



**GOVERNMENT COLLEGE FOR GIRLS
SECTOR-14 GURUGRAM**



**NATIONAL SERVICE SCHEME(NSS)
ANNUAL REPORT
2024-25**

ADMISSION HELPDESK - JULY-AUGUST 2024

At the start of every session, students turn up in heavy numbers seeking admission and face various issues and confusion regarding venue of counsellings, documents needed, merit list and fee submission. To help students as well as their guardians seeking fresh admissions in session 2024-25, NSS volunteers organized a special help desk. NSS volunteers solved the queries of students and guided them onward to the correct venue regarding their courses.





TREE PLANTATION DRIVE - 13th JULY 2024

A Tree Plantation Drive was conducted on 13th July, 2024 by Eco Club and NSS Units of the Government College for Girls Sector -14, Gurugram in collaboration with Bharat Vikas Parishad under the guidance of our esteemed Principal Dr. Jitendra Malik. On this occasion trees were planted by our chief guest Dr. R.K. Garg, COE Gurugram University, Mr. Arvind (SHO, Gurugram) and Dr. R.K Aggarwal along with team members of Bharat Vikas Parishad. A total of around 50 saplings of Jamun, Imli, Sehjan, Bakaan and others were planted by faculty members and students of GCG - 14. Mr. Arvind and Mr. Aggarwal elaborated on the need of trees in our life and also shared their views regarding the importance of planting trees in the present scenario. The saplings were planted in the lawn of the science block and chemistry department.

The idea behind the tree plantation drive was to spread the message of environmental sustainability and handle the many environmental issues like deforestation, erosion of soil, global warming and hence enhancing the beauty and balance of the environment. Participation was seen from students of various disciplines and NSS volunteers with a great level of enthusiasm.

The occasion was graced by the staff of GCG, Sec.-14 Dr. Pushpa Antil (Vice Principal), Ms. Anita Rathee (Convenor of Eco Club) with her team, NSS POs along with faculty members of the college.



“EK PED MAA KE NAAM CAMPAIGN” - 26th JULY 2024

A Tree Plantation Drive was conducted on 26th July, 2024 by NSS Units to celebrate the “**Ek Ped Maa ke Naam Campaign**” under the guidance of our esteemed Principal Dr. Jitendra Malik. On this occasion trees were planted to promote environmental sustainability and honor mothers by encouraging the planting of trees in their name. The "Ek Ped Maa Ke Naam" campaign successfully combined environmental conservation with a heartfelt tribute to mothers, creating a meaningful and impactful movement. The positive response and active participation from the community highlights the potential for future growth and sustainability of this initiative. Together, we can continue to make a difference, one tree at a time. The saplings were planted in the lawn of the Computer Science and Biotechnology Department.

A total of around 50 saplings of Champa, Gudhal, Chameli, Shami, Raat Ki Raani and others were planted by faculty members and NSS Volunteers of GCG - 14. The occasion was graced by the

staff of GCG, Sec.-14 Dr. Sunita Dhaka, Ms. Manjula Verma, Dr. Nirmal, Ms. Sangeeta Bhatia, Dr Kiran, Dr Seema, NSS POs Dr. Prachi, Dr. Mansi Arora, Ms. Jyoti along with faculty members of the college.



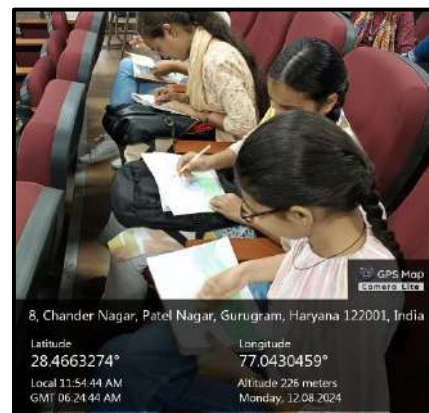


HAR GHAR TIRANGA CAMPAIGN - 12th AUGUST 2024

The "Har Ghar Tiranga" campaign was enthusiastically celebrated at Government College for Girls, Sector 14, Gurugram, on 12th August 2024, reflecting a strong sense of patriotism and national pride among the students and staff. The event was part of the larger nationwide initiative launched by the Government of India for fostering a deep sense of patriotism and national pride among the citizens. The following activities were conducted as part of the campaign:

1. Tiranga Making

The volunteers were informed about the significance of the national flag and the history behind its colours and design. They enthusiastically made paper Tirangas for Tiranga selfie and Yatra. Students were encouraged to hoist the national flag at their homes as part of the campaign's objective to deepen the connection with the tricolor.



2. Tiranga Pledge and Tiranga Selfie

The Tiranga Pledge is a solemn commitment taken by students and citizens to honor and respect the Indian national flag, "Tiranga." Students uploaded their selfies on <https://harghartiranga.com> and took pledge.



3. Tiranga Yatra:

A Tiranga Yatra was organized within the college premises as well as in the neighbouring area where students carried the tricolor and raised slogans of patriotism. The yatra saw active participation from the students and staff, showcasing their love for the country.



4. Tiranga Concert

The college organized a cultural program – Tiranga Concert where students sang patriotic songs and Tiranga Anthem. These performances were met with enthusiasm. The ceremony concluded by the singing of the national anthem by the students, fostering a spirit of unity and patriotism.



Overall, the "Har Ghar Tiranga" campaign was a memorable event at the college, leaving a lasting impression on everyone involved. The campaign was successfully coordinated by NSS Program Officers Dr. Prachi, Dr. Mansi, and Ms. Jyoti under the guidance of Principal Dr. Jitendra Malik.

DRUG DEADDICTION RALLY - 12th AUGUST 2024

The NSS, NCC and Youth Club members of the college participated in a **Drug Deaddiction Rally** on August 12th 2024, to celebrate freedom from drugs by taking the oath of saying **NO to addiction** and **YES to a healthy life**. The rally was flagged off by Principal Dr. Jitendra Malik. Further, a **Basketball Match** was organized to encourage students to stay physically active and not indulge in drugs. The students also took **"Say Yes to Life. No to Drugs" Pledge**. This event was a step towards a healthy lifestyle and raising awareness against drug abuse. The event was successfully coordinated by NSS POs Dr. Prachi, Dr. Mansi Arora, NCC ANO Lt. Poonam Duhan, Ms. Jaya. Dr. Ritu, Dr. Roma, Dr. Jitender Rawat under the able guidance of Principal Dr. Jitendra Malik.





INDEPENDENCE DAY CELEBRATION – 15th AUGUST 2024

The Government College for Girls, Sector 14, Gurugram, marked the 78th Independence Day with great enthusiasm and patriotic fervor. The event witnessed participation from students, NSS and NCC Volunteers, faculty members to honor the nation and its freedom fighters.

The National Flag was hoisted by Respected Principal sir Dr. Jitendra Malik. As the flag unfurled, the national anthem was sung with pride by everyone present, echoing the patriotic spirit across the campus.



“EK PED MAA KE NAAM CAMPAIGN”- 15TH TO 24TH AUGUST 2024

The NSS Units of Government College for Girls, Sec-14, Gurugram celebrated **Ek Ped Maa ke Naam Mega Plantation Drive** under the able guidance of Principal Dr. Jitendra Malik and the college gardeners for 1 week with a target of planting 1000 trees in the college campus and distribution of plants to students so as to capture Gurugram and neighbouring areas making it an outreach activity. In the college campus NSS volunteers planted trees by digging up pits and watering the plants to maintain them. Plantation was done in triangular area adjacent to sports ground and mini forest belt from new science block to hostel. To make this campaign reach many students plants were donated to students by NSS volunteers so that they can plant them with their family and friends.

Volunteers adopted plants and pledged to take care of the plants. Approximately 1000 saplings of various tree species, including Imli, Gulmohar, Kachnar, Papdi, Lemon, Neem, Sheesham, Jungle Jalebi and Guava were planted in collaboration with various departments of the college. The event was successfully coordinated by NSS POs Dr. Prachi, Dr. Mansi Arora, Ms. Jyoti.





