

**Government College of Education, Sector-20D,
Chandigarh**

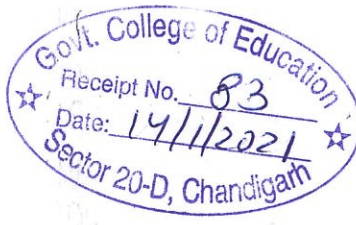
Date: 05.02.2021

**Action Taken Report regarding Swachh Survekshan
2019**

Programme Officers

1. Dr. Mukhtiar Singh
2. Dr. Meena
3. Dr. Ravneet Chawla

Principal
G.C.E.-20D
Chandigarh



NSS Incharge
Jha
14/1/21

Prinipal
Jha
14/01/21

DEPARTMENT OF HIGHER EDUCATION
CHANDIGARH ADMINISTRATION
(ADMINISTRATION BRANCH)
Additional Deluxe Building, 1st Floor,
Sector-9, Chandigarh -160009

Memo No. 1162-DHE-UT-AD-II 26(3)2019

Dated: 11/1/2021

To

The Director,
RIE-32/SCERT-32, Chandigarh.

The Principal,
All Govt Colleges, UT, Chandigarh.

The District Education Officer,
UT, Chandigarh.

Subject : Minutes of the Meeting held on 04.12.2020 at 3:30PM in the Conference Room, M.C Chandigarh under the chairmanship of commissioner, Municipal Corporation, Chandigarh regarding Swachh Survekshan 2021.

Reference office Memo No. MOH-SBM/SS-21/2020/596 dated 22.12.2020 (copy enclosed) received from the Medical Officer of Health-cum-Nodal Officer, SBM(U); Municipal Corporation, UT, Chandigarh on the subject cited above.

You are requested to supply action taken report regarding Swachh Survekshsan 2019 on the following points as mentioned below immediately to this office:

- For citizen feedback and hashtags on Social Media by the hashtag #Swachhsurvekshancchandigarh2021 by the NSS volunteers.
- To conduct virtual painting/quiz competitions in various school and educational institutes and provide documentation for the same.
- Swachh Ranking of Educational Institues and documentation for the same.
- Innovation in Citizen Category.
- To share documentation regarding Covid Awareness.

DA/ As above


State Liaison Officer,
for Director Higher Education,
Chandigarh Administration

Government College of Education, Sector-20D, Chandigarh

Action Taken Report regarding Swachh Survekshan 2019

NATIONAL SERVICE SCHEME (NSS)

NSS Unit of Government College of Education organized and conducted various programmes related with Swachh Bharat Abhiyan. All the NSS volunteers were engaged in various activities related with their personality development and Community services during Covid-19. There were total 232 NSS Volunteers (B.Ed, M.Ed and PGDGC students) in Government College of Education in the session 2019-20. The NSS in-charge for the college is Dr. Ajay Kumar Srivastava. Dr. Mukhtiar Singh and Dr. Meena are two other programme officers. The following are the details of the activities / programmes undertaken by the NSS units throughout the session 2019-20. NSS units of College organized / conducted all the activities with the main theme of "EK BHARAT SHRESHTHA BHARAT" (EBSB). It includes "SWACHHTA PAKHWADA - MAHILA SHAKTI - KENDRA SCHEME," "POSHAN PAKHWADA," "FIT INDIA MOVEMENT" and various other activities under EBSB programme. A seven day special camp was organized under the theme of "SWACHH BHARAT ABHIYAAN & JAL SHAKTI ABHIYAAN." All NSS volunteers help the needy ones during Lockdown period as well as unlocked time. College NSS volunteers participated in all Covid-19 awareness programme and competitions in various activities related with Swachh Bharat Abhiyan. This brief compiled report covered all NSS activities and tasks related with (EBSB) and Covid-19 Pandemic.

Four One day NSS camps and one special 7 days (day and night) NSS camp were organized by the College NSS units in the session 2019-20. Due to the Lockdown 1 one day NSS camp could not be organized. But our They completed all tasks assigned by NSS State Cell, Chandigarh and other higher authorities with the help of different online mode services as per the guidelines provided by the same. During lockdown and Covid-19 pandemic all the NSS volunteers helped the needy ones with the material, social and emotional support. This help is also continuing till date.

On 29th August, 2019 Hon'ble Prime Minister Narendra Modi launched National Sports day nationwide historical movement "FIT INDIA MOVEMENT" in

Indira Gandhi Indoor Stadium, New Delhi. This programme was shown to all the college staff and NSS Volunteers through live telecast in the college auditorium. The Prime Minister encouraged people of India to adopt fit and healthy lifestyle.

Under the EBSB programme “SWACHATA PAKHWADA” was organized in the College on 2nd Sept. to 17th Sept. 2019. On the 150th Birth Anniversary of Mahatma Gandhi on 2nd October, 2019 various activities (Yoga sessions, water conservation, Swachhata Rally, Cleanliness drive in school of Kajheri) conducted in the College and adopted Village Kajheri, Chandigarh.

On 21.10.19 Anti - Cracker Awareness Campaign organized with speech and Pledge (Swachh Diwali-Green Diwali) during Diwali festival week (21st Oct. 2019 to 26th Oct, 2019) in the Morning Assembly. All the NSS volunteers were motivated to celebrate green Diwali and they were advised to spread this message their near and dear ones.

