

**GURU NANAK KHALSA COLLEGE FOR WOMEN
GUJARKHAN CAMPUS, MODEL TOWN, LUDHIANA**



**Supporting Document
(2023-2024)**

7.1.1 Measures initiated by the Institution for the promotion of gender equity during the year.

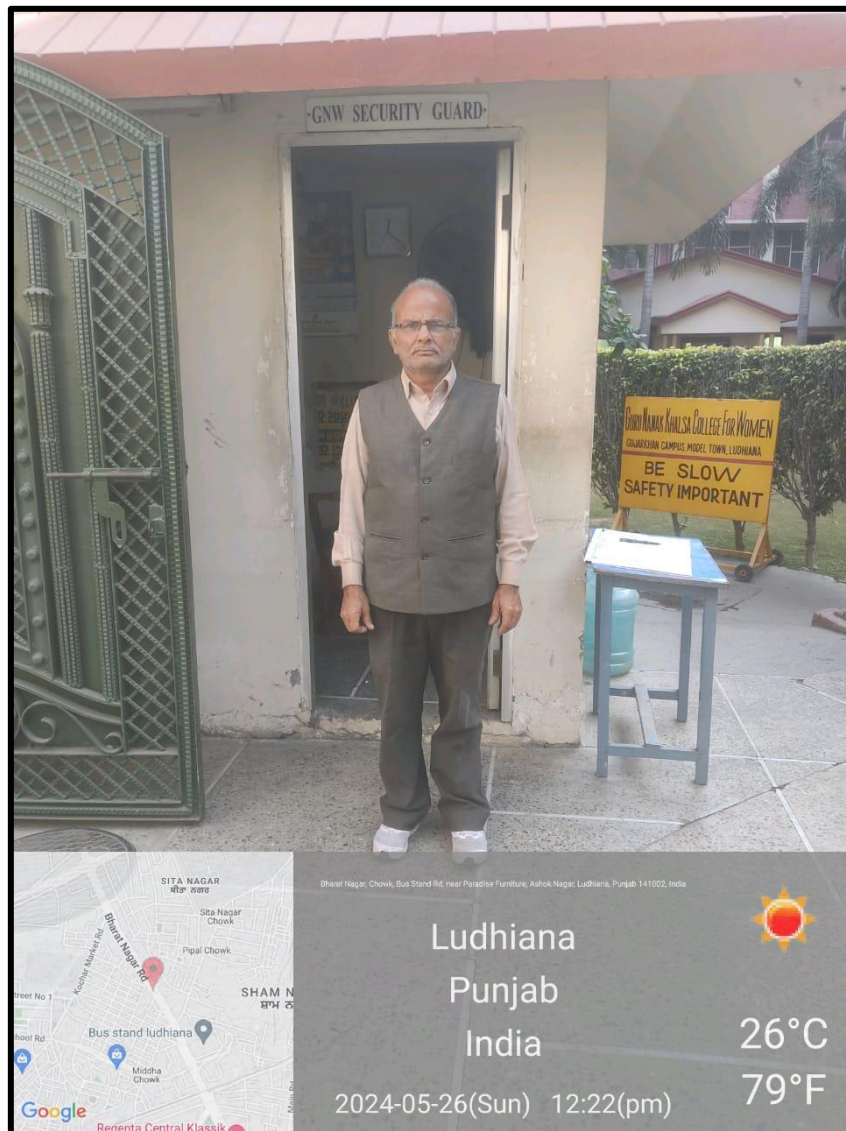
**Dr. Maneeta Kahlon
Principal**

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Principal
G.N.Kh. College for Women
Gujarkhan Campus, Model Tn.
Ludhiana.

