



ANTI SEXUAL HARASSMENT CELL

GURU NANAK COLLEGE, BUDHLADA

Activites Record



DATE: 06/10/2023
VENUE: Guru Nanak Collegiate
Senior Secondary School , Budhlada

AWARENESS LECTURE ON SEXUAL

HARASSMENT
By: Anti-Sexual
Harassment Cell,
G.N.C. Budhlada

**"3 IN 5 YOUNG WOMEN SAY THEY
ARE TOO SCARED TO REPORT ABOUT
SEXUAL HARASSMENT"**



Notice

Guru Nanak College, Budhlada
Under the management of S.G.P.C Sri Amritsar sahib
Affiliated to Punjabi University Patiala & approved by AICTE, New Delhi

Invite to Senior Secondary School students to attend
Awareness Lecture

On

“Sexual Harassment: What it is and how to cope”

Organized by: ANTI -SEXUAL HARASSMENT CELL

Dated: 06-10-2023

Timing: 11:00 a.m

Resource Person: Renuka

Venue: Guru Nanak Collegiate Senior Secondary
School, Budhlada

Awareness Lecture on “Sexual Harassement:What it is and How to Cope”

Date: 6th October, 2023

Anti Sexual Harassement cell organized an awareness lecture for students of senior secondary school to sensitize them about that sexual harassment can take place anywhere, including at school, at work, at college or out in public place. The resource person explained that Sexual harassment is any unwanted verbal or physical conduct of a sexual nature it can include: telling sexual jokes, showing or sending unwanted sexual pictures, cartoons or other sexual images (including online), demanding hugs, dates or sexual favours, asking questions or talking about someone’s sexuality, sex life or body, making unnecessary physical contact, including unwanted touching, using language that puts someone down on the basis of their gender etc. It can make you feel embarrassed, offended, intimidated or unsafe and shouldn’t be ignored. You need to know your rights and options for action if you are experiencing sexual harassment here are some things you can do: get informed, ask them to stop, keep a record, address it, contact emergency services etc. At the end Kulbir Kaur (In-charge of School) concluded the programme and thanked the resource person for sparing her valuable time and enlightening the students on such sensitive issue.

Impact: students can learn about the physical, emotional, and mental impact that sexual harassment can have on victims. They can also learn about how sexual harassment can lead to mental health problems like fear, depression, and irritation and how to prevent it.