On 17 January, 2020 the Government College of Education hosted a lecture on the topic of road safety to celebrate the ROAD SAFETY WEEK (11 -17 January, 2020). Dr Nisha Singh, Assistant Professor chaired a group discussion on the topic wherein students were encouraged to give suggestions to improve the present condition of road safety.

All the NSS Volunteers of Government College of Education conducted a rally to promote “FIT INDIA” Cyclothon / Walkathon on 18 January, 2020. The rally was flagged off by madam Principal Dr. (Mrs.) Harsh Batra and Staff members of the College. Students covered the surrounding areas of the Sector 20 D, Chandigarh for healthier lifestyle.

An awareness programme on 28th January, 2020 for cleanliness was conducted as a part of “Swachh Survekshan 2020”. Ms. Sapinder Kaur, from MC, Sector 17 delivered a lecture on the importance of Cleanliness. Mr. Abhay gave useful information regarding how to make Chandigarh excel in Swachh Survekshan. Students were motivated to maintain cleanliness and uploaded pictures of clean areas on social media with **#SwachhSurvekshan2020 Chandigarh.**

To mark the martyrdom day of Mahatma Gandhi, the College NSS Unit organized a programme on Swachh Bharat Abhiyan on 30th January 2020 under the chairmanship of Dr. (Mrs.) Renu Verma. Dr. Sheojee Singh, Associate Professor gave a talk with an interactive session on ‘Moral and Educational Values from the life of Mahatma Gandhi’. Dr. Himanshu, House Surgeon and Mr. Dalip Kumar assistant, Department of Leprosy GMSH, Sector-16, and

Chandigarh gave an insight about the reasons, preventions and treatment of Leprosy to NSS volunteers.

SWACHHTA PAKHWADA - MAHILA SHAKTI - KENDRA SCHEME organized to achieve Universal Sanitation, Hygiene and open defecation free India under SWACHH BHARAT MISSION from 1st March to 15th March, 2020. On dated 06.03.20 an Essay writing competition on the topic "Best Practices in Solid Waste Management", on 07.03.20 Celebrated Women's Day with poem recitation, speech and skit and Swachhata Pledge was also taken for Swachh Bharat. An awareness session was conducted on 9th March, 2020, by Dr. Deepti Raina, M.D. Pediatric, GMCH regarding the a fatal virus that has been spread all over the world that is CORONA VIRUS-19. On 14th march, 2020 Poster and logos writing competition and Swachhata Rally was organized.

One day NSS camp organized on 05.09.19. The Programme was based on four main topics namely, Celebrations of 550thprakashotsav of Shri Guru Nanak DevJi, Eye Donation Awareness Programme, National Unity Day and Plastic Free India. A documentary was shown related with the life sketch of Shri Guru Nanak Dev Ji. A lecture on eye donation was given by Dr. S. K. Arya (Ophthalmologist), Head of the Eye Department in GMCH-32, Chandigarh. A documentary on 'Wagha Border was shown to the NSS Volunteers. NSS volunteers played a skit on plastic free India.NSS volunteers organized various activities to celebrate The Teacher's Day also which included cultural activities and fun games. Principal and all the Teacher participated in this programme. After Teachers' Day Celebration NSS Volunteers enthusiastically participated in the cleanliness drive in college Campus (College auditorium, labs, classrooms, Teacher's rooms, Principal's room, office library, canteen area.

Special 7 days camp (27-09-2019 to 03-10-2019) with the theme of "SWACHH BHARAT ABHIYAAN & JAL SHAKTI ABHIYAAN"

Seven days from 27-09-2019 to 03-10-2019 special NSS camp started with inauguration of the camp by inaugural lecture by Programme Officers Dr. A.K. Srivastava .All next six days of the 7 days special NSS camp started with Yoga session guided by the noted Yogacharya Sh. Balwinder Kumar and Mr. Amit along a student of the college, Mr. Harcharan Singh. Sports, culture programme were conducted time to time by NSS volunteers on the theme of environment, culture and heritage under the guidance of three programme officers.

Dr. Anurag Sankhian, Associate Professor discussed about Swachh Bharat Abhiyan and Plastic free India. Slogan writing competition was organized on

the theme of WATER CONSERVATION. Mr. Sayansh Jindal a student from Punjab Engineering College, Chandigarh and Ms Priyanka Sharma from GCG-42, Chandigarh demonstrated on the topic, Water – a – Mystery.

Dr. Inder Pal Singh, State epidemiologist, IDSP, Medicine, UT Chandigarh and Mrs. Vandana Thakur , State epidemiologist, IDSP, Health Department U.T, Chandigarh of Anti Malaria Wing of Health Dept. U.T. Chandigarh, talked about the symptoms and precautions regarding Dengue, Swine Flu, and Chikungunya.

‘Traffic Awareness and Road Safety’ Programme was held for all the NSS Volunteers. It was led by Bhupinder Singh, ASI (Chandigarh Traffic Police) along with his team. With his stage performance (Songs related with Traffic Rules) he aware the NSS volunteers to obey the rules of Traffic.

