



### **3.Life Skills**

**GOSWAMI GANESH DUTTA  
SANATAN DHARMA COLLEGE  
SECTOR 32 C, CHANDIGARH**

**Dr. Ajay Sharma  
Principal**



## Goswami Ganesh Dutta Sanatan Dharma College, Sector 32 C, Chandigarh

### 5.1.3 Capacity building and skills enhancement initiatives taken by the institution:

#### Life Skills

#### Life Skills - Yoga, Physical Fitness, Health (including mental health & well-being during Covid) and Hygiene

##### Managing Happiness through Mindfulness based technique

**Date - 12 November 2021**

**Resource Person - Dr. Nayanika Singh, Assistant Professor, MGSIPA, Chandigarh**

Webinar on Managing Happiness through Mindfulness based technique was organized by Department of Psychology on 12<sup>th</sup> November, 2021. **Dr. Nayanika Singh**, Assistant Professor, MGSIPA, Chandigarh (Internationally Certified Mindfulness Trainer) was the Keynote Speaker on the occasion.





### DEPARTMENT OF PSYCHOLOGY


Goswami Ganesh Dutta Sanatan Dharma College Sec.32-C, Chandigarh  
Invites you to join the Webinar on

#### MANAGING HAPPINESS THROUGH MINDFULNESS BASED TECHNIQUES

**FRIDAY 12<sup>th</sup> NOVEMBER 2021 Time – 10:00 AM**

Google Meet Link :- [meet.google.com/rvf-oqoq-svz](https://meet.google.com/rvf-oqoq-svz)

Register @  
<https://forms.gle/LuFqZS5eeEseEbh7A>



**Key Speaker**  
Dr. Nayanika Singh  
Asst. Prof. MGSIPA Chd.  
Internationally Certified  
Mindfulness Trainer



Sh. Upkar K. Sharma  
President

Dr. Ajay Sharma  
Principal

Dr. Tarundeep  
Convenor

Dr. Nidhi Chadha , Dr. Jatinder Kaur  
Organizing Committee



## Churdhar Trekking Expedition

**Date - 14-17 October 2021**

**Details - Trekking**

AdrenaRush Adventure club of the Department of Physical Education organized a Trekking Expedition to Churdhar, Sirmaur, H.P., one of the highest peaks in Shivaliks, Churdhar is also a place of great devotional significance as 'Shirgul Devta', the presiding deity at the top, is considered an Avatar of Lord Shiva and is held in great esteem by the people of the whole region. from 14th to 17th October 2021.







## Cyclothon Race

**Date - 10 October 2021**

**Detail – Cyclothon Race from SD College to Lake**

The Rotaract Club of SD College organized a Cyclothon Race on 10th October, 2021 to get your heart racing with adrenaline and kindness. It was an a collective bit towards the society, by spreading awareness and raising funds, all for a good cause.





## Mental Health Challenges: Pre and Post pandemic

**Date - 9 October 2021**

**Resource Person - Dr. Krishan Kumar Sony, Assistant Professor (Clinical Psychology) Department of Psychiatry PGIMER, Chandigarh**

On the occasion of **World Mental Health Day**, Aesthesia club of Psychology department organized a seminar on the topic 'Mental Health Challenges: Pre and Post Pandemic' on Saturday 9<sup>th</sup> October, 2021. **Dr. Krishan Kumar Sony, Assistant Professor (Clinical Psychology) Department of Psychiatry PGIMER, Chandigarh** was the keynote speaker for the event. Dr. Krishan Kumar Sony talked about the struggles that all of us faced during the pandemic especially the students. He talked about the origin of the term 'Stress'. He explained things with vivid examples which kept the students intrigued. He elaborated on the idea that how the origin of everything that goes on in our body is rooted in our brain. This seminar facilitated students in identifying the physical and mental symptoms of stress and urged all the students to indulge in healthy coping mechanisms.







## Covid Testing Camp

Date - 9 October 2021

Detail – Covid Testing Camp





## Art of Yoga (YOGART) held to mark World Health Day

**Date - 28 September 2021**

**Resource Persons - Rajesh Kumari and Urmil Saini**

On World Heart Day, the Rotaract Club organized 'YOGART' (Art of Yoga) on 28th September, 2021 to get the participants one step closer in reaching inner peace, serenity and harmonize oneself on a deeper level. **Rajesh Kumari and Urmil Saini** contributed to the event as yoga instructors and demonstrated various yoga poses while also enlightening the participants with benefits of the same. The event started on a refreshing note with stretching and progressed with various asanas, surya namaskar, and finally concluded with different types of pranayama asanas. Overall the purpose of the event turned out to be a wake up call for everyone, highlighting the importance of health and providing an enriching experience.



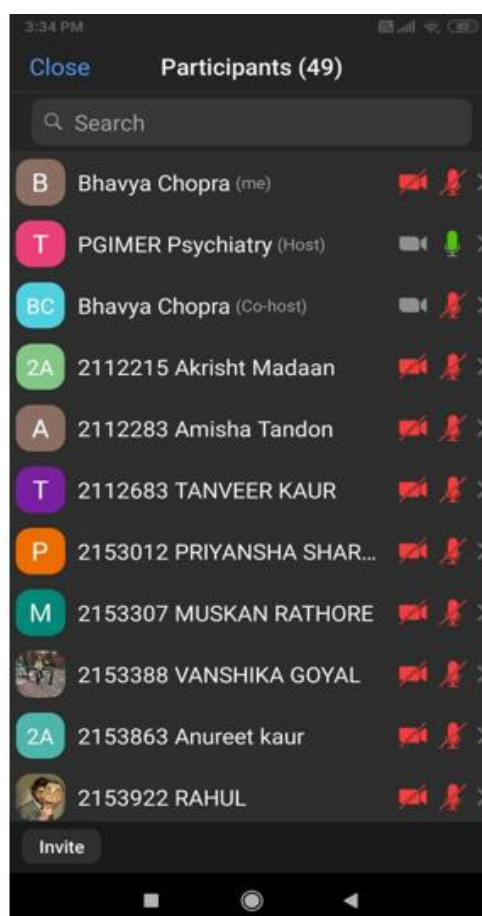
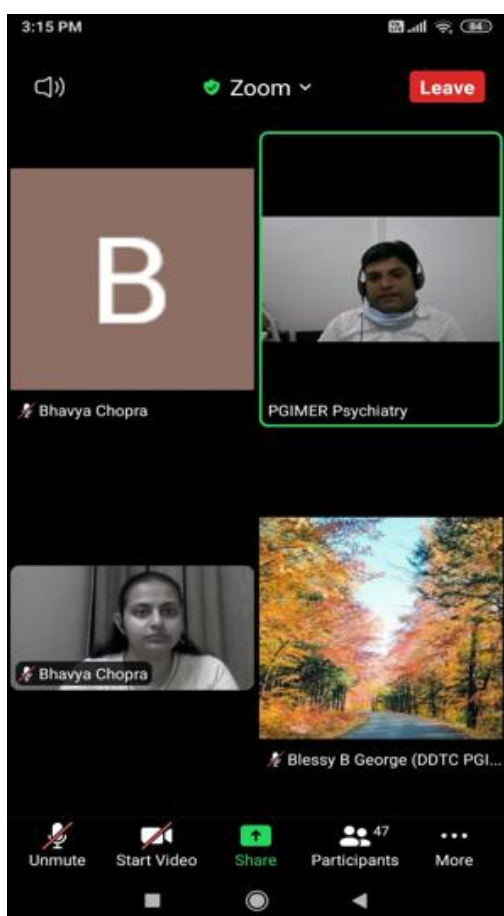


