

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

NSS Report: 2021-22

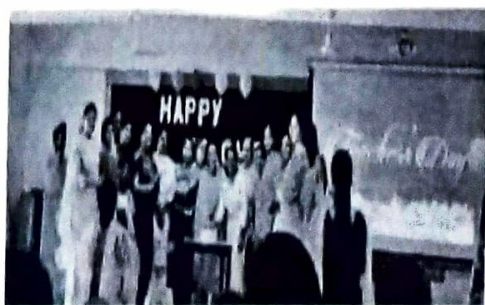
Webinar on “Facts and Myths about COVID-19 Vaccination (30th July, 2021)

National Service Scheme (NSS) Unit of GHG Harparkash College of Education for Women, Sidhwan Khurd, Ludhiana Organized One-day Webinar on the theme “Facts and Myths about COVID-19 Vaccination”. The Resource Person for the webinar was Dr. Pardeep Mohindra (Senior Medical Officer) Incharge, Civil Hospital, Jagraon, Ludhiana. Dr. Mohindra explained about all the Myths prevalent about COVID Vaccination among the masses and told the facts about it.



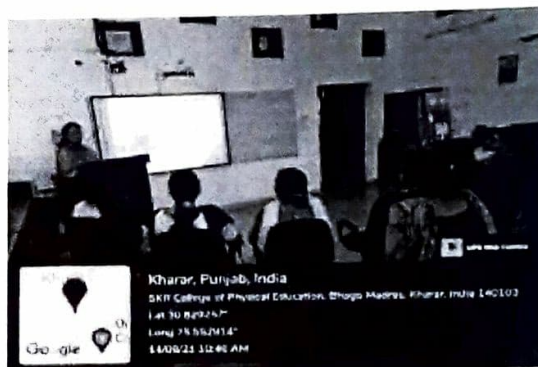
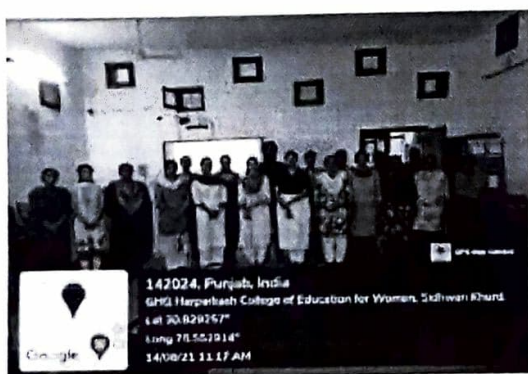
Teacher’s day (6th September, 2021)

The teacher’s day was celebrated by NSS volunteers on 6th September, 2021 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. Finally, Principal Dr. Amandeep Kaur and all the faculty members cut the cake and made the day more memorable. 13 teachers and 46 students attended the function.



Independence Day (14th August 2021)

Like every year, this year also, our college celebrated Independence Day on 14 August 2021 with great joy and pomp. On that day the sense of happiness and pride could be clearly seen on the faces of all the people as India was celebrating its 75th Independence Day on 15th August 2021. The program started with prayer at 09:00 am. The Principal, Faculty members and all the non-teaching faculty were present on this occasion. Due to COVID restrictions students were not present. The Principal and all the members unfurled the flag together. As soon as the flag was hoisted, everyone sang the national anthem. Our principal madam Dr. Amandeep Kaur, also gave a very motivational and patriotic speech. After that, speeches by staff were organized which were led by NSS. In the end, the program ended by giving a sweet box to all. 14 teachers and 15 non-teaching members were present on the occasion.



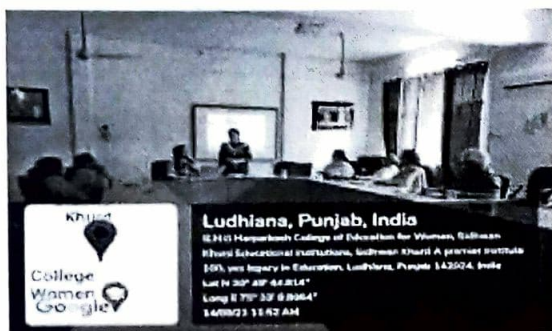
Teej Festival – Teeaan Da Mela (4th September, 2021)

Cultural Event Committee and NSS Unit of the College celebrated Teej Festival 'Teeaan Da Mela' on 4th Sept, 2021. Songs and dances were performed by faculty members. Due to COVID restriction students were not present in the event. 13 Teachers and 20 Non-teaching staff members were present in this programme. After the cultural programme Refreshment Party was organized in college mess.

Hindi Diwas Celebration (14th September 2021)

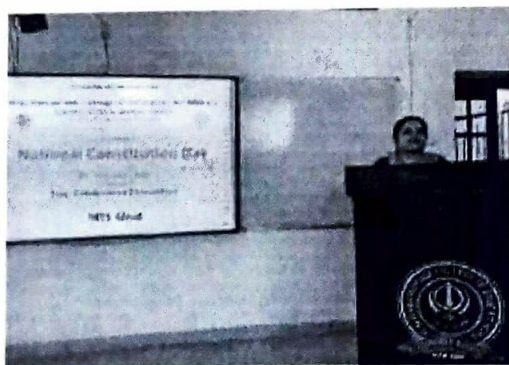
To commemorate and celebrate the popularity of Hindi throughout the nation, Hindi Divas is celebrated on 14th September each year. On account of this, GHG Harparkash college of Education for Women, Sidhwan khurd, Ludhiana, organized the the Hindi Divas Celebrations on 14th September 2021. Addressing the gathering, 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. 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. She also explained the various posts available in Government offices and various other offices 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 and said that it is important to learn Hindi to reach the people of nation. 14 teachers and 38 students participated in the programme.



National Constitution Day (26th Nov, 2021)

NSS Unit of and Cultural Event Committee GHG Harparkash College of Education for Women, Sidhwan Khurd, Ludhiana celebrated National Constitution Day on 26th Nov, 2021 in College Campus. All the faculty members and students from M.Ed., B.Ed. and PG Diploma in Guidance & Counseling classes participated in this program. Program started with Preamble Reading Ceremony. College Principal Dr. Amandeep Kaur led the ceremony by reciting Preamble followed by the students and staff members. Resource Person of the day Dr. Shally, Assoc. Prof. enlightened the students about the history and significance of Indian Constitution. Programme Officer of NSS Unit Dr. Jagminder Kaur also highlighted the significance of celebrating this day. She said that every Indian, especially teachers should follow values and duties enshrined in Indian Constitution. B.Ed. student Miss Sanjana gave a speech on Relevance of Indian Constitution in present scenario. Dr. Gurwinder Singh, Asstt. Prof. managed live telecast of Constitution Day celebration from Central Hall of Parliament lead by Hon'ble President of India for students and staff through YouTube. Day Celebration Committee Incharge Dr. Sarvjeet Kaur, Assoc. Prof. proposed Vote of Thanks.



LOHRI (13th January, 2022)

Festival of Lohri celebrated in the College on 13th January, 2022 in the College Campus. This event was organized by Cultural Event Committee and NSS Unit of the college. Bonfire was done in College ground. Musical and dance program was also organized in the garden. Principal, Dr. Amandeep Kaur distributed sweets to all employees and students of the College. COVID-19 protocol was followed strictly while celebrating this festival. Giddha was also performed by students on this occasion. All enjoyed the festival. 13 teachers, 20 non teaching staff members attended the function.



National Girl Child Day (24th January, 2022)

Under the able guidance of Principal Dr. Amandeep Kaur, the college NSS UNIT organized various activities like Caption Contest, Poster Making, Slogan Writing, Poem Writing and Selfie with Girls to acknowledge the significance of girls in our society. NSS Programme Officers Dr. Jagminder Kaur, Asstt. Prof. and Dr. Jaspreet Kaur, Asstt. Prof. encouraged the students to take part actively in these activities. Overall, 25 students participated.

Activity:1 Caption Contest

Winners: 1st Position- Ms. Harsimran Kaur (B.Ed.-I)
2nd Position-Ms. Priya Raj (B.Ed.-II)



Activity:2 Poster Making

Winners: 1st Position- Ms. Manpreet Kaur(B.Ed.-I)

2nd Position- Ms. Navdeep Kaur (B.Ed.-I)



Activity:3 Slogan Writing

Winners: 1st Position- Ms. Jasvir Kaur (B.Ed.-I)

2nd Position- Ms. Amandeep Kaur (B.Ed.-I)

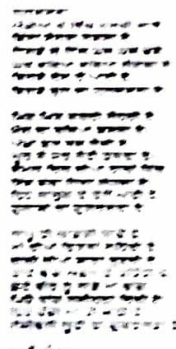
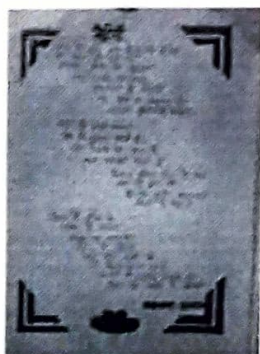
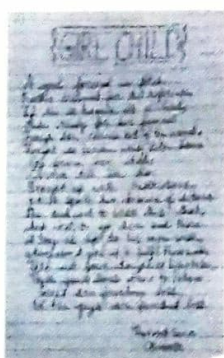


Activity:4 Poem Writing

Winners: 1st Position- Ms. Sanjna (B.Ed.-II)

2nd Position- Ms. Shakuntla (B.Ed.- I)

3rd Position- Ms. Ravneet Kaur (B.Ed.-I)



Activity:5 Selfie with Girls

Winners: 1st Position- Ms. Sanjna (B.Ed.-II)

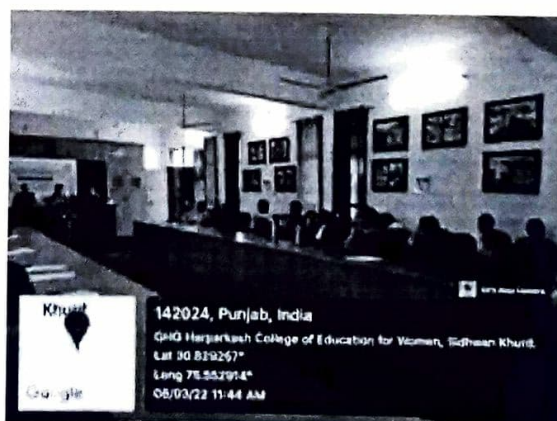
2nd Position- Ms. Harsimran Kaur (B.Ed.-I)

3rd Position- Ms. Gagan (B.Ed.-I)



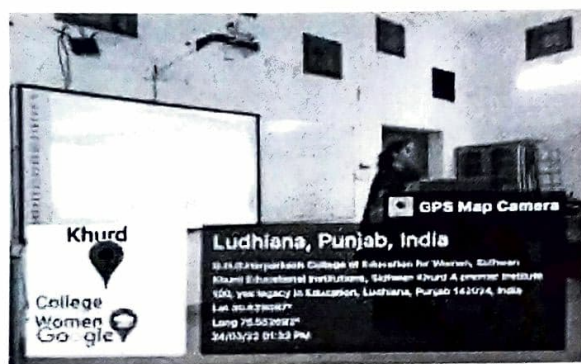
International Women day (8th March, 2022)

NSS Unit and Cultural Event Committee of G.H.G.Harparkash College of Education for Women Sidhwan Khurd organized one day State Level Seminar On Women Health Care to commemorate International Women day on 8th March, 2022. Dr. Ankush Bansal Gynecologist 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. Ankush Bansal in her first technical session discussed the importance of women health and causes of various diseases women suffering nowadays and their preventive measures. Dr. Gurvinder Singh also shared his views on Gender Equality for solving various issues and problems prevalent in society. In the second technical session Dr. Ankush Bansal in very interactive manner listened various health issues of the participants and suggested remedial measures. N.S.S in charge Dr. Jagminder Kaur handled this session in a very systematic manner by making various groups of the participants. Student council of the college managed the task of discipline and registration in a very systematic way. Dr. Sarvjeet Kaur in charge cultural event committee conducted stage and proposed the vote of thanks. 30 College students, 40 school students, 20 Teaching and 10 non-teaching staff, and 15 women from community participated in this seminar.



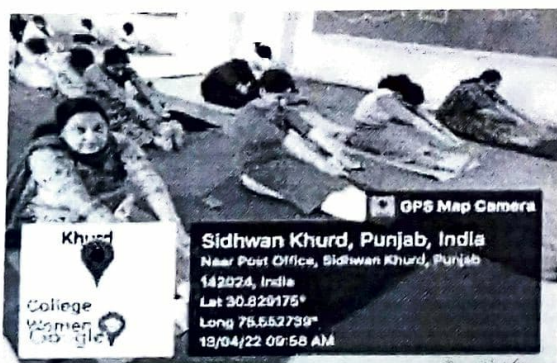
Shaheed Bhagat Singh Martyrdom Day (23rd March, 2022)

The NSS Unit and Cultural Event Committee of G.H.G. Harparkash College of Education for Women, Sidhwan Khurd observed the Martyrdom Day of Sardar Bhagat Singh. The staff and students paid tributes to the great hero of independence. Dr. Amandeep Kaur, Principal expressed her gratitude and shared the days of freedom struggle. She also emphasized the contributions made by S. Bhagat Singh in the movement for independence. Dr. Gurwinder Singh (Asst. Prof.), Dr. Sarvjeet Kaur (Assoc. Prof.) and Dr. Jagminder Kaur (Asst. Prof.) presented thoughts and ideas being practiced by S. Bhagat Singh.



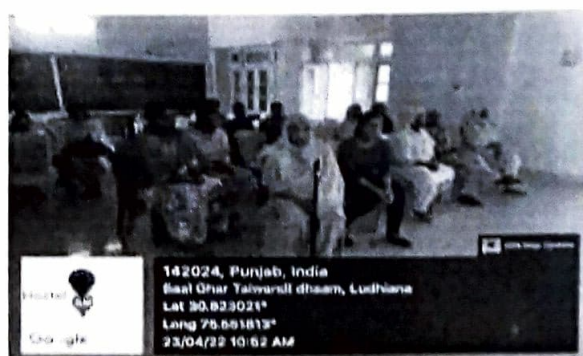
Yoga Classes (13th April to 21st June, 2022)

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.



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.



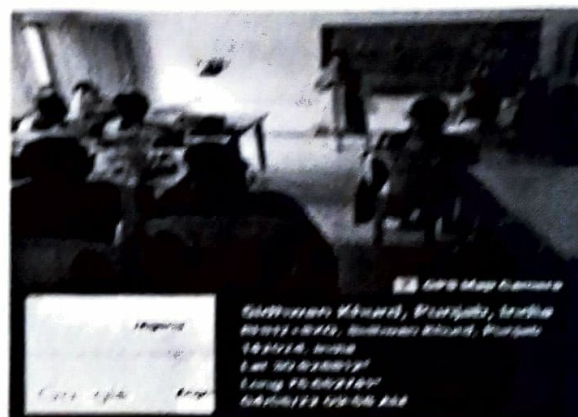
Plantation Drive (26th April, 2022)

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". Dr Amandeep Kaur, in her address said that we have active ECO Club in our college in which we always work to save our environment and make our students aware about environmental issues and crisis in the world. ECO club of the college motivate the students to protect our environment by planting more and more trees in their villages and surrounding areas. In our college we have already done some Eco-friendly practices like establishment of Vermi Compost unit, Environment Awareness rallies, Plantation of trees in the college and surrounding areas. 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.



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. Jagpreet 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. (1st year), second prize by Sumandeep Kaur of B.Ed. (1st year) and third prize by Pinka of B.Ed. (1st year). Around 30 sapplings were planted by the students in the college campus. All the staff members also participated in the plantation of sapplings. 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 Donation 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 Sin;hggh, 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.



NSS Coordinators

Dr. Jagminder Kaur

Dr. Jaspreet Kaur



Principal

Dr. Amandeep Kaur

