

**GURU NANAK KHALSA COLLEGE FOR WOMEN**



**Human Values and Professional Ethics**

**2020-21**

**7.1.9**

*Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties and responsibilities of citizens*

**SUPPORTING DOCUMENT**

A handwritten signature in green ink, appearing to read 'Manu', is positioned above the official title of the principal.

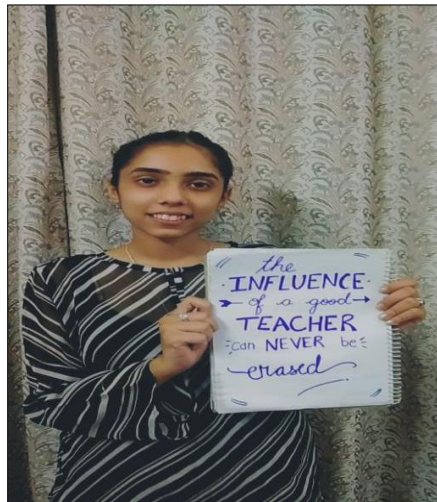
Offg. Principal  
G.N.Kh. College for Women  
Model Town, Ludhiana.

# **NSS ACTIVITIES**

**2020-2021**

1. A Slogan writing competition was organized by NSS Unit of Guru Nanak Khalsa College for Women, Model town, Ludhiana on July 30, 2020 to celebrate 400th Birth Anniversary of Guru Teg Bahadur Ji.

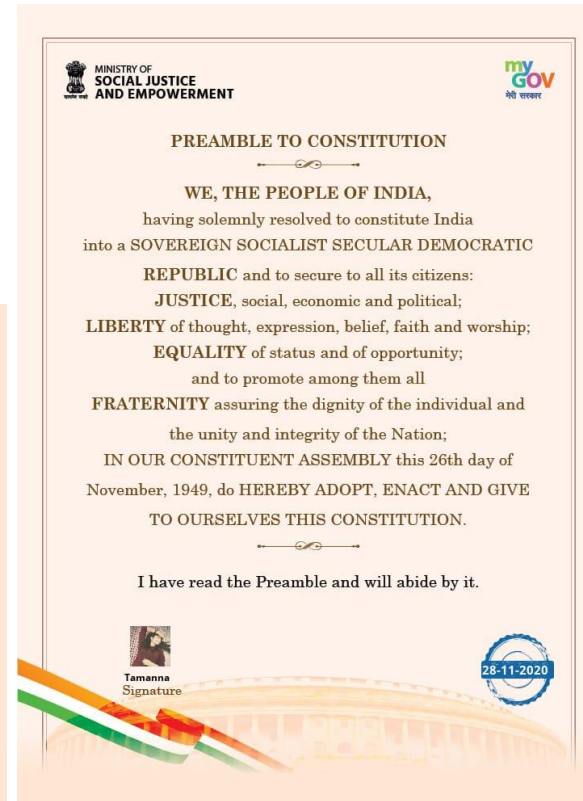
1. NSS Unit of Guru Nanak Khalsa College for Women, Model town, Ludhiana went virtual to celebrate Teachers' Day on September 05, 2020. The students acknowledged the contribution of their teachers amid COVID-19 pandemic. They shared their messages and selfies. Some students also shared their memories of last years' celebration. The volunteers also shared their emotions regarding missing the college days. The Principal of the college Mrs Maninder Kaur appreciated the efforts of the students and thanked them for their enthusiastic participation. She wished them good luck for future endeavours.



2. NSS Unit of Guru Nanak Khalsa College for Women, Model town, Ludhiana organized 2 km Plog run virtually on October 2, 2020. Volunteers also took part in slogan writing on the theme 'Fit India'.

3. As per the guidelines of government of India, NSS unit of Guru Nanak Khalsa College For Women, Model Town, Ludhiana observed the Constitution day on 27<sup>th</sup> November 2020. Seventy eight volunteers and two NSS Programme Officers participated in online Quiz competition on 'Constitution day' organized by government of India to make citizens aware of their duties and with an aim to understand the constitutional provisions given under constitution of India. Nine volunteers also read the Preamble on mygov.in and shared their pictures.

