

Women Development Centre (2020-21)



Dyal Singh College, Karnal

National Level Online Declamation Competition	Women Development Centre	Awareness about Women Issues during Covid-19	2020-21
National level Webinar	Women Development Centre	Fostering Entrepreneurship among Women	2020-21
Visit to NSS Camp	Women Development Centre	Extension Programme	2020-21
Visit to MDD Balbhawan	Women Development Centre	Extension Programme	2020-21
International Women's Day	Women Development Centre and N.S.S	Awareness about Skill Development in Women	2020-21
National Level Essay Writing & Poetic Recitation Competition	Women Development Centre	Awareness about Women Issues	2020-21
International Yoga Day	Women Development Centre and N.S.S	Awareness about Healing Powers of Nature and Yoga	2020-21

Report of the Activities of Women Development Centre **for the year 2020-21**

1. National Level Declamation Contest on Mental Health of Women during Covid-19

Women Development Centre organized an Online National Level Declamation Competition on the topic 'Mental Health of Women During Covid-19' in December 2020. Out of the received 64 entries from the students across the country, top five winners were awarded with cash prizes and certificates. Dr. Balbeer Singh and Dr. Sarika Choudhary evaluated the online video entries. All the participants were encouraged with the certificate of participation.

The winners of National Level Declamation Contest were:

Position	Name	College
I	Lovely Dhawan	Govt. College for Women, Karnal
II	Taniya Kashyap	Hindu Girls College, Sonapat
III	Geetanjali Jain	Dyal Singh College, Karnal
Consolation	Anamika Sharma Geetanjali Dahiya	Govt. College for Girls, Yamunanagar Hindu Girls College, Sonapat

2. National Level Webinar on Fostering Entrepreneurship among Women

On the eve of National Women's Day February 13, 2021, Women Development Centre of the College organized a National Level Webinar on 'Fostering Entrepreneurship among Women'. Incharge of the Women Development Centre- Dr. Rajni Seth welcomed the speakers, guests, and delegates. She thanked the resource persons for sparing their valuable time to enrich the knowledge of the participants and motivating them for entrepreneurship. Dr. Anita Aggarwal introduced the theme and explained the importance of the webinar at this point of time. Dr. Pooja Malhotra hosted the programme. Addressing the participants, Key Note Speaker, Sh. Rakesh Vaid informed about various government schemes available for women entrepreneurs, start ups and the important sectors where entrepreneurship opportunities can be availed. He motivated the participants by sharing real life examples of entrepreneurs. He congratulated the College for taking initiative to prepare students for future challenges by fostering entrepreneurship among them. Special guest speaker of the webinar, Ms. Punam Gupta, a leading female entrepreneur from Haryana,

motivated the participants with her inspiring journey of entrepreneurship. Ms. Punam Gupta is presently heading various business and non-business ventures, like Quality Services & Training Pvt. Ltd, Octa Life Sciences and is also a successful FOSTAC trainer under FSSAI. She also shared the resources and qualities for a successful woman entrepreneur. Ms. Nikita Arya proposed formal vote of thanks. More than 1000 participants from all over the country and also from abroad registered and attended the webinar. On this occasion, a large number of faculty members and students of the College were also present.

3. Extension Programme: Visit to NSS Camp at Dabri Village

To create awareness among the young generation, Women Development Centre team comprising Dr. Rajni Seth, Dr. Anita Aggerwal, Dr. Ambika, Dr. Yashwanti, Dr. Aditi Shreeya Bali, and Mr. Kiran Kumar visited the camp organized by the NSS units of the College on February 19, 2021 in the Dabri village near Karnal. The WDC team created awareness among the students about 'Gender Sensitization'. Volunteers had prepared very good posters with meaningful slogans, which were judged by the WDC team and prizes were given to the winners. To improve the knowledge of the students about the famous women who have set mile stones in their respective fields, a quiz was conducted by the team members. The students who gave correct answers were rewarded with pens. To motivate students, a few fun games were also organized and the winners were given prizes.

