

5.1.3

Following capacity development and skills enhancement activities are organised for improving students' capability

- 1. Soft skills*
- 2. Language and communication skills*
- 3. Life skills (Yoga, physical fitness, health and hygiene)*
- 4. ICT/computing skills*

All of the above are organised in our college

Activity	Page No
1. <i>Soft skills</i>	2-4
2. <i>Language and communication skills</i>	5-8
3. <i>Life skills (Yoga, physical fitness, health and hygiene)</i>	9-64
4. <i>ICT/computing skills</i>	65-79

1.Soft skills

Soft skills have been especially taken up to prepare students in order to make them world citizens.

1. Some lectures and activities are designed from time to time to make the students aware about the challenges in career prospects.
2. Lectures are regularly organised in order to improve interpersonal skills. This also helps to promote team work among the students.
3. It helps to create confident, organised and adaptable work force.
4. Students learn to communicate according to the context and the background of the situation. It promotes creative thinking, social networking, decision making, time management and conflict resolution.

Every year before job fair students are given special coaching that focuses upon soft skills and helps them to overcome hesitation and stage fear.

Interactive sessions guide students the importance of soft skill in order to become successful entrepreneurs. Students have been encouraged to hone their own special talents and excel in different fields.

Workshop on Soft Skills

A workshop was conducted by soft skills cell on 1st May 2023 for M. A. Students. A detailed session was taken up by Dr. Swati Sharma Assistant Professor, Dept. of English, Lingaya's Vidyapeeth, Faridabad, on Pragmatics and Stylistics. She started the workshop by explaining the students the concepts of linguistic, branches of linguistic, pragmatics and stylistics.

The workshop was held in two sessions. In the first session the speaker explained the branches of linguistics which covered socio, psycho and neuro linguistics. In the 2nd session the students got to learn about the concept of pragmatic and stylistic, invisible meaning, direct and indirect speech and preposition. The session was very interactive and purposeful. The workshop concluded with votes of thanks from students.

Archana

Dr. ARCHANA HOODA

Incharge
Soft Skills



**GOVT. COLLEGE FOR GIRLS, SECTOR-14,
GURUGRAM, HARYANA**

**organizes workshop on
Pragmatics and Stylistics under Soft-Skills Cell**

WORKSHOP ON PRAGMATICS AND STYLISTICS

1 MAY 2023

SPEAKER

**Dr. Swati Sharma
Assistant Professor
Department of English
Lingaya's Vidyapeeth, Faridabad**



**Venue: Room No. 43
Govt. College for Girls, Sec-14, Gurugram**

**Principal: Dr. Ramesh Kumar Garg
Organizers: Dr. Archana Hooda & Ms. Hemlata**

2 Language and communication skills

Language lab helps the students to acquire language skills in an easy way and also provides a platform to students to build a strong vocabulary.

1. Language lab allows students to access audio or audio visual material, thereby making teaching and learning more interesting.
2. It helps students to learn and improve their writing and speaking skills.
3. It assists them to listen to accurate sounds and thereby to improvise their pronunciation.
4. Exposure to latest techniques makes Students confident and tax savvy.
5. Mock test and study materials are provided to sharpen the skills of the students. Students in group of 24 visit the lab at one point and can access the lab and can improvise where they need improvement.
6. Such an exposure prepares them to work out their career choices

From

Higher Education Commissioner, Haryana,
Siksha Sadan, Sector - 5, Panchkula

To
The Principal
Govt. College

-----Thurs-----

Memo No. 7/21-2007 EDUSAT (1)
Dated, Panchkula, 23-5-2008.

Subject:- Establishment of English Language Labs in 25 Govt. Colleges
(Centres of Excellence)

Govt. has decided to establish English Language labs in 25 Govt. Colleges which are to be developed as Centres of Excellence. It becomes imperative that proper emphasis be laid on learning English Language and its usage. The requirement of the students in Haryana are unique viz-a-viz spoken or communicative English. These English labs would be beneficial and labs would enable the students in terms of self learning.

To establish these language labs Govt. has decided to grant Rs. 2 lacs for the preparation of a room with seating capacity of about 30 students. This amount will be spent on furniture, carpeting, curtains and computers. The already available computers will be brought in use also.

Services of one technical expert will be required exclusively for smooth functioning of these labs. He may be engaged on contract basis through out sourcing.

The incharge of softskills in these colleges would be assigned the additional work of monitoring these language labs and these periods will be included in their work load.

All these colleges will take care to cover maximum number of students to be trained to get benefit from these labs. It is further directed that colleges should incorporate this feature in the Prospectus of the college from the coming academic session 2008-09 for the information of the students.

Ag/ao
Assistant Director Colleges-IV

Principal
PRINCIPAL

Govt. College For Girls
Siksha Sadan, Panchkula





3 Life skills (Yoga, physical fitness, health and hygiene)

Life Skills is an important area in which students are practically taught different skills to become vigilant and conscious citizens.

1. Different activities and exhibitions are held for awareness and exposure of the students.
2. Resource persons from different institutions are invited to broaden the horizon of our students. Doctors are regularly called to make students sensitive towards hygiene and to adopt healthy ways of living life. Self defense techniques are practically taught in order to ensure safety of girl students.
3. It helps students to locate their special area of expertise and to sharpen their skills in particular direction.
4. Life skills make students empathetic towards needy people. We have a special group, "Sehyog" under which we help people in tough times by extending helping hand.
5. Special Yoga Sessions are always planned on regular basis to train students for healthier practices in life. Our sports ground has been located near the hostels and it is 24x7 available for the hostlers. This has been done in order to encourage students to remain fit and energetic.

A lot of other activities are planned under different committees like NSS, Women Cell and societies of students who exemplify silently working groups. They make us aware on complete ban on plastics. Such programs are even carried forward in the places adopted by our college. We even participate and have record of doing Surya Namaskar in large number on International Yoga Day. Our teachers have been invited to deliver lectures on life skills in different institutions.

1. Poshan Maah' was celebrated in College Campus during the month of September. Various activities were organised under Women cell for Girl students - like lectures, yoga session, free Medical health checkup and competitions like Rangoli making, poster making & Book mark making.
2. Extension lecture on 'Diet and life style-Ayurvedic concept' was organised on 20 Sept 22 on occasion of 'Nulika month'. It was delivered by Dr. Geetanjali Arora (MD, Ayurveda).
3. Dr. Bhudev Hans (Ph.D) in yoga) conducted one day 'yoga session' on 21st Sept 22 on the occasion of 'Poshan Maah' in college campus - by Mr. Bhudev Hans.
4. Dr. Manju Kumari (M.D. Ayurveda) delivered lecture on "Concept of Ayurveda for Immunity" on 22 Sept. 22 to celebrate Poshan Maah' in college campus under Women cell.
5. On the occasion of 'Poshan Maah' various competitions had been organised under women cell like
Rangoli making
Poster making
Book mark making.

winners were awarded with cash prize.
(on 21st Sept 2022)

Yoga

6. Ms. Ritu Srivastava conducted 10 days yoga workshop from 19th Sept to 1st Oct 2022 (except Sundays and Greeting holidays).
for girl students in college campus.

