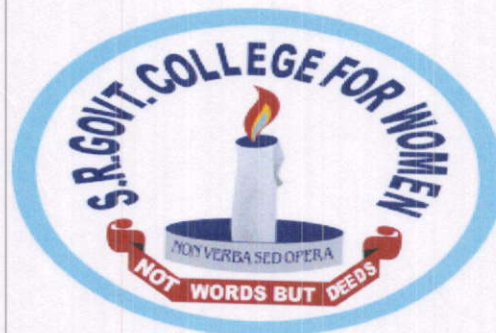




S.R. GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

ACTIVITIES REPORT OF NSS UNIT
(SESSION 2020-21)



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

2020 - 21

Activities done during Covid-19 pandemic

In 2020, when Covid-19 pandemic hit us, NSS Volunteers of Saroop Rani Government College for Women, Amritsar worked relentlessly and performed many activities to aware people during Covid-19 pandemic. The volunteers of NSS Unit made motivational videos to aware people from corona virus. In these videos, NSS unit told them how to take care of their mental health and they were also informed about the helpline numbers which are provided by the Government. The volunteers of NSS unit also spread awareness in the shopkeepers to wear masks in proper way, asked them to maintain social distancing in shops and advised to make online payments instead of taking cash payments. They were made aware to accept the Indian concept of Namaste instead of shaking hands. NSS volunteers made home-made masks and distribute that masks among people and told them the importance of wearing it. Many volunteers also participated in posters making. NSS unit of SRGCW also conducted webinars and events through online platform in which symptoms of covid, their causes and precautions are explained. Thus, these activities were done successfully under the guidance of Ms.Manjeet Kaur Minhas and Dr.Vandana Bajaj.

*Social
Distancing**24/9/23*
Principal

2020-21

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NSS Activities Done During COVID-19 Lockdown

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Activities Done During Covid -19 Lockdown 24/9/21

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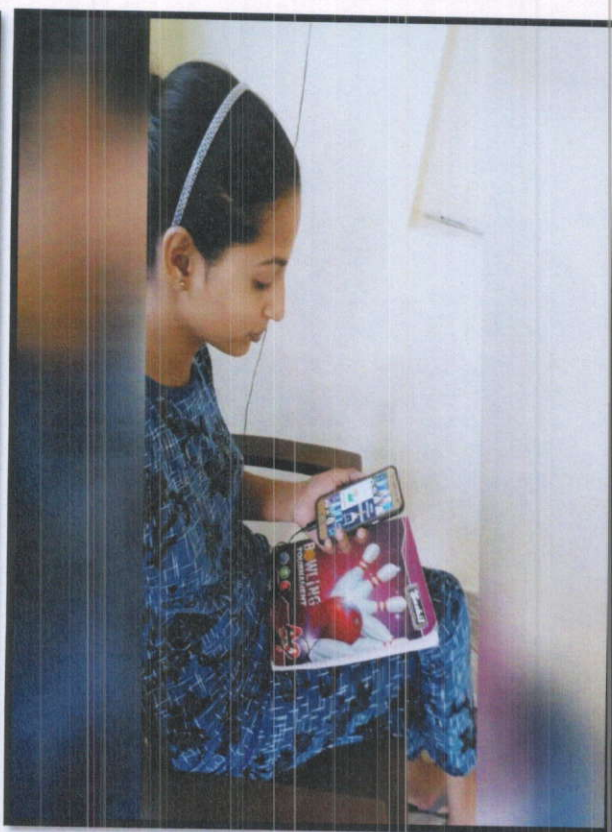
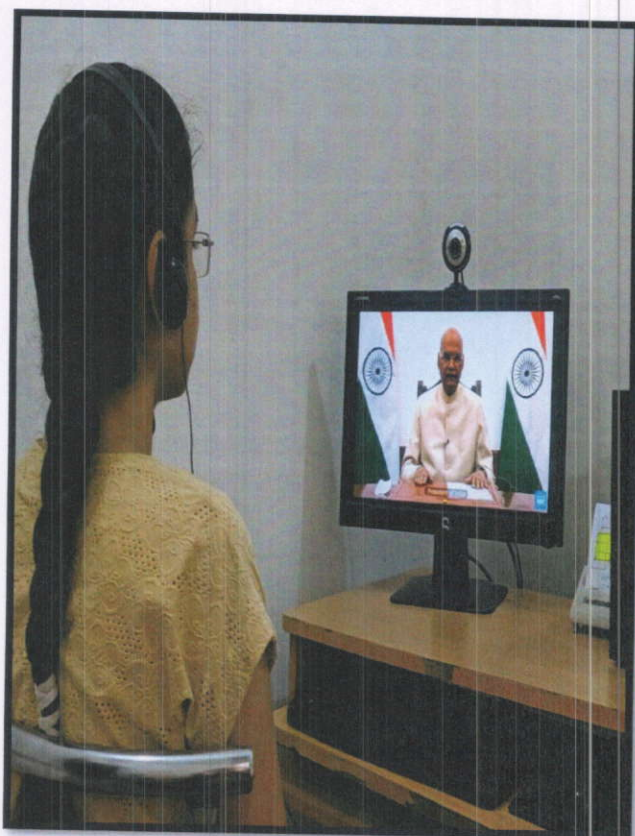
S.R. GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR 2020-21

