

Ref. No. 4903/2022

Date: 22-04-2022

## REPORT

**Subject: SNE 2021-22 (Non-recurring)-Empowerment of Girl students in Govt. colleges.**

With reference to letter number DHE -17/4/2021 NP E DHE on dated 09-08-2021, Following programs were held for empowerment of girl's student in Government College Tauru for the session 21-22.

### 1. Personality development

#### (a) Yoga workshop

A 5 days yoga workshop was held in college from 22 November to 26 November by yoga instructor Shri Naresh Sharma from Gurugram. Around 120 girls students have actively participated in the workshop and learn the importance of yoga and and well being for the personality and overall development of human beings.

The workshop was initiated under the guidance of Shri Dilbag Singh principal HLG Government College, Tauru who acknowledged the girls student about how yoga is a total mind and body workout that helps in strengthening muscles and immunity and also provides balance and flexibility to them.

Shri Rishi Kumar vice principal also added the benefits of doing yoga regularly to the girls students.

Smt. Yogita Sharma (women cell in charge), Smt.Priti, Smt.Praveen Rani, and Smt. Deepika all women teaching staff have actively coordinated in the workshop to encourage girls' students.

### 2. Skill enhancement

#### (a) Art and craft workshop

3 days art and craft workshop was organized by the renowned artist Mrs. Mamta from Pinnagwaon from 9 December to 11 December under women cell.

70 students have participated in the workshop.

The workshop was initiated under the guidance of Shri Sube Singh (associate professor commerce) who acknowledges the girl student about the benefits of craft workshop like enhancement of fine motor skills, confidence and many more.

Shri Manjeet Singh (associate professor mathematics) also added the importance of Skill enhancement For concentration development, planning and hand to eye coordination.

#### (B) Mehndi competition:

Mehndi competition was held on 22 October under women cell. Students have enthusiastically participated in the competition. Cash prize was awarded to first, second and third positions.

### 3. Awareness

#### (A) Extension lecture:

An extension lecture was organized on 7 December under women cell by expert doctor Rajesh Bansal from Government College of girls, Palwal.

Topics of extension lecture were:

1. Women empowerment
2. Health and hygiene

Dr Rajesh Bansal have interacted and hold discussion with students on various laws pertaining to dowry, marriage, property rights, female feticide etc.

He also discussed how health, proper cleanliness affects the persons physical emotional and psychological well being. Thus better hygiene leads to better health confidence and overall growth of human beings.

Women cell committee:

Yogita

Priti

Praveen

  
Principal  
H.L.C. Government College  
TAURU (NH-1)