

NATIONAL SERVICE SCHEME (NSS)



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From the State Liaison Officer's Desk **Dr. Nemi Chand**



I am filled with immense pride as I acknowledge the tireless efforts of the NSS unit at Government College of Education, Sector 20-D, Chandigarh. Their service is not about recognition but about the quiet, meaningful acts that uplift those in need. Each initiative reflects the deep compassion and commitment of our volunteers, embodying the true essence of "Not Me

But You." This newsletter stands as a testament to their selfless dedication, and I am confident their work will continue to inspire and impact many lives in the community.

From the Chief Editor's Desk **Dr. Balwinder Kaur**



In the pages of this newsletter, I see more than just reports of service; I see hearts full of passion and purpose. Our NSS volunteers have given so much of themselves, often in quiet, unnoticed ways, always with the aim of uplifting those around them. Their dedication to the motto "Not Me But You" is reflected not just in words but in the countless acts of kindness that make our community a better place.

They have come to understand that true leadership lies in serving others, in listening, and in bringing joy where there is sorrow. It is this spirit of selfless giving, without hesitation or expectation, that fills me with pride as I present this edition. I extend my gratitude to our Principal, Dr. Sapna Nanda, whose support has been integral to the success of our initiatives. I hope the stories will touch your heart as they have touched mine, reminding us all that we are at our best when we live for others.

From the Principal's Desk **Dr. Sapna Nanda**



This edition of the NSS newsletter proudly highlights the remarkable contributions of the volunteers. Their commitment to community service goes beyond mere participation; it reflects a deep devotion to every cause they embrace. Through love, empathy, and dedication, these volunteers have not only made a significant impact on the community but have also fostered a spirit of unity and hope. The newsletter encapsulates their inspiring journey of service, driven by a shared desire to create a better world. The unwavering guidance of program officers Dr. Balwinder Kaur, Dr. Aarti Bhatt, and Dr. Upasana Thapliyal deserves sincere appreciation, and each volunteer is commended for shining as a beacon of selflessness in these challenging times.

HAR GHAR TIRANGA

The NSS cell of Government College of Education Sector 20D Chandigarh organised a program to celebrate Har Ghar Tiranga as a part of Independence Day celebration on August 5th 2024.

The aim of the event is to rekindle patriotic fervor and educate the volunteers about the

significance of the Indian National Flag, promoting a deeper connection to the nation's symbol of unity.



EK PED MAA KE NAAM

The NSS cell, Parijat Eco club of Government College of Education Sector 20D Chandigarh in collaboration with Horticulture department Chandigarh participated in the tree plantation drive in the campus to celebrate Ek Ped Maa ke Naam on August 10, 2024.

Principal, XEN, S.D. O, J. E, faculty members, and students of B.Ed. planted the saplings of Sita Ashok,

Jakranda, Amaltas, Laferstomia etc, in the campus. The Prime Minister Mr. Narendra Modiji launched the "Ek Ped Maa ke Naam" campaign on World Environment Day 2024. So as a tribute to Mother Nature NSS cell of the college took part in the tree plantation drive and gave the message to all students to protect Mother Nature by contributing one tree on the earth.

Principal madam gave the message to all the volunteers to plant saplings as a tribute to their mothers and said that it would be a significant step towards protecting the nature for future generations.



ADVISORY COMMITTEE MEETING

The NSS cell of the Government College of Education Sector 20-D Chandigarh organized NSS advisory committee meeting on 13th August 2024 under the chairmanship of the principal Dr. Sapna Nanda. The agenda of the meeting were five one day NSS camps, Special seven days NSS camp, activities in the adopted village.

Members of the committee from the college Dr. A.K. Srivastava (Dean), Dr. Savita Arya, Dr. Mukhtiar Singh, Dr. Sanjeev Kumar Jindal and student representatives of M.Ed and PGDG&C were also present. The invited members of the committee who attended the meeting were Headmaster Mr. Manmohan Singh of GHS Sector 20 Chandigarh and Branch Manager Mr. Virendar Kumar PNB Sector 20 Chandigarh.



