



Post Graduate Government College  
For Girls Sector-42, Chandigarh  
Higher Still



## POST GRADUATE GOVT. COLLEGE FOR GIRLS, SEC 42 CHANDIGARH

### REPORT

#### CELEBRATION OF WORLD HEALTH DAY (7<sup>TH</sup> APRIL 2022)

World Health Day 2022 intended to focus global attention on urgent actions needed to keep humans and the planet healthy and foster a movement to create societies focused on well-being. Keeping in line with the agenda put forth by the WHO, the NSS Wing of the college celebrated the day by organizing a yoga camp. The volunteers also took out a rally in Sector-42 to raise awareness amongst people regarding the same and inspire them into better health and fitness through yoga.

#### BLOOD DONATION CAMP (12<sup>TH</sup> APRIL 2022)

A Blood Donation Camp was organized by the NSS Wing in collaboration with the Health Society of the College and Shiv Kanvad Dham Trust. A team of doctors and medical officers from Government Hospital, Sector-16, Chandigarh was present to carry out the donation process. Around 120 volunteers and members of teaching and non-teaching staff donated blood. Principal madam Prof. Nisha Aggarwal addressed everyone and spoke to everyone about the importance of donating blood and how it serves the society. She also praised the efforts of NSS wing.



#### SEMINAR ON 'SAVE SOIL- EACH ONE, REACH ONE' (11<sup>TH</sup> MAY 2022)

In an attempt to raise awareness regarding Save Soil Movement called in by Sadhguru, the college organized a Seminar where students were familiarized with how soil is a legacy and that it does not

belong to one generation and why it is important to keep it alive for the future generations. It was attended by 250 students and members of staff.



### **ACTIVITY FOR MENTAL HEALTH AND FITNESS (20<sup>TH</sup> MAY 2022)**

The NSS Wing organized a morning activity where students practiced Suryanamaskar. About 150 students participated and learnt how yoga can improve their strength, balance and flexibility through yogic kriyas like Suryanamaskar and deep breathing.



### **CELEBRATION OF WORLD ENVIRONMENT DAY (5<sup>TH</sup> JUNE 2022)**

A cycle rally was organized to send home the idea of saving our mother earth and its environment. The people were informed about issues like marine pollution, global warming, sustainable consumption and wildlife crime and encouraged to act to protect our environment. About 50 volunteers with NSS Programme Officers Mr. Mehar Chand and Mr. Vinod rode on bicycles for about 2 kms to spread the message and bring spotlight on the pressing environmental issues.

### **PULSE POLIO DRIVE (19<sup>TH</sup> – 20<sup>TH</sup> JUNE 2022)**

The volunteers participated in this drive throughout the 2 days under the supervision of expert doctors and the members of Health Department, Chandigarh administration. The volunteers aimed at enhancing the efficiency of communal health. The volunteers made sure that not even a single child is deprived off the polio drops and personally went door to door in order to make sure that the children residing in the respective areas were immunized with the polio drops.



### **CELEBRATION OF INTERNATIONAL YOGA DAY (21<sup>ST</sup> JUNE 2022)**

The NSS Wing celebrated the World Health Day by practicing yoga in the campus. The volunteers were made to understand the significance of yoga in maintaining physical, mental and spiritual health. 150 students participated and practiced yoga.



### **CELEBRATION OF WORLD POPULATION DAY (11<sup>th</sup> JULY 2022)**

An Awareness Rally was organized in the adopted village Kajheri wherein the volunteers sought to raise awareness of global population issues such as the importance of family planning, gender, equality, poverty, maternal health and human rights. A group of 30 students was accompanied by NSS Programme Officers Mr. Mehar Chand, Dr. Nidhi Rana and Dr. Rachana Rana.

### **CELEBRATION OF HAR GHAR TIRANGA (11<sup>th</sup> – 17<sup>th</sup> AUGUST 2022)**

**11<sup>th</sup> August 2022**

In line with the National Mission commemorating ‘Azadi ka Amrit Mahotsav- India@75’, as part of the initiative ‘Har Ghar Tiranga’ by the Ministry of Culture, Government of India, the NSS wing of PGGCG-42, Chandigarh, organized two events. Commencing the week long festivities with flag hoisting on the rooftop of the college in collaboration with the NCC unit of the College.

