

**3.4.3 Number of extension and outreach Programmes conducted by the institution through NSS/ NCC/Government and Government recognized bodies (including the programmes such as Swachh Bharat, AIDS awareness, Gender issues etc. ) and/or those organised in collaboration with industry, community and NGOs during the year & 3.4.4 Number of students participating in extension activities at 3.4.3. above during the last Five Years**

Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Year of the activity	Number of students participated in such activities
<p>Red Ribbon Club and NSS Departments celebrated World No Tobacco Day. Students held a rally from college to Dayanand Math, Dinanagar. A lecture was delivered to the students by Dr. Sonam Gupta, Head, Department of Psychology. She made students and the public aware of the detrimental effects of tobacco consumption.</p>	<p>Red Ribbon Club and NSS Departments</p>	<p>Awareness Rally</p>	<p>2022-23</p>	<p><b>60</b></p>
<p>Red Ribbon Clubs celebrated Youth Saptah at Pt. Mohan Lal S.D. College Gurdaspur to create awareness among youth regarding the burning issues of the society. Ms. Shayna got 1st Prize in Poster making Competition, Ms. Sandeep Kaur got 2nd Prize in Collage Making Competition. Ms. Kamaljeet and Ms. Harkiranjeet donated blood at Blood Donation Camp held there and got certificates.</p>	<p>Red Ribbon club</p>	<p>Health Awareness scheme</p>	<p>2022-23</p>	<p><b>55</b></p>

<p>Azadi Ka Amrit Mahotsav, Har Ghar Dhyan Campaign was conducted by NSS Department in collaboration with Art of Living Foundation and organized a program on meditation and mental health to sensitize people regarding the benefits of meditation. Mr. Amitesh Marwaha and Dr. Shivankhi Manhas the Instructors, gave lectures on meditation and mental health.</p>	<p>NCC/NSS Department</p>	<p>Har Ghar Dhyan Campaign</p>	<p>2022-23</p>	<p><b>128</b></p>
<p>NCC cadets celebrated 74th Republic Day at Choudary Jai muni Sr. Sec. Govt. Girls High School, Dinanagar. Cadets presented Choreography, Patriotic Dance, Patriotic Group Song to celebrate Republic Day. These presentations inculcate spirit of brotherhood and oneness among all and familiarize the audience with our constitution .</p>	<p>NCC Department</p>	<p>Republic Day Celebration</p>	<p>2022-23</p>	<p><b>55</b></p>
<p>NSS Department started 7 Days Special NSS Camp from 11th January to 17th January 2023. 250 volunteers of 5 Units were enrolled to attend the camp to give their best services in the adopted village "Saidipur". Various awareness activities were performed during the camp for the welfare of the village.</p>	<p>NSS Department</p>	<p>NSS Camp</p>	<p>2022-23</p>	<p><b>76</b></p>

<p>NSS Department organised Chetna rally from College to the Magrala village, under Ek Bharat Shreshth Bharat Mission. The NSS volunteers raised the slogans i.e., Do not burn stubble, save the earth. The main objective of this rally was to protect the environment and prevent pollution and sensitize people about the ill effects of stubble burning.</p>	<p>NSS Department</p>	<p>Awareness Rally</p>	<p>2022-23</p>	<p><b>35</b></p>
<p>NCC, NSS and Red Ribbon club celebrated 115th Birth Anniversary of Shaheed-E-Ajam Bhagat Singh. NCC cadets organised a cycle rally from college to village Magrala. Cadets made people aware about the values emphasized by our freedom fighters.</p>	<p>NCC &amp; NSS Departments and Red Ribbon club</p>	<p>Awareness Rally</p>	<p>2022-23</p>	<p><b>35</b></p>
<p>Science and NSS Departments under "Ek Bharat Shreshth Bharat mission" celebrated "World Environmental Health Day" An extension lecture on 'Environmental Health' was organized to familiarize everyone with the benefits of a healthy environment. Dr.Poonam MahajanHead, Department of Hindi, was the speaker of the day.</p>	<p>NSS Department</p>	<p>Health Awareness scheme</p>	<p>2022-23</p>	<p><b>45</b></p>
<p>NCC cadets attended webinar conducted by the Govt. of India against drug abuse. Seventy eight cadets attended this webinar in the college seminar hall. Cadets took a pledge to make people aware against this menace.</p>	<p>NCC Department</p>	<p>Drug Deaddiction Scheme</p>	<p>2022-23</p>	<p><b>78</b></p>

