

# **GURU NANAK KHALSA COLLEGE FOR WOMEN**

## **MODEL TOWN LUDHIANA**

**REPORT**

**ON**

### **NSS ACTIVITIES**

**JULY 2021-SEPTEMBER 2021**

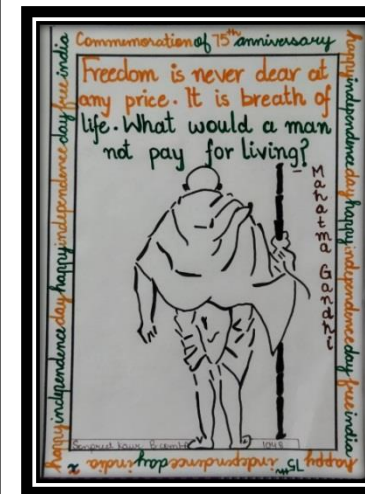
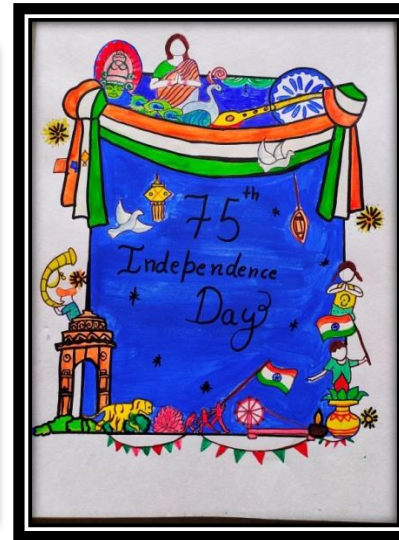
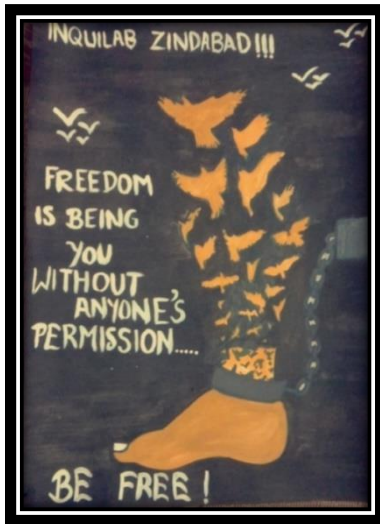
**(QUARTER-I)**



## COMMEMORATION OF 75<sup>TH</sup> ANNIVERSARY OF INDIA'S FREEDOM

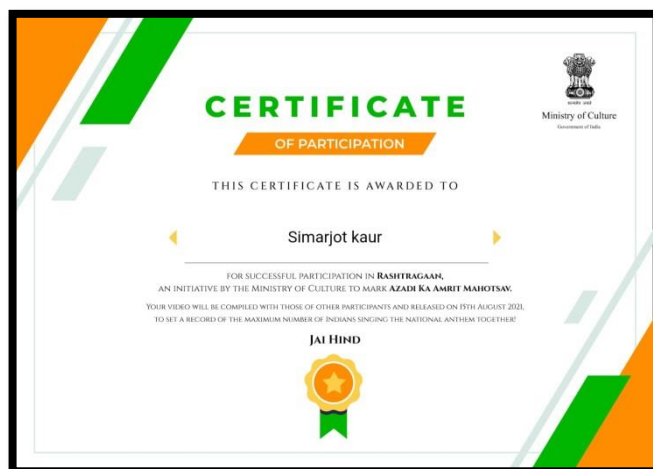
1) NSS Unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana organized various activities on Commemoration of 75<sup>th</sup> anniversary of India's freedom.

ii) Slogan writing and poster making competition on July 22, 2021. Winner of the competition is Garima Narula of BCOM-II sem



iii) NSS Unit in collaboration with Department of History organized an online essay writing competition. The competition was organized to commemorate the 75th Independence Anniversary of India with special emphasis on the 'Martyrs who sacrificed their lives for the freedom of India'. This online competition was held on August 3, 2021. Twenty one (21) students participated in this. Alka Thakur, student of B.A 2nd year bagged First position and Munmun, student of B.A 2nd year bagged second position in this competition.

iv) Volunteers sang the National Anthem to mark the 75th anniversary of India's Independence, being celebrated as 'AzadiKaAmrit Mahotsav on August 14, 2021.



v) Flag Hoisting Ceremony was organised on independence day by NSS Unit of Guru Nanak Khalsa College for Women ,Model Town , Ludhiana



vi) Volunteers took

- catch-the-rain pledge and committed herself to clean up local water resources to prepare them for rainwater harvesting this monsoon  
<https://pledge.mygov.in/catch-the-rain/>
- Fit-India-Freedom-run pledge and committed herself to the responsibility of keeping the environment and surroundings neat and clean on August 15,2021  
<https://pledge.mygov.in/fit-india-freedom-run/>







## 'Catch The Rain' Pledge

This is to certify that

*Poojil Singh*

has taken the 'Catch The Rain' pledge, and committed himself/herself to clean up local water sources to prepare them for rainwater harvesting this monsoon.

7327643369



August, 16 2021



Shri Abhishek Singh  
CEO myGov



Shri G. Ansh Kumar  
Additional Secretary & Mission Director  
National Water Mission



## 'Catch The Rain' Pledge

This is to certify that

*Ujjwal Mishra*

has taken the 'Catch The Rain' pledge, and committed himself/herself to clean up local water sources to prepare them for rainwater harvesting this monsoon.

