

CRITERIA 3.4.1, 3.4.3 and 3.4.4

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 rd 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

3rd 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। बावनूद 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.

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 Bhole 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.

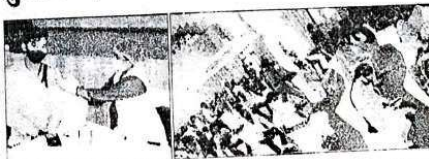
Dr. Joginder Singh and his entire team conducted this vaccination camp along with the members of ASHA workers and staff members deputed by Health Department.

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. अरूण जोशी ने कैम्प का शुभारंभ किया। इस मौके पर उनके साथ स्वास्थ्य विभाग के अधिकारी भी मौजूद रहे।

प्रिन्सिपल अरूण 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

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

1. Twenty Students of first year were enrolled in NCC as per vacancies completing a platoon of 54 cadets.
2. Seven Cadets of NCC attended & faced RDC Screening committee on 27 Oct 2020 at GMN College Ambala Cantt. ^{Lovpreet Singh and Karandeep Singh} Cadets attended RDC.
3. Twenty Three (23) Cadets of NCC deputed for Old age | Orphan age | City library work on 29.12.2020.
4. NCC cadet Lovpreet Singh attend "EK Bharat Shrestha Bharat" Camp (online) conducted by 2nd Hq Bn Ambala Cantt.
5. 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.
6. Cadet Charanpreet Singh participate in scrutiny process of YEP 2020 at 2 Hq Bn NCC Ambala Cantt. 18 Feb 2021.
7. First year Cadet enrolment was conducted on 17-12-2020 from Reserve List.
8. 23 cadets were deputed for Old age | orphan age | City library work on 29-12-2020 and Republic day parade conducted at Institute Campus.
9. Cadets of 2nd 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/Cant.
10. Cadets of 3rd 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/Cant.
11. Two Cadets Sahil Attari and Rattan Lal attended Scrutiny Process for Basic Mountaineering Camp at Hq 2 Bn Ambala Cantt.
12. One Cadet Rattan Lal attended 6th Phase of EBSB course online from 22-27 March 2021.
13. On the occasion of celebration of 75th yr of Indian Independence Prog. Run conducted on April 10th 2021 and Statue cleaning conducted on April 11th 2021.
14. International yoga Day celebration was conducted in Institute from June 8 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

26th June to 10th 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 Janwar
(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 26th June to 10th July, 2020.

International Day Against Drug Abuse and Illicit Trafficking Day is observed every year on 26th 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 highlight the role of health care workers in addressing the global drug problem. Health and social workers are asked to work hard to help to prevent and reduce substance use. The theme for the International Day Against Drug Abuse and Illicit Trafficking Day is "Be Aware, Take Care".



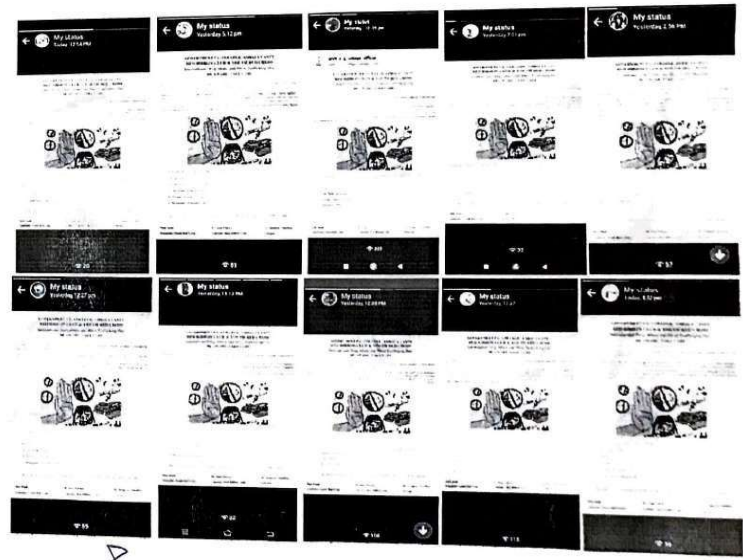
- For observe this day as a campaign work and spread awareness by following the following activities:
1. Watch the video on HIV/AIDS awareness and share with others. <https://youtu.be/SeJhCCYASMc>
 2. Follow the below mentioned links of social media and motivate others also to follow:
 - a. Facebook: @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 Janwar
Convener (Youth Red Cross)

