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GURU GOBIND SINGH COLLEGE FOR WOMEN

SECTOR 26, CHANDIGARH - 160019

(Affiliated to Panjab University Chandigarh)

(Re-accredited by National Assessment & Accreditation Council, Bangalore)



7.1.1 Gender Equity and Sensitization through Co-curricular Activities

2021-2022

Sr. No	Date	Description
01	June 21, 2021	Performing Asanas, Poster making and Pledge - 'Integrate and Encourage yoga through life' on International Yoga Day
02	January 08, 2022	Paragraph Writing on 'Swastha Balak Balika Spardha'
03	January 10, 2022	Video Showcasing on 'Health and Nutrition' on Swastha Balak Balika Spardha
04	January 17, 2022	Poster Making Competition on 'Gender Equality'
05	January 20, 2022	Poster Making Competition on 'Beti Bachao Beti Padhao'
06	January 22, 2022	Poem Writing Competition on 'Beti Bachao Beti Padhao'
07	January 22, 2022	Short Motivational Video on Gender Equality
08	January 24, 2022	Slogan Writing Competition on 'Beti Bachao Beti Padha'
09	January 24, 2022	Webinar on 'Survival and Protection of the Girl Child'
10	January 24, 2022	Pledge Against 'Sex Determination of the Foetus' on National Girl Child Day
11	February 23- 28, 2022	Self-Defense Training
12	March 07, 2022	Talk on 'Why Women Must Receive Higher Education' on International Women's Day
13	May 17, 2022	Slogan Writing Competition on 'Empowering Women at Work Place, Market Place and Community'
14	May 26, 2022	Talk on 'Gender Stereotypes and Women Empowerment'
15	May 28, 2022	Showcasing of Short Films on 'Gender Equity'

01. International Yoga Day- June 21, 2021



Performing Asanas



Poster making

@CPInp @HQ_DG_NCC
#01CHDGIRLSBNNCC #SayNoToDrugs #dte
#dgncc



Pledge - 'Integrate and Encourage yoga through life'

02. Swastha Balak Balika Spardha- January 08, 2022

NUTRITION AND Good Health

Nutrition is a process that involves the breakdown of food and other substances to the most useful in the delivery of body energy. Healthy diet can directly or indirectly affect the human and the unknown health issues. The diet is related to an individual's health and can cause disease. The quality, quantity, and daily influence on health can be detrimental to preventing or treating a disease.

A healthy body is a healthy stage that has about the best of most. Nutrition is the most important factor in maintaining a good health. Healthy nutrition which consists of daily groups builds a stronger and more functional body. A healthy body is a good nutrition should be part of a healthy lifestyle.

Best light for future bright

NUTRITION & GOOD HEALTH

A healthy diet is essential for good health and nutrition. It provides you with many benefits, such as to prevent disease, diabetes and cancer.

Nutrition is the most important factor in maintaining and keeping good health. A diet that begins with good and healthy eating habits that are good for the body, such as to prevent disease and cancer.

Nutrition also focuses on how people can use dietary changes to reduce the risk of disease. A diet that provides a good nutrition should be part of a healthy lifestyle. A diet that provides a good nutrition should be part of a healthy lifestyle.

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The World Health Organization defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity and nutrition as an input to and foundation for health and development. A healthy body is a healthy stage that has about the best of most. Nutrition is the most important factor in maintaining and keeping good health. A diet that begins with good and healthy eating habits that are good for the body, such as to prevent disease and cancer.

Diet and Good Health

Most people know that nutrition and physical activity can help maintain a healthy weight. However, the benefits of good nutrition go beyond weight loss. Eating a diet that is rich in nutrients can help reduce the risk of chronic diseases such as diabetes, heart disease, and high blood pressure. A diet that is rich in nutrients can also help you lose weight. If you have good nutrition you will be able to lose weight. It is important to understand why certain foods are good for you and what they do to help.

