

**POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS
SECTOR-11, CHANDIGARH**



COURAGE TO KNOW

**National Service Scheme (NSS)
(Session: 2018-19)**

Programme Officers

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Aims

1. Developing personality and character of the student through voluntary community service.
2. To identify the needs and problems of the community and involve them in problem solving process.
3. To gain skills in mobilizing community participation.
4. To acquire leadership qualities and democratic attitude.
5. To develop capacity to meet emergencies and natural disaster.
6. To practice national integration and social harmony.

Objectives

1. Understand the community in which they work.
2. Understand themselves in relation to their community.
3. Develop competence required for group living and sharing responsibilities.
4. Gain skills in mobilizing community participation.
5. Utilize their knowledge in finding practical solutions to individual and community problems.
6. Develop among themselves a sense of social and civic responsibilities.

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Principal

Post. Graduate Govt. College for Girls
Sector 11, Chandigarh

Tree Plantation

On **27th July, 2018** a tree plantation drive was organized in Post Graduate Government College for Girls, Sector 11, Chandigarh by NSS in collaboration with Prakriti- The Environment Society and Nostalgia- The Alumni association of the College. 85 student volunteers actively took part in the drive. Principal of the College, Prof. Anita Kaushal planted a tree sapling, and she was followed by other senior faculty members, alumni, other distinguished guests and media persons. Saplings of fruit and avenue trees such as Gulmohar, Ficus and Palash were planted as a part of Van Mahotsav. Addressing faculty and students on this occasion, Principal of the college addressed on significance of tree plantation in the wake of sustainable development. She encouraged for the care of saplings in larger interest of an environment.



Tree Plantation

Orientation Programme

On **08th August, 2018**, an orientation programme for new NSS volunteers was conducted in the college auditorium. More than 600 student volunteers enrolled for NSS this year. They were introduced to the main objectives and rules of NSS by the Programme Coordinators. The volunteers were also introduced to the eight Programme officers in the college.



Orientation Programme

Cleaning Campaign

On 9th August to 11th August, 2018 a cleanliness campaign was carried in the college on under the able guidance of NSS officers Mrs. Anju and Ms. Shamama Amir. The theme was Swachh Neevadan, inspired by Swachh Bharat Abhiyan with a vision of clean India. 92 Volunteers of different streams actively participated. BSc 1st year Volunteers took active initiative to clean college campus and laboratory.



Students from different stream



Students cleaning botany laboratory



Cleaning store



Segregating waste

Independence Day Celebration

On the occasion of Independence Day i.e. **15th August, 2018**, a function was organized by the NSS unit of pggcg-11, Chandigarh. Madam Principal, Dr. Anita Kaushal hosted the flag. After that a cultural programme was performed by 132 student volunteers in the presence of all teaching and non-teaching staff of the college. Sweets were distributed among the students.



NSS Volunteers



Flag Hoisting

Helmet rally campaign

On 29th August, 2018, The NSS Units, Traffic Awareness and Road Safety Society of Post Graduate Govt. College for Girls, Sector-11, Chandigarh organized a Helmet Awareness Rally for girls in collaboration with Chandigarh Traffic Police and Alumni Association of the college. Mrs. Nilambari Jagadale, IPS officer and SSP Chandigarh was the chief guest. Sh. Shashank Anand, IPS, SSP Security & Traffic and other Police personnel also graced the occasion. 75 student volunteers participated in the rally. In this unique initiative, the Chandigarh Traffic Police distributed helmets to the girl students to promote the culture of safe-driving in the Tri-city. T-shirts were also gifted to the rallyists. Rally was taken out on two wheelers in sector 10-11 to bring awareness about helmet.



Helmet Rally Campaign

Workshop on the theme “Hygiene management among Adolescents”

A two-day Capacity Building Workshop on the theme “Hygiene management among Adolescents” was organized in the Post Graduate Government College for Girls, Sector 11, Chandigarh under the aegis of RUSA on **12th and 13th September, 2018**. The Workshop was conducted by a team of experts from Panjab University, Chandigarh. More than 80 students participated in the workshop. The Inaugural session was chaired by Professor Nirupma Luthra, Vice Principal of the college and attended by several faculty members of the college. In her inaugural address, Dr. Navdeep Sharma, NSS Coordinator, Panjab University, Chandigarh described the importance of Hygiene amongst adolescents. She urged the girls to shed the myths relating to Menstrual Hygiene and practice safe hygiene practices. Dr. Manjushree from UIAMS, PU, Chandigarh explained the biological processes and changes in the adolescents which need to be understood in the right perspective for the healthy body of the adolescents. Dr. Gaurav Gaur, Assistant Professor in Social Work from PU, Chandigarh conducted a session explaining how it is important for both the male as well female members of the society to understand the problems of the adolescents. Dr. Amritpal Kaur and Dr. Anupam Bahri from UILS, PU Chandigarh also acted as resource persons during the workshop.