Dr. Anju Janwar
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 1ST TO 31ST AUGUST, 2020.

NUMBER OF STUDENTS PARTICIPATED: 24

Red Ribbon Club of this college observed International Youth Day from August 1st to 31st 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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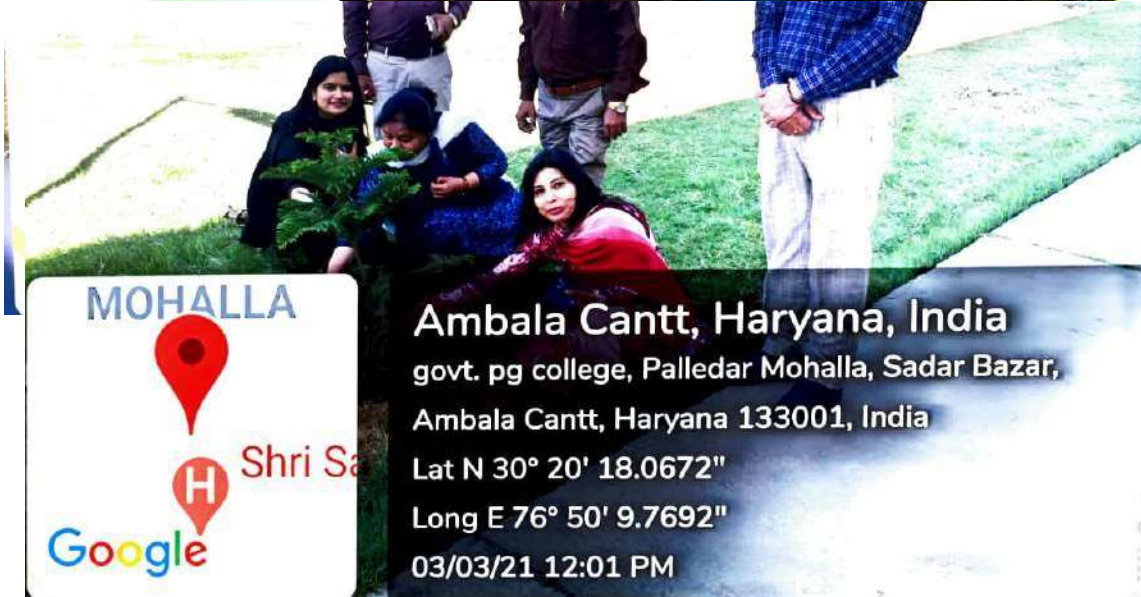
DETAILS OF RESULT (TOP 10 SCORERS)

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





Ambala Cantt, Haryana, India

govt. pg college, Palledar Mohalla, Sadar Bazar,

Ambala Cantt, Haryana 133001, India

Lat N 30° 20' 18.0744"

Long E 76° 50' 9.8268"

03/03/21 12:00 PM

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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Date: _____
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 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 interactive 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.

