



**Post Graduate Government College for Girls,
Sector 42, Chandigarh**

Affiliated to Panjab University, Chandigarh



NAAC Accredited 'A' Grade (CGPA – 3.16)

AISHE Code : C-29391

Internal Quality Assurance Cell (IQAC)



**Prof. Lakhvir Singh
IQAC Coordinator**

**Prof. Binu Dogra
Principal**



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Rony

7.1.1 Describe Gender Equity and Sensitization in curricular and Co-curricular activities, facilities for women on campus, etc., within 500 words:

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7.1.1 Gender Sensitization Action Plan

Sr.No.	Name of the Activity	Date
1.	First Orientation Session for Gender Students	In the month of September
2.	Follow up Meeting with Gender champions	In the month of September
3	Selection of Gender Champions	In the month of September
4.	Rakhi Celebration for soldiers	In he month of August.September
5.	Youth Adalat discussion on Gender Discrimination	In he month of August.September
6.	Youth Adalat discussion on Toxic Relationships and celebrating Saree Day	In the month of September
7.	Awareness Programme on Transgender	In the month of September
8.	Screening of Movie on Women Empowerment	In the month of October
9.	Awareness Lecture on POSH ACT,2013	In the month of November



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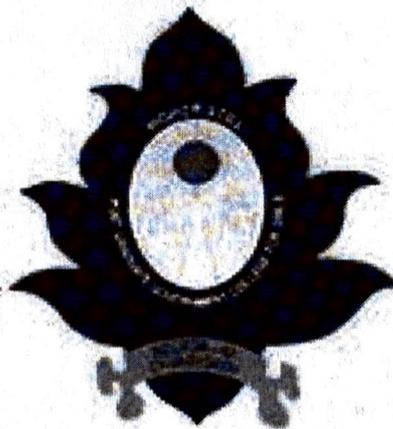
10.	Youth Adalat discussion on the problems girls face in public	In the month of January
11.	The Gender equity Society & Women Cell of P.G.G.C.G-42 to Celebrate the "Pink Turban Day	In the month of January
12.	An Awareness Lecture On POSH ACT,2013	In the month of January
13.	Joy of Giving Event at Commenzar Organised by commerce department of P.G.G.C.G-42 to help needy	In the month of February
14.	Play on Women Empowerment	In the month of February
15.	One Billion Rising Event	In the month of February

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**I.) ANNUAL REPORT OF GENDER EQUITY AND NON -
DISCRIMINATION SOCIETY & WOMEN CELL
SESSION 2024-25**

**WOMEN CELL
&
GENDER EQUITY SOCIETY**

An Emotional space for Young Women



ESTABLISHED IN 2007

2024-25

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

Mary Wollstonecraft, (A Vindication of the Rights of Woman)

Rom

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Members of women cell (2024-25)

1. Ms. Nirupinder Kaur (ECO)
2. Ms. Jasreet Kaur (Eng)
3. Mrs. Amandeep Kaur (Psy)
4. Dr. Jyoti Ahuja (Socio)
5. Dr. Amrit Kaur (Socio)
6. Dr. Sheenam (BCA)
7. Dr. Devinder (Science)
8. MS. Shaktee (Eng)
9. Ms. Milli *Soci. M.A.* (Students' representative)

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.

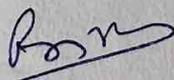
Developing a sense of empowerment through innovative processes and activities, young girls are encouraged to discern the underling dimensions of discriminatory practices and learn to negotiate and make informed choices thus honing their potential to become spirited participants in society thereby enabling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

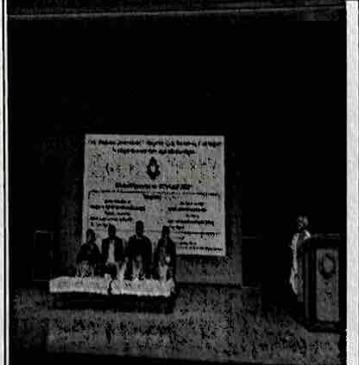


Activities conducted during 2024-25

Sr.No.	Name of the Activity	Date	Venue	Pictures
1.	First Orientation Session for Gender Students	06.09.24	Communication Skill Lab	
2.	Follow up Meeting with Gender champions	13.09.24	Communication Skill Lab	
3	Selection of Gender Champions	20.09.24	Communication Skill Lab	
4.	Rakhi Celebration soldiers and sending through R .J Manav – FM Radio And interaction with RJ Manav	13.08.24	Mini Conference Room	
5.	Youth Adalat discussion on Gender Discrimination	30.08.24	Conference Room	
6.	Youth Adalat discussion on Toxic Relationships and celebrated Saree Day	12.09.24	Conference Room	

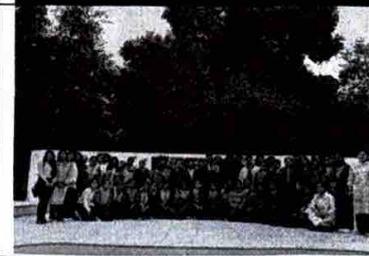
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7.	Awareness Programme on Transgender by Mr. Amit from Social Welfare Department	20.09.24	Multimedia Rom	
8.	Screening of Movie Water on One-Day Workshop on Women Empowerment	30.11.24	Mini Conference Room	
9.	Awareness Lecture on POSH ACT,2013 By Dr Amrit Kaur , Department of Sociology .PGGCG 42	5.12.24	Communication Skill Lab	
10.	Youth Adalat discussion on the problems girls face in public	21.01.25	Conference Room	
11.	The Gender equity Society & Women Cellof P.G.G.C.G-42 Celebrate the "Pink Turban Day	23.01.25	P.G.G.C.G-42 Chandigarh	
12.	An Awareness Lecture On POSH ACT,2013 by Sh. Surender Kumar(Additional District and Session Judge),Member Secretary, State Legal Services Authority, U.T., Chandigarh, Mr Sunil Kumar(Chief Judicial Magistrate),Secretary, District Legal Services Authority,U.T., Chandigarh and Mr. Shiv Kumar Sharma, Program Coordinator, State Legal Services Authority, U.T.,	28.01.25	Sarbras Auditorium	

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13	Youth Adalat discussion with students of GCCBA-50 on what are the Red Flags in today's relationships	7.02.25	Communication Skill Lab	
14.	Joy of Giving Event at Commenzar Organised by commerce department of P.G.G.C.G-42 to help needy [Rs 6100/- were collected]	8.02.25	P.G.G.C.G-42 Chandigarh	
15.	Play on Women Empowerment 'Bol Kyon Lab Khamosh Hai Tere'	13.02.25	Sarbras Auditorium	
16.	P.G.G.C.G-42 Chandigarh in Collaboration With P.G.G.C.G-11, GCCBA-50 & Sanjh Jagori (NGO) held the One Billion Rising Event Organised by The Gender equity Society & Women Cell of P.G.G.C.G-42	27.02.25	College ground, PGGCG 11, Panjab University e Ground and Sarbras Auditorium P.G.G.C.G-42	

Handwritten signature

PRESS NOTE

Name of event: Public Sexual Harassment.

Date of event: September 12, 2024.

