



# Post Graduate Government College Sector-46, Chandigarh



Affiliated to Panjab University, Chandigarh

NAAC Accredited 'A' Grade (Cycle-II)

AISHE CODE: C- 29314

**INTERNAL QUALITY ASSURANCE CELL (IQAC)**

Dr Rajinder Singh Koura  
IQAC Coordinator

Dr Abha Sudarshan  
Principal



0172--2678022

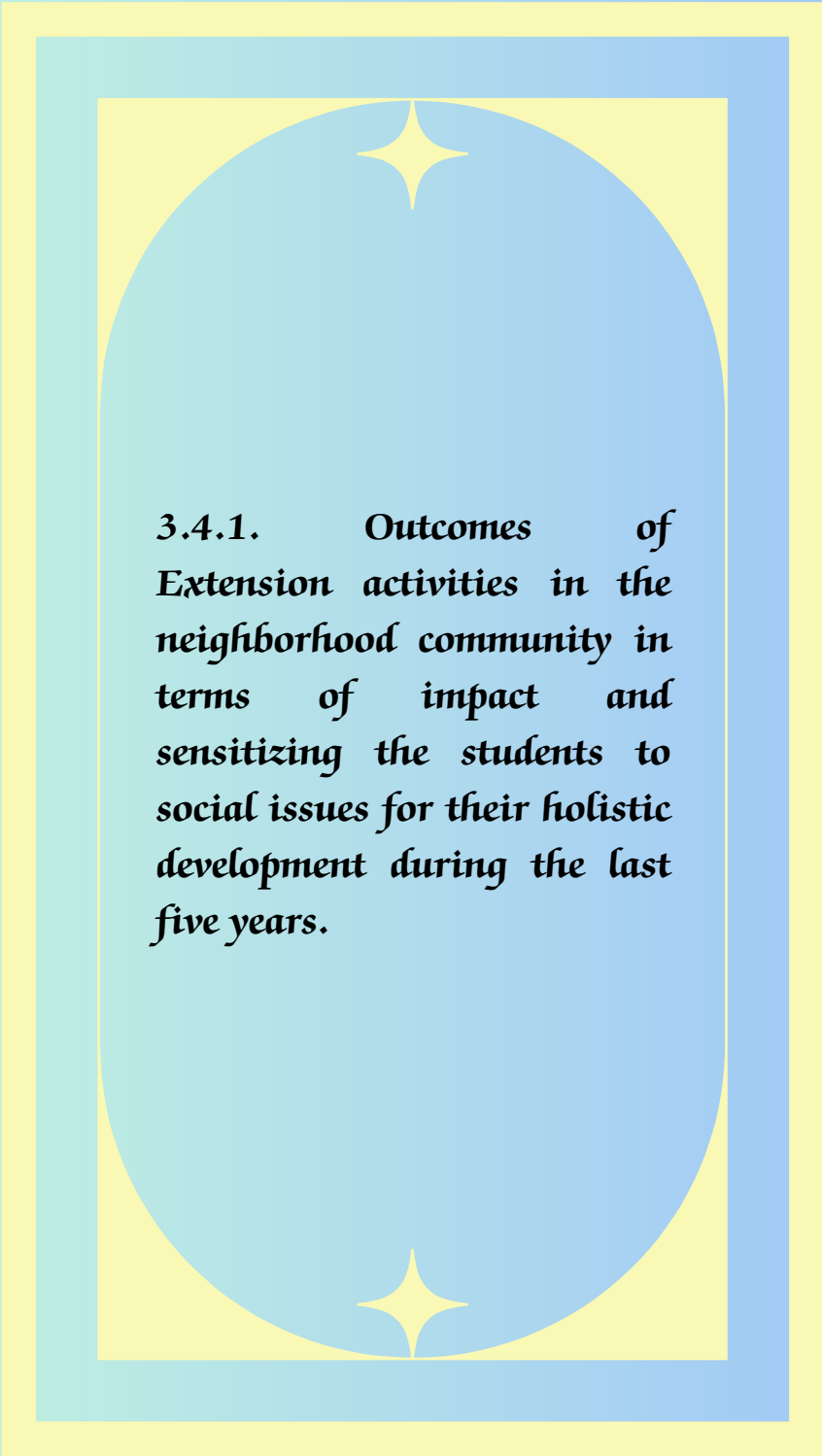


[www.pggc46.ac.in](http://www.pggc46.ac.in)



[gc46chandigarh@gmail.com](mailto:gc46chandigarh@gmail.com)





**3.4.1. Outcomes of Extension activities in the neighborhood community in terms of impact and sensitizing the students to social issues for their holistic development during the last five years.**

## Post Graduate Government College, Sector 46, Chandigarh

**3.4.1 Outcomes of Extension activities in the neighborhood community in terms of impact and sensitizing the students to social issues for their holistic development during the last five years.**

### Table of Contents

<b>Sr. No</b>	<b>Contents</b>	<b>Page No.</b>
<b>I</b>	<b>Outcomes of Extension Activities</b>	<b>1-3</b>
<b>2</b>	<b>Extension Activities 2018-2019</b>	<b>4-13</b>
<b>3</b>	<b>Extension Activities 2019-2020</b>	<b>14-16</b>
<b>4</b>	<b>Extension Activities 2020-2021</b>	<b>17-19</b>
<b>5</b>	<b>Extension Activities 2021-2022</b>	<b>20-30</b>
<b>6</b>	<b>Extension Activities 2022-2023</b>	<b>31-33</b>

