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GOVT. COLLEGE FOR GIRLS, SEC-14, GURUGRAM

(Affiliated to Gurugram University, Gurugram)



NATIONAL SERVICE SCHEME (NSS)

Extension Activities (2022-23)

Title of the Activities	Organizing unit/agency /collaborating agency	Number of teachers co-ordinated such activities	Name of the scheme	Year of the activity 2022-23
Seminar on Women empowerment Speaker: Assist commissioner of Police, Gurugram	As per guidelines of Department of Higher Education	2 NSS POs, Principal sir	Seminar on Women empowerment	26 July 2022
Har Ghar Tiranga programme Online Poem recitation/video making competition	As per guidelines of Department of Higher Education	2 NSS POs, Principal sir	Har Ghar Tiranga programme	3 Aug 2022
Tree plantation drive Sh Pawan Jindal guest of honor	As per guidelines of Department of Higher Education	2 NSS POs, Principal sir	One day camp- Tree plantation drive	6 Aug 2022
Flag Rally to celebrate 'Har Ghar Tiranga' program from college to Chandan Nagar Basti and Deaf and Dumb school. Created awareness about various social issues like education, hygiene health, and about various govt. flagship programmes like azadi ka amritmahotsav and har ghar tiranga program.	As per guidelines of Department of Higher Education	2 NSS POs, Principal sir	Flag Rally to celebrate 'Har Ghar Tiranga' program	12 Aug 2022



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Poshan Abhiyan Jointly with women cell 15 sep, Dr Priyanka, Neuro consultant, AARVY Health care, Gurugram delivered lecture on Nutrition, mental health and Cervical cancer. She completed her MD AND DM from AIIMS.	As per guidelines of Department of Higher Education	2 NSS POs, Principal sir	Poshan Abhiyan	1-30 Sep 2022
NSS day celebration NSS day Quiz competition	As per guidelines of Department of Higher Education	2 NSS POs, Principal sir	NSS day celebration	24 Sep 2022
Online lecture on the theme "Potential of Millets: An awareness" was organized by NSS in association with NCC and Commerce dept.	As per guidelines of Department of Higher Education	2 NSS POs, Principal sir	Online lecture	25 Sep 2022
Training session for NSS Pos on Grant in Aid NSS units on PFMS Venue: JC Bose University of Science and Technology, Faridabad	As per guidelines of Department of Higher Education	2 NSS POs, Principal sir	Training session for Grant in Aid NSS units on PFMS	27 Sep 2022
Swachhta Mah 1 st oct-sharmdan 10 oct –meeting with volunteers 12 oct- extension lecture on 'a talk on nutrition, mental health and cervical cancer prevention'	As per guidelines of Department of Higher Education	3 NSS POs, Principal sir	Swachhta Mah	1-31 Oct 2022
Extension lecture Jointly with women cell Dr Priyanka , Neuro Consultant, AARVY HOSPITAL Gurugram.	As per guidelines of Department of Higher Education	3 NSS POs, Principal sir	Extension lecture	12 Oct 2022



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Health talk and free health check-up camp on 'World Diabetes Day' Speaker, CMO, gurugram	As per guidelines of Department of Higher Education	3 NSS POs, Principal sir	Health talk and free health check-up camp on 'World Diabetes Day'	14 Nov 2022
Free screening camp for cancer and Diabetes organized by NCDA, Gurugram For teachers	As per guidelines of Department of Higher Education	3 NSS POs, Principal sir	Free screening camp for cancer and Diabetes organized by NCDA, Gurugram	19 Nov 2022
Dry Waste Collection	As per guidelines of Department of Higher Education		Dry Waste Collection	30 Nov 2022
One day camp Sports activities Sharmdan-library, playground, home science, zoology, botany, commerce,	As per guidelines of Department of Higher Education	3 NSS POs, Principal sir	One day camp	17 Dec 2022
Sharmdan in college job fair	As per guidelines of Department of Higher Education	3 NSS POs, Principal sir	Sharmdan in college job fair	20 Dec 2022
Road Safety Week Lecture on traffic rules, road safety, Online quiz competition Poster making competition, Rally	As per guidelines of Department of Higher Education	3 NSS POs, Principal sir	Road Safety Week	13-17 Jan 2023
NSS 7day/night camp	As per guidelines of Department of Higher Education	3 NSS POs, Principal sir	NSS 7day/night camp	15-21 March 2023
NEET SURVEY	As per guidelines of Department of Higher Education	3 NSS POs, Principal sir	NEET SURVEY	Apr-Jun 2023



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Yoga Day celebration	As per guidelines of Department of Higher Education	3 NSS POs, Principal sir	Yoga Day celebration	21 Jun 2023
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NATIONAL SERVICE SCHEME (NSS)

REPORT OF SEMINAR ON WOMEN EMPOWERMENT (26.07.22)

OVERVIEW: The NSS Units of Govt. College for Girls, Sector-14, Gurugram under the guidance of Principal, Dr Ramesh Kumar Garg, and Police Administration, Gurugram jointly organized the seminar on 'Cyber Crime' 26.07.22. Arjun and Bhim Awardee, former Hockey Player Ms. Surendar Kaur was the chief guest for this event. The Speaker for this seminar was Assist commissioner of Police, Ms. Priti Gurugram. Following her lecture, Advocate Ms. Kapoor discussed about the POCSO Act. She forced that all students must be aware about this law in today's' modern world so that we can help our self and others

In this event, volunteers of all the three NSS units actively participated. NCC cadets of the college also participated.

The main objective of this event was to create awareness among students about the cyber crime and the ways to handle the problem. At the end of the seminar, Ms. Surendar Kaur, the chief guest congratulated the college family. NSS Program officers successfully organized the whole event.





