

Department of Computer Science

Activities Conducted for Session 2023-24

1. **Reel Making Competition on Virtual Tour of the College Campus** organised on 11 September, 2023. The theme of the competition was on Virtual Tour of the college Campus. Students of BCA IInd year and BCA IIIrd year participated in the competition. Ms. Suman Bhambu (Department of Home Science) and Ms. Honey Garg (Department of Commerce) presided over the competition for judgement of competition. Harshita and Aishwarya from BCA II stood 1st in the competition, Maya and Rubi from BCA IIIrd stood 2nd in the competition, Mehak and Sejal stood 3rd in the competition. The certificates were given by the Principal Ms. Ritu Yadav.
2. **Seminar on “Navigating Success in IT Industry” to celebrate Engineers Day** on 15th September 2023. The lecture was given by Ms. Rashi Garg and Mr. Rai on the topic "Navigating Success to in IT Industry" to bridge the industry academia gap. This seminar was conducted by Hit Bulls Eye Group, Mohali and career guidance was given to the BCA students for expanding their horizon in different fields like MBA, MCA, IT and Government Sector. 61 students of BCA attended and benefitted from this seminar.
3. **An awareness session on “Skill Development”** was organized in collaboration with Department of Chemistry and Placement Cell at Govt. P.G. College for Women, Sector -14, Panchkula on 13th October, 2023. Emphasize was given to both technical and non-technical aspects for students, depending upon their subjects to provide opportunity in freelancing. The lecture was a great success as it helped the students to know about a new platform through which they can acquire digital and marketing skills.
4. **Power Point Presentation on “latest Trends in Computer Science”** was organized on October 16, 2023. Students of BCA 1st Sem, BCA 3rd Sem and BCA 6th Sem participated in the competition. Kanak of BCA 3rd Sem stood 1st in the competition, Janvi of BCA 1st Sem stood 2nd in the competition, Pinki of BCA 3rd Sem stood 3rd in the competition. The certificates were given by the Principal Ms. Ritu Yadav.
5. **A six-day workshop** from 2nd to 8th January 2024 was organized in collaboration with IQAC, on the topic **“Computer proficiency” for the non-teaching staff**. The resource person in this workshop were Dr. Anita Soni, Ms. Sapna, Ms. Anita Yadav and Ms. Jasvir Kaur. The program was a great success as all non-teaching staff learnt something new and interesting. All the sessions were quite informative and fruitful.
6. **Poster Making Activity on “Latest Trends of Artificial Intelligence”** was organized on January 18, 2024. Students of BCA 4th Sem, BCA 6th Sem participated in the competition. Aishwarya and Mahak of BCA 4th Sem stood 1st in the competition, Swati of BCA 6th Sem stood 2nd in the competition, Anchal and Charu of BCA 4th Sem stood 3rd in the competition. Activity helped the students to study the latest trends and techniques of Machine Learning in the field of Artificial Intelligence.
7. **A seminar on “Graphic Designing”** in collaboration with Placement Cell was organized on 21 March, 2024 under the guidance of our principal Dr. Richa Setia. The seminar was hosted by Er. Harinder Singh and Er. Davinder Singh, CADD Centre, Sector-11 Panchkula. 56 students attended and benefitted from this seminar.


Incharge, Computer Science

Entrepreneurial Development Cell
Independent of Institute
Entrepreneurship
Assessment



Department of Computer Science
 invites you for
Reel Making Event
 On the theme
**"Virtual Tour of
 College Campus"**

DATE :- 11 Sept, 2023
 TIME :- 12:00 PM
 VENUE :- Lab - 210

Jury Members
 1. Dr. Suman Bhamtha
 2. Mr. Manoj Garg

invitation

of us

Canva

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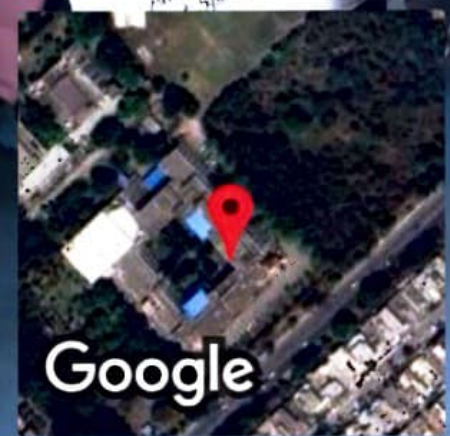
Panchkula, Haryana, India

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

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Long 76.847099°

18/01/24 02:24 PM GMT +05:30



Google

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136, Sector No 14 Rd, Sector 14, Pan

