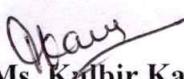


AMRITSAR GROUP OF COLLEGES

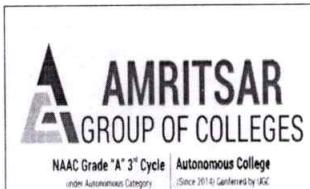
(Autonomous status conferred by UGC ACT 1956 (2f), NAAC A Grade)



WOMEN EMPOWERMENT CELL From 2020 to 2025


Ms. Kulbir Kaur
Convener WEC


Ms. Binod Kaur
Chairperson, WEC



Gender Equity and Sensitization

Women Empowerment Cell

Amritsar Group of Colleges (AGC) is committed to promote higher education and empowering women by promoting gender equity. The principle of gender equality is deeply rooted in the Indian Constitution through its Preamble, Fundamental Rights, Fundamental Duties, and Directive Principles. The Constitution ensures equality for women and provides them with equal opportunities to participate in social, political, and economic aspects of life.

About Women Empowerment Cell

The Women Empowerment Cell of Amritsar Group of Colleges was established in September, 2019. The aim of this Cell is to spread awareness about the various perspectives involving the role, participation, challenges, growth and advancement of women in numerous fields. Events under this cell are planned to promote a culture of respect and equality for females in particular, and for all in general.

The establishment of this cell is driven by the imperative to dismantle societal norms that perpetuate the perception of women to be considered inferior and weaker than men. Through a diverse range of activities, including workshops, seminars, guest lectures, group discussions, and artistic endeavors like sketching and painting, the Women Empowerment Cell endeavors to develop an atmosphere that nurtures the mutual fulfillment and growth of every member of our society.

At AGC, we take pride in our achievements in developing gender equality and empowering our female workforce.

Objectives of Women Empowerment Cell

- To enlighten women about their innate strength.
- To promote an environment of mutual development.
- To strengthen the complementarity of men and women.
- To raise awareness among students and staff about gender related issues.
- To provide support services like counseling to female staff and students.

Team of Women Empowerment Cell

Name	Designation	Department
Ms. Binod Kaur	Chairperson	Applied Sciences
Ms. Kulbir Kaur	Convener	Applied Sciences
Dr. Namrata Kad	Executive Member	Electrical Engineering
Ms. Arjinder Kaur	Executive Member	Management Studies
Ms. Tejinder Sharma	Executive Member	CSE
Ms. Radhika	Executive Member	DCA
Ms. Vanshika	Executive Member	Pharmaceutical Sciences
Ms. Aneesa	Executive Member	Allied and Healthcare Sciences
Ms. Divya Sharma	Executive Member	HMCT
Ms. Bhupinder Kaur	Executive Member	Fashion Designing

List of Events Conducted

Sr. No.	Name of the Event	Date
1.	International Women's Day	8 March,2021
2.	Motivational Lecture on Freedom of Expression	12 March, 2021
3.	Colour Day Celebration	April and May 2021
4.	Teej Celebration	18August 2021
5.	Webinar on Menstruation and Hygiene	1 October, 2021
6.	International Women's Day Celebration	8 March, 2022
7.	Two Day Brainstorming Session on Gender Sensitization	31 August, 2022 to 1September 2022
8.	World AIDS Day	1 st and 2 nd December, 2022
9.	Motivational Lecture on " How to lead Quality Life"	14 December 2022
10.	Women Empowerment Week	20 to 24 March, 2023

Sr. No.	Name of the Event	Date
11.	Two days' Seminar on "Gender Sensitization"	12 & 13 September, 2023
12.	International Girl Child Day	11 October, 2023
13.	Seminar on Makeup Art and Skin Care	20 October, 2023
14.	Glow teal- An initiative to spread Cervical Cancer Awareness	17 November, 2023
15.	National Women's Day	13 February, 2024
16.	Poetry Recitation Competition	16 April, 2024
17.	Workshop on 'BYOB Professional Development'	31 July, 2024
18.	Teej Festival Celebration	13 August, 2024
19.	Workshop in collaboration with Right Side Story Training Partner on "Empowering Women"	28 August, 2024
20.	Panel Discussion on Gender Sensitization	30 September, 2024
21.	International Girl Child's Day	11 October, 2024
22.	Poster making competition on "Gender Sensitization"	19 November, 2024
23.	Group Discussion on Women's Health	24 January 2025
24.	PowerPoint Presentation competition on "Empowered Women, Balanced Lives"	18 February, 2025
25.	International Women's Day	7 March, 2025
26.	MOU with Phulkari WOA	12 March, 2025
27.	Collage Making Competition	24 April, 2025
28.	Expert Talk on Gender Sensitisation	23 July, 2025
29.	Celebration of Teej Festival	1 August 2025
30.	Seminar on "Demystifying AI: How to Get Started, Stand Out & Succeed"	15 September, 2025
31.	International Girl Child Day	11 October, 2025
32.	An Outreach Activity	21 November, 2025

International Women's Day - 8th March, 2021

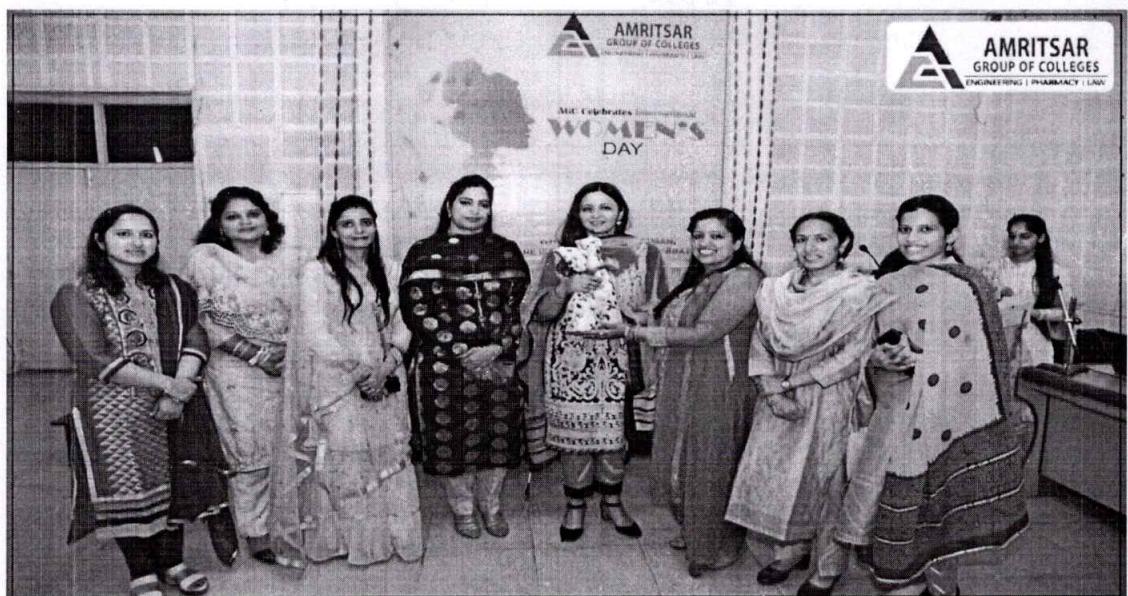
'Every Day is an International Women's Day'

We celebrate women's achievements in past & present, and pledge to empower women to reach their full economic potential for the generations to come.

Today & every day, women commit themselves to the ongoing fight for genuine equality for all of the world's women and girls. Let's all celebrate together by honouring the women in our lives and the women out there pushing things forward. Keep chasing your dreams!



Women Empowerment Cell, AGC celebrated International **WOMEN'S DAY**



Motivational Lecture on Freedom of Expression - March 12, 2021

Right of freedom of Expression provides the opportunity for women to share feeling emotion and most of all the wisdom which may vest in any one irrespective of the gender. The feeling may be of likeness and dis likeness. This very thought was shared by **Ms Binod Kaur, Professor and Head-Department of Applied Sciences** on **March 12, 2021** by delivering a **Motivational Lecture on “Freedom of Expression to Women”**. She said that Women's rights are the fundamental human rights that were enshrined by the United Nations for every human being on the planet nearly 70 years ago. These rights include the **right to live free from violence, slavery, and discrimination**; to be educated; to own property; to vote; and to earn a fair and equal wage. She affirmed that everyone has the right to freedom of expression. This right shall include **freedom to hold opinions and to receive and impart information and ideas without interference by public authority and regardless of frontiers**.

Colour Day Celebration – April and May 2021

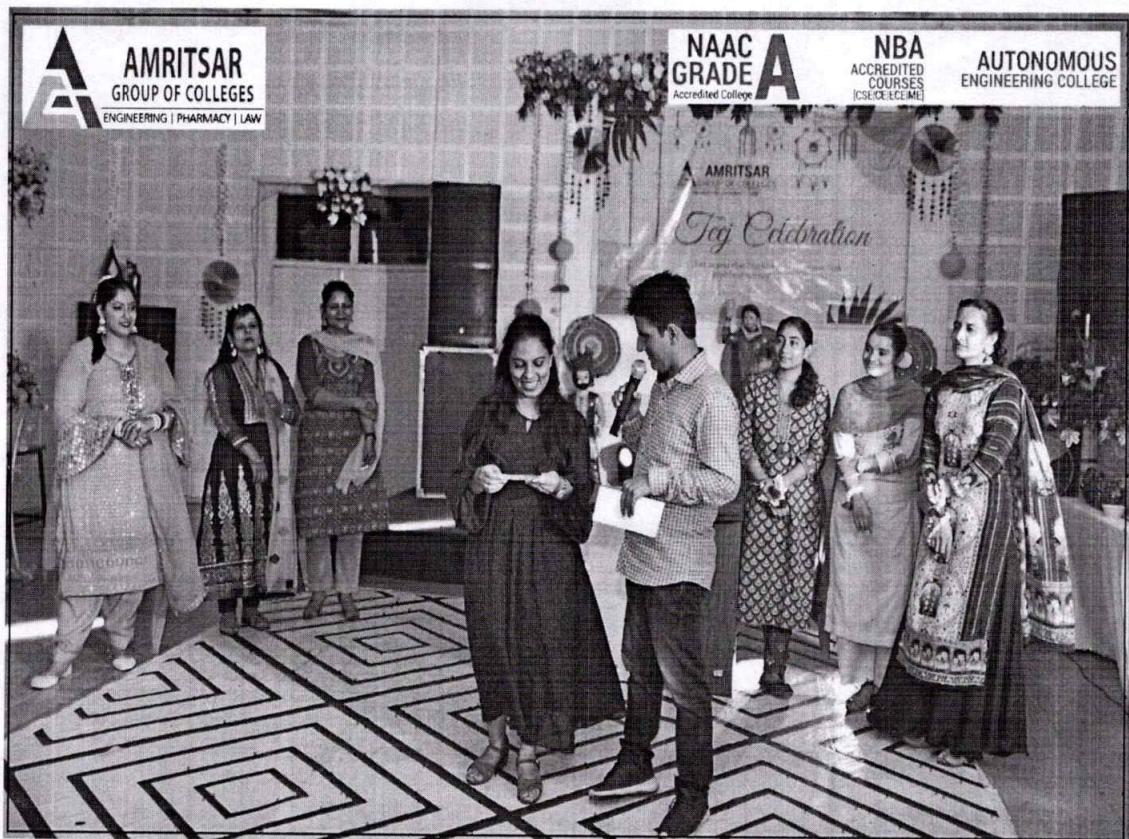
Amritsar Group of Colleges female faculty and staff observed “**Colour Day**” in the months of April and May 2021 to mark freedom of expression. The female faculty and staff dressed in those beautifully glowing colours reflected just how their spirits are all the time-filled with fun and enthusiasm. It was a scintillating day with beautiful faces gleaming and reflecting brightness, joy, love and happiness. All the female faculty and staff looked beautiful with their coloured attires.

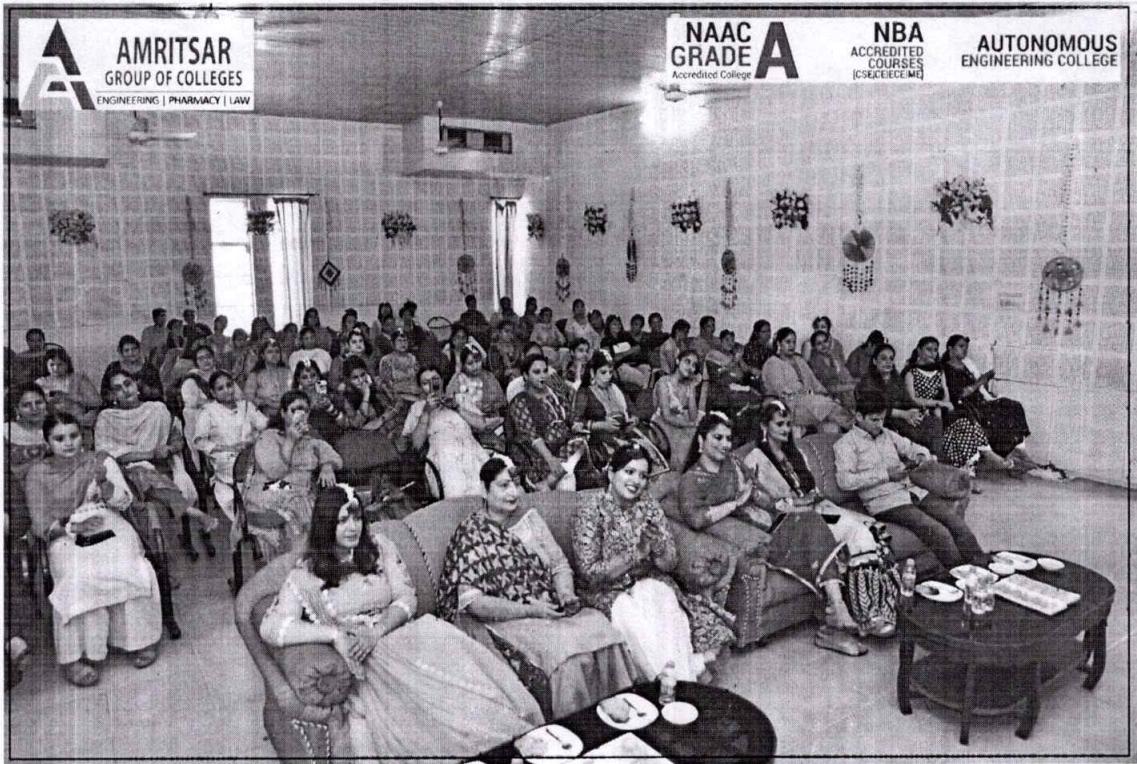
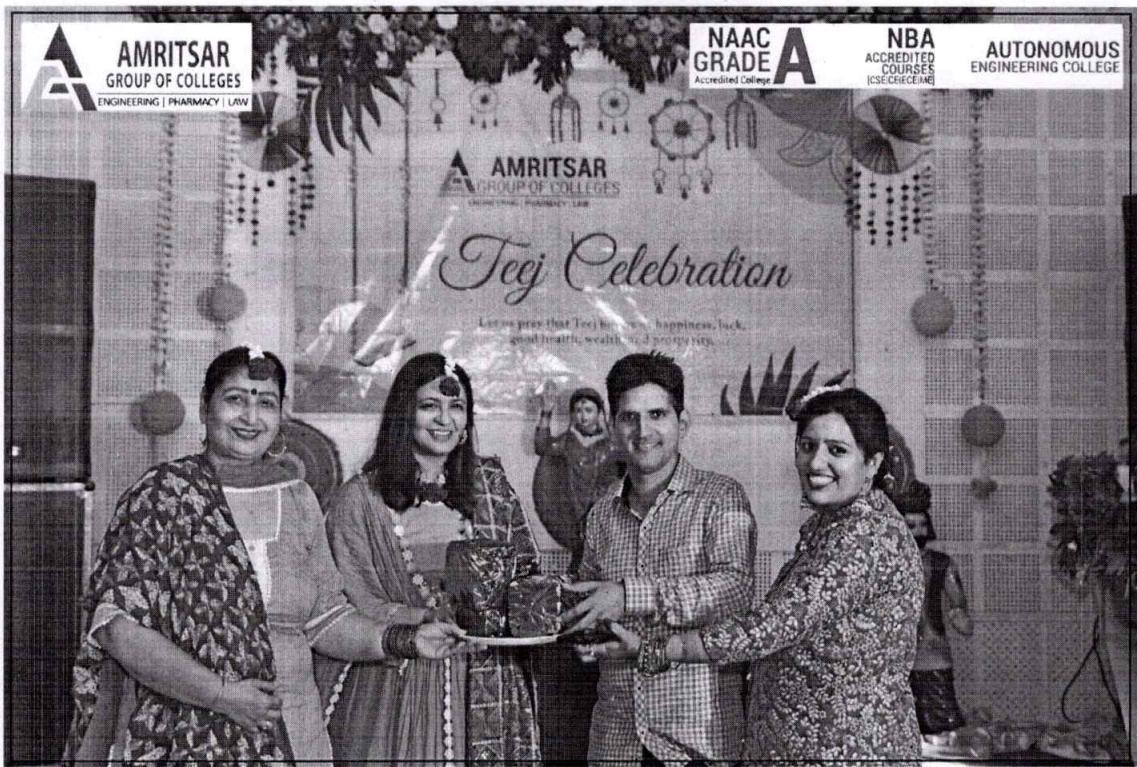