4. Extension Programme : Visit to MDD Baal Bhavan

Women Development Centre organized an extension lecture by Dr. Archana Bharti (H.O.D. Gynecology, Kalpana Chawla Medical College) on the topic "Health and Nutrition" in the girls wing of MDD Baal Bhawan, Rajiv Puram, Phusgarh Road, Karnal on February 27, 2021. Dr. Archana told the young girls about the importance of exercise, healthy diet, and personal hygiene in very simple words. She also answered the queries of girls and female staff present over there. WDC team members motivated the girls to become self reliant through education and cooperation with each other.

5. International Women's Day

Women Development Centre commemorated International Women's Day in collaboration with the NSS units of the college by organizing an extension lecture by Dr. Rajni Seth (Incharge- Women Development Centre) on the topic '**Importance of Skill Based Education and its Impact on Women Empowerment**'. Dr Rubi (Member WDC & Nodal Officer NSS) welcomed Principal Sh. Sanjay Kumar, faculty members and students. Speaking on the occasion Principal Sh. Sanjay Kumar greeted the audience on the occasion of International Women's Day and told the students that this day is celebrated to recognize the contributions of women in financial, political and social fields. Dr. Rajni Seth said that women empowerment is one of the biggest tools for 'effective development' of any country. Hence our education system needs to instill the required skills and abilities in young girls, in order to shape up their overall personality and raise their status within the society. Dr. Dimple Khosla (Nodal Officer NSS) said that students should focus on skill development techniques so as they are able to get better employment opportunities. Dr. Jai Kumar (Nodal Officer NSS) conveyed the vote of thanks.

6. National Level Essay Writing & Poetic Recitation Competitions

Women Development Centre organized National Level Essay Writing & Poetic Recitation Competitions through online mode in May 2021. The entries for Essay Writing Competition from students were invited on the topics 'Women Education: A Solution for Gender Inequality', 'Role of Women in Indian Armed Forces', and 'Female Covid Warriors: Fighting on Both Fronts'. 120 students from various parts of the country participated in Essay Writing Competition. The winners were awarded cash prizes and certificates.

The winners of the National Level Essay Writing Competition were:

<u>Position</u>	<u>Name</u>	<u>Institution</u>	<u>City</u>
<i>1st</i>	Oshi	Hindu College of Education	Sonipat (Haryana)
<i>2nd</i>	Kaushal	K.L. Mehta Dayanand College for Women	Faridabad (Haryana)
<i>3rd</i>	Bhupinder	MMU Sadopur	Ambala (Haryana)
<i>Consolation I</i>	Sukhmani	A.S. College	Khanna (Punjab)
<i>Consolation II</i>	Raghav Aggarwal	Dyal Singh College	Karnal (Haryana)

The topics of Poetic Recitation Competition were “Break the Silence & Stop the Violence”, “Women of the Next Decade: Vision 2030” and “कोरोना की मार, महिलाओ पर भार”. 33 participants from all over the country contested in this category. Dr. Renu Tanwar, Sh. Dinesh Kumar, Dr. Subhash Saini and Dr. Sarika Choudhary performed the task of judgment.

The winners of the Poetic Recitation Competition were:

<u>Position</u>	<u>Name</u>	<u>Institution</u>	<u>City</u>
1 st	Prachi	I.B. (PG) College	Panipat
2 nd	Sarika	KVA DAV College for Women	Karnal
3 rd	Garima	Dyal Singh College	Karnal

