



GOVT. COLLEGE FOR WOMEN,PALI(REWARI)-123102
DIST. REWARI(HARYANA)

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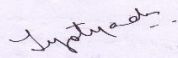
Estd. 2014

Ref. No:-GCWP/2022/

Dated: 09.12.2022

Matrix No. 3.4.1: Extension activities are carried out in the neighborhood community, sensitizing students to social issues, for their holistic development, and impact thereof during the last five years.

A total of 35 Extension activities are carried out by the college in the neighborhood community, sensitizing students to social issues, for their holistic development, and impact thereof during the last five years



NAAC Coordinator

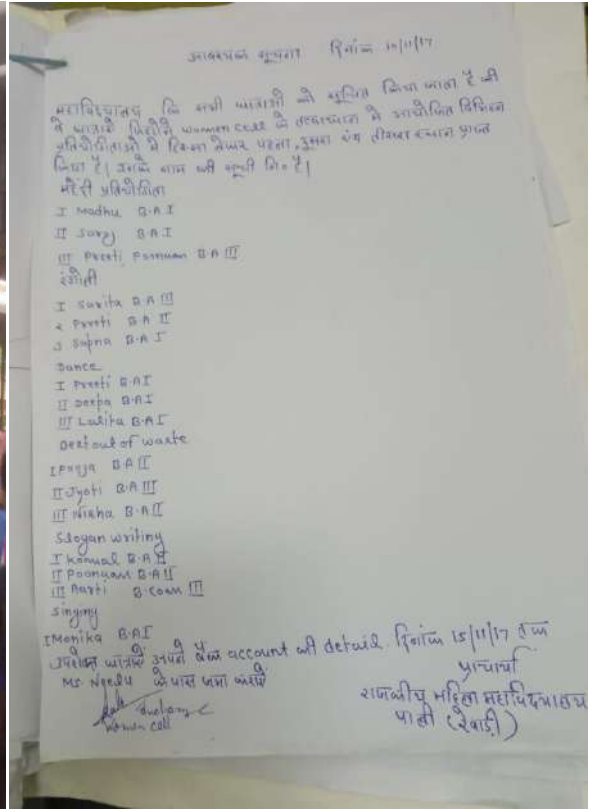


Principal

Documents:

1. Photos, notices, news clips of these activities

Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
1.	Dancing, Singing & Speech Competition	Women Cell	Beti Bachao, Beti Padoo	2017-18	30



Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
2.	Rangoli, Slogan & B.O.W Competition	Women Cell	Swachh Bharat Abhiyan	2017-18	35



Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
3.	Rally	N.S.S	Swach Bharat Abhiyan	2017-18	100