7. Dr. Sakshi Khurana delivered extension lecture x on 'Influence of food preservation technologies on health and Safety' on 8th Oct 2022 in college.
under women cell.

8. 'Mehendi Competition' was organized under Women Cell on 12/10/22 on the occasion of 'Kavallanthi'.
Winners were given cash prizes.

9. 'Jewellery making' workshop for 5 days under workshop was organized from 11th Oct to 17th Oct 22 by Ms. Aneli.

10. Mr. Wasim Raja conducted self-defence workshop for 10 days from 24th Oct to 15th Nov. 22.

11. Workshop on 'Snacks and desserts' was conducted by Ms. Gunjan Saluja for 5 days from 14/11/22 to 18/11/22.

Ms. Ashwita Banarjee conducted 15 days workshop on 'Art and craft' under women cell from 15/11/2022 to 2/12/2022.

Dr. Shobhna Jeet (Asso. Prof., School of legal studies at K.R. Mangalam University) delivered lecture on topic 'legal rights of women' on 8/12/22 under women cell.

Ms. Manisha Soie (Certified Skill soft trainer) conducted 4 days workshop on 'Personality and skill development' from 14th Dec. to 17 Dec '2022 under women cell.

Dr. Priyanka Shekawat (Consultant Neurologist at Army Healthcare) delivered lecture on 'Nutrition, mental health and cervical cancer' under women cell on 14th Dec 2022.



16. Free Medical Health Check up camp was organised under Women Cell on 20th Sept 2022 in Canteen. It was organised by Ayush Department in the college campus for Ail students and faculty.
17. Poshan Maah Rally was organised on 30th Sept 2022 under Women Cell.
18. Summer camp on Entrepreneurship, Personality development and graphic design was organised in college campus for 7 days in collaboration with NSS + SACC from 23rd to 31st May 2022 in Session 2021-2022.



DATE _____
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पिछली
संगीत
गानेकी



Poster
Making



सितम्बर माह में 'पौषण माह' के अन्तर्गत
"स्वास्थ्य जागरूकता रैली"



प्रोसेस्ड फूड की बजाय ताजे फल, सब्जियों का करें सेवन: डा. साक्षी खुराना

राजकीय कन्या महाविद्यालय में स्वास्थ्य और सुरक्षा पर व्याख्यान



हृदयन इंदिरा/सुप्री
मुद्राजय: राजकीय कन्या महाविद्यालय सेक्टर-14 में महिला प्रयोगशाला की ओर से स्वास्थ्य और सुरक्षा पर अग्रणी डॉ. साक्षी खुराना प्रोफेशनलीटी की एक प्रमुख विषय पर व्याख्यान कार्यक्रम आयोजित किया गया। इस विषय पर आयोजक

कमलेश जीव एनलसड सटीम दिल्ली से मुद्रा डेक्लेरेशन की अतिथि प्रोफेसर डा. साक्षी खुराना ने छात्रों के साथ विचारों का विचार किया। उन्होंने बताया कि प्रोसेस्ड फूड, पैकेज्ड फूड से सेवन सेवन पर दो नई जानकारी की जरूरत है। अगर सेवन हो सके तो प्रोसेस्ड

फूड की बजाय ताजे फल, सब्जियों का सेवन करें, ताकि प्रोसेस्ड फूड की जरूरत से होने वाले मुद्दों से बच सकें। योग्य पदों के अनुसार होने से बचने के साथ ही विभिन्न कार्यों पर डा. साक्षी ने छात्रों को जागरूक करने के साथ प्रोत्साहित भी किया।

व्याख्यान की सुवर्णत महिला प्रयोगशाला के सभी सदस्यों तथा प्रमुख डा. योगेश कुमार वर्मा की उपस्थिति में हुई। कार्यक्रम के अंत में डा. सुवर्ण खुराना ने सभी का धन्यवाद करते हुए कार्यक्रम का समापन किया। लगभग 100 छात्रों की उपस्थिति दर्ज की गई।

8 Oct 2022 Lecture on "Influence of food preservation technologies on health and Safety."



करवाचौर्य च्योहार के उपलक्ष्य पर
मैदरी प्रायोगिकता (12-10-22)



Mr. Anurag

Jewellery Making Workshop
(11-17 Oct 22)



Self Defence
Workshop by
Mr. Wajim Raja



Workshop on
Snacks and
Desserts
14/11/22 - 18/11/22
Gunjan Saluja



Gurugram, Haryana, India
4/90, Mehrauli-Gurgaon Rd, Anamika Enclave,
Sector 14, Gurugram, Haryana 122001, India
Lat 28.466833°
Long 77.043569°
29/11/22 12:51 PM GMT +05:30

