

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



COURAGE TO KNOW

**National Service Scheme
(Session: 2021-2022)**

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

Tree Plantation Drive

A Tree plantation drive was organized in both online and offline mode on 16th July, 2021. Principal planted a plant in the college premises. Mrs. Karun Lekha, NSS Coordinator, Vice principal, Monika Vij and 40 NSS volunteers participated in the drive.



Plantation Drive: Principal and NSS Volunteer

Independence Day Celebration

The 73rd Independence Day was celebrated on **15th August, 2021** in which 38 NSS volunteers participated. Celebration was done while maintaining all the protocols regarding Corona- Social distancing and wearing mask. Prof Anita Kaushal, unfurled the flag and the national anthem was sung. Student presented a group song. Principal motivated the staff as well as students during the difficult times.



Prof. (Dr.) Anita Kaushal marked the day by hoisting National Flag on the campus

Visit to Khudda Jassu

On 20th August, 2021, 70 NSS volunteers visited Khudda Jassu in collaboration with Mahatma Gandhi National Council of Rural Education. They formed different groups to interact with the people during the hard times of post covid era with their empathetic minds. Once the trust of the communities was won, they started cooperating with the NSS volunteers and approached them for solution of their problems who further reported about the same to the Programme Officers. One of the important services that were rendered by NSS volunteers was disseminating information about the latest development of watershed management, wastelands development, non-conventional energy, low cost housing, sanitation, nutrition and personal hygiene, schemes for skill development.



Interaction with Villagers



Cleanliness Drive at Khudda Jassu

One Month Training Programme on Self-Defense

23rdAugust to 24thSeptember2021, NSS volunteer Ibadat Kaur, trained volunteers on self-defense and made them to realize the importance in today's world, especially for girls. The importance of a healthy diet and healthy lifestyle was explained to the volunteers. She showed various techniques which can be used at the time of emergency. It boosted the confidence of the girls and they were taught various self-defensive techniques for a month. Self-defense helps to prepare us for unexpected situations and also helps to develop increased mental and physical health.. She also mentioned that to live healthy, we must adopt healthy eating habits.



Volunteers while practicing Self Defense

Poshan Mah

Poshan Mah was celebrated on **01st September to 10th September, 2021** along with students of Home Science Department. Various activities were undertaken and healthy nutritious recipes were prepared. 60 students participated in the activity. Afterwards posters were made in which importance of healthy food was presented on 22nd September, 2021. On 23rd September 2021, a talk was delivered by Dr. Khushboo on good food habits and how girls should focus on their life style.



Students prepared healthy food and depicted the value of healthy food through Posters

NSS Day Celebration

NSS day was celebrated in PGGCG-11 on **24th September, 2021**. 80 NSS volunteers gathered at 11:30am in the college premises along with NSS programme officer, Dr. Salil Sharma and Dr. Pallavi Mishra. The guest of the honour was Dr. Ritu Sekhri, Assistant Professor in Psychology in PGGCG-11, Chandigarh. The NSS volunteers welcomed the guest of honour and Dr. Salil gave her token of thanks. The celebration began with Ganesh Vandana and a beautiful dance performance, NSS pledge and tree plantation were a part of NSS day celebration



Pledge taken on NSS Day and Tree plantation in the Hostel Campus

Food and Craft Mela

NSS Volunteers organised a Food and Craft Mela on **29thSeptember, 2021** in college premises. They decorated the premises of the college with art work from eco-friendly products. The authentic fair was full of pomp and solemnity. There were stalls of oxidized jewellery, hand made necklaces and cotton candy rings, photo booths, decorative items and food stalls were also organised during this mela.



Volunteer organized Craft Mela

Gandhi Jayanti Celebration

On 2nd October, 2021, Prashasnika, Electoral Literacy Club, NSS and Virasat Society of PGGCG ó 11, had organized a Posteró Making Competition on the occasion of 152nd Birthday of Mahatma Gandhi at the same time celebrating õAzzadi ka Amrit Mahotsavõ. 30 students took part in the competition. Participants were to present their posters highlighting Gandhian ideals and vision on the following topics-Swadeshi Movement, Bapuø New India, Ahimsa ó Todayø Relevance, Simple Living High Thinking, The Gandhian Dreamland, Swachh Bharat.



