





7.1.9

The activities held in the college which reflect this are as under-

1. Celebration of National days, international days and festivals such as constitution day, independence, republic day, ratriya poshan maah, youth day, akshay urjay diwas, national science day, national voter's day, vigilance awareness week, world environment day, world water day etc. Pledge on drug de-addiction, health and hygiene, blood donation camp etc.
2. NSS and NCC units of the college actively sensitize the students through the practice. Women's day also celebrate to mark the achievements of women throughout history.
3. The college also facilitates the students union's election every year which is helpful in the promotion of democratic values in the college.
4. Youth festivals also encourage the promotion of constitutional values. Tutorial group of the students are made aware of fundamental rights and duties.
5. Departmental committees and societies organize theme based activities on freedom fighters and their struggles to highlight the constitutional spirit, equality, justice and fraternity.



Thus the college ensures sufficient measures to sensitize students and employees of the institution to the constitutional obligations : values, rights, duties and responsibilities of citizens

DANCE

Sr No	Activites	Date	venue	Remarks
1.	Organize Talent Hunt	03-08-23	College Auditorium	For New Students
2.	Independence day	15-08-23	Parade Ground Sectro-17	
3.	General Group Dance	10-10-23	M.C.M -36 , Chd	
4.	Solo Classical	10-10-23	M.C.M -36 Chandigarh	
5.	Solo Classical	2-12-23	Governor House ,Punjab	
6.	Solo Classical	24-01-24	Governor House, Punjab	

[Handwritten signature]

ECONOMICS

S.N	Date	Activity	Resource Person	Venue	Parti- cipants	Photographs
1.	03-08-23	talk on 'scope of the subject' by our alumni	Alumni of the department Ms. Ramneet Kaur	Multimedia	100	Students get to know the scope of the subject
2.	18-08-23	First-Aid Training Programme in collaboration with Multi Specialty Hospital Sec - 16, Chandigarh	"Dr. Tajinder Kaushal Dr. Gaurav Dhawan Dr. Nitasha Pathania	Auditorium	350	<p>पीजीसीसीजी-42 में वैश्विक स्वास्थ्य सचेतनता कार्यक्रम</p>  <p>पीजीसीसीजी-42 के सभागार में एक सफल प्रथम-सहायता प्रशिक्षण कार्यक्रम आयोजित किया गया। इसे एनएमएसएच/एमएसएच-16 के डॉक्टरों की मदद से आयोजित किया गया था। प्रशिक्षण में विभिन्न प्रकार के घातों और दुर्घटनाओं के प्रथम-सहायता प्रदान करने के तरीके शामिल थे। कार्यक्रम के अंत में सभी को प्रथम-सहायता प्रमाणपत्र प्रदान किया गया।</p>
3.	12-09-23	Competition on flow charting of Economic Models	----	R.No.205 (IT Block)	50	----
4.	25-10-23	webinar on Wealth awareness Programme"	Mr. Krishnan Iyer	R.No.205 (IT Block)	80	Important financial concepts
5.	07-03-24	Extension lecture on "Digital India"	Dr. Leena Gupta and Dr. Nisha Singla (Assistant Professor, Dev Samaj College for Women	R.No.205 (IT Block)	80	

PHYSICAL EDUCATION

Activities

Sr. No.	Date	Activity	No. of participants
1.	21.06.2023	International day of Yoga	140
2.	18.08.2023	Self Defense	150
3.	29.08.2023	Run for Fun-Sports Day	700
4.	06.01.2024	Road Safety and Traffic Rules 2024	100
5.	26.01.2024	Republic day	100
6.	20.02.2024	40 TH Annual Athletic Meet 2024	700
7.	02.03.2024	Extension lecture cum interactive workshop	57

Public Administration

2.	29-02-24 to 7-03-24	To represent Chandigarh at the "World Youth Festival-2024" to be held in Russia	Ritika Thakur of M.A-II
3.	Library Related Competitions -National Library Week.	17-11-23	About 100 students participated: Book Mark Making, 1 st -Gauri Sharma (B.com-3rd), 2 nd -DikshaMago (BA-1st), 3 rd Shobha (MA 1st) Book jacket making, 1 st -Vandana (BA-3rd), 2 nd - Mehak (B.com-1st),

4.	World Tourism Day Celebrations	26 & 27-09-23	Dr Ambedkar Institute of	Our students participated in the Rangoli Making and Flower Arrangement Competition held to celebrate the World Tourism Day.
----	--------------------------------	---------------	--------------------------	---

			Hotel Management, Sector 42 D, Chandigarh	Our college won first prize in Rangoli Making Competition First Prize: Ishneet Kaur (211560) BCA III
5.	Millet Cookery Competition to celebrate International Year of Millets, 2023 and National Nutrition Month, September, 2023	29-09-23	PGGCG-42	The Dept. of Home Science and Aahar Kranti Club of the college organized a Millet Cookery Competition to celebrate the International Year of Millets, 2023 and National Nutrition Month, September 2023. About 40 students actively participated in the competition and showcased their innovative recipes. The judges of the event were: Prof. Deepika Kansal and Dr Shweta Bali The results of the competition are: 1st Prize: Ms. Sukhmandeep Kaur (222902), BSc II Microbiology - Foxtail Millet Salad with papaya & Ragi Laddu 2nd Prize: Ms Anjali Kaushik, (210588) B.A III - Jowar Idli 3rd Prize: Ms.Khushi (200057), B.A III - Ragi Golgappas Consolation Prize: 1. Ms. Avleen Kaur (210343), BA III - Jowar Kheer 2. Ms Ankita (210261), BA III - Jowar Waffles




8.	Inter College Rangoli Competition to celebrate National Voters Day, 2024	20-01-24	PGGCG 42	<p>The Electoral Literacy club of PGGCG 42 in collaboration with Department of Home Science & Election Department, UT Chandigarh organised an Inter College Rangoli Competition with the theme: 'Nothing Like Voting, I Vote for Sure'.</p> <p>The following students of the college won prizes:</p> <p>Second Prize: Ishneet Kaur (211560), BCA III</p> <p>Third Prize: Diksha Mago (230511) BA I</p>
6.	One day Long Bazaar – A Pre Diwali Mela	07-11-23	PGGCG 42	<p>The Aahar Kranti Club of PGGCG 42 & Nivedita Charitable Trust (Regd), Mohali organized a day long bazaar – A Pre Diwali Mela in collaboration with the Social Entrepreneurship swachhta & Rural Engagement Cell & Women Cell. The event was held under the MoU signed between the two parties with a purpose to achieve the goals of Aahar Kranti Mission. The students of the college put up stalls selling innovative and healthy millet products.</p> <ol style="list-style-type: none"> 1. Ms Khushi (200057) & Ms Abhilasha (210490), BA III – Ragi Golgappas & Ragi Papdi Chaat 2. Ms Sukhmandeep Kaur (222902), BSc II Microbiology – Ragi Coconut Balls & Coconut Ladoos 3. Ms Pururva Pathak (222920), BSc II Microbiology – Jowar Chocolate Cupcakes 4. Ms Radha (210466), BA III – Bajra Jaggery Ladoos <p>A stall was also put up by volunteer of Nivedita Charitable Trust, Ms Kalyani Singh who displayed & sold her unique millet products like Kodo</p>

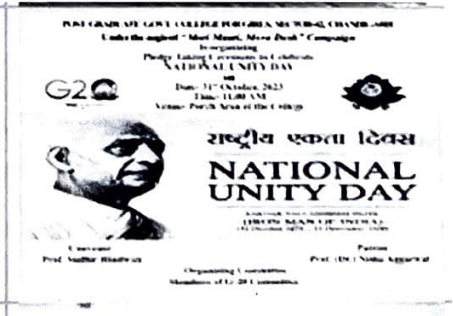
11.	Inter College Flower Arrangement Competition to mark celebrations of National Science Day	28-02-24	MCM DAV College for Women, Sector 36, Chandigarh	<p>Second Prize: Kanchan (220251) BA II</p> <p>The students of the department participated in the competition organized by Department of Botany and Add on Course in Floriculture and Landscaping. Our students made us proud by winning the following prizes:</p> <p>Flower arrangement with Roses: Team Prize First Prize; Simarpreet Kaur (220116) and Barmeet Kaur (220437) BA II</p> <p>Flower arrangement with flowers other than Roses: Individual Prizes Second Prize: Kanchan(220251) BA II Third Prize: Jyoti Rani (220344) BA II</p>
-----	---	----------	--	--