Workshop on "Art and Craft" 15/11/22 -
2/12/22
Ashwita Banerjee

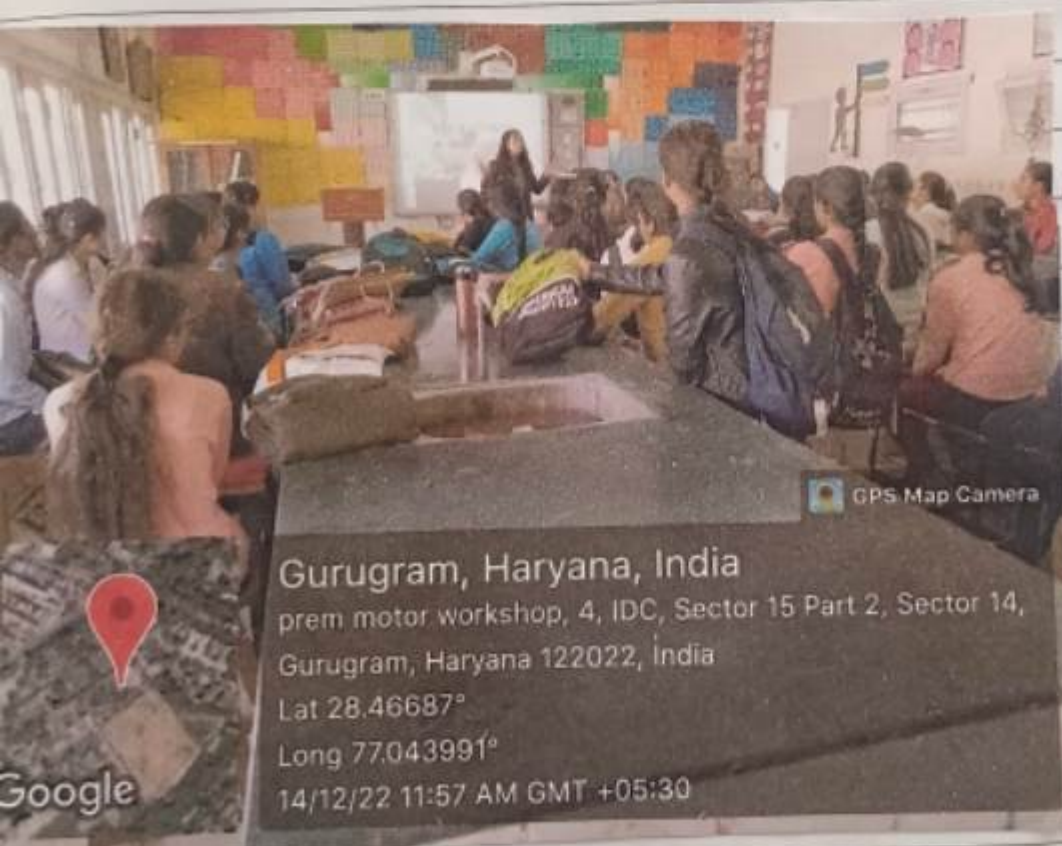


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lecture on topic "Legal rights of women"
on 8/12/22



Ms. Manisha
Jain

Workshop on "Personality and Skill Development"
14 Dec. to 17 Dec. 2022



Lecture on
"Nutrition, Mental
Health and
Cervical Cancer"
on 14/12/2022

Dr. Priyanka
Sahrawat

Gurugram, Haryana, India
8, Chander Nagar, Patel Nagar, Gurugram,
Haryana 122001, India
Lat: 28.466298°
Long 77.043124°
14/12/22 10:37 AM GMT +05:30

दिनांक 12 अप्रैल 2023 को "महिला शिक्षा का
महत्व" विषय पर महाविद्यालय की
द्वारा डॉ. प्रियंका साहवात द्वारा
रखी गई। जिसमें महाविद्यालय की
द्वारा न केवल बच्चे बल्कि महिलाएं भी

24.	22 DEC. 2021 (7 DAYS)	DESSERTS WORKSHOP ON FOOD PRESERVATION	MS. MEERA DEVI
25.	28 DEC. 2021	ENHANCING PSYCHOLOGICAL CAPITAL IN GIRLS STUDENTS	DR. SHALINI SINGH
	23 MAY 2022- 31 MAY 2022 (7 DAYS)	SUMMAR CAMP ON ENTREPRENEURSHIP, PERSONALITY DEVELOPMENT & GRAPHIC DESIGNING(ITH THE COLLAB. OF NSS & SACC)	
26.	19 SEP. 2022- 30 SEP. 2022(10 DAYS)	YOGA WORKSHOP	MS. RITU SRIVASTAVA SHARMA
27.	20 SEP. 2022	LECTURE ON DIET & LIFE STYLE- AYURVEDIC CONCEPT (WITH THE COLLAB. OF HOME SCI. DEPT.)	DR. GEETANJALI ARORA

	20 SEP. 2022	HEALTH CAMP(FREE MEDICAL CHECK UPS)	AYUSH DEPT.
29.	21 SEP. 2022	YOGA SESSION + POSTER MAKING, BOOK MARK & RANGOLI ON THE TOPIC OF HEALTH & NUTRITION	DR. BHUDEV HANS
30.	22 SEP. 2022	LECTURE ON CONCEPT OF AYURVED FOR IMMUNITY	DR. MANJU KUMARI
31.	30 SEP. 2022	NUTRITION RALLY (UNDER PODHAN MAAH)	ALL STUDENTS & STAFF
32.	08 OCT. 2022	TALK ON INFLUENCE OF FOOD PRESERVATION TECHNOLOGIES ON HUMAN HEALTH & SAFETY	DR. SAKSHI KHURANA
33.	10 OCT. 2022	MENTAL HEALTH AWAERNESS CAMP (WITH THE COLLAB. OF PSY. DEPT.)	MEMBERS OF W.C. & FACULTY OF PSY. DEPT.
34.	11 OCT. 2022	JEWELLERY MAKING WORKSHOP	MS. AARTI
35.	12 OCT. 2022	MEHANDI COMPETITION ON KARWA CHAUTH	FOR ALL STAFF & STUDENTS
36.	29 OCT. 2022(10 DAYS)	KARATE WORKSHOP	MR. WASIM
37.	14 NOV. 2022 (5 DAYS)	WORKSHOP ON SNACKS & DESSERTS	MS. GUNJAN SALUJA
38.	15 NOV. 2022	WORKSHOP ON ART & CRAFT	MS.ASHMITA BANERJI
39.	08 DEC. 2022	LEGAL RIGHTS OF WOMEN	DR. SHOBHNA JEET
40.	14 DEC. 2022	LECTURE ON NUTRITION, MEDICAL HEALTH & CERVICAL CANCER PREVENTION	DR. PRIYANKA SEHRAWAT
41.	14 DEC. 2022 – 17 DEC. 2022 (4 DAYS)	WORKSHOP ON PERSONALITY & SKILL DEVELOPMENT	MS. MANISHA SOIE

Women Cell

(Proof of activity)

(Session 2022-2023)

22-23

YOGA WORKSHOP

Women cell has organised
a "YOGA WORKSHOP"

Starting from 19.09.2022 for
10 days. conducted by renowned yoga
instructor Ms. Ritu Shrivastava

Venue: HOSTEL READING ROOM

Time: 4:30-6:30pm

Instructor: Ms. Ritu Shrivastava (Sharma)

Interested Students can directly
report to the venue.

"Healthy living to all"

Ans.
12/9/22

"POSHAN MAAH, SEPT 2022"

'Poshan Maah, Sept 2022'

Women Cell in Collaborative with Home Science department has organised following activities to celebrate "POSHAN MAAH", 2022

1. 20th Sept, 22 - Lecture on 'Diet and lifestyle - Ayurvedic Concept' by Dr. Geetanjali Arora, MD (Ayurveda) at 11 a.m.
 2. 21st Sept, 22 - Yoga Session at 9 a.m to 10 a.m (Reading room) by Dr. Bhudev Hans, Yoga Specialist, PhD (Yoga) (9 a.m onwards)
 3. 21st Sept, 22 :- Poster making, Book mark and Rangoli Competition.
Topic - 'Health & Nutrition'.
 4. 22nd Sept, 22 :- Lecture on 'Concept of Ayurved' for Immunity' by Dr. Manju Kumari, MD (Ayurveda) (11 a.m)
 5. 30th Sept, 22 :- Nutrition Rally
- All Intercollegiate Students are requested to participate.  Venue - Home Science dept.

"Health Camp"

On the occasion of 'National Nutrition Month, Sept, 2022' Women Cell has organised a Health Camp in Room No. Canteen On 20th Sept 2022.

All faculty members and Students are requested to come for "Free Medical Check-ups."

Venue: Canteen

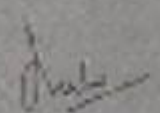
Time: 10 o'clock. (onwards).