GURU NANAK COLLEGE, BUDHLADA

Attendance Record

Anti Sexual Harassment Cell

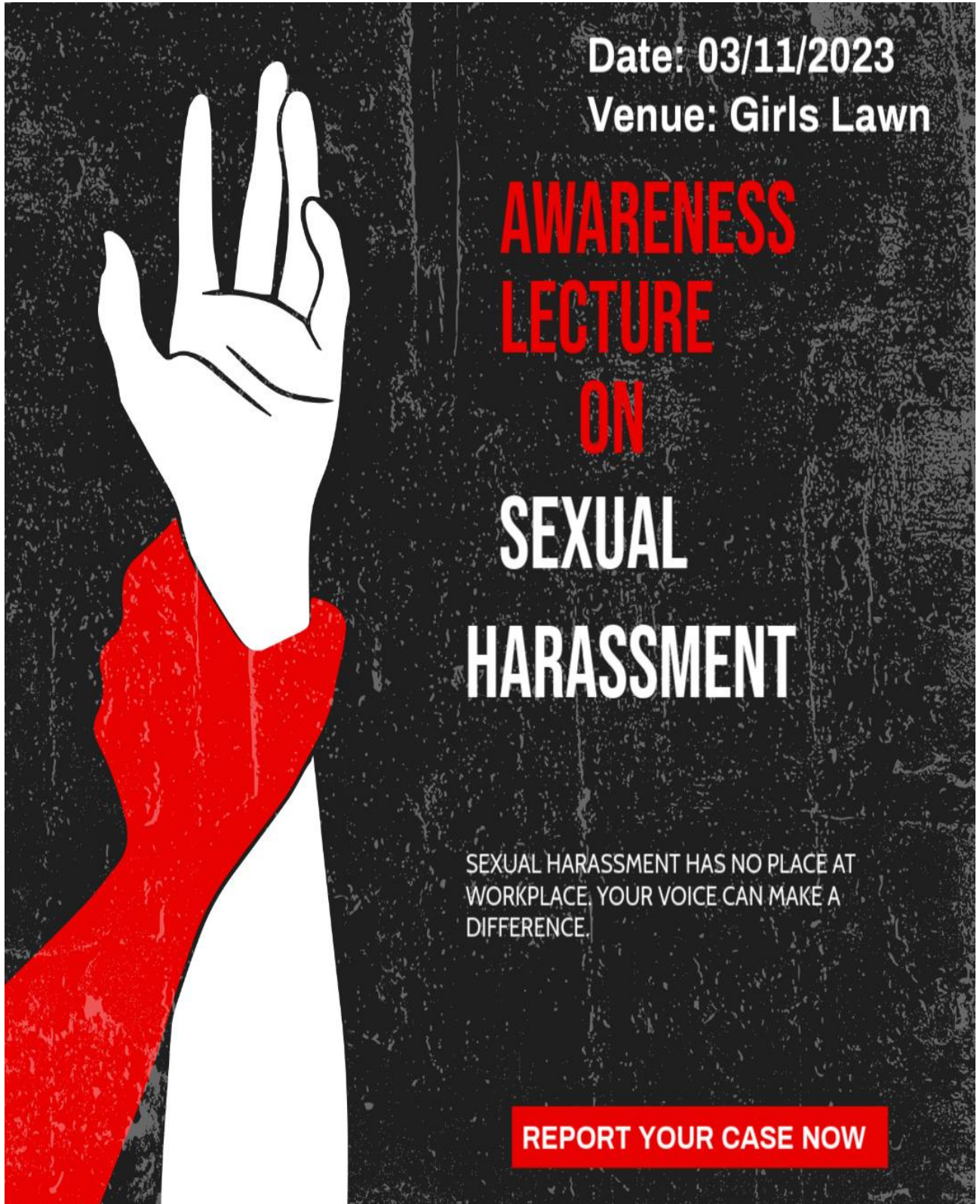
Sr. No.	Name	Class	Roll No.	Signature
1.	Jyoti Sharma	+2 (Comm)	451	Jyoti Sharma
2.	Jashampreet Kaur	+2 (Comm)	477	Jashampreet
3.	Komal	+2 (Comm)	464	Komal
4.	Sahilpreet Kaur	+2 (Arts)	504	Sahilpreet K.
5.	Gurpreet Kaur	+2 (Arts)	503	Gurpreet
6.	Survir S.	+2 (Comm)	456	Survir
7.	Sukhmanjot S.	+2 (Comm)	476	Sukhman
8.	Gurcharan Singh	+2 (Comm)	474	Gurcharan Singh
9.	Ravi Singh	+2 (Sci)	405	Ravi
10.	Daljeet Singh	+2 (Sci)	407	Daljeet Singh
11.	Jagdeep Singh	+2 (Sci)	417	Jagdeep Singh
12.	Jashanjotinder S.	+2 (Sci)	414	Jashanjot
13.	Piyush Taneja	+1 (Comm)	166	Piyush Taneja
14.	Sudhakar Singh	+1 (Comm)	165	Sudhakar
15.	Ramandeep Singh	+1 (Comm)	169	Ramandeep Singh
16.	Ramandeep Singh	+1 (Comm)	163	Ramandeep Singh
17.	Ramandeep Singh	+1 (Comm)	172	Ramandeep Singh
18.	Mandeep Singh	+1 (Comm)	179	Mandeep Singh
19.	Prabjit Singh	+1 (Comm)	180	Prabjit Singh
20.	Rohit Sharma	+1 (Comm)	177	Rohit Sharma
21.	Subandeep Singh	+1 (Comm)	157	Subandeep Singh
22.	Maninder Singh	+1 (Comm)	167	Maninder Singh
23.	Maninder Singh	+1 (Comm)	164	Maninder Singh
24.	Navdeep Singh	+1 (Comm)	170	Navdeep Singh
25.	Navdeep Singh	+1 (Comm)	175	Navdeep Singh
26.	Kavita Kaur	+2 (Arts)	507	Kavita Kaur
27.	Jaspreet Kaur	+2 (Arts)	510	Jaspreet Kaur
28.	Harmanjot Kaur	+2 (Arts)	509	Harmanjot Kaur
29.	Angrej Singh	+2 (Arts)	572	Angrej Singh
30.	Harmanjot Singh	+2 (Arts)	583	Harman Singh
31.	Harjot Singh	+2 (Arts)	599	Harjot Singh
32.	Khushkaran Singh	+2 (Arts)	559	Khushkaran Singh
33.	Chetam Khubal	+2 (Arts)	553	Chetam

