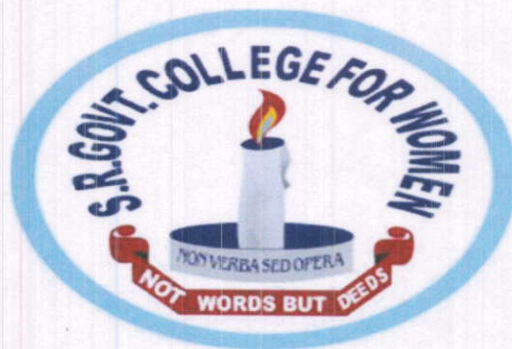




SR GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

ACTTIVITES REPORT OF NSS UNIT

SESSION 2018-23



Total NSS Volunteers: Two Hundred (200)
Program Officers: Ms. Manjeet Kaur Minhas
and Dr. Vandan Bajaj

Shabad Rendition Competition

Date: 18. 6. 21

Online Shabad Rendition Competition was organized in which students of many colleges participated. The participants were to sing Guru Teg Bahadur Ji's shabads in the specific ragas. Ms. Sharminder Kaur, Department of Music Instrumental and Ms. Venus Taneja, Department of Music Vocal were the judges for this competition. They checked the uploaded videos and declared the winners.

YOGA DAY

Date: 21.6.23

Resource Person: Ms. Amandeep Bhatti

Department of Botany

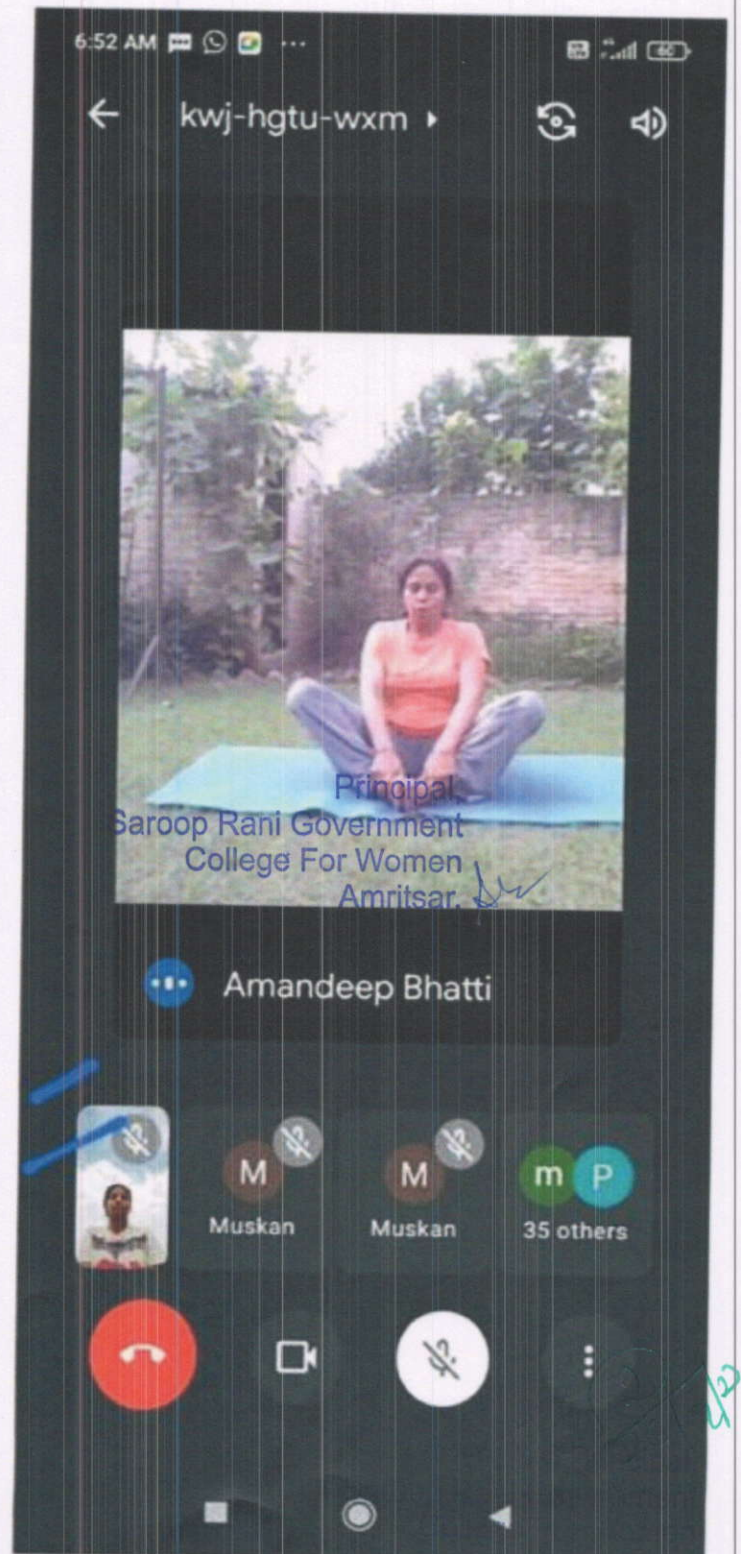
Saroop Rani Government College for Women

To celebrate International Yoga Day, an online yoga session was organized for the staff and students of the college. Ms. Amandeep Bhatti told about the uses of making yoga a way of life ; especially in the pandemic. She told the students how it helps build immunity and is an antidote against all diseases. The activity proved to be a great stress reliever for everyone.

24/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar.
manvi

ND

Yoga day 2021



Webinar on THE LEGACY OF SHRI GURU TEGH BAHADUR JI

Resource Person: Dr. Rakesh Bawa

Date: 21.5.21

Dr. Rakesh Bawa, Head, Department of History, Guru Nanak Khalsa College, Daroli Kalan delivered an online lecture on the topic THE LEGACY OF SHRI GURU TEG BAHADUR JI. The lecture was very informative as the resource person showed how guruji's teachings are still relevant in the present times.

