



**SESSION: 2020-21**

**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 outreach 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

Sr. No	Name of the Activities	Organising Unit/Agency/Collaborating agency	Name of the Scheme	Year of the Activity	Number of students participated in such activities
1	COVID testing/ Sampling on 3 <sup>rd</sup> Dec, 2020	YRC/ District health department, Ambala Cantt	District health department, Ambala Cantt	2020-21	400

# CAMP ON PASSIVE SAMPLING FOR COVID-19


## GOVERNMENT P.G. COLLEGE, AMBALA CANTT

### REPORT ON PASIVE SAMPLING (STUDENTS AND STAFF) FOR COVID-19

3<sup>rd</sup> December, 2020

NUMBER OF SAMPLES COLLECTED (STUDENTS & STAFF): 391

As per letter no stemo-2020/5372 dated 03.12.2020 by District Health Department, Ambala, all major Government Educational Departments were requested to allow sampling for Covid (Students and staff). The Youth Red Cross committee organized and provided all sort of help to the department during sampling. Students and staff members of the college were counseled and motivated to provide the samples. A total of 391 samples were collected by the health department from our institution, the list of which is also enclosed.


  
Dr. Anju Tanwar  
(Convener)  
Youth Red Cross

### गवर्नमेंट कॉलेज के 400 सैंपलों का इंतजार दिनभर अटकी रहीं सांसें

अंबाला। गवर्नमेंट पीजी कॉलेज में करीब चार सौ छात्रों व स्टाफ सदस्यों की सैंपलिंग का के परिणाम का इंतजार शनिवार को भी बरकरार रहा। तीसरे दिन भी सैंपल नहीं आने से सभी की धड़कनें बढ़ी रही। शनिवार को दिनभर कोरोना सैंपलों की रिपोर्ट न आने के कारण सभी की सांसें अटकी रही। सभी एक-दूसरे से फोन या फिर मैसेज के जरिए केवल रिपोर्ट आने की जानकारी जुटा रहे थे। लेकिन सैंपलों की संख्या काफी अधिक होने के कारण शनिवार देररात तक उनकी रिपोर्ट नहीं आई। उधर, कॉलेज में कार्यवाहक प्राचार्य के कोरोना संक्रमित होने की फैली खबर भी महज अफवाह साबित हुई। बता दें कि गवर्नमेंट पीजी कॉलेज में महज प्रिक्टिकल वर्क आदि के ऑर्डर है और वहीं छात्र आ सकते हैं। बावजूद कॉलेज में रूटीन की कक्षाएं लगने के कारण छात्रों का हुजूम उमड़ गया है। अमर उजाला ने जब इस मामले को उठाया तो स्वास्थ्य विभाग भी हरकत में आ गया।

  
PRINCIPAL

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

  
Principal  
Govt. P.G. College  
Ambala Cantt.

Sr. No	Name of the Activities	Organising Unit/Agency/Collaborating agency	Name of the Scheme	Year of the Activity	Number of students participated in such activities
2	National Youth Day Awareness Campaign through social media on 10.01.2021	YRC/ District AIDS control Society	District AIDS control Society	2020-21	44

#### **4. AWARENESS PROGRAMME THROUGH SOCIAL MEDIA ON 10.01.2021**

##### **REPORT**

Awareness campaign on the theme National Youth Day was organized through social medias. A pamphlet with all the instructions, message and details was made and circulated among students. Students shared this pamphlet on their whatsapp group status and other social media platforms to spread awareness and total views were counted. More than 3500 viewers viewed this pamphlet. The screenshots of whatsapp status are also enclosed.

This event was assisted by Prof. Tanjum, Prof. Shalin Bhola and Prof. Ravinder Kaur

Sr. No	Name of the Activities	Organising Unit/Agency/Collaborating agency	Name of the Scheme	Year of the Activity	Number of students participated in such activities
3	5 days Special Vaccination camp for staff, students and general public (2-7-21 to 7-7-21)	YRC/ Civil Hospital, Ambala	Civil Hospital, Ambala	2020-21	650

# Special Vaccination Camp

DATE \_\_\_\_\_  
PAGE \_\_\_\_\_

## SPECIAL VACCINATION CAMP (02.07.2021 to 07.07.2021)

### REPORT

As per the instructions of Government of Haryana under the guidance of Health Department, Ambala, a special vaccination camp (COVID-19) was organized under the guidance of our Principal Arun Joshi sir at Government P.G. College, Ambala Cantt from 02.07.2021 to 07.07.2021. It was a special camp for college students, teachers and general public as well.

In this special camp more than 700 people over the age of 18 years were vaccinated against Covid-19. Majority of the students, college teaching and non-teaching staff also gets the shots.

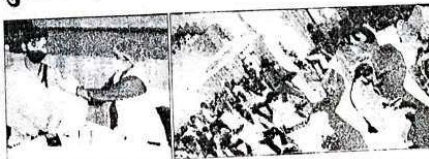
Dr. Joginder Singh and his entire team conducted this vaccination camp along with the members of ASHA workers and staff members deputed by Health Department.

Youth Red Cross Society of this college arranged disposal face masks, surgical gloves, refreshment for doctors, paramedical staff, student volunteer and staff on duty. The total expenditure of Rs. 15681/- (Fifteen thousand six hundred eighty one) was made out from RED CROSS FUND (2020-21).

