



**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**

**(2021-22)**



## Tree plantation

On 30<sup>th</sup> July, 2021, Women Cell of Sanatan Dharma College organised Tree plantation.

**Guest:- Dr. Ramesh K Madan**

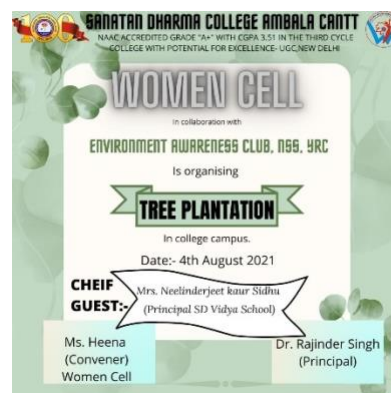
“Planting a tree is like adding  
one more healthy year to your life.”



## Tree plantation

On 4<sup>th</sup> 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 2<sup>nd</sup> september, 2021. It was conducted around 10a.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 8<sup>th</sup> 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.

**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

Women cell, NCC, NSS, YRC, Career Guidance Cell and Commerce Department  
is organising a seminar on

**Aatmanirbhar Haryana and Rozgar Srijan**

In the Auditorium  
On September 8, 2021

Timings :- 2:00 PM to 4:00 PM.

Registration Link:  
<https://forms.gle/iAGfaru43tHHUta99>

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

It is compulsory for the members to be in proper dress.

Ms. Heena  
Convener  
(Women Cell)

Dr. Rajinder Singh  
Principal

## 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 19<sup>th</sup> 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 :- 29<sup>th</sup> 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.

**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

For celebrating the  
**POSHAN MAAH**

**National level E-Quiz**  
Organised by  
**Women cell, NSS, NCC, YRC and Home Science Association**

On the topic  
**MALNOURISHMENT ISSUES IN CHILDREN**

Date -29th September 2021 Time:- 11:00 AM

**Registration link:-**  
<https://docs.google.com/forms/d/e/1FAIpQLSfFm3AbuQe6jylCS2TwS4QUQEvhmV6bUeYdQui02UE6WNw-Q/closedform>

Test Your knowledge

### Rules :-

**Telegram link :-**  
<https://t.me/joinchat/zHpRrR-R-HrkMzZl>

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- certificates will be provided to all the participants. Top three winners will be awarded.

SAUMYA, CHIRAG  
(STUDENT COORDINATOR)

MS. HEENA  
CONVENER  
(WOMEN CELL)

DR. RAJINDER SINGH  
(PRINCIPAL)

## World Heart Day Celebration

On the occasion of World Heart Day, 29<sup>th</sup> 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.





**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



**On the occasion of World Heart Day,  
29th September 2021,**

**Women cell**

is organizing an event 'Video making on any exercise that  
boost a healthy heart'.



**RULES :-**

- You all have to send a video doing an exercise 10 times.
- All of you are required to send entries latest by 27th September 2021 on the email id - [womencell.sdc.ambalacantt@gmail.com](mailto:womencell.sdc.ambalacantt@gmail.com)
- For more queries contact :-  
Shagun -9053223310, Ridhi - 9896096657.

Ridhi, Shagun  
Student  
(Co-ordinator)

Ms. Heena  
Convener  
(Women Cell)

Dr. Rajinder Singh  
Principal



## Invited talk on Women Rights

On 30<sup>th</sup> 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.



**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



**Invited talk**  
On  
**WOMEN RIGHTS**  
Organised by  
**WOMEN CELL**  
&  
**Political Science Association**

**Registration link:-**  
<https://forms.gle/TunrohmsDfm9bycs6>



September 30, 2021 , 11:00 AM Onwards  
**Resource Person**  
**Prof. Preety Jain**  
Department of Law Kurukshetra  
University Kurukshetra

**Ms Neelam Devi**  
Convener  
(Political Science  
Association)

**Ms Heena**  
Convener  
(Women Cell)

**Dr. Rajinder Singh**  
(Principal)



## Oath Taking Ceremony

On 11<sup>th</sup> 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.