Group photo of NSS Volunteers with NSS Program officers depicting posters

Nasha Mukti Campaign

Addiction is prominent difficulty in present scenario. On **8th October, 2021** NSS units and the de-addiction society of PGGCG-11 presented posters and tried to bring awareness about addiction and its repercussion. They presented a nukkad Natak. 35 students participated in the event. They showed the grievances of the family and how the addicted person suffers. Dr. Neelam Rathi, Dr. Ritu Sekhri, Dr. Mitika, Dr. Bani & NSS programme officer, Dr. Vijay Kumar were present there.



Performance of the NSS volunteers on Nukad Natak

Seven Day and Night NSS Camp

NSS seven days camp commenced from 19th October, 2021 to 25th October, 2021. The theme of the camp was 'Swachh Bharat Abhiyan'. It was started with the registration of the volunteers and 150 students were registered. A range of outreach and extension lectures were taken place on various subjects. Students participated in cleanliness drive in the college and at Khudda Jassu, they interacted with the villagers and educated them on the significance of the cleanliness. They also participated in a variety of competition.



Registration on the first day



Volunteers visited Khudda Jassu



Face Painting



Rally at Khudda Jassu

Vigilance Awareness Week

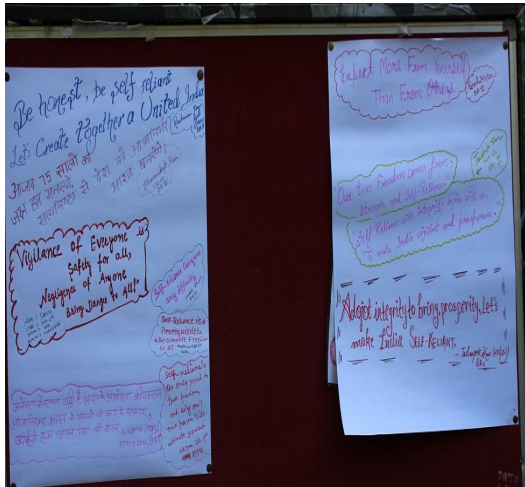
Vigilance week was observed from **26th October to 1st November, 2021**. It was done in collaboration with the Public Administration department and NSS units of PGGCG-11. An anti-corruption pledge was taken by everyone in college campus on 26th October.



Integrity pledge was taken by the entire faculty of the college & Open house

Slogan Writing Competition for Awareness Generation

From 28th October to 1st November, 2021, an awareness generation program was organized in the campus. The programme included slogan writing competition, Poster presentation, open house & discussion on various topics related to Health issues, Legal rights, Gender & Society, Violence etc.



Slogans by students



Slogans Presented by Volunteers

Anti Cracker Rally

An Anti cracker rally was undertaken with the collaboration of Prakriti society on **30th October, 2021**. Principal Prof. Anita Kaushal flagged off the rally. Dr Ajay (dean), Mrs Monika Vij (Vice Principal) and other staff member joined it. Their purpose was to create awareness among students and villagers regarding pollution, and it also gave insight about the child labors which is involved in making the crackers and its health hazards. 80 volunteers participated in the rally and raised slogans. The rally was also taken out at Khudda Jassu so that people could be made aware of it.



Rally at Khudda Jassu and Slogan raising

Constitution Day

Staff and students of Post Graduate Government College for Girls, Sector-11, Chandigarh, commemorated the Constitution Day on **26th November, 2021**, Prashasnika, society of Departments of Public Administration and Political Science marked the day in collaboration with Electoral Literacy Club and NSS units of the college. 110 student volunteers participated in the events. Prof. Anita Kaushal, Principal of the college, read out the Preamble to the Constitution of India at 11:00 AM along with members of teaching and non-teaching staff of the college.



