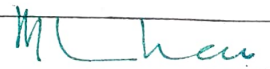


Womens Grievance Redressal Cell Committee

In Govt. Degree College, Sugh Bhatoli, Women's Grievance Redressal Cell is working to safe guard and promote well being of all women employees and female students of the college. The following staff members constitute the Womens Grievance Redressal Cell for the session 2023-2024 are :

Dr. Pankaj Kaushal (Chairperson)
Dr. Shikha Rana (Member)
Ms. Bhavna Kumari (Member)

Students may feel free to put up a grievance in writing / or Email to the Committee members. The Grievance Cell will act upon those cases which have been forwarded along with the necessary documents. The Grievance Cell will assure that the grievance has been properly solved in a stipulated time limit provided by the cell.



Principal

Govt. Degree College
Sugh-Bhatoli Teh. Indora
Kangra (H.P.) 176022

Minutes of the Meeting :-

The Meeting of the Women's Grievance Redressal Cell of the College for the academic session 2023-2024 was held on 12th Feb, 2024 in Room No. 7 at 11:00 a.m. to aware College female staff & girl students about different problems related with them. The following members were present:

1. Dr. Shikha Rana
2. Ms. Bhavna Kumari
3. Tripta Devi
4. Sandesh Kumari

Dr. Shikha Rana

Bhavna Kumari

Tripta Devi

Sandesh Kumari

In the meeting, female students of the college were being made aware about the Importance of Hygiene in their life. Hygiene is a set of personal practices that contribute to good health. Girls were taught about Menstrual Health and Hygiene as it is essential to the well being and empowerment of women and adolescent girls.

M. L. Khan

Principal

Govt. Degree College
Sugh-Bhatoli Teh. Indora
Kangra (H.P.) 176022

On dated 9th March, 2024, Govt. Degree College, Sugh Bhatoli organised a Webinar (by Google meet) on "Women Empowerment: Issues and Challenges" to celebrate International Women's Day (March 08, 2024). Ms. Amandeep Kaur (Personal transformation and life coach, Director, Mankaran Educational Trust, Pathankot) was the Resource Person. It was in a conversational tone. Ma'am shared her experiences with the students of the college and told them that a key part of this empowerment is through education. Girls, who are educated can pursue meaningful work and contribute ^{even} to country's economy later in life. Through various examples and slide shows Ma'am has beautifully explained the dire need of woman to be independent.



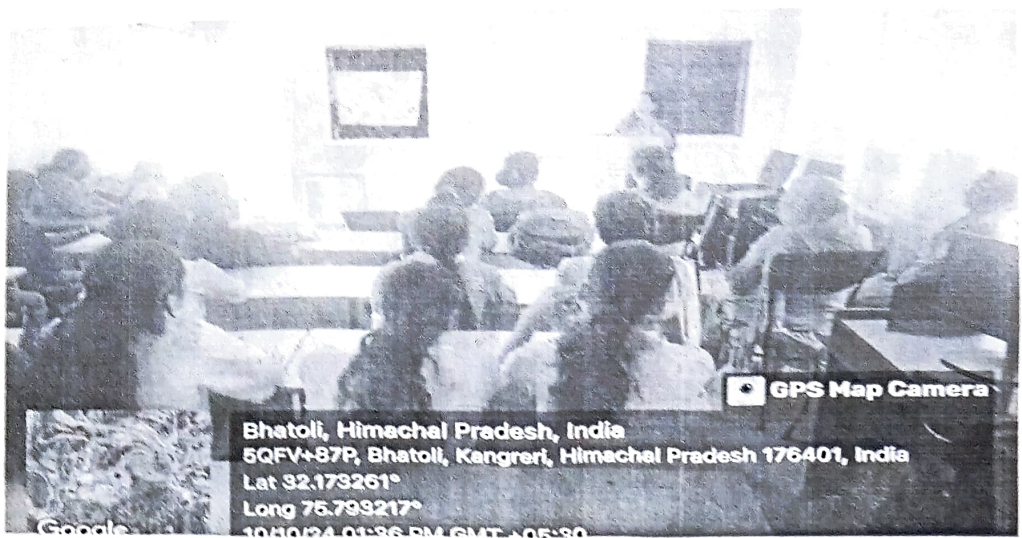
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Women's Day Celebration with Ms. Amandeep Kaur through Webinar

Activity of Women Grievance Redressal Cell



Lecture on Personal Hygiene



मानसिक स्वास्थ्य के प्रति जागरूक किए विद्यार्थी

डमटाल (कांगड़ा)। सुब-भटौली कॉलेज में महिला प्रकोष्ठ की ओर से विश्व मानसिक स्वास्थ्य दिवस मनाया। इस अवसर पर कॉलेज की समस्त महिला स्टाफ एवं छात्राएं उपस्थित रहीं। इस अवसर पर प्रो. भावना एवं डॉ. शिखा राणा ने छात्राओं को मानसिक स्वास्थ्य के महत्व के बारे में विस्तार से बताया। उन्होंने छात्राओं को बताया कि किस प्रकार हमें अपने आप को भावनात्मक, सामाजिक एवं शारीरिक रूप से मजबूत रखना है। संवाद

On dated 10th Oct. 2024, World Mental Health Day was celebrated by Women cell of the College. This year's theme was "It is Time to Prioritise Mental Health in the Workplace". Mrs. Shweta Kumari (AP(English)) and, Dr. Shikha Rana (M.Physiol) and all the other women staff members (Teaching as well non-teaching) participated in this celebration. Prof. Shweta advised college students to live stress free, Emotional well-being is equally important - as physical and Coping well with life pressure is the need of the hour to live happily.

Principal

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