

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



Report 2023-24 JEEVANSH

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Convenor
Jeevansh, PGGCG-11
Chandigarh

Principal
PGGCG-11,
Chandigarh

1. Awareness Programme on Breast Cancer

Jeevansh Society of 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. The prizes were sponsored by Cipla.



2. One Day Skill Based Training Workshop on Role of Honey Bee in Conserving Biodiversity

Jeevansh Society of Department of Zoology, PGGCG-11, organised a Department of Science and Technology sponsored One Day Skill Based Training Workshop on Role of Honey Bee in Conserving Biodiversity on 26th Aug., 2023.

The aim of the workshop was to emphasize on the importance of honey bees and their role as pollinators in conserving biodiversity. Dr. Arul Rajan, Director, Department of Science and Technology was the Chief Guest on the occasion. The workshop began with a very interesting lecture delivered by Prof. (Dr.) Neelima R Kumar, Ex- Chairman, Department of Zoology, Panjab University. Dr. Neelima elaborated various aspects of life cycle of honey bee and explained the intricate mechanism of honey formation. The lecture was followed by a live demonstration and hands on training on honey bee rearing by Mr. Madan Sharma. Students enthusiastically participated in this training programme. A MoU was signed between PGGCG-11 and Global Apiaries to impart skill training for entrepreneurship development. Three competitions- poster making, slogan writing and photography were organized to mark the event. Both graduation and post-graduation students participated in the events. Best entries received prizes from Dr. Arul Rajan, Director, DST and Prof. (Dr.) Anita Kaushal, Principal, PGGCG-11, Chandigarh. Dr. Arul Rajan appreciated the efforts of Principal, staff and students for inculcating entrepreneurship skills.



3. Visit to the Centre Instrumentation Laboratory (CIL) and Department of Zoology, Panjab University, Chandigarh

Jeevansh Society of Department of Zoology organized a visit to the Centre Instrumentation Laboratory (CIL) and Department of Zoology, Panjab University, Chandigarh for the students of M.Sc. II as a part of their curriculum on 11th September, 2023. The demonstration of principal, construction, sample preparation and working of High Resolution Transmission Electron Microscope (HR-TEM) and Scanning Electron Microscope (SEM) was given in CIL. In Department of Zoology instruments like PCR, Ultracentrifuge, gel electrophoresis, spectrophotometer, HPLC, pH meter, flow cytometry, lamellar flow and microscopes (compound microscope, phase contrast microscope, inverted microscope, and fluorescence microscope) etc. were shown to the students.



4. Nukkad Natak to celebrate Poshan Maah

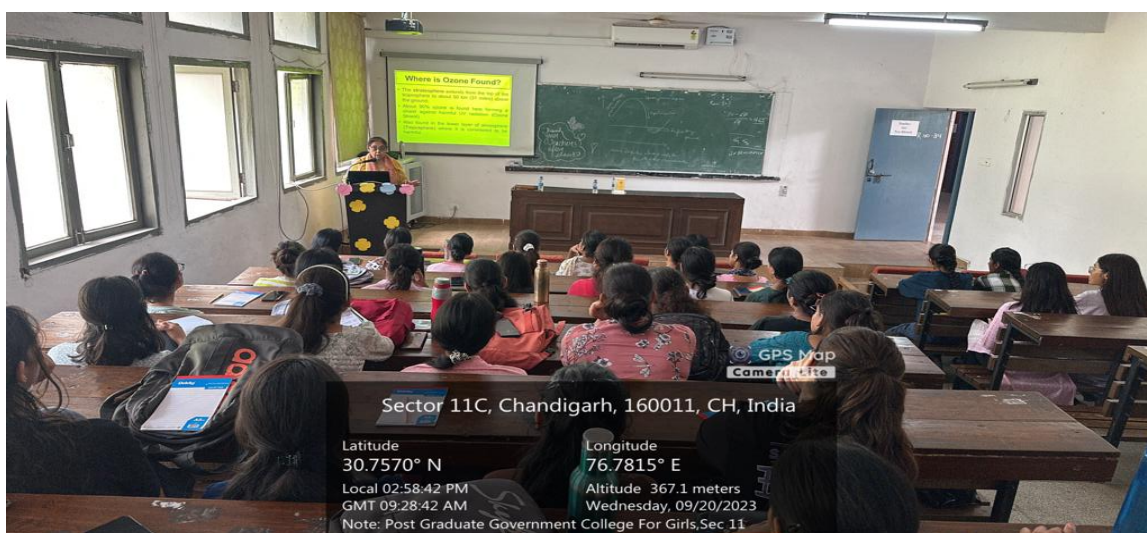
Jeevansh Society of Department of Zoology, PGGCG-11 organized a Nukkad Natak on 16th September, 2023 to celebrate Poshan Maah. Twenty nine students of M.Sc. II and M.Sc. I Zoology staged the act depicting the importance of balanced diet. The Natak also highlighted the importance of healthy diet during pregnancy to prevent malnutrition. Role of junk food in obesity and need for having balanced diet in adolescents was also discussed. Both science and arts students enjoyed the natak held during the tutorial meet. Faculty members appreciated the students for their performances.





