

**GOVERNMENT HOME SCIENCE COLLEGE, CHANDIGARH**

**2019-2020**

**NATIONAL SERVICE SCHEME (NSS)**

**NSS ACTIVITY REPORT 2019-20**

**Online Poster Making Competition On COVID –19**

**3 April 2020**

On 3 April, 2020 Government Home Science College, sector-10D, Chandigarh organized an online poster making competition to spread awareness about coronavirus, in which various students of BSc. And MSc. Level participated.



## Online Mask Making Competition

10 April 2020

Giving an opportunity to students of Government Home Science College, Sector-10D, Chandigarh, keeping in mind the purpose of wearing a mask that will help to prevent the spread of coronavirus, an online mask making competition was organized.



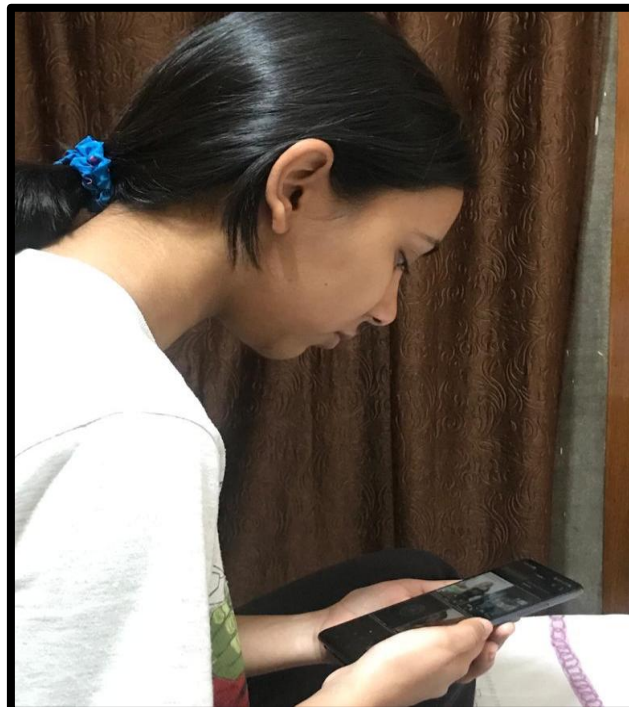
## Online Training Of Nss Programme Volunteers – Covid 19 By Rguhs (Webex)

20 April 2020

Rajiv Gandhi University of Health Sciences conducted an online training of NSS volunteers on coronavirus which came unexpectedly and shook the whole world. RGUHS provide training to students on how to protect oneself from the deadly virus and spread awareness about it among other people too.



The image shows a screenshot of a Cisco Webex meeting invitation card. At the top left is the Cisco Webex logo, a stylized 'C' in blue and green. To its right, the text reads: "Cisco Webex Meetings", "Simple, modern video meetings for the global workf...", and "meetingsapac30.webex.com". Below this, the meeting details are listed: "Meeting Topic: Vedika Sehgal's meeting", "Meeting number: [1569598069](#)", "When: Friday, 19 June, 2020, 7:00 AM (30 mins) India Standard Time GMT+05:30", and "URL: <https://meetingsapac30.webex.com/meetingsapac30/j.php?MTID=m2e888ce647e59d25b8beae08b218d90e>". In the bottom right corner, the time "9:36 PM" and a checkmark are visible.

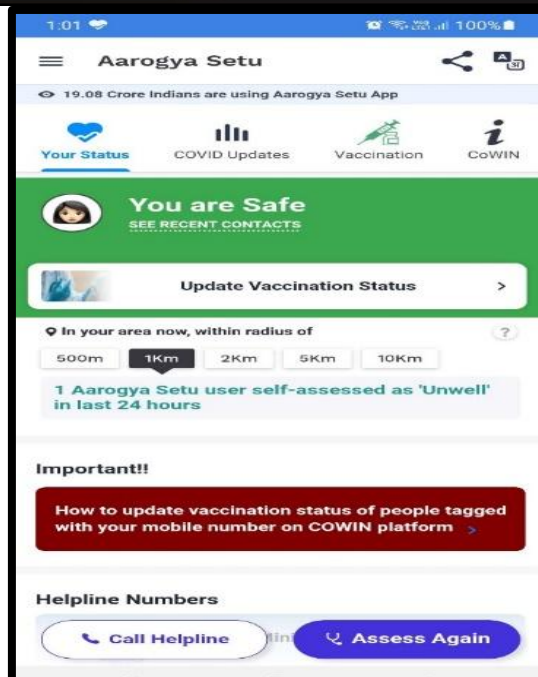
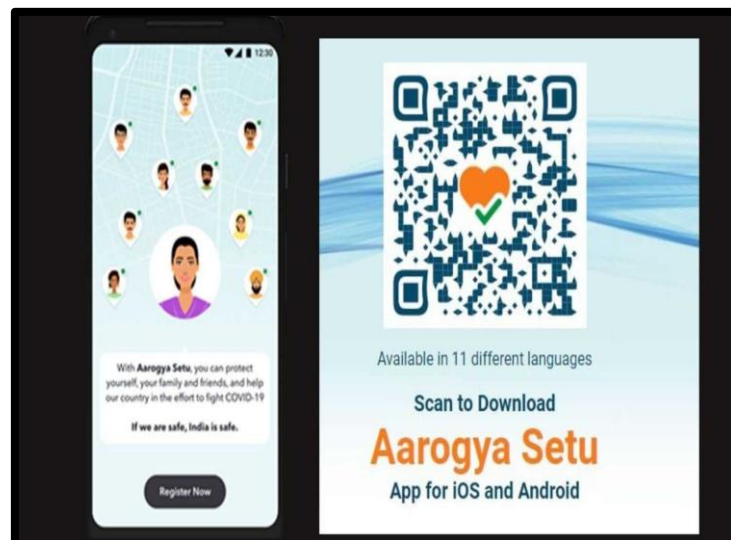


*Online training of NSS volunteers*

## Self-Assessment Of NSS Volunteers On Aarogyasetu

24 April 2020

Government Home Science College, Sector 10D, Chandigarh conducted an online workshop for NSS volunteers to aware them about the self-assessment test in “AarogyaSetu”, where self- assessment test meaning a person need not leave home to visit a medical professional or call them home to test them for COVID-19 i.e a person can test themselves.