<p>NCC &amp; NSS Departments and EBSB club celebrated Azadi Ka Amrit mahotsav to commemorate 75 years of independence and to create awareness regarding the Great India that our freedom fighters envisaged.. College welcomed the family members of Freedom Fighters Sh. Ram Singh Ji, Sh. Visakhi Ram ji and Sh. Gandharv Singh Ji from village Chauhana near Dinanagar.</p>	<p>NCC &amp; NSS Departments and EBSB club</p>	<p>Azadi Ka Amrit Mahotsav</p>	<p>2022-23</p>	<p><b>55</b></p>
<p>Under the Puneet Sagar Abhiyan of the Government of India, the NCC Department along with the Bharat Vikas Parishad, cleaned the drain flowing near Dayanand Math Dinanagar. In this campaign, cadets not only cleaned the water resources, but also with the members of the Bharat Vikas Parishad cadets did the recycling of the collected garbage and plastic and thus created awareness regarding this threat to our existence.</p>	<p>NCC Department</p>	<p>Puneet Sagar Abhiyaan</p>	<p>2022-23</p>	<p><b>40</b></p>
<p>Under Ek Bharat Shreshtha Bharat Mission, NSS, NCC and buddy groups organised an activity as a part of Azaadi ka Amrut Mahotsav. Staff members and students took a pledge under the theme "Nasha Mukta Bharat Abhiyan". The event organisers guided the students about the importance of this event and motivated the students to spread the message in their surroundings.</p>	<p>NSS ,NCC , Buddy Groups Departments</p>	<p>Nasha Mukta bharat abhiyan</p>	<p>2022-23</p>	<p><b>45</b></p>

<p>NSS and NCC departments, under Ek Bharat Shreshtha Bharat mission celebrated Independence Day. During the Iconic week 8<sup>th</sup> to 15<sup>th</sup> August, 2022, volunteers planted tree saplings at Dayanand math Dinanagar and made everybody aware about the benefits of afforestation .</p>	<p>NSS ,NCC Departments</p>	<p>EBSB Programme</p>	<p>2022-23</p>	<p><b>68</b></p>
<p>NSS, NCC and Fine Arts Departments organised Inter-College Poster Making and Slogan Writing competition to celebrate ICONIC WEEK of Azadi Ka Amrit Mahotsav to encourage people to hoist Tiranga and commemorate it to mark the 75th year of India's independence. People were told about the numerous sacrifices made by our freedom fighters.</p>	<p>NSS ,NCC Departments</p>	<p>Azadi Ka Amrit Mahotsav</p>	<p>2022-23</p>	<p><b>38</b></p>
<p>A cleanliness campaign was held by the NCC Department near drain of Dinanagar under the Puneet Sagar Abhiyan run by the Government of India to create awareness among the people about the importance of clean water.</p>	<p>NCC Department</p>	<p>Puneet Sagar Abhiyaan</p>	<p>2022-23</p>	<p><b>33</b></p>
<p>World Blood Donor's Day was celebrated by NSS Department under Ek Bharat Shreshtha Bharat Mission to make people aware regarding the need of voluntary blood donation.</p>	<p>NSS Department</p>	<p>Blood Donor's Day</p>	<p>2022-23</p>	<p><b>55</b></p>

Under Ek Bharat Shreshtha Bharat Mission Departments of Science, NSS and NCC celebrated World Environment Day. Tree saplings were planted and people were sensitized about the need of planting indigenous varieties of trees.	NSS and NCC departments	EBSB Programme	2022-23	<b>56</b>
<b>2021-22</b>				<b>67</b>
NSS and NCC departments celebrated Earth Day on 22nd April, 2022 under Ek Bharat Shreshtha Bharat (EBSB program). The theme for Earth Day 2022 was 'Invest in our planet'. The students participated in posters, slogans and collage making competitions and made people aware as regards the urgent need for a healthy planet..	NSS and NCC Department	EBSB Programme	2021-22	<b>87</b>
N.S.S, N.C.C, Red Ribbon Club, Red Cross, Youth Welfare Departments celebrated "World Health Day" under Ek Bharat Shreshtha Bharat (EBSB) programme, and organized a Blood Donation camp which was sponsored by Red Cross Society Gurdaspur. People were made aware about the need for blood donation as many lives are lost for want of right type of blood.	N.S.S, N.C.C, Red Ribbon Club, Red Cross, Youth Welfare Departments	EBSB Programme	2021-22	<b>44</b>