7. Online National Workshop on ‘Healing Powers of Nature and Yoga’

Women development centre and NSS units of the College jointly organized one day national level virtual workshop on the theme “**Healing Powers of Nature and Yoga**” on the auspicious occasion of International Yoga Day on 21st June 2021, in which 286 participants were registered. Workshop was started with Sarsaswati Vandna. The convener of the workshop Dr Rajni Seth after welcoming the speakers and the guests, introduced the theme of the workshop, explaining need of Yoga and Naturopathy in this stressful time for women. Dr Anita Agarwal, the coordinator of the workshop introduced the first Resource Person -Dr. Deepika Punj, who is a qualified Doctor of Alternative Medicine, a Yoga Expert, Physiotherapist and qualified Dietitian. Dr. Punj explained the importance of Naturopathy to lead a healthy life. She discussed in detail about the importance of right lifestyle, balanced diet and how can we stay healthy by connecting with mother nature. She also resolved the queries of the participants to best of their satisfaction. After this, Dr. Ruby introduced the second Resource Person- Miss Ruchika Arya, who is an expert Yoga Trainer and has won many awards nationally and internationally in Yoga to her credit. She demonstrated many yoga postures which are especially important for women, while explaining the right technique and time at which certain asanas should be performed for maximum benefit. Miss Ruchika interacted with the participants and resolved their all the queries. At the end of the program, Dr. Dimple Khosla proposed a formal vote of thanks. The program ended with the National Anthem. Dr. Tejpal managed the technical part of the workshop.

Dyal Singh College
wins
‘Pushpa Rani Memorial Running Trophy’.

Women development centre send the entries of teams of students of our college regularly in the online competitions organized by different colleges.

The college team of following six students participated in the different online competitions organized by Women Development Cell of Hindu Girls College Jagadhari to commemorate International Women’s Day and won the ‘**Pushpa Rani Memorial Running Trophy**’.

Poetic Recitation: Garima (B.A. Pol.Sc.(Hons)-VI Sem) and Shubham Malik (B.Com.(Hons)-VI Sem)

Power Point Presentation: Gitanjali Jain (B.Sc. -II Sem) and Ria Chawla (M.A. English (P))

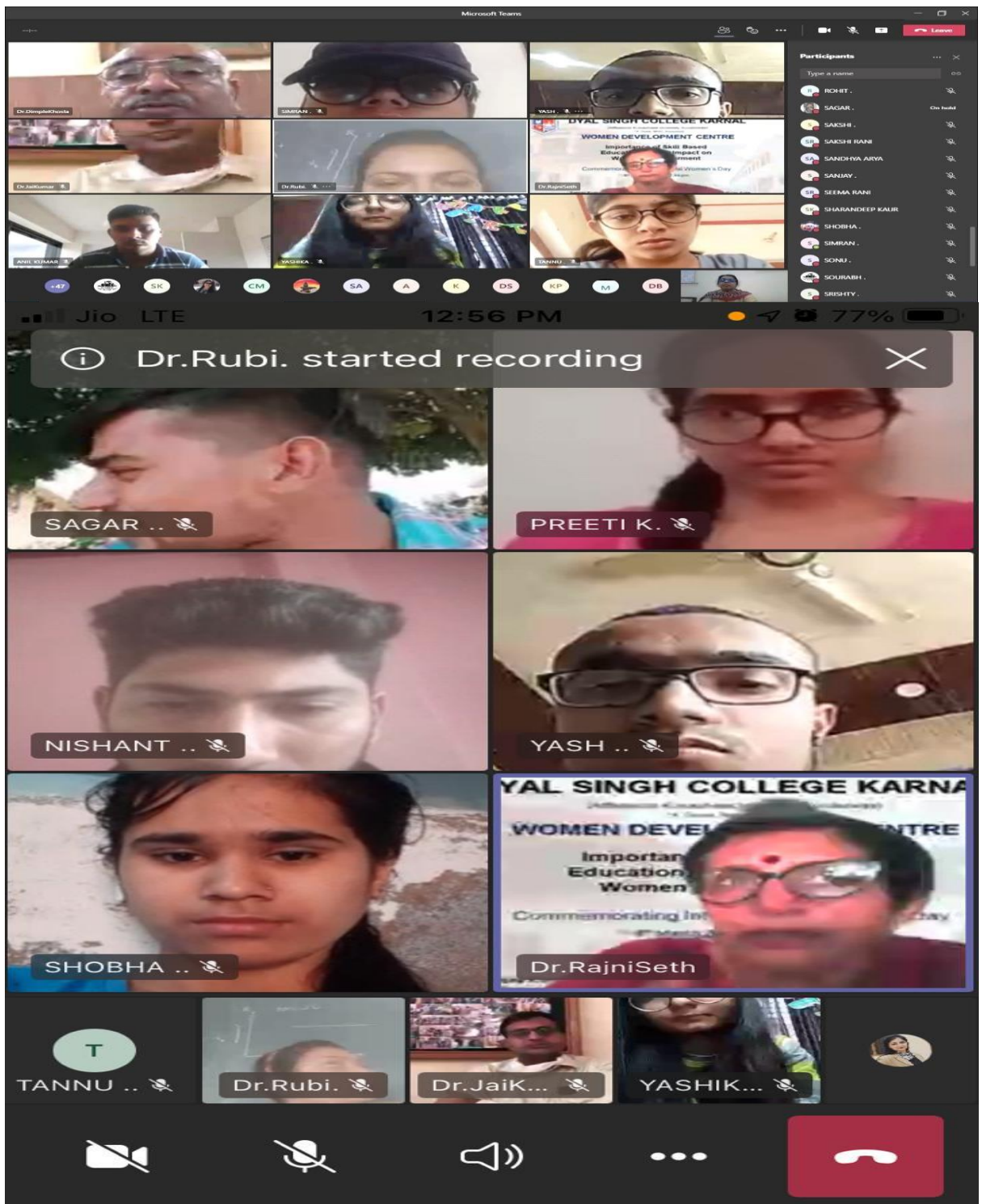
Solo Dance: Radhika Popli (BCA VI Sem)

