

1.) Green Initiatives

In consonance with the Sustainable Development Goal 13, our institution promotes eco-friendly practices by taking green initiatives. The main objective of these initiatives is to inculcate awareness about environmental issues among the students, staff & society and to achieve better sustainability in and outside the campus. The college firmly believes that young minds can be molded by practical examples related to mitigate climate change. In this endeavour, several initiatives have been taken by different departments in collaboration with the Eco Club and have organized many activities to reduce our institutional carbon footprint and inculcate greener practices viz:

10

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

| | | | | |
|----|---|--------------------------|--|--|
| 8 | Anemia Mukat Bharat | 07/02/2024 | Bharat Vikas Parishad and Women studies and development cell | Screening of students to detect anemia was done further anemic students were provided with medicines and supplements. |
| 9 | Women Health check up camp & cancer Awareness lecture | 09/02/2024 | Women studies and development cell | Health check up, BP, sugar hemoglobin and HIV Test were done |
| 10 | Lecture on HIV / AIDS | 16/02/2024 | NSS Units I & II | Red Ribbon club organized and activity in association with district level Red Ribbon Club, Sector 6 Civil Hospital, Panchkula and NSS unit 1 and 2. The aim of this lecture was to create awareness among students about HIV AIDS - myths, causes and prevention. |
| 11 | Yoga Workshop | 26/02/2024 to 15/03/2024 | Physical Education Department | A 15 days yoga workshop was organized in which the students were trained in various yoga asans to prepare them for State Level Yoga Championship. |
| 12 | Inter Collegiate State Yoga Championship | 15/03/24 to 17/03/24 | Physical Education Department | A team comprising of 6 students from our college participated in the event. |
| 13 | World Health Day Celebration Activities | 08/04/2024 to 12/04/2024 | NSSI, II & Red Ribbon Club | <p>Following activities were organized on this occasion:</p> <ul style="list-style-type: none"> • A lecture on HIV AIDS was delivered by Mrs. Rachna Saini, Counselor District Red Ribbon club Panchkula, Civil Hospital Sector 6 Panchkula. • A poster making competition was organized and three best posters were selected and students were awarded. • A movie was shown on HIV/ AIDS to create awareness among volunteers. • Red Run activity was also organized. |

