

2022-23

### Annual gender sensitization action plan

S.No	Date	Title of the Programme
1	1to7 August 2022	World Breastfeeding Week
2	2 August 2022	Inauguration of Singer Sewing Center
3	1to7 September 2022	National Nutrition Day
4	24 September 2022	Women's literacy Program
5	7 November 2022	Cancer Awareness Programme
6	21 November 2022	Movie Screening and Discussion about menstruation
7	03 December 2022	An Awareness Session on POSH Act (sexual harassment at Workplace)
8	10 December 2022	National Seminar "Current Scenario and perspective of Human Rights in India"
9	17 December 2022	FDP on Fundamentals of Gender Studies
10	31 January 2023	An Awareness program on 'the hygiene and proper use of sanitary pads during menstruation'
11	7 February 2023	A Free check-up Camp
12	09 February 2023	Movie Screening and Sharing reflection 'Skater Girl'
13	9 February 2023	A Medical Camp of (Bone Joint & Dermatology)
14	10 February 2023	A Rally On 'Beti Bachao Beti Padhao'
15	12 February 2023	Cleanliness Awareness Rally and Speech Competition
16	14 February 2023	Essay Writing And Self Defence Training
17	5 April 2023	An awareness program to quit drugs
18	12 April 2023	Oath ceremony for aware of mental and physical Health
19	19 April 2023	Vichar Goshthi and essay competition on drug addiction awareness
20	31 May 2023	A seminar on the occasion of Tobacco Prohibition day
21	18 April 2023	Nutrition diet (Poshtik Ahar aivam uchtit Poshan ke prati ek Jagrukta Abhiyan)

## **World Breastfeeding Week (1to7 August 2022)**

Guest lecture was organized by Dr. Vineta and Dr. Pooja Rai under the World Breastfeeding Week on in Ismail National Mahila PG College Meerut. In which Gynecologist Dr. Pulkit Tyagi told the students that breastfeeding is good for the health of the mother as well as the baby. The baby should be exclusively breastfed for the first six months as breast milk increases the immunity of the baby. Principal Prof. Anita Rathi encouraged the girl students to actively participate in the programme. During this, speaker Dr. Poonam Garg (Rajshree Tandon Coordinator), Dr. Deepa Tyagi (Hindi Department), Dr. Mamta (Physical Education Department), Dr. Swarn and Meenu (English Department) etc. were present.

# Inauguration of Singer Sewing Center (2 August 2022)



Meerut, Uttar Pradesh, India  
XPJ4+JQ8, Jattiwara, Meerut, Uttar Pradesh 250002, India  
Lat 28.981499°  
Long 77.706942°  
02/08/22 10:56 AM



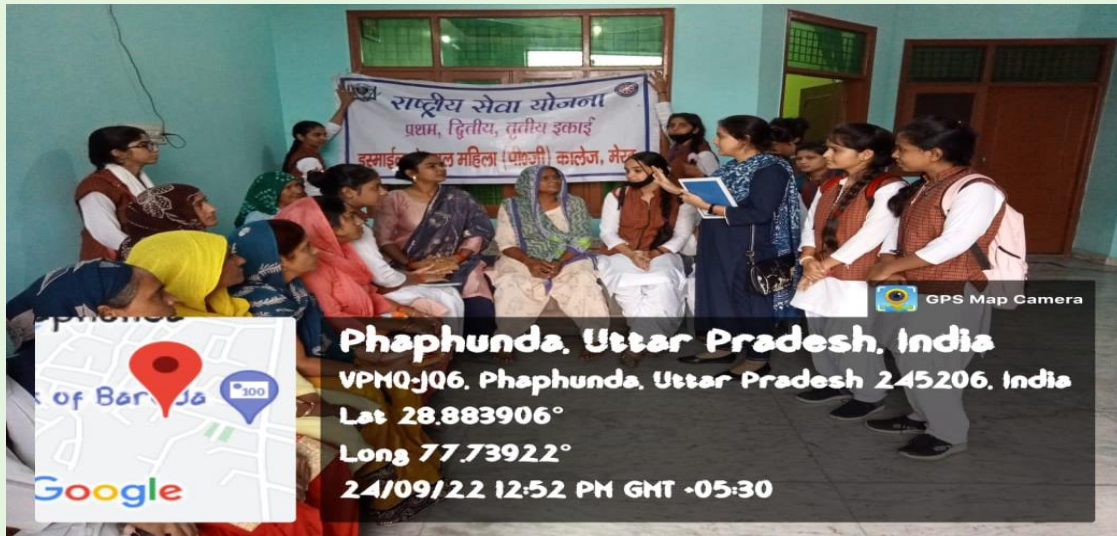
Meerut, Uttar Pradesh, India  
XPJ4+JQ8, Jattiwara, Meerut, Uttar Pradesh  
250002, India  
Lat 28.981499°  
Long 77.706942°  
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# National Nutrition Day (1to7 September 2022)



## **Women's literacy Program (24 September 2022)**

On 24/09/2022 A program was organized in Fafunda village by the first unit of the National Service Scheme of the college under program officer dr. Neha Singh. Under this, the volunteers talked to the women of all ages of the village and made them aware of literacy. It also came to know that what kind of problems women have to face due to lack of literacy. Apart of this women have to faced domestic violence, unemployment etc they talked openly on these problems too. In this way, the volunteers discussed various types of problems of the women of the village and kept their views on solution. The women of the village gave their full cooperation in making this event a success. All the volunteers also showed their full participation. Thus the entire event accomplished.



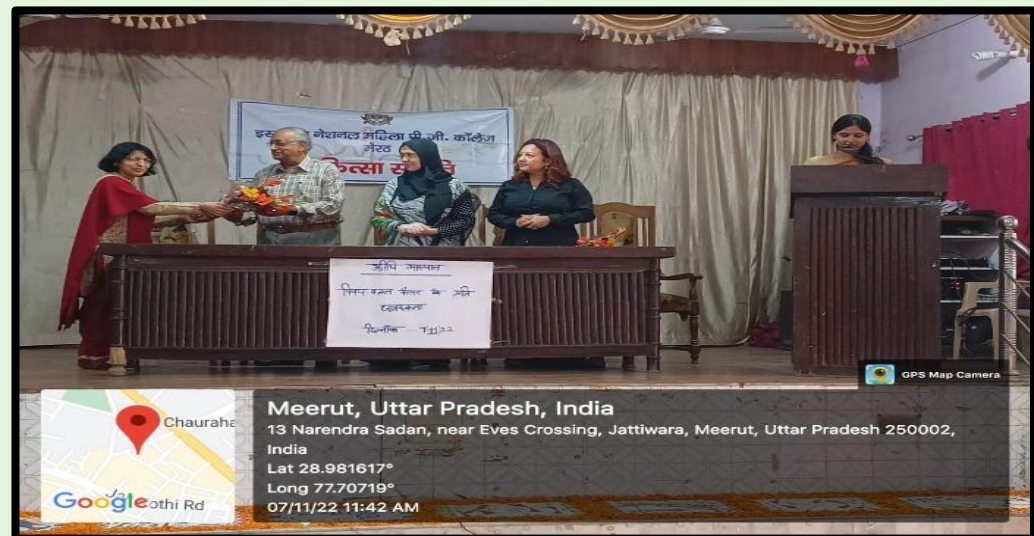
## **Cancer Awareness Programme (7 November 2022)**

Breast cancer is a condition in which the breast's cells proliferate out of control. Breast cancer comes in several forms. Which breast cells develop into cancer determine the type of breast cancer. Different areas of the breast might give rise to breast cancer. There are three basic components of a breast: connective tissue, ducts, and lobules. The glands that generate milk are called lobules. Milk travels through tubes called ducts to the nipple. The connective tissue, which is made up of fatty and fibrous tissue, envelops and holds everything in place. The ducts or lobules are where most breast cancers start.

Blood and lymph vessels are two ways that breast cancer can travel outside of the breast. Breast cancer is said to have metastasized when it spreads to other body regions.

On the occasion of Cancer Awareness Day on 7 November 2022 at Ismail National Women's PG College Meerut, a guest lecture was organized on the subject of breast cancer awareness by the medical committee in the college. The program was inaugurated by Performed lighting lamp and garlanding in front of MaaSaraswati by the chief guest Sanjeev Ishwar Tyagi (member of the management committee of the college), the chief speaker Dr. Manisha Tyagi, Dr. Pallav Agarwal and the principal of the college Professor Anita Rathi. After that, the chief guest, the chief speaker, the principal and Dr. Pallav Grewal were honored by giving them a bouquet. Dr. Manisha Srivastava Tyagi, Gynecologist in Infertility Specialist explained in detail about breast cancer in women and shed light on its causes, symptoms and prevention. She told that the major causes of breast cancer are obesity, pregnancy at an older age, alcohol consumption, radiation treatment, hereditary mutation and hormone replacement therapy. Describing its symptoms, he said that there is an increase in the swelling size in the breast, what is the change, feeling of a lump inside the breast, etc. Explaining how cancer can be avoided at this level, he said that avoid alcohol and smoking, control your weight with healthy diet and exercise. And we can prevent breast cancer by breastfeeding our children for 6 months. Dr. Pooja Rai in-charge conducted the program. The medical committee in charge had special support from Kumari Suman Mishra. 43 Girl students and Teachers of the college were present in the program, Jiten Kumar and Gaurav Amit etc. supported in the program.

### **Attachments:**







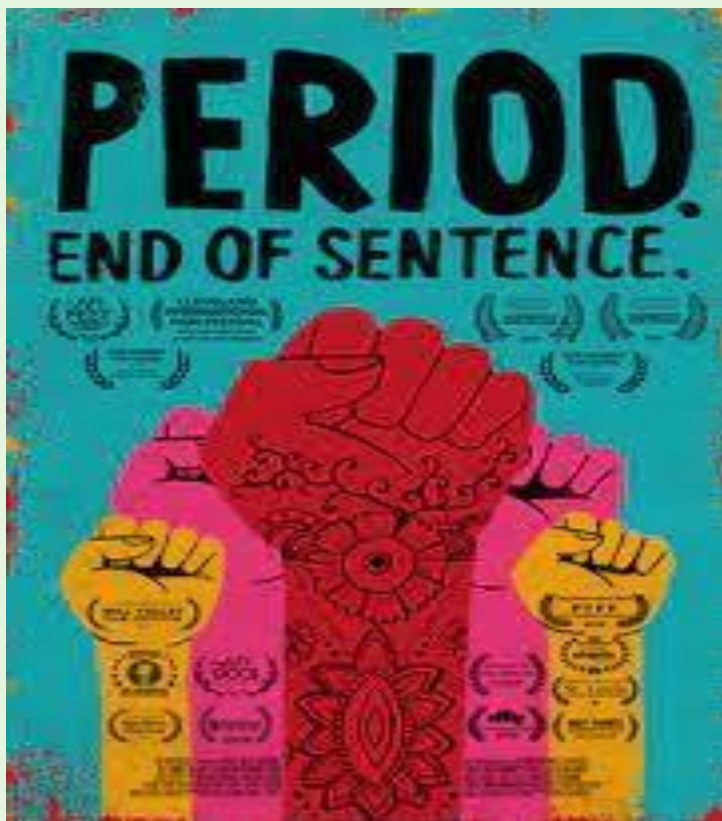
S.No.	S.R.No.	Name	Class	Feedback	Signature
1	63A	Himani Sagar	B.A III	good	Himani Sagar
2	306	Muskan	B.A I	nice	Muskan
3	577	Saniya	B.A I	nice	Saniya
4	568	Mansi	B.A I	good	Mansi
5	529	Trudy	B.A I	Good	Trudy
6	224	Rishi	B.A I	Very Good	Rishi
7	583	Rishi	B.A I	Good	Rishi
8	99	Muskan	B.A II Year	Excellent	Muskan
9	195	Azka	B.A II year	Excellent	Azka
10	157	Layaba	B.A Ist year	Very Good	Layaba
11	041	Katiya	B.A Ist year	Good	Katiya
12	103	Adnan	B.A Ist year	Good	Adnan
13	353	Shobana	B.A Ist year	Good	Shobana
14	92	Rashida	B.A Ist year	Good	Rashida
15	222	Shania	B.A Ist year	Good	Shania
16	007	Azka	B.A Ist year	excellent	Azka
17	513	Palak	B.A I <sup>st</sup> year	Good	Palak
18	234	Renika	B.A I <sup>st</sup> year	Good	Renika
19	192	Ashu Kashyap	B.A I <sup>st</sup> year	Nicely Provide information about Great Britain	Ashu
20	131	Shweta	B.A I <sup>st</sup> year	Good	Shweta
21	514	Fauha	B.A I <sup>st</sup> year	Good	Fauha
22	483	Isha Sharma	B.A I <sup>st</sup> year	Good	Isha
23	582	Ummi Zahra	B.A I <sup>st</sup> year	Good	Ummi
24	263	Nida	B.A I <sup>st</sup> year	Nice Informative	Nida
25	485	Laiba	B.A I <sup>st</sup> year	Nice	Laiba
26	073	Nida	B.A I <sup>st</sup> year	Good	Nida
27	097	Shifa	B.A I <sup>st</sup> year	Very Good	Shifa
28	265	Alina	B.A I <sup>st</sup> year	Good	Alina

