



POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS,
SECTOR 42, CHANDIGARH
NSS REPORT- 2019-20

The NSS Wing of the College conducted a plethora of activities in the session 2019-20 under the motto- Not Me But You.

Sr.No	Activity	Date	Venue	Remarks
1.	SWACHH BHARAT SUMMER INTERNSHIP 2.0	10 TH JUNE 2019 TO 31 ST JULY 2019	VILL. KAJHERI SECTOR 52 CHD	TREE PLANTATION, DOOR TO DOOR SURVEY, NUKKAD NATAKS, RALLIES, SEMINAR, WALL PAINTING, CLEANLINESS DRIVES.
2.	TREE PLANTATION DRIVE	3 RD AUGUST 2019	PGGCG 42	ABOVE 50 PLANTS WERE PLANTED.
3.	INDEPENDENCE DAY CELEBRATION	15 TH AUGUST 2019	PGGCG 42	INDEPENDENCE DAY AS WELL AS ORIENTATION OF NSS WAS HELD.
4.	JAL SHAKTI ABHIYAN	1 ST JULY 2019- 15 TH SEPTEMBER 2019	PGGCG 42 AND NEW LAKE	ESSAY WRITING, POSTER MAKING, MODEL MAKING, RAIN WATER HARVESTING, LAKE CLEANING, SEMINAR. FUNCTION ON WATER POLLUTION AND CONSERVATION
5.	AKSHAY URJA DIWAS	19 TH AUGUST 2019	PGGCG 42	WORKING AND ADVANTAGES OF

				SOLAR PANEL, POEM RECITATION, ESSAY WRITNG
6.	POSHAN MAAH	30 TH AUGUST 2019 TO 30 TH SEPTEMBER 2019	PGGCG 42 AND TAGORE THEATRE	SALAD MAKING, POSTER MAKING, MODEL MAKING, RUSA WORKSHOP
7.	FIT INDIA MOVEMENT	29 TH AUGUST 2019	PGGCG 42	PM MODI'S LECTURE
8.	PULSE POLIO DRIVE	15 TH SEPTEMBER 2019 & 16 TH SEPTEMBER 2019	VILL. KAJHERI	POLIO DROPS PROVIDED TO ALL CHILDREN UNDER THE AGE OF FIVE YEARS
9.	SINGLE USE PLASTIC FREE INDIA	11 TH SEPTEMBER 2019	SECTOR 17	SIGNATURE CAMPAIGN
10.	SWACHH CHANDIGARH RALLY	2 ND OCTOBER, 2019	OPEN HAND MONUMENT ADJ. PUNJAB AND HARYANA HIGH COURT	50 VOLUNTEERS
11.	MOTIVATIONAL LECTURE OF DR.B.K. SWAMINANTHAN	18 TH OCTOBER, 2019	PGGCG 42	LECTURE ON CELEBRATING LIFE WITH HAPPINESS AND PEACE
12.	ANTI-CRACKER AWARENESS FUNCTION	24 TH OCTOBER, 2019	PGGCG 42	TO PROMOTE GREEN DIWALI
13.	VIGILANCE AWARENESS WEEK	29 TH OCTOBER,2019	PGGCG 42	PLEDGE TAKEN
14.	DONATION OF WOOLEN CLOTHES	4 NOVEMBER,2019 TO 11 TH NOVEMBER, 2019	PINGALWARA(SECTOR 52), PRABH AASRA (KURALI), GUR AASRA TRUST (MOHALI)	TO PROMOTE THE FEELING OF GIVING AND SHARING.
15.	RUN FOR UNITY	31 ST OCTOBER,2019	SUKHNA LAKE	TO PROMOTE UNITY
16.	TRIP TO SULTANPUR LODHI	9 TH NOVEMBER,2019	SULTANPUR LODHI	CELEBRATION OF 500 YEARS OF GURU NANAK DEV JI BIRTHDAY

