

NATIONAL SERVICE SCHEME

ANNUAL REPORT



POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS

SECTOR-42, CHANDIGARH

SESSION: 2020-2021

NSS INCHARGE: Mr. Mehar Chand

Dr. Ranjna Sharma Programme Officer

Dr. Gagandeep Gyani Programme Officer

Dr. Harpreetkaur Programme Officer

Dr. Sujata Programme Officer

Dr. Gundeep Virk Programme Officer

Ms. Kalyani Singh Programme Officer

Dr. Smita Programme Officer



**POST GRADUATE GOVT. COLLEGE FOR
GIRLS SECTOR 42 CHANDIGARH**



NSS Annual Report 2020-21

Throw away all weakness. Tell your body that it is strong. Tell your mind that it is strong and have unbound faith and hope in yourself.”

Swami Vivekananda

We are facing a pandemic threat that is sweeping across the humanity beyond oceans and borders. Considering the seriousness of COVID 19, Principal Prof. Nisha Aggarwal motivated the NSS programme Officers and volunteers to stay fit, stay strong, face the deadly disease boldly following COVID-19 protocol norms and help the ones in need.

“Don’t look back -forward infinite energy, infinite enthusiasm, infinite daring, and infinite patience – then alone can great deeds be accomplished.”

-Swami Vivekananda

Session started with Pandemic COVID 19; therefore various activities were done by the NSS wing of our college to prevent the spread of this disease. Activities conducted were as follows:

1. Data of 800 volunteers were sent along with their email ids, as per the instructions, to Dr.Mehak at the designated email id in June 2020 so that if their services are required at any point of time they can contribute. All the PO's and Volunteers enthusiastically consented to give their services.
2. Our programme officers and volunteers have participated actively to create awareness regarding COVID 19 and fulfilled their social responsibilities.





3. Around 600 volunteers have already registered on IGOT in June 2020, and rest of the students who were facing difficulties in registering did it later.
4. Volunteers were also encouraged to download the ArogyaSetu App and around 700 volunteers and more have downloaded it along with the PO's.
5. Webinar organized by Rajiv Gandhi University of Health Sciences, Karnataka on multiple aspects of COVID 19 was attended by the NSS programme officers. The main highlight were how to maintain hand hygiene, respiratory hygiene and social distancing, which types of masks can be used, how to use mask and how to dispose them off.
6. Dr.Gurmel Singh joined as incharge of sector response team (SRT) sector 37, Chandigarh from first day when asked to volunteer the service of PO's by state NSS cell, Chandigarh to redress the grievances of residents of Chandigarh. Residents consulted the members in connection with any issue in their respective areas.
7. Dr.Ranjna Sharma attended the Master trainers COVID 19 program organized by State NSS cell on April 15th, 2020 at Government Multi-Speciality Hospital, Sector 16, Chandigarh in which 20 NSS programme officers from different colleges and schools who volunteered their services have been trained as Master Trainers.
8. Our volunteers, acknowledging the issue and caring for the precautions, are regularly acting in the best health interests of our society by helping and creating awareness among people to stay at home and in isolation as it is the best way to beat the pandemic.
9. Other than this, under the able guidance of College Principal Prof. Nisha Aggarwal, all the eight programme officers collected Rs. 500 each and gathered an amount of 8000/- Rs. Ration was distributed to homeless and needy people out of this money. NSS Programme officers and volunteers also provided rations or cooked meals to the needy people around them throughout the lockdown period.

ब्रीफ न्यूज



चंडीगढ़। श्री गुरु गोबिंद सिंह जी के साहिबजादों जी की शहादत को नमन करने के लिए पीजीजीसीजी-42 चंडीगढ़ की एनएसएस इकाई के प्रभारियों ने कॉलेज की प्राचार्या प्रो.(डॉ.) निशा अग्रवाल के नेतृत्व में ज़रूरतमंदों को अलग-अलग क्षेत्रों में रह रहे लोगों को राशन वितरित किया।

पीजीजीसीजी-42 महाविद्यालय की एनएसएस इकाई ने चार साहिबजादों की शहादत को याद करते हुए आर्थिकों को राशन वितरित किया

चण्डीगढ़ (देश प्यार) श्री गुरु गोबिंद सिंह जी के साहिबजादों जी की शहादत को नमन करने के लिए पीजीजीसीजी-42 चण्डीगढ़ की एनएसएस इकाई के प्रभारियों ने कॉलेज की प्राचार्या प्रो.(डॉ.) निशा अग्रवाल जी के कुशल नेतृत्व में आपसी सहयोग राशन से ज़रूरतमंदों को चण्डीगढ़ के अलग-अलग क्षेत्रों में रह रहे लोगों को राशन वितरित किया 7 समय-समय पर कॉलेज की एनएसएस इकाई निष्काम भाव से समाज के कार्यों के लिए बह-चढ़कर काम करती है 7 जिससे ज़रूरतमंदों की जरूरतों को पूरा किया जा सके 7 समय-समय पर एनएसएस द्वारा हमेशा ऐसी



गतिविधियां की जाती हैं 7 जिसमें निष्काम सेवा का भाव रहता है।



10.Ms. Kalyani Singh sensitized students on ways to boost their immunity through nutrition to battle COVID-19 and making students aware of which food is good for consumption and which food should be avoided.

12. Around 40 volunteers for the sake of lives lost and rest of humanity have come together to beat corona and have enrolled themselves as the corona warriors. Virtual awareness using social media was also spread and door to door campaign regarding corona awareness was also conducted. Distribution of face masks made at home is still being carried out by the volunteers



13. Along with social duty, our NSS volunteers utilized the lockdown period efficiently by learning and trying productive things like learning new cooking recipes, creating decorative items made from best out of waste, stitching, portrait making, yoga etc.

NSS WING OF PGGCG 42





14. Awareness on importance of sanitization and distribution of free sanitizers were being carried out by the NSS volunteers. Demonstration of hand washing steps to maintain hand hygiene was also given in their localities.



15. Sakshi, Megha and Manju NSS Volunteers of B.Sc.1 prepared various presentations and SOP slides on the topics like COVID vaccination centres, bed charges, meal plans, yoga techniques, mask distributions, stress management, hand washing techniques on various social platforms. This campaign by the students was highly appreciated by the community.



16. NSS Volunteers of PGGCG-42, Chandigarh helped the disable residents of Chandigarh for their vaccination under the programme initiated by MHRD, Government of India.



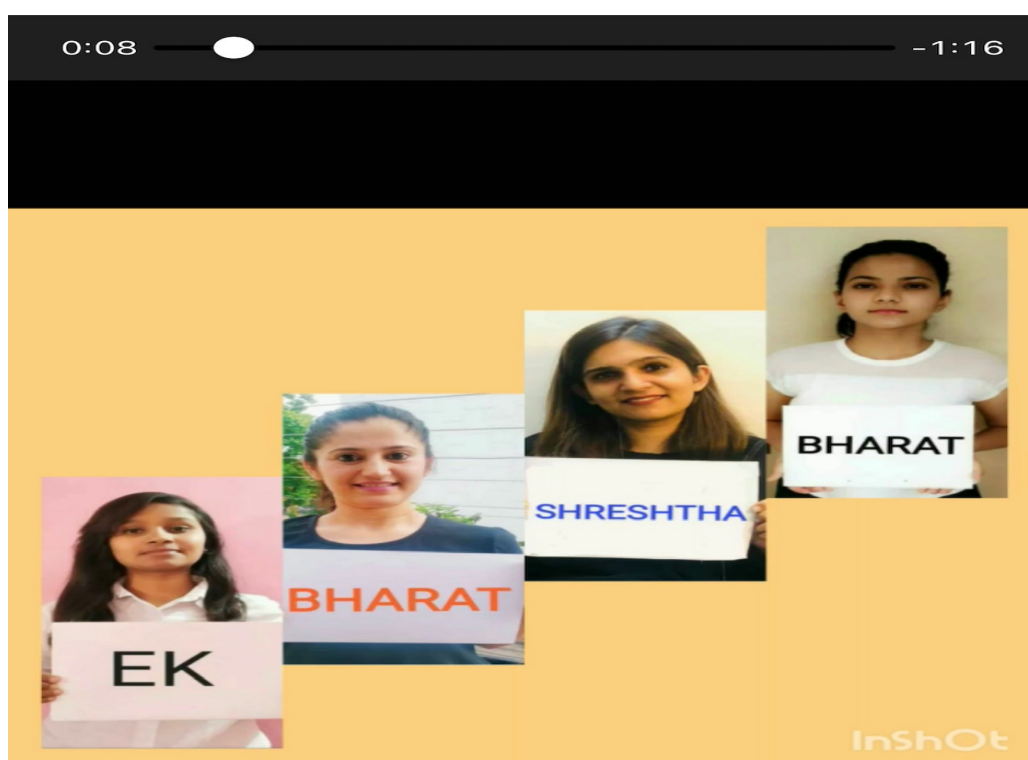
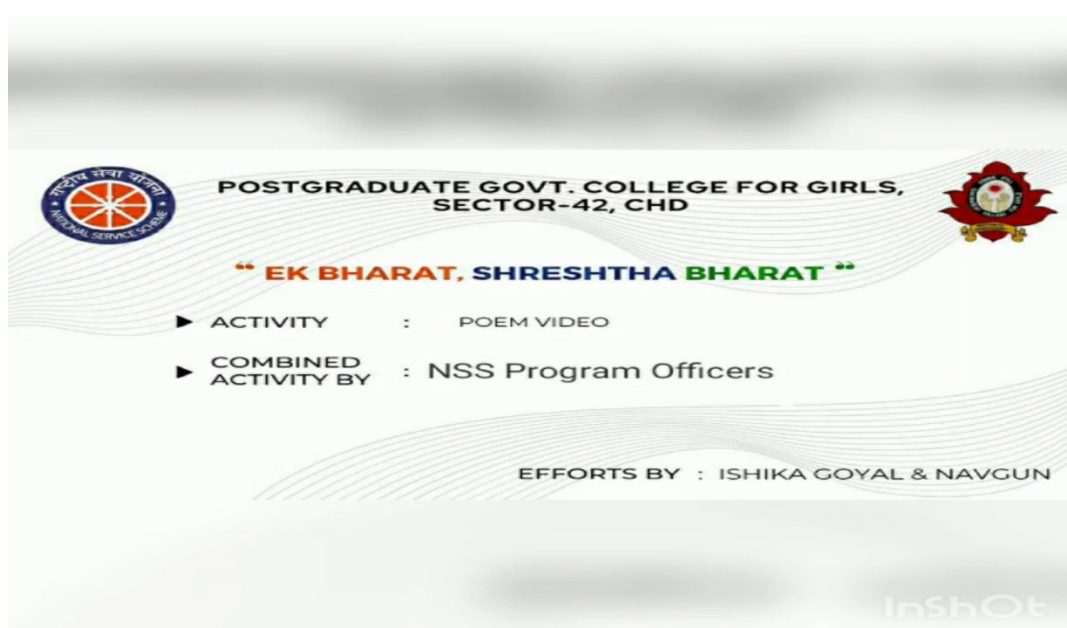
17. During this ongoing pandemic NSS volunteers and POs distributed clothes, masks and stationary to needy and homeless people and spread COVID-19 awareness.





