

MULTANI MAL MODI COLLEGE PATIALA
NAAC AQAR 2021-22
Criteria 7 (Sub Criteria 7.1.1)
(Gender Equity & Sensitization)

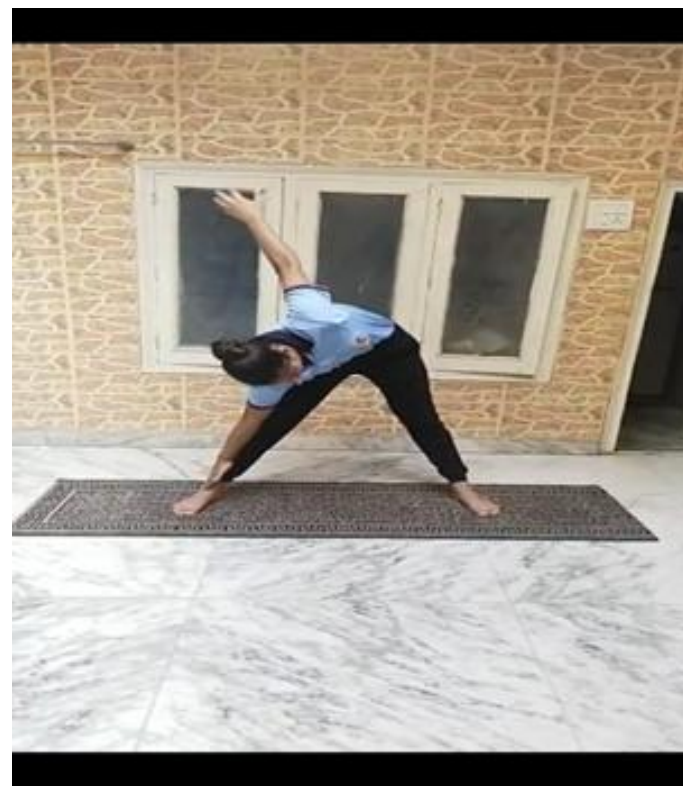
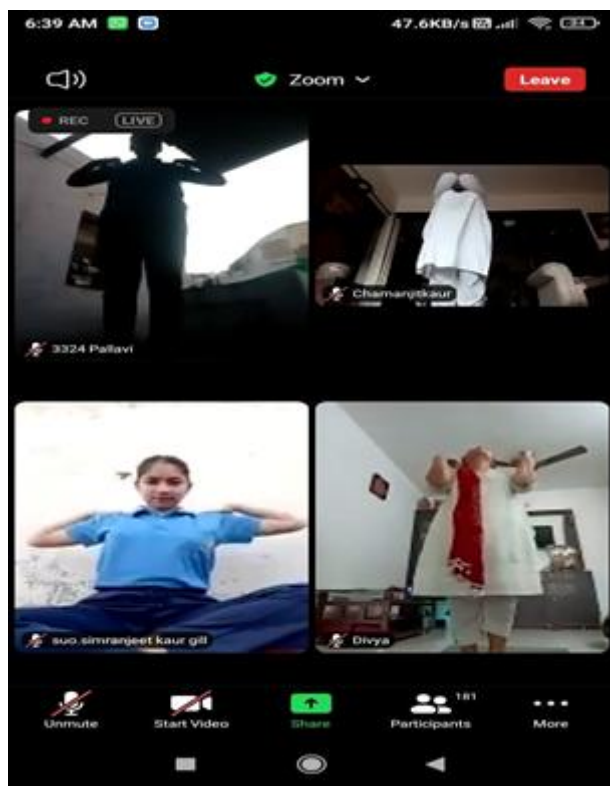
List of Activities

S.No	Name of Activity	Date	No. of Participants	Link of Website for more details
1	Online Yoga Activity by NCC Girls Wing	30.6.2021	21	https://modicollege.com/ncc/ncc-girls-wing-mm-modi-college-organized-online-yoga-activity/
2	International Women Day	8.3.2022	https://modicollege.com/nss/international-womens-day-celebrated-2/
3	Awareness Lecture on Menstrual Hygiene Practices	6.5.2022	59	https://modicollege.com/activities/awareness-session-on-menstruation-hygiene-practices-at-gss-school-pheel-khana-patiala/

1. NCC Girls Wing, MM Modi College organized online Yoga activity

NCC girls wing of Multani Mal Modi College, Patiala organized an online yoga activity under Be With Yoga- Be at Home, UNICEF# young warrior. The objective of this activity was to help in shaping minds of youth towards nation building. This event got started with performing simple exercises like Rolling knees and wrists in circular motion to relax the body. Various Pranayams like Anulom Vilom, Kapal Bhanti etc were also performed to improve concentration level and digestive system.

College Principal Dr. Khushvinder Kumar inaugurated the online yoga session and summed it up with chanting AUM and Gaytri Mantra. Link for more details (<https://modicollege.com/ncc/ncc-girls-wing-mm-modi-college-organized-online-yoga-activity/>)



2. International Women's Day Celebrated at M M Modi College

To commemorate International Women's day, NSS unit and General Studies circle of M. M. Modi College, Patiala in collaboration with the Patiala chapter of the Institute of Company Secretaries of India organised a felicitation ceremony for honouring Principals / Educators / Coordinators of various schools. The theme of this year's Women Day's is 'Gender Equality Today for Sustainable Tomorrow'. Principal Dr. Khushvinder Kumar formally welcomed the dignitaries and wished everyone a Happy Women's day. With the help of a UNESCO report, he asserted the urgent need of women's role in the contemporary world. Link for more details (<https://modicollege.com/nss/international-womens-day-celebrated-2/>)



3. Awareness Session on Menstruation Hygiene Practices at GSS School Pheel Khana, Patiala

Multani Mal Modi College Patiala organized an Awareness session on “Menstruation Hygiene” at GSSS Pheel Khana Patiala. College Principal Dr. Khushvinder Kumar said that Social Awareness on hygiene need to be prioritized for community health. He always guides and motivates teachers to indulge in social awareness issues. Dr. Heena Sachdeva, Assistant Professor, Department of Zoology delivered an Awareness lecture about hygiene practices during menstruation to the girl students of the school. Link for more details (<https://modicollege.com/activities/awareness-session-on-menstruation-hygiene-practices-at-gss-school-heel-khana-patiala/>)