15-08-2023	Independence Day Celebration	"SUBRUS" College Auditorium	10
------------	------------------------------	-----------------------------	----



[Handwritten signature]

6	02-12-2023	Assam Day	Governor House Chandigarh	07	
7	24-01-2024	UP Day Celebration	Governor House Chandigarh	06	
8	25-01-2024	Voter's Day Celebration	"SABRAS" College Auditorium		
9	26-01-2024	Republic Day Celebration	"SABRAS" College Auditorium	10	

	31.10.23	Pledge Taking Ceremony to celebrate National Unity Day	IT Block	200	
	06.07.23	Mock	Conference	90	



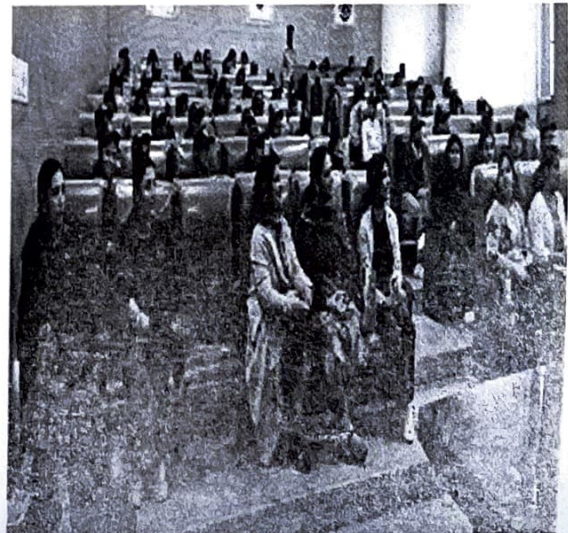
Voter's Awareness Rally: 2nd March, 2024

To create awareness to enroll and cast their votes a rally was organized by the NSS wing of the college which was flagged off by our Principal Prof. (Dr.) Nisha Aggrawal. Over 150 students and programme officers participated in this rally which was done in college campus and Village Kajheri.



International Women's Day: 7th March, 2024

Women are the most important pillars of our society. To commemorate this day NSS wing invited Dr. Rewa Rishi to sensitize young girls on various issues related to women empowerment. This talk was attended by over 150 student



A handwritten signature or mark in the bottom right corner of the page.

Awareness Rally in village Kajheri on "World Aids Day":1stDec.2023

World AIDS Day is observed annually on December 1st and serves as a vital opportunity for people worldwide to unite in the fight against HIV/AIDS, show support for those living with the virus, and remember those who have died from AIDS-related illnesses. It was the first ever global health day, established in 1988, highlighting the ongoing need for awareness and action in the fight against HIV/AIDS. Over 150 students participated in this rally. Each year, World AIDS Day is marked by a theme aimed at focusing attention on specific challenges and goals in the fight against HIV/AIDS.

34 | Page

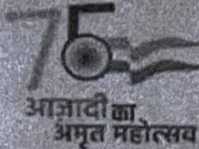


Past themes have included "Global solidarity, shared responsibility," "Know your status," and "Ending the HIV/AIDS Epidemic: Resilience and Impact."

These themes emphasize the importance of collective action, awareness, and the need to continue investing in HIV/AIDS response.

Post Graduate Government College for Girls

Sector -42, Chandigarh



The NSS unit in collaboration with G20 and Azadi ka Amrit Mahotsav Committee jointly organized 'Panch Pran' and 'The Amrit Kalaash Yatra' on 11/10/2023. These activities were undertaken under the aegis of "Meri Maati Mera Desh" campaign. The activities were organized with the primary purpose of paying respect to our homeland as well as the valiant heroes who have bravely laid down their lives for the good of the nation. The Yatra was flagged off by Principal, Prof. Nisha Aggarwal, who stressed on the significance of recognizing and celebrating the courageous heroes and encouraged all present to set off on this Yatra with a sense of responsibility towards the nation. Dr. Nemi Chand, SLO, Chandigarh was the chief guest of the event. His presence served as a source of inspiration for everyone.

The Yatra was convened under the leadership of Prof. (Dr.) Sudhir Hindwan (Convener- G20 & Azadi Ka Amrit Mahotsav Committee), Mr. Meher Chand (Programme Coordinator, NSS), Programme Officers, NSS, G20 members and student volunteers. The students began the march from the college porch to Sector 42, while holding the "Amrit Kalash" as a sign of respect for our nation and the efforts made by our armed forces personnel. One of the most memorable aspects of the Yatra was the gathering of Matti and rice, which was carried out by our programme officers and volunteers with a lot of energy and commitment. The collected Matti was used to serve as the foundation for our tree plantation initiatives within the college campus. The rice that has been collected will be distributed among the needy in the adopted village.

The "Amrit Kalash Yatra", was a huge success because of the enthusiastic involvement and unwavering commitment of our students, programme officers, and student volunteers. These activities represented the principles of the "Meri Maati Mera Desh" campaign and strengthened our dedication to maintaining the heritage of the heroes that have served our country.

Nisha Aggarwal
(Principal)

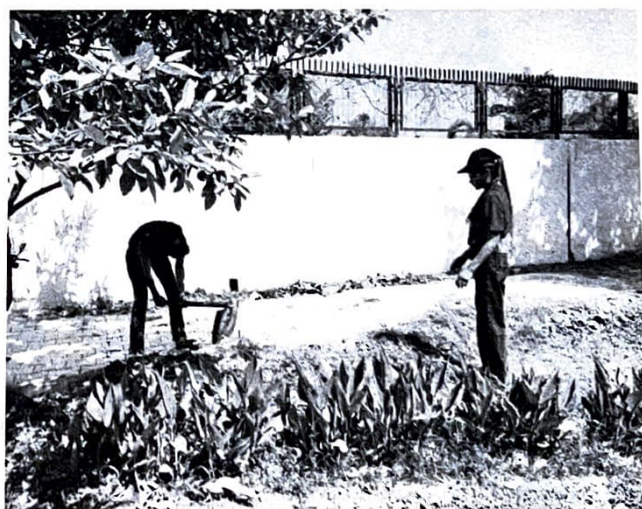
[Handwritten signature]



NSS Wing-PGGCG-42, Chd. (2023-24)

1. Cleanliness Drive: 9th April, 2023

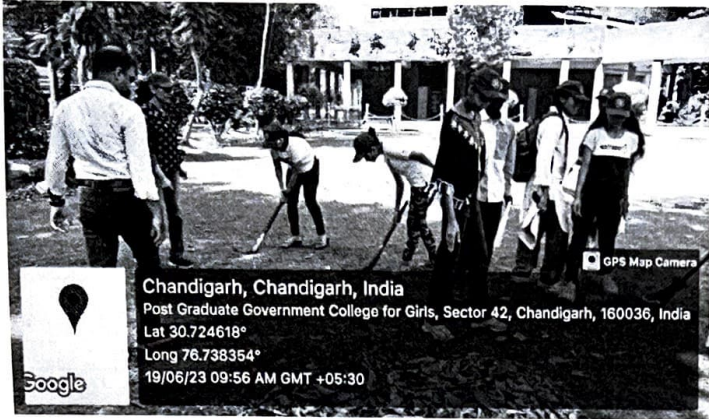
To extend forward Swatch Bharat a cleanliness drive was carried out in the college with over 250 volunteers participated in it.



