

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



Report 2022-23 Jeevansh

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Convenor
Jeevansh, PGGCG-11
Chandigarh

Principal
PGGCG-11,
Chandigarh

1. Talk on “Obesity and its complications among young girls” 29th

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 29th 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. World Alzheimer's Day 21st 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 21st 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.



3. Lecture on ‘Nutrition during Mensuration and Menstrual Hygiene’ and Health Club Activity 22nd 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 5th 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 22nd 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 if 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.



4. 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 27th September to 1st 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 27th Sept. to 1st 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 Manger, 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 hatchery.

5. World Wildlife Week- 2nd to 8th Oct, 2022

Department of Zoology organized a poster/slogan/painting competition to celebrate “World Wildlife Week” from 2nd to 8th Oct., 2022. About 50 students of B.Sc. participated in the three competition categories and spread the message of wild life conservations through their creations. Appreciation certificates were given to the best two entries in each category judged by judges.



6. Tutorial Meet on “Breast Cancer Awareness Campaign” 8th Oct. 2022

Community Hygiene and Public Health Society & Pink Ribbon Society in Collaboration with Department of Zoology and Nostalgia, the alumni association of Post Graduate Government College for Girls, Sector 11 organized an interactive session on 8th 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.



Post Graduate Government College For Girls, Sector 11 Chandigarh
In collaboration with
Rani Breast Cancer Trust
is organising
**TUTORIAL MEET ON
Breast Cancer
Awareness Campaign**
Speaker

8TH OCTOBER, 2022
10.00 AM ONWARDS

Patron
Prof.(Dr.) Anita Kaushal
Principal
PGGCG --II Chd.

Miss Bittu Safeena Sandhu
Managing Trustee

MEMBERS:
Dr. Umesh Bharti
Dr. Shivani Gupta
Dr. Ravneet Kaur
Dr. Sandaldeep Kaur
Dr. Simarjit Kaur

ORGANIZED BY:
COMMUNITY HYGIENE &
PUBLIC HEALTH SOCIETY

7. Celebrations of World Egg Day 2022 at CPDO (NR) Chandigarh 14th Oct. 2022

Department of Animal Husbandry & Dairying, Ministry of Fisheries, A.H & Dairying, New Delhi celebrated “World Egg Day 2022” on 14th 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 about 50 students s 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 15th 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 15th 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.

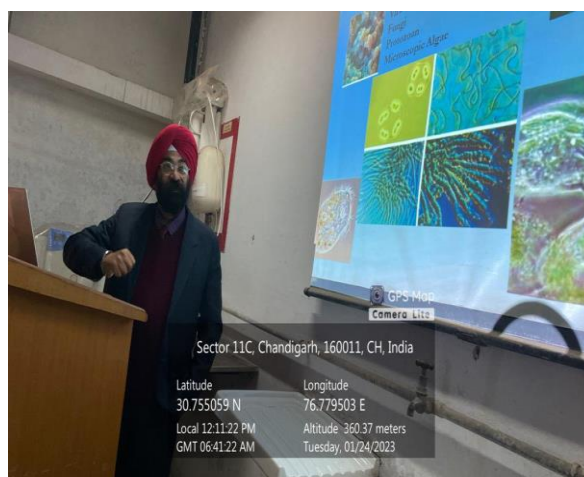
9. One day National Seminar on “Strategic Approach for Sustainable National Food Security and Improving Country GDP through Poultry Production” on December 03, 2022

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 24th 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. World Wetland Day 2nd Feb.,2023

Community hygiene and Public Health Society and Department of Zoology organized an Inter-College online poster making competition to celebrate World Wetland's Day on 2nd February, 2023. The theme of the competition was Restoration of Wetlands. The student's portrayed posters in different ways like e-posters, handmade posters, paintings etc. to communicate their messages to save wetlands. A total of 21 entries were received on google form entry form from students of different colleges of Chandigarh. Four prizes were awarded for the best posters.



12. Tutorial Meet on “Fighting Breast Cancer” 7th 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 7th 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.



13. Nukkad Natak on “Deworming Day” 10th 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 10th 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.