Guests of the Day



Speakers of the Day & Participants

NSS Adventure Camp

Ms. Shamama, Programme officer from our college along with Tanya from BSc, and Sakshi from BA participated in the NSS Adventure Camp held at Pong Dam Kangra from **12th September to 22nd September, 2018.**



Students at Adventure Camp

Two days Camp by Open Eye Foundation in the College Campus

A two-day Camp was organized by open eye foundation from 17th& 18th September, 2018 in PGGCG-11, Chandigarh. In this camp they collect books for needy students. 53 students of PGGCG-11 donated their old books for the needy students.



Collection of Books



Books stall

Swachhata Hi SewaHai Abhiyann

The Mayor of the city, Shri.Davesh Moudgil, felicitated more than 60 Volunteers from the college who participated in the Swachh Bharat Summer Internship on **22nd September, 2018**. The function was arranged in the college under 'Swachhata Hi Sewa Hai' Abhiyan of Government of India. Dr. Navdeep Sharma, Programme Coordinator, NSS, PU Chandigarh and Dr. Gaurav Gaur, Department of Social Work, PU Chandigarh also graced the occasion. Principal, Prof. (Dr.) Anita Kaushal welcomed the Chief Guest and other dignitaries. She highlighted various activities carried out by the college under the Swachh Bharat Abhiyan.



Mayor, Shri. Davesh Moudgil

Swachhta Awareness Campaign

NSS day was celebrated on **24th September, 2018**. On this occasion, a Swachhta Rally was organized in the college under the guidance of NSS Coordinator Madam Karun Lekha, Dr. Pallavi Mishra and Dr. Anju in the presence of Madam principal Dr. Anita Kaushal. 39 volunteers participated in the rally .Swachhta awareness campaign taken out Khudda Jassu.



Posters on NSS day



Volunteers with banner



Swachhta Rally at Khudda Jassu

Blood Donation Camp

A Blood Donation camp was organized in pggcg-11, Chandigarh. These camps were jointly organized by Blood Donation Society, NSS, Alumni Association and Department of Transfusion Medicine, PGI, Chandigarh. on **27thSeptember, 2018**. The staff and 108 students from the college donated blood with enthusiasm. All the NSS Programme officers were present in camp and motivate the students.



Blood donation



Certificate to Dr. Anoop for blood donation

Participation in Workshop on Poshan Abhiyan

Workshop at PGIMER on Poshan Abhiyan was attended by 27 student volunteers of our NSS unit on **28th September, 2018**. NSS volunteers participated in the workshop and enriched themselves by their experiences.



Inauguration of Poshan Mah by Administrator Honorable Governor

Pre RDC-Selection

On **29th September, 2018**, selection for Pre RD-Camp was held in Punjab University, Chandigarh. Two students Manju Rani and Sakshi participated in the camp. Manju got selected for Pre RDC 2018.



Pre R-day Selection

Pre RDC Camp

Manju student of BA-III participated in the Pre RDC camp held at Sikar from 12th October to 22nd Oct 2018.



Student from BA-III participating in camp

Seven Day and Night NSS Camp

A NSS seven Day and Night camp was organized from 16th October to 22nd October, 2018. More than 150 volunteers participated in the camp. The theme of the camp was "Swachh Bharat Saksham Bharat". During the camp the volunteers visited the adopted village Khudda Jassu. Swachhta rallies, Nukkad natak and door to door interaction were carried out to make the villagers aware about the importance of hygiene in the village. Meanwhile, in the college experts delivered their lectures on Food Safety, Swachhta, Menstrual Hygiene and Violence against Women in India. Sessions of Yoga and Self Defense for the girls were organized for the students. Rallies and door to door interaction with people were successfully carried out. Principal Prof. Dr Anita Kaushal, the chief guest for the valedictory function motivated the students to work in harmony for community service and applauded the volunteers for their untiring efforts throughout the camp.



