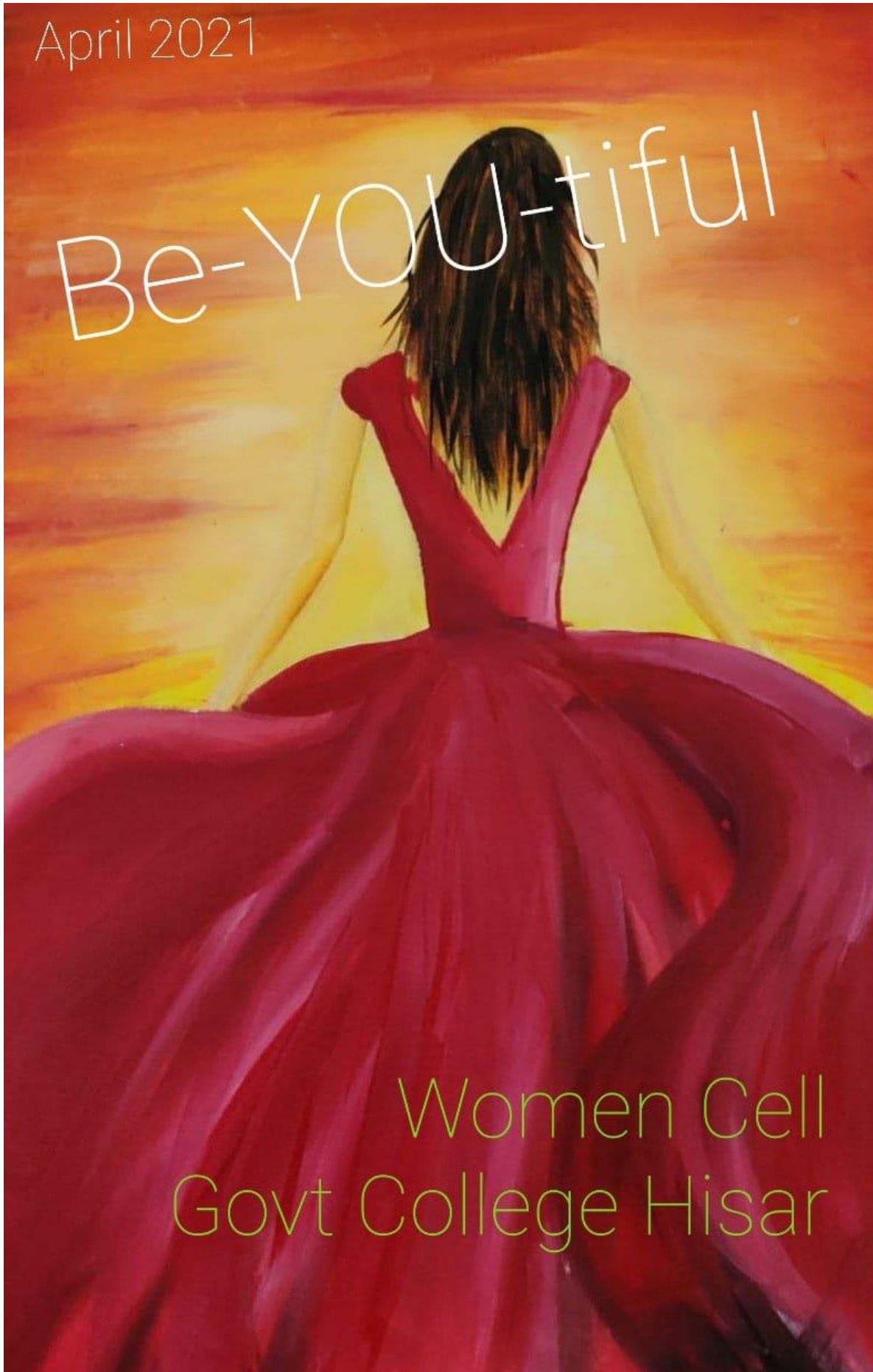


April 2021

Be-YOU-tiful

Women Cell  
Govt College Hisar



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*January 2021 to April 2021*

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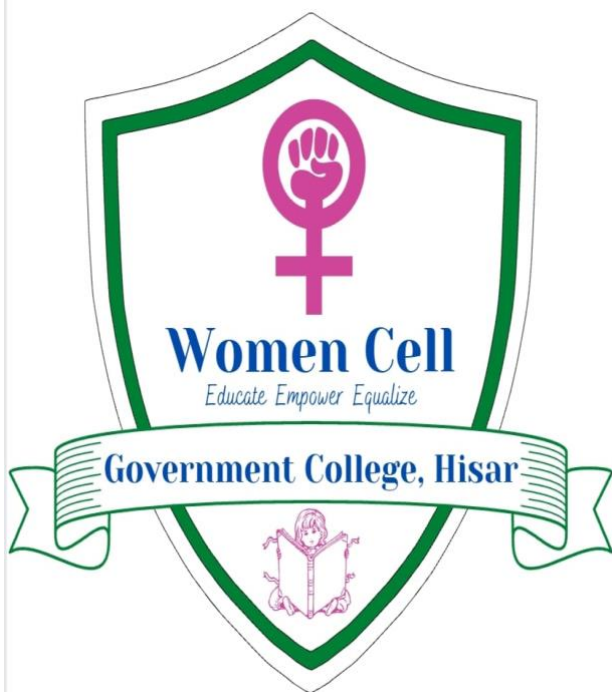
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### ACTIVITIES (Session 2020-21):

First E-magazine of Women Cell, GC Hisar is inaugurated by Principal Dr. Kusum Saini and Vice-Principal Dr. Nihal Singh on Jan 26, 2021. The magazine will be published quarterly (January, April, July, October). This Magazine will apprise and aware girl students. They can put forward their views and can see other viewpoints.





Clay Modelling and Art & Craft Workshop has been organized from 28-01-2021 to 30-01-2021 (3-Days) to enhance art skills among girl students. Plastic Bottles and waste tyres were turned by the students into art pieces. Many girls participated in the workshop enthusiastically.













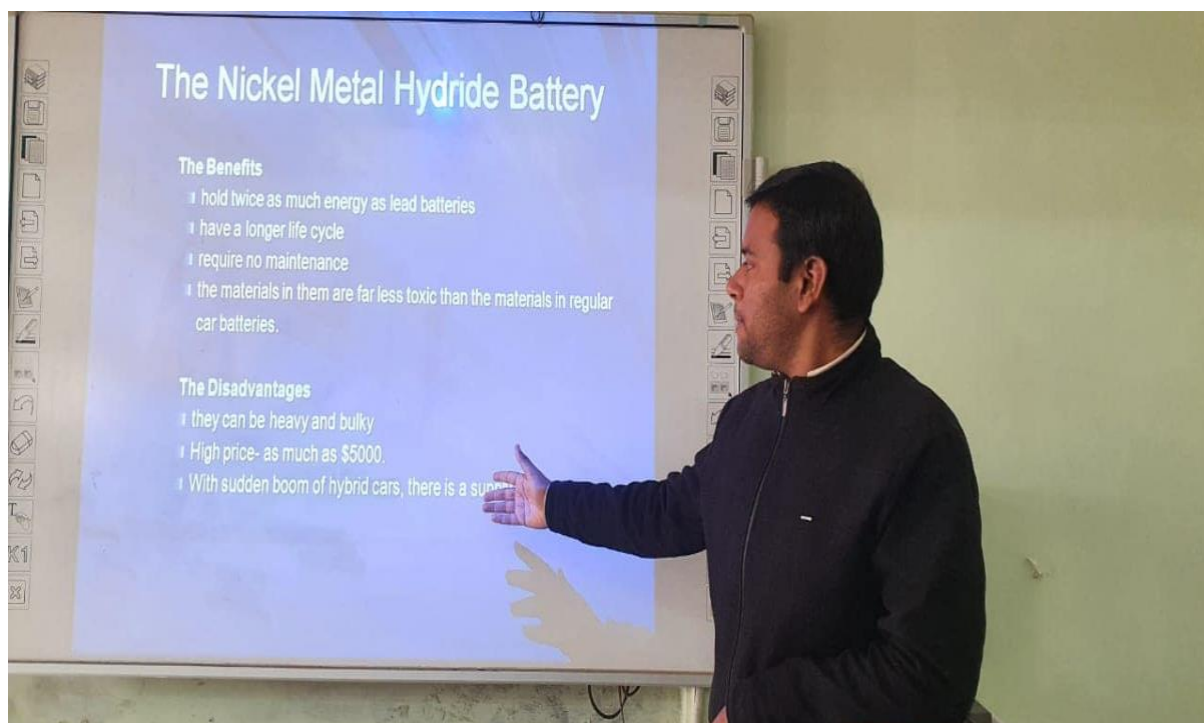
Video and Photography Workshop has been organized from 05-02-2021 to 06-02-2021 (2-Days). As Camera (Mobile) is accessible to every hand these days, students were told how to better use it. They became friendly with professional DSLR. They got information regarding how to focus, how to click, how to make videos.







6-Days (08-02-2021 to 13-02-2021) workshop on 'Practical Knowledge of Home Appliances' was organized in collaboration with Department of Physics to operate and maintain electrical and electronics home appliances, electrical connections and electrical vehicles.









