

Government College for Girls, Ludhiana

(NAAC Accredited 'A' Grade)



CRITERION - 7

METRIC NO. 7.1.1

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I. GENDER SENSITIZATION ACTION PLAN

S. No	PLAN	TENTATIVE MONTH OF EXECUTION
1.	Orientation of students during college assembly regarding gender equity	At the commencement of new session (July/August)
2.	Selection of presidents for Gender Champion Club, Women Forum and Legal Literacy Cell	In the month of August
3.	Allotment of Tutorial groups to teachers	In the month of August/September
4.	Celebration of Poshan Maah	In the month of September
5.	Celebration of Road Safety Week	In the month of October
6.	Celebration of Cancer Awareness Month	In the month of October/November
7.	Celebration of National Girl Child Day	In the month of January
8.	Celebration of Women's Day	In the month of March

III. LIST OF ACTIVITIES RELATED TO GENDER EQUITY

(2017-2022)

LIST OF ACTIVITIES FOR 2021-2022				
Sr. no.	Title of the Activities	Organising unit/ agency/ collaborating agency	Number of teachers coordinated	Number of students participated
1	To aware students about the harmful effects of drugs a webinar was organised on 02.09.2021 where Dr. Hari Singh Jachak Retd. Class I Officer DPDO enlightened the importance of Drug free life.	Anti Drug Society	7	30
2	Online event where post bearers of Anti Drug society and Multilingual society celebrated Teacher;s Day on 05.09.2021 to Thank their Teachers for their efforts	Multilingual society	1	16
3	Celebrated National Nutrition Month and organized plantation drive on 08.09.2021 in which plantation of trees, medicinal plants, fruit plants and herbs was done.	Dept of Home Science	2	48
4	Vigilance Awareness Week was celebrated in campus on 30.10.2021. A Poster Making Competition was organised to create awareness for women safety	Women Safety and Legal Literacy Cell	18	24
5	On the occasion of National Girl Child Day online quiz was conducted on 09.01.2022 where volunteers participated actively	NSS unit of GCG	Online event	109
6	Poem writing Competition dedicated to NATIONAL GIRL CHILD DAY was organised on 10.01.2022.	NSS unit of GCG	5	68
7	To celebrate National Girl Child Day 24.01.2022, NSS volunteers clicked pictures with their parents, representing their parents' acceptance and their acknowledgement of their achievement as a girl child.	NSS unit of GCG	Online event	80

8	On the occasion of Girl Child Day 25.01.2022, Wall painting on the theme of girl education was done on the walls of college boundary by students of finearts.	PG Dept of Fine Arts	6	10
9	On the occasion of International Women's Day 08.03.2022, karate students guided the volunteers about how to focus on defense and students discussed the importance of women empowerment in the form of speech	Gender Champion club	5	20
10	To mark a day for Women empowerment "International Women's Day " was celebrated on 08.03.2022 where poetry session was organized and a poster making competition was also conducted.	Legal Literacy and Women Cell, Fine Arts Department, Department of sociology and Red ribbon club	30	95
11	To celebrate women's day on 08.03.2022, an awareness camp was held at Police Line, Ludhiana to make senior wing cadets aware about the cancer and other gynae problems in females. Eye check up was also done there. ADCP Pragya Jain was the chief guest of the event and interacted with NCC Cadets. She also emphasized the girl's right to education for their better future.	NCC Dept. of GCG in collaboration with District Saanjh Kendra, Ludhiana	5	40
12	Online Webinar was organised on the occasion of Women's Day 08.03.2022 by the Faculty of Children Traffic Park	NSS unit of GCG	Online event	77

13	On the occasion of International Women's day A poetry Session "Amber Chotta Hai" was organised on 15.03.2022 where ADC Mrs. Poonampreet kaur were the Chief Guest and famous poets Gurcharan kaur Kochhar, Davinder Dilroop, Jasleen Kaur, Harleen Sona, Komaldeep kaur etc graced the occasion.	Dept. of Punjabi in collaboration with Bhasha Vibhag, Punjab	20	85
14	To celebrate World Health day, an Extension laecture was organised on 07.04.2022 for students of Commerce Dept. "Our Planet ,Our Health" where prof. Jai Kumar of Dept. of Physical Education GCG discussed benefits and ways of living healthy life.	Commerce department	20	250
15	On the occasion of World Health day a camp for morning yoga and distribution of Sanitary pads was organised on 07.04.2022.	Gender Champion club, Department of Sociology and Red ribbon	10	50
16	<ul style="list-style-type: none"> • On the occasion of World Health Day, YOGA and fitness session was conducted on 12.04.2022. • On the same day, body composition analysis and Diet Counseling was done by P.G. Diploma in Nutrition and Dietetics students. 	Dept of Home Science	3	70
17	A webinar on "Drug addiction: Current trends, management and its social impacts" was organised by Anti-Drug Society and NSS Unit of college on 15.05.2022	Anti-Drug Society and NSS Unit of college	6	100

18	Blood test and health checkup camp was organised at GCG on 23.05.2023 by Versatile Enterprises Pvt.Ltd & Bansal Endocrinology and Clinical lab	GCG in collaboration with Versatile Enterprises Pvt.Ltd & Bansal Endocrinology and Clinical lab	100	500
19	Workshop on menstrual health & hygiene was organised on 28.05.2022	GCG Ludhiana	50	500
LIST OF ACTIVITIES FOR 2020-2021				
Sr. no.	Title of the Activities	Organising unit/ agency/ collaborating agency	Number of teachers coordinated	Number of students participated
1	Webinar on career counseling was conducted on 03.07.2020	GCG Ludhiana in Collaboration with District Bureau of Employment and Enterprises (DBEE)	15	500
2	Door-to-door awareness campaign regarding corona virus was organised under mission Fateh on 09.07.2020	NSS Unit of GCG in collaboration with NSS Punjab	3	20
3	Function on Woman Road Safety Day was organized on 09.02.2021 within the campus where students gave Powerpoint Presentation.	NSS	12	40
4	To celebrate International Women's Day, a Webinar on 'Women in Leadership- Athletics' was organized on 07.03.2021. Resource persons- Dr.RajkumarVerma Ms. Sheela Sharma.	NSS	3	60

