



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



**3rd Cycle
Assessment and Accreditation by NAAC
CRITERION-III
Research and Outreach Activities**



CRITERION 3

KEY INDICATOR- 3.3.2

Percentage of students participating in outreach activities organized by the institution during the last five years

Report of each outreach activity organized with seal and signature of the Principal

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Outreach Activities organized by NSS (2018-23)

GOVERNMENT COLLEGE OF EDUCATION, SECTOR 20-D, CHANDIGARH

NATIONAL SERVICE SCHEME: BRIEF REPORT 2018-19

Dated: 03-05-2019

The college has 232 volunteers (B.Ed, M.Ed and PGDGC students) for the session 2018-19. The NSS in-charge for the college is Dr. Ajay Kumar Srivastava. Dr Mukhtiar Singh and Dr Meena are two other programme officers. The following are the details of the activities/ programmes undertaken by the NSS units throughout the session 2018-19:

REGULAR ACTIVITIES:-

1. Five One day NSS camps and one special 7 days (day and night) NSS camp were organized by the college NSS units.
2. Swachata Pakhwada was organized in the College on 01 Sept. to 15 Sept. 2018.
3. Interactive session by Punjab Engineering College students' was conducted on Water-A Mystery.
4. Participation in National Safety Awareness Week (Safety riding training) , which was organized by Chandigarh Police in Children Traffic park, Sector 23, Chandigarh , on 09-02-2019.
5. Participation of Volunteers in Disabled Friendly survey of City Chandigarh, which was conducted by GRIID, sector 31, Chandigarh and NSS Chandigarh Administration, from 22nd to 26th Feb 2019.

3. ONE DAY CAMPS:

- One day NSS camp and Teachers' Day Celebrations were organized on 05.09.18.
- One day NSS camp was held on the Foundation Day of NSS on 24.09.18.
- On the occasion of Martyrdom Day of Mahatma Gandhi, NSS camp was held on 30.01.19.
- One day NSS camp on theme **Water Conservation and Electoral Awareness** was organized in the college on 16.04.19.

- One day NSS camp and its valedictory function along with the annual prize distribution (NSS, Sports and Cultural activities, etc.) were organized in College auditorium on 02.05.2019.

4. The following activities were conducted during the One Day NSS Camps held in the Session 2018-19:-

In the five, one day NSS camps themes were National Poshan Mah, Clean India-Swachh Bharat; Importance of Guru (Teacher) in our lives (Teacher's day celebration); significance of NSS Camps; Importance of Yoga in Life; Leprosy Day; Relevance of Gandhian way of life; Gender sensitization; Drug De-addiction; Youth parliament; Feeling of patriotism & nationalism; Swachhata Pakhwara; Pollution free environment; Cracker free Diwali, 'Water Conservation and Electoral Awareness'. Celebration of 550th Birth Anniversary of Sri Guru Nanak Dev Ji and Centenary of Jallianwala Bagh Massacre etc. Lectures were delivered and discussions were held by students and resource persons.

5. Special Camp ,

The NSS unit of the college organized a '**Special Seven Days NSS Camp**' from 29th Sept - 05th Oct ,2018. Following events took place during this special camp:

- During the seven days camp- the volunteers performed **Yoga**-asanas, pranayams and meditation in the morning under the guidance of Sh. Balwinder Acharya , a veteran Yoga Expert from the tricity.
Heartfulness meditation by Sh Anil Saini, Mr Ram Naresh Ojha and their team was conducted during the three days workshop on 3rd , 4th and 5th October, 2018.
- The volunteers visited Govt. High School, Sector-52 (village Kajheri), Chandigarh and conducted cleanliness survey, special drive on **Swachhata Abhiyan and tree plantation** in the school. Volunteers conducted an awareness rally about Drug De-addiction and Swachhata Abhiyan.
- Lecture on Anger and Stress Management through meditation by Brahmkumaris was conducted in College and special lecture on **human rights** was delivered by Former faculty member.

- An awareness lecture on **Organ Donation** was conducted by Dr. Rajinder Kaur, PGIMER-Chandigarh, who highlighted the importance of this noble cause and motivated the volunteers for taking the pledge for organ donation.
- Heats of indoor games took place in the evening where the volunteers enjoyed the games.
- Various sessions were held on Financial Management, Inculcation of Team Spirit and Leadership, Health Management, Disaster Management etc.
- NSS volunteers interacted with Sh Tarun Sahni and Mr. Rakesh Katoch, representatives from PNB, Chandigarh on the topic- **Financial management workshop including awareness of cashless drive.**
- A team of experts from the **Fire Department**, Chandigarh Administration interacted with the students on fire safety and demonstrated the fire fighting operations in action in the college premises.
- **Birth anniversaries** of Gandhi Ji and Sh. Lal Bahadur Shastri were celebrated on 2nd Oct 2018 followed by presentations of bhajans and songs, debate and extempore speech contests were held.
- A special lecture cum interaction session was organized for the volunteers to make them aware of **traffic rules and road safety measures** by Wing Cdr. Sh.C.S Grewal (Retd.) , Chief Traffic Marshal (Chandigarh Traffic Police) along with their team.
- Awareness session on dengue, swine flu and chikungunya was organized and experts from Anti-Malaria Wing, Health Dept, U.T. Chandigarh shared their views with the NSS Volunteers.
- Volunteers also had the interaction with the students of **Institute for the Blind**, Sector 26 Chandigarh. Volunteers also had the interaction with residents of **Old Age Home**

sector 30, Chandigarh and also visited **Ramakrishna Mission Ashram**, Sector 15 , Chandigarh

- Various **cultural items** with powerful social messages were presented by the Volunteers in the concluding session of the camp on 5th October, 2018, where H.H. Swami Satyeshananda ji, Secretary Ramakrishna Mission Ashram, Chandigarh addressed the volunteers on methods to keep body, mind and spirit healthy in great details .He blessed the volunteers and inspired them to work for national service.

The compiled detailed report of the 7 days Special NSS camp, five one day NSS camps and all other activities organized by the NSS units has already been submitted earlier. A total of 48 NSS volunteers received certificates and prizes in various NSS activities.

**Government College of Education, Sector-20D,
Chandigarh**

Date: 05.02.2021

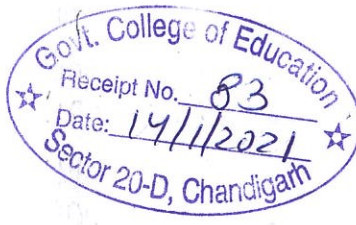
Action Taken Report regarding Swachh Survekshan

2019

Programme Officers

1. Dr. Mukhtiar Singh
2. Dr. Meena
3. Dr. Ravneet Chawla

Principal
G.C.E.-20D
Chandigarh



NSS Incharge
Jha
14/1/21

Prinipal
Jha
14/01/21

DEPARTMENT OF HIGHER EDUCATION
CHANDIGARH ADMINISTRATION
(ADMINISTRATION BRANCH)
Additional Deluxe Building, 1st Floor,
Sector-9, Chandigarh -160009

Memo No. 1162-DHE-UT-AD-II 26(3)2019

Dated: 11/1/2021

To

The Director,
RIE-32/SCERT-32, Chandigarh.

The Principal,
All Govt Colleges, UT, Chandigarh.

The District Education Officer,
UT, Chandigarh.

Subject : Minutes of the Meeting held on 04.12.2020 at 3:30PM in the Conference Room, M.C Chandigarh under the chairmanship of commissioner, Municipal Corporation, Chandigarh regarding Swachh Survekshan 2021.

Reference office Memo No. MOH-SBM/SS-21/2020/596 dated 22.12.2020 (copy enclosed) received from the Medical Officer of Health-cum-Nodal Officer, SBM(U); Municipal Corporation, UT, Chandigarh on the subject cited above.

You are requested to supply action taken report regarding Swachh Survekshsan 2019 on the following points as mentioned below immediately to this office:

- For citizen feedback and hashtags on Social Media by the hashtag #Swachhsurvekshancchandigarh2021 by the NSS volunteers.
- To conduct virtual painting/quiz competitions in various school and educational institutes and provide documentation for the same.
- Swachh Ranking of Educational Institues and documentation for the same.
- Innovation in Citizen Category.
- To share documentation regarding Covid Awareness.

DA/ As above


State Liaison Officer,
for Director Higher Education,
Chandigarh Administration

Government College of Education, Sector-20D, Chandigarh

Action Taken Report regarding Swachh Survekshan 2019

NATIONAL SERVICE SCHEME (NSS)

NSS Unit of Government College of Education organized and conducted various programmes related with Swachh Bharat Abhiyan. All the NSS volunteers were engaged in various activities related with their personality development and Community services during Covid-19. There were total 232 NSS Volunteers (B.Ed, M.Ed and PGDGC students) in Government College of Education in the session 2019-20. The NSS in-charge for the college is Dr. Ajay Kumar Srivastava. Dr. Mukhtiar Singh and Dr. Meena are two other programme officers. The following are the details of the activities / programmes undertaken by the NSS units throughout the session 2019-20. NSS units of College organized / conducted all the activities with the main theme of "EK BHARAT SHRESHTHA BHARAT" (EBSB). It includes "SWACHHTA PAKHWADA - MAHILA SHAKTI - KENDRA SCHEME," "POSHAN PAKHWADA," "FIT INDIA MOVEMENT" and various other activities under EBSB programme. A seven day special camp was organized under the theme of "SWACHH BHARAT ABHIYAAN & JAL SHAKTI ABHIYAAN." All NSS volunteers help the needy ones during Lockdown period as well as unlocked time. College NSS volunteers participated in all Covid-19 awareness programme and competitions in various activities related with Swachh Bharat Abhiyan. This brief compiled report covered all NSS activities and tasks related with (EBSB) and Covid-19 Pandemic.

Four One day NSS camps and one special 7 days (day and night) NSS camp were organized by the College NSS units in the session 2019-20. Due to the Lockdown 1 one day NSS camp could not be organized. But our They completed all tasks assigned by NSS State Cell, Chandigarh and other higher authorities with the help of different online mode services as per the guidelines provided by the same. During lockdown and Covid-19 pandemic all the NSS volunteers helped the needy ones with the material, social and emotional support. This help is also continuing till date.

On 29th August, 2019 Hon'ble Prime Minister Narendra Modi launched National Sports day nationwide historical movement "FIT INDIA MOVEMENT" in

Indira Gandhi Indoor Stadium, New Delhi. This programme was shown to all the college staff and NSS Volunteers through live telecast in the college auditorium. The Prime Minister encouraged people of India to adopt fit and healthy lifestyle.

Under the EBSB programme “SWACHATA PAKHWADA” was organized in the College on 2nd Sept. to 17th Sept. 2019. On the 150th Birth Anniversary of Mahatma Gandhi on 2nd October, 2019 various activities (Yoga sessions, water conservation, Swachhata Rally, Cleanliness drive in school of Kajheri) conducted in the College and adopted Village Kajheri, Chandigarh.

On 21.10.19 Anti - Cracker Awareness Campaign organized with speech and Pledge (Swachh Diwali-Green Diwali) during Diwali festival week (21st Oct. 2019 to 26th Oct, 2019) in the Morning Assembly. All the NSS volunteers were motivated to celebrate green Diwali and they were advised to spread this message their near and dear ones.

On 17 January, 2020 the Government College of Education hosted a lecture on the topic of road safety to celebrate the ROAD SAFETY WEEK (11 -17 January, 2020). Dr Nisha Singh, Assistant Professor chaired a group discussion on the topic wherein students were encouraged to give suggestions to improve the present condition of road safety.

All the NSS Volunteers of Government College of Education conducted a rally to promote “FIT INDIA” Cyclothon / Walkathon on 18 January, 2020. The rally was flagged off by madam Principal Dr. (Mrs.) Harsh Batra and Staff members of the College. Students covered the surrounding areas of the Sector 20 D, Chandigarh for healthier lifestyle.

An awareness programme on 28th January, 2020 for cleanliness was conducted as a part of “Swachh Survekshan 2020”. Ms. Sapinder Kaur, from MC, Sector 17 delivered a lecture on the importance of Cleanliness. Mr. Abhay gave useful information regarding how to make Chandigarh excel in Swachh Survekshan. Students were motivated to maintain cleanliness and uploaded pictures of clean areas on social media with **#SwachhSurvekshan2020 Chandigarh**.

To mark the martyrdom day of Mahatma Gandhi, the College NSS Unit organized a programme on Swachh Bharat Abhiyan on 30th January 2020 under the chairmanship of Dr. (Mrs.) Renu Verma. Dr. Sheojee Singh, Associate Professor gave a talk with an interactive session on ‘Moral and Educational Values from the life of Mahatma Gandhi’. Dr. Himanshu, House Surgeon and Mr. Dalip Kumar assistant, Department of Leprosy GMSH, Sector-16, and

Chandigarh gave an insight about the reasons, preventions and treatment of Leprosy to NSS volunteers.

SWACHHTA PAKHWADA - MAHILA SHAKTI - KENDRA SCHEME organized to achieve Universal Sanitation, Hygiene and open defecation free India under SWACHH BHARAT MISSION from 1st March to 15th March, 2020. On dated 06.03.20 an Essay writing competition on the topic "Best Practices in Solid Waste Management", on 07.03.20 Celebrated Women's Day with poem recitation, speech and skit and Swachhata Pledge was also taken for Swachh Bharat. An awareness session was conducted on 9th March, 2020, by Dr. Deepti Raina, M.D. Pediatric, GMCH regarding the a fatal virus that has been spread all over the world that is CORONA VIRUS-19. On 14th march, 2020 Poster and logos writing competition and Swachhata Rally was organized.

One day NSS camp organized on 05.09.19. The Programme was based on four main topics namely, Celebrations of 550thprakashotsav of Shri Guru Nanak Dev Ji, Eye Donation Awareness Programme, National Unity Day and Plastic Free India. A documentary was shown related with the life sketch of Shri Guru Nanak Dev Ji. A lecture on eye donation was given by Dr. S. K. Arya (Ophthalmologist), Head of the Eye Department in GMCH-32, Chandigarh. A documentary on 'Wagha Border was shown to the NSS Volunteers. NSS volunteers played a skit on plastic free India. NSS volunteers organized various activities to celebrate The Teacher's Day also which included cultural activities and fun games. Principal and all the Teacher participated in this programme. After Teachers' Day Celebration NSS Volunteers enthusiastically participated in the cleanliness drive in college Campus (College auditorium, labs, classrooms, Teacher's rooms, Principal's room, office library, canteen area.

Special 7 days camp (27-09-2019 to 03-10-2019) with the theme of "SWACHH BHARAT ABHIYAAN & JAL SHAKTI ABHIYAAN"

Seven days from 27-09-2019 to 03-10-2019 special NSS camp started with inauguration of the camp by inaugural lecture by Programme Officers Dr. A.K. Srivastava. All next six days of the 7 days special NSS camp started with Yoga session guided by the noted Yogacharya Sh. Balwinder Kumar and Mr. Amit along a student of the college, Mr. Harcharan Singh. Sports, culture programme were conducted time to time by NSS volunteers on the theme of environment, culture and heritage under the guidance of three programme officers.

Dr. Anurag Sankhian, Associate Professor discussed about Swachh Bharat Abhiyan and Plastic free India. Slogan writing competition was organized on

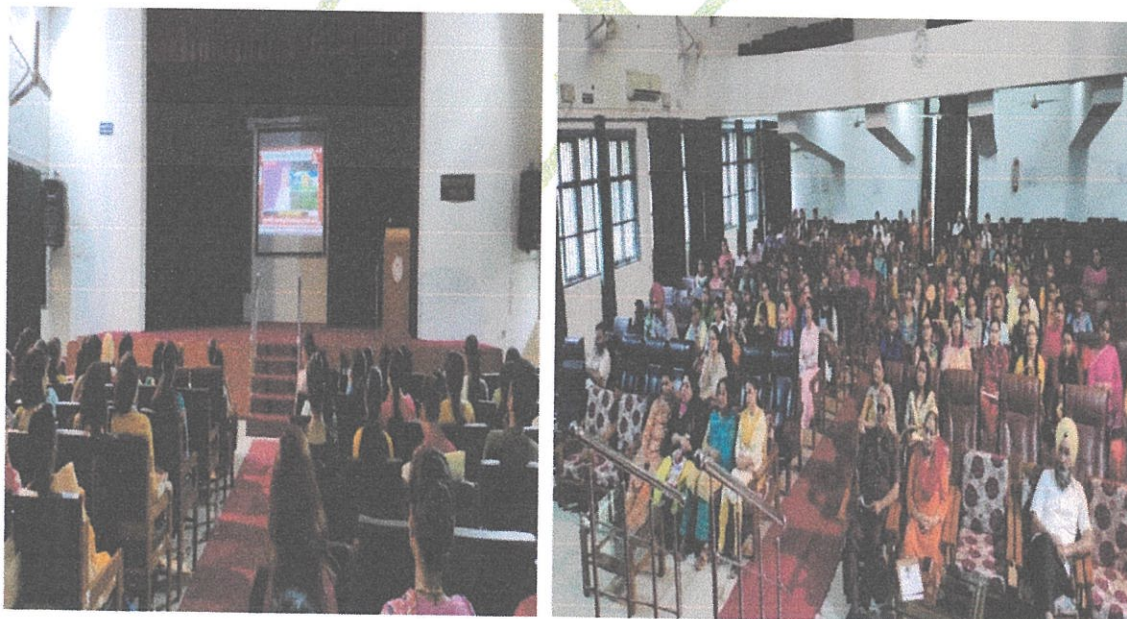
the theme of WATER CONSERVATION. Mr. Sayansh Jindal a student from Punjab Engineering College, Chandigarh and Ms Priyanka Sharma from GCG-42, Chandigarh demonstrated on the topic, Water – a – Mystery.

Dr. Inder Pal Singh, State epidemiologist, IDSP, Medicine, UT Chandigarh and Mrs. Vandana Thakur , State epidemiologist, IDSP, Health Department U.T, Chandigarh of Anti Malaria Wing of Health Dept. U.T. Chandigarh, talked about the symptoms and precautions regarding Dengue, Swine Flu, and Chikungunya.

‘Traffic Awareness and Road Safety’ Programme was held for all the NSS Volunteers. It was led by Bhupinder Singh, ASI (Chandigarh Traffic Police) along with his team. With his stage performance (Songs related with Traffic Rules) he aware the NSS volunteers to obey the rules of Traffic.

All the NSS volunteers went and aware the cleanliness of school to Students and teaching staff of the Government High School, Village Kajheri Chandigarh (UT). They organized a rally on drug de-addiction and Swachh Bharat Abhiyan. On the way a Nukked Natak on the theme of ‘drug de-addiction’ was also performed by NSS volunteers. During the NSS camp, Volunteers planted saplings of trees in the Government High School Village Kajheri under the theme of **#SwachhSurvekshan2020 Chandigarh.**

Some glimpses of NSS activities



National Sports Day and Fit India Movement



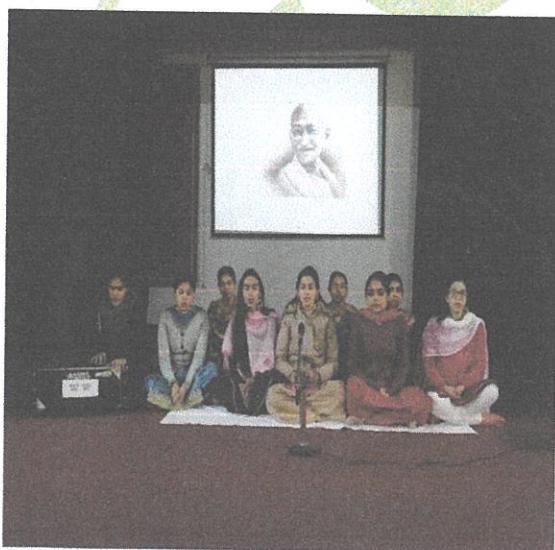
Cleanliness Drive



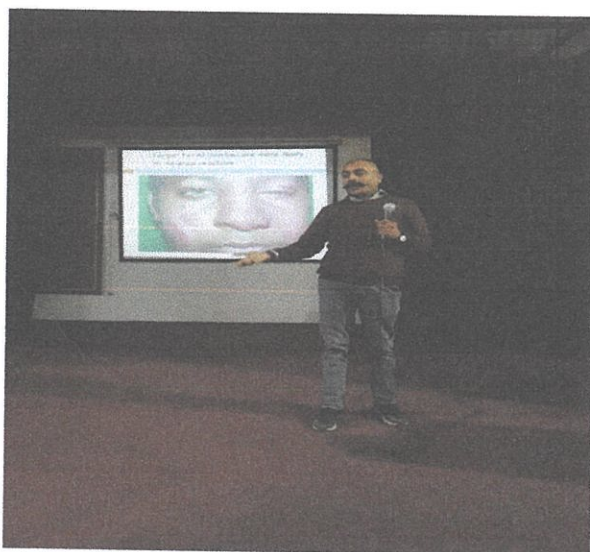
Pledge on Anti Cracker Diwali



Fit India Cyclothon/ Walkathon Rally



Bhajan Sung by NSS Volunteers



Lecture by Mr. Dalip Kumar on leprosy



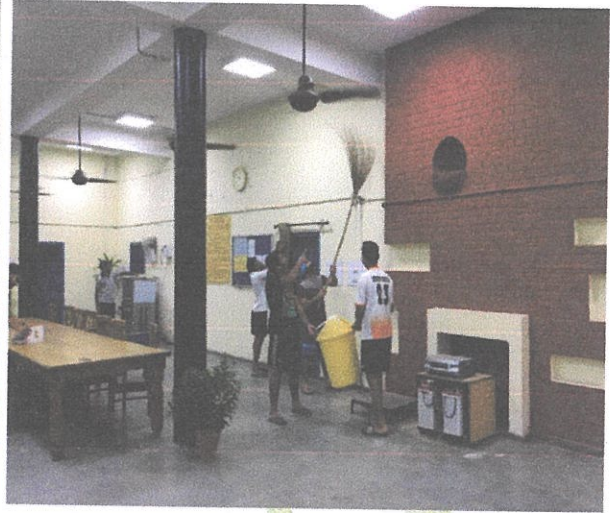
Swachhata Pledge and Address key note by Principal



Health and hygiene talk on corona virus Dr. Deepti Raina, M.D. Pediatric, GMCH.



Mr. Rattan Chand and Staff Nurse addressing to Safai karamchari 'Swachhata Hi Seva'



Cleanliness drive in Girls Hostel and Boys Hostel Swachhata Inspection Team



Competition of pictures (Poster making) and logos on Swachh Bharat Abhiyan



Principal Dr. Renu Verma flagging off the Swachhata Rally



NSS Volunteers during Swachhata Rally

Report of different works and awareness programme done by NSS Volunteers during Covid-19

LOCKDOWN was announced by the Indian Government in the last week of March. It was caused by the worldwide COVID-19 pandemic. LOCKDOWN means that people should stay where they are. In this situation, no one is allowed to go (travel) to any place without permission. The main motto of the lockdown was-‘STAY HOME STAY SAFE.’

After LOCKDOWN, all the educational institutions were closed in the country. State NSS Cell Chandigarh guided to the programme officers and NSS Volunteers for help to needy ones. All the NSS Volunteers done their job well and they were engaged with all NSS activities. As per the instructions by Centre Government and State NSS Cell Chandigarh our College NSS volunteers completed each task within the time frame.

Table of Different Task Completed by NSS Volunteers

S. No.	Task	Total NSS Volunteers	Completed	Incompleted
1.	Aarogya Setu Downloaded	228	228
2.	IGOT Registration	228	228
3.	IGOT Training Completed and got Certificates	228	226	02 from J&K Internet issue
4.	First E-Survey	228	228
5.	Second E-Survey	228	228	

The role of NSS volunteer become very important in Covid-19 type pandemic when the people are helpless and they need help to survive in their life. Our NSS volunteers started an awareness programs about Covid-19 to the people around them. For this purpose they used phone and explained about symptoms and precautions of pandemic. Many NSS volunteers used Charts, posters and video clips(YouTube) related with precautions measures from Covid-19 pandemic. NSS volunteers were busy tried to help people who are in need but due to certain reasons they were not allowed by the municipal committee and other departments, so they started creating awareness through online medium.

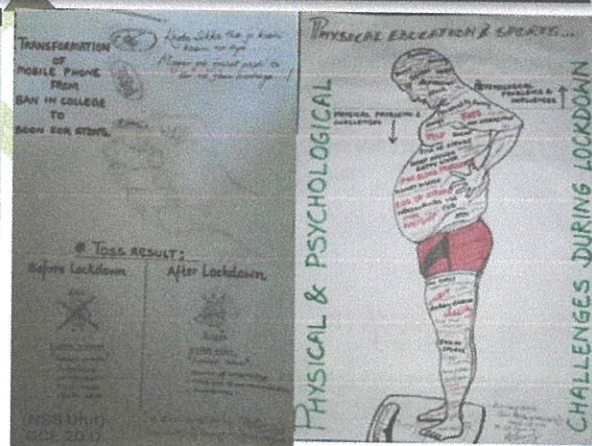
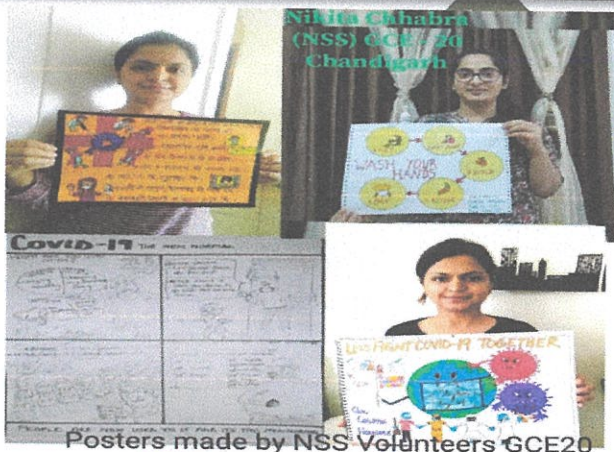
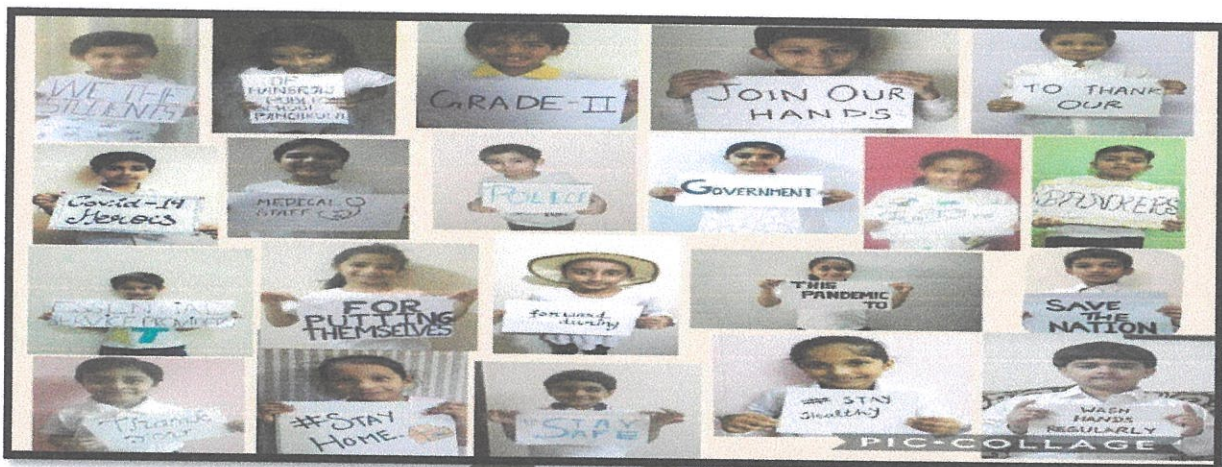
Following is the list till date, Volunteers are working everyday:

Sr. No.	Activity
1.	Awareness through Posters and Video
2.	Hand washes Hygiene through video on YouTube
3.	Awareness through Surya Namaskar and Yoga Asanas
4.	Experience sharing by one NSS Volunteer during Lockdown
5.	Making masks, guidance and distribution By NSS Volunteers
6.	Donation and distribution of Ration to the needy Ones
7.	Online Teaching and Participation in various Competitions

1. Awareness through posters and video

The NSS Volunteers made posters regarding self care during COVID-19, safety measures, Hand wash steps, cleanliness, sanitization etc. All the pictures of NSS Volunteers with their posters have been included video which was shared online so that it can be used by all. The link to the video is:

https://drive.google.com/folderview?id=1E5CMOgr8i4A87J_1-p0ZiqS9UNaw5iNt

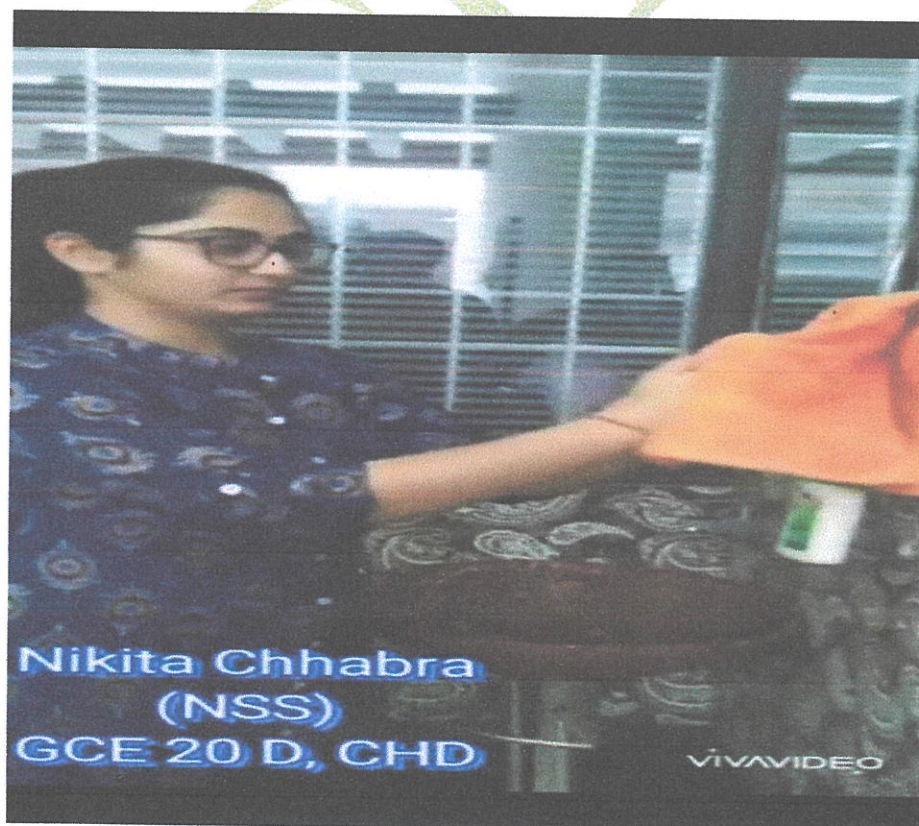


2. Hand washes Hygiene through video on YouTube

One of the NSS Volunteer Nikita Chhabra, student of B.Ed fourth Semester made a video on Hand Wash. Mostly we wash our hands in hurry and we are wasting our hand wash soap. But Nikita explained well step by step that how we can wash our hands properly. She explain the proper way of washing hand with a video, which is very interesting .In this video she gives a pneumonic i.e. **SUMAN K HATH** giving the directions on how to wash hand in correct manner.

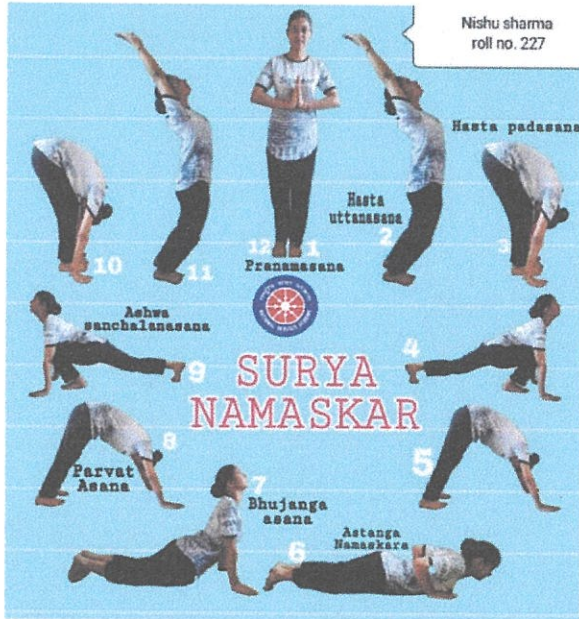
- S** - **Seedha** (Front side of hand),
- U** - **Ulta** (Back side of hand),
- M** - **Middle of fingers,**
- A** - **Angutha** (thumbs'),
- N** - **Nails,**
- K** - **Kalai** (Wrist),
- HATH** - **Hands.**

It is a very unique and interesting way to wash the hands correctly. You can sing it and wash your hands for 20 seconds with any soap or hand wash. This video can be found on YouTube, the link is: https://youtu.be/UexgpEGl_9M



3. Awareness through Surya Namaskar and Yoga Asanas

The Volunteers made a routine to practice various Yoga Asnas and Surya Namaskar daily, with their family members. This is helping them with reducing stress, managing their lifestyle, being healthy and boost immunity. Here are few pictures of the volunteers:



Nishu sharma
roll no. 227



1. Chakrasana: Strengthens heart and increases lung capacity.

Increases energy and counter depression.



2. Dhanurasana:
Improves Heart Health, treats diabetes.

3. Dhyana mudra for meditation

Priyanka Thakur
GCE 20 Chd (NSS Unit)
Increase immunity fight Covid19



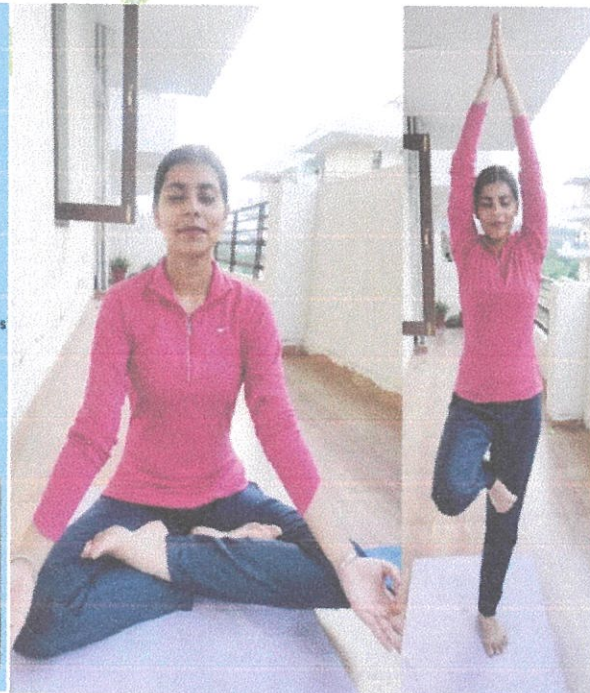
Matsyasana
Destroyer of all diseases
Stretches and stimulates the muscles of the belly and front of the neck
Stretches and stimulates the organs of the belly and throat

Kavita Joshi
Roll No. 202
Government College of Education, Sector 20, Chandigarh (NSS Unit)



Hal Asana
Calms the brain.
Stimulates the abdominal organs and the thyroid gland.
Stretches the shoulders and spine.
Reduces stress and fatigue.

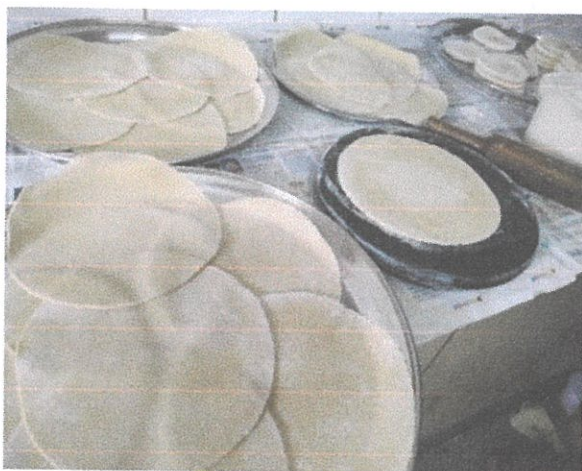
Ustrasana
Reduces fat on thighs.
Stretches and strengthens the shoulders and back.
Expands the abdominal region, improving digestion and elimination.
Improves posture.



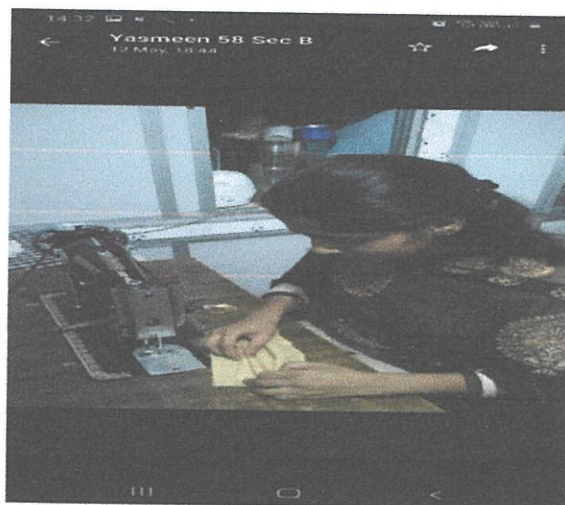
4. Experience sharing by one NSS Volunteer during Lockdown

I am Amrinder Kaur, roll number 236 B.Ed. 4th semester, NSS Volunteer of Govt. College of Education. I feel very lucky that my mother's friend works for NGO "SRI GURU GRANTH SAHIB SOCIETY" who has been asked by the Chandigarh administration to provide cooked packed food (langar). Since 25th March we (with my siblings) have been preparing more than 200 chapattis daily. It takes around 3 and a half hour daily to prepare the chapattis.

My father took the initiative to provide PPE'S, face masks and sanitizers to the Government hospitals and the Asha Workers in the FATEHGARH SAHIB district. Around 750 PPE kits each rupees 750, 2000 masks and sanitizers have already been supplied to the hospitals and the persons working on the ground level successfully and the process is still continuing.



Chapatti, Sanitizer and PPE Kits Supplied to Needy ones



5. Making masks, guidance and distribution By NSS Volunteers

Most of the NSS volunteers distributed the masks to needy persons. They are also using self prepared mask. They made aware the benefits of masks to other persons of the society .A few pictures related with mask preparation.

6. Donation and distribution of Ration to the needy Ones

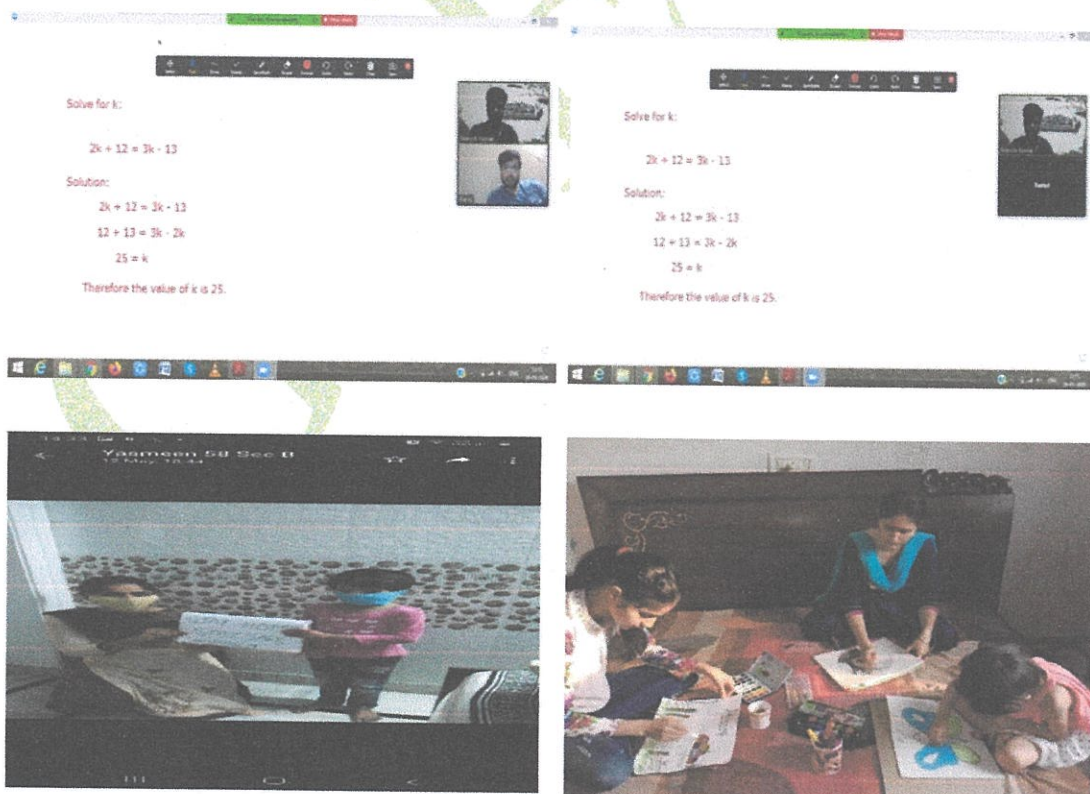
Our college NSS volunteers collected money a sum of **Rupees13668/-** for the purpose of distribution the Ration for needy ones. The name of the students who donate money are as; Danish Sharma, Prabhpreet Kaur, Kamlesh Thakur, Himanshi Saini, Samiksha Sharma, Manisha, Amandeep, Vikas Patel, Shivangi Arora, Lavish Sachdeva, Sakshi Arora, Abhilasha. NSS Volunteers of Government College of Education played an active part in helping the Needy persons by donating food items with the help of an NGO. This NGO distributed ration to the needy for more than one month. Our NSS volunteers Shobha, Preeti Sharma, Shweta, Shivani, Nidhi, Jaspreet Kaur, Damini, Tejinder Kaur, Tejkaran Singh Maan, of M.Ed class distribute food at their own level. NSS President of College unit, Vikas Patel was leading this initiative. Our volunteers provided food and water to the stray dogs, monkeys and birds.



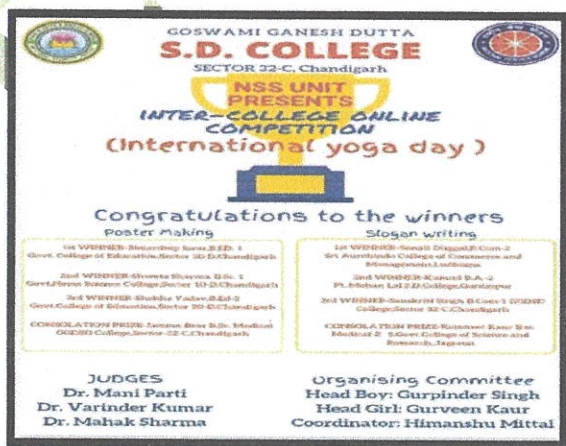
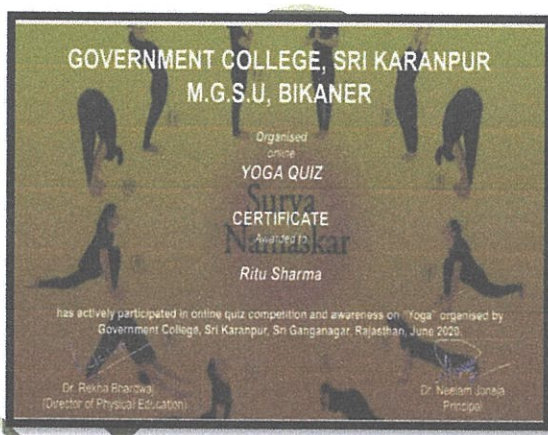
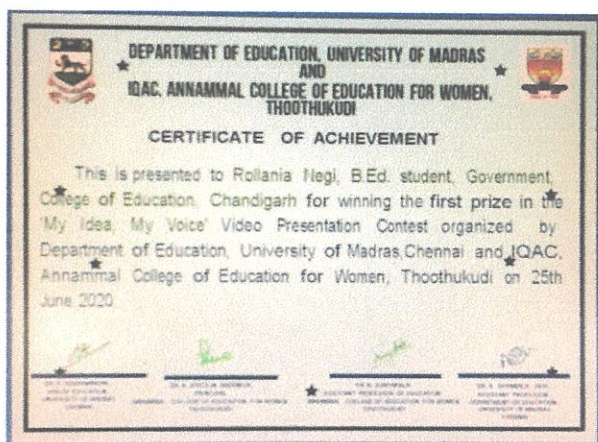


7. Online Teaching and Participation in various Competitions

During this pandemic most of the schools are teaching online through Zoom, Google classroom etc. but still students are facing problems. Our NSS Volunteers started teaching online as well as direct help for the needy one.



NSS Volunteers of our college participated in different competitions organized by different institutions of our country. They got First, second and third prizes in various competitions like Speech, Poetry recitation, quiz competition, Slogan writing, Poster making and different types of challenges related with health and Yoga.



These are only a few certificate holder volunteer but every volunteer has participated in some or the other competition. Till date, Isha won ten, Rullania and Gagandeep Singh got National and state level prizes in various online competitions.

Tree Plantation Drive

Tree plantation drive is the most important activity of human life. They absorb harmful gases and emit oxygen which is very important to human life. All types of trees are helpful in balancing the environment beauty of the nature. Keeping these things in mind, a tree plantation drive was organized at Government College of Education Sector-20D, Chandigarh on 04.08.2020. Dr. Renu Verma, Principal and all the staff members planted different types of trees in the college premises, in which mainly litchi, peach, pomegranate, berries, oranges, kinnu and guava were planted. Principal stated the importance of trees and plants in our lives. She encouraged the tree plantation drive and advised everyone to plant their home and surroundings as well to keep the environment clean and clear for the healthy living.