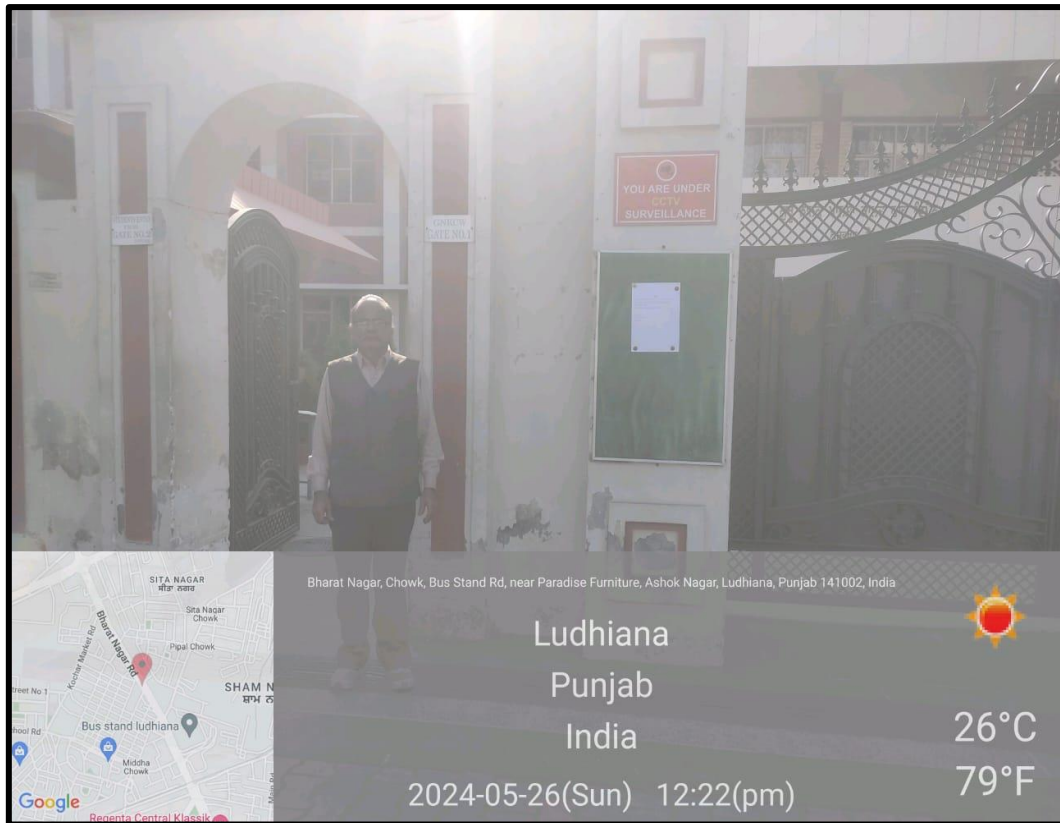
Guru Nanak Khalsa College for Women shows gender sensitivity through various initiatives and actions for creating safe, secure and healthy atmosphere in the campus. College undertakes several measures and programmes to promote a culture of respect and equality for female gender and also to provide opportunities and programs for female gender to be financially, mentally and emotionally empowered so as to promote their growth as individuals in their own right.

Safety and security:

- **24/7 security monitoring:** Security personnel are present on campus round the clock to ensure the safety of all students and staff.
- **Visitor registration system:** All visitors to the campus, including parents and guests, are required to register at the security desk, ensuring better control over who enters the premises.