To enhance overall personality and face today's competitive world, students were given so many opportunities to introduce their talents to the world. Different competitions were organized time to time. Debate Competition, Clay Modelling Competition and Best out of waste Competition were organized from 02-02-2021 to 04-02-2021. Online competitions of Mehendi, Photography, Slogan Writing, Poster Making, Making of Logo & Cover page of Women Cell Magazine, Rangoli, Poem Recitation and Painting were organized.











Girls safety and their rights are the most important topics to be discussed. DSP, Women Cell, Hisar, Ms. Bharti Dabas interacted with students informing and inspiring them through an extension lecture on 09-02-2021.











To enhance cordial relations among female staff of the college and to introduce stress-free workplace atmosphere, Women Cell organized a get-to-gather on 04-03-2021 as Women Cell aims for the empowerment of every woman of the institute.





On 08-03-2021, International Women's Day was celebrated in the college. Budding Artists of the college exhibit their artistic talents in Art Exhibition. A Cultural programme was organized in the Auditorium where students performed on the theme of Women, her empowerment, her issues, her contribution to the society.









## Choose to become Financially Independent

Namita Sabharwal  
Assistant Professor (Physics)  
Convener, Women Cell

Women have been taught since childhood to be good girls, calm, compliant, tidy, and sophisticated. They were brought up in an atmosphere where they fantasize their Prince Charming on white horse. Wanting to be a beautiful princess is their ultimate goal.

Living in this way, they can never start living like their life really matters. They don't create the life that they deserve. They put their life on hold.

A woman's role is typically defined by the relationships she shared with the men in her life. For generations, women were not included in the family's financial affairs. Subsequently, most portfolios are controlled and managed by male members of the family. So, when something undesirable happens to them, many of the women face financial troubles. They are not financially independent. They do not possess even a fundamental understanding of financial matters. They don't know how to execute their inherited investments.

When it comes to girls, there are a lot of barriers to their financial independence. Some barriers can be listed as:

- Gender discrimination
- Lack of confidence
- Social pressure and fear of getting judged by the society
- Lack of education and exposure
- Family issues and pressure
- Marriage and responsibility of children

Due to various pressures and reasons, most of the girls don't think much about financial independence or financial freedom. Even if young women join any paid job, they are forced to quit their job after marriage according to the convenience of their husband.

Everyone needs money for survival, be it a boy or a girl. I feel that every young girl should take charge. Each woman should be independent in all the terms. Financial independence is like a key for a girl to open the door of a cage and fly high.

An empowered and independent woman means a financially strong and healthy family. It's a long-held truth that only by educating women and including women in social affairs, we can uplift society. As women achieve financial independence, they can add value to the financial growth of the country. Women with high levels of financial literacy can foster and grow family finances, from planning and budgeting to long-term decision making.



## **Why Financial Independence Is Important for Women**

I've seen some women in my life whose lives have become hell because they don't have financial independence. So, women need to understand the importance of earning and saving money.

### **1. Future Security:**

When you are financially independent, you feel your future is fully secured. You get confidence to live your life fully. So young women must figure out ways to learn to fend for themselves.

### **2. Life of your own choice:**

Being financially independent gives you the power to choose to live your life the way you want. There is nothing more liberating and empowering than being able to support yourself entirely on your own.

### **3. Self-worth:**

Monetary worth is linked to self-worth and self-confidence. Earning money makes you will feel proud of yourself. It boosts confidence in you. A woman who has the ability to support herself financially command respect and equality in the family and society.

### **4. No need to compromise:**

Financially independent women and girls don't need to compromise on anything in their life. When you have your own money, you can do the things you really like- a new dress or haircut or a vacation.

Everyone deserves to be happy. In today's world, many of the things that make us happy cost money.

Why should you have to ask your spouse or parents or children every time you wanted money for the things you want to do?

### **5. Financial Support to your Family**

Men are supposed to be income-producers of the family and are expected to do jobs to support their families. It puts a lot of pressure on the single earning member to meet all the requirements of the family. Practically, it is illogical for an entire family to depend on a single breadwinner. It also puts a cloud of uncertainty over the dependent members in any ominous circumstances.

Whatever the reason may be, becoming financially independent is one of the best things a woman can do for herself.

### **The right advice makes all the difference.**

Everyone needs money, then why should girls stay away from financial independence and money management.

Gather your confidence right now and take the right decision for yourself. As a girl, don't get trapped into a 'dependent life'. Every girl has the potential to be financially independent.

## Know the Personality

### Maya Vishwakarma: The Pad-woman of India



Maya Vishwakarma, popularly known as the 'Padwoman of India', is a woman of excellence who has been trying to revolutionize the way India handles the issue and myths of menstruation. She has persistently confronted against the deep-rooted verdict of society that degrades the natural process among women.

Maya was born to a family of agricultural labourers in Mehraon village in Narsinghpur district of Madhya Pradesh. Despite financial obstacles, she continued her education and did her post-graduation in Biochemistry from RDVV University in Jabalpur. This was followed by her stint as a researcher at AIIMS Delhi, after which she went to the US to become a cancer researcher in Leukemia.

Maya did not have access to sanitary napkins until she was 26. This caused her to face many health issues later in life, thus triggering her ambition to remedy the situation. At the age of 36, she quit her job and came back to India.



**“During my first period when I was in the 9th grade, I was told to use a cloth instead of pads, and I continued to do so until I finally had access to sanitary napkins at the age of 26. However, the unhygienic methods in those formative years left a mark as it caused several infections. Those made me realize, that if such a thing can happen to an educated person like me, what about all those women in rural areas shrouded in lack of awareness. That is when I knew I had to do something to change it,” said Maya.**

She started the Sukarma Foundation in 2016, to create awareness around menstruation and importance of using sanitary pads.



Sukarma Foundation established a mini factory in 2017 to make sanitary napkins in Narsinghpur district under the brand name “No Tension”, providing employment to local women and raising menstruation awareness. The objective of this project is to protect tribal and rural girls/women from infections such as RTIs (Reproductive Tract Infections), UTIs (Urinary Tract Infections) and Cervical Cancer by educating them about menstrual hygiene and providing them with hygienic and low-cost sanitary pads.

While working in her home district for the last 5-6 years, she made a documentary on the model village, Baghuvar in Madhya Pradesh, titled “Swaraj Mumkin Hai” (Independence is Possible), and wrote a book by the same name. These projects were aimed at spreading

awareness of rural education and sustainable villages, and have been awarded and appreciated at the national and international levels.

## Personal Hygiene

Dr Sebi Sehra

HCMS



Hygiene is the practice of cleaning parts of the body and is related to good health. Hygiene practices vary greatly from culture to culture and indeed from family to family. Hygiene is often mentioned in relation to health and hygiene, oral hygiene, food hygiene and personal hygiene. Examples of hygiene include hand washing, bathing or showering, oral hygiene and hygiene around food preparation and serving. Women's hygiene is so important for many reasons. Our own personal health depends upon a level of cleanliness to keep us free from disease, such as skin diseases, respiratory diseases or gastro intestinal diseases. Factors such as sweating, menstruation (having your period) and vaginal discharge make personal hygiene vital, to prevent body odour and to maintain health. As carers, women prepare food for others, clean for others and carry out personal hygiene for children. This means that women are at risk of spreading germs and hence disease.

There are so many benefits of good hygiene.

- Hand washing prevents spread of germs and disease.
- Menstrual hygiene i.e. changing tampons and sanitary towels every 4 hours during menstruation and washing at least daily prevents body odour, infection and skin irritation.



- Daily washing either a bath or shower, or even a strip wash, removes stale sweat from areas such as the groin, underarms and feet. This again prevents body odour, infection and skin irritation.
- Oral hygiene is vital to prevent bad breath, gum disease and dental carries (resulting in fillings).
- Clean clothes are also important as sweat will be absorbed into clothing and turn stale. Cotton underwear is best, as its natural fibres are less likely to smell or irritate.
- Hair Wash maintains good hair and also prevents hair diseases. When you do not take care of your hair, you can end up with a lice infestation. Not only this is harmful for the health of your hair and scalp, but it looks odd when you keep scratching your head all the time. To avoid such problems, one should follow a healthy hair hygiene routine. You should shampoo and condition your hair at least 2-3 times a week. You can also use various herbal hair masks to keep your hair healthy and infection free.
- Washing the “T zone” the forehead, nose and chin as these parts of the face tend to get oily. Using face soaps that are non-comedogenic or facial products that are mild cleansers can help keep skin clear. Remember to wash your hands before touching your face to prevent the spreading of germs and bacteria.
- Foot care is vital. Keep them clean, look after your toe nails and soak your feet occasionally too. It’s great stress therapy. Pop some kiddies’ marbles in the dish too for a free foot massage.

### **Risk associated with poor hygiene:**

Poor hand washing techniques can cause Gastro intestinal bugs (diarrhoea and vomiting). Keep your finger nails clean and short.

Poor hygiene around menstruation and tampons (not changing them frequently enough) can cause Toxic Shock Syndrome, a rare but dangerous bacterial disease.

Vaginal Yeast Infection is a fungal infection caused by the overgrowth of yeast in your vaginal area. If you get this infection, you may experience itching, inflammation or pain. Keeping your intimate area hygienic is a key to avoid any of the UTIs (Urinary Tract Infections) or other fatal diseases.

