



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)



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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, motivation, increases in turn. productivity, and most importantly vour happiness. Beauty care 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





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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.













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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.



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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:-

Prize distribution and Hadge commy
of Jeam WOMEN CELL will
also take place.
Date: 8th. March. 2019
Timings: 11:20 am
Venue.: Seminar Hall (first floor)

Lat's Celebrate & Cherish Wannahood...

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

Health Check Up Camp





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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 -





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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





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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.





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पौधरोपण कार्यक्रम आयोजित



अंबाला। सनातन धर्म कॉलेज में एक हजार से ज्यादा पीधे लगाने की मुहिम को आगे बदाते हुए सोमवार को वूमेन सेल द्वारा कॉलेज प्राचार्य डॉ राजेंद्र सिंह व प्रवक्ता डॉ नवीन मुलाटी कन्वीनर डॉक्टर परमजीत कौर को कन्वीनर प्रोफेसर हिना, वूमेन सेल की विद्यार्थियों की टीम ने 50 पीधे लगाए। वृमेन सेल की विद्यार्थी टीम ने उन पीधों को लगाने एक साथ उनकी सुरक्षा पालन पोषण करने और इस मुहिम को आगे बढ़ाने का वचन दिया। कॉलेज प्राचार्य ने कहा कि पीचे हमारे लिए बहुत लाभकारी होते हैं उनसे सभी जीवन मिलती है। पहले अधिक मात्रा में पीधे होते थे जिस कारण अधिक मात्रा में वर्षा होती रहती थी। वातावरण में शीतलता रहती थी घरतु आज की युग में वृक्ष दिन-प्रतिदिन काटे जा रहे हैं जिस कारण वायु प्रदूषण बढ़ रहा है। प्रवक्ता डॉ नवीन गुलाटी ने बताया कि नए सत्र में कॉलेज प्रांगण को पॉलिथीन मुक्त किया जाएगा। विदार्थियों को पर्यावरण व साफ-सफाई के प्रति जागरूक किया जाएगा। कॉलेज प्रागण के आसपास के स्थानों पर एक हजार से ज्यादा पीधे लगाने की मुहिम को इस सत्र में पूरा कर लिया जाएगा।

जाने नहीं देना चाहते।

141 मंत्रे

ध्यमे

अम्बास छापनी 19 अगस्त (आर पी पिनान)-सनातन धर्म कॉलेज अंबाल छावनी के एक हजार से ज्याद पीचे लगाने की मुहिम को आगे बदाते हुए यूपैन सैल के हुता आज कलिज प्राचार्य हो सजिन्द सिंह व प्रवक्ता नवीन गुलाटी, कनवीनर डॉ होता परमजीत कौर, को-कनबीनर प्रो होना एवं यूमैन सेल की विद्यार्थियों की टीम ने 50 पीधे लगाए। वृमैन सैल मंत्री की विद्यार्थी टीम ने इन पीधों को हुओं लगाने के साथ इनकी सरधा एवं कं पालन-पोषण करने का और इस का मृदिम को आगे बहाने का सचन ए के लिया। प्राचार्य ने कहा कि पीधे हमारे लिए बद्दत लाभकारी हैं उससे हमें



जीवनसभी आक्सोजन मिलतो है। पहले वृक्ष अधिक मात्र में होने के कारण अधिक मात्रा में वर्षा होती थी व बातावरण भी शीतल रहता था। परंतु आज के युग में वृक्ष दिन-प्रतिदिन कारे जा खे हैं जिस कारण चाप प्रदुषण बढ़ता जा खा है। बावुमंडल में गरमी बढ़तों जा रही है। जिसके कारण मनुष्य के जीवन पर इसका काफी प्रभाव पड़ रहा है। प्रवक्ता जॉ नवीन गुलाटी ने बताया कि नए सब से कॉलेज प्रांगण को पॉलोबिन मुन्ड किया जाएमा व विद्याधियों को पर्यावरण व साफ-सफाई के प्रति जागरूक किया जाएगा व आस पास के स्थानों में एक हजार से ज्यादा पौधे लगाने की मृतिम को इस सब में भी आगे बद्धाया जाएगा।



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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





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among the general public about the value of healthy eating practices and proper nutrition for upholding a healthy lifestyle.