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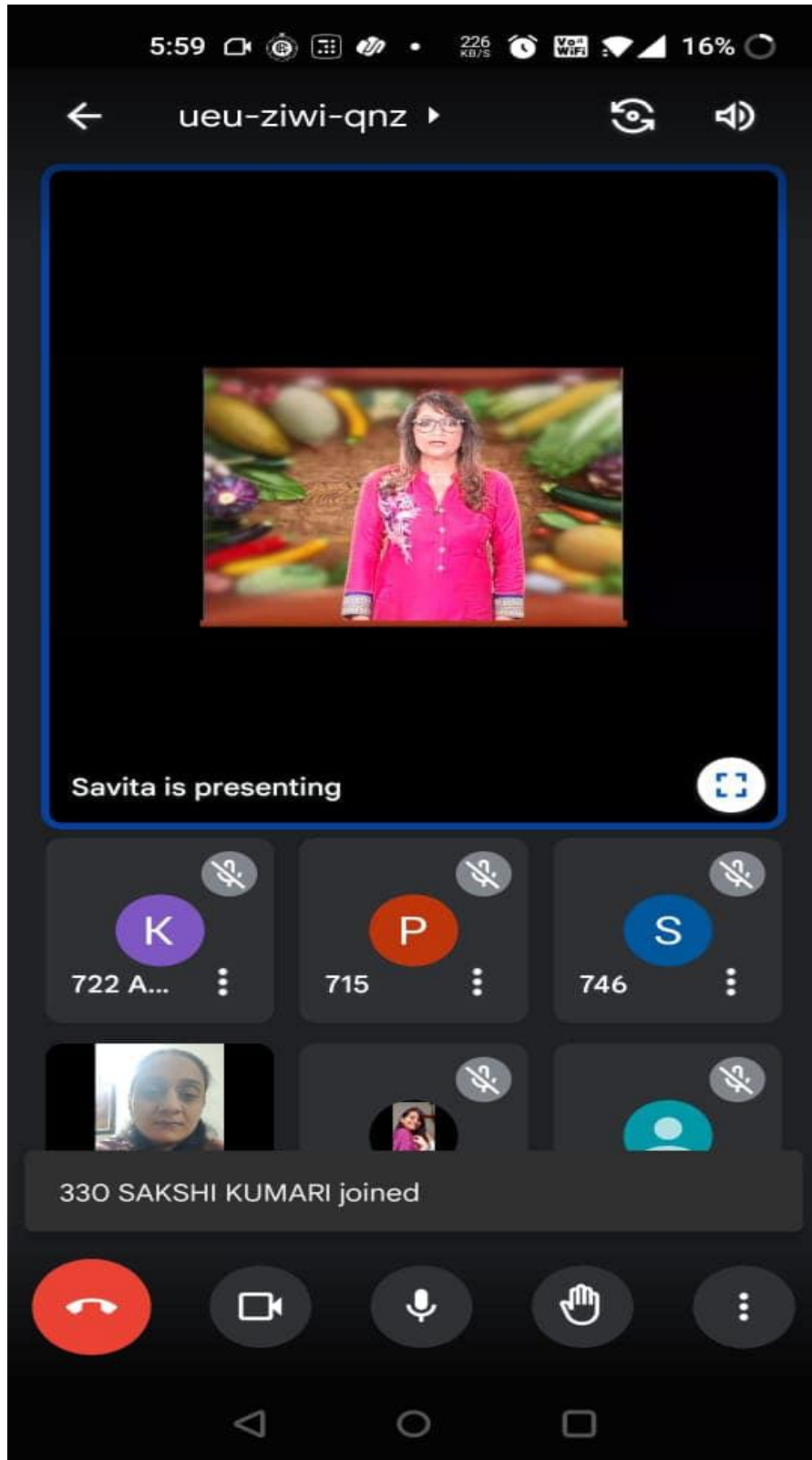
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Paragraph Writing on 'Swastha Balak Balika Spardha'

03.Swastha Balak Balika Spardha- January 10, 2022



Video Showcasing on 'Health and Nutrition'