### Interactive Session on Drug Addiction

**Date - 22 September 2021**

**Resource Person – Dr. Kshitiz Sharma, MD Psychiatry, PGIMER, Chandigarh; Mr. Satvinder Singh, Clinical Psychologist, PGIMER, Chandigarh; Mrs. Manpreet Kaur, Psychiatry Social Worker, PGIMER, Chandigarh**

A webinar on Drug Addiction was organized by Red Ribbon Club in collaboration with Department of Psychiatry, PGIMER, Chandigarh organised on 22nd September 2021. This event was graced by three experts, who with their profound knowledge and experience managed to make this webinar informative and extremely interactive at the same time. The first speaker was **Dr. Kshitiz Sharma**, MD Psychiatry, Department of Psychiatry, PGIMER, Chandigarh. He introduced the students with the jargon associated with the field of drug abuse. The reasons and types of addictions were also discussed. Further, **Mr. Satvinder Singh**, Clinical Psychologist, Department of Psychiatry, PGIMER, Chandigarh, enlightened the students about the effects of drug abuse on the mind of the person and how that jeopardizes the very growth of the person mentally. **Mrs. Manpreet Kaur**, Psychiatry Social Worker, Department of Psychiatry, PGIMER, Chandigarh, illustrated the reason as to why young people are attracted to or drawn towards this evil.





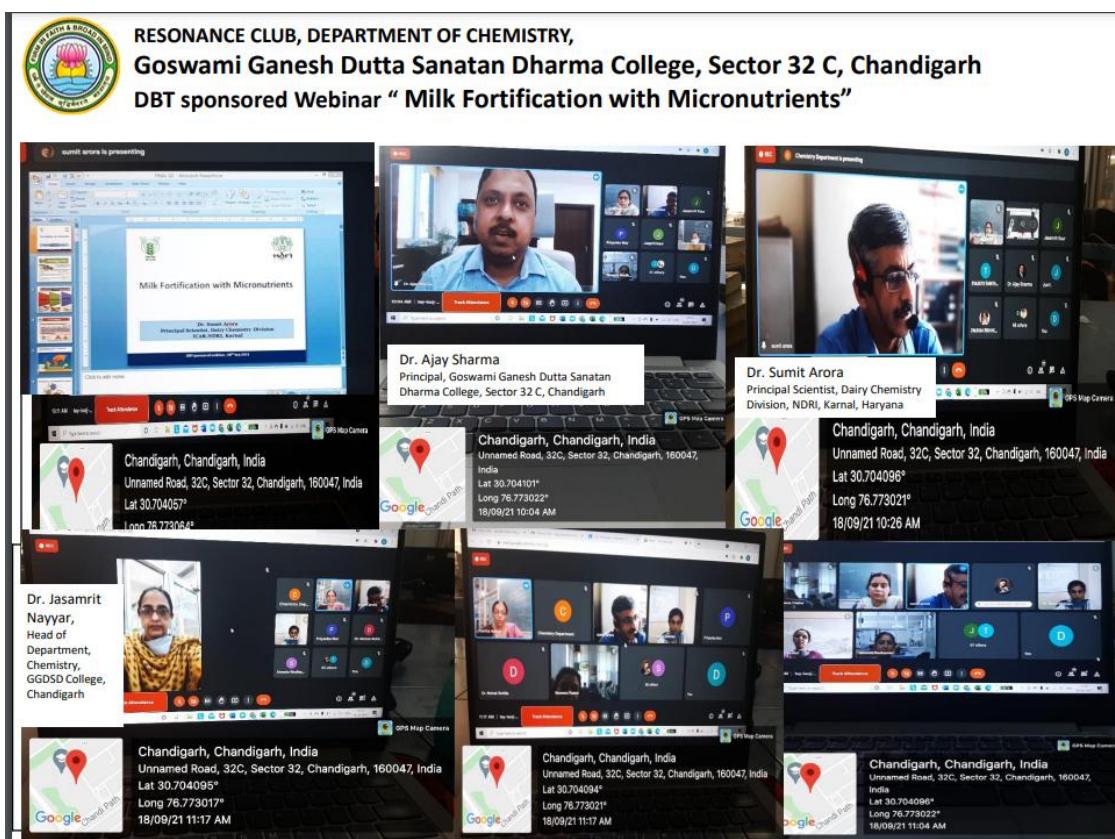


## Health and Fitness talk – Milk Fortification with Micronutrients

**Date - 18 September 2021**

**Resource Person - Dr. Sumit Arora, Principal Scientist, National Dairy Research Institute (NDRI), Karnal, (Haryana)**

The Resonance Club of Chemistry Department organized a webinar titled "Milk fortification with micronutrients" on Saturday, 18<sup>th</sup> September, 2021 at 10.00 A.M. as an initiative towards health and fitness. **Dr. Sumit Arora**, Principal Scientist, Dairy Chemistry Division, National Dairy Research Institute (NDRI), Karnal, (Haryana), India was the eminent resource person. Dr. Sumit Arora introduced the participants to the concept of food fortification. He delivered a very informative talk on different strategies of food fortification with special emphasis on fortification of milk to combat micronutrient deficiencies. He enlightened the audience about the low cost fortified products available in market and the companies providing fortified milk. Dr. Sumit Arora delivered a very basic, informative and interesting lecture which was very beneficial for the students. The major take away of the lecture was how the essential vitamins and minerals can be obtained through fortified milk to overcome the micronutrient deficiency in our body.