17.	SEMINAR ON MENSTRUAL HYGIENE	13 TH NOVEMBER,2019	PGGCG 42	SEMINAR INCLUDED SAMPLING OF COTTON MEDICATED SANITARY PADS BY KHADI
18.	SEMINAR ON DOG BITE	15 TH NOVEMBER,2019	PGGCG 42	SEMINAR ON HOW TO AVOID DOG BITE AND PREVENT RABIES
19.	CONSTITUTION DAY	26 TH NOVEMBER,2019	PGGCG 42	IMPORTANCE OF CONSTITUTION AND ITS WORKING
20.	DECEMBER CAMP	26 TH DECEMBER,2019 TO 1 ST JAN,2020	PGGCG 42	THEME – EK BHARAT SHRESTH BHARAT COOKING
21.	JANUARY CAMP	2 ND JANUARY, 2020	PGGCG 42	COMPETITIONS, SLOGAN WRITING, POSTER MAKING, SINGING, POETRY RECITATION, BEST OUT OF WASTE, MOVIE ON DADAR AND NAGAR HAVELI.
22.	PULSE POLIO CAMP	19 TH JANUARY, 2020 TO 21 ST JANUARY,2020	Sector 38 - 43, CHANDIGARH	POLIO DROPS PROVIDED TO ALL CHILDREN UNDER THE AGE OF FIVE YEARS
23.	TRAFFIC RALLY	15 TH JANUARY,2020	TRAFFIC PARK,SECTOR 23, CHANDIGARH	PROMOTED THE USE OF HELMETS BY FEMALE DRIVERS
24.	NATIONAL YOUTH FESTIVAL	11 TH JANUARY TO 16 TH JANUARY 2020	LUCKNOW	VARIOUS DUTIES WERE DISTRIBUTED AMONG VOLUNTEERS.
25.	LECTURE ON HEALTH ISSUES	24 TH JANUARY,2020	PGGCG 42	INFORMATION ABOUT VARIOUS HEALTH ISSUES
26.	CHANDIGARH ADMINISTRATION FUNCTION	25 TH JANUARY,2020	PGGCG 42	VOTERS DAY
27.	REPUBLIC DAY CELEBRATIONS	26 TH JANUARY, 2020	PGGCG 42	CULTURAL FUNCTION
28.	SPORTS DAY FUNCTION	15 TH FEBRUARY, 2020	PGGCG 42	NSS CONTINGENT

29.	CHANDIGARH URBAN FESTIVAL	9 TH FEBRUARY TO 16 TH FEBRUARY 2020	CAPITOL COMPLEX, SECTOR 1, CHANDIGARH AND SECTOR 17 PLAZA, CHANDIGARH	BOLLYWOOD DANCE, RAMPWALK, SKIT, NUKKAD NATAK, SOLO DANCE, SOLO BHANGRA
30.	WORK DONE DURING COVID-19	MARCH 15, 2020 INWARDS	FRPM HOME	COVID RELATED AWARENESS, SENSITIZATION ETC.

LAURELS TO COLLEGE!

Ms. Vijayanti- NSS Volunteer- Awarded with National Service Scheme Award 2017-18 by the honorable President Shri Ramnath Kovind on 24th September'2019 at Rashtrapati Bhawan Delhi for the outstanding commendable community services .

City girl, boy get NSS awards from President Kovind

HT Correspondent

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CHANDIGARH: An NSS volunteer from Sri Guru Gobind Singh College, Sector 26, Rahul, bagged the NSS Award 2017-18. He was felicitated by the President of India, Ram Nath Kovind, at the Rashtrapati Bhavan.

Rahul, 23, was honoured for his active involvement in the preservation of natural resources in Kaimbwala village and spreading environmental awareness—he has participated in tree-plantation drives, rallied against the use of polythene and campaigned for organ donation. Further, he has promoted the use of solar energy and spread awareness about HIV/ AIDS.

Principal Satinder Kaur, NSS programme officer Gurpreet Kaur, and Rahul's mother were present during the felicitation ceremony.

While speaking to Hindustan Times, he said, "I was born in a mediocre family in Nauch village (Haryana) and had lost my father at a young age. I then became determined to make a contribution to the society."

He joined the college's NSS programme after being part of a seven-day NSS Camp. "After meeting people from the socially disadvantaged group during the camp, I was motivated to dedicate myself to social service and discontinued pursuing the economics course in which I earlier was enrolled," Rahul said.

Thirty volunteers from India



Vijayanti, 22, is currently pursuing masters in sociology from PGGCG-42. Since joining NSS in the first year of college, she has participated in many blood donation camps.

were shortlisted for the award.

CITY GIRL BAGS THE AWARD

Meanwhile, Vijayanti, 22, was also awarded with the award.

She was born in Chandigarh, her father is a government employee, and her mother is a homemaker. She completed her schooling from Government Model Senior Secondary School, Sector 28D, and her graduation in sociology and music honours from Post Graduate Government College for Girls (PGGCG), Sector 42.

She is currently pursuing a masters in sociology from PGGC-42.

"I had joined NSS as a volunteer in the first year of college and had participated in many blood donation camps," she said.