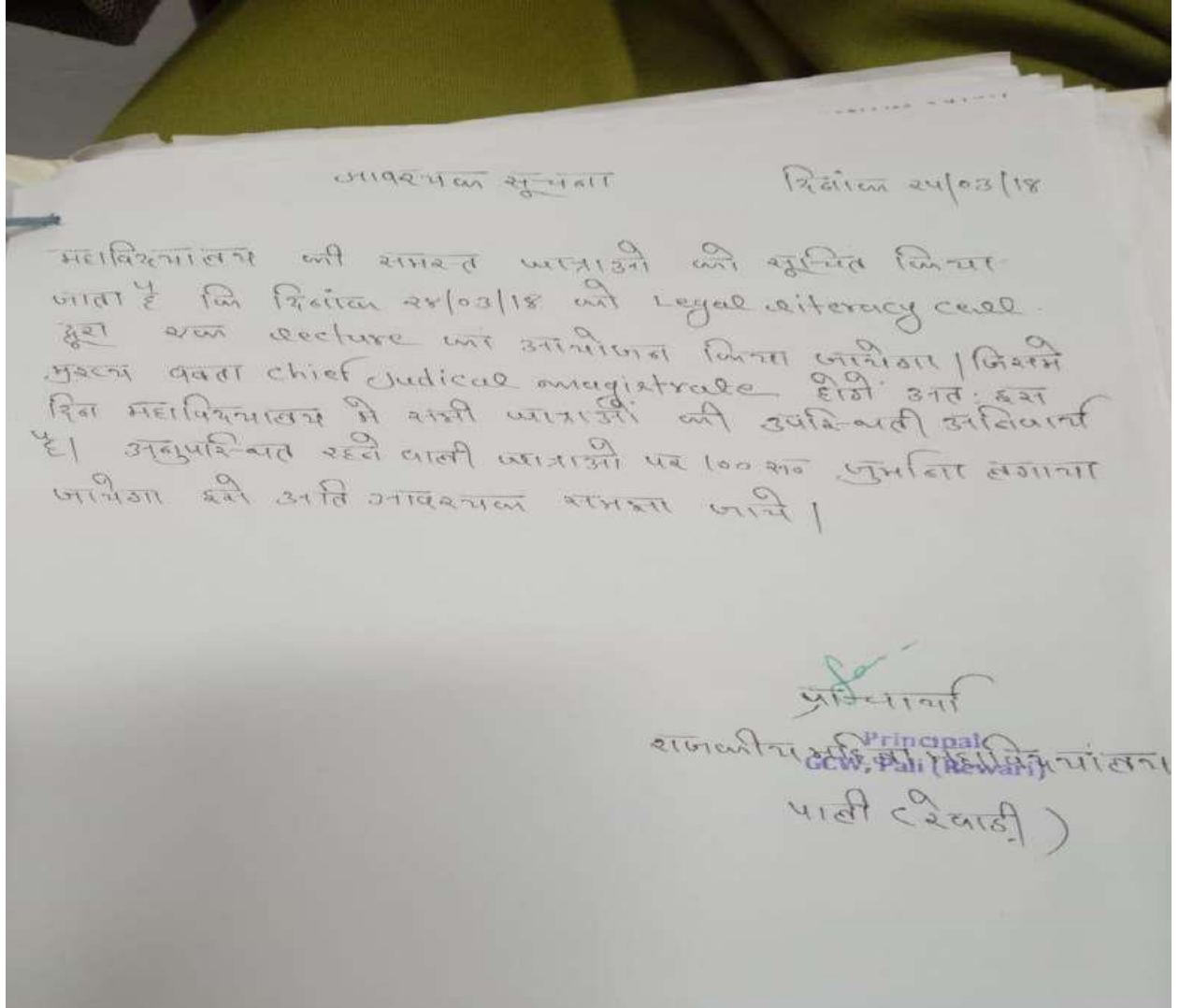
Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
4.	Extension Lecture	Women Cell	Women Empowerment	2017-18	50



Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
5.	Yoga Shivar	N.S.S	Fit India Movement	2017-18	100



Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
6.	Extension Lecture	Legal Literacy Cell	Women Empowerment	2017-18	50



Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
7.	Commerce Quiz	Commerce Department	Vigilance Awareness	2017-18	15

Govt. College for Women, Pali (Rewari)

Commerce Deptt.

A Commerce Quiz Contest has been organised by the Commerce Deptt. of G.C.W., Pali (Rewari) on 31st October 2017 in the Girls Common Room. The programme was started with the prior permission of worthy Principal ma'am. The syllabus for the quiz included the subjects of Income Tax, Economics and Accountancy. Five teams comprising of 3 students in each team participated in the Quiz Contest named A, B, C, D and E Team. The Quiz Contest has six rounds in all, two rounds for each subject. The first three rounds were of multiple choice questions and the other three rounds were of open questions. Students participated well and tried their best for answering the questions. The entire activity was really very interesting and enthusiastic too. Students benefited a lot, as they have learnt many chapters for this. Finally, Team 'C' comprising students Anita B. Com. III, Kirti B. Com. II & Pooja B. Com. II got first position; Team 'A': Jyoti B. Com. III, Magan B. Com. II & Komal B. Com. I got second position and Team 'E' Meenu B. Com. III, Kavisha B. Com. II & Priyanka B. Com. II got third position in the Quiz Contest. All the three winner teams were honoured by Respected Principal Ma'am Ms Sadhna Rani, with Prizes and Certificates. Participation Certificates were distributed to all the participants of Quiz Contest. All the students were highly motivated by the Principal Ma'am and other staff members by their words. The programme has a big success and students want that this type of activities should be organised to enrich the knowledge of various subject.