INTRA-COLLEGE POWER-POINT PRESENTATION COMPETITION ON DRUG AWARENESS - 30th AUGUST 2024

An intra-College PPT (PowerPoint) presentation was held at Government College for Girls Sec-14 Gurugram on 30/08/2024 with respect to the letter no-KW DHE-010001/2/2021-Coord.(1) dated 26/03/24 to address the pressing issue of drug de-addiction and awareness under the able guidance of Principal Dr. Jitendra Malik. The event aimed to raise awareness about the complexities of drug addiction, share effective strategies for de-addiction, and promote healthier lifestyles among participants. Students participated with full enthusiasm making a commitment to spread awareness around prevention of drugs. The objective of this event was to inform participants about the causes, effects, and treatment of drug addiction. Students discussed various methods and approaches for effective drug de-addiction. They also highlighted the importance to create supportive environment for individuals struggling with addiction and those interested in supporting de-addiction efforts. The event was successfully organized by Mr. Jitender Rawat

Convener of Drug Awareness Campaign, Dr. Rajesh Kumar, Ms. Vasudha Sharma, Dr. Shweta Sharma, NSS Programme Officers Dr. Prachi and Ms Jyoti was also present in this event.

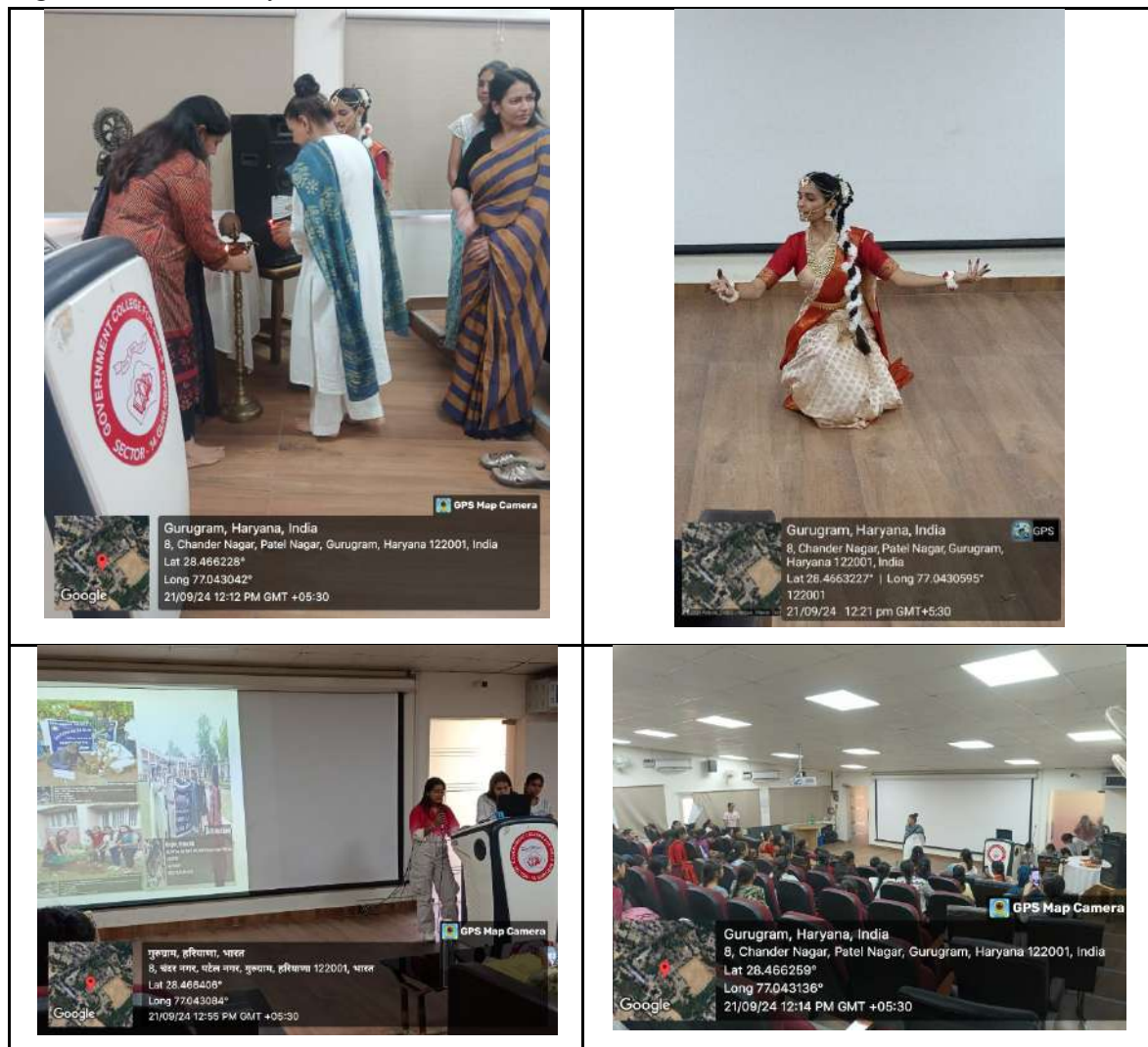




ORIENTATION PROGRAM - 21st SEPTEMBER 2024

An orientation program for the newly recruited NSS Volunteers was organized on 21st September 2024. The program began with the lighting of lamp by Chief Guests Dr. Sunita Dhaka and Dr. Anju Chaudhary followed Saraswati Vandana by Akanksha. The volunteers were introduced to the aim and vision of NSS. They were familiarized with NSS Logo, Clap and Song. They were

informed about the various NSS Activities and camps conducted in the college and the requirements for the NSS Merit Certificates through power point presentation by NSS Volunteers Astha, Kinjal, Sakshi, Pushpa, Ruksar, Sheetal and Alka. NSS Senior Volunteers who had attended Adventure and National Integration Camps shared their experiences and motivated the volunteers to participate in the same. Dr. Anju Chaudhary motivated students for community service and the role of NSS in shaping the personality of the volunteers. The volunteers were also guided for registration on the My Bharat Portal.



