

**POST GRADUATE GOVT. COLLEGE
FOR GIRLS
SECTOR-11, CHANDIGARH**



COURAGE TO KNOW

**COMMUNITY HYGIENE
AND
PUBLIC HEALTH SOCIETY**

REPORT

SESSION: 2023 - 2024

**Dr. Umesh Bharti
(Incharge)**

AIM OF THE SOCIETY

1. Generating health and cleanliness consciousness is a primary focus of our programmes in and outside the college.
2. To discuss the concepts of health, hygiene and pollution
3. To create awareness among people regarding various preventable but life-threatening diseases like Malaria, Dengue, Encephalitis, Typhoid, and Tuberculosis.
4. To sensitize people about various life style diseases like diabetes, PCOD, fatty liver, anaemia, hypertension etc.
5. To lead by example in the mission to ensure Swachhta programme by promoting major thrust areas like public hygiene and cleanliness for maintaining hygienic life style.
6. To identify good and harmful environmental hygiene and sanitation practices in the community.
7. To create awareness on good eco-friendly health practices in the community.

OBJECTIVES OF THE SOCIETY

1. To conduct surveys and awareness campaigns for betterment of our community.
2. To provide guidance and counselling with respect to health and hygiene by organizing various activities.
3. To sensitize people about various health related issues by organizing expertise talks.

SESSION

2023 - 2024

COMMITTEE MEMBERS

Dr. Umesh Bharti (Incharge)

Dr. Shivani Gupta

Dr. Ravneet Kaur

Dr. Sandaldeep Kaur

Dr. Simarjit Kaur

INDEX

S.No.	Activity	Date
1.	Breast cancer awareness program by Dr. Kanika Sharma, Medical Oncologist, Max Hospital Mohali	24 th August, 2023
2.	Nukkad Natak on World Ozone Day	16 th September, 2023
3.	Outreach activity: Nukkad Natak at Khuda Jassu Government School: Awareness on Poshan Mah	5 th October, 2023
4.	Awareness Session on Managing Diabetes by Ms. Meenakshi Dev, Director (Diabestis Foundation)	7 th November, 2023
5.	Invited talk on Skin problems related to Mensuration and PCOD by Dr. Sonal Tinna, Dermatologist (Fortis Medicine, Chandigarh)	6 th February, 2024
6.	Invited Talk on Heart Health, Stress Management and Fitness for Young females by Dr. Deepak Puri (Max Superspeciality Hospital)	28 th February, 2024

BREAST CANCER AWARENESS PROGRAM

24th August, 2023

POST GRADUATE GOVT. COLLEGE FOR GIRLS, SECTOR-11 CHD.

under the aegis of IQAC
Community Hygiene and Public Health Society
&
Department of Zoology
is organizing

BREAST CANCER AWARENESS PROGRAM

INTERACTIVE TALK ON THEME: EARLY DETECTION, SAVE LIFE

STUDENT ACTIVITIES POSTER MAKING
SLOGAN WRITING
RANGOLI DESIGNING

24th August, 2023 10.30 AM onwards

Speaker

Dr. Kanika Sharma
Medical Oncologist
Max Hospital, Mohali

Patron

Prof. (Dr.) Anita Kaushal
Principal

Convener Dr. Umesh Bharti
Members Dr. Shivani Gupta
Dr. Ravneet Kaur
Dr. Sandaldeep Kaur
Dr. Simarjit Kaur
Venue: Multimedia Room
Co-powered by Cipla Ltd.

Community Hygiene and Public Health Society and Department of Zoology, PGGCG-11 organized an awareness programme on Breast Cancer on 24th August, 2023. Dr. Kanika Sharma, Medical Oncologist, Max Hospital, Mohali was the speaker. She sensitized the students about the symptoms of breast cancer and made them aware about various prevention methods. The speaker emphasized on supporting the fighters, admiring the survivors and never ever giving up the hope. About 100 students from graduation and post-graduation classes attended the interactive talk. Students participated enthusiastically in the three events namely, poster making, slogan writing and rangoli making on breast cancer awareness that were organized during the talk. The winners of these events were awarded by Principal Prof. (Dr) Anita Kaushal. Principal ma'am congratulated the winners and emphasized on the need of early screening to prevent breast cancer. The following are the prize winners of different events:

Poster Making

Prize	Roll No.	Name	Class
1 st	1608	Kamna	B.Sc. I (Med)
2 nd	1590	Nitika	B.Sc. I (Med)
3 rd		Anjali	B.Sc. I (Med)

