



REPORT OF WOMEN CELL



WOMEN CELL
MEERUT COLLEGE, MEERUT
2020-21

The Women Cell at Meerut College empowers and orients girl students to recognize their true potential and helps them to attain their own stand in a competing world. Its goal is the overall development of women in all spheres of their life. The Woman Cell also creates awareness about important women issues and provides a forum for discussion and deliberation on a range of other societal issues from empowerment to environment. The Convenor of the Women Cell is Dr. Alpna Rastogi, and other members of the cell are Dr. Sarita Verma, Dr. Vinita Singh, Dr. Mamta Sharma, Dr. Nisha Manish, Dr. Anuradha Singh, Dr. Vibha Tomar, Dr. Navita S. Kumar and Dr. Neetu. The Women Cell is credited with hosting various events - webinars, talks, workshops, interactive programmes and welfare activities focusing on gender parity, women empowerment, women rights, and cybersecurity etc. around the calendar year. This piece covers the achievements and details of events conducted by the Women Cell for the year 2020-21.

On October 22, 2020, the first day of the launch week of U.P. Govt's pilot project '*Mission Shakti Yojana*', Women Cell conducted a programme in Mangal Pandey Hall to raise awareness about the scheme and its objectives. Dr. Y.V. Singh, Principal, presided over the function and addressed the girl students on the need to be more aware of their rights. The Dean of the college Dr. Anjali Mittal also graced the occasion and Dr. Alpna Rastogi, Convenor of Women Cell, addressed the students on the importance of empowering women for the overall advancement and betterment of the families, communities, society and the country. Dr. Anita Malik, NSS co-ordinator delivered an informative lecture on different techniques of self-defence. Boys and teachers (guardians) took a pledge on ensuring safe environment for girl students.

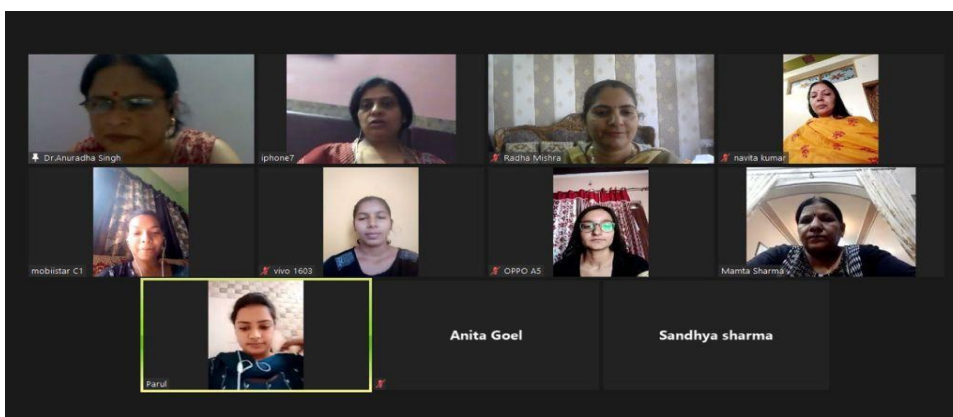
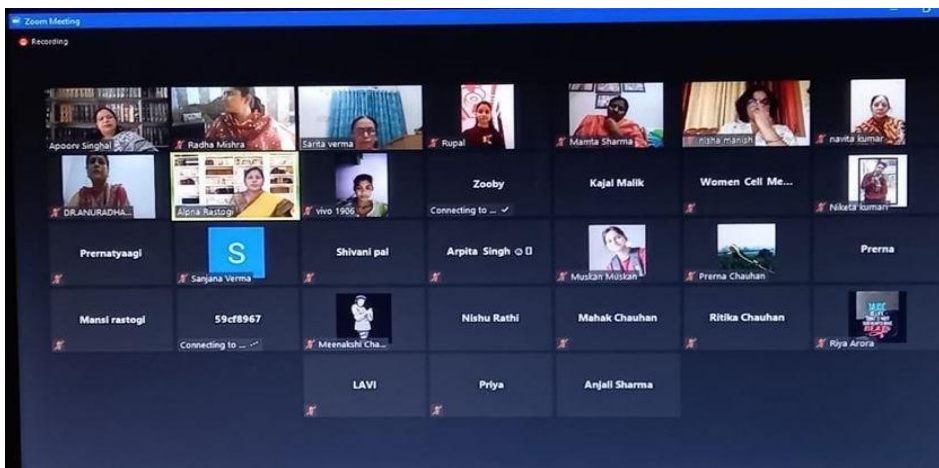


