

GHG HARPARKASH COLLEGE OF EDUCATION FOR WOMEN

Sidhwan Khurd(Ludhiana)

REPORT OF 7-DAYS NSS CAMP

on the theme

‘SWACHH BHARAT ABHIYAN’

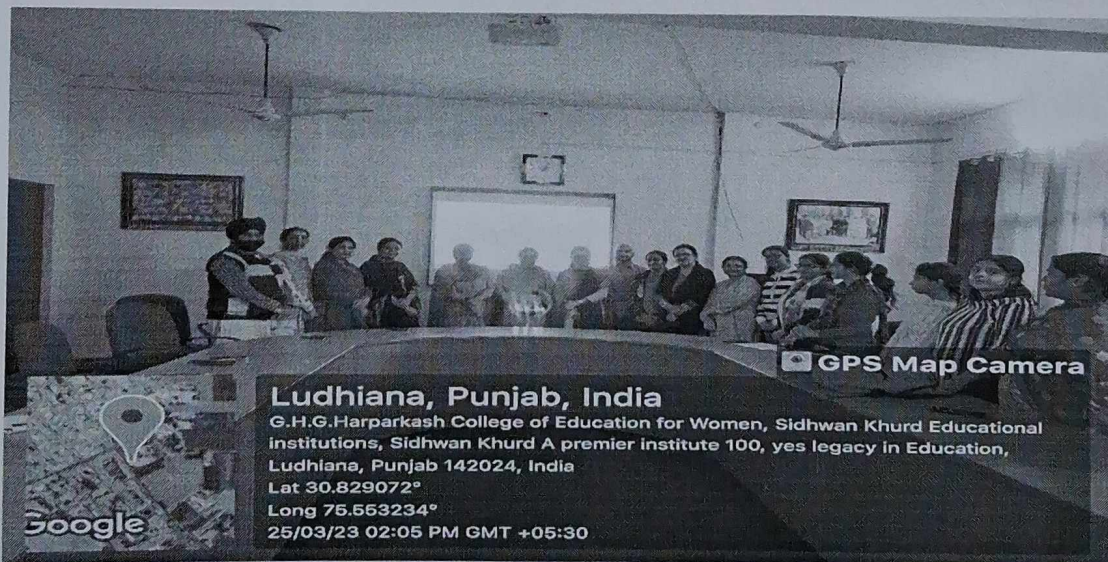
AND

‘FIT INDIA CAMPAIGN’

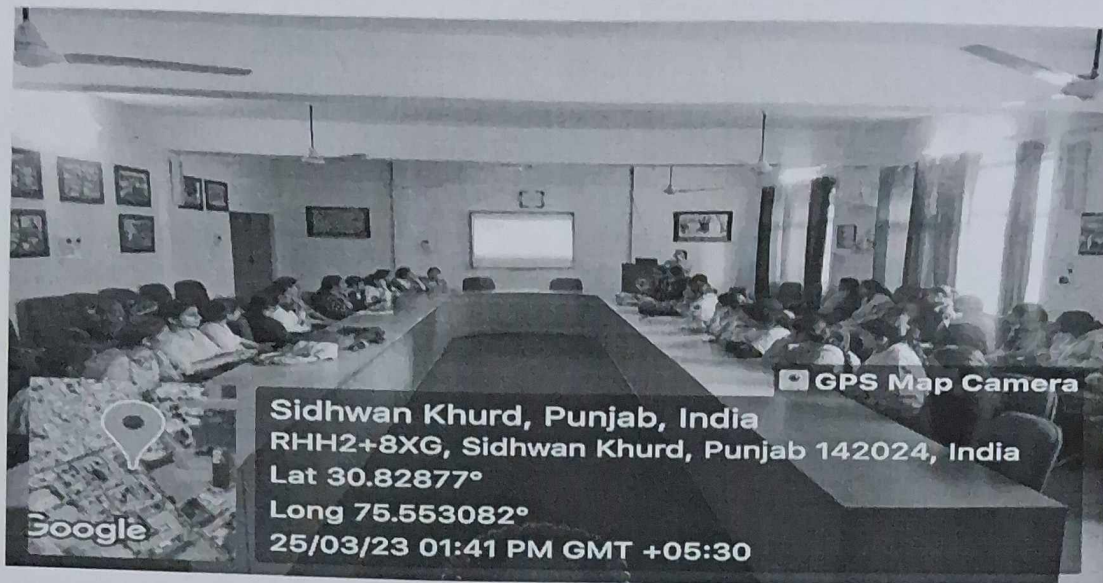
First Day (25th March, 2023)