Location of event: conference room (IT block)

On informative and impactful event was conducted at postgraduate Govt College for girls-42, focusing on the topic of harassment and effective solution to combat it. The programme aimed to raise awareness among students about the different forms of harassment. Its detrimental effects and the steps that can be taken to prevent and address it. Many students stood up and talked about their experiences. One courageous girl talked about her experience how she bravely stood against the misbehavior by her brother's friend. And another girl talked, how she was constantly transgressed by her acting class teacher. Many girls experienced harassment around the college by men on their bikes, cars and other men showing inappropriate gestures in the public. Teachers advised girls to have sharp object when they're travelling alone. Also to carry pepper spray when in need. They also elaborate how to use objects like pen, compass or any pointed thing to protect one's own self. Teachers also motivated girls to reach to the higher authorities and openly communicate with councillors and putting out difficulties they're facing in day-to-day life. Teachers also quoted that one should carry a high pitch and make a loud noise when feel in danger. Teachers also shared their life experience during their initial days of working and how they faced harassment. Session was concluded with the thought of motivating each and every girl present in the conference and saying that they are worth it and no one can harass them. Teachers shared many important aspects that help girls to safeguard their own dignity and also standing for each other, respecting each other's privacy, not sharing each other's personal detail without asking them. Girls were insured that their personal information and problems they are facing are not disclosed to anybody and actions are taken with the help of Chandigarh police station, sector 36. They also told that police patrols around the college in from 8:30 to 10:30 and 2:30 to 4:00 PM. The event was a great success with active participation from college community. It helped to create better understanding of the issue of harassment and provide actionable solution to combat it. The college administration committed to implementing the discussion solution and ensuring a safe and inclusive environment for all

Report on One-Day Workshop on Women Empowerment

On 30 Nov. 2024, Women Cell and Gender Equity Society organized a one day workshop on Women empowerment aimed at raising awareness and fostering discussions around pressing issues of gender inequality, particularly the plight of widows in India. On that day "Water" movie by the director Deepa Mehta was screened for the office staff in the Mini Conference Room. The movie was based upon the famous novel 'WATER' written by Bapsi Sidhwa in which various social issues/evils like distressing plight of Indian Widows, child marriage, misogyny and ostracism was shown and this movie is also based on widow women who were facing many obstacles before independence i.e under the British rule. It



was also mentioned in the movie that about 34 million widows in India still living their lives under distress. The main concern to show this movie is to make aware of the disgraceful situation of the widows of different ages, including innocent young girls of 7 – 15 years of age even in the recent times in India. In this movie there were one young, seven years old girl, Chuyia married to a much older, who shortly after the marriage, passes away. After her husband death, she is taken to the holy city of Banaras and left in the care of a wide assortment of widows who live at “widow’s house”. Here she meets several elderly women, including the head of the house, Madhumati; a quite, confident woman named Shakuntala and a gorgeous young woman named Kalyani. The interactive discussions following the movie screening allowed participants to express their views, share personal reflections, and consider actionable steps towards gender equity. This workshop, through the powerful lens of Water, succeeded in raising awareness about the plight of widows, while fostering empathy and understanding within the office staff, encouraging them to be part of the broader movement for women’s rights and empowerment.



Report on Awareness Lecture on POSH ACT, 2013

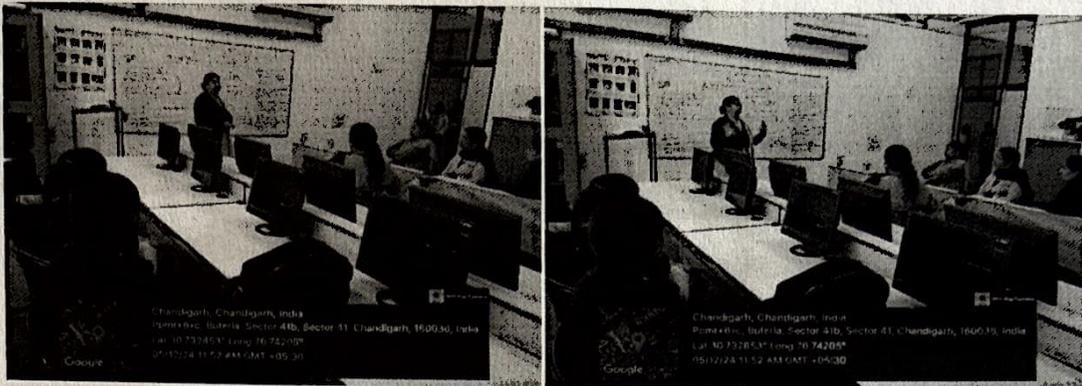
The Women Cell & Gender Equity Society of PGGCG-42 Chandigarh organized an awareness lecture on sexual harassment of women at Workplace (POSH ACT, 2013) on 5th December 2024 for its female office staff. The programme aimed to raise awareness about sexual harassment at workplace to empower and promote safe work environment.

The speaker for the event was Dr Amrit Kaur (Dept. of Sociology) who elaborated on the Act’s various key provisions and methods for preventing gender-based misconduct and the Act’s scope. The activity reinforced the college’s commitment to uphold the workplace ethics and harassment free environment.

The awareness programme concluded with an interactive session and Q&A session.

Pics:

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PinkTurban day

PRESS NOTE

23/01/2025

Women Cell and Gender Equity Society of PGGCG-42, Chandigarh celebrated Pink Turban Day on 23/01/2024 in the college campus. The students, Gender Champions, Teaching and Non teaching Staff participated by wearing pink turbans, dupattas, ribbons. Principal, Prof. Nisha Aggarwal appreciated the campaign for Gender just society and participated by wearing pink turban. The message is loud and clear to end violence against women and they should be empowered to be the change.

Professor (Dr.) Bindu Dogra
Principal

An Awareness Lecture On The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013

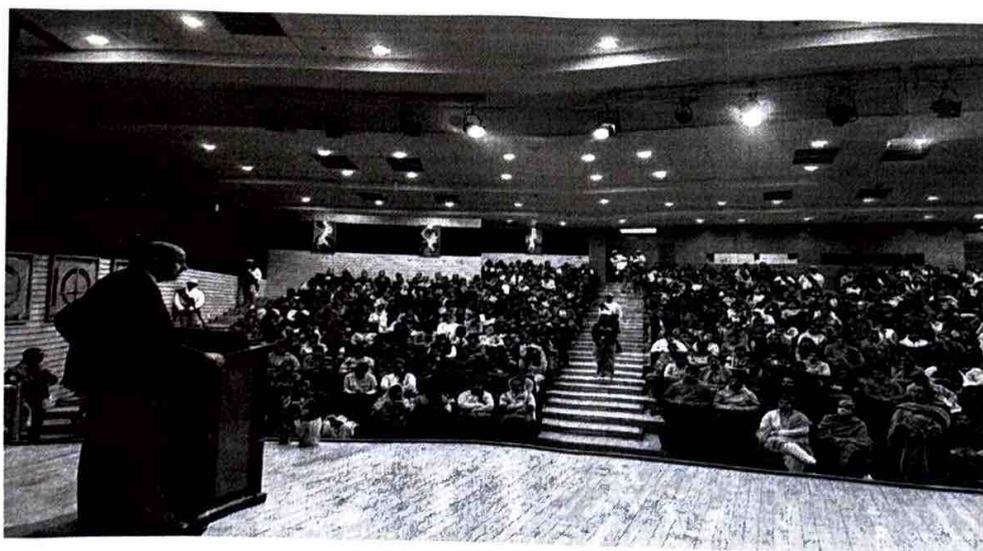
January 28, 2025

The Women Cell and Gender Equity Society of Post Graduate Government College for Girls, Sector 42 organized an Awareness Lecture on "The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013" on January 28, 2025, in the college auditorium. An overwhelming participation of approximately 600 students from both PG and UG classes marked the event very successful. The session was conducted by eminent legal experts including honourable **Sh. Surender Kumar**, Additional District and Sessions Judge and Member Secretary, State Legal Services