Convenor Dr. Alpna Rastogi addressing the students



Girl students and teachers taking pledge for parity

On October 23, 2020, renowned Advocate Ms. Bharti was invited as the guest speaker for a webinar on the topic '*Legal Provisions for Women Safety*'. She spoke on the legal and constitutional rights of women which exist to prevent any exploitation based on gender. The session was insightful and was attended by sizeable number of girl students with great zeal with their queries also resolved by the expert. A number of webinars were conceptualized and organized keeping in mind the Covid-19 pandemic and the stress associated with it. The months of November and December 2020 saw Women Cell leveraging Zoom Video Conferencing software for organizing webinars on immunity boosting, stress management and positive thinking which prepared the students to deal with the everyday stress and anxieties exacerbated due to the pandemic.



Virtual Sessions

On January 12, 2021, an orientation programme was organized at the Ram Kumar Gupta Seminar Hall for the first year undergraduate and postgraduate girl students of the college which aimed at familiarizing them with college campus environment, infrastructure and different committees. Dr. Alpna Rastogi addressed the students and informed them of the Vision, Mission and Objectives of the Women Cell. Students were also introduced to the members of the Women Cell whom they could approach for support and guidance. On the same day, an enlightening talk titled 'Fitness Mantra' was delivered by Dr. Anuradha Singh. Dr. Anuradha gave valuable inputs on how certain lifestyle changes can lead to a healthy and fit life. The session concluded with a question-and-answer session. Late Dr. Radha Mishra compered this event which was attended by more than 75 enthusiastic girl students.



Students attending Orientation Programme

On January 23, 2021, a highly informative session was conducted on 'Mukhyamantri Kanya Sumangala Yojana' at Swarn Jayanti Bhawan. Dr. Alpna Rastogi explained in detail about this monetary benefit scheme which revolves around the objective of uplifting the status of the girl child in the State of Uttar Pradesh. Forms of this scheme were also distributed to the girl students after informing them of the eligibility details. This event was followed by Dr. Navita S. Kumar delivering a motivational talk titled 'Vicharon ki Shakti' which advised students on a few simple ways to maintain positivity and happiness in life. The students were also guided on techniques for balancing their energy for bringing integrity in various aspects of life. The sessions were effective and informative for all the girl students.



Motivational Talk

On January 24, 2021, the Woman Cell, in collaboration with Dr. Lal Path Labs, organized a Free Health Camp to spread awareness on health and fitness among girls. The camp was a huge success and the set-up at Swarn Jayanti Bhawan saw participation from more than 120 girl students and non-teaching female staff of the college for getting Sugar, Cholesterol and Hemoglobin tests done. The results were shared with the participants which made them more aware of their health and pushed them to take positive steps for their health.



Health Camp

From February 27 to March 28, 2021, various programmes were organized consecutively for ten days during the second phase of 'Mission Shakti Yojana'. In collaboration with NSS, Women Cell organized a self-defence camp with the objective of training women for ensuring their personal safety. Webinars were hosted by Dr. Mamta Sharma, Dr. Sarita Verma and Dr. Nisha Manish to spread awareness about the toll-free women helpline numbers launched by the government for empowering women to protect their rights and for ensuring their personal safety. The second phase also consisted of interactive sessions conducted by the members of Women Cell in girls' common room on topics of importance like women's health – menstrual myths/hygiene, puberty, crime against women. A good number of girl students attended and interacted in the sessions with full enthusiasm.



Workshop on Self - Defence

A Yoga and Meditation awareness programme was conducted at seminar hall of Hindi Department. Dr. Yogesh Kumar, Assistant Professor, Physical Education Department was the resource person and he discussed yoga asanas, breathing exercise and meditation techniques. At the end of the programme, students had strong takeaways on how to maintain and restore their energy levels through meditation and exercise. During this ten-day long programme, the Women Cell, in collaboration with Drawing and Painting Department, organized a Poster Competition on ‘Women Empowerment’ to drive student awareness. More than forty students participated enthusiastically and showcased their creative abilities. The prizes were distributed for the best creative entries..



Poster Competition and Talks on Yoga and Women Empowerment

The second phase of ‘Mission Shakti Programme’ culminated on March 8, 2021 with the celebration of Women’s Day. A programme on ‘Atmanirbhar Bharat: Atmanirbhar Naari’ was conducted. The chief guests of the occasion were Ms. Rashmi Arya, the founder of Arya Kanya Gurukul, Narangpur and Ms. Manu Tomar, an international-level woman wrestler. Their tenacious spirit and words of wisdom inspired the students. A pledge for parity was taken by students and teachers. The presidential address was given by the Principal Dr. Y.V. Singh, who inspired the gathering and urged all the women to come out of their comfort zone and take up leadership in all domains. Dean Dr. Anjali Mittal asked women to strive for greater heights and to move forward with confidence to take bigger roles. Dr. Alpna Rastogi proposed a vote of thanks and the day concluded successfully with thoughts and activities which were a true celebration of the spirit of womanhood.



