**Govt. College for Women, Faridabad**

**Women Cell**

**Annual Activities for the Session- 2021-22**

1) With reference to letter no. 29467-78 dated 31/08/2021 by Women and Child Development Department, Haryana, Women cell of Government College for Women, Faridabad organized several events on health, hygiene and nutrition on 06/09/2021, 15/09/2021 and 19/09/2021. The details of the events organized are as follows:

i. Tree plantation drive in collaboration with ECO club and Department of Home Science under the auspices of Lions Club Daffodils in our college on 06/09/2021. Dr. Sunidhi, Principal presided over the function. Around 50 plants that included trees like neem, amla, guava and ornamental plants like Aerocaria, Duffin Spodium, Peepal, Eucalyptus, Palm etc were planted. Besides Staff Council, others present were Ms. Meenal Sabharwal, Dr. Parul Rana, Ms. Neelam Rani, Dr. Neha Aggarwal and the entire present staff of GCW, Faridabad. Lions Governor Anil Arora, President Rajan Mehta were also present on the occasion.

ii. A webinar by Dr. Monika Garg, Head of Nutrition, mhealth.ai was organized in collaboration with Home Science and Chemistry department on “Nutrition and Diet Awareness for Pregnant Women, Children and Adolescent Girls” for the college students on 15/09/2021. The speaker mainly emphasized on nutrition during pregnancy, how nutrition impacts health of newborn child, which food to be included and avoided during pregnancy, importance of breast feeding, why junk food is harmful to adolescents, importance of healthy eating, eating disorders of children and many more. Our diet plays a major role in deciding how healthy we are and how well our body functions. She also talked about personal hygiene which basically refers to the conditions and practices that help to maintain health and prevent the spread of diseases. **Total 88 students participated in this webinar.**

iii. State-level online Slogan Writing Competition on health and nutrition was also organized on 19/09/2021 under women cell in collaboration with Home Science and Chemistry Department to spread awareness among the college students. **Total 13 entries received. The first three winners were given the appreciation certificates along with the prize money of Rs. 500 (I position), Rs. 300 (II position) and Rs. 200 (III position). One special mention was also given.**

**2**. Women Cell of our college organized Mehendi Competition for the college students on 23/10/2021 to celebrate the festival of Karva Chauth. Total 35 students participated and showcased their talent irrespective of the exposure and experience. They adorned their hands with mendhi designs which helped them boost their confidence in the art. Ms. Ritika Gupta, Ms. Archana Verma and Ms. Stavinder Kaur were the judges for the event. **Aarti from BA II year got the first prize, Aparna from B.Sc II year got the second and Jagriti from B.Sc III year got the third prize. Deepshikha and Parul Shukla from B.Sc II year got the consolation prize.**

**3. Kajal Sharma, Roll no 01, of B.Sc final year got first position in Article writing competition and Deepshikha, Roll no 50, of B.Sc second yr got second position in Poster Making competition, organized by the Women Cell of K. L. Mehta Dayanand College for Women, Faridabad on 29th Oct, 2021.**

4. Women Cell of our college organized 16 days “Fine Arts Workshop” for the college students from 18/11/2021 to 07/12/2021, which included several activities such as painting, cartooning, sketching, clay modeling, Rangoli making, best out of waste etc. Total 50 students participated and got benefitted from this workshop. All the participants took active part in the workshop as was evident in their enthusiasm, their involvement in all the activities, their active response, discipline and punctuality.

5. Women Cell of our college organized 7 days “Stitching and tailoring Workshop” for the college students from 02/12/2021 to 09/12/2021. Total 40 students participated in this workshop and got benefitted. Keeping in view the market demand and change fashion technology, such workshop on cutting, stitching and tailoring helps students to meet the basic stitching requirement at home. Stitching of garments at home is a money saving device for lower middle-income group. Besides tailoring can be a vocation for self-employment.

6. Women Cell of our college organized 14 days “Self-Defense Training Workshop” for the college students from 08/12/2021 to 24/12/2021. Total 59 students participated in this workshop and got benefitted. The training was conducted to boost the self-confidence of the girls and to make them able to act in unfavorable situations. The girls were taught simple ways of self-defense and they were also spoken to about tackling situations in which they found themselves to be under any kind of harassment. The safety of the girl child should be given maximum priority and hence the workshop was seen as a boon to the girls who often have to travel away from their homes for studies and work.

7. Women Cell of our college organized 11 days “Classical Dance Workshop” for the college students from 01/02/2022 to 14/02/2022. A very well-known and internationally acclaimed Kathak dancer, Ms. Elisha Deep Garg, was the resource person for the same. Each day the participants learned the basics of the dance form and a small choreography which adds to the beauty of this workshop. Our Principal, Dr. Sunidhi, motivated the students with her inspiring words that learning a classical dance form not only has an impact on the body but it also reflects on the personality of the learner. It impacts you to be more balanced, connected to yourself, calm, organized and a happy individual. Total 43 students participated in this workshop and got benefitted.

