



**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- 3.3.3

Percentage of student's participation in national priority programmes such as Swachh Bharat, AIDs awareness, gender sensitivity, Yoga, Digital India and National Water Mission during the last five years

**Documentary evidence in support of the claim along with photographs with caption and date**

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# Annual Reports of NSS (2018-2023)

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 22<sup>nd</sup> to 26<sup>th</sup> 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 550<sup>th</sup> 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 29<sup>th</sup> Sept - 05<sup>th</sup> 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 3<sup>rd</sup> , 4<sup>th</sup> and 5<sup>th</sup> 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 2<sup>nd</sup> 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 5<sup>th</sup> 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

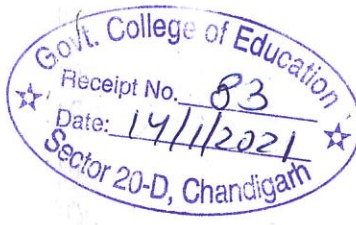
**Action Taken Report regarding Swachh Survekshan**

**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 29<sup>th</sup> 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 2<sup>nd</sup> Sept. to 17<sup>th</sup> Sept. 2019. On the 150<sup>th</sup> Birth Anniversary of Mahatma Gandhi on 2<sup>nd</sup> 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 26<sup>th</sup> 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 28<sup>th</sup> 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 30<sup>th</sup> 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 1<sup>st</sup> March to 15<sup>th</sup> 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 9<sup>th</sup> 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 550<sup>th</sup>prakashotsav of Shri Guru Nanak DevJi, 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





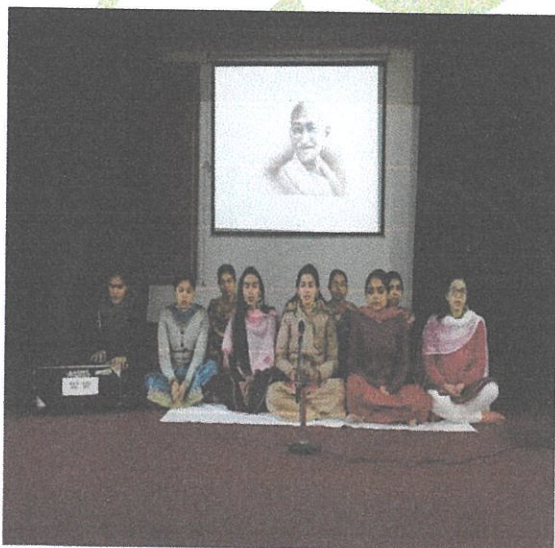
**Cleanliness Drive**



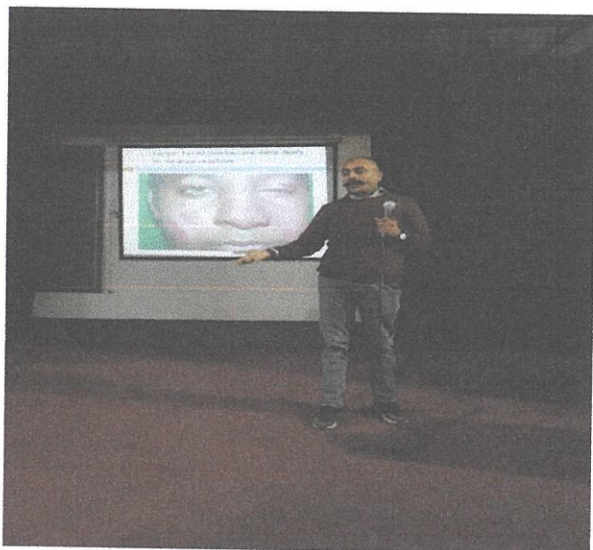
**Pledge on Anti Cracker Diwali**



**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

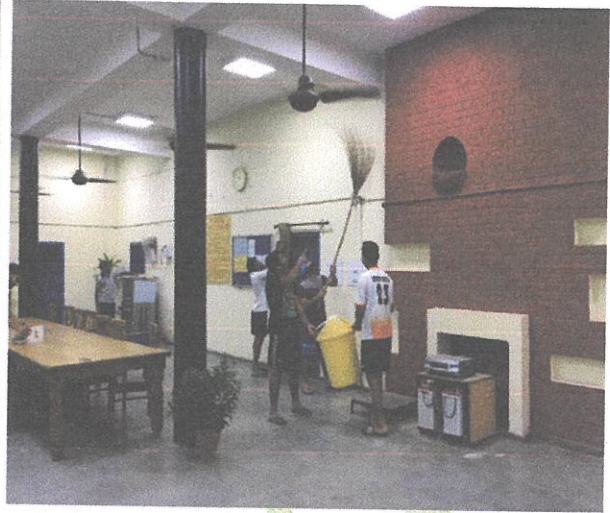


Health and hygiene talk on corona virus Dr. Deepti Raina, M.D. Pediatric, GMCH.

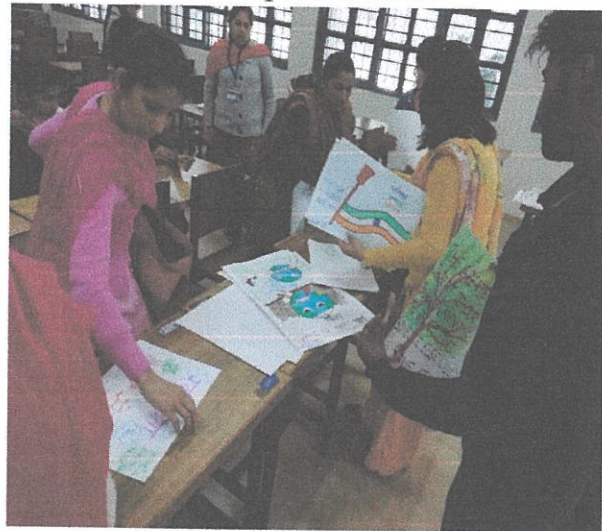


Mr. Rattan Chand and Staff Nurse addressing to Safai karamchari 'Swachhata Hi Seva'





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:**

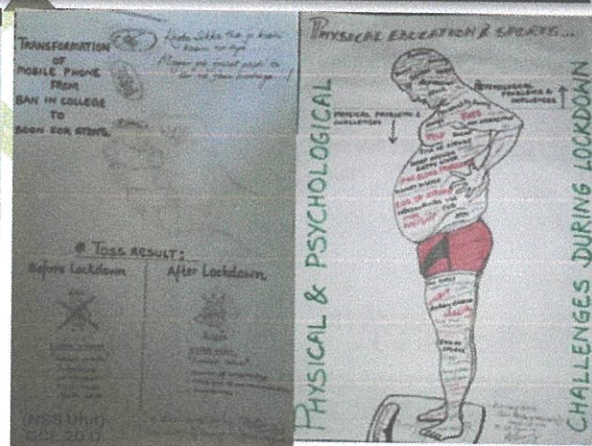
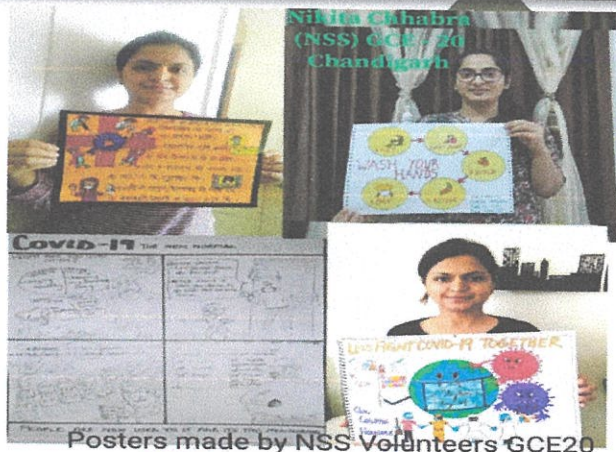
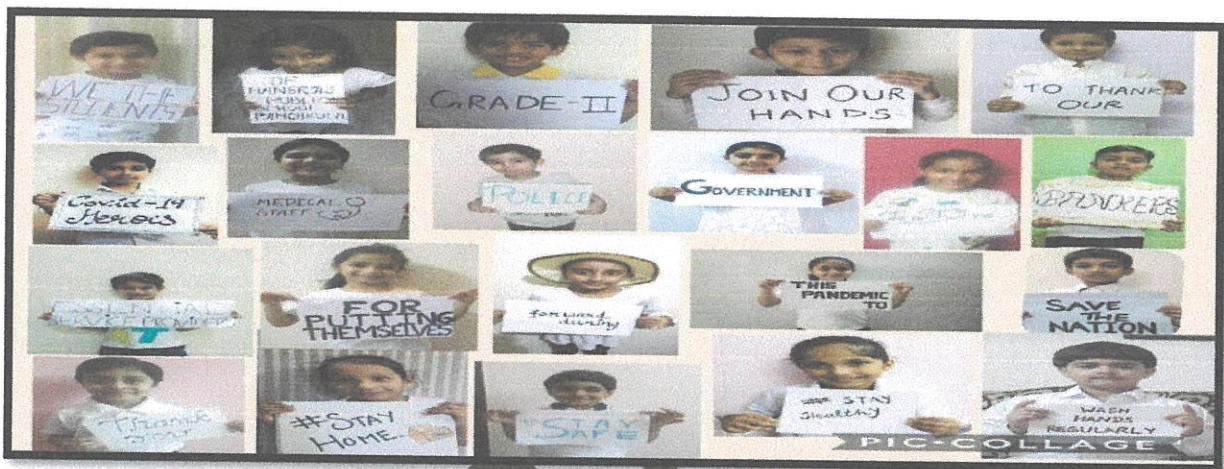
<b>Sr. No.</b>	<b>Activity</b>
1.	<b>Awareness through Posters and Video</b>
2.	<b>Hand washes Hygiene through video on YouTube</b>
3.	<b>Awareness through Surya Namaskar and Yoga Asanas</b>
4.	<b>Experience sharing by one NSS Volunteer during Lockdown</b>
5.	<b>Making masks, guidance and distribution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



# 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](https://drive.google.com/folderview?id=1E5CMOgr8i4A87J_1-p0ZiqS9UNaw5iNt)



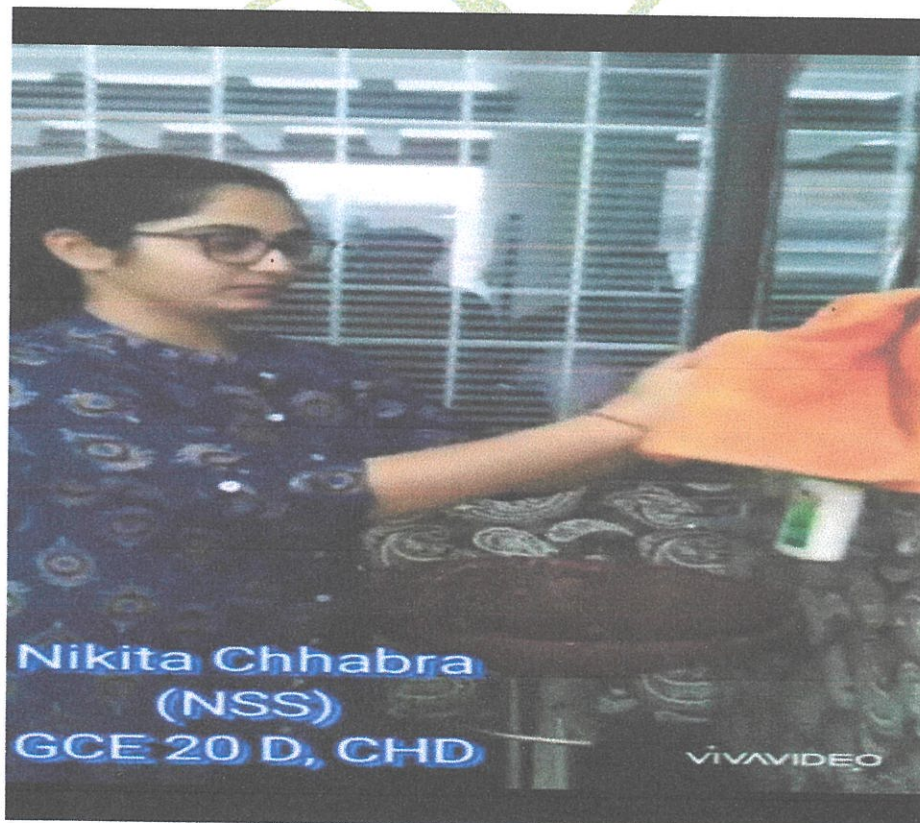


## 2. Hand washes Hygiene through video on YouTube

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.**

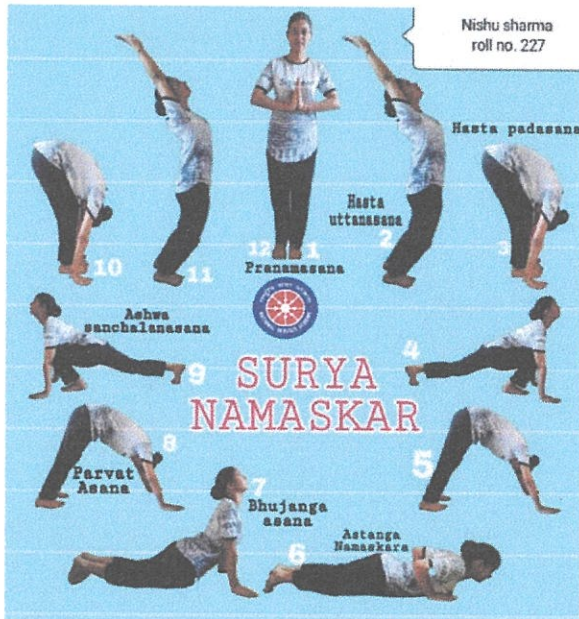
It is a very unique and interesting way to wash the hands correctly. You can sing it and wash your hands for 20 seconds with any soap or hand wash. This video can be found on YouTube, the link is: [https://youtu.be/UexgpEGl\\_9M](https://youtu.be/UexgpEGl_9M)





### 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.Dhyanmudra for meditation

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



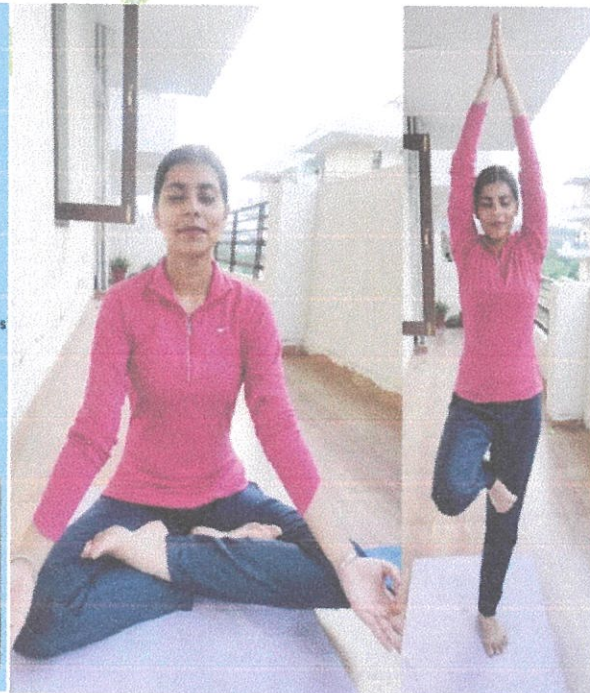
Matsyasana  
Destroyer of all diseases  
Stretches and stimulates the muscles of the belly and front of the neck  
Stretches and stimulates the organs of the belly and throat

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.

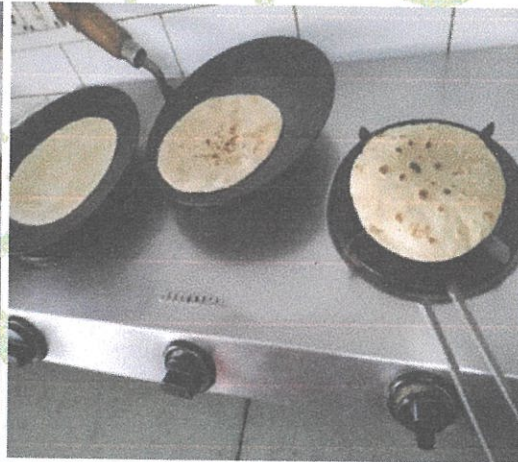
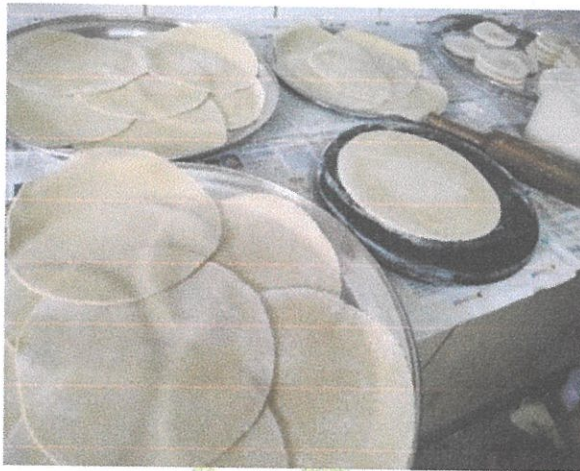




#### 4. Experience sharing by one NSS Volunteer during Lockdown

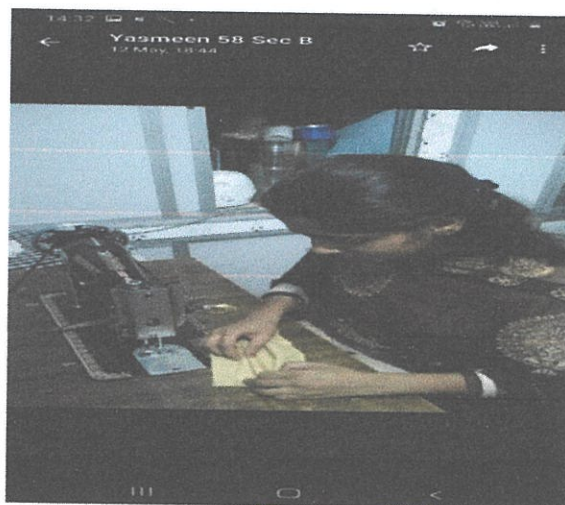
I am Amrinder Kaur, roll number 236 B.Ed. 4th semester, NSS Volunteer of Govt. College of Education. I feel very lucky that my mother's friend works for NGO "SRI GURU GRANTH SAHIB SOCIETY" who has been asked by the Chandigarh administration to provide cooked packed food (langar). Since 25th March we (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 **Rupees 13668/-** for the purpose of distribution of the Ration for needy ones. The names of the students who donated 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.

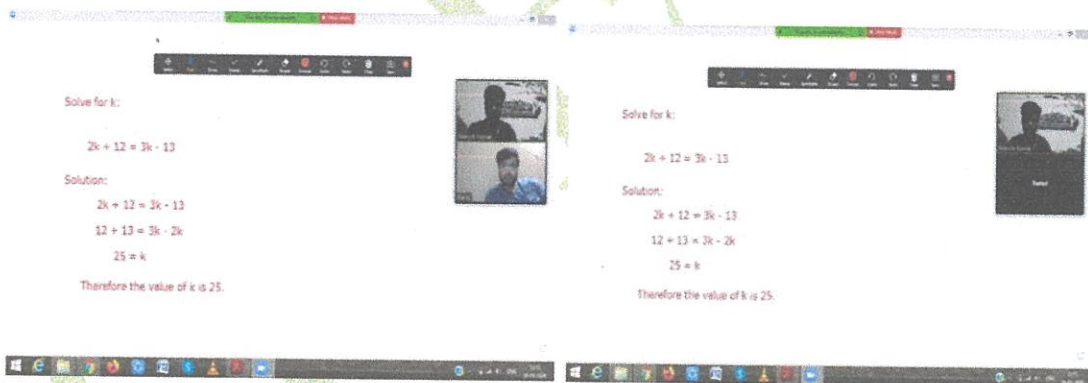






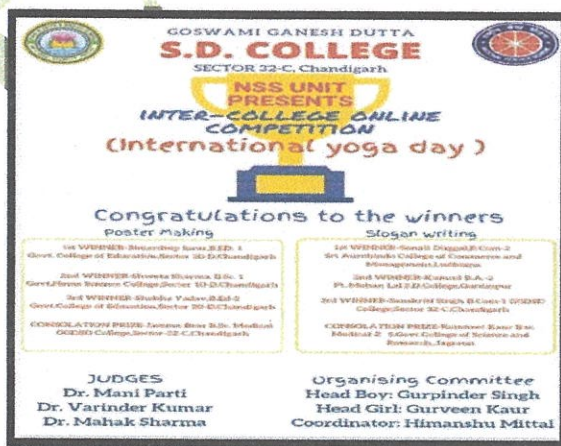
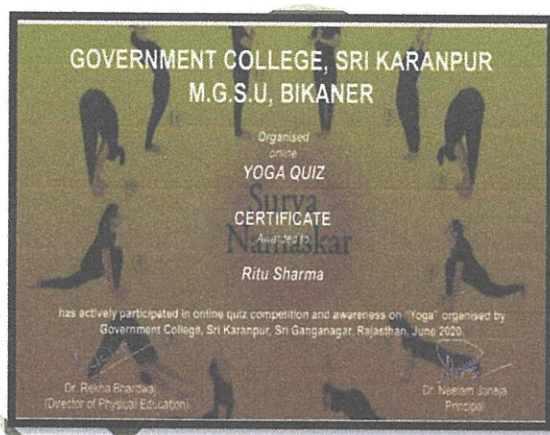
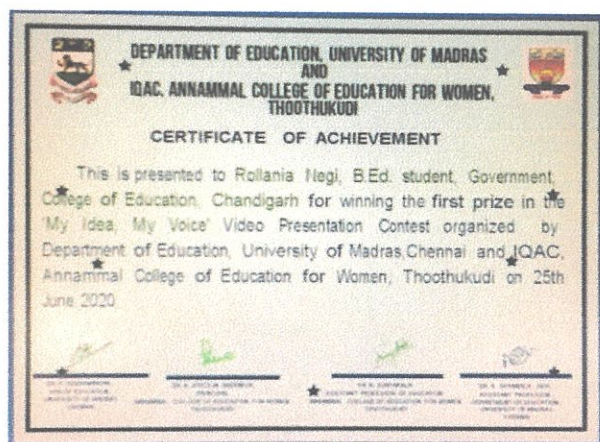
## 7. Online Teaching and Participation in various Competitions

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:



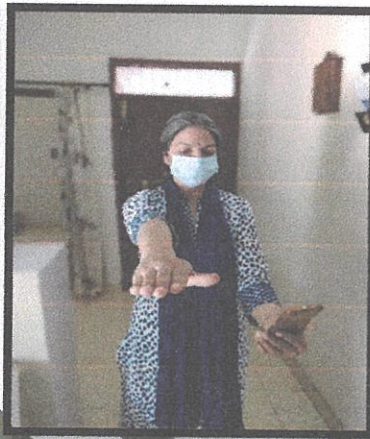
- Under #FitIndiaPlog Run and tag@NSSIndia, NSS Volunteers ran two Kilometres. They also collected the scattered garbage on the way also by following the SoP (Standard operating Procedure) guidelines during the present pandemic.
- NSS volunteers also participated in the online Essay writing, Poetry Writing 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



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

Date: 04.02.2021

**Activity Reports in the month of January, 2021**

Programme Officers

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

Principal  
G.C.E.-20D  
Chandigarh

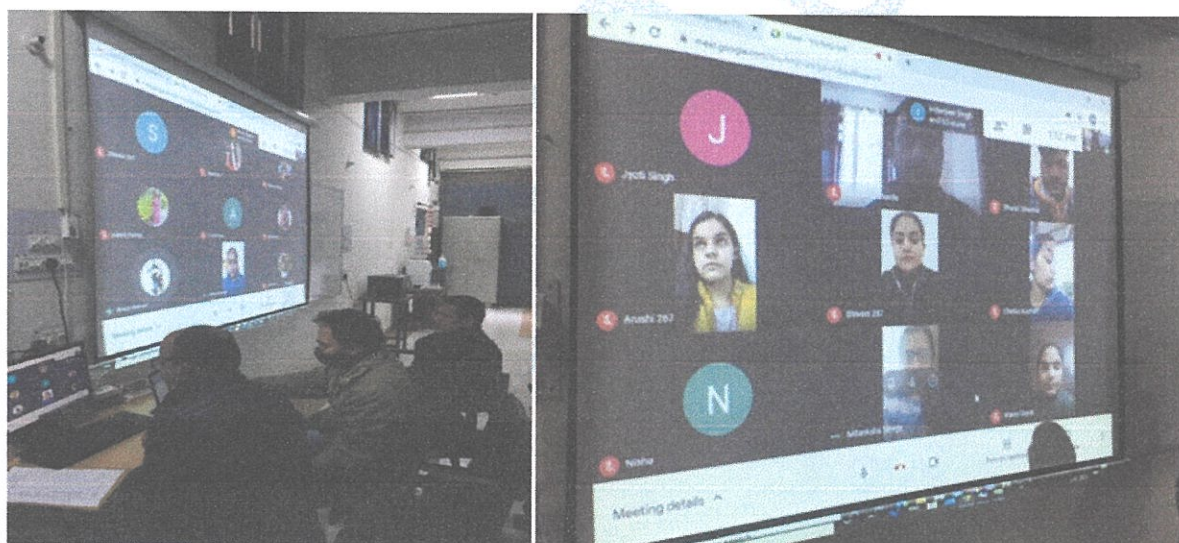


# GOVERNMENT COLLEGE OF EDUCATION, SECTOR-20D, CHANDIGARH

## Activities Report of NSS Units in the Month of Jan, 2021

### NSS Office bearers Election

NSS Units organised various online activities in the month of January, 2021. On 08.01.21 an election of the office bearers was conducted online mode. All the NSS volunteers participated enthusiastically. They nominated the office bearers name and elected with their online vote. All the NSS volunteers got a new experience of voting procedure.



Election Committee and Elected office bearers

### Lohri Celebration

Lohri is a famous festival in the month of January in winter session. This year NSS volunteers were not in the College. So principal and College staff decided to celebrate Lohri as a small scale participation of volunteers. So, all the



College staff celebrated this festival symbolically. The students were only nominal.



**Lohri Celebration by College Staff**

### **Celebration of Birth anniversary of Shri Guru Gobind Singh Ji**

All the College staff members celebrated The Birth anniversary of Shri Guru Gobind Singh Ji on 20.01.21. Tea, pakoda and halva langar was arranged and served in front of College.



**Time of Ardaas**

**-serving the langar**



## Celebration of 125th Birth anniversary of Netaji Subhash Chandra Bose.

The Government of India announced "Prakram Diwas" on the 125th Birth anniversary of Netaji Subhash Chandra Bose. Netaji was the great freedom fighter and founder of Azad Hind Fauj. NSS Unit of College organized an online programme to celebrate the 125th Birth anniversary of Netaji Subhash Chandra Bose on 23.01.21 at 9.30 am to 11.00 am.

All B.Ed, M.Ed and PGDG & C NSS volunteers were advised to participate in this program on online mode. Attendance was compulsory for all NSS volunteers as it was a regular activity of NSS Programme. The link was sent well in time. The schedule of the program was as given below;

1. Inaugural Speech: Dr. A.K. Srivastava, Principal, GCE-20D, Chandigarh.
2. Documentary on Legacy and Contribution of Netaji Subhash Chandra Bose.
3. Impact of Netaji's thoughts on youth: Dr. Vijay Phogat.

Today 'Prakram Diwas' was observed in the Government College of Education, Sector 20 Chandigarh to commemorate the 125th birth anniversary of Netaji Subhash Chandra Bose. Dr. A. K. Srivastava to deliver inaugural speech. Dr. Srivastava highlighted the prolonged sincere efforts of the great leader as freedom fighter and his supreme character which must be referred towards character building. He quoted his contribution befitting to the saying, "जिस देश जाति में जन्म लिया, बलिदान उसी पे हो जाँँ ।"

Two documentaries were shared with the students of how Subhash Chandra Bose lead his life and shaped up as a nation builder, a freedom fighter and with huge team built for the task. NSS volunteers made discussions on the visionary leader's life and contribution. Their response was very remarkable. After



watching the documentaries a few comments uploaded by some NSS volunteers as given below...

Shivangi arora 11:23 AM Thanks for this informative video... It helped us to look into the view point of netaji. The actual thinking of such a great leader

GEETIKA MONGIA 11:25 AM Very Informative Video and we come to know about many principles of Netaji Subash Chandra Boss

Sonam Yadav 11:27 AM Thank you so much to organise very informative and educative session on netaji....great videos

Shishama Thakur 11:30 AM Grateful for being a part of this beautiful, informative organization ☐☐☐Happy Birthday anniversary to our strong freedom fighter Bose ji

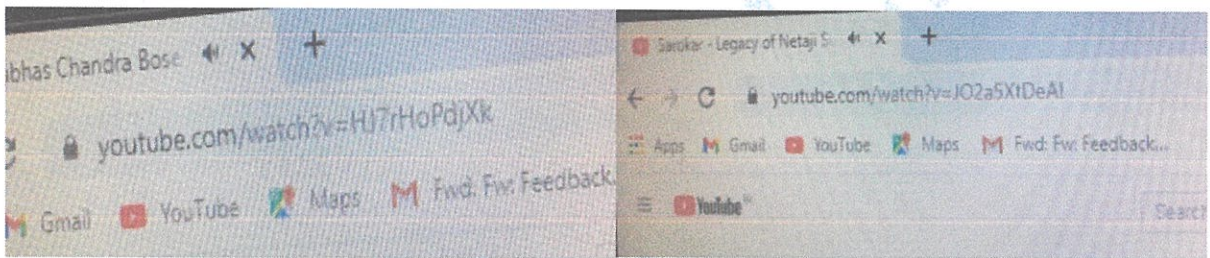
Dr. Vijay Phogat, a political science expert and faculty of the college was the invited speaker of the day. He shared his views and further highlighted Subhash Chandra Bose's life and the then political changes and challenges the then contemporary India went through to successfully get the nation free from long time slavery. Dr. Ravneet Chawla NSS programme officer conclude the programme with thanks of all the invitee dignitaries.

**Some glimpses related with programme;**





**Dr. A.K. Srivastava Addressing the NSS Volunteers**

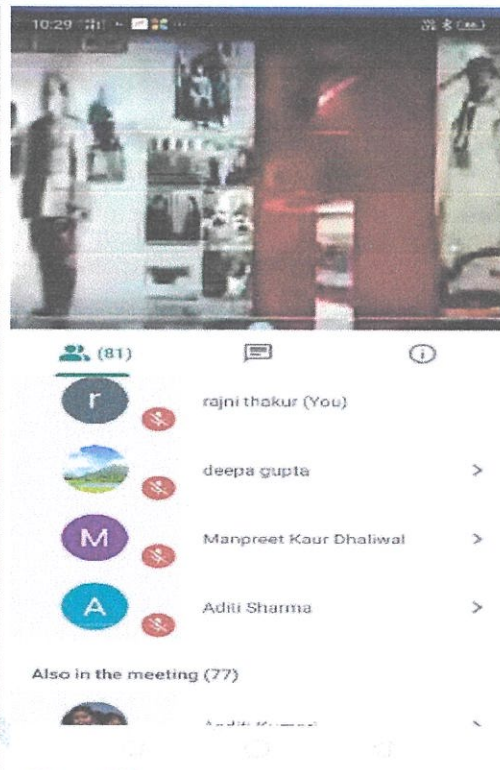
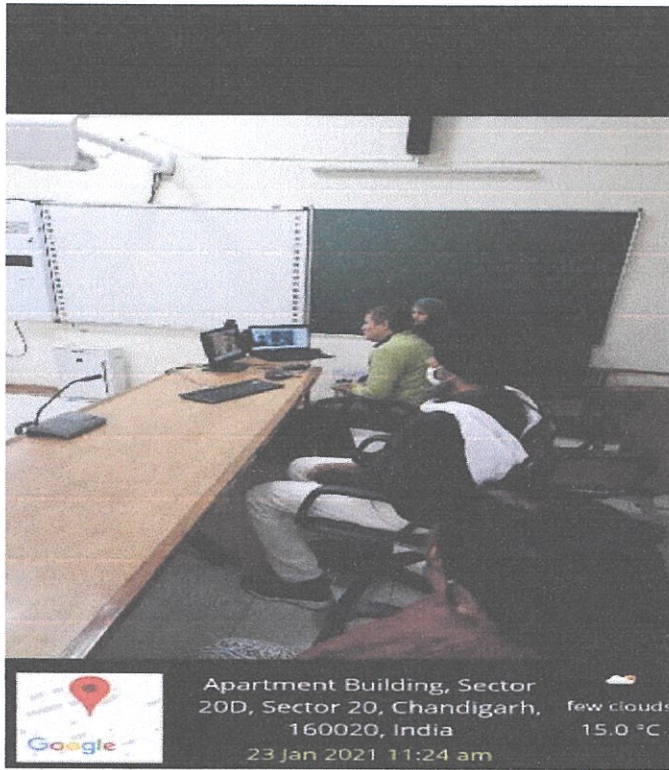


**Netaji Subhash Chandra Bose related Documentary links**



**Documentary related Video**





**Dr. Vijay Phogat Addressing online to NSS volunteers**



**NSS Programme officers and other teaching faculty members**



## **National Voters Day**

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.

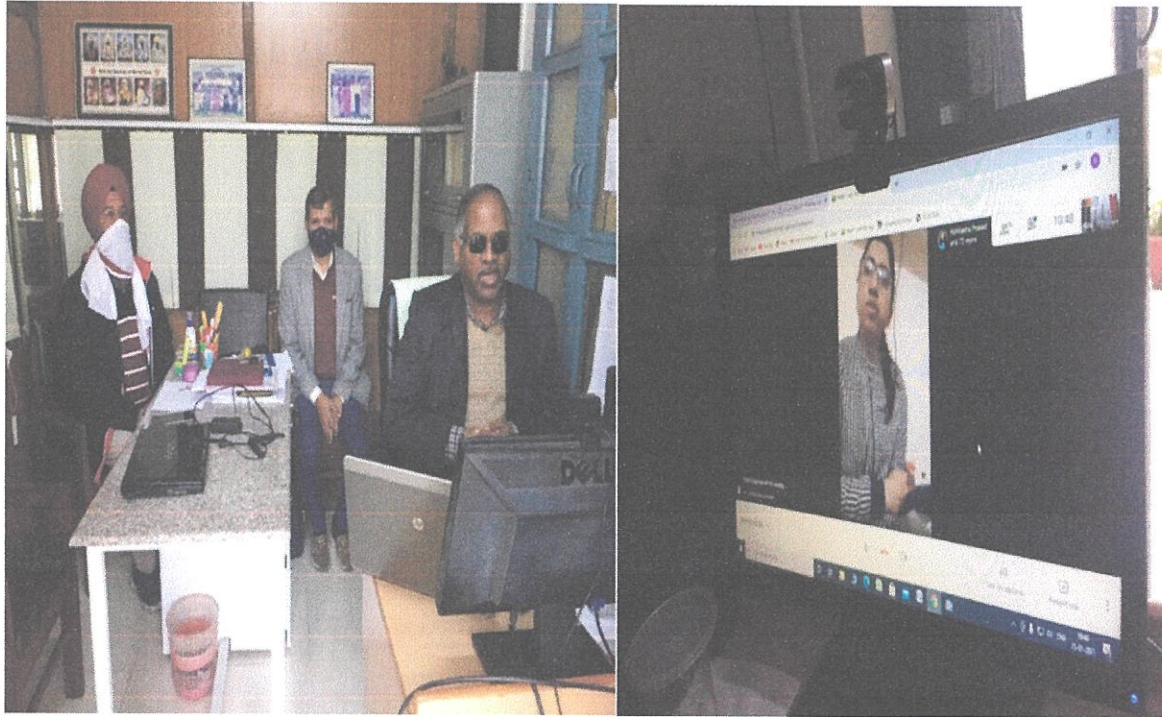
On the occasion of National Voters Day a pledge programme also organized in the College premises. All the teaching and supportive class employees participated in this pledge programme.

A few Photos related with Programme;



**Cycle Rally from College to Sukhna Lake**





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



**Pledge on Voter's Day**



## **Martyrdom Day of Mahatma Gandhi Ji & Observance of Silence on 30<sup>th</sup> January, 2021**

NSS Unit of College organized an online (for NSS Volunteers) and offline (for faculty) programme on Martyrdom Day of Mahatma Gandhi Ji on 30.01.21. This day has been declared as Leprosy Day. Today, a two-minute silence is also kept in memory of those who sacrificed their lives during the struggle for India's freedom.

The solemn day in the memory of freedom fighters of our country was observed in the Government College of Education, Sector 20 Chandigarh. Two minutes' silence was observed by the entire College at sharp 11 AM. All the B.Ed, M.Ed and PGDG & C NSS volunteers participated in this program on online (NSS Volunteers) and offline (faculty in College).

A dedicated online lecture was organized by the NSS Units and programme officers of the College on the martyrdom day of Mahatma Gandhi, also observed as Leprosy Day. Dr. A. K. Srivastava, Principal of the College, addressed the students about the supreme sacrifice made by the freedom fighters and the role of youth in taking utmost care of the progressive independent India. Dr. Upasana and Mr. Ravinder, Assistant Professors of the conducted the session. They welcomed the speaker of the day Ayurvedic Acharya, Dr. Tilak Raj Gujrani. The speaker advised the volunteers for a very traditional and practical approach to staying physically and mentally healthy. He gave some suggestions for healthy living. Sunshine for vitamin D, clean environment for clean air, detoxifying the lungs before bedtime, taking a balanced diet with a fair amount of desi ghee and maintaining mental balance to stay happy and calm.