S.No.	S.R.No.	Name	Class	Feedback	Signature
29	20	Iram Haroon	B.Com IInd	Very nice	Iram
30	18	Afreen	B.Com IInd	Very nice	Afreen
31	174	Muskan	B. Ist year	Good Information	Muskan
32	258	Nida	B. III year	Good	Nida
33	424	Pooja Saba	B.A I <sup>st</sup> year	Very Good	Pooja
34	003	Nida	B.A I <sup>st</sup> year	Very Good	Nida
35	202	Divyanshika	B.A I <sup>st</sup> year	Very Good	Divyanshika
36	191	Akshita Rani	B.A I <sup>st</sup> year	Very nice	Akshita Rani
37	493	Pooja	B.A I <sup>st</sup> year	Very Good	Pooja
38	121	Iqra	B.A I <sup>st</sup> year	Very Good	Iqra
39	73	Karreen Khatoon	M.A II Year III Sem	Very Good	Karreen
40	71	Shabir	M.A II Year III Sem	Very Good	Shabir
41	62	AKsa Santaf	M.A II Year III Sem	Very Good	AKsa
42	80	Pawna Arora	M.A II Year III Sem	Very Good	Pawna Arora
43	76	Firdos	B.A II year III Sem	Very nice program on breast cancer	Firdos
44	426	Farheen	B.A II year	Nice Informative program	Farheen
45	523	Iqra	B.A II year	Very Good	Iqra
46	256	Saloni	B.A II year	Very Good	Saloni
47	236	Hira Khan	B.A II year	Very Good	Hira Khan
48	559	Mani	B.A I <sup>st</sup> year	Very Good	Mani
49	21	Layba	B.A I <sup>st</sup> year	Very Good	Layba
50	331	Shiba	B.A I <sup>st</sup> year	Nice programme	Shiba
51	06	Muskan	B.A I <sup>st</sup> year	Good	Muskan
52	18	Aman	B.A I <sup>st</sup> year	Useful programme	Aman
53	01	Mashaba Azam	B.A I <sup>st</sup> year	Very good Programme	Mashaba
54	09	Farheen	B.A I <sup>st</sup> year	Very good Programme	Farheen
55		Jasmeen	B.A I <sup>st</sup> year	Very good Programme	Jasmeen
56	255	Indha Saftob	B.A I <sup>st</sup> year	Nice Programme	Indha

## Movie Screening and Discussion about menstruation (21<sup>st</sup> November 2022)

On 21<sup>st</sup> November 2022, Women Study cell of Ismail National Mahila PG College organized the screening of 'PERIOD. End of Sentence,' the Oscar- winning documentary about menstruation. The screening was followed by a discussion. The film is handled with a sensitive touch ,benefitting a subject that has long been considered taboo in India. It includes responses from men and women belonging to different age groups, providing varied perspectives, all depicting the common trend of unawareness and stigma attached with the topic of menstruation. While the film focuses on the production of pads, ensuring menstrual health requires reaching far beyond that.

The discussion address critical questions related to menstrual stigma, agency, and power relations. Ms Meenu Sharma, Incharge Women Study cell raised the point that How can we use the current attention to menstruation to bring about transformative change that advances gender justice. More than 45 students has participated in Movie screening and discussion and got benefitted. Ms. Meenu Sharma, incharge Women Study Cell Dr. Neha Singh and Ms. Priyanshi dignified members of Women study Cell have organized this program.





## **An Awareness Session on POSH Act (sexual harassment at Workplace) (03<sup>rd</sup> December 2022)**

On 03<sup>rd</sup> December 2022, an inauguration program cum an Awareness Session on POSH Act (sexual harassment at Workplace) was organized by Sashakt Women Study Cell of Ismail National Mahila PG College, Meerut. The program was organized by Mrs. Meenu Sharma, under the valuable guidance of respected Principal Dr. Anita Rathi, Dr. Anubhuti Chauhan, president of Arunodaya Society and eminent social worker was the chief guest of the event. Ms. Sylvia Samuel, eminent advocate was the chief speaker of the event. The program was inaugurated by all the distinguished guests by lighting a lamp in front of Maa Saraswati. Followed that felicitation of the guests with plant saplings.

Dr. Anubhuti Chauhan, the chief guest unveiled the name 'Sashakt' of Women Study Cell and encourage the students for empowerment. After that Ms. Meenu Sharma, incharge of Women Study cell introduced the topic. She says that Sexual harassment in the work place is a violation of a woman's right to equality, life, and liberty. It creates an insecure and hostile working environment, discouraging women from working and compromising their social and economic empowerment as well as the goal of fair progress. The Purpose of this session is to address these challenges, and create awareness among young students about various sexual harassment at workplace and the ways to deal in the workplace.

Advocate Sylvia Samuel was the chief speaker of the session. The Speaker made the session an interactive one. The Speaker introduced the Genesis of the Law and cited few real-life examples of harassment cases in India. She then introduced the idea of Aggrieved woman in the context of POSH Act and listed out various incidents that constitute harassment at workplace. She also threw insights on welcomed and unwelcomed behaviour at workplace. She further pointed out the list of behaviours that will be considered as harassment at workplace. The Speaker detailed about how unwelcomed practice will impact the behaviour and took participants on the inquiry process for harassment cases at workplace. Further, she also suggested a 3 P approach to prevent harassment at work place and highlighted on punishments and penalties which an individual is subject to, when he is found guilty of engaging in a harassment behaviour.

After Principal Dr. Anita Rathi addressed the session and motivated students to be empowered with knowledge of law and rights. All the guests were felicitated with plaque of Honour as a token of love and respect. Nearly 100 students of Final year UG and PG Students of College of Science and Humanities benefitted out of this event and became aware about various kinds so

harassments at workplace and how to deal with them. To conclude, it was very insightful student friendly and knowledge able session and achieved the purpose of creating awareness in the young minds about types of harassment at work place and the role of POSH act in preventing the same. At the end of session, Ms. Meenu Sharma gave vote of thank s to all the dignitaries and participants.









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**डॉ अनुभूति चौहान ने महिला सशक्तिकरण के महत्व को समझाया**



मेरठ : इस्माईल नेशनल महिला पीजी कॉलेज के महिला अध्ययन प्रकोष्ठ द्वारा POSH ACT 2013 विषय पर जागरूकता कार्यक्रम का आयोजन किया गया। कार्यक्रम का शुभारंभ प्राचार्या प्रो. अनीता राठी की अध्यक्षता में मुख्य अतिथि अरुणोदय संस्था की अध्यक्ष डॉ अनुभूति चौहान एवं मुख्य वक्ता एडवोकेट सेलविया सैमुअल द्वारा किया गया। मुख्य अतिथि डॉ अनुभूति चौहान ने महिला सशक्तिकरण के विभिन्न संस्थानों एवं एनजीओ की जानकारी प्रदान कर उनके महत्व को समझाया। प्राचार्या ने भी सामाजिक न्याय एवं महिला सशक्तिकरण में कानून की भूमिका पर प्रकाश डाला। मंच का संचालन करते हुए मीनू शर्मा, प्रभारी महिला अध्ययन प्रकोष्ठ ने मुख्य अतिथि, मुख्य वक्ता एवं प्राचार्या को पुष्प गुच्छ प्रदान कर अभिनंदन किया। कार्यक्रम में सभी महिला शिक्षिकाएं एवं महिला कर्मचारियों की अधिक संख्या भागीदारी तथा लगभग 80 छात्राओं की उपस्थिति रही।

**DAINIK MEERUT NEWS**

WhatsApp 9837037373 EDITOR: RAJKUMAR AGARWAL

Date: \_\_\_\_\_

**वूमेन सेल सशक्त का गठन**



स्माइल डिग्री कॉलेज में मुख्य अतिथि डॉक्टर अनुभूति चौहान का स्वागत प्रिंसिपल डॉ अनीता राठी व डॉक्टर मीनू शर्मा ने किया वूमेन सेल सशक्त का गठन हुआ जो फीमेल हेरसमेंट अट वकिल्स पर प्रकाश डाला गया लॉयर् विसित्वा ने सभी सरकारी नियम एवं लॉज बालिकाओं को समझाएं बालिकाओं को समझाएं व अनुभूति चौहान ने बताया खुद को कर सशक्त इतना अपने और और बोडी सेल्वेज को इतना सशक्त रखें बालिकाएं और वकिल्स पर कार्य करने वाली सभी महिलाओं के लिए कि किसी की हिम्मत ही ना हो आपसे कुछ कहने की और बहुत से नियमों पर प्रकाश डाला

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**03/12/2022**



**मेरठ:-** इस्माईल नेशनल महिला पीजी कॉलेज, मेरठ के महिला अध्ययन प्रकोष्ठ द्वारा POSH ACT 2013 विषय पर जागरूकता कार्यक्रम का आयोजन किया गया ।

## **National Seminar “Current Scenario and perspective of Human Rights in India” (10<sup>th</sup>December2022)**

On 10<sup>th</sup> December 2023 at the occasion of Human Rights Day, a National seminar was organized by Sashakt Women Study Cell of I N M PG College, Meerut in collaboration with Department of Political Science. The seminar was organized in blended mode and based on the theme of “Current Scenario and perspective of Human Rights in India” The seminar started with the inaugural programme graced by honourable Principal, Chief speaker and other dignitaries. The session starts with welcome address by Ms. Meenu Sharma to welcome all the dignitaries, presenters and all present in the programme with a brief introduction of the theme. It was followed by the lamp lightening ceremony in front of Maa Saraswati by the distinguished guests.

After that, Dr. Ekta Chaudhary introduced all the resource persons. Followed that felicitation of the guests by Prof. Shivali Agarwal, Head of the department, Political Science. The chief guest of the seminar, Dr. Deepti Srivastava have given a fresh start to the theme of Human rights through political perspective. After that, Dr. Louke Kumari, the keynote speaker talks over Gender equality, the very heart of human rights and United Nations values. The resource person of the seminar, Dr. Pramod Kumar gave feminist perspective to the theme. He discussed laws and policies for women for equal access to land, property, and housing and economic and social discrimination, rendering them vulnerable section of society. He also talked over Gender-based violence and sexual and reproductive health rights. These lectures were followed by question, discussion and viewpoints of the participants and speakers.

In the post lunch sessions participants presented their paper in two academic sessions. In academic session one chaired by Prof. Deepa Tyagi, the presenters projected their paper in offline mode. All the presenters have covered the theme of the seminar very well and raise thought-provoking questions. The second session was in the online mode and chaired by Dr. Shubhra Tripathi and co- chaired by Dr. pooja Rai.