Ht Chd, 26.09.2019, Pg 04

पिता से हुई प्रेरित, सम्मान किया उनको समर्पित :

पोस्ट ग्रेजुएशन गवर्नमेंट कॉलेज फॉर गर्ल्स-42 से समाजशास्त्र और संगीत में ऑनर्स कर चुकी विजयंती (22) का जन्म चंडीगढ़ में छोटे मध्यम वर्गीय परिवार में हुआ। पिता सरकारी कर्मचारी और मां हाऊस वाइफ हैं। वह अपने पिता से प्रेरित थी। क्योंकि पिता ने कम उम्र में समस्याओं का सामना किया था। यही कारण है कि वास्तव में उसे एक समर्पित व्यक्ति बनाया। वहीं उन्हें इस सम्मान को भी अपने पिता समर्पित किया।

विजयंती ने अपनी शुरुआती पढ़ाई गवर्नमेंट मॉडल सीनियर सैकेंडरी स्कूल सैक्टर-28 से की। इसके बाद सपने को पूरा करने के लिए और भावी समाजसेवी बनने के लिए उन्होंने पी.जी.जी.सी.जी.-42 ज्वाइन किया। वह पी.जी.आई. में कमजोर बच्चों के लिए भी काम किया और उन्हें आर्थिक मदद करने के लिए फंड जुटाया। उन्होंने महिलाओं के खिलाफ अपराध की रोकथाम के लिए कार्यक्रमों में भी काम किया। इन कार्यों ने उनके जीवन को बदल दिया। उन्होंने अपने नए विचारों और रूढ़िवादी विचारों के साथ एक सामाजिक कार्यकर्ता बनने का फैसला किया।

GLIMPSES OF SOME PROGRAMS

- **JAL SHAKTI ABHIYAAN**

PHASE 1

1ST JULY 2019 TO 15TH SEPTEMBER 2019

NSS Unit of Post Graduate Government College for Girls Sector -42 UT Chandigarh participated in the JAL SHAKTI ABHIYAN Phase 1, from 1st July to 15th September. This campaign was organized with the help of our honorable principal- **Prof. Binu Dogra** and **NSS Wing**.

The main motive of this camp was “**JAL SHAKTI**”.

Inspired by the Hon’ble Prime Minister’s impetus on Jal Sanchay, the Jal Shakti Abhiyan is a time-bound, mission mode water conservation campaign. The first phase of JSA ran from 1st July to 15th September. The JSA aims at making water conservation a Jan Andolan through asset creation and extensive communication.

OVERHEAD WATER TANKS

22ND JULY 2019 - 27TH JULY 2019

- NSS Unit of Post Graduate Government College for Girls Sector-42 UT Chandigarh believes that “the change starts from within”. Therefore, the JAL SHAKTI ABHIYAN at PGGCG-42 started with a cleanliness drive within the college.

- Under this cleanliness drive all the overhead water tanks were cleaned with the help of laborers and volunteers. The initiative took around 3 days to complete.

RALLY AT KAJHERI VILLAGE

29TH JULY 2019 – 3RD AUGUST 2019

- An awareness rally was organized from college to Kajheri Village. The main objective of the rally was “Jal Hi Jivan”.
- All the programme officers and NSS volunteers interacted with the people of Kajheri Village and made them understand about the significance of water resource and its conservation.
- The volunteers explained to the people, the reasons behind water scarcity and how the water can be reused.





TREE PLANTATION

5TH AUGUST 2019-10TH AUGUST 2019

- A tree plantation programme was launched on . The NSS programme officers and volunteers selected the empty places and roadsides to plant saplings in a well-organized way.
- In order to restore the eco-balance of the afforestation drive was taken with all seriousness. All the participants were highly enthusiastic to make it a big success.
- The programme created a great stir among general public too.





42 NEW LAKE

Cleanliness Drive- Swachh Bharat Abhiyaan

13TH AUGUST -14TH AUGUST 2019

- It is aptly said that “If there is magic on this planet, it is contained in water”. When we search for life on other planets, the one thing which tells us about the possibility of life on that planet is WATER.
- It is our responsibility to use the water resource that has been given to us by the nature judiciously and rationally. Also, it is must for us to save our water reservoirs and to maintain them.
- Our NSS volunteers realized this responsibility and took the initiative to clean the New Lake of Sector-42, Chandigarh.



- Volunteers not only cleaned the lake but also the surrounding area of the lake including the Palm Garden. They picked up the garbage and filled their bags with it leaving the lake as clean as a whistle.



COMPETITION

Waste Water Conservation

16TH AUGUST 2019-17TH AUGUST 2019

- Since, water conservation, waste water recycling, and reuse is becoming more important due to increase in: demand on portable water resources, it has become significant to bring the attention of all to the water conservation techniques.
- A model and poster making competition was held to develop a better understanding of different water conservation mechanisms in the students.



- Students participated with full interest and zeal.