Dr. Sheojee Singh, Associate professor of the college was the next speaker. He gave his views on the topic of 'Basic Education of Mahatma Gandhi Ji and its relevance in present scenario. He shared pearls of wisdom on simplicity, dignity of work, love for the nation and potential of youth in sustaining such rich heritage and unique practices followed by Gandhi Ji. He further emphasized to follow life skills incorporated by Mahatma Gandhi while working in a dedicated manner on building a strong foundation among children in which teachers / future teachers have a great role to play.

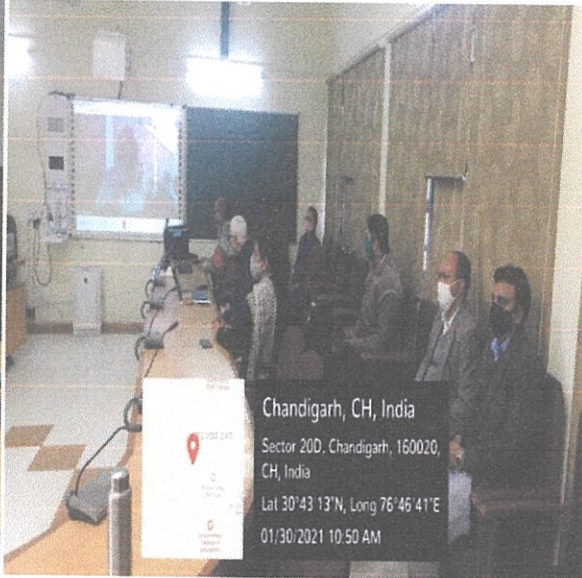
The session concluded by a wholesome feedback from the students on the day observed with due sanctity.

#### **Some glimpses of the programme;**

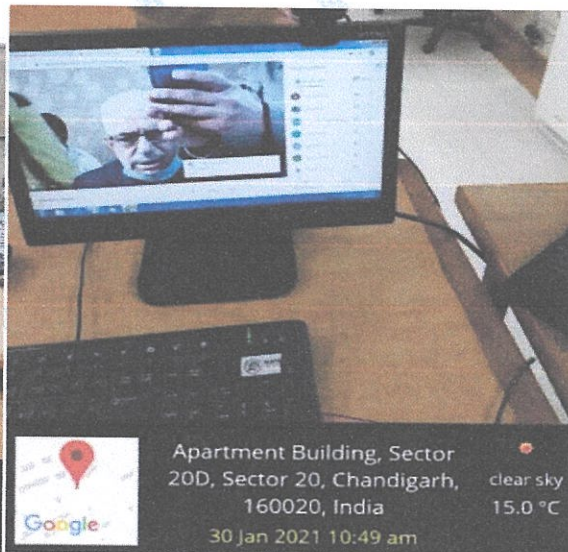
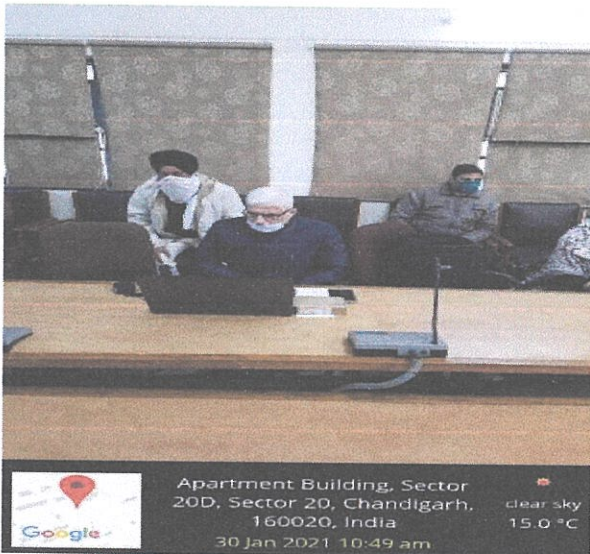


**Principal and College staff at the time of two minibus Silence.**





### Online salience with volunteers and Principal, addressing the volunteers



### Dr. Tilak Raj Gujrani Interacting with NSS Volunteers

#### Programme Officers

1. Dr. Mukhtiar Singh *M. Singh*
2. Dr. Meena *Noted Meena*
3. Dr. Ravneet Kaur Chawla *Ravneet*

*30/01/21*  
Principal  
G.C.E.-20D,  
Chandigarh.  
Principal,  
Govt. College of Education  
Sector 20-D, Chandigarh





GOVERNMENT COLLEGE OF EDUCATION  
SECTOR -20D, CHANDIGARH

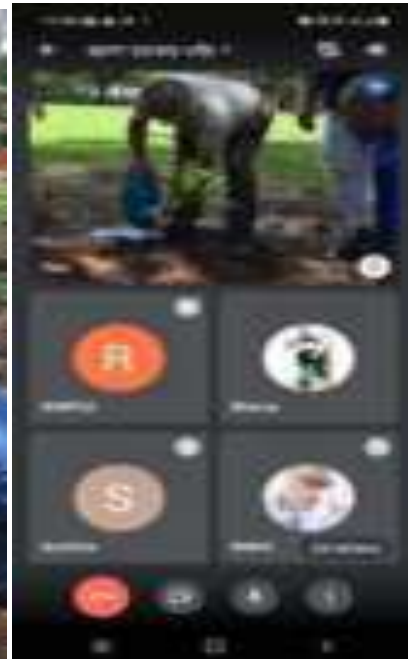
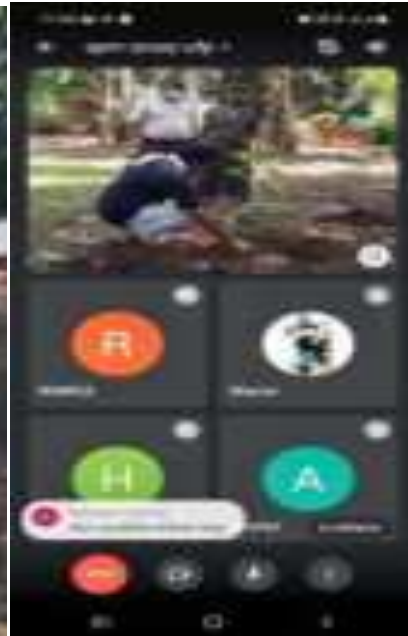
**TREE PLANTATION PROGRAMME**

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:

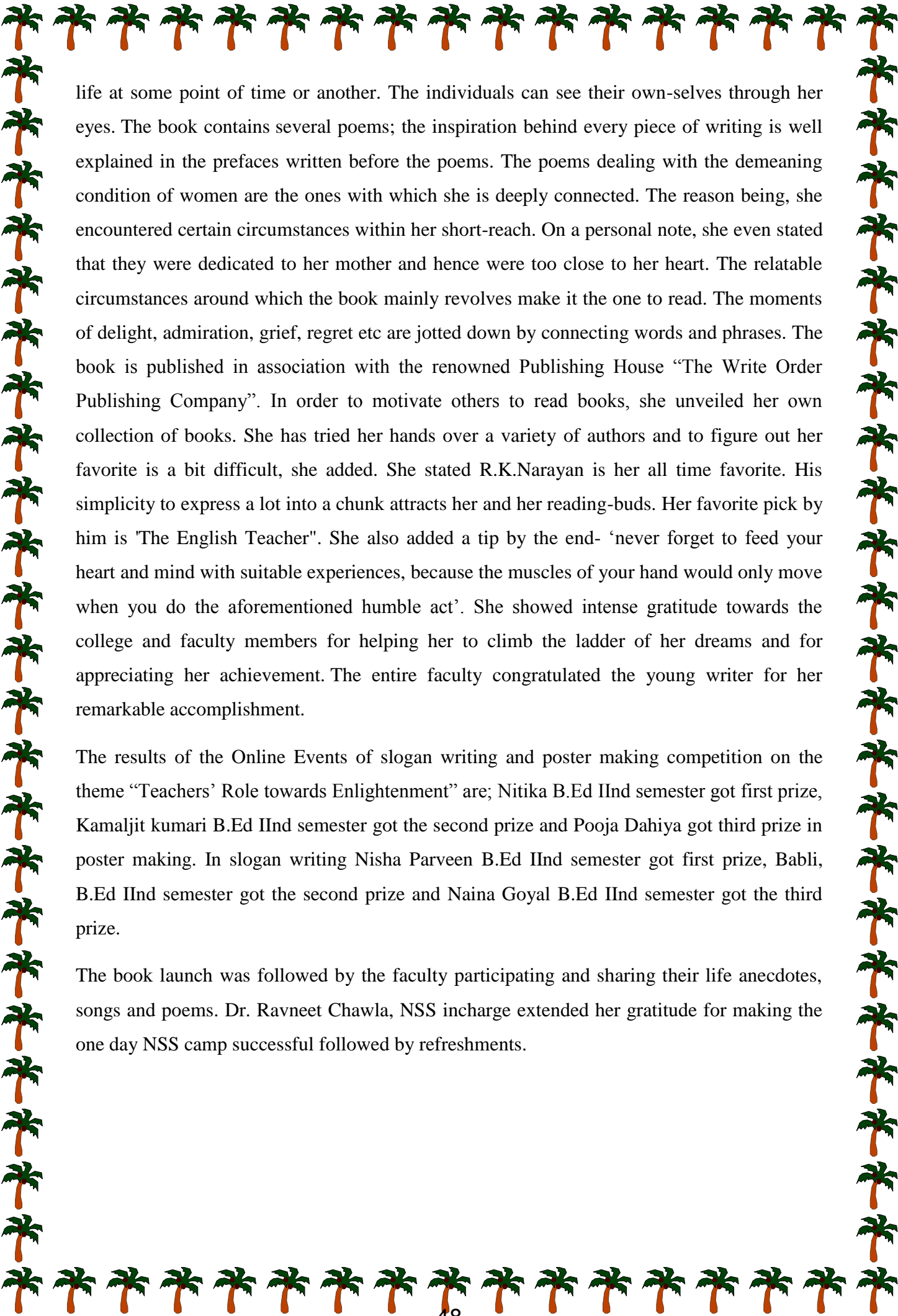
“Guru Brahma Guru Vishnu Guru Devo Maheshwara |

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 8<sup>th</sup> 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.

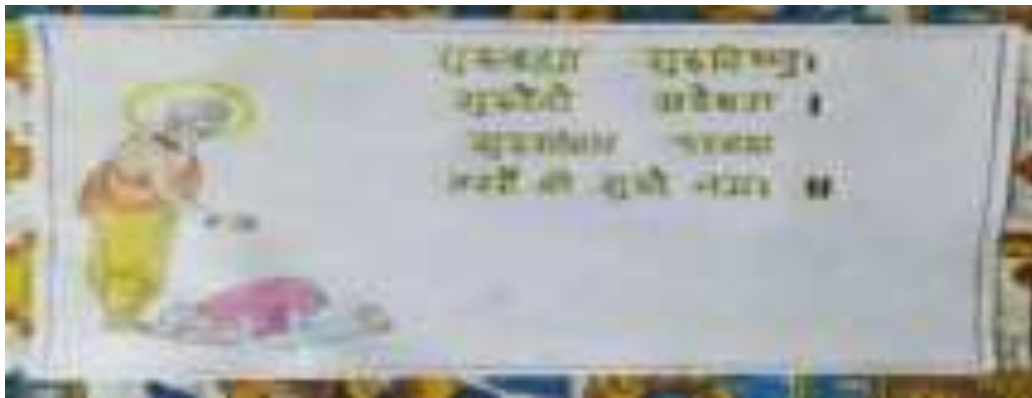
The results of the Online Events of slogan writing and poster making competition on the theme “Teachers’ Role towards Enlightenment” are; Nitika B.Ed IInd semester got first prize, Kamaljit kumari B.Ed IInd semester got the second prize and Pooja Dahiya got third prize in poster making. In slogan writing 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 16<sup>th</sup> 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 6<sup>th</sup> class to 10<sup>th</sup> 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 15<sup>th</sup> September, 2021 and to be over on 30<sup>th</sup> 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 6<sup>th</sup> to 10<sup>th</sup> 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 10<sup>th</sup> B got first prize, Khushboo from class 10<sup>th</sup> A got second prize and Himanshu from class 8<sup>th</sup> 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 3<sup>rd</sup> 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 10<sup>th</sup> 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

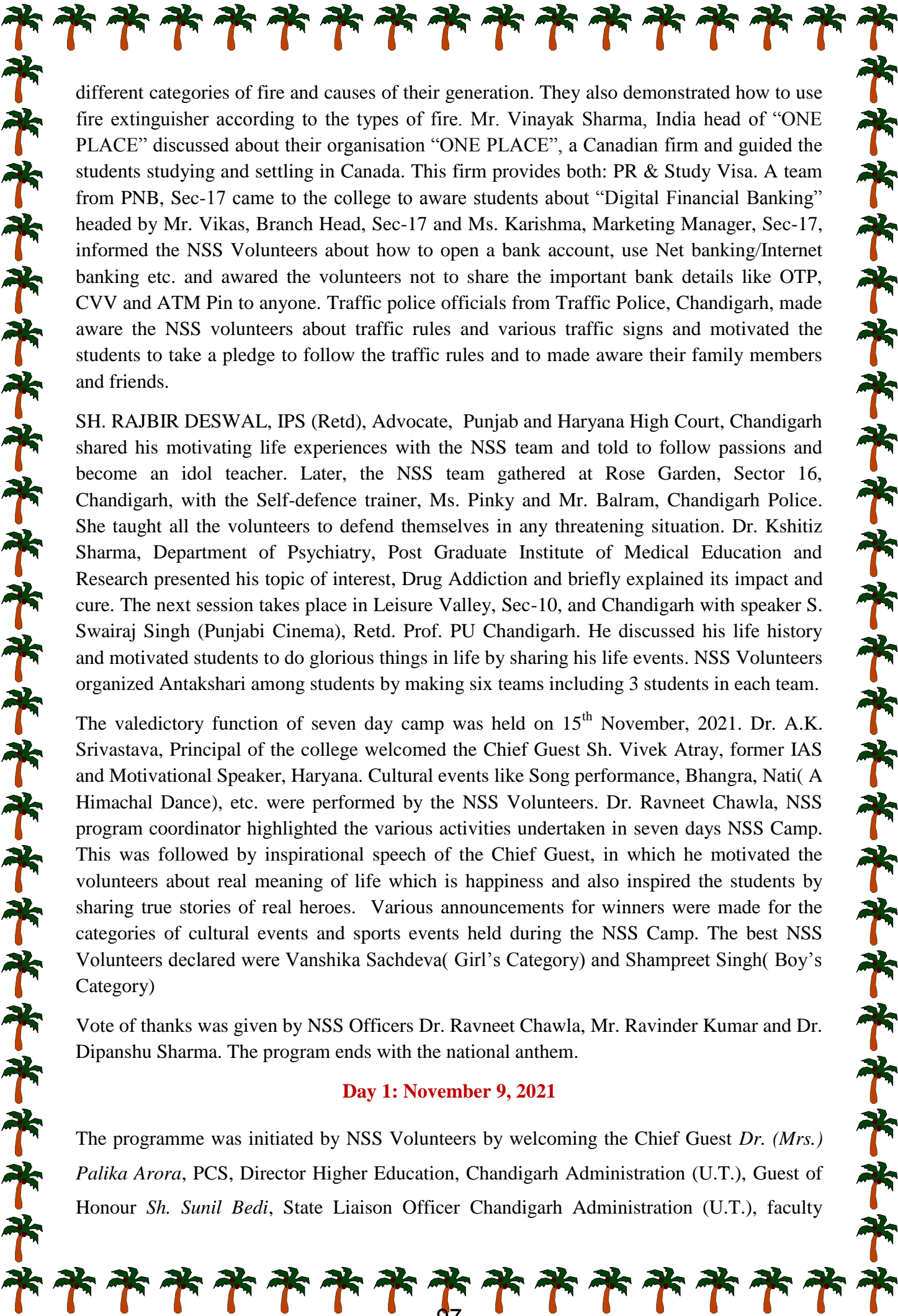
(09-11-2021 to 15-11-2021)

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 11<sup>th</sup> 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.

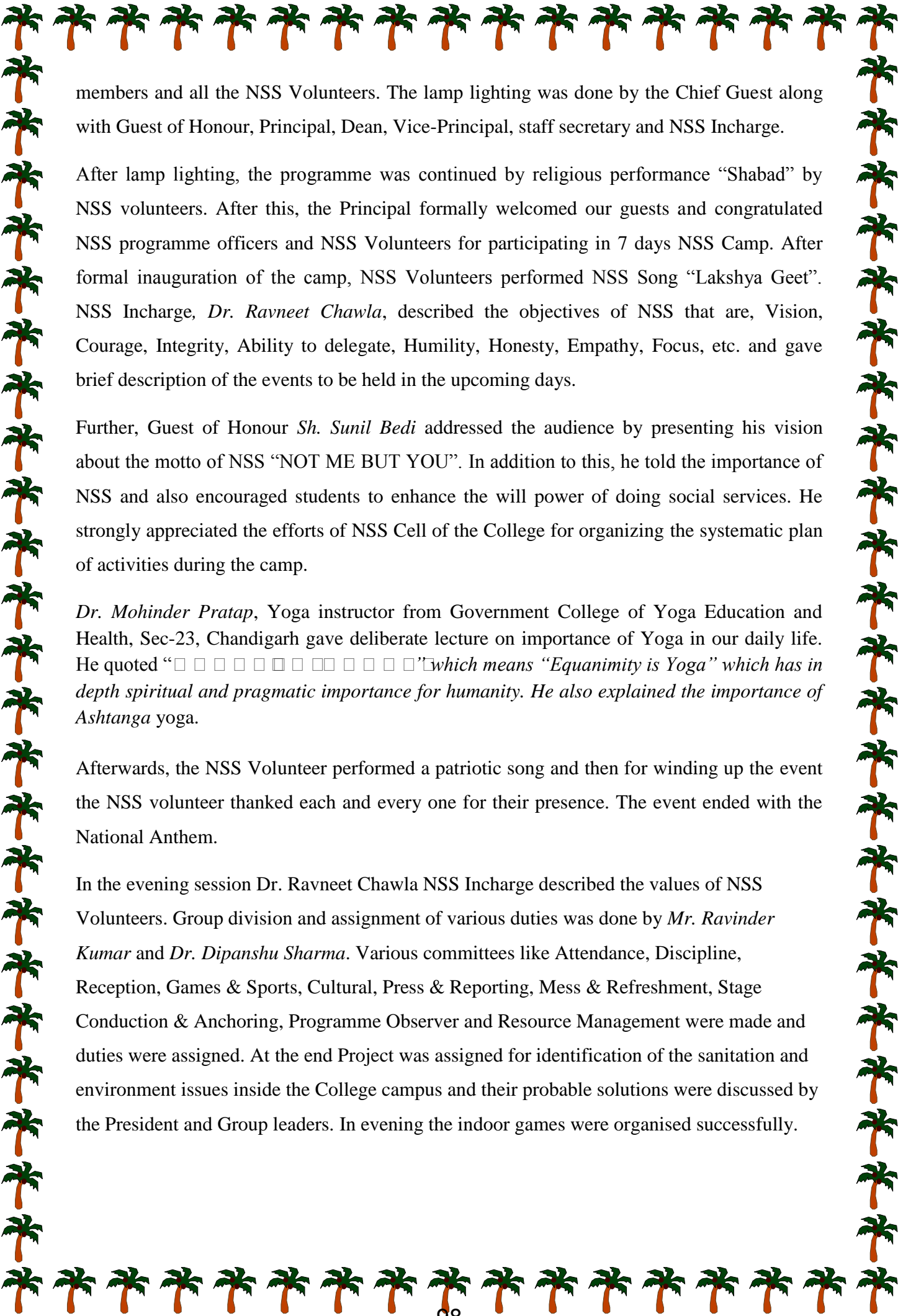
SH. RAJBIR DESWAL, IPS (Retd), Advocate, Punjab and Haryana High Court, Chandigarh shared his motivating life experiences with the NSS team and told to follow passions and become an idol teacher. Later, the NSS team gathered at Rose Garden, Sector 16, Chandigarh, with the Self-defence trainer, Ms. Pinky 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 15<sup>th</sup> 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 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.

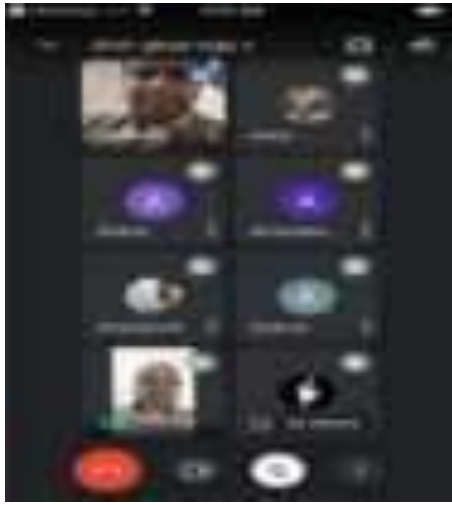
NSS Volunteers organized Antakshari among students. Every student takes part joyfully. In game of Antakshari, there were six teams, having 3 members in each team. There were three rounds each round has different rules and conditions. Finally three teams were selected for the final round out of which 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 25<sup>th</sup> 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 1<sup>st</sup>. 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.







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Government College of Agriculture, Sector 300, Sector 20, Chandigarh,  
160000, India  
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Chandigarh, Chandigarh, India  
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## 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:

1<sup>st</sup> position: - Manisha- B.Ed.

2<sup>nd</sup> position: - Monika- B.Ed.

3<sup>rd</sup> 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:

1<sup>st</sup> position: - Tanuja- B.Ed.

2<sup>nd</sup> position: - Diksha- B.Ed.

3<sup>rd</sup> 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. (1<sup>st</sup>), Neha Yadav – M.Ed. (2<sup>nd</sup>), Pooja Devi- B.Ed. (3<sup>rd</sup>)

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

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

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.

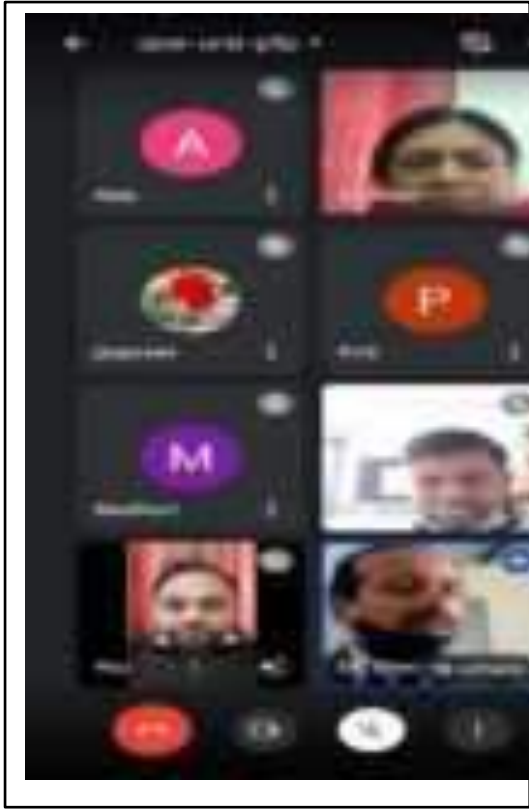
The event was concluded by Dr. Ravneet Chawla and vote of thanks was given by Mr. Ravinder Kumar.

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 24<sup>th</sup> January 2022

### Report

NSS Cell of the college observed 'National Girl Child Day' on 24<sup>th</sup> 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

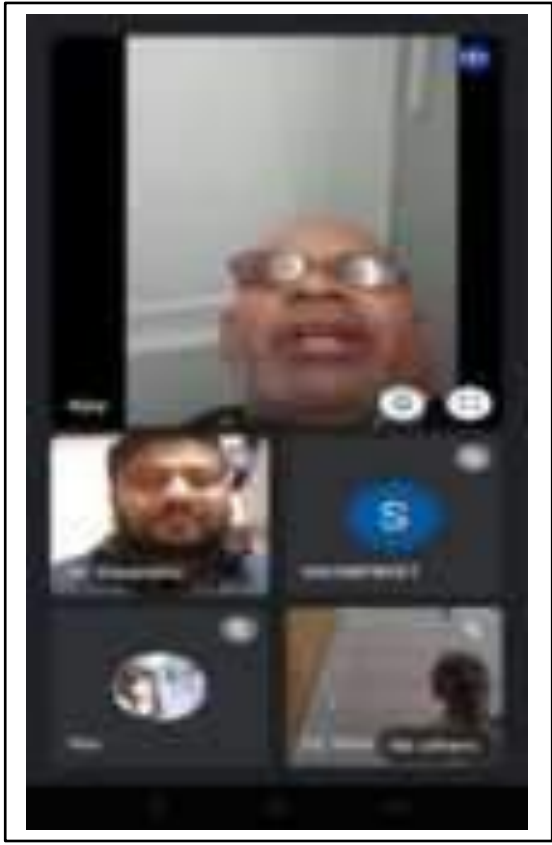
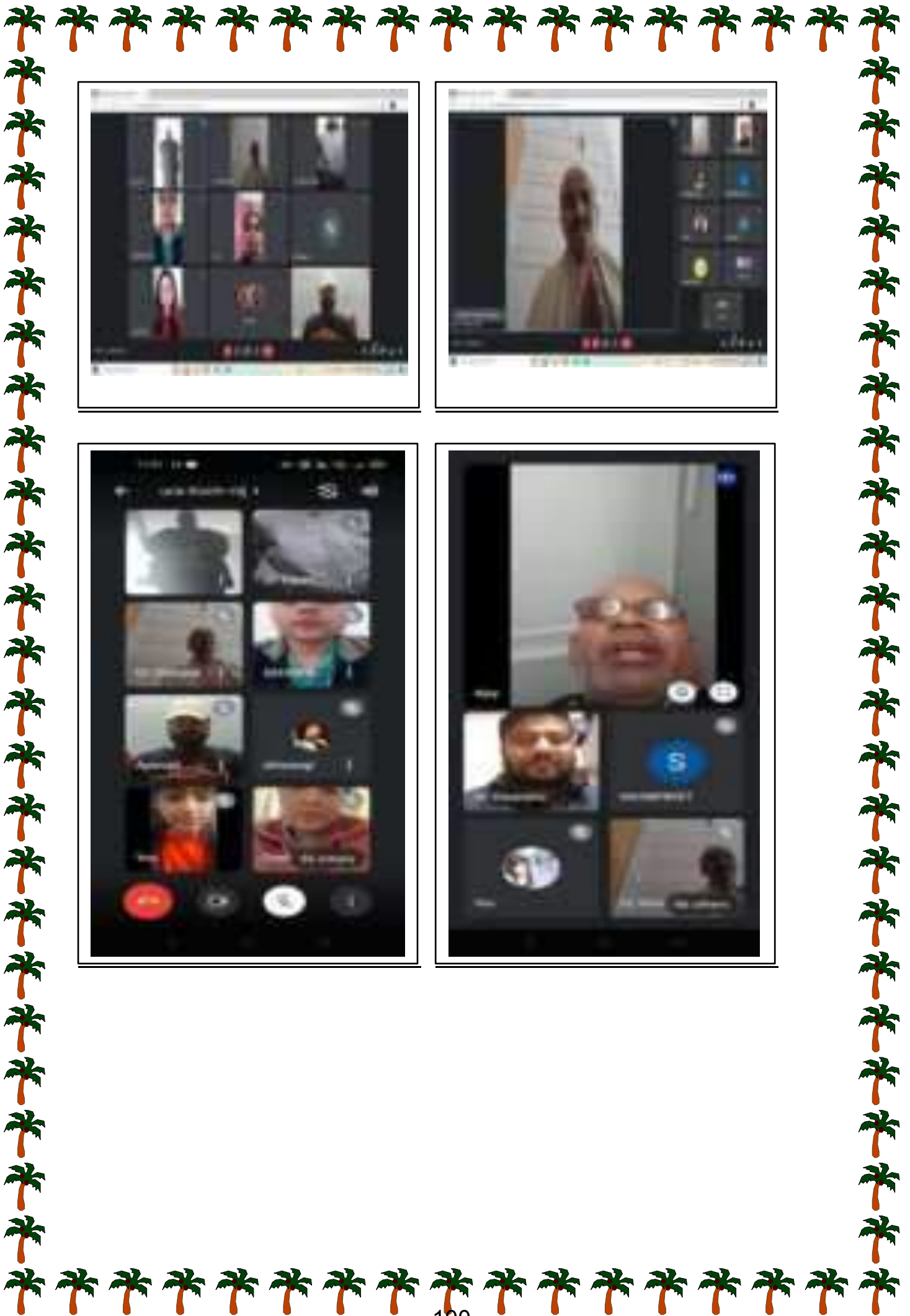


his knowledge and ideas regarding Gandhi Ji. Dr. A.K. Srivastava also thanked Dr. Sheojee Singh for such a great talk . He also told the volunteers that Dr. Sheojee Singh has adopted Gandhi Ji's ideology in his living. He added that our staff feels proud to have such a personality among them.

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 5<sup>th</sup> and 6<sup>th</sup> 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. 2<sup>nd</sup> 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. 2<sup>nd</sup> 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 21<sup>st</sup> 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. 4<sup>th</sup> 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 :

- 1<sup>st</sup> – Richa Sharma
- 2<sup>nd</sup> – Tanuja Upreti
- 3<sup>rd</sup> – 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.

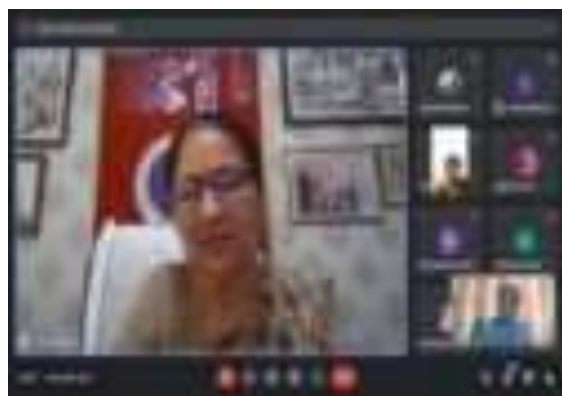
Dr. Ravneet Chawla NSS incharge initiated the programme by welcoming Principal, Dr. A. K. Srivastava and Speaker of the day, Dr. Sapna Nanda, Dr. Neelam Paul (HOD) Phy. Edu. and other staff members of the college. The formal welcome of the speaker was done by Principal and he also brief the importance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

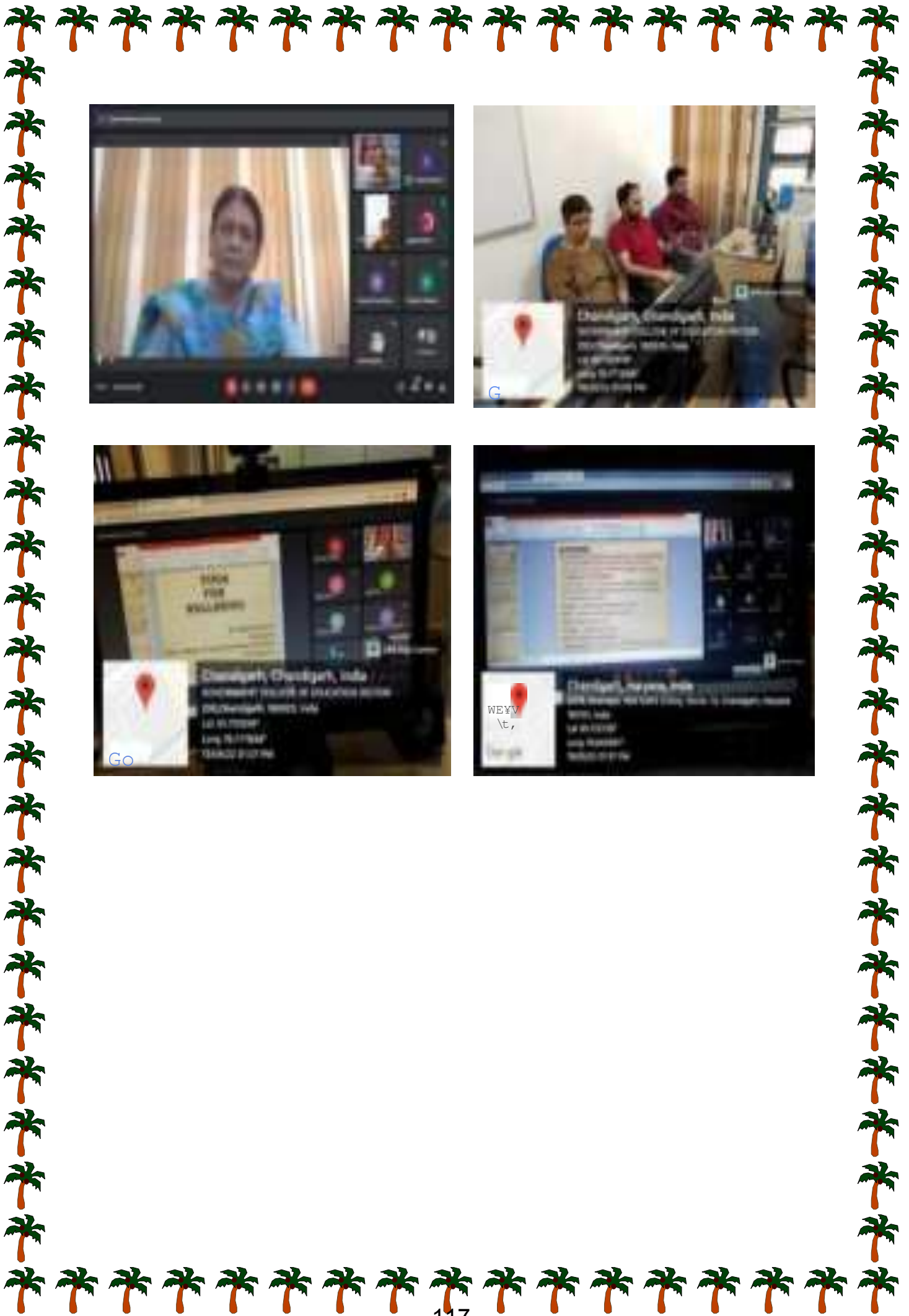
She recommended some vedic tools to balance our emotional volatility for good health. She concluded the talk by highlighting the contribution of yoga for cultivating the appropriate positive attitude and the importance of a good health in one's life.

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- 2<sup>nd</sup> 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- 1<sup>st</sup> 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 demonstartions.

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:-**





# Annual Reports of NSS (2018-2023)



## NSS PROGRAMME OFFICERS

Dr. Ravneet Chawla

Mr. Ravinder Kumar

Dr. Dipanshu Sharma

Principal

Govt. College of Education

Sec-20D, Chandigarh



## GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

### REPORT

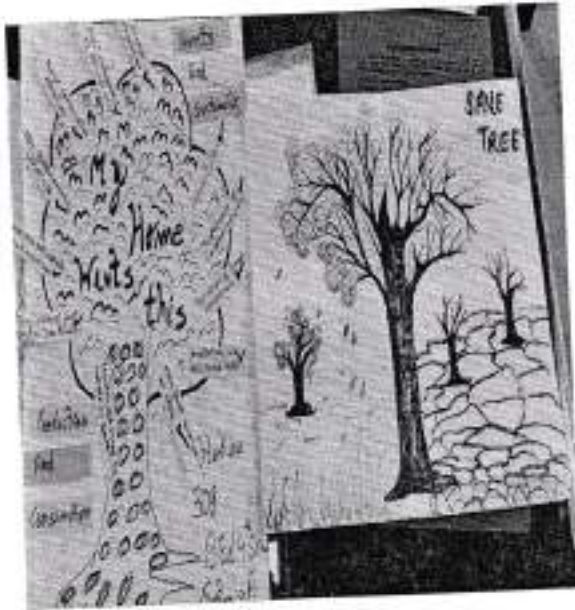
Dated:-22-03-2022

**PARIJAT ECO-CLUB** of Govt. College of Education, Chandigarh observed 'World Forestry Day' on 21<sup>st</sup> March 2022. The theme of **World Forestry Day** for 2022 is **'Forests and Sustainable Production and Consumption'**. A poster making event was held on this occasion in the college campus. All the students were participated in the event and made creative posters on the theme. Principal Dr. A. K. Srivastava motivated the students and briefs the importance of World Forest Day. He emphasized upon the planting of trees in large number around us and also to protect the forest areas surrounding us. Mr. Ravinder Kumar In-charge ECO-CLUB instructed the students for poster making event and briefed about the rules of the same. Students assembled in their respective class rooms and prepared the posters. Selective posters were displayed in class rooms to motivate and inspire them to being sensitive towards the forests. Event was organized successfully and appreciated by the principal.