Honourarium Bill of Advocate Palak Gupta

No of lecture = 04 (2 x 2)

Honourarium for One lecturer = ₹ 500

Total Honourarium = 500 x 4
= 2000/-

Two thousand Only

Rayan Saini

Seen [Signature]

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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Date : _____
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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 Saini
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

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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~~ ~~gyna~~ 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 = $4000 + 3000$

San D

₹ 7000/- Seven thousand

only

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 के हमारी Diet में Protein, Carbohydrate और Fat का सही अनुपात होना चाहिए।

इसी "Virtual Workshop" की श्रृंखला को आगे बढ़ाते 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, प्रौ. उमाशशि व प्रौ. तंजुम ने इस Virtual Workshop का आयोजन करने में योगदान दिया। महिला प्रकोष्ठ की इन्-चार्ज प्रौ. रजनी सेनी ने Kalpana Chawala Medical College, Karnal की Asst. Prof. डॉ. विद्या अरोड़ा का आभार प्रकट किया।

Lejani Saini

Dr. Vidhi Anona

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

Hareit 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/^{saplings} were planted by college students and faculty members. High spirited contribution with endless efforts was observed during this campaign.

Dr
Principal sem
(Dr. Sangeeta Chawhary)

Munish
Nodal Officer
(Munish Dignatia)

Dr
Dr. Ashu Chaudhary

11:05

25 Jul



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





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

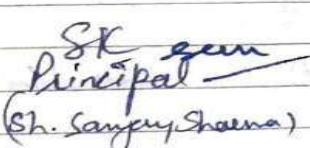


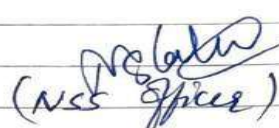
Sr. No	Name of the Activities	Organising Unit/Agency/Collaborating agency	Name of the Scheme	Year of the Activity	Number of students participated in such activities
12	Tree Plantation in College on 15.08.2020	NSS	College Campus	2020-21	52

DATE _____
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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.


 (Sh. Sangay Sharma)
 Principal


 (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 Alcant 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 Bhatnagar

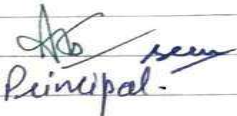


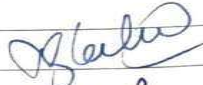
Sr. No	Name of the Activities	Organising Unit/Agency/Collaborating agency	Name of the Scheme	Year of the Activity	Number of students participated in such activities
14	Field work by NSS volunteers in Pulse Polio Abhiyan with Haryana Administration (31.1.2021 to 02.02.2021)	NSS	Haryana Administration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

DATE _____
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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.


Principal.


NSS PO
Munish Dighatia

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 13th Feb to 15th 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 6years. 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

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.



[Handwritten Signature]
Principal

[Handwritten Signature]
NSS Po
Munish Trighatia
[Handwritten Signature]
Dr. Abha Chaudhary

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



S.No	NAME & DESIGNATION	NAME OF INSTITUTION	CONTACT NO.	Signature	
1.	MANDEEP SINGH, ASSISTANT PROF. OF CHEMISTRY	GOVT. COLLEGE CHHACHUKKAWA (YNR)	mandeep1212013@gmail.com	7206274923	Mandee
2.	Dr. Amit Kumar, Asst. Prof. Physics	Markanda National College, Shahabad	amiti.vadia@gmail.com	9822357248	Amit
3.	Amal Kumar, Assistant Professor of Computer Science	Govt. College, Ambala (Bhopur)	teheramamit@gmail.com	9920598455	Amit
4.	Prof. Suresh Singh Rajal, Associate Prof. Commerce	Markanda National College, Shahabad (YR)	Sureshrajal56@gmail.com	9468282288	Suresh
5.	Seema Pandey, Assistant Professor of Commerce	Govt. College for girls, Bahwal, Haryana	seemapandey277@gmail.com	9416926901	Seema
6.	Neelam (Extensive Lecturer in Commercial Dept.)	Govt. College, Ambala (Bhopur)	neelamneelam51@gmail.com	9974395777	Neelam
7.	Sanjay Kumar (Asst. in Comm.)	Govt. College (YNR)	Sanjaykumar@gmail.com	9812292546	Sanjay Kumar
8.	Ms. Parminder Kaur (Asst. Prof. Comp Sci)	Govt. College Navabzash	Kaur.parminder47@gmail.com	9813884085	Parminder
9.	Ms. Raj Rani (")	"	rajbisarya@gmail.com	98966629096	Raj Rani
10.	Mrs. NISHU BANSAL	MDSO GIRLS COLLEGE, Ambala	nishuvansal122@gmail.com	9814709004	Nishu
11.	Gaurav Saini (A.P. (Eco))	G.C. Ambala	gauravsaini15@gmail.com	9460201045	Gaurav
12.	Gaurav Saini (A.P.) (Maths)	G.C. Ambala	gauravsaini15@yahoo.com	8708108028	Gaurav