All the NSS volunteers went and aware the cleanliness of school to Students and teaching staff of the Government High School, Village Kajheri Chandigarh (UT). They organized a rally on drug de-addiction and Swachh Bharat Abhiyan. On the way a Nukked Natak on the theme of ‘drug de-addiction’ was also performed by NSS volunteers. During the NSS camp, Volunteers planted saplings of trees in the Government High School Village Kajheri under the theme of **#SwachhSurvekshan2020 Chandigarh.**

Some glimpses of NSS activities



National Sports Day and Fit India Movement



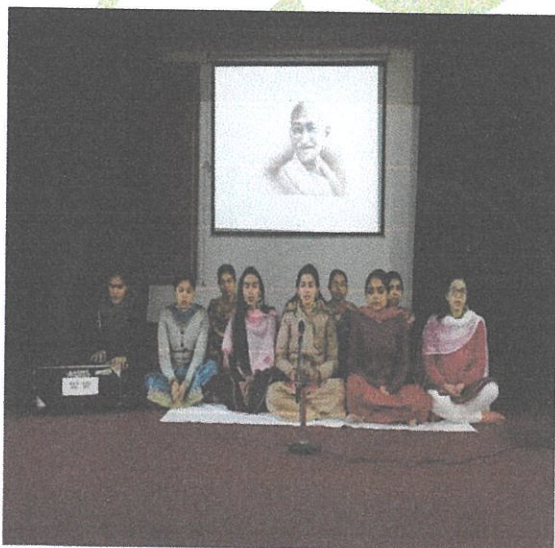
Cleanliness Drive



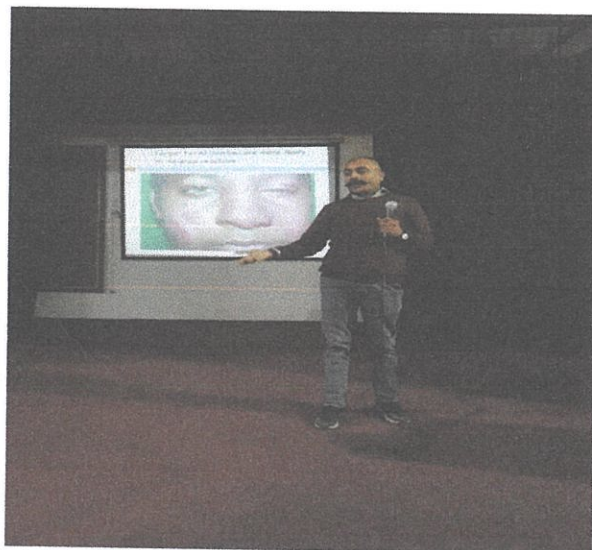
Pledge on Anti Cracker Diwali



Fit India Cyclothon/ Walkathon Rally



Bhajan Sung by NSS Volunteers



Lecture by Mr. Dalip Kumar on leprosy



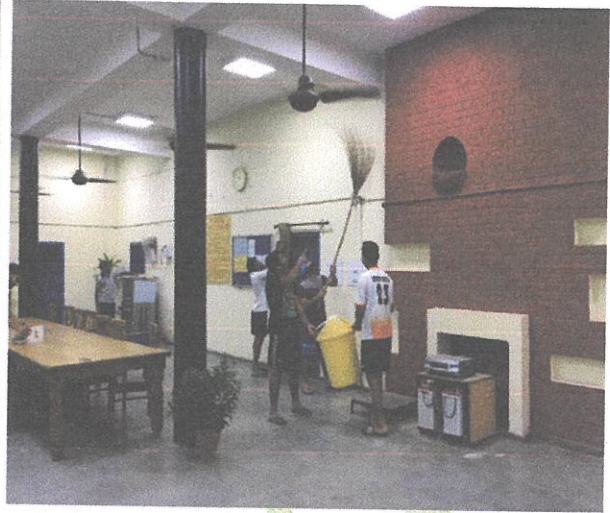
Swachhata Pledge and Address key note by Principal



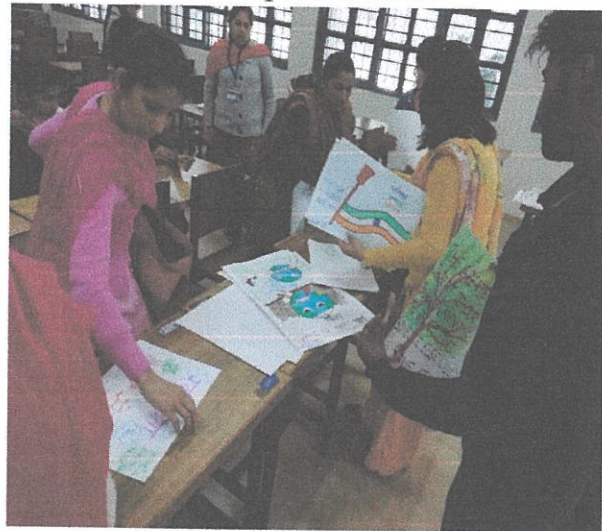
Health and hygiene talk on corona virus Dr. Deepti Raina, M.D. Pediatric, GMCH.



Mr. Rattan Chand and Staff Nurse addressing to Safai karamchari 'Swachhata Hi Seva'



Cleanliness drive in Girls Hostel and Boys Hostel Swachhata Inspection Team



Competition of pictures (Poster making) and logos on Swachh Bharat Abhiyan



Principal Dr. Renu Verma flagging off the Swachhata Rally



NSS Volunteers during Swachhata Rally

**Report of different works and awareness programme done by NSS
Volunteers during Covid-19**

LOCKDOWN was announced by the Indian Government in the last week of March. It was caused by the worldwide COVID-19 pandemic. LOCKDOWN means that people should stay where they are. In this situation, no one is allowed to go (travel) to any place without permission. The main motto of the lockdown was-‘STAY HOME STAY SAFE.’

