SANATAN DHARMA COLLEGE AMBALA CANTT

NAAC ACCREDITED GRADE "A+" WITH CGPA 3.51 IN THE THIRD CYCLE COLLEGE WITH POTENTIAL FOR EXCELLENCE- UGC,NEW DELHI

SANATAN DHARMA COLLEGE
Ambala Cantt, Haryana

Report

By
Women Cell
(2019-20)
Workshop on Skill Development and Beauty Care

In partnership with Lakme Academy, the Women Cell of Sanatan Dharma College held a two-day workshop on **Skill Development and Skin Care** on March 5 and 6, 2019. This meeting took place inside the college. They claimed that:

Personal development is all about bettering yourself and becoming the best version of yourself and it is not possible without self-care. Taking care of yourself brings positivity, and this, in turn, increases motivation, productivity, and most importantly your happiness. Beauty care is basically the science of beauty treatment that involves skin care, hair care, manicure, pedicure, Anti-aging treatments, facials, styling and so on. It aims at giving you a well-groomed look that makes you more attractive.
Invited Talk on Self Grooming
On March 7, 2019, the Women Cell of Sanatan Dharma Institution hosted a talk on Self-Grooming in the seminar room of the college in collaboration with Orane Institute.
A lecture on 'Self Grooming' is being organized by 'WOMENCELL' in collaboration with 'ORANE Institute'.

Date: 07th March, 2019
Time: 12:30 pm
Venue: Seminar Hall (Ground Floor)
An action of taking better care of and improving your own physique and beauty. Self-care is far too important for career advancement. Daily bathing, personal hygiene, and even dressing are all parts of self-grooming. You may have already figured out that smiling makes others feel good.

**International Women's Day**

On March 8, 2019, Women Cell of Sanatan Dharma College observed **International Women's Day** in the seminar hall.
The global holiday known as International Women's Day honours the social, economic, cultural, and political accomplishments of women. The day serves as a reminder to speed up gender parity. Worldwide, there is a lot of activity as people gather to honour women's accomplishments or march for gender equality. International Women's Day (IWD), which is observed every year on March 8, is one of the most significant days of the year to:-

- Honour women's accomplishments.
- Promote gender parity through educating others about it, calling for positive change, and elevating women.

Health Check Up Camp
On March 9, 2019, a one-day Health Check-Up Camp was held. A number of individuals are getting tests at the same time and location. We host medical clinics on the college campus to raise awareness of preventive health screenings. A health check-up camp has the benefit of offering free services.

Celebration on Teej Festival

On August 10, 2019, Women Cell celebrated Teej festival. Students, particularly girls dressed in vibrant clothing, sang and danced. Dances in the bhangra and titli styles were performed. The function took place in the seminar hall. The term "Teej" alludes to the monsoon festivities, which are celebrated mostly in Nepal and India's western and northern states. With social interaction, rituals, and customs, the festivities honour the abundance of nature, the coming of clouds and rain, vegetation, and birds. Below, a few snippets of the celebration are displayed -
Interviews

The Women Cell conducted interviews for office holders on August 13, 2019. It was led by the respective teachers and former office holders at 10 a.m.
Tree Plantation
Women Cell organised a **Tree Planting Event** on August 19, 2019. Trees support a robust economy and can offer a variety of resources to those in need. Despite the fact that cities are becoming hotter, trees can lower city temperatures. They give animals a place to live and nourishment. Finally, trees are an important component of green infrastructure for managing storm water.

- Trees regulate the water cycle, which is a benefit.
- A Crucial Habitat For Wildlife Is Trees.
- They enhance the quality of the soil.
- Soil erosion is prevented by trees.
- Trees as a Source of Food.
पौधवेंश सामना साहित्य आयोजित