## OUTCOME OF EXTENSION ACTIVITIES

SOCIETY/UNIT/CLUB/ DEPARTMENT INVOLVED	ACTIVITY	IMPACT
NSS	<ul style="list-style-type: none"> <li>• Swachh Bharat Pakhbara from August 01 to 15, 2018</li> <li>• Cleanliness Drive at the college campus on August 23, 2018</li> <li>• Rally on cleanliness on September 24, 2018</li> <li>• Cleanliness Drive on October 01, 2018</li> <li>• Swachhta Rally from 27<sup>th</sup> December 2018 to 2<sup>nd</sup> January, 2019</li> <li>• Cleanliness Drive on the college campus on 15<sup>th</sup> August 2021</li> <li>• Cleanliness Drive at a park in Ramdarbar village on 12<sup>th</sup> March 2022</li> <li>• Swachh Bharat Awareness drive, rally and Nukkad Natak at Ramdarbar village on 23<sup>rd</sup> March 2023</li> </ul>	Awareness regarding cleanliness and sanitation was raised.
NSS	Kerala Relief Fund for Flood Victims August 21, 2018	The amount that was collected was deposited into the Kerala relief fund account using Paytm.

<p><b>NSS in association with Dept. of Transfusion, Govt. Medical College and Hospital, Sector-32, Chandigarh.</b></p> <p><b>In association with PGIMER, Chandigarh</b></p> <p><b>In association with Shivanand Chaubey Memorial Charitable Trust</b></p>	<ul style="list-style-type: none"> <li>• <b>Blood Donation Camp on August 29, 2018</b></li> <li>• <b>Blood Donation Camp on 28<sup>th</sup> March 2018</b></li> <li>• <b>A blood donation camp was organized on 7<sup>th</sup> April 2022</b></li> <li>• <b>Blood Donation camp on 30<sup>th</sup> September 2022</b></li> </ul>	<p><b>It helped to educate students about the importance and safety of blood donation and succeeded in dispelling any myths or doubts they had. It fostered a sense of social responsibility and solidarity among donors and also served as a valuable initiative to promote a culture of voluntary blood donation among the youth.</b></p>
<p><b>NSS and Chandigarh Administration</b></p>	<p><b>Chandigarh Disability Survey from February 22-26, 2019</b></p>	<p><b>25 volunteers surveyed the schools, public and private offices, Govt. institutions, Aganwari centres, community centres, marketplaces, hospitals and clinics etc. of allotted sectors.</b></p>
<p><b>NSS</b></p>	<p><b>Swachh Bharat Summer Internship Program at adopted village Ramdarbar from July 08-10, 2019</b></p>	<p><b>Raised awareness among local residents on basic waste management techniques, management of solid waste and on use of blue and green dustbins.</b></p>
<p><b>NSS</b></p>	<p><b>Awareness Rally on Green Diwali on 23<sup>rd</sup> October 2019</b></p>	<p><b>Raised awareness about the importance of celebrating Diwali in an eco-friendly manner and promoting sustainable living practices.</b></p>

<p><b>NSS</b></p>	<ul style="list-style-type: none"> <li>• <b>Survey on COVID Awareness</b></li>   <li>• <b>Mask Making and Distribution</b></li> </ul>	<p><b>Helped the masses to understand the level of knowledge and awareness about the virus among the general population and identify gaps in knowledge and misconceptions that people may have about the virus.</b></p> <p><b>Around 1500 masks were made and distributed</b></p>
<p><b>NSS</b></p>	<p><b>Survey on Waste Management and waste collection drive on May 24, 2023</b></p>	<p><b>The problem areas of waste disposal as well as any good practices being followed by the community were identified</b></p>
<p><b>VADA Club</b></p>	<p><b>Workshop on Drug De-addiction on the college campus and also at Government High School, Sector 46, Chandigarh:</b></p>	<p><b>130 school students and 150 students of the college participated. The purpose of this workshop was to provide an overview of the current research and best practices on drug de-addiction, the causes and consequences of drug addiction, the types of interventions and treatments available, and the challenges and opportunities for recovery.</b></p>



## POST GRADUATE GOVERNMENT COLLEGE

SECTOR -46, CHANDIGARH

(Co-educational, Affiliated to Panjab University, Chandigarh)

Phone: 0172-2678022 | E-mail: gc46chandigarh@gmail.com |

Website: [www.pggc46.ac.in](http://www.pggc46.ac.in)

Number of Extension and Outreach programs conducted by the institution through organized forums including NSS/NCC with involvement of community during the last five years

### EXTENSION AND OUTREACH PROGRAM

#### SESSION 2018-2019

The NSS wing of the college actively participated in each and every activity of Swachh Bharat Mission. In this chain the college has celebrated **Swachh Bharat Pakhbara** from **August 01 to 15, 2018** in the college. The NSS volunteers started their mission with the Pledge on August 08, 2018. The NSS volunteers took pledge of cleanliness and committed to devote 100 hours per year for Swachhta Mission during the session 2018-19. They also took pledge that they will propagate the message of cleanliness in the family, society, locality, college and make aware others so that they can understand the significance of cleanliness.



**STAFF AND STUDENTS TAKING PLEDGE ON SWACHHTA DURING SWACHHTA PAKHWARA**

## **KERALA RELIEF FUND FOR FLOOD VICTIMS**

**On August 21, 2018**

The NSS volunteers contributed and stand in support of Kerala Flood Victims and to help them they have collected fund in cash from the college students, teachers, staff and also collected from the nearby market. The collected amount was deposited in the Kerala relief fund account through Paytm mode.