[Handwritten signature]

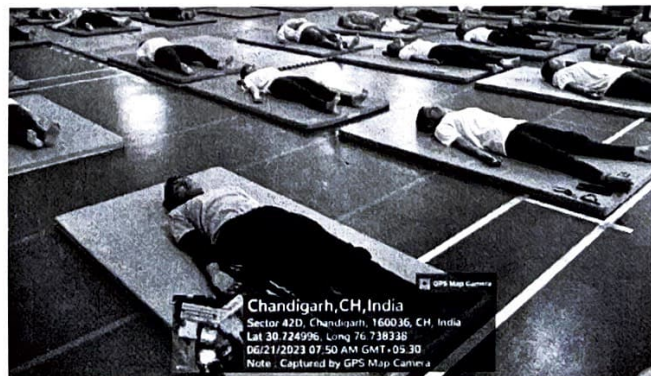
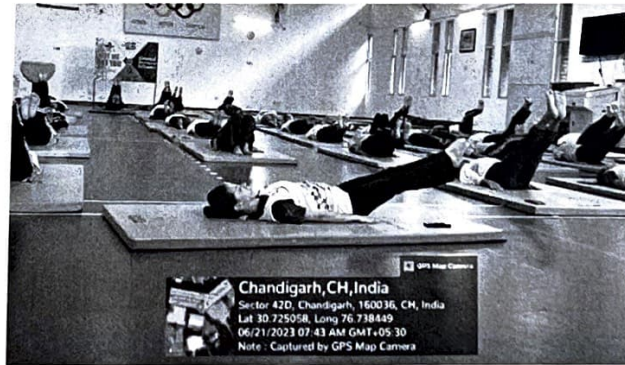
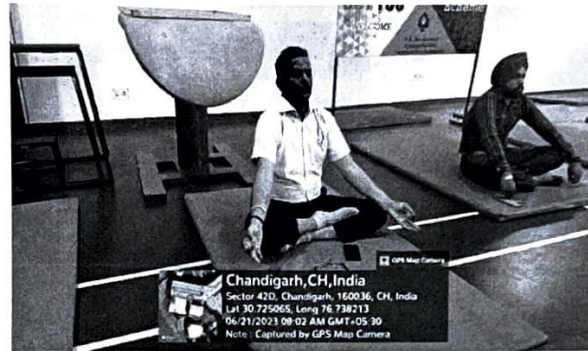
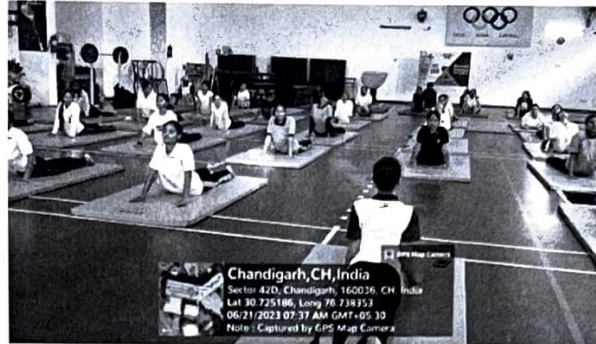
2. Swatch Bharat Swasth Bharat: 19th June, 2023

This drive was carried on in PGCGC-42 and adjoining New Lake Area, Sector-42, Chandigarh. Around 50 students participated in it.



3. International Yoga Day: 21st June, 2023

More than 400 participants practiced yoga on this day in college.



4. World Environment Day: 5th June, 2023

Local elected members joined in the village Kajheri in this drive and over 50 saplings were planted. Around 250 NSS volunteers participated.

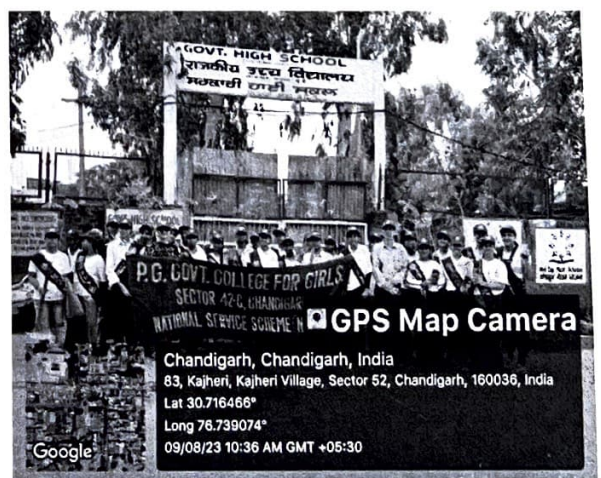
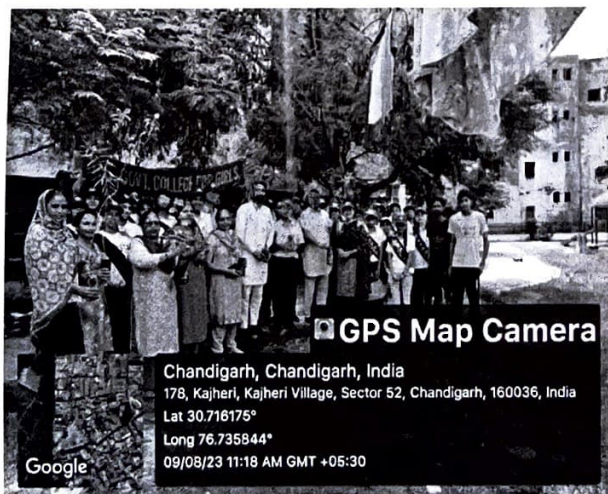
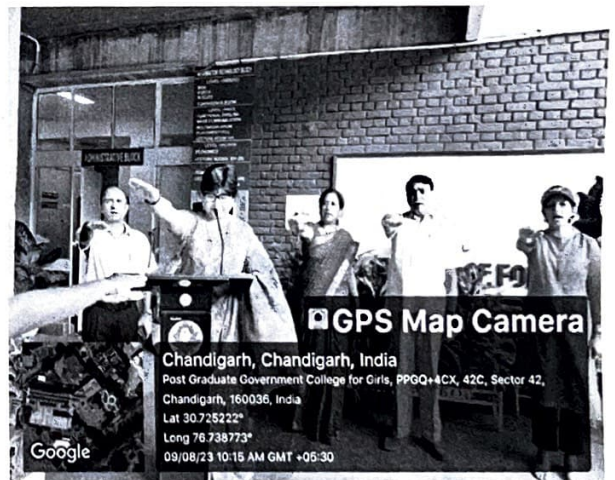
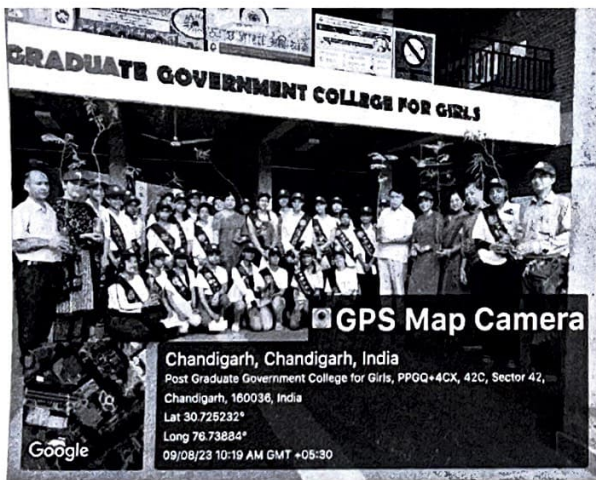


[Handwritten signature]

5. Tree Plantation and Panch Pran Pledge: 9th August, 2023

On the first day of “Meri Maati Mera Desh” Campaign, Ministry of Education, Government of India Programme, NSS Wing of College has organized Panch Pran Pledge taking ceremony in the porch area of the college which was solemnized by the worthy college Principal Prof. (Dr.) Nisha Agrawal accompanied by the Vice Principal Mr. Jagan Nath..

After that NSS Volunteers of the college alongwith the NSS Incharge Mr. Mehar Chand, Programme Officers Dr. Rashmi Kohli and Dr. Vikas Sharma had visited and distributed saplings amongst the residents of college adopted village Kajheri, U.T. Chandigarh. 75 plants had been distributed and planted. On the occasion the village Councillor Shri. Lakbir Singh, Anganwadi workers Ms. Ritu Sharma and Ms. Lalita Kumari and other social workers were also present during the activity. They had whole heartedly co-operated with NSS wing of the college. Due to the involvement of the local social workers the programme was successfully completed.



6. Orientation Programme and One Day Mental Health Camp: 8th September, 2023

An NSS (National Service Scheme) orientation program is an essential component of the NSS program in many countries, including India. The NSS is a voluntary public service program that aims to develop the personality and character of students through community service and promote social welfare. The orientation program is designed to introduce and prepare students for their roles and responsibilities as NSS volunteers.

Under the able leadership of worthy Principal Professor (Dr.) Nisha Aggarwal, the NSS wing of the college in collaboration with Youth Peace Foundation and Health Society of the college organized a one-day Orientation and Mental Health Camp on 8th September, 2023.