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NSS Program Officers

Unit-1: Mrs. Rakhi Kaushik

Unit-2: Dr. Suman

Unit-3: Ms. Ambika Sangwan



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NATIONAL SERVICE SCHEME (NSS)

REPORT OF HAR GHAR TIRANGA PROGRAMME (03.08.22)

OVERVIEW: The NSS Units of Govt. College for Girls, Sector-14, Gurugram under the supervision of Principal Dr RK Garg, organized the Har Ghar Tiranga programme to spread awareness about nationalism on 03.08.22. To celebrate this, Online Poem recitation/video making competition was organized. The theme was 'Har Ghar Tiranga: Pride for National Flag'.

In this event, volunteers of all the three NSS units actively participated.

The main objective of this competition was to create awareness among students about the importance of freedom, nationalism and patriotism.





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NATIONAL SERVICE SCHEME (NSS)

REPORT OF AWARENES CAMPAIGN FOR HE AR GHAR

TIRANGA' (04.08.22)

OVERVIEW: The NSS Units of Govt. College for Girls, Sector-14, Gurugram under the supervision of Principal Dr RK Garg, organized the Awareness campaign for Har Ghar Tiranga on 04.08.22. In this event, volunteers of all the three NSS units actively participated.

The main objective of this competition were to create awareness among the students and common people about the importance of Har Ghar Tiranga campaign and aim behind it

During this our volunteers went to their neighborhood to create awareness about the Har Ghar Tiranga campaign.





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NATIONAL SERVICE SCHEME (NSS)

REPORT OF FLAG MAKING COMPETITION FOR HAR GHAR 'TIRANGA' (04.08.22)

OVERVIEW: The NSS Units of Govt. College for Girls, Sector-14, Gurugram under the supervision of Principal Dr RK Garg, organized the Flag making competition to celebrate Har Ghar Tiranga on 04.08.22. In this event, volunteers of all the three NSS units actively participated.

The main objective of this competition were to create awareness among the students and common people about the importance of Har Ghar Tiranga campaign and aim behind it. During this our volunteers went to their neighborhood to create awareness about the Har Ghar Tiranga campaign.





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NATIONAL SERVICE SCHEME (NSS)

REPORT OF ONE DAY CAMP TREE PLANTATION DRIVE ' (06.08.22)

OVERVIEW: The NSS Units of Govt. College for Girls, Sector-14, Gurugram under the supervision of Principal Dr RK Garg, organized the One day camp Tree plantation drive to spread awareness about environment on 06.08.22. In this event, volunteers of all the three NSS units actively participated.

The main objective of this competition were to create awareness among students about the importance of tree plantation and environment

During this around 100 plantlets were planted in the pre-selected areas of college campus.

Sh Pawan Jindal was the guest of honor of for this One day camp Tree plantation drive





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NATIONAL SERVICE SCHEME (NSS)

REPORT OF FLAG RALLY FOR HAR GHAR TIRANGA PROGRAMME (12.08.22)

OVERVIEW: The NSS Units of Govt. College for Girls, Sector-14, Gurugram under the supervision of Principal Dr RK Garg, organized the Flag Rally to celebrate 'Har Ghar Tiranga' program Har Ghar Tiranga programme to spread awareness about patriotism and nationalism among the students on 12.08.22. To celebrate this, NSS Program officers along with NSS volunteers organized the Flag rally in the college campus. In this event, volunteers of all the three NSS units actively participated.

The main objective of this competition was to create awareness among students about the importance of freedom, nationalism and patriotism.



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REPORT OF POSHAN ABHIYAN (1-30 SEP, 2022)

OVERVIEW: Poshan Abhiyan (1-30 September, 2022) was organized by NSS volunteers of Govt. College for Girls, Sector-14, Gurugram under the supervision of Principal Dr. RK Garg as per directions of As per guidelines of Department of Higher Education, Haryana. In this abhiyan, volunteers of all the three NSS units were actively participated.

The main objective of the Abhiyaan is to spread awareness about:

- i. Awareness about balanced diet and its need especially for women and children
- ii. Children nutrition and education
- iii. Millets and their importance
- iv. Benefits of yoga, meditation and exercise in daily life

Most of the activities were performed online because of COVID pandemic. Following activities were performed to celebrate Poshan Abhiyan:

Activity-1:

Awareness lectures for health and nutrition sensitization drive

To create awareness among the volunteers, an extension lectures on the theme 'Nutrition, Mental health and cervical cancer prevention' was organized by NSS Program officers jointly with Women cell. The speaker was Dr. Priyanka, MD AIIMS, New Delhi who delivered very informative talk. The lectures were followed by discussion section during which volunteers cleared their doubts about the health issues as well.



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Activity-2:

To further extend the Poshan Abhiyan activities, and to spread awareness among the volunteers, 'Poster making competition' was organized in the college campus. The best posters were sorted out by the college faculty members. Best three posters were appreciated.





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Activity-3:

In continuation of Poshan Abhiyan activities, Slogan writing competition' was organized in the college campus. The best posters were sorted out by the college faculty members. Best three posters were selected.

Activity-4:

To create awareness among the students about the mission and vision of Ministry of Youth Affairs and Sports, Govt. of India, and motto behind Poshan abhiyan, Quiz competition was organized for the students.

Activity-5:

'Online Slogan making competition was organized in the college campus. The best three slogans were selected by the college faculty members. Best three slogans were appreciated,

Activity-6

To sensitize the volunteers about importance of yoga and meditation, students participated in the 10-days Yoga Workshop organized with Home Science dept. The theme of the workshop was 'Healthy living to all'.

