

**Lecture on
Nutrition/
Personal Hygiene**

25 July 2023

140
25/6/23

Ms. Vinita Mishra
26/7/23

राजस्थान सरकार



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No: F4(102)R.O.J/CCE/2023/ 20

Date: 21.06.2023

To

All Principals
Government Colleges
Rajasthan.

Subject:- Calendar of Activities to be implemented in Colleges on the basis of
"Rajasthan Rajya Mahila Niti-2021".

Sir/Madam,

As per the above you are hereby directed to implement the "Calendar of Activities"
based on "Rajasthan Rajya Mahila Niti-2021" from the new session of 2023-24 in your
colleges.

CALENDAR OF ACTIVITIES

Based on Rajasthan Rajya Mahila Niti-2021

JULY

1. Women/Girls Health
 - i. Awareness lectures/Rally/workshop on PCPNDT Act.
 - ii. Lectures on Nutrition/Personal Hygiene.
 - iii. Free Medical Aid Camps. (Dental Camps, Eye check up Camps etc.)
 - iv. Yoga and Stress Management Workshops.

AUGUST

2. Beneficiary Schemes for girls/women
 - i. Awareness regarding all schemes meant for girls/women as per Nideshalaya Mahila Adhikarita, Rajasthan. (awareness to be created through local officials/staff from Nideshalaya Mahila Adhikarita)
 - ii. Scholarships for girls in colleges/higher education- **Rajeev Gandhi Scholarship for Academic Excellence** and other scholarships meant for college girls (announced by Govt. of Rajasthan).
 - iii. "Distance Education Scheme for Girls 2022-23 (B.A. Degree, Shiksha Yojana-2022)

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SEPTEMBER

3. Legal Awareness Lectures
 - i. Sexual Harassment of Women at Work Place (SHWW) Act 2013
 - ii. Dowry Act-1986/ Property rights for Women.
 - iii. Camps/Workshops regarding Personal Security (Training to be given by Nirbhaya Squad, Rajasthan Police)

OCTOBER

4. Accident related Awareness.
 - i. Road Safety and Traffic Rules.
 - ii. Coordination with Trauma Care Centers- Post accident.
 - iii. Insurance awareness regarding Vehicles and Individual.
 - iv. Teaching of Driving Vehicles and Processing License.

NOVEMBER

5. Awareness regarding Economic Independence of girls.
 - i. Lectures on- Creation of Self Help Groups (SHG)
 - ii. Information about MSME through Industry Officials.
 - iii. Lectures on various Skill Development Programme.
 - iv. Avail of loans from bank for Start ups – conducting workshops through Bank.

DECEMBER

6. Educating/Motivating Girls to accept Agriculture or any field related to agriculture as a viable mode for employment.
 - i. Lectures on Horticulture/Sericulture/Drip Irrigation/Fertilizers/Organic farming/Hydroponic farming/New techniques adopted in agriculture/ Avail of loans regarding agriculture, etc.
 - ii. Awareness regarding "Rajasthan Millet Protsaahan Mission."

JANUARY

7. Educating Girls about Gram Panchayat and Leadership in Rural Sector.
 - i. villages can be a platform for future career for those girls students who are village oriented – Motivational lectures can be arranged.
 - ii. Inviting Sarpanch for Lectures in rural/village development.

FEBRUARY

8. Awareness of Schemes for girls as per Social Welfare Department.
 - i. Lectures by Social Welfare Officers.
 - ii. Visit of girls student to Old Age Homes/Orphanage/Homes for mentally challenged/Destitute homes - to make girls student more Emphathetic towards social problems.

Signature valid

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Guide Lines for execution of above Activities

- A. The above Calender of activities can be implemented under the Platform of Women Cell (Mahila Prakoshtha).
- B. The activities are to be conducted under the Supervision of Convenor of Women Cell.
- C. The Principal has to appoint the following Nodels –
- i. Nodal Officer (Preferably Lady). :-- Rajasthan Rajya Mahila Niti-2021.
 - ii. Convenor for ICC [nternal Complain Committee]:-- Regarding dealing with cases (Lady Officer). resistered under SHWW Act-2013.
- D. If lady officers are limited in number then all the responsibility can be given to one lady officer or as the Principal decides.
- E. Regarding the "Calendar of Activities" of "Rajasthan Rajya Mahila Niti-2021" the colleges have to maintain data of girls. [Regarding PCPNDT Act awareness to be created among boys student in co-ed colleges also, therefore data of boys to be kept.]
- F. Regarding other activities detail data of girls student to be documented.
- G. All colleges are to send report comprising each & every activities with elaborate, data in the following mail id every month.
adjaipurzone.cce@gmail.com

Commissioner
College Education, Rajasthan
Jaipur.