Teej Celebration- 18th August 2021

Female Faculty and staff of Amritsar Group of Colleges celebrated **Teej Festival on August 18th, 2021**. Teej is one of the most celebrated and loved festivals in India. The celebrations are observed during the monsoon season. Punjabi folk songs, folk dances, giddha, swings and stalls of eatables and other articles depicting Punjabi culture and heritage were the highlight of the event. **Ms Ragini Sharma, Director Finance-Amritsar Group of Colleges** stressed on the need to remain in touch with the culture of Punjab and to preserve it. Female Faculty and staff enjoyed eating traditional sweets such as kheer and malpoorah. Colourfully dressed Female Faculty and staff had a gala time along with the chief guests and **R J Rahul** from **94.3 My FM** who hosted the event.





Webinar on Menstruation and Hygiene - 1st October, 2021

Menstrual hygiene is a hygienic practice during menstruation which can prevent women from the infection in reproductive and urinary tract. Dr. Monika Maheshwary, MBBS, MS (Obstetrics & Gynaecology), Consultant Obstetrics & Gynaecology, **Amandeep Hospital** delivered a webinar for the Female Faculty and Staff members of Amritsar Group of Colleges on **1st October, 2021** on **Menstrual Hygiene** where she told Hygiene-related practices of women during menstruation are of considerable importance, as it may increase vulnerability to Reproductive Tract Infections (RTI's). She further explained that Poor menstrual hygiene can lead to many issues, such as **fungal or bacterial infections of the reproductive tract** and the urinary tract. Irritation of the skin causes discomfort and can possibly result in dermatitis – a medical condition in which the skin swells, turns red, and at times becomes sore with blisters. She reiterated the following measures to ascertain proper menstrual hygiene

1. Change your sanitary napkin every 4-6 hours- ...
2. Wash yourself properly- ...
3. Don't use soaps or vagina hygiene products- ...
4. Discard the sanitary napkin properly



**WOMEN EMPOWERMENT CELL OF
AMRITSAR GROUP OF COLLEGES**

In association with

Amandeep Hospital Organises

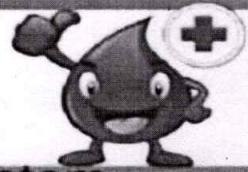


Dr. Monika Maheshwary
MBBS, MS (Obstetrics & Gynaecology)
Consultant Obstetrics & Gynaecology

84270 35000

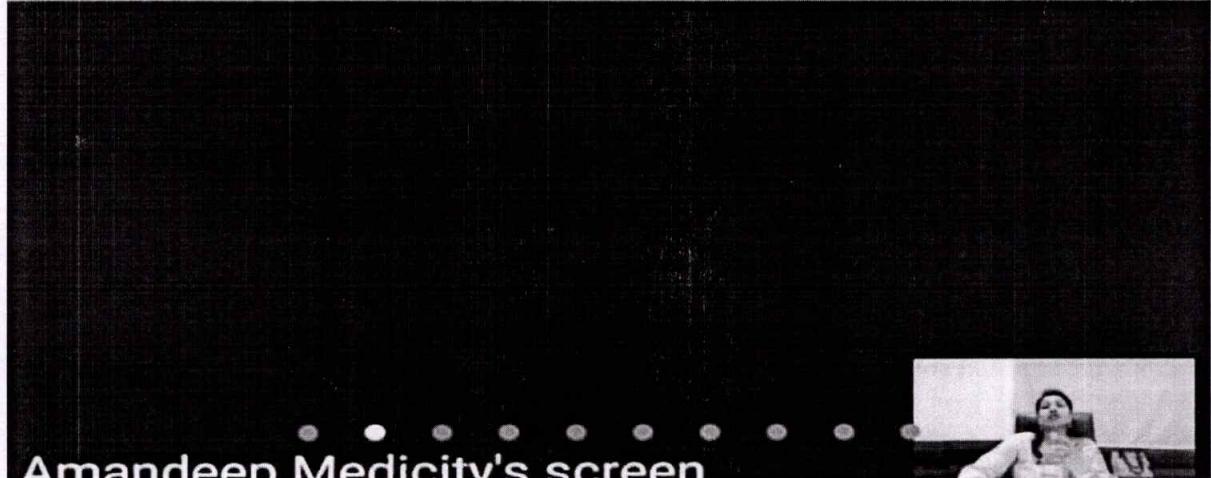
www.amandeephospital.org

The Cycle



- Strongly linked to the endocrine system (hormone based and paracrine based)
- Typically takes 28 days to cycle through 4 phases
 - Follicular
 - Ovulation
 - Luteal
 - Menstruation
- Hormones raise and fall

fppt.com



Amandeep Medicity's screen

International Women's Day Celebration - March 8, 2022

Amritsar Group of Colleges, formally known as Amritsar College of Engineering and Technology, Amritsar celebrated **International Women's Day** on **March 8, 2022**. International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. International Women's Day (IWD) is one of the most important days of the year to:

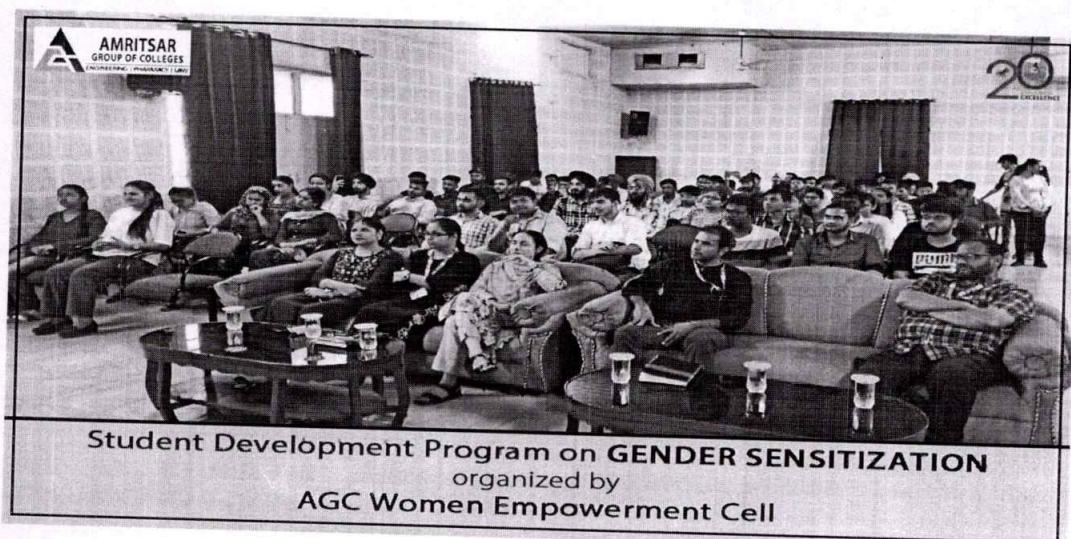
- celebrate women's achievements
- raise awareness about women's equality
- lobby for accelerated gender parity
- fundraise for **female-focused charities**

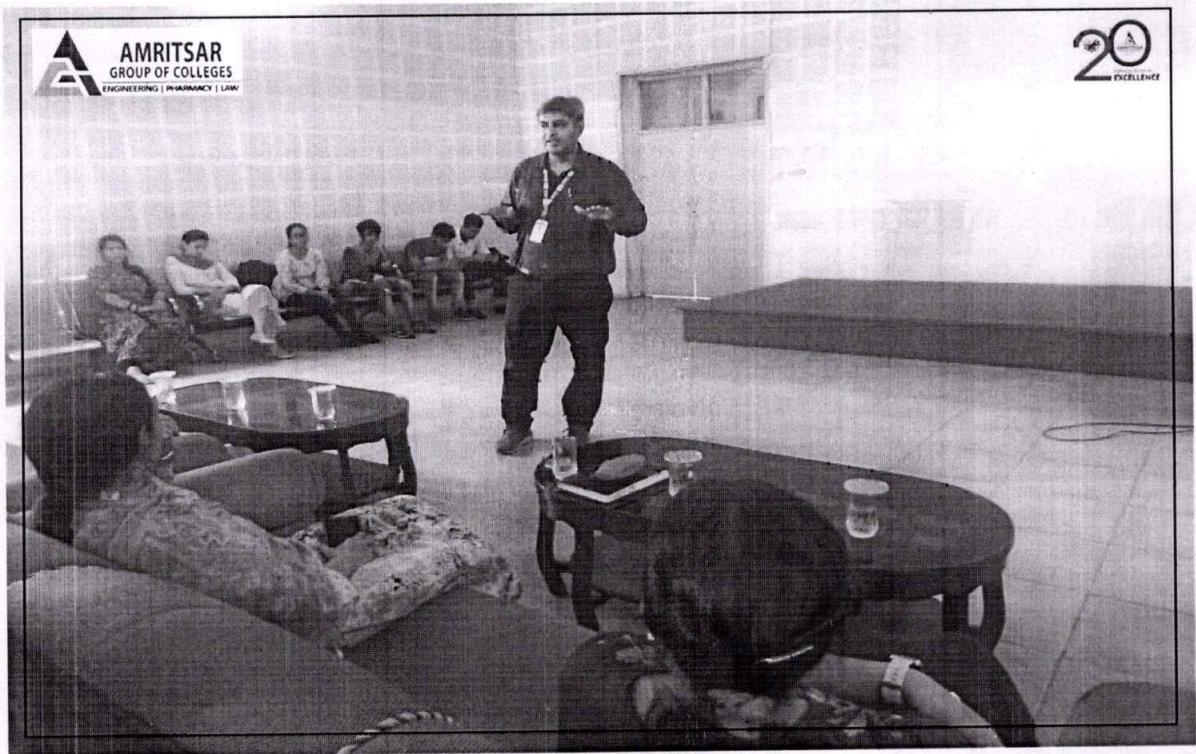
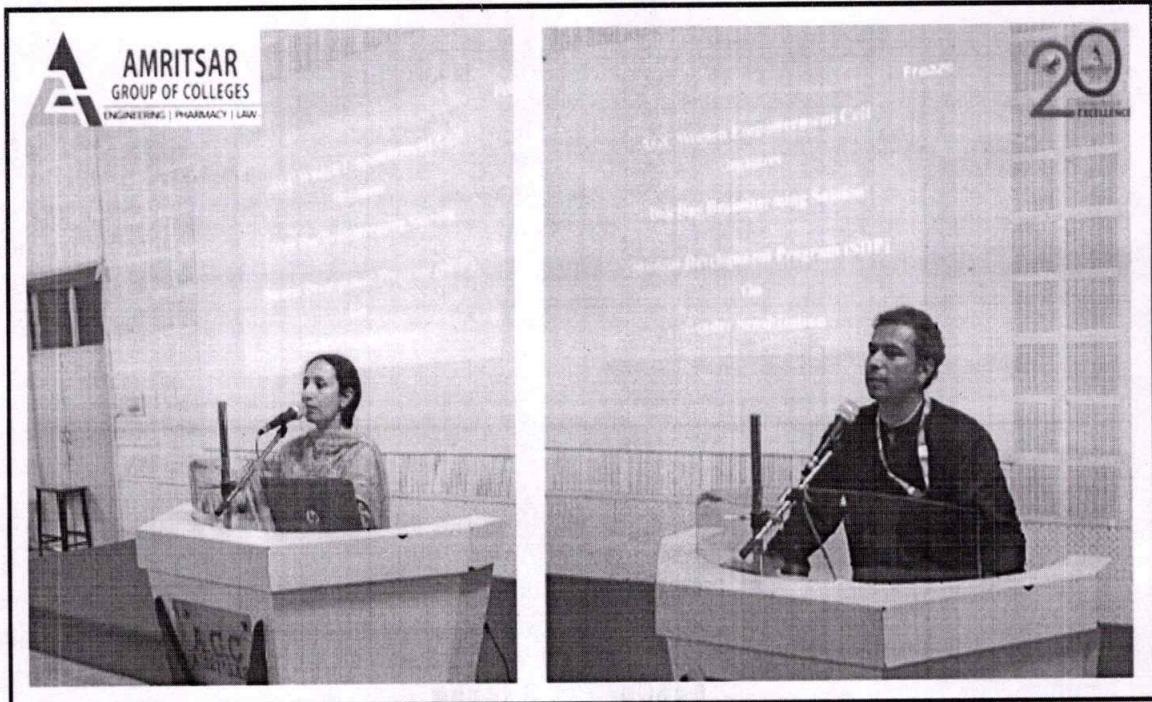
International Women's Day is not country, group, nor organization specific. No one government, NGO, charity, corporation, academic institution, women's network, or media hub is solely responsible for International Women's Day. The day belongs to all groups collectively everywhere. Gloria Steinem, world-renowned feminist, journalist and activist **once explained** "The story of women's struggle for equality belongs to no single feminist, nor to any one organization, but to the collective efforts of all who care about human rights." So make International Women's Day your day and do what you can to truly make a positive difference for women.

Two Day Brainstorming Session on Gender Sensitization from August 31, 2022 to 1st September 2022

"Gender Sensitization isn't a much hyped term, it is in fact being empathetic, understanding and respectful towards the other gender."