Inaugural of seven day and night NSS camp



Visit to Khuddda Jassu



Cleanliness drive



Awareness about water Conservation

Celebration of Unity Day

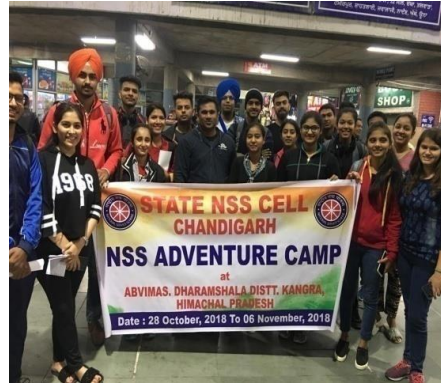
NSS units of PG Govt. College for Girls, Sector 11, Chandigarh in collaboration with Prashasnika, society of Departments of Public Administration and Political Science organized an Inter-college Quiz on the theme Importance Of Unity Day And Contribution Of SardarVallabhBhaiPatelon**25th October, 2018**. 66 students participated in the event. The objective of the quiz was not only to test the knowledge of today's generation on the theme but to also generate awareness about the significance of national unity and the role played by Sardar Vallabh Bhai Patel in independence struggle and National Integration. Teams from nine colleges and institutions of the city participated in the competition.



Participants during Inter College Quiz

Participation in Adventure camps

Dr. Anoop acted as contingent in charge for the National level adventure camp held from **28th October to 6th November**, at Dharamshala.



Students participating in camp

Anti-cracker Rally

On 2nd November, 2018, NSS in collaboration with Prakriti the Environment Society of PGGCG-11, and Alumni Association-Nostalgia and Botany Department organized awareness campaign on safe and pollution free Diwali. On this occasion a human chain was formed and a rally was organized by the members of faculty and 72 student volunteers. The rally was flagged off by Principal Prof. Anita Kaushal. She emphasized on the importance of celebrating an Eco-friendly Deepawali and thereby reducing the air and noise pollution. Rally was taken out around sector -11, to sensitize people.



Anti-cracker Rally

Candle light March and Skit

On 1st December, 2018, Aids Day a rally and candle light march was organized by NSS volunteers in association with Red Ribbon Club of the College in the Adopted village and Kudda Jassu. During the rally they made students aware of AIDS. 53 students joined the rally.



Awareness about AIDS day

NSS Seven day and night camp

A NSS seven days (Day/Night) camp was organized from **22nd December** to **28th December, 2018**. More than 150 volunteers participated in the camp. The theme of the camp was "Healthy and Skilled youth in a Swachh society". During the camp the volunteers visited the adopted village Khudda Jassu. Swachhta rallies, nukkad natak and door to door interaction were carried out to make the villagers aware about the importance of health and skill development in the village. Meanwhile, in the college experts delivered their lectures on Swachhta and students were sensitized.



**Nukkad Natak at Khudda Jassu
Beti Bachao Beti Padhao**



Interaction with Mr. Bikram Rana



Mehndi Competition



Vermi Composting

Republic Day

On the occasion of Republic Day, a function was organized on **26th January, 2019** by the NSS unit of PGGCG-11, Chandigarh. A cultural programme was presented by 37 students in the presence of all teaching and non-teaching staff of the college. Sweets were distributed among the students.



Staff on Republic Day



Individual Item

Participation in SBI Green Marathon

On 10th February, 2019 State Bank of India launched its second edition of annual flagship programme 'SBI Green Marathon' on February 10 to promote sustainability. Sanjay Beniwal, DGP, Chandigarh, and Rana Ashutosh Singh flagged off the event at Sukhna Lake and 3000 enthusiastic runners were witnessed. Out of those 20 NSS students under the orchestration of NSS programme officers Dr. Salil Sharma and Dr. Anoop Singh from Post Graduate Government College for Girls, Sector-11, Chandigarh also were the part of the productive gesture.



Participants in SBI Green marathon

National Integration Camp

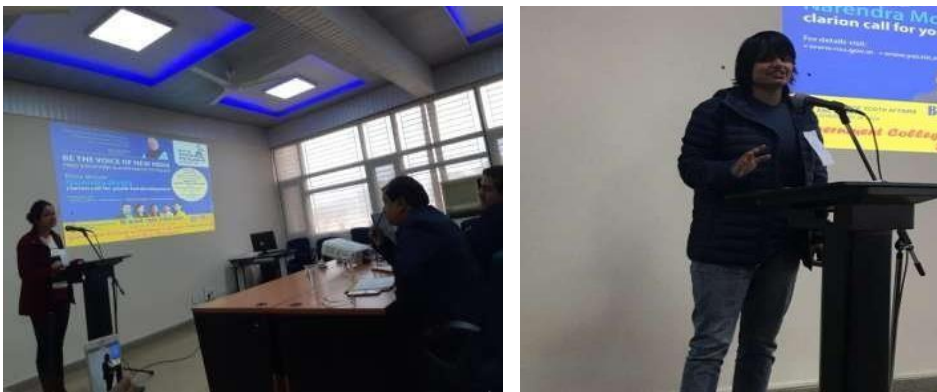
Tanvi Dogra student of PGGCG-11, Chandigarh participated in NIC held at Mandi, Himachal Pradesh from **12th February to 18th February, 2019**. Students had a great experience interacting with others through cultural exchange. During her stay in camp, she won first prize in speech and 3rd prize in group dance.



