



**GOVERNMENT COLLEGE
NARNAUL**
(RAILWAY ROAD, NARNAUL)
(ESTABLISHED IN 1954)

TEL. NO. 01282-251256 (O)

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Website : <https://gcnnl.ac.in>

CRITERION 7

7.3: INSTITUTIONAL VALUES AND BEST PRACTICES

Matrix No. 7.3.1 Institutional distinctiveness

Women Empowerment through Education

For Supporting Document <

OFFICE OF THE PRINCIPAL
GOVERNMENT COLLEGE, NARNAUL

Matrix No. 7.3.1

Women Empowerment through Education

Introduction

Government College Narnaul established in 1954, may boast of its pioneering work in the realm of gender equality and sensitisation of girl students to evolve themselves to become proactive participants in influencing the direction of positive social transformation. The genuine efforts of the institution in this direction and more than satisfying goals achieved to this effect make us feel a sense of satisfaction that the institution has succeeded in discharging its duties in the best possible manner in making the girl students self-confident, employable, educated and harbinger of change in the society.

Mahendergarh

Mahendergarh, a small town of South Haryana, is still labelled as a backwards district despite being a district since Haryana came into existence on 1st 1966. Most of the girl students who choose Govt. College Narnaul came from rural areas and belonged to disadvantaged and marginalised groups.

Vision

An institution with a positive impact on society, by providing innovative affordable education to students by equipping them with the knowledge and skills necessary to succeed in their chosen fields and helping them to reach their full potential and become future leaders, business owners and most importantly good human being.

Mission

To create a better education environment by offering state of art infrastructure and quality human resource and nurture students to attain academic brilliance, civic culture and become enlightened citizens. To prepare students from different sectors of society to complete globally and moulding them in to future nation makers or builders. The Principal, Academic coordinator and Staff members are involved in defining the policies and procedures, framing guidelines, rules and regulations pertaining to admission grievance, counselling, placement and discipline. The Vision of women's empowerment inspires us:

- To provide quality education with self-confidence, inculcation of ethics, fostering independent thinking and pursuit of excellence, sensitisation to social and environmental needs and a holistic and global outlook on life.
- To create a student-centric learning environment driven by a passion for excellence, research culture, and an eco-system for innovation and creativity.
- To encourage a participatory approach among staff students, alums and other stakeholders
- To provide adequate opportunities to engage in a multitude of interests of our diverse student community in academic, co-curricular and extra-curricular activities.
- To provide them easy access to quality higher education and job opportunities
- To have a Management that would uphold the highest levels of transparency, accountability and governance

Gender Disparity and Reservation

Fully aware of their rural and socio-economic background, the college has a robust Institutional mechanism to actualize its goals of gender equality and works ceaselessly to mitigate gender disparity. The college starts its pivotal role of mitigating gender disparity by offering reservation in admissions to U.G./P.G. classes to students belonging to SC/OBC/PH and EWS Categories. At the very start of the academic session, the girl-students are familiarised with the different cells and Activities undertaken in the college. Such programmes instil a sense of confidence in the newcomers and prepare a perfect Platform for them to choose activities of their preference to further the cause of holistic development.

Counseling

Student life today throws up numerous challenges owing to a fast-paced tempo, changing family dynamics, being away from home, increased competitiveness and social media. GC Narnaul recognises that counselling is essential for students to navigate these demands and achieve their academic potential. In keeping with its mission to provide for the all-round holistic development of women students, our institution offers formal in-house counselling. This counselling is free and open to all students and staff, and complete confidentiality is maintained. It has significantly promoted students' psychological well-being, helping them achieve their academic, personal, and relational goals. Some recurring student concerns flagged by the College Counsellors are Time, Stress, Relationship Management, Family Problems, Body Image, self-confidence, Career Counseling and Teething Problems faced by first-year and outstation students. The institution also has a robust Mentor-Ward Programme that complements the teaching-learning exercise, and every student is paired with a faculty mentor, thus allowing them to reach out for individual sessions for counsel. Various talks on Gender Sensitization are organized from time to time. The various initiatives launched by the college underline that it takes responsibility for disseminating information on counseling and seriously dispelling the myths and stigma

surrounding it. This has helped students understand the significance of counseling, work on their fears and anxieties and achieve their best in curricular and extra-curricular activities.

Earn While You Learn Scheme

Earning while learning mechanism is another vital tool for the girl-students to empower themselves. The college administration provides opportunities to about 40 students every year to work for an hour daily in the different depts./offices and apart from familiarizing them with the work culture of the offices/depts which will stand them in good stead when they will work under their prospective employees, also brings in them a sense of financial independence-a sense that they are employable and may earn their livelihood with pride and dignity.

Providing financial assistance to the poor and needy students from SC and OBC categories is another critical measure the institution took to empower the girl students. Another essential feature adopted by the institution to bring about gender equality is waiving tuition fees for UG students. From 2023-24 onwards, this facility has been extended to all PG students, irrespective of their income category. A significant hurdle the girl students face, most of them hailing from rural areas, is the cost of commutation from their homes to the college. To address this problem and to mitigate their travelling expense, a bus-pass facility is provided to the girl students, and almost all girl students are availing themselves of this facility. This measure of the college is among the most significant and influential mechanisms to empower girl students because easy and free accessibility to transport facilities ensures unhindered education to girl students and paves the way for their empowerment.

Awareness of Laws

The college makes the girl-students familiar with the existing laws and remedies available to them from all types of exploitation, whether physical, sexual, economic or caste and gender-based. The legal cell of the college keeps on holding. In seminars, eminent lawyers are invited to impart the girl-students' legal knowledge that can be used to thwart any exploitation. Through such workshops, they are also sensitised towards female-feticide, anti-dowry, and domestic violence laws. Competitions are also held under the aegis of the legal cell to strengthen their awareness of their rights.

Cultural Activities

The institution also holds Talents as a suitable platform to showcase their talents. The cultural activities hosted by the college and teams sent by it to different colleges for the participation of girl-students in cultural activities help them ward off their inhibitions and open new vistas for them. Such activities add a new dimension to their personality, enhancing their vibrancy and zestfulness. Different clubs have been formed in the college, and various activities viz. Sports, cultural, red ribbon club.