5. Invited talk entitled “Stratospheric ozone depletion: Impacts on life forms”

Jeevansh Society of Department of Zoology organized an invited talk entitled “Stratospheric ozone depletion: Impacts on life forms” delivered by Prof. Daizy Batish, Department of Botany, Panjab University, Chandigarh on 20th September, 2023. During her talk she discussed the impact of ozone depletion on climate change, global warming, chlorofluorocarbons. She also highlighted the various initiatives taken at National and International levels to control the ozone depletion. Apart from this, effects of ozone depletion on human health, detrimental effect on crop productivity were also covered by her. The lecture was followed by discussion during which participants asked questions regarding the talk. As many as 65 students attended the talk along with the faculty members of the department.





6. Power Point Presentation

Jeevansh Society of Department of Zoology organized a Power point presentation Competition for students of B.Sc. first year on 25th September, 2023. The students made presentations on the topics covered in their first semester syllabus. The aim of the activity is to make students explore about important topics and to enhance their confidence by polishing their presentation skills.



7. Outreach activity to celebrate Poshan Maah

Community Hygiene and Public Health Society and Jeevansh of 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.



8. Celebration of Wild Life Week

Jeevansh of Department of Zoology of PGGCG-11 organized an activity "Sketch your Animal" on 7th October 2023 to celebrate Wild Life Week (2nd to 8th October, 2023). Students of graduate and postgraduate classes sketched and coloured their favourite animals marking the importance of preserving and conserving wildlife.



Post Graduate Govt. College for Girls,
Sector 11 Chd.

75th ANNIVERSARY
G20
Department of Zoology

is organizing
Sketch your Animal Activity
to celebrate
WILDLIFE WEEK
2ND TO 8TH OCTOBER, 2023
7th October, 2023

ORGANIZED BY
Dr. Umesh Bharti

PATRON
Prof. (Dr.) Anita Kaushal
Principal

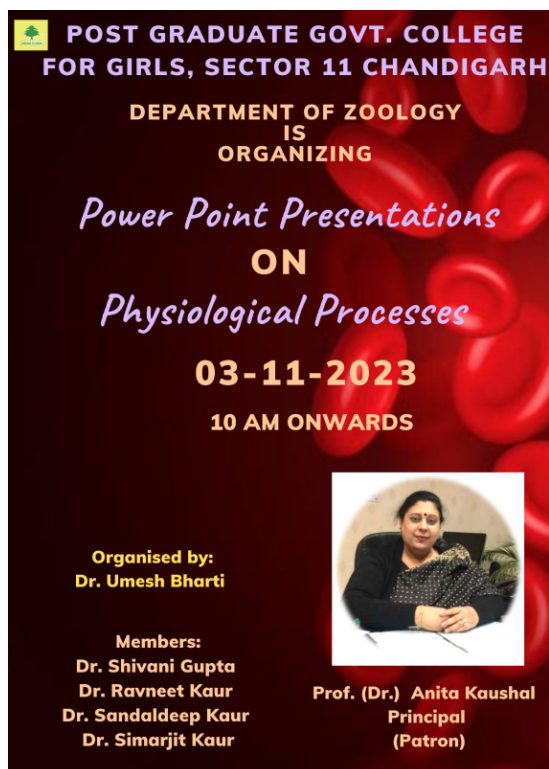
Members
Dr. Shivani Gupta Dr. Sandaldeep Kaur
Dr. Ravneet Kaur Dr. Simarjit Kaur