**VOLUNTEERS COLLECTING MONEY FOR FLOOD VICTIM**



### **CLEANLINESS DRIVE August 23, 2018**

The NSS wing organized a Cleanliness drive in the college periphery in which the volunteers participated and cleaned the periphery, picked up the wastes dispersed here and there in the campus. The volunteers also cleaned the botanical garden and make the plants properly cutting, make new boundaries of each plant, cut the excess of branches and dumped the cutted branches in the garbage collecting box. The cleanliness drive was inaugurated by Madam Deep Shikha, Dean of the college and accompanied by Madam Sashi Wahi, Vice Principal of the college. In total, 100 NSS volunteers participated in the cleanliness drive and cleaned the college campus with full zeal and were appreciated by the college principal, Prof. J.K. Sehgal.



**CLEANLINESS DRIVE**

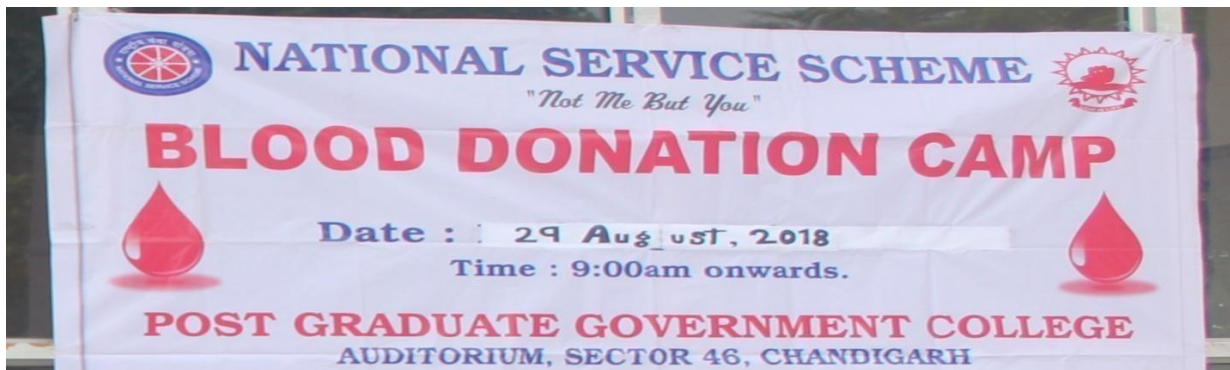




CLEANLINESS DRIVE

### **Blood Donation Camp August 29, 2018**

A blood donation camp was organized by the NSS wing of the college in memory of National Sport day to motivate the youth for the sports activities and giving a message to the mass that by donating blood no weakness arises in the body. Even the sports persons donated blood and also participated in the sports activities. The camp was organized in association with Dept. of transfusion, Govt. Medical College and Hospital, Sector-32, Chandigarh. More than 100 NSS volunteers, staff members, non-teaching staff, and outsiders donated their blood to save the human life.







**DOCTORS , BLOOD DONORS AND VOLUNTEERS DURING THE CAMP**





## Rally on cleanliness September 24, 2018

NSS Wing of Post Graduate Govt. College Sector-46, Chandigarh organized a rally on 24th September, 2018 to celebrate National NSS Day and in lieu of that the volunteers had organized a rally on cleanliness in the community and raised the slogans of cleanliness in the locality of sector 46, Chandigarh. Earlier, Principal of the college, Dr. J. K. Sehgal flagged off the rally. He motivated the students to be more sensitive and compassionate towards Cleanliness. Members of the faculty and students from various streams participated in the event. The rally started from the campus of Post Graduate Govt. College Sector-46 and covered the entire Sector 46.



RALLY ON CLEANLINESS



## CLEANLINESS DRIVE

October 01, 2018

**Cleanliness** is the state of keeping clean and remains away from dirt to achieve and maintain the good physical and mental health. Cleanliness drive was organized by NSS team on October 01, 2018 in the college premises and the students cleaned the campus, parking area, and NSS belongings and basement area in the college.



CLEANLINESS DRIVE



- SWACHHTA RALLY** : A rally was organized on the theme Swachhta by NSS wing of the college at RamdarbarRally at adopted village Ramdarbar during seven day camp from 27<sup>th</sup> December 2018to 2<sup>nd</sup> January, 2019.



**SWACHHTA RALLY**





**SWACHHTA RALLY**

**Chandigarh Disability Survey  
February 22-26, 2019**

NSS volunteers participated in an Audit to ensure accessible (disabled friendly) Chandigarh



for persons with disabilities organized by Chandigarh Administration and the college was allotted Sector-31, 46, 47, and 48. The 25 volunteers surveyed the schools, public and private offices, Govt. institutions, Aganwari centres, community centres, market places, hospitals and clinics etc. of allotted sectors and submitted a report to the concerned authority in time.

### BLOOD DONATION CAMP

NSS wing of Post Graduate Government College, sector 46, Chandigarh organized Blood Donation Camp on 28<sup>th</sup> March, 2018 in college campus in association of Bharat Vikas Parishad, Rotract Club, Lions Club and National association of Psychological sciences. The camp was facilitated by GMCH Sector 32 and PGI hospital. The Blood Donation Camp received an enthusiastic response, as a large number of volunteers came forward and donated blood from tricity. The function was inaugurated by Prof. J.K.Sehgal; Principal of the college who in his address laid stress on the importance of organizing such camps so as to create awareness among students regarding saving lives by donating blood.



