



# GOVERNMENT COLLEGE OF EDUCATION, SECTOR-20D, CHANDIGARH



7 Days NSS Special Camp

Swachh Bharat Abhiyan and Fit India Campaign

Report

Day 2: October 29, 2022

NSS cell of Government College of Education, Sec-20D, Chandigarh organised a 7 day NSS Special Camp on the theme of “Swachh Bharat Abhiyan and Fit India Campaign” for October 29, 2022. The motto of the NSS is “NOT ME BUT YOU” which inspires us to serve the humanity with unconditional love and selflessness. Gandhi Ji also quoted that “my national service is part of my training for freeing my soul from the bondage of the flesh”.

The day two began with Yoga Session with Mr. Harcharan Singh, Yoga Expert, Alumnus. All volunteers participated with full sincerity and calmness in the natural outdoor environment following the trainer step by step. Various Yoga asanas like Kapalbhathi, Surya namaskar, Tadasana, etc. were introduced with description.

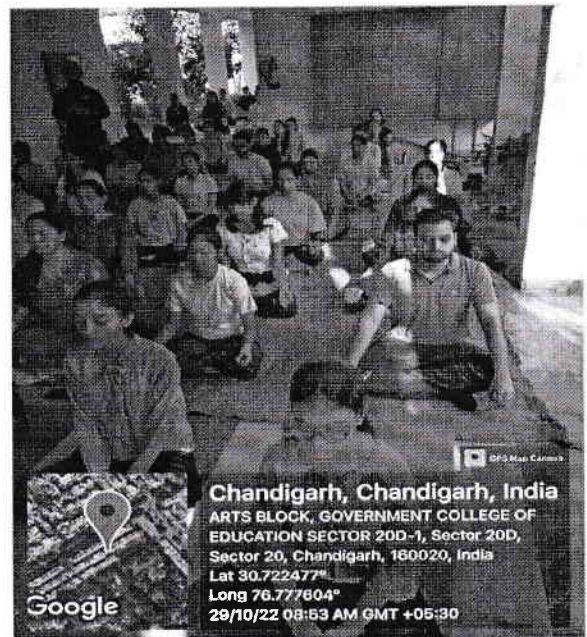
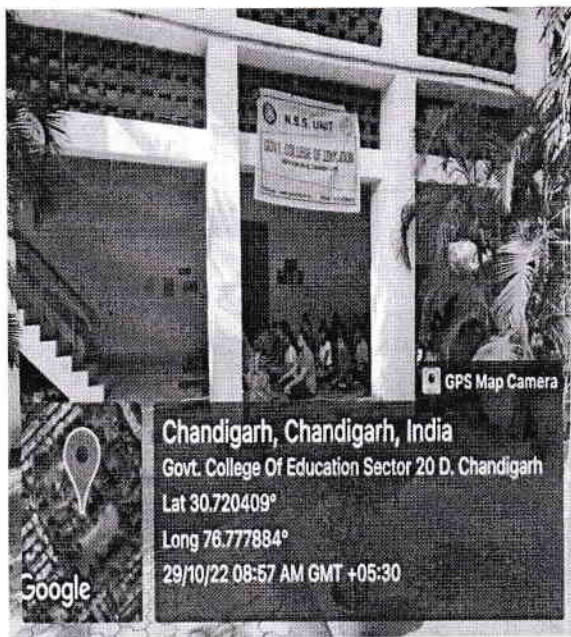
After breakfast, Dr. Ravneet Chawla, NSS incharge welcomed Ms Nayanika Singh, Psychologist from MGSIPA. She talked about the balanced diet for youth and motivates them to focus upon their diet to make themselves fit and mentally relaxed. She also focussed upon the planning on the part of students to succeed in any area of their choice. She played some videos to mark the importance of audio visuals in stress relief and also organized workshop on checking the Happiness matrix.

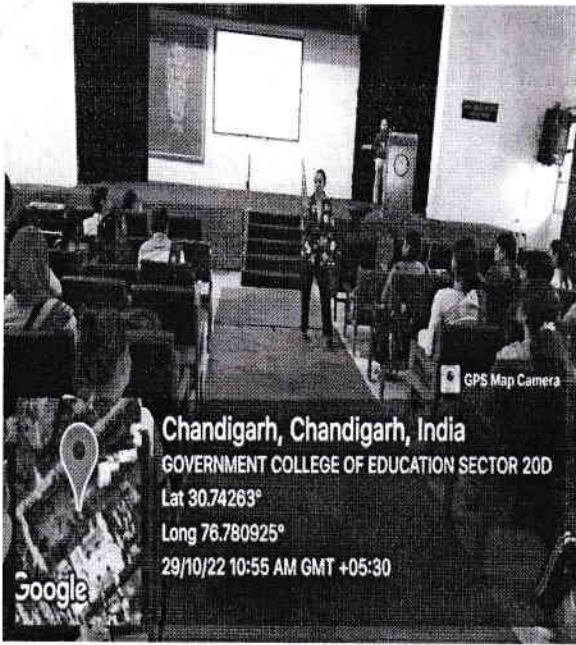
Related to the theme of the camp and important global concern regarding how to plant trees and landscape for educational institutes by Mr. Gobind Sagar Bhardwaj, IFS, DDG, Min of Environment Forest and Climate Change, Sector 31, Chandigarh was invited. He shared scientific data and the actual water situation in our country as well as the whole world and awakened the youth on early and urgent action they can take to take along the society and respect this natural resource with judicious use, contribute to green environment, possibly record their daily use in a diary and reflect on all of these to be the ambassadors of water conservation.