Vocational & Self Defense Training

Apart from the activities mentioned above/measures taken by the college in the direction of women's empowerment and gender sensitisation, the proactive role of the college's women's cell is exemplary. The women's cell of the college organises "Self-defence Training classes" to infuse a sense of security among the girl students. The training and tips imparted to them during their classes help the girls thwart eve-teasing attempts of the rogues. Another significant initiative in the direction of women's empowerment taken by the women's cell pertains to organising tailoring and knitting,embroidary classes. These classes/workshops help the girl-students learn new skills which will prove handy to them to become self-reliant and self-employed. The cell also arranges lectures of specialists such as gynaecologists and sensitise them about the various health issues relating to the menstruation period, slain diseases, etc. The cell also ensures that vending machines and interceptors work efficiently, and the tendency of using uncless clothes during the musturation cycles by some of the girl-students belonging to rural and marginalised groups is curbed. With the help of specialist doctors and NGOs, the girl-students are also motivated to shun fart foods and adopt-healthy and nutritious diets. By organising Yoga classes and with the help of psychologists, the students' Physical, spiritual and mental aspects are addressed.

The Placement Cell of the College

The main aim of studying in the life of our young students is to acquire knowledge and find a job according to one's ability. The sole purpose of studying in a college of repute is the desire for a better placement. Every student wants to get a job in a company or a Government job of her choice or acquire knowledge during college to start one's own business.

To get proper guidance, Students depend on the college Placement Cell for a better future. Keeping these hopes and needs of the students in mind, the Placement Cell is working in the institution, and it serves as an interface between the students and the employer. The Placement Cell also organises various seminars, workshops and extension lecturers.

Mentoring

Mentoring benefits all students. For some students who may be experiencing social isolation, mentoring can be a much-needed emotional and social support. For other students experiencing academic challenges, it can be an effective strategy for building a new or renewed love of learning and literacy. The college has assigned duties for the teachers as Mentors for a specific group. These mentor groups have played a significant role in:

- Building students' sense of belonging within the school community
- Enhancing attendance and motivation to learn
- Helping individual students feel more connected and valued in their school community
- Helping students learn about and value diversity
- Encouraging individuals to get to know one another, identify common interests and concerns, recognise one another's strengths and contributions

**Links for Photographs of Activities/Trainings/Workshops
For
Women Empowerment**

2018-19

2019-20 :

2020-21 :

2021-22 :

2022-23



Govt. College, Narnaul

University Position Holders

Sr.	Name	Father's Name	Class	Roll No	Semester	Position	Remarks
1	Pooja	Rajesh Kumar	B.Sc. CS	211131026008	1 st	2 nd	
2	Deepanshu	Babu Lal	B.Sc. CS	211131026028	1 st	3 rd	
3	Lalita	Rajkumar	M.Sc. Geology	211130903008	1 st & 2 nd	1 st	
4	Sonia	Rakesh	M.Sc. Geology	211130903006	2 nd	2 nd	Overall 94.84
5	Sonia	Kuldeep Singh	M.A. Hindi	182231101052	1 st & 2 nd	1 st	
6	Kiran Yadav	Ravidutt	M.A. Hindi	211130103032	1 st	3 rd	
7	Manju	Bir Singh	PGDCA	211131032002	1 st & 2 nd	2 nd & 1 st	Respectively
8	Manju Bala	Ramoutar	PGDCA	211131032003	2 nd	2 nd	
9	Riya Ahuja	Mahesh	PGDCA	211131032021	1 st & 2 nd	1 st & 3 rd	Respectively
10	Deepak Kumar	Krishan	M.Sc. Comp. Sc.	171131029033	2 nd	3 rd	
11	Poonam	Ugesh Kumar	M.Sc. Geography	181161101471	2 nd & 1 st	2 nd & 3 rd	Respectively
12	Raghav	Anand Prakash	M.A. English	181101101018	2 nd	2 nd	
13	Yash Kumar	Jai Praksh	PGDCA	211131032055	1 st	3 rd	
14	Neha	Subhash	M.Sc. Geology	211130903010	1 st	2 nd	
15	Isha	Bharat	M.Sc. Geology	211130903009	1 st	3 rd	
16	Monika	Jagat Ram	M.Sc. Geology	201130903002	3 rd & 4 th	1 st	

[Signature]



INDIRA GANDHI UNIVERSITY

MEERPUR - REWARI



Congratulations



Anshu Yadav

Govt. College, Narnaul

SELECTED FOR

University NSS Award

2022-23



NSS IGU MEERPUR



NSS HARYANA

INDIRA GANDHI UNIVERSITY
MEERPUR, REWARI



इन्दिरा गाँधी विश्वविद्यालय
मीरपुर, रेवाड़ी



A State University Established Under Haryana Act No. 29 of 2013, Recognised u/s 12(b) & 2(f) of UGC Act, 1956

University Youth Festival

Hindola-3.0

स्वच्छ हरियाणा - स्वस्थ हरियाणा

Certificate of Merit

Sr. No. 212
Date: 6-8 Nov., 2023

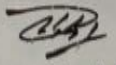
Certified that Mr./Ms. Maina

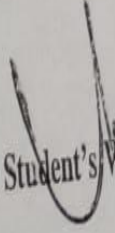
Son/Daughter of Sh. Lekhraj Singh Class BBA Roll No. 6903

of College/Institute/UTD Government College, Marumal

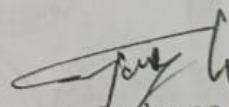
Participated in Dehak (Hindi) (Against the motion) in the University Youth Festival "Hindola-3.0"

