#### Government Post-Graduate College, Ambala Cantt.

(Affiliated to Kurukshetra University, Kurukshetra)

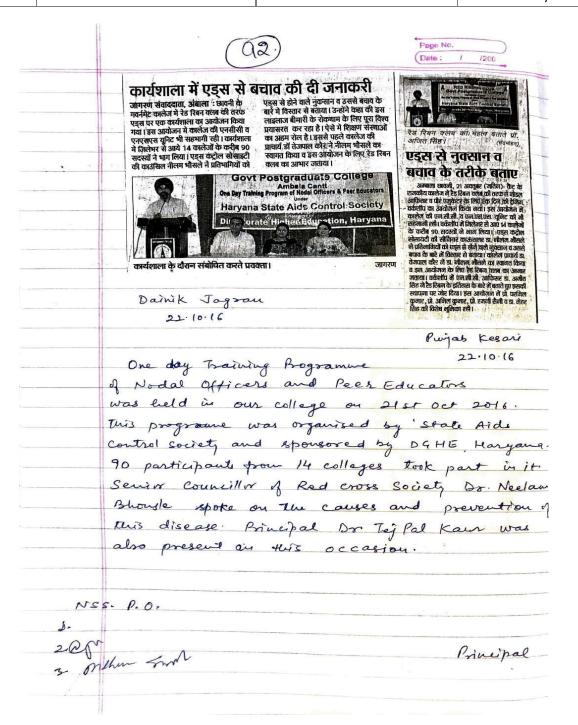




#### CRITERIA 3.4.1, 3.4.3 and 3.4.4

**SESSION: 2016-17** 

- **3.4.1:** Extension activities are carried out in the neighbourhood community, sensitizing students to social issues, for their holistic development, and impact thereof during the last five years.
- 3.4.3: Number of extension and outreached Programmers conducted by the institution through NSS/ NCC/ Red Cross/ YRC etc., (including the programmers such as Swachh Bharat, AIDS awareness, Gender issues etc. and/or those organized in collaboration with industry, community and NGOs during the last five years
- 3.4.4: Average percentage of students participating in extension activities at 3.4.3. above during last five years





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A 10-der Morkshop on Predice was organized by

the Moren Cell from Eept 5th to left 19th 2016 in the callege.

The workshop in conducted by the directors, Ulma shorker,

The workshop in conducted by the directors, Ulma shorker,

the imparted skills regarding stage and theatie and out

the end of the workshop the stage should were prepared.

The shape as object play on " Women Issues, More than 37% studies

pasticipated in this event.



नुक्कड़ नाटिका प्रस्तुत करते राजकीय कॉलेज के छात्र व छात्राएं।

जागरण संवाददाता, अंबाला : गवर्नमेट पीजी कॉलेज में वूमेन सेल की तरफ से लगाई गई दस दिवसीय थियेटर वर्कशॉप का बुधवार को समापन हो गया। वूमेन सेल की इंचार्ज डा. अंजू जगपाल ने बताया कि इसमें मंथन थियेटर ग्रुप की ओर से प्रतिभागी छात्र-छात्राओं को थियेटर की बारीकियां सिखाई। छात्र-छात्राओं ने अंतिम दिन महिलाओं की समस्याओं पर आधारित एक नुक्कड़ नाटक का मंचन भी किया। इस मौके पर प्रो. पूजा गोयल आदि मौजूद रहे।



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## At. College, Ambala Cantt. SANCTION FORM

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The approximate cost will be Rs.	10000 and
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Date: 07. 11. 16
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## SANCTION FORM

29.10.16 Man h

Burser's Remarks

Anju Joseph Signature Incharge President

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Principal Govt. P.G. College Ambala Cantt.

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Kindby grant Administrature sanction to organize extension (extense for the stable) on the topics "Sexual Harresement at Workplace" and "Dignily of Home at writing on cer warms - cell on Nov 7", 2016.

Ange Jagpal Comment Lebenson all.