### 'गवर्नमेंट कॉलेज में शुरू हुआ 5 दिवसीय कोविड टीकाकरण कैम्प'

अम्बाला छावनी, 2 जुलाई (जतिन): छावनी के गवर्नमेंट पी.जी. कॉलेज में आज से 5 दिवसीय कोविड टीकाकरण कैम्प शुरू हुआ। कॉलेज प्रिन्सिपल प्रो. अरुण जोशी ने कैम्प का शुभारंभ किया। इस मौके पर उनके साथ स्वास्थ्य विभाग के अधिकारी भी मौजूद रहे।

प्रिन्सिपल अरुण जोशी ने बताया कि कैम्प के पहले दिन स्टाफ, छात्रों व सामान्य नागरिकों में कोविड टीकाकरण को लेकर भारी उत्साह देखने को मिला। उन्होंने बताया कि कैम्प के पहले दिन स्टाफ के अलावा कॉलेज के प्रथम वर्ष के छात्रों को बुलाया गया था। इसी प्रकार अगले दिनों में द्वितीय व तृतीय वर्ष के छात्रों को टीकाकरण के लिए बुलाया जाएगा। उन्होंने कहा कि टीकाकरण कैम्प में कोविड प्रोटोकॉल को देखते हुए दो गज की दूरी के



टीका लगते स्वास्थ्य विभाग के डॉक्टर व अपनी बारी का इंतजार करते छात्र।  
(चंद्रमोहन)

साथ ही सेनेटाइजेशन का विशेष बंदोबस्त किया गया है। टीका लगवाने वालों के बैठने सहित पीने के पानी आदि का उचित प्रबंध किया गया है।

प्रिन्सिपल जोशी ने बताया कि कैम्प के पहले दिन लोगों को पहली व दूसरी डोज लगाई गई। कैम्प में एन.सी.सी व एन.एस.एस के वालंटियर ने सराहनीय भूमिका निभाई।

Seen

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Dr. Anju Tanwar

PRINCIPAL

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Principal  
Govt. P.G. College  
Ambala Cantt.

Sr. No	Name of the Activities	Organising Unit/Agency/Collaborating agency	Name of the Scheme	Year of the Activity	Number of students participated in such activities
4	Cadets deputed for Old Age, Orphanage and Library work on 29.12.2020	NCC	NCC	2020-21	23

### Activities 2020-21

- Twenty Students of first year were enrolled in NCC as per vacancies completing a platoon of 54 cadets.
- Seven Cadets of NCC attended & faced RDC Screening committee on 27 Oct 2020 at GMN College Ambala. <sup>Lovpreet Singh and Karandeep Singh</sup> Cadets attended RDC.
- Twenty Three (23) Cadets of NCC deputed for Old age | Orphan age | City library work on 29.12.2020.
- NCC cadet Lovpreet Singh attend "EK Bharat Shrestha Bharat" Camp (online) conducted by 2<sup>nd</sup> Hqr Bn Ambala Cantt.
- Two (02) Cadets Charanpreet Singh and Pardon Kumar participated in Disaster Management Capsule course conducted by ITBP at Sec 26 Panchkula from 23-24 Nov 2020.
- Cadet Charanpreet Singh participate in scrutiny process of YEP 2020 at 2 Hqr Bn NCC Ambala Cantt. 18 Feb 2021.
- First year Cadet enrolment was conducted on 17-12-2020 from Reserve List.
- 23 cadets were deputed for Old age | orphan age | City library work on 29-12-2020 and Republic day parade conducted at Institute Campus.
- Cadets of 2<sup>nd</sup> year Attended Annual Training Camp 123 mandatory for "B" Certificate Examination at SD College Ambala Cantt from 03-05 Feb 2021 and similar cadets appeared in "C" Certificate Exam at SD College A/Cantt.

- Cadets of 3<sup>rd</sup> year attended Annual Training Camp 124 at SD College Ambala Cantt mandatory for "C" Certificate Exam from 08-12 Feb 2021 and same Cadets appeared for "C" Certificate Exam at SD College A/Cantt.
- Two Cadets Sahil Attari and Rattan Lal attended Scrutiny Process for Basic Mountaineering Camp at Hq 2 Bn Ambala Cantt.
- One Cadet Rattan Lal attended 6<sup>th</sup> Phase of EBSB course online from 22-27 March 2021.
- On the occasion of celebration of 75<sup>th</sup> yr of Indian Independence Prog. Run conducted on April 10<sup>th</sup> 2021 and Statue cleaning conducted on April 11<sup>th</sup> 2021.
- International yoga Day celebration was conducted in Institute from June 18 to June 21, 2021.

Signature  
C/O

Signature  
Principal

Sr. No	Name of the Activities	Organising Unit/Agency/Collaborating agency	Name of the Scheme	Year of the Activity	Number of students participated in such activities
5	Fortnight Campaign on International Day against Drug Abuse (26.06.2020-10.07.2020)	RRC/ Haryana State AIDS control Society	Haryana State AIDS control Society	2020-21	72

**REPORT ON FORTNIGHT CAMPAIGN ON INTERNATIONAL DAY AGAINST DRUG ABUSE & ILLICIT TRAFFICKING**

**26<sup>th</sup> June to 10<sup>th</sup> July, 2020**

**NUMBER OF STUDENTS PARTICIPATED: 3053**

As per letter no HSACS/YA/2020/704-705 dated 22.06.2020 awareness campaign on the theme Be Aware, Take Care was conducted by Red Ribbon Club of this college through whatsapp groups.

The following activities were conducted under this campaign

1. Students watched the video on HIV/AIDS awareness and shared with others: <https://youtu.be/SeJhCCYASMc>
2. The below mentioned links of social media were followed by students and motivated others also to follow:
  - a. Facebook: @sacsharyana
  - b. Twitter: @haryana\_sacs
  - c. Instagram: @haryana\_sacs
3. A pamphlet with all the instructions and details was made and circulated among students. Students shared this pamphlet on their whatsapp group status to spread awareness and total views were recorded. A total of 3053 viewers viewed this pamphlet.

*Anju*  
Dr. Anju Tanwar  
(Convener)

*Principals*  
PRINCIPAL

**GOVERNMENT P.G. COLLEGE, AMBALA CANTT  
RED RIBBON CLUB & YOUTH RFD CROSS  
International Day Against Drug Abuse and Illicit Trafficking Day  
"BE AWARE, TAKE CARE"**

Red Ribbon Club in association with Youth RFD Cross of this college is conducting a fortnight campaign on International Day Against Drug Abuse and Illicit Trafficking Day from 26<sup>th</sup> June to 10<sup>th</sup> July, 2020. International Day Against Drug Abuse and Illicit Trafficking Day is observed every year on 26<sup>th</sup> June. This year's theme, "Be Aware, Take Care" is to highlight the role of health care workers in the same year when a crisis in addressing drug problem. It offers a unique opportunity to raise public awareness and encourage members of national police, health and social services to work hand in hand to prevent and reduce substance use. The theme for the International Day Against Drug Abuse and Illicit Trafficking Day is "Be Aware, Take Care".