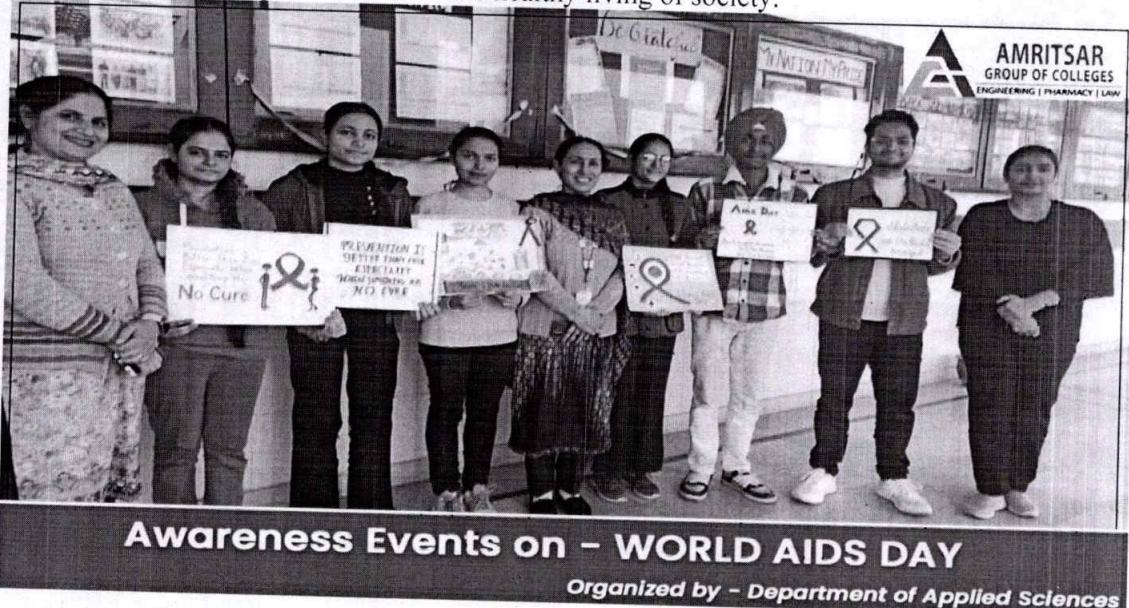
Truly representing the essence of above quote, AGC Women Empowerment Cell has organized Student Development Program - A Two Day Brainstorming Session on Gender Sensitization from August 31, 2022 to 1st September 2022. Eminent speakers/ Experts from college Dr. Upain Bhatia, Dean Academic Affairs and head of Civil- Mechanical department, Mr. H S Sarkaria Deputy Registrar and Head Central Library enlightened the students with their valuable thoughts and live examples on Gender sensitization.





World AIDS Day: December 1st and 2nd, 2022

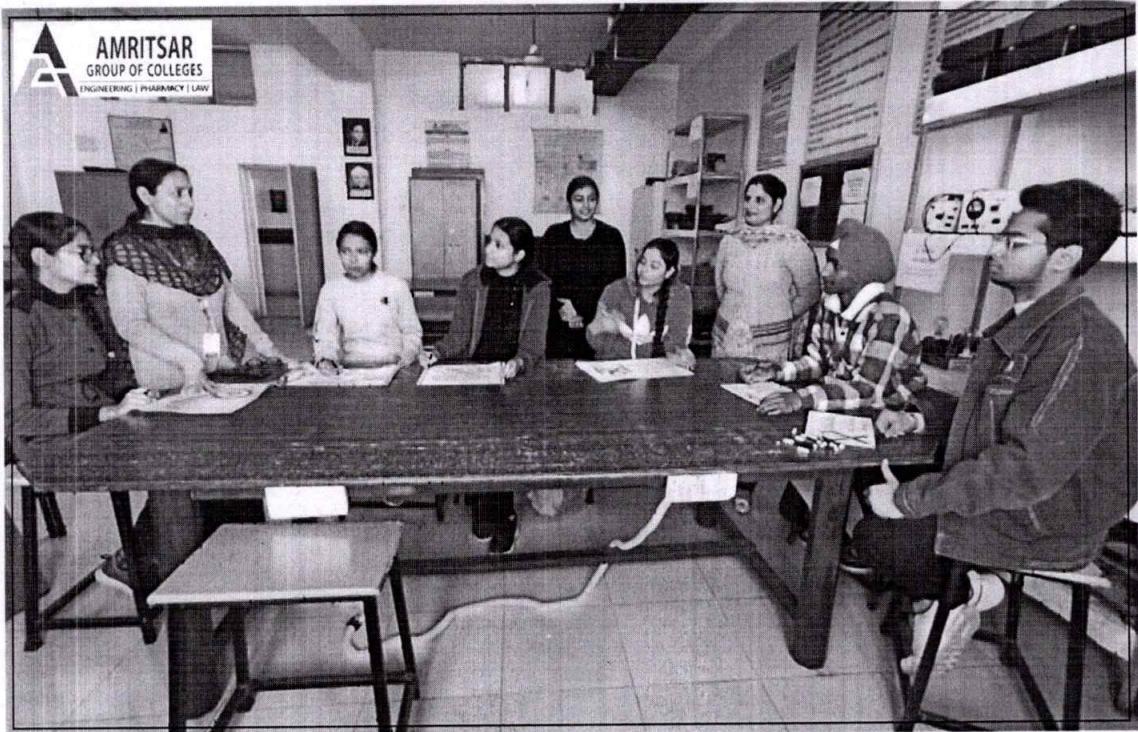
AGC Women Empowerment Cell organized awareness events - Group Discussion and Slogan Writing on World AIDS Day on December 1 and 2, 2022 in which the students felt well informed about the much required information on AIDS and at the same time felt responsible to spread such awareness among the masses for the healthy living of society.



Awareness Events on - WORLD AIDS DAY

Organized by - Department of Applied Sciences





Motivational Lecture on " How to lead Quality Life" - 14th Dec 2022

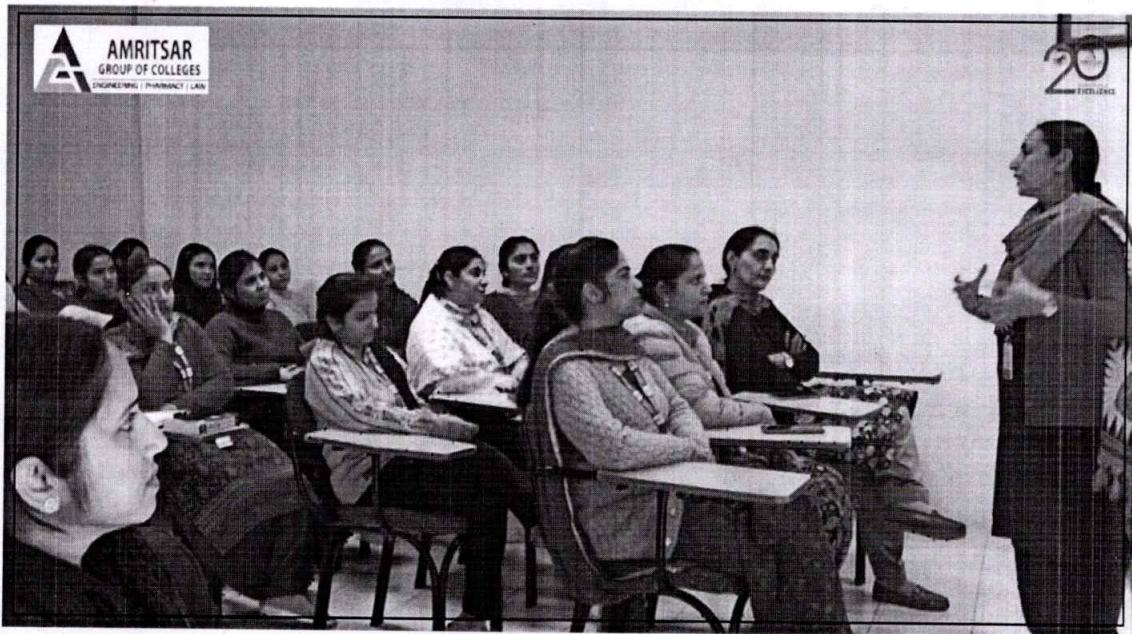
"A strong woman knows she has strength enough for the journey, but a woman of strength knows it is in the journey where she will become strong."

AGC Women Empowerment Cell organized Motivational Lecture on " How to lead Quality Life". Ms. Binod Kaur, convener Women Empowerment Cell delivered the lecture. All the members of Women Empowerment Cell enjoyed the lecture. The Resource Person Ms. Binod Kaur successfully touched the cord of all that make us feel empowered and united to achieve quality life.



**AGC Women Empowerment Cell organized
Motivational Lecture on HOW TO LEAD QUALITY LIFE**





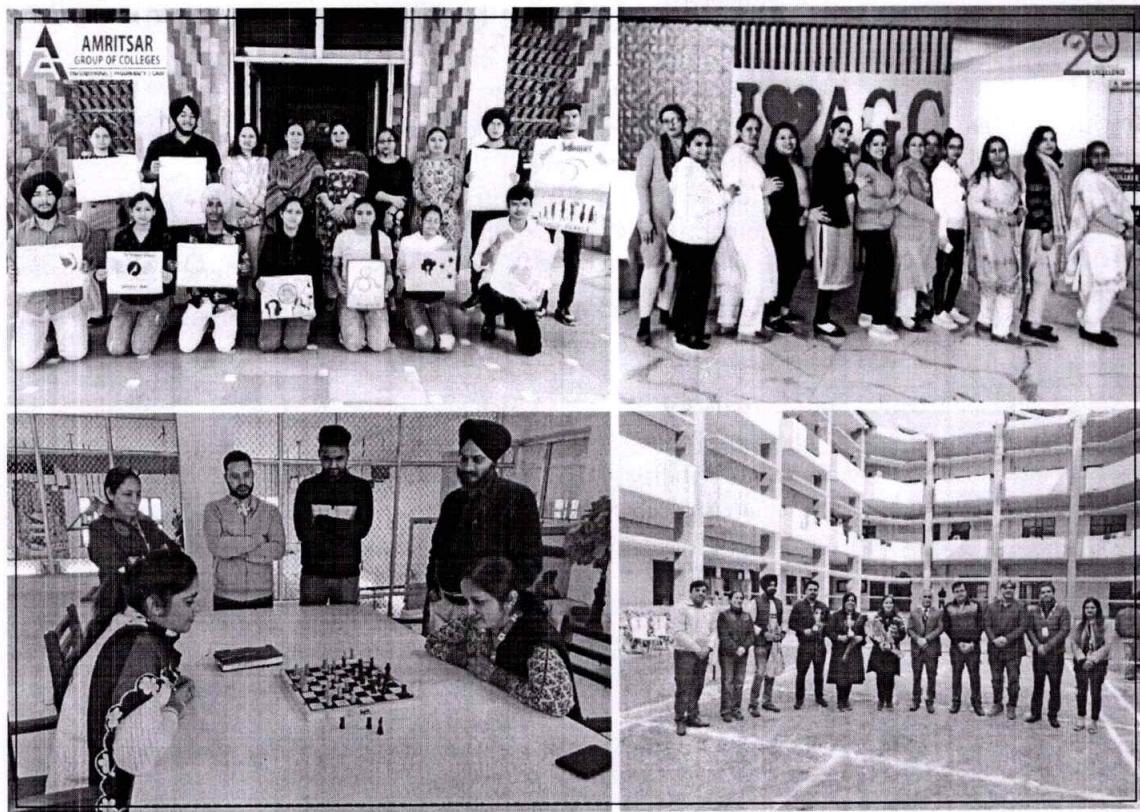
Women Empowerment Week from March 20-24, 2023

“Feminism isn't about making women stronger. Women are already strong; it's about changing the way the world perceives that strength.”

AGC Women Empowerment Cell to affirm the contribution of Women in society and all other prominent walks of life celebrated Women's Week from March 20-24, 2023. Faculty, staff and students from all the departments participated in social and literary events like Thank You Campaign, Gender Equality: Yellow Day for all AGCians, Slogan Writing, Session on Prominent Women Personalities and Name the Dame. Sports events such as Badminton Tournament for Women, Chess Championship, Table Tennis Tournament for Women and Kho-Kho Tournament for Women have also been the highlighting events in Women's Week. Revered Director Finance AGC Madam Ragini Sharma graced Women's Week with her presence. Worthy Principal AGC Dr. V K Banga appreciated the efforts of Women Empowerment Cell Team and all the participants. He emphasized on celebrating it every year to ascertain the strength of both the genders through participation in such incredible events.



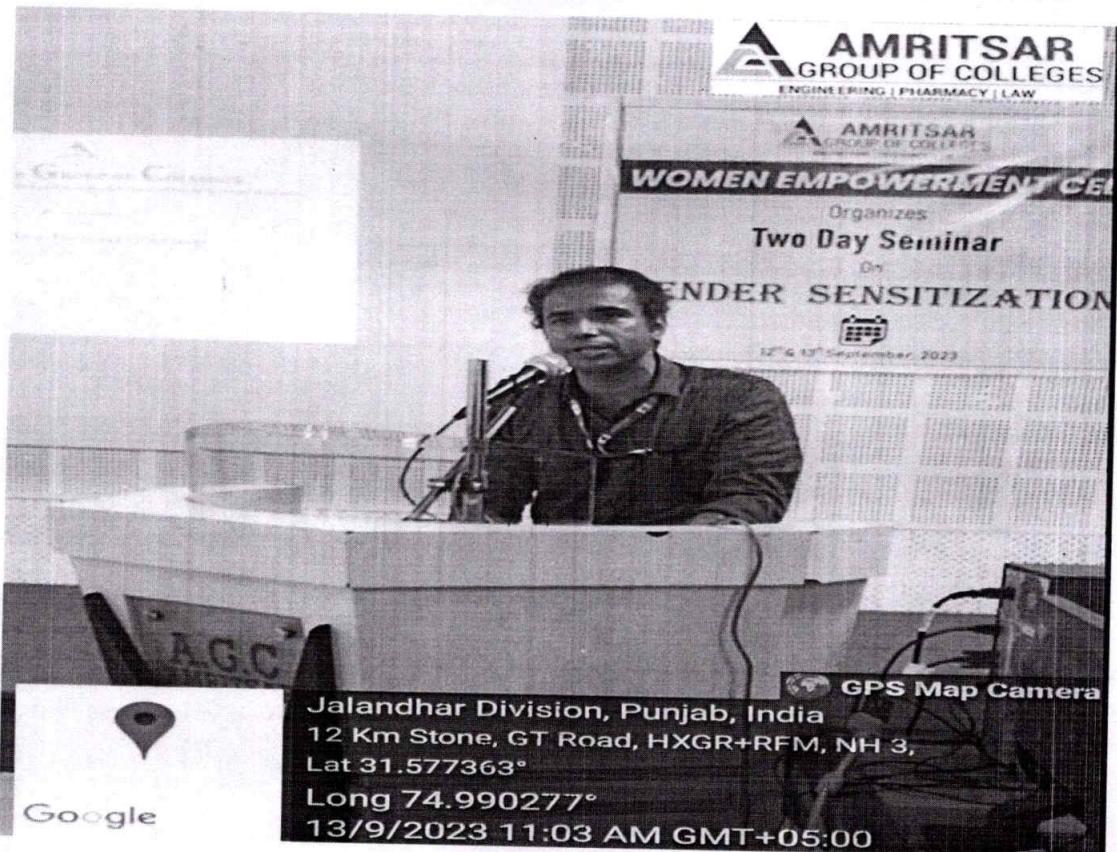
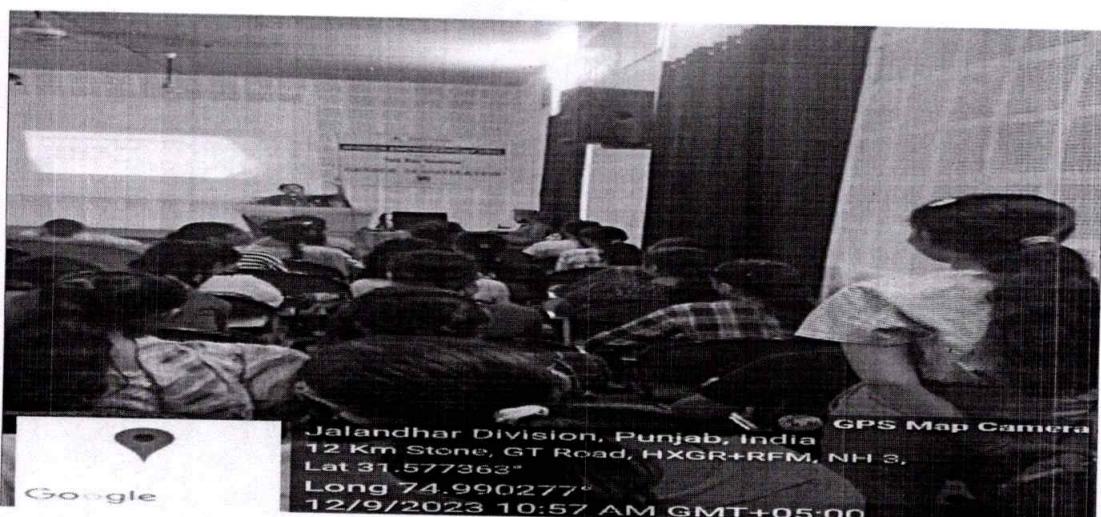
Celebration of **WOMEN EMPOWERMENT WEEK** @ AGC



Two days' Seminar on "Gender Sensitization" - September 12 & 13, 2023

AGC Women Empowerment Cell organized a Two-Day seminar on 'Gender Sensitization' on September 12 & 13, 2023 which aimed to promote understanding of gender equality and sensitivity toward gender-related issues.