Some memorable Glimpses



Mask Donation under the Motto of “Mask is Must”

The NSS Unit of Government College of Education donated First time 1000 to NSS State Cell and second time 1100 masks for all the students and staff members of Government High School, Village Kajheri Sector - 52, Chandigarh. This activity was done under the Motto of “Mask is Must” By NSS Unit of GCE-20D, CHD. Most of the students of GHS belong to slum area. School Headmistress appreciated and thanked the College Principal and all the NSS Volunteers who donated the masks for all the students and staff members (Teaching and Non-Teaching) which are most important during classroom teaching. A few Photos;



NSS UT Chandigarh - #Not_ME_But_YOU #COVID19 #NSS volunteers from Government College of Education #Sector20 donated 1025 home made masks for community distribution in Chandigarh. #IndiaFightsCorona NSS India Ministry of Youth Affairs and Sports, Government of India Kiren Rijiju PMO India VP Singh Badnore Press Information Bureau - PIB, Government of India | Facebook

Report of NSS Day and Poshan Mah

NSS Units of College organized **Slogan and Poster Making Competition** to Celebrate the NSS Day and Poshan Mah. Theme of the slogan writing on NSS Day was “Life is First - Mask is Must” and the theme of Poshan Mah for

poster making was “Balanced Diet - Balanced Life”. Most of the NSS volunteers participated and submitted their entries online. Result was declared and announced it online mode.

Some Photos of Slogan Writing and Poster making Competition



Mahatma Gandhi Ji Birth Anniversary

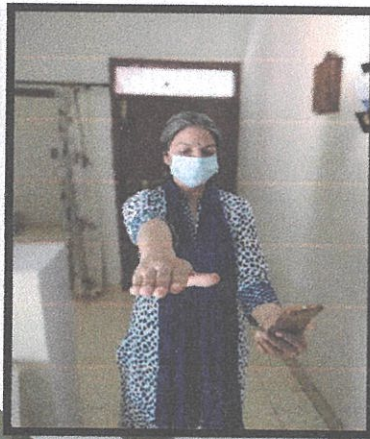
On the occasion of Mahatma Gandhi Anniversary, the NSS Unit of Government College of Education, Sector 20D, Chandigarh, organized the following events:

- Under #FitIndiaPlog Run and tag@NSSIndia, NSS Volunteers ran two Kilometres. They also collected the scattered garbage on the way also by following the SoP (Standard operating Procedure) guidelines during the present pandemic.
- NSS volunteers also participated in the online Essay writing, Poetry Writing and Story Writing competition on the themes of “Non-Violence”; “Treat Others how you want to be treated” and “Survival”. Rules of the competitions were made clear to the volunteers. They were asked to use A4 sheets for both competitions and send their work in pdf files to the programme Officers. They were also informed winner will be awarded prizes at the stipulated time. All the NSS volunteers participated enthusiastically in the online competition.
- Some memorable work done by NSS Volunteers has been appended here in the pictures:



Report of Pledge against Covid-19

As per the programme of Chandigarh Administration on 08.10.20 a total number of 120 NSS Volunteers and College staff members took Pledge against Covid-19. NSS volunteers participated online in this pledge and College staff took pledge in the college premises.



We know the historical evidence that we faced different types of challenges, but after all this we still are doing mistakes again and again. No one wants to understand such type of message given by God and nature from time to time. Now it becomes the responsibility of everyone to face this pandemic keeping in mind the rules, regulations and precautions with honesty. NSS Volunteers are always ready to help the needy in any kind of situation and will continue to do so.

Programme Officers

Dr. Mukhtiar Singh *m. Singh*

Dr. Meena *Meena 9/2*

Dr. Ravneet Chawla *Ravneet*

3
04/02/21
Principal,
GCE-20D
Chandigarh
Principal,
Govt. College of Education
Sector 20-D, Chandigarh

NOTICE

Dated 31.08.2020

SUBJECT: DONATION OF MATERIALS FOR NEEDY PERSONS

All the Staff members of the College are requested to kindly donate the materials for the needy persons during the Covid-19 Pandemic Situation.

1. Cloths (New/ Wearable) Clothes should be properly washed, ironed and covered.
2. Masks
3. Soaps/Sanitizers

The material should be deposited to the programme officers by 4th September, 2020.

NSS Programme Officers

Dr. Mukhtiar Singh

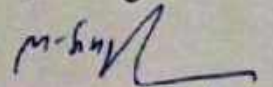


Dr. Meena

Dr. Rupinder Kaur



Principal
GCE-20D
Chandigarh.


31/8/20

cc.

1. Circulation for all Staff members

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

Government College of Education, Sector-20D, Chandigarh

Donation of Masks by NSS Unit of GCE-20D, CHD

Today i.e. 07.09.20 The NSS Unit of Government College of Education donated the 1100 masks for all the students and staff members of Government High School, Village Kajheri Sector - 52, Chandigarh. This activity was done under the Motto of "Mask is Must" By NSS Unit of GCE-20D, CHD. Most of the students of GHS belong to slum area. NSS volunteers discussed the problems coming during the actual classroom teaching. College programme officers also discussed with the school Head and Counsellor. Finally it was decided to give masks to all the students and staff members before starting the classroom teaching. Principal, Dr. Renu Verma, praised the NSS Volunteers for this noble act and cause. Total 1100 masks were donated and requested the Headmistress of the School for distribution to all. One kit with Mask, Sanitizer and Dettol soap were also distributed to all the IV class employees of the School.

School Headmistress appreciated and thanked the College Principal and all the NSS Volunteers who donated the masks for all the students and staff members (Teaching and Non-Teaching) which are most important during classroom teaching.

Some memorable Glimpses



Principal , GCE & NSS P.O. Headmistress, GHS , NSS Volunteers and IV Class employees with Kit

NSS Programme Officers

Dr. Mukhtiar Singh *m.s.* 7/9/20

DR. Meena

Dr. Rupinder Kaur *R.K.*

Principal

Govt. College of Education
Sector 20 D Chandigarh.

Principal
Govt. College of Education
Sector 20-D, Chd 7/9/20

From

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

To

The Headmistress,
Government High School,
Village Kajheri, Sector-52, Chandigarh (Phone No. 01722676038)

Memo No. GCE/20D/2020/1996

Dated: Chandigarh, the 04-9-2020

Subject: Donation of Masks for all Students and Staff


Respected Madam,

As we are already aware about COVID-19 pandemic. For the Safe and simple precautions from COVID -19 pandemic are physical distancing , proper washing hands and wearing masks. During the Classroom teaching Mask is must for all. Our College adopted Village Kajheri and all the College NSS Volunteers collected the masks for donation to your School under the motto of "Mask is Must."


Kindly receive the 1100 masks for all the school students and staff.


With regards

NSS Programme Officer

Dr. Mukhtiar Singh 

Dr. Meena

Dr. Rupinder Kaur 


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

7/9/20

**Government College of Education, Sector-20D,
Chandigarh**

Notice

25.01.21

Subject: Pledge on Voter Day

All the Teaching, Non - Teaching and supporting Staff of College are requested to assemble near Principal Office ground at 12.50 p.m. on 25.01.21 for the Pledge on Voter Day .

Thanks

Programme Officers

Dr. Vijay Phogat (Incharge ELC)

Dr. Mukhtiar Singh

Dr. Meena

Dr. Ravneet Kaur Chawla

[Handwritten signature]

[Handwritten signature]

[Handwritten signature]

Noted Meena 25/01/21 (12:47 pm)

[Handwritten signature]

Principal 25/01/21
G.C.E.-20D
Chandigarh
Principal,
Govt. College of Education
Sector 20-D, Chandigarh

GOVERNMENT COLLEGE OF EDUCATION, SECTOR 20D,
CHANDIGARH
NOTICE

DATE 23/01/21

The Electoral Club & NSS unit of the College is celebrating the National Voters Day on 25.01.2021

All B.Ed, M.Ed and PGDGC students are advised to be the part of The Program. Attendance is compulsory. The student who wishes to join online; the link will be sent at 9:30 am on 25/01/2021.

The schedule of the program includes-

- 1) Cycle rally starting from college campus to Sukhna Lake at 7:30 am.
- 2) A speech by Samiksha Sharma to depict the importance of National Voters Day at 10:30
- 3) A presentation by Surbhi on National Voters day
- 4) A poem "Aao miikar sab matdaan kre"
- 5) A poem by Sofia and others
- 6) A short message by Dr. Vijay Phogat at the end.
- 7) Poster making competition on the theme of National Voters Day from 11 am to 12:30 noon. Sheets will be provided for the same to the students who will be present in the college.

The students who will make the posters from their homes are requested to mail the posters to gcehd@yahoo.co.in latest by 1:00 pm. The refreshment will be provided by the college.

Programme officers

- 1) Dr. Vijay Phogat Nodal officer of ELC
- 2) Dr. Mukhtiar Singh Mentor of ELC & NSS Programme officers
- 3) Isha Campus Ambassador of ELC


Principal 23/01/21

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

Government College of Education, Sector 20-D, Chandigarh

Brief Report of Voters Day Dated 23.01.21

NSS Unit of College organized an online programme on

National Voters Day

With the Collaboration of Electoral Literacy Club

On the occasion of National Voters day NSS Unit of College organized online programme with the Collaboration of Electoral Literacy Club (ELC) on 25.01.21. According to the programme different activities conducted to celebrate the National Voters Day. These activities are as given below;

1. Cycle Rally College to Sukhna Lake at 7.30 am.
2. Speech by Students on importance of National Voters Day.
3. Poem by Student 'Aao Milkar Matdaan Kre.'
4. Awareness Speech by Dr. Vijay Phogat on Voters Day.
5. Pledge on Voters Day.

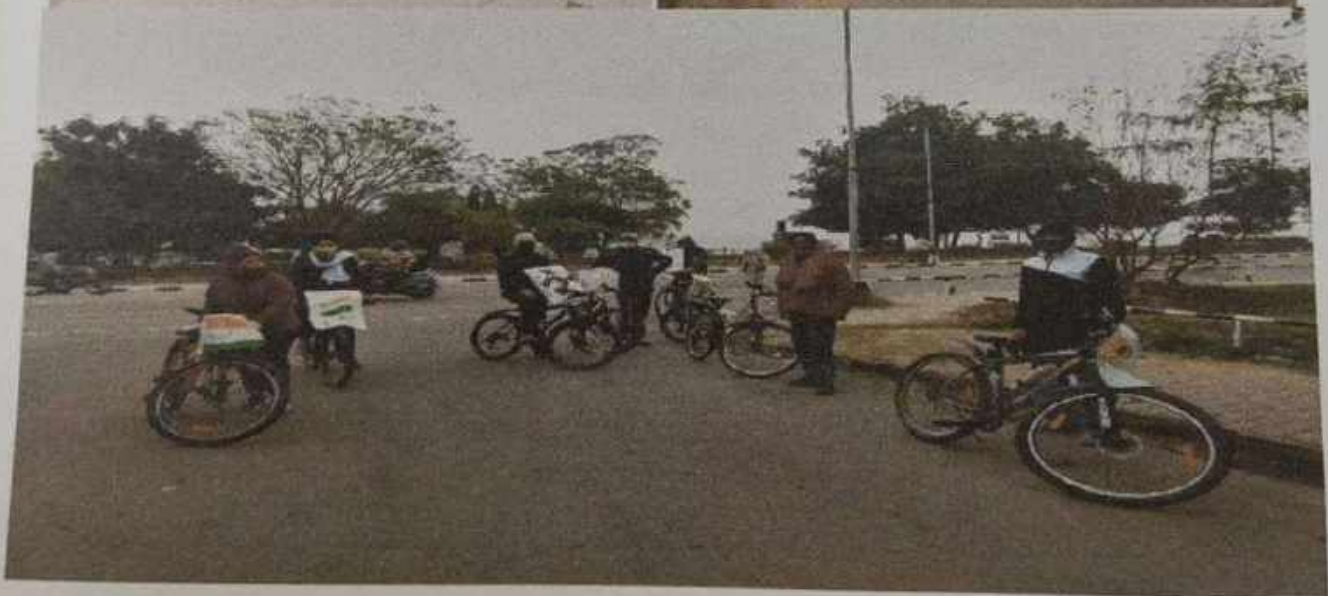
According to the program, a cycle rally was held at 7.30 am from Government College of Education Sector-20D, Chandigarh to Sukhna Lake. Various types of posters related to voting awareness were put on the bicycles. On online awareness programme firstly, Principal, Dr. A.K. Srivastava gave the inaugural speech .He educate and encourage the students for their valuable vote. He also coated the former USA President Abraham Lincoln's words about the importance of each vote for Nation.

One student expresses his views on the importance of voters' day in our life. Further she share her experiences related with voting process. 'Aao Milkar Matdaan Kre' this was the motivational and inspired poem by one another volunteer. Their message was clear through his poem that vote and aware to

others for vote. NSS volunteers participated in one more activity i.e. Poster making Competition. Students were asked to make poster on National Voters Day and submit in pdf files.

Dr. Vijay Phogat, Associate Professor in Political Science gave his views that why the fair and fearless voting is necessity for advance and healthy society in present time. Students must necessarily their vote. It is our duty to help others in every way to vote as a volunteer.

On the occasion of National Voters Day a pledge programme also organized in the College premises. All the teaching and supportive class employees participated in this pledge programme.



Cycle Rally from College to Sukhna Lake



Principal, A.K Srivastava addressing the students & Student expressing her Views



Pledge on Voters' day

Programme Officers

1. Dr. Mukhtiar Singh *M-hur* 28/11/21
2. Dr. Meena *Noted* Meena 28/11/21
3. Dr. Ravneet Kaur Chawla *Ravneet* 28/11/21

AK
Principal 28/11/21
G.C.E.-20D,
Chandigarh.

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

N.S.S. UNIT

Report on

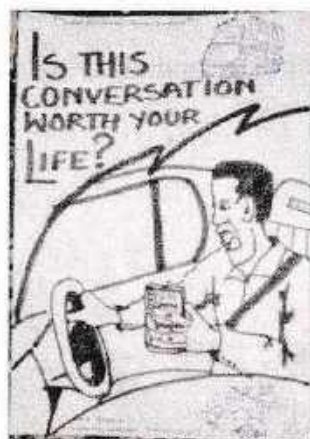
Celebration of National Road Safety Month, (16.02.21)

"Sadak Suraksha - Jeevan Suraksha"

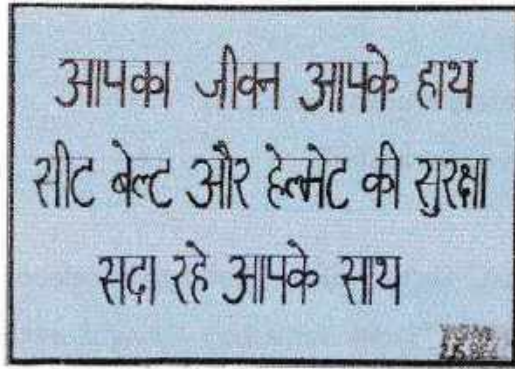
N.S.S. Unit of Government College of Education, Sector 20-D, Chandigarh celebrated National Road Safety Month, (16.02.21) on the theme "Sadak Suraksha - Jeevan Suraksha" to make students aware about traffic rules and road safety. On this occasion, Slogan Writing and Poster Making Competitions were conducted through online mode for the students of B.Ed. M.Ed. and PGDG&C 1st year Courses. Online entries were invited and thereafter Mr. Sanjeev Kumar, an art teacher of our college evaluated the art work of all the students and Positions were awarded in both the events.

Students were encouraged to follow the traffic rules as a slightest mistake on the road can lead to a fatal accident. All the Students presented new ideas in both Poster making and slogan writing competitions. The posters and slogans highlighted the importance of wearing a ISI mark helmets to keep the head safe, wearing seat belts while driving, regulations about drinking and driving, avoid speeding, risks of running the lights and use of cell phones while driving etc.

(Few Entries of the Poster Making Competition)



(Few Entries of the Slogan Writing Competition)



The event was a huge success as it helped spread awareness about new and already existing traffic rules in the country. These participants shall further spread the message to the masses for obeying traffic rules and ensuring road safety.

Programme officers

1. Dr. Mukhtiar Singh *M-Singh* 24/2/21
2. Dr. Meena *Meena*
3. Dr. Ravneet Chawla

3/2/21
Principal
Govt. College of Education
Chandigarh

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

GOVERNMENT COLLEGE OF EDUCATION, SECTOR 20-D, CHANDIGARH

Results of Slogan Writing and Poster Making Competition.


Celebration of National Road Safety Month "Sadak Suraksha - Jeevan Suraksha" (16.02.21)

RESULTS OF THE SLOGAN WRITING


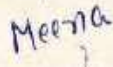

SR. NO.	ROLL NO.	NAME	POSITION
1	211	SUPENCY, B.Ed. Semester- I	1 st
2	215	YASHVIKA B.Ed. Semester- I	2 nd
3	205 218	RACHITA JAIN, B.Ed. Semester- I CHETAN KUMARI, B.Ed. Semester- I	3 rd

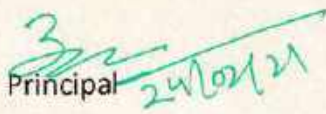
RESULTS OF THE POSTER MAKING

SR. NO.	ROLL NO.	NAME	POSITION
1	237	PALLAVI CHANDEL, B.Ed. Semester- I	1 st
2	315	Nitika, B.Ed. Semester- I	2 nd
3	278 801	SANNAT SURI, B.Ed. Semester- I KUNSANG DORJEE, M.Ed. Semester -I	3 rd


Mr. Sanjeev Kumar
Department of Fine arts

Programme officers

1. Dr. Mukhtiar Singh 
2. Dr. Meena 
3. Dr. Ravneet Chawla 


Principal
24/02/21

Govt. College of Education

Chandigarh

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

Government College of Education, Sector 20-D, Chandigarh

Ministry of Road Transport & Highway (MoRT&H)
is observing this year "National Road Safety Month"

The theme of the Campaign is

"Sadak Suraksha - Jeevan Suraksha"

NSS Units of College is Organizing

Slogan and Poster Making Competition

All the B.Ed-1st, M.Ed.-1st and PGDG&C-1st Semester NSS Volunteers must participate in this competition. This competition is a mandatory activity for all the NSS Volunteers.

RULES FOR SLOGAN WRITING AND POSTER MAKING

Rules for Slogan writing:

1. A4 size white drawing sheet, use of any kinds of colors and outlining is allowed.
2. The slogan should be in minimum 10 and maximum 20 words.
3. Slogan should be based on the theme, "Sadak Suraksha - Jeevan Suraksha"

Rules for Poster Making:

1. A4 size white drawing sheet, use of any kinds of colors and outlining is allowed.
2. Topic for the poster making competition is, "Sadak Suraksha - Jeevan Suraksha"
3. Poster should be the original work of the Volunteers.

Note:-Students will submit their work to their group Incharge Programme officers mentioned below with their email Ids. Decision of the judges will be final. Submission date and time for the competition is 16.02.21 by 10:00 p.m.

Note: Students will be awarded prizes and certificates on Annual Function.

Programme Officers:-

M. Singh 15/2/21
Dr. Mukhtiar Singh, M.Ed-1st Sem. & PGDG&C (drmsdahiya@yahoo.com)

Meena 15/2/21
Dr. Meena B.Ed-1st Sem. (1-50 Roll No.) (mininam@yahoo.com)

Ravneet 15/2/21
Dr. Ravneet Chawla B.Ed-1st Sem. (51 to onwards.) (hdf7dr.ravneet@yahoo.com)

32 15/2/21
Principal
GCE-20D
Chandigarh.


Government College of Education, Sector 20 D, Chandigarh
Attendance B ED SEM 1 NSS ROAD SAFETY MONTH 16.02.2021

Sr. No.	Roll No.	Name	Present/Absent
1	252/20	REETA	Present
2	253/20	NEHA KUMARI	Present
3	254/20	NAINA SHARMA	AB
4	255/20	KIRAN	Present
5	256/20	KOMAL	AB
6	257/20	GURDEEPAK SINGH	Present
7	258/20	NIKHIL SAINI	AB
8	259/20	SAVITA	Present
9	260/20	MEENU SHARMA	Present
10	261/20	BALWINDER KAUR	Present
11	262/20	DIKSHA SOOD	AB
12	263/20	SIMRAN KAUR	AB
13	264/20	SADHNA	Present
14	265/20	GAURI SEGAN BAKSHI	AB
15	266/20	RAJNI	Present
16	267/20	ARUSHI	AB
17	268/20	NISHU SHARMA	AB
18	269/20	RITIKA	AB
19	270/20	SUKHWANT SINGH	Present
20	271/20	PRIYANKA BEDI	Present
21	272/20	KUMARI KAJAL	Present
22	273/20	STUTI LAKHERA	AB
23	274/20	SUSHMA	Present
24	275/20	HARJEET KAUR	AB
25	276/20	MAHIMA MANRAL	AB
26	277/20	ANCHAL	Present
27	278/20	SANNAT SURI	Present
28	280/20	TWINKLE	Present
29	281/20	HARPREET SINGH	AB
30	282/20	SUGANDHA CHOPRA	AB
31	283/20	AMAN AERI	AB
32	284/20	TANYA SHARMA	Present
33	285/20	KAMALJEET KUMARI	Present
34	286/20	INDERJEET SINGH	AB
35	287/20	SHIVANI	Present
36	288/20	NITIN SHARMA	Present
37	289/20	MEDHA NAG	Present
38	290/20	ANMOL	Present
39	291/20	RAJESHWARI PATEL	AB
40	292/20	HIMANSHU	Present
41	293/20	KANCHAN SHARMA	AB
42	294/20	HARDEEP SINGH	AB
43	295/20	DEEPALI	Present
44	296/20	SHWETA	AB
45	297/20	HARSIMRAN KAUR	AB



46	298/20	ANANYA SINGH	AB
47	299/20	SIMRAN KHOSLA	Present
48	300/20	GURWINDER KAUR	AB
49	301/20	JASMEEN KAUR	AB
50	302/20	JYOTI	AB
51	303/20	NAINA	AB
52	304/20	RITU KUMARI	AB
53	305/20	NISHA	Present
54	306/20	BHARAT SHARMA	Present
55	307/20	GUNJOT KAUR	Present
56	308/20	KOSHILYA	AB
57	309/20	MITANKSHA	Present
58	310/20	NEHA	Present
59	311/21	AYUSH SIDHU	AB
60	312/21	SAKSHI POONIA	Present
61	313/21	NAMRTA KUMARI	Present
62	314/21	RITA RANI	AB
63	315/21	NITIKA	Present
64	318/21	DEEPIKA	Present
65*	219/21	HARSIMRAN KAUR	Present
66*	239/21	Harpreet Kaur Bangar	Present

(*Entries other than 251/21 and onwards)


Dr. Ravneet Chawla
Associate Professor NSS PO

Government College of Education, Sector- 20D, Chandigarh
Attendance: B.Ed-1st Semester (NSS Activities) Date-16.02.21
EVENT- "National Road Safety Month" (Slogan and Poster Making)

Sr. No.	RollNo	Name	Present/ Absent
1.	201/20	PRATEEKSHA	Present
2.	203/20	SHREYA VARUN	Absent
3.	204/20	HARIDEV	Absent
4.	205/20	RACHITA JAIN	Present
5.	206/20	RIMPLE KAUR	Present
6.	207/20	NAVDEEP SHARDA	Absent
7.	208/20	ANCHAL	Present
8.	210/20	NISHU	Present
9.	211/20	SUPENCY SALGOTRA	Present
10.	212/20	KOMPAL	Absent
11.	213/20	POOJA DAHIYA	Absent
12.	214/20	JASPREET KAUR	Present
13.	215/20	YASHVIKA	Present
14.	216/20	JYOTI	Present
15.	217/20	ANSHITA	Absent
16.	218/20	CHETAN KUMARI	Present
17.	219/20	HARSIMRAN KAUR	Absent
18.	220/20	MANSI SHARMA	Absent
19.	222/20	SIMRANPREET KAUR	Absent
20.	223/20	SHIVANI	Present
21.	224/20	ANSHUL RANA	Present
22.	225/20	HARPREET KAUR	Present
23.	226/20	KAJAL	Absent
24.	227/20	KOMAL	Present
25.	228/20	VARSHA	Present
26.	230/20	BABLI	Present
27.	231/20	NITIKA KAUSHAL	Absent
28.	232/20	VITIKA SHARMA	Present
29.	233/20	SUMITA	Absent
30.	234/20	NAINA GOYAL	Present
31.	235/20	NEHA	Present
32.	236/20	NEHA SHARMA	Absent
33.	237/20	PALLAVI CHANDEL	Present
34.	238/20	SUCHITA AGGARWAL	Present
35.	239/20	HARPREET KAUR BANGAR	Absent
36.	240/20	GURPREET KAUR	Present
37.	241/20	SHAMBHAVI VERMA	Absent

Government College of Education, Sector- 20D, Chandigarh
Attendance: B.Ed-1st Semester (NSS Activities) Date-16.02.21
EVENT- "National Road Safety Month" (Slogan and Poster Making)

38.	242/20	NISHA PARVEEN	Present
39.	243/20	JYOTI	Absent
40.	244/20	JASMEET KAUR	Present
41.	245/20	MITALI	Absent
42.	246/20	JYOTI	Present
43.	247/20	KANIKA GARG	Present
44.	248/20	MADHURI	Present
45.	249/20	DIMPLE VERMA	Present
46.	250/20	RITU	Absent
47.	252/20	REETA	Absent
48.	253/20	NEHA KUMARI	Absent
49.	254/20	NAINA SHARMA	Absent
50.	255/20	KIRAN	Absent

Meena
22/02/21

Government College of Education Sector - 20D, Chandigarh
Attendance: M. Ed -1st Semester (NSS Activities) Date – 16.02.21
EVENT- "National Road Safety Month" (Slogan and Poster Making)

Sr. No	Roll No.	Name	Present/Absent
1	801	KUNSANG DORJEE	Present
2	802	RINKU YADAV	Absent
3	803	TSERING DHUNDUP	Absent
4	804	MOHIT JARORA	Absent
5	805	GAUTAM KUMAR SHARMA	Absent
6	807	RITIZ KUMAR	Absent
7	811	MANJU SAINI	Absent
8	812	ROSHANI KUMARI	Absent

PGDG&C-1st Semester

Sr. No	Roll No.	Name	Present/Absent
1	901	POOJA VERMA	Absent
2	902	PRIYANKA HOODA	Absent
3	903	AANCHAL VAISH	Absent
4	904	BHAVYA KATHURIA	Absent
5	905	DIVYANSHI KALIA	Absent
6	907	SAPNA GUPTA	Absent
7	908	JYOTI	Absent
8	909	SURAJ KAMBOJ	Absent
9	910	KIRTI SANDHU	Absent
10	911	BHUPESH	Absent
11	912	RITU	Absent
12	913	KARAMDEEP KAUR	Absent
13	914	SHILPA	Absent
14	915	SEEMA KUMARI	Absent
15	916	JYOTI	Absent
16	917	ISHNOOR DUA	Absent
17	918	NAVREET KAUR SIDHU	Absent
18	919	SHAZYA	Absent
19	920	KANIKA SOOD	Absent



Signature
 Dr. Mukhtiar Singh
 (Programme Officer)

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



**“Nasha Mukht Bharat Abhiyan”
“DRUG - FREE INDIA”**



1. Activity No. -I Online Competition

Dated : 24.4.2021

LOGO Competition on “DRUG - FREE INDIA”

NSS Cell of Government College of Education 20-D, Chandigarh Organized Online “Logo” Competition on ‘Drug – Free India’ on 24.04.21. Ministry of Social Justice and Empowerment Government of India launching every year “Drug-Free India Campaign”. This competition was the part of the Mission of “Nasha Mukht Bharat’ Or Drug-Free India Campaign”. All the NSS volunteers were asked to participate in this competition so they can engage for the Drug-Free India Campaign. Last date of the competition was on 26.04.21. They were alerted that they will send their original created Logo. They can’t send uploaded logo from websites. Prizes of the position holder candidates will be given at Annual Function.

NSS Volunteers of the College are doing all types of work online related with NSS Cell of the College. To motivate the Volunteers they were told that their ‘LOGO’ preparation time will be counted as a regular work of NSS Volunteer. Rules for the competition were already told that Volunteers will be prepared a LOGO related with DRUG – FREE INDIA. They will Use A4 size sheet and Colure. LOGO should be Colure full and attractive. In this competition all the group leader were asked to motivate and collect their work and after compiling they will send it in the JPG file to the concerned NSS programme officers. In this LOGO competition most of the volunteers participated and sent their entries in very good forms. After evaluating the whole work we can say that NSS volunteers depicted effectively their own ideas and thought in their logos. They know that how they can aware people about drug de-addiction. This was the reason that volunteers showed many harmful things

for human being related with drugs in the 'LOGOS'. More than 120 Volunteers Participated in this competition.

LOGO DESIGNING BY NSS VOLUNTEERS





Dated:27.04.21

I. Activity No. II: Webinar

THEME: 'ROLE OF FAMILY ENVIRONMENT TO PREVENT INDULGENCE IN SUBSTANCE ABUSE.'

Talk By: Dr (Mrs.) Ravneet Chawla, Associate Professor, GCE 20-D, Chandigarh

NSS Cell of Government College of Education, Chandigarh organized a webinar on 27.04.21 with the current issue for Drug-Free India Campaign. The main theme of the talk was 'Role of Family Environment to Prevent Indulgence in Substance Abuse.' The speaker of the webinar was Dr. Ravneet Kaur Chawla, Associate Professor G.C.E. Chandigarh. Government College of Education is a premier educational institution for teacher education in North India, located in Chandigarh, India. It is the single teacher education college functioning under the government sector, affiliated with the Panjab University, Chandigarh. The National Assessment and Accreditation Council (NAAC) accredited the college with an A+ grade.

This talk was organised in order to bring our youth the real issues faced due to the indulgence in drugs and how it can be prevented by intervention of parents and family. Main speaker Dr. Ravneet Chawla working as an Associate Professor in this College. Dr. Ravneet Chawla, Associate Professor in Human Development and Family Relations, who is also a qualified Developmental Psychologist and Advanced Diploma holder in Child Guidance and Family Counselling (PU Merit Holder) brought into the limelight her one-of-its-kind experiences and understanding of the human behaviour. Dr. A. K. Srivastava, Principal, formally opened the talk. Dr. Mukhtiar Singh, Associate Professor and NSS Programme Officer, also helped in deliberation. Ms. Gurbina Chopra was the Student Coordinator and Ms. Anchal Vaishwas the Co-Ordinator. The group of panellists included Ms. Sakshi Poonia, Ms. Suchita Aggarwal, Mr. Bharat Sharma, Ms. Shivangi Arora, Mr. Lavish, Ms. Rollania, and Mr. Gagandeep Kaushik. Ms. Divyanshi Kalia served as the repertoire of the panel discussion.

To deal with the grass-root level causal factors of deviant human behaviour, role of family is extremely critical. Parents play a very important role in preventing their children and

youth from indulging in substance abuse and helping them if they have initiated use. Children's and youth's attitude and behaviours can be shaped and altered to a significant extent by talking openly about the dangers of substance abuse, risks associated, etc. Parents also serve as behavioural role models must show disapproval and keep themselves engaged in a child's day-to-day activities. Role models influence a child's life to a great extent. Children and youth look up to them which, in turn, spare no effort in shaping behaviour at school, relationships, and making decisions. Dr. Chawla also quoted cases of social drinking, initiating addiction, and couple case where an early marriage and pregnancy affected the lives of stakeholders involved, economically and otherwise. She also brought into the attention of the audience the cases from her own experience in women cell as an intern and a follow member.

This talk was organised in order to bring our youth the real issues faced due to the indulgence in drugs and how it can be prevented by intervention of parents and family. Dr. A.K. Srivastava, the Principal of the college talked about how substance use can block the thinking process of people who experiment and it can spiral out of control. He mentioned how addiction can lead to yearning and anxiousness over drugs and it can further harm and disturb the peers and the family members. There was an open discussion on how these circumstances can be prevented and what kind of conditions are to be kept in my mind while dealing with such a situation. The panellists discussed about various issues like Substance Use is not just in urban areas but is also present from the rural area upto the glamour world. It has imbedded itself as a part of the modern culture and how holding a cigarette has transformed itself into a fashion trend. Substance abuse is no longer a gender thing and anyone can find himself or herself getting tangled and stuck in between its webs. The panellists also discussed about how parents can play a major role in the prevention of drug usage by keeping a check on their children and by perceiving their whereabouts and circle of friends. Panellists, along with Dr. Ravneet Chawla, also brought to light some real life examples and how not only the one who abuses drugs suffer, but also the innocent people in their lives are affected without any reason. The audience also lend a hand where they wrote points and about the happenings that took place near them.

They wrote about how building of trust is crucial for both parents and children and how communication can really eradicate this issue. Some kept the points like how there is an abundant exposure to social media in this era of technology and there is a bridge meant to be built by parents to create awareness and put the children on the right track. One of the panellists also talked about how therapy in India is viewed and it is important to have a vent when someone is on the cutting edge of their life. Therapy can lead to a better environment for a child who has accidentally indulged into such activities and parents are to encourage aid in any form they receive it. Some preventive measures were also considered where parents can detect changing behaviours of their children and gain their confidence in order for them to be open and understand anything the child is going through. After the whole discussion, Dr. Mukhtiar Singh, NSS Programme Officer, was invited to speak a few words by Dr. Ravneet Chawla where he thanked the whole team for assembling the panel discussion in a short amount of time and about how critical and necessary it is for such meetings to be held frequently. The talk was very interactive and many unusual opinions and perspectives were brought to light.

A few observations and suggestions by NSS Volunteers related with Theme

Shivangi Arora

12:15

It was a really informative session and ma'am highlighted the role of family in preventing drug abuse. Her guidance to us as pupil teacher how to help a child who is facing any problem in our class really attracted me a lot. It was an informative session

SIMRAN KAUR

12:17

I have witnessed some children facing parents who abuse alcohol and their life a literally hell. They can't study, can't eat food, can go out, can't sleep as they are in constant fear that their father may come home and beat them or fight with others or break things.

Damini Sharma

12:34

good afternoon mam, being the mother of an adult, from my personal experience i can say that the values imbibed by us in our children matter the most, it's not about the check on our children but mutual trust matters most. We cannot be with them all the time and this generation is much more aware than ours.

Jasmeet kaur

12:41

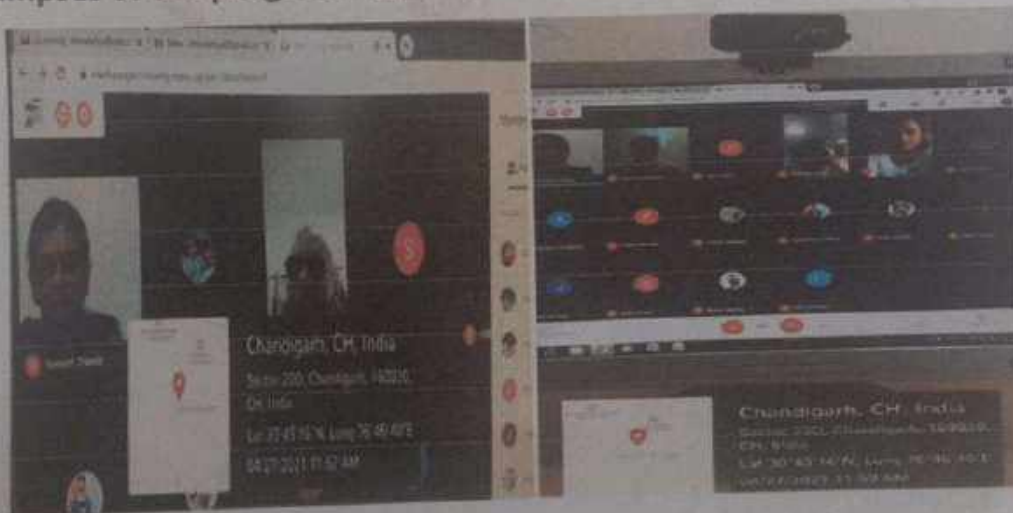
Today there is so much exposure on media and lack of awareness among children so that bridge but be built by parents and teachers so that children can proceed in the right direction.

SIMRAN KAUR

12:55

They have much more experience, we should value it. I can relate, my younger brother constantly fight with me, because I stop him from committing certain things, which i know are wrong. Now I relate, who i used to argue with my parents for the same things, when I was young.

A few glimpses of the programme;





NSS Programme officers:

1. Dr. Mukhtiar Singh *M. Singh* 4/5/21

2. Dr. Meena *noted Meena* 4/5/21

3. Dr. Ravneet Chawla

J. Singh
Principal
Government College of Education
Sector 20-D, Chandigarh

GOVERNMENT COLLEGE OF EDUCATION,
SECTOR 20-D, CHANDIGARH



"NASHA MUKT BHARAT ABHIYAN"

Results of the Logo Designing competition on DRUG – FREE INDIA
held on Saturday, April 24th, 2021.

Date: 29-04-2021

LOGO DESIGNING COMPETITION

Prize	Name of the Student	Roll No	Class
1 st Prize	KIRAN	255	B.Ed. Semester I.
	KIRAN CHAUHAN	18	B.Ed. Semester IV.
2 nd Prize	PRIYANKA BEDI	271	B.Ed. Semester I.
3 rd Prize	ARUSHI	267	B.Ed. Semester I.
	SIMARDEEP KAUR	93	B.Ed. Semester IV

NSS Programme officers:

1. Dr. Mukhtiar Singh

M. Singh
29/4/21

2. Dr. Meena

On leave

3. Dr. Ravneet Chawla

[Signature]
Mr. Sanjeev Kumar
(Department of Fine Arts)

[Signature]
Principal
29/04/21
Government College of Education
Sector 20-D, Chandigarh

Government College of Education, Sector-20D, Chandigarh

Notice

Date: 29.04.21

An Online "LOGO" Competition on "DRUG – FREE INDIA" was announced for all the NSS volunteers. The N.S.S volunteers sent their entries for the competitions. Rules for Online "LOGO" Competition on "DRUG – FREE INDIA" were that they will prepared a LOGO related with DRUG – FREE INDIA. They will Use A4 size sheet and Colure. LOGO should be Colure full and attractive. They forbade for uploading poster from any website .The Prizes will be given 1st, 2nd, 3rd, position holder candidates at Annual Function.

Kindly evaluate the work done by volunteers and give the positions for 1st, 2nd and 3rd awards. The evaluation work is being sent you in PDF files.

Name of the Evaluator:

Mr. Sanjeev Kumar (Dept. of Fine Arts)

Programme Officer

1. Dr. Mukhtiar Singh *M. Singh*
29/4/21
2. Dr. Meena *(on leave)*
3. Dr. Ravneet Chawla *Ravneet*
29/4/21

[Signature]
Principal
29/04/21
Govt. College of Education
Chandigarh.

GOVERNMENT COLLEGE OF EDUCATION, SECTOR, 20-D CHANDIGARH

WORLD NO TOBACCO DAY

Report Of World No Tobacco Day

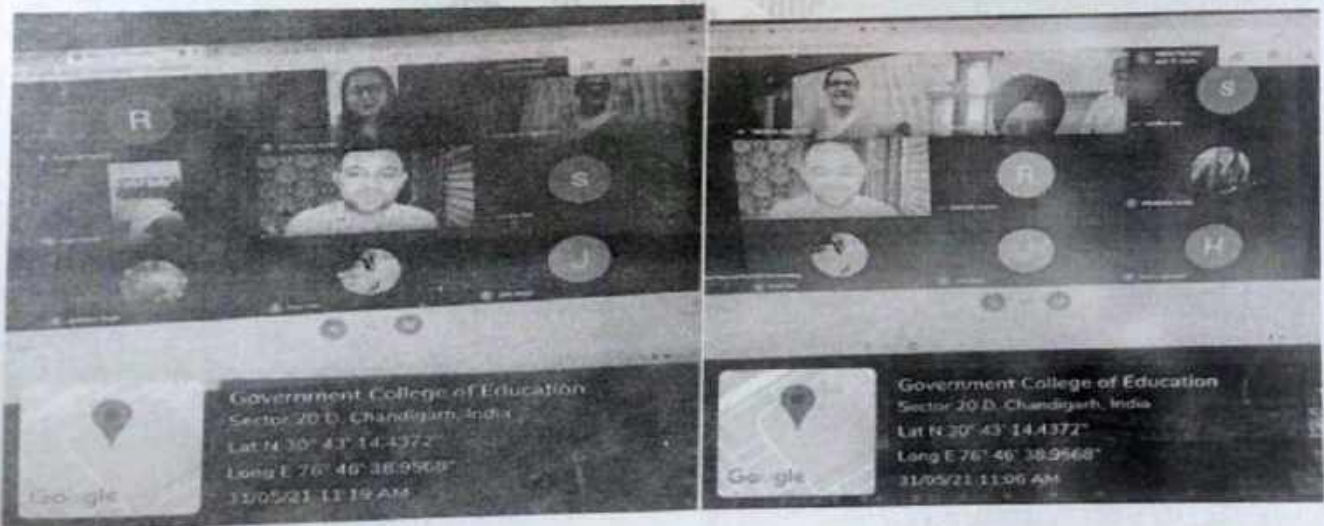
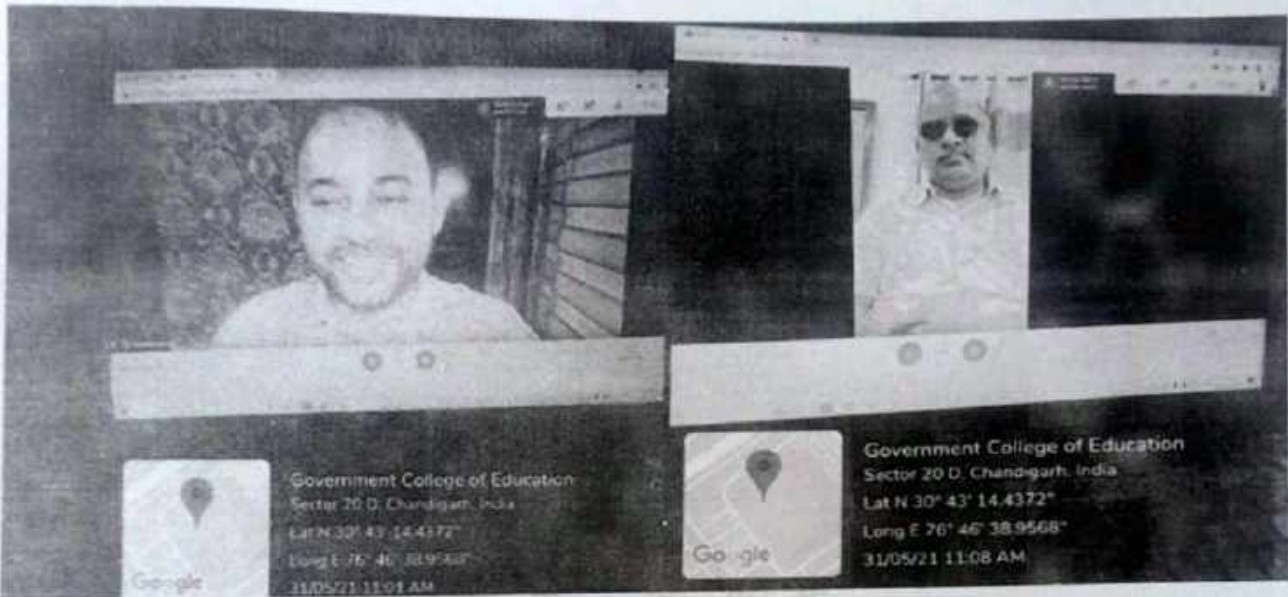
PARIJAT ECO- CLUB in collaboration with NSS Cell of Government College of Education, Sector- 20 D Chandigarh organized an online programme on the occasion of "WORLD NO TOBACCO DAY" i.e 31st May 2021 for the College students. The event was initiated under guidance of the Principal Dr.A.K.Srivastva and coordinated by Assistant Professor Mr. Ravinder Kumar & Ms. Souika Devi with NSS Cell .The key note Speaker of the event was "Dr. Vandana Aggarwal, Former Associate Professor of Government College of Education, Sector 20-D.

The event was initiated with introduction by Assistant Professor Ravinder Kumar followed by the formal welcome speech by the Principal Dr. A.K. Srivastava and then the event proceeded with Pledge on " *not to use tobacco products*" by Mitanksha, student of B.Ed Ist year. The event moved with the address of speaker of the day, Dr. Vandana Aggarwal where she started with the description of her childhood by describing her experiences of observing the people around her who took tobacco products and who used to smoke. By recollecting these instances, she emphasized on environmental pollution caused due to these products besides the health hazards. She made students aware about some background information regarding WORLD NO TOBACCO DAY and she said the Members of States of the World Health Organization created World No Tobacco Day in 1897 to draw global attention to the tobacco epidemic.

She described three types of risk factors for tobacco initiation that are- biological, psychological, social and environmental. Then she described various forms of tobacco intake like cigarette, bidi, cigar, snuff, E cigarettes etc. She then described Electronic Nicotine Delivery Systems (ENDS) and explains about their usage as substitutes for cigarettes or other tobacco products and it is battery operated device that emits a vaporized solution to inhale. She then makes students aware about how tobacco damages our body and focussed on nicotine, carbon monoxide and tar. She also described the Indian Scenario, where according to WHO, tobacco kills more than 10 Lakh people each year in India, accounting for 9.5% of all deaths. Then she described some of the conditions and diseases that can be caused by smoking like cancer, breathing problems, diabetes, infections etc. And she then told about Second hand smoke that kills. She then emphasised on the key measures to reduce the demand for tobacco and then she concluded with the phrase "Smoking takes life Cut it out

from your life” and then she took all the queries and suggestions from the students and then Assistant Professor Ravinder Kumar concluded the session along with co coordinator Assistant Professor Sonika devi with NSS CELL of the college.