DOOR TO DOOR SURVEY

Awareness Programme

19TH AUGUST 2019-23RD AUGUST 2019

- A door to door survey was conducted in near about places regarding spreading the awareness about : waste water management, stored dirty water in mundane places like water coolers, beneath the unused things on the roof, half cut tyres, etc
- Our NSS Volunteers interacted with people and spread awareness about the consequences of waste water mismanagement. They taught the people about the ways of reusing the water in day to day domestic life.
- We realized that the women can play a crucial role in the conservation of water. Therefore, special emphasis was made on making women aware about the water scarcity and its end results.





RAIN WATER HARVESTING SYSTEM

27TH AUGUST 2019 – 31ST AUGUST 2019

- The students were introduced with the rain water harvesting system for Post Graduate Government College, Sector – 42 UT Chandigarh.
- The harvesting of rain water simply involves the collection of water from surface on which rain falls, and subsequently storing this water for later use.
- The students were taught about the advantages, suitability, and system of rain water harvesting.
- A detailed description of the water harvesting system was given to the students by NSS Programme Officer Dr. Ranjana.





AWARENESS CAMPAIGN

3RD SEPTEMBER 2019-7TH SEPTEMBER 2019

- An awareness campaign was conducted in which our NSS Volunteers spread awareness about various water related issues.
- The main focus was on teaching the students about Dark Zone Water and different elements found in water like fluoride, arsenic, etc. and how these elements affect the health of people

” A zone is termed to be ‘over-exploited’ if the pumping out of the underground water exceeds 100 per cent. Dark Zones are basically a consequence of green revolution or commercial farming trends.”

- The people were made aware about the significance of recharging the underground water and using limited water.





SEMINAR

12TH SEPTEMBER 2019

- A seminar was organized on 12th September by Dr. Madhuri S Kohli



- Various aspects of water issues and water conservation were discussed by Dr. Madhuri S Kohli .

“We have adequate water in this country, the issue is that the inadequate distribution of that water.”

- The students were told about the exceptional ancient Indian water management and were encouraged to adopt habits to save, reuse and conserve the water.
- **POSHAN MAAH**

RUSA SPONSORED CAPACITY BUILDING WORKSHOP ON “ROLE OF NUTRITION IN PHYSICAL, MENTAL AND SOCIAL WELL BEING OF ADOLESCENTS” (3RD SEPTEMBER, 2019)

A workshop on Role Of Nutrition In Physical, Mental And Social Well Being Of Adolescents was conducted under the aegis of RUSA in collaboration with Indian Dietetic Association, Chandigarh Chapter, with the motive to sensitize the students on the importance of holistic health. Mr. Bikram Rana, State Liaison Officer, UT, Chandigarh, NSS Wing was the keynote speaker wherein he addressed the audience about the importance of holistic health. Dr. Mangla Dogra, Gynecologist, made students aware about the biological developments and care of the body. Ms. Monica Malik, Founder Nutrition Coach, told the students the importance of a balanced diet. Dr. Ram Niwas, Assistant Professor in Physical Education interacted with students and gave valuable inputs on the importance of physical activity. Ms. Kalyani Singh, Assistant Professor discussed various types of fad diets with the students. She encouraged all students to have a proper lifestyle.







COOKERY COMPETITION ON TOPIC "ANAEMIA FREE YOUTH" TO MAKE IRON RICH SALAD UNDER POSHAN ABHIYAN (20th SEPTEMBER, 2019)

NSS Wing in collaboration with IDA, Chandigarh Chapter under *Poshan Abhiyaan* held a cookery competition. The purpose of this competition was to spread awareness about nutrition and healthy eating habits among youths during apprise them about iron rich vegetables and fruits. Dr Manpreet, Head of Department, Home Science, Principal Prof Binu Dogra and NSS Incharge Dr Gurmel Singh judged this competition. Different streams of students took part in this competition and showed their talents and winners were awarded with prizes sponsored by IDA Chandigarh Chapter.



- **7 DAY AND NIGHT SPECIAL NSS CAMP**
- **(26th Dec, 2020- 01st Jan, 2020)**

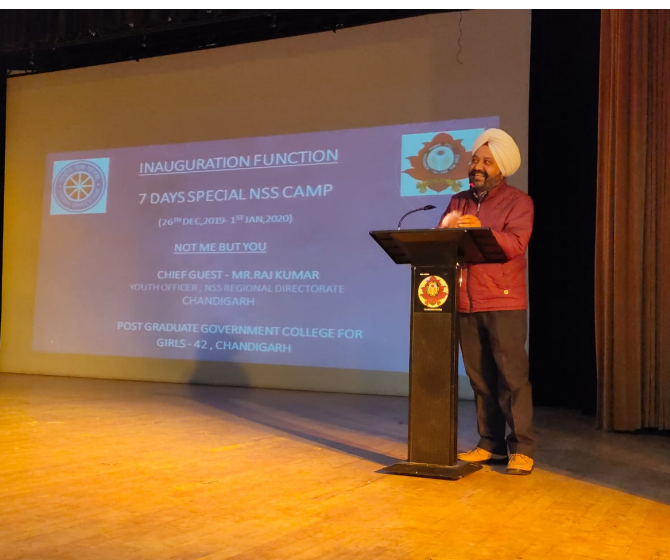
Inauguration ceremony Day 1 (26th December, 2019)



The morning of December 26, 2019 brought with it the ray of hope and hearts filled with determination of work for the welfare of mankind among all the NSS volunteers. The camp was held from 26th December, 2019 to 1st January, 2020 on the theme **Ek Bharat Shreshth Bharat**.