BLOOD DONATION CAMP

**Dr. Rajesh Kumar,  
Program Officer, PGGC-46,  
Chandigarh**



## SESSION 2019-2020

### SWACHH BHARAT SUMMER INTERNSHIP PROGRAM AT ADOPTED VILLAGE RAMDARBAR

The NSS volunteers of Post Graduate Government College Sector 46 Chandigarh conducted a survey on Solid waste management in village Ramdarbar under Swachh Bharat Summer Internship Programme launched by the government of India. On the 1st day of this internship program, volunteers went door to door to get updates on the awareness among local residents on the basic waste management techniques. The volunteers visited the public places of the area to access the ground reality of waste management in the area. They spoke with the sweepers and other locals and made them aware about the safe disposal of the solid waste. The volunteers explained the segregation of biodegradable and non-biodegradable waste. They explained the use of different types of dust bins. They explained the hazardous effects of plastic waste on plants, animals, water bodies and other components of environment. The volunteers have planned various other activities related to waste management in coming days.

.Details of activities conducted:

**On 8/7/19**, Conducted a survey of Ramdarbar village regarding management of solid waste, analysis of problems faced by the households and educated them about the management of solid waste.



On 9/7/19, Analysis of parks, dumping areas and public areas, analysis of problems regarding solid waste management.

**On 10/7/2019**, awareness drive was conducted in Senior Secondary School of Ramdarbar and students were made aware on use of blue and green dustbins.

The playground and main entry of the school was cleaned.



**LIST OF VOLUNTEERS WHO PARTICIPATED IN SBSI PROGRAM:**

Sr. No.	NAME	Class	Roll No.	Mobile No.
1	SAHIL ROBERT	BA2	1306/17	9780350631
2	PREETI	BCOM 2	218/17	7837479338
3	HARLEEN KAUR	BCOM1	27/18	9872822021
4	DEEPIKA MALID	BCOM1	226/18	9988555197
5	SIMRAN RAWAT	BCOM1	109/18	8054263004
6	NEHA KUMARI	BCOM1	81/18	6239873337
7	MANPREET SINGH	BCOM1	37/18	8528280434
8	JYOTI	BCOM1	33/18	9988847664
9	MANISHA	BA1	1001/18	7986408812
10	DEEPAK KUMAR	BA1	1543/18	9876338617
11	SURAJ	BA1	947/18	8528890104
12	REETA	BA1	1634/18	8968939869
13	HARSH NAHAR	BA1	1670/18	9878460887
14	ISHIKA KATARIA	BA1	1086/18	8288898646
15	MAHIMA VERMA	BA1	1762/18	8427768171

**SWACHH BHARAT SUMMER INTERNSHIP PROGRAM AT KAJHERI**

SR. NO.	NAME	Class	Roll No.	Mobile No.
1	INDERPAL	BA3	1830/16	8699993418
2	SAMANT	BA2	1768/17	7696910429
3	DAVINDER	BA2	1692/17	8146648454
4	RAJESH KUMAR	BA2	1764/17	7340805112
5	BRIJESH	BA2	1521/17	7696731357
6	SURAJ KUMAR	BA2		9501232345

**SWACHH BHARAT SUMMER INTERNSHIP PROGRAM AT MAULI JAGRAN**

SR. NO.	NAME	Class	Roll No.	Mobile No.
1	SOURAV YADAV	BA2	1230/17	8427391040
2	RAVI KUMAR	BA2	1328/17	8284020616

### **AWARENESS RALLY ON GREEN DIWALI**

To interact with the masses as well as sensitize them about plastic pollution, an awareness rally-cum-campaign was organized on 23rd October 2019. Students carrying posters and banners on aforementioned theme rallied through the roads of Sector 46. Students also interacted with shopkeepers as well as roadside vendors telling them about the ban on Single Use Plastic and easy alternatives to it. Principal of the college, Prof. Rosy Walia Joshi was present on the occasion. She flagged off the rally and applauded the efforts of the students and faculty. Principal of the college, Prof. Rosy Walia Joshi was present on the occasion. She congratulated and motivated students for their efforts. She stressed on adapting sustainable means of living and environment conservation.



### **AWARENESS RALLY ON GREEN DIWALI**



**SESSION: 2020-2021**

**SURVEY ON COVID Awareness** was conducted in our adopted village Ramdarbar. Volunteers in small groups, gathered in public park, near bus stand of Ramdarbar. They went door to door to assess the awareness level of the residents and taught them how to take care of themselves in this pandemic. More than 500+ residents were surveyed regarding covid19 awareness. They sensitized the residents to wear masks to minimise community spread of COVID19 virus.



**VOLUNTEERS INTERACTING WITH RESIDENTS OF ADOPTED VILLAGE  
RAMDARBAR**

**MASK DISTRIBUTION:** Around 1500 masks were made and distributed to the the community by volunteer Deepti of the college during Covid-19.







**PROGRAM MASTER BUDDY** was launched by Chandigarh State NSS Cell where Ramdarbar was assigned to the Dr. Ritu Sarsoha, NSS Program Officer, PGGC, Sector 46, Chandigarh for awareness among residents. Volunteers of the college made huge efforts in promoting safe Covid19 behaviour among residents.



**PROGRAM OFFICERS AND VOLUNTEERS DURING MASTER BUDDY PROGRAM**



### SESSION 2021-2022

Under **Swachhta pakhwada**, the NSS Wing of Post Graduate Govt college sector 46 Chandigarh, organised a cleanliness drive in the college campus on 15th August, 2021. The program started with the volunteers taking pledge for keeping their surroundings and the country clean. The cleanliness drive covered the area in and outside of the college campus. The volunteers put the waste in different dustbins, depending upon the type of waste.



**On 12th March, 2022, Special Camp** was organized in the Adopted Village Ramdarbar. 200 volunteers carried out a cleanliness drive in Ramdarbar Park, then staged a street play on the cleanliness campaign and after that, a rally was taken out in the village on Swachhta Awareness.





**Blood donation camp** was organized in the college campus by NSS wing in association with PGIMER, Chandigarh 7th April, 2022. Approximately 85 units of blood were donated by staff and students of the college.