GURU NANAK COLLEGE, BUDHLADA

Attendance Record

Anti Sexual Harassment Cell

Sr. No.	Name	Class	Roll No.	Signature
1	Gurpreet Singh	+2 Comm	465	Gurpreet Singh
2	Khushpreet Singh	+2 Comm	473	Khushpreet Singh
3	Jyoti Sharma	+2 Comm	451	Jyoti Sharma
4	Ishmeet Kaur	+2 Comm	453	Ishmeet Kaur
5	Nargot Kaur	+2 Comm	452	Nargot Kaur
6	Komal	+2 Comm	464	Komal
7	Jashanpreet Kaur	+2 Comm	477	Jashanpreet Kaur
8	Gagandeep Singh	+2 Comm	455	Gagandeep Singh
9	Balkaran Singh	+2 Comm	466	Balkaran Singh
10	Dhanvir Singh	+2 Comm	472	Dhanvir Singh
11	Aashdeep Singh	+2 Comm	467	Aashdeep Singh
12	Parveen Kaur	+2 Sci	351	Parveen Kaur
13	Kajal	+2 MED	354	Kajal
14	Nargot Singh	H.A.R.S	269	Nargot Singh
15	Ashwini Kaur	+1 Arts	283	Ashwini Kaur
16	Hobby	+1 Arts	288	Hobby
17	Sonia	+1 Arts	204	Sonia
18	Tanveer Kaur	+1 Arts	203	Tanveer Kaur
19	Veeral Kaur	+1 (Arts)	205	Veeral Kaur
20	Lakshwinder Singh	+1 (Comm)	152	Lakshwinder Singh
21	Usha Singh	+1 (Comm)	153	Usha Singh
22	Harmandeep Singh	+1 (Comm)	154	Harmandeep Singh
23	Dharyjeer Singh	+1 (Comm)	160	Dharyjeer Singh
24	Komalpreet Kaur	+1 (Comm)	158	Komalpreet Kaur
25	Lovepreet Kaur	+1 (Comm)	155	Lovepreet Kaur
26	Jashanpreet Singh	+1 (Comm)	290	Jashanpreet Singh
27	Aashdeep Singh	+1 (Comm)	168	Aashdeep Singh
28	Navdeep Singh	+1 (Comm)	171	Navdeep Singh
29	Mandeep Singh	+1 (Comm)	169	Mandeep Singh
30	Mandeep Singh	+1 (Comm)	179	Mandeep Singh
31	Gurpreet Singh	+2 (Comm)	458	Gurpreet Singh
32	Daljeet Singh	+2 (Comm)	457	Daljeet Singh
33	Rajpreet Singh	+2 (Comm)	461	Rajpreet Singh



Notice

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Invite to all students to attend
Awareness Lecture
On

“Sexual Harassment”

Organized by: ANTI -SEXUAL HARASSMENT CELL

Dated: 03-11-2023
Timing: 11:15 a.m

Resource Person: Dr. Baljinder Kaur
Venue: **Girls Lawn**

Awareness Lecture on Sexual Harassment

Date: 3rd November, 2023

Anti Sexual Harassment cell organized an awareness lecture for girls to sensitize them about the constitutes and reporting procedures of sexual harassment, rights of the complainant, counselling and confidentiality in cases that have been reported. The objective of this was to give a detailed overview of what sexual harassment is, explains legal definitions, discusses sexual harassment prevention, and shows how to handle sexual harassment complaints and maintain a positive work environment.

Dr. Baljinder Kaur, Member of Anti-Sexual Harassment cell addressed the students that Sexual harassment can happen to anyone -- male or female, student or adult employee. She urged the girls to remain alert and fight against the crime of sexual harassment. The speaker motivated the students to come forward and complaints don't ignore the harassment in the hope that it will stop on its own.