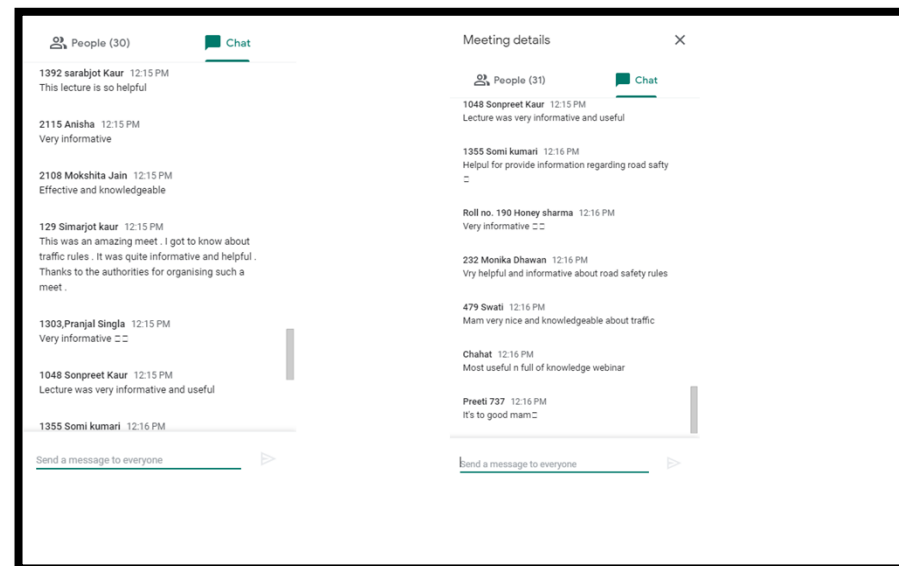
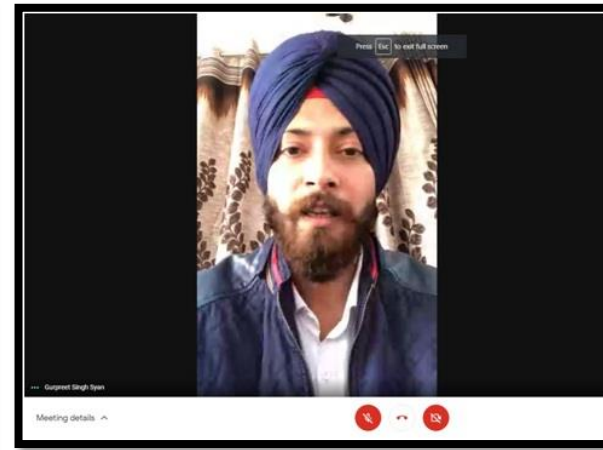
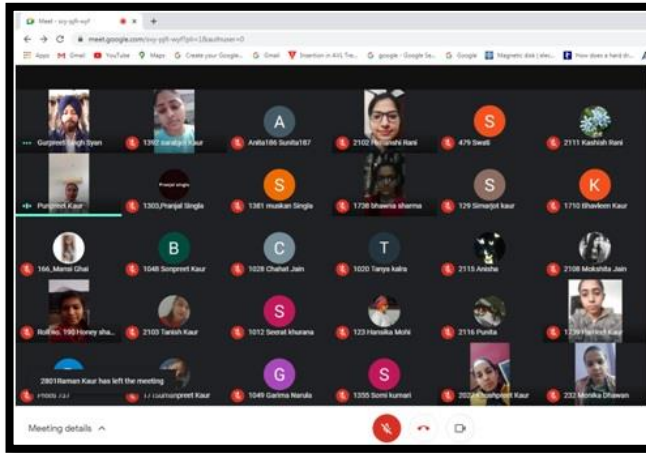
Principal Mrs Maninder kaur motivated the volunteers to respect the Constitution of India



4. NSS Volunteers of Guru Nanak Khalsa College for Women, Model Town, Ludhiana attended 5<sup>th</sup> PBD CONFERENCE 'Bringing together young achievers from india and indian diaspora' on January 8, 2021.
5. NSS Volunteers attended National webinar on 'legal awareness protection from violence and abuse against children' organised by Bhagidari Jan Sahyog Samti on January 9, 2021
6. NSS Unit organised one day camp for langar preparation on January 20, 2021 to celebrate Parkash Purab of Shri Guru Gobind Singh Ji.
7. NSS Unit and Red Cross Society of Guru Nanak Khalsa College for Women, Model Town, Ludhiana observed National Road Safety Month 2021 as per the guidelines issued by the Ministry of Road Transport and Highways. An online lecture on the theme 'Sadak Suraksha- Jeevan Raksha' was organised on February 11, 2021.

Mr. Gurpreet Singh representative, Traffic Police, Ludhiana was the resource person. He apprised students about the intensity of the increasing number of road accidents and discussed traffic signs. He stressed upon the need to follow and observe traffic rules in our daily lives. Volunteers participated with full interest and sincerity. Volunteers also took **Road Safety Pledge** and participated in an **online quiz on Road Safety**.

Principal Mrs. Maninder kaur appreciated the efforts of NSS Unit of the college and advised students to follow traffic rules in their daily lives.

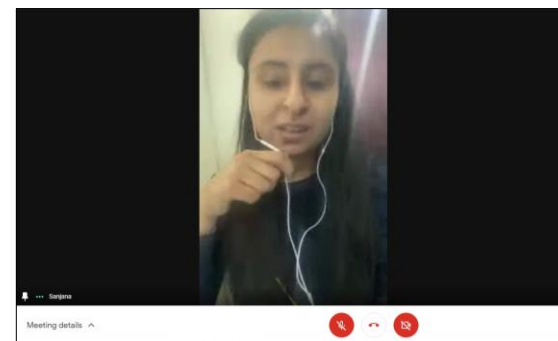
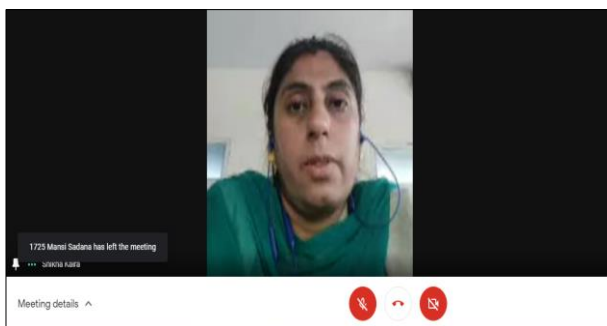
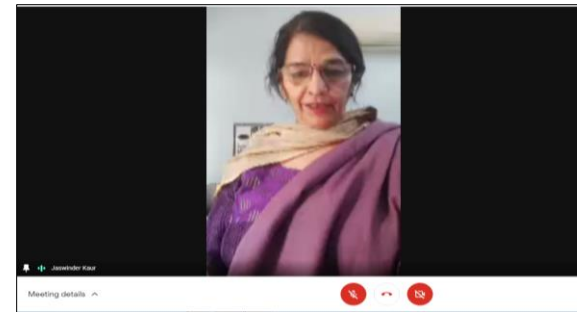




8. Women's Cell and NSS Unit of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana celebrated International Women's Day on March 8, 2021 in virtual mode . Principal Maninder Kaur welcomed and congratulated the students on International Women's Day. While addressing the students, she talked about the challenges faced by women around the world and how each one of us can help create a gender equal world.

