NSS Report April 2022 to May 2023

24 May 2022

Under the Ek Bharat Shreshtha Bharat Abhiyan, a cycle rally was organized by the NCC and NSS departments to create awareness among the people to save the environment. An attempt was made to send this message through this cycle rally that if we want to save the environment, then there is a need to use the available resources judiciously.











पर्यावरण के दौरान जागरूक करते एनसीसी के सदस्य तथा (दाएं) साइकिल रैली निकालते कॉलेज विद्यार्थी व अध्यापक।

एनसीसी तथा एनएसएस विमाग ने पर्यावरण बचाने के लिए लोगों को किया जागरूक

दीनानगर, 27 मई (राजकुमार, राजीव): शांति देली आर्य महिला कॉलेज दीनानगर के एनसीसी वथा एनएसएस लिभाग द्वारा एक भारत श्रेष्ठ भारत अभियान के अंतर्गत पर्यावरण बचाने के लिए लोगों में जागरूकता लाने हेतु साइकिल रैली का आयोजन किया गया। इस साइकिल रैली से यह संदेश देने का प्रयास किया गया, कि हमें अगर पर्यावरण को बचाना है तो उपलब्ध संसाधनों का न्याय संगत प्रयोग करने की जरूरत है। हमें न केवल ज्यादा से ज्यादा पेड़ लगाने हैं बिल्क जल, पैट्रोल, ईधन और

बिजली को भी बचाना है। साइकिला रैली प्रिसीपल डा. रीना तलबाड़ के निर्देशन में आयोजित की गई। एनसीसी की एएनओ तथा एक भारत श्रेष्ठ भारत क्लब की नोडल इंचार्ज डा. अंजना मल्होत्रा तथा सुनीता वर्मा ने इस रैली का प्रबंधन किया। इस अवसर पर प्रिंसीपल डा. रीना तलबाड़ ने एनसीसी विभाग तथा एक बार श्रेष्ठ भारत क्लब के सदस्यों को बधाई देते हुए कहा बि इस समय सबसे महत्वपूर्ण यह है, कि हमें उपलब्ध संसाधनों के दुरुपयोग को रोकना होगा और बहुत ही विवेकपूर्ण तरीके से इनका उपयोग करना होगा, क्योंकि पृथ्वी द्वारा इनके इतने तेजी से हो रहे उपयोग को अब और नहीं बर्दाश्त किया जा सकता है। इस लक्ष्य की प्राप्ति स्मर्फ सतत जागरूकता द्वारा ही संभव है। लैफ्टिनंट डा. अंजना मल्होजा ने कहा कि ऐसे कई तरीके हैं, जिन्हें अपनाने के बाद हम इस धरती माता को बचाने के लिए प्रभावी रूप से योगदान कर सकते हैं। उदाहरण के लिए हम अपने आस-पास रहने वाले इलाके में या जहां खाली जगह दिखे वहां अधिक से अधिक पेड़ लगा सकते हैं। दूसरा अपने व्यक्तिगत वाहनों का उपयोग करें। और कम दूरी के लिए सार्वजनिक परिवहन और साइकिल का उपयोग करने की आदत डालें। पानी का उपयोग भी बुद्धिमानी से करना चाहिए। इस अवसर पर कॉलेज की छात्राओं ने आस-पास के लोगों में पीधे बांटे गए और लोगों को पीधे लगाने के लिए प्रेरित किया गया।

8th to 15th August, 2022

N.S.S. and N.C.C. Departments, Under Ek Bharat Shreshtha Bharat mission, for the celebration of independence Day, during the Iconic week 8 to 15 August 2022, Dr. Sushma Gupta and Mrs. Sunita Verma along with NSS and NCC Volunteers planted tree saplings at Dayanand Math Dinanagar , 8th to 15th August, 2022







