

NSS Regular Activities (2019-20)

Guided by the motto, 'Not Me But You' NSS volunteers uphold the tradition of selfless service towards the society. The College has three NSS Units comprising of 400 volunteers. Volunteers are required to work for 120 hours in one academic session for national reconstruction and personality development programmes.

Various programmes were organized by the units through the academic session 2019-20.

Date	Event	Highlight
April 13 , 2019	Jallianwala Bagh Centenary	30 Students and Programme Officers Ms Amanjot Kaur and Ms Manbir Kaur Dhaliwal attended the function at Panjab University on April 13, 2019 to remember contributions and sacrifices of Freedom Fighters and paying homage to all Indians who lost their lives on April 13, 1919.
Jun 4-5, 2019	World Environment Day	On June 4, 2019 students planted saplings in the college campus and donated medicinal plants to the non-teaching staff. On June 5, 2019 Programmes Officers and volunteers distributed saplings and sensitised people on the environmental issues in the parking of Elante mall.
June 5 – July 31, 2019	Swachh Bharat Summer Internship 2.0	SBSI 2019 was observed from June 5-July 31, 2019. 15 Volunteers spent 50 hours in the adopted village Kaimbwala. Pledge for keeping the environment clean was taken. Inspection of coolers and awareness on spreading of malaria was created.

		<p>Tree-plantation in the households of Kaimbwala residents, digging of Compost-Pit & Wall-Painting on 'Save Water' was undertaken. Volunteers conducting survey on 'Awareness on Solid Waste Management among residents at Kaimbwala' using google forms. Rally and Nukkad Natak on 'Swachh Bharat' was performed.</p>
June 21, 2019	International Yoga Day	<p>A Yoga session was conducted by Ms. Priyanka from Government College of Yoga Education & Health, Sector 23 to mark the celebrations of International Yoga Day. The Programme Officers Ms Amanjot Kaur, Ms Manbir Kaur Dhaliwal and Dr Manik Gupta motivated the volunteers to include Yoga in daily activities as it is not only useful for physical but also their mental health.</p>
August - September, 2019	Swachhta Pakhwara	<p>Swachhta Pakhwara was observed from August - September, 2019, which commenced with a Pledge by Principal, POs and volunteers on (8th August, 2019). Three Cleanliness Drives were conducted on August 8, August 12 and September 3, 2019.</p> <p>"Best out of waste" competition in Govt. School, Sector-28, on August 10, 2019.</p>
August 20, 2019	Sadbhavna Diwas	<p>Sadbhavna Diwas was observed on August 20, 2019 where PO Dr Gurvir Kaur Bhullar highlighted the importance of the day and read the Harmony Pledge which was administered by Principal in</p>

		presence of teaching and non-teaching staff.
August 28 - 31, 2019	Donation Drive:	For victims affected by Punjab floods, a donation drive was conducted in the campus from August 28 - 31, 2019, where Rs 12,890/- were collected and donated to Khalsa – Aid Organisation through college account.
August 29, 2019	Fit India Movement	College made arrangements for viewing the live telecast of Hon'ble Prime Minister's address to the nation on August 29, 2019 at 10:00 am on 'Fit India Movement'. It created a general awareness about the importance of sports, games and nutritional food among the participants.
September 4, 2019	NSS Orientation Programme	NSS Unit organised an Orientation Programme on September 4, 2019 to interact with NSS volunteers. Senior volunteers shared their previous experiences and motivated the new entrants to serve selflessly. Nukkad Natak by volunteers was presented for motivating and inspiring volunteers. Vice Principal Prof. Charanjit Singh honoured volunteer Rahul Rajrana for being selected for NSS Award 2017-18.
September 11 - October 2, 2019	Swachhata Hi Sewa (SHS)	SHS - AJanandolan for Swachhata was observed from September 11 to October 2, 2019 with the focus on Plastic Waste Management, and awareness towards the detrimental effect of uncollected plastic waste on human beings, animals and the environment at large was spread.

Painting Competition on the theme 'Plastic Free Chandigarh' was held at the campus on September 19, 2019.

Awareness cum cleanliness drive on 'Ban on Single Use Plastic' was conducted by NSS Volunteers to make the campus plastic free on September 20, 2019.

45 Volunteers along with PO Ms Amanjot Kaur attended 'Swachta hi Seva' rally programme at Open Hand Monument, Chandigarh on October 2, 2019. A pledge was taken by Governor, V P Singh Badnore and volunteers.

September 20-21, 2019 **Poshan Maah2019**

Activities to promote healthy life and to create awareness on advantages of eating balanced diet were conducted from September 20-21, 2019, where Slogan Writing Activity and Display; Awareness Drive on 'Eat Healthy Stay Healthy' and Lecture cum Discussion on 'Balanced Diet among college students' was conducted.

September 19-20, 2019 **Pre-Republic Day Camp Selections**

6 Volunteers were selected on 19th September at college level and went with PO Dr Gurvir Kaur Bhullar for final selections at PG Government College, Sector 46, Chandigarh on September 20, 2019. Volunteer Manish of B.Com II was selected for Pre-Republic Day Camp.