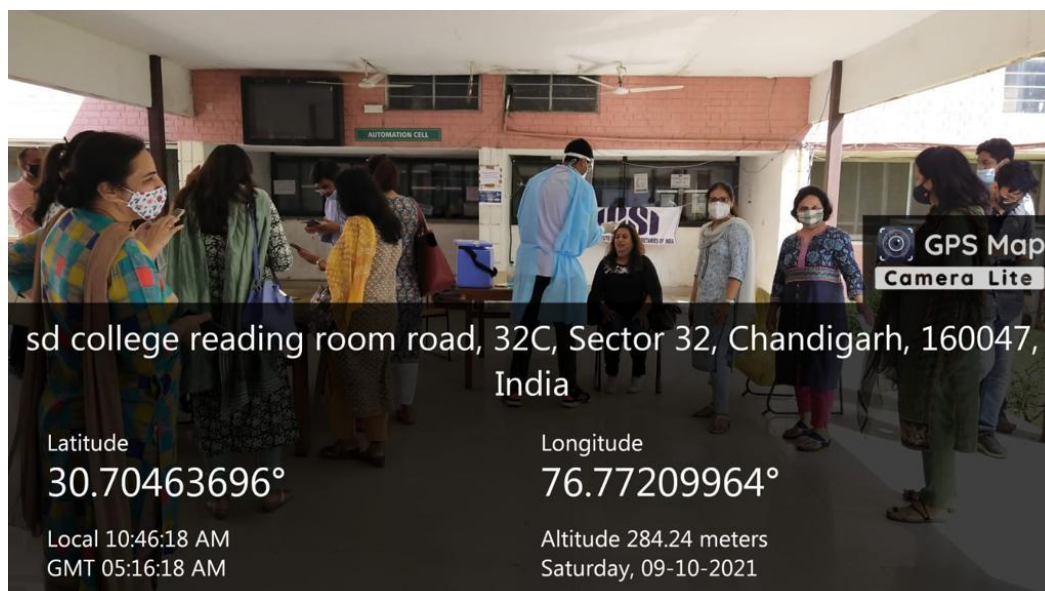
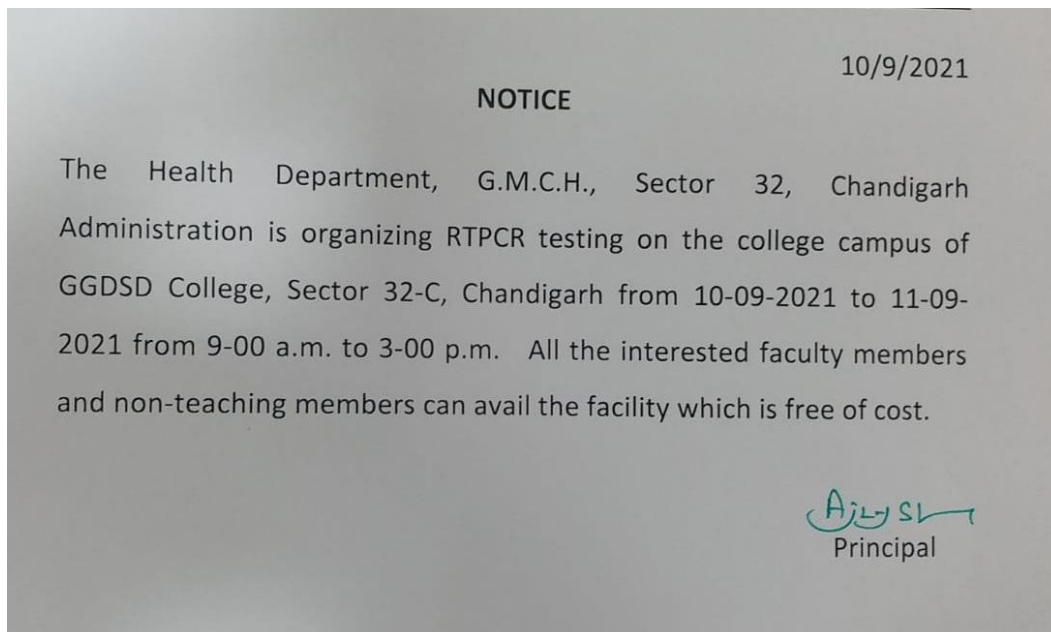


### COVID-19 testing camp

**Date – 10-11 September 2021**

**Resource Person – Team of doctors from Government Medical College, Sector 32, Chandigarh**

A free COVID-19 testing camp was organized at the college campus in association with Government Medical College, Sector 32, Chandigarh on 10 September. A total of 102 samples were taken at the camp, of which three persons tested positive.







## Fit India Run

**Date - 30 August 2021**

**Details – Fit India Run**

Department of Physical Education and NSS unit of the College, in collaboration with the College NGO Sanatan Dharma Aadarsh foundation organized **Fit India Run** spanning 16 kms from the College to Sukhna Lake and back. 35 students participated in it. The run started at 6 a.m. Event was flagged off by Shri Upkar Krishan Sharma and Dr. Ajay Sharma by releasing the tri-coloured balloons. NSS volunteers assisted in serving refreshments and managing the traffic during the run. Officials of the College thank Chandigarh administration and the police department for their cooperation and support throughout the run.





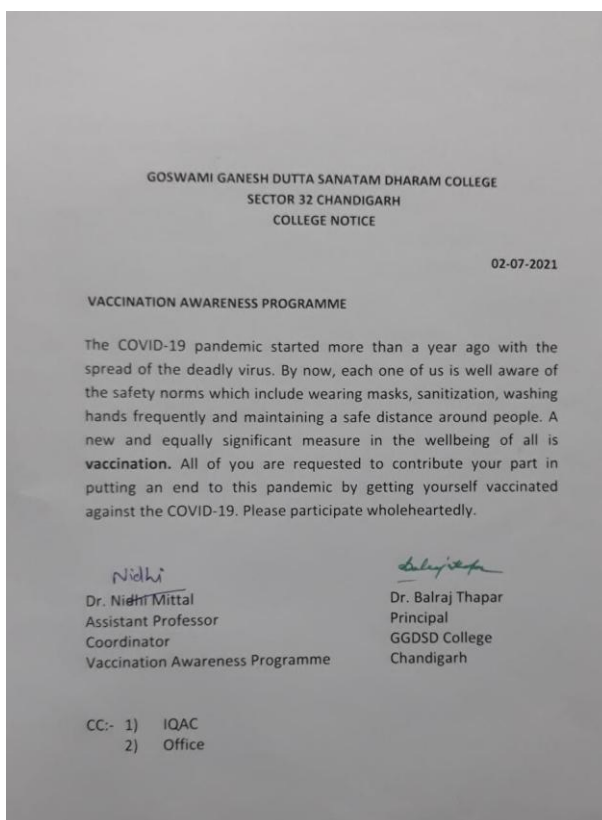
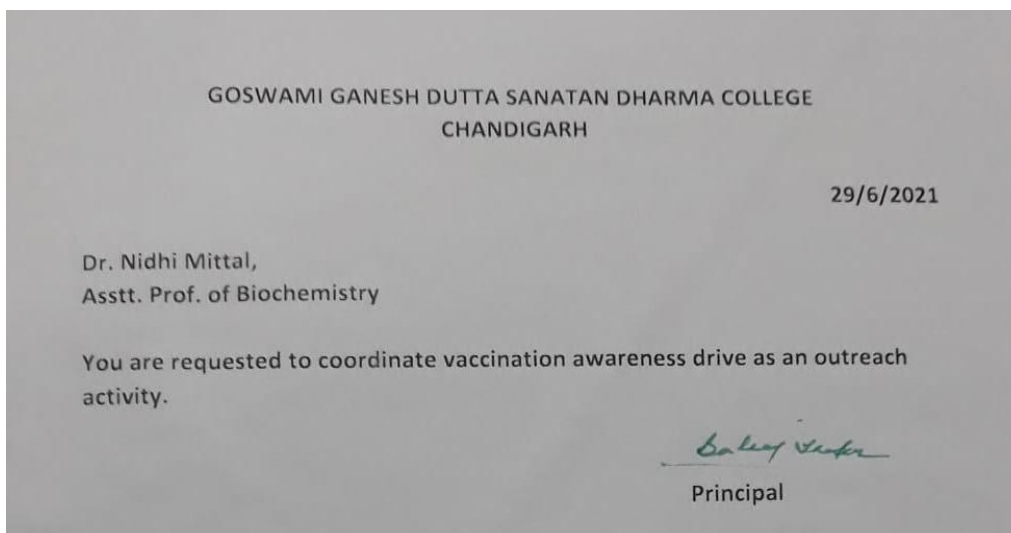


### Vaccination Awareness Drive

**Date - 2 July 2021**

**Resource Person – Dr. Nidhi Mittal, Department of Biochemistry, GGDSD College, Chandigarh who conducted vaccination awareness through Google form**

Dr. Nidhi Mittal, Department of Biochemistry, conducted vaccination awareness through Google form. Out of 4573 responses, 1005 students were found not vaccinated. These were contacted and counselled for the apprehensions they had and motivated to get vaccinated.