सनातन धर्म कॉलेज में एक हास्य से ज्वारा पीढ़ी लगाने की मुख्ति को अपने बंटते हुए सीमाओं को सूचना सेल्वा के संबंध में कार्यकारी प्रशासनी की इंकार किया है। संबंध में निजी गुड़ी के डेवलपर ने सनातन सेल की वित्तपोषकीय संस्था के रूप में 50 पौधे लगाए। सूचना सेल्वा की विवाहिता टीम ने उन पौधों की लगाने पर एक साथ उनकी सुरक्षा पाना काम करने और इस मूल्य का अग्रणी बनने का दावा किया था। कॉलेज प्रशासन ने कहा कि पौधे हमारे लिए बहुत तैयार थे हैं उनसे राय जीवन विश्वसनीय है। पालनों के भाषा में पौधों प्रेरणा थे जिसका कारण अनुभव माहू ने बताया कि ना सभा में कॉलेज अध्यक्ष की पूरीतितम मुक्ति कि जागृति। वित्तपोषकीय की पारंपरिक रुप से सक्षात्कार के प्रभाव जागरूकका की जागरूकता। कॉलेज अध्यक्ष के अध्यक्ष के स्तरों पर एक हास्य से ज्वारा पीढ़ी लगाने की मुख्ति को इस समा में पुरा करा दिया जाएगा।

एस डी कॉलेज में बूमन सेल द्वारा लगाए गए 50 पौधे
Commemoration of Nutrition Week

Sanatan Dharma College's Women Cell held an auditorium celebration of **Nutrition Week**. There were numerous food stalls set up with a wide variety of foods. The food items essentially portrayed a healthy way of life. All of the teachers and kids showed up. Respected Teachers and the Honourable Principal Dr. Rajendra Singh and Dr. Naveen Gulati attended the testing. There were many contests held. The week was commemorated with great fervour and vitality. Everyone had a great time.

**Dated :- 5th September, 2019.**

In India, the first week of September every year is celebrated as National Nutrition Week. The week is observed every year from September 1-7. The purpose of this week is to raise awareness
among the general public about the value of healthy eating practices and proper nutrition for upholding a healthy lifestyle.
SANATAN DHARMA COLLEGE AMBALA CANTT

NAAC ACCREDITED GRADE "A+" WITH CGPA 3.51 IN THE THIRD CYCLE COLLEGE WITH
POTENTIAL FOR EXCELLENCE- UGC,NEW DELHI
Oath Taking Ceremony
The Women Cell hosted an **Oath Taking Ceremony** on September 7, 2021, at 12 p.m.
The process of taking the oath officially declares the student's desire and admission to the Cell.
For the new members of the Women Cell, an oath-taking ceremony was organised. The students swore an oath to participate fully in the Cell and to behave responsibly.

**Self Grooming Seminar**
A SEMINAR ON "SKIN CARE AND HAIR STYLES"
IS BEING ORGANIZED BY ‘WOMEN COLA’
IN COLLABORATION WITH ‘ORANE INSTITUTE’
DATE: 25TH SEPTEMBER 2019
TIMINGS: 2:20 P.M.
VENUE: SEMINAR HALL (GROUND FLOOR)
In partnership with Orane Institute, the Women Cell of Sanatan Dharma Institution held a session on **Self-Grooming** on September 25, 2019 in the college's seminar room. An action that involves bettering your physical appearance and self-care. Career growth is far too crucial to ignore self-care. Self-grooming includes taking a daily shower, maintaining personal hygiene, and even dressing. You may already be aware of the fact that smiling helps people feel happy. Experts demonstrated a wide range of hairstyles that may be used every day as well as for special occasions and skin care.
SANATAN DHARMA COLLEGE AMBALA CANTT

NAAC ACCREDITED GRADE "A+" WITH CGPA 3.51 IN THE THIRD CYCLE COLLEGE WITH POTENTIAL FOR EXCELLENCE - UGC, NEW DELHI
Workshop on Hygiene and Health

On October 15, 2019, Women Cell hosted a training on Health and Hygiene. By implementing these ideas into daily life, it helped many people change their lifestyles.
Health refers to a person's physical, emotional and psychological well-being. Hygiene refers to good practices that prevent disease and lead to good health, especially cleanliness, proper disposal of wastewater and drinking water supply.

**Wall Painting Competition**

On October 4th–5th, 2019, Sanatan Dharma College's Women Cell hosted a *Wall Painting Competition* in honour of the 42nd Interzonal Youth Festival. Many participants painted a variety of works of art. The artwork included singing and dance as well as other kinds of expression. India's National Youth Festival brings together young people every year for a variety of events, including competitions in which students from various colleges take part.
SANATAN DHARMA COLLEGE AMBALA CANTT
NAAC ACCREDITED GRADE "A+" WITH CGPA 3.51 IN THE THIRD CYCLE COLLEGE WITH
POTENTIAL FOR EXCELLENCE- UGC,NEW DELHI
A Talk on Child Determination and Nukkad Naatak

The Sanatan Dharma College's Women Cell held a Nukkad Natak Presentation on the Prohibition of Child Determination on October 18th 2019. It was delivered by women's cell students which had a very valuable and informative impact. Everyone who was present had their eyes opened by it.
"In a world where everyone is free to be who they are, the word "gender" would not exist."