9252756267



August, 16 2021



Shri Abhishek Singh  
CEO myGov



Shri G. Ansh Kumar  
Additional Secretary & Mission Director  
National Water Mission



## Fit India Freedom Run

### Certificate

This is to certify that

*Mulank Grover*

has taken the 'Fit India Freedom Run' Pledge and committed himself/herself to the responsibility of keeping the environment & surroundings neat and clean.

7896437982



August, 16 2021




## Fit India Freedom Run

### Certificate

This is to certify that

*Mulank Grover*

has taken the 'Fit India Freedom Run' Pledge and committed himself/herself to the responsibility of keeping the environment & surroundings neat and clean.

7896437982



August, 16 2021




## Fit India Freedom Run

### Certificate

This is to certify that


*Anshuman Kaur*

has taken the 'Fit India Freedom Run' Pledge and committed himself/herself to the responsibility of keeping the environment & surroundings neat and clean.

5928878862



August, 16 2021

## Fit India Freedom Run


### Certificate

This is to certify that


*Rachna*

has taken the 'Fit India Freedom Run' Pledge and committed himself/herself to the responsibility of keeping the environment & surroundings neat and clean.

5282956673



August, 16 2021



## SWACHHATA PAKHWADA

1. NSS Unit of Guru Nanak Khalsa College For Women, Model Town, Ludhiana organized **SwachhataPakhwada** from August 01-15, 2021. Following activities were performed during the drive:

(i) Volunteers took

- **Swachh Bharat Pledge**
- **Anti-LitteringPledge**
- **E-WastePledge on August 11, 2021.**

(ii) A **Poster Making Competition** was organized in which NSS Volunteers expressed their views on the topic of **“Plastic Free India”** on August 14, 2021.



(iii) Shared Swachhata video messages on social media on August 15, 2021

<https://www.facebook.com/106117504072876/posts/545083586842930/>

2. A tree plantation drive was organized by NSS Unit of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana on August 21, 2021. Saplings were planted in and around the college campus as a part of the drive.



## **RASHTRIYA POSHAN MAAH- 2021 CELEBRATIONS.**

### **1. WEEK (1-7 SEPTEMBER)**

<b>Sr.no</b>	<b>Day</b>	<b>Date</b>	<b>Action taken</b>	<b>Organized by</b>
1	Friday	September 03, 2021	Tree Plantation Drive was conducted by NSS Unit under Rashtriya Poshan Maah 2021. 150 saplings were planted in and around the college campus to highlight the importance of a clean, safe, and healthy environment.	IQAC and NSS Unit
2	Monday	September 06, 2021	The Resource Person, Dr. Gurpreet Singh, MO, RC Model Gram Dispensary, Ludhiana apprised the audience about the various phases of Covid, precautions to be taken, home isolation, and other related facts of this highly contagious disease. In the interaction that followed, he answered queries of the audience and busted many common COVID myths.	IQAC & NSS Unit



Thematic RashtriyaPoshanMaah, 2021 was being celebrated in Guru Nanak Khalsa College for Women, Gujarkhan campus, Ludhiana as part of 75th AzadiKaAmritMahotsav. The theme of the week (1-7 September) was **Plantation Activity as "PoshanVatika"**. Various activities were organized on the above theme

- Internal Quality Assurance Cell and NSS Unit of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana organized an extension lecture on "Sensitization Awareness Drive for Covid Protocols" under RashtriyaPoshanMaah- 2021 celebrations. Dr. Gurpreet Singh, MO, RC Model Gram Dispensary, Ludhiana was the resource person on this occasion. He talked about the various phases of Covid, precautions to be taken, home isolation and other related facts of this deadly disease. The lecture was followed by an interactive session in which he answered the queries of the audience and busted certain myths prevalent about the disease. Principal, Dr. Maneeta Kahlon expressed her gratitude for the initiative taken by the resource person as well as NSS Unit of the college to create awareness about Covid amongst the people.
- A tree plantation drive was organized by NSS Unit of Guru Nanak Khalsa College for Women, Gujarkhan Camps, Model Town, Ludhiana under RashtriyaPoshanMaah- 2021 celebrations. 150 Saplings were planted in and around the college campus as a part of the drive. Principal, Dr. Maneeta Kahlon, highlighted the importance of planting more trees to keep the environment green, clean, safe and healthy.





## PRESS CLIPPINGS

### गुरु नानक खालसा कॉलेज फॉर वुमन के परिसर में 150 पौधे लगाए



लुधियाना | गुरु नानक खालसा कॉलेज फॉर वुमन, गुजरखान कैम्प, मॉडल टाउन की एनएसएस इकाई द्वारा राष्ट्रीय पोषण माह-2021 समारोह के तहत पौधारोपण मुहिम का आयोजन किया गया। अभियान के तहत कॉलेज परिसर और उसके आसपास 150 पौधे लगाए गए। प्रिंसिपल डॉ. मनीता काहलों ने पर्यावरण को हरा-भरा, स्वच्छ, सुरक्षित और स्वस्थ रखने के लिए अधिक से अधिक पौधे लगाने को प्रेरित किया।

### जी.एन.के.सी.डब्ल्यू. में एन.एस.एस. यूनिट का जागरूकता अभियान



जी.एन.के.सी.डब्ल्यू. में एन.एस.एस. यूनिट द्वारा मुख्यातिथि को सम्मानित करते कालेज प्रिंसिपल व अध्यापक।

