



# Post Graduate Government College for Girls, Sector 42, Chandigarh

Affiliated to Panjab University, Chandigarh



**NAAC Accredited 'A' Grade (CGPA – 3.16)**

**AISHE Code : C-29391**

**Internal Quality Assurance Cell (IQAC)**



Prof. Lakhvir Singh  
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## POSTGRADUATE GOVT. COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH

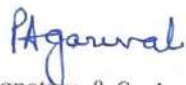
The council meeting of Institution's Innovation Council (IIC) PGGCG-42, Chandigarh was called by IIC President Prof. Punam Agarwal in the presence of head of the institute Prof. Binu Dogra on 26th September, 2024, to discuss upon the formulation and function of IIC for academic year 2024-25 & to assign roles and responsibility among council members as per the guidelines of Ministry of Education's Innovation cell.

As per the decision of competent authority, following members will be the part of IIC;

S. No.	Name of Member	Member Type (Teaching/ Non-teaching Key Role/ Position Member /Student/External Expert)
1.	Prof. Binu Dogra	Head of the institute/Principal
2.	Prof. Punam Aggarwal	RUSA In charge /President of IIC
3.	Dr. Tejinder Kaur	Teaching/ start-up coordinator
4.	Dr. Manpreet Kaur	Teaching/Innovation Coordinator
5.	Dr. Harsh Manchanda	Teaching/Internship Coordinator
6.	Dr. Gurpreet Kaur	Teaching/NIRF Coordinator
7.	Ms. Sunita Kumari	Teaching/ Convener
8.	Mr. Mohit Verma	Teaching/IPR Coordinator
9.	Ms. Sheenam Madan	Teaching/Social Media Coordinator
10.	Dr. Ruchi Sharma	Teaching/ Member
11.	Dr, Prabl Jtyoti	Teaching/Member
12.	Mr. Vinod Kumar	Teaching/Member
13.	Ms Himanshi	student/ IPR Coordinator
14.	Ms. Shreya	Student/ Start-up Coordinator

The council members discussed the activities (IIC calendar, Celebration and Self-Driven) and features of IIC portal. The council members also discussed collaborations within and outside the institution to accelerate the activities of IIC. The council also deliberated on a quarterly action plan in synchronization with activities and initiatives of other departments, centers and facilities in the Institute working towards promoting IPR, Innovation, Entrepreneurship and Start up.

The council unanimously decided to carry out all the IIC activities on a regular basis throughout the year and meet regularly at the beginning of every quarter to review the progress made in the previous quarter and also to plan for the upcoming quarter. The council has agreed to convene next meeting tentatively in the 2nd week of October.



Signature & Seal  
Professor  
P.G. Govt. College for Girls,  
Sector-42, Chandigarh  
(Head of the Institute)



Signature & Seal  
P.G. Govt. College for Girls  
Sector-42, Chandigarh  
(Head of the Institute)

Place: Chandigarh



## Post Graduate Govt. College For Women, Sector-42, Chandigarh

Institute Innovation Cell - 2023-24

The Ministry of Human Resource Development envisioning a culture of innovation across higher education institutions established the MHRD Innovation Cell (MIC). PGGCG-42 is honored to advance this vision, embracing innovation as a core value.



The launch of the Institution Innovation Cell (IIC) at PGGCG-42 was inaugurated under the leadership of Principal Prof. Binu Dogra and IICC President Prof. Punam Aggarwal in a strategic meeting on September 26, 2024. During this session, the timeline for upcoming events, as outlined by MIC, was carefully structured in the presence of all the members of constituted

Innovation Cell. With a strong foundation in academic excellence and innovation, PGGCG-42 strives to empower students by developing their creative and critical thinking skills, paving the way for self-employment and entrepreneurship. The primary goal of the Institution Innovation Cell (IIC) is to foster a dynamic culture of innovation, transforming ideas into impactful solutions. Through the IIC, we inspire students to unlock their potential, create sustainable innovations, and become leaders in the evolving world of self-driven enterprise and employability.

Aligned with the mission of turning ideas into action and shaping new concepts into reality, the Institute Innovation Cell of the college organized various activities for the 2023-24 session.

### **Activity : Printmaking Workshop**

Organized by : Mr. Vinod Kumar, Dept. of Fine Arts in collaboration with IICC /Skill development Cell

Date: 13th September 2024



The Department of Fine Arts successfully organized a Printmaking Workshop on 13th September 2024. Renowned printmaker Mr. Rahul Dhiman was invited as the guest artist to conduct the workshop, sharing his expertise and insights with the participants. The workshop saw an enthusiastic participation of 75 students and 12 faculty members, who were introduced to various

techniques of printmaking, including relief printing and screen printing. Mr. Dhiman gave a live demonstration, explaining the intricacies of handling printmaking tools, materials, and techniques. The objective of the workshop was to enhance participants' skills in printmaking, allowing them to explore creative possibilities while gaining practical experience. The interactive session fostered creativity, and students were encouraged to experiment with their own designs under the expert guidance of Mr. Dhiman. The workshop concluded with an engaging Q&A session, where participants discussed challenges and techniques in the art of printmaking. Both students and faculty expressed their appreciation for the knowledge and inspiration gained from the workshop. Overall, the workshop was a great success, providing valuable skills and fostering creativity in the field of printmaking.