Dental problems, particularly gum disease, resulting in fillings or teeth extractions.

Poor foot hygiene can cause odour, Athlete’s foot (a fungal infection between the toes) and skin irritation. Toe nails should be cut straight across and kept short and clean too.

Stay vigilant for your intimate health. Sometimes the body may experience changes physically or hormonally, leading to changes in menstrual cycle or vaginal discharge. Do not hesitate to contact or visit your doctor in the case of discomfort, infection, medical emergency or anything observed differently than normal. Feminine hygiene is important to maintain overall health and

should be part of one's everyday hygiene rituals. The availability of different hygiene products has facilitated and helped in keeping the intimate areas clean. However, as all bodies are different, consulting your doctors before using any of these is always recommended. These tips can be kept in mind to ensure a healthy feminine routine and lifestyle.





## अंदरूनी और बाहरी दोनों देखभाल से ही चमकेगा चेहरा

"स्किन एंड ब्यूटी केयर में हम जिस पक्ष को सबसे ज्यादा नजरअंदाज करते हैं, वही इसमें सबसे अहम भूमिका अदा करता है. स्वस्थ आकर्षक चेहरे और शरीर के पीछे एक पूरी प्रणाली काम करती है, इसी के बारे में जागरूकता जरूरी है."

शालू कामरा, स्किन एंड ब्यूटी केयर प्रोफेशनल,

संचालक; शालू मेकओवर, डी.सी. कॉलोनी, हिसार.

(फोन नं- 9068724004)

हमारा चेहरा हमारे व्यक्तित्व का वह आईना है जिससे कोई हमसे मिलते वक्त सबसे पहले मुखातिब होता है. इस बात से हम सभी सहमत होते हैं कि पहली बार किसी से मिलते वक्त हम उसके चेहरे से ही संवाद करते हैं, भले ही यह अप्रत्यक्ष रूप में हो. एक स्वस्थ और स्वच्छ चेहरा हमें बरबस ही आकर्षित करता है. चाहे बात आज के आधुनिक युग की हो या प्राचीन काल की, सुंदर दिखने के लिए हम सब प्रयासरत रहे हैं और इसके लिए हम विभिन्न तरीकों का प्रयोग करते आए हैं.

आज का दौर आधुनिकता का दौर है. हमारे जीवन की रफ्तार पहले की तुलना में तीव्र हो गई है. हमारी जीवनशैली का प्रभाव हमारे शरीर की बाहरी और आंतरिक सुंदरता पर पड़ा है. इसलिए हमें इसका ख्याल रखने के लिए प्रयास भी कुछ इस तरह से करने चाहिए कि हम अपनी दोनों सुंदरता में संतुलन बनाए रख सकें. आमतौर पर हम आकर्षक दिखने से आशय मात्र चेहरे से समझते हैं, जबकि इसमें हमारी आँखें, बाल, स्किन, चमक और ऊर्जा स्तर की भी अहम भूमिका होती है. थकन भरी आँखें, रूखे-बेजान बाल या ऊर्जा का निम्न स्तर रखते हुए हम कभी आकर्षण का केंद्र नहीं बन सकते चाहे हम कितने ही महंगे उत्पाद क्यों न प्रयोग कर ले.

स्किन एंड ब्यूटी केयर में हमें सबसे ज्यादा ध्यान अपनी डाईट का रखना होता है. जब तक आप अपने शरीर को अच्छा पोषण नहीं देंगे तब तक आप पर किसी भी उच्च गुणवत्ता वाले कॉस्मेटिक प्रोडक्ट्स का असर नहीं होगा. स्किन की अच्छी सेहत के लिए हमें सिट्रस फ्रूट्स जैसे मौसमी, संतरा आदि के साथ साथ नारियल पानी का सेवन करना चाहिए. खाने में हरी सब्जियाँ, दालों, दही का प्रयोग अधिक करना चाहिए. दिन में एक बार सुबह खाली पेट या शाम को ड्राई फ्रूट्स लें. खून साफ़ न होने के कारण भी पिम्पल्स की समस्या आती है, ऐसे में रातभर पानी में भीगी हुई किशमिश खाली पेट खाएं. पानी हमारे शरीर का नैचरल क्लीजिंग एजेंट है, इसलिए दिन में आठ से दस गिलास पानी जरूर पिए. गर्मियों में होने वाली ड्राई स्किन की समस्या के पीछे एक बड़ा कारण डिहाइड्रेशन होता है.

चेहरे और शरीर की रौनक बनाए रखने में दूसरा स्थान नींद का है। वर्तमान में हम सब कोविड नामक महामारी से जूझ रहे हैं, ऐसे में तनाव का स्तर पहले से कई गुना बढ़ गया है। इससे बचने का प्रयास करें, अपनी हॉबी को समय दें, संगीत सुनें, खुद को तनावमुक्त रखने का हर प्रयास करें। अच्छी और पर्याप्त नींद के अभाव में खाया हुआ पोषक भोजन भी फायदा नहीं देगा। रोज़ाना तीस मिनट की सैर या एक्सरसाइज़ करें।

बालों के लिए सफ़ाई का विशेष ध्यान रखें। प्रदूषण और धूल मिट्टी से होने वाले नुकसान से बचने के लिए रोज़ बाल धोएं, माइल्ड शैम्पू का प्रयोग करें। घर में बने हेयर पैक जैसे दही पैक, बनाना बैक, एलोवेरा पैक आदि लगाएं। हफ़्ते में एक या दो बार तेल से मसाज करें। चेहरे के लिए भी गर्मी में ठंडक देने वाले फेसपैक जैसे मुल्तानी मिट्टी पैक, फ्रूट्स पैक के साथ साथ गुलाब जल, ग्लिसरीन, एलोवेरा जैल का प्रयोग नियमित रूप से करें। सोने से पहले चेहरे के साथ साथ हाथ-पैर की भी सफ़ाई रखें। अच्छी कंपनी के उत्पादों का प्रयोग करें।

हेल्दी ग्लोइंग स्किन, सुंदर बाल हम सबका सपना होते हैं, लेकिन इसे पाने के लिए सिर्फ एक स्तर पर प्रयास ही काफी नहीं होते। इसके पीछे पूरा सिस्टम काम करता है, जिसमें ऊपर बताए गए सभी फैक्टर्स काम करते हैं। इसके बारे में प्रचलित मिथ को दूर करने के लिए सही जानकारी होना बेहद ज़रूरी है, वरना महंगे से महंगे उत्पाद प्रयोग करके, अच्छे ब्यूटी सेंटर की सेवाएं लेकर भी हेल्दी स्किन एंड ब्यूटी का सपना सपना ही रह जाएगा।





## Dealing with Emotional confusion During COVID-19

Kajal B.A.III(Psychology)

Roll No.2109720244



Human Beings are considered very emotional by nature. Most of the emotions we commonly experience are involuntary and spontaneous. We don't have control on our various emotions. These emotions bring out our deepest unconscious feelings whether we want them or not. These emotions can be positive or negative.

When things go wrong, e.g. during this Covid-19 pandemic- it is understandable that our emotions can get quite dark and volatile. A threatening event like this pandemic can trigger fight, flight or freeze responses. The fight response comes from anger; the flight comes from fear; and freezing can come from either anxiety or sadness.

**How Best to Deal with these Emotions?**

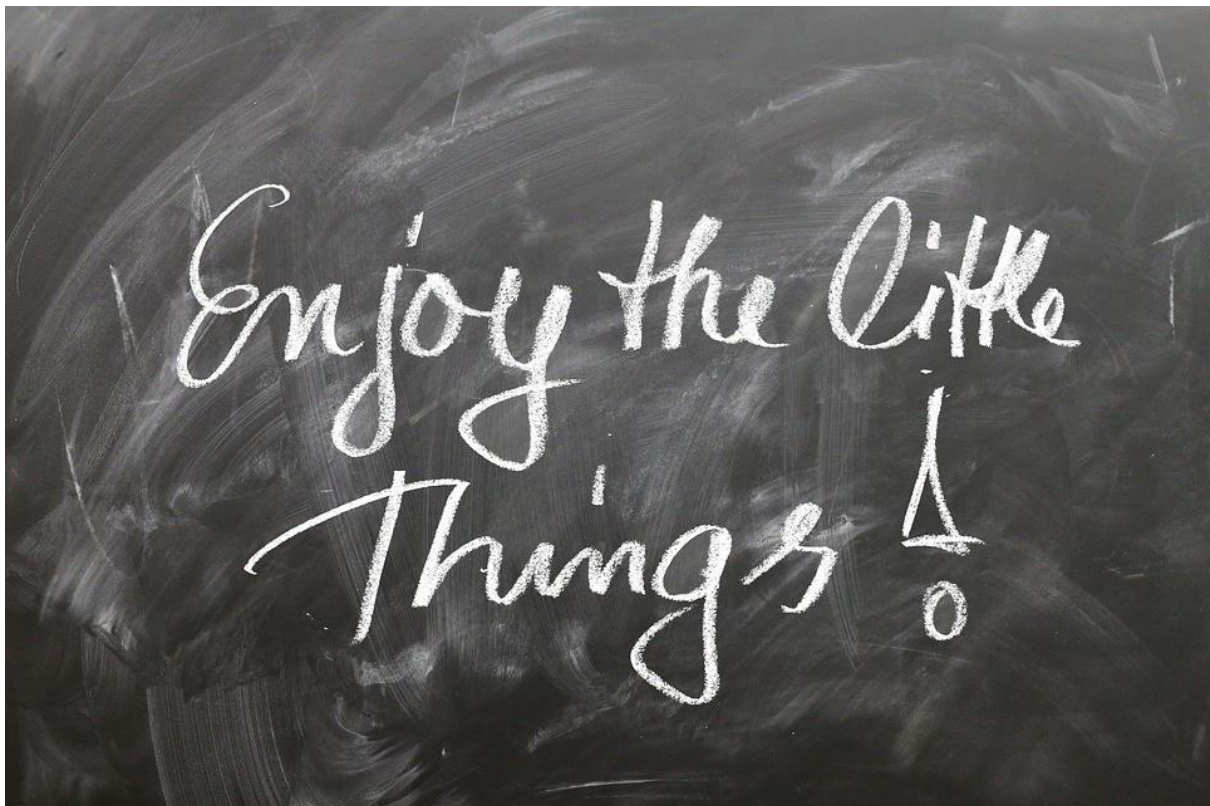
### 1) Awareness of feelings

Research shows that people are most distressed when they feel bad. But they are unable to identify their feelings. We can improve our ability to pinpoint what we are feeling. Once we know which particular emotion we are experiencing, we are in better position to do something about it.

