

# GOVERNMENT HOME SCIENCE COLLEGE

## 7 DAYS SPECIAL NSS CAMP

(January 11, 2020 to January 17, 2020)

The NSS Wing of Government Home Science College organized a seven days special NSS Camp from January 11, 2020 to January 15, 2020. The inauguration of the camp was on January 11, 2020. The valedictory day of the camp is on January 17, 2020.

The day-wise schedule of the camp is as follows:

<b>DAY</b>	<b>SCHEDULE/ ACTIVITIES</b>
Day 1	<ul style="list-style-type: none"><li>• Enrollment of the NSS volunteers</li><li>• Inauguration of the camp</li><li>• Oath taking ceremony</li><li>• Campus cleaning</li></ul>
Day 2	<ul style="list-style-type: none"><li>• Visit to Ramakrishna Mission Ashram to celebrate National youth day</li><li>• Talk on Maharashtrian culture, traditions, cuisines, festivals, folks etc. under ‘ Ek Bharat Shreshtha Bharat’</li></ul>
Day 3	<ul style="list-style-type: none"><li>• Poster making and Slogan Writing competition on ‘Save Water’ to promote Jal Shakti Abhiyan.</li><li>• Lecture on aims and objectives of NSS by Mr Raj Kumar, Regional youth Officer, NSS</li><li>• Lohri celebrations in college</li></ul>
Day 4	<ul style="list-style-type: none"><li>• Physical training exercises to promote Fit India Movement</li><li>• Interactive session on ‘Stress Management’ by Sister Preeti, Brahma Kumari, Rajyoga Bhawan, Sector- 15, Chandigarh</li></ul>

	<ul style="list-style-type: none"> <li>• Essay writing competition on ‘Ek Bharat Shreshtha Bharat’ emphasizing on culture and traditions, cuisines, administrative and political working, festivities and language of paired state U.T. dadra and Nagar haveli influenced by gujarati and Maharashtrian culture</li> </ul>
Day 5	<ul style="list-style-type: none"> <li>• Performing yoga to promote Fit India Movement</li> <li>• Menstrual Hygiene Campaign</li> <li>• Awareness generation through talk on Pulse Polio immunization programme</li> </ul>
DAY 6	<ul style="list-style-type: none"> <li>• Poster Making and Slogan Writing competition on ‘Electoral Literacy for Stronger Democracy’</li> <li>• Awareness Rally on Road Safety</li> <li>• Preparation for Valedictory Day</li> </ul>
Day 7	<ul style="list-style-type: none"> <li>• Lamp Lighting ceremony</li> <li>• Interaction with Chief Guest, Shri Bikram Rana, State Liasion Officer</li> <li>• Performances by NSS volunteers- NSS song, Garbha, Patriotic song, Nukkad Natak and Bhangra</li> </ul>

JANUARY 11, 2020

### **INAUGURATION OF THE 7 DAY SPECIAL NSS CAMP AT HOME SCIENCE COLLEGE**

A seven day special NSS camp was inaugurated at Government Home Science College by the Principal of the college Prof. Sudha Katyal. As many as 90 volunteers were enrolled for the camp. The event began with the lamp lighting ceremony. The volunteers were introduced to the aims and objectives of NSS with an aim to inculcate social welfare in students and to provide service to society without bias

and the volunteers were also reminded them of the motto of the National Service Scheme “Not me but You” in sync with the college motto “Knowledge for Service”.

Prof. Katyal emphasized on the significance of various National Programmes like ‘Swachh Bharat Abhiyan’, ‘Jal Shakti Abhiyan’ and ‘Ek Bharat Shreshtha Bharat’. She highlighted the role of youth as powerful change agents of the society and further motivated the volunteers to strive for excellence and encouraged them for maximum participation for the noble cause. Volunteers pledged to work dedicatedly to serve and strengthen freedom and integrity of the nation peacefully and through constitutional means.

With an aim to contribute significantly to the nation-wide campaign of ‘Swachh Bharat Abhiyan’, students conducted a cleanliness drive in the college campus during the second half of the day. Students made an effort to clean all the labs, lecture theatres, auditorium, canteen, hostels and administrative office. Volunteers also took plastic collection drive in the college campus and the vicinity. Students cleaned the campus area and the surroundings. The plastic collected were disposed off safely by the volunteers.