S.No.	NAME & DESIGNATION	NAME OF INSTITUTION	EMAIL - E.D.	CONTACT No.	SIGNATURE
13	Ruchi Sharma, Asst. Prof. Comp Sci and App	Saraton Adharna College, Ambala Cantt.	richidsharma@gmail.com	9036831765	Ruchi
14	Dr. Leena Goyal, Asst. Prof. Hindi	Saraton Dharma College Ambala Cantt.	datanagoyal1412@gmail.com	8295951412	Leena
15	Ms. Hardik Kaur, Asst. Prof. Mathematics	Govt. P.G. College, Ambala Cantt.	hardikfauzi90@gmail.com	8683953406	Hardik
16	Ms. Rajani Saini, Associate Prof., Mathematics	Govt. P.G. College, Ambala Cantt.	rajani.saini.raj@gmail.com	9014981166	Rajani
17	Ms. Neha Puri, Assistant Professor of Mathematics	Govt. P.G. College, Ambala Cantt.	nehapuri359@gmail.com	8307865615	Neha Puri
18	Ms. Poonam Dhirman, Asst. Prof. Professor of Computa Science	Govt. P.G. College, Ambala Cantt.	poonamdhiran19@gmail.com	8595368875	Poonam
19	Dr. Anshu Jolly, Assistant Professor of Computa Science	Govt. P.G. College, Ambala Cantt.	anshujolly76@gmail.com	9467759800	Anshu
20	Ms. SHALIN BHOJA, Assistant Professor, Computer Science	Govt. P.G. College, Ambala Cantt.	shalinbhoja@gmail.com	8607072118	Shalin
21	Seema Jangir, Assistant Professor (History)	Govt. P.G. college, Ambala Cantt.	seemajangir@gmail.com	9660739608	Seema
22	Dr. AYTAZ SINGH RANI, Associate Professor of Chemistry	Govt. P.G. College, Ambala Cantt.	RAHIAVTAAR@gmail.com	9462403114	Ayaz
23	Dr. Anshu Singh Assistant Professor Dept. of Mass Communication Govt P	Govt. P.G. College of Cantt.	anshujangir@gmail.com	705705572	Anshu

S.NO.	NAME & DESIGNATION	NAME OF INSTITUTION	CONTACT ID	CONTACT NO.	SIGNATURE
24	Dr. MANJESH SHUKLA, Asst. Prof. Dept. of History	Govt. P.G. College Ambala Cantt.	manjeshshukla7@gmail.com	9416119457	Manjesh
25	Arshak, Assistant Prof. Dept. of Computer Science (Associate)	Govt. P.G. College Ambala Cantt.	arshak13@gmail.com	999639909	Arshak
26	Silvia Aggarwal, Asst. Prof. Dept. of Commerce	Arya's Girls' College, Ambala Cantt.	silviaaggarwal9@gmail.com	9416283540	Silvia
27	Manisha Saini, Asst. Prof. Dept. of Computer Science	Govt. P.G. College Ambala Cantt.	manishaini10@gmail.com	7404969791	Manisha
28	Vivek Kumar, Asst. Prof. Dept. of Commerce	Govt. College for Women, Ambala City	viveksingh12345@yahoo.com	9166032885	Vivek
29	Neha Sahni, Asst. Prof. Dept. of Computer Sc	Govt. College Chhachhak	neha3998akalacademy@gmail.com	8708428369	Neha
30	Smriti Gupta, Student, B.Com(Hon)	Sri Ram College of Commerce, DDA Univ. Area	smritig211@gmail.com	9872707869	Smriti
31	Mishra Bansal, Associate Professor in Commerce	M.D.S. Girls College, Ambala City	mishrabansal19@gmail.com	9814722004	Mishra
32	Dr. Daljeet Kumar, Asst. Prof. Tourism	Govt. P.G. College A/Cantt.	dk2742@gmail.com	8708501054	Daljeet
	Randeep Singh, Asst. Prof.	Govt. P.G. College A/Cantt.	randeep.singh.1987@gmail.com	829592109	Randeep
33	Dr. Rakesh Kumar, Asst. Prof. Pol. Science	G.M.P. College A/Cantt.		9896066633	Rakesh

