
डॉ. प्रोमिला यादव

श्री परवेश, श्री राजेश (इलेक्ट्रीशियन)

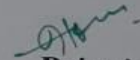
श्री राजबीर, श्री गोबिंद, श्री रहमान

श्रीमती सोनिया, श्री राजबीर, श्री संदीप (Lib.)

डॉ. चित्रा शर्मा, डॉ. सुमित


Convenor

Women Cell.


Principal



भारत में 1.17 करोड़ से अधिक पाठक (IRS 2019) PUNJAB KESARI PANIPAT

पंजाब केसरी

नारी सशक्तिकरण पर संगोष्ठी, कई प्रतिभाशाली महिलाओं को मिला सम्मान

रोहतक, 7 दिसम्बर (स.ह.): श्री लालनाथ हिंदू महाविद्यालय के महिला प्रकोष्ठ एवं स्त्री शक्ति संगठन ट्रस्ट रोहतक के संयुक्त तत्वावधान में महिला सशक्तिकरण एवं नए भारत की दृष्टि विषय पर भव्य कार्यक्रम आयोजित किया गया। मुख्य अतिथियों ममता शर्मा और कंचन बाला ने मां सरस्वती के समक्ष दीप प्रज्वलित कर कार्यक्रम का शुभारंभ किया। कार्यक्रम की विशेष गरिमा चेयरपर्सन सरोज राठी और पार्षद नीना राठी ने बढ़ाई। उन्होंने महिला शक्ति, उनके अधिकारों और राष्ट्र निर्माण में उनकी भूमिका पर प्रेरणादायी विचार रखे। दूर-दराज से आई प्रतिष्ठित महिलाओं ने सामाजिक, शैक्षणिक व आर्थिक सशक्तिकरण पर अपने अनुभव साझा



कार्यक्रम में प्राचार्य अनिल तनेजा के साथ उपस्थित स्टाफ सदस्य।

किए। कार्यक्रम अध्यक्ष प्राचार्य डॉ. अनिल कुमार तनेजा ने कहा कि स्त्री-पुरुष एक-दूसरे के पूरक हैं, इसी सद्भाव से महिलाएं सभी क्षेत्रों में आगे बढ़ रही हैं। छात्रों द्वारा दी गई सांस्कृतिक प्रस्तुतियों में भारतीय संस्कृति और नारी शक्ति का सुंदर संगम देखने को मिला। विभिन्न क्षेत्रों में उल्लेखनीय योगदान देने वाली महिलाओं को सम्मान पत्र और स्मृति चिन्ह प्रदान किए गए। कन्या भ्रूण हत्या—एक अभिशाप विषय पर मधुकांत द्वारा लिखित और डॉ. रजत शर्मा निर्देशित नाटक ने दर्शकों को भावुक किया। इसमें सोनिका पवार ने महत्वपूर्ण भूमिका निभाई, जबकि सूत्रधार पवन गहलोत रहे। महिला प्रकोष्ठ समन्वयक डॉ. प्रोमिला यादव ने सभी को स्वदेशी अपनाओ, देश बचाओ की शपथ दिलाई। कार्यक्रम का समापन ममता भोला, प्राचार्य शिक्षा भारती स्कूल, रामनगर द्वारा कल्याण मंत्र के साथ हुआ।

4. General Health Check-up Camp

A one-day free health check-up camp was successfully organized by the Women's Cell in collaboration with Positron Hospital, Rohtak, at the Radha Krishna Temple premises in village Bahuakbarpur. The event was conducted under the patronage and guidance of Dr. Anil Kumar Taneja, Principal of Sh. L.N. Hindu College, Rohtak. The organization of this camp benefited significantly from the guidance of Dr. Promila Yadav (Convener, Women's Cell) and NSS Programme Officers Dr. Rajni Kumari, Dr. Praveen Sharma, Dr. Chitra Sharma, and Dr. Shalu Juneja.

The event began with a registration process in which villagers participated enthusiastically; approximately 200 villagers availed themselves of the services offered at the free health camp. A team of visiting doctors conducted check-ups for blood pressure (BP), blood sugar, ECG, and orthopedic (bone and joint) issues, alongside other general health assessments. Patients received appropriate medical advice, health awareness information, and medicines. Volunteers played a pivotal role in the successful conduct of the camp; volunteers including Lavanya, Manisha, Palak, Nikita, Mohit, Shivam, Pawan, Chaitanya, Anmol, Nandini, and Sakshi actively assisted with registration, managing the check-up process, and guiding the villagers. Addressing the gathering, College Principal Dr. Anil Kumar Taneja remarked that such health camps are immensely beneficial for the weaker sections of society. He stated that the college would continue to fulfill its social service obligations through such initiatives. In her address, Dr. Promila Yadav, Convener of the Women's Cell, encouraged villagers to remain health-conscious, undergo regular check-ups, and adopt a balanced diet and hygienic practices. At the conclusion of the event, the Principal extended special thanks to the members of the Radha Krishna Temple Committee—Paramjit, Gyan Singh, Dharmbir, Mukesh, and Ishwar Ji—for their cooperation in organizing the camp. Additionally, Dr. Bhavna and her team from Positron Hospital, Rohtak, were honoured with certificates of appreciation and mementos for their commendable contribution. This health camp proved to be highly beneficial for the villagers, who expressed their gratitude to the college and the medical team. The event concluded with a vote of thanks.



