



**GOVERNMENT COLLEGE OF EDUCATION
SECTOR 20-D, CHANDIGARH
NAAC ACCREDITED GRADE 'A'**



**3rd Cycle
Assessment and Accreditation by NAAC
CRITERION-II
TEACHING LEARNING AND EVALUATION**



CRITERION 2

KEY INDICATOR- 2.4 Competency and Skill Development

2.4.6 – Students develop competence to organize academic, cultural, sports and community related events

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	Execution/ conducting events	

1. PLANNING & SCHEDULING OF ACADEMIC, CULTURAL & SPORTS EVENTS IN SCHOOLS

EPC-3.1

School Internship

Programme

G.M.S.SS-33D Chandigarh

Submitted to:

Dr. Upasana

Submitted by:

Pooja Devi (63)
B.Ed. 3rd Sem.

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~~Mkane~~

Mkane

Rajnaraini
5/12/22

Remarks

Trust

Teacher's Sign.



Co-curricular Activities:

Introduction:

Co-curricular activities are those activities that are undertaken along with academic studies. Typically, normal classroom, but they supplement the academic curriculum and help in learning by doing. Co-curricular activities in school might be compulsory, such as music, art or drama.

It increases students' participation and helps in emotional development. It was found that students who engage in co-curricular activities generally benefit from better examination results & higher educational achievement. These activities develop various skills in students.

Essential Skills:

- Logical and analytical thinking
- Problem-solving
- Critical thinking
- Creative thinking
- Leadership skills
- Social skills

Role of Teacher:

In Organising Co-curricular Activities:

The teacher should have to perform multi-dimensional functions in organising and executing extra curricular activities. It is also the school, which plays pivotal role in conducting co-curricular activities. It is the teacher or the school who finally should take the responsibility new activities should proceed further.

The teacher is a planner, leader, innovator, director, organiser, manager, recorder, advisor, motivator, communicator or co-ordinator.

Teacher should act as a facilitator and should take responsibility for organising activity in the school.



Remarks

Trust

Teacher's Sign.



Morning Assembly:

The students are made to assemble in the ground and pray to the God for their guidance and wisdom. The students of their group start the prayer. Then thought of the day and news is given by the students. At the end of the assembly, National Anthem is being and everyone moves to their respective classes in line.

The morning assembly gave a chance to students to showcase their talents and boost their confidence. It also motivated other students to participate in the morning assembly and perform on stage.

Conducting morning assembly also taught many things. It gave us a chance to motivate and manage also help children to prepare for their life. Overall, it had lead to the development of both students and pupil teachers.



Pledge on occasion of Poshan Maha:

On 1st Sept 2021, Pledge on occasion of Poshan Maha was taken by some teachers and students under the guidance of NIS unit cell of the school. In this pledge students promised to eat healthy diet and keep a check on intake of unhealthy food. They took care for taking healthy food and chose healthy way of living.

Small act play on theme of Poshan Maha:

In order to generate awareness regarding the month of Poshan Maha, small act was organized by class 6th students and this act played in morning assembly.



Assignment

Page: 5
Date:

Postermaking Competition:

Rainwater harvesting:

Postermaking competition on the theme of rain water harvesting was also organised by science faculty of school. Students from school 6th to 12th took part in the competition with full enthusiasm. Main theme of competition was to create awareness among students regarding conservation of rain water. Trainers teachers also did handful job in the competition.

Clay modeling Competition:

In order to boost the creativity of the young mind clay modeling competition was also organised within the school premises during the week of pashan maha. Students took part in this competition with full enthusiasm and displayed their creativity. The best clay models were also awarded with prize.

Remarks

Signature

Teacher's Sign



Assignment

Page No. _____
Date _____

Pledge on Ozone day:

A pledge taking ceremony was conducted by 'Trainee' teachers in school of 921001-320 on 16 Sept 2022. In this pledge students promised various means and practices that they will pursue to reduce their contribution toward the harm of ozone layer along with pledge speech also was given by trainee teachers about the situation of ozone layer depletion.

Emergency Exit drill Practice:

Safety of younger ones during the school hours is a crucial responsibility of the school administration. With this motto a safety drill was organised in school on 05th Nov 2022. During this drill students were equipped with knowledge of various safety rules.

Remarks

DATE

Teacher's Sign



Sports Day:

Sports day is parallel to the real world in terms of its competitiveness. Being involved in the day gives students the chance to understand and develop their ability to perform in a highly competitive setting, a skill that is highly required in life.

Sports day was organized on 26 Nov 2022. In GMS 33-D Chandigarh. Students from class XI to XII took part in the sports activities. As trainer teacher in the school I was also the part of this wonderful day. I had contributed to maintain rules & regulations and also help in record keeping. It had been great experience to watch the enthusiasm shown by the students.

Bringing the whole school body together for the day is crucial step of successful sports day. It is an incredible opportunity for students, teachers & staff come together to support each other. The community spirit can expand into the wider subjects in school life.



Parents Teacher Meeting:

A Parents-teacher meeting for class I to II was held on 7th Nov. 2022 to discuss the performance of students with their parents. Parents were given feedback on their ward's performances in mid-term exam which were held in month of October.

It was great interaction between teacher and parents for the development of their child - as where they discussed both the strength and areas of improvements. The progress report shown to the parents & their suggestions were noted. Any sign of a child failing to make progress. Reason of which they are in the lower, middle or higher range is questioned and addressed.

PTM come to an end with the conclusion that joint efforts, mutual understanding and cooperation of parents and teacher are very important for the proper nourishment and progress of students.

As a trainee teacher I was also the part of PTM in GMS 33-0. I had learnt many things through this period. There were many situations while you were discussing with parents regarding their ward that I had to balance different types of emotions. Overall it was good experience for me.

2. PLANNING AND EXECUTION OF COMMUNITY RELATED EVENTS

EPC-4.1 PARTICIPATION IN COMMUNITY SERVICE

SUBMITTED TO

MR. SANJEEV

SUBMITTED BY

SHERON
B.Ed. IV SEM

UNI. ROLL NO - 21102035

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REPORT ON NUKKAD NATAK AND RALLY ON INTERNATIONAL WOMEN'S DAY

GOVERNMENT COLLEGE OF EDUCATION,
SECTOR-20-D, CHANDIGARH

REPORT

NUKKAD NATAK AND RALLY ON INTERNATIONAL WOMEN'S DAY

DATE:- 06 March, 2023

TIME:- 09:00 a.m.

International women's day is a global day celebrating the social, economic, cultural and political achievements of women. The day also makes a call to action for accelerating gender parity.

Keeping in the significance of the day in mind, students of Government College of Education, Sector-20-D, Chandigarh performed a 'NUKKAD NATAK' and held a 'RALLY' at Sukhna Lake on 06 March, 2023. It was performed under the supervision of Mr. Sanjeev Kumar. The theme of the Nukkad



Natak was 'AJ KI NARI HUN MAIN'. The Nukkad natak highlighted the importance of women empowerment and relevance of independence of women in all spheres of life.

After the nukkad natak, students held a rally, spreading awareness regarding the importance of women empowerment, with the help of posters and raising slogans. Beginning from the historical perspectives where gender bias and stereotypes were present to present status of women where they are doing all the jobs which were only considered for men, the act aimed at ensuring upliftment of status of women in all spheres of life.

The rally and nukkad natak were overwhelmingly praised by the spectators. The Principal of the college, Dr. Sapna Wanda wholeheartedly praised the efforts of the public teachers. Overall, the rally and the nukkad natak were very enlightening;



REPORT ON G-20 EVENTS - QUIZ & SLOGAN WRITING

GOVERNMENT COLLEGE OF EDUCATION,
SECTOR-20-D, CHANDIGARH

REPORT

G-20 EVENTS (QUIZ AND SLOGAN WRITING)

DATE :- 28 March, 2023

TIME :- 10:00 a.m.

Library and cultural committee of Government College of Education, Sector-20-D, Chandigarh organised a Quiz on G-20 on 28 March, 2023 under the supervision of Dr. Balwinder Kaur and Dr. Sant Bratt.

The main objective of the quiz was to check the awareness and knowledge of the students about G-20 meet.

63 students of B.Ed. 1st year and 65 students of B.Ed. 2nd year had participated in the quiz. It was in Google form and students were given only five minutes to



answer the questions. Only those students were considered for the final judgement who had submitted the form within time. Januja of B.Ed. 2nd year got the first position, Sonu of B.Ed. 1st year got the second position and Vandana of B.Ed. 1st year secured the third position.

Slogan writing competition was also organised on the theme G-20.

126 students participated in the Slogan Writing Competition. Mr. Sanjeev Kumar, Instructor, Fine Arts was the judge for the slogan writing competition.

Meera of B.Ed. 2nd year secured the first position; Anisha of B.Ed. 2nd year secured the second position and Sheron of B.Ed. 2nd year secured the third position.

National Anthem was sung at the end of the programme.



REPORT ON BLOOD DONATION CAMP

GOVERNMENT COLLEGE OF EDUCATION,
SECTOR-20-D, CHANDIGARH

REPORT

BLOOD DONATION CAMP

DATE:- 10 March, 2023

TIME:- 10:00 a.m.

On March 10, 2023, a one day Blood Donation camp was organised by the Red Ribbon Club of the Government College of Education, Sector-20-D, Chandigarh, under the guidance of our club incharge, Dr. KUSUM and member DR. AARTI BHATTI.

In the first session of the day, our guest, DR. RAVNEET KAUR from GOVERNMENT MEDICAL COLLEGE AND HOSPITAL, SECTOR-32 and her team were welcomed by Dr. Kusum and were taken to the auditorium where she gave a very motivational



speech about importance of Blood Donation by Red Ribbon club member through Ribbon Cutting Ceremony.

In her motivational speech, she first discussed about the need of blood to save human life and components of blood that can be used in the situations where blood transfusion is required.

Next, she discussed about the importance of voluntary blood donation and why blood given voluntarily is the best type of blood donation that a person can do. After this, she gave a detailed description about the process of blood donation; where she described the whole process of selecting those donors that are healthy and able to give blood which comes with certain conditions like having haemoglobin more than 12.5; not being on any medication and not being on periods for females.

After the blood has been taken, the donor is monitored by the on sight doctors for a little while so that they can make sure that the donor is perfectly alright.

Dr. Rameet Kaur motivated everyone present in the hall and all the students showed active participation in the blood donation camp.



GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

REPORT

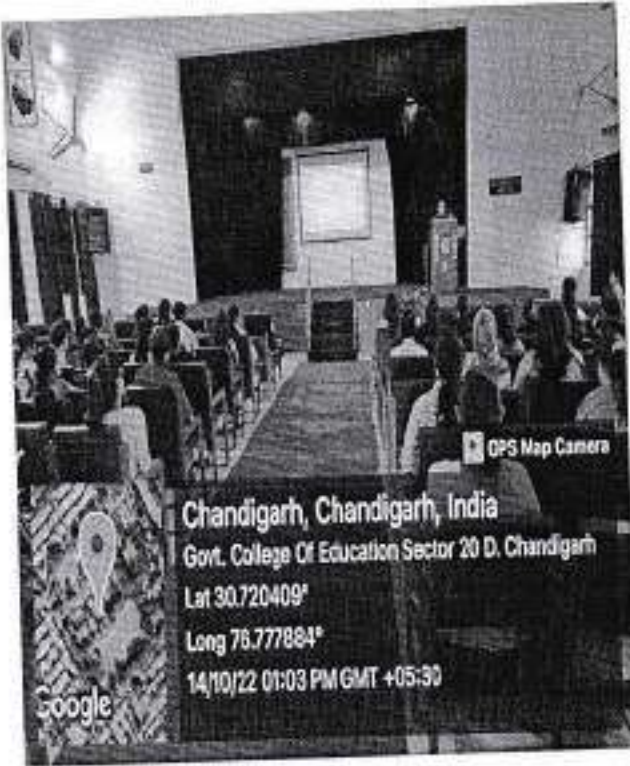
Dated:-14-10-2022

INTERNATIONAL E-WASTE DAY

PARIJAT ECO-CLUB of Govt. College of Education, Chandigarh observed '*International E-Waste Day*' on 14th October 2022. The theme of '*International E-Waste Day*' for 2022 is **Recycle it all, no matter how small!** A Lecture was delivered on this occasion in the college campus. All the students were participated in the event. Mr. Ravinder Kumar In-charge PARIJAT ECO-CLUB formally welcomes the principal, faculty and students of the college. Principal Dr. A. K. Srivastava motivated the students and briefs the importance of International E-Waste Day. He emphasized upon the less usage of electronic devices and also appeals to dispose them systematically. Kusum Lata from B.ED, First year delivered the lecture. She explained very efficiently about the E-Waste around us by elaborating the harmful effects of the same on human beings. She explained the process of Reduce, Recycle & Reuse of E-Waste. Mr. Manish from Eco-Club was also present along with the incharge. Mr. Ravinder Kumar presented a vote of thanks at the end. Event was organized successfully and appreciated by the principal.

Glimpses:





Chandigarh, Chandigarh, India
Govt. College Of Education Sector 20 D, Chandigarh
Lat 30.720409°
Long 76.777884°
14/10/22 01:03 PM GMT +05:30

Google



Chandigarh, Chandigarh, India
Govt. College Of Education Sector 20 D,
Chandigarh
Lat 30.720409°
Long 76.777884°
14/10/22 01:05 PM GMT +05:30

Google

Shruti K. 14/10/22
PARIJAT ECO-CLUB

[Signature]
14/10/22
Principal

Govt. College of Education
Sector- 20D, Chandigarh



GOVERNMENT COLLEGE OF EDUCATION SECTOR 20D, CHANDIGARH



RED RIBBON CLUB

Report

AIDS AWARENESS RALLY

As per the directions of Chandigarh state AIDS control Society, Red Ribbon Club of Government College of Education, Sector-20D, Chandigarh organized Candle March rally by Dr. Kusum (Coordinator, RRC) on the theme of World's AIDS Day on 1st December, 2022 at 5:00 p.m. Dr. A. K. Shrivastav, Principal GCE, 20D, Chandigarh was the guest of honour for the Awareness Rally Program.



