

WOMEN CELL

An Emotional space for Young Women



ESTABLISHED IN 2007

"I do not wish them [women] to have power over men; but over themselves."

Mary Wollstonecraft, A Vindication of the Rights of Woman

Members of women cell (2022-23)

- *Ms. Jasreet Kaur (Convener)*
- *Mrs. Amandeep Kaur (Psy)*
- *Dr. Kanchn Singh*
- *Dr. Sonia (Hindi)*
- *Dr. Jagjit Kaur*
- *Dr. Jyoti Ahuja*
- *Dr. Amrit Kaur*
- *One Member from student Council*
(Students' representative)
&
Gender Champions

WOMEN CELL

An Emotional Space for Young Women

The Women Cell began with a distinctive purpose of providing an emotional and personal space for students of the college. Women's Cell has become a significant part of the institution and plays a vital role in the empowerment of young girl students. Our college runs a Women Cell and offers a space for 'personal and the private'.

EQ - Emotional Quotient is the mainstay of this initiative, Women Cell offers a space for young girls to share their personal anxieties and find solutions through counseling or any help they require in any situation.

Women Cell works at the principle of anonymity and the commitment of being non-judgmental or biased, to hear and gently suggest but empower young women to make their own decisions and negotiations.

Girls remain the most vulnerable - both within and outside the home. The complex issues that confront them often need serious consideration and concrete action. Young adolescent girls go through numerous growing-up predicaments. They face varied personal, inter-personal dilemmas: strained parent-child relationships, peer pressures, social media influences which bring confusion, complexes, feeling of inferiority in their perception and relationships. These complex issues that confront them need serious consideration and concrete action. **Women's cell** offers a space for young girls to freely express their anxieties and find solutions through counselling or any help required in specific situations.

Frequently caught in difficult situations they may need help in some form or the other. Encouraging group activities, sharing of inter-subjective realities in their collective journey contribute to building emotional bonds and becoming each other's emotional strength.

Developing a sense of empowerment through innovative processes and activities, young girls are encouraged to discern the underlying dimensions of discriminatory practices and learn to negotiate and make informed choices thus honing their potential to become spirited participants in society thereby enabling them to be the agents of change.

VISION AND MISSION OF WOMEN CELL

This is an awareness and capacity building program, initiated especially for the young students of the college, with an endeavour to promote a holistic growth. The idea then is to be: 'KNOWING OURSELVES and BUILDING OURSELVES'.

The objective of the program is to:

- *Enable the girls to participate in the process of **decision making**.*
- *Facilitate them, in the process of **Identity Formation and Personality Development***
- *Encourage them to develop a feeling of **Self-Worth**.*
- ***To build confidence** by encouraging them to discover their capabilities and potentials.*
- *To develop a **positive self-image** responsive to contributing to society.*

Women cell

The main activities of the Women Cell include counselling, Theatre of relevance Workshops and participating in ONE BILLION RISING - a global movement to end violence against Women.

ACTIVITIES OF WOMEN CELL, GENDER EQUITY AND NON DISCRIMINATION SOCIETY

Activities Conducted 2016-17

Sr. No.	ACTIVITY	DATE	VENUE
1	Just a Minute (JAM Session)	24/08/16	College Campus
2	MA Students conducted research on various topics	16/9/16	Rural and urban areas of Chandigarh
3	Conference on "Indian Judicial System"	04/10/16	Police Complex Moginand, Panchkula
4	Donations collected for the soldiers on Border	13/08/16	Donation box put up in the college
5	Youth Adalat – 'Menstrual health of women'	14/10/16	Seminar Room
6	Youth Adalat :Cuss - words used by college girls	21/10/16	Seminar Room
7	Youth Adalat- Orientation on Gender and its Stereotypes	04/11/16	Seminar Room
8	Youth Adalat – How to be A Smart Examinee	18/11/16	Seminar Room
9	Youth Adalat -Focus & Motivation	20/01/17	Seminar Room
10	Youth Adalat- Coping Examination Stress	27/01/17	Seminar Room
11	One Billion Rising	17/02/17	College Campus , PG GCG-11 and Punjab Univ.
12	Youth Adalat- Motivation	03/02/17	Seminar Room
13	Womens' Day celebration	01/04/17	Auditorium