On this occasion Mrs. Shikha Kalra, Head, Department of Home science delivered a talk on healthy life style which covered issues like anemia, nutritional diet, fitness and regular exercise, Yoga and self-defense. It was followed by an interactive session and poems were recited by the students.

General Secretary of the College Governing Body, Er. Gurvinder Singh Ji, congratulated the students and faculty members of the college on this occasion.



9. Ninety volunteers and two programme officers of Guru Nanak Khalsa College for Women, Model Town, Ludhiana registered for 'Yoga for Unity and Well Being' a 100 day virtual program. This program is being organized under the auspices of Ministry of AYUSH, Govt. of India.

10. International Day of Yoga (IDY), Yoga day or Antarashtriyā Yoga Divas is an annual event celebrated all over the world on June 21 since its inception in 2015. To observe with the thematic message of "Be With Yoga, Be at Home", Volunteers of Guru Nanak Khalsa College for Women, Model Town Ludhiana celebrated International Day of Yoga on 21 June 2021 at their homes with their families. Eighty nine volunteers of our college shared their videos and pictures in different yoga poses.

Regular practice of yoga will surely help students achieve a better life, physically, mentally and spiritually as well. During this tough time of covid, Yoga will help in boosting immunities and improving the mental health.

Principal of the college Mrs Maninder kaur encouraged the students to practise yoga regularly to remain physically fit.

**NCC ACTIVITIES  
ANNUAL REPORT  
SESSION 2020-2021**



## **List of activities conducted by the National Cadet Corps (NCC).**

The activities performed by the NCC wing during the session 2020-2021:

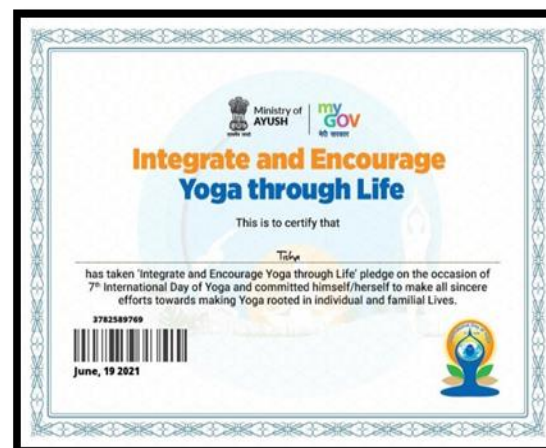
### **1. Video Blog Contest on International Yoga Day**

On 6th International Yoga Day, the Hon'ble PM of India had announced a video blog contest regarding yoga. Cadet Neha Kaushik posted a video blog regarding yoga asana to Ayush Ministry Website on June 21, 2020.



## 2. Cadets participated in International Day of Yoga 2021 Quiz

15 Cadets completed International Day of Yoga 2021 Quiz conducted by Ministry of AYUSH on 21 June, 2021.



### 3. Cadets participated in Tree Plantation Pakhwada

16 Cadets participated in tree plantation Pakhwada (tree plantation drive) in July 2020 organized by NCC HQ Ludhiana.

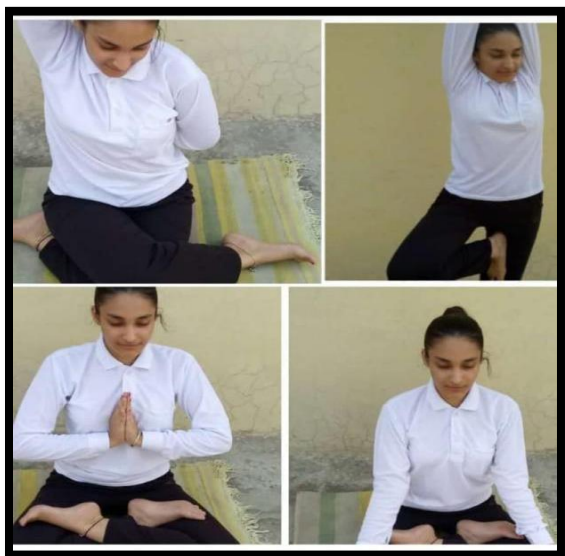






#### 4. Online Awareness Campaign of Fit India

21 Cadets participated in Online Awareness Campaign of Fit India from 1<sup>st</sup> -31<sup>st</sup> August, 2020. Cadets also posted pictures on social media platforms.





### **5. Cadets participated in Poem Recitation Competition**

4 Cadets participated in Poem Recitation Competition on the topic "COVID Warriors" conducted by GCG, Ludhiana in collaboration with 3 Punjab Girls BN, Ludhiana. On September 30, 2020.

## 6. Cadets completed Basics of Covid-19 Training

20 Cadets completed Basics of Covid-19 Training on Diksha App in month of April, 2021.





## 7. Cadets submitted articles to NCC Digital Forum

12 Cadets submitted articles to NCC Digital Forum on topics like Aatamnirbhar Bharat, Fit India Movement, NCC Yogdan, Skill Development, and Swachh Bharat Abhiyan on October 28, 2020.