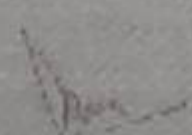
Ms. [Signature] 22

[Signature]

NOTICE

Women Cell has organised an Informative talk on topic, "Influence of Food preservation Technologies on human health and safety" on 8th October at 11 o'clock in room no. 43 by Dr. Sakshi Khurana, Assistant Professor in Food Technology, Bhaskaradas College of Applied Sciences, Delhi University. Interested Students can come directly to room no. 43.


Women Cell.


Principal
Govt. College for Girls
Section 14, Gurgaon

NOTICE

You are cordially invited to 'Mental Health Awareness Camp' organized by Women Cell (in collaboration with Psychology department) on 10th October, 2022 (10a.m to 2.45pm)

Key activities :- Intelligence testing, Personality testing, Attention testing, Memory testing, Psychological games, and others.

Venue - Department of Psychology

Students can directly come to the Venue.

Prithi
(Women Cell)

NOTICE

(7)

'JEWELLERY MAKING WORKSHOP'

Women Cell has organized

a "Jewellery Making Workshop"

Starting from 11-10-2022 for 05 days

Conducted by renowned Jewellery
creator and illustrator Ms. Aniti.

TIME = 10.45_{a.m.} onwards.

Interested Students can directly refer
to the Home Science department.

Dr.
10/10/22

PRINCIPAL
Govt. College For Girls
SECTOR-14, GURUGRAM

Notice

Women cell has organised 'Meendi Competition' on 12th Oct 2022 at 10:30 am on the occasion of Karva chauth.

Venue:- Home Science Department

Time:- 10:30 am onwards

Interested students can directly report to the venue.

Regards,

Dr. L.
10/10/22

Principal
D. C. College for Women
Sector 14, Chandigarh

NOTICE

(2)

A KARATE Workshop is being organized in our College Campus under Women Cell from 29th Oct 2022 for 10 days.

Mr. WASIM, Karate coach, will give training to students about 'Self defence technique'. Interested students can reach the Venue on time.

Venue: Front lawn (near Principal's office)

Time: 11 o'clock onwards.

Date: 29th October 2022 (for 10 days)

W. Wasim
Karate Coach
W.C., Women Cell
(Convenor)

W. Wasim

NOTICE

④
Women Cell has organised five days
"SNACKS AND DESSERTS" Workshop in
College Campus, Starting from 14th Nov 22
The Workshop will be conducted by
Ms. Gunjan Salya, food Instructor in
Homescience department.

Venue - Room NO 36

Time - 12 onwards.

Interested Students should reach on
time, following social distancing.

Dr. 2

(MIL, Women Cell)

Dr. 3

(4)
ART AND CRAFT Workshop is being
Organised under Women Cell
from 15th NOV 22. Ms. Ashmita
Banerjee, Freelance Artist will
conduct art and craft classes
in College Campus.

Venue:- Room No. 33.

Time :- 11.30 am onwards.

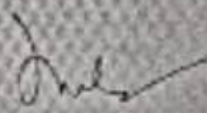
Interested students reach the venue
on time.

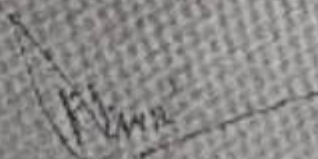
Date:
(NCC, Women Cell)

Signs

NOTICE

Women Cell has organised 'Lecture cum Workshop' on 'LEGAL RIGHTS OF WOMEN' on 8/12/22 at 10 a.m in room no. 43. by Dr. Snobhna Jeet, Associate Professor, School of Legal Studies at K.R. Mangalam University. Interested students can come directly to room no. 43.


(Women cell)



NOTICE

men cell has organised ④
PERSONALITY & SKILL DEVELOPMENT"
Workshop

Starting from 14th Dec. 2022 for
4 days.

Conducted by Ms Manisha Soie,
certified soft skill trainer

VENUE : Room No. 35, Home Sc. dept.

TIME : 11:30 am onwards

DATE : 14/12/22 to 17/12/22

Interested students can directly
report to the trainer.

Dr. S. S. Srinivasan
(Chairman)

UNIVERSITY OF
SOUTH ALABAMA
SECTION CHAIRMAN

NOTICE

Women Cell has organised Extension
lecture cum Health talk on

'Nutrition, Mental health and
Cervical Cancer prevention'

on 14th December, 2022 by Dr.

Prityanka Schrowat at 10.30 am

in Room no. 43.

Interested Students can directly
report to the Venue.

Prityanka

(Women Cell)

Session- 2022-2023

Women cell active proof

From the Principal Office, Govt. College for Girls, Sector 14, Gurugram (122001).

To,

Dr Geetanjali Arora

MD (Ayurveda)

Panchkarma Specialist

Ayush Wing

C-2 block Palam Vihar

(Govt. of Haryana)

Memo No. GCGGN/2866

Dated: 15/9/2022

Topic: To deliver a talk on the occasion of PoshanMaah 2022.

Respected Ma'am,

On behalf of women cell (in collaboration with home science department), Govt. College for Girls, Sector 14, Gurugram, I would like to cordially invite you to conduct a talk on the topic - "Diet and Lifestyle: Ayurvedic Concept" on 20/09/2022 at 10:30 am to celebrate PoshanMaah, 2022. I am sure your expertise in ayurveda will definitely motivate our students to adopt a healthy lifestyle.

Convener

(Women Cell)

Principal
Govt. College
SECTOR-14, GU

82 1

The Principal
G.C.G. Sec 14,
Gurugram

Dated:

Subject: Administrative Sanction for Poster Making and Bookmark Making Competition.

Respected Sir,

With due respect this is to state that we are going to organize poster making and bookmark making competition under women cell on 21st Sept, 2022. Please grant us administrative sanction to purchase stationery items for this competition.

Regards,

dmh
19/9/22
Convener

(Women cell)

Alkano
Alas
Principal

From the Principal Office, Govt. College for Girls, Sector 14, Gurugram (122001).

To:

Dr. Manju Kumari

MD (Ayurveda)

District Ayurvedic Officer,

DAD Office

819, Sector-4,

Gurugram.

Memo No. GCGGN/2865

Dated: 15/9/2022

Topic: To conduct a talk session on the occasion of PoshanMaah, 2022.

Respected Sir,

On behalf of women cell (in collaboration with home science department), Govt. College for Girls, Sector 14, Gurugram, I would like to cordially invite you to conduct a lecture on the topic "Concept of Ayurveda for Immunity" for our students on 22/09/2022 to celebrate PoshanMaah, 2022. I am sure your expertise in ayurveda will definitely motivate our students to adopt a healthy lifestyle.

Convener

(Women Cell)

Principal

PRINCIPAL

Govt. College for Girls

SECTOR-14, GURUGRAM

The Principal

G.C.G, Sec 14,

Gurugram

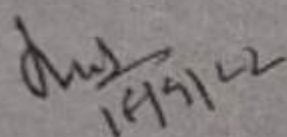
Dated:

Subject: Administrative Sanction for Rangoli Making Competition.

