

**GHG HARPARKASH COLLEGE OF EDUCATION FOR WOMEN
SIDHWAN KHURD, LUDHIANA**

NSS REGULAR ACTIVITIES REPORT 2022-23

Visit to Baal Ghar, Dham Talwandi Khurd (7th April, 2022)

G.H.G.Harparkash College of Education for Women, Sidhwan Khurd, Ludhiana, under outreach activities programme and NSS Unit took initiative to impart a sense of community service and sensitization towards orphans. A visit to orphan and abandoned children NGO **“Baal Ghar, Dham Talwandi Khurd”** working under the aegis of SGB International foundation on 7-4-2022. Principal Dr Amandeep Kaur along with Programme Officers and teacher in-charges of outreach activities and students of B.Ed., M.Ed. and PGDGC visited to meet the tiny tots. Volunteers visited family houses created for children by SGB foundation. Each family house has three bed rooms, a drawing cum The staff and students collected money voluntarily to donate the groceries also. Overall, the visit really sensitized the staff and volunteers towards orphan, abandoned and destitute children.

Yoga Classes (13th April to 21st June, 2022)

Keeping in view the International Yoga Day-2022, the NSS unit of G.H.G. Harparkash College of Education for Women, Sidhwan Khurd started Yoga classes for staff and students to practice Yoga Asanas on daily basis. The students performed Yoga regularly in the period allotted for the purpose. It was a refreshing and enjoyable experience to start every day from Yoga and then proceed to do studies. Dr. Amandeep Kaur, Principal provided guidance to make arrangements for ensuring smooth conduct of Yoga class daily.

Donation Camp (13th April, 2022)

Donation camp was organised by NSS Unit for poor residing in slum areas on 13.04.22. All the staff members and students of the college donated various item

like clothes, bags, water bottles, shoes and other essential items to the needy people residing in the slum areas of Jagraon. Staff and students went to the slum area in the college bus. Students and staff of the college distributed the material to the people over there. By visiting these areas, a conscious effort was made to aware students about the conditions of the people living there.

Eye Checkup Camp *In collaboration with Civil Hospital, Jagraon (23rd April, 2022)*

An eye checkup camp was organized for the staff and community members by the NSS Unit of G.H.G. Harparkash College of Education for Women, Sidhwan Khurd in collaboration with Civil Hospital, Jagraon. Principal Dr. Amandeep Kaur and NSS Programme Officers played a key role in organizing this event. A team of eye specialists from Civil Hospital, Jagraon visited the camp and did the eye checkup free of cost. The patients were examined and medicines were prescribed to them. In few cases, the doctor gave preliminary treatment and asked them to visit the Hospital for getting operated further. About 70 members of the staff and community visited the camp and were benefitted. The team from Civil Hospital, Jagraon was honoured by Principal Dr. Amandeep Kaur for providing their services.

Plantation Drive (26th April, 2022)

ECO Club and NSS Unit of GHG Harparkash College of Education for Women organised Tree Plantation Drive under the theme "Rukh Lagao Desh Bachao" in collaboration with "The Green Punjab Mission Team, International Charitable Trust," on 26 April 2022. On this occasion, Faculty members and all the students pursuing different courses from the college i.e., B.Ed., M.Ed. and PG Diploma in Guidance & Counselling planted 100 plants like Chukrasia, Gulmohar and Amaltas to name a few in the college campus. Dr Amandeep Kaur, Principal, GHG Harparkash College of Education for Women, welcomed Prof. Karam Singh Sandhu, Mr Satpal Singh Deharka, Mrs Kanchan Gupta and

the entire team of "The Green Punjab Mission Team". Mr. Satpal Singh Deharka inspired the students for taking initiatives of planting trees at their homes and doing activities which help to preserve our natural eco system.

Visit to School for the Deaf Children, Humbran Road, Ludhiana (28th April, 2022)

On 28th April, 2022 NSS volunteers along with Programme Officers and teacher incharges visited School for the Deaf Children, Humbran Road, Ludhiana. A total of 40 students from the college visited the school. The school was established by the Ludhiana Educational Society (Regd.) in the year 1971. Students of the college interacted with the students of the school for the deaf children with the help of their teachers and also visited the various rooms, laboratories such as speech therapy lab, home science lab, computer lab and art and craft room to understand the way of teaching learning being carried in the school.