On the first day of the NSS camp organized by GHG Harprakash College for Women, Sidhwan, on the theme ‘Swachh Bharat Abhiyan’

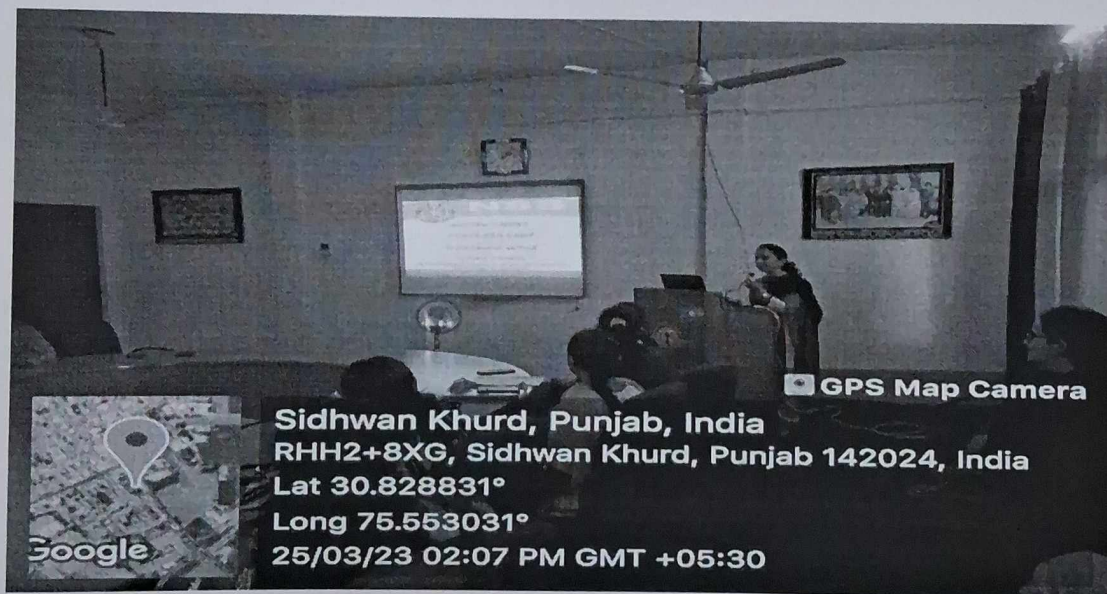
And ‘Fit India Campaign’ an inauguration ceremony was held. The camp was inaugurated by the principal of the college, Dr. Amandeep Kaur. The ceremony began with the lighting of the lamp by the principal of the college, along with other teachers. Programme Officer of NSS unit of the college, Dr. Jagminder Kaur welcomed the Principal, volunteers, staff and guests.



Dr. Jagminder Kaur, Programme Officer then gave an orientation session on NSS and its benefits. She explained how NSS can help students develop their social skills and sense of responsibility towards the community.



Principal Dr. Amandeep Kaur while greeting and addressing the volunteers encouraged them to serve the society and community. The ceremony was attended by 41 volunteers who were excited to participate in the upcoming activities.



Second Day (26th March,2023)

The second day of the NSS camp began with a yoga session led by Dr. Jagminder Kaur, Programme Officer. The students were taught various yoga asanas that would help them stay healthy and focused.