Principal of the college, Prof. Sudha Katyal highly appreciated the active participation of the NSS Volunteers in cleaning the college campus and the efforts made by students in generating awareness regarding Swachh Bharat Abhiyan.



January 12, 2020

## **NSS VOLUNTEERS OF GOVERNMENT HOME SCIENCE COLLEGE CELEBRATED NATIONAL YOUTH DAY**

Commemorating the birth anniversary of spiritual leader Swami Vivekananda and celebrating 36<sup>th</sup> National Youth Day, enthusiastic NSS Volunteers visited the Ramakrishna Mission Ashrama, Sector-15, Chandigarh where they were told the significance of National Youth day.

Volunteers were then introduced to the thoughts and ideologies of Swamiji and the importance of inculcating his spiritual as well as inspirational thoughts in our daily lives. The major emphasis was laid on the most famous quotation ' Arise, awake and stop not till the goal is reached'. Various speakers highlighted the important message by Swami Vivekananda to practice concentration and meditation. They advised the youth to attain power of concentration and to build a good character by imbibing good moral qualities in oneself. The active NSS volunteers of the college participated by speaking on the life and teachings of Swami Vivekanandaji, reciting poems and singing patriotic song. The participants were felicitated with certificates.

During the second half of the day, a talk was organised to familiarise the volunteers to the culture, traditions, cuisines, festivals, folks etc. of the richest western state Maharashtra under the nation- wide campaign of 'Ek Bharat Shreshth Bharat'. The paired state U.T. appointed was Dadra and Nagar Haveli influenced by Maharashtrian and Gujarati culture. Mrs .Pallavi Pinga, Joint secretary of Trinity Art Society who is also successfully running the Dance Academy Kalakunj, Sector-19 D, Chandigarh was the guest speaker for the session. She introduced the volunteers to the language and commonly used words in Maharashtra. She discussed a number of tourist attractions, religious points, festivals, cuisines and common practices of Maharashtra. She also highlighted various historical facts in association with various freedom fighters, social reformers and activists of Maharashtra. She shared her journey from Maharashtra to Punjab and further advised the volunteers to travel places around India so as to get maximum exposure of various cultures and traditions of varied places.

Principal of the college, Prof. Sudha Katyal, appreciated the effervescent team of NSS for their contribution in the celebration of National Youth day.



January 13, 2020

## **THRUST ON JAN SHAKTI ABHIYAN AND CELEBRATION OF LOHRI IN NSS CAMP**

On the third day of seven days special NSS camp, volunteers actively participated in the Poster making and Slogan writing competitions on the themes 'Save water' with an aim to sensitize the masses about urgent need to save water for future generations. The competition further aimed to focus on five aspects of Jal Shakti Abhiyan i.e. Water Conservation and Rain Water harvesting, renovation of traditional and other water bodies, reuse of water and recharging of structures, water shed development and intensive afforestation.

During the second half of the day, NSS enthusiasts were oriented about the aims and objectives of National Service Scheme as an important extension dimension to the higher education system for community service. Mr. Raj Kumar, Regional Youth Officer, NSS was invited as the Guest Speaker for the session. Volunteers were reminded of the motto of NSS 'Not Me But You' and advised them to work for the community selflessly. He further motivated the volunteers to be active members of various National programmes by developing in themselves a sense of social and civic responsibility.

In the concluding part of the day, volunteers enthusiastically participated in Lohri celebrations in the college. Faculty members, non teaching staff and other employees

were the part of the celebrations. Audience was enthralled with the participation of the Students who danced with with full zeal and enjoyed the festival.

Principal of the college, Prof. Sudha Katyal, appreciated the efforts of the students for beautifully showcasing their ideas during poster making and slogan writing competitions so as to sensitize the society towards the nation-wide campaign of 'Jal Shakti Abhiyan'. She advised the volunteers to identify the needs and problems of the community and involve themselves in problem solving process and contribute their bit in making this place and nation a wonderful place to live in, not only for themselves but for their future generations. She further gave her best wishes on the occasion of Lohri to one and all.



January 14, 2020

### **INTERACTIVE SESSION ON STRESS MANAGEMENT, FOCUS ON FIT INDIA MOVEMENT AND ESSAY COMPETITION ON EK BHARAT SHRESHTH BHARAT IN NSS CAMP**

With an aim to promote Fit India Movement and improvise mobility and body balance, the fourth day of seven day special NSS camp began with performing physical training exercises and enthusiastically playing different sports in the college ground. Volunteers were informed of the various health benefits of different exercises and importance of performing sports in our day to day lives for the betterment of our health.