Glimpses:







*Group Rep*  
 ECO-CLUB 24/3/22  
*[Signature]*

Principal *[Signature]*

Govt. College of Education  
 Sector- 20D, Chandigarh

cc:- Mr. Rajni Thakur

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

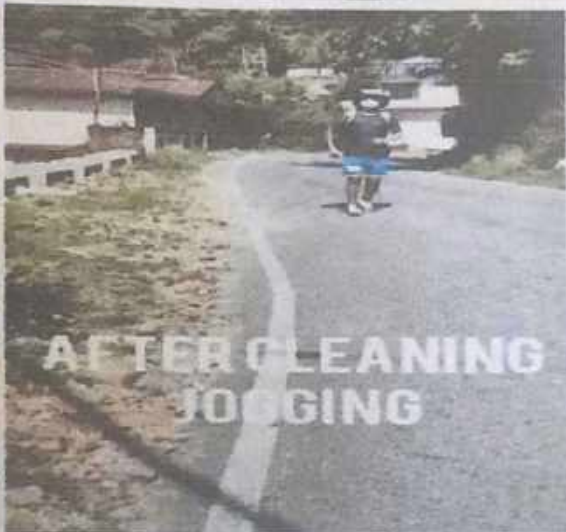
Descriptive report of Celebration of Gandhi Jayanti on 2<sup>nd</sup> October, 2020-  
Commemoration of 150<sup>th</sup> Birth Anniversary of Mahatma Gandhi Ji

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:







NSS Program Officers

Dr Mukhtiar Singh

Dr Meena

Dr Rupinder Kaur

Principal

Govt. College of Education

Sec 20-D, Chandigarh

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

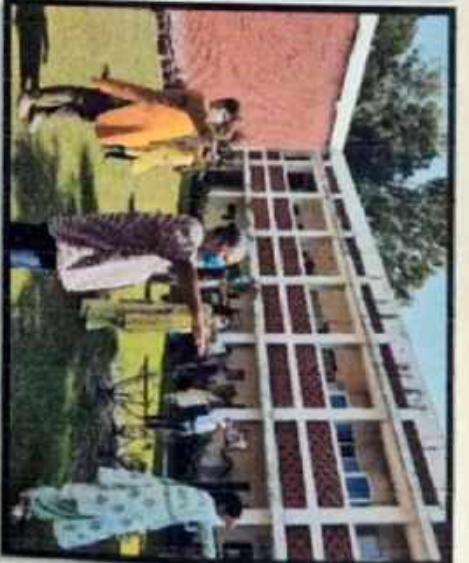
Report of Pledge for protection and awareness from Covid-19

**PLEDGE AGAINST COVID-19(08.10.2020)**

Sr. No.	Name of Regional Directorate	Name of the state/UT's	Name of the College	No. of Units Participated	No. of officials participated	No. of Volunteers Participated
1.	Chandigarh	Chandigarh	Government College of Education, Sector-20D, Chandigarh.	01	55	64

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With regards

Programme Officers:

*M. Saur*  
Dr. Mukhtiar Singh

Dr. Meena

*Rupinder Kaur*  
Dr. Rupinder Kaur

Sd/-

*Principal*  
Principal  
08/10/20

Govt. College of Education  
Sector 20-D, Chandigarh

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

Report of Pledge for protection and awareness from Covid-19

### PLEDGE AGAINST COVID-19 (08.10.2020)

Sr. No.	Name of Regional Directorate	Name of the state/UT's	Name of the College	No. of Units Participated	No. of officials participated	No. of Volunteers Participate
1.	Chandigarh	Chandigarh	Government College of Education, Sector-20D, Chandigarh.	01	55	64



GOVERNMENT COLLEGE OF EDUCATION, SECTOR-20D, CHANDIGARH

Notice

Date: 03.11.20

NSS Unit of College announced a competition on dated 31.10.20 with online permission of the Principal to organize Experiences based online Competition on the Topic of "PREVENTION IS BETTER THAN CURE". The Competition related Notice Card is attached herewith for further necessary action. The topic is based on the Jan Andolan campaign of India, "Unlock with Precautions i.e. Covid-19 Appropriate Behaviour in the new Normal."

NSS Programme Officers

Dr. Mukhtiar Singh

M-Singh  
3/11/20

Dr. Meena

Meena

Dr. Rupinder Kaur

Rupinder Kaur

Principal

GCE-20D,  
Chandigarh.

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

Most of the Countries are taking precautions to prevent their people from falling ill with the coronavirus. During unlock period, physical distance, wearing mask and washing hands regularly are most important routine steps for each one. Government of India Started Jan Andolan campaign and emphasizes on "Unlock with Precautions i.e. Covid-19 Appropriate Behaviour in the new Normal". The topic is based on the above said Jan Andolan Campaign.

NSS UNIT OF  
GOVERNMENT COLLEGE OF EDUCATION, SECTOR-20D, CHANDIGARH  
is organizing an Experiences based online Competition

On the topic of

**"PREVENTION IS BETTER THAN CURE"**

The Experiences should be related with the subject, "Unlock with Precautions i.e. Covid-19 Appropriate Behaviour in the new Normal". Write your experience and role at present time with the help of three points given below;

1. Precautions to prevent Coronavirus.
2. Appropriate Behaviour with others.
3. Your role in Covid-19 Unlock Precautions awareness Programmes.

All the M.Ed and B.Ed NSS Volunteers will participate in this competition. This competition is a mandatory activity for all NSS Volunteers. Volunteer, who have any proof related above said work, kindly attached it with your assigned work.

#### RULES FOR EXPERIENCES BASED ONLINE COMPETITION;

1. Use A4 size sheet and write your Name, Roll No. and Class on the top of the Sheet.
2. The Written work should be in 150 to 300 words.
3. All work should be neat and clean and send it in pdf file to your respective programme officers. This is needed for attendance purpose also.

Decision of the judges will be final. Submission date and time for the competition is 03.11.2020 at 10:00 p.m. respectively

Note: Students will be awarded with prizes and certificates on annual function.

Programme Officers

1. Dr. Mukhtiar Singh

2. Dr. Meena

3. Dr. Rupinder Kaur

Principal  
G.C.E.-20D  
Chandigarh.

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



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

Notice

Date: 07.11.2020

## Evaluation of Experiences based online Competition

As per the guidelines of central government NSS Units of College announced a competition on dated 31.10.20. The topic was based on the Jan Andolan campaign of India, "Unlock with Precautions i.e. Covid-19 Appropriate Behaviour in the new Normal."

### Topic of the competition

"PREVENTION IS BETTER THAN CURE".

You are requested to evaluate the work done by NSS volunteers. Kindly give the position separately for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> awards in each language. The evaluation work is being sent to you in PDF files.

1. Dr. Kusum

(Hindi)

*[Signature]*  
10-11-2020

2. Dr. Mukhtiar Singh

(Punjabi)

*[Signature]*  
10/11/20

3. Dr. Anjali Puri

(English)

*[Signature]*  
10/11/2020

Programme Officers;

Dr. Mukhtiar Singh

*[Signature]*  
7/11/20

Dr. Meena

Dr. Rupinder Kaur

*[Signature]*

*[Signature]*  
Principal

Govt. College of Education  
Chandigarh.

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

Government College of Education Sector - 20D, Chandigarh  
Attendance: M. Ed 3<sup>rd</sup> Semester (NSS Activities)  
Covid-19 Appropriate Behaviour Date - 31.10.20  
Event- Competition on the topic "Prevention is the Better than Cure"

No	Roll No.	Name	Present/Absent
1	503	Sobha	A
2	506	Preety Sharma	P
3	507	Sheta Sengar	P
4	509	Shirani Pathania	P
5	510	Nidhi	P
6	512	Jaspreet Kaur	P
7	513	Damini Shori	A
8	514	Tejinder Kaur	P

  
Signature

(Programme Officer)



Government College of Education Sector - 20D, Chandigarh

Attendance: B. Ed 3<sup>rd</sup> Semester (NSS Activities)

Covid-19 Appropriate Behaviour Date - 31.10.20

Event- Competition on the topic "Prevention is the Better than Cure"

Sr. No	Roll No.	Name	Present/Absent
1	201	PARUL	Absent
2	202	SUSHMITA MALHOTRA	Present
3	203	ROLLANIA NEGI	Present
4	205	MANISHA KUMARI	Present
5	206	PAKSH SHARMA	Present
6	207	TANISHA	Present
7	209	SIFAT KAUR	Present
8	210	SHILPA PAL	Present
9	211	ABHILASHA	Present
10	212	LAVISH SACHDEVA	Present
11	213	KAVITA CHOUDHARY	Present
12	215	KAJAL	Present
13	216	SUNAINA	Present
14	217	RANJANA KUMARI	Present
15	218	KIRAN CHAUHAN	Present
16	220	YAGIKA KHURANA	Present
17	221	ARJU	Present
18	222	KAVITA PANT	Present
19	223	SHIVANGI ARORA	Absent
20	224	SHALINI	Present
21	- 225	PRAGYA NIDHI	Present
22	226	KAJAL BANSAL	Present
23	227	SEEMA GUPTA	Absent
24	228	AMAN	Present
25	229	MUKESH NEGI	Absent
26	230	TENZIN KUNGA	Absent
27	231	PAVNEET KAUR	Present
28	232	ANJALI	Absent
29	233	ISHA	Absent
30	- 235	HARMI	Present
31	236	SWATI	Present
32	237	NEHA KUMARI	Present
33	238	TARENIE KAUR	Present
34	239	VANDANA	Present
35	240	SIMRANJOT KAUR	Absent

Government College of Education Sector - 20D, Chandigarh

Attendance: B. Ed 3<sup>rd</sup> Semester (NSS Activities)

Covid-19 Appropriate Behaviour Date - 31.10.20

Event- Competition on the topic "Prevention is the Better than Cure"

Sr. No	Roll No.	Name	Present/Absent
36	241	MOHINI	. Absent Present
37	242	PAYAL THAKUR	Present
38	243	SRIJNA THAPA	. Absent
39	244	ARZOO	Present
40	245	AAYUSHI SHARMA	Present
41	246	ANITA	Present
42	247	HIMANSHI SAINI	Present
43	249	SAMRAT MAJUMDAR	. Absent
44	250	ANJALI RAJ	Present

Meena

Signature

(Programme Officer)



Government College of Education Sector - 20D, Chandigarh

Attendance: B. Ed 3<sup>rd</sup> Semester (NSS Activities)

Covid-19 Appropriate Behaviour Date - 31.10.20

Event- Competition on the topic "Prevention is the Better than Cure"

Sr. No	Roll No.	Name	Present/Absent
45	251	AYUSHI	• Absent
46	252	RUPAL SIRARI	Present
47	253	SAMIKSHA SHARMA	Present
48	254	SOM DUTT	Present
49	255	AASHIYA MALIK	• Absent
50	256	KAMLESH THAKUR	Present
51	257	PRABHPREET KAUR	Present
52	258	YASMEEN	• Absent
53	259	KUMARI PINKI	Present
54	260	GURBINA CHOPRA	Present
55	261	ANJALI GHAI	Present
56	262	ASHISH BARWAL	Present
57	263	INDERJEET KAUR	Present
58	264	SHISHAMA THAKUR	• Absent
59	265	SUDHAMANI	• Absent
60	266	YASHU	Present
61	267	SHIVARTI	Present
62	269	DIPALI SAINI	Present
63	270	BALKAR SINGH	Present
64	271	SURBHI SHARMA	• Absent
65	272	DARSHAN	Present
66	273	DEEPA	• Absent
67	275	PRIYA	Present
68	276	AKSHAT SHARMA	Present
69	277	ADITI	• Absent
70	278	SHIVANGI	Present
71	279	KANISHKA BHANDARI	• Absent
72	281	SUMMI DARANG	Present
73	282	AISHWARYA	• Absent
74	283	CHHAVI DUGGAL	Present
75	284	PRIYA MANN	• Absent
76	285	DIKSHA THAKUR	Present
77	286	RENU SINGH	Present
78	287	SAKSHI	• Absent
79	288	SONAM YADAV	Present

Government College of Education Sector - 2007  
 Attendance: B. Ed 3<sup>rd</sup> Semester (NSS Activities)  
 Covid-19 Appropriate Behaviour Date - 31.10.20  
 Event- Competition on the topic "Prevention is the Better than Cure"

Sr. No	Roll No.	Name	Present/Absent
			Present
80	289	GEETIKA MONGIA	• Absent
81	290	MANPREET KAUR	Present
82	291	ANU	Present
83	293	SIMARDEEP KAUR	• Absent
84	294	VIJAY LUXMI	Present
85	296	PRABHLEEN SAINI	• Absent
86	297	SOPHIA KASHYAP	• Absent
87	298	LAKHIPAR HRANGKHAWL	- Absent
88	299	DANISH SHARMA	• Absent
89	300	GAGANDEEP KAUSHIK	• Absent
90	301	VIKAS PATEL	• Absent
91	302	AMAN	Present
92	303	AMANJOT RANI	- Absent
93	304	ANU	• Absent
94	305	PRIYANKA SWAN	Present
95	306	VAISHALI MEHRA	Present
96	308	GAGANDEEP KAUR	• Absent
97	310	RAJAN GUPTA	• Absent
98	311	JYOTI SHARMA	Present
99	312	AADITI	

Signature

(Programme Officer)



Government College of Education, Sector-20D, Chandigarh

Notice


12.11.2020


Subject: Anti Cracker Pledge -2020 "Green Diwali Swachh Diwali"

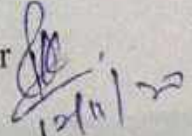
All the teaching staff are requested to take a pledge with the students in their respective Online Classes, to Celebrate Diwali festival without firecrackers under the Anti Cracker Campaign on the theme of "Swachh Diwali - Green Diwali"

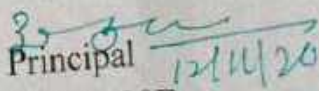
Thanks

Programme Officers

1. Dr. Mukhtiar Singh  12/11/20

2. Dr. Meena 

3. Dr. Rupinder Kaur  12/11/20

  
Principal 12/11/20  
G.C.E.-20D  
Chandigarh

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

NSS Unit of GCE-20D, Chandigarh Date: 12.11.2020

### Report of Anti - Fire Cracker Pledge -2020

Diwali is one of biggest festival of India. The main reason is to celebrate the Diwali is to honour Ramachandra and Sita ji, who returned to Ajodhya after 14 years of exile during which he fought and won a battle against Ravana. This festival known as a "Festival of Light" also. The Rows of diyas are lit inside and outside of homes, buildings and nearer rivers and tanks also. Nowadays we can see LEDs electric lights display with traditional diyas for celebration of Diwali festival. All these lights represent the triumph of light over the dark and the power of good over evil.

Due to the polluted environment problem on the occasion of Diwali festival many Territories launched anti-fire cracker campaign. Chandigarh (UT) also facing problems related with pollution. So, Chandigarh Administration banned to sale and burns all types of firecrackers under the Anti - Cracker Campaign on the theme of "Swachh Diwali - Green Diwali"

GCE-20D, Chandigarh organized an online anti-firecrackers pledge to make students and their parents aware. Students were advised to bring awareness among the people to celebrate the green and safe Diwali without firecrackers.



Photos related with pledge;



Programme Officers

- 1. Dr. Mukhtiar Singh *M. Singh* 12/11/20
- 2. Dr. Meena *Meena*
- 3. Dr. Rupinder Kaur *RK* 14/11/20

*[Signature]* 18/11/20  
Principal  
G.C.E.-20D  
Chandigarh  
Principal,  
Govt. College of Education  
Sector 20-D, Chandigarh

Government College of Education, Sector-20D, Chandigarh

Notice

09.12.2020

Subject: **Anti Corruption Pledge**

All the Teaching , Non - Teaching and Supporting Staff of College are requested to assemble near Principal Office ground at 11.30 a.m. on 09.12.2020 for 'Anti Corruption Pledge'. Students will be take pledge online. The theme of the International anti corruption day is, "United against Corruption".

Thanks

Programme Officers

1. Dr. Mukhtiar Singh

*m-hmy*  
9/12/20

2. Dr. Meena

3. Dr. Rupinder Kaur

*On leave*

*B. Singh*  
9/12/2020  
Principal  
G.C.E.-20D  
Chandigarh  
Principal,  
Govt. College of Education  
Sector 20-D, Chandigarh



Government College of Education, Sector-20D, Chandigarh

## Report of International Anti Corruption Day-2020

Date: 09.12.2020

On the occasion of International Anti Corruption Day, NSS Units of Government College of Education Sector - 20D, Chandigarh organized a pledge programme in the College premises on 09.12.20. The pledge was related with International anti Corruption Day. Nowadays, people are anger on the selfish behave of corrupt leaders, social groups and governments. People are demanding Justice and corruption free environment in society. During the Covid-19 pandemic, there is a great need for a corruption-free society. UN Secretary General gives the Message on the International Anti Corruption Day-2020.He Said;

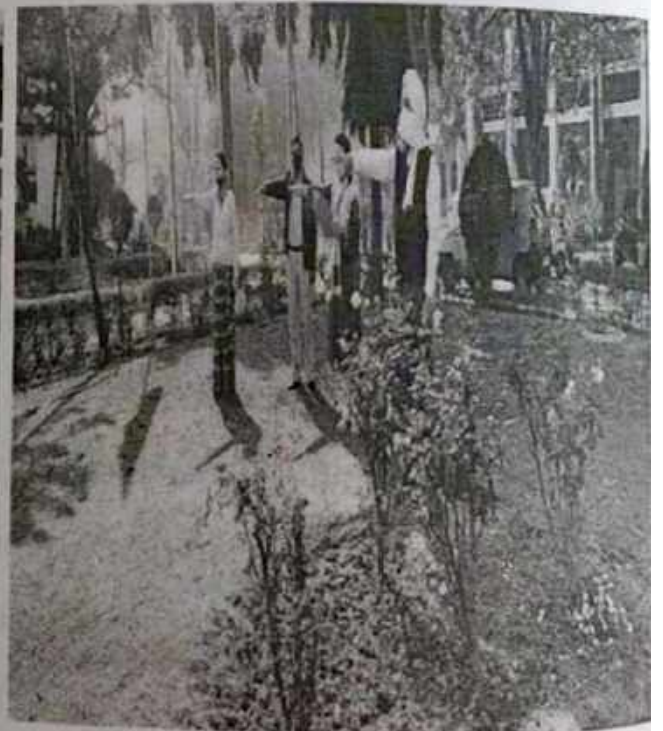
“The COVID-19 crisis creates additional opportunities for corruption. Governments are spending rapidly to get economies back on track, provide emergency support and procure medical supplies. Oversight may be weaker. And the development of vaccines and treatments adds to the risk of bribery and profiteering. Recovery from the pandemic must include measures to prevent and combat corruption and bribery.”

Corruption is a criminal activity and dishonesty committed by an individual or group. It also includes activities such as bribery or embezzlement. We can say that corruption definitely reflects greedy and selfish behaviour. Most of People are not awakened and enlightened about corruption. They fear to raise their voice against anti-social elements prevailing in the society. They are needed to tell about all types of corruption which is harmfully to all. There is a strong need to stop all types of corruption. In India, Central Vigilance Commission (CVC) mainly helpful Government agency which is helping the people. This



Pledge programme was an awareness activity for NSS volunteers and College staff so they can aware other community members against corruption.

Some memorable pictures of pledge time;



Pledge by Teaching, None Teaching and Supportive Class Employees





Online Pledge with Students

Programme Officers

1. Dr. Mukhtiar Singh *M. Singh* 9/12/20
2. Dr. Meena *Meena* 10/12/20
3. Dr. Rupinder Kaur *On leave*

*Principle*  
10/12/2020

Principal  
G.C.E.-20  
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. Singh* 28/11/21
2. Dr. Meena *Meena* 28/11/21
3. Dr. Ravneet Kaur Chawla *Ravneet* 28/11/21

*A.K. Srivastava*  
Principal 28/11/21  
G.C.E.-20D,  
Chandigarh.



GOVERNMENT COLLEGE OF EDUCATION, SECTOR 20D, CHANDIGARH

NOTICE Date: 29.01.2021

NSS Unit: GCE-20D, Chandigarh

NSS Unit of College is conducting an online Lecture on the martyrdom day (Leprosy Day) of Mahatma Gandhi Ji on 30.01.21 at 10.30 am to 11.30 am. All B.Ed, M.Ed and PGDG & C NSS volunteers are advised to participate in this program on online mode. Attendance is compulsory for all NSS volunteers as it is a regular activity of NSS Programme. The link will be sent well in time.

The Schedule of the program is given below;

1. Inaugural Speech: Dr. A.K. Srivastava, Principal, GCE-20D, Chandigarh.
2. Online Lecture on Leprosy by Dr. Tilak Raj Gujrani (Ayurvedic Acharya).
3. Basic Education of Mahatma Gandhi ji & Relevance in present Scenario:

Dr. Sheojee Singh.

Online programme Duties; Reporting Time- 10.00am

1. Dr. Upasna

(Anchor online programme) *Upasna*

2. Mr. Harpreet Singh

(Technical Assistant) *Harpreet Singh*

3. Ms. Bhavya

(Photography) *Bhavya*

Programme Officers;

1. Dr. Mukhtiar Singh

*Mukhtiar Singh*  
29/1/21

2. Dr. Meena

3. Dr. Ravneet Chawla

*Ravneet Chawla*  
29/1/21

CC: 1. Circulation among Duty Staff.

*Principal*  
Principal  
29/1/21  
GCE-20D, Chandigarh.

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

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

**Activity Report of Martyrdom Day of Mahatma Gandhi Ji**

**&**

**Observance of Silence on 30<sup>th</sup> January, 2021**

NSS Unit of College organized an online (for NSS Volunteers) and offline (for faculty) programme on Martyrdom Day of Mahatma Gandhi Ji on 30.01.21. This day has been declared as Leprosy Day. Today, a two-minute silence is also kept in memory of those who sacrificed their lives during the struggle for India's freedom.

The solemn day in the memory of freedom fighters of our country was observed in the Government College of Education, Sector 20 Chandigarh. Two minutes' silence was observed by the entire College at sharp 11 AM. All the B.Ed, M.Ed and PGDG & C NSS volunteers participated in this program on online (NSS Volunteers) and offline (faculty in College).

A dedicated online lecture was organized by the NSS Units and programme officers of the College on the martyrdom day of Mahatma Gandhi, also observed as Leprosy Day. Dr. A. K. Srivastava, Principal of the College, addressed the students about the supreme sacrifice made by the freedom fighters and the role of youth in taking utmost care of the progressive independent India. Dr. Upasana and Mr. Ravinder, Assistant Professors of the conducted the session. They welcomed the speaker of the day Ayurvedic Acharya, Dr. Tilak Raj Gujrani. The speaker advised the volunteers for a very traditional and practical approach to staying physically and mentally healthy. He gave some suggestions for healthy living. Sunshine for vitamin D, clean



environment for clean air, detoxifying the lungs before bedtime, taking a balanced diet with a fair amount of desi ghee and maintaining mental balance to stay happy and calm.

Dr. Sheojee Singh, Associate professor of the college was the next speaker. He gave his views on the topic of 'Basic Education of Mahatma Gandhi Ji and its relevance in present scenario. He shared pearls of wisdom on simplicity, dignity of work, love for the nation and potential of youth in sustaining such rich heritage and unique practices followed by Gandhi Ji. He further emphasized to follow life skills incorporated by Mahatma Gandhi while working in a dedicated manner on building a strong foundation among children in which teachers / future teachers have a great role to play.

The session concluded by a wholesome feedback from the students on the day observed with due sanctity.

Some glimpses of the programme;



Principal and College staff at the time of two minibus Silence.





Online salience with volunteers and Principal, addressing the volunteers



Dr. Tilak Raj Gujrani Interacting with NSS Volunteers

1. Dr. Mukhtiar Singh

*M. Singh*

2. Dr. Meena

*Meena*

3. Dr. Ravneet Chawla

*Ravneet Chawla*

Principal  
GCE-20D, Chandigarh

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



Action Taken Report of International Women's Day

Dated 08.03.21

On the occasion of International Women's Day, the NSS Unit of the Government College of Education, Sector 20-D, Chandigarh, organized Online Competition on 08.03.21 for all the NSS volunteers. Participation in event was mandatory for all the N.S.S. Volunteers of the College. To celebrate the "International Women's Day" NSS unit of the College decided to conduct the three theme-based competitions on the Theme of the International Women's Day-2021 i.e. "CHOOSE TO CHALLENGE" in three languages as given below-

1. Essay Writing (B.Ed-1<sup>st</sup> Year) (100-200 words in Hindi, English and Punjabi)
2. Slogan Writing And Poster Making (B.Ed-2<sup>nd</sup> Year)
3. Experience Based Story Writing (M.ed-1<sup>st</sup>, M.ed-2<sup>nd</sup> Year and PGDG&C)

Topics For the Competitions:

“Accept Challenges - Change life.”

“चुनौतियां स्वीकार करें - जीवन को बदलें ।”

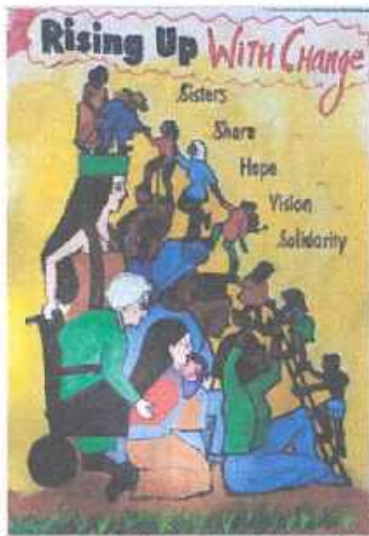
“ਚੁਣੌਤੀਆਂ ਨੂੰ ਸਵੀਕਾਰੋ - ਜ਼ਿੰਦਗੀ ਨੂੰ ਬਦਲੋ ।”

During the programme, most of the N.S.S. volunteers of our college participated in all three competitions i.e Essay Writing, Slogan Writing, Poster Making and Experience Based Story Writing. These competitions provided the students an opportunity to show their creative abilities and provided them with the sight to see things in a different way.

Participant's works were judged on the basis of Creativity and originality of the depicted theme and prizes will be given on the annual function of the College. Though Students were busy in their Punjab University Examination still most of NSS volunteers participated in all activities enthusiastically to celebrate the "International Women's Day" and made the event a success.



Posters Created by Students









चुनौतियों स्वीकार करें - जीवन को बदलें !


निबन्ध

प्रत्येक मनुष्य का जीवन चुनौतियों से भरा पड़ा है, चुनौतियों ही मानव जीवन की अनंत सम्भावनाओं को सामने लाती हैं। चुनौतियों ही एक सामान्य प्राणी से मानव को महापुरुष के रूप में परिवर्तित कर देती हैं, चुनौतियां ही महापुरुषों एवं पैगम्बरों को सामने लाती हैं।

सामान्य पुरुष न तो चुनौतियों को पहचान पाता है, और न ही हिम्मत जुटा पाता है। परन्तु तेजस्वी मनुष्य उन चुनौतियों को पहचानकर शरणाग्र सामना करता है। मनुष्य ये, सामने जो प्रश्न पैदा होते हैं उन प्रश्नों का वह अपनी बुद्धि से उत्तर देता है। इस प्रकार ज्ञान विज्ञान की वृद्धि से मानव की रीति में वृद्धि होती है। चुनौतियों के बिना सारी सम्भावनाएँ सीधे रहती हैं।

#### Programme Officers

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

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



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

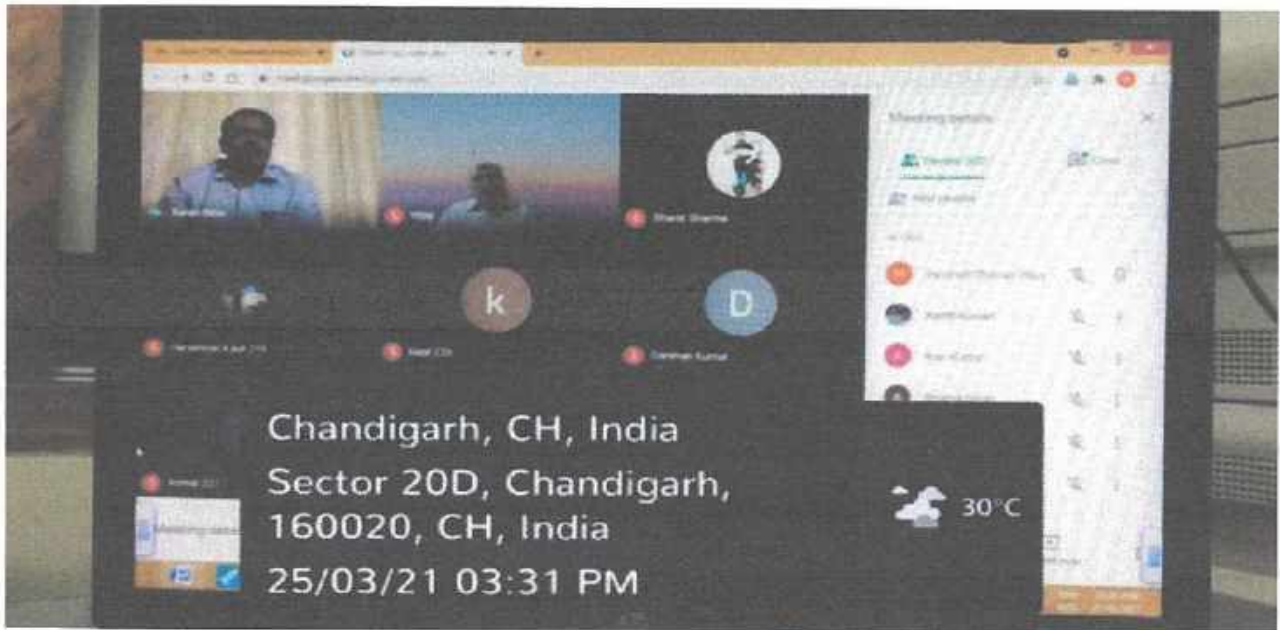
**REPORT OF JAL SHAKTI ABHIYAN PROGRAMME**

**25.03.21**

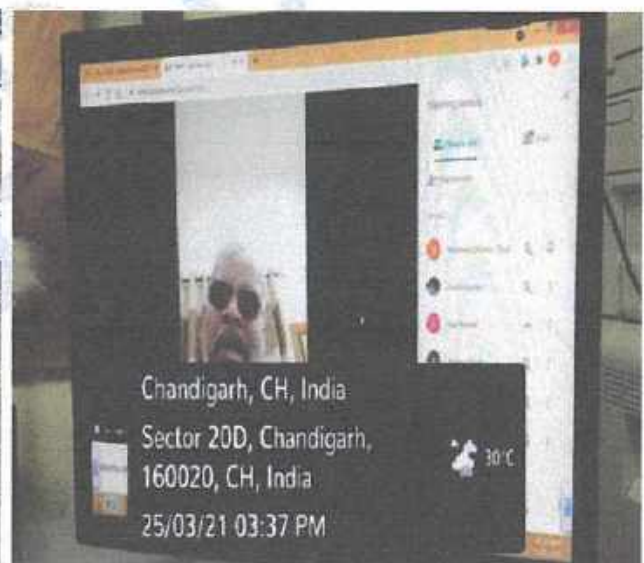
On Thursday, 25 March, 2021 The NSS Unit of Government College of Education organized online webinar on Jal Shakti Abhiyan under Ek Bharat Shreshtha Bharat (EBSB) programme. The theme of the webinar was, Water Conservation: Techniques and best practices. Awareness Program was organized through an online seminar at Government Education College Sector 20D, Chandigarh. In this seminar, Mr. Krishna Dhul, Haryana State Child Welfare Council, Honorary General Secretary and National Convener of Jal Manch, was the Eminent Speaker. Dr. Vijay Phogat associate Professor of the College introduced the Today's Speaker. He said that Mr. Dhul has been continuously contributing for many years in the field of water conservation and Jal Shakti Abhiyan. Shri Dhul always participates in water conservation awareness programs.

Shri Krishna Dhul said that we will have tomorrow only when we have enough potable water. Without water, it is not possible to imagine the life of man. The whole world is united on the issue of water conservation, because water is life and it is the basic requirement to live life. Various awareness programs and other activities related to water conservation campaign are organized every year on the occasion of Water Conservation Day. But despite this, the useless flow of water indicates that we still do not understand its real significance. It is also right to say that we do not want to understand the importance of water.

Krishna Dhul said that a few years ago people used to talk that one day there will also come, when the water in the shops of the markets will also get from the money and



Mr. Krishna Dhul and Dr. Vijay Phogat and volunteers view on screen



Principal, Dr. A. K. Srivastava sharing own experience with Volunteers.

### Programme Officers

1. Dr. Mukhtiar Singh *M. Singh*

2. Dr. Meena

3. Dr. Ravneet Chawla *Ravneet Chawla*

*Principal*  
Principal *31/03/21*  
G.C.E.-20D,  
Chandigarh.



## Government College of Education-20 D, Chandigarh

### Celebration of Ambedkar Jayanti and Teeka Utsav (Covid 19 vaccine)

#### About the college

Government College of Education, Chandigarh, celebrated Ambedkar Jayanti and Teeka Utsav on April 14, 2021 by organizing webinar. GCE is a premier educational institution for teacher education in North India, located in Chandigarh. 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.

#### NSS Unit

The National Service Scheme (NSS) is a Central Sector Scheme of Government of India, Ministry of Youth Affairs & Sports. It provides opportunity to the student youth of 11th & 12th Class of schools at 10+2 Board level and student youth of Technical Institution, Graduate & Post Graduate at colleges and University level in India to take part in various government led community service, activities & programmes. The sole aim of the NSS is to provide hands on experience to young students in delivering community service.

The NSS unit of GCE 20 is a bound and a hardworking unit. The NSS unit of the college is being led by Dr. Mukhtiar Singh. Dr. Ravneet Chawla, NSS Programme officer, was the key person to bring in the two invited guests.

A dedicated self-supporting team was identified amongst students to pick up the organizing skills and contribute on the basis of their strengths in technological support, being repertoires, and Shivangi Arora took charge of the student's team as 'Student Coordinator'.

The webinar was appreciated and accompanied by the audience and their scientific and logical attitude towards asking the questions as well as towards expressing their views in comments. The questions and reviews put up by the audience would definitely help many other young minds to frame the comments for many upcoming sessions.

#### Event of the day

The event organized was in the form of a Webinar. The platform used for the webinar was Google Meet. The live streaming had about a 100 listeners.

- Chief guest of the day was Sh. Bikram Rana, State Liaison Officer, Chandigarh Administration
- Dr. A.K. Srivastava, Patron of the event and Principal, GCE 20-D, Chandigarh.
- Dr. Sanjay Kumar, Research Scientist, Department of Gastroenterology, PGIMER, Chandigarh.

The opening of the session was done by Dr. Ravneet Chawla who with student coordinator, Shivangi Arora gave an outline of the program. Dr. Ravneet Chawla then formally introduced the Chief Guest of the day Sh. Bikram Rana. Sh. Bikram Rana highlighted the key points of the NSS unit and its duties and rights. After his introductory speech the platform was taken up by Mr. Haridev Semwal who formally introduced Dr. A.K. Srivastava who enlightened the audience with the facts and life journey of Dr. Bhimrao Ambedkar. After his session the platform was taken up by Ms. Sakshi Poonia who formally introduced Dr. Sanjay Kumar, Research Scientist, PGI Chandigarh. He shared his knowledge on the Covid vaccination on the occasion of *Teeka Utsav* which is a 4 day programme declared by Prime Minister Sh. Narendra Modi. The details are as under.

#### **Introductory Speech by Sh. Bikram Rana.**

Sh. Bikram Rana, SLO Chandigarh Administration in his address put forth the fundamental right to equality in every which way in the society and the related efforts and dedication of Babasaheb Ambedkar Ji in this perspective. He explained how one can put forward a helping hand towards someone who is in need of it. He said that the youth of the nation can really build the nation's future. People should use their intellectual knowledge to cut off the disparity amongst the society. He explained the importance of reading and learning about Dr. Bhimrao Ambedkar and his contribution towards making and building up the constitution of the country. One who wishes to join bureaucratic services must learn thoroughly about Ambedkar ji. He also highlighted the importance of taking vaccine against the Covid 19. He highlighted how NSS unit of Chandigarh helped in raising funds of about 10,00,000 to help the needy in the times of Covid crisis. He encouraged everyone to take up the vaccine and also to create awareness about the vaccine.

#### **Experience shared by Dr. Ravneet Chawla**

Following Sh. Bikram Rana ji's session Dr. Ravneet Chawla extended her vote of thanks by sharing her experience of working with the Team under Sh. Rana in the containment zone in May and June 2020 during the COVID pandemic. He led by example and worked round the clock with many sub teams and the SDM East as team head, she said. She mentioned that sir is a great leader, and a concerned team worker.

#### **Session By- Dr. A.K. Srivastava**

Dr. A.K. Srivastava, Principal, GCE 20-D, Chandigarh, a renowned Hindi scholar and a person of literature delivered the session on BabaSaheb.. He took up the session on the contribution and the life journey of Dr. Bhimrao Ambedkar. He highlighted how hardworking Ambedkar ji was. Dr. Ambedkar's contribution towards building up the nation in a place where all are treated equally. Dr. Srivastava, Dr. Ambedkar is known for building up the constitution of the nation and to protect the rights for the Dalits. All these facts were highlighted by Dr. A.K. Srivastava. He shared the journey of life of Babasaheb and with anecdotes that were turning points of his life which ranged from studies overseas to working with the marginalized back home so as to build them up for many future years. His contribution to the constitution was also highlighted and so



was his familial understanding. Dr. Srivastava's narration touched the hearts of the listeners being full of compassion and much to connect with for every listener.

#### **Session by – Dr. Sanjay Kumar**

Dr. Sanjay Kumar is serving as a Research Scientist, Department of Gastroenterology, PGIMER, Chandigarh. Dr. Sanjay delivered the session on the Teeeka Utsav, explaining the importance of the vaccine to build up immunity towards the COVID-19. He told that in this time of crisis the only way left to fight from the corona virus is to get vaccinated. He highlighted the key points stating that the vaccine is purely safe and can be taken by any healthy citizen. In case of any medical health one can consult the doctors and take vaccine according to their advice. He explained about the immunity which will be stored in our memory cell after getting vaccinated which will help us to fight from the covid infection or if any sort of contact is made with virus.