On the first day, Madam Binod Kaur and Madam Arjinder Kaur led interactive sessions, discussing various aspects of gender roles. They encouraged open discussions, creating an engaging environment. The second day featured Dr. Upain Kumar Bhatia and Mr. Harinder Singh Sarkaria, who used energetic presentations and role-playing exercises to illustrate gender challenges. These activities left a lasting impact, fostering empathy.





WOMEN EMPOWERMENT CELL

Organizes

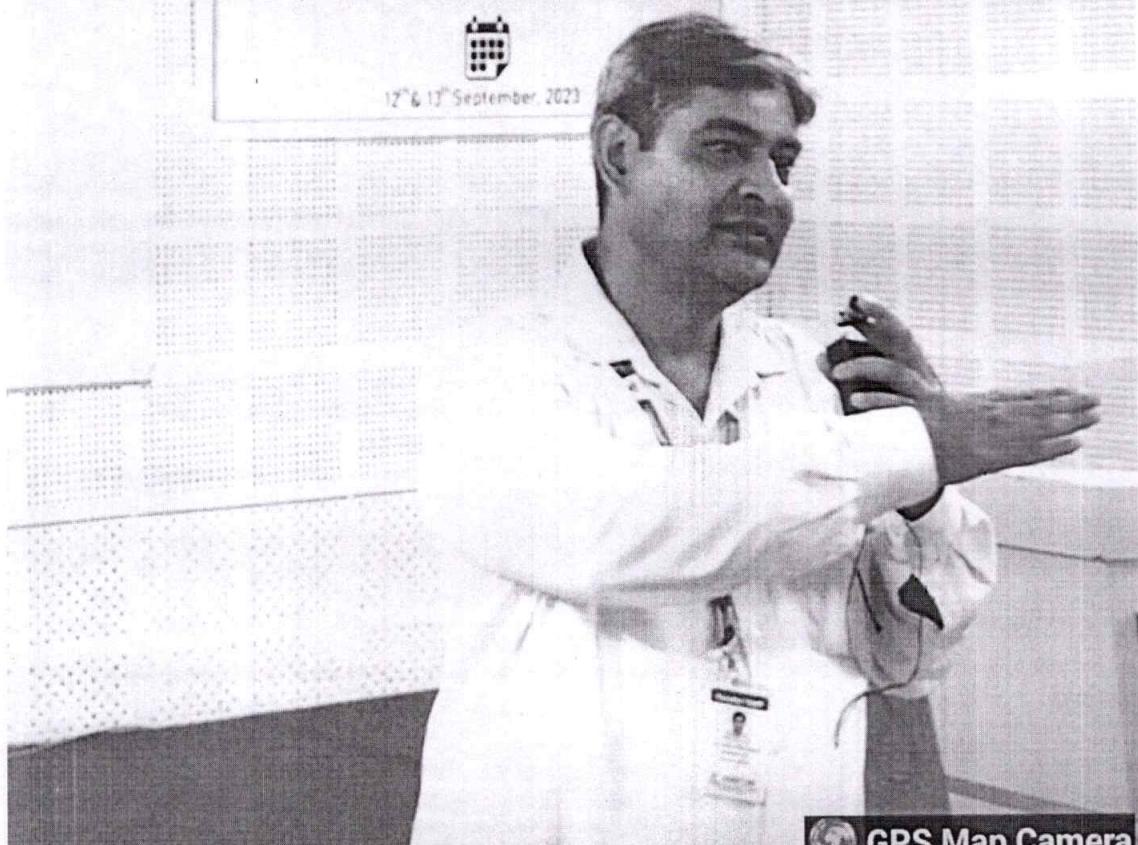
Two Day Seminar

On

GENDER SENSITIZATION



12th & 13th September, 2023



GPS Map Camera

Jalandhar Division, Punjab, India

12 Km Stone, GT Road, HXGR+RFM, NH 3,

Lat 31.577363°

Long 74.990277°

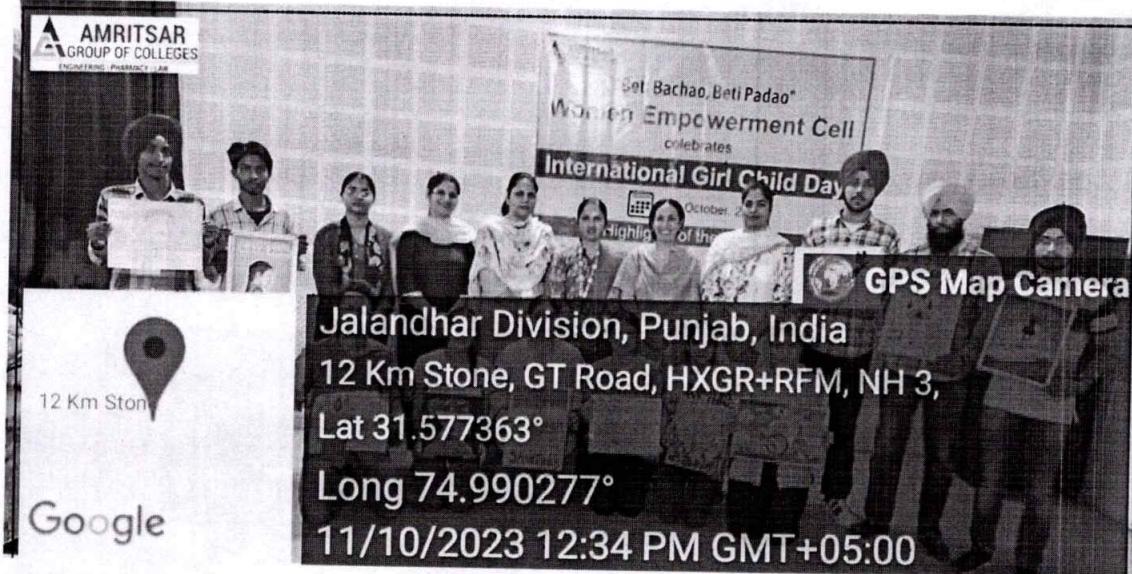
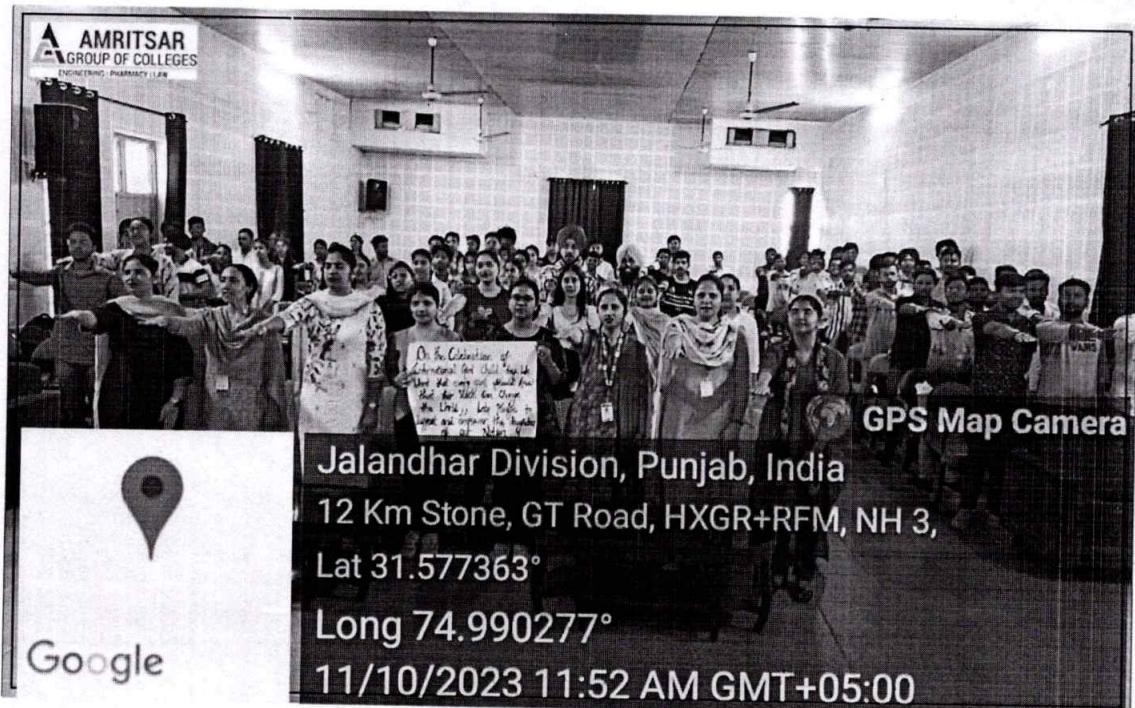
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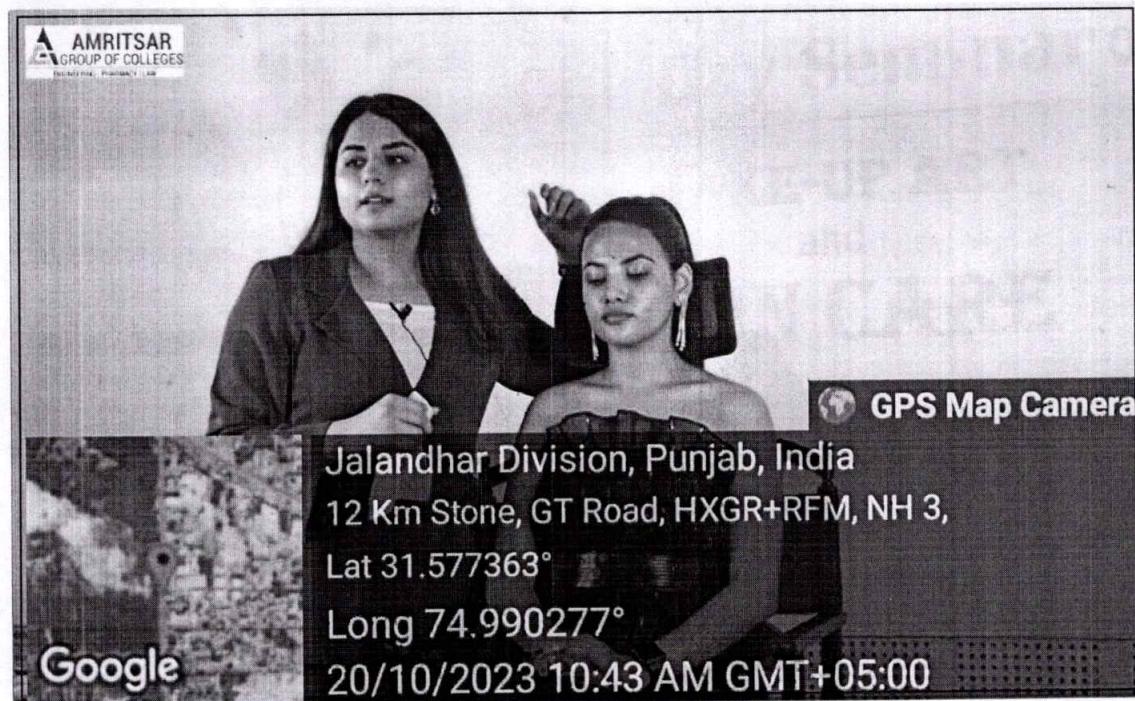
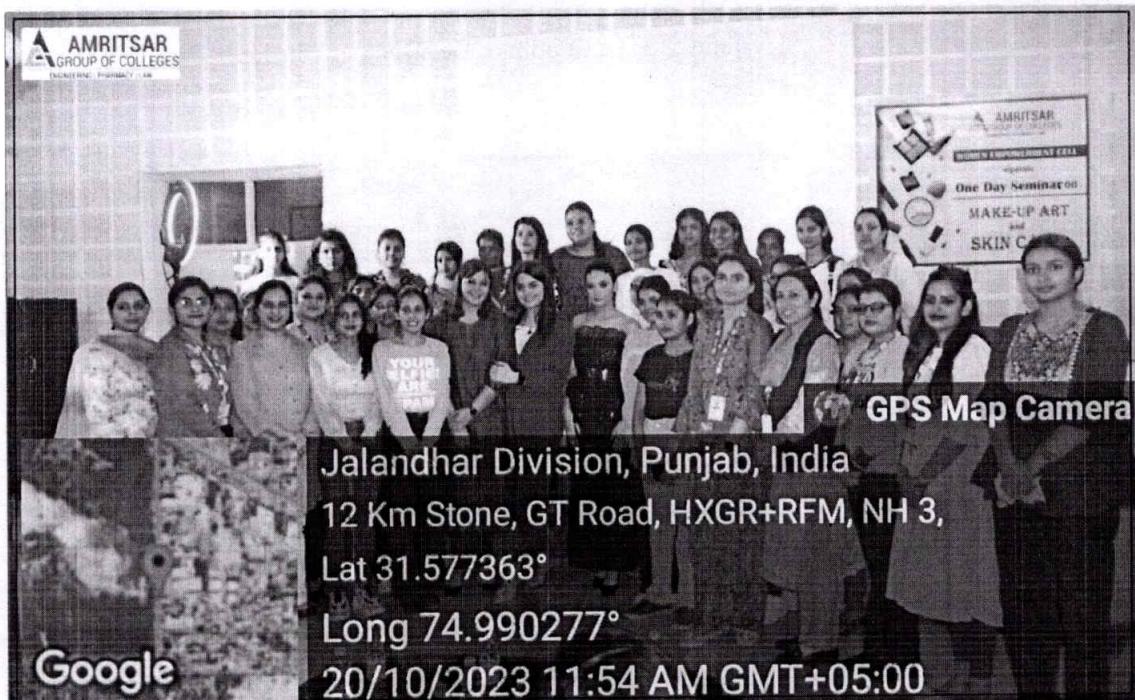
International Girl Child Day – 11th October 2023

AGC Women Empowerment Cell celebrated international Girl Child Day with a panel discussion promoting awareness and the "BetiPadhao, BetiBachao" initiative.