A Few Glimpses of Programme

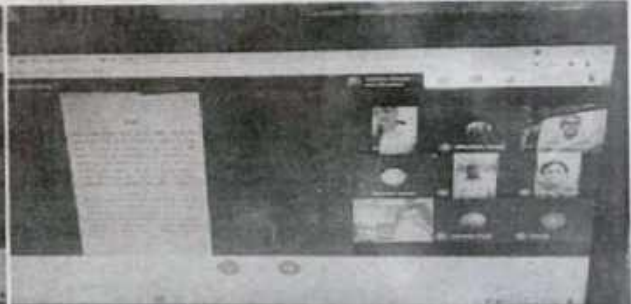




Government College of Education
Sector 20 D, Chandigarh, India
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Long E 76° 46' 38.9568"
31/05/21 12:19 PM



Government College of Education
Sector 20 D, Chandigarh, India
Lat N 30° 43' 14.4372"
Long E 76° 46' 38.9568"
31/05/21 11:18 AM



Government College of Education
Sector 20 D, Chandigarh, India
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Long E 76° 46' 38.9568"
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ECO CLUB

Signature

NSS CELL

Signature

PRINCIPAL
GOVT. COLLEGE OF EDUCATION
SECTOR -20 D, CHANDIGARH

Signature

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

World No Tobacco Day 31 May 2021

Theme: "Commit to Quit"

NOTICE

The World Health Organization declared 31st May as 'WORLD NO TOBACCO DAY'. This year the theme of the day is 'COMMIT TO QUIT'. The theme is very significant in the current pandemic situation caused by 'COVID -19' and 'FUNGAL INFECTION'. The present generation should take the responsibility of making the campaign successful to make our society 'Tobacco Free'.

All the students/NSS volunteers of B.Ed-1st year are requested to write five best awareness activities under the theme of 'COMMIT TO QUIT on the 'World No Tobacco Day', 2021.' All NSS group leaders have to ensure the participation of all students. Send all suggested activities on A4 size paper before 30.05.2021 to the mail address given below.

Email Id ecoclubsectionagce@gmail.com

[Signature]
27/05/21
ECO CLUB

[Signature]
27/05/21
NSS CELL

[Signature]
27/05/21
PRINCIPAL
GOVT.COLLEGE OF EDUCATION
SECTOR, 20-D, CHANDIGARH

GOVERNMENT COLLEGE OF EDUCATION, SECTOR 20-D,
CHANDIGARH

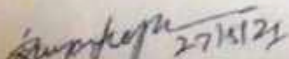
World No Tobacco Day 31 May 2021

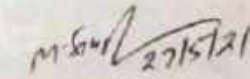
Theme: "Commit to Quit"

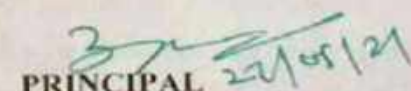
NOTICE

It is for the information of all the faculty members and students of B.Ed.1st year that PARIJAT ECO-CLUB in collaboration with NSS Cell of Government College of Education, Chandigarh is organizing a online programme on the occasion of 'WORLD NO TOBACCO DAY' on 31st May 2021. Dr. Vandana Aggarwal (Former Associate Prof, Govt. College of Education Chandigarh) will be the key note speaker for the above said theme of the day. Participation is mandatory for all the students for the purpose of attendance. Programme schedule as per given below:

Sr. No.	Time	Event
1.	10.30 to 11.00 am	link sharing an joining
2.	11.00 to 11.15am	Address note by Principal, GCE 20-D, CHD
3.	11.15 to 11.50am	Interactive session by Dr. Vandana Aggarwal
4.	11.50 to 12.00pm	Pledge on 'World No Tobacco Day'


ECO CLUB


NSS CELL


PRINCIPAL
GOVT.COLLEGE OF EDUCATION
SECTOR, 20-D, CHANDIGARH

GOVERNMENT COLLEGE OF EDUCATION, SECTOR 20-D,



CHANDIGARH



"Nasha Mukht Bharat Abhiyan"

"DRUG - FREE INDIA"

Report of Pledge on the International Day against Drug Abuse and Illicit Trafficking

Theme: "Share Facts on Drugs, Save Lives"



Any kind of intoxication is harmful to human beings and creatures. Drugs are harmful to all organs and systems of our body. Mainly it affects our heart, brain, nervous system, throat, stomach, lungs, liver, pancreas etc. Problems related to physical, mental, emotional and social behaviour are seen more in today's youth due to consumption of illicit drugs.

Every parent, society, religion and country wants to see its members healthy in every way. For any reason, if a member starts taking any kind of intoxicant, then all efforts are made to save him from them. Efforts have always been made to create a drug free society not only in India but in every corner of the world.

The International Day against Drug Abuse and Illicit Trafficking is observed on **'26 JUNE'** every year as per the declaration by United Nations.

“By resolution 42/112 of 7 December 1987, the General Assembly decided to observe 26 June as the International Day against Drug Abuse and Illicit Trafficking as an expression of its determination to strengthen action and cooperation to achieve the goal of an international society free of drug abuse. ‘Share Facts on Drugs, Save Lives’, the theme of the 2021 International Day against Drug Abuse and Illicit Trafficking.”(United Nations)

Every year various organizations from all over the world join in this global observance of drug de-addiction campaign. Many schemes and programs are made to raise awareness about the big problem that drug addiction and illicit drugs represent in the society. It becomes our duty that we all together help the organizations associated with it to stop drug abuse in the world and get rid of the problem of trafficking related to it.

On the occasion of The International Day against Drug Abuse and Illicit Trafficking, NSS Units of Government College of Education Sector - 20D, Chandigarh organized a pledge programme on 26 June, 2021 for NSS volunteers’ on online mode and for employees in College premises. Principal, Dr. A.K. Srivastava and all staff of the College took the pledge in the College premises. A link was share on Google meet for all the NSS volunteers and they also took the pledge also on the occasion of International Day against Drug Abuse and Illicit Trafficking.

Photographs of the occasion of International Day against Drug Abuse and Illicit Trafficking.





Principal Dr. A.K. Srivastava, Teaching, Non-Teaching, Supporting Staff of the College and NSS Volunteers participated in the Pledge programme.

Programme Officers

1. Dr. Mukhtiar Singh *M. Singh* 29/6/21
2. Dr. Meena *Meena*
3. Dr. Ravneet Chawla

Principal 28/06/21
Principal
G.C.E. 20-D
Chandigarh

c.c. 1. website (college)
2. Maal
3. Sonika.

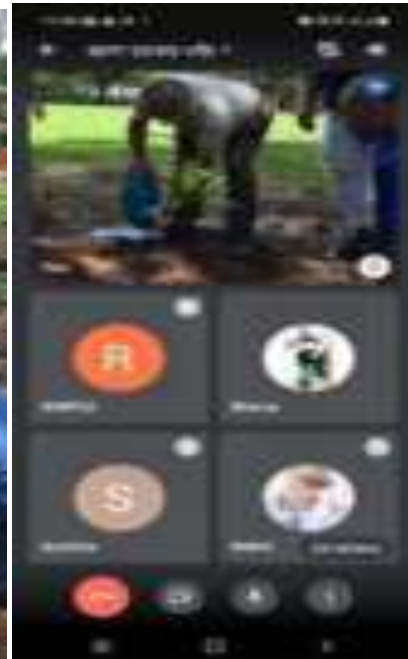
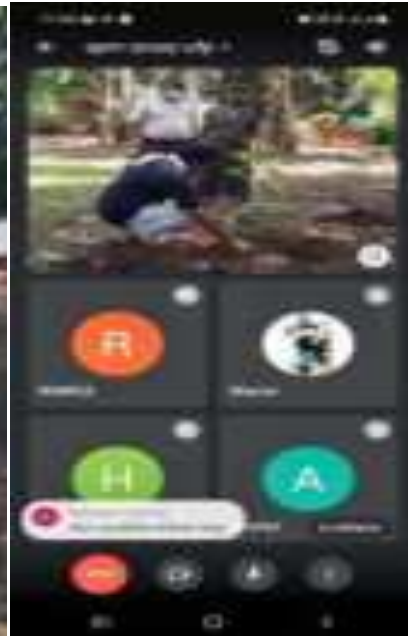


GOVERNMENT COLLEGE OF EDUCATION
SECTOR -20D, CHANDIGARH

TREE PLANTATION PROGRAMME
ON
AUGUST 05, 2021

THEME: "VAN MAHOTSAV"

Glimpses of Tree Plantation Drive in GCE 20-D, Chandigarh on 05.08.2021







Principal, Dr. A. K. Srivastava and other faculty members during tree plantation drive in College Campus.

“Until you dig a hole, you plant a tree, you water it and make it survive, you haven’t done a thing. You are just talking”. Wangari Maathai.

Environment Revolution begins with greening Motherland. To keep the environment clean and green, every citizen should plant more & more trees so that we can live in a healthy environment. We should care the plants with deep sensitivity to protect them for our upcoming generations.

‘VAN MAHOTSAV’ means festival of trees; it is an annual tree planting festival celebrated in the month of July and August. During this festival each type of trees are planted all over India in various places. In 1950, it was started by K. M. Munshi , The Union Minister for Agriculture & food. India has taken a target of creating additional 2 billion carbon sequestration by 2030. To complete this target This festive raises the awareness of trees among people and highlights the need for planting & tending trees as one of the best ways to prevent global warming and reduce pollution.

NSS CELL of Government College of Education, Sector-20D Chandigarh organised Tree Plantation Programme to celebrate **Van Mahotsav** on 05.08.2021 in College Campus. Principal, Dr. A. K. Srivastava planted first tree and expressed his views regarding importance of plantation. He emphasised upon the crucial role of trees and forest for maintaining the ecological balance and also their role in providing fresh oxygen to the human beings. He also urged to care and protect the trees around us and motivated to plant more & more trees to save the environment for our future generations.. Then faculty members and other staff members also planted the trees. NSS Volunteers were also present on the occasion and they also planted the saplings. All the participants followed proper Covid-19 protocols. Event concluded with a vote of thanks by NSS programme officer Mr. Ravinder Kumar (Assistant Professor) to the principal, staff members and NSS volunteers for gracing the occasion and participating in full spirit and for making this programme a success.



International Youth Day, 2021(August 12, 2021)

On the propitious evening of August 12, 2021, the NSS unit of Government College of Education Sector 20 D celebrated the International Youth Day and organized a talk by Dr. A.K. Shrivastava sir, Principal, GCE Sector 20 D.

The program was conducted online on Google meet platform and was attended by all the NSS volunteers of the college, program organisers Dr. Ravneet Chawla, Dr. Dipanshu Sharma and Mr. Ravinder Kumar.

The program started with the introductory speech of Dr. Ravneet Chawla. She also interacted with students and acknowledged their experiences of the Youth Leadership Training Camp, 2021. She welcomed respected Dr. A.K. Shrivastava sir for the talk.

After accepting the welcoming words of Dr. Ravneet Chawla, Principal Dr. A.K. Shrivastava sir gave an inspiring speech. He started with introducing the young freedom fighters of India and their true love for the nation. He made us aware about the power of youth, their role in building a strong and democratic country. Giving the example of recent wins in Tokyo Olympics 2020, Dr. A.K. Shrivastava sir emphasized that youth of India has the determination and motivation to take country a world leader.

In the end honourable Principal sir also told about his days as a youth while he was pursuing B.Ed. and how his hard work and dedication helped him in achieving the success and contributing his part towards the development of the nation as a teacher.

Concluding the day's session, Dr. Ravneet Chawla thanked Principal sir for the inspiring talk and congratulated the volunteers for their participation in the program.

NSS One Day Camp (Teachers Day Celebration 2021)- September 4, 2021

Teacher's Day celebration 2021 in Government College of Education, Sector -20 was held as a part of the One Day NSS Camp. Students participated through an Online Events of slogan writing and poster making competition on the theme "Teachers' Role towards Enlightenment." All the students of the ongoing B. Ed. contributed to the theme.

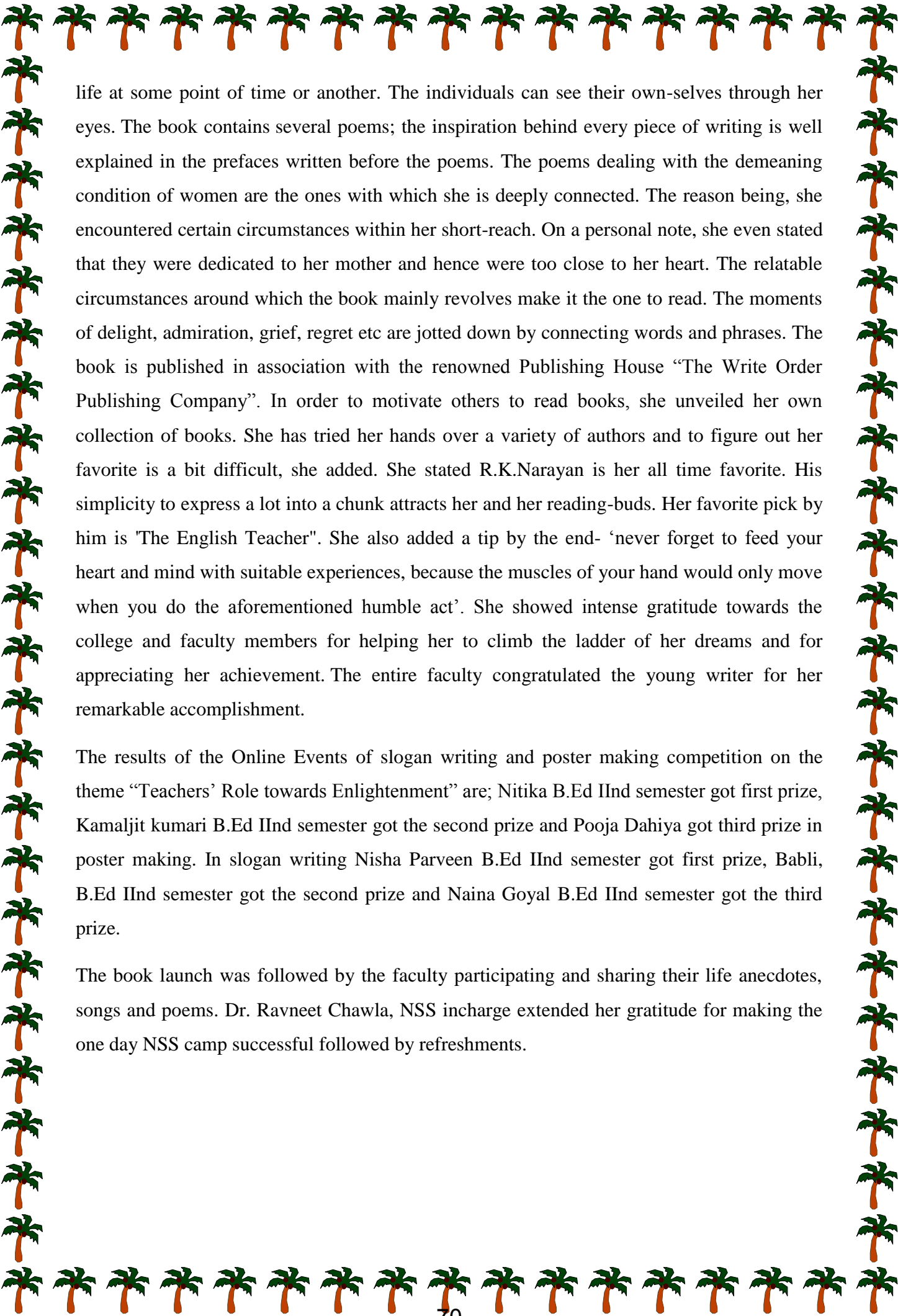
The celebration by the faculty of the college included the solemn lamp-lightening by the Principal of the college, Dr. A.K. Shrivastava and addressed the faculty afterwards. He appreciated the contribution of the teachers to the education system of the country by producing teachers who are serving in various capacities and doing services to build the nation further on. He quoted versions from the Vedas in Sanskrit:

“Guru Brahma Guru Vishnu Guru Devo Maheshwara |

Guru Sakshat Param Brahma Tasmai Shri Gurave Namaha || “

appreciating the Indian culture of Guru-Shishya that has well adapted to the contemporary expectation of blended learning and other behavioral transitions. A documentary on Dr. Sarvapalli Radhakrishnan sharing his life sketch was also shared.

The highlight of the day was the proud moment of **launch of a book which has been written by Ms. Surbhi Sharma, a student of the college itself.** The book was unveiled by the respected Principal Dr. A.K.Srivastava, Dean Dr. Sapna Nanda, Vice Principal Dr. Savita Arya, IQAC Incharge, Dr. Anjali Puri, Placement Cell and NSS Unit Incharge Dr. Ravneet Chawla, followed by a talk by Surbhi about her book. She narrated her life in brief, keeping the inspiration behind writing a book under lime light. She is a graduate in English and aimed to be an efficient English teacher since 8th standard. After the completion of the graduation, she started pursuing B.Ed. which was just another step towards the ladder of her dreams. She started writing when she was going through the jostled days of college along with a keen interest in reading literature. Her journey has been replete with a variety of experiences, which she simply jotted down. Being an introvert most of the time, she preferred to keep things to herself and her notebook, the outcome of the same is this book. The book derives its base from the daily experiences that everybody has in their lives. As the title of the book reflects in itself, *Find Yourself in Me* - which simply means she reflects every facet of others'

A decorative border of palm trees surrounds the text. The border consists of a top row of 15 palm trees, a bottom row of 15 palm trees, and two vertical columns of 15 palm trees each on the left and right sides.

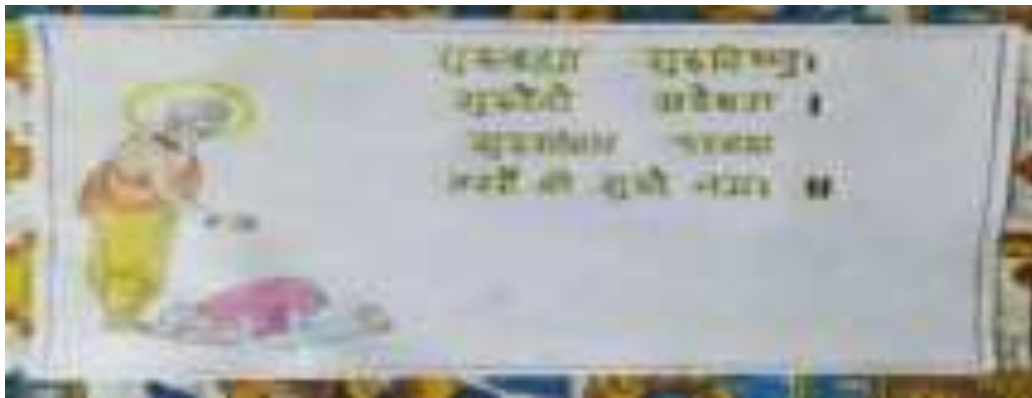
life at some point of time or another. The individuals can see their own-selves through her eyes. The book contains several poems; the inspiration behind every piece of writing is well explained in the prefaces written before the poems. The poems dealing with the demeaning condition of women are the ones with which she is deeply connected. The reason being, she encountered certain circumstances within her short-reach. On a personal note, she even stated that they were dedicated to her mother and hence were too close to her heart. The relatable circumstances around which the book mainly revolves make it the one to read. The moments of delight, admiration, grief, regret etc are jotted down by connecting words and phrases. The book is published in association with the renowned Publishing House “The Write Order Publishing Company”. In order to motivate others to read books, she unveiled her own collection of books. She has tried her hands over a variety of authors and to figure out her favorite is a bit difficult, she added. She stated R.K.Narayan is her all time favorite. His simplicity to express a lot into a chunk attracts her and her reading-buds. Her favorite pick by him is "The English Teacher". She also added a tip by the end- ‘never forget to feed your heart and mind with suitable experiences, because the muscles of your hand would only move when you do the aforementioned humble act’. She showed intense gratitude towards the college and faculty members for helping her to climb the ladder of her dreams and for appreciating her achievement. The entire faculty congratulated the young writer for her remarkable accomplishment.

The results of the Online Events of slogan writing and poster making competition on the theme “Teachers’ Role towards Enlightenment” are; Nitika B.Ed IInd semester got first prize, Kamaljit kumari B.Ed IInd semester got the second prize and Pooja Dahiya got third prize in poster making. In slogan writing Nisha Parveen B.Ed IInd semester got first prize, Babli, B.Ed IInd semester got the second prize and Naina Goyal B.Ed IInd semester got the third prize.

The book launch was followed by the faculty participating and sharing their life anecdotes, songs and poems. Dr. Ravneet Chawla, NSS incharge extended her gratitude for making the one day NSS camp successful followed by refreshments.

Glimpses of one day NSS Camp







NATIONAL WEBINAR

ON

RELEVANCE OF BMI IN DIET:

FEEDING SMART RIGHT FROM THE START

-September 6, 2021

The webinar was initiated by Dr.Ravneet Chawla addressing Dr.Sapna Nanda and humbly welcomed her. Soon, the Principal Dr.A.K.Srivastava addressed all the teachers and students who marked their presence. He also added that nutrition is a vital aspect of every individual's life, especially for the youth of the nation as they form the base of the future generation. The principal ended his address on an optimistic note. Thereafter, the focus of attention shifted to Dr.Sapna Nanda, where she started narrating her journey right from her college days, selection as instructor as well as TGT and many other numerous significant accomplishments. She briefed her journey from a college student to the current position i.e. Dean of GCE and Principal of GCY followed by an interaction with Dr.Ravneet Chawla. After the announcement of the topic of the webinar, Dr.Sapna Nanda began the talk including the following subtopics;

-overview of the major themes; Distribution of 'Regional Nutrition Kit' to Anganwadi beneficiaries of high burdened districts, Identification and severe Acute malnutrition children and distribution of nutritious food

-Highlights of **NNM 2021** (National Nutrition Month)-**Feeding smart right from the smart**

-The dietary goals of NNM and dietary guidelines

-The role of nutritionally adequate diet along with the concept and importance of **Balanced Diet**

-A variety of factors on which the diet of an individual depends

-Role of good nutrition for children and women

-Problems like, low birth rate, underweight, malnourished and anemia

-The concept of **Personalizing your Plate**

-followed by National Nutrition Week 2021 Quotes

The Webinar was further followed by an interactive session, where the speaker and the students interacted with each other and questions were very well dealt. Dr.Ravinder and Dr.Ravneet closed the session on a very healthy note and thanked Dr.Sapna Nanda for joining as well as sharing her views on the concerned topic.







Report on Hindi Diwas Celebration- September 14, 2021

Hindi Language-just as its name is as jingling as a music to the ears when heard, powerful, mighty and having a sense of belongingness when spoken and as mesmerizing when written. The Constitution of India adopted and gave the status of the ‘Official Language to Hindi’ on 14 September 1949. From that day onwards – 14 SEP is celebrated every year as the ‘HINDI DIWAS’. The NSS Unit of Government College of Education, Sector 20 D, Chandigarh organized an Enlightening, Magnetic and Informative “WEBINAR” on “Celebrating **HINDI DIWAS** to mark the need, uses, importance and virtue of our (Matribhasha HINDI) which is the need of this hour now and always, inviting the staff and students of the entire GCE College. GCE, Sector 20, Chandigarh is a pre-eminent and leading foremost educational institution for teacher education in Northern India, located in the city beautiful- Chandigarh, India. It is the single teacher education college functioning under the Government Sector, affiliated with the Punjab University, Chandigarh. Dr Dipanshu Sharma, Assistant Professor warmly welcomed the Head of our Institution Dr. A.K Srivastava who very precisely and deeply made everyone aware about the Importance of Hindi Language and its widespread coverage in our daily life ranging from Indian films to television- Hindi is the most widespread used and loved language by the masses. Sir further explained that Hindi language is widespread not only in India but also in other countries of the world like Sumatra, Malaysia, etc. With widespread globalization and increase in trade, a new version of Hindi has arrived with the name of – “HINGLISH” helping the various countries of the world to communicate with each other. Further stressing importance on The Importance of Hindi , he also stressed that 10-12 states of India like Arunachal Pradesh, Himachal Pradesh have their ‘Rajbhasha as Hindi’ and Hindi is not only great as a language but also has a vast and great and rich literature like Ramayana, poems of ‘ Shri Ramdhari Singh Dinkar’who was also seen as a National poet in Hindi due to his rich and great contributions to the Hindi Literature. Hindi is the language of the common masses, each and every one whether literate or not is able to understand Hindi language easily and without any difficulty. Sir further explained the journey of the origin of the Hindi language and its usage in Vedic and Sanskrit also stressing the importance and pride of the HINDI LANGUAGE. Principal congratulated Dr. Kusum for organizing an essay writing competition on the eve of Hindi Diwas. Dr. Kusum announced the name of winners and also gave best wishes for the Hindi Diwas. Dr. Sheojee Singh congratulated the NSS cell of the college for organizing a webinar on the occasion of Hindi

Diwas and also motivated the faculty and students to use the Hindi language in day to day life.

Further honorable Principal Sir made the entire GCE pledge that “We all would try to use Hindi as our language for day to day work and give it as much respect and pride that it needs” and congratulated the winners of the students who won participated in the essay writing competition.

Principal concluded his speech by congratulating the entire team of Program Coordinators; Dr Ravneet Chawla, Mr Ravinder Kumar, Dr Dipanshu Sharma, and for organizing the programme so well.

Dr Ravneet Chawla beautifully and energetically expressed herself and also shared her desire to learn as well as give exam of Hindi Language as Hindi was her second language in school time. Dr Ravneet Chawla also congratulated Prateeksha and Haridev (student repertoires of the event) and Bharat (the Student IT Coordinator) boosting the morale of the entire team.

Haridev at the end expressed vote of thanks on the behalf of all the students and pledged on behalf of all the students that we as students – the Youth will take the responsibility to protect our Hindi Language and Culture and take it forward always. Since it is now the responsibility of ‘WE – THE YOUTH’ to take the responsibility of taking our Hindi Language to great heights.

The programme concluded beautifully with all singing our National Anthem. The Webinar was indeed creative. Information – busted and full of enlightenment and brought before us all never known facts before us about our Hindi Language and boosted the morale of all to work for the encouragement and spread of Hindi Language and Culture and take it to great heights.

Glimpses :







Report on World Ozone Day Celebration

September 16, 2021

NSS CELL and PARIJAT ECO-CLUB of Government College of Education, Chandigarh observed “*World Ozone Day*” on 16th September 2021 through virtual mode. The theme of World Ozone Day for the Year 2021 is ‘Montreal Protocol-Keeping us, our food and vaccines cool’. The ozone layer act as an invisible shield which protect us from harmful ultra violet radiations from the Sun. It is very important to spread the information about this particular day in the community so that we can understand the importance of ecological balance and also the importance of nature for our survival on the planet earth.

The program was initiated by the NSS program officer Mr. Ravinder Kumar, who introduced the World Ozone Day and requested NSS Cell Incharge Dr. Ravneet Chawla to welcome the key note speaker and Principal of the college. She welcomed the Principal Dr. A.K. Srivastava and Dr. Anurag Sankhian (Associate Professor) and invited the Principal for welcome address. Principal Dr. A.K. Srivastava briefly explained the importance of World Ozone Day by explaining the harmful effects of Ozone Hole and also suggested the remedial measures to the faculty and students to overcome the Ozone depletion. All the faculty members and students of the college participated in the event. The event convener was Dr. Ravneet Chawla. Co-ordinators of the event were Mr. Ravinder Kumar, Dr, Dipanshu Sharma. Technical Assistance was given by Ms. Sonika Devi.

After the address of Principal the key note speaker of the day Dr. Anurag Sankhian delivered his presentation by thoroughly explaining the theme of World Ozone Day 2021. He explained about the Ozone layer, its depletion and ozone hole by describing various chemicals responsible for depletion of ozone layer. He also explained Montreal Protocol followed to protect the Ozone Hole leading towards the Harmful damage done by UV radiations to human health and well-being. He explained about the various policies and practices which are used to protect the Ozone layer. At the end he laid emphasis on the little bit efforts to be made by the youth and other members of the society to save our mother earth.

Dr. Ravneet Chawla gave concluding remarks and also invited the students for their questions and doubts. Students asked their questions and the key note speaker cleared their doubts. Dr. Dipanshu Sharma NSS Program Officer presented a documentary on World Ozone Day, which was very much appreciated by the faculty members and the students. At the end of the event Mr. Ravinder

Kumar invited Dr. Ravneet Chawla for vote of thanks. She paid her deep gratitude to the key note speaker of the day and also thanked all the faculty members and students for making this event successful.

Glimpses







Report on NSS DAY

September 24, 2021

NSS CELL of Government College of Education, Chandigarh celebrated “*NSS Day*” on 24th September 2021 by organizing Field Activity in the adopted village at Govt. High School Village Kajheri, Chandigarh. Poster making competition was organised for the students of 6th class to 10th class on the theme of NSS Day “*To develop students’ personality through community services as per the Gandhian vision*”. The sub-theme of poster making competition was “**निस्वार्थ जीवन आदर्श के रूप मे गाँधी जी**”. The main motto of the NSS is “**NOT ME BUT YOU**” which inspires us to serve the humanity with unconditional love and selflessness. Gandhi Ji the father of nation also quoted that “my national service is part of my training for freeing my soul from the bondage of the flesh”. The Patron of the program was Dr. A. K. Srivastava. The activity incharge were NSS Programme Officers Dr. Ravneet Chawla, Mr. Ravinder Kumar and Dr. Dipanshu Sharma. The students and the NSS volunteers have been having their final theory examinations since 15th September, 2021 and to be over on 30th September, 2021.

The program was initiated by the NSS Programme Officers Dr. Ravneet Chawla, Mr. Ravinder Kumar and Dr. Dipanshu Sharma along with the teachers of Govt. High School Village Kajheri, Chandigarh by introducing the NSS day with the theme of the competition. 50 students of class 6th to 10th were participated in the competition with full zeal, enthusiasm and interest. The NSS Cell of the college distributed drawing sheets, pencils, sharpeners, erasers and crayon colours to the participants.

The judges for the event were Ms. Meena (TGT, Fine Arts), Ms, Sailndary (Drawing Teacher) and Dr. Dipanshu Sharma (Assistant Prof.). Sangeeta from class 10th B got first prize, Khushboo from class 10th A got second prize and Himanshu from class 8th B got third prize. The School had special invitees from the CCPCR while observing Kala Diwas of the School. Mrs. Harjinder Kaur Chairperson, CCPCR and Sh. Chanchal Singh former Deputy Director, Member CCPCR distributed the prizes for various events. The NSS Program Officers of the College were appreciated by the chairperson for conducting the poster making on the relevant theme. She handed over the prizes to the event winners also. The Principal of Govt. High School Village Kajheri, Chandigarh, Mrs. Gurmeet Kaur applauded the efforts and enthusiasm of the college team.

Glimpses of the result



The NSS Incharge Dr. Ravneet Chawla, congratulated all the participants and the winners on behalf of NSS Cell and College. She thanked the Headmistress and Teachers of the school for their valuable time, support and help for making the event successful.

Glimpses





CLEAN INDIA PROGRAMME 2021

Report – 11 Oct, 2021

NSS Cell of Government College of Education ,Sector- 20 D Chandigarh organized Clean India Programme for B.Ed 3rd sem students under the guidance of the Principal Dr. A.K. Srivastva and NSS Programme Officers, Dr. Ravneet Chawla , Dr. Dipanshu Sharma and Mr Ravinder Kumar.

The members of the NSS were divided into groups, places were allotted to the respective groups by NSS President, Bharat Sharma and Vice President, Chetan Kumari

The first group was taken over by Group Leader Mitanksha Taneja and the members of the group were Sakshi Poonia, Gunjot, Rajesh, Neha, Nisha. The place allotted to the first group was Library of the college. Members of the group went to the college at 9:00 AM and then they went to the Library of the college and there they were allotted various tasks of cleaning the library and also the task of arrangement of books. Group members under the leadership of group leader started the tasks like dusting the window panes, dusting the book shelves, dusting the table and arranging the books and the whole task was done under the instructions of Library Incharges and NSS Officers . The students participated enthusiastically and have learnt alot. Here are some glimpses-







REPORT ON INTERNATIONAL DAY OF THE GIRL CHILD

October 11, 2021

NSS CELL of Government College of Education, Chandigarh celebrated observed the International Day of The Girl Child. A panel discussion was organized by the college on the theme “Digital Generation ... Our Generation: A Reality Check”.

The panel discussion was initiated by the Principal Dr. A.K. Srivastava, and was take up by the NSS Programme officers: Dr. Ravneet Chawla Mr. Ravinder Kumar, Dr. Dipanshu Sharma along with Student-Co-ordinators Bharat Sharma (NSS President) Mitanksha Taneja (NSS Group Leader) , Suchita Aggarwal (NSS Member), Sakshi Poonia (NSS Member), Jyoti (NSS Member), Gunjot Kaur (NSS Member) and Anshul Rana (NSS Member).

The discussion was begun by Dr Ravneet Chawla by introducing the program and its theme to the audience. She invited Dr. A K Srivastava principal of the college to present his views on the theme of the day. Principal briefed about the achievements Glory and proud that girls are bringing to the nation. He reinforced that when a girl is educated the whole family is educated and highlighted many such points that signified the importance of a girl child in a family as well as in our society.

Dr Ravneet Chawla further invited the special guest Mrs Tejinder Kaur, TGT from Government Model High School, Sector 34, Chandigarh. She described how and what role does a girl child have in a society. She described that how girls are still discriminated and how they are considered less powerful than a male child. She shared incidents where some girls were forced to drop out of the school after they completed their 10th standard or before, during the pandemic. The situation needs a drastic change and equality has to be brought in by each and every one. Now that the girls are coming out of their comfort zone and thinking out of the box, the society needs to help them and support them further so that they feel confident and empowered.

Naina a school student came on the camera and described how difficult it has been for the students to cope up with the current need of digitalization in this on-going pandemic regarding difficulty of attending classes via online mode as they have very limited digital resources at home. She was also very ambitious and expressed about her dream of becoming a police officer, an ACP, in future.

Mr.Ravindra Kumar, NSS programme officer explained the importance of equality, which begins in taking up equal roles in each and every task of their day to day life. It is not only a woman's responsibility to carry out the household chores.

Ms. Suchita Agrawal emphasized that a girl child should be independent and courageous in her life. Likewise opportunities should be created by the parents and educational programs.

Dr. Dipanshu Sharma shared his thoughts on how a girl should be given opportunities to pursue higher education and accomplish bigger dreams and ambitions, as, when a girl becomes much more independent and courageous she would be able to motivate others as well.

Mr. Bharat Sharma, NSS President and student coordinator presented that a woman should be highly equipped with the knowledge of various ongoing trends as well as she should be digitally empowered.

Ms.Mitanksha Taneja shared empowering views while sharing the initiatives she takes to build women and girls in her surroundings which inspired her peers. Ms. Sakshi Poonia gave a thought on a very alarming topic that is how a male should respect a woman and should change their shrunken thinking towards female. Then Ms.Gunjot Kaur gave her thoughts on this very topic and the panel discussion ended on the remarks and feedback of Mr. Anshul Rana. At the end NSS incharge Dr. Ravneet Chawla thanked the Principal, faculty members and students for their present and making the event successful.

Glimpses







GOVERNMENT COLLEGE OF EDUCATION
SECTOR-20D, CHANDIGARH



7 Days NSS Special Camp

Swachh Bharat Abhiyan Aur Jal Sanrakshan Abhiyan

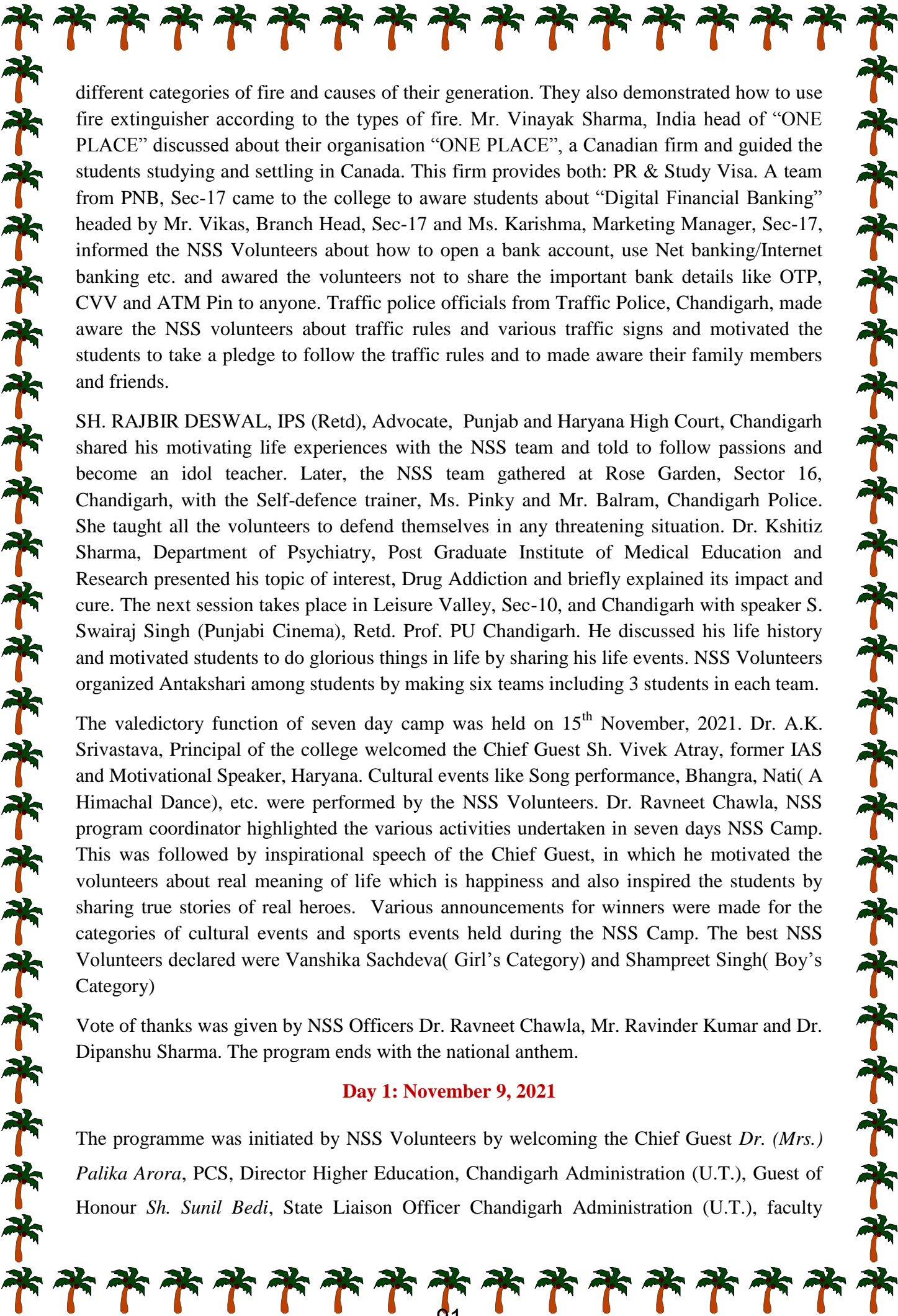
Brief Report of the 7 days special NSS Camp

(09-11-2021 to 15-11-2021)

NSS cell of Government College of Education, Sec-20D, Chandigarh organised a 7 day NSS Special Camp on the theme of “Swachh Bharat Abhiyan Aur Jal Sanrakshan Abhiyan” from November 9, 2021 to November 15, 2021. The main motto of the NSS is “NOT ME BUT YOU” which inspires us to serve the humanity with unconditional love and selflessness. Gandhi Ji the ‘father of nation’ also quoted that “my national service is part of my training for freeing my soul from the bondage of the flesh”. Seven days special NSS camp started with inauguration of the camp by inaugural lecture by NSS Incharge Dr. Ravneet Chawla. Seven days special NSS Camp was inaugurated by the Chief guest Dr. Palika Arora, DHE, Chandigarh Administration and State Liaison Officer Sh. Sunil Bedi, Guest of Honor. All next six days of the special NSS Camp started with yoga session guided by the yoga expert Dr. Mohinder Pratap from GCYEH, Sec-23, Chandigarh. All the volunteers along with three NSS programme officers: Dr. Ravneet Chawla, Dr. Dipanshu Sharma and Mr. Ravinder Kumar got the benefit of this session. Participants found the session very useful, relaxing and energizing. Dr. Mohinder Pratap, Yoga expert, GCYEH, Sec -23, Chandigarh talked about the importance of Yoga in our daily life. Dr. Ravneet Chawla, NSS Incharge described the values of NSS Volunteers. Group division and assignment of various duties was done by *Mr. Ravinder Kumar* and *Dr. Dipanshu Sharma*.

Ms. Rachita Gupta, State Coordinator, Bachpan Bachao Andolan & Kailash Satyarthi Children’s Foundation-NGO trained the volunteers on use and provisions in the POCSO Act, 2012. Important global concern regarding ‘Water Management: Issues & Challenges’ was taken by a prominent environment scientist Dr. Suman Mor, Assistant Professor, Department of Environment Studies, Panjab University, Chandigarh. A slogan writing Competition was conducted on the themes Drug addiction, *Swachta Abhiyan aur Jal Sanrakshan*.

On 11th of November, all NSS volunteers along with the incharges Dr. Ravneet Chawla, Dr. Dipanshu Sharma and Mr. Ravinder Kumar went to the Government High School, Kajheri, adopted village, Sector 52, Chandigarh and made aware the students about Sanitation, Covid-19, Water Conservation, Malaria and Dengue. Mr. Sunil Kumar and Mr. M.S. Lubana, leading fire fighters from Chandigarh Administration, Chandigarh informed about the



different categories of fire and causes of their generation. They also demonstrated how to use fire extinguisher according to the types of fire. Mr. Vinayak Sharma, India head of “ONE PLACE” discussed about their organisation “ONE PLACE”, a Canadian firm and guided the students studying and settling in Canada. This firm provides both: PR & Study Visa. A team from PNB, Sec-17 came to the college to aware students about “Digital Financial Banking” headed by Mr. Vikas, Branch Head, Sec-17 and Ms. Karishma, Marketing Manager, Sec-17, informed the NSS Volunteers about how to open a bank account, use Net banking/Internet banking etc. and awared the volunteers not to share the important bank details like OTP, CVV and ATM Pin to anyone. Traffic police officials from Traffic Police, Chandigarh, made aware the NSS volunteers about traffic rules and various traffic signs and motivated the students to take a pledge to follow the traffic rules and to made aware their family members and friends.

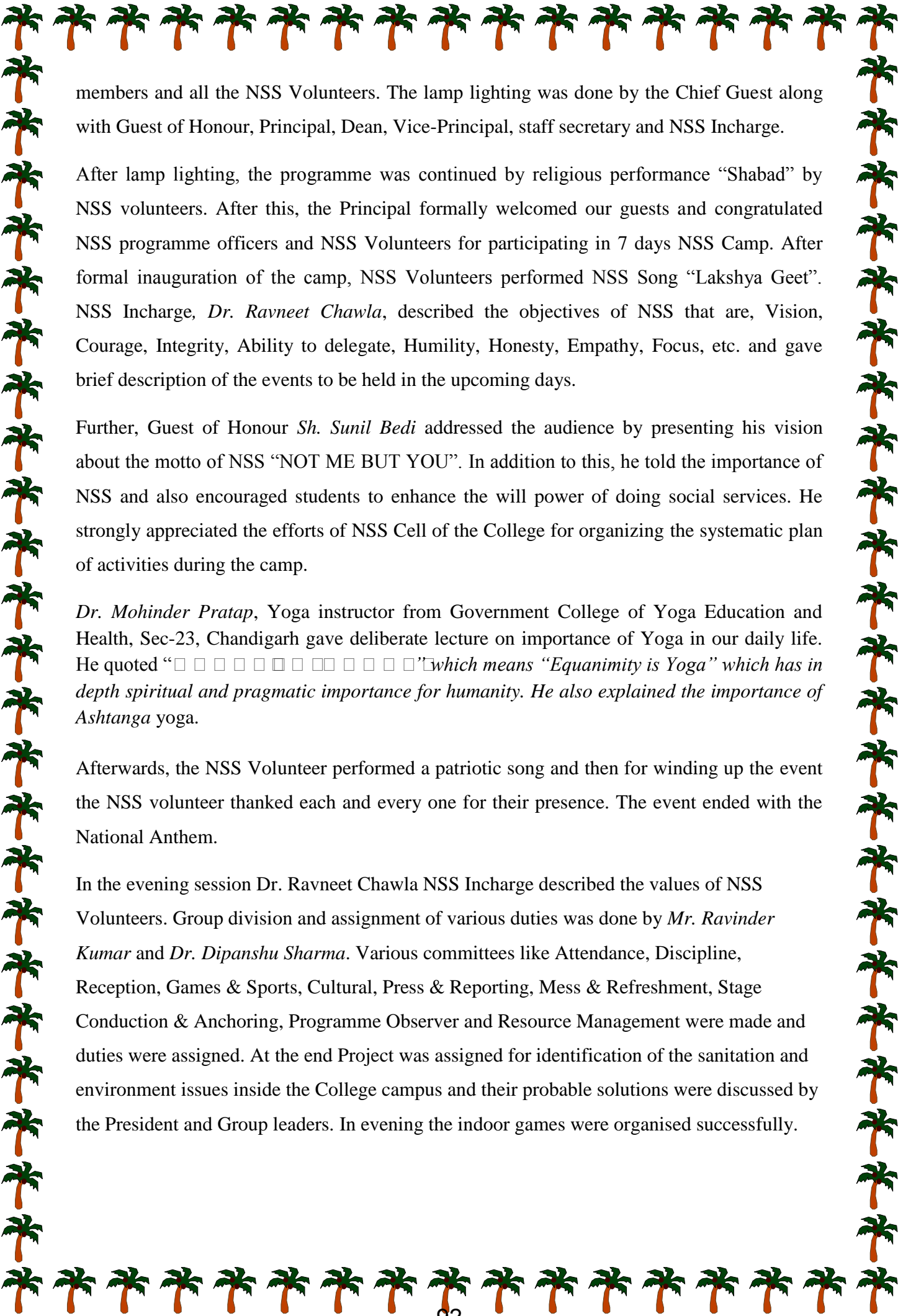
SH. RAJBIR DESWAL, IPS (Retd), Advocate, Punjab and Haryana High Court, Chandigarh shared his motivating life experiences with the NSS team and told to follow passions and become an idol teacher. Later, the NSS team gathered at Rose Garden, Sector 16, Chandigarh, with the Self-defence trainer, Ms. Pinky and Mr. Balram, Chandigarh Police. She taught all the volunteers to defend themselves in any threatening situation. Dr. Kshitiz Sharma, Department of Psychiatry, Post Graduate Institute of Medical Education and Research presented his topic of interest, Drug Addiction and briefly explained its impact and cure. The next session takes place in Leisure Valley, Sec-10, and Chandigarh with speaker S. Swairaj Singh (Punjabi Cinema), Retd. Prof. PU Chandigarh. He discussed his life history and motivated students to do glorious things in life by sharing his life events. NSS Volunteers organized Antakshari among students by making six teams including 3 students in each team.

