SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN NSS 2018-19

INTERNATIONAL YOGA DAY

DATE - 21.06.2018



Saroop Rani Governi to College For Wo Amrits ar.

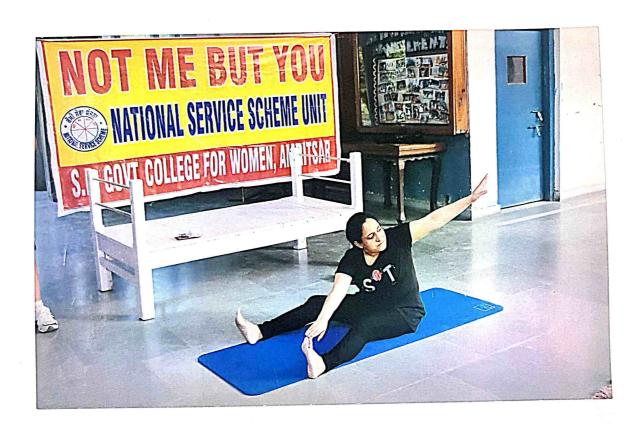
have

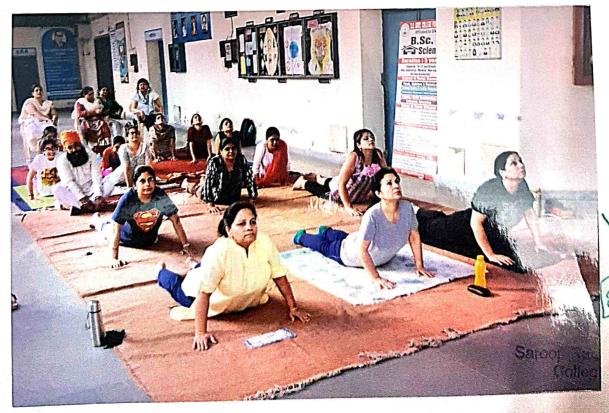
NO

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN NSS 2018-19

INTERNATIONAL YOGA DAY

DATE - 21.06.2018





Principal
Bovernmen
For Womer
Amritsar

NO

Saroop Rani Government College For Women Amritsar **NSS UNIT** 2018-19

to the adopted village of Mirakot. The theme of the visit was discussed and "waste management "was finalised. The volunteers were also told about Van Mahotsav and the tree plantation drive planned to mark this event. During this meet the students were addressed by Dr. Satnam Singh Gill, HOD Punjabi department and the member of council.

Van Mahotsav **Date-July 28,2018**

The NSS volunteers of Saroop Rani Government College for Women celebrated Van Mahotsav in the collage premises on Saturday, July 28. Mr.O.P.Soni , cabinet minister of Punjab, was invited as the chief guest.

During the drive the volunteers planted many saplings in the flag lawn as well near the parking of the college. After the tree plantation drive the chief guest Mr. O.P.Soni and Madam Principal Mrs. Nutan Sharma addressed the students.

Mr O.P.Soni addressed the students and talked about environment, importance of trees and the role education plays in making people realise the extent of problems. He talked of freedom fighters and how like them the students as young Indians have the responsibility to free the country of this environmental chaos. Many students took active and eager part in this event.

Swachh Bharat Summer Internship

Date: 5 jul - 31 jul 2018

As a part of their Swachh Bharat Summer Internship program organised by the Ministry of Human Resource Development in collaboration with the Ministry of Drinking Water and Sanitation, the NSS volunteers of Saroop Rani Government College for Women organised a comprehensive four part cleanliness camp.

All the students enrolled in the Summer Internship-100 Hours of Swacthta took enthusiastic part in the program.

The four parts the event organised are-

- Cleanliness camp in the college
- Door to door campaigning on hygiene, sanitation and waste management.
- Visit to Mirakot, the adopted village
- Lecture by Ms. Parminder Kaur

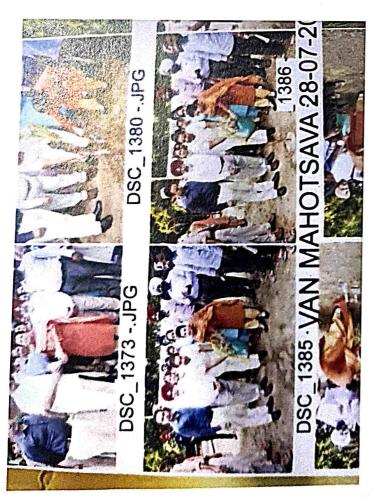
Cleanliness camp in the college - As a part of their summer internship, the NSS volunteers of Saroop Rani Government College organised many cleanliness camps in the college premises. Organised over a number of days the volunteers cleaned the areas of canteen, botanical garden, the parking and hostel. The students swept dusted, pruned and weeded

Saroop Rani Governm College For Worn Amritsar.