Slogan Writing

Prize	Roll No.	Name	Class
1 st	1567	Zia Akhtar	B.Sc. I (Med)
2 nd	1591	Sneha Jain	B.Sc. I (Med)
3 rd	1597	Omisha Panwar	B.Sc. I (Med)

Rangoli making

Prize	Roll No.	Name	Class
1 ST	6502, 6508	Jasbir Kaur, Anchal	B.Sc. III
2 ND	13074, 13075	Jaspreet, Muskan	M.Sc. II (Zoology)
3 rd	1505, 1510	Samridhi, Jasleen	B.Sc. I

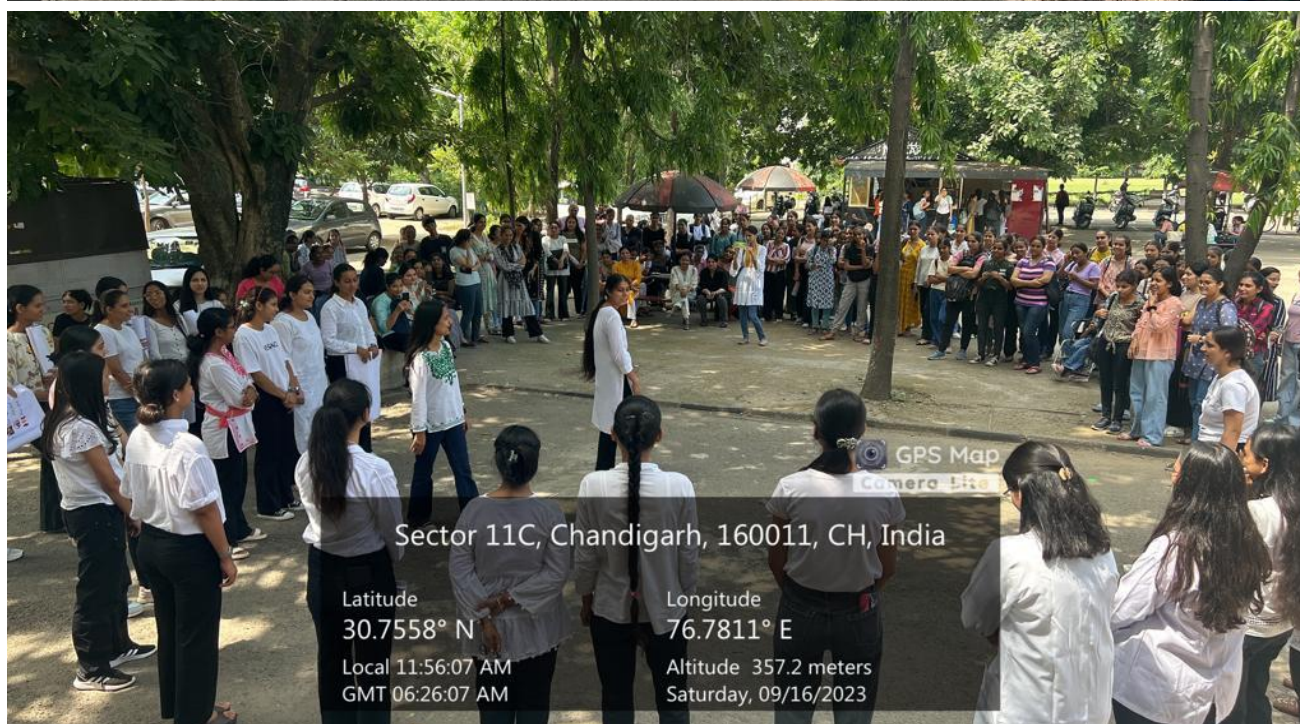




BREAST CANCER AWARENESS PROGRAM
24th August, 2023

NUKKAD NATAK ON WORLD OZONE DAY 16th September, 2023

Community Hygiene and Public Health Society and Department of Zoology, PGGCG-11 organized a Nukkad Natak on 16th September, 2023 to celebrate Poshan Maah. Twenty nine students of M.Sc. II and M.Sc. I Zoology staged the act depicting the importance of balanced diet. The Natak also highlighted the importance of healthy diet during pregnancy to prevent malnutrition. Role of junk food in obesity and need for having balanced diet in adolescents was also discussed. Overall 46 students were part of the activity.