The post session Slogan writing Competition was organized on the theme of “*FIT INDIA CAMPAIGN and NATIONAL UNITY DAY*”. Student made their creative expressions which was judged by Dr. Aarti Bhatt, Dr. Rajni Thakur and Mr. Sanjeev Kumar..

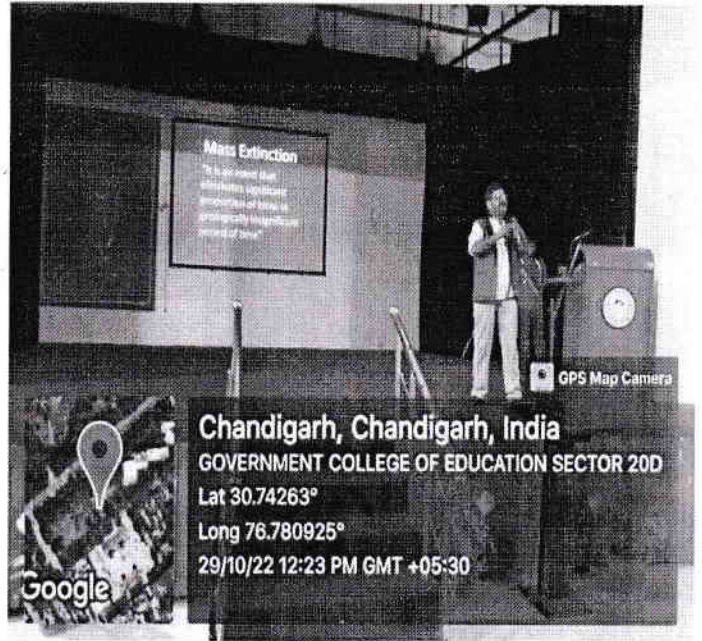
This was followed by heats of game in the hostel wherein the volunteers participated enthusiastically.

### Glimpses:

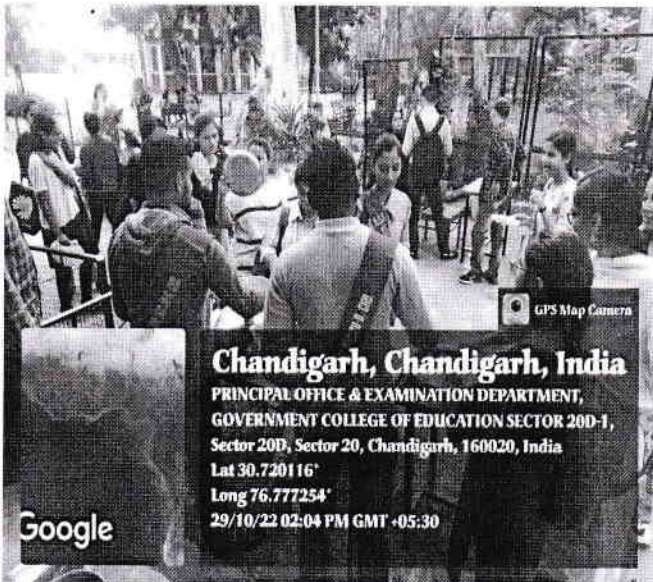




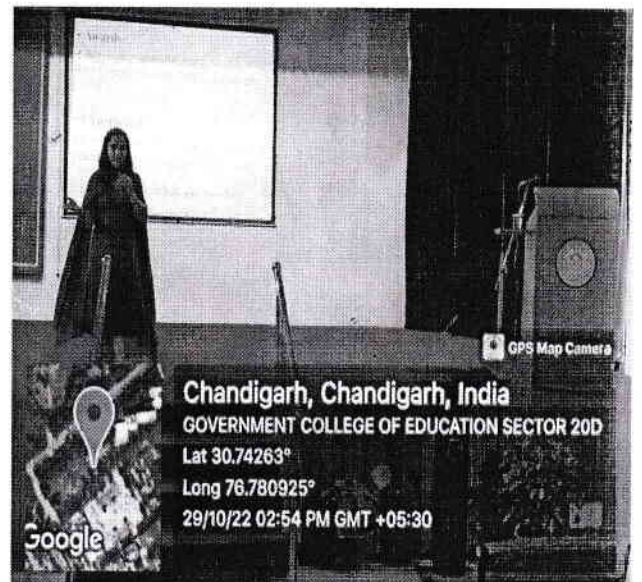
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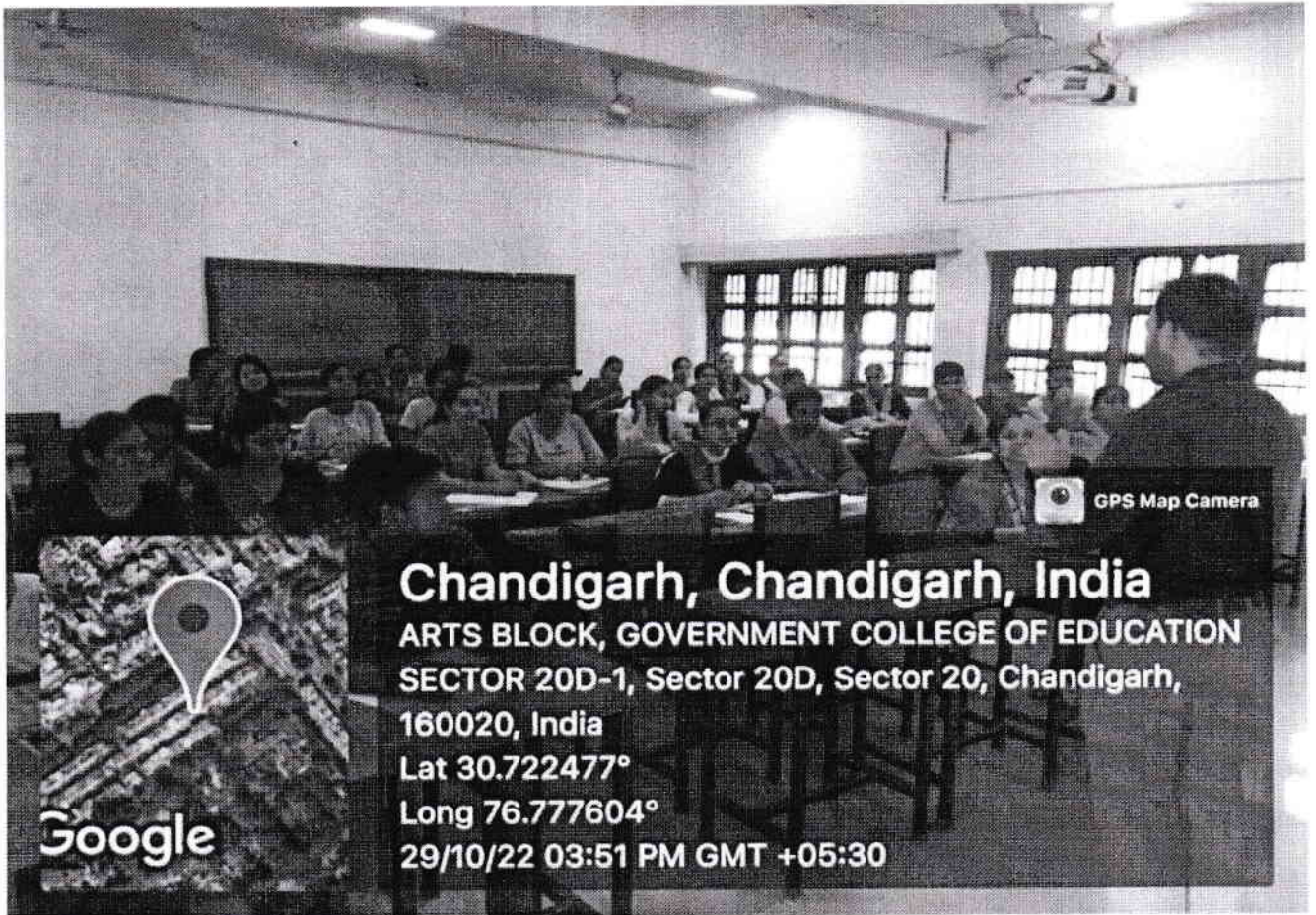
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Chandigarh, Chandigarh, India  
PRINCIPAL OFFICE & EXAMINATION DEPARTMENT,  
GOVERNMENT COLLEGE OF EDUCATION SECTOR 20D-1,  
Sector 20D, Sector 20, Chandigarh, 160020, India  
Lat 30.720116°  
Long 76.777254°  
29/10/22 02:04 PM GMT +05:30



Chandigarh, Chandigarh, India  
GOVERNMENT COLLEGE OF EDUCATION SECTOR 20D  
Lat 30.74263°  
Long 76.780925°  
29/10/22 02:54 PM GMT +05:30



NSS CELL

Dr. Ravneet Chawla

Mr. Ravinder Kumar

Mrs. Sonika Devi

Principal

Govt. College of Education

Sector 20 D, Chandigarh