



Dr. Adarsh  
deep



Dr. Pooja  
Convenor

## NEWS LETTER GOVT. P.G. COLLEGE FOR WOMEN, SEC-14, PKL

### Botany/Chemistry Department Activity (September, 2022)

Report on

#### Poster making Competition on "Ozone Layer Depletion and its Replenishment"

The World Ozone day is celebrated on September 16<sup>th</sup> of every year to spread awareness about the Ozone depletion. Ozone depletion causes increase in Earth's temperature, cancerous diseases, rise in level of ocean and many more. As a result of Ozone depletion, the degradation of our environment has gone up at an alarming rate. In this respect, a poster making competition was organized on the theme "Ozone layer depletion and its replenishment" by Botany Department on 16<sup>th</sup> September, 2022 to trigger the thought process of students and sensitize them towards this serious issue. 38 students of B.Sc. Medical and Non- Medical participated in the competition. Students made beautiful posters representing the importance of the ozone layer in the atmosphere and how it had been damaged over decades mainly due to human activities. The students expressed their artistic skills and creativity through variety of posters. The posters were assessed by the judges on the basis of relevance to theme, design and creativity. The artistic endeavor of the students was highly praised and encouraged by the judges.

*Nestor (Dr. Nestor)*  
HOD Botany

*Sucheta*  
Principal

### GLIMPSE

Venue: Govt. P. G. College for Women

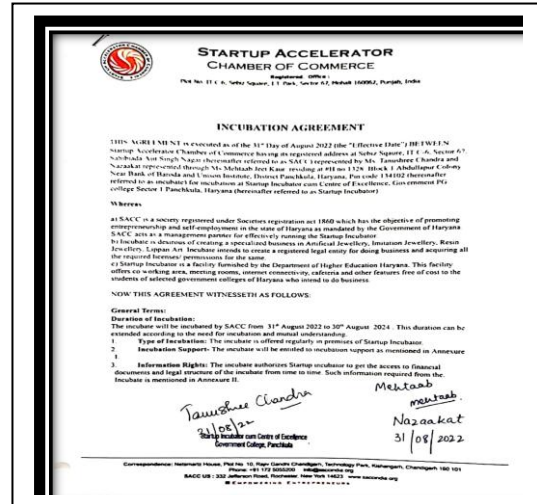
Event: Poster Making Competition



Report

Date: 20/9/22

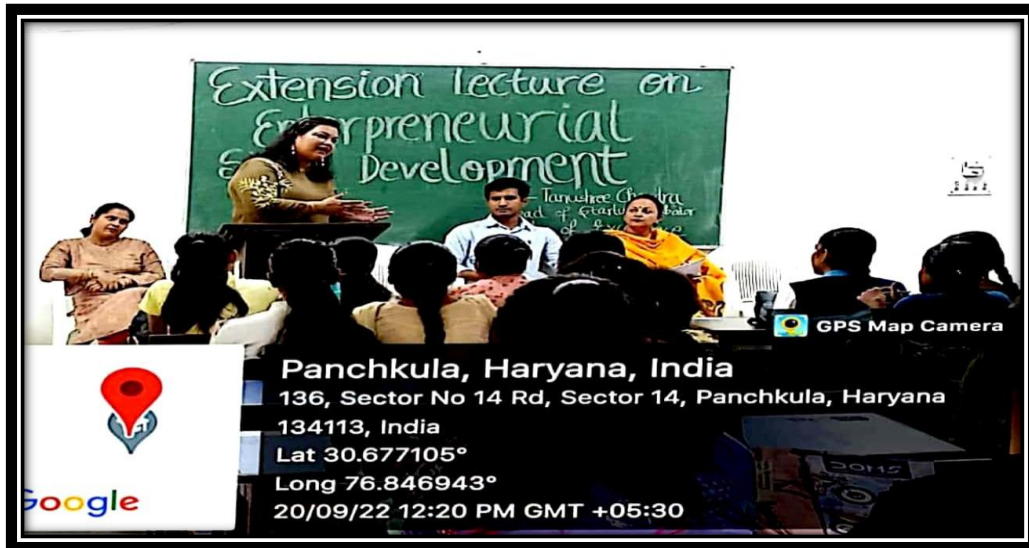
An Extension Lecture was organized by the Department of Economics on the topic "Developing Entrepreneurial Skills among the students." The lecture was delivered by Dr. Tanushree Chandra, Centre Head, Startup Incubator, Centre of Excellence, Government College, Panchkula. In her motivational lecture she motivated the students to identify the latest trends in the market, chose their area of Entrepreneurial interest and incubate the ideas accordingly. During the lecture she also acknowledged Members of B.A.T.U. Res. House who has recently signed incubation agreement with SACC (Startup Accelerator Chamber of Commerce) around 60 students attended this lecture out of which 10 students were appreciated for their entrepreneurial ideas.



## Glimpse

Venue: Govt. P. G. College for Women,

Event: Extension lecture on Developing Entrepreneurial Skills





## GLIMPSE

Venue: Govt. P. G. College for Women

Event: Lecture on IOT Enabling Technologies

**REPORT**

Name of Activity: Expert Lecture on "IOT Enabling Technologies"

Organized by: Department of Computer Science

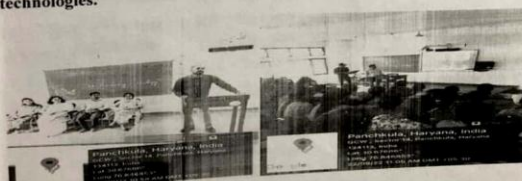
Date: 22<sup>nd</sup> Nov, 2022


Convener: Mr. Pardeep Kumar


Co convener: Ms. Reema Gupta

Coordinator : Ms. Seema

Expert lecture on " IOT Enabling Technologies" for all the BCA students was organized by Department of Computer Science at Govt P.G. College for Women, Sector-14, Panchkula on 22<sup>nd</sup> Nov, 2022. The main objective of this program was to make the students aware about IOT technologies and how smart devices can collect and exchange data in real time. The lecture was delivered by Mr. Pardeep Kumar, Assistant Professor, Govt. College Tohana. Eighty eight students from BCA attended the program and got benefitted. The lecture was of great success as it helped the students to know about IOT technologies.



  
Incharge  
Dept. Of Computer Science

  
Principal  
GCW, Panchkula

## राजकीय पीजी महिला कॉलेज में व्याख्यान

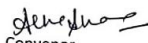


पंचकूला । कंप्यूटर विभाग के राजकीय पीजी महिला महाविद्यालय सेक्टर-14 पंचकूला में इंटरनेट ऑफ थिंग्स विषय पर विशेषज्ञ व्याख्यान का आयोजन किया । विशेषज्ञ व्याख्यान का उद्घाटन प्राचार्य डॉ. संगीता मेहतानी और उप प्राचार्य सुमन माटिया ने किया। सरकारी कॉलेज, टोहाना के संसाधन व्यक्ति डॉ. प्रदीप कुमार द्वारा व्याख्यान दिया था। उन्होंने बताया कि आईओटी भौतिक वस्तुओं का नेटवर्क है। ऐसी चीजें जो अन्य उपकरणों और प्रणालियों के साथ डेटा को जोड़ने और आदान-प्रदान करने के उद्देश्य से सेंसर, सॉफ्टवेयर और अन्य तकनीकों के साथ इंटरनेट एम्बेडेड हैं। कंप्यूटर विज्ञान विभाग के सभी सहायक प्राध्यापक उपस्थित थे।



### 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 convener 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.