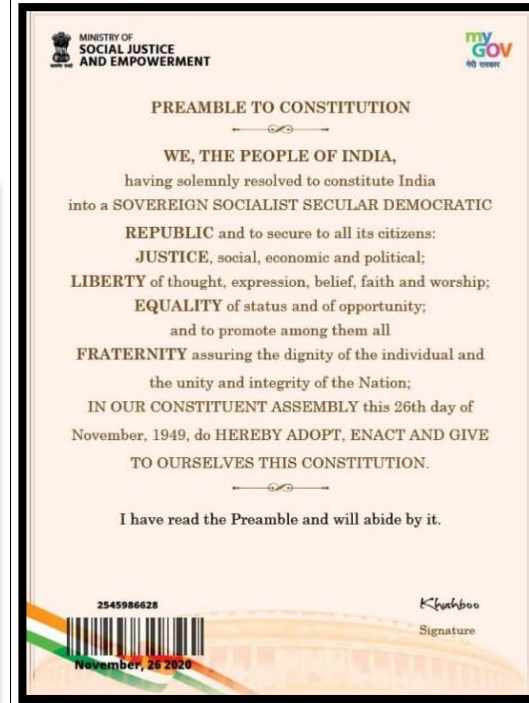
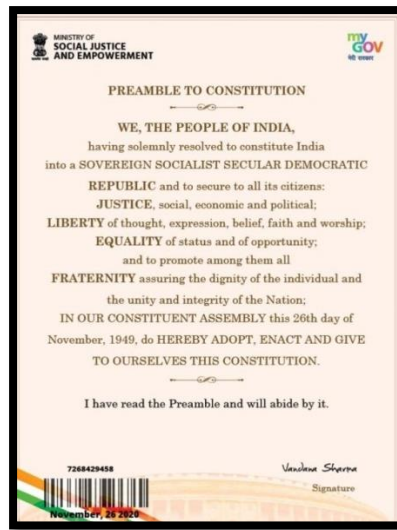
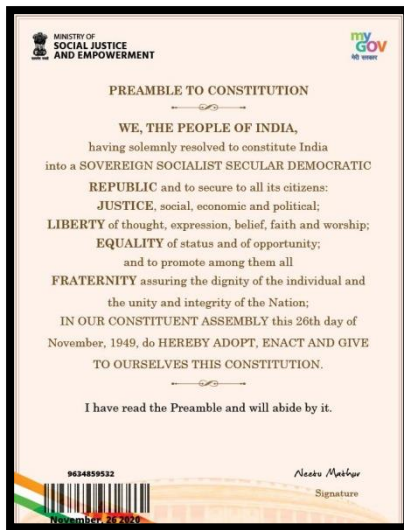
## 8. Cadets took pledge on Central Vigilance Commission Website

23 Cadets took pledge on Central Vigilance Commission Website on November 19, 2020.



## 9. NCC Cadets observed the Constitution day

As per the guidelines of government of India, NCC Wing of Guru Nanak Khalsa College For Women, Model Town, Ludhiana observed the Constitution day on 26<sup>th</sup> November 2020. 31 Cadets participated in online Quiz competition on 'Constitution day' organized by government of India to make citizens aware of their duties and with an aim to understand the constitutional provisions given under constitution of India. Nine volunteers also read the Preamble on mygov.in and shared their pictures. Principal Mrs Maninder kaur motivated the volunteers to respect the Constitution of India.



### 10. Tree Plantation Drive

To mark the NCC Day, a Tree Plantation Drive was held in the virtual mode from November 25-29, 2020. 13 Cadets participated in this activity.



## 11. Cadets spread awareness about SWACHHTA

- On November 29, and December 14<sup>th</sup> 2020, 22 Cadets spread awareness about SWACHHTA through online mode. Cadets created awareness through hand wash activity and also organized an online Essay writing competition.





### **12. Celebrated the Birth Anniversary of Guru Gobind Singh Ji.**

A One-day Camp was organized in the college Campus by NSS Unit, NCC Wing, Youth Club and Red Ribbon Club to celebrate the Birth Anniversary of Guru Gobind Singh Ji on January 20, 2021. 17 Cadets participated in this event.

### **13. Poster-making competition on the theme “Anti-drug.”**

On April 5, 2021, NCC wing organized an online Poster-making competition on the theme “Anti-drug.” A total 21 cadets participated in this event.



### **14. Cadets Participated in “Pariksha pe Charcha 2021**

On April 7, 2021, 21 Cadets participated in “Pariksha pe Charcha 2021” organized by Government of India. Honorable PM of India Sh. Narendra Modi interacted with Cadets through online mode.

### **15. Commemorate Jallianwala Bagh Remembrance Day**

In order to commemorate Jallianwala Bagh Remembrance Day, NCC cadets presented a Nukkad Natak on the theme “No to Single Use Plastic” through online mode on April 13, 2021. A Webinar was also conducted on the same theme in which Cadet Neha Kaushik and Cadet Anjani made a joint Power Point Presentation. The theme was also highlighted by Cadet Arshjot Kaur through a Poster. A total 48 cadets participated in this event.

