

OFFICE OF THE PRINCIPAL GOVT. PG COLLEGE FOR
WOMEN SECTOR-14 PANCHKULA

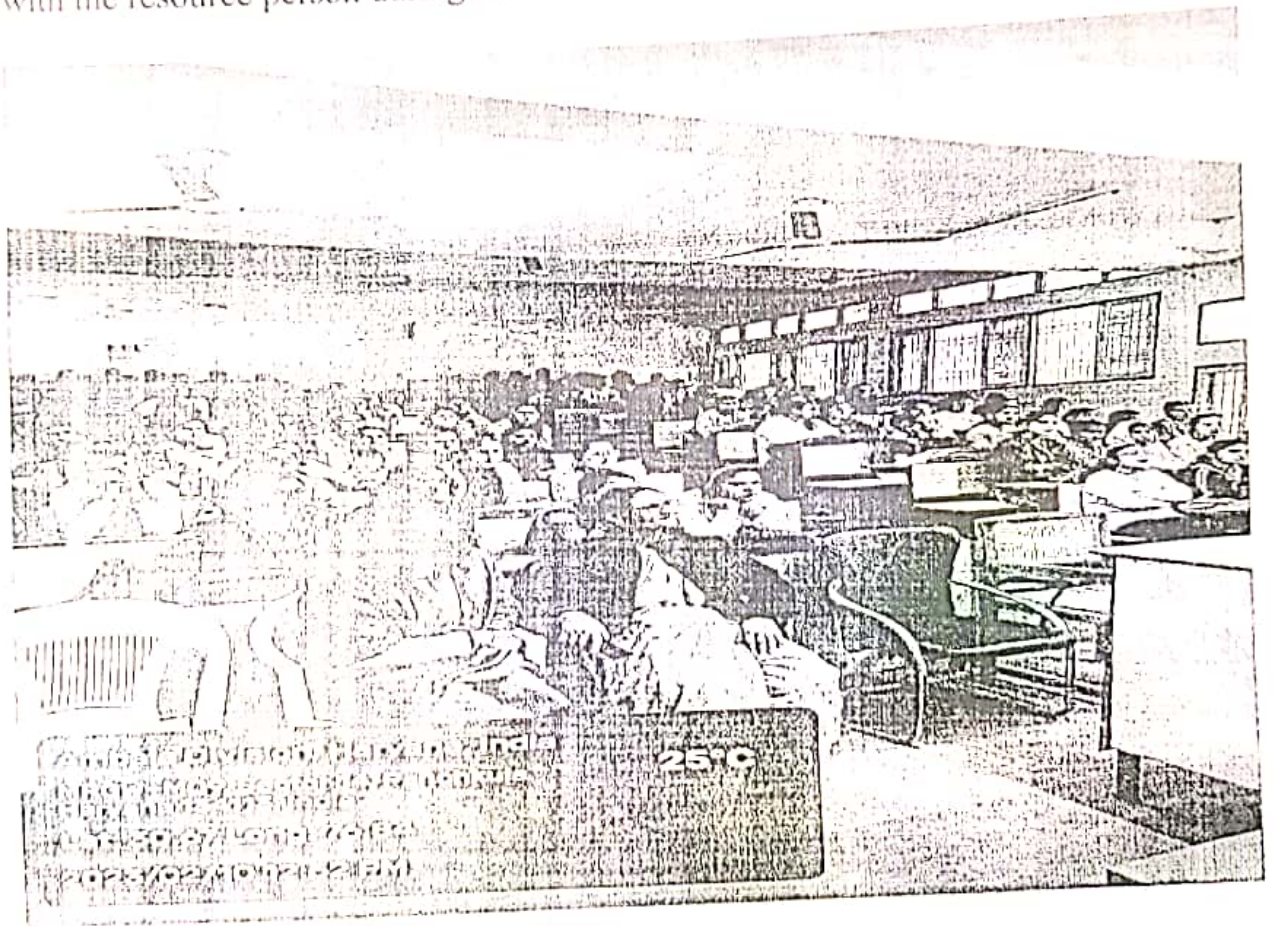
Women studies and development cell collaborated with the Placement Cell and Dispensary Cell to organize a 6 days lecture series focused on 'Health'. The convenor of the Women Cell Dr. Alka Sharma and the convenor of the Placement Cell Dr. Anjali Siwach on the first day of the series discussed the aims and objectives of this initiative in the gracious presence of the worthy principal Dr. Richa Setia. The lecture series included not only physical but mental health as well. It was educative about Healthy lifestyles and problems due to unhealthy lifestyles, communicable and non-communicable diseases, and mantras to boost physical as well as mental health. This lecture series started from 10th to 16th February, 2023. On a daily basis around 200 girl students participated and benefited from these informative lectures. Dr. Madhu, Dr. Isha, Dr. Anita Raj Prof. Balwinder, Dr. Sunita Rani, Dr. Kalpna were present in the program.

DAY 1 Report

Day 1 of the lecture series was dedicated to "Menstrual Health and Personal Hygiene", and "Cervical Cancer Awareness". Dr. Rita Kalra, SMO sector 6 hospital Panchkula was the resource person. The venue was graced by the presence of the principal Dr. Richa Setia. The resource person informed the students that a pad should be changed every 6-8 hours. She refuted the myths that sour food like pickles, curd, etc should not be eaten she said there is no need to follow a different diet while on periods and girls can gym as well. She also told that on average woman would observe menstruation every month of her life for approximately 35



years. Thus, over this period the average woman would go through more or less 20000 sanitary pads. Most of the pads are non-biodegradable and impact our environment. Therefore, she emphasized the use of biodegradable pads, tampons, and menstrual cups. Also, the second part of the discussion talked about cervical cancer, its causes, prevention, and cure. More than 150 students actively participated and interacted with the resource person during the session.