Dr. A. K. Shrivastav, Principal GCE, 20D flagged off the rally along with Dr. Kusum, Dr. Aarti Bhatt, Mrs. Sonika Devi, Mrs. Urmil Singh, Mrs. Sarabjeet Kaur and other staff members of the college. 100 students of B. Ed. Assembled near the college Hall to participate in the rally. Duties are assigned to members

of the RED RIBBON CLUB to organize this event successfully. There was a march in the residential area around the college.



Volunteers enthusiastically participated in the event. During the Candle march volunteers initiated the Slogans like 'Open Your Eyes Before Aids Close Them', 'Fight Aids Not People, 'Better to Protect Rather Than Regret', 'Jan Jan Vich Sandesh Pohchao Aids Vargi Bimari Nu Dur Bhajao' " Saathi Parati Wafadari dur rhe AIDS ki bimari " ; " Hate the Disease but not the diseased " etc. had been raised by the students on HIV/AIDS AWARENESS with the help of Banners and Flex and placards and Candle. Expressing happiness at the successful implementation of the program with good dedicated team work, Principal Dr. A. K. Srivastava congratulated the organizer of the rally and motivated the students to participate in all the future activities with great zeal and enthusiasm. He also encourages the students to take part in the various social activities and also appreciate the hard work of teachers and students. After the successful completion of the event, refreshment was provided to the actively participated students and staff members.



Convener
Red Ribbon Club

CC:

1. For Office Record
2. For College Website.
3. For NAAC (Dr. Rajni Thakur)

-Sd-
Principal
Govt. College of Education
Sector-20D, Chandigarh



GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

REPORT

Dated: -02-12-2022

Awareness Rally on National Pollution Prevention Day

PARIJAT ECO-CLUB of Govt. College of Education, Chandigarh observed '*National Pollution Prevention Day*' on 02nd December 2022. The theme of '*National Pollution Prevention Day*' for 2022 is **Raise awareness about the importance of pollution control measures and to educate people on how to prevent pollution.** Students took out a rally to raise their voice in support of environmental conservation. They sensitised the masses about the menace of environment degradation and suggested measures to reduce pollution. Principal Dr. A. K. Srivastava motivated the students and briefed the importance of National Pollution Prevention Day. He emphasized upon the less usage of plastics and also appeals to adopt eco-friendly methods in daily life. Dr. Upasana Thapliyal, Dr. Aarti Bhatt, Mr. Manish from Eco-Club was also present along with the incharge. Mr. Ravinder Kumar Incharge **PARIJAT ECO-CLUB** presented a vote of thanks at the end. Event was organized successfully and appreciated by the principal.

Glances:-





Supriya Sharma
PARIJAT ECO-CLUB

Principal
Principal
Govt. College of Education
Sector- 20D, Chandigarh



समृद्धि कुतुम्हस्य
ONE EARTH - ONE FAMILY - ONE FUTURE

**GOVERNMENT COLLEGE OF EDUCATION
SECTOR-20D, CHANDIGARH
Report on G20 Events (Quiz and Slogan Writing)**

Date: 28th March 2023

Literary and Cultural committee of Government of college education organised a Quiz on G20 on 28th March 2023 under the supervision of Dr Balwinder Kaur and Dr. Aarti Bhatt. Main objective of the quiz was to check the awareness and knowledge of students about G20 meet. 63 Students of B.Ed. 1st Year and 65 students of B.Ed. 2nd year had participated in the quiz. It was in Google form and students were given only 5 minutes to answer the questions. Only those students have been considered for the final judgement who had submitted the form within time. Tanuja Roll no 76 B.Ed. 2nd year got first position, Sonu Roll No. 223 B.Ed. 1st year second and Vandana Roll no. 237 B.Ed.1st year was third in the quiz.

Slogan writing competition was organized on the theme G20. 126 students participated in the slogan writing competition. Mr. Sanjeev Kumar Instructor Fine Arts was the judge for the slogan writing competition. Meera Roll No.78 of B.Ed. 2nd year got first position, Amisha Roll No 8 B.Ed. 2nd year Second and Sheron Roll no 32 of B.Ed. 2nd year third .

National Anthem was sung in the end of the programme.



Datta

Incharge Literary and cultural Committee

Pradeep
28/3/23

Principal
GCE-20, Chandigarh

- Cc: 1. For Website
- 2. Records
- 3. NAAC Committee



GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH
REPORT Dated: - 25-05-2023

Mass Mobilization Campaign to raise awareness about LIFE (15-05-2023 to 31-05-2023)

PARIJAT ECO-CLUB of Govt. College of Education, Chandigarh started the Mass Mobilization Campaign to raise awareness about LIFE (Life Style for Environment) activities with the pledge which was led by Eco-Club executive member Shivam followed by all the Faculty members and students. Firstly **"Using Public Transport"** was organized for the students of the college. They used public transport rather than their personal petrol vehicles. Students actively participated in the same. A motivational video on the theme **"Climate Change"** was screened in the auditorium of the college by the executive members of the Parijat Eco-Club. Shachi B.ED. Student presented the video. The event was organized successfully and appreciated by the Principal of the college Dr. Sapna Nanda.

Glimpses: Pledge (Activity 1)



Using Public Transport (Activity 2)



Motivational video (Activity-3)



Amrinder 21/1/23
PARIJAT ECO-CLUB

Prasanna 25/1/2023
Principal

**Govt. College of Education
Sector- 20D, Chandigarh**



GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

REPORT Dated: - 30-05-2023

Mass Mobilization Campaign to raise awareness about LIFE (15-05-2023 to 31-05-2023)

PARIJAT ECO-CLUB of Govt. College of Education, Chandigarh started the Mass Mobilization Campaign to raise awareness about LIFE (Life Style for Environment) activities with the pledge which was led by Eco-Club executive member Anjah followed by all the Faculty members and students. Firstly "Plant adaptation" drive was organized for the students of the college in which they adapted one plant in their nearby surroundings. A motivational talk on the theme "Global warming" was delivered by the Eco-Club Executive member Kesang. The event was organized successfully and appreciated by the Principal of the college Dr. Sapna Nanda.

Glimpses: Pledge (Activity 1)



Plant adaptation (Activity 2)



Talk (Activity-3)



Parijat
PARIJAT ECO-CLUB

Sande
Principal

**Govt. College of Education
Sector- 20D, Chandigarh**



GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH
REPORT Dated: - 29-05-2023

Mass Mobilization Campaign to raise awareness about LIFE (15-05-2023 to 31-05-2023)

PARIJAT ECO-CLUB of Govt. College of Education, Chandigarh started the Mass Mobilization Campaign to raise awareness about LIFE (Life Style for Environment) activities with the pledge which was led by Eco-Club executive member Anjali followed by all the Faculty members and students. Firstly **"Bicycle Rally"** was organized in the college campus in which students promote the use of bicycle through rally around the college periphery. A motivational talk on the theme **"Sustainability Practices to save environment"** was delivered by the Kanika Khanna, Project Manager (TCS) from Kachii Sadak Foundation. The event was organized successfully and appreciated by the Principal of the college Dr. Sapna Nanda.

Glimpses: Pledge (Activity 1)



Bicycle Rally (Activity 2)



Talk (Activity-3)



Principals 28/5/23
PARIJAT ECO-CLUB

Principals 28/5/23
Principal
Govt. College of Education
Sector- 20D, Chandigarh

REPORT ON VALUE ADDED COURSE as well as LEGAL AWARENESS CAMPAIGN in Government College of Education and Schools of Chandigarh (U.T.)

The Executive Members of Legal Literacy Cell of Government College of Education, Sector 20D, Chandigarh under the supervision and guidance of Dr Meena (Nodal Officer) conducted Value Added Course as well as Legal Awareness Campaign(w.e.f. 9th November, 2022 to 25th November, 2022) by distributing pamphlets on the themes of Fundamental Duties; Public Utility Services; The Maintenance and Welfare of parents and Senior Citizen Act, 2007; Role of Mediation and Conciliation in solving the disputes and Information about Free Legal Aid services which were provided by the State Legal Services Authority, Sector 9, Chandigarh (U.T.) in college campus as well as in some Government schools of Chandigarh (U.T.) The purpose of the Legal Awareness Campaign was to impart legal knowledge to the pupil teachers and school students about *Free Legal Aid* provided under Section 12 of Legal Service Authority Act from State Legal Service Authority, Chandigarh.

LEGAL AWARENESS CAMPAIGN:

1. Abha Jain, Roll No. 711 (Chief Executive Member)

➤ Targeted Institution: Government College of Education, Sector 20D, Chandigarh.

She displayed pamphlets on college Notice Board and distributed the said pamphlets to M.Ed and P.G.D.G. & C. students and conducted an awareness session. Questions were put up by the students regarding how they can avail the free legal aid. Students asked how to contact the service providers; they were directed to the pamphlets where all the information was mentioned. Students were enlightened with the information as it took them to all the incidents happened around them and made them think how they can help themselves and others.



2. Samiksha Singh, Roll No. 221 (Executive Member)

➤ **Targeted Institution: Government Model High School, Sector 20D, Chandigarh.**

Classes covered were of Ninth standard. Before distribution of pamphlets concept of Fundamental Rights was explained to the school students in simple terms. Students asked lot of questions and shared what they have read in their textbooks regarding the said themes of pamphlets.



3. Aaina Chouhan, Roll No. 289 (Executive Member)

➤ **Targeted Institution: Government Model Senior Secondary School, Sector 22B, Chandigarh.**

Classes covered were of Eighth Standard. Legal Awareness information was provided to students through discussion and using blackboard. Queries regarding Senior Citizen Act were raised by them and further information was provided to clarify their doubts.



4. Ananya Nautiyal, Roll No. 242 (Executive Member)

➤ **Targeted Institution: Government Model Senior Secondary School, Sector 19C, Chandigarh.**

Classes covered were of Sixth and Seventh Standard. Students were asked what they know about Fundamental Rights and Duties. Students were not much aware even about the fundamental rights and free legal aid. The concept was made clear to the young children through discussion.



5. Nitish Kumar Jha, Roll No. 218 (Executive Member)

➤ *Targeted Institution: Government Model Senior Secondary School, Sector 47D, Chandigarh.*

Classes covered were of Sixth, Seventh and Eighth standard. Children were ignorant of their rights and duties and thus were made clear about it. Students were interested to learn and asked doubts about the differences in rights and duties.



6. Rajni Maan, 270 (Executive Member)

➤ *Targeted Institution: Government High School, Chandigarh, Sec-30A, Chandigarh.*

Classes covered were of Ninth and Tenth Standard. Students were not much aware about the differences in fundamental rights and fundamental duties. The differences in the said terms were well explained to them by the Executive Member. Great enthusiasm was shown by the students.



REPORT COMPILATION BY:

Sr. No.	Roll No.	Name	Class/Semester	Designation
1.	711	Abha Jain	M.Ed./ Sem I	Chief Executive Member <i>Abha Jain</i>
2.	221/22	Samiksha Singh	B.Ed./Sem I	Executive Member <i>Sami kshu</i>
3.	289/22	Aaina Chouhan	B.Ed./Sem I	Executive Member <i>Aaina Chouhan</i>
4.	242/20	Ananya Nautiyal	B.Ed./Sem I	Executive Member <i>Ananya</i>
5.	218/22	Nitish Kumar Jha	B.Ed./Sem I	Executive Member <i>Nitish</i>
6.	270/22	Rajni Mann	B.Ed./Sem I	Executive Member <i>Rajni</i>

Meena
Dr. Meena
Nodal Officer
Legal Literacy Cell
G.C.E. -20D, Chandigarh.

Sande
Principal
G.C.E. 20D, Chandigarh.

OK

C.C.

1. Dr. Suman Khokhar (For Website upload)
2. Dr. Rajni Thakur (For Record maintenance)
3. Dr. Anjali Puri (NAAC Record)

Suman
23/12/22
Rajni
24/12/22

End.

1. Copies of Pamphlets.

IDEALS AND INSTITUTIONS, THE NATIONAL FLAG AND THE NATIONAL ANTHEM (Clause (a))

The IDEALS of the Constitution are summed up in the Preamble:

JUSTICE, social, economic and political;

FREEDOM of thought, expression, belief, faith and worship;

EQUALITY of status and of opportunity; and to promote among them all

FRATERNITY assuring the dignity of the individual and the unity and integrity of the nation.

The principal institutions of the Constitution are the Executive, the Legislature and the Judiciary. It is a duty of every citizen to respect these institutions. The Indian National Flag and National Anthem are the symbols of our national pride.

2. TO CHERISH AND FOLLOW THE NOBLE IDEALS WHICH INSPIRED OUR NATIONAL STRUGGLE FOR FREEDOM (Clause-B)

Our freedom fighters wanted to build a just society. They wanted to have a society free from exploitation of man by man. They wanted to have a society marked by freedom, equality, non violence, brotherhood and world peace. We must always remain conscious and committed to these ideals, and make India a better country each day.

3. TO UPHOLD AND PROTECT THE SOVEREIGNTY, UNITY AND INTEGRITY OF INDIA (Clause-C)

In India sovereignty rests with the people of India. We should not do anything which may damage the sovereignty, unity and integrity of India.

4. TO DEFEND THE COUNTRY AND RENDER NATIONAL SERVICE WHEN CALLED UPON TO DO SO (Clause-d)

We must protect our country not only against the external aggression but also from armed rebellion within the country.

5. TO PROMOTE HARMONY AND THE SPIRIT OF COMMON BROTHERHOOD AMONGST ALL THE PEOPLE OF INDIA TRANSCENDING RELIGIOUS, LINGUISTIC AND REGIONAL OR SECTIONAL DIVERSITIES; TO RENOUNCE PRACTICES DEROGATORY TO THE DIGNITY OF WOMEN (Clause-E)

India is a multi religious & multi linguistic country. Its beauty lies in its unity in diversity. Being Indians, we should work in unity to build a stronger and prosperous nation. The Constitution also casts upon us the Fundamental Duty of ensuring that all practices derogatory to the dignity of women are renounced.