Workshop on Career Opportunities for Girls


Conducted by - Miss Amanpreet
A student's ability, personality, interests, and other characteristics were evaluated by experts. The best career possibilities from all the accessible and pertinent options are recommended for each student using the
results of this study. Through this counselling, clients have access to the career expert's resources and expertise.

**Seminar of Sui Dhaga Hunar Award**

On February 8, 2020, the Agarwal Agency sponsored a seminar on the **Sui Dhaga Hunar Award** at the Indian Institute of Fashion Art.
Sushma Swaraj Birth Anniversary Celebration

The 14th of February 2020 was the Birth Anniversary of Sushma Swaraj. A celebration was conducted to honour Sushma Swaraj's image with flowers and lamplight. Many college students created artwork, including
posters, sketch making, slogan writing, birthday cards and paintings. They were also given prizes in line with that. A unique book fair was also planned. Ms. Vijay Sharma performed a little speech in which she praised Sushma ji for being an incredible woman.
SANATAN DHARMA COLLEGE AMBALA CANTT

NAAC ACCREDITED GRADE “A+” WITH CGPA 3.51 IN THE THIRD CYCLE COLLEGE WITH POTENTIAL FOR EXCELLENCE- UGC,NEW DELHI
Flower Show

On February 27, 2020, the postgraduate mathematics department and the Women Cell collaborated to host a Flower Show in Honour of Basant Utsav. The pupils showed a wide array of flowers. A knowledgeable and informative show was provided. Students gained knowledge mostly about how to grow various types of flowers, including what seasons they grow in.
SANATAN DHARMA COLLEGE AMBALA CANTT

NAAC ACCREDITED GRADE "A+" WITH CGPA 3.51 IN THE THIRD CYCLE COLLEGE WITH POTENTIAL FOR EXCELLENCE- UGC,NEW DELHI
Logo Making and Tagline Competition

On March 1, 2020, the Women Cell of Sanatan Dharma College held a competition for creating a Logo and Tagline in honour of International Women's Week. Students took part in this with all of their excitement and energy. Many attendees received prizes.
Career Counselling Session

On March 5, 2020, in honour of International Women's Week, the Sanatan Dharma College Women Cell presented a session on Career Counselling. A student's aptitude, personality, interests, and other traits were assessed by professionals. The findings of this study are used to
recommend for each student the best career options out of all the available and relevant options. The resources and experience of the career expert are available to customers through this counselling.
Celebration on Dental Care and Hygiene

On March 7, 2020, in honour of International Women's Week, the Sanatan Dharma College Women Cell held a course on Dental Cleanliness and Hygiene. The significance of oral hygiene was illustrated. It demonstrated the procedure of regularly brushing one's teeth (dental hygiene) and cleaning in between one's teeth in order to maintain dental hygiene and keep one's mouth free of disease and other issues (such as bad breath). To prevent tooth disease and bad breath, oral hygiene must be practised on a regular basis. This was a very worthwhile and educational session. It served as a wake-up call for everyone since good oral hygiene is crucial. To keep it safe from all pathogens and infections, one should always adhere to. They offered suggestions for how to boost dental health -
• Brush your teeth three times a day.
• Choose your toothbrush wisely, and replace it often.
• Floss regularly.
• Give your tongue some attention.
• Stop smoking.
• Limit your coffee intake.
• Eat a nutritious diet.

Launching Logo Ceremony of Women Cell

Under the direction of our honourable Principal Dr. Rajendra Singh, the Sanatan Dharma College Women Cell Members and Affiliated Teacher's Ms. Heena etc held a Ceremony to Launch the Cell's Logo in honour of International Women's Week. The logo represented Women Empowerment. This cell works against the tragedies taking place all
around us. It's not just a cell for women but for all the other genders. It just stands for humanity and isn't gender based. It also represents the advancement of society and the college. The number of the works completed by this cell is infinite. Being a part of this cell is itself an achievement. Creating a logo entails obtaining a confirmed identity.