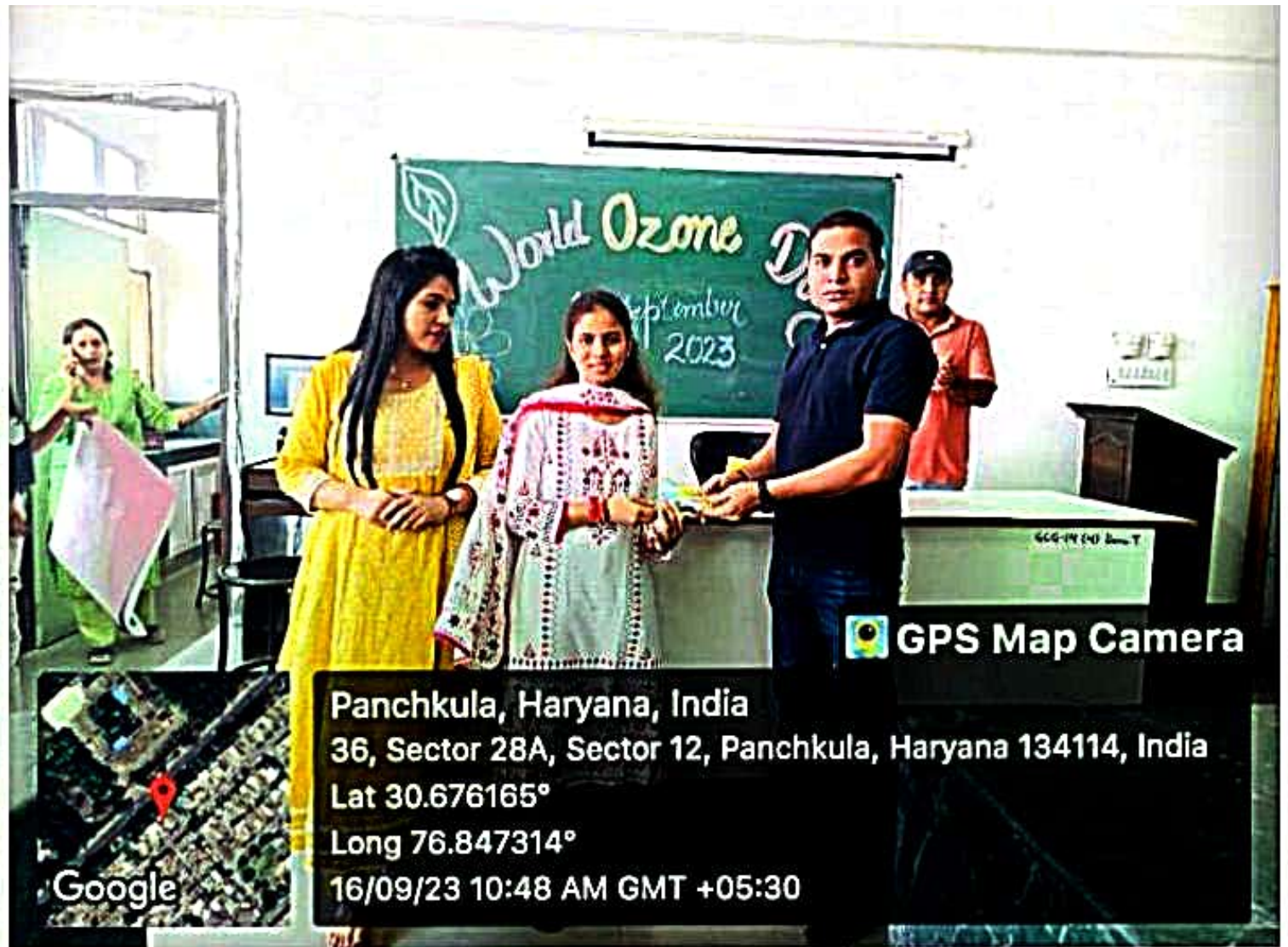
2.) Stay Fit and Healthy

To create awareness regarding potential health hazards & problems among the staff & students and to enhance the fitness & health consciousness, free medical check-up camps were organized and advice to the staff and students regarding fitness was given. Further, various guidance & counseling sessions by experts in the field of health fitness & medicine were conducted, which are mentioned below:

| Sr. No | Name of the activity | Date | Organizing Committee | Outcome |
|--------|--------------------------------------|--|---|--|
| 1 | Poster making competition | 11/09/2023 | NSS | A competition on the theme of Prevention of HIV AIDS was organised in association with Red Ribbon club. 5 best posters were chosen by District level Red Ribbon club team, Civil Hospital Sector-6 Panchkula |
| 2 | Menstrual Hygiene Awareness Campaign | 13/09/2023 | Women Studies and Development Cell | An awareness session was organized to inform the students about biological concept of menstrual cycle. |
| 3 | One Day Special Camp | 08/10/2023 | NSS Unit-I at Raily Village Sector 12-A Panchkula | One day special camp was organised by NSS unit I on 'Drug the de-addiction' theme following activities were organised: Poster making, Slogan Writing, Rally and Door to Door awareness campaign on drug de-addiction and NSS unit I volunteers presented Nukkad Natak on Nasha Mukti |
| 4 | One Day Training on HIV/AIDS | 20/10/2023 | NSS Units at Civil Hospital Sec-6 P.K.L | Volunteers participated in HIV AIDS training organized by District Red Ribbon club sector 6 Civil Hospital, Panchkula. NSS volunteers were trained on HIV AIDS and co-morbid disease |
| 5 | Women Health Education Seminar | 08/11/2023 | Women Studies and Development Cell | Seminar comprises thalassemia awareness, organ donation, stem cell donor registry, information about menstrual health and hygiene and anemia testing was organized |
| 6 | Physiotherapy Workshop | 08/01/2024 to 11/01/2024 and 24/01/2024-25/01/2024 | Women Studies and Development Cell | The workshop comprised of the following activities <ul style="list-style-type: none"> • Interactive session and practical application of physiotherapy techniques regarding the problem of cervical and spine. • Stretching exercises were shared and practiced. • Two girls have been trained as Master Trainers |
| 7 | Two day yoga camp | 24/01/2024-25/01/2024 | Women studies and development cell | Yoga camp was organized that includes : <ul style="list-style-type: none"> • Meditation to combat stress. • Women Empowerment through practice of yoga for overall health & well being |