A handwritten signature in black ink, appearing to read 'P. Chaubey'.

Mr. Parveen Chaubey

NSS Cordinator



- A pledge was taken on Swachhta by NSS volunteers and Program officers.



### **Students taking Pledge for a Swachh India**

- The success of any environmental campaign depends on the extent of involvement of all the stakeholders and the consistency of the awareness the goal to make the country plastic free is quite ambitious and cause for sustained efforts at all levels with active public participation. With this aim, the NSS wing of Post Graduate Government College Sector 46 organised a talk on "plastic free India" on 12th October 2021 for its students and staff. The speaker of the event was Ms. Saranjit Kaur, Environmentalist and a teacher at Bhavan vidyalaya Chandigarh. She explained what is solid waste and how can we segregate it. She spoke about different segregation methods and a special emphasis on plastic waste and how to manage it. Recycling of plastic waste for home decoration and

other items was also advocated by the speaker. Principal of the college, Dr. Abha Sudarshan said that plastic pollution is a serious public hazard as it is non biodegradable. She said that lack of a cohesive policy on segregation collection and recycling plastic is a major stumbling block in the path of progress of the country.. She motivated the students to discontinue the use of single use plastic. Dean of the college, Dr Rajesh Kumar and Vice principal Dr Simmi Arora were also present on this occasion.



**Talk On "Plastic Free India"**



**Talk On "Plastic Free India"**



- **Cleanliness is next to Godliness” Mahatma Gandhi**

To make people aware about the need and importance of cleanliness, the NSS Wing of Post Graduate Govt. College, Sector 46, Chandigarh, organized one day NSS Camp in its adopted village, Ramdarbar on 16<sup>th</sup> October, 2021. NSS volunteers carried out cleanliness drive in the adopted village. Various premises such as Bus stand, Public Park and other nearby areas were cleaned by the volunteers. Volunteers surveyed the area and made the residents aware of the importance of cleanliness. Residents of the area were educated by the volunteers about the relation between hygiene and spread of various diseases. Considering the rising cases of Dengue in the tricity, volunteers spread awareness on the significance of cleanliness and to change water in their coolers regularly and not allow the water stagnation in their vicinity. Local councillor, Mr. Bharat were also present on the occasion. He motivated and extended his gratitude towards the NSS team of the college. Two saplings were also planted by the councillor in the local park with the help of volunteers. Mr. Jai Bhagwan, youth officer from regional directorate was also present on this occasion.





- NSS Wing of P.G. Govt. College, Sector-46, Chandigarh, in collaboration with Hariyaval Punjab (NGO), organised a session on “Plastic Free India” on 15 Nov., 2021.

Prof. (Dr.) Abha Sudarshan, the Principal of Post Graduate Govt. College, Sector-46, Chandigarh gave a floral welcome to the chief guest, Ms. Anuradha Paudwal, famous Bollywood singer and other guests, Dr. K.P. Singh, former chairperson, dept. of Geology, Panjab University, Mr. Kapil Setia, Chief Architect, Chandigarh, Mr. Ram Gopal, chairperson, Hariyaval Punjab. Ms. Anuradha Paudwal who is the Brand Ambassador, Hariyaval Punjab spoke about the importance of reducing plastic pollution to save the nature and lead a sustainable life. She motivated the young students to think about the mother earth and adopt ways to reduce pollution level and make the planet livable. Dr. K. P. Singh former chairperson of dept. of Geology, Panjab University and an expert in water sciences, emphasised on the need and significance of water conservation using rainwater harvesting and other such techniques. He discussed the importance of controlling water pollution for a healthy life. Mr. Kapil Setia, chief architect of Chandigarh also graced the occasion. He highlighted the unique architecture of Chandigarh and the reason it is known as the “City Beautiful. He spoke on the causes of the increase in different types of pollution and the way city is handling this issue. Mr. Ram Gopal, coordinator of Hariyaval Punjab talked about the work his organization is doing in tackling plastic pollution in Punjab. He pointed out that taking small but significant steps to teach and acquaint students with basic ideas of combating plastic pollution is very important.



**Participants with Ms. Anuradha Paudwal and Other Members of Haryaval Punjab with Principal Madam**

- To spread awareness among students regarding elections and its importance, the NSS Wing in collaboration with Electoral Literacy Club of the college organized a plethora of events such as Debate, quiz and Pledge. The theme for these events was “Importance of Local bodies Election in Chandigarh. Mr. Kamlesh Sharma from Election Department answered the queries of the students related to the topic. A Voter’s pledge was administered by Principal Dr. Abha Sudarshan. She motivated the students to use their voting rights for better development of the country. She discussed the past and present scenario of municipal elections in Chandigarh. She congratulated all the participants and focused on the importance of learning by participating in such events. Dean, Dr. Rajesh Kumar and Vice Principal, Dr. Simmi Arora also graced the occasion. The winners were awarded with beautiful trophies.

