

CHINMAYA DEGREE COLLEGE
BHEL, HARIDWAR

Criterion VII
Institutional Values and
Best Practices

7.2 Institutional Values and Best Practices

7.2.(a) Institutional Values and Best Practice -I

Documents Attached

Sr. No.	Document Name
1.	Women Empowerment



Report on Women Empowerment



CHINMAYA DEGREE COLLEGE
B.H.E.L. Ranipur, Haridwar-249403 (U.K.)

UNDER THE AEGIS OF CHINMAYA EDUCATION SOCIETY (CES)

Ref:

Date: 15-05-2021

REPORT ON WOMEN EMPOWERMENT PROGRAMMES SESSION 2020-21

Women Empowerment is the progression of women and accepting and including them in the decision making process. It also means providing them with equal opportunities for growth and the development in society and disapproving gender bias. The Constitution not only grants equality to women, but also empowers the state to adopt measures of positive discrimination in favour of women. Keeping all points in mind college has created such environment and programmes for girl students for their upliftment in every field. The real motto of these programmes is to develop girls physically and mentally so that they can share equal power in society and bring progress in country. Women has to be fit physically so that they can stand by strongly in society. For that Mission Sahasi was conducted for Martial arts in Bhalla Inter College by ABVP Haridwar. Their main moto was to tell girls that "Keeping quite is a crime 100" Total Candidates performed in mission sahasi were 200 girls of different school and colleges. Thanks to all dianamite ABVP members and special thanks to channel tanwas, Simmi Agnihotri, Muskan Mishra, Divya Rana, Viren Bhai, Vinay, Jashwant Ji, Ruchita and Aruna.

Polycystic ovary syndrome (PCOS) is the hormone abnormality in women. It is characterized by overproduction of the androgen testosterone, menstrual abnormalities when ovulation does not occur and enlarged ovaries containing multiple small follicles (polycystic ovaries).

Women with severe PCOS have greater menstrual irregularity, androgen excess, total and abdominal fat and resistance to insulin; and also have more severe risk factors for diabetes and cardiovascular disease than women with less severe forms of PCOS. Polycystic ovary syndrome is more common among family members than in the general population, suggesting that genes can influence the development of PCOS. Lifestyle, including diet and exercise, also affects the severity of PCOS, with weight gain worsening both reproductive and metabolic abnormalities. PCOS can adversely impair a woman's health by increasing her risks for infertility, obstetrical complications, diabetes and cardiovascular disease. Diagnosing PCOS depends upon identifying whether a woman has 1) androgen excess, 2) disorders of ovulation and/or 3) polycystic ovaries. PCOS can be controlled by proper medication and maintaining good hygiene.

A seminar on naturopathy on 13th March 2019 to celebrate Women's Day was organized by International Naturopathy Organization on Naturopathy at CDC, Haridwar. The resource person was



Dr. Sherwal Kumar Neeraj. Dr. Neeraj stressed on eating those fruits and vegetables which are alkaline in nature. Many yog-kriya like anima nasal pharynx cleaning by special medicated threads were demonstrated by him. He also emphasized on eliminating solid and liquid wastes more frequently from the body. According to him eating raw sprouts, fruits and some raw & steamed vegetables helps in maintaining good health.

To cope up with the stress of pandemic and lock down online Geeta chanting was carried out every day by Swami Devatmanand Ji more than 25 girls and boys teaching and non teaching staff of the college attended the Geeta Chanting with great enthusiasm which helped them a lot to cope up the stresses of Pandemic from April 2020.

Online talks by Swami Prakashanand Ji was given to students on 4th May 2020. Out of 22 girls 19 girls were benefited by Pujya Swami Ji talk.

A National webinar on space exploration in search of life was organized by Indian Women Scientist Association, Roorkee supported by BRNS-DAE and was hosted by Chinmaya Degree College Haridwar on 9 March 2021 in which out of 10 girls 7 girls of our college also attended the webinar.

A meeting was held on 1st Nov. 2020 in the Principal room of the college in which it was decided to conduct annual sports. Due to COVID-19 the inter college competition was not organized by the university and no team was sent to play outside the college.

To lower the stress of the pandemic from 12th March 2020 to 17 March 2020 the sports week was organized. Due to covid only volleyball and cricket competitions and few indoor games like chess and carom were held. In both cricket and volleyball 4-4 different teams of the college participated and matches were played on knockout basis. Final cricket match was played between girls of M.Sc. and B.Sc. IInd year and the match was won by girls of M.Sc. more than 60 girls participated in different sport activities. The final volley ball match was played between B.Sc. third and B.Sc. first year student. B.Sc. IIIrd year girls won this match. Members of sports committee Dr. Om Kant, Dr. Himanshu, Shri Ankur Chauhan and Shri VS Negi extended their help in sports.