As part of this event, special efforts were made to make the laborers (working within the college campus on the construction of new Hostel building) aware of the significance of the national flag and its ethos. The event was graced by the Principal Prof. (Dr.) Nisha Aggarwal, Dean Shri Suresh Kumar and Vice Principal Shri Jagan Nath. The students of NSS, NCC and Program Officers (Mrs. Shaktee Pathak and Mrs. Prabal Jyoti) under the able leadership of NSS Incharge Shri Mehar Chand spent time discussing with the laborers the value and cultural dimensions of our national flag. Sweets were also distributed among the laborers as part of the celebration



**12<sup>th</sup> August 2022**

Under the aegis of Ministry of Culture, GOI as part of the initiative ‘Har Ghar Tiranga’ to celebrate ‘Azadi ka Amrit Mahotsav-India@75’, the NSS wing of PGGCG-42 on its second day of the week long celebrations organised an Awareness rally to make the residents of Kajheri Village (adopted village) aware of the ‘Har Ghar Tiranga’ mission and for the distribution of National Flag in collaboration with the Anganwadi workers of Kajheri.

The rally was flagged off by the Principal Prof. (Dr.) Nisha Agarwal in the presence of the Vice Principal Shri Jagan Nath, Dean Shri Suresh Kumar, Prof. (Dr.) Sudhir Hindwan (Overall Convener), the members of staff and the NSS student volunteers. 50 student NSS volunteers held the tricolour flags and raised slogans in the praise of the National Flag. Large number of student volunteers participated in the activity along with the people of Kajheri Village with enthusiasm and nationalistic fervour. The event was successful under the coordination of Shri Mehar Chand (NSS Incharge), Programme Officers Dr. Rachna Rana, Mrs. Prabal Jyoti and Mrs. Shaktee Pathak.





**14<sup>th</sup> August 2022**

Under the aegis of Ministry of Culture, GOI as part of the initiative 'Har Ghar Tiranga' to celebrate 'Azadi ka Amrit Mahotsav-India@75', the NSS wing of PGGCG-42 celebrated Independence Day with the residents of Kajheri Village (adopted village) and distributed sweets amongst its residents.

50 student NSS volunteers sang patriotic songs and celebrated the day with the people of Kajheri instilling in them enthusiasm and nationalistic fervour. The event was successful under the coordination of Shri Mehar Chand (NSS Incharge), Programme Officers Dr. Nidhi Rana, Dr. Vikas and Mr. Vinod and large number of student volunteers who participated in the activity zealously.



**15<sup>th</sup> August 2022**

The NSS Unit of Postgraduate Government College for Girls, Sec 42, Chandigarh, today celebrated 76<sup>th</sup> Independence Day of India with much fervor and enthusiasm. College Principal Prof. (Dr.) Nisha Aggarwal hoisted the National Flag in the college campus. Prof. Aggarwal, while addressing the students and faculty members, said that we all need to be grateful to our epicurean leaders and freedom fighters for their contribution in nation building and that we must emulate such path of selfless service. Along the lines of the Government of India, the NSS unit of PGGCG 42 had also been organising numerous activities under the aegis of "Azadi ka Amrit Mahotsav" to commemorate the 75<sup>th</sup> year of Independence as well as campaigns like "Har Ghar Tiranga" under the guidance of NSS Incharge Shri Mehar Chand. Programme Officers Dr. Nidhi Rana and Mrs. Shaktee Pathak helped to make arrangements. A cultural programme was organized in the Auditorium Sabras in which the students of Department of Music and Dance presented patriotic songs which further created an environment of emotional integration and love for the country. All the members of staff (teaching and non-teaching) and students of NSS, NCC and Sports Department participated with ardour and patriotic exuberance. The celebration ended with refreshments for everyone.

# HAPPY INDEPENDENCE DAY



## PGGCG-42, CHANDIGARH





**17<sup>th</sup> August 2022**

NSS Unit of PGGCG-42, Chandigarh marked the end of a week-long celebration of 'Har Ghar Tiranga' initiative of the Ministry of Culture, Government of India under the aegis of 'Azadi ka Amrit Mahotsav – India @ 75' with the organization of the event 'Selfie with Tiranga'. Under the guidance of NSS Incharge Shri Mehar Chand and NSS Programme Officers (Dr. Nidhi Rana, Dr. Rachna Rana, Dr. Vikas), the members of staff and the students of the college participated in the event.



