

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



**COMMUNITY HYGIENE
AND
PUBLIC HEALTH SOCIETY
REPORT**

SESSION: 2024 - 2025

**Dr. Sushma Gupta
(Incharge)**

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

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

2024 - 2025

COMMITTEE MEMBERS

Dr. Sushma Gupta (Incharge)

Dr. Shivani Gupta

Dr. Ravneet Kaur

Dr. Sandaldeep Kaur

Dr. Simarjit Kaur

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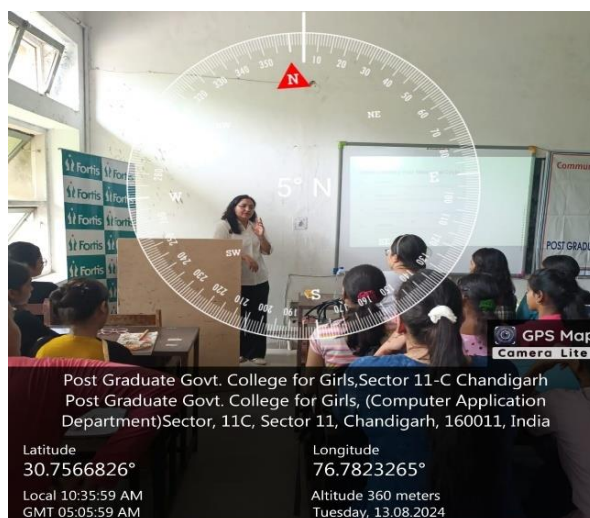
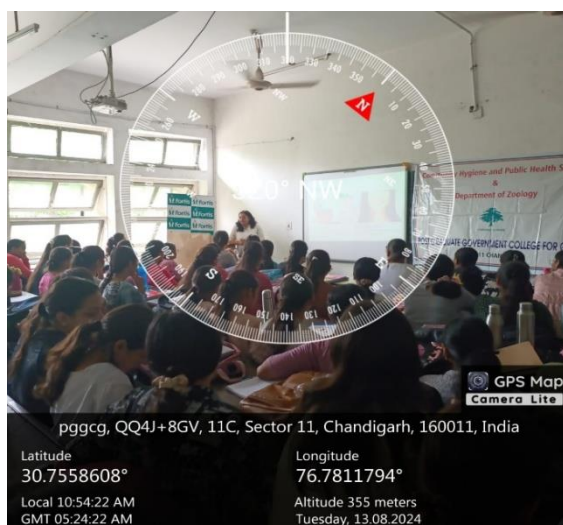
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3.	Lecture on PCOS/PCOD, Skin Glow and General Health Care by Dietician Depinder Kaur, Diet University	30th January, 2025	10-11
4.	Lecture on the Prevention of Cervical Cancer by Dr. Kanchi Khurana , gynaecologist and expert in women’s health, at Cloudnine Hospital, Chandigarh	3rd March, 2025	12-13

ORIENTATION PROGRAMME 13th August, 2024

Community Hygiene and Public Health Society organized an orientation programme for B.Sc. 1st year students on 13th August, 2024. An interactive talk was given by **Dr. Shweta Tahlan, Obstetrics and Gynaecologist, Fortis Hospital, Mohali**. Dr. Shweta enlightened the students about Menstrual Health and Hygiene. She emphasized the need to have a balanced diet for smooth menstrual cycle. Role of light exercise during the cycle was also discussed. Students enthusiastically participated in the talk and clarified their queries regarding various issues like vaccine for cervical cancer and PCOS. Principal of the college, Prof. (Dr.) Anita Kaushal urged the students to follow a routine exercise regimen as it helps in reducing muscular cramps during menstrual cycle. Around 150 students participated in the talk.