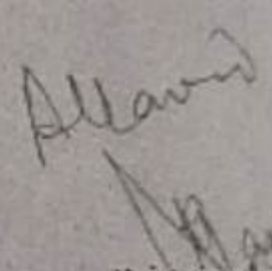
Respected Sir,

With due respect this is to state that we are going to organize a rangoli making competition under women cell on 21st Sept, 2022. Please grant us administrative sanction to purchase stationery items for this competition.

Regards,


14/9/22
Convener

Women cell


Principal

YOGA WORKSHOP"

Women cell has organised
a "YOGA WORKSHOP"

Starting from 19.09.2022 for

10 days. conducted by renowned yoga
instructor Ms Ritu Sharma (Shrivastava)

Venue: HOSTEL READING ROOM

Time: 4:30-5:30pm

Instructor: Ms. Ritu Shrivastava (Sharma)

Interested Students can directly
report to the Venue.

"Healthy living to all"

Int.
12/9/22

From the Principal Office, Govt. College for Girls, Sector 14, Gurugram (122001).

To.

Ms. Ritu Srivastava (Shaena)

Yoga Instructor

Gurugram

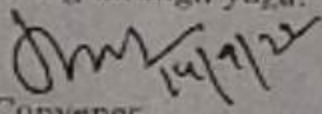
Memo No. GCGGN/2870

Dated: 16/9/2022

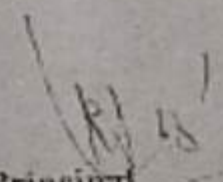
Subject: Yoga workshop for students in Govt. College for Girls, sec -14, Gurugram.

Respected Ma'am,

On behalf of women cell, Govt. College for Girls, Sector 14, Gurugram, I would like to cordially invite you to conduct a 10-day yoga workshop for girl students from 19-09-2022 (except Sundays and gazetted holidays). I am sure considering your years of expertise this workshop will be extremely helpful for students in understanding the importance of healthy living through yoga.


Convener

(Women Cell)


Principal

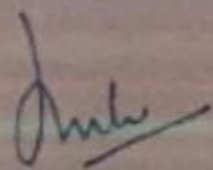
Principal

Govt. College for Girls
Sector-14, Gurugram

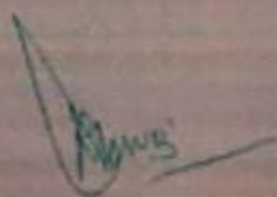
NOTICE

Women Cell has organised an Informative talk on topic, "Influence of Food preservation Technologies on human health and Safety"

on 8th October ~~22~~ at 11 o'clock in room no. 43 by Dr. Sakshi Khurana, Assistant Professor in Food Technology, Bhaskaracharya College of Applied Sciences, Delhi University. Interested Students can come directly to room no. 43.



Women Cell.



Principal
Govt. College for Girls
Sector-14, Gurugram

NOTICE

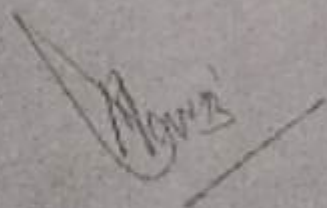
You are cordially invited to 'Mental Health Awareness Camp' organised by Women Cell (in collaboration with Psychology department) on 10th October, 2022 (10a.m to 2:30pm)

Key activities :- Intelligence testing, personality testing, Attention testing, Memory testing, Psychological games, and others.

Venue - Department of Psychology

Students can directly come to the Venue.

Mili
(Women Cell)



NOTICE

JEWELLERY MAKING WORKSHOP

Women Cell has organised

a "Jewellery Making Workshop"

Starting from 11.10.2022 for 05 days

Conducted by renowned Jewellery
creator and illustrator Ms. Aarti.

TIME = 10.45_{a.m.} onwards.

Interested Students can directly report
to the Home Science department.

JNL
10/10/22


PRINCIPAL
Govt. College For Girls
SECTOR-14, GURUGRAM

(25)

Appreciation Letter

Sh.Narender Singh,
Sports Jr. Coach,
Wushu-
Department of Sports & Youth Affairs,
Gurugram.

I would like to Extend our thanks and appreciation to you for conducting one month Self Defense Training for Girls Students of this College from 31/08/2018 to 01/10/2018.

(Mrs.Priyanka Lamba)
Incharge-Women-Cell.

(Dr. Sushila Kumari)
Principal

*Sample Bd of Appreciation
to the Resource Person*

3 15
from the Principal Office, Govt. College for Girls, Sector 14, Gurugram (122001).

To,

Ms. Aarti,

Jewellery illustrator and creator,

Dahiya Craft Gallery,

Gurugram

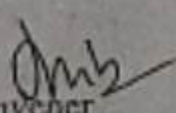
Memo No. GCGGN/3091

Dated: 10/10/2022

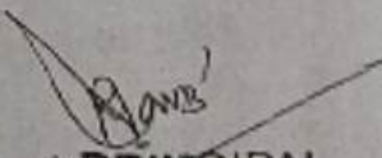
Subject: 'Jewellery making' workshop for students in Govt. College for Girls, sec -14, Gurugram.

Respected Ma'am,

On behalf of women cell, Govt. College for Girls, Sector 14, Gurugram, I cordially invite you to conduct a 5-day Jewellery making workshop for girl students from 11-10-2022 (except Sundays and gazetted holidays). Considering your years of creative expertise, I am sure this workshop will benefit students to gain practical knowledge and ideas for creating manual jewellery with different materials.


Convener

(Women Cell)


PRINCIPAL
Govt. College For Girls
SECTOR-14, GURUGRAM

Notice

Women cell has organised 'Mehendi Competition' on 12th Oct 2022 at 10:30am on the occasion of Karva chauth.

Venue:- Home Science Department

Time:- 10:30am onwards

Interested students can directly report to the venue.

Regards,

Dr. L.
10/10/22

PRINCIPAL
GOVT. COLLEGE FOR WOMEN
SECTOR 14, GURGAON

NOTICE

A KARATE Workshop is being organised in our College Campus under Women Cell from 29th Oct 2022 for 10 days. Mr. WASIM, Karate coach, will give training to students about 'Self defense technique'. Interested students can reach the Venue on time.

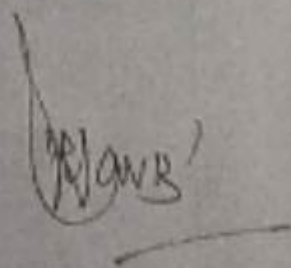
Venue: Front Lawn (near Principal's office)

Time: 11 o'clock onwards.

Date: 29th October 2022 (for 10 days)

Mh
24 Oct 2022

, Women Cell
(Cordinator)



From the Principal Office, Govt. College for Girls, Sector 14, Gurugram (122001).