	2017-18			
Sr. No	Activities/Events	Date	Venue	
1	First Orientation Session for Gender Students	01/08/17	Rooms 29, 30 ,31	500
2	Follow up Meeting with Gender champions	07 /09/17	Women Cell	20
3	Selection of Gender Champions	14/09/17	Women cell	50
4	Movie “Water”	16/09/17	Auditorium	550
5	Lecture on “Gender Equality and Women Centric Rights”	27/09/17	Auditorium	500
6	(Presentation by M.A students on various research topics)	21/09/17	Conference room near library	100
7	Poster making	24/09/17	Sociology department	50
8	Ostentatious marriages in Punjab	19/01/18	Outside IT Block	70
9	OBR	07/02/18	PGGCG-42 PGGCG-11 P.U (Student Centre)	200

S. No	Activities/Events	2018-19	Venue	Nos. of Students
		Date		
1	First Orientation Session for Gender Students	1 st Aug 2018	Room No 29, 30, 31	500
2	Selection of Gender Champions	7 Sep 2018	Women cell	50
3	Two day workshop on “Gender, Reproductive health and well-being’	25 and 26 Sept 2018	Multimedia room	500
5	Movie “Pink ”	16 Sept 2018	Auditorium	550
6	Lecture on Gender equality and Women Centric Rights	27 Sept 2018	Room 110	150
7	Pre – Diwali Fest	2 Nov 2018	College	
8	Indian-Afghani experience by Farishta	16 Nov 2018	Conference room	100
9	Issues of consents among the young’s	8 th Feb 2019	Auditorium	200
	OBR	8,9 April 2019	Auditorium	200

2020-2021

S.No.	Activity	Date	Venue	Students’ Participation
1	OBR- ‘Unite for Peace and Love’.	20/2/2020	SABRAS, PGGCG-11, PGGC-11, Student Center, PU, Chd.	2000+
1	“Meditation Session for the Physical and Mental Well-Being of women”	8/3/2021	Gymnasium Hall	200
2	“Interactive Session on Realizing Self-Worth”	8/3/2021	Multi-Media Room	100
3	Distribution of Saplings to spread the awareness to end violence against women through ONE BILLION RISING. The motto for 2021 is ‘RISE FOR WOMEN AND MOTHER EARTH’	8/3/2021	Multi- Media Room	150
4	Self-Defence Training session of 4 hours for girls.	9/3/2021	Play ground	200



DISTRIBUTION OF SAPLINGS



WORKSHOP ON GENDER EQUALITY AND WOMEN RIGHT

Gender Equality and Non-discrimination Society of the College in collaboration with SanjhJagori, Chandigarh organized a workshop on 27.09.2017 “Gender Equality and Women Centric Rights”. More than 500 students attended the session. A Renowned Delhi based lawyer cum activist, Ms. Khadijah Faruqi conducted the workshop and sensitized the students about their rights and how to use them. Mrs. Khatija is accredited commencing the Women Helpline in Delhi (calling 181) after the gruesome and grisly Nirbhaya rape case. Ms. Khadijah discussed the important laws and Acts any woman should know for her protection in case of harassment, assault physical or sexual or mental, eve teasing, voyeurism, discrimination. The speaker highlighted some of the rights which are the essence of the constitution.

The esteemed speaker initiated the session with a mention of gender discrimination one of the most dominant evils of the society and also the most misinterpreted one. Under the Constitution of India “Article 14 – The Right to Equality the State shall not deny to any person equality before the law or the equal protection of the laws within the territory of India Prohibition of discrimination on grounds of religion, race, caste, sex or place of birth”. The constitution makers spent 17 days on constructing the article which will ensure the equality of all the people coming from different walks of life and society. The article clearly states then all the citizens are equal before the law but the society operates on different principals. Society demarcates people on the grounds of gender, caste, class, religion, race etc. a society divided on so many basis cannot practice equality. The foundation of an equal society comes from home and it is very necessary to sensitize the members about the concept of equality. Difference between equality and equity was talked about at length.