18.A video was made in consonance to protocols to be followed for COVID-19 and Ek Bharat Shreshtha Bharat. The video has protocols mentioned by NSS volunteers in Gujarati and Hindi language so as to sensitise one and all. This video was also posted on various social platforms to spread the message of unity in hard times of pandemics like COVID 19.

<https://fb.watch/v/aYnQJCGjE/>



19.NSS Volunteers and Programme Officers organised awareness rallies in the adopted village Kajheri related to COVID 19.



20. Nukkad Natak was also prepared on do's and don'ts of COVID 19 and was performed in various parts of Sector-42 and in adopted village Kajheri, Chandigarh.



21. Poster making and Slogan writing competition were also organized for volunteers on the topic “HEALTH AND NUTRITION AND COVID-19.



Winners of poster making and Slogan writing on COVID-19

S.No.	ACTIVITY	WINNERS		
		1 st	2 nd	3 rd
1.	Poster Making	Mansi 190077 BA II	Anjali 190682 BA II	Shrutika 190248 BA II
2.	Slogan Writing	Ishika Goyal 170005 BA III	Khushbu Sahu 180132 BA II	Pranjal Shamate 190673 BA II

“GANDAGI MUKT BHARAT CAMPAIGN”

Prime Minister Narendra Modi on August 8, 2020 launched "GandagiMukt Bharat", campaign for 'swachhata' in the run-up to Independence Day. During this week, special 'swachhata' initiatives in urban and rural India to re-enforce the 'janandolan' for 'swachhata' had been taken. PM Modi launched the campaign while inaugurating the RashtriyaSwachhata Kendra (RSK) which is an interactive experience centre on the Swachh Bharat Mission at the Gandhi Smriti and Darshan Samiti at Rajghat in New Delhi.

NSS Unit of PGGCG-42 Chandigarh organised Online intracollege Poster making and essay writing competitions theme **“Gandagi Mukh Bharat”** to observe "GandagiMukt Bharat", campaign for 'swachhata' on 13th August 2020. Many volunteers participated with full enthusiasm in these activities and shown their talent. All the NSS programme Officers MR. Mehar Chand (NSS Coordinator College), Dr. Ranjna Sharma, Dr. Harpreet Kaur, Dr. Gagandeep Gyani, Dr. Sujata, Dr. Gundeep Kaur, Ms Kalyani Singh and Dr. Sangam Verma organised, supervised and judged these activities. College principal Prof. Binu Dogra appreciated and motivated the volunteers for taking part in such creative activities and asked them to take good care of their health in this hard time of corona.

Winners Of Different Activities Were :-

S.No.	ACTIVITY	WINNERS		
		1 st	2 nd	3 rd
1.	Poster Making	Mansi 190077 BA II	Anjali 190682 BA II	Shrutika 190248 BA II

2.	Essay Writing	Ishika Goyal 170005 BA III	Khushbu Sahu 180132 BA II	Pranjal Shamate 190673 BA II
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FIRST PRIZE

Name- Mansi
Class- BA 2
Roll no 190077



Name- Anjali
Class- BA 2
Roll no- 190682



THIRD PRIZE

Name- Shrutika
Class- BA 2
Roll no- 190248



Pictures of Prize Winning Posters

PLEDGE ON SAFETY MEASURES AND PRECAUTIONS DURING COVID- 19

The NSS Wing, teaching, non-teaching staff members and students of Post Graduate Government College for Girls, Sector 42, Chandigarh took a pledge committing to be vigilant

at all times to prevent the spread of the deadly COVID-19. The whole College wholeheartedly took the pledge to combat the disease.

Principal Prof. Nisha Aggarwal, Dean- Mrs. KamleshKumari, Vice Principal- Prof.Punam Aggarwal, Registrar Examination- Dr.DeepikaKansal, NSS Incharge- Mr. Mehar Chand and NSS Programme Officers along with 200 fellow colleagues pledged to follow and encourage key COVID appropriate behaviours. A promise was made to always wear a mask, maintain a minimum distance of 6 feet (दो गज) and wash hands frequently and thoroughly with soap and water. Together we all, with selfless service fight against COVID-19. As many as 600 NSS volunteers took pledge at their own respective homes to maintain health standards and fight against the virus. The staff members of the College took pledge in their respective classes as well for commitment to fight against COVID-19.

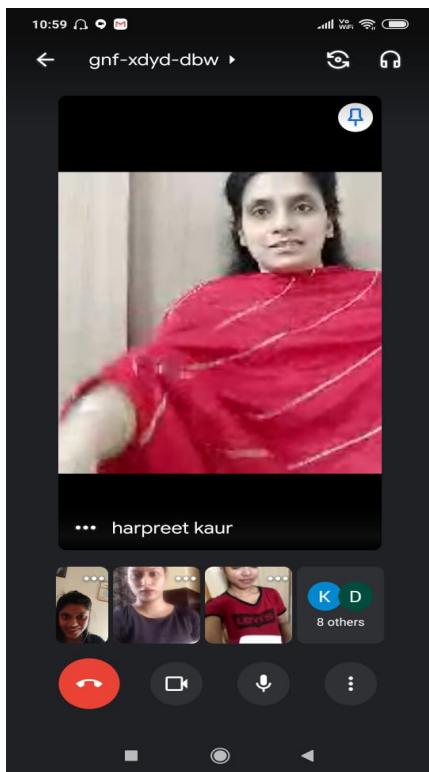
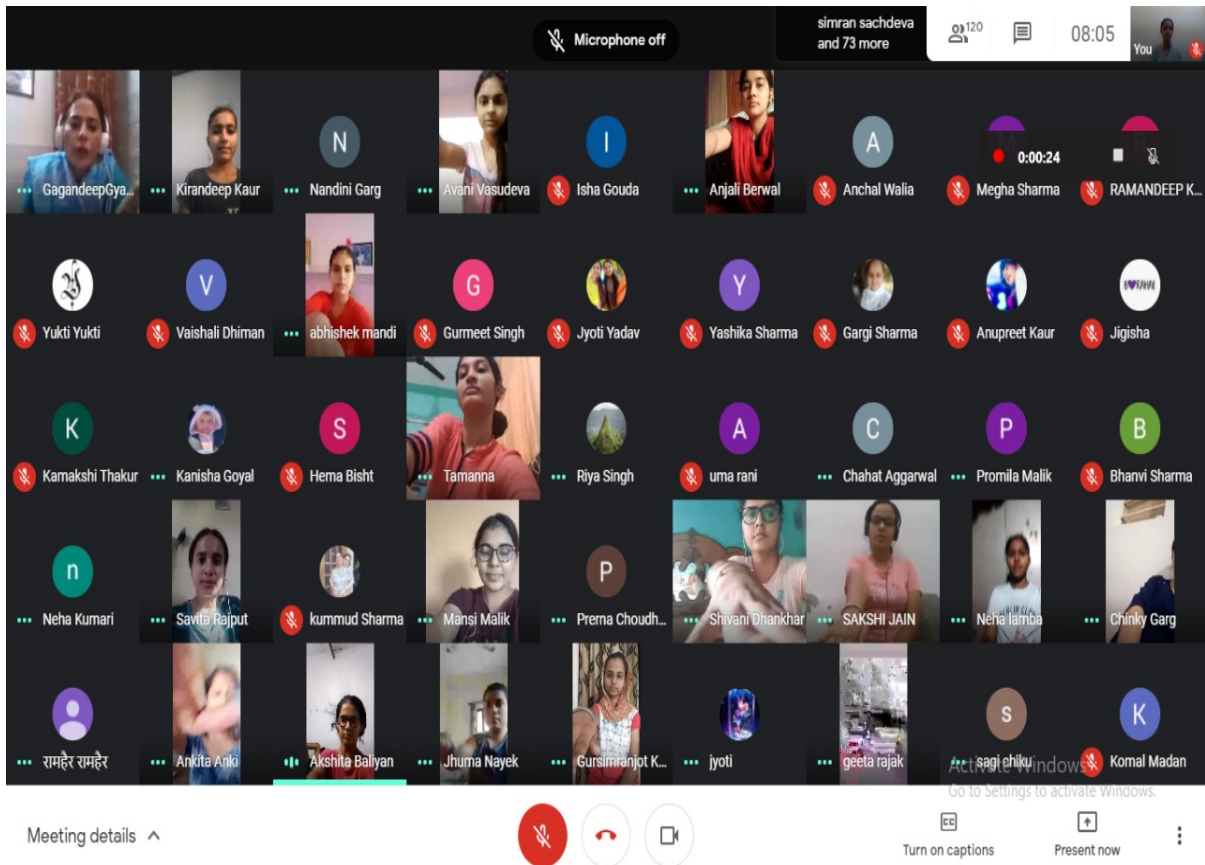
NSS Incharge, Mr. Mehar Chand reiterated the points of the pledge and told one and all to strengthen their health and keep the disease at bay. The NSS Programme Officers of all units of PGGCG42 encouraged everyone to take care of themselves as well as of others, to make Chandigarh free from COVID-19.

