

# Post Graduate Govt. College for Girls Sector-11, Chandigarh



## Report 2022-23 Community Hygiene and Public Health Society

### INDEX

S.No.	Activity	Date
1.	Talk on “Obesity and its complications among young girls”	29 <sup>th</sup> Aug., 2022
2.	Orientation	17 <sup>th</sup> Sept., 2022
3.	World Alzheimer’s Day	21 <sup>st</sup> Sept., 2022
4.	Lecture on ‘Nutrition during Mensuration and Menstrual Hygiene’ and Health Club Activity	22 <sup>nd</sup> Sept., 2022
5.	One week training program on poultry and its management Organized by Post Graduate Government College For Girls, Department of Zoology & Central Poultry Development Organisation, (NR) Chandigarh September to 1 <sup>st</sup> October, 2022	27 <sup>th</sup> September to 1 <sup>st</sup> October, 2022
6.	Tutorial Meet on “Breast Cancer Awareness Campaign”	8 <sup>th</sup> Oct., 2022
7.	Celebrations of World Egg Day 2022 at CPDO (NR) Chandigarh	14 <sup>th</sup> October 2022
8.	Invited talk and dental checkup	15 <sup>th</sup> October, 2022
9.	One day National Seminar on “Strategic Approach for Sustainable National Food Security and Improving Country GDP through Poultry Production”	03 <sup>rd</sup> December, 2022
10.	Invited talk on “Role of microbes in controlling pollution”	24 <sup>th</sup> January, 2023
11.	Tutorial Meet on “Fighting Breast Cancer”	7 <sup>th</sup> February, 2023
12.	Nukkar Natak on Deworming Day	10 <sup>th</sup> February, 2023
13.	Visit to Water Treatment Plant	17 <sup>th</sup> April, 2023
14.	Poster making competition on Earth Day	24 <sup>th</sup> April, 2023

Convenor  
Community Hygiene and Public Health Society,  
PGGCG-11, Chandigarh

Principal  
PGGCG-11  
Chandigarh

## 1. Talk on “Obesity and its complications among young girls” 29<sup>th</sup>

Aug.2022

Under the able guidance of Principal Prof. (Dr.) Anita Kaushal, Community Hygiene and Public Health Society, PGGGC-11, Chandigarh organized an interactive talk on 29<sup>th</sup> Aug., 2022 on topic “Obesity and its complications among young girls”. Dr. Manjeet Singh Trehan, Additional Director-Internal Medicine Fortis MedCentre, Chandigarh was the speaker of the event. He interacted with the students and enlightened them about the importance of proper diet and exercise to reduce the risk of obesity. He also highlighted various diseases that can be caused due to obesity. Around 85 graduate and post graduate students enthusiastically participated in the talk.



## 2. Orientation 17<sup>th</sup> Sept. 2022

An orientation was organized on 17<sup>th</sup> Sept.,22 by Community Hygiene and Public Health Society. Dr. Ravneet Kaur was the speaker, who spoke on the Role of Community Hygiene and Public health Society of the college. Around 100 graduate and post graduate students enthusiastically participated in the talk.



### 3. World Alzheimer's Day 21<sup>st</sup> Sept., 2022

Under the able guidance of Principal Prof. (Dr.) Anita Kaushal, Community Hygiene and Public Health Society, PGGGC-11, Chandigarh organized a poster making competition on 21<sup>st</sup> Sept., 2022 to spread the awareness on Alzheimer's disease on the eve of World Alzheimer's Day. The student highlighted the various symptoms and causes of the disease in the posters. Around 25 students of B.Sc. III (Medical) enthusiastically participated in the event. Posters were judged by Dr.Sandaldeep Kaur and Dr.Simarjit Kaur. **Usha Rani** was declared as the winner of the poster making competition.



### 4. Lecture on 'Nutrition during Mensuration and Menstrual Hygiene' and Health Club Activity 22<sup>nd</sup> Sept. 2022

Under the able guidance of our worthy Principal ma'am, Prof. (Dr.) Anita Kaushal, PGGCG – 11, Chandigarh organized health and activity club for adolescent girls to celebrate 5<sup>th</sup> Rashtriya Poshan Maah (National Nutrition Month, 2022). In the activity, a lecture was delivered by Dr. Ravneet Kaur, Assistant Professor in Zoology, PGGCG-11, Chandigarh on topic '**Nutrition during Mensuration and Menstrual Hygiene**' on 22<sup>nd</sup> September, 2022. The speaker focused on the complementary relationship between the food we eat and our menstrual cycle. The discussion included the Art To Eat Smart that maintains the fitness level, mental state as well as optimum levels of nutrients and hormones in the body that helps to have a painless and regular period. The students were sensitized about healthy eating patterns to prevent immediate health problems, such as iron deficiency, anaemia,



obesity, eating disorders, heart disease, cancer, and stroke. The lecture also gave a brief review about the role of healthy eating habits and regular physical activity to manage PCOS.