Activity-7

To create awareness among the students about the mission and vision of Ministry of Youth Affairs and Sports, Govt. of India, an online extension lecture was organized on the theme 'Potential of millets' in association with NCC and Dept of Commerce to celebrate Poshan abhiyan. The speaker was Dr Sakshi Khurana, Assistant Professor, Dept. of Food Technology, Bhaskaryacharya College of Applied Sciences, Delhi University.



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NATIONAL SERVICE SCHEME (NSS)

REPORT OF NSS DAY CELEBRATION (24.09.2022)

On the occasion of 53rd NSS Foundation day, The NSS Units of Govt. College for Girls, Sector-14, Gurugram under the supervision of Principal Dr RK Garg as per directions of As per guidelines of Department of Higher Education, Haryana, organized the online 'Quiz competition' to celebrate 24th September as 'NSS Foundation Day' on 24.09.2021.

In this event, volunteers of all the three NSS units actively participated. The main objective of this event were to create awareness among students about the moral values of NSS and to make the students sensitize about the role of NSS in nation building

Some of the pictures of the online quiz competition are attached with report.



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REPORT OF TRAINING SESSION FOR NSS POS (27.09.2022)

NSS Program officers Ms. Rakhi Kaushik and Ms. Ambika Sangwan had attended the Training session for NSS Pos on Grant in Aid NSS units on PFMS organized by Dept of Higher Education, State NSS cell, Haryana. The venue of the training session was the JC Bose University of Science and Technology, Faridabad. The meeting was chaired by Mr. Dinesh Kumar, SNO, Haryana.

NSS Programme Officers

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Unit-3: Ms. Ambika Sangwan



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NATIONAL SERVICE SCHEME (NSS)

REPORT OF SWACHHTA MAH CELEBRATION (01-31 OCT.2022)

On the occasion of Swachhta Mah celebration, The NSS Units of Govt. College for Girls, Sector-14, Gurugram under the supervision of Principal Dr RK Garg as per directions of Department of Higher Education, Haryana, organized various activities during the month of October, 2022.

In this event, volunteers of all the three NSS units actively participated. The main objective of this event were to create awareness among students about the importance of cleanliness at personal level as well as for society.

On the first day of Swachhta Mah , NSS volunteers performed Sharmdan and run cleanliness drive in the college campus.

To sensitize the students about the cleanliness, a meeting and discussion session was organized by NSS Program officers. All the NSS volunteers, actively participated and presented their views.

In continuation of Swachhta Mah celebration, an extension lectures on the theme 'Nutrition, Mental health and cervical cancer prevention' was organized by NSS Program officers on 12th Oct 2022. The speaker was Dr Priyanka, MD AIIMS, New Delhi who delivered very informative talk. The lectures was followed by discussion section during which volunteers cleared their doubts about the health issues as well.

One day camp was organized on the closing ceremony of Swachhta Mah.



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राजकीय कन्या महाविद्यालय में पोषण, मानसिक स्वास्थ्य एवं सर्वांगिक केंसर पर व्याख्यान

दिनांक 12 अक्टूबर, 2022 को राजकीय कन्या महाविद्यालय में एन एस एस एन सी सी, वाणिज्य विभाग एवं होटनी विभाग के तत्वस्थान में पोषण मानसिक स्वास्थ्य एवं सर्वांगिक केंसर पर व्याख्यान का सफल आयोजन किया गया। डॉ० प्रिया केशरवत, न्यूरोलॉजिस्ट, औरवेल हेल्थ केयर, गुस्वाना में डॉ० त्रिाओह का पोषण अवसोद, सर्वांगिक केंसर के लक्षण व उपचार के बारे में जानकारी का किया। उन्होंने बताया कि सर्वांगिक केंसर 15 वर्ष से 30 वर्ष की आयु में तीन वैकसीनेशन व कार्टान चोट से।

अवसोद से रूग्ण के लिए हम सामाजिक रूप से सक्रिय रहना चाहिए और सकरात्मक सोच वाले लोगों के साथ समय व्यतीत करना चाहिए। इस कार्यक्रम को आयोजन में डॉ० रमेशा गार्ग की अध्यक्षता में सम्पन्न हुआ। इस कार्यक्रम में डॉ० सुनीता अरोड़ा, डॉ० निर्मल, डॉ० जहनु, डॉ० राखी काशीक, डॉ० अम्बिका सांभवत, डॉ० प्रियाका ओस्तवाल, डॉ० दाम्नी कुमारी, डॉ० मंजिला, डॉ० शांतिनी एवं महाविद्यालय के अन्य सहायक गण भी मौजूद थे।



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NSS Program Officers

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NATIONAL SERVICE SCHEME (NSS)

REPORT OF WORK DONE FOR 'UNNAT BHART ABHIYAN' (11.11.2022)

The NSS Units of Govt. College for Girls, Sector-14, Gurugram performed their duties for Unnat Bhart Abhiyan' programme. For this, three villages were adopted. Our volunteers created awareness in these villages for many social issues like Girls education, gender equality, Dowry, Cleanliness, healthy diet, pollution, healthy life and physical fitness, waste management etc.



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NATIONAL SERVICE SCHEME (NSS)

REPORT OF FREE HEALTH CHECK-UP CAMP ON 'WORLD DIABETES DAY

(14.11.2022)

The NSS Units of Govt. College for Girls, Sector-14, Gurugram along with Civil Hospital, Gurugram organized the free health-checkup camp and talk to spread awareness about Diabetes on 14.11.22. The Speaker for the health talk was CMO, Gurugram whose talk was very informative and many students discussed about their health issues. In this event, volunteers of all the three NSS units actively participated.

At the end of the talk, a health checkup camp was organized for the students of the college hemoglobin and blood sugar levels were measured.

