

Gender Equity

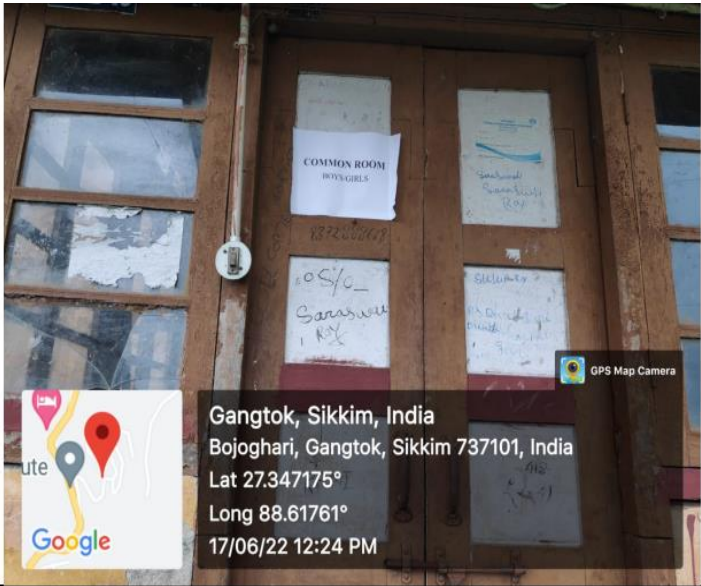
Security in College





Gangtok, Sikkim, India
8JX9+772, Gangtok, Sikkim 737101, India
Lat 27.348191°
Long 88.617337°
02/05/22 12:45 PM

Students Common Room



Gangtok, Sikkim, India
Bojoghari, Gangtok, Sikkim 737101, India
Lat 27.347175°
Long 88.61761°
17/06/22 12:24 PM

SIKKIM GOVERNMENT COLLEGE, BURTUK
GANGTOK, EAST SIKKIM- 737101
Accredited with NAAC
website: www.sgcburtuk.in

Email - principalsgcburtuk@gmail.com
Ref. No. SGC/B/1839/24

Phoneno-03592-204019
Date: 09/04/2024

CIRCULAR-01 SGC/B/24

As discussed and approved in the General body meeting held on 19th March 2024 following are the member of the Career Counselling & Placement Cell.

CAREER COUNSELLING & PLACEMENT CELL

- | | | |
|-------|---------------------------|---------------------------|
| i. | Dr. Winkeyla Bhutia/ | -Dean of Students Welfare |
| ii. | Dr. Sonam T. Bhutia | -do- |
| iii. | Mr. Suresh Tamang | -Member |
| iv. | Ms. Tenzing P. Bhutia | -Member |
| v. | Dr. Maheshwari Kharga | -Member |
| vi. | Dr. Gracy M. Subba | -Member |
| vii. | Ms. Tshering Lhamu Bhutia | -Member |
| viii. | Ms. Sandhya Rai | -Member |

Dr. Iyatta M. Upreti
Principal
Sikkim Government College, Burtuk .

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CIRCULAR-01 SGC/B/24

As discussed and approved in the General body meeting held on 19th March 2024 following are the member of the Anti-Ragging committee

ANTI RAGGING COMMITTEE

- | | | |
|-------|-----------------------|---------------------------|
| i. | Dr. Iyatta M. Upreti | - (Principal) |
| ii. | Dr. Winkeyla Bhutia/ | -Dean of Students Welfare |
| iii. | Dr. Sonam T. Bhutia | -do- |
| iv. | Ms. Tenzing P. Bhutia | - (HOD, English) |
| v. | Mr. Samuel Rai | - (HOD, Pol. Science) |
| vi. | Dr. Tej K. Siwakoti | - (HOD, Economics) |
| vii. | Dr. Kalyani Sharma | - (HOD, Nepali) |
| viii. | Dr. Gracy M. Subba | - (HOD, History) |
| ix. | Mr. Bikash Chettri | - (HOD, Education) |
| x. | Dr. Winkeyla Bhutia | - (HOD, Sociology) |
| xi. | Mr. Pema G. Sherpa | - (HOD, Commerce) |
| xii. | Dr. Sharmila Karki | - (HOD, EHS) |
| xiii. | Ms. Sandhya Rai | - (HOD EVS) |

Dr. Iyatta M. Upreti
Principal
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As discussed and approved in the General body meeting held on 19th March 2024 following are the member of the Gender Sensitization Unit.