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN
2018-19
NSS

VAN MAHOTSAV 28.7.2018









Saroop Rani Government College For Women Amritsar NSS UNIT 2018-10

during these camps. The vast parking stretches adjoining the college wall outside the college were also cleaned.

Door to Door Campaigning: In the second stage of their summer internship the volunteers of Saroop Rani Government College organised a comprehensive door to door campaigning programme. The students were told to prepare the topics of hygiene, sanitation and waste management. The students were advised to make teams of two and three and go campaigning

Visit to Mirakot - The volunteers visited their adopted village of Mirakot. The students went to the Government Primary School in the village. They were received by the Principal of the school. This visit comprised of two parts- cleaning the school campus and talking to the students about waste management. The volunteers cleaned two areas of the school. They had also prepared a small but interactive presentation about solid and liquid waste management and what common man can do to segregate the waste at its generation points. The volunteers and students interactively talked about the topic.

Lecture on Environment - As the last part of their Summer Internship, the NSS volunteers organised a lecture. The speaker, Ms.Parminder, Coordinator, Environment Club of the college. She spoke about environment, its relationship with humans and human activities, and the role of environment in forming the human culture and need and ways to protect the environment. The students were inspired and vowed to be smart citizens.

All these activities were completed till 31.7.2018

Cleanliness Camp

Date- August 2, 2018

The NSS volunteers of Saroop Rani Government College organised a cleanliness camp in the college campus and outside the campus.

Guest Lecture On Values

Date- August 2, 2018

Programme Officers Ms. Manjit Minhas and Ms. Deepika organised a lecture for the NSS volunteers in the multimedia room. The students were addressed by Dr. Babita, the head librarian of the college.

She began her lecture by thanking the NSS volunteers for the work they did in the library during the cleanliness camp. She discussed with the students the values of selflessness, courage and gratitude. With many interesting anecdotes, she talked about attitude.

She advised the students and welcomed them to read the vast collection which the college library has to offer.

M

Saroop Rani Government College For Women Amritsar.

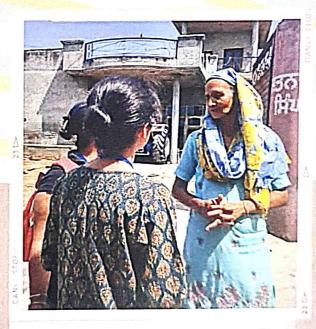
RANI SAROOP GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

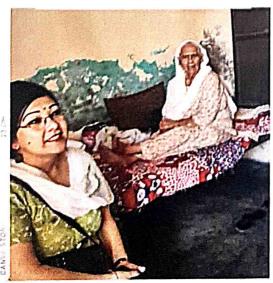
NSS 2018-19 NOT WE BUT YOU TURE ON EN Saroop Rani Gover College For Women Amritsar,

Swachh Bharat Summer Internship 2018











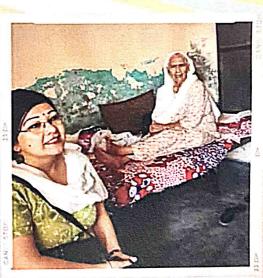
Saroop Rani Government College for Women, Amritsar

Swachh Bharat Summer Internship 2018













10

SARDOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

CLEANLINESS DRIVE

NSS

DATE - 02.08.2018



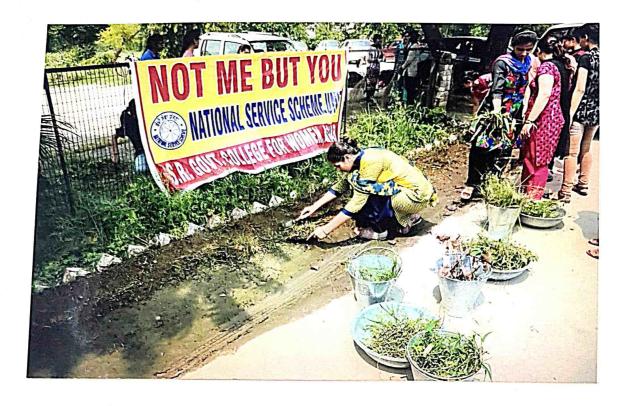


Principal, Saroop Rani Government College For Women Amritsar,

M

SAROOP RANI GOVERNMENT COLLEGE FOR WOITEN, AMRITSAR

SA DRIVE CLEANLINESS NSS DATE - 02.08.2018





Saroop Rani Government College For Women Amritsar.

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR NSS

CLEANLINESS DRIVE DATE - 02.08.2018





Principal, overnment or Women Amritsar.