Report

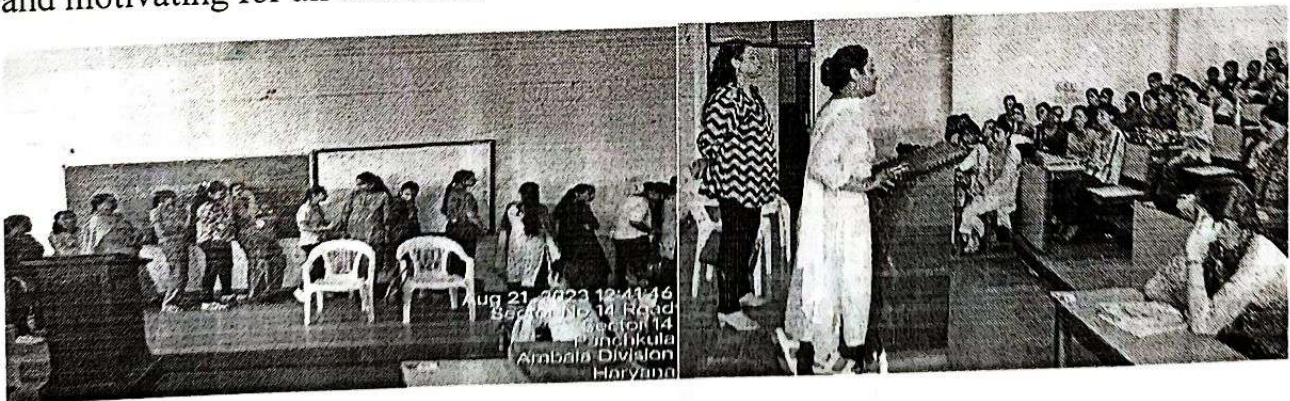
Celebrating World Entrepreneurship Day

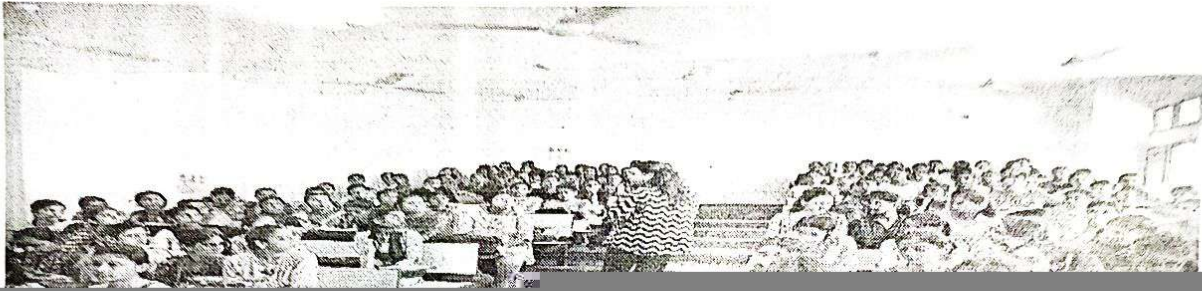
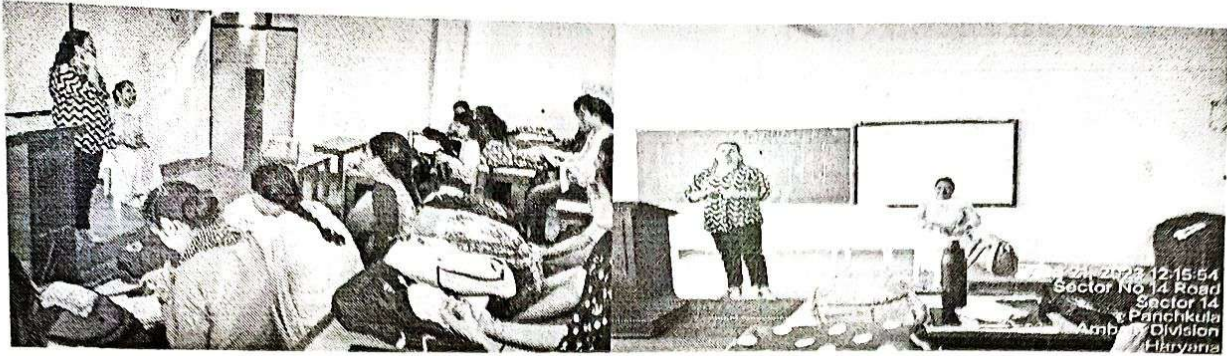
On the eve of World Entrepreneurship Day, an enlightening awareness session on the topic “Igniting Innovation: Nurturing Tomorrows Entrepreneurs” was conducted under the able guidance of respected Ms. Ritu Yadav, officiating Principal, Govt. PG College Sector 14, Panchkula, on 21st August 2023, by the Entrepreneurship Development Cell of the college in association with Startup Incubator Centre of Excellence, Sector-1, Panchkula.

The session aimed to inspire and educate young minds about the world of entrepreneurship and the opportunities it holds. The event organiser and convenor of ED Cell Ms. Honey Garg guided the students to understand the importance and objective of celebrating World’s Entrepreneurship Day. Ms. Tanushree Chandra, Centre Head of Startup Incubator Centre of Excellence, Panchkula, and Mr. Pankaj Singh, Outreach Coordinator, Panchkula, were the esteemed speakers who graced the event. They shared valuable insights on the essence of entrepreneurship, its role in fostering innovation, and its impact on economic growth.

The event witnessed enthusiastic participation from 133 students, showcasing their eagerness to explore entrepreneurial ventures. The speakers engaged the attendees with their knowledge and experiences, discussing the significance of creative thinking, problem-solving, and perseverance in the entrepreneurial journey. They also shed light on the resources and support available through the Startup Incubator Centre of Excellence for those looking to embark on their entrepreneurial path.

The awareness session on World Entrepreneurship Day successfully ignited the spirit of entrepreneurship among the students, encouraging them to think beyond conventional boundaries and consider the possibilities of innovative ventures. The collaborative effort of the EDC Cell, Startup Incubator Centre of Excellence, and the Department of Higher Education played a pivotal role in making the event insightful and motivating for all attendees.





Report

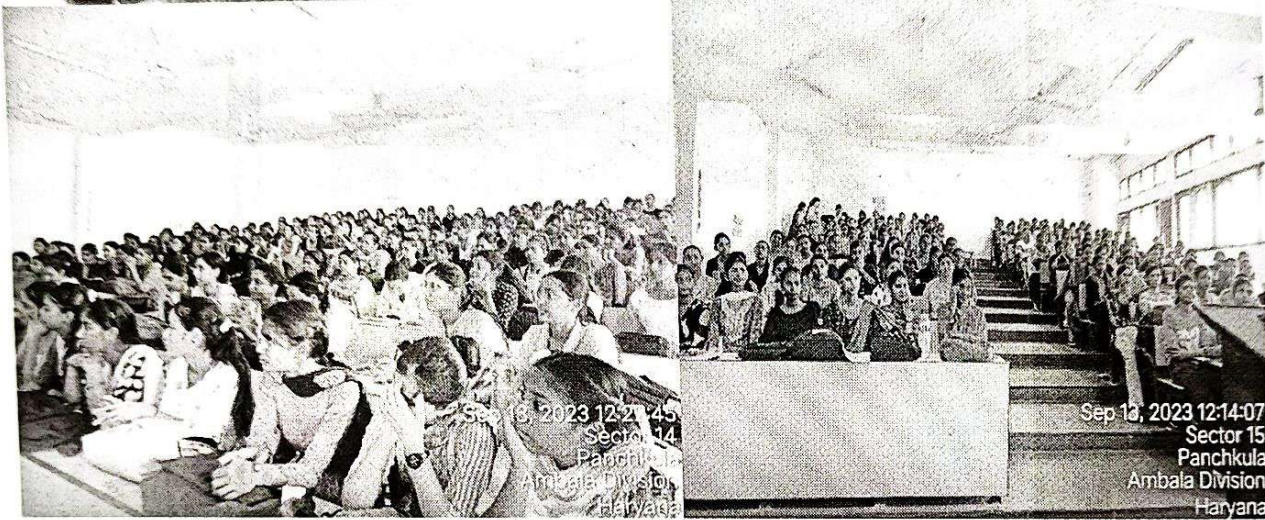
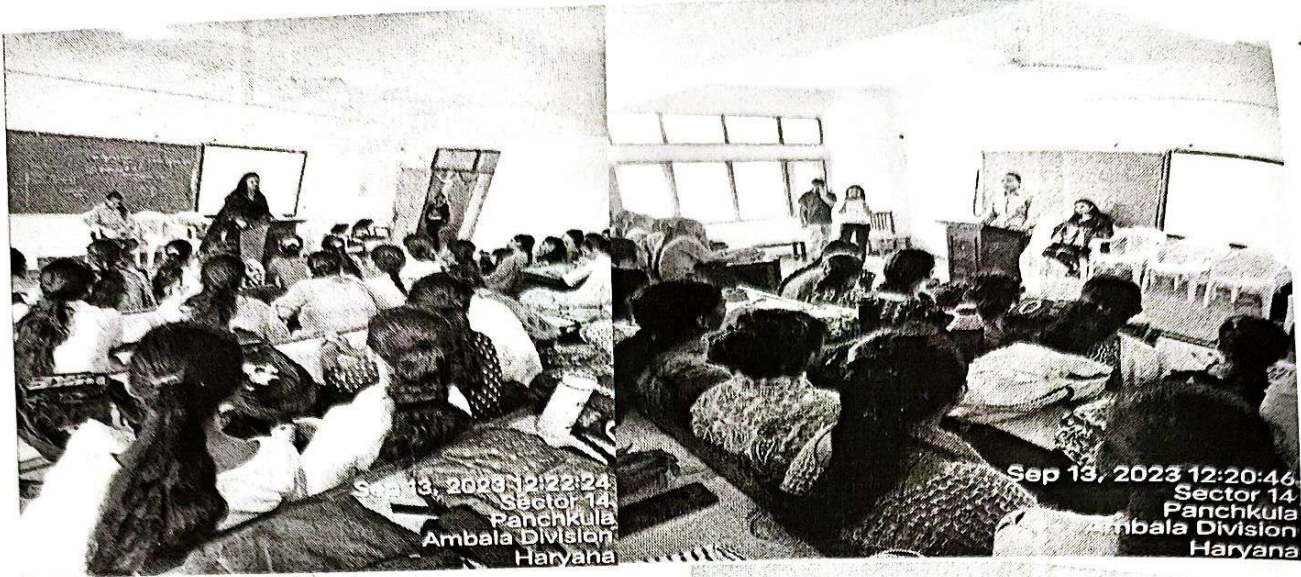
Boot camp on creating awareness regarding Entrepreneurship and the Mega Startup Weekend

