



GOVERNMENT COLLEGE OF EDUCATION

NAAC GRADE: A+ SECTOR 20-D, CHANDIGARH-160020





NATIONAL SERVICE SCHEME (NSS)



Vol. 2 Issue: 1



September 2024







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 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 commended volunteer is for shining as a beacon of selflessness in these challenging times.

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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.





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 2O-D Chandigarh organized NSS advisory committee meeting on 13th August 2O24 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 Principal Madam with honoured 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 Dhyan 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, Vaibhay 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-todoor 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 Wellbeing 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 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





































































function at Govt College of Education



The NSS unit of Government College of Education, Sector 2010, Chandigarh successfully concluded its 7-day special camp (24th to 30th September 2024) with a grand valedictory function held at campus today. The camp was an enriching experience for the volunteers and contributed significantly. College o 20D, Chai

Liason Officer and Prof Praveen Goyal, NSS Coordina-tor. Panjab University, Chandigarh & Dr. Sonia Shar-ma, Master Trainer and Pro-gramme Officer, Panjab Uni-versity, Chandigarh by the Principal of the college Dr. Sap-an anada. Dr. Nanda shared that the program functions un-der the motto "Not me but you" in full spirit. The theme of this year's cann was: "Swach.

गवर्नमेंट कॉलेज ऑफ एजुकेशन, चंडीगढ़ ने उत्साहपूर्वक भागीदारी के साथ 'हर घर तिरंगा' अभियान मनाया

में आयोजित ७ दिवसीय एनएसएस शिविर का समापन



गवर्नमेंट कॉलेज ऑफ एजुकेशन ने हर घर तिरंगा अभियान मनाया



चंडीगढ़। गवर्नमेंट कॉलेज ऑफ एजुकेतन, सेक्टर 20डी, चंडीगढ़ के एसएस सेल ने स्वतंत्रता दिवस समाग्रेत के हिस्से के रूप में इर पर तिरंग हो के लिए आज एक कार्यक्रम आवोजित किया। इस कार्यक्रम में प्रति वीडीजीसी और बी.एड कार्यक्रमों के संकाय सहस्यों, कर्मचारियों और छात्री भाग लिया। एनएसएस स्वयंसेक्कों ने प्रिसिपल, संकाय सदस्यों, साधी हवें और रूप डी कर्मचरियों का स्वगत किया। डीन डॉ. ए.के. श्रीवास्तव

ग**वर्नमेंट कॉलेज ऑफ एजुकेशन, सेक्टर 20**डी, चंडीगढ़ विवर्नमेंट कॉलेज ऑफ एजुकेशन ने उत्साहपूर्वक भागीदारी के र हर घर तिरंगा अभियान मनाया



लिए प्रोत्साहित किया। स्वच्छता ही सेवा एवं स्वास्थ्य एवं स्वतंत्रता दिवस के तहत हर घर तिरंगा समारोह मनाने को लेकर कार्यक्रम का किया आयोजन

गवर्नमैंट कॉलेज ऑफ एजुकेशन चंडीगढ़ ने

भागीदारी के साथ 'हर घर तिरंगा' अभियान मनाया

जीसीई-20 में आयोजित सात दिवसीय

एनएसएस शिविर का भव्य समापन

स्वच्छता', जिसमें व्यक्तिगत आदते

और सामुदायिक सेवा दोनों के संदर्भ

में स्वच्छता के महत्व पर जोर दिया

गया। डॉ. नेमी चंद ने अपने संबोधन

में एनएसएस टीम के प्रयासों की

सराहना की और सामाजिक कार्यों में युवाओं की भागीदारी के महत्व पर जोर दिया।

डॉ. बलविंदर कौर ने सात दिवसीय

गतिविधियों को अतिथियों के साथ

साझा किया। शिविर का उद्घाटन पूर्व

आईएएस अधिकारी और प्रेरक वक्त

विवेक अत्रे ने किया, जिन्होंने

स्वयंसेवकों को सेवा के माध्यम से

राष्ट निर्माण की जिम्मेदारी लेने के

शिविर का

चंडीगढ। गवर्नमेंट

20 की एनएसएस इकाई ने अपने 7 दिवसीय विशेष

सफलतापुर्वक समापन किया।

समारोह की शुरुआत शबद गायन

और मुख्य अतिथि - डॉ. नेमी चंद,

राज्य संपर्क अधिकारी और प्रोफेसर

प्रवीण गोयल, एनएसएस समन्वयक,

पंजाब युनिवर्सिटी चंडीगढ और डॉ. सोनिया शर्मा, मास्टर ट्रेनर और अधिकारी, यूनिवर्सिटी चंडीगढ़ कॉलेज की

प्रिंसिपल डॉ. सपना नंदा द्वारा

औपचारिक स्वागत के साथ हुईंद्र डॉ.