W

Guest lecture-Role of values NSS Dr.Babita sharma





R

Principal, Government

College For Women

\$7

DAKOOP KANI GOVERNMENT COLLEGE FOR WOMEN AMRITSAR. NSS 2018-19





CLEANLINESS CAMPAIGN 11.8.2018

Principal,
Saroop Rani Government
College For Women
Amritsar.

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR NSS

11.8.2018





Principal,
Principal,
Government
Principal,
Amritsar.

Q

Saroop Rani Government College For Women Amritsar NSS UNIT 2018-19

Programme Against Drugs September 4, 2018

The NSS volunteers of Saroop Rani Government College for Women, Amritsar organised a massive Programme Against Drugs.

The Programme included-

- meeting for deciding the action plan
- Door-to-door Awareness Programme
- Cycle Rally
- · Poster Making competition

In the meeting the Volunteers along with their programme officers decided on the course of action for this programme against drugs. The students argued over the merits of one mode of media over other hoping to find the one most impactful. They also viewed videos on drug abuse and collected data and selected the area for door-to-door campaign.

The door to door awareness programme spanned over an entire day.

The students chose their areas and in groups of threes and fours went house to house giving people the knowledge about drug abuse and advising them over best course while imploring to see past the taboo associated with drugs and help those around them in need.

The cycle rally was open to the other students of the college for participation. Madam Principal Ms. Nutan Sharma flagged off the rally from the college premises. The students circled the area of Rani Ka Bagh in the city, holding banners and shouting slogans. The poster making competition marked the end of the three day Programme aimed at drug abuse awareness. Students from all over the college took part in this competition.

GANDHI JAYANTI

Gandhi Jayanti was celebrated on 2 nd October,2018 at Saroop Rani Government college for Women ,Amritsar with great Zeal, enthusiasm and patriotism. To mark the beginning of the event ,several favourite "Bhajans" of Gandhi Ji were recited. After this, some students gave speeches on the life history of Gandhi Ji. They also remembered his sacrifices for the nation in getting freedom..Finally, Madam Principal Mrs.Nutan Sharma ,payed homage to the Father of nation .She also requested the students to follow the path as instructed by Gandhi ji. As Gandhi Ji loved cleanliness, so the next activity planned for the day was to clean the college campus .A total 70 NSS volunteers participated in the cleanliness drive. They started

W

Principal, Saroop Rani Government College For Women Amritsar.

Saroop Rani Government College For Women Amritsar **NSS UNIT** 2018-19

Visit to Blind School Date - August 08, 2018

Volunteers visited the blind school at Lohgarh gate, Amritsar to interact with the inmates. They saw, how these specially-abled children were blessed with skills like weaving the plastic chairs, music, reading writing and even IT. The children were full of positivity and enthusiasm. It was a novel experience for the children.

GUEST LECTURE ON WOMEN EMPOWERMENT AND HIGHER EDUCATION

A talk on "Women Empowerment and Higher Education" was organized at Saroop Rani Government College, Amritsar on August 10, 2018. Dr. Swaraj Grover, in-charge Daily Free Family Counseling Cell ,Amritsar, Rashtrapati awardee and a distinct alumna of Saroop Rani Government college, Amritsar was the chief guest and key speaker during the event .Dr. Swaraj spoke about the challenges faced by women in India .She talked about issues such as illiteracy ,domestic violence ,lack of motivation and support impacting the Indian Women. She also emphasized on the fact that women empowerment, will be achieved only when there is attitudinal change in society. Volunteers were immensely touched by Dr. Swaraj Grover's words, they felt motivated and inspired.

Visit to Mirakot

Date- August 11, 2018

The NSS volunteers of Saroop Rani Government College visited their adopted village Mirakot on August 11 as a part of Swacchta Pakhwara. The students organised a cleanliness campaign. The camp was held in the premises of the Primary School of Mirakot.

The students were warmly welcomed by the school authorities. The principal of the school Ms Daljit Kaur and BEO madam Ms Aruna Kumari Gill addressed the volunteers and appraised and lauded their work.

INDEPENDENCE DAY CELEBRATED AT SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

Independence Day was a red letter day in the history of India when the country got its freedom on 15 th august, 1947. This was celebrated at Saroop Rani Government College for Women, Amritsar on 15 th august 2018. Madam Principal, Mrs. Nutan Sharma, hoisted the National flag teachers followed by a cultural programme. Patriotic poems and songs were recited. At the end, the Principal in her speech told the students about the supreme sacrifice of the great martyrs who gave their lives for the sake of freedom .She also said that the freedom was very precious and it was very necessary to preserve it. She motivated the students to become ideal citizens of the country.

Buddy Programme, an initiative of the Government of Punjab, to curb the menace of

drug addiction was launched.