Jagriti Saptah from 121.1.2017	Women Cell	Department of History, KUK; Sadhopur, Mulana; Cyber cell, Ambala; M.L. Civil Hospital,
		Yamunanaga; Civil Hospital,
		Ambala Cantt;

Jagriti Saptal' in college began on Jan 161st 2017. It was inangurated by Porf. Sunita Pathania Ex Chairperson, departs of History, Muk. Porf. Pathania treed the journey
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Jagriti Saptal' in college began to To 165t 200 96
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Mr. Balwant Singh, Incharge Cyber Cell, Ambala on 18.01.17

### साइबर क्राइम के बारे में सचेत किया



आज समाज नेटवर्क

ाम समाज नेटवर्क माम के बारे में शर्फन किया नवा: माम के बारे में शर्फन किया नवा: माम के बारे में शर्फन के बारे में रिपेस में अर्थाकित जाड़ीन समाद मेंत्र कुछ सार्थ में स्वाप्त का स्वीति कुछ सार्थ में साम्याद का स्वाप्त के नातन मुख्यार को सामी की सामाज मेंत्री से बार्फन के



## खानपान का ध्यान रखना जरूरी

#### आज समाज नेटवर्क

अंबालाः राज्येतः पीतो क्रोतेत में अवस्थित जानूनि संगाद में महिता रोग विशेषक दों. मंजू ने बका कि राद्रक्रियों को स्थानकान का प्रणान रखन पारिए। उपित स्थानका के अपान में शरीर में सून की कभी हो जाती है। शरीर में सून की कभी बहुत वी बीम्हरियों का कारण करती है। इसमें स्थापन में विद्याधारण व बार्यकृत परेसानी भी सामित है। डॉ. भंजू ने करा कि स्टानशन व साफ-बाकाई का विशेष भवार रखाव पातिए।

इससे पड़ाते कॉलेज प्राचार्य डॉ. रोजधान कीर व महिरम ग्रेम की इंपार्ज डॉ. अंडु जरधान ने मुख्य अतिथि का स्थानत किया। कीर्तन

प्रधार्थ ने भी सरकाओं से आक्रान किया कि वे बीमारियों से दूर रहने के लिए स्क्रानका का विशेष च्यान समें। इस क्षेक्रे पर डॉ. मंत्रू ने सरकारों के साम एक ताकार यात्र भी रखा दिसाने विक्रियान रोगों ज स्वास्थ्य संबंधी शंकाओं का समाधान किया गया। इस सीके पर डॉ. रेडिमी, डॉ. रागुन आदि को कोजूद की।





ministratui Sanction

Allow Quandle 9

Kindly grant Administrative sanction to organize with sophish in the Women-cell and BRBP from Jan 16th part in the college and to pary TA-DA and Renumeration as per Govt, mles to the Resource persons. The series of bedries would be as per the instructing issued vide Memo to. 6/2-2016 HPE (1), Dated Panchkula, the 12.05.2016, Kindly grant permission to give T.A. @ Rs. 6/- km (by car) to Me Reeli & Ms. Sutesh.

Anju Jagpel
Convenor
Women-Cell

Principal Govt. P.G. College Ambala Cantt.

# ollege, Ambala Cantt.

Footh from Jan 16th 2017 to Jan 21st 2017.

To pay TA-DA to the Resource pursons as per Gort rules.

To get banners printed and provide The approximate cost will be Rs. 20000 (Hon) and Will be met out of Grant/Fund Morron-Cell