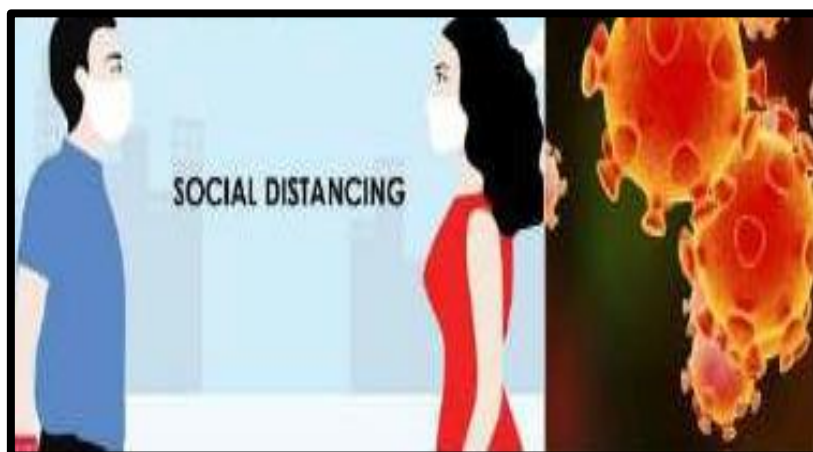
*Workshop on self- assessment on Aarogya Setu*



**Making Of Digital Collage, Creative Masks, Power-Point Presentation And Slogan Writing On The Theme 'Fight Against Covid-19 Pandemic'**

**24 April 2020**

Government Home Science College, Sector 10D, Chandigarh conducted host of activities like digital collage making, creative mask making, power point presentation and slogan writing on the theme "Fight against COVID-19 pandemic" to highlight the various measure with which we can fight the deadly virus.

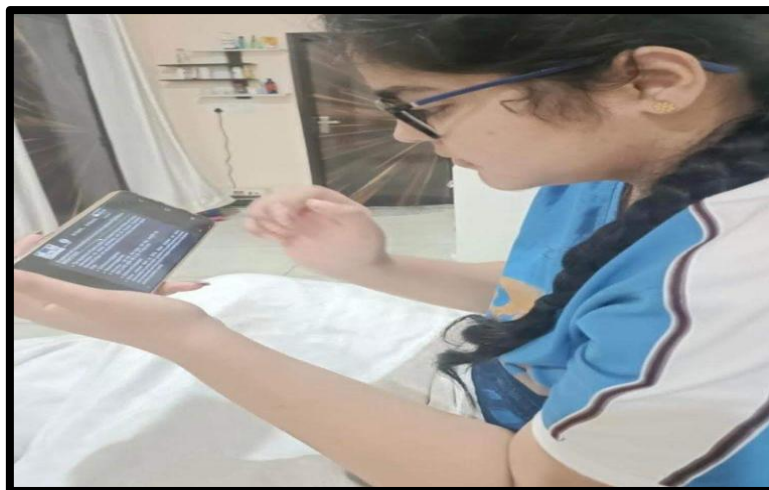


*Creative collage, posters and power point presentation on COVID-19*

**Nss Volunteers Participation In Digital Training On Covid-19 By Diksha Goi**

**26-30 April 2020**

NSS Wing of Government Home Science College, sector 10D, Chandigarh participated in digital training held by Diksha GOI .In this interactive session how COVID-19 has affected our lives was discussed with various measures to curb it and how to take care of our mental health during this time was the major highlight of the training.



*Digital training on COVID-19*

## NSS Volunteers In Inter College Poster Making Competition

18 May 2020

Sri Guru Gobind Singh College, Sector-26, Chandigarh has conducted an online poster making competition on the theme of “COVID-19.” The main motive to organize this competition is to check awareness of COVID in students which will become beneficial as classes will soon and later take place in offline mode.

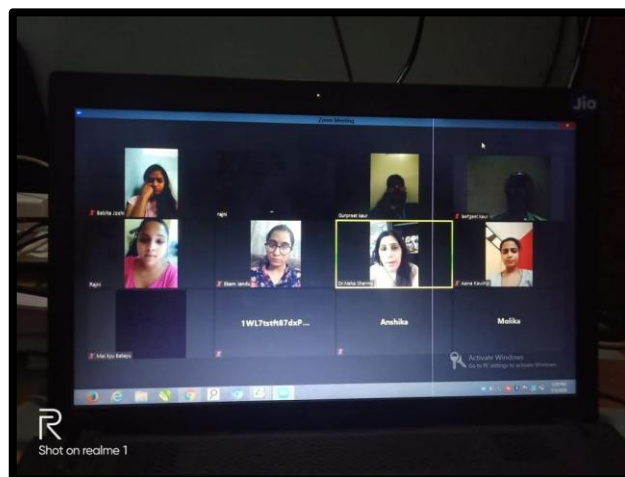
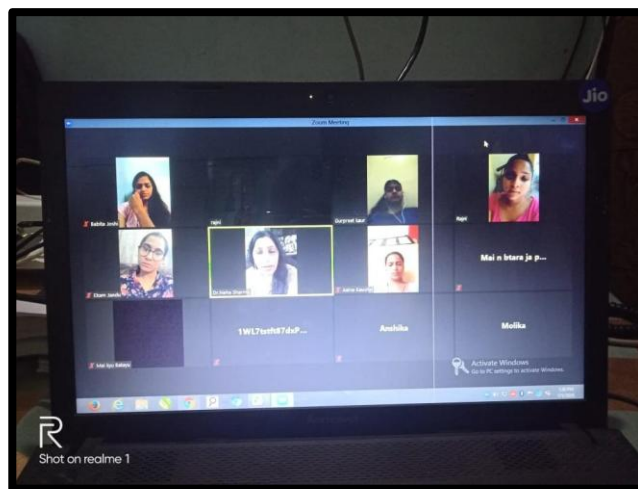


*Inter-college poster making competition*

## E- Survey to Enroll NSS Volunteers For Specific Social Services During Lockdown

20 May 2020

Government Home Science College, sector10D, Chandigarh conducted E-survey to enrol NSS volunteers to carry out some social services during lockdown like making of masks, PPE kits for front line workers who daily work on field during this tough times.



*E-survey on social services by NSS volunteers during COVID-19*



## **Best Out Of Waste Competition On The Theme 'Creativity In Confinement'**

**26 May To 31 May 2020**

In the “Best out of Waste” competition conducted by DAV College of women, Chandigarh on the theme ‘Creativity in Confinement’, various students participated digitally. The objective of the competition was to acquaint students with love for nature and responsibility to protect it and improve their skills.