On 13th Sep. 2023, a boot camp was organized under Entrepreneurship Development Cell of the college. The session was facilitated by Ms. Honey Garg, ED Cell Convenor, along with her committee members, under the guidance of Dr. Ritu Yadav, officiating Principal of Govt. P.G. College for Women Sector 14, Panchkula. The session was conducted offline and was led and driven by Mrs. Tanushree Chandra, Centre Head, and Mr. Pankaj Singh, Outreach Coordinator, from the Startup Incubator cum Centre of Excellence team, Sector-14, Panchkula.

The main objective of the session was to edify the understudies about the Business venture and the forthcoming Mega Startup Weekend in Panchkula. This event marks the first of its kind in the region and promises to be a game-changer for the students who need to begin something of their own. Ms. Honey Garg, Convenor ED Cell started the session with encouraging the students to take initiative and to work on the problems, they are facing in their day to day life and explore the hidden business opportunities behind them to star-up their own business, then she welcomed the speaker along with her team and then Mrs. Tanushree Chandra started with a prologue to the Super Startup Occasion, underlining its importance as a special stage for growing understudy business visionaries to exhibit their imaginative thoughts and interface with industry specialists.

The session was interactive, and activity based. Students were asked to make charts showing their ideas to start a new business and presenting the same. The session highlighted the importance of networking and building professional relationships in the startup world. Students were encouraged to participate and register in the event to get connected with mentors, investors, and like-minded peers at the upcoming event. The session expected to make mindfulness about the huge open doors and assets accessible in the field of business, with an emphasis on the forthcoming Mega Startup Weekend in Panchkula.





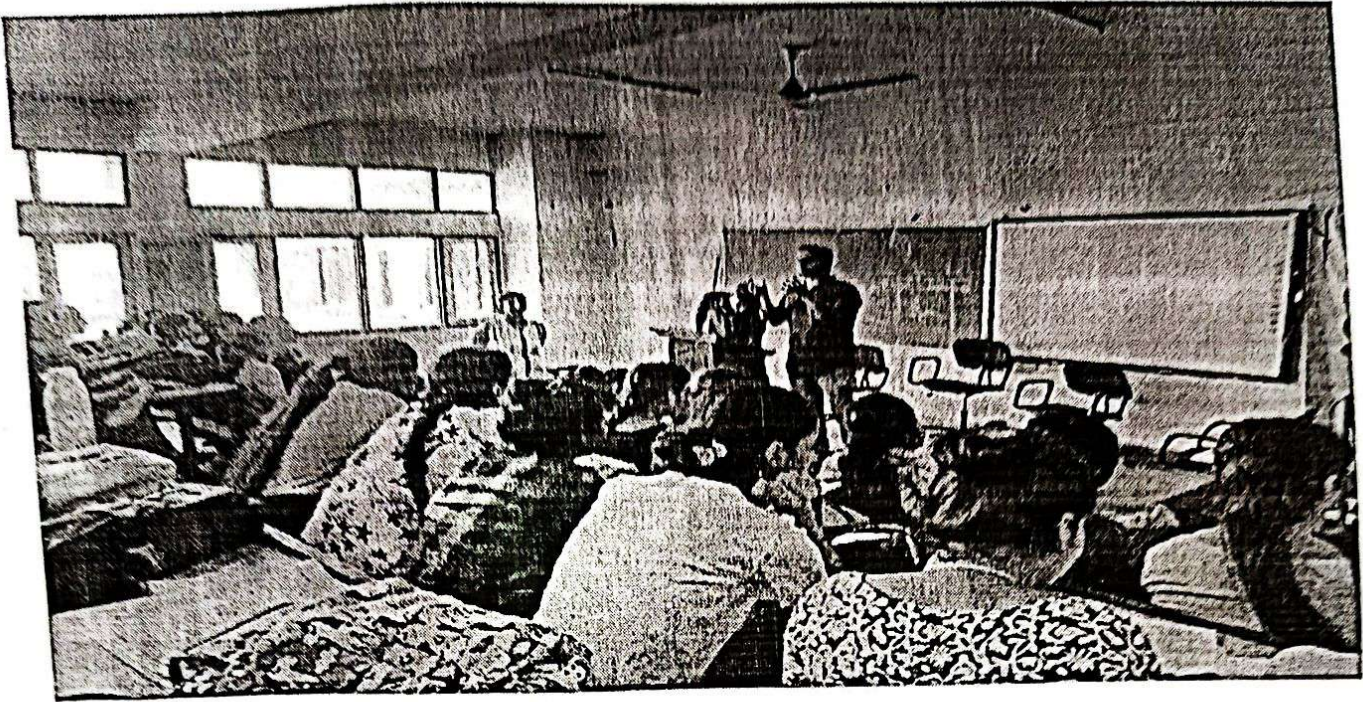
The event witnessed enthusiastic participation from 165 students, showcasing their eagerness to explore entrepreneurial ventures. The session also helped to raise awareness of the mega startup weekend, which is an event that provides a platform for aspiring entrepreneurs to develop their ideas and connect with potential mentors and investors.

Aray
Convener ED Cell

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

Report

“Career Guidance and Training Programme”



Placement cell of the college in association with Entrepreneurship Development Cell organized a two days career Guidance and training programme in collaboration with HD Education Sector-11 Panchkula on 27th and 28th September, 2023. Mr Harish Kumar Dubey, director of HD Education and Mr Gaurav Kumar conducted this two days career guidance and training programme. During this training programme, schedule and procedure of different competitive exams e.g. SSC, HSSC, IBPS, UPSC were discussed in detail, resource person focused on reasoning and general studies part of the competitive exams. On concluding day aspects of Digital Marketing and web designing were also discussed. Total 126 students were benefitted from the programme.