“VIGILANCE AWARENESS WEEK”

(October 27th to November 2nd 2020)

The NSS wing of Post Graduate Government College for Girls, Sector 42 Chandigarh celebrated “**VIGILANCE AWARENESS WEEK 2020**” from October 27th to November 2nd 2020, under the theme “**vigilant India, prosperous India**”. The awareness week celebrations were initiated with pledge taking ceremony by Principal Prof. (Dr.) Nisha Aggarwal with teaching & non-teaching staff in college following all the norms of safety required due to pandemic COVID-19. The students were administered the pledge virtually during their online classes.

The whole college whole heartedly took the pledge to combat corruption. As many as 600 NSS volunteers took pledge at their own respective homes. The staff members of the college took pledge in their respective classes. The aim of the Pledge was to be vigilant and commit to highest standards of honesty and integrity's at all times and support the fight against corruption.





Pictures Showing Pledge Taking Ceremony online and offline

Various intra-college competitions were organized on different days of the week to celebrate Vigilance week like **poem recitation, slogan writing, poster making, essay writing and Debate**. Virtual awareness campaign was also conducted on 2nd November 2020 to aware volunteers and masses regarding corruption and they were also aware to be Honest and Integrated at all the times to support the fight against corruption. The message of honesty and integrity was given by NSS Volunteers in different languages i.e. Hindi, English and Gujarati (Language of Paired UT Dadra & Nagar Haveli under EBSB)

The Poem recitation competition was held on 29th October 2020. Around 21 college students from different streams participated in it through online mode. NSS Programme Officers Dr. Harpreet Kaur and Dr. Sangam supervised and Judged the competition. The final results of the competition as given by judges are as follows:-

PRIZE	NAME	ROLL NO.	CLASS
FIRST	Falak Saini	180562	BA 3 rd
SECOND	KhushbooSahu	180132	BA 3 rd
THIRD	Anshika	-	B.Sc. Biotech (H)-1



Winners of Poem Recitation Competition

The NSS Wing of the College also conducted slogan writing and poster making competitions as part of the celebration of Vigilance Week- 2020 on 31st October 2020. The significance of **31st October** is that it is the birthday of Sardar Vallabh Bhai Patel. The competition was open to students of all streams. The entries were invited virtually. Creative talent was showcased by students in both slogan writing as well as in poster making competitions. NSS Programme Officers Dr.GagandeepGyani and Ms. Kalyani were the event incharges.

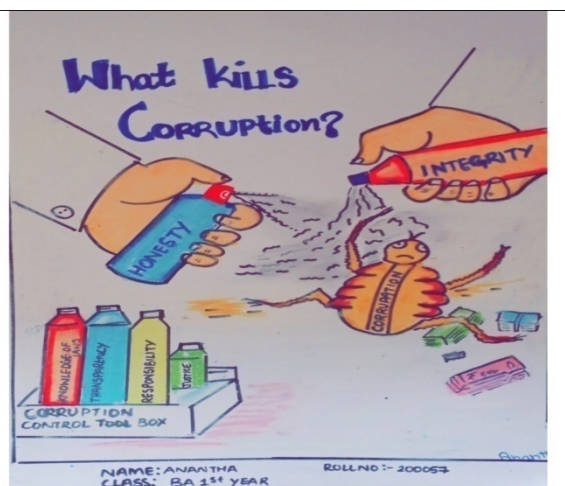
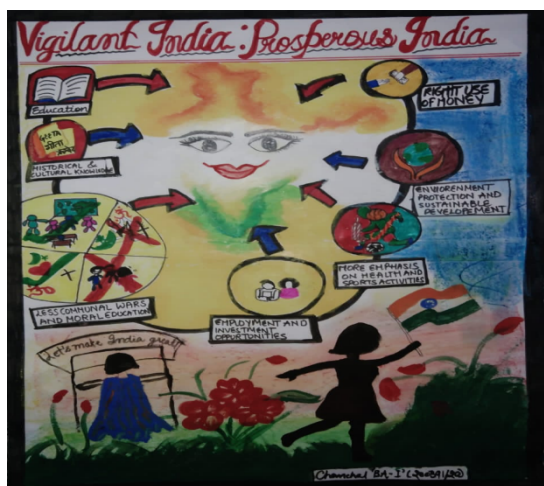
The Results of the Poster Making Competition are:

PRIZE	NAME	ROLL NO.	CLASS
FIRST	Chanchal	200391	BA I
SECOND	Anantha	200057	BA I
THIRD	SandhyaKumari	192039	B.Sc. II (Non Medical)

The Results of the Slogan Writing Competition are:

PRIZE	NAME	ROLL NO.	CLASS
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FIRST	Sneha	200235	B.Sc. (BTH)
SECOND	Shagun	200216	BA I
THIRD	Yukti	202035	B.Sc. I
THIRD	Jagriti	202034	B.Sc. I





Pictures Showing Prize winning Posters and Slogans

Essay writing competition and Debate were organized on 1st November 2020. Around 50 students participated in these activities and shown their vision of corruption free India. Programme officers Dr.Ranjna Sharma, Dr. Sujata and Dr.Gundeep Virk organized and judged these competition. The Results of the Essay writing competition are:-

PRIZE	NAME	ROLL NO.	CLASS
FIRST	Dakshita	200022	BA-I
SECOND	Saumya	190079	BA-II
THIRD	MehakPuri	203222	B.Sc.-I

Whereas Soumya BA 2nd year stood first, Bhanavi B.Sc.-I Microbio stood second and Sheetal BCA 3rd year stood third in debate competition.

National Webinar on National Integration day i.e. 31st October 2020 was also organized as part of Vigilance Week celebration. The topic of webinar was **“Sardar Vallabh Bhai Patel and Unification of India: A Constitutional Prospective**. Dr. Anil Thakur from department of law, Panjab University Chandigarh was the Keynote speaker.

Principal Prof. Nisha Aggarwal appreciated the efforts of NSS team of the college and motivated students to take part in such activities in future also and she advised students to implement the learnings from such activities in their life too.

NSS Incharge, Mr. Mehar Chand coordinated the overall celebrations of Vigilance Week and encouraged everyone to be vigilant always against any kind of corruption and to join hands to make India free from corruption.