3

6/10

To,

Mr. Wasim

Karate Coach,

Black Belt (5th DAN),

Gurugram

Memo No. GCGGN/3266

Dated: 28/10/2022

Subject: 'Self-defence workshop' training for girl students in college campus.

Respected Sir,

On behalf of women cell, Govt. College for Girls, Sector 14, Gurugram, would like to cordially invite you to hold a "Self-Defence Workshop" for girls students for 10 days from 29th Oct 2022 (Except Sundays and Gazetted holidays) to help the students prepare for unexpected and improve their mental and physical health. I am sure your expertise in this field will immensely help our students.

Looking forward for your favorable acceptance.

Thanking you

Mili
28-10-2022

Ms. Mili

Convener

(Women Cell)

[Signature]
Principal

PRINCIPAL
Govt. College For Girls
SECTOR-14, GURUGRAM

NOTICE

Women Cell has organised five days
" SNACKS AND DESSERTS ' Workshop in
College Campus, Starting from 14th Nov 21.
The Workshop will be conducted by
Ms. Gungam Saluja, food Instructor in
Homescience department.

Venue - Room No 36

Time - 12 onwards.

Interested students should reach on
time, following social distancing.

Dr. 1.

(HIL, Women Cell)

From the Principal Office, Govt. College for Girls, Sector 14, Gurugram (122001).

To,
Ms. Gunjan Saluja
Food Instructor,
Paramount Women Polytechnic
Gurugram

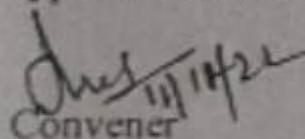
Memo No. GCGGN/3504

Dated: 11/11/22

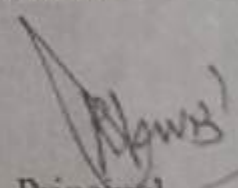
Subject: 'Snacks and Desserts' workshop for students in Govt. College for Girls, sec
Gurugram.

Respected Ma'am,

On behalf of women cell, Govt. College for Girls, Sector 14, Gurugram, I cordially invite you to
conduct a 5-day 'Snacks and Desserts' making workshop for girl students from 14-11-
(except Sundays and gazetted holidays). Considering your years of creative expertise, I am sure
this workshop will benefit students to gain practical knowledge and ideas for preparing different
types of Snacks and Desserts at home or want to start their small food venture.


Convener

(Women Cell)


Principal
PRINCIPAL
Govt. College For Girls
SECTOR-14, GURUGRAM

NOTICE

ART AND CRAFT Workshop is being
Organised under Women Cell
from 15th NOV 22. Ms. Ashmita
Banerjee, Freelancer Artist will
conduct art and craft classes
in College Campus.

Venue:- Room No. 33.

Time :- 11.30 am onwards.

Interested students reach the venue
on time.

Omli

(MLU, Women Cell)

Howb

Office Of The Principal, Govt. College For Girls, Sec-14, Gurugram

To

Ms. Ashmita Banerjee
Art illustrator and creator
Freelancer Artist
Gurugram

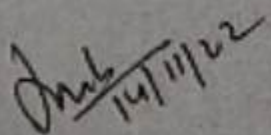
Memo No:-GCGGN/ 3539

Dated:-15/11/2022

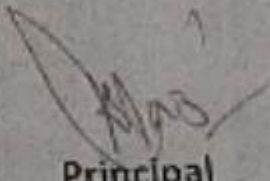
Sub:- Art and craft Workshop for students in Govt. College for Girls Sec-14,
Gurugram

Respected sir,

On behalf of women cell Government College for girls sector 14, Gurugram cordially invite you to conduct a 15 days art and craft workshop for girls student from 15-11-2022 (Except Sundays and gazette holidays) considering your ear of creative expertise I am sure this workshop will benefit students to gain practical knowledge and ideas for creating paintings clay modeling collage and other craft item with different materials.


(Ms. Mili, Convener)

Woman Cell


Principal

Government College for Girls
Sec-14, Gurugram

PRINCIPAL
Govt. College
SEC-14, Gurugram

OFFICE OF THE PRINCIPAL, GOVT. COLLEGE FOR GIRLS SECTOR-14 GURUGRAM.

To

Dr. Shobhna Jeet,
Associate Professor
School of Legal Students,
KR Mangalam University, Gurugram
Memo No.GCGGN/3906

Dated:-07/12/2022

Subject : Lecturer and workshop on legal rights of women under women cell.

Respected Madam,

On behalf of women cell, Government College for Girls, sector 14, Gurugram, I would like to cordially invite you to deliver a lecture and workshop on legal rights of women for girl students on 08.12.2022 at 10:00 Am. I am sure this lecture and workshop would help the students to understand their rights and the boundaries of law and to negotiate for securing the rights with the background of law.

Mili

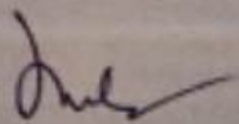
(Convener, Woman Cell)

Principal
Govt. College for Girls
Sector-14, Gurugram

NOTICE

105

Women Cell has organised 'Lecture cum Workshop' on 'LEGAL RIGHTS OF WOMEN' on 8/12/22 at 10 a.m in room no. 43. by Dr. Shobhna Jeet, Associate Professor, School of legal studies at K.R. Mangalam University. Interested students can come directly to room no. 43.


(Women cell)



GOVT. COLLEGE FOR GIRLS, SEC-14, GURUGRAM

Phone No: 0124-2223222
Email :- gcgggn@gmail.com

(Affiliated to Gurugram University, Gurugram)

To,

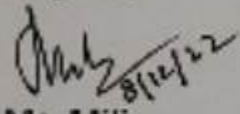
Dr. Shobhna Jeet
Associate Professor
School of Legal Studies
K.R Manglam University
Sohna.

Subject: Letter of Appreciation.

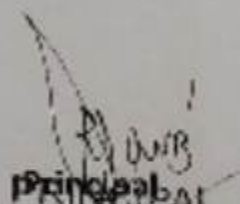
Respected Sir,

Thank you very much for accepting our invitation to conduct Lecture cum workshop on legal rights of women on 8/12/2022 your lecture cum workshop helped the Girls Students to understand their legal rights so that they can play a bigger role in their own protection and would received the better education and other opportunities as men in society. Once again thank you for sharing your time and expertise with our students. We would be delighted for you to join us again in near future.

Regards,


8/12/22

Ms. Mili,
Convener
Women Cell


Principal
Govt. College For Girls
SECTOR-14, GURUGRAM

OFFICE OF THE PRINCIPAL GOVT. COLLEGE FOR GIRLS SEC-14, GURUGRAM

Priyanka Sherawat
Consultant Neurologist
Aarvy Healthcare
Sec-90, Gurugram

Memo No:- GCGGN/4051

Dated:- 12/12/2022

Subject:- Lecture cum Health talk on Nutrition , Mental health under Women Cell

Respected Madam

On behalf of women cell, Government College for Girls Sector-14, Gurugram. I would like to cordially invite you to deliver lecture cum Health talk on "Nutrition, Mental Health and Cervical Cancer prevention at 10:30 a.m. on 14th December 2022 for Girl students. I am sure this lecture cum health talk would help the students to learn to cope with prevention and treatment of cervical cancer. They would learn to live life in a healthy way and dealing with difficult situation.