**OUTREACH ACTIVITY: NUKKAD NATAK AT KHUDDA JASSU
GOVERNMENT SCHOOL: AWARENESS ON POSHAN MAH
5th October, 2023**

**POST GRADUATE GOVERNMENT COLLEGE
FOR GIRLS, SECTOR 11 CHANDIGARH**

Community Hygiene & Public Health Society
under the aegis of IQAC
is organising an

Outreach Activity

**NUKKAD NATAK
at Khudda Jassu**

to spread Awareness on Poshan Maah

**Nutrition for All: Together Towards
a Healthy India**

**Suposhit Bharat, Sakshar Bharat,
Sashakt Bharat**

October 5, 2023

**Venue: Government Model High
School, Khudda Jassu**

10.30 AM onwards

Mr. Subash Chander
Principal
Govt. Model High School
Khudda Jassu

Prof. (Dr.) Anita Kaushal
Principal & Patron
PGGCG - 11 Chandigarh

Members
Dr. Umesh Bharti
COORDINATOR

Dr. Shivani Gupta
Dr. Sandaldeep Kaur

Dr. Ravneet Kaur
Dr. Simarjit Kaur

Community Hygiene and Public Health Society and Department of Zoology, PGGCG-11 organized an outreach activity to celebrate Poshan Maah on 5th October, 2023. A Nukkad Natak was staged at Government Model High School, Khudda Jassu to spread awareness on the importance of nutrition among pupils. Twenty nine students of M.Sc. II and M.Sc. I Zoology staged an act depicting the importance of balanced diet. The Natak also highlighted the importance of healthy diet during pregnancy to prevent malnutrition. Role of junk food in obesity and need for having balanced diet in adolescents was also discussed.

PRESS RELEASE LINK:

<https://www.tribuneindia.com/news/schools/nukkad-natak-at-gmhs-khudda-jassu-chandigarh-to-spread-awareness-on-poshan-maah-551746>



OUTREACH ACTIVITY: NUKKAD NATAK AT KHUDA JASSU GOVERNMENT SCHOOL: AWARENESS ON POSHAN MAH 5th October, 2023

Monday, 18 March 2024

The Tribune

ਚੰਡੀਗੜ੍ਹ ਦਿਵਿਓਨ ਦੈਨਿਕ ਟ੍ਰਿਬਿਊਨ

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Nukkad natak at GMHS, Khudda Jassu, Chandigarh, to spread awareness on Poshan Maah

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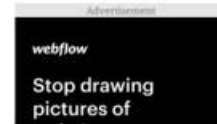
Updated At: 04/03/2024 09:51 AM IST

1035



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Students of Postgraduate Government College for Girls, Sector 11, Chandigarh, performed a nukkad natak at the school to spread awareness on Poshan Maah. The main purpose of the nukkad natak was to make students aware of healthy diet. Subhash Chander Shorey, Headmaster of the school, appreciated the effort of students.



AWARENESS SESSION ON MANAGING DIABETES BY MS. MEENAKSHI DEV, DIRECTOR (DIABESTIS FOUNDATION)

7th November, 2023

POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS
SECTOR 11 CHANDIGARH
under the aegis of IQAC

Community Hygiene & Public Health Society
is organizing an Awareness Session
on
Managing Diabetes DIABESTIS
7th November, 2023
Multimedia Room, 10.30 AM onwards

SPEAKER



Ms. Deeksha Dev
Director, Advocacy and Experiences
Diabestis Foundation

Dr. Umesh Bharti
Coordinator

PATRON



Prof. (Dr.) Anita Kaushal
Principal

Members
Dr. Shivani Gupta
Dr. Ravneet Kaur
Dr. Sandaldeep Kaur
Dr. Simarjit Kaur

Community Hygiene and Public Health Society along with Department of Zoology, PGGCG-11, Chandigarh in association with Diabestis Foundation organized an awareness cum interactive session on diabetes on 7th Nov.,2023. Ms. Deeksha Dev, Director, Advocacy and Experiences, Diabestis Foundation explained students about different type of diabetes and the ways to manage the increase in blood sugar. The session ended with many queries by the students regarding age related and genetic diabetes. About 100 students attended the lecture. The session was followed by the sugar level check up by Diabetstis Foundation free of cost for the faculty and staff.