S.NO.	NAME & DESIGNATION	NAME OF INSTITUTION	CONTACT ID	CONTACT NO.	SIGNATURE
52	AJAY KUMAR (Assistant Professor, Dept. of Mathematics)	Govt. P.G. College, Ambala Cantt.	ajaykumar15297@gmail.com	9599460750	Ajay Kumar
57	Lucky VERMA, Assistant Professor (COMMERCE)	Govt. P.G. College, Ambala Cantt.	Luckyverma.0003@gmail.com	822102089	Lucky
60	SANJEET SINGH, Assistant Professor GEOGRAPHY	"		896873493	Sanjeet
61	PANAM KUMAR, Asst. Professor GEOGRAPHY	"		9877263052	Panam
62	SONI KHANWAL, Asst. Professor GEOGRAPHY	"		9416902040	Soni
63	Dr. Vikas Sharma, Asst. Professor Computer Science	"	vsikas22@gmail.com	9991977066	Vikas
64	Aarshi Katjal, Student	M.C.M. D.A.V. College for Women, Chandigarh	aarshikatjal027@gmail.com	9588744354	Aarshi
65	Sumit Kumar, Asst. Prof. English	Govt. P.G. College A/Cantt.	sumit27chd@gmail.com	9915669092	Sumit
66	Dr. Balvinder Singh, Dept. of English	Govt. P.G. College A/Cantt.	balvinder.singh1@gmail.com	9415260755	Balvinder
67	Dr. Manojot Singh, Dept. of English	Govt. P.G. College A/Cantt.	manojot.singh1@gmail.com	9832775210	Manojot
68	Ashil KUMAR, Associate Prof.	Govt. P.G. College A/Cantt.	ashilg12@gmail.com	9992635045	Ashil
69	SAROJ BALA, Asst. Prof. English	Govt. P.G. College A/Cantt.	shashwatdabas@gmail.com	9973865646	Saroj
70	SAROJ DHAN, Asst. Prof. English	Govt. P.G. College A/Cantt.	sooraj10230@gmail.com	9467426026	Saroj
71	Dr. GAGAN DEEP KAPUR (Fine Arts)	Govt. P.G. College A/Cantt.	gagandeepk995@gmail.com	9896206555	Gagan
72	Dr. Suresh Deswal, Associate Prof. Geog.	G.C.A. Cantt.	dsdeswal/suresh@gmail.com	9416327378	Suresh
73	Prabhat Singh, Teta Major	Govt. P.G. College A/Cantt.	prabhat.singh.1216@gmail.com	9468415516	Prabhat