Seminar on Makeup Art and Skin Care: 20th October 2023

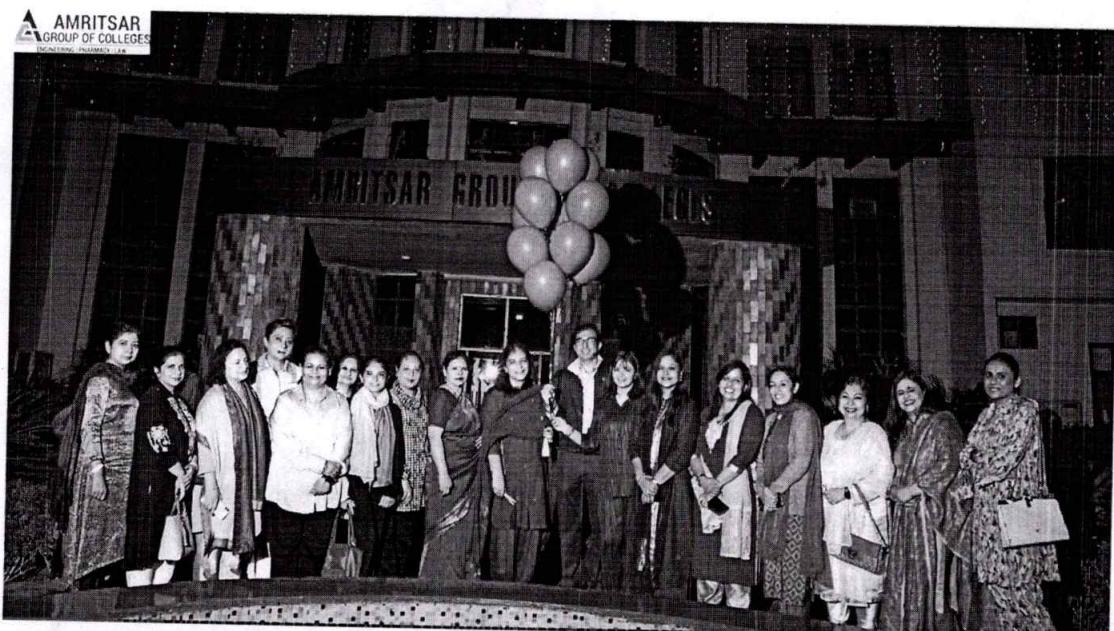
Women Empowerment Cell organized seminar on Makeup Art and Skin Care. An amazing young entrepreneur Ms. Jahnvi Mehra shared her expertise and talent.



Glow teal- An initiative to spread Cervical Cancer Awareness- 17th Nov 2023

AGC stands in solidarity for 'Cervical Cancer Mukt Bharat' !!

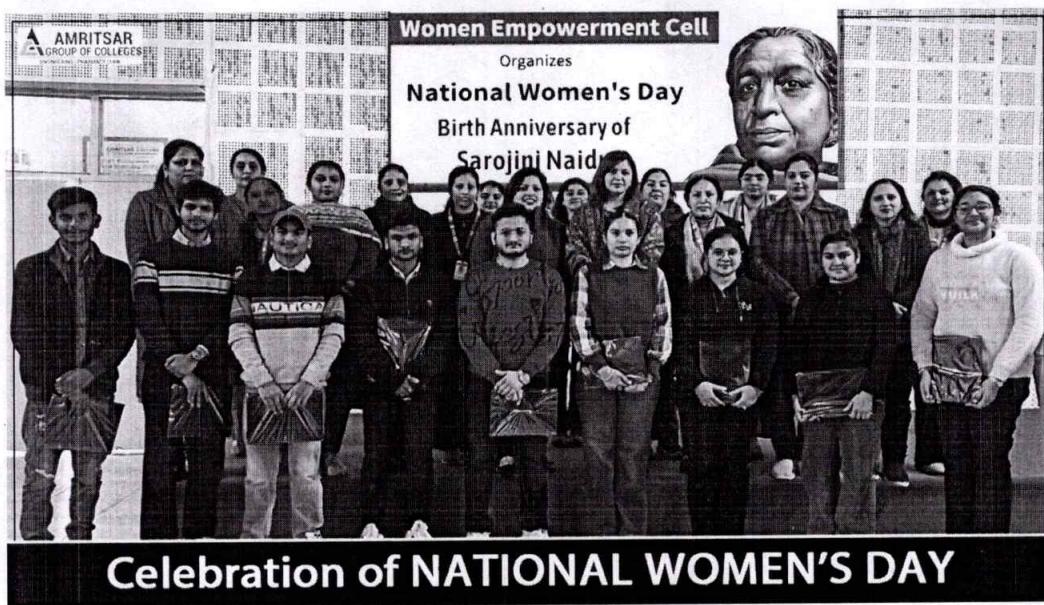
Lighting up in Teal to raise awareness for Cervical Cancer- an initiative by Phulkari - Women of Amritsar. Madam Ragini Sharma, Director Finance AGC, and Dr. Gaurav Tejpal, Principal AGC, supported this campaign, emphasizing, "Together, let's eradicate cervical cancer and empower women's health."



AGC in Teal Light- Cervical Cancer Awareness Campaign

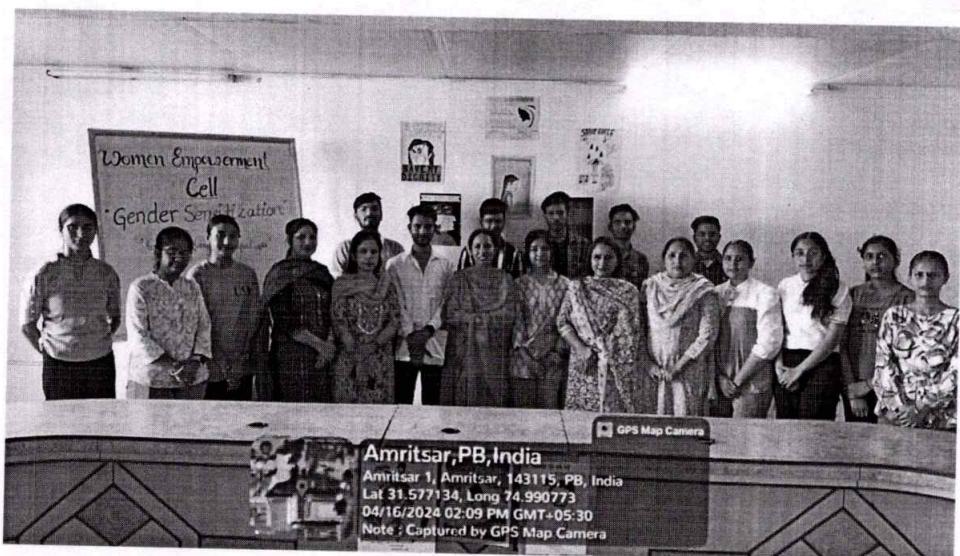
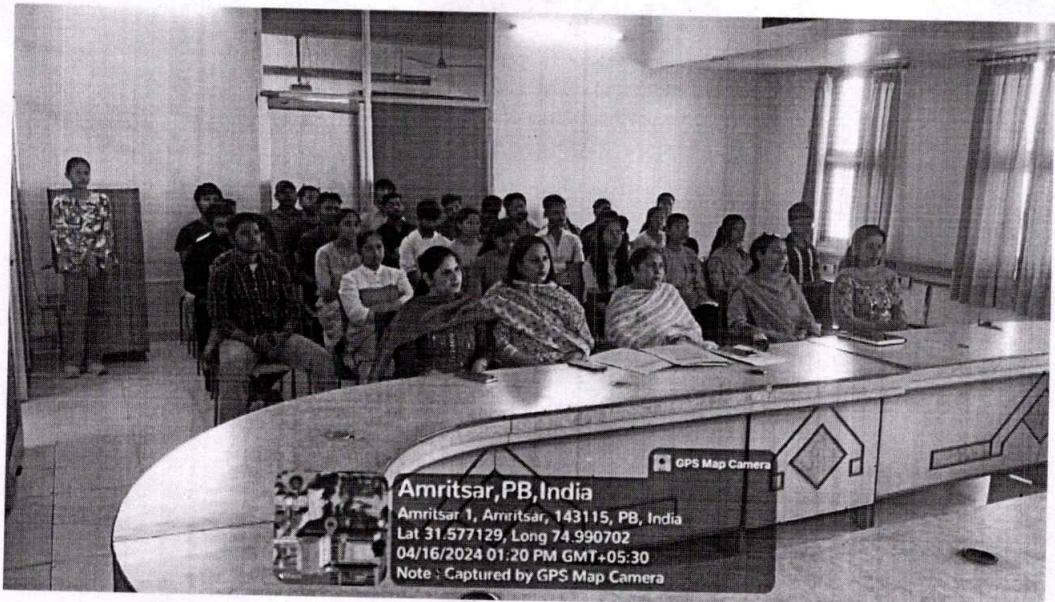
National Women's Day – 13th Feb 2024

Commemorating Sarojini Naidu's birth anniversary, AGC Women Empowerment Cell showcased inspiring presentations and a documentary, highlighting her revolutionary legacy. Revered Director Finance AGC Madam Ragini Sharma appreciated the organizers and said "Let's draw strength from her resilience and continue empowering women for a brighter future!"



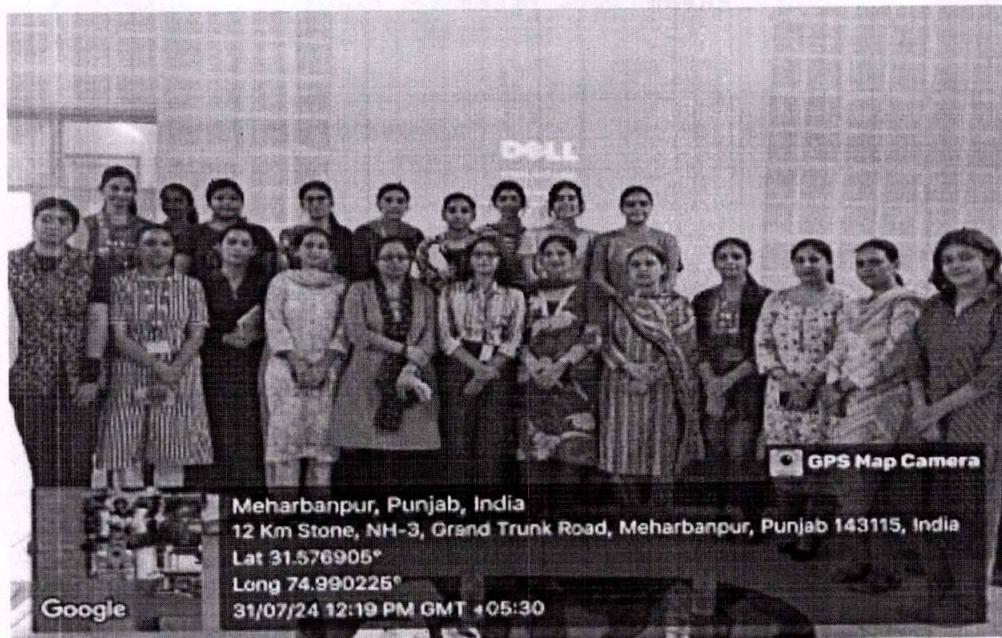
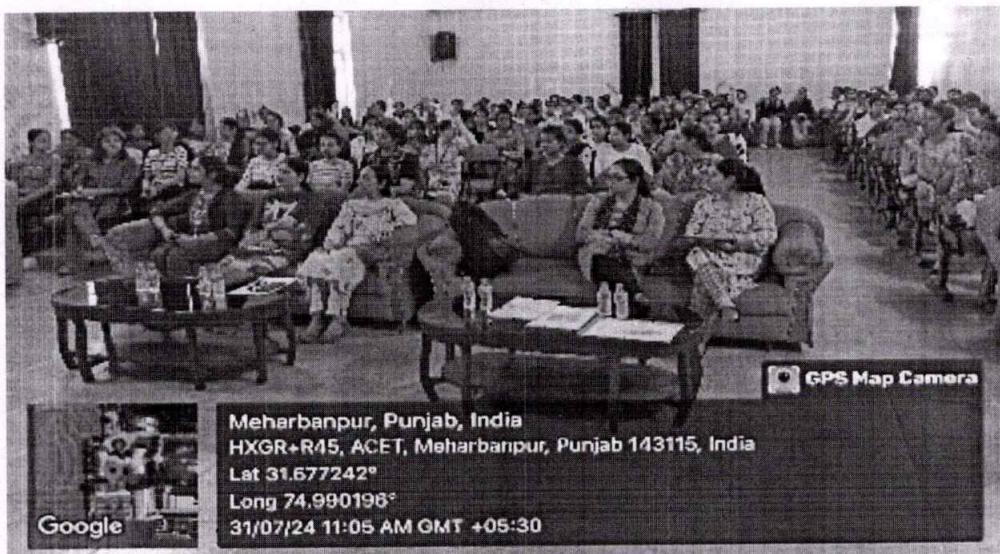
Poetry Recitation Competition – 16th April 2024

AGC “Women Empowerment Cell” organized “Poetry Recitation Competition” on “Gender Sensitization” for B.Tech 1st year students to raise awareness about important social issues and promote inclusivity and understanding within the community.



Workshop on 'BYOB Professional Development' - 31st July 2024

Women Empowerment Cell of AGC Amritsar has organized an inspiring workshop on '**BYOB Professional Development**' on 31st July 2024 in the college campus. This workshop majorly focuses on the self-growth and busting myths about menstruation and shaving and using razors on the female body. This workshop helps to enhance our knowledge about menstruation and the products that we use during menstruation.

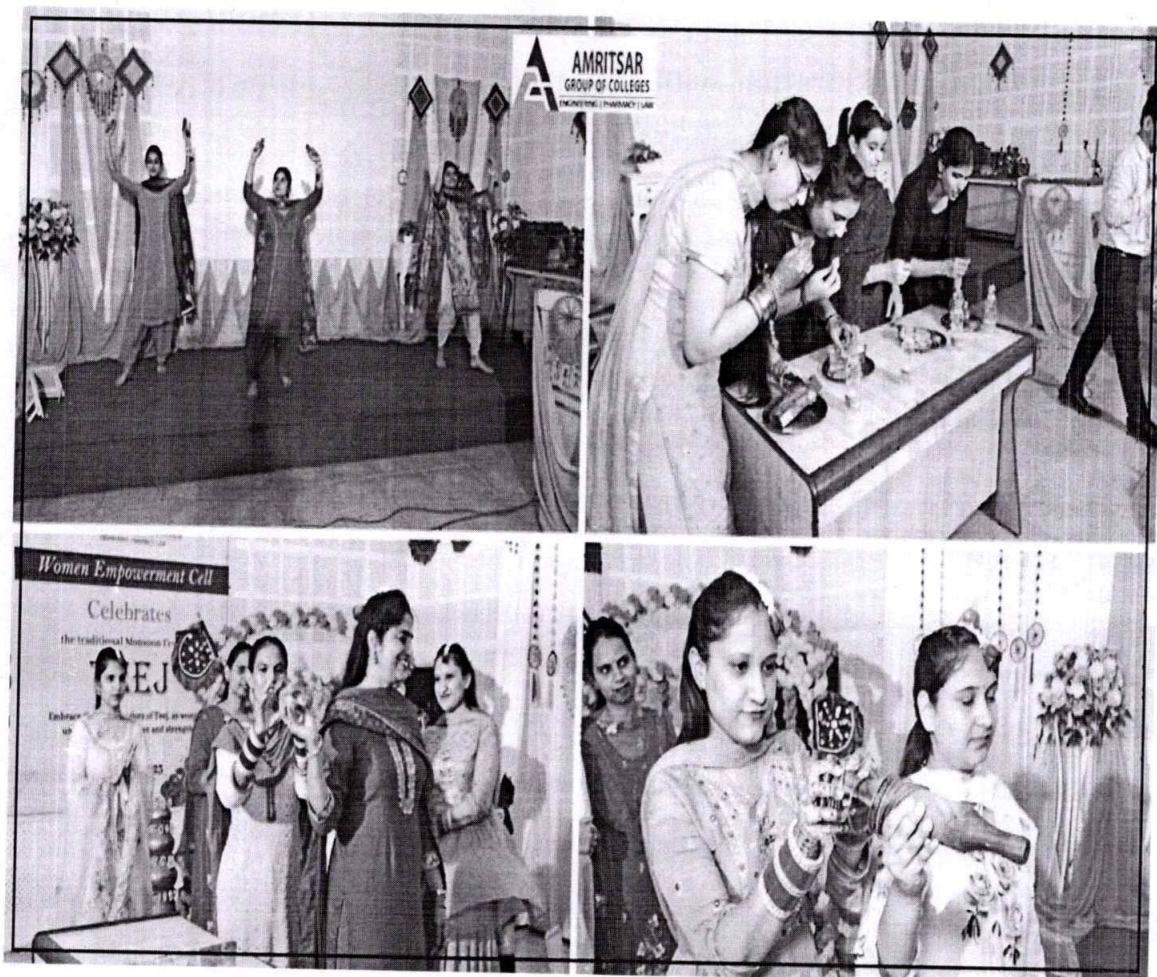


Teej Festival Celebration: 13th August 2024

Amidst the melodies of Punjabi tunes and the vibrant swirl of traditional attires, AGC campus came alive with the spirit of Teej, a colorful Indian Festival organized by Women Empowerment Cell of the college which was a beautiful blend of cultural pride and togetherness.