## 7<sup>th</sup> International Yoga Day

Date - 21 June 2021

Resource Person – Mr. Raman, Yoga instructor



**GOSWAMI GANESH DUTTA  
SANATAN DHARMA COLLEGE  
SECTOR 32-C, CHANDIGARH**



*celebrates*

## 7<sup>th</sup> International Yoga Day- 2021



DR. RINKU KALIA



DR. NEETU THAKUR



DR. RAJINDER MANN



DR. ASHIMA PATHAK



DR. INDU MEHTA



DR. MADHU SHARMA



DR. MAHAK SHARMA



DR. DEVI SINGH



DR. RAKESH VERMA



DR. KULWINDER



MR. RAMAN KUMAR





### Talk on Understanding Gynecological Cancers

**Date - 19 June, 2021**

**Resource Person – Dr. Kamla Kaushal, Trinity Hospital**

Talk on Understanding Gynecological cancers was delivered by Dr. Kamla Kaushal from Trinity Hospital. Dr. Kamla, a certified professional in the field gave an overview of various types of cancers common in women related to the reproductive organs. She highlighted the causes of breast, ovarian, uterine, cervical and endometrial cancers in youth and ageing women. The possible risk factors like lifestyle changes, obesity, PCOD, hormonal imbalance, viral infections, were discussed by her in detail and the preventive measures for the same were also covered up. The early detection of gynaecological cancers is necessary to control the spread of the disease. She discussed several simple tips for observing lump formation, foul discharges, post-menopausal changes, etc. as early diagnostic symptoms. The importance of clinical examination on routine basis after the age of 35 and the relevance of mammography tests, PAP smear and HPV tests was also elaborated by the speaker.






## Lecture on Covid-19 and Comorbidities

**Date - 17 June 2021**

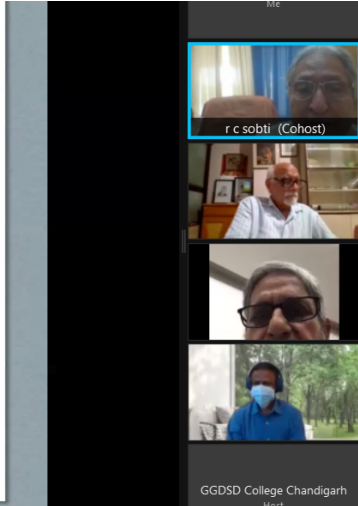
**Resource Person – Prof. Sanjay K. Badada, Department of Endocrinology, PGIMER, Chandigarh**

Lecture on “Covid-19 and Comorbidities” was organised under the aegis of ISCA (Chandigarh Chapter), in collaboration with CFCTC jointly hosted by Department of Biotechnology, and Centre for Medical Physics, Panjab University, Chandigarh on 17 June. **Prof. Sanjay K. Badada**, Department of Endocrinology, PGIMER, Chandigarh was the resource person.




# COVID-19 & Comorbidities

Dr. Sanjay Kumar Bhadada  
Prof. & Head  
Dept. Of Endocrinology  
PGIMER, Chandigarh



GGDSD College Chandigarh






GGDSD College Chandigarh



## 2-Week Online Yoga Camp

**Date - 14 to 27 June,  
2021**

**Resource Person – Mr. Raman Kumar, Yoga instructor**

 Gmail

jasveen dua <jasveen1956@gmail.com>

Mon, Feb 28, 2022 at 6:31 PM

**Yoga camp**

jasveen dua <jasveen1956@gmail.com>

To: jasveen dua <jasveen.dua@ggdsd.ac.in>

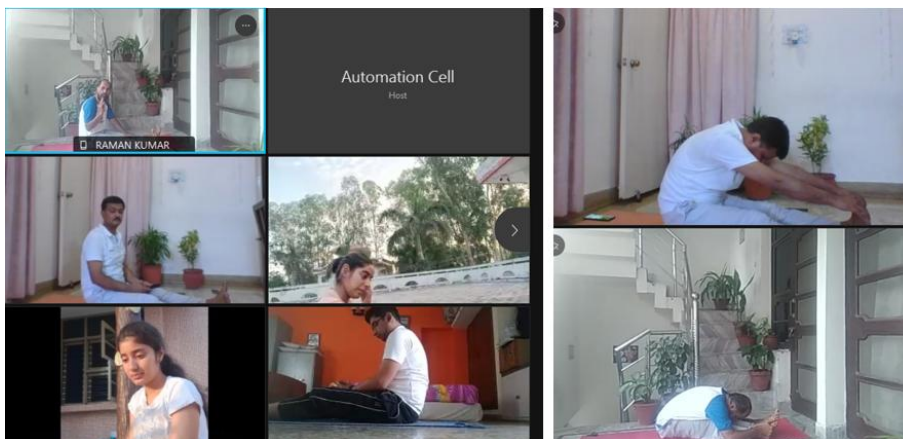
Goswami Ganesh Dutta Sanatan Dharma College is organising Two Week Online Yoga Camp from 14th to 27th, June 2021. All the Faculty members are requested to make the most of this Yoga Camp and enhance their Physical and Mental Health.

The timing for the Yoga camp will be from 6:00 am to 7:00 am.

Click on the following link to join the session each morning.

Cisco WebEx: <https://ggdsdcs.webex.com/ggdsdcs/j.php?MTID=m4b3d0b1f5748fb3292d3f9fd6c1ac913>

Principal  
GGDSD College  
Chandigarh







## Lecture on Rediscovering Post Pandemic Urban Lifestyle Changes with Innovative Nature Based Solutions

**Date - 12 June 2021**

**Resource Person – Dr. Chirashree Ghosh, Associate Professor, Department of Environmental Sciences, University of Delhi, New Delhi**

A DBT sponsored special online lecture on “Rediscovering Post Pandemic Urban Lifestyle Changes with Innovative Nature Based Solutions” was organised by Resonance Club on 12 June. The eminent speaker was **Dr. Chirashree Ghosh**, Associate Professor, Department of Environmental Sciences, University of Delhi, New Delhi. Dr. Ghosh focused on ecosystem enrichment in urban areas including the concept of green cities, green roofs, urban farming, etc. He also guided the students to improve the environment globally by reducing pollution at personal level and by acknowledging their responsibility towards the mother nature.



**Department of Chemistry**  
**Goswami Ganesh Dutta Sanatan Dharma College, Sector 32-C, Chandigarh**  
‘A College with Potential for Excellence’ - UGC, New Delhi  
Selected under ‘FIST Program’ - D.S.T., New Delhi  
Accredited ‘A+’ Grade - NAAC, Bangalore  
Selected under ‘Star College Scheme’ - DBT, Govt. of India, New Delhi.



**Popular Lecture (SPONSORED BY DBT, New Delhi)**  
**ORGANISED BY RESONANCE CLUB on Saturday, 12 June, 2021.**

### Scope of popular lecture

The lecture is intended to provide a platform for exchange of ideas in various fields of pure and applied chemistry. The aim of this lecture is to enlighten the young minds for the path of research toward environmental science.

### About the College

Established in 1973, named after immortal luminary **Goswami Ganesh Dutta**, the college is a post graduate multi-faculty (co-educational) institute. The college is accredited with A+ grade by the NAAC. Bestowed with the status of ‘A College with Potential for Excellence’ by the UGC. Selected under ‘Star College Scheme’ by the DBT, Govt of India.

### Contact Details

**Dr. Shweta Wadhawan**  
**Goswami Ganesh Dutta Sanatan Dharma College**  
**Sector 32 C, Chandigarh.**  
Email id: shweta.wadhawan@ggdsd.ac.in

**Eminent Speaker: Dr. Chirashree Ghosh, Associate Professor, Department of Environmental Sciences, University of Delhi, Delhi.**



**Title of lecture:** “Rediscovering post pandemic urban lifestyle changes with innovative nature based solutions”.

### About The Department

The Department of Chemistry in the college was established in 1979 with Prep and pre-engineering/medical classes. The undergraduate classes started in 1986. UGC, New Delhi, granted us with an innovative course in M.Sc. Applied Chemistry (Pharmaceutical). It was successfully implemented in the year 2008. The Department of Chemistry was awarded a RESEARCH CENTRE, by Panjab University in 2014 for conducting Ph.D. programme in Chemistry.