<p>Red Ribbon Club organised a "Nukkad Nataka" named as "Vehngi" performed by renowned "Red Arts Theatre Group" which was staged on 31st March on the topic "Importance of Teachers and Education". These performers are on the mission to make a bridge between students and teachers and want to sensitize people regarding this noble profession.</p>	<p>Red Ribbon Club and NSS Department</p>	<p>Educate Punjab</p>	<p>2021-22</p>	<p><b>105</b></p>
<p>NSS department organized "Voter Awareness Campaign" at Tango Shah village. NSS Volunteers made a voter awareness rally at village and they gave door to door awareness to the people of the village. Villagers promised to use their vote rights very carefully.</p>	<p>NSS Department</p>	<p>SWEEP Awareness Campaign</p>	<p>2021-22</p>	<p><b>22</b></p>
<p>NSS department organized a special 7 days NSS Camp at Tango Shah village to make people aware regarding the benefits of cleanliness and sanitation.</p>	<p>NSS Department</p>	<p>NSS Camp</p>	<p>2021-22</p>	<p>300</p>

<p>After a series of so many successful ventures, the NSS department and Buddy group organised one more vaccination camp in college campus. In this programme, mainly the students between 15 to 18 years of age participated and got vaccination dose. More than 65 students got first dose and few others got second dose. Students were also made aware about the need for vaccination and the numerous diseases that it has wiped out from our planet.</p>	<p>NSS Department and Buddy Group</p>	<p>Covid Vaccination</p>	<p>2021 -22</p>	<p><b>300</b></p>
<p>NSS department celebrated ‘‘National Girl Child Day’’ through online medium under the able guidance of Principal Dr. Reena Talwar and sensitized everyone as regards the role of a healthy and educated girl/lady in the family.</p>	<p>NCC/NSS Department</p>	<p>Beti Bachao- Beti Padoo</p>	<p>2021 -22</p>	<p>122</p>
<p>NSS department and Buddy Group organized a camp to register new voters above the age of 18 years under SVEEP activities in the supervision of College Principal Dr. Reena Talwar. ELC incharge Mrs. Parveen Saini and other staff members also sensitized and motivated the new voters to enroll themselves through new voter helpline mobile app available on Google Store and online National voter service portal through <a href="http://nvsp.in">http://nvsp.in</a> link</p>	<p>NSS Department and Buddy Group</p>	<p>SVEEP Awareness Campaign</p>	<p>2021 -22</p>	<p>110</p>



<p>COVID Vaccination Camp was organized at Main Dispensary, Dinanagar on 2nd December,2021.130 students got vaccinated in this camp under the supervision of Principal Dr. Reena Talwar. The Principal made everyone present aware as regards the benefits of vaccination.</p>	<p>NSS, NCC &amp; Red Cross Unit</p>	<p>Vaccination Camp</p>	<p>2021-22</p>	<p>111</p>
<p>NCC departments organised expert talk of Professor Chandra Mohan Upadhyay, Principal Kalicharan PG College, Lucknow on the growth of constitutional India to celebrate "Constitution Day" on 26th Nov on WebEx platform. 2021. In his Talk Dr. Upadhyay made the participants aware about the growth process of Indian constitution.</p>	<p>NCC Department</p>	<p>Constitution Day celebration</p>	<p>2021-22</p>	<p>59</p>
<p>NSS department celebrated "Communal Harmony Week" under the able guidance of Principal Dr. Reena Talwar . Last day i.e. 25th November 2021 was observed as National Flag day to spread message of communal harmony and national integration and to make people aware as regards the benefits of a united society. Fund raising was also done to enhance resources of the National Foundation For Communal Harmony.</p>	<p>NSS Department</p>	<p>Communal Haarmony Week</p>	<p>2021-22</p>	<p>56</p>