805 Neha kaushik

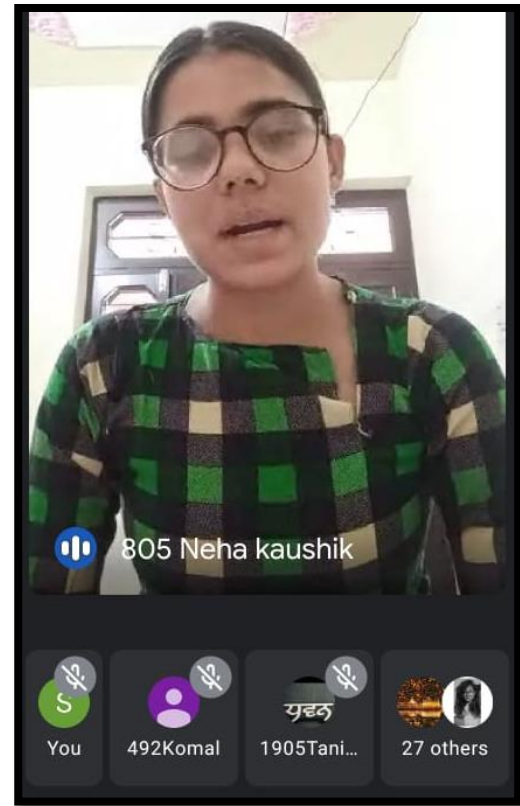
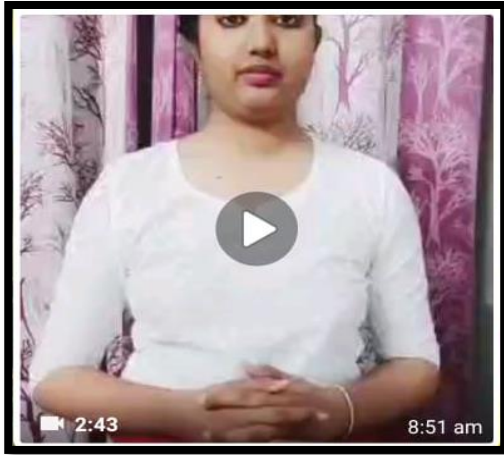
You 492Komal 484 Kajal 28 others

### SOURCE OF PLASTIC WASTE

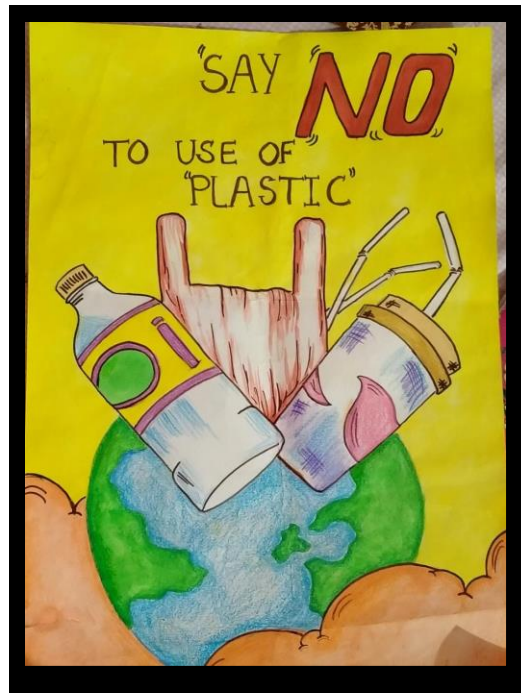
Source	Percentage
Chips & confectionary bags	18.8%
Other	8.5%
Garbage bags	7.6%
Plastic bottles	6.7%
Food packaging	5.2%
Crushed paper	4.4%
Food waste	3.4%
Plastic cups	3.3%
Plastic bottles	2.8%
Plastic bottles	2.6%
Plastic bottles	2.2%
Plastic bottles	1.8%
Plastic bottles	1.5%
Plastic bottles	1.2%
Plastic bottles	1.1%
Plastic bottles	1.0%
Plastic bottles	0.9%
Plastic bottles	0.8%
Plastic bottles	0.7%
Plastic bottles	0.6%
Plastic bottles	0.5%
Plastic bottles	0.4%
Plastic bottles	0.3%
Plastic bottles	0.2%
Plastic bottles	0.1%

8 Annu joined

You 1905Tani... 269 33 others







## Nukkad natak on plastic usage



The NCC wing of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, presented a nukkad natak on the theme 'No to single use plastic' through online mode. NCC cadets of the college also participated in a webinar conducted on the same theme in which cadet Neha Kaushik and cadet Anjani gave a powerpoint presentation. The theme was also highlighted by cadet Arshjot Kaur through a poster.