The valedictory function of seven day camp was held on 15th November, 2021. Dr. A.K. Srivastava, Principal of the college welcomed the Chief Guest Sh. Vivek Atray, former IAS and Motivational Speaker, Haryana. Cultural events like Song performance, Bhangra, Nati(A Himachal Dance), etc. were performed by the NSS Volunteers. Dr. Ravneet Chawla, NSS program coordinator highlighted the various activities undertaken in seven days NSS Camp. This was followed by inspirational speech of the Chief Guest, in which he motivated the volunteers about real meaning of life which is happiness and also inspired the students by sharing true stories of real heroes. Various announcements for winners were made for the categories of cultural events and sports events held during the NSS Camp. The best NSS Volunteers declared were Vanshika Sachdeva(Girl’s Category) and Shampreet Singh(Boy’s Category)

Vote of thanks was given by NSS Officers Dr. Ravneet Chawla, Mr. Ravinder Kumar and Dr. Dipanshu Sharma. The program ends with the national anthem.

Day 1: November 9, 2021

The programme was initiated by NSS Volunteers by welcoming the Chief Guest *Dr. (Mrs.) Palika Arora*, PCS, Director Higher Education, Chandigarh Administration (U.T.), Guest of Honour *Sh. Sunil Bedi*, State Liaison Officer Chandigarh Administration (U.T.), faculty



members and all the NSS Volunteers. The lamp lighting was done by the Chief Guest along with Guest of Honour, Principal, Dean, Vice-Principal, staff secretary and NSS Incharge.

After lamp lighting, the programme was continued by religious performance “Shabad” by NSS volunteers. After this, the Principal formally welcomed our guests and congratulated NSS programme officers and NSS Volunteers for participating in 7 days NSS Camp. After formal inauguration of the camp, NSS Volunteers performed NSS Song “Lakshya Geet”. NSS Incharge, *Dr. Ravneet Chawla*, described the objectives of NSS that are, Vision, Courage, Integrity, Ability to delegate, Humility, Honesty, Empathy, Focus, etc. and gave brief description of the events to be held in the upcoming days.

Further, Guest of Honour *Sh. Sunil Bedi* addressed the audience by presenting his vision about the motto of NSS “NOT ME BUT YOU”. In addition to this, he told the importance of NSS and also encouraged students to enhance the will power of doing social services. He strongly appreciated the efforts of NSS Cell of the College for organizing the systematic plan of activities during the camp.

Dr. Mohinder Pratap, Yoga instructor from Government College of Yoga Education and Health, Sec-23, Chandigarh gave deliberate lecture on importance of Yoga in our daily life. He quoted “□ □ □ □ □ □ □ □ □ □ □ □” which means “Equanimity is Yoga” which has in depth spiritual and pragmatic importance for humanity. He also explained the importance of Ashtanga yoga.

Afterwards, the NSS Volunteer performed a patriotic song and then for winding up the event the NSS volunteer thanked each and every one for their presence. The event ended with the National Anthem.

In the evening session Dr. Ravneet Chawla NSS Incharge described the values of NSS Volunteers. Group division and assignment of various duties was done by *Mr. Ravinder Kumar* and *Dr. Dipanshu Sharma*. Various committees like Attendance, Discipline, Reception, Games & Sports, Cultural, Press & Reporting, Mess & Refreshment, Stage Conduction & Anchoring, Programme Observer and Resource Management were made and duties were assigned. At the end Project was assigned for identification of the sanitation and environment issues inside the College campus and their probable solutions were discussed by the President and Group leaders. In evening the indoor games were organised successfully.

Photograph 1:

Lamp Lighting by Chief Guest, Guest of honour, Principal, Dean and Staff Secretary



Photograph 2:

NSS Song performance by NSS Volunteers



Photograph 3:

Shabad performance by NSS Volunteers



Photograph 4:

All the guest in inauguration session of 7 days special NSS Camp



Photograph 5:

Session on Legal Awareness



Photograph 6:

Group division and assignment of various duties among NSS Volunteers



Photograph 7:

Address by NSS Incharge, Dr. Ravneet Chawla





Day 2: November 10, 2021

The day two began with Yoga Session with Dr.Mohinder Pratap, Yoga Expert, GCYE-23, Chandigarh. All volunteers participated with full sincerity and calmness in the natural outdoor environment following the trainer step by step. Various Yoga asanas like Kapalbhathi, Surya namaskar, Tadasana, etc. were introduced with description.

After breakfast, Dr. Ravneet Chawla, NSS Incharge welcomed Ms.Rachita Gupta, State Coordinator, Bachpan Bachao Andolan & Kailash Satyarthi Children's Foundation-NGO. She trained the volunteers on use and provisions in the POCSO Act, 2012. She shared some pertinent cases about various offences and the serious consequences that both the victim and the offender have gone through. She sensitized the listeners on picking up signs of abuse and the trauma they could be facing. Helpline number, concerns on human trafficking, cases at work places/educational institutions, reporting ethics and integrity were some other aspects that she deliberated upon.

Related to the theme of the camp and important global concern regarding 'Water Management: Issues & Challenges' was taken by a prominent environment scientist Dr. Suman Mor, Assistant Professor, Department of Environment Studies, Panjab University, Chandigarh . She shared scientific data and the actual water situation in our country as well as the whole world and awakened the youth on early and urgent action the can take to take along the society and respect this natural resource with judicial use, contribute to green environment, possibly record their daily use in a diary and reflect on all of these to be the ambassadors of water conservation.

The post session was Slogan writing Competition: Drug addiction, *Swachta Abhiyan aur Jal Sanrakshan*. Student made their creative expressions which will be judged by senior members of the college.

This was followed by Relaxation Therapy by Dr.Ravneet Chawla who through guided meditation led the team of volunteers to total feel of being de-stressed and rejuvenated. A volunteer from M.Ed, Abha Thakur joined in with musical rejuvenation led by her as a peer choreographer.

This was followed by heat of game in Hostel by residents of the College.

Photograph 2:

POCSO Act Training by Ms. Rachita Gupta



Photograph 1.1:

Morning Yoga Session



Photograph 4:

Relaxation Therapy by Dr. Ravneet Chawla



Photograph 3:

Lecture of water management by Dr. Suman Mor



Photograph 5.2:

Heat of games



Photograph 5.1:

Heat of games



Day 3: November 11, 2021

The third day began with Yoga Session with Dr.Mohinder Pratap, Yoga Expert, GCYE-23, Chd. All volunteers participated with full sincerity and calmness in the natural outdoor environment following the trainer step by step. Various Yoga asanas like Kapalbhathi, Surya namaskar, Tadasana, etc. were introduced with description.

After breakfast, the NSS volunteers along with the incharges Dr. Ravneet Chawla, Dr. Dipanshu Sharma and Mr. Ravinder Kumar went to the Government High School, Kajheri, adopted village, Sector 52, Chandigarh. In the school, the school principal was glad and appreciated the volunteers for their visit. NSS volunteers cleaned the school campus and the went to various classes and made aware the students about Sanitation, Covid-19, Water Conservation, Malaria and Dengue. They were taught to take precautions like keeping their surroundings clean, use dustbin, to always wear masks and not to waste water. They prepared different types of flashcard, charts and other visual aids for this awareness campaign.

The post session was with Mr. Sunil Kumar and Mr. M.S. Lubana, leading fire fighters from Chandigarh Administration, Chandigarh. In this session, the volunteers were informed about the different categories of fire and causes of their generation. They also demonstrated how to use fire extinguisher according to the types of fire. Later, they gave live demonstration and used various types of water vessels to be used according to the situation. They also gave opportunity to the NSS Volunteers to perform all the actions required at the time of fire at our workspaces, home etc.

This was followed by heat of game in Hostel by residents of the College.

Photograph 1:

Morning Yoga Session



Photograph 2.1:

Visit to Government High School, kajheri



Photograph 2.2:

Visit to Government High School, kajheri



Photograph 3:

NSS Volunteers during cleanliness drive



Photograph 4:

Lecture by fire officers on method of fire fighting



Photograph 5:

Lecture by fire officers on method of fire fighting



Day 4: November 12, 2021

Like third day, fourth day also began with Yoga Session with Dr.Mohinder Pratap, Yoga Expert, GCYE-23,CHD. All volunteers participated with full sincerity and calmness in the natural outdoor environment following the trainer step by step.

After breakfast, in auditorium Mr. Vinayak Sharma, India head of ONE PLACE discussed about their organisation "ONE PLACE", a Canadian firm and guided the students studying and settling in Canada. This firm provides both: PR & Study Visa. This firm helps in taking admissions in various colleges situated in different cities of Canada. "One Place" ensures that it is a one stop solution for all Educational and Career needs in Canada.

A team from PNB, Sec-17 came to the college to aware students about “Digital Financial Banking”. The team was headed by Mr. Vikas, Branch Head, Sec-17 and Ms. Karishma, Marketing Manager, Sec-17. Ms. Karishma informed the NSS Volunteers about how to open a bank account, use Net banking/Internet banking etc. She made aware the volunteers not to share the important bank details like OTP, CVV and ATM Pin to anyone.

The post session was continued by Traffic police officials from Traffic Police, Chandigarh. They made aware the NSS volunteers about traffic rules and various traffic signs. They showed various videos and clips related to the road accidents, and with example showed the importance of helmet, and safety instruments like seat belts etc. In the end Chandigarh Traffic Police officials motivated the students to take a pledge to follow the traffic rules and to made aware their family members and friends. At the end of the session Dr. Ravneet Chawla, Mr. Ravinder Kumar and Dr. Dipanshu Sharma thanked the Police Officials and NSS Volunteers for their active Participation.

This was followed by heat of game in Hostel by residents of the College.

Photograph 1.1:

Morning Yoga Session



Photograph 2:

Mr. Vinayak Sharma, from One Place Agency



Photograph 3.1:

Team from PNB Bank, to talk on digital banking



Photograph 3.2:

Session on digital banking



Photograph 4:

Taking pledge on Traffic rules and regulations



Photograph 4:

Chandigarh Traffic police offices to talk on Traffic rules and regulations



Day 5: November 13, 2021

The day began with the Yoga expert, Dr. Mohinder Pratap, GCYE-23. He discussed about having healthy balanced diet and seasonal fruits only which have the health boosting quality and also to avoid hybrid fruits and vegetables. He also told to eat every meal at a fixed time. He asked to drink water that is stored for at least 24 hrs. in copper containers.

The next online session started with SH. RAJBIR DESWAL, IPS (Retd), Advocate, Punjab and Haryana High Court, Chandigarh. He is presently posted as Addl. DGP, Human Rights & Litigation, Haryana. Despite contributing in the field of police service and getting national and international recognition. He also possesses numerous traits of being an author, columnist, artist and an administrator. He has won many awards and citations such as

President of India's Police Medal for Distinguished Services 2016, President of India's Police Medal for Meritorious Services 2008, Pandit Lakshmi Chand Award of Haryana Sahitya Akademi 2010 and many more. He shared his motivating life experiences with the NSS team and told to follow passions and become an idol teacher. According to him, a teacher is one who uses his/her creativity to provoke students in every field.

After this, at 11:20 AM, all the NSS volunteers gathered at Rose Garden, Sector 16, Chandigarh. The NSS incharge, Dr. Ravneet Chawla introduced the Self-defence trainer, Ms. Pinky and Mr. Balram, Chandigarh Police to the volunteers. Ms. Pinky told to be courageous in all kinds of situations and not to lose temper. She then told about weak and strong body parts to attack knowingly. She demonstrated how to break the one and two hand grip, knee attack, kicks and attacks on face and many more self-defence techniques. This way she taught all the volunteers to defend themselves in any threatening situation. She also told to remember women and child, police and ambulance helpline numbers for emergency use and informed about Chandigarh police "Pick and Drop Service".

The last session was with Dr. Kshitiz Sharma, Department of Psychiatry, Post Graduate Institute of Medical Engineering and Research in which he presented his topic of interest, Drug Addiction. Firstly, he explained the actual meaning of drug addiction and its impact on family and social life. Secondly, he discussed that how movies, TV and social media have been promoting drugs addiction habits among youth. He also listed many risk factors for Developing Addiction like impulsivity, low self-esteem, mood disorders, anti-social behaviour, poor emotional control, etc. He also informed about how one can help the drug addicted person by taking him to the rehab centre, Drug De-Addiction & Treatment Centre, PGI, Chandigarh. In addition to this, various campaigns are being organized in schools, hospitals and universities to aware people about the life taking drug addiction.

Photograph 1:

Motivational talk by Mr. Rajbir Deswal, former IPS Officer



Photograph 2.1:

Defence training by Chandigarh Police in Rose Garden



Photograph 2.2:



Photograph 3:

Dr. Kshitiz Sharma, special talk on Drug Addiction



Day 6: November 14, 2021

The day 6 began with an online session with Yoga expert, Dr. Mohinder Pratap, GCYE-23. He discussed about how power of universe is related to yoga. He also told that how universe helps in making our life beautiful. He stated how our diet had impact on span of human life.

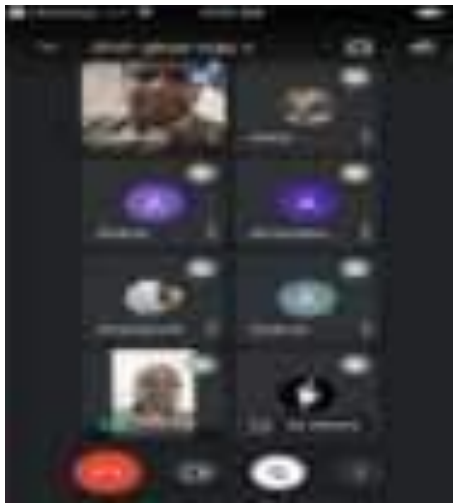
The next session takes place in Leisure Valley, Sec-10, Chandigarh with speaker S. Swairaj Singh (Renowned artist from Punjabi Cinema), Retd. Prof. PU Chandigarh. He discussed his life history with the NSS Volunteers. He motivated students to do glorious things in life by sharing his life events. He correlates his theatre experience with normal life lessons. He added that everyone played a role of an actor in his daily routine. He said that everyone had a hidden talent which should be nourished and polished by her parents, mentors, teachers, etc.

NSS Volunteers organized Antakshari among students. Every student takes part joyfully. In game of Antakshari, there were six teams, having 3 members in each team. There were three rounds each round has different rules and conditions. Finally three teams were selected for the final round out of which one team becomes the winner of the antakshari contest. NSS Programme officers appreciated the participation of the NSS volunteers and gave them best wishes for upcoming activities.

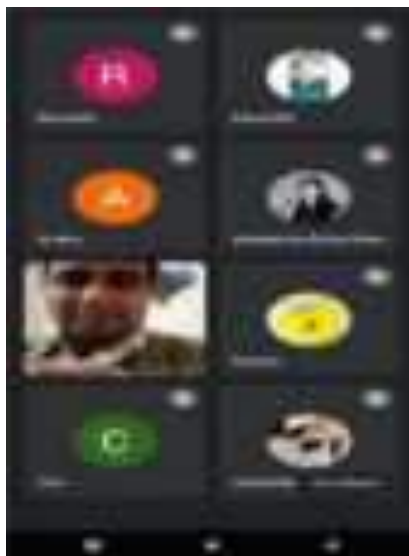
And the day ends with heat of games in Hostel by college residents.

Photograph 1.1:

Online Morning Yoga Session



Photograph 1.2:



Photograph 2.1:

Motivational talk by S. Swaraj Singh



Photograph 2.2:



Day 7: November 15, 2021

The day 07 began with a Yoga session with Yoga expert, Dr. Mohinder Pratap, GCYE-23. . All volunteers participated with full sincerity and calmness in the college auditorium following the trainer step by step.

Guest speaker Mr. Samarth Sharma, Consultant, MGNCRE, Ministry of Education, GOI expressed his views on hygiene and sanitization. He told not to waste water and potable water should be given to the plants. He told that Swachh Bharat Mission is not only to clean but it also includes greenery. So we should plant more and more trees and take proper care of them.

Dr. Prabhjot Malhi, Prof. Child Psychology Department, PGIMER, Chandigarh discussed about wellbeing and health of children. She explained the various methods and techniques of diagnosing the psychological problems of the school going children, so that teacher can treat them properly to make teaching learning process more effective and interesting.

The chief guest for Valedictory Function of 7 days special NSS Camp was Mr. Vivek Atray, former IAS, Motivational speaker. He talked about real meaning of life which is happiness and also inspired the students by sharing true stories of real heroes. He also said that it is very important to be mentally strong, we should stop overthinking, live in the present and girls are superior to boys. He asked to do meditation, read scriptures and be calm, strong and thankful.

Valedictory function was started with the NSS Song presented by NSS Volunteers. Experiences of 7 days NSS camp were shared by two volunteers. The eye catching moments were Himachali Nati, Bhangra and Song performances by NSS Volunteers. NSS Camp Concluding report was presented by the NSS Incharge Dr. Ravneet Chawla. Prizes for various events held during the camp were announced and all the winners were appreciated by the chief guest and other dignitaries on the stage. Principal Dr. A.K. Srivastava congratulated the NSS Cell of the College for successful completion of the 7 days special NSS camp and

also motivated the NSS Volunteers to perform with full enthusiasm and zeal for upcoming activities.

Vote of thanks was given by NSS Officers Dr. Ravneet Chawla, Mr. Ravinder Kumar and Dr. Dipanshu Sharma. The program ends with the national anthem.

Photograph 1:

Welcome of Chief Guest, Mr. Vivek Atray for Valedictory function



Photograph 2:

Lecture by Dr. Prabhjot Malhi on Child psychology



Photograph 3:

Lecture by Mr. Samarth Sharma on hygiene and sanitization



Photograph 4:

Valedictory function of 7 days NSS special Camp



Photograph 5:

Valedictory function of seven days special NSS Cam,



Photograph 5:

Address by Sh. Vivek Atray



Photograph 6:

Bhangra performance by NSS Volunteers



Photograph 6:

Nati performance by NSS Volunteers





1 Day NSS Camp 25th NOVEMBER 2021

Report

Theme: Constitution Day

NSS cell of Government College of Education, Sec-20D, Chandigarh organised One day NSS Camp on the theme of “Constitution Day” on November 25, 2021. The main motto of the NSS is “**NOT ME BUT YOU**“ which inspires us to serve the humanity with unconditional love and selflessness. Gandhi Ji the ‘Father of nation’ also quoted that “My national service is part of my training for freeing my soul from the bondage of the flesh”. The Patron of the program was Dr. A. K. Srivastava. The activity incharges were NSS Programme Officers Dr. Ravneet Chawla, Mr. Ravinder Kumar and Dr. Dipanshu Sharma.

The day began with a poster making competition on the theme “No plastic use”. All NSS Volunteers participated with full enthusiasm. Student made their creative expressions through the posters. NSS Programme officers appreciated the participation of the NSS volunteers and gave them best wishes for upcoming activities of the day. First prize was attained by Simran B.Ed Semester 1st. Second prize was shared by Kunsang and Sahil and third prize was shared by Sheron and Nidhi. Consolation prize was given to Vijay Laxmi and Monika for their active participation.

NSS Song “Lakshya Geet” was sung by NSS Volunteers before starting the technical sessions. Dr. Ravneet Chawla formally welcomes speaker Dr. Renu Somal, Former Head, Dept. of Psychology, PGGCG-11, Chandigarh. Dr. Nisha Singh from extension lecture committee introduced the speaker and invited her for her valuable speech. Dr. Renu Somal talked about student teacher interaction. She also tells about Value education and responsibility of teachers towards students regarding empathy and consideration and being non-judgemental and no verbal abuse.

After that next speaker, Dr. Harman Shergill Sullar, Member District Consumer Disputes Redressal Commission, Patiala delivered a Lecture on *Right to Education Act, 2009* under the constitution of India. She asked about evolution in India from British Rule to Post Independence period. She also tells volunteers about various Supreme Court Cases related to education.

Post session of the camp was dedicated to sports activities. Cricket match was organised for NSS Volunteers bearing two teams: Team A and Team B. Captain of team A was Shampreet Singh and Captain of team B was Stanzin. Team A was the winner by 4 wickets. At the end Dr. Dipanshu Sharma extended a vote of thanks. Mr. Ravinder Kumar congratulated the winning team and also thanked all the NSS Volunteers for active participation in the Camp.





Awareness Drive for MC Election-2021

Report

December 13, 2021

The strength of democracy lies in the participation of the citizens in the electoral process. Being a citizen, one can contribute a lot by spreading the awareness in the community about the importance of public participation in the voting process. To spread awareness about the “Franchise to Vote”, Municipal Corporation, Chandigarh organised an awareness drive in which NSS Volunteers of Government College of Education, Sec-20D, Chandigarh took an initiative to serve the community.

In the morning, the NSS volunteers gathered in college ground for awareness drive in Kajheri village, Sec-52, Chandigarh. Respected Principal, Dr. A.K. Srivastava gave instructions to NSS volunteers for the drive and also to follow COVID-19 norms. NSS Incharge, Dr. Ravneet Chawla and NSS programme officers, Dr. Dipanshu Sharma & Mr. Ravinder Kumar along with all volunteers went to Kajheri village.

In Kajheri, everyone gathered in the Government High School, Kajheri, Sec-52, Chd. A few volunteers went to the nearby areas where they met local residents and spread awareness about the importance of casting a vote. They also distributed the badges illustrating their right to vote. Rest of the volunteers went to the various classrooms to convey the message of importance of vote and told the students to convey this message to their parents and elders as well.

Glimpses:





**REPORT ON THREE DAYS CAMPAIGN ON ELCTION AWARENESS
PROGRAMME HELD FROM DEC 13-15, 2021**

DECEMBER 15, 2021

The NSS Cell of the Government College of Education Sector 20-D, Chandigarh designed and executed a holistic programme to involve the Electoral Club of the college, the NSS Volunteers, the ELC Students Executive and its stakeholders. Community members from the NSS adopted village were involved also. The NSS Program Officer, Dr. Ravneet Chawla attended the state level meeting led by the Joint Director; a suitable plan was submitted to the higher office as desired. The same was executed as follows:

Day 1: Dec 13, 2021

In the morning, the NSS volunteers gathered in college ground for awareness drive in Kajheri village, Sec-52, Chandigarh. Principal, Dr. A.K. Srivastava gave instructions to NSS volunteers for the drive and also to follow COVID-19 protocols during the awareness campaign. NSS Incharge, Dr.Ravneet Chawla and NSS programme officers: Dr.Dipanshu Sharma & Mr.Ravinder Kumar along with all volunteers went to Kajheri village.

In Kajheri, everyone gathered in the Government High School, Kajheri, Sec-52, Chd. A few volunteers went to the nearby areas where they met local residents and spread awareness about the importance of vote. They also distributed the badges illustrating the importance of vote. NSS volunteers went to the various classrooms of the adopted school to convey the message of importance of vote and told the students to convey this message to their parents, elders, relatives and neighbours.

Glimpses:-





Day 2 Dec 14, 2021

Electoral Literary Club organized a poster making competition on the theme “Utho Jao Vote Karo”- “Vote You must be a proud voter” from 9:40 AM to 11:00 AM. Two students from each Tutorial Group participated in the competition. The winners of the same are:

1st position: - Manisha- B.Ed.

2nd position: - Monika- B.Ed.

3rd position: - Tanuja- B.Ed.

Consolation prize: - Umisha Kalia- B.Ed.

The quiz competition was also organized by ELC. The quiz contains the questions related to election. The quiz was organized in blended mode from 11:30 AM to 12:15 PM. The winners of the same are:

1st position: - Tanuja- B.Ed.

2nd position: - Diksha- B.Ed.

3rd position: - Pooja- B.Ed.

Glimpses:-



Day 3 DEC 15, 2021

The NSS Cell organized an essay writing competition on the theme, “WHAT IF YOU DO NOT VOTE?” All the students of the college participated. The winners of the same are:

English: Ankita Ranout- B.Ed. (1st), Neha Yadav – M.Ed. (2nd), Pooja Devi- B.Ed. (3rd)

Hindi: Saroj Kumari- B.Ed. & Neha Sharma- B.Ed. (1st), Pooja Rani- B.Ed. (2nd), Sonam Bhatia- B.Ed.(3rd)

Punjabi: Tania Chadha- B.Ed. (1st), Ramanjeet kaur- B.Ed. (2nd), Priyanka Rani- B.Ed. (3rd)

An Election Awareness Rally was organized by ELC and NSS cell of the college. All the NSS volunteers along with NSS PO's and Faculty participated in the rally to spread awareness regarding right to vote. The people enroute were from residences, shopkeepers, vendors and general public. They were keen to read the playcards carried by the volunteers.

The three day awareness campaign was addressed by the principal of the college Dr. A.K. Srivastava who persuaded the students to carry on spreading the message of being a proactive member of the democratic opportunity to participate in the forthcoming elections. He appreciated the involvement of the NSS and ELC for awakening the masses with their focused drive under the guidance of the team leaders: Dr. Ravneet Chawla, Dr. Vijay Phogat, Mr. Ravinder Kumar and Dr. Dipanshu Sharma.

Glimpses:-



National Youth Day Celebration

January 12, 2022

NSS cell of Government College of Education, Sec-20D, Chandigarh organised an online panel discussion on the occasion of National Youth Day and Birth Anniversary of Swami Vivekanand ji with the theme “Swami Vivekanand Ji: The Youth and Future of India”. Dr. Ravneet Chawla, NSS programme officer welcomed the speaker, principal and all the NSS volunteers. Mr. Ravinder Kumar, NSS Programme Officer gave brief introduction about the event. The inauguration was done by respected Principal, Dr. A.K. Srivastava with a quote of Swami Vivekanand Ji. He further explained the importance of the day and motivated all the NSS volunteers to follow the philosophy and ideology of Swami Vivekanand in their daily life.

The speaker of the day, Dr. Sheojee Singh, Associate Prof., GCE-20D, Chandigarh, started the discussion with a quote of Swami Vivekanand and brief the idea and the importance of that quote to all the NSS volunteers beautifully. He highlighted the different aspects of the life of Swami Vivekanand and the impacts of those aspects in the field of education. He also motivated the pupil teachers to follow those philosophies of Swami Vivekanand to become an effective teacher. Some of the NSS volunteers also shared some quotes of Swami Vivekanand.

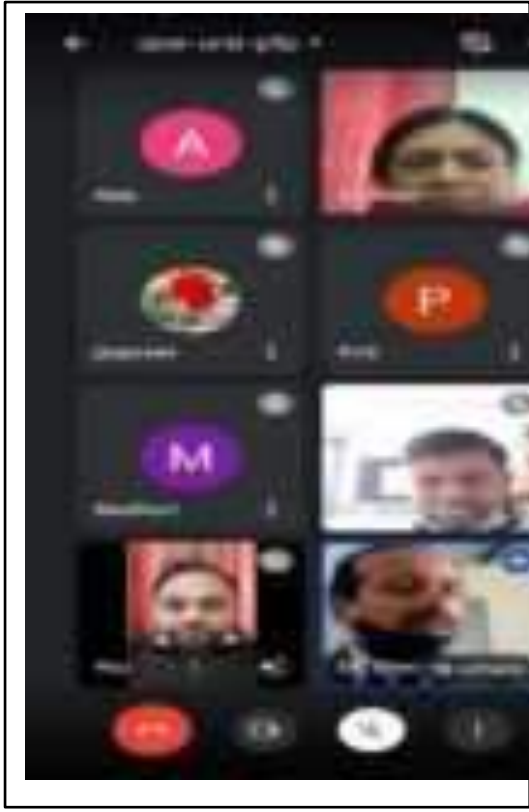
Dr. Dipanshu Sharma shared some real life experiences that were influenced by the ideology of Swami Vivekanand Ji. One of the NSS volunteer asked a question “Sometimes our ideology contradicts with the ideology of our parents or elders. So at that time how to understand the situation and handle it?”. Dr. Sheojee Singh explained the question very briefly and gave satisfactory response to the NSS Volunteer. Further discussion was carried out by Dr. Ravneet Chawla, Event Coordinator. She explained it very perfectly by giving real life examples on mental health of an individual. Also she highlighted the acceptance and forgiveness power of an individual in order to deal with this type of situation.

The event was concluded by Dr. Ravneet Chawla and vote of thanks was given by Mr. Ravinder Kumar.

In the day, the Principal, NSS Programme officers and the non-examinee students attended the Honourable Prime Minister’s inaugural address held virtually.

Glimpses:





NATIONAL GIRL CHILD DAY 24th January 2022

Report

NSS Cell of the college observed 'National Girl Child Day' on 24th JAN 2022. The oath taking ceremony on the given theme '**BETI BACHAO BETI PADHAO**' was held in a solemn manner with the students at the beginning of the webinar of the day '**Survival and Protection of the Girl Child**' from 10:30 am to 12:00pm. The Offline oath for the entire staff of the college was also taken at 12:00pm after conducting the webinar. The vice-principal Dr. Savita Arya of the college addresses the staff before the oath taking and the cause. The webinar today was on the topic '**Survival and Protection of the Girl Child**' for which the speaker was Ms. Rachita Gupta from Beti Bachao Andolan (Punjab) from the Kailash Satyarthi Organization.

The NSS Cell conducted the oath ceremony and the webinar; Dr. Ravneet Chawla, Mr. Ravinder Kumar & Dr. Dipanshu Sharma, NSS Programme officers organized, moderated & concluded the celebration of the day.







One Day NSS Camp (Leprosy Day)

Martyr's Day (Saheedi Diwas)

Report

January 30, 2022

NSS cell of Government College of Education, Sec-20D, Chandigarh organised one day NSS Camp to commemorate 'Martyr's Day/Leprosy Day' on January 30, 2022. An online talk to mark the death anniversary of Mohandas Karamchand Gandhi was organized for the NSS Volunteers. The theme of the talk was "***Inculcating the values of Gandhi Ji for character building among the Youth***". Dr. Dipanshu Sharma, NSS programme officer welcomed all the NSS volunteers, principal and speaker for the day. Dr. Dipanshu Sharma gave brief introduction about the day and explained the importance of Mahatma Gandhi Ji's views in Youth's life. Dr. A.K. Srivastava, Principal, GCE-20D, Chandigarh, addressed the volunteers regarding the theme. He further explained the importance of the day and motivated all the NSS volunteers to follow the philosophy and ideology of Gandhi Ji such as 'Truth' and 'Non-Violence' in their daily life. He also added that Gandhi Ji is not just a personality but an ideology which everyone should adopt in their lives.

As per the instructions from Chandigarh Administration, 2 minutes silence has been observed from 11:00 A.M. to 11:02 A.M. to commemorate the death anniversary of Mahatma Gandhi Ji.

The speaker of the day, Dr. Sheojee Singh, Associate Professor, GCE-20D, Chandigarh, started the discussion by describing the nursing character of Gandhi Ji. He highlighted the different aspects of the life of Gandhi Ji and the impacts of those aspects in the life of Youth. He also motivated the volunteers to follow those philosophies of Gandhi Ji to become an effective citizen. He also added that how Mohandas Karachand Gandhi become Mahatma Gandhi Ji.

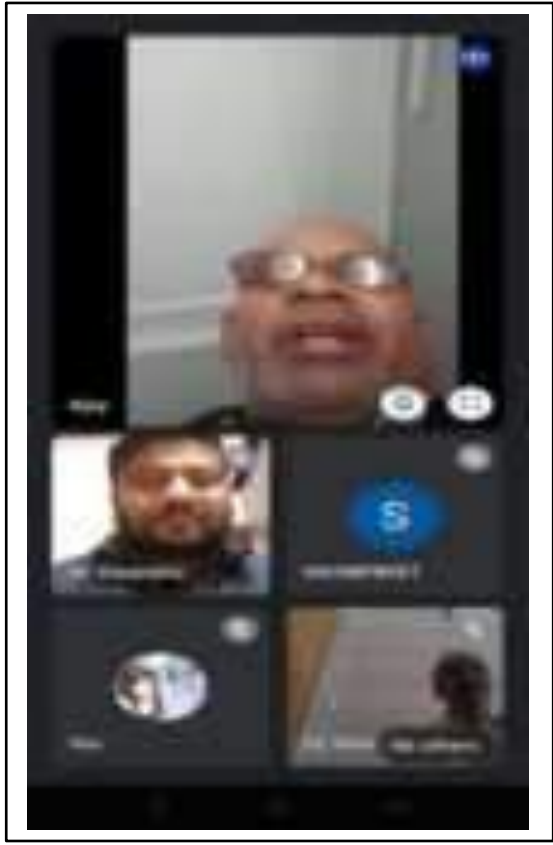
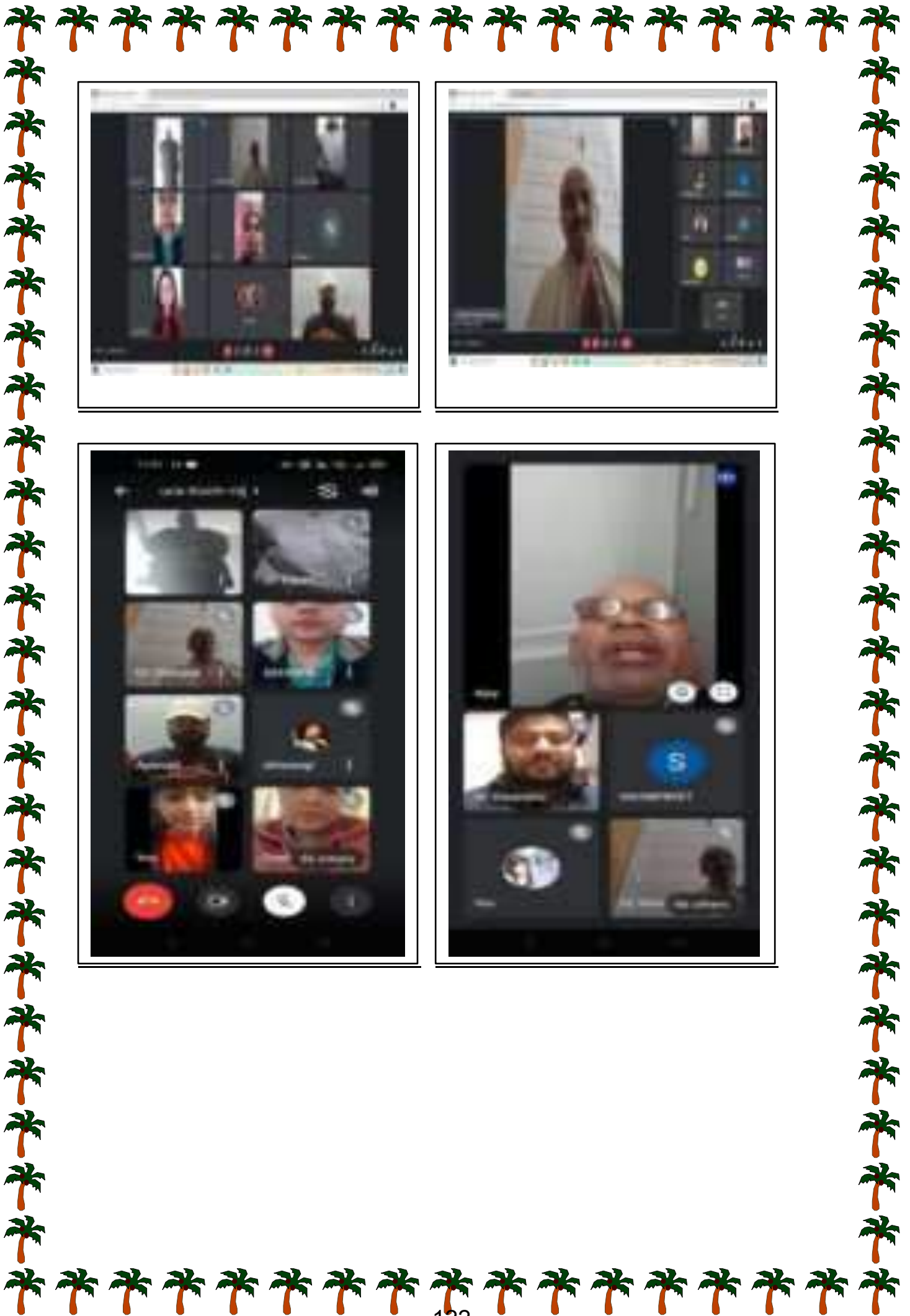
One of the NSS volunteer presented a quote 'Live as you die tomorrow, Learn as you live forever' and requested to explain it. Dr. Sheojee Singh explained the quote very briefly and gave satisfactory response to the NSS Volunteer. He also addressed that how life and death are correlated. Further discussion was carried out by Dr. Dipanshu Sharma, Event Coordinator. He showed gratitude to Dr. Sheojee Singh for enlightening us with

his knowledge and ideas regarding Gandhi Ji. Dr. A.K. Srivastava also thanked Dr. Sheojee Singh for such a great talk . He also told the volunteers that Dr. Sheojee Singh has adopted Gandhi Ji's ideology in his living. He added that our staff feels proud to have such a personality among them.

The event was concluded by National Anthem and vote of thanks was given by Dr. Dipanshu Sharma.

Glimpses:







REPORT ON INTERNATIONAL WOMEN'S DAY CELEBRATION

MARCH 8, 2022

Event A

The NSS Cell of the college organized International Women's Day on March 8, 2022 in the college auditorium. The Principal of the college addressed the audience with literary quotes and poem close to his heart in praise of the she gender. Haridev of B.Ed recited shlokas referring to the vedas and woman pride. Prateeksha from B Ed also elaborated on the students' perspective on the theme. Group song '... meri maan' was sung by a group of boys led by Anshuk on guitar to which the audience tapped their feet and applauded. Dr, Ravneet Chawla thanked the audience and volunteers to join the celebration.

Event B

The NSS Cell of the college in collaboration with the TV Women Network celebrated the International Women's Day on March 8, 2022. 25 NSS Volunteers along with the NSS In-charge, Dr. Ravneet Chawla, Associate Professor of the college participated in the NATIONAL SYMPOSIUM – **Creating a Gender-Neutral Society**, online for two hours. Ms. Sunita Dhaliwal, the host shared the food for thought of the day. Chief Guest of the day, Sh. Rajbir Deswal, Retd. IPS, Advocate and author of fame shared suitable anecdotes and narratives that highlighted the flavour of the mind set blocks, possible progressive thoughts and approach that we must evolve to take along all. He mentioned how women are the pride of the family and the ways laws should be strengthened to protect their rights. However, there was also critical examination of the fair execution of those laws without any gender bias.

Guest Speaker, Col. D. S. Cheema, another well-known author, motivator and management consultant gave a brief introduction about the historical female leaders and warrior women. He compared the present and past social stature of women and promoted equal opportunities for all genders. Col. Cheema encouraged participation of women in army and quoted Margret Thatcher in praise of women. The Guest of Honor was Dr. Anita Kaushal, Principal, PGGCG 11, Chandigarh.

Ms. Renu Sud Sinha, Senior Journalist discussed at length on the changing mind set of Indian population too. Ms. Premsai, Life skills trainer spoke on the persona and play of mind set on the grooming of children, especially girls that shapes their personality.

Adv. Vibhati Padhiary, Chairperson at ADMT, Chief Editor, Women TV India and Prof. Rajni Bhalla, Director , Women TV India made points on the changing outlook of the women and overall population and the community support that they enjoyed to empower more women further. Meenakshi Chaudhary, from the host team also shared her literary ideas on the theme. formally introduced the guests and the audience. She welcomed everyone by wishing a happy International Woman's Day.

Ms. Vineet Dua lead the interaction session and raised some serious ponder worthy questions from the event attendees regarding how gender neutrality can be achieved when there is no equality to be seen in near future. The questions of gender free world, unisex bathrooms, gender less personal identity were raised. Dr. Ravneet Chawla expressed her valuable opinions regarding the gender neutrality from the point of view of an academician and a woman. The visually modern versus progressive thought is what needs to be understood she said. Dr. Geet Lamba, faculty from Punjabi University expressed her views on what is a gender and how we can approach gender neutrality as an Indian Society from the point of view of a sociologist.

The 25 NSS volunteers of the college shared a common understanding about the sense that they made of the changing world taken up in the symposium. The host expressed her gratitude and applauded the thought-provoking ideas shared from the academician and behavioral point of view. She expressed her desire for further collaborations too.

The day was celebrated to extend efforts and awareness on *Creating Gender Neutral Today for a Sustainable Tomorrow*. The head of the institution, Dr. A. K. Srivastava encouraged the volunteers and applauded the team of NSS Programme Officers, Dr. Ravneet, Mr. Ravinder Kumar and Dr. Dipanshu Sharma.

Glimpses Attached





Book Review Competition on the Eve of Martyrdom Day

March 22, 2022 - Report

NSS cell of Government College of Education paid tribute to Shaheed-e-Azam Bhagat Singh, Sukhdev and Rajguru in various events in the ongoing week of the college calendar.

A Book Review Competition was organized to remember the sacrifice of Shaheed-e-Azam Bhagat Singh, Sukhdev and Rajguru on the eve of Martyrdom Day to celebrate the supreme sacrifice of Sardar Bhagat Singh and his contribution to the freedom of our country India. The cultural committee of the college collaborated in this event.

The book chosen for the competition was “**Why I am an Atheist?**” written by **Bhagat Singh** on 5th and 6th October, 1930. The objective was to sensitize the pupil teachers to the unique thinking and the fire and zeal of the young Bhagat Singh to think beyond his age and personify the love for Bharat Mata. His belief in doing and facing the consequences, without escaping into the guise of God. 9 students participated and gave their views, each with distinguished expression that touched the chord of the listeners. Gagandeep Singh, B.Ed. 2nd Sem, in his narration in Punjabi, appreciated the young Bhagat Singh who thought too far, preparedness to rough it out while taking along the other young blood.

Tanuja Upreti, Richa, Priya Dadwa and Neha Thakur, all from B.Ed. 2nd Sem brought forth critical reviews regarding Bhagat Singh’s individual approach to justifying the path uncommon of being an Atheist and yet in love with the real beings in the Indian fellows that he owed his life for.

Prince Bansal of the same class shared the prospective of Sardar Bhagat Singh to not wait for the post death pleasures of heaven and rewards for their good deeds and to rather perform good towards the humanity for a higher instant pleasure.

Earlier in the week, during the Value Education Period on 21st March, 2022, an emotional speech was delivered by the Principal, Dr. A.K. Srivastava. He laid emphasis on the life of Shaheed-e-Azam Bhagat Singh, Sukhdev and Rajguru with special reference to their sacrifice and contribution for the freedom of country. He quoted the beautiful lines for them:

*“ Sansh Ka har suman hai vatan ke liye,
Zindagi hi hawan hai vatan ke liye,
Gardano main fasi rasiyan reh gayi,
Ye hamara naman hai vatan ke liye”*

The event continued with poetic recitations by Hardeep Singh, Sannat Suri and Ayush Sidhu(B.Ed. 4th Sem) and patriotic song by Shampreet Singh, Deeti Kaushik and Gurdeepak Singh. The audience was mesmerized and their eyes were moist with the overwhelming era of the day in remembrance of Sardar Bhagat Singh. The winners of the event were :

- 1st – Richa Sharma
- 2nd – Tanuja Upreti
- 3rd – Priya Dhadwal and Sarika all from B.Ed. Sem 2

The judges of the event were Dr. Balwinder Kaur, Dr. Sheojee Singh and Dr. Rajni Thakur. Mr. Ravinder Kumar, NSS PO, concluded the event by extending gratitude to the young pupil teachers for their dedicated sense on involvement to mark the Shahidee Diwas.

GLIMPSES :







One Day NSS Camp

World Water Day (March 22, 2022) – Report

" Groundwater: Making Invisible Visible "

NSS cell of Government College of Education organized One Day NSS camp @ *Azadi ka amrit mahotsav* on the occasion of Water Day on March 22, 2022. The camp began with beautiful chanting of Gayatri Mantra by NSS volunteers followed by the NSS song. Dr. Lilu Ram, Associate Professor, Government College of Education, Sec-20D, Chandigarh highlighted the “Importance of Water in our life” by briefly explaining the concern of water with living. He shared information about various projects related to water conservation and about dwindling availability of fresh water resources. He focused on falling level of water by sharing per capita availability status of water resources in India. After this, respected Principal, Dr. A.K. Srivastava, addressed the NSS volunteers on importance of water by quoting "*Jal Nahi To Jeevan Nahi*".