6. TO VALUE AND PRESERVE THE RICH HERITAGE OF OUR COMPOSITE CULTURE (CLAUSE (F))

.....fhdkf

Even people from other countries respect our Indian culture so much and want to know about it. It is our duty to respect and protect our Indian Culture.

7. TO PROTECT AND IMPROVE THE NATURAL ENVIRONMENT INCLUDING FORESTS, LAKES, RIVERS AND WILD LIFE, AND TO HAVE COMPASSION FOR LIVING CREATURES (Clause-G)

The rising air, water and noise pollution and large scale denudation of forest are causing immense harm to all human life on earth. By protecting our forest cover, planting new trees, cleaning rivers, conserving water resources, reforesting wastelands, hills and mountains and controlling pollution in cities, villages and industrial units, we can help save the future of our fellow citizens and of planet earth itself.

8. TO DEVELOP THE SCIENTIFIC TEMPER, HUMANISM AND THE SPIRIT OF INQUIRY AND REFORM (Clause-H)

The society develops only when the people shun superstitions. Lack of Scientific temper is the biggest impediment for the progress of country. In our country, where a large section of the society is still caught in various superstitions and unscientific practices, including scientific temper among the citizens is of a paramount importance for development of the nation.

9. TO SAFEGUARD PUBLIC PROPERTY AND TO ABJURE VIOLENCE (Clause-I)

It is most unfortunate that in a country which preaches non violence to the rest of the world, we see from time to time scenes of senseless violence and destruction of public property indulged in by a few of its citizens. It is our fundamental duty to abjure violence.

10. TO STRIVE TOWARDS EXCELLENCE IN ALL SPHERES OF INDIVIDUAL AND COLLECTIVE ACTIVITY, SO THAT THE NATION CONSTANTLY RISES TO HIGHER LEVELS OF ENDEAVOUR AND ACHIEVEMENT (Clause-J)

Excellence is the key to success. Excellence is the secret of all development.

11. TO PROVIDE OPPORTUNITIES FOR EDUCATION BY THE PARENT OR THE GUARDIAN, TO HIS CHILD, OR A WARD BETWEEN THE AGE OF 6-14 YEARS AS THE CASE MAY BE (Clause-K)

Education is the most important factor in the development of a country. Parents and Guardians must realize that giving education to children is of utmost importance. Education helps in the development of children. Education transforms country as a whole.



FUNDAMENTAL DUTIES

मौलिक कर्तव्य



STATE LEGAL SERVICES AUTHORITY
COURT, CHANDIGARH, ADDITIONAL DELUX BUILDING
SINGLE FLOOR, SECTOR 9, CHANDIGARH
PHONE NO. 0172-2742999, 2742977

Email-slsautchd@yahoo.com
Website - www.chdslsa.gov.in

DISTRICT LEGAL SERVICES AUTHORITY
DISTRICT COURT, SECTOR 43, CHANDIGARH
LEGAL ASSISTANCE ESTABLISHMENT

Helpline No. 1516
Email ID : nyayasahyog@chd.nic.in
Mobile No. 70871-12348

किसी भी राष्ट्र का निर्माण उसके नागरिक ही करते हैं। यदि नागरिक, राष्ट्र के विकास के लिए प्रत्यनशील नहीं है तो राष्ट्र प्रगति नहीं कर सकता। राष्ट्र को नित-नूतन शिखर पर लेकर जाने का उत्तरदायित्व उसके नागरिकों का है। हमें राष्ट्र के प्रति अपने कर्तव्यों का निर्वाह साफ़धाणीपूर्वक एवं श्रद्धापूर्वक करना चाहिए। भारत के संविधान के अनुच्छेद 51क में निर्दिष्ट मौलिक कर्तव्य, निम्नलिखित हैं:-

1. संविधान की अनुपालना एवं उसके आदेशों, उसके अन्तर्गत संस्थाओं, राष्ट्रध्वज एवं राष्ट्रगान का सम्मान
संविधान के आदेशों का सारंक्ष, संविधान की उददेशिका में दिया गया हो:-
न्याय, सामाजिक, आर्थिक और राजनैतिक स्वतंत्रता, विचार, अभिव्यक्ति, विश्वास, धर्म और उपासना की समता, प्रतिष्ठा और अवसर की : तथा उन सब संबन्धिता, जिसमें व्यक्ति की गरिमा और राष्ट्र की एकता और अखंडता सुनिश्चित हो
संविधान के अन्तर्गत प्रमुख संस्थाएँ तीन हैं- कार्यपालिका, सांसद एवं न्यायपालिका। प्रत्येक नागरिक का कर्तव्य है कि इन सवैधानिक संस्थाओं का सम्मान करें। हमारा राष्ट्र ध्वज एवं राष्ट्र गान हमारे राष्ट्रीय गौरव के प्रतीक हैं। राष्ट्र के उपरोक्त प्रतीकों का तिरस्कार राष्ट्रीय सम्मान की मानहानि प्रतिबंध अधिनियम 1971 के तहत दंडनीय है।
2. भारत के सवाधीनता संग्राम के प्रेरक, महान आदर्शों को नितान्त स्मरण रखना और उनका अनुगमन करना
हमारे स्वतंत्रता सेनानी एक न्यायोचित समाज की संरचना करना चाहते थे। वे एक ऐसा समाज चाहते थे जिसमें एक मनुष्य का दूसरे मनुष्य के द्वारा भोक्षण ना हो। उनका सपना एक ऐसे समाज का था जिसके स्तम्भ, सवाधीनता, समता, अहिंसा, भाक्तव एवं भाक्ति के आदर्श हो।
हमें उनके आदेशों के प्रति जागरूकता एवं प्रतिबद्ध रहते हुये, भारत को हर दिन एक बेहतर राष्ट्र बनाने के लिए प्रत्यनशील रहना होगा।
3. भारत देश की सम्प्रभुता, एकता एवं अखंडता को अक्षुण्ण एवं सुरक्षित रखना
भारत देश की सुम्प्रभुता भारत के नागरिकों में निहित है। हमें ऐसा कोई कार्य नहीं करना चाहिए जिससे हमारे राष्ट्र की सम्प्रभुता, एकता व अखंडता को ठेस पहुँचे।
4. आवश्यकता पड़ने पर राष्ट्र की सुरक्षा एवं सेवा करना
प्रत्येक भारतीय को बाहरी आक्रमण के विरुद्ध, राष्ट्र की रक्षा के

लिए सदैव तत्पर रहना होगा। ना केवल बाहरी आक्रमण से हमें राष्ट्र को बचाना होगा बल्कि आन्तरिक राज द्रोह से भी राष्ट्र की सुरक्षा करना हमारा मौलिक कर्तव्य है।

5. सभी धार्मिक, भाषीय, क्षेत्रीय एवं वर्गीय विभिन्नताओं का अतिक्रमण करते हुए, सभी भारतीयों में सामंजस्य एवं भाक्तव की भावना का विकास, नारी की गरिमा के विरुद्ध कुप्रथाओं का त्याग।
भारत एक बहु धर्मीय एवं बहु भाषीय राष्ट्र है। अनेकता में एकता, भारतीय सभ्यता का अनुपम सौंदर्य है। भारतीय होने के नाते, हम सब को मिल कर एकात्मक प्रत्यन करना, चाहिए, जिससे भारत एक सुदृढ़ एवं समद्वाराष्ट्र बने।
संविधान ने हम सबको यह जिम्मदारी, भी सौंपी है कि हम यह सुनिश्चित करें कि नारी की गरिमा के विरुद्ध सभी कुप्रथाओं का खंडन हो।
6. अपनी उदात्त संस्कृति व गौरव शाली परम्परा का महत्व समझना और उसे संरक्षित रखना।
भारतीय संस्कृति विश्व की प्राचीनतम एवं अद्वितीय संस्कृतियों में से एक है। भारत युगों युगों से विश्व गुरु की पदवी पर आसीन रहा है।
भारत, विश्व के प्राचीनतम एवं सभ्यतम दार्शनिक विचारों एवं साहित्य का जन्मदाता है।
भारत में पुरातत्व दृष्टि से महत्वपूर्ण, असंख्य ऐतिहासिक स्मारक हैं जिनमें दुर्ग, महल, मंदिर, गुफा चित्र, मस्जिदें और गिरिजाधर हैं।
भारत, विश्व के अनेक महान धर्मों की जन्म स्थली है जैसे कि हिन्दु, बौद्ध, जैन व सिख धर्म।
हमारे देश का इतिहास हमें भान्ति, प्रेम, अहिंसा व सत्य का पथ प्रदर्शित करता है।
भारतीय होने के नाते हम सब का उत्तरदायित्व है कि इन इस महान परम्परा और सांस्कृतिक मूल्यों का संरक्षण करें और आपस में प्रेम और सामंजस्य से रहें।
7. वन, सरोवर, नदी एवं वन्य जीव इत्यादि प्राकृतिक पर्यावरण की सुरक्षा एवं सुधार तथा प्राणी मात्र के प्रति करुणा बढ़े पैमाने पर जंगली की कटाई, मांस जीवन को बहुत अधिक क्षति पहुँचा रहे हैं। जंगलों की सुरक्षा, वनोपयोग, नदियों की सफाई, जल संसंधानों की सुरक्षा और पर्वत, पहाड़ी एवं बंजर भूमि में पुनः जंगल लगाना तथा गाँव, महारों और औद्योगिक क्षेत्रों में प्रदूषण नियंत्रित करने से हम नागरिकों और पशु व वृक्षों को सुरक्षित रख सकते हैं।

8. वैज्ञानिक दृष्टिकोण, मानवतावाद और ज्ञानार्जन तथा सुधार की भावना का विकास
वैज्ञानिक दृष्टिकोण का तात्पर्य एक ऐसी दृष्टि से है जिसका आधार व्यवस्थित ज्ञान एवं अनुभव जन्य ज्ञान है। इसमें अंध विश्वास के लिए कोई स्थान नहीं है।
9. सार्वजनिक सभ्यता की सुरक्षा एवं हिंसा का परित्याग
यह अत्यंत दुर्भाग्यपूर्ण है कि जिस राष्ट्र ने समूचे विश्व को अहिंसा का पाठ पढ़ाया वहाँ पर कुछ नागरिक बेसुधी से अहिंसा व सार्वजनिक सभ्यता के विध्वंस करते हुए नजर आते हैं। हिंसा का पूर्ण परित्याग हमारा मौलिक कर्तव्य है। अपने रोग को प्रकट करने के लिए हिंसात्मक तरीकों को नहीं अपनाना चाहिए।
10. व्यक्तिगत एवं सामूहिक गतिविधियों के सभी क्षेत्रों में उत्कृष्टता के लिए प्रयत्न ताकि राष्ट्र निरन्तर प्रयत्न और उपलब्धि के उच्चतर शिखरों पर पहुँचे
उत्कृष्टता सफलता की कुंजी है। उत्कृष्टता में ही विकास का रहस्य छुपा हुआ है। यह हमारा मौलिक कर्तव्य है कि हमारा राष्ट्र निरन्तर प्रगति करें और नये शिखरों पर पहुँचे।
11. माता पिता या संरक्षक के लिए छह वर्ष से चौदह वर्ष तक की आयु के बालक को शिक्षा के अवसर प्रदान करना।
राष्ट्र के विकास का सर्वाधिक महत्वपूर्ण कारक, शिक्षा है। शिक्षा के माध्यम से ही समाज में बदलाव लाया जा सकता है। प्रत्येक नागरिक एवं समूचे राष्ट्र के विकास का आधार, प्राथमिक शिक्षा है।
माता पिता एवं अभिभावकों को यह समझना चाहिए कि बच्चों को शिक्षा देना सबसे जरूरी है। शिक्षा बालक के सर्वांगीय विकास में सहायता करती है। शिक्षा से ही समूचे राष्ट्र में परिवर्तन आ सकता है।

The nation is what the citizens are. If the citizens of a nation do not work for the progress of their nation then that nation cannot progress. The entire responsibility rests upon the citizen to take their nation to new heights. It is our duty to see that our country stand out among the comity of nations as the finest example of racial, ethnic, communal and religious harmony. We must render our duties towards our country diligently and faithfully. the fundamental duties in Article 51 A of the Constitution of India are under.

1. TO ABIDE BY THE CONSTITUTION AND RESPECT ITS



DO YOU KNOW?

- * **Public Utility Services are indispensable part of an individual's life .**
- * **Complaints relating to these services are taken care of by a Special Lok Adalat for these services .**
- * **This Lok Adalat is known as Permanent Lok Adalat for Public Utility Services .**
- * **Grievances/Complaints are immediately settled/redressed by this Lok Adalat.**
- * **For availing the services of this Lok Adalat no formalities are required.**

Matters taken up in Permanent Lok Adalat (Public Utility Services)

You can file your complaint regarding the following Public Utility Services on a plain piece of paper in this Lok Adalat:

- * **Transport service for the carriage of passengers or goods by air, road and water .**
- * **Postal, telegraph or telephone services**
- * **Supply of power, light or water to the public by an establishment .∴. System of public Conservancy or Sanitation**
- * **Services in hospital or dispensary**
- * **Housing or Estates**
- * **Banking and Finance.**
- * **Education & Health Services**

Contact

STATE LEGAL SERVICES AUTHORITY
UT, CHANDIGARH, ADDITIONAL DELUX BUILDING,
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PHONE NO. 0172-2742999, 2742977
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LEGAL ASSISTANCE ESTABLISHMENT

Helpline No. 1516
Email ID : nyayasahyog@chd.nic.in
Mobile No. 70871-12348



क्या आप जानते हैं ?

