

BEST PRACTICE 1

Focus on Women Education

Objectives of the Practice

The objective of focusing on women's education in Dasmesh Girls College is to empower women by providing them with equal access to education, knowledge, skills, and opportunities. The primary goals of women's education in our college include:

- To facilitate networking and mentorship opportunities for women to connect with successful women leaders in various fields.
- Providing adequate opportunities for the students to take part in the various associations / Committees / Cells/ & Student Council activities, to develop and excel in the requisite skills besides academics.
- To provide counseling and support services to women dealing with personal, emotional, or psychological challenges
- To provide local access to higher education for women in rural areas.
- To equip women with practical as well as employable skills.
- To encourage women to engage in community service projects outreach programmes and To Earn While Learn.
- To promote health and hygiene awareness among the students.
- To promote gender sensitization and thus to challenge discriminatory practices prevalent mostly in rural communities.

The Context

Women Development Cell (WDC), Internal Complaints Committee for Sexual Harassment and Students Service Centre, Anti Ragging and Grievances Redressal Cell and Career Guidance Cell are active in the college to empower girl students, to enhance understanding of issues related to women and to make the college campus a safe place for students and faculty members.

- Financial Assistance is provided to students to encourage women education.
- Provides resources, advocacy, and a platform for the development of girls.

- The Women Development Cell (WDC), Internal Complaints Committee for Sexual Harassment and Students Service Centre, Anti Ragging and Grievances Redressal Cell and Career Guidance Cell conducts workshops, seminars, and awareness programmes on women's rights, self-defence, and career development, and also offers counseling and redressal mechanisms for grievances related to gender-based discrimination and harassment.

The Practice

- Conducting awareness sessions and workshops on gender-based discrimination, harassment and violence.
- Providing counselling and support services to female students facing any form of discrimination or harassment.
- Organizing skill development and career-oriented workshops and seminars for female students.
- Celebrating International Women's Day, Women are History Month, and other women-related events to raise awareness about gender issues and achievements.
- Creating an anti-sexual harassment policy and a grievance redressal mechanism for students according to UGC guidelines.
- Encouraging female participation in extracurricular activities and decision-making processes within the institution.
- In this college different departments offer courses or workshops on health education, hygiene practices, nutrition, and reproductive health. By providing such information, we try to raise awareness among women about their health and well-being.
- Our College encourages students for participating in the National Service Scheme (NSS) and NCC. Such participation provides the opportunities for community engagement, skill development, and social impact.
- Active participation in cultural activities and sports and inclusion in state-level and national-level teams.

Evidence of Success

Increase in the number of female students participating in decision-making processes and extracurricular activities within the institution while acting as the members of different committees and student council.

The college conducted various Seminars, workshops, extension activities, orientation and awareness programmes aimed at women education and empowerment.

Students of the institution were given intensive training in self-defence techniques to ensure their safety in an increasingly violent world. Some of the students were trained in Karate. The institution ensures the health of female students by providing facility for fitness training in Yoga.

The college organizes Legal awareness and guidance programmes to impart knowledge on legal issues.

As part of 'Beti Bachao Beti Padhao' campaign the NSS unit celebrated National Girl Child Day by visiting different schools.

*Extension lecture on the theme "Women's Safety and their Constitutional Rights" organised by Women Development Cell on 13-03-2019. The Resource Persons were Advocate Mr. Rajiv Agnihotri and Advocate S. Balwinder Singh (Punjab and Haryana High Court, Chandigarh).



*Extension Lecture on the theme "Women Empowerment" was organized by Women Development Cell to celebrate Women's Day on 07-03-2020. The Resource persons were Advocate Ms. Balwinder Kaur and Ms. Surinder Kaur who enlightened the students with their valuable thoughts on Women empowerment.



*Extension Lecture on “**Concept of Health for Females**” was organised by Women Development Cell on 28-02-2021. Dr. Manpreet Dhaliwal , BHMS(Pb) Abohar was the Resource Person of this Lecture. Dr. Dhaliwal said that only a Healthy female can bring positive changes in the Society and well being of their female members is important so that a better India can be made.






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*Women Development Cell of the College Collaborated with NGO called Sanskriti Shiksha Uthan Nyas to organise an online extension Lecture on **Self Defence** dated 27 July, 2021. Dr. Nitya Sharma from SSUN, Deputy Controller, I.K Gujral Punjab Technical University, Kapurthala was the facilitator of this Extension

Lecture along with Dr. Nirottama Sharma from Malwa Central College of Education, Ludhiana. Dr. Pratibha Singh, Member of Haryana State Commission for Protection of Child Rights was the Resource Person of this Lecture.