**Dated :- 30<sup>th</sup> October, 2021.**

Cash prizes were given to the winners.







## 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



# Diwali Competition

Women Cell organised a National level Event on the auspicious occasion of Diwali(Festival of lights). It was organised on 5<sup>th</sup> 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.





## 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





# Self Defence Training Camp For Girls

From 9<sup>th</sup> 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



**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

**Women cell**  
Is organising  
**SELF DEFENSE**  
**TRAINING CAMP**  
**FOR GIRLS**

From 9th November 2021

Registration link:- <https://forms.gle/SeL6MILi689jGqco9>

**SEATS WOULD BE ASSIGNED ON FIRST COME , FIRST SERVE BASIS.**

Self defense is not only our right ,  
it is our duty.

Ms. Heena  
Convener  
Women cell )

Dr. Rajinder singh  
( Principal )



## **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 18<sup>th</sup> 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 20<sup>th</sup> 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).





## 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



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.

**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

*Women Cell*  
Is celebrating  
**WORLD CHILDREN'S DAY**  
By Presenting  
**NUKKAD NATAK**  
And  
**A TALK ON CHILD RIGHT - CHILD HELPLINE**

20TH NOVEMBER 2021

Venue :- NAAC room  
Timing:- 12:30 pm

Resource person:-  
**Mr. Ajay Shankar Tiwari**  
(Centre - Coordinator in CHILDLINE, Ambala)

Ms. Heena  
Convener  
(Women cell)

Dr. Rajinder Singh  
(Principal)




## Lecture on Cyber Crime


On 1<sup>st</sup> 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






**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



**WOMEN CELL**  
Is organising  
**A LECTURE ON -**  
**CYBER CRIME**



<b>Venue:-</b> <b>NAAC Room</b>	<b>Resource person:-</b> Mr. Balwant Singh Cyber Cell Incharge SDM OFFICE - AMBALA	<b>Timing:-</b> <b>10:20 AM</b>
------------------------------------	---	------------------------------------

Date :- 1st December 2021

<b>Ms. Heena</b> Convener ( Women cell )	<b>Dr. Rajinder Singh</b> ( Principal )
--	--

## 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 13<sup>th</sup> January, 2022.



**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

**WOMEN CELL**  
Celebrates

**A BLISSFUL LOHRI**  
And  
**MAKAR SANKRANTI**

By organizing

**Animated picture** OR **Animated video**  
Making competition

Link for registration:-  
<https://forms.gle/4MJqImA31rzQCNFE8>



**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/4MJqImA31rzQCNFE8>
- Last date of submission of entries is 13th January 2022.
- E-Certificates will be given to all the participants.

Preksha, Kaustubh (Student Coordinator) Women cell

Ms. Heena (Convener) Women cell

Dr. Rajinder Singh Principal





## National level Vlog Making Competition

On occasion of National Girl Child Day, Women Cell organised national level vlog making competition on 23<sup>rd</sup> 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.

**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

**WOMEN CELL**  
IS ORGANISING

**NATIONAL LEVEL VLOG MAKING COMPETITION**

ON THE OCCASION OF  
**National Girl Child Day**  
ON JANUARY 23, 2022

**Link:-** <https://forms.gle/mEyiLaTHk1MDhDjda>

**RULES:-**

1. Deadline for the Submission is January 23, 2022.
2. This competition is open for all.
3. Maximum time limit is 10 minutes.
4. Click on this link to submit your entries:-  
<https://forms.gle/mEyiLaTHk1MDhDjda>
5. E-certificates will be provided to all the participants.
6. Results will be announced on January 25, 2022.

**For any queries, contact:-**  
Abhinav Singla (Abhinav22122@gmail.com)

Ms. Renu, Ms. Sanya Jain  
(Teacher Co-ordinator)

Ms. Heena  
Convener  
(Women Cell)

Dr. Rajinder Singh  
Principal

Best three entries will be rewarded.