SWACHHTA HI SEVA AND NATIONAL SPACE DAY

The NSS Cell of the Government College of Education, Chandigarh organized One Day NSS Camp on the theme “SWACHHTA HI SEVA AND NATIONAL SPACE DAY” on 24th August 2024 in the college campus. Dr. Sapna Nanda Principal, of the college introduced the theme to the NSS Volunteers by emphasizing the importance of social service and encouraged them to follow the motto “NOT ME BUT YOU”. As the main component of the education, NSS is part of the academic, social and personal lives.

NSS Programme Officers Dr. Balwinder Kaur, Dr. Arti Bhatt, and Dr. Upasana Thapliyal apprised the students about the activities to be conducted by the NSS Cell during the camp.



ONE DAY NSS CAMP



The NSS cell of the Government College of Education, Sector 20-D, Chandigarh, organized a one-day camp on September 5th, 2024, to celebrate Teacher’s Day. The camp was mandatory for the students of B.Ed. First Year, M.Ed. First Year and Second Year, and PGDGC. The day began with the enrolment and attendance of volunteers from 9:00 AM to 9:30 AM, followed by a welcome address by Dr. Balwinder Kaur. Dr. Sapna Nanda, Principal, formally inaugurated the camp, setting the stage for the day’s events. SBI Manager and AGM Mr. Jagjit Bhutani honoured Principal Madam with a memento for her contribution to the education.

NATIONAL SPORTS DAY

The NSS Cell of the Government College of Education, Sector 20-D, Chandigarh organized an intra-section volleyball match on the occasion of National Sports Day on 2nd September 2024 to commemorate the birth anniversary of the legendary hockey player Major Dhyhan Chand. The teams comprised of six students each from both the sections of B.Ed. First Year. Anshul was the Captain of Section A (Deepak, Kumari Anjali, Nancy, Nishtha and Stanzin) while Shubham was the Captain of Section B (Arshdeep, Kirti, Sachin, Vaibhav and Virat). The match was organised in collaboration with Sports Department. Dr Neelam Paul, Incharge, Department of Physical Education initiated the match by instructing the players about the rules of the game.



HEALTH AWARENESS CAMPAIGN

The NSS Cell of Government College of Education, Sector 20-D, Chandigarh, in collaboration with Health Department Chandigarh Administration, under the leadership of Dr. Sapna Nanda (Principal) organized a Malaria and Dengue Awareness Programme campaign to educate the local community about the spread of vector-borne diseases such as dengue, malaria, and other illnesses caused by mosquitoes. The campaign organised by the NSS Program Officers, Dr. Balwinder Kaur and Dr. Aarti Bhatt, along Mrs. Gurmeet Kaur, College Nurse aimed to inform residents about the causes, symptoms, and preventive measures of these diseases, while encouraging them to maintain cleanliness to prevent mosquito breeding. NSS volunteers participated actively by going door-to-door and visiting around Eighty (80) houses including a laundry bay and neighbouring shops in Sector 20-D, Chandigarh.

7 DAY NSS SPECIAL CAMP

The NSS 7-Day Special Camp, hosted by the National Service Scheme Unit of the College. This year's camp, running from September 24th to September 30th, 2024, is themed "Swachhta Hi Seva & Health and Hygiene," emphasizing the values of cleanliness not only as a social duty but as a way of life ingrained in our character and ethos.

With activities ranging from cleanliness drives, workshops, and interactive sessions on Swachh Bharat, water conservation, and community awareness campaigns, the camp aims to instill a lifelong commitment to environmental stewardship and community service.

DAY 1

The first day of the NSS 7-Day Special Camp started with inauguration by Chief Guest Mr. Vivek Atray inspired the audience, and highlighted the significance of community service. Following this, An orientation session on social work led by Dr. Kuldeep Puri educated pupil teachers about their role in promoting civic consciousness. The day concluded with a vibrant poster-making competition on "Swachhta Hi Seva," where volunteers expressed their creativity while raising awareness about cleanliness. The day ended on a lively note with the heats of indoor games held in the hostel.