| | | | | | |
|-----|---|--------------------------|----------------------------------|--|-----|
| 7. | Maintenance of Kitchen Garden | 23/12/2023 | Department of Botany | To maintain the kitchen garden in campus following activities were conducted: <ul style="list-style-type: none"> • Area selection in December 2023 • Ground Preparation of Plants beds in January 2024 • Germination of Seeds in February 2024 | 18 |
| 8. | Demonstrating Lecture on different type of composting | 06/01/2024 | Women Studies & Development Cell | A lecture on Harmful Effects of Fertilizers in Agriculture on Human Health was given by Dr. Rajesh Lather, DES, Horticulture department in which a demonstration on compost pit was given. A compost pit was dug and it was layered with dry leaves, cattle dung, kitchen waste and water was sprinkled on it. | 30 |
| 9. | Making of Compost Pit | 8/02/2024 | Eco Club | As a measure towards Solid Waste Management, a compost pit was formed in which kitchen waste including fruit & vegetable peels from the hostels were put and are being converted into manure. This is a new experience for many students and staff. | 17 |
| 10. | 7 days & night camp | 20/02/2024 to 26/02/2024 | | 7 days and night camp was organized from 20th Feb to 26 Feb 2024 on the theme of Atmanirbhar Bharat. This camp was organised in Raily village Sector 12A, Panchkula. Significant efforts were made to create awareness about environment protection, personal health and hygiene, drug free and polythene free environment | 100 |
| 11. | Paper bag making Workshop | 14/03/2024 to 16/03/2024 | IQAC | A fun filled creative activity was organized which inspired young students to contribute to mother nature by making paper bags and saying no to plastic bags . | 41 |

| Sr. No | Name of the activity | Date | Organizing Committee | Activities | No. of Students participated |
|--------|---|-------------------------|---|--|------------------------------|
| 1. | Tree plantation activity | 29/07/2023 | NSS unit 1 and unit 2 | Tree plantation was done in the college campus and a message was given that if we want to keep the environment clean, then it is necessary for every one to plant a tree. | 18 |
| 2. | Plantation drive | 21/08/2023 | Department of Geography and Eco club | A variety of tree species (more than 45) native to the region were carefully selected for planting ensuring their suitability to the local climate and eco system. Participants were educated about the significance of each tree species. | 80 |
| 3. | Poster Making Competition | 05/09/2023 | NSS | The volunteers exhibited great enthusiasm, creativity and dedication in creating thought - provoking posters addressing the specified themes such as NashaMukt Haryana, Environmental Conservation and Drug Addiction | 78 |
| 4. | Slogan writing & Poster Making Competition | 15/09/2023 & 16/09/2023 | Department of Geography Psychology Economics & Eco Club | Slogan writing & Poster Making Competition were organized to create awareness regarding protection of Ozone Layer on the eve of World Ozone Day | 42+32 =74 |
| 5. | An interactive session on Disaster Management | 04/10/2023 | Department of Geography and Eco club | Dr. Jagbir Singh from Delhi University, renowned expert in the field of Disaster Management was the key note speaker for the event. Lecture was informative and served the purpose as a reminder of the critical need for disaster preparedness and sustainable practices in our rapidly changing world. | 140 |
| 6. | One day special camp | 15/10/2023 | NSS | One day special camp was organized to beautify the area near hostel no 2 by uprooting the grass and leveling the space | 100 |



Panchkula, Haryana, India
36, Sector 28A, Sector 12, Panchkula, Haryana 134114, India
Lat 30.676165°
Long 76.847314°
16/09/23 10:48 AM GMT +05:30

The World Ozone day is celebrated on September 16th.