He stated that the vaccine is purely safe and told everyone to create awareness towards taking up the vaccine. He also highlighted that even after getting vaccinated, one should not stop being careless and should always follow the COVID guidelines which are being provided by the government, i.e., to wash hands regularly, to wear a mask covering both nose and the mouth and to maintain social distancing.

A very active interaction followed. Pre-notions on vaccine were brought up. Scientific answers were given that made clarity in the minds of the listeners.

#### **Vote of thanks- Dr. Mukhtiar Singh**

Dr. Mukhtiar Singh, NSS PO, extended vote of thanks to the Chief Guest and the speakers. He also spoke high of the students who worked hard with the organizers.

#### **Closing of the session- Dr. Ravneet Chawla**

The NSS PO, Dr. Ravneet Chawla announced the closure of the meet and expressed a great learning day for all at the college. The webinar students team was much appreciated by her.

#### **Student's Support Committee for managing and organizing the event-**

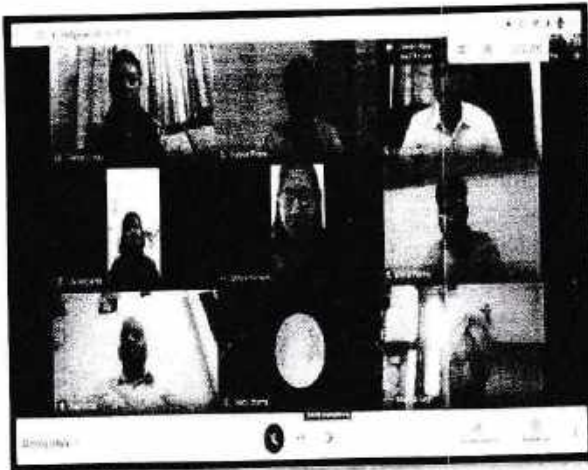
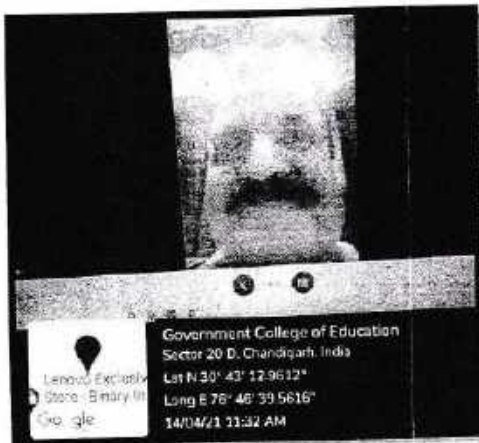
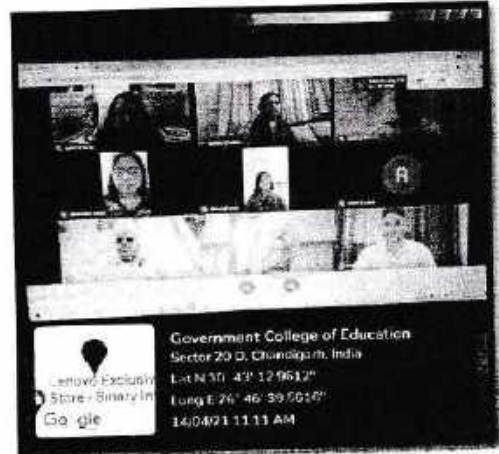
Shivangi Arora - Student Coordinator – B.Ed. Senior

Sakshi Poonia – Repertoire (English) – B.Ed. Junior

Haridev Semwal - Repertoire (Hindi) - B. Ed. Junior

Bharat Sharma - IT Support – B. Ed. Junior

Gurbina Chopra- Google meet manager- B.Ed. Senior



*Mukhtiar Singh*  
 Dr. Mukhtiar Singh  
 Assistant Professor  
 NSS PO

*Ravneet Chawla*  
 Dr. Ravneet Chawla  
 Associate Professor  
 NSS PO

*Principal*  
 Principal 16/04/21  
 GCE - 20 D  
 Chandigarh  
**Principal,  
 Govt. College of Education  
 Sector 20-D, Chandigarh**



## गवर्नमेंट कॉलेज ऑफ़ एजुकेशन सेक्टर - 20 डी, चंडीगढ़

### अंबेडकर जयंती एवं टीका उत्सव (कोविड-19 वैक्सीन)

अप्रैल 14 2021 11:15 से 1:35 तक

- दिनांक 14 अप्रैल को गवर्नमेंट कॉलेज ऑफ़ एजुकेशन सेक्टर 20 D चंडीगढ़ में कॉलेज की एनएसएस टीम एवं टीम संचालकों द्वारा प्रधानाचार्य डॉ अजय कुमार श्रीवास्तव जी के नेतृत्व में अंबेडकर जयंती एवं टीका उत्सव कोविड-19 वैक्सीन के रूप में मनाया गया। कार्यक्रम 11:15 से लेकर के 1:30 बजे तक चलता रहा कार्यक्रम को तीन सत्रों में विभाजित किया गया था। कार्यक्रम के आरंभ में एनएसएस ऑफिसर डॉक्टर रवनीत चावला ने सभी आए हुए महानुभावों का स्वागत वचनों से स्वागत किया।

#### प्रथम सत्र 11:15 से 11:35 तक

- प्रथम सत्र में मुख्य अतिथि के रूप में श्री विक्रम राणा महोदय ने बहुत ही सराहनीय वक्तव्य दिया। उन्होंने डॉक्टर अंबेडकर की जयंती के उपलक्ष में सर्वप्रथम उपस्थित जनों को उनकी जीवनी से परिचित कराया।
- उन्होंने बाबासाहेब अंबेडकर जी को नव भारत का जनक कहा। उनके योगदान से सभी को परिचित कराया तथा देश के नव युवकों को एक संदेश दिया कि वे आज के युवा नेता हो सकते हैं बस आवश्यकता बिकास की अवधारणा की है।
- इसके साथ ही महोदय ने एनएसएस कार्यकर्ताओं का धन्यवाद किया एवं चंडीगढ़ के विभिन्न ऐसे समूहों को उनके सराहनीय प्रयास करने के लिए उनकी प्रशंसा की तथा उन्हें निरंतर सेवा करते रहने का संदेश दिया। इसके अलावा उन्होंने टीकाकरण पर भी अपने विचार प्रस्तुत किए।

#### द्वितीयसत्र 11:35 से 12:30 तक

- द्वितीय सत्र में कॉलेज के प्रधानाचार्य डॉ अजय कुमार श्रीवास्तव सर ने एक प्रेरणादायक व्याख्यान दिया।

- उन्होंने डॉक्टर भीमराव अंबेडकर के परिचय एवं योगदान ओ को बहुत ही विस्तृत एवं सरल शब्दों में बताया उन्होंने बताया कि डॉ भीमराव अंबेडकर ने बहुत ही संघर्ष में जीवन व्यतीत किया परंतु उन्होंने राष्ट्र की सेवा को नहीं छोड़ा ।
- उन्होंने सर्वप्रथम शोषित वर्ग के लोगों के विकास पर विचार किया डॉक्टर भीमराव अंबेडकर ने केवल ब्रिटिश शासकों की स्वतंत्रता की मांग नहीं की बल्कि उनकी मांग यह थी कि हम सामाजिक राजनीतिक एवं आर्थिक रूप से स्वतंत्र रहना चाहते हैं।
- इस स्वराज्य के लिए डॉक्टर अंबेडकर जी ने अनेक कार्य किए उन्होंने शोषित वर्ग के विकास के लिए आरक्षण की मांग की जिससे समाज में वे लोग शिक्षित हो सके।
- इसी के साथ उन्होंने युवा वर्ग को राष्ट्रहित की प्रेरणा दी कि इस प्रकार के अथक प्रयासों से एक राष्ट्र प्रभुत्व संपन्न राष्ट्र बन सकता है।

### तृतीय सत्र 12:30 से 1:30 तक

- तृतीय सत्र में में डॉ संजय कुमार अनुसंधान विभाग ने उन्होंने कोविड-19 एवं वैक्सीन के विषय में कुछ वैज्ञानिक तथ्यों को साझा किया ।
- उन्होंने वर्तमान समय कोरोनावायरस के प्रभाव को कम करने के लिए वैक्सीन टीकाकरण को अत्यंत ही आवश्यक बताया।
- टीकाकरण से कोरोनावायरस की संभावनाएं बहुत कम हो जाती हैं ।
- साथ ही कोरोना से सुरक्षित रहने के लिए मास्क एवं उचित दूरी बनाए रखने का संदेश दिया।
- इसके अलावा डॉ संजय कुमार सर ने अनेक विद्यार्थियों से वार्ता की तथा कोविड-19 एवं वैक्सीन से संबंधित उनके प्रश्नों तथा शंकाओं का समाधान किया।

अंत में एन एस एस ऑफिसर डॉक्टर मुख्तियार सिंह सर ने आए हुए समस्त महानुभावों का धन्यवाद किया जिसके साथ ही कार्यक्रम समाप्त किया गया।







Government College of Education  
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14/04/21 11:16 AM



Government College of Education  
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14/04/21 11:32 AM



Government College of Education  
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Government College of Education  
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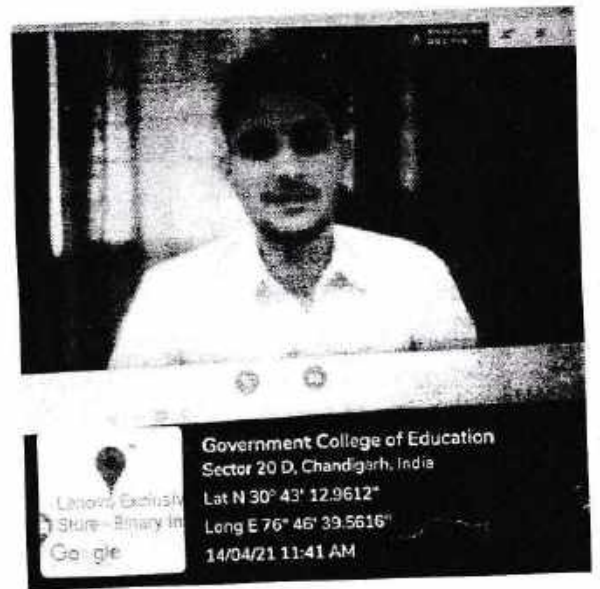
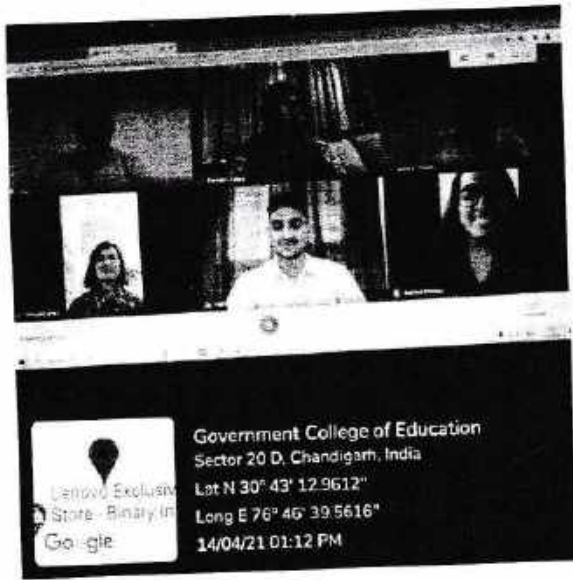
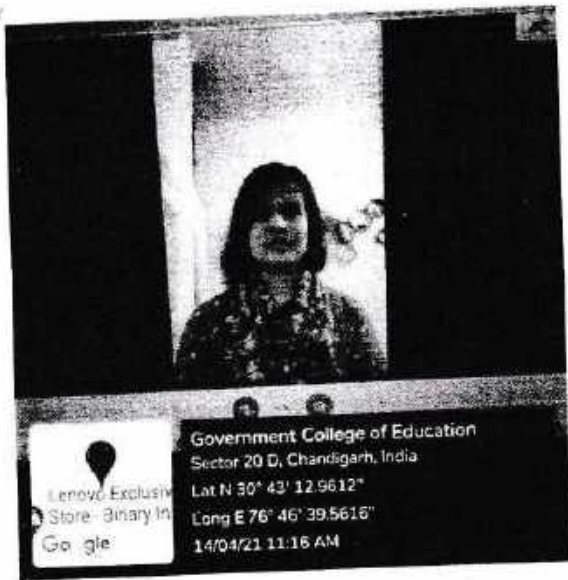
Government College of Education  
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Refers continued in Hindi

  
Dr. Mukhtiar Singh  
Webinar Organizer  
NSS Programme Officer

  
Dr. Ravneet Chawla  
Webinar Organizer & Moderator  
NSS Programme Officer

  
Dr. A.K. Srivastava  
Principal  
GCE 20 - D, Chd  
**Principal,  
Govt. College of Education  
Sector 20-D, Chandigarh**



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



### Action Taken Report of Earth Day Celebration

April 22, 2021

Earth Day is celebrated every year on 22 April. It first began in 1970 when 20 million people in the US protests against environmental degradation. In the present time, we can see environmental degradation in the entire world. Everyone knows that we are responsible for all this.

Mr. António Guterres, UN Secretary-General said with remarkable message to all, "Recovery from the COVID-19 pandemic is a chance to set the world on a cleaner, greener, more sustainable path."

So we should need to celebrate every day as Earth Day for the betterment of the state of the environmental conditions on our Earth; it will help to play an important role in environmental activism at all times.

"Restore Our Earth" is theme of the 'Earth Day' 2021. Mainly it focuses on adopting natural processes and emerging eco-friendly technologies that can restore ecosystems.

NSS Cell of GCE-20-D, Chandigarh Organised Online Competitions to celebrate the 'Earth Day' on April 22, -2021. All the NSS Volunteers were assigned different types of events for online competitions. Opening date of the all competitions was 07.04.2021.

For B.Ed. - 1<sup>st</sup> Semester volunteers events for the competitions were 1. Reusing and recycling the empty and waste goods for indoor and outdoor plants, 2. Home Decoration and 3. Garden Decoration and date of Submission was 19.04.21. Volunteers were asked to use empty / waste plastic / iron goods and earthen mugs/pots at home for this competition. Earth Decoration and Cleanliness Competition were organised for the B.Ed. - 4<sup>th</sup> Semester volunteers.



Events of the competition included Photography on Beauty of Earth, Slogan writing on Pollution free Earth and Rangoli Competition on Earth Day and date of Submission was 20.04.21. M.Ed-1st & 4th Semester and PGDG&C volunteers were assigned work to prepare Kitchen or Mini Garden /Backyard or Front Garden. Competition and Submission Date was 21.04.21. Most of the NSS volunteers participated in all these competitions and sent their entries for celebration occasion of Earth Day.

These types of the competitions provided to the volunteers an opportunity to show their creativity. They should need to aware about happening new things surrounding there. For the prizes, participant's works were judged on the basis of Creativity and originality of the depicted theme. Prizes will be given on the annual function of the College. This is evident in their work on how to use and recycle the useless things lying in the house. The work done by them is very commendable.

A few glimpses of position holder volunteers;







1. Dr. Mukhtiar Singh *M-Singh* 28/4/21
2. Dr. Meena *on Leave*
3. Dr. Ravneet Chawla *Ravneet* 27/4/21

*Dr. Ravneet Chawla*  
Principal  
GCE-20D, Chandigarh



Government College of Education, Sector-20D,  
Chandigarh

Notice

21-05-2021

Subject: Virtual Rally to mitigate the effects of plastic pollution to create mass public awareness

All the NSS volunteers of B.Ed , M.Ed II year and PGDGC are informed that college NSS Unit is organising Virtual Rally (online) to mitigate the effects of plastic pollution to create mass public awareness on 24<sup>th</sup> May 2021 at 11:00 am.

All the volunteers should prepare an awareness placard with slogan/poster related to the topic and display at their respective places/home. Volunteers must submit the photographs/ Selfie /Screenshot taken during Virtual Rally to the NSS programme officers. Participation /Attendance is mandatory for all the volunteers. Link for rally will be shared on Monday morning.

Programme Officers


1. Dr. Mukhtiar Singh



2. Dr. Meena

3. Dr. Ravneet Chawla



  
Principal 21/05/21  
G.C.E.-20D  
Chandigarh

Subject: Action taken report on awareness of Plastic waste.

**1. *Display material regarding segregation of waste***

Many Signboards are displayed in various areas of the college campus and hostels. The prints of wastes belonging to blue and green category are pasted on the respective dustbin for easy segregation of wastes by the workers

**2. *Dustbins installed according to waste texture i.e. Green and Blue***

The college practices waste segregation process based on the type of the dustbin colour (**Green and Blue**) as per the Solid Waste Management Rules, 2018. Both green and blue colour dustbin are placed at:

- a. Road adjacent to the college main ground.
- b. In the area around the college juice and coffee shop.
- c. College canteen
- d. Along the college corridors

Both the **Green and Blue** colour dustbins are also placed in the college hostels (two boys hostel and one girl's hostel).

**3. *Awareness rallies conducted***

The college also organised awareness rallies in and around the college campus and also conducted sensitization lecture on waste segregation for all the Class III and Class IV employee of the college.

Online poster making competitions were also conducted to create awareness among the harmful effects of plastics.

The faculty of the college is coming with 50% staff and most of the staff members are keeping their own bottles, so waste generated in the college is approx. 2-3kg. per month. Regarding the hostel wet waste generation from the month of April 2020 till January 2021, the mess and canteen of three hostels are not functioning as no turned up of the residents till now due to COVID-19. Therefore, no plastic waste was generated in the hostels of the college.

Pictures are enclosed:

Display of posters on waste segregation sites at different locations in the college



Say  
to NO  
plastic

THINK

ACT

SAVE





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



**INTERNATIONAL DAY OF YOGA**

**JUNE 21, 2021**

## Action Taken Report of International Day of Yoga-2021

Patanjali ji has given a scientific and proper explanation of yoga through the eight limbs of Ashtanga Yoga. Patanjali ji explained Yoga as;

**योगश्चित्तवृत्तिनिरोधः ॥१.२॥**

महा ऋषि पतंजलि जी के ऊपर दिए गए सूत्र का भाव है कि "चित्त वृत्तियों का निरोध ही योग है।"

"A growing trend of people around the world embracing Yoga to stay healthy and rejuvenated and to fight social isolation and depression has been witnessed during the pandemic. Recognizing this important role of Yoga, this year's commemoration of the International Day of Yoga focuses on "Yoga for well-being" - how the practice of Yoga can promote the holistic health of every individual."(United Nations)

Yoga is not for any one person, caste, religion and country. Yoga is a way of life for all human beings. Recognizing the importance of Yoga in human life, the United Nations Assembly declared 21 June as International Day of Yoga by resolution 69/131 on 11 December 2014, accepting the universal appeal of all countries.

The NSS Cell of the College wants to make all volunteers a part of International Day of Yoga-2021. Hence most of the NSS volunteers took part in

some activity related to IDY-2021. They participated in quiz, essay and yoga asana activities and submitted their entries related to topic. Volunteer expressed their views in different mode about yoga and its benefits for humans. Keeping in mind this NSS Cell of Government College of Education, Sector 20-D, Chandigarh celebrated the International Day of Yoga -2021 with different events as per the guidelines of Yoga day protocol. Events report as per given below;

### 1. Online Competitions on the Occasion of International Day of Yoga.

i) **Quiz Competition:** M.Ed & PGDG&C volunteers were asked to prepare a quiz with seven questions related Yoga day.

ii) **Essay Writing Competition:** This activity was for the B.Ed-4th Semester NSS volunteers. Volunteers were advised to write a brief summary of Patanjali ji Yoga Sutra (Ashtanga Yoga)

iii) **Photos of Yoga Asanas:** Yoga is known mainly with its different types of asanas. Yoga Asanas related work assigned to B.Ed-2nd Semester volunteers. They were asked to five photos of yoga asanas performed by them.

Glimpses of Yoga Asanas by NSS Volunteers







**BHUJANGASANA**



**SHASHANKASANA**



VAJRASANA



**SETUBANDHASANA**



**NISHU  
210  
B.Ed (B)**



**Essay Writing and Quiz competition:**

In these activities volunteer's responses were not assumed. Actually they are busy in there examinations. But they participated in National

Seminar on Yoga day and asked questions related with their online study problems. Many Volunteers explained well and write brief summary of Patanjali ji Yoga Sutra (Ashtanga Yoga).

### Essay writing and Quiz preparation samples

Patanjali Ji Yoga Sutra

Name: Chhavi Duggal  
Class: B.Ed. 1st year  
Roll No: 23

The yoga Sutra of Patanjali is a collection of few basic truths by Sage Patanjali to guide the reader through the trials and tribulations of self-discovery through yoga. The goal is to connect the mind and soul back to the physical body through self-reflection, meditation, and spiritual practices.

First and foremost, the confusion on what Patanjali has and has not been an influential presence should be made clear. Patanjali, the man who wrote the Yoga Sutra, is not the same Patanjali that wrote a commentary on Pāṇini's grammar. It is mistakenly assumed that Patanjali was the maker of yoga's medicine and gymnastics.

Sutra's are small teachings that help demystify the overall message someone is trying to teach. They are a result of hundreds of years of oral traditions and creating a method to keep the word alive enough for transmission.

So the Yoga Sutra of Patanjali is the text containing 195 Sutra. It is intended to not only educate anyone on the importance of following one's line self but also to highlight the importance of understanding yoga's place in the universe. Page 2

INTERNATIONAL DAY OF YOGA

Quiz Competition

1. Which branch does Ashtanga yoga belong to?
2. In which year was the International yoga Day started?
3. Where was the International yoga Day celebrated in 2019 in India?
4. For what duration is International yoga Day celebrated officially?
5. How many branches of yoga are there?
6. Who proposed the idea for International yoga Day?
7. On which day it is celebrated every year?

Submitted by:  
Seema Kumari  
Ph No. 2020-21  
Roll No. 915

## 2. National Webinar: Yoga and Online Teaching Learning Process

NSS cell of this College also organized a National Webinar on the theme "Yoga and Online Teaching Learning Process." The event was patronized by the Principal Dr. A. K. Srivastava. The convener and coordinator of the event was Dr. Ravneet Chawla who emphasized the importance of yoga in the development of a healthy body and sound mind. The Speaker of the event was a young achiever and all round sportsman "Mr. Harcharan Singh" Fitness Coach at Cricket Academy (Chandigarh) and was Yoga Therapist with IKCA (Indian Kayaking and Canoeing Association) during World Cup, China. The event was initiated with an introduction of the patron by Dr. Ravneet Chawla. It was followed by a welcoming speech from the patron - Principal Dr. A.K Srivastava, who realized and expressed the importance of Mindful Yoga practices especially during the present pandemic era. Gauri Segan Bakshi, student coordinator from B.Ed.1st year, introduced and welcomed the esteemed



speaker Mr. Harcharan Singh on behalf of the student body. The speaker, with his eloquence, enlightened everyone about the concept of Yoga and meditation. The event initiated with a light meditation and spiritual chanting. He also suggested appropriate yoga asanas for relieving neck, shoulder and posture problems due to long online study hours. Yoga Asanas to enhance physical strength and flexibility were also discussed. Yogic kriyas to counter academic stress and fatigue were shared by the speaker along with the importance of "Ahar and Vyavahar ". Mr. Harcharan Singh interacted with the attendees in a creative and expressive manner. Harcharan Singh solved these queries and enumerated various yoga and Pranayama practices to help cope with the challenging situations. He explained yoga asanas, their benefits and steps to perform them, keeping in mind the beginners. The coordinator Dr. Ravneet Chawla brought to light the struggles of students and teachers during the online learning. She encouraged cultivation of mindfulness through yoga abhyasa. Ms. Gurbina Chopra, B.Ed. 2<sup>nd</sup> year student, extended a formal vote of thanks on behalf of the student body. The principal of the college Dr. A.K. Srivastava applauded the enthusiastic participation in the webinar. Dr. Ravneet Chawla concluded the event with sincere gratitude and urged the attendees to embrace yoga as a means to elevate mind and body.

### Glimpses of National Webinar



**Principal, Dr. A. K. Srivastva and Participants in National Weminar**



### Mr. Harcharan Singh during his Performance

Programme Officers;

Dr. Mukhtiar Singh *m-hms*  
22/6/21

Dr. Meena

Dr. Ravneet Chawla *Ravneet*  
22/6/21

*Principal*  
Principal  
22/06/21  
G.C.E. 20-D, Chandigarh



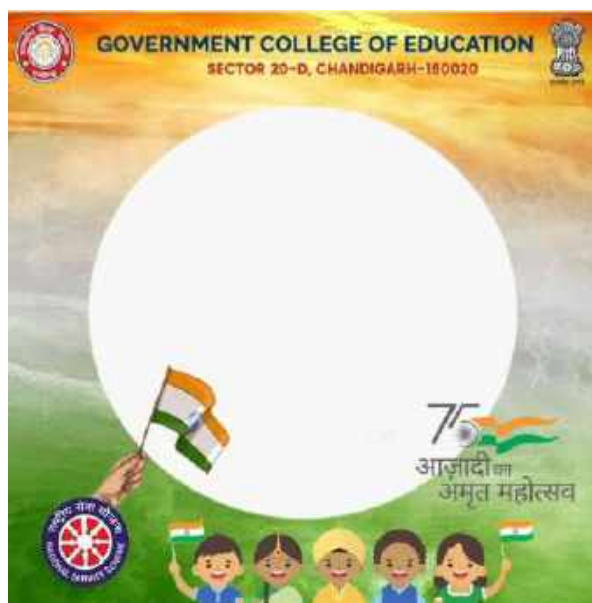


GOVERNMENT COLLEGE OF  
EDUCATION  
SECTOR-20D, CHANDIGARH  
Brief Report 2022-23



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

- On August 10<sup>th</sup> 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 11<sup>th</sup> 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 12<sup>th</sup> 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 13<sup>th</sup> 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 (14<sup>th</sup> Aug, 2022)**

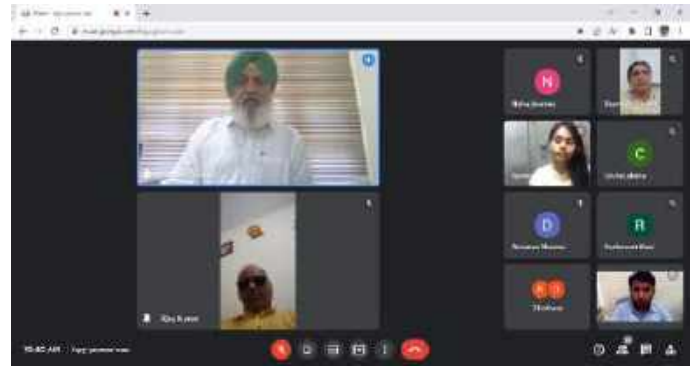
The NSS Cell of the Government College of Education, Chandigarh organized a webinar on the theme “*Dukh Santap Wich Lipti Azadi*” was organized to mark the partition horror day among the ongoing Azadi Ka Amrit Mahotsav@75 events depicting the blood shed behind the partition. The speaker for the webinar 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.







### **Day- 06 (15<sup>th</sup> Aug, 2022 Azadi Ka Amrit Mahotsav@75Independence Day (15th Aug, 2022)**

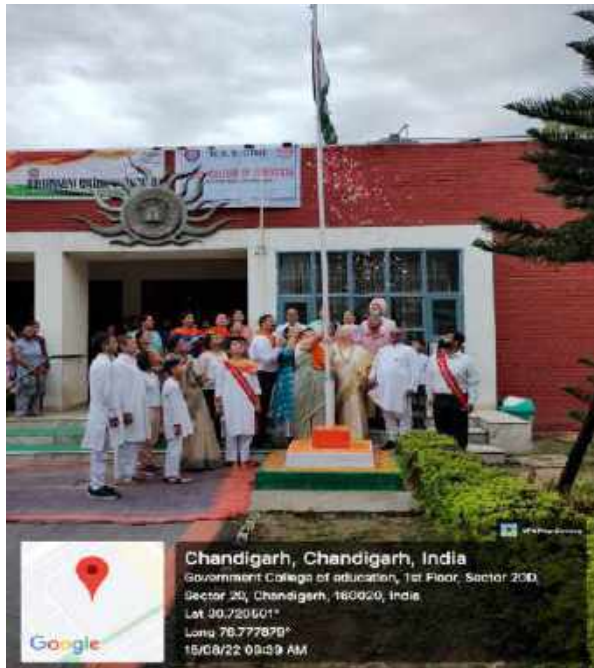
Government College of Education, Sector-20D, Chandigarh celebrated 75<sup>th</sup> Independence Day in its premises under the Har Ghar Tiranga Programme@75Azadi Ka Amrit Mahotsav jointly organized by NSS Cell and Cultural Committee of the college. The Chief Guest of the day was Dr. Neelam Paul, HOD Physical 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 75<sup>th</sup> Independence Day celebration.

The chief guest of the day Dr. Neelam Paul presented her views on the 75<sup>th</sup> 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 13<sup>th</sup> 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.



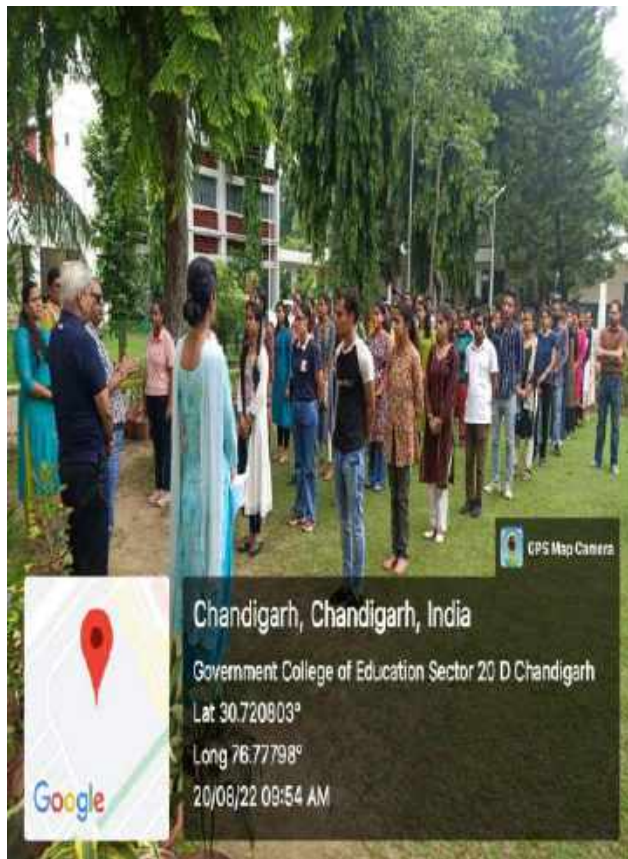




### **Sadhbhavana Diwas (20<sup>th</sup> Aug, 2022)**

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)**

**(01<sup>st</sup> 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 01<sup>st</sup> 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” 07<sup>th</sup>September, 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:**



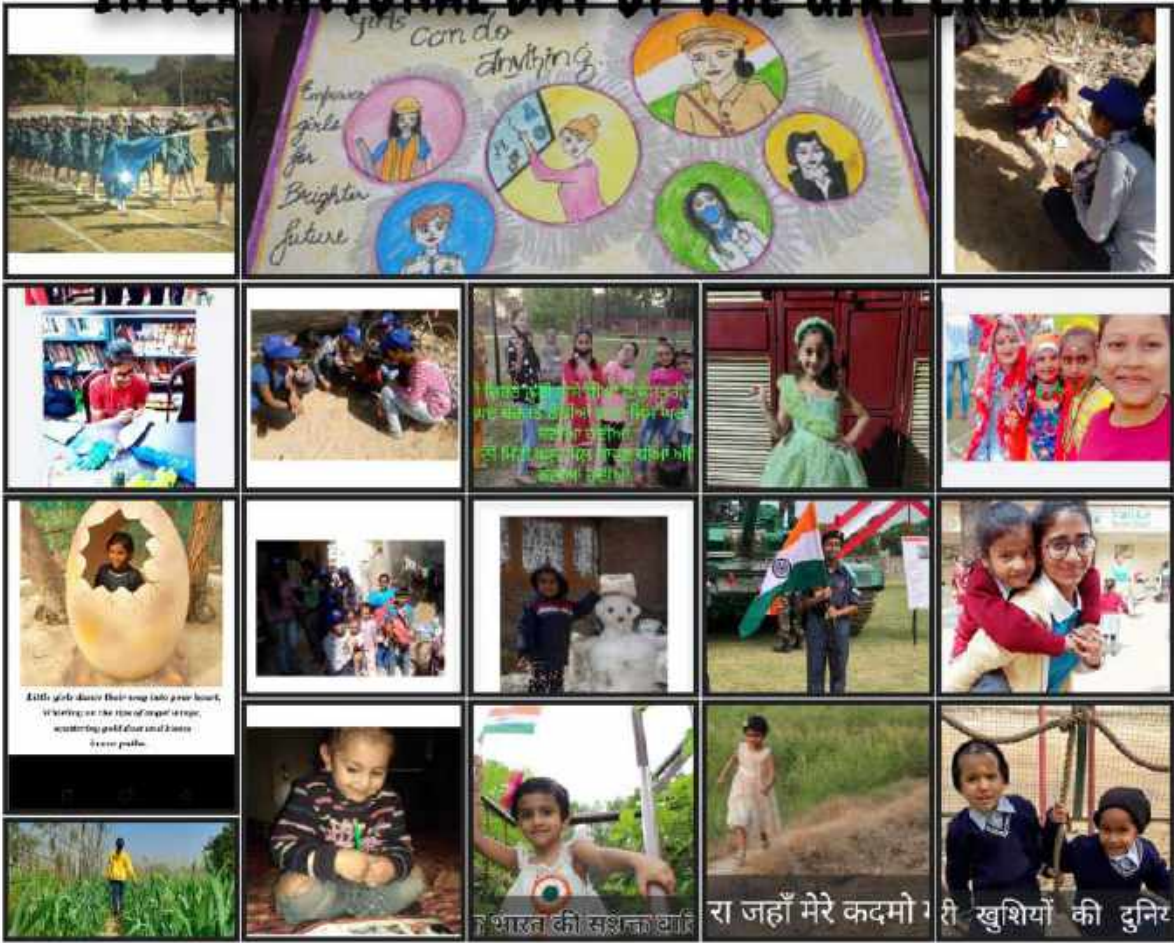
### **INTERNATIONAL GIRL CHILD DAY (11<sup>th</sup> Sep, 2022)**

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 1<sup>st</sup> 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



Little girls dance their song into your heart,  
 Winking on the rim of sugar stars,  
 scattering gold dust and kisses  
 from paths.