Various interesting, contemporary and relevant topics were discussed in the papers exploring different dimensions of Human Rights. Some of the human rights issues discussed and explored in the presented papers were- Marital rapes defying women's right to live with dignity, breach of human rights by the expansion of Artificial Intelligence and surveillance of society, dimensions of right to privacy, various Indian laws defending human rights of women, subjugation of women and shunning of human right in the writings of Pandit a Ramabai, the relationship of democracy and human rights with the critical

Analysis of Islamic education, human rights violationingender based violenceat digital platforms etc. Queries were also taken after each paper presentation making it more interactive.

This was followed by valedictory function. The valedictory session started with an invited talk by Adv. Geeta Garg, an eminent advocate of Meerut and Guest of Honour of the seminar. Certificates were distributed to the presenters by the dignified guests. The programme was ended with vote of thanks by Dr. Ekta Chaudhary, Co-convener of the Seminar.

**ISMAIL NATIONAL MAHILA (PG) COLLEGE**  
MEERUT (U.P.)  
AFFILIATED TO CH. CHARAN SINGH UNIVERSITY, MEERUT  
ACCREDITED BY NAAC WITH 'A' GRADE

**One day National Seminar**  
(Blended Mode)

**On**  
**"Current Scenario and Perspective of Human Rights in India"**

Organized By  
"सशक्त", **Women Study Cell**  
and  
**Department of Political Science**  
on the occasion of  
**"International Human Rights Day"**

Date : December 10, 2022 Time: 10:00 AM  
Venue: "Ram Lal Agarwal Hall"

Chief Patron & Hon. Secretary  
Sh. Ajay Agarwal

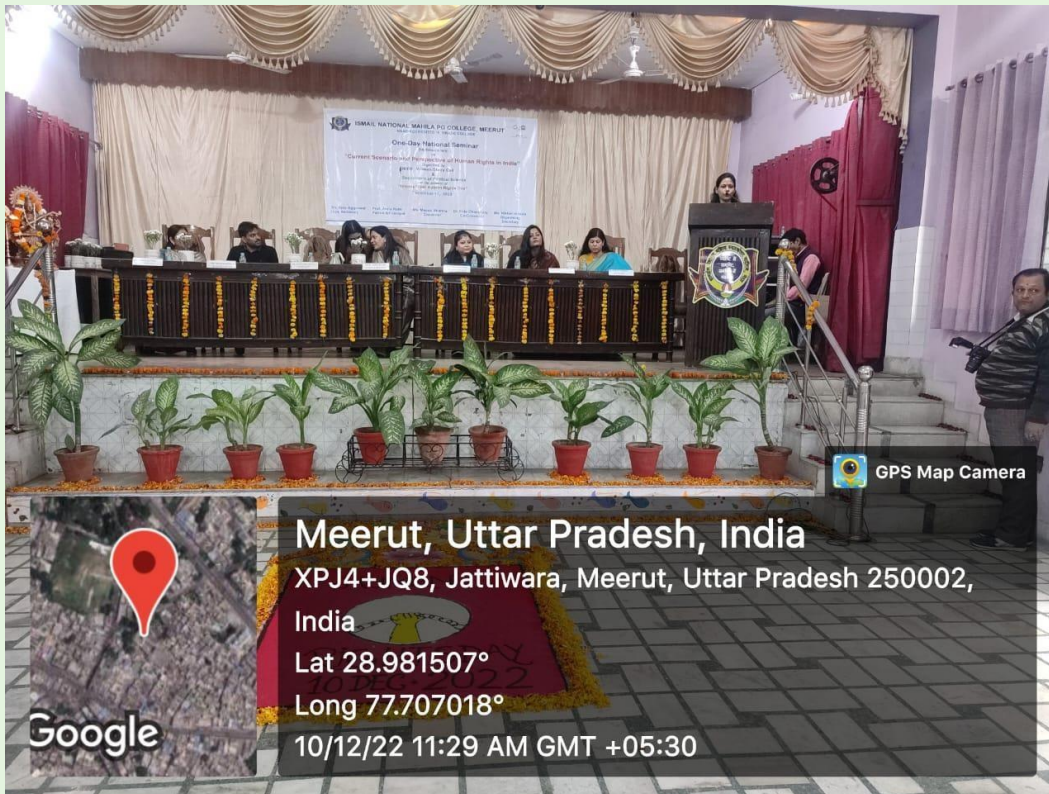
Patron & Principal  
Prof. Anita Rathi

Convener  
Ms. Meenu Sharma

Co-convener  
Dr. Ekta Chaudhary

Organising Secretary  
Ms. Nikhat Umaira

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## इस्माईल नेशनल महिला पीजी कॉलेज, मेरठ में एक दिवसीय राष्ट्रीय संगोष्ठी शीर्षक 'महिला प्रकोष्ठ एवं राजनीतिविज्ञान विभाग के संयुक्त तत्वावधान में आयोजित

आज का बुलेटिन निजि प्रतिनिधि मेरठ। इस्माईल नेशनल महिला पीजी कॉलेज, मेरठ में एक दिवसीय राष्ट्रीय संगोष्ठी शीर्षक "CURRENT SCENARIO AND PERSPECTIVE OF HUMAN RIGHTS IN INDIA" महिला प्रकोष्ठ एवं राजनीतिविज्ञान विभाग के संयुक्त तत्वावधान में आयोजित की गयी त्रिसंयोजिका श्रीमति मीनू शर्मा एवं सहसंयोजिका डॉ० एकता चौधरी तथा व्यवस्थापिका सचिव कु० निखत हुमैरा रही। कार्यक्रम को मुख्य अतिथि डॉ० दीप्ति श्रीवास्तव ने महिला अधिकारों के विभिन्न आयामों पर प्रकाश डाला। संगोष्ठी की मुख्य वक्ता लुके कुमारी ने भी समकालीन परिदृश्य में मानव अधिकारों की प्रासंगिकता को बताते हुए आदिवासी समाज के अधिकारों पर विचार व्यक्त किया।



विषय विशेषज्ञ डॉ० प्रमोद कुमार जी ने वर्तमान अंतर्राष्ट्रीय व्यवस्था में मानव सुरक्षा सन्दर्भ में मानव अधिकारों का आलोचनात्मक मूल्यांकन किया। इसके साथ ही प्राचार्य प्रो० अनीता राठी ने भी महिला अधिकारों के विभिन्न पहलुओं पर प्रकाश डाला। कार्यक्रम के समापन सत्र में मुख्य वक्ता एडवोकेट गीता गर्ग ने सर्वैधानिक परिप्रेक्ष्य में मानवाधिकारों की समीक्षा की। इस सत्र

का संचालन कु० निखत उमैरा ने किया तथा धन्यवाद ज्ञापन डॉ० एकता चौधरी ने किया। कार्यक्रम के अंत में प्रो० शिवाली अग्रवाल ने धन्यवाद ज्ञापन के द्वारा संगोष्ठी का समापन किया। संगोष्ठी के आयोजन को सफल बनाने के लिए सलाहकार समिति के अनन्यत प्रो० दीप्ति कौशिक, डॉ० हुमा मसूद, प्रो० दीपा त्यागी, डॉ० रीना गुप्ता, डॉ० ममता, डॉ० विनेता, श्रीमति मोनिका का

योगदान रहा। साथ ही सदस्य समिति में सम्मिलित डॉ० शुभा त्रिपाठी, डॉ० पूजा राय, कु० सुमन मिश्रा, डॉ० नेहा सिंह, डॉ० स्वर्णा, कु० महिमा ठाकुर, डॉ० दीक्षा रानी, कु० प्रियांशु, श्रीमति निशा गुप्ता तथा डॉ० मनी महानन ने भी कार्यक्रम को सफल बनाने में अपना पूर्ण योगदान दिया। कार्यक्रम में श्री अमित कुमार, श्री योगेन्द्र अग्रवाल, धर्मवीर और गौरव का सहयोग रहा



**Meerut, Uttar Pradesh, India**  
 Budhana Gat ,Near Gymkhana Maidan, XPJ4+GX6,  
 Jattiwara, Meerut, Uttar Pradesh 250002, India  
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**मेरठ:— अंतर्राष्ट्रीय मानवाधिकार दिवस पर इस्माईल पीजी कॉलेज में एक दिवसीय राष्ट्रीय सेमिनार का आयोजन**

**एमटीवी:—** इस्माईल नेशनल महिला पीजी कॉलेज के महिला प्रकोष्ठ एवं राजनीतिविज्ञान विभाग के संयुक्त तत्वावधान में शनिवार को अंतर्राष्ट्रीय मानवाधिकार दिवस पर "CURRENT SCENARIO AND PERSPECTIVE OF HUMAN RIGHTS IN INDIA" विषय पर एक दिवसीय राष्ट्रीय संगोष्ठी का आयोजन किया गया। जिसकी संयोजिका मीनू शर्मा, सह-संयोजिका डॉ. एकता चौधरी तथा व्यवस्थापिका सचिव कु.निखत हुमैरा रही। कार्यक्रम में डॉ.दीप्ति श्रीवास्तव, लूके कुमारी, डॉ.प्रमोद कुमार, एडवोकेट गीता गर्ग आदि ने विषय पर अपने विचार व्यक्त किए। इसके साथ ही प्राचार्या प्रो.अनीता राठी ने भी महिला अधिकारों के विभिन्न पहलुओं पर प्रकाश डाला। कार्यक्रम को सफल बनाने में प्रो.शिवाली अग्रवाल, प्रो.दीप्ति कौशिक, डॉ.हुमा मसूद, प्रो.दीपा त्यागी, डॉ.रीना गुप्ता, डॉ.ममता, डॉ.विनेता, मोनिका आदि का योगदान रहा।

**शिक्षकों-विद्यार्थियों ने ली मानवाधिकार संरक्षण की शपथ**

जगरण संवाददाता, मेरठ: श्रीवास्तव ने महिला अधिकारियों अंतरराष्ट्रीय मानवाधिकार दिवस के विभिन्न आयामों पर प्रकाश पर शनिवार को शहर के विभिन्न कालेजों व विद्यालयों में शिक्षकों-विद्यार्थियों को मानवाधिकारों के संरक्षण एवं संवर्धन की शपथ दिलाई गई।

बुधाना गेट स्थित इस्माईल नेशनल महिला पीजी कॉलेज में शनिवार को राष्ट्रीय संगोष्ठी का आयोजन किया गया। मुख्य अतिथि डा. दीप्ति श्रीवास्तव ने संबोधित करतीं अतिथि जगरण के विभिन्न आयामों पर प्रकाश डाला। मुख्य वक्ता लूके कुमारी ने आदिवासी समाज के अधिकारों पर विचार व्यक्त किए। प्राचार्य प्रो. अनीता राठी, सम्मपन सत्र के मुख्य वक्ता एडवोकेट गीता गर्ग ने संवैधानिक परिप्रेक्ष्य में मानवाधिकारों को सम्बोधित की। प्रो. शिवाली अग्रवाल ने आभार जताया।

# FDP on Fundamentals of Gender Studies(17December2022)



**ISMAIL NATIONAL MAHILA PG COLLEGE, MEERUT**  
**DEPARTMENT OF SOCIOLOGY**  
**CERTIFICATE COURSE**  
On  
**Topic-Fundamentals of Gender Studies**  
(2022-2023)

Department of Sociology of the Ismail National Mahila PG College, Meerut has organized a 15 days Certificate Course from 3rd December, 2022 to 17th December, 2022 (30 hrs) on 'Fundamentals of Gender Studies' topic. The course was interdisciplinary in nature.

The objective of this certificate course was to develop a pedagogical and epistemological perspective about gender studies and various related dimensions as Constitutional provisions, gender and health, gender and media, Eco-feminism etc. among the students.

Total number of students enrolled in this certificate course was 58. Students from both graduation and post graduate level enrolled for this course. Each day two sessions were held from 11:00 a.m. to 12 p.m. as well as from 1:00 p.m. to 2:00 p.m. To make up for the requirement of 30 hours, timings of some sessions were extended. This certificate course was organized on hybrid mode since some of the speakers (resource person) had joined online to deliver their lecture.

