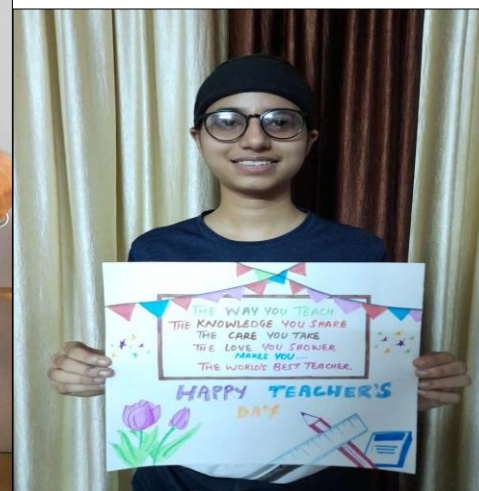


**GURU NANAK KHALSA COLLEGE FOR WOMEN,  
MODEL TOWN, LUDHIANA**

**REPORT ON  
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 31, 2020 to celebrate the 400th Birth Anniversary of Guru Teg Bahadur Ji.
2. 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 endeavors.



3. NSS Unit of Guru Nanak Khalsa College for Women, Model town, Ludhiana organized a 2 km Plog run virtually on October 2, 2020. Volunteers also took part in slogan writing on the theme 'Fit India'.
4. 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 an online Quiz competition on 'Constitution day' organized by the 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