Shreya

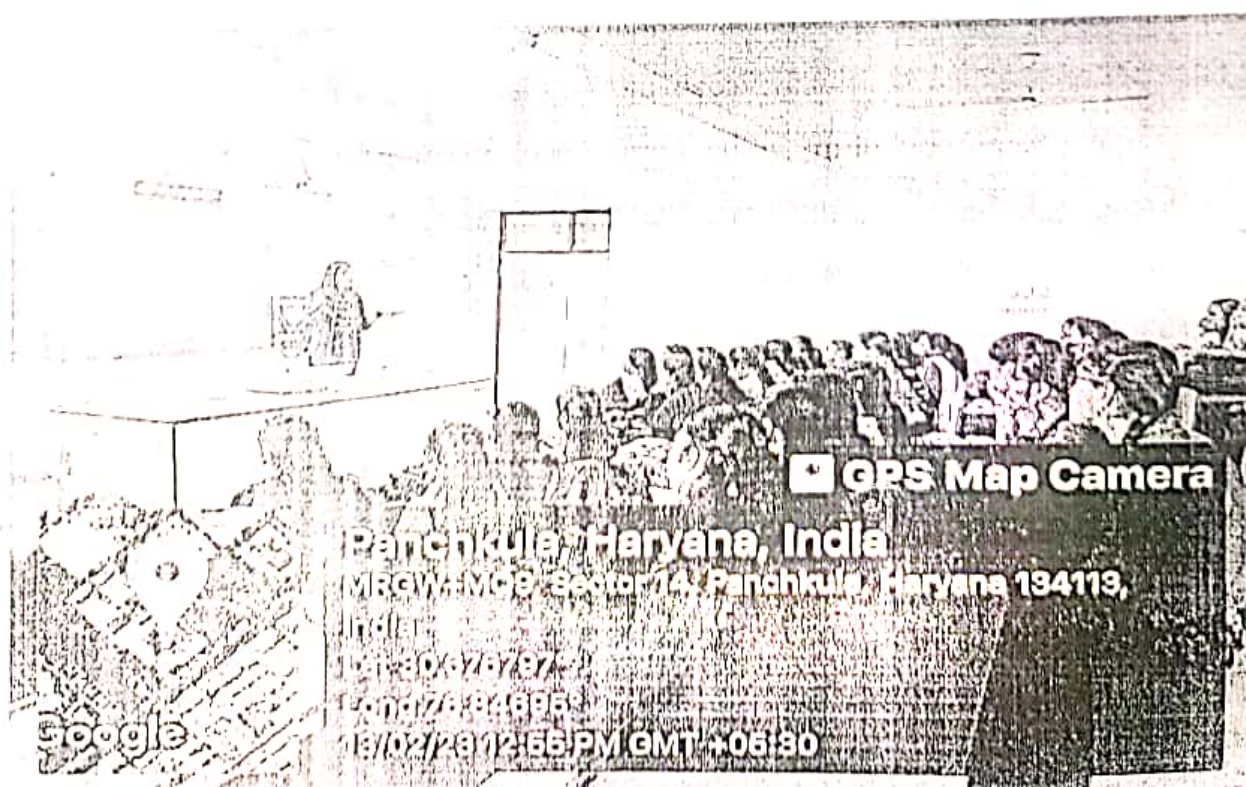


Day 2 Report

Day 2 of the lecture series was on "Mental Health", "Emotion Regulation". Ms. Shresthi Shrivastava the resource person discussed about the psychological and mental health issues like stress, depression, anxiety etc. with the students. Students actively listened to the resource person and asked questions about the problems that they face like handling interpersonal relationships. The Principal of the college Dr. Richa Setia graced the occasion by her presence and highlighted the importance of forgiveness. She encouraged the students to learn to forgive others and oneself as well.

Shresthi

Third day of the lecture series the topic was "What is Dental Health" and "Disease of Oral Cavity". Dr. Prarthana Negi Kalra (MDS Oral and maxillofacial surgeon Consultant oral surgeon at Dr. Sanjay Kalra Multispeciality Dental Clinic Panchkula) was the resource person. She informed the students that there are billions of bacteria living inside our mouths at any given time. Many of these bacteria build up as plaque, causing tooth decay (cavities) and gingivitis, which can lead to periodontal (gum) disease. For a healthy smile, you must practice good oral hygiene every day. Brushing after meals, using antimicrobial mouthwash, and flossing at least once daily help keep these disease-causing bacteria from reproducing in your mouth, causing tooth decay. And, healthy diets that minimize sugary and starchy foods also help to keep those bad bacteria under control. More than 150 students actively participated and interacted with the resource person during the session.






