

## NSS Virtual Activities During Covid 19 Pandemic

### ***Virtual Sessions, e- Workshops, e-Meetings and e-Trainings***

**June 21, 2020 Virtual Session on *Breath and Mind Connect: Being Yogi***

To mark the celebrations of International Yoga Day, NSS Unit organised a virtual session exclusively for SGGS College Students and faculty members on the theme ***Breath and Mind Connect: Being Yogi*** on Sunday, June 21, 2020 at 11:30 AM.

Dr Inder Pal Singh Sidhu, PU Senator and faculty member SGGS College welcomed the key note speaker, Mr Ramnik Bansal who is a Life Coach, Public Speaker and a Meditation Teacher in India.

Mr Ramnik Bansal enlightening the students and faculty members on the significance of YOGA and Meditation. The session illuminated the minds and hearts of the participants and they experienced a relaxed state of mind. 55 NSS volunteers and 10 staff members attended the

		session along with the POs Ms Manbir Kaur Dhaliwal, Dr Gurvir Kaur and Dr Rohit Sharma.
<b>June 5, 2020</b>	<b>One day Online Workshop on Swachhta Action Plan (SAP)</b>	To mark the celebrations of WORLD ENVIRONMENT DAY, NSS Unit conducted a one-day e-workshop on 'Swachhta Action Plan '. The agenda of the workshop was creating awareness on Swachh Campus Manual and Jal Shakti Campus Manual. More than 30 volunteers attended the workshop. The participants were addressed by NSS POs Ms Manbir Kaur Dhaliwal, Dr Gurvir Kaur and Mr. Rohit Sharma. The contents of both the Jal Shakti Campus and the Swachh Campus Manuals were explained in detail by the speakers.
<b>May 3, 2020</b> <b>May 16, 2020</b>	<b>E-Meetings</b>	NSS UNIT'S E-meeting was conducted on May 3, 2020 (Sunday) at 04:30 pm - 5:40 pm vide Zoom Meeting App for having interaction between SGGs NSS volunteers and NSS programme officers and further for the promotion of the government initiations to be undertaken during Covid 19. The meeting was preceded by Ms. Manbir Kaur Dhaliwal and Dr. Gurvir Kaur. 43 NSS Volunteers actively participated in the meeting.  Another meeting was conducted on May 16, 2020 at 6:00

pm Sunday vide Cisco Webex Meetings for discussing important issues relating to NSS Unit's initiative in organizing Inter- College Poster Making Competition on the theme "COVID 19: THE NEW NORMAL" and other forthcoming events in the month of June i.e. World Environment Day (5<sup>th</sup> June) and International Yoga Day (21<sup>st</sup> June). The meeting was preceded by Ms Manbir Kaur Dhaliwal and Dr Gurvir Kaur and 36 participants actively participated in the meeting.

**May 2020**

**E-Trainings**

68 Volunteers along with NSS PO Manbir Kaur Dhaliwal and Dr Gurvir Kaur successfully completed the training on 'Basics of Covid-19' conducted by IGOT, Department of Personnel and Training, Government of India.

32 NSS volunteers have attended various other online trainings and participated in number of online competitions organized by various institutes during lockdown period. Ms Manbir Kaur Dhaliwal and Dr Gurvir Kaur attended online five-day FDP on 'Mentoring and Facilitation Skills for Institutional Mentors' organized by Mahatma Gandhi National Council of Rural Education (Department of Higher Education, Ministry of Human Resource Development, Govt. of India) for NSS Programme Officers at all India

Level from May 27 - 31, 2020.

Ms Manbir Kaur Dhaliwal, DrGurvir Kaur and Dr Rohit Sharma also attended online SAP Workshop conducted by Mahatma Gandhi National Council of Rural Education (Department of Higher Education, Ministry of Human Resource Development, Govt. of India) on June 19, 2020 for all NSS PO's of Chandigarh State.