14. Celebration of “National Science Day” Invited talk on “Wildlife of the Trans-Himalayas: Expeditions along with risks” 22nd March,2023

Department of Zoology organized an invited talk delivered by Dr. Rajiv Kalsi, Associate Professor and Head, Department of Zoology, M.L.N. Govt. College, Yamuna Nagar, Haryana on “Wildlife of the Trans-Himalayas: Expeditions along with risks” on 22nd March, 2023. Dr. Kalsi highlighted the climatic parameters and risks involving during expeditions to areas like Ladakh of Trans-Himalayas. He mentioned about the fauna of this biogeographic zone with special reference to Wallcreeper which travels all the way from Sikkim to Chandigarh in winters. Apart from this he mentioned about the various risks involved while travelling in high mountain ranges of Trans-Himalayas and discussed about AMS, HAPE and HACE as general symptoms of problems faced by people. The lecture was followed by discussion during which participants asked questions regarding the talk. Around 60 students attended the talk.



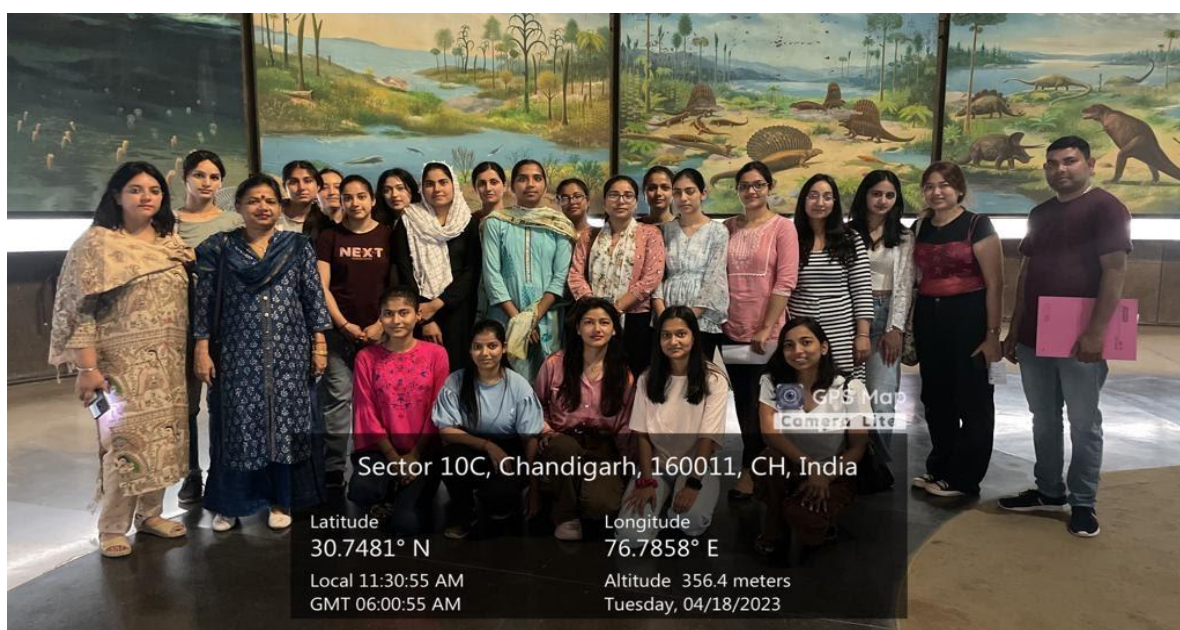
15. Visit to Water Treatment Plant, Sector-39, Chandigarh 17th April,2023

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 17th April, 2023 for 25 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.



16. Visit to Natural History Museum, Sector-10, Chandigarh 18th April, 2023

Zoology Department of Post Graduate College for Girls, Sector-11, Chandigarh, organised an educational visit on 18th April, 2023 to the Natural History Museum, Sector-10, Chandigarh. It is a museum with dioramas depicting early humans, dinosaur models, fossils and other geology specimens. The students saw a great collection of fossils, art, sculptures and various paintings explaining the evolution and extinction of creatures. The museum showcases a detailed historical count of human evolution starting from the Indus valley civilization and carefully depicts several forms of life from a unicellular organism to the most biologically diversified species of creatures on this earth. Students were familiarized with the concept of biological diversity of the earth. A total of 22 students of M.Sc. I Zoology (2nd Semester) visited the museum along with two faculty members, Dr. Umesh Bharti (Head of Department) and Dr. Ravneet Kaur in the College bus.



17. Poster making competition on “Earth Day” 24th April,2023

Department of Zoology organized an e- poster making competition to celebrate Earth Day on 22nd 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.