DAY 4 Report

On day four the discussion was on "Seven Tips of Healthy Life" and "Top Health Problems in Girls". The resource person was Dr. Pooja Gupta (Health Dietician Paras Hospital). Addressing the girl students, Dr. Pooja told them how we can keep the body fit even in a busy routine. She discussed seven healthy habits i.e., sunbathing daily, doing daily workouts, healthy diet, drinking plenty of water, do light exercise, having a healthy breakfast, and always being progressive in your thinking and approach. While informing about the common problems faced by the girls, and how those can be resolved by following a healthy diet was told. The girl students discussed their respective problems. Approximately 150 students attended this informative lecture.

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DAY 5 Report

On day 5 the lecture was on "Infection, Prevention and Hand Hygiene", and "Obesity Issues." Dr. Monisha Jolie was the resource person. Addressing the girl students, she discussed that Obesity is a growing health problem worldwide. It is associated with an increased cardiovascular risk. Obesity can change your cholesterol levels. Most of us know that obesity can cause a spike in bad cholesterol and triglyceride levels, It can cause your blood pressure to rise. Obese individuals require more blood to supply oxygen and nutrients to their bodies which causes an increase in blood pressure, It can lead to diabetes. High cholesterol, blood pressure and heart attacks aren't the only medical conditions you need to worry about. She also discussed the main reason for obesity is bad eating habits and a wrong lifestyle. Girl students told their problems to Dr. Jolie, and told them about their problems. The girl students discussed their respective problems. Approximately 150 students attended this informative lecture.



DAY 6 Report

On February 16, 2023, lecture was on "Prevention Non-Communicable Diseases" and "Role of Environment Pollution in NCD". Dr. Alka Sharma welcomed the spokesperson Dr. Rita Kalra. Dr. Rita told the girl students that non-communicable diseases include Parkinson's disease, autoimmune diseases, stroke, most heart diseases, diabetes, chronic kidney disease, osteoporosis, Alzheimer's disease, cataract and others. The main risk factors contributing to NCDs include unhealthy diet, physical inactivity, tobacco use and alcohol abuse. Therefore most of these diseases can be prevented. She also told the girl students that there is a close relation between environment and health. The environment in which we live, work determines our health and well-being. Dr. Alka Sharma thanked everyone. In this program, Prof. Kalpana, Prof. Sunita, Prof. Anita Raj Prof. Balwinder were present. Around 150 girl students were present in this lecture.

Report

17.10.22

Event: Extension lecture

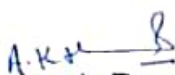
Occasion: 'National Ayurveda Day'

Coordinators: Dr. Adarsh Deep and Dr. Alka Sharma

Co-coordinator: Ms. Tara Jayant Ms. Balwinder Kaur

Resource persons: Dr. Anju, GH Sec-6 PAnchkula
Dr. Shruti AMO, AYUSH, PAnchkula

Today, an extension lecture was organized at Government P.G College for women Sector 14 Panchkula by the Zoology department and Women Cell of the college on the occasion of 'National Auyurda Day'. The theme of the lecture was 'Har Din Har Ghar Ayurveda'. The resource persons were Dr. Anju MD Homeopathy Govt. Hospital sector- 6 Panchkula and Dr. Shruti AMO, AYUSH Panchkula. Dr. Shruti explained in her lecture about the ways to increase immunity by using simple herbs every day. She also elucidated the impact of lifestyle and role of diet on health. Dr Anju discussed about the benefits of ayurveda, significance of simple yoga and meditation. The principal of the college, Dr. Sangeeta Mehtani said in her address that a healthy mind resides in a healthy body. Therefore, it is very important to incorporate good habits, lifestyle and food habits in student life. Mrs. Tara Jayant, welcomed the speakers and in the end Dr. Alka Sharma thanked all the speakers. 106 students of different streams benefited by the lecture. Dr. Ajay Gupta from AYUSH, Mrs. Charanjit kaur, Mrs. Sushila, Ms. Sukriti and Ms. Balwinder Kaur, were also graced the occasion


Dr. Adarsh Deep
Incharge Zoology


Dr. Alka Sharma
Convenor women Cell


Principal
Govt. College for Women
Sector-14, Panchkula

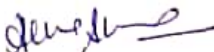


A.K.H. ✍️
Adarsh Deep
Department of Zoology

Shekhar
Principal
GCW-14 PKL
Principal
G.P.G. College for
Pamankula

Report

Women Studies and Development Cell & Department of English, Govt. P.G. College for Women, Panchkula in collaboration with 'Suvichar', a think tank organised a one day seminar on 'Life Skills for Happiness and Success' on 22 September, 2022. Hon'ble Principal, Dr. Sangeeta Mehtani welcomed the notable personalities – Chief Guest Gen. V.P. Malik (Former Army Chief) and respected dignitaries Mr. V.K. Kapoor (Retd. IPS officer), Mr. Vivek Atray (Former IAS officer), Dr. H.K. Bali (Cardiologist) and Col. D.S. Cheema (Author). Women Studies and Development Cell convenor Mrs. Alka Sharma conducted the stage and shared uplifting anecdotes. Dr. Hemant Verma introduced the seminar with an encouraging speech. Mr. Atray provided a formula for attaining happiness which was to attain a balanced mind, body and soul. Mr. Kapoor conveyed to the students to have faith in God and themselves and not underestimate the importance of hard work. Dr. Bali focused on the integration of emotional agility in the overall development of personality. Also, Col. Cheema talked about social mindfulness. Gen. Malik concluded the seminar with his wonderful speech on the significance of education, career and breaking the glass ceiling for women. The programme ended with the vote of thanks by Mrs. Suman Bhatia, Vice Principal and the National Anthem.