### Organizing Committee

**CHIEF PATRON:**  
Sh. U.K. Sharma, President, GGSDS College Society  
**PATRON:**  
Dr. Balraj Thapar, Principal  
**ADVISOR:**  
Dr. Sajeew Soni, Dean, Sciences & IT  
**CONVENOR:**  
Dr. Jasamrit Navvar, Head of the Department  
**ORGANIZING SECRETARY:**  
Dr. Shweta Wadhawan, Coordinator Resonance club

### Committee Members

**Dr Jyoti Kataria**  
**Dr. Mehak Rohilla**  
**Dr. Mamta Sharma**  
**Ms. Jasprit Kaur**  
**Ms. Ayushi Jain**  
**Ms. Priyanka Mor**  
**Ms. Raveena Thakur**  
**Dr. Neha Dhiman**  
**Dr. Geetika Sharma**

- Meeting will be hosted through the Google meet link:  
<https://meet.google.com/lookup/eavtospdkn?authuser=0&hs=179>
- Date: Saturday, 12 June, 2021
- Timings: 12:00 noon.
- Students can join only through their registered college email ID.



## Lecture on PGIMER in Covid-19 Pandemic

**Date - 1 June 2021**

**Detail – Prof. Jagat Ram, Director, PGIMER, Chandigarh**

Lecture on “PGIMER in Covid-19 Pandemic” was organised under the aegis of ISCA (Chandigarh Chapter), in collaboration with Chandigarh Forum for Science and Technology Communication (CFSTC) hosted by Department of Biotechnology on 01 June. Prof. Jagat Ram, Director, PGIMER, Chandigarh was the resource person.

**DISTINGUISHED LECTURE**

**“PGIMER in Covid-19 Pandemic”**

**TUESDAY | 1<sup>st</sup> June 2021 | TIME - 11:00 AM**

Under the aegis of  
**Indian Science Congress Association (Chandigarh Chapter)**  
In collaboration with  
**Chandigarh Forum for Science and Technology Communication (CFSTC)**  
Hosted by  
**Department of Biotechnology, Goswami Ganesh Dutta Sanatan Dharma College, Chandigarh**

**Eminent Speaker**



**Prof. Jagat Ram**  
Director, PGIMER, Chandigarh

**Session Co-Chaired by**



**Prof. Rajkumar**  
Vice Chancellor,  
Panjab University, Chandigarh



**Prof. R.C. Sabti**  
Former Vice Chancellor,  
Panjab University & GGSU

**GUEST OF HONOUR**



**Sh. Upkar Krishan Sharma**  
President, GGSD College Society, Chandigarh

**For Registration follow the link:**  
<https://forms.gle/dZKnx333u8ADu81B>

**Session Joining Link:**  
<https://gdsdc.webex.com/join?MTID=ma2541a7ca61997917ed88ccbf629dee1>

**Organizing Committee**

**Dr. Vipin Sabti**  
Convener, ISCA

**Dr. Navneet Batra**  
Head, Dept. of Biotechnology  
GGSD College, CHO (Convener)

**Prof. M.C. Sidhu**  
Dept. of Botany, P.U.

**Dr. Rameet Kaur**  
Dept. of Zoology, P.U.

**Prof. Sanjeev Puri**  
LIET, P.U.

**Dr. Kashmir Singh**  
Chairperson  
Dept. of Biotechnology, PU

**Dr. Balraj Thapar**  
Principal  
GGSD College, CHO



## Lecture on Eye involvement in Covid-19

**Date - 31 May 2021**

**Detail – Dr. Amod Gupta, Former Dean, PGIMER, Chandigarh**

Lecture on “Eye involvement in Covid-19” was organized by the Department of Biotechnology, under the aegis of Chandigarh Forum for Science and Technology Communication (CFCTC), in collaboration with ISCA (Chandigarh Chapter) Punjab Academy of Sciences on 31 May. **Dr. Amod Gupta**, Former Dean, PGIMER, Chandigarh was the resource person.

**DISTINGUISHED LECTURE**  
on  
**“EYE INVOLVEMENT IN COVID-19”**

**Chief Guest: Prof. N.K. Ganguly**  
Former DG, ICMR



**Distinguished Speaker: Dr. Amod Gupta**  
Former Dean,  
PGIMER, Chandigarh



**MONDAY | 31<sup>st</sup> MAY 2021 | TIME - 11:00 AM**

organized by  
**Department of Biotechnology, Goswami Ganesh Dutta Sanatan Dharma College, Chandigarh**  
Under the aegis of  
**Chandigarh Forum for Science and Technology Communication (CFSTC)**  
In collaboration with  
**Indian Science Congress Association (Chandigarh Chapter)**  
**Punjab Academy of Sciences**

**Patrons**

<b>Sh. Upkar Krishan Sharma</b> President, GGSDS College Society	<b>Prof. IJS Bansal</b> Former President Punjab Academy of Sciences	<b>Prof. R.C. Sobti</b> INSA Fellow Former Vice-Chancellor, Panjab University, Chandigarh & BBAU
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**ORGANIZING COMMITTEE**

<b>Dr. Vipin Sobti</b> Convener, ISCA	<b>Prof. M.C. Sidhu</b> Dept. of Botany, P.U.	<b>Dr. Balraj Thapar</b> Principal GGSDS College, CHD
<b>Prof. Sanjeev Puri</b> UIET, P.U.	<b>Dr. Navneet Batra</b> Head, Dept. of Biotechnology GGSDS College	

**CONTACT: +91-9417850678**  [navneethatra@ggdsd.ac.in](mailto:navneethatra@ggdsd.ac.in)





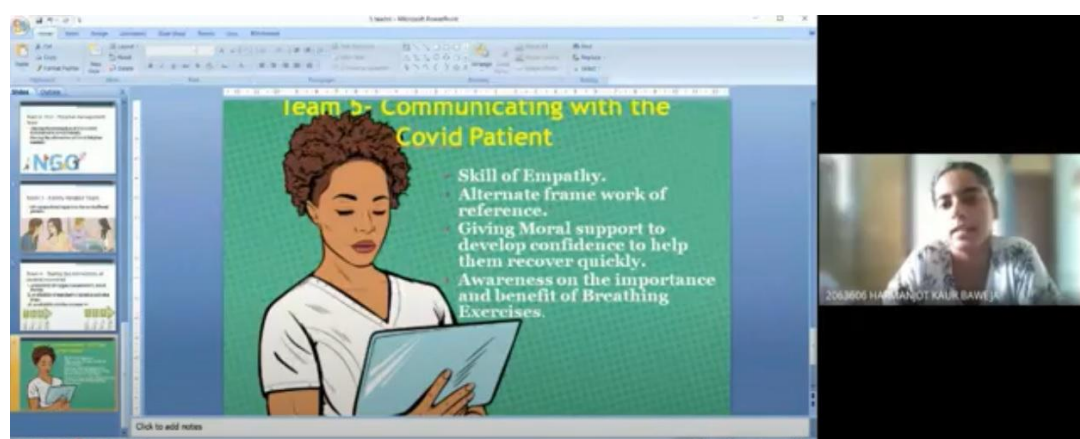
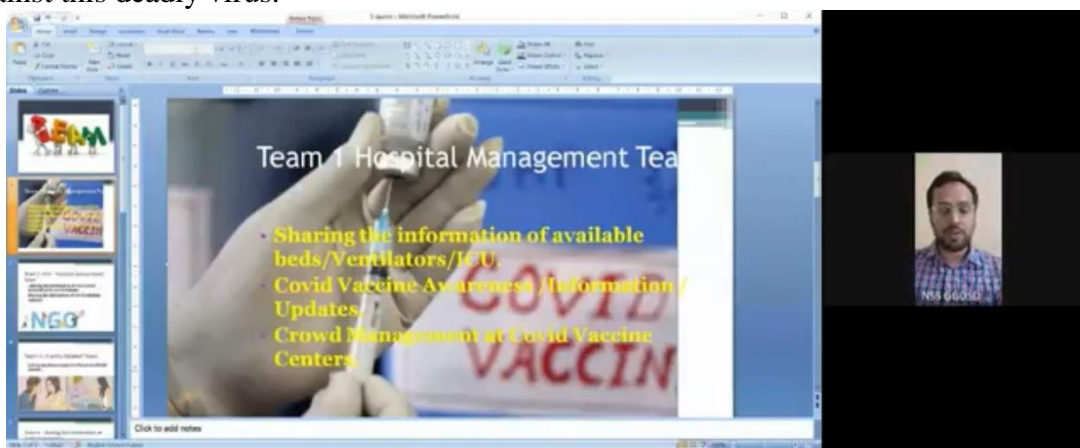
## Workshop on Psychological Support for Covid Pandemic Condition and inculcating COVID helper skills for student community