Presentation of NSS Awards 2018-19

Date- 24 September 2020

Venue- Held virtually

A national level NSS awards presentation event was organized on the occasion of NSS day i.e. on 24 September, 2020 in which awards were given by honorable president of India SHRI RAM NATH KOVIND in the glorious presence of honorable SHRI KIREN RIJU. All the NSS volunteers of S.R. GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR watched the live telecast of NSS award ceremony and felt motivated.



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PRIDE OF PUNJAB PROGRAMME-
YUWAAH

DATE- 25 SEPT, 2020

HONORABLE CM OF PUNJAB HAS LAUNCHED THE PRIDE OF PUNJAB PROGRAMME, A JOINT INITIATIVE OF THE GOVERNMENT OF PUNJAB, UNICEF AND YUWAAH ON AUGUST 5, 2020. A PROGRAMME FOR STUDENTS IN AGE GROUP OF 15-24 BASED ON BUILDING YOUTH'S INHERENT STRENGTHS. ALL THE NSS VOLUNTEERS OF S.R.GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR JOINED CHAT ON WHATSAPP WITH U-REPORT INDIA.

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CELEBRATIONS OF 400TH BIRTH

ANNIVERSARY OF SHRI GURU TEGH BAHADUR JI

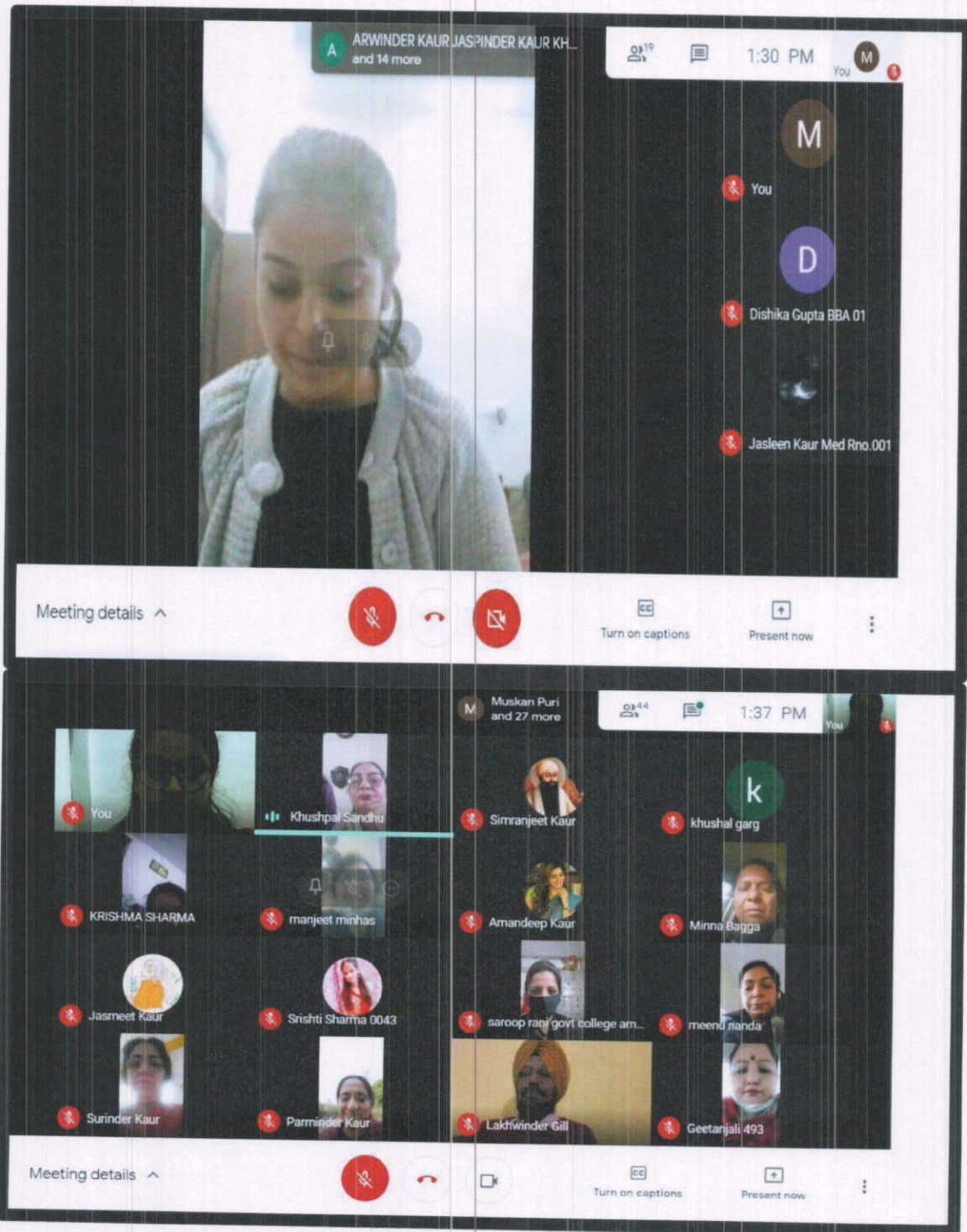
NSS Volunteers of Saroop Rani Government College For Women, Amritsar celebrated 400th birth anniversary of **Shri Guru TeghBahadur Ji**, 9th Guru of Sikhs, by organising a series of events as per the instructions of Government of Punjab .