“CONSTITUTION DAY CELEBRATION”

26th November 2020

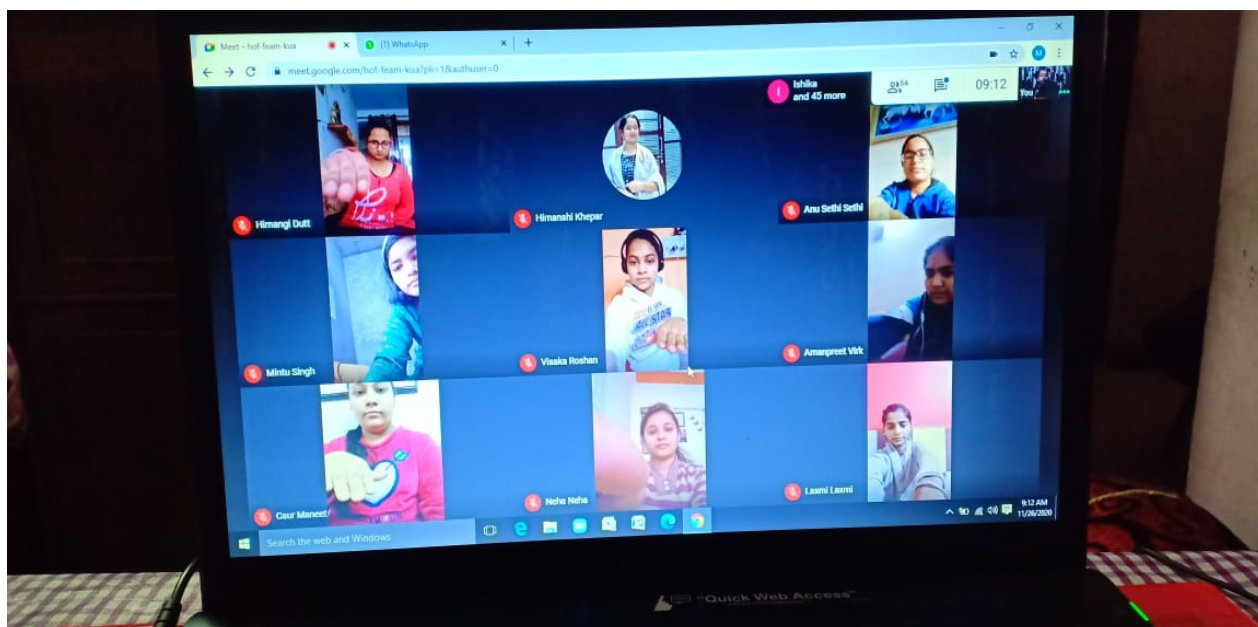
The Constitution of India is the supreme law of India. The document lays down the framework demarcating fundamental political code, structure, procedures, powers, and duties of government institutions and sets out fundamental rights, directive principles, and the duties of citizens. It is the longest written constitution of any country on earth. B. R. Ambedkar, chairman of the drafting committee, is widely considered to be its chief architect. It was adopted by the Constituent Assembly of India on 26 November 1949 and became effective on 26 January 1950.

The NSS wing of Post Graduate Government College for Girls, Sector 42 Chandigarh celebrated “**CONSTITUTION DAY 2020**” on **26th November 2020**. On this occasion of 71st Samvidhan Divas (Constitution Day) different activities were organized in the college i.e. Pledge administering programme about the Preamble of the Constitution of India, lecture on the life and work of Dr. B.R. Ambedkar "father of Constitution", Poster Making, Slogan Writing, Essay Writing and Poem Recitation Competition. The students participated with a lot of enthusiasm and around 100 entries were received in all categories. All the NSS Programme Officers Mr. Mehar Chand, Dr. Ranjna Sharma, Dr. Harpreet Kaur, Dr. Gagandeep Gyani, Dr. Sujata, Dr. Gundeepvir, Dr. Sangam Verma, and Ms. Kalyani Singh Conducted and Judged these events.

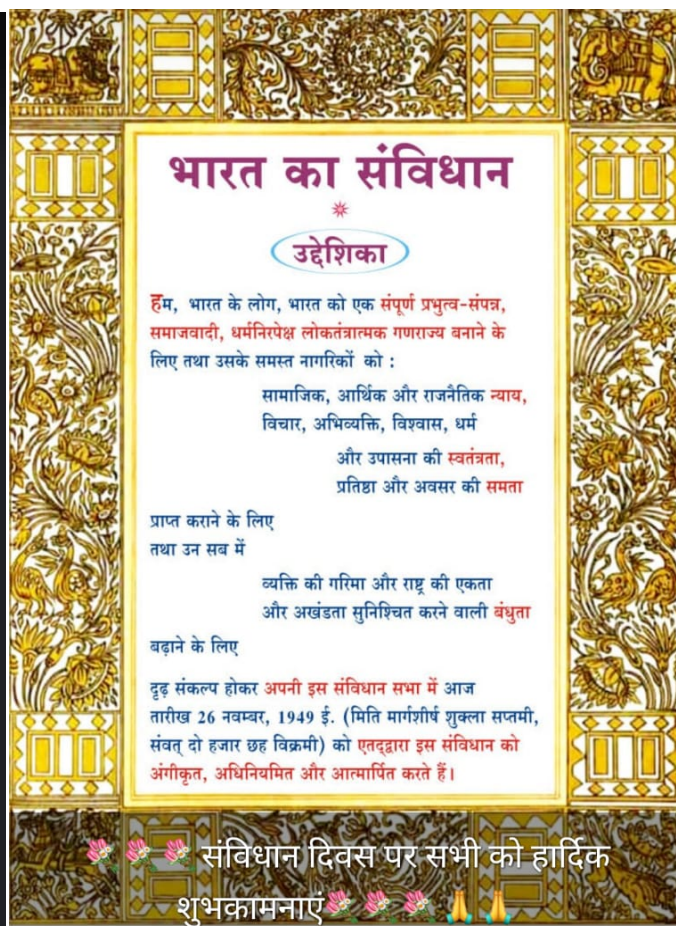
To celebrate the Constitutional Day pledge administering programme, about the Preamble of the Constitution of India in the college Porch at 11 am was also organized. All the faculty members and non-teaching staff read the preambles after College Dean Mrs. Kamlesh Puri. The students were administered the pledge virtually during their online classes. The entire college whole heartedly took the pledge to abide by the rules and regulations mentioned in our constitution. As many as 600 NSS volunteers took pledge through virtual mode in their own respective homes.



Dean, Mrs Kamlesh Puri Reading the Preamble to Teaching and Non-Teaching Staff Members

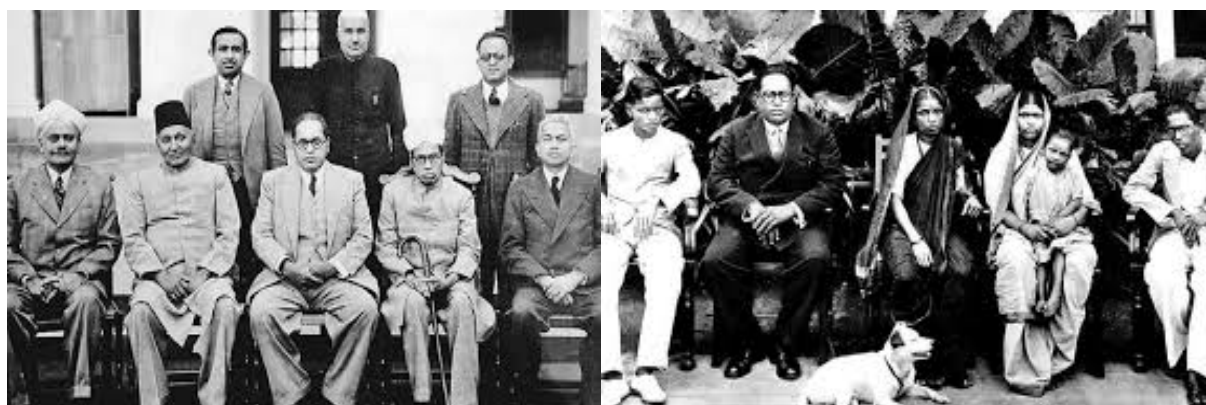


Pictures Showing Pledge Taking Ceremony/ Reading of Preambles



Mr. Mehhar Chand Reading the Preamble on Constitution Day

On this occasion a lecture was delivered on the life and work of Dr. B.R. Ambedkar "father of Constitution" by Mr. Mehhar Chand NSS Programme Officer of the college. In this discussion more than 80 students actively participated.