5	On the occasion of women's day, to mark the importance of womanhood an event was organised on 08.03.2021	GCG Ludhiana	15	500
6	An online Essay writing Competition on the topic- Domestic Violence conducted on 28.04.2021	Department of Sociology	1	35
7	A webinar on mental health issues during covid was organized by student's counselling cell on 05.05.2021	Student Counselling Cell	5	500
8	Virtual conference was organised to celebrate International day against drug abuse on 26.06.2021.	Anti Drug Society, GCG Ludhiana	7	30

LIST OF ACTIVITIES FOR 2019-2020				
Sr. no.	Title of the Activities	Organising unit/ agency/ collaborating agency	Number of teachers coordinated	Number of students participated
1	To mark the United Nation's Day with agenda- Delebration of Women safety and security, GCG organized its first MUN (Model United Nations) on 23.10.2019	Department of Social Sciences	5	50
2	Celebration of Vigilance Awareness week under the theme "Integrity: A Way of Life" from 31.10.2019 was marked by organizing different competitions like Slogan writing, declamation, Poetry recitation etc.	Legal Literacy cell and Student council of GCG.	20	100
3	To raise the awareness on cancer and oral hygiene, a guest lecture was organized on 02.11.2019	Science Society of GCG	15	150

4	To educate the girl students about the core values of integrity and justice, vigilance awareness week was organized on 02.11.2019	Legal Literacy cell	6	50
5	Anti-Drug rally was organised to celebrate NCC Day on 27.11.2019	NCC and Anti-Drug Society	5	40
6	A district event on "Beti bachao, beti padhao" was organized on 31 st January,2020 which was presided over by Ms. Amrita Singh ADC Ludhiana.	Women Forum and Women safety cell of GCG in collaboration with district administration Ludhiana.	20	500
7	Seminar on drug abuse was organised on 23.02.2020	GCG Ludhiana	5	45
8	Seminar on COVID-19 was organised to aware the students about corona virus on 12.03.2020	GCG Ludhiana	5	50
9	Women day celebration followed by oration competition on 13 th March,2020.	Women Forum and Women safety cell of GCG.	150	250
10	Yoga day was celebrated on 21 st June,2020 where a yoga instructor Ms. Renu taught teachers and students various asanas and pranayamas .	NSS units of GCG.	100	150

LIST OF ACTIVITIES FOR 2018-2019				
Sr. no.	Title of the Activities	Organising unit/ agency/ collaborating agency	Number of teachers co-ordinated such activities	Number of students participated in such activities
1	Seminar on Women Safety held on 2 nd August, 2018 Resource person was Inspector Mr. Ranjit Singh	Anti Drug Cell of the college in collaboration with Ludhiana Police.	6	500

2	Drug Addiction Awareness rally was organized by students of the college on 12.09.2018	Anti drug Cell and Career Counseling & Placement cell	4	100
3	World Mental Health Day was celebrated in the college on 9th October, 2018. Students set up Happiness Market in which they demonstrated different ways of living a happy life. Resource persons were Dr. D.J. Singh the founder director of Refocus organization, Dr. Amarjeet Kaur and Ms. Rupali Kapila renowned psychologists.	Student Council and Student counselling cell of the college in collaboration with Refocus organization.	11	1200
4	A lecture on Breast Cancer Awareness was organised on 16 th October, 2018. Resource person was Dr. Ritu Aggarwal a Radiation Oncologist.	NSS unit of the college	3	250
5	A stall of organic sanitary pads was installed at GCG Ludhiana on 5.11.2018	Rotaract Club	3	5
6	Walkathon on the theme "Save the Girl Child" was organized on 2 nd January, 2019 at KIpss Market, Ludhiana in which rotaractors of our college participated.	Rotaract Club of the college in association with DMC Ludhiana. Rotaract Club RID 3070	4	15
7	A visit of rotaractors of the college to Organic Sanitary Napkins manufacturing unit in Dr. Amarjeet building near Maharaja Regency, Ludhiana to learn the manufacturing process and its importance on 21 st January, 2019.	Rotaract Club GCG in collaboration with Rotaract Club RID 3070.	4	5
8	Workshop was organized for students regarding Eve-teasing and Drugs on 8 th February, 2019. Resource person was ACP Sartaj Singh Chahal.	Anti-Drug Society and NCC unit of the college in association with Ludhiana Police .	9	80

9	International Women's Day celebrations-Students of our college visited Women Jail and awarded them about personal Hygiene and Organic Sanitary Napkins were distributed on 10 th March, 2019	Rotaract Club of the college.	4	6
10	A lecture on Harmful Effects of Drugs held on 15 th March, 2019. Resource person was Dr. F.C Shukla, a retired scientist.	Anti Drug Cell of the college.	6	120
11	Students of our college performed Nukkad Natak "Mehfooz Nahi Mahilayein" in Sarabha Nagar Market, Ludhiana on 27 th March, 2019	Legal Literacy cell	4	10
12	An informative lecture on PCOD –causes and remedies was organized for students on 28 th March, 2019. Resource person was Dr. Geetanjali, Infertility specialist from Pal Hospital, Ludhiana	Department of Commerce, Women Forum and Finishing School of the college.	20	250

LIST OF ACTIVITIES FOR 2017-2018				
Sr. no.	Title of the Activities	Organising unit/ agency/ collaborating agency	Number of teachers coordinated	Number of students participated
1	Installation ceremony of Women Safety and Legal Literacy Cell was organised on 30.08.2017	GCG Ludhiana	25	150
2	An essay writing , poster making and Quiz competition was organised on different themes of women empowerment from 23-9-2017 to 25-9-2017.	Women Safety cell in collaboration with National Commission of Women.	10	100

3	A poster making competition was organised on the topics of Female Foeticide, Child Labour, Drugs and Domestic Violence on 13.11.2017	GCG Ludhiana in collaboration with Navchetna Child Welfare Committee	15	60
4	A documentary on "Ragging & its consequences" was presented during a cultural programme organised by Anti-Ragging Cell, Home Science Department and Youth Club on 10.04.2018	Anti-Ragging Cell, Home Science Department and Youth Club	20	60
5	A short play on topic "Beti" was presented by NCC volunteers in programme organised on 19.04.2018	NCC	5	30

IV. REPORTS RELATED TO GENDER EQUITY

(2017-2022)

ACTIVITIES CONDUCTED: 2021-2022



A webinar on “Drug addiction: Current trends, management and its social impacts” was organized by Anti-Drug Society and NSS unit of GCG Ludhiana

Health camp at GCG



Participants and staff during the camp in Ludhiana. TRIBUNE PHOTO

TRIBUNE NEWS SERVICE

LUDHIANA, MAY 23

A blood test and health check up camp was organised at Government College for Girls, Ludhiana, by Versatile Enterprises Pvt. Ltd. under CSR Project Amodini in collaboration with Bansal Endocrinology and Clinical Lab. Body composition analysis was carried out by the Department of Home Science using sophisticated

body composition and analyser.