भारत की सशक्त बालिकाएँ  
 जहाँ मेरे कदमों की खुशियों की दुनिया

## **WORLD OZONE DAY (16<sup>th</sup> 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 3<sup>rd</sup> 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 (24<sup>th</sup> 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:*

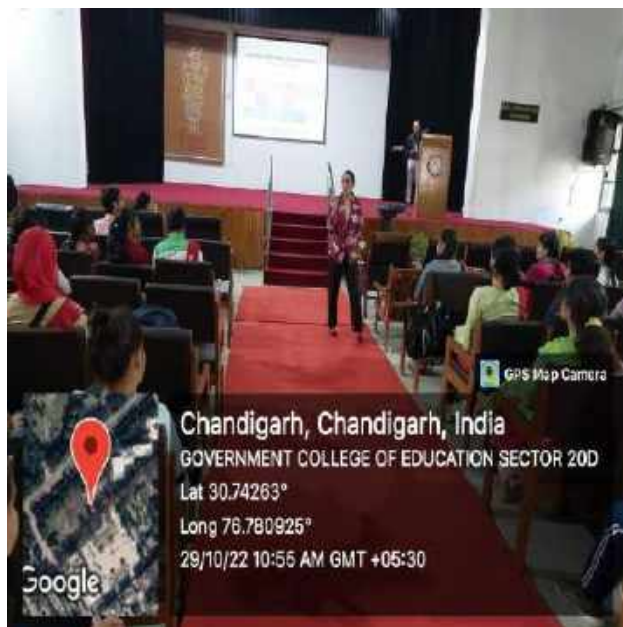
**Yoga Session by Mr. Harcharan Singh**



**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.

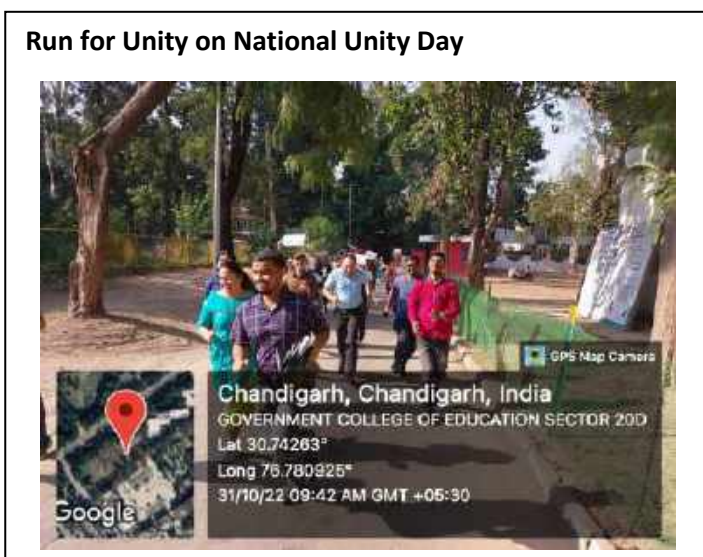
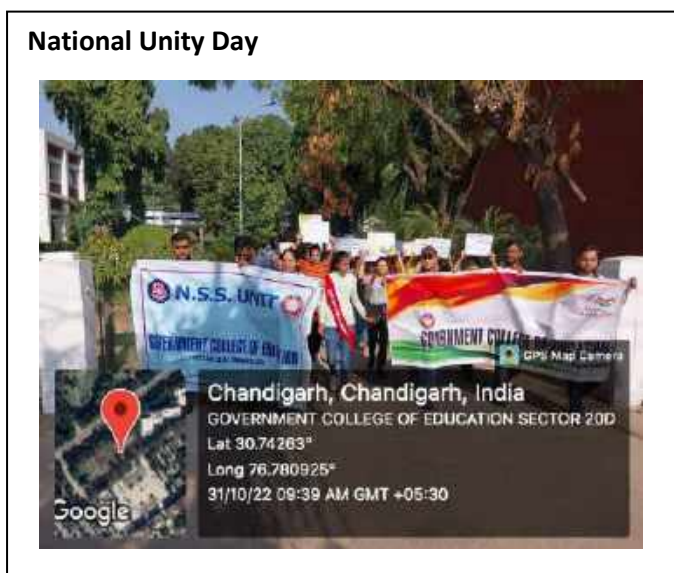
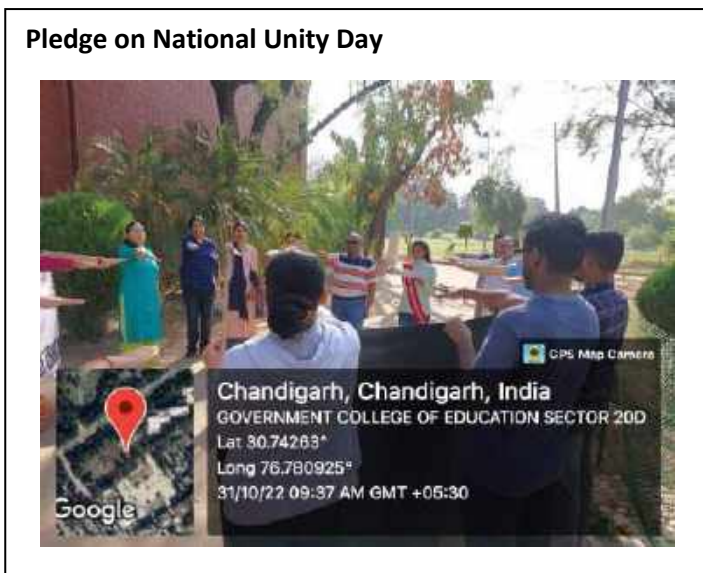
This was followed by a NSS Volunteer who gave a presentation on the Life Sketch of Sardar Valabhbhai Patel. Thereafter Mr. Louis Lopez, the principal of St Stephens School, Sector 45, Chandigarh gave a session on Curiosity in Children – Grooming schoolchildren for the future roles. He enlightened the 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 Kapalbhathi, 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**

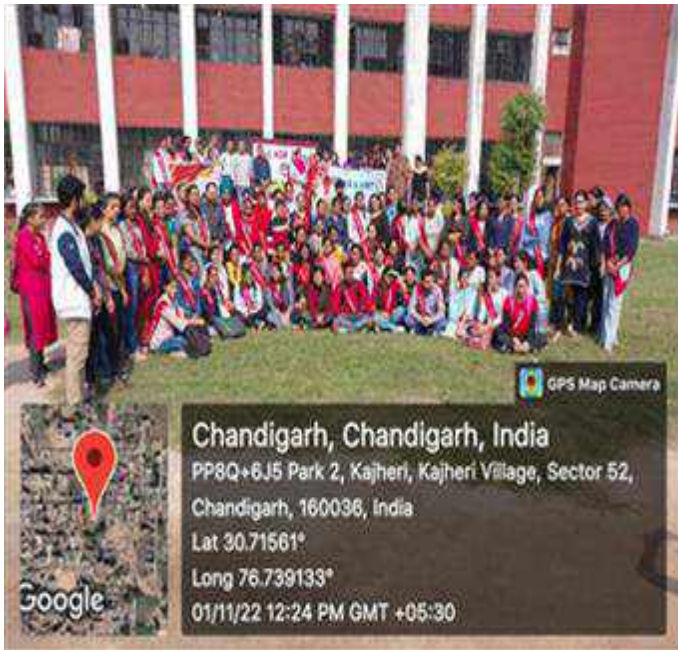


**The Government High School, Kajheri, adopted village, Sector 52, Chandigarh**





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



Dr. Preeti 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.

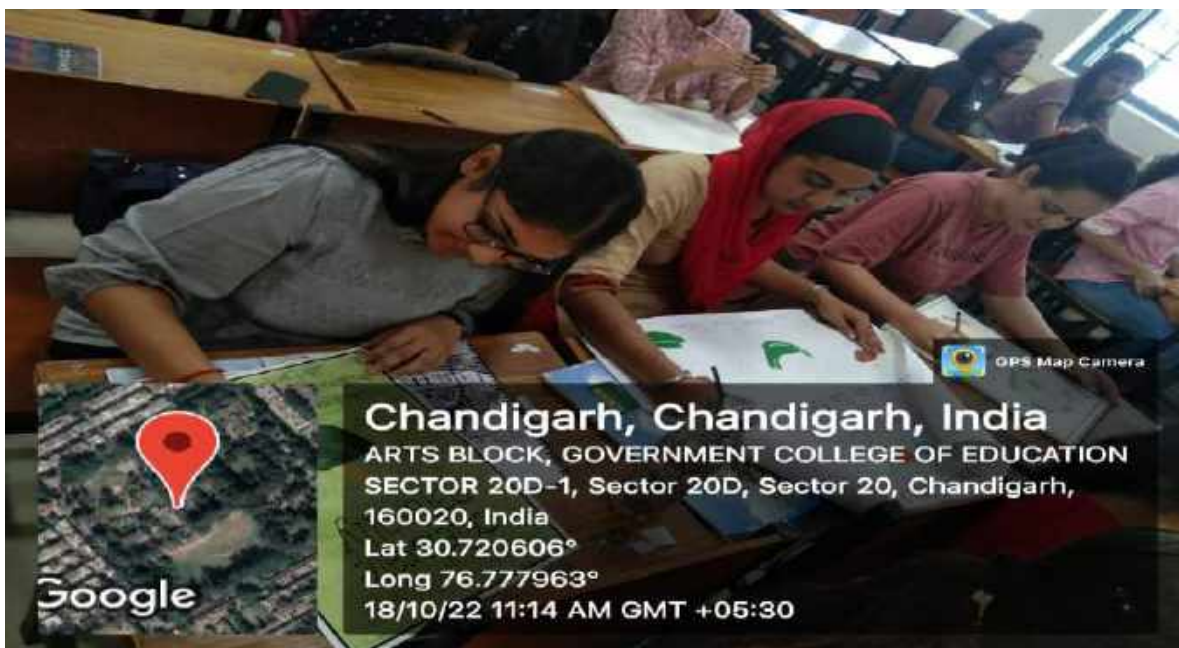
**On the first day (17 Oct)**, Principal Dr. A.K.Srivastava along with NSS Incharge Dr. Ravneet Chawla & NSS PO’s Mr. Ravinder Kumar & Ms. Sonika Devi inaugurated the event by briefing the activities and motivated them to follow the theme “**Green Diwali, Swachh Diwali**”. The President and Vice-President 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 (24<sup>th</sup> 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 1<sup>ST</sup> Year followed by Amrinder Kaur of B.ED 1<sup>st</sup> Year at the second and Bharti Dadhwal third positions respectively



### **CHILDREN'S DAY (14<sup>th</sup> Nov, 2022)**

The NSS Cell of Govt. College of Education, Chandigarh celebrated Children's Day on 14<sup>th</sup> 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 15<sup>th</sup> Nov 2022 to remember the contribution of the tribal freedom fighters in India’s struggle for freedom. 15<sup>th</sup> 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 75<sup>th</sup> 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.

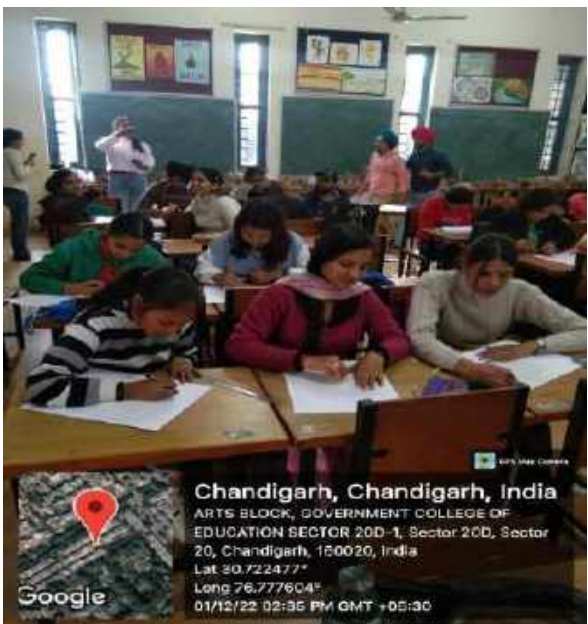
#### Glimpses:







## जनूत नहासप



## **G 20 Summit Week 21st January to 25th January 2023 (23<sup>rd</sup> Jan, 2023)**

The NSS Cell of Govt. College of Education Chandigarh is Celebrating G 20 Summit Week from 21<sup>st</sup> Jan 2023 to 25<sup>th</sup> 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 MeghnaDussan , second by ShivamJha and third position by Yashika.



The birth anniversary of Netaji Subhash Chandra Bose was also celebrated by the college. Samridhi, a B.Ed. 1<sup>st</sup> 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 24<sup>th</sup> January, 2023 Poster making and Slogan writing events were held on the theme **“G 20 Summit”**. The students participated with zeal and enthusiasm.

On 25<sup>th</sup> 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 Programmewill* 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 7<sup>th</sup> TO 13<sup>th</sup> DECEMBER 2022**

NSS camp attended by NSS volunteer Stanzin Sonam from 7<sup>th</sup> December to 13<sup>th</sup> 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**

(10<sup>th</sup> February – 16<sup>th</sup> 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 10<sup>th</sup> February to 16<sup>th</sup> 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 9<sup>th</sup> February 2023 and was registered on the same day. The Volunteers were given their Ids and Camp Diaries.

### **First Day (10.02.2023)**

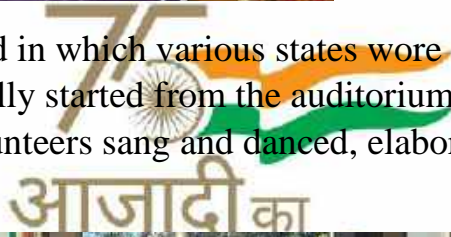




At 5:45 AM, Volunteers were taken for a morning exercise and yoga session. Basic stretching and yoga asanas were performed. After a hearty breakfast, there was an inaugural welcome session at MP Patel Auditorium, SPU, Gujarat. Sh. Niranjn Patel, Vice Chancellor, SPU, Girdhar Upadhyay, Regional Director, 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 Vithalbai 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. 2<sup>nd</sup> 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, 7<sup>th</sup> 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.







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## 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 4<sup>th</sup>. 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 :***







75  
श्रीत्सव

GPS Map Camera



**Chandigarh, चंडीगढ़, India**  
PRINCIPAL OFFICE & EXAMINATION DEPARTMENT, GOVERNMENT  
COLLEGE OF EDUCATION SECTOR 20D-1, Sector 20D, Sector 20,  
Chandigarh, चंडीगढ़ 160020, India  
Lat 30.720566°  
Long 76.777704°  
06/05/23 11:03 AM GMT +05:30

## **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.











## आज़ादी का अमृत महोत्सव

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.

Sd/-

**NSS CELL**

Dr. Ravneet Chawla

Mr. Ravinder Kumar

Mrs. Sonika Devi

Sd/-

**PRINCIPAL**

Government College of Education

Sector 20-D, 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 12<sup>th</sup> August, 2000 since then it is observed annually on 12<sup>th</sup> 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 10<sup>th</sup> 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 7<sup>th</sup> 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 1<sup>st</sup> 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 30<sup>th</sup> 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 29<sup>th</sup> 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 1<sup>st</sup> 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)**



6<sup>th</sup> 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. 6<sup>th</sup>, 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"  
(6<sup>th</sup> 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.

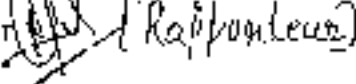
Some glimpses of the event:




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 3<sup>rd</sup> semester.

Red Ribbon Club  
Incharge  
Dr. Kusum

CC: to: Dr. Rajni Thakur   
Website  
NAAC

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



PRESS NOTE

**Webinar on National Voluntary Blood Donation Day (5<sup>th</sup> October, 2021)**

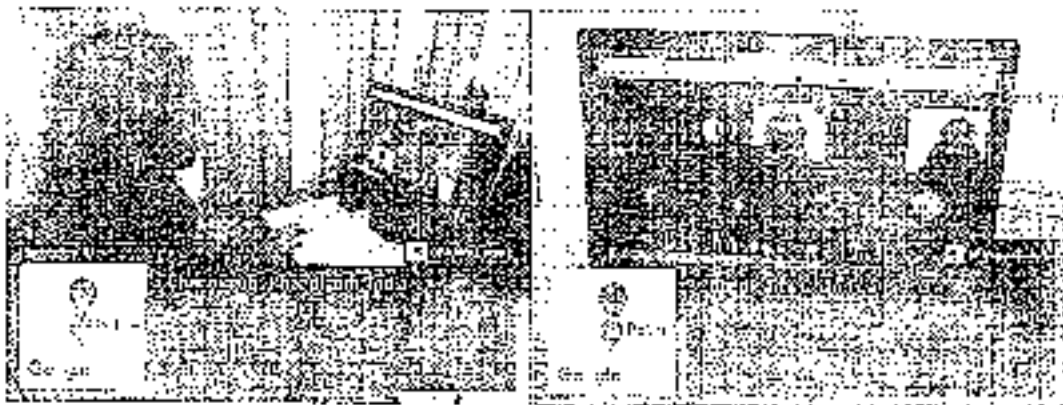
On the occasion of National Voluntary Blood Donation Day, Red Ribbon Club of Government College of Education, Sector 20, Chandigarh organized a webinar on the topic "Rakti Daan Maha Daan" addressed by Prof. (Dr.) Ravneet Kaur, Professor and Head of The Dept of Transfusion Medicine, Govt. Medical College 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 21<sup>st</sup> Oct.2021. Dr. Kusum (Incharge RRC) and Dr. Aarti Bhat, organized the Quiz competition for the students of B.Ed 1<sup>st</sup> 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

*Convener*  
28/10/21  
Convener  
Red Ribbon Club

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

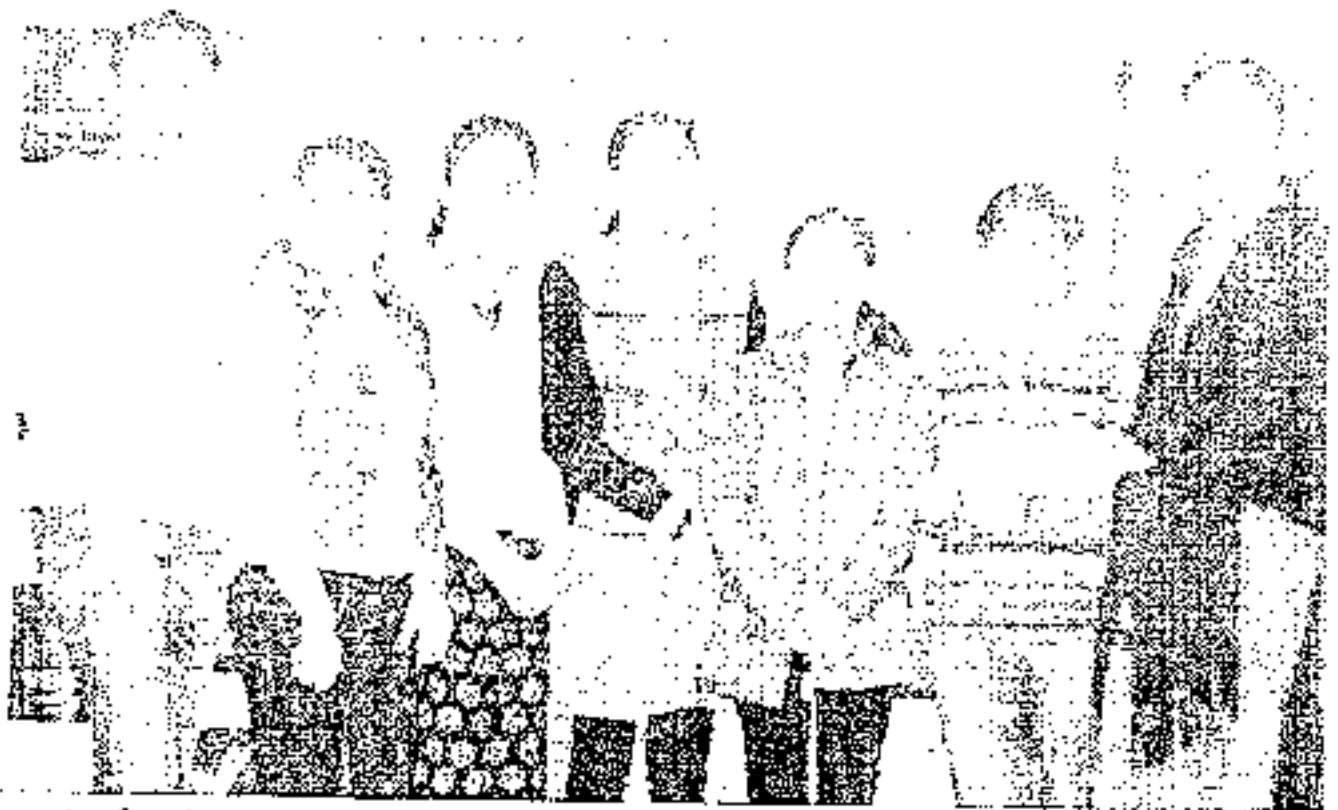
- CC
1. For College Website
  2. For NAAC
  3. For Office Record

*Received*  
*21/10/21*  
*Received*





# प्रश्नोत्तरी प्रतियोगिता में विजेताओं को पुरस्कार और शान्ति नगरी की ओर से उन्हें बंदी सासाहरी नगरी में बंधन बांधना



प्रश्नोत्तरी प्रतियोगिता के विजेताओं को पुरस्कृत करती डॉ. अम्बरीषा लाल, विचार

## साई सिटी गिर्ला

चंडीगढ़। श्रेष्ठ एडमि कंट्रोल सोसाइटी की ओर से वीरवार को मेजर 35 स्थित आर्ट्स एडमिशन में प्रश्नोत्तरी प्रतियोगिता आयोजित की गई। इसमें 25 स्थित बालिका के छात्र-छात्राओं ने भाग लिया।

गवर्नमेंट कॉलेज मेजर 35 के अतीथ अरुण व सोनम को प्रथम तथा वि. पी. व. मेजर फॉर पब्लिक हेल्थ की विधि और सोनम को क्रमशः द्वितीय व तृतीय पुरस्कार प्रदान किया गया। 18 महिला बालिकाओं की

सोमों ने प्रश्नोत्तरी में भाग लिया। स्वच्छता, स्वच्छता से सम्बन्धित प्रश्नों के उत्तर दिए।

प्रतियोगिता आयोजित की अम्बरीषा लाल ने बताया कि प्रश्नोत्तरी प्रतियोगिता का आयोजन करने का उद्देश्य बालिकाओं के ज्ञान, क्षमता और आत्म-विश्वास को बढ़ावा देना है। प्रश्नोत्तरी प्रतियोगिता के आयोजन के अलावा प्रश्नोत्तरी प्रतियोगिता में भाग लेने वाले बालिकाओं को साई सिटी गिर्ला के द्वारा प्रदान किया गया।

# 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 I<sup>st</sup> on 24<sup>th</sup> 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.



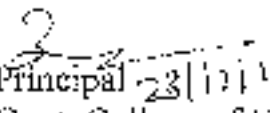
## SLOGAN WRITING COMPETITION

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


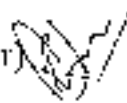




  
 28.12.21  
 Convener  
 Red Ribbon Club  
 Member *Rajni*

  
 Principal 23/11/21  
 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

Handwritten signature and date: 25/11/21

# छात्रों के लिए पोस्टर मेकिंग और स्लोगन राइटिंग प्रतियोगिता करवाई



प्रतियोगिता में हिस्सा लेते हुए छात्र।

(एनएनएन)

मंडीनाद, 24 नवम्बर (आशुन): सेंटर  
70: स्थित गणकेश शिक्षा महाविद्यालय में फर्स्ट  
सिन्डिकेट 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. लीला, एम. डॉ. निशा सिंह और राजीव कुमार  
थे। जीते और सम्मानिता को अर्ध, कपिला  
प्रिय और नंदनी को हिलीय, अहिल और सुनीता  
परिहार, लान्या, सरोज कुमार और अमिता ने  
तीसरा 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 1<sup>st</sup> 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 12<sup>th</sup> 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:

<b>Sr. No</b>	<b>Roll No.</b>	<b>Name</b>	<b>Position</b>
1.	306	Bhara: Sharma	Ist
2.	211	Supency Sa'gotra	IInd
3.	287	Shivani	IIIrd

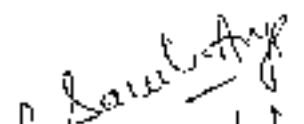


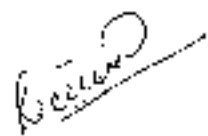

3 Test-tubes of blood  
can save a baby's life





  
 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 8<sup>th</sup> 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



**(27<sup>th</sup> AUGUST, 2022)**

## **CYCLOTHON**

### **Bicycle Rally for HIV AIDS Awareness**

Cyclathon (Bicycle Rally) was organised by Chandigarh State Aids Control Society for HIV AIDS Awareness on 27<sup>th</sup> 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**

**10<sup>th</sup> 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 10<sup>th</sup> October 2022. The competition was organised for the B.Ed 1<sup>st</sup> 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 11<sup>th</sup> 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

11<sup>th</sup> 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. 1<sup>st</sup> 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. 1<sup>st</sup> 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**

**4<sup>th</sup> November, 2022**

Chandigarh AIDS control society organised an inter college Competition on the theme of HIV/AIDS awareness on 4<sup>th</sup> 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**

**26<sup>th</sup> November, 2022**

Red Ribbon Club organized various competitions on 26<sup>th</sup> 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 1<sup>st</sup> 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 – 1<sup>st</sup>
- 2) Kriti Shukla – 2<sup>nd</sup>
- 3) Amulya – 3<sup>rd</sup>
- 4) Shama – 3<sup>rd</sup>

### **SLOGAN WRITING COMPETITION**

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

### **CARTOON MAKING COMPETITION**

- 1) Rankita Kumari – 1<sup>st</sup>
- 2) Arshdeep kaur – 2<sup>nd</sup>
- 3) Aanchal Pathania – 3<sup>rd</sup>

### **TATOO DESIGNING COMPETITION**

- 1) Anjali Rana – 1<sup>st</sup>









**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.



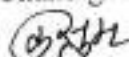





Similarly, Sheron, a student of B.Ed Semester 4 was much appreciated for an expressive handmade poster and received the Consolation prize for Poster Presentation.



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





## GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

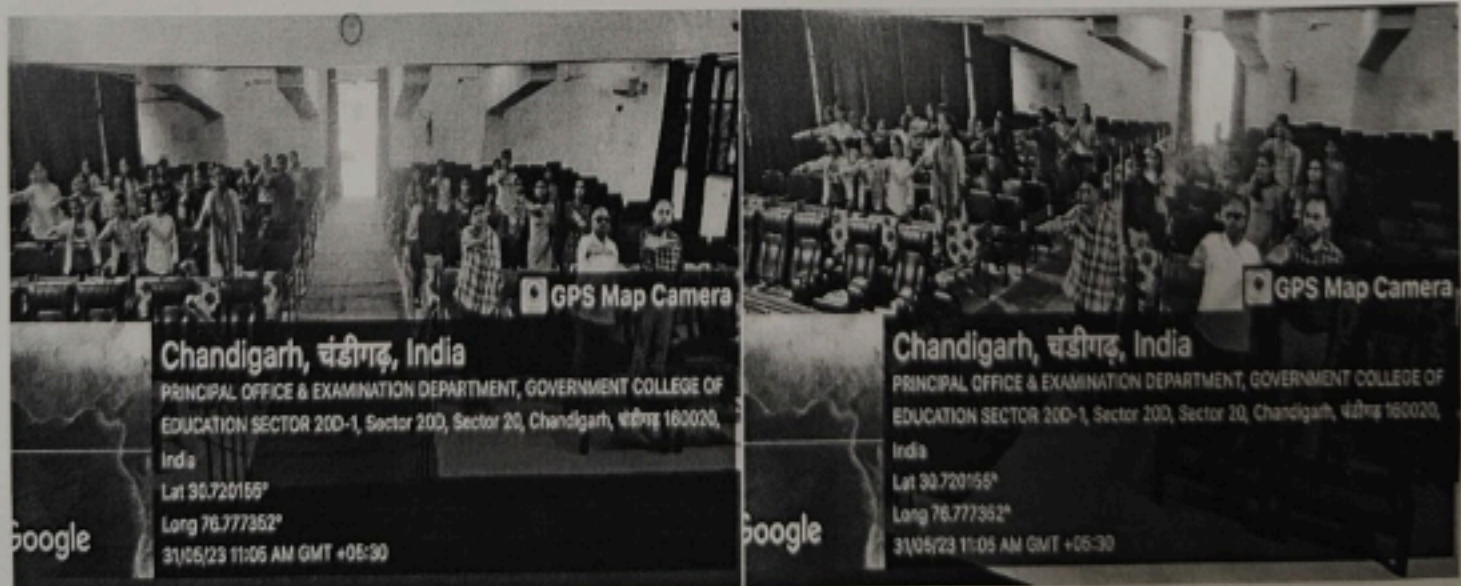
REPORT

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. 31<sup>st</sup> 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 15<sup>th</sup> May to 31<sup>st</sup> 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)



*Shyama Prasad* 31/5/23  
**PARIJAT ECO-CLUB**

*Shyama Prasad*  
 31/5/23  
**Principal**

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



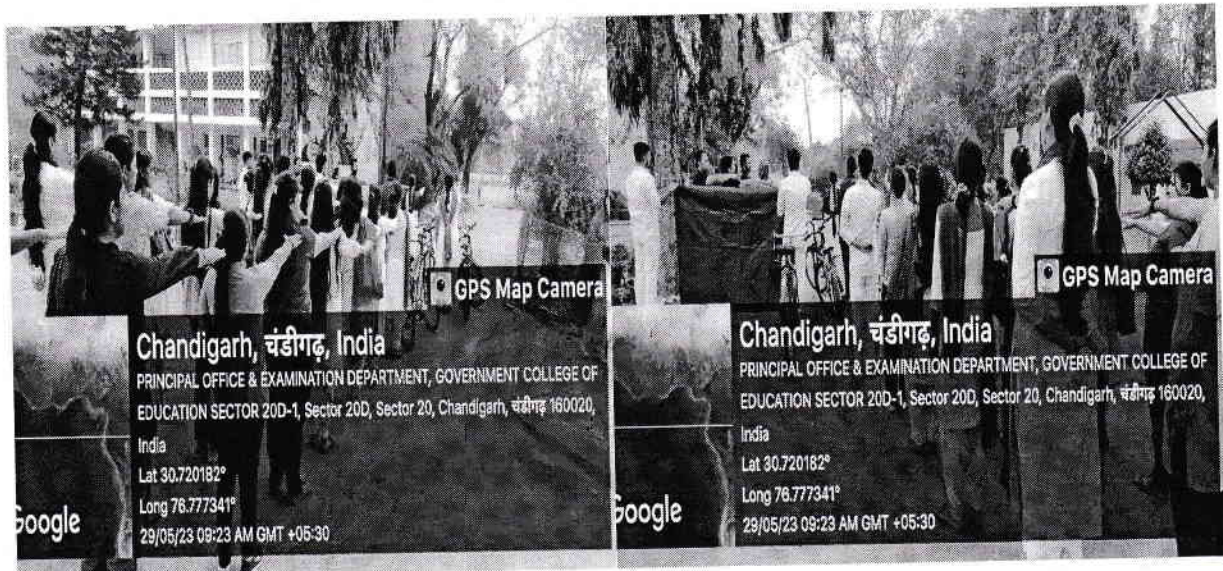


**GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH**  
**REPORT Dated: - 29-05-2023**

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

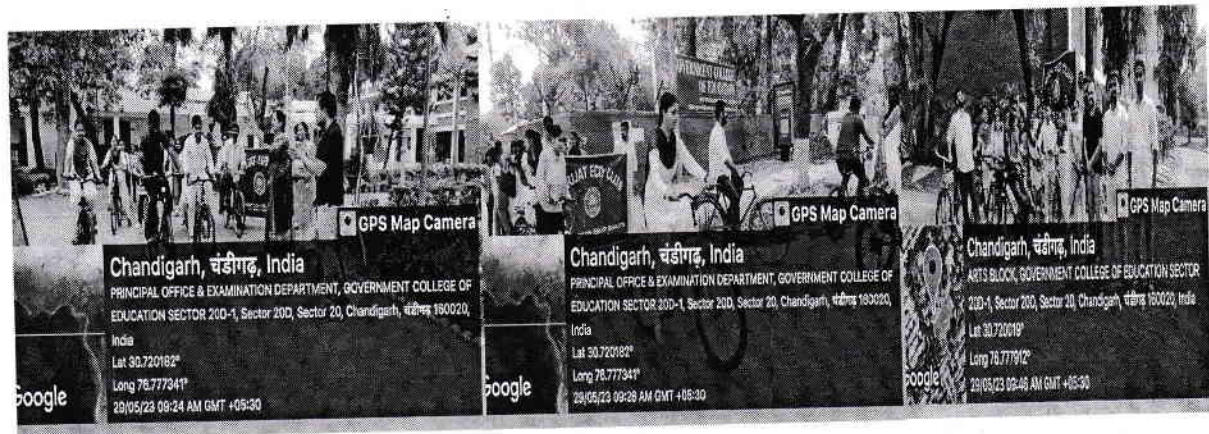
PARIJAT ECO-CLUB of Govt. College of Education, Chandigarh started the Mass Mobilization Campaign to raise awareness about LIFE (Life Style for Environment) activities with the pledge which was led by Eco-Club executive member Anjali followed by all the Faculty members and students. Firstly “*Bicycle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

**Glimpses: Pledge (Activity 1)**





## Bicycle Rally (Activity 2)



## Talk (Activity-3)



*Parijat*  
29/5/23  
**PARIJAT ECO-CLUB**

*Principal*  
29/5/23  
**Principal**

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



# GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

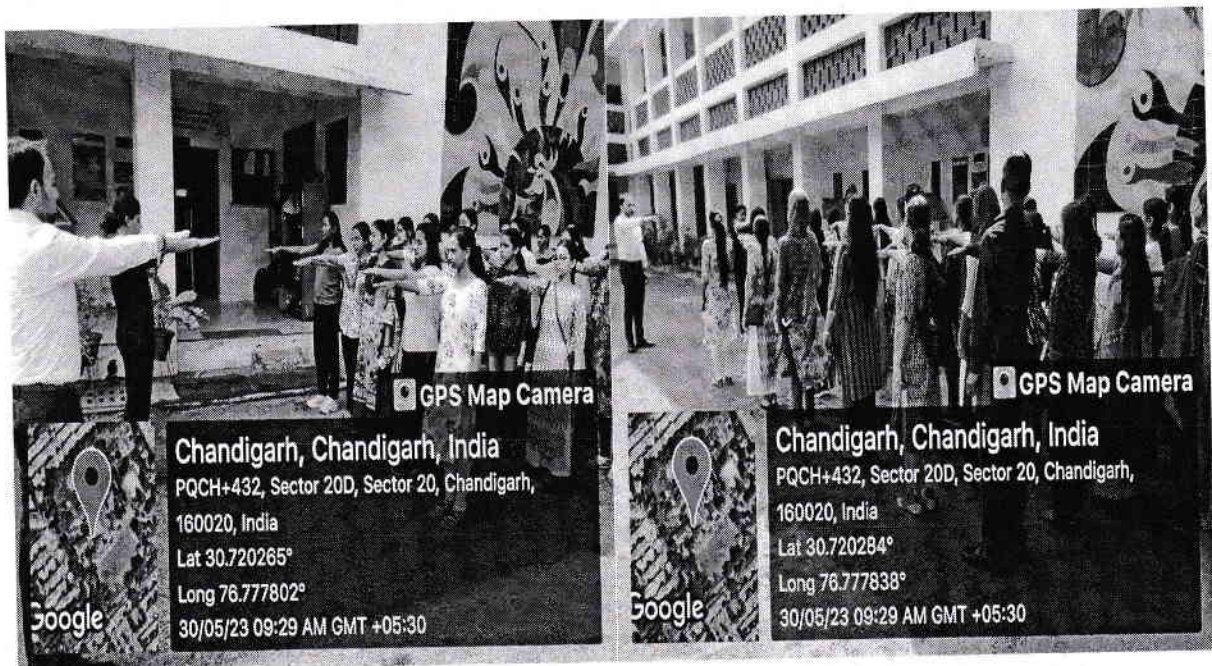
REPORT

Dated: - 30-05-2023

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

**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 **“Plant adaptation”** drive was organized for the students of the college in which they adapted one plant in their nearby surroundings. A motivational talk on the theme **“Global warming”** was delivered by the Eco-Club Executive member Kesang. The event was organized successfully and appreciated by the Principal of the college Dr. Sapna Nanda.