WOMEN DEVELOPMENT CELL
OF
DASMESH GIRLS COLLEGE, MUKERIAN
 (ACCREDITED 'A' GRADE BY NAAC)
 IN COLLABORATION WITH
SANSKRITI SANSTHAN UTHAN NYAS
 IS ORGANISING
AN EXTENSION LECTURE ON
SELF DEFENCE
ON
27 JULY 2021 AT 11:00 A.M.
Resource Person: Dr. Pratibha Singh, Member, Haryana State Commission for Protection of Child Rights

Chief Patron	Patron	Conveners, SSUN	Coordinator	Co-Coordinator
S.Ravinder Singh Chak Chairman Sri Buro Gobind Singh Educational Trust Member S. G.P.C. Sri Amritsar Sahib	Dr. Karamjit Kaur Principal Dasmesh Girls College, Chak Alla Baksh, Mukerian	Dr. Nitya Sharma Deputy Controller I.K.G. P.T.U. Kapurthala	Dr. Nirottama Sharma Associate Professor Malwa Central College of Education Ludhiana	Ms. Supriya Jyoti Naryal Dept. of English
			Ms. Pooja Ms. Rajneet Dept. of Computer Sci	



Women Development Cell of the College Collaborated with NGO called **Sanskriti Shiksha Uthan Nyas** to organise an online extension Lecture on **Women Empowerment- India’s Vision in Global Perspective** dated 14 Jan, 2022. Dr. Nitya Sharma from SSUN, Deputy Controller from I.K Gujral Punjab Technical University, Kapurthala was the facilitator of this Extension Lecture Along with Dr. Nirottama Sharma from Malwa Central College of Education, Ludhiana. **Dr. Deepa Kauts, Prof in Education (HOD) GNDU Amritsar was the Resource Person of this Lecture.** She explained to the students about women revolution from ancient to present time.

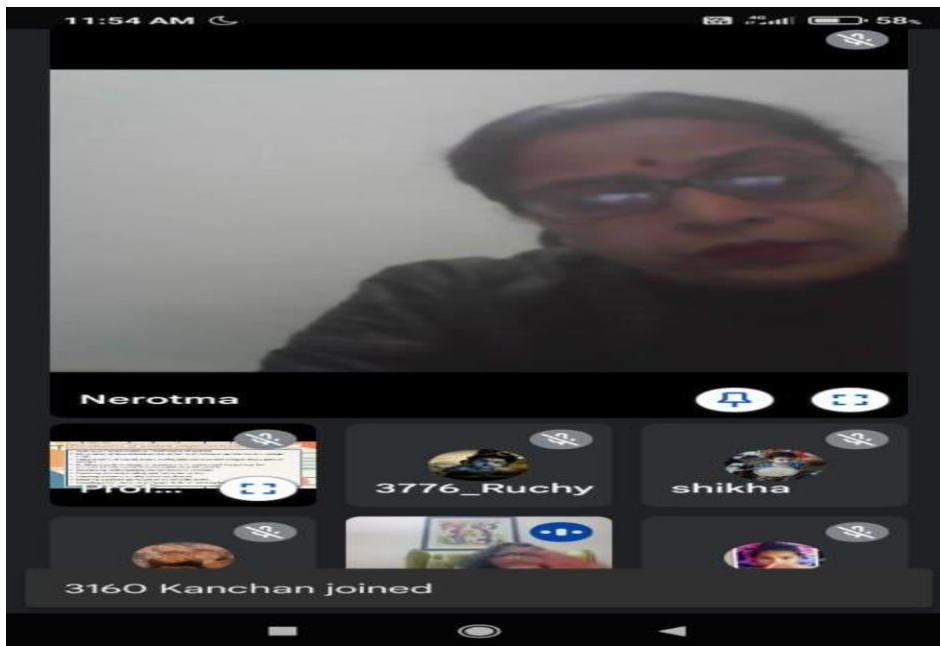




भारतीय शिक्षा
 शिक्षा संस्कृति उथान न्यास

WOMEN DEVELOPMENT CELL
 OF
DASMESH GIRLS COLLEGE, MUKERIAN
 (AFFILIATED TO PANJAB UNIVERSITY, CHANDIGARH)
 (ACCREDITED BY NAAC, RECOGNIZED BY UGC UNDER 2(F) & 12(B))
 IN COLLABORATION WITH
SHIKSHA SANSKRITI UTHAN NYAS
 IS ORGANISING
AN ONLINE EXTENSION LECTURE ON
Women Empowerment : India's Vision in Global Perspective
 ON
14 JAN 2022 AT 11.00 A.M
Resource Person: Dr. Deepa Kauts, Prof. in Education (HOD) GNDU, Amritsar.