GPS Map
Camera Lite

Post Graduate Government College For Girls Hostel 1, 11C, Sector 11,
Chandigarh, 160011, India

Latitude
30.7557147°

Longitude
76.7810792°

Local 10:59:58 AM
GMT 05:29:58 AM

Altitude 358 meters
Tuesday, 07.11.2023

**AWARENESS SESSION ON MANAGING DIABETES BY MS. MEENAKSHI
DEV, DIRECTOR (DIABESTIS FOUNDATION)**



Sector 11C, Chandigarh, 160011, CH, India

Latitude 30.7563° N Longitude 76.7813° E
Local 11:55:26 AM Altitude 357.9 meters
GMT 06:25:26 AM Tuesday, 11/07/2023



QQ3J+Q5H, 11C, Sector 11, Chandigarh, 160011, India

Latitude 30.7564726° Longitude 76.782725°
Local 10:58:11 AM Altitude 355 meters
GMT 05:28:11 AM Tuesday, 07.11.2023

INVITED TALK ON SKIN PROBLEMS RELATED TO MENSURATION AND PCOD BY DR. SONAL TINNA, DERMATOLOGIST (FORTIS MEDICINE, CHANDIGARH)

6th February, 2024

POST GRADUATE GOVERNMENT COLLEGE
FOR GIRLS
SECTOR -11 CHANDIGARH

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अज्ञानमिच्छा
अज्ञानं महोत्सव