At the beginning of the program, Chief Guest Dr. Nemi Chand, State Liason Officer, NSS Cell Chandigarh and Guest of Honor Ms. **R. J. Riya** from 94.3 FM, Chandigarh was welcomed with a bouquet of flowers by the college Principal Professor (Dr.) Nisha Aggarwal, NSS Incharge Mr. Mehar Chand, Mrs. Preet Kamal, Convener, Health Society and other NSS officials.

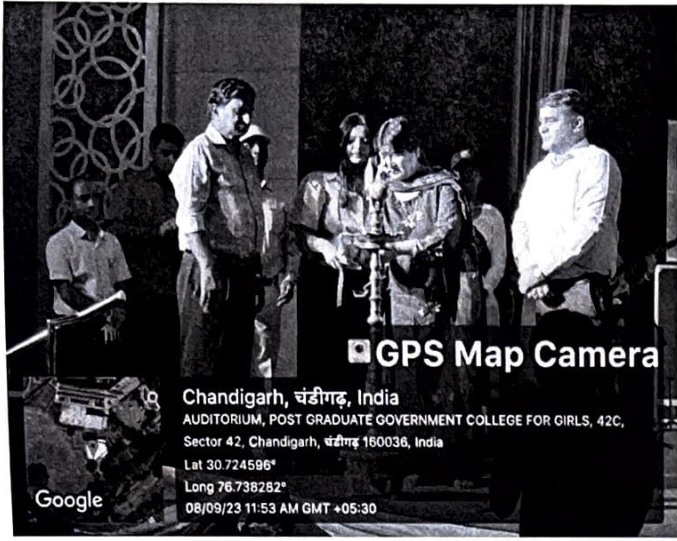
This program was organized in three parts, in the first part of which NSS in-charge Mr. Mehar Chand introduced to the NSS volunteers registered for the new session 2023 24 of the college about the upcoming activities in NSS Department and how these activities will be organized in the coming session. Participants were provided with detailed guidelines and information about the activities they will be involved in as NSS volunteers. These include understanding the importance of community service, the code of conduct and the responsibilities they will shoulder.

In the second part, the doctor's team of Government Medical College and Hospital, Sector 32, Chandigarh motivated the volunteers for donating their eyes. After that the Chief Guest Dr. Nemi Chand addressed the NSS Volunteers and encouraged them to participate in social activities.

In the third part, members of **Youth Peace Foundation** guided students how to manage mental stress. Also the Special Guest of the program R. J. Riya played a stress buster game with the students.

Orientation programs often include cultural activities, ice-breaking sessions and team-building exercises to create a sense of camaraderie among participants. To carry forward this spirit of oneness a cultural programme was presented by the students depicting dances of different states.

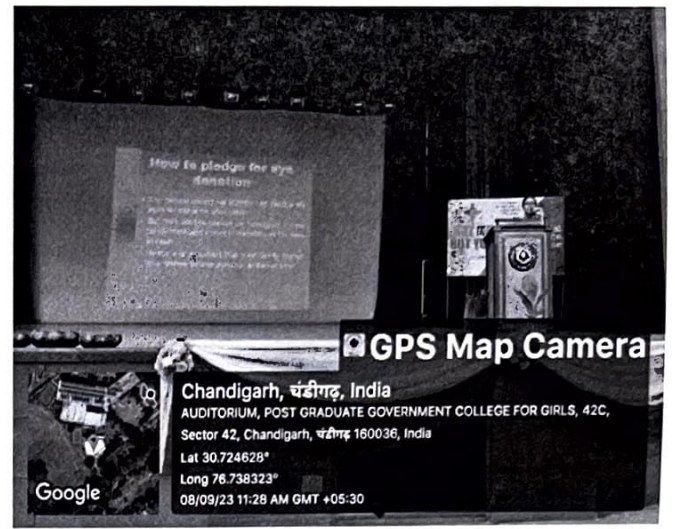
At the end of the program, NSS in-charge Mr. Mehar Chand presented the vote of thanks to the Chief Guest and Guest of Honor for sparing their valuable time for this programme. Also he congratulated each and everyone for the successful conclusion of this function.



GPS Map Camera

Chandigarh, चंडीगढ़, India
 AUDITORIUM, POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS, 42C,
 Sector 42, Chandigarh, चंडीगढ़ 160036, India
 Lat 30.724596°
 Long 76.738282°
 08/09/23 11:53 AM GMT +05:30

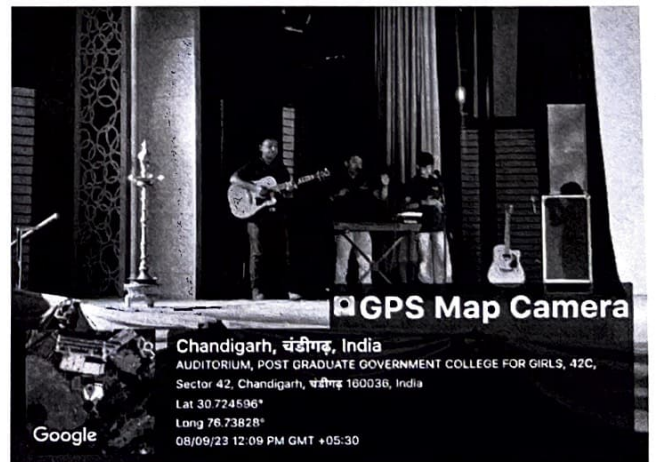
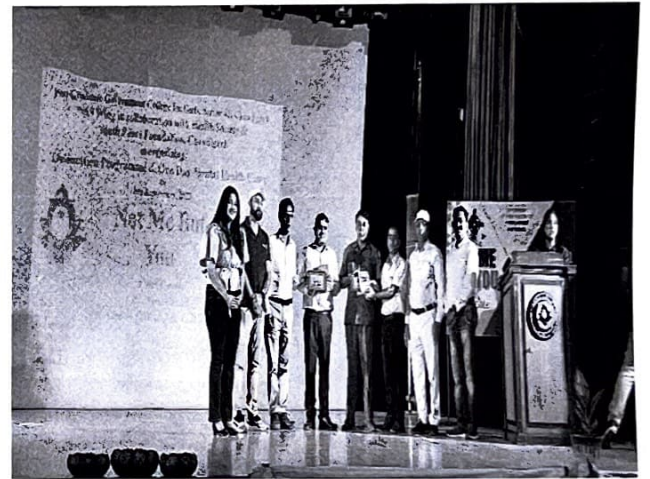
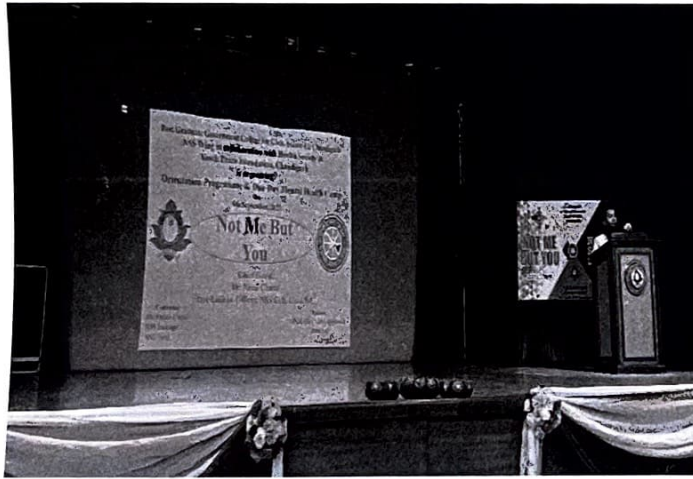
Google



GPS Map Camera

Chandigarh, चंडीगढ़, India
 AUDITORIUM, POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS, 42C,
 Sector 42, Chandigarh, चंडीगढ़ 160036, India
 Lat 30.724628°
 Long 76.738323°
 08/09/23 11:28 AM GMT +05:30

Google



GPS Map Camera

Chandigarh, चंडीगढ़, India
 AUDITORIUM, POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS, 42C,
 Sector 42, Chandigarh, चंडीगढ़ 160036, India
 Lat 30.724596°
 Long 76.73828°
 08/09/23 12:09 PM GMT +05:30