Posted on 23/11/2023

Botany Department Activity (September, 2023) Report on Poster making and Slogan Writing Competition on "Ozone Layer Depletion and its Replenishment" The World Ozone day is celebrated on September 16th of every year serves as a reminder of the importance of international cooperation in addressing environmental issues and the need to continue protecting the ozone layer for the wellbeing of current and future generations. As a result of Ozone depletion, the degradation of our environment has gone up at an alarming rate. In this respect, a poster making and slogan writing competition was organized on the theme "Ozone layer depletion and its replenishment" by Botany Department on 16th September, 2023 to raise awareness about the importance of ozone layer preservation and promote environmental consciousness among the students as well as teachers. 26 students of B.Sc. Medical participated in the competition. Students have 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. Students



Panchkula, Haryana, India

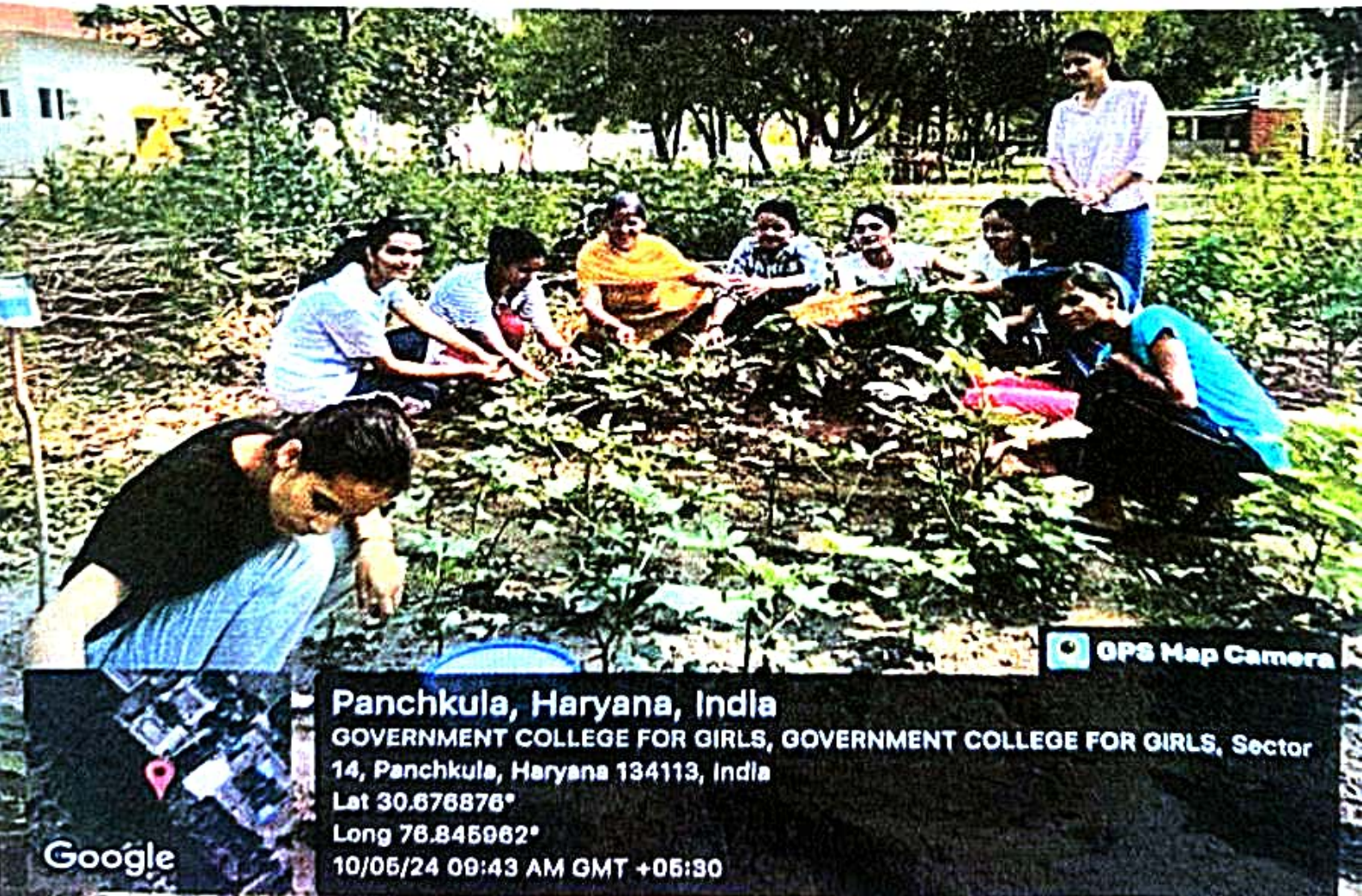
GOVERNMENT COLLEGE FOR GIRLS, GOVERNMENT COLLEGE FOR GIRLS, Sector 14,
Panchkula, Haryana 134113, India