World Bicycle Day

Date: 3.6.2021

A cycle rally was organized on the college campus to mark World Bicycle Day. Students and teachers specially came on bicycles and participated in the rally very enthusiastically. The rally was flagged off by Madam Principal Ms. Jyoti Bala. Madam Principal addressed the students and motivated them to adopt a healthy way of life which is good for their health as well as for the health of the planet. She said that we should all try to adopt a sustainable way of life. Students took a pledge to save their planet by reducing carbon footprints.

Handwritten signature

Handwritten signature and date
24/9/23

Principal,
Saroop Rani Government
College For Women
Amritsar.
Handwritten signature

Office: Principal, S.R. Government College for Women, Amritsar

Our Ref. No.: 1315

Date: 9-8-21

Dr. Rakesh Bawa,
Department of History,
Guru Nanak Khalsa College
Daroli Kalan, Jalandhar

Subject: Letter of Appreciation.

Dear Dr. Rakesh,

Greetings from S.R. Govt. College for Women, Amritsar.

As a premier Institution for Women, the College has stood by its motto "**Quality and Excellence: Hallmark of SRGCW**" from 89 years since 1932. We strive to expand our horizons of knowledge through academic and co-academic activities.

We are indeed privileged to have you as the Resource person for delivering an informative and insightful discourse on the topic "The Legacy of Shri Guru Tegh Bahadar Ji" in the Webinar held to commemorate the 400th Birth Anniversary of Shri Guru Tegh Bahadar Ji on May 21, 2021. The faculty and students participated with a lot of enthusiasm and active interest.

Looking forward to your co-operation in the future as well.

Jyoti
Principal,
S.R. Govt. College (W)
Amritsar.

24/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar.
manu

WEBINAR & YOGA SESSION

Resource Person: Dr. Savita Sachdeva

Retired Principal

Date: 25.6.21

A special webinar was organized on Yoga keeping in mind the fact that it helps boost immunity. Dr. Savita Sachdeva first delivered a discourse on different yogic practices and their importance in making our lives meaningful. She stressed the fact that making yoga a way of life can reduce many problems; both physical and mental. Later she demonstrated many asanas and explained in detail the precautions to be taken and the correct way of doing the asanas. Students really enjoyed this informative and fun filled session.

24/9/23

Principal,
Saroop Rani Government
College For Women
Amritsar.
mann

Lecture on HEALING WITH MEDITATION

Resource Person: Dr. Satinder Kaur

Head, Department of Geography

Saroop Rani Government College for Women

Date: 24.6.21

Dr. Satinder Kaur, Head, Department of Geography, through her a lecture Healing With Meditation talked at length about the advantages of meditation. She opined that meditation is the answer to all the problems of modern man who is deeply entrenched in materialism. For students meditation is a must as it helps build up confidence and reduce anxiety. Students enjoyed this lecture a lot and had many queries for the resource person

24/6/23

Principal,
Saroop Rani Government
College For Women
Amritsar.
mansi

MA

Webinar on GURU TEG BAHADUR JI – LIFE , VISION AND LEGACY

Resource Person: Dr. Sharanjit Kaur Nijjar

Assistant Professor,
Shaheedganj College for Women
Ferozepur

Date: 23. 8. 21

Dr. Sharanjit talked in detail about the life of Shri Guru Teg Bahadur Ji and his vision. She stressed upon the fact that his martyrdom totally changed the political narrative of the nation and affected the social fabric as well.

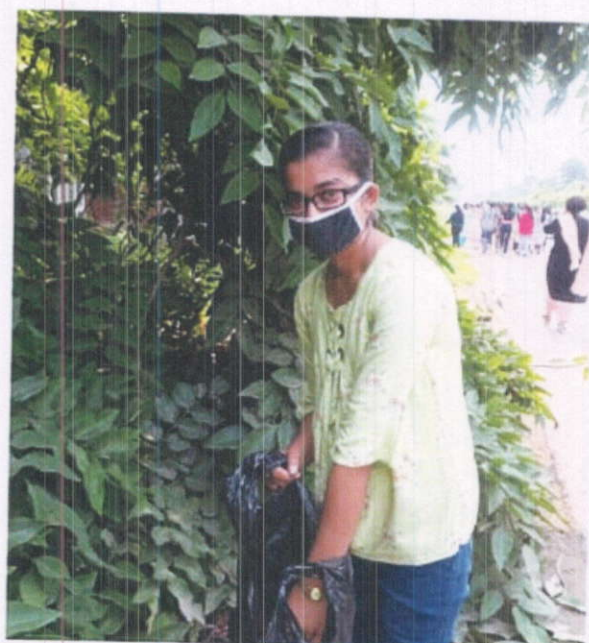
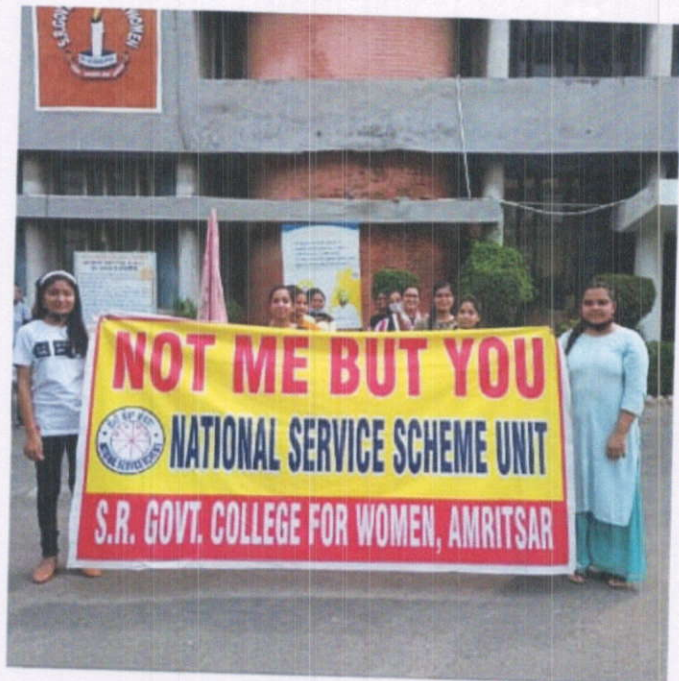
Clean India Programme

Date : 1.10.21- 31.10.21

Under the Clean India Programme, volunteers cleaned various areas of the college and pledged to keep their campus clean. Students understood that it is their social responsibility to keep their surroundings clean.