held at University Campus on 6,7,8, November, 2023 and was adjudged II


Director Youth Welfare
-Cum-Org. Secretary




Dean Student's Welfare

15. Devender Kumar got silver medal in 2nd Haryana State Taekwondo Championship from 16 to 18 Dec. 2022.
16. Ghanshyam & Harsh Chauhan participated in Haryana State Senior Wushu Championship on 14 to 18 October 2022 at Sirsa.
17. Harsh Chauhan and Neetu Soni participated in 13th National Open Taekwondo Championship 2022.
18. Yateen Kumar participated in 71st Senior National Volley ball Championship at Guwahati Assam on 2nd to 9th Feb. 2023.
19. Neetu Soni participated in All India Inter University Wushu Tournament at C. U. Punjab on 7-11 Feb. 2023.
20. Neetu Soni & Bhavana participated in Haryana State Senior Wushu Championship 2022-23.
21. Neetu Soni got Gold medal in Haryana State ARNIS 4th Championship 2022 and got Gold Medal in National ARNIS Championship 2022 at Srinagar (J&K).
22. College players participated in 17 Inter College Tournaments.
23. College Organised 66th Annual Athletic Meet from 3rd to 4th March 2023. Vikash B.A. 2nd and Reena B.Sc. 2nd were declared Best Athlete of the year 2022-23.
24. College organised Inter College Archery and Judo Tournaments 2022-23.


Sports Incharge



**HARYANA STAFF SELECTION COMMISSION (HSSC)
SCORECARD FOR COMMON ELIGIBILITY TEST (CET) HELD IN THE YEAR 2022 FOR GROUP "C" POSTS**

mber	291207	Roll Number	67044213	
ne	HIMANI			
	Female	Date of Birth	17/08/2001	
	SHASHI			
	JAI DAYAL			
	SC	Sub-Category (DISABLED-ESM, ESM, DESM, DDESM, DFF, ESP etc)	----	 Photograph of Candidate
chmark)	No	Category of PwD (VH,HH, Autism , OH)	Not Applicable	
vided by candidate at the ion)	9817391217	Date of Exam	06.11.2022	
		Shift of Exam	Second	

NOTED:

(AFTER NORMALISATION) OBTAINED BY CANDIDATE IN WRITTEN EXAM (MAXIMUM = 95 MARKS) 40.4603634

MARKS AWARDED UNDER SOCIO ECONOMIC CRITERIA (On the basis of claim made by a candidate) (MAXIMUM = 05 MARKS) : 0.0

Job in family and family income less than Rs.1.80 lacs.	5.0
Now or previously died before attaining the age of 42 or before the candidate had attained the age of 15 years.	0.0
Belongs to Scheduled Tribe (Vimukt Jatis and Tapriwas Jatis) and Nomadic which is neither a SC nor a BC.	0.0
Service on same or higher post under Haryana Govt. - Maximum = 04 Marks	0.0
Marks awarded under Socio Economic criteria, for calculation of CET Score (Max. 05 marks can be awarded to a candidate on account of 'a' to 'd' above)	5.0

Total Marks (1 + 2)	(In figure)	45.4603634
	(In word)	Forty Five point Four Six Zero Three Six Three Four Only
Normalized Marks (excluding Socio-economic criteria qualifying in CET out of 95 in his/her category)	38.0000000	
	QUALIFIED	

Date of Result: 10.01.2023


UNDER SECRETARY, HSSC
For Signature

NORMALISED MARKS (EXCLUDING BENEFIT OF SOCIO ECONOMIC MARKS) OUT OF 95 MARKS are as follows:

GENERAL CATEGORY CANDIDATE: 47.50 & ABOVE i.e. 50% & ABOVE

RESERVED CATEGORIES (BOTH VERTICAL & HORIZONTAL WHO ARE BONAFIDE RESIDENT OF HARYANA): 38.00 & ABOVE i.e. 40% & ABOVE

INSTRUCTIONS:-

Supporting Documents & programmes

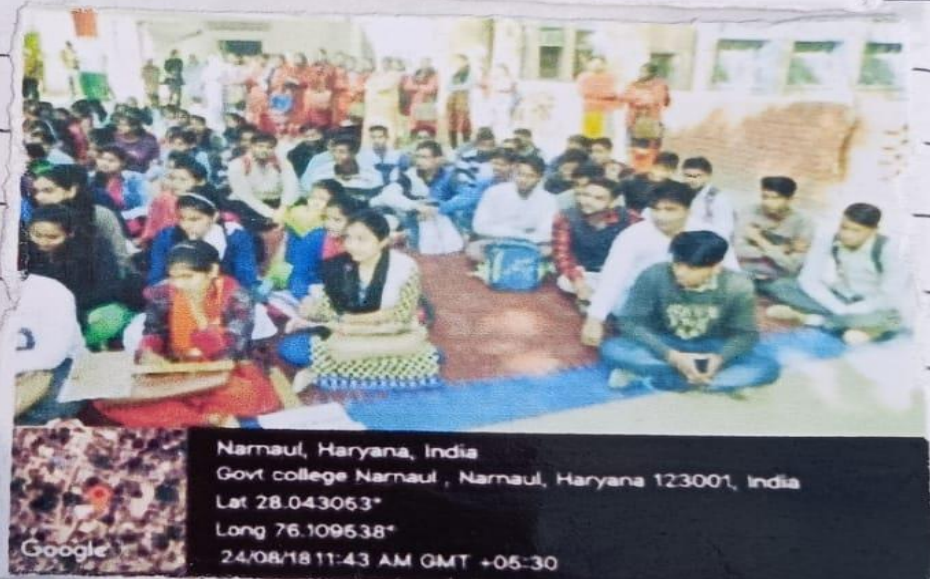
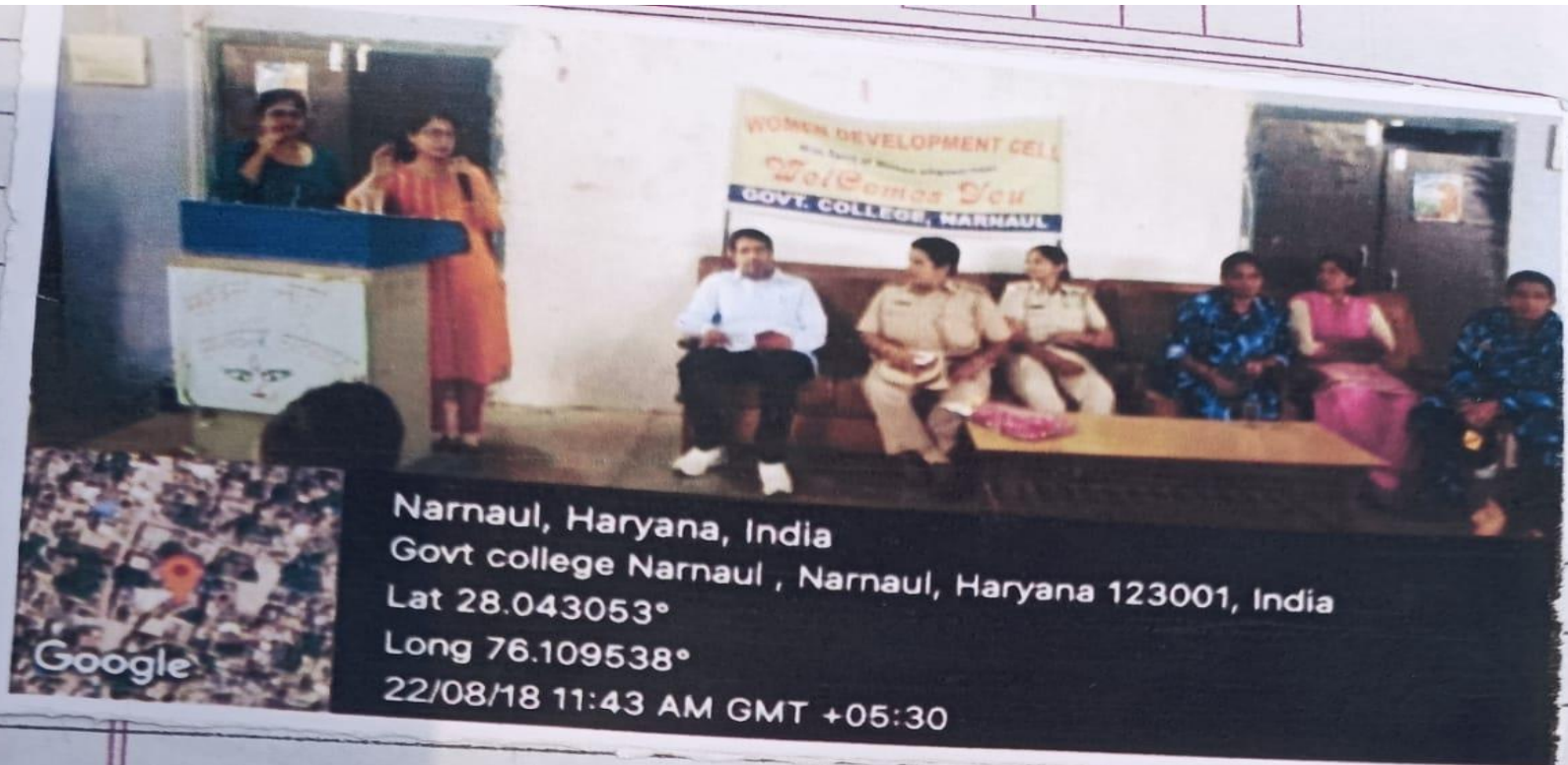
Extension & Outreach Programs 2018-19

Sr. No.	Session & Name of the Activity Organising Unit	Activities	Date
1	2018-19 WDC	Raksha Bandhan Events: Special Assembly Followed by Pledge, Poster making, Group discussion, Slogan Writing	22-08-2018 to 25-08-2018
2	2018-19 WDC	Women Empowerment Competitions and Co-curricular activities (Rangoli, Poster making, Indi Bijna, Mahendi, Slogan, Painting, best out of waste, Collage making ,Cartooning, essay writing)	5-02- 2019
3	2018-19 WDC	Women Empowerment Singing, Speech and Poem Recitation Competition	6-02-2019
4	2018-19 WDC	Extension Lecture on Women Rights	27-02-2019
5	2018-19 WDC	Celebration of Women's Day	08-03-2019

Raksha Bandhan Events: Special Assembly Followed by Pledge, Poster making, Group discussion, Slogan Writing

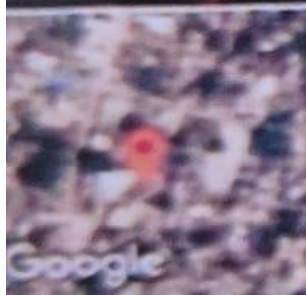


Extension Lecture on Women Rights



Women Empowerment Competitions and Co-curricular activities (Rangoli, Poster making, Indi Bijna, Mahendi, Slogan, Painting, best out of waste, Collage making ,Cartooning, essay writing





Narnaul, Haryana, India
Govt college Narnaul , Narnaul, Haryana 123001, India
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Long 76.109538°
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Celebration of Women's Day

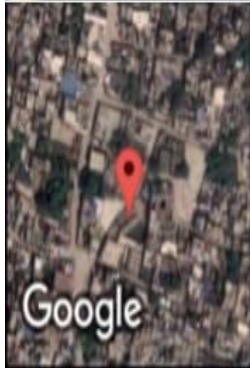


Extension & Outreach Programs 2019-20

2019-20	WDC	Awareness programme on Women Hygiene and Menstruation	18-09-2019
2019-20	WDC	Awareness Rally on National Girl Child Day Celebration	24-01-2020



Narnaul, Haryana, India
Govt. college Narnaul, Narnaul, Haryana 123001, India
Lat 28.043053'
Long 76.109538'
18/09/19 1:00 PM GMT+5:30



Narnaul, Haryana, India

Govt college Narnaul , Narnaul, Haryana 123001, India

Lat 28.043053°

Long 76.109538°

22/08/18 11:43 AM GMT +05:30

Extension & Outreach Programs 2020-21			
Sr. No.	Name of the Activity Organizing UNIT	Activities	Date
1.	WDC	Quiz on Women's Rights and Acts	(02-02-2021)
2.	WDC	Extension Lecture on Female Healthcare and Hygiene by Dr. Rashmi (Gynaecologist), Rainbow Hospital, Narnaul	(05-02-2021)
3.	WDC	Self Defence and Taekwondo Training	(17-02-2021 to 22-02-2021)

Quiz on Women's Rights and Acts

महिला अधिकारों और अधिनियमों पर प्रश्नोत्तरी

नाम MANISHA KUMARI

कक्षा BSc 3rd year (Medical)

Q.1) दुनिया भर में अंतर्राष्ट्रीय महिला दिवस कब मनाया जाता है?