GENDER SENSITIZATION UNIT

- | | | |
|-------|------------------------|--------------|
| i. | Dr. Winkeyla Bhutia | - (Convener) |
| ii. | Dr. Chunku Bhutia | -Member |
| iii. | Mr. Samuel Rai | -Member |
| iv. | Dr. Sabita Tamang | -Member |
| v. | Mrs. Dolma T. Ethenpa | -Member |
| vi. | Mrs. Swarnim Subba | -Member |
| vii. | Mrs. Kinzang D. Bhutia | -Member |
| viii. | Ms. Tseten U. Bhutia | -Member |
| ix. | Dr. Kunzang P. Bhutia | -Member |
| x. | Ms. Srijana Khaling | -Member |
| xi. | Ms. Chokey N. Bhutia | -Member |
| xii. | Ms. Tshering L. Bhutia | -Member |
| xiii. | Mr. Narayan Sharma | -Member |

Dr. Iyatta M. Upreti
Principal
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Date: 09/04/2024

CIRCULAR-01 SGC/B/24

As discussed and approved in the General body meeting held on 19th March 2024 following are the member of the Grievance Redressal Cell.

GRIEVANCE REDRESSAL CELL

- | | | |
|-------|----------------------|---------------------------|
| i. | Dr. Gayatri Pradhan | (Convener) |
| ii. | Dr. Winkeyla Bhutia/ | -Dean of Students Welfare |
| iii. | Dr. Sonam T. Bhutia | -do- |
| iv. | Dr. Chunku Bhutia | -Member |
| v. | Mr. Samuel Rai | -Member |
| vi. | Dr. Bandana Sarda | -Member |
| vii. | Mr. Bikash Chettri | -Member |
| viii. | Mr. Suresh Tamang | -Member |
| ix. | Ms. Dechen O. Bhutia | -Member |

Dr. Iyatta M. Upreti
Principal
Sikkim Government College, Burtuk .



Awareness programmes

NCC 1ST Battalion (girls Unit)

