

GENDER EQUITY

7.1.1.

SPECIFIC FACILITIES PROVIDED

SAFETY AND SECURITY

The security guard at the college entry point is strictly warned for checking of ID cards of students

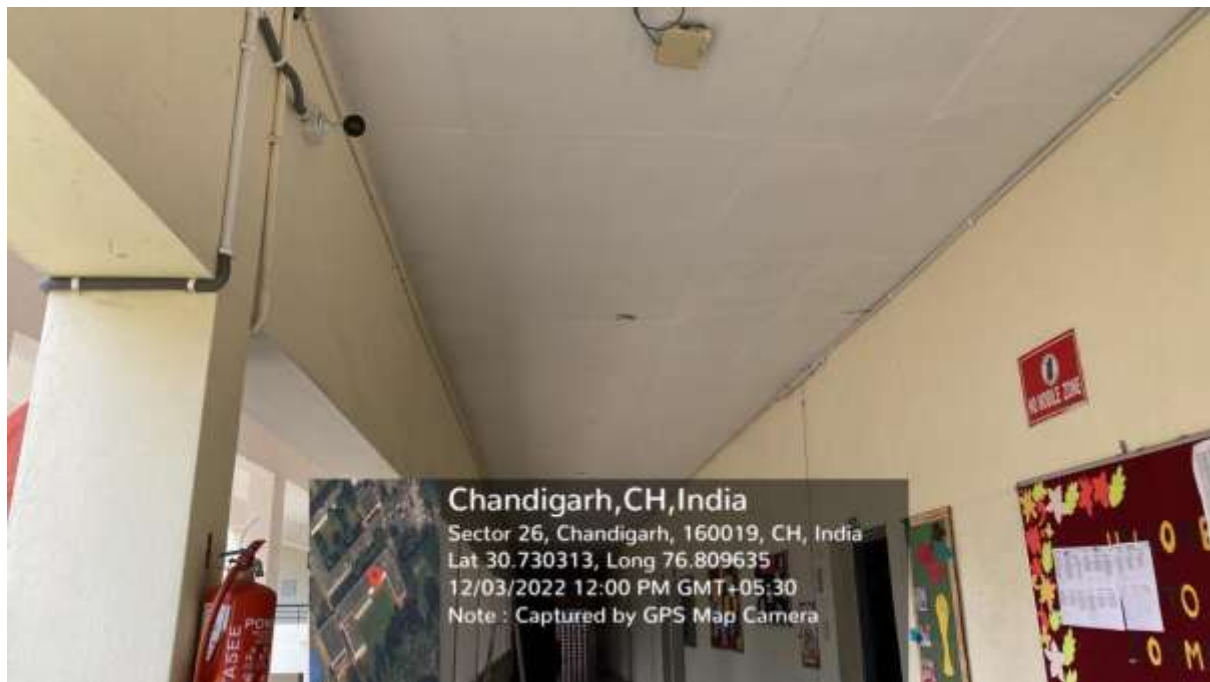


CCTV CAMERA SURVEILLANCE



The college is equipped with 35 CCTV cameras and is under continuous surveillance to maintain women's safety





COUNSELLING



Chandigarh, CH, India

Sector 26, Chandigarh, 160019, CH, India

Lat 30.730304, Long 76.809638

12/03/2022 12:35 PM GMT+05:30

Note : Captured by GPS Map Camera



Chandigarh, CH, India

Sector 26, Chandigarh, 160019, CH, India

Lat 30.730308, Long 76.809659

12/03/2022 12:35 PM GMT+05:30

Note : Captured by GPS Map Camera

COUNSELLING CELL

Therapies for Good Mental Health

Mindfulness is a type of meditation. It is a way of paying attention to the present moment. An example would be to focus on your breathing. Think about how it feels when you breathe in and out. When you practice meditation or mindfulness you learn to be more aware of your thoughts and feelings. Visualization increases the awareness of thoughts and feelings to deal with emotions in a better way.

Music therapy: Sounds are regulated based on the kind of activity that is expected out of students. Guided imagery is produced altered states of consciousness that help overcome hidden emotional responses and stimulate creative insights.

Art therapy: Structured exercises where students work with colour and art supplies. There are also supplies, which are restricted. This strongly aims to work on the subconscious mind.