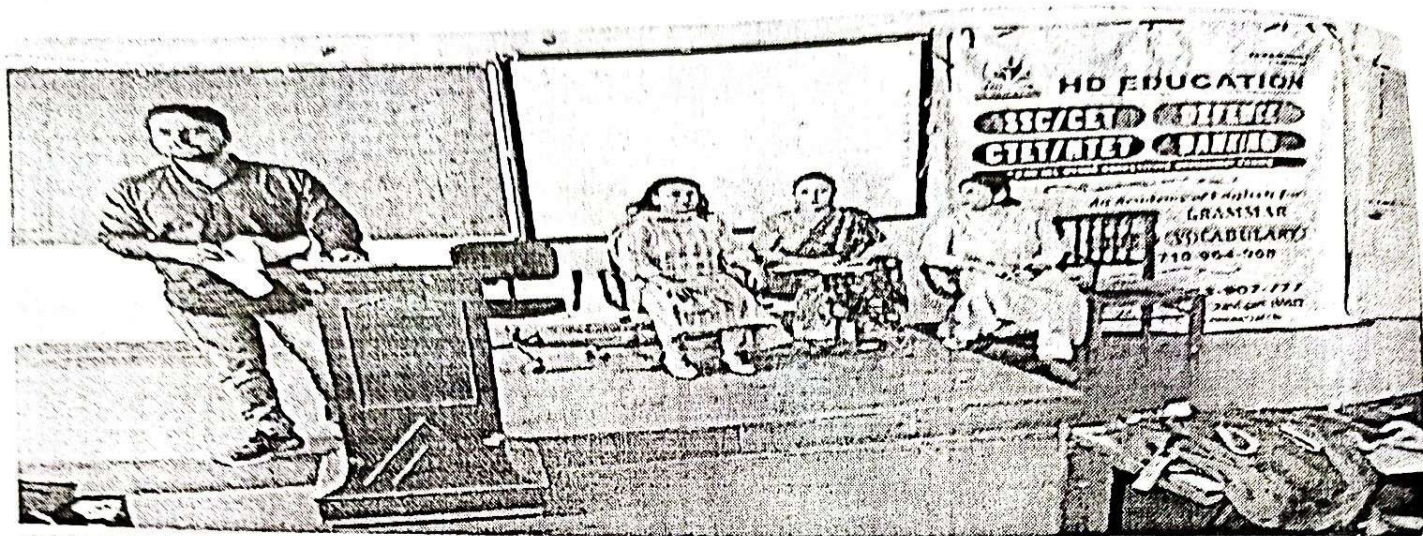
At the end of the programme vote of thanks was presented by Dr Madhu placement cell convener and all the other members of both the committees, Ms. Honey Garg, Ms. Rani Jindal, Ms. Seema, Ms. Kavita, Dr. Priyanka and Ms. Laksha were also present during the program.

Madhu
In-Charge
Placement Cell

Qi
Principal

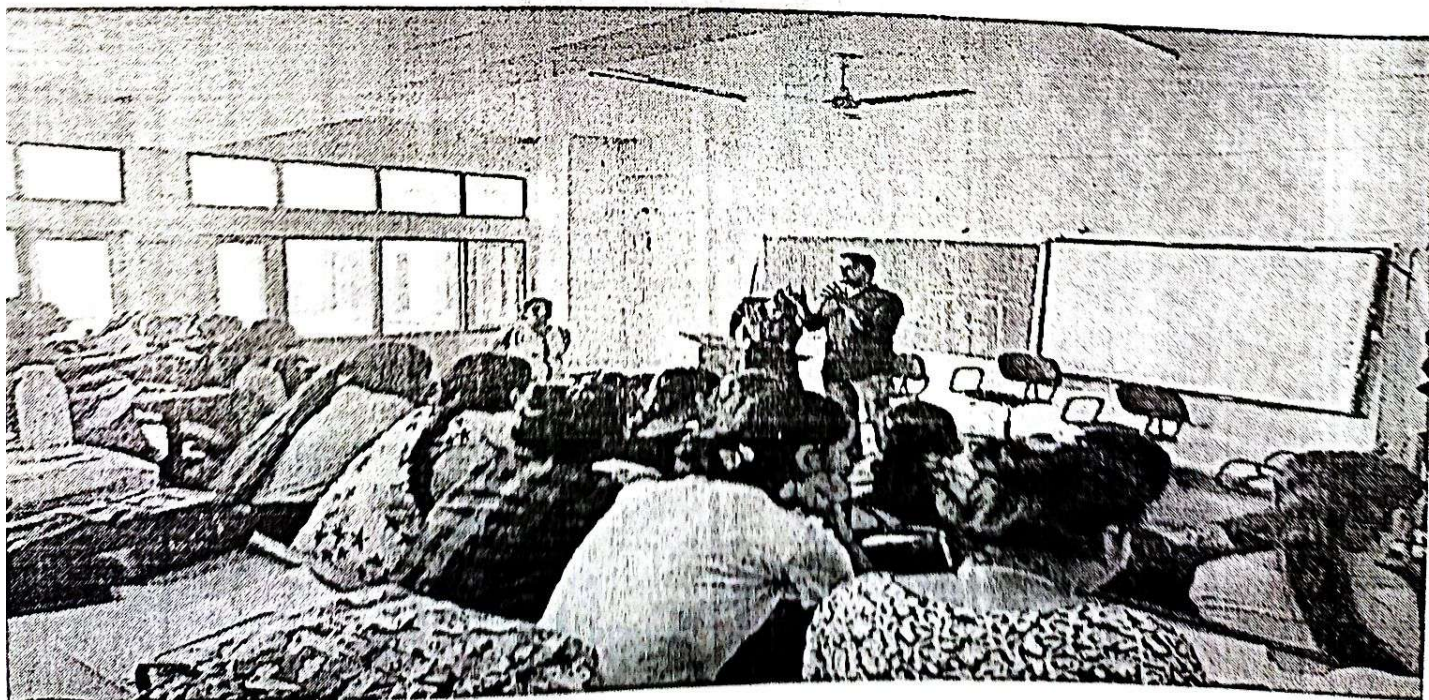
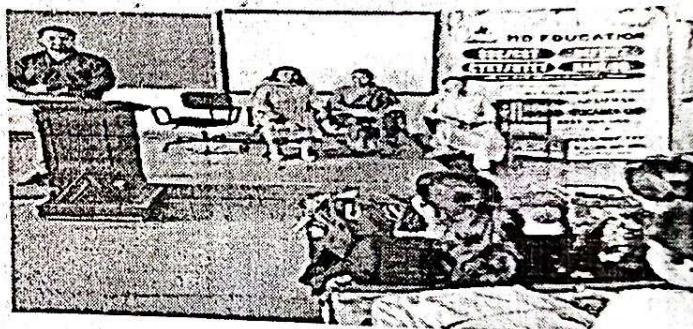
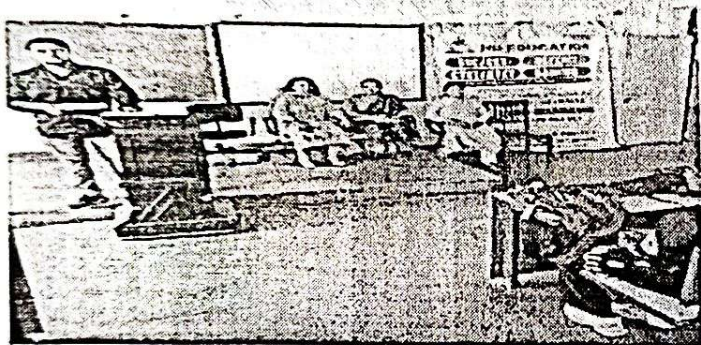
Glimpse of Pictures