Sh. L. N. Hindu College, Rohtak

A Govt. Aided Post Graduate Co-Educational College,
Affiliated to M.D. University Rohtak, Approved by AICTE New Delhi,
NAAC Accredited & ISO 9001: 2015 Certified Institute

<https://lnhinducollege.edu.in>

✉ hindu_bca@yahoo.com

📍 Nearby Bhiwani Road, Rohtak-124001, Haryana, India

Ref. No. 2026/Mar/Fac/165

Dated: - 13.03.2026

Notice

Women Cell is going to organize One Day General Health Check-up Camp on March 15, 2026 at 9:00 a.m. in Village Bahu Akbarpur. The following staff members are requested to note their duties:-

Dr. Promila Yadav (Coordinator) Dr. Chitra Sharma (Co-Coordinator) Dr. Hardeep Singh (Co-Coordinator)
Dr. Rajni Kumari (Co-Coordinator) Dr. Parveen Sharma (Co-Coordinator) *Yadav*
Dr. Shalu (Co-Coordinator) *Shalu* Dr. Rajesh Gahlawat (Co-Coordinator)

Registration

- Mrs. Sunaina Dhingra *Shingra*
- Mrs. Ritu (Physics) *Ritu*

Seating Arrangement

- Dr. Parveen Sharma *Yadav*
- Dr. Manish
- Mr. Kamlesh *9/1/24*
- Mr. Mohit *11/1/24*

Flex

- Dr. Promila Yadav
- Dr. Parveen Sharma *Yadav*

Refreshment (Water/Tea Arrangements) & Hospitality

- Ms. Pratibha Saini *Pratibha*
- Dr. Manisha Yadav *Manisha*
- Mr. Ravi
- Mrs. Sonia *Sonia*

Press & Photography

- Dr. Sumit (BAJMC) *Sumit*
- Mr. Sandeep (Library) *Sandeep*

Volunteer's Certificates/ Appreciation Letters

- Dr. Chitra Sharma
- Dr. Shalu *8/1/24*

Cleanliness

- Mr. Sumit *Sumit*
- Mr. Vikas *19/01/24*

Yadav
Principal



4.Interactive Session on Women Health

The Women's Cell organized an interactive session on women's health. Dr. Sheeni Sharma, Senior Consultant at Atharv Ayurvedic Multispecialty Hospital, Rohtak, served as the keynote speaker, while

Dr. Sanjeev Madan, Founder and MD of the same hospital, attended as the distinguished guest. College Principal Dr. Anil Taneja welcomed the guests; in his presidential address, he remarked that a healthy woman forms the foundation of a healthy family and society. Dr. Sanjeev Madan noted that amidst today's busy routines, people often neglect their health—with women frequently placing this matter last on their list of priorities, despite being the most vital part of the family. In her lecture, Dr. Sheeni dispelled myths surrounding menstruation and emphasized the importance of hygiene, a balanced diet, and a regular daily routine. She provided detailed information regarding the causes, symptoms, and Ayurvedic treatments for PCOD and PCOS. During the session, students asked questions about their health concerns, to which Dr. Sheeni provided satisfactory answers. At the conclusion of the event, the Principal expressed gratitude to Dr. Sanjeev Madan and Dr. Sheeni by presenting them with mementos. Dr. Promila Yadav, Convener of the Women's Cell, extended a vote of thanks to everyone.



Sh. L. N. Hindu College, Rohtak

A Govt. Aided Post Graduate Co-Educational College,
Affiliated to M.D. University Rohtak, Approved by AICTE New Delhi,
NAAC Accredited & ISO 9001: 2015 Certified Institute



<https://lnhinducollege.edu.in>

✉ hindu_bca@yahoo.com



Nearby Bhiwani Road, Rohtak-124001, Haryana, India

Ref. No. 2026/Apr/Su/330

Dated:- 20.04.2026

Notice

This is to inform to all female staff members (Teaching & Non-teaching) and girls students that College's Women Cell is going to organize an Interactive Session with Ayurvedic Gynae Expert from Atharv Ayurved Multispeciality Hospital, Rohtak on April 23, 2026 at 11:00 a.m. in Madhav Sabhagar. In this modern era Women face a rising burden of both chronic and lifestyle-related diseases. The most common female health issues are anaemia, breast and cervical cancer and chronic conditions like heart disease, diabetes. The purpose of this session is to promote female health as a priority in society.


Principal



महिलाएं स्वस्थ परिवार का आधार : डॉ. अनिल

रोहतक। लाल नाथ हिंदू महाविद्यालय के महिला प्रकोष्ठ के तत्वाधान में बुधवार को महिला स्वास्थ्य पर संवादात्मक सत्र (इंटरैक्टिव सेशन) का आयोजन किया गया। कार्यक्रम में महिलाओं को स्वास्थ्य दिनचर्या अपनाने पर जोर दिया गया। कार्यक्रम में मुख्य वक्ता अथर्व आयुर्वेदिक मल्टीस्पेशलिटी अस्पताल की सीनियर कंसल्टेंट डॉ. शीनी शर्मा रहीं। अतिथि अस्पताल की एमडी डॉ. संजीव मदान रही। महाविद्यालय के प्राचार्य डॉ. अनिल तनेजा ने स्वस्थ महिलाओं को स्वस्थ परिवार व समाज का आधार बताया। डॉ. संजीव मदान ने कहा महिलाओं को विशेष रूप से अपने स्वास्थ्य का ध्यान रखने की अपील की। इस मौके पर डॉ. अंजु देशवाल डॉ. चित्रा शर्मा, डॉ. रजनी डॉ. दीप्ति, डॉ. शालू, डॉ. सनी, व डॉ. ज्योति उपस्थित रहीं। व्यूरो