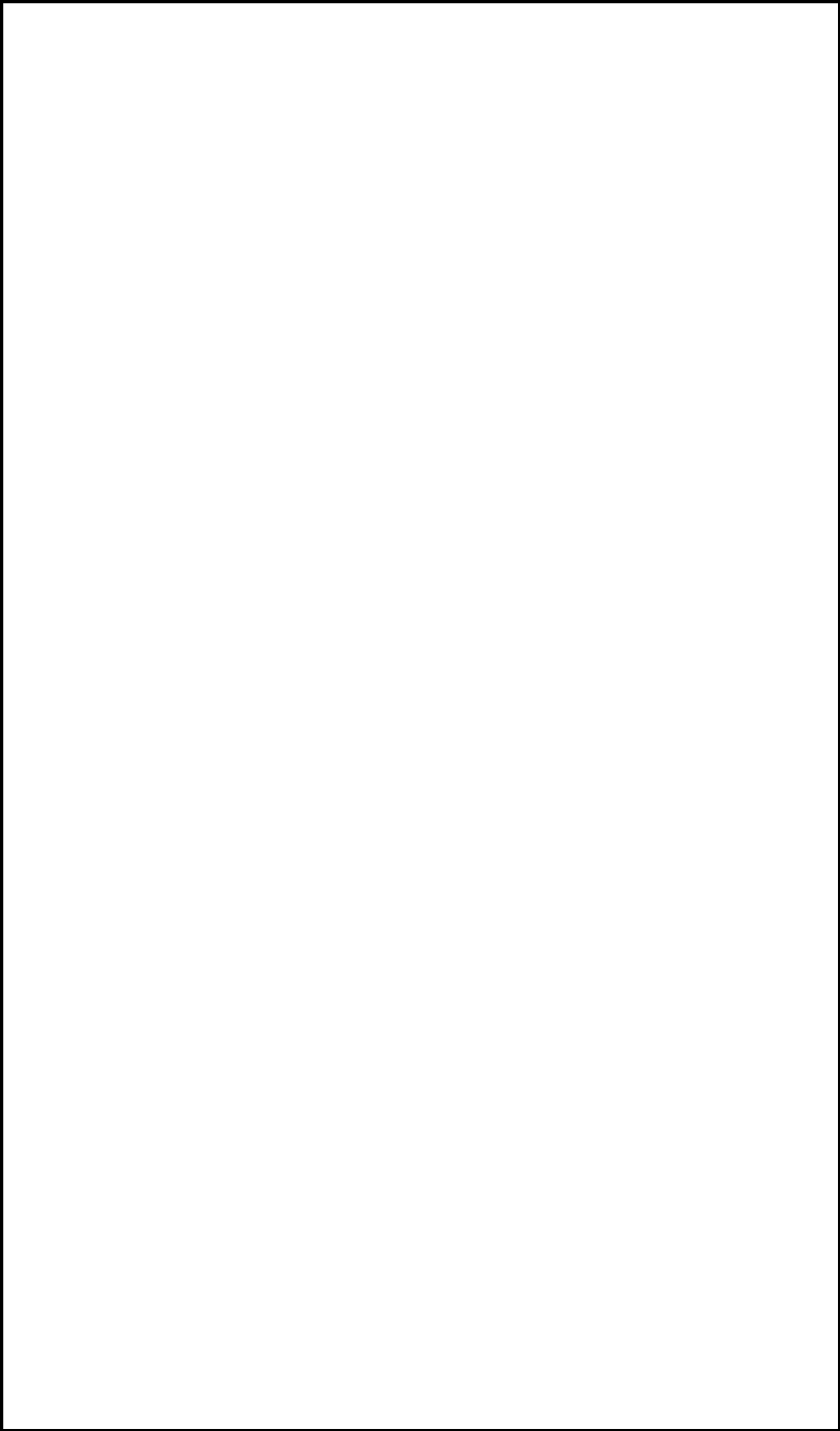


SANITARY PAD VENDING MACHINE INSTALLED IN GIRLS WASHROOM



GRIVEANCE AND SUGGESTION BOX





Report on Awareness Programme on Menstrual Hygiene and Well-Being

Introduction

Menstrual health and hygiene constitute important facets of women's health and well-being affecting their health, education, employment, dignity, productivity and overall quality of life. However due to stigma, lack of knowledge, poor practices, socio-cultural barriers and limited access to sanitary products, many women and adolescent girls face challenges in managing their menstrual health effectively. To address these critical issues of menstrual health an awareness programme on Menstrual Hygiene and Well-being was conducted with an aim to enhance participants' capacity to equip and empower themselves with basic information and resources about menstruation and its proper hygienic management. This programme was particularly focused on resolving misconceptions about menstruation, improving health outcomes and promoting gender equality.

Objectives

The main objectives of the programme were:

- 1) To provide complete education about menstrual health and hygiene.
- 2) To bust myths and taboos associated with menstruation.
- 3) To promote practices that enhance menstrual health and overall wellbeing.
- 4) To create a supportive environment to discuss menstrual health issues.

Programme Details

Date: 08/05/2024

Time: 11 am

Venue: College Auditorium

Duration: 1 hour

Target Audience: Students of SGC, Burtuk (particularly female students).

Guest Speaker: Dr. Sangay Pelzang Tamang, Senior Consultant, Department of Gynaecology, STNM Hospital, Sochakgang, Gangtok.

Organised by: the Red Ribbon Club (RRC), the National Service Scheme (NSS), Women Development Cell and the Student Representative Council (SRC) of Sikkim Government College, Burtuk.

Topics covered included

- Biological aspects of menstruation
- Importance of menstrual hygiene
- Different types of menstrual products, their proper usage and disposal methods.
- Safe and hygienic practices.
- Psychological and emotional aspects of menstruation
- Nutritional guidance to support menstrual health