The main objective of this event was to create awareness among students about the importance of good health and precautionary measures for prevention of diabetes at the early stages.

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NATIONAL SERVICE SCHEME (NSS)

REPORT OF FREE HEALTH SCREENING CAMP FOR CANCER AND DIABETES

(19.11.2022)

The NSS Units of Govt. College for Girls, Sector-14, Gurugram along with Civil Hospital, Gurugram organized the free **Free health screening camp for cancer and Diabetes** to spread awareness about the Cancer and Diabetes on 19.11.22.

During this, medical staff team organized a health screening camp for the faculties of the college as well as non- teaching staff.

The main objective of this event was to create awareness importance good health and precautionary measures for prevention of Cancer and Diabetes at the early stages.

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NATIONAL SERVICE SCHEME (NSS)

REPORT OF ONE DAY CAMP (17.12.2022)

The NSS Units of Govt. College for Girls, Sector-14, Gurugram under the guidance of Principal Dr RK Garg, organized the one day camp in the college campus.

In this event, volunteers of all the three NSS units actively participated.

During the camp, volunteers performed Sharmdan in the college campus, they cleaned the college library, playground, home science dept, zoology dept, botany dept and Commerce dept.

After the sharmdan, volunteers were given refreshment. In the evening session, volunteers participated in sports activities like race 100 m, 200 m and back race. Best 3 volunteers of each game were appreciated.



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NATIONAL SERVICE SCHEME (NSS)

REPORT OF SHARMDAN IN COLLEGE JOB FAIR (20.12.2022)

The NSS Units of Govt. College for Girls, Sector-14, Gurugram under the guidance of Principal Dr RK Garg, performed their duties at the various places allotted for job fair in the college campus.

In this event, volunteers of all the three NSS units actively participated.

During this, two volunteers were sent to each room and the assigned venue to help the companies' personnel and the participants.

NSS Volunteers along the Program officers played contributed in the successful conduction of the job fair in the college campus





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NATIONAL SERVICE SCHEME (NSS)

REPORT OF NATIONAL ROAD SAFETY WEEK CELEBRATION (11-17 JAN 2023)

The NSS Units and Road safety Committee of Govt. College for Girls, Sector-14, Gurugram under the guidance of Principal Dr RK Garg, celebrated the Road Safety week.

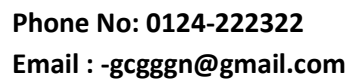
on 12th Jan, 2023, oath ceremony was done by the NSS volunteers. Volunteers taken oath to follow all the traffic rules and to drive safe.

On 13th Jan Following the oath ceremony extension lecture was given by the trainers from Hero Motocorp Ltd. Their lecture and discussion was very informative, all the volunteers interacted well with the trainers.

On 14th Jan 2023, Online Road Safety quiz competition was organized jointly with Hero Motocorp Ltd. For the students of college. Students participation in the quiz was really appreciated.

In continuation of various programs like Lecture, Oath, Quiz, Slogan writing and Essay writing competition organised for celebration of Road safety week.

On 17th Jan 2023, a Rally was organized for celebration of Road Safety week with theme “ For Road safety - Leave sooner, drive slower, live longer.” in college campus. Around 50 students and all members of Road safety committee and NSS has taken part in it.



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NSS Program Officers

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Unit-2: Dr. Suman

Unit-3: Ms. Ambika Sangwan



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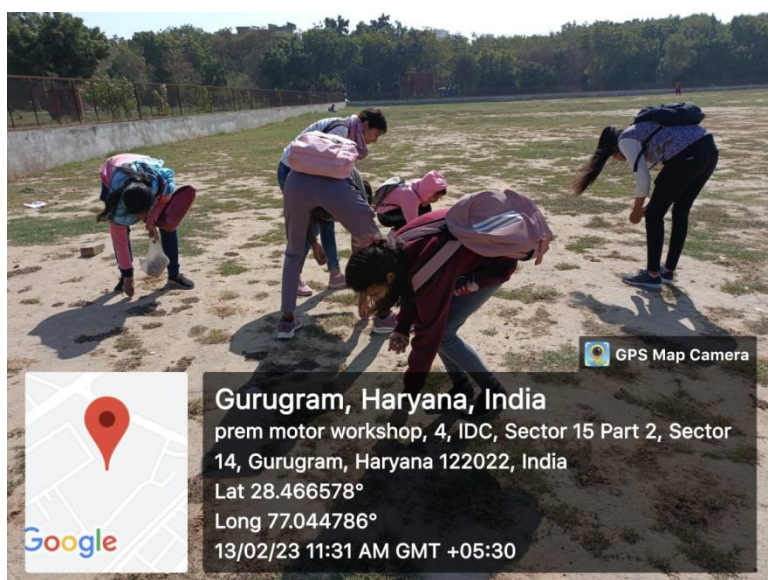
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Sharmdan/Cleanliness drive for Annual sports meet, 13 Feb 2023

NSS units of Government College for Girls, Sec-14, Gurugram has organised Cleanliness drive for Annual sports meet, 13 Feb 2023. To fulfill this, NSS volunteers cleaned the playground for Annual sports meet. Volunteers of all the three units actively participated in the sharmdan.





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A Seven Day National Service Scheme (NSS) Special Camp Report

NSS Programme Officers:

Unit 1: Ms. Rakhi Kaushik

Unit 2: Dr. Suman

Unit 3: Ms. Ambika Sangwan

(15 March-21 March 2023)

NSS (National Service Scheme) is a team of students and Program officers who are interested in giving their services by being selfless and its main motto, “NOT ME, BUT YOU.”