A seminar was organized under Amar Ujala's Aparajita 100 million Smiles at Chinmaya Degree College Haridwar. The programme was conducted by Dr Manisha, HOD Botany. The speakers said that women is the mother of the world. Everyone should respect her. Seminar was presided over by College Principal. The inauguration started with lighting of lamp and offering flowers to Gurudev and Maa Saraswati Pictures. Student said that there are still some families in rural areas who avoid giving education to their daughters. They put so much burden on them with house hold work since childhood that they do not pay attention towards education. These type of families have to be explained. One of the student also said that when the government is providing so much facilities and security then one should not refrain from educating daughter. By being educated the daughter can face any kind of problem. This world has originated from women only. For this reason women has been called the mother of the world. Team from Amar Ujala inspired all the girls to bring glory to their family and the area by getting good education. After this students and teachers took the oath for the upliftment and empowerment of women society.



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REPORT ON WOMEN EMPOWERMENT PROGRAMMES SESSION 2021-22

In about a decade, India will have the largest number of women in any country in the world. Empowered woman means in stronger and a better world and Chinmaya Degree College is committed to empower women to play a catalytic role in bringing about transformational economic, environmental and social change. Empowering women means skill development, improving women's health and enhancing women's opportunities in education, sports and arts. College plays a major role in upliftment of girls so that they can give big contribution to the country. For physical development of girls and boosting up their confidence, Chinmaya Degree College took a step to increase physical strength of girls by arranging yoga classes. Workshop on martial arts was organised by police department, Uttarakhand. More than 30 girls participated in this programme.

To cope up with the stress of pandemic of lock down online Gita chanting was carried out every day by Swami Devatmananda Ji from April 2021. About 25 girls, boys, teaching and non-teaching staff of the college attended the Gita chanting with great enthusiasm which helped them a lot to cope up the stresses of pandemic.

To cope up with our battle with Covid - 19, vaccination camp by health officials was organised from March to July in the college campus. All the students and staff of the college whose first or second dose was due were vaccinated in this camp.

Our college is dominated by girls in number. So most of the participation in different activities is by girls which helps them to develop different qualities in their personality. Various activities like Independence Day celebration, poster making on Covid-19, elocution, slogan writing on "Right and Duty too" etc. were performed at time to time throughout the year to inculcate qualities and values in the students.

Girls are not lagging behind in sports competitions also. In the annual sports of the college during 10 Dec. 2021 to 15 Dec. 2021 various tournaments of girls were also organised.

A programme on career counselling was organised on 25-11-2021 in the seminar hall of the college for the students of BSc and MSc. The officials of Career Power centre, Haridwar educated students with the knowledge on distinct competitive examinations and different fields, which they can pursue after seeking their graduation and post-graduation degrees.

National Science Day 28-2-2022 was celebrated in the college. The theme of the programme was "The Importance of Scientific Temperament in Nation Building". An exhibition of science models was also organised in which 10 models on different scientific themes were prepared by girls of MSc classes of different departments. Such activities help in developing scientific applied aptitude among the students.

Annual function of the college was celebrated on 11 June 2022, in which girls participated very enthusiastically and performed different cultural programmes and showed their talents.

The college is continuously striving for the all-round development of the students boys as well as girls. Students will definitely become successful in life and bring laurels to the college.

Manisha

Principal,

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Principal
Chinmaya Degree College
BHEL, Haridwar

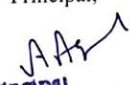


To observe the 159th birth anniversary of Swami Vivekananda National online youth convention Geeta an Inspiring friend to treasures. GIFT held from Jan. 10 to Jan 12 2021 in which out 50, 25 girls from our college participated. Dr Indu Mehrotra, Secretary of the college was the coordinator of this program.

Chinmaya Mission Delhi organized an online donation happiness unlimited campaign to help and educate children, to provide ration packs to windows and build infrastructure. The campaign was volunteered by Chairman Col. Rakesh Sachadeva, Dr Radhiak Nagrath, Mrs Loveleena Modi, Dr Sandhya Vaid, Dr Madhu Sharma and students of under graduate and post graduate from Feb. 21 to April 2021. Teaching and non teaching staff as well as students helped the campaign by giving donations willingly.