Mili
(Woman Cell)

Principal
Govt. College for Girls
Sector-14, Gurugram

NOTICE

Women Cell has organised Extension
lecture cum Health talk on

'Nutrition, Mental health and
Cervical Cancer prevention'

On 14th December, 2022 by Dr.
Priyanka Sehrawat at 10.30 a.m
in Room no. 43.

Interested Students can directly
report to the Venue.

Anita
(Women Cell)

NOTICE

Women Cell has organised
"PERSONALITY & SKILL DEVELOPMENT"
Workshop

Starting from 14th Dec. 2022 for
4 days.

Conducted by Ms Manisha Soie,
certified soft skill trainer

VENUE : Room No. 35, Home Sc. dept.

TIME : 11.30 am onwards

DATE : 14/12/22 to 17/12/22

Interested students can directly
report to the venue.

Anshu
13/12/22
(Women Cell)

Principal
Govt. College For Girls
SECTOR-14, GURUGRAM

OFFICE OF THE PRINCIPAL, GOVT. COLLEGE FOR GIRLS, SECTOR 14, GURUGRAM.

Ms. Manisha Soic,
Founder of Avis Academy
Certified Soft skill Trainer.

Memo No. - GIC/GIRL/4084

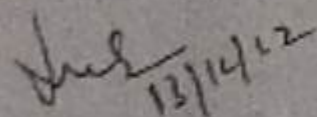
Dated- 13/12/2022

Subject- Personality and skill development workshop under women cell.

Respected Madam,

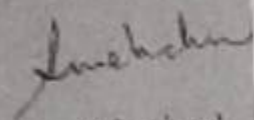
On behalf of Women Cell, Government College for Girls, Sector 14, Gurugram, would like to cordially invite you to conduct 'Personality and Skill development workshop' for 4 days from 14th December 2022 at 11:30 am onwards for girl students. I am sure the workshop would help the students to develop spirituality and build self-confidence, enhance self-esteem, and improve overall personality. The workshop would be aimed at grooming girl students through sensitizing them about proper behavior, socially and professionally both formal and informal circumstances.

Regards,


13/12/22

Mili

(Women Cell)



Principal
Principal
Govt. College for
Sector-14 Gurugram

Health Camp

On the occasion of 'National Nutrition Month, Sept, 2022' Women Cell has organised a Health Camp in Room No. Canteen.
On 20th Sept 2022.

All faculty members and Students are requested to come for "Free Medical Check-ups."

Venue: Canteen.

Time: 10 o'clock. (onwards).

Indu
16/09/22

Raj

(12)

The Principal,
Govt. College for Girls,
Cuddalore,

Sub- Administrative sanction to organise camp in college
campus.

R/Si,

Kindly accord administrative sanction to
organise health camp on 20th Sept 2012 by
Ayush department (Ayurvedic), by team of doctors -
under Women Cell (in collaboration with Home Science
department) for Girl students in college campus -
(Time - 10 am onwards)

Thanking you,

Dr. [Signature]
16/9/22
(MIL, Hs Deptt -
Women Cell)

Approved
[Signature]

From the Principal Office, Govt. College for Girls, Sector 14, Gurugram (122001).

To,

Dr Manju Kumari

MD(Ayurveda)

District Ayurvedic Officer

DAO Office

819, Sector 4

Gurugram.

Memo No. GCGGN/2871

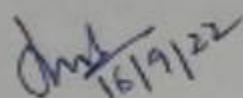
Dated: 16/9/2022

Topic: To organize a health camp in college campus.

Respected Ma'am,

On behalf of women cell (in collaboration with home science department), Govt. College for Girls, Sector 14, Gurugram, I would like to invite you to organize a health camp on 20th September by your team of doctors for our students in the college campus.

Regards,


16/9/22
Convener

Women Cell


Principal
Govt. College for Girls
Sector-14, Gurugram

POSHAN MAAH, SEPT 2022

'Poshan Maah, Sept 2022

Women Cell in Collaborative with Home Science department has organised following activities to celebrate "POSHAN MAAH", 2022.

1. 20th Sept, 22 - Lecture on 'Diet and lifestyle - Ayurvedic Concept' by Dr. Geetanjali Arora, MD (Ayurveda) at 11 a.m.
2. 21st Sept, 22 - Yoga Session at 9 a.m to 10 a.m (Reading room) by Dr. Bhudev Hans, yoga specialist, PhD (yoga).
(9 a.m. onwards)
3. 22nd Sept, 22 :- Poster making, Book mark and Rangoli Competition.
TOPIC - 'Health + Nutrition'.
4. 22nd Sept, 22 :- Lecture on 'Concept of Ayurved' for Immunity' by Dr. Manju Kumari, MD (Ayurveda) (11 a.m)
5. 30th Sept, 22 : Nutrition Rally