**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

**Women cell**

**RESULTS FOR NATIONAL LEVEL VLOG MAKING COMPETITION**

Position	Particulars
<b>1.</b>	Jyoti (B.sc non medical, 1st year) Sanatan Dharma College, Ambala Cantt
<b>2.</b>	Sahil Arora (B.com 2nd year) Gandhi Memorial College, Ambala Cantt
<b>3.</b>	Sudhir (B.com) Mukund Lal National College, Yamunanagar

**E-CERTIFICATES WILL BE GIVEN TO ALL THE PARTICIPANTS.**

MS. RENU, MS. SANYA JAIN  
(TEACHER CO-ORDINATOR)

MS. HEENA  
CONVENER  
(WOMEN CELL)

DR. RAJINDER SINGH  
(PRINCIPAL)

## Honourable Prime Minister

Prime Minister Shri Narendra Modi addressed 30<sup>th</sup> 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)



**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



**WOMEN CELL**  
In Collaboration with  
*Global Hunt Foundation*  
is organising  
**A SESSION ON  
MENSTRUAL HYGIENE FOR GIRLS**  
On 4 February, 2022 at 11:00 a.m.



**link:-** <https://us02web.zoom.us/j/82230552618>

**Resource Person:-**  
Mrs. Nita Chaudhary  
CSR Executive  
Unicharm India

Ms Heena  
Convener  
(Women Cell)

Dr. Rajinder Singh  
(Principal)

## Distribution of Treats to Needy Children

On 17<sup>th</sup> 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.

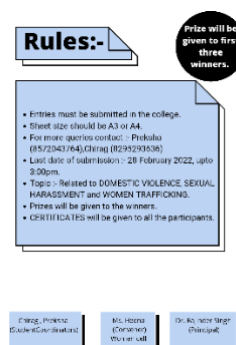


## Poster Making Competition

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

- Domestic Violence
- Sexual harassment
- Women Trafficking

Organised on - 28<sup>th</sup> 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**

On 8<sup>th</sup> March, 2022, Women Cell in collaboration with Rotary Club Ambala Midtown and Commerce Association did a 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 inclusive 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 :- 11<sup>th</sup> March, 2022.**



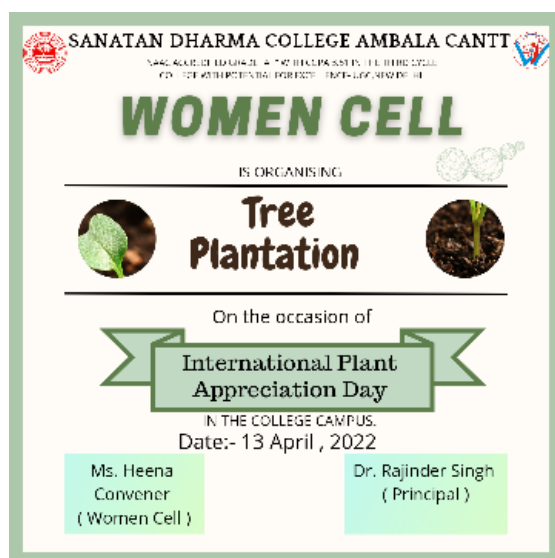
## Tree plantation

On 13<sup>th</sup> 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 18<sup>th</sup> 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



**WOMEN CELL**  
Is organising  
**TRASH TO ART**  
BEST OUT OF WASTE COMPETITION  
On 18th April, 2022.  
"UNCOMMON THINKERS REUSE WHAT COMMON THINKERS REFUSE"  
TO PARTICIPATE, REGISTER ON THIS LINK:  
<https://forms.gle/Xxkyj9zZoumgADd88>

**RULES:-**

- Participants should submit their entries with their Name, Class and Rollno.
- One student may submit upto four entries.
- All entries should be submitted on or before 18th April 2022 in commerce department.
- Results will be announced on 20th April, 2022.
- Certificates will be given to all the participants.
- For any queries, contact:-
- Surbhi (8307374774 )
- Damini (7495027376 )

