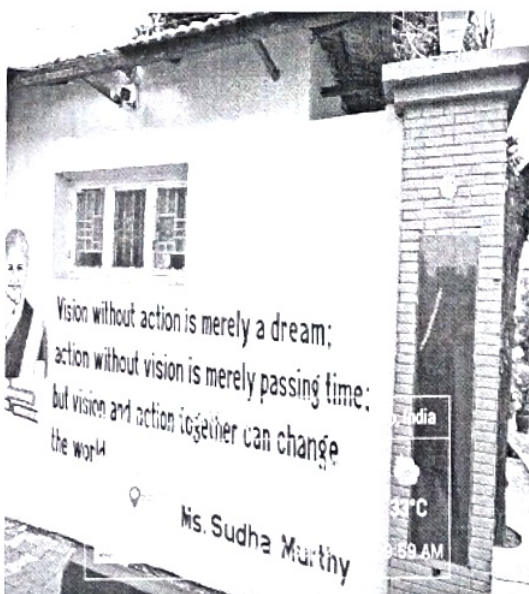


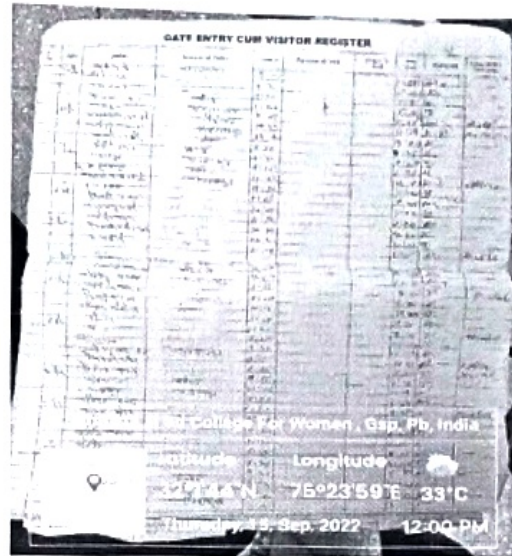
### 7.1.1 Specific facilities provided for women

#### (a) Safety and security in the campus



CCTV cameras

*Paudyal*  
COORDINATOR  
IQAC  
PTMLSD COLLEGE, GSP



Security checking at the entry gate of the college campus

**(b) Counseling**



*Praudhita*



**(c) Common Room**



**(d) Day care center for young children**



*C. Prasad*



**7.1.1 Measures initiated by the institution for the promotion of gender equity during the year.**

**Q1M Describe Gender Equity and sensitization in curricular and co curricular activities, facilities for women on campus etc**

**Report**

- From 11<sup>th</sup> to 14<sup>th</sup> July, 2022 IQAC, Red Ribbon and Health Club organised **Four Day First Aid Training Camp** in collaboration with Red Cross Society, Gurdaspur. Mr. Rajeev, Secretary, Red Cross Society, Gurdaspur was the trainer. Total 53 students got benefited by this first aid training camp.



- From 14<sup>th</sup> July to 30<sup>th</sup> July, 2022 College successfully completed 15 days workshop PRAYAS-2, a personality development program. This workshop was inaugurated by Mrs. Shahla Qadri (Wife of worthy Deputy Commissioner, Gurdaspur) and Chairperson Red Cross, Gurdaspur and Dr. (Mrs.) Satinder Pannu of Pannu Nursing Home. In this workshop, to inculcate the scientific temperament in students a documentary 'Mission Mangal' was shown to the students. Different kinds of other activities like yoga, meditation camp, lectures, communication skills, recreational games, instant snacks, nail art, self-grooming, how to make email, PDF, dance and music were organized for girls in order to develop and shape their personality.



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- In July, 2022 47 students of Computer department enrolled in 'Cyber Shikshaa Programme' an initiative of DSCI and Microsoft Training Partner. All the students completed this course successfully.
- On 23<sup>rd</sup> August, 2022 Punjab Heritage Promotion committee celebrated Teej. A cultural programme was organized in which students gave dance performances and sang songs.



- On 27<sup>th</sup> August, 2022 mini open gym was inaugurated of by worthy members of the management. They added that students and faculty should take full advantage of it.