Mr Rajkumar



Dr. Gurmel Singh

(Youth Development Officer NSS Regional directorate)

(Programme Officer)

The NSS Unit of Post Graduate Government College for Girls Sector 42 Chandigarh inaugurated the 7 Day and Night Special Camp in the College Campus on 26 December, 2019.

With full enthusiasm the whole NSS team gathered in the Sabras Auditorium for the Inaugural Ceremony of this camp. The camp was inaugurated by the **Chief Guest Mr Rajkumar (Youth Development Officer NSS Regional directorate)**. He acknowledged NSS volunteers with the significance of NSS logo and explained the logo in detail.

Blue color represents- the cosmos of which the NSS is a tiny part

Red color represents – NSS volunteers are full of energy and high spirit

Eight bars represent – The 24 hours of the day

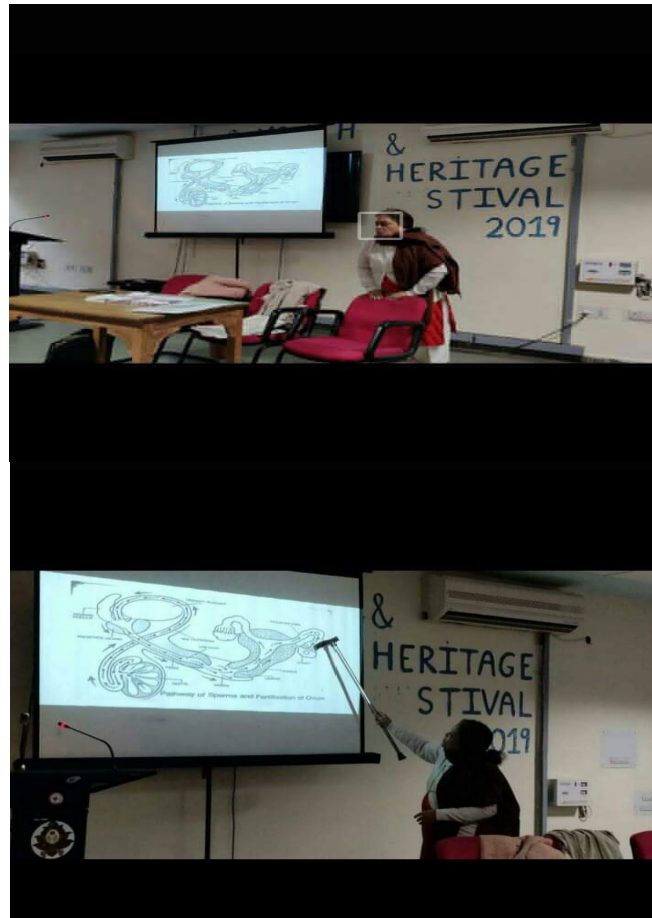
After following our daily routine, we had a discussion with Programme Officers on NSS Functioning, activities and objectives. They also drew attention towards importance of NSS, women empowerment and sustainable development.

Day 2 (27th December, 2019)



Volunteers doing Exercise and Yoga

On the second day of the camp, the volunteers gathered in the parking area for exercise. They performed various refreshing exercises and some asana helpful for better digestion.



Dr. Sandhu during Session

The first session the day was given by **Dr. Sandhu** from **Family Planning Association (FPA)** who along with her team enlightened the volunteers about women health related issues and cleared doubts about women reproductive system.



Dr. Kalyani Singh

After this the volunteers had another important and one of the most interesting sessions on health and nutrition. This lecture was delivered by **Dr. Kalyani Singh** from **Department of Home Science, PGGCG 42**. She made the volunteers aware about various types of food, nutrients, and minerals in much elaborated way.



In the evening session we had a **Self Defense Training** session. Orientation and discussion was held on the importance of self defense and safety precautions at road, home, school, public places and also while using internet.

Day 3 (28th December, 2019)



Slogan Writing Competition



Poem Recitation Competition

After the daily routine, the volunteers gathered in multimedia room and showcased their various talents by participating in the Poem competition and Slogan Writing Competition.

The second session of the day was delivered by **Dr. Deepak Goyal** for “Anti Stress Women Empowerment”.