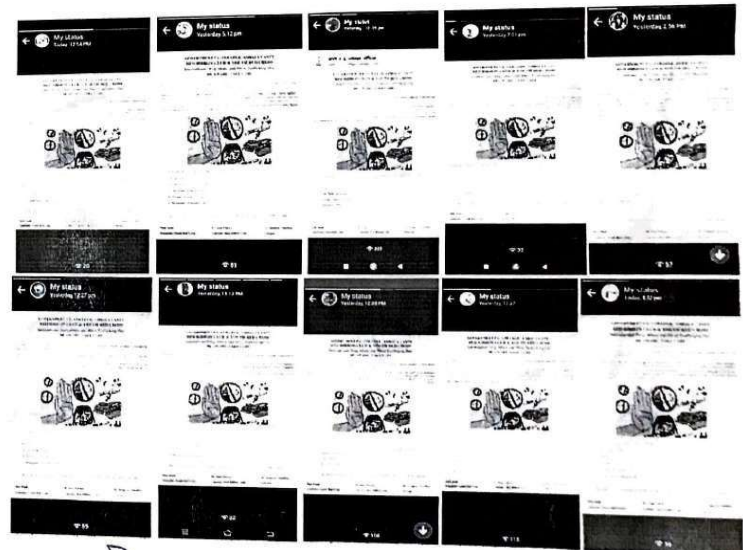
- For observe this day as a campaign week and spread awareness by following the following activities:
1. Watch the video on HIV/AIDS awareness and share with others. <https://youtu.be/SeJhCCYASMc>
  2. Follow the below mentioned links of social media and motivate others also to follow:
    - a. Facebook: @sacsharyana
    - b. Twitter: @haryana\_sacs
    - c. Instagram: @haryana\_sacs

Share this page on whatsapp as possible and post on your status and be a part of this campaign.

Dr. Anju Tanwar  
Convener (Youth Red Cross)

Dr. Anju Tanwar  
Convener (Red Ribbon Club)

Ms. Sangeeta S. Bhatnagar  
Principal



*Anju*

Sr. No	Name of the Activities	Organising Unit/Agency/Collaborating agency	Name of the Scheme	Year of the Activity	Number of students participated in such activities
6	International Youth Day (1.8.2020 to 31.08.2020) Quiz	RRC/ District State AIDS control Society	District State AIDS control Society	2020-21	24

# International Youth Day

## REPORT ON OBSERVANCE OF INTERNATIONAL YOUTH DAY FROM AUGUST 1<sup>ST</sup> TO 31<sup>ST</sup> AUGUST, 2020.

### NUMBER OF STUDENTS PARTICIPATED: 24

Red Ribbon Club of this college observed International Youth Day from August 1<sup>st</sup> to 31<sup>st</sup> August, 2020 to motivate and involve students in making positive contributions to their communities. Under this programme, college level quiz competition on virtual platform on the theme 'Youth Engagement for Global Action' was organized on August 11, 2020. A total of 24 students participated in this Quiz. The details are mentioned below.



GOVERNMENT P.G. COLLEGE, AMBALA CANTT

**RED RIBBON CLUB**  
organizes  
**'ONLINE QUIZ COMPETITION'**  
on August 11, 2020

UNITED NATIONS  
**INTERNATIONAL YOUTH DAY**

**QUIZ RULES:**

- ✓ Click on the link to attempt the quiz: <https://forms.gle/rS8hcu9SbhuNospQ6>
- ✓ The quiz will start at 11:00 am on August 11, 2020.
- ✓ The time limit is 20 minutes.
- ✓ The quiz will contain multiple choice questions, each carrying one mark.
- ✓ No negative marking.
- ✓ The quiz will test your knowledge on International Youth Day
- ✓ In case of score tie, the time taken to attempt the quiz shall be considered to decide the top scorer.
- ✓ Top ten scorers will be provided with the certificates.
- ✓ The top two scorers will further participate as a team in District Level Quiz.

DR. ANJU TANWAR  
CONVENER, RED RIBBON CLUB

MS. REKHA SHARMA  
PRINCIPAL

The names of these two students from Government P.G. College, Ambala Cantt were recommended for further participation in District level Quiz Competition.

S. no	Name	Class	Roll no.	E-mail id
1.	HATSHITA GUPTA	B.Sc. Medical final year	2193420017	harshitagupta2396@gmail.com
2.	HARSH	B.Sc. Medical IInd year	3074710005	aryaharsh022@gmail.com

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**DETAILS OF RESULT (TOP 10 SCORERS)**