### 2) Acceptance of feelings

Rather than fighting against our negative feelings or beating ourselves up for having these negativities, accept that experiencing dark or anxious emotions is perfectly okay. It's perfectly normal to feel sad, annoyed, frustrated, scared, angry or anxious. It makes you normal human. Approving that our emotions are normal and natural is a good step toward managing them in healthy way.

Best actions we can take is to express our emotions in writing, or to share with parents or any trust-worthy friend.





## Women Safety Apps: Your Smartphone is your Safety Device

Dr. Sudesh Rani

Assistant Professor (Comp. Sc.)

Women safety has become the utmost priority of the Indian government considering the increasing cases of crime against women. For the same reason, lot of Smart phones are pre-installed with women safety android apps. These apps have become yet another way of protecting them from protecting them if they land up in any unpleasant situation. There are various safety apps present on the play store designed for the protection and security of women. After all, women safety is not just an issue today, it is a major rising concern, so we bring to you a detailed list of 6 apps, which aim to offer women-safety anytime and at any place. The basics of most apps are similar — a user-decided list of emergency contacts to alert, and transmission of GPS-determined location — but the newer ones are easier to use, almost intuitive.

### 1. Safetipin

Safetipin is one of the good options when it comes to safety apps for women. The app is designed keeping in mind the concept of personal safety. It incorporates all the essential features such as GPS tracking, emergency contact numbers, directions to safe locations etc. The app also pins the safe areas along with their safety scores to go at the time of any problem. It also enables the users to pin unsafe areas and help others. Safetipin is available in Hindi, Bahasa and Spanish, besides English.

### 2. Raksha - women safety alert

The Raksha app is designed to ensure that women stay safe always. The app comes equipped with a button, which will send alerts to your loved ones with your location in a situation of distress. You can select the contacts, which will be able to see your location. Moreover, if the app is switched off and is not working then also you will be able to send alerts by simply pressing the volume key for three seconds. The app also has SOS functionality and can also send SMS if stuck in a non-internet area.

### 3. Women safety

The next on our list is the Women Safety app that will inform and update your dear ones if you are stuck in an unsafe place. It will send all the details related to your location with just a tap of a button. The app will send an SMS to a preconfigured number along with your location and a link of Google Maps. The app will also click two pictures with the front and rear camera, which are directly uploaded to the server. The Women safety app comprises of three coloured buttons based on the seriousness of a situation. So, you can tap the one you want depending on your situation.

#### **4. Smart24x7**

The Smart24x7 app is supported by the various states' police just to ensure the safety of women and senior citizens. The app sends panic alerts to emergency contacts in a problematic situation. It also records voices and also takes photographs during the panic situation and transfers these to the police as well. It also has call centre support, which will track down the primary movements of the user. Users just need to press the panic button and select the type of service required and then finally click on submit.

#### **5. bSafe**

The bSafe app ensures the safety and security of women. It allows contacts follow you through a live GPS trail and also set a timed alarm which goes off if you haven't 'checked in'. Moreover, it will also make your phone ring with a fake call and also notifies the emergency contacts with the location, video and even siren. Along with this, there is also a Guardian Alert button, which will immediately tell your friends or family members with the GPS location and video at the time of distress.

#### **6. Nirbhaya App**

This is another safety app that has been developed by a Pune based company, Smart Cloud tech, and is must for women who are going out alone. The app is useful when you want to contact your known in case of any emergency. This app allows you to send a pre-defined SMS alongside your current location to the selected numbers. All you have to do is press the Nirbhaya short cut icon to get help in distress. Further, if your phone is locked, then you simply need to shake your phone and the SMS will automatically be sent to a group of contacts as an SOS key. Not only this, Nirbhaya also alerts you if the area you are in is safe or unsafe so that you are vigilant and alert all the time.

So, these apps are very useful for communication in emergency situations like attempted molestation, accidents or any family emergency and they can be downloaded easily from Google Play Store.

#### **Conclusion**

Nevertheless, the six apps mentioned above are just one way offered by technology to minimize the chances of our being a victim of some violent crime or unexpected emergency. Being totally oriented to Indian scenario, these apps bring resources to our fingertips so that we are capable of taking some immediate actions. We just can't sit back at home with the fear of any unwanted situation, so these apps are an effort to provide an assurance that we are not alone. So just be alert, be safe!



## आ रही थी मैं तो कॉलेज से.....

करण और वर्षा

BA IInd Year

आ रही थी मैं तो कॉलेज से.....

हैवान वे रास्ते में खड़े थे।

ना जाने कितने सवाल किए उन्होंने....

जवाब मैंने.....

कुछ ना दिए थे

हवस .....

अपनी.....

बुझाने के लिए वो न जाने क्या क्या सोचे खड़े थे.....

मां मैंने ऐसे क्या कर्म किए थे.....

जो उन दरिंदों ने.....

मेरे साथ ऐसे पाप किए थे

सोचा कभी न था

जिंदगी इस मोड़ पे लाकर ऐसा छोड़ेगी

मेरी परछाई भी मेरे साथ होने से डरेगी.....

आया ना था कोई भी बचाने मुझे उस दुष्कर्म से

क्या सभी की तब नजरे फूटी होंगी.....

क्या उन सबके घर बहन या बेटा नहीं होंगी.....

ऐसे कब तक शिकार होगा हमारा

क्या कभी .....

इस समाज में नारी शक्ति का .....

उदार भी होगा???. ....

ये सवाल हैं उन लोगों से .....

तमाशा देखने वालों से .....

आज मेरे साथ हुआ.....

कल होगा तुम्हारी बहनो से क्या तब तुम उसे बचालोगे???





## Problems faced By Women

Sonal Sharma

BSc II (NM)

Roll No 2991120143

Being a woman is not easy. There are so many issues related to women that hinder the growth of a country and make the women feel inferior.

- Gender discrimination is one of the issues that women are facing in India. Women are not considered equal to men. Women are discriminated on the basis of gender at their workplace, social platforms and even at home.
- In some of rural areas, girls are still denied to education.
- The ideology in India is that a woman is important but she can't be more valuable than a man as he brings food to the table.
- Domestic violence is a silent crime that happens in many places but less reported.
- Apparently, the dowry that a girl brings is more important than her presence in the married life.

**"A Real Man Knows How To Respect A Women!**

**Because He Knows The Feelings If Someone Would Disrespect His Mother !"**



**STOP**  
**Violence Against Women**

## Aerobic Exercises

Sarita Sheera  
Associate Professor (Computer Science)



The term **Aerobic** is an adjective relating to, involving, or requiring free oxygen.

**Aerobic exercises** also known as "cardio" are physical exercises during which your breathing and heart rate increase for a sustained period of time. These Exercises increase the amount of oxygen in the blood and improve the activities of the heart and lungs.

**What is the difference between aerobic and anaerobic exercise?**



The difference between aerobic and anaerobic exercise comes down to oxygen levels. Aerobic means "with oxygen," and anaerobic means "without oxygen."

During aerobic exercise, your muscles have enough oxygen to produce the energy needed to perform. You breathe faster and deeper than when your heart rate is at rest. You're maximizing the amount of oxygen in the blood. Your heart rate goes up, increasing blood flow to the muscles and back to the lungs.

### Examples of aerobic exercises

- jogging
- brisk walking
- rope skipping



- swimming
- aerobic dancing, like Zumba
- cross-country skiing
- stair climbing
- cycling
- rowing

Anaerobic exercise involves quick bursts of energy and are performed at maximum effort for a short time. This exercise is the type where you get out of breath in just a few moments. Here, oxygen demand is greater than oxygen supply and you can't keep up with the energy your body is demanding.

### **Examples of anaerobic exercise**

- high intensity interval training (HIIT)
- heavy weight lifting
- calisthenics, like plyometrics, jump squats, or box jumps
- sprinting (while running, cycling, or swimming)
- push-ups
- squats

Aerobic exercises are continuous exercises and anaerobic exercises are start-and-stop exercises.