<p>NSS and Fine Arts department organized poster making competition under "Sweep Awareness Campaign" on 23rd November 2021 to create awareness among students for using their, "Right to Vote" under the supervision of Principal Dr. Reena Talwar and Secretary Management, Mr. Dharam Indu Gupta ji</p>	<p>NSS Department</p>	<p>Sweep Awareness Campaign</p>	<p>2021 -22</p>	<p>55</p>
<p>NSS &amp; NCC departments under the guidance of Principal Dr. Reena Talwar gave warm welcome to 55 BSF Jawans participating in FIT INDIA CYCLE RALLY along with their officers, DIG Sh. Prabhakar Joshi ji and Kunwar Ravinder Singh Vicky. These Jawans started this Rally on 15th August 2021 from Jammu. BSF Jawans were welcomed at college gate by presenting Bouquets. Students were sensitized as regards the need for joining armed forces.</p>	<p>NSS &amp; NCC Departments</p>	<p>Fit India Cycle Rally</p>	<p>2021 -22</p>	<p>240</p>

<p>NSS and Physical Education departments organized a FIT INDIA FREEDOM RUN to commemorate Azadi Ka Amrit Mahotsva on 30th September, 2021 under the able guidance of Principal Dr. Reena Talwar. Dr. Reena Talwar in her motivational speech addressed the students that “FIT INDIA FREEDOM RUN” is being organised by college to commemorate “ Azadi Ka Amrit Mahotsva” to celebrate 75th Anniversary of Independence and sensitized them regarding the importance and respect that such events should be given by everyone.</p>	<p>NSS and Physical Education departments</p>	<p>Fit India Freedom Run</p>	<p>2021 -22</p>	<p>45</p>
<p>Our college was awarded by Brigadier Rohit Kumar, Group Commander, Amritsar, NCC Group for excellent work done during Corona Period. Our students had created awareness among people and had helped curb many falsehoods that had spread among people regarding this pandemic.</p>	<p>NCC Department</p>	<p>Appreciation</p>	<p>2021 -22</p>	<p>34</p>

<p>Directorate of Youth Services Punjab in collaboration with Punjab State Aids Control Society Chandigarh organised District Level Competitions of Red Ribbon Clubs at Shanti Devi Arya Mahila College Dinanagar under the able guidance of Mr. Ravipal, Assistant Director, Youth Services Gurdaspur on 25 September 2021. Everyone present was sensitized about this deadly disease and the ways through which it can be kept at bay. Principal Dr. Reena Talwar was the Chief Guest of this function and Sh, Dalwinder Singh Dayalpuria, famous singer of Punjab and Mr. Honey Jhakku, Manager, PNB Jalandhar were invited as Guest of Honour and they also acted as Judges .</p>	<p>Red Ribbon Clubs/ IQAC</p>	<p>AIDS Awareness</p>	<p>2021 -22</p>	<p>38</p>
<p>NCC &amp; NSS departments organized series of activities to commemorate 75th Anniversary of Independence Day from 6th August 2021 to 13th August 2021. Various institutes of Amritsar Group participated in Independence day celebration. All present were made aware regarding the importance of our independence day and the ways through which we can help create the India that our freedom fighters dreamt about.</p>	<p>NCC and NSS</p>	<p>Independence Day Celebration</p>	<p>2021 -22</p>	<p>35</p>

<p>College organized 3rd Vaccination Camp on 13th August, 2021. A team from Civil Hospital, Dinanagar visited the college campus. In this camp more than 200 students/ people of Dinanagar were vaccinated. They were also made aware about the need and benefits of vaccination for the society at large.</p>	<p>NSS ,NCC &amp; Red Cross Departments</p>	<p>Vaccination Camp</p>	<p>2021 -22</p>	<p>55</p>
<p>Science, NSS, NCC &amp; Red Cross departments organised one day Covid-19 vaccination camp on 7th August 2021. A team of 4 members including Mrs. Balwinder Kaur, Mrs. Narendra Kaur, Mr. Sumit Mahajan and Mr. Ritik Sharma from Civil Hospital, Dinanagar visited the college campus and vaccinated 100 members including teaching, non-teaching staff, students and people of Dinanagar.</p>	<p>NSS NCC and Red Cross Deptments</p>	<p>Vaccination Camp</p>	<p>2021 -22</p>	<p>68</p>
<p>World Population Day was celebrated by NCC department. Poster making competition was held and Rally was organized by NCC cadets. Everone present was familiarized with the problems that population explosion brings to any country and the solutions were also discussed.</p>	<p>NCC Department</p>	<p>Population Control Awareness</p>	<p>2021 -22</p>	<p>55</p>
<p>The students attended a webinar on Anti-Drug campaign organized by Punjab government. All the participants were made aware as regards the ill effects of drug addiction and the remedies were also expounded upon.</p>	<p>NCC Department</p>	<p>Drug Deaddiction Scheme</p>	<p>2021 -22</p>	<p>45</p>

