

Community Connect Program

Under the leadership and encouragement of Principal Dr. Amandeep Heera, the Internal Quality Assurance Cell (IQAC), in collaboration with the Department of Home Science at Babbar Akali Memorial Khalsa College, Garhshankar, initiated a Community Connect Program aimed at empowering rural women through skill development. As part of this initiative, a visit was organized to village Garhi, which has been adopted under the Unnat Bharat Abhiyan (UBA). The visit focused on skill enhancement and self-reliance for the women of the village.



A vibrant exhibition was held showcasing beautifully crafted tie-and-dye dupattas and block-printed dupattas, highlighting the creativity and potential of such artistic techniques. Prof. Jatinder Kaur, an expert in textile design, conducted a hands-on training session for the village women, teaching them the intricate skills of block painting and stencil painting. The participants learned how to

apply these techniques to fabric items like shirts, pillows, and other home textiles.

This initiative is a significant step towards women's empowerment, as it equips them with a marketable skill that can help them generate their own income. By mastering the art of textile decoration, these women can now explore self-employment opportunities and even establish small-scale businesses, thus contributing to their family income and financial independence.

The objective of the visit was also to raise awareness about influenza, preventive measures, and overall well-being among the women of the village. Dr. Kuldeep Kaur, IQAC Coordinator, conducted an interactive session where she sensitized the women about influenza, its symptoms, modes of transmission, and effective ways to protect themselves and their families. She emphasized the importance of maintaining good hygiene, proper nutrition, and timely medical care to prevent infections. Beyond physical health, the session also focused on mental well-being and stress management. Dr. Kuldeep Kaur encouraged the women to adopt a healthy lifestyle, eat nutritious food, stay stress-free, and take time for self-care. She highlighted that a positive mindset, self-care, and happiness are key to living a balanced and fulfilling life. The women actively participated in the discussion, sharing their concerns and seeking guidance on health-related issues.