



# SRI GURU GOBIND SINGH COLLEGE

Co-educational, affiliated to Panjab University, Chandigarh

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Ref. No. 2750

Dated 11/06/2022


## Clarification in response 5.1.3

Capacity building and skills enhancement initiatives taken by the institution during last five years

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

Name of the capacity development and skills enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
<b>2020-21</b>			
Webinar on 'Managing Physical and Mental Health during COVID-10'	10-06-2020	54	Dr Manisha Gupta (M.D Medicine), Sr Consultant Physician (Organized by Dean Girls Students, SGGGS College, Chandigarh)
Yoga@ Home and Yoga with Family	13-06-2020	36	Online Campaign Organized by NSS Unit, SGGGS College, Chandigarh
International Yoga Day	21-06-2020	95	Mr. Ramnik Bansal, Faculty at The Art of Living (Organized by NSS Unit, SGGGS College, Chandigarh)
Ek Diwali Auron Kesaathbhi	10-13/11/2020	49	Organised by NSS Unit, SGGGS College
Online Session 'Gift of life: Organ Donation'	27-11-2020	61	Mr. Sudhir Dewan (Director) and Ms. Neha Sharma (Programme Officer), Mohan Foundation. (Organised by NSS Unit, SGGGS College)
Act Against Aids: Awareness Campaign	01-12-2020	59	Organised by NSS Unit, SGGGS College
Guest Lecture on Coronavirus Crises: Are we seconds closer to midnight of the Doomsday Clock?	16-12-2020	80	Dr. Indranil Banerjee, Assistant Professor, Biological Sciences IISER Mohali (Organised by Dept of Zoology, SGGGS College)
Expert Lecture: 'Fire and Emergency Services'	11-02-2021	40	Dr Sandeep Kumar Bhardwaj, Ex Fire-Fighter. (Organised by NSS Unit, SGGGS College)
Cycling Event	14-02-2021	26	Organised by NSS Unit, SGGGS College
Meditation Session Cum Expert Lecture on Stress Release	05-03-2021	45	Resource person from Ramkrishna Mission Chandigarh (organised by NSS Unit, SGGGS College)
Expert Lecture On 'E-Waste and Single Use Plastic Management'	06-03-2021	64	Mr Rohit Kumar from Swarmani Youth Welfare. (Organised by NSS Unit, SGGGS College)
Interactive Session On Eco-bricks and natural composting	12-03-2021	99	Dr. Kanwalpreet Kaur, Assistant Professor, Dept of Botany. (Organised by NSS Unit, SGGGS College.)

