

## **Best Practice 2024-25**

The Women Studies and Development Cell at Government College, Baund Kalan, Charkhi Dadri, is committed to promoting gender equality, women's empowerment, and holistic development through academic, social, and cultural initiatives. The cell integrates women's studies with practical development activities to sensitize the campus community and foster an inclusive and supportive environment for all students.

### **Best Practices and Activities of Women Cell at Government College Baund Kalan**

#### **1. Academic Integration and Research**

The cell organizes extension lectures to enhance awareness on critical topics. For instance, the recent lecture on "*Health and Hygiene: Foundation for a Healthy Life*" educated students on the importance of personal and community hygiene as a basis for overall well-being. Such programs help in sensitizing students about health-related gender issues and promote healthy lifestyle choices.

#### **Extension Lecture**

**Title:** Health and Hygiene: Foundation for a Healthy Life

**Date:** 6/11/2024

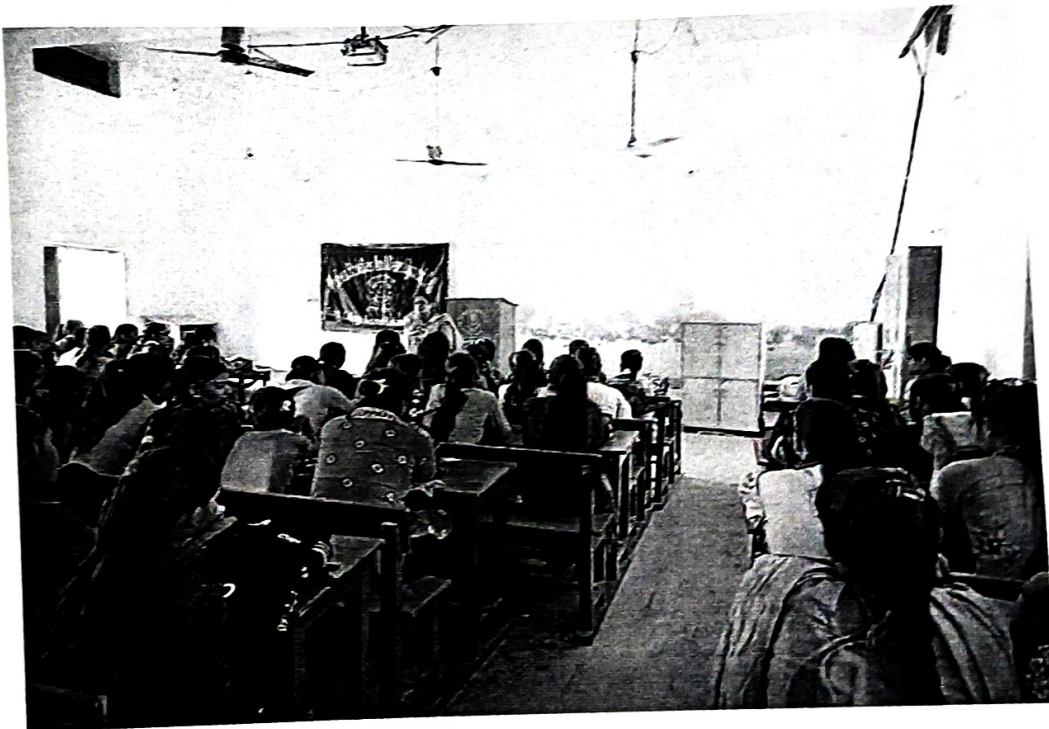
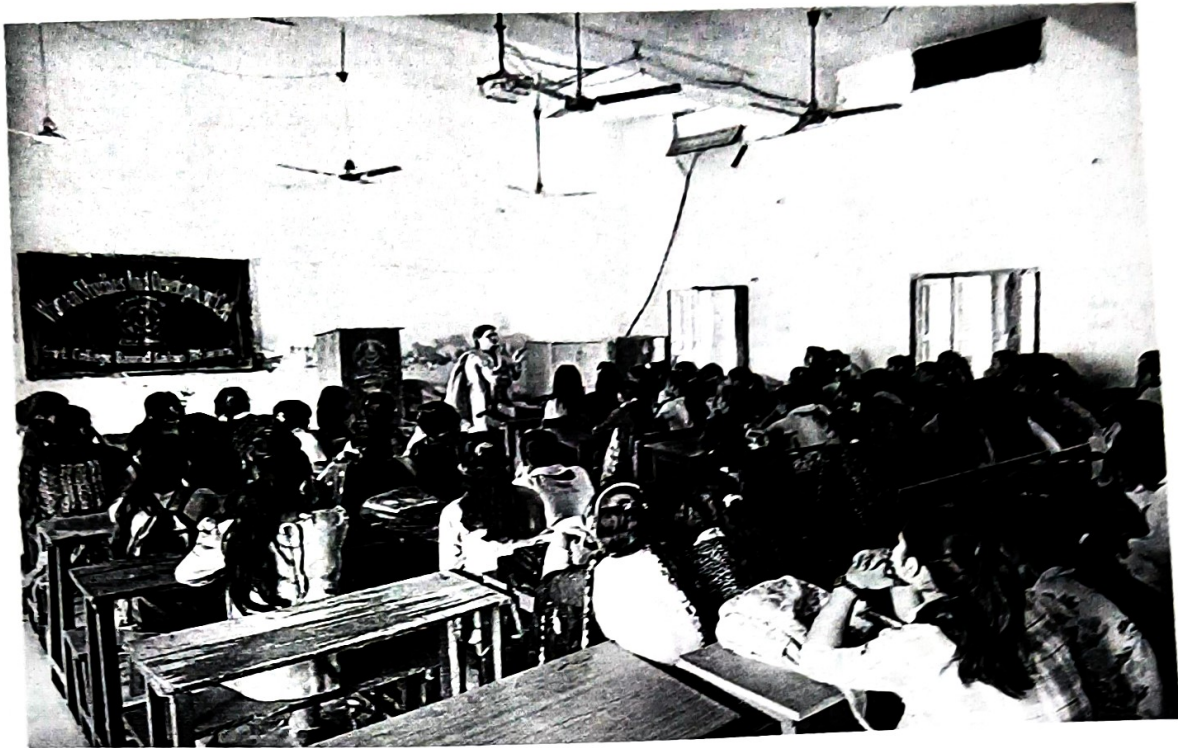
**Venue:** EDUSAT HALL