Convenor.

WSDC


Principal

Govt. P.G. College for Women, Panchkula

Report

As a part of the "Poshan Abhiyaan - PM's Overarching Scheme for Holistic Nourishment" , Women Studies and Development Cell of the college on 7.09.22 conducted an oath ceremony. The students of B.A. 1, in the presence of faculty members Mrs. Alka Sharma (C), Dr. Sarvajeet Kaur, Dr. Pooja, Mrs. Anju Goel and Ms. Sukriti Bhukkal participated in the event and pledged to improve nutritional status of children, adolescent girls, pregnant women and lactating mothers. They also made a pledge to improve their own intake of nutritious food and promote the same among their peers so that the state of Haryana could become a malnutrition free state.


In-Charge


Principal

Report

Govt PG college for women sec 14, Panchkula organised two extension lectures on 18th October 2022. In the gracious presence of Hon'ble Principal Dr. Sangeeta Mehtani, Women Studies and Development Cell conducted the two extension lectures titled, 'Science of Winning' and 'Revive the Hero Within'. The lectures were delivered by Ms. Monika Sodhi. She was welcomed by Ms. Alka Sharma, convenor - WSDC, who introduced the speaker as a well known author and a transformation coach. During the interaction that was attended by students from across the streams, Ms. Sodhi talked about the importance of believing in oneself and the unlimited potential each of us possesses. With a PowerPoint presentation, she exhibited with examples, the Champion mentality that is integral to achieving anything that one sets out to do. Dr Sarvjeet Kaur and members of WSDC - Ms. Latesh, Ms. Madhu, Ms. Sukriti Bhukkal, Ms. Kusum, Ms. Anita Raj and Ms. Balwinder Kaur were also present for the event.


In-Charge


Principal

Report

Dated: 17.10.22

Venue: Zoology Department

Event: State Level Video/ PowerPoints Presentation Competition


Organizer: Dr. Adarsh Deep

Convener: Ms. Tara Jayant

Coordinator: Dr. Nancy

On the occasion of World food Day, an online state level video / PowerPoint Presentation making competition was organized by the Zoology Department of the college. Students of different colleges of Haryana participated in this competition. Students expressed their views through videos on topics like 'Safer Food better Health', 'Importance of world food day', 'Agriculture and Food', 'Food Security And Rural Development' etc. The principal of the college, Dr Sangeeta Mehtani said that such competitions help the students to develop their creativity and their skills. It also boosts their self-esteem, motivates them to be better and makes them mentally strong. In this competition Yuvraj Singh, Government P.G. College Sector 1 Panchkula got first, Jyoti Thomke of AAAGovt. P.G. College Kalka and Jyoti Jangra of Govt. P.G. College sec -14 Panchkula together got second, Rohit Singh of AAA Govt College Kalka got third and Simran Goyal of Government P.G. College Sector-1 Panchkula won the consolation prize. In the jury, Mrs. Tara Jayant, Dr. Nancy and Dr. Neetu watched all the videos very closely and appreciated the work of the students. Dr. Adarsh Deep, Head, Department of Zoology said that we have tried to provide such a platform to the students where they can share their thoughts in an audio-visual manner and develop the habit of learning through sharing. Cash prizes and citations were given to the winners.