### Glimpses: Pledge (Activity 1)

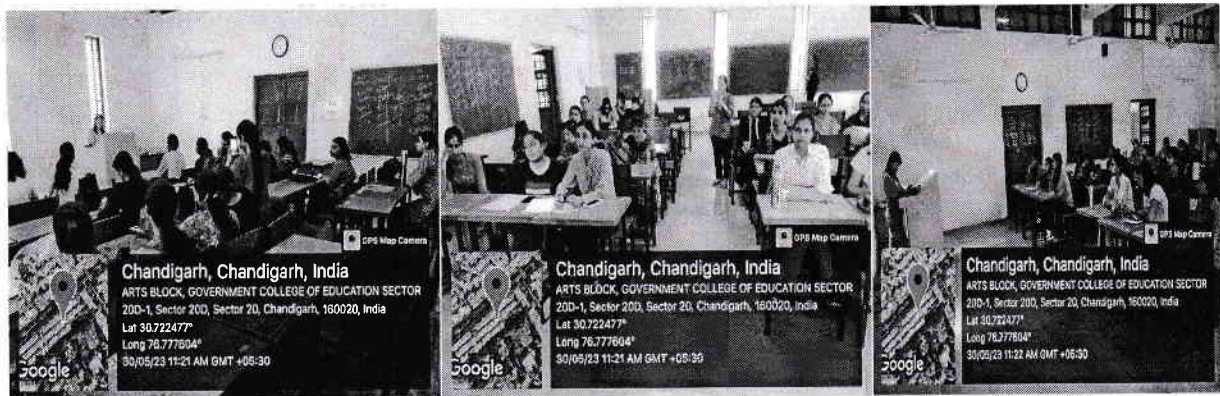




### Plant adaptation (Activity 2)



### Talk (Activity-3)



*Parijat*  
**PARIJAT ECO-CLUB**

*Sandeep*  
**Principal**

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



## GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

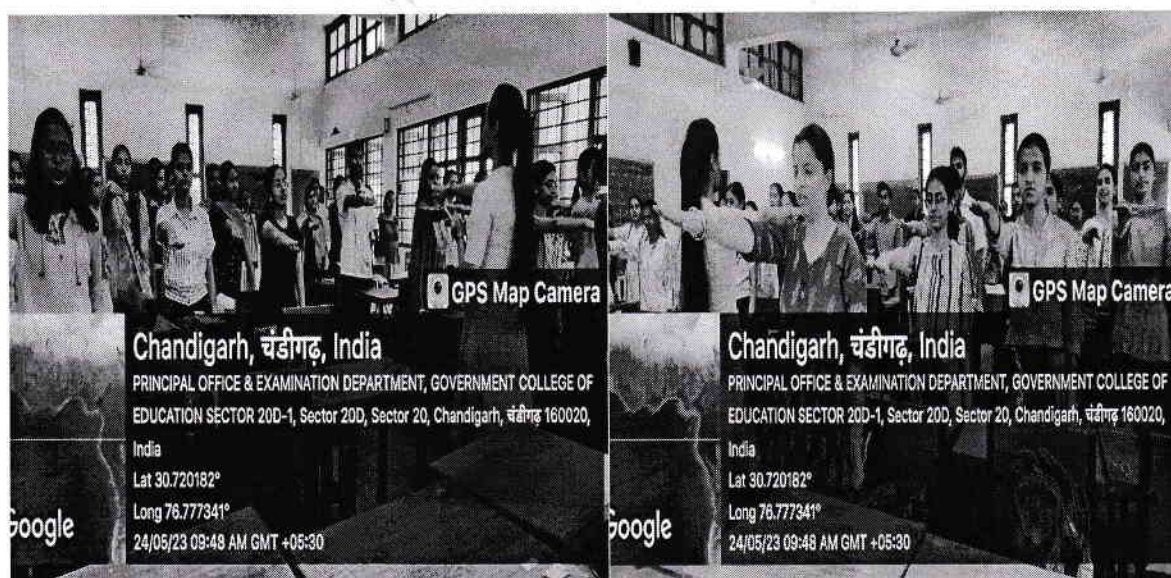
REPORT

Dated: - 24-05-2023

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

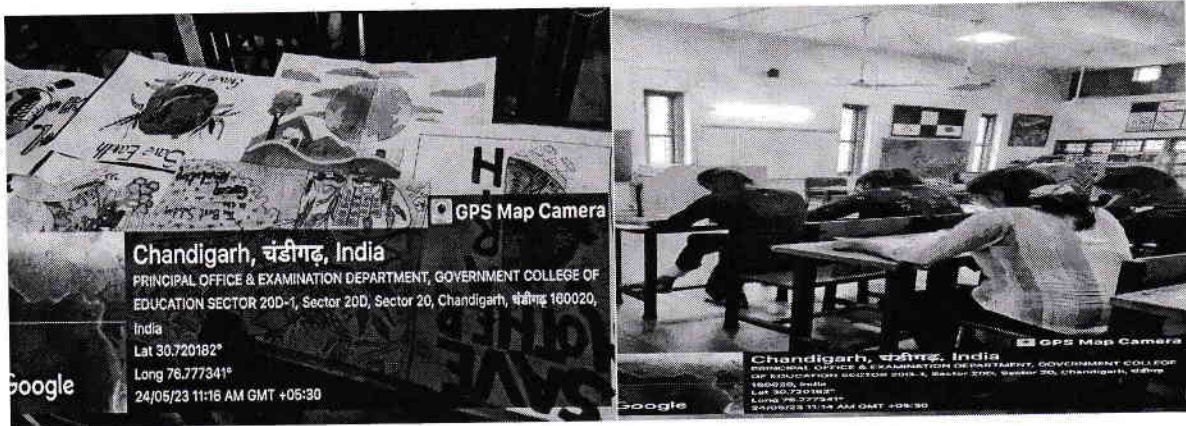
PARIJAT ECO-CLUB of Govt. College of Education, Chandigarh started the Mass Mobilization Campaign to raise awareness about LIFE (Life Style for Environment) activities with the pledge which was led by Eco-Club executive member Preeti followed by all the Faculty members and students. Firstly **"Poster 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)

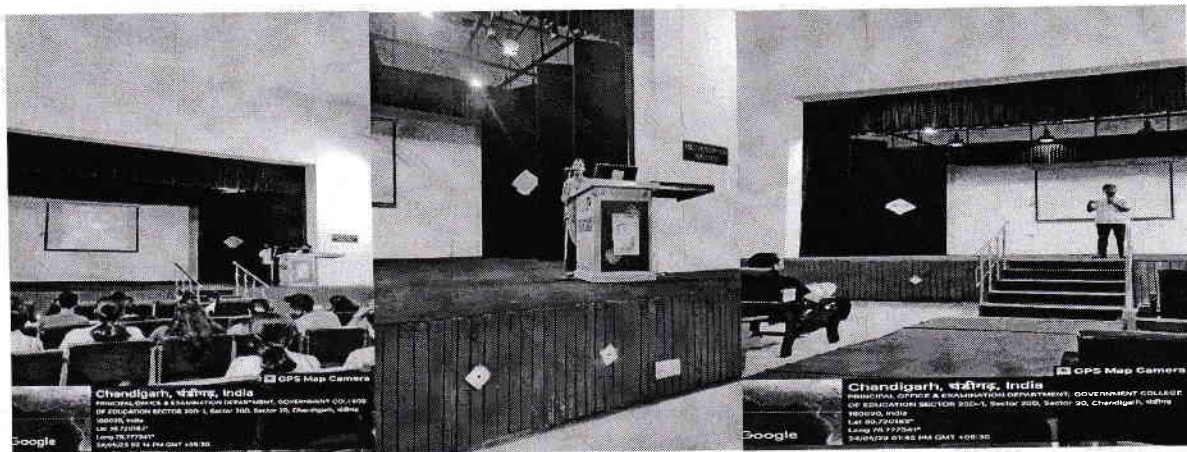




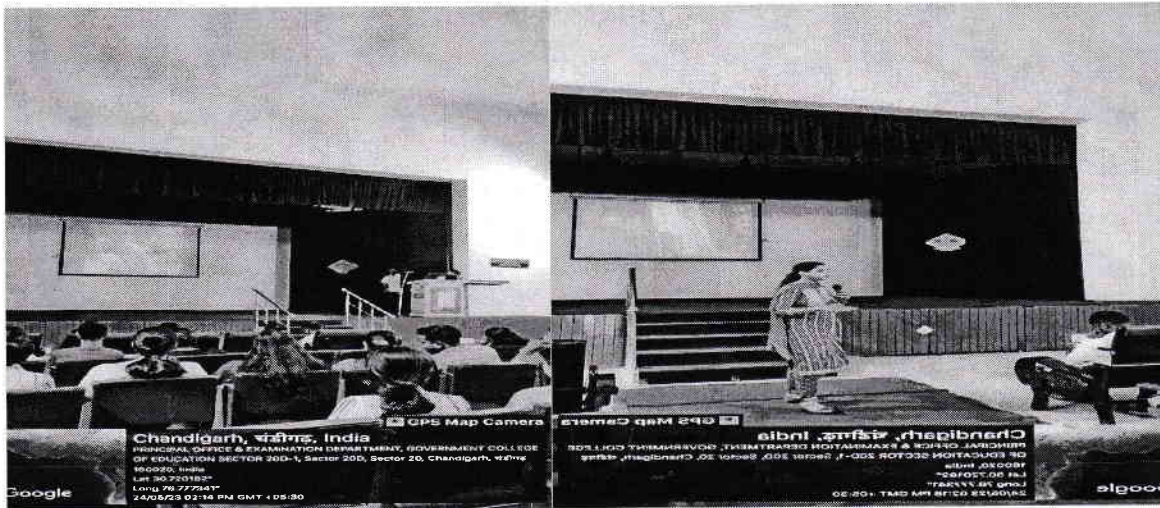
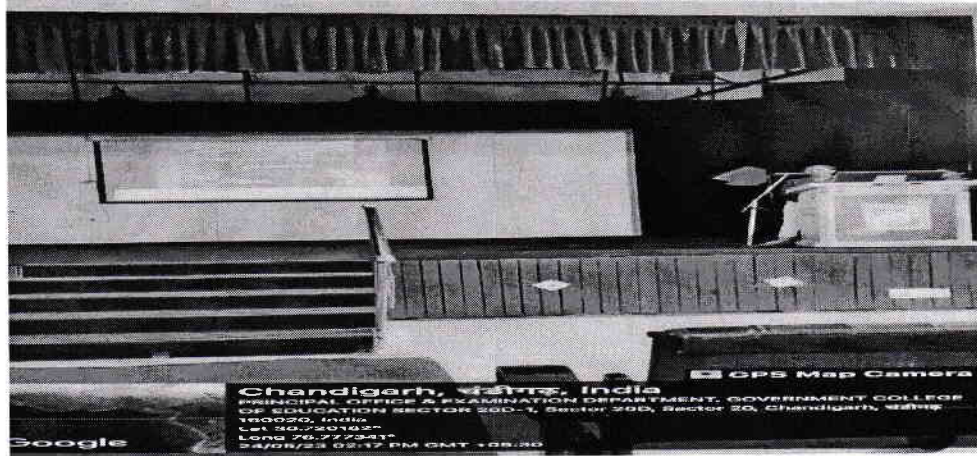
## Poster Making (Activity 2)



## Declamation Contest (Activity-3)



Motivational video (Activity-4)



*24/5/23*  
PARIJAT ECO-CLUB

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





## GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

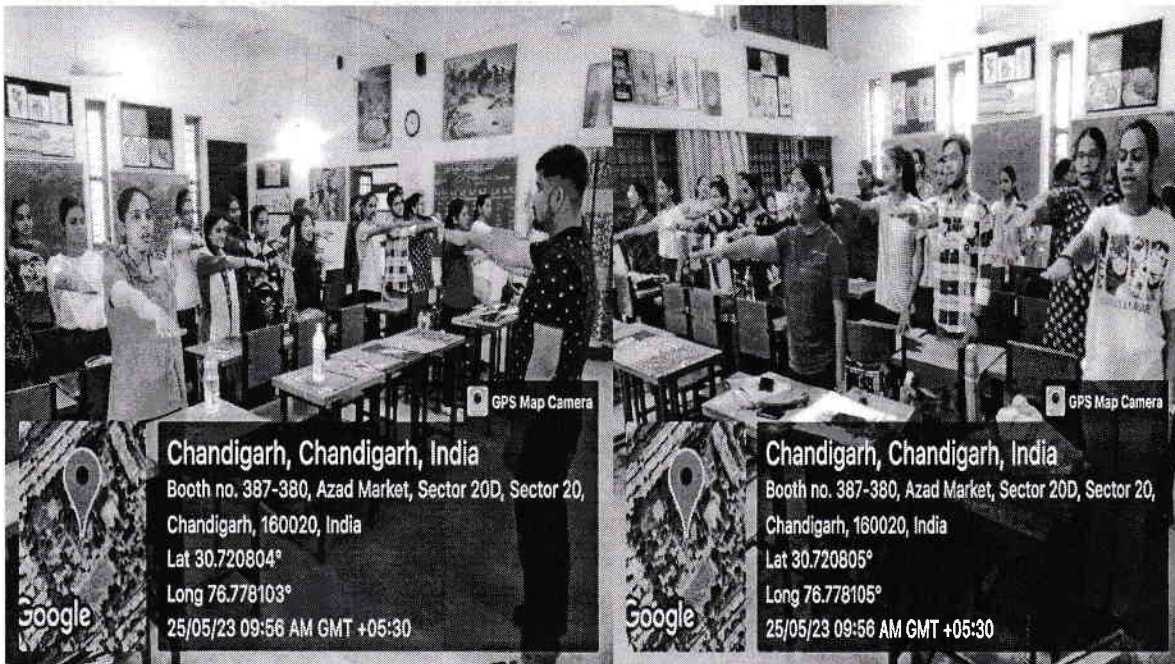
REPORT

Dated: - 25-05-2023

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

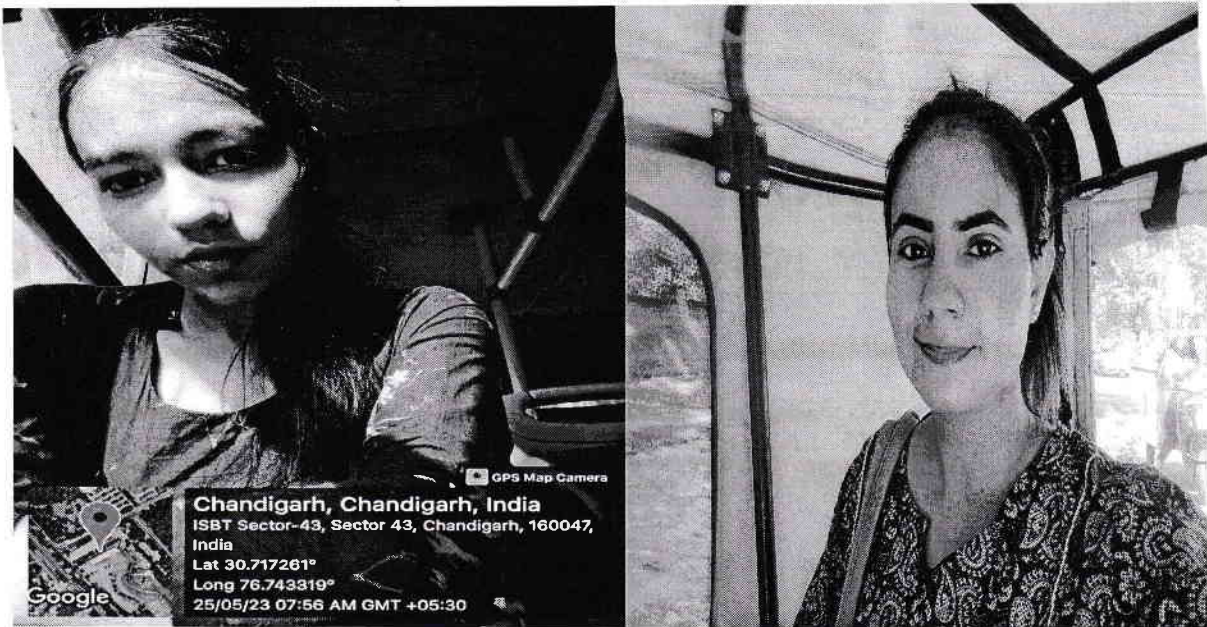
PARIJAT ECO-CLUB of Govt. College of Education, Chandigarh started the Mass Mobilization Campaign to raise awareness about LIFE (Life Style for Environment) activities with the pledge which was led by Eco-Club executive member Shivam followed by all the Faculty members and students. Firstly **“Using 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.ED. Student presented the video. The event was organized successfully and appreciated by the Principal of the college Dr. Sapna Nanda.

#### Glimpses: Pledge (Activity 1)

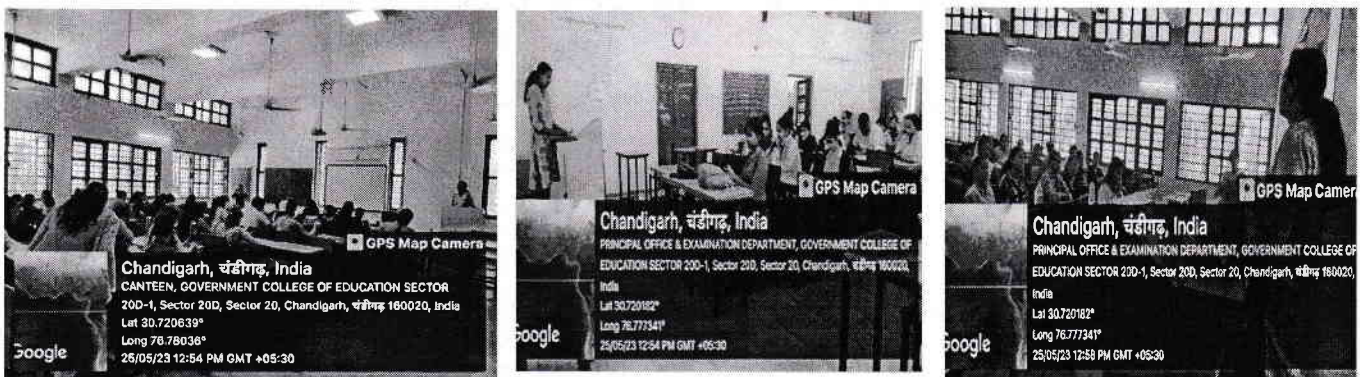




## Using Public Transport (Activity 2)



## Motivational video (Activity-3)



*Parijat*  
**PARIJAT ECO-CLUB**

*Principal*  
**Principal**

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

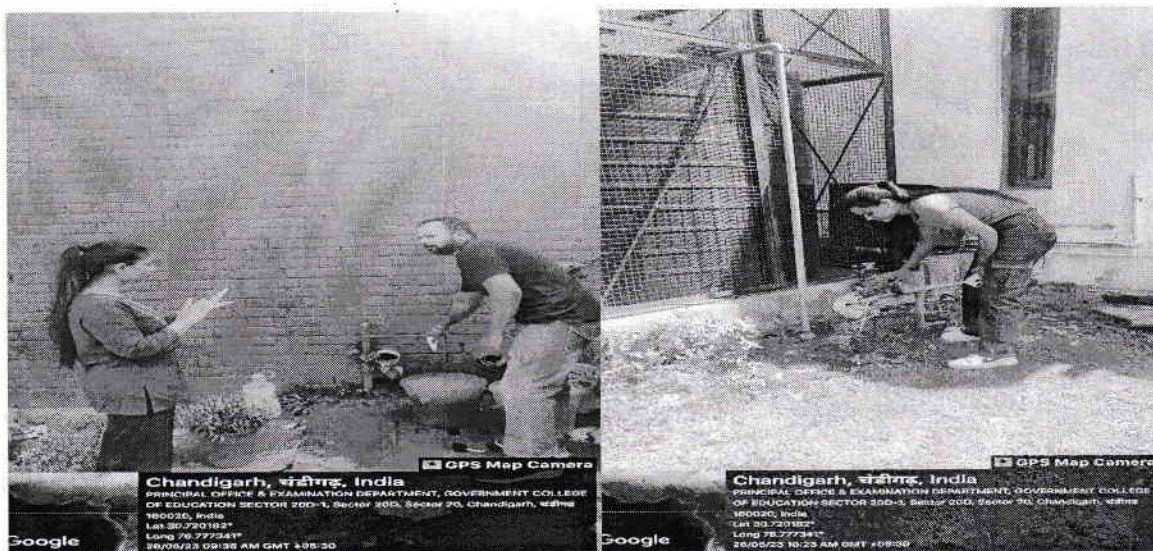
PARIJAT ECO-CLUB of Govt. College of Education, Chandigarh started the Mass Mobilization Campaign to raise awareness about LIFE (Life Style for Environment) activities with the pledge which was led by Eco-Club executive member Preeti followed by all the Faculty members and students. Firstly **“Identification 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 emails 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.

#### Glimpses: Pledge (Activity 1)

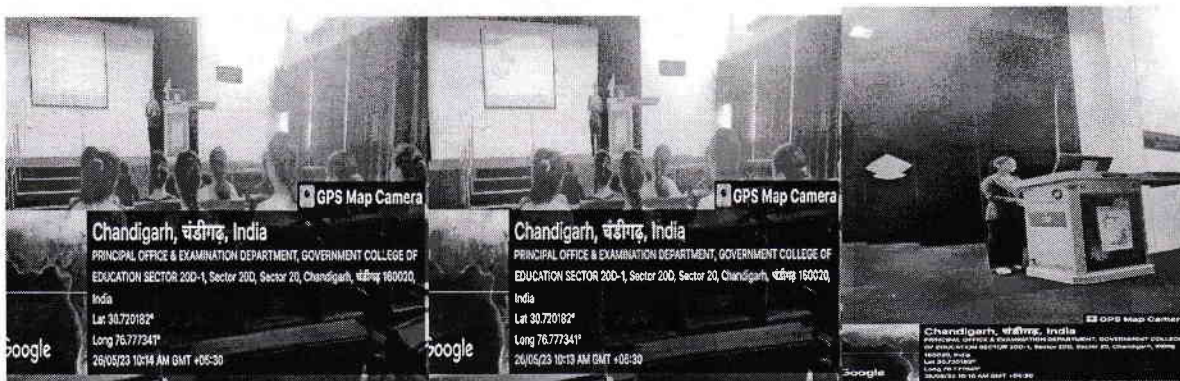




### Identification of leaking taps (Activity 2)



### Motivational talk (Activity-3)



*Kunapal 26/5/23*  
PARIJAT ECO-CLUB

*Kunde 26/5/2023*  
Principal

Govt. College of Education  
Sector- 20D, Chandigarh





## GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

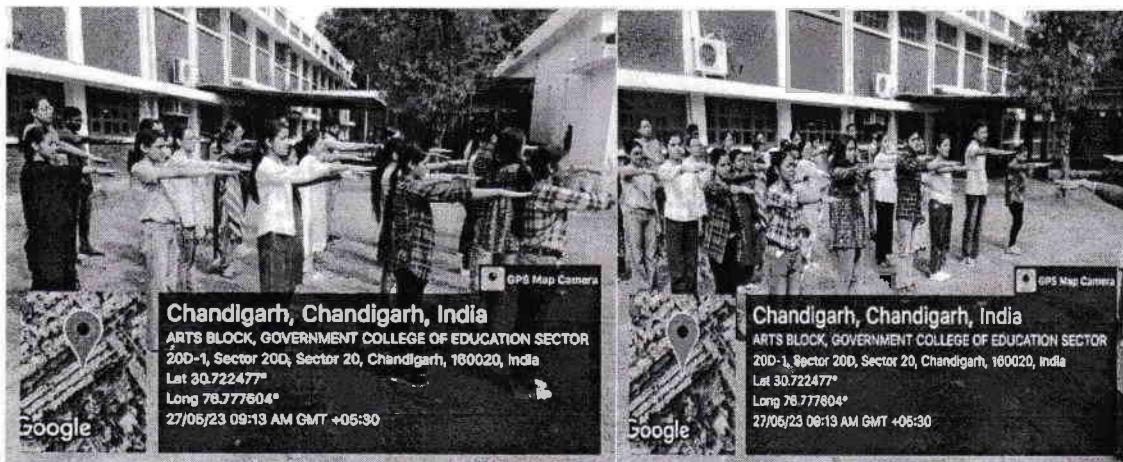
REPORT

Dated: - 27-05-2023

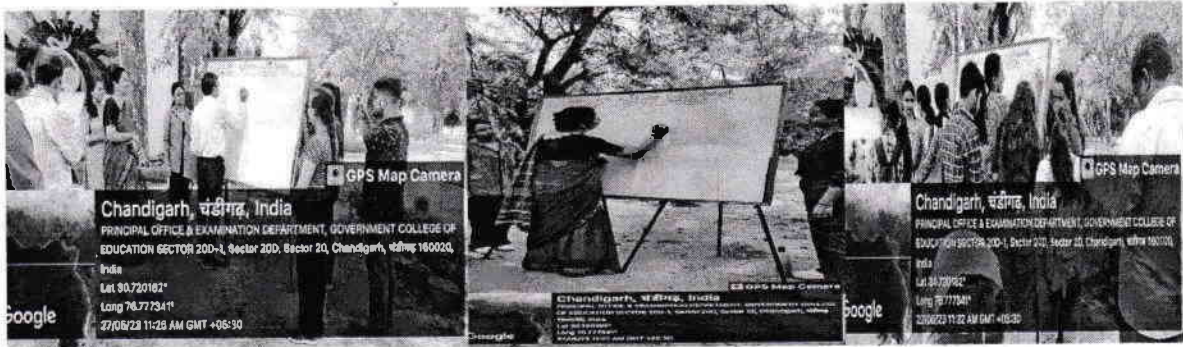
### Mass Mobilization Campaign to raise awareness about LIFE (15-05-2023 to 31-05-2023)

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 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.

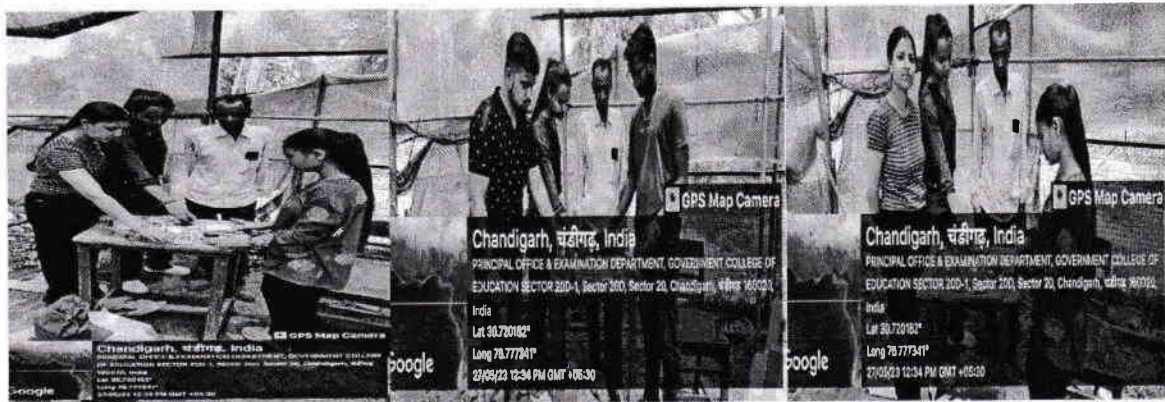
#### Glimpses: Pledge (Activity 1)



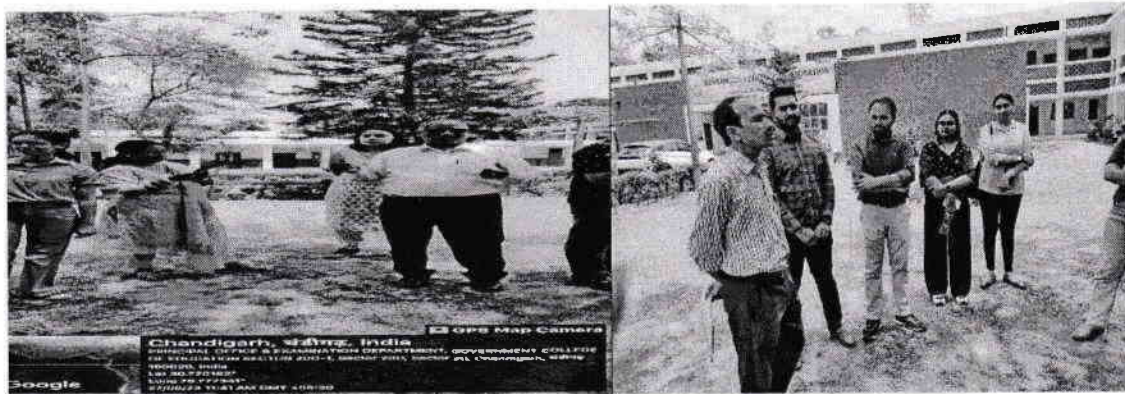
### Signature and message campaign (Activity 2)



### Seed Bank (Activity-3)



### Poem (Activity-4)

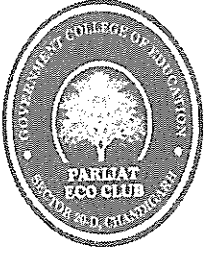


*Parijat* 27/05/23  
**PARIJAT ECO-CLUB**

*Kand* 27/05/23  
**Principal**

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



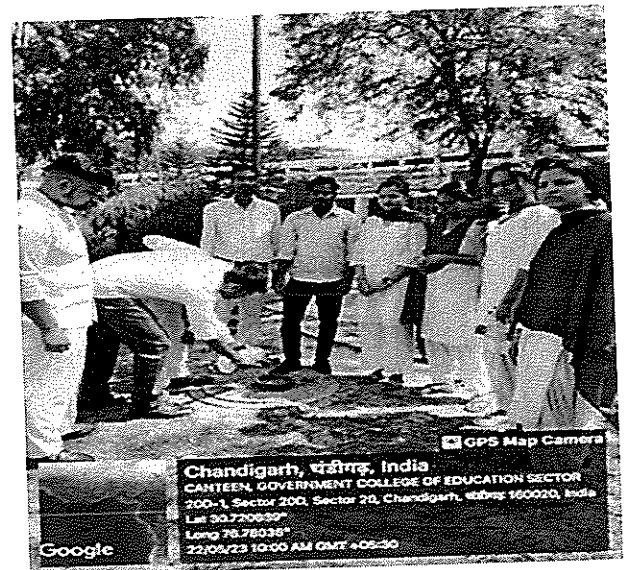
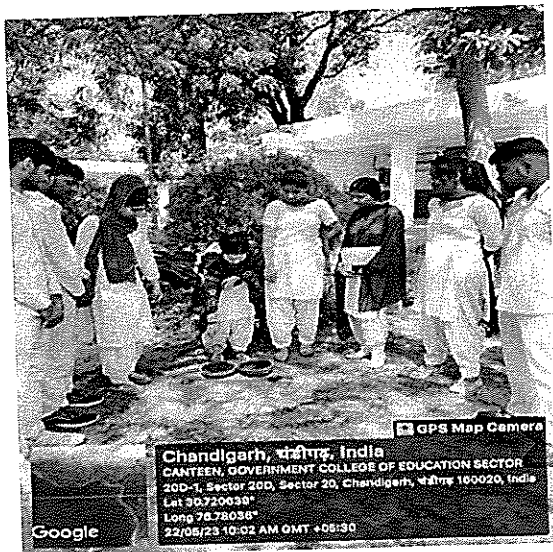


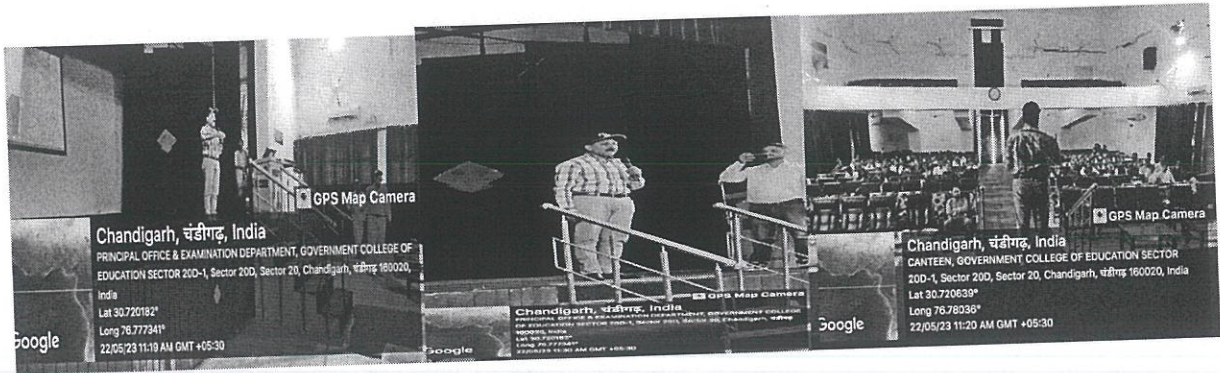
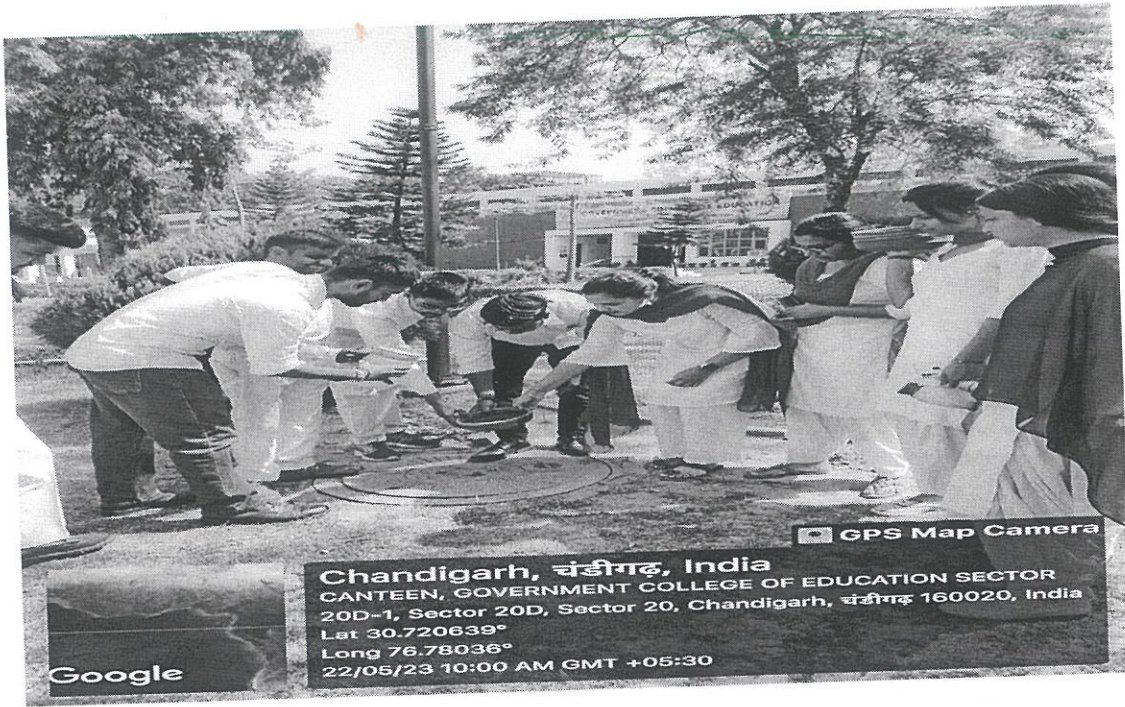
GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH  
REPORT Dated: -22-05-2023



International Biodiversity Day (22-05-2023)

PARIJAT ECO-CLUB of Govt. College of Education, Chandigarh observed 'International Biodiversity Day' on 22<sup>nd</sup> 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 Prabhu 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.



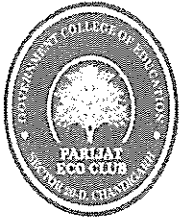


*24/5/23*  
**PARIJAT ECO-CLUB**

*24/5/23*  
**Principal**

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





## GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

REPORT

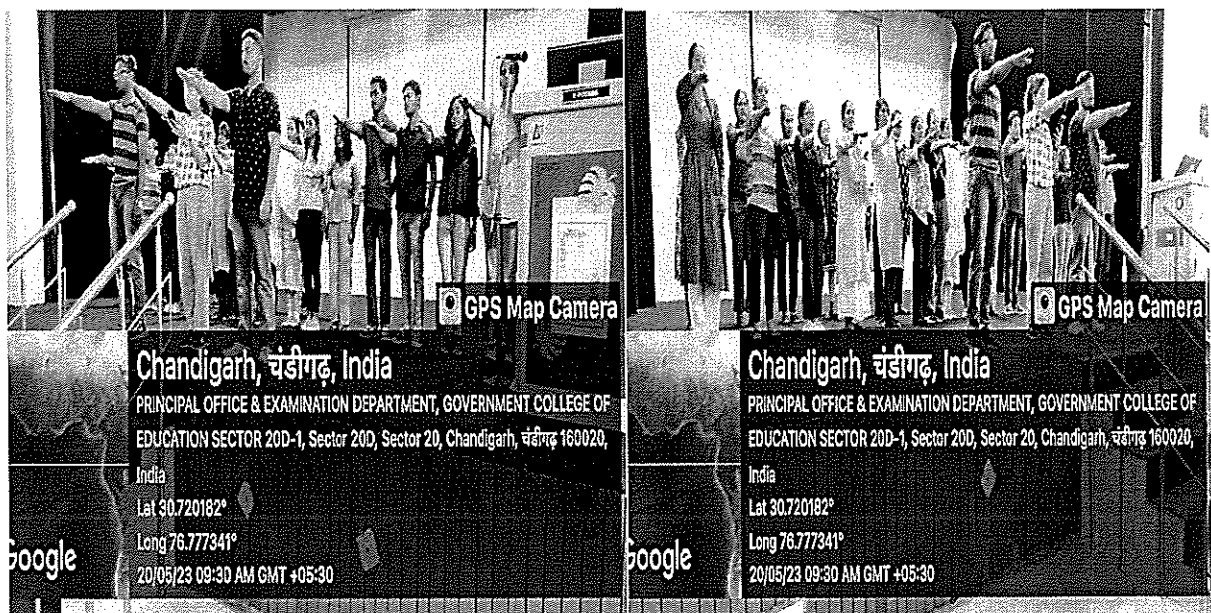
Dated: - 20-05-2023

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

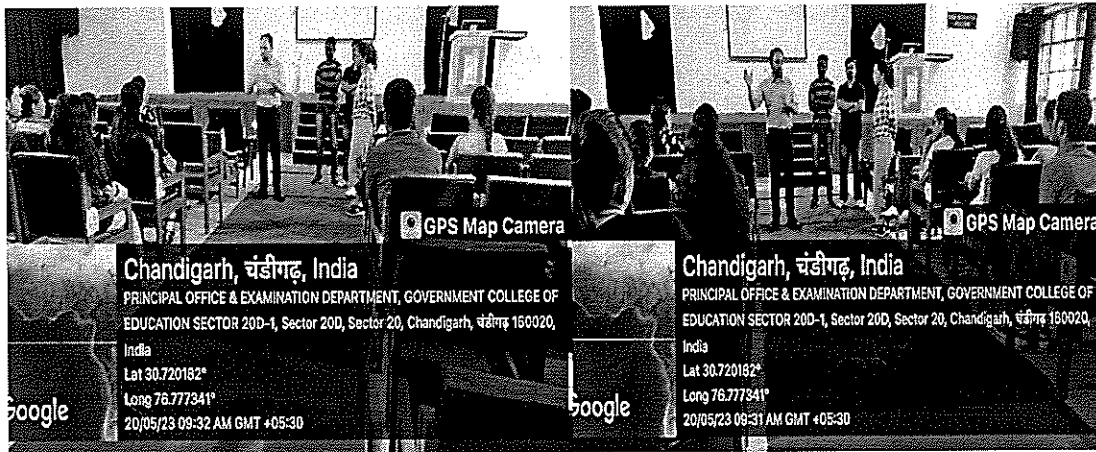
PARIJAT ECO-CLUB of Govt. College of Education, Chandigarh started the Mass Mobilization Campaign to raise awareness about LIFE (Life Style for Environment) activities with the pledge which was led by Eco-Club executive member Anjali Rana followed by all the Faculty members and students. Firstly **"Slogan 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.