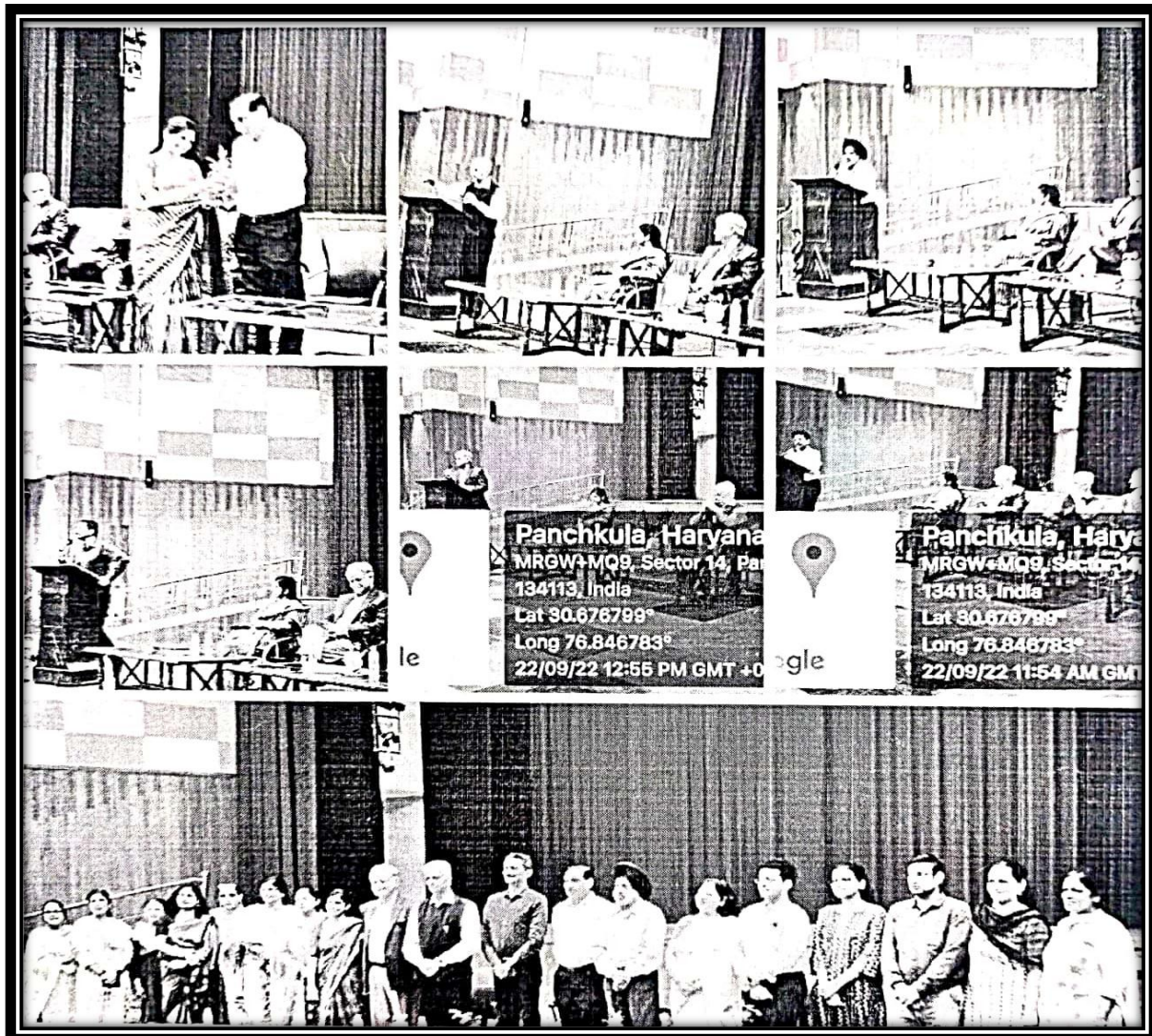
  
Convener.

WSDC

HOD  
English

  
Principal

Govt. P.G. College for Women, Panchkula





### Report

Venue: Zoology Department [Room No. 329]

Event Coordinators: Dr. Adarsh Deep, Ms. Tara Jayant & Dr. Nancy

Inter Departmental essay writing competition was organized by the Zoology department on the occasion of 'Worlds Rivers Day' [25.09.22]. On the spot writing competition was organized on 24<sup>th</sup> September, 2022 in the Zoology Department. The aim behind conducting this competition was to make the students aware about the importance of rivers. Rivers are the backbone of human civilizations which provide freshwater that is the basic necessity for human life. Also, to enhance their writing skills & quality Learning. It also makes them conscious about their role in preserving the largest water bodies for freshwater. The Chief Guest of the event was Dr. Sangeeta Mehtani Principal, GCW -14 PKL. In her address she said that such competition gives students a platform where they can put their views. 38 students from science stream participated in it.


#### The suggested topics of the competition were:


1. Conservation of rivers & challenges.
2. Impact of pollution on River systems.
3. Important 'River Systems' of India.
4. Role of individual in maintaining the fresh water resources.
5. Water Recycling: Why is it Important?

The total word limit was 800-1000 and time duration was 1 hour. The judges of the competition were Dr. Surender Singh, Mrs. Tara Jayant and Dr. Nancy. The decision regarding the winners was made on the basis of following criteria:

- Relevance to the topic
- Accuracy and clarity of the message
- Neatness
- Economy of words

The first, second, third winners were honored with cash prize and certificate. Every participant was honored with the certificate. Winners will participate in Inter District Essay Writing competition to be held at Govt. College sector -1 Panchkula next month.

  
Adarsh Deep  
Department of Zoology

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


### Glimpse


24.09.2022

Venue: Zoology Department

Event: Essay writing competition



  
Adarsh Deep  
Department of Zoology

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

### Glimpse/ News Letter

29.09.22

Event: essay writing competition

Occasion: 'World Rivers Day'

#### राजकीय महिला महाविद्यालय पंचकुला में निबंध लेखन प्रतियोगिता

पंचकुला, 26 सितंबर (यूएन रिपोर्टर) : विश्व नदी दिवस के अवसर पर प्राणी विज्ञान विभाग द्वारा अंतर विभागीय निबंध लेखन प्रतियोगिता का आयोजन किया गया। कार्यक्रम की आयोजिका डॉ. आदर्श दीप ने बताया कि इस प्रतियोगिता को आयोजित करने का उद्देश्य छात्रों को नदियों के महत्व के बारे में जागरूक करना था। नदियाँ मानव सभ्यताओं की रीढ़ हैं जो मानव जीवन के लिए मूलभूत आवश्यकता मीठे पानी की आपूर्ति करती हैं। इसके अलावा यह प्रतियोगिता उनके लेखन कौशल को सीखने और गुणवत्ता बढ़ाने के लिए आवश्यक है। कार्यक्रम की मुख्य अतिथि कॉलेज की प्राचार्य डॉ. संगीता मेहतानी थीं। अपने संबोधन में उन्होंने कहा कि इस तरह की प्रतियोगिता से छात्रों को एक मंच मिलता है जहाँ वे अपने विचार रख सकते हैं यह उन्हें मीठे पानी के लिए सबसे बड़े जल निकायों के संरक्षण में उनकी भूमिका के बारे में भी जागरूक करता है। इसमें विज्ञान संकाय की 38 छात्राओं ने हिस्सा लिया। प्रतियोगिता में ऑनल बीएससी तृतीय वर्ष ने प्रथम, लीनू व काजल बीएससी तृतीय वर्ष ने द्वितीय, राखी बीएससी द्वितीय वर्ष ने तृतीय व ज्योति ने सात्वना पुरस्कार हासिल किया। सभी विजेताओं को नकद पुरस्कार व प्रमाण पत्र देकर सम्मानित किया गया। प्रत्येक प्रतिभागी को प्रमाण पत्र देकर सम्मानित किया गया। विजेता राजकीय स्नातकोत्तर महाविद्यालय सेक्टर 1 में अगले माह। होने वाली जिला स्तरीय निबंध लेखन प्रतियोगिता में भाग लेंगे।



*"Children prosper best with a broad curriculum that celebrates their various talents, not just a small range of them".*

## REPORT

Date: 29<sup>th</sup> & 30<sup>th</sup> Sept. 2022

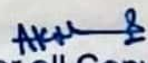
### **Event :Talent Hunt Show**

**Event organizer:** Dr. Adarsh Deep

**Coordinators:** Dr. Charanjit Kaur, Dr. Satya Narayan, Dr. Taruna, Dr. Kamlesh, Dr. Sarika, Ms. Shivani Kaushik, and Ms. Latika Chahal.

**Co-coordinators:** Ms. Mani Narwal, Ms. Laksha Tanwar, Dr. Priyanka, Dr. Necti, Ms. Navpreet, Veenu Mittal and Ms. Priyanka.

"Talent Hunt Show" was organized in the college on 29<sup>th</sup> and 30<sup>th</sup> September, 2022. Young children have a lot of hidden talent amongst them and it was displayed at this competition. The main reason behind organizing these competitions is to nurture the intrinsic qualities of students and remove the fear of stage among new students, which helps in personality development too. More than 130 students participated in different events. The students, dressed in colourful dresses, were full of poise and enthusiasm on the occasion. The competition included following categories: Poetic Recitation, Declamation Contest, Mono Acting, On the Spot Painting, Mimicry Competition & Quiz Competition were conducted on 29<sup>th</sup> September, 2022 and Singing and Dance Competition were organized on 30<sup>th</sup> September, 2022. Principal of the college, Sangeeta Mehtani was the chief guest on this occasion. She presided over the event. The function was started by lighting the lamp by the chief guest and Saraswati Vandana. Laying stress on the overall development of the students, principal highlighted that the college always seeks to strike a balance between academic and co-curricular activities for the students. While addressing the students she said that these competitions provide a platform to the students and hone their talent and skills. It also motivates other students, to come up front and show their hidden potential. She also advised the students to lay stress on dedication and discipline and polish their talent. Vice principal Dr. Suman Bhatia encouraged the students to participate enthusiastically in different events. The Judges had a brainstorming session over the neck-to-neck performances to come to their judgement. Dr. Pooja along with her students conducted the stage. The function ended smoothly with vote of thanks by convener Dr. Adarsh Deep. Winners were honoured with certificates and cash prizes.