Saroop Rani Government College For Women Amritsar.

SARDOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

Visit to blind school

NSS

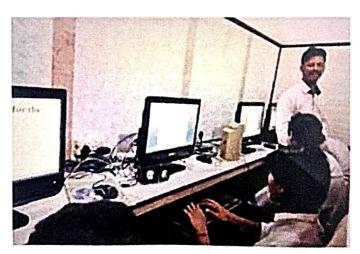
11/9/18











Saroop Rani Government College For Women Amritsar.



SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

GUEST LECTURE BY DR. SWARAJ GROVER NSS

DATE - 10.08.2018







Principal, Saroop Rani Government College For Women Amritsar.

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR NSS

GUEST LECTURE BY DR. SWARAT GROVER
DATE - 10.08,2018





Principal Principal Principal Povernmen For Wome Amritsa

M

Saroop Rani Government College For Women Amritsar NSS UNIT 2018-19

World Yoga Day

Date- 21 June, 2018

The concept of International Yoga Day was proposed by honourable Prime Minister Narendra Modi at the United Nations General Assembly in 2014. Since then International Yoga Day is celebrated every year on June 21. The theme for Yoga Day this year is 'Yoga For Peace'. This day is dedicated to the inner and outer wellbeing of human body. People across the world practice yoga on this day. This aims to create awareness about the benefits-physical, mental and spiritual; of yoga.

The NSS volunteers of Saroop Rani Government College for women organised a yoga camp in the college premises. The camp was attended by the teaching staff, non-teaching staff as well the students. Ms. Parminder, HOD department of Botany, an avid and knowledgeable yoga practitioner led everybody assembled through the asanas and other exercises.

The students were informed about the benefits of different asanas as they were performed. The ensemble first performed asanas like tadasana, bhujangasana and ending with shavasana. After the exercises Madam Principal Ms. Nutan Sharma congratulated the students and the teachers on organising a successful camp.

INTERNATIONAL DAY AGAINST DRUG ABUSE AND Illicit TRAFFICKING June 26, 2018

International Day against Drug abuse and illicit trafficking was celebrated at Saroop Rani Government College For women, Amritsar on June 26, 2018 with a goal of society free of drug abuse. This day aimed to raise awareness to fight against the drugs abuse as well as the unlawful trade of Drugs .A paper reading contest on Drug Abuse and Illicit Trafficking was organized in which student took part enthusiastically. Every student came with its own views on the topic and a new solution to cure this problem. Madam Principal Mrs. Nutan Sharma addressed the students and advised the students to keep distance from drug related activities .She made everyone aware of the harmful and disastrous effect of drug abuse and its social, economic, personal and physical ill effects. At the end, pledge taking ceremony took place .Everyone pledged to make our country from the menace of drug abuse .

Introductory Meeting of NSS Date- July 26, 2018

An introductory meeting was scheduled marking the beginning of a new session. The meeting was held in the multimedia room. Students of first semester were informed about how to join NSS. They were informed about the benefits of joining NSS. The old volunteers of second and third year were welcomed again and informed about the camps and events that NSS is hoping to organize in the session. They were also informed about the impending visit Principal,

Saroop Rani Government College For Women Amritsar.

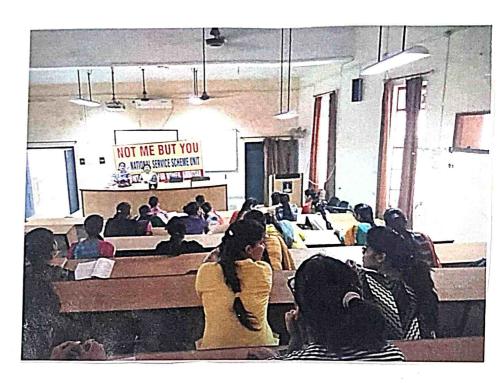
W.

SAROOP RANI GOVERNMENT COLLEGE POR WOMEN, AMRITSAR.

DOOR TO DOOR AWARENESS CAMPAIGN AGAINST DRUGS

DATE - 05.09.2018

NSS











SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR WSS

PRAYER MEET ON GANDHI JAYANTI

DATE - 02.10.2018



w

Principal,
Saroop Rani Government
College For V. Smen

man

bal,

ent

ar.

SARDOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR NSS

SHRAM DAAN ON GANDHI JAYANTI

DATE - 02.10.2018





Principal, overnment or Women Amritsar.

M

Saroop Rani Government College For Women Amritsar **NSS UNIT** 2018-19

cleaning activity from the college entrance and cleaned garden, roads and removed all the debris like polythene bags and bottles.