- * जन उपयोगी सेवाएं (Public Utility Services) हर नागरिक की रोजमर्रा जिन्दगी का एक अहम हिस्सा है।
- * इन सेवाओं के बारे कई तरह की समस्याएं या शिकायतें हो सकती हैं जिनके समाधान के लिए एक स्पेशल लोक अदालत कार्यरत है।
- * इस लोक अदालत को जन उपयोगी सेवाओं के लिए स्थाई लोक अदालत (Permanent Lok Adalat for Public Utility Services) के नाम से जाना जाता है।
- * इस लोक अदालत में आपकी शिकायतों या समस्याओं का तुरन्त निपटारा किया जाता है।
- * इस लोक अदालत की सेवाएं लेने के लिए किसी औपचारिकता (Formality) की जरूरत नहीं है। कोई कोर्ट फीस नहीं लगती।
- * आप अपनी शिकायत एक कोरे कागज़ पर लिख कर लोक अदालत में दे सकते हैं।

जन उपयोगी सेवाओं के लिए स्थायी लोक अदालत में विचार योग्य मामले

- * सड़क, वायु एवं जल के द्वारा यात्रियों और माल ले जाने सम्बन्धित परिवहन सेवा।
- * डाक या तार या दूरभाष सेवा।
- * किसी संस्थान द्वारा जनता को शक्ति, प्रकाश या जल की आपूर्ति।
- * सार्वजनिक सफाई या स्वच्छता की प्रणाली।
- * औषधालय या चिकित्सालय में सेवा।
- * बीमा सेवा।
- * हाउसिंग तथा सम्पदा विभाग।
- * बैंकिंग तथा फाईनेंस सेवा।
- * शिक्षा तथा स्वास्थ्य संबन्धी सेवा।

मुफ्त कानूनी सेवा आप का अधिकार है।

राज्य विधिक सेवाएं प्राधिकरण

प्लू टी० चण्डीगढ़, एडिशनल डीलक्स बिल्डिंग, सिंगल फ्लोर,
सेक्टर 9, चण्डीगढ़। फोन नः 0172-2742999, 2742977

ई मेल : slsa_utchd@yahoo.com, Website : www.chdsla.gov.in

जिला विधिक सेवाएं प्राधिकरण

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ई-मेल-dlsautchd@gmail.com

न्याय सहयोग

हेल्पलाइन न० 1516

ई-मेल nyayasahyog@chd.nic.in 47 मोबाईल न० 70871-12348

4. Against whom the parent and grand parent can file an application for maintenance under the Act?
Parent or grandparent can file an application for maintenance against one or more of his children. Children include son, daughter, grandson and grand daughter. Children does not include a minor.
5. Before which authority an application for maintenance can be filed?
The application for maintenance can be filed before the Tribunal which is headed by the SDO.
6. Can a childless senior citizen claim maintenance under the Act?
Yes, childless senior citizen can claim maintenance under the Act from the relative who:-
- Is not minor and
 - Is in possession of property of Senior Citizen or
 - Would inherit the property of senior citizen after his death.
7. Where the maintenance proceedings can be initiated?
Maintenance proceedings may be initiated against any child/ children or relative in any district where:-
- The parent or senior citizen lives or
 - Last lived or
 - Where the child/childrens or relative live.
8. Whether the application for maintenance is to be filed by parent or senior citizen himself/herself before the maintenance tribunal?
Application for maintenance under the Maintenance and Welfare of parents and Senior Citizen Act, 2007 can be filed
- By a senior citizen or a parent in the case may be ; or
 - If the senior citizen or parent is incapable of fillinf application by himself/herself then any person or organization (Volutarly association registered under the Societies Registration Act 1860) can be authorized to file the application for maintenance ; or
 - Tribunal may take cognizance suo moto.
(Suo Moto refers to a situation where a judge acts without request by either party to the action before the court. Court acts of its own motion)

9. Can parent or senior citizen claim maintenance under the Maintenance and Welfare of Senior Citizens Act and Chapter IX of th Code of Criminal Procedure simultaneously?
Parent or Senior Citizen if entitled for maintenance under Code of Criminal Procedure and also under the Maintenance and Welfare of Senior Citizens Act can claim maintenance under either of those Acts. They cannot claim maintenance simultaneously under both the Acts.
10. Is there any upper limit for maintenance allowance?
State Government may provice for the maximum maintenance allowance which may be given per month. In any case, maintenance allowance shall not exceed ten thousand rupees per month.
11. Can Senior Citizen or parent file an appeal, if aggrieved by the order of Tribunal?
Yes, Senior Citizen or parent, if aggrieved by an order of a Tribunal may within sixty cdays from the date of order, prefer an appeal to the Appellate Tribunal.
12. Where abandonment of senior citizen is an offence?
Under Section 24, if anybody who is having the care or protection of a senior citizen leaves him/her in any place, with the intention of wholly abandoning him/her, such person shall be punishable under the Act with imprisonment of either three months or fine upto Rs. 5,000 or both. The offence would be cognizable and bailable.
13. Can Senior Citizen relcaim the property transferred by him/her?
Senior Citizen can file an application before the Tribunal for declararing the transfer of property as void. The Tribunal may declare the transfer as void if the following conditions exist.
- Any property transferred by way of gift or otherwise by senior citizen after the commencement of this Act.
 - The said property is transferred subject to the condition that transferee shall provide the baisc amenities and basic physical needs to the senior citizen.
 - The transferee refuses or fails to provide such amenities and physical needs.



THE MAINTENANCE AND WELFARE OF PARENTS AND SENIOR CITIZEN ACT, 2007

माता- पिता और वरिष्ठ नागरिकों का
भरण-पोषण तथा कल्याण अधिनियम, 2007



STATE LEGAL SERVICES AUTHORITY
UT, CHANDIGARH, ADDITIONAL DELUX BUILDING,
SINGLE FLOOR, SECTOR 9, CHANDIGARH
PHONE NO. 0172-2742999, 2742977
Email-slsautchd@yahoo.com
Website - www.chdslsa.gov.in

DISTRICT LEGAL SERVICES AUTHORITY
DISTRICT COURT, SECTOR 43, CHANDIGARH
LEGAL ASSISTANCE ESTABLISHMENT
Helpline No. 1516
Email ID : nyayasahyog@cbd.nic.in
Mobile No. 70871-12348

माता- पिता एवं वरिष्ठ नागरिकों के लिए भरण पोषण एवं कल्याण अधिनियम, 2007 भारतीय गणतन्त्र के 58वें वर्ष में बना, ताकि माता पिता व वरिष्ठ नागरिकों को यथोचित भरण पोषण व सुरक्षा प्राप्त हो।

1 अधिनियम 2007, के तहत भरण पोषण प्राप्त करने के हकदार कौन है।

माता- पिता
दादा- दादी
वरिष्ठ नागरिक

उपरोक्त श्रेणियों में जो भी अपनी आय और सम्पत्ति से अपना भरण पोषण नहीं कर सकते, वे अधिनियम 2007 के तहत भरण पोषण का दावा कर सकते हैं।
(माता पिता की परिभाषा में जैविक, गोद व सतीले, माता पिता भी आते हैं।)

2 वरिष्ठ नागरिक कौन है।

वरिष्ठ नागरिक वे व्यक्ति है-
जो भारत के नागरिक है और
जो 60वर्ष या उससे अधिक आयु के है।

3 क्या 60 वर्ष से कम आयु के माता पिता भी इस अधिनियम के तहत भरण पोषण प्राप्त कर सकते हैं?

आयु का यह मानक केवल वरिष्ठ नागरिकों के लिए है। 60 वर्ष से कम आयु के माता पिता, इस अधिनियम के तहत भरण पोषण का दावा कर सकते हैं।

4 माता पिता व दादी दादा, इस अधिनियम के तहत, किसके खिलाफ, भरण पोषण का दावा दायर कर सकते हैं?

माता पिता व दादी दादा अपनी, एक या एक से अधिक, सन्तानों पर भरण पोषण का दावा दायर कर सकते हैं।
सन्तान में पुत्र, पुत्री, पौत्र व पौत्र आते हैं, किन्तु अल्पव्यस्क नहीं आते।

5 किस अधिनियम के समक्ष, भरण पोषण का दावा दायर हो सकता है?

भरण पोषण का दावा अधिनियम के तहत गठित विशेष अधिकरण (Tribunal) के समक्ष खोला जाएगा, जिसका अध्यक्ष उप-खण्ड अधिकारी (SDO) होता है।

6 क्या निस्संतान वरिष्ठ नागरिक भी भरण पोषण का दावा कर सकते हैं?

जी हां, निस्संतान वरिष्ठ नागरिक, भरण पोषण का दावा, अपने उस सम्बन्धी से कर सकते हैं जो-
अल्पव्यस्क नाबालिग नहीं है

वरिष्ठ नागरिक की सम्पत्ति पर काबिज है या
वरिष्ठ नागरिक की सम्पत्ति का वारिस है।

7 भरण पोषण के दावे की कार्यवाही कहाँ प्रारम्भ करें?

भरण पोषण के दावे की कार्यवाही का प्रारम्भ किसी भी संतान या संबन्धी के विरुद्ध, उस जिले में होगी जहाँ-
माता पिता या वरिष्ठ नागरिक वर्तमान में निवास करते हैं।
या पहले निवास किया है।
या जहाँ पर संतान संबन्धी निवास कर रहे हैं।

8 क्या भरण पोषण अधिकरण के समक्ष, भरण पोषण का दावा माता पिता या वरिष्ठ नागरिक को स्वयं दायर करना होगा?

अधिनियम 2007 के अनुसार, भरण पोषण का दावा निम्नलिखित के द्वारा दायर किया जा सकता है:-

वरिष्ठ नागरिक या माता पिता, स्वयं; या
यदि वरिष्ठ नागरिक या माता पिता, दावा दायर करने में असमर्थ है तो वे किसी भी व्यक्ति या संस्था 'जो सोसाइटीस रजिस्ट्रेशन एक्ट, 1960 के अन्तर्गत पंजीकृत है' को दावा दायर करने के लिए अधिकृत कर सकते हैं; या

भरण पोषण अधिकरण स्वयं संज्ञान (Sub Moto Cognizance) ले सकता है।

(Sub Moto Cognizance:- अर्थात् वह परिस्थिति जिसमें न्यायधिश, बिना किसी पक्ष की प्रार्थना के न्याय के हित में स्वयं कार्यवाही प्रारम्भ करते हैं।

9 क्या अधिनियम, 2007 व आपराधिक प्रक्रिया संहिता 1973 (Code of Criminal Procedure) के अध्याय 9 के तहत एक साथ भरण पोषण का दावा कर सकते हैं?

माता पिता या वरिष्ठ नागरिक, उपरोक्त दोनों अधिनियमों में से किसी भी एक में भरण पोषण का दावा कर सकते हैं। दोनों अधिनियमों के तहत, एक साथ, भरण पोषण का दावा नहीं किया जा सकता है।

10 क्या भरण पोषण भते की कोई अधिकतम सीमा है?

राज्य सरकार, भरण पोषण मासिक भते की अधिकतम सीमा निर्धारित कर सकती है। किसी भी परिस्थिति में भरण पोषण भते, प्रतिमाह दस हजार रुपये से अधिक नहीं हो सकता।

11 यदि वरिष्ठ नागरिक या माता पिता, भरण पोषण अधिकरण के आदेश से असंतुष्ट है, तो अपील दायर कर सकते हैं?

जी हां, यदि वरिष्ठ नागरिक या माता पिता, अधिकरण के आदेश से असंतुष्ट है तो वे 60 दिन के अन्दर अपीलिय अधिकरण (Appellate Tribunal) के समक्ष अपील दायर कर सकते हैं।

12 क्या वरिष्ठ नागरिक का परित्याग करना, एक कानूनी अपराध है? अधिनियम, 2007 के सेक्शन 24 के अनुसार यदि कोई व्यक्ति जिस पर वरिष्ठ नागरिक की देखभाल या सुरक्षा का उत्तरदायित्व है,

पूर्ण परित्याग के इरादे से, उन्हें किसी स्थान पर छोड़ जाता है, ऐसे व्यक्ति को 3 महीने का कारावास या 5000/- रुपये जुर्माना या दोनों एक साथ दण्ड दिया जाएगा। अपराध संज्ञेय व जमानती है।

13 क्या वरिष्ठ नागरिक, हस्तान्तरित सम्पत्ति को वापस ले सकते हैं?

वरिष्ठ नागरिक, अधिकरण के समक्ष सम्पत्ति के हस्तान्तरण को अमान्य घोषित करने के लिये दावा कर सकते हैं। अधिकरण निम्नलिखित परिस्थितियों में हस्तान्तरण को अमान्य घोषित कर सकता है:-

अधिनियम, 2007 के प्रभावी होने के बाद, यदि किसी वरिष्ठ नागरिक ने उपहार या अन्य माध्यम से सम्पत्ति हस्तान्तरित की हो।

हस्तान्तरण इस भाँति पर किया गया हो कि प्राप्तकर्ता, वरिष्ठ नागरिक की मूलभूत आवश्यकताओं को पूर्ण करेगा।
प्राप्तकर्ता उपरोक्त आवश्यकताओं को पूर्ण करने से इन्कार कर दे या उन्हें पूरा ना कर पायें।

The Maintenance and Welfare of parents and Senior Citizens Act, 2007 has been enacted in the 58th years of republic so as to set up appropriate mechanism to provide maintenance to the parents and senior citizens, and to provide for protection of life and property of senior citizens.

1. Who is entitled to Maintenance under the Act?

- Parents;
- Grand Parents; and
- Senior Citizens

Who are unable to maintain themselves from their own income and property.

(Parents include biological and adoptive parents and step fathers and step mothers.)

2. Who is senior citizens?

Senior Citizen means and person

- Who is a citizen of India, and
- Who has attained the age of 60 years of above.

3. Whether parent below 60 years of age can claim maintenance under the Act?

Age is prescribed only for senior citizen, Parent below 60 years of age claim maintenance under the Act.