No: F4(102)R.O./CCE/2023/

Date:

Copy for information & necessary action -

1. All Assistant Directors, Regional Office, CCE.
(Ajmer, Bharatpur, Bikaner, Jaipur, Jodhpur, Kota, Udaipur)
2. Website In charge CCE, for uploading on Circulars.

Commissioner
College Education, Rajasthan
Jaipur

Signature valid

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जीव मृगतृष्णा के समान अविद्या कर्मों से रजोगुणी लोको में जान पर आद माजूद का

बालिकाएं आहार में दूध, दही, फल व सब्जियां अधिक लें



पत्रिका न्यूज नेटवर्क
patrika.com




नागौर. बीआर मिर्धा राजकीय महाविद्यालय में मंगलवार को महिला नीति-2021 के तहत न्यूट्रिशन तथा पर्सनल हाइजीन पर व्याख्यानमाला आयोजित की गई। मुख्य वक्ता महिला कॉलेज की प्राचार्य डॉ. अनुराधा सक्सेना ने बताया कि शरीर को स्वस्थ रखने के लिए आहार में दूध, दही, घी, ताजे फल व सब्जियां, खमीर युक्त पदार्थों, अंकुरित अनाज का अधिक से अधिक उपयोग करना चाहिए। पैकड प्रोडक्ट एवं जंक फूड का उपयोग कम करें। उन्होंने

नागौर. न्यूट्रिशन एण्ड पर्सनल हाइजीन पर व्याख्यान देती प्राचार्य डॉ. सक्सेना।

पर्सनल हाइजीन का महत्व बताते हुए कहा कि किस प्रकार के कपड़े, साबुन तथा अन्य उत्पाद आदि का उपयोग करना चाहिए तथा ऐसे प्रोडक्ट्स का उपयोग करना चाहिए, जिनमें हानिकारक केमिकल्स नहीं हो। सक्सेना ने सभी छात्राओं को समय-समय पर

अपना स्वास्थ्य परीक्षण करवाने की सलाह दी। इस मौके पर डॉ. पूर्णिमा कत्याल ने न्यूट्रिशन तथा महिला नीति की संयोजक विनिता मिर्धा ने पर्सनल हाइजीन पर विचार व्यक्त किए। महिला नीति के सहयोगी सदस्य डॉ. सुलोचना शर्मा ने धन्यवाद ज्ञापित किया।



 GPS Map Camera



Nagaur, Rajasthan, India
5PRM+4X4, Laxmi Nagar, Nagaur, Rajasthan
341001, India
Lat 27.212443°
Long 73.732561°
25/07/23 11:12 AM GMT +05:30

नाम	check up
1) नैरा	→ B.P., SpO ₂ , Pulse, Sugar
2) फूम	→ B.P., SpO ₂ , Pulse, Sugar
3) लविना	→ B.P., SpO ₂ , Pulse, Sugar
4) अंकिता	→ " , " , " , "
5) रिमंती	→ " , " , " , "
6) किरण	→ " , " , " , "
7) मैता	→ " , " , " , "
8) सुनिता	→ " , " , " , "
9) खुशबु	→ " , " , " , "
10) लक्ष्मी	→ " , " , " , "
11) माया	→ " , " , " , "
12) अभिलाषा	→ " , " , " , "
13) श्रीराम	→ " , " , " , "
14) महावीर	→ " , " , " , "
15) शुभम	→ " , " , " , "
16) अतसखान	→ " , " , " , "
17) आ.प्र.उ. कात्रा	→ " , " , " , "
18) वलदेव	→ " , " , " , "
19) कवल	→ " , " , " , "
20) अरवी ज्यों	→ " , " , " , "
21) अरवि	→ " , " , " , "
22) पीन्द्र	→ " , " , " , "
23) दिनेश	→ " , " , " , "
24) गिरी	→ " , " , " , "
25) कुलदिव	→ " , " , " , "
26) अमित	→ " , " , " , "
27) शुभिल	→ " , " , " , "
28) सोनु	→ " , " , " , "
29) ऊषा	→ " , " , " , "
30) नवदा	→ " , " , " , "
31) पूषा	→ " , " , " , "
32) मनोज	→ " , " , " , "

नाम

Check Up

33) सीमा	BP, SpO ₂ , pulse & Sugar
34) सुशीला	BP, SpO ₂ , pulse & Sugar
35) युजा	BP, SpO ₂ , pulse & Sugar
36) राजनी	, , , , ,
37) मैना	, , , , ,
38) निरमा	, , , , ,
39) विन्दु	, , , , ,
40) पुष्कराज	, , , , ,
41) राठीरा	" " " "
42) जगदीश	" " " "
43) शकेशसेनी	" " " "
44) भगवानराम	" " " "