### **Activity: Workshop on “Problem solving and ideation for startups**

Organized by : PG Dept. of Computer Applications in association with Infomaths Studies Pvt. Ltd., Chandigarh in collaboration with IICC /Skill development Cell

Date: 26th February, 2024



PG Dept. of Computer Applications organized a workshop on “Problem solving and ideation for startups” in association with INFOMATHS STUDIES Pvt. Ltd., Chandigarh on Monday, 26th

February, 2024. The workshop by Infomaths served as a comprehensive platform for BCA students to acquire both theoretical knowledge and practical skills essential for their professional journey, whether in the realm of startups or corporate employment. Mrs. Arpana Grover from INFOMATHS STUDIES Pvt. Ltd was the resource person. The presentation focused on two crucial aspects: Startups and interview preparations. The workshop aimed to equip budding professionals with practical skills and knowledge essential for navigating the competitive landscape of both entrepreneurship and job interviews. After the presentation, there was a Mock interview and personalized feedback provided participants with invaluable experience and insights, empowering them to ace future job interviews with poise and proficiency. Around 150 students participated in the event.

### **Activity : Art & Craft Workshop**

Date: 2024, 3rd- 5th October

Organized by: Mr. Vinod Kumar IICC Member, Dept. of Fine Arts in collaboration with IIC, PGGCG-42, Chandigarh.

Objective: The primary objective of this workshop is to foster creativity, innovation, and practical artistic skills among students. It aims to provide hands-on experience in various forms of art.



Outcome: Participants developed a deeper understanding of artistic techniques. This workshop helped participants to gain confidence in their creative abilities and learn new skills to apply in both academic and professional settings. About Workshop: A three-day Art and Craft Workshop was successfully organized at Post Graduate Government College for Girls, Sector-42, Chandigarh, under the able leadership of Principal Prof. (Dr.) Binu Dogra. The workshop, held from 3rd to 5th October 2024, was led by Dr. Vinod Kumar, Head of the Fine Arts Department, in collaboration with the Institution Innovation Council (IIC) and the Internal Quality Assurance Cell (IQAC). The event was generously sponsored by Pidilite Industries.

The workshop was conducted by renowned Fevicryl expert teacher, Ms. Piyusha Priyadarshani, who provided hands-on training to the students. The first two days focused on fabric painting, where students learned to design cushion covers and pillow covers using various techniques. On the final day, the students participated in a "Best Out of Waste" session, where they creatively turned discarded bottles into artistic pieces, promoting sustainability and creativity. Around 100 students actively participated in the workshop, gaining practical experience in fabric painting and recycling techniques. Under the expert guidance of Ms. Piyusha Priyadarshani, these sessions fostered creativity and innovation, providing a platform for students to showcase their artistic talents. This workshop served as a platform for experiential learning, enabling students to express their creativity and develop innovative ideas through art and craft. It reflects the college's commitment to fostering creativity and promoting sustainable practices.

### **Activity : Makeup and Skincare Regime workshop**

Date : 18th September 2024

Organized by: Personality Development Club of PGGCG-42, Chandigarh,

Personality Development Club of PGGCG-42, Chandigarh, organized an insightful session on Makeup and Skincare Regime conducted by renowned beauty expert Ms. Gurpreet Kaur (Winner of Mrs. India International, 2019, Mrs. Punjab, 2018 and an Internationally Certified Makeup Artist). The session took place on 18th September, 2024 in the Conference Room, IT Block in two sessions and was attended by 178 students of the PD club of the college and interested faculty members from various streams. The session was inaugurated by the Principal (Prof.) Dr. Binu Dogra wherein she congratulated the students in showing immense interest in such an event. The first session was about Learning Professional Makeup from 10:00 AM to 11.30 AM.



The second session was about Learning Skin Care Regimes from 12PM to 1: 30 PM. During the interactive sessions two looks were created one being a corporate look and the other being traditional/ party look.



The primary aim of the session was to educate the participants about effective skincare routines and to teach basic makeup techniques that enhance one's natural beauty while promoting skin health. The key highlights included importance of personal hygiene, skin care regimes, various make up techniques and Do's and Don'ts of Makeup Application. Mrs. Gurpreet Kaur stressed upon the importance of cleansing, toning and moisturizing as the fundamental steps for a glowing and healthy skin. She also shared tips on how to protect the skin from pollution and harmful UV rays by using sunscreen daily. The participants actively engaged in an interactive Q&A session where they asked questions regarding their specific skincare concerns and makeup dilemmas. Mrs. Gurpreet patiently addressed each query, offering personalized advice and product recommendations. The Personality Development Club of PGGCG-42 is committed to organizing more such events to promote self-care and personal grooming among its members.