Dr. Deepak Goyal advised our students about the significance of joy and the association of a strong character with a sorted life.



Dr. Deepak Goyal



In the evening the volunteers had a defense session by **Mr. Sanjay and Ms. Rekha** from **SWAYAM – Chandigarh Police**. The trainers taught the volunteers many self defense tricks and techniques to develop confidence in them.

Day 4 (29th December, 2019)



Members of Taraksheel Society

The first session of the day, was on “Superstitions”. The session was commenced by **Mr. Joga Singh** of **Taraksheel Society** who said the motive is ‘**To Develop Scientific Temperament**’ in the youth. He emphasized that one should believe in themselves rather than believing in some external forces. He told us about the myth of Life and Death and stated that one must scientifically question everything before believing it.



Dr. Gaurav Gaur

The next resource person of the day was **Dr. Gaurav Gaur** who delivered a lecture on **Women Health Issues and Menstrual Hygiene**. These talk turned into very entertaining session as the NSS volunteers came out and shared their experiencing relating to the myths about menstruation. Menstruation is still a taboo in our society, so the NSS volunteers why it is crucial to open up about it.



Singing Competition

A Singing Competition was held in the evening as a recreational activity. The volunteers participated with zest and sang in their melodious voices.

Day 5 (30th December, 2019)



Awareness Rally at Khajeri Village

On the 5th day, an **Awareness Rally** was organized from college to the adopted **Village-Kajheri** in order to spread awareness about aids, cleanliness, seasonal flu and waste management. The NSS Volunteers interacted with the people of Kajheri village and gave them tips about how to maintain good health.



Store cleaning done by NSS volunteers

To instill the idea of 'Swatchh Bharat Swasth Bharat' the NSS volunteers took an initiative in campus cleaning program. They cleaned all the store areas in the campus.



Yoga Therapy Presentation

Later in the day, a **Yoga Therapy** was organized for the NSS Volunteers for teaching them how to manage stress and work tirelessly.

Day 6 (31st December, 2019)



Mr. Paramjit Singh delivering the lecture to NSS volunteers

The first session was given by Mr. **Paramjeet Singh** from Regional Center of Entrepreneurship Development on “**Skill Development and Career Opportunity**”. He said “Change is a Law of Nature” and one must adapt the change in order to make life smooth. He asked the volunteers to beware of the distractions.



After lunch, a competition on best out of waste was organized to encourage the talent among NSS volunteers on the theme “Ek Bharat Shresth Bharat”. The volunteers made various creative models and displayed their creativity.



Bonfire

The last but not the least, in the evening, a Dance Competition and Bonefire was organized for the volunteers. All the volunteers participated with full enthusiasm. There was happiness and fun in the air.

Valedictory Function Day 7 (1st January, 2020)



Chief Guest- Mr. Jagdish Diwan

The 7 Day and Night NSS Camp came to its end on January 1, 2020. A valedictory function took place in the presence of the **Chief Guest** of this function was **Mr. Jagdish Diwan**, from **Support A Child**, **Professor Binu Dogra – Principal PGGCG 42** and **Dr. Gurmel Singh – NSS Coordinator PGGCG 42**. The winners of various competitions were appreciated with laurels. The NSS volunteers and programme officers were praised for their hard work.



Skit Performance and Prize Distribution

Prize Distribution was held where winners for various competitions were honored. Ayushi Dhiman was given a special award for writing two plays concerned with social issues and was highly praised by the Chief Guest.

After the Valedictory Function, all the volunteers had lunch and took leave from the 7 Day and Night Special Camp with many lessons and cherishing memories.

- **7 DAY AND NIGHT SPECIAL NSS CAMP**
(02nd Jan, 2020- 08th Jan, 2020)

INAUGURATION DAY

2nd January, 2020



NSS unit of Post Graduate Government College for Girls sector - 42, UT Chandigarh organized 7 day and night camp in the college. This special Camp was organized with the help of honorable principal of PGGCG-42, Chandigarh - **Professor BINU DOGRA** and **NSS WING**.

On 2nd January 2020, the NSS volunteers arrived to the camp with the ray of hope to learn, determined to work for the Humanity.

A cooking competition was held under the program "Ek Bharat Shresth Bharat". In the competition, Gujarati Dishes were to be brought from home and presented by the volunteers. Filled with ebullience, the whole NSS team assembled in the multimedia room for the Inaugural Ceremony of the campaign. The Inauguration Function started at 11:30 a.m. in the presence of

Sh. Bikram Rana - State Liaison Officer along with NSS coordinators of PGGCG-42. Sh. Rana explained the objectives of NSS and stated that NSS works for bringing the campus learning to community service. He enlightened the volunteers about the significance of thought by saying:

**"Apne vicharo par dhyan do, vo tumhare lafz ban jayenge;
Apne lafzon par dhyan do, vo tumhare karm ban jayenge;
Apne karmo par dhyan do, vo tumhari adatein ban jayegi;
Apni aadaton par dhyan do, vo tumhara charitar ban jayega"**

He winded up the ceremony with his best wishes and encouraged the students to become community-oriented professionals.