Bhajan Sandhya - The NSS volunteers of Saroop Rani Government College for Women organised a function to mark the 137 th birth anniversary of the father of the nation- Mahatma Gandhi. The Programme began with a Speech on the life and achievements of Mahatma Gandhi by Ms. Ayushi and a poem by Ms. Muskan Puri. This was followed by a Bhajan Sandhya by the students of music department that was enjoyed by everyone. Following this Madam Principal Ms. Nutan Sharma inspired the students with her words to imbibe the spirit of non-violence and service that Bapu embodied and propagated. The Event came to a close with the singing of the National Anthem.

Visit To The Shelter Homes

October 10, 2018

The NSS unit of Saroop Rani Government College for Women, Amritsar under the guidance of programme officers Ms. Manjit Minhas and Ms. Deepika organised a visit to the shelter homes in the city. The volunteers were accompanied and aided by Dr. Sarita Khanna who works closely with these institutions.

The students visited two shelter homes in Gol Bagh. They saw the newly constructed shelter at Gol Bagh and interacted with the inmates. They saw the kitchens and the living conditions and asked the inmates about their life and experiences. It was an informative and educative interaction for both parties involved.

At the Civil Lines Shelter Home the students met and interacted with Mr. Dhrampal and Mr. Karam Singh who told them about the day to day problems of running the centre. On the whole the visit was a success. The students realised about the numerous problems faced by the homeless in the city and the importance and role of Shelter Homes for the society.

CYCLE RALLY

October 30, 2018

The NSS unit of Saroop Rani Government College For Women, Amritsar successfully organized a cycle rally on 30th October,2018 to create awareness against Drug Abuse, The rally started off from college entrance at about 8:00 am. The cyclathon was flagged off by Madam Principal, Mrs. Nutan Sharma. The event saw the participation of many NSS volunteers .They enthusiastically cycled and showed their willingness to unite to contribute towards a good cause. They raised slogans about harmful and desirous effects of Drug abuse. The cyclists also chanted slogan "Pujabiyo Jago Nasha Tyago". It was a refreshing as well as memorable experience for everyone.

PARTICIPATION IN CANCER AWARENESS CAMP

November 2, 2018

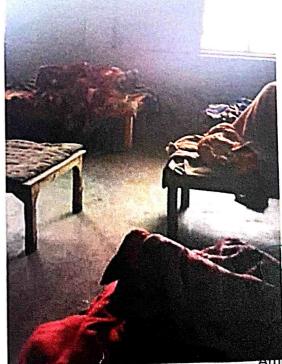
Saroop Rani Government College For Women Amritsar.

Shelter homes NSS









SAROOP RANI GOVERNMENT COLLEGE POR WOMEN, AMRITSAR NSS



CANCER AWARENESS CAMP 2.11.18



M

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

Saroop Rani Government College For Women Amritsar NSS UNIT 2018-19

NSS volunteers participated in the cancer awareness drive organised by World Cancer Care Charitable Trust . Students helped the volunteers of World Cancer Care Charitable Trust in various activities like distributing tokens, guiding the public for screening, maintaining record, distributing food. They met Mr. Dhaliwal, President of this organisation, who motivated them to work for the betterment of the society.

EDUCATION DAY CELEBRATIONS

November 11, 2018

National Education day was celebrated with great verve and enthusiasm at Saroop Rani Government College For Women, Amritsar on November 11th 2018 to commemorate the Birth anniversary of Maulana Abul Kalam Azad .who was a great freedom fighter, an eminent educationist and first Education minister of Independent India, who served from 15 th August 1947 until 2nd February 1958 .The role of Maulana Abul Kalam Azad in the establishment of the University Grants Commission (UGC) and Indian Institute of Technology (IIT) in India was highlighted during the National Education Day celebrations 11 th November 2018 at Saroop Rani Government College For Women, Amritsar. Madam Principal ,Mrs.Nutan Sharma elaborated the contribution of Maulana Abul Kalam azad .as first Education Minister of Independent India and the progress of Indian Education system over the last six decades after Independence. In his special address, Professor Satnam Singh ,Head of Department(Punjabi) ,talked about the rich heritage of the Indian Education system and the need for preserving its traditional and cultural roots .In the event ,the NSS volunteers also shared their views on the topic -"Education: need of the hour". The students became part of healthy discussion. The icing on the cake was the rhythmic recitation of poems based on importance of Education. The commemoration did reinforce that Education is the most powerful weapon that can change the world.

YOUTH EMPOWERMENT DAY

The martyrdom day of Shaheed Bhagat Singh Ji was celebrated as **Youth Empowerment Day** at Saroop Rani Government College for Women, Amritsar on 23rd March, 2019 as instructed by Punjab Government. On the occasion, Madam Principal, Mrs. Nutan Sharma, council members, staff members and NSS volunteers were present.