**Activity: Asifa International Animation Day celebrations workshop**

**Date: 1st Feb ,2024.**

**Organized by : Department of Computer Application**

ASIFA International Animation Day is successfully hosted on 1 Feb, 2024 co-presented by ASIFA Evangelist Vineet Raj Kapoor, alongwith the leading UX Design Institute Chandigarh Design School, and leading Animation Institute SKILL, and supported by AnimationXpress, Workkconnects, MESC, ACE Fair, iXDA. ASIFA is an International Community of Animation, with a mission of creating awareness of Animation Careers amongst students.



The Speakers were Mangat Chauhan (Sr. Animation Supervisor Motu Patlu and Mentor SXILL) and Vineet Raj Kapoor (UX Design Mentor at Chandigarh Design School). Neelu Kapoor, Founder SXILL graced the occasion with her presence. Bikramjit Singh (Production Head, Virtualsoft) shared the History of ASIFA and its mission. He commented on how ASIFA works hard to bring awareness about these careers across the world. ASIFA Chandigarh has been conducting various seminars across the city to do its part. Mangat Chauhan briefed the students about the entire animation pipeline and various career opportunities across the entire process of

making animation movies. Vineet Raj Kapoor, Founder Chandigarh Design School, told the students about various Design Careers as well as how to make their own roadmaps to achieve success in those careers. He briefed the student on how decision making permeates all careers and would be a useful addition to any worthwhile career. Thereafter the students asked about various careers in their mind right from mimicry to story writing to animation to UX design and got clear roadmaps as well as advice to make a success of their dreams through examples behind the success stories of Steve Jobs, and other leaders.

**Activity: *Training workshop on “Patent search and Patent mining”***

**Date:** 12th March, 2024.

Organized by: Dr. Ruchi Sharma IIC Member Department of Biotechnology, PGGCG-42, Chandigarh

A *Training workshop on “Patent search and Patent mining”* organized by DST-Centre for Policy Research, Panjab University, Chandigarh on 12th March, 2024. The main aim of the workshop was to apprise the participants about various kinds of intellectual property rights (IPRs) and specifically how to search for the novelty of the idea/invention to be patented using various patent databases. The speakers gave Hands On training to the participants about searching millions of patent and non-patent literature databases taking some examples. Thus, the workshop indeed provided a platform to the young students to engage in real world learning experience in the field of IPR and encouraged them to be innovative in their work domain.



## **Activity : MILLET COOKERY COMPETITION**

**Date : 18.09.2024**

**Organized By : Dr. Manpreet Kaur, Dept. of Home Science**

Aahar Kranti Club organized a “Millets Cookery Competition” in the college to celebrate the National Nutrition Month – 2024. Students of the college participated wholeheartedly and showcased their innovative talent of cooking different nutritious recipes such as millet waffles, ragi golgappe, jowar dhokla, barnyard cutlet, jowar idli, ragi chocolate banana cake, jowar kheer, jowar poha and millet pizza to name a few. Principal and Chief Guest, Prof. (Dr.) Binu Dogra congratulated the organizers and the students for their wonderful presentation of dishes and advised them to keep trying new millet recipes and create awareness about the consumption of millets among the masses as they are nutrient rich cereals. The event was judged by Mrs Jaswant Kaur and Mrs Anita Sharma, Ex Associate Professors of the Department of Home Science & Dr. Deepika Kansal, Head, Department of Chemistry. The judges praised the students and mentioned that these competitions help in adopting healthier & nutrition enriched lifestyles thereby fulfilling the critical goal of the Poshan Abhiyaan that echoes with the theme ‘ Nutritious Diets for Everyone’



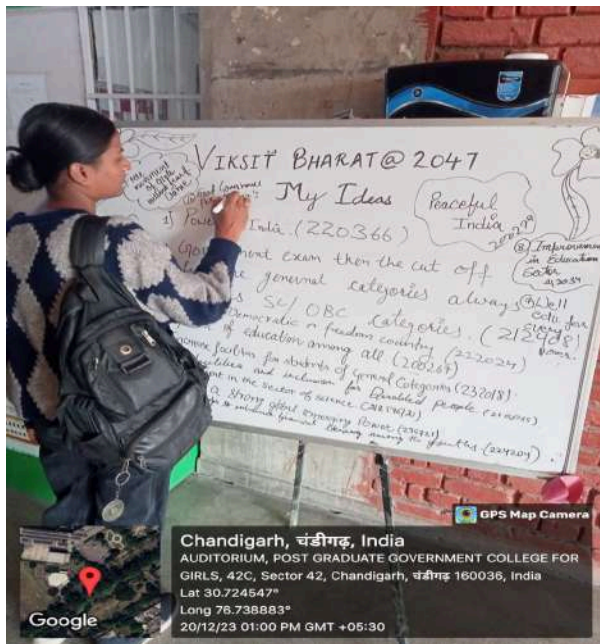
. The first prize was bagged by Ms. Sukhmandeep Kaur of class BSc III who made Ragi Dal Pakwan and Millet Panjiri. The second prize was bagged by Ms. Minki of class BCom I for her healthy Alu Millet Puri and Appe. The third prize was awarded to Ms. Shipu of class B.A III for her Barnyard Cutlets. Two consolation prizes were awarded to Ms. Barmeet Kaur of class BA III for her Millet Cutlets and Ms. Jyoti Rani of BA III for jowar Chaat Papdi.