Aerobic exercises can become anaerobic exercises if performed at a level of intensity that is too high.

### **Benefits of aerobic exercise**

- Aerobic exercise not only improves fitness, it also has known benefits for both physical and emotional health.
- It burns calories and reduce your body fat.
- It may help lower and control blood pressure.
- It may increase your stamina and reduce fatigue during exercise.
- It increases HDL or good cholesterol.
- It strengthens your heart and improves cardiovascular conditioning.
- It activates immune systems, making you less likely to get colds or the flu.
- It boosts mood.

- It helps to better control blood sugar.
- It improves lung function.
- It can help prevent or reduce the chance of developing some cancers, diabetes, depression, cardiovascular disease, and osteoporosis.
- It lowers the rate of dementia and Alzheimer's disease.

And many more....

### **Risks of aerobic exercise**

If you're new to aerobic exercise, it's important to start slowly and work up gradually to reduce your risk of an injury. For example, start by walking 5 minutes at a time and add 5 minutes each time until you're up to a 30-minute brisk walk.

### **Benefits of anaerobic exercise**

- It strengthens bones
- It burns fat
- It builds muscles
- It increases stamina for daily activities like hiking, dancing, or playing with kids.

### **Risks of anaerobic exercise**

Anaerobic exercise can be hard on your body. It's not typically recommended for fitness beginners.

### **Progression of aerobic exercise**

Progression to higher intensities of exercise should be based on individual exercise tolerance. There are 3 methods for challenging aerobic fitness:

- Increase speed.
- Increase the resistance.
- Increase the duration.

Any of these methods, or a combination of these methods, will improve aerobic fitness. Increasing intensity should be done very gradually. You should challenge yourself for only a few minutes at a time.

Every session of aerobic exercise should include a warm-up and cool-down. The warm-up period should not include static stretching, but should instead be a gradual increase in pace and intensity of the exercise. This allows the body to increase blood flow to the muscles and decreases the likelihood of a muscle or joint injury. The warm-up should last between 5 and 10 minutes. The cool-down session should last a similar amount of time as the warm-up, with the pace gradually decreasing. Stretching exercises would be appropriate after aerobic exercise.

**Fat and carbohydrate are the fuels that our muscles burn. Fat contains 9 calories per gram whereas carbohydrate has only 4. You need more oxygen to burn fat because it's denser than carbohydrates. So, when you get more energy, you can go farther on a gram of fat than on a gram of carbohydrate. Your body gets better at using oxygen and burning fat when you do regular aerobic exercise.**



## Takeaway

Aerobic and anaerobic exercises can be beneficial for your health. Depending on your goals and fitness level, you might want to start with aerobic exercises such as walking, jogging, and strength training two to three times a week.

HIIT and plyometrics. These exercises can help you gain muscle, burn fat, and increase your exercise stamina.



## Phenomenal Indian Sportswomen: Inspiring the Nation

**Dr. Savita**  
**Assistant professor (Chemistry)**

There is no doubt that Indian sports is infected by a bug called "Gender inequality". Things are not very easy for female athletes in India. From being criticized by male players and coaches to facing a huge gender pay gap, women players have always been victims of this narrow-minded attitude. They see how men doing the same things as them are celebrated and paid more. How people ask men about their future in the sport and them, about marriage. How people are still more interested in their clothes than their sporting excellence.

However, it doesn't kill their spirit and for that alone, they deserve huge credit. Recently, we have witnessed a massive rise in the number of Female Sports players in India who have smashed patriarchy in its face and sent a strong message that women are not all about pinks and flowers, they are about sweat and strength too!

Here's the list of female Indian athletes who're probably the best game-changers we will ever know and who bought laurels to their mother land by establishing records & winning titles on international stage. These athletes chose to challenge the ordinary and pave a path for Indian women in sports.

From Badminton to weight lifting, these female sports personalities have made our country proud and setting a path for future generation players who are contemplating on the idea of taking up Sports as a profession:

### 1. Sania Mirza (Tennis)



Sania Mirza is one of the most popular female sports players in India, who has inspired many girls to follow her path and take up sports as a career. She had turned professional at a young age of 16 and after that, there was no looking back for her. She is the first and the only Indian female tennis player won Six Grand Slams (three each in women's doubles and in mixed doubles) in her career. She held the number one rank in Women's Doubles category for 91 weeks straight. She picked up her Tennis Racquet at an early age of six and kick started her international career in 2003. Also, Sania is one of the highest-paid athletes in the country and made into the list of the elite player club. She is married to Pakistani star Cricketer Shoaib Malik and gave birth to a baby boy in 2018. After her maternity break, she gave clarity on her comeback and her dreams of winning in the Olympics.



## 2. MC Mary Kom (Boxing)



MC Mary Kom has been a pioneer for Indian sports women in many ways. She is everything that an aspiring Indian woman athlete looks for in a role model. Being a boxer in India is not so easy, let alone a female boxer. MC Mary Kom had to face loads of difficulties as an aspiring boxing professional but she overcame all of them. 'Magnificent Mary' is the only woman to become World Amateur Boxing champion for a record six times, and the only woman boxer to have won a medal in each one of the seven World Championships.

The *Padma Bhushan* winner is the first Indian woman boxer to clinch a gold medal in the Asian Games in 2014 in Incheon. Another highlight of Mary Kom's career has been winning the bronze medal in the 51 kg category at the 2012 London Olympics. She won a total of 13 Gold medals, 2 Silvers and 3 Bronze medals in her career. In 2016, she was nominated as a Rajya Sabha member by the President of India and in 2020, she was awarded the second-highest civilian award, "Padma Vibhushan". She continues to be an inspiration for the nation, and in particular, a huge motivation for sports women in India in particular.

## 3. Mithali Raj (Cricket)



Mithali Raj is the captain of Indian cricket team at present. She is the highest run scorer in women's international cricket. Mithali is the only female cricketer to surpass the 6,000 run mark in One Day International cricket. Also, she is the only Indian cricket captain (male or female) to lead India to the World Cup final twice.

## 4. Saina Nehwal (Badminton)



Saina Nehwal can be credited for being one of the most influential female Badminton players in India. Saina has accomplished several incredible feats in her career such as being the first

female Indian shuttler to win a super series title and winning gold medals at the 2010 and 2014 Commonwealth Games. She won bronze medal at London Olympics (2012), which was India's first-ever medal in badminton at the Olympic Games. She is the first female and the second Indian badminton player to be ranked first in the world. She was bestowed with many awards such as Arjuna Award, Rajiv Khel Ratna Award, Padma Shri and Padma Bhushan for her remarkable achievements.

#### **5. Geeta Phogat (Wrestling)**



Geeta Phogat is a freestyle Indian wrestler. She is the first Indian (male or female) who won a gold medal in wrestling at the Commonwealth Games 2010. Also, Geeta is the first Indian female wrestler who had qualified for the Summer Olympics 2012.

#### **6. Sakshi Malik (Wrestling)**



Sakshi Malik is the first Indian female wrestler who won a bronze medal at the Rio Olympics 2016. This achievement instantly made her an inspiration for billions of Indians. She belongs to a family that consisted of wrestlers and picked up the wrestling as her sport at the young age of 12.

#### **7. PV Sindhu (Badminton)**



PV Sindhu is the first and only Indian shuttler to win a silver medal in Badminton at 2016 Summer Olympics. She made this achievement at the young age of 21 which makes it even more amazing. She is the youngest Indian athlete to make a podium finish in an individual event at the Olympics. She is the first Indian who won gold at the BWF World Championship 2019 held at Basel in Switzerland.



### 8. Dipa Karmakar (Gymnastics)



Dipa was born with a flat foot and fought against all physical and financial adversities to make India proud internationally. Dipa Karmakar is the first Indian female gymnast to win a Bronze medal at the 2014 Commonwealth Games in Glasgow. She is also the first Indian woman in the last 52 years to have attempted the most difficult vault in Gymnastics called Produnova and earning a spot among 5 players who were successful in doing it. She has been awarded with Arjuna Award, Rajiv Gandhi Khel Ratna Award, Padma Shri.

### 9. Rani Rampal (Hockey)



Rani's success story is an inspiration for millions of young girls in the country. Her poor economic background and lack of exposure did not destroy her dreams of making it big in the fields of sports. She is not only the youngest player in the women's national hockey team, but also the first ever hockey player in the world to win the "World Games Athlete of the Year". Under her leadership, the Indian women hockey team won a silver medal in the 2018 Asian Games. She was also bestowed with the prestigious "Padma Shri" title.

### 10. Manu Bhaker (Shooting)



Manu Bhaker won two gold medals at the 2018 ISSF World Cup at the age of sixteen and became the youngest Indian to win a gold medal at the ISSF World Cup. In 2019, she continued her winning streak with four golds in the mixed 10m air pistol event at four ISSF World Cups, along with her partner, Saurabh Chaudhry. In addition, she bagged a gold in the 10m women's air pistol event at the ISSF held in Putian, China. Furthermore, she won two golds at the *Asian Shooting Championship* held in Doha.