4. Gender Equality- January 17, 2022



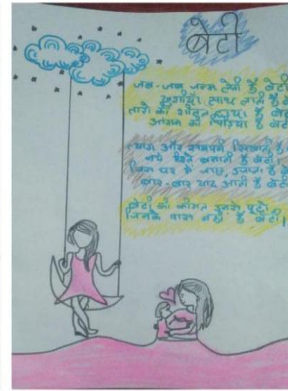
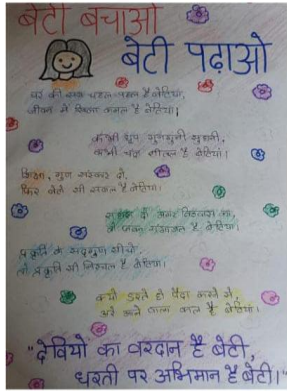
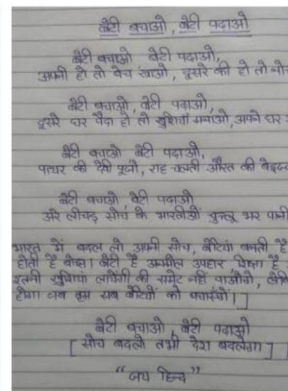
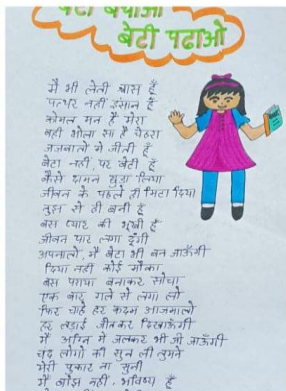
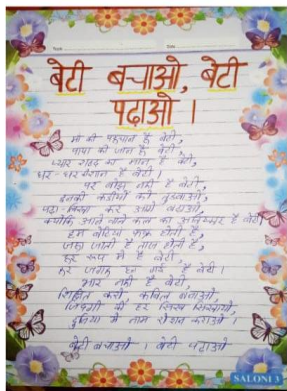
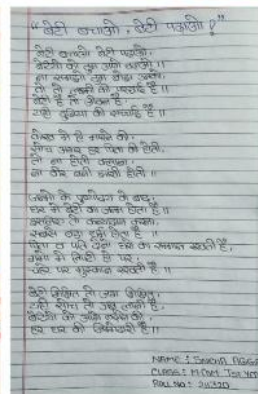
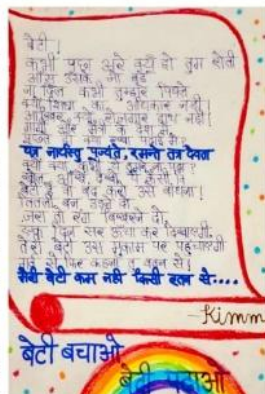
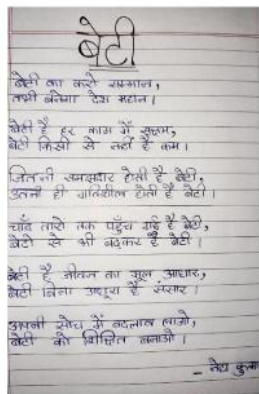
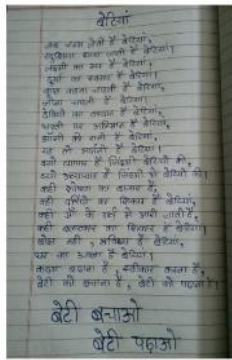
Poster Making Competition on 'Gender Equality'

05. Beti Bachao Beti Padhao- January 20, 2022



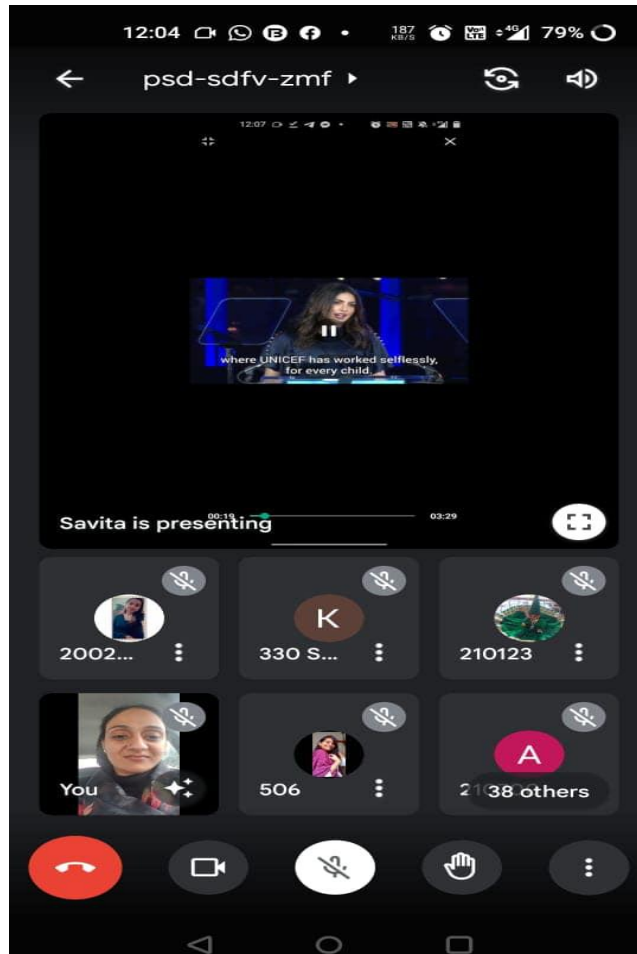
Poster Making Competition on 'Beti Bachao Beti Padhao'