Result of the competitions:

**Debate:**

First Prize: Gagandeep, B.A. 3<sup>rd</sup> semester

Second Prize: Rajat, B.A. 5<sup>th</sup> semester

Sharvan: B.A. 5<sup>th</sup> semester

**Quiz:**

**First Prize: Akash** B.A. 5<sup>th</sup> semester

**Rajat** B.A. 5<sup>th</sup> semester

Second Prize: Roshan B.A. 3<sup>rd</sup> semester

Anjali: B.A. 3<sup>rd</sup> semester

Third Prize: MONI: B.A. 3<sup>rd</sup> semester

Rahul: B.A. 5<sup>th</sup> semester



**Winners of Debate and Quiz Competition with Principal and other Faculty Members**

☆ mirror365.com

MIRROR 365 - NEWS THAT

**MATTERS**

चुनाव और इसके महत्व के बारे में छात्रों के बीच जागरूकता फैलाने के लिए, एनएसएस विंग ने कॉलेज के इलेक्टोरल लिटरेसी क्लब के सहयोग से वाद-विवाद, प्रश्नोत्तरी और शपथ जैसे कार्यक्रमों का आयोजन किया। इन आयोजनों का विषय "चंडीगढ़ में स्थानीय निकाय चुनाव का महत्व" था। चुनाव विभाग के श्री कमलेश शर्मा ने विषय से संबंधित छात्रों के प्रश्नों का उत्तर दिया। प्रधानाचार्य डॉ. आभा सुदर्शन ने मतदाता शपथ दिलाई। उन्होंने छात्रों को देश के बेहतर विकास के लिए अपने मतदाधिकार का उपयोग करने के लिए प्रेरित किया। उन्होंने चंडीगढ़ में नगरपालिका चुनावों के अतीत और वर्तमान परिदृश्य पर चर्चा की। उन्होंने सभी प्रतिभागियों को बधाई दी और इस तरह के आयोजनों में भाग लेकर सीखने के महत्व पर ध्यान केंद्रित किया। इस अवसर पर डीन डॉ. राजेश कुमार और वाइस प्रिंसिपल डॉ. सिम्मी अरोड़ा ने भी शिरकत की। विजेताओं को सुंदर ट्रॉफियां देकर सम्मानित किया गया।

प्रतियोगिताओं के परिणाम:

बहस:

प्रथम पुरस्कार: गगनदीप, बी.ए. दूसरा साल

द्वितीय पुरस्कार: रजत, बी.ए. तीसरा वर्ष

श्रवण : बी.ए. तीसरा वर्ष

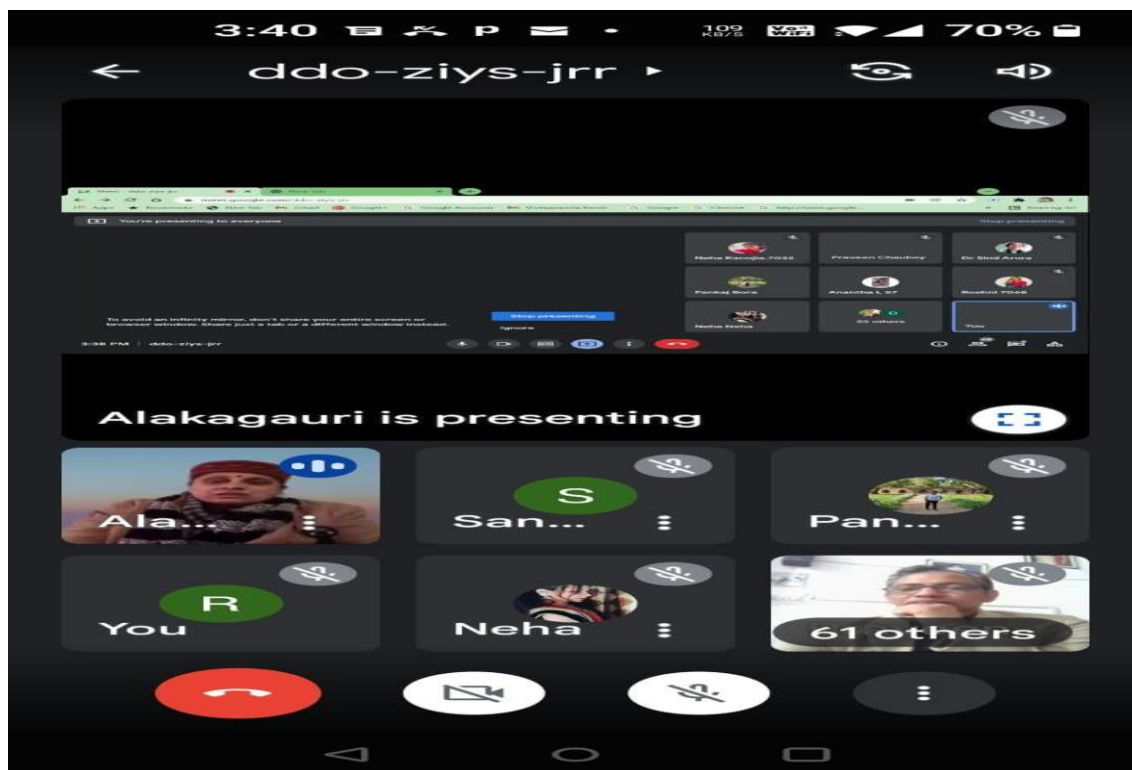
**Press Clipping**



- “Arise awake and stop not until the goal is reached” - Swami Vivekananda

National youth day is observed every year on 12th January. It highlights the most precious asset of a nation is its youth. Youth has the potential, zest and energy to uplift the country from degeneration. A country's future is lying in the hands of youth. So it is important to motivate the young generation to strive for excellence. NSS wing of Post graduate Government College Sector 46 Chandigarh celebrated National youth day for its faculty and the students through online mode due to surge in covid-19 cases. The arrangements were made for the staff to connect with the live telecast on National TV for youth day celebrations. The program was viewed by the Principal, teaching and non teaching members of the college by strictly adhering to the covid-19 protocol. A lecture on Swami Vivekananda and his teachings was delivered by Sister Alka Gauri from Vivekananda Ashram, Panchkula. The students participated very enthusiastically in this event. Principal of the college, Dr. Abha Sudarshan motivated the students and thanked the speaker for the insightful lecture. Dr. Rajesh Kumar, Dean and Dr. Simmi Arora, vice principal of the college were also present in the event.