***Online Completions Conducted by NSS Unit of Sri Guru Gobind Singh College***

**May 25, 2020 Inter College Poster Making Competition**

Inter College Poster Making Competition on the theme - COVID 19: THE NEW NORMAL, organized by NSS UNIT was a great success. More than 280 entries were received vide email from all over India out of which 209 were valid entries. The judgment was given by Dr Rupinder Gumman, HOD, FRM Dept, Govt Home Science College, Chandigarh, and the results were declared on May 25, 2020. The winners were awarded cash prizes of Rs. 1,000/-, Rs. 700/-, and Rs. 500/- (sponsored by BULLSEYE) and e-certificate for participation was given to all participants. The results were announced on the official social media handles of the SGGSS NSS Unit via Facebook and Instagram. The Winners were Harshika

Goyal (SSD Women Institute of Technology, Bathinda); Priya (SGGS College Chandigarh) and Jaskaran Singh (SGGS College Chandigarh).

**June 5, 2020**     **Intra College Best Out of Paper Waste Competition**

To mark the celebrations of World Environment Day, NSS Unit in Collaboration with **Prasanchetas Foundation** organized Online Best Out of Paper Waste Competition for SGGS Students on the Theme: \*रद्दीसेप्रगति\*, cash prizes of Rs. 1,000/-, Rs. 700/-, and Rs. 500/- were awarded to the winners by NSS Unit and e-certificate for participation was given to all participants. 20 entries were received and Results were announced on June 08, 2020, on the official social media handles of the SGGS NSS Unit via Facebook and Instagram. Kavita Yadav won the 1<sup>st</sup> prize for making Self Rack, Ritik Bansal won the 2<sup>nd</sup> prize for making the Bird Feeder and Reena Dhull won the 3<sup>rd</sup> prize for making Pen Stand from waste paper.

***Campaigns and Activities organized by NSS UNIT during COVID 19***

**March 22, 2020**     **COVID 19 Awareness Campaign**

To create general awareness about the COVID 19 Pandemic, posters, ppt's, videos, etc. were made by NSS Volunteers and shared with other college students on a regular basis. The campaign was initiated on 22<sup>nd</sup> March

	<p>2020, with Prime Minister's appeal for 'JANTA CURFEW'. Around 25 volunteers have contributed in this campaign wide posters, banners, poems, ppt's etc which were shared on official social media handles of the SGGS NSS Unit via Facebook and Instagram.</p>
<p><b>March 25, 2020</b>    <b>COVID 19 Post Lockdown Campaign</b></p>	<p>A Campaign to create awareness about precautions to be taken after the Lockdown opens- PROMOTING SELF LOCKDOWN was initiated by the NSS Unit. Door to Door campaign was initiated by NSS Volunteers in their neighborhoods maintaining social distance, wearing masks, and following lockdown guidelines. (None of the volunteers entered anyone's house – only from the gate). Posters and Banners were used for its promotion. The campaign was initiated on March 25, 2020, with general appeal to promote self-lockdown. Around 25 volunteers actively participated in this campaign.</p>
<p><b>April 28,2020</b>    <b>Campaign 'AAROGYA SETU-YOU FOR ME'</b></p>	<p>Campaign by NSS volunteers to persuade their family members and friends to download and complete Self-Assessment on AAROGYA SETU APP was initiated. Each Volunteer was to give a minimum of 10 contacts on which the app was downloaded by him. A screenshot of</p>

		<p>each download was provided with the mobile number. 159 NSS volunteers downloaded AAROGYA SETU APP and completed self-assessment on their own phones. 44 Volunteers successfully downloaded 754 AAROGYA SETU APPs and completed SELF ASSESSMENT among their contacts. Total 913 Aarogya Setu App's were downloaded by volunteers of NSS Unit.</p>
<b>May 3,2020</b>	<b>Mask/ Cap Making and Distribution Campaign</b>	<p>The College NSS unit initiated the Mask / Cap Making and Distribution Campaign on May 3, 2020 where NSS volunteers stitched masks and caps from the waste cloth available at home and distribute to Sweepers, Vegetable Vendors in their areas. 136 masks were stitched and distributed by 39 NSS Volunteers. 50 caps were distributed under this initiative.</p>
<b>May 5,2020</b>	<b>Youth versus Corona Campaign- E- Campaign to promote positivity during COVID 19 Pandemic:</b>	<p>The campaign was initiated by NSS UNIT on May 5<sup>th</sup>, 2020 to promote positivity in the society. NSS Volunteers contributed by making posters, videos, ppt's on positivity and happiness, more than 25 volunteers contributed in promoting positivity in the society. All the creative compilations were shared on the official social media handles of the SGGs NSS Unit via Facebook and</p>