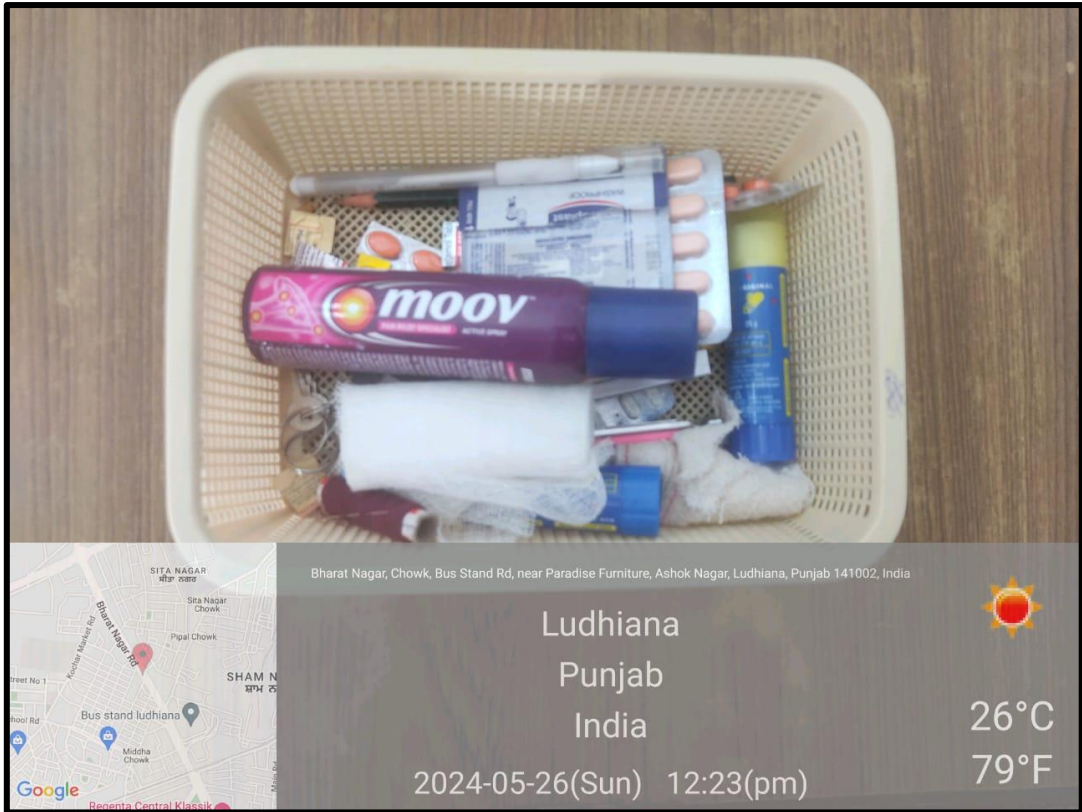


Security at college gate



Security at college gate

- **Safe hostel environment:** The hostel is equipped with additional security features, such as restricted entry points, and only authorized individuals are allowed access to the premises.
- **Wellness and health support:** Sick students can take rest in medical room and avail first aid services if required. Apart from having first aid box, the campus has trained health professionals on call to handle any medical emergencies, ensuring the well-being of students. First aid box has all kinds of basic medicines, bandages and antiseptic creams. Apart from this, sanitary napkins are provided to the students whenever they are in need. The medical area is equipped with kit for initial medical treatment, available to students free of cost.



First aid box

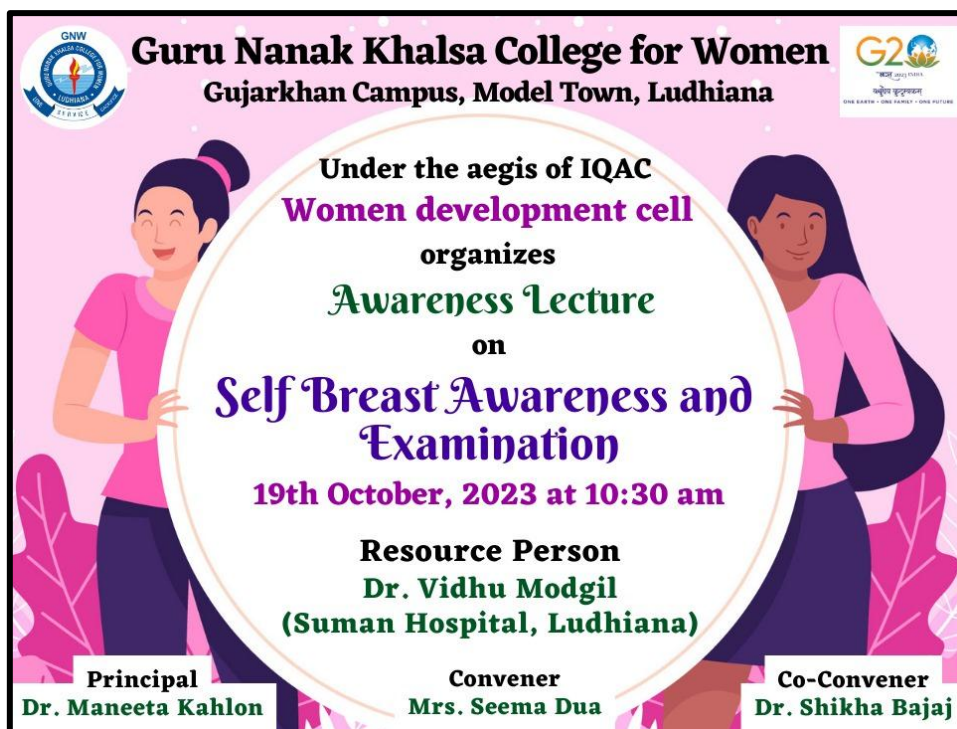


Sanitary napkins for students

- **Regular interactions with psychologists and doctors:** Doctors, like a gynaecologist, dentist, eye specialist, medicine, ENT, physiotherapist, psychologist are invited on regular basis for checkup and to interaction with students. Students are often given chances to get their doubts cleared through question answer rounds.