During the second half of the day, an interactive session was organized on ‘Stress Management’ for the NSS volunteers. Sister Preeti, Brahma Kumari, Rajyoga Bhawan, Sector-15, Chandigarh was invited as the Guest Speaker for the session. She reminded the volunteers of the innate goodness of the individual. She talked about the difference between body and soul and brought into limelight the three important faculties of soul i.e. Mind, Intellect and Impression. She discussed the real meaning of human being as spiritual beings on a human journey and beautifully described soul as consequent being of light. She further emphasized on the embodiments of seven virtues i.e. Knowledge, Purity, Peace, Love, Happiness, Bliss and Power. She also conducted activities for the volunteers to balance their minds and thoughts and encourage positive thoughts and ideas in our lives. Later on, an essay writing competition on the topic ‘Ek Bharat Shreshth Bharat’ emphasizing on culture and traditions, cuisines, administrative and political working, festivities, language of paired state U.T. Dadra and Nagar Haveli influenced by Maharashtrian and Gujarati culture.

Principal of the college, Prof. Sudha Katyal, applauded the volunteers for their active participation in different sports and highlighted various health benefits and precautions while performing sports activities. She further motivated the volunteers to adopt various strategies for stress and anger management to lead a life of satisfaction and achieve true happiness.



January 15, 2020

## **AWARENESS ON MENSTRUAL HYGIENE AND PULSE POLIO IN NSS CAMP**

Fifth Day of Seven Days Special NSS Camp in Home Science College witnessed awareness on Menstrual Hygiene and Pulse Polio Campaign. With an aim to promote Fit India Movement and build strength, awareness and harmony in both mind and body, Yoga sessions were conducted by the enthusiastic volunteers. Volunteers performed various 'Asanas' to improve respiration, energy and vitality and further improvise their athletic performance. They were informed about the benefits and importance of yoga in our daily lives.

During the second half of the day, a menstrual hygiene campaign was conducted for the volunteers in collaboration with Unicharm's feminine hygiene brand Sofy. The objective of the campaign was to generate awareness about menstrual hygiene by dispelling myths and taboos related to this issue. The main aim was to discredit shame related to menstruation and sensitize the volunteers to consider menstrual phase as a blessing and follow proper standards of hygiene and sanitation. Sofy distributed its environment- friendly and anti- bacterial premium quality sanitary pads free of cost to all the volunteers of the NSS camp. Later on, Dr. Sonalika Yadav, Civil Dispensary, Sector-11, Chandigarh was the guest speaker of the session. She sensitized the volunteers about the Pulse Polio Immunization (PPI) Programme running from January 19,2020 to January 21, 2020 launched by the President of India ahead of National Immunization Day which is observed on 18 January every year. She informed the volunteers about the key facts of Polio, a highly infectious viral disease and enlightened their knowledge by creating awareness regarding the transmission of virus from one person to another. She emphasized upon various symptoms that must not be ignored in an individual. She further motivated the volunteers to work as active vaccinators for this massive campaign and extend co-operation for making this campaign successful for eradication of Polio in the country. Furthermore, she trained the volunteers for the upcoming Pulse Polio programme.

Principal of the college, Prof. Sudha Katyal, applauded the volunteers for their active participation in performing various 'Asanas' and further informed the students about various precautionary measures that must be followed while performing Yoga. She also motivated the volunteers to actively participate in the Immunization Programme as enthusiastic vaccinators to serve the cause.





January 16, 2020

## **NSS VOLUNTEERS MARCHED FOR ROAD SAFETY**

In an endeavor to extend electoral literacy and to promote the national flagship programme 'Systematic Voter's Education and Electoral Participation' also known as 'SVEEP', a poster making and slogan writing competition was organized on the theme 'Electoral Literacy for Stronger Democracy' on the sixth day of seven day special NSS Camp. The main objective of this competition was to spread voter awareness and promote voter literacy in India. It also aimed to work towards preparing India's electors and equipping them with basic knowledge related to the electoral process. The volunteers enthusiastically participated in the competition and designed beautiful posters and slogans to promote the same.