Bindu Dogra

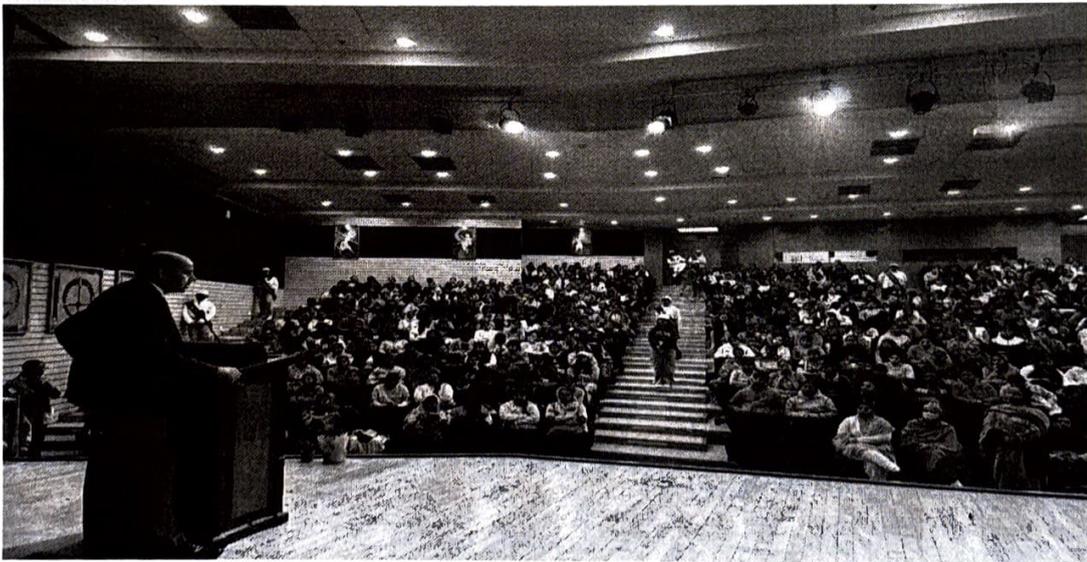
Authority, U.T., Chandigarh; honourable **Mr. Sunil Kumar**, Chief Judicial Magistrate and Secretary, District Legal Services Authority, U.T., Chandigarh; and **Mr. Shiv Kumar Sharma**, Program Coordinator, State Legal Services Authority, U.T., Chandigarh. The lecture aimed primarily at providing faculty and students with a deeper understanding of the provisions under POSH Act, its significance in ensuring a safe, inclusive, and harassment-free environment within educational institutions, and the steps necessary to uphold its mandates.

The awareness lecture concluded with Q & A session where both students and staff participated interactively, raising pertinent questions. The legal experts responded thoughtfully to each query, offering valuable insights and practical solutions for preventing and addressing sexual harassment at work place. The event concluded with a vote of thanks delivered by Ms. Shakti, who expressed her gratitude to the guest speakers for their time and expertise. She also thanked the Principal, Prof. Binu Dogra, for her support and initiative, without which the awareness lecture would not have been possible. Dr. Nirupinder Kaur assured that the women cell of the college will plan to organize more such educational lectures in the future to further raise awareness on this critical issue.



Binu

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Roan

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Chandigarh Rising 2025

A handwritten signature in blue ink, appearing to be 'B. Singh'.

**“You may write me down in history
With your bitter, twisted lies,
You may trod me in the very dust,
But still, I rise, I rise...”**

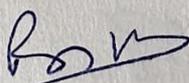
Post Graduate Govt. College for Girls, Sector-42, Chandigarh, in collaboration with PGGCG-11, GCCBA-50, and Sanjh Jagori (NGO), successfully held the event ‘Chandigarh Rising’ in solidarity with “One Billion Rising”- a global uprising against injustice, silencing of voices and ending all forms of violence against girls and women on 27th February 2025. One Billion Rising was Launched by Eve Ensler. It has been celebrated in more than 250 countries in the world, through dance, art and creativity. Chandigarh has been a part of this unstoppable wave since its inception. This year, One Billion Rising 2025 is a promise to rise for diversity, inclusion and dignity- “To Rise for Care, Compassion, Kindness, Love and To Rise, To Celebrate Nature & Earth”

The Chandigarh Rising Campaign was conducted in two parts and at two venues- PGGCG-11 and PGGCG-42, Chandigarh.

Before conducting the main event various discussion sessions took place. Women cell of P.G.G.C.G -42 organised “Youth Adalat” with the students of PGGCG-42 and GCCBA – 50 on 7th February 2025. The discussion was on the topic “what are ‘The Red flags’ in today’s relationships?” The students voiced their views wherein they highlighted that Indian film industry is shaping the delusional world for today’s generation. The industry is also setting up the standards which cannot be met by anyone. In today’s world everyone wants to look beautiful and wants to have a beautiful life partner, the beauty standards are another problem in today’s relationship. Youth, today faces issues of trust and toxic relationship. Boys also participated in the discussion and pointed out that they do not want to get pointed out the issues they face in public and private. They do not want any problem or fight but prefer to talk it out and resolve the issues with their partner personally.

Questions on Stereotypical roles of boys like paying the bills, not supposed to get sad and showing strength through physical power were raised too. These standards or stereotype set up by the society are affecting the relationships of today’s youth. This open house and guided discussion not only allowed the students to raise their concerns and problems but also motivated them to reach the logical solutions.

The OBR-2025 began with a play - “Bol Kyun Lab Khamosh Hai Tere” organised for for the hostel students at Post Graduate Government College for Girls, Sector-42, Chandigarh on 13th February, 2025. The play was performed by the renowned theatre group Roopak Kala & Welfare Society, Chandigarh, directed by Ms. Sangeeta Gupta. Written by the play Wright, Veena Verma,



Through powerful storytelling and impactful performance, the play highlighted critical issues such as gender-based violence, societal expectations, and the importance of speaking up against injustice. More than 300 girl students, Prof. Jyoti Seth, from Sanjh Jagori, Chandigarh, and faculty members attended the event. Following the performance, an interactive session ensued, students shared their thoughts and reflected on the importance of self-awareness, collective action, and standing up for their rights. This event marked the beginning of a series under One Billion Rising campaign at PGGCG-42.

On 27 February, 2025 the campaign began with a thought provoking poem, "Azad Ghunghroo", presented by students of PGGCG-42. The poem, woven in the themes of resilience and empowerment, set a poignant tone for the campaign, reminding the audience of the strength and determination required to overcome societal challenges faced by women. The momentum continued as students from PGGCG-11 performed a dance, setting the stage brimming with creativity and social consciousness. Their choreography underscored the importance of dance as a medium for raising awareness and inspiring change.

A standout moment of the event was the impressive yoga and dance performance by 13-year-old girl, Manreet Kaur, a special child with an indomitable spirit. Her performance, marked by determination, became a powerful symbol of rising against all odds. Manreet's journey exemplified through her passion for dance and courage has transcended age and challenges, leaving everyone deeply moved.

Students from GCCBA-50 staged a gripping skit, "Awaz Humari," which addressed pressing gender issues with sensitivity and depth. The performance urged the audience to reflect on societal norms and the need for collective action to change the mindset.

Another highlight was the recitation of the poem "Har Kadam Naya Imtihaan," which shed light on the rigid gender roles imposed by society. Patriarchy impacts the lives of men in a negative way. The poem emphasizes how the patriarchal roles shape behaviors and perceptions, perpetuating inequality and limiting individual potential.

While addressing the students, Dr. Jyoti Seth from Sanjh Jagori emphasized the importance of collective action in making the social change happen. She urged the students to participate actively in shaping a more equitable and just society. She also stressed upon the power of youth to challenge and transform the oppressive systems.

The students of PGGCG-11 participated under the guidance of Ms. Kamaldeep Kaur whereas the students of PGGCG-42 were mentored by a dedicated team comprising of Ms. Jasreet Kaur, Ms. Nirupinder Kaur (Convener of Women Cell & Gender Equity Society), Dr. Amrit Kaur, Dr. Jyoti, Ms. Shaktee and Dr. Davinder Kaur. Their efforts were further supported by the valuable Dr. Jyoti Seth (Sanjh Jagori) and Prof. Dr. Binu Dogra, Principal of PGGCG-42.