Women's Day Programme

Besides the activities mentioned, counselling, interactive and feedback sessions on multiple topical topics were conducted for the girl students on weekly basis throughout the year. The Girls' Common Room in Swarn Jayanti Bhawan is a facility established for all girl students to convene, engage, and collaborate on matters of importance. It is a well-ventilated facility (equipped with a separate washroom) and provides access to newspaper publications, notice board and other resources offered by the Woman Cell. All the important notices related to co-curricular activities, cell resources and activities are posted here. The facility has a complaint box to report any wrongdoings, and a sanitary napkin vending machine and incinerator is also installed to ensure the health and wellness of the girl students.

The Women Cell strives to create a better and just society by empowering girl students. To ensure mental health and wellness of girl students, the cell is planning to provide facilities like mental counselling sessions and psychologist access in the college premises. The Women Cell is also in the process of establishing a girl students' task force which will be trained to conduct workshops for spreading awareness against social evils and also provide a platform to female students to utilize their skills and talents for spreading positive change in the society.

Media Snapshots

मेरठ। डीएवी सेंटेनरी पब्लिक स्कूल शास्त्रीनगर में साइबर सिम्युलेशन पर सब ईम्पेक्टर कर्मवीर सिंह ने छात्राओं को साइबर क्राइम से बचने की जानकारी दी। प्रधानाचार्य डॉ. अल्पना शर्मा ने पौधा देकर अतिथि का स्वागत किया। मेरठ कॉलेज में महिला प्रकोष्ठ की संयोजिका डॉ. अल्पना रस्तोगी ने प्रेरित कहानियों के माध्यम से छात्राओं और महिलाओं को जागरूक किया। इस मौके पर डॉ. सरिता वर्मा, डॉ. निशा मनीष, डॉ. राधा मिश्रा, डॉ. विभाग तोमर, डॉ. सीमा रानी, डॉ. मोनिका भटनागर आदि का योगदान रहा। शहीद मंगल पांडे राजकीय महिला स्नातकोत्तर महाविद्यालय में निबंध प्रतियोगिता हुई। निर्णायक डॉ. अनिता गोस्वामी एवं गीता चौधरी रही। प्रतियोगिता में चेतना प्रथम, रेशु द्वितीय रही। संवाद



मेरठ कॉलेज में पोस्टर प्रतियोगिता में विजेता को सम्मानित करती शिक्षिकाएं। प्रथम उजला



छात्राओं को दिया आत्मरक्षा का प्रशिक्षण

मेरठ। मेरठ कॉलेज में मिशन शक्ति कार्यक्रम के तहत महिला प्रकोष्ठ ने छात्राओं को आत्मरक्षा की ट्रेनिंग दी। प्राचार्य डॉ. युद्धवीर सिंह ने कहा कि महिलाओं की सुरक्षा हम सबकी जिम्मेदारी है। महिलाएं आगे बढ़ें और वे सुरक्षित महसूस करें, इसके लिए पूरे समाज को मिलकर प्रयास करने चाहिए। डॉ. अल्पना रस्तोगी ने सरकार की मिशन शक्ति योजना की जानकारी दी। डॉ. अनिता मलिक ने छात्राओं को आत्मरक्षा के तरीके समझाए। शिक्षक, छात्रा और परिजनों ने इस दौरान बालिका सुरक्षा सम्मान की शपथ भी ली।

म लोग **अमर उजाला**

बराबर हैं अधिकार, शोषण न सहें

मिशन शक्ति के तहत कैम्पस-कॉलेजों में हुए कई कार्यक्रम, महिलाओं को बताए अधिकार

माई सिटी रिपोर्टर

मेरठ। मिशन शक्ति के तहत सुपरान को संविधान के तहत और कॉलेजों में मिशन कार्यक्रमों के माध्यम से छात्र-छात्राओं को जागरूक किया गया।

सीरीयलस के तहत और कॉलेजों में मिशन कार्यक्रमों के माध्यम से छात्र-छात्राओं को जागरूक किया गया।

मेरठ कॉलेज में सुपरान को अंतर्गत कार्यक्रम में संविधान कर्ता अतिथि और मौजूद छात्रों। संवाद

