



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



## 7 Days NSS Special Camp

### Swachh Bharat Abhiyan and Fit India Campaign

#### Report

#### Day 3: 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 Kapalbhati, Surya namaskar.Tadasana, etc. were introduced with description.

After breakfast, Dr.RavneetChawla, NSS incharge welcomed Prof. Swairaj Singh Sandhu, Former Head Department of Punjabi, DAVC, Chandigarh and a renowned writer, theatre artist, actor in movies. A kavisammelan was organised and a lot of volunteers participated enthusiastically. The event was judged by the guest Prof. Swairaj Singh Sandhu, NSS inchargeDr.RavneetChawla 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.

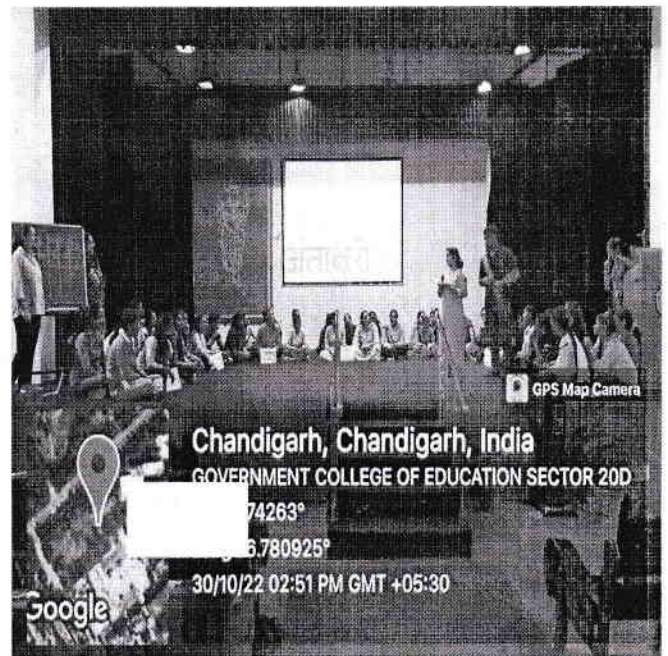
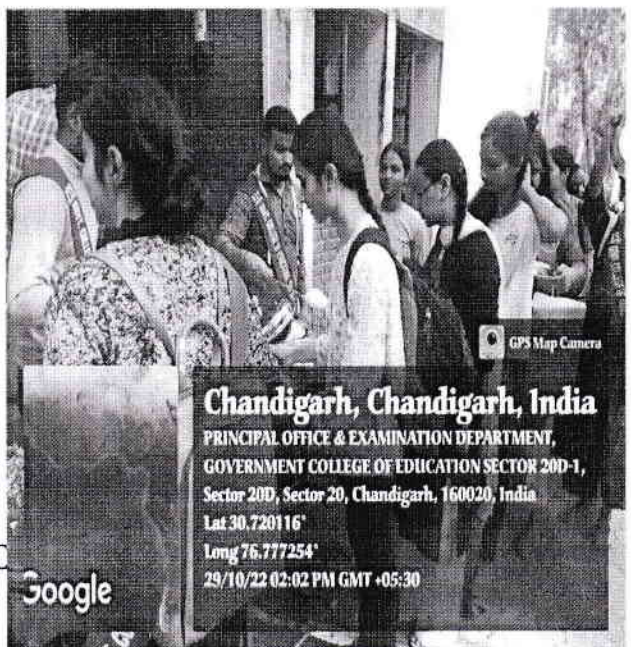
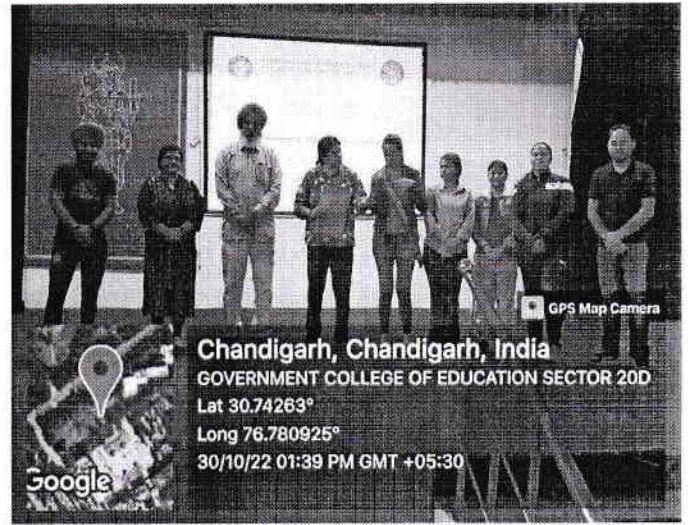
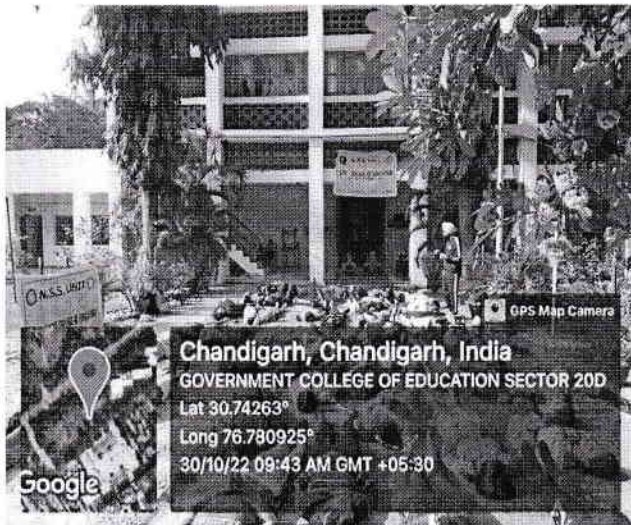
This was followed by an insightful session by Prof. Swairaj Singh Sandhu who discussed today’s media and its portrayal of women and culture. He also guided volunteers as to how they can

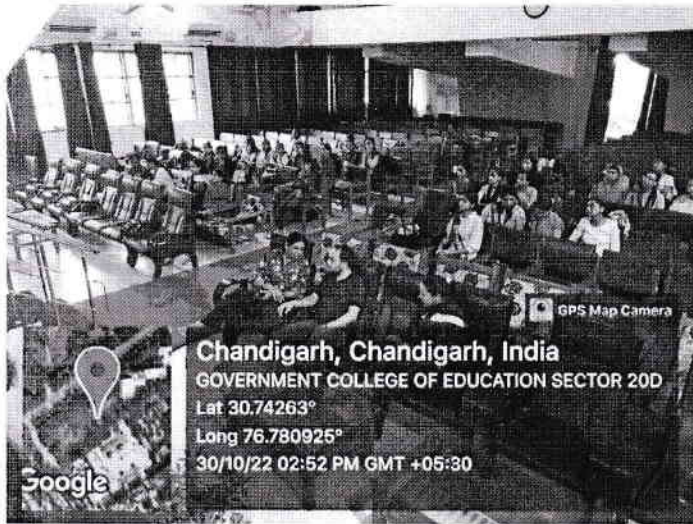
improve their poem writing, reciting skills and gave many valuable suggestions. He also recounted his earlier career and how different it is from the media we are exposed to now.

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:





NSS CELL

Dr. RavneetChawla

Mr. Ravinder Kumar

Mrs. Sonika Devi

Principal

Govt. College of Education

Sector 20 D, Chandigarh