COURAGE TO KNOW

Community Hygiene
&
Public Health Society
under the aegis of IQAC
organises

Interactive Lecture
on
**Skin problems related to
Menstruation and PCOD**

TUESDAY 06 AT 11:15 AM
FEBRUARY

SPEAKER

Dr. Sonal Tinna
Dermatologist
Fortis Medcentre, Chandigarh

PATRON

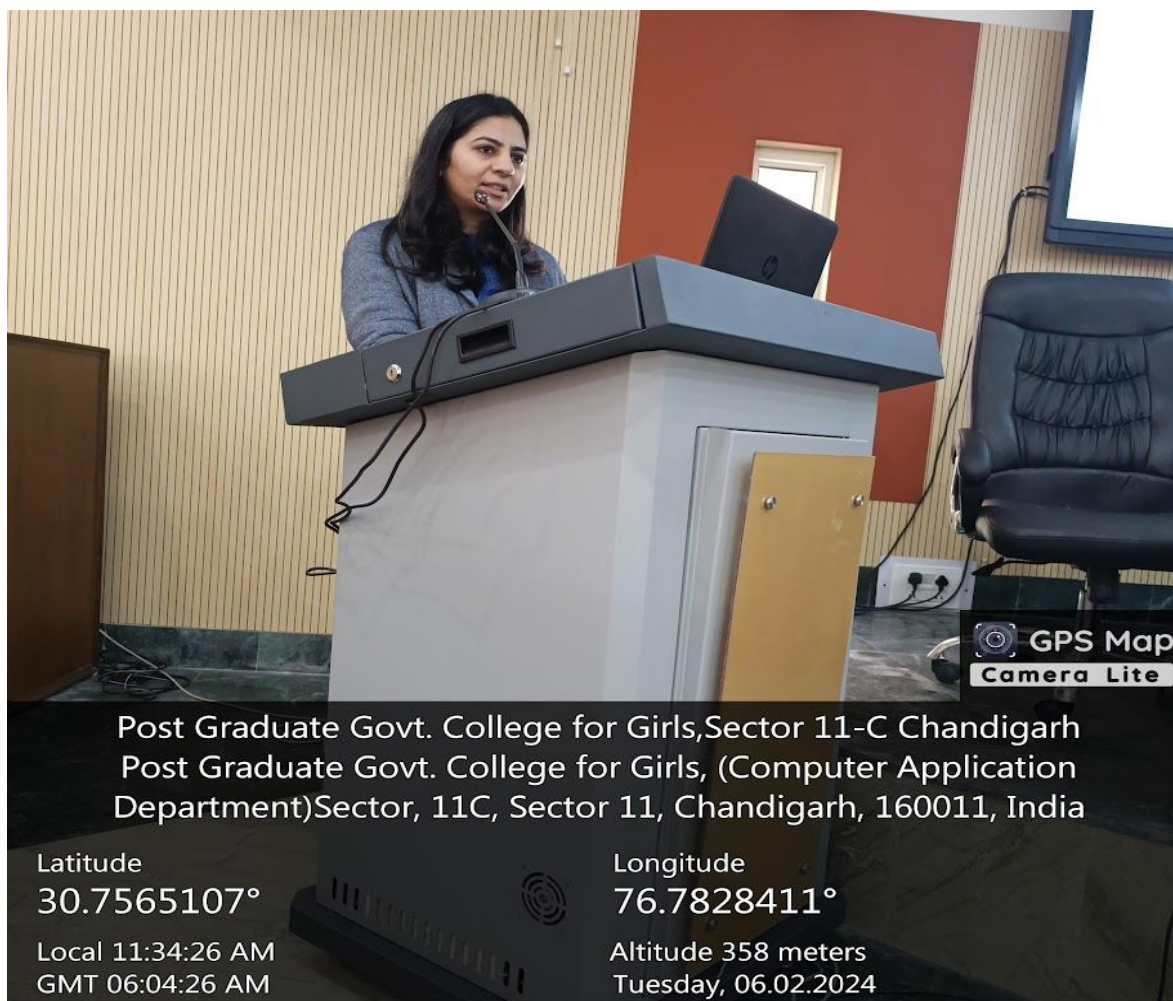
Prof. (Dr.) Anita Kaushal
Principal

Venue:
**Multimedia
Room**

Organizing Committee
Dr. Shwani Gupta
Dr. Raveet Kaur
Dr. Sandaldeep Kaur
Dr. Simarjit Kaur

Coordinators
Dr. Umesh Bharti
Head, Department of Zoology
Dr. Vinita Rao
Head, Department of Economics

Community Hygiene and Public Health Society along with Department of Zoology, Post Graduate Government College of Girls, Sector-11, Chandigarh organized an Interactive Lecture on Skin Problems related to Menstruation and PCODS on 6th February 2024 during the tutorial meet. Dr. Sonal Tinna, Dermatologist, Fortis Medcentre, Chandigarh was the speaker. She emphasized on the importance of following a proper skin care routine so as to prevent the development of comedons (black heads and white heads) which if untreated can led to development of acne and later scars.



Post Graduate Govt. College for Girls, Sector 11-C Chandigarh
Post Graduate Govt. College for Girls, (Computer Application
Department) Sector, 11C, Sector 11, Chandigarh, 160011, India

Latitude
30.7565107°

Local 11:34:26 AM
GMT 06:04:26 AM

Longitude
76.7828411°

Altitude 358 meters
Tuesday, 06.02.2024


**INVITED TALK ON SKIN PROBLEMS RELATED TO MENSURATION AND
PCOD BY DR. SONAL TINNA, DERMATOLOGIST (FORTIS MEDICINE,
CHANDIGARH) 6th February, 2024**



INVITED TALK ON HEART HEALTH, STRESS MANAGEMENT AND FITNESS FOR YOUNG FEMALES

28th February, 2024

POST GRADUATE GOVERNMENT COLLEGE
FOR GIRLS, SECTOR 11 CHANDIGARH




Community Hygiene & Public Health Society
under the aegis of IQAC

organises

Interactive Session
on
*Heart Health, Stress Management and
Fitness for Young Females*


28th February, 2024 12 pm onwards
Multimedia Room

SPEAKER



Dr. Deepak Puri
Senior Director (CTVS)
MAX SUPERSPECIALITY HOSPITAL

PATRON



Prof. (Dr.) Anita Kaushal
Principal

ORGANIZING COMMITTEE

Dr. Shivani Gupta
Dr. Ravneet Kaur
Dr. Sandaldeep Kaur
Dr. Simarjit Kaur

COORDINATORS

Dr. Umesh Bharti
Head, Department of Zoology

Dr. Vinita Rao
Head, Department of Economics

Community Hygiene and Public Health Society along with Department of Zoology organized an interactive session on “Heart Health, Stress Management and fitness for Young Females” during tutorial meet on 28th February, 2024. Dr. Deepak Puri, Senior Director (CTVS), Max Super speciality Hospital was the speaker. He emphasized on the role of correct lifestyle and stress management to prevent heart disease.



Sector 11C, Chandigarh, 160011, CH, India

Latitude
30.756315

Longitude
76.782479

Local 01:10:40 PM
GMT 07:40:40 AM

Altitude 359.1 meters
Wednesday, 02/28/2024

INVITED TALK ON HEART HEALTH, STRESS MANAGEMENT AND FITNESS FOR YOUNG FEMALES

28th February, 2024



11c, Madhya Marg, 11C, Sector 11, Chandigarh, 160011, India

Latitude
30.75632166666667°

Longitude
76.78231666666667°

Local 01:11:32 PM
GMT 07:41:32 AM

Altitude 359 meters
Wednesday, 28.02.2024