2020-21				
<p>Earth Day was celebrated by NSS Department .Tree plantation was done to mark the day. Everyone present was sensitized regarding the role of trees in maintaing a sustainable earth.</p>	NSS	<p>Mission of Swatsh Bharat Abiyaan- Tree Plantation 2018 with motto "Each One Plant One" .</p>	2020-21	50
<p>World Fraternity Day was observed by conducting webinar cum online Inter – College Poetical Recitation competition in collaboration with 1 Pb. Girls battalion, Amritsar. Awareness was created among the students regarding the urgent need of fratenity in today's world , which is often marked by intolerance and bitterness.</p>	NCC Dept	<p>World Farternity Day</p>	2020-21	45
<p>World Leprosy Eradication day was observed and students along with NSS In charges visited Leprosies Colony in Dinanagar and distributed grocery items, fruits and other eatables to the inmates. The inmates were also apprised about the latest scientific developments aimed at eradicating this disease completely.</p>	NCC & NSS Dept	<p>World Leprosy Eradication Day</p>	2020-21	40

<p>All Institutions of 1 Pb. Battalion Organized Online Debate on Fundamental Duties in their Respective institutions. All the participants were made aware that in addition to having rights , they have certain duties and responsibilities also, which they have to fulfil.</p>	<p>NCC Department</p>	<p>Constitutional Awareness</p>	<p>2020 -21</p>	<p>44</p>
<p>Webinar was Organized on ‘Present Scenario of Human Rights’. Lt Dr. Anjana Malhotra shared her views with Cadets and ANOs/CTs of 1Pb Girls battalion NCC and sensitized them as regards the present position and implementation of human rights.</p>	<p>NCC Department</p>	<p>Human Rights day Celebration</p>	<p>2020 -21</p>	<p>50</p>
<p>Cleanliness drive was organized ,550 Cadets of 1Pb girls battalion NCC participated in this Cleanliness Drive by cleaning their respective vicinity. Everyone was made ware about the need and benefits og cleanliness in our daily lives.</p>	<p>NCC Department</p>	<p>Cleanliness Drive</p>	<p>2020 -21</p>	<p>55</p>
<p>Expert talk on constitutional growth was organized. Retd. Major General Anil Shoruie and Dr. Satnam Deol, HOD, Deptt.of Pol.Sci. GNDU Amritsar shared their Views with Cadets of 1Pb girls battalion NCC and familiarized them with the latest aspects of our constitution.</p>	<p>NCC Department</p>	<p>Constitution Day Celebration</p>	<p>2020 -21</p>	<p>40</p>

<p>Inter –College Essay writing Competition was organized in which 20 institutions of 1Pb girls battalion NCC participated. Everbody got sensitized regarding the intricacies and nuances of our great constitution.</p>	<p>NCC Department</p>	<p>Constitution Day celebration</p>	<p>2020 -21</p>	<p>50</p>
<p>NSS and NCC Department celebrated Constitution Day by organizing Intra-College Poster Making, Slogan Writing and Quiz competitions. Awareness war generated as regards the need, development and amendment of the constitution.</p>	<p>NSS and NCC Department</p>	<p>Constitution Day celebration</p>	<p>2020 -21</p>	<p>45</p>
<p>NCC Day was celebrated. On this day Inter college Poster making &amp; declamation contest were organized. Rally was also organized to celebrate NCC day. Students were sensitized about the need, importance and development of NCC in our country.</p>	<p>NCC Dept</p>	<p>NCC day Celebration</p>	<p>2020 -21</p>	<p>55</p>
<p>Lt. Dr. Anjna Malhotra was appointed as Nodal Officer of Amritsar Group to celebrate one month long activities to celebrate Constitution Day given by Govt. of India to NCC. The whole of the Amritsar group was sensitized regarding the constitutional provisions for NCC in our constitution.</p>	<p>NCC Dept.</p>	<p>Constitution Day</p>	<p>2020 -21</p>	<p>50</p>