06. Beti Bachao Beti Padhao- January 22, 2022



Poem Writing Competition on 'Beti Bachao Beti Padhao'

07. Gender Equality- January 22, 2022



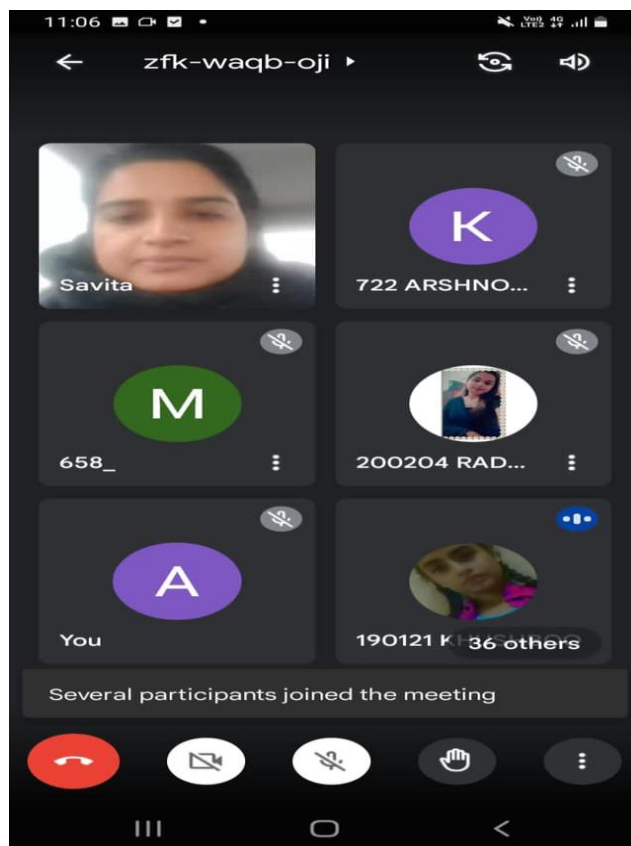
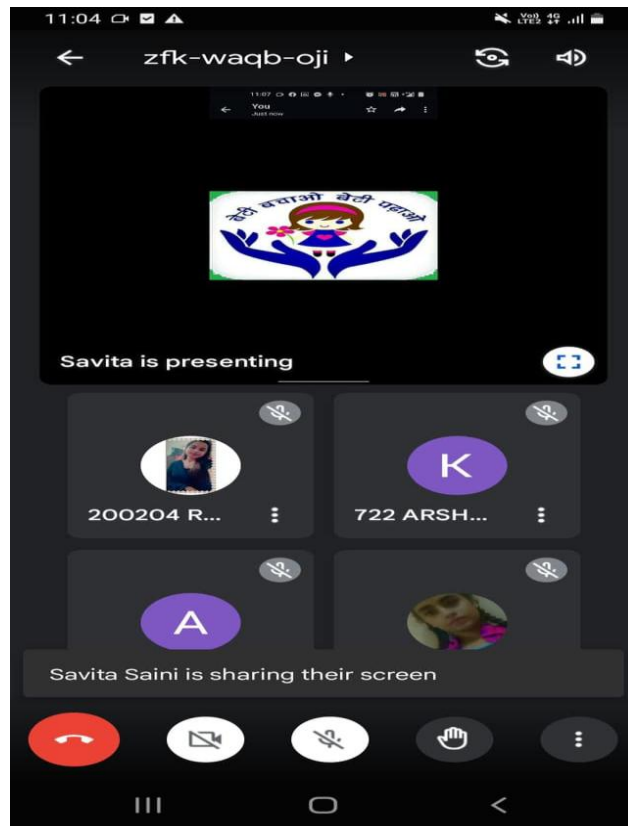
Short Motivational Video