**Registration link:-**  
<https://forms.gle/Xxkyj9zZoumgADd88>

**WOMEN CELL**  
RESULTS OF  
*Trash to Art*

**1st** Geetika B.A II  
**2nd** Chirag B.com II  
**3rd** Navjot B.com III

Ms. Heena Convener (WWomenCell)  
Dr. Rajinder Singh (Principal)

Surbhi, Damini STUDENT COORDINATORS  
Ms. Heena CONVENER (WOMEN CELL)  
Dr. Rajinder Singh PRINCIPAL

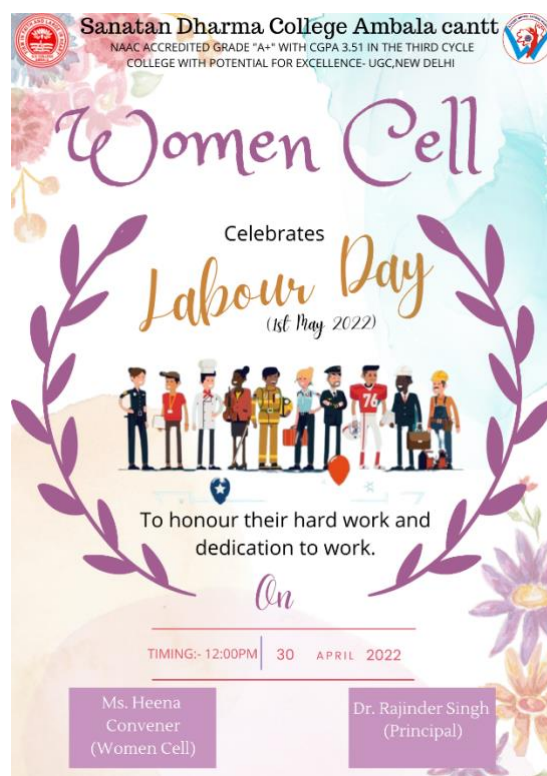
or to create innovative and attractive things from the material we do not use anymore.

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 30<sup>th</sup> 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 1<sup>st</sup> 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 7<sup>th</sup> 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 27<sup>th</sup> 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 cell has organized a drive to visit an Ngo established Meri Paathshala on 31<sup>st</sup> 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