**Activity : Live-streaming – launch of ‘Viksit Bharat @2047: Voice of Youth’ and *Selfie with Viksit Bharat@2047*’ and *2047 Visions: Infinite Dreams***

**Organized by: Various depts of the college and IICC , PGGCG 42**

**Date : 21st-24th December 2023**

The Prime Minister, Sh. Narendra Modi launched Viksit Bharat @2047: Voice of Youth today across the nation. During the program, PM Modi addressed the Vice Chancellors, Directors, and heads of various institutions in this youth workshop to mark the beginning of the initiative. Prime Minister Sh. Narendra Modi, while elaborating the need to create an Amrit Generation, said that, "youth power is both the agent of change and also the beneficiaries of Change. This is a great campaign to write the future of the country." He also asked the youth to turn their suggestions to further enhance the grandeur of Viksit Bharat. Prof. Nisha Aggarwal, Principal and some of the faculty members also joined this event at Raj Bhawan Chandigarh.



The inclusion of a whiteboard activity at the college, where students showcased their visions for Viksit Bharat @2047, has proven to be a valuable and inclusive initiative. Students actively participated, contributing their unique perspectives and creative expressions towards the collective vision of a developed India by 2047. The whiteboard activity not only serves as a visual representation of the diverse ideas within our student community but also provides an interactive platform for individuals to articulate their aspirations and solutions for the future. This engagement highlights the vibrant intellectual and creative energy that our college

community brings to the shared vision of a Viksit Bharat in 2047. The youth have to empower themselves and start at the individual level leading to family, society and nation at large and shall work towards making India a developed nation in all aspects which includes Economy, Physical health, life expectancy, and Infrastructural growth of the country.

**Activity : Day Long Bazar**

Date: 10th March, **November 7, 2023**.

Organized by : IICC and Student Self help group, PGGCG-42, Chandigarh

The day-long bazaar unfolds with grandeur, featuring 45 stalls that served as a captivating canvas for the ingenuity and dedication of our young entrepreneurs. The esteemed presence of Mrs. Kanwardeep Kaur, SSP of the UT administration, as the Chief Guest, alongside Mr. Rohit Sharma from Swarmani Youth Welfare Association and Dr. Anjum from Nivedita Trust, elevated the occasion to new heights.

POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS  
**"Karigiri Se Karobari"**  
 10TH MARCH, 2023  
**THE BAKE LAND BY TANYA SHARMA (BA II)**  
 Grateful for the opportunity provided by the Social Entrepreneurship Swachhta and Rural Engagement Cell of PGGCG - 42 as well as by the MGNCRE, Department Of Higher Education, Ministry Of Education, Govt. Of India.

Items Sold :  
 Chocolate Rolls  
 Pineapple and Strawberry Puddings

The profit earned had been a successful total of 5000/-

POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS, SECTOR - 42, CHANDIGARH  
 of 12  
**WON 2ND PRIZE**  
 Menu  
 ■ Mini muffins  
 ■ Muffins  
 ■ Cake pops  
 ■ Dry cakes  
 ■ Bento cakes  
 ■ Cake slices  
 ■ Home Baker  
 ■ Eggless  
**JASHANPREET KAUR**  
 A student of PGGCG-42, with her sister - SIMRANJEET KAUR, displayed bakery items & earned the profit of ₹3500  
 10th March 2023  
**KARIGARI SE KAROBAARI**  
 THANK YOU FOR THIS OPPORTUNITY

post. graduate. govt. college for girls sector-42 Chandigarh  
 In collaboration with MGNCRE department of higher education, ministry of education, govt of india  
**karigiri se karobari exhibition-cum-sale**  
 successful pggcg-42 SHG  
 under the aegis of social entrepreneurship, swachhta & rural engagement cell  
 display item once shake. banana shake and mjeite.  
**visaka & ashima**  
 10 march 2023  
 profit earned from the stall 3500  
 पीजीजीसीजी-42 में एक-दिवसी बजार कादीगरी से कारोबार

This stellar event, a collaborative effort by the Social Entrepreneurship, Swachhta & Rural Engagement Cell, IIC Cell, Women Cell, and Aahar Kranti Club of PGGCG42, not only showcased student startups but also delved into various dimensions of community engagement. Mrs. Kanwardeep Kaur's tour through the sale stalls, in the company of Principal Prof. Nisha Aggarwal and organizing members, exemplified their unwavering commitment to nurturing and motivating young girls in their skill-based start-ups.