Question and Answer Session

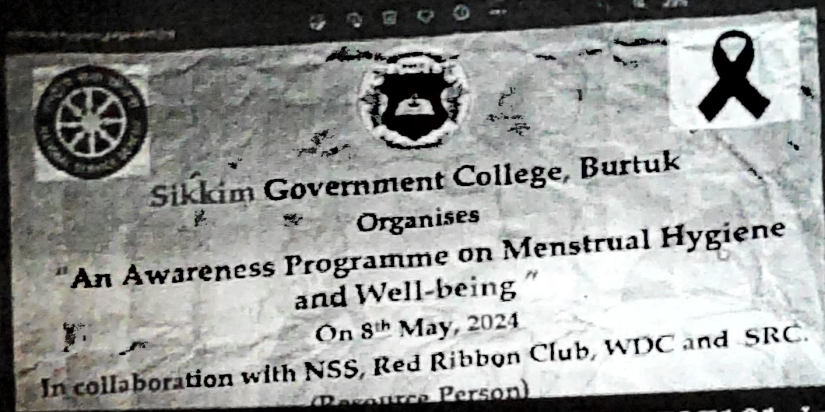
The participants were given an opportunity to ask questions and discuss their concerns in a supportive manner. Both the students and faculty eagerly engaged in a dialogue with the guest by asking him questions on various issues of menstrual health and hygiene such as ecofriendly menstrual practices, urinary tract infections, polycystic ovarian syndrome etc. Personalized advice and guidance were provided by the guest for each of the questions asked by the participants.

Outcome

After attending the programme, participants felt an increase in their knowledge about menstrual health and hygiene. They reported a better understanding of the biological processes, hygiene practices, and ways to manage menstruation related symptoms and problems.

Feedback

Post-programme feedback from the participants revealed the session to be educational and useful making it an engaging and insightful learning experience for all.



GPS Map
Camera Lite

8JX9+765, Gangtok, Sikkim 737101, India

Latitude

27.3485046°

Longitude

88.6172891°

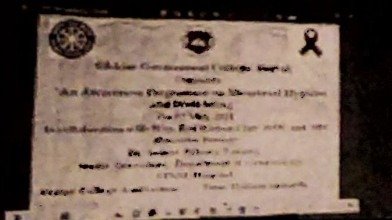
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GMT 05:47:14 AM

Altitude 1746 meters

Wednesday, 08.05.2024

Note : Captured by NSS Sikkim Government College, Burtuk



GPS Map
Camera Lite

8JX9+765, Gangtok, Sikkim 737101, India

Latitude

27.3485043°

Longitude

88.61729°

Local 11:26:43 AM

GMT 05:56:43 AM

Altitude 1746 meters

Wednesday, 08.05.2024

Note : Captured by NSS Sikkim Government College, Burtuk

Report on
International Women's Day Celebration - 2024: "Inspire Inclusion", Organized by
Women Development Cell, Sikkim Government College, Burtuk.

Date: 9th March 2024

Time: 11:10 am - 1:10 pm

On March 8th, 2024, the Women Development Cell organized an inter-department skit competition on the theme "Inspire Inclusion" to commemorate International Women's Day. The event commenced with the offering of khada to the Chief Guests (Principal Madam) and the esteemed judges of the competition: Mrs. Swarnim Subba, Assistant Professor in the Department of English, ADM Sir, and the staff nurse of the college. The Chief Guest then ceremoniously lit the lamp to inaugurate the program.

Dr. Winkeyla Bhutia, the convenor of the Women Development Cell, delivered the welcome address highlighting the significance of the day. The Chief Guest for the day, Dr. IM Upreti in her address emphasized the importance of celebrating women's achievements every day.

Following the addresses, the inter-department skit competition unfolded, with each department presenting thought-provoking performances:

- Department of Commerce: "Domestic Violence"
- Department of Education: "Jhamak Kumari Ghimeray's Life Story"
- Department of History: "Reform Movement"
- Department of Nepali: "The Importance of Women in Society's Development"
- Department of Sociology: "Beti Bachao Beti Padhao"
- Department of Political Science: "Financial Independence"

The competition results were as follows:

1st position - Department of Sociology

2nd position - Department of Commerce

3rd position - Department of History

The objective of the program was to dedicate a day to honoring the social, economic, cultural, and political achievements of women as a result of their inclusion in all walks of life. The theme "Inspire Inclusion" underscores the active pursuit of creating a society where every woman, regardless of background, identity, or experience, feels valued, respected, and empowered to participate fully in all spheres of life.

The event witnessed participation from the principal, faculty members, non-teaching staff, and students at the college.