S.No.	NAME & DESIGNATION	NAME OF INSTITUTION	EMAIL ID	CONTACT NO.	SIGNATURE
74	Richa Imani Asst. Professor of	Gout P.G. College Amabala Cantt	richa1001@gmail.com	8100233701	R
75	Dr. Usha Chahal Asst. Prof.	do	ushachahal74@gmail.com	94104506592	Usha Chahal
76	Ms. Poonam Rajona	do	rajona.poonam@gmail.com	9871911905	P
77	Prabhat Kaur Asst. Professor	do	prabhatkaur90@gmail.com	9876785320	Prabhat
78	Pardeep Kumar Assistant Professor	do	pardeepkumar123@gmail.com	93555-37302	Pardeep
79	Suzata Sazon Asst. Prof. Gwalior	do	suzatasujan89@gmail.com	99964-81296	Suzata
80	Sevita Kaur, Asst. Prof. Gwalior	do	sevitakaur123@gmail.com	98768-36390	Sevita
81	Aarzoo Kalyal	do	aarzookalyal95@gmail.com	7966224423	Aarzoo
82	Shweta Garg	do	shwetagarg123@gmail.com	8572075666	Shweta
83	Shilpa Rani	do	shilparanjana123@gmail.com	8160066874	Shilpa Rani
84	Monika Sharma	do	monikas1234@gmail.com		
85	Gayatri	do	gayatrigd@gmail.com	9813356171	G
86	Shyju Singh	do	shyju.singh0025@gmail.com		S
87	Parmit Kuma	do	parmitkumar2512@gmail.com	7050911431	P
88	Dr. Anju Rani	do	anjurathore123@gmail.com	9416895743	Anju Rani

S.No.	NAME & DESIGNATION	NAME OF INSTITUTION	E-MAIL ID	CONTACT NO.	SIGNATURE
89	Kul-Pai	do			
90	Indresh Chandra	do	indreshchandra88@gmail.com	7812898160	Indresh
91	Dr. Paramjit Kaur	L.P.U. Jalandhar	indreshchandra88@gmail.com	8221978078	Indresh
92	Mrs. Alka Choudhary	Govt. P.G. College Ambala			
93	Dr. Leena Nigam (Hindi)	Govt. P.G. College Aizawl	leena.nigam@gmail.com	997988445	Leena
94	Dr. Ravi Aggarwal (Psychology)	Govt. P.G. College, Aizawl	dr.ravi.aggarwal19@gmail.com	9416070122	Ravi
95	Dr. SANDEEP Kumar (Maths)	Govt. P.G. College, Ambala	SANDEEP25001@gmail.com	89500-92553	Sandeep
96	Dr. Rajeev Sharma (Tourism)	Govt. P.G. College, Aizawl	rajeev.sharma@gmail.com	98963-10055	Rajeev
97	Mohar Kaur (Tourism)	Govt. P.G. College, Aizawl	moharsharma1984@gmail.com	9024129002	Mohar
98	M. Dinesh Kumar	Govt. College, KARNAL	Guphos22@gmail.com	94660-92626	Dinesh
99	Dr. Tarun Kumar	Govt. P.G. College, Aizawl	tarun.kumar@gmail.com	9890101500	Tarun
100	Rajon Kaler	Govt. P.G. College, Aizawl	kaler.sirpa@gmail.com	8950523392	Rajon
101	Dr. Rakshi Kaur	Govt. P.G. College, Aizawl	rsksh@gmail.com	9896111500	Rakshi
102	Vijayam Yadav	ICICI Bank	do		Vijayam
103	Abdul Karim	Chhajichhad		739506846	Abdul
104	Dr. Desraj Bajwa	Associate Prof.	Govt. P.G. College, Ambala		Dr.
105	Dr. Rajesh Kumar	Govt. P.G. College, Ambala	skdhanu.kumar200@gmail.com	891103264	Rajesh
106	Dr. Nareish Kumar, Assistant Prof.	Govt. College, Barwala (Haryana)	nkumar.eco@gmail.com	946645412	Nareish
107	Gurpreet Kaur	Research Scholar			Gurpreet
108	Mamta Kaur	L.P.U. Jalandhar			Mamta
	Political Science	Govt. P.G. College, Aizawl	me.mamta@gmail.com	7206449454	Mamta
109	Deepak Kumar	Govt. P.G. College, Ambala	deepak8553@gmail.com	9416341582	Deepak
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	SushmaBarnanah@gmail.com	8295073799	Sushma
112	DR. PRAYANKA, Assistant Prof. in Physics	Govt. P.G. College, Ambala	Prayanika792004@yahoo.co.in	9815027474	Prayanika
113	DR. ALKA, Assistant Prof. in Physics	Govt. P.G. College, Ambala	alkajc@yahoo.co.in	9888712073	Alka