On 2nd of December 2022, inauguration was held in the presence of College Principal Prof. Anita Rathi, Sociology Department Incharge Prof. Deepi Kaushik, Keynote Speaker Prof. Yogendra Singh, Head of Sociology Department, CCS University, Meerut, and Course Coordinators Dr. Shubhra Tripathi, Assistant Professor Sociology Department INMPG College, Meerut, and Dr. Pooja Rai, Assistant Professor department of Sociology, INMPG College, Meerut. After the inauguration keynote speaker Professor Yogendra delivered a lecture on core concepts of gender, where he introduced the students with the fundamental concept of gender.

On 5th of December, resource person Dr. Rajnikant Pandey, Assistant Professor Political Science, ROS College, Muzaffarpur, Bihar, made the student aware about women studies and gender studies and the difference between both. He also let the students know about patriarchy, power, social structure and practices which maintain exploitation of women. The second

session lecture was delivered by Dr. Pooja Rai, Assistant Professor, department of sociology, INMPG College, Meerut on the topic 'indigenous roots of Feminism'. The third day of December 6th, the lecture of the first session was delivered by Dr. Shubhra Tripathi, Assistant Professor, department of Sociology, INMPG College, Meerut who illustrated the discourse of gender in sociology. The second session was delivered by Dr. Swarna, Assistant Professor, department of English, INMPG College, Meerut on the topic 'feminist theories', where she made the students aware about different feminist theories as liberal feminism, Marxian feminism, radical feminism etc. On December 7th, Professor Deepa Tyagi, Incharge of Hindi department, INMPG College, Meerut delivered an interesting lecture on 'Women discourse in Hindi literature', where she developed a chronological gender discourse in Hindi literature by various writers in different eras, both in Hindi poems and stories. The second session was dedicated to library visit and write up where the students were instructed to search books on gender and write details about them.

On the 5th day of the certificate course, Dr. Vikas Shukla, Assistant professor Political Science, Rajiya Degree College, Jhaikholi, Uttarakhand joined us in the first session via online and enlightened the students about gender and development, specifically about WID, WAD, and GAD.

In the second session, Ms. Saman Mishra, Assistant professor, department of Hindi, INMPG College, Meerut delivered her lecture on the topic Ecofeminism, where she illustrated the relationship and similarities between environment and women. On the sixth day of the first session of certificate course Ms. Priyanshi, Assistant professor, Sanskrit, INMPG College, Meerut delivered her lecture on women in ancient and medieval India. She provided historical information about the condition of women in ancient and medieval India. In the second session Dr. Neha Singh, Assistant professor Hindi, INMPG College, Meerut delivered a lecture on gender and tribe, where she enlightened the students about tribal women and their condition in India.

On the 7th day, both in first and second sessions course outcome presentations were taken from the students. On the 8th day of the certificate course, in the first session, the students were shown 2 genders centric short movies namely Devi, Muskan and Nitishastra. In the second session, the students were told to write and present the reviews of any two of the shown short movies.

On the 9th day of the course, Professor Madhu Nangia, Retired Professor Sociology M.D University, Rohtak, Haryana joined the first session via online mode and enlightened the students on the topic Gender and health, where she beautifully explained the social dimensions of women's health in India. In the second session Ms. Meenu Sharma, Assistant professor English, INMPG College, Meerut delivered her lecture on gender and media where she highlighted the presentation and promotion of gender stereotypes in media.

On the 10th day, the first session of the course, Dr. Ekta Chaudhary, Assistant Professor Political Science, INMPG College, Meerut delivered her lecture on Indian Constitution and status of women. She provided a detailed analysis of different constitutional provisions along with the amendments which played an important role in reforming the status of Indian Women and third gender. In the second session of the day, Ms. Nighat Umair, Assistant Professor, Political Science, INMPG College, Meerut enlightened the students about Section 377 and the discrimination of Sexuality.

On the 11th day of the certificate course, in the first session Ms. Mahima Thakur, Assistant

Professor, English, INMPG College, Meerut delivered her lecture on historical overview of feminist movement where she made the students aware regarding different waves of feminism and about history of feminist Movement in India. In the second session, course outcome presentations were taken of the remaining students.

On the 12th day of the certificate course, in the first session Dr. Shubhra Tripathi, Assistant professor (sociology), INMPG college delivered her lecture on feminist research methodology where she told the students about methodology used in feminist research. She also let the students know about current areas of feminist research. In the second session, a written examination of the 15 days certificate course was conducted. The pattern of the examination was multiple choice questions where the students were given 15 questions to solve. The time limit for the exam was half an hour. After the exam, the students were provided a feedback form to know their feedback about the certificate course.

On the last day of the certificate course i.e. 17th of December, in the first session Viva -voice was conducted, where the students were asked questions regarding the subject matter of the Certificate course. In the second session, valedictory programme and certificate distribution was done.

Total number of students enrolled in the program was 58, whereas the students who completed the course and got the certificate at the end were 34 in number. Only those students were provided certificates who completed their certificate course by passing the assessment successfully. Total marks of assessment for the certificate course was 100. The assessment marks were distributed among 5 activities that is Library visit(15), Documentary review(15), Course outcome presentation (20), Attendance & Viva (20) and MCQ (30). The Course Coordinators of the Certificate Course were Dr. Shubhra Tripathi and Dr. Pooja Rai of Department of Sociology, INMPG College, Meerut. The Certificate Course was conducted under the supervision of Department Incharge Prof. Deepi Kaushik, Department of Sociology, INMPG College, Meerut.

Dr. Shubhra Tripathi & Dr. Pooja Rai  
(Course Coordinators)



**Ismail National Mahila P. G. College, Meerut**  
 Department of Sociology  
 Add on value Added-Certificate Course

**Notice**

This is to inform all the students of Ismail National Mahila P. G. College, Department of Sociology is going to introduce Certificate Course in our College premises. The course is listed as follows:

- **Name of Course:** Certificate Course
- **Title of the Course:** "Fundamentals of Gender Studies"
- **Duration of the Course:** 1<sup>st</sup> December to 17<sup>th</sup> December (30 hours), 2022.
- **Registration fee:** 150/- (per enrollment).
- **Last date of registration:** 17<sup>th</sup> December, 2022.

Certificate will be issued after the completion of the course. Attendance is mandatory for Certificate. For registration and more details contact in the Course coordinator at the below given address.

Prof. Nisha Malik  
 Principal  
 Ismail National Mahila P.G. College  
 Meerut

Dr. Shilpa Tripathi  
 Course Coordinator

Dr. Pooja Rai  
 Course Coordinator

**ISMAIL NATIONAL MAHILA PG COLLEGE  
 MEERUT**  
 Department of Sociology  
 Certificate Course  
 05-12-2022 to 17-12-2022

**"Fundamentals of Gender Studies"**

Dr. Nisha Malik  
 Course Coordinator

Dr. Shilpa Tripathi  
 Course Coordinator

Dr. Pooja Rai  
 Course Coordinator

Dr. Anshu Singh  
 Course Coordinator

**Objectives:**  
 To assess the students' understanding of the challenges faced by women, LGBTQ+ & Third gender as a consequence of gender discrimination.

**Outcomes:**  
 To develop a professional & entrepreneurial perspective about gender studies among the students. To build the students' capacity about gender discrimination and gender justice.

**Course Description:**  
 The certificate course aims to provide comprehensive understanding of the gender studies among students. The course includes the gender studies, women and gender studies, LGBTQ+ and Third gender studies, gender studies and social justice. The certificate course will provide the students with the comprehensive understanding of gender studies. The certificate course will be conducted by experts in the field of gender studies. The certificate course will be conducted in a flexible manner with live classes in evening under supervision of the course coordinator.

Date: 23/11/2022

To  
 The Principal  
 Ismail National Mahila PG College Meerut

Subject: Seeking permission for conducting a Certificate Course on "Fundamentals of Gender Studies" regarding:

Respected Madam,

With due regard, this is to inform you that we, Department of Sociology, wish to conduct a Certificate Course on "Fundamentals of Gender Studies" for the welfare development of the students. We kindly request your permission to proceed with planning and execution of this Certificate course.

We are looking forward to your favorable response and guidance on the necessary steps to take in this regard.

Thanks for your consideration.

Sincerely yours,  
 Dr. Shilpa Tripathi & Dr. Pooja Rai  
 Joint Co-ordinators  
 Department of Sociology  
 Ismail National Mahila PG College, Meerut

Approved by  
 Dr. Nisha Malik  
 23/11/2022



**हीरा टाइम्स**  
 15 दिवसीय सर्टिफिकेट कोर्स शुरू

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मेरू - इस्मैल नेशनल महिला पी.जी. कॉलेज में समुदायवादी शिक्षण के संवर्धन के लिए अक्टूबर में 15 दिवसीय सर्टिफिकेट कोर्स शुरू करने का शुभारंभ किया गया।

एनटीवी  
 Call us: 0520601273





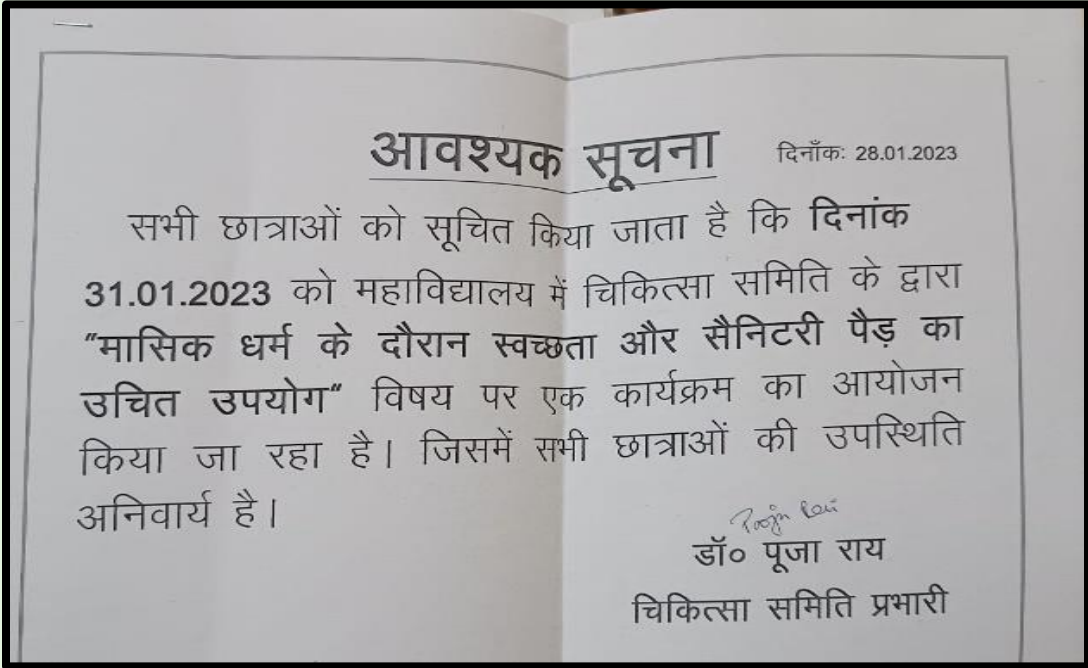
## **An Awareness program on ‘the hygiene and proper use of sanitary pads during menstruation’ (31 January 2023)**

On January 31, 2023, an awareness program was organized by the medical committee at Ismail National Women's P.G. College, Meerut, on ‘the hygiene and proper use of sanitary pads during menstruation’ among female students. The program was conducted by Dr. Pooja Rai, In-charge of Medical Committee. In this program, representative from Sukanya Care provided information regarding sanitary pads among girl students and told that women use different types of sanitary napkins sold in the market when menstruation comes. Discussing the quality of pads used by women during menstruation, she said that there are many types of sanitary pads sold in the market which are made of plastic. Using such pads at the time of period can prove fatal for women, using such sanitary napkins makes it sticky, due to which there is a risk of spreading the infection. Due to infection, there is a disease like leucorrhoea in women, if the woman suffering from this disease does not get treatment in time, then she loses her life. In such a situation, Sukanya Care family is alert to make the future of women golden. Sukanya family is determined to provide the best type of medicated sanitary napkins to mothers and sisters. The biggest advantage of using this napkin is that it does not cause infection. The bleeding that occurs during menstruation has to be stopped for 150 ml. At the same time, the speakers who came from Sukanya care family told that in order to live a healthy life happily, women should use the sanitary napkins being provided by the Sukanya family. Along with this, she also distributed sanitary napkins to the girl students in the college. They also gave information about how the girl students should be kept clean during menstruation and what kind of napkins should be used.