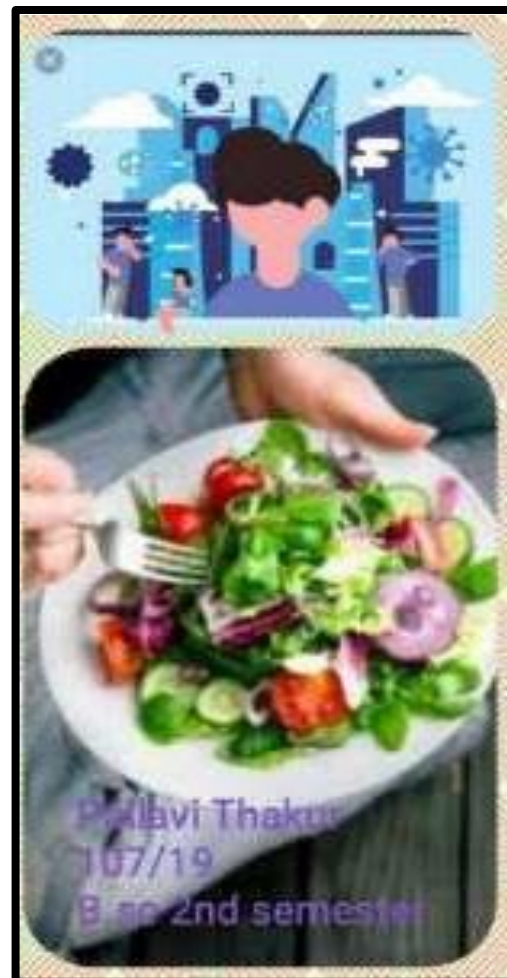


*Best out of waste competition*

## Digital Collage Making Competition

31 May 2020

A digital collage making competition was organized under the aegis of Government Home Science, sector 10D, Chandigarh. The theme of the competition was “COVID-19.” The purpose of the event was to expose the students to the effects of corona and the precautionary measures to keep in mind.

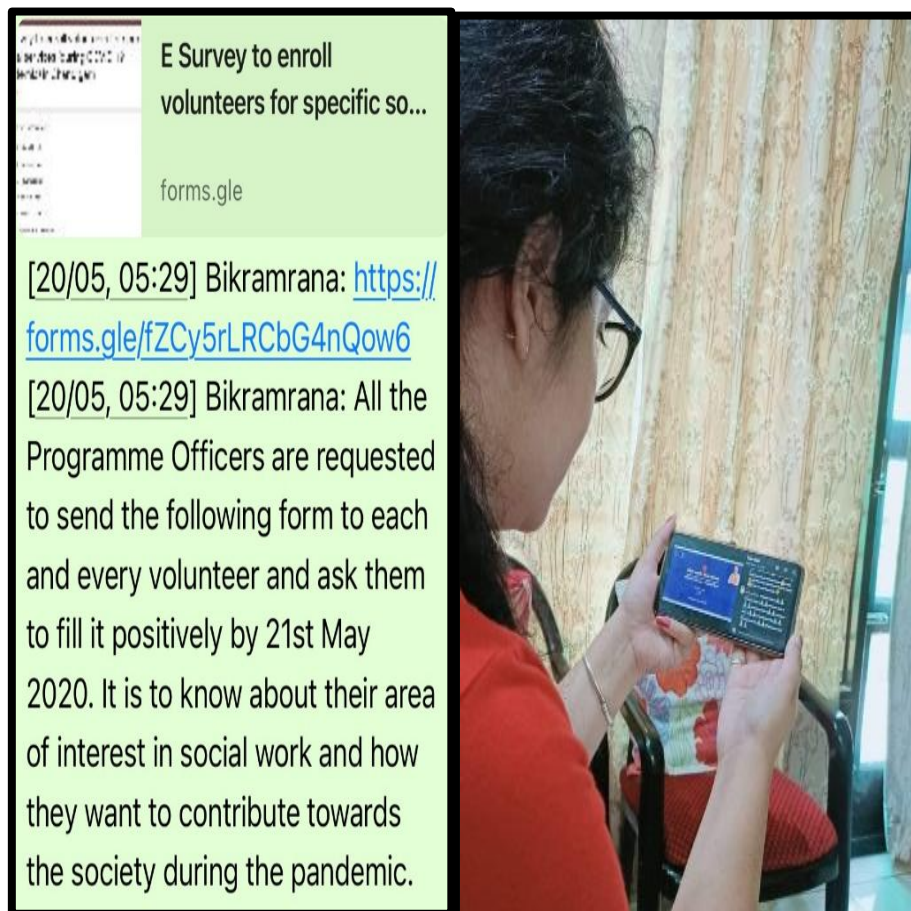


*Digital collage making competition*

**E- survey on apps related to awareness about COVID- 19 pandemic by NSS volunteers.**

**5 May 2020**

NSS Wing of Government Home Science College, Chandigarh, organized E-survey on apps related to “COVID-19” pandemic to create awareness among people about the Aarogya Setu app launched by government of India, aimed to connect health services and the people of India in our combined fight against COVID-19. And also about the various act of social services one can contribute to in this tough time.



*E-survey on awareness about COVID-19*



**NSS Volunteers Personality Enhancement and Aptitude Training Course**  
**(Spruce) Conducted By Hit Bulls Eye**

**09 May 2020**

An eminent institution Hit bulls eye on 09 May, 2020 conducted an online training for NSS volunteers to guide them through the entire personality enhancement and aptitude training course.

9 May 2020

Forwarded

Greetings from Bulls Eye!  
I am Sibina and I will be assisting you through the entire Personality Enhancement & Aptitude Training Course (SPRUCE).

To ensure a smooth flow of information to your students, here are four messages that you can post in your respective students' groups.

2:31 PM ✓

1. Students will be given free access for 60 days to flagship Campus Training Program - Spruce (You will be given individual User ID and Password to log in and access.)
2. In addition to it, you are being offered complimentary 12 Live Lectures on Zoom and YouTube also. This is an exciting online learning opportunity exclusively offered to you to develop your personality. Both the offers are independent of each other.
3. You can join the live classes either through Zoom App <https://us02web.zoom.us/j/88319974804> or with YouTube live <https://www.youtube.com/hitbullseye>. This is the common link to attend all the sessions in Zoom. In case if you are not able to attend the Zoom Session, alternatively you can join the YouTube session on the same. You can refer to the Telegram group for any support.
4. To enable 24 x 7 learning and to have discussions after the sessions, a dedicated Telegram group also has been created. You must join the group through the link <https://t.me/joinchat/LKzS0kbbPPj8Bwxtz6xPWg>. This group will be monitored by their Faculty and Counselors to guide you and facilitate the learning.