## **NSS ENROLMENT DRIVE (From 01.09.2022 – 07.09.2022)**

The NSS Wing of the College invited fresh applications for enrolment into the National Service Scheme Programme. There were 800 seats available in 8 Units of NSS. The enrolment began on 1<sup>st</sup> September 2022 and ended on 6<sup>th</sup> September 2022 itself as 800 enrolments were done. The applicants were chosen according to their inclination and enthusiasm towards community service and social work as the Programme requires the NSS volunteers to actively participate in such activities. A Help Desk was set up in the foyer of the Main building where interested students filled in their applications. About fifty applications were also kept in waiting.

## **STATE NSS AWARDS FUNCTION (24<sup>TH</sup> SEPTEMBER 2022)**

Under the leadership of State Liaison Officer Shri Nemi Chand O/o Director Higher Education, PGGCG-42 fervently organized State NSS Awards Function on 24<sup>th</sup> September 2022. The Chief Guest for the event was Ms. Purva Garg, Secretary Education, UT Chandigarh Administration. Other important guests were Smt. Harinder Kaur, Regional Director NSS and Smt. Neena Kaliya, NSS Programme Coordinator. Principals of Schools and colleges and NSS Programme Officers of various units in Chandigarh were present. The felicitation ceremony was held for Best NSS Unit Award, Best NSS Programme Officer Award, Best NSS Volunteer Award from school and college both. Appreciation certificates were also awarded. Ms. Purva Garg, worthy Secretary Education motivated the NSS volunteers to work towards the betterment of the society and explained how it would make them grow individually and help them develop leadership skills. Shri Amandeep Singh Bhatti, Director Higher Education, Chandigarh Administration extended a formal welcome and Shri Nemi Chand, State Liaison Officer extended a formal Vote of Thanks at the end of the Award Ceremony. There was a lot of enthusiasm and receptiveness amongst all. During the event, the students were motivated towards gestures that ensure welfare of the society. A cultural programme was also presented by the students that included the energy and vibrancy of folk dances from the states of Haryana, Rajasthan, Punjab and Himachal Pradesh. The students were inspired to inculcate a vision on how they can contribute and work for the social upliftment of the nation and uphold the motto of the NSS- 'Not Me But You.'





## **NSS ORIENTATION PROGRAM ((30<sup>TH</sup> SEPTEMBER 2022)**

PGGCG-42 fervently organised its NSS Orientation Programme today. The Chief Guest for the event was Shri Nemi Chand Golia, State Liaison Officer, NSS Cell, Chandigarh Administration. He motivated the NSS volunteers to work towards the betterment of the society and he also explained how it would make them grow individually and help them develop leadership skills. Principal of the college Prof. (Dr.) Nisha Aggarwal accorded him a green welcome and a floral welcome to other guests. Smt. Chandravati Shukla, former Councillor and Shri Lalit Chauhan, a social worker from Village Kajheri were also present. Shri Mehar Chand, NSS Incharge of the College NSS Cell extended a formal welcome. The college has eight NSS units and the event was attended by about 600 volunteers. There was a lot of enthusiasm and receptiveness amongst all. During the event, the students were motivated towards gestures that ensure welfare of the society. A cultural programme was also presented by the students that included the energy and vibrancy of folk dances from the states of Haryana, Rajasthan, Punjab and Himachal Pradesh. The students were inspired to inculcate a vision on how they can contribute and work for the social upliftment of the nation and uphold the motto of the NSS- 'Not Me But You.'

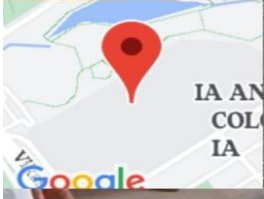
## **RASHTRIYA POSHAN MAAH CELEBRATION (SEPTEMBER 2022)**

The Rashtriya Poshan Maah is celebrated during the month of September every year under POSHAN Abhiyaan (PM's Overarching Scheme for Holistic Nourishment), which was launched in 2018 by the Ministry of Health & Family Welfare. This year the theme of Poshan Maah 2022 was 'Mahila aur Swasthya' and 'Bacha aur Shiksha'. Through the fifth Rashtriya Poshan Maah, the ministry planned to rope in the Gram Panchayats as Poshan Panchayats to carry out various activities focusing on the health of the women and the children.