Student getting prize at NIC

Participation in National Youth Parliament 2019

National Youth Parliament 2019 has been launched by Honorable Union Minister of Youth Affairs and Sports, New Delhi. Any youth between the ages of 8-25 years can participate in this national youth parliament at district level through digital and walk in screening selected participant will participate at state and national level. The list of the topics for digital screening and walk, topics were different for both. On **13th February, 2019** to **14th February, 2019**, 11 students of PGGCG-11 participated in it. 7 girls participated in digital screening, Students who participated in digital screening uploaded their videos and students who participated in walk in, went to GCC Sector 50, Chandigarh, along with Dr. Anoop and Dr. Pallavi. Sakshi, Anashi, Prabhdeep and Prajikta got selected in digital screening and Simran and Sakshi got selected for walk which was presented before jury of Government College for Commerce Sector50.



Participants in Youth Parliament

Cleanliness Drive

On 25th February, 2019 a cleanliness drive was organized by NSS unit of PGGCG-11, Chandigarh, under the guidance of Programme officers, Ms. Karun Lekha (coordinator), Ms. Shamama Amir, and Mr. Vijay Kumar in hostel number 4. 42 Volunteers cleaned the surroundings of hostel.



Cleanliness Drive in college campus

Participation in Project ‘Saarthi’

On 6th& 7th March, 2019, Volunteers of pggcg-11, Chandigarh are actively participating in Saarthi Project running by Chandigarh NSS Cell from 2018 onwards. Purpose of this project is to guide the patients of PGIMER, Chandigarh. Volunteers are actively participating for this noble cause from 2018 under the guidance of programme officer Ms. Shamama Amir and performing their duties sincerely. Students are not allowed to take photos with patients.



Students Participants in Project “Saarthi”



Students performing Activities

Women's Day Celebration

On **8th March, 2019**, the occasion of women's day, 18 NSS volunteers of PGGCG-11, Chandigarh, performed a Skit in college campus and make a chain to show the women empowerment.



Human Chain on the Occasion of Women's Day

Martyr's Day

Martyr's Day of Shaheed Bhagat Singh celebrated in pggcg-11, Chandigarh on **22nd March, 2019** under the guidance of Programme Officer Dr. Pallavi Mishra. 32 Volunteers of NSS prepared posters and poem recitation on this occasion.



Poem Recitation and Life Sketch of Freedom Fighter's

Participation in National Integration camp

A national integration camp was organized by the Govt. of India, Ministry of Youth Affairs and Sports, Regional Directorate NSS, Chandigarh from **24th March to 30th March, 2019** at Shivalik Public School, Sector 52, Mohali, Punjab. Programme officer Ms. Shamama Amir was the member of organizing committee. Three students for our esteemed institution participated in NIC.



Participation in National Integration camp

Blood Donation Camp

Blood donation camp was organized in PGGCG-11, Chandigarh collaboration with the Blood donation society of the college on **27th March, 2019**. These camps were jointly organized by Blood Donation Society, NSS, Alumni Association and Department of Transfusion Medicine, PGI, Chandigarh. The staff and 87 students from the college donated blood with enthusiasm. All the NSS Programme officers were present in camp and motivate the students.



Inauguration of blood Donation camp



Blood Donation by volunteers

Best NSS Unit Award

On 25th April, 2019, PGGCG-11, Chandigarh that we got the best unit award in the annual function of department of NSS, Panjab University, Chandigarh.



Best NSS unit Award



Letter of Best NSS Unit

Outcome

NSS volunteers undertook social work within the college campus and at the adopted village Kudda Jassu. Various informative and interactive sessions were organized on Health and Hygiene Management, Nutrition related topics, National integration, AIDS awareness, environment conservation etc. This helped the students and residents to sensitize themselves and inculcate better knowledge which in turn helped in the better standard of living.