Photographs:







Activity - 2

दिनांक 31/01/2023 को महाविद्यालय में मैट्रिकल कमेटी के द्वारा मासिक धर्म के दौरान स्पष्टता और सैफ्टरी पैड का उचित उपयोग विषय पर सुचना केन्द्र के द्वारा छात्रों को जागरूक किया गया। जिसमें निम्न छात्रों उपस्थित रही-

S.NO.	Name	Father Name	Class	Feedback	Signature
1	Manika	mukesh	B.A I year	अच्छा काम करा गया	Manika
2	Kashish	MO. Nadeem	B.A III	अच्छा $<E>$	Kashish
3	Sana	Imamuddin	B.A III	Excellent Programme	Sana
4	Pecashi	Mr. Vikas	B.A II	Good	Pecashi
5	Samana	Sanjay	B.A II year	Very informative	Samana
6	Anjali	Mr. Rakesh	B.A I year	Nice activity & very informative	Anjali
7	Cyberabrar	Mohd. Saleem	M.A I year	अच्छा कार्य जागरूकता फैलाया गया	Cyberabrar
8	Swati Kasyap	Babli Kasyap	B.A I year	Informative programme	Swati
9	Kajal	Ajay Pal	B.A I	Good work	Kajal
10	Zoya Khan	Mr. Late Khan	B.A I year	Excellent programme	Zoya Khan
11	Ayushi Sharma	Binj Bhushan Sharma	B.A I year	Great work	Ayushi
12	Samakya Saini	Shivkumar Saini	B.A I year	अच्छा काम किया गया	Samakya
13	Neha	Vijay pal Singh	B.A I year	Good work	Neha
14	Khishoo	Zari kumar	B.A I year	Nice activity	Khishoo
15	Priyanka vora	Shri Chandrapal Singh	B.A I year	Very Important Information.	Priyanka
16	Soniya	Jehad	B.A I year	Good work	Soniya
17	Sakshi	Rajendra kumar	B.A I year	Excellent programme	Sakshi
18	Nasra	Sahin	B.A I year	Nice activity	Nasra
19	Swati	Ashraf	B.A I year	Good work	Swati

S.NO.	Name	Father Name	Class	Feedback	Signature
20.	Swati Kasyap	Babli Kasyap	B.A I year	Informative programme	Swati Kasyap
21.	Bushra Mehboob	Mehmood	B.A I year	Good work	Bushra
22.	Saman Jahan	Menmood Ali	M.A I year	It was informative programme	Saman
23.	Gueetanjali Sood	Mr. Sachin Sood	M.A II year	Good work	Gueetanjali
24.	Kaif	Mr. Fly as	M.A II year	information programme	Kaif
25.	Aabida	Jabbar	B.A I year	Good work	Aabida
26.	Shma Sati	Nasir	M.A I year	Nice work	Shma
27.	Tuba	Naimuddin	M.A I year	Very Good.	Tuba
28.	Awanika	Narash Kumar	M.A I year	It's very nice informationable	Awanika
29.	Mahaba	Mohd. Azam	B.A I year	Nice work	Mahaba
30.	Anshta Aftab	Aftab idlam	B.A I year	Good work	Anshta
31.	Fauheen	Mehrab Hussain	B.A I year	Nice work	Fauheen
32.	Jawabneh	Anees ur Rehman	B.A I year	Good work	Jawabneh
33.	Samar Jahan	Mohd Yusuf	M.A I year	Medical checkup is necessary for us	Samar Jahan
34.	Aaliya	Chahngwar	M.A I year	Nice work	Aaliya
35.	Anam	Bahadur Ali	M.A I year	Good job	Anam
36.	Bindas	Mohd Sayid	M.A I year	Very good job	Bindas
37.	Gulnaaz	Azad	B.A I year	Nice program	Gulnaaz
38.	Komal	Omi Prakash	M.A I year	Good Program	Komal
39.	Laiba	Nawab Ali	B.A I year	Nice programme	Laiba
40.	Muskan	Asham	B.A II year	Good work	Muskan
41.	Iqra	Mohammad Nawab	M.A I year	Nice work	Iqra
42.	Khushi	Vikram Singh	B.A I year	Nice work	Khushi
43.					
44.					
45.					
46.					
47.					

स्थापित : 1962

प्राचार्य (का०) : 4303100  
फैक्स : 4300443



## इस्माईल नेशनल महिला पी०जी० कॉलेज, मेरठ

श्री० चरण सिंह विश्वविद्यालय, मेरठ (पूर्व में मेरठ विश्वविद्यालय, मेरठ) से सम्बद्धता प्राप्त

नॉक द्वारा A ग्रेड मूल्यांकित कॉलेज

दिनांक : 31.01.2023

### प्रेस विज्ञप्ति

दिनांक 31.01.2023 को इस्माईल नेशनल महिला पी०जी० कॉलेज, मेरठ में चिकित्सा समिति के द्वारा "मासिक धर्म के दौरान स्वच्छता और सैनिटरी पैड का उचित उपयोग" विषय पर कार्यक्रम का आयोजन किया गया। कार्यक्रम की अध्यक्षता महाविद्यालय की प्राचार्य डॉ० अनीता राठी ने किया। कार्यक्रम में सुकन्या केयर की तरफ से आई हुई महिलाओं ने छात्राओं में मासिक धर्म के दौरान होने वाले विभिन्न समस्याओं और सैनेटरी पैड का उचित उपयोग पर विस्तार पूर्वक चर्चा करते हुए उन्हें बताया की कैसे हमें इन दिनों में अपना विशेष ध्यान रखना चाहिए। चिकित्सा समिति की इंचार्ज डॉक्टर पूजा राय ने भी छात्राओं का उत्साह वर्धन करते हुए उनके बीच सैनेटरी पैड का वितरण कराया। कार्यक्रम में कुमारी सुमन एवं अन्य का भी सहयोग रहा।

सेवा में,

सम्पादक/सम्पादिका

कृपया उक्त प्रेस विज्ञप्ति छापने की कृपा करें।

प्रो० दीपा त्यागी

प्रेस प्रवक्ता



## A Free check-up Camp (7 February 2023)

Dated 7 February 2023, a medical camp was organized by the medical committee at Ismail National Women's PG College, Meerut. Kaushik Diagnostic Center had a lot of cooperation in this camp, through which a free check-up camp was organized in the college. The program was inaugurated by Dr Pooja Rai, in charge of the Medical Committee, by welcoming the guests and lighting the lamp in front of MaaSaraswati. Free ECG test, physiotherapy consultancy and cholesterol, sugar and calcium test were done on this occasion.

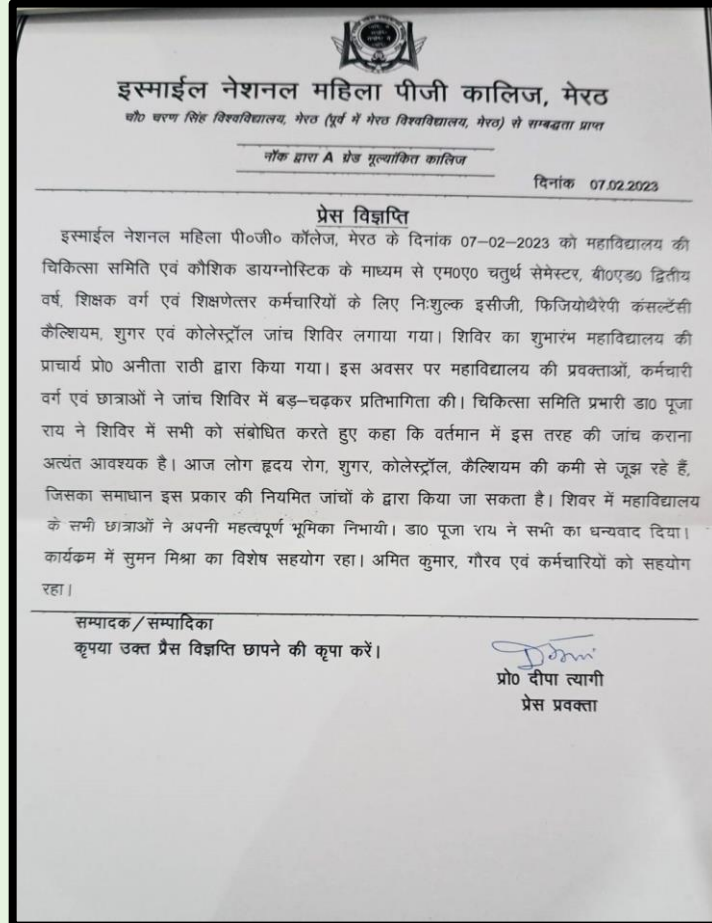
This camp is mainly organized for MA and B.Ed. second year students as well as Deployed for teaching staff and non-teaching staff. Faculty, staff and students of the college participated enthusiastically on this occasion.

Addressing everyone in the camp, Medical Committee in-charge Dr. Pooja Rai said that it is very necessary to conduct such an investigation at present. Today people are suffering from calcium deficiency, symptoms of heart disease and sugar, which can be solved only by such regular check-ups.

Various types of health related problems are arising after corona, due to which people are facing many types of problems. Keeping this in mind, this camp was organized.







स्थापित : 1962

प्राचार्या(फा0): 4303100  
फैक्स : 4300443



## इस्माईल नेशनल महिला पी0जी0 कालिज, मेरठ

डॉ0 वरुण सिंह विश्वविद्यालय, मेरठ से सम्बद्धता प्राप्त

नॉक द्वारा A मूल्यांकित कालिज

दिनांक : 06-02-2023

### निमन्त्रण

महाविद्यालय की समस्त प्रवक्ताओं एवं कर्मचारियों को सूचित किया जाता है कि दिनांक 07-02-2023 को चिकित्सा समिति द्वारा निःशुल्क चिकित्सा शिविर का आयोजन प्रातः 11:00 बजे राम लाल अग्रवाल हॉल में किया जा रहा है।

आप सभी सादर आमन्त्रित हैं।

डॉ0 पूजा राय  
प्रभारी, चिकित्सा समिति

प्रो0 अनीता राठी  
प्राचार्य

### आवश्यक सूचना

दिनांक: 03.02.2023

महाविद्यालय की सभी छात्राओं को सूचित किया जाता है कि दिनांक 7 फरवरी 2023 को चिकित्सा समिति द्वारा निःशुल्क चिकित्सा शिविर का आयोजन प्रातः 10:00 बजे से राम लाल अग्रवाल हॉल में किया जा रहा है। इच्छुक छात्राएँ शिविर का लाभ उठाए।