Overview: Government College for Girls, Sec-14, Gurugram has organised NSS Seven Day-Night Special camp from 15-21 March, 2023. In this camp 153 NSS Volunteers of three units participated. The main objectives of the camp were to spread awareness about Aatam Nirbhar Bharat, Aazadi ka amrut mahotsav, digital India, importance of education, awareness about health issues, Beti Bachao-beti padhao, environment pollution and protection, Swachh Bharat Abhiyan, role of youth in drug prohibition, self employment and importance of organ donation etc. by doing surveys, awareness camps and rallies in adopted slum area of Chandan Nagar Basti. During this camp, various extension lectures, awareness programmes and different competitions, sports and cultural activities were organized by the joint efforts of the NSS Programme Officers of all the three units. Besides this every morning (9:0am to 10:0am) students participated in Meditation Training.

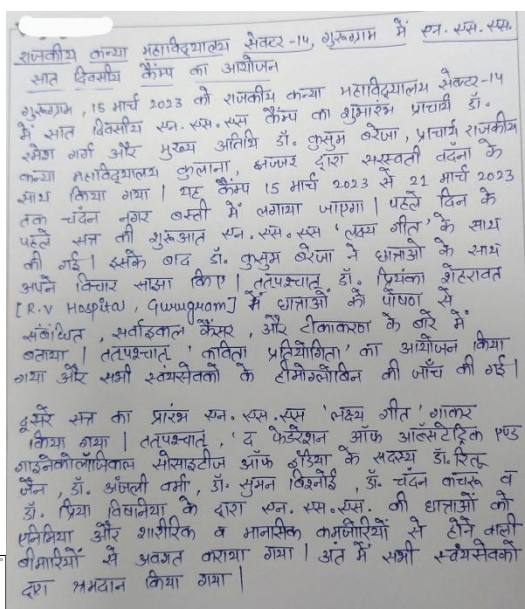


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Day-1: 15 March 2023

The morning session was started with an inauguration of 7-day NSS camp with the blessings of Goddess Saraswati along with the motivational speech by Chief guest, Dr. Kusum Bareja, Principal Govt College, Kulana and our Principal Dr Ramesh Kumar Garg. After this, an extension lecture was delivered by Dr. Priyanka Sehrawat which was about headache, sleep hygiene practice, depression, adjustment reactions and supplements. She also talked about vaccination of Cervical cancer, Influenza and Tetanus. After completion of the lecture, Poem Recitation Competition was held on Patriotism. In the afternoon session, the Hemoglobin Screening Test was also organized by convenor and members of Obstetrics and Gynecology Society, Gurugram; Dr. Ritu Jain, Dr. Anjali Verma, Dr. Suman Bishnoi, Dr. Chandan Kachru and Dr. Priya Vaishniya. Their lecture was about Anemia and its cure, development of brain and importance of vitamin B12 and vitamin D.





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Day-2: 16 March 2023

Day 2 of NSS (National Service Scheme) went very well and it is started with the lecture about Meditation and its importance given by Heartfulness Institute, Gurugram, a Global NGO. They explained the procedure and all of the NSS volunteers practiced the same as well. Following that, Newspaper Reading Competition of both English and Hindi was presided and judged by Mrs. Rakhi Chauhan and Mrs. Annu Indora Ma'am respectively. In the post lunch session, an extension lecture was delivered by Dr. Rajesh Beniwal on the topic 'Social Media and its impacts'. He explained the advantages of Social Media and its misuse including stalking, hacking, and mining of information. Then, all the students assembled for the Shramdaan activity which represents the Dignity of labor. At night, Cultural activities and Slogan Writing Competition was held at college hostel.