Under the direction of the State NSS Cell, Post Graduate Government College for Girls, Sector-42, Chandigarh, celebrated Rashtriya Poshan Maah in sync with this year's theme.

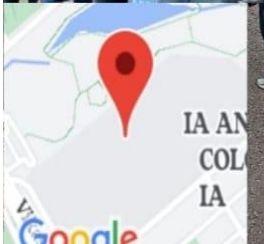
### **1<sup>st</sup> September 2022**

The college kick-started the celebration with an oath-taking ceremony wherein under the able guidance of Principal Prof. (Dr.) Nisha Aggarwal, Dean Shri Suresh Kumar, NSS Incharge Shri Mehar Chand, NSS Programme Officers and NSS Volunteers took the pledge to be plate champions by choosing to eat only healthy and nutritious diets that would include whole grains, fruits and vegetables. They all pledged to do exercise daily to keep their bodies and minds healthy.



### Chandigarh, Chandigarh, India

POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS, PPGQ+47R,  
Chandigarh Rd, near Beckons Hotel, 42C, Sector 42, Chandigarh, 160036,  
India  
Lat 30.725292°  
Long 76.738241°



### Chandigarh, Chandigarh, India

POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS, PPGQ+47R,  
Chandigarh Rd, near Beckons Hotel, 42C, Sector 42, Chandigarh, 160036,  
India  
Lat 30.725292°  
Long 76.738241°



### 3<sup>rd</sup> September 2022

A Poster-making competition was organized by the NSS Cell of the college in collaboration with the Department of Fine Arts on the theme of 'Nutrition and Health' where about 40 students engaged in the creative pursuit of painting colourful posters to dispense information on the significance and requirement of 'poshan'. Through their art, the students gave the message that 'We don't have to eat less, we just have to eat right' and that this should be the mantra for all the young girls.



### 6<sup>th</sup> September 2022

Under the able guidance of our Honourable Principal Prof. (Dr.) Nisha Aggarwal, the NSS wing of the college organised a 'Poshan Awareness Rally' at its adopted Village Kajheri as part of the Poshan Maah celebration. The women and young girls were given an overview of *Rashtriya Poshan Maah*. Under the leadership of the NSS Incharge Shri Mehar Chand, our Programme

Officers Dr. Nidhi Rana & Dr. Rachna Rana and young volunteers spent time interacting with them on the importance of healthy and nutritious meals for women, adolescents, young girls and children who are the future of our country.



### **10<sup>th</sup> September 2022**

Under the able guidance of our Honourable Principal Prof. (Dr.) Nisha Aggarwal, and the leadership of the NSS wing of the college in collaboration with Asha Workers organised a door to door campaign in Village Kajheri sharing information with the people on the need and importance of a nutritious diet. Our Programme Officers Dr. Nidhi Rana and Dr. Rachna Rana also visited the Anganwadi Centers and spoke with the young mothers of the children who either spent their hours at the center or the children who received a diet from there. They conducted a survey to assess malnutrition among pregnant women and children. It was seen that due to lack of awareness and resources these people were not able to fulfill their dietary allowances. The NSS wing educated the women how to make their meal nutritious and maintain hygiene and sanitation. They were told to incorporate fruits and vegetables along with cereal pulse combination in their daily diet. Pregnant women who were malnourished were also identified so that college can help them in keeping themselves healthy during further course of their pregnancy and afterwards.

### **Dated 12<sup>th</sup> September 2022**

Under the leadership of Shri Mehar Chand, the College NSS Cell Incharge, an interactive session was held with students of the college regarding nutrition. The Programme Officer Dr. Nidhi Rana explained the significance of the scheme Rashtriya Poshan Maah. She outlined the basics of nutrition and gave the students informative tips on how to make recipes rich in nutrients such as iron, calcium, vitamin A and proteins. She motivated the participants to make nutrition their hobby for a healthy life. The question answer session guaranteed the overwhelming response of the students and ensured that they had absorbed the idea of the relationship of food & nutrition with health & wellness.