Principal Suman Lata said, "Various parameters like body fat percentage, muscle mass, body water, BMR, BMI and calorie requirement were recorded. It helped in creating awareness among students regarding their health and nutritional status. Around 500 students got themselves tested. The students were provided with the reports on the spot."

GCG Ludhiana in collaboration with Versatile Enterprises Pvt. Ltd and Bansal Endocrinology & Clinical Lab organised a Blood test and Health Check up Camp

Sunday May 29, 2022

Hindustan Times

GCG organises workshop on menstrual health & hygiene

HT Correspondent

ludhiana@hindustantimes.com

LUDHIANA: To mark Menstrual Hygiene Day, a sensitisation-cum-training workshop was organised at Government College for Girls on Saturday which was attended by 500 students.

The chief guest on the occasion was Surabhi Malik, deputy commissioner of Ludhiana. She emphasised on the need to break the taboos surrounding menstruation.

The students learnt about the importance of good menstrual health and were told about biological process and myths surrounding it. They also learnt that standard sanitary napkins are detrimental to the environment, so cloth based napkins are a viable alternative.

A declamation and poster-making competition were also held on the occasion.



Ludhiana deputy commissioner Surabhi Malik (centre) during the workshop organised by Government College for Girls on Saturday.

HT PHOTO

A workshop was organized on menstrual health & hygiene at GCG Ludhiana

ACTIVITIES CONDUCTED: 2020-2021

LUDHIANA, TIMES OF INDIA
SATURDAY, JULY 4, 2020

and counselling cell of Government College for Girls, Ludhiana, Dr Gupreet Kaur and Dr Sharanjit Kaur Parmar organised an online group counselling webinar in collaboration with the district bureau of employment and enterprises (DBEE), Ludhiana. A week-long programme was chaired by Dr Nidhi Singhi (career counsellor) under the guidance of deputy commissioner-cum-chairman DBEE, Varinder Kumar Sharma and ADC (D)-cum-CEO, DBEE, Ludhiana, Amrit Singh. During the session, approximately 500 students from various streams took the benefit of online counselling. Online guidance through webinar was provided to students from June 18 to June 24, 2020 through Zoom app successfully. Principal S Paramjit Singh Grewal and vice-principal Dr Rakesh Kumar inaugurated the programme with brief formal introduction of the resource person Dr Nidhi Singhi. Dr Sharanjit Kaur Parmar from career and counselling cell, along with other faculty members of the college, attended the sessions. Dr Nidhi Singhi guided the students about the scope and career options after graduation and post-graduation. She cleared various doubts of

students during the session. At the end of each session, students participated in the question-answer round. Students found the webinar to be useful and informative for development of employability amid the coronavirus pandemic. She further explained and guided students' stream wise and also motivated them to set realistic goals. She also guided them about various competitive examinations. Dr Sharanjit Kaur Parmar presented a vote of thanks for successful completion of the webinar.

Webinar on career counselling

Under the able guidance of principal S Paramjit Singh Grewal and vice-principal Dr Rakesh Kumar, in-charge, career

Career and counseling cell of GCG Ludhiana in collaboration with DBEE organized a webinar on career counseling

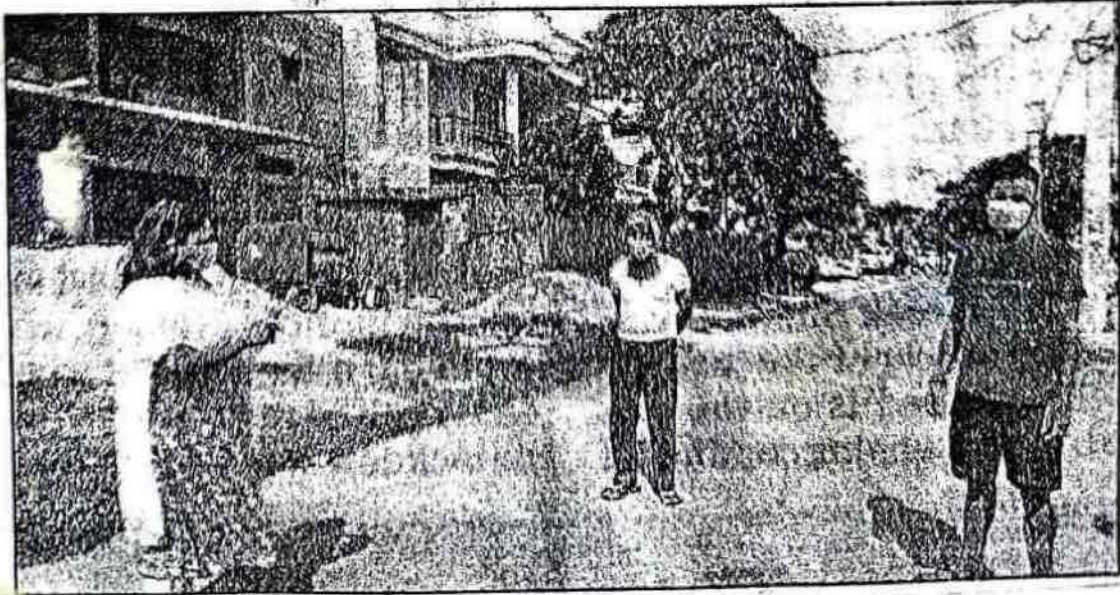
**Class
Connect**



NSS volunteers spread awareness

NSS Punjab, co-ordinator of NSS programme, Panjab University, Chandigarh, and NSS units of Government College for Girls, Ludhiana, took the task of spreading awareness

regarding coronavirus among the people under Mission Fateh. The officers and volunteers went door-to-door in their vicinity to spread awareness regarding wearing of masks, washing hands for 20 seconds and maintaining social distancing so as to be safe from Covid-19 and also encouraged people to download Cova App.