एनएसएस और एनसीसी वालंटियर्स के साथ दयानंद मठ परिसर में लगाए पौधे



दीनागर।स्टेट समाचार।रिव राउवाल। शांति देवी आर्य महिला कॉलेज दीनानगर के एनएसएस और एनसीसी विभाग द्वारा एक भारत श्रेष्ठ भारत के अंतर्गत, प्रिंसिपल डॉ रीना तलवार के कुशल मार्गदर्शन में 8 से 15 अगस्त 2022, प्रतिष्ठित सप्ताह के दौरान, डॉक्टर सुषमा गुप्ता और श्रीमती सुनीता वर्मा ने एनएसएस और एनसीसी वालंटियर्स के साथ दीनानगर के दयानंद मठ पर जाकर पौधे लगाए।हर घर तिरंगा 'आज़ादी का अमृत महोत्सव' के तलावधान में यह एक उत्साही अभियान है, जो लोगों को भारत की स्वतंत्रता के 75 वें वर्ष को चिह्नित करने के लिए इसे फहराने और मनाने के लिए प्रोत्साहित करता है। इस तरह के शुभ अवसर का पालन करने के लिए प्रीत्साहित करता है। इस तरह के शुभ अवसर का पालन करने के लिए दीनानगर के दयानंद मठ पर स्वामी सदानंद जी ने बच्चों को ऐसी एक्टिविटीज में हिस्सा लेने के लिए प्रेरित किया और उन्होंने देश की आजादी हासिल करने के लिए हमारे देशभक्तों के बलदानों के बारे में भी जागरूक किया। इसके साथ साथ स्वामी जी ने बच्चों को स्वच्छता अभियान के अंतर्गत पौधे लगाने के लिए भी प्रेरित किया तािक हमारा वातावरण साफ सुथरा बन सके और पॉल्यूशन का भी कंट्रोल हो सके।

12th August, 2022

NCC Department along with the Bharat Vikas Parishad cleaned the drain flowing near Dayanand Math Dinanagar on 12th August, 2022

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.







25th August to 31st August, 2022

Rally Organized During World Water Week 25th August to 31st August, 2022

Science Department of Shanti Devi Arya Mahila College, Dinanagar, under Ek Bharat Shreshth Bharat mission celebrated "World Water Week" (25th August to 31st August 2022). This year the theme of World Water Week 2022 was "Seeing the Unseen: The Value of Water". Rally was organized in the residential areas of





गुरदासपुर भास्कर 05-09-2022

विश्व जल सप्ताह के तहत रैली निकाल पानी की महत्ता के बारे में दी जानकारी

भास्कर न्यूज | दीनानगर

भारतार न्युज्ञ | दानानगर द्यांति देवी आर्थ महिला कॉलेज दीनानगर के साईस विभाग की ओर से एक भारत श्रेष्ट भारत कार्यक्रम के तहत ग्रिंसिएल डॉ. रीना तलवाड़ की अध्यक्षता में विश्व जल सत्ताह मनाया गया इस साल की थीम 'अन्देखी देखना, पानी का मृल्य' पर आधारित इस कार्यक्रम के दौरान लोगों को पानी के महत्व से अवगत करने के लिए जागरूकता रैली निकाली गई और छात्राओं में पोस्टर मेकिंग व स्लोगन मुकाबले करलाए गए।

पास्टर माकग व स्लागन मुकाबल करवाए गए। प्रिंसिपल डॉ. रीना तलवाड़ छात्राओं को जल के महत्व से अवगत करवाते हुए कहा कि विश्व जल सप्ताह जल के महत्व को दर्शाते हुए लोगों तक स्वच्छ



जागरूकता रैली में शामिल प्रिंसिपल, प्राध्यापक वर्ग और छात्राएं।

पानी की पहुंच को सुनिश्चित करने के उद्देश्य से मनाया जाता है, ताकि आने वाली पीढ़ियों के लिए भी पर्योप्त पानी का संरक्षण किया जा सके। उन्होंने पानी

बचाने के कई तरीकों जैसे कि ड्रिप इरीगेशन और रेन वाटर हार्वेस्टिंग पर भी रोशनी डाली। इस मौके पर वाइस प्रिंसिपल डॉ. सुषमा गुप्ता, एक भारत श्रेष्ठ

भारत कार्यक्रम इंचार्ज सुनीता वर्मा, डॉ. अंजना मल्होत्रा के अलावा प्रवीण सैनी, सोनिका गुप्ता , तलजिंदर कौर आदि उपस्थित थे।

28 Sep 2022

NCC, NSS and Red Ribbon club of Shanti Devi Arya Mahila College Dinanagar, "Under Ek Bharat Shresht Bharat", organised a programme to celebrate 115th Birth Anniversary of ShaheedAjamBhagat Singh, under the able guidance of principal DrReenaTalwar. NCC cadets Organised a cycle rally from college to village Magrala at 7:30 in the morning and created awareness among the people of village about the ideology of ShaheedBhagat Singh. After that in the college auditorium, a seminar was organised on life of Bhagat Singh and His Ideology. Dr. ReenaTalwar told the students about the life of Shaheed Bhagat Singh Ji and how he created awareness about freedom among the common people of India at that time and he gave his life at very young age to get his country free from British Government.