**REPORT ON**

**YOUTH CLUB AND THE RED RIBBON CLUB**

**2020-2021**

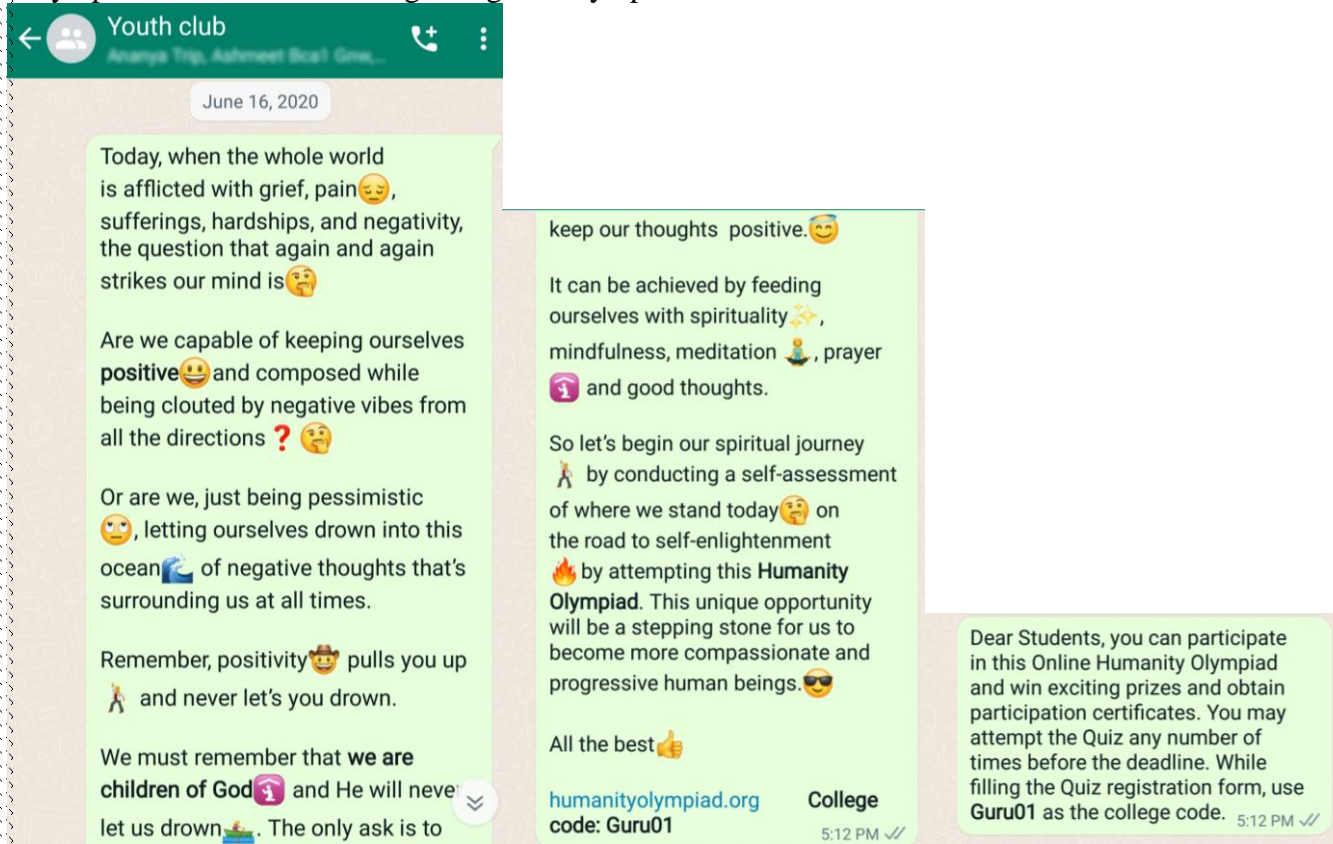
## Details of activities conducted by the Youth club and the Red Ribbon Club during the session 2020- 2021:

**Date:** June 16, 2020

**Activity:** Online Humanity Olympiad

### Activity Details:

As the world is grappling with the unexpected COVID-19 pandemic and are forced to stay indoors, it is natural for everyone to experience periods of negativity. To ensure that the students stay happy and positive in these troubled times, they were encouraged to participate in the Online Humanity Olympiad. The information regarding the Olympiad was shared with the members of the Youth and Red Ribbon Clubs using whatsapp group.



**Date:** June 21, 2020

**Activity:** International Yoga Day

**Activity Details:**

The members of the Youth and Red Ribbon Club of the college participated in Online International Yoga Day celebrations. Due to COVID-19 restrictions, students watched the LIVE telecast of the common yoga protocol session of the Ministry of Ayush and performed yoga asanas from home with their family members.

June 20, 2020



Yoga at Home, Yoga with Family | International Day of...  
Health event in Delhi by Ministry ...  
www.facebook.com

*Dear members of Youth club*

Let us all come together and be a part of **International Day of Yoga** tomorrow, that is, June 21, 2020. The theme of this year's IDY is "Yoga at Home, Yoga with Family".

On this occasion, the Ministry of AYUSH is organising a trainer-led session which will be telecasted on Doordarshan and on Facebook LIVE at 6:30AM for people to follow and practice.

So, watch and participate in the LIVE yoga session, and share your pictures with all of us in this Whatsapp group.

Link: <https://www.facebook.com/events/1153788051649389/?sfnsn=wiwspwa&extid=apRwtsvBBL9HVVH8D>

5:01 PM

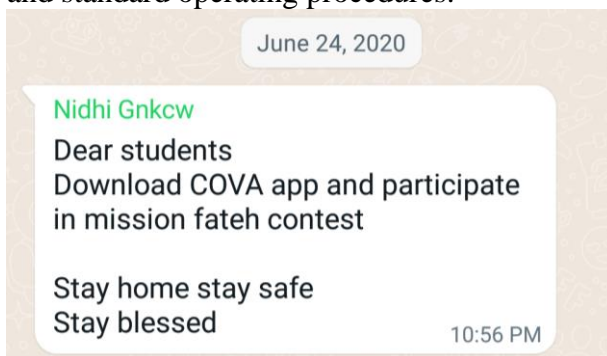


**Date:** June 24, 2020

**Activity:** Participation in Mission Fateh to halt the spread of COVID-19 virus

**Activity Details:**

The members of the Youth and Red Ribbon Club were encouraged to download the Punjab Government's COVA app and participate in 'Mission Fateh'. The objective of this *mission* is to generate mass awareness about the precautions to be taken to prevent the spread of the virus and to spread information about the COVID appropriate behavior and standard operating procedures.