24/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar.
Mam

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR
31/10/21 NSS

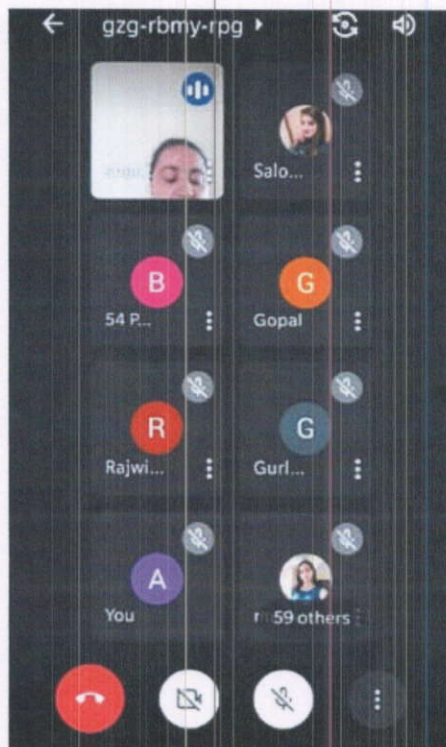


no

2
24/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar.
nam

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR
NSS

23 August 2023

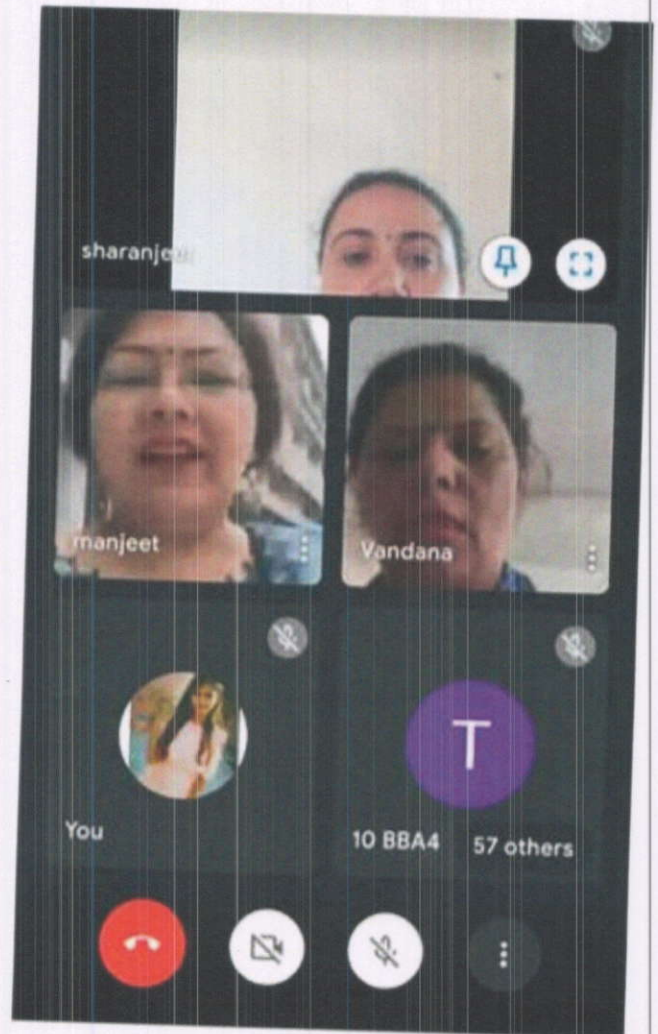
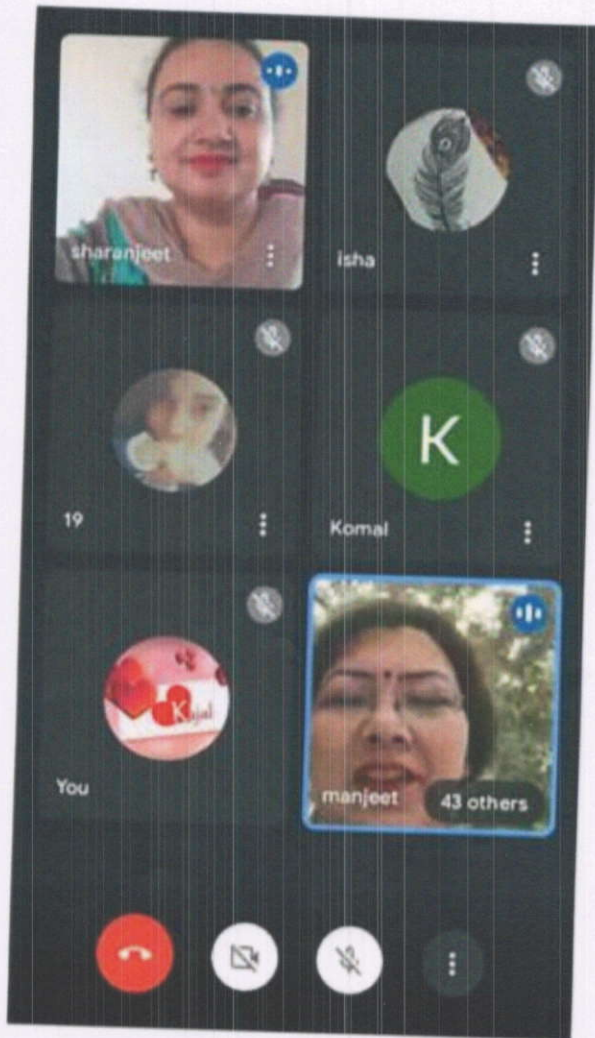