7 Oct, 2022

Swachhta Abhiyan was Started by NSS Volunteers at Village Begowal on 7 Oct, 2022

To Save the Environment Swachhta Abhiyan was Started by NSS Volunteers at Village Begowal. Students Collected waste From the Main Road of the Village and segregated the waste at the Source and gave message of Waste segregation to the Villagers.



7th Oct, 2022

Swachhta Abhiyan was Started by NSS Volunteers at Village Tango Shah

on 7th Oct, 2022

To Save the Environment Swachhta Abhiyan was Started by NSS Volunteers at Village Tango Shah. Students Collected waste From the Main Road of the Village and segregated the waste at the Source and gave message of Waste segregation to the Villagers.





20 Oct 2022

N.S.S Department of Shanti Devi AryaMahila College, Dinanagar, organised Chetna rally from College to the Magrala village, under Ek Bharat shreshth Bharat mission, under the able guidance of Principal Dr. ReenaTalwar, under Clean India campaign launched by Government of India on dated 20.10.2022. 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. Principal Madam told that burning stubble can cause environmental pollution as well as skin, eye and lung diseases in people. Therefore we should stop stubble burning to make the environment pure.







शांति देवी आर्य महिला कालेज ने एक भारत श्रेष्ठ भारत के तहत चेतना रैली निकाली

संवाद सहयोगी, दीनानगर : शांति देवी आर्य महिला कालेज के एनएसएस विभाग ने गवर्नमेंट आफ इंडिया की तरफ से चलाया गया अभियान क्लीन इंडिया 2.0 के तहत, पराली न जलाओ, धरती को बचाओ पर नारे लगाते हुए कालेज के मगराला गांव तक प्रिंसिपल डा. रीना तलवार की अध्यक्षता में एक भारत श्रेष्ठ भारत के तहत चेतना रैली निकाली। रैली का मुख्य उद्देश्य पर्यावरण संरक्षण व प्रदूषण की रोकथाम करना था।

कालेज की प्रिंसिपल डा. रीना तलवार ने बताया कि पराली जलाने से वातारण प्रदूषण के साथ साथ लोगों में त्वचा, आंखों व फेफड़ों की बीमारियां भी हो सकती हैं, इसलिए वातावरण को शुद्ध बनाने के लिए हमें पराली जलाने पर रोक लगानी चाहिए। इस रैली के दौरान डा. मंधीर सिंह ब्लाक कृषि अधिकारी दीनानगर, उप निरीक्षक कृषि विभाग के मनीष कुमार और बलविंदर सिंह, पर्यावरण संरक्षण व प्रदूषण की रोकथाम करना था रैली का उद्देश्य चेत्रना रैली में 85 एनएसएस वालिटियर्स ने लिया भाग



चेतना रैली में हिस्सा लेते हुए विद्यार्थी व स्टाफ 🖣 सौं. कालेज

गुरपिंदर सिंह ने चेतना रैली को सफल बनाने में बहुत सहयोग दिया। कृषि अधिकारियों ने बताया कि पराली से जैविक खाद, भूसा और पशुओं का चारा भी तैयार किया जा सकता है।

पराली जलाने से पर्यावरण के अलावा कई बार पक्की फसल में आग लगने की घटनाएं हो जाती हैं और मिट्टी की शक्ति भी कम हो जाती है। चेतना रैली में 85 एनएसएस वालिंटियर्स ने हिस्सा लिया। इस दौरान एनएसएस कोार्डिनेटर संगीता मल्होत्रा, एनएसएस प्रोग्राम आफिसर डा. सुष्मा गुप्ता, सुनीता वर्मा, दीपक ज्योति, ज्योति सैनी आदि भी उपस्थित थे।

Ornamental Plants gifted to Swami Dayanand Math Dinanagar by NSS Department on 23 Dec, 2022