The poster features a lion on the left and a woman in a yellow sari on the right. It includes logos for the 75th anniversary and G20, and lists the organizing department, activity name, dates, and staff members.



9. Power Point Presentation

Jeevansh Society of Department of Zoology organized a Power point presentation Competition for students of M.Sc. first year on 3rd November, 2023. The students made presentations on the Physiology topics covered in their first semester syllabus. The aim of the activity is to make students explore about important topics and to enhance their confidence by polishing their presentation skills.



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


**DEPARTMENT OF ZOOLOGY
IS
ORGANIZING**

*Power Point Presentations
ON
Physiological Processes*

03-11-2023
10 AM ONWARDS

Organised by:
Dr. Umesh Bharti

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



Prof. (Dr.) Anita Kaushal
Principal
(Patron)



10. Power Point Presentation

Jeevansh Society of Department of Zoology organized a Power point presentation Competition for students of M.Sc. second year on 5th November, 2023. The students made presentations on the Ecology and Animal Behaviour topics covered in their first semester syllabus. The aim of the activity is to make students explore about important topics and to enhance their confidence by polishing their presentation skills.



Post Graduate Govt. College for Girls,
Sector 11 Chandigarh

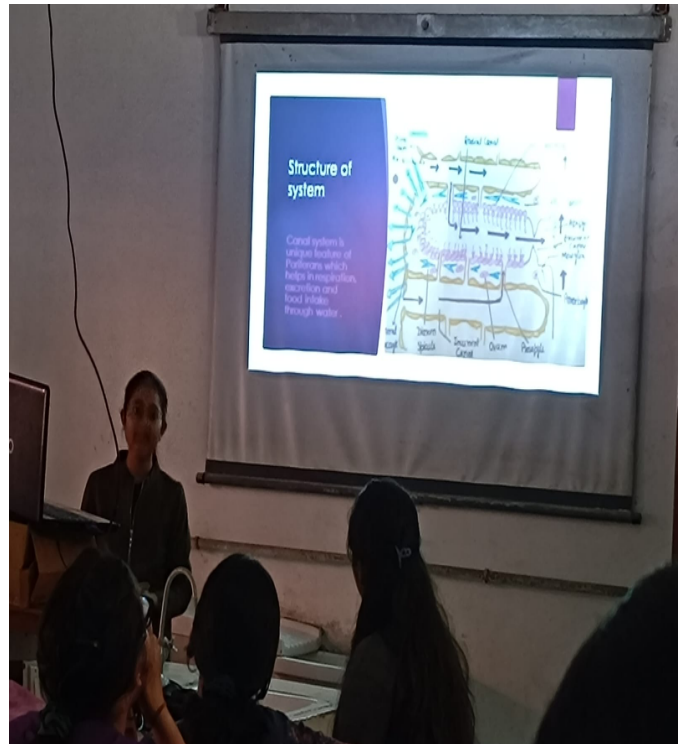
Department of zoology
is
organizing

POWER POINT PRESENTATIONS
on
ECOLOGY & ANIMAL BEHAVIOR
05-11-2023
10 AM ONWARDS

Organised by:
Dr. Umesh Bharti

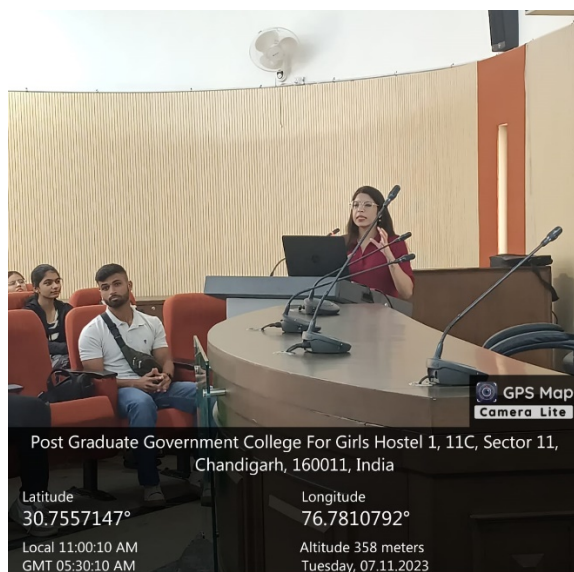
Members:
Dr. Shivani Gupta
Dr. Ravneet Kaur
Dr. Sandaldeep Kaur
Dr. Simarjit Kaur

Prof. (Dr.) Anita Kaushal
Principal
(Patron)



11. Interactive session on diabetes

Jeevansh Society of Zoology Department, Community Hygiene and Public Health Society, PGGCG-11, Chandigarh in association with Diabesties Foundation organized an awareness cum interactive session on diabetes on 7th Nov.,2023. Ms. Deeksha Dev, Director, Advocacy and Experiences, Diabesties Foundation explained students about different type of diabetes and the ways to