Interactive Talk by Dr. Shweta Tahlan, Obstetrics and Gynaecologist, Fortis Hospital, Mohali



Lecture on “Kindness is cool (Coexisting with other beings)” 13th September, 2024

Community Hygiene and Public Health Society of Post Graduate Government College for Girls, Sector-11, organized an interactive lecture on “Kindness is cool (Coexisting with other beings)” on 13th September, 2024. The speaker was **Mr. Inder Sandhu, Animal Activist Member, NGO (Peedu’s People)**. Mr. Sandhu explained the students about the behaviour of the dogs and the way we can be friendly with them. In a very interesting manner, he explained how we can prevent dog bite. In his presentation he elaborated about rabies, a deadly disease caused by biting by warm blooded animals. The talk was attended by about 100 graduate and post graduate students. The Principal of the College Prof. (Dr) Anita Kaushal highlighted the need to get our pets vaccinated on time so as to protect them from rabies.



Welcome of the Resource Person, Mr. Inder Sandhu, Animal Activist



Talk by Resource Person, Mr. Inder Sandhu, Animal Activist

List of Students participated in Interactive talk

B.Sc. II (Medical)

Sr. No.	Roll No	Name
1.	1502/23	SUHANI THAKUR
2.	1503/23	ANGIE NEGI
3.	1505/23	SAMRIDHI ANAND
4.	1506/23	SRIJAN SHARMA
5.	1510/23	JASLEEN KAUR
6.	1513/23	GUNGUN KALRA
7.	1515/23	ARCHITA
8.	1519/23	SONAM KUMARI
9.	1521/23	RIYA DHIMAN
10.	1524/23	TRIPTI THAKUR
11.	1525/23	AAKRITI THAKUR
12.	1529/23	MUSKAN
13.	1531/23	DEEP SHIKHA
14.	1533/23	DIWANSHI
15.	1534/23	KHUSHI
16.	1536/23	RIGZEN ANGMO
17.	1537/23	MUKTA
18.	1539/23	SEJAL
19.	1541/23	PUSHTI
20.	1542/23	PALLVI SHARMA
21.	1545/23	CHANCHAL
22.	1550/23	SHIVANI
23.	1552/23	PRIYA JASWAL
24.	1553/23	SUCHITER KAUR
25.	1554/23	DEVANSHI DUTTA
26.	1556/23	PRABHJOT KAUR
27.	1557/23	PRIYANSHI
28.	1559/23	BHAWNA
29.	1560/23	GARIMA SHARMA
30.	1561/23	ROOPNEET KAMBOJ
31.	1562/23	MISHAL SHARMA
32.	1563/23	TAJINDER KAUR
33.	1564/23	SOHANI THAKUR
34.	1565/23	VANSHIKA JAMWAL
35.	1567/23	ZIA AKHTAR
36.	1568/23	SRIJAN HEER
37.	1572/23	ANJALI
38.	1573/23	PAYAL
39.	1574/23	Namrta Devi
40.	1575/23	MUSKAN GULERIA
41.	1582/23	DIYA NANTA
42.	1585/23	NANDINI BALI
43.	1587/23	RAMANDEEP KAUR
44.	1588/23	GARGI SHARMA

45.	1589/23	NEHA
46.	1594/23	BIBHUTI
47.	1597/23	OMISHA PANWAR
48.	1598/23	HUMPREET
49.	1600/23	SEERAT RANA
50.	1601/23	KUNZES ANGMO
51.	1602/23	JIGMET CHUSKIT
52.	1606/23	KASHVI SINGH MALIK
53.	1608/23	KAMNA
54.	1609/23	MEHAK GOYAL
55.	1610/23	Muskan Sangwan
56.	1614/23	STANZIN YANGDOL
57.	1617/23	RUMAYZA
58.	1618/23	NIDHI
59.	1619/23	TARNDEEP KAUR
60.	1623/23	NEETU SAINI
61.	1624/23	SHREYA SHARMA
62.	1625/23	RIGZEN CHOSKIT
63.	1626/23	RITU
64.	1627/23	PRIYANSHI
65.	1628/23	SONIA RANI
66.	1632/23	NANDNI
67.	1633/23	NEHA

M.Sc. I (Zoology)