Lecture on Self breast awareness and examination

Women development cell of Guru Nanak Khalsa College organized a talk on 'Self breast awareness and examination'. Dr Vidhu Modgil, Consultant in Obstetrics, Gynecology & Infertility at Suman Hospital & New Life Infertility Research Centre, Ludhiana, was the resource person for the session. She has an experience of over 22 years in the the field of Obst & Gynaecology. Dr. Vidhu had an interactive talk with students of college and threw light on methods of breast check up with the help of PowerPoint presentation. She explained about physical changes, symptoms, myths and possibilities related to breast health. She further suggested students to share the valuable information with their mothers and sisters. Dr Vidhu stressed on monthly check up of breast in order to avoid any complication later on. She mentioned that monthly check ups can prevent future problems. She also addressed the queries of students and teachers.



Lecture on Self breast awareness and examination



Lecture on Self breast awareness and examination

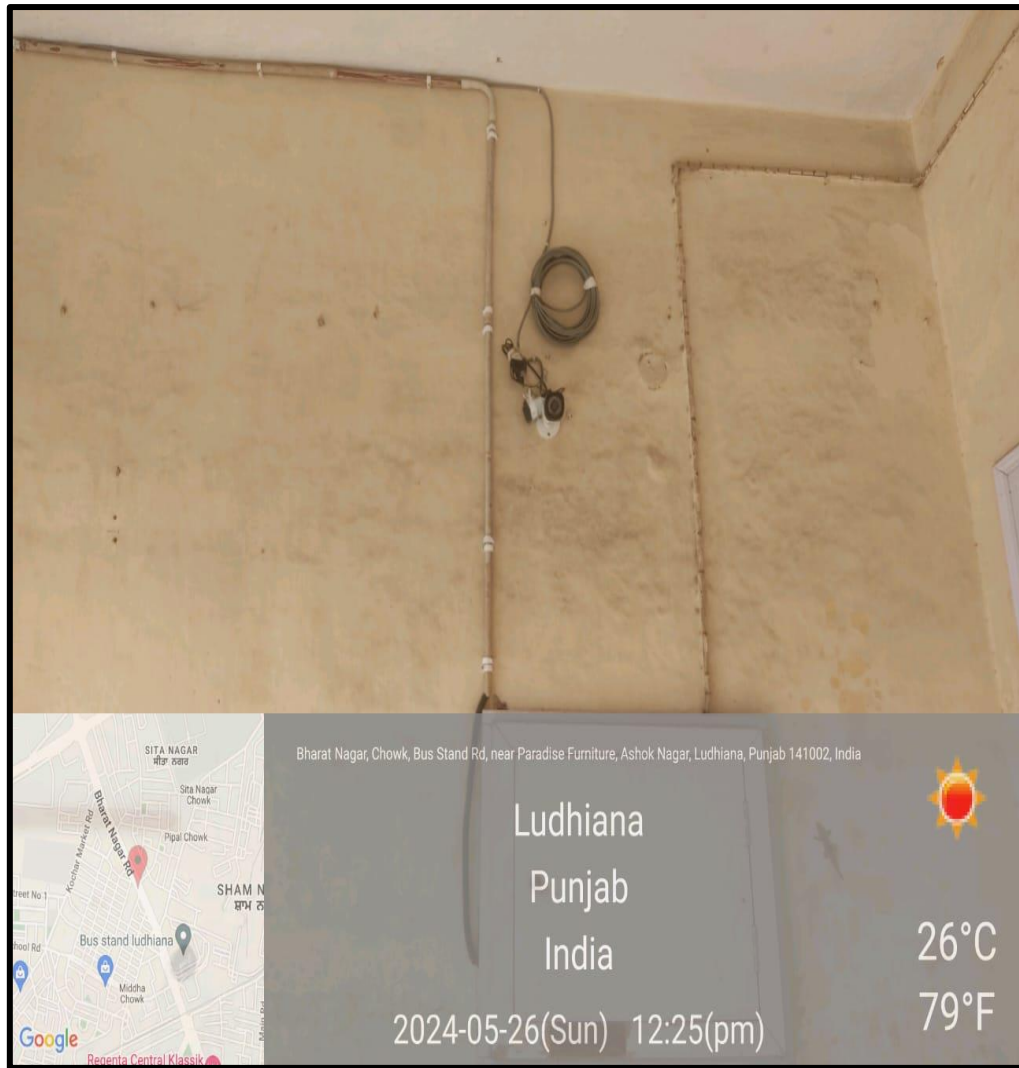


Lecture on Self breast awareness and examination

- **Leadership and Support for Women's Welfare:** The Women Development Cell is headed by a senior, confident, and caring female faculty member.
- **A Healthy Academic Environment:** There have been no complaints of sexual harassment by students, reflecting a healthy academic environment.
- **Comprehensive Campus Surveillance:** The entire college campus is equipped with CCTV cameras for surveillance in corridors, administrative office, common hall, hostel and college gates.

