

Government Post-Graduate College, Ambala Cantt.
(Affiliated to Kurukshetra University, Kurukshetra)



Session 2020-21

**3.2.2 Number of Workshop/ Seminar
conducted on Research Methodology,
Intellectual Property Rights and
Entrepreneurship**

Year	Name of the workshop/ seminar/ conference	Number of Participants	Date From – To	Nature of Activity
Entrepreneurial Development Cell				
1	Workshop on 'Entrepreneurship development'	162	21-12-2020	Entrepreneurship
2	Workshop on 'Entrepreneurship development: A Step Towards Self-reliant India' in collaboration with Commerce department	200	11-02-2021	Entrepreneurship
Women cell				
3	Seven-day workshop on 'Ab Beti Hogi Nirog'	600	04-01-2021 to 19-01-2021	Skill Development
4	Six-day workshop on Yoga and Meditation	600	22-01-2021 to 29-01-2021	Skill Development
5	Two-day online workshop on 'Legal Laws for Women (Domestic Violence Laws), Rights for Women (Sexual Harrasment at Workplace Posh Act)	150	08-02-2021 and 09-02-2021	Skill Development
Road Safety Club				
6	Seminar Cum Workshop on Sadak Suraksha Jeevan Raksha in collaboration with Traffic Interpretation Centre	136	24-03-2021	Skill Development



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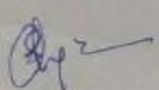
Entrepreneurship Development Cell

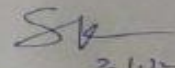
1	Workshop on 'Entrepreneurship development' under SUPRATI scheme	162	21-12-2020	Entrepreneurship
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SUPRATI Committee of Govt. PG College, Ambala Cantt had organised one day virtual workshop for Entrepreneurial Development on 21st December 2020. The purpose of the workshop was to announce and make awareness about the entrepreneurship, Start-ups, how to generate and conceptualize business ideas, how to create a business plan and how to develop a business model.

Total 162 no. of students and all Committee members Dr. Shagun Ahuja Convener, Ms. Rajni Saini, Ms. Sujata Sasan, Ms. Pradeep Kumar, Ms. Savita, Ms. Nareesh, Ms. Poonam Shiman, Ms. Aargoo Katiyal, Ms. Prabhjot, Ms. Shweta and Ms. Shabti were present during the event.

The event was conducted successfully and the students were informed about the different stages of SUPRATI programme and what type of business ideas can be presented.


Dr. Shagun Ahuja
Nodal Office (EDC)


21.12.2020
PRINCIPAL

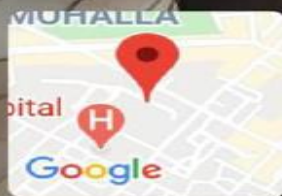

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2	Workshop on 'Entrepreneurship development: A Step Towards Self-reliant India' in collaboration with Commerce department	200	11-02-2021	Entrepreneurship
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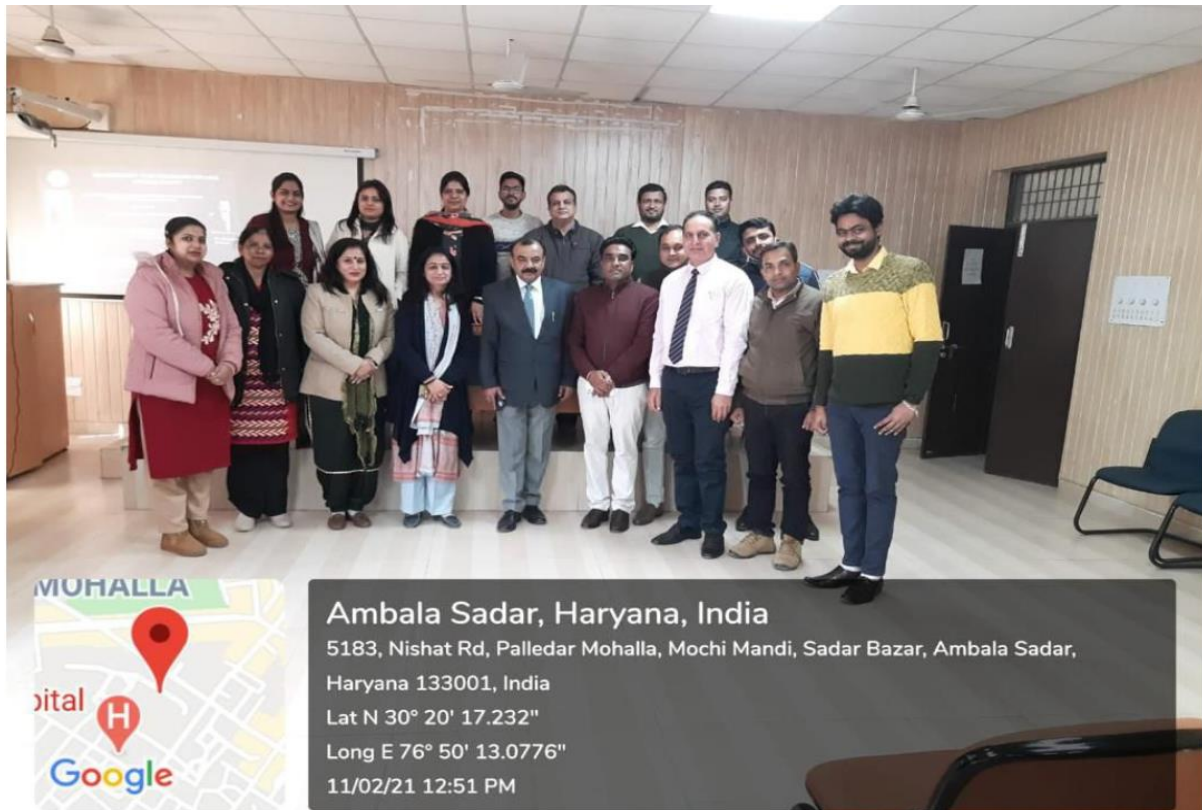
Ambala Sadar, Haryana, India