Dated 03.01.17

Marke >

Burser's Remarks

(Anju Jagpal)
Signature

Incharge/President

Sanctioned

Principal



### GOVERNMENT P.G. COLLEGE, AMBALA CANTT

#### SCHEDULE

## JAGRITI SAPTAH (16.1.2017 – 21.1.2017) ORGANIZED BY: WOMEN CELL AND BETI BACHAO BETI PADHAO COMMITTEE

VENUE: SEMINAR HALL

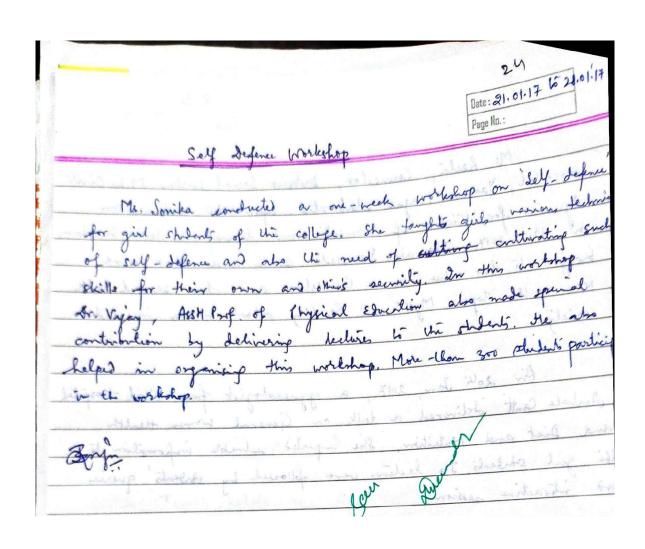
TIME: 12.30 PM TO 3.00 PM

I IIVID. ZZIO	- PROGON	TOPICS
DATE 16.01.2017	Prof. Sunita Pathania Ex. Chairperson, department of	Women Empowerment     Construction of Indian Woman through History
17.01.2017	History, KUK  Prof. Aradhana Jindal  Principal, School of Architecture,	Stress management     Positivity in Life
18.01.2017	Sadhopur, Mullana University Mr. Balwant Singh Incharge, Cyber Cell, Ambala	Cyber Crime against Women     Laws of Prevention     Intervention Agencies for
19.01.2017	Ms. Reeta, Counselor District Social Worker M.L Civil Hospital Yamuna Nagar	Victims of Domestic and Sexual Violence Survivor  Myth and Reality about Women in Indian Society
20.01.2017	Gynecologist Civil Hospital	General Women health     Diet and Nutrition
21.01.2017	Ambala Cantt Ms. Sudesh Advocate and Social Activist	<ol> <li>Legal Rights of Indian Women</li> <li>Women and Activism</li> </ol>

Buge

Incharge Women Cell Principal
Offg Principal
Govt. P.G. College
Ambala Cantt.

Principal Govt P.G. College





## ege, Ambala Cantt.

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workstop on Self- Defence for the girl should
and to pay honorarium for two sessions
per day @ Re 500/- to the Instruction
(as per Gort mls)
.The approximate cost will be Rs
Will be met out of Grant/Fund Women - Cell (Hom)

Dated 12.01.17

Signature Incharge/President

Burser's Remarks

Sanctioned

Principal



### Aministraline Sanction

12.01.17 War Dandy

kindly grant Administrative Sanction to organize of our college and pay honorarium to the Instituction as per Gort rules.

Anja Jagpal Comenos Leboren Cell

> Principal Govt. P.G. College Ambala Cantt.

7	Workshop on Yoga, meditation and	Women Cell	Dr. Deepti, Naturopath teacher
	naturopathy from 11.2.2017 to 14.2.2017		. , .
	14.2.2017		

Mediation and Valutopally 11, 2.17 to
workshop on Yoga, Meditation and Waliropathy 11.2.17 to
market and a sound of the state
A form Day workshop on Yoga, Meditation and
Naturopathy" was organized by the women-cell. Dr. Preeti
a trained Togo teacher and Maturopall conducted this workshop.
I work interest in the work in the work in the state of in the
On feb 11th, 2017 she game general introduction of Yoga
and Yogic exercises for cervical, migrame, Depression and
specifie diet plans
This logist was very week and internative
Get 13th, 2017 Dr. Preeti benght exercises for Detoxification
and Yaga for specific body parts. The amounts showed
ample interest and participated in this workshop with
great indepost and enthusiasm.
peb 14th 2017 the students were taught about the
benefits of Yoga and fasting for healthy life. The shouts



#### ollege, Ambala Cantt. SANCTION FORM

Sanction may kindly be accorded for organising or 4- day in the brown - all and to pay the Resource person

@ Pa soo - for two session and

Dated 09.02.17

Many Many July Burser's Remarks

Sanctioned



### Administrative Sanction

Albured 09.02-17

Mindly grant Administrative Sanction to conduct a 4 day orlessop on Yoga, Meditation and Malinopally in the Women- all addressed with the department of sports addressed with the department of sports from Cel 1116, 2017 as per the following schedule.