Honored by the presence of Madam Ragini Sharma, Director Finance AGC Amritsar, the celebration radiated with joy and camaraderie. Dr. Jatinder Kaur, Vice Principal, Khalsa College; Dr. Neha Tejpal; Madam Meenu Nayyar and Dr. Manmeet Kaur joined in the celebration.

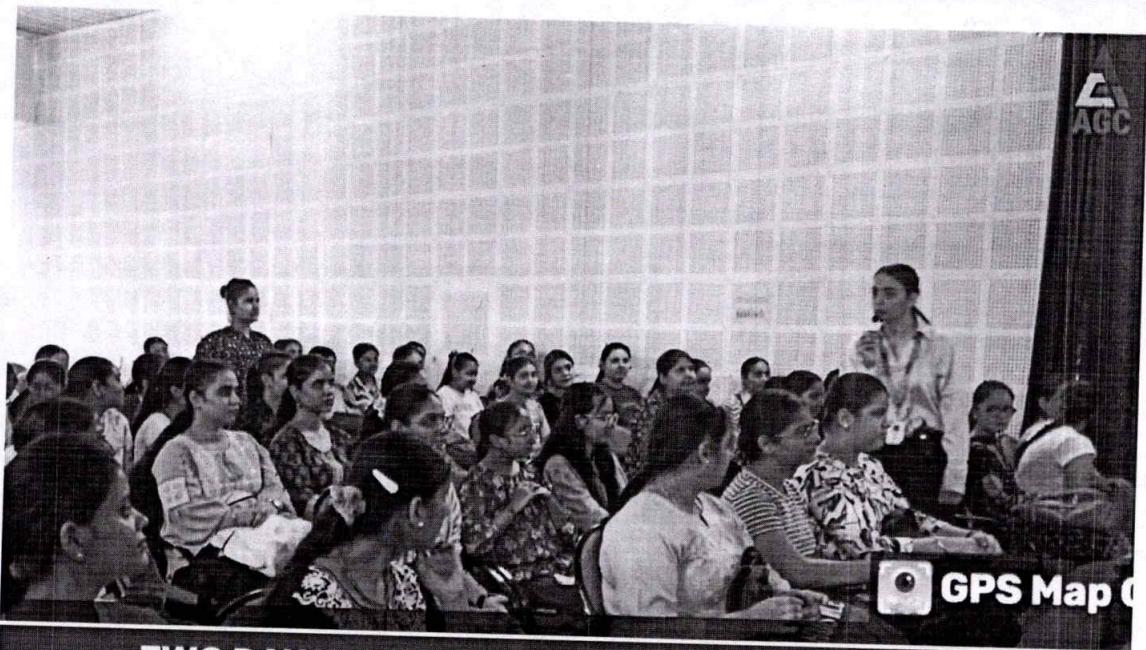
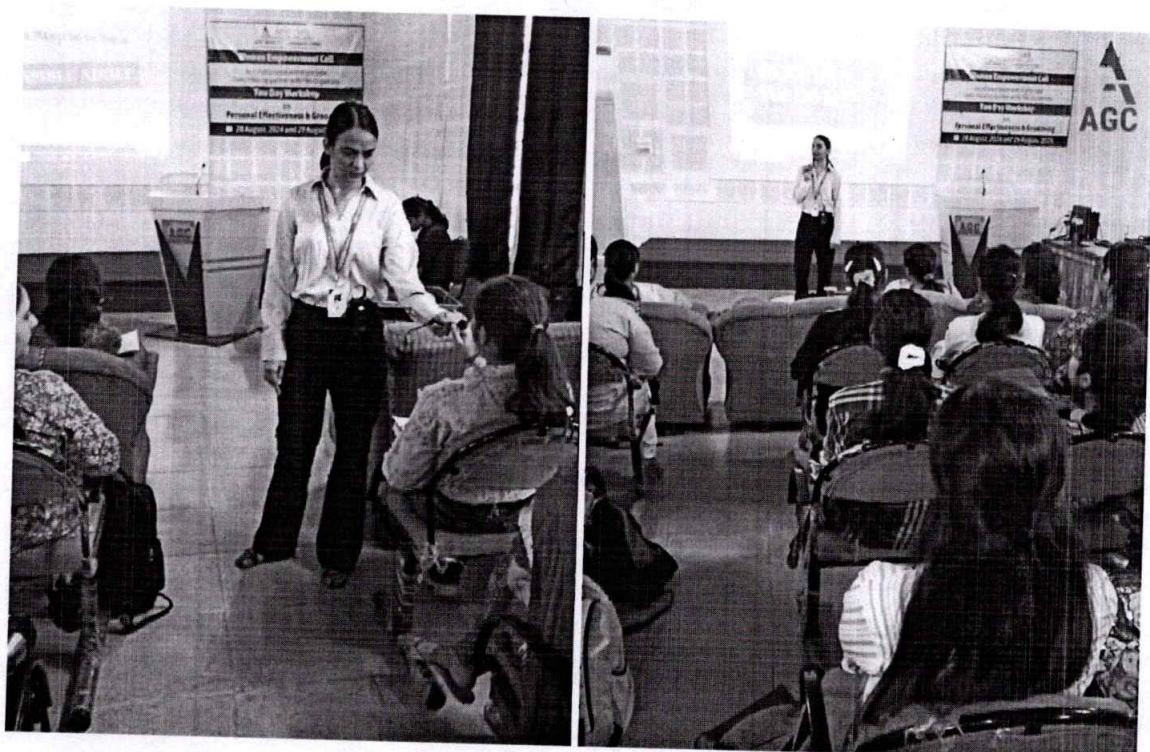
Madam Ragini Sharma eloquently highlighted the significance of preserving cultural heritage and passing it on to future generations. Dr. Gaurav Tejpal, Principal, expressed pride in our commitment to empower the incredible women of AGC.





Workshop in collaboration with Right Side Story Training Partner on “Empowering Women” – 28th August 2024

Women Empowerment Cell at AGC conducted workshop in collaboration with Right Side Story Training Partner on “Empowering Women” for the female faculty and students across all the courses of study in the college on 28th August 2024. Ms. Amit Nuniya, a dedicated youth well being trainer, counselor and psychotherapist was the keynote speaker on workshop. She in her address to the attendees emphasized on personal health and hygiene in the 1st session and on Importance of Women Empowerment and personal touch up in the subsequent sessions.



GPS Map C

TWO DAY WORKSHOP ON " EMPOWERING WOMEN"

Organized by : Women Empowerment Cell

Panel Discussion on Gender Sensitization: 30th September 2024

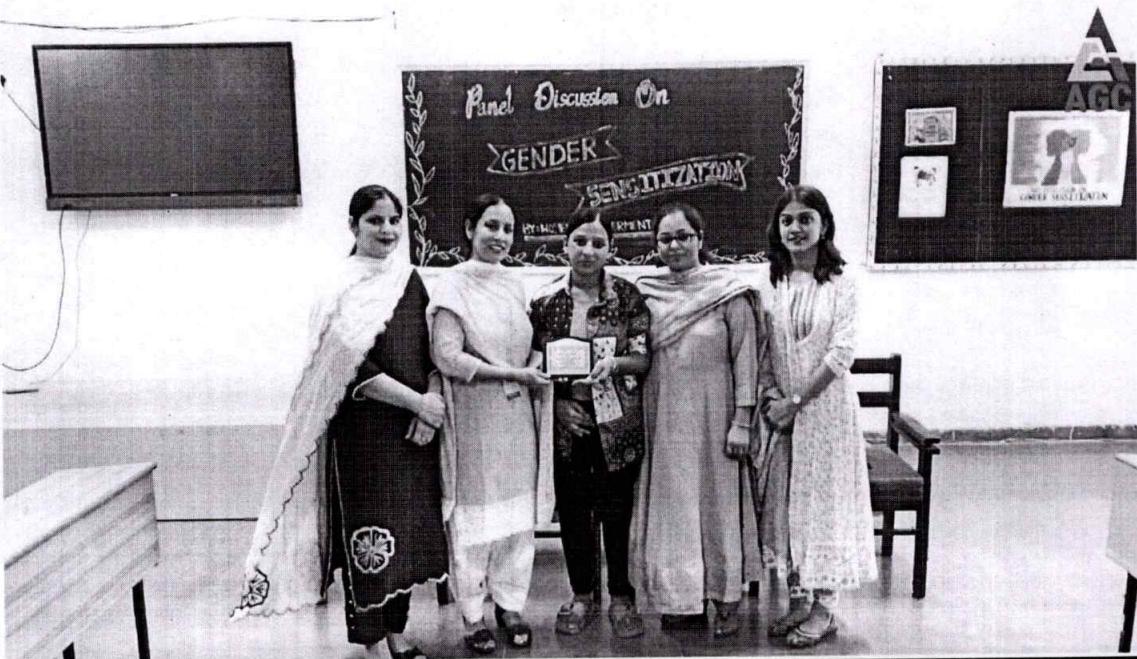
“Every Voice, Every Gender, Equal Rights.”

With this powerful slogan Women Empowerment Cell at AGC organized “Panel Discussion” on the topic of “Gender Sensitization” for all the students across all the courses of study. All the students participated in this event enthusiastically. The panel discussion proved to be a breakthrough event to emphasize gender equality along with gender sensitization.



Panel Discussion on “Gender Sensitization”

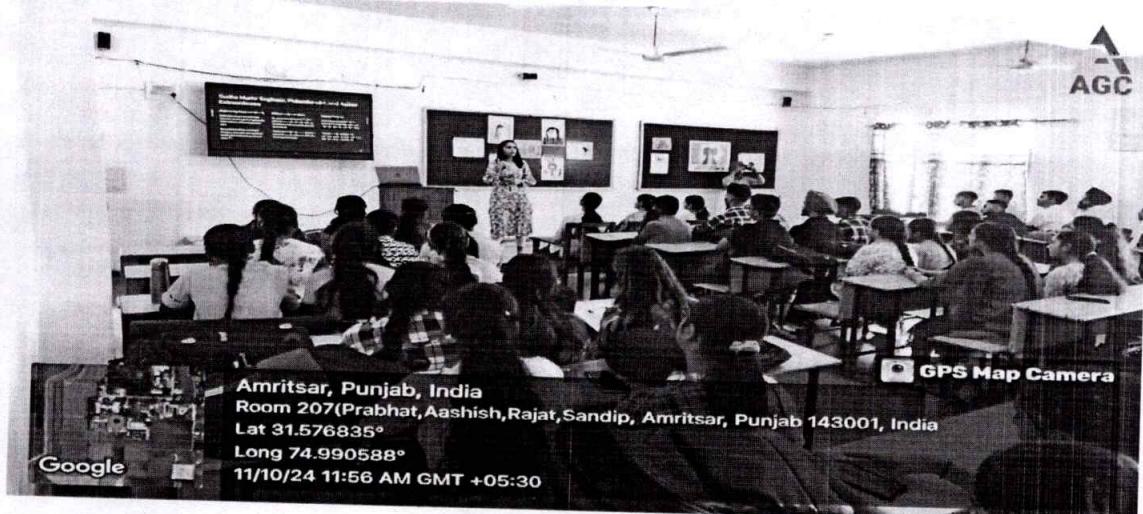
Organized by : Women Empowerment Cell



1st Prize - Simranjit Kaur (BCA - 3rd sem)

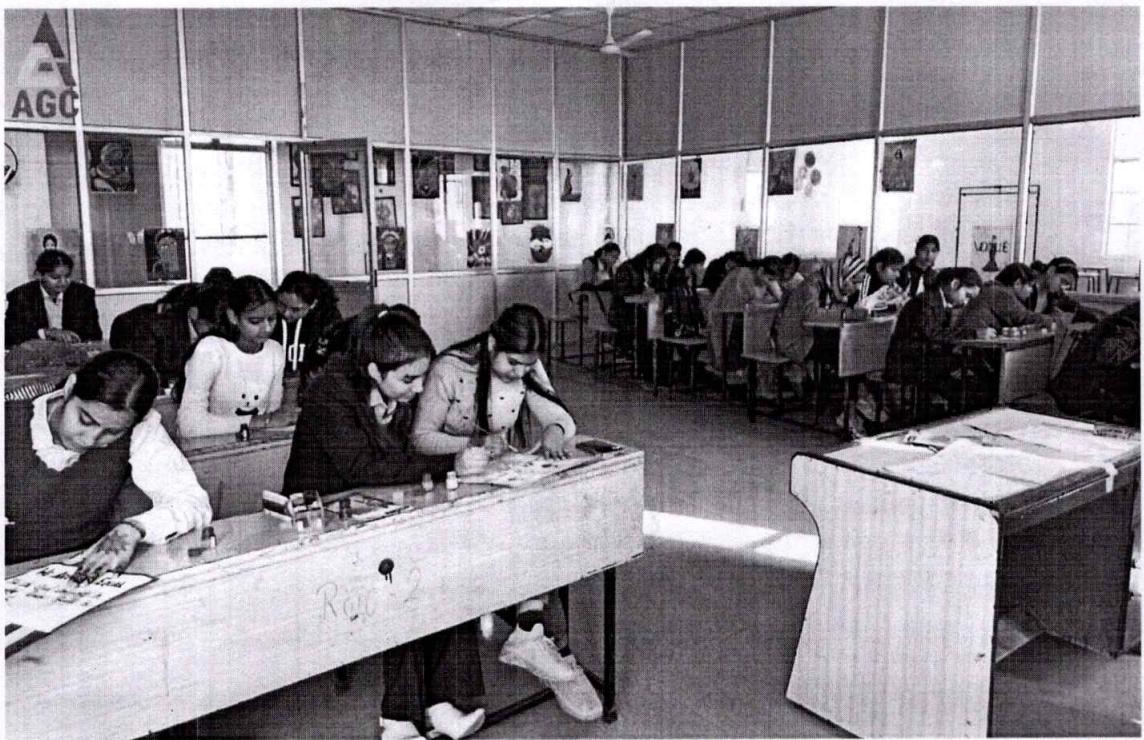
International Girl Child's Day - 11th October 2024

Women Empowerment Cell at AGC celebrated " International Girl Child's Day with great fervor by conducting a real time session on " Girl Child- The Architect of Future" with this year's theme 'Girls' Vision for the Future.' All the students of B.Tech-1st year witnessed journey of eminent female achievers through a fact based session on Kalpana Chawla, Indian-born American Astronaut, MangteChungneijang "Mary" Kom, an Indian Olympic boxer and Saina Nehwal , the great Indian Badminton player. This session highlighted the strength of females, their undaunted faith in their strength despite disparities, less opportunities and gender inequality. The observance of this day could successfully inspire the students to respect the identity and esteem of a girl child.