5183, Nishat Rd, Palledar Mohalla, Mochi Mandi, Sadar Bazar,
Ambala Sadar, Haryana 133001, India

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Women Cell

3	Seven-day workshop Ab Beti Hogi Nirog	600	04-01-2021 to 19-01-2021	Skill Development
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GOVERNMENT P.G. COLLEGE AMBALA CANTT
Seven Days Virtual Workshop on "Ab Beti Hogi Nirog" for Girl Students

PROPOSED SCHEDULE

PROPOSED DATES	RESOURCE PERSON	TOPIC
04/01/2021	Dr. Vidhi Arora, MBBS M.D	1. Nutrition in Adolescent Girls 2. Diet Tips for Women
05/01/2021	Dr. Vidhi Arora, MBBS M.D	1. Personal Hygiene for Girls 2. Physical Hygiene during Adolescence
06/01/2021	Dr. Vidhi Arora, MBBS M.D	1. HPV Screening 2. HPV Vaccination in Reproductive Age
07/01/2021	Dr. Vidhi Arora, MBBS M.D	1. Guidelines for prevention of Cervical Cancer 2. Immunology of HPV Infection
12/01/2021	Dr. Kamlesh Datta, MBBS M.D	1. Problems relating to Menstrual Cycle 2. Tips for reducing problems during Menstrual Cycle
15/01/2021	Dr. Kamlesh Datta, MBBS M.D	1. Use of Sanitary Napkins 2. Sanitary Care for Women
19/01/2021	Dr. Kamlesh Datta, MBBS M.D	1. PCOS/PCOD 2. Prevention and Cure of Hormonal Syndromes

Jyoti Saini
Incharge
Women cell

[Signature]
Principal

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Workshop "Ab beti hogi Nikog"

Women Cell of College Organized 7 working days workshop on "Ab beti hogi Nikog" by two lady doctors. The workshop was started on 04.01.2021. One of the Resource Person was Dr. Vidhi Sahni Agrawal MBBS, MD Assistant Professor at Kalphachawla Medical College Karnal and The other was Dr. Kamlesh Datta, ~~renowned~~ gyna renowned gynaecologist Ambala Cantt. More than 500 students participated in it. Girls students actively and made queries. Their queries are handled positively and satisfactorily by both doctors.

प्रेस नोट

05/11/2021.