<https://drive.google.com/file/d/1dxHkKluockPpy3t9-OTst8WStAJSnWQ/view>

Date - 29 May 2021

Detail – Mr. Samarth, Mahatma Gandhi National Council of Rural Education (MGNCRE)

A workshop on “Psychological Support for Covid Pandemic Condition and inculcating COVID helper skills for student community”. The guest speaker for the same was **Mr. Samarth Sharma** from Mahatma Gandhi National Council of Rural Education. The speaker imparted knowledge to the volunteers regarding the ways in which they could help the COVID patients. He emphasized on showing empathy towards the patients and also guided the volunteers that in the era of social networking it is most imperative that valid and authentic information must be shared regarding the ailment and its cure. The interaction was very knowledgeable and volunteers were all geared up for doing their bit for the society against this deadly virus.



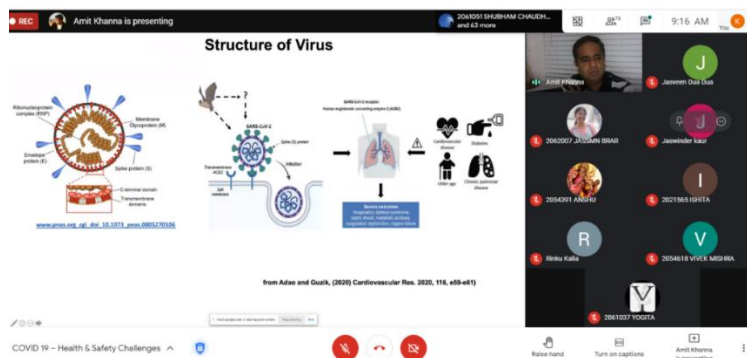
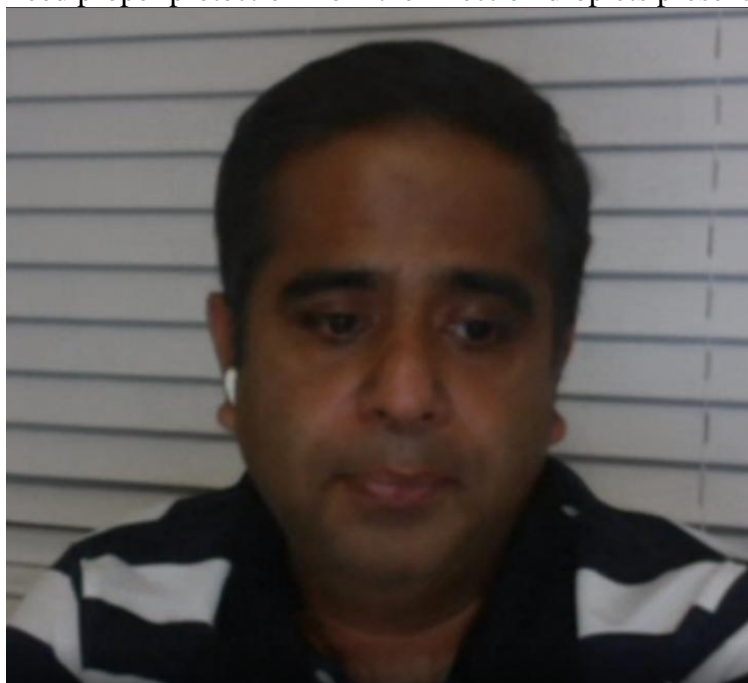


### Session on Covid -19: Health & Safety Challenges

**Date - 1 May 2021**

**Detail – Dr. Amit Khanna, Scientist, Fluidigm Corporation, South San Francisco, California, USA**

An interactive session on ‘COVID 19 - Health and Safety Challenges’ was organized through online platform for the students and staff. The session was delivered by **Dr. Amit Khanna** a US based Senior Scientist of Indian origin. He is a molecular biologist, bioinformatician and genomics scientist with about 15 years of experience in the field and a distinguished Alumnus. He shared information the molecular metabolism of Covid virus and explained the mode of infection and its preventive measures in a simplified manner. Answering to the queries pertaining to strengthening of immunity and concerns related to vaccination, he patiently addressed all. He emphasized on the use of masks and protective shield to the participants by effective explanation. Mouth and nose being the important targets for the virus to begin the infection process thereby attacking our vital organs especially lungs need proper protection from the infection droplets present in air.





## Webinar on Virus-Host Interactions, Therapeutics and More

<https://www.youtube.com/watch?v=PXymcEYL1Rw>

**Date - 19 January, 2021**

**Resource Persons – Dr. ( Mrs ) Kamana Misra, President, Association for Women in Science New Jersey, USA; Dr Matloob Husain, Associate Professor, Department of Microbiology and Immunology, University of Otago , New Zealand**

Zoology Department organized an International Webinar on 19.1.21 on the theme” Virus – Host Interactions, Therapeutics and more” in which, **Dr. ( Mrs ) Kamana Misra**, President, Association for Women in Science New Jersey, USA and **Dr Matloob Husain** an Associate Professor of Virology (senior virologist) in the Dept. of Microbiology and Immunology at University of Otago , New Zealand were the resource persons and delivered lecture. Around 99 participants attended the session.







### Session on Managing stress & self-care during Covid-19

**Date - 29 June 2020**

**Detail – Ms. Bharti Kapoor, Consultant, Psychologist and Healer**

A webinar on the topic Managing stress and self care during Covid-19 by Mrs. Bharti Kapoor, Consultant, Psychologist and healer was organized by Department of Psychology. The webinar helped students improve their psychological well-being by providing strategies that could reshape their lives and reduce stress during Covid outbreak.