A health club was also formed by four students of M.Sc. II Zoology, namely, Ms. Devyani, Ms. Shreya, Ms. Deepti, Ms. Rishita who interacted with the students about the importance of Menstrual Health and Hygiene for the well-being and empowerment of women and adolescent girls. The students were made aware of the fact that lack of awareness and information about menstruation leads to unhygienic and unhealthy menstrual practices. About 100 students interacted with the health club members and the speaker and discussed their routine problems and queries with them.



## **5. One week training program on Poultry and its management organized by Post Graduate Government College for Girls, Department of Zoology & Central Poultry Development Organisation, (NR) Chandigarh 27<sup>th</sup> September to 1<sup>st</sup> October, 2022**

Under the able guidance, motivation and support of Principal Prof. (Dr.) Anita Kaushal, Department of Zoology of Post Graduate Government College for Girls, Sector-11, Chandigarh in collaboration with Central Poultry Development Organization, Northern Region, Chandigarh organized “ONE WEEK POULTRY TRAINING PROGRAM” from 27<sup>th</sup> Sept. to 1<sup>st</sup> Oct., 2022. The theme of the workshop was to sensitize participants regarding poultry industry and its importance in entrepreneurship. The Chief Guest of the inauguration function was Prof. Dr. Anita Kaushal, Principal of the College. She congratulated all the 60 participants for attending the training workshop and encouraged them to get maximum benefit from the training programme. The day ended with the key note address by Dr. Priyank (Farm Manager, CPDO, Chandigarh) who provided the knowledge and great potential in the Poultry sector for providing employment opportunities to the unemployed youth, rural women, small and marginal farmers and persons involved in small industries like- layer

and broiler raising, backyard farming, feed formulation, cage fabrication, poultry pharmaceuticals, processing of poultry meat & eggs and hatcher



## 6. Tutorial Meet on “Breast Cancer Awareness Campaign” 8<sup>th</sup> Oct. 2022

Community Hygiene and Public Health Society & Pink Ribbon Society in Collaboration with Department of Zoology and Nostalgia, the alumini association of Post Graduate Government College for Girls, Sector 11 organized an interactive session on 8<sup>th</sup> Oct., 2022 under “Rani Breast Cancer Awareness Campaign” to spread awareness on Breast Cancer. The Speakers of the session were Ms. Bittu Safeena Sandhu, Managing trustee of “Rani Breast Cancer Trust” and Ms. Navneet from Canada, who herself is a Cancer Survivor, shared her journey in fighting breast cancer. Ms. Sandhu explained how Cancer spreads and what the precautionary measures to avoid Cancer from spreading are & gave the message that early detection is the key to protection. Prof. (Dr) Anita Kaushal, Principal of the college, faculty members and around 100 students of the college attended the session. The society thanked the speakers for sharing their valuable experiences with the students.



## 7. Celebrations of World Egg Day 2022 at CPDO (NR) Chandigarh 14<sup>th</sup> Oct. 2022

Department of Animal Husbandry & Dairying, Ministry of Fisheries, A.H & Dairying, New Delhi celebrated “World Egg Day 2022” on 14<sup>th</sup> October, 2022 (Friday) at Central Poultry Development Organization (Northern Region), Chandigarh. The event was graced by Smt. Sarbjit Kaur, Honourable Mayor, U.T Chandigarh and flagged off the rally by school and



college students as well as other faculty members, teachers and other dignitaries. Shri Gyan Prakash, (IFS), Conservator of Forest, Wildlife, Govt. of Punjab, also addressed the gathering and said that eggs play a vital role in human nutrition and to alleviate malnutrition. The function was also attended by Sh. Gurdev Singh son of late Smt. Maan Kaur, who was runner in the age of 105 and a renowned personality, who expressed that today feed habits like junk foods are deteriorating the health young generation who are getting in the grip of serious fatal diseases like heart attack. Other dignitaries Sh. Mohan Singh Sudan, President and CEO of Chamber for International Trade and Industry, Shri Rahul Mahajan, from “Organic Sharing” an NGO, also focused on nutritional value of eggs to participants. Director of CPDO(NR) Chandigarh expressed her views on this occasion and said that World Egg Day is an unique opportunity to help raise awareness of the benefits of eggs and is celebrated in countries all around the world and organize campaigns to promote the contribution that eggs make to fulfilling the nutritional requirements of the global community. The participants in the World Egg Day celebration in CPDO, Chandigarh were mainly students from Government Model Senior Secondary School, Bhelana, Chandigarh, GMSSS , Sector-28 Chandigarh and college students from PGGCG, Sector-11 and Post Graduate Government College, Sector-46 Chandigarh. The participants raised the slogan like “Sunday ho ya Monday roj khao Andee” and “ek do teen chaar, anda Khao mera yaar” etc. and was very enthusiastic. The participants were distributed eggs and refreshment and a quiz competition was held and the winners were given prizes to encourage them to spread awareness about the nutritive value of eggs as the theme of World Egg Day 2022 is “Eggs for a better life”. Last but not the least all the participants were acknowledged by providing participant certificates.