24/9/23

Principal,
Saroop Rani Government
College For Women
Amritsar.
mani

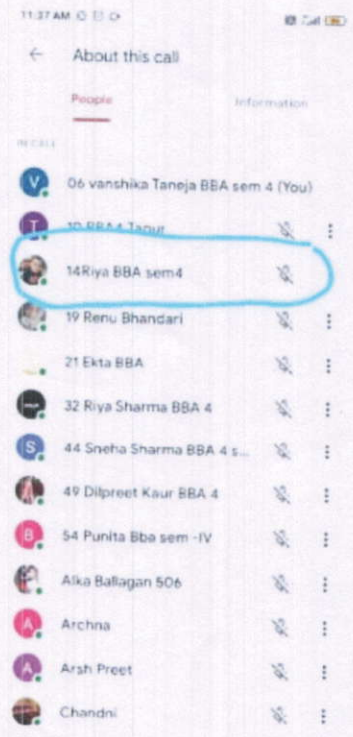
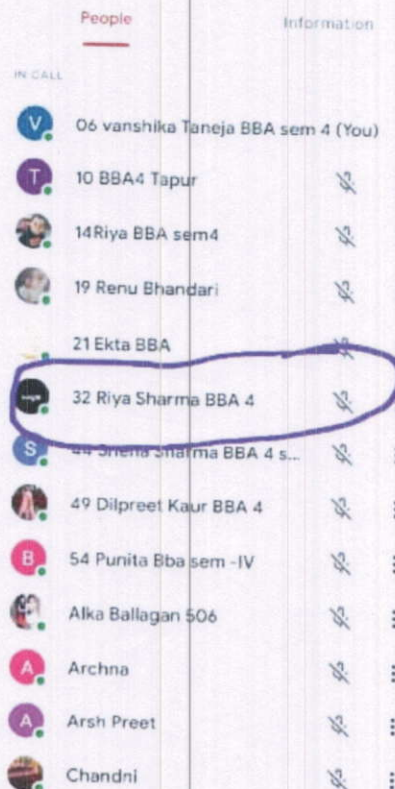
no

1.10.21



26/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar.

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR NSS



24/9/23

Principal,
Saroop Rani Government
College For Women
Amritsar.

navi

19/10/21 NSS



24/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar.
nav



24/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar.
nam

VACCINATION CAMPS

Dates: 22.7.21

30.7.21

20.8.21

1.2.22

NSS units of the college organised four vaccination camps in the college for the students and the community. These camps were organized in collaboration with the Civil Surgeon office, Amritsar. These camps were a great help in the wake of shortage of vaccines in the government hospitals. Approximately one thousand people benefitted from these camps.

INDEPENDENCE DAY

Date : 15.8.21

Independence Day saw the students and the faculty in full enthusiasm . Madam Principal hoisted the Tricolour and motivated the students to take care of this dearly bought independence. She said that the sacrifices of the freedom fighters should not be forgotten. Students and the staff sang patriotic songs and sweets were distributed.

24/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar.
hane

Vaccination camp



26/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar.

[Signature]

[Signature]

ਬਣਨ ਨਾਲ ਪਾਰਟੀ 'ਚ ਨਵੀਂ ਰੂਹ ਫੁੱਕੀ ਗਈ ਹੈ। ਡਾ. ਵਰਕਾ ਨੇ ਹਾਈ ਕਮਾਂਡ ਦਾ ਧੰਨਵਾਦ ਕਰਦੇ ਹੋਏ ਕਿਹਾ ਕਿ ਉਨ੍ਹਾਂ ਨੇ ਪਾਰਟੀ ਦੇ ਮਸਲਿਆਂ ਨੂੰ ਜਿਸ ਗੰਭੀਰਤਾ

ਦਰਸ਼ਨ ਸਿੰਘ ਕਲੋਨੀ ਦੇ ਸਰਪੰਚ ਸੁਖਦੇਵ ਸਿੰਘ ਸੁੱਖਾ, ਅਮਰਜੀਤ ਸਿੰਘ, ਪ੍ਰਿੰਸ, ਬੰਟੀ, ਪੰਕਜ ਸਮੇਤ ਵੱਡੀ ਗਿਣਤੀ 'ਚ ਕਾਂਗਰਸੀ ਵਰਕਰ ਹਾਜ਼ਰ ਸਨ।

ਤ ਸਿੰਘ
ੀਤ ਸਿੰਘ



ਕੈਂਪ ਦੌਰਾਨ ਸਿਹਤ ਵਿਭਾਗ ਦੀ ਟੀਮ ਨਾਲ ਮੌਜੂਦ ਪ੍ਰਿੰ. ਜੋਤੀ ਬਾਲਾ, ਡਾ. ਵੰਦਨਾ ਬਜਾਜ, ਮੈਡਮ ਮਨਜੀਤ ਮਿਨਹਾਸ ਤੇ ਹੋਰ।
ਅਜੀਤ ਤਸਵੀਰ

ਸਰੂਪ ਰਾਣੀ ਕਾਲਜ 'ਚ ਕੋਵਿਡ ਵੈਕਸੀਨੇਸ਼ਨ ਕੈਂਪ ਲਗਾਇਆ

ਅੰਮ੍ਰਿਤਸਰ, 22 ਜੁਲਾਈ (ਗਗਨਦੀਪ ਸ਼ਰਮਾ)-ਡੀ. ਪੀ. ਆਈ. ਦੇ ਦਿਸ਼ਾ-ਨਿਰਦੇਸ਼ਾਂ ਅਨੁਸਾਰ ਸਰੂਪ ਰਾਣੀ ਸਰਕਾਰੀ ਕਾਲਜ (ਇ) ਅੰਮ੍ਰਿਤਸਰ ਵਿਖੇ ਕੋਵਿਡ ਵੈਕਸੀਨੇਸ਼ਨ