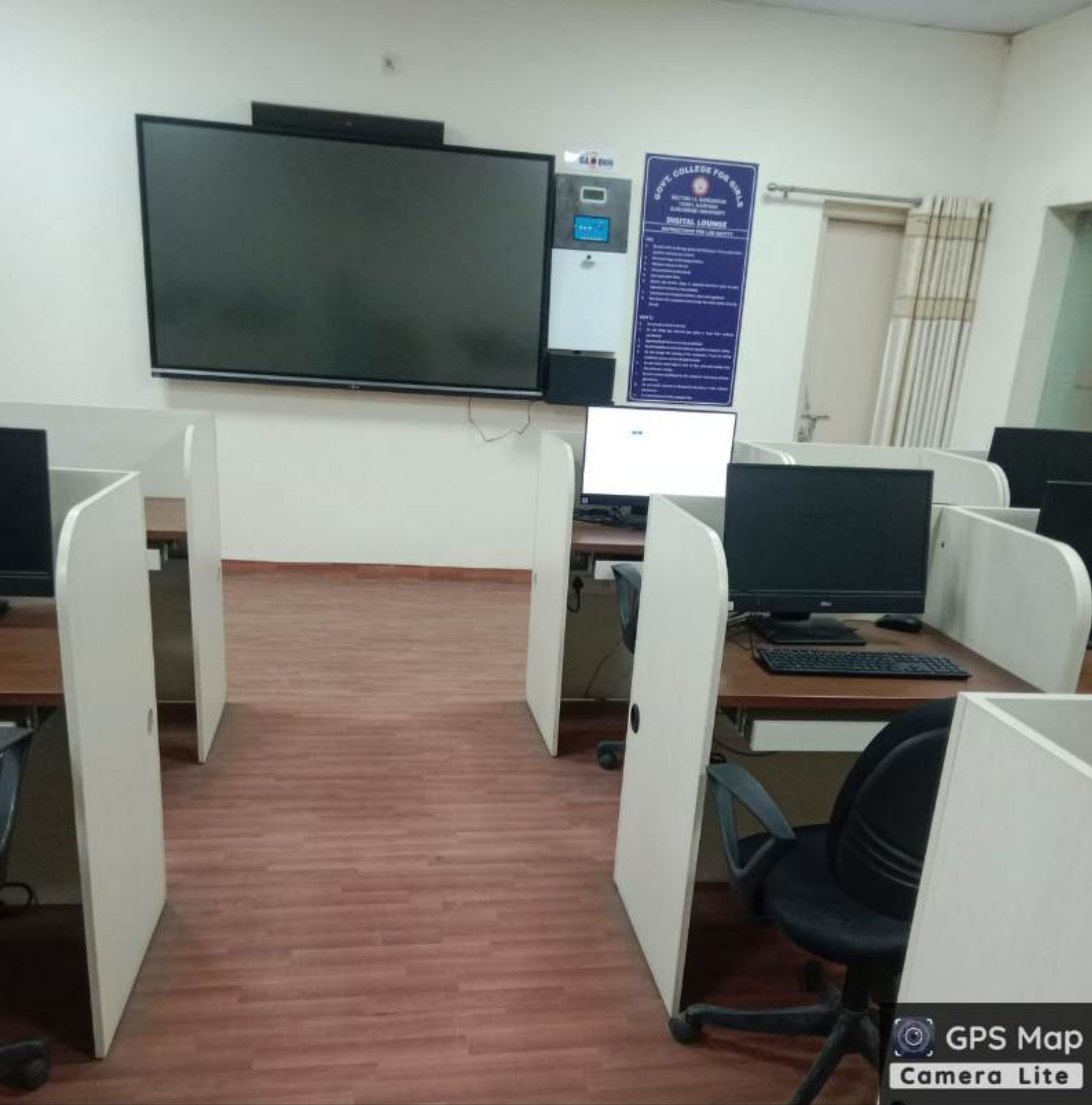
All Interested Students are requested to participate.  Venue - Home Science dept. for competition.

Dr. Geetanjali Arora
(MD, Ayurveda)
(Women Cell)

Dr. Manju Kumari
(MD, Ayurveda)

4. ICT/computing skills

Our college has number of smart rooms. The use of ICT has assisted both faculty members and students for learning those concepts which require image editing and resource modification. ICT has proved its worth during lockdown of this pandemic. It has now become an integral part of teaching learning process and immensely helped us in virtual education. Subjects which require lots of analytical diagrams as in geography, physics, chemistry, commerce etc. ICT eases and relaxes the whole process. Most of the faculty members in our college are well versed in the use of ICT.



GPS Map
Camera Lite

8, Chander Nagar, Patel Nagar, Gurugram, Haryana 122001,
India

Latitude

28.4664533333333334°

Longitude

77.043193333333333°

Local 01:05:48 PM

GMT 07:35:48 AM

Altitude 226 meters

Thursday, 02.05.2024



 **GPS Map**
Camera Lite

F28V+P4F, Sector 15 Part 2, Sector 14, Gurugram, Haryana
122001, India

Latitude

28.466925°

Longitude

77.042825°

Local 12:18:06 PM

GMT 06:48:06 AM

Altitude 226 meters

Thursday, 02.05.2024



 **GPS Map**
Camera Lite

F28V+P4F, Sector 15 Part 2, Sector 14, Gurugram, Haryana
122001, India

Latitude

28.466925°

Local 12:01:51 PM

GMT 06:31:51 AM

Longitude

77.042825°

Altitude 226 meters

Thursday, 02.05.2024



 **GPS Map**
Camera Lite

F28V+P4F, Sector 15 Part 2, Sector 14, Gurugram, Haryana
122001, India

Latitude
28.466925°

Longitude
77.042825°

Local 12:01:08 PM
GMT 06:31:08 AM

Altitude 226 meters
Thursday, 02.05.2024



 **GPS Map**
Camera Lite

F28V+P4F, Sector 15 Part 2, Sector 14, Gurugram, Haryana
122001, India

Latitude

28.466931666666664°

Longitude

77.04285833333333°

Local 11:57:17 AM

GMT 06:27:17 AM

Altitude 226 meters

Thursday, 02.05.2024



 **GPS Map**
Camera Lite

F28V+P4F, Sector 15 Part 2, Sector 14, Gurugram, Haryana
122001, India

Latitude

28.466676666666665°

Longitude

77.042835°

Local 11:56:12 AM

GMT 06:26:12 AM

Altitude 226 meters

Thursday, 02.05.2024



8, Chander Nagar, Patel Nagar, Gurugram, Haryana 122001,
India

Latitude

28.466253333333333°

Longitude

77.043105°

Local 11:54:36 AM

GMT 06:24:36 AM

Altitude 226 meters

Thursday, 02.05.2024



 **GPS Map**
Camera Lite

193/8, Chander Nagar, Patel Nagar, Gurugram, Haryana
122001, India

Latitude

28.46577°

Longitude

77.043473333333334°

Local 02:36:07 PM

GMT 09:06:07 AM

Altitude 226 meters

Thursday, 02.05.2024



 **GPS Map**
Camera Lite

193/8, Chander Nagar, Patel Nagar, Gurugram, Haryana
122001, India

Latitude

28.4657591°

Longitude

77.043383°

Local 02:35:13 PM

GMT 09:05:13 AM

Altitude 226 meters

Thursday, 02.05.2024



GPS Map
Camera Lite

193/8, Chander Nagar, Patel Nagar, Gurugram, Haryana
122001, India

Latitude

28.46586666666667°

Longitude

77.04375833333333°

Local 02:34:09 PM

GMT 09:04:09 AM

Altitude 226 meters

Thursday, 02.05.2024



GPS Map
Camera Lite

193/8, Chander Nagar, Patel Nagar, Gurugram, Haryana
122001, India

Latitude

28.465558333333334°

Longitude

77.04351666666666°

Local 02:33:25 PM

GMT 09:03:25 AM

Altitude 226 meters

Thursday, 02.05.2024



prem motor workshop, 4, IDC, Sector 15 Part 2, Sector 14,
Gurugram, Haryana 122022, India

Latitude
28.466985°

Local 02:26:33 PM
GMT 08:56:33 AM

Longitude
77.04407166666667°

Altitude 226 meters
Thursday, 02.05.2024



GPS Map
Camera Lite

prem motor workshop, 4, IDC, Sector 15 Part 2, Sector 14,
Gurugram, Haryana 122022, India

Latitude

28.467159999999996°

Longitude

77.04392166666666°

Local 02:24:43 PM

GMT 08:54:43 AM

Altitude 226 meters

Thursday, 02.05.2024