## **8. Invited Talk And Dental Checkup 15<sup>th</sup> Oct, 2022**

Under the able guidance of Principal Ma'am Prof. (Dr.) Anita Kaushal, Community Hygiene and Public Health Society and Department of Zoology of Post Graduate Govt. College for Girls, Sector-11, Chandigarh organized a talk and dental check up for students, teaching staff and non-teaching staff on 15<sup>th</sup> October, 2022. Dr. Shivani Gupta introduced the speaker for the event; **Dr. Ravi Kumar**, (Dentist, Periodontist, Implantologist), Vital Dental, Sector- 15, Chandigarh. Dr. Kumar gave an elaborated talk on Smile Designing. He also interacted with students of B.Sc. (Medical) and M.Sc. (Zoology) and satisfied their various queries related to oral hygiene. The talk was followed by dental checkup conducted by team of Vital Dental. As many as 100 participants including teaching staff of Department of Zoology, non teaching staff and students were examined. The team then provided their report/ comments on general oral hygiene of students. According to which the general oral hygiene of our students was found to be good. Dr. Umesh Bharti, Head, Department of Zoology give away the vote of thanks. She highlighted the significance of such event/ interactions for students as well as for teaching and non teaching staff.

## **9. One day National Seminar on “Strategic Approach for Sustainable National Food Security and Improving Country GDP through Poultry Production” on December 03, 2022**

The faculty of department of Zoology of PGGCG – 11, Chandigarh participated in one day National Seminar on “Strategic Approach for Sustainable National Food Security and Improving Country GDP through Poultry Production” organised by Central Poultry Development Organisation (NR) Chandigarh in collaboration with Defence Institute of High Altitude Research (DRDO), Leh on December 03, 2022 at Chandigarh. The Inaugural Session was kicked off by an insightful speech from Dr. S.K Dutta, Joint Commissioner (NLM), DAHD. The Inspiring speeches by Keynote Speaker Shr. Tarun Shridhar, Chief Guest, Shri Ishwar Singh Duhan, IG, ITBP, Guest of Honour, Dr. P.K Shukla, Director, Dept. A.H, Punjab, Dr. Subhash Chandra enthralled the audience. The welcome address was delivered by Director CPDO(NR), Dr. Kamna Barkataki. The Technical session of the National seminar at MGSIPA was enriched by the informative presentation by Dr. Manish Kumar Chatli, Director, ICAR-CIRG, Makhdoom, Mathura, Dr. Lipi Saiwal, Assistant Commissioner (AHIDF), Dr. Rakesh Gupta, DGM, Venkys India Ltd., Mr. Ricky Thaper, Treasurer PFI & Dr. Vijay K. Bharti,

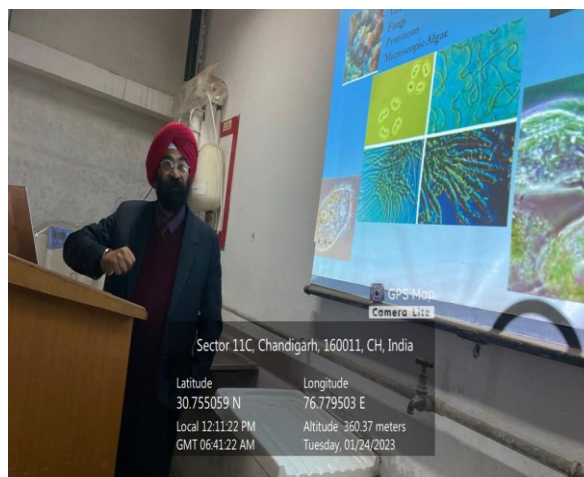


Scientist E DRDO-DIHAR . The Chairman of the session was Dr. P.K Shukla, Dean, DUVASU, Mathura and Co Chairman was Dr. Sujit K. Dutta, Joint Commissioner (NLM), Deptt. Of Animal Husbandry & Dairying, Govt. of India and Dr. Swati, Scientist –C, DIHAR-DRDO, Leh was the Rapporteur. The seminar was closed with a detailed summary by Chairman Dr. P.K Shukla of technical session followed by a vote of thanks by Dr. Vijay K. Bharti, (DRDS) DIHAR-DRDO.