GURU NANAK COLLEGE, BUDHLADA

Attendance Record

Anti Sexual Harassment Cell

Sr. No.	Name	Class	Roll No.	Signature
1.	Sandeep Kaur	B.A. III	6012	Sandeep Kaur
2.	Manjeet Kaur	"	6013	Manjeet Kaur
3.	Jyoti Kaur	"	6014	Jyoti Kaur
4.	Harmandeep Kaur	B.A. 1st	4850	Harmandeep Kaur
5.	Naseeb Kaur	B.A. Mid	6077	Naseeb Kaur
6.	Manpreet Kaur	BA III	6035	Manpreet
7.	Amanpreet Kaur	BA III	6046	Amanpreet
8.	Satveer	BA III	6045	Satveer
9.	Jagpreet	BA - II	6116	Jagpreet
10.	Sukhjit Kaur	B.A. III	6109	Sukhjit Kaur
11.	Manpreet Kaur	B.A. III	6113	Manpreet Kaur
12.	Manpreet Kaur	B.A. III	6272	Manpreet Kaur
13.	Harmandeep K.	BA III	6164	Harmandeep K.
14.	Manjeet K.	BA II	6135	Manjeet K.
15.	Harpreet Kaur	B.A. III	6118	Harpreet
16.	Manpreet Kaur	B.A. II	6119	Manpreet
17.	Kiranpreet Kaur	B.A. III	6257	Kiranpreet Kaur
18.	Shandeep Kaur	B.A. I	4998	Shandeep Kaur
19.	Gurpreet Kaur	BA I	4989	Gurpreet Kaur
20.	Nisha Kaur	BA - I	13282	Nisha Kaur
21.	Arshdeep Kaur	BA III	6158	Arshdeep Kaur
22.	Jaspreet Kaur	BA III	6018	Jaspreet Kaur
23.	Harpreet Kaur	B.A. III	6091	Harpreet Kaur
24.	Ramandeep	B.A. Ist	50017	Ramandeep K.
25.	Arshdeep Kaur	B.A. 2nd	13739	Arshdeep Kaur
26.	Kiranpreet Kaur	BA 3rd	6383	Kiranpreet Kaur
27.	Amanpreet Kaur	B.A. 3rd	6691	Amanpreet Kaur
28.	Kiranpreet Kaur	B.A. 3rd	6175	Kiranpreet Kaur
29.	Jaspreet Kaur	BCA 1st	1109	Jaspreet Kaur
30.	Keena	B.Voc (SD)	10933	Keena
31.	Ramandeep K.	BA 3rd	6129	Ramandeep K.
32.	Kamal Kaur	BA 3rd	61071	Kamal Kaur
33.	Nisha Kaur	BCA 3rd	1045	Nisha Kaur