NSS Program Officers Dr. Sushma Gupta, Mrs. Sunita Verma and Mrs. Sangeeta Malhotra along with Volunteers under the able guidance of Principal gifted ornamental seasonal plants at Swami Dayanand Math Dinangar and volunteers Planted flowering plants of marigold to beautify the main Campus of Math. Photographs are Showing before and after effects of the Project



Photograph of main campus of Math Before the plantation was done by Volunteers



Photograph of main campus of Math after the plantation was done by Volunteers



On 12th January, Second Day of 7-Days Special NSS Camp

AChetna Rally was organised in Saidipur village to create awareness to stop the menace of drugs. Legal awareness Seminar was conducted in the college campus by Youth welfare & NSS departments to celebrate National Youth Day. On this occasion Mrs. NavdeepKaur Gill Civil Judge (Sr. Division) (CJM), Secretary, District Legal Services Authority fromGurdaspur was invited as the eminent speaker of the day. Pot painting was done by volunteers in the college campus. In the afternoon session Lohri festival was celebrated in campus with full enthusiasm and zeal. Principal Dr. ReenaTalwar, Civil Judge Mrs. NavdeepKaur Gill, Sr. Parminder Singh Saini, Dist. Nodal Officer and all the staff members along with NSS volunteers lit the bonfire and recited Gayatri mantra. NSS and NCC volunteers sang traditional lohri song and did Bhangra to mark the festival of lohri .Moongfali and Rewari were offered to all the guests and volunteers.











On the 3rd day of 7- Days Special NSS Camp

The festival of Lohri was celebrated by all the NSS Volunteers and Programme officers at adopted village Saidipur under the able guidance of Principal Dr. ReenaTalwar. This function was specially organised to celebrate Dheeyan Di Lohri with the help of Sarpanch Smt. PrabhaMinhas, Ex-SarpanchSh.Bahadur Singh ji and his wife Mrs Vijay Thakur.All the villagers were well informed about celebration of Dheeyan Di Lohri by NSS volunteers . 7 newborn girls who were having their First Lohri were invited along with their families. These girls were gifted woollen sweater sets as Shagun by the Principal and staff of the college. All the villagers were motivated to respect girl child and they were advised to create awareness to stop female foeticide in the society. All the villagers enjoyed the event and were giving blessings to volunteers for organising this unique program for the first time in their village. A bonfire was lit by Mahatma Ji of Shiv Mandir and moongfali and rewaris were distributed to all the villagers. Sweet candies were given to children of village.NSS volunteers sang lohrigeet and did Bhangra with women folk of village to mark the event. Mrs. Vijay Thakur gave thanks to Principal Dr. ReenaTalwar and all the program officers for organising this auspicious festival in a unique way. She specially thanked Mr. Darshan Kumar Sr. Lab Attendant of the college who played the main role in organising this function as he is also resident of Saidipur Village.





On 4th day of 7 Days Special NSS camp

A workshop on Textile Printing was organised for women at adopted village Saidipur, during the morning session. Ms.Aditi and Miss RajwinderKaur , Assistant Professors from Fashion Designing Department were invited to organise this workshop. They gave demonstrations for block printing, Stencil printing and Tie & Dye during this workshop. Workshop was a great success. All the womenfolk was very keen to learn all these techniques because the outcome products of the workshop were very beautiful. They were happy to see the effects of Tie & Dye

on a Dupatta. Mrs. Vijay Thakur appreciated the efforts done by faculty of fashion designing Deptt. and also gave thanks to NSS program officers and volunteers for organising such a useful workshop for villagers as it can help them to become economically independent. In the afternoon session volunteers also painted the pots and tree trunks of the college campus.