To mark the beginning of the event, Madam Principal, Mrs. Nutan Sharma addressed the NSS volunteers .She described the importance of this day. All the students and the staff members took pledge as "Drug Abuse Prevention Officers" to stay away from drugs. After that the students told about the lives of Bhagat Singh, Rajguru and Sukhdev .Shaheed Bhagat Singh ji's sacrifices were remembered by presenting the poems and speeches. Ms. Vandana Bajaj, professor of the college, motivated the young generation to aware others against drugs. Professor Satnam Singh, head of department (Punjabi) and council member of the college,

JU/

Principal, Saroop Rani Government College For Women Amritsar. --- COD WINMEN. AMRITSAR

Saroop Rani Government College For Women Amritsar NSS UNIT 2018-19

motivated the students to make a decision by keeping balance between mind and heart .He told about the harmful effects of the drugs and gave the message to say NO to the drugs .According to him every educated person should do continuous efforts to make his society drug free.

Awareness Campaign in Village

The NSS volunteers of Saroop Rani Government College for Women, Amritsar visited Kotli Sakiya Wali Village, located in block -Amritsar on April 11, 2019 to inform the villagers about the menace of drug addiction. This activity was undertaken by NSS volunteers under the Buddy Programme, which is an initiative by Government of Punjab with a mission of drug free Punjab.

The NSS volunteers divided themselves into various groups and marched on for door to door campaigning regarding awareness on the serious threat prevailing in our society that is Drug Addiction. They made the villagers aware of harmful and life threatening effects of Drug Abuse. They also made them aware of several initiatives taken by Government of Punjab to eradicate the evil of drug addiction which includes Implementation of NDPS Act effectively, establishment of Rehabilitation Centres and launching of Buddy Programme to prevent school and college students from drug abuse.

In the following session, the NSS Volunteers visited Government Elementary School of the village. They organised an interactive session to develop requisite behavioural skills to refuse drugs. The students of the school promised to say No to drugs and Yes to life. The focus of the visit was to provide insight to the students and villagers about the seriousness of drug addiction. It was a huge learning experience for all the parties involved.

JAN CHETNA RALLY ORGANISED AT SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

Saroop Rani Government College For Women, Amritsar organized a Jan Chetna rally in the memory of Jallianwala Bagh martyrs on April 14,2019. Staff members and students gathered at the college campus where Principal Mrs. Nutan sharma addressed the rally. Speaking on the occasion, she asked the students to remember the brave souls who laid down their lives for their motherland. She said the freedom that we enjoy today had its foundation in their supreme sacrifices. The Jallianwala Bagh genocide was one of the most shameful attacks on humanity, even after 100 years it reminds one of the suffering and pain Indians underwent to attain nationhood. During the rally, students raised slogans against the British Government.

Principal, Saroop Rani Government College For Women

Amrilsa.

M

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR NSS 2018-19.

Jan chetna rally

ਸਰਕਾਰੀ ਕਾਲਜ ਵੱਲੋਂ ਜੱਲ੍ਹਿਆਂਵਾਲਾ ਬਾਗ ਦੇ ਸ਼ਹੀਦਾਂ ਨੂੰ ਸਮਰਪਿਤ ਰੈਲੀ

ਅੰਮ੍ਰਿਤਸਰ (ਟ੍ਰਿਬਿਊਨ ਨਿਊਜ਼ ਸਰਵਿਸ): ਸਥਾਨਕ ਸ਼ਰੂਪ ਰਾਣੀ ਸਰਕਾਰੀ ਕਾਲਜ ਵਿੱਚ ਅੱਜ ਵਿਸਾਖੀ ਦੇ ਮੌਕੇ 'ਤੇ ਜੱਲ੍ਹਿਆਂਵਾਲਾ ਬਾਗ ਦੇ ਸ਼ਹੀਦਾ ਨੂੰ ਸਮਰਪਿਤ ਇਕ ਚੇਤਨਾ ਰੈਲੀ ਕੀਤੀ ਗਈ। ਰੈਲੀ ਵਿਚ ਕਾਲਜ ਦੇ ਐਨਸੀਸੀ ਅਤੇ ਐਨਐਸਐਸ ਵਾਲੰਟੀਅਰਾਂ ਤੋਂ ਇਲਾਵਾ ਹੋਸਟਲ ਦੀਆਂ ਵਿਦਿਆਰਥਣਾਂ ਅਤੇ ਅਮਲੇ ਸਮੇਤ ਵੱਖ ਵੱਖ ਕਾਲਜਾਂ ਦੇ ਅਧਿਆਪਕਾਂ ਨੇ ਹਿੱਸਾ ਲਿਆ। ਕਾਲਜ 'ਚ ਕੱਢੀ ਗਈ ਚੇਤਨਾ ਰੈਲੀ ਦਾ ਮੁੱਖ ਮੰਤਵ ਜੱਲ੍ਹਿਆਂਵਾਲਾ ਬਾਗ ਦੇ ਸ਼ਹੀਦਾਂ ਨੂੰ ਸ਼ਰਧਾਂਜਲੀ ਦੇਣਾ ਅਤੇ ਇਸ ਬਾਰੇ ਵਿਦਿਆਰਥਣਾਂ ਨੂੰ ਜਾਣੂ ਕਰਾਉਣਾ ਸੀ। ਕਾਲਜ ਦੀ ਪ੍ਰਿੰਸੀਪਲ ਸ੍ਰੀਮਤੀ ਨੂਤਨ ਸ਼ਰਮਾਂ ਨੇ ਖੂਠੀ ਸਾਕੇ ਬਾਰੇ ਵਿਸਤਾਰ ਵਿੱਚ ਜਾਣਕਾਰੀ ਦਿੱਤੀ।