After LOCKDOWN, all the educational institutions were closed in the country. State NSS Cell Chandigarh guided to the programme officers and NSS Volunteers for help to needy ones. All the NSS Volunteers done their job well and they were engaged with all NSS activities. As per the instructions by Centre Government and State NSS Cell Chandigarh our College NSS volunteers completed each task within the time frame.

Table of Different Task Completed by NSS Volunteers

S. No.	Task	Total NSS Volunteers	Completed	Incompleted
1.	Aarogya Setu Downloaded	228	228
2.	IGOT Registration	228	228
3.	IGOT Training Completed and got Certificates	228	226	02 from J&K Internet issue
4.	First E-Survey	228	228
5.	Second E-Survey	228	228	

The role of NSS volunteer become very important in Covid-19 type pandemic when the people are helpless and they need help to survive in their life. Our NSS volunteers started an awareness programs about Covid-19 to the people around them. For this purpose they used phone and explained about symptoms and precautions of pandemic. Many NSS volunteers used Charts, posters and video clips(YouTube) related with precautions measures from Covid-19 pandemic. NSS volunteers were busy tried to help people who are in need but due to certain reasons they were not allowed by the municipal committee and other departments, so they started creating awareness through online medium.

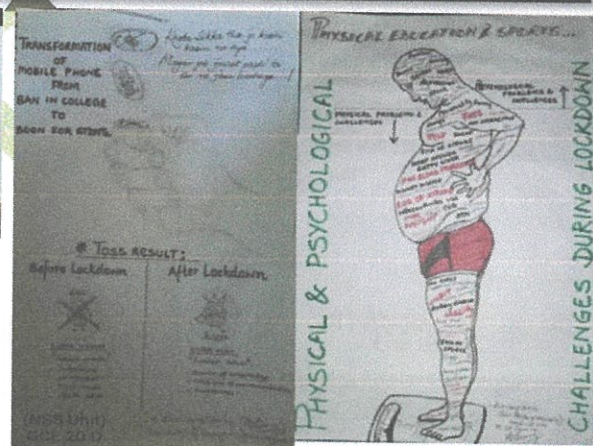
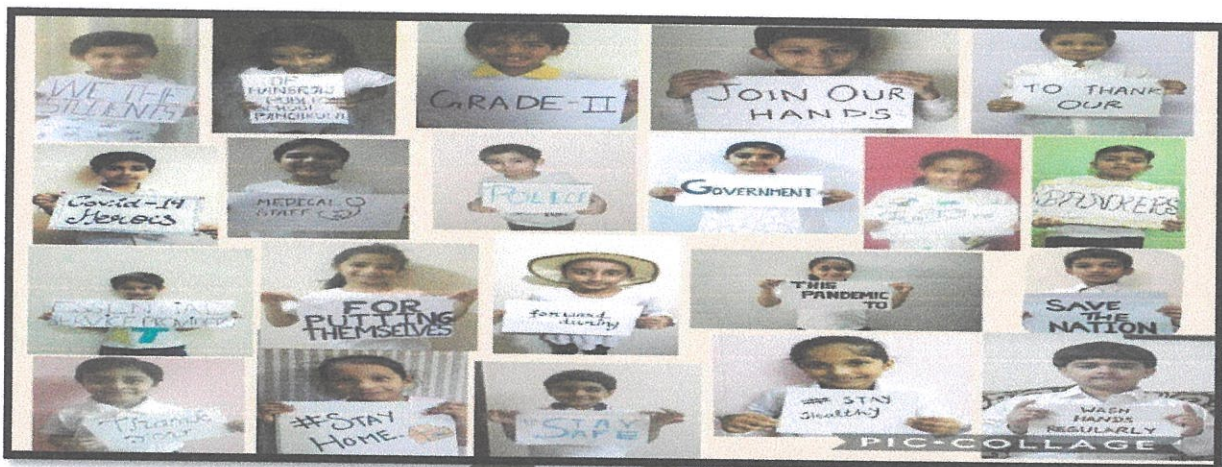
Following is the list till date, Volunteers are working everyday:

Sr. No.	Activity
1.	Awareness through Posters and Video
2.	Hand washes Hygiene through video on YouTube
3.	Awareness through Surya Namaskar and Yoga Asanas
4.	Experience sharing by one NSS Volunteer during Lockdown
5.	Making masks, guidance and distribution By NSS Volunteers
6.	Donation and distribution of Ration to the needy Ones
7.	Online Teaching and Participation in various Competitions