**Resource Person:** Ms. Bala, AHC, C.H.C, Baund Kalan, Ch. Dadri

An extension lecture on Health and Hygiene was conducted at Government College, Baund Kalan under the aegis of women studies and development cell. The primary aim was to educate students on the significance of maintaining good health and personal hygiene for individual well-being and community health. The session highlighted critical aspects of physical, mental, and social health while also addressing the fundamentals of personal and community hygiene. The speaker Ms. Bala, AHC, Community Health Centre, Baund Kalan explained that health is not merely the absence of illness but a state of complete physical, mental, and social well-being. Topics included the importance of physical health, mental resilience, and social support. Proper hand-washing techniques were demonstrated, Tips on brushing, flossing, and maintaining dental health were provided, Regular bathing, hair care, and safe food handling practices were emphasized. The students learned about the importance of clean surroundings, proper waste disposal, and personal responsibility in contributing to a healthier community. In the end the speaker focused on healthy lifestyle habits, including balanced nutrition, physical activity, and avoiding harmful substances like tobacco and alcohol. The speaker highlighted the role of diet



and exercise in maintaining overall health and encouraged students to engage in stress-relieving activities for mental well-being.







## **2. Health and and Wellness Initiatives**

An *Oral Health Check-up Camp* was successfully conducted, providing students and staff with access to dental health screening and guidance. This initiative reflects the cell's commitment to addressing women's health concerns and promoting preventive healthcare on campus.



