

Government Post Graduate College, Ambala Cantt. Haryana

Affiliated to Kurukshetra University, Kurukshetra, Haryana



Action Plan 2023-24

S. No.	Proposed Activity / Objective	Tentative Schedule
1	Teej Celebration—Mehendi Competition	August 2023
2	Outreach Activity-Distribution of Sanitary Napkins in neighboring colony and awareness about menstrual health and hygiene.	September 2023
3	Workshop on Naturopathy, yoga or acupressure.	September 2023
4.	Awareness lecture about gynaecological issues related to women.	September 2023
5	Celebration of 'Rashtriya Poshan Maah' through healthy recipe, millet based or no fire recipe contest.	September 2023
6	Theatre Workshop or drama competition on women related issues.	October 2023
7	Awareness programme about general physical and mental health..	October 2023
8.	Karwa Chauth celebration	October 2023
9	Skill development Workshop on art, craft, painting etc.	November 2023
10	Workshop on meditation, mental health or art of living.	January 2024
11	Workshop on Self defense techniques for girl students.	January 2024
12	Extension lecture on importance of healthy and balanced diet.	January 2024
13	Skill development Workshop on some computer software, programming etc.	February 2024
14	Extension lecture on legal awareness about women rights, domestic violence, sexual harassment etc.	February 2024
15	Celebration of Women's Day by organizing literary competitions like debate, declamation, poem recitation, slogan writing etc.	March 2024
16.	Skill development workshop on personal grooming, makeup art, nail art etc.	March /April 2024

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Activities organized during Session 2023-24.

S. No	Name of Activity	Date	Resource person	Number of Participants
1.	Teej Celebration—Mehendi Competition	18 th August 2023	--	30 Students
2.	Outreach Activity- Distribution of Sanitary Napkins in neighboring colony	12 th September 2023	-	12 volunteers
3.	Naturopathy Workshop	13 th September 2023	Dr. Dara Singh, Sujok & Acupressure Specialist	90(Students & Faculty)
4.	Extension Lecture on awareness about menstrual health && gynecological issues	25 th September 2023	Dr. Neelima Rana, Member of Naturopathy & Yoga Doctors, Patiala	125(Students & Faculty)
5.	Healthy Recipe Competition to celebrate Rashtriya Poshan Maah 2023	27 th September 2023	-	12 Students
6.	Drama/Skit Competition on theme 'Invest in Girls Rights, Our Leadership, Our Well Being'	10 th October 2023	--	4 Teams of 21 Students
7.	Health Awareness Camp	11 th October 2023	Happy to Help Wellness Point-- Organization Team Members: Mr. Deepak & Mr. Anil Dhiman	40 Faculty Members
8.	Karwa Chauth Celebrations Competitions -Mehendi Competition, Karwa Decoration, Thalli decoration etc	31 st October 2023		60 Students
9.	Skill Development Workshop—Art & Craft	6-8 th November 2023	Ms. Anu Handa, Pidilite	40 Students
10.	Six Days Yoga Workshop	9 th Jan2024-15 th Jan 2024	Ms Ekta Daang, Yoga Expert	150 Students (over 6

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				days)
11.	Extension Lectures on “ Life Skill Practices & Meditation in daily life”	16 th Jan 2024	Sh. Arun Joshi, Principal Retd.	90(Students & Faculty)
12.	Extension Lectures on “Self Defense for Girls Safety”	24 th Jan 2024	PSI Surekha, SHO Ambala City	60 Students
13.	Extension Lectures on “ Diet for management of PCOD and other female related health issues”	27 th Jan 2024	Dietician Dr. Shiva Bhanot, Shiva’s Diet Clinic, Ambala City	77 (Students & Faculty)
14.	Skill Development Workshop on “ Tie & Dye and Block Printing” Woorkshop	2 nd February 2024	Dr, Meeta Gawri, HOD, Fashion Marketing and Management Department,, NIIFT, Mohali	74 Students
15.	Extension Lectures on Theme- Women Rights, Domestic Violence, Sexual Harassment	3 rd February 2024	Advocate Namrata Gaur	61 Students
16.	Seven Days Skill Development Workshop on’ Basis of Web Designing’	5 th -12 th February 2024	Mr Ravinder Kumar Senior Developer, W3SOLS, Ambala	45 Students
17.	Workshop on Importance of Personal Grooming	5 th March 2024	Mr. Sanjeev Kumar, Ms. Shweta Masih & Ms. Arati, Lakme Academy, Ambala City	75 Students
18.	Literary Competitions : Poster Making, Debate Declamation, Poetry Recitation and Slogan Writing	7 th March 2024	--	39 Students
19.	Skill Development Workshop on Certificate Courses on Makeup	9 th March 2024	Sahaj International Beauty World, Ambala Cantt.	32 Students
20.	Skill Development Workshop on Nail Art and related opportunities abroad	16 th March 2024	Ms. Parbhsimran Kaur & Team, The Polish Lounge, Ambala City	47 Students

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1. Teej Celebration—Mehendi Competition on 18th August 2023