1. Awareness through posters and video

The NSS Volunteers made posters regarding self care during COVID-19, safety measures, Hand wash steps, cleanliness, sanitization etc. All the pictures of NSS Volunteers with their posters have been included video which was shared online so that it can be used by all. The link to the video is:

https://drive.google.com/folderview?id=1E5CMOgr8i4A87J_1-p0ZiqS9UNaw5iNt

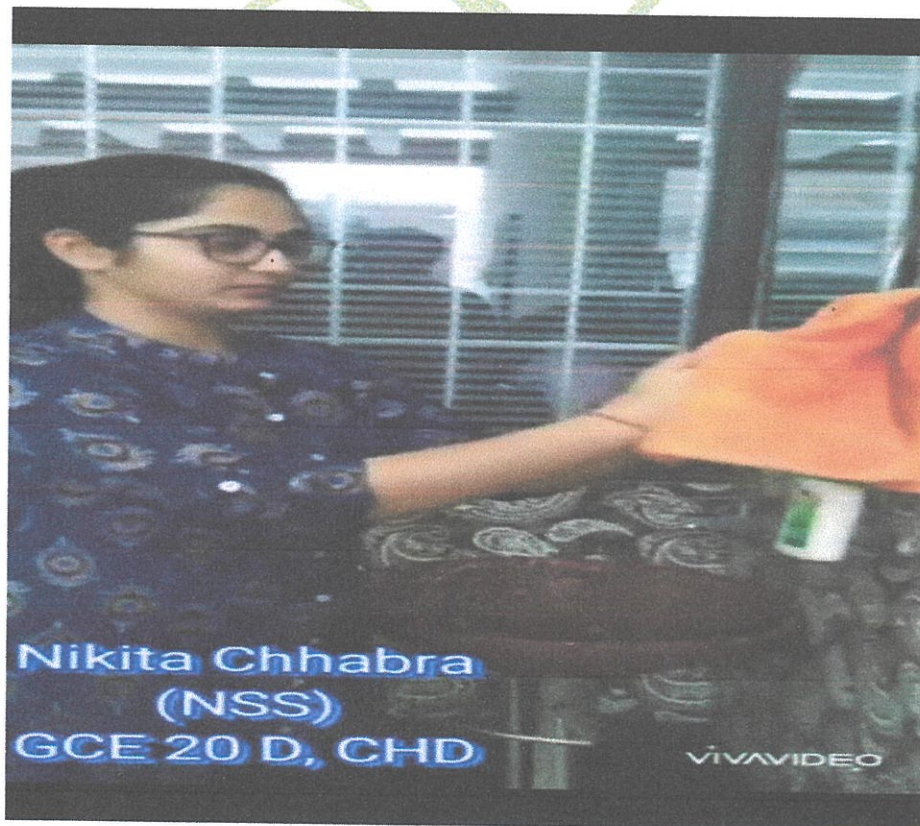


2. Hand washes Hygiene through video on YouTube

One of the NSS Volunteer Nikita Chhabra, student of B.Ed fourth Semester made a video on Hand Wash. Mostly we wash our hands in hurry and we are wasting our hand wash soap. But Nikita explained well step by step that how we can wash our hands properly. She explain the proper way of washing hand with a video, which is very interesting .In this video she gives a pneumonic i.e. **SUMAN K HATH** giving the directions on how to wash hand in correct manner.

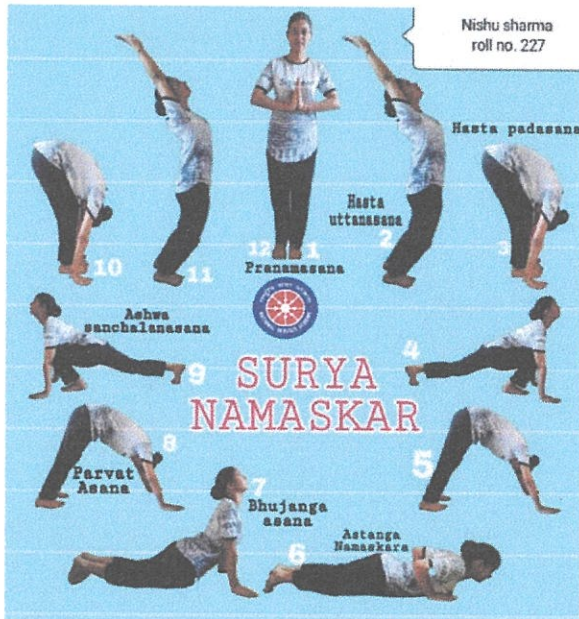
- S** - **Seedha** (Front side of hand),
- U** - **Ulta** (Back side of hand),
- M** - **Middle of fingers,**
- A** - **Angutha** (thumbs'),
- N** - **Nails,**
- K** - **Kalai** (Wrist),
- HATH** - **Hands.**

It is a very unique and interesting way to wash the hands correctly. You can sing it and wash your hands for 20 seconds with any soap or hand wash. This video can be found on YouTube, the link is: https://youtu.be/UexgpEGl_9M



3. Awareness through Surya Namaskar and Yoga Asanas

The Volunteers made a routine to practice various Yoga Asnas and Surya Namaskar daily, with their family members. This is helping them with reducing stress, managing their lifestyle, being healthy and boost immunity. Here are few pictures of the volunteers:



Nishu sharma
roll no. 227



1.Chakrasana: Strengthens heart and increases lung capacity.

Increases energy and counter depression.



2.Dhanurasana:
Improves Heart Health, treats diabetes.