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- In August, 2022 under the directions of NSS of GNDU, Amritsar on the theme 'Beti Bachao Beti Padoo' slogan writing and poster making competition was organized. 23 students participated in this event.



- On 29<sup>th</sup> August 2022 Physical education department and Sports club celebrated National Sports Day in which 4 girls team participated. The aim was to motivate girls for sports.
- On 11<sup>th</sup> November, 2022 The college organized an awareness program under the theme "Beti Bachao, Beti Padhao". Mrs. Shahla Qadri wife Sh. Mohammad Ishfaq commissioner, Gurdaspur was the chief guest of this event. Also special guests Shri Hiramani Aggarwal, chairman of the local managing committee, Shri Nitin Hastir, Manager, Golden Palm and his wife Mrs. Preeti Hastir, Mr. Nitin Mahajan, Manager, Bank of Baroda were specially present in this event. In this function 324 students from 23 schools around Gurdaspur participated enthusiastically in 32 different activities like Speech competition, Debate competition, Book Review, Choreography, Calligraphy, Poem Recitation, slogan writing, Poster Making, Rangoli, Group Dance, Group Bhajan-Shabad, Face Painting, Folk Dance, Fancy Dress competition etc.



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- On 7<sup>th</sup> September, 2022 a PDP for student on 'Facing the Challenges of Life' was organized by the 'PDP Cell' of the college. Prof. Raj Kumar Sharma motivational speaker was invited to deliver lecture.



- On 10<sup>th</sup> September, 2022 NSS and Home Science department in collaboration with Bharat Vikas Parishad organized 'Anemia Free Society' under Poshan Mah.
- On 29<sup>th</sup> September, 2022 a workshop on "Stress Management" was conducted for hostellers at Smt. Hira Devi Hostel in the campus. Ms Kanika, Counsellor, APS, Tibri Military Station, Gurdaspur was the resource person. During the session she talked about various types of stress, its sources and management techniques with students.

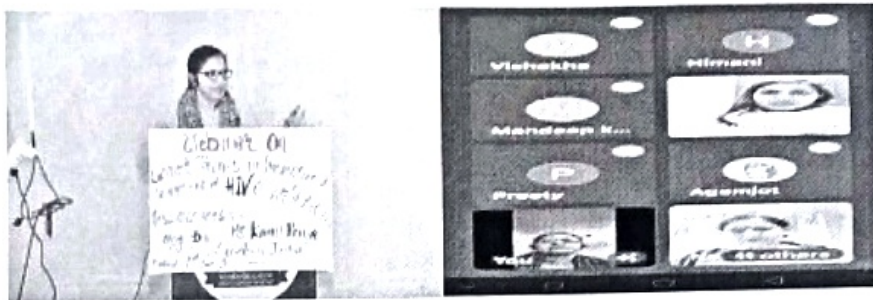


- In October, 2022 NSS department of the college arranged a programme on 5<sup>th</sup> 'Rashtriya Poshan Mah' 2022 in which students presented their views and motivated the students to eat healthy food.
- On 16<sup>th</sup> Nov, 2022 Gill Civil Judge (senior division)/ CJM- cum- Secretary District Legal Services conducted a seminar, as part of the campaign 'Empowerment of Citizens' through under the directions of District Administration. Ms. Navdeep Kaur Authority, Gurdaspur was key-note speaker.

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- On 1<sup>st</sup> Dec, 2022 a webinar on ‘**Current Trends in Prevention and Management of HIV on WORLD AIDS DAY**’ was organised by Sociology department. Ms. Kanu Priya, counselor at Swami Vivekanand Targeted Intervention Program for Drug users under Punjab State was the keynote speaker. 48 students attended this webinar.



- On 1<sup>st</sup> Dec, 2022 a seminar on ‘**WORLD AIDS DAY**’ was organized by the NSS Unit, Red Ribbon and Health Club of the college. 60 students with 4 faculty members attended this seminar. Mrs. Gurdeep Kaur HOD Science department and Ms. Neha delivered lectures to the students’.