☒ a) 8 मार्च
☐ b) 8 अप्रैल
☐ c) 8 फरवरी
☐ d) 8 जून

Q.2) भारत में डॉक्टर बनने वाली पहली महिला का नाम बताइए?

☒ a) कार्नेलिया सोराबजी
☐ b) उज्ज्वला राय
☐ c) अनीता बोस
☐ d) कादम्बिनी गंगुली

Q.3) वह महिला जो भारत में पहली IAS अधिकारी बनी?

☒ a) एमफातिमा बीवी
☐ b) अन्ना जॉर्ज मल्होत्रा
☐ c) किरण बेदी
☐ d) अन्नाचंडी

Q.4) भारत की पहली महिला IPS का नाम है?

☒ a) कार्नेलिया सोराबजी
☐ b) आरती साहा
☐ c) किरण बेदी
☐ d) सुजाता मनोहर

Q.5) भारत की पहली मिस वर्ल्ड का नाम बताइए?

☒ a) रीता फारिया
☐ b) ऐश्वर्या राय
☐ c) सुष्मिता सेन
☐ d) डायना हेडन

Q.6) प्रथम महिला सर्वोच्च न्यायालय की न्यायाधीश कौन थी?

☒ a) सरला दूकराल
☐ b) एम. फातिमा बीवी
☐ c) मीरा कुमार
☐ d) सुचेता कृपलानी

Q.7) कौन है भावना कंठ:

☒ a) आर्चर
☐ b) पहलवान
☐ c) फाइटर पायलट
☐ d) बॉक्सर

Q.8) घरेलू हिंसा से महिलाओं को कौन सा अधिनियम बचाता है?

☒ a) घरेलू हिंसा अधिनियम, 2005 से महिलाओं का संरक्षण
☐ b) घरेलू हिंसा अधिनियम, 2008 से महिलाओं का संरक्षण
☐ c) घरेलू हिंसा अधिनियम, 2008 के खिलाफ संरक्षण

Quiz on Women Rights and Acts

Name Asha

Class MSc-1st year

Q.1) When is the International Women's Day celebrated worldwide?

☒ a) 8 March
☐ b) 8 April
☐ c) 8 February
☐ d) 8 June

Q.2) Name the first woman who became doctor in India?

☒ a) Cornelia Sorabji
☐ b) Ujwala Rai
☐ c) Anita Bose
☐ d) Kadambini Ganguly

Q.3) The woman who became first IAS officer in India?

☒ a) M.Fathima Beevi
☐ b) Anna George Malhotra
☐ c) Kiran Bedi
☐ d) AnnaChandy

Q.4) Name the first female IPS of India?

☒ a) Cornelia Sorabji
☐ b) Arti Saha
☐ c) Kiran Bedi
☐ d) Sujata Manohar

Q.5) Name the first Miss World from India?

☒ a) Rita Faria
☐ b) Aishwarya Rai
☐ c) Sushmita Sen
☐ d) Diana Hayden

Q.6) Who was the first female supreme court judge?

☒ a) Sarla Thukral
☐ b) M. Fathima Beevi
☐ c) Meira Kumar
☐ d) Sucheta Kripalani

Q.7) Who is Bhawana Kanth:

☒ a) Archer
☐ b) Wrestler
☐ c) Fighter Pilot
☐ d) Boxer

Q.8) Which Act Protects Women from Domestic Violence?

☒ a) Protection of Women from Domestic Violence Act, 2005
☐ b) Protection of Women from Domestic Violence Act, 2008
☐ c) Protection Against Domestic Violence Act, 2008
☐ d) Protection Against Domestic Violence Act, 2007

Self Defence and Taekwondo Training



Session & Name of the Activity Organizing Unit		Activities	Date
2021-22	WDC	National Women's Day Celebration on Birth Anniversary of Smt. Sarojini Naidu	13-02-2022
2021-22	WDC	Online Quiz on International Women's Day	08-03-2022
2021-22	WDC	Extension Lecture on "Aprajita" Social Media Awareness Programme in collaboration with Amar Ujala	13-03-2022
2021-22	WDC	Debate on "Modern India Women: Empowered or Not" in collaboration with Amar Ujala	20-04-2022
2021-22	WDC	Health Camp on the occasion of International Women Hygiene Day (Menstrual Hygiene Day): BMI Calculation and Awareness for Menstrual Hygiene	20-12-2021
2021-22	WDC	National Women's Day Celebration on Birth Anniversary of Smt. Sarojini Naidu	8-03-2022

4 Day co-curricular activities and Competitions to develop healthy spirit of competitions (Singing, Poster and slogan, Essay writing, speech) 01-12-2021 to 04-12-2021

भाषण प्रतियोगिता में लक्ष्मी मित्तल को मिला प्रथम स्थान



भास्कर न्यूज़। नारनौल

राजकीय स्नातकोत्तर महाविद्यालय, नारनौल में महिला उत्थान प्रकोष्ठ द्वारा आयोजित चार दिवसीय कार्यक्रम के अंतिम दिन शनिवार को भाषण प्रतियोगिता करवाई गई। छात्राओं ने समाज में महिलाओं की समस्याओं को प्रमुखता से उठाया तथा उनके निवारण के लिए अपने सुझाव दिए। अपने श्रेष्ठ