Singh
 (Dr Swati) HOD, Commerce Deptt.
 Members: Ms Anshu
 Mr Ravikant
 Ms Ritu Rani Ritu

Jan
 Principal
 G.C.W. Pali (Rewari)

Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
8.	Slogan Writing , Group Discussion, Rakhi Making & Rally – To celebrate womanhood	Women Cell	Gender Sensitization	2018-19	100



Notice

All the students listed below are requested to submit required documents & information for online transfer of money in their accounts as earliest as possible.

List of the Position Holders in Various Events Organized under Women Cell
Session – 2018-19

Name	Class	Roll No	Position
Slogan Writing:-			
Poonam	B.A IIIrd Year	424	First
Kusumlata	B.A Ist Year	146	Second
Nisha	B.A Ist Year	120	Third
Rakhi- Making:-			
Karishma	B.A Ist Year	167	First
Poonam	B.A IIIrd Year	424	Second
Tamanna	B.Sc. Ist Year	3	Third
Mehandi:-			
Muskan	B.Com IIIrd Year	604	First
Saroj	B.A IInd Year	361	First
Shalini	B.A IInd Year	303	Second
Nikita	B.Com Ist Year	203	Third
Sapna	B.A IInd Year	307	Third

Required Documents:-

- > A copy of first page of Bank Pass Book
- > A copy of Aadhar Card
- > Father's & Mother's Name

Incharge
Women Cell

Principal
GCW, Pali (Reyari)

Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
9.	Self Defense Training	Women Cell	Women Empowerment (Swayam Sidha)	2018-19	50



OFFICE OF THE PRINCIPAL, GOVT. COLLEGE FOR WOMEN, PALLI BHOWARD

To
 Mr. Anil, S/o. Sh. Ramphal,
 Self-Defense Trainer,
 V. P. O. Bhanuwan, Pincode: 121-001

No. 42-24/19 Dated 2/2/19

Subject: Regarding training of Self-Defense to Girl Students of the College.

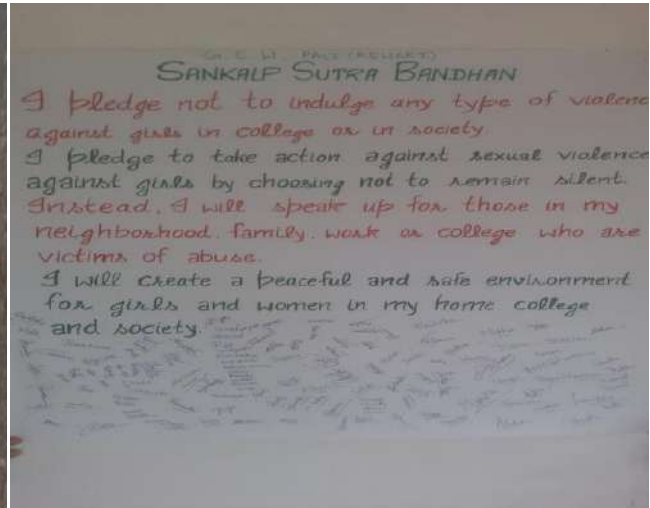
With reference to subject noted above under the guidelines of Hon'ble Director Higher Education, Patna, you are hereby requested to provide training of Self-Defense to the girl students of this college, so that they can make them self dependent in their protection in the present scenario.

With Regards,
 Principal
 Govt. College for Women
 Palli Bhoward

Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
10.	Declamation, Essay Writing & Rangoli	Electoral Literacy Club	Mera Vote, Meri Dhrohar	2018-19	20



Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
11.	Oath Ceremony with Sankalp Sutra Bandhan	Women Cell	Women Empowerment	2018-19	100



Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
12.	National Seminar	Road Safety Club	Sadak Suraksha Abhiyan	2018-19	82



Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
13.	Extension Lecture	Women Cell	Women Empowerment	2019-20	75

Office of the Principal, Govt. College for Women, Pali (Rewari)

To

The Principal,
Govt. College, Chhara (Jhajjar).

No: 4899

Dated: 25/9/19

Subject: Regarding Extension Lecture at GCW, Pali (Rewari)

It is stated for your kind information that this college is pleased to invite you for an extension lecture on 26-09-2019 on the topic "**Women Empowerment**" in the department of Women Cell.

You are therefore requested to come in this college on this Programme.