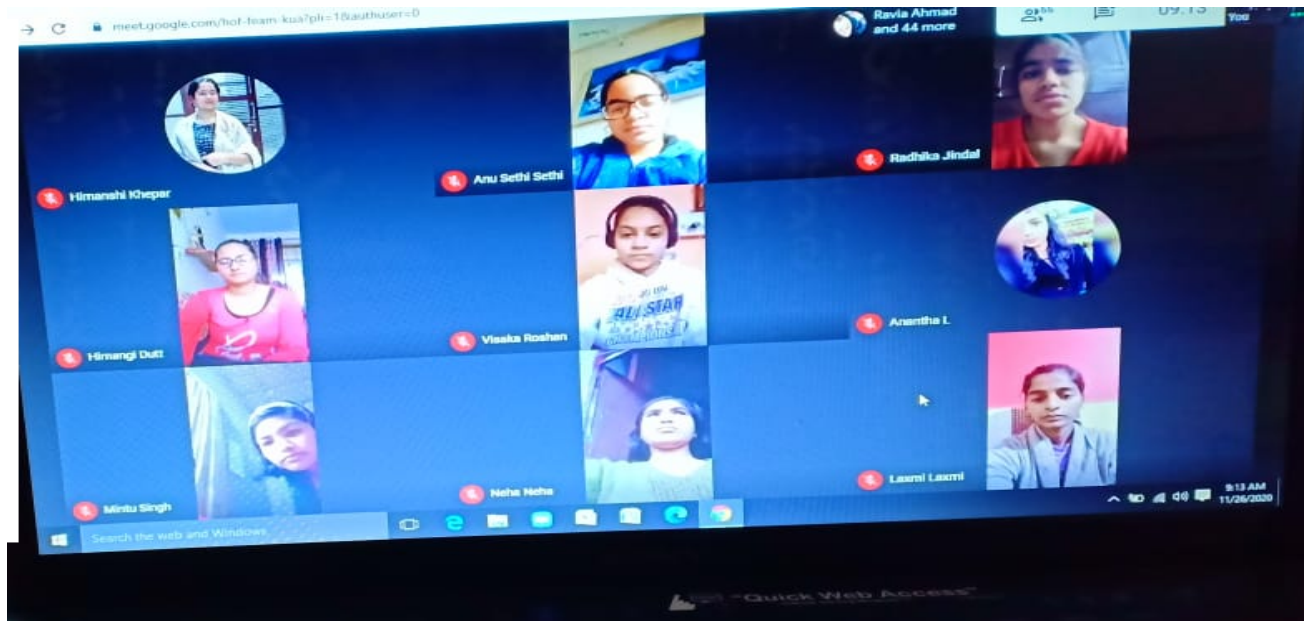


Dr. B.R. Ambedkar "father of Constitution"

Dr. Gagandeep Gyani also talked to students about Fundamental rights and duties on this constitution day. She also awared students regarding their duties towards society specially during this pendemic COVID 19 for example by maintaining social distancing and Respiratory hygiene

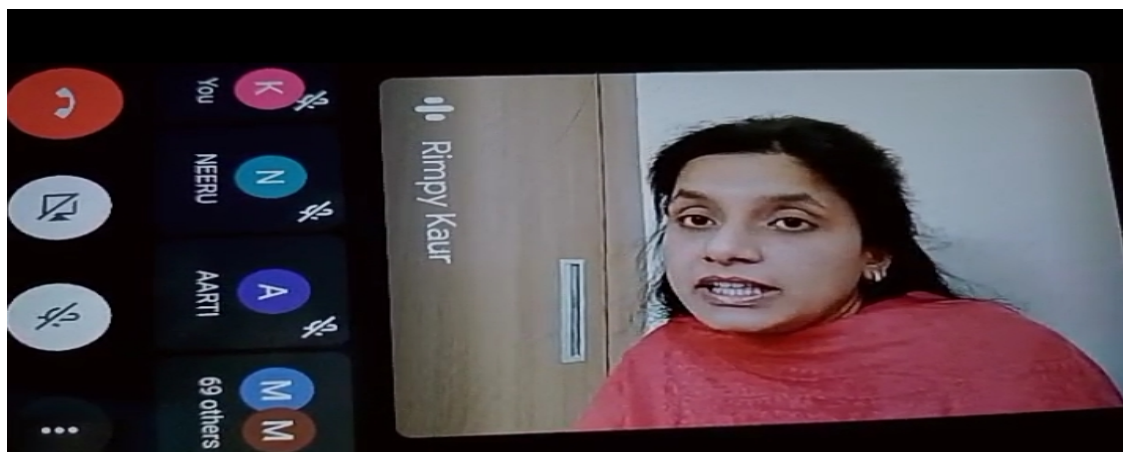
ie“2 GAZZ ki DURI BehadJaruri” , “Jab tak Corona kiDawainahi tab tah koi dheelhainahi” and “Mask hi Vaccine hai”.

Dr.Ranjna Sharma while interacting with NSS Volunteers emphasized specially on fulfilling our fundamental duties particularly during this pendemic as this is very important and our duty being NSS volunteer in these hard times of corona. She told students to follow all the norms of safety and take precautions governed by the Govt. of India and Ministry of Home Affairs and also spread awareness regarding these among the masses.



Students Attending the Online Lecture

Dr. Harpreet kaur interacted with Students and tried to assess their knowledge of the Constitution of India. She highlighted some points about its architect, when did it come into effect, how many articles and schedules are there in the Constitution, what is stated in the Preamble to the Constitution of India and also aware them regarding Fundamental rights and duties.



Dr. Harpreet kaurInteracting with Students

Poster making, slogan writing, essay writing and poem recitation competitions were also organized as a part of constitution day celebration. The students participated with a lot of enthusiasm and around 100 entries were received in all categories. Dr.Gundeep Virk and Ms. Kalyani were the event incharges for poster making and slogan writing competitions, whereas essay writing and poem recitation competitions were conducted by Dr.SangamVerma and Dr. Sujata through online mode. Virtual awareness regarding constitution of India, Preambles to constitution and Fundamental duties and rights was also done through talks and lectures.

The results of the activities conducted are as follows:

POSTER MAKING COMPETITION:-

S.NO.	NAME	CLASS	ROLL NO.	POSITION
1.	Pawanpreet Kaur	BA II	190230	First
2.	HimanshiJha	BA II	190259	Second
3.	Sheetal	Bsc I (Non-Med)	202039	Third

SLOGAN WRITING COMPETITION:-

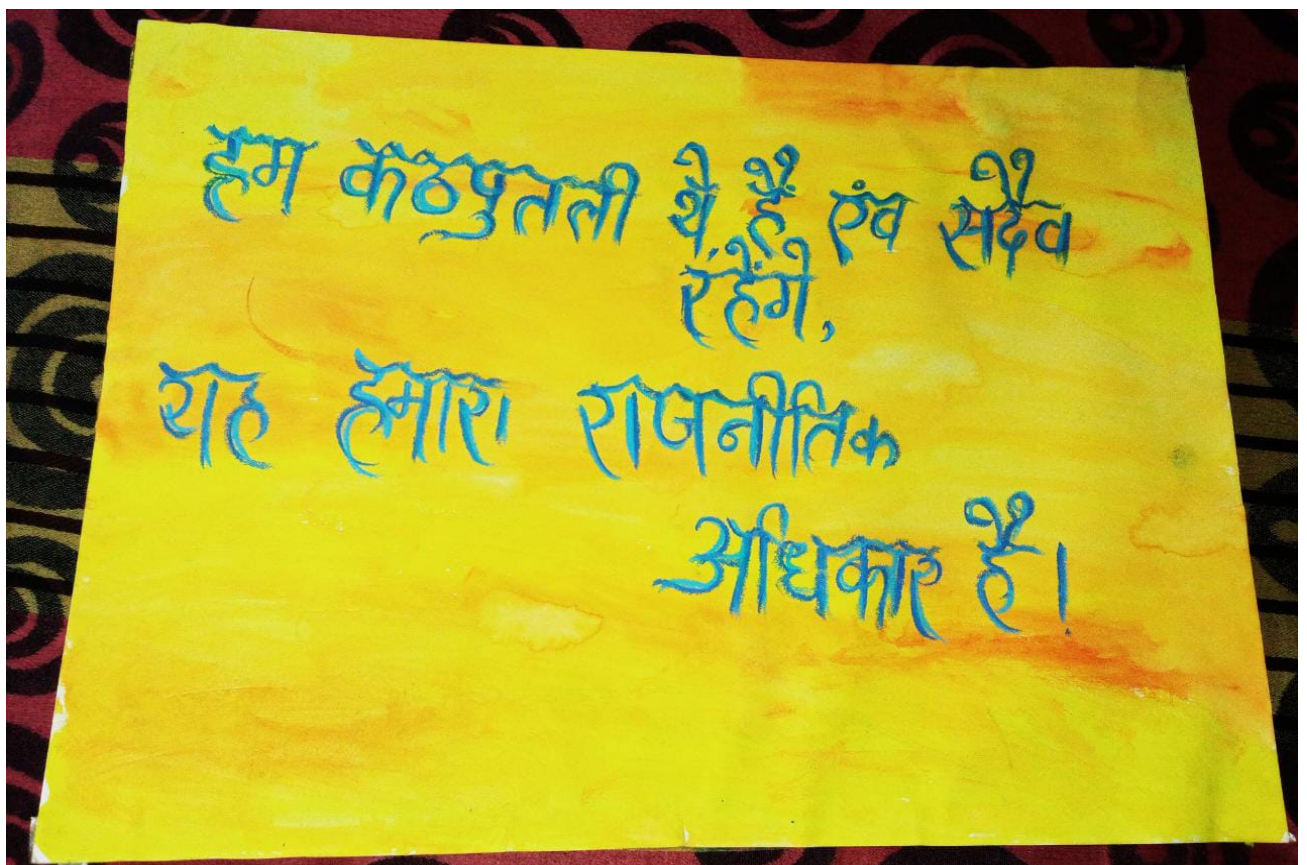
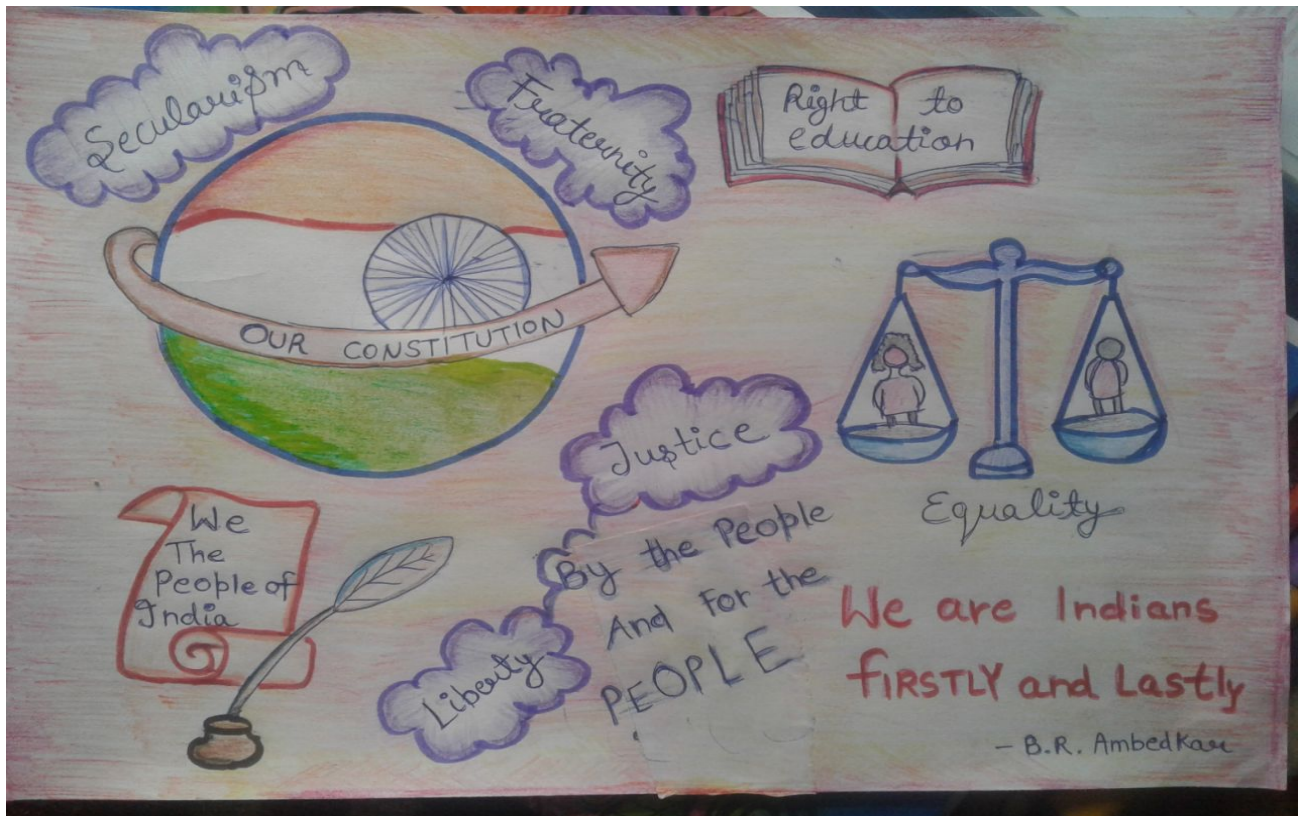
S.NO.	NAME	CLASS	ROLL NO.	POSITION
1.	MusanMiglani	B.Com-II	191170	First
2.	Rishika Sharma	B.Com-II	191169	Second
3.	PushpaDevkota	BA-I	200433	Third