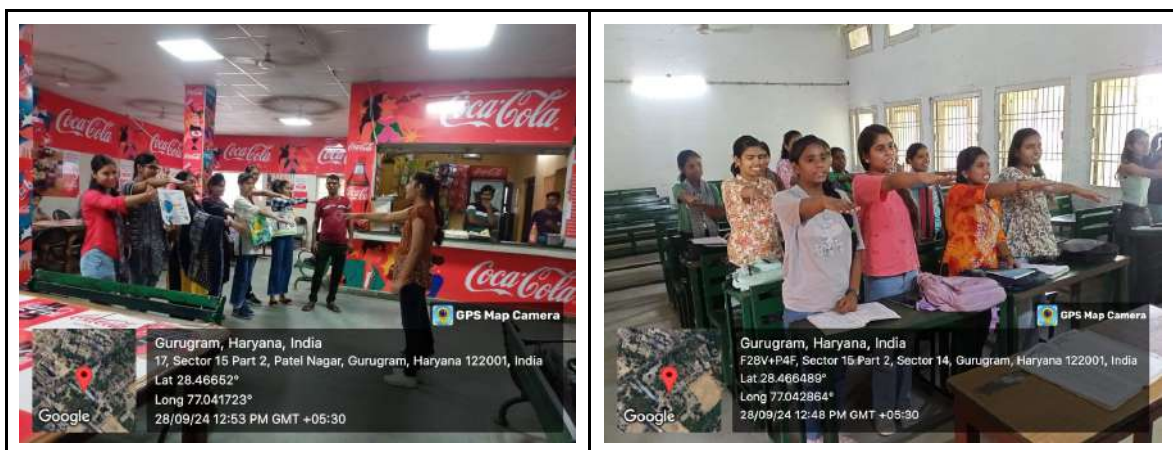
One Day Camp: 28th SEPTEMBER 2025

Swachhata hi Seva and Poshan Maah campaign

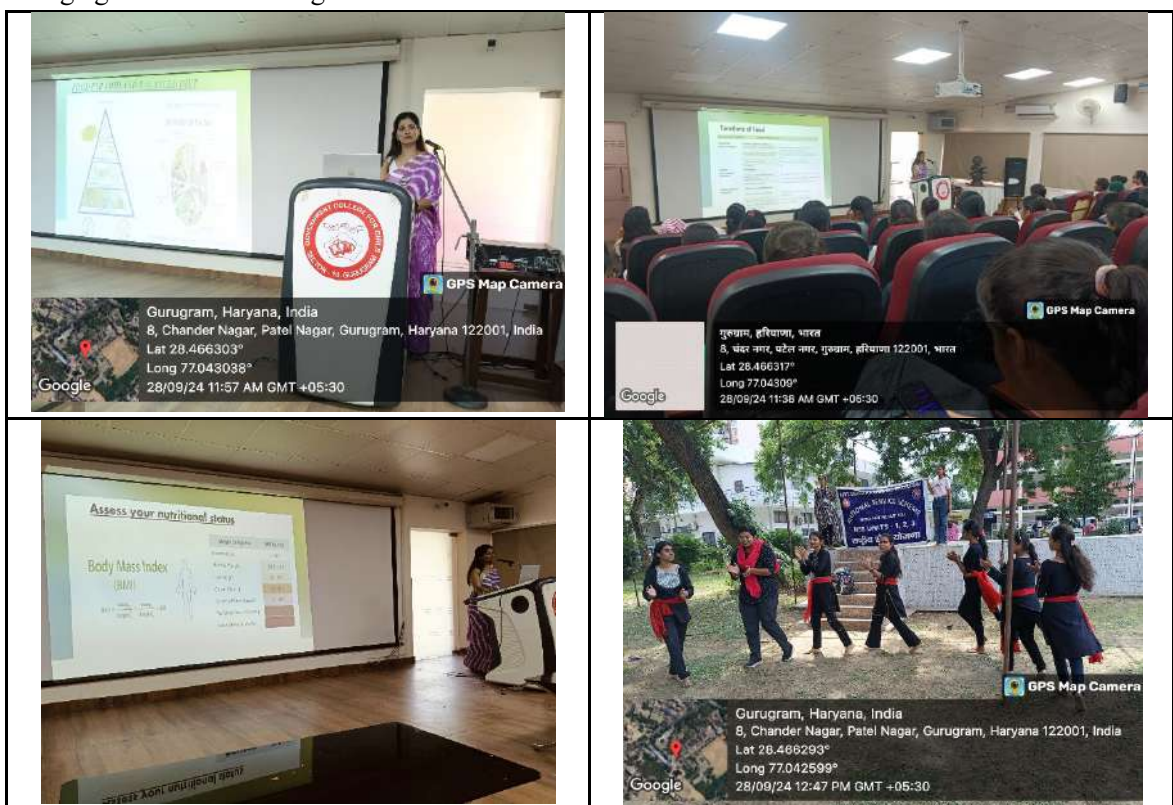
One Day camp was celebrated by NSS Units on 28th September, 2024. Under the Swachhata hi Seva campaign. Under the Swachhata campaign poster making competition, classroom cleanliness awareness campaign, reduce reuse recycle and single use plastic alternatives awareness was organized. The program was presided over by NSS programme officers Dr. Prachi, Dr. Mansi

Arora, Ms. Jyoti. NSS volunteers organised this event in college to promote cleanliness and raise awareness among the college students by visiting all classes and canteen in college campus and conducting Swachhata pledge. Through these direct engagements, they aimed to encourage more than 1000 students and foster a culture of cleanliness.





Under the Poshan Maah campaign an expert lecture on Nutrition and health was given by Dr. Sikandra from the Home science department. The speaker highlighted the importance of healthy food and harmful effects of packed food and food colours. She also motivated the students to adopt a healthy lifestyle. NSS volunteers also performed Nukkad Natak on "Healthy lifestyle" with the theme of **Aj Se Thoda Kam** in college ground to reach large number of students.



POSHAN MAAH CELEBRATIONS (SEPTEMBER 2024)

Nutrition month was celebrated in the college by the department of Home Science and NSS units. As part of this celebration a number of activities were conducted in the college.

Activity 1: 17th September 2024

A Free Health check-up camp was organised by the AYUSH department and medicines were also provided by them to the students as per prescription. Yoga session was conducted by Dr. Bhudev in the Physical Education department for the benefit of students. He emphasized on daily practicing of yoga and pranayama for maintaining good health.



Activity 2: 17th September 2024

A lecture on the “Importance of Nutrition for Adolescent Girls” was delivered by Dr. Geetanjali Arora to guide students regarding benefits of healthy eating habits. The Chief Ayurveda Officer Dr. Manju Bangar held an interactive session with students to clear their doubts regarding food to be eaten and avoided during menstruation. A large number of students participated in the event and benefited with the wisdom of Ayurveda. Winners of poster making competition organized in the Home Science department were given prizes and certificates by CAO Dr. Manju Bangar, Dr.

Mili and NSS units in charges. Guidance of Principal sir, Faculty of Home science, physical education, NSS units, team of doctors and participants made this event a grand success.



Activity 3: 18th September 2024

NSS Units organised **Women Wellness and NCD camp** on 18th Sept 2024 under Poshan Maah 2024. The event began with the welcoming of honourable guest Dr. Bhudev, the experienced yoga practitioner. A nice **MENTAL AND PHYSICAL HEALTH TALK** was given by Dr. Ajay. He stressed on coping with stress and anxiety for suicide prevention. A health talk on **NCD, breast cancer awareness** by was given by Dr. Savita. Students were made aware of **Mensural Hygiene** by Dr. Sonika. **Haemoglobin testing** was also conducted by nurse Somvati as a part of camp. All the sessions of doctor's motivated students to think differently about their own health and society 's hygiene as well. The highlight of the activity was the **LIVE SESSION on CPR THERAPY** and about the measures taken while performing CPR. NSS officers Dr. Prachi, Dr. Mansi, Ms. Jyoti organised the camp along with their volunteers.







Activity 4: 21st September 2024

The NSS units organised an Extension Lecture on 21st Sept 2024 under the theme of "Poshan Maah" on the topic "**Fortified Food**" by **Dr. Parul** from the Home science department. Speaker highlighted the importance of a balanced and complete meals. She told the students ways to add micronutrients to the regular food items to make food more nutritious and prevent the deficiency of vitamins and minerals.



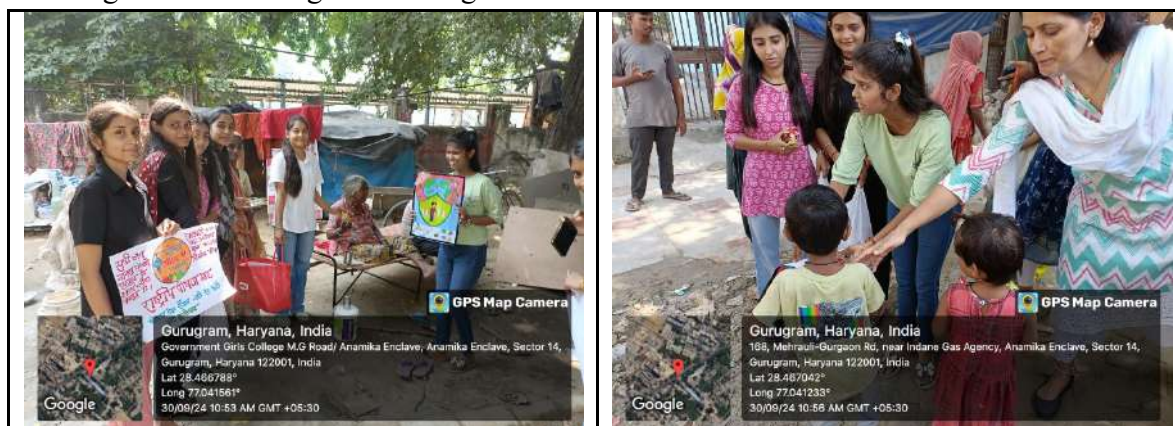
Activity 5: 28th September 2024

The NSS organised an extension lecture on 28 Sept 2024 under the theme of "Poshan Maah" on the topic "**Nutrition and Health**" by Dr. Sikandra from the Home science department. The speaker highlighted the importance of healthy food and harmful effects of packed food and food colours. She also motivated the students to adopt a healthy lifestyle.



Activity 6: 30th September 2024

In the series celebrating Poshan Maah, on 30th September, a rally was organised by the students of the Home Science Department and NSS students under the supervision of Principal Dr. Jitender Malik. Students and teachers voluntarily donated food items for the purpose of distribution among the underprivileged children and women. Staff of the Home Science department, Dr. Mili, Dr. Sikandra, Leena, Arti. Parul, and Priyanka, along with NSS incharges Dr. Prachi, Dr. Mansi, and Dr. Jyoti, accompanied students in the rally and food distribution in the slum area. The rally was organised to create awareness among youth and needy persons regarding the importance of nutrition and a balanced diet in maintaining good health. Students were happy and motivated after donating and distributing food for a good cause.