Cyber Awareness Day (4th May, 2022)

The NSS Unit of G.H.G. Harparkash College of Education for Women, Sidhwan Khurd observed Cyber Awareness Day on 4th May, 2022. The NSS Programme Officer Dr. Jagminder Kaur made the students aware to remain cautious while surfing the cyber world. She also explained the current challenges being faced by the youth while using internet services. Mrs. Manpreet Kaur, Asstt. Prof. discussed about higher rate of cybercrime occurring these days and urged the students to restrain from disclosing their credentials on social networking sites. The students of B.Ed. and M.Ed. attended the lecture sessions with interest.

World Environment Day (5th-7th June, 2022)

NSS Unit and Eco Club of GHG Harparkash College of Education for Women celebrated World Environment Day from 5th June, - 7th June 2022 on the theme 'Only One Earth'. Poster Making Competition and 'Planting A Sapling' events

were organized in the college to sensitize students about the contemporary environmental issues. Students from B.Ed., M.Ed. and PG Diploma in Guidance and Counselling participated in both the events. First prize in poster making competition was bagged by Manpreet Kaur of B.Ed. (Ist year), second prize by Sumandeep Kaur of B.Ed. (Ist year) and third prize by Prinka of B.Ed. (Ist year). Around 30 samplings were planted by the students in the college campus. All the staff members also participated in the plantation of samplings. On this occasion, Principal Dr. Amandeep Kaur inspired the students for planting trees at their homes and fields also to preserve our natural eco system.

World Blood Donor Day (14th June, 2022)

The NSS Unit of G.H.G. Harparkash College of Education for Women, Sidhwan Khurd organized oath taking ceremony on World Blood Donation Day. The college staff and students took pledge to be always ready for donating blood voluntarily to save the mankind. This service to the society will definitely help to save precious lives from accidental deaths and thus help in reducing casualties.

International Yoga Day (21st June, 2022)

G.H.G. Harparkash College of Education for Women, Sidhwan Khurd observed International Yoga Day on 21st June, 2022. The NSS Unit and Cultural Event Committee of the college in collaboration with Bhartiya Yoga Sansthan, Ludhiana organized Workshop cum Yoga session. All the staff members (Teaching & Non-Teaching) and students of B.Ed. participated. The Resource Persons were Mrs. Kusum Arora and S. Manmohan Singh, Yoga Practitioners from Bhartiya Yog Sansthan, Ludhiana. Mrs. Kusum Arora enlightened about Yoga Asanas and Pranayama. S. Manmohan Singh, Yoga Practitioner demonstrated Yoga Asanas and Pranayama. The college Principal Dr. Amandeep Kaur shared her views that Yoga should be an inseparable part of our daily routine. Yoga can help us to boost our immunity and to lead a healthy

life. The students performed and enjoyed these Yoga activities. The Resource Persons from Bhartiya Yoga Sansthan, Mrs. Kusum Arora and S. Manmohan Singh were honoured by presenting saplings on the occasion.

International Youth Day (12th August, 2022)

NSS Unit and Cultural Events Committee of the College celebrated International Youth Day on 12th August, 2022. Dean Student Welfare, Dr. Sarvjeet Kaur highlighted the Role of Indian Youth in National Development. NSS Volunteers presented poems and talks. Principal Dr. Amandeep Kaur encouraged the students to contribute in the development of the country by performing their duties honestly at each and every phase of their lives. Dr. Jagminder Kaur, Programme Officer proposed Vote of Thanks.

Independence Day Celebrations ‘Azadi ka Amrit Mahotsav Week’ (8th August-15th August 2022)

NSS Unit and Cultural Events Committee of the College celebrated “Azadi ka Amrit Mahotsav Week” in collaboration with the Department of Youth welfare, Panjab University Chandigarh from 8th August - 15th August 2022.

From 8th to 10th August, 2022 NSS volunteers and staff members participated in ‘Pin A Flag, activity initiated by Ministry of Culture, Government of India on <http://harghartiranga.com>, pinned the flags and got the certificates.

On 11th August, 2022 the staff members and NSS volunteers of the college clicked the photographs with Tiranga and shared the photographs on their Social Media Accounts.

On 12th August, 2022 various cultural activities such as skit, choreography, patriotic songs and face painting with Tiranga were organised in collaboration with Sikhs Girls Sen. Sec. School, Sidhwan Khurd.