Chief Patron S. Ravinder Singh Chak <small>CHAIRMAN</small> <small>SRI GURU GOBIND SINGH</small> <small>EDUCATIONAL TRUST</small> <small>MEMBER S.D.P.C. SRI AMRITSAR SAHIB</small>	Patron Dr. Karamjit Kaur <small>PRINCIPAL</small> Dasmesh Girls College, Chak Alla Baksh, Mukerian	Convener Dr. Nitya Sharma <small>Deputy Controller</small> I.K. Gurjeet Punjab Tech. Uni. Kapurthala	Coordinator Ms. Supriya Jyoti Naryal Ms. Anu Lata Ms. Maninder Kaur	Co-Coordinator Ms. Pooja Ms. Rajneet Dept. of Computer Sci
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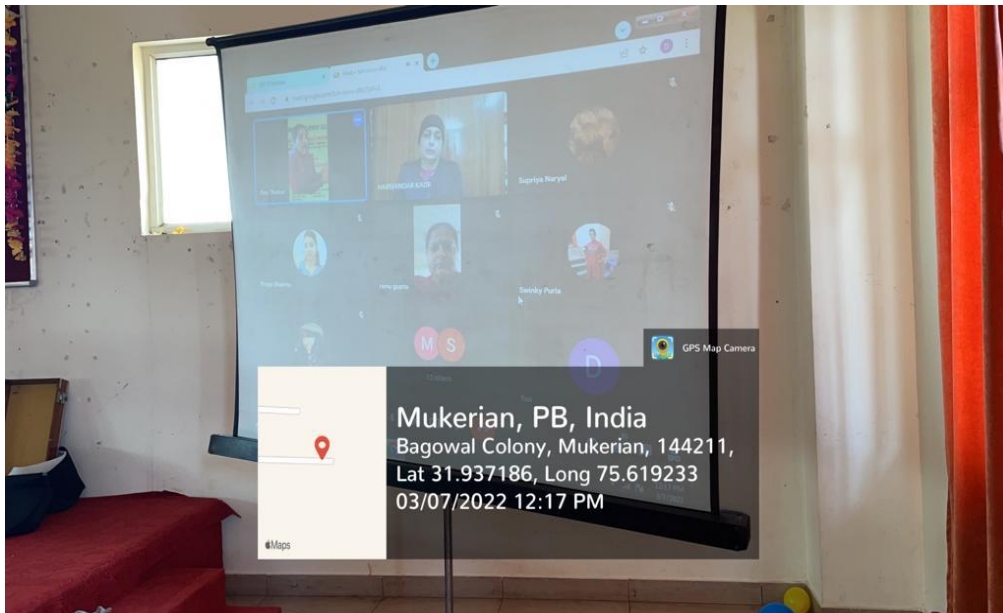


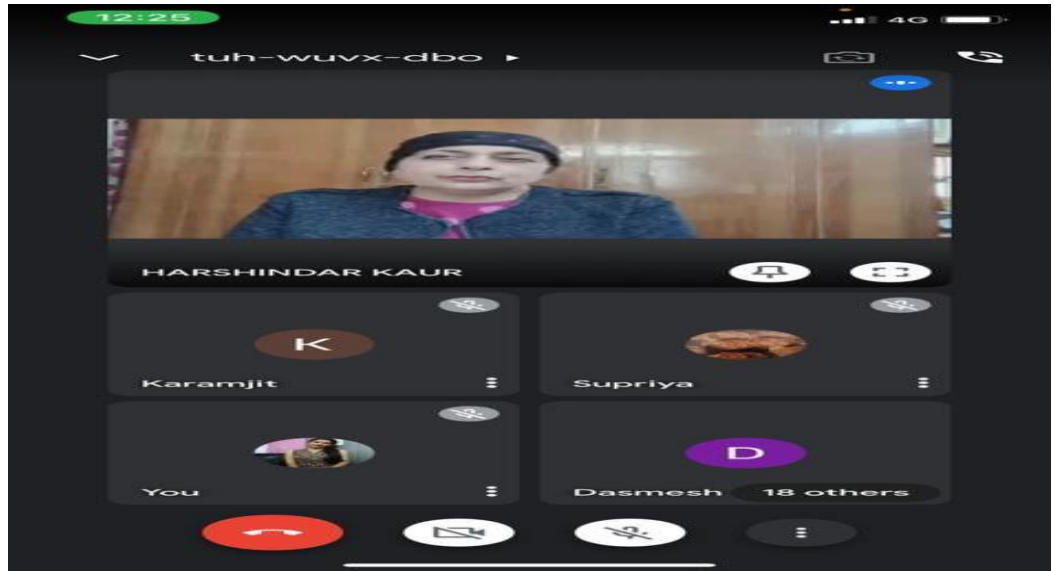
An Online Extension Lecture on the topic “Managing Healthy Lifestyle” on 07-03-2022 to celebrate Women’s Day was organised. The Guest Speaker was Dr. Harshinder Kaur from Medical Government College, Patiala. She talked about Women Empowerment and gave valuable knowledge about how to live healthy Life.