लुधियाना, 6 सितंबर (रजनी) : मॉडल ग्राम औषधालय) थे। उन्होंने गुरु नानक खालसा कालेज फॉर वूमैन, गुजरखान कैम्प, मॉडल टाउन की इंटरनल गुणवत्ता एश्योरेंस सैल और एन.एस.एस. यूनिट ने राष्ट्रीय पोषण माह- 2021 समारोह के तहत कोविड प्रोटोकॉल के लिए संवेदीकरण के बीच कोविड के बारे में जागरूकता अभियान का आयोजन किया। इस अवसर पर संसाधन व्यक्ति डा. गुरप्रीत सिंह, (एम.ओ., आर.सी. कोविड के गाइडलाइन का पालन करते, होम आइसोलेशन और कोविड-19 की बीमारी से संबंधित अन्य तथ्यों के बारे में बात की। प्रिंसिपल डॉ. मनीता काहलों ने लोगों के बीच कोविड के बारे में जागरूकता पैदा करने के लिए कालेज की एन.एस.एस. यूनिट का धन्यवाद किया।



लुधियाना के जीएनकेसीडब्ल्यू की प्रिंसिपल मनीता काहलों व स्टाफ सदस्य पौधारोपण करने के दौरान ●जागरण

### कालेज परिसर में किया पौधारोपण

जासं, लुधियाना : गुरु नानक खालसा कालेज फार वूमैन गुजरखान कैम्प माडल टाउन में पौधारोपण किया गया। कालेज की ओर से राष्ट्रीय पोषण माह के तहत यह पौधारोपण किया गया। कालेज

परिसर में इस दौरान डेढ़ सौ के करीब पौधे लगाए गए। कालेज के हर स्टाफ ने पौधे लगाने के साथ-साथ पौधों की संभाल की भी जिम्मेदारी ली। प्रिंसिपल मनीता काहलों ने सभी को पौधारोपण करने के लिए प्रेरित किया।

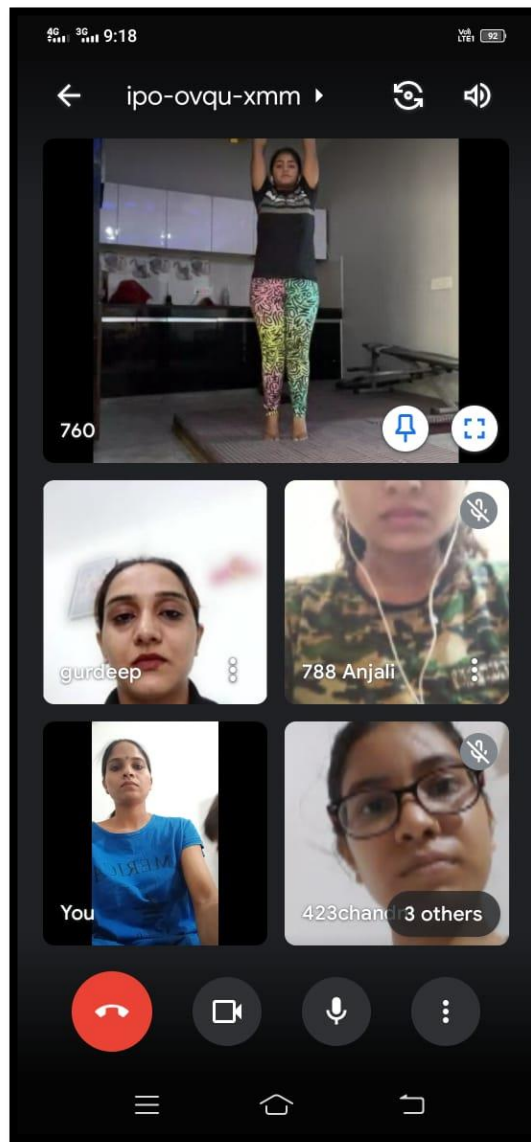
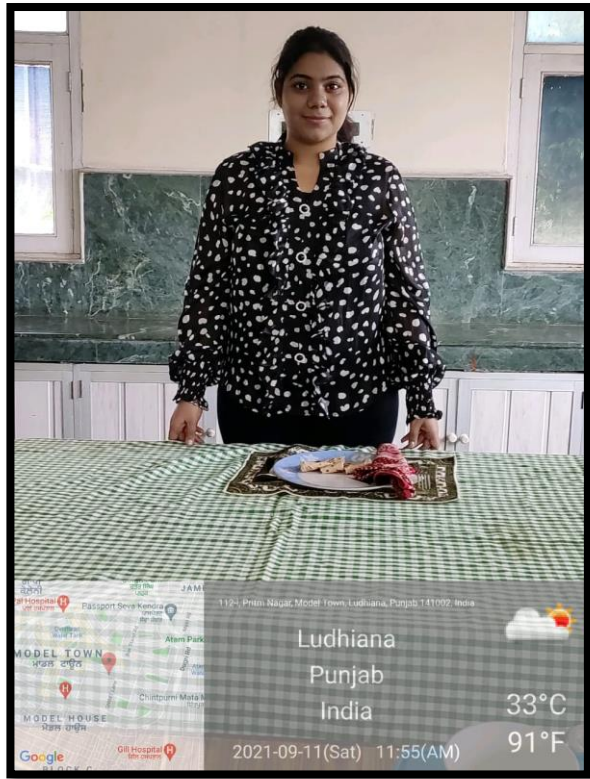
## 2. WEEK (8-15 SEPTEMBER)