*Personality enhancement and aptitude training course*



## NSS Volunteers In Inter College Poster Making Competition

18 May 2020

The inter college poster making competition, organised by the Sri Guru Gobind College,sector-26,Chandigarh. The theme of the competition was “COVID-19” an extremely pertinent and relevant aspect of our lives today. It was conducted in online mode. The competition was between individuals and not teams.



*Inter college poster making competition*

**"Aaj ka vakya" Event In Indian Language Under "Ek Bharat Shreshtha Bharat"**  
**Directed By Niti Aayog, Ministry Of Hrd, Govt. Of India.**

**03 June 2020**

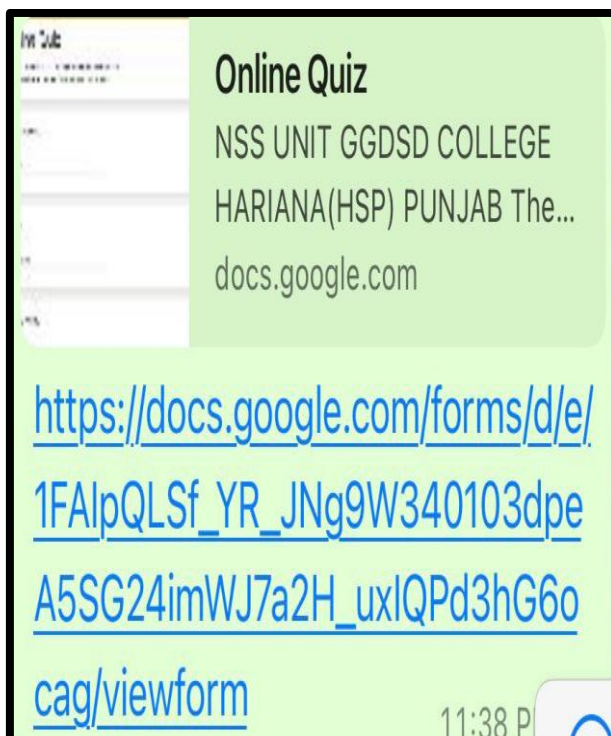
NSS volunteers of Government Home Science College ,Chandigarh participated in an event “Aaj Ka Vakya” under ‘Ek Bharat Shreshtha Bharat’ directed by NITI Aayog. It aims to enhance interaction and promote mutual understanding between people of different states/UTs through the concept of state/UT pairing. The states carry out activities to promote a sustained and structured cultural connect in the areas of language learning ,culture, tradition, music , tourism ,cuisine ,and sharing of best practices, etc

<p><b>Aaj Ka Vakya – Google Drive</b></p> <p>drive.google.com</p> <p><b># "Aaj ka Vakya" in Indian languages under "EBSB" #</b></p> <p>Dear All SPDS, State EBSB Nodal Officers,</p> <p><b>1</b> Please see the Office Memorandum of Ministry dated 3rd Jun, 2020 regarding "Aaj ka Vakya" in Indian languages under EBSB. In the OM it is communicated that Niti Ayog has prepared a compilation of 100 se...</p>	<p align="center">F.No.11018/02/2019-EBSB (Pt-I) Government of India Ministry of Human Resource Department Department of Higher Education EBSB Cell</p> <p align="right">Shastri Bhawan, New Delhi Dated 3<sup>rd</sup> June, 2020</p> <p align="center"><b>OFFICE MEMORANDUM</b></p> <p><b>Subject: "Aaj ka Vakya" in Indian languages under "Ek Bharat Shreshtha Bharat"- reg.</b></p> <p>The undersigned is directed to refer to the subject mentioned above and to say that NITI Aayog has prepared a compilation of 100 sentences in 21 different languages. The same is being displayed as one sentence every day with its translations in 21 different Indian languages, on the Ek Bharat Shreshtha Bharat website (ekbharat.gov.in). It has been decided that to encourage the faculty/students and staff / employees of the Institutions under this Department to learn other Indian languages, one sentence with its translation in 21 different languages should be uploaded everyday on each institutions' Website. Based on the sentences compiled by NITI Aayog, PDF files of 50 sentences with translations in different Indian languages have been prepared and being shared with this email. Remaining 50 sentences will be shared in due course.</p> <p>2. All the Bureau Heads/ UGC/ AICTE/ RUSA are, therefore, requested to direct the Universities/ Institutes under their administrative control to display one sentence on their website everyday.</p> <p align="right">Encl.: As above</p> <p align="right">Sd/- (Pandey Pradeep Kumar) US (EBSB)</p> <table border="1"><tr><td>1.</td><td>Sh. RakeshRanjan, Additional Secretary</td></tr><tr><td>2.</td><td>Dr. Chandra Shekhar Kumar, JS (IISER)</td></tr><tr><td>3.</td><td>Sh. Madan Mohan, ADG (Statistics)</td></tr><tr><td>4.</td><td>Sh. MadhuRanjan Kumar, JS (DL &amp; Admn)</td></tr><tr><td>5.</td><td>Smt. Kamini Chauhan Ratan, JS (HE)</td></tr><tr><td>6.</td><td>Sh. Sanjay Kumar Sinha, JS (Mgt. &amp; ICR)</td></tr><tr><td>7.</td><td>Chairperson, AICTE with the request to issue necessary directions to AICTE approved Institutions</td></tr><tr><td>8.</td><td>Secretary, UGC with the request to issue necessary directions to UGC recognized Institutions</td></tr><tr><td>9.</td><td>National Project Coordinator, RUSA with the request to issue necessary directions to RUSA funded Institutions</td></tr></table>	1.	Sh. RakeshRanjan, Additional Secretary	2.	Dr. Chandra Shekhar Kumar, JS (IISER)	3.	Sh. Madan Mohan, ADG (Statistics)	4.	Sh. MadhuRanjan Kumar, JS (DL & Admn)	5.	Smt. Kamini Chauhan Ratan, JS (HE)	6.	Sh. Sanjay Kumar Sinha, JS (Mgt. & ICR)	7.	Chairperson, AICTE with the request to issue necessary directions to AICTE approved Institutions	8.	Secretary, UGC with the request to issue necessary directions to UGC recognized Institutions	9.	National Project Coordinator, RUSA with the request to issue necessary directions to RUSA funded Institutions
1.	Sh. RakeshRanjan, Additional Secretary																		
2.	Dr. Chandra Shekhar Kumar, JS (IISER)																		
3.	Sh. Madan Mohan, ADG (Statistics)																		
4.	Sh. MadhuRanjan Kumar, JS (DL & Admn)																		
5.	Smt. Kamini Chauhan Ratan, JS (HE)																		
6.	Sh. Sanjay Kumar Sinha, JS (Mgt. & ICR)																		
7.	Chairperson, AICTE with the request to issue necessary directions to AICTE approved Institutions																		
8.	Secretary, UGC with the request to issue necessary directions to UGC recognized Institutions																		
9.	National Project Coordinator, RUSA with the request to issue necessary directions to RUSA funded Institutions																		