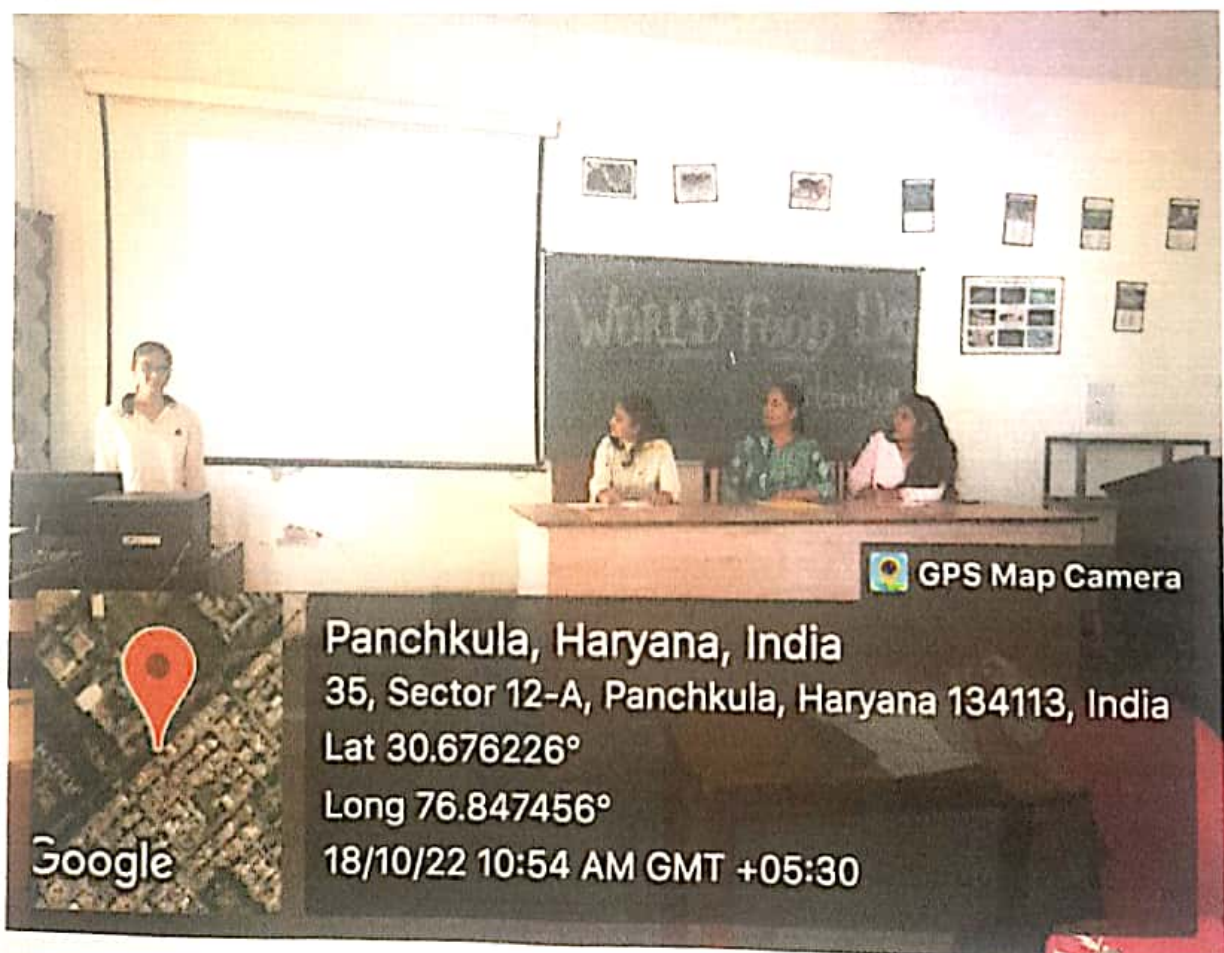

Adarsh Deep
Department of Zoology


Principal
GCW-14 PKL
Govt. P.G. College for Women
Panchkula

Glimpse

Venue: Zoology Department

Event: *State Level Video/PowerPoint presentation Competition*



Report

20.10.22

Event: Extension lecture & discussion

Occasion: 'World Osteoporosis Day' 2022

Organizer: Dr. Adarsh Deep

Convener: Dr. Surender Singh

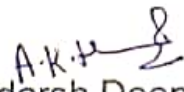
Coordinator: Dr. Nancy

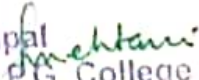
Resource persons: Ms. Tara Jayant, Associate Professor in Zoology

Today, an extension lecture followed by a quiz was organized by the Zoology Department in the college on the occasion of World osteoporosis Day. In which the 95 Science students of Government P.G College for Women, Sector- 14 were participated. In today's program Dr. Adarsh deep Head of Zoology & Genetics Department welcomed the speaker & the guests. She talked about the theme of this year that is "**Step Up for Bone Health**". Keynote speaker Mrs. Tara Jayant, Associate Professor Zoology, Government College for Women se-14, Panchkula gave detailed information about the reasons and symptoms of different bone diseases. She said that it is very important to bring awareness about bone diseases as It is estimated that globally, 1 in 3 women and 1 in 5 men aged 50 years suffer from an osteoporotic fracture. Our food and lifestyle are also a big reason for the such ailments. In the panel discussion, Ms. Tara Jayant, Dr. Adarsh Deep, Dr. Surender Singh, and Dr. Nancy answered the questions of the students. A quiz session was also organized after the discussion. The principal of the college, Dr. Sangeeta Mehtani, while addressing the students, said that such programs make the youth aware and they can also make other people of this society aware. In the end Dr. Nancy thanked all the speakers. Certificates were given to winners.

Winners of the Quiz:

Jyoti	B.Sc. III	First
Nancy	B.Sc. II	Second
Khushi	B.Sc. I	Third


Dr. Adarsh Deep
Incharge

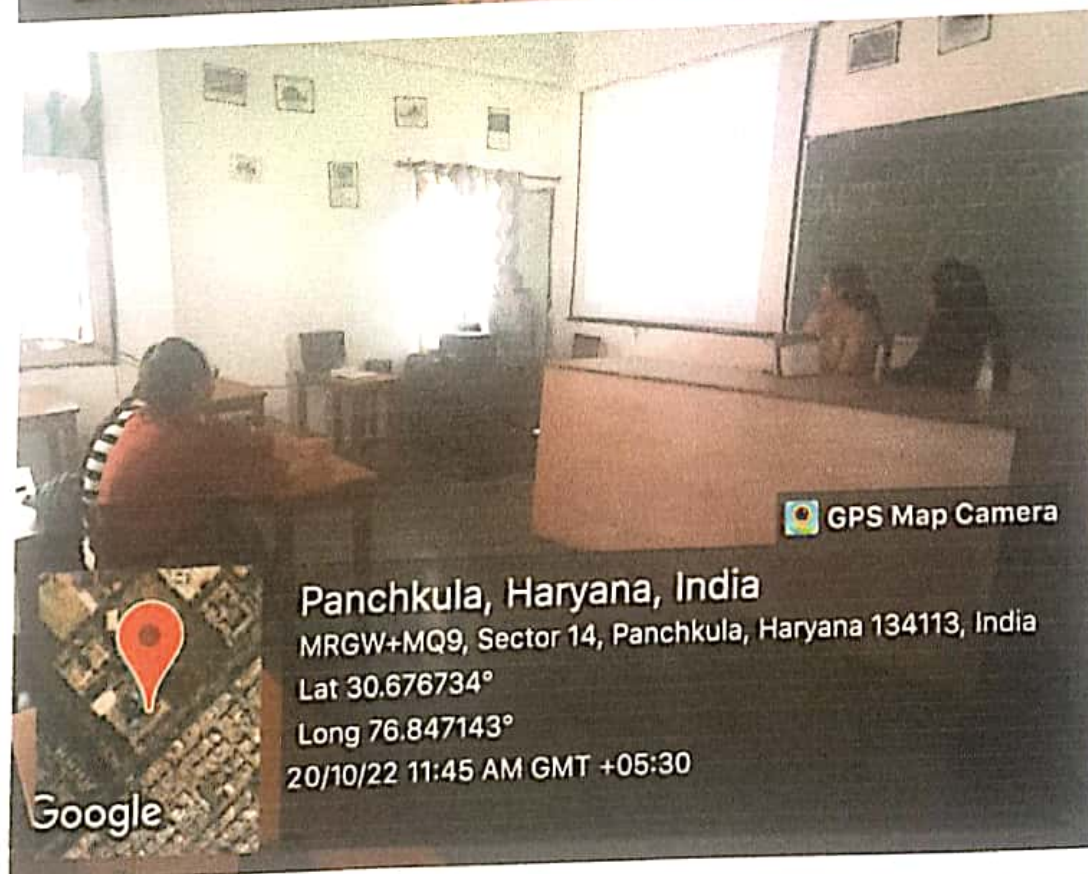

Principal
Govt. P.G. College for Women
Panchkula
Principal
G.C.W-14, Panchkula

Glimpse

Venue: Zoology Department

Date: 20.10.22

Event: Extension Lecture on 'World Osteoporosis Day'



Report

Dated: 07.11.22

Venue: Zoology Lab 329

Event: Inter College Poster Making Competition

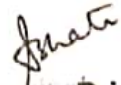
Organizer: Dr. Adarsh Deep

Convener: Ms. Tara Jayant

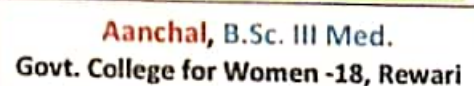
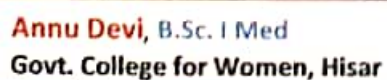
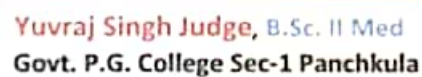
Coordinator: Dr. Nancy

On the occasion of 'National Cancer Awareness Day' an online Inter College Poster making competition was organized by the Zoology Department of the college on the Theme '**Share Your Colours for Cancer Awareness**'. 30 students of different colleges of Haryana, Himachal, Chandigarh and Mumbai participated in this competition. Students expressed their views about the cancer by drawing through vibrant colours as well as writing slogans and quotes. The Officiating principal of the college, Mrs. Suman Bhatia appreciated the students work and said that one could see and feel the sensibility and sensitivity that the students had in their presentation. This activity will explore and encourage creativity in students, she added. In this competition Yuvraj Singh, Government P.G. College sector -1 Panchkula bagged first, Annu Devi, Government College for Women, Hisar and Aanchal Government College for Women Rewari got Second, Jaskiran Kaur, NMIMS Mumbai and Aarti Dronacharya College, Gurugram got third prize. Neha Govt. College Dujana and Annu, Government P.G. College Sector-14, Panchkula won the consolation prize. In the jury, Mrs. Tara Jayant, Dr. Nancy and Dr. Neetu observed all the posters very meticulously and appreciated the work of the students. Dr. Adarsh Deep, Head of the department Zoology and organizer of the program said that it offers a platform to the students to showcase their skills and also inspired them to think and work creatively in order to promote artistic excellence. Cash prizes and citations were given to the winners.


Dr. Adarsh Deep
Department of Genetics


Principal
Govt. P.G. College for Women,
Panchkula Panchkula.

Date: 07.11.22



Report

29.09.22

Event: Extension lecture & discussion

Occasion: 'World Heart Day'

Organizer: Dr. Adarsh Deep

Convener: Dr. Surender Singh


Coordinator: Dr. Nancy


Co-coordinator: Ms. Tara Jayant

Resource persons: Dr. Bindu, Assistant Professor in Zoology
AAA Govt. College, Kalka

Panelists: Dr. Bindu, Dr. Adarsh Deep, Ms. Tara Jayant, Dr. Nancy

Today, an extension lecture followed by panel discussion was organized by the Zoology Department in the college on the occasion of World Heart Day. In which the 105 Science students of Government P.G College for Women, Sector- 14 were participated. In today's program Dr. Adarsh deep Head of Zoology & Genetics Department welcomed the speaker & the guests. Mrs. Tara Jayant Associate Professor Zoology, talked about the theme of this year's 'World Heart Day' that is '**USE HEART FOR EVERY HEART**'. Keynote speaker Dr. Bindu Rani, Assistant Professor Zoology, Government College, Kalka gave detailed information about the types, symptoms, and problems faced in treatment of heart. She said that it is very important to bring awareness about heart diseases so that our new generation should make their lifestyle in such a way that everyone carry a healthy heart. Our food and lifestyle are also a big reason for the heart ailments. In the panel discussion, Dr. Adarsh Deep, Dr. Bindu, Ms. Tara Jayant and Dr. Nancy answered the questions of the students. The principal of the college, Dr. Sangeeta Mehtani, while addressing the students, said that such programs make the youth aware and they can also make other people of this society aware. Mrs. Indu Bala, Dean of Science Department of the college said that through this discussion we come to know that the treatment of this disease is very expensive but with the help of our will power and government we can overcome it. In the end Dr. Nancy thanked all the speakers.