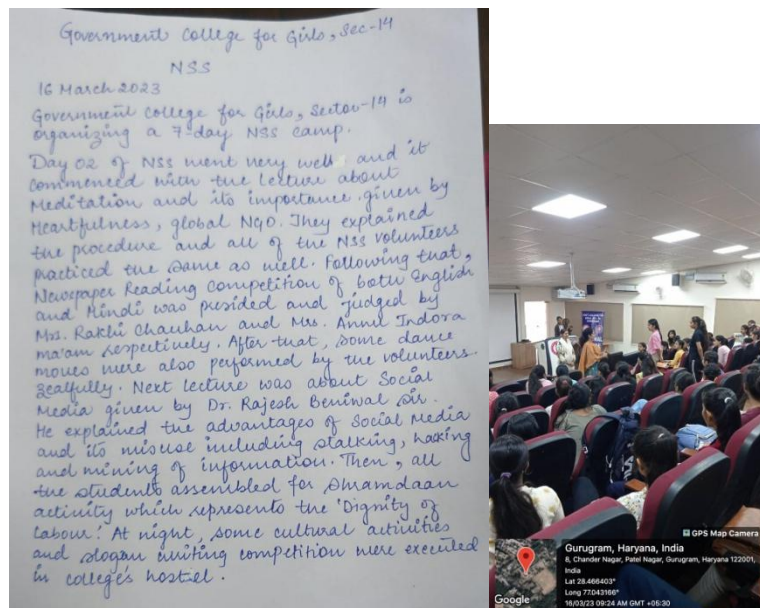


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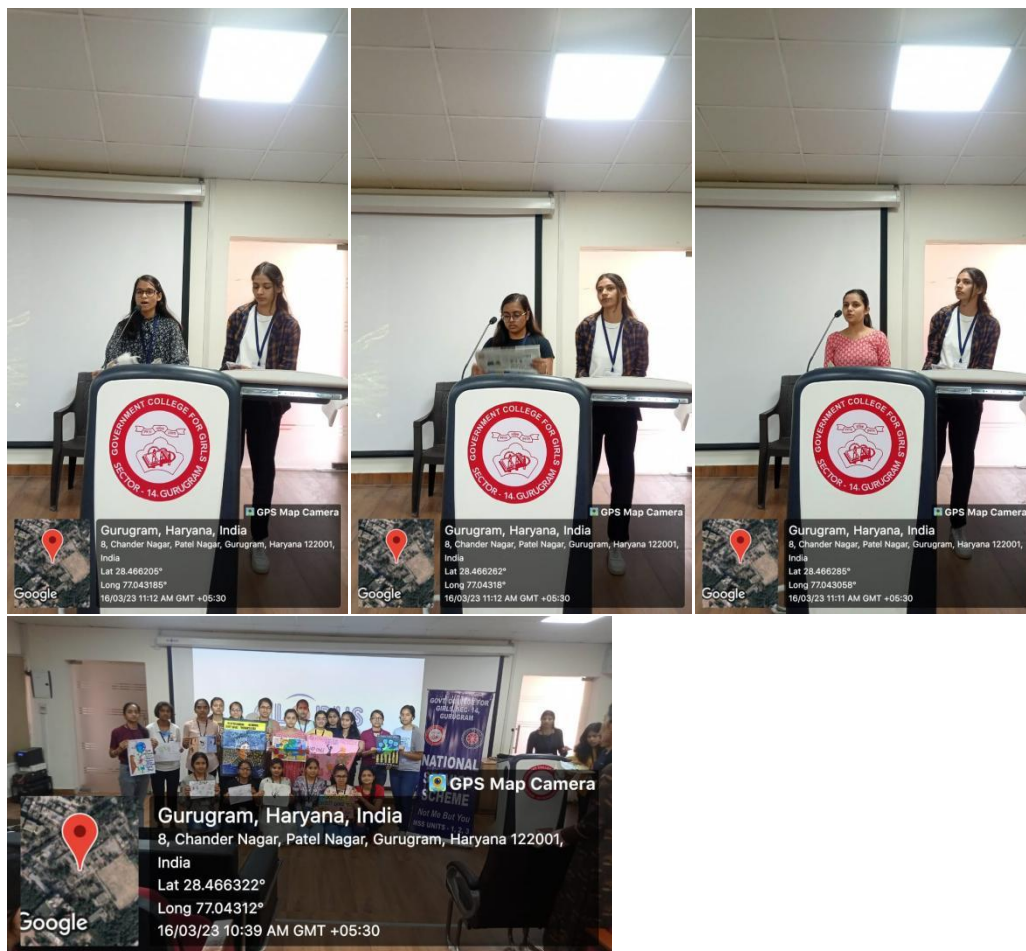


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Day-3: 17 March 2023

Day 3 of NSS (National Service Scheme) commenced with NSS song and clap, and meditation session in which we practiced cleanliness of soul by Heartfulness NGO group. After completion of very peaceful meditation session, Shramdaan was done by all the volunteers. Following shramdan, Dr. Lalita Gaur, Assistant Professor of Govt. College, Farukhnagar talked about importance of NSS including Pre-R.D. Camp. She also spoke about role of communication skills in our lives. After the lunch, all the volunteers assembled and performed Shramdaan activity in various departments and the allocated places.



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Day-4: 18 March 2023

Day 4 of NSS (National Service Scheme) initiated with Meditation session and prayer of Heartfulness NGO group in which they told about sleep pattern, BP, anxiety, and introduced HEARTS APP to us. Following the meditation and lecture, Shramdaan was done by all the volunteers. Following Shramdan, an extension lecture was delivered by our former principal Dr. Vijay Adlakha on the topic “Apna Nirmaan, Rashtra Nirmaan” and “Aatm Nirbhar Bharat”. After lunch, interested volunteers participated in the cultural activities organized during NSS camp.



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Day-5: 19 March 2023

Government College for Girls, Sector-14 is organizing a 7 day camp.

Day 5 of NSS (National Service Scheme) began with Meditation session . During this session, volunteers were gained the knowledge about the concept of Power of Intention, Empathy, connection and core, unity. Next lecture was given by our former NSS volunteer Ms. Nikita Sharma, founder of ECOSHALA and co-founder of ECOWACKO. She encouraged volunteer to start a side hustle and set your goals and try to achieve it by facing the challenges instead of giving up. She also shared the products made by Best Out of Waste. Following the above motivational session, NSS volunteer along with NSS Program officers and Principal Dr Ramesh Kumar Garg visited Chandan Nagar Basti and donated clothes and stationary items, to children and spread awareness about Education and Pollution. In the post lunch session, extension lectures were delivered by members of Dadhichi Deh Dan Samiti, New Delhi/Gurugramon 'Body And Organ Donation' by Dr. Kamal Khurana, Dr. Praveen Phogat, Dr. Geeta Ahuja, and Dr. Mamta Chopra.



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National Service Scheme (NSS)

Day-6: 20 March 2023

Government College for Girls, Sector-14 is organizing a 7 day camp.

Day 6 of NSS (National Service Scheme) initiated with Meditation by Heartfulness in which they told about context, causality, choices and community. After that, there was a lecture on Stress Management by Aashna Sethi from Ashoka University. Next lecture delivered by Ritu Raj, former NSS volunteer of our college about importance of Yoga. Following the lecture sports competitions were also organized, volunteers participated in the 100 meter race, and 100 meter back race. At the end of the competition, three best participants were selected in all competitions.

After lunch chief guest Mr. Naveen Goyal (State head, Department of environment protection & Co-founder of Canwinn) delivered a lecture on Tree plantation and environment conservation). At last other activities like Nukkad natak, documentary and declaration were organized by the volunteers.