WOMEN DEVELOPMENT CELL
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IS ORGANISING
EXTENSION LECTURE ON
Managing Healthy Lifestyle
ON
7 MARCH, 2022 AT 12.00 Noon
Resource Person: Dr. Harshinder Kaur, Govt. Medical College, Patiala

<p>Chief Patron S. Ravinder Singh Chak CHAIRMAN SRI GURU GOBIND SINGH EDUCATIONAL TRUST MEMBER S.B.P.C., SRI AMRITSAR SAHIB</p>	<p>Patron Dr. Karamjit Kaur PRINCIPAL Dasmesh Girls College, Chak Alla Baksh, Mukerian</p>	<p>Coordinator Ms. Supriya Jyoti Naryal Ms Anu Lata Ms. Maninder Kaur</p>	<p>Co-Coordinator Ms. Pooja Ms. Rajneet Dept. of Computer Sci</p>
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ਨਾਰੀ ਦਿਵਸ ਮੌਕੇ ਦਸਮੇਸ਼ ਗਰਲਜ਼ ਕਾਲਜ ਵਿਖੇ ਲਗਾਏ ਗਏ ਐਕਸਟੈਂਸ਼ਨ ਦੌਰਾਨ ਲੈਕਚਰ ਦਿੰਦੇ ਹੋਏ ਪ੍ਰਿੰ. ਡਾ. ਸ਼ੀਮਤੀ ਕਰਮਜੀਤ ਕੌਰ ਬਰਾੜ ਤੋਂ ਹੋਰ।
 ਤਸਵੀਰ : ਰਾਮਗੜੀਆ

ਦਸਮੇਸ਼ ਗਰਲਜ਼ ਕਾਲਜ ਵਲੋਂ ਨਾਰੀ ਦਿਵਸ ਮੌਕੇ ਐਕਸਟੈਂਸ਼ਨ ਲੈਕਚਰ ਦਾ ਆਯੋਜਨ

ਮੁਕੇਰੀਆਂ, 9 ਮਾਰਚ (ਰਾਮਗੜੀਆ) - ਦਸਮੇਸ਼ ਗਰਲਜ਼ ਕਾਲਜ ਚੱਕ ਔਲਾ ਬਖਸ਼ ਮੁਕੇਰੀਆਂ ਦੇ ਵਿਮੇਨ ਡਿਵੈਲਪਮੈਂਟ ਸੈਲ ਵਲੋਂ ਨਾਰੀ ਦਿਵਸ ਦੇ ਮੌਕੇ 'ਤੇ ਐਕਸਟੈਂਸ਼ਨ ਲੈਕਚਰ ਦਾ ਆਯੋਜਨ ਕੀਤਾ ਗਿਆ। ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਸ਼ੀਮਤੀ ਕਰਮਜੀਤ ਕੌਰ ਬਰਾੜ ਦੀ ਅਗਵਾਈ ਹੇਠ ਇਸ ਵਿਸ਼ੇਸ਼ ਲੈਕਚਰ ਦਾ ਮੁੱਖ ਮੰਤਵ ਵਿਦਿਆਰਥਣਾਂ ਨੂੰ ਨਾਰੀ ਸ਼ਕਤੀ ਦੇ ਰੂਬਰੂ ਰਾਉਣ ਦੇ ਨਾਲ-ਨਾਲ ਆਪਣੇ ਹੱਕਾਂ ਪ੍ਰਤੀ ਜਾਗਰੂਕ ਕਰਵਾਉਣਾ ਸੀ। ਇਸ ਲੈਕਚਰ ਦੌਰਾਨ ਡਾ. ਹਰਸ਼ਿੰਦਰ ਕੌਰ (ਸਰਕਾਰੀ ਮੈਡੀਕਲ ਕਾਲਜ ਪਟਿਆਲਾ) ਪ੍ਰਮੁੱਖ ਵਕਤਾ ਦੇ ਤੌਰ 'ਤੇ ਹਾਜ਼ਰ ਹੋਏ। ਉਨ੍ਹਾਂ ਵਿਦਿਆਰਥਣਾਂ ਨੂੰ ਨਰੋਈ ਜੀਵਨ ਜਾਂਚ ਸੰਬੰਧੀ ਮਹੱਤਵਪੂਰਨ ਜਾਣਕਾਰੀ ਦਿੱਤੀ ਅਤੇ ਦੱਸਿਆ ਕਿ ਜੀਵਨ ਵਿਚ ਸਫਲਤਾ ਪ੍ਰਾਪਤ ਕਰਨ ਲਈ ਸੁਚੱਜੀ ਜੀਵਨ-ਜਾਂਚ ਮੁੱਢਲੀ ਜ਼ਰੂਰਤ ਹੁੰਦੀ ਹੈ। ਵਿਦਿਆਰਥਣਾਂ ਨੇ ਇਸ ਲੈਕਚਰ ਨੂੰ ਪੂਰੀ ਉਤਸੁਕਤਾ ਨਾਲ ਸੁਣਿਆ ਅਤੇ ਆਪਣੇ ਕੁੱਝ ਸਵਾਲ ਵੀ ਪੁੱਛੇ। ਲੈਕਚਰ ਦੇ ਅੰਤ ਵਿਚ ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਵਲੋਂ ਵਿਦਿਆਰਥਣਾਂ ਨੂੰ ਬਹੁਮੁੱਲੀ ਜਾਣਕਾਰੀ ਮੁਹੱਈਆ ਕਰਾਉਣ ਲਈ ਮਾਹਿਰ ਵਿਦਵਾਨ ਦਾ ਧੰਨਵਾਦ ਕੀਤਾ ਗਿਆ। ਇਸ ਮੌਕੇ ਤੇ ਵਿਮੇਨ ਸੈਲ ਦੇ ਇੰਚਾਰਜ ਪ੍ਰੋ. ਸੁਪਰੀਆ ਜੋਤੀ ਨਰਿਆਲ, ਪ੍ਰੋ. ਮਨਿੰਦਰ ਕੌਰ, ਪ੍ਰੋ. ਅਨੂ ਲਤਾ, ਪ੍ਰੋ. ਪੂਜਾ ਅਤੇ ਕਾਲਜ ਦੀਆਂ ਵਿਦਿਆਰਥਣਾਂ ਤੋਂ ਇਲਾਵਾ ਕਾਲਜ ਦਾ ਸਮੂਹ ਸਟਾਫ ਵੀ ਹਾਜ਼ਰ ਸੀ।