“Run for Unity Marathon”- 31st October 2024

The "Run for Unity" marathon was organized to commemorate *National Unity Day*, observed on 31st October 2024 at 6:30 AM at Leisure Valley Park, Gurugram to honor the birth anniversary of *Sardar Vallabhbhai Patel*, the Iron Man of India. The event aimed to promote the message of unity, strength, and integrity among citizens.

- Hundreds of participants from diverse age groups and backgrounds gathered to take part in the marathon, reflecting a strong community spirit.
- The run followed a designated route around Sector 29, with adequate safety, hydration, and medical arrangements provided by the administration.

NSS Volunteers participated in the Run for Unity Marathon in celebration of Sardar Vallabhbhai Patel's birth anniversary. Approximately 60 volunteers participated in the marathon fostering unity and harmony among all.





NUKKAD NATAK ON DRUG ABUSE AND DRUG AWARENESS – 20TH NOVEMBER 2024

The NSS Volunteers organized a Nukkad Natak on 20/11/2024 on the topic "Drug abuse and Drug Awareness" with the aim of familiarizing the students and NSS volunteers with the disadvantages of drugs as the youth's future gets completely destroyed with drugs. The Nukkad Natak successfully highlights the urgency to combat substance abuse, urging everyone to contribute to a drug-free and healthy India. It serves as a powerful reminder that the responsibility to build a better society begins with each individual's choice to say "NO TO DRUGS". Students conveyed a powerful message about the destructive consequences of substance abuse on addicts and their families. They enacted the story of victims and the pathetic condition of their families who got gripped with the problems of drug abuse. Dissuading impressionable youth from the fake glamour of drugs, the Nukkad Natak portrayed the traumatic life of drug addicts with high negative impacts on body, brain and behaviour too. The event was organized successfully organized by NSS POs Dr. Prachi, Dr. Mansi and Ms. Jyoti under the leadership of Dr. Jitendra

Rawat (Convener Drug Awareness Campaign) and Dr. Jitendra Malik (Principal).





Constitution Day Padyatra: 25th November 2025

A total of around 70 NSS Volunteers accompanied by NSS PO Dr. Mansi Arora participated in the Padyatra to commemorate the 75th Constitution Day on 25th November 2024 at Major Dhyan Chand Stadium, India Gate. The Padyatra was led by Union Minister of Youth Affairs & Sports and Labour & Employment, Dr. Mansukh Mandaviya on the theme '*Mera Samvidhan Mera Swabhiman*'. The Padyatra followed a route starting at Major Dhyan Chand National Stadium, passing through landmarks such as Kartavyapath and India Gate, and culminating back at the stadium. At the starting point, a comprehensive exhibition showcased the journey of the Indian Constitution and highlighted the contributions of key figures. Along the route, the Padyatra featured vibrant cultural exhibitions at various locations. Participants enjoyed mesmerising cultural performances, including traditional Gujarati dances, Rajasthani folk dances, and energetic Punjabi Bhangra. The Padyatra, aimed at promoting constitutional values among youth, featured a special ceremony at India Gate where youth collectively read the Preamble. This activity highlighted the Preamble's role as the foundation of India's Constitution and its core values of justice, liberty, equality, and fraternity.





Netaji Subhash Chandra Jayanti Celebration: 23rd January 2025

Municipal Corporation Gurugram organized a grand program on 23 January 2025 on the birth anniversary of Netaji Subhash Chandra Bose at 9:30 am in Netaji Subhash Chandra Bose Park, Sector-14, Gurugram. The NSS Volunteers along with NSS POs Dr, Prachi, Dr. Mansi and Ms. Jyoti participated in these celebrations. Additional Commissioner of Municipal Corporation Gurugram Dr. Balpreet Singh was present as the chief guest and Joint Commissioner of Municipal Corporation Gurugram Shri Jaiveer Yadav was present as the special guest. The program was presided over by outgoing councilor of ward number 6, Shri Anoop ji. All the respected RWA, market associations, schools, colleges, social workers and social organizations graced the program by attending it. The NSS volunteers of our college enacted a Nukkad Natak in the event, highlighting the disadvantages of plastic use and giving the message of adopting sustainable environmental practices. All the participants were given certificates.



REPUBLIC DAY CELEBRATION – 26th JANUARY 2025

Today on 26.01.2025, "Republic Day" was celebrated with great enthusiasm in Government Girls College Sector-14, Gurugram. On this occasion, Principal Dr. Jitender Malik Ji benefited the students by his speech. In the program, Ruksar, a BA second year Hindi Hons. student expressed her feelings. Apart from this, Dr. Amitesh Bokan (Assistant Professor, Hindi) gave very important information on the subject of 'Republic Day'. Today's program was efficiently outlined by National Service Scheme (NSS) program officers Dr. Prachi and Dr. Jyot., Dr. Rakhi Kaushik and Dr. Rashmi Joshi efficiently conducted the program. On this occasion, all the lecturers and employees of the college were present.



DEWORMING DAY: 11TH FEBRUARY 2025

On February 11, 2025 National Deworming Day under the guidance of Principal Dr. Jitendra Malik, in collaboration with the NSS Units and the Youth Red Cross Society. The program was inaugurated by Dr. Malik, who commenced the initiative by distributing deworming tablets to the students. A total of 600 Albendazole tablets were administered free of cost to the students, aimed at promoting health and preventing intestinal worm infections. The tablets were provided by Ms. Raj Kumari from UPHC Patel Nagar. The NSS volunteers played a vital role in the successful execution of the event, ensuring smooth distribution and assisting fellow students throughout the process. The volunteers actively participated in the event, demonstrating their enthusiasm and commitment to health awareness. The event was also attended by Dr. Prachi, Dr. Jyoti, Mrs. Indu

Rathi (Convener of the Red Ribbon Committee), and other faculty members, whose support was instrumental in making the event a success.





Special Seven Days NSS Camp
Theme: Youth for My Bharat and Digital Literacy

DAY 1- 15:02:2025

The first day of the NSS 7 Days Camp, themed "Youth for My Bharat and Digital Literacy," commenced with enthusiasm and a vibrant spirit. The event began with a warm welcome for the esteemed guests, Mr. Ashok Yadav, Retired Associate Professor of the Mathematics Department, and Dr. Rajesh Yadav, Child Specialist followed by the auspicious Ganesh Vandana and Deep Prajwalan. This was accompanied by a soulful Saraswati Vandana and a melodious Welcome Song that set a positive and energetic tone for the day.

Adding to the cultural flavour, the audience was enthralled by a captivating Haryanvi Dance and an energetic Punjabi Dance, beautifully performed by talented students.





Inaugural Session

The inaugural session was graced by the chief guests:

Both dignitaries enlightened the volunteers with their motivational words. They emphasized the significance of digital literacy in today's era and how it can contribute to personal and national growth. Dr. Rajesh Yadav also charmed the audience with his delightful humor and poetic "Shayaris," making his address informative and entertaining. During the inaugural session, the esteemed Principal, Dr. Jitendra Malik, delivered an inspiring speech that left a lasting impact on all the volunteers. He encouraged the youth to actively participate in nation-building, emphasizing the importance of digital literacy in empowering the next generation. Through his motivational words, he urged the volunteers to be proactive, responsible citizens who contribute positively to society.





Dr. Malik also took a moment to recognize and congratulate Pooja, one of the NSS volunteers, who proudly represented the college in the Republic Day Parade. He applauded her dedication and hard work, encouraging others to draw inspiration from her achievements. His words not only honored her remarkable accomplishment but also ignited a sense of pride and motivation among all present.

The first half of the event concluded with Dr. Mansi Arora, one of the Program Officers, delivering a heartfelt vote of thanks to the esteemed guests. This was followed by a group photograph, capturing the cheerful faces of all the NSS volunteers and dignitaries.