डॉक्टर पूजा राय  
प्रभारी  
चिकित्सा समिति

Activity - 3

दिनांक 02/02/2023 को महाविद्यालय मेडिकल कैंप उपस्थित रहे।

आज का दिन। निम्नो विना प्रश्नोत्तर एवं वार्ड।

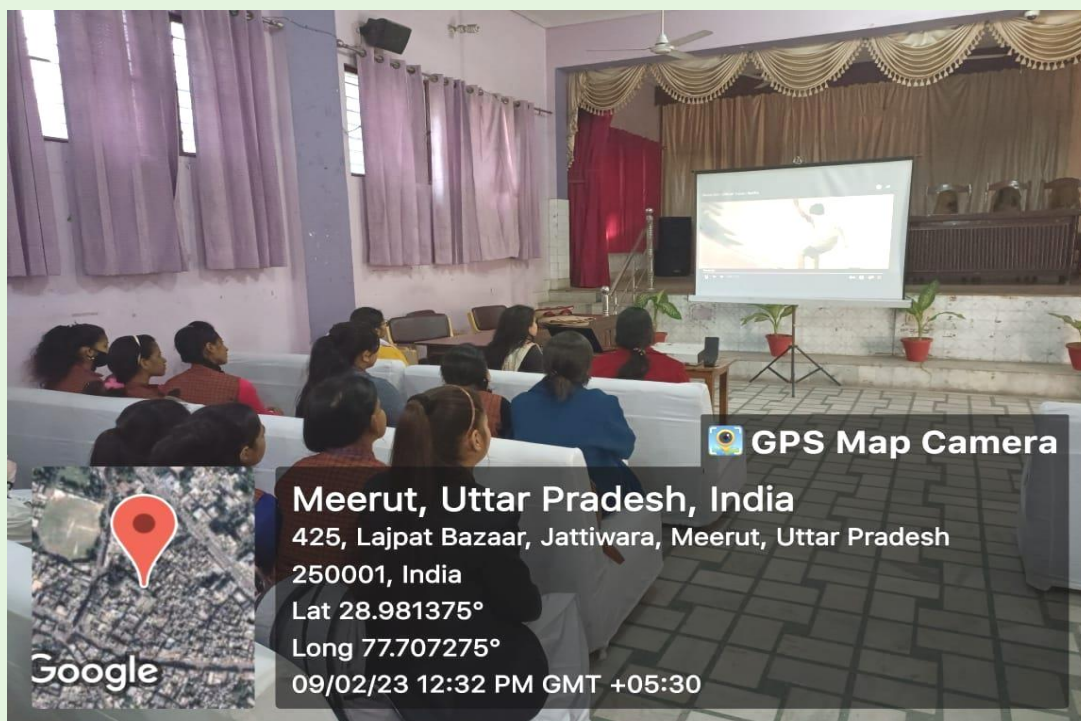
S.No	Students Name/Teachers/ Staff	Class/ Department	Feedback	Signature
1	Suman Mishra	Hindi	Very informative	[Signature]
2	MEENU SHARMA	English	Beneficial	[Signature]
3	Nisha Gupta	Home Science	Informative Session	[Signature]
4	Dr Mani Bharadwaj	Commerce	Nice Session	[Signature]
5	Dr. Gulshra Gupta	Sociology	Very beneficial and informative	[Signature]
6	Dr. Babita Sharma	Drawing	Very nice	[Signature]
7	Dr. Sarika Sharma	B.Ed.	All the medical test were very useful and be nice	[Signature]
8	Abha Singh	B.Ed.	Nice	[Signature]
9	Tuba	M.A. II Year	informative program	[Signature]
10	fahim	B.A. 1 <sup>st</sup> year	Nice	[Signature]
11	Aojali	B.A. I Year	Good	[Signature]
12	Anam	M.A. 1 <sup>st</sup> year	Good	[Signature]
13	Asma	M.A. 3 <sup>rd</sup> year	Good	[Signature]
14	Inshara	M.A. I	Good	[Signature]
15	Yashika Sharma	M.A. I	Good	[Signature]
16	Neha	M.A. 1 <sup>st</sup> sem	Good	[Signature]
17	Sukanya	M.A. 1 <sup>st</sup> sem	Good	[Signature]
18	Rajase raw	M.A. 1 <sup>st</sup> sem	Good	[Signature]
19	Payal	B.A. II year	Good Programme	[Signature]
20	Soni	B.A. 1 <sup>st</sup> year	Nice Programme	[Signature]
21	Sonija	B.A. II year	Good Programme	[Signature]
22	Neha Bhati	M.A. I year	Good	[Signature]
23	Supriya	M.A. I year	Nice	[Signature]

S.No	Name	Class	Feedback	Signature
24	Samrat Jagan	M.A. II <sup>nd</sup> Year	It was a informative & a Good Programme	[Signature]
25	Usha Saifi	H.A. II <sup>nd</sup> Year	Nice Programme	[Signature]
26	Aparnika	M.A. II <sup>nd</sup> Year	Good Programme	[Signature]
27	Cneetanjali Sood	M.A. II <sup>nd</sup> year	Good	[Signature]
28	Tuba	M.A. II <sup>nd</sup> year	Very Good	[Signature]
29	Kaifi	M.A. II <sup>nd</sup> year	Very Good Programme	[Signature]
30	Insha	M.A. II <sup>nd</sup> year	Very Good	[Signature]
31	Aksha Kanan	B.A. II <sup>nd</sup> sem	Nice & good	[Signature]
32	Deepa Ravi	B.A. II <sup>nd</sup> sem	Very Good	[Signature]
33	Dhanyashikha	B.A. II <sup>nd</sup> sem	Nice good	[Signature]
34	Griha Saifi	B.A. II <sup>nd</sup> sem	Very good	[Signature]
35	Shreeta	B.A. II <sup>nd</sup> sem	Good Programme	[Signature]
36	Muskam	B.A. II <sup>nd</sup> sem	Very good	[Signature]
37	Zoya	B.A. I <sup>st</sup> year sem	Very good	[Signature]
38	Ashni	B.A. I <sup>st</sup> year sem	Very good	[Signature]
39	Muskam	B.A. I <sup>st</sup> year sem	Nice	[Signature]
40	Nisha	B.A. I <sup>st</sup> year sem	Very Good	[Signature]
41	Atifa	B.A. I <sup>st</sup> year sem	Very Nice	[Signature]
42	Aysha	B.A. I <sup>st</sup> year	Very Nice	[Signature]
43	Namra	B.A. I <sup>st</sup> year	Very Good	[Signature]
44	Makhaba	B.A. I <sup>st</sup> year	Very Good	[Signature]
45	Shiraza	B.A. I <sup>st</sup> year	Very Good	[Signature]
46	Preeti Singh	B.A. I <sup>st</sup> year	Very Good	[Signature]
47	Mahini	B.A. I <sup>st</sup> year	Very Good	[Signature]
48	Mehwish	B.A. I <sup>st</sup> year	Very Good	[Signature]
49	Suyata Goudam	M.A. I <sup>st</sup> year	Very good	[Signature]
50	Monika Pal	M.A. I <sup>st</sup> year	Good	[Signature]
51	Neha Bhati	M.A. I <sup>st</sup> year	Good	[Signature]

SN <sup>o</sup>	Name	class	feedback	Signature
52	ARISHA	BA III	Very Nice	Arisha
53	Soniya	BA III	Good & informative	Soniya
54	Saumya Yadav	M.A II <sup>nd</sup> year	Very Nice	Saumya
55	Sheetal Pal	M.A II <sup>nd</sup> year	Very Nice	Sheetal
56	Namata Singh	M.A II <sup>nd</sup> year	Very Good	Namata Singh
57	Insha	M.A II <sup>nd</sup> year	Nice	Insha
58	Tuba	M.A II <sup>nd</sup> year	Very Nice	Tuba
59	Kaifi	M.A II <sup>nd</sup> year	Very good	Kaifi
60	Alma Saiti	M.A II <sup>nd</sup> year	Very Nice	Alma
61	Neha Bhatnagar	M.A II <sup>nd</sup> year	Very nice	Neha
62	Monika Pal	M.A II <sup>nd</sup> year	Good	Monika Pal
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## Movie Screening and Sharing reflection 'Skater Girl' (09<sup>th</sup> February 2023)

'Sashakt' Women study cell of INMPG College, Meerut organized the screening of the movie 'Skater Girl' on 9th February which covered the issue of social discriminations in one of the villages of Rajasthan. Skater Girl is a film directed by Manjari Makijany and sets out to be a feel-good tale of a poor girl who battles adverse socio-economic conditions to pursue her dreams. There were 60 active participants from UG and PG Classes. After the screening, students also shared the irreflection of the movie. Ms. Meenu Sharma, incharge Women Study Cell, Dr. Neha Singh and Ms. Priyanshi dignified members of Women study Cell have organized this program.





GPS Map Camera

Meerut, Uttar Pradesh, India

425, Lajpat Bazaar, Jattiwara, Meerut, Uttar Pradesh

250001, India

Lat 28.981377°

Long 77.707279°

09/02/23 12:32 PM GMT +05:30







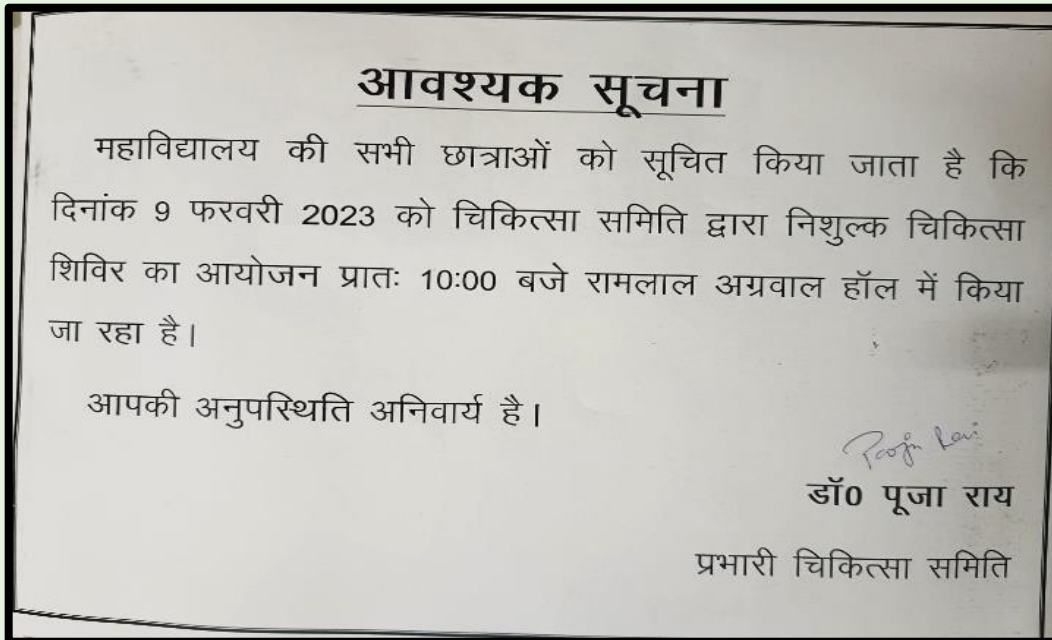
## A Medical Camp of (Bone Joint & Dermatology)

(9 February 2023)

Dated 9 February 2023, a medical camp was organised by the medical committee at Ismail National Mahila P.G. College, Meerut. This Camp is covering two different medical issue, First is Bone Joint (Dr.Rahulchauhan) and Second, Dermatology (Dr. Shivanti). The camp has been inaugurated with presenting bouquet to our guest Dr. Rahul Chauhan, Dr. Shivanti, Dr. Pallav Agarwal and Shri Nizami from Kaushik Diagnostic Meerut.

Our guest has delivered the idea about the identification of disease, protection, cure and medicine among the audience and participants students, faculty members and non teaching staff. More than fifty students were there in the camp.

Dr. Pooja Rai, In-charge Medical committee said that, in today's environment, everyone is struggling from skin related problems, so from time to time we should keep in touch with the doctor for consultation. We must be careful regarding the use of cosmetic item because of possibility of chemical existence. These chemicals are directly responsible for skin related problems. For Bone joint regular exercise and yoga is the demand of time with adding quality food with calcium and milk. Dr. Suman Mishra helps this camp to be possible and successful. Besides her Dr. Deepa Tyagi and other faculty members were present in the medical camp. Amit Kumar, Gaurav and other non-teaching staff help this camp towards the complete and successful.