<b>Sr. no</b>	<b>Day</b>	<b>Date</b>	<b>Action taken</b>	<b>Organized by</b>
1.	Wednesday	September 08, 2021	A free COVID-19 Vaccination Camp was held in the campus in collaboration with UPHC, Model Town and DMC&H. The medical team, comprising Dr. Avinash Jindal, SMO, Ludhiana, Sister Balvir Kaur and Sister Nirlep Kaur, administered 500 doses to students, Teaching & Non-teaching Staff as well as local residents. The Programme Officers of NSS Unit, Dr. Neetu Prakash (Dept. of Business Mgmt & Commerce) and Ms. Satwant Kaur (Dept. of Computer Science & Applications), helped in conducting this drive.	IQAC & NSS Unit under the instructions issued by Ministry of Women and Child Development (MoWCD)
2.	Wednesday	September 8-15, 2021	<p>Yoga sessions were conducted throughout the week by Ms. Rajveer Kaur, Assistant Professor, Department of Physical Education which included different stretching exercises as well as Yoga Aasanas in order to lead a healthy life.</p> <p>Ms. Shikha Kalra, Assistant Professor, Department of Home Science conducted Intraclass Recipe Competition on September 11, 2021 on the theme of “healthy diet recipes for pregnant women”. Gurleen Kaur and Harleen Kaur of BA-II year won first and second position, respectively.</p>	IQAC and NSS Unit

Thematic Rashtriya Poshan Maah, 2021 was being celebrated in Guru Nanak Khalsa College for Women, Gujarkhan campus, Ludhiana as part of 75th Azadi Ka Amrit Mahotsav. The theme of the week (8-15 September) was Yoga and AYUSH for Nutrition. Various activities were organized on the above theme by IQAC and NSS Unit of the college in collaboration with Department of Physical Education and Department of Home Science under the guidance of Programme Officers Dr. Neetu Prakash (Dept. of Business Mgmt & Commerce) and Ms. Satwant Kaur (Dept. of Computer Science & Applications).

- Yoga sessions were conducted throughout the week by Mrs. Rajveer Kaur, Assistant Professor, Department of Physical Education which included different stretching exercises as well as Yoga Asanas in order to lead a healthy life. Mrs. Shikha Kalra, Assistant Professor, Department of Home Science conducted Intra-class Recipe Competition on September 11, 2021 on the theme of healthy diet recipes for pregnant women. Gurleen Kaur and Harleen Kaur of BA-II year got first and second position respectively. Principal Dr. Maneeta Kahlon encouraged the students to follow Yoga and Physical exercises in their daily routine to make them free from stress, anxiety and various diseases. She also encouraged the students to take healthy and nutritious diet to keep them fit and energetic.
- IQAC and NSS Unit of Guru Nanak Khalsa College for Women, Gujarkhan Camps, Model Town, Ludhiana in collaboration with UPHC, Model Town (Sister Balvir Kaur) and DMC & H Team (Sister Nirlep Kaur) under the able supervision of Dr. Avinash Jindal, SMO, Ludhiana organised a free Covid Vaccination Camp in the college campus today. As many as 500 doses were administered to students, Teaching & Non-teaching Staff and localites. As per the instructions issued by the MoWCD, Dr. Neetu Prakash (Dept. of Business Mgmt & Commerce) and Ms. Satwant Kaur (Dept. of Computer Science & Applications) Programme Officers of NSS Unit along with the Principal, teaching and non-teaching staff of the college helped in conducting this drive. Er. Gurbinder Singh, General Secretary and Principal, Dr. Maneeta Kahlon, expressed their gratitude to the medical team in carrying out this gigantic drive in a very successful manner.
- IQAC and NSS Unit of Guru Nanak Khalsa College for Women, Gujarkhan Camps, Model Town, Ludhiana in collaboration with UPHC, Model Town (Sister Balvir Kaur) and DMC & H Team (Sister Nirlep Kaur) under the able supervision of Dr. Avinash Jindal, SMO, Ludhiana organised a free Covid Vaccination Camp in the college campus today. As many as 500 doses were administered to students, Teaching & Non-teaching Staff and localites. As per the instructions issued by the MoWCD, Dr. Neetu Prakash (Dept. of Business Mgmt & Commerce) and Ms. Satwant Kaur (Dept. of Computer Science & Applications) Programme Officers of NSS Unit along with the Principal, teaching and non-teaching staff of the college helped in conducting this drive. Er. Gurbinder Singh, General Secretary and Principal, Dr. Maneeta Kahlon, expressed their gratitude to the medical team in carrying out this gigantic drive in a very successful manner.









## PRESS CLIPPINGS



ਕੋਵਿਡ-19 ਵੈਕਸੀਨੇਸ਼ਨ ਕੈਂਪ ਦੇ ਦੌਰਾਨ ਸੰਯੁਕਤ ਕਾਲਜ ਸਟਾਫ਼ ਸਦਸ਼ਯ ● ਜਾਗਰਣ

### ਜੀਐਨਕੇਸੀਡਬਲਯੂ ਮੇਂ ਲਗੀ ਵੈਕਸੀਨ

ਜਾਸੰ, ਲੁਧਿਆਨਾ : ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵੂਮੇਨ ਗੁਜਰਕਾਨ ਕੈਂਪ ਮਾਡਲ ਟਾਊਨ ਦੇ ਇੰਟਰਨਲ ਕਵਾਲਿਟੀ ਏਕੁਏਰੈਂਸ ਸੇਲ ਐਂਡ ਏਨਏਸਏਸ ਯੂਨਿਟ ਨੇ ਕਾਲਜ ਪਰਿਸਰ ਮੇਂ ਕੋਵਿਡ ਟੀਕਾਕਰਣ ਸ਼ਿਵਿਰ ਕਾ ਆਯੋਜਨ ਕੀਯਾ ਗਯਾ। ਇਸਮੇਂ 250 ਲੋਗੋਂ ਨੇ ਵੈਕਸੀਨ ਲਗਵਾਈ।

### Covid vax camp held at GNKCW

**LUDHIANA:** A free Covid vaccination camp was organised at Guru Nanak Khalsa College for Women, Gujarkhan Camps, Model Town, on Wednesday. A total of 250 doses were administered to students, teaching and non-teaching staff and some local residents.

