



GOVERNMENT COLLEGE OF EDUCATION, SECTOR-20D, CHANDIGARH



7 Days NSS Special Camp

Swachh Bharat Abhiyan and Fit India Campaign

Report

Day 4: October 31, 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.

The fourth day also began with Yoga Session with with Dr.Mohinder Pratap, Yoga Expert, GCYE-23, Chandigarh. 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. Then Pledge and Run for Unity on National Unity Day was held and the volunteers partook ardently.

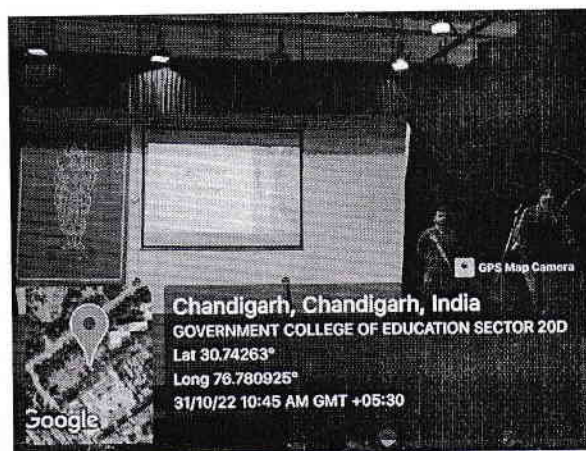
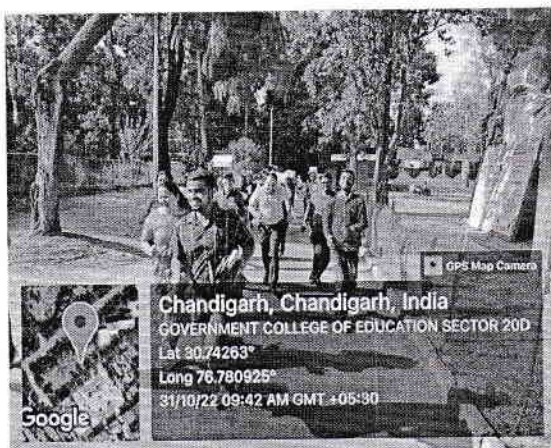
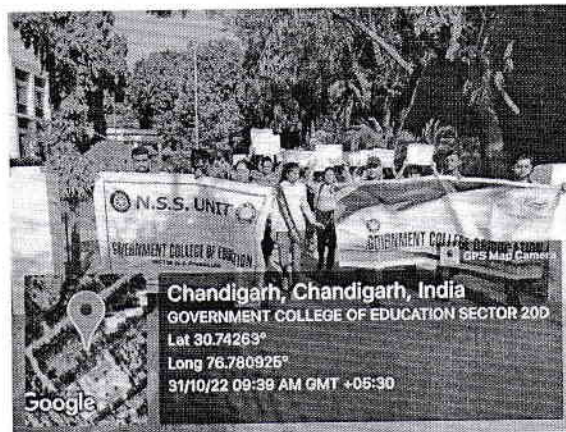
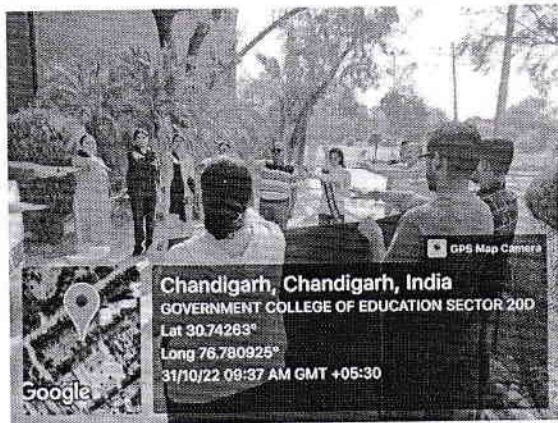
After breakfast, Dr. Ravneet Chawla, NSS incharge welcomed Col. Aparjeet Singh Nakai.He introduced us with ADVENTURE SPIRIT: Broadening horizons by sharing his life journey in the Indian army. He gave insight about preparation for trekking and such adventurous activities. He motivated NSS volunteers to inculcate spirit for adventurous .