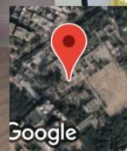


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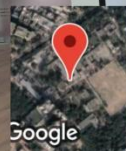
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राजकीय कन्या महाविद्यालय, सेक्टर - 14, गुरुग्राम में एन.एस.एस. द्वारा 'सात दिवसीय कैम्प' का सफा दिन

गुरुग्राम, 20 मार्च 2023 को एन.एस.एस. कैम्प के छठे दिन का गुरुग्राम स्वयंसेवकों द्वारा 'लक्ष्मी' गाकर किया गया। इसके बाद 'हार्मिकल मेशिनेर' के सदस्यों द्वारा स्वयंसेवकों को context, choices, causality एवं community के बारे में विस्तारपूर्वक वार्तालाप किया। तत्पश्चात्, कुमारी अरुणा शर्मा (स्टूडेंट ऑफ़ 'सोसायटी यूनिवर्सिटी') ने 'तनाव प्रबंधन' विषय पर स्वयंसेवकों के साथ अपने विचार साझा किए। इसके बाद कुमारी मृतुञ्जय (स्टूडेंट ऑफ़ 'ग्लोबल वहायुअर शास्त्री ऑफ़ योगा इंस्टीट्यूट') ने 'योगा' के महत्त्व के बारे में बताया। इसके बाद 'अंतः-दृष्टि' प्रतियोगिता 200m, 100m रैस का आयोजन किया गया।

दूसरे सत्र में 'मानवीय नेकता गोशाला' (राष्ट्रीय प्रमुख मर्यादण रक्षा विभाग व केन्द्रीय के सह-संस्थापक) ने 'व्यक्तिगत संरक्षण' पर स्वयंसेवकों को आगरा किया। इसके बाद महाविद्यालय प्राचार्य डॉ. रमेश कुमार गौरी एवं एन.एस.एस. अधिकारियों द्वारा सभी अतिथियों को 'मौलाना' देकर सम्मानित किया गया। तत्पश्चात् स्वयंसेवकों द्वारा 'महिला सशक्तिकरण' और 'सोशल मीडिया एवं साइबर क्राइम' पर चूल्का नाटक की प्रस्तुति दी गई।

शनि के समय सभी स्वयंसेवकों द्वारा 'सांस्कृतिक कार्यक्रम' का आयोजन किया गया। पूरे दिन की गतिविधियों का शकल आयोजन महाविद्यालय प्राचार्य डॉ. रमेश कुमार गौरी एवं एन.एस.एस. अधिकारी श्रीमती वैश्विका अग्रवाल, श्रीमती राजी लॉडिक और डॉ. लुपन की देख-रेख में हुआ।





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Day-7: 21 March 2023

The last day of the camp began with the Sharmdan by all the volunteers. During this, they cleaned the remaining areas of college campus. In the morning session, Ms. Ritu, assistant Professor, Commerce Dept, GCG, Sec-14, Gurugram delivered an interactive lecture. Following this, an extension lecture was delivered by Mrs. Priti Dhankar, Associate Professor, Govt. Girl College Rewari on Equality, Health and Nutrition. The lecture was very informative.

The last day of the camp was made special by the presence of Chief Guest Dr Rajiv Singh, Registrar, Gurugram University, Gurugram. During this, NSS Program Officers read the NSS 7 day camp activities report and all the activities performed during 7 day/night camp were also presented in the form of Video. Dr Rajiv Singh and Dr Ramesh Kumar Garg, Principal, GCG, Sec-14,Gurugram, distributed certificates and cash prizes to the winners of different competitions held during the camp. At the end, the Principal Sir and Dr Rajiv Singh motivated the volunteers with their inspirational speeches.



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राजकीय कन्या महाविद्यालय सेक्टर-14, गुरुग्राम में रा.स. एस. सात दिवसीय कैंप का समापन समारोह

गुरुग्राम, 21 मार्च 2023 को रा.स. एस. कैंप के अंतिम दिन का शुभारंभ स्वयंसेवकों द्वारा 'लक्ष्य जीवन' गीत किया गया। इसके बाद श्रीमती रीतु (सहायक प्रोफेसर) ने रा.स. एस. के महत्व के बारे में बताया। तत्पश्चात्, डॉ. प्रिती एनखंड (असिस्टेंट प्रोफेसर, डी. ए. वी. कन्या महाविद्यालय, कोसली) ने 'मोटे अनाज' के फायदों से अवगत कराया।

दूसरे सत्र में, रा.स. एस. कैंप के 'समापन समारोह' में मुख्य अतिथि के रूप में गुरुग्राम 'महाविद्यालय' के प्रिंसिपल डॉ. रानी सिंह को आमंत्रित किया गया। समापन समारोह की शुरुआत दीप प्रज्वालित और मस्सी जलाई। मुख्य अतिथि डॉ. रानी सिंह ने स्वयंसेवकों का उत्साह वर्धन किया। तत्पश्चात् महाविद्यालय प्राचार्य डॉ. रमेश कुमार वर्मा, मुख्य अतिथि एवं रा.स. एस. अधिकारियों द्वारा 'पुरस्कार वितरित' किए गए। महाविद्यालय प्राचार्य डॉ. रमेश कुमार द्वारा मुख्य अतिथि को पौधा और स्मृति चिन्ह देकर सम्मानित किया गया। इस उपलक्ष्य पर वरिष्ठ प्रोफेसर डॉ. सविता महेन्द्रा जी, डॉ. लक्ष्मी शर्मा, एवं डॉ. राणी बनीवाल भी उपस्थित थीं। सात दिवसीय में महाविद्यालय प्राचार्य डॉ. रमेश कुमार वर्मा एवं रा.स. एस. अधिपति श्रीमती अश्विनी सांगवान, डॉ. सुमन श्रीमती राखी अश्विनी ने कैंप की सफल बनाने में अहम भूमिका निभाई। रा.स. एस. स्वयंसेवकों ने सभी गतिविधियों में उत्साहपूर्वक भाग लेकर सात दिवसीय कैंप की सफल बनाया।