Quiz Contest: Jatin (B.Sc. -IInd Sem)

The winners in these competitions were:

Sr. No.	Item	Position	Name of the Participant	Class
1	Quiz	I	Jatin	B.Sc.- II Sem
2	Solo Dance	III	Radhika Popli	BCA- VI Sem
3	Poetry	I	Garima	BA. Pol.Sc. Hons.- VISEM

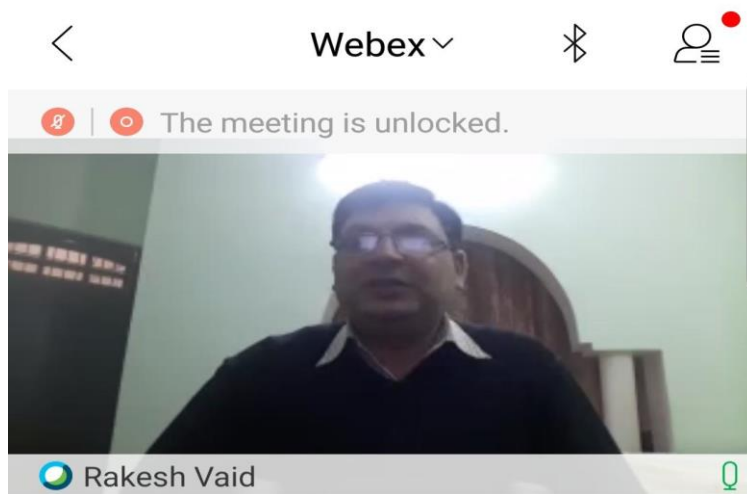
Photographs of the Activities of 2020-21 Commemorating International Women's Day



Online National Webinar

On

Fostering Entrepreneurship among Women



National Level Online Workshop On Healing Powers Of Nature And Yoga



Visit To 7-Day Special Camp Of NSS



Visit to MDD Bal Bhawan



Dr. Vishakha Gupta receiving 'Pushpa Rani Memorial Running Trophy' on behalf of the Women Development Centre, Dyal Singh College, Karnal from the Principal, Hindu Girls College, Jagadhari.



The winners were honored by Principal Sh. Sanjay Kumar in the Prize Distribution Function organized by Women Development Centre of the college.