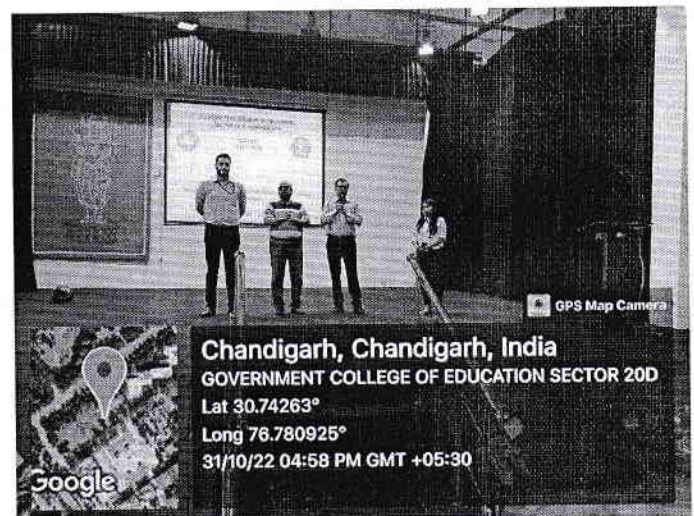
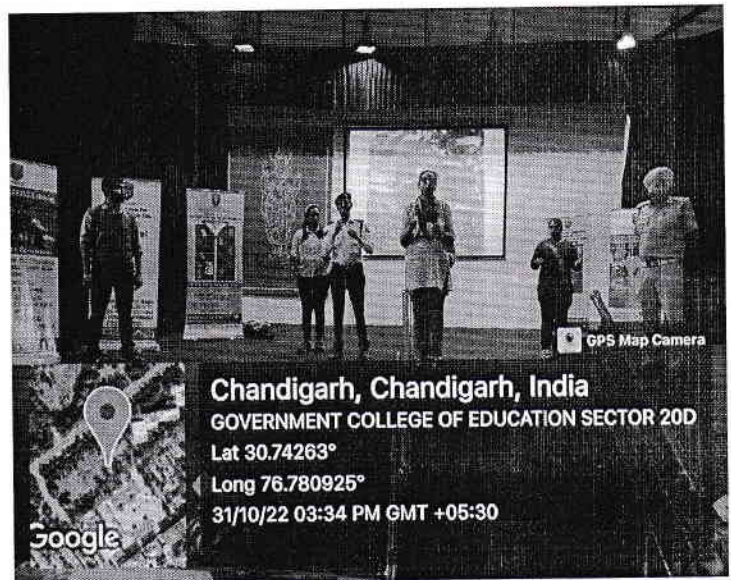
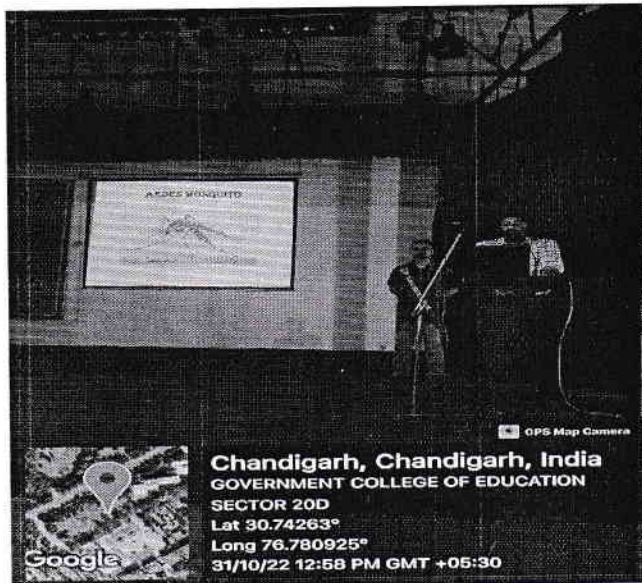
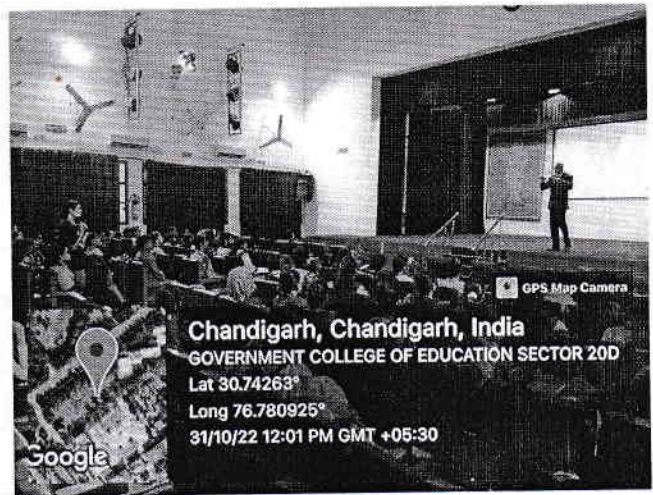
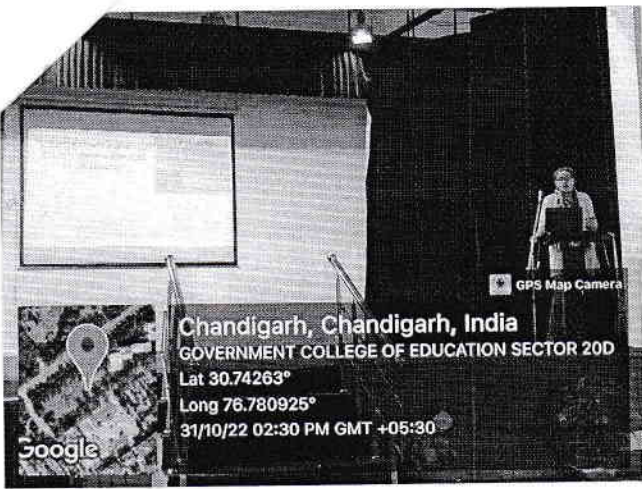
This was followed by a NSS Volunteer who gave a presentation on the Life Sketch of Sardar Valabhbai Patel. Thereafter Mr. Louis Lopez , the principal of St Stephens School, Sector 45, Chandigarh gave a session on Curiosity in Children – Grooming schoolchildren for the future roles. He enlightened the pupil teachers present there on how curiosity can become a teachers’s tool. The programme officer Mr. Ravinder Kumar showed heartiest gratitude to Mr. Lopez for the guidance he provided during his research. Then Dr. Inderajeet Singh Shani, State Epidemiologist, IDSP , Chandigarh Administration delivered a lecture on Prevention and Management of Dengue, Malaria and seasonal health disruptions. He gave tips on the role of volunteers in spreading awareness.