  
Over all Convener  
Cultural committee

Principal  
Govt. P. G. College for Women  
Panchsagar  
**Principal**



**Event:** Talent Hunt Show

संडीगढ़, शनिवार, 1 अक्टूबर, 2022 2

### सेक्टर-14 में आयोजित प्रतियोगिता में दिखाया टैलेंट



शुक्रयाग का  
पंचकुला क  
मेकटर - 14  
के पीजी  
गल्लस  
कॉलेज में  
प्रतिभा  
खोज  
प्रतियोगिता  
करवाई गई  
जिसमें  
कॉलेज को  
गल्लस में  
बढ़ चढ़कर  
भाग लिया  
हरियाणवी  
डॉस से  
लेकर  
पंजाबी गीत  
व अन्य  
डॉस  
प्रतियोगिता  
में गल्लस में  
अपनी  
प्रतिभा  
दिखाई

## हरिभक्ति

रोहतास - पंचकुला  
30 Sep 2022



**भाषण प्रतियोगिता में मानसी अव्वल, सिमरन रही द्वितीय**

■ दो दिवसीय प्रतिभा खोज प्रतियोगिता में दिखाए हुनर

हरिभूमि न्यूज: ►► पंचकूला

[illegible]

कविता पाठ प्रतियोगिता और भाषण प्रतियोगिता का आयोजन प्रो. चरणजीत कौर, प्रो. तरुणा और प्रो. कमलेश जर्मा, रैटिंग प्रतियोगिता, मिमिकरी और मोनो अभिनय का

**ચે રહે વિજેતા**

[illegible]

संचालन डॉ. सत्य नारायण व प्रश्नोत्तरी प्रतियोगिता का संचालन प्रो. शिवाजी कौशिक और प्रो. नवप्रीत कौर ने किया। एकल मान्य और नृत्य प्रतियोगिता करवाई जायगी।

## प्रतिभागियों ने दिखाई प्रतिभा

पंचकुला, 30 सितंबर (मुकेश) : राजकीय स्नातकोत्तर महिला महाविद्यालय सेक्टर-14 पंचकुला में शुक्रवार को दूसरे दिन प्रतिभा खोज प्रतियोगिता के अन्तर्गत नृत्य व गायन प्रतियोगिताओं का आयोजन किया गया, जिसमें नए सत्र में प्रवेश करने वाली छात्राओं ने बढ़-चढ़ कर भाग लिया। कार्यक्रम का शुभारंभ कॉलेज की प्राचार्या डॉ. संगीता मेहतानी ने मां सरस्वती की प्रतिमा के समक्ष दीप प्रज्वलित और सरस्वती वंदना के साथ किया।

उन्होंने छात्राओं को शिक्षा के साथ-साथ विभिन्न सांस्कृतिक गतिविधियों में भी बढ़-चढ़कर भाग लेने के लिए आह्वान किया। सांस्कृतिक कार्यक्रम की संयोजिका डॉ. आदर्शदीप कौर ने कहा कि ऐसे कार्यक्रम द्वारा ही विद्यार्थियों की प्रतिभा बाहर आती है। प्रतिभा खोज प्रतियोगिता से पहले भी छात्राओं की स्क्रीनिंग की गई थी और नृत्य प्रतियोगिता में चयनित छात्राओं की ही प्रस्तुतियां करवाई गई। गायन प्रतियोगिता का संचालन डॉ. सारिका ने किया दृढ़ नृत्य प्रतियोगिता का संचालन प्रो. लतिका, डॉ. प्रियंका और प्रो. लाक्षा ने किया।

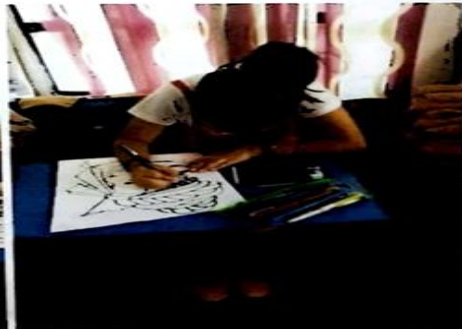
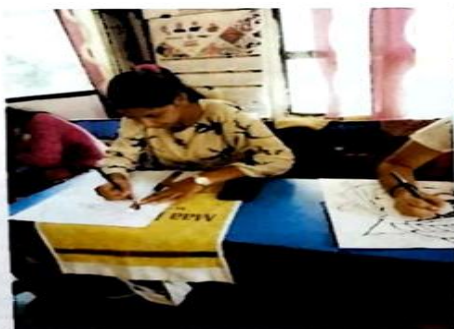


## Glimpse

Date: 29<sup>th</sup> & 30<sup>th</sup> September, 2022

### Event- Talent Hunt Show

#### Painting & Rangoli Competition





Deep Prajwalan, Sarswati Vandana & Welcome



**Department of  
Home Science  
Govt PG College for Women  
Sector-14 Panchkula Activity  
Report  
September, 2022**

**Event:** Group Discussion  
among Adolescents

**Theme:** Anaemia

**Date:** September 29, 2022

**Time:** 12.00 noon

**Venue:** Room no. 217

**Organizer:** Home Science

**Department**

**Occasion:** Poshan Maah.

**Number of**

**participants : 36**

Today on September 29, 2022 group discussion on the topic "**Anaemia among Adolescents**" was organised by the department of Home Science at Room no. 217 at 12.00 noon for the celebration of Poshan Mah. The students of all classes ( M.Sc.(Human Development) and B.Sc. (Home Science) of Home Science department actively participated in the discussion. Students were divided into six teams and a student of M.Sc. (Human Development) IIIrd semester was appointed as leader of the respective team. The event started with a brief introduction about Anaemia, its types, causes, symptoms and preventive measures by one of the department faculty member Dr.(Mrs.) Latesh, Assistant Professor. After that participants start discussing the topic in the leadership of their respective team leaders.

The aim of discussion was to educate youth about Anaemia as more than half of our population is suffering from Iron deficiency. When Students are aware of themselves, they can make themselves aware of society in the future. The discussion ended with the vote of thanks.





## 29.09.22

**Occasion:** 'World Heart Day'

**Panelists:** Dr. Bindu, Dr. Adarsh Deep, Ms. Tata Jayant, Dr. Nancy

Dr. Adarsh Deep  
Incharge

*Muhtam*  
Principal  
G.C.W-14, Panchkula  
Panchkula

## 29.09.22

**Event:** Extension lecture & discussion

**विश्व हृदय दिवस के अवसर पर व्याख्यान का आयोजन**

पंचकुल्या नज़्म आज विश्व हृदय दिवस के अवसर पर आयोजित स्वच्छता महिला महाविद्यालय सेक्टर में पाण्डे विज्ञान विभाग द्वारा विस्तार व्यवस्थान के बाद फैशन चर्चा का आयोजन किया गया। जिसमें की विज्ञान की 105 छात्राओं ने भाग लिया। आज के कार्यक्रम में आनुवंशिकी विभाग के प्रमुख डॉ. आदर्श दीप ने क्या और अतिथियों का स्वागत किया। भीमती तारा जयंत एसोसिएट प्रोफेसर जूलीनी ने इस साल के विश्व हृदय दिवस की थीम के अंतर्गत की, जो हर दिल के लिए दिल का इस्तेमाल है। मुख्य रूप से, हृदय रोगों के कारण होने वाले गंभीरतम कॉलेज, कालों में हृदय रोग के प्रकार, लक्षण और समस्याओं के बारे में विस्तार से जानकारी दी। उन्होंने कहा कि हृदय रोगों के बारे में जागरूकता लाना बहुत जरूरी है ताकि हमारी नई पीढ़ी अपनी जीवनशैली इस तरह बनाए कि सभी का दिल स्वस्थ रहे। हमारा खान-पान और रुत-सहन भी दिल की बीमारियों का एक कारण है। हमें अपने दिल को आदर्श दीप, डॉ. आशिष, डॉ. तारा जयंत और डॉ. नैसी ने विचारों के माध्यम से जवाब दिए। कॉलेज की पाचार्य डॉ. संगीता मेहनानी ने छात्रों को संबोधित करते हुए कहा कि इस तरह के कार्यक्रम युवाओं को जागरूक करते हैं और वे इस समाज के अन्य लोगों को भी जागरूक कर सकते हैं। कॉलेज के विज्ञान विभाग की डीन भीमती इंदु बाला ने कहा कि इस रीति के आयोजन से हमें पता चलता है कि इस बीमारी का इलाज कैसे है और हमें इसका इलाज शुरू करना है इस पर कार्य कर सकते हैं अंत में डॉ. नैसी ने सभी यक्षों का धन्यवाद किया।

**Occasion:** 'World Heart Day'

ਪੰਚਕੂਲਾ ਦੇ ਲੜਕੀਆਂ ਦੇ ਸਰਕਾਰੀ ਕਾਲਜ 'ਚ ਵਿਸ਼ਵ "ਦਿਲ ਦਿਵਸ" ਮਨਾਇਆ



ਪੀ. ਪੀ. ਵਰਮਾ  
ਸੋਕਰੂਲਾ/29 ਸਤੰਬਰ : ਪੰਚਕੂਲਾ ਦੇ  
ਸਰਕਟ-14 ਦੇ ਸਰਕਾਰੀ ਕਾਲਜ ਵਿੱਚ  
ਵਿਸ਼ਵ ਦਿਲ ਦਿਵਸ ਮਨਾਇਆ ਗਿਆ।  
ਕਾਲਜ ਦੀ ਸੀਨੀਅਰ ਪ੍ਰੋ. ਡਾ. ਅਦਰਸ਼ੀਪ  
ਕੌਰ ਨੇ ਪ੍ਰਭਾਸ਼ਿਤਾ ਦਾ ਸਨਮਾਨ ਕੀਤਾ।  
ਸਮੂਹਿਕ ਤੌਰ 'ਤੇ ਸਟੇਜ ਪੇਸ਼ਕਾਰੀਆਂ  
ਜਿਵੇਂ ਸੋਲੋ, ਡਾਂਸ, ਗੀਤ, ਆਦਿ  
ਵਿੱਚ ਕਾਲਜ ਦੇ ਵਿਦਿਆਰਥੀਆਂ  
ਦੁਆਰਾ ਕਾਰਜ ਕੀਤਾ।