ਕੈਂਪ ਲਗਾਇਆ ਗਿਆ, ਜਿਸ 'ਚ ਲਗਪਗ 167 ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਹਿੱਸਾ ਲੈ ਕੇ ਟੀਕਾ ਲਗਵਾਇਆ। ਪ੍ਰਿੰਸੀਪਲ ਜੋਤੀ ਬਾਲਾ ਨੇ ਕਿਹਾ ਕਿ ਕੋਰੋਨਾ ਕੇਸਾਂ ਦੀ ਗਿਣਤੀ ਘਟੀ ਜ਼ਰੂਰ ਹੈ ਪਰ ਖ਼ਤਰਾ ਅਜੇ ਟਲਿਆ ਨਹੀਂ। ਸਾਨੂੰ ਸਾਰਿਆਂ ਨੂੰ ਸਾਵਧਾਨ ਰਹਿਣ ਦੀ ਜ਼ਰੂਰਤ ਹੈ। ਉਨ੍ਹਾਂ ਨੇ ਕੈਂਪ ਦੇ ਆਯੋਜਕ ਡਾ. ਵੰਦਨਾ ਬਜਾਜ, ਮੈਡਮ ਮਨਜੀਤ ਮਿਨਹਾਸ ਤੇ ਸਿਹਤ ਵਿਭਾਗ ਦੇ ਕਰਮਚਾਰੀਆਂ ਦਾ ਧੰਨਵਾਦ ਕੀਤਾ। ਇਸ ਮੌਕੇ ਕਾਲਜ ਕੌਂਸਲ ਮੈਂਬਰ ਮੈਡਮ ਬਲਜੀਤ ਕੌਰ, ਡਾ. ਕੁਸੁਮ ਦੇਵਗਨ, ਮੈਡਮ ਪਰਮਿੰਦਰ ਕੌਰ ਤੇ ਡਾ. ਸੁਰਿੰਦਰ ਕੌਰ ਵੀ ਹਾਜ਼ਰ ਰਹੇ।

ਦੀ ਇਕੱਤਰਤਾ

ਫਸਰ ਐਸੋਸੀਏਸ਼ਨ ਦਰਜਾ-ਬ-ਦਰਜਾ ਸਮੂਹੀਆਂ ਸਿਫਾਰਸ਼ਾਂ ਨੂੰ ਮੁੱਢੋਂ ਰੱਦ ਕੀਤਾ ਗਿਆ। ਤੇ ਸਮੂਹ ਜਥੇਬੰਦੀਆਂ ਇਕਮਤ ਹੁੰਦੇ ਹੋਏ ਧਾਨ ਮੋਹਨ ਸਿੰਘ ਵਾਹਲਾ, ਜ਼ਿਲ੍ਹਾ ਪ੍ਰਧਾਨ ਰੰਦਰ ਸਿੰਘ ਮਾਨ, ਗੁਰਮੀਤ ਸਿੰਘ ਜੌਹਲ, ਜੀਠਾ, ਜਸਪਾਲ ਸਿੰਘ, ਹਰਭਜਨ ਸਿੰਘ, ਹਰਪ੍ਰੀਤ ਸਿੰਘ, ਹਜ਼ੂਰ ਸਿੰਘ, ਹਰਜੀਤ

Rally on Stubble Burning

Date: 4.10.21

NSS volunteers took out a rally to sensitise the people regarding the hazards of burning stubble. Awareness regarding this was also given to the residents of village Khurmanian. They also told about the new methods of farming like the happy feeder etc.

Awareness Talk on Non Surgical Treatment for Chronic Pain

Resource Person: Dr. Parampreet Singh

Amandeep Hospital

Date: 12.10.21

The resource person explained about the different non surgical ways to heal injuries. This lecture was highly beneficial for all the attendees as they came to know about different methods to heal themselves. Sports persons very enthusiastically participated in the question answer session and all their queries were resolved to their satisfaction.