manage the increase in blood sugar. Ms Dev, herself living with diabetes for past 23 years interacted with the students and faculty members and sensitized them about the role of life style in managing diabetes. The members of Diabesties foundation organized a free sugar testing camp after the talk. About 300 students and faculty members got their sugar tested.



12. GCG 11 Fiesta

Students of Event management and Hum Hain society along with Jeevansh Society of Post Graduate Govt. College for Girls, Sector-11, Chandigarh organized fun filled skill based "GCG 11 Fiesta" in collaboration with GAIL, India Limited and Laxmi Devi Memorial Charitable Trust (Regd.) on 8th Nov. 2023. About 2000 students attended the event. The students of the college set up 26 stalls during the event so as to have first-hand experience of Entrepreneurship. The event included the stalls for food delicacies, photo shoot, Mehndi, paintings, cakes, handmade jewellery by quilling, and scrunches. Most of the items displayed by the students in the stalls were their own creativity. Various inter college competitions like rangoli, poster making, essay writing, slogan writing and photography on theme Green Diwali and save environment were organized. Exciting and thrilling competitions like singing, Fashion show, Dandiya dance and solo dance were organised at intra college level which engrossed huge audiences.



पीजीजीसीजी- 11 महाविद्यालय में जीसीजी- 11 फिएस्टा का आयोजन किया गया

चंडीगढ़, 9 नवंबर (जागृति लहर ब्यूरो)। पोस्ट ग्रेजुएट गवर्नमेंट कॉलेज फॉर गर्ल्स, सेक्टर-11, चंडीगढ़ के इवेंट मैनेजमेंट और हम हैं सोसाइटी की छात्राओं ने गेल, इंडिया लिमिटेड और लक्ष्मी देवी मेमोरियल चैरिटेबल ट्रस्ट (पंजीकृत) के सहयोग से एक मजेदार कौशल-आधारित जीसीजी 11 फिएस्टा का आयोजन किया। इस कार्यक्रम में लगभग 2000 छात्रागण शामिल हुए। उद्यमिता का प्रत्यक्ष अनुभव प्राप्त करने के लिए कॉलेज के छात्रों ने कार्यक्रम के दौरान 26 स्टॉल लगाए। कार्यक्रम में खाद्य व्यंजनों, फोटो शूट, मेहदी, पेंटिंग, केक, क्विलिंग द्वारा हस्तनिर्मित आभूषण और स्क्रंच के स्टॉल शामिल थे। स्टॉलों में छात्रों द्वारा प्रदर्शित अधिकांश वस्तुएँ उनकी अपनी रचनात्मकता थीं। ग्रीन दिवाली और पर्यावरण बचाओ थीम पर रंगोली, पोस्टर मेकिंग, निबंध लेखन, नारा लेखन और फोटोग्राफी जैसी विभिन्न अंतर-कॉलेज