A National level Seminar on the Topic , “Women Empowerment in India on 21st Century - A Journey Just Begun” was organized by Women Development Cell on 27-2-2023,with the collaboration Awakening Civil Consciousness Among Common Citizens (Regd.), NGO, Dasuya in which Ms. Komal Mittal, DC Hoshiarpur was the Chief Guest.

Women Development Cell
of
DASMESH GIRLS COLLEGE
Chak Alla Baksh, Mukerian
(Affiliated to Panjab University, Chandigarh, Accredited by NAAC, Recognized by UGC under 2(f) & 12 (b))
In Collaboration with
Awakening Civil Consciousness Among Common Citizens (Regd.) Dasuya
is organizing
Extension Lecture
Women Empowerment in India in 21st Century
“A Journey Just Begun”
On 27th Feb. 2023
Chief Guest :
Ms. Komal Mittal I.A.S. (Deputy Commissioner Hsp.)



विद्यार्थी जीवन में लक्ष्य निर्धारण है सफलता का आधार : जिलाधीश कोमल मित्तल

दसमेश गर्ल्स महाविद्यालय में महिला सशक्तिकरण विषय पर सैमिनार का आयोजन

मुकेरिया, 28 फरवरी (जगल्ला) : दसमेश गर्ल्स महाविद्यालय चक अल्लाह बख्श, मुकेरिया में जारी सशक्तिकरण सृष्टि अभियान '21वीं सदी में महिला सशक्तिकरण' विषय पर व्याख्यान का आयोजन करवाया गया। इस अवसर पर उपस्थित अतिथि कोमल मित्तल (डिप्टी कमिश्नर होशियारपुर), कर्नलजीत सिंह (एस.डी.एम. मुकेरिया), डॉ. नीरजा खीरग (प्राचार्या ए.पी.जे कॉलेज ऑफ फार्मन आर्ट्स (जगल्ला)) नवीन अग्रवाल मैनेजिंग डायरेक्टर (जगदंबे कारपोरेट), डॉ.विधि (प्राचार्या डी.ए.वी कॉलेज ऑफ एजुकेशन, होशियारपुर), डॉ.सर्हिन्द्र (विभागाध्यक्ष, इकोनॉमिक्स विभाग, होशियारपुर), कुमार मैनी (प्रिंसिपल, गेटरी क्लब, दसुहा) डॉ. जसपाल सिंह (प्राचार्या, छात्रवास, कॉलेज गवर्नमेन्ट) और अरविंद सलवान (सहस्रीलदार, मुकेरिया) के साथ महाविद्यालय की प्रबंधकीय समिति से विनेजर सुरजीत सिंह भटिया