"Career Guidance and Training Programme"



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Wednesday, 27 September 2023 at 10:17:29 AM

Govt PG College for women sec 14 Panchkula
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Madhu

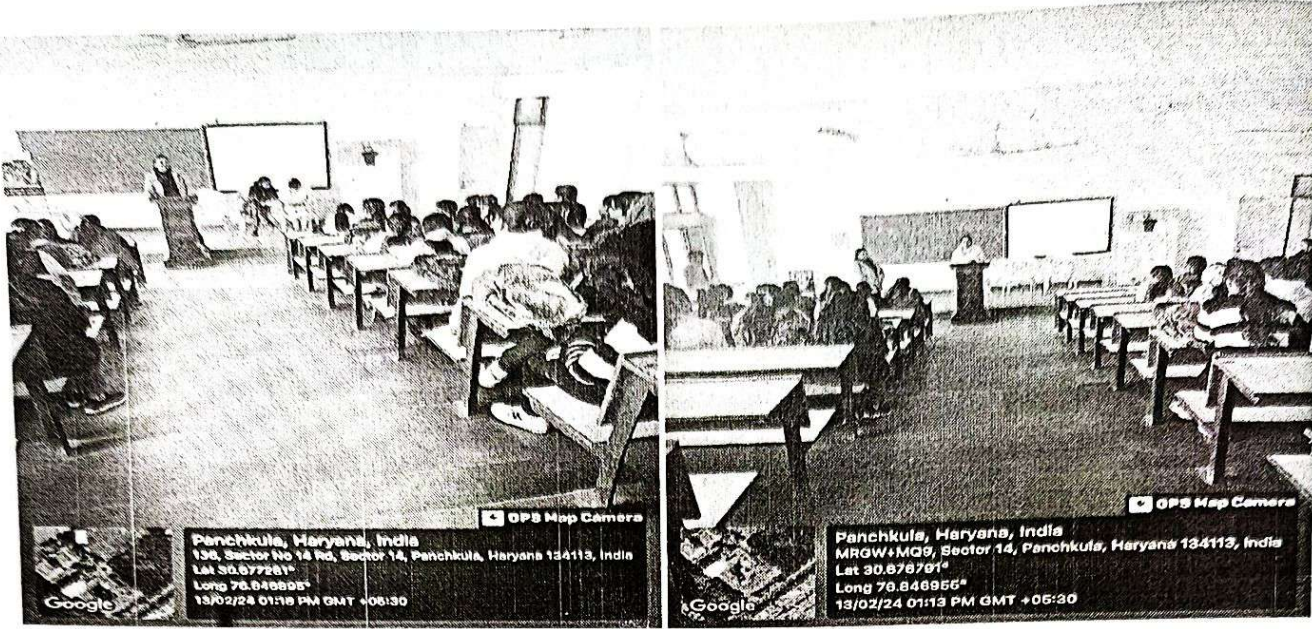
Report on Awareness Session: "Pragati" Scheme an initiated by SACC

DATED: 13/02/2024

An insightful awareness session was organized on February 13, 2023, at Govt. P.G. College for Women, Sector 14, Panchkula, under the collaborative efforts of the Entrepreneurship Cell and Commerce Subject Society in association with the Startup Incubation Center of Excellence, Sector 1, Panchkula. The event aimed to enlighten students on entrepreneurship and startup opportunities. The initiative was conducted under the guidance of Dr. Richa Setia, the principal of the college and led by Ms. Honey Garg, Convenor of ED Cell. The session was hosted by Ms. Tanushree Chandra. She focused on creating awareness about the "Pragati" scheme launched by SACC, India.

During the session, students were informed about the Pragati scheme, which offers a substantial equity-free seed grant of 15 lakhs, an initiative under SACC, India, sponsored by HDFC Bank . Ms. Tanushree Chandra effectively communicated the key aspects of the scheme and emphasizing its potential impact for encouraging entrepreneurial ventures among students. Mr. Pankaj from her team further elucidated on the process of generating viable business ideas and launching them through the Startup Incubator Center.





Total of 97 students from diverse academic streams actively participated in the session, gaining valuable insights into the world of entrepreneurship. The session was ended with vote of thanks by Ms Sushila, HOD, Commerce Department .The event successfully achieved its objectives, creating awareness and sensitizing students to the opportunities and support available for initiating their own startups.

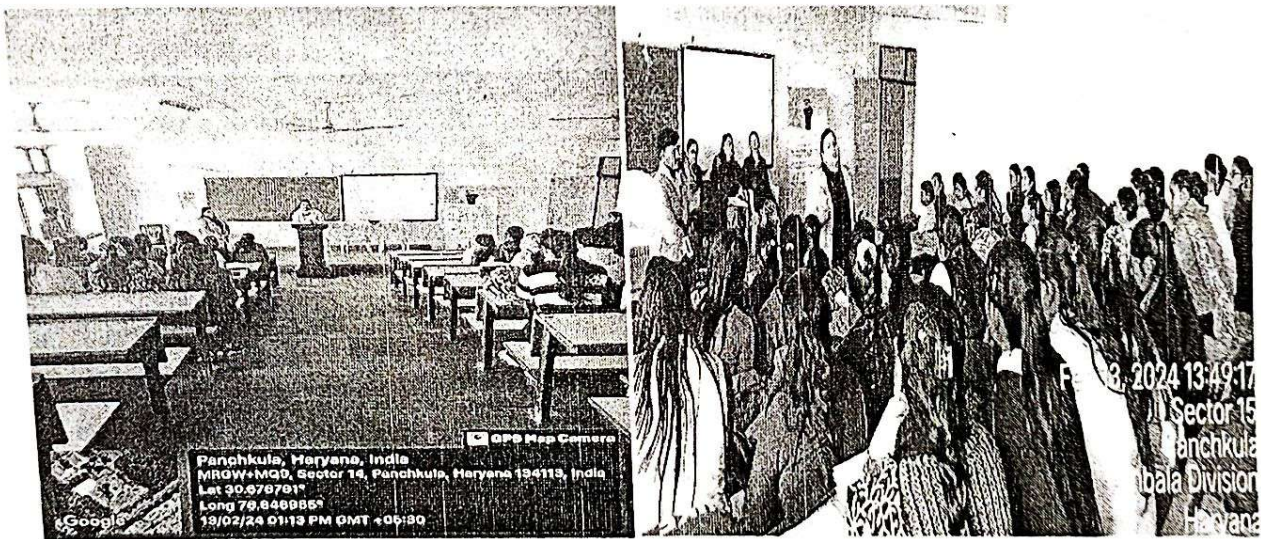
Arif
Convener ED Cell

Sushila
HOD Commerce Dept.