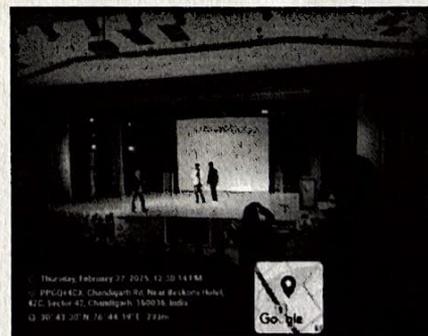
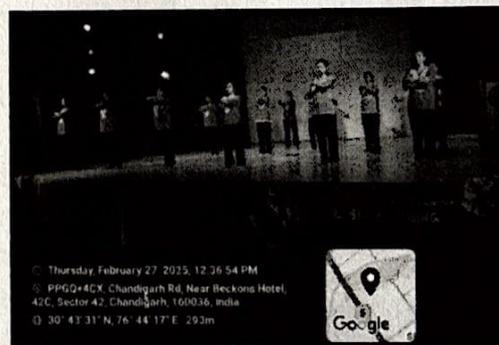
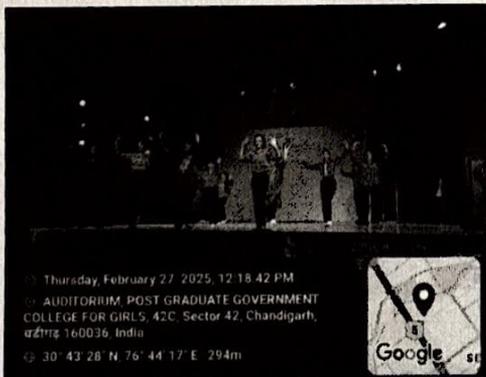
The event concluded with a powerful dance performance by PGGCG-42 students titled "Kudiya Kuch Vhi Kar Sakdiyaan." Girls, through dance, celebrated women's limitless



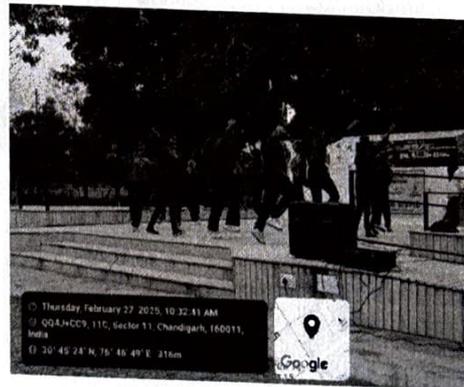
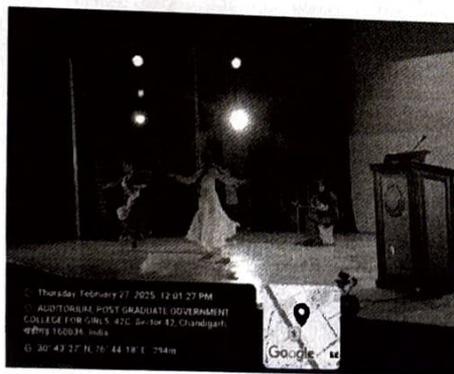
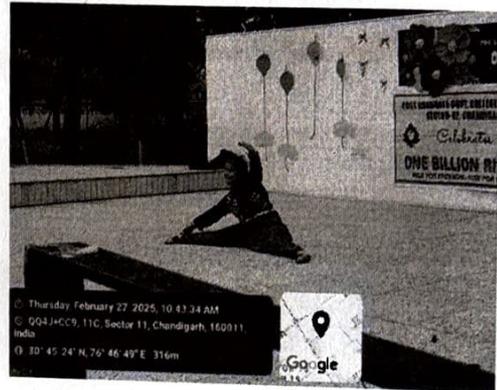
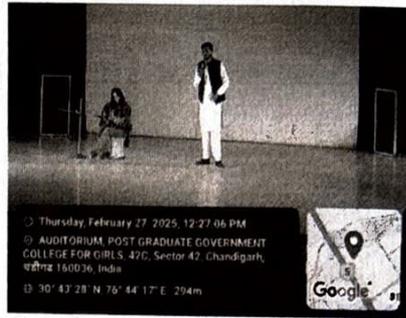
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potential and reinforced the key message of campaign: "Together, we can rise to create a better, beautiful and an inclusive world" for all.

The collaboration between PGGCG-42, PGGCG-11, GCCBA-50, and Sanjh Jagori demonstrated the power of collective efforts in addressing critical social issues. The assemblage of students, participating in celebrations, was remarkable for its large and enthusiastic turnout. The campaign raised awareness and empowered students to become agents of change, reminding all that we can rise to create a world free from violence and inequality.



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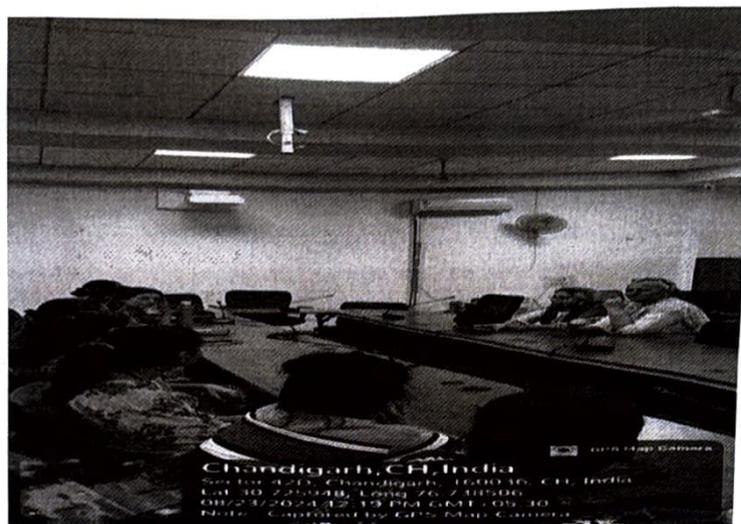
YOUTH ADALAT– a forum of the Students, for the Students and by the Students

**A Report on
Youth Adalat
Topic: Toxic Relationships
Date: 30-08-2024**

The Post Graduate Government College for Girls, Sector 42, Chandigarh, organized a youth adalat on August 23, 2024, focusing on 'toxic relationships.' The event, arranged by the Gender Equity and Discrimination Society, was presided over by Dr. Jyoti Seth and Dr. Jasreet Kaur, with coordination by Dr. Amrit Kaur and Dr. Jyoti Ahuja. Students from various streams participated in the session. The talk began with the question, "What is a toxic relationship?" A student explained it with an example, and Dr. Jasreet Kaur also provided an example, describing toxic relationships as a form of violence that must be addressed as soon as it occurs. Recognizing changes, or "red flags," in any relationship is crucial. Dr. Jyoti Seth introduced the concept of 'gaslighting,' which involves subtle arguments, dynamic behavior, restrictions, and control over a partner's social circle and finances. A student also discussed 'self-toxicity,' where the victim may exhibit submissive behavior. This behavior falls into three categories: half submission and negotiation, socialization, and conscious submission. Toxic relationships can harm a person psychologically, physically, and emotionally, leading to feelings of worthlessness, inferiority, dependence on others, lack of self-worth, and low confidence. Students suggested several measures to deal with toxic relationships, including: "don't trust words, trust patterns," "prioritize yourself," "make responsible decisions," and "talk to someone trustworthy." Dr. Jasreet Kaur recommended reading good books and literature, as they can offer better solutions to problems, and emphasized the importance of maintaining strong social connections. The youth adalat concluded with the advice that awareness and observation are key to recognizing negative changes in relationships. It is important to advocate for oneself and try to cultivate the relationship. However, if the toxicity is beyond repair, it should not be tolerated.