सैमिनार के अंत में मुख्य अतिथि जिलाधीश कोमल मित्तल, एस.डी.एम. कर्नलजीत और अतिथि विवेक देवर सम्मानित करते हुए कॉलेज प्रिंसिपल डॉक्टर कर्मजीत कोर उनके साथ विनेजर सुरजीत सिंह भटिया जर्दी व अन्य (जगल्ला) जट्टा, एटनोकेट, मुरदीप सिंह रहे। सैमिनार दौरान जिलाधीश कोमल मित्तल ने कहा कि औरतों को अपनी जीवन में खुशान का आसकार मिलना चाहिए। छात्राओं के प्रश्नों के उत्तर देते समय उन्होंने लक्ष्य निर्धारण को महत्व दिया। उन्होंने आई.पी.एस.जैसी परीक्षाओं को उत्तीर्ण करने की युक्तियां भी बताईं। इससे पहले विनेजर सुरजीत सिंह भटिया ने उपस्थित अतिथियों का स्वागत करते हुए छात्राओं को लक्ष्य प्राप्ति के गुर बताए। डॉ. नीरजा खीरग ने अपने संबोधन में छात्राओं को जिम्मेदारियों के साथ साथ लक्ष्य प्राप्ति के विषय में समझाया। डॉ. विधि भट्टला जी ने छात्राओं को प्रतिदिन की समझौताओं के निदान बनाने हुए लक्ष्य प्राप्ति का संदेश दिया। नवीन कुमार ने बताया कि सकारात्मक सोच का होना जरूरी है, सभी जीवन में सफलता और खुरहाली संभव होती। सभी महिला ने छात्राओं को बताया कि एक महिला को महिला का साथ निभाना चाहिए। महाविद्यालय प्राचार्या डॉ. कर्मजीत कोर ने कहा कि नारी सशक्तिकरण के लिए आर्थिक सुदृढ़ता के साथ-साथ सुदृढ़ मानसिक सोच का होना भी जरूरी है। कार्यक्रम के अंत में उपस्थित शिक्षासचिवों की स्मृति चित्र पेंट किए गए। संघ संभालन का कार्य सफलतापूर्वक सहायक प्रो. सुप्रिया ज्योति नरियल के द्वारा निभाया गया। इस अवसर पर नवीन सेल के इन्चार्ज सहायक प्रो. सनिंदर कोर, रज्जक एन. छात्राएं उपस्थित रहीं।

Student Council



Self Defence Training for Girls





Career Guidance and Placement Cell of Dasmesh Girls College organised a six days workshop on Soft Skill, English speaking, and interview training and e-content conducted by Naandi Foundation -Mahindra Pride Classroom from 06-06-23 to 12-06-23 to create awareness about employment. The Workshop's Resource Person Ms. Anju Jain (Trainer, Mahindra Pride Classroom) informed the students about interview skills, interview opportunities, verbal and non-verbal communication in the workshop.



ਦਸਮੇਸ਼ ਗਰਲਜ਼ ਕਾਲਜ ਵਿਖੇ ਨੰਦੀ ਫਾਊਂਡੇਸ਼ਨ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਮਹਿੰਦਰਾ ਪ੍ਰਾਈਡ ਕਲਾਸਰੂਮ ਦੇ ਨਾਂ ਹੇਠ ਵਰਕਸ਼ਾਪ

ਪੰਜਾਬ ਟਾਇਮਜ਼ ਖ਼ਬਰ

ਮੁਕੇਰੀਆਂ, 12 ਜੂਨ (ਹਰਦੀਪ ਸਿੰਘ ਭੋਮਰਾ)– ਦਸਮੇਸ਼ ਗਰਲਜ਼ ਕਾਲਜ ਚੱਕ ਅੱਲਾ ਬਖਸ਼, ਮੁਕੇਰੀਆਂ ਵਿਖੇ ਵਿਦਿਆਰਥਣਾਂ ਨੂੰ ਜਾਗਰੂਕ ਕਰਨ ਲਈ ਕਾਲਜ ਪਿੰਸੀਪਲ ਡਾ. ਕਰਮਜੀਤ ਕੌਰ ਬਰਾੜ ਦੀ ਅਗਵਾਈ ਹੇਠ ਕਰੀਅਰ ਕਾਊਂਸਲਿੰਗ ਅਤੇ ਡਵੈਲਪਮੈਂਟ ਸੈੱਲ ਵੱਲੋਂ ਨੰਦੀ ਫਾਊਂਡੇਸ਼ਨ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਰੋਜ਼ਗਾਰ ਪ੍ਰਤੀ ਜਾਗਰੂਕ ਕਰਨ ਲਈ ਇਕ ਹਫ਼ਤੇ ਦੀ ਵਰਕਸ਼ਾਪ ਦਾ ਆਯੋਜਨ ਕੀਤਾ ਗਿਆ। ਵਰਕਸ਼ਾਪ ਦਾ ਮੁੱਖ ਵਿਸ਼ਾ ਰੋਜ਼ਗਾਰ ਯੋਗਤਾ ਦਾ ਵਿਕਾਸ ਸੀ। ਨੰਦੀ ਫਾਊਂਡੇਸ਼ਨ ਅਧੀਨ ਮਹਿੰਦਰਾ ਪ੍ਰਾਈਡ ਕਲਾਸ ਰੂਮ ਦੇ ਨਾਂ ਹੇਠ ਵਰਕਸ਼ਾਪ ਰਾਹੀਂ ਵਿਦਿਆਰਥਣਾਂ ਨੂੰ ਇੰਟਰਵਿਊ