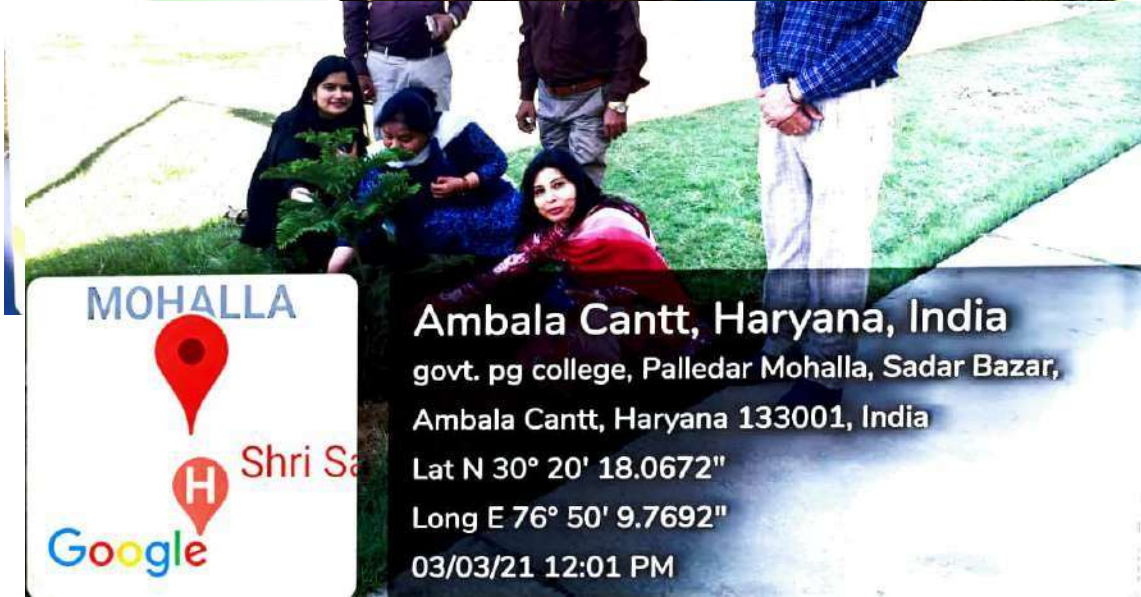
POSITION	NAME OF STUDENT	E-MAIL ID	SCORE	CLASS	TIME	ROLL NO
1	Harshita Gupta	harshitagupta2396@gmail.com	17.00 / 20	Bsc medical final year	2020/08/11 11:18:44 AM GMT+5:30	2193420017
2	Harsh	aryaharsh022@gmail.com	16.00 / 20	B.Sc 1st year	2020/08/11 11:07:31 AM GMT+5:30	3074710005
3	Khushi	gundkhushi99@gmail.com	16.00 / 20	Bsc med 3 Rd year	2020/08/11 11:15:31 AM GMT+5:30	2193420040
4	Ankita	ankitarani82001@gmail.com	16.00 / 20	B. Sc 3rd year	2020/08/11 11:23:38 AM GMT+5:30	2193420034
5	Aaryan	mahnaaaryan321@gmail.com	16.00 / 20	B.Com-1 (General)	2020/08/11 11:36:52 AM GMT+5:30	3016410045
6	Manpreet kaur	kourpreet2512@gmail.com	15.00 / 20	Bsc.Med 2nd year	2020/08/11 11:16:50 AM GMT+5:30	2193420032
7	Sumanpreet kaur	sumanpreetsk666@gmail.com	15.00 / 20	Bsc 2nd year	2020/08/11 11:34:50 AM GMT+5:30	3074720014
8.	Shreya sharma	shreyasharma00509@gmail.com	14.00 / 20	Bsc med	2020/08/11 11:34:19 AM GMT+5:30	2193420033
9	Onkar	singhonkar528@yahoo.com	13.00 / 20	Bsc Medical (3rd yr)	2020/08/11 11:12:10 AM GMT+5:30	2193410003
10	Neha	barmanneha04@gmail.com	13.00 / 20	Bsc Medical	2020/08/11 11:15:40 AM GMT+5:30	3074720016


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PRINCIPAL



Sr. No	Name of the Activities	Organising Unit/Agency/Collaborating agency	Name of the Scheme	Year of the Activity	Number of students participated in such activities
7	Plantation on World environment day on 3.3.2021	Botany Department	Botany Department	2020-21	65



  
Principal  
Govt. P.G. College  
Ambala Cantt.



Sr. No	Name of the Activities	Organising Unit/Agency/Collaborating agency	Name of the Scheme	Year of the Activity	Number of students participated in such activities

Sr. No	Name of the Activities	Organising Unit/Agency/Col laborating agency	Name of the Scheme	Year of the Activity	Number of students participated in such activities
8	Two days Online workshop by Advocate Palak Gupta (Supreme Court, India) on 08.02.2021 and 09.02.2021	Women Development Cell	Supreme Court, India)	2020-21	150

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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 were legal laws for women (Domestic Violence laws) and Rights for women (Sexual Harassment at work place and 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 work place Labour laws, Posh Act.

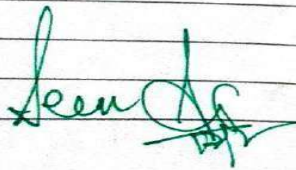
Honorarium Bill of Advocate Palak Gupta

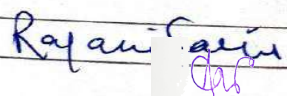
No of lecture = 04 (2 x 2)

Honorarium for one lecturer = ₹ 500

Total Honorarium = 500 x 4

= 2000/-  
Two thousand Only

Seen 

Rayan 

Sr. No	Name of the Activities	Organising Unit/Agency/Collaborating agency	Name of the Scheme	Year of the Activity	Number of students participated in such activities
9	Yoga and Meditation workshop by Ms. Chetna, Ambala City (21.01.2021 to 29.01.2021)	Ms. Chetna, Yoga Instructor, Ambala City	Ms. Chetna, Ambala City	2020-21	600

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### Yoga and Meditation Workshop

A six days workshop and 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. Member of women cell also joined the class through 'Google Meet'. student learnt many asans and technique of "Pranayam".

Rajani Saini  
Incharge women cell.

Bill

Morning and Even

*[Signature]*

Honarium Bill of Ms. Chetna

Number of Session  $2 \times 6 = 12$  Sessions

Honarium for One Session = ₹ 500

Total =  $500 \times 12 = 6000/-$   
(Six thousand Only)

Rajani Sarin  
Incharge w/cell

Seen  
28/1/21



Sr. No	Name of the Activities	Organising Unit/Agency/Collaborating agency	Name of the Scheme	Year of the Activity	Number of students participated in such activities
10	7 Days workshop By Dr. Vidhi Sahni Arora and Dr. Kamlesh Datta (4.1.2021)	Women Cell/ Kalpana Chawla Medical College, Karnal	Kalpana Chawla Medical College, Karnal	2020-21	600

7 days Virtual Workshop

Date: \_\_\_\_\_  
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Workshop "Ab beti hogi Nirrog"

Women Cell of College organized 7 working days workshop on "Ab beti hogi Nirrog" by two lady doctors. The workshop was started on 04.01.2021. One of the Resource Person was Dr. Vidhi Sahni Arora MBBS, MD Assistant Professor at Kalpana Chawla Medical College Karnal and the other one was Dr. Kamlesh Datta, ~~renowned~~ ~~gyn~~ renowned gynaecologist Ambala Cantt. More than 600 students participated in it. Girls students actively and made queries. Their queries are handled positively and satisfactorily by both doctors.