GURU NANAK COLLEGE, BUDHLADA

Attendance Record

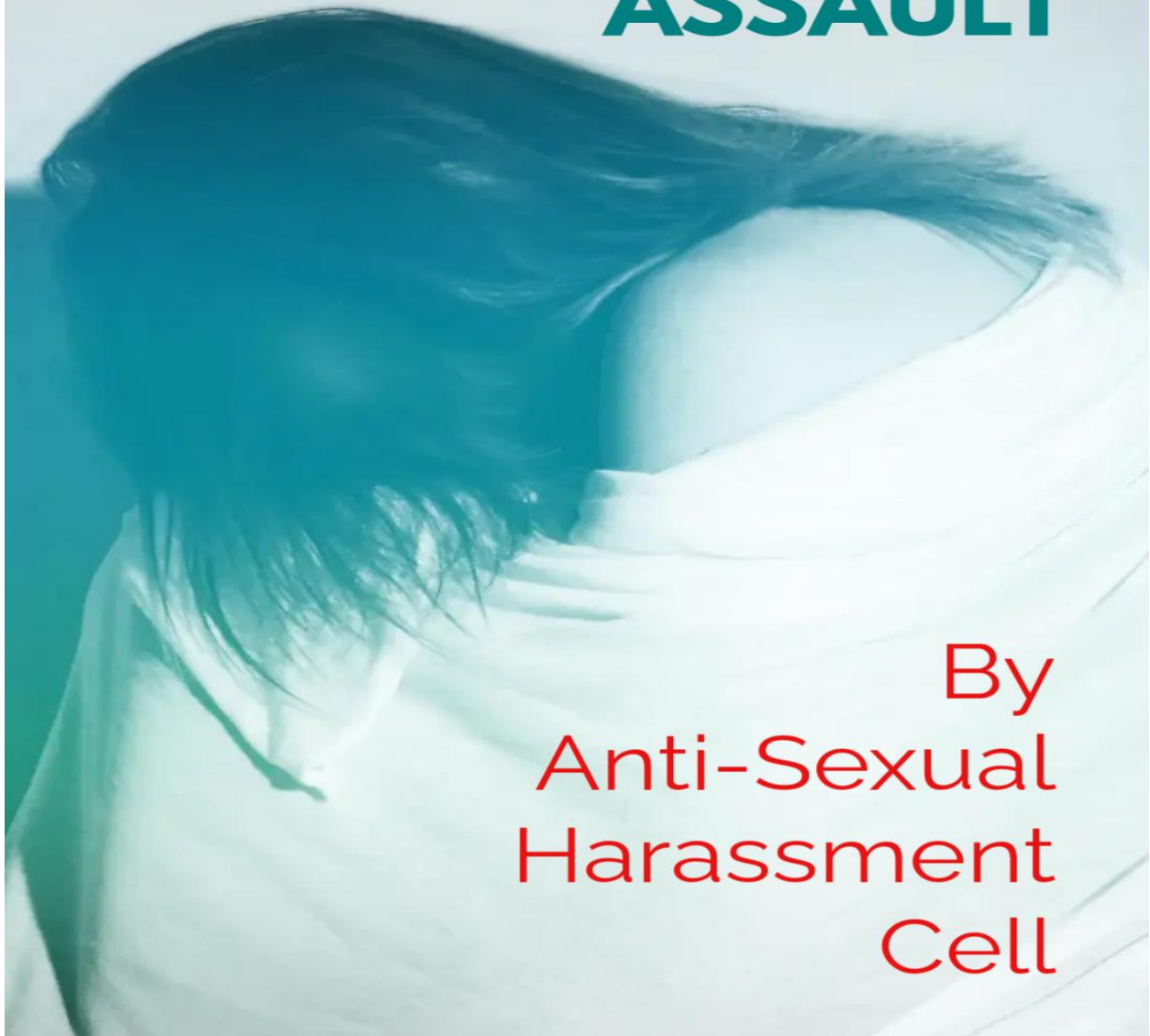
Anti Sexual Harassment Cell

Sr. No.	Name	Class	Roll No.	Signature
1.	Melak	B.A.III	6409	Melak
2.	Sharanpreet Kaur	B.A.II	13127	Sharanpreet Kaur
3.	Manpreet Kaur	B.A.II	13174	Manpreet K.
4.	Sukhveer K.	B.A.I	3767	Sukhveer K.
5.	Kamalpreet Kaur	B.A.II	13126	Kamalpreet K.
6.	Harpreet Kaur	B.A.II	13466	Harpreet Kaur
7.	Ramanpreet Kaur	B.A.III	6329	Ramanpreet Kaur
8.	Gagandeep Kaur	B.A.III	6110	Gagandeep K.
9.	Jyoti Kaur	BA.III	6222	Jyoti Kaur
10.	Jaspreet Kaur	BA.III	6225	Jaspreet Kaur
11.	Jaspreet Kaur	BA.III	6224	Jaspreet Kaur
12.	Ramandeep K.	BA.III	6226	Ramandeep K.
13.	Caramjeet Kaur	BA.III	6360	Caramjeet K.
14.	Singh Kaur	B.A.II	13365	Singh Kaur
15.	Neeshy	BA.II	13432	Neeshy
16.	Ramandeep Kaur	B.A.III	6333	Ramandeep K.
17.	Simranjeet Kaur	B.A.III	6034	Simranjeet Kaur
18.	Ramandeep K.	B.A.II	13253	Ramandeep K.
19.	Manjot Kaur	B.A.II	6057	Manjot Kaur
20.	Sandeep Kaur	B.A.III	6029	Sandeep Kaur
21.	Chirpreet Kaur	B.A.III	6370	Chirpreet K.
22.	Harpreet Kaur	BA.III	6358	Harpreet Kaur
23.	Manpreet Kaur	B.Sc.I	1400	Manpreet Kaur
24.	Jashandeep Kaur	B.Sc.II	1345	Jashandeep K.
25.	Rasdeep Kaur	B.A.II	13039	Rasdeep Kaur
26.	Harpreet Kaur	B.A.II	13015	Harpreet Kaur
27.	Kiranjeet Kaur	B.C.A.I	1111	Kiranjeet Kaur
28.	Lovepreet Kaur	B.C.A.I	1133	Lovepreet Kaur
29.	Joti Kaur	B.C.A.I	1102	Joti Kaur
30.	Rajni Kaur	B.C.A.I	1201	Rajni K.
31.	Simranjeet Kaur	B.A.I	3727	Simranjeet Kaur
32.	Alisha	B.A.I	3525	Alisha
33.	Charanjeet Kaur	B.A.II	13335	Charanjeet K.