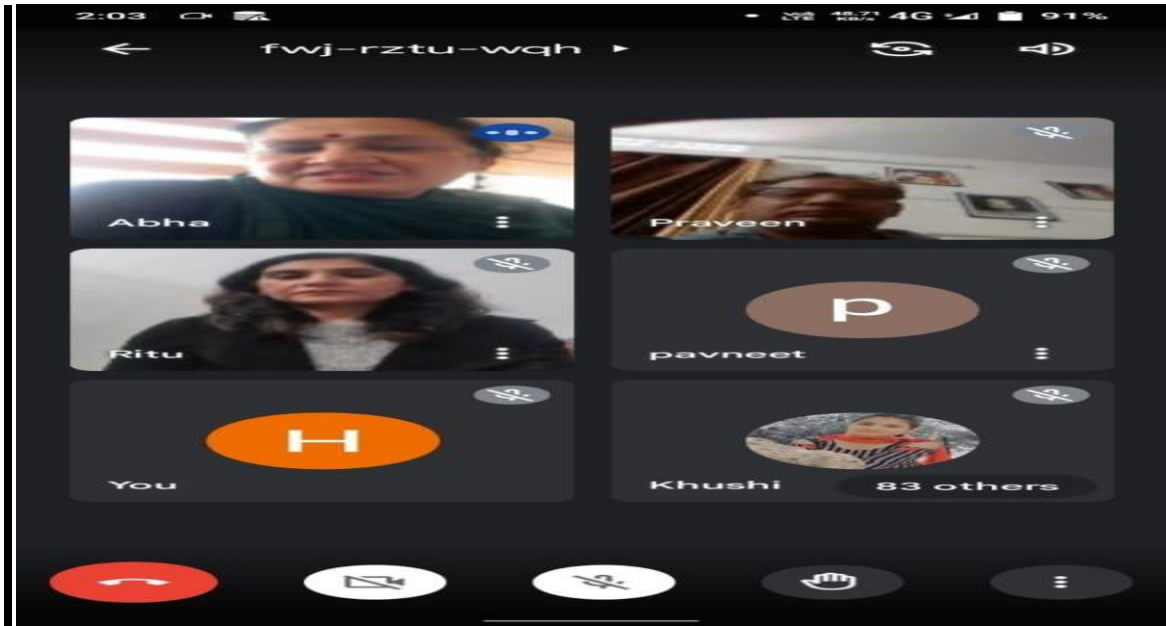




**Lecture On Swami Vivekananda And His Teachings Was Delivered By Sister Alka Gauri From Vivekananda Aashram, Panchkula**

- To commemorate National Girl Child Day, a webinar was organized by NSS WING of Post Graduate Government College Sector 46, Chandigarh on 21st January, 2022. The Topic of the webinar was reproductive health and menstrual hygiene. The main aim of the webinar was to create awareness about reproductive health issues and menstruation. In her welcome address, Principal of the college, Dr. Abha Sudarshan highlighted that spreading awareness about the reproductive health could help in the better development of the nation. She said that Reproductive health of young adults includes understanding and coping with Reproductive health risks and consequences. She said that government has introduced many schemes for the welfare of girl child and discussed some of these. Dr. Manjushree Sharma (M.B.B.S, MHM, PhD) from Panjab University Chandigarh was the esteemed speaker for the event. She spoke about the reproductive health, mensuration and related issues. She said that the diseases we suffer today are related to dietary habits, physical activities, psychological activities, stress and sleep habits. A pledge to save the girl child was also taken by the staff and students of the college. These activities were organized virtually due to Covid 19.





### Webinar On Reproductive Health And Menstrual Hygiene

- **Blood donation camp** was organized in the college campus by NSS wing in association with PGIMER, Chandigarh 7th April, 2022. Approximately 85 units of blood were donated by staff and students of the college.



Students of the College Donating Blood

Mr. Parveen Chaubey, NSS Cordinator

## SESSION 2022-2023

### BLOOD DONATION CAMP

NSS Wing of the Post Graduate Government College Sector-46 and NSS Wing of the college organised a Blood Donation camp in association with Shivanand Chaubey Memorial Charitable Trust on 30<sup>th</sup> September 2022 in the college campus.

Through this blood donation camp, the NSS Wing of the college aimed to raise awareness for the need of safe blood and blood products and to thank voluntary blood donors for their life-saving gift of blood. The camp witnessed active participation from students and faculty who volunteered to donate blood for this noble cause. Chief Guest for the occasion was Dr. Neemi Chand, State Liaison Officer, NSS and Principal of the college Dr Abha Sudarshan. They were accompanied with Guest of Honour, Shri. Narinder Paul, DIG CRPF Pinjore. Other special guests at the occasion were KD Pandey Duty Magistrate, Mining Enforcement, Rupnagar, and Vice Principal of the college Dr. Baljit Singh. Speaking on the occasion. Principal of the college highlighted the immense contribution, a blood donor makes towards our community by way of donating blood for the needy patients. She also highlighted that it provides a unique opportunity for the donors to donate their blood to save a life.



Sh Sanjay Chaubey of Shivanand Chaubey Memorial Charitable Trust gave unparalleled support in organizing the Blood Donation Camp in the college campus. The trust honoured the Chief Guests and Special guests with a token of regard. The enthusiastic participation was shown by the students with around 200 students and faculty donating blood for this noble cause. The camp was successfully organized by NSS Programme Officers Dr Sidharath Kumar, Ms. Pooja Gupta, Dr Amanpreet Kaur and Dr Arvinder Singh.