On 13th August, Tree Plantation Drive was organised in the college campus the staff members and NSS volunteers planted the sapling around the playground.

On 14 August, NSS volunteers participated in slogan writing/poster making activity on the theme “Azadi ka Amrit Mahotsav”.

On 15th August, 2022 the programme was started with flag hoisting, Principals of Three Sidhwan institutions hoisted the National flag which was accompanied with National Anthem sung by students and faculty members of all three institutions. Dr Amandeep Kaur Principal GHG Harparkash College of Education for Women in her address quoted that we are very lucky to be a citizen of Independent India as we got this independence after a very long struggle. Dr Gurwinder Singh, Assistant Professor GHG Harparkash College of Education for Women in his speech threw some light on the history of Independence struggle. On this occasion various cultural activities were performed by the NSS volunteers such as Skit, Choreography, Patriotic songs, Group Song, Poems etc. Dr Ajay Kumar, Assistant Professor GHG Harparkash College of Education for Women, in his speech made the NSS volunteers aware about the flag code of India. A documentary on history of National flag was shown to the NSS volunteers.

Teacher’s day (5th September, 2022)

The teacher’s day was celebrated by NSS volunteers on 5th September, 2022 to express their gratitude for the immense contribution put forth by their teachers for their development. Teachers are the cornerstone of students’ future. Teacher’s day was celebrated with a lot of anticipation, for the sheer spirit of the occasion. Principal Dr. Amandeep Kaur highlighted the significance of celebrating this day and said that this day is dedicated to the teachers with the sense of respect, appreciation, encouragement and support for their devotion to their students. The event was concluded by the reviews of Principal Dr. Amandeep Kaur and all the faculty members.

Hindi Diwas Celebration (14th September 2022)

NSS unit and Day Celebration Committee of the college celebrated Hindi Divas

on 14th September 2022. Principal Dr. Amandeep Kaur highlighted the significance of celebrating this day and said that this day is dedicated to the national language with the sense of respect, appreciation, encouragement and support for their devotion to the National language Hindi she also said that it is important to learn Hindi to reach the people of whole nation. Dr. Sarvjeet Kaur, Associate Professor of the College enlightened the students with various insights into the scope, development and popularity of Hindi. She also informed the students about the job opportunities in the field of Hindi. like Proof Readers, News Readers, Translators, TV Anchors, News Editors, Hindi Software developers etc. NSS program officer Dr. Jagminder Kaur proposed the Vote of thanks.

Birth Anniversary of Shaheed Bhagat Singh (28th September, 2022)

115th Birth anniversary of Shaheed Bhagat Singh was celebrated by NSS Unit and Cultural Event Committee of the College in collaboration with NSS Unit of Khalsa College for Women Sidhwan Khurd on 28th September, 2022. A Cycle Rally was organized in the Sidhwan Kalan and Sidhwan Khurd villages. After that Symposium on the Life and Philosophy of Shaheed Bhagat Singh was organized. Dr. Shally, Assistant Professor highlighted philosophy of Bhagat Singh on the basis of His letters written from jail. Principal Dr. Amandeep Kaur encouraged the students to adopt Shaheed Bhagat Singh's socialist and patriotic philosophy. Dr Gurwinder Singh, Assistant Professor enlightened the students to read more books and literature about philosophy of Shaheed Bhagat Singh. Patriotic Songs and skit was also performed by the students.

World Non-violence Day (1st October, 2022)

An Essay Writing Competition was organized by NSS Unit of the college to celebrate International Non-violence Day on 1st October, 2022. Volunteers participated in Essay Writing on different sub-themes related to the Life and Experiences of Mahatma Gandhi.

National Unity Day (31st October, 2022)

NSS Unit and Cultural Event Committee of the College organized National Unity Day on 31st October, 2022. An Expert Talk was organized on the theme 'National Unity and Integration' and the Resource Person was Dr. Gurwinder Singh, Associate Professor of the college. Pledge Taking Ceremony was organized afterwards.

'Secure Digital Banking' Extension Lecture (16th November, 2022)

NSS unit of the college organized an extension lecture on the theme 'Secure Digital Banking' on 16th November, 2022. Ms. Megha Sharma, Location Manager of HDFC Bank, Ludhiana suggested various ways and means for using online banking services, online shopping and other online applications safely and securely.