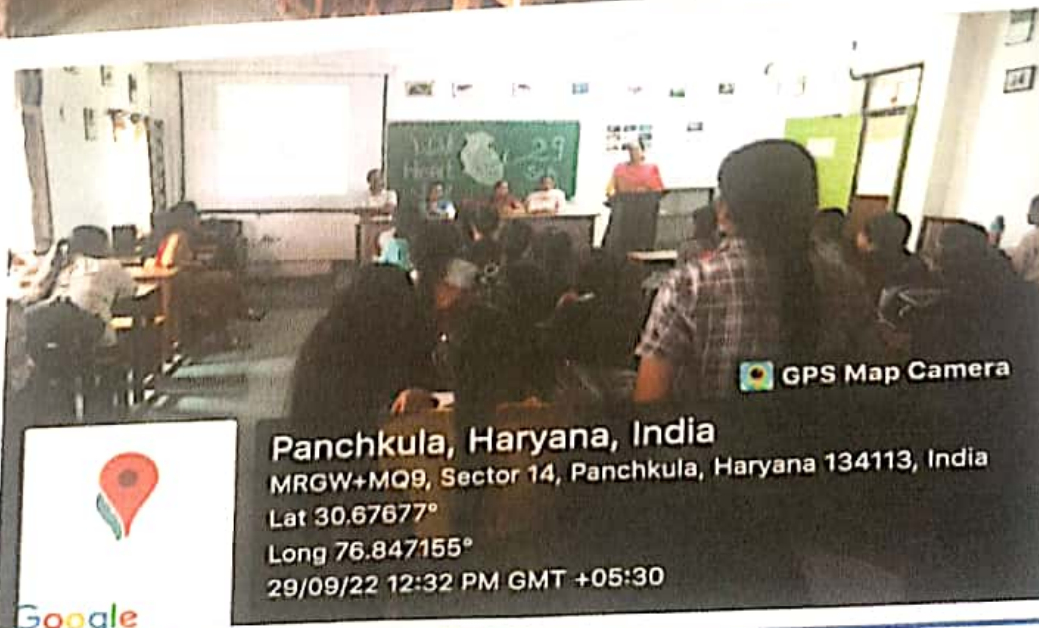

Dr. Adarsh Deep
Incharge


Principal
Govt. P.G. College for Women
G.O.W-14, Panchkula
Panchkula

Glimpse

Venue: Zoology Department

Event: Extension Lecture on 'World Heart Day'



Activity 1

Page No. _____

Date 10/10/2022

On the occasion of World Mental Health Day 10 October, 2022 Psychology and Sociology Department organised poster making competition and slogan writing competition. Approximately 30 students participated in this competition. The main aim of the competition was to develop innovative and creative skills among the students.

Theme / Topics for competition were:-

- Mental Health & Well being for All - A Global Priority.
- Society and Mental Health
- Mental Wellness - Fighting against Anxiety Disorders, Major Depression and Suicidal Tendencies.
- Mental Health and Spirituality.

Ms Dimple & Dr. Neetu were the judges.