Ali
16/2/24
Principal
Govt. P.S. College for Women
Panchkula

Report of ED Cell in Compliance of IQAC meeting held on 08/11/2023

In compliance of IQAC meeting held on 08/11/2023, an insightful awareness session was organized on February 13, 2023, at Govt. P.G. College for Women, Sector 14, Panchkula, by the Entrepreneurship Development Cell of the college in association with the Startup Incubation Center of Excellence, Sector 1, Panchkula. The event aimed to enlighten students on entrepreneurship and startup opportunities. The initiative was conducted under the guidance of Dr. Richa Setia, the principal of the college and led by Ms. Honey Garg, Convener of ED Cell. The session was hosted by Ms. Tanushree Chandra. She informed the students about the Pragati scheme, which offers a substantial equity-free seed grant of 15 lakhs, an initiative under SACC, India, sponsored by HDFC Bank. Total of 97 students from diverse academic streams actively participated in the session, gaining valuable insights into the world of entrepreneurship.



Honey Garg
Convener ED Cell

Richa Setia
Principal
Govt. P.G. College for Women
Panchkula
Haryana



Feb 13,

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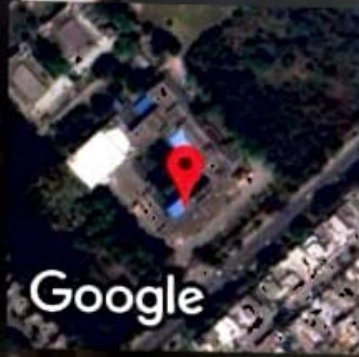
Panchkula, Haryana, India

MRGW+MQ9, Sector 14, Panchkula, Haryana 134113, India

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Panchkula, Haryana, India

136, Sector No 14 Rd, Sector 14, Panchkul

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Govt. P.G. College for Women
Sector-14, Panchkula
Session: 2024-25
Activity Report February, 2024

Name of the Event: Embroidery Competition

Date: February 29, 2024

Venue: 216 (Home Science Lab)

Time: 1:00 onwards

The Department of Home Science organized a vibrant and engaging Hand Embroidery Competition on February 29, 2024, to cultivate and showcase the creative skills of students. The event aimed to encourage artistic expression and foster a sense of community within the department.

Competition Highlights:

A theme centered around the fusion of traditional and contemporary embroidery styles was chosen, providing participants with a broad and exciting canvas for their creativity. The competition saw enthusiastic participation of the students. Participants displayed a diverse range of hand embroidery techniques, including but not limited to, cross-stitch, chain, running, satin stitch and many more. The competition served as a platform for students to exhibit their proficiency in different forms of this traditional craft. The department's premises transformed into a gallery of creativity, adorned with colorful and intricately embroidered pieces. The variety of themes and designs showcased the versatility and imaginations of the participants. Around 25 students participated in this competition. Dr. Kanchan (Associate Professor of Mathematics) & Dr. Sudesh (Associate Professor of Commerce) were the judges. First prize was won by Robini, a student of B.Sc. (Home science) VI SEM, second to Aarti and Tamanna and Third prize to Rupal and Aastha. Winners were felicitated with certificates, and recognition for their outstanding contributions. This acknowledgment aimed to motivate participants and celebrate their dedication to the art of hand embroidery.

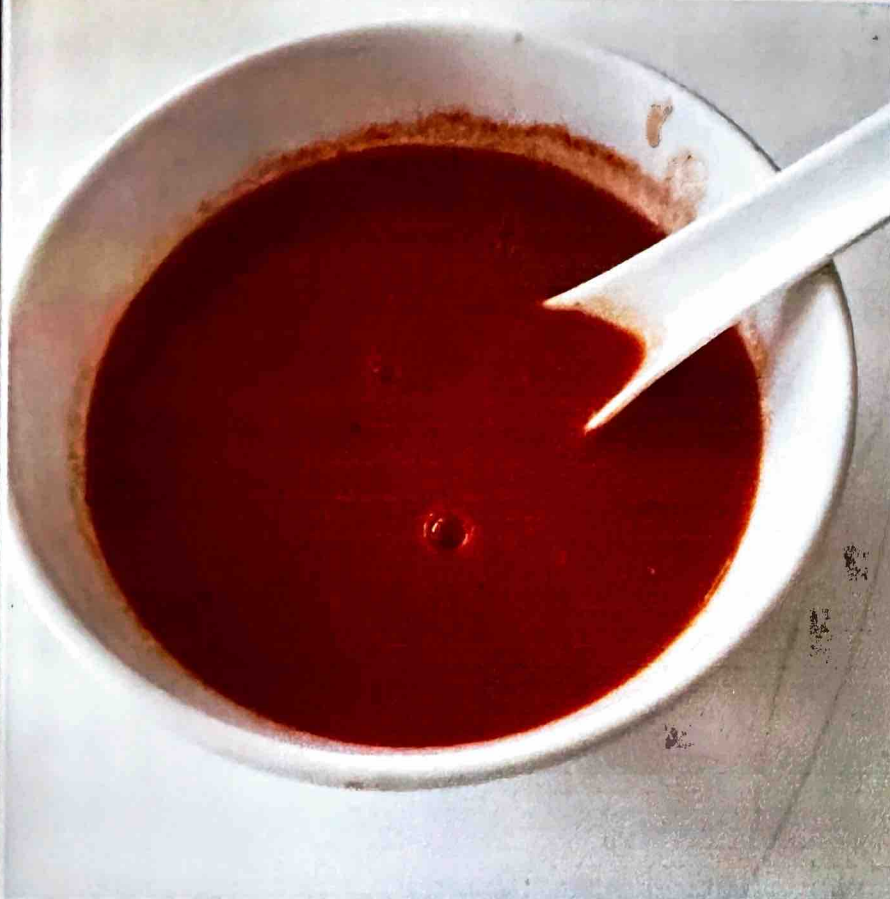
Feedback and Impact:

Participants expressed gratitude for the chance to showcase their talents. The event not only provided a platform for showcasing artistic talents but also contributed to building a vibrant and supportive community within the department. Such initiatives play a crucial role in nurturing students' creative abilities and enhancing the overall academic experience.


Suma
HOD
(Home Science)


Principal


**Nutritious and Healthy recipe making activity “Healthy Bite Challenge” on
March 21, 2024**




**Govt. P.G. College for Women
Sector-14, Panchkula
Session: 2023-24
Activity Report: March, 2024**

Name of the Event: Nutritious and Healthy recipes making activity
Date: 21/03/2024
Venue: 218 (Food Science lab)
Time: 1:00 pm onwards

Department of Home Science organised a Nutritious and Healthy recipes making activity named as "Healthy Bite Challenge" on March 21, 2024. In this activity students prepared healthy and delicious recipes such as sandwiches, Chilla of (Ragi, Bottle guard, Besan) soup, Paratha with less oil, without cream and mayonnaise. Students used millets in their recipes to enhance the nutrition value. Around 25 students participated in the activity. After preparation students displayed all recipes in presentable manner.