राजकीय महाविद्यालय अम्बाला कैंट के महिला प्रकोष्ठ के समन्वय से "Ab Beti Hogi Nikog" पर सात दिन का "Virtual Workshop" का आयोजन किया जा रहा है। इस "Workshop" के पहले दिन (4.01.2021) को Dr. Vidhi Agrawal MBBS, MD द्वारा छात्राओं को पौष्टिक और संतुलित आहार का महत्व बताया गया। उन्होंने बताया कि हमारी Diet में Protein, Carbohydrate और Fat का सही अनुपात होना चाहिए।

दूसरी "Virtual Workshop" की श्रृंखला को आगे बढ़ाते हुए आज दिनांक 5.01.2021 को Dr. Vidhi Agrawal ने छात्राओं को निजी स्वच्छता के बारे में अवगत कराया। छात्राओं को Dr. Vidhi Agrawal से उनकी बहुत सारी दैनिक समस्याओं का समाधान मिला।

प्रचार्य श्री देशराज बाजवा जी ने बच्चों को बताया कि आज के भाग दौड़ वाले समय में पौष्टिक आहार लेना बहुत आवश्यक है।

महिला प्रकोष्ठ के सभी महिला सदस्यों डॉ. शशि आर्य, डॉ. श्वेता, डॉ. प्रियंका, डॉ. शिखा, प्रौ. उमाशशि व प्रौ. तंजुम ने इस Virtual Workshop का आयोजन करने में योगदान दिया। महिला प्रकोष्ठ की इन्-चार्ज प्रौ. रजनी सेनी ने Kalphachawla Medical College, Karnal की Asstt. Prof. डॉ. विवेक अरोड़ा का आभार प्रकट किया।

Rajani Saini

05/01/2021

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4	Six-day workshop on Yoga and Meditation by Ms. Chetna, Yoga Instructor, Ambala City	600	22-01-2021 to 29-01-2021	Skill Development
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Yoga and Meditation Workshop

A six days workshop on Yoga and Meditation was organized Online from 22-01-21 to 29-01-21. Ms. Chetna, Yoga instructor Ambala City conducted the workshop. Girls students benefitted a lot from this workshop. Members of Women Cell also joined the class through 'Google Meet'. student learnt many asana and technique of "Pranayam". More than 500 student attended the above online workshop.