ਦੌਰਾਨ ਵਰਤੀਆਂ ਜਾਣ ਵਾਲੀਆਂ ਸਾਵਧਾਨੀਆਂ ਤੋਂ ਜਾਣੂ ਕਰਵਾਇਆ ਗਿਆ। ਵਰਕਸ਼ਾਪ ਦੇ ਰਿਸ਼ੇਰਸ ਪਰਸਨ ਅੰਜੂ ਜੈਨ (ਟੋਨਰ ਮਹਿੰਦਰਾ ਪ੍ਰਾਈਡ ਕਲਾਸਰੂਮ) ਨੇ ਵਿਦਿਆਰਥਣਾਂ ਨੂੰ ਵਰਕਸ਼ਾਪ ਵਿੱਚ ਇੰਟਰਵਿਊ ਦੇ ਹੁਨਰ, ਇੰਟਰਵਿਊ ਦੇ ਮੌਕੇ, ਮੌਖਿਕ ਅਤੇ ਗੈਰ- ਮੌਖਿਕ ਸੰਚਾਰ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦਿੱਤੀ ਗਈ। ਕਾਲਜ ਪਿੰਸੀਪਲ ਨੇ ਵਰਕਸ਼ਾਪ ਵਿੱਚ ਆਏ ਰਿਸ਼ੇਰਸ ਪਰਸਨ ਦਾ ਧੰਨਵਾਦ

ਕੀਤਾ ਅਤੇ ਵਿਸ਼ਵਾਸ਼ ਜਤਾਇਆ ਕਿ ਅਜਿਹੀਆਂ ਵਰਕਸ਼ਾਪਾਂ ਵਿਦਿਆਰਥਣਾਂ ਲਈ ਕਿੱਤਾ ਚੋਣ ਅਤੇ ਸਖ਼ਸ਼ੀਅਤ ਨਿਰਮਾਣ ਵਿੱਚ ਸਹਾਈ ਸਿੱਧ ਹੋਣਗੀਆਂ। ਇਸ ਵਰਕਸ਼ਾਪ ਦੌਰਾਨ ਵਿਦਿਆਰਥਣਾਂ ਦੇ ਨਾਲ ਕਰੀਅਰ ਗਾਈਡੈਂਸ ਸੈੱਲ ਦੇ ਇੰਚਾਰਜ ਡਾ. ਮਨਿੰਦਰ ਕੌਰ, ਡਾ. ਸੋਨੀਆ ਚੌਹਾਨ, ਸਹਾ. ਪ੍ਰੋ. ਸਿਖਾ ਬਰਮਾਂ, ਸਹਾ. ਪ੍ਰੋ. ਨੀਨਾ ਰਿਸ਼ੀ, ਸਹਾ. ਪ੍ਰੋ. ਪੂਜਾ ਅਤੇ ਵਿਦਿਆਰਥਣਾਂ ਹਾਜ਼ਰ ਸਨ।

Students Participation in NSS Activities

The Volunteers of Dasmesh Girls College, Chak Alla Baksh, Mukerian successfully completed the NSS Seven Day and Night Special Camp from 1st March to 7th March, 2022. In this camp the NSS Programme Officer Mrs. Satwant Kaur highlighted the significance of scheme and explained the flag and logo of NSS. She enlightened the students about the relevance of NSS Special Camp.



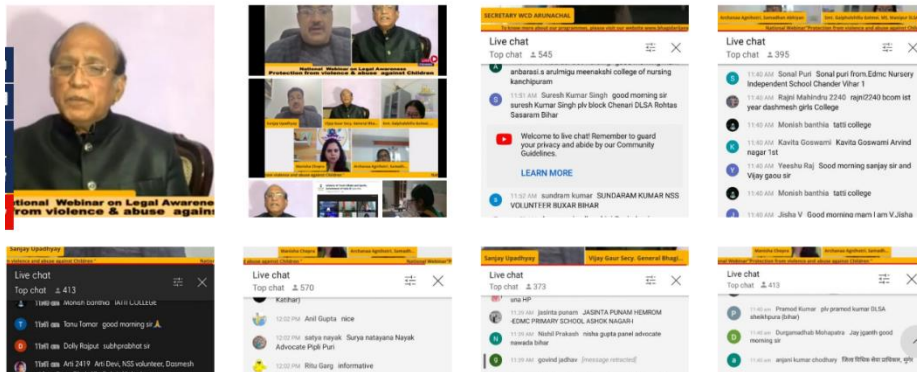
The NSS unit organized a the ‘**Blood Donation Camp**’ on the occasion of ‘**World Health Day**’ on **7th April, 2022**. The camp was organized in collaboration with ‘**Blood Machine Welfare Society**’ in the College campus. A motivational lecture was given by Mr. Raghu of Blood Machine Welfare Society to the students of the college. The aim of this camp was to inspire the blood donors. A team of expert Doctors from **Amandeep Blood Bank team, Pathankot** along with Nurses and assistant staff came to conduct the camp. A large number of students donated blood with beaming faces and proud hearts. At the end 106 Units of Blood was collected and deposited in Amandeep Hospital, Pathankot.