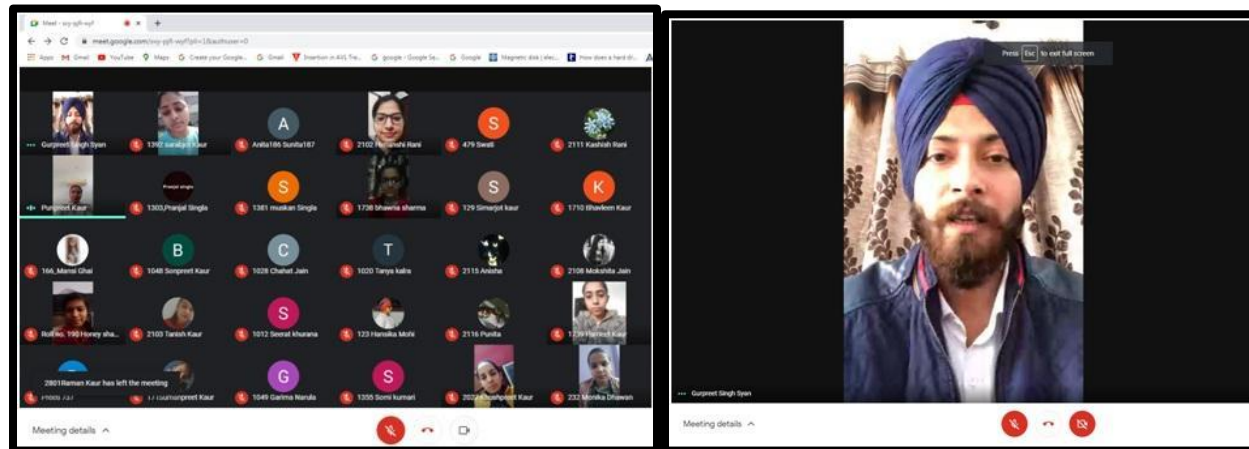


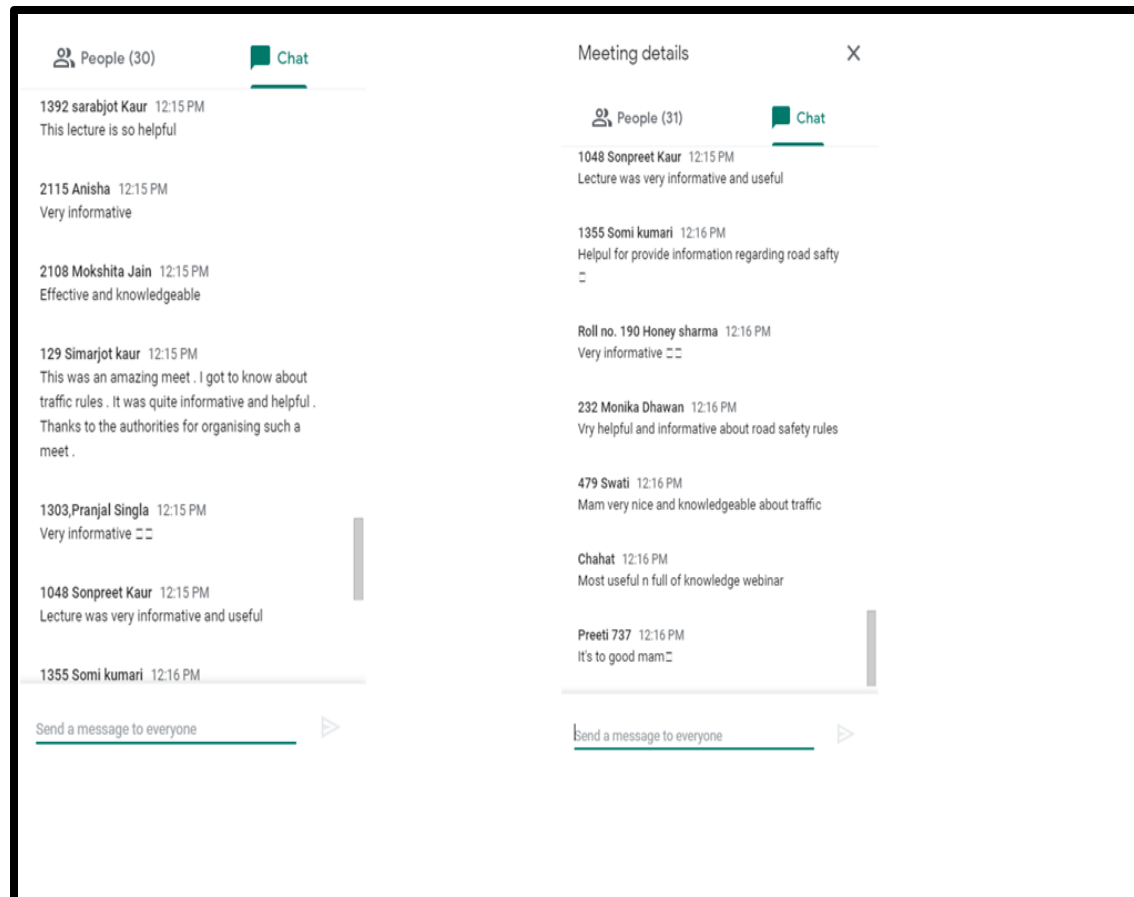
5. NSS Volunteers of Guru Nanak Khalsa College for Women, Model Town, Ludhiana attended 5<sup>th</sup> PBD CONFERENCE ‘Bringing together young achievers from India and Indian diaspora’ on January 8,2021.
6. NSS Volunteers attended National webinar on ‘legal awareness protection from violence and abuse against children’ organized by Bhagidari Jan Sahyog Samti on January 9,2021

7. NSS Unit organized a one day camp for langar preparation on January 20, 2021 to celebrate Parkash Purab of Shri Guru Gobind Singh Ji.
8. 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 organized 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.

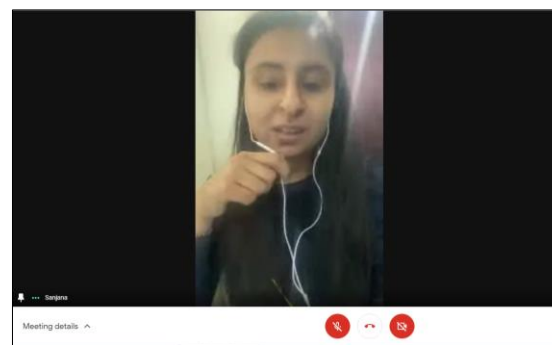
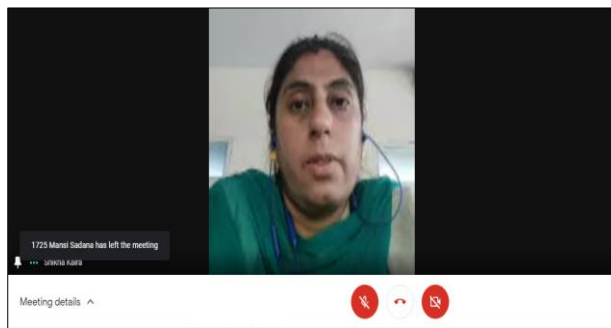
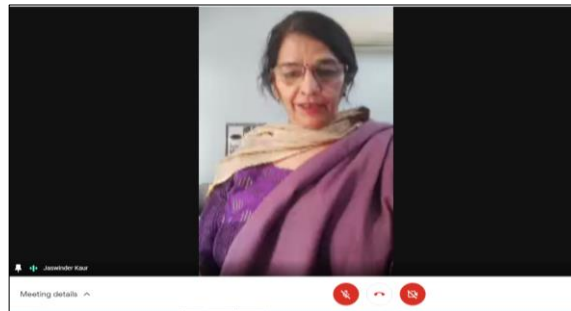




9. Women's Cell and NSS Unit of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana celebrated International Women's Day on March 8, 2021 in virtual mode . Principal Maninder Kaur welcomed and congratulated the students on International Women's Day. While addressing the students, 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 lifestyle 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.



**10.** 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 the Ministry of AYUSH, Govt. of India.

**11.** International Day of Yoga (IDY), Yoga day or Antarashtriya 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 mental health.

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



Mrs Punpreet Kaur  
Mrs. Satwant Kaur  
NSS PROGRAMME OFFICERS

*Punpreet Kaur*  
*Satwant Kaur*

Mrs. Maninder Kaur  
PRINCIPAL  
G.N.Kh. College for Women  
Model Town, Ludhiana.

*Maninder Kaur*