### ਕਾਲਜ 'ਚ ਕੋਵਿਡ-19 ਟੀਕਾਕਰਨ ਕੈਂਪ ਲਾਇਆ

ਲੁਧਿਆਣਾ: ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵਿਮੈਨ, ਗੁਜਰਕਾਨ ਕੈਂਪਸ, ਮਾਡਲ ਟਾਊਨ ਲੁਧਿਆਣਾ ਦੀ ਆਈਕਿਯੂਏਸੀ ਅਤੇ ਐੱਨਐੱਸਐੱਸ ਯੂਨਿਟ ਨੇ ਜੂਪੀਐੱਚਸੀ, ਮਾਡਲ ਟਾਊਨ (ਬਲਵੀਰ ਕੌਰ) ਅਤੇ ਡੀਐੱਮਸੀ ਐਂਡ ਐਚ ਟੀਮ (ਨਿਰਲੇਪ ਕੌਰ) ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਕਾਲਜ ਵਿੱਚ ਇੱਕ ਮੁਫਤ ਕੋਵਿਡ ਟੀਕਾਕਰਨ ਕੈਂਪ ਲਗਾਇਆ। ਇਸ ਕੈਂਪ ਵਿੱਚ ਵਿਦਿਆਰਥੀਆਂ, ਟੀਚਿੰਗ ਅਤੇ ਨਾਨ-ਟੀਚਿੰਗ ਸਟਾਫ ਤੇ ਲੋਕਾਂ ਨੂੰ 250 ਤੋਂ ਵੱਧ ਖੁਰਾਕਾਂ ਦਿੱਤੀਆਂ। ਪਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਇਸ ਵਿਸ਼ਾਲ ਮੁਹਿੰਮ ਨੂੰ ਸਫਲਤਾਪੂਰਵਕ ਨੇਪਰੇ ਚਾੜ੍ਹਨ ਵਿੱਚ ਮੈਡੀਕਲ ਟੀਮ ਦਾ ਧੰਨਵਾਦ ਕੀਤਾ। -ਖੇਤਰੀ ਪ੍ਰਤੀਨਿਧ

### ਕੌਮੀ ਪੋਸ਼ਣ ਮਹੀਨੇ ਤਹਿਤ ਵੱਖ-ਵੱਖ ਗਤੀਵਿਧੀਆਂ

ਲੁਧਿਆਣਾ: ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵਿਮੈਨ, ਗੁਜਰਕਾਨ ਕੈਂਪਸ ਵਿੱਚ ਕੌਮੀ ਪੋਸ਼ਣ ਮਹੀਨਾ ਮਨਾਇਆ ਗਿਆ। 8 ਤੋਂ 15 ਸਤੰਬਰ ਤੱਕ ਹਫ਼ਤੇ ਦਾ ਵਿਸ਼ਾ ਪੋਸ਼ਣ ਲਈ ਯੋਗਾ ਅਤੇ ਆਯੂਰਜ ਸੀ। ਸਰੀਰਕ ਸਿੱਖਿਆ ਵਿਭਾਗ ਅਤੇ ਗ੍ਰਹਿ ਵਿਗਿਆਨ ਵਿਭਾਗ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਕਾਲਜ ਦੇ ਆਈਕਿਯੂਏਸੀ ਅਤੇ ਐੱਨਐੱਸਐੱਸ ਯੂਨਿਟ ਵੱਲੋਂ ਉਕਤ ਵਿਸ਼ੇ 'ਤੇ ਆਧਾਰਿਤ ਕਈ ਗਤੀਵਿਧੀਆਂ ਕਰਵਾਈਆਂ ਗਈਆਂ। ਸਰੀਰਕ ਸਿੱਖਿਆ ਵਿਭਾਗ ਦੀ ਸਹਾਇਕ ਪ੍ਰੋ. ਰਾਜਵੀਰ ਕੌਰ ਵੱਲੋਂ ਪੂਰਾ ਹਫ਼ਤਾ ਯੋਗ ਸੈਸ਼ਨ ਕਰਵਾਏ ਗਏ। ਗ੍ਰਹਿ ਵਿਗਿਆਨ ਦੀ ਸਹਾਇਕ ਪ੍ਰੋਫੈਸਰ ਨੇ ਗਰਭਵਤੀ ਔਰਤਾਂ ਲਈ ਸਿਹਤਮੰਦ ਖੁਰਾਕ ਪਕਵਾਨਾਂ ਦੇ ਵਿਸ਼ੇ 'ਤੇ ਅੰਤਰ-ਜਮਾਤ ਪਕਵਾਨ ਤਿਆਰ ਕਰਨ ਦਾ ਮੁਕਾਬਲਾ ਕਰਵਾਇਆ। ਇਸ ਵਿੱਚੋਂ ਗੁਰਲੀਨ ਕੌਰ ਅਤੇ ਹਰਲੀਨ ਕੌਰ ਨੇ ਕ੍ਰਮਵਾਰ ਪਹਿਲਾ ਅਤੇ ਦੂਜਾ ਸਥਾਨ ਹਾਸਲ ਕੀਤਾ। -ਖੇਤਰੀ ਪ੍ਰਤੀਨਿਧ