**ला 10 दिसम्बर 2022**

### एस.डी कॉलेज में मानव अधिकार विषय पर सेमिनार का हुआ आयोजन



चरमपरिस्थिति अम्बाला छावनी 10 दिसम्बर (आर पी मितल) -सनातन धर्म कॉलेज, अम्बाला छावनी में वूमन सेल और यूथ रेड क्रोस यूनिट के सहयोग से अंतर्राष्ट्रीय मानव अधिकार दिवस के उपलक्ष्य में मानव अधिकार विषय पर सेमिनार का आयोजन किया गया। कार्यक्रम में एडवोकेट यन सिंह कानून मधुख अतिथि के रूप में उपस्थित रहे। पूरे विश्व में मानव अधिकार दिवस लोगों को उनके अधिकारों के प्रति जागरूक करने के उद्देश्य से मनाया जाता है। इसी विषय पर रोशन खाने हुए एडवोकेट यन सिंह कानून करते हैं कि मानव अधिकार हर व्यक्ति को जन्म के साथ ही मिल जाते हैं। इन अधिकारों की मींग कोई भी व्यक्ति कर सकता है, चाहे इन अधिकारों के बारे में उस देश के संविधान में प्रत्यक्षानुक्रमिक रूप से ही न हो। मानव अधिकारों के बारे में छात्रों को जागरूक करने हुए एडवोकेट यन सिंह कहते हैं कि मानव अधिकारों की एक निश्चित संरचना नहीं है, जैसे-जैसे नई चुनौतियाँ सामने आती हैं, तो मानव अधिकारों को संरक्षित व बढ़ावा देना पड़ता है। हर व्यक्ति को कई मानव अधिकार प्राप्त हैं जैसे कि- जीवन, बराबरी और सम्मान का अधिकार, कानून के समक्ष समानता का अधिकार (अर्टिकल 14), आवास की सम्मानता (अर्टिकल 16(1)), शिक्षा एवं समाज के सामूहिक जीवन में भाग लेने का अधिकार। इसके अलावा समान काम के लिए समान वेतन का अधिकार (अर्टिकल 39(द)), प्राण और वैयक्तिक स्वतंत्रता (अर्टिकल 21) राजनीतिक, सामाजिक और अधिकाधिक अधिकार इत्यादि भी हमें मिलते हैं। इन अवसर पर कॉलेज प्राण में पोषाभरण भी किया गया। वूमन सेल संयोजिका प्रो. होन ने अतिथि का आभार व्यक्त किया और विद्यार्थियों से अपने अधिकारों के बारे में जानकारी रखने की सलाह दी। कॉलेज में वूमन सेल, रोटी कलब एवं इन खेल कलब के सहयोग से 6 दिसम्बर-10 दिसम्बर तक बॉक्स ऑफ काउन्सिल लगाया गया। सही के मौर्य में कई ऐसे लोग होते हैं जो अपने अधिकारों के कारण मर चुके हैं। इसी परिस्थिति को देखते हुए वूमन सेल, रोटी एवं इन खेल कलब द्वारा यह मुहिम चलाई गई। इस मुहिम में नया सेल नया विद्यार्थियों ने भाग लेते हुए अपनी व गर्म कपड़े, बाबल, घुमने स्वेटर, शॉल और अन्य सामान इकट्ठा कर जागरूकता तक पहुँचाया। वूमन सेल संयोजिका प्रो. होन, इन खेल संयोजिका डॉ. नैन्सी चोपड़ा एवं रोटी कलब इंचार्ज प्रो. रीतु ने इस मुहिम से जुड़े सभी विद्यार्थियों को सराहना की। कॉलेज प्राचार्य डॉ. राजेन्द्र सिंह ने कार्यक्रम के सफलतापूर्वक सम्पन्न के लिए सभी संलग्नों की सराहना की और विद्यार्थियों को प्रोत्साहित भी दूसरी को मदद के लिए कदम उठाते रहने के लिए प्रेरित किया। कॉलेज जनसम्पर्क अधिकारी डॉ. नवीन गुलाटी ने विद्यार्थियों से अपने अधिकारों के साथ-साथ दूसरों के अधिकारों का भी सम्मान करने के लिए प्रेरित किया और सभी संलग्नों और विद्यार्थियों की सराहना करते हुए कहते हैं कि हमें हमेशा अपनी क्षमता के अनुसार जागरूकता को मदद करने चाहिए।



अंबाला। सनातन धर्म कॉलेज, अम्बाला छावनी होम साइंस एसोसिएशन एवं वूमन सेल द्वारा हेल्थ टॉक इम्पॉर्टेंट ऑफ हेल्थ एण्ड न्यूट्रीशन विषय पर सेमिनार का आयोजन किया गया। डॉ. नवीन गुलाटी, विभागाध्यक्ष गणित एवं कॉलेज जनसम्पर्क अधिकारी ने मुख्य वक्ता प्रिया साहनी, होलिस्टीक न्यूट्रीशन का स्वागत पौधा देकर किया। प्रिया साहनी ने हेल्थ एण्ड न्यूट्रीशन से जुड़े विचार साझा किए। उन्होंने बताया कि वर्तमान में खान पान के बदलते रूप से होने वाले शारीरिक व मानसिक नुकसानों से अवगत करवाया। उन्होंने होलिस्टीक डाइट के बारे में बताया कि कैसे हम अपने खान पान के तरीकों का ठीक कर सकते हैं उन्होंने बताया कि फल और सलाद का अपने खाने में ज्यादा उपयोग करें। उन्होंने बताया कि भोजन में एक सम्पूर्ण थाली लेनी चाहिए जिसमें पूर्ण रूप से रोटी,

मां  
अ  
ए  
लि  
प्रा  
ग  
रा  
हां  
उ