Second Session

The second half of the day began with Dr. Prachi, Program Officer, welcoming the following distinguished guests:

- Advocate Neha Chaudhary
- Mr. Ashish Kochhar, Mentor from the White Daisy Foundation
- Mrs. Nidhi Chawla, Mentor from the White Daisy Foundation

Advocate Neyha Chaudhary delivered an enlightening session on the POSH Act (Prevention of Sexual Harassment at Workplace). She educated the audience about the process of filing complaints, how the organization handles investigations and shared insights on various acts safeguarding women's rights. She also spoke about the consequences of false allegations, ensuring an informed understanding of the law.

Mr. Ashish Kochhar highlighted social issues such as illegal amniocentesis and female foeticide, emphasizing the need for awareness and preventive measures.

Mrs. Nidhi Chawla inspired the volunteers with her views on healthy feminism and women empowerment. She stressed the importance of women having the freedom to make their own choices, voice their opinions, and pursue their desires through hard work and independence. She also addressed career-related queries, guiding the volunteers in choosing suitable career paths.



The event concluded with the Program Officer expressing gratitude to all the guests for their valuable time and insightful sessions. The day ended with the formation of teams among the NSS

volunteers for the upcoming activities of the 7-days camp. A brief overview of the forthcoming events and activities was also shared, building anticipation and excitement among the volunteers. The first day of the NSS camp was a resounding success. It left a profound impact on the volunteers and encouraged them to be proactive youth leaders contributing to a digitally literate and empowered society.

DAY 2- 16:02:2025

The second day of the NSS camp was filled with learning, community service, and fun activities. The day began with a mock drill for the NSS parade scheduled for Sports Day. The drill was conducted by Pooja, an experienced NSS volunteer who had the honor of attending the Republic Day (RD) camp.

Pooja shared her invaluable experience at the RD camp, enlightening us about the selection process, the mandatory requirements, and the number of rounds one needs to clear to get selected. Her journey was inspiring and motivated volunteers to aim for such prestigious opportunities.

After the drill, the NSS Program Coordinator prepared and finalized the NSS teams for upcoming activities. The teams were then assigned their tasks and prepared for the day's community outreach.

Visit to Chandan Nagar Basti

All NSS volunteers visited Chandan Nagar Basti, located near the college. During the visit, volunteers interacted with adorable little kids and took the opportunity to spread awareness about **cleanliness** and **stop drug abuse** through impactful **Nukkad Nataks**. These street plays were not only educational but also entertaining, effectively conveying the message to the community.





In a heartfelt gesture, all volunteers donated essential items to the children and their parents, including soaps, toothbrushes, books, clothes, slippers, and food items.





The day continued with fun activities where students played games, performed dance routines, and shared **shayaris**. The atmosphere was filled with joy and laughter, fostering a sense of unity and togetherness.

NIC Camp Experiences

During the event, some students shared their experiences from **National Integration Camps (NIC)**. One team shared story from their camp in Jammu and Kashmir, while another team narrated their adventures in Ambala. They spoke about the challenges they faced, the fun activities they participated in, and the valuable lessons they learned during their NIC journeys.

Shram Daan Activity

Following the sharing session, a **Shram Daan** activity was organized. In this initiative, a group of volunteers went to the hostel campus and cleaned the area. It was a fulfilling experience that promoted the importance of maintaining a clean environment.



Fireless Cooking Challenge

To end the day on a fun and tasty note, volunteers organized a **Fireless Cooking Challenge**. Teams 1, 2, and 3 showcased their culinary skills by preparing delicious dishes without using fire. They then sold their creations, adding an element of excitement and entrepreneurship to the activity. It was a delightful and flavorful way to conclude the day.



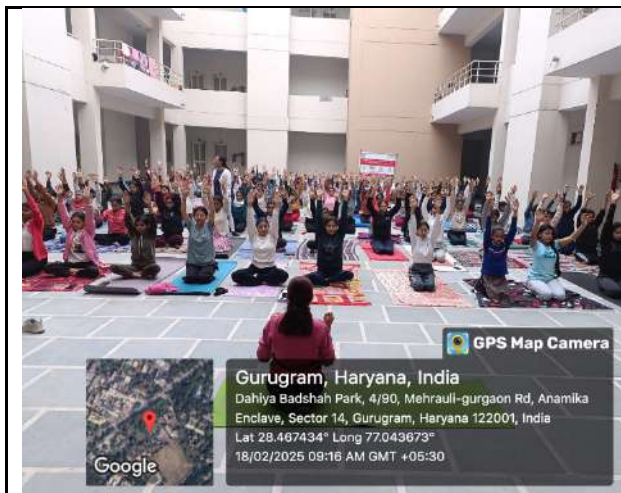
Overall, the second day of the NSS camp was a perfect blend of learning, community service, and fun. It left a lasting impact on all of us, enriching the experiences and strengthening the bond as NSS volunteers.





DAY 3- 17:02:2025

The third day of the NSS camp was filled with learning, creativity, and engaging activities. The day commenced with a two-hour yoga session conducted by Ms. Riddhi as part of Project Pavitra by The Art of Living Foundation. Participants enthusiastically took part in performing various asanas, mudras, and pranayama, promoting physical and mental well-being, especially during periods.





Following the yoga session, a poem recitation competition was organized. The participants showcased their poetic skills with expressive recitations. The competition was judged by esteemed evaluators who carefully assessed the performances. After a thorough evaluation, the winners were announced, and prizes were distributed to recognize their efforts.



The next activity of the day was a poster competition on the theme of "Digital Literacy." Participants expressed their thoughts and creativity through visually appealing and informative posters, emphasizing the importance of digital awareness in today's world.



The day concluded with an exciting "Fireless Cooking" activity, where teams 4, 5, and 6 demonstrated their culinary skills without using fire. The teams prepared innovative and delicious dishes, highlighting teamwork and creativity. Overall, the third day of the NSS camp was a blend of physical wellness, artistic expression, and skill development, making it a memorable experience for all participants.





DAY 4- 18:02:2025

The fourth day of the NSS camp was filled with engaging and insightful activities. The day commenced with the second two-hour session of yoga conducted by Ms. Riddhi as part of Project Pavitra. The session focused on enhancing physical and mental well-being, helping students to develop mindfulness and flexibility through various yoga asanas and breathing exercises.



Following the yoga session, volunteers participated in the 61st Annual Athletic Meet held at the college. NSS and NCC students took part in the march for the inauguration of the event, showcasing discipline and enthusiasm. The flag hoisting ceremony was conducted by the esteemed chief guest, marking the official commencement of the athletic meet. The event featured various sports activities, including races, shot put, and discus throw, encouraging students to exhibit their athletic skills and sportsmanship.



Later in the day, volunteers attended an informative session on entrepreneurship led by Ms. Smriti and her team. The session provided valuable insights into how startups are established, the challenges faced by entrepreneurs, and strategies for building a successful business. It was an inspiring session that motivated students to explore entrepreneurial opportunities and think innovatively.



Another crucial session was conducted on Tuberculosis (TB) awareness. The discussion covered various aspects of TB, including its causes, symptoms, prevention methods, and government initiatives to eradicate the disease. This session played a significant role in spreading awareness about a major public health issue and educated the volunteers on the steps they can take to contribute to TB prevention efforts.



In the latter part of the day, volunteers engaged in Shramdaan within the college premises. This activity emphasized the value of community service and the importance of maintaining cleanliness in the surroundings. NSS volunteers actively participated in cleaning and organizing designated areas, reinforcing the spirit of selfless service and responsibility towards society.

The day concluded with an exciting fireless cooking competition conducted by teams 7, 8, and 9. The participants showcased their culinary creativity by preparing delicious and innovative dishes without using fire. This activity highlighted teamwork, resourcefulness, and healthy cooking practices.

Overall, the fourth day of the NSS camp was enriching, with a perfect blend of physical fitness, awareness sessions, social responsibility, and creativity. Each activity contributed to the personal growth and reinforced the core values of NSS.

DAY 5- 19:02:2025

The fifth day of the NSS camp was marked by insightful and engaging activities, beginning with a refreshing morning exercise and running session. The physical activities helped energize the participants and set a positive tone for the day. The concluding session of Project Pavitra was also held.



Following this, volunteers welcomed a group of esteemed doctors from the Gulabi Pankh Association. Dr. Reema Goel introduced the volunteers to the organization, explaining its mission and the various initiatives it undertakes to promote health awareness and well-being.