## **Oral Health Check-up Camp**

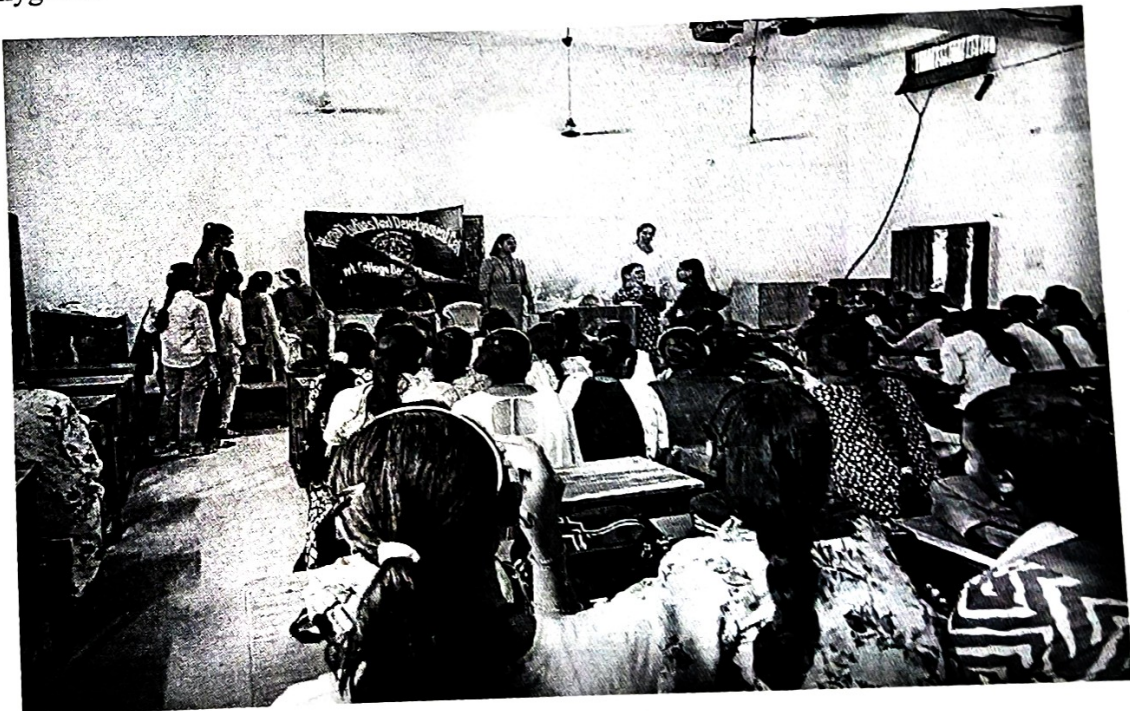
**Date:** 10/9/2024

**Venue:** EDUSAT Hall

An Oral Health Check-up Camp along with an extension lecture on menstrual hygiene was organized under the Women's Cell at Government College, Baund Kalan. The program was presided over by the Women's Cell Convenor, Ms. Yogeeta Narwal, under the guidance of Co-Principal Dr. Archana Kumari.

During the oral health camp, students' teeth were thoroughly examined. Information was provided about cavity treatment, including the importance of fillings, as well as advice on maintaining a healthy diet and daily dental care routines. Methods for proper dental hygiene were also demonstrated. Dr. Neha Tuteja from the Community Health Center, Baund Kalan, conducted free dental check-ups and educated students on effective tooth-cleaning techniques and the recommended frequency of brushing.

In the extension lecture, Mrs. Bala shared valuable information on hygiene practices to be followed during menstruation. Students were advised to maintain full body cleanliness, bathe regularly, wear comfortable clothing, and change sanitary pads frequently to ensure proper hygiene.







### **3. Skill Development and Empowerment Workshops**

The cell organized a Seven-Day Embroidery Workshop aimed at enhancing vocational skills among women students. This workshop not only nurtured creativity but also encouraged self-reliance and potential income-generating opportunities, contributing to women's economic empowerment.