The workshop concluded with a healthy interaction among students and our speaker. Few questions were asked by the students. One of the students asked that if a girl try to protect herself being raped and kill’s the man then do the girl is considered to be a criminal? On this the speaker answered that no a girl while protecting herself is not considered to be a criminal, there are a few laws for this in our constitution. The other student asked that if a girl tries to file a complaint and the police don’t take any action, what she should do. The speaker answered that there is a provision in Section 166A that also provides two years imprisonment to the police officer. A student asked an ecumenical question of what about indirect stalking on the social media? On this the speaker mentioned the Article 354, IP Act 166 for the social media stalking and also told that Facebook provides a security, by contacting to the Facebook through an E-mail the stalker’s account gets seized for life by tracking his IP Address and by black listing that IP Address. The other student asked that if a girl is a victim of rape, is there any Law to keep her name anonymous? On this Ms. Khadijah said that first of all she is not a victim she is a survivor and if the police do not keep her name anonymous they can get rusticated under Section 166A. One asked about the rape in jail. On this she mentioned Section 376 for the fiduciary relationship. The last query was what about the sexual harassment of female by a female? On this she said that there are many disciplinary actions taken by the schools, colleges and the hostels and also mentioned Section 377 for unnatural sex. The workshop ended with a slogan **SAVDHAN RAHE, KHUSH RAHE.**





ACTIVITIES 2021-22

S. No.	Month/Date	Activity	Date	Venue	Students	Chief Guest
1	March/ 08-03-2022	International Women's Day	08-03-2022	Sabras	450	Ms. Anita Dharpal
2.	March/ 08-03-2022	International Women's Day	08-03-2022	Library	60	Prof. Nisha Aggarwal

अनीता धर्मपाल ने महाविद्यालय परिसर में किया पौधारोपण

● पीजीजीसीजी-42
महाविद्यालय में अंतरराष्ट्रीय महिला दिवस पर समारोह का आयोजन

सहपाठ/रोट क्लब/सभी क्लब



पीजीजीसीजी-42 महाविद्यालय ने चंडीगढ़ पुलिस के पारम्परिक समारोह से 8 मार्च 2022 को अंतरराष्ट्रीय महिला दिवस मनाते हुए समस्त प्रेक्षण में एक समारोह का आयोजन किया गया, जिसमें मुख्य अतिथि के तौर पर सम्मानित अनीता धर्मपाल और विभिन्न अतिथि विभाग विभिन्न जे. पी.सी. कार्यक्रम का उद्घाटन टीन प्रकाशन करते हुए एवं सामाजिक चन्द्रावन के साथ किया गया। इस दौरान मुख्य-अतिथि ने महाविद्यालय के परिसर में पौधारोपण किया और परिसर में ही ही जगदीश दिवाकर महिला ट्रेनिंग पुलिसकर्मी ने इस अवसर पर हेलमेट पहनने की सलाह सम्मानित करने निकाली जो कि महिलाओं और छात्रों को हेलमेट

की सलाह सम्मानित था। इसके बाद अनुसूचित पर्यटन ट्रेनिंग सदन के साथ सम्मानित जे. पी.सी. का विभाग काटकर उद्घाटन किया गया। इसके बाद परिसर में सामुदायिक कार्यक्रम में विभिन्न महिलाओं ने, यथा-एम्पावर महाविद्यालय को टीन द्वारा साक्षात् कार्यक्रम सम्मानित एक जलसक निकट प्रस्तुत की गई, जिसमें लोहे को अतिरिक्त पोखरापट्टे से बनने हेतु सम्मानित के साथ जलसक करने के लिए बताया। इसके बाद महिला सराविकरण से सम्मानित एक सुविधा दिवाकर एवं जे. पी.सी. समारोह में महिलाओं के योगदान और उनके महिलाओं को सम्मानित था। इसके बाद चण्डीगढ़ की सार्व टीन द्वारा एवं परिसर में ही ही जगदीश दिवाकर महिला ट्रेनिंग पुलिसकर्मी ने इस अवसर पर हेलमेट पहनने की सलाह सम्मानित करने निकाली जो कि महिलाओं और छात्रों को हेलमेट