*Glimse of "AAJ KA VAKYA" event*

## Online Quiz Competition

NSS unit of GGSDS College of Haryana organized an online quiz competition in collaboration with NSS unit Punjab University on the topic “COVID-19” with the aim to encourage and aware students about COVID-19.







**ONLINE QUIZ ON COVID-19 MEASURES**

NSS Unit of GGSDS COLLEGE HARIANA (HSP) Punjab in collaboration with NSS UNIT PANJAB UNIVERSITY CHANDIGARH Organizing Online Quiz on Covid-19. The Aim of Quiz is to encourage And aware students about Covid-19

- The Quiz will be conducted online.
- One participant can attempt only once.
- You need to sign in for attempting this quiz with your email id.
- Participants needs to score more than 60% to avail the E- certificate
- E-Certificate will be issued to you on your registered e.mail Id.
- Kindly write your name and e-mail id carefully because same will be reflected on your certificate.
- Link will be activated from 3 June 2020(9:00 am) to 7 June 2020.
- Attempt the quiz by using below link.  
[https://docs.google.com/forms/d/e/1FAIpQLSf\\_YR\\_JNg9W340103dpeA5SG24imWJ7a2H\\_uxIQPd3hG6ocag/viewform](https://docs.google.com/forms/d/e/1FAIpQLSf_YR_JNg9W340103dpeA5SG24imWJ7a2H_uxIQPd3hG6ocag/viewform)

**Organizing Committee:**

 Dr. Gurdip Sharma Principal, G.G.D.S.D. College, Haryana	 Dr. Navdeep Sharma NSS Coordinator, Panjab University, Chandigarh	 Dr. Rajiv Kumar Associate Professor, Department of Physics, G.G.D.S.D. College, Haryana	 Dr. Phulan Rani NSS Programme Officer, G.G.D.S.D. College, Haryana
--	---	---	--

*Online quiz competition*



## NSS Volunteers Participated In International Yoga Day Video Making

16 June 2020

NSS volunteers of Government Home Science College, Chandigarh participated in International Yoga Day which is celebrated worldwide on 21 June since 2015. The students were asked to make video while performing different poses of yoga/asanas as the world was shut down due to COVID-19 and could only be connected like this.

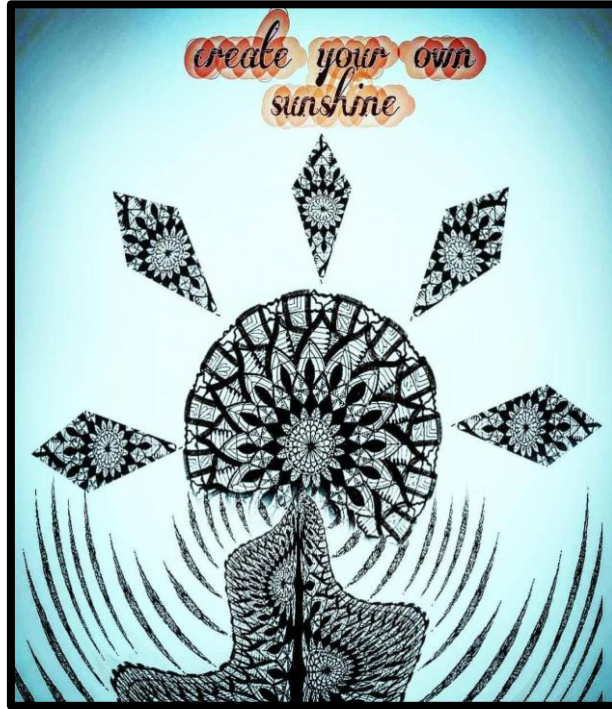


*Video making on international yoga day*



## International Online Mandala Art Competition

NSS volunteers of GGSCW, sector-26, Chandigarh participated in international online mandala art competition. The entries are to be submitted in JPG/PDF/PNG format.



*Online mandala art competition*



**NSS Volunteers Participated In Live Yoga Competition On Yoga At Home & Yoga With Family At Ghsc-10.**

**21 June 2020**

A live online yoga competition was held at Government Home Science College, Chandigarh

Where NSS volunteers participated enthusiastically and performed different yoga poses.