With an impressive turnout of more than 1500 stakeholders, the resounding positive reception stands as a testament to the resounding success and far-reaching impact of the Day Long Bazaar. This event not only embodies the spirit of community, entrepreneurship, and sustainability but also marks a significant milestone in fostering a culture of innovation and social responsibility among our students.



**Activity : Exploring Herbarium Techniques- A hand on Field Visit to Botanical Garden and Herbarium/Museum to Panjab University, Chandigarh**

Organized by: IICC Internship Activity Coordinator- Dr. Harsh Manchanda , Botany Department

Date: 28th October 2024.

Dept. of Botany in association with IIC Cell of the college organised a One day Educational Field Visit for B.Sc. 1st year (SEC) and 2nd year (Botany Students) was organized by Botany Department, PGGCG Sector 42 Chandigarh, to the Botanical Garden and Herbarium/Museum of Botany Department, Panjab University, Chandigarh on 28th October, 2024. Total 45 students were accompanied by 3 teaching staff members: Dr. Harsh Manchanda, Dr. Davinder Kaur and Dr. Radha Chauhan. The students were familiarized with the vegetation. The students were told how to differentiate different plant groups according to their habit (morphology) e.g. thallophyta including algae, fungi and bryophytes; pteridophytes (fern house); gymnosperms (having male and female cones) and angiosperms having special reproductive structure i.e. flowers including Arboretum, Lily pool, Bamboocetum, Cactus House.



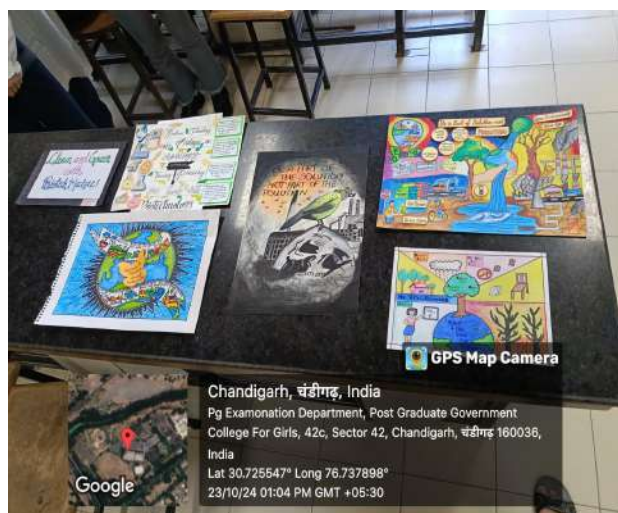
Then among Angiosperms different forms were recognized according to their habitat e.g. hydrophytes, mesophytes and xerophytes (specially Cactus House harboring different species of Cactus). Students were also familiarized with many medicinal and spices plants species e.g. Amaltas, Amla, Arjun, Bahera, Elaichi, Harar, Kadamba Tejpatta, etc. Students also learnt lab techniques in Herbarium/Museum like how to prepare herbarium file and how to preserve dried and wet specimens. The specimens of Lemna, Nelumbo, Ephedra, Pteris and Nephrolepis, were also collected for laboratory work materials. The field visit provided students with an interactive learning experience beyond traditional classroom education to cultivate practical skills that are essential for modern scientific research.

### Activity : IDEATION WORKSHOP

Organized by: IICC Member Dr. Ruchi Sharma, Department of Biotechnology

Date: 23rd October, 2024.

An Ideation workshop was organized by Department of Biotechnology in collaboration with Institutes Innovation Council (IIC) and Internal Quality Assurance Cell (IQAC) on 23rd October, 2024. The Theme of the workshop was “Solution to Pollution through Biotechnology”. The objective of this workshop was to spark innovation and creativity in students by encouraging them to share their ideas on the above mentioned topic in the form of posters and slogans..



Around 22 Students from different streams of the college participated enthusiastically in the event. The entries were judged on the basis of innovation and creativity. In the Poster Making Competition, the first prize was awarded to Yanshu Gautam from B.Sc. Medical (III Year), while

Aliza from B.Sc. (I Year) and Mehak from B.Sc. Microbiology Elective (III Year) secured the second and third prizes, respectively. The Slogan Writing Competition showcased equally impressive talent, with Akshita Jain from B.Sc. Biotech (Hons.) (II Year) winning the first prize. Priyanka from B.Sc. Biotech (Hons.) (I Year) and Jobanpreet Kaur from B.Sc. Non-Medical (I Year) earned the second and third prizes, respectively. These competitions not only highlighted students' artistic and linguistic skills but also emphasized the importance of biodiversity conservation.