NSS Volunteers of GCG Ludhiana went door-to-door to spread awareness regarding coronavirus under mission Fateh

CHANDIGARH
TUESDAY
MARCH 09, 2021

Hindustan Times | LUDHIANA

Government College for Girls

LUDHIANA: To honour womanhood, Government College for Girls organised a function on campus. Students performed dances, recited poems, and gave PPTs on women empowerment. Principal Sukhwinder Kaur was not only the chief guest but was also honoured with the title 'Woman of substance.' She shared her tales of struggle and success and said that it was the time to uphold women's achievements, recognize challenges and focus greater attention on women's rights and gender equality.

To mark the importance of womanhood, an event was organized at GCG Ludhiana

**LUDHIANA, TIMES OF INDIA
THURSDAY, APRIL 8, 2021**

Free vaccination camp at GCG

On the occasion of World Health Day, the district administration supported by Cabinet minister Bharat Bhushan Ashu, councillor Mamta Ashu, 'City Needs' NGO head Maneet Dewan organized a free vaccination camp in the premises of Government College for Girls, Ludhiana. Those above 45 years of age were given the jab. Naturotherapist Dr. Ajay Nanchahal acquainted the audience with the science of naturopathy and discussed in detail the associated therapies for various ailments and general well-being. While addressing, he also emphasized on the significance of reflexology, which involves the stimulation of different body points.

A free vaccination camp was organized on the occasion of World Health Day at GCG Ludhiana

WEBINAR ON MENTAL HEALTH ISSUES

The students' counselling cell of the Government College for Girls, here, organised an interactive webinar on 'Mental health issues during Covid times'. Nisha Phakey, a clinical psychologist was the resource person. Phakey asked students to stick to a daily routine and engage in physical exercise to alleviate stress. Dr Rajiv Kumar Sehgal, teacher and in charge of the students' counselling cell in his opening remarks stressed upon boosting psychological immunity during these challenging times. TNS

A webinar on "Mental Health Issues during Covid times" was organized by Students' Counseling Cell of GCG Ludhiana

ACTIVITIES CONDUCTED: 2019-2020

ਜਲੰਧਰ, ਪੰਜਾਬੀ ਟ੍ਰਿਬਿਊਨ, ਮੰਗਲਵਾਰ, 29 ਅਕਤੂਬਰ 2019

ਸੰਯੁਕਤ ਰਾਸ਼ਟਰ ਦਿਵਸ ਨੂੰ ਸਮਰਪਿਤ ਪ੍ਰੋਗਰਾਮ

ਕਾਲਜ ਦੀਆਂ 60 ਵਿਦਿਆਰਥਣਾਂ ਨੇ ਲਿਆਂ ਹਿੱਸਾ

ਪੰਜਾਬੀ ਪ੍ਰੀਤੀਠ
ਲੁਧਿਆਣਾ, 28 ਅਕਤੂਬਰ

ਸਰਕਾਰੀ ਕਾਲਜ ਲੁਧਿਆਣਾ ਵਿੱਚ ਕਾਲਜ ਦੇ ਸੋਸ਼ਲ ਸਾਇੰਸ ਵਿਭਾਗ ਵੱਲੋਂ ਸੰਯੁਕਤ ਰਾਸ਼ਟਰ ਦਿਵਸ ਨੂੰ ਸਮਰਪਿਤ ਪਹਿਲਾ ਐਮਯੂਐਨ (ਮਾਡਲ ਯੂਨਾਇਟਿਡ ਨੇਸ਼ਨਜ਼) ਕਰਵਾਇਆ ਗਿਆ। ਐਮਯੂਐਨ ਦੇ ਨਿਯਮ ਅਧੀਨ ਸਰਬ-ਭਾਰਤੀ ਰਾਜਨੀਤਿਕ ਪਾਰਟੀਆਂ ਬਣਾਈਆਂ ਗਈਆਂ। ਜਿਸ ਵਿੱਚ 160 ਵਿਦਿਆਰਥਣਾਂ ਨੇ ਹਿੱਸਾ ਲਿਆ। ਵਿਦਿਆਰਥਣਾਂ ਨੇ ਸੱਤਾਧਾਰੀ ਅਤੇ ਵਿਰੋਧੀ ਪਾਰਟੀ ਦੇ ਰਾਜਨੀਤਿਕ ਪ੍ਰਬੰਧ ਦੀ ਪੇਸ਼ਕਾਰੀ ਕੀਤੀ। ਇਸ ਸਮਾਗਮ ਵਿੱਚ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮੰਜੂ



ਸਰਕਾਰੀ ਕਾਲਜ ਲੁਧਿਆਣਾ ਵਿੱਚ ਕਰਵਾਏ ਪਹਿਲੇ ਐਮਯੂਐਨ ਪ੍ਰੋਗਰਾਮ ਦਾ ਦ੍ਰਿਸ਼। 28 ਬਸਰ ਸਾਹਨੀ ਨੇ ਮੁੱਖ ਮਹਿਮਾਨ ਅਤੇ ਕਾਲਜ ਦੇ ਸੇਵਾ ਮੁਕਤ ਅਧਿਆਪਕ ਸੁਖਵਿੰਦਰ ਕੌਰ ਅਤੇ ਨਰਿੰਦਰਜੀਤ ਕੌਰ ਨੇ ਵਿਸ਼ੇਸ਼ ਮਹਿਮਾਨ ਵਜੋਂ ਸ਼ਿਰਕਤ ਕੀਤੀ। ਤਜਰਬੇਕਾਰ ਬੋਰਡ ਦੁਆਰਾ ਬਣਾਈ ਗਈ ਕਮੇਟੀ ਦੇ ਮੁੱਖ ਏਜੰਡੇ ਅਧੀਨ ਔਰਤਾਂ ਦੀ ਸੁਰੱਖਿਆ ਬਾਰੇ ਵਿਚਾਰ ਵਟਾਂਦਰਾ ਕੀਤਾ ਗਿਆ। ਅਖੀਰ ਵਿੱਚ ਮੁੱਖ ਮਹਿਮਾਨ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮੰਜੂ ਸਾਹਨੀ ਨੇ ਵਿਦਿਆਰਥਣਾਂ ਨੂੰ

ਦਿਨਾਮ ਵੱਡੇ। ਇਹ ਕਾਨਫਰੰਸ ਵਿਦਿਆਰਥੀਆਂ ਦੇ ਵਿੱਚ ਲੀਡਰਸ਼ਿਪ ਗੁਣਾਂ ਨੂੰ ਵਧਾਉਣ ਅਤੇ ਸੰਸਦ ਦੀ ਪ੍ਰਕਿਰਿਆ ਨੂੰ ਜਾਣਨ ਅਤੇ ਸਮਝਣ ਵਿੱਚ ਬਹੁਤ ਸਹਾਈ ਸਿੱਧ ਹੋਈ।

HINDUSTAN TIMES, CHANDIGARH
SATURDAY, OCTOBER 26, 2019

MUN conference at GCG

LUDHIANA: The department of social sciences (political science/history) and public administration of Government College for Girls (GCG) organised its first ever Model United Nations (MUN) conference to mark the celebration of United Nations Day, on Friday. On the lines of MUN, the All India political party meet (AIPPM) was organised in which 160 delegates took part and represented opposition parties. Principal Manju Sahni was the chief guest. The agenda for the committee was 'Deliberation of women safety and security' and committee was moderated by an experienced executive board. Resolutions related to the agenda were passed. Prizes were awarded to the delegates for the best delegate, special mention and high recommendation.