Thanks and regards,

Ashu
25/9/19
Incharge

[Signature]
Principal
Govt. College for Women,
Pali (Rewari)

Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
14.	Extension Lecture	Women Cell	Poshan Maah	2019-20	80



Office of the Principal, Govt. College for Women, Pali (Rewari)

To
 Dr. Sumitra Yadav,
 Shanti Yadav Hospital,
 Rewari

Dated: 28/9/19

No. 49/3(A)
 Sub: To deliver an extension lecture on the topic of "Hygiene & Healthy Nutritions"

R/Mam,

With reference to above cited subject, it is stated that we are going to organize an extension lecture on the topic of "Hygiene & Healthy Nutritions" for the benefit of girls students under Women Cell. For this purpose, we want to invite you as a keynote speaker for this program. So you are requested to spare time for this program on 30th Sep, 2019.

With Regards,

Anshu
 28/9/19
 Ms. Anshu
 W.S.D.C Incharge

S. S. Singh
 Principal
 G.C.W. Pali (Rewari)

Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
15.	Group Discussion & Poster Making	N.S.S	Poshan Maah	2019-20	40



Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
16.	Essay Writing, Debate, Quiz & Painting	N.S.S	Swachta Hi Seva	2019-20	40



Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
17.	Pledge	N.S.S	Rashtriya Ekta Diwas	2019-20	150



Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
18.	Recitation, Songs & Speeches	N.S.S	Youth for Nation	2019-20	100



Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
19.	Cleanliness Campaign	N.S.S	Sharamdaan Abhiyan	2019-20	100



Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
20.	International Yoga Day	N.S.S	Karo Yog Raho Nirog	2019-20	150



Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
21.	Plantation	N.S.S	Green Haryana Movement- Vriksha - Bandhan	2020-21	15



रेवाड़ी भास्कर 13-08-2020

हरित हरियाणा अभियान के तहत पाली महिला कॉलेज में किया गया पौधरोपण



रेवाड़ी में पाली महिला कॉलेज में पौधरोपण करते हुए।

रेवाड़ी | पाली स्थित राजकीय महिला महाविद्यालय परिसर में उच्चतर शिक्षा विभाग पंचकुला के निर्देशानुसार हरित हरियाणा अभियान के अंतर्गत पौधरोपण किया गया।

कार्यवाहक प्राचार्या डॉ. स्वाति ने कहा कि पौधरोपण से वातावरण शीतल व हरियाली से भरपूर होता है। साथ ही इनसे जीवन जीने के लिए ऑक्सीजन भी मिलती है। उन्होंने

कहा कि इसलिए हमें अपने जीवन में पौधों का रोपण अवश्य करना चाहिए। एनएसएस अधिकारी नीलू किशनानी ने कहा कि वर्तमान समय में पर्यावरण संरक्षण के लिए हमें ज्यादा से ज्यादा पौधरोपण करना चाहिए। कॉलेज की एनएसएस छात्राओं ने अपने-अपने गांव में भी पौधरोपण किया। इस मौके पर शैक्षणिक व गैर शैक्षणिक स्टाफ सदस्य मौजूद रहे।

Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
22.	Cleanliness Abhiyan	N.S.S	Sharam Daan	2020-21	60



Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
23.	Slogan Writing	N.S.S	Vigilance Awareness Week	2020-21	20



Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
24.	Speech, Slogan Writing & Essay Writing	N.S.S	National Youth Week	2020-21	25



Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
25.	Extension Lecture	N.S.S	Sadak Suraksha Abhiyan	2020-21	50



Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
26.	Self Defense Training	Women Cell	Swayam Sidha	2020-21	50