Next, volunteers attended an enlightening session on the topic "Knowledge is Power," delivered by Dr. Savita Chaudhary. The talk emphasized the importance of education and awareness in shaping an empowered society. To further reinforce this theme, a few students presented impactful slogans and a self-composed poem on "Knowledge is Power," highlighting the significance of learning and intellectual growth.

Dr. Ajay Arora then shared valuable insights on the interconnection between health and knowledge, stressing the importance of maintaining both for overall well-being. This led to a panel discussion on the theme "Health is Wealth," where experts addressed common health concerns, particularly those faced by females. Topics such as menstrual health, hygiene practices, and effective ways to manage cramps were discussed in detail. The panel also guided PCOS, its symptoms, and the necessary lifestyle changes required for its management. Additionally, one of the doctors elaborated on issues like acne and hair loss associated with PCOS, sharing preventive measures and treatment options.

One of the highlights of the day was an informative skit performed by the visiting team on the HPV vaccine. The skit emphasized the importance of vaccination for both girls and boys, detailing the required doses and the benefits of immunization against HPV-related diseases.



**INDIAN MEDICAL ASSOCIATION
GULABI PANKH GURUGRAM**
एक जागरूक समाज की उड़ान



PROGRAMME DETAILS:

19th Feb 2025

9:00 AM - 10:30 AM
Venue: Govt Girls College, Opposite Kalyani Hospital


DR. AJAY ARORA
PRESIDENT, IMA GURGAON


DR. UMESH GUPTA
SECRETARY, IMA GURGAON


DR. SAVITA CHAUDHARY
CHAIRPERSON GULABI PANKH, HARYANA


DR. REEMA GOEL
CHAIRPERSON GULABI PANKH GURGAON


DR. ANJU SHARMA
DISTRICT COORDINATOR, GURGAON


DR. SHIKHA JAIN


DR. ABHISHEK GOEL


DR. PUSHPA BISHNOI


DR. BALUJA


DR. RITU JAIN


DR. ANITA AGG.


DR. MEENU SALUJA


DR. SEEMA LALL

| Program | Speakers |
|------------------------------|--|
| Introduction to Gulabi Pankh | Dr. Reema Goel |
| Knowledge is Power | Dr. Savita Chaudhary |
| Panel discussion | Moderators: Dr. Savita Chaudhary, Dr. Reema Goel Panelists: Dr. Anju Sharma, Dr. Ritu Jain, Dr. Pushpa Bishnoi, Dr. Anita Aggarwal, Dr. Meenu Saluja |
| Health is wealth | |
| Mama ka gift (Skit) | Dr. Shikha Jain, Dr. Abhishek Goel, Dr. Reema Goel, Dr. Seema Lall |
| Q&A Session | Dr. Reema Goel, Dr. Baluja |


Prize distribution







Gurugram, Haryana, India
 94/4, Gnh Tower, Near, Sector 15 Part 2, Sector 14,
 Gurugram, Haryana 122001, India
 Lat 28.467142° Long 77.043941°
 19/02/2025 10:47 AM GMT +05:30

To encourage participation and engagement, prizes were awarded to students who answered questions correctly, as well as to those who contributed by reciting poems and slogans. The session concluded with an interactive Q&A segment, allowing students to clarify their doubts and gain further knowledge.

The day ended on a high note with an exciting skit competition among the NSS teams. The performances were evaluated, and prizes were distributed to recognize and motivate the participants for their efforts and creativity.



Overall, the fifth day of the NSS camp was highly enriching, providing students with valuable health education and reinforcing the power of knowledge in transforming lives.

DAY 6- 20:02:2025

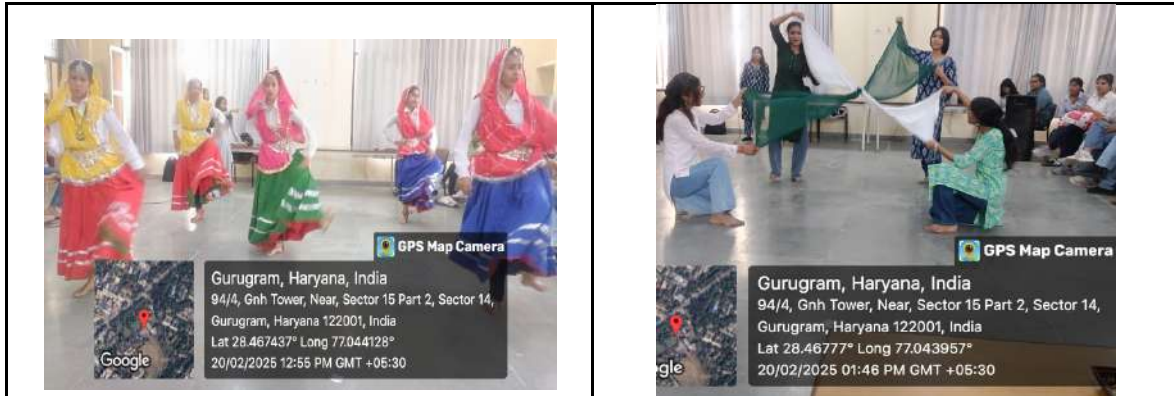
The sixth day of the NSS camp commenced with volunteers reporting to the hostel reading room. The day began with a cleaning activity, during which all the volunteers actively participated in tidying up the reading room, ensuring a neat and organized space for all. The activity was followed by yoga and meditation session.



Following the yoga session, the much-anticipated solo dance competition began. The students delivered mesmerizing performances, showcasing their exceptional talent and dedication. Each performance was a testament to their hard work and passion for dance, making the event delightful and engaging for all present.

After the solo dance competition, the group dance competition was held. The participants performed wholeheartedly, displaying remarkable coordination, energy, and creativity in their group acts. The enthusiasm and spirit of teamwork among the students were commendable, making the event an unforgettable experience for everyone.





The competitions concluded with a prize distribution ceremony, where winners of both the solo and group dance performances were recognized and awarded. This moment was filled with joy and pride as students were appreciated for their incredible efforts and talent.



Post the dance competitions, a highly informative session on organ donation was conducted. The session was led by a respected speaker who educated the volunteers on how organ donation can save lives and help those in dire need. The speaker elaborated on the process of organ donation, the significance of spreading awareness, and how each individual can contribute to this noble cause. The session was highly enlightening and encouraged many to consider the impact of organ donation.



As the day progressed toward its conclusion, a certificate-writing task was assigned to the group leaders. They were entrusted with the responsibility of writing the names on the certificates, which were then submitted for signing by the Program Officers. This task ensured that due recognition was given to all participants for their active involvement in the camp activities.



Overall, the sixth day of the NSS camp was an eventful and enriching experience, filled with learning, celebration, and meaningful discussions. The enthusiasm and dedication of the volunteers made the day a great success.

DAY 7- 21:02:2025

The final day of the NSS camp was marked by enthusiasm, teamwork, and a sense of accomplishment. The day began with **Shram Daan** in the hostel reading room, where all the volunteers actively participated in cleaning the space.

The first session was a workshop conducted by the **Praja Foundation** on the **Urban Governance**. The resource persons provided valuable insights into the **three tiers of government**. They explained their working mechanisms and guided us on how and where to lodge the complaints and grievances effectively.

The Valedictory function of the camp was held post-lunch. The occasion was graced by **Prof. Anupam Dalal, NSS PO from Dronacharya College of Engineering, Gurugram**. During the ceremony NSS volunteers presented a variety of cultural and literary performances that included a thought-provoking **skit on mental health**, a **self-composed poem titled "Whispers of Youth,"** and mesmerizing **dance performances from different regions** of India, including Haryana, Kashmir, and Uttarakhand. Dr. Dalal interacted with the students and highlighted the impact of such camps on societal development.

The most awaited **certificate distribution ceremony** followed, where the chief guest awarded certificates to prize winners and distributed camp completion certificates to all students who attended the seven-day camp.





Towards the end, Dr. Prachi, Program Officer, delivered a heartfelt vote of thanks. She expressed gratitude to the Chief Guest and acknowledged the efforts of fellow POs Dr. Mansi Arora and Ms. Jyoti. She also appreciated the active participation and dedication of all NSS volunteers throughout the camp.

To conclude the event on a joyous note, snacks were arranged for all volunteers, after which everyone joined in for a celebratory dance, making the last day of the NSS camp a memorable and fulfilling experience.