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Govt P G College Ambala Cantt
Teej Celebrations WDC
18.08.2023 12:29

2. Outreach Activity-Distribution of Sanitary Napkins in neighboring colony on 12th September 2023



Govt P G College Ambala Cantt
Outreach Activity Women Cell
12.09.2023 11:26
30.33878, 76.83615
6, Cross Rd 8, near Palledar Mohalla, Palledar Mohalla, Football
Chowk, Ambala Sadar, Ambala Cantt

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Govt P.G. College Ambala Cantt
Outreach Activity Women Cell
12.09.2023 11:13
30.3382, 76.83754
Cross, BROD-73X, Palledar Mohalla, Sadar Bazar, Ambala Cantt,
Ambala Sadar



Govt P.G. College Ambala Cantt
Outreach Activity Women Cell
12.09.2023 11:26
30.33878, 76.83835
6, Cross, RKS near Palledar Mohalla, Palledar Mohalla Football
Ground, Ambala Sadar, Ambala Cantt

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Govt. P G College, Ambala Cantt
Outreach Activity Women Cell
12.09.2023 11:27
30.33879, 76.83615
6, Cross Rd 8, near Palledar Mohalla, Palledar Mohalla, Football
Chowk, Ambala Sadar, Ambala Cantt

3. Naturopathy Workshop on 13th September 2023



Govt. PG College Ambala Cantt
Naturopathy Workshop WDC 13-9-2023
13.09.2023 13:31
30.33806, 76.83697
8R0P46R8, Palledar Mohalla, Sadar Bazar, Ambala Sadar, Haryana
133001

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Govt. PG College Ambala Cantt
Naturopathy Workshop WDC 13-9-2023
13.09.2023 13:02
30.33808, 76.83697
5183, Nishat Rd, Palledar Mohalla, Mochi Mandi, Sadar Bazar,
Ambala Sadar, Haryana 133001

4. Session on awareness about menstrual health on 25th September 2023



Govt. PG College Ambala Cantt
Menstrual Health Lecture WDC
25.09.2023 11:18
30.33809, 76.83697
5183, Nishat Rd, Palledar Mohalla, Mochi Mandi, Sadar Bazar,
Ambala Sadar, Haryana 133001

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Govt P. G College Ambala Cantt
Menstrual Health Lecture WDC
25.09.2023 10:31

5. **Healthy Recipe Competition to celebrate Rashtriya Poshan Maah 2023 on 27th September 2023**



Govt P. G College Ambala Cantt
Wdc Healthy Recipe Competition
27.09.2023 12:03
30.3381, 76.83687
5183, Nishat Rd, Palledar Mohalla, Mochi Mandi, Sadar Bazar,
Ambala Sadar

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Govt P & G College Ambala Cantt
Wdc Healthy Recipe Competition
27.09.2023 12:00
30.33802, 76.83698
5183, Nishat Rd, Palledar Mohalla, Mochi Mandi, Sadar Bazar,
Ambala Sadar



Govt P & G College Ambala Cantt
Wdc Healthy Recipe Competition
27.09.2023 11:50
30.33811, 76.83698
5183, Nishat Rd, Palledar Mohalla, Mochi Mandi, Sadar Bazar,
Ambala Sadar

6. Health Awareness Camp- on 11th October 2023 by Happy to Help Wellness Point— Organization

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Govt P G College Ambala Cantt
Health Awareness Camp WDC
11.10.2023 11:04
30.33825, 76.83695
5183, Nishat Rd, Palledar Mohalla, Mochi Mandi, Sadar Bazar,
Ambala Sadar



Govt P G College Ambala Cantt
Health Awareness Camp WDC
11.10.2023 11:36
30.33788, 76.83668
Nishat, 8RQP+5HQ, Palledar Mohalla, Sadar Bazar, Ambala
Cantt, Ambala Sadar

7. Karwa Chauth Celebrations on 31st October 2023

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Govt P G College Ambala Cantt
Karwachauth Celebrations WDC
31.10.2023 12:53



Govt P G College Ambala Cantt
Karwachauth Celebrations WDC
31.10.2023 13:00

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Govt P G College Ambala Cantt
Karwachauth Celebrations WDC
31.10.2023 11:38

8. Skill Development Workshop—Art & Craft on 6-8th November 2023



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9. Six Days Yoga Workshop from 9th Jan2024-15th Jan 2024



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10. Extension Lectures on “ Life Skill Practices & Meditation in daily life” on 16th Jan 2024



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Govt P. G. College Ambala Cantt.
Extension Lecture On Life Skills
16.01.2024 11:13



Govt P. G. College Ambala Cantt.
Extension Lecture On Life Skills
16.01.2024 11:14

11. Extension Lectures on “Self Defense for Girls Safety” on 24th Jan 2024

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12. Extension Lectures on “ Diet for management of PCOD and other female related health issues” on 27th Jan 2024



13. Skill Development Workshop on “ Tie & Dye and Block Printing” Workshop 2nd February 2024

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14. Extension Lectures on Legal Rights of Women on 3rd February 2024