मजबूत आत्मबल पैदा करने के लिए आत्मरक्षा प्रशिक्षण जरूरी



पाली कॉलेज में आत्मरक्षा प्रशिक्षण शिविर के समापन पर अभ्यास करती छात्राएं।

रेवाड़ी | पाली स्थित राजकीय महिला महाविद्यालय में महिला प्रकोष्ठ के तत्वावधान में आयोजित सात दिवसीय आत्मरक्षा प्रशिक्षण शिविर का शनिवार को समापन किया गया। इस अवसर पर छात्राओं ने आत्मरक्षा का भी अभ्यास किया। शिविर के समापन अवसर पर प्राचार्य डॉ.सत्यमनु यादव ने कहा कि आज के समय में यह हर छात्रा के लिए जरूरी है कि हर परिस्थिति का मुकाबला करने के लिए तैयार रहें। उन्होंने आत्मरक्षा प्रशिक्षण छात्राओं में न केवल सुरक्षा का भाव जगाता है अपितु उनके आत्मबल भी पैदा करता है। बेटियों को किसी इरने की नहीं अपितु उनका मुकाबला करने का जज्बा होना चाहिए। प्रशिक्षण अमित कुमार को कॉलेज की छात्राओं द्वारा इस कार्यक्रम में की गई 50 से अधिक भागीदारी को सराहनीय बताते हुए कहा कि व्यक्ति को हर परिस्थिति के लिए तैयार रहना चाहिए। किसी भी तरह के संकट में मजबूत इरादों से ही आगे बढ़ा जा सकता है। इस अवसर पर उन्होंने सात दिवसीय प्रशिक्षण के महत्व पर भी प्रकाश डाला। कार्यक्रम अध्यक्ष डॉ.सुनीता ने कहा कि छात्राओं के लिए इस तरह के प्रशिक्षण बेहद जरूरी है। महिला प्रकोष्ठ प्रभारी अंशु ने कार्यक्रम के महत्व पर प्रकाश डाला। कार्यक्रम के अंत में छात्राओं ने आत्मरक्षा का अभ्यास भी प्रस्तुत किया। इस अवसर पर नीलू किशानानी, प्रमोद कुमार, रविकांत, सुजान सिंह, हवासिंह, सीमा रानी, शिवानी सहित अन्य स्टाफ सदस्य मौजूद रहे।

Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
27.	Extension Lecture on Stress Management	Women Cell	Fit India Movement	2020-21	50



Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
28.	Competitions	N.S.S & Women Cell	Azadi ka Amrut Mahotsav	2021-22	200



Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
29.	Rally & Essay Writing Competition	N.S.S	Har Ghar Tiranga	2021-22	40



Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
30.	Door To Door Campaign	N.S.S	Sabko Vaccine, Muft Vaccine	2021-22	100



Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
31.	Extension Lecture	N.S.S	Cyber Jagrukta	2021-22	150



Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
32.	Rally	N.S.S	Swachh Jagrukta	2021-22	50



Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
34.	Podha Ropan	Women Cell	Poshan Maah	2021-22	15



Sr. No.	Name of the Activity	Organising Unit	Scheme	Year	No. of Participants
35.	Health Checkup Camp	YRC & Women Cell	Fit India Movement	2021-22	100



रेवाड़ी भास्कर 01-05-2022

पाली महिला कॉलेज में हेल्थ चेकअप शिविर का आयोजन



रेवाड़ी | राजकीय महिला महाविद्यालय पाली में शनिवार को महिला प्रकोष्ठ और रेडक्रॉस इकाई के तत्वावधान में एक दिवसीय हेल्थ चेकअप शिविर का आयोजन किया गया। इस अवसर पर पाली स्थित डिस्पेंसरी की चिकित्सक डॉ. अर्चना ने छात्राओं के स्वास्थ्य की जांच करते हुए उन्हें परामर्श दिया।

शिविर में चिकित्सकों की तीन सदस्यीय टीम ने छात्राओं के साथ स्टाफ सदस्यों के साथ स्वास्थ्य की जांच करते हुए उनकी शारीरिक समस्याओं के बारे में आयुर्वेदिक

दवाओं का वितरण किया। इस दौरान छात्राओं के बीपी-शुगर के भी टेस्ट करके उनसे स्वास्थ्य के प्रति गंभीर होने का आह्वान करते हुए कहा कि फास्टफूड से परहेज बेहद जरूरी है। डॉ. अर्चना ने कहा कि आज की बदलती लाइफ स्टाइल और शारीरिक कार्य काम होने के कारण इस तरह का भोजन शरीर में बीमारियों को बढ़ाता है। उन्होंने कहा कि कोल्ड ड्रिंक भी स्वास्थ्य के लिए सही नहीं है। इस अवसर पर प्राचार्य डॉ. कर्ण सिंह यादव ने भी विचार व्यक्त किए।