<p>One week awareness campaign “Jagrukta Saptah” against COVID-19 in collaboration with Dept. of District Youth Services Gurdaspur was organized. More than 200 students participated in Intra college online Quiz on COVID-19 organized by District Youth Services Gurdaspur. 23 Volunteers made Posters on Importance of Hand Sanitization, Wearing Mask and Maintaining Physical Distancing to combat Corona Virus. Pamphlets for creating awareness regarding Covid-19 provided by Deputy Commissioner, District Gurdaspur were distributed to public by staff and students at local Bus Stand, Dinanagar</p>	<p>NSS/NCC</p>	<p>Jagrukta Saptah against Covid19</p>	<p>2020 -21</p>	<p>55</p>
<p>NCC cadets celebrated online international day against drugs abuse &amp; illicit Trafficking Cadets educated the people of their villages against this menace and made them aware regarding the remedies. Cadets made posters, slogans, wrote poems on this issue</p>	<p>NCC Dept.</p>	<p>Drug Deaddiction Scheme</p>	<p>2020 -21</p>	<p>65</p>

<p>To fight against this critical situation of Pandemic Of Covid -19 , The NSS Program Officers, under the able guidance of Director,Mrs. Ratna Sharma distributed Masks to 200 Inmates of Leper’s Colony Dinanagar and 500 Masks for needy villagers were given to Mrs.Sulakhni Devi ,Sarpanch of village Vadda Sahowal which had been adopted by NSS Dept. of the College for the year 2019- 20.Masks were distributed among some needy women who were present on the spot by maintaining physical distancing. These Washable masks were stitched using pure cotton fabric by students of Fashion Designing Department . People were sensitized about the ways through which this deadly disease could be combated.</p>	<p>NSS Dept.</p>	<p>Mask Distribution</p>	<p>2020 -21</p>	<p>67</p>
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2019-20				40
<p>9 Cadets appeared in Part C Exam held at Khalsa College, Amritsar. Before the exam students were given a motivating lecture by the accompanying teacher as regards the importance of 'C' exam in NCC.</p>	NCC	C Exam at Asr	2019 - 2020	9
<p>42 Cadets appeared in Part B Exam held at DAV International School Amritsar. Prior to exam they were sensitized about the merits of this exam.</p>	NCC	B Exam at Asr	2019 - 2020	42

<p>World leprosy Eradication Day was celebrated. NSS volunteers along with Program Officers visited the Leprosy Colony at Dinanagar and distributed fruits to 150 inmates of the Colony. The lepers were given lecture on hygiene and sanitation to increase their awareness. They were given instructions how they could keep their children safe from this disease and they were also told to get their treatment done in time to eradicate this disease.</p>	<p>NCC/NSS Dept</p>	<p>World leprosy Eradication Day</p>	<p><b>2019</b> - <b>2020</b></p>	<p>60</p>
<p>A Swachhta talk show on all aspects of swachhta-Personal, Physical, Mental, Environmental and societal was made and uploaded on the MHRD Website. Lecture and declamation competition on Forest Conservation was organized as per schedule of Swachhta Pakhwara. All the present were made aware about the role and never-ending importance of trees in our world.</p>	<p>NSS Dept.</p>	<p>Forest Conservation Scheme</p>	<p><b>2019</b> - <b>2020</b></p>	<p>65</p>
<p>Swachhta Pakhwada was celebrated by organizing numerous activities like cleanliness Drive, Tree Plantation, Seminars, Best out of waste competitions etc. Everyone was motivated to plant as many trees as possible and was made aware as regards the need for cleanliness in our daily lives.</p>	<p>NCC</p>	<p>Swachhta Pakhwada</p>	<p><b>2019</b> - <b>2020</b></p>	<p>45</p>

On 6<sup>th</sup> Day of NSS Camp, “A Happiness Programme by Art of living institution was organized in the college for NSS VolunTERS. Mr. Shailender Mahant and Mrs. Mohini Saini both instructors of “Art of Living” gave lectures on stress management and meditation techniques. **ii** At village workshop on Healthy cooking was organized by Mrs.Sangeeta Malhotra and Mrs. Meenu Gupta.Recipe of Alsi Pinni and Coconut Burfi was taught to village women. **iii**. Mrs Sonia, Asstt. Prof. of Cosmetology gave demonstration on skin care and Makeup. **iv**. Mrs. Sonika Gupta,Asstt. Prof. of Fine Art along with students of FineArts painted the Wall of village Gurudwara and wrote the Quote of Shri Guru Nanak Dev ji“PawanGuruPani Pita Mata Dhar at Mahatt”. Awareness was raised about the natural elemnts like soil and water and the need for conserving them was expounded upon.