Google

20

7. Rally on “Beti Bachao, Beti Padhao”, Interactive Session On “Significance of Menstrual Health and Hygiene” and Distribution of Sanitary Napkins Among the Poor Women of Village Kajheri: 12th September, 2023

For gender equity government’s initiative of “Beti Bachao, Beti Padhao” was launched in 2015. It focuses on several key objectives like preventing Female Infanticide, promoting gender equality, improving access to education of the female child, enhancing women empowerment, etc. To create awareness among the residents of the Village Kajheri the NSS Wing of PGGCG-42 in collaboration with Open Eyes Foundation NGO on Tuesday i.e 12th September, 2023 organized a rally to celebrate “Beti Bachao, Beti Padhao”. The event was flagged by the Principal of the college Prof. (Dr.) Nisha Aggarwal. The Chief Guest on the occasion was Nominated Councillor, Municipal Corporation, Chandigarh Dr. Mohinder Kaur. This rally was conducted with lot of enthusiasm to create awareness for gender equity among the residents of the Village Kajheri to promote the Central Govt. Campaign "Beti Bachao, Beti Padhao" (Save the Daughter, Educate the Daughter) so that each and every girl will be benefitted by this central sponsored scheme. The residents were introduced with the theme and beneficial points of the campaign so that the target of this scheme maybe fulfilled which include the addressing of the declining child sex ratio and promoting the education and empowerment of girls in India. We created awareness about gender related issues through rally and interactive session with the women of the area.

Another important aspect related to women which is Menstrual hygiene was emphasized in the talk as it directly impacts the health, well-being, and social participation of women and girls. Proper menstrual hygiene practices, such as using clean and absorbent materials, can help prevent infections like vaginal and urinary tract infections that may arise due to unhygienic practices. Maintaining good hygiene during menstruation can reduce discomfort, odor, and skin irritation, contributing to overall physical well-being. The availability of affordable and accessible menstrual hygiene products enables women and girls to participate in the workforce, pursue education, and engage in various activities without interruption. To promote this aim the NSS Wing therefore held an interactive session on “Significance of Menstrual Hygiene” with the women of the village. Meanwhile, Sanitary Pads were also distributed amongst the women. Besides, an enthusiastic participation of over 80 women, 50 students and Programme Officer Dr. Rachana Rana under the stewardship of NSS Incharge Mr. Mehar Chand was also organized to mark the event. Overall, the rally and the session were very helpful in achieving the aim of spreading Gender equity amongst the females of the village.



J



[Handwritten signature]

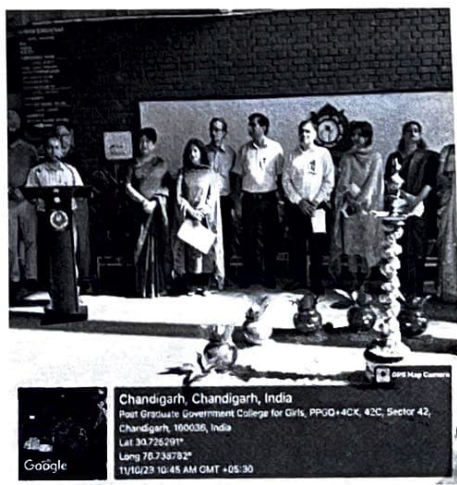
8. 'Panch Pran' and 'The Amrit Kalaash Yatra': 11th October, 2023

The NSS unit in collaboration with G20 and Azadi ka Amrit Mahotsav Committee jointly organized 'Panch Pran' and 'The Amrit Kalaash Yatra' on 11/10/2023. These activities were undertaken under the aegis of "Meri Mati Mera Desh" campaign. The activities were organized with the primary purpose of paying respect to our homeland as well as the valiant heroes who have bravely laid down their lives for the good of the nation. The Yatra was flagged off by Principal, Prof. Nisha Aggarwal, who stressed on the significance of recognizing and celebrating the courageous heroes and encouraged all present to set off on this Yatra with a sense of responsibility towards the nation. Dr. Nemi Chand, SLO, Chandigarh was the chief guest of the event. His presence served as a source of inspiration for everyone.

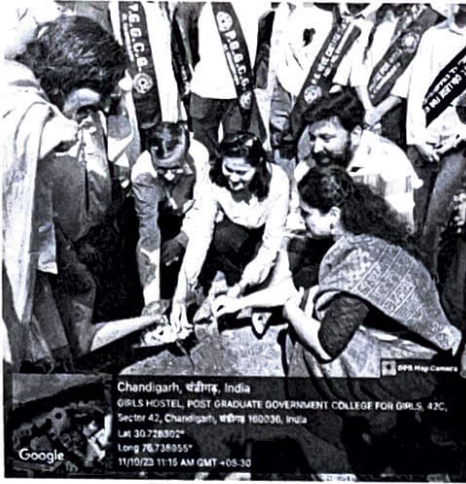
The Yatra was convened under the leadership of Dr. Sudhir Hindwan (Convener, G20 & Azadi Ka Amrit Mahotsav Committee), Mr. Meher Chand (Programme Coordinator, NSS), Programme Officers, NSS, G20 members and student volunteers. The students began the march from the college porch to Sector 42, while holding the "Amrit Kalaash" as a sign of respect for our nation and the efforts made by our armed forces personnel.

One of the most memorable aspects of the Yatra was the gathering of mitti and rice, which was carried out by our programme officers and volunteers with a lot of energy and commitment. The collected mitti will be used to serve as the foundation for our tree plantation initiatives within the college campus. The rice that has been collected will be distributed among the needy in the adopted village.

The "Amrit Kalash Yatra", was a huge success because of the enthusiastic involvement and unwavering commitment of our students, programme officers, and student volunteers. These activities represented the principles of the "Meri Mati Mera Desh" campaign and strengthened our dedication to maintaining the heritage of the heroes that have served our country.

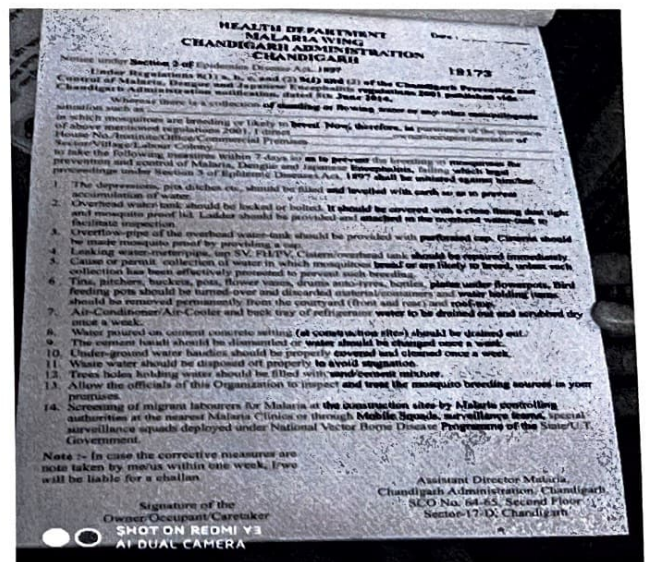
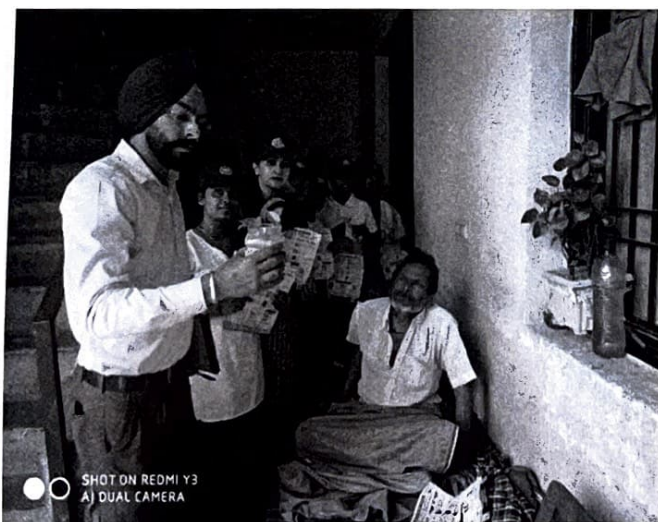
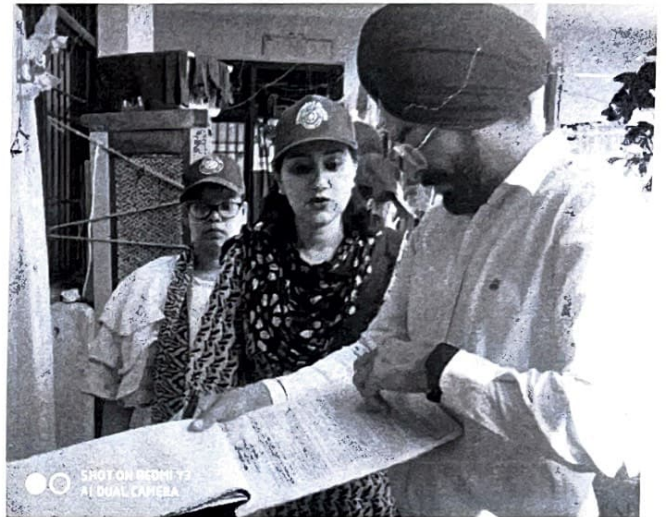
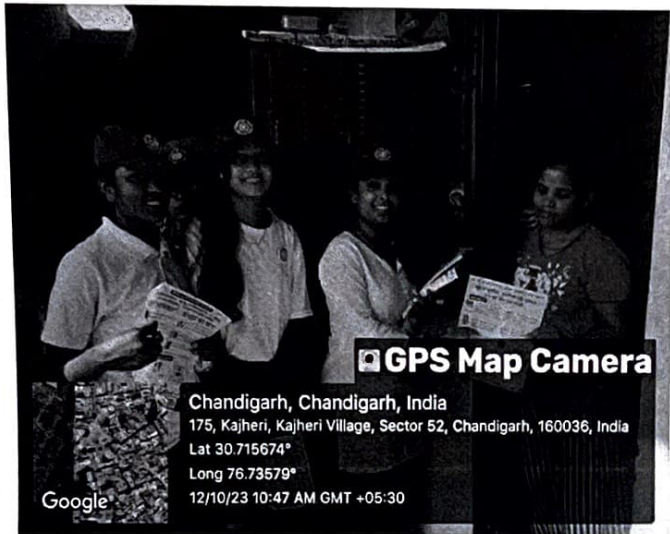