Rajni Saini

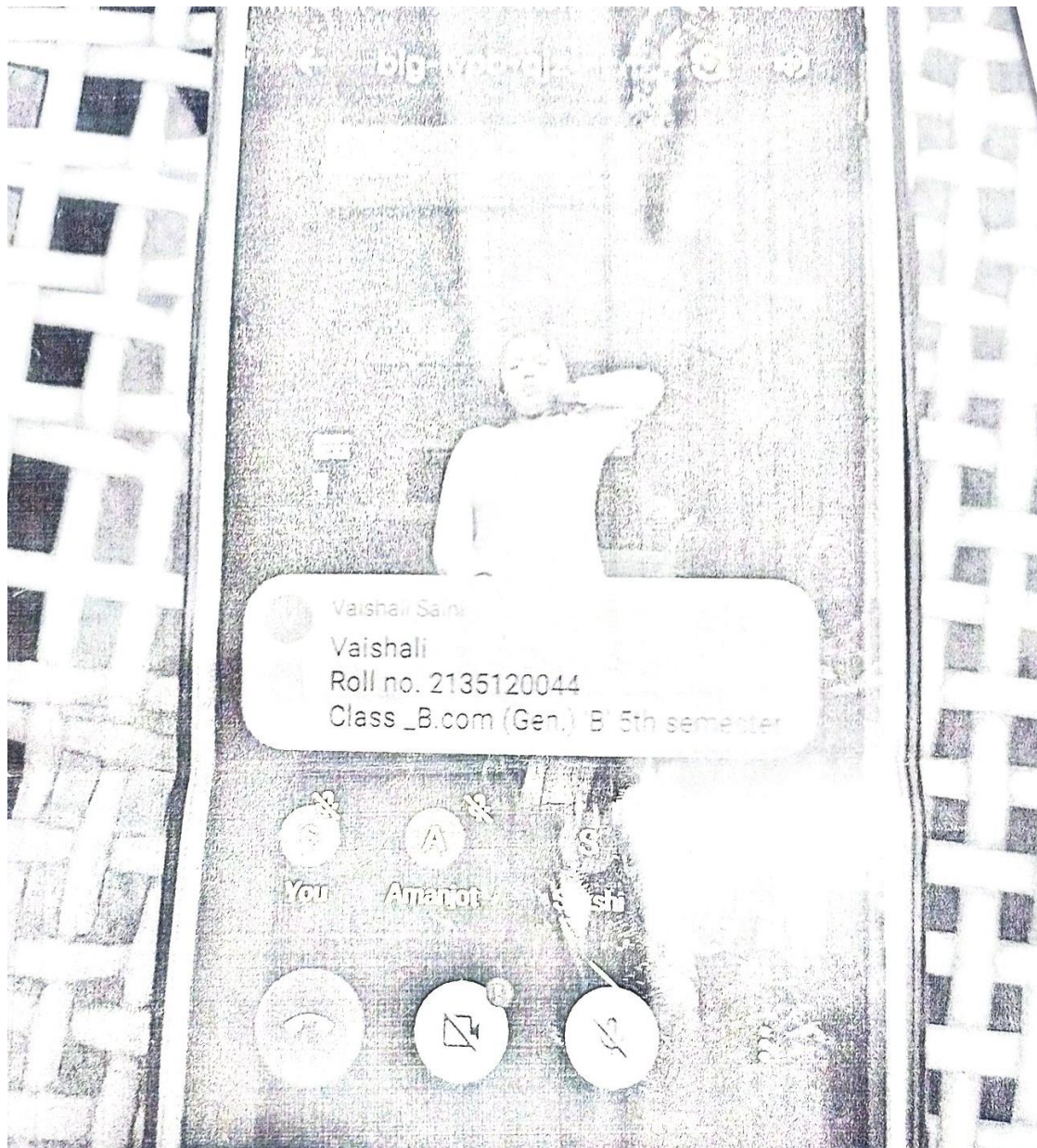
Incharge Women Cell

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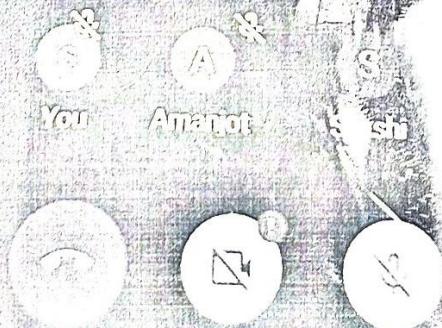


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Vaishali Saini
Vaishali
Roll no. 2135120044
Class _B.com (Gen.) B 5th semester



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Bazar, Ambala Sadar, Haryana 133001, India

Lat N 30° 20' 17.0304"

Long E 76° 50' 13.0092"

25/01/21 01:16 PM

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5	Two-day online workshop on Legal Laws for Women (Domestic Violence Laws), Rights for Women (Sexual Harassment at Workplace Posh Act) by Advocate Palak Gupta, Supreme Court of India	150	08-02-2021 and 09-02-2021	Skill Development
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Page No.:

Online Workshop By Advocate Palak Gupta 08-02-21 to 09-02-21

A workshop by Advocate Palak Gupta (Supreme Court of India) organized by women cell of the college. Topic discussed by Resource person ~~it~~ were legal laws for women (Domestic Violence Laws) and Rights for Women (Sexual Harassment at workplace Posh act). She explained the topic ~~and~~ very interesting way. Students also participated actively and handled their queries handled by Resource person positively and satisfactorily. All members of women cell joined the meeting online. more than 150 students participated in the event.

Topic 08-02-21 - Posco and Penal laws for the protection of Domestic Violence laws. of women.

09-02-21 - Sexual Harassment at workplace Labour laws, Posh Act.

Honorarium Bill of Advocate Palak Gupta

No of Lecture = 04 (2 x 2)

Honorarium for One Lecture = ₹ 500

Total Honorarium = 500×4

= 2000/-

Two thousand Only

Seen & Signed

Rajani Saini

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गवर्नमेंट पीजी कॉलेज में विद्यार्थियों को घरेलू हिंसा अधिनियम के बारे में बताया

अम्बाला | गवर्नमेंट पीजी कॉलेज में महिला प्रकोष्ठ ने दो दिवसीय ऑनलाइन वर्कशॉप लगाई। सुप्रीम कोर्ट की एडवोकेट पलक गुप्ता ने छात्राओं को कार्यस्थल पर महिला उत्पीड़न व घरेलू हिंसा अधिनियम के बारे में बताया। प्रिंसिपल आनंद जोशी ने छात्राओं को अपने अधिकारों के प्रति जागरूक रहने के लिए प्रेरित किया। मौके पर महिला प्रकोष्ठ की संयोजक रजनी सैनी मौजूद थीं।



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Road Safety Club

6	Seminar Cum Workshop on Sadak Suraksha Jeevan Raksha in collaboration with Traffic Interpretation Centre	136	24-03-2021	Skill Development
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Details of Participants

ONE DAY WORKSHOP LUN SEMINAR ON "SADAK SURAKSHA JEEVAN RAKSHA" IN COLLABORATION WITH HERO MOTOR CORP GURGAON SPONSORED BY DGH HARYANA				
Date: 24/8/2021				
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