The results of the competition were as follows:-

Poster Making Competition

1. Anjali, B.A.I, 1221091002011
2. Rajini, B.A.II, 1211091002034
3. Kajal, B.A.I, 1221091002231

Slogan Writing Competition

1. Nicky B.A. I (Eco Honours) 1221091061005
2. Pooja B.A. I, 1221091002171
3. Rafini B.A. II, 1211091002034

Incharge Vibhat Madan
Vibhat Madan

Department of Psychology

Amekmal
Principal
11.10.2022
C.W. Panchkula

Nameen walik

Incharge
Department of Sociology



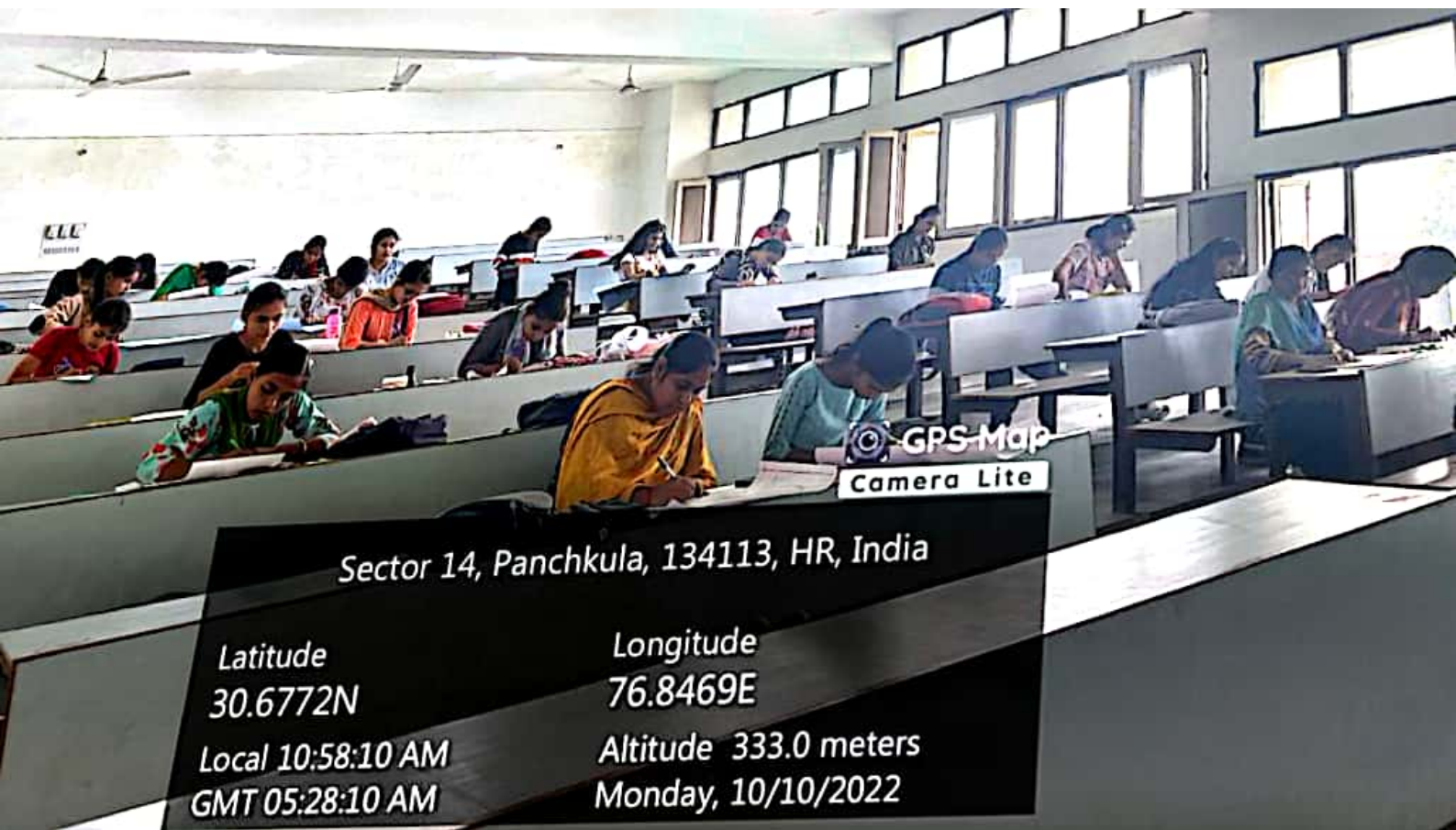
Sector 14, Panchkula, 134113, HR, India

Latitude
30.6772N

Longitude
76.8469E

Local 10:58:40 AM
GMT 05:28:40 AM

Altitude 324.1 meters
Monday, 10/10/2022



Sector 14, Panchkula, 134113, HR, India

Latitude
30.6772N

Longitude
76.8469E

Local 10:58:10 AM
GMT 05:28:10 AM

Altitude 333.0 meters
Monday, 10/10/2022



REPORT

Name of the Activity- Extension lecture on Stress and Time Management

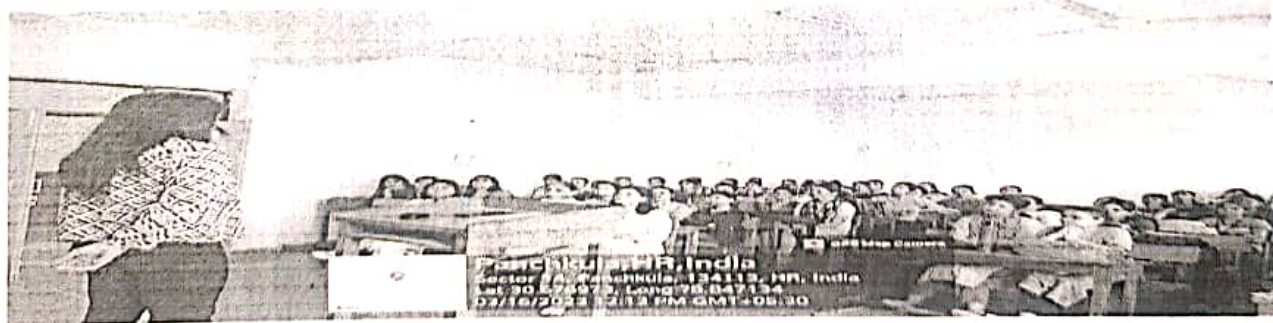
Organized by- Placement Cell

Date- 16 March, 2023

Convener- Ms Anjali, Ms Isha Goyal

Coordinator- Ms. Madhu, Ms. Seema

An extension lecture on the topic "Stress and Time Management" was organized by Placement Cell, Govt. Post Graduate College for Women, Panchkula on March 16, 2023. The lecture aimed to create awareness among students on how to handle stress in day to day lives. The resource person Ms. Reetu and Ms. Harpreet Kaur, from Chandigarh Group of Colleges (CGC), Landran, Panjab campus told the students about importance of time management and effective ways to manage stress. 55 students from M.Com, B.Com and BCA final year attended the lecture and benefitted from it.



Anjali
16/3/23
Incharge
Placement Cell

P. K.
Principal
† GCW, Panchkula.