10

24/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar.
nam

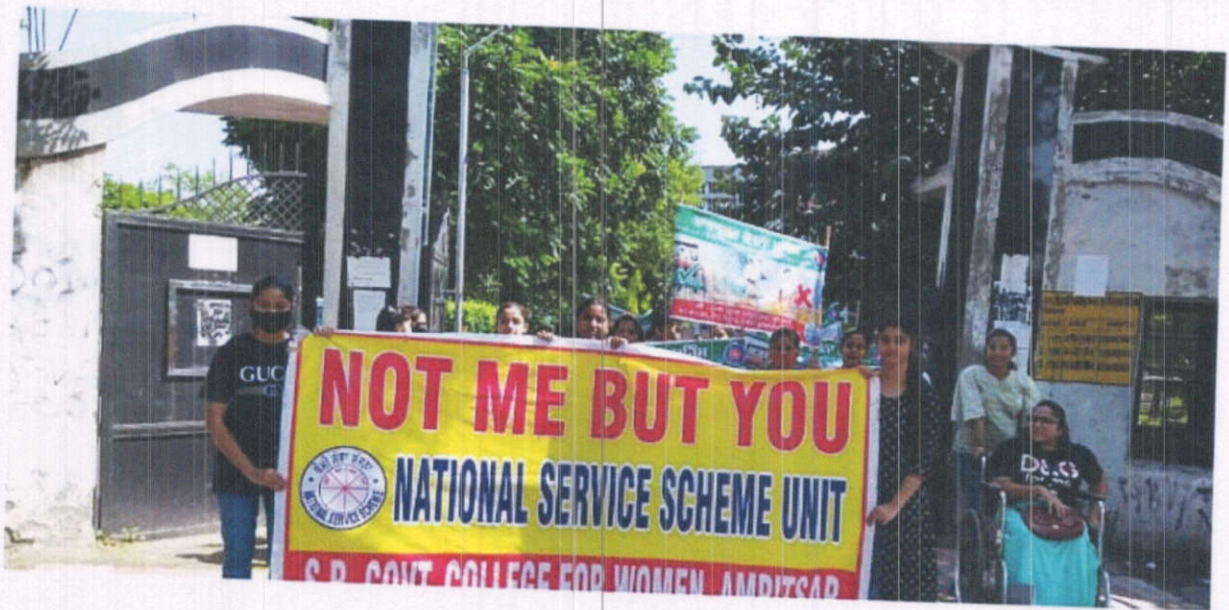
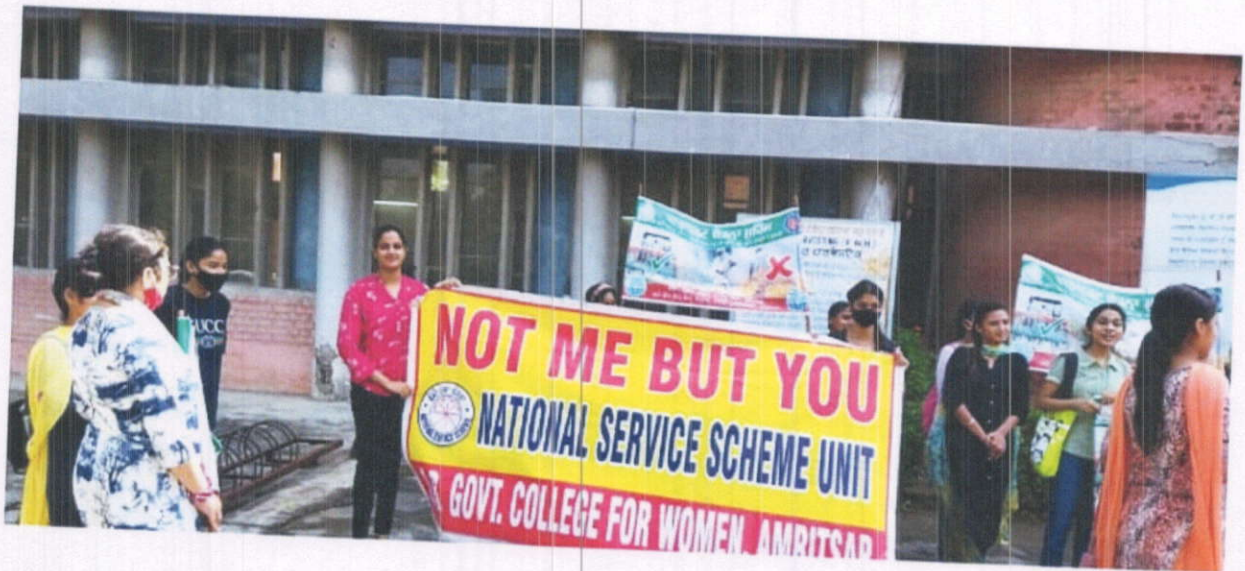


25/9/23
 Principal,
 Sarodhani Government
 College For Women
 Amritsar.
 nam

25

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

4/10/21 NSS



no

22/10/21

Principal,
Saroop Rani Government
College For Women
Amritsar

4.10.21



26/9/20

Principal,
Saroop Rani Government
College For Women
Amritsar.

26/9/20

SAROOP RAMI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR
4/10/21 NSS



Principal,
Saroop Rami Government
College For Women
Amritsar.
name

4/9/21

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR
NSS

15 August 2021



The NSS volunteers of Saroop Rani Government College for Women, Amritsar organized a program for the celebration of independence on August 15, 2021



Nss volunteers were awarded with token of appreciation

24/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar
nani

Swachhta Pakhwada

the volunteers.

Date: 19.10.21

Students worked very dedicatedly to clean the college premises. Seeing the volunteers work, the other students also were motivated and they happily helped them. Madam Principal Mrs. Jyoti Bala appreciated the efforts of

Run for Unity

Date: 31.10.21

NSS volunteers took out a rally to spread word about the need for unity in people so as to maintain peace in society and also keep the secular fabric of our country alive.