Shri Krishna Dull, Convener of Jal Manch, awared the students about the actual water crisis that is being faced by the world at present. He used daily life examples to explain how blindly the water is being wasted. He compared the statistics of previous years with present scenario. He greatly motivated and inspired the NSS volunteers to be sensitive towards economical use of water. He lead a pledge for not wasting water but using it ideally according to the need of individual which was followed by a rally drive on the theme endorsed by Sh. Krishan Dull, Principal Dr. A.K. Srivastava and faculty members.

A book review competition on the book 'Why I am an Atheist' was also held to pay tribute to Shaheed-e-Azam Bhagat Singh on the Martyrdom Day. The participation of the volunteers was overwhelming. In his remembrance, patriotic songs and skits were also performed by NSS volunteers.

A presentation by NSS Volunteers Kavita Singh & Tsering Youdol on the theme of the day was presented. Through this presentation they briefly explained all the statistical data related to usage and availability of groundwater on earth with special reference to India. They gave so many solutions for recharging the groundwater.

Postlunch session was carried out with cleanliness drive by the NSS volunteers in the whole college campus. They were divided into different groups to perform the task. Vote of thanks was given by NSS PO Mr. Ravinder Kumar. And the camp was ended with National Anthem.

GLIMPSES :







Live Broadcast of PPC-2022

Report April 1, 2022

NSS cell of Government College of Education screened a live broadcast of PPC(Pariksha Pe Charcha) – 2022 by Hon'ble Prime Minister of India Shri. Narendra Modi on April 1, 2022. The N.S.S. Coordinator Dr. Ravneet Chawla welcomed the Principal, Faculty and the NSS Volunteers to attend the event.

The Principal of the college, Dr. A.K. Srivastava The broadcast was started with arrival of Prime Minister outside the auditorium at Talkatora Stadium, New Delhi. On his way to the auditorium, PM paid attention towards various innovative ideas/designs, painting and sculptures designed by various students from different parts of country. He also heard about the theme and objectives behind their presentations. Two sisters from KV Kottayam ,who after being mastered in vedic maths shared their contribution to the nation by giving sessions and raising fund of Rs.15,000 for PM Cares fund, as a social responsibility.

Shri. Dharmendra Pradhan, Minister Of Education, GoI welcomed Hon'ble PM Shri. Narendra Modi, Education Ministers from different states and all the students. PM Modi started his speech by expressing his gratitude to the nature for giving him an opportunity to interact with his little friends offline after a long span of two years of pandemic. Before taking questions from his friends, he briefly explained the meaning and importance of Pariksha.

He answered various questions asked by the students. Some of them were:

- How to prepare for exams while the fear and anxiety bothered most of them?
 - Rise above doubting yourself and trust that it is just like other examination and tests they have been taking in the earlier classes too. To revive self belief and confidence and keep out any panic.
- How to overcome social addictions which are done by online studies from last 2 years?
 - He answered to first ask yourself if they read well during the online days and not to blame online education. Online education could be treated as an opportunity to learn from many resources whereas offline education is to learn only with limited resources. He ended his answer by a quote “NO Online No Offline But Innerline”.
- How will NEP-2020 be able to develop the students?
 - He share that it took 6-7 yrs to develop with huge involvement . It is formed by teacher, students and citizens and other stakeholders of nation for the future of nation. He further added that there is a need to evolve and NEP gives that opportunity to come on the most suitable track.
- Do we have fear of exam or of expectations of our parents?
 - He said its basically a pressure on students and gave suggestion to parents not to spill their unfulfilled desires on their children. It is important to observe the children wisely and basically it is the parents and teachers which sometimes lack in knowing what their children want.
- In era of competition, how can we manage ourself in better way?

- He answered hardwork is necessary and the thinking to not been affected by result is necessary. If competition is more, choices are more too. He suggested to introspect and identify what motivates you the best. Cultivate those.
- Why do we forget during the examinations and how can we improve our memory?
 - Be in the moment, mindful, develop 'Dheyan' and you will be able to feed the matter in the right chip.
- As India is developing at fast rate, how can our generation help in this?
 - He said I am thankful to children for becoming part of swacchta drive and protect environment. We must all be able to envision 2047 and what to be done in the next 25 years pertaining to that.

In the end he encouraged each child to cultivate good habits and imbibe all that is good in the environment, rise above envious behaviour and be inspired. Avail opportunities right in your immediate environment and prosper further.

Dr. A.K. Srivastava in is concluding address encouraged the volunteers to take messages by the Honourable Prime Minister to their daily life. N.S.S. Programme Officers Mr. Ravinder Kumar extended thanks to the NSS volunteers, Dr. Dipanshu Sharma extended formal thanks to the Principal and Faculty to attend the event.

GLIMPSES :







CELEBRATION OF BIRTH CEREMONY OF DR. B.R. AMBEDKAR JI

April 13, 2022 - Report

NSS cell of Government College of Education, Sector 20 D Chandigarh, celebrated the birth anniversary of Baba Saheb Ji, Dr. B.R. Ambedkar. NSS volunteer, Haridev initiated the event by giving brief life portrait of Baba Saheb, Dr. B.R. Ambedkar. A documentary on the life sketch of Baba Saheb was also screened. Principal of the college, Dr. A. K. Srivastava, shared valuable information about the contribution of Dr. B.R. Ambedkar for various Dalit movements, women related issues and above all his remarkable contribution in construction of the Constitution of India. He briefed that this day is also celebrated as “□ □ □ □ □ □ □” and motivated the NSS volunteers to follow the ideology of Babasaheb Dr. B.R. Ambedkar. He laid the emphasis on women empowerment by commenting on the situation of women in present scenario.

NSS volunteer, Kompal made everyone aware about the various work done by Babasaheb ji through her presentation. She screened his countless contributions in the making of the present-day independent India. Further, another NSS volunteer, Hardeep laid the emphasis on the upliftment and empowerment of Dalits in the country initiated by Babasaheb. In addition, he also shared the tremendous contribution of Babasaheb to our society. Later on, a heart thrilling performance was given by NSS volunteers Shampreet, Deeti, Mamta, Gurdeepak, Nikhil and Ayush with wonderful enthusiasm in their voice. At last, but not the least, NSS volunteer, Nisha beautifully recited a poem in the honour of the Father of Our Constitution, Dr. B.R. Ambedkar. After that, a soulful performance was given by NSS volunteers that filled everyone with joy and glee. The event was then concluded by the NSS Incharge Dr. Ravneet Chawla with the vote of thanks. She expressed her gratitude to NSS officers and volunteers for their presence, work and contribution.

The event was ended by National Anthem.

GLIMPSES OF THE EVENT:





Celebration of International Yoga Day, 2022

Report

May 19, 2022

NSS cell of Government College of Education, Sec-20D, Chandigarh in collaboration with Physical Education Dept. organized a virtual talk on the occasion of celebration of International Yoga Day, 2022. The Expert Speaker for the virtual talk was Dr. Sapna Nanda, Principal, Government College of Yoga Education and Health, Sec- 23, Chandigarh.

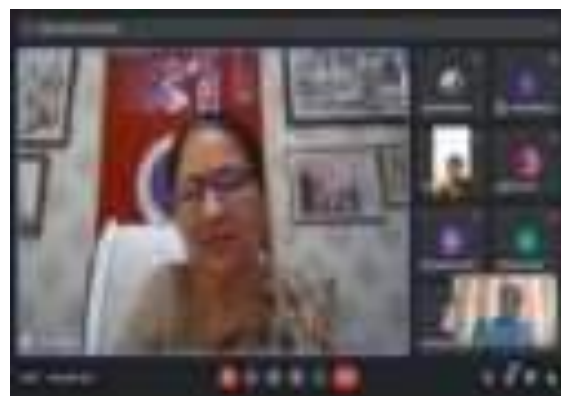
Dr. Ravneet Chawla NSS incharge initiated the programme by welcoming Principal, Dr. A. K. Srivastava and Speaker of the day, Dr. Sapna Nanda, Dr. Neelam Paul (HOD) Phy. Edu. and other staff members of the college. The formal welcome of the speaker was done by Principal and he also brief the importance of Yoga in our daily life.

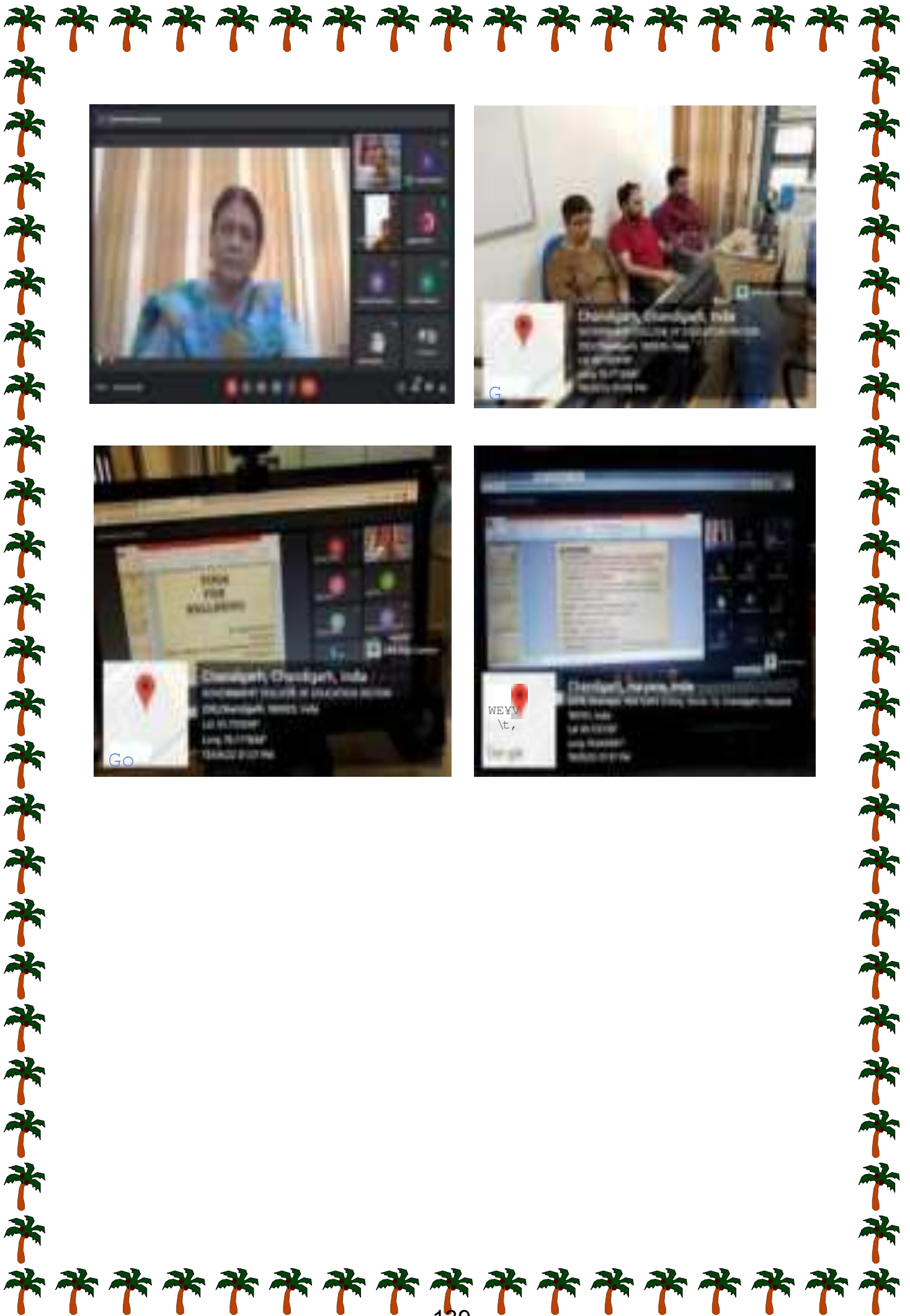
Speaker of the day, Dr. Sapna Nanda, started her talk by explaining origin and meaning of Yoga Mahotsav 2022 and narrated the existence of human as a spiritual being. Further, she explained all the eight limbs of *Ashtang Yog*. In addition to this, she interpreted the theory of '*Panchmahbhuta*' and '*Tridoshas*' and their fundamental elements. She talked about the ayurvedic concept of health and the '*Ayurvedic Sapt Dhatus*' and their importance in one's life. For better understanding, she took the example of today's generation who always have craving for fast food in spite of knowing how much it can harm their body and mind.

She recommended some vedic tools to balance our emotional volatility for good health. She concluded the talk by highlighting the contribution of yoga for cultivating the appropriate positive attitude and the importance of a good health in one's life.

At the end of the talk observations were taken from the faculty members and students. Dr. Neelam Paul shares her observations with the faculty members and the students by quoting some important informations delivered by the expert. She thanked Dr. Sapna Nanda for delivering her valuable lecture for faculty members and students. Vote of thanks was given by NSS programme officer Mr. Ravinder Kumar and showed gratitude for sharing her precious time from her busy schedule with us.

Glimpses:





AWARENESS RALLY ON IMPORTANCE OF YOGA REPORT 2022

-May 20, 2022

On the occasion of celebration of International Yoga Day NSS Cell and Phy.Edu Dept. of Government College of Education, Sector 20-D organized a rally on 20-05-2022 in the vicinity of the college to aware the people regarding the importance of Yoga in their lives. Students of M.Ed., B.Ed. and PGDG&C along with few GRIID, Sector 32 students gathered in the college ground at 6:00a.m, where they were briefed about the rally by Dr. Neelam Paul (HOD) Phy. Edu. Dept. alongwith Mrs. Gurmeet kaur and Mrs. Urmil. The rally was set off in neat rows of two holding posters and shouting slogans to create awareness among local masses. The students returned back to college after the rally and refreshment was provided to all the participants. Students were appreciated for their efforts. Principal Dr. A. K. Srivastava congratulated the faculty members and students for successful organization of the rally.





Demonstration of Yoga Asanas by Prospective Teachers Report 2022

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Keeping this thing in mind, a yoga demonstration was conducted by prospective teachers of Government College of Education, Sector-20 D, Chandigarh under the able guidance of Dr. Neelam Paul, HOD Department of Physical Education, Associate Professor, Government College of Education, Sector- 20 D, Chandigarh and NSS Cell. The demonstration was conducted in Government Model Senior Secondary School, Sector- 20 D, Chandigarh in order to mark the celebrations of upcoming **International Yoga Day, 2022**.

The session was started by Ms. Sakshi Poonia from B.Ed- 2nd year student by highlighting the importance of Yoga and benefits of Yoga. She also laid emphasis on the importance of Yoga in relaxation and rejuvenation of the body and the mind. Then, Ms. Neha Thakur and Ms. Ritika from B.Ed- 1st year demonstrated five asanas namely Shavasana, Padmasana, Tadasana, Vrikshasana and Bhujangasana. Simultaneously, Ms. Sakshi Poonia told the correct procedure and benefits of those asanas like they boost metabolism, improve posture, decrease stress, improve mood, etc. At the end of the session, Dr. Neelam Paul motivated the students and the staff to make Yoga an integral part of their daily life. She also thanked the students for actively taking part in the session. The session was very refreshing, reviving and relaxing. Principal Dr. A.K. Srivastava congratulated the Phy. Edu Dept. & NSS Cell of the college along with students for the successful organization of the demonstrations.

Glimpses:



YOGA DEMONSTRATION

May 30, 2022 - Report

NSS cell of Government College of Education in collaboration with Physical Education Department organized a Yoga Demonstration to celebrate upcoming International Yoga Day. Dr. Neelam Paul, HOD, Phy. Edu. Initiated and briefed the programme to the students and faculty. Students of TG-8, explain the importance and use of Yoga and also demonstrate some of the Asans along with their importance. All the students participated in the event with full enthusiasm. Principal, Dr. A.K. Srivastava congratulated the faculty and the students for successful organization of yoga demonstration. Dr. Dipanshu Sharma, NSS Programme Officer presented vote of thanks to all the students and faculty members.

GLIMPSES :







One Day NSS Camp

One Day Camp cum Valedictory Function (June 15, 2022) – Report

NSS cell of Government College of Education in collaboration with Cultural Committee organized One Day NSS Camp cum valedictory function on the eve of annual prize distribution of the college on 15th June 2022. The Chief Guest of the day was Swami Anupama Nanda Ji Maharaj, Secretary, Ramakrishna Mission Ashram, Sector 15-B, Chandigarh. The programme was initiated by Dr. Balwinder Kaur Incharge (Cultural Committee) by welcoming the Chief Guest of the day with Principal, Faculty members and all the students of the college. She invited Principal Dr. A.K.Srivastava to deliver formal welcome address. Principal of the college formally welcome the chief guest of the day and also congratulated the faculty members and students for their achievements throughout the year and session. Programme was started by the play performed by the students on “*Acid Attack*”.

Later students shared their observations about the college experiences and also presented the various traditional cultural items. Students were given College color for their extraordinary achievements during the session and also awarded with trophies and certificates for their achievements in different events held during the sessions under different committees of the college. All the NSS Volunteers were given prizes and appreciation certificates for various Camps and events organized during the session 2021-22 by Principal, Dean, Vice Principal and NSS Programme Officers.

The chief guest of the day Swami Anupama Nanda Ji Maharaj, Secretary, Ramakrishna Mission Ashram, addressed the faculty members and students by elaborating the teachings of Swami Vivekananda Ji. He shared his school time experiences of his teachers and motivated the students to emphasize informal education along with formal education to become effective teacher in future. He inspired the pupil teachers to focus upon value based education to the students.

At the end Dr. Balwinder Kaur presented the Vote of Thanks and congratulated all the students for their achievements. She thanked Principal Sir for his valuable guidance and supervision during the session. Programme ended with National Anthem.

Glimpses:-





NSS PROGRAMME OFFICERS

Dr. Ravneet Chawla

Mr. Ravinder Kumar

Dr. Dipanshu Sharma

Principal

Govt. College of Education

Sec-20D, Chandigarh

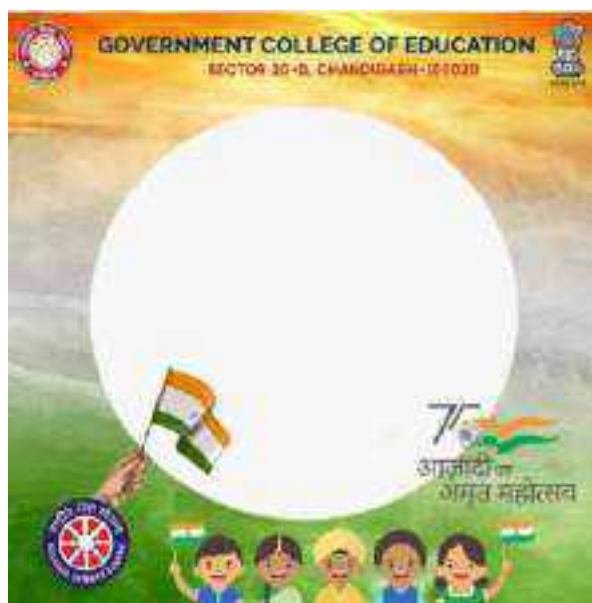


**GOVERNMENT COLLEGE OF
EDUCATION
SECTOR-20D, CHANDIGARH
Brief Report 2022-23**



“Azadi Ka Amrit Mahotsav.”(August 10 & 11, 2022)

- On August 10th 2022 thematic logos were designed by the volunteers these will be used by the entire college for their display pictures on social media. The students enthusiastically incorporated the flavour of Tricolour and Josh for the celebration.
- The principal of the college Dr. A. K. Srivastava and the NSS Incharge Dr. Ravneet Chawla, Associate Professor of the college distributed flag to the staff and students on 11th August 2022, the first day of the new session of the college(Group picture enclosed).
- “**TIRANGA BANDHAN**”day was observed on the occasion of Raksha Bandhan where in the volunteers had created **Rakhies** with National tricolours beautifully incorporated. The solemn tying of rakhies to the Gurus and other staff was done to extend regard to the creators of all professionals. The president and vice-president of the NSS Cell Aparajit Thapar and Simranjeet kaur along with group leader of the day Samridhi Saini looked after the details of the show. Mr. Ravinder Kumar NSS PO supervised the event taking care of SOP’s. Ms. Sonika Devi was appointed as the new NSS PO.





Day 3 (August 12, 2022)

- On August 12th 2022 thematic poster making was done after spending reading time and incorporating these thoughts with touchy sentiments in the memory of freedom fighters and attaining independence after the long struggle. They incorporate posters also to aesthetically put these up in the college galleries.
- The decoration of the college campus was done under the supervision of PO's Dr. Ravneet Chawla and Mr. Ravinder Kumar. It will be carried on till the Independence Day celebration under the day wise group leader of the NSS Cell. The leader of the day, Sunita Parihar and Anshu took charge of the decoration and summarization of the event.

Principal Dr. A.K. Srivastava appreciated the efforts of the NSS Volunteers and gave best wishes for upcoming activities.



Day 4 (August 13, 2022)

On August 13th 2022 Prabhat Pheri was organized to celebrate the on-going Azadi Ka Amrit Mahotsav@75 Har Ghar Tiranga Programme. Principal Dr. A.K.Srivastava congratulated the staff and students and flagged off the Prabhat Pheri. The faculty members and students participated in the Prabhat Pheri. The faculty and students gathered in front of the Administrative Block of the college with National Flags where they were addressed by Principal, Dr. A.K. Srivastava who encouraged the students to participate in the ongoing AKAM with full enthusiasm and patriotism. The Prabhat Pheri started from the college with slogans being chanted with full energy and ‘*desh bhakti*’ of the students. The Prabhat Pheri covered the premises of the Sector 20 where students would orate “Vande-Matram” and “Bharat Mata Ki Jai” with vibrant energy. The public also supported the Prabhat Pheri by clapping and clicking pictures and some also came up with National Flags which added on to the already lively zeal of the students. The students came back in the college with police escort team also posing for warm photo moments to encourage the students.

Principal Dr. A.K. Srivastava appreciated the efforts of the NSS Volunteers and gave best wishes for the upcoming activities.





Partition Horror Remembrance Day (14th Aug, 2022)

The NSS Cell of the Government College of Education, Chandigarh organized a webinar on the theme “*Dukh Santap Wich Lipti Azadi*” was organized to mark the partition horror day among the ongoing Azadi Ka Amrit Mahotsav@75 events depicting the blood shed behind the partition. The speaker for the webinar was Dr. Swairaj Singh Sandhu, a renowned artist and former head, Department of Punjabi, DAV college, Sector-10, Chandigarh. NSS Incharge, Dr. Ravneet Chawla, welcomed the speaker of the day and formally introduced him to all the attendees. Principal, Dr. A.K. Srivastava gave a brief introduction about the theme and shared his views regarding terrifying history of the day.

The Speaker, Dr. Swairaj Singh Sandhu, started his talk by presenting the history behind partition and the political climate present at the time of independence. He talked to the students about the contribution of various writers and authors like Kulwant Singh Virk, Saadat Hassan Manto, Gulzar, M S Randhawa and others. He also narrated a heart rending story in Punjabi from the works of Gulzar which was originally written in Urdu. This story left all the attendees with moist eyes.

Aparajit Thaapar, NSS President, also shared the experiences of his grandparents who had been a freedom fighter.

The concluding observations and remarks were given by the principal, Dr. A.K. Srivastava, NSS Incharge. Dr. Ravneet Chawla, NSS Incharge of the college added her observations and reminded the trainee teachers of their role towards freedom sanctity in the present and in future too. Mr. Ravinder Kumar, NSS PO extended voted of thanks on behalf of the faculty. The event was concluded by a formal vote of thanks given by NSS volunteer, Tanuja Upreti, student group leader of the day.



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 Government College of education, 1st Floor, Sector 20D, Sector
 20, Chandigarh, 160020, India
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 Long 76.777679°
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Chandigarh, Chandigarh, India
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 20, Chandigarh, 160020, India
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Day- 06 (15th Aug, 2022 Azadi Ka Amrit Mahotsav@75Independence Day (15th Aug, 2022)

Government College of Education, Sector-20D, Chandigarh celebrated 75th Independence Day in its premises under the Har Ghar Tiranga Programme@75Azadi Ka Amrit Mahotsav jointly organized by NSS Cell and Cultural Committee of the college. The Chief Guest of the day was Dr. Neelam Paul, HOD Physical Education Department, GCE-20D, CHD. Principal, Dr. A.K.Srivastava and other staff members welcomed the chief guest along with their family members with garlands. Staff Secretary, Dr. Lilu Ram moderated the programme. Principal in his speech highlighted the theme of the week-along celebration and sought promise from the would be teachers to take their roles in future too. He formally welcome the chief guest of the day and also speak about the glory of 75th Independence Day celebration.

The chief guest of the day Dr. Neelam Paul presented her views on the 75th Independence day by congratulating the winners of CWG-2022. She thanked the principal and the institution for inviting her as a chief guest. She gave her best wishes and blessings to all. It was followed by Flag hosting ceremony conducted by Chief Guest, Principal, Vice Principal, staff members and students of the college. Various patriotic songs and dance performances were given by students of the college. A heart-warming skit based on heart thrilling incident takes place at Jallianwala Bagh, Amritsar, Punjab on 13th April 1919 was also performed by a group of students narrated

by Tanuja Upreti. At the end, a anthem of Har Ghar Tiranga campaign was performed by the students. Dr. Lilu Ram presented a vote of thanks followed by National Anthem.

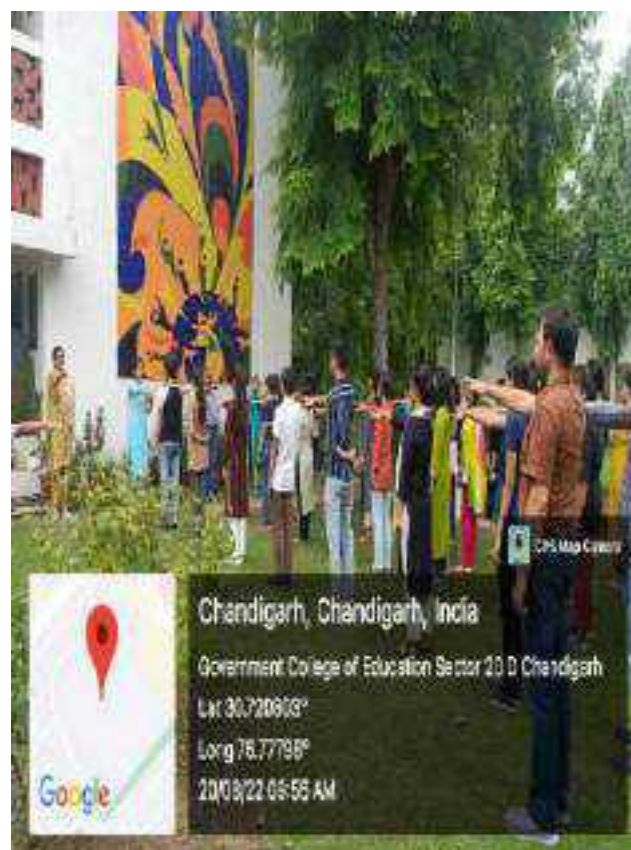
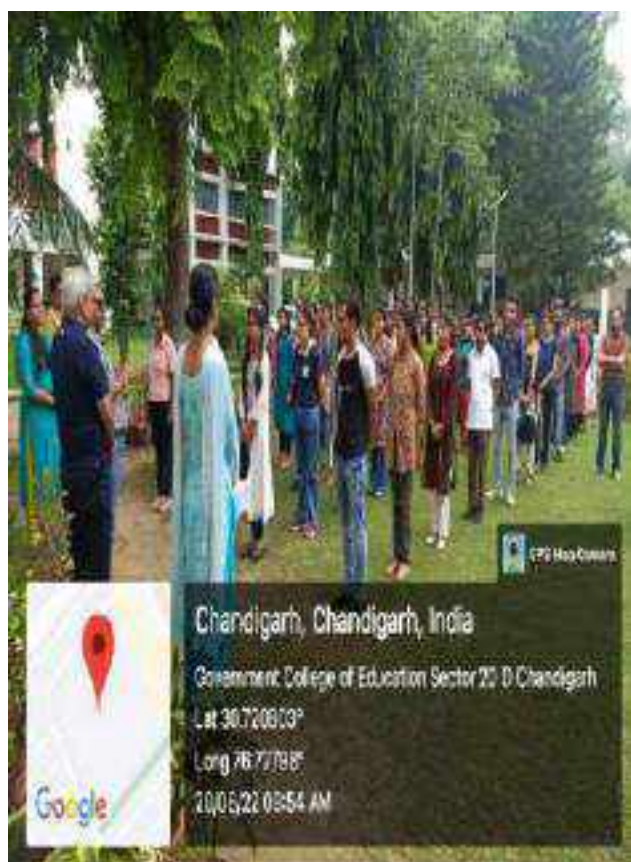




Sadhbhavana Diwas (20th Aug, 2022)

NSS cell of Government College of Education, Sector-20 D, Chandigarh, organized Sadhbhavana Diwas Oath Taking Ceremony in solemn brief get together in the college grounds. The Principal of the college Dr. A.K.Srivastava addressed the audience on the theme. The student leader Poonam Sharma led the oath taking. The NSS Cell programme officers and other faculty members joined. The students from attached schools in the ongoing Pre-Internship programme also took the pledge.

Glimpses:





One Day NSS Camp (Gandhi Jayanti: Connecting on-going Nation Building Programmes)

(01st Sep, 2022)

The NSS Cell of the Government College of Education, Chandigarh organized One Day special NSS Camp on the theme “*Gandhi Jayanti: Connecting on Going Nation Building Programme*” on 01st October 2022 in the college campus. The program started with a formal welcome of the chief guest of the day Dr. Nemi Chand, SLO, UT, Chandigarh by the Principal of the college Dr. A.K.Srivastava, GCE 20D, Chandigarh. Dr. Ravneet Chawla, NSS Incharge apprised the Chief Guest of the activities taken up by the NSS Cell of the College.

Dr. Nemi Chand in his address to the NSS Volunteers encouraged them to be follow the motto “NOT ME BUT YOU”. He brought in the truthful, non-violent and principled life of Mahatma Gandhi while speaking on the theme: - Living life the Gandhian Way. Character building among pupil teachers is a must, he said, to promote good citizens of India. The Head of the Institute for Blind, Sector-26, Chandigarh. Dr. J.S.Jaire was also present on the occasion and he also motivated the students to follow the teachings of Gandhi Ji.

In the afternoon session, Mr. Ravinder Kumar and Mrs. Sonika Devi, NSS PO welcomed the Resource person Dr. Mohit, Master Trainer from Department of Social Welfare Chandigarh and Dr. Kshitiz from PGIMER, Chandigarh. Dr. Mohit shared his own experiences in helping children and adults overcome their drug addiction. He briefed that how teachers can look for signs in children and helps them accordingly. He answered volunteer’s questions and explained about teachers responsibilities beyond the scope of syllabus.

Dr. Kshitiz Sharma, MBBS, MD Psychiatry, Department of Psychiatry, PGIMER, Chandigarh gave an enlightening speech on drug prevention and its importance over treatment. He also shed light on the strong need of coordinated efforts from schools and colleges to help in preventing addiction among youth.

At the end Mr. Ravinder Kumar NSS PO presented the Vote of Thanks and thanked everyone for their cooperation. He thanked every speaker for their helpful guidance. Programme ended with National Anthem.



“International Day of Clean Air for Blue Skies” 07thSeptember, 2022

NSS cell of Government College of Education, Sector-20 D, Chandigarh, organized Oath Taking Ceremony on the occasion of “*International Day of Clean Air for Blue Skies*”. All the faculty & staff members in solemn brief get together in the college grounds. The Principal of the college Dr. A.K.Srivastava addressed the audience on the theme. Dr. Rajni Thakur, Assistant Professor led the oath taking. The NSS Cell programme officers, faculty & staff members joined. Mr. Ravinder Kumar NSS PO thanked all the faculty & Staff members for taking the pledge.

Glimpses:



INTERNATIONAL GIRL CHILD DAY (11th Sep, 2022)

The NSS Cell of Govt. College of Education, Chandigarh observed with dedication the International Girl Child Day. *Theme for this year is* “Girls deserve better—the world deserves better”. Principal Dr. A. K. Srivastava oriented the students and the faculty on importance of observing the day and bringing Sensitivity towards this day. Dr. Ravneet Chawla NSS Incharge initiated the programe with her views on this day. Isha from B.ED 1st Year hosted the event by briefing about the day. Shivam NSS President presented a poem to represent the importance of the day. Anjali Rana & Sushma Soni highlighted the historical aspects of the day and also explained the present situation in our country. Ruhina presented a critical view of gender biasness in our community to lay emphasis on the best practices to remove gender stereotypes from the society. NSS PO Ms. Sonika Devi motivated the students with her suggestions to play important role in NSS Volunteers also participated in the photo contest with full zeal and enthusiasm. Mr. Ravinder Kumar NSS PO presented a vote of thanks to all the participants.



INTERNATIONAL DAY OF THE GIRL CHILD



WORLD OZONE DAY (16th Sep, 2022)

The NSS Cell of Govt. College of Education, Chandigarh observed with dedication the World Ozone Day. *Theme for this year is Montreal Protocol@35: Global Cooperation Protecting Life on Earth.* Principal Dr. A. K. Srivastava oriented the students of M.Ed and PGDG&C and the faculty on importance of observing the day and bringing life style as close to environment friendly way as possible.

Abha Jain the group leader from M. Ed. led the pledge taking that expects each one to not do environmental blunders and take charge to make the world a better place to live. (The given pledge by GOI). The NSS POs thanked the students and encouraged them for a committed social and environmental responsibility. The students of B.Ed 3rd Semester placed for internship in different govt. schools of Chandigarh also conducted the pledge taking activity during the morning assembly in their respective schools.





NSS DAY (24th Sep, 2022)

On the occasion of NSS Day, Representative Team of the NSS Unit of Government College of education attended the State level NSS Day celebration and award giving function held at PGGCG Sec-42, Chandigarh. Dr. Ravneet Chawla alongwith President Aparajit Thakur, Vice-President Simran, Group Leaders Tanuja Upriti and Samridhi Saini attended the full day function which was motivating to work further hard and contribute to nation building by taking up the diverse activities towards the motto “**NOT ME BUT YOU**”. The principal Dr. A.K.Srivastava appreciated the work done by college NSS Team and extended his further Patronship for the coming sessions also.



7 Days NSS Special Day and Night Camp

Swachh Bharat Abhiyan and Fit India Campaign

(28-10-2022 to 03-11-2022)

The NSSCELL of the Government College of Education, Sector 20-D Chandigarh organized Seven Days Special Day and Night Camp from October 28, 2022 (Friday) to November 3, 2022 (Thursday). The inauguration of the camp was held on Friday, October 28, 2022. The inaugural function was initiated with lamp lighting by the Chief Guest, the Guest of Honor, the Principal Dr. A.K. Srivastava, Dean Dr. Sapna Nanda, Vice Principal Dr. Savita Arya and the Programme Officers Mr. Ravinder Kumar and Mrs. Sonika Devi. The Chief Guest of the day was Justice Nirmaljit Kaur, former Judge, Punjab and Haryana High Court and presently, Commission Member, Punjab State Human Rights Commission, and the Guest of Honor was Dr. Nemi Chand, State Liaison Officer Department of Higher Education, Chandigarh Administration. Principal of the college formally welcomed the guests and motivated the NSS Volunteers for the 7 Day Camp ahead by declaring the camp open.

On November 1, 2022 (Tuesday), all NSS volunteers along with the incharges Dr. Ravneet Chawla, Mr. Ravinder Kumar and Mrs. Sonika Devi went to the Government High School, Kajheri, adopted village, Sector 52, Chandigarh and made aware the students about Sanitation, Covid-19, Water Conservation, Malaria and Dengue. Mr. Sunil Kumar and Mr. M.S. Lubana, leading fire fighters from Chandigarh Administration, Chandigarh informed about the different categories of fire and causes of their generation. They also demonstrated how to use fire extinguisher according to the types of fire. PNB Manager, informed the NSS Volunteers about how to open a bank account, use Net banking/Internet banking etc. and awarded the volunteers not to share the important bank details like OTP, CVV and ATM Pin to anyone. Traffic police officials from Traffic Police, Chandigarh, made aware the NSS volunteers about traffic rules and various traffic signs and motivated the students to take a pledge to follow the traffic rules and to made aware their family members and friends.

The valedictory function of seven day camp was held on November 3, 2022 (Thursday). Dr. A.K. Srivastava, Principal of the college welcomed the Chief Guest Brahmakumari Preeti. Cultural events like solo Song and group song performance, Bhangra, and orchestra etc. were performed by the NSS Volunteers. Dr. Ravneet Chawla, NSS program coordinator highlighted the various activities undertaken in seven days NSS Camp. This was followed by inspirational speech of the Chief Guest, in which she motivated the volunteers about real

meaning of life which is happiness and also inspired the students by sharing true stories of real heroes. Various announcements for winners were made for the categories of cultural events and sports events held during the NSS Camp. The best NSS Volunteers declared were Ananya Nautiyal (Girl's Category) and Nitish Jha(Boy's Category).

Vote of thanks was given by NSS Officers Dr. Ravneet Chawla, Mr. Ravinder Kumar and Mrs. Sonika Devi. The program ends with the national anthem.

Day 1: Friday, October 28, 2022

The NSSCELL of the Government College of Education, Sector 20-D Chandigarh is organizing Seven Days Special Day and Night Camp from October 28, 2022 (Friday) to November 3, 2022 (Thursday). The inauguration of the camp was held on Friday, October 28, 2022. The inaugural function was initiated with lamp lighting by the Chief Guest, the Guest of Honor, the Principal Dr. A.K. Srivastava, Dean Dr. Sapna Nanda, Vice Principal Dr. Savita Arya and the Programme Officers. The Chief Guest of the day was Justice Nirmaljit Kaur, former Judge, Punjab and Haryana High Court and presently, Commission Member, Punjab State Human Rights Commission, and the Guest of Honor was Dr. Nemi Chand, State Liaison Officer Department of Higher Education, Chandigarh Administration. Principal of the college formally welcomed the guests and motivated the NSS Volunteers for the 7 Day Camp ahead.

Thereafter, Dr. Ravneet Chawla, Associate Professor and NSS Incharge of the college oriented on the schedule of the NSS camp thoroughly. She was followed by Justice Nirmaljit Kaur who shared her life experiences and emotions with the audience. She also congratulated the college for organizing the camp. Dr. Nemi Chand, State Liaison Officer, Department of Higher Education, Chandigarh Administration addressed and motivated students to participate enthusiastically in the events and emphasized upon the importance of Cleanliness drives and activities of educational institutions. He also praised the college for organizing such an enriched 7 Days NSS Program and activities of educational institutions. NSS volunteers performed a bhajan and patriotic song during the inaugural function. Vote of thanks was presented by the NSS volunteers followed by the national anthem.

In the following session Prof. Shruti Bedi spoke on the importance of discipline as a basic ingredient for the success during entire life. She emphasized on the teacher's role to build up nation by building diverse capacities. She much appreciated the NSS Camp Plan which she said will very well groom them as a package. The next session was taken by Performance Coach Anuradha who made the volunteers realize the conscious steps they

need to take to build a promising career and lead a healthy life. Her session was highly charged and interactive.

The lunch was then served by the volunteers with the help of college staff. Mr. Ravinder Kumar and Mrs. Sonika Devi NSS PO's then assigned Volunteers to respective committees. This was followed by the cleanliness drive and by heats of game in the hostel wherein the volunteers participated enthusiastically.

GLIMPSES:

Arrival of Justice NirmaljitKaur



Lamp Lighting for Solemn Inaugural



NSS Song Performance by NSS Volunteers



Patriotic Song by NSS Volunteers



Session by Dr. Nemi Chand, State Liaison Officer



Session by Justice Nirmaljit Kaur



Session by Prof. Shruti Bedi



Session by Mrs. Anuradha



Day 2: Saturday, October 29, 2022

NSS cell of Government College of Education, Sec-20D, Chandigarh organised a 7 day NSS Special Camp on the theme of “*Swachh Bharat Abhiyan and Fit India Campaign*” for October 29, 2022. The motto of the NSS is “**NOT ME BUT YOU**” which inspires us to serve the humanity with unconditional love and selflessness. Gandhi Ji also quoted that “my national service is part of my training for freeing my soul from the bondage of the flesh”.

The day two began with Yoga Session with Mr. Harcharan Singh, Yoga Expert, Alumnus. All volunteers participated with full sincerity and calmness in the natural outdoor environment following the trainer step by step. Various Yoga asanas like Kapalbhathi, Surya namaskar, Tadasana, etc. were introduced with description.

After breakfast, Dr. Ravneet Chawla, NSS incharge welcomed Ms Nayanika Singh, Psychologist from MGSIPA. She talked about the balanced diet for youth and motivates them to focus upon their diet to make themselves fit and mentally relaxed. She also focussed upon the planning on the part of students to succeed in any area of their choice. She played some videos to mark the importance of audio visuals in stress relief and also organized workshop on checking the Happiness matrix.

Related to the theme of the camp and important global concern regarding how to plant trees and landscape for educational institutes by Mr. Gobind Sagar Bhardwaj, IFS, DDG, Min of Environment Forest and Climate Change, Sector 31, Chandigarh was invited. He shared scientific data and the actual water situation in our country as well as the whole world and awakened the youth on early and urgent action they can take to take along the society and respect this natural resource with judicious use, contribute to green environment, possibly record their daily use in a diary and reflect on all of these to be the ambassadors of water conservation.

The post session Slogan writing Competition was organized on the theme of “***FIT INDIA CAMPAIGN and NATIONAL UNITY DAY***”. Student made their creative expressions which was judged by Dr. Aarti Bhatt, Dr. Rajni Thakur and Mr. Sanjeev Kumar..

This was followed by heats of game in the hostel wherein the volunteers participated enthusiastically.

Glimpses:

Yoga Session by Mr. Harcharan Singh



Yoga Session by Mr. Harcharan Singh



Session by Ms Nayanika Singh, Psychologist



Session by Mr. Gobind Sagar Bhardwaj, IFS



NSS Volunteers During Lunch



Session by Ms. Laveleen Kaur



Slogan writing Competition



Day 3: Sunday, October 30, 2022

NSS cell of Government College of Education, Sec-20D, Chandigarh organised a 7 day NSS Special Camp on the theme of “Swachh *Bharat Abhiyan and Fit India Campaign*” from October 28, 2022 to November 03, 2022. The main motto of the NSS is “**NOT ME BUT YOU**” which inspires us to serve the humanity with unconditional love and selflessness. Gandhi Ji the ‘father of nation’ also quoted that “my national service is part of my training for freeing my soul from the bondage of the flesh”.

The third day began with Yoga Session with Mr. Harcharan Singh, Yoga Expert, alumnus, Chandigarh. All volunteers participated with full sincerity and calmness in the natural outdoor environment following the trainer step by step. Various Yoga asanas like Kapalbhathi, Surya namaskar, Tadasana, etc. were introduced with description.

After breakfast, Dr. Ravneet Chawla, NSS incharge welcomed Prof. Swairaj Singh Sandhu, Former Head Department of Punjabi, DAVC, Chandigarh and a renowned writer, theatre artist, actor in movies. A kavi sammelan was organised and a lot of volunteers participated enthusiastically. The event was judged by the guest Prof. Swairaj Singh Sandhu, NSS incharge Dr. Ravneet Chawla and Programme officers Mr. Ravinder Kumar and Ms. Sonika Devi. The first place was grabbed by Gagan and Jyoti , second by Samta and Diksha and the third by Preeti.

This was followed by an insightful session by Prof. Swairaj Singh Sandhu who discussed today’s media and its portrayal of women and culture. He also guided volunteers as to how they can improve their poem writing, reciting skills and gave many valuable suggestions. He also recounted his earlier career and how different it is from the media we are exposed to now.

After lunch, a fun game of antakshri was held for the volunteers and everyone partook eagerly. NSS incharge Dr. Ravneet Chawla and programme officers Mr. Ravinder Kumar and Ms. Sonika Devi judged the event. Then a friendly match of cricket was played and the volunteers were divided into two teams to play. The volunteers took part avidly.

This was followed by heat of game in Hostel by residents of the College.

Glimpses:

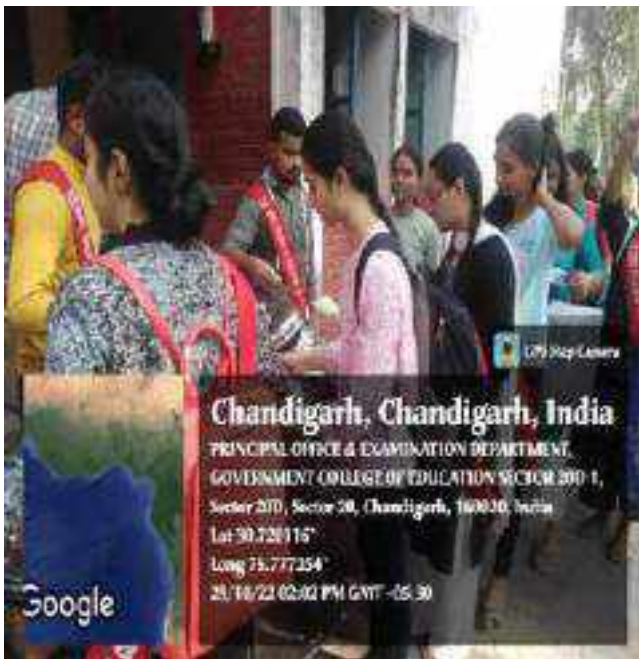
Yoga Session with Mr. Harcharan Singh, Yoga Expert



Prof. Swairaj Singh Sandhu



LUNCH TIME



Antakshri



Kavi Sammelan



Friendly Match of Cricket



Friendly Match of Cricket



Indoor Game Chess



Day 4: Monday, October 31, 2022

NSS cell of Government College of Education, Sec-20D, Chandigarh organised a 7 day NSS Special Camp on the theme of “*Swachh Bharat Abhiyan and Fit India Campaign*” for October 29,2022. The motto of the NSS is “**NOT ME BUT YOU**” which inspires us to serve the humanity with unconditional love and selflessness.