ਕੀ ਹੁੰਦੀ ਹੈ

ਵਿਵਾਦਾਂ ਨੂੰ ਨਿਪਟਾਉਣ ਦੀ ਸਫਲ ਅਤੇ ਨਿਰਪੱਖ ਨਤੀਜਾ ਪ੍ਰਕ੍ਰਿਆ ਹੈ। ਇਸਦੇ ਮੁੱਖ ਉਦੇਸ਼ਾਂ ਵਿਚੋਂ ਇਕ ਨਿਰਪੱਖ ਅਤੇ ਦਫਾਅ ਰਹਿਤ ਢੰਗ ਨਾਲ ਵਿਵਾਦਾਂ ਨੂੰ ਹੱਲ ਦੇਣਾ ਹੈ। ਇਸਦੀ ਮਦਦ ਨਾਲ ਵਿਵਾਦਾਂ ਦਾ ਹੱਲ ਖੋਜਿਆ ਜਾਂਦਾ ਹੈ। ਵਿਚੋਲਕ ਦੀ ਮਦਦ ਨਾਲ ਵਿਵਾਦ ਨੂੰ ਸਾਰੇ ਪੱਖਾਂ ਤੋਂ ਖੋਜਣੀਆਂ ਕਰਨ ਅਤੇ ਉਹ ਸਮੱਸਿਆ ਜਿਹੜੀ ਸਾਰੀਆਂ ਧਿਰਾਂ ਨੂੰ ਮਨਜ਼ੂਰ ਹੋਵੇ ਉਸ ਨੂੰ ਅਪਣਾਉਣੀਆਂ ਹਨ।

ਵਿਚੋਲਕ ਕਿਸੇ ਖ਼ਾਸ ਨੂੰ ਹੁਲਾਸ਼ਾਉਣ ਦਾ ਇੱਕ ਖੋਜਿਆ ਤੇ ਪ੍ਰਥਮ ਪ੍ਰਭਾਵਨਸ਼ੀਲ ਤਰੀਕਾ ਹੈ। ਇਹ ਵਿੱਥੀ ਬੇਨਾਮਤ ਤੇ ਬੇਨਾਮੀ ਵਰਗੇ ਖ਼ਰਿਓਂ ਵਿੱਚ ਬਹੁਤ ਸਫਲ ਹਿੱਸਾ ਹੈ। ਵਿਚੋਲਕੀ ਪ੍ਰਕ੍ਰਿਆ ਵਿੱਚ ਜਿਹੜੀ ਧਿਰਾਂ ਨੇ ਹਿੱਸਾ ਲਿਆ ਹੈ, ਉਨ੍ਹਾਂ ਨੇ ਇਸ ਪ੍ਰਕ੍ਰਿਆ ਦੀ ਸਮਝਣ ਨਾਲ ਪੁਸ਼ਟੀ ਕੀਤੀ ਹੈ।

ਵਿਚੋਲਕੀ ਵਿੱਚ ਕੀ ਹੁੰਦਾ ਹੈ

- ਵਿਚੋਲਕੀ ਇੱਕ ਉਲਠਿਆ/ਸਮਝਿਤ ਪ੍ਰਕ੍ਰਿਆ ਹੈ ਜਿਸ ਵਿੱਚ ਵਿੱਥੀ ਨਿਰਪੱਖ ਵਿਅਕਤੀ ਨੂੰ ਵਿਵਾਦ ਵਟਾਂਦਰਾ ਤੇ ਸਮਝਣਾ ਕਰਵਾਉਣ ਦੀ ਵਿਧੀ ਵਿੱਚ ਮੁਹਾਰਤ ਹਾਸਿਲ ਹੁੰਦੀ ਹੈ
- ਵਿਚੋਲਕੀ ਵਿੱਚ ਅਜਿਹੀ ਪ੍ਰਕ੍ਰਿਆ ਹੈ ਜਿਸ ਵਿੱਚ ਧਿਰਾਂ ਦੇ ਆਪਸੀ ਖ਼ਰਿਓਂ ਨੂੰ ਨਿਪਟਾਉਣ ਲਈ ਸਹਾਇਤਾ ਕੀਤੀ ਜਾਂਦੀ ਹੈ।
- ਵਿਚੋਲਕੀ ਸਮਝਣੇ ਦੀ ਅਜਿਹੀ ਪ੍ਰਕ੍ਰਿਆ ਹੈ ਜਿਸ ਵਿੱਚ ਧਿਰਾਂ ਵਗ਼ੈਰੇ ਦਾ ਸਮਝਣਾ ਆਪਸੀ ਖ਼ਰਿਓਂ ਨਾਲ ਕਰਦੀਆਂ ਹਨ।

ਵਿਚੋਲਕੀ ਕੌਣ ਕਰ ਸਕਦਾ ਹੈ

ਕੋਈ ਵੀ ਵਿਅਕਤੀ ਜੋ ਮੀਡੀਏਸ਼ਨ ਅਤੇ ਕਾਊਂਸਲਿੰਗ ਕਮੇਟੀ ਵੱਲੋਂ ਨਿਬੰਧਿਤ ਕੀਤੀ 40 ਖੰਟਿਆਂ ਦੀ ਟ੍ਰੇਨਿੰਗ ਹਾਸਿਲ ਕਰ ਲੈਂਦਾ ਹੈ, ਉਹ ਵਿਚੋਲਕੀ ਕਰਨ ਦੇ ਯੋਗ ਹੁੰਦਾ ਹੈ। ਘੱਟ ਘੱਟ 10 ਨਿਬੰਧਿਤ ਵਿਚੋਲਕੀਆਂ ਕਰਨ ਦੀ ਜ਼ਰੂਰਤ ਹੁੰਦੀ ਹੈ।

ਵਿਚੋਲਕੀ ਦੌਰ/ਇਜਲਾਸ ਵਿੱਚ ਕੀ ਹੁੰਦਾ ਹੈ

- ਜਾਣ-ਪਹਿਚਾਣ: ਵਿਚੋਲਕੀ ਅਧਿਕਾਰੀ ਵਿਚੋਲਕੀ ਦੀ ਪ੍ਰਕ੍ਰਿਆ ਬਾਰੇ ਸਭ ਧਿਰਾਂ ਨੂੰ ਜਾਣੂ ਕਰਵਾਉਂਦਾ ਹੈ। ਉਨ੍ਹਾਂ ਨੂੰ ਪ੍ਰਕ੍ਰਿਆ ਦੇ ਨਿਯਮਾਂ ਅਤੇ ਗੁਪਤਤਾ ਬਾਰੇ ਦੱਸਦਾ ਹੈ।
- ਸਾਂਝੀ ਬੈਠਕ: ਵਿਚੋਲਕੀ ਸਭ ਧਿਰਾਂ ਤੇ ਉਨ੍ਹਾਂ ਦੇ ਵਿਵਾਦਾਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਪ੍ਰਾਪਤ ਕਰਦਾ ਹੈ ਅਤੇ ਵਿਵਾਦਾਂ ਦੇ ਨਿਪਟਾਰੇ ਲਈ ਖੁੱਲ੍ਹਾਂ ਵਾਤਾਵਰਨ ਤਿਆਰ ਕਰਦਾ ਹੈ।
- ਅਲਗ-ਅਲਗ ਬੈਠਕ: ਸਾਂਝੀ ਬੈਠਕ ਦੇ ਇਲਾਵਾ ਜੇ ਜ਼ਰੂਰਤ ਹੋਵੇ ਤਾਂ ਵਿਚੋਲਕੀ ਅਧਿਕਾਰੀ ਹਰ ਧਿਰ ਨਾਲ ਅਲੱਗ ਅਲੱਗ ਗੱਲਬਾਤ ਕਰਦਾ ਹੈ। ਇਸ ਅਧੀਨ ਸਾਰੀਆਂ ਧਿਰਾਂ ਆਪਣੇ ਹਰ ਮੁੱਦੇ ਨੂੰ ਵਿਚੋਲਕੀ ਸਾਹਮਣੇ ਰੱਖ ਸਕਦੀਆਂ ਹਨ ਜਿਸ ਨੂੰ ਗੁਪਤ ਰੱਖਿਆ ਜਾਂਦਾ ਹੈ। ਇਸ ਤਰ੍ਹਾਂ ਵਿਚੋਲਕੀ ਵਿਵਾਦ ਦੀ ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਹੋ ਸਕਦੀ ਹੈ।
- ਸਮਝਣਾ: ਵਿਵਾਦ ਦੇ ਖਾਤਮੇ ਉਪਰੰਤ ਵਿਚੋਲਕੀ ਸਭ ਧਿਰਾਂ ਨੂੰ ਸਮਝਣੇ ਦੀ ਪੁਸ਼ਟੀ ਕਰਵਾਉਂਦਾ ਹੈ ਅਤੇ ਸਭ ਧਿਰਾਂ ਸਮਝਣ ਕਰਦਾ ਹੈ।

ਇਸ ਸਮਝਣੇ ਨੂੰ ਲਿਖਤੀ ਰੂਪ ਵਿੱਚ ਲਿਆਂਦਾ ਜਾਂਦਾ ਹੈ ਅਤੇ ਸਭ ਧਿਰਾਂ ਉਸ ਉੱਪਰ ਦਸਤਖਤ ਕਰਦੀਆਂ ਹਨ।

ਵਿਚੋਲਕੀ ਵਿੱਚ ਦਿਲੋਖਣਤਾ ਕਿਵੇਂ ਹੈ

- ਵਿਚੋਲਕੀ ਵਿੱਚ ਕੋਰ ਕਮੀ/ਸਾਥਾ ਪ੍ਰਕ੍ਰਿਆ ਹੈ।
- ਇਸ ਵਿੱਚ ਕੋਈ ਸਫਲਤਾ ਜਾਂ ਠਾਜ਼ਮੀ ਜਾਬਤਾ/ਕਾਰਜ ਪ੍ਰਣਾਲੀ ਲਾਗੂ ਨਹੀਂ ਹੁੰਦੀ।
- ਵਿਚੋਲਕੀ ਵਿੱਚ ਪੁਸ਼ਟ ਹੋਰ ਤੇ ਗੁੱਪਤ ਪ੍ਰਕ੍ਰਿਆ ਹੈ।
- ਵਿਚੋਲਕੀ ਧਿਰਾਂ ਨੂੰ ਆਪਣੀ ਗੱਲਬਾਤ ਕਰਨ ਦੀ ਪ੍ਰਕ੍ਰਿਆ ਹੈ।
- ਵਿਚੋਲਕੀ ਵਿੱਚ ਪੁਸ਼ਟ ਤੌਰ ਤੇ ਸਵੈ-ਇੱਛਾ/ਮਨਮਰਜ਼ੀ ਦੀ ਪ੍ਰਕ੍ਰਿਆ ਹੈ।
- ਵਿਚੋਲਕੀ ਖ਼ਰਿਓਂ ਦਾ ਨਿਪਟਾਰਾ ਕਰਨ ਲਈ ਧਿਰਾਂ ਨੂੰ ਮੁੱਖ ਭੂਮਿਕਾ ਨਿਭਾਉਣ ਦਾ ਸਾਧਨ ਹੈ।
- ਵਿਚੋਲਕੀ ਧਿਰਾਂ ਪਰਚ ਤੇ ਜਲਦੀ ਨਿਪਟਾਉਣ ਦੀ ਵਿਧੀ ਹੈ।
- ਵਿਚੋਲਕੀ ਹੱਕਾਂ ਦੀ ਬਜਾਏ ਹਿੱਤਾਂ ਤੇ ਅਧਾਰਿਤ ਹੈ।
- ਵਿਚੋਲਕੀ ਧਿਰਾਂ ਨੂੰ ਆਪਣੀਆਂ ਖ਼ਰਿਓਂ ਅਨੁਸਾਰ ਸਮਝਣਾ ਕਰਨ ਦੇ ਯੋਗ ਬਣਾਉਂਦੀ ਹੈ।

ਵਿਚੋਲਕੀ ਦੇ ਲਾਭ

- ਕਚਹਿਰੀਆਂ ਦੇ ਬੰਬਰ ਠਾਉਣ ਤੋਂ ਬਚਾਅ।
- ਬਹੁਤ ਹੀ ਸਫਲ ਅਤੇ ਸੁਵਿਧਾਜਨਕ।
- ਵਿਵਾਦਾਂ ਦਾ ਖੋਜਣਾ ਲਈ ਪ੍ਰਥਮ-ਪੁਰਨ ਹੱਲ।
- ਵਿਵਾਦ ਦੇ ਹੱਲ ਲਈ ਪਾਰਟੀਆਂ ਦੀ ਸਹਿਮਤੀ ਨੂੰ ਮਹੱਤਵ।
- ਆਸਾਨ, ਸਾਦੀ, ਨਿੱਜੀ ਅਤੇ ਪੁਸ਼ਟ ਗੁੱਪਤ ਪ੍ਰਕ੍ਰਿਆ।
- ਸਮਾਜਿਕ ਸਦਭਾਵ ਖਾਨਿਮ ਕਰਨ ਵਿੱਚ ਸਹਾਇਕ।
- ਵਿਚੋਲਕੀ ਦੇ ਆਧਾਰ ਤੇ ਖ਼ਰਿਓਂ ਦਾ ਨਿਪਟਾਰਾ ਹੋਣ ਉਪਰੰਤ ਮੁੱਦੇ ਦੀ ਕੋਰ ਵੀ ਐਕਟ ਦੀ ਧਾਰਾ 16, ਮੁਕਾਬਲ ਕੋਰਟ ਦੀ ਸ ਵਾਪਸ ਲੈਣ ਦਾ ਹੱਕਦਾਰ ਹੋਵੇਗਾ।
- ਖ਼ਰਿਓਂ ਦਾ ਨਿਪਟਾਰਾ ਵਿਚੋਲਕੀ ਰਾਹੀਂ ਕਰਨ ਲਈ ਚਾਰਾ 89 (ਸੀ.ਪੀ.ਐਸ) ਦੀ ਮਾਨਗੀ ਹੈ।

ਵਿਚੋਲਕੀ ਬਨਾਮ ਖ਼ਰਿਓਂ

- ਵਿਚੋਲਕੀ ਵਿੱਚ:
- ਸਮਾਂ ਬਰਬਾਦ ਨਹੀਂ ਹੁੰਦਾ।
 - ਪੈਸੇ ਦੀ ਜ਼ਰੂਰਤ ਨਹੀਂ ਹੁੰਦੀ।
 - ਧਿਰਾਂ ਦੇ ਬਿਜਲਸ ਤੇ ਖਰੇਦੂ ਨਿਕਤੇ ਬਰਕਰਾਰ ਰੱਖਦੀ ਹੈ।
 - ਵਿਚੋਲਕੀ ਧਿਰਾਂ ਵਿੱਚ ਖ਼ਰਿਓਂ ਤੇ ਨਿੱਘਤਾ ਲਿਆਉਂਦੀ ਹੈ।
 - ਵਿਚੋਲਕੀ ਖ਼ਰਿਓਂ ਨੂੰ ਨਿਪਟਾਉਣ ਲਈ ਇੱਕ ਬਹੁਤ ਹੀ ਤਰਸੀਲੀਯੋਗ ਤਰੀਕਾ ਹੈ।
 - ਵਿਚੋਲਕੀ ਪ੍ਰਕ੍ਰਿਆ ਰਾਹੀਂ ਖ਼ਰਿਓਂ ਦੇ ਕੀਤੇ ਨਿਪਟਾਰੇ ਦੀ ਕੋਈ ਅਪੀਲ ਜਾਂ ਲਾਠੀਲ ਨਹੀਂ ਹੁੰਦੀ।

For further detail, please contact :
DISTRICT LEGAL SERVICES AUTHORITY
 UT, CHANDIGARH
LEGAL ASSISTANCE ESTABLISHMENT
 Helpline No. 1516
 Email ID : nyayasahyog@chd.nic.in
 Mobile No. 70871-12348



Mediation
 A BOON FOR THE SOCIETY

Mediation & Conciliation Centre
 2nd Floor, ADR Centre, District Court,
 Sector-43, Chandigarh

WHAT IS MEDIATION

Mediation is a voluntary, cooperative process in which an impartial and neutral mediator facilitates disputing parties in reaching a settlement. A mediator does not impose a solution but creates a conducive environment in which disputing parties can resolve all their disputes.