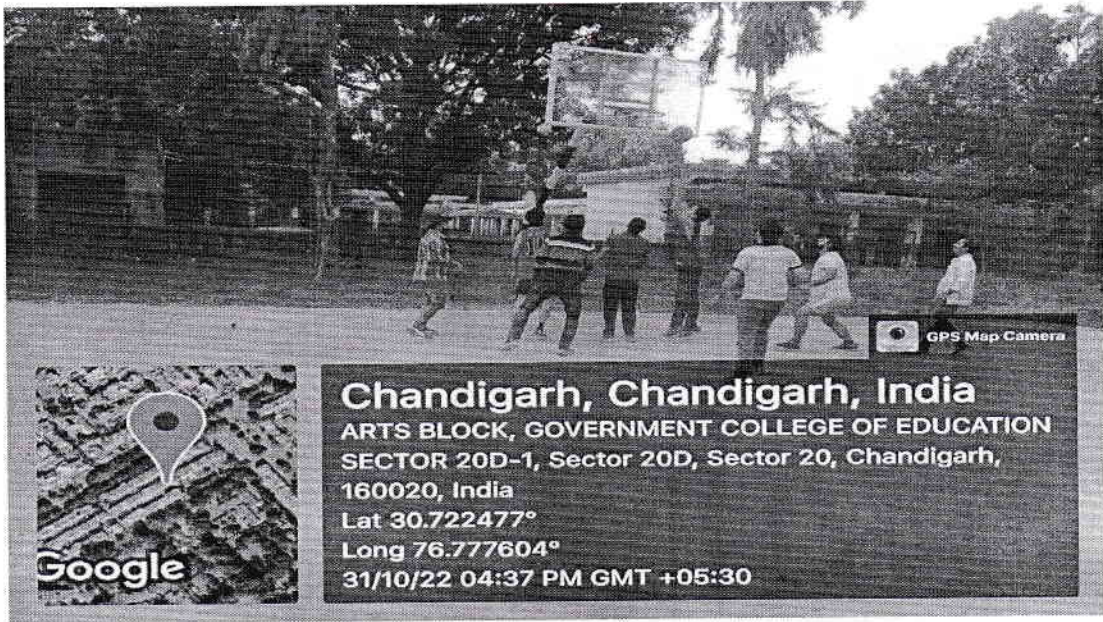
The post session was continued by Traffic police officials from Traffic Police, Chandigarh. They made aware the NSS volunteers about traffic rules and various traffic signs. They showed various videos and clips related to the road accidents, and with example showed the importance of helmet, and safety instruments like seat belts etc. In the end Chandigarh Traffic Police officials motivated the students to take a pledge to follow the traffic rules and to made aware their family members and friends. In addition , a session on Financial Literacy was delivered by, the personnel of Punjab National Bank, Sector 20, Chandigarh on “Skills in Money Management through Banking”. They educated volunteers on stock market, mutual funds, SIP, debts equity etc. At the end of the session The principal, Dr. A.K. Srivastava , Dr. Ravneet Chawla, Mr. Ravinder Kumar and Ms. Sonika Devi thanked the Police Officials,the Manager, Punjab National Bank personnel and NSS Volunteers for their active Participation. Later a friendly match of basketball was played and the volunteers participated enthusiastically.

This was followed by heat of game in Hostel by residents of the College.

Glimpses:







NSS CELL

Dr. Ravneet Chawla

Mr. Ravinder Kumar

Mrs. Sonika Devi

[Handwritten signatures in blue ink: Dr. Ravneet Chawla, Mr. Ravinder Kumar, Mrs. Sonika Devi]

[Handwritten signature in green ink]
Principal

Govt. College of Education

Sec-20, Chandigarh