Students attended online Extension Lecture on Legal Awareness, Protection from Violence and Abuse against Children on 9 January, 2021

9th January

Watched National Webinar on Legal Awareness, Protection from Violence and abuse against children



Celebrated National Girl Child Day on the theme 'Beti Bachao, Beti Padhao' on 24-01-2020



Participation in Co –Curricular and Cultural Activities



Problems Encountered and Resources Required

- Some communities, especially in rural areas, prioritize early marriage for women or prioritize investing in the education of male family members. These types of activities became a barrier for women's opportunities for higher education.
- Many girls come from families with limited financial resources, making it difficult for them to afford college tuition, fees, textbooks, and other educational expenses.
- Discouraging attitude of orthodox society and family towards women entrepreneurs for taking up challenging financial initiatives
- Due to inadequate financial resources, it is often difficult to choose subject expertise (Resource Persons) in the subject area.

Best Practice-2

Swachhta Action Plan

Objectives:

- To aware the students about cleanliness, sanitation, elimination of manual scavenging and importance of maintenance of the status through voluntary efforts throughout the year.
- To conduct intensive cleaning activities under the Clean India Campaign focusing on Single Use Plastic.
- To observe Swachhta Pakhwada for imbibing sense of civic duty among youth and public and engage them in Swachhta activities with voluntary spirit.
- To promote a culture of cleanliness and hygiene in the society.
- To generate awareness through behavioral change communication to ensure that open defecation free behaviors are sustained and no one is left behind.
- To disseminate message of awareness that Solid and liquid waste management facilities can be adopted at household, institutional and village levels.
- To create a positive impact on gender and promote social inclusion by campaigning to improve sanitation facilities for females.
- To inculcate the spirit of Shramdaan (voluntary labour) with 'Sewa Bhav, Nishkam Sewa' and promotion of dignity of Manual Labour.
- To focus on waste water uses and rain water storage activities.

Context: Our society has played an important role in teaching us to respect and nurture our environment. We have been taught to love, respect and take care of living as well as non-living things. Swachhta Action Plan is a milestone initiative in mainstreaming Swachhta elements across all sectors of the government in an elaborate, accountable, and sustained manner to realize the 'Swachh Bharat' of Prime Minister's vision and Gandhiji's dream. College has established Green Committee, Waste Management & Sustainability Committee, Energy Conservation Committee and Water Conservation Committee under SAP to promote save environment initiatives among the students.

Practice: The year-long engagement of Youth Clubs in cleaning activities is expected to be realized through voluntary efforts by Youth Clubs and enrolled volunteers with minimal organizational support. The Clean India Campaign for the year 2022-23 was conducted from 1st

October to 21st October 2022. The focus of the campaign was on eliminating the use of Single use plastic bringing a behavioral change towards using plastic alternatives and collection, recycling/disposal of plastic waste. Other activities such as cleaning of villages, college campus, door to door plastic collection and beautification of surrounding areas were included in the cleanliness campaign.

Evidence of Success:

- Creation of Sanitation infrastructure.
- Clean habitations/Clean surroundings.
- Solid Waste Management.
- Liquid Waste Management
- E-Waste Management
- Swachhta Awards.
- Pledge Ceremony to Save Environment.
- Certificate of District Green Champion Certificate by MGNCRE on July 16, 2022.
- Certificate of Appreciation under “Showcase! The Success of Sustainability” Programme By MGNCRE On Dated July 16, 2022.
- Certificate of Appreciation Under By MGNCRE on March 01, 2023
- Received 1st Prize from Municipal Council, Mukerian under Swachh Bharat Mission Urban Swachhta Ranking in 2023.

Creation of Sanitary infrastructure



IEC (Information, Education and Communication) activities/events.



Clean habitation / Clean surrounding



Solid Waste Management



Activity on Regular Waste Management



Liquid Waste Management



E-Waste Management



Pledge Ceremony to Save Environment



Certificate of Appreciation Under By MGNCRE on March 01, 2023



Certificate of Appreciation Under “Showcase! The Success Of Sustainability” Programme By MGNCRE On Dated July 16, 2022



Received Ist Prize from Municipal Council, Mukerian under Swachch Bharat Mission Urban Swachhta Ranking



Problems Encountered and Resources Required

- Implementation of the practice requires active collaboration between student, staff and society which faces few bottlenecks.
- Changing the attitude and public mind set towards green practices is the biggest challenge.
- Sustainable practices come with a high budget maintenance cost Time constraint - Faculty members have to dedicate time beyond class and their research pursuit.