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**09/02/2023**

मेरठ:- इस्माईल पीजी कॉलेज की चिकित्सा समिति द्वारा त्वचा एवं जोड़ों से संबंधित रोगों की जांच के लिए निःशुल्क शिविर का आयोजन किया गया ।

एमटीवी लाइव न्यूज

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डिजिटल युग डिजिटल प्रचार

महीने के रोज़ेज की साथ

## 2 दैनिक आज का बुलेटिन

### चिकित्सा समिति द्वारा त्वचा एवं जोड़ों से संबंधी रोगों की जांच के लिये निःशुल्क शिविर का आयोजन



आज का बुलेटिन अटल माहेश्वरी इस्पताल में आयोजित चिकित्सा समिति द्वारा त्वचा एवं जोड़ों से संबंधी रोगों की जांच के लिये निःशुल्क शिविर का आयोजन किया गया। कार्यक्रम का सुपरवाइजर डॉ० राहुल चौहान, डॉ० विजयानी, डॉ० पायब अग्रवाल एवं चिकित्सा



प्रमारी डॉ० पूजा राय ने बताया कि आज के परिवेश में हम सभी त्वचा एवं जोड़ों से संबंधी अनेक विधायी रोगों से ग्रस्त हैं। इसलिए समय-समय पर हमें योग्य डाक्टरों के संपर्ध में रहना चाहिए एवं परामर्श लेते रहना चाहिए जिससे हम बीमारियों से दूर रह सकें।

### परीक्षा के लिए किया गया अखंड पाठ का आयोजन



आज का बुलेटिन अटल माहेश्वरी मेडल 170 वें वार्षिक परिसर स्कूल में अखंड पाठ का आयोजन हुआ। कार्यक्रम का सुपरवाइजर डॉ० राहुल चौहान, डॉ० विजयानी, डॉ० पायब अग्रवाल एवं चिकित्सा समिति



पब्लिक स्कूल मेडल केंद्र में स्कूल के विद्यार्थियों को कोई भी परीक्षाओं में सुधारकर्ताओं के लिए रखे गए अखंड पाठ का आयोजन हुआ। कार्यक्रम का सुपरवाइजर डॉ० राहुल चौहान, डॉ० विजयानी, डॉ० पायब अग्रवाल एवं चिकित्सा समिति

कक्षाओं को आरंभ देने के लिए एडमिशन रिटर्न विभाग पर भी जखनना है। प्रशासकीय अधिकारियों को भी सूचित कर दिया जा रहा है।

देवना लगा



आज का बुलेटिन अटल माहेश्वरी मेडल 170 वें वार्षिक परिसर स्कूल में अखंड पाठ का आयोजन हुआ। कार्यक्रम का सुपरवाइजर डॉ० राहुल चौहान, डॉ० विजयानी, डॉ० पायब अग्रवाल एवं चिकित्सा समिति

मे


Activity: 4

दिनांक 09/02/2023 को मेडिकल कौटुंबी के निम्न प्राध्यापकों स्व. छात्राओं उपस्थित रही

SNo.	Name	class / Department	Feedback	Signature
1.	Rujaidia Rani	B.A Ist year	Very Good	Rujaidia
2.	Mahim	B.A Ist year	Very good	Mahim
3.	Sumbul Parveen	B.A Ist year	Excellent	Sumbul
4.	Nisra	B.A Ist year	Very informative	Nisra
5.	Parvathi Parwar	M.A Ist year	Very informative	Parvathi
6.	Shwathi Rathore	M.A 2 year	Excellent	Shwathi R.
7.	Nazish Nafees	M.A 2 year	Very Good	Nazish
8.	Latika Chand	M. I year	like program	Latika
9.	Deepa	M.A II	Very Good	Deepa
10.	Shafali	M.A III Sem	Nice programme	Shafali
11.	Nashra	M.A III	Excellent	Nashra
12.	Gulnaz	M.A III	Excellent	Gulnaz
13.	Hantasha	M.A Ist year	Informative Programme	Hantasha
14.	Faizia	M.A III	Very Good	Faizia
15.	Shweta Dhevan	M.A II	very good	Shweta Dhevan
16.	Mohana	M.A II	Nice activity	Mohana
17.	Chitra	M.A Ist year	Very informative	Chitra
18.	Greetanjali Sood	M.A Ist year	very nice	Greetanjali
19.	Rehnuma	B.A III year	V.V. good	Rehnuma
20.	Shanika	B.A - II year	Excellent	Shanika
21.	Akanksha Gond	M.A III sem	Magnificent	Akanksha Gond
22.	Bushika Bhanu	M.A III sem	Very nice	Bushika Bhanu
23.	Kamal	M.A III sem	Very good	Kamal
24.	Shruti Anand	M.A III sem	very good	Shruti Anand

Sl. No.	Name	Class/Department	Feedback	Signature
25	Gaman Jahan	M.A II year	It was a good & informative program	Gaman Jahan
26	Tuba	M.A II year	Very Good	Tuba
27	Trisha	M.A II year	Good	Trisha
28	Kaif	M.A II year	Very Good	Kaif
29	Tanu Tomar	M.A II year	Very Good	Tanu
30	Alma Saiti	M.A II year	Very Nice	Alma
31	Saumya Yadav	M.A II year	Very Nice	Saumya
32	Supriya	M.A II year	Very Nice	Supriya
33	Namita Singh	M.A II year	Very Good	Namita Singh
34	Neha Bhasi	M.A II year	Very Good	Neha
35	Sheetal Pal	M.A II year	Good	Sheetal
36	Manika Pal	M.A II year	Good	Manika Pal
37	Sujata Goudam	M.A II year	Good	Sujata
38	MUSIDAN	B.A I year	Good	MUSIDAN
39	Trisha	M.A I year	Very Nice	Trisha
40	Yashvi Sharma	M.A I year	Good	Yashvi
41	Jisha	M.A I year	Good	Jisha
42	Rukaiya	M.A I year	Good	Rukaiya
43	Rajni Devi	M.A I year	Good	Rajni Devi
44	Anam	M.A I year	Good	Anam
45	Azma	M.A I year	Good	Azma
46	Sujata Goudam	M.A II year	Good	Sujata
47	Neha Bhasi	M.A II year	Good	Neha
48	Khyati	B.A II year	Good Job	Khyati
49	Yashvi noor	M.A I year	Good Job	Yashvi noor
50	Swati	B.A I year	Good work	Swati
51	Neha	B.A I year	Nice work	Neha
52	Zoya Khan	B.A I year	Very nice program	Zoya Khan

स्थापित : 1962 प्राचार्य (का०) : 4303100  
फैसल 4300443



**इस्माईल नेशनल महिला पी०जी० कॉलेज, मेरठ**  
पी० वरुण सिंह विश्वविद्यालय, मेरठ (पूर्व में मेरठ विश्वविद्यालय, मेरठ) में सम्बद्धता प्राप्त  
नोक द्वारा A ग्रेड मूल्यांकित कॉलेज  
दिनांक : 09/02/2023

**प्रेस विज्ञप्ति**

इस्माईल नेशनल महिला पी० जी० कॉलेज में आज दिनांक 9.02.2023 को चिकित्सा समिति द्वारा त्वचा एवं जोड़ों से संबंधी रोगों की जांच के लिये निःशुल्क शिविर का आयोजन किया गया। कार्यक्रम का शुभारंभ डॉ० राहुल चैहान, डॉ० शिवानी, डॉ० पल्लव अग्रवाल एवं कौशिक डॉ० यंत्रोस्टिक सेंटर के श्री निजामी को पुष्प गुच्छ प्रदान करके किया गया। शिविर में लगभग छात्राओं शिक्षिकाओं एवं शिक्षणस्तर कर्मचारियों ने डॉ० राहुल चैहान एवं डॉ० शिवानी जी से त्वचा संबंधी विमारियों के विषय में एवं आवश्यक परहेज व दवाओं के विषय में परामर्श लिया। कार्यक्रम में चिकित्सा समिति प्रभारी डॉ० पूजा राय ने बताया कि आज के परिवेश में हम सभी त्वचा एवं जोड़ों से संबंधी अनेक चिन्मारियों से जूझ रहे हैं। इसलिए समयसमय पर हमें योग्य डाक्टरों के संपर्क में रहना चाहिए एवं परामर्श लेते रहना चाहिए जिससे हम बीमारियों से दूर रह सकें। साथ ही साथ हमें केमिकल युक्त क्रीम पाउडर आदि का सोच समझकर प्रयोग करना चाहिए एवं नियमित रूप से जोड़ों को स्वस्थ रखने के लिये व्यायाम करते रहना चाहिए। कार्यक्रम में सुमन मिश्रा का विशेष सहयोग रहा। प्रो० दीपा त्यागी, हिन्दी विभागाध्यक्षा एवं अन्य शिक्षिकाएं उपस्थित रहीं। अमित कुमार एवं गौरव का सहयोग रहा।

सम्पादक-सम्पादिका  
कृपया उक्त प्रेस विज्ञप्ति छापने की कृपा करें।  
प्रो० दीपा त्यागी  
प्रेस प्रवक्ता

## A Rally On 'Beti Bachao Beti Padhao' (10 February 2023)

On 10/02/2023 the fourth one day camp was organised in Kashiram slum lohiyanagar under National service scheme in leadership of the first unit program officer dr. Neha Singh. A rally was taken out by the volunteers on the topic "Beti Bachao Beti Padhao" to make people aware. The volunteers tried to clarify their points through various types of posters. They talked to the people of the slum At present condition of women. And they was also made to know their thinking towards daughters. During the conversation, their changing attitude towards daughters was also revealed. They believed that daughters are more responsible than sons, so they pay special attention to their education. This is how this rally was totally fruitful to all. Thus the fourth day event successfully accomplished.







## Cleanliness Awareness Rally and Speech Competition (12 February 2023)

Today, on 12/02/2023, The second day of the seven-day camp was organized under the leadership of dr. Neha Singh. In the first session of the program, cleanliness awareness rally was organized by the volunteers in KashiramMalinBasti, Lohia Nagar. After lunch In the second session Speech competition was organized on environmental protection. In which participants gave their view on many aspects like plastic pollution, Delhi smog , global warming etc. Radhika, Shivani, Sanjana got first, second and third place respectively in this competition. With this, today's event was completed.





## द्वितीय दिवस के अंतर्गत विविध कार्यक्रम का आयोजन



आज का बुलेटिन अतुल माहेश्वरी मेरठ। आई. एन. पी. कॉलेज मेरठ के राष्ट्रीय सेवा योजना की प्रथम इकाई ( कार्यक्रम अधिकारी डॉ. नेहा सिंह) द्वारा काशीराम मलिन बस्ती लोहिया नगर में सात दिवसीय शिविर के द्वितीय दिवस के अंतर्गत विविध कार्यक्रम का आयोजन किया गया छ आयोजन के प्रथम सत्र में स्वच्छता रैली निकाली गयी तथा द्वितीय सत्र में पर्यावरण संरक्षण पर भाषण

प्रतियोगिता आयोजित की गयी जिसमें छात्राओं ने ग्लोबल वार्मिंग, प्लास्टिक निस्तारण, वृक्षारोपण जैसे अनेक पहलुओं पर अपने विचार व्यक्त किए। इस प्रतियोगिता में राधिका वर्मा को प्रथम में शिवानी मेहरा को द्वितीय एवं तृतीय स्थान संजना को प्राप्त हुआ। कार्यक्रम को सफल बनाने में जितेंद्र जी, धर्मवीर जी एवं दिनेश का पूर्ण सहयोग रहा

## Essay Writing And Self Defence Training (14 February 2023)

Today, on 14/02/23, The fourth day of the seven day camp was organised in kashiram slum by the first unit of National Service Scheme of Ismail P. G. College Meerut under the Program Officer Dr Neha Singh. In the first session of the event, an essay competition conducted on the topic Beti Bachao Beti Padhao among the volunteers. In which they put their view on many aspect like feticide, dowry, honour killing and illiteracy. After lunch, the chief guest Ku. Shweta Assistant Prof. The Department of Physical Education gave self-defence training to the volunteers. Because In today's era, along with education, it is very important for women to have self-defence skills. With this, the fourth day of e camp ended.