HOD
(Department of Home Science)
(Dr. SUMAN)


Principal
Govt. P.G. College for women
Sector-14, Panchkula



Govt. P.G. College for Women
Sector-14, Panchkula
Session: 2024-25
Activity Report January, 2024

Name of the Event: Fine Art workshop (Mandala Art)

Date: January 25, 2024

Venue: 216 (Home Science Lab)

Time: 1:00-2:00pm

The Department of Home Science hosted a one-day fine art workshop centered around Mandala art, organized by a distinguished alumna who is a former student of the department and is currently pursuing M.Sc. within the college on January 25, 2024. The event aimed to foster creativity, relaxation, and a sense of community among participants through the exploration of this intricate and therapeutic art form. The workshop was conducted under the supervision of respected Dr. Suman Bhambu (Head of the Department).

Workshop Highlights:

1. ****Opening Session: ****

- The workshop began with an inspiring opening session by the alumna, highlighting the significance of Mandala art and its potential benefits for personal well-being.

2. ****Interactive Sessions: ****

- Participants engaged in hands-on, interactive sessions guided by the alumna, where they learned various techniques to create Mandalas. These sessions encouraged self-expression and allowed individuals to explore their artistic abilities.

3. ****Meditative Experience: ****

- A meditative experience was integrated into the workshop, emphasizing the calming and centering effects of creating Mandalas. This session aimed to promote mindfulness and stress relief.

4. ****Closing Remarks: ****

- The workshop concluded with a reflection on the day's activities and the alumna expressing gratitude for the opportunity to reconnect with her alma mater. Participants were encouraged to continue exploring Mandala art as a means of self-expression and relaxation.

Feedback and Impact:

- Around 50 students participated in this workshop. They provided positive feedback, expressing appreciation for the workshop's immersive and inclusive nature. Many noted a heightened sense of well-being and relaxation as a result of engaging in Mandala art. The event successfully cultivated a supportive artistic community within the Home Science Department

Suman.
HOD

(Home Science)

[Signature]
Principal

(DR. SUMAN)

Exhibition named as “Domestic Innovation Showcase” on October 6,2023



एक्टिविटी रिपोर्ट
गृह विज्ञान विभाग
माह: अक्टूबर, 2023

राजकीय स्नातकोत्तर कन्या महविद्यालय, सेक्टर -14, पंचकूला में गृह विज्ञान विभाग द्वारा संवादात्मक सत्र एवं प्रदर्शनी का आयोजन किया गया। इस आयोजन में विशेष अतिथि के रूप में माननीय महोदया डॉ अंजू मनोचा ने उच्च शिक्षा निदेशालय की संयुक्त निदेशक के रूप में कार्यक्रम की शोभा बढ़ाई। गृह विज्ञान की विभागाध्यक्ष डॉ सुमन भांबू ने अतिथि डॉ अंजू मनोचा जी का हार्दिक स्वागत किया। इस अवसर पर महाविद्यालय की प्राचार्या डॉ ऋतु यादव ने डॉ अंजू मनोचा जी को उपहार भेंट किया।

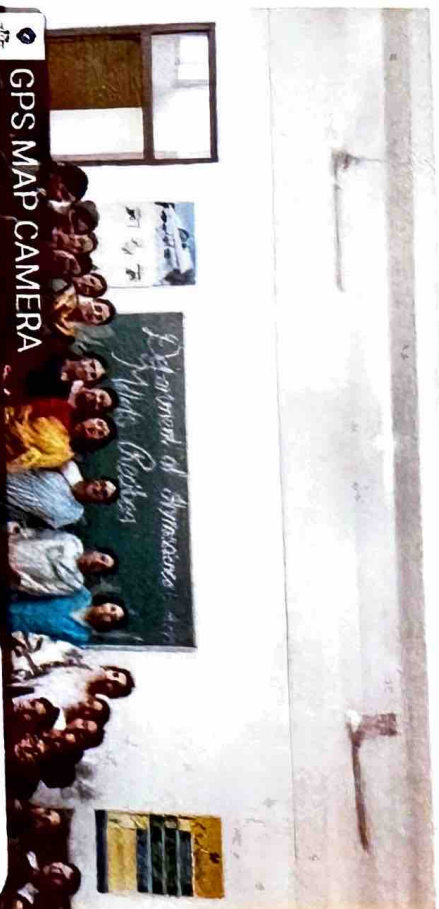
महोदया के द्वारा गृह विज्ञान की छात्राओं के लिए भविष्य में क्या क्या संभावनाएं हो सकती है, इस विषय पर प्रकाश डाला गया। महोदया ने छात्राओं को गृह विज्ञान विषय की महत्ता समझाई साथ में यह भी समझाया की किस प्रकार वे इस विषय के ज्ञान से अपनी आजीवका चला सकती है एवं खुद को स्वावलंबी बना सकती हैं। महोदया ने छात्राओं के विभिन्न प्रश्नों के उत्तर देते हुए हर पहलू को बहुत सरल शब्दों में समझाया।

गृह विज्ञान की छात्राओं के द्वारा प्रदर्शनी का आयोजन किया गया जिसका उद्घाटन महोदया डॉ अंजू मनोचा के करकमलों से किया गया। जिसमें छात्राओं के द्वारा घरेलू स्तर पर उपलब्ध सामान से तरह तरह के नवीनतम साज सज्जा की वस्तुएं तैयार की गईं। इसमें गृह विज्ञान की सभी छात्राओं ने बढ़ चढ़ भाग कर लिया। महोदया ने छात्राओं के इस प्रयास को बहुत सराहा। इस कार्यक्रम में गृह विभाग के सभी सदस्य एवं छात्राएं उपस्थित रही। अंत में विभागाध्यक्ष डॉ सुमन भांबू ने महोदया सहित सभी उपस्थित सदस्यों का धन्यवाद किया।

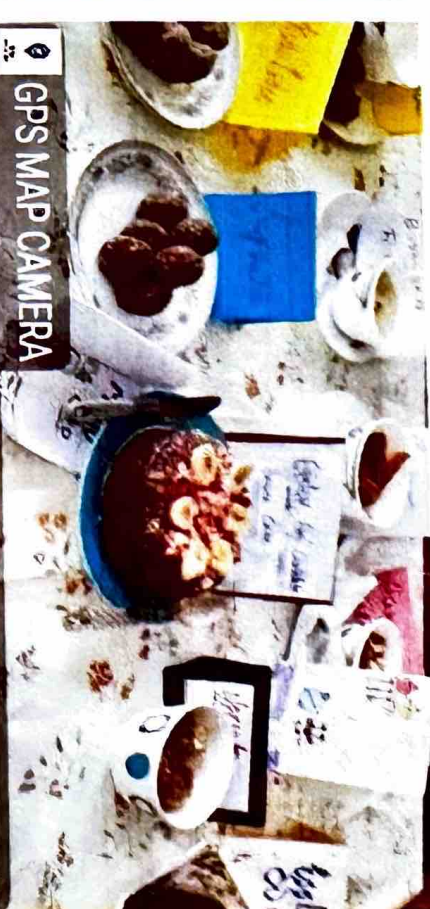
Suman
विभागाध्यक्ष

Blu
प्राचार्या

डॉ सुमन भांबू



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 MRGW+MQ9 Ambala Division
 Haryana IN
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 Longitude: 76.847047
 Date: 20 Sep 2023
 Time: 2:16 PM