### 11. Hima Das (Track and Field)



Nicknamed the ‘Dhing Express’, Hima Das is an Indian sprinter from Assam. 2019 was the year for Das, as she won five gold medals in 20 days. Her first gold was in 200m race at the Poznan Athletics Grand Prix in Poland on July 2, which was followed by another gold in 200m race at the Kutno Athletics Meet, again in Poland, on July 7. She bagged her third and fourth gold in 200m in Czech Republic on July 13 and July 17 respectively. Finally, her fifth gold was in 400m race in Nové Město, Czech Republic on July 20. Hima Das is the second-fastest Asian, featuring in the top-10 under-20 runners in the world in the discipline in 2019. Das is also in the top-20 list of fastest sprinters under the age of 20 in the 200m event. In 2018, she received the Arjuna Award from the President of India.

### 12. Dutee Chand (Track and Field)



Dutee Chand is a 23-years old professional sprinter from Odisha. She has recognized as the ‘Sportswomen of the Year 2019’ by *Vogue India*. She was the first Indian to win a gold medal in women’s 100-metre sprint at the 30th Summer University Games in Naples, Italy. She then went on to break her own national record, clocking 11.22 seconds, in the women’s 100m semi-finals at the 59th National Open Athletics Championships in Ranchi.

The list of famous female sports players in India is never-ending! These women have broken the stereotypes that women cannot play rough games or take up sports as a career! Apart from creating new records in their fields, these lady stars have proved to be game-changers in Indian sports.

## Student Activism

Namita Sabharwal

Assistant Professor (Physics)

What is Student Activism? What is the purpose of Student Activism? Is Student Activism a dirty word? What kind of student activism should be encouraged?

‘Student Activism’ is generally related with protests, violence, damage, and unruly behaviour. Boycotting classes, raising demands, shouting slogans, issuing controversial statements, arguing with administration are often considered as Student Activism.

Let's first discuss the aim of Education. Main Role of Education is to develop a civilized society. Education brings knowledge, information, awareness, skill development, social, cultural, moral and spiritual values. In short, education is all-round development of a person and shapes his character. The purpose of education is to help students become well informed and committed citizens who are conscious of what is happening in their society and deal with the situations responsibly.

Students should be taught to analyse the issues critically and motivated to participate in creating a better society. They should be trained to strife in a logical manner and conflict for a right reason.

Student Activism should be in line with the aim of education. Peaceful protests and non-violent campaigns can also achieve the desired social change. Student Activism is an elegant word and it can be made more elegant by understanding students, helping them channelize their energy in the right direction and sustain their thoughtfulness in the society and humanity.

Being an activist, simply means you have an opinion on pivotal issues. It means you propound your viewpoint, and try to persuade people to agree. But if ultimately, they don't agree, you need to realise it's finally their choice. So, being Student Activist enables one to grow and know how to deal with people of different ideologies.

Being a Student Activist shapes your mind and enhances your communication skills. You meet new people, make new friends. You become more confident of putting forth your perspective without fear of being judged.

Student Activism is not a dirty word. It depends on how we understand it. Activism changes the way you perceive several things. Every human being should be an activist and work for change and development of their society.

So, being a Student Activist, helps you grow, mature and discover yourself!



## लड़कियों अपने सपने बुन लो

संजय वर्मा

B.A.III

Roll No. 2109710295

लड़कियों,

कुछ बनना है तो सपने बुन लो

भागो तुम उनके पीछे

कोशिश करके मुट्ठी में भर लो,

फिसल जाएं तो गम ना करना

फिर से समेटो, फिर से सहेजो

लड़कियों अपने सपने बुन लो !

दुनिया की बातों पर मत जाओ

मन क्या कहता, वही सुन आओ

लक्ष्य तय करो खुद तुम अपने

खुद ही उन तक राहें खोलो

लड़कियों अपने सपने बुन लो !

छोटा हो या हो वह बड़ा

या अंतरंगी हो चाहे जितना

सपने ये तुम्हारे हैं, तुम्हें ही है इन्हें साकार करना

साथ जो ना मिले किसी का तो

खुद को अपना साथी चुन लो।

लड़कियों अपने सपने बुन लो !

बाधाओं से मत घबराओ  
टूटो-बिखरो तो फिर जुड़ जाओ  
अपने मन की हर ख्वाहिश को  
पूरी करने की कोशिश कर लो  
भागो तुम उनके पीछे  
कोशिश कर के मुट्ठी में भर लो  
लड़कियों अपने सपने बुन लो !



## College Star

Pinki Janaagal

B. Sc. III (Non-Medical)

Roll No. 2109820028

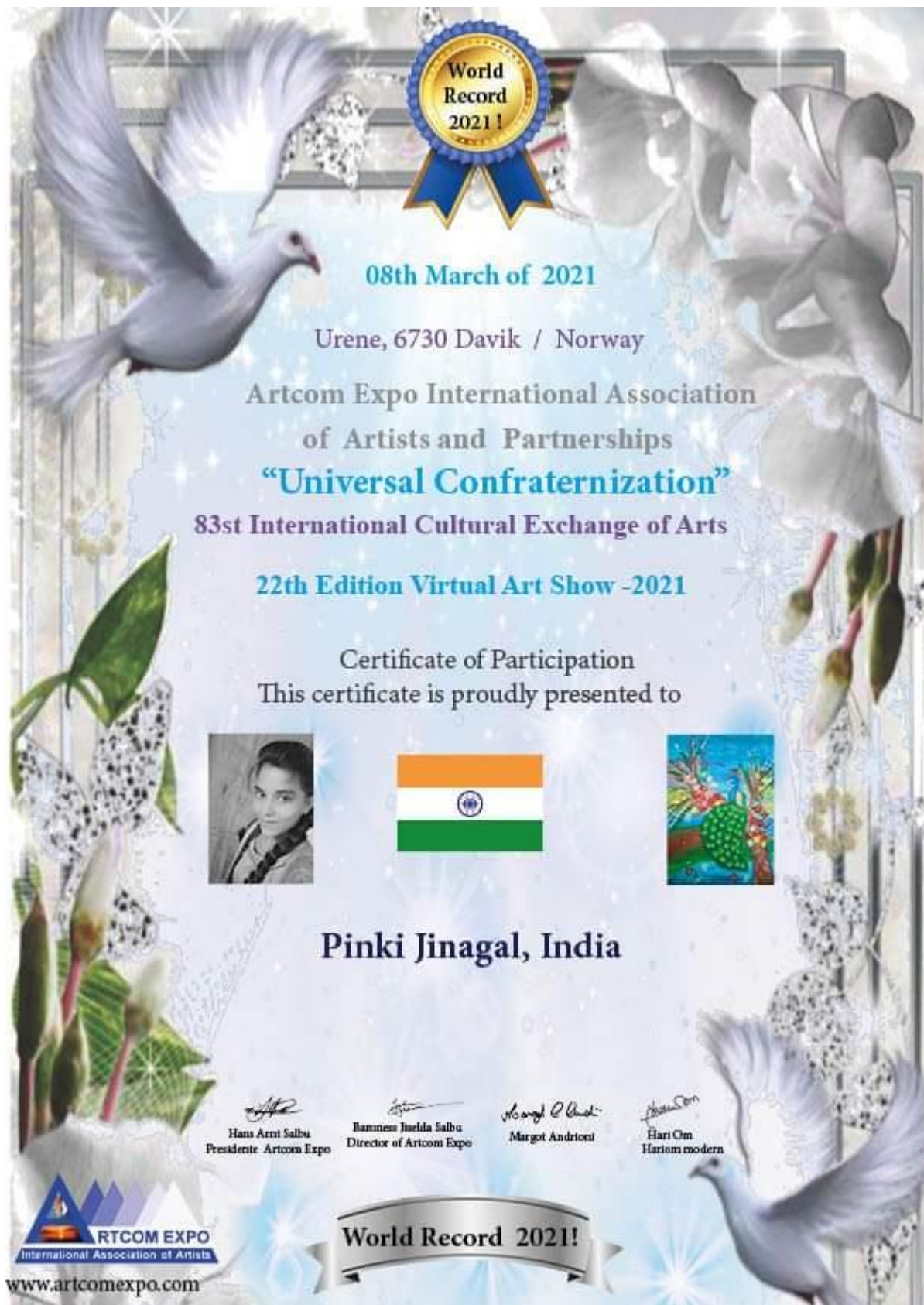








Her International Achievements:







اتحاد الفنانين التشكيليين المغاربة فرع جهة الرباط  
Moroccan Plastic Artists Union branch of the Rabat region



March  
Women's day

شبكة فناني الرباط



March  
Women's day

بكل فخر يتشرف الجهاز الإداري لاتحاد الفنانين  
التشكيليين المغاربة فرع جهة الرباط بمنح ،  
*With pride, the administrative staff of the Union  
of Moroccan Fine Artists, the branch of the  
Rabat region, is honored to grant,*

**Pinki Jinagal- India** الفنان (ة)  
Artisr

نظير المشاركة الفعالة في المعرض الدولي بمناسبة اليوم العالمي  
للمرأة تحت شعار " دعوة للتفاؤل"، بتاريخ 8 مارس 2021.

*In exchange for effective participation in the  
international exhibition on the occasion of  
International Women's Day under the slogan  
"An Invitation to Optimism", on March 8, 2021.*

تمنياتنا لكم بدوام الابداع والتالق،  
Congratulation



Signature

Signature





## Contest No. 1

### Caption the Picture

Language can be Hindi or English.

Best three entries will be awarded certificates.