Lat 30.87679°

Long 76.845957°

10/05/24 09:34 AM GMT +05:30

GPS Map Camera



Panchkula, Haryana, India

GOVERNMENT COLLEGE FOR GIRLS, GOVERNMENT COLLEGE FOR GIRLS, Sector
14, Panchkula, Haryana 134113, India

Lat 30.676876°

Long 76.845982°

10/05/24 09:43 AM GMT +05:30

GPS Map Camera

Google



Teena
INCHARGE

Dr.
PRINCIPAL





 **GPS Ma**

Panchkula, Haryana, India
GOVERNMENT COLLEGE FOR GIRLS, GOVERNMENT
Sector 14, Panchkula, Haryana 134113, India
Lat 30.677084°
Long 76.846899°
13/09/23 11:31 AM GMT +05:30



GPS Map

Panchkula, Haryana, India
GOVERNMENT COLLEGE FOR GIRLS, GOVERNMENT C
Sector 14, Panchkula, Haryana 134113, India
Lat 30.877152°
Long 76.846943°
08/11/23 12:37 PM GMT +05:30



GPS Map

Panchkula, Haryana, India
134, Sector No 14 Rd, Sector 14, Panchkula, Hary
Lat 30.877152°
Long 76.846943°
08/11/23 12:18 PM GMT +05:30



GPS Map

Panchkula, Haryana, India
GOVERNMENT COLLEGE FOR GIRLS, GOVERNMENT C
Sector 14, Panchkula, Haryana 134113, India
Lat 30.877152°
Long 76.846943°
08/11/23 12:40 PM GMT +05:30



GPS Map

Panchkula, Haryana, India
2830, Sector 14, Panchkula, Haryana 1341
Lat 30.877152°
Long 76.846943°
08/11/23 01:01 PM GMT +05:30



GPS Map

Panchkula, Haryana, India
GOVERNMENT COLLEGE FOR GIRLS, GOVERNMENT C
Sector 14, Panchkula, Haryana 134113, India
Lat 30.877152°
Long 76.846943°
08/11/23 12:38 PM GMT +05:30



GPS Map

Panchkula, Haryana, India
GOVERNMENT COLLEGE FOR GIRLS, GOVERNMENT C
Sector 14, Panchkula, Haryana 134113, India
Lat 30.877152°
Long 76.846943°
08/11/23 12:37 PM GMT +05:30



GPS Map

Panchkula, Haryana, India
GOVERNMENT COLLEGE FOR GIRLS, GOVERNMENT C
Sector 14, Panchkula, Haryana 134113, India
Lat 30.877152°
Long 76.846943°
08/11/23 12:38 PM GMT +05:30



GPS Map

Panchkula, Haryana, India
134, Sector No 14 Rd, Sector 14, Panchkula, Hary
Lat 30.877152°
Long 76.846943°
08/11/23 12:18 PM GMT +05:30

Women Studies and Development Cell organized a "Women Health Education Seminar" on 8/11/23.

Started on 23/11/2023

The seminar comprised thalassemia awareness, organ donation, stem cell donor registry, menstrual health and hygiene and anaemia testing. The



Jay Physiotherapy Workshop by Women Cell

held on 31/01/2024

Women Studies and Development Cell organized a Sar Day "Physiotherapy Workshop" from 8.1.24 to 11.2.24 and 24.1.24 to 25.1.24 under the guidance of renowned physiotherapist - Mr. Mahendra. The workshop had the active participation of around 16 students from all the streams.