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NSS Seven day/Night Special Camp, 15-03-2023 to 21-03-2023
AWARD LIST for Competitions

S.No	Poster making competition	Slogan writing	Poem Recitation	Hindi Newspaper reading	English Newspaper reading
FIRST	BARBATA BA POLITICAL SCIENCE 1 st YEAR	LAJITA BSC 2 nd YEAR	ISHA BA 2 nd YEAR	ANUSKAN BA POLITICAL SCIENCE	SIMRAN VADAV BSC MEDICAL FINAL YEAR
SECOND	SREHA BA 3 rd YEAR	KORAL BSC MEDICAL NON MEDICAL 2 nd YEAR	SONALI BSC MEDICAL	DIYA BA ECONOMICS	ANUSKAN BA POLITICAL SCIENCE
THIRD	KIRAN BSC NON MEDICAL 2 nd YEAR	SNEHA BA 3 rd YEAR	GARIMA BA ECONOMICS HONOURS	PAVAL BSC MATHS HONOURS	LAKSHITA VATS BSC 2 nd YEAR

S.No	100m race	200m race	Back race	VIDEOGRAPHY	one-day 2 days
FIRST	SUNITA BCA FIRST YEAR	PARUL BA PASS COURSE	MUSKAN BA GEOGRAPHY HONOURS	Lalita and Jyoti (for Science) 2nd year	Sunita 8-CA Minraj
SECOND	JYOTI BSC MEDICAL	SUNITA BCA FIRST YEAR	MANO VADAV BSC MEDICAL FINAL YEAR	Hanshita 6SC maths Hons	Jyoti Rani
THIRD	RAM BA PASS COURSE	JYOTI JANGRA BS MEDICAL	JYOTI JANGRA BSC MEDICAL FINAL	Isha (write) and Kajal (write)	Neha 10th Vanshika 8 Com Neha





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National Service Scheme (NSS)

REPORT OF NEET (Not in Education, Employment or Training) survey (April-June 2023)

The NSS Units of Govt. College for Girls, Sector-14, Gurugram under the guidance of Principal Dr RK Garg, completed the NEET survey .

Volunteers of all the three units participated in the NEET survey. Our volunteers covered many areas of the adopted villages. The NEET survey contained 33 questions regarding the detailed information about family details, education types, whether the person is studying, in employment (Govt/Private/Self employed).



NSS Program Officers

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GOVT. COLLEGE FOR GIRLS, SEC-14, GURUGRAM

(Affiliated to Gurugram University, Gurugram)

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Unit-3: Ms. Ambika Sangwan

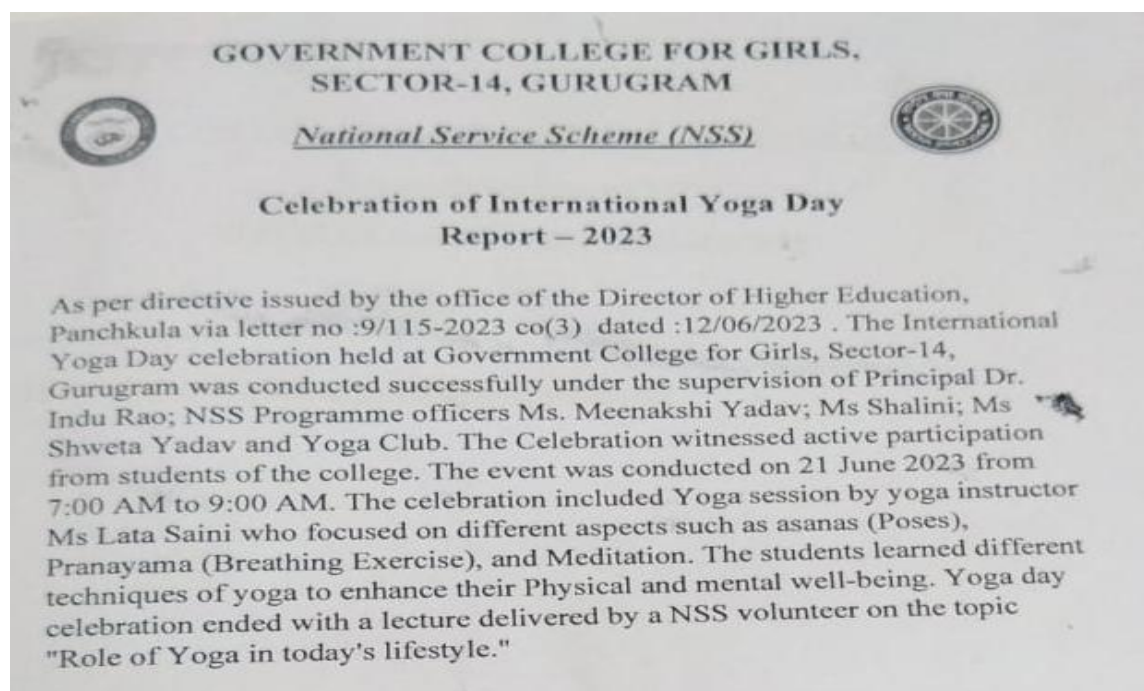


GOVT. COLLEGE FOR GIRLS, SEC-14, GURUGRAM

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National Service Scheme (NSS)

REPORT OF YOGA DAY CELEBRATION (21 JUNE 2023)





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NSS POs

PRINCIPAL