08. Beti Bachao Beti Padhao- January 24, 2022



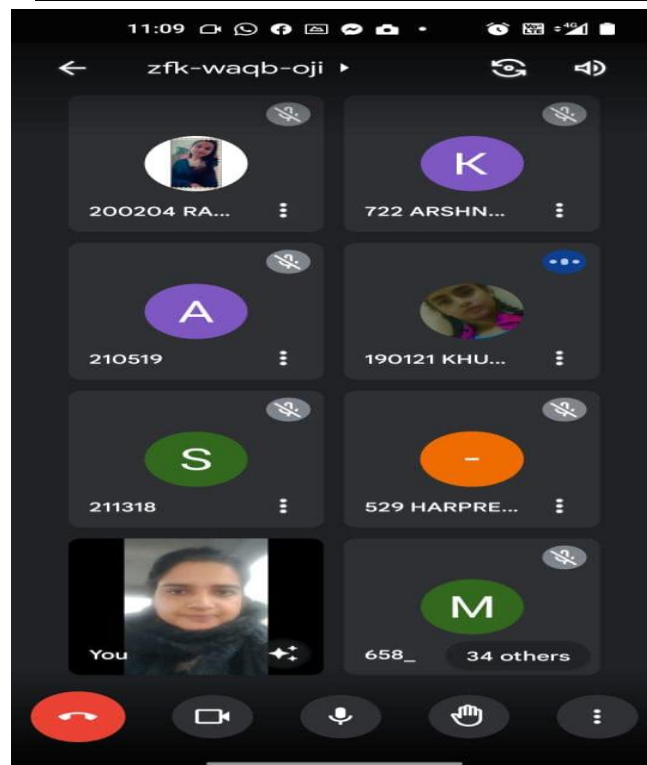
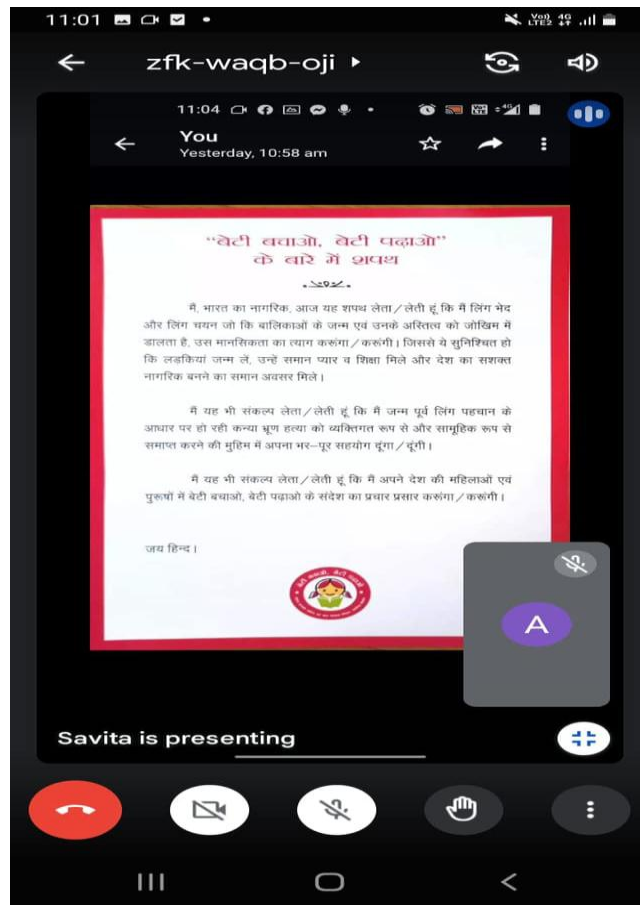
Slogan Writing Competition 'Beti Bachao Beti Padhao'

09. Beti Bachao Beti Padhao- January 24, 2022



Webinar on 'Survival and Protection of the Girl Child'