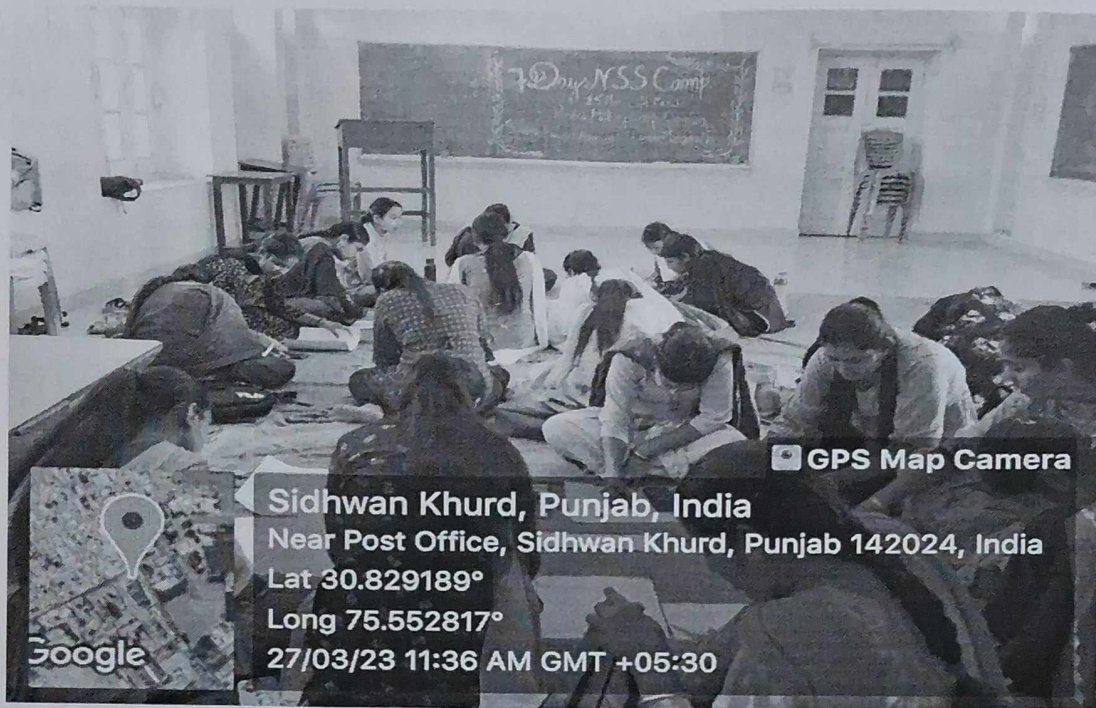
After the yoga session, the volunteers went to a slum area to donate clothes, stationary and other items to the needy ones. The students showed great empathy and compassion towards the people living in the slums.



In the afternoon session the volunteers visited the Maharaja Duleep Singh Memorial, Bassian Kothi, Raikot. The memorial is dedicated to the last King of Punjab, Maharaja Duleep Singh, and the students learned about his life and the history of the Kohinoor diamond. The visit was supervised by Dr. Jagminder Kaur.