"Ye soch aapko bheed se bohot alag kardegi"

DAY 2

3rd January, 2020

The Bhagavad Gita states, "Yoga is the Journey of the Self to the Self, through the Self." Therefore, the NSS Volunteers started their day by practicing Yoga.



NSS Volunteers performing Yoga early morning

The first session of the day was given by **Dr. Deepika Gandhi, Director of Le Corbusier Center and Chandigarh Architecture Museum**. She enlightened the volunteers about how Chandigarh was formed and what difficulties were faced by the administration in the process of formation. She bared light on the significance of connecting to one's culture and heritage and invited the volunteers to visit the architecture museums and the capitol complex in UT Chandigarh.



Dr. Deepika Gandhi delivering her lecture to NSS Volunteers

In the next session the volunteers had a heart-to-heart conversation with **Sh. JAGDISH DIWAN** from "**Support a Child**". Diwan Sir narrated his lifelong experience, which he earned by living in many Western countries and urged the volunteers to never cease running behind their dreams. He said we can make a better India only when we leave our evil and adopt other's good.



Sh. Jagdish Diwan delivering his lecture to NSS Volunteers

The next session was dedicated to **HEALTH** and **NUTRITION**. The session was given by **Dr. Kalyani Singh (Department of Home Science PGGCG-42)**. Dr. Kalyani discussed about diet related disorders and how these disorders can be prevented.



Dr. Kalyani Singh delivering her lecture to NSS Volunteers

At 4 p.m. The volunteers assembled in the ground to attend the defense class. The defense class was given by the main objective of the class was to make volunteers strong both physically and mentally



NSS Volunteers attending Self Defense Class

In the evening, the volunteers had a very energetic interactive session with RJ Manav. The Volunteers played many games and one gift vouchers brought by RJ Manav. He also encouraged the volunteers to keep moving in the direction they have chosen.





चंडीगढ़ सेक्टर-42 स्थित पीजीजीसीजी में एनएसएस
कैंप के दौरान भाग लेते विद्यार्थी। इस दौरान एनएसएस
का सिद्धांत वाक्य 'नॉट मी बॉट यू' का संदेश दे
सामाजिक कल्याण के लिए कार्य करने को प्रेरित किया
गया। इस दौरान एनएसएस इंचार्ज डा. गुरमेल सिंह व
कार्यक्रम से जुड़े अन्य अधिकारी भी वहां मौजूद रहे।



RJ Manav having an interactive session with NSS Volunteer

DAY 3

4 January, 2020

After following the daily routine, the volunteers assembled in the multimedia room. The first session was with Dr. Gaurav Gaur from Department of Social Work, Punjab University with regard to menstruation. Mr. Gaur discussed with the volunteers about the myths and taboos related to menstruation. His main focus was on the maintenance of personal hygiene but with least waste production.



Dr. Gaurav Gaur delivering his lecture to NSS Volunteers

Next came **Mrs. Anuradha Tandon from NGO Datri** who awared the volunteers about stem cells and thalassemia. She stated every year in India up to 10,000 kids are born with thalassemia. The volunteers then opted to be the donors for stem cells and gave their cheek cells for testing. Around 50 NSS Volunteers registered to fight against blood cancer by donating their stem cells.



Mrs. Anuradha Tandon delivering her lecture to NSS Volunteers
In the evening, a poster making competition and a **Slogan Writing Competition** was organized for volunteers on the topic of "Ek Bharat Shreshth Bharat."



NSS Volunteers participating in Slogan Writing Competition

Next, the volunteers gathered in multimedia room for a cultural session all the volunteers along with Anise is coordinators danced on the Beats of various songs. The energy and enthusiasm in the air was clearly seen.



Glimpse from evening Cultural Function.

DAY 4

5 January, 2020

The first session was acknowledged by **Mr. Paramjeet Singh from Regional Center of Entrepreneurship Development**. Mr. Singh drew the attention of the volunteers on the importance of self introspection and self-worth. He said, "You should know that you are the most precious thing in the universe.

He stated a number of career options in public, private and business sector and talked about the importance of women in accelerating entrepreneurship.