ਮੁਖ ਝਲਾਨੀ ਡਾ. ਬਿੰਦੂ ਰਾਣੀ ਨੇ ਦਿਲ ਦੇ ਰੋਗਾਂ ਦੇ ਬਾਰੇ, ਇਸ ਦੀਆਂ ਸਮੱਸਿਆਵਾਂ ਬਾਰੇ, ਇਸ ਦੇ ਲੱਛਣਾਂ ਬਾਰੇ ਵਿਸਥਾਰ ਵਿੱਚ ਜਾਣਕਾਰੀ ਦਿੱਤੀ। ਉਹਨਾਂ ਕਿਹਾ ਕਿ ਦਿਲ ਦੇ ਰੋਗਾਂ ਨੂੰ ਰੀਝੀਰਤਾ ਨਾਲ ਲੈਣਾ ਚਾਹੀਦਾ ਹੈ। ਯਕਾ ਪੀੜੀ ਵਾਸਤ ਵਫ਼ਾ ਬਾਣਾ ਬੰਦ ਕਰੋ

ਉਹਨਾਂ ਨੇ ਵਾਨਾ ਤਾਂ ਇਕ ਠੀਕ ਹੀ ਚੁਣਿਆ ਕਿਹਾ ਕਿ ਨੌਜਵਾਨਾਂ ਤਾਂ ਖਾਣ-ਪਾਣ ਵਿਚ ਲੀਜ਼ਾ ਬੀ-ਕੌਰੀਆਂ ਤਾਂ ਵਾਣਾ ਕਾਰਨ ਹੋ। ਇਸ ਲੋਕਾਂ ਤੇ ਤਾਂ ਨੌਜਵਾਨੀ, ਕਾਲਜ ਦੀ ਪ੍ਰਿੰਸੀਪਲ ਤਾਂ ਸੋਗੀਤਰ ਮਹਿਤਰਾਨੀ ਨੇ ਇਸ ਵਿਸ਼ੇ ਤੇ ਬਹਿਸ ਨੂੰ ਜਾਰੂਕ ਕੀਤਾ। ਇਸ ਲੋਕਾਂ ਤੇ ਤਾਂ ਲੰਬਾ ਬਾਣਾ, ਤਾਂ ਨੌਜਵਾਨੀ ਅਤੇ ਹੋਰ ਅਧਿਐਨਾਧਕ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਦਸਿਆ ਕਿ ਇਹ ਨੀ ਸੋਗੀਤਰ ਜਾਰੂਕੀ ਅਤੇ ਜਿਹੜੇ ਲੋਕ ਇਹ ਨੀ ਕੀਤੀ ਉਹਨਾਂ ਨੂੰ ਜਾਰੂਕ ਨਹੀਂ ਹੋਵੇ ਉਹਨਾਂ ਨੂੰ ਜਾਰੂਕ ਵਿਦਿਆਰਥੀ ਚੀਜ਼ ਖਾਣ ਤੇ ਪਾਣ ਵਿਚ ਤੇ ਰੋਜ਼ਾਂ ਤਾਂ ਸਿਹਤ ਹੋਣਾ ਪੈਣਾ ਹੋਵੇ।

**ਮਾਹਿਰਾਂ ਨੇ ਦਿਲ ਦੇ ਰੋਗਾਂ ਬਾਰੇ ਕੀਤੀ ਚਰਚਾ**

**ਪੰਥੂਲਾ:** ਸੋਕਰਾ 4 ਦੇ ਸਰਕਾਰੀ ਹਾਲਜ ਵਿੱਚ ਵਿਸ਼ਵ ਦਿਲ ਦਿਵਸ ਮਨਾਇਆ ਗਿਆ। ਕਾਲਜ ਦੇ ਸੀਨੀਅਰ ਪ੍ਰੋ. ਡਾ. ਅਰੁਣਚਰੀਪ ਕੌਰ ਨੇ ਬੁਲਾਇਆ ਦਾ ਸਨਮਾਨ ਕੀਤਾ। ਮੁੱਖ ਬੁਲਾਰੇ ਡਾ. ਬਿੰਦੂ ਰਾਣੀ ਦੇ ਰੋਗਾਂ ਵਿੱਚ ਲਿਆ ਸਮੀਖਿਆਵਾਂ, ਇਸ ਦੇ ਨਵਰਾ ਧਾਰੇ ਸਿਧਾਰ ਵਿੱਚ ਜਾਣਕਾਰੀ ਦਿੱਤੀ। ਉਨ੍ਹਾਂ ਕਿਹਾ ਕਿ ਦਿਲ ਦੇ ਰੋਗਾਂ ਨੂੰ ਗੰਭੀਰਤਾ ਨਾਲ ਲੈਣਾ ਚਾਹੀਦਾ ਹੈ। ਨੌਜਵਾਨਾਂ ਨੂੰ ਫਾਸਟ ਫੂਡ ਖਾਣਾ ਬੰਦ ਕਰ ਦੇਣਾ ਚਾਹੀਦਾ ਹੈ। ਇਸ ਮੌਕੇ ਡਾ. ਨੈਨਸੀ, ਕਾਲਜ ਦੇ ਮਿਸ਼ਨਰੀਪ ਡਾ. ਸੰਗੀਤਾ ਮਹਿਤਾਨੀ ਨੇ ਦਿਲ ਵਿਸ਼ੇ 'ਤੇ ਬੀਓਆ ਨੂੰ ਜਾਗਰੂਕ ਕੀਤਾ।

ਪੱਛਮ ਪ੍ਰਦੇਸ਼

Arctostaphylos



## Alumni meeting report

3/10/22

Members of GALUM association, A registered association of College Alumni of Govt Post Graduate College for women Panchkula voluntarily paid fees of one first year student named Jiya of BBA I. Jiya, being a needy fatherless student, whose mother is an Asha worker and has three other siblings was admitted in BBA course because of financial help from college alumni. President of Alumni association Varsha along with Vice president, Priya and Treasurer, Diksha came to college to hand over the fees to Jiya in Principal's office. Members of Alumni committee Ms. Geeta Bhatia, Dr. Pooja and Ms. Suman Chikkara were also present.



*Pooja*  
Convener (Alumni) 3/10/22

*Mehtaw*  
Principal



## **DEPARTMENT OF HOME SCIENCE**

GOVT. P.G. COLLEGE FOR WOMEN, SECTOR-14, PANCHKULA

Activity Report- October, 2022

**EVENT:** Extension Lecture on "BALANCED DIET FOR ADOLESCENTS"

**ORGANISERS:** Dept. of Home Science & Inner Wheel Club, Panchkula

**DATE & TIME:** 04<sup>TH</sup> October 2022, 12:30 pm

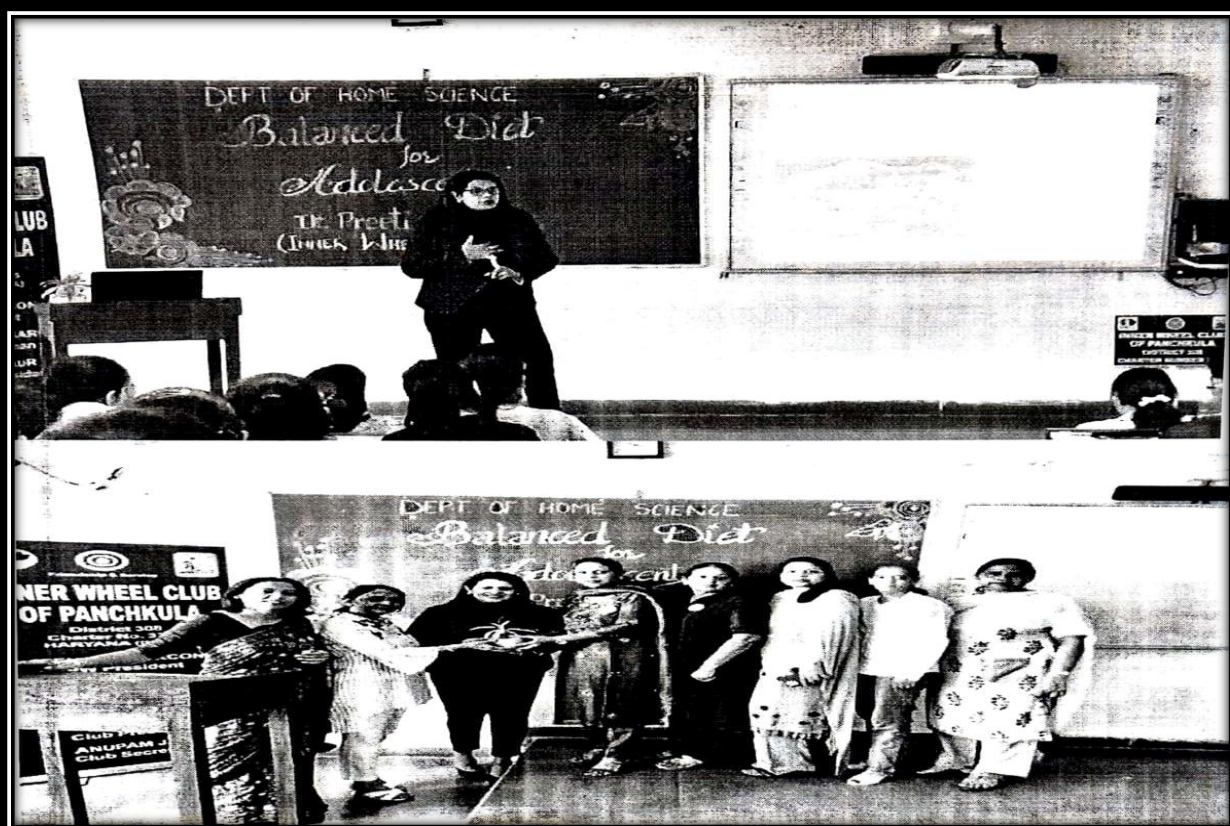
**VENUE:** Lecture Room No. 217

**NO. OF PARTICIPANTS:** 99

An extension lecture on the topic "Balanced Diet for Adolescents" was organized by the Dept. of Home Science in collaboration with INNER WHEEL CLUB, Panchkula, on 04<sup>th</sup> October 2022. The objective of the lecture was to make the students aware of their diet so that they can improve their dietary habits and enjoy good health.