Feb 11, 2017 - General introduction of Yage Yogic exercises for cervical, Migrainet Depression Specific diet plan

Peb 13, 2017 - Exercises for setoxification
Yoga for specific body body

Feb 14, 2017 - Yoga and fasting for healthy life Yoga and Beauty

Feb 15, 2017 - Meditation for concentration and these fee life - Tips of naturopathy for curing diseases like Diabete, Hypertensian, Acidity, Frazen shoulder Sciatica, Backache, Knue Problem, Obesilj.

Anju Jagpel Convenor Women-Cell



8	State Level competitions (18.2.2017)	Women Cell	Aided and Private colleges of
	Poetry Recitation, Debate,		Haryana
	Declamation, Essay Writing,		, , , , ,
	Rangoli, collage, On the spot		
	Painting, Slogan Writing, PPT,		
	Documentary Film, Skit, Short Story		
	writings		
	9-		

Stati Level Competitions	Date: [8 · 2 · 2017] Page No.:
Level function on feb 10th, 2017 on Equality: Myth or Realty.	erganized a State Une Herme " Gender
Aided and Private colleges of Haryane 12 different events on the same do from different colleges participated in the expressed their views on this topic.	all un Govt, God to participal in
expressed their view on this truis	15. (1.1.2) 1 1. (1.1.2) 1. (1.1.2)
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function Dr. leg Pal Koner, Principal G.C. F	contt expressed her
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	et and wished
her well for her forthcoming retired	life.
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for the independent of ma	Vi. 0 16 17:1
	works events, which
judges were invited from different	colleges and
Doctor July Gho	comed as
theman correct a raw te	for some prent
who attended the function as quest	to see their
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2). Preeti M. Sc I (chamb) G.V. M. Girls. Col	L. Soripat 5458
3). Amandeep B.A III M.N. College	Shahabad 1871 Amandeep
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## College, Ambala Cantt.

## SANCTION FORM

ncipal Sir,
sanction may kindly be accorded for the purchase of
material to be previoled + the participants
material to be previoled to the participants stationery to be used in the LC, benness
and to give repetant to the participants
L quests Juring the State Level Competition to be organiced on Pd 18, 2017 The approximate cost will be Rs. 2000 - and
will be met out of Grant / Fund women (ell (00)

Dated

may he was

**Burser's Remarks** 

Signature

Incharge/ home coll

Sanctioned

We rincipal



## Administrative Sanction

Marses Dies 415, 2017

Kindly grant Administrative Sanction to organize State Level kindly grant Administrative Sanction to organize State Level partitions in the Women-Cell on feb 18th, 2017 on the topic "Gender requestions in the Women-Cell on feb 18th, 2017 on the tender prize, provide material Equality; Myth or Reality" and to give away prize, provide material printing to the participants and quests and to get bearners of Reference to the participants and quests and to get bearners peinted for the same. Sanction may kindly be accorded for holding peinted for the same.

- 12 events 1. Poetry Recitation
  - 2. Debate
  - 3. Declomation
  - 4. Kesay Wittip
  - 5. Short-Story Writing
  - 6. On the Spot Painting
  - 7. Slogan Writing
  - 8. Collage Making
  - 9. Rangoli
  - 10. Ship
  - 11. Documentary 4
  - 12. Pft Presentation

Anju Toppal Convenor Women- Coll

> Principal Govt. P.G. Colleg Ambala Canti

9



Donation Camp

Blood Donation camp was held the college on 15 th Sept 2016 with the JCI. This camp was inaugurated by Principal Dr Tei Pal Kaus. Red Cross to collect blood and give p refreshment the donors. So myte of bland in this camp. Our NSS volunteurs actively participated in it.