### 'बेटी बचाओ, बेटी पढ़ाओ' विषय पर निबंध प्रतियोगिता

मेरठ। इस्माईल नेशनल महिला पीजी कॉलेज में राष्ट्रीय सेवा योजना की प्रथम इकाई द्वारा काशीराम मलिन बस्ती, लोहिया नगर, मेरठ के कम्पोजिट विद्यालय में सात दिवसीय शिविर के आयोजन के चौथे दिन के प्रथम सत्र में स्वयंसेविकाओं के मध्य "बेटी बचाओं, बेटी पढ़ाओं" विषय पर निबंध प्रतियोगिता आयोजित की गयी। कार्यक्रम अधिकारी डा. नेहा सिंह ने विषय के बारे में विस्तार से समझाया। साथ ही लिंग भेद, भ्रूण हत्या, अशिक्षा, दहेज प्रथा जैसी समस्याओं पर भी प्रकाश डाला। शिविर के द्वितीय सत्र में शारीरिक शिक्षा विभाग की प्रवक्ता कु. श्वेता ने सभी स्वयं सेविकाओं को आत्म रक्षा करने हेतु प्रशिक्षण दिया। वर्तमान युग में महिलाओं की शिक्षा एवं स्वास्थ्य के साथ-साथ आत्मरक्षा की भी आवश्यकता पड़ती है। अतः इस प्रशिक्षण के द्वारा स्वयंसेविकाओं ने अपनी रक्षा के लिए अनेक प्रकार के कौशल सीखे। इस प्रकार चौथे दिवस के दोनों सत्रों का समापन हुआ। सभी स्वयंसेविकाओं ने बढ़-चढ़ कर सहभागिता की। इस अवसर पर दिनेश कुमार, जितेन्द्र एवं धर्मवीर का पूर्ण सहयोग रहा।



## An awareness program to quit drugs (5 April 2023)

an awareness program was organized under Prahari Club. The main purpose of this program was to give the message to the people to quit drugs. Through this program, the students made people aware the surrounding areas of the college premises and also Advised them to quit tobacco, cigarette, alcohol, electronic cigarette etc. During this, the student also talked to the people and made them aware by giving the slogan of ‘EkYuddhaNashe ke Viruddha ‘.The entire event was done under direction of Dr. Neha Singh and chief youth guards Radhika and Shivani represented all the youth guards . All the students enthusiastically contributed in this program. About 25 students participated in this program.



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## दैनिक आज का बुलेटिन

### आई. एन. पी. जी. कॉलेज में प्रहरी क्लब के अंतर्गत एक कार्यक्रम आयोजित



आज का बुलेटिन अतुल माहेश्वरी के लोगों को भी मेरठ। आई. एन. पी. जी. कॉलेज में प्रहरी क्लब के अंतर्गत एक कार्यक्रम आयोजित किया गया स इस कार्यक्रम का प्रमुख प्रयोजन लोगों को नशा मुक्ति का संदेश देना रहा स आज के इस वर्तमान युग में नशे की लत एक ऐसी बीमारी है जिसके चपेट में बड़े से लेकर बच्चे तक आ जाते हैं जिसके प्रति लोगों को जागरूक करना अति आवश्यक है स इसलिए आज इस कार्यक्रम में प्रहरी क्लब के माध्यम से विद्यालय की छात्राओं ने विद्यालय के प्रांगड के साथ साथ विद्यालय के आस पास

के लोगों को भी सिगरेट, तंबाकू, मदिरा, इलेक्ट्रॉनिक सिगरेट आदि के सेवन से होने वाले नुकसान को बताते हुए इससे छोड़ने की सलाह दी स एक युद्ध नशे के विरुद्ध का नारा लगाते हुए छात्राओं ने लोगों को जागरूक किया स प्राचार्य प्रो. अनिता राठी ने भी इस नशा मुक्ति अभियान का पूर्ण समर्थन किया तथा छात्राओं का उत्साहवर्धक किया स इस प्रहरी क्लब की प्रमुख डा. नेहा सिंह ने संपूर्ण आयोजन का संचालन किया स तथा युवा प्रहरी राधिका वर्मा एवं शिवानी मेहरा ने उत्साहपूर्वक कार्यक्रम का प्रतिनिधित्व किया ।

### पंचायत के माध्यम से लोगों को जल बचाने के लिए जागरूक किया



आज का बुलेटिन अतुल माहेश्वरी

स्थित भावनपुर गाँव में 144 वीं पानी पंचायत के माध्यम से लोगों

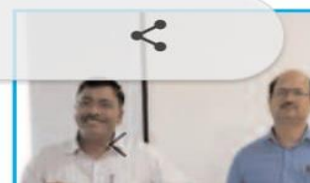
### महिला स्नातकोत्तर पुरस्कार वितरण

आज का बुलेटिन अतुल माहेश्वरी

मेरठ। शहीद मंगल पांडे राजकीय महिला स्नातकोत्तर महाविद्यालय मेरठ में त्रयोविंशति वार्षिकोत्सव एवं पुरस्कार वितरण समारोह अत्यंत हर्षोल्लास पूर्वक मनाया गया। कार्यक्रम का शुभारंभ मुख्य अतिथि प्रोफेसर डॉक्टर राजीव गुप्ता क्षेत्रीय उच्च शिक्षा अधिकारी मेरठ एवं सहारनपुर मंडल, विशिष्ट अतिथि श्री कुलदीप शर्मा चेयरमैन रॉयल रबर इंडिया मेरठ, प्रो. अश्विनी कुमार गोयल सेवानिवृत्त पूर्व प्राचार्य शहीद मंगल पांडे राजकीय महिला स्नातकोत्तर महाविद्यालय मेरठ एवं पूर्व संयुक्त सचिव उच्च शिक्षा उ. प्र., प्रो. दिनेश चंद विभागाध्यक्ष (वाणिज्य विभाग) राजकीय महाविद्यालय नोएडा, कार्यक्रम अध्यक्ष प्राचार्य प्रोफेसर डॉ अंजु सिंह, समारोहक डॉक्टर पूनम भंडारी, सांस्कृतिक प्रभारी डॉ. राधा रानी एवं डॉ. शालिनी वर्मा के द्वारा सरस्वती माँ को माल्यार्पण एवं दीप प्रज्वलन करके एवं छात्राओं द्वारा सरस्वती चंदना का गायन करके किया गया। अतिथियों को पौधा, बुके, शॉल, स्मृति चिह्न भेंट करके एवं बैज लगाकर सम्मानित किया गया। छात्राओं द्वारा अतिथियों के लिए स्वागत गीत गायन किया गया। स्वागत उद्घोषण में प्राचार्य प्रोफेसर डॉक्टर अंजु सिंह ने सभी अतिथियों को धन्यवाद दिया.एम.

एस. गोयल एवं और को प्रोफे महा आर महा शजा अब एवं क्री

### सुमरती पुस्तकालय ए विभाग में वेब बेस्ड ल तिसरा पर त्यागदान



# Oath ceremony for aware of mental and physical health

(12 April 2023)

On 12/04/2023 Oath ceremony was organized in College under the joint auspices of Prahari Club and District Health Committee. Under this, Dr. Vinita, member of the District Health Committee and Dr. Neha Singh, the Chief Sentinel, jointly made the students aware of mental and physical health. Along with this, they also administered an oath to the students to get rid of drugs under 'Ek Yuddha Nashe ke Viruddha'. Dr. Vinita told that in today's society, intoxication is becoming a negative part of life, which affects physical health as well as mental health. That's why stay away from drugs yourself and advise your family members and people around you to stay away from it. Dr. Pooja and Dr. Vinita were also present in this program and students also participated enthusiastically.





## Vichar Goshthi and essay competition on drug addiction awareness (19 April 2023)

On 19/05/2023, vichar Goshthi and essay competition was organized under the joint aegis of Prahar Club and Hindi Department under drug addiction awareness. About 17 students participated in this, who discussed the growing addiction of youth in the contemporary environment and the measures to stop them. . Shabanur, Julubab and Mouni of Hindidept. expressed their views on this subject through essays. The program was coordinated by Dr. Neha Singh, head of Prahari Club and Assistant Prof. of Hindi Department. Suman Mishra concluded the program by informing everyone about the side effects of drugs. She made this appeal to the students and advised them to stay away from drugs in their home, family and neighbourhood.



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**मेरठ:- इस्माईल पीजी कॉलेज में नशा मुक्ति जागरूकता अभियान के अंतर्गत विचार गोष्ठी का आयोजन**



**एमटीवी:-** इस्माईल नेशनल महिला पीजी कॉलेज के प्रहरी क्लब एवं हिंदी विभाग के संयुक्त तत्वावधान में शुक्रवार को नशा मुक्ति जागरूकता अभियान के अंतर्गत विचार गोष्ठी का आयोजन किया गया। कार्यक्रम का शुभारंभ प्राचार्य प्रो.अनीता राठी ने छात्राओं का उत्साहवर्धन कर किया। वहीं, गोष्ठी में करीब 17 छात्राओं ने भाग लेते हुए समसामयिक परिवेश में युवाओं में नशे के बढ़ते लत एवं उसको रोकने के उपाय के बारे में चर्चा की तथा अपने आस-पास के लोगों को नशा मुक्ति के लिए जागरूक करने का संकल्प भी लिया। कार्यक्रम का संयोजन प्रहरी क्लब की मुख्य सदस्या डॉ.नेहा सिंह ने किया। इस दौरान हिंदी विभाग की असिस्टेंट प्रो.सुमन मिश्रा ने छात्राओं को नशे के दुष्परिणाम से अवगत कराते हुए उससे मुक्ति के उपाय भी बताए।



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पर OK भेजें  
लाखों दर्शक

## A seminar on the occasion of Tobacco Prohibition day (31 May 2023)

On 31/05/2023, on the occasion of Tobacco Prohibition Day, a seminar was organized in the college under the joint aegis of Eco Club and Prahari Club. The program was inaugurated by Principal Anita Rathi, the chief guest of the program was Mr. Sabarjit Singh, member of the alcohol Prohibition Department, and the chief speaker was Mr. Pranav Pandey, in-charge of Meerut the alcohol Prohibition Department. Explaining the ill-effects of the rapidly increasing drug abuse in today's society, they also suggested ways to get rid of it. In this sequence, a speech competition was also organized in which the students performed very well on the Topic ' Say No Drug '. The program was coordinated by Dr. Swarna and Dr. Neha Singh and Mahima Thakur were present in the jury. About 35 children participated in the program.





## **Nutrition diet (Poshtik Ahar aivam uchit Poshan ke prati ek Jagrukta Abhiyan) (18April 2023)**

A Volunteer programme was conducted with B.Ed second year students of session 2021 to 2023 on the theme of awareness campaign regarding nutrition food and proper nutrition at “Ismail national girls inter college purani tehsil Meerut” this activity was conducted on 18th April 2023 to make students aware of the importance of nutritious diet Especially for girls. 78 students of B.Ed second year have participated and went to Ismail national girls inter college where 120 students were present and Ismail girls principle of national inter college Mrs tabassumas guest Mrs Priyanka and bushra of the health centre located in purani tehsil along with shivam Sharma media incharge of meerut district where present

Dr.Anju BalaRajput coordinator of the programme said that adolescence is a time of rapid growth hence it is important to eat a balanced diet as healthy food is necessary for proper hormonal balance. In such a situation by Consuming good fats from avocado, nuts, olive oil Etc. Must remain fit Mrs Priyanka and Bushra told that the onset of menstruation at this young age often causes low hemoglobin therefore there is a need to pay Attention to food rich in iron and protein principal tabassum g said that healthy nutrition food and proper nutrition is necessary for the healthy childhood and bright future of girls rehnuma Ansari Urvashi, Aisha ,Nida ,Manisha, Shifa ,Sonal ,Sumaiya ,Komal, Akanksha and Anjali EtC students teachers participated enthusiastically.