Tree plantation

On 30\textsuperscript{th} July, 2021, Women Cell of Sanatan Dharma College organised Tree plantation.

Guest: - Dr. Ramesh K Madan

“Planting a tree is like adding one more healthy year to your life.”

Tree plantation

On 4\textsuperscript{th} August, 2021, Women Cell organised Tree plantation in collaboration with Environment Awareness Club, NSS, YRC in the college campus.

Guest: - Mrs. Neelinderjeet Kaur Sidhu (Principal SD Vidya School)

Planting trees helps a lot in maintaining ecological balance. It keeps the nutrition of the soil intact and helps in irrigation.
Interviews

Interviews for the Office bearers are conducted by the Women Cell on 2nd September, 2021. It was conducted around 10 a.m. by the former office bearers.

Teacher's Day Celebration

On the occasion of Teacher’s Day, Women Cell organised few fun games for teachers to honour their service and dedication.

The function took place in the Commerce Digital Room of the college. It was beautifully decorated by the students for Teachers’ Day Celebration. All Teachers were cordially invited to attend the same.

Tree plantation competition was also organised by the Women Cell to celebrate the day. It was specially organised for teachers only.
Seminar on Aatmanirbhar Haryana and Rozgar Srijan

On 8th 2021, Women Cell, NSS, NCC,YRC Career Guidance Cell and Commerce Department organised a seminar on Aatmanirbhar Haryana and Rozgar Srijan.

**Chief Guest:** Mr. Satish Kumar and Dr. Rajesh Goel

This lecture was organised to aware the audience about the Aatmanirbhar Haryana Yojana which was introduced by the chief minister of haryana to make people of the state self-reliant.

Poshan Maah Celebration

On the occasion of Poshan Maah, Women Cell in collaboration with NSS, NCC, YRC and Home Science Association organised a National level poster making and slogan writing competition on 19th September, 2021 on the topic of “Nutritive Food for Pregnant Women”.
National level E-quiz

For celebrating the Poshan Maah, a national level e-quiz was organised by Women Cell in collaboration with NSS, NCC, YRC and Home Science Association on the topic Malnourishment issues in children.

Dated :- 29th September, 2021.

Malnourished children may be short for their age, thin or bloated, listless and have weakened immune systems. Nutritional disorders can affect any system in the body and the senses of sight, taste and smell. They may also produce anxiety, changes in mood and other psychiatric symptoms.

Rules :-
1. Quiz competition is open for all the undergraduate & postgraduate students of various colleges from all over India.
2. Quiz will be an objective type & will contain 35 questions.
3. Duration of the quiz will be 20 minutes.
4. Registration is compulsory.
5. Last date of registration will be 28th September 2021 till 6:00 pm.
6. For any queries, contact:- Saumya (9467907073), Chirag (8295293636).
7. The link for the quiz will be shared on the Telegram group on 29th September, 2021 at 10:55 am.
8. E-certificate will be provided to all the participants. Top three winners will be awarded.
**World Heart Day Celebration**

On the occasion of World Heart Day, 29th September, 2021, Women Cell organised an event “Video making on any exercise that boost a healthy heart.”

World Heart Day informs people around the globe that CVD, including heart disease and stroke, is the world’s leading cause of death claiming 18.6 million lives each year. World Heart Day is a global campaign during which individuals, families, communities, and governments around the world participate in activities to take charge of their heart health and that of others.
Invited talk on Women Rights

On 30th September, 2021, Women Cell organised a seminar on “Women Rights”.

The audience was addressed by Prof. Preety Jain (Department of Law Kurukshetra University Kurukshetra).

Issues commonly associated with notions of women’s rights include the right to bodily integrity and autonomy, to be free from sexual violence, to vote, to hold public office, to enter into legal contracts, to have equal rights in family law, to work, to fair wages or equal pay, to have reproductive rights, to own property, and to education.
Oath Taking Ceremony

On 11\textsuperscript{th} October, 2021, at 12 p.m., Women Cell organised an Oath Taking Ceremony in association with Mool Mantra Welfare Society. The oath-taking ceremony formally declare the student’s desire and entry into the Cell. Oath taking ceremony was organized for the new members of the Women Cell. The students took an oath to be active and responsible members of the Cell.

National Level Stamp Design Competition

Women Cell organised National level Stamp Design competition on National Unity Day.

\textbf{Dated} :- \textbf{30\textsuperscript{th} October, 2021}.

Cash prizes were given to the winners.
Diwali Competition

Women Cell organised a National level Event on the auspicious occasion of Diwali (Festival of lights). It was organised on 5th October, 2021. Some competitions were organised to celebrate the Diwali. These competitions were:-

- **Self Dress-up and makeup** - Students were required to send their picture or videos of your self being dressed up for the Diwali Pooja.
- **Home Decoration** - Students were required to send the pictures or video of the decoration done by them.
- **Diwali Pooja** - Students were required to send the pictures or video of preparation of Diwali Poojan.
- **Rangoli Making** - In this, students were required to send the pictures or video of rangoli while making it.
Self Defence Training Camp For Girls

From 9th September, 2021, Women Cell organised a self defence training for girls.