### ਯੋਗ-ਸ਼ਾਰੀਰਿਕ ਤਿਆਮ ਕਾ ਪਾਲਨ ਕਰਨੇ ਕੇ ਲਿਏ ਕੀਯਾ ਪ੍ਰੋਤਸਾਹਿਤ

ਲੁਧਿਆਣਾ | 75ਵੇਂ ਆਜ਼ਾਦੀ ਕਾ ਅਮੁੱਤ ਮਹੋਤਸਵ ਕੇ ਹਿਸੇ ਕੇ ਰੂਪ ਮੇਂ ਵਿਭਯਗਤ ਰਾਸ਼ਟ੍ਰੀਯ ਪੋ਷ਣ ਮਾਹ ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਮਹਿਲਾ ਕਾਲਜ ਗੁਜਰਕਾਨ ਪਰਿਸਰ ਮੇਂ ਮਨਾ ਰਹਾ ਹੈ। ਸਪਤਾਹ ਕਾ ਵਿਭਯ (8-15 ਸਿਤੰਬਰ) ਪੋ਷ਣ ਕੇ ਲਿਏ ਯੋਗ ਐਂਡ ਆਯੁਭ ਰਹਾ। ਸ਼ਾਰੀਰਿਕ ਸ਼ਿਕਸ਼ਾ ਵਿਭਯ ਏਵੰ ਗੁਹ ਵਿਜ਼ਾਨ ਵਿਭਯ ਕੇ ਸਹਯੋਗ ਸੇ ਕਾਲਜ ਕੀ ਆਈਕਯੂਏਸੀ ਐਂਡ ਏਨਏਸਏਸ ਡਿਕਾਈ ਕੀ ਔਰ ਸੇ ਅਲਗ-ਅਲਗ ਗਤੀਵਿਧੀਯਾਂ ਕਰਾਈ ਗਈ। ਸ਼ਾਰੀਰਿਕ ਸ਼ਿਕਸ਼ਾ ਵਿਭਯ ਕੀ ਸਹਯਕ ਪ੍ਰੋਫੇਸਰ ਰਾਜਵੀਰ ਕੌਰ ਕੀ ਔਰ ਸੇ ਸਪਤਾਹਭਰ ਯੋਗ ਸਤਰ ਕਰਾਏ ਗਏ। ਇਸਮੇਂ ਸੁਕਸੁਥ ਜੀਵਨ ਜੀਨੇ ਕੇ ਲਿਏ ਵਿਭਿਨ ਸਟ੍ਰੇਚਿੰਗ ਵਯਾਯਮ ਕੇ ਸਾਥ ਯੋਗਾਸਨ ਭੀ ਸ਼ਾਮਿਲ ਰਹੇ। ਗੁਹ ਵਿਜ਼ਾਨ ਵਿਭਯ ਕੀ ਸਹਯਕ ਪ੍ਰੋ. ਸ਼ਿਕਸ਼ਾ ਕਾਲਰਾ ਨੇ ਗਰਭਵਤੀ ਮਹਿਲਾਔ ਕੇ ਲਿਏ ਸੁਕਸੁਥ ਆਹਾਰ ਵਯੰਜਨੋਂ ਕੇ ਵਿਭਯ ਪਰ ਡਿਟਰ-ਕਲਾਸ ਰੋਸਿਪੀ ਪ੍ਰਤਿਯੋਗਿਤਾ ਕਰਾਈ। ਭੀਏ ਦੂਸਰੇ ਵਰਥ ਕੀ ਗੁਰਲੀਨ ਕੌਰ ਨੇ ਪਹਿਲਾ, ਹਰਲੀਨ ਕੌਰ ਨੇ ਦੂਸਰਾ ਸੁਥਾਨ ਹਾਸਿਲ ਕੀਯਾ। ਪਿੰਸਿਪਲ ਡੋ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਛਾਤ੍ਰੋਂ ਕੋ ਤਨਾਕ, ਚਿੰਤਾ ਐਂਡ ਵਿਭਿਨ ਭੀਮਾਰਿਯੋਂ ਸੇ ਮੁਕਤ ਕਰਨੇ ਕੇ ਲਿਏ ਅਪਨੀ ਦਿਨਚਰਯਾਂ ਮੇਂ ਯੋਗ ਐਂਡ ਸ਼ਾਰੀਰਿਕ ਵਯਾਯਮ ਕਾ ਪਾਲਨ ਕਰਨੇ ਕੇ ਲਿਏ ਪ੍ਰੋਤਸਾਹਿਤ ਕੀਯਾ। ਤੁਨਹੈਨੇ ਛਾਤ੍ਰੋਂ ਕੋ ਫਿਟ ਐਂਡ ਊਰਜ਼ਾਵਾਨ ਬਨਾਏ ਰਖਨੇ ਕੇ ਲਿਏ ਸੁਕਸੁਥ ਐਂਡ ਪੌਸ਼ਟਿਕ ਆਹਾਰ ਲੇਨੇ ਕੇ ਲਿਏ ਭੀ ਪ੍ਰੋਤਸਾਹਿਤ ਕੀਯਾ।



### 3. WEEK (16-23 SEPTEMBER)

Day	Date	Action taken	Organized by
Thursday	September 16-23, 2021	<p>Activities were carried out on the theme of “Distribution of Regional Nutrition Kit to beneficiaries of Anganwadi in high burdened districts” under the guidance of Programme Officers, Dr. Neetu Prakash (Dept. of Business Mgmt &amp; Commerce) and Ms. Satwant Kaur (Dept. of Computer Science &amp; Applications).</p> <p>Mrs. Shikha Kalra, Assistant Professor, Department of Home Science prepared the traditional dish <i>Phirni</i> to create awareness about the importance of nutritional recipes. The NSS volunteers distributed the nutrition kits to the children in the slum on September 21, 2021.</p>	IQAC and NSS Unit in collaboration with Department of Home Science