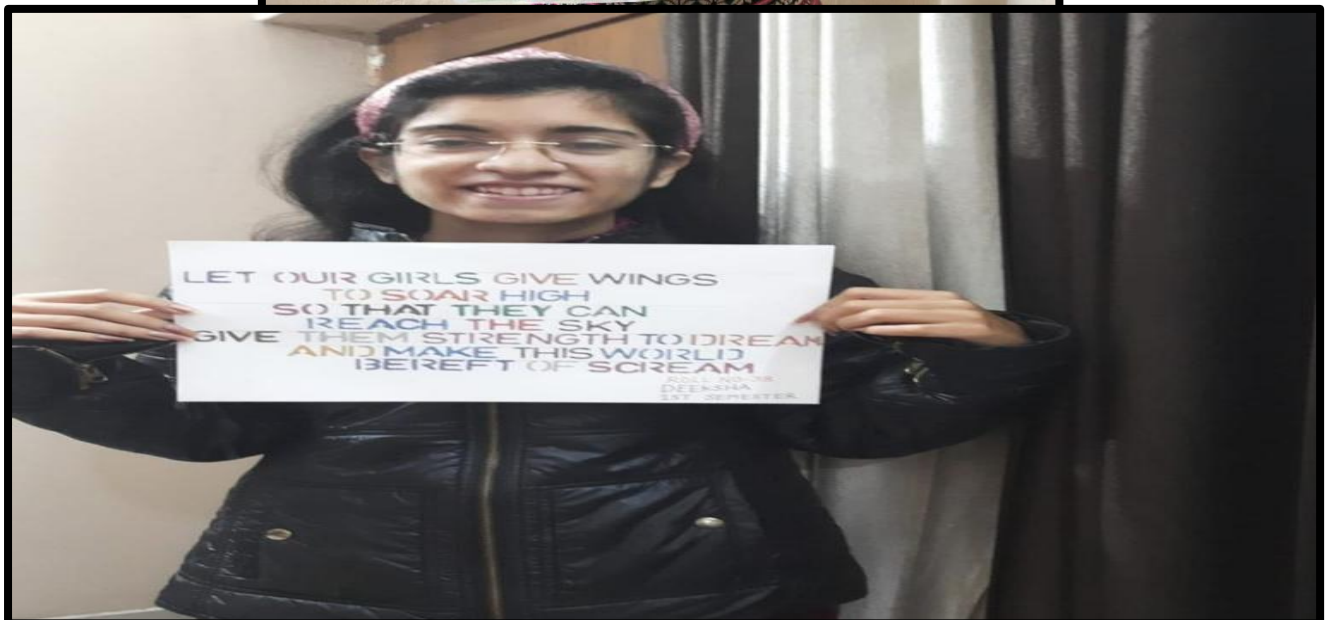
*Live yoga competition*



## Inter- College Poster Making Competition

21 June 2020

Government College of Commerce and Business Administration, sector-50, Chandigarh organized inter-college poster making competition on the topic “SAVE GIRL CHILD.” The competition was held in online mode.



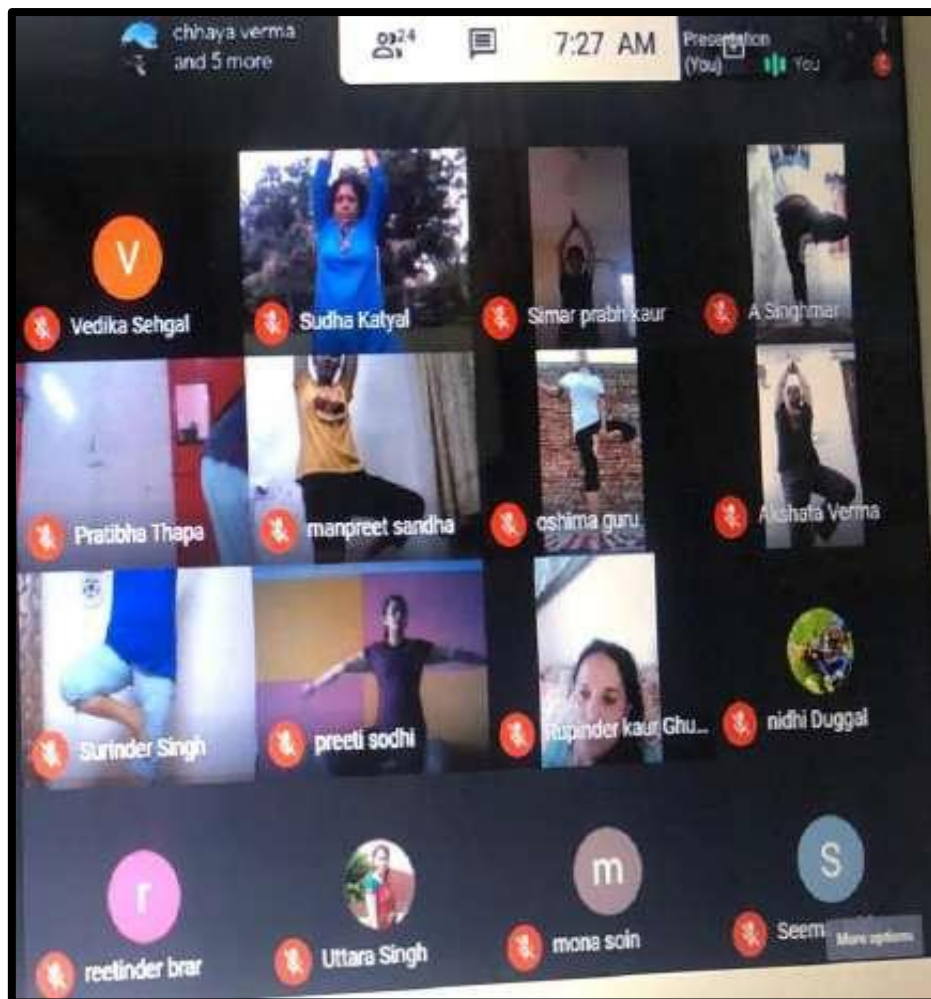
*Inter college poster making competition*