Honorarium Bill

Dr. Vidhi Arora      No. of lectures  $2 \times 4 = 8$   
Honorarium for One lecture = ₹ 500  
Total Honorarium       $500 \times 8 = 4000/-$

Dr. Kamlesh Datta.      No. of lectures  $2 \times 3 = 6$   
Honorarium for One lecture = ₹ 500  
Total Honorarium =  $500 \times 6 = 3000/-$

Total Honorarium =  $4000 + 3000$   
₹ 7000/-

Seven thousand  
Only

Principal  
Govt. P.G. College  
Ambala Cantt.



प्रेस नोट

05/11/2021.

राजकीय महाविद्यालय अम्बाला कैंट के महिला प्रकोष्ठ के समन्वय से "Ab Beti Hai Nirog" पर सात दिन का "Virtual Workshop" का आयोजन किया जा रहा है। इस "Workshop" के पहले दिन (4.01.2021) को Dr. Vidhi Anona 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।

दूसरे दिन "Virtual Workshop" की शुरुआत की आगे बढ़ते हुए आज दिनांक 5.01.2021 को Dr. Vidhi Anona छात्राओं को निजी स्वच्छता के बारे में अवगत कराया। छात्राओं को Dr. Vidhi Anona 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. शशुन आहुजा, डॉ. सुजाता, डॉ. प्रियंका, डॉ. शिखा, प्रो. उमाशशि व प्रो. तंजुम ने इस Virtual Workshop का आयोजन करने में योगदान दिया। महिला प्रकोष्ठ की इन्-चार्ज प्रो. रजनी सेनी ने Kalpana Chawala Medical College, Karnal की Asst. Prof. डॉ. विद्या अरोड़ा का आभार प्रकट किया।

Lejani Saini

Dr. Vidhi Anona

Dr.

GOVERNMENT P.G. COLLEGE AMBALA CANTT

Seven Days Virtual Workshop on "Ab Bett 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
08/01/2021 12/01/2021	Dr. Kamlesh Datta, MBBS M.D	1. Problems relating to Menstrual Cycle 2. Tips for reducing problems during Menstrual Cycle
09/01/2021 15/01/21	Dr. Kamlesh Datta, MBBS M.D	1. Use of Sanitary Napkins 2. Sanitary Care for Women
11/01/2021 19/01/21	Dr. Kamlesh Datta, MBBS M.D	1. PCOS/PCOD 2. Prevention and Cure of Hormonal Syndromes

The above mentioned dates may vary as per the availability of the resource persons.

*Rajani Saini*  
Incharge  
Women cell

*Kamlesh*  
Principal

Sr. No	Name of the Activities	Organising Unit/Agency/Collaborating agency	Name of the Scheme	Year of the Activity	Number of students participated in such activities
11	Tree Plantation Drive by College Students (02.08.2020 to 15.08.2020)	NSS	College Campus	2020-21	256

*Harit Haryana Abhijan, unnat Haryana Abhijan*

Tree Plantation drive was organised by Govt P.G College Ambala Cantt by the orders of Director Higher Education vide order no 01/10-2019 (C) dated 24/7/2020 on the occasion of Raksha Bandhan, Vriksh Bandhan Campaign was organised at state level and district level too. Nodal officer Munish Dignatia (NSS Convener) under the worthy guidance of Principal (Dr. Sangeeta Chawhary) formed/constituted college level team of college faculty members to motivate students and fellow members to plant trees during this drive. 740 trees/<sup>saplings</sup> were planted by college students and faculty members. High spirited contribution with endless efforts was observed during this Campaign.

*SK*  
Principal sem  
(Dr. Sangeeta Chawhary)

*Munish*  
Nodal Officer  
(Munish Dignatia)

*Dr. Ashu Chaudhary*

*Dr.*

11:05

25% 4G



Harit Haryana



**Add description**

Please write Image description



I pledge to plant 10 saplings, and to sincerely care for them and protect them for a minimum period of one year.

Upload Now



Principal  
Govt. P.G. College  
Ambala Cantt.



# Harit Haryana



## Add description

Please write Image description



*I pledge to plant 10 saplings, and to sincerely care for them and protect them for a minimum period of one year.*

Upload Now



Sr. No	Name of the Activities	Organising Unit/Agency/Collaborating agency	Name of the Scheme	Year of the Activity	Number of students participated in such activities
12	Tree Plantation in College on 15.08.2020	NSS	College Campus	2020-21	52

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### Independence Day Celebration

Independence day was celebrated on 15 August 2020 at the college, under the able chairmanship of the worthy principal. Dr Kamlesh. NSS programme officer Mr Lucky veema, Abha Chaudhary Munish Dignatia made the needed arrangements principal unfurled the National flag with the national Anthem sung by the faculty members of the college. A speech regarding freedom struggle was delivered by Mr. Jyoti Kam. Dr Kamlesh, principal Govt P.G. College delivered a patriotic message on this occasion and gave a clarion call to all the members of the college family. A tree plantation drive was also organised in college campus by the worthy NSS programme officer. The sweets were also distributed and all the members of the college family enjoyed this national festival.