## 10. Invited talk on “Role of Microbes in controlling pollution”

Community Hygiene and Public Health Society & Department of Zoology of Post Graduate Government College for Girls, Sector 11 organized an interactive session with Dr. Swaranjit Singh, President, Microbiologist Society, India on 24<sup>th</sup> January, 2023. Dr. Singh highlighted the role of microbes like *pseudomonas* in controlling the pollution. He also discussed about surfactants, hazards effects of oils pillage in water bodies and role of Bacillus in cleaning the polluted water. The faculty members and 100 students of the B.Sc. II (Medical) and M.Sc. II attended the session. The Microbiologist society also gave appreciation awards to the toppers of B.Sc. I, II and M.Sc. II (Botany and Zoology).



## 11. Tutorial Meet on “Fighting Breast Cancer” 7<sup>th</sup> Feb. 2023

Community Hygiene and Public Health Society in Collaboration with Department of Zoology of Post Graduate Government College for Girls, Sector 11 organized an interactive session on 7<sup>th</sup> Feb., 2023 under “Rani Breast Cancer Awareness Campaign” to spread awareness on Breast Cancer. The Speakers of the session were Ms. Bittu Safeena Sandhu, Managing trustee of “Rani Breast Cancer Trust” Ms. Sandhu explained how Cancer spreads and what the precautionary measures to avoid Cancer from spreading are & gave the message that early detection is the key to protection. Prof. (Dr) Anita Kaushal, Principal of the college, faculty members and around 100 students of the college attended the session. The society thanked the speakers for sharing their valuable experiences with the students. Apart from this exhibition of few products like handbags, keyrings, water bottle bags etc. made by Rani products by Rani Breast Cancer Trust and NGO for woman empowerment were also displayed.





## 12. Nukkad Natak on “Deworming Day” 10<sup>th</sup> Feb.,2023

Community Hygiene and Public Health Society of PGGCG-11 staged a Nukkad Natak at Govt. Model High School, Khudda Jassu as outreach activity on 10<sup>th</sup> Feb.,2023 so as to make the school children aware about the importance of deworming. Nukkad Natak was prepared by the post graduate students of Zoology. Around 300 school students from classes fifth to tenth witnessed the performance with utmost interest and enthusiasm. Through their act, the M.Sc. students explained the school children the need to maintain personal hygiene and washing hands before eating so as to prevent infection by *Ascaris* and Pinworms. They also emphasized that students should take Albendazole twice in a year to have good physical health. The faculty members of Zoology department motivated the students to maintain good hygiene for better future.





### **13. Visit to Water Treatment Plant, Sector-39, Chandigarh 17<sup>th</sup> April,2023**

Jeevansh, the Zoological Society and Community Hygiene and Public Health Society of PGGCG-11 Chandigarh organized a field visit to Water Treatment Plant, Sector 39 Chandigarh on 17<sup>th</sup> April, 2023 for 20 M.Sc. II students of Zoology Department for a first-hand experience of wastewater treatment methods. The main purpose for this visit was to give the practical knowledge about how raw water is treated and how water is distributed in different areas of Chandigarh. The students were familiarized with industrial environment and provided knowledge about different units of water treatment plant and components of filtration plant in real time work environment. The basic knowledge about treatment Process was explained to students about that before arriving at your tap, how the water is treated at the Water Treatment Plant to remove sediment, bacteria, and other impurities. Through this educational visit, students got significant and extremely useful information regarding various methods of removing contaminants from primary water.



### **14. Poster making competition on “Earth Day” 24<sup>th</sup> April,2023**

Department of Zoology organized an e- poster making competition to celebrate Earth Day on 22<sup>nd</sup> April, 2023. The theme of the competition was Invest in our planet: save biodiversity. The

students portrayed posters to communicate their messages to save earth. A total of 22 entries were received from students of M.Sc. II of zoology. The event was graced by the presence of Mr. Amandeep Singh, DHE, Chandigarh and Prof. (Dr.) Anita Kaushal, Principal, PGGCG-11. The students had interactive session with the dignities where they explained their posts and discussed the latest research in this field.