Some Glimpse of the Youth Adalat



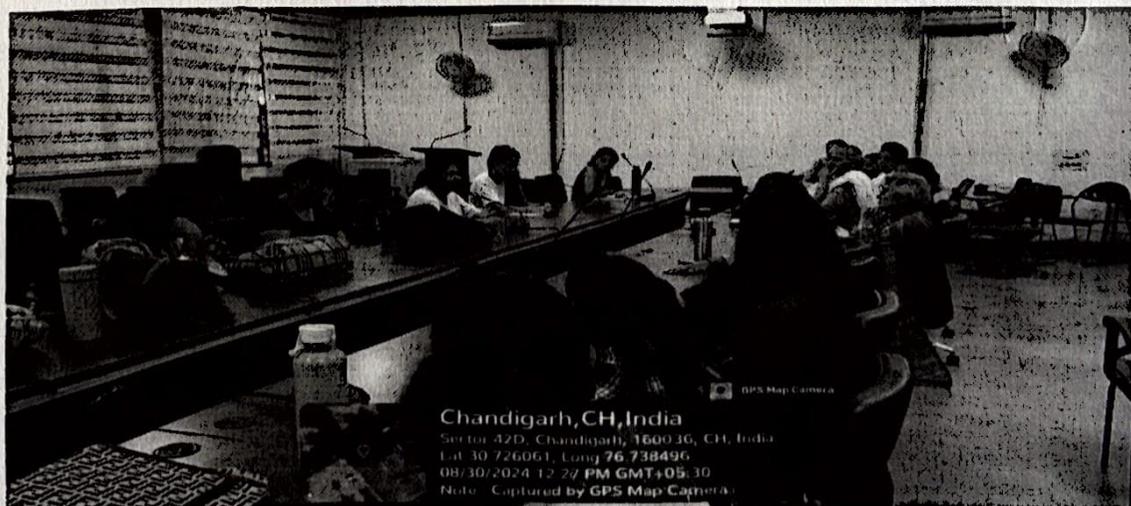
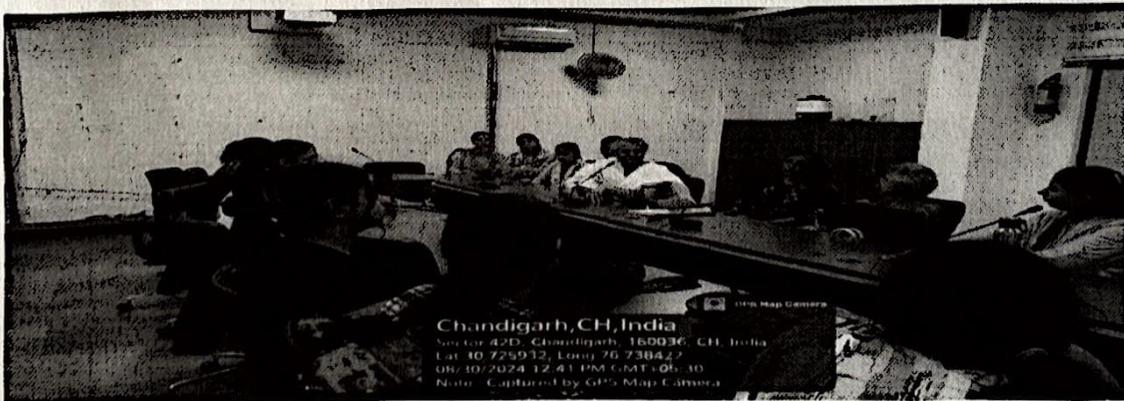
Report on Youth Adalat on Gender Discrimination

The Post Graduate Government College for Girls, Sector 42, Chandigarh, organized a Youth Adalat on August 30, 2024, focusing on gender discrimination. Students from various streams, including B.Sc., M.Com., and B.Com., participated in this event. Dr. Jasreet Kaur introduced the concept of Youth Adalat to the students. Dr. Jyoti Seth then presented the topic of discussion. One student shared a case involving a girl from a Muslim community who was not allowed to pursue further education and was denied the right to choose her life partner, while her younger brother enjoyed such rights and even dominated over her. Another student discussed a case where a girl was prohibited from marrying outside her caste. Dr. Amrit Kaur also shared a case in which a girl was forced to

Amrit

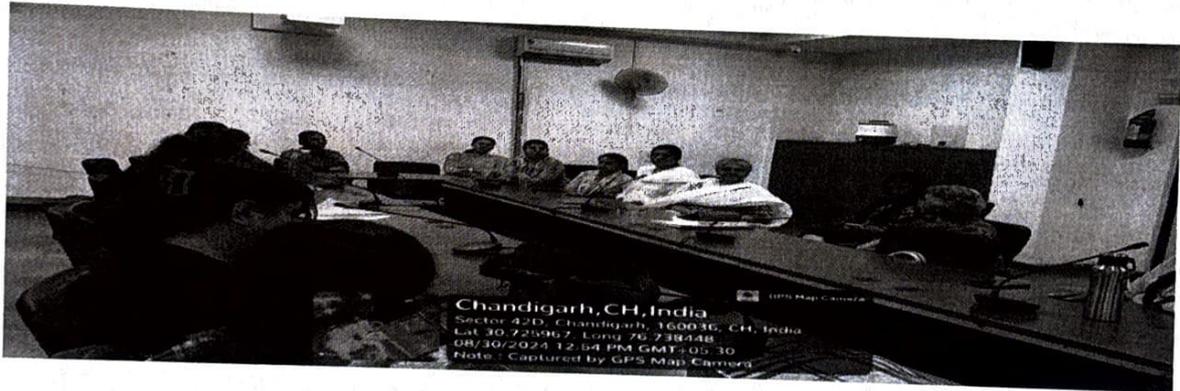
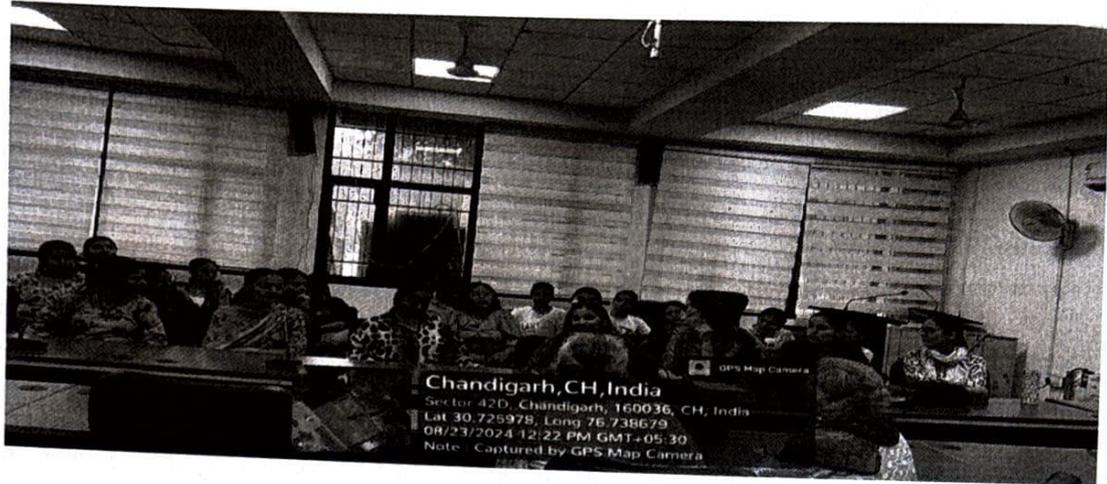
marry someone suggested by her relatives. Her parents had withdrawn her from her studies, but she sought help from a college friend and her friend's father. He visited her house for six months to resolve the issue, and her younger brother also assisted in the process. Dr. Jyoti Seth suggested that the girl should try negotiating with her parents, as they likely care about her happiness. She also recommended seeking support from any relatives who might be sympathetic to her situation. A student proposed watching the television serial "Razia" to gain a better understanding of gender discrimination and its roots. Other students suggested that discussing personal choices or relationships with parents early on could lead to better support and guidance. One student emphasized the importance of becoming financially independent before entering into serious relationships, especially if one's family holds rigid views. Another suggested that a girl should find a supportive partner who can help her negotiate with her family. It was noted that students should be aware of the difference between friendship and romantic relationships and avoid making commitments unless they are financially independent. They should also handle their own expenses and develop the confidence to speak up and question societal norms. Dr. Jyoti Seth concluded by stating that it is up to us to bring about change.