- Prachi Sood- 1st
- Jasvir Kaur- 2nd
- Shivani- 3rd

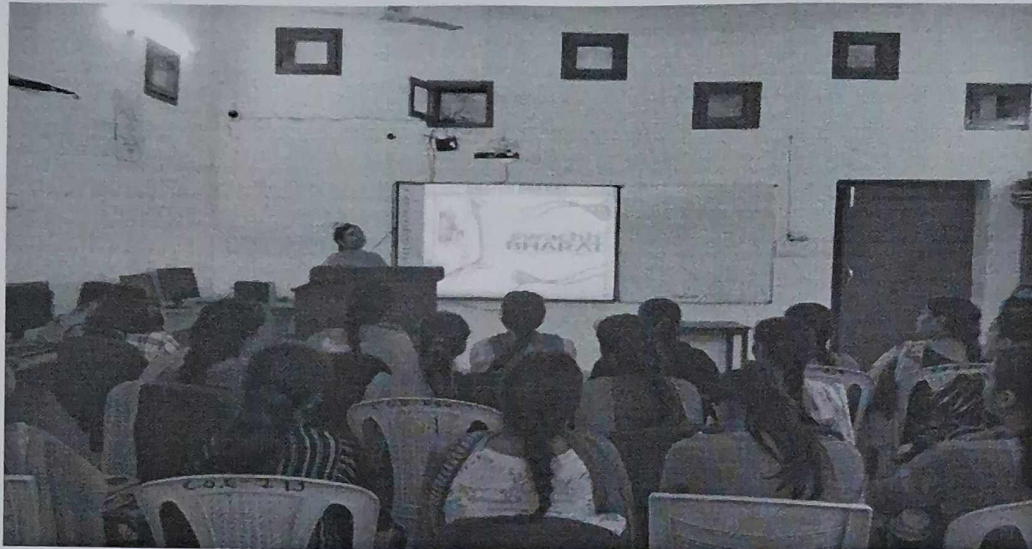


In the afternoon session an expert talk was delivered by Dr. Gurwinder Singh, Assistant Professor on the theme 'Role of Positive Thinking in Personal Development and Achievements in Life'



Forth Day (28th March,2023)

The fourth day of the NSS camp began with Prayer and Yoga session. After that Programme Officer Dr. Jagminder Kaur conducted an orientation session about 'Swachh Bharat Abhiyan'. She acquainted the volunteers about history, mission and objectives of Swachh Bharat Abhiyan.



After the orientation session Campus Cleanliness Drive was organized, volunteers cleaned the college campus and Gurudwara Sahib of the campus. The students worked together to clean the premises and make it presentable.





Fifth Day (29th March,2023)

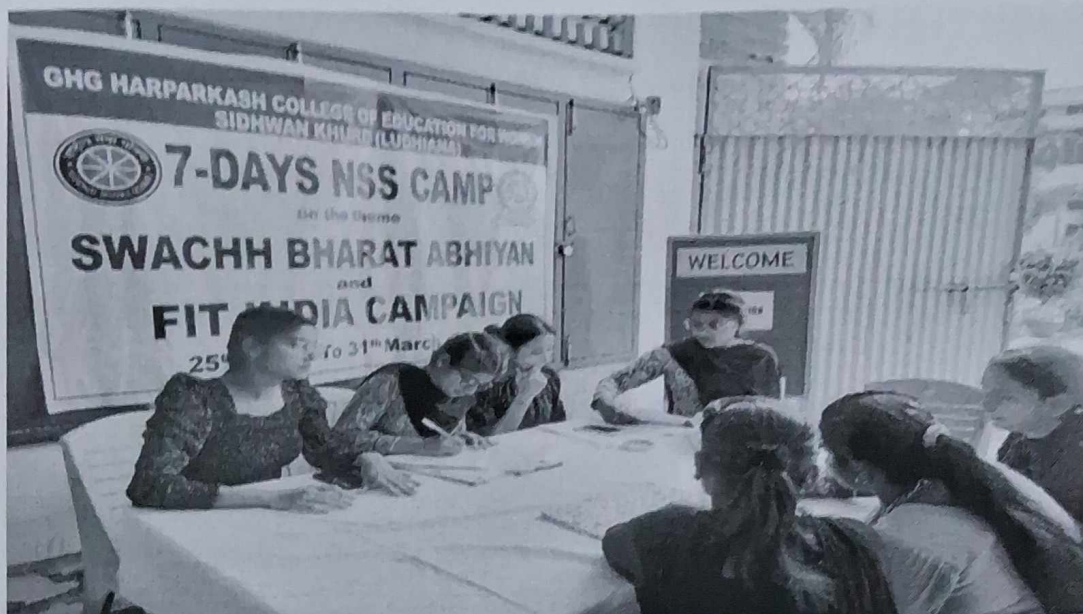
On the fifth day of the camp, a workshop on 'Best out of Waste' was organized to train the volunteers for making useful and decorative items from the waste. Art & Craft Instructor Mrs. Harjeet Kaur demonstrated various Flower Making, Pot Painting, File Making and embroidery skills and students were given hand-on practice for making these items.



In next session volunteers cooked and served food in the campus mess for hostel students.