SK seen  
Principal  
(Sh. Sangay Sharma)

(NSS Officer)

Lucky veema  
Dr. Abha Chaudhary  
Munish Dignatia

Sr. No	Name of the Activities	Organising Unit/Agency/Collaborating agency	Name of the Scheme	Year of the Activity	Number of students participated in such activities
13	Physical activities (Walk, Run, Yoga) #RUN FOR INDIA#NEW INDIA FIT INDIA from 15.08.2020 to 02.10.2020	NSS	Government of India	2020-21	152

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fit India Freedom Run  
 # Run4India # New India Fit India

Fit India Campaign was organised by Govt P.G College A/cantt with the launch of Fit India youth clubs and Action Plan by Honble Minister of State (I/C), Ministry of youth Affairs and sports Govt of India on 15 August 2020. Fit India Freedom Run was organised by College NSS team and students actively participated in various events at their home. Students performed sets of Running, yoga, Jogging, Aerobics and Pranayam at their respective places and shared their photographs and details with their NSS Programme officers. wide publicity of this event was shared among students through social media platforms and e-poster and Activity photographs were also shared.

Dr. Sanjay Sharma  
 Principal  
 (Dr. Sanjay Sharma)

Lucky Verma  
 (NSS Officer)

Lucky Verma

Dr. Abha Chandelhary

Munish P. Ghate



**Dhanurasana**



**Seated  
garudasana**

Principal  
Govt. P.G. College  
Ambala Cantt.

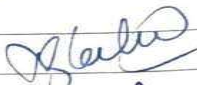


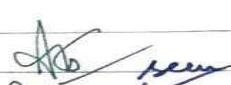
Sr. No	Name of the Activities	Organising Unit/Agency/Collaborating agency	Name of the Scheme	Year of the Activity	Number of students participated in such activities
14	Field work by NSS volunteers in Pulse Polio Abhiyan with Haryana Administration (31.1.2021 to 02.02.2021)	NSS	Haryana Administration	2020-21	9

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GOVT PG College NSS Volunteer joins Pulse Polio drive with Haryana Administration.

NSS volunteers from Govt P.G. College Ambala Cantt participated in pulse polio drive of Haryana administration under the able guidance of Principal Medical Officer Dr. Vishal. The drive was conducted in Ambala Cantt area. 20 NSS volunteers attended the training session at Govt P.G. College Ambala Cantt organized by Civil Hospital Ambala Cantt. The volunteers queries of how to immunise the children of age upto 5 years were addressed. The volunteers joined the drive on field from 31.01.2021 to 02.02.2021. The volunteers of drive narrated that it was wonderful experience to serve the community. Mr. Munish Dighatia NSS Programme Coordinator congratulated the volunteers for selfless efforts for community service in the end of polio campaign. NSS volunteers were keen to join the next Polio Campaign with administration to immunise the children with great enthusiasm.

  
 NSS PO  
 Munish Dighatia

  
 Principal.

Sr. No	Name of the Activities	Organising Unit/Agency/Collaborating agency	Name of the Scheme	Year of the Activity	Number of students participated in such activities
15	Awareness Regarding rights of people and taking care of old persons residing there (10.7.2021)	NSS	Old Age Home, Ambala Cantt	2020-21	18

**OLD AGE HOME VISIT by NSS Volunteers**

The Student Members of NSS –National Service Scheme of Govt PG College Ambala Cantt paid a visit to the Old Age Home at Apna Ghar Near Hathi Khana Mandir on 13<sup>th</sup> Feb to 15<sup>th</sup> March 2021, as per the schedule of Social Responsibility Initiatives framed by the positive motivation of Dr Arun Joshi, Principal Govt Pg College Ambala Cantt. They were accompanied Mr. Munish Trighatia (Convener NSS) & Mr. Rakesh Jewel alongwith NSS Volunteers and Earn While You Learn students

The purpose of this visit was to make the students realise their social responsibilities towards Senior Citizens. Such visits also activate the student's thought process to realise the agony and pain which the people go through in their old age while living away from their dear ones. The visit intended to teach them how to interact with the elderly who may have poor hearing and understanding alongwith other health problems as a result of old age. The conclusion aimed was firstly, to find out how our students could help the Senior Citizens & make them feel happy and secure and secondly, to create a society in which there is no need to establish Old Age Homes.

Our students from all the various courses went with high enthusiasm and conviction to contribute their best during their visit. The students interacted with the residents in the Old Age Home and lovingly served them fresh fruits and juices.

Sanjeev & Goral from BAMC-II had a talk with a lady from Delhi who was staying here from the last 7 years. She was happy to talk to them and shared her life experiences. She told them that she had been staying at this comfortable place since the last 6 years. Khushi of Bsc-III 82 years old Ms Shanti from Meerut who was living there happily. Chavvi of BAMC I talked to a lady staying in this home since the past 5 years in spite of having children of her own. She informed that as her children do not care for her her relatives have kept her in this Old Age Home. some of them told that her children were settled abroad and have not met her since long.

Though the Old Age Home management was providing them with excellent emotional and physical care by Rotary Club Ambala under supervision of Sh Manoj, still our students observed that such homes demanded frequent visits and some more spending of time with the Senior Citizens.

Thus, the visit to the Old Age Home concluded with loads of warmth and showers of blessings extended from the elderly towards our team of students and Faculty Members. They bid us good bye with tearful eyes but with a promise to revisit them frequently.



*Arun Joshi*  
Principal

*Munish Trighatia*  
NSS Po  
MUNISH TRIGHATIA

*Arun Joshi*

Sr. No	Name of the Activities	Organising Unit/Agency/Collaborating agency	Name of the Scheme	Year of the Activity	Number of students participated in such activities
16	COVID Camp (2-7-21 to 7-7-21)	NSS	(2-7-21 to 7-7-21)	2020-21	700

**Govt PG College Ambala Cantt College conducted special camp for Covid-19 vaccination 02-07-2021 to 07-07-2021**

As per the instructions of Govt. of Haryana under Guidance of Health Department, special Covid-19 vaccination camp was organized at Govt PG College Ambala Cantt under the guidance of Principal Dr. Arun Joshi. Giving a special message to the students, he said that being a responsible citizen, it is the mandatory for all of us to be part of this immunization drive being carried out by the government for vaccinating against COVID-19 as soon as possible. It is compulsory to protect ourselves and others from COVID-19 infection.