Some Glimpse of Youth Adalat



Row

POST GRADUATE GOVT. COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH



Rashmi
Member

M. Kaur
Convenor

Bojra
Principal
PGGCG-42, Chandigarh
Principal
P.G. Govt. College for Girls
Sector 42, Chandigarh

23
Bojra

7.1.1

II.) Specific facilities provided for Women :

1. Safety and Security:

- PCR Van and lady police personnel for women safety present in mobile positions outside the college during opening and closing hours.
- Women Cell and a Sexual harassment Cell in college to deal with, help guide and assist girl students in case of harassment on and off campus.
- Women empowerment practices/ Taekwondo/ self defence workshops organized.
- Night patrolling by college security guards. Chowkidars are present round the clock on campus and in hostels 24×7.
- Extensive surveillance network with a 24×7 monitored control room of the 78 CCTV cameras in the campus.
- Strict implementation of Anti-Ragging and Anti-Smoking rules.

2. Counseling:

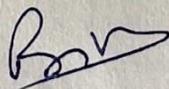
- Formal and informal avenues have been set up for counseling female students for academic and personal issues by the Women Cell.
- Class and Proctorial Committees are available for counseling of female students.
- Faculty Placement Cells and Alumni Assistance Cell for Career Counseling have been set up.

3. Common Room:

- The room next to the canteen designated as a common room for the students to relax, have their tiffin and engage in meaningful communication.
- In the Departments, common rooms have been allocated for staff members for meetings and discussions.

4. Day-Care Centre for kids of college faculty and students:

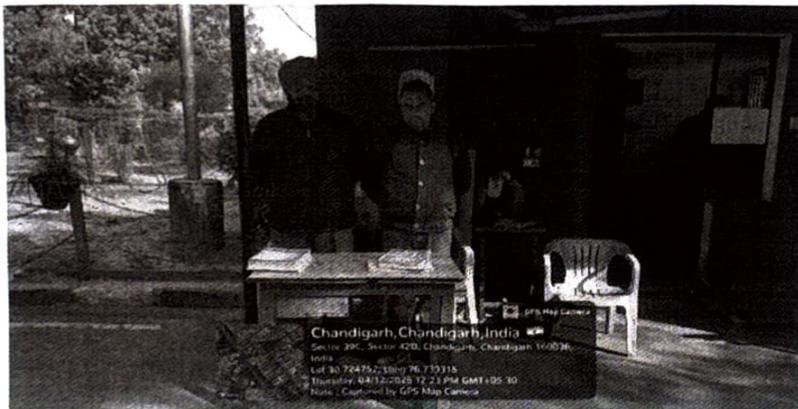
- Under the aegis of RUSA, a "Day-Care Centre" was established in our college on 23rd September, 2017. It accommodates children of teaching, non-teaching staff as well as married girl students.



5. Other Initiatives:

- Establishing a Women Cell is one of the major initiatives towards emancipation of young girls. It was need based for providing personal space for the students. It gave emotional, mental and physical satiety to the students.
- Organizing various Webinars/ Seminars/ and Workshops to create awareness amongst the girl students regarding their rights and how and where to contact in case of distress.
- A full time presence of lady hostel Warden and a lady Nurse in the girls hostel.

A.) Safety and Security:

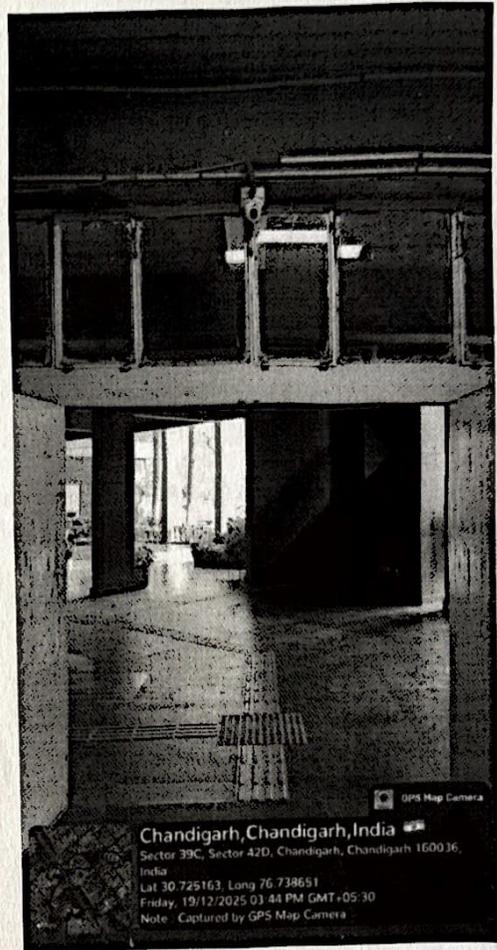
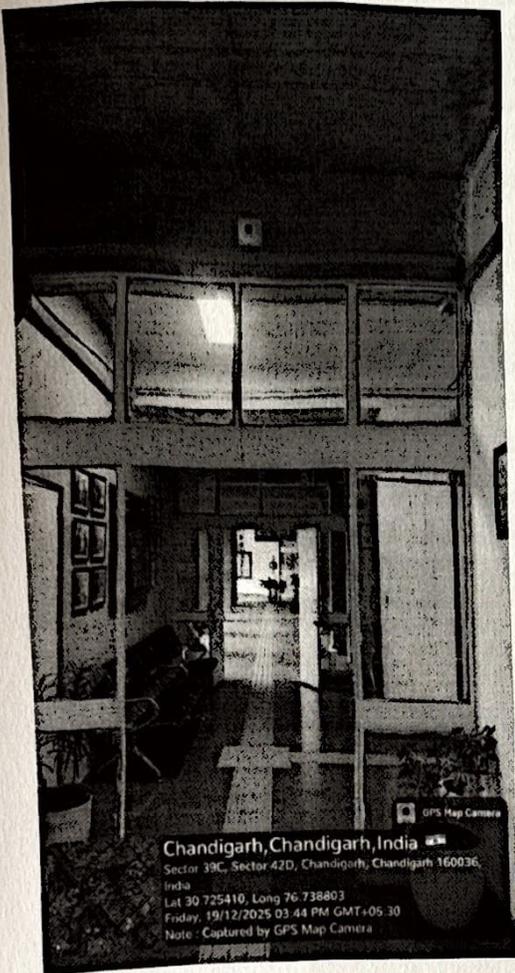