S.No.	Name & Designation	Name of Institution	E-Mail ID	Contact No.	Signature
114	HARNEET KAUR, Assistant Prof. in Physics	Govt. P.G. College, Ambala Cantt.	harneet.kaur2@gmail.com	9582229596	Harneet
115	DR. SUNIL KUMAR ASSISTANT PROF. (PHYSICS)	GOVT PG COLLEGE AMBALA CANTT.	sksunil17@gmail.com	89010-28315	Sunil
116	DR. RUCHI GUPTA ASSISTANT PROF. (COMPUTER)	GOVT. PG COLLEGE, Ambala AMBALA	ruchigupta2525@gmail.com	9416992294	Ruchi
117	DR. SHANTI SHARMA ASSISTANT PROF. (COMPUTER)	do	shantisharma20@gmail.com	7988674705	Shanti
118	SURESH KANAR (ASSISTANT) Assistant Botanist	do	skanar2019@gmail.com	8222074400	Suresh
119	Tanjum Kanoj	do		860740711	Tanjum
120	DR ANJU TANWAA Assistant Professor Botany	GOVERNMENT PG. COLLEGE, Ambala Cantt-133001 Haryana	anjutannabotany@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 Lajpata Sardhana.	Calishgaur	7042373344	Jiten
124	Suyash Garg (Assistant Professor)			7027226667	Suyash
125	Subhash Nandiyal	G.C. Ambala Cantt.	Devnandiyal@gmail.com	7404227001	Subhash
126	Bhupinderpal Kaur	G.C. Ambala Cantt.	Bhupinder218@gmail.com	9466632863	Bhupinder

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.



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"
Accuracy: 25.77m
Time: 20-08-2020 12:00
Note: IQAC workshops



Latitude: 30°20'17"
Longitude: 76°50'12"
Elevation: 2:7.27m
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

अम्बाला, 21 अगस्त (संवाद) : के.टी. प्रो. देशवाल ने कहा कि पेड़-पौधे ही धरती का असली शृंगार हैं। उन्होंने कहा कि हमें अपने शहरों को पेड़-पौधों से सजा देना चाहिए। उन्होंने कहा कि हमें अपने शहरों को पेड़-पौधों से सजा देना चाहिए। उन्होंने कहा कि हमें अपने शहरों को पेड़-पौधों से सजा देना चाहिए।

पौधारोपण कर देख गाल करने का लिया संकल्प

अम्बाला (संवाद) : ए.एस.एस. के.टी. प्रो. देशवाल ने कहा कि हमें अपने शहरों को पेड़-पौधों से सजा देना चाहिए। उन्होंने कहा कि हमें अपने शहरों को पेड़-पौधों से सजा देना चाहिए। उन्होंने कहा कि हमें अपने शहरों को पेड़-पौधों से सजा देना चाहिए।



पौधारोपण कर देख गाल करने का लिया संकल्प

प्रो. देशवाल ने कहा कि हमें अपने शहरों को पेड़-पौधों से सजा देना चाहिए। उन्होंने कहा कि हमें अपने शहरों को पेड़-पौधों से सजा देना चाहिए। उन्होंने कहा कि हमें अपने शहरों को पेड़-पौधों से सजा देना चाहिए।

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~~ ^{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
Dptt. 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)


18/2/2021



Allowed

19/2

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)