### **13<sup>th</sup> September 2022**

A survey was conducted to assess malnutrition among pregnant women, young mothers and children by the NSS wing of the college along with Anganwadi workers of Kajhedi. The women were made aware about energy and protein rich foods and fruits and how they can

contribute towards better health of their children in simpler ways. The Asha workers provided information on the kind of food provided to the children below 3 years of age under their care and the rations distributed by them to the pregnant women and children above 3 years of age.



**17<sup>th</sup> September 2022**

An awareness camp was organized by the NSS cell in collaboration with the Health center at Kajheri.







## 22<sup>nd</sup> September 2022

An awareness programme was held at Village Kajheri regarding vector-borne diseases. Under the leadership of NSS Incharge Mehar Chand and NSS Programme Officer Dr. Nidhi Rana, the NSS volunteers went door to door and distributed pamphlets and spoke to the residents about the diseases like dengue, malaria, chikunguniya etc. borne due to breeding of mosquitoes in the standing water. Under the supervision of NSS Programme Officers, the volunteers also went inside the houses to check coolers or flowering pots in case they were filled with stagnant water. The residents responded enthusiastically and talked to the volunteers.







### **VISIT TO THE DIRECTORATE OF CENSUS (12<sup>TH</sup> OCTOBER 2022)**

As directed by the State Liaison Officer, NSS O/o Director Higher Education, Chandigarh Administration, vide Letter no. DHE-UT-AD-II-NSS-(5)2022, the NSS volunteers of the college visited the Census Museum Gallery, Plot No. 2B, Madhya Marg, Sector-19A, Chandigarh on 12<sup>th</sup> October 2022 at 11:30 am. It was one of a kind experience where students were informed about the importance of census and its working in detail. Students were given a demonstration about census through the annals of history and the dimensions of digital census as well, wherein they were also told in detail about the first digital census that took place in 2021. It was an absolutely enriching experience.

The visit took place under the leadership of NSS Incharge of the College Shri Mehar Chand and Programme Officers Dr. Nidhi Rana and Mr. Vinod Kumar. A group of 16 NSS Volunteers learnt about the various branches of Census Organisation like Maps, Data Dissemination Unit (DSS), Data Capture Center, Sample Registration System (SRS), National Population Register (NPR), Civil Registration System (CRS) etc.

The students benefitted immensely from the visit as they became aware of the processes and methodologies of Census.





## **SMART CITY CHANDIGARH PROJECT (14<sup>TH</sup> OCTOBER – 18<sup>TH</sup> OCTOBER 2022)**

With the focus on keeping Chandigarh at the forefront of the top-ranking cities in the Smart Cities Mission, the NSS student volunteers of PGGCG-42, Chandigarh undertook the survey of assessing government schools and parks. The student volunteers were appraised on the method and criteria for evaluation including process and documentation required at the Chandigarh Smart City Ltd. Head Office on 14<sup>th</sup> October 2022. Forming a group of two, the students assessed and evaluated city schools and parks for four days from 15<sup>th</sup> October to 18<sup>th</sup> October 2022. The complete assessment forms were then submitted at the Chandigarh Smart City Ltd. office.



### **CLEAN INDIA 2.0 CAMPAIGN (19<sup>TH</sup> OCTOBER 2022)**

The NSS Cell of PGGCG 42 enthusiastically participated in the National level Special Clean India 2.0 campaign on 19th October 2022 wherein, under the leadership of NSS Incharge of the college Shri Mehar Chand, each NSS volunteer collected 1.5 kgs of plastic waste from the areas around the college. The students visited the Market area on 17th October 2022 and the New Lake on 18th October 2022 as well as part of the activity and spoke to the people present there about the hazards of the plastic waste and encouraged the masses by themselves gathering the plastic waste littered around the lawns and lake with vigour and eagerness to clean the areas and thus effectively contribute to the Clean India 2.0 Campaign.