Poster making competition on “Gender Sensitization”- 19th November, 2024

The Women Empowerment cell of AGC organized Poster making competition on the theme of Gender Sensitization on 19th November, 2024. This Competition encourages individuals to push their limits leading to improved performance and skill development.



Poster Making Competition

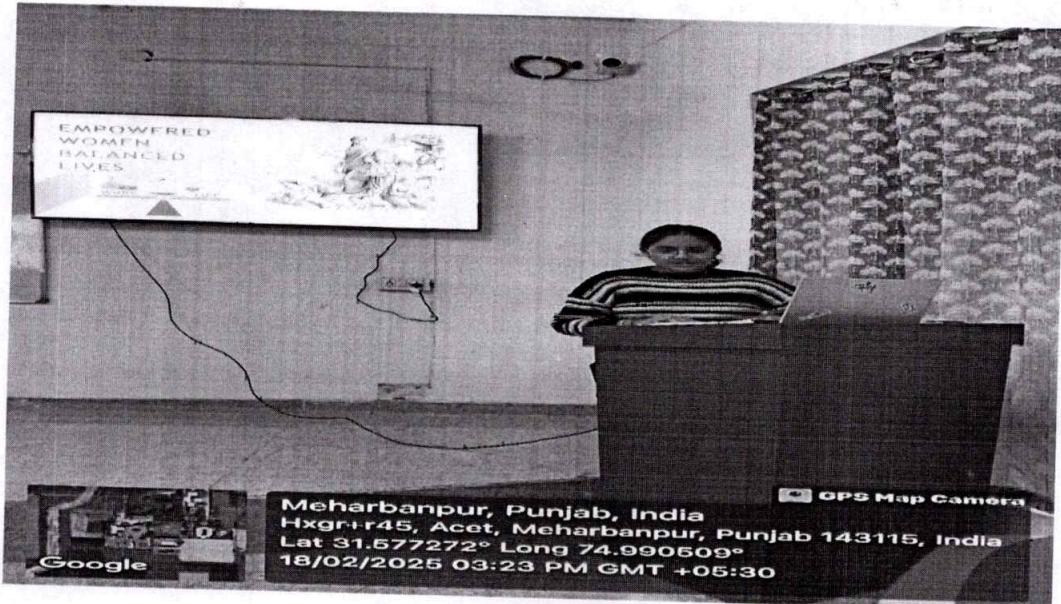
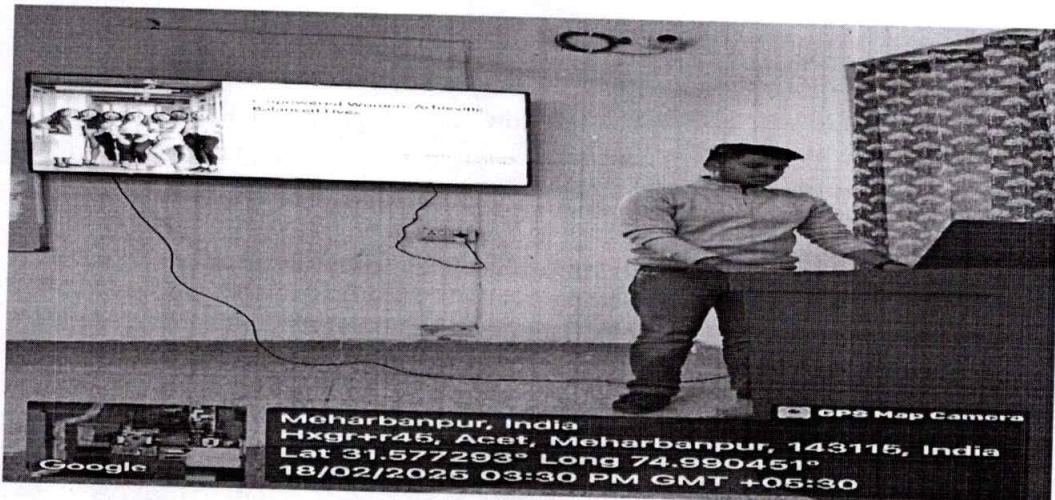
Organized by : Women Empowerment cell

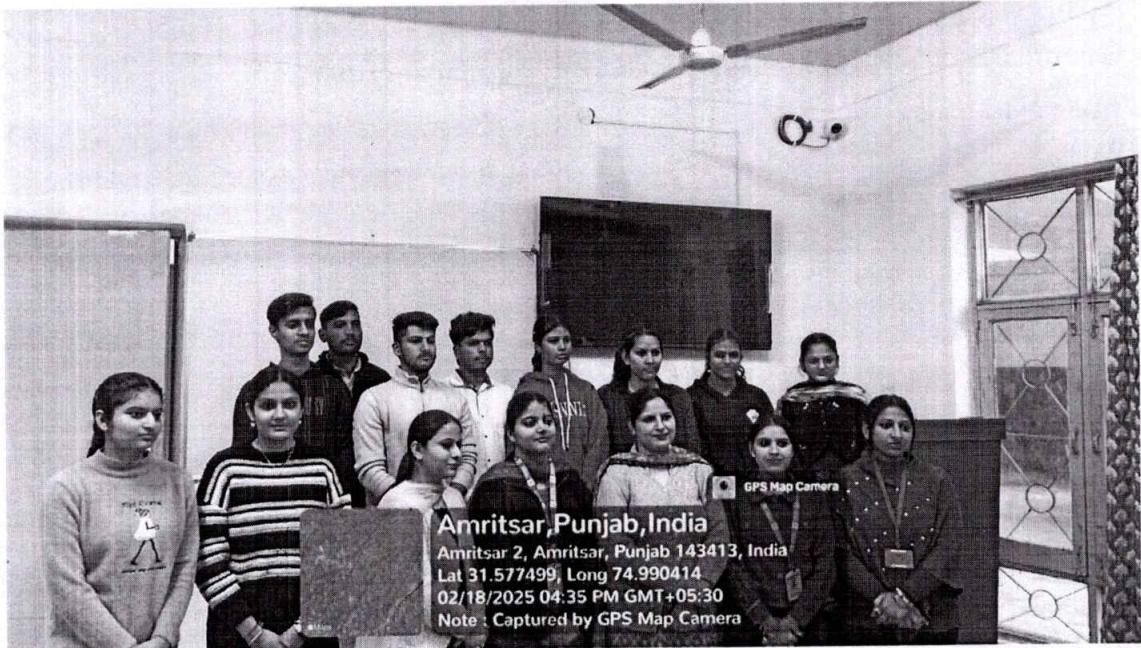
Group Discussion on Women's Health: 24thJanuary 2025

The Women Empowerment cell of AGC, Amritsar has organized Group Discussion on Women's Health on **24th January 2025**. This group discussion aims to shed light on the importance of Women's Health by addressing the Physical, Mental and Emotional well-being and fostering dialogue about the role of health in empowering women to lead balanced and successful lives.

PowerPoint Presentation competition on "Empowered Women, Balanced Lives" – 18th February, 2025

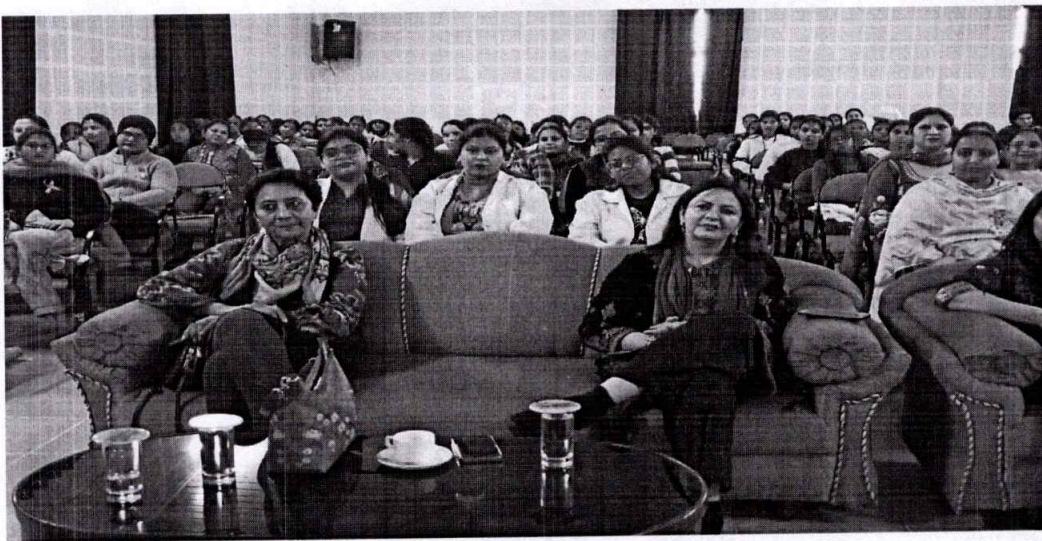
The Women Empowerment Cell of AGC, Amritsar successfully organized a PowerPoint Presentation competition on "Empowered Women, Balanced Lives" on **February 18, 2025**. Students from the Department of Computer Applications showcased their creativity and drew inspiration from the stories of renowned women, creating impactful presentations that highlighted the importance of female role models. International Women's Day.

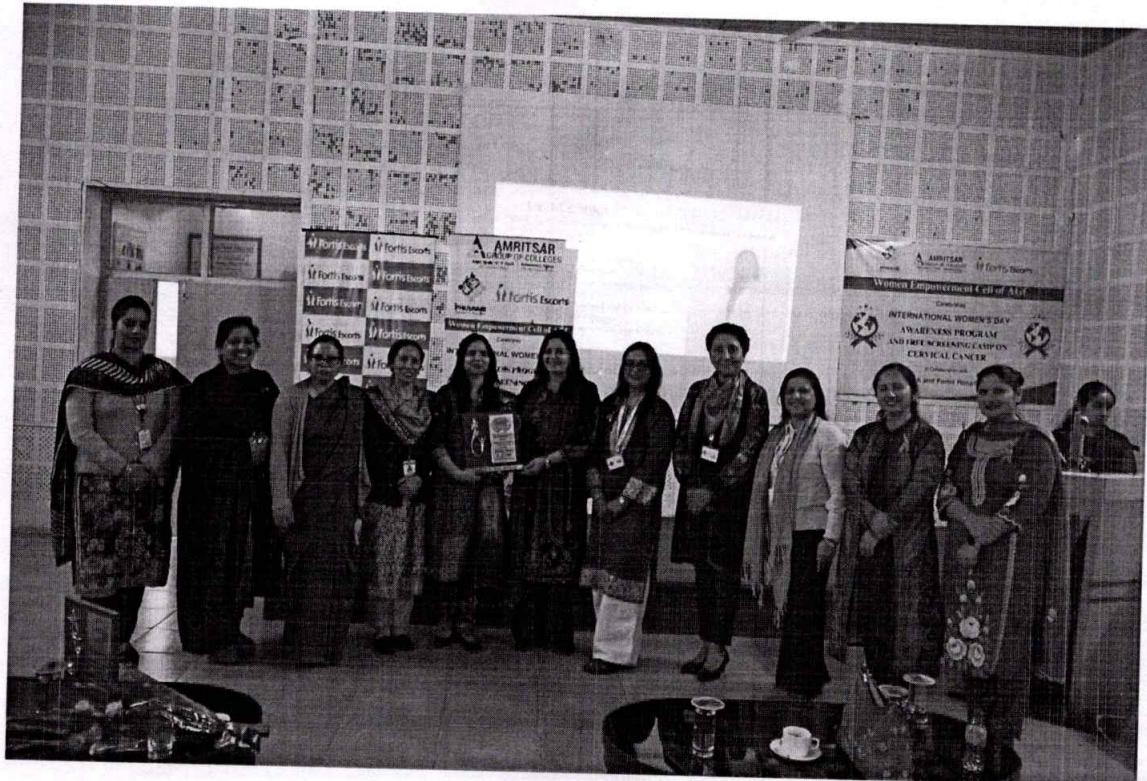
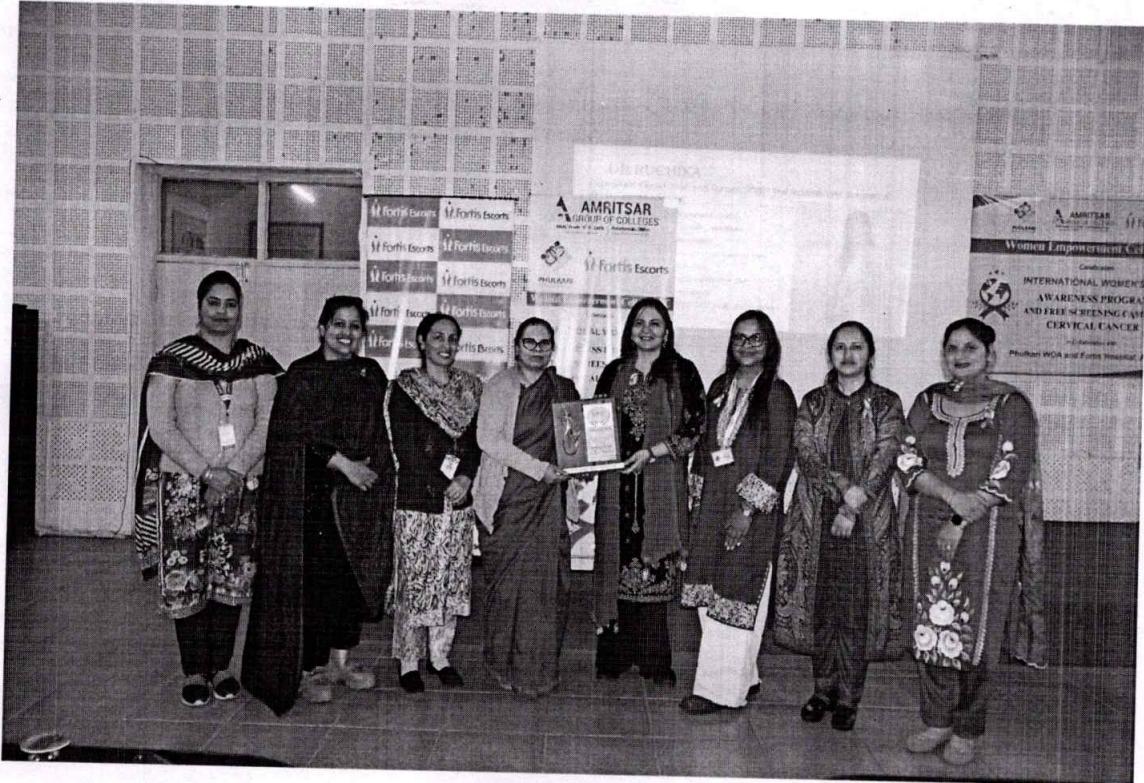




International Women's Day – 7th March 2025

On International Women's Day, AGC Women Empowerment Cell, in collaboration with Phulkari WOA and Fortis Hospital organized an Awareness Programme and Free Screening Camp on Cervical Cancer. With insightful sessions by Dr. Ruchika, Consultant Obstetrics and Gynecology, Fortis Hospital and Ms. Priyanka Goyal, Philanthropist Advisor, Phulkari WOA, the event educated students and faculty on prevention, early detection of Cervical Cancer. A free screening camp for faculty members ensured proactive health measures, emphasizing AGC's commitment to women's health and well-being.







MOU with Phulkari WOA – 12th March 2025

Amritsar Group of Colleges proudly joins hands with Phulkari WOA for impactful social development! Together, we'll work on gender sensitization, healthcare, cancer awareness, and community initiatives.

Ms. Ragini Sharma, Director Finance, AGC, emphasized the importance of empowering communities, while Dr. Gaurav Tejpal, Principal, AGC, highlighted the collaborative efforts to drive positive change. Dr. Rajneesh Arora, Managing Director, AGC, expressed his commitment to making a meaningful societal impact through such initiatives.