Ms. Sunita Kumari

IICC Convener

Prof. Punam Aggarwal

IICC President



**POST GRADUATE GOVERNMENT COLLEGE FOR  
GIRLS**

**SECTOR-42, CHANDIGARH**

**NATIONAL SERVICE SCHEME**

**EVALUATIVE REPORT**

**2023-24**

**Not Me But You**

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## **INTRODUCTION**

National Service Scheme, under the Ministry of Youth Affairs & Sports Govt. of India, popularly known as NSS was launched in Mahatma Gandhi's Birth Centenary Year 1969 with the primary focus on the development of personality of students through community service. "Not Me But You" is the motto of NSS, which tells the importance of democratic living and support the need for self-less service. NSS helps the students develop appreciation to another person's point of view and also define consideration to other living beings. The Philosophy of the NSS is well defined in the motto, which underlines on the belief that the welfare of a person is ultimately dependent on the welfare of the society on the whole. That is the reason why the NSS volunteers shall strive for the welfare of the society. The symbol for the NSS is the giant Rath Wheel of the world famous Konark Sun Temple (The Black Pagoda) in Orissa, India. The wheel defines the cycle of creation, preservation and release and indicate the movement in life over time and space. The symbol hence stands for continuity as well as change and signifies the progressive striving of NSS for social change.

The NSS Wing of the college was established in the year 1982.

## **OBJECTIVES**

- To Understand the community in which they work.
- To Develop among themselves a sense of social and civic responsibility.
- To Utilise their knowledge in finding practical solutions to individual and community problems.
- To Develop competence required for group-living and sharing of responsibilities.
- To Gain skills in mobilizing community participation; acquire leadership qualities and democratic attitudes.
- To Develop capacity to meet emergencies and natural disasters and practice national integration and social harmony.

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

## 1. Cleanliness Drive: 9<sup>th</sup> April, 2023

Cleanliness is not just a habit; it is a reflection of discipline, responsibility, and a commitment to a better society. Cleanliness drives are community-based initiatives aimed at creating a cleaner and healthier environment. They play a crucial role in promoting public hygiene, environmental awareness, and civic responsibility. Cleanliness drives not only improve the aesthetic appeal of public spaces but also contribute to better health and sustainable living. A cleanliness drive was carried out in the college with over 250 volunteers participated in it. Principal Mam Prof. (Dr.) Nisha Aggrawal took keen interest in this drive. The students were divided in different groups and they cleared areas around parking, grounds, behind IT block, etc. Everyone participated with full enthusiasm. This drive resonates with the theme of NSS of “Not Me But You.”



## 2. Swachh Bharat Swasth Bharat: 19<sup>th</sup> June, 2023

Swachh Bharat, Swasth Bharat" (Clean India, Healthy India) is not just a slogan but a vision for a cleaner and healthier nation. Launched as the "Swachh Bharat Abhiyan" (Clean India Mission) by Prime Minister Narendra Modi on October 2, 2014, this initiative aims to eradicate open defecation, improve waste management, and promote cleanliness across India. It emphasizes the direct connection between cleanliness and health, highlighting that a clean environment is essential for a healthy society. Participating in the drive started by the Government of India of "Swachh Bharat Swasth Bharat" a cleanliness drive was carried out by the NSS volunteers in the campus of PGCGC-42, Chandigarh and adjoining New Lake Area, Sector-42, Chandigarh. Around 50 NSS volunteers participated in it. The volunteers were also accompanied by the NSS POs. Our worthy DHE Mr. Bhati and respected principal mam Prof. (Dr.) Nisha Aggrawal also extended their support in this endeavor.





### 3. International Yoga Day: 21<sup>st</sup> June, 2023

The idea of an International Yoga Day was proposed by Indian Prime Minister Narendra Modi during his address to the UNGA on September 27, 2014. He highlighted the universal appeal of yoga and its role in fostering a balanced lifestyle. Following his proposal, the UNGA adopted Resolution 69/131, supported by 177 member nations, establishing June 21st as International Yoga Day. The first celebration took place in 2015, marked by mass yoga demonstrations across the world. International Yoga Day, celebrated annually on June 21st, is a global event that highlights the importance of yoga as a holistic approach to health and well-being. Declared by the United Nations General Assembly (UNGA) in 2014, this day unites individuals across the globe to promote physical, mental, and spiritual harmony. The date holds significance as it marks the summer solstice, the longest day of the year in the Northern Hemisphere, symbolizing light and vitality—key tenets of yoga. NSS unit of our college also fully participates in this event every year since its inception. Yoga asanas were taught by the students of B.PEd and practiced by more than 400 participants in the college gymnasium. Going by the spirit “Health is Wealth” many staff members also participated in the yoga session enthusiastically.