Send your entry at [womencellgchisar@gmail.com](mailto:womencellgchisar@gmail.com).

Mention the number of Contest (Contest No. 1) in subject of email.

Mention your name, Class and Roll Number along with your entry.

Last date of your entry is 30-06-2021.



## **Contest No. 2**

### **Dialogue Writing Contest**

**Topic: Education System in COVID-19**

**You can choose two persons (making dialogues) of your choice.**

Language can be Hindi or English.

Best three entries will be awarded certificates.

Word limit is 100-500.

Send your entry at [womencellgchisar@gmail.com](mailto:womencellgchisar@gmail.com).

Mention the number of Contest (Contest No. 2) in subject of email.

Mention your name, Class and Roll Number along with your entry.

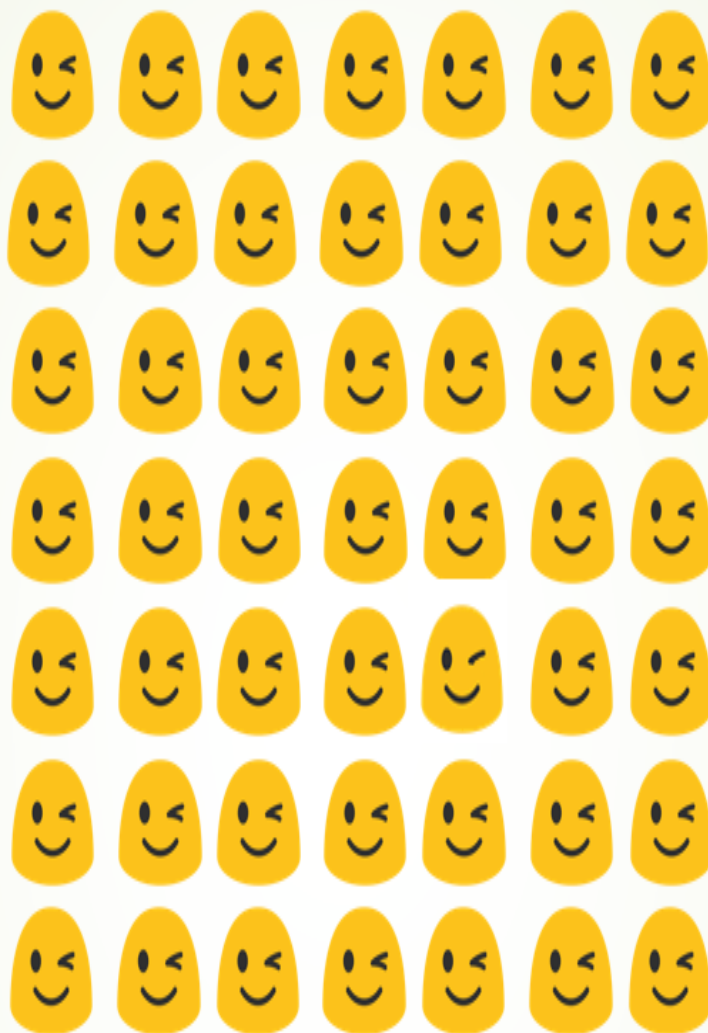
Last date of your entry is 30-06-2021.