On 5th Day of 7 Days Special NSS camp

A workshop of Cooking was organised for women at adopted village Saidipur, during the morning session under the able guidance of Principal Dr. ReenaTalwar. As per her suggestion, Mrs. SangeetaMalhotra, HOD-of Home Science Department organised this workshop. She prepared Amla Chutney and explained benefits of eating Amla as it is the richest source of Vitamin C, which is an immunity booster and quite helpful to fight against corona virus. She also prepared Low Cost Nutritious Laddoos made by using ingredients which are rich in providing Protein, Energy, Iron, Calcium and Omega 3 fatty acids, which are helpful in maintaining healthy heart and strong bones. Roasted Chana, Sesame seeds, Alsi, coconut powder and jaggery was used to make these laddoos. Mrs. SangeetaMalhotra also explained the nutritive value of lladdoos and its benefits for woman's health. She also suggested to add almonds, walnut and groundnut as alternative as per individual liking . Workshop was a great success. All the womenfolk learnt these recipes very enthusiastically. Laddoos and Amla chutney was served with bread to all the villagers, which was relished by everyone and all of them requested Mrs. SangeetaMalhotra to organise these kinds of workshops in future also .Sarpanch of the village, Mrs. PrabhaMinhas and her sister-in-law, Mrs. Vijay Thakur send special thanks to Principal madam and appreciated the efforts of NSS program officers, Mrs. SangeetaMalhotra and Dr.Sushma Gupta for organising such a useful workshop for villagers as it can help them to maintain good health and to boost up their immunity. Mrs. SangeetaMalhotra Invited all the Women folk of village to attend workshops on food preservation specially designed for promoting entrepreneurship by the Home Science department of the college to be organised under the aegis of IQAC.





On 6th day of 7 Days Special NSS Camp

A Yoga Camp was organised by the NSS department under the able guidance of Principal DrReenaTalwar. Swamy Yogi Raj PramodJiMaharaj from PatanjaliVidyapith was invited as a resource person to organise this yoga camp with the help of Dr. ParamShivam Singh from Saidipur village .Principal Dr. ReenaTalwar along with NSS program officers and staff members joined to attend this yoga camp .Swami ji Gave guidance to do different yoga Asanas by demonstrating each Mudra and explained their benefits. KapalBhati, Pranayam, and Singhnaadasan, Bhujangasan, Shirshasana, butterfly Asana; Dhanurasan was practised and taught by Swami Ji to all volunteers of the camp. Swami ji also explained the importance of yoga in our life. He said yoga not only improves physical strength but also enhances our mental strength. He said that Yoga has become very popular in foreign countries also as it is very beneficial for human body. DrReenaTalwar also motivated the students to include yoga in their daily routine to lead a healthy life. She appreciated the efforts of NSS Department for organisingthis camp .Swami ji was honoured by Principal Madam and program officers by presenting a shawl & souvenir of the college.













On 7th Day Closing Ceremony of 7 Days Special NSS Camp

Closing ceremony was organised under the able guidance of Principal DrReenaTalwar. As per suggestion of Principal madam NSS volunteers and programme officers collected wollen clothes for the needy persons. In the morning session students went to slum area near Singowal village to distribute woollen clothes. In the 2nd session of the day function of Closing Ceremony was organised and the Chief Guest of the function was Mr. RajnishKashyap, Deputy Commandant, BSF Headquarters, Gurdaspur. Guest of honourswere Mrs. Vijay Thakur (Dist. Mass Media Officer) from village Saidipur and Dr. ParamShivam Thakur who were family members of Sarpanch of village Saidipur. Secretary of managing committee, Sh. DharamIndu Gupta ji along

With members Mrs. Namita Gupta ji, Sh. Anil Gupta ji& Mrs. Anju Gupta ji enhanced the grace of function with their benign presence. A colourfull cultural programme was presented by NSS volunteers under the supervision of stage coordinator Dr. Neenu Sharma. Principal Madam welcomed the guests and threw light on the activities done during the 7 Days special NSS camp. She motivated the students to serve the Nation by providing selfless service for humanity and explained the meaning of NSS motto "NOT ME BUT YOU". She appreciated the efforts of NSS Program officers Dr. Sushma Gupta, Mrs. SunitaVerma, Mrs. SangeetaMalhotra, Dr. Deepak Jyoti and Mrs. JyotiSaini to make this special camp in to a great successful event which added another feather in the cap of SDAM College. NSS Coordinator, Mrs. SangeetaMalhotra gave the detailed report of activities done during seven days .She told that 250 volunteers of 5 NSS units attended this camp .She gave special thanks to Sarpanch Mrs. PrabhaMinhas , Ex. Sarpanch Sh. Bahadur Singh and Mrs. Vijay Thakur for their cooperation to make this camp successful. Chief Guest Sh. Rajnishji addressed the volunteers and motivated them to keep up the good work. He appreciated the noble projects taken by the students to uplift the morale of women folk of the village.Mrs.Vijay Thakur praised the activities done by volunteers and gave special thanks to Principal and program officers. Dr. ParamShivam Singh, Physiotherapist from Saidipur advised the volunteers to adopt a good posture during work and demonstrated few exercises to treat cervical pain and disc problems. All the volunteers were presented certificates in the valedictory session. 5 Best campers, Ms. BhupinderKaur, Ms. Kamaljeet, MsTanvi, Ms.Roopsi and Ms. Muskan were awarded mementoes for their outstanding services given during camp. Mementoes of the college were presented to guests by Principal Madam and members of managing committee.