M

Saroop Rani Government College For Women Amritsar NSS UNIT 2018-19

The rally was taken out in compliance with the directions of DPI Punjab to commemorate 100 years of Jallianwala Bagh Massacre. Students and teachers of BBK DAV College for women, Amritsar and Shahzada Nand College Amritsar also participated in the rally.

National Youth Parliament Festival (December - February, 2018)

The Ministry of Youth Affairs and Sports organised the National 'youth Parliament in collaboration with NSS(National Service Scheme) and the NYKS(Nehru Yuva Kendra Sangathan). The main aim of this exercise that spanned over three months was to give an outlet to the young and dynamic voices. The participants were between the age of 18 and 25, young adults who can vote but not contest in the elections. The event was held in four stages-Screening for the District Youth Parliament, District Youth Parliament, State Youth Parliament and the National Youth Parliament.

The NSS unit of Saroop Rani Government College for Women, Amritsar took enthusiastic part in the competition. Two NSS volunteers from the college Ms. Tanvi Sharma and Ms. Muskan Puri qualified the Screening process. MS. Tanvi Sharma won the first position at the district level held in Guru Nanak Dev University, Amritsar. She then took part in the State Youth Parliament at Chitkara University, Chandigarh.

She went on to take part in the National Youth Parliament Festival held over for two days- Feb 25 and Feb 26 in New Delhi. She took part as a delegate and represented the districts of Amritsar and Tarn Taran. She was among the 550 students who were addressed by Prime Minister Shri Narendra Modi.

M

Principal Saroop Rani Government College For Women Amritsar.

Mann

2018-19

THE ANNUAL SEVEN DAYS NSS CAMP ORGANISED

AT

S.R.GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

The annual seven days NSS camp was organized at S.R. Government college for Women, Amritsar from January 11, 2019-January 17,2019 .The campus was inaugurated by officiating Principal Dr. Savita Sachdeva . During the camp, various activities were conducted for the volunteers , which helped them in learning to comfort the real life problems .They were also made aware of the community around them and their responsibilities towards it. They were motivated to serve the nation selflessly. They attended various lectures by eminent personalities like Ms. Simran Singh, Dr. Sukhmani on multiple topics like personal hygiene, balance diet, meditation ,first aid etc. The young author, Ms. Simran Singh shared the tale of the journey of her life with students and motivated the students to realize their dreams . She inspired the NSS volunteers to bring out the best versions of themselves and work hard. PCMS-1 Officer Dr. Sukhmani delivered the lecture highlighting the importance of personal hygiene and balance diet. She advised the volunteers to make lifestyle modification in order to remain mentally and physically fit. In addition to this ,the NSS volunteers took the initiative of cleaning college roads ,girls hostel's garden and dormitories .The NSS volunteers also practised physical exercises daily to keep themselves active and fresh .They also shared their lunch as a part of a fun activity planned by the programme officers Ms. Manjeet Minhas and Ms. Deepika for the enjoyment of the volunteers and to teach them what joy of learning is. They also visited their adopted village Mirankot to render their services in Elementary school, Mirankot. The volunteers imparted their skills to the school students by teaching them Maths, Science and English . They also taught them various techniques of art and craft .The volunteers also watered the plants and trees situated at the roadsides . Moreover, they did Seva in the village Gurudwara and had Guru Ka Langar . The activities conducted during the seven days NSS camp filled the volunteers with energy and freshness. .The annual seven days camp organized at S.R. Government college for women ,Amritsar concluded happily with an assurance of continuing selfless services in the future also. The annual seven days NSS camp was organised under the guidance of NSS Programme Officers Ms. Manjeet Minhas and Ms. Deepika.

