

## 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                                  |

|           | <b>2017-18</b>  |           |  |     |
|-----------|---|-----------|--|-----|
| Sr.<br>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<br>PGGCG-11<br>P.U (Student Centre) | 200 |
|           |   |           |  |     |

| S. No | Activities/Events  | 2018-19                  | Venue              | Nos. of Students |
|-------|--|--------------------------|--------------------|------------------|
|       |  | Date                     |                    |                  |
| 1     | First Orientation Session for Gender Students                    | 1 <sup>st</sup> 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 <sup>th</sup> 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.**





**2021-22**

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

अनीता धर्मपाल ने महाविद्यालय परिसर में किया पौधारोपण

● **पॉलीमर-42**  
मलिनियस में अंतराष्ट्रीय  
मलिनियस दिवस पर समारोह  
का आयोजन

संस्कृत/संस्कृत भाषा/संस्कृत भाषा

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

- 60 प्रतिभागियों ने अपने रोल मॉडल के आधार में खुद को प्रस्तुत किया

प्रादेशिक वित्त समिति



१०-११-२०१६-६२ **साहित्यकारण**  
 पाठ्यक्रम में व्याख्याते द्वारा प्रस्तुत शैली में  
 समकालीन हिन्दी साहित्य के प्रमुख  
 लेखकों के चर्चा के माध्यम से साहित्य के विकास  
 के विषय में चर्चा की जाएगी। इसमें १००  
 शब्दों के अन्तर्गत में प्रश्न पूछे जा सकते हैं।  
 इस शैली में प्रश्न पूछे जा सकते हैं। इस  
 शैली में प्रश्न पूछे जा सकते हैं। इस शैली में  
 प्रश्न पूछे जा सकते हैं। इस शैली में प्रश्न  
 पूछे जा सकते हैं। इस शैली में प्रश्न पूछे जा  
 सकते हैं। इस शैली में प्रश्न पूछे जा सकते  
 हैं। इस शैली में प्रश्न पूछे जा सकते हैं।

सूद को प्रभावित किया और सीटें दिए कि एक महिला केवल महिला ही नहीं बल्कि सम्पूर्ण है और दोनों एवं कुलपति समान रूप से। विदेशी मूल में के लिए पर, समान को प्रभावित किया और सीटें दिए कि यदि हमने प्रतीक और समान समानता का सीटें और है। इसकी सम्बन्धित हो, हम प्रकल्पित समान बलिष्ठ। अर्थात् अन्तर्गत है। अर्थात् समान टीका के रूप में समान को प्रभावित किया और अर्थात् सीटें। सीटें को सम्बन्धित है। अर्थात् समान टीका के रूप में समान को प्रभावित किया, टीकों को सम्बन्धित प्रकल्पित

## 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  | <a href="mailto:shrutimehtastg@gmail.com">shrutimehtastg@gmail.com</a>           |
| 2.   | ASHU            | BA1              | 220445   | 7009461245  | <a href="mailto:Ashukherwal8@gmail.com">Ashukherwal8@gmail.com</a>               |
| 3.   | JASPREET KAUR   | B.COM1           | 221082   | 9914994982  | <a href="mailto:jkjass.26@gmail.com">jkjass.26@gmail.com</a>                     |
| 4.   | PRITI DEVI      |                  | 210585   | 7814327295  | <a href="mailto:pritiv767@gmail.com">pritiv767@gmail.com</a>                     |
| 5.   | GEETA           | B.COM1           | 221051   | 6283437913  | <a href="mailto:gairageeta674@gmail.com">gairageeta674@gmail.com</a>             |
| 6.   | NIKKI           | MA2              | 214307   | 8968076229  | <a href="mailto:nikkigupta0907@gmail.com">nikkigupta0907@gmail.com</a>           |
| 7.   | RAVEENA         | MA2              | 214331   | 8054743225  | <a href="mailto:Raveenapie@gmail.com">Raveenapie@gmail.com</a>                   |
| 8.   | MUSKAAN         | MA2<br>SOCIOLOGY | 214314   | 9465687873  | <a href="mailto:muskaangahi18@gmail.com">muskaangahi18@gmail.com</a>             |
| 9.   | PRIYANKA        | MA2<br>SOCIOLOGY | 214319   | 8544963669  | <a href="mailto:malikpriyanka405@gmail.com">malikpriyanka405@gmail.com</a>       |
| 10.  | NIKITA SAINI    | B.COM1           | 221137   | 7986474246  | <a href="mailto:Nikitasaini4081@gmail.co">Nikitasaini4081@gmail.co</a> ,         |
| 11.  | TANIYA          | BA3              | 200107   | 9592028617  | <a href="mailto:taniyarawat12345678@gmail.com">taniyarawat12345678@gmail.com</a> |
| 12.  | RENU            | MA2<br>SOCIOLOGY | 214318   | 8427792889  | <a href="mailto:muskannarwal153@gmail.com">muskannarwal153@gmail.com</a>         |
| 13.  | KANIKA          | BA1              | 220337   | 9988729972  | <a href="mailto:anitakanikarajput64@gmail.com">anitakanikarajput64@gmail.com</a> |
| 14.  | SIMRAN          | BA1              | 220219   | 7347238019  | <a href="mailto:Sk8360510@gmail.com">Sk8360510@gmail.com</a>                     |
| 15.  | KOMAL           | BA3              | 200271   | 9915025176  | <a href="mailto:komalrai200271@gmail.com">komalrai200271@gmail.com</a>           |
| 16.  | JASHANDEEP KAUR | BSC MED2         | 212599   | 8725933560  | <a href="mailto:Jashankaur742@gmail.com">Jashankaur742@gmail.com</a>             |
| 17.  | TULSI BK        | BA1              | 220397   | 7696491022  | <a href="mailto:tulsibk07@gmail.com">tulsibk07@gmail.com</a>                     |
| 18.  | NANCY           | BA1              | 220352   | 7889106220  | <a href="mailto:nancypal233@gmail.com">nancypal233@gmail.com</a>                 |

## 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 11<sup>th</sup> 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