प्रतियोगिताओं का आयोजन किया गया। कॉलेज स्तर पर गायन, फैशन शो, डाइया नृत्य और एकल नृत्य जैसी रोमांचक और रोमांचकारी प्रतियोगिताएं आयोजित की गईं, जिन्होंने बड़ी संख्या में दर्शकों का मनोरंजन किया। चंडीगढ़ के विभिन्न कॉलेजों के 200 से अधिक छात्रों ने विभिन्न प्रतियोगिताओं

में भाग लिया। कॉलेज की प्रिंसिपल (प्रो.) डॉ. अनीता कौराल इस अवसर पर मुख्य अतिथि रहीं और उन्होंने छात्रों को उद्यमिता कौशल सीखने और समग्र विकास के लिए आत्मविश्वास विकसित करने के लिए प्रेरित किया। कार्यक्रम के अंत में नौ स्पर्धाओं में 27 पुरस्कार दिये गये।



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13. Interactive Lecture on Skin Problems related to Menstruation and PCODS

Community Hygiene and Public Health Society along with Jeevansh Society of 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. Dr. Sonal interacted with about 120 graduate and post graduate students and made them aware about various skin problems common among teenagers. 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. Students interacted with the doctor enthusiastically and clarified their doubts about various skin care products available in the market. Principal Prof. (Dr) Anita Kaushal highlighted the need of proper hygiene and balanced diet for healthy and glowing skin.



14. Field trip to Mohendra Chaudhary Zoological Park, Chhatbir Zoo

Jeevansh, the society of Zoology Department of Post Graduate Government College for Girls, Sector 11 organized a one day field trip to Mohendra Chaudhary Zoological Park, Chhatbir Zoo, Zirakpur for post graduate students on 13th February, 2024. About 50 students of M.Sc. I and M.Sc. II Zoology visited the zoo and prepared a project report as mentioned in their syllabi. Students also staged a Nukkad Natak on theme “Suposhit Bharat, Sakshar Bharat, Sashakt Bharat” highlighting the importance of Poshan Mah. Through their act students spread the awareness regarding the importance of balanced diet at proper intervals. The visit was sponsored by Department of Science and Technology, Chandigarh. Principal Prof. (Dr.) Anita Kaushal motivated the students to save the wildlife and its role in conserving biodiversity and ecological balance. The aim of the visit was to promote the holistic development of the students.



15. Interactive session on “Heart Health, Stress Management and fitness for Young Females”

Community Hygiene and Public Health Society along with Jeevansh Society, Department of Zoology PGGCG-11, Chandigarh 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. Dr. Puri elaborated on the need to find certain methods to destress yourself so as to reduce the risk of heart attack. Around 120 graduate and post graduate students attended the session and enthusiastically participated in the talk. Principal Prof. (Dr.) Anita Kaushal asked the students to adopt active life style and healthy diet so as to prevent the onset of life style diseases for better future.



16. Talk on tips for CSIR NET preparation

Jeevansh Society of Zoology Department in association of Nostalgia, Alumni Association, PGGCG-11 organised a talk on tips for CSIR NET preparation on 1st March, 2024. The talk was delivered by Ms. Shreiya Sharma, Alumina, Department of Zoology, PGGCG-11. Ms. Shreiya secured 99.8 percentile in December 2023, CSIR NET. She shared the tips for CSIR NET preparation with M.Sc. students and highlighted the need for constant effort and in-depth study to crack the exam.