### रक्तदान



अंबाला। रक्तदाताओं को हौसला बढ़ाती प्राचार्य व अन्य।

## 80 छात्रों ने किया रक्तदान

अंबाला। अंबाला छावनी के गवनीमेंट पीजी कॉलेज में एनएसएस,एनसीसी व जेसीआई के संयुक्त तत्वाधान में रक्तदान शिविर का आयोजन किया गया। इस शिविर का शुभारंभ कॉलेज प्राचार्य डा.तेजपाल कौर ने किया। उन्होंने रक्तदान करने वाले छात्रों को संबोधित करते हुए कहा कि रक्तदान से बढ कर जीवन में कोई दूसरा दान नहीं होता। उन्होंने कहा कि रक्तदान करके हम किसी दूसरे की जान बचा सकते हैं। एनएसएस प्रोग्राम अधिकारी परमिल कुमार व एनसीसी आफिसर डा.अजीत सिंह ने बताया कि इस शिविर में कॉलेज के छात्रों के साथ ही स्टाफ सदस्यों ने भी भाग लिया। रक्त एकत्रित करने के लिए जिला रेडक्रास सोसायटी की टीम पहुंची हुई थी। इस मौके पर एनएसएस प्रोग्राम अधिकारी डा.मेहर सिंह,प्रो.रजनी शर्मा,प्रो.अनिल कुमार भी मौजूद थे।

> Hari Bhoowi 16.9.16

NSS POS

## रवतदान से बढकर दान नहीं : तेजपाल

अम्बाला छावनी, 15 सितम्बर (सत्यवान कैत): गवर्नमेंट पी.जी. कालेज में एन.एस.एस., एन.सी.सी. व जे.सी.आई. के संयुक्त तत्वाधान में रक्तदान शिविर का आयोजन किया गया। शिविर का शुभारंभ कालेज प्राचार्य डा. तेजपाल कौर ने किया। उन्होंने रक्तदान करने वाले छात्रों को संबोधित करते हुए कहा कि रक्तदान से बढ़ कर जीवन में कोई दूसरा दान नहीं होता। एन.एस.एस. प्रोग्राम अधिकारी परमिल कुमार व एन.सी.सी. आफिसर डा. अजीत सिंह ने बताया कि इस शिविर में कालेज के छात्रों के साथ ही स्टाफ सदस्यों ने भी भाग लिया। रक्त एकत्रित करने के लिए जिला रैडक्रॉस सोसायटी की टीम पहुंची हुई थी। पूरे आयोजन में जेसीआई के सदस्यों ने भी बढ़चढ़ कर भाग लिया। इस मौके पर एन एस एस. प्रोग्राम अधिकारी डा. मेहर सिंह, प्रो. रजनी शर्मा, प्रो. अनिल कुमार भी मौजूद थे

Daiwik Swera

16-9-16



रक्तदाताओं का हौसला बढ़ातीं प्राचार्य व अन्स।

## शिविर में 80 विद्यार्थियों ने किया रक्तदा



शिविर में रक्तदान करने वाले जे.सी.आई. व कालेज छात्रों को सम्मानित करते अतिथिगण। (बंदमोहन)

अम्बाला छावनी, 15 सितम्बर (जितन): गवर्नमेंट पी.जी. कालेज में एन.एस.एस., एन.सी.सी. व जे.सी.आई. के संयुक्त तत्वावधान में रक्तदान शिविर का आयोजन किया गया।शिविर का शुभारंभ कालेज प्राचार्य डा. तेजपाल कौर ने किया। उन्होंने कहा कि रक्तदान से बढ़कर जीवन में कोई दूसरा दान नहीं होता। रक्त एकत्रित करने के लिए जिला रैडक्रास सोसायटी की टीम पहुंची हुई थी। पूरे आयोजन में जे.सी.आई. के सदस्यों ने भी बढ़-चढ़कर भाग लिया। इस मौके पर एन एस एस.