[Handwritten signature]



9. Anti-Dengue Drive: 12th October, 2023

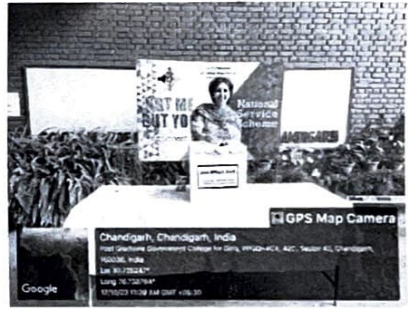
NSS Incharge Mr. Mehar Chand alongwith Dr. Rashmi Kohli and Mr. Vikas (Bioinfo) accompanied with Health Dept. Officials, Chd. Administration went to Village Kajheri on 12th Oct, 23 to check coolers, OHT, fridge trays, containers, etc. in around 155 houses and gave notices to 2 for stagnant water and breeding of larvae of *Aedes aegypti* in Village Kajheri. They were accompanied by 35 students.



10. Donation Collection For Flood Victims of Himachal Pradesh And Sikkim: 17th Oct, 2023

For the help of flood victims of Himachal Pradesh and Sikkim on 17th Oct, 2023 a donation box was installed in the college porch.

All the staff members and students donated whole heartedly. Later on rotation basis the box was kept in the staff room, office, individual departments for maximum participation.



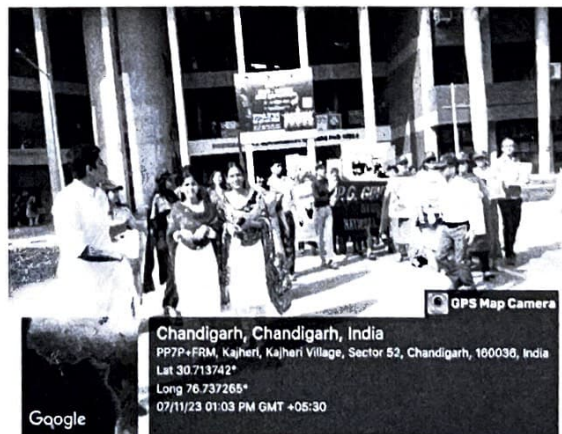
11. Eye Check up Camp: 4th November, 2023

The NSS wing of PGGCG-42 organised an eye check up camp with the dedicated team of doctors from GMCH-32, Chandigarh. The medical team conducted eye examination and assessment for common eye conditions. In addition to the eye check up, a free sanitary distribution drive for the class IV employees and the poor students of the college was also organised. Srimati Harinder Kaur, Regional Director, State NSS Cell, U.T. Chandigarh was the chief guest for the event. It was an excellent opportunity for the college community to benefit from this event. Principal Prof. Nisha Aggarwal appreciated the collaborative efforts and stated that such drives are a boon in this age where health is fast becoming a lifestyle priority. The initiative of free distribution of sanitary napkins goes a long way in ensuring hygiene and sensitization students and employees of the Institution to the spirit of social responsibility. The camp witnessed active participation from 200 students, teaching and non teaching staff. Participants underwent an eye examination, including visibility test and assessment for common eye conditions. An awareness session on eye care and hygiene was also held to educate the participants about the importance of maintaining good eye health. The NSS incharge Mr Meher Chand and health society convener Ms Preet Kamal and all the program officers enthusiastically motivated the students. The camp was a huge success.



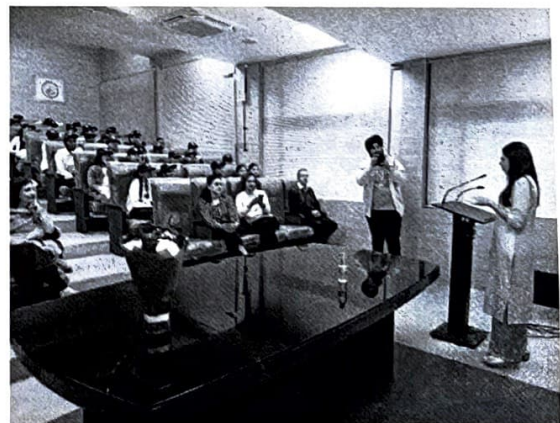
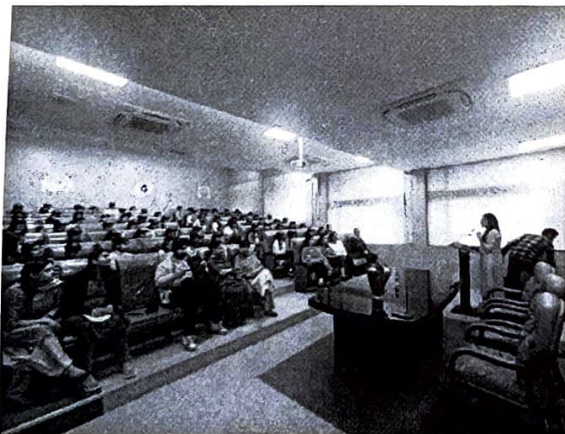
12. Anti Cracker Pledge and Rally: 7th November, 2023

To discourage this over the years lot of campaigns have been launched and our NSS unit in collaboration with Srishti- the Environment Society of Post Graduate Govt. College for Girls, Sector-42, Chandigarh organized Anti Cracker Campaign on the theme of Green Diwali Swachh Diwali on 7th November, 2023 in the porch of the college. The day commenced with an Anti-Cracker pledge ceremony, where students, NSS volunteers and faculty members gathered to take a solemn oath to celebrate a cracker- free Diwali, Students also showcased their creativity through poster- making and poetry recitation programmes. The theme involved the adverse impact of firecrackers. Carrying banners and placards, an anti-crackers rally was also taken out by the NSS volunteers and all NSS programme officers and Srishti society. Principal Professor Nisha Aggarwal stressed the significance of collective responsibility in protecting the environment and promoting a cleaner, safe and more sustainable Diwali celebrations. Around 100 volunteers and students participated in the event.