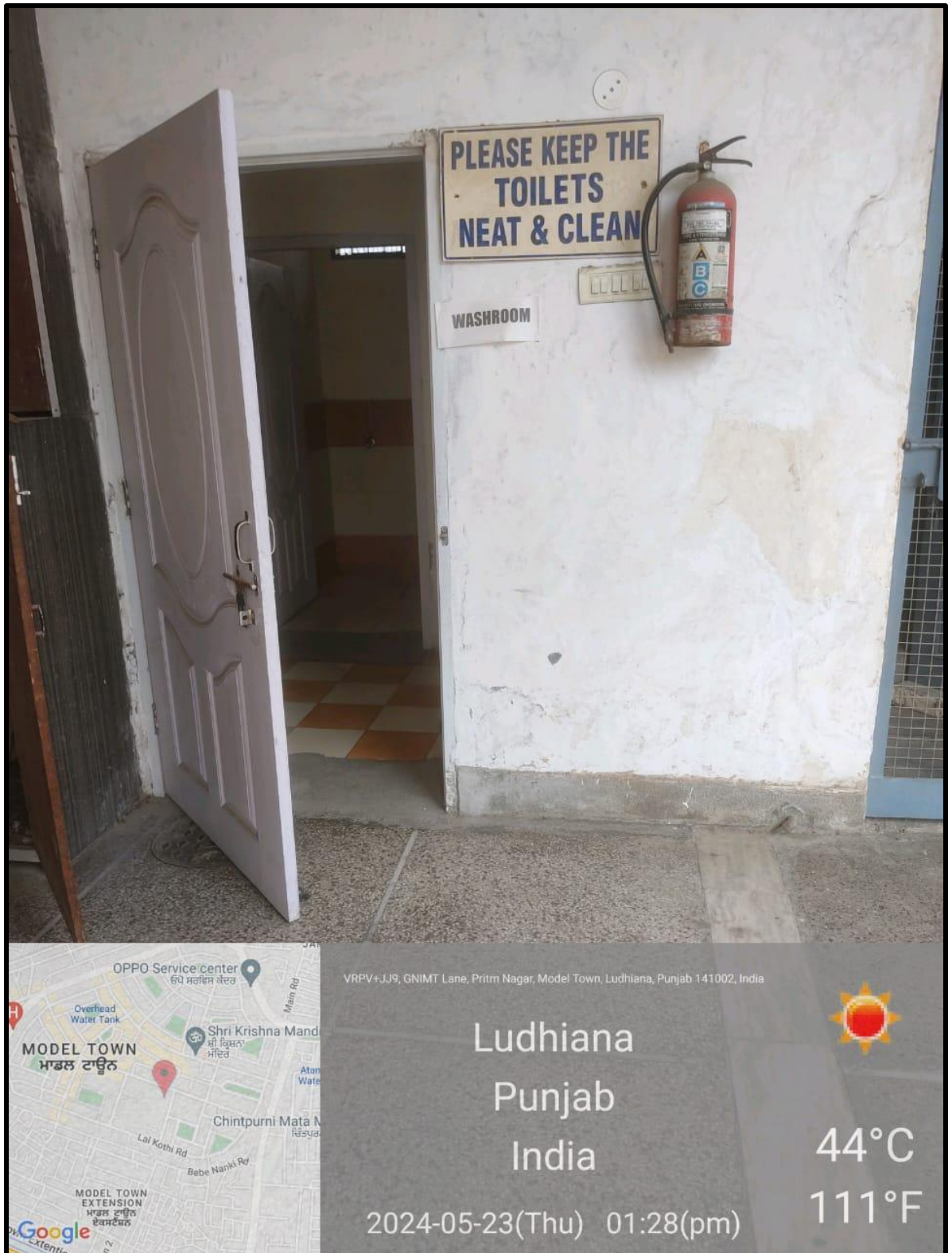


High quality camera



High quality camera

- **Proactive Faculty Support:** Teachers are proactive and attentive to the safety and security of female students.
- **Identity Verification for Campus Access:** Students are required to show their identity cards to enter the college campus.
- **Enhanced Fire Safety Measures:** Fire extinguishers are installed across the campus to improve fire safety. Students are provided training about the method and usage of fire extinguishers time to time.