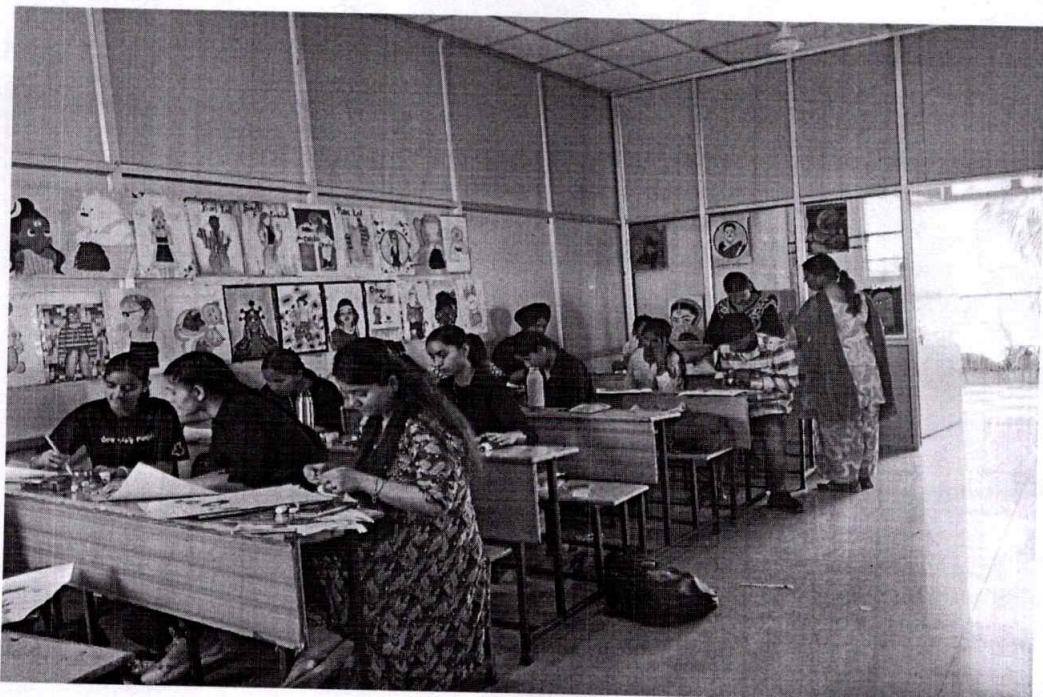
Here's to empowering change and making a difference!



Collage Making Competition: 24th April 2025

The Women Empowerment Cell at Amritsar Group of Colleges successfully organized a Collage Making Competition on **April 24, 2025**. The theme, Gender Sensitization, inspired students to create thought-provoking art.

Students from Fashion Designing, Hotel Management and Catering Technology, and B.Tech CSE showcased their creativity, sharing unique perspectives on gender sensitization. This event fostered awareness and discussion on key social issues, empowering students to express themselves.



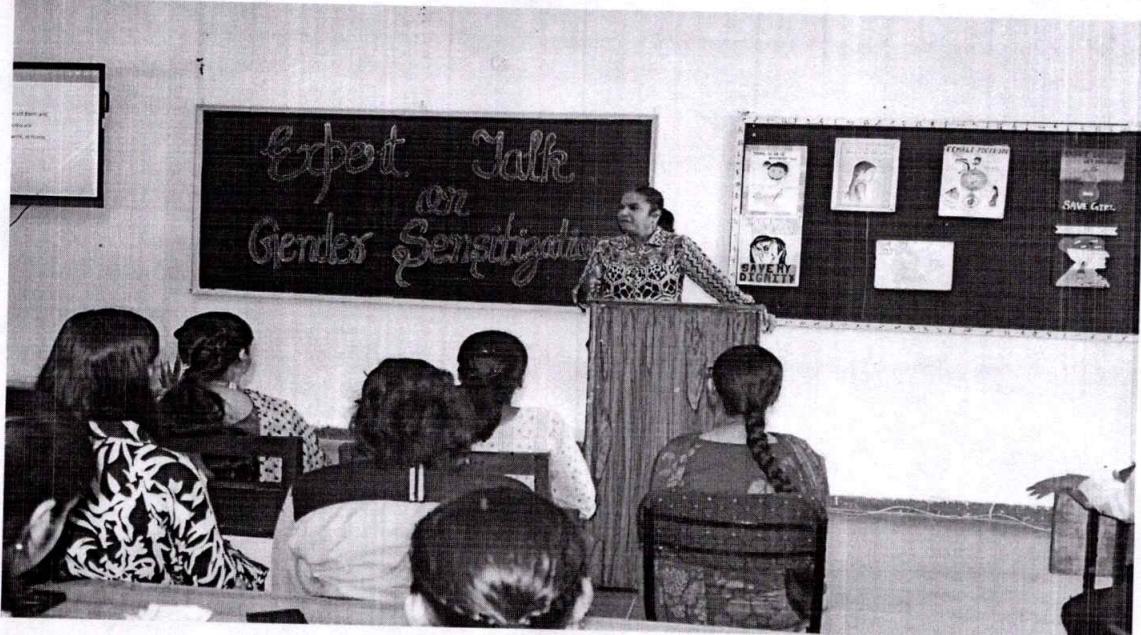


Expert Talk on Gender Sensitisation: 23rd July 2025

AGC Women Empowerment Cell, in collaboration with Phulkari Women of Amritsar, organized an impactful Expert Talk on Gender Sensitisation.

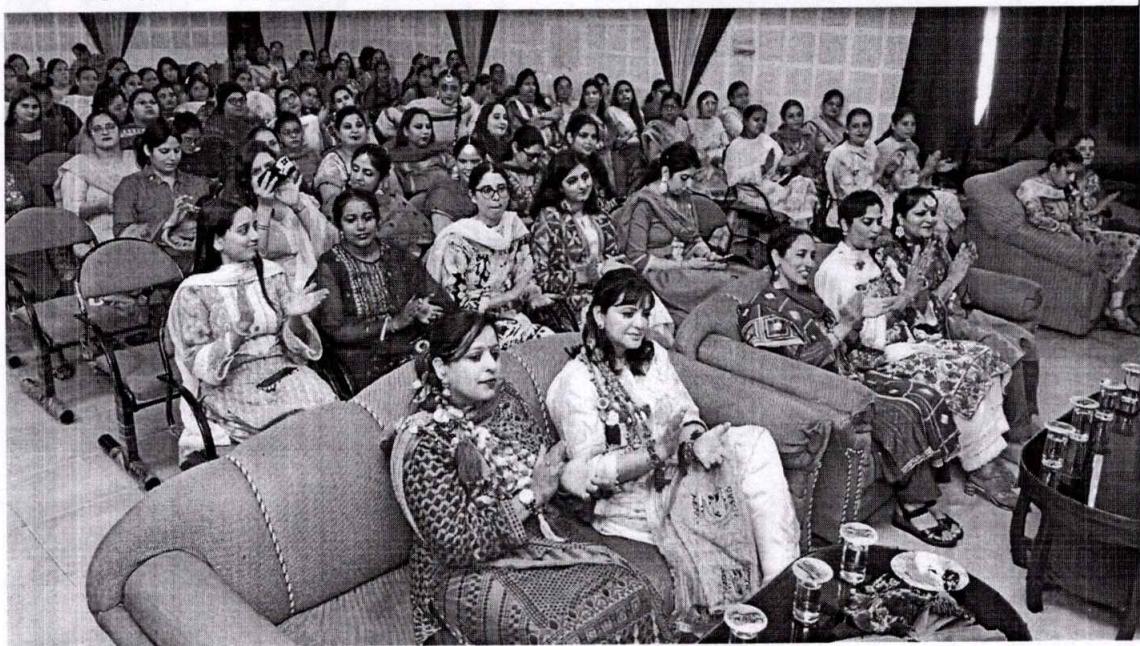
Ms. SheetalSohal, Head of the Phulkari Learning Programme, graced the session as the revered Resource Person, sharing deep insights on gender awareness and equality. The session truly lived up to its essence; Empowering Minds, Shaping Perspectives.





Celebration of Teej Festival: 1st August 2025

The Women Empowerment Cell of Amritsar Group of Colleges celebrated the vibrant festival of Teej with immense enthusiasm and cultural pride. The event witnessed wholehearted participation from the female faculty and staff, who added colour and grace to the occasion by donning traditional attire. The presence of revered Director Finance- Madam Ragini Sharma Ji, elevated the spirit of the event. Her warm wishes and kind words inspired all and brought a deeper sense of joy and unity to the gathering. The celebrations featured a delightful spread of festive delicacies, engaging games, and a spirited Gidha performance on traditional Punjabi boliyan, beautifully showcasing the rich cultural heritage of Punjab.





Seminar on “Demystifying AI: How to Get Started, Stand Out & Succeed” -15th Sept 2025

AGC Women Empowerment Cell in collaboration with FICCI Flo, Amritsar recently hosted an extraordinary seminar, “Demystifying AI: How to Get Started, Stand Out & Succeed,” led by none other than Ms. AkritiChadda, AI Scientist at Microsoft who shared her journey, her insights into the fast-evolving world of Artificial Intelligence, and powerful strategies for young minds to build their brand, stand out in STEM, and shape their careers in technology.

The seminar wasn’t just about technology—it was about confidence, vision, and the courage to dream big. It was about encouraging students, especially young women, to believe in themselves, to take up space in STEM fields, and to pursue careers fearlessly.

The event was graced by the presence of Ms. Mona Singh, Chairperson, FICCI Flo who inspired students with her words on women’s empowerment and leadership and Madam Ragini Sharma ji, Director Finance, AGC Amritsar who motivated the gathering with her vision for education and women breaking barriers.



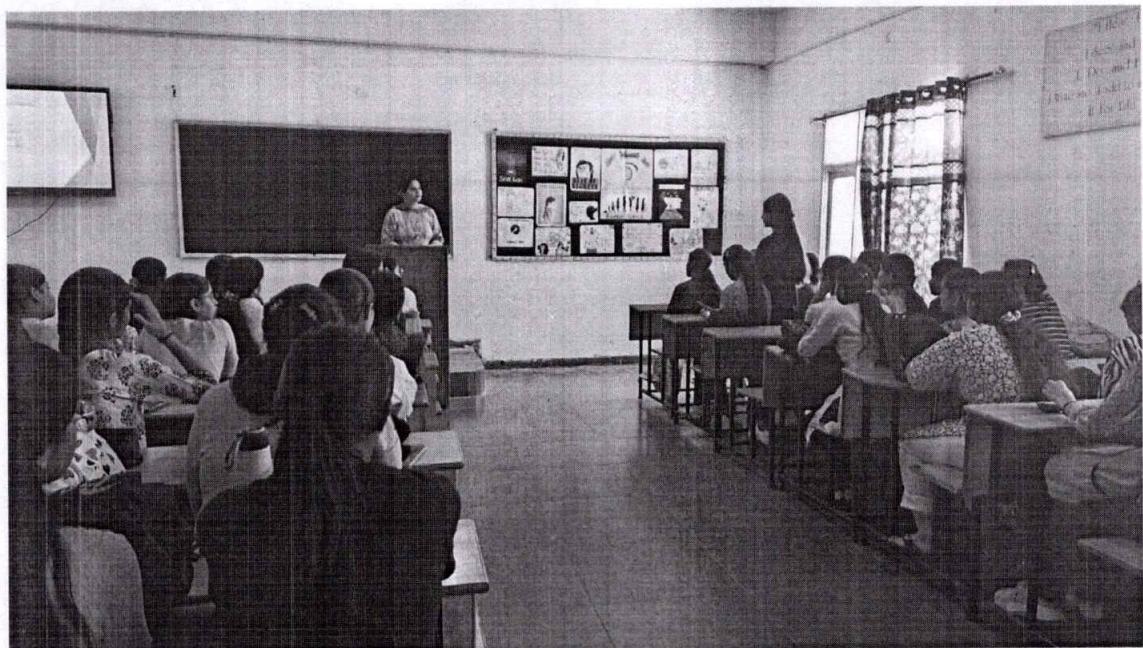


International Girl Child Day: 11th October 2025

The Women Empowerment Cell of AGC, Amritsar observed International Girl Child Day with an impactful and interactive session focussed on Girls' Rights and Empowerment.

We brought together students from various departments for a meaningful discussion on the significance of ensuring equal opportunities and respect for girls in every sphere of life.

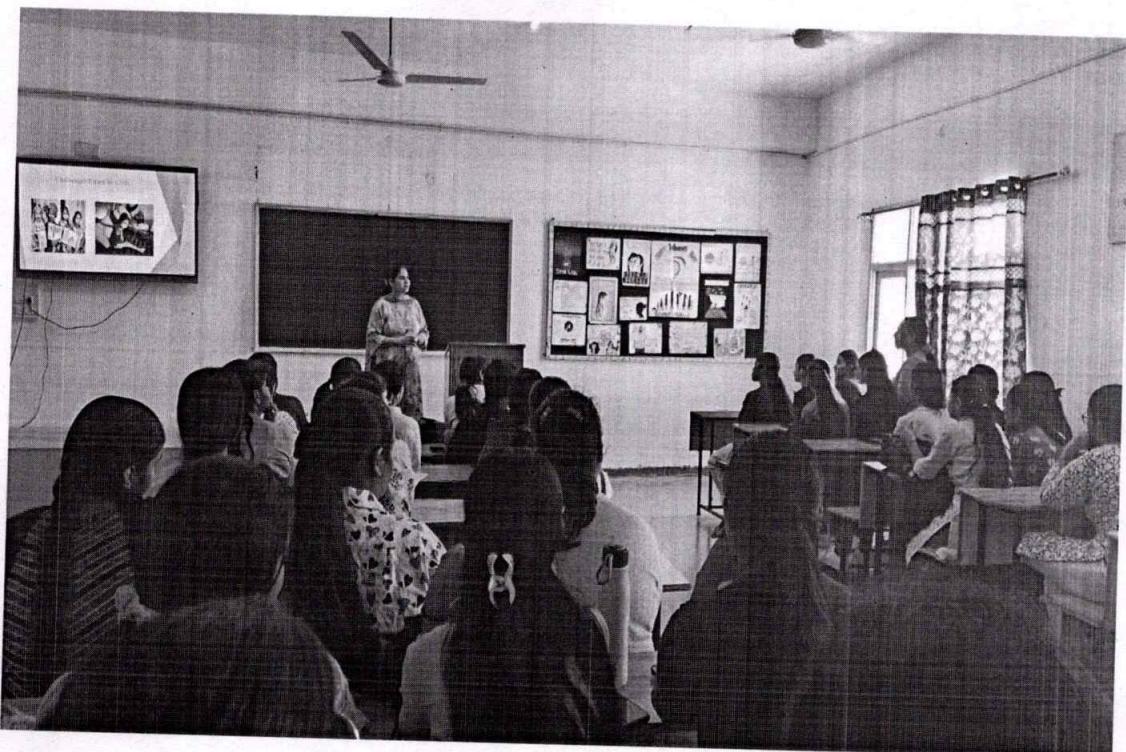
Through this initiative, the Women Empowerment Cell reaffirmed its commitment to nurture a campus culture rooted in equality, respect and empowerment for all.



Meharbanpur, Punjab, India

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An Outreach Activity– 21st Nov 2025

Women Empowerment Cell, AGC Amritsar, organized an impactful Outreach Activity at Fortis Escorts Hospital on 21st November 2025.

Two power-packed sessions boosted awareness:

1. BLS & CPR Training by Dr. Ashish Jain; students gained life-saving skills with hands-on practice.
2. Adolescent Health Measures by Dr.Ruchika; key insights on Nutrition, Mental health, Hygiene and preventive care.



