

## Programs of Women Cell

<b>S N</b>	<b>Date</b>	<b>Programs</b>	<b>Photos/Detail</b>
1	01.01.17	Marshal art training	Marshal art training program was organized for girls. It basically focused on art of self defense and physical strength.
2	03.01.17	Beauty parlor course	Self employment and skill enhancement based program was organized for girls. Self grooming, makeup, hair styling, beauty tips and mehandi were taught in the 15 days basic beauty parlour course.
3	08.01.17	Lecture on Girl's Hygiene	Lecture on girl's hygiene was delivered by teachers. They talked about signs that are indicative of poor hygiene, female hygiene products, hygienic routine and personal hygiene tips for girls.
4	11.01.17	Stage Act on female infanticide	A group of girls played a act on female infanticide and gave message to spread awareness and change mindsets to ensure that communities and families welcome and celebrate daughters. To create a safe environment for all women and support women's resistance to violence.
5	08.03.17	International Women Day Guest- Dr. Tabassum Bhalla	On this occasion Dr. Bhalla addressed the girls and gave a motivational speech on women empowerment. She emphasized on girl's education, awareness to their legal rights and feeling empowered by own intelligence, success, and kindness.

2017- 18

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1	16.12.17	Selection of class representatives, Complain box , First aid box		<p>Girl class represntatives were selected by voting process in each class. So that if girls hesitate to share any problem with women cell, they could contact to their friends or these representatives. A complain box was also installed in the girls common room for their convinience. A first aid box was provided with required medical items.</p>
2	01.01.18	Motivational & Girl's up-liftment based flex for girls		<p>Many motivational quotes with pictures of girl's role model / celebrities were posted on the girl's common room and gallery. These flex might help in creating fearless and friendly environment promoting self confidence in girls.</p>
3		Competitive exam on <b>Women Rights &amp; Legal Acts</b>		<p>National commission of women organized a competitive exam on Women rights and legal acts. About 150 students appeared in the exam and solve questions based on all legal rights against voilence, infanticide,dowary,sexual harasment etc.. A legal module on <b>Women Rights &amp; Legal Acts</b> was provided in both hindi and english before conducting the exam.</p>

4	09.02.18 – 12.02.18	Self employment workshop on <b>Mushroom culture</b> by Teachers 		Self employment based workshop on <b>Mushroom culture</b> was organized. Dr. Sohan Lal Sahu and Miss Nutan Sahu (Botany Department) trained the 50 registered students through lectures and practical work. Student could start with a low investment with straw of paddy or wheat and less space. During training Preparation of spawn, Substrate preparations, spawning of substrate and crop management were taught.
5	01.03.18	Mushroom harvesting & Feedback		The oyster mushroom was cultivated and processed. As a nutritious vegetarian delicacy contains many vitamins and minerals but is low on sugar and fat. It can be grown in artificially created and controlled environment. It needs a temperature between 20 and 30 C and a relative humidity of 55 to 75%. The environment of laboratory was well maintained. About 1 kg mushroom was produced.

2018-19

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1	23.08.18	Opening of Mahila Shakti Kendra Yojna  Volunteers – Students Nodal / Supervisors – Teachers		Mahila shakti kendra yojna was inaugurated by Honorable chief minister Dr. Raman Singh at municipality school campus Rajnandgaon. Our students became volunteers to promote and aware people about many government schemes regulated for women and child welfare. They worked for 200 hours at their local residential area and submit report of their beneficiaries. They also get proper training from women and child welfare department.
2	29.12.18	Lecture on Self Defense by Teachers		Women cell gave a class on self defense practices. Teachers demonstrate the use of those item which girls usually carry like bag, sandel, safety pin, pen, books, cycle etc. They learn the use nails, hand, leg, chunni to defense herself. Some tricks with hands and legs to escape from situation.
3	11.01.19	Guest lecture on “Women’s Position in Society” by Mrs. Bilkish Begam		Health supervisor (Ambagarh chouki) Mrs Bilkish Begam delivered lecture on Women’s position in society. She emphasized on importance of good health and nutritious diet for girls and women. Also discussed various women related health issues.
4	14.01.19	<b>Self Employment Prashikshan</b> on “Jam and Cake making “ by Teachers		Mrs Pratima Meshram, guest lecturer Home science department, trained students to prepare and preserve jam from gauva, apple and mango.  Miss Rajni Jain, commerce department, trained students for making chochlate and fruit eggless cake. All members of women cell and traniees from different disciplines were present.