## Let's Have Some Fun

Find the odd Emoji Out



$$\bigcirc + \bigcirc = 10$$

$$\bigcirc \times \square + \square = 12$$

$$\bigcirc \times \square - \triangle \times \bigcirc = \bigcirc$$

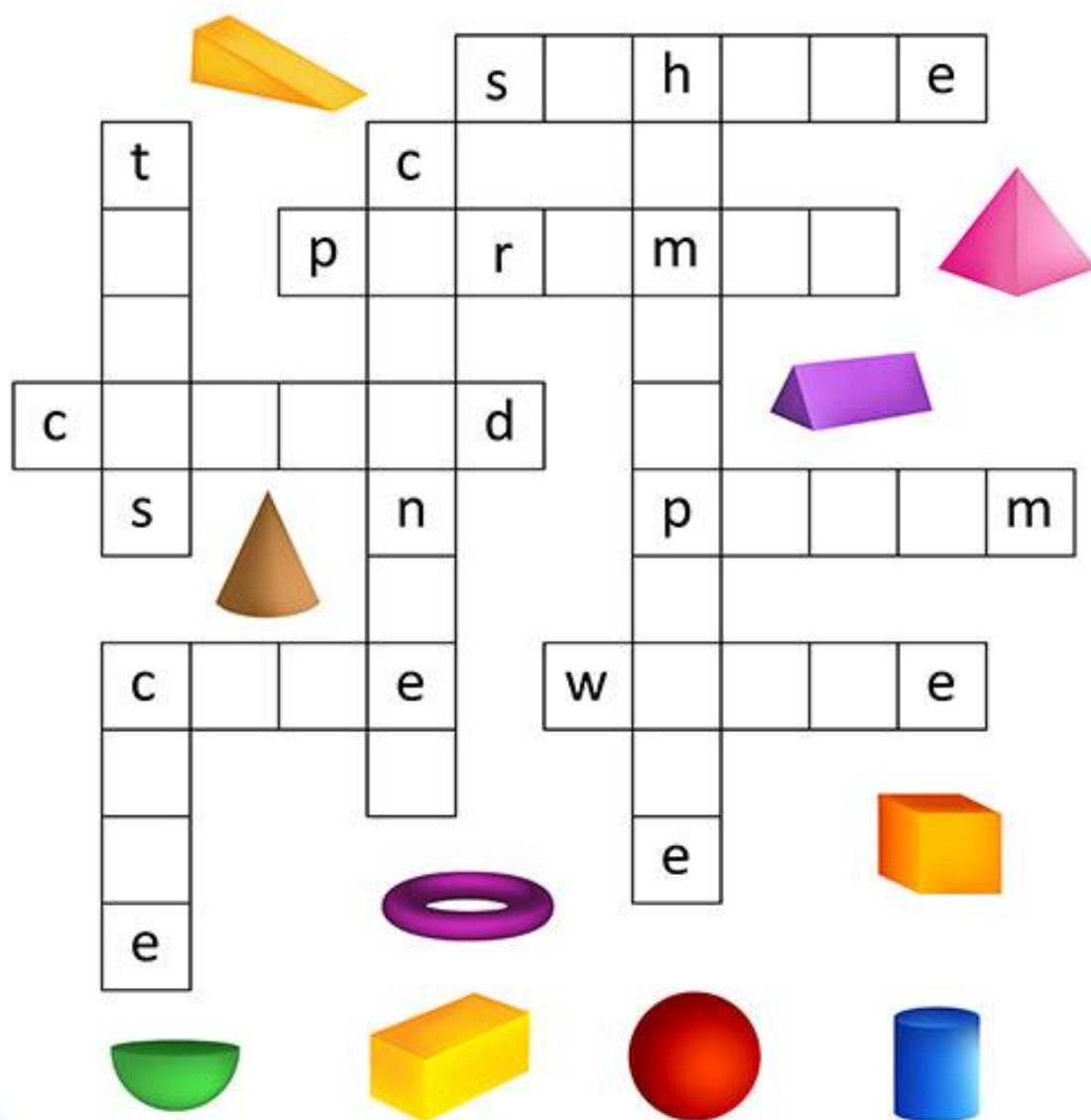
$$\triangle = ?$$



## Complete the Puzzle



Write the shape names and complete the puzzle





## ART CORNER

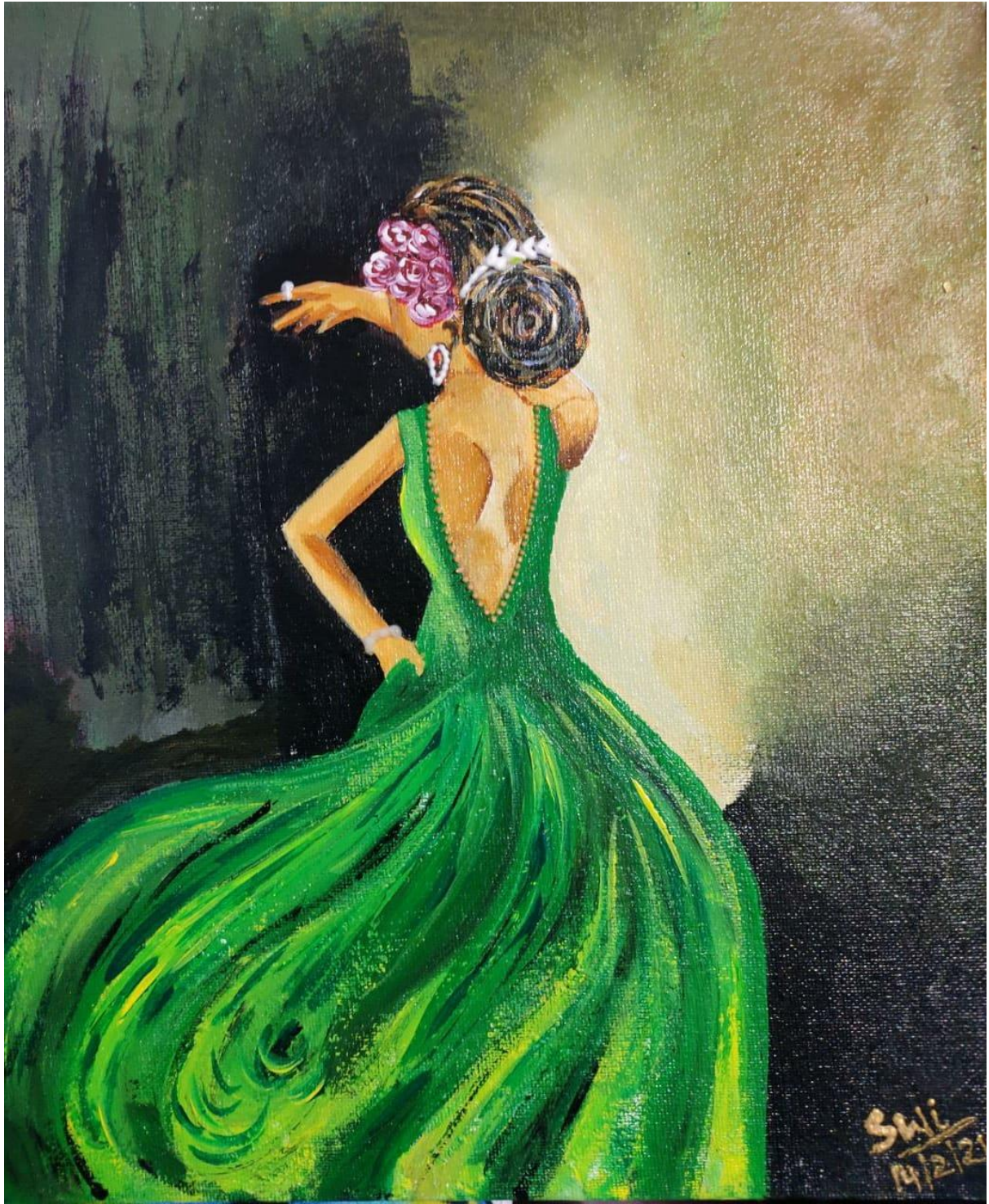
**Ms. Shweta**

**Assistant Professor (Computer Science)**



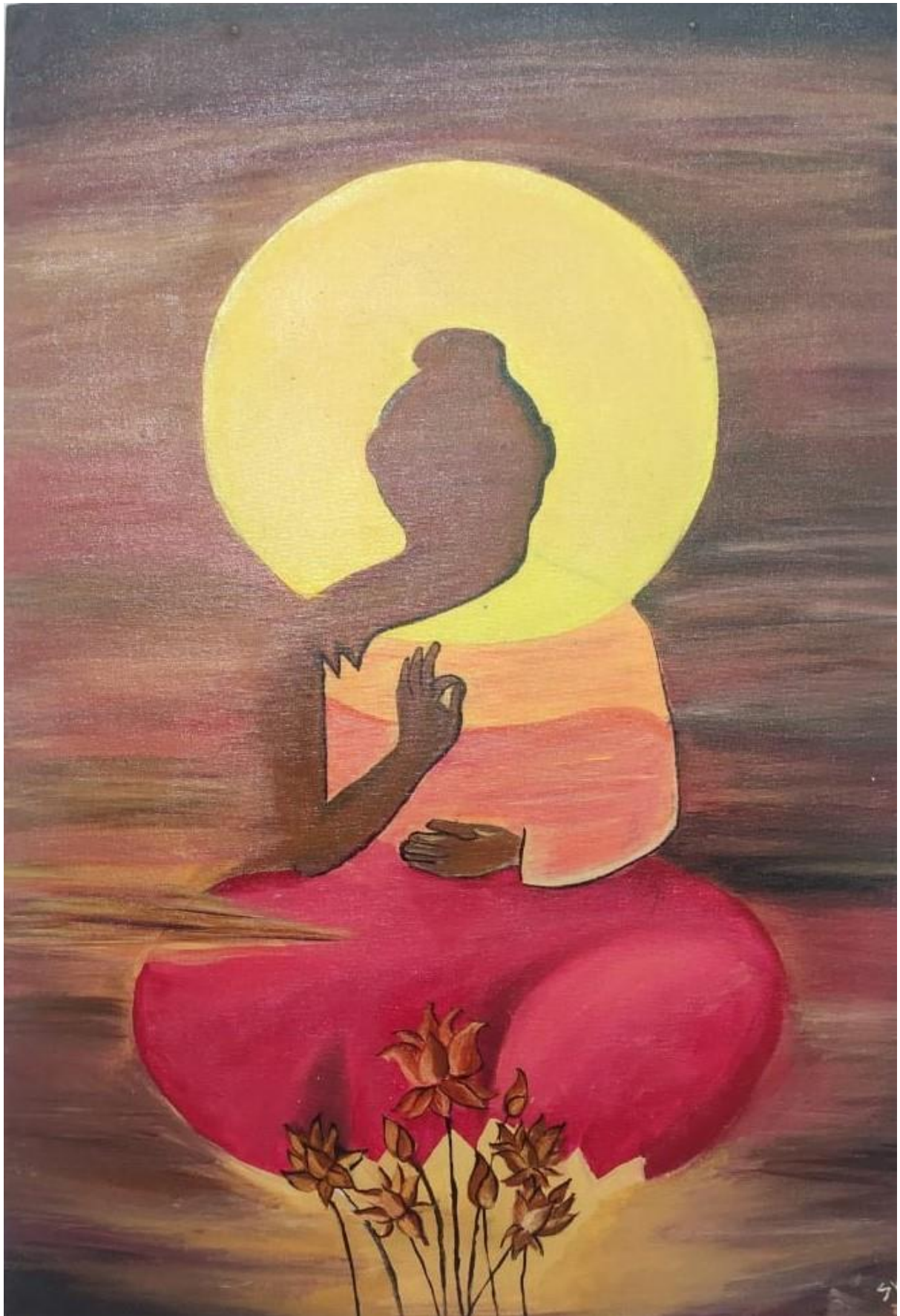
Shweta





Shweta





Shweta





Shweta





Shweta





Shweta





Shweta

**Mrs. Suman Chaudhary**

**Associate Professor (Mathematics)**



Suman





Suman





Suman





Suman

## Inspiring Quotes

"Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women."

– **Maya Angelou**

"Every woman's success should be an inspiration to another. We're strongest when we cheer each other on."

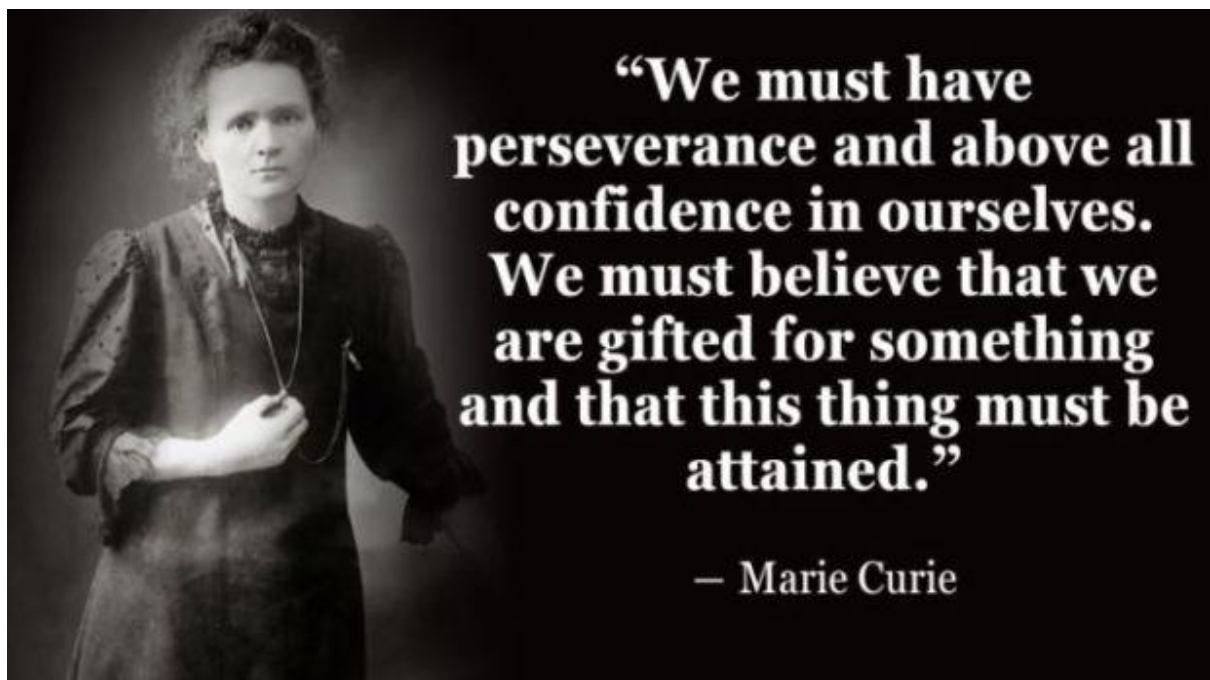
– **Serena Williams**

"I can't think of any better representation of beauty than someone who is unafraid to be herself."

– **Emma Stone**

"The most dangerous woman of all is the one who refuses to rely on your sword to save her because she carries her own."

– **R. H. Sin**





You can send your Views and Feedback at

[womencellgchisar@gmail.com](mailto:womencellgchisar@gmail.com)