The fourth day also began with Yoga Session with Dr.Mohinder Pratap, Yoga Expert, GCYE-23, Chandigarh. All volunteers participated with full sincerity and calmness in the natural outdoor environment following the trainer step by step. Various Yoga asanas like Kapalbhathi, Surya namaskar, Tadasana, etc. were introduced with description. Then Pledge and Run for Unity on National Unity Day was held and the volunteers partook ardently.

After breakfast, Dr. Ravneet Chawla, NSS incharge welcomed Col. Aparjeet Singh Nakai.He introduced us with ADVENTURE SPIRIT: Broadening horizons by sharing his life journey in the Indian army. He gave insight about preparation for trekking and such adventurous activities. He motivated NSS volunteers to inculcate spirit for adventurous.

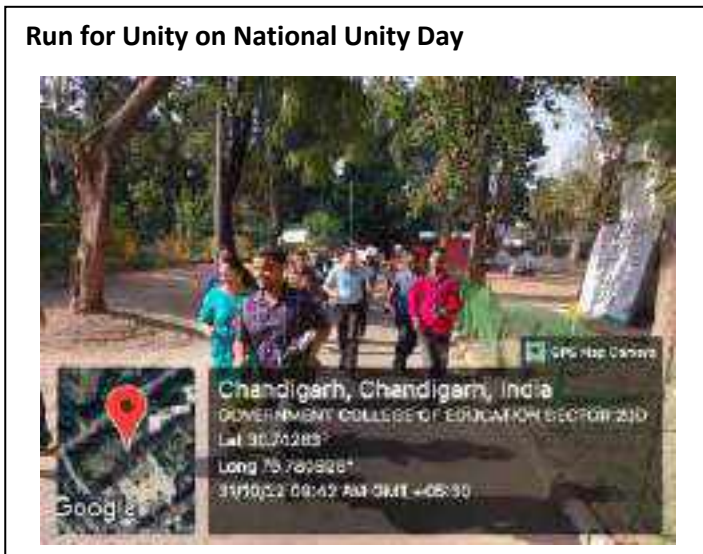
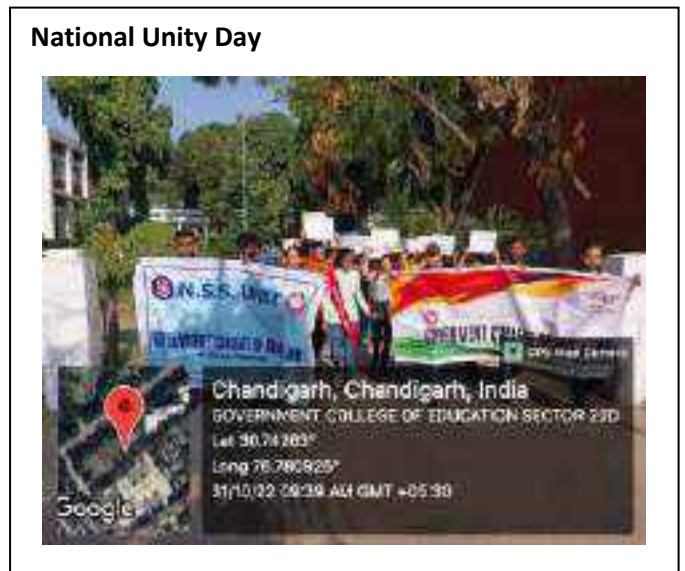
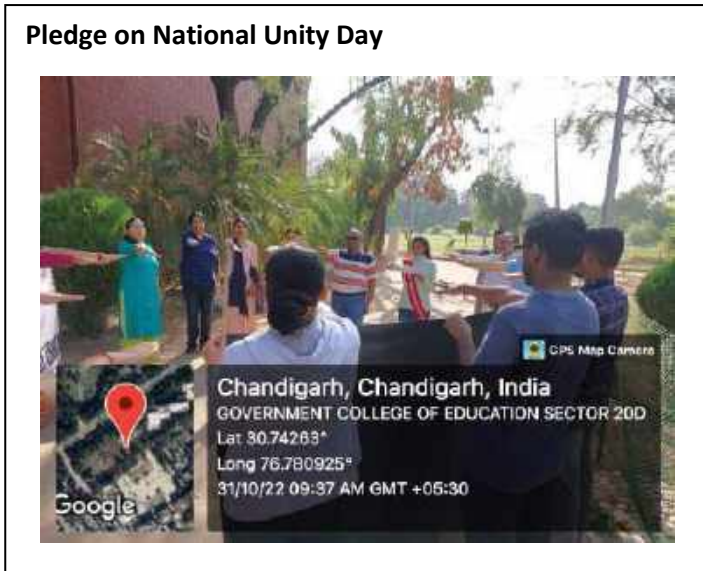
This was followed by a NSS Volunteer who gave a presentation on the Life Sketch of Sardar Valabhbhai Patel. Thereafter Mr. Louis Lopez, the principal of St Stephens School, Sector 45, Chandigarh gave a session on Curiosity in Children – Grooming schoolchildren for the future roles. He enlightened the pupil teachers present there on how curiosity can become a teachers’s tool. The programme officer Mr. Ravinder Kumar showed heartiest gratitude to Mr. Lopez for the guidance he provided during his research. Then Dr. Inderajeet Singh Shani, State Epidemiologist, IDSP, Chandigarh Administration delivered a lecture on Prevention and Management of Dengue, Malaria and seasonal health disruptions. He gave tips on the role of volunteers in spreading awareness.

The post session was continued by Traffic police officials from Traffic Police, Chandigarh. They made aware the NSS volunteers about traffic rules and various traffic signs. They showed various videos and clips related to the road accidents, and with example showed the importance of helmet, and safety instruments like seat belts etc. In the end Chandigarh Traffic Police officials motivated the students to take a pledge to follow the traffic rules and to made aware their family members and friends. In addition, a session on Financial Literacy was delivered by,

the personnel of Punjab National Bank, Sector 20, Chandigarh on “Skills in Money Management through Banking”. They educated volunteers on stock market, mutual funds, SIP, debts equity etc. At the end of the session The principal, Dr. A.K. Srivastava , Dr. Ravneet Chawla, Mr. Ravinder Kumar and Ms. Sonika Devi thanked the Police Officials, the Manager, Punjab National Bank personnel and NSS Volunteers for their active Participation. Later a friendly match of basketball was played and the volunteers participated enthusiastically.

This was followed by heat of game in Hostel by residents of the College.

Glimpses:



NSS Volunteer, Shachi Gave a Presentation on the Life of Sardar Valabhbhai Patel



Session by Mr. Louis Lopez, the principal of St Stephens School



Session by Dr. Inderajeet Singh Shani, State Epidemiologist, IDSP



Traffic Police Personnel Gave Session on traffic rules and various traffic signs



Traffic Police Personnel Made NSS volunteers Pledge to Obey Traffic Rules and Regulations



The principal, Dr. A.K. Srivastava thanked the Police Officials, the Manager, Punjab National Bank personnel



Friendly Match of Basketball



Day 5: Tuesday, November 1, 2022

NSS cell of Government College of Education, Sec-20D, Chandigarh organised a 7 day NSS Special Camp on the theme of “Swachh *Bharat Abhiyan and Fit India Campaign*” from October 28, 2022 to November 3, 2022. The main motto of the NSS is “**NOT ME BUT YOU**” which inspires us to serve the humanity with unconditional love and selflessness. Gandhi also quoted that “my national service is part of my training for freeing my soul from the bondage of the flesh”.

The fifth day began with Yoga Session with Dr.Mohinder Pratap, Yoga Expert, GCYE-23, Chd. All volunteers participated with full sincerity and calmness in the natural outdoor environment following the trainer step by step. Various Yoga asanas like Kapalbhati, Surya namaskar, Tadasana, etc. were introduced with description.

After breakfast, the NSS volunteers along with the incharge Dr. Ravneet Chawla and programme officers Mr. Ravinder Kumar and Ms Sonika Devi went to the Government High School, Kajheri, adopted village, Sector 52, Chandigarh. The school principal was elated to see all the volunteers present to help and appreciated them for their visit. The volunteers were divided into four groups for different activities including educating about the adverse effects and symptoms of malaria and dengue, Cleanliness drive , Thematic Role play on theme ‘Awareness of Dengue and Malaria’ and Interactive lecture was taken by volunteers. NSS volunteers cleaned the school campus and they went to various classes and made aware the students about Sanitation, Malaria and Dengue. They were taught to take precautions like keeping their surroundings clean, use dustbin, to always wear masks and not to waste water. They prepared different types of flashcard, charts and other visual aids for this awareness campaign.

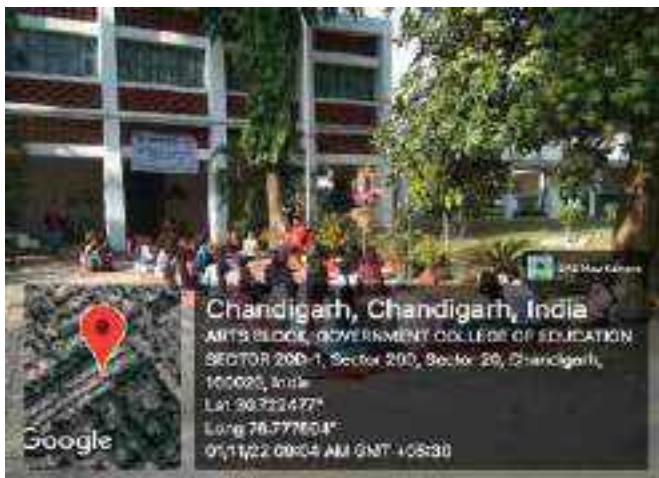
The post session was started with a thematic role play on the theme ‘Awareness of Dengue and Malaria’ by the volunteers. The next session was with The Fire Fighting Department of Chandigarh Administration. In this session, the volunteers were informed about the different categories of fire and causes of their generation. They also demonstrated how to use fire extinguisher according to the types of fire. Later, they gave live demonstration and used various types of water vessels to be used according to the situation. They also gave opportunity to the NSS Volunteers to perform all the actions required at the time of fire at our workspaces, home

etc. This was followed by Mr. Anil Kumar Saini, Director Rtd Welfare Department Haryana & spiritual trainer at Heartfulness Institute and Mr Parmod Chaudhary Ex Army Captain, Commandant & spiritual trainer at Heartfulness Institute who gave a session on heartfulness and how meditation can help to increase concentration. The session was very interactive and the volunteers partook eagerly.

This was followed by heat of game in Hostel by residents of the College.

Glimpses:

Yoga Session with Dr. Mohinder Pratap, Yoga Expert



Cleaness Drive at Adopted Village



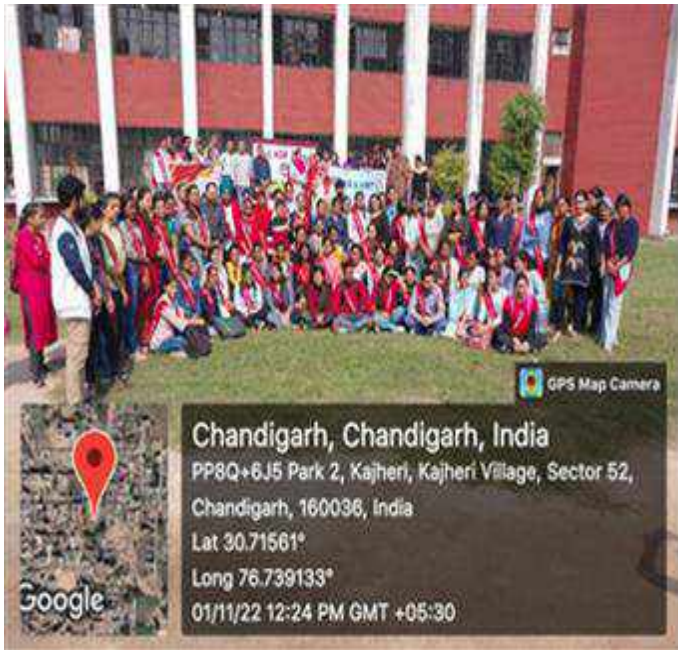
Visit to Adopted School, Kajheri



The Government High School, Kajheri, adopted village, Sector 52, Chandigarh



The Government High School, Kajheri, adopted village, Sector 52, Chandigarh



Thematic role play on the theme 'Awareness of Dengue and Malaria' by the NSS Volunteers



Demonstration the types of Fire Water Vessels



Demonstration to use Fire Extinguisher



Session by Mr. Anil Kumar Saini, spiritual trainer at Heartfulness Institute



Session by Mr. Parmod Chaudhary, spiritual trainer at Heartfulness Institute



Session on Heartfulness



Indoor Game Carom



Day 6: Wednesday, November 2, 2022

NSS cell of Government College of Education, Sec-20D, Chandigarh organised a 7 day NSS Special Camp on the theme of “*Swachh Bharat Abhiyan and Fit India Campaign*” from October 28, 2022 to November 3, 2022. The main motto of the NSS is “**NOT ME BUT YOU**” which inspires us to serve the humanity with unconditional love and selflessness. Gandhi also quoted that “my national service is part of my training for freeing my soul from the bondage of the flesh”.

The sixth day began with Sh.Anil Kumar Saini , Director Rtd Welfare Department Haryana & spiritual trainer at Heartfulness Institute who gave a session on heartfulness and how meditation can help to increase concentration. The session was very interactive and the volunteers partook eagerly. Mr Parmod Chaudhary ,Ex-Army Captain& spiritual trainer at Heartfulness Institute also joined the session to guide the volunteers.

After breakfast, the NSS volunteers along with the NSS programme officers Mr. Ravinder Kumar and Ms Sonika Devi welcomed Ms Prabhjot Kaur Atwal who gave a session on “**RESPONSIBILITY TO MAKE INDIA DRUG FREE**” resulting effective Abhiyaan in Chandigarh. The Administration proactively focused on three pronged approach to curb the menace of substance use in Chandigarh with the vision to put positive impact and to outreach maximum number of citizens.

Post session was by the Chandigarh Police (Ms. Pooja and Ms. Sonia , self-defence trainer) who gave a demonstration on self-defence. They demonstrated many techniques for defending yourself efficiently and many volunteers were called onstage to help with the demonstrations. The session was very interactive and informative and volunteers participated eagerly. Then a **Happiness Bonanza** was organised for the volunteer’s recreation and they took part enthusiastically. The volunteers were enthralled and felt relaxed after such a long day at camp.

This was followed by heat of game in Hostel by residents of the College.

Glimpses:

Session by Mr. Anil Kumar Saini, spiritual trainer at Heartfulness Institute



Session by Mr. Parmod Chaudhary, spiritual trainer at Heartfulness Institute



Interaction with The Principal



Session by Ms Prabhjot Kaur Atwal



Session by Ms. Pooja and Ms. Sonia , self-defence trainer



Happiness Bonanza



Day 7: Thursday, November 3, 2022

NSS cell of Government College of Education, Sec-20D, Chandigarh organised a 7 day NSS Special Camp on the theme of “Swachh Bharat Abhiyan and Fit India Campaign” from October 28, 2022 to November 3, 2022. The main motto of the NSS is “NOT ME BUT YOU” which inspires us to serve the humanity with unconditional love and selflessness. Gandhi also quoted that “my national service is part of my training for freeing my soul from the bondage of the flesh”. The Patron of the program was Dr. A. K. Srivastava. The activity Incharges were NSS Programme Officers Dr. Ravneet Chawla, Mr. Ravinder Kumar and Mrs. Sonika Devi.

The seventh day began with Sh. Anil Kumar Saini , Director Rtd. Welfare Department Haryana & spiritual trainer at Heartfulness Institute who gave a session on heartfulness and how meditation can help to increase concentration. The session was very interactive and the volunteers partook eagerly. Mr Parmod Chaudhary, Ex-Army Captain & spiritual trainer at Heartfulness Institute also joined the session to guide the volunteers.

The following session was by Mr. Simarpreet Singh, Hartek Group who talked about his road to success and how he turned his life around after getting inspired by Dr. APJ Abdul Kalam and his vision. He talked about how he devoted his life to the cause of sustainable development and the power of positivity and focus. Thereafter, Valedictory Function was initiated by welcoming the chief guest Brahmakumari Preeti who enlightened the volunteers on the power of meditation and significance of spiritual connectivity.

Valedictory function was started with the NSS Song presented by NSS Volunteers. Experiences of 7 days NSS camp were shared by two volunteers. The eye catching moments were bhajan, solo dance, Bhangra, orchestra and Song performances by NSS Volunteers. NSS Camp concluding report was presented by the NSS Incharge Dr. Ravneet Chawla. Prizes for various events held during the camp were announced and all the winners were appreciated by the chief guest and other dignitaries on the stage. the Principal Dr. A.K. Srivastava congratulated the NSS Cell of the College for successful completion of the 7 days special NSS camp and also motivated the NSS Volunteers to perform with full enthusiasm and zeal for upcoming activities. Vote of thanks was given by NSS Officers Dr. Ravneet Chawla, Mr. Ravinder Kumar and Mrs. Sonika Devi. The program ends with the national anthem.

A friendly match of cricked and kho-kho was played among the NSS volunteers.

Glimpses:

Session by Mr.Anil Kumar Saini and Mr.Parmod Chaudhary, spiritual trainer at Heartfulness Institute



Vote of Thank By the Principal to Heartfulness Institute



Interaction with the Principal



Session by Mr.Parmod Chaudhary, spiritual trainer at Heartfulness Institute



Session by Mr. Simarpreet Singh, Hartek Group



Session by Mr. Simarpreet Singh, Hartek Group



Mr. Simarpreet Singh Enlightening the NSS Volunteers



The Principal Dr. A.K. Srivastava congratulated the NSS Cell of the College for successful completion of the 7 days special NSS camp



ANTI CRACKER CAMPAIGN

(17-20 Oct, 2022)

The NSS Cell of Govt. College of Education, Chandigarh organized “Anti Cracker Campaign” on the *theme of “Green Diwali, Swachh Diwali”* to create awareness about the ill-effects of fire crackers causing noise and air pollution.

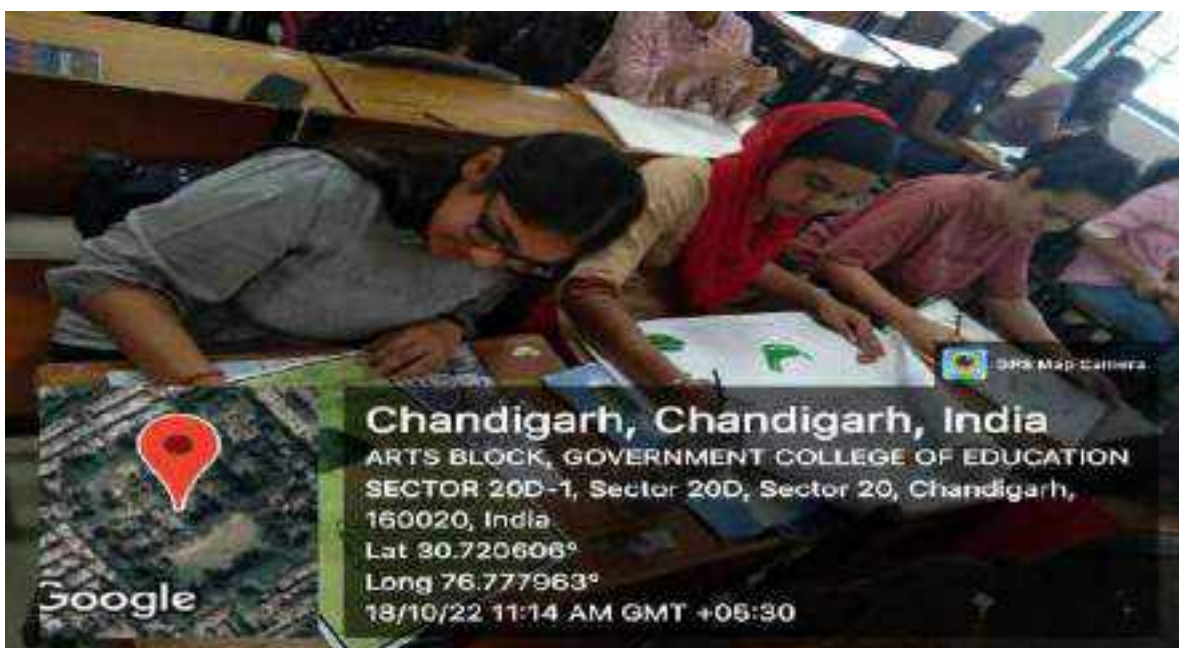
On the first day (17 Oct), Principal Dr. A.K.Srivastava along with NSS Incharge Dr. Ravneet Chawla & NSS PO’s Mr. Ravinder Kumar & Ms. Sonika Devi inaugurated the event by briefing the activities and motivated them to follow the theme “**Green Diwali, Swachh Diwali**”. The President and Vice-President of the NSS cell along with the NSS volunteers took a pledge as to not use crackers in the forthcoming Diwali season and celebrate an eco-friendly Diwali.

Glimpses:



On the second day (18 Oct), slogan writing and poster making competition was organized on the theme “Green Diwali, Swachh Diwali” in which students participated enthusiastically. The first prize for Slogan Writing Competition was grabbed by Shivam Jha of B.Ed Sem-1, second by Anshu Rani of B.Ed Sem-1 and third by Shivangi of PGDG & C. The first position for Poster Making Competition was grabbed by Amrinder Kaur of B.Ed Sem-1, Second position by Rajeshwari of PGDG&C and third by Navpreet of B.Ed Sem-1.

Glimpses:



On the third day (Oct 20), Principal Dr. A.K.Srivastava addressed the NSS volunteers and gave a speech about the harmful effects of using crackers on the environment and the health of others and how celebrating an eco-friendly Diwali is beneficial to us all in the short and the long run.



Glimpses:



POLIO DAY AND UNO DAY (24th Sep. 2022)

The NSS cell of Govt. College of Education, Sector-20D, Chandigarh celebrated the World Polio Day and United Nations day on **October 24, 2022**. An **Essay writing competition** on the theme “**END RACISM, BUILD PEACE**” was organized to celebrate UNO Day while a survey was conducted by the NSS volunteers to spread awareness on polio following the theme of “**A HEALTHIER FUTURE FOR MOTHERS AND CHILDRENS**”.

NSS volunteers of B.Ed Sem-1 and PGDG&C conducted a survey where they each visited 5 community families with children from 0-5 years old and noted their names, polio drops taken and the next due date for the drop. They also spread awareness on how parents should not miss their children’s polio drops dose to ensure a bright and healthier future for their children. All NSS volunteers participated ardently and a total of families were covered in this survey. Total no. of families covered 67.

The second task of writing essays on the theme of “End Racism, Build Peace” was passionately conducted by the students of B.Ed first year which were examined by Dr. Sheojee Singh, Dr. Rajni Thakur and Dr. Upasna Thapliyal. The first position was secured by Arshdeep Kaur of B.ED 1ST Year followed by Amrinder Kaur of B.ED 1st Year at the second and Bharti Dadhwal third positions respectively



CHILDREN'S DAY (14th Nov, 2022)

The NSS Cell of Govt. College of Education, Chandigarh celebrated Children's Day on 14th Nov. 2022 via online mode as the students are enrolled in the Pre-Internship Programme which is going on in different Govt. Schools of Chandigarh. NSS Incharge Dr. Ravneet Chawla initiated the event by elaborating the importance of the day. She shared her childhood memories and also motivated the students to look forward in the life by making the base of childhood more precious and admirable. NSS PO Mr. Ravinder Kumar also shared his childhood memories and appeals the pupil teachers to groom and shape their behavior to work hard in their profession. NSS Volunteers Isha, Pooja Pandey, Sundram Jha, Nitish kumar Jha, Komal and Shivam Jha presented beautiful poems on the occasion. Abhilash Kamble presented a song "*Hum Sab Bhartiya Hai*" to present the unity in diversity in our country. Many volunteers marked their presence by sharing their experiences of childhood. At the end Dr. Ravneet Chawla & Mr. Ravinder Kumar concluded the event and thanked all the students for their active participation.

Glimpses:



“Janjatiya Gaurav Divas” (November 15, 2022)

The NSS Cell of the Government College of Education celebrated the **“Janjatiya Gaurav Divas”** on 15th Nov 2022 to remember the contribution of the tribal freedom fighters in India’s struggle for freedom. 15th Nov is the birth anniversary of the great tribal warrior Bhagwan Birsa Munda. This day is declared as a Janjatiya Gaurav Divas as a part of 75th anniversary of India’s Freedom. On this occasion a debate/Speech competition was organized on the theme **“Contribution of Janjatiyan Heros of Freedom Struggle”**. The students of B.ED I&III Semester participated via online mode as they are enrolled in School internship programme in various Government Schools of the Chandigarh. Shivam, Samridhi, Isha and Kriti from B.ED I Sem enthusiastically participated in the speech competition. NSS PO Mr. Ravinder Kumar welcomed the NSS Incharge Dr. Ravneet Chawla and NSS PO Mrs. Sonika Devi along with the all NSS Volunteers in the event. He started the event with brief life sketch of Bhagwan Birsa Munda and elaborated his contribution in India’s freedom.

B.ED I Semester students Shivam, Isha, Samridhi & Kriti delivered their speech enthusiastically and elaborated various facts about the life of Bhagwan Birsa Munda. They also elaborated the contribution of Tribal Warriors in the freedom struggle. At the end Dr. Ravneet Chawla concluded the event by highlighting the main ideas and facts presented by the students. Mrs. Sonika Devi also appreciated the students for their active participation in the event.

Glimpses:



ONE DAY NSS CAMP

WORLD AIDS DAY (1st Dec, 2022)

The NSS Cell of Govt. College of Education; Chandigarh organized One DayNSS Camp to celebrate World AIDS Day on Thursday, December 1, 2022. Theme of World AIDS Day for the year 2022 “*Equalize*”.

The camp was inaugurated with the NSS song. NSS incharge Dr. Ravneet Chawla welcomed the principal Dr. A.K. Srivastava, Dean Dr. Sapna Nanda and the NSS volunteers to the camp and invited Dean of the college Dr. Sapna Nanda onstage to address the NSS volunteers. She highlighted the significance of Worlds AIDS Day and motivated volunteers to steer clear of drugs. Principal Dr. A.K. Srivastava motivated the volunteers for successful completion of activities during camp and also called attention to “*Seema Suraksha BalDivas*” by elaborating the sacrifice and devotion of our soldier towards the nation. NSS Programme Officer Mr. Ravinder Kumar thanked the principal, dean and the volunteers present there.

The salad making and flower arrangement competition was organized by the Home Science Department. The volunteers participated ardently. In salad making competition the first position was secured by Parkarti Bansal and Meghna, second position secured by Renu and third position secured by Bhupinder. The consolation prize was secured by Navjot Kaur. The prize for flower arrangement competition was given to Kamini. The Poster making, Clay modeling and Mehndi Designing competition was organized by the Fine Arts Department and the volunteers participated enthusiastically.

In the post session slogan writing and mask making competition was organized on the theme of World AIDS Day. The volunteers participated with full zeal and enthusiasm.

At the end, vote of thanks was presented by NSS Volunteers Mr. Rajan Gupta and Ms. Ananya Nautiyal. The camp ended with national anthem.

Glimpses:





जनमृत नहास्य



G 20 Summit Week 21st January to 25th January 2023 (23rd Jan, 2023)

The NSS Cell of Govt. College of Education Chandigarh is Celebrating G 20 Summit Week from 21st Jan 2023 to 25th Jan 2023. Theme of G 20 Summit Week for the year 2023 “**ONE EARTH, ONE HEALTH**”.

The programme was initiated by Isha, a B.Ed. student by elaborating the importance of the G 20 Summit week. She invited the principal Dr. Sapna Nanda for the formal welcome address and to motivate the students for conducting the different activities based upon the theme of the G 20 Summit week. Then she invited Ms. Shayampriyaa, Lokayurved Key Catalyst onstage for her session on the theme “**ONE EARTH, ONE HEALTH**”.

She started the session by talking about the limitations of teaching and how it has evolved from the early ages. The importance of health education was discussed with special reference to Ayurveda and how it should be included in the school curriculum. She also talked about the spiritual implications of education and how it should help us realize the true goal of life, submergence of one’s soul into the mighty power (Moksha). She also highlighted the difference between education now and before, as the one before focused not only on academic skills but also on the way of living and wellness of mind. She ended the session by talking about her five day integrated course on Yog and Ayurveda Wellness capacity building and the impact they are making in Chandigarh.

This was followed by a question round where students asked their doubts and shared their own observations and experiences about the session. NSS incharge Dr. Ravneet Chawla thanked Ms. Shayampriyaa for enlightening and encouraging the pupil teachers about Ayurveda and its significance in education and the curiosity it helped raise among the students.

The Paper Reading Contest on the theme “**G 20 SUMMIT**” was then held where students took part enthusiastically. The panel of judges for the competition was Dr. Anurag Sankhian, Dr. Sheojee Singh and Dr. Lilu Ram. The first position was attained by Meghna Dussan , second by Shivam Jha and third position by Yashika.

The birth anniversary of Netaji Subhash Chandra Bose was also celebrated by the college. Samridhi, a B.Ed. 1st year student gave a short speech in which she gave a life sketch of Netaji Subhash Chandra Bose and also highlighted his achievements. She also talked about his impact on Indian education and his views regarding Indian schooling on the lines of English public schools which were being popularized at the moment.

Principal Dr. Sapna Nanda motivated the volunteers for successful completion of activities during events and also called attention to **“Parakram Divas”** by elaborating the sacrifice and devotion of our soldier towards the nation. NSS PO’s Mr. Ravinder Kumar and Sonika Devi thanked the principal, dean and the volunteers present there.

On 24th January, 2023 Poster making and Slogan writing events were held on the theme **“G 20 Summit”**. The students participated with zeal and enthusiasm.

On 25th January, 2023 the G20 Summit theme was extended in collaboration with the ELC Club of the college wherein the national responsibility of voting, choosing the potential leaders for creating a progressive nation was highlighted Poetry Recitation was conducted.





NASHA MukT BHARAT AWARENESS ACTIVITIES (13-02-2023 to 27-02-2023)

VADA Club, NSS Cell and Red Ribbon Club of Government College of Education, Sector-20, Chandigarh conducted a series of activities in observance of *Nasha MukT Bharat Awareness Programme* from February 13, 2023 to February 27, 2023. The aim of conducting the events was to spread awareness among the pupil teachers in this age of drugs and addiction.

Date: February 13, 2023

Time: 12:00 PM – 01:15 PM



NSS Cell and Red Ribbon Club of Government College of Education, Sector-20, Chandigarh conducted a pledgetaking ceremony at around 12:00 PM. Oath was taken by the NSS volunteers- Sonam and Sahil followed by college Principal, Dean, teachers and pupil teachers. They took pledge and showed their commitment to desist from using narcotic substances, help rehabilitate those who were addicted and stand by government efforts to eradicate the drug menace.

Apart from oath taking, poster making competition was held later. The topics that were given to the students were- “Say no to drugs” and “Seeking help to stay away from drugs”. The pupil teachers showed active participation and submitted their posters which assimilate their creativity and imagination on the given topics. The judges for the poster making competition were Dr. Upasana Thapliyal, Dr. Rajni Thakur and Mr. Sanjeev Kumar. First, Second, Third and consolation prize winners were felicitated. The efforts of the students were praised by NSS Incharge Dr. Ravneet Chawla and Red Ribbon club Incharge Dr. Kusum.



Date: February 23, 2023

Time: 11:00 AM – 12:00 PM

NSS Cell and Red Ribbon Club of Government College of Education, Sector-20, Chandigarh conducted a yoga workshop at 11:00 AM. The objective of conducting yoga session as a part of *Nasha Mukt Bharat Awareness Programme* was to integrate body, mind and thoughts through yoga which is an essential component of health and wellness. Principal of the college Dr. Sapna Nanda highlighted that the youth these days are under

the influence of drugs and it is a menace that is deep rooted in the society. However, yoga has been around for ages is considered as a means of annihilation of bad habits.

NSS Incharge Dr. Ravneet Chawla then introduced Yoga instructor Mr. Harcharan Singh to the pupil teachers. Mr. Singh began the session with Ganpati Vandana. Various breathing techniques (*Pranayam*) were practiced by the pupil teachers with meditation that help release stress and anxiety. Further, Mr. Singh taught pupil teachers *Chandravidhiprabha* and *Suryavidhiprabha* that will help the pupil teachers to combat tiredness, fatigue and body pains which they face due to their hectic schedule. *Brahmarii* and *Sheetla* were also practiced. Words like *Om*, *Soham*, *Hamsa*, etc. were loudly chanted several times as these words are considered to have a very powerful influence in one's life.

The hour long workshop concluded with *Shanti Kriya*. Red Ribbon Club member Dr. Aarti Bhatt, then extended her vote of thanks to Mr. Harcharan Singh for such an inspiring session.



Date: February 27, 2023

Time: 11:00 AM – 12:00 PM

The third session under the *Nasha Mukta Bharat Awareness Program* will be held on February 27, 2023. The session will be taken over by Chandigarh nodal officer, VADA club, Mrs. Prabhjot Kaur Atwal at the college auditorium.



BOY VOLUNTEER IN SPECIAL NSS CAMP MDU. ROHTAK, HARYANA

FROM 7th TO 13th DECEMBER 2022

NSS camp attended by NSS volunteer Stanzin Sonam from 7th December to 13th December 2022. He represented boys-Chandigarh (the only Candidate)

On the first day we did Prabhat ferri around the campus from 6:00 am to 7:00 am. After that an appreciation speech was given by the programme officers to Maharishi Dayanand University for conducting this National Integration camp. Breakfast has been provided from 9:00 to 10:00 am. Professor Radhey Shayam was the resource person and lectured on -

lifestyle and Mental Health. From 12 to 1p.m. professor KPS Mahalwar lectured on “Equal access to justice”. Lunch was provided from 1 to 2 p.m. Dance competition of all the states was held from 2 to 4 pm in which most of the volunteers participated. We were freed for 30 minutes to have tea. The second round of dance competition was held from 7 to 8 p.m. in which respective states performed their traditional dances. Dinner was provided from 8 to 9 pm.

On next day we did Prabhat ferri around the campus from 6:00 am to 7:00 am. Yoga session was held and Sh. Naresh Ahlawat was the instructor. Breakfast was provided at 9 a.m. After that Sh. Kuldeep Singh, inspector cybercrime cell, Rohtak lectured on “Awareness on cybercrime”. Dr. Anupam Kurlwal was another resource person who lectured on “Goal Setting and Life Skills.” Lokgeet competition was organized in the university auditorium. At 4 to 7 pm Slogan writing and poster making competition was held in which most of the volunteer participated. Dinner was provided at 8 p.m.

On next day we wake up at 5:30 am and started preparing to visit Agra. We departed at 7 and it took around 5 hours to reach there. We were provided lunch on the way. We reached Agra at around 3 and after that programme officers instructed us to stay together and explore the beauty of Taj Mahal. We observed and explored for over 2 hours. At around 6 we came back from agra and reached MDU at around 3. It was a great experience and learnt a lot from the one day tour to Agra.

Sh. Pawan Jindal NSS awarded, professor Rajbir Singh Vice Chancellor of MDU. Devendra Dhul sir was the chief guests of today’s event. They spoke about the importance of national integration and the importance of soft skills etc. Integration rally was organized and all the volunteers were asked to clad in their traditional dress and showed their respective cultural dance throughout the MDU campus. Eventually the rally ended at the Vice Chancellor office. Volunteers performed their state dances with great pomp and show and I was one of them.

National Integration Camp

(10th February – 16th February 2023)

Sardar Patel University (SPU), Vallabh Vidyanagar, Dist. Anand, Gujarat

The National Integration Camp was organized by National Service Scheme Unit at the Regional University of Gujarat from 10th February to 16th February 2023 in which a series of events were conducted to aware the volunteers of the diverse cultures of India. 10 teams from various states participated, namely, Andhra Pradesh, Chandigarh, Chhattisgarh, Goa, Gujarat, Karnataka, Madhya Pradesh, Rajasthan, Uttar Pradesh, and Maharashtra. The whole camp was a fun and lively way of interacting and knowing each other. Skills like

Cooperation, creativity, leadership, teamwork, and time management were imparted to the volunteers through varied sessions and activities.

Programme Officer

Smt. Prabal Jyoti, PG Govt. College for Girls, Sector 42, Chandigarh

Volunteers

1. Muskaan Gupta, Department of Laws, Panjab University, Chandigarh
2. Preeti Yadav, PG Govt College, Sector 46, Chandigarh
3. Vidushi Awasthi, Govt. College of Comm. And Buss. Administration, Sector 50, Chandigarh
4. Yashika Sharma, Govt. College of Education, Sector 20, Chandigarh
5. Parul Thakur, DAV College, Sector 10, Chandigarh
6. Ujjawal Aggarwal, UILS, Panjab University, Chandigarh
7. Pankaj Bora, PG Govt College, Sector 46, Chandigarh
8. Harshdeep Singh, Govt. College of Comm. And Buss. Administration, Sector 50, Chandigarh
9. Prince Bansal, Govt. College of Education, Sector 20, Chandigarh
10. Rachit Jain, DAV College, Sector 10, Chandigarh



The Chandigarh unit reached the venue on 9th February 2023 and was registered on the same day. The Volunteers were given their Ids and Camp Diaries.

First Day (10.02.2023)



At 5:45 AM, Volunteers were taken for a morning exercise and yoga session. Basic stretching and yoga asanas were performed. After a hearty breakfast, there was an inaugural welcome session at MP Patel Auditorium, SPU, Gujarat. Sh. Niranjn Patel, Vice Chancellor, SPU, Girdhar Upadhyay, Regional Director, SPU, Vice Chancellor of Agricultural University, Sh. Bhailal Bhai Patel, Registrar, SPU, and all other dignitaries were welcomed and felicitated. Smt. Jagruti Suvera, Coordinator NSS, SPU welcomed all the POs, Volunteers and shared necessary details about the camp.



a cultural rally was conducted in which various states wore their traditional attire and spoke their regional slogans. The rally started from the auditorium and went all around the university premises. The volunteers sang and danced, elaborating on their rich and precious cultures.



At 6:30 PM, Cultural Programme was organized in which all the states were given ten minutes to showcase their respective cultures. The Chandigarh unit sang a group folk song and performed Bhangra. Smt. Prabal Jyoti, Programme Officer, also participated in the group song and motivated the entire team.



Second Day (11.02.23)

The Second day was organized by the Madhya Pradesh and Uttar Pradesh teams. Volunteers were taken for the routine morning exercise and yoga session for an energizing start to the day.



At 10 AM, Elocution Competition was held on the topics – Sustainable development, Green Development, Climate Change, and Clean Energy for all. Chandigarh Unit participated with great zeal and enthusiasm.

At 3 PM, an interactive session was conducted on wildlife crime by Advocate Manish Vaidya. It acquainted the volunteers with various ongoing crimes and environmental laws to safeguard our biodiversity.

At 6:30 PM, the Cultural Programme organized gave four states thirty minutes each to exhibit their state and their glorious culture. The Chandigarh Unit performed Giddha, folk songs, Monologue, and Bhangra efficiently with a PPT explaining all the aspects of

Chandigarh. The whole act was interactive and informative to the audience.



Chhattisgarh, Madhya Pradesh, and Karnataka also performed depicting their traditions and cultures.



Third Day (12.02.23)

The organizing teams were Chandigarh and Chhattisgarh. At 5:20 AM, a Parbhat Pheri was organized by Chandigarh and Chhattisgarh units in which all the volunteers participated with great vigour.



Morning Yoga and Exercise session was conducted while chanting the mantras with sheer discipline and energy. After a revitalizing breakfast, the volunteers were taken for a very alluring and practical session on First Aid by Smt. Manisha from the Red Cross Society. All the methods and techniques were elaborated on with utmost detail and caution. Stage management and anchoring were handled by the Chandigarh unit.



At 3 PM, Rangoli and Poster Making Competitions were held on the topics G20 and Y20 and Chandigarh Unit participated with great ardor. Vibrant and Enchanting posters and rangolis were prepared by all the volunteers in the given time of 2 hours.



At 6:30 PM, Cultural Programme gave an opportunity to the other four states, namely, Maharashtra, Uttar Pradesh, Goa, and Andhra Pradesh for exhibiting their glorious cultures through their thirty-minute acts each.



Fourth Day (13.02.23)

The Fourth Day was organized by the Karnataka and Maharashtra Units. At 7 AM, an early morning walk and a visit were conducted to Sardar Patel and Vithalbhai Patel Memorial.



A documentary was projected to the volunteers depicting the hardships and their role during the freedom struggle. The masses toured the museum and got familiar with their belongings and their ideas.



The volunteers were then taken to the Sardar Patel Nivas and each volunteer did put his efforts into the Shram Daan by cleaning the surroundings.

At 3 PM, Monologue Competition was held in which the volunteers had to exhibit any scene within 2 minutes.

At 6:30 PM, Cultural Programme invited other states to showcase their states for thirty minutes each.

Fifth Day (14.02.23)

Fifth Day was organized by the teams of Andhra Pradesh and Goa. The day started off with an energizing yoga and exercise session. At 9 AM, an Academic session was conducted on Gender Equality by Dr. Ishwar Mehra from the Sanskrit Department of St. Xavier College, Ahmedabad. He engaged the volunteers in a greeting exercise and some interesting group activities. It gave everyone an opportunity to explore new ideas and inculcate better values.



The Volunteers then paid a visit to Brahmakumaris - “World of Silence”, where Sister BK Jagriti Didi, Sister BK Dr. Damini, and BK Brother interacted with the mass with great avidity and shared their own experiences of self-realization and meditation.



At 6 PM, Four selected teams out of ten, namely, Chandigarh, Maharashtra, Karnataka, and Rajasthan were given an opportunity to perform at the Millet Festival 2023. Meanwhile, Gujarati teams performed at the Cultural Programme.



Sixth Day (15.02.23)

The volunteers were taken to a visit to Statue of Unity, world's tallest statue at Nandod, Gujarat. At 8 AM, all the volunteers boarded the train from Anand to Ekta Nagar and were then taken by buses to the statue. Sardar Patel Museum, Sardar Patel Zoological Park, Valley of Flowers, Sardar Sarovar Dam, Butterfly Garden, and Cactus Garden were all visited by volunteers. All the local sightseeing was fascinating and captivating. Everyone reported back to the university by 11 PM.



Seventh Day (16.02.23)



A valedictory session was organized by the Rajasthan Unit. Sh. Niranjana Patel, Vice Chancellor, SPU, Sh. Bhailal Bhai Patel, Deputy Registrar, Smt. Jagruti Suvera and Smt. Rita Deesuz, Coordinator NSS, SPU announced all the prizes of the competitions held during the camp. Chandigarh Unit bagged the second position in the Elocution Competition. Honorable Chief Guest, Sh. Chaitanya Sangami, Deputy Tehsildar, Anand handed over the prizes to the winners. The whole camp was wrapped up by an invigorating Garba.



NSS NATIONAL CAMP MMDU UNIVERSITY MULLANA

NSS volunteers Nidhi Sharma and Aprajit Thapar want to express our gratefulness to Dr. Ravneet Chawla and the DHE Chandigarh for providing us the opportunity to attend the NSS National Integration Camp on the theme of Azadi ka Amrit Mahotsav held at MMDU, Mullana from 14 Feb to 20 Feb 2023. The experience we had during the camp was truly life-changing and has helped us in our personal and professional growth.

The various activities and sessions held during the camp were well-structured and helped the participants understand the importance of national integration, social responsibility, and personal development. The exposure we received to various cultural activities and the opportunity to interact with like-minded individuals from different states has broadened our perspectives.

We are grateful for your efforts in organizing such a wonderful camp and for providing us with this opportunity. We are sure that we will utilize our learning from the camp in our future endeavors.

Thank you once again for your support and for making a positive impact on our lives.



ONE DAY NSS SPECIAL CAMP

March 7, 2023

INTERNATIONAL WOMEN'S DAY

NSS cell of Government College of Education, sector 20D, Chandigarh organized One Day Camp on the theme “*International Women’s Day*” on March 7, 2023 under the Patronship of Principal, Dr. Sapna Nanda, and the team lead of NSS, Dr. Ravneet Chawla, program officers Mr. Ravinder Kumar and Ms. Sonika devi . This camp was organized to celebrate the social, economic, cultural and political achievements of women. The Chief Guest of the event was Mrs. Anita Pal, an Educationist and the First Lady of Chandigarh (wife of Advisor to Chandigarh Administration Sh. Dharampal, IAS). Other invites included - Mrs. Harinder Kaur (regional Director NSS cell), Dr. Mrs. Pallika Arora (PCS, Director Social Welfare, Women and Child Development), Mrs. Richa Aggarwal (Proprietor Cleopetra, Wellness expert), Ms. Samaira Sandhu (Actress, Writer), Ms. Beenu Rajput (Film maker, Philosophy expert, Philanthropist) and Sadhvi (Prof. Dr.) Devpriya (Head, Department of Philosophy, Patanjali University, Haridwar).