He narrated a phrase from Granth Sahib Ji , " **koi kisi ko raj na de hai, jo le hai apne bal par le hai.**"



Glimpse from Mr. Paramjeet Singh's lecture

Next came, **Ms Savita - former Volunteer and Executive of Open Eyes Foundation**. She presented a lecture on the significance of Willpower. She narrated the story of Everest climber Arunima Sinha in order to make the volunteers understand that if the willpower is strong, one can conquer anything in the world, no matter the hurdles, no matter the difficulties.



Glimpse from Ms. Savita's Lecture.

In the defense class the volunteers were taught about the punches, the eye shoots and how an attack can be blocked.



Glimpse from NSS Volunteers practicing self defense.

Later, a poetry competition was organized for the volunteers on the topic "Ek Bharat Shreshth Bharat." The volunteers participated with full zest and recited various poems in their melodious voices.



Glimpse from Poetry Competition.

DAY 5

6 January, 2020

On the fifth day, **Dr. Veena Gupta (medical officer)** and **Mrs. Harsh** from **Family Planning Association of India** enlightened the volunteers about women health related issues and cleared the doubts that the girls had about their reproductive systems. Awareness was spread about breast and cervical cancer and that these cancers can be prevented through vaccination. At last there was an open discussion about Gender Based Violence and Marital Rape. All the volunteers participated in the discussion and presented their views.



Glimpse from Dr. Veena Gupta and Mrs. Harsh's lecture.

Next, the volunteers participated in the best out of waste competition. They had brought with them various unwanted commodities and portrayed their creative skills. The key highlight of the best out of waste competition was that no plastic waste was used in the competition. All the waste used was biodegradable in nature.





Glimpse from Best out Of Waste Competition

After lunch, the session was given by **Mr. Sandeep Kumar from Open Eyes Foundation**. He started the lecture with the words of Shiv Kota, "jitne wale koi kaam nhi karte, wo har kaam ko alag dhang se karte hain." He told the volunteers that in order to be successful in any walk of life one needs to have acceptance and value of time. He remarked, "Our brain does not differentiate between reality and Imagination."





Glimpse from Mr. Sandeep Kumar's lecture.

DAY 6

7 January, 2020

The first session of the sixth day was put on by the **Members of Taraksheel Society**. The members of Taraksheel Society clarified the myths and superstitions that people have and said that people should become aware and also pass on this knowledge to others. And the shocking fact was that literate people are more to believe in such things. They stated that a scientific temperament is very crucial for a better future of the country.



Members of Taraksheel Society interacting with NSS Volunteers

The volunteers participated in a quiz competition which was entirely based on NSS.



NSS Volunteers participating in Quiz Competition

Next, the volunteers were shown a movie made on Dadar and Nagar Haveli. After lunch, the volunteers had a discussion with Program **Officer Dr. Gundeep Virk** on NSS functioning, activities and objectives. They also drew attention towards importance of NSS, women empowerment and sustainable development.



Glimpse from Dr. Gundeep Virk's Lecture

VALEDICTORY FUNCTION

8 January, 2020

This wave of NSS Seven Day Special Camp came to its end on 8th January on which Valedictory Function took place. **Chief Guest** of this Valedictory Function was **Dr. Navdeep Sharma, NSS Coordinator of Panjab University.** **Prof. Binu Dogra -The Principal of our prestigious college Post Graduate Govt. College for Girls, Sector-42, CHD ,** **Dr. Gurmel Singh, NSS Incharge P.G.G.C.G 42** along with other NSS Programme Officers.



Principal Prof. Binu Dogra, Chief Guest Dr. Navdeep Sharma, NSS Incharge Dr. Gurmel Singh along with NSS Programme Officers.

NSS VOLUNTEERS showed their talent through their performances like Skit, Bhangra, Western Dance, Gujarati & Haryanvi Dance to give a glimpse of Indian Culture and many songs were sung by melodious voices.





Glimpse from valedictory cultural function.

Prize Distribution Ceremony was held where winners of various competitions were honored. Apoorva Sharma of B.A 3 bagged Best NSS Volunteer for year 2019-20. The NSS Volunteers and the Programme Officers were praised for their hard work by the Chief Guest Dr. Navdeep Sharma and Principal Prof. Binu Dogra. The function was successfully winded up.





Glimpse from the Prize Distribution Ceremony

After the valedictory Function all the NSS volunteers had lunch and bid adieu to the camp with life long memories and various life lessons.

• WORK DONE DURING COVID-19

March, 2020 saw a surge of Covid-19. The College started working from. But, this did not deteriorate the vigour of our NSS volunteers.

- The volunteers made masks and distributed them in their respective neighbourhood.
- They sensitized the people about the standard operating procedures (SOPs) with regard to Covid-19.
- A video pertaining to Ék Bharat Shreshth Bharat was made by the students which was uploaded on NSS Chandigarh Social Media platform as well.
- They made posters to educate one and all.



NSS WING OF PGGCG 42