The NSS Special Camp successfully achieved its objectives by engaging youth in meaningful activities that promoted both digital literacy and community service. It served as a platform for developing leadership skills while fostering national integration through collective efforts towards making India more self-reliant. The whole event was successfully coordinated by NSS Program officers of the college Dr. Prachi, Dr. Mansi and Dr. Jyoti under the guidance of Principal Dr. Jitendra Malik.

ONE DAY CAMP: 07TH MARCH 2025

The National Service Scheme (NSS) organized a one-day camp on March 7th, 2025. In the first session United for Air, Carrier, MCG, and United Way of Delhi hosted a successful "**Plogging for a Fitter, Cleaner India**" event with the NSS Volunteers. This initiative combined jogging with litter collection to promote fitness and environmental awareness. NSS Programme Officers Dr. Prachi, Dr. Mansi Arora, and Ms. Jyoti, along with Ms. Anita Rathee (Convener of Eco Club), flagged off the event under the chairmanship of Dr. Jitendra Malik.

Students, staff, and community members, including residents of Chandan Nagar Basti, actively participated, resulting in a cleaner campus and surrounding areas. Participants were provided with gloves and biodegradable bags to collect waste, and refreshments were served after the plogging drive. The event effectively raised awareness about waste management and the benefits of plogging, fostering a strong sense of community spirit and responsibility.

The collaborative effort between the college, NGOs, and local governing bodies was praised by attendees. By integrating physical fitness with environmental responsibility, the event inspired participants to lead a healthier and more eco-conscious lifestyle, highlighting the importance of collective action for a cleaner India. This initiative served as an excellent example of how corporate social responsibility can contribute to both individual well-being and a cleaner environment.





In the second session, a comprehensive Traffic Awareness Program was conducted in collaboration with Hero MotoCorp. The initiative aimed to sensitize students and the local community about the significance of traffic rules and road safety. Hero MotoCorp delivered a detailed and data-driven presentation highlighting the root causes of road accidents and outlining effective preventive measures. Complementing the session, the Awaaz Theatre Group performed a thought-provoking street play that creatively depicted common traffic violations and their consequences, successfully engaging the audience and reinforcing the message of responsible driving. The program concluded with an energetic awareness rally, flagged off by Dr. Jitendra Malik (Principal), in which students marched with enthusiasm, chanting impactful slogans like “Drive Safe, Stay Safe” and “Follow Rules, Save Lives”, spreading awareness among the public. The volunteers also distributed pamphlets explaining various Road Signs and Traffic rules to the general public. The event was coordinated by NSS Program Officers Dr. Prachi, Dr. Mansi, and Ms. Jyoti, whose dedication ensured its success under the esteemed leadership of Dr. Jitendra Malik. Representatives from Hero MotoCorp reaffirmed their ongoing commitment to supporting such initiatives as part of their corporate social responsibility. The event witnessed active participation from students and local residents, making it a commendable and impactful effort in the direction of safer roads.





ONE DAY CAMP THEMED: “HEALTH YOUTH HEALTHY NATION”

19TH MARCH 2025

The National Service Scheme (NSS) organized a one-day camp on the theme “**Healthy Youth Healthy Nation**” on 19th March 2025. The first session of the camp was a follow- up session focused on Project Pavitra, an initiative by The Art of Living aimed at enhancing menstrual health and hygiene among adolescent girls. The follow-up session reinforced awareness and assessed the impact of previous Project Pavitra sessions held in the NSS Seven Days Special Camp from 17th to 19th Feb.2025 to ensure sustained healthy practices.





In the second session, The People-to-People Health Foundation (PPHF), a non-profit public health organization, conducted a Health Awareness Talk on the topic "Eat Smart, Live Strong: Healthy Eating Habits for Better Living". The session aimed to raise awareness about the importance of balanced nutrition and making healthy lifestyle choices. The dietician, Ms. Rekha, explained the roles of macronutrients and micronutrients, highlighted the benefits of a balanced diet using models like "MyPlate," and shared practical tips on reading food labels, controlling sugar, salt, and fat intake, and healthy eating while dining out. The link between poor diet and lifestyle diseases such as obesity, diabetes, and hypertension was also discussed. The talk concluded with an engaging Q\&A session, and participants expressed appreciation and a willingness to apply the guidance in their daily routines.