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Online Webinar on Gender Sensitization : A Stereotype Image	16-04-2021	150	Dr Gurjeet Virk Sidhu, Assistant Professor, Department of Sociology, MCM DAV College, Sector-36, Chandigarh (Organised by Anti-Sexual Harassment cell, SGGS College)
Webinar on Emotional Intelligence - A guide to Self Management	05-05-2021	96	Dr.ShobhaBennet Mathews, Assistant Professor , K J Somayia College of Arts and Commerce, Mumbai (Organised by PG Dept Of Commerce, SGGS College)
Online Guest Lecture on Drug resistant Malaria: Challenges and Opportunities	21-05-2021	78	Dr Vipran, Assistant Professor, Dept of Chemistry, GNDU, Amritsar (Organised by Post Graduate Dept of Chemistry)
Workshop on Psychosocial Support for Covid Pandemic Condition	30-05-2021	97	Mr. Samarth Sharma, MGNCRE, GOI (Organised by DharatSuhani Environment Society, SGGS College)
<b>2019-20</b>			
International Yoga Day	21-06-2019	20	Organised by NSS Unit, SGGS College, Chandigarh.
Expert Lecture on Integrated Agrarian Lifestyle	02-09-2019	45	Dr. Harinath Kasiganesa, Ex DRDO Researcher (Organised by Dharat Suhavi Environment Society and Dept of Botony, SGGS College, Chandigarh)
A Talk and Workshop on Waste Segregation	26-09-2019	65	Mrs Neelam Gupta, Member of Jan Shiksha Sansthan (Organised by Dharat Suhavi Environment Society, Dept of Botony, NCC Unit, SGGS College, Chandigarh)
Seminar: Women Health and Hygiene	04-11-2019	31	Organised by NSS Unit, SGGS College, Chandigarh.
Youth Versus Corona Campaign	March-May 2020	97	Organised by NSS Unit, SGGS College, Chandigarh.
<b>2018-19</b>			
Interactive Talk on Awareness on Women Health Issues	12-09-2018	172	Organised by Dean Girls Students and Red Ribbon Club, SGGS College, Chandigarh.
Dengue Awareness Drive	24-09-2018	33	Organised by NSS Unit, SGGS College, Chandigarh.
Lecture on AIDS Awareness	14-11-2018	55	Organised by Red Ribbon Club, SGGS College, Chandigarh.
Workshop on Waste Management and Segregation	22-11-2018	37	Ms. Kavleen Kaur, SDO, MC Chandigarh and Ms Jyoti Arora from Daily Dump Organisation. (Organised by Campus Butification Committee and Dept. of Botony, SGGS College, Chandigarh)
Life Skills Required to Ensure Success in the Present Era	30-01-2019	160	Mr. Ankur Malhotra, Trainer and Life Coach from Trinitri Center for Learning, Chandigarh; and Ms. Natasha Kaur Sekhon, Psychologist and Family Counsellor (Organised by Placement Cell, SGGS College)
SBI Marathon	10-02-2019	60	Organised by NSS Unit, SGGS College, Chandigarh.

  
 Prabhjot  
 Sri Guru Gobind Singh College  
 CHANDIGARH

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Drug Free Campaign	18-02-2019	100	Organised by NSS Unit, SGGS College, Chandigarh.
Expert lecture: Drug Abuse	25-02-2019	35	Organised by NSS Unit, SGGS College, Chandigarh in Collaboration with Red Ribbon Club, SGGS College, Chandigarh.
<b>2017-18</b>			
AIDS Awareness Workshop	28-09-2017	81	Mr Sunil Panghal, Assistant Director (Youth affairs), Chandigarh State AIDS Control Society. (Organised by Red Ribbon Club)
Motivational Session on Drug Abuse Among Youth	15-11-2017	78	Dr. Kaustubh Sharma, IPS. (Organised by NSS Unit, SGGS College, Chandigarh)
Expert talk on 'Waste to Wealth-Value Recovery from Agro-residues and Processing Wastes'	22-02-2018	250	Dr Bhuwan Bhushan Mishra, Scientist, Centre of Innovative and Bio-processing, Mohali. (Organised by Environmental Society, SGGS College, Chandigarh)
Self-Defence Classes	21-03-2018 to 27-03-2018	30	Organised by NSS Unit and DSW girls students, SGGS College, Chandigarh.
<b>2016-17</b>			
Panel Discussion on 'Stress Free life'	01-12-2016	70	Dr Sanjay Badada, Associate Professor, Deptt of Endocrinology, PGI; Dr Atul Sachdev, Director Principal, Government Medical College and Hospital, Sec 32, Chd (Organised by Red Ribbon Club, SGGS College, Chandigarh)
Women Safety (Kavach Campaign) 'Intimate Hygiene and Women Safety'	01-04-2017	43	Dr Nirmal Bhasin, Gynaecologist and Infertility Specialist from Janini Infertility Specialist, Sec 38, Chd. (Organised by Dean, Girls Student, SGGS College, Chandigarh)

*nk 11/06/22*

**Dr Navjot Kaur**

**(Principal)**

**PRINCIPAL  
GURU GOBIND SINGH COLLEGE  
CHANDIGARH**