ESSAY WRITING COMPETITION:-

S.NO.	NAME	CLASS	ROLL NO.	POSITION
1.	Soumya	BA II	190079	First
2.	Himanshu, , 3) Third -,	BSC Non-Medical-I	202053	Second
3.	Simran Gupta	BA II	190441	Third

POEM RECITATION COMPETITION:-

S.NO.	NAME	CLASS	ROLL NO.	POSITION
1.	Soumya	BA II	190079	First
2.	Mamta Sharma	BA-I	200333	Second
3.	Sonakshi	BSc. Biotech (H)- II	193230	Third

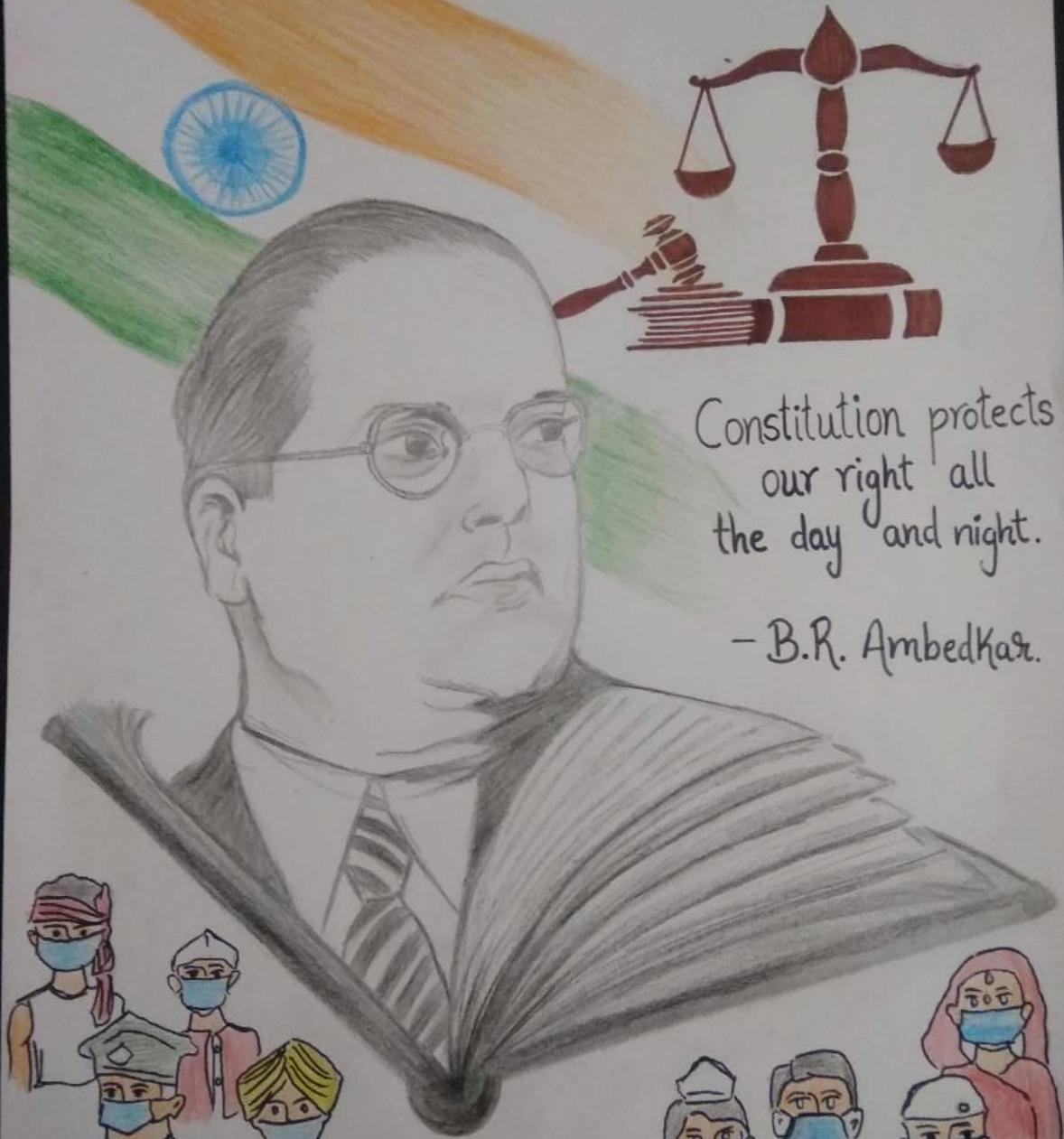




OUR
Constitution Is
A Ray OF Hope
H for Harmony
O for Opportunity
P for People's Participation
E for Equality



Muskan Miglani
BCOM 2B
191170/19



Constitution protects
our right all
the day and night.

- B.R. Ambedkar.



IT IS LIKE THE RELIGION THAT
TEACHES
LIBERTY, EQUALITY & FRATERNITY



Pictures Showing Prize Winning Posters and Slogans

NSS Incharge, Mr. Mehar Chand coordinated the overall celebrations of constitution day and emphasized that every citizen of India should be aware and should aware the masses about

their fundamental rights and duties at every time and at every place for the development of our nation.

Prof. Poonam Aggarwal, vice- principal of the college insisted that everyone should follow the provisions mentioned in our constitution to assure the dignity of the individual and for the unity and integrity of the Nation.

Principal, Prof. Nisha Aggarwal appreciated the efforts of NSS team of the college and motivated students to take part in such activities in future also and she advised students to implement the learnings from such activities in their life too.