NSS Convener Mr. Munish Trighatia put his special efforts to make the camp successful. He appealed the college students to get vaccinated with Covid-19 and motivated them to participate in this camp voluntarily. In this six day camp, 700+ people over the age of 18 were vaccinated against Covid-19. Majority of the students alongwith college teaching and non-teaching staff got vaccinated.

Dr. Joginder singh and his entire team conducted the vaccination camp with the help of ASHA workers and staff deputed by Health Department.

Dr Abha Chaudhary (NSS PO unit no 09), Sh Tarsem Kumar Coordinator NCC, and Mr. Rakesh Jewel played a vital role in making the camp a grand success.



*Munish Trighatia*  
NSS PO  
Munish Trighatia

Dr. ASL

*Abha Chaudhary*

*Arun Joshi*  
Principal

Sr. No	Name of the Activities	Organising Unit/Agency/Collaborating agency	Name of the Scheme	Year of the Activity	Number of students participated in such activities
17	One day workshop on Sadak Suraksha Jeevan Raksha on 24.3.2021	Traffic Interpretation Cell and Road Safety Club	Mr. Sunil Malhotra, AGM, Road Safety	2020-21	136 delegates



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110	Dr. Samiksha Kumari (in Physics)	- do -	samiksha.verma84@gmail.com	9416991360	Samiksha
111	DR. SUSHMA DEVI, ASSISTANT Prof. in Physics	Govt. P.G. College, Ambala Cantt.	SushmaBarnanath@gmail.com	8295073799	Sushma
112	DR. PRAYANKA, Assistant Prof. in Physics	Govt. P.G. College, Ambala Cantt.	Prayanika792004@yahoo.co.in	9815027474	Prayanika
113	DR. ALKA, Assistant Prof. in Physics	Govt. P.G. College, Ambala Cantt.	alkajc@yahoo.co.in	9888712073	Alka

Principal  
Govt. P.G. College  
Ambala Cantt.



S.No.	Name & Designation	Name of Institution	E-Mail ID	Contact No.	Signature
114	HARNEET KAVR, Assistant Prof. in Physics	Govt. P.G. College, Ambala Cantt.	harneet.kavr@gmail.com	9582229596	Harneet
115	DR. SUNIL KUMAR ASSISTANT PROF. (PHYSICS)	GOVT PG COLLEGE AMBALA CANTT.	sksunil171@gmail.com	89010-28315	Sunil
116	DR. RUCHI GUPTA ASSISTANT PROF. (COMPUTER)	GOVT. PG COLLEGE, Ambala AMBALA	ruchithyaga252@gmail.com	9416992294	Ruchi
117	DR. SHANTI SHARMA ASSISTANT PROF. (COMPUTER)	do	shantisharma252@gmail.com	7988674705	Shanti
118	SURESH KANAR (ASSISTANT) Assistant Botanist	do	skanar252@gmail.com	8222074400	Suresh
119	Tanjum Kataraj	do		860740711	Tanjum
120	DR ANJU TANWAA Assistant Professor Botany	GOVERNMENT PG. COLLEGE, Ambala Cantt-133001 Haryana	anjutannbotany@gmail.com	9729469570	Anju
121	MS Shilpa Assistant Professor Botany	do	shilpashilpa52@gmail.com	8607131921	Shilpa
122	Dr Ravinder Kaur Assistant Professor Botany	do	ravinderkaur_rkr@gmail.com	8295296554	Ravinder
123	Jiten Singh	Deputy manager VE Commercial Vehicle Deptt GOVT Polytechnic Lajpat Sachdeva.	Calishagan	7042373344	Jiten
124	Suyash Garg (Assistant Professor)			7027226667	Suyash
125	Subhash Nandhal	G.C. Ambala Cantt.	devnandhal@gmail.com	7404227001	Subhash
126	Bhupinderpal Kaur	G.C. Ambala Cantt.	Bhupinder218@gmail.com	9466632863	Bhupinder







*Chit*

Sr. No	Name of the Activities	Organising Unit/Agency/Collaborating agency	Name of the Scheme	Year of the Activity	Number of students participated in such activities
18	Tree Plantation on 20.08.2020	Geography Deptt.	College Campus	2020-21	-

### Minutes of the Meeting

Minutes of the meeting organized by Department of Geography on 20/08/2020 under the Chairpersonship of Principal Govt. P.G. College Ambala Cantt for plantation in the college campus.

Faculty present: -

1. 
2. 
3. 
4. 
5. 
6. 
- 7.
- 8.


Meeting purpose:

Welcoming the Principal Madam, Prof. Ajay Chauhan apprised the chairperson that the Geography department organizes tree plantation in the college campus in the monsoon season every year. This year, the plant saplings have been donated by Prof. Pawan Kumar. Prof. Chauhan thanked him for the green gesture.

Prof. Chauhan conveyed the necessity of such plantation programs by saying that plants are man's best friends. They are not only the free suppliers of oxygen to all living beings, but also enhance the aesthetic look of landscapes and environments. He further added that trees supply "the Five Critical Fs"—Food, Fodder, Fiber, Fuel wood and Fertilizers-- to us.

The Principal and Chairperson and the faculty members planted the trees in the college premises. Prof. Chauhan, then, added that the plants are like children and their look after is the utmost thing and is a collective responsibility of all faculty members.

At the end, Prof. Chauhan thanked the principal for honoring the program by her inspiring presence. He also thanked all the faculty members for active participation and contribution in the event. He hoped more such programs in future.

  
Principal  
Govt. P.G. College  
Ambala Cantt.