नंदा ने साझा किया कि कार्यक्रम 'मैं

नहीं बल्कि आप' के आदर्श वाक्य



दैनिक सर्वेरा उत्साहपूर्वक मनाया 'हर घर तिरंगा' अभियान

गवर्नमैंट कॉलेज ऑफ एजुकेशन 20 में







७ दिवसीय एनएसएस शिविर का समारोह संपन्न



मापन समारोह के साथ अपने 7 दिवसीय ामृद्ध अनुभव था और इसने सामुदाविक त्वा और आत्म-विकास में महत्वपूर्ण वेज और अन्त-विकास में महत्वपूर्ण कावान दिया समारोह की सुक्तात तकत्व कावान और मुख्य अतिथि - र्ड. मेमी चंद, एज्य संपर्क अधिकारी और प्रोतेश्वर प्रयोग वेवत, एन्ह्सस्प सम्प्यक्क, पंजाब वेवतीबदातच, चंडीगड़ और र्ड. सॉनिया गर्मा, माराट ट्रेनर और कावीबस अधिकारी, विभिन्नल हो. सन्ता नंद द्वारा औपवारिक स्थानत के साथ हुईदू हों. नंदा ने साझा किया कि कार्यक्रम +में नहीं बल्कि आप+ के आदर्त वाक्य के तात पूरी भावना से कार्य स्वच्छता ही सेवा एवं स्वास्थ्य एवं स्वच्छता, पर जोर दिया गया। इ. नेमी चंद ने अपने संबोधन में

स्थानीय स्कूल का दौरा किया। उन्होंने घर घर जाकर बातचीत की और स्वच्छता तथ

गवर्नमैंट कॉलेज ऑफ एजुकेशन, में आयोजित ७ दिवसीय एनएसएस शिविर का समापन

दोनों के संदर्भ में स्व

अधिकारी और प्रेरक वता भी विशेष आहे ने किया, किहोंने स्वयंक्षेत्रकों के सेवा के माध्यम से राष्ट्र निर्माण की जिम्मेदारी लेने के लिए प्रोत्साहर

अजीत समाचार 01-Oct-2024

गवर्नमेंट कॉलेज ऑफ एजुकेशन, चंडीगढ़ ने उत्साहपूर्वक भागीदारी के साथ 'हर घर तिरंगा' अभियान मनाया

फास्ट मीडिया/अंजू मौदगिल/चंडीगढ गवर्नमेंट कॉलेज ऑफ एजुकेशन, सेक्टर 20डी, चंडीगढ़ के एनएसएस सेल ने स्वतंत्रता दिवस

के लिए स्वतंत्रता सेनानियों के संघर्ष पर प्रकाश डाला। बी.एड, एम.एड और पीजीडीजीसी कार्यक्रमों के छात्रों ने विभिन्न कार्यक्रमों में भाग

के हिस्से के रूप में राष्ट्रीय ध्वज फहराने के लिए प्रोत्साहित किया, जिससे वे राष्ट्रीय प्रतीक

> से जुड़ाव महसूस एक शपथ ग्रहण समारोह भी आयोजित गया, जिसके दौरान



मनाने के लिए आज एक कार्यक्रम आयोजित किया। इस कार्यक्रम में एम.एड, पीजीडीजीसी और बी.एड कार्यक्रमों के संकाय सदस्यों, कर्मचारियों और छात्रों ने भाग लिया। एनएसएस लिया, जिसमें शिखा द्वारा भाषण, राहुल, सुगंधी, श्रुति और करण दीप सिंह द्वारा 'हर घर तिरंगा' गान और मंशा द्वारा एक देशभिक्त नृत्य शामिल था, जिसे दर्शकों ने खूब सराहा। प्रिंसिपल ने स्वतंत्रता के सही अर्थ पर जोर दिया, जो कि

छात्रों और संकाय सदस्यों ने स्वतंत्रता टिवस त्री संध्या पर राष्ट्रीय ध्वज फहराने की अपनी प्रतिबद्धता की भाषध ली। डॉ बलविंदर कीर ने 'हर घर साझा किया और छात्रों को ध्वज फहराने में गर्व

महसूस करने के लिए प्रेरित किया। कार्यक्रम का समापन राष्ट्रगान के साथ हुआ। डॉ. आरती भट्ट और डॉ. उपासना थपलियाल एनएसएस कार्यक्रम अधिकारी आयोजन टीम का हिस्सा

Govt College of Education, Chandigarh celebrates 'Har Ghar Tiranga' campaign



CHANDIGARH: The NSS Cell of Government College of Education, Sector 20D, Chandigarh, organized a program today to celebrate "Har Ghar Tiranga" as part of Independence Day celebrations. Faculty members, staff, and students from the M.Ed, PGDGC, and B.Ed programs participated in the event. NSS volunteers welcomed the Principal, faculty members, fellow students, and Group D employees. Dean Dr. A.K. Srivastava highlighted the struggle of freedom fighters for the independence of the country. Students from the B.Ed, M.Ed, and PGDGC

GOVERNMENT COLLEGE OF EDUCATION. SEC-20D. CHANDIGARH