Fire extinguisher

- **Strict Anti-Ragging Policy:** Ragging is strictly prohibited, with signs displayed in several areas to remind students.

- **Promoting Gender Sensitivity and Women’s Safety:** Initiatives promoting gender sensitivity and women’s safety are organized through various lectures and awareness sessions.
- **Anti- Drug Cell and Buddy Groups:** There have been no complaints of any Drug Abuse in the college.
- **Legal Literacy Club:** Students are imparted knowledge about Women Rights and related apps for the safety through lectures, seminars and workshops by prominent speakers.
- **Counselling:** College's counselling cell has been operating and continuously addressing students' concerns. By engaging in a variety of activities during class, psychology faculty and students frequently encourage mental wellness. In addition, mentor groups have been established to assist pupils. Every student has been assigned a mentor in this way, and monthly meetings between mentors and mentees are held to allow students to voice any concerns and get their questions answered. Our college Counseling Cell and teaching faculty members provide counseling to girls as needed, handling situations in a cordial and cooperative manner to foster a sense of belonging and care among students.
- **Events and training for students:** Events and trainings are organized specifically for students, focusing on women's empowerment, life skills development, yoga, mental ability test, health camps, Earn while you Learn activities, cooking, Mehandi, Rangoli, Dress Designing, etc.



Celebration of World Youth skills day



Celebration of Yoga day

- **Complaint box:** Complaint boxes have been fixed at the college campus, at various places where students can report their complaints without any fear.



Complaint box

- **Mentor mentee relationship:** The essential role of a mentor is to provide its student with unbiased opinions and advice by keeping the reality and facts in check. The purpose of mentoring is to facilitate the personal and professional growth of individuals by providing guidance, support, and knowledge transfer from experienced mentors to mentees. Mentors can provide specific insights and information that enable the mentee's success. For example, they offer instructions on how to perform particular tasks or develop useful skills. Individuals starting their career can benefit from such guidance, as it helps them feel comfortable in the role more quickly.