During the second half of the day, NSS volunteers organized an awareness rally as a part of 31<sup>st</sup> National Road Safety week 2020 observed from January 11, 2020 to January 17, 2020 under the theme 'Bringing change through Youth Power'. The rally witnessed participation of a number of volunteers. The rally was flagged off from college under the guidance of NSS incharge Dr. Neha Sharma. The volunteers

holding banners, posters and placards in their hands chanted slogans for generating awareness amongst the common masses. Prior to this, the volunteers had actively participated by making beautiful posters and writing motivational slogans in order to highlight and emphasize the need for safe roads. Volunteers urged the masses to take cognizance of the issue and to join hands to make road safety a social movement. Later on, the volunteers prepared for the valedictory event to be conducted the following day. Volunteers wholeheartedly practiced for their performances with full zeal and fervor.

Principal of the college, Prof. SudhaKatyal, highly appreciated the efforts of the volunteers in generating awareness amongst the people about the importance of road safety and emphasized on the fact that if road safety products are utilized correctly or efficiently, they can help save lives, prevent accidents and injuries and keep a society functioning in the most optimal way. She further motivated the volunteers to be the agents of change and realize that 'Every Vote Counts'.







January 17, 2020

## **SEVEN DAY SPECIAL NSS CAMP CONCLUDED WITH ENTHRALLING PERFORMANCES AT HOME SCIENCE COLLEGE**

The NSS wing of Government Home Science College celebrated the valedictory day of seven days special NSS camp on January 17, 2020. The camp was inaugurated on January 11, 2020. Shri. Bikram Rana, State Liaison Officer was invited as the

honorable chief guest for the day. The ceremony commenced with the lamp lighting ceremony.

Shri Bikram Rana interacted with the NSS volunteers for their feedback about the camp. He conducted a few activities along with the volunteers with an aim to motivate them to review their perspective for whatever they do in their lives. He appreciated the efforts of the enthusiastic volunteers and emphasized the need for community service. He further added that real joy lies in serving others and making the world around us a better place to live in. He also congratulated the NSS volunteers on their outstanding efforts and motivated them to focus on communitarian approach. A glimpses on all the activities performed during the camp was also shown to the Chief Guest. Sir highly appreciated the efforts of the volunteers in making this camp a success.

NSS volunteers gave enthralling performances. Volunteers performed *Garbha* in order to promote the national flagship program 'Ek Bharat Shreshtha Bharat' and highlight the culture and traditions of the appointed paired state U.T. Dadra and Nagar Haveli influenced by Maharashtrian and Gujarati culture. They also made an effort to generate awareness regarding 'Jal Shakti Abhiyan' through an informative NukkadNatak. The day concluded with an energetic bhangra performance and reciting National Anthem. Principal of the college, also presented a token of gratitude and regards to honorable chief guest for the day.

Prof. Katyalapplauded the efforts of the NSS volunteers and their mentors for their innovative ideas and dedication. She also motivated the volunteers to continue with the motto 'Not Me But You' with more responsibility and make use of this opportunity and contribute their bid in transforming the society.









# PRESS COVERAGE



## INAUGURATION OF THE 7 DAY SPECIAL NSS CAMP AT HOME SCIENCE COLLEGE

Posted by: MANGLA TIMES // Career, National News, REGIONAL NEWS, Social, Technology, Youth // January 11, 2020

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## Inauguration of 7 day special nss camp at home science college

### Principal appreciates cleaning the college campus

cityairnews Jan 12, 2020 12:40



## एनएसएस स्वयंसेवकों का सफाई अभियान शुरू

चंडीगढ़। होम साइंस कॉलेज में सात दिवसीय एनएसएस शिविर का आयोजन किया गया। इस दौरान एनएसएस स्वयंसेवकों ने सफाई अभियान चलाया। उन्होंने कूड़ा इकट्ठा करके कूड़ेदान में डाला। शिविर का शुभारंभ प्रिंसिपल प्रो. सुधा कत्याल ने किया। प्रो. सुधा ने कहा कि सफाई रखना बेहद जरूरी है। हमें अपने घर, कॉलेज या आसपास सफाई रखनी चाहिए। सरकार द्वारा चलाए स्वच्छता अभियान के प्रति हमें लोगों को जागरूक करना चाहिए। समाज के निर्माण में युवाओं की अहम भूमिका होती है। युवा देश की रीढ़ होते हैं इसलिए युवाओं का यह कर्तव्य बनता है कि वह लोगों को स्वच्छता का महत्व बताएं। इस दौरान एनएसएस स्वयंसेवकों को स्वच्छता की शपथ भी दिलाई गई। -ब्यूरो

More reports to be added.....