NSS Dept.

NSS Camp

**2019**  
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**2020**

45

<p>On 5th Day of camp a workshop on Textile printing was conducted for village women by Fashion Design and Home Science Dept. Block printing and Stencil printing was taught to village women. They made hankies, table cloth and cushion covers with block printing. Mrs Sangeeta Malhotra and Mrs. Meenu Gupta gave training to them. At the College Campus Lecture on First-Aid and Home Nursing was organized. Mr. Rajiv Kumar, secretary, District Red Cross, Gurdaspur gave demonstrative lecture to NSS volunteers. Villagers were made aware of the different avenues where they could use their talent to achieve happiness and gain money, both at the same time</p>	<p>NSS Dept.</p>	<p>NSS Camp</p>	<p><b>2019</b> - <b>2020</b></p>	<p>50</p>
<p>On 4th Day of camp Cleanliness and Beautification of campus was done by volunteers. Cleaning, dusting of rooms and furniture was done. Gardening was done; pots and tree trunks were painted by the students. Awareness was raised as regards the significance of cleanliness for a healthy and productive life.</p>	<p>NSS Dept.</p>	<p>NSS Camp</p>	<p><b>2019</b> - <b>2020</b></p>	<p>55</p>

<p>Dheeyan Di lohri was celebrated at adopted Village on 3rd day of NSS camp. 15 Girls who were having their first lohri were invited along with their mothers and localvillagers on <b>Dhiyaan Di Lohri</b>.Newly born Girls were gifted with woolen baby sets. Peanuts, Rewari and popcorns were distributed to villagers present over there. Small children of village were given money for kites. NSS volunteers made the villagers aware about“<b>Beti Bachao Beti Padhao Programme</b>”.</p>	NSS Dept	NSS Camp	2019 - 2020	67
<p>On 2<sup>nd</sup> day of NSS Camp One week Stitching &amp; Tailoring Training programme was started for village girls at adopted village Vadda Sahowal.Door to door message for segregation of household waste was given to the villagers by the NSS Volunteers. awareness was raised about the diffrent ways in which small scale industries can benefit rural people.</p>	NSS Dept	Skill Devt. Scheme	2019 - 2020	66
<p>Commencement of 7 Days NSS Camp. On first day cleanliness drive was started and health check up camp was organized at adopted village Vadda Sahowal. The villagers were sensitized as regards the need for cleanliness in daily life as it leads to fewer diseases.</p>	NSS Dept	NSS Camp	2019 - 2020	45

<p>35 NCC cadets attended CATC Camp at Sathlani Sahib. Cadet Yogita won Ist Prize in solo dance, Cadet Komalpreet won 2<sup>nd</sup> prize in rangoli. Cadets won 3<sup>rd</sup> prize in quiz, Ist prize in group Dance &amp; Gold Medal was won in painting. Awareness among students was raised as regards the importance of brotherhood, camaraderie and healthy competition in our lives.</p>	NCC Dept.	CATC	2019 - 2020	35
<p>NCC Day was celebrated. Different sort of competitions were organized on this day. Poster making &amp; declamation contest were organized. Rally was also organized to celebrate NCC day. Students were made aware of the significance of NCC - the second line of defence- in our country.</p>	NCC Dept.	NCC Day Celebration	2019 - 2020	5
<p>Vigilance Awareness Seminar was held. In this seminar DSP Kawaljeet Kaur, Sub Inspector Kamal Singh, Sub Inspector Vikram Singh and Lt. Dr. Anjna Malhotra shared their views with students. Students were sensitized regarding various intricacies that result in our society as far as corruption and vigilance are concerned.</p>	NCC & NSS Depts.	Vigilance week	2019 - 2020	55