**LIVE WEBINAR**

### **MANAGING STRESS & SELF CARE DURING COVID-19**

**MONDAY | 29 JUN 2020 | 1:00 PM - 2:30 PM**



**Bharti Kapoor**

(Consultant Psychologist & Healer)  
Executive Director ODE PQ

Organised by

**Dept of Psychology Goswami Ganesh Dutta, SD College,  
Sector -32, Chandigarh**

Registration Link

**<https://forms.gle/XpeasTiCcFAeRYno9>**

**Dr Tarundeep Kaur**  
HOD Psychology


**Dr Balraj Thapar**  
Principal



## International Yoga Day with Ministry of Ayush

Date - 21 June 2020

Detail – Yoga Day with Ministry of Ayush

 Gmail

Jasveen Dua Dua <jasveen.dua@ggdsd.ac.in>

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**Yoga -2020**

**jasveen dua** <jasveen1956@gmail.com>  
To: jasveen dua <jasveen.dua@ggdsd.ac.in>

Sun, Feb 27, 2022 at 3:06 PM

GGDSD College is observing International Yoga Day on June 21,2020 and this year being different because of spread of Covid-19, Ministry of AYUSH, Govt. of India, has issued common Yoga protocol wherein it has been stressed that the common Yoga protocol shall be performed individually or with the family within the confines of their homes on 21st June, 2020 from 7.00 a.m.to 7.45 a.m. All the faculty, staff and students are required to perform various Yoga asanas at their homes to make the event a success.

Dr. Balraj Thapar  
Principal  
GGDSD College  
Chandigarh

Sent from my iPhone





### Inter College Literary Fest on the theme "Physical & Mental Health"

**Date – 17 February  
2020**

**Resource Person - Dr. R. Kumar, Ex-PGI Eye specialist**

Ira: an inter-college literary fest was organized by the English Literary Club in association with S.P.E.A.K. Society for Promotion of Ethical and Affordable Health Care on 17 February 2020. The theme of the fest was "**Physical & Mental Health**". The event had participants from 8 colleges in the tri-city and they fervently participated in 4 different competitions. The competitions were Turncoat (a form of debate in which participants had to switch sides), Rubatosis: The unsettling awareness of your own heartbeat (Poetry Recitation), Reverse a Tale (Story writing) and Meme Making. The topics for the competitions were all related to health. The president of S.P.E.A.K. India, **Dr. R. Kumar, Ex-PGI Eye specialist** gave a presentation on how one can keep good health through lifestyle changes. He insisted that there is a huge need to change paradigm thinking and to improve one's diet by abandoning processed food and junk. He put emphasis on the need for consuming healthy food and gave his recommendations for what can be done in order to bring about a change in public health at large.







## Guest Lecture on Role of Biomarkers in risk prediction and progression of Hepatitis B Virus (HBV)

**Date - 30 January 2020**

**Detail – Dr. Jyotdeep Kaur, Professor, Biochemistry Department, PGIMER**

A talk by **Dr. Jyotdeep Kaur**, Professor, Biochemistry Department, PGIMER on “Role of Biomarkers in risk prediction and progression of Hepatitis B Virus (HBV) related Hepatocellular Carcinoma (HCC)” was organized by Zoology Department, GGSDS College, Chandigarh on 30<sup>th</sup> Jan., 2020.





## Lecture on Substance abuse

**Date – 19 November 2019**

**Resource persons - Mr. Manish Kumar, head Technical Support Unit of AIDS Control**

The growing menace of drug abuse was discussed in a lecture delivered by **Mr. Manish Kumar**, head Technical Support Unit of AIDS Control, Punjab, Haryana and Chandigarh. The talk was organized by department of Zoology. He discussed the various illicit drugs and intoxicants used by youth and their harmful effects on the psychological and physical functioning on the addicts.



**Arthprakash 20.11.2019**

## GGDSD college holds lecture on 'Substance Abuse'

**EXPRESSNEWS SERVICE**  
PANCHKULA, NOVEMBER 19

THE TEAM leader of the Technical Support Unit of National AIDS Control Organisation, Manish Kumar delivered a lecture on 'Substance Abuse' at Goswami Ganesh Datta Sanatan Dharam (GGDSD) College on Tuesday morning.

Kumar, who heads the TSU for the states of Punjab and Haryana and the Union Territory of Chandigarh, discussed the growing menace of drug abuse in

the region and highlighted ways in which the trend could be curbed.

The talk was organised by the department of Zoology at GGDSD. The dean of the department of Zoology, Dr Indu Mehta and Dean Sciences Dr Sajeew Soni were also in attendance at the lecture. Kumar discussed the types of illicit drugs and intoxicants consumed in the area and delineated the ways in which the drugs affected the psychological and physical functioning of the addicts.

"Where there is a will, there is

way. Anyone who wished to stay away from drug abuse can do so. Remember, 'No' is the strongest tool we possess," said Kumar, addressing the students gathered at the mini auditorium of the college.

Elucidating on the various case studies of how drugs ruined lives of the addicts, Kumar closed the lecture by giving a series of measures that could be undertaken to prevent drug abuse. "There is a thin line between habit and addiction, when one crosses that line, there is almost no turning back," said Kumar.

**Chandigarh Newline 20.11.2019**





### Yoga session on International Yoga Day

**Date - 21 June 2019**

**Resource persons - Mr. Janak and Mr. Surinder Singh,  
Patanjali Yog Peeth, Chandigarh branch**

#### Notice

GGDSD College is celebrating International YOGA DAY on 21<sup>st</sup> June, 2019 from 7:00a.m. to 8:00a.m. in the campus. All the teaching and non-teaching staff is requested to attend the event to make it a success.

*Surinder Singh*  
Principal

The NSS and NCC unit of the College held a Yoga on International Day of Yoga on 21st June 2019 at the College premises. Around 100 volunteers along with the faculty members of the College performed various yog asanas and did pranayama to mark the same. **Mr. Janak** and **Mr. Surinder Singh** from Patanjali Yog Peeth, Chandigarh Branch guided the participants how to perform various asanas and made them aware about the benefits of Yoga in daily life. They also guided how various health problems can be avoided or cured by performing yog on daily basis.







## Fit India Movement

**Date – 29 August 2019**

**Organizing unit –NSS and NCC**

The NSS Unit and NCC Unit the college organised a telecast wherein live screening of the "Fit India Movement" held at IGS complex in New Delhi, launched by Honorable Prime Minister Shri Narendra Modi ji was conducted. The main emphasis was to revive Indian traditional games and folk dance forms to mark National Sports Day celebrations and contribute towards healthy lifestyle. Prime Minister stated that this event was organized to act as a catalyst in fitness mission and encouraged everyone to take up sports to stay fit and healthy. Today's youth is addicted to television, computers and screen gaming, mobile phone addiction leading to increase in obesity cases and various health disorders. So the need of the hour is to launch fitness programmes and healthy practices. The students were motivated to indulge in outdoor sports activities to support this initiative of Ministry of Youth Affairs and Sports of India.

**WEBINAR HELD  
AT SEC 32 COLLEGE**  
**CHANDIGARH:** The NSS and NCC unit of GGSDS College, Sector 32, organised a webinar wherein a live screening of the 'Fit India Movement' being launched by prime Minister Narendra Modi at Indira Gandhi Stadium Complex, New Delhi, was telecast. The event was organised to mark National Sports Day celebrations. The objective was to revive Indian traditional games and folk dance forms to contribute towards a healthy lifestyle. Principal Balraj Thapar encouraged the students to indulge in outdoor sports activities to support the initiative.

**H.T. Chandigarh 30.08.2019**





### Lecture on Cancer Awareness

**Date - 15 February 2019**

**Resource Person – Dr. Firuza, retired Professor,  
Department of Radiotherapy (PGI)**

Lioness Club, Panchkula Central, in association with the Department of English of the College organized a talk on “Awareness and Precautions for Cancer in Women” by **Dr. Firuza**, retired Professor, Department of Radiotherapy (PGI) on 15 February 2019. The students were made aware of various types of cancer and the precautions to be taken for a healthy life. The session ended with a question answer round with the students and the staff.