महिला को सार्व को सार्व रखने और अतिरिक्त बनने में प्रेरण प्रदान करता है, और बताया कि कोई भी महिला इस सार्व से जुड़कर अपनाका का प्रोत्साहन ले सकता है। इसके बाद पुरस्कार विभाग सम्मानित महाविद्यालय की प्रचार्य प्रे. (डॉ.) निता अग्रवाल और धनुर प्रेमस अतिरिक्त रोट को भी महिला सराविकरण के लिए उनके अथक प्रयासों के लिए सम्मानित करते हुए सार्व दिवाकर प्रदान किया गया। अतिरिक्त चंडीगढ़ महिला पुलिस द्वारा उन लोहे को भी सम्मानित किया गया जिन्होंने योग्य दिवा के प्रदर्शन हुए लोहे को पुनः पहना लेने में आज भूमिका निभाई। कार्यक्रम के अंत में चण्डीगढ़ नृत्य की प्रस्तुति हुई, जिसने सभी को प्रभावित कर दिया।

पीजीजीसीजी-42 महाविद्यालय चंडीगढ़ में आदर्श महिलाओं के लिए फैसी ड्रेस प्रतियोगिता आयोजित

● 60 प्रतिभागियों ने अपने रोज मॉडल के अवसर में खुद को प्रस्तुत किया

सहपाठ/रोट क्लब



पीजीजीसीजी-42 महाविद्यालय चंडीगढ़ में सार्वरी एंड जे. पी.सी. डी.सी.टी. समारोह द्वारा समस्त प्रेक्षण में अंतरराष्ट्रीय महिला दिवस के विशेष उत्सव पर विध. भा. की आदर्श महिलाओं पर फैसी ड्रेस प्रतियोगिता हुई, जिसमें लगभग 60 प्रतिभागियों ने अपने रोज मॉडल के अवसर में खुद को प्रस्तुत किया। इस प्रतियोगिता में महाविद्यालय की प्रचार्य प्रे. (डॉ.) निता अग्रवाल जी मुख्य अतिथि के तौर पर उपस्थित हुईं। इस प्रतियोगिता में पूरा पूरा प्रयास पुरस्कार विभागे प्रकृति को प्रतीकवाक्य रूप से दर्शाए और इसके संकेत हेतु सार्व दिवा, प्रकृति पार दिवा पुरस्कार विभागे सार्व दिवा के रूप में

खुद को प्रस्तुत किया और सार्व दिवा कि एक महिला केवल महिला ही नहीं बल्कि सम्पूर्ण है और सार्व रोज मॉडल पर ही विभागे एंड नदी के तौर पर सार्व को प्रस्तुत किया और सार्व दिवा कि नदी हमारे परिवार और मानव सम्पदा का जीव और है। इसकी संकेत हेतु हमें प्रकाशत रहन पारि/जलिक अनेक ने आदर्श महिला मर ट्रेनिंग के रूप में सार्व को प्रस्तुत किया और सार्व दिवा के रूप में सार्व को प्रस्तुत किया, सार्व को सार्व पुरस्कार प्रदान

किया गया। सार्वरी मुख्य अतिथि प्रचार्य प्रे. निता अग्रवाल जी ने छात्रों को अभिनंदन में भी सार्वरी की सार्व उल्लासपूर्ण महिलाओं में भरा लेने के लिए प्रेरित किया। अंत में कार्यक्रम की संकेतिका डॉ. प्रीति शरण (पुरस्कारवाक्य) जी ने सार्व में सार्व सार्व दर्शाते का संकेत के सार्व सार्वरी का अथक और पारिवारिक प्रकट किया। सार्व संकेतिका की भूमिका सार्व सार्व और ही विभाग और ही सार्व सार्व लोकाप्रदान विभाग में सार्व रूप से निर्माई।