Dietitian Ms Preeti Narang, wellness councillor & expert in clinical nutrition, founder of diet 'O Smart Wellness & Diet Clinic at Panchkula, Ambala, Yamunanagar & Karnal, was the resource person of the lecture. She shared some valuable dietary tips with our students & staff members and emphasized on sustainable living through natural health practices. During the session students were asked questions on topics related to foods and nutrition. Chocolates were given to those students who gave correct answers. All students and staff members actively participated by answering the questions and discussed their daily diet issues.

Ms Anu Garg, President and Ms Sween Goyal, Jt. Treasurer, of INNER WHEEL CLUB, Panchkula also gave their valuable contributions. Mr Puneet also gave presentation on "How to enhance nutritional value of foods". The session ended with a vote of thanks.



### Report

Dated: 07.10.22

**Venue:** Zoology Department

**Event:** Interdepartmental Quiz competition

**Organizers:** Mrs. Indu Bala, Dr. Adarsh Deep

**Coordinators & Adjudicators:** Dr. Surender Singh & Dr. Nancy

**Convener:** Ms. Tara Jayant

Inter Departmental science quiz competition was organized by the Science Awareness and Development Society on 07<sup>th</sup> October, 2022. The aim behind conducting this competition was to make the students aware about latest development in science and Technology. It Also help the students practice existing knowledge while stimulating interest in learning about new subject matter. The Chief Guest of the event was Mrs. **Sangeeta Mehtani** Principal, GCW -14 PKL. In her address she said that such competition helps students prepare for an upcoming exam or competitive test. It will also create a template of keywords and phrases for students to memorize. That's why such programs should always be organized in the college. 40 students from science stream participated in it. The first, second, third winners were honored with cash prize and certificate. Winners will participate in 'District level science Quiz Competition' to be held at Govt. College sector -1 Panchkula on 14.10.21.

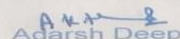
#### Result:


Miss. Kritika  
Miss. Nancy  
Miss. Sargam  
Miss. Samriti  
Miss. Parul  
Miss. Sapna

B.Sc. III N.M.	120109015001
B. Sc. II Med.	1211091030037
B.Sc. I.M.	122091030030
B.Sc. III N. M.	120109015008
B.Sc. II N.M.	12110910150
B.Sc. II N.M.	12110910126

First  
Second  
Second  
Third  
Third  
Consolation

  
Indu Bala  
Convener

  
Adarsh Deep  
Co-Convener

  
Principal  
GCW-14 PKL





### Report

The Commerce Department in association with English Dept has organized one day workshop on "Cyber Crime" on 10<sup>th</sup> Oct, 2022. The H.O.D. of Commerce Dept Ms. Anjali welcomed the officiating principal Mrs. Suman Bhatia, team of cyber crime and other staff members.

They guided the students regarding cyber crime and cited various examples. They informed students to be aware about phone calls received from other nations & how they ask for money transfer. They gave instructions regarding not sharing your bank details, pictures, videos with unknown persons on phone call. They also instructed of not accepting friend request of unknown person face book, snap chat of any unknown person. They further give helpline no 1930 for reporting any cyber crime. Dr Sarvjeet, Dr Tara, Dr Isha Goyal, Dr Madhu, Mrs. Indu were also present.

Anjali  
10/10/22  
Convener

Anjali  
Principal



### Report

The placement cell in association with English, Home science and Commerce Dept has organized one day workshop on "Prospects of Rural Management Programme" on 10<sup>th</sup> Oct, 2022. The H.O.D. and convener of placement cell Ms. Anjali welcomed the officiating principal Mrs. Suman Bhatia, team of IIM Rohtak and other staff members.

The team of IIM Rohtak guided the students about MBA, its positive aspects in personality development, communication skills etc. They explained about admission process in IIMS, fee structure, faculties engaged in IIMS, how to prepare for entrance exams etc. They further explained about various initiatives taken by government in rural areas and the problems people faced in rural areas.

In the end they gave questionnaire to students in which they discussed about drug consumptions and its side effects.

Anjali  
Convener

Anjali  
Principal



### Activity 1

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. Neeta were the judges. The results of the competition were as follows :-

#### Poster Making Competition

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



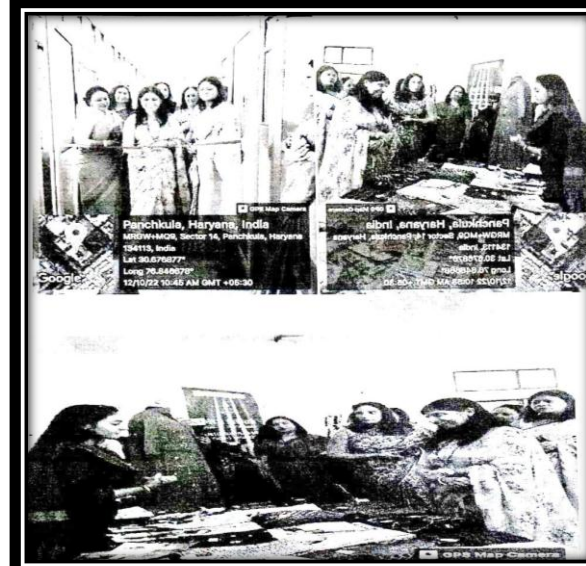


### Report

"Tana Bana" a student entrepreneurship initiative was organised in Govt. PG College for women sector 14 Panchkula on 12th October 2022. This entrepreneurship event was inaugurated by the principal of the college Dr. Sangeeta Mehtani, accompanied by the Council members. In this event various stalls were put up by students exhibiting handmade Terracotta Diyas, earrings, keychains and handmade bags, candles, jewellery, paintings, kurta etc. Students had also prepared edible items like golgappa's, chaat, bhelpuri etc. The patron of this program was the principal of the college. Ms. Anjali Siwach, Ms. Alka Sharma, and Ms. Shivani Kaushik were the coordinators. The program was organised by Placement cell, Women studies and Development cell, Economics dept. and Home Science dept. Mrs Charanjit Kaur, Dr. Bharti Chikara, Dr. Madhu, Mrs. Mani Narwal, Mrs Isha Goyal and Dr. Sunita, Dr Kalpana were also present there.

*Mani Narwal*  
Incharge

*Sangeeta Mehtani*  
Principal  
Govt. P.G. College for Women  
Panchkula



### Report

Dated: 14.10.22

**Venue:** 'Seminar Hall of' Government P.G. College, Sector-1, Panchkula  
**Event:** District level Quiz competition  
**Preparation of Teams by:** Dr. Adarsh Deep

Two teams from science streams were participated in 'District Level Science Quiz Competition' which was organized by the Govt. P.G. College, Sector-1, Panchkula on 14<sup>th</sup> October, 2022. And our teams secured third and fourth place. Certificates were awarded to all the winners and participants. Both the teams will participate in Zonal level quiz contest.

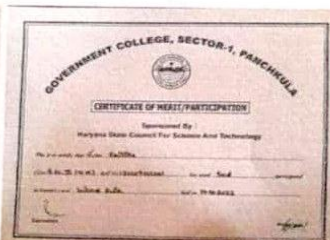
### Result- Third and Fourth in District level Quiz Competition

Third prize:

Sargam [B.Sc. I Med]

Kritika [B.Sc. III N. Med]

Samriti Bhardwaj B.Sc.III [N. Med]



Fourth prize:

Nancy [B.Sc. II Med]

Parul [B.Sc. II N. Med]

Sapna B.Sc. III [N. Med]





**Team Convener:** *Mrs Tara Jayant*

[illegible]

## 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.

### पावर प्वाइंट प्रेजेंटेशन में युवराज सिंह प्रथम

जारा, पंचकुला : विश्व खाद्य दिवस पर राजकीय स्नातकोत्तर महिला महाविद्यालय के प्राणी विज्ञान विभाग द्वारा ऑनलाइन राज्यस्तरीय वीडियो, पावर प्वाइंट प्रेजेंटेशन मेकिंग



युवराज सिंह  
जज

प्रतियोगिता का आयोजन किया। प्रतियोगिता में हरियाणा के विभिन्न कालेजों के छात्रों ने भाग लिया।

प्रतियोगिता में युवराज सिंह राजकीय स्नातकोत्तर महाविद्यालय सेक्टर-1 पंचकुला प्रथम रहे। इसके अलावा ज्योति थोमके अरुणा आसिफ अली राजकीय महाविद्यालय कालका द्वितीय और रोहित सिंह अरुणा आसिफ अली राजकीय महाविद्यालय कालका तृतीय रहे।