#### **7-Day Embroidery Workshop**



**Date:** 23/1/25-25/1/25 & 27/1/25-30/1/25

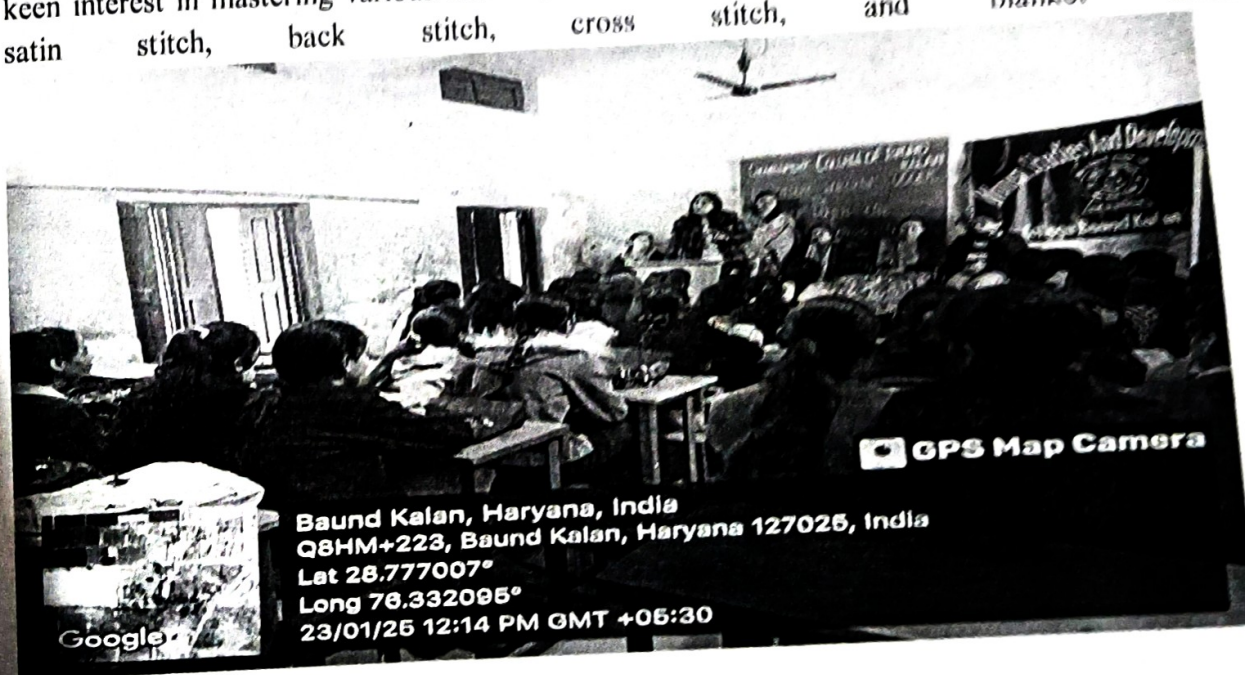
**Venue:** Hindi Hall & Ground

A seven-day embroidery training camp was organized under the auspices of the Women's Cell at Government College Baund Kalan. The program was chaired by the Convener of the Women's Cell, Ms. Yogeeta Narwal, under the guidance of Co-Principal Dr. Archana Kumari. The workshop was conducted by the esteemed embroidery expert, Ms. Mehak Arora of Hi-Fi Boutique, Bhiwani, who expertly guided participants through a variety of techniques encompassing both traditional and contemporary embroidery styles.

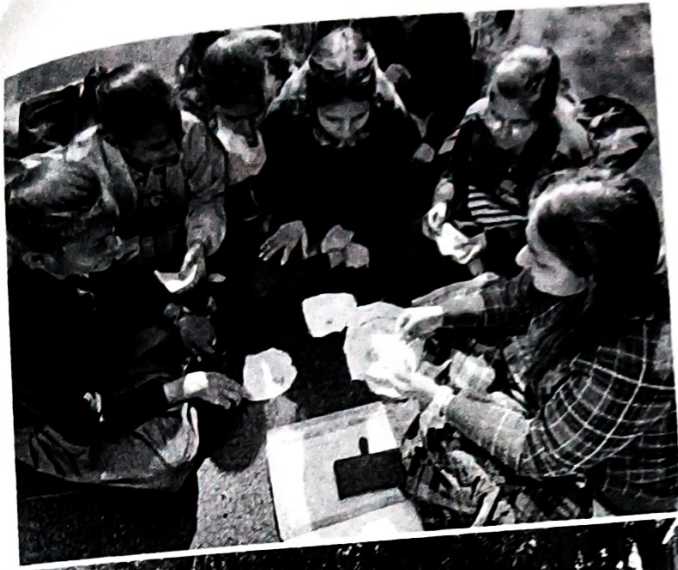
The primary objective of the workshop was not only to impart the craft of embroidery but also to foster creativity, self-expression, and economic empowerment among women. Speaking on the occasion, Ms. Yogeeta Narwal highlighted the significance of acquiring such skills, stating, "Embroidery is more than a mere hobby; it serves as a means to connect with our cultural heritage, preserve traditional arts, and create opportunities for income generation."