5	18.01.19	<b>Self employment Mela</b> by students		<p>Self employment mela was organised for students in the college campus. Students sold delicious food like golgappe, chat, chole bature, mangodi, sandwich etc in their stalls. All staff and other college students enjoyed the food.</p>
6	22.01.19	<b>Competition</b> 1. Hair 2. Salad decoration <b>3. Cooking</b> 4. Thaal decoration		<p>Many competitions were organized simultaneously to promote student's participation. Students participated in hair designing, salad decoration, cooking and thal decoration competition. Principal madam and professors judge the competition and prize were distributed in the annual prize distribution function.</p>
7	27.01.19	<b>Competition on Mehendi, Rangoli, Flower decoration</b>		<p>Many competitions were organized for student. Students participated in mehendi, rangoli and flower decoration competition. Principal madam and professors judge the competition and prize were distributed in the annual prize distribution function.</p>

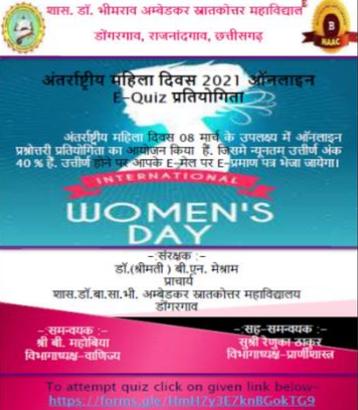


On occasion of international women's day, the leading women dignities of Dongargaon were invited for motivational talk. Principal madam addressed the women employees, students and teachers and motivate to maintain self esteem and confidence. Each dignity emphasised on women empowerment and motivate students to lead a successful life.

8	08.03.19	International Women's Day		On occasion of international women's day, the leading women dignities of Dongargaon were invited for motivational talk. Principal madam addressed the women employees, students and teachers and motivate to maintain self esteem and confidence. Each dignity emphasised on women empowerment and motivate students to lead a successful life.

2019-20

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1	23.12.19	Lecture on Girls hygiene by Teachers		Lecture on girl's hygiene was delivered by teachers. They talked about signs that are indicative of poor hygiene, female hygiene products, hygienic routine and personal hygiene tips for girls. Students also share their difficulties during outdoors and hygiene related problem
2	08.03.20	International Women's Day- Opening of Stree Swabhiman Yojana (CSC)		On occasion of international womens day, stree swabhiman yojana was inagaurated. Our Principal, civil officers and many sociolites adorned the event. Women from different fields were honoured for their contribution in society and being an example for others.
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SN	Date	Programs	Photos	
1	08.03.20	<p><b>International Women's Day-</b></p> <ol style="list-style-type: none"> <li>1. Aarambh Ek Prayas NGO - Lecture on Girls hygiene</li> <li>2. Inauguration of Sanitary Vending Machine</li> </ol>	 	<p>The NGO Aarambh ek prayas visited college campus and members met with girls. They had a talk on menstrual hygiene. NCC cadets and PG students also shared their experiences.</p> <p>Principal madam inaugurated the manual coin regulated sanitary vending machine. Mrs. Agrawal demonstrate the functioning of machine. Students also took trial of the machine. The vending machine was installed in the girl's common room.</p>
2	09.03.20	<p><b>E- Quiz Competition on Women's Legal Protection Acts</b></p>		<p>A E-quiz competition was organised on topic women's legal protection acts. The question paper was given in google form and link was shared in the online study group of students. E-certificates were issued to each participant.</p>
3	19.07.21	<p>Guest lecture on <b>"Malnutrition – A Big Problem"</b> by Dr. Shradha Shukla</p>		<p><b>Dr. Shradha Shukla , dietician &amp; counsellor , delivered lecture on diet especially during corona period. She emphasized on nutritious diet and eradication of malnutrition.</b></p>