### राजकीय महिला महाविद्यालय में ऑनलाइन राज्यस्तरीय वीडियो एंड पावर प्वाइंट प्रेजेंटेशन प्रतियोगिता



पंचकुला, 19 अक्टूबर: विश्व खाद्य दिवस के अवसर पर राजकीय स्नातकोत्तर महिला महाविद्यालय पंचकुला के प्राणी विज्ञान विभाग द्वारा ऑनलाइन राज्य स्तरीय वीडियो/पावरपॉइंट प्रेजेंटेशन मेकिंग प्रतियोगिता का आयोजन किया गया। इस प्रतियोगिता में हरियाणा के विभिन्न कॉलेजों के छात्रों ने भाग लिया। छात्रों ने सुरक्षित भोजन बेहतर स्वास्थ्य, विश्व खाद्य दिवस का महत्व, कृषि और खाद्य, खाद्य सुरक्षा और ग्रामीण विकास आदि विषयों पर वीडियो के माध्यम से अपने विचार व्यक्त किए। महाविद्यालय की प्राचार्य डॉ. संगीता मेहता ने कहा कि इस तरह की प्रतियोगिताएं छात्रों को उनकी रचनात्मकता और उनके कौशल को विकसित करने में मदद करती हैं। यह उनके आत्म-सम्मान को भी बढ़ाता है, उन्हें बेहतर होने के लिए प्रेरित करता है और उन्हें मानसिक रूप से मजबूत बनाता है। इस प्रतियोगिता में राजकीय स्नातकोत्तर महाविद्यालय सेक्टर-1 पंचकुला के युवराज सिंह ने प्रथम, अरुणा आसिफ अली राजकीय महाविद्यालय कालका की ज्योति थोमके एवं राजकीय स्नातकोत्तर महिला महाविद्यालय सेक्टर-1 पंचकुला की ज्योति जांगड़ा ने द्वितीय, अरुणा आसिफ अली राजकीय महाविद्यालय कालका के रोहित सिंह ने तृतीय और राजकीय स्नातकोत्तर महाविद्यालय सेक्टर-1 पंचकुला की सिमरन गौयल ने तीसरा स्थान हासिल किया। कॉलेज सेक्टर-1 पंचकुला ने सातपना पुरस्कार जीता। जूरी में श्रीमती तारा जयंत, डॉ. नैन्सी और डॉ. नीतू ने सभी वीडियो को बहुत करीब से देखा और छात्रों के काम की सराहना की। जूलोजी विभाग के प्रमुख डॉ. आदर्श दीप ने कहा कि हमने छात्रों को एक ऐसा मंच प्रदान करने का प्रयास किया है जहां वे अपने विचारों को ऑडियो-विजुअल तरीके से साझा कर सकें और साझा करने के माध्यम से सीखने की आदत विकसित कर सकें। विजेताओं को नकद पुरस्कार और प्रशस्ति पत्र दिए गए।



## 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

### राजकीय कॉलेज में आयुर्वेद पर चर्चा



विस्तार व्याख्यान में चर्चा करता स्टाफ। -संगद

पंचकुला। जिला आयुर्वेदिक अधिकारी डॉ. दिलीप मिश्रा के मार्गदर्शन में इं-रिक्शा के माध्यम से जनसाधारण को शहर के मुख्य स्थानों पर जा कर हर दिन हर घर आयुर्वेद के बारे में जागरूक किया जा रहा है। इसी कड़ी में सोमवार को राजकीय स्नातकोत्तर महाविद्यालय सेक्टर-14 में प्रधानाचार्या डॉ. संगीता की अध्यक्षता में एसएमओ डॉ. अंजु गुप्ता, एसएमओ डॉ. श्रुति पंचकुला द्वारा 'हर दिन, हर घर आयुर्वेद' पर चर्चा का आयोजन किया गया। डॉ. श्रुति ने आयुर्वेद के अनुसार ऋतुचर्या, घर की रसोई में आयुर्वेद और महिला स्वास्थ्य पर आयुर्वेदिक दृष्टिकोण ने होम्योपैथी के बारे में व्याख्यान दिया। इस व्याख्यान का लाभ करीब 200 लोगों ने उठाया। 23 अक्टूबर तक इस विषय से संबंधित कार्यक्रम हरियाणा के हर जिले में करवाए जा रहे हैं। इस व्याख्यान में आयुष विभाग से डॉ. अजय जीएडो टोडा, कॉलेज स्टाफ के विजय राणा सहित अन्य छात्राएं मौजूद रही। -संगद

### लड़कीयों के सरकारी कालन सेंक्टर 14 पंचकुला 'च हर दिन हर घर आयुर्वेद' विज्ञे उ लेखर होएआ

पी.पी. बरमा

पंचकुला/18 अक्टूबर : लड़कीयों के सरकारी कालन सेंक्टर 14 पंचकुला 'च हर दिन हर घर आयुर्वेद' विज्ञे उ लेखर होएआ। डा. अंजु अमरु होमिओपैथी सरकारी हस्पताल सेंक्टर-6 पंचकुला अउ डा. श्रुति ने आपटे डासट विच किहा कि करो अजिगीआ जूतीआं छुटीआं हन जिहगीआं बूध अउं धन बपाछुटीआं हन। छुहना किहा कि अजिगीआं दो नोबन सैली बरल रगी है। नैनवाना नू डासट बूढा पाट उ बरदा चाहोदा है। इस मंके उ कालन दो प्रिंसिपल डा. संगीत मेहताओ ने किहा कि सिहजमे सरीर विच नरंगी रिमाग होदा है। छुहना



आपटे डासट विच किहा कि विरिआरगी आपटे नोबन सैली नू उबरील करन अउं घर दा घटिआ होएआ पाटो हो पाट। इस मंके उ डा. अंजु गुप्ता, डा. आदरशदीप

कौर, डा. सुपरीतो, प्र. चरनसोउ कौर ने वो डासट दिउं अउं किहा कि इस समारोह विच वंछ-वंछ विभागां उ 106 विरिआरगीओ न हिसा लिआ।

## Slogan Writing Competition organized by Chemistry Department (18/10/2022)

Slogan Writing competition was organised by Chemistry department on 18<sup>th</sup> October, 2022 in Government P.G. College for Women Sec-14, Panchkula under the guidance of honourable Principal Dr. Sangeeta Mehtani. The theme of the competition was "Ecofriendly Diwali" and "Impact of Crackers on Environment". This competition was organised to make the students aware about the pollution free environment. Judges for the Slogan Writing competition were Dr. Sunita Rani, Assistant Professor in Hindi department (Govt. P. G. College, Sec-14, Panchkula) and Dr. Neetu Assistant Professor in Botany department (Govt. P. G. College, Sec-14, Panchkula). Slogan Writing competition was held in lab no.-122. Fifteen students of B.Sc. I, II and III were participated in competition. Best three slogans were selected as winners by the judges.



## Report of Power Point Presentation Competition organised by the TIC

A PowerPoint Presentation competition was organised by the traffic interpretation cell of the college on 18<sup>th</sup>, October 2021. The competition was started with the awareness speech by road Ms. Sushila Rani, Convener, Traffic interpretation cell. She highlighted the importance of road safety and told the students to follow the traffic rules in their life. She also discussed the National Road Safety Policy amongst the students. The competition was judged by Dr. Anuja Gupta, Associate Professor of Commerce and Dr. Pooja, Assistant Professor of Commerce. There was a lot of enthusiasm amongst the audience, who promptly answer the questions on the road safety rules. In the competition, the first position was bagged by Priyanshi of B.Com. Honours (1st), Second positions by Himani of B.Com. Honours (IInd) and the third position was a bagged by Sonu of B.Com. Honours (1st).

The event organised by Ms. Shivani Kaushik, Associate Professor of Economics and Dr Naveen Malik, Sociology, Dr Priyanka Assistant Professor of commerce were also present during the competition.

Position	Name	Class	Roll number
1st	Priyanshi	B.Com.1 (Hons)	26
2nd	Himani	B.Com.II.( Hons)	05
3 <sup>rd</sup>	Sonu	B.Com.I ( Hons )	05





Entrepreneurship cell along with Commerce department of Government P.G. College for Women, Sector 14 Panchkula in collaboration with Startup Incubator Centre of Excellence, Sector-1, Panchkula, under the able guidance of Dr. Sangeeta Mehtani, Principal of Govt. PG College for Women Sector 14, Panchkula, organised a one day Startup Foundation Program on **"What is Entrepreneurship and How Startup Incubators assist College Students in Starting Their Own Businesses"** On 19<sup>th</sup> October, 2022. Mrs. Tanushree Chandra (Centre Head) and Mr. Pankaj Singh, Outreach Coordinator, from Startup incubator Center conducted this session. During the program, the commerce students were guided through the process of creating a business with random ideas through an activity. This event was initiated to establish the relationship between youth and entrepreneurship. This session provided an opportunity to students who want to start their own business and make the innovation in their business. In the end Ms. Honey Garg Convener ED Cell conveyed a vote of thanks to the speakers for such a wonderful session. Ms Suman and Ms Indu have also contributed in the successful completion of the event. 75 students of Commerce attended this program.