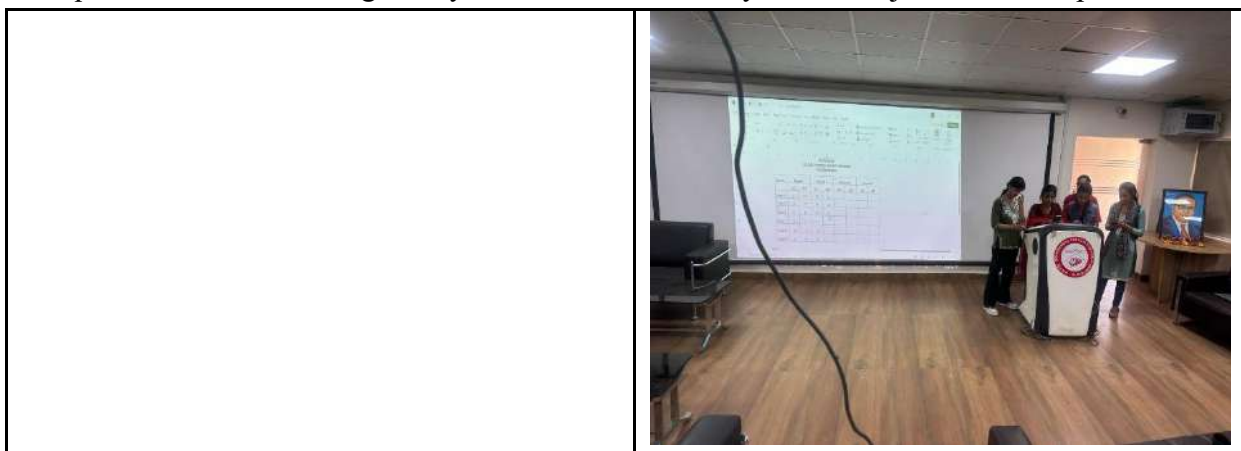


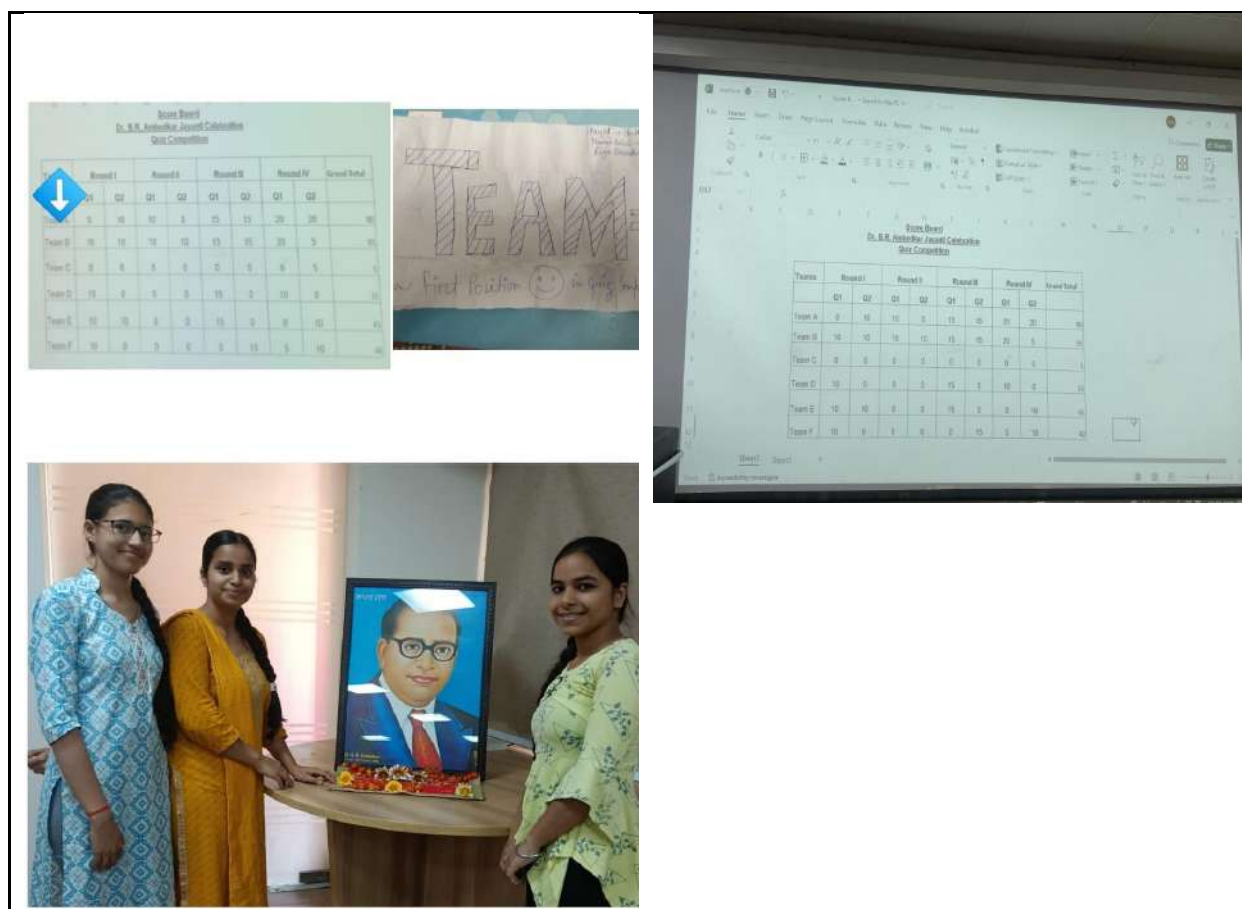


DR. B. R. AMBEDKAR JAYANTI CELEBRATION - 12th APRIL 2025

As per the letter no P-20/NSS/RDD/2024-25/2 a series of events were organized by the NSS Units to commemorate the birth anniversary of Dr. B.R. Ambedkar on 12th April 2025, under the guidance of Principal Dr. Jitendra Malik.

The celebration started with a Quiz Competition at 11:00 AM, focusing on the life, contributions, and philosophy of Dr. Ambedkar. Participants showcased great enthusiasm and knowledge during the quiz. Team-B consisting of Payal, Mansi Saini and Riya Bhardwaj secured First position.





Team A- Kriti, Ananya and Parul secured second position. Team E- Rashmi, Rakhi and Muskan secured third position.

Following the quiz, a Pledge Ceremony was held where students and staff pledged to uphold the values of equality, justice, and fraternity as envisioned by Dr. Ambedkar. Speech Activity was conducted, allowing students to express their thoughts and reflections on Dr. Ambedkar's impact on Indian society and the Constitution. The speeches were thought-provoking and reflected deep respect for his legacy. Volunteers paid floral tribute to Babasaheb Dr B.R. Ambedkar on his birth Anniversary. The event was a great success, instilling a sense of pride, unity, and responsibility among the students. NSS volunteers actively participated, making the celebration memorable and impactful. NSS Programme officers Dr. Mansi Arora and Ms. Jyoti successfully organized the event.



CYCLOTHON 2.0 – "EK CYCLE YATRA NASHA MukTI KE NAAM"

On 12th April 2025, NSS volunteers actively participated in **CYCLOTHON 2.0 – "Ek Cycle Yatra Nasha Mukti Ke Naam"**, a cycling event organized to spread awareness about drug de-addiction and to promote a healthy lifestyle. The event began at **Ghamroj Toll Plaza**, where all volunteers gathered and took a **pledge to contribute towards building a drug-free society**. The pledge ceremony was a powerful moment, reflecting the determination of the youth to stand against substance abuse.

Following the pledge, the cycle rally was flagged off. The volunteers covered a total distance of **16 kilometers**, cycling from **Ghamroj Toll Plaza** to the **Elan Miracle Chowk**, the finishing point of the event. Throughout the journey, the NSS volunteers displayed enthusiasm, unity, and a strong

sense of social responsibility. The cycle yatra served not only as a fitness activity but also as a meaningful campaign to spread the message of **"Nasha Mukht Bharat" (Drug-Free India)**. The participation of NSS unit in this event was commendable and reflected their commitment to social causes and national development.



Ghamroj, Haryana, India
7, Badshahpur Sohna Rd Hwy, Near Ghamroj,
Ghamroj, Haryana 122103, India
Lat 28.33446° Long 77.067191°
12/04/2025 07:38 AM GMT +05:30

GPS Map Camera





MOCK DRILL - 7th MAY 2025

NSS units of Government College for Girls, Sector-14, Gurugram performed a mock drill as per the instructions received from the DC office. A civil defence mock drill is a preparedness exercise which seeks to identify strengths, weaknesses, and gaps in the current civil defence preparedness during emergencies like war, missile attacks, or aerial strikes. The aim is to test the preparedness and efficiency of the current civil defence mechanisms at the state and local levels.

Objectives of the Drill

- To assess preparedness for aerial attacks and wartime emergencies.
- To train volunteers and staff on protective actions and sheltering techniques.
- To evaluate response time and communication during air raid scenarios.
- To coordinate with local emergency services and test the chain of command.

An aerial attack alert was simulated with a warning siren. The scenario assumed enemy aircraft approaching the area, necessitating immediate sheltering and response actions. Volunteers were instructed to move to designated safe zones and practice duck-cover-hold procedures. Volunteers were instructed to follow the drill instructions clearly. They were informed about the blackout drill and were guided for preparation of an Emergency Kit with torch, wireless radio, necessary documents, medicines and a supply of packaged food and water. Volunteers further vowed to

spread awareness to other students, relatives and neighbours. Volunteers also went to the hostel premises to spread this information to brief the hostellers to follow the dos and don'ts.



Information spread



Information to hostel students by NSS students

**YOGA TRAINING SESSIONS HELD IN PREPARATION FOR INTERNATIONAL
YOGA DAY - 1ST JUNE 2025**

NSS Cell and Hostel Management Committee organized an International Yoga Protocol Training Session on 1st June 2025 to commemorate the 11th International Yoga Day 2025. This practice session was conducted under the aegis of AYUSH Department, Gurugram (Haryana).

District Ayurvedic Officer Dr. Manju Kumari and Dr. Vikas Yadav provided guidance in the program. They highlighted the scientific aspect of yoga and its importance in life and motivated the students and the people present to practice yoga regularly. On this occasion, AYUSH Yoga Sahayak Chetna, Baby Ji practiced various yogasanas, pranayama and meditation techniques as per the International Yoga Protocol. The participants participated in yoga practice with disciplined and enthusiastic participation. The objective of the program was to increase awareness about yoga among the citizens and motivate them for mental, physical and spiritual health. Ms. Jyoti (NSS PO), Ms. Sanjila Punia (Chief Hostel Warden) and other hostel staff were present in this activity.



“YOGA PROTOCOL TRAINING SESSION”- 6TH JUNE 2025

A Yoga Protocol Training Session was conducted on 6th June 2025 in the presence of Chief Guest Sh. Dinesh Kumar SNO, Haryana, Guest of Honor Smt. Renu Choudhary NSS Coordinator, Gurugram University, Smt. Kusum Bareja, DHEO Gurugram and Principal Dr. Jitendra Malik. The session was conducted by Dr. Muskan AMO UPSC Sukhrali, Sh. Nazim (Yoga instructor), Smt. Krishna (Yoga instructor), Sh. Nitin (Yoga instructor) and Smt. Baby (Yoga Instructor) from AYUSH department. Over 2000 students and 160 staff members participated in the event. This event was organised by the NSS cell of the college in collaboration with the AYUSH department. A plantation drive was also held after the yoga session in which Sh. Dinesh Kumar Ji, Smt. Kusum bareja Ji, Smt. Renu Choudhary Ji, Principal Dr. Jitender Malik Ji, NSS POs Dr. Prachi, Ms. Jyoti and college staff members were present.







INTERNATIONAL YOGA DAY CELEBRATIONS - 21st JUNE 2025

A Yoga session was conducted in the college on 21st June 2025 at 6:30 am in Saraswati Lawn to celebrate 11th International Yoga Day. Mr. Ravit, Ms. Supriya, Mr. Rajat and Mr. Ankit from the Isha foundation conducted the session. Yoga and meditation activities were conducted for over 50 students and staff members during the event. This event was organised by NSS PO Ms. Prachi and Ms. Jyoti.