List of Gender Champions

Sr. No	Name	Class	Roll No	Contact No.
1.	MANSHIKHA	BA - III	200028	7696255474
2.	ANANTHA LAKSHMI MK	BA - III	200057	8968471138
3.	NIVEDITA CHAUHAN	BA - III	200207	8847089842
4.	SANDHYA	BA - III	200254	8847594279
5.	SHEELA	BA - III	200426	9872013767
6.	ROSY	BA - III	200435	8264025214
7.	HIMANI	BA - III	200558	8699702217
8.	AVNEET KAUR	BCom - III	201010	7717645885
9.	MANSI	BCom - III	201154	9914938461

10.	SIMRANJIT KAUR	BCom - III	201241	9872690305
11.	ANJALI RANA	BCA - III	201575	9816236036
12.	MEGHA	BSc Non Medical- III	202027	7206345740
13.	SIMRAN KAUR	BSc Biotechnology (Elective)- III	202807	9877784091
14.	JAYANTIKA	BA - II	210021	8544859378
15.	JIYA	BA - II	210122	9877490509
16.	JAHANVI	BA - II	210135	9872130995
17.	RISHU	BA - II	210178	6239002725
18.	SIMRAN	BA - II	210383	8437936209
19.	ANSHU Rani	BA - II	210421	7988714974
20.	SIMRANJIT KAUR	BA - II	210426	6284528104
21.	NIKITA RAJPUT	BA - II	210467	9056326259
22.	MANSHIKA	BA - II	210560	8872340815
23.	ANUSHKA MEHTA	BA - II	210626	6294326945
24.	SHIKHA	BA IT- II	210951	7901856835
25.	KAVITA	BA IT- II	210959	7657805972
26.	SUMAN	BCom - II	211062	9888870881
27.	Daljit kaur Kaur	BCom - II	211089	8437416262
28.	NEHA	BCom - II	211129	9501793535
29.	POOJA	BSc Bioinformatics (Elective)- II	213007	8360969974
30.	JASPREET KAUR	BSc Biotechnology (Hons.)- II	213216	7717354864
31.	ANISHA AGGARWAL	BSc Biotechnology (Hons.)- II	213221	9023884844
32.	KUNJAN	MA Sociology- II	214301	8146414809
33.	Vidhisha Dhiman	MA-2	214302	8437356646
34.	RAVINDER KAUR	MA Sociology- II	214304	9855068561
35.	HARSIMRAN KAUR	MA Sociology- II	214306	9781954421
36.	SONIA SHARMA	MA Sociology- II	214313	8195061920
37.	Tehreen Naz Ansari	BA-I	220064	7837545336
38.	AMARPALI SWARNKAR	BA - I	220113	7087051662
39.	JIYA	BA - I	220182	7340914421
40.	BHARTI	BA - I	220215	8427952809
41.	HIMANSHI	BA - I	220229	9780179969
42.	MAMTA SINGH	BA - I	220421	9914491980
43.	AASTHA RAHEJA	BA - I	220558	8054751359
44.	JASDEEP	BCom - I	221012	9417349799
45.	NEHA JOSHI	BCom - I	221020	8054208221
46.	SHILPA SINGH	BCom - I	221081	9877616945
47.	SAMRIDHI	BCom - I	221139	8295510646
48.	JYOTI	BCom - I	221166	8837519601
49.	SIMRAN GUPTA	MA Sociology- I	224329	8194949979
50.	RITU SHARMA	MA political Science- II	225723	6239247971