3.Dhyanmudra for meditation

Priyanka Thakur
GCE 20 Chd (NSS Unit)
Increase immunity fight Covid19



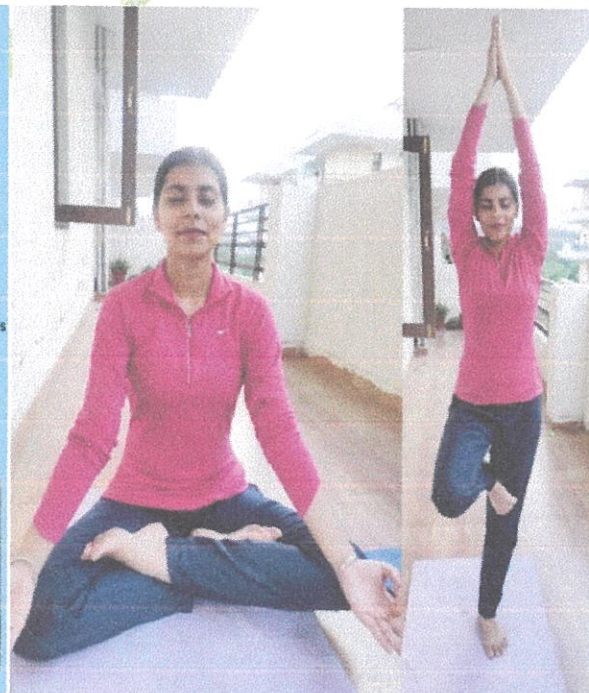
Matsyasana
Destroyer of all diseases
Stretches and stimulates the muscles of the belly and front of the neck
Stretches and stimulates the organs of the belly and throat

Kavita Joshi
Roll No. 202
Government College of Education, Sector 20, Chandigarh (NSS Unit)



Hal Asana
Calms the brain.
Stimulates the abdominal organs and the thyroid gland.
Stretches the shoulders and spine.
Reduces stress and fatigue.

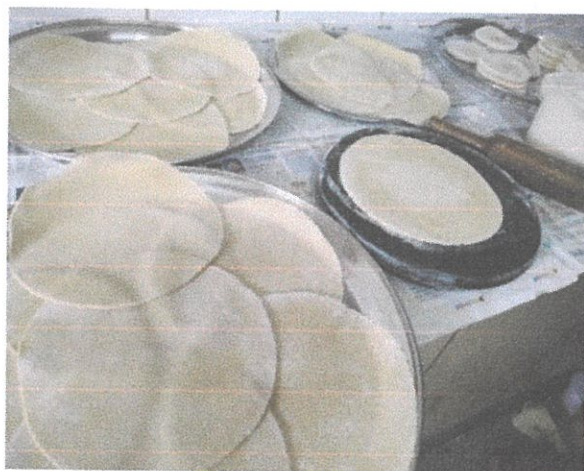
Ustrasana
Reduces fat on thighs.
Stretches and strengthens the shoulders and back.
Expands the abdominal region, improving digestion and elimination.
Improves posture.



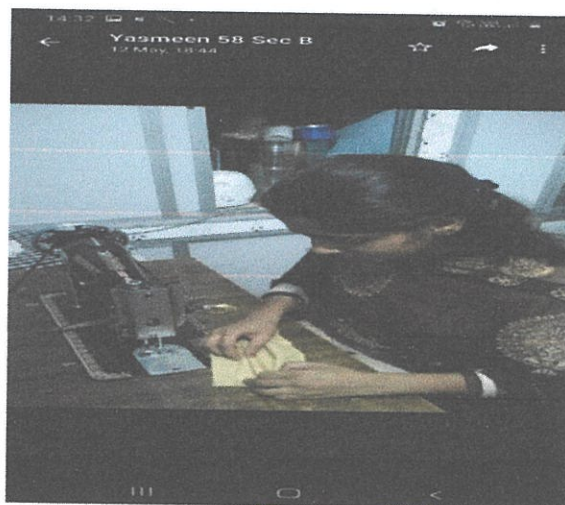
4. Experience sharing by one NSS Volunteer during Lockdown

I am Amrinder Kaur, roll number 236 B.Ed. 4th semester, NSS Volunteer of Govt. College of Education. I feel very lucky that my mother's friend works for NGO "SRI GURU GRANTH SAHIB SOCIETY" who has been asked by the Chandigarh administration to provide cooked packed food (langar). Since 25th March we (with my siblings) have been preparing more than 200 chapattis daily. It takes around 3 and a half hour daily to prepare the chapattis.

My father took the initiative to provide PPE'S, face masks and sanitizers to the Government hospitals and the Asha Workers in the FATEHGARH SAHIB district. Around 750 PPE kits each rupees 750, 2000 masks and sanitizers have already been supplied to the hospitals and the persons working on the ground level successfully and the process is still continuing.



Chapatti, Sanitizer and PPE Kits Supplied to Needy ones



5. Making masks, guidance and distribution By NSS Volunteers

Most of the NSS volunteers distributed the masks to needy persons. They are also using self prepared mask. They made aware the benefits of masks to other persons of the society .A few pictures related with mask preparation.