विचार एवं सुझाव प्रस्तुत करके लक्ष्मी मित्तल प्रथम स्थान पर आई। प्रिया सैनी दूसरे तथा नैना एवं सुर्वचा तीसरे स्थान पर रही। विजेताओं को प्राचार्या डॉ. पूर्ण प्रभा ने सम्मानित किया। प्रतियोगिता में निर्णायक मंडल की भूमिका डॉ. सुनीता शर्मा तथा डॉ. सपना यादव ने निभाई। मंच संचालन महिला उत्थान प्रभारी रेखा पूनिया ने किया।

4 Day co-curricular activities and Competitions to develop healthy spirit of competitions (Singing, Poster and slogan, Essay writing, speech) 01-12-2021 to 04-12-2021



4 Day co-curricular activities and Competitions to develop healthy spirit of competitions (Singing, Poster and slogan, Essay writing, speech) 01-12-2021 to 04-12-2021



4 Day co-curricular activities and Competitions to develop healthy spirit of competitions (Singing, Poster and slogan, Essay writing, speech) 01-12-2021 to 04-12-2021

पीजी कॉलेज में प्रतियोगिता आयोजित

नारनौल। राजकीय कॉलेज में बुधवार को महिला प्रकोष्ठ के तत्वावधान में चार दिवसीय प्रतियोगिता का प्रथम चरण आयोजित किया गया। इस प्रतियोगिता का विषय कविता पाठ व संगीत था। कार्यक्रम की अध्यक्षता प्राचार्य डा. पूर्ण प्रभा ने की व संचालन महिला प्रकोष्ठ की प्रभारी



नारनौल। प्रतियोगिता की विजेता छात्राएं व कॉलेज स्टाफ। फोटो: हरिभूमि

रेखा पुनिया ने किया। प्रतियोगिता के प्रथम दिन महाविद्यालय की अनेक

छात्राओं ने कविता पाठ व संगीत में भाग लिया। प्राचार्य डा. पूर्ण प्रभा ने महिला उत्थान में महिला प्रकोष्ठ की भूमिका पर प्रकाश डाला साथ ही छात्राओं को निडर और जागरूक होकर अपने अधिकारों के लिए लड़ने के लिए प्रेरित किया। निर्णायक मंडल में डा. मनप्रीत कौर व पूजा वर्मा ने सहभागिता निभाई।

**Extension lecture on “Role of Yoga in regularising Menstrual Cycle” by
Yogacharya Dr. Nitin Yadav (20-12-2021)**



**Extension lecture on “Role of Yoga in regularising Menstrual Cycle” by
Yogacharya Dr. Nitin Yadav (20-12-2021)**



Self Defence and Taekwondo Training (21-12-2021 to 01-01-2022)



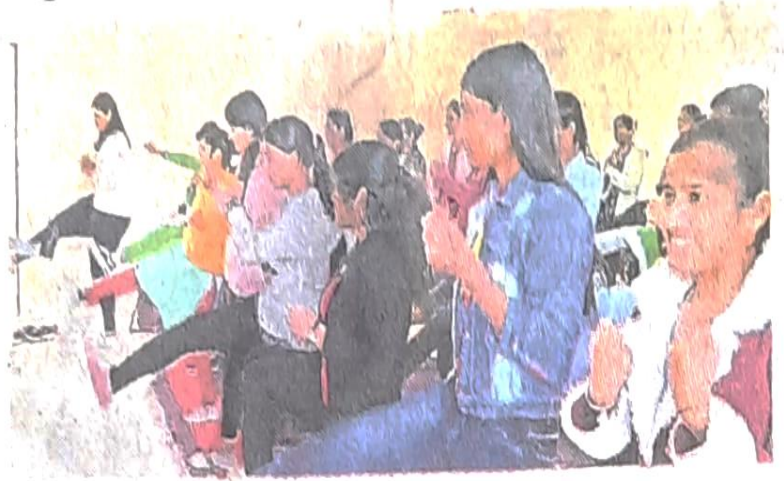
स्वयं रक्षण संक्षेप



कॉलेज की छात्राओं को दिया आत्मरक्षा प्रशिक्षण
नारनौल। राजकीय महाविद्यालय में महिला उत्थान प्रकोष्ठ की ओर से 10 दिवसीय आत्म सुरक्षा व ताईक्वांडो प्रशिक्षण शिविर का आयोजन किया गया। यह प्रशिक्षण शिविर विशेष रूप से छात्राओं के लिए रखा गया। 10 दिन तक चलने वाले इस प्रशिक्षण शिविर के बारे में प्राचार्या डा. पूर्णप्रभा ने बताया कि शिविर का आयोजन डा. पलक, मिनाक्षी, मनप्रीत, कविता, संजीता व कॉलेज स्टॉफ की देख-रेख में किया जाएगा।

छात्राओं के लिए 10 दिवसीय आत्मरक्षा एवं ताईक्वांडो प्रशिक्षण कैंप शुरू

नारनौल | राजकीय स्नातकोत्तर महाविद्यालय, नारनौल में महिला उत्थान प्रकोष्ठ के तत्वावधान में बुधवार छात्राओं के लिए 10 दिवसीय आत्मरक्षा एवं ताईक्वांडो प्रशिक्षण कैंप शुरू हुआ। इसमें प्रथम दिन 76 छात्राओं ने भाग लिया। सुबह 10 बजे प्राचार्या डॉ. पूर्ण प्रभा ने डॉ. पलक, मीनाक्षी, मनप्रीत,



कविता, संजीता ने कैंप का शुभारंभ किया। प्राचार्या ने अपने संबोधन में कहा कि आज के माहौल एवं वातावरण को देखकर महिलाओं का आत्मनिर्भर होना बहुत जरूरी है। इसी बात को ध्यान में रखते हुए 10 दिवसीय आत्मरक्षा एवं ताईक्वांडो प्रशिक्षण कैंप लगाया गया है। इसलिए कालेज की अधिक से अधिक छात्राएं इस प्रशिक्षण कैंप में भाग लेकर विपरीत परिस्थितियों में अपनी सुरक्षा करने में आत्म निर्भर बनें।





Cutting and Stitching Workshop



Knitting and Embroidery

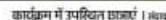
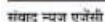


National Women's Day Celebration on Birth Anniversary of Smt. Sarojini Naidu

Every year on February 13, the nation commemorates Sarojini Naidu's birth anniversary.