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Government P.G. College
 Legal Literacy Cell
 03162-2024 11 24
 3033607, 3668702
 8RQP+6R8, Palledar Mohalla, Sadar Bazar, Ambala Sadar,
 Haryana 138001



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15. Seven Days Skill Development Workshop on 5th -12th February 2024



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16. Workshop on Importance of Personal Grooming on 5th March 2024



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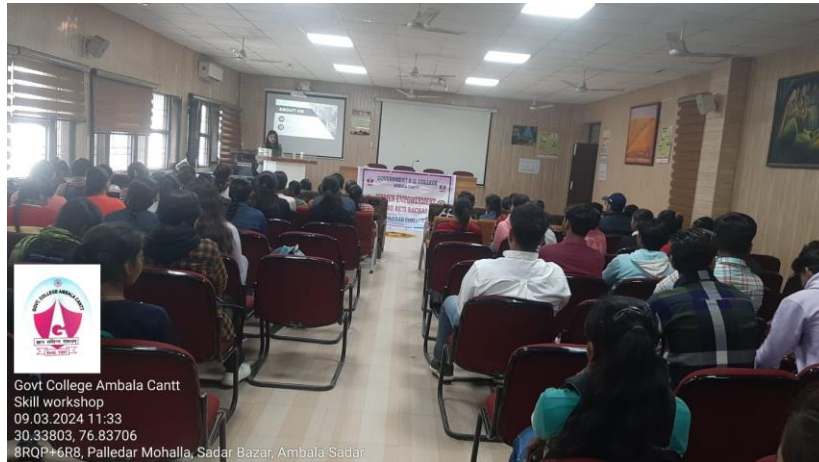
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17. Skill Development Workshop on Certificate Courses on Makeup on 9th March 2024

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Govt College Ambala Cantt
Skill workshop
09.03.2024 11:33
30.33803, 76.83706
8RQP+6R8, Palledar Mohalla, Sadar Bazar, Ambala Sadar



Govt College Ambala Cantt
Skill workshop
09.03.2024 11:54
30.3381, 76.83696
5183, Nishat Rd, Palledar Mohalla, Mochi Mandi, Sadar Bazar, Ambala Sadar

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Govt College Ambala Cantt
Skill workshop
09.03.2024 11:34
30.33807, 76.83702
8RQP+6R8, Palledar Mohalla, Sadar Bazar, Ambala Sadar

18. Literary Competitions : Poster Making, Debate Declamation, Poetry Recitation and Slogan Writing on 7th March 2024



Govt PG College Ambala Cantt
Slogan Writing Competition
07.03.2024 12:43
30.33809, 76.83698
8RQP+6R8, Palledar Mohalla, Sadar Bazar, Ambala Sadar,
Haryana 133001

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पानीपत, रविवार, 10 मार्च, 2024 | 4

नारा लेखन में विशाखा, मानसी व आरजू विजेता



अभ्यास | महिला दिवस पर गवर्नमेंट पोस्टी कॉलेज में पोस्टर मेकिंग, नारा लेखन, कविता पाठ, भाषण और वाद-विवाद प्रतियोगिता हुई। लगभग 40 छात्रों ने भाग लिया। नारा लेखन में विशाखा, मानसी शर्मा व आरजू विजेता रही। डिबेट में विशाखा और मोहरा, खुशी और सहजप्रीत, महक और निविजा की टीम, उद्घोषणा में कविता, विशाखा व महक, कविता पाठ में मोहरा शर्मा, मनीषा और आरजू और पोस्टर मेकिंग में मानसी शर्मा, कोमल और वैष्णवी विजेता रही। निर्वाचक मंडल में डॉ. पुनम राजौरा, प्रो. रूखिंदर सिंह, प्रो. नम्रव सिंह, डॉ. अनुराधा, डॉ. क्लॉजिंदर कोर, प्रो. प्रदीप, प्रो. सुजाता, प्रो. मनीषा व सेनी, प्रो. डिवल, नेहा, प्रो. कुसुम भाटिया और प्रो. स्मृतिशा शामिल रहे। कार्यक्रमक प्रिंसिपल प्रो. अजय चौहान ने अध्यक्षता की। मौके पर महिला सेल में संयोजक डब्ल्यू.सी.डी. श्रियंका और आई आईसी के सदस्य मौजूद रहे।

19. Skill Development Workshop on Nail Art and related opportunities abroad on 16th March 2024



Govt College Ambala Cantt
Skill Development Nail Art & Mehendi
16.03.2024 11:06
30 33809 76 83695
5183, Nishat Rd, Palledar Mohalla, Mochi Mandi, Sadar Bazar,
Ambala Sadar

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Govt College Ambala Cantt
Skill Development Nail Art & Mehendi
16.03.2024 11:55
30.3381, 76.83691
5183, Nishat Rd, Palledar Mohalla, Mochi Mandi, Sadar Bazar,
Ambala Sadar



Govt College Ambala Cantt
Skill Development Nail Art & Mehendi
16.03.2024 12:20
30.33808, 76.83693
5183, Nishat Rd, Palledar Mohalla, Mochi Mandi, Sadar Bazar,
Ambala Sadar