#### 4. World Environment Day: 5<sup>th</sup> June, 2023

World Environment Day, observed every year on June 5th, is a global platform dedicated to raising awareness about environmental issues and encouraging collective action to protect our planet. Established by the United Nations in 1972 during the Stockholm Conference on the Human Environment, it has grown into the largest global celebration of environmental advocacy. The day serves as a reminder of the urgent need to address issues such as climate change, deforestation, pollution, and biodiversity loss. This annual event not only highlights pressing environmental concerns but also emphasizes the role each person can play in creating a sustainable future. By fostering awareness and promoting action, World Environment Day helps build a global movement for environmental preservation. NSS Unit of our college also celebrated this day with a pledge to conserve nature administered by the principal Prof. (Dr.) Nisha Aggrawal, Vice Principal Mr. JaganNath, Dr. Preeti Sharda, NSS Incharge Mr. Meher Chand and all the POs. Afterwards a rally was organized in the adopted Village Kajheri where 250 volunteers participated in planting and distribution of over 50 saplings. The local elected councilor Mr. Lakhbir Singh and Angawadi workers also joined our volunteers in this drive.



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## 5. Tree Plantation and Panch Pran Pledge: 9<sup>th</sup> 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 Aggrawal 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.



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## 6. Orientation Programme and One Day Mental Health Camp: 8<sup>th</sup> 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 8<sup>th</sup> 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.

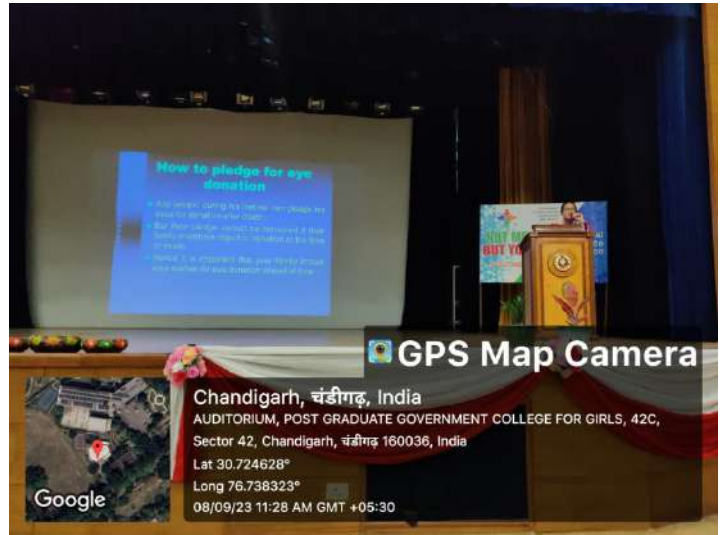
This program was organized in three parts, in the first part of which NSS in-charge Mr. Mehar Chand introduced to the NSS volunteers registered for the new session 2023 24 of the college about the upcoming activities in NSS Department and how these activities will be organized in the coming session. 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.



## **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: 12<sup>th</sup> 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 12<sup>th</sup> 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.



## 8. 'Panch Pran' and 'The Amrit Kalaash Yatra': 11<sup>th</sup> 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.







## 9. Anti-Dengue Drive: 12<sup>th</sup> October, 2023

Dengue is a mosquito-borne viral infection caused by the dengue virus (DENV), which is transmitted primarily by the *Aedes aegypti* mosquito. Commonly referred to as "breakbone fever," dengue is characterized by high fever, severe headaches, joint and muscle pain, and skin rashes. It poses a significant public health threat, especially in tropical and subtropical regions, including parts of Asia, Africa, and South America. With no specific antiviral treatment available, dengue continues to challenge healthcare systems worldwide. Awareness, prevention, and timely intervention are key to managing this life-threatening disease. 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 12<sup>th</sup> 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: 17<sup>th</sup> Oct, 2023

Floods can devastate communities, especially in low-lying and vulnerable regions. The immediate impact includes loss of homes, crops, livestock, and access to clean water. Floods are devastating, but the response to such crises can reflect the best of humanity. Donations, whether big or small, have the power to save lives, rebuild communities, and restore hope. As members of a global community, it is our moral responsibility to help those affected by natural disasters. By donating and encouraging others to do the same, we can make a meaningful difference in the lives of flood victims and contribute to a more compassionate and united world. Let us rise together to support those in need, turning tragedy into an opportunity for kindness and collective action. For the help of flood victims of Himachal Pradesh and Sikkim on 17<sup>th</sup> 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: 4<sup>th</sup> 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: 7<sup>th</sup> 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 7<sup>th</sup> 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: 10<sup>th</sup> 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: 16<sup>th</sup> 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 16<sup>th</sup> 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 ":1<sup>st</sup> 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": 6<sup>th</sup> 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.