### **Power Point Presentation Competition (19 October, 2022)**

A Power Point Presentation activity was organized by Botany department on 19<sup>th</sup> October, 2022. The main objective of organizing the Power Point Presentation activity is to inculcate Creativity and confidence among the students. 24 students of B.Sc. Medical participated in this activity and delivered good presentations on various topics. Students prepared the presentations on different subthemes such as Life cycle of *Cycas*, Economic Importance of Algae, Evolution of Seed habit, Calvin Cycle, Life cycle of *Ectocarpus*, Reproduction in *Cycas*, Reproduction in *Pinus*, Environmental issues etc. The students were asked to deliver their presentation within stipulated time period. The presentations were well delivered by the students. The purpose of this activity was to encourage the students to enhance their communication skills. All the teachers and judges praised the efforts of students and encouraged them for participating in various activities and competitions.



## "Poster Making Competition"

Department of Mathematics organised "Poster Making Competition" on the topics: (i) Control Pollution (ii) Conservation of Energy on 20/10/2022. 25 Students from various streams participated in it. They came to know about threats to our environment and remedies & techniques to control pollution, various sources of energy and methods of conservation. Anjali, B.A.I, Roll No. 1221091002052 stood 1st. Neha B.Sc II (N.M.) 1211091015001 got second position as well as Anisha, B.Sc II (N.M.) 1211091015014 also got second position. Gurspreet Kaur B.Sc II (N.M.) 1211091015029 stood Third. Judges admired their ideas and expressions. Faculty members Dr. Harvinder Kaur, Dr. Raj Singh, Dr. Kuran Bal & Mrs. Kusam Lal guided students and encouraged them. The Principal congratulated the winners and motivated the students for participation in co-curricular activities.

Jides'



## 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

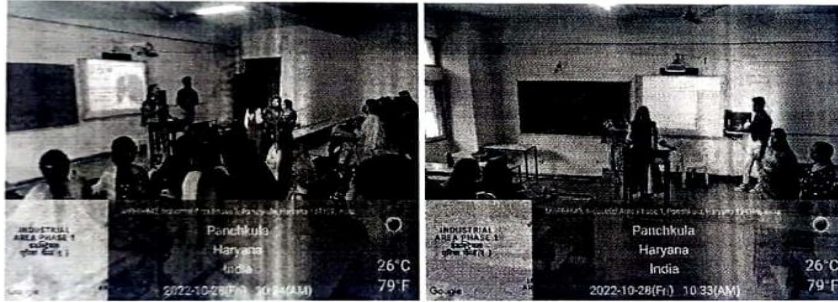
Today, an extension lecture followed by a quiz was organized by the Zoology Department in the college on the occasion of World osteoporosis Day. In which the 95 Science students of Government P.G College for Women, Sector- 14 were participated. In today's program Dr. Adarsh deep Head of Zoology & Genetics 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



An Awareness Session on "What is Entrepreneurship and How Startup Incubators assist College Students in Starting Their Own Businesses." was organised under ED Cell, in collaboration with department of Home Sci and Computer Science, in association with Startup Incubator Centre of Excellence, Panchkula, under the able guidance of DR. Sangeeta Mehtani, Principal of Govt. PG College for Women Sector 14, Panchkula on 28<sup>th</sup> October, 2022. Ms. Honey Garg, Convenor of ED cell, hosted this Entrepreneurship and Startup awareness camp For BCA, B.Sc. and M.Sc. The Students were led through an activity in the workshop that was demonstrated how to start a business using random ideas. The goal of this session is to honor the connection between youth and entrepreneurship while also showcasing the range and depth of entrepreneurship and its needs. Ms Mani Narwal, Ms Reema Gupta and Ms. Seema have contributed in the successful completion of the event. 74 students from Home Sci and Comp. Sci. attended this program.



An extension lecture was organised in association with Department of Psychology, Department of Hindi and Women's Studies and Development Cell on the topic "Role of Police in the Society" on 28-10-2022 (Room No. 113). The talk was delivered by Smt. Usha Sharma (Eminent sportsperson and athlete) and Mrs. Manita Sodha (ACP, Panchkula). Approximately 90 students were present and listened the lecture/talk carefully. In the last, questions/queries were asked by the students.





## बलिदानों की याद में पुलिस बैंड की धुन से शहीदों को किया नमन



विजय सवेरा, हरपाल सिंह

पंचकुला।। पुलिस कमिश्नर डॉ. हनीफ कुरेशी एवं डिप्टी पुलिस कमिश्नर सुरेन्द्र पाल सिंह के मार्गदर्शन एसीपी ममता सौदा के नेतृत्व में पुलिस शहीदों की याद में पुलिस की तरफ से चलाए जा रहे दस दिवसीय अभियान ब्रंड दिवस (21 से 31 अक्टूबर) के तहत आयोजित किए जा रहे विभिन्न

कार्यक्रमों को आगे बढ़ते हुए आज इसी उपलक्ष पर पंचकुला शहर में अलग-2 सार्वजनिक स्थानों पर पुलिस बैंड बजाकर शहीदों का नमन किया।

लाइन अफसर बलदेव सिंह के अध्यक्षता में पुलिस शहीदी स्मारक पुलिस लाइन पंचकुला, गर्वमेन्ट कॉलेज सेक्टर 14 तथा मार्किट सेक्टर 07 इत्यादि सार्वजनिक स्थानों पर पुलिस बैंड बजाया गया

जहां पर राष्ट्रगीत पर पुलिस के बैंड की धुन सुनकर लोगों की भीड़ जमा हो गई। इस दौरान पुलिस अधिकारी एसीपी ममता सौदा, धाना परभारी हरी राम, स्टु हरिंदर सिंह, गर्वमेन्ट गर्ल कॉलेज सेक्टर 14 से डॉ संगीता मैहतानी, अल्का शर्मा, डॉ सर्वजीत कौर, सुमन भाटिया, एएसआई निदीष, लाइन अफसर बलदेव सिंह, सीडीआई अजैब सिंह, तथा लोगो मौजूद रहे।

An Awareness Session on "What is Entrepreneurship and How Startup Incubators assist College Students in Starting Their Own Businesses." was organised under ED Cell, in association with Startup Incubator Centre of Excellence, Panchkula, under the able guidance of Ms. Suman Bhatia, Senior most faculty member of the college, on 04<sup>th</sup> November, 2022. Ms. Honey Garg, Convenor of ED cell, hosted this Entrepreneurship and Startup awareness camp for the students of humanities. The purpose of this Program was to develop the entrepreneurial skills among the students and to promote the new knowledge and innovation based startups. Ms Suman and Ms Rani Jindal have also contributed in the successful completion of the event. Total of 103 students from arts faculty were benefitted through this program.





On 11th November, 2022, 48 Medical and Non Medical students from Govt. PG College Sector 14, Panchkula participated in an entrepreneurship and start-up awareness camp on "What is Entrepreneurship and How Startup Incubators assist College Students in Starting Their Own Businesses." that was hosted by Ms. Honey Garg Convenor of the ED cell, Ms. Tara Jayant and Ms. Rani Jindal, members of ED cell in collaboration with Zoology and Chemistry Department in association with Startup Incubator Centre of Excellence, Sector-1, Panchkula, under the capable supervision of Ms. Suman Bhatia, Senior most faculty member of the college. Mrs. Tanushree Chandra (Centre Head) and Mr. Pankaj Singh, Outreach Coordinator, from Startup incubator Center conducted this session. During the program, the students were guided through the process of creating a business with random ideas through an activity. This event was initiated to identify creative minds and to encourage them in building innovation and to help them in establishing their business ideas and develop their concepts in to the market.



**Event:** Workshop on "Enhance Your Embroidery Skills, Create your own Unique Designs"

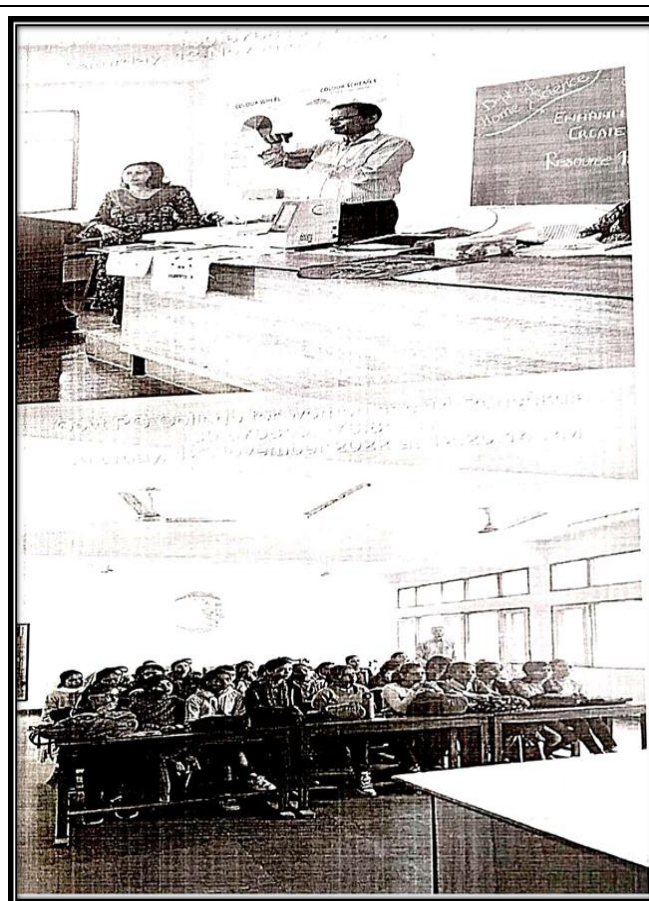
**Organizers:** Department of Home Science & IQAC