राजकीय स्नातकोत्तर महाविद्यालय में अपराजिता के तहत 'सोशल मीडिया' विषय पर जागरूकता कार्यक्रम आयोजित



20 फिलोसोफ़ीटर पर स्फुरल छोल राही
की सराहनीय काम है। -**श्री. सुरेंद्र**
तोंबर।

मुक्ति है। रिजल्ट घोषणा करना उनके कार्य क्षेत्र से बाहर है। छात्र-छात्राओं में ईश्वर का प्रभुत्व स्थापित करने के लिए छात्र-छात्राओं के भीषण को देखते हुए जल्द से जल्द विद्यार्थी योग्य करवाएँ तथा द्वितीय व तृतीय सेमेस्टर के प्रथम पत्र कॉलेज में भेजे जाएँ। संवाद

● ● ●

- आयु-सीमा : 18 वर्ष
आयु 40 वर्ष (01)
- पात्रताएं : उम्मीदवार
एलओएसएच में एमए
- चयन की प्रक्रिया :
मायायन से किया जा
एनडी की संख्या अधि
कर आयुधियों की
युक्तिगतलीय प्ररती
कितलत जानकारियां
- आवेदन की अति
तक ऑनलाइन मा

आवेदन शुल्क : रुपये

SSC-

- आयु-सीमा : नव वर्ष। आयु में छत



Debate on “Modern India Women: Empowered or Not” in collaboration with
Amar Ujala

राजकीय महाविद्यालय नारनौल
और

अमर उजाला के सौजन्य से

आधुनिक युग की नारी सशक्त

अथवा कमजोर, विषय पर

वाद-विवाद प्रतियोगिता

स्थान भूगोल विभाग 20 अप्रैल, समय सुबह 11.30

नारी सशक्तिकरण

डॉ चंद्रमोहन नौडल अधिकारी रैड

रिज्वन क्लब और रैड क्रास क्लब

प्राचार्य डॉ पूर्ण प्रभा

राजकीय महाविद्यालय नारनौल

रेखा पूनिया नारी सशक्तिकरण

क्लब, राजकीय महाविद्यालय

NOTICE

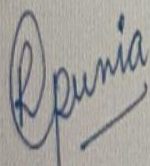
WOMEN CELL

All the girl students of this college are informed that the women development cell of our college is going to organize 2 workshops on “Cutting & Stitching” and “Knitting & Embroidery” from 07.02.2022 to 18.02.2022 (10 days).

Venue: Girls' Common room

Date & Time: 11:00 am to 1:00 pm daily

Mass participation is expected.



In charge

Women Cell

Govt. College, Narnaul

01.12.2021 - 4.12.2021

NOTICE
WOMEN CELL

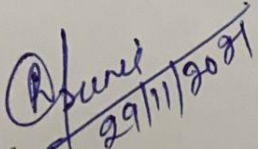
YOGA HALL
10:00 AM

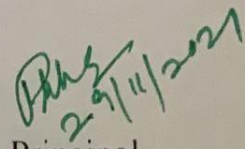
All the girl students of this college are informed that the women cell of this college is going to organize various competitions from tomorrow onwards. Cash prize money will be given to the winners. The list of competitions is as follow:

1. Poetry and Singing (01.12.2021)
2. Poster and Slogan (02.12.2021)
3. Essay Writing (03.12.2021)
4. Speech (04.12.2021)

Interested girl students can give their names to Ms. Sapna Yadav (Department of Geology) till 30.11.2021 by 1:00 PM positively.

Mass participation is expected.


In charge
Women Cell
Govt. College, Narnaul


Principal
Govt. College, Narnaul

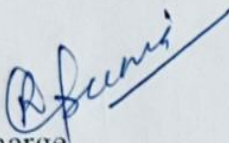
NOTICE WOMEN CELL

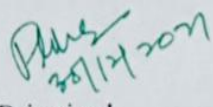
All the girl students of this college are informed that the women development cell of this college is going to organize an extension lecture on Cancer awareness

Venue: Conference Hall (Chemistry Deptt.)

Date & Time: 01.01.2022 at 12:30 pm

Mass participation is expected.


In charge
Women Cell
Govt. College, Narnaul


Principal
Govt. College, Narnaul

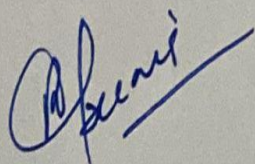
NOTICE WOMEN CELL

All the girl students of this college are informed that the women development cell of this college is going to organize an extension lecture on "Yoga in regulation of menstrual cycle".

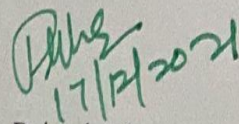
Venue: Conference Hall (Chemistry Deptt.)

Time: 10:30 am (20.12.2021)

Mass participation is expected.



In charge
Women Cell
Govt. College, Narnaul



Principal
Govt. College, Narnaul

Sr. No.	Session & Organizing unit	Activities	Date
1.	2022-23 WDC	Mehandi Competition	12-10-2022
2.	2022-23 WDC	4 Day Singing, Poem, speech ,poster competition on Deepwali	12 -10-2022 -17-10-2022
3.	2022-23 WDC	Self Defence and Taekwondo Training	17-11-2022 to 02-12-2022
4.	2022-23 WDC	National Women's Day Celebration on Birth Anniversary of Smt. Sarojini Naidu	13-02-202

Mehandi Competition

मेहंदी प्रतियोगिता में प्रिया व अर्चना रहीं प्रथम



मेहंदी प्रतियोगिता में हिस्सा लेते छात्रा • सौ. संस्था

जागरण संवाददाता, नारनौल :
राजकीय महाविद्यालय नारनौल में महिला प्रकोष्ठ ने मेहंदी प्रतियोगिता का आयोजन किया। प्रतियोगिता में प्रथम स्थान पर प्रिया व अर्चना रहीं, द्वितीय स्थान पर दीया व मुस्कान तथा तृतीय स्थान पर प्रियंका व संतोष रहीं। कार्यक्रम का शुभारंभ एवं अध्यक्षता प्राचार्य डा. पूर्ण प्रभा ने की।