Mr. Nitin Tomar had trained the girls during this camp.

The goal of self-defence is to avoid or deescalate the situation quickly and safely. Self-defence training not only helps you protect yourself but others too. Plus, training helps you become physically and emotionally fit. Having the ability to defend yourself increases your self-esteem and boosts your confidence. Benefits like these only add to the reason to learn self-defence.
Lecture on Sexual Harassment at Work Place

Women Cell had celebrated the International day of Tolerance by organising a Lecture on Sexual Harassment of Women at work place and Women Laws in India.

Resource person:- Advocate Suksham Aggarwal

Advocate Shubham Aggarwal

They told about the Women laws in India like, Domestic violence Act, The Dowry Prohibition Act, 1961, The Protection of Women from Domestic Violence Act, 2005, etc.
Sanitary Napkin Distribution Project

Women Cell in collaboration with Rotary club Ambala midtown had carried out sanitary napkin distribution project on 18th November, 2021 at Government Senior Secondary School, B.C. Bazar.

Pads were distributed to the girls of the same school. Eco-friendly pads were distributed to the girls that are not only good for environment but it is also great for female hygiene by protecting from rashes, chemicals, diseases, and any skin irritation.

A Talk on Child Right and Nukkad Naatak

Women Cell presented a Nukkad Naatak to celebrate the World Children’s Day on 20th November, 2021. A Seminar was also organised to aware the audience about the Rights of children.

Resource Person :- Mr. Ajay Shankar Tiwari (Coordinator in Childline, Ambala).
These are some rights that they have told:

- Right to equality
- Right against discrimination
- Right to freedom of expression
- Right to life
- Right to education
- Right to being protected from trafficking and forced into labour
- Right to be protected from hazardous employment
- Right to be protected against abuse.
Lecture on Cyber Crime

On 1st December, 2021, Women Cell organised a lecture on Cyber Crime. The audience was addressed by Mr. Balwant Singh (Cyber Cell Incharge SDM Office- Ambala).

Cybercrime is criminal activity that either targets or uses a computer, a computer network or a networked device. Most cybercrime is committed by cybercriminals or hackers who want to make money. However, occasionally cybercrime aims to damage computers or
Lohri and Makar Sankranti Celebration

Lohri marks the end of winter, coming of spring and the new year. The festival is traditionally associated with the harvest of the rabi crops and Makar Sankranti also known as Makara Sankranti is celebrated in various parts of the Indian subcontinent to observe the day which marks the shift of the sun into ever-lengthening days. The festival is a seasonal observance as well as a religious celebration.

On auspicious occasion of these festivals, Women Cell organised animated video or animated picture making competition on 13th January, 2022.

**Rules:**
- Animated picture or animated video should represent celebration of Lohri and Makar Sankranti.
- Video/photo size should not exceed 10 MB.
- Link for submission: [https://forms.gle/4MJpTmA31z0CkNER](https://forms.gle/4MJpTmA31z0CkNER)
- Last date of submission of entries is 16th January 2022.
- E-Certificates will be given to all the participants.

**Link for registration:**
[https://forms.gle/4MJpTmA31z0CkNER](https://forms.gle/4MJpTmA31z0CkNER)
National level Vlog Making Competition

On occasion of National Girl Child Day, Women Cell organised national level vlog making competition on 23rd January, 2022. Students were required to make a mini vlog.

The day focuses attention on the need to address the challenges girls face and to promote girls’ empowerment and the fulfilment of their rights.

Honourable Prime Minister

Prime Minister Shri Narendra Modi addressed 30th National Commission for Women Foundation Day programme today via video conference. The theme of the programme ‘She The Change Maker’ is aimed at celebrating the achievements of women in different fields. The State Commissions for Women, Department of Women and Child Development in State
Governments, University and College teaching faculty and students, voluntary organisations, women entrepreneurs and business associations were present. The Union Minister for Women and Child Development Smt Smriti Zubin Irani; Ministers of State Dr. Munjpara Mahendrabhai Kalubhai and Smt Darshana Jardosh; Chairperson, National Commission for Women Ms. Rekha Sharma were among those present on the occasion.

Session on Menstruation Hygiene for Girls

Menstrual Health and Hygiene (MHH) is essential to the well-being and empowerment of women and adolescent girls. On any given day, more than 300 million women worldwide are menstruating. In total, an estimated 500 million lack access to menstrual products and adequate facilities for menstrual hygiene management. This session was organised by Women Cell to aware the girls and the session was addressed by: Mrs. Nita Chaudhary (CSR executive Unicharm India)
Distribution of Treats to Needy Children

On 17th February, 2022, Women Cell had celebrated the Random Act of Kindness Day by distributing the food to the needy children. Food due to some factors. So, women cell took a small initiative to help them to satisfy the hunger.