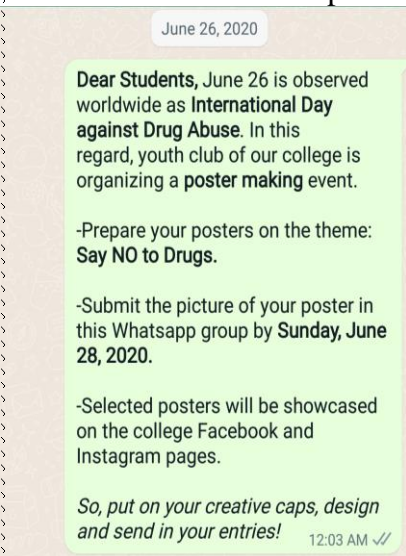


**Date:** June 26, 2020

**Activity:** International Day against Drug Abuse

**Activity Details:**

The members of the Youth and Red Ribbon Club of the college participated in a poster-making activity to mark the International Day against Drug Abuse. Students created posters on the theme: Say NO to Drugs.





**Date:** August 12, 2020

**Activity:** Slogan writing activity to mark International Youth Day

**Activity Details:**

To mark International Youth Day, the Youth Club and Red Ribbon Club of the college organized a slogan writing activity. Due to COVID-19 imposed lockdown, the activity was performed by the students from their homes. The entries for the event were received through a Google Form and were shared through the social media platforms of the college.

August 7, 2020

**Youth is the energy of the nation, the future of a country.**

As we observe International Youth Day on August 12, 2020, Youth Club of Guru Nanak Khalsa College for Women invites you to participate in Slogan writing competition.

- Each member of the Youth club can send in one slogan for the competition.
- The slogan should be highly motivating that highlights the strength and role of the present day youth.
- The slogan should be written on a sheet or a chart paper.
- The Youth club member should take their own picture with the slogan sheet and send us the entries by **Tuesday, August 11, 2020.**
- The selected entries will feature on the Facebook page of the college.



**Link to social media post:** [Facebook](#)

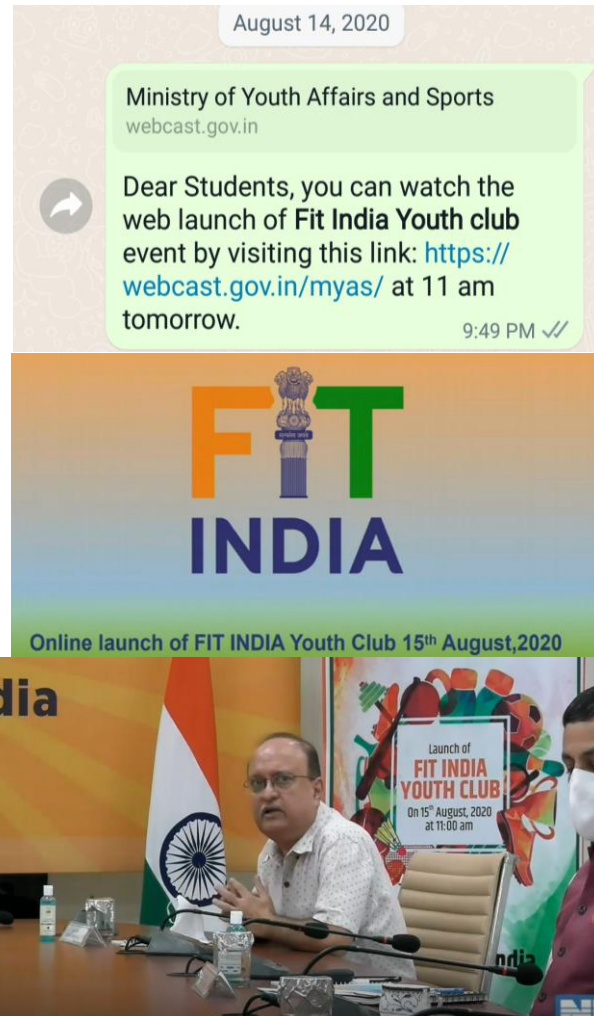


**Date:** August 15, 2020

**Activity:** Web launch of Fit India Youth Club

**Activity Details:**

Members of the club watched the online launch of Fit India Youth Club, telecast by the Ministry of Youth Affairs and Sports. The Fit India Youth Club, a part of the Fit India Movement, was launched to harness the power of youth to create mass awareness about the importance of fitness, across the country.