6. Donation and distribution of Ration to the needy Ones

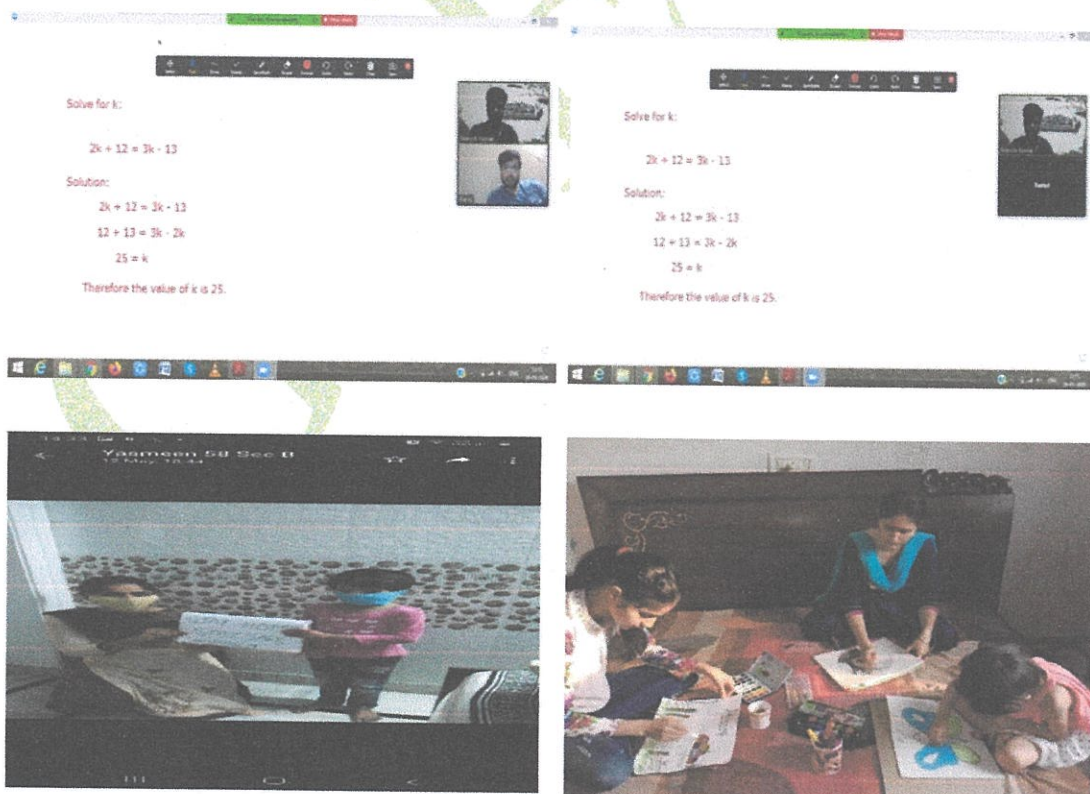
Our college NSS volunteers collected money a sum of **Rupees13668/-** for the purpose of distribution the Ration for needy ones. The name of the students who donate money are as; Danish Sharma, Prabhpreet Kaur, Kamlesh Thakur, Himanshi Saini, Samiksha Sharma, Manisha, Amandeep, Vikas Patel, Shivangi Arora, Lavish Sachdeva, Sakshi Arora, Abhilasha. NSS Volunteers of Government College of Education played an active part in helping the Needy persons by donating food items with the help of an NGO. This NGO distributed ration to the needy for more than one month. Our NSS volunteers Shobha, Preeti Sharma, Shweta, Shivani, Nidhi, Jaspreet Kaur, Damini, Tejinder Kaur, Tejkaran Singh Maan, of M.Ed class distribute food at their own level. NSS President of College unit, Vikas Patel was leading this initiative. Our volunteers provided food and water to the stray dogs, monkeys and birds.



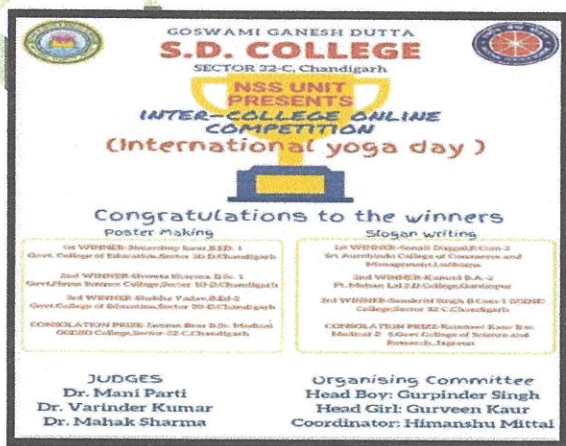
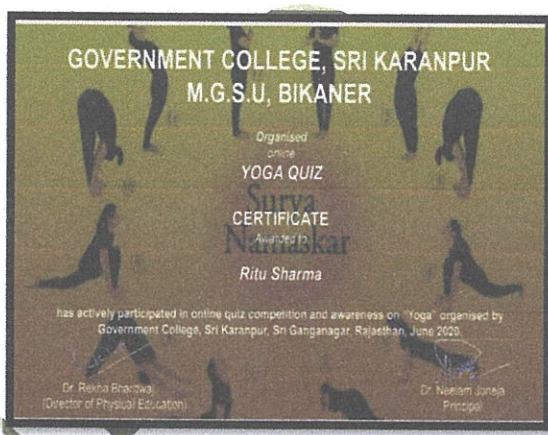
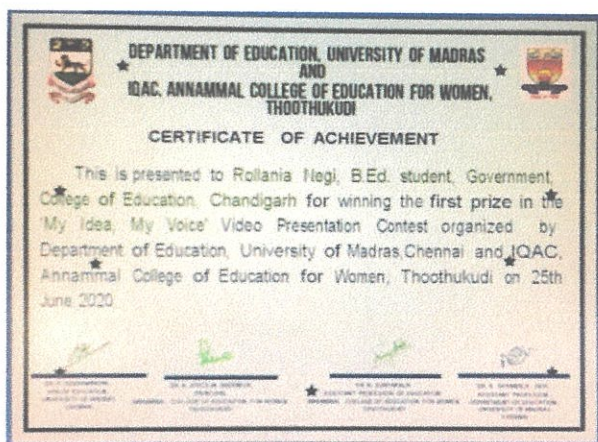


7. Online Teaching and Participation in various Competitions

During this pandemic most of the schools are teaching online through Zoom, Google classroom etc. but still students are facing problems. Our NSS Volunteers started teaching online as well as direct help for the needy one.