**Swachh Bharat Awareness drive, rally and Nukkad Natak** at the adopted village On 23/03/2023 Renowned Soil scientist Prof SS Grewal, PAU Ludhiana graced the fourth day of the camp with his intellect and wisdom. His talk on Water Crisis gave a real picture of the water balance of the world and specifically of India. His talk was followed by cleanliness drive of the college campus by the NSS Volunteers. On fifth day of the camp the volunteers visited the adopted village of Ram Darbar. Swachh Bharat Awareness drive, rally and Nukkad Natak at the adopted village was the highlight of the day. The camp also aimed to motivate the volunteers to maintain fit mind and body. Yoga camp and demonstration was organised by Ms. Sunita from the Physical Education department.





**Survey on Waste Management and waste collection drive:** On May 24<sup>th</sup> 2023, Students and NSS volunteers surveyed the college and neighboring areas to identify the problem areas of waste disposal as well as any good practices being followed by the community. The survey was captured in form of photographs clicked by students. A discussion on the various observations was held among the students and faculty, to delineate the best practices to be followed and shared by the community.



*Sidharth Kumar*  
**Dr. Sidharth Kumar**  
 Coordinator  
 NSS, PGGC-46

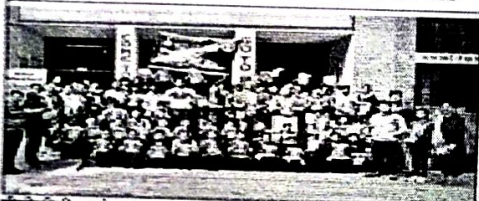


**WORKSHOP ON DRUG DEADDICYION AT COLLEGE CAMPUS AND AT GOVERNMENT HIGH SCHOOL, SECTOR 46, CHANDIGARH:**

VADA club of Post Graduate Government College organised a workshop at the college campus and at Government High School, Sector 46, Chandigarh on 20th February 2023. As many as 130 students of school and 150 students of college were present in the drive. Ripan Grover, Convenor, VADA club, Pooja Sareen, Member, VADA club addressed the students about the drug menace prevailing in the society. Two constables from Crime Branch, Mr. Subhash and Ms. Seema aware the students about the ill effects of drugs. Ashish Rajput, Member of VADA club and VADA club students assisted in conducting the workshop effectively.

**अजीत समाचार**

**वाडा क्लब ने नशीली दवाओं के खतरे के बारे जागरूक किया**



पीजीजीसी-46 के वाडा क्लब द्वारा कार्यालय स्कूल सेक्टर-46 में नशीली दवाओं के खतरे संबंधी कार्यवाही जागरूकता कार्यक्रम में भाग लेने वाली विद्यार्थी संगठन सदस्यों के साथ कार्यक्रम हुआ।

चंडीगढ़, 20 फरवरी। एनएसए (एनएसए) के अध्यक्ष डॉ. अशोक कुमार ने पीजीजीसी-46 के वाडा क्लब के सदस्यों के साथ कार्यक्रम में भाग लेने वाले विद्यार्थी संगठन के 130 छात्रों और कॉलेज के 150 छात्रों को संबोधित किया। वाडा क्लब के अध्यक्ष अशोक कुमार ने नशीली दवाओं के खतरे के बारे में जागरूक किया। कार्यक्रम में वाडा क्लब के सदस्यों ने नशीली दवाओं के खतरे के बारे में

जागरूक किया। कार्यक्रम के दौरान वाडा क्लब के सदस्यों ने नशीली दवाओं के खतरे के बारे में जागरूक किया। वाडा क्लब के अध्यक्ष अशोक कुमार ने नशीली दवाओं के खतरे के बारे में जागरूक किया। कार्यक्रम में वाडा क्लब के सदस्यों ने नशीली दवाओं के खतरे के बारे में जागरूक किया।

**विद्यार्थियों को नशे से दूर रहने की शपथ दिलाई**

चंडीगढ़ (हिमप्रभा ख्यरे)। विक्टरी अग्रेसर ड्रग्स क्लब ने एनएसए, पोस्ट ग्रेजुएट गवर्नमेंट कॉलेज, सेक्टर 46, चंडीगढ़ के सहयोग से सामाजिक न्याय और अधिकारिता मंत्रालय, भारत सरकार के निर्देशानुसार नशा मुक्त भारत अभियान के तहत विद्यार्थियों को नशे से दूर रहने की शपथ दिलाई। कार्यक्रम की मुख्य अतिथि डॉ. आपा सुदर्शन ने शपथ दिलाई और कहा कि ड्रग्स से मुक्त समाज के लक्ष्य प्राप्त करने और ड्रग्स के अवैध उत्पादन और उपयोग को समाप्त करने के लिए सुनिश्चित और निरंतर वैश्विक सहयोग के बावजूद, नशीली दवाओं का उपयोग निरंतर बढ़ रहा है। इसलिए



इस वैश्विक समस्या के बारे में जागरूकता फैलाने और इसके चलते समाप्त करने के उद्देश्य से पीजीजीसी-46 के छात्रों और शिक्षण और गैर-शिक्षण कर्मचारियों ने समाज में प्रचलित ड्रग्स के सामाजिक खतरे का मुकाबला करने के लिए नए-नए कठिन प्रतिज्ञा में भाग लिया और वाडा प्रिंसिपल डॉ. अशोक सिंह ने वाडा क्लब और एनएसए के प्रयासों को सराहना की।

*(Signature)*  
Principal  
Post Graduate Government College  
Sector-46, Chandigarh

Mr. Ripin Grover VADA Incharge

*(Signature)*