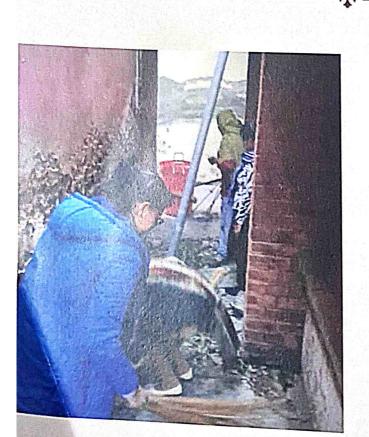
NO

Saroop Rani Government College For Women Amritsar.

She

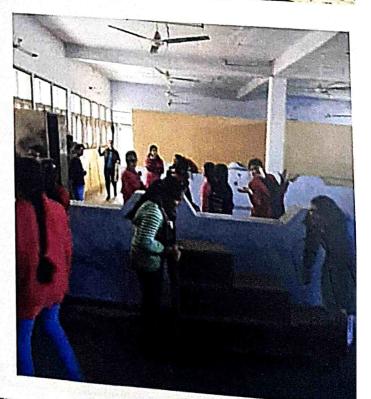
Saroop Rani Government College for Women, Amritsar

Seven day NSS camp 2018-19







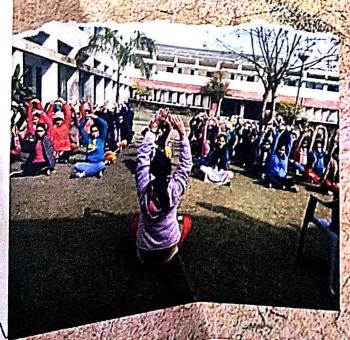






Saroop Rami Government College For Women, Amritsan

Seventary NASS Goldon Propinsi II





NSS 2018-19

ANNUAL SEVEN DAY CAMP. LECTURE by MS. SIMRAN SINGH





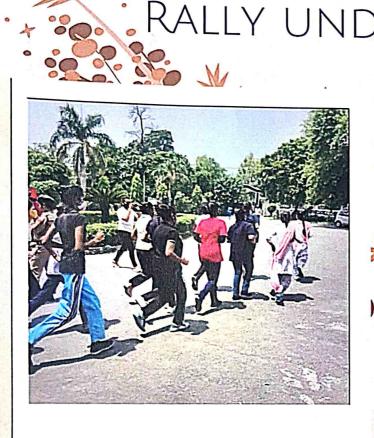


Saroop Rani Government College For Women Amnisar.

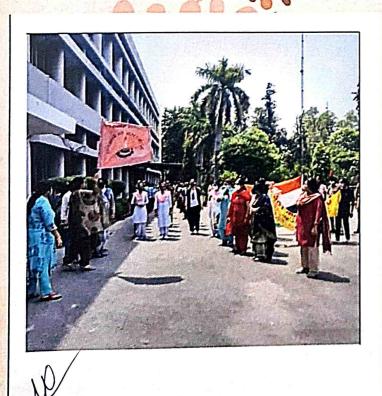


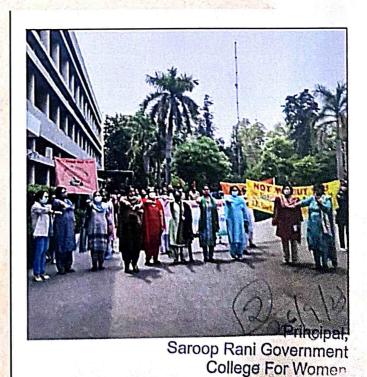
Saroop Rani Government College for Women, Amritsar

RALLY UNDER FIT INDIA



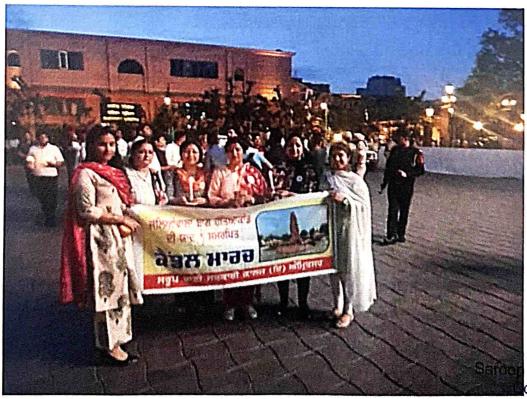






Candle march at jallianwala bagh





10/

Principal, Rani Government ollege For Women Amritsar. Awareness on stubble burning at village mirakot NSS





Principal, ani Government ege For Women Amritsar.

M

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR NSS - 2018-19.





AWARENESS DRIVE ON STUBBLE BURNING.

M

Principal,
Saroop Rani Government
College For Women
Amritsar.

mane