- On 13<sup>th</sup> Dec, 2022 NSS unit, Environment Association and Green club of the college organized an awareness rally on ‘**Swachh Bharat and Drug Abuse**’ in collaboration with Sanjh Kendra Gurdaspur. In this rally, 80 students of the college along with 10 staff members, Sanjh Kendra staff, PPM staff, committee members and Red Cross society members participated. SP Navjot Singh, Nodal officer and Committee member Sh. Amarpal Singh were also present in the rally.

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- On 20<sup>th</sup> December, 2022 Sports club organized sports meet. The objective of this meet was to encourage the girl students towards sports so that their physical and mental development can be done. 230 girl students from 14 different educational institutions participated. The sports meet was inaugurated by Chief Guest DEO Sardar Harpal Singh ji by Jyoti lightening



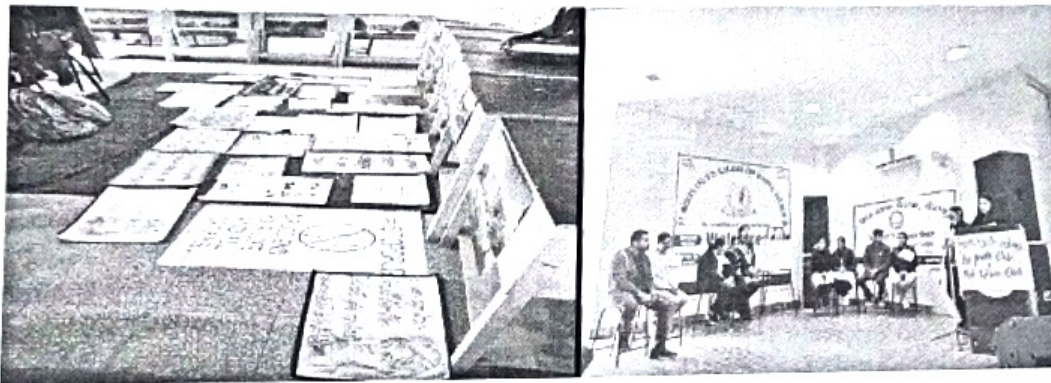
- On 13<sup>th</sup> February, 2023 Psychology department organized a workshop on '**Anxiety**' in which Dr. Shelly Kumar from GNDU, Amritsar; Dr. Sonam Gupta from Shanti Devi College, Dinanagar and Dr. Rupinder Kaur from SSM College, Dinanagar were the speakers. 80 students of our college attended this workshop.



- On 13<sup>th</sup>-14<sup>th</sup> February, 2023. Red Ribbon Club and Youth Club organised an event in collaboration with Asst. Director, Youth Services Department, District Gurdaspur. Various competitions like Declamation, Quiz, Poster making, Slogan writing, Collage making were conducted on various topics like 'Life History of Swami Vivekananda Ji'.

*Mohan Lal*  
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 Principal

Blood donation , Drug awareness, HIV/AIDS, TB, General knowledge and Current affairs. Total 250 students from different colleges have participated . The Chief Guests SDM Ms. Amandeep Kaur Ghuman, Dist. Language Officer Dr. Paramjeet Singh Kalsi (State Awardee), Punjabi Folk Singer Dalwinder Diyal Puri were also present on this occasion. Dr. Rajwinder (Asst.Prof in Punjabi), Dr. Gurmeet Singh Bajawa (State Awardee) , Mr. Rajesh Ji, Mr. Ravi Dara Ji (Asst. Director, Youth services), Mr.Vishal were the judges of the events.



- On 25<sup>th</sup> Feb, 2022 Red Ribbon Club organised a poster making competition on 'Drug Awareness'. 14 students participated in this event.



- On 1<sup>st</sup> March, 2023 a guest lecture was organized by Health Club on 'Health Awareness' in which Dr. Ashok Hastir was the resource person. 80 students along with science faculty members attended the lecture.

*Principals*  
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- From 1<sup>st</sup> March to 10<sup>th</sup> March, 2023 As instructed by CDC department of GNDU, Dean ECAs and different departments organized Slogan writing, Poster making, Declamation, Quiz contests under Y-20 Shikhar Sammelan on themes 'Future of work: Industry 4.0, innovation and 21st century skills'.