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celebration NSS

the college on

### एनएनएस दिवस मनाया

अंबाला। राजकीय महाविद्यालय की एनएसएस की तीनों इकाईयों के द्वारा एनएसएस दिवस मनाया गया। इस अवसर पर एनएसएस प्रतिभागियों को एनएसएस के बारे में विस्तारपूर्वक जानकारी दी गई। एनएसएस अधिकारी प्रो परमिल कुमार ने प्रतिभागियों को निस्वार्थ भाव से राष्ट्र सेवा करने के लिए प्रेरित किया। डॉ. मेहर सिंह ने प्रतिभागियों को संबोधित करते हुए कहा कि हमें देश की एकता एवं अखंडता के लिए सदैव तत्पर रहना चाहिए। प्रो हेमप्रमा ने इस अवसर पर सभी प्रतिभागियों का उत्साहवर्धन किया। इस अवसर पर एनएसएस के प्रतिभागियों ने बढ़-चढ़कर भाग लिया।





अम्बाला छावनी, 24 सितम्बर नि:स्वार्थ भाव से राष्ट्र सेवा करने के (जितन): राजकीय महाविद्यालय की एन.एस.एस. की तीनों इकाइयों द्वारा एन.एस.एस. दिवस मनाया गया। एन.एस.एस. प्रतिभागियों को तत्पर रहना चाहिए। प्रो. हेमप्रभा ने सभी एन.एस.एस. के बारे में विस्तारपूर्वक प्रतिभागियों का उत्साहवर्धन किया। इस जानकारी दी गई। एन. एस. एस. अधिकारी अवसर पर एन. एस. एस. के प्रो. परमिल कुमार ने प्रतिभागियों को ने बढ़-चढ़कर भाग लिया।

लिए प्रेरित किया।

अवसर पर एन. एस. एस. के प्रतिभागियों

Ha	i Bhoonis 25 th Sept 2016	Ambalo Kessi 25.9.16
	W.S. S. Programme of volunteers to serve for the unity of the	ficers motivated
NSS	P. O. s	
1. 2 egr	An Sal	Principal



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### Swachhta Divas

celebrated as was Swachhta Dival in the college. 168 volunteers took part it. Dr Teig Pal Kans. Principal addressed the volunteers notivated them for the cleaniness around , But tembrabho and Prof. Parmil Bry. Mehar Srigh also addressed the volunters.

#### गांधी जयंती को मनाया स्वच्छता दिवस के रूप में

अम्बाला | कैंट के राजकीय महाविद्यालय में गांधी जयंती को स्वच्छता दिवस के रूप में मनाया गया। इस मौके पर कालेज की एनएसएस इकाई के वालंटियर्स ने कॉलेज प्रागंण व ऑडिटोरियम में सफाई की। इस अवसर पर कॉलेज प्राचार्य डॉ. तेजपाल कौर ने छात्रों को सामाजिक गतिविधियों में



बढ़चढ़ कर भाग लेने का आह्वान किया। इस अवसर पर एनएनएस के प्रभारी पाध्यापकों की ओर से स्वयंसेवकों को स्वच्छता के महत्व के बारे मे बताया गया व भविष्य में भी समाजसेवी कार्य करने के लिए प्रेरित किया गया। स्वयंसेवकों को बताया गया कि वह अपने आस-पास के वातावरण को स्वच्छ रखे व दूसरों को भी ऐसा करने के लिए प्रेरित करें। इस मौके पर वरिष्ठ प्राध्यापक रजनी शर्मा, परमिल कुमार, मेहर सिंह, सुरेश रंगा आदि मौजूद थे।



### स्वच्छता दिवस के रूप में मनाई गांधी जयंती

अंबाला। राजकीय महाविद्यालय अंबाला छावनी में गांधी जयंती को स्वच्छता दिवस के रूप में मनाया गया। इस मौके पर कालेज की एनएसएस इकाई के वालंटियरस ने कालेज प्रागंण व आडिटोरियरम में साफ-सफाई की। इस अवसर पर प्राध्यापकों की ओर से स्वयंसेवकों को स्वच्छता के महत्व के बारे में बताया गया व भविष्य में भी समाससेवी कार्य करने के लिए प्रेरित किया गया। स्वयंसेवको को बताया गया कि वह अपने आस-पास के वातावरण को स्वच्छ रखे व दूसरों को भी ऐसा करने के लिए प्रेरित करें। इस मौकें पर वरिष्ठ प्राध्यापक रजनी शर्मा, परमिल कुमार, मेहर सिंह, सुरेश रंगा आदि मौजूद थे।