“Seven Days NSS Camp”

Inauguration day, 3rd February, 2021

The NATIONAL SERVICE SCHEME (NSS) Unit of PGGCG-42, organized a Seven Days Special Camp from 3rd to 9th February, 2021, while adhering to the COVID-19 guidelines given by the government for preventing the spread of corona virus.

Sh. Bikram Singh Rana, State Liaison Officer (NSS), Chandigarh was invited as the chief guest for inauguration of the Special Camp. The Principal of our institution, Prof. (Dr.) Nisha Aggarwal welcomed the chief guest and students. Thereafter, Sh. Bikram Rana gave an inspirational speech for motivating all the students to keep on serving humanity even during pandemic and follow the NSS motto “NOT ME BUT YOU”. He narrated incidences from the life of Swami Vivekananda and his selfless service to society. He emphasized on national prosperity and showing consideration for fellow human beings. His speech underlined that the welfare of the society is utmost important. He appreciated the initiative taken by PGGCG-42 for conducting Seven Days Special Camp in Chandigarh.





Pictures Showing Different Activities Organised During Inauguration Function

Dr. Harpreet Kaur, Assistant Professor, Hindi Department, recited a beautiful poem written by Jai Shankar Prasad. To uplift the spirits of participants folk dances of Himachal Pradesh, Haryana and Punjab were performed and patriotic songs were sung by our talented student volunteers.

The orientation session started at 2:30p.m. Mr. Mehar Chand, NSS coordinator, addressed the students and familiarized them with the working of NSS. He elaborated the objectives and explained the scope and need for NSS in our country. He also highlighted the achievements of our NSS Wing and encouraged the students to contribute immensely to their units.



Pictures Showing Different Activities Organised During Inauguration Function



Pictures Showing Different Activities Organised During Inauguration Function



Picture Showing Orientation Programme

DAY 2, 4th February, 2021

Self-defense is not just a set of techniques, it's a state of mind, and it begins with the belief that you are worth defending. Keeping this thought in mind we started a day with self defense. The class was headed by MRS. RANJANA and PINKI constable, Chandigarh police with the objective to make volunteers strong both physically and mentally. The class was beneficial as it helps girls to defend themselves from eve teasing.



Students Taking Part in Self Defence Training

After exercise, volunteers had their healthy breakfast. As we all know cleanliness is next to Godliness and it is our duty to keep our country clean, the NSS volunteers headed for cleanliness drive in the college premises. The students' volunteers helped the college staff in clean and organize the campus area like NSS room, corridors and college gardens.



Picture Showing Cleanliness Drive Carried Out in College Campus

Then volunteers had the delicious lunch. **“THERE IS NO SUCH THING AS ‘AWAY’. WHEN WE THROW ANYTHING AWAY IT MUST GO SOMEWHERE”.** For this volunteers performed BEST OUT OF WASTE activity. At last vounteers headed towards the refreshments.





Pictures Showing Waste Out of Waste Competition Organised in Camp

DAY 3, (5th February, 2021)

Volunteers started their day with self defence class which were very effective and useful. Then volunteers headed for the breakfast.



Students Taking Part in Self Defence Training

“To eat is a necessity, but to eat intelligently is an art” for teaching this, Mrs Priyanka Jindel ma’am, chief dietitian of Tuckurttum, Mumbai gave effectual lecture on nutrition to the volunteers. She told volunteers that the proper amount of nutrients is very important for maintaining good health.

Then, Mrs. Prabhjot Kaur Atwal, gender specialist in Social Welfare Department, Chandigarh administration gave lecture on GENDER SENSITISATION. She has been working for this cause since 2013 and holds the charge of Additional Nodal Officer for drug abuse. She is also

serving at the Nari Niketan, after care home and one stop centre as the Nodal Officer. She taught volunteers about two things first is GENDER SENSITISATION which means enhancement of gender roles and standards for women & men and second is NASHA MUKT BHARAT which means there should be zero indulgence in any kind of intoxication. Then volunteers had towards the lunch.

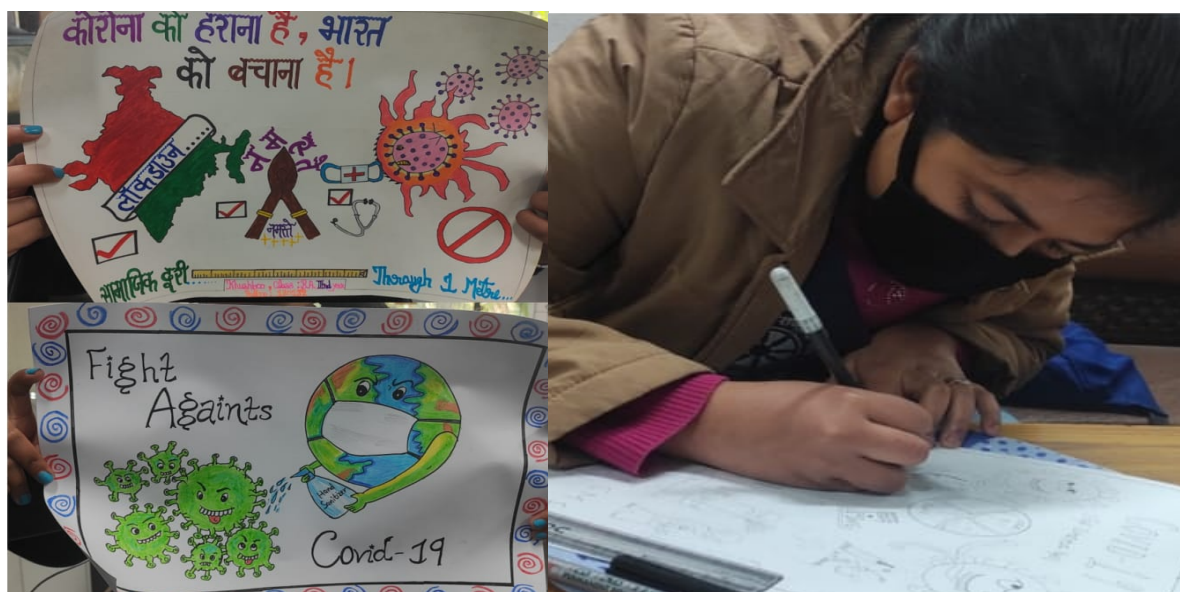


Mrs. Priyanka Jindal Dietitian Of Tuckertumm, Mumbai Gave Lecture On Nutrition



Mrs. Prabhjot Kaur Atwal, Gave Lecture on GENDER SENSITISATION

After that, poster making competition was organized for volunteers on the topic “HEALTH AND NUTRITION AND COVID-19. At last volunteers had the refreshments.



Picture Showing Poster Making Competition

DAY 4, (6th February, 2021)

The day started with the self defence practice. Then, for proper nutrition the volunteers had the healthy breakfast.

In the morning session, Dr. Gundeep kaur Virk talked to the students volunteers about financial independence, financial security and financial freedom. She emphasized on ways and means to attain financial independence and explain to the girls how important the relevance of financial independence in today's world. During the interactive session students shared with her their current profiles and discussed how they could improvise their current skills to attain their ultimate goals to attain financial freedom. After the lecture, volunteers head towards the lunch.

Dr. Ranjana Sharma, Assistant Professor of Environment Science taught volunteers about personality development and willing attitude. According to her, personality is the unbroken series of successful gesture, so be the best version of yourself. Personality pertains to personal quality of a person and if he improve these quality, no one can stop us in becoming a succesful person. Hardwork, confidence, determination and consistency of a person are the charcters and quality of a person which panes him a path towards success. She concluded by emphasizing that "beauty attracts eyes whereas personality captures the heart". Volunteers' day ended with the refreshments.



Pictures Showing Day 4 Activities

DAY 5, (7th February, 2021)

The day started with the self defence exercises and drills after which the volunteers had their healthy breakfast. Dr. Gaurav Guar, assistance professor in the department of social work, Punjab University addressed the student volunteers about SWACHH BHARAT ABHIYAAN.



RALLY ON COVID-19



NUKKAD NATAK ON COVID-19



Pictures Showing Day 5 Activities

Mr. MEHAR CHAND and Dr. HARPREET KAUR took volunteers quiz on the topic of “NATIONAL SERVICE SCHEME”.



Quiz Competition during Camp

Dr. Kalyani Singh (Department of Home Science PGGCG-42) Assistant Professor from home science department delivered a lecture on “THE IMPORTANCE OF GOOD NUTRITION FOR HEALTHY AND GLOWING SKIN”. She spoke about the importance of anti-oxidants and healthy lifestyle for keeping the skin free from dark circle, acne. She also highlighted that eating a diet rich in fruits and vegetable, keeping hydrated and doing physical activity is essential for healthy skin.



Dr. Kalyani Singh Giving Lecture on Nutrition for Health and Glowing Skin

DAY 6, (8th February, 2021)

The morning session learning with Chandigarh Police department representative continued and girls improvised their self defence Skills. followed by a nutritious breakfast.