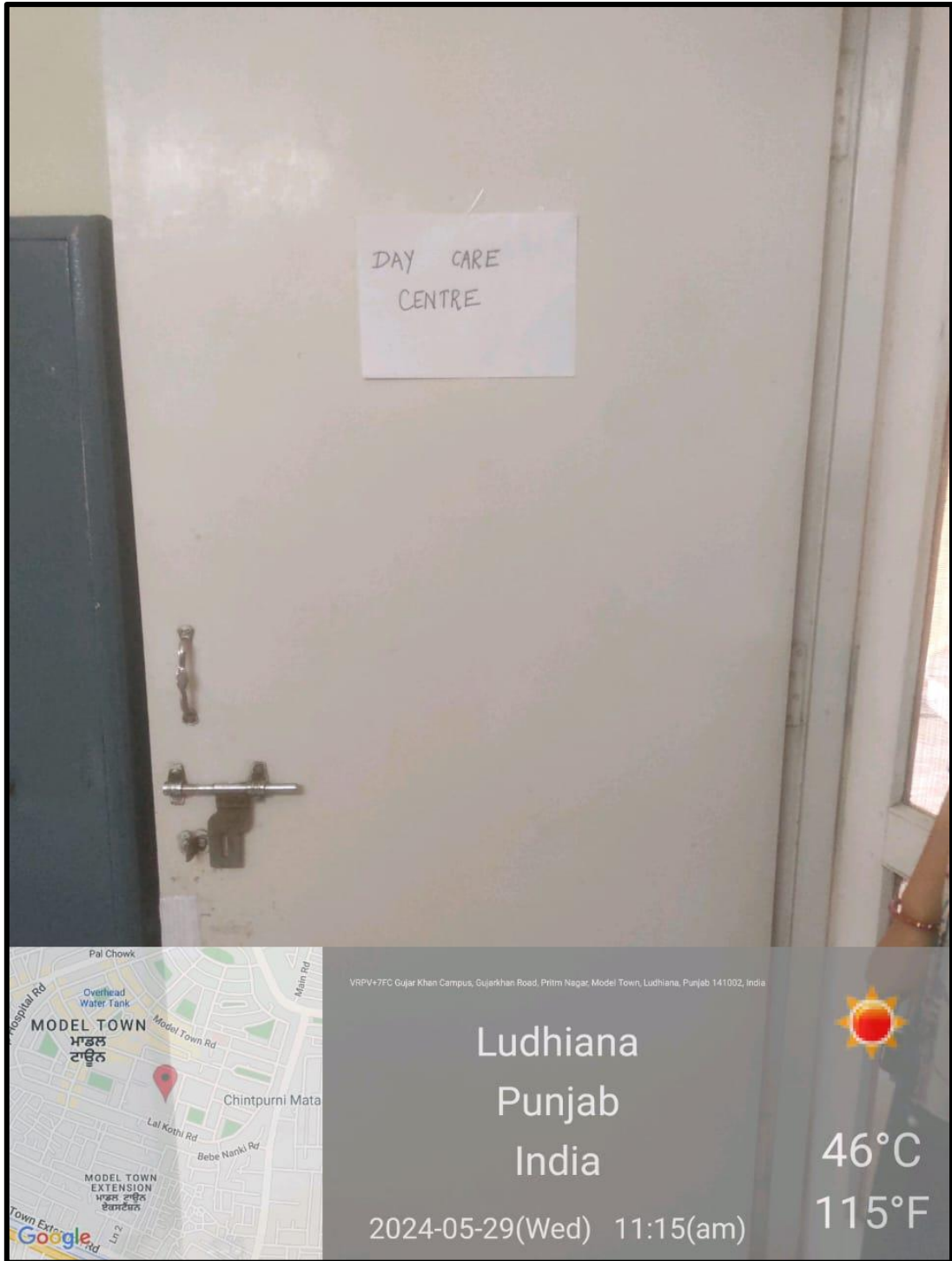


Mentoring meet

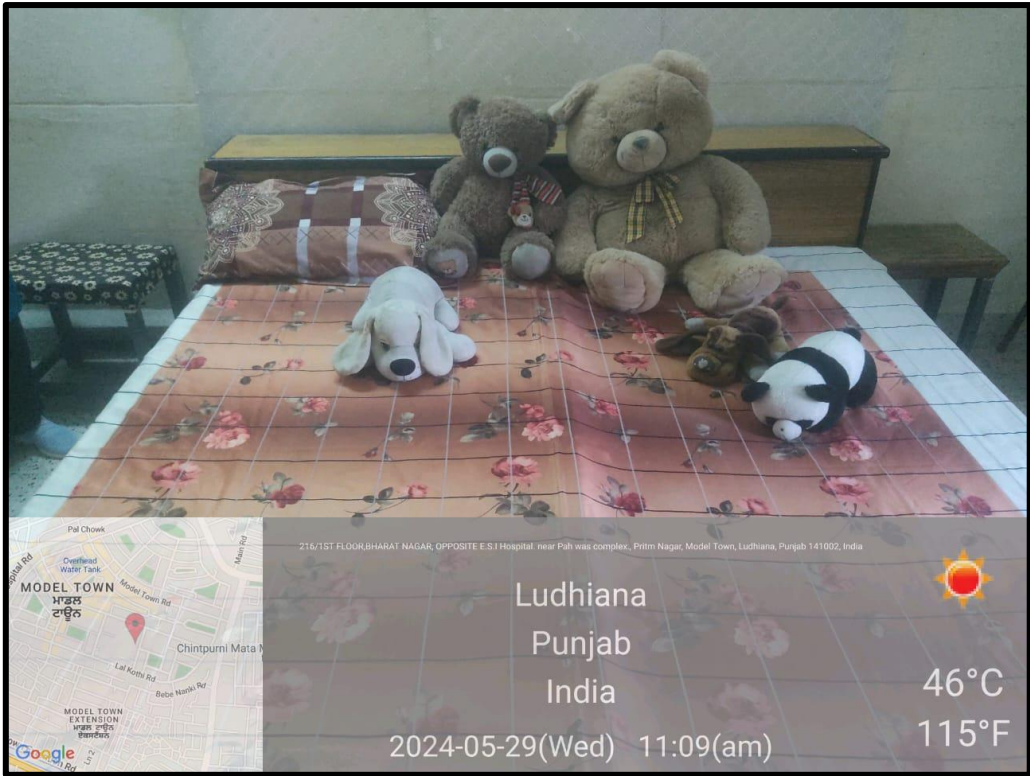


Mentoring meet

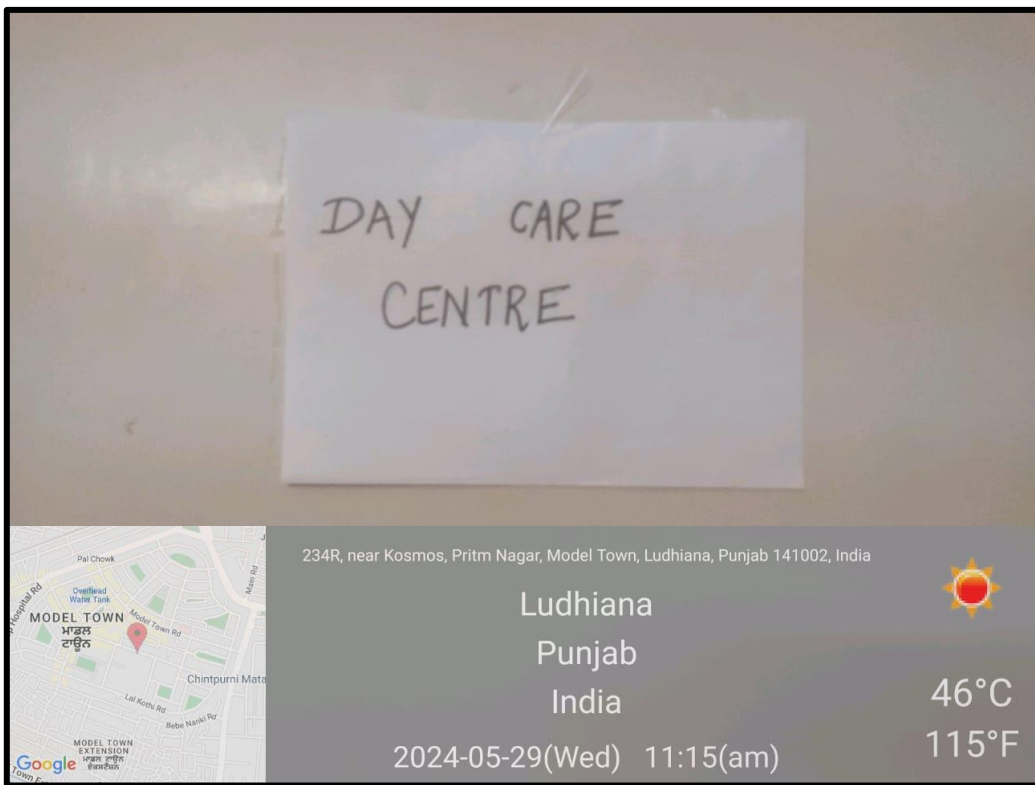
- **Common hall:** College has large and spacious common hall for female students where students can sit during their free periods and complete their pending tasks.
- **Day care centre:** Day care centre has been operating college campus.



Day care centre



Day care centre



Day care centre



Day care centre

- **Induction and orientation of newly admitted students**

A hostel committee meeting was convened in the Principal's office at Guru Nanak Khalsa College for Women. During the meeting, the head girls and members of the hostel committee interacted with the canteen owner to address their concerns regarding food quality, pricing, and dining room schedules. The students also engaged in a discussed with the Principal about the hostel's atmosphere and discipline, expressing that they feel very happy and safe within the premises.

Additionally, they discussed the induction of new entrants into the hostel, with the Principal assuring them that the newcomers would be well taken care of and guided on the traditions and rituals that have been upheld over the years. The students were also reminded that ragging is strictly prohibited in the hostel, and it was noted that the new entrants are content and well-adjusted.



Induction of newly admitted students



Induction of newly admitted students

- **Celebration of International Day against Drug Abuse and Illicit Trafficking**

NSS Unit of Guru Nanak Khalsa College for Women in Ludhiana celebrated the International Day against Drug Abuse and Illicit Trafficking on June 26, 2023 by creating a video highlighting various activities that inspire you to follow a healthy lifestyle to raise awareness about the importance of staying away from drugs and promoting well-being.

The video showcased various activities like World Environment Day, International Yoga Day, World Food Safety Day, World Blood Donor Day, and Drug Abuse. These events and issues are all crucial in their own right and contribute to a healthier and safer society.

Dr. Maneeta Kahlon, Principal inspired the students to follow a healthy lifestyle so that together, we can create a world where drug abuse and illicit trafficking have no place.



Spreading of Awareness among students about drug abuse.