		Instagram.
<b>May 9,2020</b>	<b>Celebrating Mother's Day by showing our gratitude towards Planet Earth</b>	Mother's Day and Earth Day was made memorable by SGGGS NSS volunteers. NSS volunteers showed their creativity and paid gratitude to their mothers and planet earth through posters and poems which were shared on the social media handles.
<b>May 9, 2020</b>	<b>Beating Corona Blues with a Smile: A Day with Myself</b>	One day activity on May 9, 2020 was organized to promote positivity among NSS volunteers. Many positive things happen every day but are unnoticed by us, especially the happiness in this stressful situation due to pandemic COVID 19. To forget all worries for some time, one day activity was initiated in which all volunteers were asked to take a DAY OFF from all their compulsory obligations and do only those things which makes them happy. All volunteers were asked to be on POSITIVE MODE for and share all the small gestures, events, activities etc., which gave them HAPPINESS AND CREATED POSITIVITY AT HOME. Responses from 30 volunteers were compiled to draw inference on "Small Things that can make us Happy".



<b>May 10, 2020</b>	<b>Youth versus Corona Campaign: Campaign by NSS Volunteers to promote Social service and Humanity</b>	NSS Volunteer Ankit Garg and Satwant Singh Tiwana distributed langar to poor and needy people in TRICITY. NSS Volunteer Satwant Singh feed bread and milk to stray dogs and monkeys near Punjab University on May 10, 2020.
<b>May 17, 2020</b>	<b>Gratitude Towards Corona Warriors Campaign</b>	<p>NSS Unit started a campaign "GRATITUDE TOWARDS CORONA WARRIORS" on May 17, 2020 to express gratitude to all those who are involved in the fight against the COVID-19 pandemic across the country. The objective of this campaign was to show respect and appreciation to the corona warriors and show them how grateful we are for their efforts and for risking their own lives to save ours. he unsung heroes have been thanked in different ways by our NSS volunteers. Volunteers created wonderful</p> <ul style="list-style-type: none"> <li>• <b>Posters</b> expressing their gratitude towards Nation's Corona Warriors.</li> <li>• <b>PowerPoint Presentations and Videos</b> for creating awareness about the hard work being put by corona warriors.</li> <li>• <b>Poems</b> expressing their feelings for corona warriors</li> </ul>

The Campaign ended with One Day Activity on May 26, 2020 wherein all volunteers were asked to write THANK YOU LETTERS (CARDS) for the Corona Warriors and distribute them among the ones around their houses or in their localities. Some of the letters were posted to the General Hospitals. More than 25 volunteers actively participated in the campaign

**June 13, 2020**      **YOGA @ HOME and YOGA WITH FAMILY**

NSS Unit started a campaign on the theme *YOGA @ HOME and YOGA WITH FAMILY* on June 13 ,2020 to mark the celebrations of International Yoga Day on June 21, 2020 wherein all NSS VOLUNTEERS were appealed to practice YOGA ASANAS at home with their family members. The objective of the campaign was to promote yoga as an exercise which works for both the mind and the body. Yoga postures performed by NSS volunteers calmed them and stimulate their mind. All the thoughts, videos and pictures shared by the NSS volunteers during the campaign were compiled to promote awareness on benefits of practicing yoga asanas and to promote the concept of HEATHY BODY along with HEATHY MIND. The complied video was shared on the official social media handles of the SGGS

NSS Unit via Facebook and Instagram. More than 55 NSS volunteers along with the POs Ms Manbir Kaur Dhaliwal, Dr Gurvir Kaur, Dr Rohit Sharma and 10 College Faculty Members participated in the campaign.