Thereafter, MR. SUKHWINDER SINGH working as designated officer- cum-licencing authority, food safety with Chandigarh administration also awarded with Eat Right

Award by the Ministry of health and Family welfare was invited to interact with the students. He apprised the students with the fact that Chandigarh food safety department of Chandigarh is rated among five leading states in the country and about the adverse consequences of consuming unhealthy and junk food.



MR. SUKHWINDER SINGH Gave Lecture on Food Safety

In the afternoon session. Mrs. Anuradha Tandon from NGO Datri who awarded the volunteers about stem cells and thalassemia. she have worked as a faculty with various engineering colleges for about 12 year and associated with that three since last one and half years. She stated every year in India up to 10,000 kids are born with thalassemia and that volunteers can opt to be the donors for stem cells Around 50 NSS Volunteers registered to fight against blood cancer by donating their stem cells.



Mrs. Anuradha Tandon from NGO Datri Interacting with Volunteers

VALEDICTORY FUNCTION,(9th February, 2021)

The valedictory function for the NSS Seven Day Special Camp was organized on 9th February, 2021. The Chief Guest of the Function was Mr. Jagdish Diwan, president of the NGO "Jeena Sikhao- Support a Girl child". The function was graced by the presence of Prof. Nisha Aggarwal - the Principal of our prestigious college, Mr. Mehar Chand, NSS Coordinator and In-charge, NSS Programme Officers and other faculty members.



NSS volunteers showed their talent through their performances like Bhangra, Uttrakhand Dance, Gidda & Maharashtra Dance to give a glimpse of Indian Culture and many songs were sung by melodious voices.



Prize Distribution Ceremony was held where winners of various competitions were honored. Aditi Minhas of B.A 3 bagged Best NSS Volunteer for year 2020-2021. The NSS Volunteers and the Programme Officers were praised for their hard work by the Chief Guest Mr. Jagdish Diwan Sir and Principal Prof. Nisha Aggarwal.



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

“SKILL DEVELOPMENT PROGRAM FOR YOUTH”

23TH FEBRUARY 2021

NSS wing of college in collaboration RUSA, UT organised a program a theme –skill development among youth on 23-Feb-2021 in **SABRAS PGGCG-42** Chandigarh. It was started with the presentation by Dr.GagandeepGyani NSS programme officer about national service scheme (NSS). She taught about objectives and Moto of NSS. She gave introduction about life skills to development among youth .The Program was inaugurated by chief guest Dr.Dalip Kumar Mission Coordinator, RUSA, UT, Chandigarh.



Pictures Showing Inauguration Ceremony

Dr.Smita invited prof. Nisha Aggrawal, Principal for formal welcome of chief guest Dr.Dalip Kumar. Prof. Nisha Aggarwal, principal formally introduced the chief guest of the program. She encouraged students to choose your career/dreams wisely and pursues it.



Welcome address By DR. Smita and Thanks Giving by Mr. Mehar Chand

Dr.Dalip Kumar Mission coordinator, RUSA, UT, Chandigarh addressed young volunteers and encourage them to learn soft skills. He discussed about gap between education and employment. He talked about the employment challenges and he emphasized on skill education. He suggested volunteers for career planning, development and management. He advised students for managing and monitoring their skills and career.

Mr. Meharchand NSSIncharge extended the vote of thanks to Dr.Dalip Kumar. Passion and innovation this session started with lecture by Mr. Paramjit Singh. He is a well-known motivational speaker, founder and director of regional centre of entrepreneurship development and organization helping and to start their own business ventures. He was declared as the “BEST TRAINER” of India in helping and encouraging people. He encourage the students to become entrepreneur and discuss about upcoming 5 F’s industry for business i.e. Food and technology, Fashion industry, Fun industry, Fitness industry and Finess industry.



DR. Dilip Kumar nad Dr. Shilpa Adressing the NSS Volunteers during Program

Next lecture was delivered by Dr.Shilpa Suri Consultant, Psychologists and Trainer. She encourages students to find their passion and excel in the particular fields in which we have interested.

24TH FEBRUARY 2021

Mrs. Nidhi , assistance professor in the department of computer science in PGGCG-42. She talked about basic computer skills . she explained about evolution of computer and why computer is important in our daily life



Mrs. Nidhi and Mrs. Sarabjeet Teaching IT Skills to NSS Volunteers

Mrs. Sarabjeet kaur, assistance professor in the department of computer science in PGGCG-42. She explained the volunteers about progamees and applications of Microsoft office.

Dr. Gundeep Kaur Virk who is assistance professor in the department of commerce in PGGCG-42 and also holding a post graduate diploma in computer applicances conducting a session on 'Powerpoint Presentation'. She explained that how presentation can be made effective and gave tips on preparing powerpoint presentation to meet the needs of once audience.she emphasized on presentation skills and a lining once content with the topic inhand.



Dr. Gundeep Kaur Virk giving Presentation on Powerpoint Presentation

25TH FEBRUARY 2021

NSS unit of Post Graduate Govt. College for Girls sector 42, Chandigarh organised "Skill Development Training Program on Organic Farming and Gardening Skills" In the college for

NSS volunteers. Mr. Rahul Mahajan, a keen Environmentalist and founder of NGO Organic Sharing enlightened students about the importance of trees, organic farming, composting and micro green with his abundant knowledge and vast field experience. And made efforts for inculcating love and intrests in them for nature and gardening skills amongst them. He also distributed 150 saplings to the volunteers and teachers who were present there. He was accompanied by Ms. Itika Mahajan (from organic sharing and fieldman Nursery), she also donated seeds of various vegetables to the students. Organic sharing is a Non profit organisation founded by Mr. Rahul Mahajan in 2015. Rahul Mahajan is the first one who started Re-Transplantation of old an for the first time in Northern India and has proudly transplated more than 150 trees.



Picture Showing Lecture on Organic Farming and Sapling Distribution

Organic sharing holds a vision to not only educate the residents the importance of environment and organic farming but also encourages them to go back to the roots by organising various events and workshops. Organic Sharing motivates the 'Green Heroes' for relentlessly working for the betterment of the environment by honoring them with the Fieldman Green Award.

His Lecture was followed by Practical Demonstration of Composting in the Botanical Garden of the College. He also gifted decomposing solution to the college that fastens up the process of composting.



Picture Showing Practical Demonstration of Composting

26TH FEBRUARY 2021

Green NGO is a Non profit organisation founded by Dr. Satish Narula. He taught the volunteers about how to grow new types of plants and vegetables at home. He also shown in his presentation how creative anyone can be with landscaping and gardening. He also took students to fruit Garden of the college and explained the Students about do's and don'ts while growing plants.



DR. Satish Narula Giving Lecture and Demonstration on Landscaping and Gardening

28th AND 29th FEBRUARY 2021

Skill Development Program on enhancing Entrepreneurial Skills in Home Science was organised by the NSS Wing under the aegis of RUSA at Post Graduate Government College for Girls, sector 42, Chandigarh. The students have been given hands on training on cookery skills, mask making and embroideries to equip them with skills which can help them set up their own ventures in future.

Day one program constituted of cookery program which was organised in collaboration with Chandigarh Institute of Hotel Management, sector 42, Chandigarh. The resource persons- Chef Mr. Achal Bisht and Chef Ashok Ray demonstrated cake baking, salad making and Italian dishes to enhance culinary skills. The volunteers were given some useful tips as to how to make their food more nutritious, appetising and attractive. Principal of the Institute encouraged the NSS volunteers to elevate their skills and become financially independent.

Date

Day two showcased demonstration and hands on making of customized masks with hand embroideries by volunteers. Resource person Ms. Megha Bakshi taught the students how to make masks without use of sewing machine and accentuate their look through embroidery. As many as 100 masks were made by our volunteers.

Principal Dr. Nisha Aggarwal congratulated the NSS Program Officers. She appreciated and encouraged students to reap maximum benefits from the program. NSS Incharge Mr. Mehar Chand thanked our worthy resource persons for giving valuable information and being a part in augmenting skills in students under NSS of the college



Pictures Showing Baking Demonstration and Mask Making

MASK DISTRIBUTION DRIVE (29th FEBRUARY 2021)

Dalai Lama says, “It is not enough to be compassionate. You must act.” The NSS Wing of the College carried out customised mask making activity wherein the volunteers made as many as 100 masks embellished with hand embroideries. These masks were then distributed to the helpers, sweepers, maalis, their children and construction workers working in college

premises by Principal, Dr. Nisha Aggarwal, Dean, Prof. Punam Agarwal Vice Principal, Dr. Suresh and Registrar Examinations, Prof. DeepikaKansal along with NSS program officers. Principal ma'am appreciated the efforts of volunteers for making masks under the guidance of Mrs. MeghaBakshi, Assistant Professor, Department of Home Science. Mr. Mehar Chand, NSS Incharge congratulated the volunteers for the efforts for working towards the motto of NSS- Not Me But You.

Pictures below Shows the Mask Distribution Drive Carried out in College



Mr. Mehar Chand
(NSS In-Charge)

Prof. Nisha Aggarwal
(Principal, PGGCG-42, Chandigarh)