Celebration of Constitution Day (26th November, 2022)

NSS unit and Cultural Event Committee of the college organized Samvidhan Diwas (Constitution Day) in the college on 26th November, 2022. Various activities like Oath taking Ceremony, Online reading of Preamble, Online Quiz on India and expert talk on "Values Enshrined in Constitution" activities were organized in the college. All the faculty members and students of B.Ed., M.Ed. and PG Diploma in Guidance and Counselling present in the college participated in the oath taking ceremony. Thereafter, Dr. Shally, Associate Professor college delivered expert talk on "Values Enshrined in Constitution. After that, faculty members and students read Preamble of India online and also took online quiz on India.

Donation Camp (26th November, 2022)

College Outreach Activities in-charges and NSS unit of the college organized Donation camp for poor and needy residing in slum areas on 26th November, 2022. All the staff members and students of the college donated various item like clothes, bags, water bottles, shoes and other essential items generously to

the needy people residing in the slum areas of Jagraon. Staff and students visited the slum area and distributed the material to the people over there. By visiting these areas, a conscious effort was made to aware students about the conditions of the people living there.

PU G20 Youth Fortnight Student Activities (15th February 2023- 28th February 2023)

NSS Unit and Student Council of G.H.G.Harparkash College of Education for Women, Sidhwan Khurd, Ludhiana organised following Student activities under PU G20 YOUTH FORTNIGHT (15th February 2023- 28th February 2023).

On 16th Feb,2023, Sports activities were organised. 52 students participated in various athletic activities. B.Ed student Amandeep Kaur Roll no. 210024 received Best Athlete Award.

On 20th Feb,2023, Poster making competition was organised. 15 students participated in Poster making competition. B.Ed student Himani Kataria Roll no. 210013 got First Position and Jashandeep Kaur Roll no. 210001 got second Position.

On 23rd Feb,2023, an Extension lecture on "Innovation in 21st Centaury Skills" was Organised by the college. Dr. Gaurav Sharma G. S. S. School for Girls Daroli Bhai, Moga was the Recourse Person of the day. In his lecture he enlightened the students about various innovative skills required in 21st centaury. 30 students and 12 teachers participated in the lecture.

On 25th Feb,2023, Declamation contest was organised. 12 students participated in Declamation contest. B.Ed student Sehijpreet Kaur Roll no. 210006 First Position and Gurdeep Kaur Roll no. 210031 got second Position.

On 27th Feb,2023, Cultural activities were organised. 35 students participated in this competition. B.Ed student Sehijpreet Kaur Roll no. 210006 got First Position, Arpan Bansal Roll No. got Second position and Sonia Rani Roll no.

210031 got third Position.

On 28th Feb, 2023, Essay Writing Competition was organised. 25 students participated in this competition. B.Ed student Navdeep Kaur Roll no. 210008 First Position, P G Diploma student Ramandeep Kaur got second position and Jashandeep Kaur Roll no. 210001 got Third Position.

International Women day (8th March, 2023)

NSS Unit and Cultural Event Committee of the College organized one day State Level Seminar On '**Women Rights**' to commemorate International Women day on 8th March, 2023. Dr. Shweta Dhand, Principal GHG Institute of Law, Sidhwan Khurd was the Recourse of the Seminar. In the Inaugural session Dr. Amandeep Kaur, Principal of the college highlighted the Significance of celebrating Women's Day and message of women empowerment given to the audience. Dr. Shweta highlighted the various Acts, Laws and Policy Initiatives undertaken for Women Empowerment in India. N.S.S in charge Dr. Jagminder Kaur conducted stage and proposed the vote of thanks.

Martyrdom Day of Shaheed Bhagat Singh

On 23rd March, 2023 to commemorate Martyrdom Day of Shaheed Bhagat Singh, Rajguru and Sukhdev a seminar on Philosophy of Shaheed Bhagat Singh was organized by NSS Unit of the College. Resource Person Dr. Gurwinder Singh enlightened the volunteers about life events of Shaheed Bhagat Singh and their impact on his life, philosophy and freedom struggle of India. Documentary Films about Ancestral House of Shaheed Bhagat Singh and Life of Shaheed Bhagat Singh was shown to the students.

NSS Coordinators

Dr. Jagminder Kaur

Dr. Jaspreet Kaur

Principal

Dr. Amandeep Kaur

Principal
G.H.G. Harparkash College
of Education for Women
SIDHWAN KHURD (Ldh.)