8. Women Cell, in collaboration with BAJMC Department, organized a “6-days Photography Workshop” for the college students from 2nd Feb, 2022 to 9th Feb, 2022. Our Photography Experts Dr. Ankush Sharma and Mr. Deepak Pushpdeep directed essential requirements for a better photography to the students via lectures and practical mode as well. They discussed about the basics of photography and camera settings, different types of photography, importance of light in taking photography shots and many more. Total 42 students participated and got benefitted from this workshop. Our Principal, Dr. Sunidhi, encouraged the students and said that this workshop enhances both the theoretical knowledge and technical skills of students that they won't find in a textbook.

9. Extension Lecture was conducted by Women Cell in collaboration with Faculty of Science on "Career and Role of Women in Science and Technology" by Dr. Beena Sethi, Associate professor Chemistry, K. L. Mehta Dayanand College for Women, Faridabad on 3rd Feb, 2022. The speaker highlighted the various contributions made by women in different fields of Science and Technology. She also encouraged students to pursue their career in the science and technology by citing various examples set by lady scientists. Our Principal Dr. Sunidhi also motivated the students and brought forth how women need to move out of their comfort zone and follow their ambition in practical Sciences. Total 51 B.Sc students got benefitted with it.

10. Women Cell of our college, in collaboration with the Department of Home-Science, organized 7 days “Cooking Workshop” for the college students from 07/02/2022 to 14/02/2022 under the guidance and support of our Principal, Dr. Sunidhi. Total 45 students participated in this workshop and learned a range of recipes from cakes and desserts, to khandvi, garlic breads, and many more. This workshop gave them confidence to do more than just follow the recipes.

11. Women Cell of our college organized a 5-days workshop on “Beauty and Make-Up Tips” for the college students from 10/02/2022 to 15/02/2022 under the guidance and support of our Principal, Dr. Sunidhi. The workshop was conducted to provide the students with important techniques and knowledge on topics such as makeup, hair styling etc. to let them enhance their own beautiful features, disguise minor faults in appearance and express themselves creatively. Total 56 girls availed of the benefits of the workshop.

12. The Women Cell of our college celebrated International Women’s Day on 8th March, 2022 with great enthusiasm under the guidance and leadership of our Principal, Dr. Sundihi. On this occasion, several activities were organized, which are listed as follows:

i. Our college students shared different posters to celebrate Women’s achievements. They also shared letters communicating messages to their favorite inspirational girls or women. Total 23 students participated in it.

ii. Our college students including staff members wore purple on 08/03/2022 to show their support for International Women’s Day since the color signifies justice and dignity.

iii. Moreover, students in large numbers along with Principal ma'am and the other female staff members formed a human chain to represent the oneness of women all over the world. It depicts the statement of gender equality. Our Principal, Dr. Sunidhi, also addressed the students with her inspiring words about how a woman works hard everyday to achieve both the personal and professional goals. She further acknowledged the massive contribution of women in every sphere of life. We all should be proud to be a woman.

13. Women cell, in collaboration with the Music Department, organized a Musical Concert under the leadership of Dr. Sunidhi, on the occasion of International Women's Day on 8th March, 2022. The artists for the evening were Dr. Devender Verma, Dr. Vijay Shankar Choubey, Ms. Tanishka Saini, Sh. Swami Krishankant, Sh. Prabhakar Pandey and Mr. Pradyuman Arya. The symphony was matchless with a blend of different musical instruments. Mr. Amit Gulia, Estate officer Faridabad, Mr. Paramjeet Singh Chahal, SDM Faridabad, Mr. Pankaj Setia, SDM Badkal, Dr. Tarun Kumar, Ex-CMO Faridabad, Mr. Dinesh Yadav, Add. Director Food & Supply, Dr. Balram Yadav, Assistant Professor- Music (V), GC Tigaon and Dr. Vishal Singh, Chemistry Department, GC Faridabad were the esteemed guests of Honors.

14. Women Cell, in collaboration with BAJMC Department, organized a next level “7-days Photography Workshop” for the college students from 25th April, 2022 to 2nd May, 2022, after the successful completion of first photography workshop in the last semester. This workshop mainly focussed on enhancing the technical skills of students which included some practical sessions on photography as well. Our photography experts Mr. Deepak Pushpdeep and Mr. Ashok Kumar directed practical indications on what to do in certain scenarios for the best effect (e.g. in lighting or composition), which allows the students to go beyond their comfort zone in photography and focus on improving their art beyond the basics. Total 56 students participated and got benefitted from this workshop. Our Principal, Dr. Sunidhi, motivated the students with her inspiring words that how this workshop would help them in enhancing both the theoretical and practical knowledge that won't be available in any book or user manual.