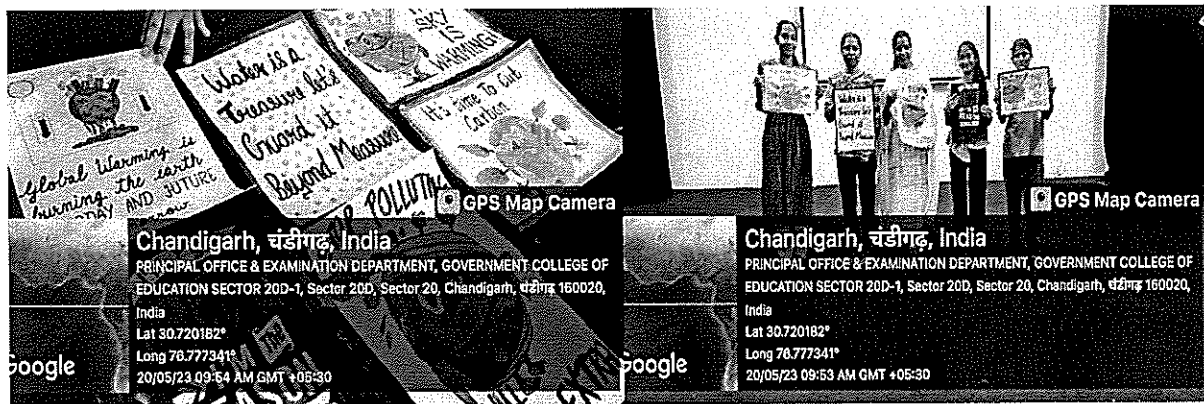
### Glimpses: Pledge (Activity 1)



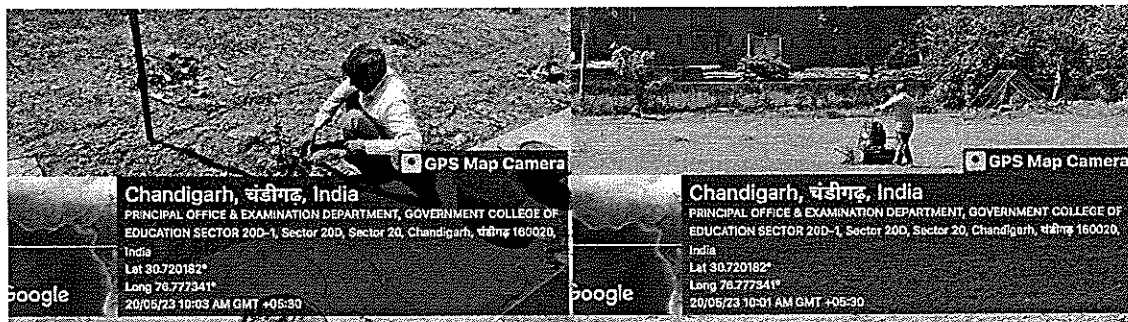
### Awareness Talk (Activity 2)



### Slogan Writing (Activity 3)



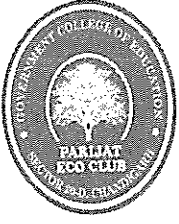
### Maintaining Green Campus (Activity-4)



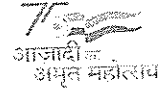
*Principals 20/5/23*  
**PARIJAT ECO-CLUB**

*Principal 20/5/2023*  
**Principal**  
 Govt. College of Education  
 Sector- 20D, Chandigarh





समृद्धि वृद्धयकम्  
ONE EARTH • ONE FAMILY • ONE FUTURE



## GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

REPORT

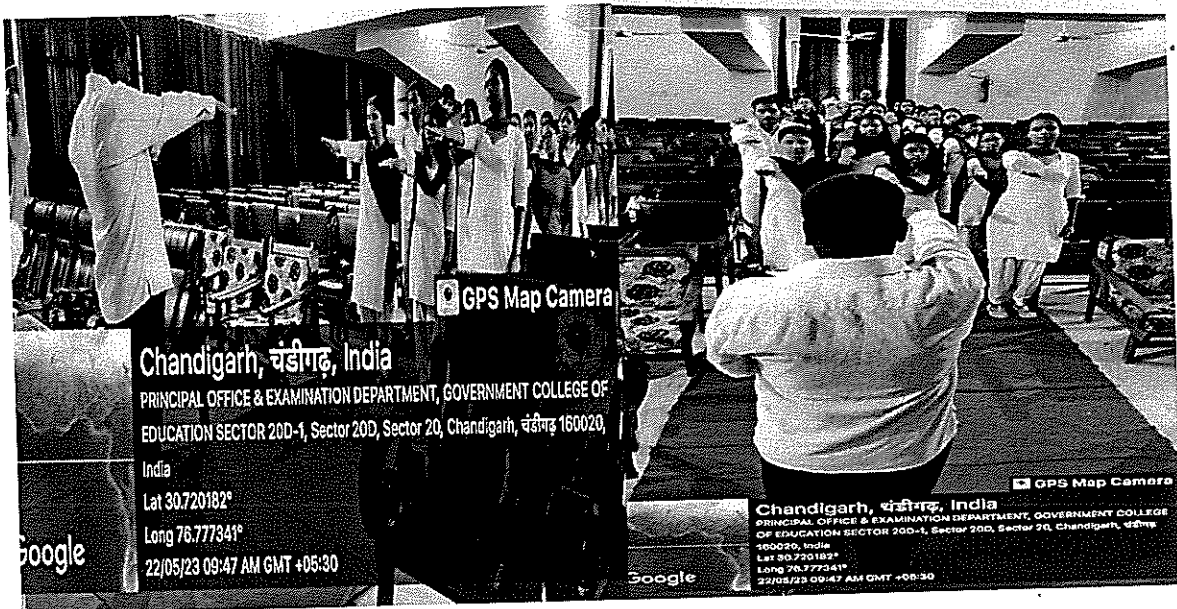
Dated: - 22-05-2023

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

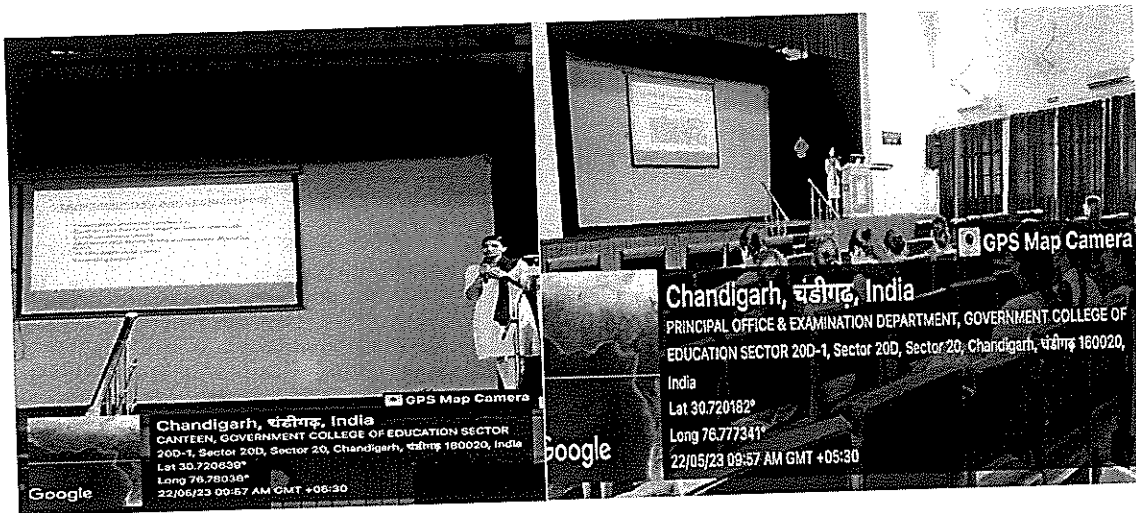
PARIJAT ECO-CLUB of Govt. College of Education, Chandigarh started the Mass Mobilization Campaign to raise awareness about LIFE (Life Style for Environment) activities with the pledge which was led by Eco-Club executive member Abhilash followed by all the Faculty members and students. Firstly **“Watering 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 vermicomposting”** 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.

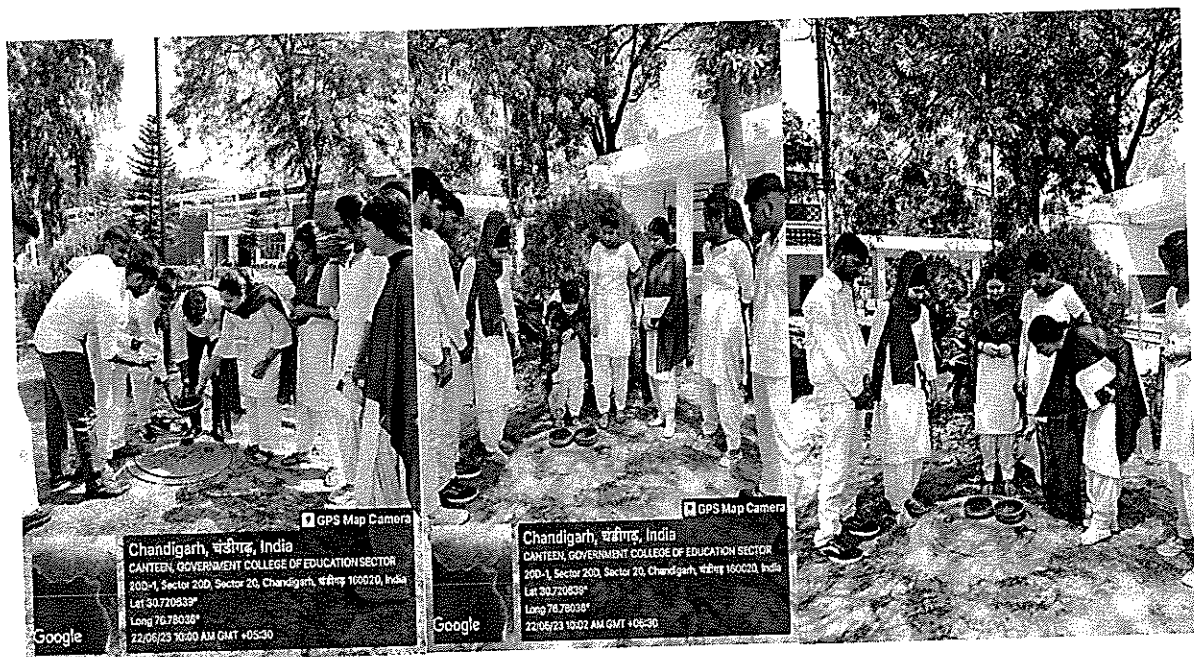
### Glimpses: Pledge (Activity 1)



## Awareness Talk Vermicomposting (Activity 2)

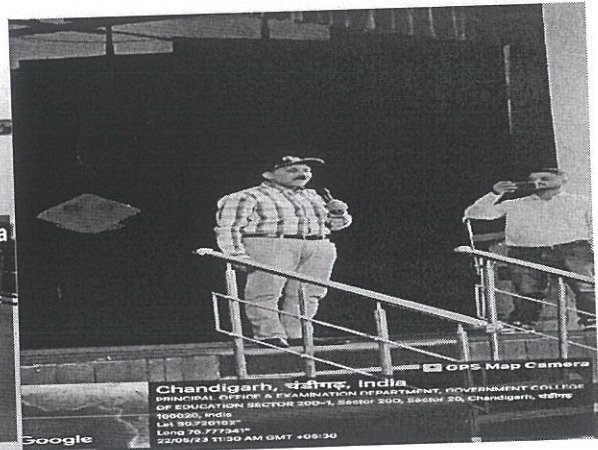
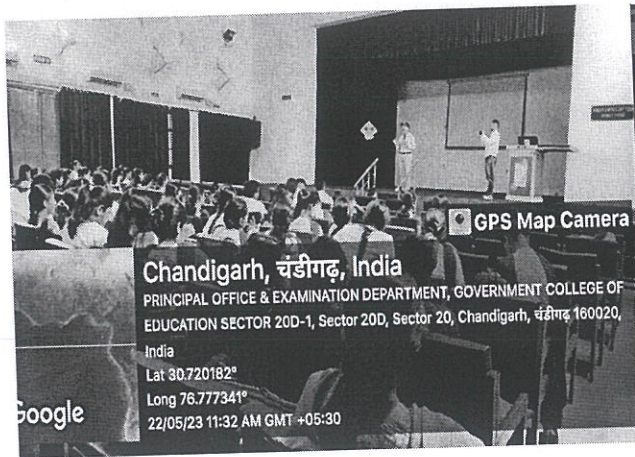


## Placing watering pots for birds and animals (Activity-3)





Awareness talk (Activity-4)



*Accepted 22/5/23*  
PARIJAT ECO-CLUB

*Principal 24/5/2023*  
Principal  
Govt. College of Education  
Sector- 20D, Chandigarh





संघर्ष एकता  
ONE KARTM - ONE FAMILY - ONE FUTURE



## 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.

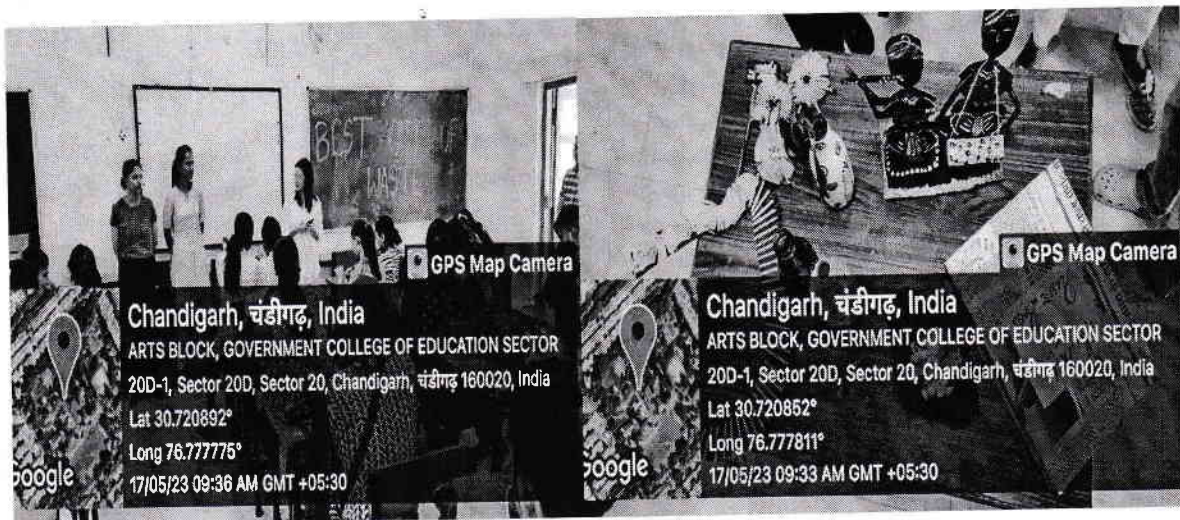
An awareness talk on the theme **“Save environment for better tomorrow”** was organized in the auditorium of the college by the executive members of the Parijat Eco-Club. Talk was delivered by B.ED Student Navjot kaur. The event was organized successfully and appreciated by the Principal of the college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

#### Glimpses: Pledge (Activity 1)

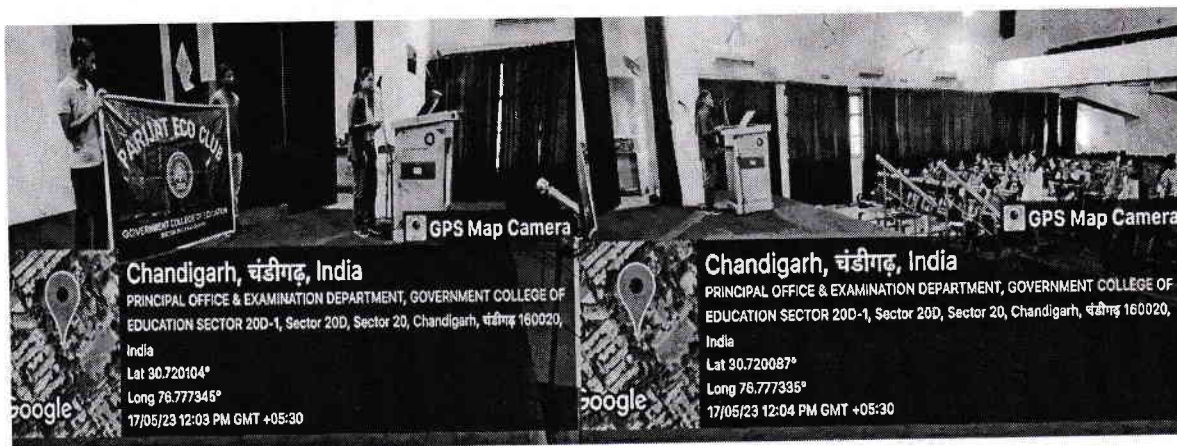




### Best out of Waste (Activity 2)



### Talk (Activity 3)



*Quarupal 17/5/23*  
**PARIJAT ECO-CLUB**

*Quarupal 17/5/2023*  
**Principal**

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



संयुक्त परिवार  
ONE EARTH - ONE FAMILY - ONE FUTURE



## GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

REPORT

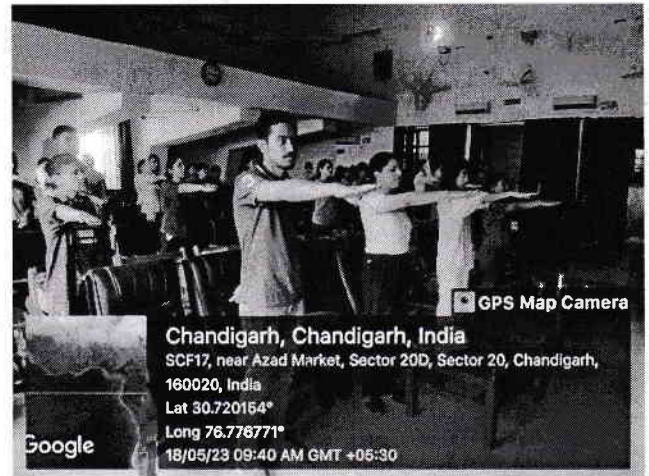
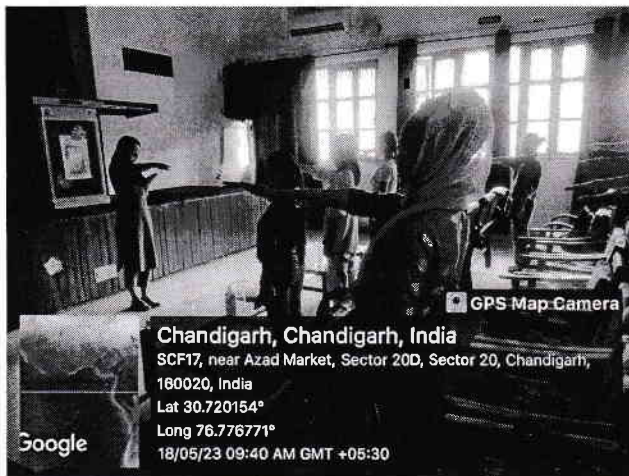
Dated: - 18-05-2023

### 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.

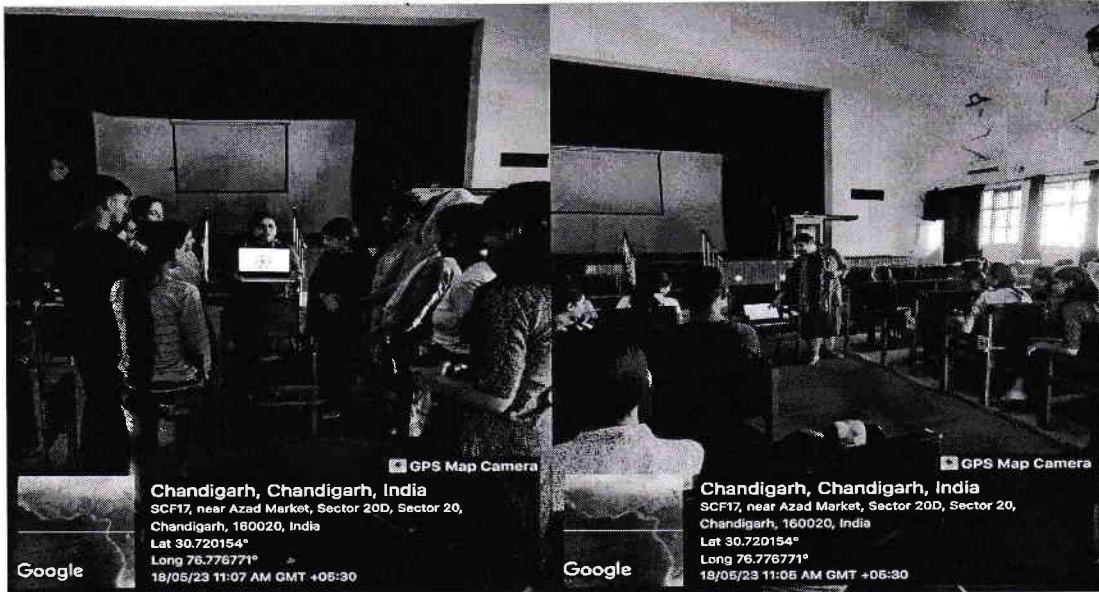
An awareness talk on the theme "**Introduction to LIFE Campaign**" was organized in the auditorium of the college by the executive members of the Parijat Eco-Club. Talk was delivered by B.ED Student Kusum Lata. The event was organized successfully and appreciated by the Principal of the college Dr. Sapna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

### Glimpses: Pledge (Activity 1)

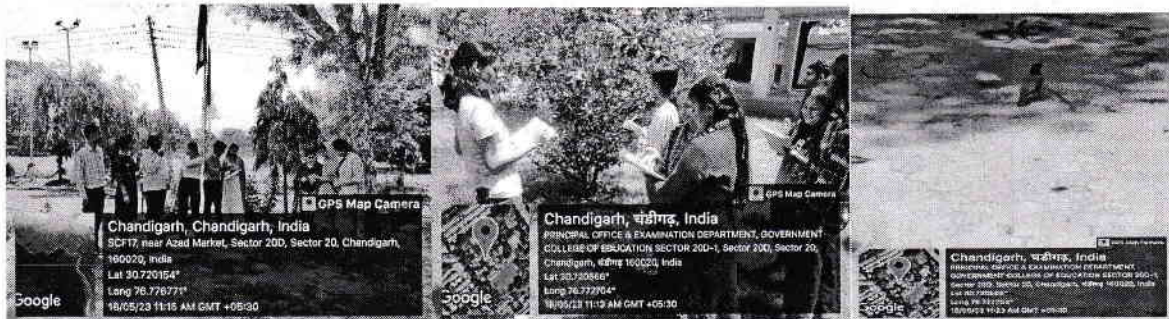




**Awareness Talk (Activity 2)**



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



*Principals 18/5/23*  
**PARIJAT ECO-CLUB**

*Principal 18/5/23*  
**Principal**

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



## GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

REPORT

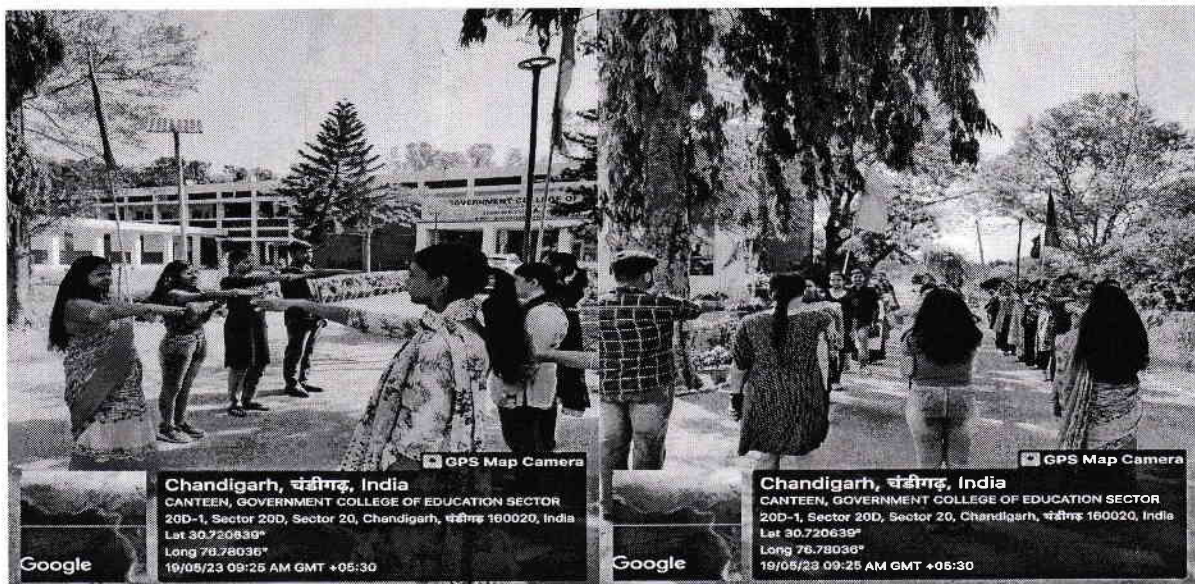
Dated: - 19-05-2023

### 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.

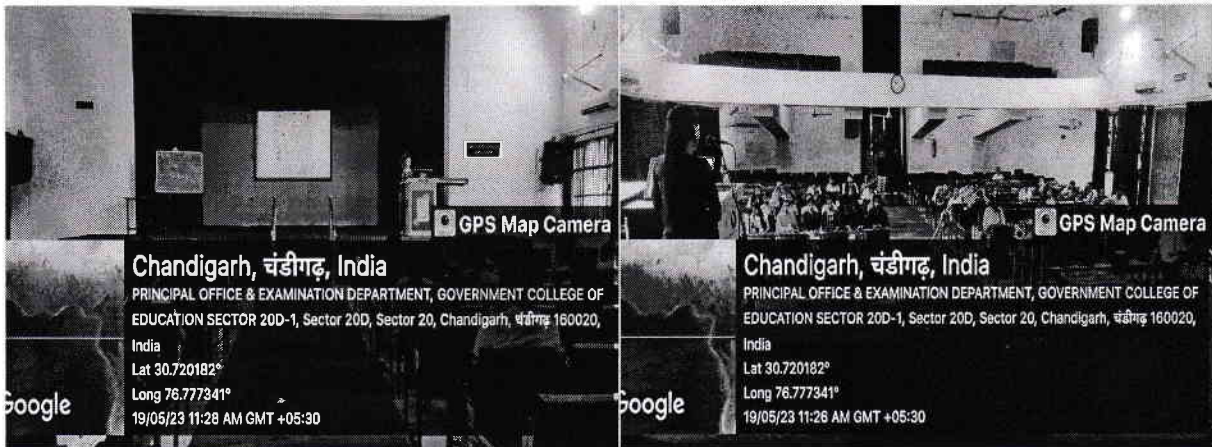
An awareness talk on the theme **“Save Electricity”** was organized in the auditorium of the college by the executive members of the Parijat Eco-Club. Talk was delivered by B.ED Student Preeti. The event was organized successfully and appreciated by the Principal of the college Dr. Sapna Nanda.

#### Glimpses: Pledge (Activity 1)

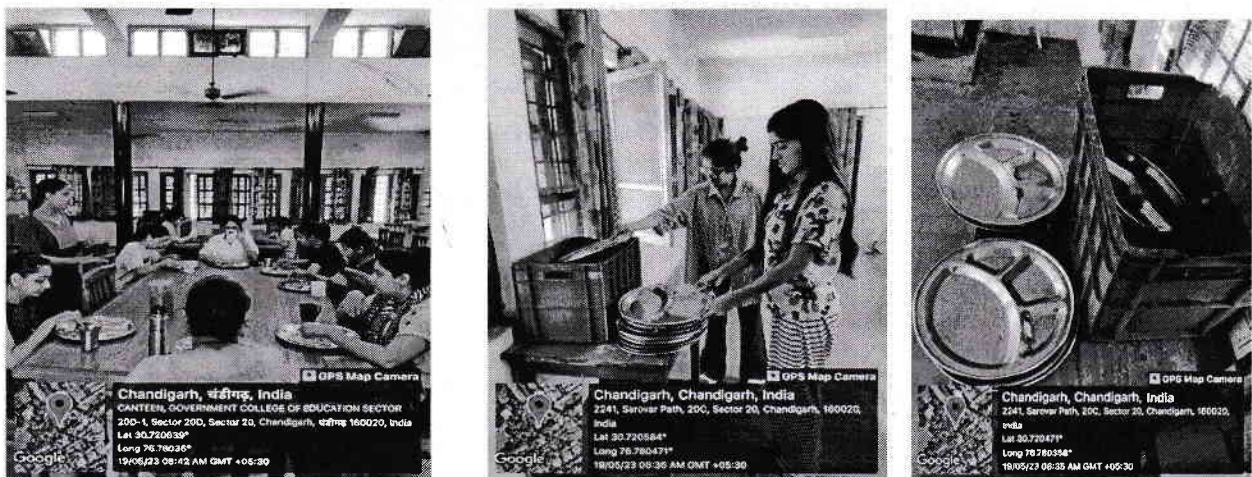




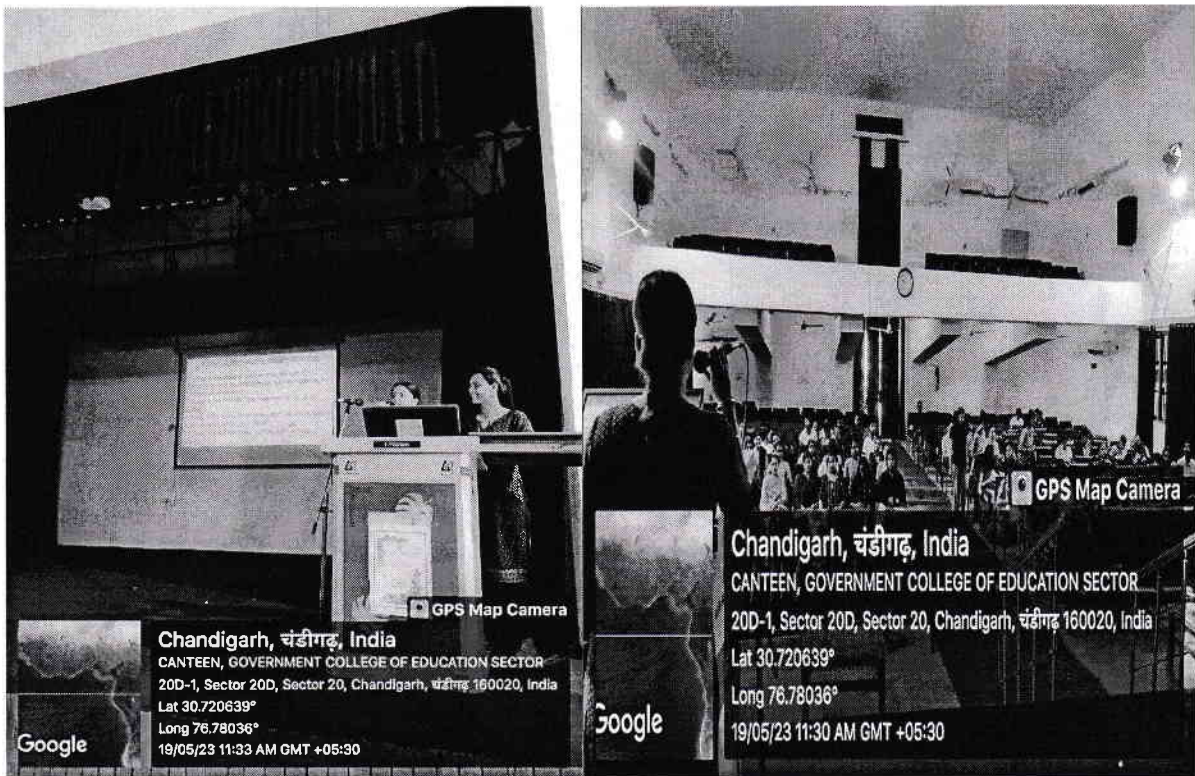
## Awareness Talk (Activity 2)



## Do not Waste Food (Activity 3)



Quiz (Activity-4)

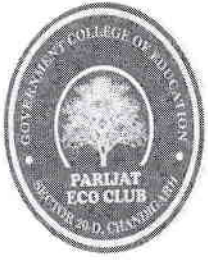


*Parijat*  
19/5/23  
**PARIJAT ECO-CLUB**

*Principal*  
19/5/23  
**Principal**

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





**GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH**  
**REPORT**

**Dated: - 16-05-2023**

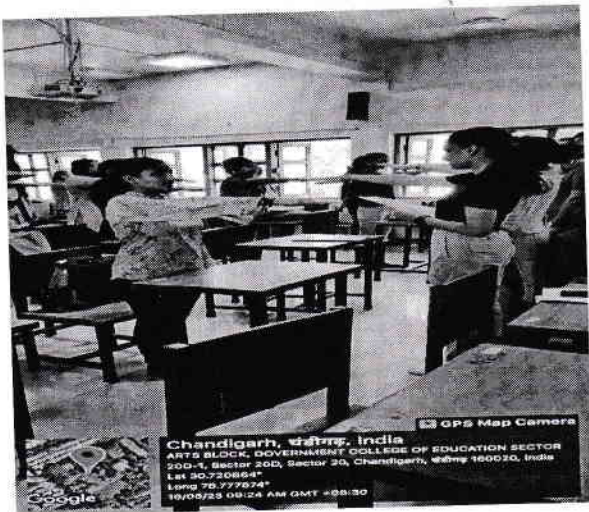


**Mass Mobilization Campaign to raise awareness about LIFE (15-05-2023 to 31-05-2023)**

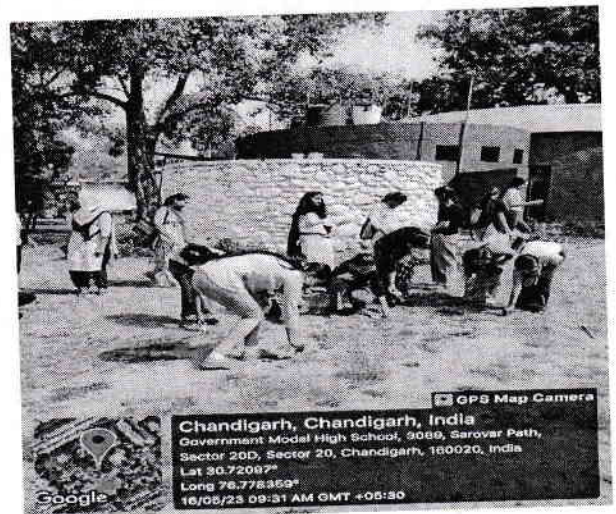
**PARIJAT ECO-CLUB** of Govt. College of Education, Chandigarh started the Mass Mobilization Campaign to raise awareness about LIFE (Life Style for Environment) activities with the pledge which was led by Eco-Club executive member Akshita followed by all the Faculty members and students. Firstly Cleanliness 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.

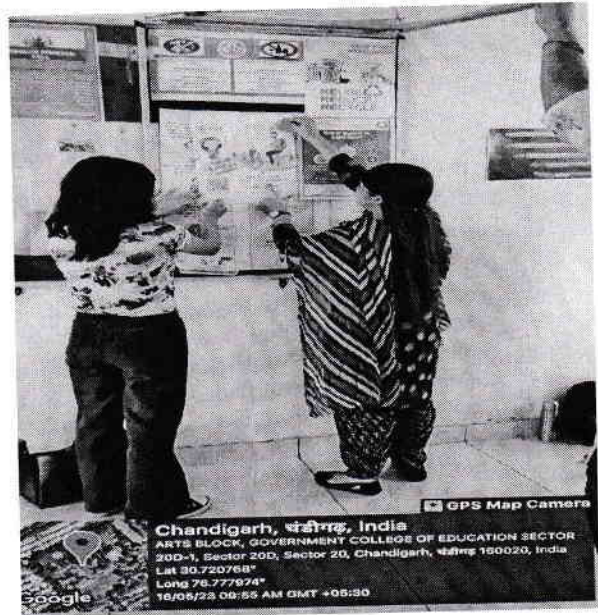
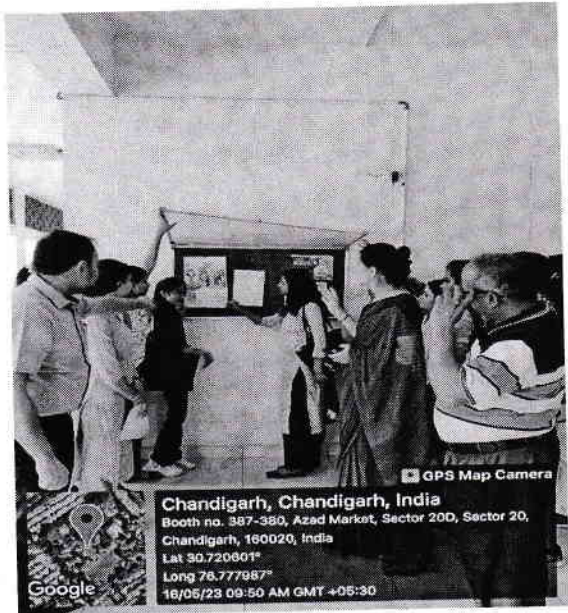
**Glimpses: Pledge (Activity 1)**



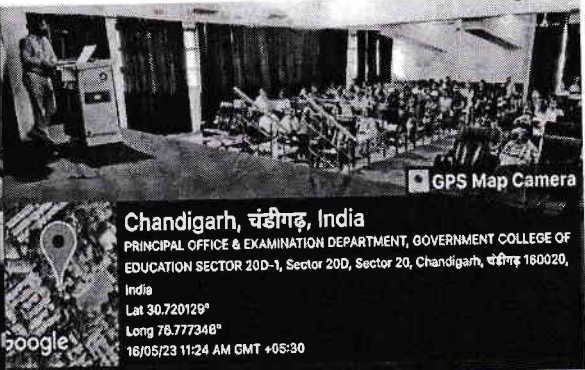
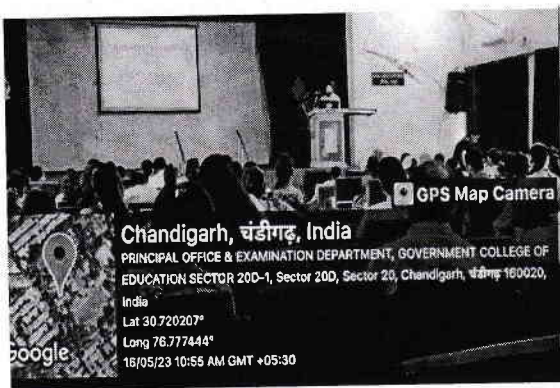
**Cleanliness Drive (Activity-2)**



**Display of LIFE Posters (Activity 3)**



**Talk (Activity 4)**



*Rupanjali 16/5/23*  
**PARIJAT ECO-CLUB**

*Dawal 16/5/23*  
**Principal**

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





## GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

### REPORT

Dated: -15-05-2023

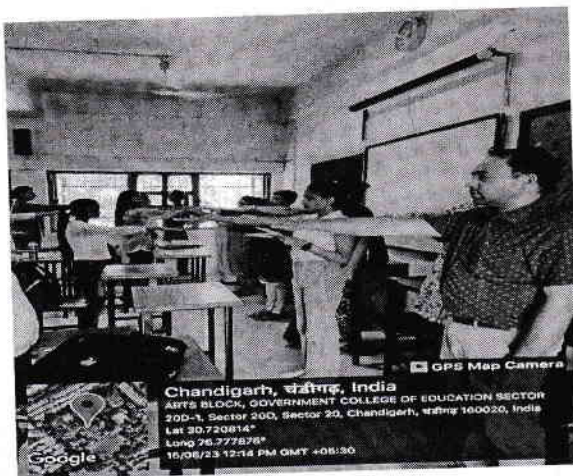
### Mass Mobilization Campaign to raise awareness about LIFE (15-05-2023 to 31-05-2023)

**PARIJAT ECO-CLUB** of Govt. College of Education, Chandigarh started the Mass Mobilization Campaign to raise awareness about LIFE (Life Style for Environment) activities on 15<sup>th</sup> May 2023. These activities will be continuing till 31<sup>st</sup> May 2023. On first day i.e. 15<sup>th</sup> May 2023 activities started with the pledge which was led by Eco-Club executive member Akshita followed by all the students and faculty members. Principal of the college Dr. Sapna Nanda briefed the students about the activities to be conducted till 31<sup>st</sup> May 2023. She motivated all the students to participate in the same with full dedication and enthusiasm.