GPS MAP CAMERA
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 Haryana IN
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16 Feb 2023 01:40 pm

Haryana 134113, India

31.0 °C

clouds scattered

MARGW+MQ9, Sector 14, Panchkula,



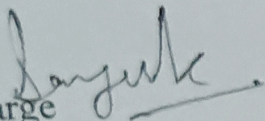


Collegiate For Women
Sector - 14
Google

MRGW+MQ9, Sector 14, Panchkula, Haryana 134113, India
16 Feb 2023 01:40 pm
31.0 °C
scattered clouds

NOTICE

All girls of SEC (Self Defense) are hereby informed that Two days Self Defense training workshop will be organized from 26.04. 2024 to 27.04.2024 in the college Auditorium. All girls must present during the training and must wear comfortable clothes.

Incharge 

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

To,

Mr. Vikram S. Thapa
Shastrang Indian Modern Martial Art
S.C.O. 193, 2nd floor, Sector-16
Panchkula

Memo No.: GCW/24/ 4660

Dated: 26-04-2024

Subject: Invitation for two days self defense training workshop.

The college intends to organize an awareness program on self defense training. You are cordially invited from 26-27 April, 2024 in college campus to enlighten our students with your vast experience and knowledge in the field of Martial Art,

Principal ^{Li} Principal
GCW-14 Panchkula
Panchkula

Sanjiv

**List of participants of Two days Self Defence Training Workshop
(26/04/2024-27/04/2024)**

Sr.No.	Rollno	Student Name	Course
1	1230784002	Pallvi	BA
2	1230784003	Nishu	BA
3	1230784006	Khushi Taneja	BA
4	1230784007	Mahak	BA
5	1230784010	Payal	BA
6	1230784016	Douli Thakur	BA
7	1230784017	Priya	BA
8	1230784018	Gungun	BA
9	1230784022	Geeta	BA
10	1230784023	Chandni Devi	BA
11	1230784026	Neha	BA
12	1230784027	Anita Rani	BA
13	1230784029	Jyoti	BA
14	1230784031	Nisha Ladi	BA
15	1230784035	Salini Nirmal	BA
16	1230784039	Priyanka	BA
17	1230784043	Manisha	BA
18	1230784045	Kusham Sharma	BA
19	1230784046	Shivani	BA
20	1230784047	Kamna	BA
21	1230784048	Pragya Devi	BA
22	1230784049	Urvashi	BA
23	1230784052	Babita Devi	BA
24	1230784054	Sheetal Devi	BA
25	1230784056	Ramanjot Kaur	BA
26	1230784060	Sejal	BA
27	1230784063	Anjali	BA
28	1230784065	Sonali Kumari	BA
29	1230784066	Garima	BA
30	1230784067	Priyanka	BA
31	1230784068	Neha	BA
32	1230784074	Payal Sharma	BA
33	1230784075	Kajal	BA
34	1230784076	Anu Devi	BA
35	1230784077	Anjali Rani	BA
36	1230784081	Khushi Rani	BA
37	1230784083	Jyoti Mishra	BA
38	1230784084	Charu Sharma	BA
39	1230784087	Himanshi	BA
40	1230784088	Chanchal Sharma	BA
41	1230784099	Sneha	BA

42	1230784101	Anjali	BA
43	1230784102	Kajal Kashyap	BA
44	1230784105	Gaganjot	BA
45	1230784107	Mahak Rani	BA
46	1230784108	Payal Chaudhary	BA
47	1230784109	Mehak	BA
48	1230784110	Kriti	BA
49	1230784114	Muskan	BA
50	1230784115	Nancy	BA
51	1230784116	Nisha Kumari	BA
52	1230784117	Amar Devi	BA
53	1230784118	Manjusha	BA
54	1230784120	Ankita	BA
55	1230784121	Pooja	BA
56	1230784122	Neha	BA
57	1230784125	Preeti	BA
58	1230784126	Pooja	BA
59	1230784129	Teena Sharma	BA
60	1230784130	Khushi	BA
61	1230784131	Simran	BA
62	1230784132	Sanjana	BA
63	1230784133	Khushi Singh	BA
64	1230784135	Monika Kumari	BA
65	1230784136	Kajal	BA
66	1230784137	Sanjana	BA
67	1230784140	Shilpa	BA
68	1230784143	Dipti	BA
69	1230784144	Yogita	BA
70	1230784145	Ruksana	BA
71	1230784146	Pinki Yadav	BA
72	1230784149	Durga Devi	BA
73	1230784151	Kumkum	BA
74	1230784152	Mahak	BA
75	1230784156	Ankita Sharma	BA
76	1230784164	Roshni Devi	BA
77	1230784173	Sheetal Atwal	BA
78	1230784181	Jyoti	BA
79	1230781001	Muskan	BA(HONS)
80	1230781002	Meghna	BA(HONS)
81	1230781006	Payal	BA(HONS)
82	1230781009	Mehak	BA(HONS)
83	1230781010	Manjeet	BA(HONS)

Sanjiv

'दो दिवसीय आत्मरक्षण प्रशिक्षण कार्यशाला' का आयोजन

26/4/2027 से 27/4/2027

राष्ट्रीय महिला महाविद्यालय सेक्टर-14 पंचकूला में शारीरिक शिक्षा विभाग द्वारा 'दो दिवसीय आत्मरक्षण प्रशिक्षण कार्यशाला' का आयोजन प्राचार्या डॉ रिचा सेतिया के मार्गदर्शन में किया गया। इस कार्यशाला में 90 छात्राओं ने आत्मरक्षण के गुर सीखे। मास्टर विक्रम थापा महासचिव शास्टरांग भारतीय आधुनिक मार्शल आर्ट के द्वारा छात्राओं को कराटे, ताइक्वांडो की मौलिक विधाओं का प्रशिक्षण दिया। श्री थापा ने छात्रों को बताया कि मार्शल आर्ट्स की मदद से वे कैसे आवश्यकता पड़ने पर अपना बचाव कर सकती हैं। मार्शल आर्ट्स न केवल आपके शारीरिक स्वास्थ्य बल्कि आपको मानसिक रूप से भी स्वस्थ रखता है। इससे आपके आत्म विश्वास में भी वृद्धि होती है। इस अवसर पर कार्यशाला आयोजक डॉ संगीता, हिंदी विभाग से डॉ सुनीता रानी एवं विभा मदान इत्यादि उपस्थित रहे।

Sangita
27/4/2024

Principal
Govt. P.G. College for V
Panchkula