Sr. No.	Roll No	Name
1	23501/24	RITIKA
2	23506/24	PRIYANSHI RATHORE
3	23507/24	KAJAL
4	23508/24	KIRTI
5	23509/24	KAJAL
6	23510/24	JAHANVI ALI
7	23511/24	MUSKAN PATHAK
8	23513/24	BHARTI KUMARI
9	23517/24	SHABNAM KOUSAR
10	23518/24	PRANCHAL THAKUR
11	23519/24	SAKSHI
12	23521/24	ISHITA
13	23524/24	SNEHA
14	23525/24	PRERNA
15	23528/24	ISHA SAI
16	23531/24	SHALINI
17	23533/24	NILZA ANGMO
18	23534/24	RUCHI PANWAR
19	23535/24	ADITI SHARMA
20	23536/24	BANDNA DEVI
21	23537/24	PRANJAL NEGI
22	23538/24	KHUSHI

23	23539/24	SONAL SHARMA
24	23540/24	PARUL THAPA
25	23541/24	SMRITI THAKUR

M.Sc. II (Zoology)

Sr.No.	Roll No	Name
1	15051/23	DEEPALI
2	15052/23	DIKSHA DEVI
3	15053/23	OSHEEN
4	15056/23	SHIVALI
5	15063/23	MANNAT MEHTA
6	15064/23	KAVYA RANA
7	15065/23	TANISH BAWA
8	15067/23	Amisha Parmar
9	15068/23	ASHIMA CHANDEL
10	15070/23	NAVEENA THAKUR
11	15072/23	JYOTI
12	15074/23	MEGHNA ROACH
13	15075/23	Pallavi Kumari
14	15076/23	KOMAL CHAUHAN
15	15078/23	MANSI
16	15079/23	ANKITA
17	15080/23	SUDESH
18	15081/23	MUSKAN RANA
19	15082/23	Supriya Paul
20	15083/23	KHUSHI
21	15084/23	SONAM DOLKAR
22	15085/23	GEETANJALI
23	15086/23	MEENAKSHI KUMARI
24	15087/23	NAZMA
25	15088/23	ALKA SAINI

Lecture on PCOS/PCOD, Skin Glow and General Health Care 30th January, 2025



**Post Graduate Government College for Girls
Sector - 11 Chandigarh**

under the aegis of IQAC
**Community Hygiene
&
Public Health Society**
is organizing an
Interactive Session
on
**PCOS/PCOD, Skin Glow
and General Health Care**

30th January, 2025
1 pm - 2 pm
Room No. 34

Convener
Dr. Sushma Gupta
Organizing Committee
Dr. Shivani Gupta
Dr. Ravneet Kaur
Dr. Sandaldeep Kaur
Dr. Simarjit Kaur

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

Guest Speaker
Dt. Depinder Kaur
Dietician
My Diet, My Way Clinic, Mohali

Community Hygiene and Public Health Society of PGGCG – 11 organized a Guest Lecture on PCOS/PCOD, Skin Glow and General Health Care on Thursday, 30/01/2025. Dietician Depinder Kaur, Co-founder, Diet University, Mohali was the speaker. The lecture emphasized the importance of understanding PCOS/PCOD, its symptoms, and its impact on overall health. The dietitian highlighted the role of a balanced diet in managing PCOS/PCOD, including the importance of whole foods, omega-3 fatty acids, and healthy fats. Regular exercise, stress management, and adequate sleep were emphasized as crucial for managing PCOS/PCOD and achieving overall well-being. The dietitian also shared tips on achieving glowing skin, including staying hydrated, eating antioxidant-rich foods, and using gentle skincare products. The importance of preventive healthcare, regular check-ups, and self-care was stressed. She also gave certain recommendations such as, Individuals affected by PCOS/PCOD should consult a healthcare professional or registered dietitian for personalized guidance. One should incorporate healthy habits, including a balanced diet, regular exercise, and stress management, into daily life. Continuously educate oneself on PCOS/PCOD, its management, and overall health and wellness. Mr. Gursharan Singh (Food supply Officer, Mohali & Co-founder, Diet University, Mohali) was also present who provided valuable insights into managing Mental Stress in teenagers and maintaining overall health and wellness. The dietitian's expert advice and recommendations empowered the audience to take control of their health and adopt a balanced lifestyle. Whole event was helpful to our students and staff in developing the habit of eating nutritious food stuff to avoid PCOS. About 130 students attended the lecture and the speaker

concluded the presentation by actively engaging the audience through questions, discussions, and activities, allowing for a two-way exchange of information.