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Oath Taking Ceremony





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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 Seminar **Grooming**



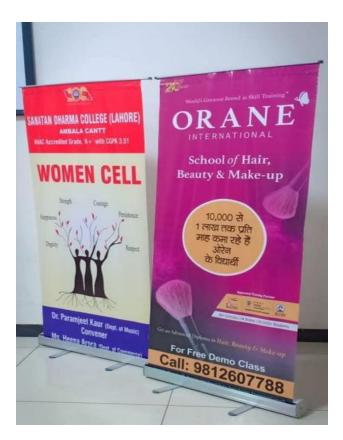








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In partnership with Orane Institute, the Women Cell of Sanatan Dharma Institution held a session on **Self-Grooming** on September 25, 2019 in the college's seminar room. an action that involves bettering your physical appearance and self-care. Career 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.













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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.















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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 of kinds expression. India's National Youth brings Festival together young people every year for a variety of events, including competitions in which students from various colleges take part.











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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.





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लिंग संवेदीकरण की दी जानकारी

कॉलेज बनी के बूमेन सेल के विद्यार्थियों है। इस नाटक में रहेज प्रथा और योज-ने लिंग संवेदीकरण विषय पर कॉलेज उत्पीइन जैसी कुरीतियाँ पर भी प्रकाश प्रांगण में एक नुक्कड़ नाटक प्रस्तुत किया। इसमें विद्यार्थियों ने समाज में चल रहे लिंग अनुपात के भेदभाव को दशाया। आज भी कुछ क्षेत्रों में लड़िकयों को पढने-लिखने नहीं दिया जाता, बल्कि उनकी जल्दी शादी करवा दी जाती है। पढ़ी लिखी और काबिल लड़कियों को भी अवसर मिलने के पश्चात भी बाहर

जागरण संवाददाता, अंवालाः सनातन धर्म काम करने के लिए आजादी नहीं ही जाती

कार्यक्रम के दौरान कॉलेज प्राचार्य डॉ. राजेन्द्र सिंह व कॉलेज जन संपर्क अधिकारी नवीन गुलाटी ने निरंतर ऐसे कार्य करते रहने के लिए प्रोत्साहित किया। यह कार्यक्रम वृमेन सैल की संयोजिका एवं सहसंयोजिका डॉ. परमजीत कौर व प्रो. हीना के निरक्षण में संपन्न हुआ।







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"In a world where everyone is free to be who they are, the word "gender" would not exist."

Workshop on Career Opportunities for Girls

The Women Cell of Sanatan Dharma College hosted a workshop on Career Opportunities for Girls in IIFA on January 17, 2020.

Conducted by - Miss Amanpreet





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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





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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.







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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







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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.

















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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.













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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.





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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





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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.







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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 -





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- 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





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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.













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Newspaper Snippets about the Launch





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वूमेन डे एक प्रतीक चिन्ह तैयार कर अनावरण किया