**Date & Time:** 12<sup>th</sup> November 2022, 12:30 PM

**Venue:** Home Science Lab No.215

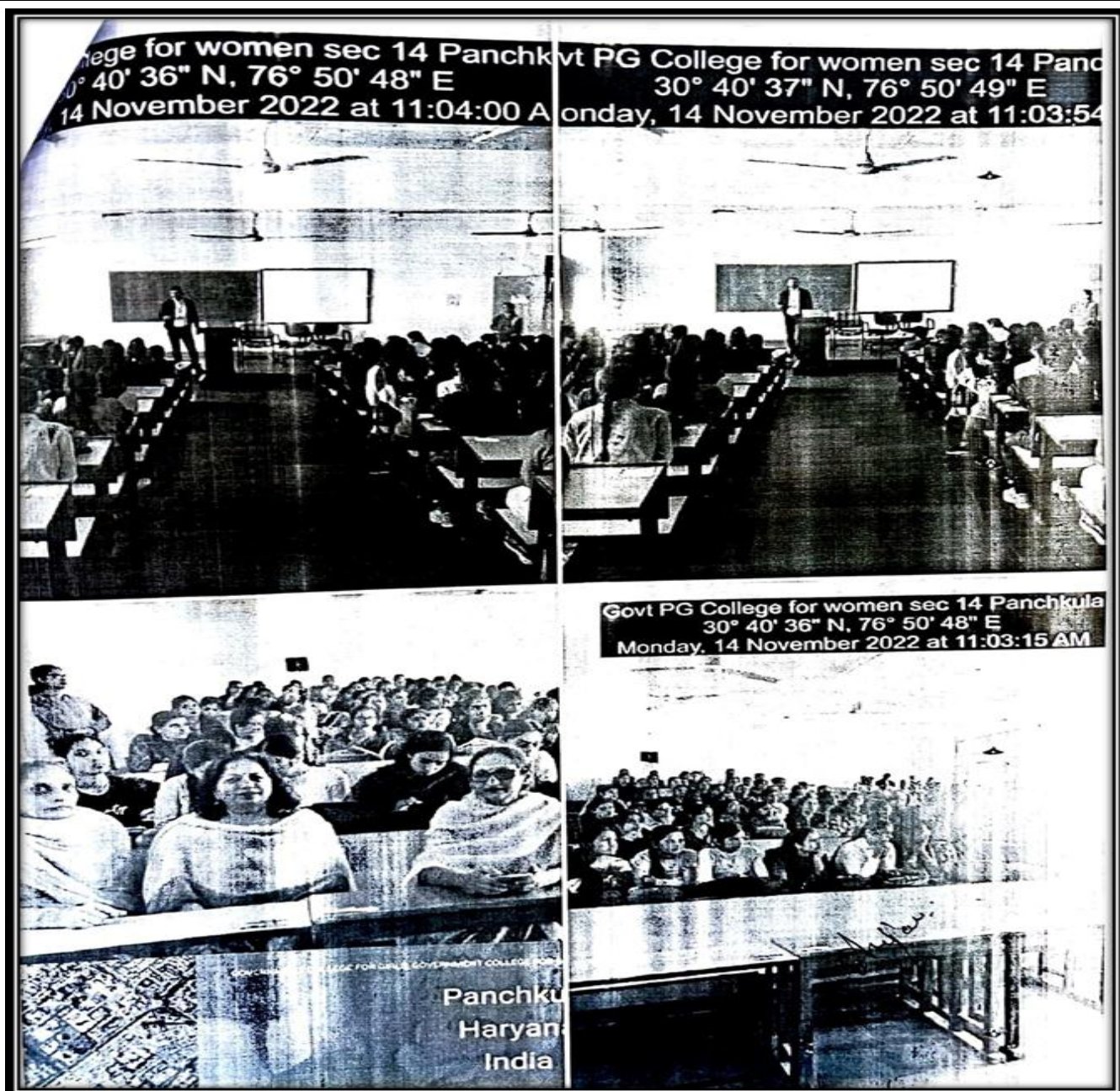
**No. of Participants:** 40

A workshop on the topic-"Enhance your Embroidery Skills, Create your own unique designs" was organized by the Department of Home Science in collaboration with IQAC, Govt. P.G. College for Women, Panchkula on 12<sup>th</sup> November 2022. Mr. Keerty and Ms. Anamika, Assistant Manager Usha International Ltd. Jalandhar, Punjab were the Resource persons of the workshop. As embroidery work is very laborious and time consuming, it can be made simple with digital embroidery machine. More than 150 embroidery stitches can be selected digitally with Usha embroidery machine, model no. MC 450 E. Students can plan a Home-based embroidery business with minimum capital investments. Students of B.Sc. Home Science and faculty members of the College participated in the workshop and created different designs with vibrant color combinations.





On 14<sup>th</sup> november 2022 The placement cell, under the guidance of the Principal mam, organised a placement drive for the students in collaboration with the commerce department, carried on by Jio. The activity was focused upon introducing a 12 months end to end sales training programme to kickstart the career. The session started with interacting with the students and giving them insight into the job-oriented training programme in detail. 115 students of the college alongwith placement committee and commerce department members





## Business Shark Contest 16<sup>th</sup> November, 2022

The Placement Cell and Entrepreneurship Development Cell of the college have organized "Future Business Shark Contest" in association with The HitBullseye's, Chandigarh on 16<sup>th</sup> November 2022 in Room No 318. Total 177 students have attended this session. The Convener of Placement Cell Mrs. Anjali welcomed Mrs. Suman Bhatia, senior faculty member of the college and the team of HitBulls Eye. The event was commenced at 11 am with a normal interaction with the students to understand their profiles and their future plans. They were further informed about the Future Business Sharks event and its various rounds and rewards. Various fellowship activities of Tie that the students could benefit from and think of get guidance to establish their startup ideas were introduced to them. After that the student were given booklets with case studies to answer 12 MCQs, for which they were provided 30 minutes. Post the test, an interactive business quiz was conducted for the students, based on their responses they were provided some goodies by Hitbullseye's Team. In the end Ms. Honey Garg convener ED Cell proposed the vote of thanks. Ms. Tara Jayant, Ms. Sarita Sachdeva, Dr. Priyanka, Dr Madhu, Dr. Isha and Ms. Suman were also present.



DATE: 18 Nov, 2022

Department of Economics has organised "Power Point Competition, on the following topics,

- Impact of privatisation on Indian Economy
- FDI in India: Advantages and disadvantages
- Effects of tariffs and quotas on national income
- Poverty and poverty alleviation programmes in India
- Gains from international trade
- Digital currency

45 students joined up for the event and 10 students were selected to present their PPTs for the same.

The result of the PPT Competition are as follows:

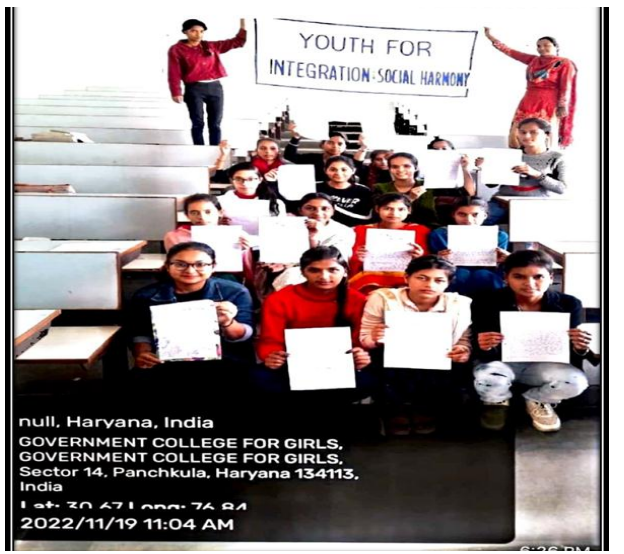
1. Pratiksha B.A. 2 (first)
2. Anushka B.A. 2 hons, Priya B.A. 2 hons (second)
3. Nandini B.A. 1 hons (third)





## NATIONAL INTEGRATION DAY

NSS unit-I collaborated with Psychology Department to celebrate "National Integration Day" on 19<sup>th</sup> November 2022. On this occasion Short Essay Writing Competition was organized. In this contest a total of 24 students wrote essays and presented before other students. Certificates were given to all the participants for participation. Judgment for the best essay was given by Dr. Sunita Rani assistant professor department of Hindi, GCW sector 14 Panchkula. Nishu BA-I held first position, Chamandeep Kaur BA-II held second position, and Tripti Punia BA-I, third position in this competition.



## Glance of Slogan Writing Competition

Conducted by Traffic Interpretation and Road Safety Cell



Judgement  
Slogan Writing Competition  
Date :- 23 November 2022  
Traffic Interpretation and Road Safety Cell

1. Rajni (B.A 2nd year) - 1211091002034
2. Manvi (B.Com, Honrs, 1st year) - 1221091076007  
Ritika Dhiman (B.A Eco Honr, 2nd year) - 121109101002
3. Anchal (B.A(H), 2nd year) - 1211091061017  
Surbhi (B.A (H) Eco, 3rd year) - 120109061008





*Glimpse of SCIENCE EXHIBITION HELD ON 30<sup>TH</sup> NOV 2022*  
*VENUE: GOVT P G COLLEGE FOR WOMEN, SECTOR 14, PANCHKULA*