Security Guards 24×7 on the gate and in college campus



Police Patrol Vehicle deployed outside the main gate of the college for security

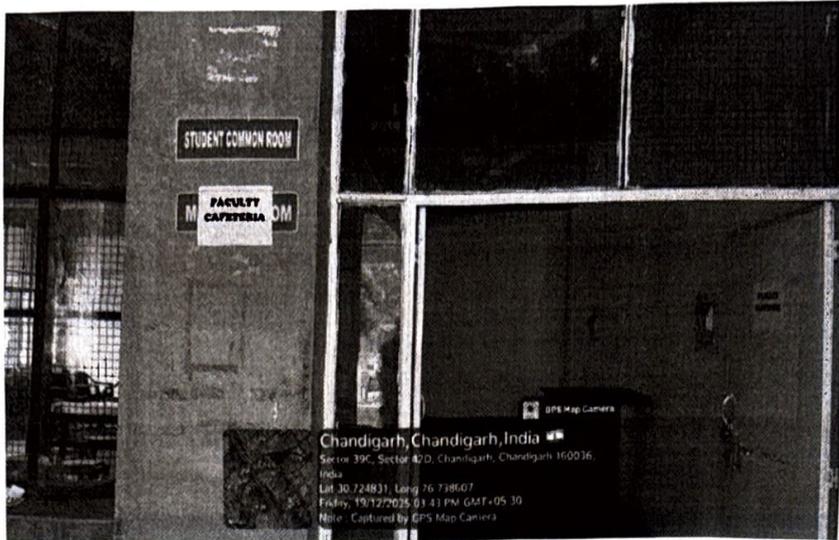
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CCTV s Installed at different locations in the campus

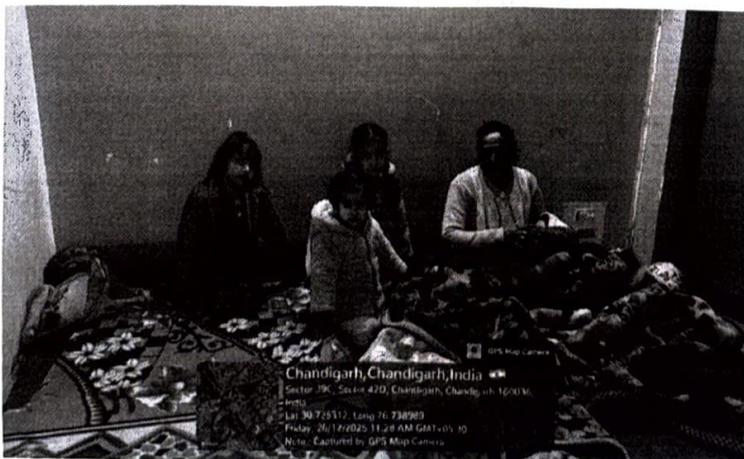
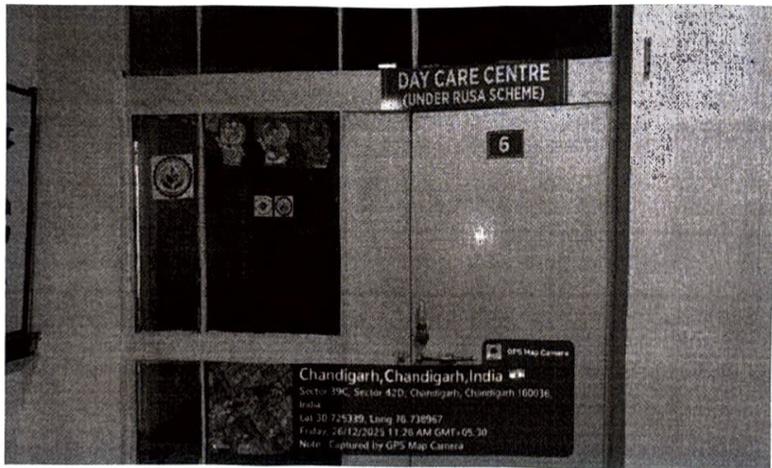
Bar

B.)



Common Room & Medical Room

C.)



Day Care Centre

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D.) Other Initiatives:

Report on Self Defence Training Session

A Self Defence Training Session was organized by Self Defence/ General Fitness Society of PGGCG-42, Chandigarh on 8th November, 2025 in the Gymnasium Hall. The aim of the session was to empower students, especially girls, with techniques and strategies for personal safety and self-protection in real-life situations.

The program was graced by the presence of our respected Principal Mam Prof. (Dr.) Anita Kaushal, Dean Mrs. Anju Trikha, Vice Principal Dr. Abha Sudharshan, Convenor Dr. Shefali Malhotra and committee members Dr. Rashmi Kohli, Dr. Dajinder Kaur and Dr. Vikas Sharma. Principal Mam addressed the gathering and encouraged the students to stay vigilant, confident, and self-reliant. The training was conducted by Gungun (Black Belt), Khushi (Green Belt) and Sangam (White Belt) (students of B.PEd) who demonstrated various defensive techniques including how to escape from holds, blocks against attacks and the use of everyday objects for protection. Students actively participated in the hands-on training, showing great enthusiasm and curiosity.

The event concluded with a thank-you speech expressing gratitude to the Principal, the trainers, faculty members and the supporting staff for organizing such an enriching and practical session.

Overall, the Self Defence Training Session was a great success, equipping students with essential life skills and reinforcing the message of "Empowered, Aware, and Safe"



RSM



Boon

1. GENDER DNA: Knowing Ourselves and Empowering Ourselves

1. Aim of the practice:

The primary goal of the college is to provide holistic education to girls and to afford an opportunity for them to develop the potential and Intellectual faculties.

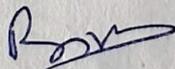
The Gender Equity Society of the college endeavors to facilitate them with awareness and Capacity building programme which rests on "Gender DNA: Knowing Ourselves and Empowering Ourselves". The chief objective of this healthy practice is to enable young girls to participate in the process of identity formation, decision-making and personality development. Consequently, they develop an understanding about the need to break free from old discriminatory stereotypes and to undergo attitudinal changes so as to enhance positive self-esteem and confidence. In emancipating them, the college contributes substantially in the growth of the comprehensive intellectual; emotional, social, physical, artistic and creative potential of the students. This, in turn, will contribute to create society based on equality and justice.

2. The Context: Gender DNA

Decision Making, Negotiation and Action- to address the issues pertaining to multiple marginalizations existing in society at economic, social, caste and gender levels. The Gender Equity and Non- Discrimination Society provides a platform to the students to voice their fears and worries, 'break the silence' and seek alternatives to oppressive socio-cultural systems. This forum sensitizes them with the need to question the subaltern structures and the dynamics of oppression prevailing in society. Since girls remain the most vulnerable - both within and outside the home, these complex issues need serious consideration and concrete action. Young girls are encouraged to develop a sense of empowerment through innovative processes and activities, to identify discriminatory practices, negotiate and make informed choices. This is an emancipating process and we notice a marked difference in the attitude of the participants. Thus, the students not only realize their potential but also become spirited participants in society as agents of change.

3. The Practice and its implementation:

Gender Equity and Non-Discrimination Society aims to work towards creating a 'Gender Equal and Gender Just' social system and have done a commendable job in awakening young girls to social concerns. A wide range of events are planned



and spread over the entire session and incorporate a number of thought-provoking and engaging activities.

4. Evidence of Success:

One of the main accomplishments is the uninhibited manner in which discussions take place. In The Context: of young girls 'breaking the silence' becomes significant. This forum offers alternatives and Enables them to gain control over their own lives. Subsequent follow-up meetings are an effective method to gauge the impact of sensitization and keep up the level of involvement of the students. The consistent increase in the number of participants is a positive indicator of how well this practice has been received by the students. There are numerous instances where Gender DNA has helped

Students overcome precarious situations pertaining to exploitation. Sensitization drives on issues such as Legal rights of women, female exploitation, women empowerment and well- being etc are carried out regularly. These in-house institutional mechanisms are extraordinary in many ways. The college Administration and proficient faculty maturely handle issues in a sensitive manner instead of referring them to Commissions /Govt. agencies. This is a major contribution and accomplishment of the institution to the cause of girls especially in the present Indian scenario.