## 17. Health Check up Camp on Women's Health: 9<sup>th</sup> February, 2024

Women play a vital role in shaping families, communities, and society. Yet, their health often takes a backseat due to societal expectations, multitasking roles, and lack of awareness. Regular health check-ups for women are essential to detect, prevent, and manage health issues at an early stage, ensuring their well-being and longevity. Prioritizing women's health is not only beneficial for them individually but also has a ripple effect on the well-being of families and society as a whole. Women often neglect their health due to busy schedules or cultural norms, making regular check-ups even more critical. Regular screenings also empower women with knowledge about their health, enabling them to make informed decisions about their lifestyles, diets, and medical care. A proactive approach to health not only improves quality of life but also reduces the financial burden of treating advanced-stage illnesses. 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.



## 18. Pulse Polio Training: 23rd February, 2024

Pulse Polio is one of the most significant public health initiatives aimed at eradicating poliomyelitis (polio) from the world. This life-threatening disease, caused by the poliovirus, primarily affects children under the age of five, leading to paralysis, disability, and sometimes death. The Pulse Polio campaign was launched in India in 1995 as part of the Global Polio Eradication Initiative (GPEI). Its mission is to vaccinate every child under the age of five with oral polio vaccine (OPV) to stop the transmission of the poliovirus. The success of this campaign has transformed India's fight against polio, making it polio-free since 2014. The term "Pulse Polio" refers to the nationwide immunization program where oral polio drops are administered to children on designated days, known as National Immunization Days (NIDs). The aim is to vaccinate every child, ensuring no child is left vulnerable to polio. This strategy, called "pulse vaccination," works by breaking the chain of transmission of the poliovirus in the community. NSS wing organized a Pulse Polio Training in Multimedia room of the college by a team of doctors of Health Dept, U.T. Chandigarh, which was attended by over 250 students and programme officers. It gave a hands on training to the students.



## 19. Voter's Awareness Rally: 2<sup>nd</sup> March, 2024

Democracy thrives when citizens actively participate in the electoral process. Voting is not just a right but also a responsibility that empowers people to shape the future of their nation. However, voter turnout often remains low due to a lack of awareness, misinformation, or apathy. Voter Awareness Drives aim to educate citizens about the importance of voting, their rights, and the impact of their participation in the democratic process. Such drives play a crucial role in ensuring that every eligible voter exercises their franchise, contributing to a fair and representative democracy. Voter awareness drives are the backbone of a vibrant and participatory democracy. They empower citizens to make informed choices and strengthen democratic governance by ensuring inclusive and widespread participation. Every vote counts, and every citizen's voice matters in shaping the future of a nation. Voter awareness drives remind us of this fundamental truth and inspire us to fulfill our responsibility as active participants in the democratic process. 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

International Women’s Day, celebrated annually on **March 8th**, is a global occasion to honor the achievements of women across social, economic, cultural, and political spheres. It is also a time to reflect on the ongoing struggle for gender equality and the empowerment of women in all walks of life. This day serves as both a celebration and a call to action for advancing women's rights worldwide. The origins of International Women’s Day date back to the early 20th century, when women began to unite for better working conditions, voting rights, and equality. The first National Women’s Day was observed in the United States in 1909, inspired by the women’s labor movement. In 1977, the United Nations officially recognized March 8th as International Women’s Day, emphasizing the global importance of gender equality and women’s empowerment. Each year, International Women’s Day is celebrated with a specific theme, focusing on a critical aspect of women’s rights. Themes such as **“Choose to Challenge,”** **“DigitALL: Innovation and Technology for Gender Equality,”** and **“Break the Bias”** highlight the multifaceted challenges women face while encouraging collective action for change. 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

"Beti Bachao, Beti Padhao" (Save the Daughter, Educate the Daughter) is one of India's most significant social campaigns launched by the Government of India in **2015**. This initiative aims to address critical issues such as the declining child sex ratio, gender inequality, and the need to empower girls through education. The program seeks to promote the value of the girl child and ensure her survival, protection, and education in a society that has long struggled with patriarchal norms and gender biases. India has witnessed alarming trends in the declining child sex ratio (number of girls per 1,000 boys) over the decades. Practices like **female feticide, infanticide**, and societal preference for male children have contributed significantly to this imbalance. This skewed ratio not only reflects discrimination against girls but also has long-term social and demographic consequences. Highlighting this problem Prof. (Dr.) Sudhir Sharma participated in this talk with over 150 students participation.

## 22. Interactive Session on Child Sexual Abuse Prevention: 11<sup>th</sup> March, 2024

Preventing child sexual abuse (CSA) is a critical issue that requires awareness, education, and proactive measures. To teach children about body autonomy and the concept of "safe" and "unsafe" touch. We have to help them understand that their body belongs to them. We have to foster an environment where children feel safe discussing their concerns without fear of punishment or disbelief. By conducting workshops for parents, teachers, and caregivers to recognize signs of abuse and how to intervene. Over 100 students attended a very interesting interactive session by Mr. Rahul, Founder of NGO Bachpan: Save the Innocence which addressed a sensitive topic of Child Sexual Abuse Prevention.



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