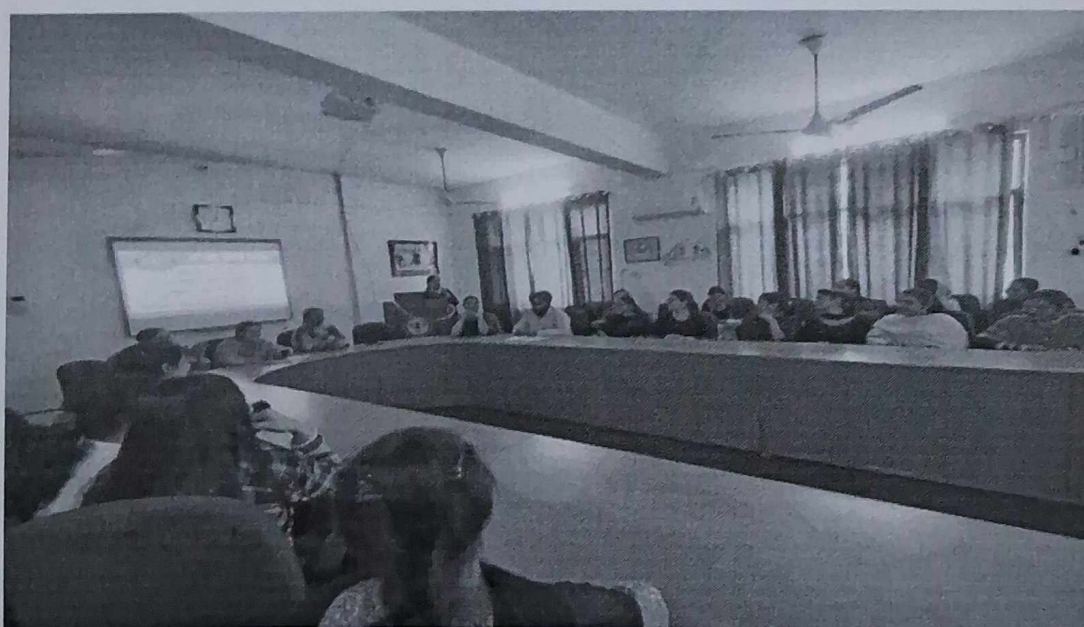


In afternoon session an awareness camp about the Survey of Youth not in Formal Education/Regular Employment was organized for all volunteers. Five students were oriented about filling the Survey Form by Programme Officer. Afterwards these students provided training to other volunteers about this survey.

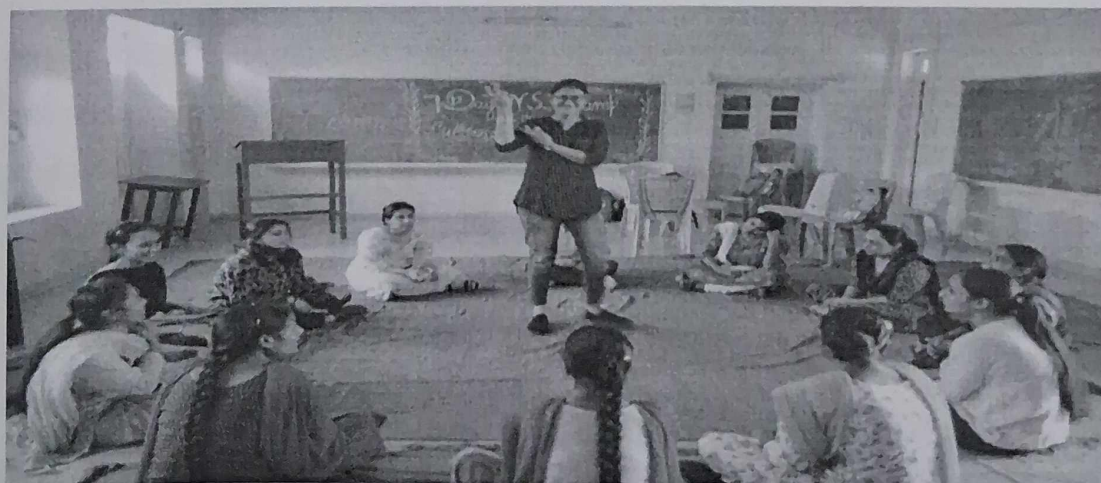


Sixth Day (30th March, 2023)