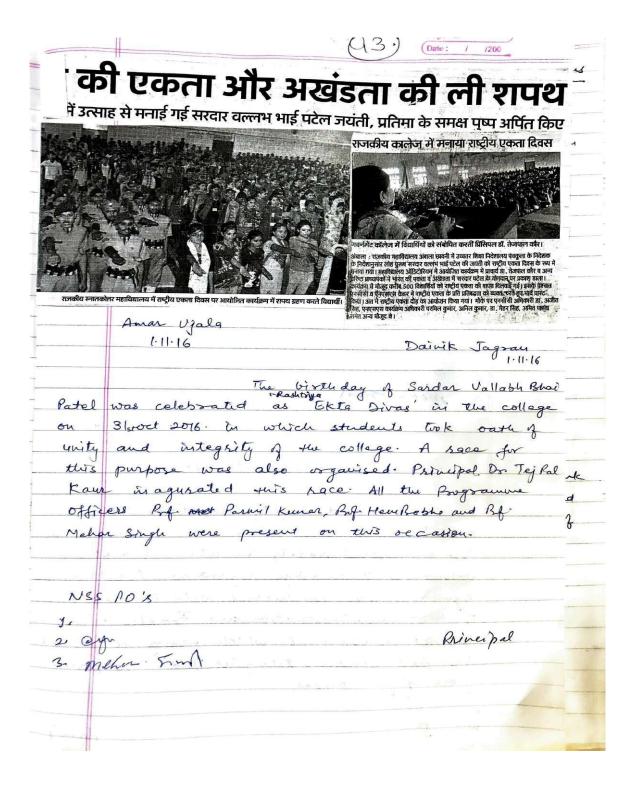
Dainik Bhaslear 30ct . 2016

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करात हु कार के अर्थ हिंदी हैं कि अर्थ हैं प्राथम के अर्थ हैं प्रायम के अर्थ हैं प्राथम के अर्थ हैं प्रायम हैं प्राय

A Fraining Workhop was organised on 1st Dec 2018 in the college in which HDFC Bank Manager sh. Manu Makheeja trained teaching and non-teaching staff member about the benefits of cashless transactions.

NSS P.O.'s

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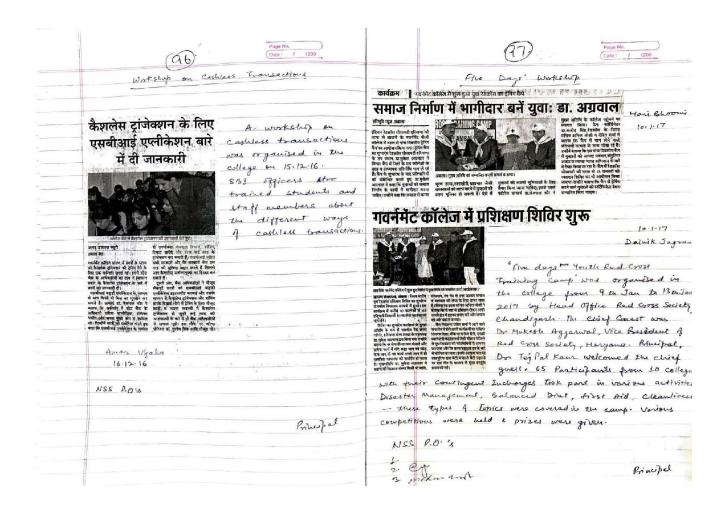
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15	Workshop on cashless transaction 16.12.2016	Nss	SBI Bank, Ambala Cantt
16	YRC training camp on 10.1.2017	NSS	Red Cross Society, Chandigarh





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