Punjabi Maah Celebrations

Date: 7.12.21

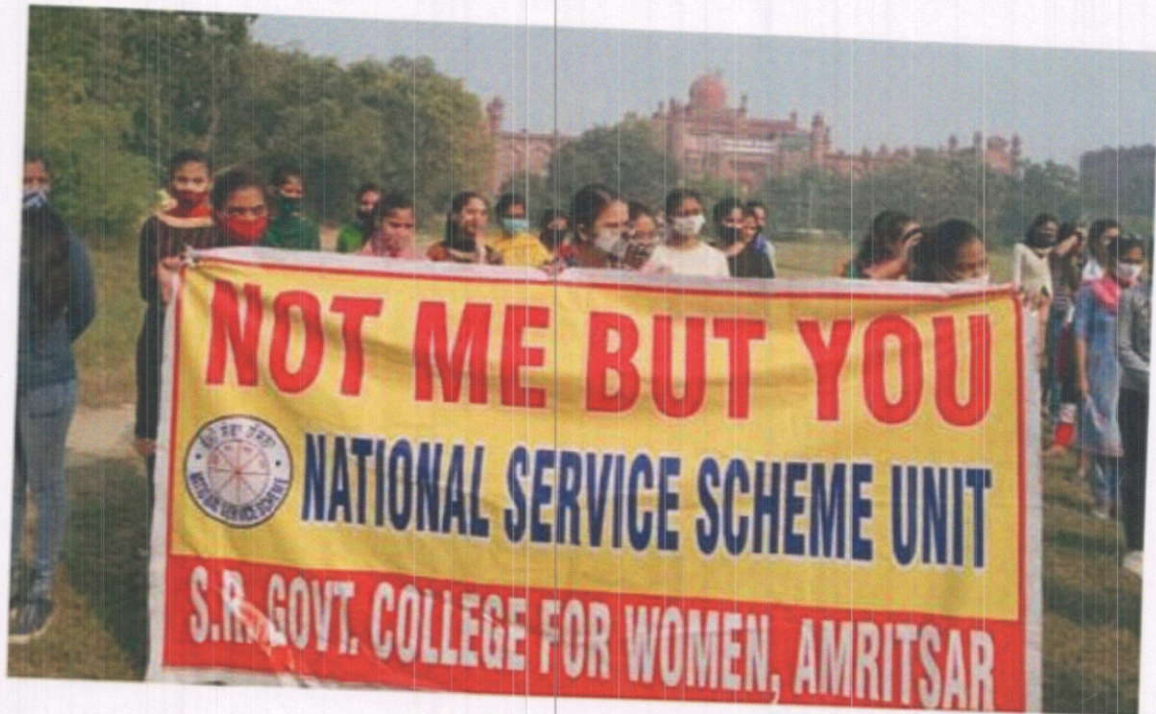
Volunteers participated very enthusiastically in different items like Gidha, Poetical Recitation, Folk Songs etc to mark the Punjabi Maah celebrations. Madam Principal motivated the students to love their mother tongue and save it from dying. They should not be ashamed of using their mother tongue.

24/9/23

Principal,
Saroop Rani Government
College For Women
Amritsar.

10

31.10.22 Rally



2/26/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar.

Punjabi maah



26/9/23
Principal,
Gurpreet Rani Government
College For Women
Amritsar

Cleaning of Library

Date: 10.3.22

NSS volunteers arranged a special one day camp to clean the college library. They brought dusters from home and very enthusiastically dusted all the books, arranged them on the shelves under the guidance of the librarian. Dr. Babita Sharma, librarian of the college, addressed the students and motivated them to read books.

Swachta Pakhwada

Date: 10. 3.22

Seven day swachhta pakhwada was organized in and outside the college wall of the campus. Volunteers cleaned different areas of the college. They picked up trash collected near the hostel gate. Volunteers also visited the adopted village Khurmania and cleaned the premises of the Government Elementary School. Volunteers also cleaned the areas adjoining the school wall. *This Pakhwada was a part of 7-day camp.*

NO

24/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar.
hanni

Annual Seven Day Camp

Date: 10.3.22 – 17.3.22

The annual seven day camp was a great success. Volunteers carried on various activities like cleanliness campaigns, teaching the elementary school children , plantation drive, awareness campaigns etc . The village sarpanch Mr. Manbir Singh Maan addressed the volunteers and appreciated their efforts in contributing to the development of their village. This camp was a great learning experience for the students.

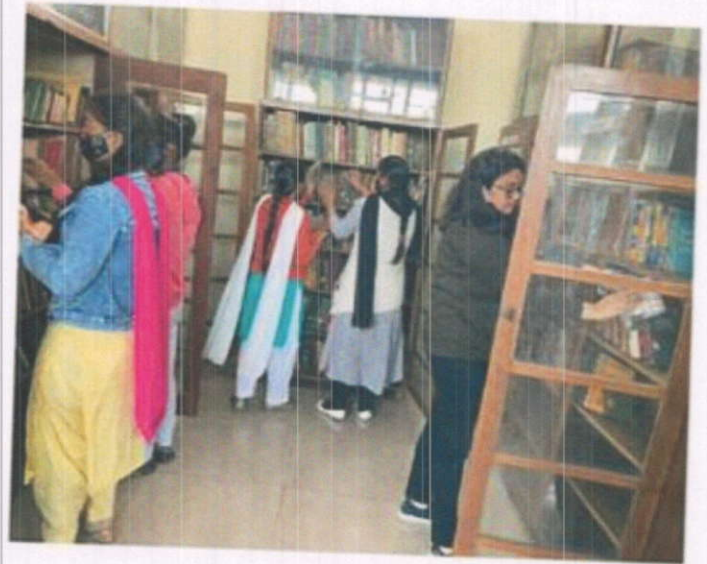
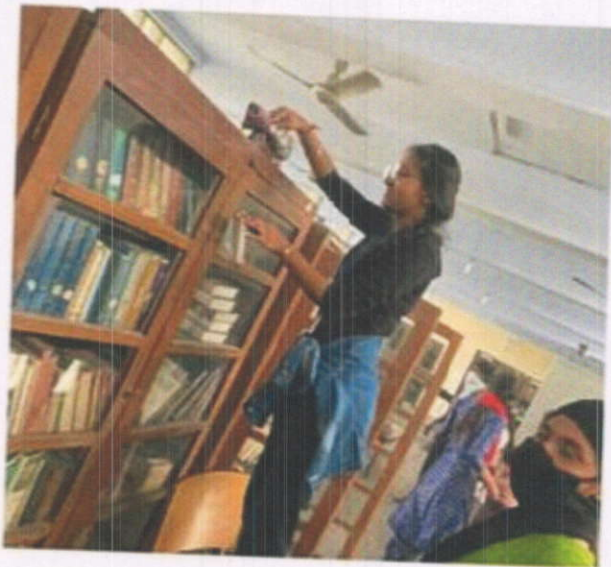
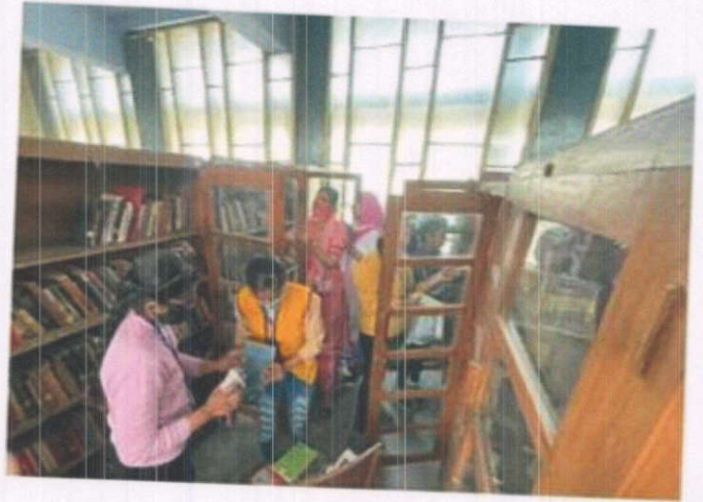
110