- आरजी में छात्राओं को दिया परामर्श
- छात्र-छात्राएं भी तनाव में, मन में है डर

समाधान देखा जा सकता है।

छात्राओं को दी कानून की जानकारी

मेरठ। मेरठ कॉलेज में महिला प्रकोष्ठ की ओर से मिशन शक्ति कार्यक्रम के तहत छात्राओं को कानून की जानकारी दी गई। कानूनविद भारती ने छात्राओं को आत्मसुरक्षा एवं सम्मान के प्रति जागरूक किया। उन्होंने घरेलू हिंसा, मौखिक एवं भावनात्मक हिंसा, यौन हिंसा से बचाव और कानून में इसके लिए प्रावधानों की जानकारी दी।

वेबिनार में डॉ. अल्पना रस्तोगी, डॉ. सरिता वर्मा, डॉ. निशा मनीष, डॉ. विभा, डॉ. नविता, डॉ. अनुराधा एवं डॉ. राधा सहित छात्राएं ऑनलाइन मौजूद रही।

मेरठ कॉलेज में स्वास्थ्य की जांच की

मेरठ। मेरठ कॉलेज में महिला प्रकोष्ठ द्वारा निशुल्क स्वास्थ्य परीक्षण शिविर का आयोजन किया गया। शिविर में डॉ. पैथ लैब की संचालिका सान्या वर्मा के निदेशन में अनुभवी तकनीशियन ने करीब 200 छात्राओं का स्वास्थ्य चेकअप किया। महिला प्रकोष्ठ की संयोजिका डॉ. अल्पना रस्तोगी एवं सदस्य डॉ. ममता शर्मा, डॉ. निशा मनीष, डॉ. नविता, डॉ. अनुराधा और डॉ. राधा मिश्रा मौजूद रही। ब्यूरो

समाधान देखा जा सकता है।

मेरठ कॉलेज में महिला प्रकोष्ठ की बैठक

मेरठ। मेरठ कॉलेज में शुक्रवार को महिला प्रकोष्ठ की ओर से मिशन शक्ति के तहत कार्यक्रम का आयोजन किया गया। महिला प्रकोष्ठ की संयोजिका डॉ. अल्पना रस्तोगी ने छात्राओं को मुख्यमंत्री कन्या सुमंगल योजना के बारे में बताया। डॉ. नविता एस. कुमार ने छात्राओं को विचारों की शक्ति से अवगत कराते हुए बताया कि किस प्रकार सकारात्मक विचारों से हम अपने स्वास्थ्य अच्छा रख सकते हैं। सकारात्मक विचारों से लक्ष्य को प्राप्त किया जा सकता है। डॉ. निशा मनीष, डॉ. सरिता वर्मा, डॉ. अनुराधा सिंह मौजूद रही। ब्यूरो

आत्मनिर्भर बनने के गुरु सिखाए

मेरठ। मेरठ कॉलेज में संचालित राष्ट्रीय सेवा योजना की स्वयंसेविकाओं ने मिशन शक्ति के दस दिवसीय विशेष अभियान के अंतर्गत महिलाओं और छात्राओं के सुरक्षा व स्वावलंबन के लिए प्रशिक्षण शिविर के दूसरे दिन घर-घर जाकर जागरूक किया। सभी स्वयंसेविकाओं ने मिशन शक्ति के अंतर्गत अपने आसपास के 10 घरों में जाकर उनको आत्मनिर्भर बनने के गुरु सिखाए। ब्यूरो

महिला हेल्प लाइन नंबरों की जानकारी दी

मेरठ। मिशन शक्ति अभियान के तहत मेरठ कॉलेज में दूसरे दिन 'घरेलू हिंसा के बचाव और महिला हेल्प लाइन नंबर' विषय पर वेबिनार हुआ। डॉ. ममता शर्मा ने छात्राओं को मानसिक एवं शारीरिक किसी भी प्रकार की घरेलू हिंसा का सामना करने के तरीके बताए। ब्यूरो

मेरठ कॉलेज में दस दिवसीय मिशन शक्ति अभियान शुरू

माई सिटी रिपोर्टर

कार्यों का प्रगति विवरण दें अफसर : डीएम

मेरठ। जिलाधिकारी के. बालाजी ने बताया कि महिलाओं और बालिकाओं की सुरक्षा, सम्मान एवं स्वावलंबन के लिए संचालित मिशन शक्ति कार्यक्रम आठ मार्च तक चलाया जाएगा। उन्होंने संबोधित अधिकारियों को निर्देश दिए कि प्रतिदिन कराए जाने वाले कार्यों का प्रगति विवरण फोटो सहित शासन की ई-मेल आईडी पर भेजे। ब्यूरो