One of the greatest achievements in academics in the session 2020 -2021 was that Kamini Mishra of M.Sc. Chemistry was awarded a Gold Medal in the HNBGU, Srinagar, Garhwal examination. This a greatest achievement for girls and a big inspiration for all the girls of college.

Manisha
Coordinator

Principal,

Principal
Chinmaya Degree College
BHEB, Haridwar



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**REPORT ON
WOMEN EMPOWERMENT PROGRAMMES
SESSION 2022-23**

Woman empowerment may be defined in several ways, including accepting woman's viewpoint, making an effort to raise the status of woman through education, awareness, literacy and training. Woman empowerment equips and allows women to make life determining decisions through the different societal problems. They may have the opportunity to redefine gender roles or other such roles which allow them more freedom to pursue desired goals. By keeping all the above points in mind college go through many programmes for development of girls in college so that they can face all the problems and difficulties in society and in their personal life.

In our college, more than 80% are girls in number so participation of girls is more in different activities organised throughout the year which help them for their overall development. A poster competition, addressing "Challenges in Health and Humanitarian Crisis" was organised on 29 October 2022 by anti-drug cell of the college under the guidance of Dr Pradosh Kumar Sharma. A quiz competition was organised on 1 November 2020 by BHEL on the occasion of Sardar Vallabh Bhai Patel Jayanti celebration week. A slogan competition was organised on 29 November 2022 on "Pollution Control" and an awareness rally related to "Remove Pollution, Save Environment" was organised on 2 December 2022 on the occasion of National Pollution Control Day. Voting Awareness Week was organised in the college in the first week of December. In which Dr Manisha, campus ambassador encouraged the students above 18 years of age to get their voter ID made as soon as possible. The process of online filling of application forms was explained and the students who wanted to fill the form of line the application forms were distributed to them.

Being a college of Chinmaya Mission, various programmes for spiritual upliftment are also organised in the college time to time. On 3 December 2020, Geeta Jayanti was organised in the college campus in which some important verses of Bhagwat Gita were recited and by interpreting the important teachings contained in them, a message was given to everyone to adopt Geeta in their lives. A seminar on prevalence of stress, anxiety, fear among girls and meta analysis of this was organised on 20 December 2022 in seminar hall by psychologist Tejinder Singh from Body Mind Healing Centre, Haridwar, Uttarakhand. Further under the spiritual upliftment programmes, Param Pujya Swami Prabodhanand ji, came to the college and took a lecture on "LifeManagement" for students on 16 March 2023.

Keeping woman safety in mind a programme was organised on 6 December 2022 in the seminar hall to give detailed information about the app "Gaura Shakti App" prepared by Utrakhnad police. In which Mrs Sita Pandey and Mr Harsh Uniyal, crime and criminal tracking network department, gave detailed information to the girls and woman employees about how to download this app and register in the Gaura Shakti app. Through this app we can get immediate police help in difficult situations, we can file e-FIR and also we can help elderly people to get help in difficult situations. Vice principal, Dr Manisha appreciated the excellent contribution of Uttarakhand police department in the field of women's safety and motivated the students to immediately download this app on their mobiles and also share this app with others around them.

Between 22 December 2022 to 24 December 2022 elections of the student union were organised and as usual more than 50% class representatives and class prefects and officials of student union were girls.

On the occasion of women's Day celebration Dr Madhu Sharma, Botany Department and Dr Swati Shukla, Biotechnology Department were invited in Kendriya Vidyalaya, BHEL, Haridwar as guest of honour on 10 March 2023.

Manisha



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Besides these a fire fighting workshop, State bank of India programme on various saving schemes by SBI, essay writing competition on the topic Bharat mein Swasthya Suvidhayen: Chunautiyan avam Avsar, blood donation camp etc. were organised throughout the year.

A group of 15 girls with faculty Miss Nivedita Singh, Botany department went to attend International Convention from 18th May to 21 May 2023 in Chinmaya Vibhuti, Pune. The theme of the convention was "Be there for Bharat". For their welcome and felicitation a programme was organised on 24 May 2023 in seminar hall in which girls shared their overwhelming experience of the convention.

In the sports week organised in the college campus, the girls participated in different events like race, cricket, carrom, chess, badminton, kabaddi etc.

Our college is committed for the overall development of girls, whether it is educational front or leadership qualities, sports and cultural activities, spiritual upliftment.

Mausika

Principal,

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Principal
Chinmaya Degree College
BHEL, Haridwar



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Girls Participation in Sports









Self Defense Training for Girls



Girls Participation in Culture Activity