Poster Making Competition

On, Women Cell had celebrated World NGO Day by organising Poster Making Competition on the topic:

- Domestic Violence
- Sexual harassment
- Women Trafficking

Organised on - 28th February, 2022
Seminar on Identification of abusive relationship

Women Cell of Sanatan Dharma College, Ambala Cantt organised a Seminar on “Identification of Abusive Relationships and Prevention of Domestic Violence” Sponsored by National Commission for Women, New Delhi on March 03, 2022. These two organisations collaborated to understand the link between gender equality and domestic violence. Aim of the seminar is to understand what Domestic Violence is, how to identify abusive relationship and how can we extend a hand to help the victims in abusive relationship.

Sanitary Napkin Distribution


Place where this took place:- Village Naggal
The functions of sanitary napkins are to absorb and retain menstrual fluid, and isolate menstrual fluids from the body. Important and desired properties are: no leakage, no unaesthetic appearance or color, no odor, no noise, stay in place, comfortable to wear (thin body shape), and a high level of hygiene.

Online Seminar on Women Entrepreneurship

Women Cell in collaboration with entrepreneurship development cell organised a one day seminar on Women Entrepreneurship and incusive growth in collaboration with directorate of higher education haryana.

As Indian women continue to dominate the workforce with their immense potential and lead the start-up ecosystem with 15.7 million women-owned enterprises, they are expected to shape and enhance the future of the country by adding over 30 million more women-owned businesses.

Dated :- 11th March, 2022.
Tree plantation

On 13th April, 2022, Women Cell organised Tree plantation on occasion of International Plant Appreciation Day.

Trees promote a strong economy and can provide numerous resources to the people that need them. While cities are getting hotter, trees can reduce urban temperatures. They provide habitat and food for animals. Finally, trees are valuable green infrastructure to manage storm water.

Benefits :-

- Trees Regulate The Water Cycle.
- Trees Are A Vital Habitat For Wildlife.
- They Improve The Soil Quality.
- Trees Prevent Soil Erosion.
- Trees As A Food Source.
- Trees Combat Noise Pollution.
Trash to Art

On 18th April, 2022, Women Cell organised Trash to Art (best out of waste competition).

The three ‘Rs’ stand for: Reduce, Reuse and Recycle. They are a part of the waste hierarchy which is used to protect the environment and conserve resources through a priority approach. The aim is to get maximum practical benefits from products and to generate the minimum amount of waste. The Best out of Waste simply means to make or to create innovative and attractive things from the material we do not use anymore.

In an initiative to generate the habit of using old things to create beautiful crafts among children, a ‘Best Out of Waste Competition’ was organised.
Celebration of Labour’s Day

On 30th April, 2022, Women Cell celebrated Labour’s Day by organising an event. Sweet boxes were given to them as a thank you gift.

To celebrate this painstaking effort of the labour force, that work tirelessly, the International Worker’s Day also called as Labour Day, was celebrated. Labour Day is a reminder for us that these are the real architects of our society, and they deserve their due respect. The activity was designed to forge a better understanding of the labour community among our students who must learn to respect and appreciate their efforts.
Poster and Slogan Writing Competition

On 1st May, 2022, Women Cell SD College is conducting POSTER MAKING COMPETITION on the Occasion of Mother’s day. Here are some glimpse:

Mother’s Day Celebration

As Mother’s Day is a holiday honouring motherhood that is observed in different forms throughout the world, Women Cell celebrated this special day on 7th of May in seminar hall. Mothers are a symbol of love and care. They’re our first teachers, friend and our inspiration. They’re the most beautiful, strong, loving, caring and wonderful person’s in the entire universe. Always wonder how they manage everything with so much perfection.
Some highlights from today’s auspicious event “Mother’s Day,” in which children spoke poems, sang songs, played instruments and teachers took the initiative to share some emotional yet beautiful stories. A magnificent video was shown, and the audience was enthralled. The results of the slogan writing and poster creating competitions were also announced, and students were provided with their respective certificates. The cake cutting ritual brought the gathering to a close.
Workshop on Self Development and Beauty Care

On 27th May, 2022, Women Cell organised a workshop on self development and beauty care in collaboration with Lakme Academy. This session was done in the college itself.

They told 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.
Visit to Meri Paathshala

Interacting tiny brains is a sort of great event.

Thus Women call has organized a drive to visit an Ngo established Meri Paathshala on 31st May, 2022, which tend to provide economically weaker section student a basic education which tends to protect their fundamental right to education. This event was being organized in order to interact with little brilliant minds who have been deprived of their condition to access a better education like us.
NEWSPAPER GLIMPSE