DAY 2

The day commenced with a dynamic self-defence session led by Ms. Sonia, aimed at equipping volunteers—especially women—with essential self-defence techniques. Following this empowering session, volunteers visited Village Kajheri, where they engaged in impactful outreach activities. The visit aimed to foster relationships within the community while promoting the themes of "Swachhta Hi Seva" and "Health and Hygiene." In the afternoon, the volunteers participated in a session conducted by Ms. Harshita from Vision IAS Academy, introducing the competitive event "Pratispardha." The day concluded with heats of games in badminton and carrom, promoting physical activity, teamwork, and camaraderie among volunteers.

DAY 3

This day began with a rejuvenating Yoga Training Session led by Mr. Bijender, promoting physical well-being and mental clarity among the volunteers. Following this, a Cyber security Awareness Session conducted by the Cyber soldiers team from MCM DAV College for Women. After this session, A Vigil Awareness Session featured esteemed speakers who discussed public governance and anti-corruption measures, highlighting the importance of civic participation and accountability. In the afternoon, volunteers participated in a Mindfulness and Well-being Session led by Mukta Nijjar, where they learned valuable stress relief techniques and the significance of emotional resilience. The day concluded with heats of games featuring Snakes and Ladders and Chess.



7 DAY NSS SPECIAL CAMP

DAY 4

This day started with an empowering Defence Training Session led by Ms. Sonia. Volunteers were taught essential self-defence skills, boosting their confidence and awareness in handling physical threats. Following this, Ms. Prabhjot Atwal led an impactful Awareness Session on Drug Abuse, addressing the dangers of addiction and its devastating effects on individuals and communities. The day continued with an enlightening session on the Importance of Millets by Dr. Lipika Kaur Guliani. In the afternoon, Dr. Gulshan conducted a session in observance of World Tourism Day, discussing the significance of vocational education in empowering individuals and enhancing employability. Dr. Sreenivas Reddy from PGIMER then delivered a thought-provoking session on post-COVID vascular health in young individuals. The day concluded with the heats of volleyball games, where volunteers enjoyed friendly competition, teamwork, and camaraderie.



DAY 5

The day commenced with an invigorating yoga training session aimed at enhancing physical well-being and mental clarity. Following yoga, volunteers participated in an enlightening session on peaceful living conducted by the Brahma Kumaris. This session focused on inner peace and spiritual awareness. The afternoon included a traffic safety training session led by the Chandigarh Traffic Police, where volunteers learned essential traffic rules and pedestrian safety measures. This was complemented by a hands-on demonstration on fire safety by the Chandigarh Fire Department. To conclude the day, the volunteers engaged in heats of volleyball, fostering teamwork and friendly competition.



DAY 6

The day began with a Self-Defence Training Session led by Ms. Sonia. Following this, Dr. Jyotsna Kaushal conducted a Water Conservation Awareness Session, emphasizing sustainable water management and encouraging volunteers to adopt water-saving habits. In the afternoon, volunteers participated in a Poster-Making Competition and Slogan-Writing on Drug Awareness. This was followed by a Rally on Drug Awareness, where participants engaged the local community in discussions about prevention and the importance of collective action. The day continued with Cleanliness Drive in College, reinforcing the values of environmental sustainability, and concluded with a Plastic Waste Collection initiative, actively combating plastic pollution.



DAY 7

This day began with a yoga session led by Mr. Bijender, focusing on physical and mental well-being. Volunteers showcased their culinary creativity in a Millet-Based Recipe Competition, emphasizing the health benefits of millets. The day culminated in a Blood Donation Camp, promoting community service and the significance of blood donation. The camp concluded with a Valedictory Function, celebrating the volunteers' achievements and fostering a sense of closure. A feedback session and restoration of articles marked the formal end of the camp, allowing participants to reflect on their experiences and plans for the future.



Glimpses