The day was marked by the presence of State Liaison Officer Shri Nemi Chand ji and Regional Director Smt. Harinder Kaur. They visited the New Lake, Sector-42 with the NSS volunteers and NSS Programme Officers Mr. Vikas, Dr. Nidhi Rana, Mrs. Shaktee Pathak, Mrs. Prabal Jyoti and Dr. Rachna Rana, where Principal of the College Prof. (Dr.) Nisha Aggarwal, Regional Director Smt. Harinder Kaur and State Liaison Officer Sh. Nemi Chand flagged the Cleanliness Awareness Rally that was taken out from the New Lake to the College Campus. Shri Nemi Chand motivated the NSS volunteers to contribute with immense will towards the programmes of NSS which will initiate them into the process of National development and integrity. It will help them build a national character as they come out successful in building their individual characters.

The collected plastic waste was duly handed over to the Municipal Corporation, after which the NSS Programme Officers were issued certificates that were duly signed and stamped by the MC.

It was a great learning experience for all and the NSS team PGGCG 42 would continue to work for the nation and to the motto 'NOT ME BUT YOU'.

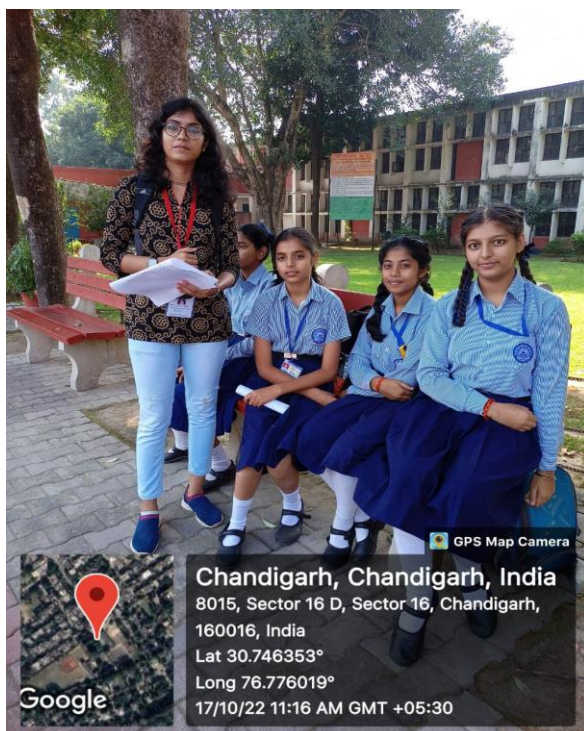






### SWACHHTA SURVEY (15<sup>TH</sup> OCTOBER – 20<sup>TH</sup> OCTOBER 2022)

NSS wing of PGGCG-42, Chandigarh in collaboration with Municipal Corporation Chandigarh has conducted door to door survey from 15th October 2022 to 20th October 2022 in various areas of Chandigarh. During this survey, volunteers have interacted with many people of Chandigarh and people have counted their responses during this survey. This initiative or collected information will help Govt. of India for assessing the City Beautiful in Swachhta rank.





GPS Map Camera

**Chandigarh, Haryana, India**  
 PRCV+H5H HEADMASTER ROOM,  
 GOVERNMENT HIGH SCHOOL-MANIMAJRA,  
 New Indira Colony, Mani Majra, Chandigarh,  
 Haryana 160101, India  
 Lat 30.721716°  
 Long 76.843164°  
 17/10/22 12:45 PM GMT +05:30



GPS Map Camera

**Chandigarh, Chandigarh, India**  
 HEADMASTER OFFICE, GOVERNMENT  
 MODEL SENIOR SECONDARY  
 SCHOOL-SECTOR-27C, Block C, Sector 27,  
 Chandigarh, 160019, India  
 Lat 30.720845°  
 Long 76.796642°  
 15/10/22 12:27 PM GMT +05:30





## CELEBRATION OF CONSTITUTION DAY (26<sup>TH</sup> NOVEMBER 2022)

NSS wing of PGGCG-42, Chandigarh celebrated Constitution Day on 26th November 2022. On this occasion Pledge Ceremony followed by a Lecture on this Special Day was organised in Mini Auditorium of college at 11:00 am.