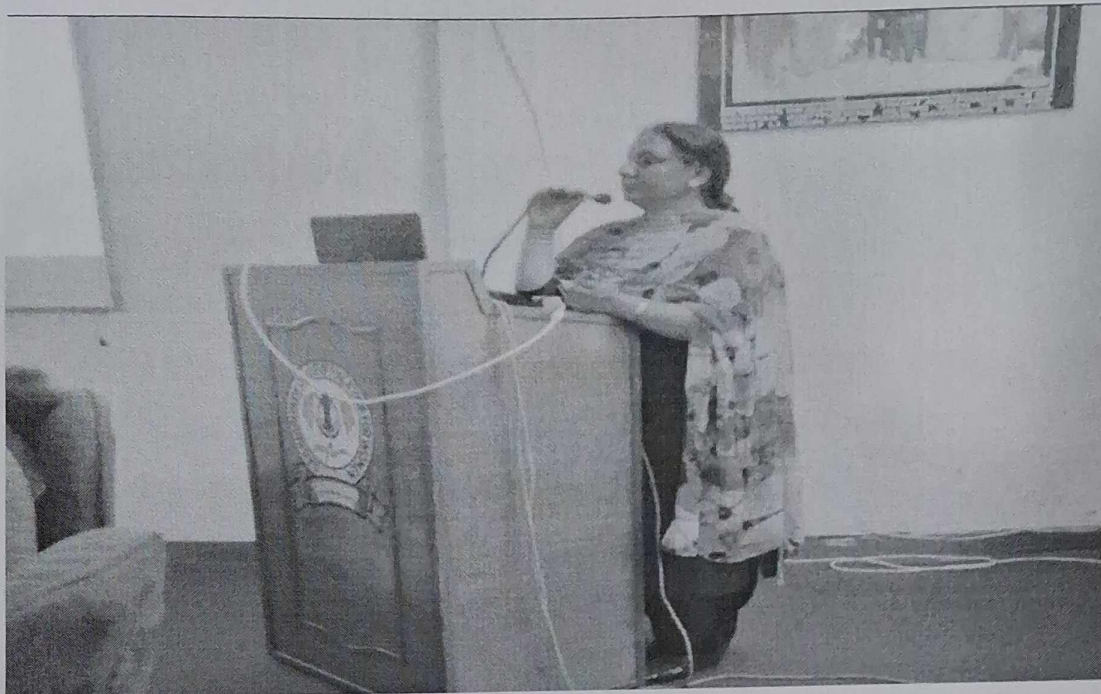
On the sixth day of the camp, after Prayer and Yoga session an Expert Lecture was organized on the theme 'Stress Management and Mental Health' by Dr. Sarvjeet Kaur, Associate Professor and Counsellor of the college. She explained different techniques to be used for stress management and for mental and physical well being.



In next session volunteers participated in various games, physical activities and cultural activities like dance, skit, singing etc.