छावनी एसडी कालेज में अंतरराष्ट्रीय महिला दिवस पर कार्यक्रम में भाग लेते हुए।

अंबाल। समतन धर्म कॉलेज में अंतरराष्ट्रीय महिला दिवस के सामाहिक कार्यक्रम शृंखला के अंतिम दिन यूमेन सेल ने एक प्रतीक विन्ह (लोगो) तैयार किया। जिसका उद्देश्य यूमेन सेल को नया रूप, नहीं पहचान देना है। इसमें नवीं पर आवारित उसकी स्वतंत्रता का पोतक है। उसके कदम संसार के हर कार्य क्षेत्र में उन्नित की ओर बद रहे हैं, जिसमें वह सकत तो होगी समस्त संसार की सातक होगा। प्रेरणा स्तीत कॉलेज प्रावर्थ की राजेद सिंह ने मार्च अंतरराष्ट्रीय महिला दिवस पर इस प्रतीक किन्ह का विधिवत रूप से अनावरण किया और कहा कि यह महिलाओं में अध्यक्ती एकता, विश्वस तवा पुरुष के समान समाज में सम्मान दिलवाने का प्रतीक है। जनसंपर्क अधिकारी को नवीन गुलाटी व यूमेन सेल कन्वीनर ठीवटर परमजीत वीर भविषय में यूमेन सेल के प्रतिक गतिविध में इस प्रतीक विन्ह का सम्मान यूर्वक प्रयोग किया जाएगा। इसका वयन विश्वार्थियों की प्रतिविधिताओं के साथ किया गया। इस अवसर पर कॉलेज के प्रावर्थ के साथ ठीवटर नवीन गुलाटी, डॉक्टर परमजीत वीर, प्रोकेसर हिन्ह, प्रोकेसर छवि किरण उपस्थित रहे।





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अंबालाः छावनी एसडी कालेज में अंतर्राष्ट्रीय महिला दिवस पर कार्यक्रम में भाग लेते हुए। (छाया: अग्रवाल)

एक लोगो तैयार किया

संसार की सशक्त होगा। कालेज प्रधानाचार्य डा. राजेंद्र सिंह ने साथ किया गया।

अंबाला छावनी, 8 फरवरी अंतर्राष्ट्रीय महिला दिवस पर इस (अग्रवाल) : छावनी के एसडी प्रतीक चिन्ह का विधिवत रूप से कालेज में अंतर्राष्ट्रीय महिला दिवस अनावरण किया और कहा कि यह के साप्ताहिक कार्यक्रम श्रृंखला के महिलाओं में आपसी एकता, ऑतिम दिन वमेन सेल ने एक प्रतीक विश्वास तथा पुरुष के समान समाज चिन्ह (लोगो) तैयार किया। में सम्मान दिलवाने का प्रतीक है। जिसका उद्देश्य वूमेन सेल को नया जनसंपर्क अधिकारी डा. नवीन रूप, नहीं पहचान देना है। इसमें स्त्री गुलाटी व वूमेन सेल कन्वीनर डा. पर आधारित उसकी स्वतंत्रता का परमजीत कौर भविष्य में वूमेन सेल घोतक है। उसके कदम संसार के हर के प्रत्येक गतिविधि में इस प्रतीक कार्य क्षेत्र में उन्नति की ओर बढ़ रहे चिन्ह का सम्मान पूर्वक प्रयोग हैं, जिसमें वह सबल तो होगी समस्त किया जाएगा। इसका चयन विद्यार्थियों की प्रतियोगिताओं के



अम्बाला सनातन धर्म कॉलेज में अंतरराष्ट्रीय महिला दिवस के साप्ताहि कार्यक्रम श्रृंखला के अंतिम दिन वमन सेल ने एक प्रतीक चिन्ह तैयार कि जिसका मकसद वूमेन सेल को नए रूप के साथ-साथ नहीं पहचान देना इसमें स्त्री पर आधारित उसकी स्वतंत्रता का घोतक है। महिलाएं संसार हर कार्यक्षेत्र में उन्नति कर रही हैं। प्रिंसिपल डॉ. राजेंद्र सिंह ने अंतर्राष महिला दिवस पर इस प्रतीक चिन्ह का विधिवत रूप से अनावरण कि डॉ. नवीन गुलाटी व डॉ. परमजीत कौर भविष्य में वमन सेल के प्रत गतिविधि में इस प्रतीक चिन्ह का इस्तेमाल करेगा। कार्यक्रम में प्रोपे हिना, प्रोफेसर छवि व किरण समेत अन्य सदस्य मौजूद रहे।



