

## Women Cell

### Annual Report (2024-25)

1. Extension lectures were organised on **"Self Breast Examination Awareness"** and **"Menstrual Hygiene Awareness"** on **16-09-2024** in collaboration with Red Cross and Red Ribbon Club. In this event, a team of doctors from civil hospitals visited the college and educated the students regarding the importance of maintaining hygiene during menstrual cycle. Doctors also explained ways of self examining the breasts and signs and symptoms to diagnose breast cancer at early stage. 158 students actively participated in this event.
2. On **14-10-2024**, another extension lecture on **"Female Hygiene during Menstruation"** was organised in collaboration with Physical Education Department. In this lecture, official from TIENS Company, informed students important hygiene measures to be taken during menstrual cycle. A total number of 88 students attended the lecture.
3. Women Cell in collaboration with NSS organised a **"A Trip to Rakhigarhi"** on **20-12-2024**. 48 students were visited this archaeological site and had a glance on various ancient items extracted from excavation.
4. To commemorate, Haryana Yog Ayog's programme **"Har Ghar Parivar Suryanamaskar"**, Women Cell in collaboration with Department of Physical Education organised a **"One Week Workshop on Yoga"** from **17-01-2025 to 24-01-2025**. In this workshop, teaching and non-teaching staff members, alongwith 48 students practiced Yoga and Surya namaskar. The objective of this workshop was to aware the students and staff members regarding the importance of Yoga for physical and mental health.
5. A **"Workshop on Baking and Preservation"** was organised by Women Cell in collaboration with "Department of Home Science from **22-01-2025 to 22-01-2025**. Dr. Rajni Goyal, from I.I.H.S., Kurukshetra University, Kurukshetra joined the workshop as resource person. She explained students the process of making bakery items such as muffins, cakes, biscuits etc. and preservative items such as pickles, jam, squash etc. A total number of 33 students benefitted from the workshop.
6. **"An Educational Trip to 38<sup>th</sup> International Crafts Mela, Surajkund"** was organised on **10-02-2025**. 48 students were travelled to Surajkund with accompanying staff members. The objective of this trip was to make students aware about the culture and crafts of different states and develop entrepreneurial skills among them.
7. A Series on **"Awareness lectures on various laws regarding women"** was organised in collaboration with Anti-Sexual Harassment Cell on **05-03-2025**. For this purpose, Adv. Vikramjit Mittal, Criminal lawyer, District Court, Hisar joined as resource person. He delivered very informative lectures on **"Awareness regarding Protection of Women against Sexual Harassment"** and **"Awareness regarding legal rights of Women"**. 83 students attended the lectures.
8. On **08-03-2025**, **"Awareness lectures on Women Health"** was organised. In this event, team of qualified doctors from Adhaar Hospital educated the students about various important aspects of Women Health. Dr. Geeta Dabas explained the students about **"Women Health and Hygiene"** and Dr. Vini Naik discussed about various symptoms of breast cancer and cervical cancer. A total number of 50 students attended the lecture.
9. An extension lecture on **"Importance of Self Defence Training for Women"** was organised on **11-04-2025** in collaboration with Amar Ujala. In this lecture, Mr. Harish

(Director of Suraj Sewa Foundation) explained the students the importance of self defence for women. He also demonstrated some easy and important techniques of self-defence. The lecture was attended by 100 students.

*Shaina*

Shaina Tehria

Convener, Women Cell.



Principal

G. C. W., Hissar