Date: 05/04/2024

AWARENESS LECTURE ON SEXUAL ASSAULT



**By
Anti-Sexual
Harassment
Cell**

Lecture on Protection of Children from Sexual Offences

On dated 05-02-2024, the Anti Sexual Harassment Cell conducted an awareness lecture for high school girls in the presence of their school teachers. The objective of this lecture was to understand the Protection of Children from Sexual Offences (POSCO) Act, 2012, cyber crimes related to sexual assault and offences and also provide suggestions against it. The lecture was interactive and students showed active participation. Additionally, Dr. Sukhwinder Kaur, Member of Sexual Harassment Cell, defines different forms of sexual abuse, including penetrative and non-penetrative assault, as well as sexual harassment and pornography, the good touch and bad touch and whom to approach when sexual assault/harassment happens.

Impact: Students have learnt to identify sexual harassment behavior, issues and stop them. Identify the difference between sexual harassment and discrimination. They can now differentiate between right and wrong behavior.





Roll-no	Name	+2(A) Girls	(G.S.S.S.Kulston (Mans)
1	Achman Rani	Achman Rani	Singuation
2	Amandeep Kaur	Amandeep Kaur	
3	Amandeep Kaur	Amandeep Kaur	
4	Babamreet Kaur	Babamreet Kaur	
5	Beant Kaur	Beant Kaur	
6	Beant Kaur	Beant Kaur	
7	Bindri Kaur	Bindri Kaur	
8	Charanjeet Kaur	Charanjeet Kaur	
9	Harpreet Kaur	Harpreet Kaur	
10	Jashanpreet Kaur	Jashanpreet Kaur	
11	Jaspreet Kaur	Jaspreet Kaur	
12	Jaswinder Kaur	Jaswinder Kaur	
13	Jyoti Kaur	Jyoti Kaur	
14	Pajal	Pajal	
15	Khushi Kaur	Khushi Kaur	
16	Khushi Rani	Khushi Rani	
17	KOMAL SHARMA	Komal Sharma	
18	Mamta Rani	Mamta Rani	
19	Pinki Kaur	Pinki Kaur	
20	Preet Kaur	Preet Kaur	
21	Preet Kaur	Preet Kaur	
22	Rajandeep Kaur	Rajandeep Kaur	
23	Rajni Kaur	Rajni Kaur	
24	Rajni Kaur	Rajni Kaur	
25	Ramni Kaur	Ramni Kaur	
26	Ramta Kaur	Ramta Kaur	
27	Reena	Reena	
28	Sandeep Kaur	Sandeep Kaur	
29	SIMRAW Kaur	SIMRAW Kaur	
30	Sonia	Sonia	
31	Sunena	Sunena	
32	Veerpal Kaur	Veerpal Kaur	
33	Veeral Kaur	Veeral Kaur	

12:13 PM

How to stop **SEXUAL HARASSMENT**

SEXUAL ASSAULT AWARENESS CAMPAIGN

*By: Anti-Sexual Harassment Cell,
Guru Nanak College, Budhlada*

**DECEMBER
11, 2023**

-EXAMPLES OF SEXUAL HARASSMENT
-WHAT TO DO IF YOU ARE A VICTIM OF
SEXUAL HARASSMENT
-HOW TO AVOID BEING ACCUSED OF
SEXUAL HARASSMENT

VENUE

**WARD NO. 7, BUDHLADA,
DISTT MANSA**

an.Punjab@gmail.com
10/11/23

AWARENESS CAMPAIGN

On dated 11 December, 2023, Anti Sexual Harassment Cell, Guru Nanak College, Budhlada organized an Awareness Campaign on “How to Stop Sexual Harassment” to create awareness about sexual harassment among females in collaboration with M.C. Nagar Council, Sukhwinder Kaur (Ward No. 7, Budhlada, Distt. Mansa).

Dr. Sandeep Kaur, Assistant Professor (Department of Economics, Guru Nanak College, Budhlada) Convener of the cell, explained what sexual harassment is and how it happens. She explained the various examples of sexual harassment, what to do if you are a victim of sexual harassment and how to avoid being accused of sexual harassment. At the end, Sukhwinder Kaur appreciates the efforts done by Dr. Sandeep Kaur, Convener Anti Sexual Harassment Cell, Guru Nanak College, Budhlada and gave her appreciation letter to the convener for work done by her.