Dated - 8th March 2020.
SANATAN DHARMA COLLEGE AMBALA CANTT
NAAC ACCREDITED GRADE "A+" WITH CGPA 3.51 IN THE THIRD CYCLE COLLEGE WITH
POTENTIAL FOR EXCELLENCE- UGC,NEW DELHI
Newspaper Snippets about the Launch
खानी एसडी कॉलेज में अंतरराष्ट्रीय महिला दिवस पर कार्यक्रम में भाग लेते हुए।

अबाजा। सनातन दर्शन कॉलेज में अंतरराष्ट्रीय महिला दिवस के सामाजिक कार्यक्रम में अंतरराष्ट्रीय महिला दिवस के साथ-साथ कॉलेज के अध्यक्ष डॉ. राजेंद्र सिंह ने सनातन दर्शन कॉलेज के शासक को प्रतीक चिन्ह का विविधता समुदाय में अन्वयन किया।

उनके कदम संसार के हर क्षेत्र में उन्नति की ओर बढ़ रहे हैं, जिससे वह स्वयं के होनी समस्त संसार की स्वतंत्रता होती है। प्रेरणा स्त्रिया कॉलेज प्रवक्ता डॉ. राजेंद्र सिंह ने मार्ग अंतरराष्ट्रीय महिला दिवस पर इस प्रतीक चिन्ह का विविधता सुझाव दिया और कहा कि यह महिलाओं के अपने सेवक, विद्यार्थी एवं पुलिस के समन समाज में समान दिखाई देने का प्रतीक है।

जनसंख्या अध्यक्ष डॉ. नृत्या मुल्लै और बुधन सेठ के समन समाज में सभी पुलिस के समन समाज में समान दिखाई देने का प्रतीक है।

इसका उद्देश्य विद्यार्थियों को प्रतीक चिन्हों का सामना पुरुष दिन है।

इसका उद्देश्य विद्यार्थियों को प्रतीक चिन्हों का सामना पुरुष दिन है।

इसका उद्देश्य विद्यार्थियों को प्रतीक चिन्हों का सामना पुरुष दिन है।
अंबाला: छावनी एसडी कॉलेज में अंतर्राष्ट्रीय महिला दिवस पर कार्यक्रम में आये लेते हुए।
(छवी: अंबाला)

वुमेन सैल ने एक लोगो तैयार किया

अंबाला छवीनी, 8 फरवरी (अंबाला) : छवीनी के एसडी कॉलेज में अंतर्राष्ट्रीय महिला दिवस के सामाजिक कार्यक्रम शुरू किया। तिसरा अंतर्राष्ट्रीय महिला दिवस पर ऐसी चिंताएं का विधिन कर प्रदर्शित किया और यह कि वह महिलाओं में अपनी एकता, विश्वास तथा फूस के समान समाज में समान दिलवाने का प्रयास है।

जनसंगठन एवं भविष्य में जनसम्मान संसार के हर कार्य क्षेत्र में उन्नति की ओर बढ़े रहे हैं, जिसमें यह सब तो होगी समस्त संसार की सहरक होगी। कॉलेज विद्यार्थियों की प्रतिबंधित नेतृत्व दर्शन से साथ किया गया।

हर कार्य क्षेत्र में उन्नति कर रही महिलाएं: डॉ. राजेंद्र चित्रा

अंबाला: सनातन धर्म कॉलेज में अंतरराष्ट्रीय महिला दिवस के सामाजिक कार्यक्रम शुरू किया। अंतर्राष्ट्रीय महिला दिवस पर ऐसी चिंताएं का विधिन कर प्रदर्शित किया और यह कि वह महिलाओं में अपनी एकता, विश्वास तथा फूस के समान समाज में समान दिलवाने का प्रयास है।

प्राचीन संसार नई भविष्य में जनसम्मान के हर कार्य क्षेत्र में उन्नति की ओर बढ़े रहे हैं, जिसमें यह सब तो होगी समस्त संसार की सहरक होगी। कॉलेज विद्यार्थियों की प्रतिबंधित नेतृत्व दर्शन से साथ किया गया।

हर कार्य क्षेत्र में उन्नति कर रही महिलाएं: डॉ. राजेंद्र चित्रा