### Lecture on Emerging Food-borne parasitic Diseases

**Date - 14 February 2019**

**Resource Person – Dr. Harpreet Kaur, Chairperson,  
Department of Zoology, Panjab University, Chandigarh**

A guest lecture by **Dr. Harpreet Kaur**, Chairperson, Department of Zoology, Panjab University, Chandigarh, was organized on 14 February 2019. The talk was on “Emerging Food-borne parasitic Diseases”.







## Green Marathon for fitness

**Date - 10 February 2019** | **Detail – Salaam Zindagi Charitable Trust and SBI**

NSS Volunteers along with NSS Programme Officers participated in the SBI Green Marathon on 10th February 2019 at Chandigarh Club. It was in collaboration with **Salaam Zindagi Charitable Trust and SBI** to motivate students for fitness.





### Fitness and Yoga Session

**Date - 30 December, 2018**

**Resource Persons – Mr. Surinder and Mr. Puneet, Yoga instructors**

A yoga session was held under the assistance of yoga experts, **Mr. Surinder and Mr. Puneet**. The students were not only given instructions and directions but were also explained the incredible benefits of various *pranayams*. Sundry conditions like thyroid, diabetes, etc. were given a solution through practicing yoga. The volunteers ecstatically performed the various *asanas* as told by the instructors. Towards the end of the yoga session, volunteers got encouraged to practice yoga daily as it is known not only for curing but also preventing various diseases.







## Health Talk

**Date - 28 December, 2018**

**Resource Persons – Dr. Ajinder; Dr. Parvesh; Dr. Jaspreet; Dr. Arshdeep; Dr. Gurcharan, Fortis Hospital, Mohali**

Health Talk and an interactive session with doctor's panel was conducted by NSS. **Dr. Ajinder, Dr. Parvesh, Dr. Jaspreet, Dr. Arshdeep and Dr. Gurcharan from Fortis Hospital, sec.-62 (Mohali)** were present on the occasion. The session included topics like; BLS (Basic Life Support), first aid, cardiac arrest, heart attack etc. and provided a brief overview to volunteers about signs and precautions to be taken. Volunteers whole heartedly participated and got their queries solved. They were given practical demonstrations of compressions to be given to a patient during cardiac arrest and choking and suggesting possible measures to take initiative in social life to help others in times of need.







### Workshop on Mental Health

**Date - 20 October 2018**

**Resource Person – Dr Glory Khanna Singh, psychologist at Alchemist**

The Rotaract Club of college and the Rotract Club of Chandigarh Midtown along with Alchemist Hospital and Nurture Nature organized a workshop on Mental Health at UIET on 20 October 2018. A leading psychologist at Alchemist, **Dr Glory Khanna Singh**, conducted the workshop. Her educative lecture specifically concentrated on depression, a major concern of mental health, amongst youth. She also clarified doubts and myths about mental health. The session was very interactive. She also clarified doubts and myths about mental health. overall, the session was quite interactive and everyone participated in it enthusiastically.





### Yoga Session on International Day of Yoga

**Date - 21 June, 2018**

**Resource Persons- Ms. Bharti from Patanjali YogPeeth, Chandigarh Branch**

The NSS and NCC unit of the College, organized a session on Yoga on the International Day of Yoga on 21st June 2018 at the College premises. Around 50 volunteers along with the faculty members of the College performed various yogasanas and did pranayam to mark the same. **Madam Bharti from Patanjali YogPeeth**, Chandigarh Branch guided the participants how to perform various asanas and made them aware about the benefits of Yoga in daily life. She also guided how various health problems can be avoided or cured by performing yog on daily basis.





### Behavioral changes due to social pressure taught through Street Play - Matiheenta

**Date - 20 January 2018**

**Detail – Aesthesia club in collaboration with the Sarv Saksham Club**

**Aesthesia club** in collaboration with the **Sarv Saksham Club** (Theatre) performed a street play, "Matiheenta" on 20 Jan 2018 which depicted behavior of a person as a result of social pressure and social evils. Also, it conveyed information about the different aspects of personality such as ego and superego.



### Wellness and Mental Health Counselling by Manasuday

**Date – 1 August 2017 to  
January 2018**

**Detail – Counselling by Manasuday**

Wellness and Mental Health Counselling sessions were conducted by **Manasuday** For day-to-day counselling sessions total number of walk-in cases from August 2017 to January 2018 wer 41 and filed cases were 9 out of which 5 were having examination anxiety, 2 had personal issues and 2 had vocational issues for which intervention was provided. 5 cases were personal counselling cases with severe psychological concerns and were dealt accordingly.

**(Case Studies are confidential and cannot be shown here as proofs)**





### Session on Relaxation Techniques and Mindfulness

**Date - 11 October 2017** | **Detail – Manasuday**

On 11<sup>th</sup> October, Department of Psychology in collaboration with **Manasuday** (Stress Management Lab) conducted an activity on intervention techniques that included Jacobson's Relaxation Technique (PMR), Breathing exercises, Meditation (mindfulness), and Music therapy which was attended by many students.

### Enactobolt – Colour Run

**Date - 26 February 2017** | **Detail – Tricity's 'Colour Run' and Zumba session**

On 26 February 2017, '**Enactus GGDSD**' organised the tricity's first ever 'Colour Run' - a 6 km run starting from the Chandigarh Club, Sector 1 to the Garden of Silence at Sukhna Lake. The event saw massive participation of 500 runners. Following a 30 minute **Zumba session**, the runners started the race amidst vibrant spraying of dry colours of different hues. Throughout various check points, dry colours were constantly sprinkled at all the participants which evoked a lot of laughter and happiness. The event was organised to highlight different initiatives of Enactus namely Neev, Navridhi and Amal which focus on popularising concepts of waste upscaling, organic kitchen farming, etc. Chief Guest, Dr Virender Kumar Bansal, CMO, General Hospital, Sector 6, Panchkula gave away cash prizes of Rs 5000, Rs 3000 and Rs 2000 to the first three winners. The event was coordinated by Ms Niharika Sharma, Department of Economics.





### 3-Day workshop on Meditation

**Date - 15 to 17  
November 2016**

**Resource Persons – Mrs Vatsala Vasudeva, an IAS officer  
and Dr Om Parkash Katere, Director Research, Pharmacy  
Department, PU**

A three- day workshop on 'Heartfulness, Relaxation and Meditation' was organized from November 15-17, 2016. Spiritual trainers Mr Raj Gopalan (Professor in nuclear physics), Major General Harbhajan Singh, **Mrs Vatsala Vasudeva**, an IAS officer and **Dr Om Parkash Katere**, Director Research, Pharmacy Department, PU conducted the workshop.



**Amar Ujala 18.11.2016**

### Yoga session on 2nd International Yoga Day

**Date – 21 June 2016**

**Detail – NSS and NCC units conducted the camp**

A special Yoga session was organized on 21<sup>st</sup> June, 2016. Also, the yoga camp conducted in collaboration by NSS and NCC units of the college concluded on the 2<sup>nd</sup> International Yoga Day. The camp was attended by staff and students everyday at 6.00 a.m.





### Yoga Camp

**Date – 2 to 21 June 2016**

**Detail – Inauguration by Prof Arun Grover, Vice Chancellor, Panjab University**

A 20-day yoga camp was conducted in collaboration by NSS and NCC units of the college. The camp was inaugurated by **Prof Arun Grover, Vice Chancellor, Panjab University**. He appreciated the hugely attended camp and said such activities promoted health awareness and encouraged healthy lifestyle practices. The camp was a huge success and students and staff members had enrolled enthusiastically for the camp that will be held everyday at 6 am.