## TREE PLANTATION OF GOVT. COLLEGE AMBALA CANTT.



Latitude: 30°20'23"  
Longitude: 76°50'10"  
Accuracy: 19.79.0m  
Time: 20-08-2020 11:59  
Note: IQAC workshops



Latitude: 30°20'17"  
Longitude: 76°50'12"  
Elevation: 257.77m  
Accuracy: 24.5m  
Time: 20-08-2020 12:00  
Note: IQAC workshops



Latitude: 30°20'17"  
Longitude: 76°50'12"  
Elevation: 2:7.77m  
Accuracy: 24.5m  
Time: 20-08-2020 12:00  
Note: IQAC workshops



Latitude: 30°20'23"  
Longitude: 76°50'10"  
Accuracy: 19.79.0m  
Time: 20-08-2020 11:58  
Note: IQAC workshops

## पेड़-पौधे ही धरती का असली शृंगार : प्रो. देशवाल



पौधे-पौधे ही धरती का असली शृंगार : प्रो. देशवाल व अन्य।

अम्बाला, 21 अगस्त (संवाद) : के.टी. के राजकीय महाविद्यालय में अल्प आयु के छात्रों के प्रतिभा विकास विभाग द्वारा आयोजित 'पेड़-पौधे ही धरती का असली शृंगार' कार्यक्रम में छात्रों का उत्साह देखकर प्रो. देशवाल ने कहा कि पेड़-पौधे ही धरती का असली शृंगार हैं। उन्होंने कहा कि छात्रों को इस कार्यक्रम में भाग लेना चाहिए और अपने श्रम से देश को हरी धरती बनाने में मदद करनी चाहिए।

प्रो. देशवाल ने कहा कि पेड़-पौधे ही धरती का असली शृंगार हैं। उन्होंने कहा कि छात्रों को इस कार्यक्रम में भाग लेना चाहिए और अपने श्रम से देश को हरी धरती बनाने में मदद करनी चाहिए।

## पौधारोपण कर देख गाल करने का लिया संकल्प

अम्बाला (संवाद) : एस्.ए. जिन कॉलेज सहसंचालक भारत-श्री भारत के अंतरगत एन.एस.एस., एन.सी.सी. तथा अन्य कक्षा इकाइयों ने कॉलेज परिसर में पौधारोपण किया। इस अवसर पर प्राचार्य डॉ. अशोक कुमार, डॉ. सुरेंद्र शर्मा, डॉ. युजवाला, डॉ. राजेश चौहान, डॉ. भर्तृहरि, डॉ. अभिराम, तथा पंचम कुमार ने संयुक्त रूप से पौधारोपण किया। प्राचार्य डॉ. अशोक कुमार ने इन नए-पौधों को गौरव देते हुए कहा कि ये पौधे ही धरती का असली शृंगार हैं।



पौधारोपण कर देख गाल करने का लिया संकल्प।

प्रो. देशवाल ने कहा कि पेड़-पौधे ही धरती का असली शृंगार हैं। उन्होंने कहा कि छात्रों को इस कार्यक्रम में भाग लेना चाहिए और अपने श्रम से देश को हरी धरती बनाने में मदद करनी चाहिए।

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Sr. No	Name of the Activities	Organising Unit/Agency/Collaborating agency	Name of the Scheme	Year of the Activity	Number of students participated in such activities
19	Socio Economic Survey on vill. Panjokhra on 19.02.2021	Geography Deptt.	Village Panjokhra	2020-21	20

### Activity Note on the Socio Economic Survey of Village Panjokhra Sahib, dist. Ambala


As a part of syllabus of M.Sc. (Final), Semester III, students of this class had to undertake a socio-economic survey of any rural settlement. The village Panjokhra Sahib, Ambala was chosen for the purpose and a questionnaire was designed for collecting various socio-economic data for further analysis and report writing.

A group of following Profs. led the students for conducting the survey on 19 Feb.,2021:-

1. Sh. Ajay Chahan
2. Dr. Suresh Deswal 
3. Sh. Pawan ~~Dhaka~~ <sup>Chakka</sup>   
Kumar
4. Sh. Sonu Khangwal 
5. Sh. Sanjeet Singh 
6. Ms. Dolon Kaler 

Since village Panjokhra has a large areal extension, twenty students of M.Sc previous were also taken to the survey site to assist the team of final year students. The Survey started at around 9.30 am and completed by 3.30pm.



  
HOD  
DipH. of Geography

To

The Principal

Govt PG College

Ambala Cantt.

Subject : Application to seek permission to go for Socio-economic Survey

Res/Sir

It is stated that report writing is an integral part of the M.Sc.(Geography) curriculum under Paper "Report Writing" (Code 302-B). The paper requires the conduction of a socio-economic survey to collect data from the field so that report can be written on the same. The details of the socio-economic survey are as given below:

Venue: Village Panjokhra ( Ambala)

Date: 19 February, 2021

To be done by: Students of M.Sc. (Geography)

Therefore, the students of M.Sc. (Geography) (Semester I & III) are required to go to the above mentioned village for the socio-economic survey on 19 February, 2021. The successful administration of the survey needs the observation and guidance of the following teachers:

1. Sh. Ajay Chauhan
2. Dr. Suresh Deswal
3. Sh. Sanjeet Singh
4. Sh. Sonu Khangwal

5. Ms. Dolon Kaler

Therefore, you are hereby requested to allow the above-mentioned teachers & students of M.Sc. (Geography), Semester – I & III to go to the field so that the socio-economic survey can be done successfully and the report writing can be done subsequently to satisfy the necessary condition of the M.Sc.(Geography) course.

Thanking You.

Yours Sincerely

Sh. Ajay Chauhan

H.O.D. (Department of Geography)

Allowed

Principal

Govt. P.G. College  
Ambala Cantt.

**12. OBSERVATIONS & SHORTCOMINGS** – The participation in online Quiz showed that the students really like these platforms in which they can take part hassle free. Its low costing, time saving and more accurate.

**13. RECOMMENDATIONS FOR FUTURE IMPROVEMENTS** - The future of quizzing lies in our desire to more participation of students. It needs to focus on more learning and time management.



Head of the department

( Geography)



Principal  
Govt. P.G. College  
Ambala Cantt.