The workshop also provided a valuable platform for participants to engage with one another, share experiences, and offer mutual support throughout their creative journeys. Many attendees, particularly young women, expressed enthusiasm for the practical experience and hands-on skills acquired. One participant remarked, "I have always been interested in embroidery, and this workshop has given me the opportunity to refine my skills. Learning such a useful craft feels truly empowering."

Both students and faculty members actively participated in the training camp, demonstrating keen interest in mastering various stitches, including running stitch, chain stitch, French knots, satin stitch, back stitch, cross stitch, and blanket stitch.





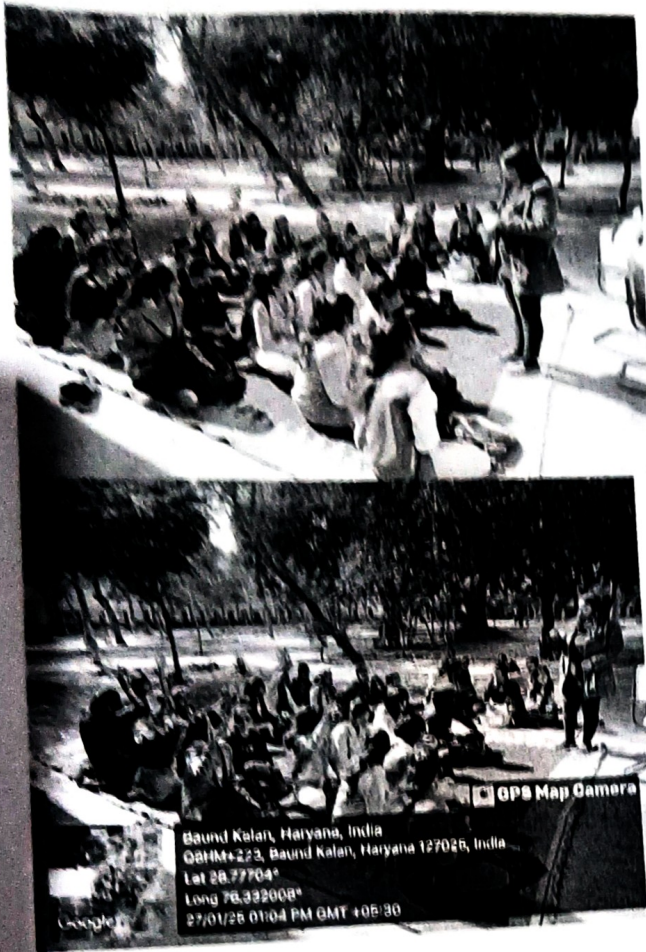


GPS Map Camera

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Through these activities, the cell extends its impact beyond academics by promoting health awareness and skill development, which are essential for the holistic growth of women students and the local community. The Women Studies and Development Cell ensures a safe and supportive environment by maintaining a confidential grievance redressal mechanism in compliance with the POSH Act. Counselling and support services are available to address any issues related to harassment or discrimination. The cell collaborates with local health professionals and artisans to conduct health camps and skill workshops, thereby enriching the learning experience and providing practical exposure to students. Conduct health camps, legal aid clinics, and awareness drives on issues like nutrition, maternal health, and domestic violence. The Women Studies and Development Cell at Government College Baund Kalan, Charkhi Dadri, exemplifies best practices by combining academic learning with practical initiatives such as health camps and skill development workshops. These efforts contribute significantly to creating



a safe, healthy, and empowering environment for women students, fostering their overall development and well-being.

*Yogeeta*  
Dr. Yogeeta  
Convenor  
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