Mr. Ravinder Kumar and Ms. Sonika Devi initiated the camp. NSS Song was sung by the volunteers to begin the day. This event included performances by the student volunteers which included poems, songs, speeches and a dance, all based on the theme of celebrating women. The women in audience also participated by sharing their views and experiences throughout their life and the adversities they faced while growing up. Amrinder Kaur, Kriti Shukla and Harshita managed the stage as hosts.

The dedicated formal session for celebrating honours and citations to the inspiring women followed. The concept was introduced by Dr. Ravneet Chawla. The guest speakers were welcomed by Worthy Principal, Dr. Sapna Nanda. Lightening of lamp by the esteemed guests TOOK PLACE WHILE Mamta recited the mantras. Dr. Ravneet Chawla read citations of each invitee while the guests were decorated with souvenirs and Phlkari as a token of femininity A theme song was then sung by girls based on women titled “*Komal hai kamzor nahi, Shakti ka naam naari*”. Mrs. Anita Pal addressed the audience with encouraging words and shared her experiences and life lessons. She advised every female present there to work hard and to never give up on their dreams, no matter the difficulties

they faced. She drew inspiration from her mother who was a painter and always followed her dreams without taking advantage of any family position. She encouraged every woman present there to be their own support and inspiration. She emphasized on the fact that every woman should value her independence and not be dependent on anyone for her needs. She thanked the principal for inviting her and giving her the opportunity to speak at such a prestigious platform and also extended a helping hand to everyone present there if they ever needed motivation for achieving their dreams.

Then, Mrs. Harinder Kaur, regional Director ,NSS cell expressed her gratitude to be invited there and shared the vision of NSS that supports women empowerment and what NSS has done towards creating better environment for women all over the country. She emphasized on the importance of celebrating women's day. PCS, Dr. Mrs. Pallika Arora also shared words of wisdom with the audience and shared her experience about how she came into civil services, what hardships she faced during this time and how she fights with discrimination and crimes against women by being in her position. She also spoke about her father who was a true inspiration for her and her dreams of persuing BDS. She concluded her speech by thanking everyone present and motivated everyone to work towards their dreams and to never give up their aspirations.

Mrs. Beenu Rajpoot, a renowned filmmaker, Philosophy expert, Philanthropist gave the audience advice on how to always believe in them and stay focused. She introduced her new magazine "*Wings of Vision*" which focuses on giving a platform to different women to share their stories and inspire others. The college's very own newsletter "*Jjiviosha*" was then introduced by Mrs. Anita Pal and the principal. Ms. Samaira Sandhu then advised the audience to always work hard to achieve their goals. Mrs. Richa Aggarwal also shared her thoughts and ideologies with the audience to put in their best. These experiences contributed by all these renowned ladies boosted the morale of not only the girls present in the audience, but also gave the boys a path which they should work on to build a safe and secure world for women which embraces equity.

A nukkad natak was presented by the girl students of B.Ed. 2nd year based on women empowerment and contribution of women in the modern world. This was followed by poem recitation by Gagandeep based on the strength of a woman in Punjabi.. The session

concluded with Gidda performance was given by the girls of B.Ed. in which they were joined in the end by the guests.

The DAY LONG BAZAR was the next highlight. The year 2023 has been declared “**The International Year of Millets**” by the United Nations General Assembly to highlight the importance of millets in promoting food security, nutrition and health. The celebration aims to raise awareness of the nutritional benefits and versatility of millets, as well as their role in promoting sustainable food systems and climate-resilient agriculture. The celebration will be marked by various events and activities, including conferences, workshops, exhibitions, and cultural events. These events will bring together researchers, policymakers, farmers, food industry players, and consumers to exchange ideas and strategies for promoting millets. The International Year of Millets is a significant opportunity to raise awareness about the nutritional, environmental, and economic benefits of millets. By promoting the production and consumption of millet, we can contribute to a more sustainable and healthy food system that is accessible to all. In the Government College of Education, Sector -20 D Chandigarh. The inauguration of the “*Club Wholesome*” under the Department of Home Science for the academic session 2023-24 was held on Tuesday, 7th March 2023.

The members of "Club Wholesome" and professors of the college displayed various types of dishes made from millets at the Home Science Laboratory. The Chief Guests tasted the recipes and specified that each club member should "think beyond the limit" and bring out innovative ideas for millet recipes. She appreciated the efforts taken up by Club Wholesome members and suggested that club activities should be arranged beyond the College campus also to create awareness amongst the society to help people improve their health.

Post lunch, another session was held in which our main guest was Sadhvi Prof. Dr. Devpriya Ji who joined us along with Mr. Jaideep Ji from the Haryana Yoga Udyog Administration. She was introduced by respected principal madam and then by Mr. Jaideep in which her whole journey from being a simple girl from a small village to being a well renowned sadhvi and her work with sanskrit and vedas was shared with us. Then Sadhvi ji addressed the audience and shared her life journey and experiences with us, encouraging us to stay true in pur path and do what we wish is best for us with pure determination.

Dr. Sapna Nanda appreciated the team effort of NSS Cell. Dr. Ravneet Chawla extended a token of gratitude to her for vision and networking support.

Mr. Ravinder extended the vote of thanks to the guests, participants and the team members along with support staff. Ms. Sonika led the National Anthem to close the formal one day camp.

The day ended with a small holi celebration held in the college campus for the student volunteers.







जाड़ादा का
अमृत महोत्सव











ONE DAY NSS CAMP

May 6, 2023

ANNUAL FUNCTION

NSS cell of Government College of Education, sector 20D, Chandigarh organized One Day Camp Cum Annual Prize Distribution Function on May 6, 2023 under the team leader of NSS, Dr. Ravneet Chawla, program officers Mr. Ravinder Kumar and Ms. Sonika devi and Prize distribution incharge , Dr. Meena Choudhary . This camp was organized to celebrate the achievements of students throughout the year .The Chief Guest of the event was Sh. C.B. Ojha , Chief Engineer , Chandigarh Administration. The highlight of the prize distribution was recognition to the outstanding performance by the student of the college. colour. It was record breaking national level camps.

Dr. Balwinder Kaur initiated the camp and welcomed everyone. NSS Song was sung by the volunteers . The principal welcomed The Chief Guest and thanked him for all the support he has provided the college throughout. He was then presented with a Shawl as a token of honor. This was followed by the lamp lighting and Sarasvati Vandana. Students , Sahib and Simran , gave a speech and reminisced about their experience throughout the two years of college.

This event included performances by the student, Shampreet, who sang a song to keep the celebration going. Then students gave beautiful performances of Natti and Ladakhi dance which was followed by a skit on the theme **“Workplace Harassment”**. The chief guest then gave a speech congratulating everyone for their achievements and inspiring students to work hard. This was followed by the Prize distribution where the Chief Guest and The principal distributed awards to students for their achievements. A performance was then given by the students to encapsulate the event.

Participation in which 16 volunteers for B.Ed 4th. semester took part at various camps held at Rohtak, Rajkot, Anand and Ambala in the last six months. The volunteers were also awarded prizes for their achievements during the yearlong activate as well as the seven day NSS special day camp held between October 28 and November 3, 2023. The execute body

members who were awarded included the president Shivam, Jha, Vice president Komal and also the group leaders Garima, Sonu Kumar, Purvi , Ragni, Shama, Rajeshwari.

Nitish Jha was awarded the best volunteer in male and Ananaya Nautial was awarded best female volunteers. The NSS incharge Dr. Ravneet Chawala applauded the unstring efforts of the volunteers also duly acknowledged the roles of Co programme Officers Mr. Ravinder Kumar and Miss. Sonika Devi. The principal of the college Dr. Sapna Nanda spoke high of the role of NSS cell of the college to make the rise and shine in various spheres.

Vote of Thanks was presented by student, Tanuja and the function was closed with the national anthem.

Glimpses :





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NSS ONE DAY CONCLUDING CAMP (9th May, 2023)

Government College of Education, Sector 20D, Chandigarh on Monday, 9th May 2023. The event was organized by the NSS volunteers for the NSS volunteers of final year. The event The National Service Scheme (NSS) organized a NSS valedictory function and farewell at was graced by the presence of the Principal of the college, Dr. Sapna Nanda, faculty members and NSS volunteers of B.Ed., M.Ed. and PGDG&C of the college. NSS Program officer extended a formal welcome to the principal and all present. The event started with the NSS song sung by volunteers.

Principal Dr. Sapna Nanda addressed the gathering and praised the efforts of the NSS volunteers. She emphasized the importance of community service and the role of NSS in contributing to the development of our society. She motivated the volunteers to keep the spirit of NSS motto “Not me but you” high and imbibe it in life. The would-be teachers pledged, to pass on the motivation to contribute towards the society among their students, in every little bit they can. The Principal, Dr. Sapna Nanda, congratulated the NSS team comprising Dr. Ravneet Chawla, Mr. Ravinder Kumar and Ms. Sonika Devi for their magnificent work throughout the session. The volunteers felt gratified and proud of their achievements performed under NSS.

The NSS program officer Dr. Ravneet Chawla extended a formal welcome and presented the annual report of the activities conducted by NSS volunteers over the past year. The report highlighted the various projects and campaigns undertaken by NSS students on topics such as health and cleanliness, promoting tourism, and awareness campaigns on social issues.

The highlight of the program was the cultural events performed by the NSS volunteers like, medley, songs, dance, etc. and the ramp walk for students in which Mr. Prince and Ms. Kavita were chosen as Mr. and Ms. Farewell. The judges of the ramp walk were Dr. Anjali Puri, Dr. Suman Khokhar and Dr. Aarti Bhatt.

Overall, the NSS valedictory function was informative and inspiring. It demonstrated the importance of community service and the significant contributions that can be made through teamwork. The enthusiasm of the NSS volunteers was highly commendable, and it was heartening to see the impact of their efforts in making a positive change in society. The program ended with the vote of thanks by the NSS program officer Mr. Ravinder Kumar & Ms. Sonika Devi and the national anthem.







The above presentation is compilation of the long and short activities performed with diligence and sincere efforts of the NSS officials and volunteers under the able guidance of Principal and valuable inputs from the higher authorities including the State Liaison Officer and the Regional Director. We look forward to the forthcoming session to contribute to our best towards the *Nation Building* by grooming the volunteers.

NSS CELL

Dr. Ravneet Chawla

Mr. Ravinder Kumar

Mrs. Sonika Devi

Ravneet Chawla
Ravinder Kumar
Sonika Devi

PRINCIPAL

Government College of Education
Sector 20-D, Chandigarh

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Outreach Activities organized by ELC Club (2022-23)

Report: Electoral Literacy Club (2022-23)

The Electoral Literacy Club of the Government College of Education, Sector 20-D, Chandigarh carried out various activities during the session 2022-23 to create awareness about electoral process and to empower young voters. The ELC comprises of four members (Dr Nisha Singh, Dr rupinder Kaur, Mr Manish Kumar, Mr Sanjeev kumar) from the teaching faculty, the office Superintendent (Mrs. Sarabjeet Kaur) and five elected members (Tripti Atri, Saloni, Ruhina, Vandana, Samridhi) of the student executive committee.

At the beginning of session, the elections were organized for all the students of B.Ed., M.Ed., and PGDG&C classes to select Student Executive Committee members for the club including the college ambassador. The Electoral Literacy Club started a campaign for the students who haven't enrolled themselves as voters. A special awareness campaign was conducted for the students as well as teaching, non teaching and support staff of the college for linking their voter card with their aadhar cards.

The ELC celebrated National Constitution Day (Samvidhan Diwas) on November 26th, 2022 at the college auditorium,. The faculty and students participated in the celebrations with full enthusiasm. The celebration included reading of the Preamble of the Indian constitution, a speech about the history and importance of the constitution, video on making of the Constitution, and recitation of inspirational poems by the students. A very interesting fun games based quiz was also conducted. Dr. Kusum shared her expertise on the subject. Dr Nisha Singh, Nodal Officer, the ELC emphasized the significance of the Constitution, the rights and duties of citizens, and talked about the educational provisions enshrined therein.

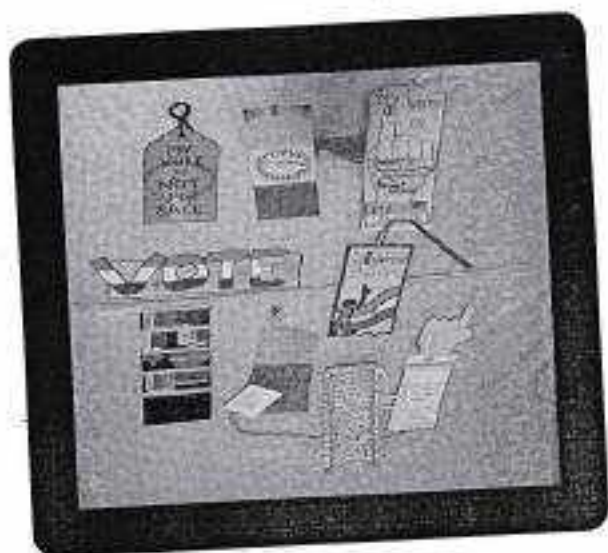
To create awareness about electoral process various charts, posters, banners, website updates were used throughout the session. The members of the ELC also participated in the Art Exhibition organized by Election Department, Chandigarh Administration.

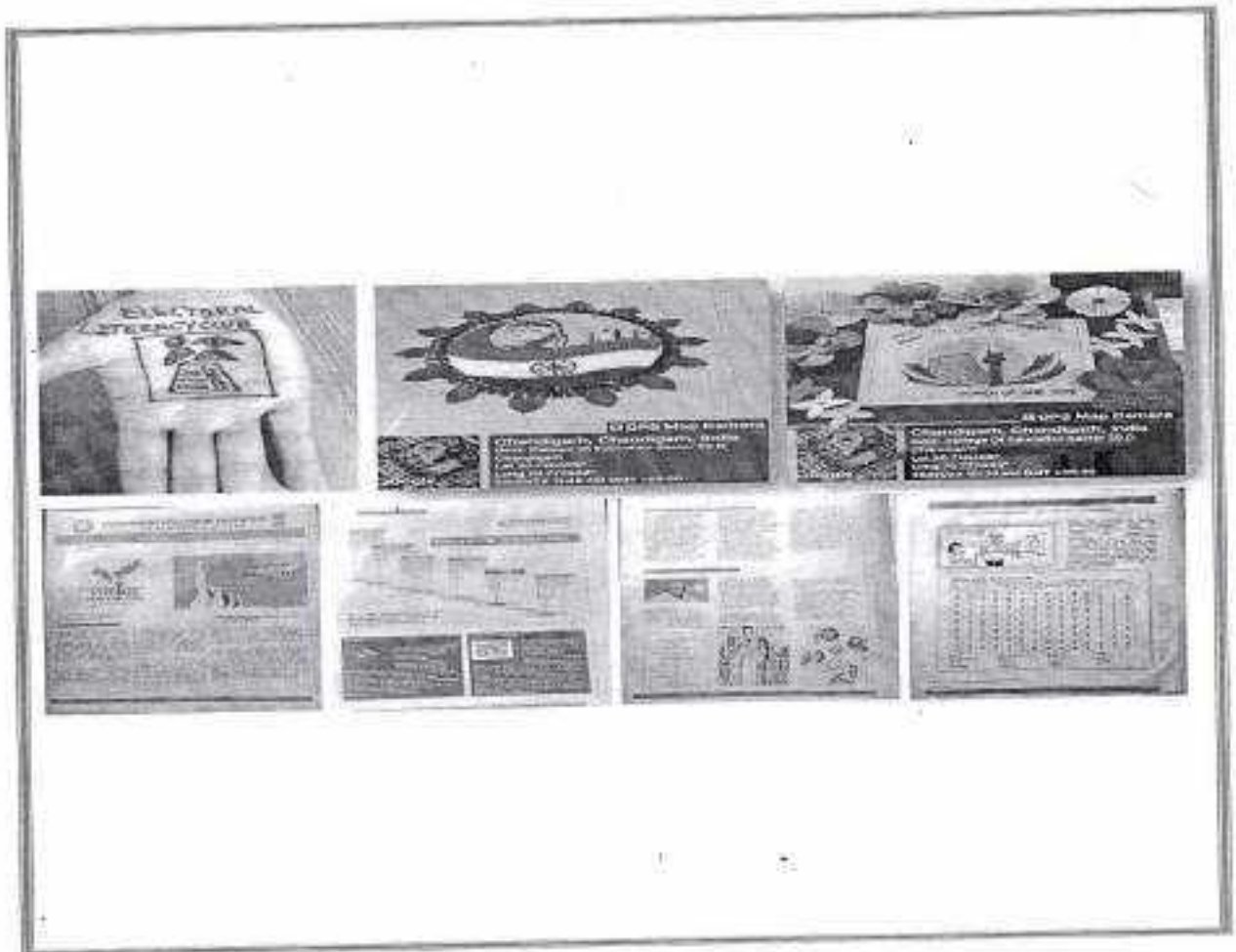
The Electoral Literacy Club celebrated National Voter's Day on January 25, 2023 to educate and encourage young voters to vote, their voting rights and importance of each vote. Rangoli making, Bookmark making, and poem recitation competitions were organized to celebrate the event.

A very meaningful and thought provoking play was organized by the students of second year. The event became a resounding success as the students got to know that the voting is an important tool for a democratic nation and they vowed that they would vote for sure in every election. On this occasion the ELC created a very innovative for the occasion. The election song "Main Bharat Hoon" was played many times in College auditorium to inspire young voters.

The ELC of the college managed 100% enrollment of all the students during the session which is really appreciable. The ELC fulfilled its responsibility of empowering youth by creating awareness about the electoral process, voting rights and promoting the idea that each vote matters through various fun based activities.







Nisha
 DR. NISHA SINGH
 ELC INCHARGE

Sapna
 30/5/2023
 DR. SAPNA NANDA
 PRINCIPAL
 GCE-20,
 CHANDIGARH

Outreach activities organized by RRC (2018-23)

GOVERNMENT COLLEGE OF EDUCATION SECTOR-20D, CHANDIGARH

To

Project Director,
Chandigarh State AIDS Control Society,
U.T. Chandigarh

Memo No. GCE-20D/2020 Dated 21-8-2020
1888-1889

Subject: ANNUAL REPORT OF RED RIBBON CLUB

Please find enclosed herewith the annual report of Red Ribbon Club for information and further necessary action.

(Dr. Kusum)
Convener
Red Ribbon Club

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

CC:

College Library

GOVERNMENT COLLEGE OF EDUCATION
SECTOR-20D, CHANDIGARH

RED RIBBON CLUB

ANNUAL REPORT

2019-2020



(Dr. Kusum)
Convener
Red Ribbon Club

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

INTERNATIONAL YOUTH DAY

International Youth Day (IYD) is an awareness day designated by the United Nations. The purpose of the day is to draw attention towards given set of cultural and legal issues surrounding youth. The first IYD was observed on 12th August, 2000 since then it is observed annually on 12th August. It is taken as an opportunity by governments and others; to draw attention towards youth issues worldwide. During IYD, concerts, workshops, cultural events and meetings involving national and local government officials as well as youth organizations take place around the world.

International Youth Day's Slogan for 2019 is 'TRANSFORMING EDUCATION'.

Red Ribbon Club of Govt. College of Education, Sector 20D, Chandigarh celebrated International Youth Day on 10th August, 2019 in the college campus itself. Principal highlighted the importance of International Youth Day by pointing out that this day provides an opportunity to the government and others to draw attention towards youth issues and to promote the feeling of oneness. During the event, an Oath taking ceremony was also held for the students to become a responsible citizen of India.

SLOGAN WRITING COMPETITION

College Red Ribbon Club organised slogan writing competitions in the college campus with the theme: AIDS Awareness on 7th November, 2019.

Its main focus was to raise awareness amongst teachers and students in particular along with the community in general about issue of HIV/AIDS especially in the area of infection/transmission, effects, stigmatization and discrimination.

Students participated in the competitions actively. First position was secured by Manisha Kumari, second by Aaditi, third by Aishwarya, and consolation prize by Inderjeet Kaur respectively.





AIDS AWARENESS RALLY

World AIDS Day, observed on December 1st each year since 1988, is dedicated towards raising awareness of the AIDS pandemic caused by the spread of HIV infection, and mourning of those who had died because of the deadly disease. Government and health officials, non-governmental organizations and individuals around the world observe this day, often with education on AIDS prevention and control.

World AIDS Day is one of the eight official global public health campaigns marked by the World Health Organization (WHO), along with World Health Day, World Blood Donor Day, World Immunization Week, World Tuberculosis Day, World No Tobacco Day, World Malaria Day and World Hepatitis Day. Since 1995, President of the United States has made an official proclamation on World AIDS Day.

With an aim of promoting awareness in society about the menace of this disease more than 100 students of our College participated in the awareness rally held on 30th November, 2019 which was flagged off by the Principal from the college. Students displayed banners, placards and raised slogans how to eradicate AIDS/HIV including the preventive measures. Special emphasis was given on removing the myths about this disease and with a whole hearted request for not discriminating towards individuals infected with the disease. The rally headed to Azad market from Government College of Education, Sector 20-D.





BLOOD DONATION CAMP

A blood donation camp was organised by College Red Ribbon Club in collaboration with the NSS unit on 29th February, 2020 in the college campus. The camp was organised under the supervision of staff from the Govt. Medical College & Hospital, Sector-32 Chandigarh.

The Chief guest Dr. Ravneet Kaur, Professor & Head of Department of Transfusion Medicine, GMCH-32, Chandigarh inaugurated the camp by cutting the ribbon and congratulated the management, the Principal Dr. Mrs. Renu Varma and students of college for coming forward to organize this event.

Dr. Tanvi Sood, Assistant Professor, Department of Transfusion Medicine, GMCH-32, Chandigarh gave a motivational talk on Blood Donation Camp. She told that blood volume is regained within 48-72 hours and cells of blood get replenished in 3-4 weeks. She laid stress on the fact that blood donation is also beneficial for the donor as it thins down the blood thereby reducing the cholesterol level. Nishu and Pansy Malhotra of B.Ed. Semester 4 recited poems to encourage everyone for blood donation.

Those who wished to donate blood were first checked by professionals for their haemoglobin level. One of the rooms was utilized for a thorough medical check-up of potential donors, as well as the donation itself. They were provided with milk, sandwich and a banana. Total 30 donors donated blood out of which 28 were students and 2 were the faculty members. Donors received certificate of recognition.





ACHIEVEMENTS :

FELICITATED FOR BEING “BEST RED RIBBON CLUB”

Red Ribbon Club of our college was felicitated for being “Best Red Ribbon Club” in New Delhi by NACO on 1st December, 2019 for exceptional work in engaging college youth for awareness on HIV/AIDS. Dr. Kusum was also congratulated by the Principal on this huge achievement.



BEST MEMBERS OF RRC:-

- Pansy Malhotra- 286
- Kavita Joshi- 202
- Sugandhi Sharma- 215
- Sapna Gupta- 280
- Prabhpreet Kaur- 57
- Lavish Sachdeva-12

Convener
Red Ribbon Club

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

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

To


Project Director,
Chandigarh State AIDS Control Society,
U.T. Chandigarh

Memo No. GCE-20(D)/2022/SIS Date: 22/03/22

Subject: ANNUAL REPORT OF RED RIBBON CLUB

Please find enclosed herewith the annual report of Red Ribbon Club for information and further necessary action.


22.3.22
(Dr. Kusum)
Convener
Red Ribbon Club


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

CC:

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

GOVERNMENT COLLEGE OF EDUCATION
SECTOR-20D, CHANDIGARH

Red Ribbon Club

ANNUAL REPORT OF RRC

2021-22



Dr. Kusum
22.3.22
(Dr. Kusum)
Convener
Red Ribbon Club

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



**GOVERNMENT COLLEGE OF EDUCATION
SECTOR-20-D, CHANDIGARH-160020
(Affiliated to Panjab University, Chandigarh)**



6th Oct., 20
10:00 AM

VOLUNTARY BLOOD DONATION DAY

ਰਜ਼ਾਬੀ ਖ਼ੈਰੀ



Honorable Speaker
Dr. Ravneet Kaur
Professor & Head
Dept. of Transfusion Medicine
Govt. Medical College & Hospital
Sector-52, Chandigarh



Dr. AK Srivastava
Patron
Principal, GCE Sec 20D
Chandigarh



Dr. Kusum
Convener RRC
Associate Professor, GCE
Chandigarh



Session will be online please join through Google meet
on Wednesday, Oct. 6th, 2021 at 10AM
Link will be given 20 minutes before the meet.

Government College of Education, Sector 20, Chandigarh

Report on

**Webinar on National Voluntary Blood Donation Day- "Rakt Daan Maha Daan"
(6th October, 2021)**

On the occasion of National Voluntary Blood Donation Day, Red Ribbon Club of Government College of Education, Sector 20, organized a webinar on the topic "Rakt Daan Maha Daan" addressed by Prof. (Dr.) Ravneet Kaur, Professor and Head of The Dept of Transfusion Medicine, Govt. Medical College and Hospital, Sector-32, Chandigarh the honorable speaker of the day through online mode.

Dr. Kusum, Convener of Red Ribbon Club of the college initiated the webinar by her introductory speech. She then invited Principal and Patron Dr. A.K. Shrivastava to present his thoughts on this occasion. Dr. Kusum took the stage and invited Prof. (Dr.) Ravneet Kaur, speaker of the day.

Prof. (Dr.) Ravneet is a Professor and Head of the Dept of Transfusion Medicine, GMCH, Sector-32, Chandigarh. She has a 20 years of extensive experience in the field of Transfusion Medicine. She is a member of core committee of Haemovigilance Programme of India; member of Technical Resource Committee, National Aids Control Organization, Government of India. She has been awarded J.R.Jolly award in 2012 for vital contribution in the field of Transfusion Medicine.

She started the talk by giving the information about the basic components of the Blood. She explained how blood is Renewable but Perishable in nature. She then proceeded towards the need of donating blood. She quoted that "Anyone at anytime may need blood". She mentioned about the three types of donors, those are: Voluntary donors, Family/Replacement donors and Paid donors. She also discussed about the global donation scenario. About 118.5 million units of blood is annually collected on the global basis out of which 30% is from the high-income countries which is about 16% of the world's population. According to the data presented, the blood donation rate is relatively higher in high income countries when compared to the low income countries. As per the data, there is an increase of about 7.8 million blood donation from voluntary unpaid donors from the year 2013 to 2018. 54 out of 193 countries have achieved 100% voluntary blood donation. Most of the developed countries are willing participating in voluntary donation. According to the data presented, Covid has affected the voluntary donation in an adverse way.

Voluntary blood donors are considered much safer than the other types of donors. She highlighted that how the consent of the donor is important. It is always advised to fill all the documents carefully and the donor should always make aware the collectors about any ongoing health issues. According to her the blood collection should always be based on the requirement and need of the blood. This can be done by organizing small camps on regular intervals. She has also put light on the selection of donor as well as the screening procedure of the donor. She has cleared all the taboo surrounding the act of blood donation. She mentioned about how Covid has affected the blood donation and collection. There was a great team coordination to overcome the hurdles in blood collection.

Some glimpses of the event:



The talk came to an end which was followed by a Question and Answer session. The questions asked by the students as well as the faculty were very fresh, interesting, and had a scientific approach in it.

After the Question and Answer sessions a formal vote of thanks and summarization of the session was prescated by Sakshi Poonia of B.Ed 3rd semester.

Red Ribbon Club
Incharge
Dr. Kusum

CC: to: Dr. Rajni Thakur
Website
NAAC

[Signature]
(Rajni Thakur)

[Signature]
Principal
Govt. College of Education,
Sector 20 D,
Chandigarh.

PRESS NOTE

Webinar on National Voluntary Blood Donation Day (5th October, 2021)

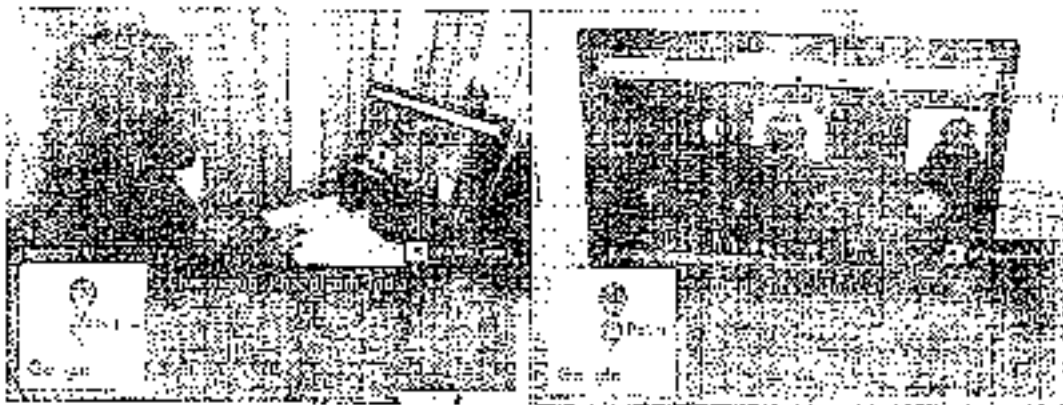
On the occasion of National Voluntary Blood Donation Day, Red Ribbon Club of Government College of Education, Sector 20, Chandigarh organized a webinar on the topic "Rakti Daan Maha Daan" addressed by Prof. (Dr.) Ravneet Kaur, Professor and Head of The Dept of Transfusion Medicine, Govt. Medical College and Hospital, Sector 53, Chandigarh the honorable speaker of the day through online mode.

Dr. Kusum, Convener of Red Ribbon Club of college initiated and welcomed Principal and Patron Dr. A.K. Srivastava who shared his thoughts on importance of blood donation and extended welcome to the speaker of the day.

Dr. Ravneet Kaur explained and discussed how blood is Renewable but Perishable in nature. She then proceeded towards the need of donating blood. She quoted that "Anyone at any time may need blood". She also mentioned about the three types of donors, those are: Voluntary donors, Family/Replacement donors and Paid donors. She emphasized that every responsible citizen should come forward for the blood donation and contributes his part for the good of the society. The event concluded with a question answer session where myths and queries of students were sought by the speaker of the day.

Few glimpses of the event:





PRESS REPORTING
DR. RAJNI THAKUR

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

GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

REPORT

Dated:-21-10-2021

RED RIBBON CLUB

INTRA COLLEGE QUIZ COMPETITION

As per the direction of Chandigarh State AIDS Control Society Red Ribbon Club of Govt. College of Education Sector 20 D, Chandigarh, organized an Intra College Quiz Competition on 21st Oct.2021. Dr. Kusum (Incharge RRC) and Dr. Aarti Bhat, organized the Quiz competition for the students of B.Ed 1st semester in the college premises on the topics of HIV/AIDS awareness, Adolescent Health, Blood Donation and Mental Health to find the best. One Team comprising of Two students who will represent the college at the State Level Quiz competition. A total of 14 students of B.Ed. participated in the quiz and 50 short answer type question related to the topics mentioned were asked from the students for which students have to give their response. The idea behind conducting this competition is, to actively involve and engage members of Red Ribbon Club in creating awareness about HIV/ AIDS, Adolescent Health, Mental Health and any other public health threat etc. through the mode of Quiz. Dr. Sheojee Singh, Dr. Ravneet Chawla and Dr. Rajni Thakur acted as the judges for the competition. Following were the prize winners:

S.No	Roll No.	Name of the Student	Position
1.	287	Snivani	1st
2.	210	Nishu	2nd
	264	Sadhna	
3	256	Indrajeet	3rd

28/10/21
Convener
Red Ribbon Club

28/10/21
Principal
Govt. College of Education
Sector-20D, Chandigarh.

- CC
1. For College Website
 2. For NAAC
 - ✓ For Office Record

Received
21/10/21
Received



GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

GCE 200/C10/2021/2620 21

Dated 24.11.2021

RED RIBBON CLUB

Report on

Poster making & Slogan Writing Competition

For creating and spreading awareness on HIV/AIDS among the teacher educators, Dr. Kusum, incharge and Dr. Aarti Dhau(member) of Red Ribbon Club of Government College of education sector 20D, Chandigarh organized a Slogan Writing & Poster making Competition on the theme AIDS AWARENESS for the students of B. Ed Semester Ist on 24th November, 2021 at 10:20am.to 1:20 p.m. in the college campus.

96 students actively participated in the event and prepared slogans and poster on the theme with great zeal and enthusiasm and expressed their thoughts on different aspects of HIV/AIDS through their posters. The participants were judged by Dr. Lila Ram, Dr. Nisha Singh and Mr. Sanjeev Kumar. The Principal, Dr A K Srivastva appreciated the participants as well as the Red-Ribbon Club for organising such programs for sensitization of adolescent minds. Results of the competition are:

POSTER MAKING COMPETITION

S. No.	Name	Roll No.	Position
1.	Meera	78	First
2.	Kavita Singh	68	Second
3.	Sahil, Sunita Parihar	65, 27	Third
4.	Tanuja	76	Consolator.

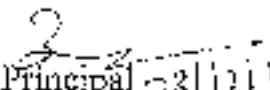
SLOGAN WRITING COMPETITION

SR. No	Name	Roll No.	Position
1.	Deepshikha	23	First
2.	Nandini	53	Second
3.	Sarej Kumari	105	Third
4.	Amisha	08	Consolation.


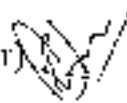





 28.12.21
 Convener
 Red Ribbon Club
 Member *Rajni*


 Principal 23/12/21
 Govt. College of Education
 Sector-20D, Chandigarh

CC:

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

Dr. Kusum

1

पंजाब केसरी

25/11/21

Jan 1

25/11/21

छात्रों के लिए पोस्टर मेकिंग और स्लोगन राइटिंग प्रतियोगिता करवाई



प्रतियोगिता में हिस्सा लेते हुए छात्र।

(एनएनएन)

मंडीनाद, 24 नवम्बर (आश्विन): सेंटर
70: स्थित गणकेश शिक्षा महाविद्यालय में फर्स्ट
सिनेस्टर के छात्रों के लिए पोस्टर मेकिंग और
स्लोगन राइटिंग प्रतियोगिता का आयोजन है।
विषय कक्षा के द्वारा किया गया। कार्यक्रम का
आयोजन श्री. कुसुम और डॉ. अरवि के द्वारा

किया गया। प्रतियोगिता के निर्वाचक सदस्य
डॉ. लीटू, एम. डॉ. निशा सिंह और राजीव कुमार
थे। जीते और सम्मानिता को अर्ध, कपिता
प्रिंट और नोटों को हिलीय, महिला और सुनोना
परिहार, लान्या, सरोज कुमार और अविना ने
जीस्य स्थान प्राप्त किया।

GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

GCE 20D/10/2021/2512-23

Dated 30.11.2021

RED RIBBON CLUB

Report on

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 rally under the Guidance of Dr. A.K Srivastava, Principal GCE 20D, Chandigarh by Dr. Kusum (Incharge, RRC) and Dr. Aarti Bhatt, on WORLD'S AIDS DAY on 30 November, 2021 at 11:00am. Dr. Amandeep Kaur, Project Director, Chandigarh AIDS Control Society, Sector 15 Chandigarh was the guest of honour for the Awareness Rally program.

Dr. Amandeep Kaur, Project Director and Dr. A.K Srivastava, Principal GCE

2000 dragged off the Rally along with Dr. Kusum, Dr. Ulu Ram, Dr. Aarti Bhatt, Mrs. Umil Singh, Mr. Sanjeev Kumar and other staff members of the college. Around 100 students of B.Ed 1st semester students assembled near the college Hall to participate in this 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.



Slogans like 'Open Your Eyes Before Aids Close Them', 'Fight Aids Not People', 'Better to Protect Rather Than Regret', 'Jan Jan Vich Sandesh Ponchao Aids Vargi Bimari Nu Dur Bhajzo' etc. had been raised by the students on HIV/AIDS AWARENESS with the help of Banners and Flex and placards. Expressing happiness at the successful implementation of the program with good dedicated team work, Principal Dr. A.K.Stivastava 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.



Ch. S. J.
28.12.21
Convener
Red Ribbon Club
Member - *[Signature]*

[Signature]
Principal 28/12/21
Govt. College of Education
Sec.20D, Chandigarh

CC:

- ✓ For Office Record
- ✓ For College Website.
- 3. For NAAC (Dr. Rajni Thakur)

[Signature]
[Signature]

GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

RED RIBBON CLUB

Dated:18.02.2022

REPORT ON

ONE MINUTE VIDEO PRESENTATION COMPETITION

Red ribbon club of Government College of Education, Sector 20 D, Chandigarh organised one minute video presentation competition on the theme Blood Donation with a view to create an awareness on the significance of blood donation for the students of B. Ed Semester I and II on 12th Feb.2022 through online mode. Students from both the semesters of B. Ed registered enthusiastically and submissions were done through email. Participants had to upload their videos on the given email id mentioned in the notice. Around 18 volunteers participated and prepared their videos for the competition. Dr. Nisha Singh, Dr. Sumar Khokhar and Mr. Sanjeev Kumar were the judges for the said competition. Result of the competition:

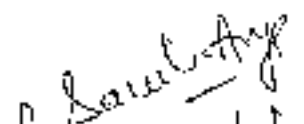
Sr. No	Roll No.	Name	Position
1.	306	Bhara Sharma	Ist
2.	211	Supency Sa'gotra	2nd
3.	287	Shivani	IIIrd

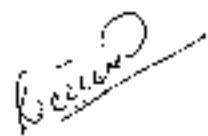



3 Teaspoons of blood
can save a baby's life




 18.2.22
 Convener
 RRC


 18/2/22
 Principa:
 GCE, Chandigarh.

- cc
1. For College Website 
 2. For Nizac
 3. For office record 

ACHIEVEMENTS:

FELICITATED FOR BEING "BEST RED RIBBON CLUB"


Red Ribbon Club of our college was felicitated for being "Best Red Ribbon Club" in Chandigarh by Chandigarh State AIDS Control Society on 8th March, 2022 on the occasion of International Women Day for exceptional work in engaging college youth for awareness on fit health and HIV/AIDS. Dr. Kusum was also congratulated by the Principal on this achievement.




Dr. Amandeep Kang, Dr. Kusum, Mr. Sunil Kumar Panghal,

BEST MEMBERS OF RED RIBBON CLUB:-

Anshu-01
Sonam Bhatia-18
Richa-14
Sunita Parihar-27
Neha-235
Shivani-287
Pooja Devi-63


22.3.22
(Dr. Kusum)
Convener
Red Ribbon Club


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



GOVERNMENT COLLEGE OF EDUCATION SECTOR-20D, CHANDIGARH

To

Project Director,
Chandigarh State AIDS Control Society,
U.T. Chandigarh

Memo No.

Date: 24/03/23

Subject: ANNUAL REPORT OF RED RIBBON CLUB

Please find enclosed herewith the annual report of Red Ribbon Club for information and further necessary action.

(Dr. Kusum)
Convener
Red Ribbon Club

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

CC:

1. For College Website
2. For Office Record
3. For NAAC Committee (Dr. Anjali Puri)

GOVERNMENT COLLEGE OF EDUCATION
SECTOR-20D, CHANDIGARH

Red Ribbon Club

ANNUAL REPORT OF RRC

2022-23



(Dr. Kusum)
Convener
Red Ribbon Club

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

(27th AUGUST, 2022)

CYCLOTHON

Bicycle Rally for HIV AIDS Awareness

Cyclothon (Bicycle Rally) was organised by Chandigarh State Aids Control Society for HIV AIDS Awareness on 27th Aug 2022 flag off by Hon'ble Shri Yashpal Garg, Secretary Health, UT, Chandigarh from Sukna lake to New lake Sector 42. Various school and college students participated in the rally. Many volunteers also joined the rally. Inauguration was done by releasing the balloons in the air. The students brought their own bicycles for the rally and it started with a great enthusiasm and everyone created awareness throughout the rally regarding HIV AIDS. Students of Red Ribbon Club of Govt. College of Education also participated in the rally. The rally ended successfully. After rally, refreshment was given to all the participants.



INTRA COLLEGE QUIZ COMPETITION

10th October, 2022

Red ribbon club of Government College of Education, Sector 20 D, Chandigarh in collaboration with Chandigarh AIDS Control Society organised an Intra College Quiz competition on 10th October 2022. The competition was organised for the B.Ed 1st Semester students under the guidance of Dr. Kusum, Incharge RRC and Dr. Aarti Bhatt member RRC. Nearly 80 students participated in competition. It started at around 2 o'clock and was organised in respective B.Ed

classroom of Section A (Room No. 31) and Section B (Room No. 32) for the students. 50 short answer type question related to the topic mentioned were asked from the students for which they have to give the response. The idea behind this competition is, to actively involve and engage students of college in creating awareness about HIV/AIDS, Adolescent Health, Blood Donation, Mental Health and any other public health threat through a mode of Quiz. Competition was organised to find the best One Team comprising of two students who will represent the college at the State Level Quiz competition on November 11th 2022. Mr. Ravinder Kumar, Dr. Upasna Thapliyal and Mrs. Sonika acted as Judges of the competition and evaluated the response sheets of students and presented their judgement as mentioned below:

Sr.NO	ROLL NO.	SECTION	NAME	POSITION
1.	218	B	Nitish Kumar Jha	1st
2.	246	B	Isha Duggal	2nd
3.	273	A	Tripti Atri	3rd



STATE LEVEL QUIZ COMPETITION

11th November, 2022

The Red Ribbon Club of the college organised quiz on HIV/AIDS awareness, mental health and Adolescent health and all students of B.Ed. 1st Semester participated in that with full enthusiasm on October 10, 2022. It was observed and organised by Dr. Kusum (Convener) of Red Ribbon Club of Government College of Education, Sector-20 D, Chandigarh. On the basis of the results of this quiz competition students are selected for the State level quiz competition Red Ribbon Club to be held on 11 November, 2022 which was held at Hotel Park view, Sector-24, Chandigarh. This competition was organised by Chandigarh State AIDS control Society, UT, Chandigarh. In which 19 teams participated from different colleges. Nitish Kumar Jha and Isha Duggal of B.Ed. 1st Semester represented their college in State level quiz Competition. The quiz competition was divided into two rounds in which first round was MCQ round and each team was given chance to answer two questions and marks were awarded accordingly. Second round was passing on round in which unanswered questions were passed on to next team and bonus was given for the correct answer. The quiz consisted of questions on mental health, adolescent health, HIV/ AIDS and COVID-19. Consolation Prize was awarded to Govt. College of Education team and Cash prize of Rs 3000 was awarded to the team. After this, knowledge about HIV/ AIDS was further given to all the participants by judges.



INTER COLLEGE COMPETITION

THE THEME OF HIV/AIDS AWARENESS

4th November, 2022

Chandigarh AIDS control society organised an inter college Competition on the theme of HIV/AIDS awareness on 4th November, 2022 in the premises of Government College for Girls, Sector - 11, Chandigarh. The students selected for various competitions by Dr. Kusum and Dr. Nisha Singh which students for represented of Govt. College of Education, Sector-20D, Chandigarh.

Following students participated in these different Competitions:

Rangoli Making Competition	Isha Duggal (246) Amrinder Kaur (258)
Poster Making Competition	Amulya (299) Jaspreet Kaur (287)
Slogan writing competition	Nitish Kumar Jha (218)
Face painting competition	Rankita Kumari (248) Naincy Kumari (212)
Essay Writing competition	Aarti (219)
Collage Making Competition	Sonu (223) Parul (240)

The day started with registration at PG Govt. College for Girls, Sector-11, Chandigarh and then all the participants went to the venue allotted for their respective competitions. All competition started at 9:30 and refreshment was given to all the participants after the competition. At 12 pm results were announced in college auditorium by the judges (member of Chandigarh AIDS control society). All the participants were awarded with certificate of participation. Naincy Kumari and Rankita Kumari were awarded cash prize of Rs.1000 as they grabbed first prize in face painting Competition. This competition was also like a great awareness campaign for all the students. Incharge of this event was Dr. Kusum who prepared all the students for different competitions and motivated them to perform to best of their potential.

Glimpses of the Event:



Distribution of prizes:





VARIOUS COMPETITIONS

THE THEME OF AIDS AWARENESS

26th November, 2022

Red Ribbon Club organized various competitions on 26th November, 2022 on the theme of “Aids Awareness” in the premises of the Government College of Education Sector 20D, Chandigarh. The whole event was organized under the supervision of the Incharge of the Red Ribbon Club Dr. Kusum with the coordination of members of the Red Ribbon Club. The competition started from 10:30 A.M to 12:00 noon and was organized in respective B.Ed. classroom of section A (Room No-31) and section-B (Room No-32). All the students of the B.Ed 1st semester participated in this competition. The activities for the competition were as follows:

- a) Rangoli Making
- b) Cartoon Making
- c) Tattoo Designing
- d) Poster Making
- e) Slogan Writing

The students expressed their views and thoughts about the theme “Aids Awareness” by drawing posters, writing slogans, designing tattoos and cartoons along with making different colorful rangoli. One could see and feel the enthusiasm that the students had in their presentations. This activity kept the students engaged and was organized to aware and encourages creativity of the students.

All the participants participated earnestly in the competition. They all came up with amazing creativity. Vice Principal Dr. Savita Arya was the chief guest of the competition. She encouraged the students with the valuable words. The formal vote of thanks was delivered by Dr. Kusum.