Energy healing: Spiritual or energy healers believe that your "energy body" affects your mental health. Help to be your energy body by putting hands above the body in certain places.

Biofeedback: Is a physical and mental health treatment approach. Students are helped to tune the natural mind-body connection in order to improve health and wellbeing. Not only do we become more aware of the inner workings, through biofeedback we can control functions such as heart rate, blood pressure, and even behaviours that are otherwise involuntary.

YOU ARE WHAT YOU EAT

Water: The magic Drink. Drink 8-10 glasses of water. Mild dehydration can cause fatigue, difficulty concentrating, and mood changes.

Healthy Breakfast is needed to fuel your body (including your brain) after going without food during sleep and also jump starts your metabolism for the day. Skipping meals leads to fatigue and feelings of "brain fog."

Eat a diet that relies on fruits, vegetables, nuts, whole grains, fish and unsaturated fats (like olive oil). People who follow this kind of diet are up to 30% less likely to develop depression than people who eat lots of meat and dairy products.³

Folic Acid: Increased intake of folic acid is associated with a lower risk of depression. Leafy green vegetables like spinach and kale, fruits, nuts, beans and whole grains have high amounts of folic acid or folic acid.

Vitamin D: Rates of depression are higher in people with Vitamin D deficiency compared to people who have adequate levels of vitamin D. Lack of Vitamin D is thought to play a role in Seasonal Affective Disorder, which is depression that commonly starts in the fall, lasts through winter and subsides in the summer spring and summer months. Our bodies also produce Vitamin D as a result of being in the sun. Five to thirty minutes of sun exposure twice a week generally produces enough Vitamin D.



Chandigarh, CH, India

Sector 26, Chandigarh, 160019, CH, India

Lat 30.730258, Long 76.809647

12/03/2022 12:36 PM GMT+05:30

Note : Captured by GPS Map Camera

COUNSELING FORM

2nd June 2022

NAME (optional): ANUSHA GOYAL 7417768801

CLASS: B.COM II (19 years)

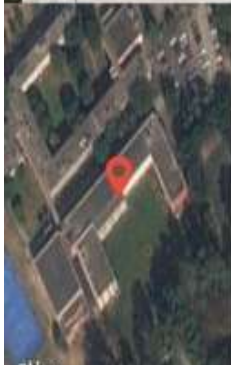
PROBLEM: ANXIETY

Referral BY: J.B. Hospital Yamunanagar

VISIT SCHEDULES:

ACTION TAKEN: Medication (Zolfresh) 2 times a day for 3 months

OUTCOME: _____



Chandigarh, CH, India

Sector 26, Chandigarh, 160019, CH, India

Lat 30.730280, Long 76.809540

12/03/2022 12:39 PM GMT+05:30

Note : Captured by GPS Map Camera

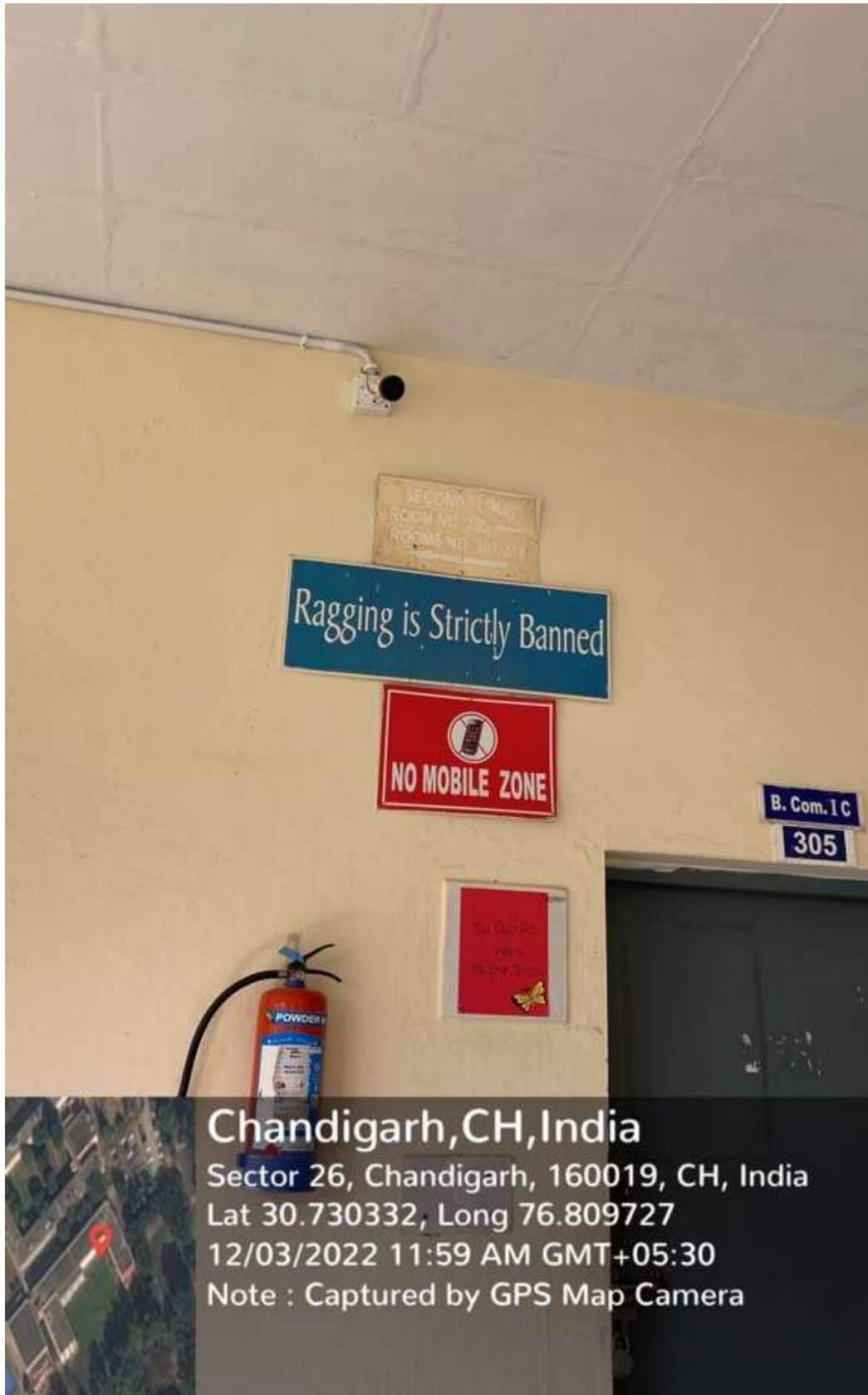
COMMON ROOM





ANY OTHER RELEVANT INFORMATION

No Ragging sign board at Premises



Grievances Box on 1st Floor of the Institution's main building



COMMITTEES FOR SAFETY AND SECURITY



ANTI - RAGGING CELL

❖ Dr. Jaswinder Kaur 9876498893

❖ Ms. Harbinder Chahal 9815467679

❖ Dr. Aradhana 9878311055

❖ Dr. Amandeep (Phy.Ed) 9878794477

❖ Ms. Sukhdeep Kaur 8360455046

Student Representatives

❖ Secretary 8968911052

❖ Joint Secretary 9815959854

Chandigarh, CH, India

Sector 26, Chandigarh, 160019, CH, India

Lat 30.730335, Long 76.809749

12/02/2022 02:18 PM GMT+05:30

Note : Captured by GPS Map Camera

INTERNAL COMPLAINTS COMMITTEE

❖ Dr. Jatinder Kaur (Principal)	9781996284
❖ Dr. Jaspreet Kaur	9872888075
❖ Dr. Amandeep Kaur (Phy Ed)	9872794477
❖ Dr. Savneet Kaur (Psy)	9876344453
❖ Dr. Baljeet Kaur	9988883950
❖ Dr. Sujata Vohra	9888879269
❖ Sh. T.S. Cheema (Supdt.)	9876608271
❖ Ms. Navneet Kaur (Warden)	6283033696

STUDENT REPRESENTATIVES

❖ PRESIDENT	8728946653
❖ VICE PRESIDENT	7696033889

Chandigarh, CH, India

Sector 26, Chandigarh, 160019, CH, India

Lat 30.730313, Long 76.809730

12/02/2022 02:18 PM GMT+05:30

Note : Captured by GPS Map Camera