September 24, 2019	NSS Day	<p>NSS Day was celebrated by organising interactive session to elaborate the aim and working of India's National Service Scheme (popularly called as NSS). An extempore speech and non-plastic bag making competitions were conducted. It concluded with a pledge to provide service to the society without any prejudice.</p>
October 28- November 2, 2019	Vigilance Awareness Week 2019	<p>Vigilance Awareness Week was observed from October 28 to November 2, 2019. NSS unit conducted a Poster Competition on the theme "Integrity – A Way of Life" on October 25, 2019 in collaboration with National Insurance Company (NIC). Mr N K Marwari, Chief Regional Manager was the chief guest for the event along with other members from their department. Cash prizes worth 1500/-, 1200/- and 1000/- were given to the winners Priya, Priyanka Gupta and Daleep respectively.</p> <p>A Declamation Contest on the topic "Integrity- A Way of Life" was conducted on October 31, 2019 in collaboration with Vigilance Department, UT Chandigarh and Sponsored by Punjab National Bank. The occasion was graced by Sh. Kirpal Singh, SHO Vigilance, Mr Anil Yadav chief district lead manager PNB and other members from their department. They enlightened students about the importance of integrity in achieving one's goal. The winners were awarded medals and certificates.</p>
October 31,	Run for Unity	35 NSS Volunteers accompanied by NSS PO Manbir Kaur Dhaliwal

<p>2019</p>	<p>participated in a 'Run for Unity' on October 31, 2019 from Sukhna Lake to mark the celebrations of Rashtriya Ekta Diwas (National Unity Day) which was flagged off by Punjab Governor and UT Administrator VP Singh Badnore. It was a three-km run followed by pledge to administer physical activities as essential part of our daily routine. 37 volunteers along with PO Amanjot Kaur attended International Conclave on Human Rights, Community Welfare, Philanthropy and UN SDG 2.0 at Panjab University from November 11-12, 2019.</p>
<p>November 26, 2019 National Constitution Day</p>	<p>National Constitution Day was celebrated on November 26, 2019. Dr. Sandeep Kaur, HOD, Department of Public Administration read the 'Preamble to the Constitution of India' which was administered by the Principal. She delivered a talk, where she explained the importance of Indian Constitution and National Constitution day and, further highlighted the Fundamental Rights and the duties. After the lecture, the students heard to Honourable Prime Minister, Shri Narinder Modi and President Ram Nath Kovind in the live telecast from the Central Hall of the Parliament.</p>
<p>November, 2019-February 2020 Ek Bharat, Shreshtha Bharat- Programme</p>	<p>NSS Units conducted various activities proposed by MHRD. In November and introductory session on the EBSB programme was conducted on November 26, 2019, where the introduction and aim of EBSB programme was discussed by the POs. NSS volunteer Anshita and Manish presented a PPT on the History</p>

and Culture of Dadra and Nagar Haveli. Also, the college screened three Gujarati short films: "**Limbu**", "**Phor you**" and "**Life**" with English subtitles.

In the 7 days camp, the students presented the local dance of the Dadra and Nagar Haveli during NSS Camp and also a lecture was delivered by Ms. Rupinder Aulakh, Assistant Professor in Public Administration. She elaborated the need to implement the objectives of Ek Bharat Shreshtha Bharat into action by the students in their daily lives. In January the students tried to learn few phrases in Gujarati, native language of Dadra and Nagar Haveli, as a result a student delivered the Swachhta Pledge in the same language on January 16, 2020, the inaugural day of Swachhta Pakhwarha.

A cooking competition "**Kuch Cook Kare**" (Cooking without Flame) was also organised on February 19, 2020 in the college campus to create awareness on various food specialities of Dadra and Nagar Haveli.

January 16- 31, Swachhta Pakhwarha 2020.

NSS Unit observed Swachhta Pakhwarha from January 16- 31, 2020. It was commenced by Swachhta pledge ceremony on January 16, 2020, where the college Principal, Ms Sarinder Kaur, NSS POs and NSS volunteers took the pledge to keep their surroundings clean. The swachhata pledge was also taken in the Gujarati language by NSS volunteer Anshita.

A survey on "Water leakage and Maintenance of water resources in College Campus" was done by the NSS Volunteers in association with Dharat Suhavi Environment Society.

College NSS unit organised a rally and awareness drive on 'Say No to Plastic and Ban on Single Use Plastic' at the college adopted village Kaimbwala on January 24, 2020. 75 Volunteers along with PO Manbir Kaur Dhaliwal participated in the rally. Posters on the Say no to plastic were made by them. Slogans on the harmful effects of plastic were recited. The volunteers interacted with the village residents and spread awareness on plastic ban. The village Sarpanch also participated in the rally and promised to promote the ban in the village.

The pakhwarha concluded on January 31, 2020 with a PPT competition organised in collaboration Dharat Suhavi Environment Society on topics Innovative Techniques for Recycling Waste, water conservation, Energy Conservation and Control Environmental Pollution. Cash prizes to winners were sponsored by Department of Environment, Chandigarh Administration. The competition was successfully organized by NSS volunteers and PO Gurvir Kaur.

**March 9,
2020**

Blood Donation Camp

Blood Donation Camp was held in the college campus in collaboration with PGI, Chandigarh on March 9, 2020. 65 Units

were collected wherein many college staff members also donated blood to save life. S. Kundan Singh Sajjann from Canada inaugurated the camp along with President SES, Gurdev Singh Brar and Secretary SES, Col(retd) Jasmer Singh Bala.

**December 2019
– March , 2020** **Charity Events for Collecting
Money for Poor Cancer
Patients**

NSS Volunteers put up stalls like Games, Mehndi, Photo Booth, and Food Stall on Science Day and Blood Donation Camp to monetarily contribute towards Cancer Patient Charity Project, PGI, Chandigarh from the profits earned. Donation were collected during the Special 7 Day NSS Camp also for the same project. Volunteers along with PO Amanjot Kaur deposited an amount of Rs 11,000/- at Poor Patient Cell, PGI Chandigarh.