**Date:** October 1, 2020

**Activity:** Youth Club and Red Ribbon Club member registration

**Activity Details:**

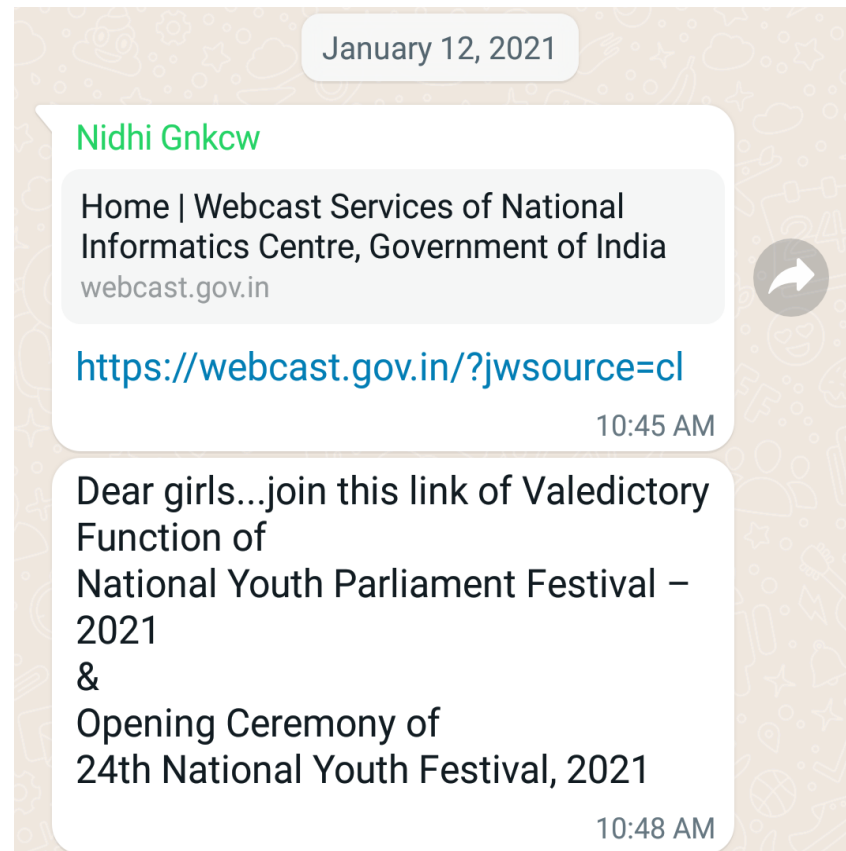
Members of the Youth Club and Red Ribbon Club for the session 2020-2021 were registered. A Google form was floated to inform the students about the importance of the clubs and to obtain student data for registration. The list of club members can be accessed using this [link](#).

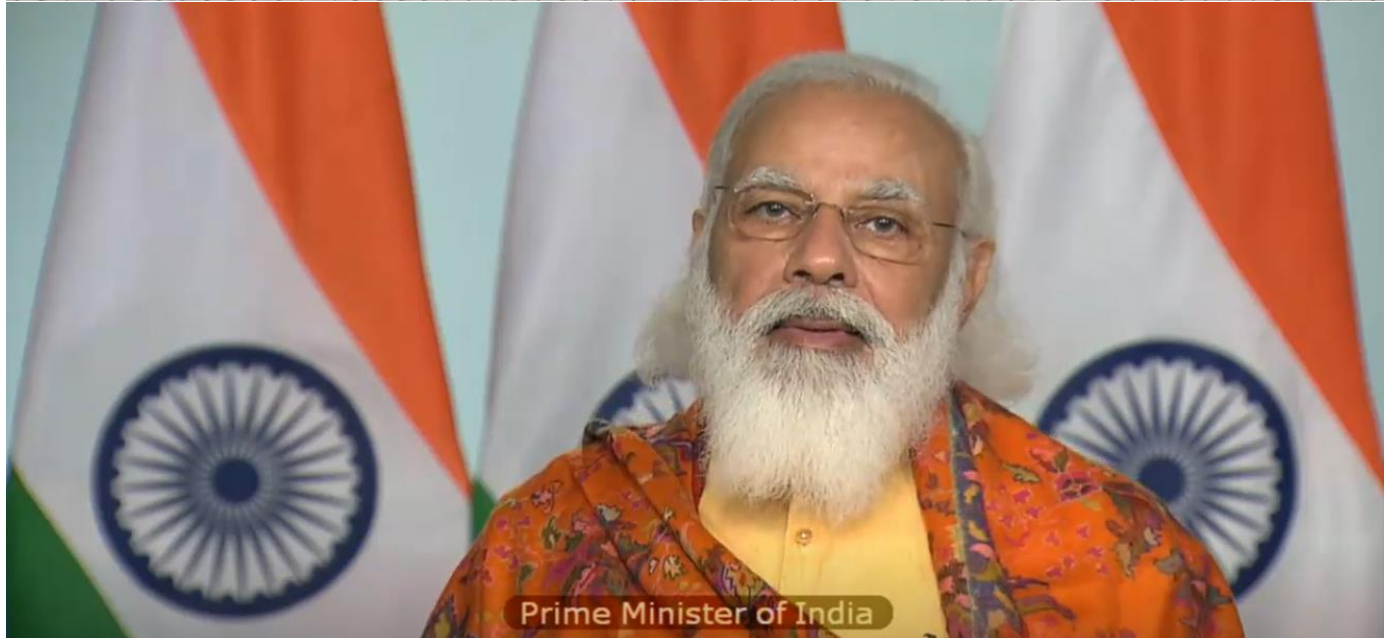
**Date:** January 12, 2021

**Activity:** Valedictory ceremony of the National Youth Parliament Festival and the Opening ceremony of the 24th National Youth Festival

**Activity Details:**

On National Youth Day, the birth anniversary of Swami Vivekananda, the members of the club watched the valedictory ceremony of the National Youth Parliament Festival and the Opening ceremony of the 24th National Youth Festival, 2021. The Honourable PM of India addressed the youth of India on this occasion.





**Date:** January 20, 2021

**Activity:** Gurpurab Celebrations

**Activity Details:**

The members of the club participated in community service during the Gurpurab celebrations to mark the birth anniversary of Sri Guru Gobind Singh Ji. It was ensured that students follow COVID-appropriate behavior during this activity.

Dear students

All those who are interested may come to college tomorrow, January 20, 2021 for langar preparation for Gurpurab. Time: 10:00 am to 1:00pm. **Please note that due to COVID-19, this is NOT at all compulsory and you can participate in langar preparation ONLY with the permission of your parents. Hence, for the same you need to fill this permission form and bring along with you tomorrow.**

Please follow hygiene (wear mask, carry a sanitizer) and social distancing norms while visiting college.

1:05 PM ✓