Thematic Rashtriya Poshan Maah, 2021 was being celebrated in Guru Nanak Khalsa College for Women, Gujarkhan campus, Ludhiana as part of 75th Azadi Ka Amrit Mahotsav. The theme of the week (16-23 September) was "**Distribution of Regional Nutrition Kit to beneficiaries of Anganwadi in high burdened districts**". Various activities were organized on the above theme by IQAC and NSS Unit of the college in collaboration with Department of Home Science under the guidance of Programme Officers Dr. Neetu Prakash (Dept. of Business Mgmt & Commerce) and Ms. Satwant Kaur (Dept. of Computer Science & Applications).

- Mrs. Shikha Kalra, Assistant Professor, Department of Home Science made the traditional dish *Phirni* to make awareness about the importance of nutritional recipe.
- The NSS volunteers distributed the nutrition kits to the children of slum area on September 21, 2021. Principal Dr. Maneeta Kahlon encouraged the students to follow these practices in their daily lifestyle. She also encouraged the students to take healthy and nutritious diet to keep them fit and energetic.



## PRESS CLIPPINGS

### महिला कॉलेज में मनाया गया राष्ट्रीय पोषण माह

तुधियाना। 75वें आजादी का अमृत महोत्सव के हिस्से के रूप में विषयगत राष्ट्रीय पोषण माह 2021 गुरु नानक खालसा महिला कॉलेज, गुजरखां परिसर में मनाया गया। इसका विषय उच्च बोझ वाले जिलों में आंगनवाड़ी के लाभार्थियों को क्षेत्रीय पोषण किट का वितरण रहा। कार्यक्रम अधिकारी डॉ. नीतू प्रकाश व्यवसाय प्रबंधन और वाणिज्य विभाग और सहायक प्रोफेसर सतवंत कौर कंप्यूटर विज्ञान और अनुप्रयोगों के विभाग के मार्गदर्शन में गृह विज्ञान विभाग के सहयोग से कॉलेज की आईक्यूएसी और एनएसएस इकाई द्वारा उपरोक्त विषय पर विभिन्न गतिविधियों का आयोजन किया गया। गृह विज्ञान विभाग की सहायक प्रोफेसर शिखा कालरा ने पोषाहार व्यंजनों के महत्व के बारे में जागरूकता पैदा करने के लिए पारंपरिक व्यंजन फिरनी तैयार की। एनएसएस स्वयंसेवकों ने स्लम क्षेत्र के बच्चों को पोषण किट वितरित की। प्रिंसिपल डॉ. मनीता काहलों ने छात्रों को अपनी दैनिक जीवन शैली में इन प्रथाओं का पालन करने के लिए प्रोत्साहित किया।



#### 4. Week (24-30 September)

Day	Date	Action taken	Organized by
Thursday	September 24-30, 2021	<p>The theme of the week was "<b>Identification of SAM children and Community Kitchen Service for them</b>". Based on the theme, various activities were organized under the guidance of Programme Officers Dr. Neetu Prakash (Dept. of Business Mgmt &amp; Commerce) and Ms. Satwant Kaur (Dept. of Computer Science &amp; Applications).</p> <p>Ministry of Education and MyGov conducted a Poshan 2.0 Quiz to spread awareness regarding food and nutrition, healthy eating practices, balanced diet, importance of handwashing, etc. NSS Volunteers of our college participated in this quiz on September 25, 2021.</p> <p>An awareness campaign on Infant and Young Child Feeding (IYCF) was also organised under these celebrations. In addition, the importance of plants and greenery in a person's life was also explained to the students.</p>	IQAC and NSS Unit

Thematic RashtriyaPoshanMaah, 2021 was being celebrated in Guru Nanak Khalsa College for Women, Gujarkhan campus, Ludhiana as part of 75th AzadiKaAmritMahotsav. The theme of the week (24-30 September) was "**Identification of SAM children and Community Kitchen Service for them**". Various activities were organized on the above theme by IQAC and NSS Unit of the college under the guidance of Programme Officers Dr. Neetu Prakash (Dept. of Business Mgmt & Commerce) and Ms. Satwant Kaur (Dept. of Computer Science & Applications).

- Ministry of Education and MyGov conducted a Poshan 2.0 Quiz to spread awareness regarding food and nutrition, healthy eating practices, balanced diet, importance of handwashing, etc. NSS Volunteers of our college participated in this quiz on September 25, 2021.
- An awareness campaign on Infant and Young Child Feeding (IYCF) was also organised under these celebrations. In addition, the importance of plants and greenery in a person's life was also explained to the students.

Principal Dr. Maneeta Kahlon encouraged the students and applauded the efforts of the NSS volunteers who willingly tended to plants and understood the benefits of living in a clean and green campus.