<p>Cadets of NCC and Volunteers of NSS along with their in-charges participated in Anti-corruption Rally to celebrate Vigilance Week. They marched from College to Sumitra Devi School, Dinanagar . They created awareness that a corruption free mind has a double advantage. It is advantageous for the individual as well as for the country.</p>	<p>NCC &amp; NSS Depts.</p>	<p>Vigilance Week</p>	<p><b>2019</b> - <b>2020</b></p>	<p>55</p>
<p>NSS department organized Chetna Rally in villages Talwandi, Tango Shah, Shaadi pur, Alikhan and requested the people not to burn Parali/ Stubble and made them aware about the harmful effects like environmental pollution etc. of burning stubble.</p>	<p>NSS Dept.</p>	<p>Awareness Rally</p>	<p><b>2019</b> - <b>2020</b></p>	<p>50</p>
<p>NSS Deptt conducted Tree Plantation drive at adopted village Vadda Sahowal. The importance of trees in our lives was expounded upon and it was established that our future depends on the area under forests/trees on our planet.</p>	<p>NSS Dept.</p>	<p>Mission of Swatsh Bharat Abiyaan- Tree Plantation with motto "Each One Plant One" .</p>	<p><b>2019</b> - <b>2020</b></p>	<p>60</p>

<p>NSS program officers along with 35 volunteers visited Oldage Home , run by Helpage India at Gurdaspur. Principal Mrs Ratna Sharma organized a religious tour for 28 inmates and helpers of Oldage Home to Gurudwara Shri Tahli Sahib at village Gahlari by providing college bus to them. Set of hand towels, sweets ,fruits and biscuits were given to all inmates of Oldage home by students . Everyone was made aware that old people are our wealth and no one throws away wealthy things away.</p>	<p>NSS Dept.</p>	<p>Helpage India</p>	<p><b>2019</b> - <b>2020</b></p>	<p>35</p>
<p>Dr. Sushma Gupta, Dr. Reena Talwar, Programme Officer of NSS along with NSS Volunteers planted medicinal trees in Dayanand mathh. Swami Sadanand Saraswati Ji addressed volunteers on how to protect the environment by planting trees. They raised awareness as regards the eradication of diseases through natural means.</p>	<p>NSSDept.</p>	<p>Mission of Swatch Bharat Abiyaan-Tree Plantation with motto "Each One Plant One" .</p>	<p><b>2019</b> - <b>2020</b></p>	<p>40</p>
<p>NSS Dept.organized Summer Internship Camp at village Vada Sahawal. Villagers were sensitized about various aspects of healthy living including cleanliness, personal hygiene and oneness with nature.</p>	<p>NSSDept.</p>	<p>Village adoption scheme</p>	<p><b>2019</b> - <b>2020</b></p>	<p>55</p>
<p>2018-19</p>				

NSS and Science department organized blood group determination camp. Everyone was sensitized about the working of our body and various health aspects related to blood/circulatory system.	NSS Dept.	Health Awareness	2018-19	55
NCC department organized lecture and awareness rally. Dr. Pannu, renowned Doctor delivered lecture to create awareness for female hygiene and prevention of cancer. Dr. Anjna Malhotra ANO organized this event. 102 cadets participated in this.	1 Pb. Girls Bn. NCC in collaboration with College	Social Awareness	2018-19	45
The college adopted Village Deeda Sanian and NSS coordinator delivered lecture to the ladies of Deeda Sanian village on "Self-employment". The ladies were made aware as regards the various ways in which they can generate income for themselves through self-employment.	NSS Dept	Skill Devt. Scheme	2018-19	45
NSS students took out rally against drugs and female foeticide. DSP Sh. Manoj Kumar Ji Flagged off the rally. People were made aware about the ill effects of these ailments of our society.	NSS Dept	Awareness Rally	2018-19	35
NSS volunteers planted Ornamental Medicinal And Fruit Trees at various sites of the village and raised their awareness regarding natural healing.	NSS Dept.	Green and clean India	2018-19	30

NSS volunteers visited Village Taragarh Near Dinanagar for Tree Plantation. people were made aware regarding the critical role othat trees play in the nourishment and sustenance of our mother Earth.	NSS Dept.	Mission of Swatcsh Bharat Abiyaan- Tree Plantation 2018 with motto "Each One Plant One" .	2018-19	40
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**Principal  
Shanti Devi Arya Mahila College  
Dinanagar (GSP.)**

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