LUDHIANA Tribune
LUDHIANA | SATURDAY | 26 OCTOBER 2019

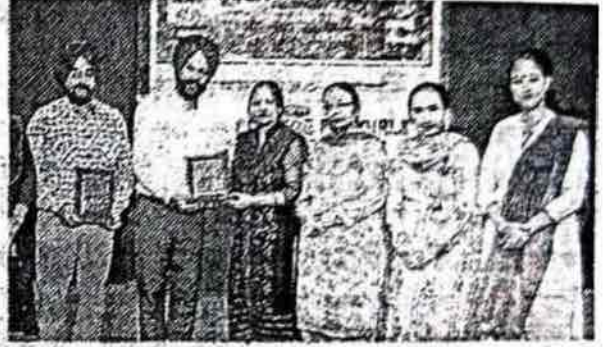
GCG ORGANISES FIRST MUN

The department of social sciences of the Government College for Girls organised its first model United Nations (MUN) to mark United Nations Day, which is celebrated every year on October 24. On the lines of the MUN, an All-India political party meet (AIPPM) was organised in which 160 delegates participated. The agenda for the committee was 'Deliberation of women safety and security'.

Department of social sciences of GCG Ludhiana organized its first MUN with the agenda "Deliberation of women safety and security"

ब्रेस्ट कैंसर और दांतों को लेकर दी जानकारी

लुधियाना साइंस सोसायटी की ओर से सरकारी कॉलेज फॉर गर्ल्स में कैंसर जागरूकता अभियान तथा ओरल हाइजीन के संबंध में भाषण करवाया गया। इसकी अध्यक्षता प्रिंसिपल डॉ. मंजू साहनी ने की। साइंस सोसायटी इंचार्ज डॉ. माधवी वशिष्ठ ने आए हुए मेहमानों डीएमसी में ओंकोलॉजिस्ट कंसल्टेंट डॉ. जगदीप सिंह, डेंटल सर्जन डॉ. परमिंदर सिंह सिद्धू का स्वागत किया। इस मौके पर डॉ. जगदीप सिंह ने अपने लेक्चर में कैंसर संबंधी पीपीटी द्वारा जानकारी दी तथा छाती के कैंसर की स्व: जांच के बारे में बताया। इसके साथ ही उनकी ओर से छाती के कैंसर के कारणों तथा इसके बचाव के बारे में बताया। दांतों के माहिर डॉ. परमिंदर सिंह ने स्टूडेंट्स को दांतों की देखरेख, मुंह तथा दांतों की सफाई करने के सही तरीकों के बारे में



बताया। कॉलेज की प्रिंसिपल डॉ. मंजू साहनी ने आए मेहमानों का जानकारी सांझी करने के लिए धन्यवाद किया और मेहमानों को सम्मानित किया। इस मौके पर कॉलेज के वाइस प्रिंसिपल वरिंदरजीत कौर, डॉ. हरिंदर कौर, किरपाल कौर, डॉ. अनीता जोशी, किरन गुप्ता तथा साइंस विभाग के अन्य अध्यापक मौजूद रहे।

To raise awareness on Cancer and Oral hygiene, a guest lecture was organized by Science Society of GCG Ludhiana

College Connect

Vigilance Awareness Week at GCG



Government College for Girls, Ludhiana, observed Vigilance Awareness Week from October 28 to November 2, which was organised by literacy cell. The aim was educate students and inculcate in them the core values of integrity, equality and justice. For this purpose, various competitions were organised like essay writing, poem recitation and slogan writing. As per the directions given by central vigilance commission (CVS) and Panjab University, Chandigarh, the initiative looked forward to a transparent and corruption-free India by

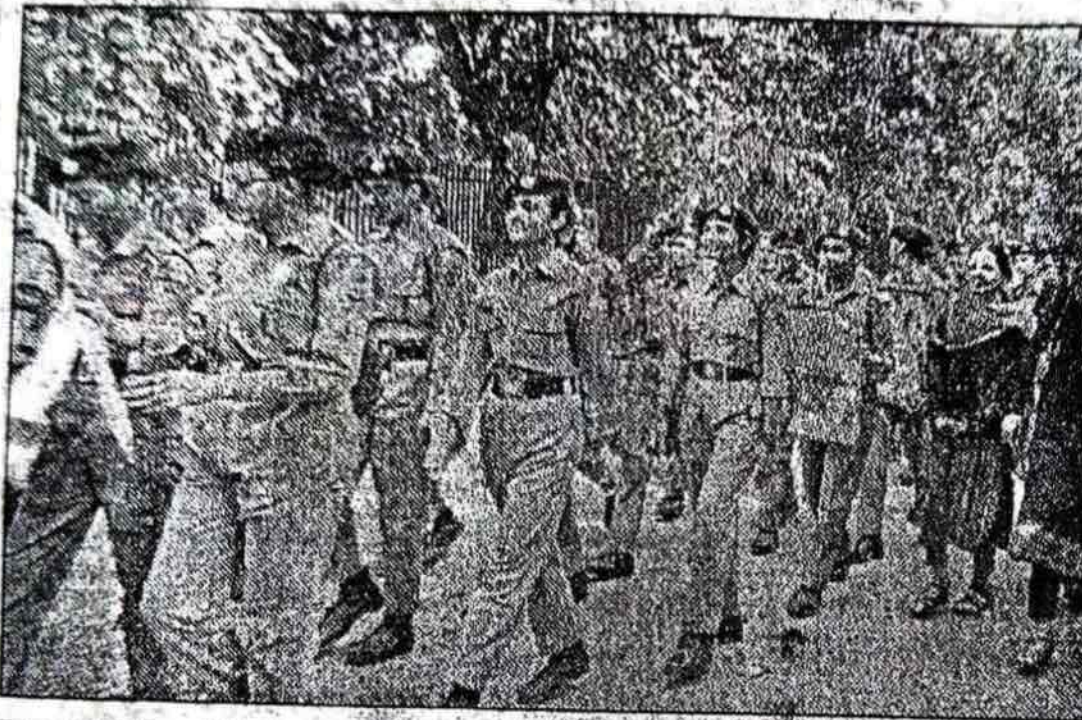
enlightening its youth. The function was chaired by principal of the college Manju Sahni and under the guidance of HOD English Department,