## **REPUBLIC DAY CELEBRATION (26<sup>th</sup> JANUARY 2023)**

The NSS Unit of Postgraduate Government College for Girls, Sec 42, Chandigarh, today celebrated 74<sup>th</sup> Republic Day of India with much fervor and enthusiasm. College Principal Prof. (Dr.) Nisha Aggarwal unfurled the National Flag in the college campus. Prof. Aggarwal, while addressing the students and faculty members, said that we all need to be grateful to our epicurean leaders and freedom fighters for their contribution in nation building and that we must emulate such path of selfless service. Along the lines of the Government of India, the NSS unit of PGGCG 42 had also been organising numerous activities under the guidance of NSS Incharge Shri Mehar Chand. A cultural programme was organized in the Auditorium Sabras in which the students of Department of Music and Dance presented patriotic songs and regional dances which further created an environment of emotional integration and love for the country. All the members of staff (teaching and non-teaching) and students of NSS, NCC and Sports Department participated with ardour and patriotic exuberance. The celebration ended with refreshments for everyone.

## **AWARENESS DRIVE ON MENSTRUAL HEALTH AND HYGIENE (7<sup>th</sup> March 2023)**

To celebrate International Women's Day, the NSS wing of the college in collaboration with Open Eyes Foundation organised an Awareness Drive in the adopted village Kajheri on the significance of Menstrual Health and Hygiene. It was to spread awareness on how women and girls worldwide experience period poverty, that is, limited access to period products, menstrual education, or adequate water sanitation and hygiene facilities. In addition, Dr. Rachana Rana spoke to the Anganwadi workers and other women on how cultural norms, stigma, and taboos surrounding menstruation create further barriers to achieving menstrual health. Women and girls shared their experiences of period poverty that were varied and unique, the social determinants of health and structural determinants of gender inequality act as key drivers of period poverty across the globe. Sanitary napkins were distributed amongst the women. About 25 volunteers participated under the leadership of NSS Head Mr. Mehar Chand and Programme Officers Dr. Rachana Rana and Dr. Nidhi Rana.

## **CELEBRATION OF INTERNATIONAL WOMEN'S DAY WITH BRAHMAKUMARIS (9<sup>th</sup> March 2023)**

To celebrate International Women's Day, the NSS wing of the college today organised an Interactive Session on Women Empowerment. Sister Sarika was the main Speaker on the event. She spoke about the spirit of womanhood and what true feminism is. She said that we need to celebrate being a woman each day. Students shared their experiences and cleared their doubts about feminism. The session ended with meditation. It was attended by about 80 enthusiastic volunteers under the leadership of NSS Head Mr. Mehar Chand and Programme Officers Dr. Rachana Rana, Dr. Vikas and Dr. Nidhi Rana.

## **YOUTH AWARENESS PROGRAMME (14<sup>th</sup> March 2023)**

The NSS Wing of the College in collaboration with Sanjhi Sikhiya organised a lecture on the theme of Youth Leadership Programme for NSS Volunteers on 14<sup>th</sup> March 2023 in College Mini Auditorium at 10:00 am under the leadership of Principal Prof. Nisha Aggarwal and the able

guidance of Shri Mehar Chand. A team of seven led by Shri Garg interacted with the students and elaborated on the fellowships and internships under the Punjab Youth Leaders Programme. They motivated students to apply for the same and serve as a social worker while earning their livelihood as the NGO also offers a stipend to its fellows and interns. A total of 100 Volunteers enthusiastically attended this function with Programme Officers Dr. Rachana Rana, Dr. Nidhi Rana, Dr. Vikas and Ms. Shaktee Pathak.

## **BLOOD DONATION CAMP (22nd March 2023)**

The NSS Wing of the College in collaboration with Health Society of the College, Shree Shiv Kanwar Mahasangh Charitable Trust Panchkula and Open Eyes Foundation (NGO) organised a Blood Donation Camp on 22nd March 2023 under the guidance of the Chief Patron Prof. (Dr.) Nisha Aggarwal and the leadership of NSS Head, Mr. Mehar Chand and Dr. Preetkamal, Convener Health Society. All the members of staff were informed and encouraged to participate. The blood donation camp was held in the Main Staff Room from 10:00 am to 3:00 pm. Chief Guest on the occasion was Prof. Yajvendra Pal Verma, Programme Coordinator, NSS, PU, Chandigarh, Registrar, PU Chandigarh and the Guest of Honour was Smt. Mohinder Kaur, Nominated Councillor, Municipal Corporation, Chandigarh. A team of doctors and medical officials arrived from PGIMER, Chandigarh and all the donated blood was sent to the blood bank of the Hospital. The student volunteers and people from adjacent areas also donated blood and spread the message that blood donation is a noble act that can save many lives. All the donors were given Certificates of Appreciation, refreshment and gifts.