## Online Yoga Seminar for Faculty & Students On The Occasion Of International Yoga Day

21 June 2020

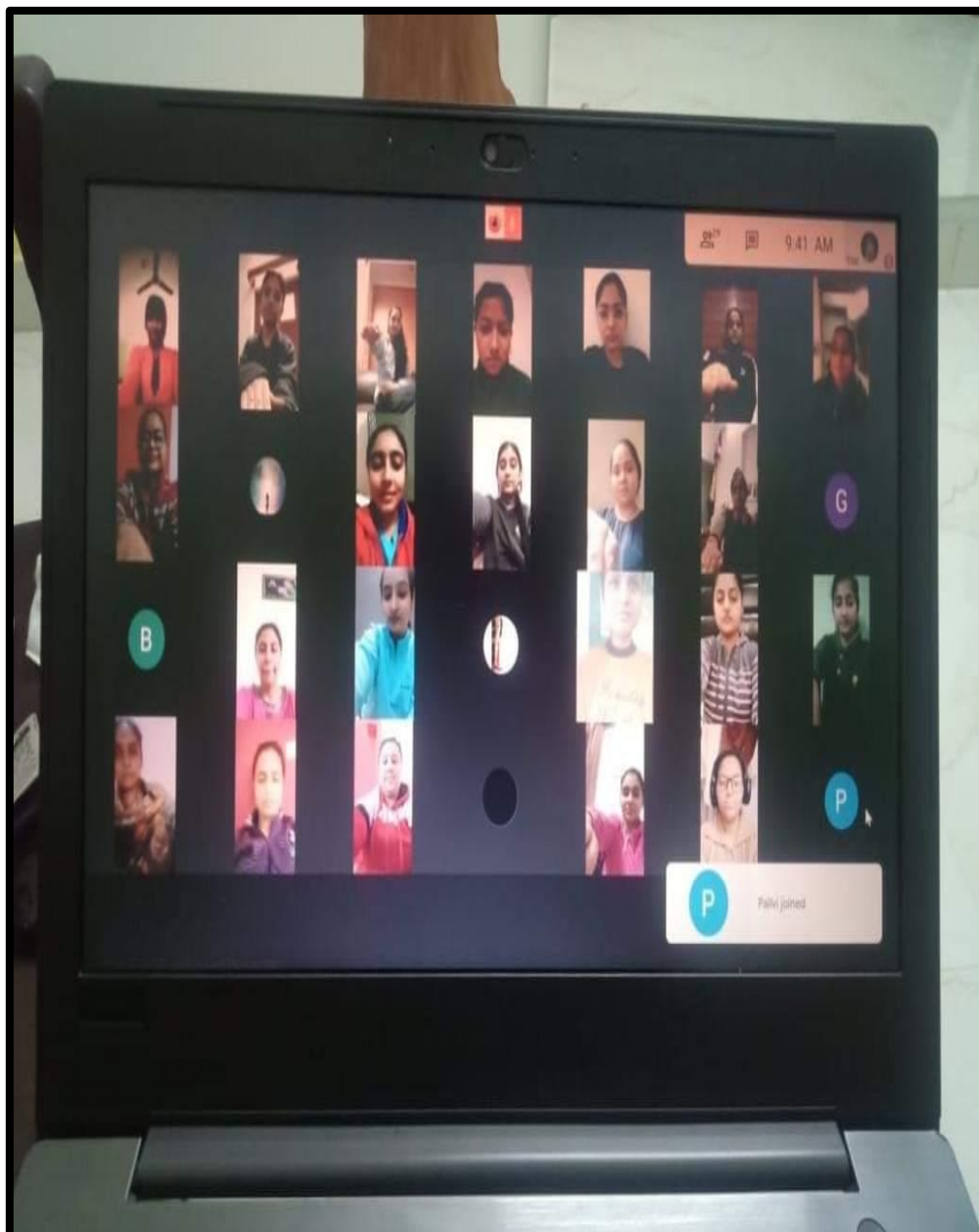
Government Home Science College, sector-10D , Chandigarh organized an online yoga seminar for faculty and students on the occasion of international yoga day in which a trained yoga teacher taught many yoga asanas starting with surya namaskar, along with the benefits and proper technique to perform each asana.



*Online yoga seminar*

## NSS Volunteers Attended a Webinar On Graphology as A Therapy

NSS Volunteers of Government Home Science College, Sector 10-D, Chandigarh attended a webinar on the topic-Graphology as a Therapy, in which the students were made aware about graphology and how grapho therapy is done after the detailed analysis of the overall personality of someone by studying their handwriting. It was all in all a very interesting and interactive session.



*Webinar on graphology as therapy*

## Survey to Study The Strategies For Holistic Well-Being During COVID

NSS Volunteers of Dev Samaj College of Education, sector-36B, Chandigarh participated in a survey for holistic well-being during the covid pandemic. This survey was conducted primarily to spread awareness among students about the virus and how one can create holistic well-being in this time.

**'Strategies for Holistic well-being by college students during the pandemic...**  
Over the past few weeks, concerns about th...  
docs.google.com

Dear college students,

Kindly fill this google form today itself. We need it for our survey to study the " strategies for holistic well being by college students during the pandemic Covid-19". Your cooperation in this regard will be appreciated.

Regards

Faculty, Dev Samaj College of Education, sector 36-B, Chandigarh.

<https://docs.google.com/forms/d/e/1FAIpQLScGtuyOslQ9Qk0K3dlxBKBQWgLfHhquajz67ljfz6igFpSsfQ/viewform?vc=0&c=0&w=1>

*Survey to study holistic well-being during the pandemic*

## Masks Prepared By NSS Volunteers And Distributed

05 July 2020

NSS volunteers of Government Home Science College, Chandigarh participated in the mask distribution program in which the students prepared around 500 masks and distributed them to people in order to create awareness about the importance of wearing mask and to maintain proper social distancing.



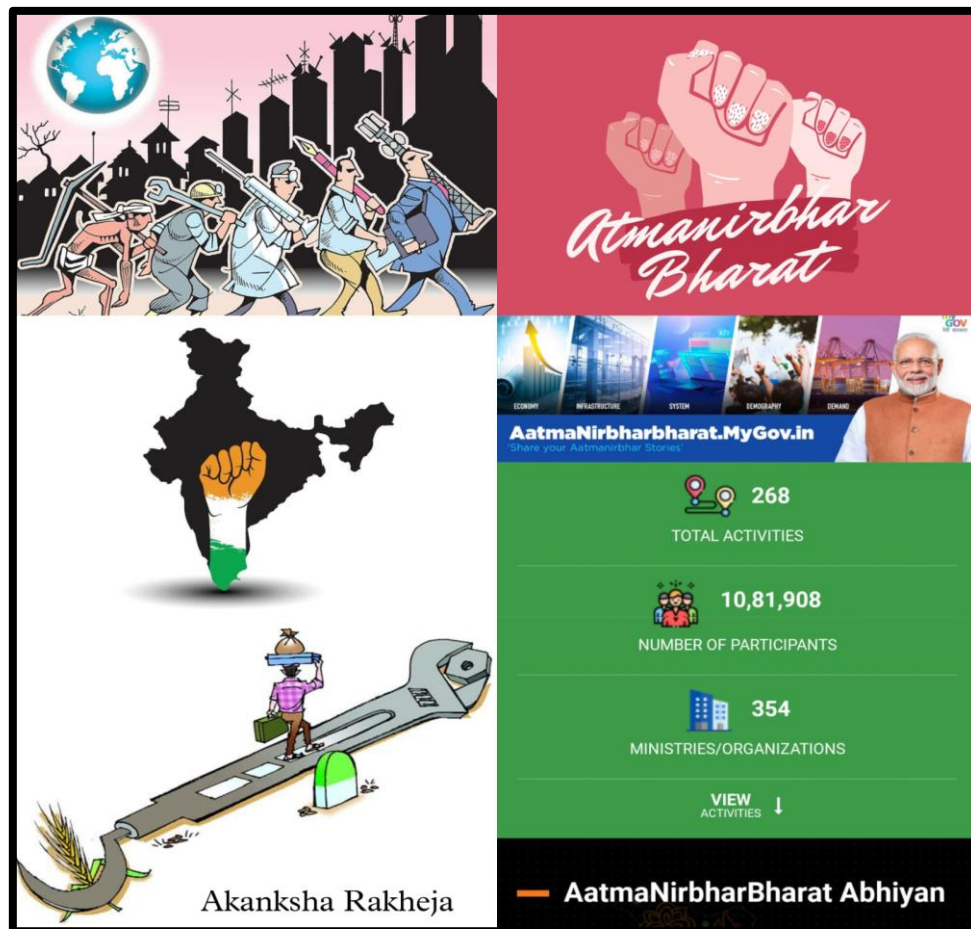
*Masks preparation and distribution by NSS volunteers*



## Inter-College Digital Collage Making Competition Theme: "Atma Nirbhar Bharat"

15 August 2020

Government Home Science College, Sector 10D, Chandigarh organized an inter college digital collage making competition on the theme-ATMA NIRBHAR BHARAT on the occasion of Independence day. The objective of the competition is to highlight the self- reliant nature India has decided to adopt and how it is become the manufacturing hub of the world.