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- On 24<sup>th</sup> March, 2023 Placement Cell of Institution Innovation Council organized an Interactive session on 'Career Options for Women in Indian Armed Forces'. Sergeant Manish Kumar and Cpl. Gurram Raja (Airforce, Ambala) was the resource person. 108 students attended this session.



- On 7<sup>th</sup> April, 2023 Physical Education department organised a slogan writing and poster making competition on **World Health Day**. 20 students participated in this event.
- On 11<sup>th</sup> April, 2023 Health Club and Sports Club organized one day seminar on '**Life Style Disorder in Adults**'. Ms. Monika (Physiotherapist, MIAP, Dietitian and Clinical Nutritionist), Ms. Pooja (Counselor) and Dr. Dalwinder Sharma (Physiotherapist) were the resource persons. 59 students along with 3 faculty members participated in this event.



- On 21<sup>st</sup> June, 2023 Physical Education, Sociology Department and NSS Unit organized 9<sup>th</sup> International Yoga Day in college campus. College Principal, Faculty Members and students participated in this event.



*Mohini*  
Principal  
Pt. Mohini  
for Women's

# हाबी क्लासेस में छात्राओं ने ली कई जानकारियां

आज सुबह 10 बजे कोलॉज में हाबी क्लास का शुभारंभ हुआ। छात्राओं ने अपने-अपने विषयों पर प्रश्न पूछे और शिक्षकों ने उन्हें सही-सही जानकारी दी।



शिक्षकों ने छात्राओं को प्रश्नों के उत्तर देने में मदद की। छात्राओं ने बहुत ही उत्साह के साथ क्लास में भाग लिया।



जिला रेडकॉस के अधिकारियों के साथ छात्राओं का संवाद।

## 'वेहोश के मुंह में कोई तरल पदार्थ नहीं डालें'

राज्य गुरुदासपुर जिला में जिला रेडकॉस के अधिकारियों के साथ छात्राओं का संवाद हुआ। वेहोश के मुंह में कोई तरल पदार्थ नहीं डालें।

छात्राओं को बताया कि वेहोश के मुंह में कोई तरल पदार्थ नहीं डालें। वेहोश के मुंह में कोई तरल पदार्थ नहीं डालें।



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छात्राओं को बताया कि वेहोश के मुंह में कोई तरल पदार्थ नहीं डालें। वेहोश के मुंह में कोई तरल पदार्थ नहीं डालें।

# एसडी कॉलेज में विश्व एड्स दिवस पर करवाया सेमिनार



एसडी कॉलेज में विश्व एड्स दिवस पर करवाया सेमिनार। छात्राओं को एड्स के खतरों और रोकथाम के तरीकों के बारे में बताया गया।

# गानूली सेवाएं अथॉरिटी ने करवाया जागरूकता प्रोग्राम

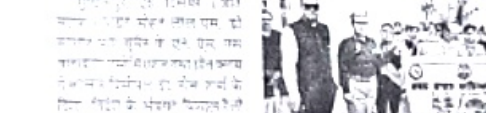
गानूली सेवाएं अथॉरिटी ने करवाया जागरूकता प्रोग्राम। छात्राओं को गानूली सेवाओं के महत्व और उपयोग के बारे में बताया गया।

# स्वास्थ्य भारत व नशाखोरी पर एसडी कॉलेज फॉर वुमैन गुरुदासपुर में रैली आयोजित

स्वास्थ्य भारत व नशाखोरी पर एसडी कॉलेज फॉर वुमैन गुरुदासपुर में रैली आयोजित। छात्राओं को स्वास्थ्य और नशाखोरी के खतरों के बारे में बताया गया।

# एस. डी. कॉलेज में किया विशाल रैली का आयोजन

एस. डी. कॉलेज में किया विशाल रैली का आयोजन। छात्राओं को स्वास्थ्य और नशाखोरी के खतरों के बारे में बताया गया।



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*Principal*  
Principal  
Pt. Mohan Lal S.D. College  
for Women, Gurdaspur