10. National Girl Child Day- January 24, 2022



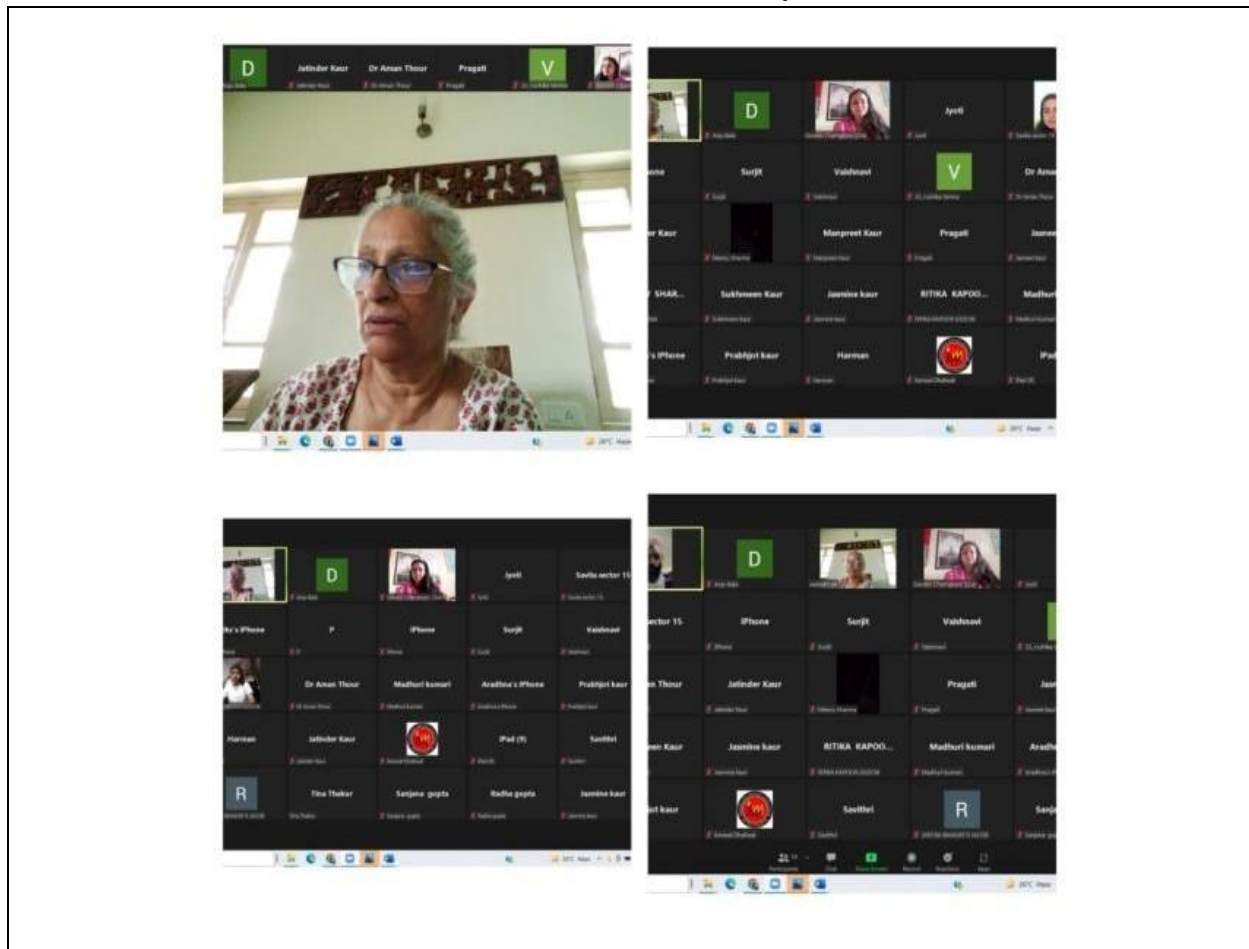
Pledge Against 'Sex Determination of the Foetus'

11. Self-Defense Training- February 23-28, 2022



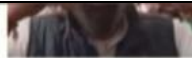
Self-Defense Training

12. International Women's Day-March 07, 2022



Majitha was brought from Patiala jail and produced before the court after his 14-day judicial custody ended.

SAD leader Majitha was booked by the Punjab Police in a drug smuggling case in December last year, charged under the NDPS Act on the basis of a 2018 probe report into a



drug racket in the state.

FIR was registered by the state crime branch at Mohali police station.

SAD Leader was remanded in judicial custody till March 8

contested assembly elections in the state against Punjab Congress Chief Navjot Singh Sidhu from Amritsar (East) constituency who had dared him to contest from Amritsar East.

SAD has, however, alleged that the case against him was registered as part of political vendetta.