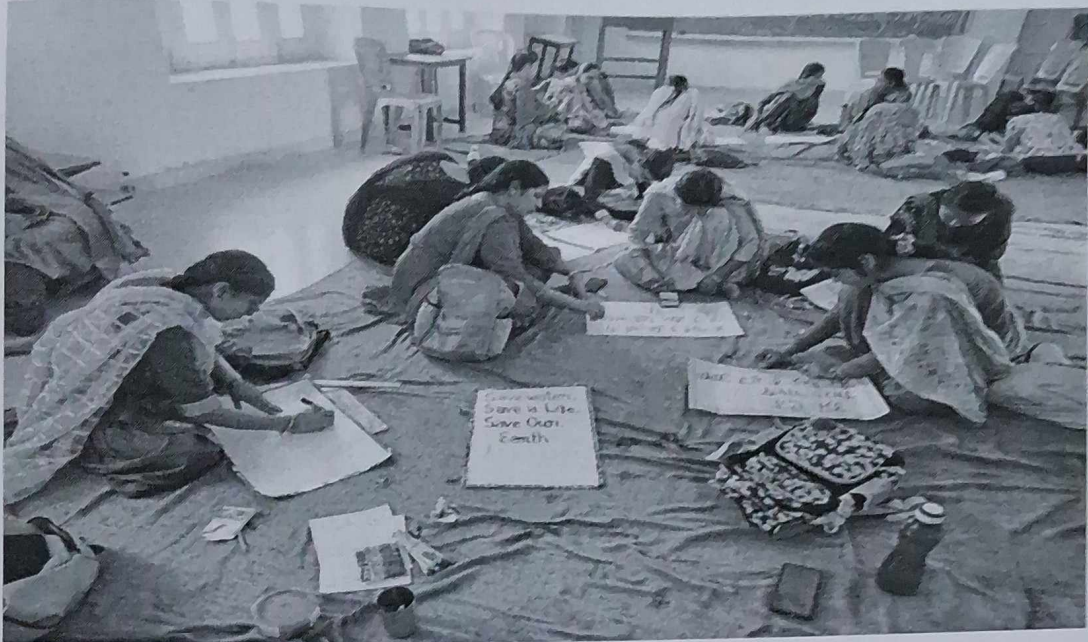
In the afternoon session an Expert Talk was organized on 'The Role of Youth in Sustainable Development' by Dr. Manjeet Kaur, Associate Professor of the college. She discussed about the ways and means by which youth can contribute in achieving Sustainable Development Goals and how youth can act as Agents of Change.



Seventh Day (31th March,2023)

On last and seventh day of the camp, a Slogan Writing Competition was organized. All the volunteers took part in the competition and made slogans on the main themes of the camp 'Swachh Bharat Abhiyan' & 'Fit India Campaign' and on sub themes like 'Save Earth' Save Water. Results of the Slogan Competition are –

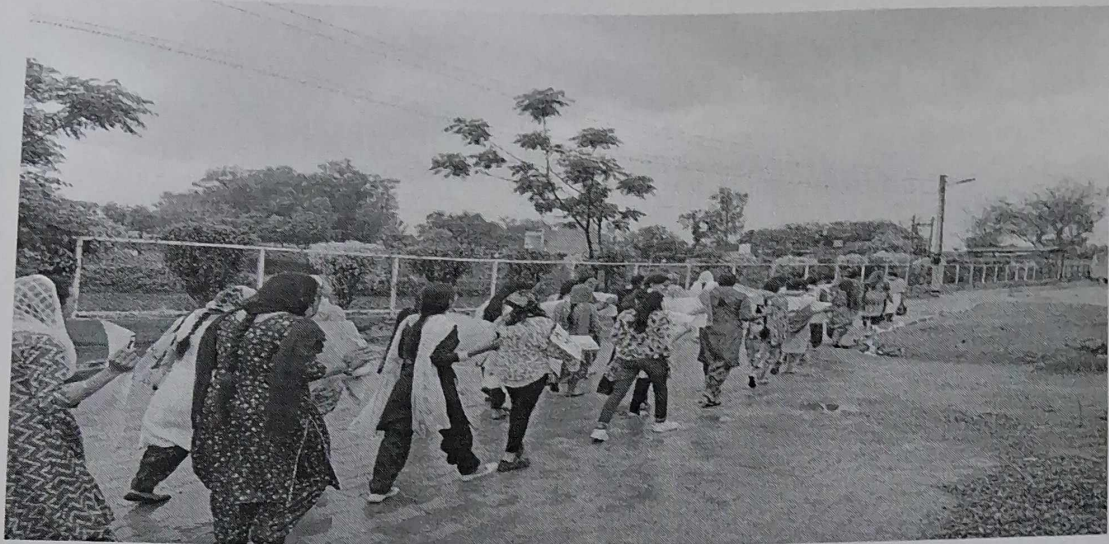
- Prinka (B.Ed-IV Sem.) – 1st
- Arashdeep Kaur (B.Ed-I Sem.) – 2nd
- Manpreet Kaur (B.Ed-IV Sem.) – 3rd



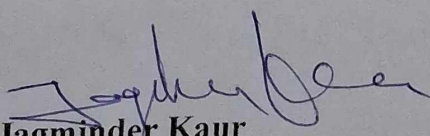
In next session volunteers along with Programme Officer and other staff members of the college visited Gurudwara Sahib at village Sidhwan Khurd to seek blessings and had Langar and performed Sewa.