5. Problems encountered and Resources Required:

Earlier, the process of getting funding sanctioned to conduct workshops was often tedious and daunting. However, this challenge has been temporarily solved with the latest collaboration with the NGO Jagori Grameen, Dharamsala who will be funding the workshops on Gender and Reproductive Health for the next two years. One of the other constraints pertains to the fact that students coming from outside the tri-city are unable to use state mechanisms as intervention methods since they live away from Chandigarh and are not familiar with the processes in their local areas. In few cases, our interventions remain limited since the students may not disclose the full details of the incident.



3. WOMEN CELL: An Emotional Space for Young Women

1. *Aim of the Practice:*

The Women Cell began with a purpose of providing an emotional and personal space for students of the college. Young adolescent girls go through numerous growing-up predicaments – they also remain the most vulnerable both within and outside the home. They face varied personal, inter-personal dilemmas: strained parent-child relationships, peer pressures, social media influences which bring confusion, complex feeling of inferiority in their perception and relationships. These complex issues that confront them need serious consideration and concrete action. Women Cell offers a space for young girls to freely express their anxieties and find solutions through counseling or any help required in specific situations.

Developing a sense of empowerment through innovative processes and activities, young girls are encouraged to discern the underlying dimensions of inequality and inequity by recognizing their ability to participate in decision making processes and choose the path of their lives.

2. *The Context:*

Counseling is one of the important functions of the Women Cell. This involves time and continuous sessions with the student under stress. The challenging aspect is that each girl who approaches us with a problem wants immediate attention and solutions. These situations have to be handled with prudence since we are able to give time only after our classes.

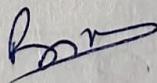
The issues are personal and deal with matters pertaining to parental control/ abuse by father /alcoholic father/ disputes among parents/ economic deprivation by father/ disputes among relatives/ too many constraints on mobility and clothes. Some tensions of the girls are also about the weak economic status of parents.

A substantial number of cases are about broke relationships with boys/ stress about relationships with boys/ stress about relationships with peers who are girls

A number of girls come from dysfunctional homes and may be disturbed about a particular issue. While talking to them we realize the intensity of the problem which is rooted in complex familial and social issues. They are not even aware that they need counseling. We spend several hours talking to them, to hear them out and then to help deal with the solution in the best possible manner.

3. *The Practice and its implementation:*

Our college is the only institution in the city which has a Women Cell and offers a space for emotional support. This assumes importance since a majority of the girls come from families where patriarchy remains dominant and they are socialized with conditioned mind-set of subservience and subjugation. These sessions help them to



understand and view situations with open-mindedness, objectivity and freedom. Interaction with emancipated women in the field of literature, activism, and judiciary etc .provides a new direction to the young women and inculcates a feeling of self-worth and self-assurance among them. These activities also bring the members of the Women Cell closer to each other and they develop a spirit of bonding, sharing and supporting system.

4. Evidence of Success:

Women Cell has been able to handle and solve numerous complex cases of harassment-sexual harassment on streets, domestic violence by parents and relatives, molestation, cyber-crime, stalking on phone, drinking and addiction, altercation among students, abusive language, theft, and suicidal tendencies. The girls also come up with cases related to relationship with boys (break-ups/ cheating/ double timing/ phone friends / misleading by peers etc.). These problems are regularly dealt with, discussed and in case of professional and long-term counseling need, the student is sent to the professional counselor of the college. The success of this endeavor can be judged from a few cases reported by the students.

- A case of Cyber-crime was taken up by Women Cell with the Police girls approached the Cell with a complaint that they are facing cyber related issues. Through our intervention, the cyber crime branch took action immediately. Since the case seemed quite complicated where one of the students was being harassed and money had been appropriated from her over a period of time, the case was reported to the police. The Police followed up the case and culprits were identified and apprehended.
- Providing Financial support to deserving students.

5. Problems encountered and Resources Required:

The problems which we encounter are varied and often complex. In cases related to the family-parents and siblings, we are unable to meet or counsel them since the girls themselves do not wish that their parents should get to know that they are seeking outside help. Therefore, we are only able to give them a patient ear – this vents their angst and they are able to unburden and get some emotional support.

6. Any other relevant information:

Since our students are young adolescents who often face growing-up issues, parent-child and inter-generational gaps, emotional insecurity and lack physical space, they feel the need to share their problems while ensuring anonymity. Women Cell works on the commitment of being non- judgmental or biased. It endeavors to hear out and gently suggest so as empowering them to make their own decisions and negotiations.



2. YOUTH ADALAT— a forum of the Students, for the Students and by the Students

1. Aim of the Practice:

Youth Adalat, convened every month, is a novel initiative which provides a platform to young girls to openly discuss and deliberate on shared experiences of their struggles, trials and tribulations. It further empowers them to find solutions by discerning strategies within their socio- economic and socio-cultural locale.

2. The Context:

The main challenge is to motivate the young girls them to overcome inhibitions and bring the 'private into the public domain'—encouraging them to overcome negative feminine stereotyping and constricting role - defining connotations. The response and engagement of the students has been so overwhelming that we have been able to continue the practice and sustain it. In this context, the partnership with an NGO Sanjh Jagori, Chandigarh has been very meaningful and we have been able to take the process forward to an inclusive gender justice approach.

3. The Practice and its implementation:

As the name suggests, the practice is unique and innovative in itself - ours is the only institution which has an open forum of this kind. For the past one year, two members of Sanjh Jagori Chandigarh (NGO) have been facilitating the Youth Adalat. This partnership is another unique practice of our institution.

The whole process of conducting the Youth Adalat is formulated in a manner where maximum involvement, participation and onus is taken by the students. The jury comprises of three students who listen to the deliberations and wrap up the discussion and highlight strategies to deal with the issue at hand at the end of the session. The sessions often stretch beyond the stipulated time, since generally 5-6 girls stay back to discuss the issue in hand in greater detail.

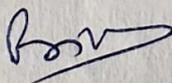
All this reinforces the development of a keen sense of observation, sensitivity, and vigilance. It also encourages them to support each other. The open deliberations not only generate awareness but also enable them to pre-empt situations and strategize further to protect their own interests.

4. Evidence of Success:

The very fact that this initiative has been sustained with the consistent presence and participation of students is an evidence of success.

The girls bring forward incidents / cases they or others have encountered as well as and also current incidents or social cultural practices which pressurize them. The issues discussed range from harassment on the streets, buses etc. /sexual harassment /sexual bullying on social media/ stalking and rape/ incidents of broken relationships to strained parent-children relationships and domestic violence.

The dimensions and scope of the deliberations and the strategies discussed are progressive and sensitive. We can see them gradually move out of their subdued reticent moulds to talking in an uninhibited manner —relating to each other, networking, leading to group cohesiveness; empathizing and taking pro-active action to uphold their dignity and rights.



The transformation and confidence building along with relevant information has helped them to approach appropriate authorities for redressal.

5. Problems encountered and Resources Required:

The main problem we encounter is that the students are sometimes unable to participate in the Youth Adalat because of involvement with classes. However, it is heartening to notice that some of the students join in late after their classes are over. It is pertinent to mention that each session of the Youth Adalat is becoming consistently more vibrant with ever increasing number of students joining in.

6. Any other relevant information:

This is a healthy practice that may be emulated in the form of Youth forum / Open house in other institutions. The participation in such forums empowers the students in a manner which textbooks and exams may not be able to.



Member



Convenor

P.G. Govt. College
Sector-42, Chandigarh
Principal
PGGCG-42, Chandigarh