The judges for various competitions:-

- a) Dr. Anurag Sankhian
- b) Dr. Nisha Singh
- c) Mr. Sanjeev Kumar

The final judgment was made by the external source, faculty members of the college and presented their judgment as mentioned below:-

The winners of the various competitions are:

POSTER MAKING COMPETITION

- 1) Anmol Jaswal – 1st
- 2) Kriti Shukla – 2nd
- 3) Amulya – 3rd
- 4) Shama – 3rd

SLOGAN WRITING COMPETITION

- 1) Anshu Rani - 1st
- 2) Isha Duggal – 2nd
- 3) Reena – IInd – 2nd
- 4) Kajal Rathour – 3rd

CARTOON MAKING COMPETITION

- 1) Rankita Kumari – 1st
- 2) Arshdeep kaur – 2nd
- 3) Aanchal Pathania – 3rd

TATOO DESIGNING COMPETITION

- 1) Anjali Rana – 1st





AIDS AWARENESS RALLY

World's AIDS Day on 1st December, 2022

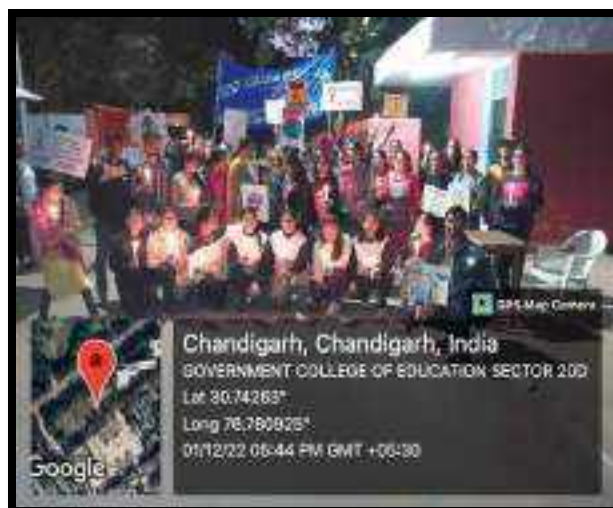
As per the directions of Chandigarh state AIDS control Society, Red Ribbon Club of Government College of Education, Sector-20D, Chandigarh organized Candle March rally by Dr. Kusum (Coordinator, RRC) on the theme of World's AIDS Day on 1st December, 2022 at 5:00 p.m. Dr. A. K. Shrivastav, Principal GCE,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



BLOOD DONATION CAMP

Date: 10 March 2023

One day blood donation camp was organized by the Red Ribbon Club of the Government College of Education; sector 20 D, Chandigarh on 10th March 2023 under the esteemed guidance of our club Incharge Dr. Kusum and member Dr. Aarti Bhatt. Dr. Jaswinder Kaur Director, Government Medical College of Hospital, Sector 32 was the Chief Guest on the occasion and she inaugurated the camp along with Dr. Ravneet Kaur Head, Department of Blood Transfusion, Government Medical College of Hospital, Sector 32, Dr. (Mrs.) Sapna Nanda, Principal, Government College of Education, Dr. A.K. Srivastava (Dean GCE20) and RRC incharge Dr. Kusum and member RRC Dr. Aarti Bhatt. The session started with motivational lecture by Dr. Ravneet Kaur from Government Medical College of Hospital, Sector 32 where she highlighted the importance of blood donation. She discussed about the need of blood to save human life, components of blood that can be used, the situations and diseases where blood transfusion is required. She continued her discussion with the importance of voluntary blood donation and why blood given voluntarily is the best type of blood donation that a person can do. She also emphasised on the fact that blood is replenishable and there is no major effect on donator health whatsoever. 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, not being on periods for females, etc.). After this selection, the donor is asked to lie down and the blood is taken under careful observation of the doctors with clear labelling and careful handling of the collected sample. After the blood has been taken, the donor is monitored by the onsite doctors for a little while so that they can make sure that the donor is in perfect health. Dr. Ravneet Kaur motivated everyone present in the hall to donate blood and save lives, and the result was that the students of the college enthusiastically participated in the blood donation camp. All volunteers were awarded with a brooch and a certificate by Madam Principal, Dr Ravneet Kaur and Dr. Kusum. Students of both semesters took part in blood donation camp enthusiastically along with teaching and non-teaching staff. Refreshment was also given to donators. Team of 10 doctors were there to assist and guide donator. Students have to undergo through an examination which included checking weight and haemoglobin level of students to check whether they are fit for donating blood or not



AIDSCON-12 National Conference organised by Chandigarh State AIDS Control Society

The Red Ribbon Club of our College under the guidance of Dr. Kusum felicitated in



AIDSCON-12 - Towards AIDS Free World, a National Conference organised by Chandigarh State AIDS Control Society on 10th-11th March 2023 at Hotel Parkview, Sector 24, Chandigarh. Shachi Sudhir, a student of Bachelors of Education, Semester 2 presented her Research paper on the theme “Stigmatisation and Psychological Support for AIDS High Risk Groups”. She was congratulated by the panel for a nice presentation which highlighted the role of mental health in the treatment of PLHIV.

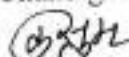





Similarly, Sheron, a student of B.Ed Semester 4 was much appreciated for an expressive handmade poster and received the Consolation prize for Poster Presentation.



The conference was inaugurated by Sh. Yashpal Garg, IAS who motivated all the delegates to solve real life problems through the knowledge shared in the conference. The conference was filled with highly enriching technical sessions along with informative panel discussions. The second day of the conference concluded with Prize distribution and felicitation of all the Red Ribbon Club incharges including Dr. Kusum, incharge, Red Ribbon Club, GCE, Sec 20- D, Chandigarh.


 Convenor
 Red Ribbon Club


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

Copy to:

1. For Office Records
2. For College Website
3. For NAAC Dr. Rajni Thakur

Outreach activities organized by Parijat Eco Club (2022-23)



GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

REPORT

Dated: - 31-05-2023

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 Akshita followed by all the Faculty members and students. 31st May was celebrated as the concluding day for the Mass Mobilization Campaign activities to promote the LIFE. The event was organized by the executive members of the Parijat Eco-Club. President Anjali welcomed the chief guest of the event Dean of the college Dr. A.K. Srivastava, faculty members and all the students of the college. Priti invited all the members for a group song spreading awareness regarding environment. The act on the theme "*Five elements of Nature*" was performed very beautifully by the members of the club. Report of full campaign was presented by Anjali. Shivam Jha recited a poem on the theme "*Tere Wastey*". Dean of the college Dr. A.K. Srivastava congratulated and blesses the students on successful completion of the all events since 15th May to 31st May 2023. The event was organized successfully and appreciated by the Principal of the college Dr. Sapna Nanda.

Glimpses: Pledge (Activity 1)



Group Song & skit (Activity 2)



Poem & Report reading (Activity-3)



Dean Sir Address (Activity-4)



Signature
PARIJAT ECO-CLUB

Signature
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 (IC'S) from Kachhi 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)



Parijat 28/5/23
PARIJAT ECO-CLUB

Principal 28/5/23
Principal

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



GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH
REPORT Dated: - 30-05-2023

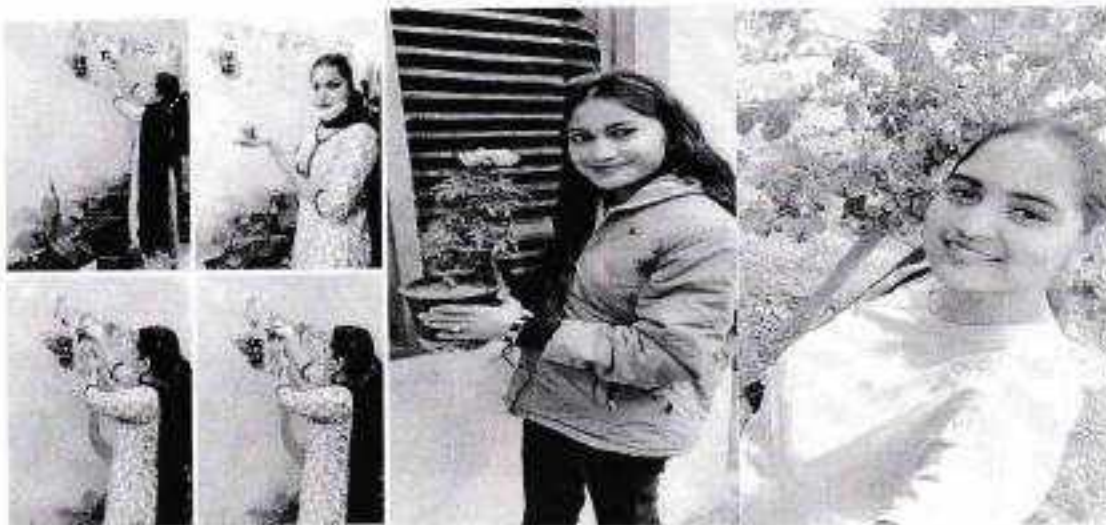
Mass Mobilization Campaign to raise awareness about LIFE (15-05-2023 to 31-05-2023)

PARLIAT 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 "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. Supna Nanda.

Glimpses: Pledge (Activity 1)



Plant adaptation (Activity 2)



Talk (Activity-3)



Parijat
PARIJAT ECO-CLUB

Sandeep
Principal

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



GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

REPORT

Dated: - 24-05-2023

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 Preeti followed by all the Faculty members and students. Firstly "*Poster Making Competition*" was organized for the students of the college. They prepared posters on the theme save environment. Secondly Declamation contest was organized on the theme "*About the life campaign*". Students actively participated in the same. A motivational video on the theme "*Save the planet*" was screened in the auditorium of the college by the executive members of the Parijat Eco-Club. Komal presented the video. The event was organized successfully and appreciated by the Principal of the college Dr. Sapna Nanda.

Glimpses: Pledge (Activity 1)



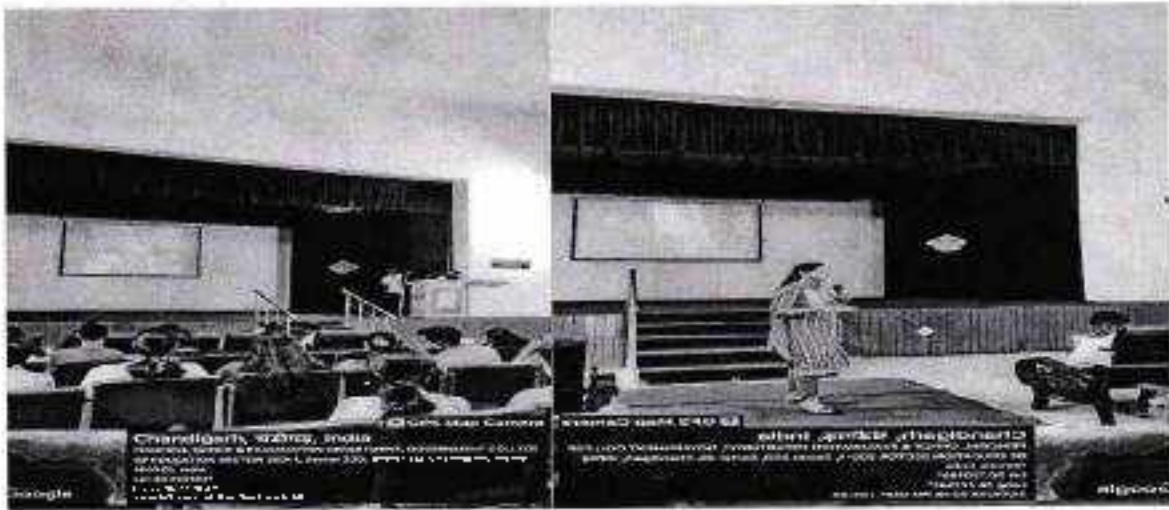
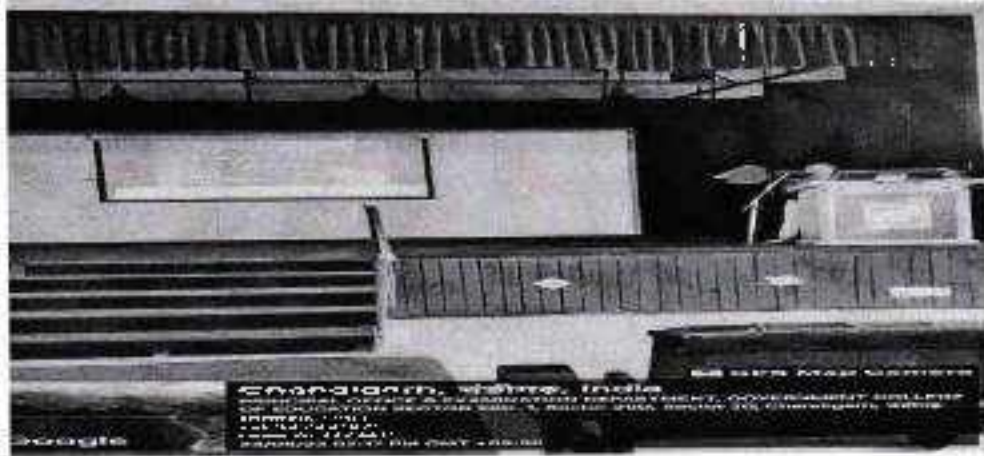
Poster Making (Activity 2)



Declamation Contest (Activity-3)



Motivational video (Activity-4)



Signature 24/5/23
PARIJAT ECO-CLUB

Signature 24/5/23
Principal
Govt. College of Education
Sector- 20D, Chandigarh



GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

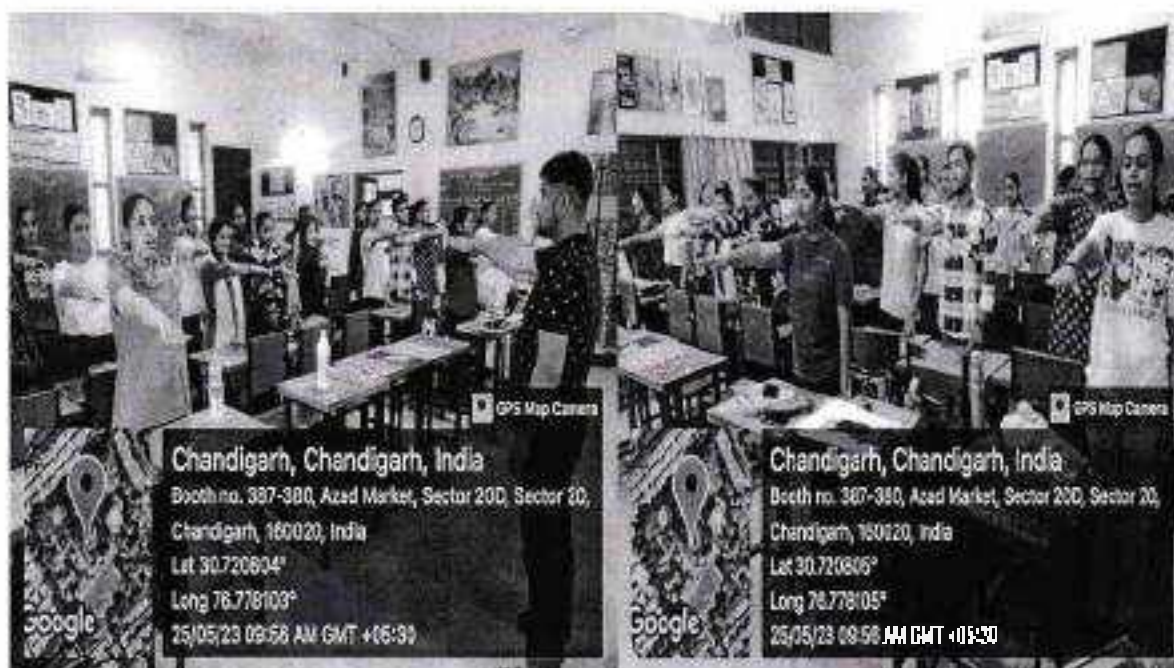
REPORT

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.J.D. 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)



Angshu 21/5/23
PARLIAT ECO-CLUB

Prasad 25/5/2023
Principal

**Govt. College of Education
Sector- 30D, Chandigarh**



GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

REPORT

Dated: - 26-05-2023

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 Preeti followed by all the Faculty members and students. Firstly "*Identification of leaking taps to avoid wastage water*" was organized at various places in the college. Students identified the leaked taps and take necessary actions. Students actively participated in the same. A motivational talk on the theme "*Role of entails in Carbon emissions*" was delivered in the auditorium of the college by the executive members of the Parijat Eco-Club. Anshu B.ED. Student presented the talk. The event was organized successfully and appreciated by the Principal of the college Dr. Sapna Nanda.

Glances: Pledge (Activity 1)



Identification of leaking taps (Activity 2)



Motivational talk (Activity-3)



Amrinder 26/5/23
PARIJAT ECO-CLUB

Amrinder
 26/5/2023
Principal

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



GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

REPORT

Dated: - 27-05-2023

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

PARLIAT 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 Muskan followed by all the Faculty members and students. Firstly "*Signature cum message campaign*" was organized in the college campus in which all the faculty members and students wrote the messages on environment and also draw the pictures and sketches. Principal Dr. Sapna Nanda with the guest Er. Surender Kumar started the campaign. Seed bank was established by the students in the green house of the college. A motivational poem on the theme "*Environment*" was recited by the dean of the college Dr. A.K. Srivastava. Story was also narrated by Dr. Sheojee Singh on the environment. The event was organized successfully and appreciated by the Principal of the college Dr. Sapna Nanda.

Glimpses: Pledge (Activity 1)



Signature and message campaign (Activity 2)



Seed Bank (Activity-3)



Poem (Activity-4)



Pranjali 27/11/23
PRANJALI ECO-CLUB

Pranjali
 27/11/2023
Principal

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



GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH
REPORT Dated: -22-05-2023



International Biodiversity Day (22-05-2023)

PARIJAT ECO-CLUB of Govt. College of Education, Chandigarh observed 'International Biodiversity Day' on 22nd May 2023. The theme of 'International Biodiversity Day' for 2023 is "From Agreement to Action: Build Back Biodiversity." The programs were organized under the LIFE mass mobilization event. Students of the college placed pots at various places in the campus filled with fresh water for birds and animals. An awareness talk was also organized for the students in which Prahu Nath Shahi, Director from Jai Madhusudan Jai Shrikrishna foundation act as key note speaker. The theme of the talk was "Save environment, save earth, save life". He emphasized upon the various aspects of planting and caring the plants. He also appealed the students to adopt appropriate life style for environment so that we can keep our environment clean and green. Principal Dr. Sapna Nanda congratulated the faculty and students for successful organization of the event. The event was coordinated by Mr. Ravinder Kumar (Incharge Parijat Eco-Club) with Mr. Manish Kumar (Member Eco-Club). Event organized successfully.

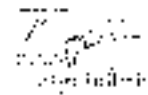
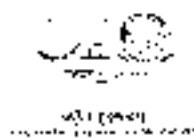




Parijat
 PARIJAT ECO-CLUB
 24/5/23

Principal
 24/5/2023
 Principal

Govt. College of Education
 Sector- 20D, Chandigarh



GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

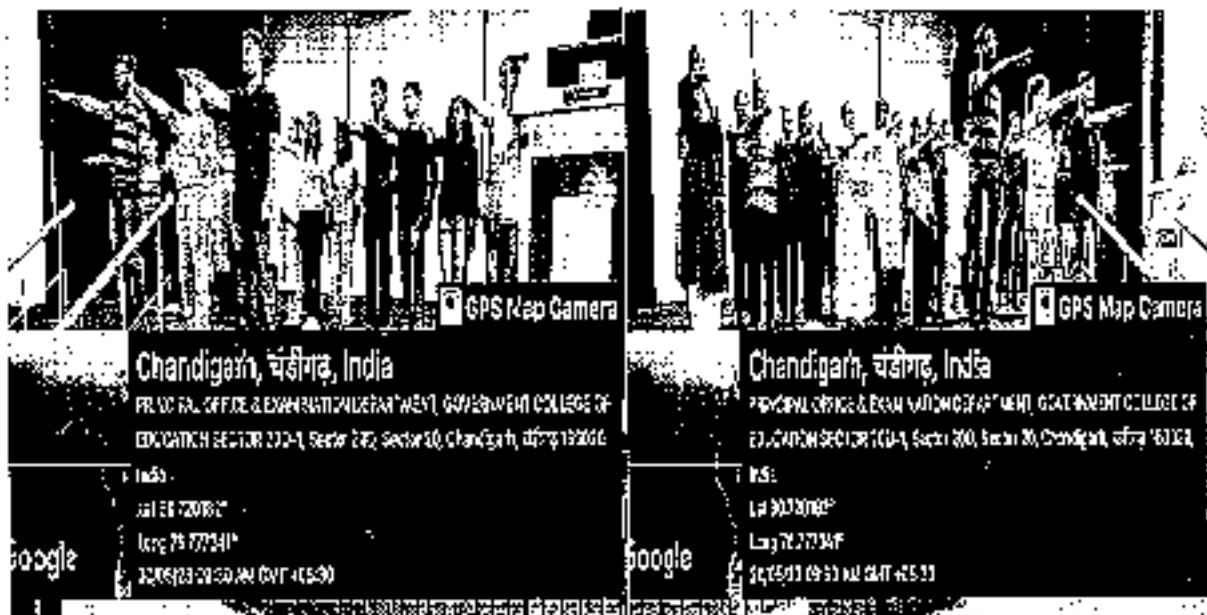
REPORT Dated: - 20-05-2023

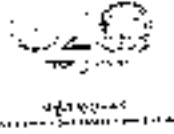
Mass Mobilization Campaign to raise awareness about LIFE (15-05-2023 to 31-05-2023)

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 Rana followed by all the Faculty members and students. Firstly "Slogan Writing" Competition was organized for the students of the college. Theme of the slogan writing was "Global Warming". Secondly "Maintaining Green Campus" Campaign was initiated in the college by Mallies and students. Students took part actively in the campaign.

An awareness talk on the theme "Save and care Birds around us" was organized in the auditorium of the college by the executive members of the Parijat Eco-Club. Talk was delivered by Incharge of the Eco-Club Mr. Ravinder Kumar. The event was organized successfully and appreciated by the Principal of the college Dr. Sapna Nanda.

Glimpses: Pledge (Activity 1)





7 June 2023



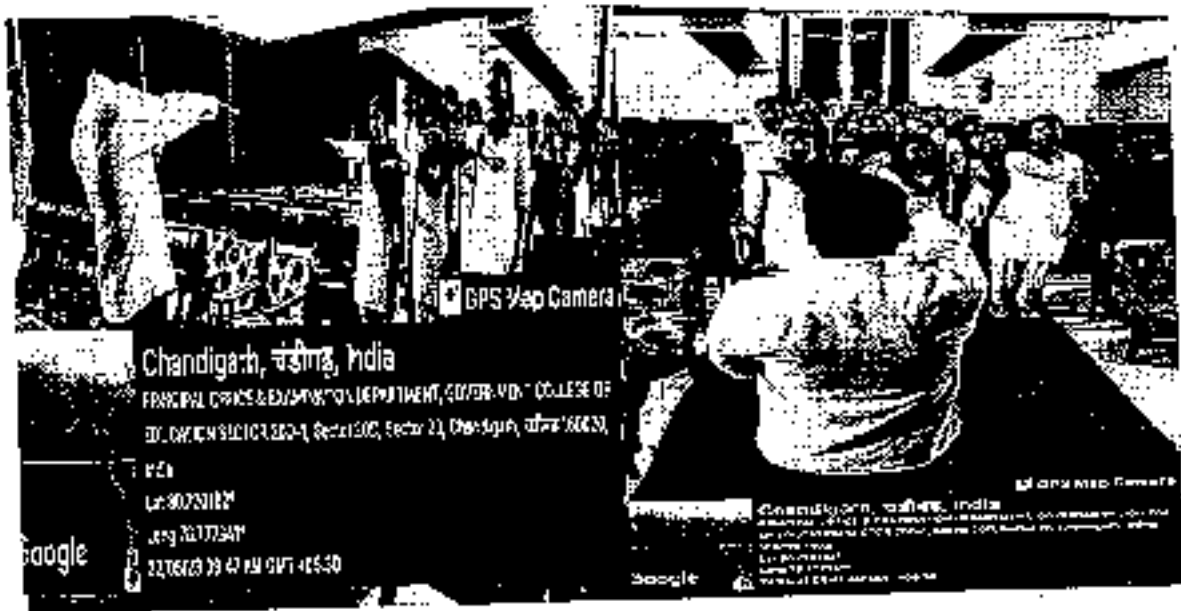
GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH
REPORT Dated: - 22-05-2023

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

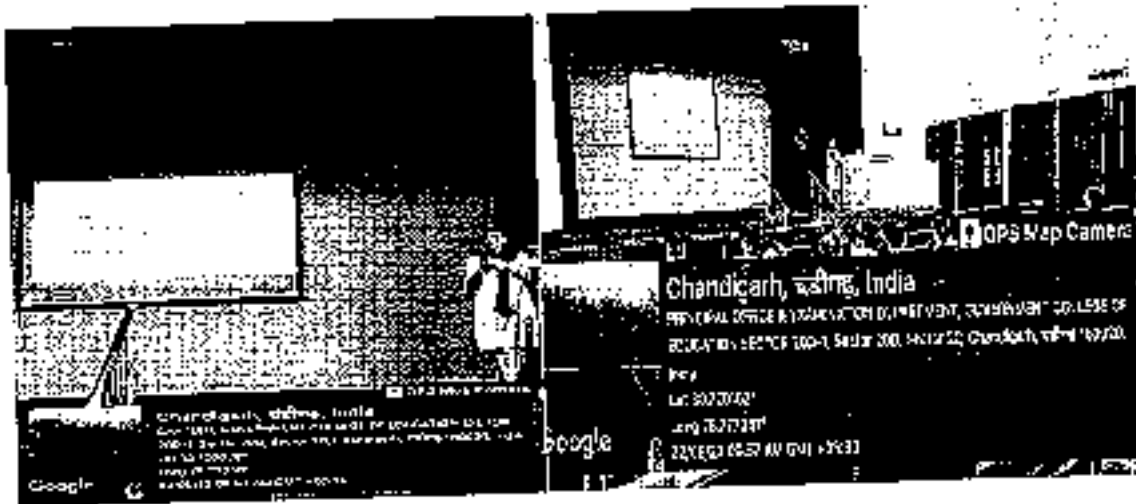
PARIJAT ECO-CLUB of Govt. College of Education, Chandigarh started the Mass Mobilization Campaign to raise awareness about LIFE (Life Style for Environment) activities with the pledge which was led by Eco-Club executive member Abhilash followed by all the Faculty members and students. Firstly "Watering pots for birds & animals" drive was organized by the students of the college. They placed open pots at different places and fill them with water for birds and other animals in the college campus. Secondly "Awareness about vermiconposting" talk was delivered by the B.ED student Komal.

An awareness talk on the theme "Save environment, save earth, save life" was organized in the auditorium of the college by the executive members of the Parijat Eco-Club. Talk was delivered by Prabhu Nath Shahi, Director, Jai Madhusudan Jai Shrikrishna Foundation. The event was organized successfully and appreciated by the Principal of the college Dr. Sapna Nanda.

Glimpses: Pledge (Activity I)



Awareness Talk Vermicomposting (Activity 2)



Placing watering pots for birds and animals (Activity-3)



Awareness talk (Activity-4)



Principal
22/5/23
PARIJAT ECO-CLUB

Principal
24/5/23
Principal
Govt. College of Education
Sector- 20D, Chandigarh



GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

REPORT

Dated: - 17-05-2023

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 Preeti followed by all the Faculty members and students. Firstly *"Best out of Waste material"* was executed by the students of the campus. They prepared very creative items from the waste material which was collected by them from their homes.

An awareness talk on the theme *"Save environment for better tomorrow"* was organized in the auditorium of the college by the executive members of the Parijat Eco-Club. Talk was delivered by B.ED Student Navjot Kaur. The event was organized successfully and appreciated by the Principal of the college Dr. Sapna Nanda

Glances: Pledge (Activity 1)



Best out of Waste (Activity 2)



Talk (Activity 3)



Rupam 17/5/23
PARIJAT ECO-CLUB

Sandeep 17/5/2023
Principal

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



GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

REPORT

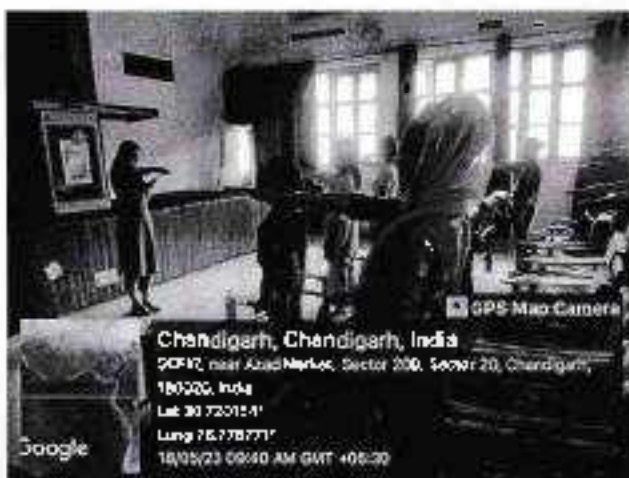
Dated: - 18-05-2023

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 Akshita followed by all the Faculty members and students. Firstly "*Census of Birds, Herbal Plants and trees*" was executed by the students of the campus. They visited all the corners of the campus and prepared a list of trees, Birds and herbal plants in the college campus.

An awareness talk on the theme "*Introduction to LIFE Campaign*" was organized in the auditorium of the college by the executive members of the Parijat Eco-Club. Talk was delivered by B.Ed Student Kusum Lata. The event was organized successfully and appreciated by the Principal of the college Dr. Sapna Nanda.

Glimpses: Pledge (Activity 1)



Awareness Talk (Activity 2)



Census of Birds, Trees and Herbal Plants (Activity 3)



Handwritten signature
PARIJAT ECO-CLUB

Handwritten signature
Principal

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



GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

REPORT

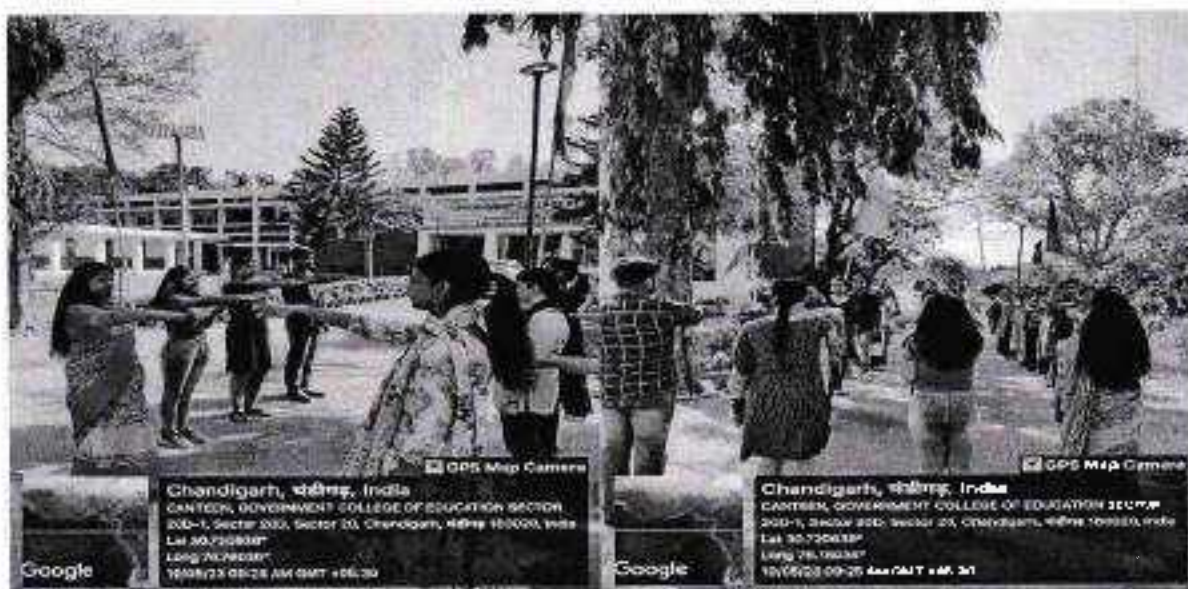
Dated: - 19-05-2023

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 Rana followed by all the Faculty members and students. Firstly "Do not waste food" Campaign was executed by the students in the Hostel mess and canteen for the students of the college. They awaked and appealed all the students to not waste the food. Secondly "Quiz" on environmental issues was organized in the Auditorium of the college and students take part actively in the same.

An awareness talk on the theme "Save Electricity" was organized in the auditorium of the college by the executive members of the Parijat Eco-Club. Talk was delivered by B.ED Student Preeti. The event was organized successfully and appreciated by the Principal of the college Dr. Sapna Nanda.

Glimpses: Pledge (Activity 1)



Awareness Talk (Activity 2)



Do not Waste Food (Activity 3)



Quiz (Activity-4)



Parijat
PARIJAT ECO-CLUB

Handwritten Signature
Principal

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



GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH
REPORT

Dated: - 16-05-2023



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 Akshita followed by all the Faculty members and students. Firstly Cleanliness drive in the college campus was executed by the students at various places in the campus. They collected the waste papers, plastics and other waste material and put the garbage in the dustbins. Second activity organized was the display of LIFE posters in the college campus at all important places.

A talk on the theme Prevention measures from Dengue by Dr. Upendrajeet Singh Gill, Assistant Director Malaria-cum-state Surveillance Officer IDSP, National Health Mission, Chandigarh Administration, Chandigarh was delivered for the faculty, staff and students of the college. He focused upon the maintenance of Cleanliness, Hygiene around us. He appealed to make our environment clean and green. Event was organized successfully and appreciated by the Principal of the college Dr. Sapna Nanda.

Glimpses: Pledge (Activity 1)

Cleanliness Drive (Activity-2)



Display of LIFE Posters (Activity 3)



Talk (Activity 4)

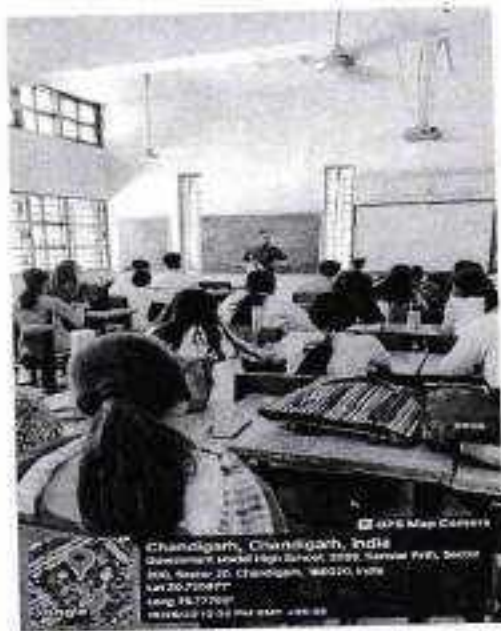


Parijat Eco-Club
PARIJAT ECO-CLUB

Principal
Principal
 16/5/2023

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

Talk (Activity 2)



Cleanliness Drive (Activity-3)



Aruphul 15/5/23
PARIJAT ECO-CLUB

Aruphul 15/5/23
Principal

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



GOVERNMENT COLLEGE OF EDUCATION,
CHANDIGARH

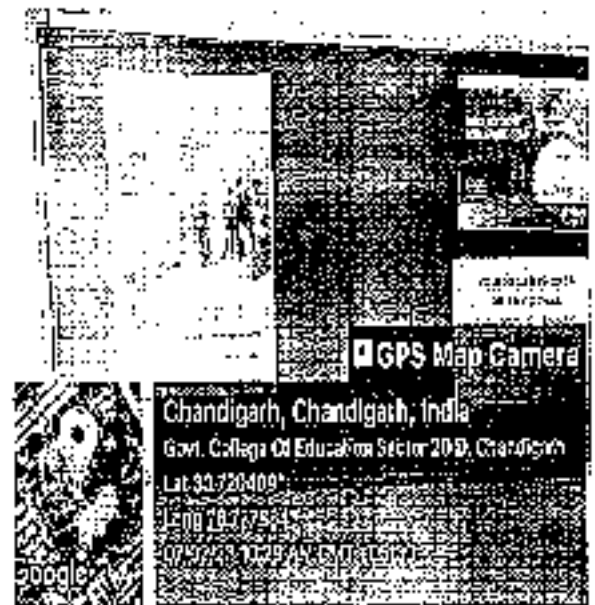
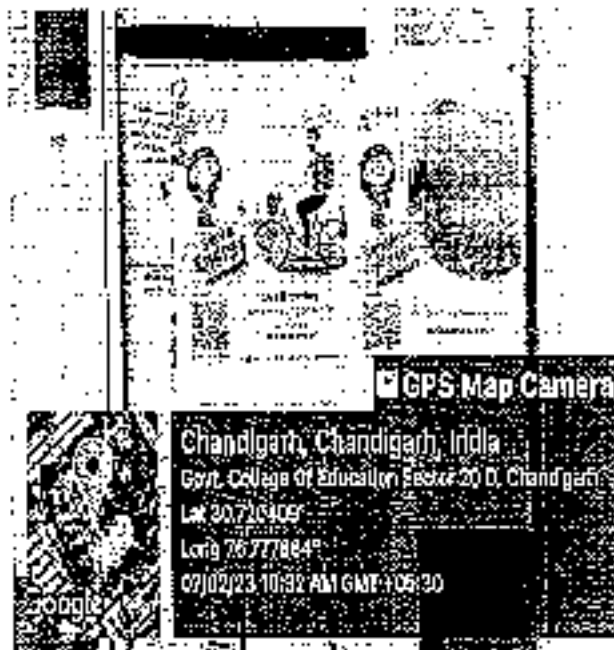


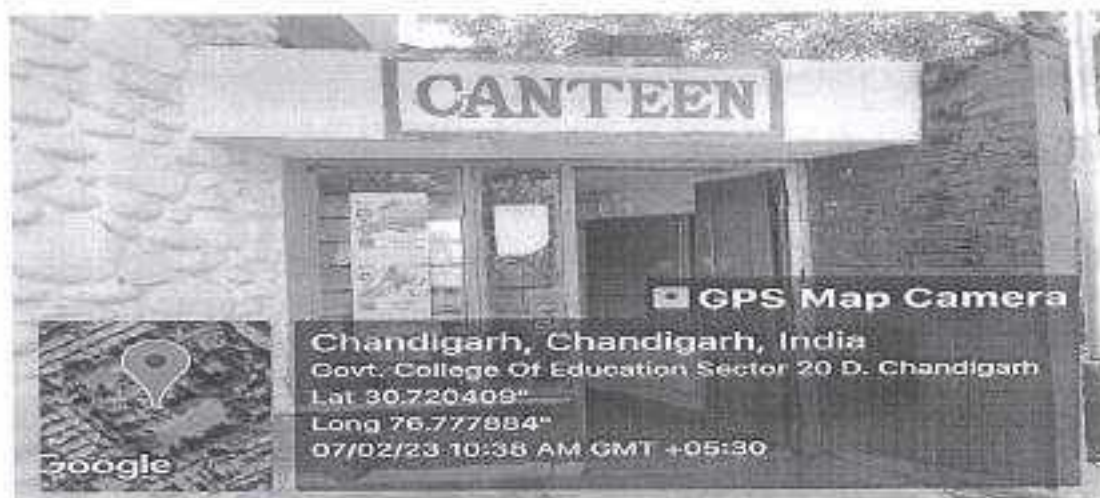
REPORT

Dated: -07-02-2023

Dissemination and Publicity of the Creative's Life Logo

PARIJAT ECO-CLUB of Govt. College of Education, Chandigarh displayed the Life Logo posters in the college campus as per the guidelines received from the Department of Environment, Chandigarh Administration under the able guidance of Principal Dr. Seema Nanda at different places like Notice Boards, Canteen, Library, Office, Labs etc. The objective is to spread the awareness regarding concept of 'Lifestyle for the Environment (LIFE)' among the faculty, staff and students of the college. These logos promote the concept of Water and Energy Conservation. This concept was introduced by the Prime Minister of India Sh. Narendra Modi at COP 26 in Glasgow to promote the mindful and deliberate utilization of water and energy resources to protect and preserve the environment.





Parijat 7/2/23
 PARIJAT ECO-CLUB

Sandeep 7/2/23
 Principal

Govt. College of Education
 Sector- 20D, Chandigarh



GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

REPORT

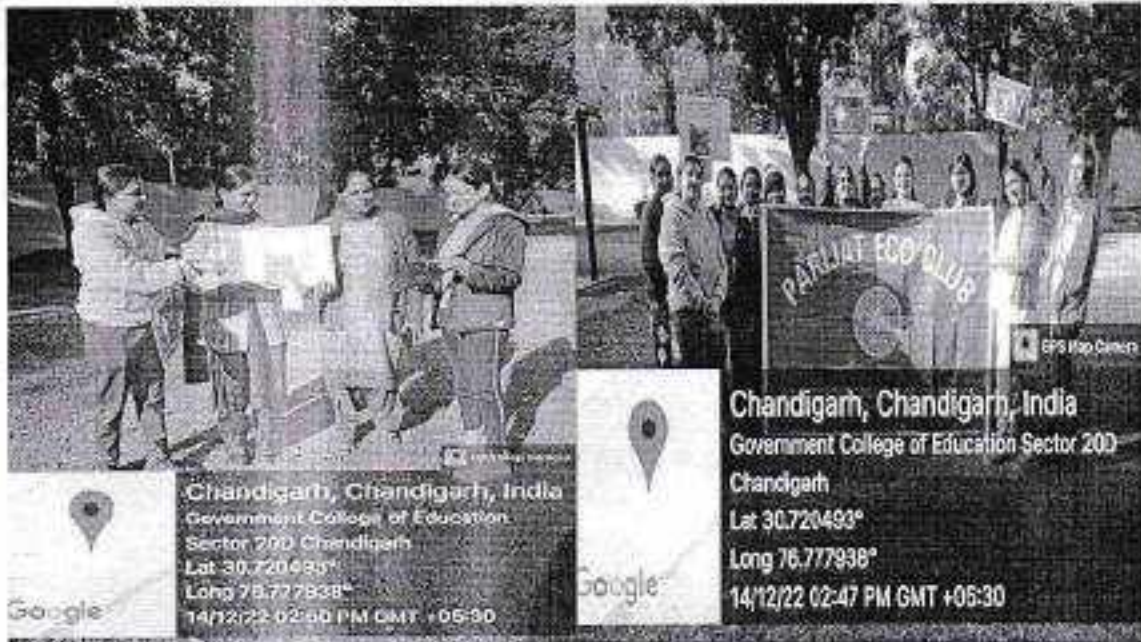
Dated: -14-12-2022

National Energy Conservation Day

PARIJAT ECO-CLUB of Govt. College of Education, Chandigarh observed 'National Energy Conservation Day' on 14th December 2022. The theme of 'National Energy Conservation Day' for 2022 is "Spread awareness about the importance of energy conservation measures and to educate people on how to conserve energy." Students took part in awareness drive in the college campus and Hostel among the students and staff members to raise their voice in support of energy conservation. Principal Dr. A. K. Saxena motivated the students and briefed the importance of National Energy Conservation Day. He emphasized upon the less usage of energy resources and also appeals to adopt eco-friendly methods in daily life. Mr. Ravinder Kumar presented a vote of thanks at the end. Event was organized successfully and appreciated by the principal.

Glimpses:





Amrita Bhatia
PARIJAT ECO-CLUB

[Signature]
Principal

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



GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

REPORT

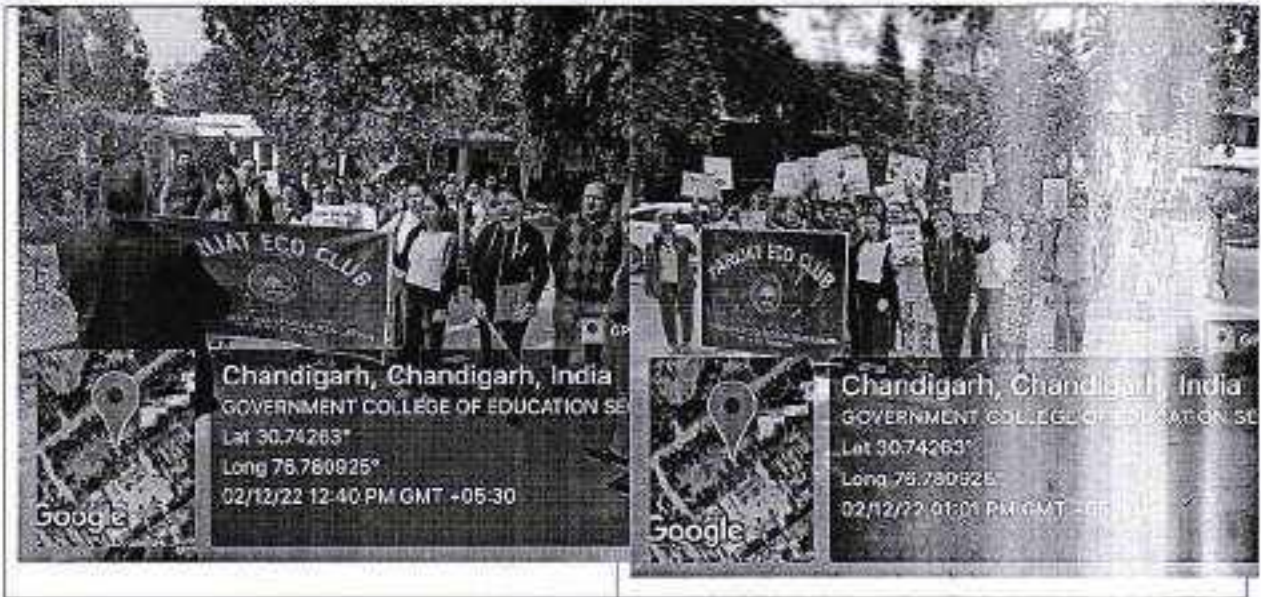
Dated: -02-12-2022

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 points 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. Anni 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.

Glimpses:-





Dr. Preeti Sharma
PARIJAT ECO-CLUB

Dr. Preeti Sharma
Principal
 Govt. College of Education
 Sector- 20), Chandigarh