24/9/22
Principal,
Saroop Rani Government
College For Women
Amritsar.
Rani

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

Cleaning of library

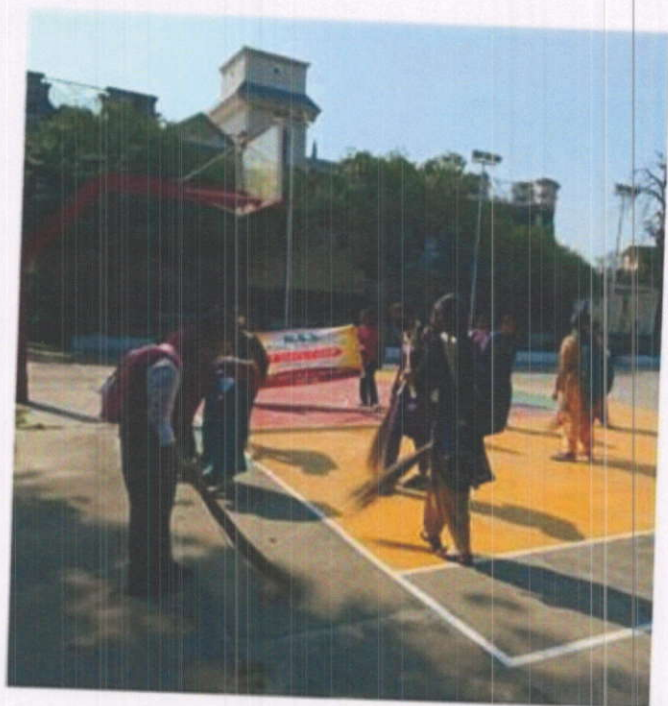
10.3.22 (7-day Camp)



26/9/23

Principal,
Saroop Rani Government
College For Women
Amritsar.

no



2
 26/9/23
 Principal,
 Saroop Rani Government
 College For Women
 Amritsar.

SARDOOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

Swacchta pakhwada

10.3.22 (7-day Camp)



Principal,
Sardoop Rani Government
College For Women
Amritsar.



SEVEN-DAY CAMP - 2022-23

24/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar.
main

ANNUAL SEVEN DAY CAMP - 2021-22



Principal,
Sarabjit Government
College For Women,
Amritsar.
man



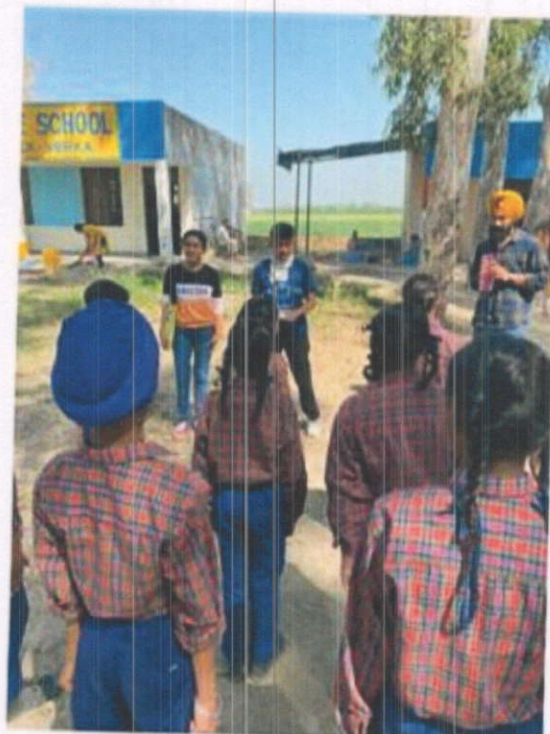
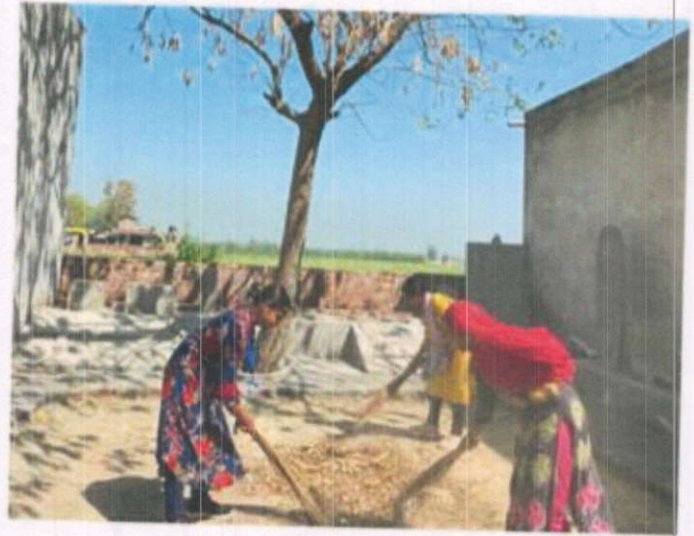
24/9/23

Principal,
Sarop Rani Government
College For Women
Amritsar.

main

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR NSS

SEVEN DAY CAMP - 2021-22



10

2/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar.

sl