कार्यक्रम का संचालन महिला प्रकोष्ठ प्रभारी रेखा पूनिया ने किया निर्णायक मंडल की भूमिका डा. मीना यादव, डा. गीता व डा. रीना ने निभाई। विजेता छात्राओं को नकद पुरस्कार देकर सम्मानित किया। इस अवसर पर डा. मीनाक्षी यादव, डा. नीतू यादव, डा. सुनीता शर्मा, डा. मनप्रीत कौर व डा. संजीता मौजूद रही।



4 Day Singing, Poem, speech, poster competition on Deepwali



Self Defence and Taekwondo Training





National Women's Day Celebration on Birth Anniversary of Smt. Sarojini Naidu



National Women's Day Celebration on Birth Anniversary of Smt. Sarojini Naidu



Awareness Lecture on Sexual Harrassment Against women at work place

जगरकटा

राजकीय महाविद्यालय में यौन उत्पीड़न और शोषण विषय पर व्याख्यान का किया आयोजन

यौन उत्पीड़न और शोषण के खिलाफ आवाज बुलंद करें

संवाद न्यूज एजेंसी

नारनौल। राजकीय महाविद्यालय नारनौल के वृक्ष रेडक्रॉस, एनएसएस और महिला प्रकोष्ठ के संनिय में जिला विधिक सेवा प्राधिकरण के सौजन्य से यौन उत्पीड़न और शोषण विषय पर जानकारी व्याख्यान किया गया।

कार्यक्रम की अध्यक्षता कर रही प्राचार्य डॉ. पूर्ण प्रभा ने बताया कि यौन उत्पीड़न वर्तमान समय की एक गंभीर समस्या बन गई है। छात्रों को डरने की बजाय हिम्मत से काम लेना चाहिए और इस प्रकार की गतिविधियों को रोकने का



महाविद्यालय में जगरकटा व्याख्यान कार्यक्रम को संबोधित करती अधिवक्ता गिरिबाला। संवाद

प्रवास कराना चाहिए। हमें हमेशा यौन उत्पीड़न और शोषण के खिलाफ हमेशा

अपबन्धन दिया कौ किसी भी प्रकार का उत्पीड़न सहन नहीं किया जाएगा और कोई भी छात्र अगर इस मामले में शिकायत करती है तो उसका सम्मान किया जाएगा।

जिला विधिक प्राधिकरण से मुलाक़ात एडवोकेट गिरिबाला व विजेट प्रताप सिंह रैनाल एडवोकेट ने विद्यार्थियों उनके अधिकारों के लिए सौजन्य में धन कानूनी एक्ट के बारे में जानकारी दी। वर्ष 2013 में बनाए गए महिलाओं के लिए नए कानूनी विषयों से अवगत कराया। उन्होंने बताया कि 2013 में कार्यभार पर महिलाओं के यौन उत्पीड़न अधिनियम को पारित किया गया था। जिन संस्थाओं में दस से अधिक लोग काम करते हैं, उन पर यह अधिनियम लागू होता है। महाविद्यालय के कुलपति डॉ. सत्यपाल सुलोदिया ने बताया कि किसी महिला को बिना उसकी मर्जी के गंदे नज़र से घूना, गंदे मैसज भेजना, गंदी बातें करना, देखकर भट्ठी टिप्पणी करना और फोन पर या सामने उससे भट्ठी मजाक करना इतक सारे बातें यौन उत्पीड़न में आती हैं। महिला प्रकोष्ठ अधिकारी डॉ. पलक ने छात्रों को कॉलेज में गठित शारीरिक शोषण के प्रति गठित कमेटी के बारे में अवगत कराया।

नोट

98114:
नंबर 18
सुबह 9
तक संप



NOTICE

Govt. College, Narnaul

NSS and NCC units of Govt. College, Narnaul are organizing various activities under Sadak Suraksha Abhiyan 2022-23 as per following schedule on 21-03-2023 at 11:00 am, Saraswati Hall. Interested students who want to participate may report NCC/ NSS incharges on or before 10:30 am on 21-03-2023.

Sr. No.	Activity
1	Slogan Writing Competition
2	Poster Making Competition
3	Essay Writing Competition
4	Expert Lecture
5	Awareness Rally

The prizes for the above competitions will be as per following details:

1st Prize: Rs. 300

2nd Prize: Rs. 200

3rd Prize: Rs. 100

Organizers

NCC/NSS Units

Patron

Principal

NOTICE
WOMEN DEVELOPMENT CELL
GOVT. COLLEGE, NARNAUL

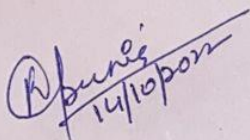
All the girl students of the college are informed that the Women Development Cell of our college is going to organize different kinds of competitions (17.10.2022 to 20.10.2022) on the occasion of the **Festival of Lights "DEEPAWALI"**. Interested students can give their names to Ms. Rekha Punia, In-charge Women Development Cell at Department of Geology till 17.10.2022 by 10:00 am.

The **details** of competitions are given below:

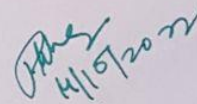
- 1) 17.10.2022- Rangoli Making
- 2) 18.10.2022- (i) Diya Decoration (ii) Thali Decoration
- 3) 19.10.2022- (i) Festoon Making (Paper only) (ii) Greeting Card Making
- 4) 20.10.2022- Paintings of (i) Lord Ganesha (ii) Goddess Laxmi

Venue- Yoga Hall at 11:15 am to 1:30 pm

Note- All the essential material shall be provided by the Women Development Cell. Participants have to complete the task by the provided material only.


14/10/2022

In-Charge
Women Development Cell
Govt. College, Narnaul


14/10/2022

Principal
Govt. College, Narnaul