Mediation is a tried and tested alternative method of dispute resolution. It has proved to be a great success in the cities of Delhi, Bengaluru & Chennai. Litigants participating in the mediation process have unequivocally endorsed it.

Mediation is:

- A structured process where a neutral person uses specialized communication and negotiation techniques.
- A process of facilitating parties in resolving their disputes.
- A settlement process whereby disputing parties arrive at a mutually acceptable agreement.

WHO CAN MEDIATE

Any person who undergoes the required 40 hours training as stipulated by the Mediation and Conciliation Project Committee of the Supreme Court of India can be a mediator. He also needs to have at least ten actual mediations before he can be accepted as a qualified mediator.

WHAT HAPPENS IN A MEDIATION SESSION

Introduction: Mediator introduces himself to the parties, explains the mediation process and establishes his neutrality. He explains the ground rules and initiates the confidential process of dispute resolution.

Joint Session: Mediator gathers information about the factual background and interests of the parties, establishes interaction between them and creates a suitable environment for an amicable settlement.

Individual (Separate) Sessions: When it becomes necessary, a Mediator allows the disputing parties to further explain their grievances, continues to gather information, persuades individual parties to share confidential information and helps them to create options for an amicable settlement.

Agreement: Mediator confirms and clarifies the terms of settlement and reduces the settlement into a clear, complete, concise and binding agreement.

HOW IS MEDIATION DIFFERENT

- Mediation is an informal process.
- There are no strict or binding rules of procedure.
- Mediation is a completely confidential process.
- Mediation enables disputing parties to interact even on a one-to-one basis.
- Mediation is a completely voluntary Process.
- Mediation enables the parties to be the key players in the dispute settlement process.
- It is an inexpensive and Speedy mode of dispute resolution.
- Mediation is interests based rather than rights based.
- Mediation enables parties to settle their own terms of agreement.

WHAT ARE THE BENEFITS OF MEDIATION

Mediation is:

- Quick and responsive
- Economical. There is no extra cost
- Harmonious settlement
- Creating solutions and remedies
- Confidential and Informal
- Parties controlling the proceedings
- The plaintiff is entitled to refund of full court fees as per Section 16 of the Court Fees Act, 1870 if the dispute is settled through the process of mediation.
- Settlement of disputes by mediation is recognised by Section 89 of the Code of Civil Procedure

MEDIATION VERSUS LITIGATION

There is:

- No loss of time in mediation
- No financial investment is required in mediation.
- Mediation preserves ongoing business or personal relationships.
- Mediation allows flexibility, control and participation of the disputing parties.

Mediation is a far more satisfactory way of resolving disputes as compared to litigation. There is no appeal or revision in a mediated case and all disputes get finally settled.

मध्यस्थता क्या है?

मध्यस्थता में मध्यस्थ की सहायता से विवाद को निपटारने का एक प्रयास है जो कि तटस्थ पक्ष है मध्यस्थ निम्नलिखित हो सकते हैं :

- एक न्यायिक अधिकारी
- एक अधिकारी
- या कोई प्रतिष्ठित पेशेवर

जब एक कारगर न्यायिक अधिकारी किसी मुकदमे में मध्यस्थ के रूप में कार्य करता है तो उसको सौंपा हुआ जवाबदाह होती है और किसी अन्य पर उसमें का भार भी नहीं रहता। मध्यस्थता विवाद को निपटारने की सबसे प्राथमिक आधुनिक प्रक्रिया है। इसकी द्वारा मध्यस्थता के अंतर्गत निम्नलिखित प्रक्रियाएँ हैं: किसी पक्षों के विवादों का निपटारा करने है। सभी पक्षों को एक साथ ही निपटारने के अंतर्गत में विवादों का समाधान निकालने है तथा उसे सौंपा का निपटारा है। मध्यस्थता के द्वारा विभिन्न पक्ष अपने विवाद को सभी दृष्टिकोण से समझाते हैं और समाधान होता है, उसे अपनाते हैं। इस प्रक्रिया के द्वारा विवादों का निपटारा से जल्द निपटारा होता है जो कि सर्वोत्तम है। यह मुकदमों के प्रसारण से निवारण से मध्य न्यायालयों पर बढ़ते मुकदमों का बोझ भी कम होता है।

मध्यस्थता में क्या होता है?

मध्यस्थ अधिकारी विवाद मध्यस्थता के त्रिभुज प्रतिक्रिया होता है और सभी पक्षों को उनके विवाद का हल निकालने में मदद करता है।

मध्यस्थता दोषागत प्रक्रिया है। इसकी कार्य प्रणाली निम्न है—

परिचय: मध्यस्थ अधिकारी, मध्यस्थता की प्रक्रिया से सभी पक्षों को अवगत करवाता है। उन्हें प्रक्रिया के नियमों एवम् सौंपनीयता के बारे में भी बताया जाता है।

संयुक्त सत्र: मध्यस्थ अधिकारी, पक्षों से उनके विवाद के प्रति जानकारी प्राप्त करता है तथा

विवाद को निपटारने के त्रिभुज अनुकूल वातावरण तैयार करता है।

पक्षों का सत्र संयुक्त सत्र के अलावा यदि जरूरत हो तो मध्यस्थ अधिकारी हर पक्षों से अलग-अलग बात करके है। इस सत्र में सभी पक्ष अपने हर मुकदमे को मध्यस्थ अधिकारी को समझा रख सकते हैं। विवाद सौंपनीय रखा जाता है। इस सत्र में मध्यस्थ अधिकारी विवाद को जल्द तक पहुंचाता है।

सामझौता: विवाद के निपटारण के उपरान्त मध्यस्थ अधिकारी सभी पक्षों से समझौते को करवाता है तथा उसकी शर्तें स्पष्ट करवाता है। इस समझौते को लिखित रूप में अंतिम किया जाता है जिसे पर सभी पक्ष हस्ताक्षर करते हैं।

मध्यस्थ अधिकारी की भूमिका और कार्य

- मध्यस्थ अधिकारी विवादों पक्षों के बीच समझौते को व्यापारभूमि तैयार करता है।
- पक्षों के बीच आपसी बातचीत और विवादों का माध्यम बनाता है।
- सामझौते के दौरान आने वाली बाधाओं का पता लगाता है।
- बातचीत से उत्पन्न विभिन्न सौंपनीयताओं को पक्षों के समझ रखाता है।
- सभी पक्षों के हितों को पहचान करवाता है।
- समझौते की शर्तें स्पष्ट करवाता है। तथा ऐसी व्यवस्था करता है कि सभी पक्ष सौंपनीयता से समझौते को अपना सकें।

मध्यस्थता प्रक्रिया के लाभ

- विवाद वह अविलम्ब व सौंप समाधान
- समय तथा खर्चों की किफायत
- न्यायालयों में घुसकर लगाने से राहत
- अवैधिक सत्र व सुविधाजनक
- विवाद नष्ट होना के त्रिभुज प्रणाली एवं सर्वोपयोग्य समाधान
- समाधान में पक्षों की सहमति को महत्व
- जलैपघारिक, निजी तथा पूर्ण सौंपनीय प्रक्रिया
- सामाजिक सम्बन्ध कायम करने में सहायक
- मध्यस्थता में विवाद निपटारने पर, सारी (Court Fees Act 1870) कोर्ट फीस एक्ट 1870 की धारा 16 के तहत पूरा कोर्ट फीस वापिस लेने का हकदार होता है।
- समझौते का निपटारा मध्यस्थता द्वारा करने को सौंपना 85(सी पी सी) की मान्यता है

विवाद को हानियां

- समय की हानि • मानसिक तथा शारीरिक शक्ति भंग
- धन की हानि • सत्रों की स्थिति
- झूठे गवाह का बढावा • असंतोख

विवादों को निपटारने के त्रिभुज मध्यस्थता मुकदमेबाजों की तुलना में सभी अधिक सौंपनीयता प्रणाली है मध्यस्थता के माध्यम से विवादों नष्ट मान्यता में अंतिम और पुनर्निर्धार की आवश्यकता नहीं होती है और सभी विवाद पूर्ण तहत निपट जाते हैं।

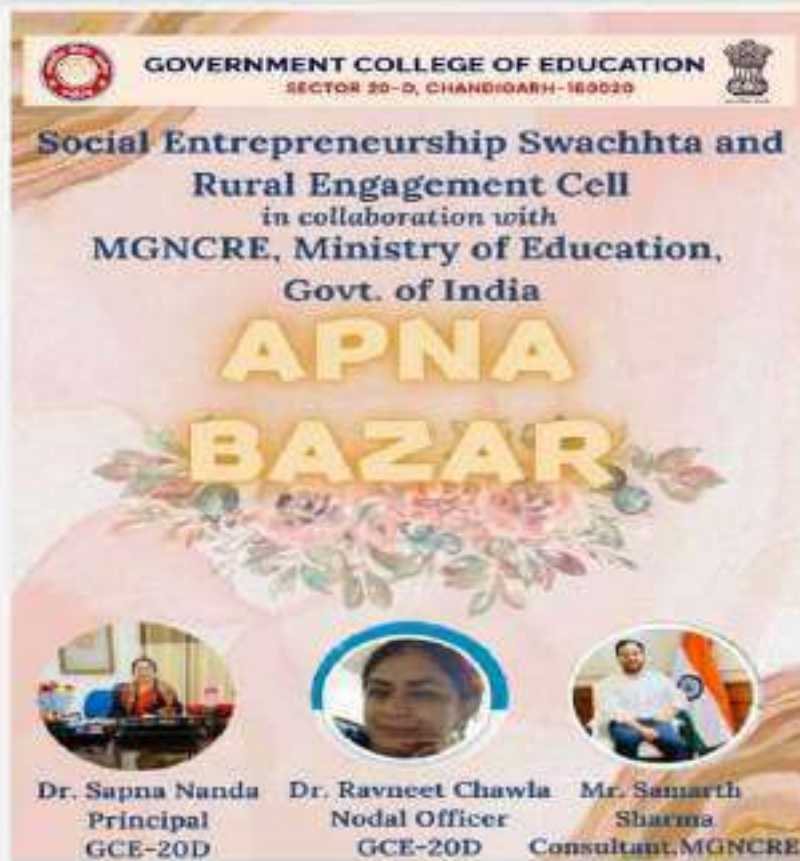
मध्यस्थता को मुकदमा कैसे सौंपा जाता है?

मध्यस्थता को केवल न्यायालय में लंबित मामलों में ही प्रस्तावित किया जा रहा है। किसी भी पक्ष को प्रार्थना पर सम्बन्धित न्यायालय या निपटारने सेना है कि किसी विशेष विवाद में किस मध्यस्थ को सौंपना किया जाए। सम्बन्धित न्यायालय सर्व्व की किसी भी वाद को मध्यस्थता कोर्ट में भेज सकता है।

3. BUILDING TEAMS & HELPING THEM TO PARTICIPATE 4. INVOLVEMENT IN PREPARATORY ARRANGEMENTS 5. EXECUTING / CONDUCTING THE EVENT




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Dr. Sapna Nanda
Principal
GCE-20D



Dr. Ravneet Chawla
Nodal Officer
GCE-20D



Mr. Samarth
Sharma
Consultant, MGNCRE



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Sharma



Samiksha
Singh



Kirandeep
Kaur

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Aman



Shampreet



Parash



GOVERNMENT COLLEGE OF EDUCATION SECTOR 20D, CHANDIGARH

REPORT OF T.G. 10 VALUE EDUCATION ASSEMBLY

Dated: March 20th, 2023

Value Education Assembly was conducted by the members of Tutorial Group 10 under the Incharge Dr. Kusum on March 20th, 2023 in the Government College of Education, Sector 20D, Chandigarh at 12:00 noon in Value Education Period. The purpose of the assembly is to integrate value education in the curriculum by inculcating the values of coordination and cooperation among the students. The assembly was started by the formal permission from the Respected Principal Ma'am Dr. (Mrs.) Sapna Nanda. The theme for the assembly was based on "Shaheed Diwas" which is celebrated on 23rd March every year to commemorate the contributions made by Bhagat Singh, Sukhdev, Rajguru during the Indian freedom struggle. The program and display board decoration revolved around this theme and other important days falling in the week starting from March 20th, 2023 to March 26th 2023. After welcoming all the esteemed teachers and students following programs were conducted during the assembly by the T.G. 10 members in the presence of Respected Principal Ma'am Dr. (Mrs.) Sapna Nanda, Respected Dean Sir Dr. A.K. and Respected Vice-Principal Ma'am Dr. Savita Arya.