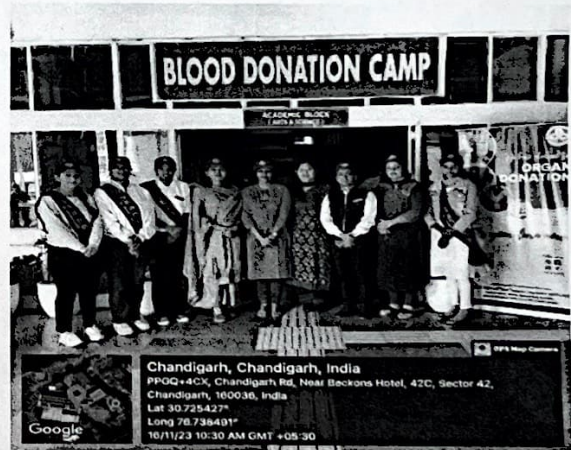
13. Lecture on Diabetes: 10th November, 2023

November is observed as the World Diabetes Month. To spread awareness and burst some myths amongst the students and staff a lecture was organized by the NSS Unit of the college. The resource person was one of our alumni which we very proudly invited for the same. Deeksha Dev is a counselling psychologist based out of Mohali, Punjab. An alumna of Post Graduate Government College, Sector- 42, Chandigarh and Tata Institute of Social Sciences, Mumbai, her personal story of living with type 1 diabetes for 21 years has pushed her in the field of educating and counselling people living with Type 1 diabetes and their caregivers. Her journey of living with Type 1 diabetes has been a story of resilience, strength and being headstrong and she wishes to share the same to the masses. Currently working as the Head of Community Engagement and Punjab Chapter Lead at the Diabetes Foundation, her life is all about educating society about Type 1 diabetes, delivering impact, inspiring and empowering lives around her.



14. Blood Donation Camp: 16th November, 2023

In a remarkable effort to make a positive contribution to the health and well-being of the community, the NSS unit and Health Society of PGGCG-42, Chandigarh in collaboration with Shree Shiv Kanwar Mahasangh Charitable Trust, Open Eyes Foundation and Govt. Multi Speciality Hospital, Sector 16, Chandigarh organized blood donation camp on 16th November 2023 to mark the martyrdom of Shaheed Bhagat Singh, Sukhdev & Rajguru. The Principal, Prof. Nisha Aggarwal encouraged everyone to donate blood and emphasized its lifesaving value. She also appreciated and praised the NSS volunteers for their unwavering commitment to this admirable cause. Dr. Praveen Goyal, Programme Coordinator NSS, Panjab University, Chandigarh was the Chief Guest of the event. Smt. Mohinder Kaur, Nominated Councillor, Municipal Corp. Chandigarh was the Guest of Honour. The blood donors were provided with refreshments, souvenirs and certificates. 50 Units of blood was collected. The NSS volunteers worked tirelessly to ensure smooth functioning in organizing and registrations of the donors. The purpose of the camp was to inculcate a feeling of civic duty among the students. All NSS Programme officers & Members of Health Society thanked to all blood donors for their lifesaving efforts.



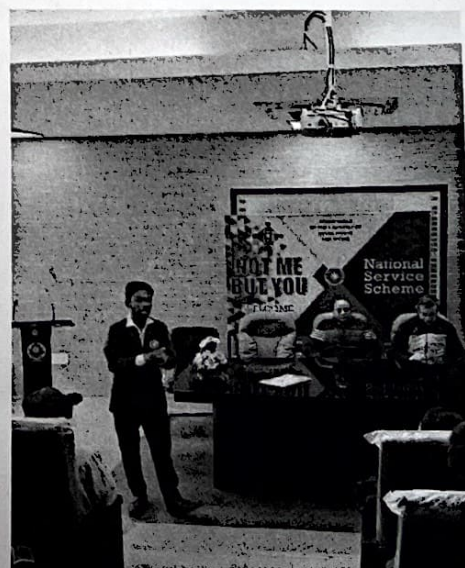
15. Awareness Rally in village Kajheri on "World Aids Day ":1st Dec. 2023

World AIDS Day is observed annually on December 1st and serves as a vital opportunity for people worldwide to unite in the fight against HIV/AIDS, show support for those living with the virus, and remember those who have died from AIDS-related illnesses. It was the first ever global health day, established in 1988, highlighting the ongoing need for awareness and action in the fight against HIV/AIDS. Over 150 students participated in this rally. Each year, World AIDS Day is marked by a theme aimed at focusing attention on specific challenges and goals in the fight against HIV/AIDS. Past themes have included "Global solidarity, shared responsibility," "Know your status," and "Ending the HIV/AIDS Epidemic: Resilience and Impact." These themes emphasize the importance of collective action, awareness, and the need to continue investing in HIV/AIDS response.



16. Lecture Cum Interactive session on "Women Empowerment": 6th February, 2024

Women empowerment refers to the process of enabling women to increase their control over their lives, gain more power and rights, and achieve equality in society. The ultimate goal is to create an environment where women have equal opportunities to men and can make decisions that affect their lives and communities positively. Empowerment is both a process and an outcome, focusing on Economic Empowerment, Social Empowerment, Political Empowerment, Legal Empowerment, Psychological Empowerment, etc. Despite progress, women worldwide still face significant challenges, including gender-based violence, unequal pay, limited access to education and healthcare, and underrepresentation in political and business leadership. Empowering women requires sustained efforts from individuals, communities, governments, and international bodies to create inclusive systems that recognize and promote women's rights and contributions to society. In essence, women empowerment is about transforming society to ensure equal rights and opportunities for all genders, thereby enabling everyone, regardless of gender, to participate fully and effectively in all spheres of life. Over 150 students participated in this lecture. Our Principal Prof. (Dr.) Nisha Aggrawal, Dear Mr. Suresh and Vice Principal Mr. Jaganath also graced the occasion. Mr. Vivek Kumar was the key speaker.



[Handwritten signature]

17. Health Check up Camp on Women's Health: 9th February, 2024

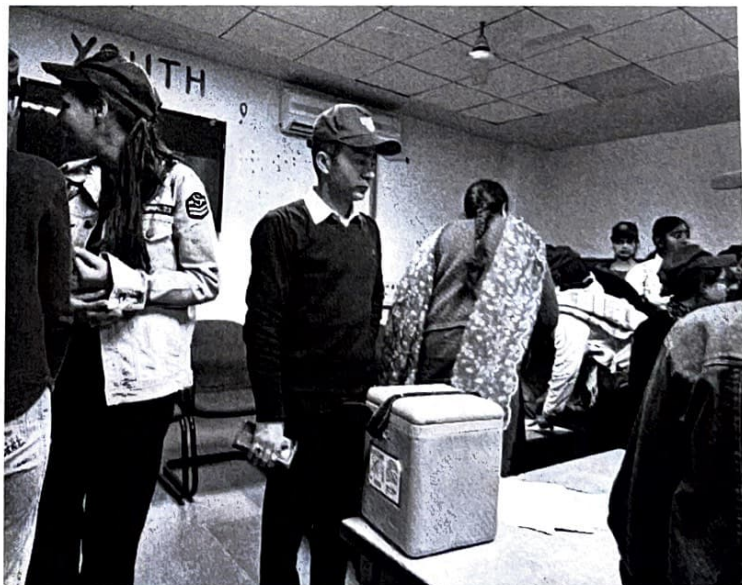
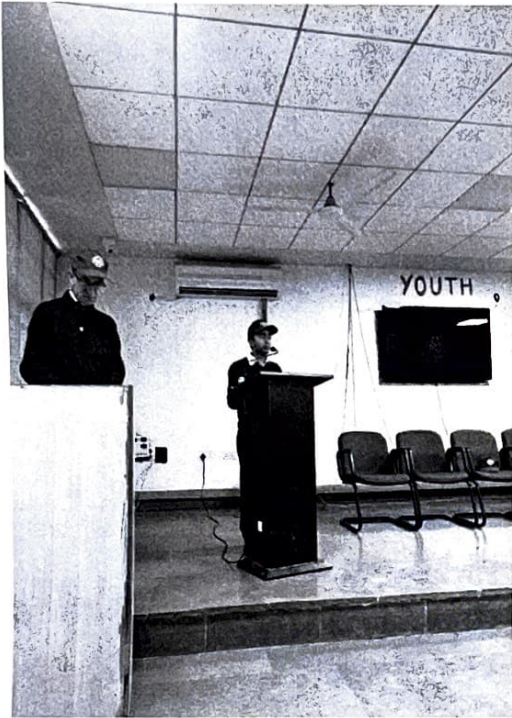
A health check up camp was organized in our campus to spread the awareness about self health and also make diagnosis easily available for the students and the staff members. Over 150 students participated in this drive and availed the opportunity. Also many female staff members got their mammography test done by team from GMCH-32, Chd.