## PRESS CLIPPINGS

### स्टूडेंट्स को संतुलित भोजन खाने के लिए किया प्रेरित

लुधियाना (अमन) : गुरु नानक खालसा कालेज फॉर वूमेन गुज्जरखा कैंपस में राष्ट्रीय पोषण माह मनाया गया। प्रोग्राम का विषय एस.ए.एम. बच्चों की पहचान और उनके लिए सामुदायिक रसोई सेवा था। कार्यक्रम के अधिकारी डा. नीतू प्रकाश व के मार्गदर्शन में कालेज



कालेज में पौधारोपण करते स्टूडेंट्स।

की आई.क्यू.ए.सी. और एन.एस.एस. इकाई द्वारा उपरोक्त विषय पर विभिन्न गतिविधियों का आयोजन किया गया। शिक्षा मंत्रालय ने भोजन और पोषण, स्वस्थ भोजन प्रथाओं, संतुलित आहार, हाथ धोने के महत्व आदि के बारे में जागरूकता फैलाने के लिए पोषण 2.0 विवज का आयोजन किया गया। प्रोग्राम में व्यक्ति के जीवन में पौधों और हरियाली के महत्व के बारे में भी बताया।

### Guru Nanak Khalsa College celebrates Rashtriya Poshan Maah

LUDHIANA : Guru Nanak Khalsa College for Women, Gujarkhan Campus, celebrated Rashtriya Poshan Maah as a part of the 75th Azadi Ka Amrit Mahotsav. The IQAC and NSS unit of the college organised various activities. The ministry of education conducted a Poshan 2.0 quiz to spread awareness regarding food and nutrition, healthy eating practices, a balanced diet, and the importance of handwashing. NSS volunteers of the college participated in this quiz. An awareness campaign on Infant and Young Child Feeding (IYCF) was also organised.

## **FIT INDIA FREEDOM RUN**

<b>Sr. no</b>	<b>Day</b>	<b>Date</b>	<b>Action taken</b>	<b>Organized by</b>
1	Wednesday	September 08, 2021	Fit India Freedom run was organized to celebrate "Azadi Ka Amrit Mahotsav". Based on the concept, "It can be run anywhere, anytime!" FIT INDIA FREEDOM RUN was conceived last year to keep the imperative need of fitness active even while following the social distancing norms. Under the guidance of Dr. Neetu Prakash (Programme Officer, NSS Unit) and Ms. Satwant Kaur (Caretaker, NCC Wing) Cadets and Volunteers participated with full zeal and enthusiasm in this run.	IQAC in collaboration with NSS Unit and NCC Wing

To commemorate the 75th Independence Day - "AzadiKaAmritMahotsav", IQAC in collaboration with NSS Unit and NCC Wing of Guru Nanak Khalsa College for Women, Gujarkhan Campus, organised Fit India Freedom run on September 08, 2021. Based on the concept "It can be run anywhere, anytime!", FIT INDIA FREEDOM RUN was conceived last year when the entire nation started following social distancing in a new normal lifestyle, so as to keep the imperative need of fitness active even while following the social distancing norms. NCC Cadets and NSS Volunteers participated with full zeal and enthusiasm in this run.

Principal Dr. ManeetaKahlon encouraged the students to follow fitness regime in their daily routine in order to get freedom from obesity, laziness, stress, anxiety, diseases etc





## PRESS CLIPPINGS

### 'Fit India Freedom Run'

**Ludhiana:** To commemorate the 75th Independence Day, 'Azadi Ka Amrit Mahotsav', IQAC, in collaboration with the NSS unit and NCC wing of the Guru Nanak Khalsa College for Women, Gujarkhan Campus, organised a 'Fit India Freedom Run'. Cadets and volunteers participated with enthusiasm in the run. TNS

## SUMMARIZED QUARTER I REPORT

Sr. no	Activity	Date
	<b>COMMEMORATION OF 75<sup>TH</sup> ANNIVERSARY OF INDIA'S FREEDOM</b>	
1.	Slogan writing and poster making competition	July 22, 2021
2.	NSS Unit in collaboration with Department of History organized an online essay writing competition	August 3 ,2021
3.	Volunteers sang the National Anthem to mark the 75th anniversary of India's Independence	August 14, 2021.
4.	Volunteers took catch-the-rain pledge, Fit-India-Freedom-run pledge	August 15, 2021
5.	Flag Hoisting Ceremony	August 16, 2021
	<b>SWACHHATA PAKHWADA</b>	
6.	Volunteers took Swachh Bharat Pledge, Anti-Littering Pledge and E-Waste Pledge	August 11, 2021
7.	A Poster Making Competition on "Plastic Free India.	August 14, 2021
8.	Shared Swachhata video messages on social media	August 15,2021
9.	A tree plantation drive	August 21, 2021
10	<b>RASHTRIYA POSHAN MAAH- 2021 CELEBRATIONS.</b>	
<b>WEEK I September 1-7, 2021</b>		
	i. Tree plantation Drive	September 03, 2021
	ii. Sensitization Awareness Drive for COVID Protocols	September 06, 2021
<b>WEEK II September 8-15, 2021</b>		
	i Free COVID-19 Vaccination Camp	September 08, 2021
	ii Yoga sessions throughout the week	September 8-15, 2021

	iii Intra class recipe competitions	September 11, 2021
<b>WEEK III September 16-23, 2021</b>		
	i Mrs. Shikha Kalra, Assistant Professor, Department of Home Science prepared the traditional dish Phirmi	September 16, 2021
	ii The NSS volunteers distributed the nutrition kits to the children of slum area.	September 21, 2021.
<b>Week IV September 24-30 , 2021</b>		
	i NSS Volunteers participated in Poshan 2.0 quiz	September 25, 2021
	ii An awareness campaign on Infant and Young Child Feeding (IYCF) was also organised	September 30,2021
11.	Fit India Freedom Run	September 8 , 2021

*Neetu Singh*  
*Neetu Singh*  
**NSS Programme Officer**

*Neetu Singh*  
**Principal**  
**G.J.K. College for Women**  
**Model Town, LUDHIANA.**