12-18 Feb 2022

NSS department organized a special 7 days NSS Camp at Tango Shah village under the able guidance of Principal Dr. Reena Talwar on 12-18 Feb 2022

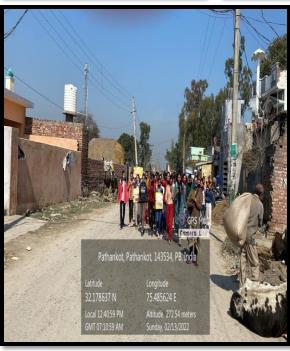
Rally Organized By Science Department To Conserve Water In Village TangoShah In Collabration With Govt School















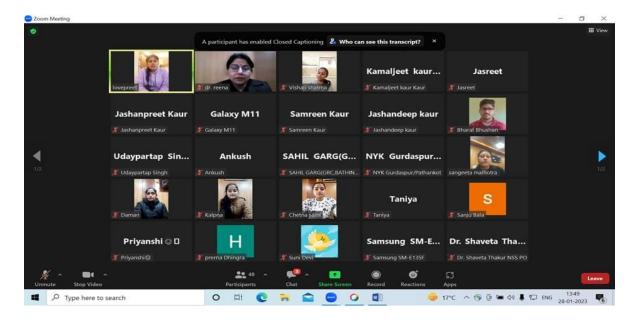




28. Jan 2023

NSS volunteers; Ms.ChetnaSaini from B.ComSem 6th, Ms.DamanpreetKaur from B.A. Social Science Sem 2nd and Ms. Kalpana from +2 Arts participated in District Youth Parliament held on 28.01.2023 in online mode and represented Shanti Devi AryaMahilaCollege,Dinanagar under the able guidance of Principal Dr. ReenaTalwar and supervision of Dr. AnjanaMalhotra ANO, NCC and NSS Coordinator, Mrs. SangeetaMalhotra. They spoke on the topic of Skill Development and successfully completed their speech in given time. They highlighted the importance of skill development and its role in uplifting the economy of India. They also threw light on the various schemes and courses run by the Government of India for initiating Skill Development through education sector. In this competition Ms. ChetnaSaini got 2nd Position and she will represent District Gurdaspur in State Youth Parliament. Principal Madam congratulated Ms. Chetna and both teachers. She also motivated the students to take part in such activities and to present their views and innovative ideas to create awareness among people.





14 March 2023

Wall Painting done by Fine Arts Students on the wall of Shivala Street, Dinanagar

Madam Samita Khajuria, Member of Inspection committee from NSIRG team(MGNCRE) inspecting the wall painting done by fine arts students outside wall in the main street of Dinangar during her visit for inspection on 14/02/2023.College got A+ grade by NSIRG for the Green Cover.





Celebrated Green Holi on 7th March, 2023

Home Science Department celebrated festival of Holi with the inmates of Old Age Home, Babri, Gurdaspur run by Helpage, India. Department made snacks and sweets with full devotion and love for elderly people. Students played Holi of flower petals with them and gifted different ornamental plants







31 May 2023

Red Ribbon Club and NSS Department celebrated "World No Tobacco Day" on 31st May, 2023 under the able patronage of Principal Dr. ReenaTalwar. Every year on 31st May the World No Tobacco Day is celebrated. The day is celebrated to spread awareness about the harms of tobacco use.

The said departments held a rally from the college to Dayanand Math, Dinanagar. A lecture-cum-seminar was also delivered to the students by Dr. Sonam Gupta, Head, Department of Psychology. She talked about its detrimental effects. She said that the theme of this year's World No Tobacco Day is 'We need food, not tobacco'. She added that the theme is chosen to spread awareness among tobacco farmers about alternative sustainable and nutritious crops. At this juncture, Dr. Sushma Gupta, Vice Principal Madam, MrsSangeetaMalhotra, MrsSunitaVerma, Dr. Deepak Jyoti, Ms. ParveenSaini, Ms. Priya Gupta were present.