NSS Volunteers of our college participated in different competitions organized by different institutions of our country. They got First, second and third prizes in various competitions like Speech, Poetry recitation, quiz competition, Slogan writing, Poster making and different types of challenges related with health and Yoga.



These are only a few certificate holder volunteer but every volunteer has participated in some or the other competition. Till date, Isha won ten, Rullania and Gagandeep Singh got National and state level prizes in various online competitions.

Tree Plantation Drive

Tree plantation drive is the most important activity of human life. They absorb harmful gases and emit oxygen which is very important to human life. All types of trees are helpful in balancing the environment beauty of the nature. Keeping these things in mind, a tree plantation drive was organized at Government College of Education Sector-20D, Chandigarh on 04.08.2020. Dr. Renu Verma, Principal and all the staff members planted different types of trees in the college premises, in which mainly litchi, peach, pomegranate, berries, oranges, kinnu and guava were planted. Principal stated the importance of trees and plants in our lives. She encouraged the tree plantation drive and advised everyone to plant their home and surroundings as well to keep the environment clean and clear for the healthy living.

Some memorable Glimpses



Mask Donation under the Motto of “Mask is Must”

The NSS Unit of Government College of Education donated First time 1000 to NSS State Cell and second time 1100 masks for all the students and staff members of Government High School, Village Kajheri Sector - 52, Chandigarh. This activity was done under the Motto of “Mask is Must” By NSS Unit of GCE-20D, CHD. Most of the students of GHS belong to slum area. School Headmistress appreciated and thanked the College Principal and all the NSS Volunteers who donated the masks for all the students and staff members (Teaching and Non-Teaching) which are most important during classroom teaching. A few Photos;



NSS UT Chandigarh - #Not_ME_But_YOU #COVID19 #NSS volunteers from Government College of Education #Sector20 donated 1025 home made masks for community distribution in Chandigarh. #IndiaFightsCorona NSS India Ministry of Youth Affairs and Sports, Government of India Kiren Rijiju PMO India VP Singh Badnore Press Information Bureau - PIB, Government of India | Facebook

Report of NSS Day and Poshan Mah

NSS Units of College organized **Slogan and Poster Making Competition** to Celebrate the NSS Day and Poshan Mah. Theme of the slogan writing on NSS Day was “Life is First - Mask is Must” and the theme of Poshan Mah for

poster making was “Balanced Diet - Balanced Life”. Most of the NSS volunteers participated and submitted their entries online. Result was declared and announced it online mode.

Some Photos of Slogan Writing and Poster making Competition



Mahatma Gandhi Ji Birth Anniversary

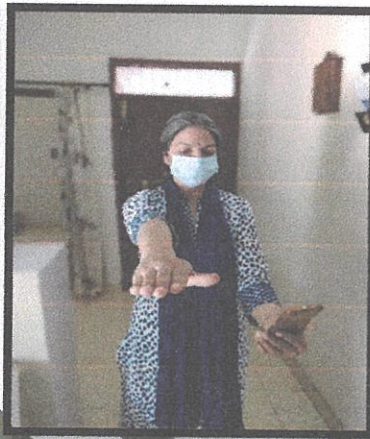
On the occasion of Mahatma Gandhi Anniversary, the NSS Unit of Government College of Education, Sector 20D, Chandigarh, organized the following events:

- Under #FitIndiaPlog Run and tag@NSSIndia, NSS Volunteers ran two Kilometres. They also collected the scattered garbage on the way also by following the SoP (Standard operating Procedure) guidelines during the present pandemic.
- NSS volunteers also participated in the online Essay writing, Poetry Writing and Story Writing competition on the themes of “Non-Violence”; “Treat Others how you want to be treated” and “Survival”. Rules of the competitions were made clear to the volunteers. They were asked to use A4 sheets for both competitions and send their work in pdf files to the programme Officers. They were also informed winner will be awarded prizes at the stipulated time. All the NSS volunteers participated enthusiastically in the online competition.
- Some memorable work done by NSS Volunteers has been appended here in the pictures:



Report of Pledge against Covid-19

As per the programme of Chandigarh Administration on 08.10.20 a total number of 120 NSS Volunteers and College staff members took Pledge against Covid-19. NSS volunteers participated online in this pledge and College staff took pledge in the college premises.



We know the historical evidence that we faced different types of challenges, but after all this we still are doing mistakes again and again. No one wants to understand such type of message given by God and nature from time to time. Now it becomes the responsibility of everyone to face this pandemic keeping in mind the rules, regulations and precautions with honesty. NSS Volunteers are always ready to help the needy in any kind of situation and will continue to do so.

Programme Officers

Dr. Mukhtiar Singh *M. Singh*

Dr. Meena *Meena 9/2*

Dr. Ravneet Chawla *Ravneet*

3
04/02/21
Principal,
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