### **Swachhata drive in & around College campus on 19<sup>th</sup> June, 2023**

NSS Volunteers and Students actively participated in the Swachhata drive undertaken on 19/06/2023 and cleaned different areas of the college campus and some area of New lake in Sector-42, Chandigarh. They removed litter, collected the garbage, and made sure it was disposed of appropriately. On this occasion, Students & Staff were motivated by Shri Amandeep Singh Bhatti (Director Higher Education, PCS). The Principal, Prof. Nisha Aggarwal expressed immense pleasure for undertaking such drive and applauded their efforts and encouraged them to keep working towards the goal of maintaining a clean and green environment. Posters and banners were also used to educate their fellow students about the significance of maintaining a clean environment.

The students and NSS Volunteers of Post Graduate Government College for Girls, Sector42, Chandigarh, participated in the "Swachhata" drive with the primary goal of raising awareness about the importance of cleanliness, promoting a healthy way of life, and cultivating a feeling of responsibility towards the environment. In addition, the goal of this activity was intended to coincide with those of the G20 as well as the national festivities that were to take place during Azadi Ka Amrit Mahotsav.





## Celebration of 9<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2023

The Group of Twenty (G20) is the forum for international economic cooperation. It shapes & strengthens the global architecture & governance on all major international economics issues. As India holds the presidency of the G20, currently, Govt. of India is celebrating the G20 summit by conducting different events/programmes all over the country. This would help to educate and sensitize the students about G20 and its significance under India's Presidency. In this regard under the direction of Principal Prof. Nisha Aggarwal, guidance of the Nodal Officer, Prof. Sudhir Hindwan, and his team of faculty members Mr. Gurjinder Singh, Ms. Shaktee Pathak, Dr. Rashmi Kohli, Mr. Sumit Dabhi organized event to celebrate 9<sup>th</sup> International day of Yoga under the aegis of Ministry of Ayush on Theme- "Yoga for Vasudhaiva Kutumbakam" on 21<sup>st</sup> June 2023.



About 110 Students and Staff of Post Graduate Government College for Girls, Sector42, Chandigarh, participated in the "International Yoga Day" celebration with the primary goal of promoting a healthy way of life. In addition, the goal of this activity was intended to coincide with those of the G20 as well as the national festivities that were to take place during Azadi Ka Amrit Mahotsav. Dr. Ram Niwas Yadav (Head of dept. of Physical Education) was the convener of the

event. Dr. Vikas Sharma was the Yoga instructor of the event. Principal Prof. Nisha Aggarwal and other Non Teaching Staff Members also performed Yoga to celebrate the event enthusiastically.

Through the practices of yoga and meditation, the event intended to foster both physical and mental well-being in its students and faculty. The focus was on different yoga asana and meditation practices to help participants improve their general state of relaxation and well-being. Prof. Nisha Aggarwal, expressed her appreciation for the enthusiastic participation of both faculty and students on International Yoga Day and encouraged them to continue embracing the health benefits of yoga.

Overall, these events coincided with the global aims of the G20 and the national festivities of Azadi Ka Amrit Mahotsav, demonstrating the dedication of the institution to the promotion of cleanliness, environmental sustainability, and holistic well-being. These events were a great success because of the engaged involvement and enthusiastic support of the students, and the faculty.

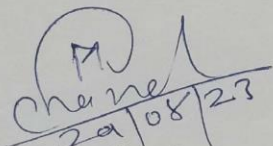
**NSS Incharge**

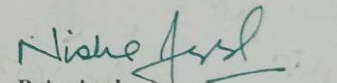
**Principal  
PG Govt. College for Girls,  
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20/08/23  
**Mehar Chand**  
NSS Incharge

  
**Principal**  
PG Govt. College for Girls,  
Sector-42, Chandigarh