Reading out the Preamble

Seven Day and Night Camp

The NSS Cell of Post Graduate Government College for girls, sector-11, Chandigarh organized a Seven day from **10th December 2021 to 16th December, 2021**, NSS. 233 student volunteers participated in the camp. The theme of the camp was "Swachh Bharat Abhiyan". The first day was the Registration Day & a total of 233 NSS volunteers were registered in this camp. There were different activities that were organized during the seven day/night camp. Cleanliness drive, Expert Talks by Resource Persons, Rangoli making competition with a theme Corona Safety Measures, Nukkad Natak, Cleanliness drive, and a visit to adopted village Khudda Jassu were the activities conducted.



Registration Desk for NSS Volunteers

Students presenting Nukkad Natak



Volunteers at KhuddaJassu

Nukkad Natak (Electoral Awareness)

On 14th December, 2021, 65 NSS volunteers of the college organised a Nukkad Natak with the main purpose to encourage, facilitate and maximize enrollment, especially for the new voters. Through Nukkad Natak students appreciated the remarkable contribution of the Youth to strengthen our democratic fabric. Principal Prof. Anita Kaushal conveyed that adding this initiative is expected to give the youth a sense of empowerment, pride and inspire them to exercise their franchise. Dr. Salil Sharma, was the Convenor of this activity.



Nukkad Natak in the college Premises

World AIDS Day

On 15th December, 2021 The NSS Unit of the college organised a poster making competition on World AIDS Day where students actively participated with immense zeal and enthusiasm and made very beautiful posters. It was a great opportunity to watch these young minds trying to create their ideas of a better learning through posters.



Posters made by the students

National Youth Day

The NSS cell of the college observed the 25th National Youth Day & Swami Vivekananda's birth anniversary under the skilled leadership of Principal Prof. Anita Kaushal on **12th January, 2022** with the primary aim of sensitizing the students about the philosophies, principles, and the ideas of Swami Vivekananda. Students made posters of Swami Vivekananda, narrating stories about his life journey. The event drew its curtain down, by sharing some great comments on Swami Vivekananda by our great National Heroes.



Youth Day Celebration

Weeklong celebration on Beti Bachao Beti Padoo

It was a weeklong celebration of National Girl child (Beti Bachao Beti Padoo Scheme). On **20th January, 2022**. Post Graduate department of Sociology in collaboration with NSS unit of PGGCG-11, Chandigarh, organized a webinar on beti bachao, beti padhao Scheme. The Speaker for the day was Rajesh Kumar Chander, Assistant Professor and former Chairperson, Department cum center for Women's studied and development, Panjab University, Chandigarh. The webinar was attended by 98 participants, including worthy Vice Principal Mrs Monika Vij, organizer Dr. Manoj Kumar, and NSS volunteers. The speaker gave a brilliant insight on how new technology is being used against women. It was an interactive session.



Participants attending the webinar

Guest speaker delivering the online Lecture

Poster Making on Beti Bachao Beti Padoo

Poster Making, was also organized on 20th January, 2022 to celebrate Beti Bachao Beti Padoo which was undertaken under programme officer, Dr, Pallavi Mishra. NSS volunteers participated and made eye catching posters. Each poster was unique in itself and heart touching. A total of 39 posters were received, their glimpses are given below.



Posters on the theme Beti Bachao Beti Padoo

International Women's Day

International women's day was celebrated under the dynamic leadership and able guidance of our worthy Principal, Prof Anita Kaushal by NSS units of PGGCG-11 in collaboration of Chandigarh police, Cyber swachhta mission. This initiative was taken by Chandigarh Police as the part of cyber swachhta mission on **8th March, 2022** to mark cyber security for women. 120 NSS volunteers assembled in the college premises at 12:15 near room no 40 along with four faculty members, Dr. Pallavi Mishra, Dr Vijay Kumar, Dr. Anoop, and Dr. Anju. The volunteers made posters and banners and posters were also provided by Chandigarh Police. They marched along with constables and the deputed faculty to sector 10-11 round about.