A handwritten signature or mark in the bottom right corner of the page.

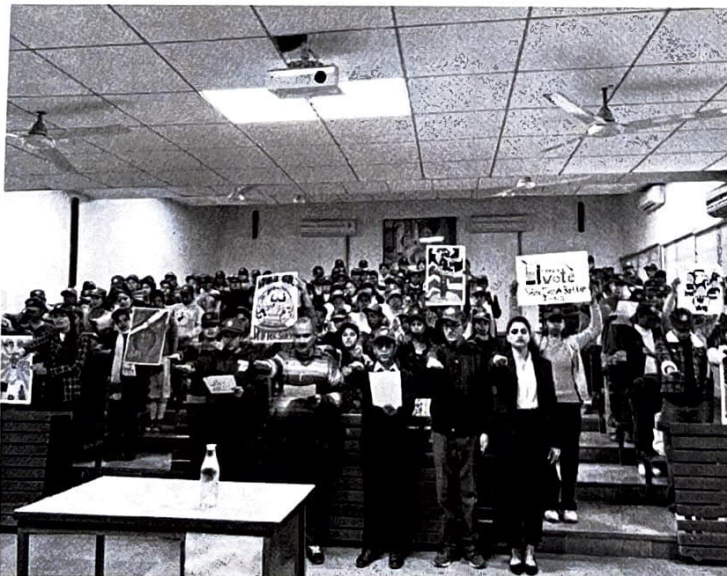
18. Pulse Polio Training: 23rd February,2024

NSS wing organized a Pulse Polio Training in Multimedia room of the college by a team of doctors of Health Deptt, U.T. Chandigarh , which was attended by over 250 students and programme officers. It was to give a hands on training to the students.



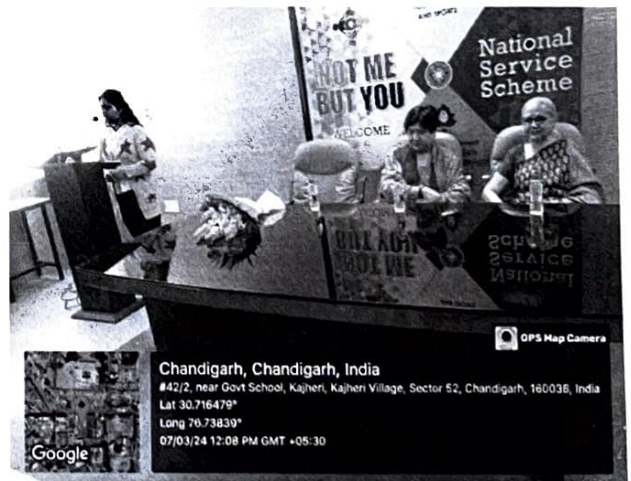
19. Voter's Awareness Rally: 2nd March, 2024

To create awareness to enroll and cast their votes a rally was organized by the NSS wing of the college which was flagged off by our Principal Prof. (Dr.) Nisha Aggrawal. Over 150 students and programme officers participated in this rally which was done in college campus and Village Kajheri.



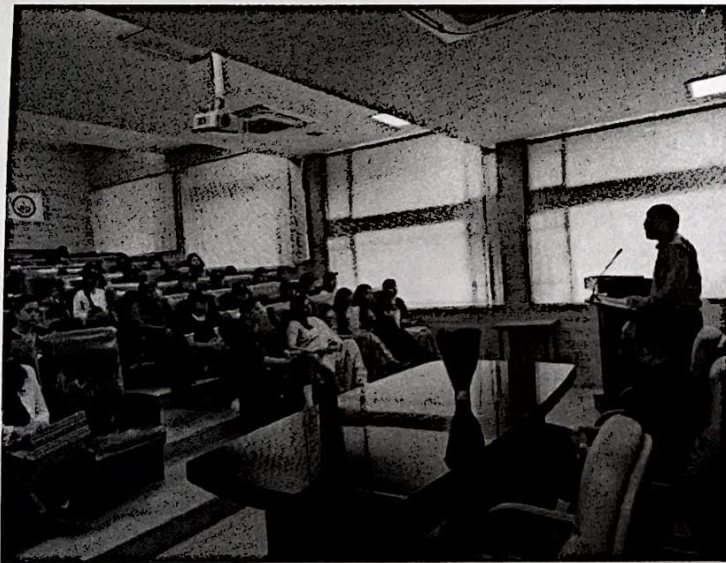
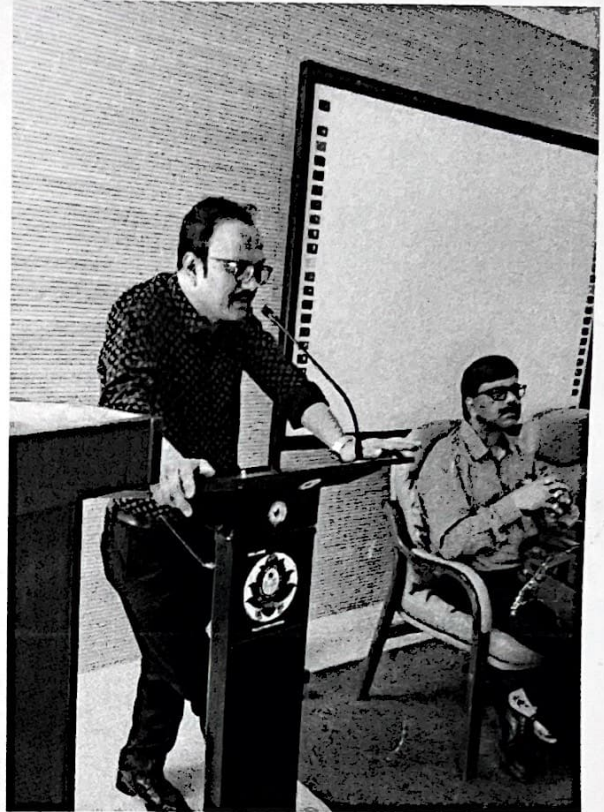
20. International Women Day: 7th March, 2024

Women are the most important pillars of our society. To commemorate this day NSS wing invited Dr. Rewa Rishi to sensitize young girls on various issues related to women empowerment. This talk was attended by over 150 students.



21. Awareness Rally on "Beti Bachao Beti Padha": 9th March, 2024

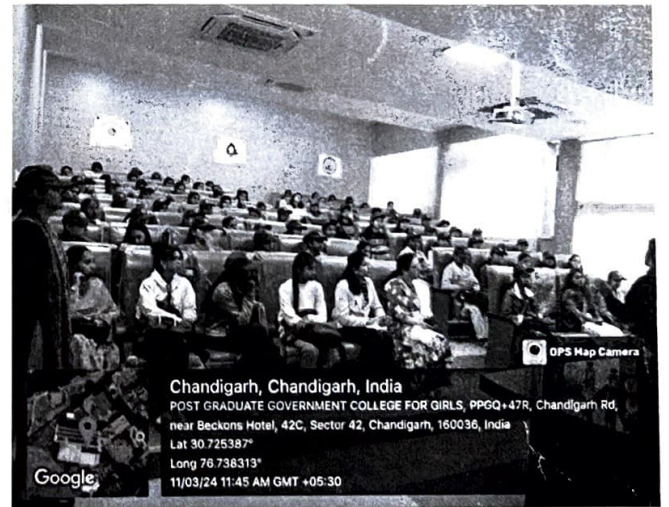
Over 150 students participated in this talk.



A handwritten signature or mark in blue ink, located in the bottom right corner of the page.

22. Interactive Session on Child Sexual Abuse Prevention: 11th March, 2024

Over 100 students attended a very interesting interactive session by Mr. Rahul , Founder of a NGO Bachpan: Save the Innocence which addressed a sensitive topic of Child Sexual Abuse Prevention.



[Signature]
Member

[Signature]
Convener
Incharge

[Signature]
Principal
Principal
P.G. Govt. College for Girls
Sector 42, Chandigarh