WOMEN CELL AND GENDER EQUITY SOCIETY

Session 2022-23

Activities

S. No	Activity	Date	Venue	Resource person	No. of Students
1.	One Billion Rising With Sanjh Jagori	12-05-2022	Conference Room	Dr. Jyoti Seth	450 Morning Session & 150 Afternoon Session
3.	Cyber Safety and Women's Safety Talk and Demonstration	21-09-2022	Auditorium- Sabras		About 450
4.	Awareness Talk on Sexual Harassment Act. 2013	02-12-2022	Conference Room	Dr. Ameer Sultana	50 (teaching and non teaching staff)
5.	Diwali Fest	20-10-2022	College Campus		About 35 stalls and 1000 students
6.	Girl Child Day	23-01-2023	College Campus		500 students and Teaching and non teaching staff
7.	Chart Making Competition	28-01-2023	BA i,II and III Fun English Students		
8.	International women's Day	06-03-2023	Auditorium Sabras	Mr. Harwinder Singh and team	Students displayed self-defence technique by Sikh Martial Art Attended by 156 students



**Awareness Talk on Sexual Harassment
Act. 2013**



Diwali Fest



Girl Child Day

List of Gender Champions

S.No	Name	Class	Roll No.	Contact No.	E.Mail ID
1.	SHRUTI MEHTA	BA3	200406	6239446241	shrutimehtastg@gmail.com
2.	ASHU	BA1	220445	7009461245	Ashukherwal8@gmail.com
3.	JASPREET KAUR	B.COM1	221082	9914994982	jkjass.26@gmail.com
4.	PRITI DEVI		210585	7814327295	pritiv767@gmail.com
5.	GEETA	B.COM1	221051	6283437913	gairageeta674@gmail.com
6.	NIKKI	MA2	214307	8968076229	nikkigupta0907@gmail.com
7.	RAVEENA	MA2	214331	8054743225	Raveenapie@gmail.com
8.	MUSKAAN	MA2 SOCIOLOGY	214314	9465687873	muskaangahi18@gmail.com
9.	PRIYANKA	MA2 SOCIOLOGY	214319	8544963669	malikpriyanka405@gmail.com
10.	NIKITA SAINI	B.COM1	221137	7986474246	Nikitasaini4081@gmail.co ,
11.	TANIYA	BA3	200107	9592028617	taniyarawat12345678@gmail.com
12.	RENU	MA2 SOCIOLOGY	214318	8427792889	muskannarwal153@gmail.com
13.	KANIKA	BA1	220337	9988729972	anitakanikarajput64@gmail.com
14.	SIMRAN	BA1	220219	7347238019	Sk8360510@gmail.com
15.	KOMAL	BA3	200271	9915025176	komalrai200271@gmail.com
16.	JASHANDEEP KAUR	BSC MED2	212599	8725933560	Jashankaur742@gmail.com
17.	TULSI BK	BA1	220397	7696491022	tulsibk07@gmail.com
18.	NANCY	BA1	220352	7889106220	nancypal233@gmail.com

ONE BILLION RISING

CHANDIGARH RISING

One Billion Rising event was organized by Women Cell and Gender Equity Society of P.G Govt. College for Girls, Sector-42 in collaboration with Saanjh Jagori 'Chandigarh Rising', as part of the global campaign, ONE BILLION RISING (OBR) for the 11th consecutive year. OBR is a call to end violence against women and girls in the world.

Jaago for One Billion Rising to 'awaken' for Equality – a vibrant event brought a large group of girls dancing to the beat of the dhol. Jaago, a traditional Punjabi folk dance was performed with a difference. The Bollis have been rewritten with a gender lens.

"JaagoChakniMadhaknaalturna

Bai Daurbarabari da

Asihunnahipeeche de walmurna

Bai daurbarabari da".

Prior to the main event, five days rehearsal was undertaken by the students for Jaago. The students showed immense enthusiasm and zeal. It was a lively as well inspiring event attended by the Principal, Faculty and a large number of students participated in the event. Audience gathered in huge numbers and were elated to see the performances.

The Principal of the college, Prof. Nisha Aggarwal appreciated the spirit and effort of the students. She encouraged them to be the 'agents of change' and create a gender just society. Ms Jasreet Kaur, Dr Amandeep, Dr Amrit, Dr Jyoti also encouraged the students to actively participate in the activities organized by women cell of the college.





Convener

Jasreet Kaur

Mrs. Jasreet Kaur

Patron

Nisha Aggarwal

Prof.(Dr.) Nisha Aggarwal