Rally by Volunteers at sector 10-11 round about

Awareness Campaign and Citizen Feedback Report

NSS volunteers of the college hosted the awareness programme and citizen feedback for Swachhata Ranking of Chandigarh on **13th April, 2022**. Students of our college were addressed by Smt. Shalini Chetal (HCS), Joint Commissioner, Swachh Bharat Mission. She highlighted the importance of active citizen engagement and the indispensable responsibility that the youth shares to bring for the better city. Dr. Vivek Trivedi, Social Development Officer initiated the citizen feedback along with his technical team and data operators. 205 students enthusiastically polled their feedback and votes on the Municipal Corporation portal as the team guided them through the process. Dr. Ritu Sekhri, Programme officer NSS was the convener of the program and ensured that sensitization reaches the students through the most inspiring channels.



HCS Smt. Shalini Chetal honored by Madam Principal

Nukkad Natak on Cyber Awareness

NSS Unit of our college organized Nukkad Natak on the theme 'Cyber Crime & Contemporary Life' on the recommendations of Ministry of Youth Affairs & Sports (Govt. of India) celebrating Cyber Security Awareness on **12th May, 2022**. 43 student volunteers participated in the event. Dr. Ritu Sekhri, NSS Program officer engaged the students for creating awareness among the students regarding Cyber Security.



NSS Volunteers & Program Officers after Nukkad Natak Performance

Walkathon (Eat Right Mela)

On 15th May, 2022, 60 volunteers walked through various landmarks of Chandigarh from 6:00 am onwards. Food Safety Administration, Health Department, U.T. Chandigarh geared up for a mass awareness campaign of safe, fortified and healthy eating without wasting food through Walkathon from Rock Garden, Sector-1, Chandigarh and Eat Right Mela at Sukhna Lake Club. The notion behind such an event was to spread awareness among citizens regarding the significance of three aspects related to healthy living.



Volunteers at Sukhna Lake



Mass awareness by Volunteers

Workshop on Cyber Security Awareness

an Interactive Workshop on Cyber Security Awareness was organized on **1st June, 2022** by NSS in collaboration with, Department of Sociology and Legal Literacy Club as a part of celebration under Azadi ka Amrut Mahotsav. This cyber drive was conducted under the aegis of Cyber Swachhta Mission launched by the Chandigarh Police. Sh. Manoj Kumar Meena, IPS, SSP Security, Crime and Vigilance, Chandigarh Administration was the Key note speaker and Dr. Rashmi Sharma Yadav, DSP, Cybercrime investigation cell, IT, Chandigarh Administration as the resource person to conduct the interactive session. 117 student volunteers attended the session.



IPS Shri Manoj Meena & DSP Dr. Rashmi Sharma addressing students about Cyber crime & Security

Cycle Rally on World Bicycle Day

On 2nd June,2022 cycle rally on World Bicycle day was organized to draw attention to the benefits of using the bicycle-a simple, affordable, clean and environmentally fit sustainable means of transportation. 40 volunteers participated in this rally.



Participants during the cycle rally

Plogging

On **10th June, 2022**, 42 NSS volunteers from Post Graduate Government College for girls, sector-11, Chandigarh under the dynamic guidance of Prof. Dr. Anita Kaushal, Principal & in the management of Dr. Ritu Sekhri, NSS Program Officer participated in the Plogging activity. The venue for the activity was sector-22 open area, Shastri Market & the officer incharge was Senior Deputy Mayor along with the councilor Mr. Damanpreet Singh. The safety kit was provided to volunteers to initiate this activity and also Swachhta Pledge was taken to make our environment clean and plastic free.



NSS Volunteers participated in plogging activity making city plastic free

International Yoga Day Celebrations

On **21st June, 2022**, 130 NSS volunteers with Physical education department celebrated the International yoga day. The main objective of this activity was to promote relaxation, reduce stress and improvement in medical condition such as premenstrual syndrome, blood pressure, anxiety and many more.



Volunteers performing Yoga asana on Yoga Day

Outcome

NSS volunteers generally work in villages, slums and voluntary agencies to complete hours of regular activities during an academic year. As per the essential principles of National Service Scheme, a volunteer is anticipated to stay in continuous touch with the community. Hence, it is of imperative significance that a particular village/slum is selected for implementation of NSS programmes. NSS volunteer is to live with the members of the community during the 7 days Special Camping Programme and learn from their experience during his/her tenure in NSS. The purpose of NSS is Education through Service. It aids in the development of personality and the character of student youth.