*Inter college digital collage making competition*

**National Level Contest On Patriotic Solo Song And Patriotic Solo Dance**  
**Organized By Ghsc-10, Chandigarh.**

**15 August 2020**

NSS wing of Government Home Science College, sector 10D, Chandigarh organized a National level contest on Patriotic solo song and dance competition in online mode. Overall 40 students participated in it and winner was finalised by the judges in online mode only.



*Patriotic solo dance and song competition*

**SES REC (Social Entrepreneurship, Swachhta & Rural Engagement Cell) Action Plan - Ministry Of Education, Govt. Of India Proposed Activities Post Covid-19 .**

**21 August 2020**

Ministry of Education , GOI, proposed various activities post COVID-19 under social entrepreneurship, swachhta and rural engagement cell in which students of Government Home Science College, Chandigarh participated very keenly. Social entrepreneurship has social ,culture, educational and environmental goals. The primary objective of it is not to earn profits but to provide innovative solutions to solve a variety of urgent social problems for the welfare of the society.

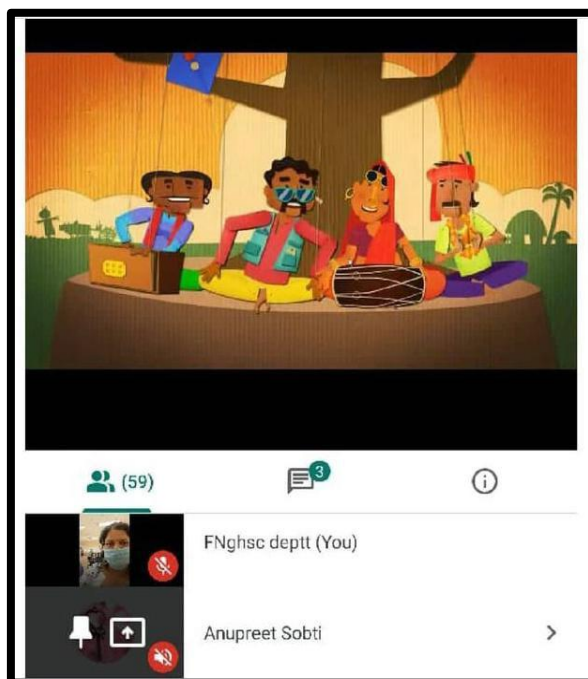


*Social entrepreneurship, swacchta and rural engagement action plan by ministry of education*

## World Breast Feeding Week

01 AUGUST 2020

NSS volunteers of Government Home Science College, Sector 10D, Chandigarh organized world breast feeding week from 01 August-07 August to promote, protect and support breastfeeding for the health and well-being of the mother/baby by preparing posters and awareness video to understand the importance of breastfeeding.



*World breastfeeding week*



## Online Nukkad Natak On The Theme Aatam Nirbhar Bharat By NSS Volunteers

15<sup>th</sup> August 2020

NSS volunteers of Government Home Science College, Chandigarh on the occasion of Independence day organized an event on “Nukkad Natak.” The main objective of it was to promote the feeling of patriotism towards our country and remember the sacrifices of freedom fighters.



*Online nukkad natak on the theme of ATMANIRBHAR BHARAT*

## Review Process On Fit India Freedom Run & Fit India Youth Club

27 August 2020

NSS volunteers of Government Home Science College, Chandigarh attended an online meeting to review process on Fit India Freedom Run by Fit Youth Club. The meeting was conducted to spread the awareness about fitness both physical and mental.



*Online review of process on fit India freedom run*

## NSS Day

**24 September 2020**

NSS wing of Government Home Science College, Chandigarh celebrated NSS day on 24 september,2020. The NSS is a central sector scheme of the government of India, Ministry of Youth Affairs and Sports. It aims to provide hands on experience to young students in delievering community service.



*Celebration of NSS day*



## Pledge On COVID-19 Awareness

**08 October 2020**

With the objective to spread awareness about the deadly coronavirus, 165 NSS volunteers of Government Home Science College, Chandigarh took pledge on COVID-19 awareness. The main aim of the pledge was to motivate students to spread message of awareness about COVID-19 to different people all around so that we can join our hands together to combat COVID-19.

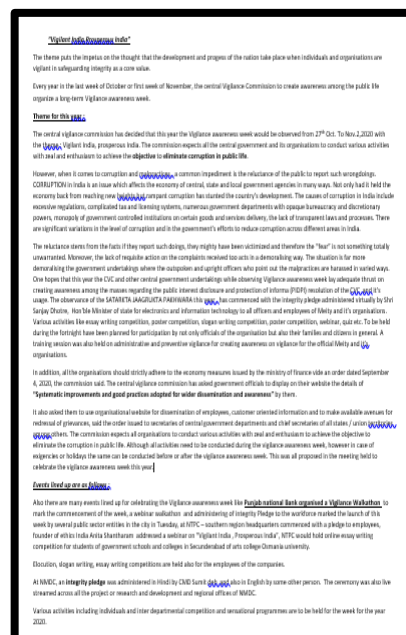


*Pledge on COVID-19 awareness*

# "Essay Writing Competition" & "Slogan Writing Competition" To Celebrate Vigilance Day 2020. Theme: Vigilant India Prosperous India

**27-31 October 2020**

NSS Wing of Government Home Science College, Chandigarh organized “essay writing and slogan writing” competition to celebrate the Vigilance Day. The theme was -Vigilant India Prosperous India. The objective of this competition was to promote ethical, business practices, discourage bribes, commit good corporate governance and adhere to relevant laws.



*Essay writing and slogan writing competition to celebrate vigilance day*