A special talk on International Women's Day held at GGSCW-26

The Aman Sandesh Times Network

Chandigarh: The Gender Champion's Club of Guru Gobind Singh College for Women, Sector 26, Chandigarh, organised a special talk on "WHY WOMEN MUST RECEIVE HIGHER EDUCATION" to mark the International Women's Day on 07 March 2022, with an aim to encourage young female students to receive higher and



formal education.

The eminent speaker Dr. Kamakshi Balasubramanian, Former Professor of Russian Literature, CIFL, Hyderabad delivered the talk. Lecture was primarily focused on the types

of education including formal, informal and non-formal education. Moreover, she stressed on self-talk, self-love and expressing emotions vividly.

As many as 100 participants including staff members and students attended the special talk and participated in various mental exercises and thought processing on the role of languages and its transformation in higher education. She concluded the session with a discussion on the present role of democratic culture to promote education among female students. It was an insightful and enlightening session.

Principal of the College, Dr. Jatinder Kaur congratulated the speaker and acclaimed the organising session for

Amrik Dhiman
Rahul Ahuja

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Talk on 'Why Women Must Receive Higher Education'

13. Slogan Writing Competition- May 17, 2022



Slogan Writing Competition on 'Empowering Women at Work Place, Market Place and Community'

14. Talk- May 26, 2022



GURU GOBIND SINGH COLLEGE FOR WOMEN
SECTOR-26, CHANDIGARH

Department of Sociology
in association with
Gender Champions' Club
is organizing a Special Talk
on

GENDER STEREOTYPES AND WOMEN EMPOWERMENT



Resource Person: Dr. Bindu Dogra
Sr. Assistant Professor, Post Graduate Department of Sociology, Mehr Chand Mahajan DAV College for Women, Sector 36, Chandigarh

Date: 26.05.2022
Time: 10.30 am onwards
Venue: Seminar Hall

Dr. Jawinder Kaur
(Co-ordinator)

Dr. Anju Bala & Mr. Harman Singh Stan
(Organisers)

Dr. Jatinder Kaur
(Principal)

राम दीवाना और गुरनाम कंवर ने भी विचार अपने-अपने रखे।

गुरु गोबिंद सिंह महिला कॉलेज, सेक्टर 26 में महिला सशक्तिकरण पर विशेष वार्ता



छाया : सरवन कुमार

चंडीगढ़. गुरु गोबिंद सिंह महिला कॉलेज, सेक्टर 26, चंडीगढ़ में जेंडर चैंपियंस क्लब ने कॉलेज के समाजशास्त्र विभाग के सहयोग से जेंडर रूढ़िवादिता और महिला सशक्तिकरण विषय पर एक विशेष वार्ता का आयोजन किया। कार्यक्रम के अतिथि वक्ता मेहर चंद महाजन डी ए वी कॉलेज, चंडीगढ़ में वरिष्ठ सहायक प्रोफेसर डॉ. बिंदु डोगरा थे। इस अवसर पर बोलते हुए, वक्ता ने समाज में प्रचलित लैंगिक रूढ़ियों पर ध्यान केंद्रित किया और बताया कि कैसे ये रूढ़ियाँ समाज में महिलाओं के सशक्तिकरण को प्रतिबंधित करती हैं। वक्ता ने महिला सशक्तिकरण की अवधारणा और इससे जुड़े विभिन्न आयामों और मापदंडों के बारे में भी बताया। वक्ता ने समाज में प्रभावी महिला सशक्तिकरण के लक्ष्यों को प्राप्त करने के लिए निर्धारित रूढ़िवादी सोच को बदलने के कुछ तरीके सुझाए। समाजशास्त्र विभाग की प्रमुख डॉ. जसविंदर कौर ने धन्यवाद प्रस्ताव दिया और लैंगिक समानता पर महत्वपूर्ण अंतर्दृष्टि देने के लिए डॉ. बिंदु डोगरा को धन्यवाद दिया। इस वार्ता में कॉलेज के 150से अधिक छात्रों ने भाग लिया। कॉलेज प्राचार्य डॉ. जतिंदर कौर ने आयोजकों के प्रयासों की सराहना की और आशा व्यक्त की कि छात्र इस दुर्लभ अवसर का अधिक से अधिक लाभ उठाएंगे।

Talk on 'Gender Stereotypes and Women Empowerment'

15. Showcasing of Short Films- May 28, 2022








Showcasing of Short Films on 'Gender Equity'