LIST OF EVENTS

PROGRAM	THEME	PERFORMER
Prayer	"Itni shakti hume dena data."	Group Performance
Speech	World Forest Day (21 st March)	Gracy Kameih (276)
Poem	World Water Day (22 nd March)	Ujjal Khawas (210)
Thought of the Day	Bhagat Singh Quote	Juspreet Kaur (287)
Speech	World Tuberculosis Day (24 th March)	Samiksha Singh (221)
Speech	Purple Day of Epilepsy	Abhilash Kamble (243)
News Headlines	Current Events	Ramandeep Kaur (298)
Speech	Gudi Padwa	Dikshu Verma (254)
Poem	World Poetry Day	Ruhina (232)
Group Song	Shaheed Diwas	"Mera Rang de Basanti Chola."

Anchoring was conducted by the T.G. Member Students Ruhina (232) and Gurjot Kaar (265). After completion of the performances by the students, Respected Dean Sir Dr. A.K. Srivastava was invited on the stage to bless students with their kind words. Dean Sir congratulated T.G. Incharge Dr. Kusum and the member students on the successful completion of the value education assembly. Formal Vote of Thanks was given by Samiksha Singh (221), which was followed by the National Anthem.

Glimpses of the Value Education Assembly by T.G. 10



Respected Principal Ma'am, Respected Dean Sir, Respected Vice-Principal Ma'am along with T.G. 10 Incharge DR. Kusum during the



Other staff members during the T.G. 10



Prayer "Imi Shakti Humne dena data" by T.G. 10 Students:



Group Song "Mera rang de Basanti Chola" by T.G. 10 Students.



Individual Performances by the students of T.G. 10 on various days which are celebrated from 20th March, 2023 to 26th March, 2023.




Address by Respected Dean Sir Dr. A.K. Srivastava.



Display Board decoration by T.G. 10 students based on theme "Shahid Diwas".


Convener
Dr. Kusum
T.G. 10 Incharge


Principal
Govt. College of Education'
Sector-20D, Chandigarh

CC:

1. For College Website
2. For Office Record
3. Dr. Rajni Thakur

Govt. College of Education, Sector 20-D, Chandigarh

Co-curricular Activities Report for the Session 2022-23

The cultural activities of the new session started with the 'Talent Hunt' which was conducted during Orientation Program on September 28th & 29th, 2022. Total 40 students presented diverse items viz. Poems, songs, speeches, dances, theatrical items, composing etc. out of which 24 were selected as the 'talents of the session'.

Election of the student body of the 'Literary & Cultural Committee' was held on 30-09-2022 and following students were elected for the posts of President, Vice-President, Secretary, and Joint-Secretary & Treasurer.

S. No.	Post	Elected Member		
		Name	Class	Roll No.
1.	President	PRITI	B.Ed. Sem I	280
2.	Vice- President	ISHA	B.Ed. Sem I	246
3.	Secretary	RAJAN GUPTA	B.Ed. Sem I	211
4.	Joint -Secretary	ABHILASH	B.Ed. Sem I	243
5.	Treasurer	AKSHITA	B.Ed. Sem I	267

LIST OF PRIZE WINNERS

I. P.U. Zonal & Inter-Zonal Youth & Heritage Festivals

A total number of 70 students participated in 23 items during the P.U. Zonal Youth & Heritage Festival held at S.B.H.S.M. Khalsa College of Education, Mahapur (Distt. Hoshiarpur) from October 28-31, 2022.

a) Zonal Winners

SR. NO.	ITEM	STUDENT'S NAME	ROLL NO.	CLASS	Position
1.	Hand Writing	Umisha Kalia	45	B.Ed. IInd Year	First
2.	Creative Writing	Jasmine Grover	226	B.Ed. Ist Year	First
3.	Gazal	Jyoti	312	B.Ed. Ist Year	First
4.	Group Bhajan	Diksha Parmar	224	B.Ed. 1 st Year	First
		Jyoti	312	B.Ed. 1 st Year	First
		Nandini	53	B.Ed. 1 st Year	First
		Anshu Rani	309	B.Ed. 1 st Year	First

		Mamta Sharma	119	B.Ed. 11nd Year	First
		Ananya Ojha	07	B.Ed. 11nd Year	First
5.	Elocution	Samridhi	262	B.Ed. 1 st Year	First
6.	Poem	Isha Duggal	246	B.Ed. 1 st Year	Third
7.	Group song (Individual)	Jyoti	312	B.Ed. 1 st Year	First
8.	Percussion	Nisha Garotra	80	B.Ed. 11nd Year	First
9.	Folk Orchestra	Nisha Garotra	80	B.Ed. 2 nd Year	First
		Nidhi Gupta	36	B.Ed. 2 nd Year	First
		Tashi Lanzes	69	B.Ed. 2 nd Year	First
		Priya Dadwal	87	B.Ed. 2 nd Year	First
		Manisha	104	B.Ed. 2 nd Year	First
		Nitika Rani	48	B.Ed. 2 nd Year	First
		Jaspreet Kaur	107	B.Ed. 2 nd Year	First
		Janvir Kaur	19	B.Ed. 2 nd Year	First
		Swati	251	B.Ed. 1 st Year	First
		Kesang Dolma	257	B.Ed. 1 st Year	First
		Aanchal Pathania	269	B.Ed. 1 st Year	First
Sharna	285	B.Ed. 1 st Year	First		
10.	Group Song	Diksha Parmar	224	B.Ed. 1 st Year	Second
		Jyoti	312	B.Ed. 1 st Year	Second

		Nandini	53	B.Ed. 1 st Year	Second
		Arosha Rani	309	B.Ed. 1 st Year	Second
		Mamta Sharma	119	B.Ed. 1 st Year	Second
		Ananya Ojha	07	B.Ed. 1 st Year	Second
11.	Classical Vocal	Diksha Parmar	224	B.Ed. 1 st Year	Second
12.	Group Song (Individual)	Nandini	53	B.Ed. 1 st Year	Second
13.	Group Bhajan (Individual)	Diksha Parmar	224	B.Ed. 1 st Year	Second
14.	Group Bhajan (Individual)	Jyoti	312	B.Ed. 1 st Year	Second
15.	General Quiz	Rashi Aswal	215	B.Ed. 1 st Year	Second
		Sonu Kumar	223	B.Ed. 1 st Year	Second
		Rajan Gupta	211	B.Ed. 1 st Year	Second
16.	Photography	Aprajit Thapar	35	B.Ed. 1 st Year	Second
17.	Folk Instrument	Nisha Garotra	80	B.Ed. 1 st Year	Second
18.	Sammi	Savitaj Kaar Kullar	261	B.Ed. 1 st Year	Third
		Bharti Dadhwal	216	B.Ed. 1 st Year	Third
		Damini Sharma	308	B.Ed. 1 st Year	Third
		Aman Kumar	06	B.Ed. 2 nd Year	Third
		Akshita	267	B.Ed. 1 st Year	Third
		Isha	13	B.Ed. 2 nd Year	Third

		Daaman Sharma	115	B.Ed. 2nd Year	Third
		Rashmeet Kaur	101	B.Ed. 2nd Year	Third
		Simranjeet Kaur	34	B.Ed. 2nd Year	Third
		Sarika	12	B.Ed. 2nd Year	Third

Prize winners of Zonal Youth Festival further participated in Inter-zonal Youth & Heritage Festival held at Swami Premanand Mahavidyalaya Mukerian (Hoshiarpur) held from 10th- 13th November, 2022.

a) Inter- Zonal Winners

SR. NO.	ITEM	NAME OF STUDENT	ROLL NO.	CLASS	Position
1.	Hand Writing	Umisha Kalia	45	B.Ed. 1st Year	Second

Rose Festival Competition 2023-23

SR. NO.	ITEM	NAME OF STUDENT	ROLL NO.	CLASS	Position
1.	Antakshari	Deeti	45	B.Ed. IInd Year	Second
		Manisha	66	B.Ed. IInd Year	
2.	Folk Dance	Savitaj Kaur Kullar	261	B.Ed. 1st Year	Third
		Bharti Dudhwal	216	B.Ed. 1st Year	Third
		Dumiri Sharma	308	B.Ed. 1st Year	Third
		Aman Kumari	06	B.Ed. 2nd Year	Third
		Akshira	267	B.Ed. 1st Year	Third
		Isba	13	B.Ed. 2nd Year	Third
		Daaman Sharma	115	B.Ed. 2nd Year	Third
		Rashmeet Kaur	101	B.Ed. 2nd Year	Third
		Simranjeet Kaur	34	B.Ed. 2nd Year	Third
		Sarika	12	B.Ed. 2nd Year	Third

Award of Gold Medal in Poetry in memory of Late Shri Shiv Kumar Batalvi 2021

SR. NO.	Name of Student	Roll no.	Class	Position	Organizing Institute
1.	Hardeep Singh	294	B.Ed. IInd Year	Gold Medal	Panjab University Chandigarh

Inter-college competitions

S. No.	Name of Student	Roll No.	Class	Item/ Competition	Organizing Institute & Date	Position
1.	Shivam Jha	44	B.Ed Sem II	Poetry Writing	B.C.M. College of Education, Ludhiana (May 5, 2020)	2nd

College Level Activities 2022-23

Year 2020-21	Events organised	Date/s	Number of students participated
1	Talent Hunt Programme	28.09.2022 to 29.09.2022	40
2	Literary and Cultural Society Election	30-09-2022	69
3	Music Competition	3-10-2022	05
4	Creative Writing	7-10-2022	
5	Poetry Recitation Competition	14-10-2022	11
6	Debate & Elocution Competition	21.10.2022	09
7.	Hand Writing Competition	10.10.2022	
8.	Fine Arts	01.12.2022	120
9	Home Science	01.12.2022	14
10.	Pariksha Pe Charcha	27.01.2023	96
11.	Movie: Red Alert Ganga	03.02.2023	97
12.	Intra Section Antakshari Competition	10.02.2023	82
13.	International Mother Language Day	21.02.2023	87
14.	Movie: Notebook	24.02.2023	92
15.	Poster Exhibition	15.03.2023	08
16.	Quiz & Slogan Writing G20 Events	28.03.2023	128





Folk Orchestra 1st prize



Folk Orchestra Individual 1st prize Anchal



Percussion 1st Prize Nisha



Folk Instrument (Dhol) 2nd Prize Nisha



General Quiz 2nd Prize



Photography 2nd Aprajit Thapar



Sammi Dance 3rd Prize



Creative Writing (Poem) 1st Jasmine Grover

Zonal youth & heritage festival awardees



1st In Bhajan



Individual 2nd Prize in Bhajan Deeksha and Jyoti



2nd in Group Song



Individual Singing 1st Prize Jyoti



Individual singing 2nd prize Nandini



Ghazal 1st Prize Jyoti



Classical Singing 2nd Prize Biksha



Handwriting (Hindi) 1st prize Umisha Kalia



Om
 Convener 21/3/23
 Literary and Cultural Society

Om
 21/3/2023
 Principal
 Govt. College of Education
 Sector- 20D, Chandigarh

- CC: 1. Office
 1. Website
 2. NAAC
 3. IQAC

GOVERNMENT COLLEGE OF EDUCATION, SECTOR 20-D CHANDIGARH

67th Annual Athletic Meet

02.03.2023 and 03.03.2023

67th Annual Athletic Meet of Government College of Education, Sector 20-D, Chandigarh was inaugurated with the unfurling of the college flag by the Chief Guest, Sh. Amandeep Singh Bhatti, PCS, Director Higher Education, Chandigarh Administration, Chandigarh. The Guest of Honour was Mr. Nadeem Sultan, State Coordinator (PMU) Ministry of Social Justice & Empowerment, Government of India. The other distinguished guests present on the occasion were Mr. Nemi Chand, State Liaison Officer, NSS, Chandigarh Administration, Mr. Sanjeev Gulati, Department of Social Welfare, Chandigarh Administration, Sh. Manmohan Singh Principal, GMHS, Sector 20 which is the host school of the college and representative of Chandigarh Police for Drug De-addiction, Mr. Deepak Mishra, Fit India Champion and President of Punjabi Runners Club along with Bonn Nutrition Pvt. Ltd collaborated as Refreshment Partners of the event.

Principal Dr (Mrs.) Sapna Nanda welcomed the guests. After hoisting the college flag, all the esteemed guests present proceeded to the ceremonial Balloon Release. The chief guest Sh. Amandeep Singh Bhatti took salute at the march past by the student participants, following which he declared the Meet Open. Oath was taken by Yashika Sharma, a student of B.Ed. who is an achiever in P.U. inter college sports Competitions. The two day athletic meet is an annual feature of the college. The victory ceremony began with the declaration of the awards for the March Past and Tug of War competition.

After felicitating the winners, the programme proceeded with a Nukkad Natak performance by a team from Department of Social Welfare on the theme : Nashe Se Yaari Maut Ki Tyari. The theatrical performance was laced with comedic stylings by the talented artists. They conveyed a very important message to the students about peer pressure and role of social groups in drug use and the negative impacts of drugs in a students' life. The performance of VADA club of the college was also appreciated during the event.

Sh. Amandeep Singh Bhatti in his address to the students congratulated the students for their enthusiasm and emphasized on the theme of the nukkad nakat by urging the students to stay away from drugs and live a healthy life free from drugs.

Madam principal, Dr.(Mrs.) Sapna Nanda congratulated the students and expressed gratitude to the guests for motivating the students.

On the second day, Stazin Sonam and Amrit Kaur were adjudged the best athletes among boys and girls respectively during the second day of 67th Athletic Meet of Govt. College of Education, Chandigarh. Mr. Rupinder Pal Singh, Olympian, (Bronze Medalist) 2020 Indian Hockey Team, was the chief guest during prize distribution. Dr. (Mrs.) Sapna Nanda, Principal welcomed the chief guest and other dignitaries present on the occasion.



Mr. Singh while lauding the achievements of the winners congratulated all the athletes who had participated in the sports events. He expressed his appreciation of the immense talents of the students, who performed with great sportsmanship. As witnessed today, events were marked by enthusiastic competition.