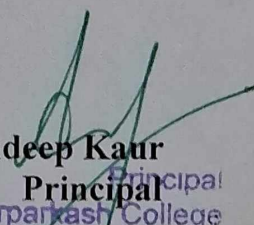
After that a Rally on 'Swachh Bharat Abhiyan' & 'Fit India Campaign' was organized in the adopted village Sidhwan Kalan. The Rally was started from Gurdwara Sahib Patshahi Chhewien, Sidhwan Kalan and students made aware the villagers about Cleanliness, Sustainable Environment, Health and Hygiene and Conservation of Water.





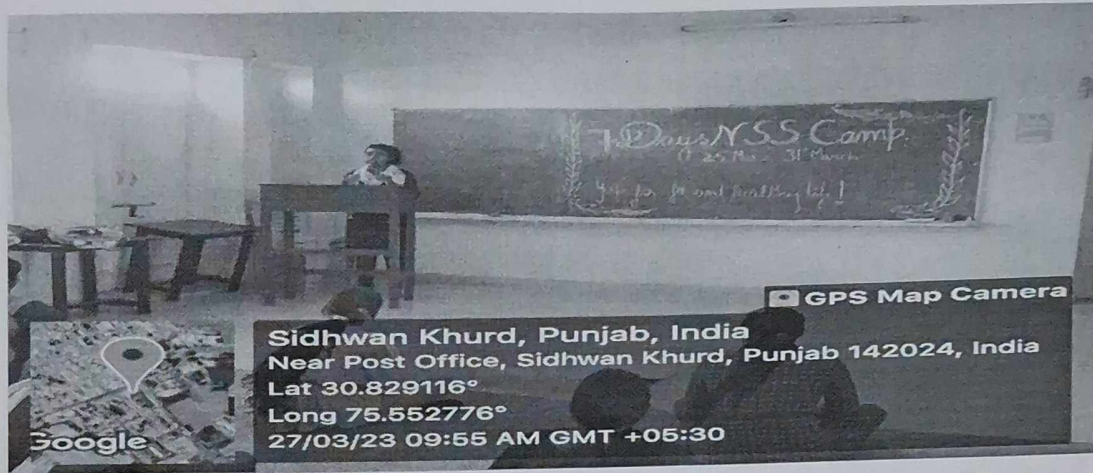
In the Valedictory Session Programme Officer Dr. Jagminder Kaur presented the Report of the Seven Days Camp. Volunteers shared their experiences about the camp in an interaction session. Vice Principal and IQAC Coordinator of the college Dr. Kiran Duggal congratulated the volunteers on completion of camp and encouraged them for social service and service of the nation. Sahijpreet Kaur (Discipline Committee), Prachi Sood (Press Committee), Kritika (Refreshment Committee), Navdeep Kaur (Cultural Committee) was honoured for their tireless services in the camp. Rupinder Kaur was selected as Best Volunteer.


Dr. Jagminder Kaur
NSS Programme Officer


Dr. Amandeep Kaur
Principal
G.H.G. Harpankash College
of Education for Women
SIDHWAN KHURD (Ldh.)

Third Day (27th March, 2023)

On the third day of the NSS camp, an expert lecture was organized on the theme 'Yoga for Healthy and Fit Life' by Ms. Harpreet Kaur, DPE, Sikh Girls Senior Secondary School, Sidhwan Khurd. She explained Pranayam and various Yoga Asanas to be performed regularly to stay fit and lead a healthy life.



After the lecture volunteers participated in a yoga session.



In next session, a poster-making competition was held on the topic of Swachh Bharat Abhiyan. The students were asked to create posters that would encourage people to keep their surroundings clean and tidy. Results of the Poster Making Competition are: