

GOVERNMENT COLLEGE OF EDUCATION, SECTOR-20 D, CHANDIGARN
NSS 7-DAY SPECIAL CAMP (October 28– November 3, 2022)

TENTATIVE PROGRAMME SCHEDULE

THEME: SWACCH BHARAT ABHIYAN

FIT INDIACAMPAIGN

Connecting with SDGs

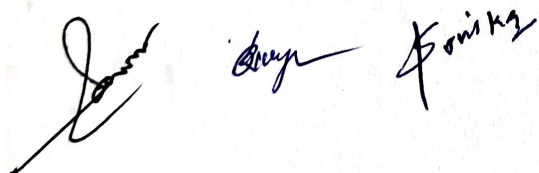
Day 1: October 28, 2022 (Friday)

Time	Event
09:00 AM – 9:45 AM	Assembly of Volunteers & Attendance
9:45 AM – 10:00AM	NSS SONG
10:00AM-10:45 AM	<i>Inauguration of the Camp & Address by Justice Nirmaljit Kaur, Commission Member, Punjab State Human Rights Commission.</i>
10:45AM.-11:45 AM	<i>Guest of Honour State Liaison Officer, Department of Higher Education, Chandigarh Administration</i>
11:45 AM to 12:30PM	<i>Prof. Shruti Bedi, UILS, PU, Chandigarh</i> <i>Guardians of Our Nation: The Vigilant Youth</i>
12:30 PM-01:00PM	Performance Coach Ms Anuradha Chawla from Bbetter Solutions to speak on RAISING THE SELF- A CONSCIOUS WORKOUT TOWARDS BUILDNG CAREER LIFE
1:00 PM – 2:00 PM	<i>SWACCHTA AND YOUTH – LET US ENSURE A CLEAN INDIA</i> <i>Dr Ravneet Chawla, Associate Professor, NSS Incharge, GCE , Chandigarh GROUP LEADERS' VISION</i>
2:00PM -4:00 PM	<i>LUNCH</i> <i>Group Division and assignment of various duties, Diaries distribution by Mr. Ravinder Kumar and Ms. Sonika Devi</i>
4:00PM-6:00 PM	<i>Project: Cleanliness Drive</i>
6:00 PM	Tea
6:00 PM -8:00 PM	Heats of indoor Indoor Games in hostel
8:00 PM	Dinner
10:00 PM	Lights off

[Handwritten signatures]

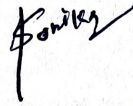
Day 2: October 29, 2022 (Saturday)

Time	Event
8:30 AM-9:30AM	<i>Yoga Training Session by Mr. Harcharan Singh, Alumnus</i>
9:30 AM-10.30 AM	Attendance/Breakfast
10:30AM-11:30 AM	<i>Session SDG 03: Fostering Good Health and Wellbeing Among Youth – Ms Nayanika Singh, Psychologist from MGSIPA</i>
11:30AM – 01::00PM	<i>HOW TO PLAN TREES AND LANDSCAPE FOR AN EDUCATIONAL INSTITUTE Mr Gobind Sagar Bhardwaj, IFS, DDG, Min of Environment Forest and Climate Change, Sector 31, Chandigarh</i>
1:00 PM to 2:00 PM	Lunch
2:00 PM-3:00:PM	<i>Maintaining a Healthy Lifestyle by Ms. Laveleen Kaur, Dieinsight Clinic, 3278, Sector 21 D, Chandigarh.</i>
3:00PM-4:30PM	<i>Slogan Writing Competition: FIT INDIA CAMPAIGN & NATIONAL UNITY DAY</i>
4:30 PM-6:00 PM	<i>CAMPUS CLEANLINESS DRIVE</i>
6:00 PM	Tea
6:00 PM -8:00 PM	Heats of Games in hostel(Indoor)
8:00 PM	Dinner
10:00 PM	Lights off

Three handwritten signatures in black ink are located below the table. The first signature is on the left, the second is in the middle, and the third is on the right.

Day 3: OCTOBER 30, 2022 (SUNDAY)

Time	Event
8:30 AM-9:30AM	<i>Yoga Training Session by Mr. Harcharan Singh, Alumnus</i>
9:30 AM-10:30 AM	Attendance/Breakfast
10:30AM -11:30 AM	<i>Guest: Prof Swiaraj Singh Sandhu, Media Artist Kavi Sammelan Swacch Bharat and Fit India Movement</i>
11:30AM-1:00PM	<i>On the spot THEMATIC ROLE PLAY WORKSHOP Dr Ravneet Chawla , Mr. Ravinder Kumar</i>
1:00 PM to 2:00 PM	Lunch
2:00 PM-4:00PM	Antakshri
4:00PM- 06:00PM	Friendly Match
6:00 PM	Tea
6:150 PM -8:00 PM	Heats of Games in hostel(Indoor)
8:00 PM	Dinner
10:00 PM	Lights off



Day 4: October 31, 2022 (Monday)

Time	Event
8:30 AM-9:30AM	<i>Yoga Training Session by EXPERT FROM GCYE 23 CHD</i>
9:30 AM-10:00 AM	Pledge and Run for Unity on National Unity Day
10:00AM-10:30AM	Attendance/Breakfast
10:30AM-11:10 AM	<i>ADVENTURE SPIRIT: Broadening horizons Col Aparjeet Singh Nakai (Retd), a frequent mountaineer across globe</i>
11:10AM- 11:30AM	<i>Presentation by NSS Volunteer on the Life Sketch of Sardar Valabhbhai Patel.</i>
11:30AM-12:30PM	<i>Curiosity in Children – Grooming schoolchildren for the future roles by Principal, Mr. Louis Lopez, St Stephens School, Sector 45, Chandigarh</i>
12:30PM--1:30PM	<i>Prevention and Management of Dengue, Malaria and seasonal health disruptions, Dr. Inderajeet Singh Shani, State Epidemiologist, IDSP. , Chandigarh Administration</i>
1:30 PM -2:30 PM	Lunch
2:30 PM -3:30 PM	<i>Session on training of the volunteers by the Chandigarh Traffic Police on SAFE AND RESPONSIBLE DRIVING</i>
3:30PM -4:30 PM	<i>Financial Literacy : Session by The Manager, Punjab National Bank, Sector 20, Chandigarh on “Skills in Money Management through Banking”</i>
4:30PM -6:00 PM	Out Door Games
6:00PM	Tea
6:00 PM -8:00 PM	Heats of Games in hostel(Indoor)
8:00 PM	Dinner
10:00 PM	Lights off



Kanya Family

Day 5: November 1, 2022 (Tuesday)

Time	Event
8.30 AM-9:30 AM	<i>Yoga Training Session by EXPERT FROM GCYE 23 Chandigarh</i>
9.30 AM -10:30AM	Attendance/Breakfast
10:30 AM-1:30PM.	<i>Visit to Kajheri, activity on cleanliness and awareness campaign for MALARIA, DENGUE AND SUBSTANCE ABUSE AWARENESS to the students of Govt. High School, Kajheri (Chandigarh)</i>
1:30 PM to 2:30PM	Lunch at College
2:30PM-3:30PM	<i>Demonstration on Fire Fighting by the Fire Department , Chandigarh Administration</i>
3:30 PM -4:30 PM	<i>Session on HEARTFULNESS by Sh. Anil Saini</i>
4:30 PM -6:00 PM	Games and Sports (Indoor and Outdoor) by Volunteers
6:00 PM	Tea
6:00 PM -8:00 PM	Indoor Games in hostel(Indoor)
8:00 PM	Dinner
10:00 PM	Lights off



Kanya Puri

Day 6: November 2, 2022 (Wednesday)

Time	Event
8:30 AM-9:30AM	<i>Session on HEARTFULNESS by Sh. Anil Saini</i>
9:30AM-10:30 AM	Attendance/Breakfast
10:30 AM -11:40 AM	<i>Ms, Prabhjot Kaur Atwal, DSW, Chandigarh inculcating RESPONSIBILTY TO MAKE INDIA DRUG FREE</i>
11:40 AM – 1:00PM	<i>Ms Rachita Gupta from KSCF to speak on THE AWARE TEACHER- NO CHILD LABOUR, NO CHILD ABUSE</i>
1:00PM to 2:00 PM	Lunch
2:00 PM-4:00PM	<i>SELF DEFENCE TRAINING by the Chandigarh Police</i>
4:00-6:00 PM	<i>Preparation of Valedictory Function (Student Groups)</i>
6:00 PM	Tea
6:00 PM -8:00 PM	Heats of Games in hostel(Indoor)
8:00 PM	Dinner
10:00 PM	Lights off



Gunjan Kaur

Day 7: November 3, 2022 (Thursday)

Time	Event
8.30 AM-9:30 AM	<i>Session on HEARTFULNESS by Sh. Anil Saini</i>
9.30 AM – 10:30 AM	Attendance/Breakfast
10:30AM -11:30 AM	<i>Session on HAPPINESS Bonanza</i>
11:30 AM. -12:30 PM	<i>Session on How to achieve your dreams (Mr. Simarpreet Singh, Hartek Group)</i>
12:30PM to 2:00 PM	<i>Valedictory Function Chief Guest, Sh. Bikram Rana</i>
2:00 PM-3:00PM	<i>Lunch</i>
3.00 PM -4.00PM	<i>Feedback forms to be filled. Restoring articles issued Tea</i>

NSS Programme Officers:

1. Dr. Ravneet Chawla
2. Mr. Ravinder Kumar
3. Ms. Sonika Devi

Principal

Govt. College of Education
Sector 20 D. Chandigarh