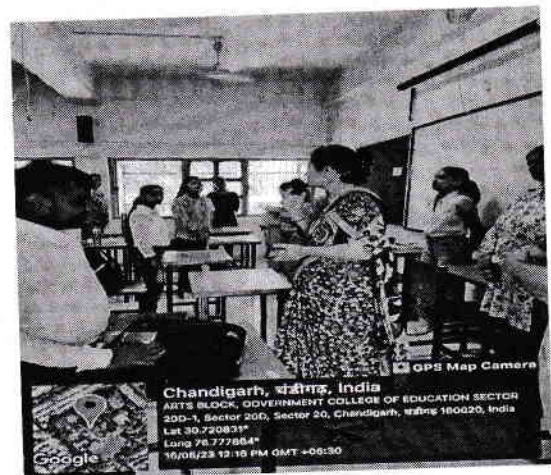
A talk on the theme save environment was delivered by Parijat Eco-Club incharge Mr. Ravinder Kumar. Cleanliness drive in the class rooms was conducted by all the students in various class rooms. Event was organized successfully and appreciated by the principal Dr, Sapna Nanda.

#### Glimpses:

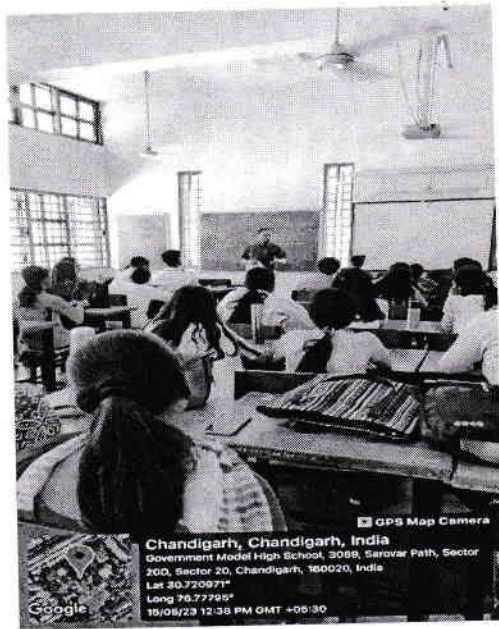
##### Pledge (Activity 1)



##### Briefing by Principal Dr. Sapna Nanda

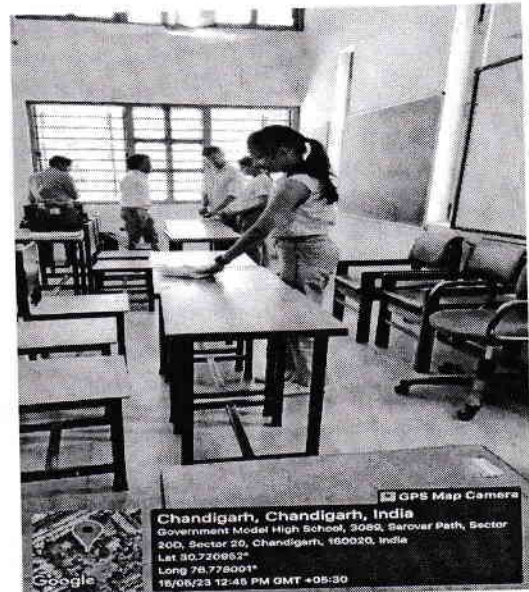


Talk (Activity 2)



*Amrita*  
15/8/23  
**PARIJAT ECO-CLUB**

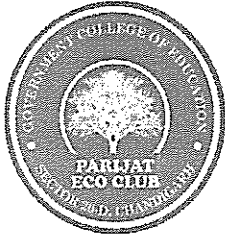
Cleanliness Drive (Activity-3)



*Chand*  
15/8/23  
**Principal**

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





GOVERNMENT COLLEGE OF EDUCATION,  
CHANDIGARH

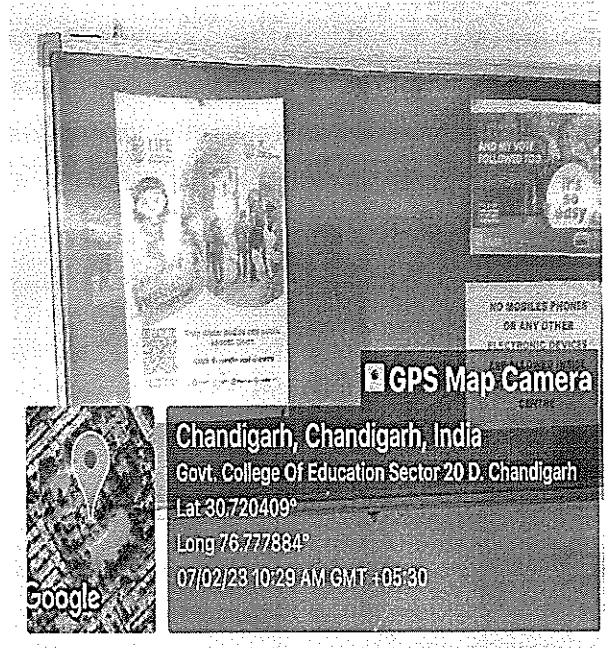
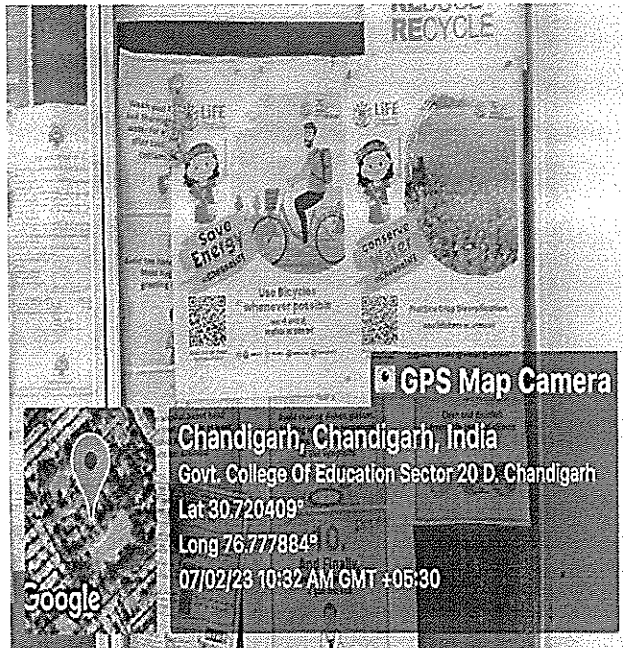


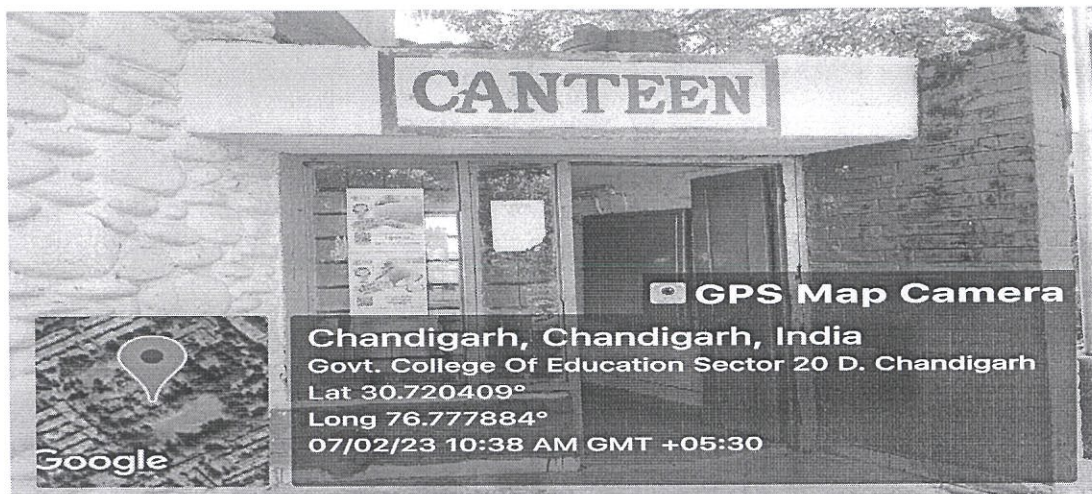
REPORT

Dated: -07-02-2023

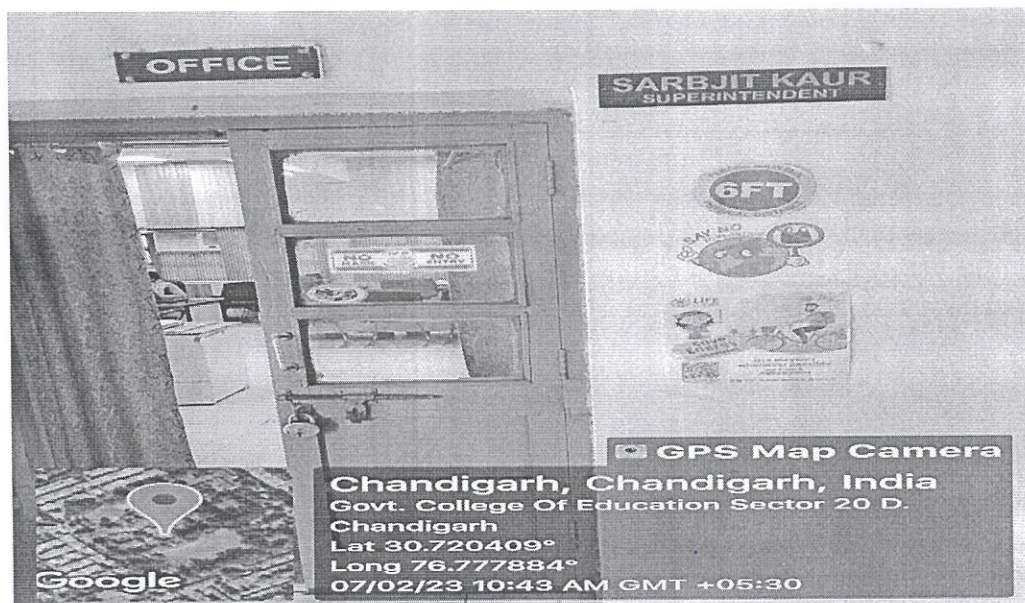
Dissemination and Publicity of the Creative's Life Logo

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. Sapna 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.





**GPS Map Camera**  
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 Govt. College Of Education Sector 20 D. Chandigarh  
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 Long 76.777884°  
 07/02/23 10:38 AM GMT +05:30



**GPS Map Camera**  
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 Govt. College Of Education Sector 20 D.  
 Chandigarh  
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 Long 76.777884°  
 07/02/23 10:43 AM GMT +05:30

*Parijat* 7/2/23  
 PARIJAT ECO-CLUB

*Sandeep*  
 7/2/2023  
 Principal

Govt. College of Education  
 Sector- 20D, Chandigarh





## GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

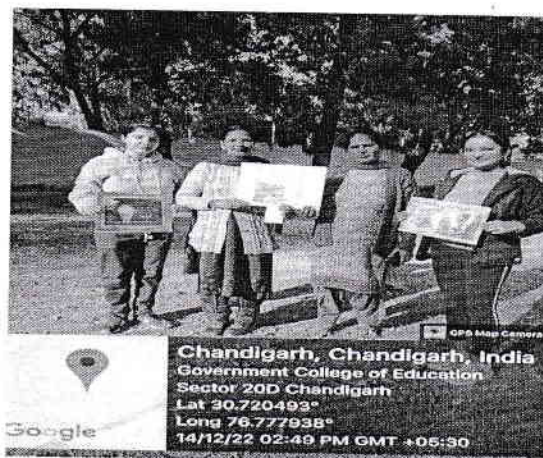
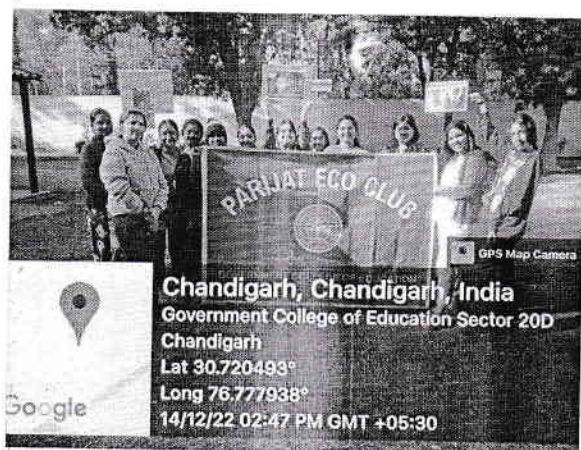
REPORT

Dated: -14-12-2022

### National Energy Conservation Day

PARIJAT ECO-CLUB of Govt. College of Education, Chandigarh observed 'National Energy Conservation Day' on 14<sup>th</sup> 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 out an 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. Srivastava motivated the students and briefs 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:





*Kamraj Singh*  
**PARIJAT ECO-CLUB**

*[Signature]*  
**Principal**

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





## GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

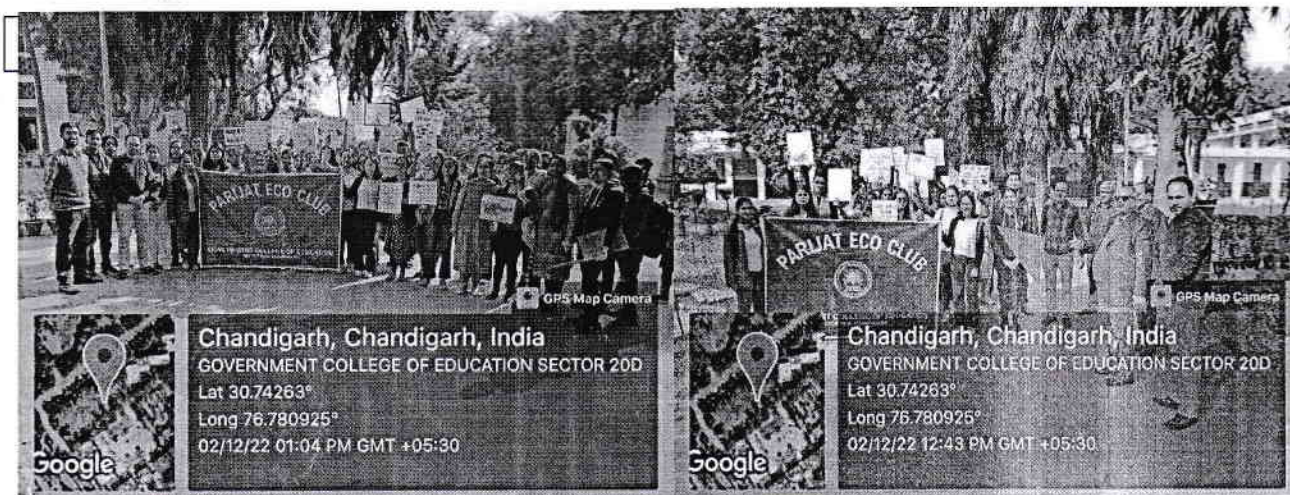
### REPORT

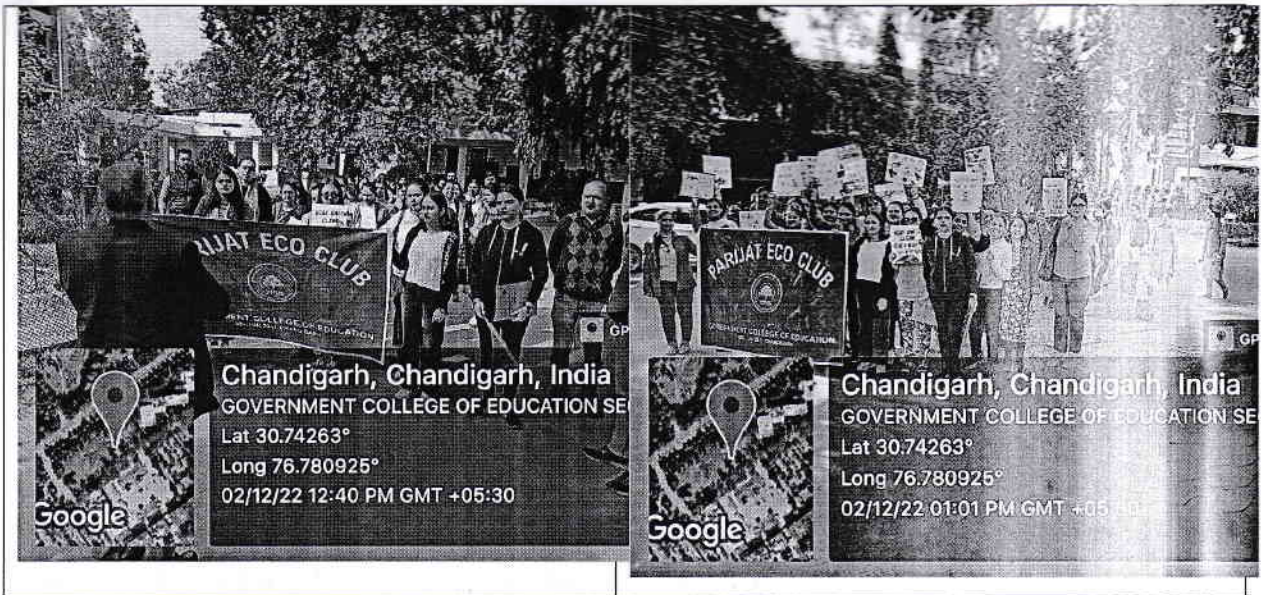
Dated: -02-12-2022

### Awareness Rally on National Pollution Prevention Day

PARIJAT ECO-CLUB of Govt. College of Education, Chandigarh observed 'National Pollution Prevention Day' on 02<sup>nd</sup> 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 briefs the importance of National Pollution Prevention Day. He emphasized upon the less usage of plastics and also appeals to adopt eco-friendly methods in daily life. Dr Upasana Thapliyal, Dr. Aarti Bhatt, Mr. Manish from Eco-Club was also present along with the incharge. Mr. Ravinder Kumar Incharge PARIJAT ECO-CLUB presented a vote of thanks at the end. Event was organized successfully and appreciated by the principal.

### Glimpses:-





*Principal 21/12/22*  
**PARIJAT ECO-CLUB**

*Principal 21/12/22*  
**Principal**  
**Govt. College of Education**  
**Sector- 20D, Chandigarh**





## GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

### REPORT

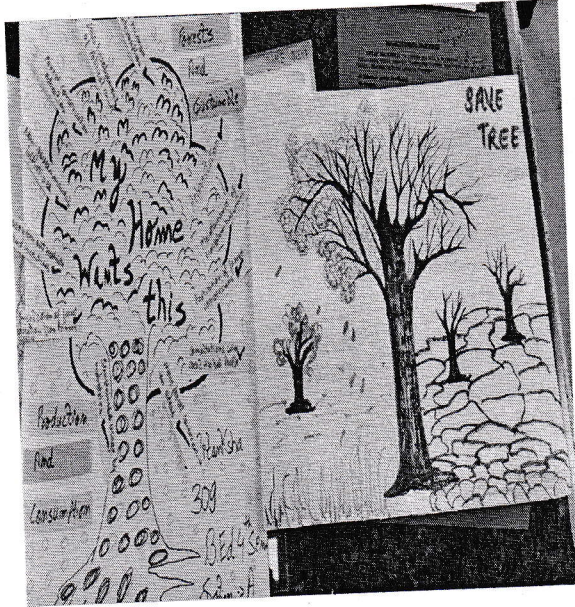
Dated:-22-03-2022

**PARIJAT ECO-CLUB** of Govt. College of Education, Chandigarh observed '*World Forestry Day*' on 21<sup>st</sup> March 2022. The theme of **World Forestry Day** for 2022 is '**Forests and Sustainable Production and Consumption**'. A poster making event was held on this occasion in the college campus. All the students were participated in the event and made creative posters on the theme. Principal Dr. A. K. Srivastava motivated the students and briefs the importance of World Forest Day. He emphasized upon the planting of trees in large number around us and also to protect the forest areas surrounding us. Mr. Ravinder Kumar In-charge ECO-CLUB instructed the students for poster making event and briefed about the rules of the same. Students assembled in their respective class rooms and prepared the posters. Selective posters were displayed in class rooms to motivate and inspire them to being sensitive towards the forests. Event was organized successfully and appreciated by the principal.

Glimpses:







*Anurag Kaur*  
 24/3/22  
 ECO-CLUB  
*[Signature]*

3  
 Principal *[Signature]*

Govt. College of Education  
 Sector- 20D, Chandigarh

cc: - Mr. Rajni Thakur



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

Cyber Awareness Day

Report 02-05-22

Today lecture on "Cyber Awareness" was delivered by Dr. Suman Khokhar Asst. Professor in Pedagogy of Computer Science to the students of B.Ed. 4<sup>th</sup> semester. It was to make students aware about Cyber Security. In the last one and a half year the figures have grown up in cyber crime both in financial fraud and data theft. Today attack vectors are increasing including data breaching, ransom ware, darkwarez and other stuff. So, in today's scenario for prevention awareness is necessary. We need to create awareness with massive people. The more people are aware, the more we can prevent them from cyber crimes. Today we need cyber warriors. We need young brains to come up with ideas. Talking about cyber crime various terms like data breaching, use of third party apps, phishing, data breach, and cryptography were explained. 48 students attended the lecture by their active participation. Some useful tips were shared in the last and everyone was requested to spread awareness at their level.

*Suman*  
02/05/22  
Dr. Suman Khokhar

*[Signature]*  
Principal 02/05/22

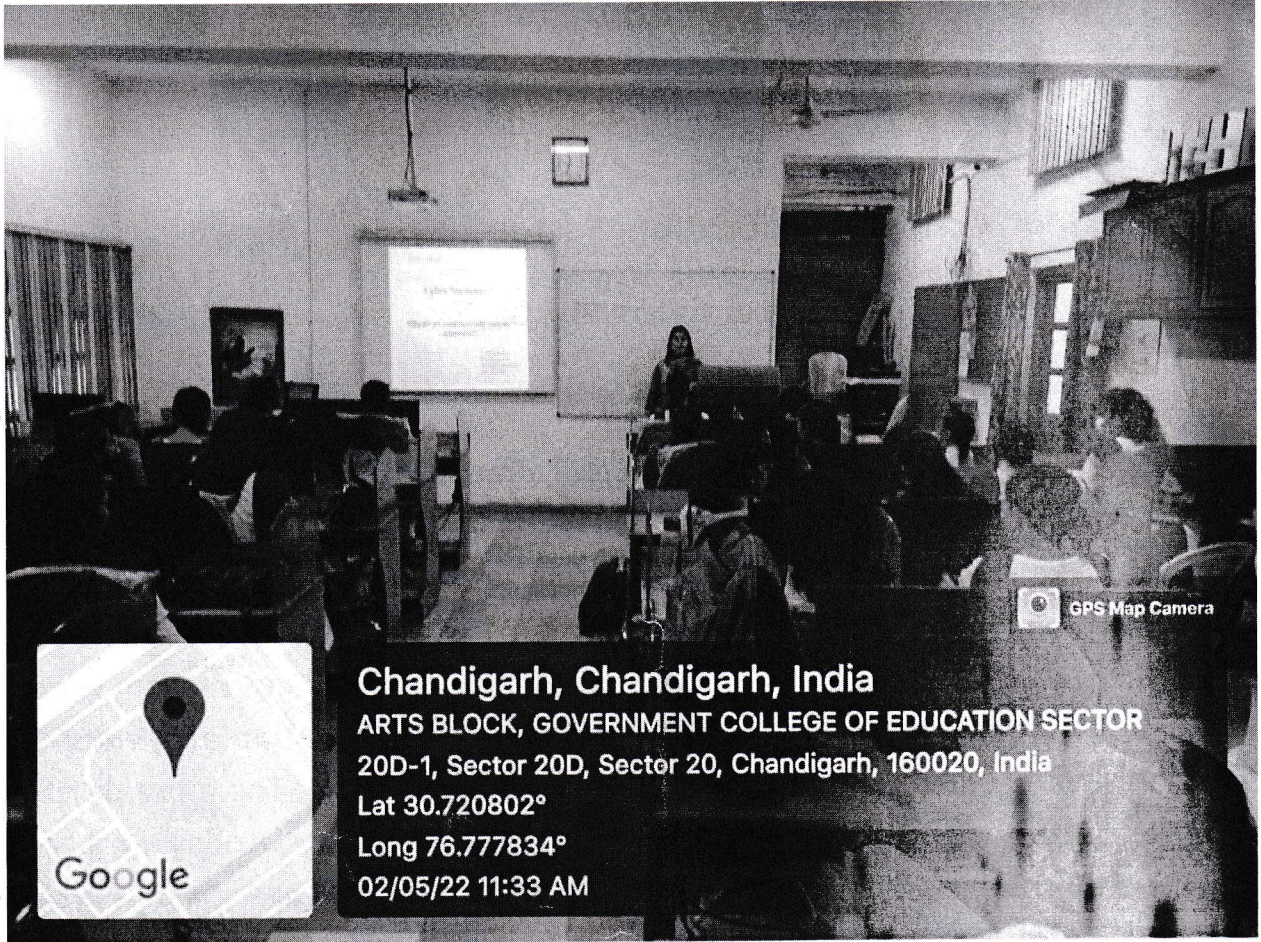
GCE-20D

Chandigarh

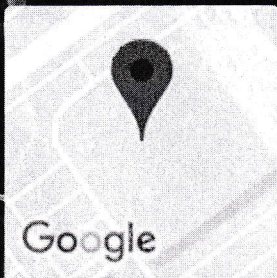
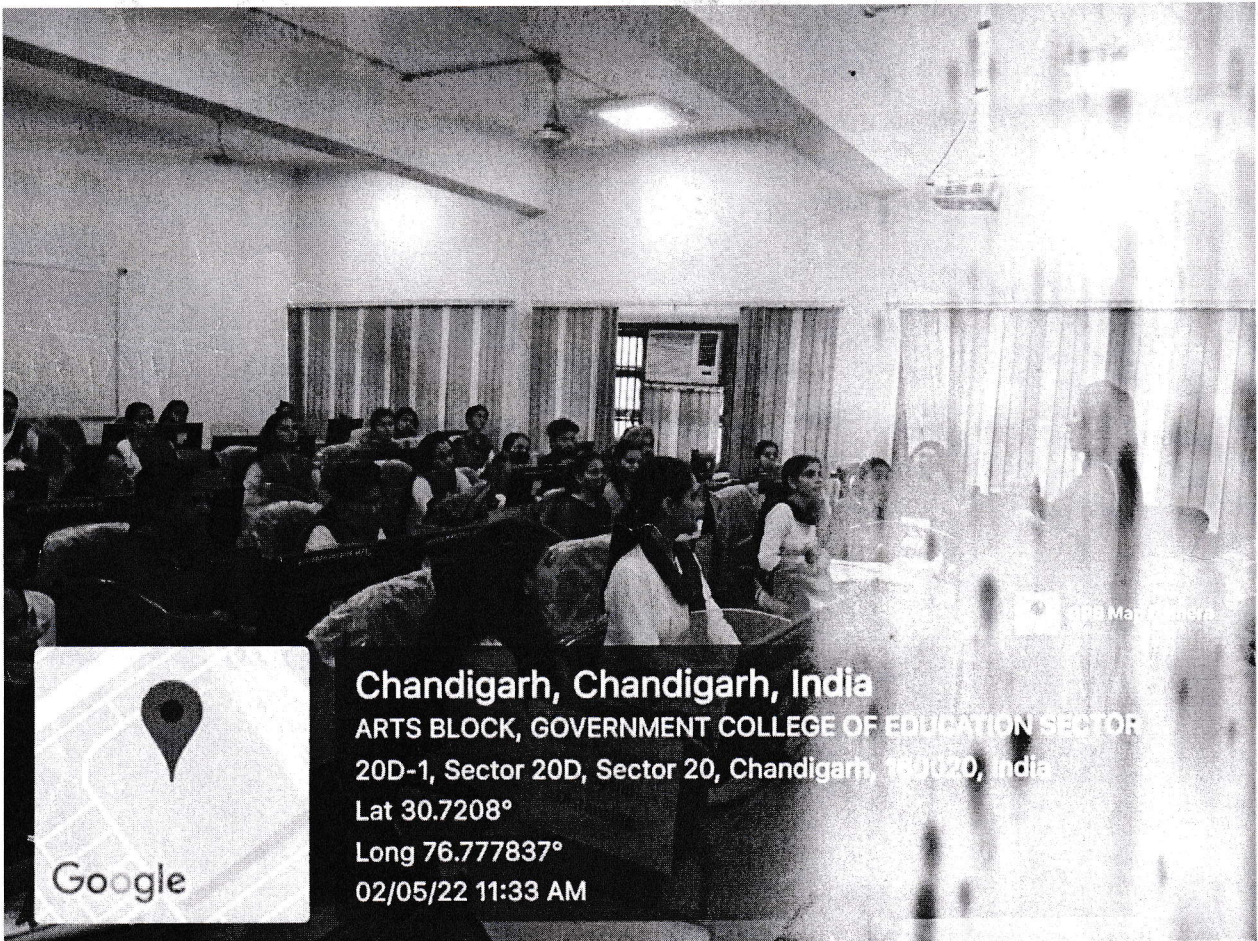
Principal,  
Govt. College of Education  
Sector 20-D, Chandigarh

*uploaded on website*  
*Suman*  
4/5/22





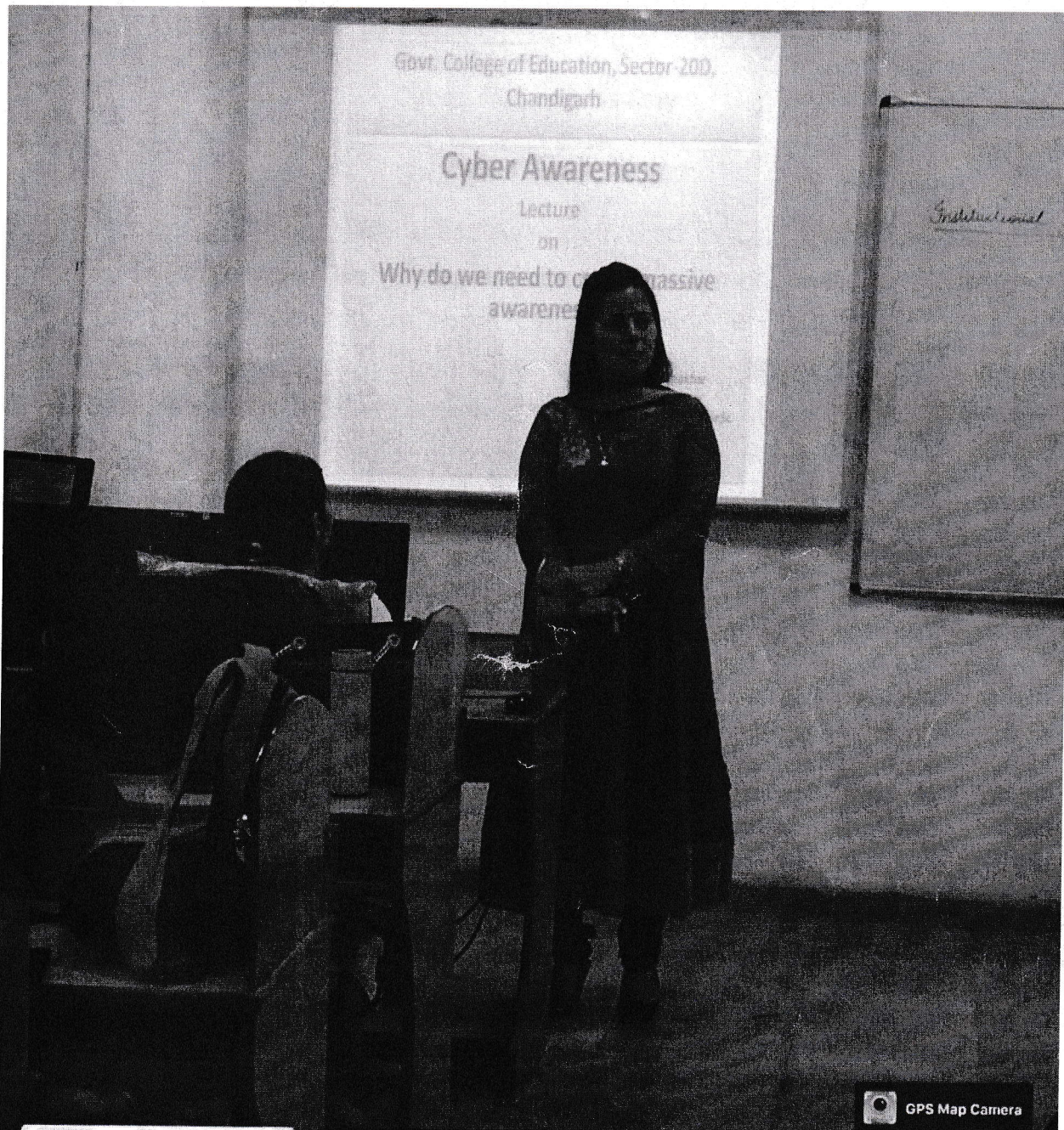
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Long 76.777834°  
02/05/22 11:33 AM



**Chandigarh, Chandigarh, India**  
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02/05/22 11:33 AM

*Suman*  
354  
21/5/22





## Chandigarh, Chandigarh, India

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Long 76.777828°  
02/05/22 11:32 AM

*Suman*  
2/3/55




## MGNCRE-GCE 20 CHANDIGARH

M1+RD 901

- MGNCRE initiative was communicated to the college through its consultant Mr. Samarath Sharma. A dedicated set up of members were nominated by the chair. Dr. Ravneet Chawla was made the nodal officer. Staff and student members were included under the Principal, Dr. A.K.Srivastava. During COVID times a dedicated webinar was created to orient to the concept and expectations. He youth was motivated to be the ambassadors of change right from to the grass level to the top. On June 12, 2021 a workshop was organized from 12-1:30 PM on PSYCHOSOCIAL SUPPORT FOR COVID PANDEMIC CONDITIONS. Mr. SAMARTH SHARMA spoke on developing COVID HELPER SKILLS.
- MGNCRE with a dedicated vision for the future encouraged and ensured making SWACHHTA ACTION PLAN in the beginning of the year, 2022.
- A webinar was organized by the NODAL OFFICER on SWACCCHTA ACTION PLAN AND SUSTAINABILITY EFFORT IN HIGHER EDUCATION on March 9, 2022 BETWEEN 11:30am to 12:30pm and MR. AJAY TANWAR, Project Coordinator from the MGNCRE was the speaker.
- The college submitted two surveys on self assessment wherein college faculty, other staff and the students' profile was shared. Also, related information is expected to be shared from time to time on residential facilities, solid and liquid waste management, hostel kitchen facilities, campus greenery, land use management, solar energy conservation, water management, COVID 19 interventions. Adopted village and intervention taken up, key institutional achievements were shared in round 1 in September, 2022. The exercise keeps the college alert to reflect well on the MGNCRE SUSTAINABILITY INDEX. We gathered information and shared in the due performan on details of water use, rain water harvesting and recycling, solar energy status and further proposal, green cover of the college, waste management strategies and status, drainage and land use system. It has allowed us to think on future of green cover as the trees have been removed that could be hazards or disaster in future.
- The Principal attended the round table meeting on 17.11.2022 held at the RUSA Buiding, Sector 42, Chandigarh organized I collaboration with the Directorate of Higher Education. Vsion and future tasks were discussed.
- October, 2022 campus survey was held and the efforts of the cell were appreciated.
- A detailed activity wise entrepreneurship and other activities possible were made as a chart to follow for future activities.



Nodal Officer



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