The Athletic meet is an annual feature of the college. In all, around 32 events were organized as part of the meet. All the events witnessed participation by the students of B.Ed., M.Ed. and PGDGC classes. A Fancy Dress Competition was also organized.

बदरनोत कॉलेज ऑफ एजुकेशन की 67वीं वार्षिक एथलेटिक मीट

स्टैजिन सोनम और अमृत कौर सर्वश्रेष्ठ एथलीट घोषित

अर्ष प्रकाश/साजन शर्मा

चंडीगढ़, 3 मार्च। गवर्नमेंट कॉलेज ऑफ एजुकेशन, चंडीगढ़ की 67वीं एथलेटिक मीट के दूसरे दिन स्टैजिन सोनम और अमृत कौर को क्रमशः लड़कों और लड़कियों में सर्वश्रेष्ठ एथलीट घोषित किया गया। रुपिंदर पाल सिंह, ओलंपियन, (ब्रांस पदक विजेता) 2020 भारतीय हॉकी टीम, पुरस्कार वितरण के दौरान मुख्य अतिथि थे। डॉ. (श्रीमती) सपना नंदा, प्रधानाचार्य ने इस अवसर पर मुख्य अतिथि और अन्य सम्मान व्यक्तियों का स्वागत किया।



ओलंपियन रुपिंदर पाल सिंह, ने विजेताओं की उपलब्धियों को प्रशंसा करते हुए खेल क्षेत्र में प्रतिभा वाले सभी एथलीटों को बधाई दी। उन्होंने छात्रों की अपार प्रतिभाओं को स्मरण की, जिनमें शामिल छात्र

आयोजित किए गए थे। सभी कार्यक्रमों में बी.एड., एम.एड और पीजीसीसी के छात्रों ने भाग लिया। फैंसों के प्रतिक्रिया से आयोजित की गई। लड़कों की 50 मीटर रेल में पहले स्थान पर अमृत कौर, दूसरे स्थान पर पांडिका शर्मा और तीसरे स्थान पर जस्वीर कौर रही। लड़कों की 800 मीटर चौड़ में पहले स्थान पर स्टैजिन, दूसरे स्थान पर सुनील और तीसरे स्थान पर गौरव रहे। लड़कों की लॉन्ग जंप प्रतियोगिता में पहले स्थान पर स्टैजिन, तलित बुनिया दूसरे स्थान पर और तीसरे स्थान पर सोनू कुमार रहे।

67th Annual Athletic Meet of Government College of Education Chandigarh culminates with prize distribution ceremony



Chandigarh: 67th Annual Athletic Meet of Government College of Education, Sector 20-D, Chandigarh culminated today with the grand prize distribution function. Stazin Sonam and Amrit Kaur were adjudged the best athletes among boys and girls respectively during the second day of 67th Athletic Meet of Govt. College of Education, Chandigarh. Mr. Rupinder Pal Singh, Olympian, (Bronze Medalist) 2020 Indian Hockey Team, was the chief guest during prize distribution. Dr. (Mrs.) Sapna Nanda, Principal welcomed the chief guest and other dignitaries present on the occasion. Olympian Rupinder Pal Singh while lauding the achievements of the winners congratulated all the athletes who had participated in the sports events. He expressed his appreciation of the immense talents of the students, who performed with great sportsmanship.

Paul

Paul
24/1/2023

Principal, GCE20

Chandigarh

Government College of Education Sector 20 D, Chandigarh

Report

06.05.2023

Annual Prize Distribution Function of GCE20, Chandigarh

Literary and Cultural Committee of the college organized Annual Prize Distribution Function on 06.05.2023. Around 212 prizes, 46 college colors and merit certificates to winners and for special contribution to various committees of the college were distributed among the achievers of current batches of 2022 and 2023.

Dr. Sapna Nanda, Principal of the college, welcomed the Chief Guest Sh. C.B. Ojha, Chief Engineer, Chandigarh Administration, U.T Civil Secretariat, Sector 9, Chandigarh. Shri Anil Sharma, Xiam Civil Engineer, Sri Gurpreet Singh, Xiam Electric Division and Sri Sanjay Sahni, Xiam Public Health Division also graced the occasion. Sh. C.B. Ojha while delivering presidential address appreciated the college for providing a substantial platform to students for professing their academic and co-curricular skills. While quoting Saint Kabir he mentioned that- a Guru and God are standing in front, then who's feet will you touch and give honour? He said guru deserves the first right and to get the honour as he affectionately teaches to know god by giving knowledge therefore the importance of guru is more than god. He also highlighted the essence of education and emphasized that intrinsic motivation helps to translate ideas into convictions and hone the skills which sow seeds of taking initiative in life situations. Positive and dedicated teaching provides excellence to life goals, he said.

A short cultural programme preceded Prize Distribution. Students shared their reflections about their stay in the college and expressed that this day was of great significance for them as on this day they would be the proud recipients of the much awaited rewards of hard work, dedication and commitment shown by them throughout the session. Various cultural programs were presented by students as Bhajan, Kawali, Himachali 'Natti' and Ladakhi dance etc. Cultural Committee Incharge Dr. Balwinder Kaur extended vote of thanks to the Chief Guest of the day, Pricipal, faculty and students for making programme successful.



Literary and Cultural Committee
 Dr. Balwinder Kaur, *Dr. Balwinder Kaur*
 Dr. Aarti Bhatt, *Dr. Aarti Bhatt* 6/5/23

K. Kaur
 6/5/2023
 Principal

Report of Inter-college Games 2022-23 Panjab University, Chandigarh

The Punjab University, Chandigarh, recently organized inter-college games From March 20, 2023 to March 25, 2023. The games were held on the university campus and saw participation from various colleges under the university. The games were not only a platform for the students to showcase their sporting talents but also brought them together in the spirit of sportsmanship.

Our College Participated in Yoga, kho-kho, Basketball, volleyball, Table-tennis and Badminton.

The games were held in different venues around the campus, and the venues were appropriately arranged to provide the players with the necessary support. For instance, the basketball and volleyball courts were fitted with good quality flooring, and the cricket ground was equipped with proper umpires and ground staff.

Our College Won in various games

Overall Result of intercollege Panjab University Games

GAME	WOMEN	MEN
YOGA	BRONZE	-----
KHO-KHO	BRONZE	-----
VOLLEYBALL	SILVER	SILVER
BADMINTON	SILVER	BRONZE
BASKETBALL	GOLD	GOLD
TABLE TENNIS	BRONZE	GOLD

Paul

Glimpses of Inter college Games

YOGA



KHO-KHO

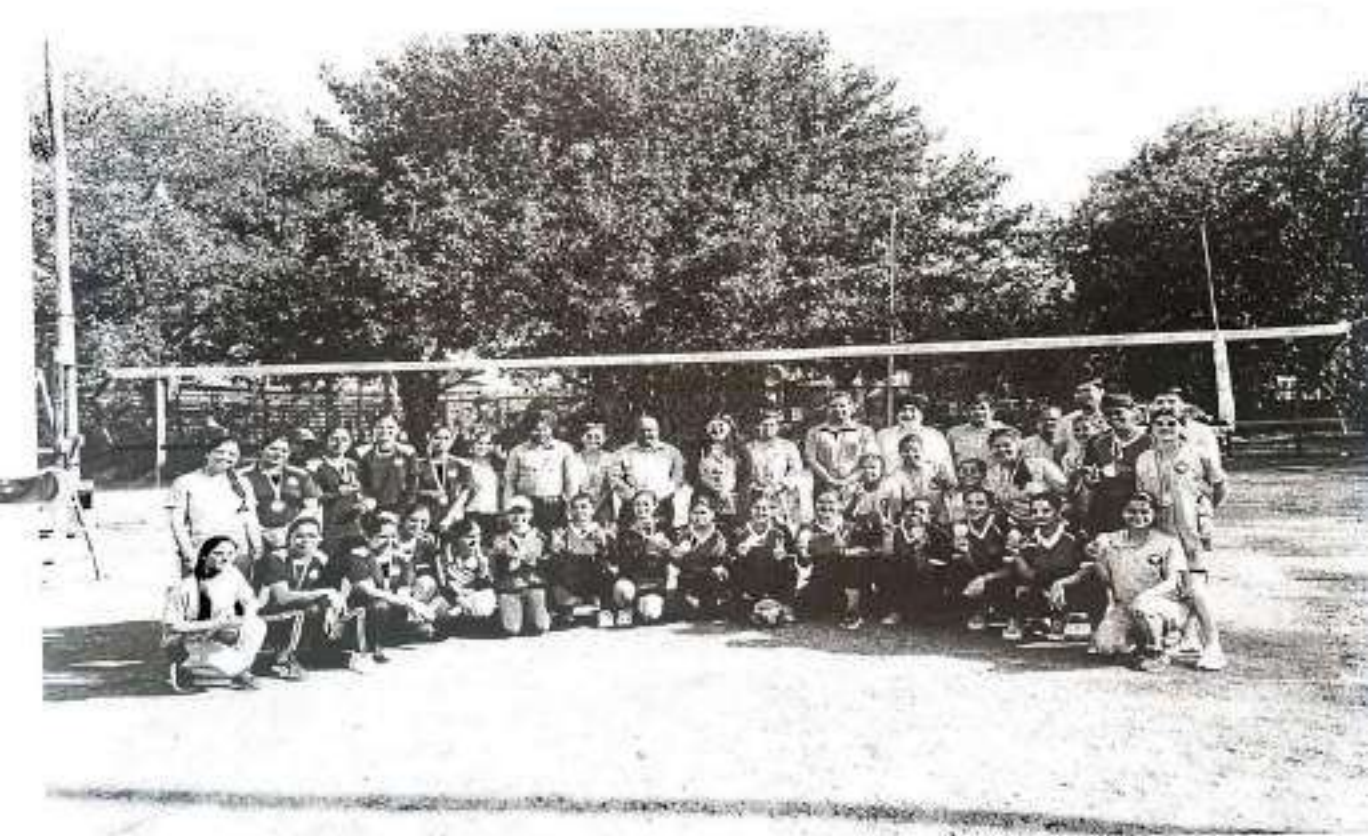


Paul

VOLLEYBALL



Paul



Paul

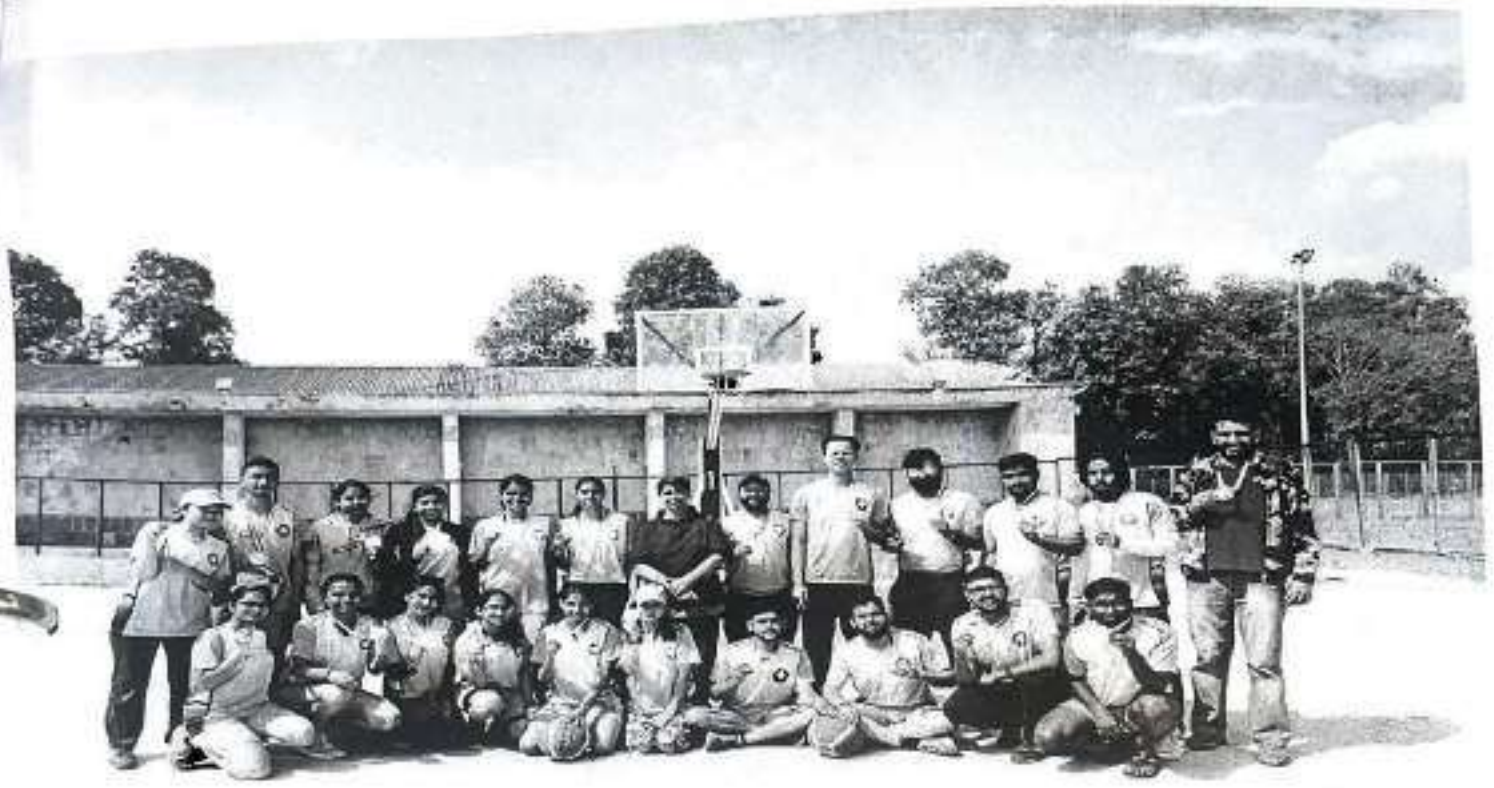


Paul



Paul

BASKETBALL



Paul

BLE TENNIS



Paul



Thank you

Paul

Paulo
24/4/2023