Preet Daman Brar, and staff members, including Gurjinder Kaur, Neelma Jatana and Kriti. The president of Legal Literacy Cell, Khusboo, provided full

assistance. Winners of the various competitions were awarded with certificates with a view to reinforce the integrity and such virtues.

To educate the girl students about the core values of integrity and justice Vigilance Awareness Week was organised by Literacy Cell, GCG Ludhiana

CADETS TAKE OUT ANTI-DRUG RALLY



The NCC cadets of the Government College for Women hold an anti-drug rally to mark NCC Day on Wednesday. TRIBUNE PHOTO

The NCC wing of the Government College for Girls, in collaboration with anti-drug society of the college, organised an anti-drug rally to celebrated NCC Day. The rally was flagged off by Principal Manju Shani. The theme of the rally was to spread awareness regarding the hazards of drugs. The NCC cadets also took a pledge to abstain from drugs.

An anti-drug rally was organized to celebrate NCC Day by NCC and Anti-Drug Society of GCG Ludhiana

Seminar on drug abuse

Government College for Girls organised a seminar for students on drug abuse. The chief guest on the occasion was principal Manju Sahni. She advised students to refrain from drugs. The resource person for the seminar was Jatinder Kaur Gulati, former dean, Home Science College, PAU. In her speech, she motivated the students to save themselves from drugs, avoid energy drinks, and eat healthy food to lead a healthy lifestyle. She explained to students how



they could de-stress themselves and improve their self-esteem. She

emphasised that goals and targets were essential in order to progress in life.

A seminar on Drug Abuse was organized by GCG
Ludhiana

AWARLNESS SESSION ON COVID-19

The Government College for Girls organized a seminar on Covid-19 to make students aware of the causes and symptoms of the same. Dr. Kirti Dua, In charge, Centre for Wild Life, GADVASU, was the resource person. He acquainted students with the measures to avoid Covid-19. He also laid emphasis on washing hands regularly. Principal Manju Sahni also told students to avoid crowded places. TNS

LUDHIANA, TIMES OF INDIA
FRIDAY, MARCH 13, 2020**Coronavirus
awareness seminar**

Government College for Girls, Ludhiana organized a seminar to make the students aware of coronavirus. Dr. Kirti Dua, Incharge, Centre for Wild Life GADVASU, Ludhiana was the resource person. The chief guest on the occasion was Principal Dr. Manju Sahni. She was accompanied Vice Principal Mrs. Gurinderjit Kaur. Dr. Kirti Dua enlightened the young minds about the spread of Zoonotic disease from animals to human beings and made aware the students about its transmission and precautionary measures. He further said that people should not panic about it. He spoke about certain control measures to avoid widespread of Coronavirus. He emphasized on washing the hands regularly with an alcohol base or spirit, While sneezing and coughing one should make use of handkerchief and folded elbow and in case one is suffering for headache or cold one should consult the doctor immediately. One should avoid going in public gatherings and those who are already sick or elderly need to take more precautions. It was an interactive session. Mrs. Gurinderjit Kaur, Incharge and other members of Anti Drug Society were also present.

A seminar was organized by GCG Ludhiana to create awareness on corona and its causes & symptoms

ACTIVITIES CONDUCTED: 2018-2019

दैनिक जातेरा जालंधर, गृध्याट, 12 दितम्बर 2018 जी.सी.जी. कालेज में एंटी ड्रग प्रोग्राम



एंटी ड्रग प्रोग्राम में हिस्सा लेने वाले कालेज स्टाफ के साथ।

लुधियाना (अमन) :- गवर्नमेंट कालेज फॉर गर्ल्स में एंटी ड्रग सैल व करियर कौंसलिंग व प्लेसमेंट सैल की तरफ से कार्यक्रम करवाया गया। कार्यक्रम में थिएटर कलाकार रवनीत कौर ने मुख्य मेहमान के तौर पर शिरकत की, जिनका प्रिंसीपल सविता शर्मा ने स्वागत किया। बी.कॉम. थर्ड ईयर की अनमोल व फर्स्ट ईयर की प्रिया चुघ ने एंटी ड्रग पर कविताएं सुनाई। स्टूडेंट्स की तरफ से नशे पर आधारित पी.पी.टी. पेश की गई। रवनीत कौर ने 'जहर दा दरिया' नाटक की प्रस्तुति दी। इस मौके पर ड्रग सैल व करियर कौंसलिंग व प्लेसमेंट सैल की इंचार्ज डा. अनीता जोशी, रोजी नागपाल, स्मृति, ममता, रितु, रेणु, बलजीत कौर, पूनम ढंड, प्रीति चोपड़ा, रुचि, श्वेता, रवनीत कौर व अंबिका उपस्थित रही। अंत में प्रिंसीपल सविता शर्मा रवनीत कौर सम्मानित किया।

A rally was organised by NCC and Environment & Swachh College Society of GCG Ludhiana to awareness against ill-effects of drugs and environmental pollution

HINDUSTAN TIMES, JALANDHAR
FRIDAY, SEPTEMBER 14, 2018

GCG creates awareness on ill-effects of drugs

LUDHIANA: The NCC cadets and students of the environment and swachh college society of Government College for Girls, Ludhiana, took out a rally to create awareness against the ill-effects of drugs and environment pollution. The rally was flagged off by principal Savita Sharma. The students raised slogans on making one's surroundings neat and clean, and keeping the society drug-free.

An event was organised by Anti-Drug cell, Career Counseling and Placement cell to raise the awareness against drugs at GCG Ludhiana

PROJECT: NATIONAL WEAR RED DAY

Cause: TO PROMOTE THE HEALTH OF WOMEN

Rotaractors of Govt. College for Girls, Ldh celebrated ***NATIONAL WEAR RED DAY*** by wearing red clothes. Our worthy Principal mam ***Mrs. Savita Rani ji*** along with Rotaract Teacher incharges ***Dr. Madhvi Vashisth ji, Mrs. Jaspreet Kaur ji, Mrs. Sujata ji*** increased the beauty of the project by wearing Red clothes too. A signature drive also takes place in which teachers and Rotaractors with their signatures showed importance of Women's heart health.

Motto: Go Red For Women



National Wear Red Day was celebrated by Rotaract Club at GCG Ludhiana

Rotary Project:- Organic sanitary pads

Date : 5 nov
venue: Government college for girls ,Ldh

Project: *Sanitary napkins distribution*(Organic)
(District Project)

Today, The *Rotaract club of GCG,Ldh* organised a stall of sanitary napkins which is made from pine wood pulp,cotton and sterilized with uv light, chemicals free, toxic free ,no allergies ,no burning of skin.

Its is a 'Gift for success'

G.I.F- girl in freedom trail

This napkins available in packs of 6 which cost only Rs 20

The cost of per napkin is Rs.4.33/only

so guys join your hands togethere with rotaract family ☐

In this occasion, Rtn.Dr.Param Saini ji(Assistant Governor), Rtn.Sangeeta ji along with our Teacher Incharges Dr.Madhvi Vasishth ji, Mrs.Poonam and Mrs.Jaspreet launched the product of Bio-degradable sanitary pads. It is first time in the history of Rotary that R.I. D.3070 launched a such a project which is inspired by PADMAN.

Product is so liked that it is immediately sold and more orders are also received.

District officers Rtr.Komal(Chairperson-Women Empowerment), Rtr.Priyanka Aggarwal(New club Formation), Rtr.Ekkampreet(Media Incharge) also accompanied us.



A stall of organic sanitary pads was installed at GCG
Ludhiana by Rotract Club

ROTARY PROJECT: Walkathon- "Save the Girl child"

Date:2,Jan,2019

Venue:Kips Market

●The Rotaractors of GCG,Ldh along with RAC Ldh Supporters participated in rally 'Walkathon'.

●District officer Rtr.Komal is also present under the leadership of Rtn.Dr.Param Saini ji.

●Mrs.Ashu Mamta ji also accompanied in the Walkathon. It spreads the importance of Women in society.

In the service of Rotary and Rotaract.



The Rotract Club of GCG Ludhiana and RAC Ldh Supporters participated in rally "Walkathon- Save the Girl Child"

ACTIVITIES CONDUCTED: 2017-2018



Installation ceremony was organised at GCG
Ludhiana by Women Safety & Legal Literacy Cell

HINDUSTAN TIMES, JALANDHAR
TUESDAY, NOVEMBER 14, 2017

POSTER-MAKING CONTEST AT GCG

LUDHIANA: Poster-making competition was organised at Government College for Girls, Ludhiana, on Sunday. The competition was organised with support of Navchetna Child Welfare Committee. A total of 78 students took part in the competition. The competition topics were child labour, female foeticide, drugs and domestic violence. Chief guest Rupinder Kaur Bhatti, ACP (headquarters), Ludhiana, appreciated the efforts of the students. She was welcomed by the officiating principal Sharanjit Kaur. Professor Mandeep Kaur and other faculty from the fine arts department were also present. The winners of the poster-making competition were awarded with cash prizes.

In post graduation Class poster-making category, Jaspreet Kaur of MA bagged the first prize, Deepika Kamboj of MA won the second prize and Tanu Sohal MA stood third. Parampreet Kaur of MA and Sonika Thapa of MA won the consolation prizes. In graduation Class poster-making category, Harman Kaur of BCom won the first prize, Ashima Gupta of BA stood second and Kajal of BA stood third. Harshil Jolly of BA and Damanpreet Kaur of BA bagged the consolation prize.

Poster making competition on topics such as Child labour, Female foeticide, Drugs and Domestic violence was organized by GCG Ludhiana in collaboration with Navchetna Child Welfare Committee

Docu on anti-ragging screened



The anti-ragging cell, department of home sciences and youth club organised a society at Govt. College for Girls. Savita Sharma, principal, GCG, Ludhiana appeared as the chief guest. Maninder Kaur, HOD, home Science extended a very warm welcome to the distinguished guest. A cultural program was organized by the students of G C G Anchal Malhotra, president, anti-ragging cell presented a documentary on 'ragging and its consequences'. At this event, principal, staff council, in-charge anti-ragging cell and students undertook an oath to abolish ragging. Savita Sharma distributed the prizes among the winners honoured the office bearers of youth club and motivated the students to work hard.

Girls' college holds extension lecture

The department of Social Sciences organized an extension lecture at Govt. College for Girls, Ludhiana on Monday. Dr. (Prof.) Ronki Ram, Shaheed Bhagat Singh Professor, Dept. of Political Science, Panjab University, Chandigarh was the resource person and Savita Sharma, Principal, G.C.G, Ludhiana appeared as the chief guest. Ronki Ram Spoke on the topic "Understanding Society and Culture; Exploring Critical Paradigms of Social Sciences".



A documentary on "Ragging and its consequences" was presented in cultural program organized by the Anti-ragging cell and Youth club at GCG Ludhiana

बेटी विषय पर कैडेट्स ने पेश किया शॉर्ट प्ले

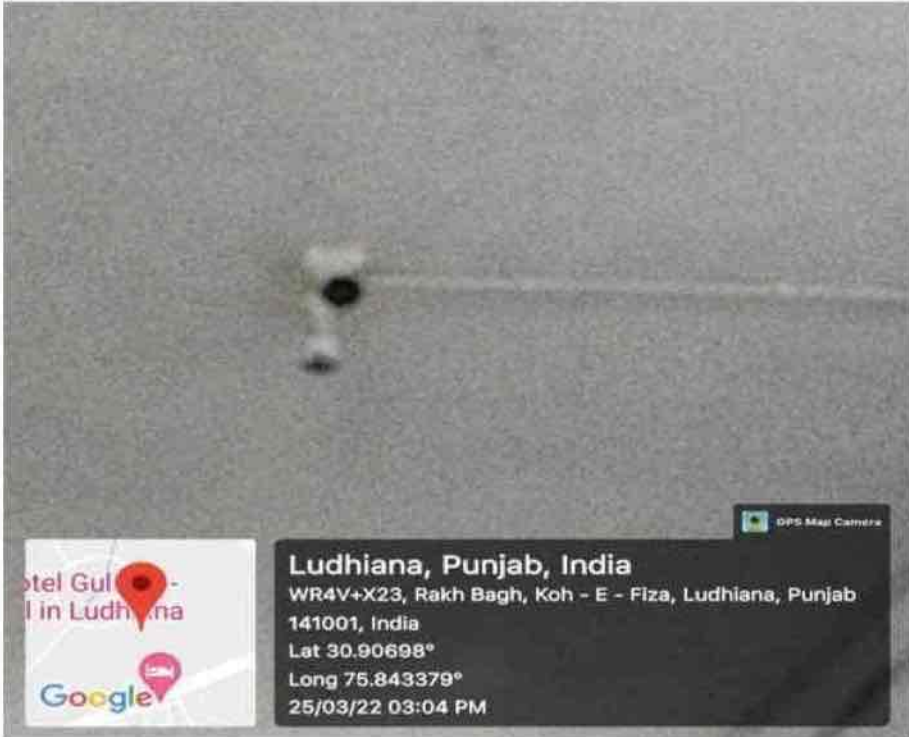


लुधियाना। गवर्नमेंट कॉलेज फॉर गर्ल्स में एनसीसी और फिलोसॉफी डिपार्टमेंट की क्लोजिंग सेरेमनी और प्राइज डिस्ट्रीब्यूशन फंक्शन का आयोजन किया गया। कार्यक्रम में कॉलेज प्रिंसिपल सविता शर्मा ने मुख्य मेहमान के तौर पर शिरकत की। एनसीसी कैडेट्स ने बेटी विषय पर शॉर्ट प्ले पेश किया। प्रिंसिपल सविता शर्मा ने स्टूडेंट्स को उनके कार्यों के लिए शुभकामनाएं दीं। स्टूडेंट्स ने कविताएं भी सुनाईं। एनसीसी इंचार्ज कमलेश कौर और दीपिका ने सभी का कार्यक्रम में शिरकत करने पर धन्यवाद किया।

A short play on topic "Beti" was presented by NCC Volunteers in a program organized by NCC and Philosophy Department

V. FACILITIES FOR WOMEN IN CAMPUS

A. Safety & Security



CCTV Surveillance in the campus



Boundary wall and fencing for safety and security



Self-defense skills: Gatka



Self-defence skills: Martial Arts

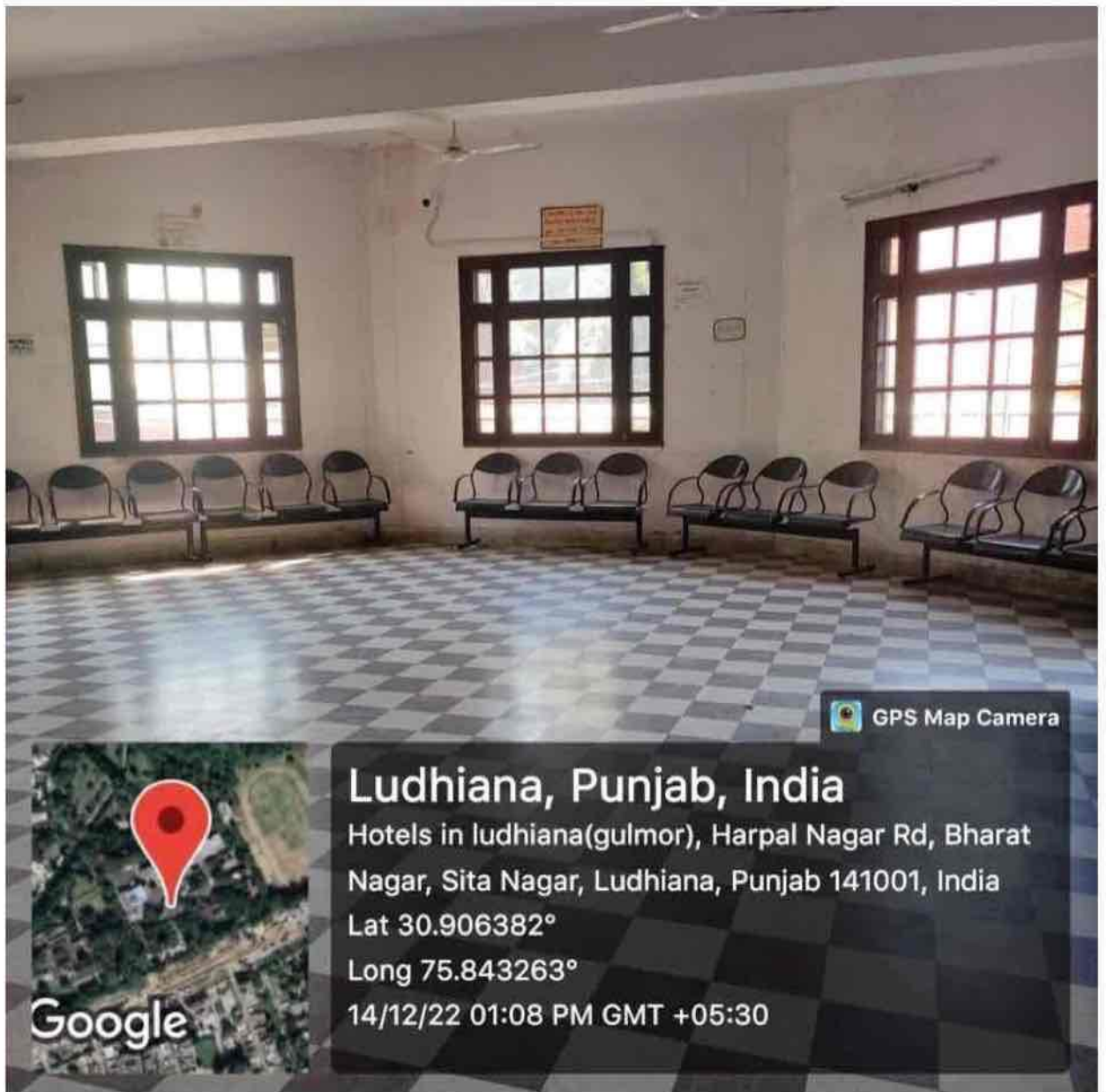


Anti-ragging banners at different locations



Student Council Room

B. Common Room



St

Common Room Facility