**Dietician Depinder Kaur, Co-founder,
Diet University, Mohali**



Mr. Gursharan Singh (Food supply Officer, Mohali)



Dietician Depinder Kaur

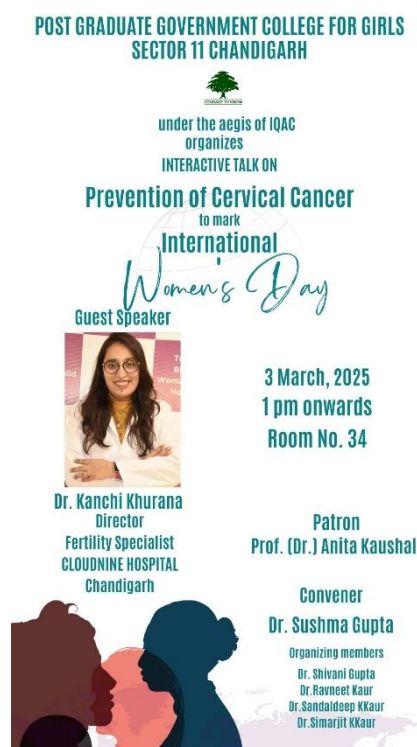


Welcome by Dr. Sushma Gupta



Vote of Thanks by Dr. Ravneet Kaur

REPORT
Lecture on the Prevention of Cervical Cancer
3rd March, 2025



Dr. Kanchi Khurana, a renowned gynaecologist and expert in women's health, at Clouदनine Hospital, Chandigarh delivered an enlightening lecture on the '**Prevention of Cervical Cancer**' on **3rd March, 2025** to mark International Women's Day. The lecture aimed to raise awareness about cervical cancer, its causes, risk factors, and the importance of early detection and prevention strategies. The session was attended by about 80 students, and few faculty members of the college, all eager to learn about this critical health issue. Dr. Khurana began by explaining that cervical cancer is one of the most common cancers affecting women worldwide, particularly in low- and middle-income countries. She emphasized that it is largely preventable through vaccination, regular screening, and early treatment. Dr. Khurana highlighted three key pillars of cervical cancer prevention that include **HPV Vaccination where** she stressed the importance of vaccinating girls and boys between the ages of 9 and 14 to prevent HPV infection, **Regular Screening and Lifestyle Modification**. Dr. Khurana emphasized the need for widespread education about cervical cancer, particularly in rural and underserved areas. She called for community-based programs to encourage women to participate in screening and vaccination drives. She discussed global initiatives like the WHO's call for the elimination of cervical cancer and India's efforts to integrate HPV vaccination into the national immunization program. She also highlighted the challenges of vaccine hesitancy and the need for public awareness campaigns. Dr. Khurana shared inspiring stories of women who had successfully overcome cervical cancer due to early detection and treatment. These real-life examples underscored the

importance of regular check-ups and timely medical intervention. The lecture concluded with an interactive Q & A session, where students asked questions about vaccine safety, screening frequency, and the role of men in cervical cancer prevention. Dr. Khurana addressed each query with clarity and provided practical advice. The lecture was both informative and inspiring, shedding light on the preventable nature of cervical cancer. Her emphasis on vaccination, screening, and education left a lasting impression on the audience.



**Dr. Kanchi Khurana (Gynaecologist) Director, Fertility Specialist,
Cloudnine Hospital, Chandigarh**