On **17th July, 2020** a **webinar** dedicated to Shri Guru TeghBahadur Ji and his teachings was organised. Volunteers attended the webinar with full regard. On **28th September, 2020** a virtual **"ShlokUcharan Competition"** was organised by the NSS wing of college. Volunteers participated enthusiastically and created a sanctified environment. On **15th October, 2020** **poetry recitation competition** was organised virtually on the topic-**"TEACHINGS OF GURU TEGH BAHADUR JI"**. All the volunteers showed healthy participation. On **27th November, 2020** **Online paper reading competition** was organised on the topic – **"HIND KI CHAADAR GURU TEGH BAHADUR JI"**. Volunteers paid their regard by showing maximum participation. On **11th December, 2020** NSS Department organised A Webinar on SHRI GURU TEGH BAHADUR JI, where Dr. Lakhwinder Singh discussed various incidents related to GURU ji's life.

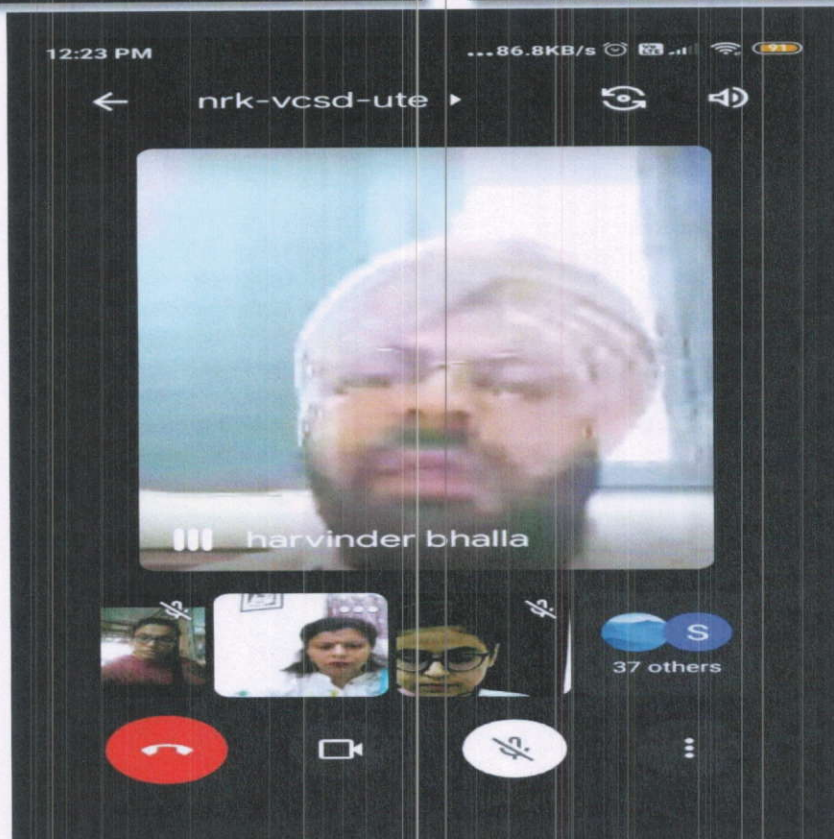
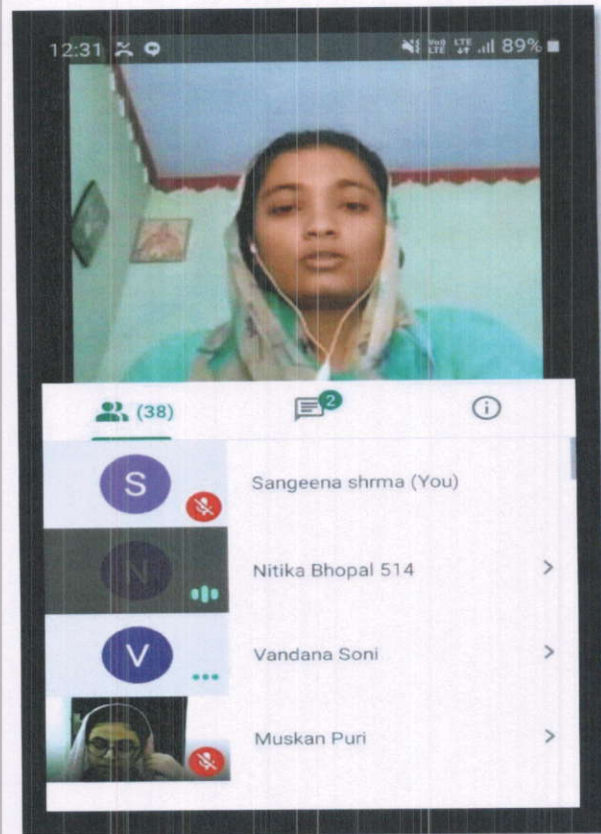
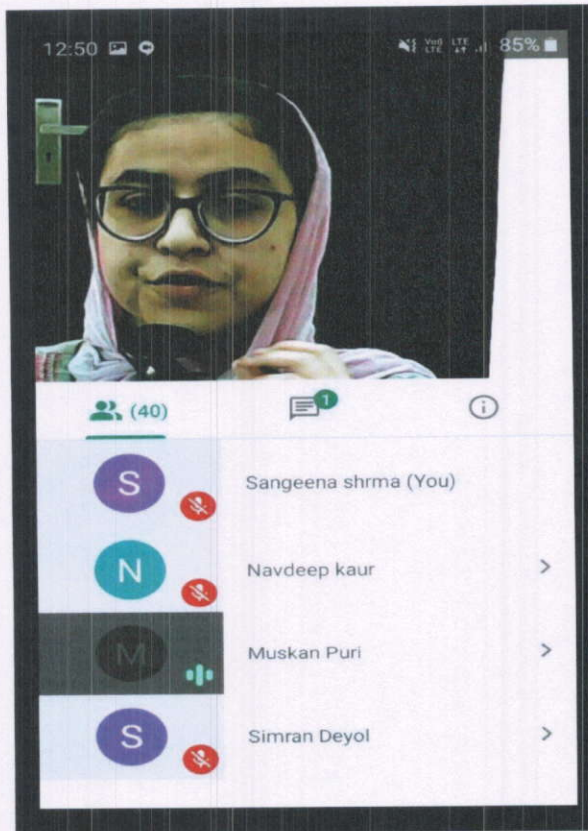
All the events were organised under the guidance of our NSS Programme Officers Ms. ManjeetMinhas and Dr. Vandana Bajaj.



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PLOG RUN

2020-21

On 2nd October 2020, a **Plog Run for 2 Kms** was performed by the NSS Volunteers. India Plog Run is a 'first of its kind' initiative that highlights the need for reducing plastic consumption and compels a healthier way of cleanliness. It was performed to celebrate Gandhi Jayanti representing his message of cleanliness. The NSS Volunteers performed a plog run collecting plastic bags and wrappers from the roads keeping in mind covid-19 related precautions. The event filled fervour in the volunteers as they got the chance to be a part of such a great initiative.

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PLOG RUN

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NATIONAL UNITY DAY CELEBRATED
BY- SRGCW, AMRITSAR

ON 31st October, 2020, National Unity Day was celebrated by the NSS Volunteers of Saroop Rani Government College For Women where students took pledge to re-affirm the inherent strength and resilience of our nation to withstand the actual and potential threats to the unity, integrity and security of our country. The volunteers were highly encouraged to take this pledge on this day. The event concluded successfully under the guidance of Programme officers Dr. Vandana Bajaj and Ms. Manjeet Kaur Minhas



NSS UNIT
Saroop Rani Govt. College
for Women, Amritsar.
National Unity Day

24/9/23

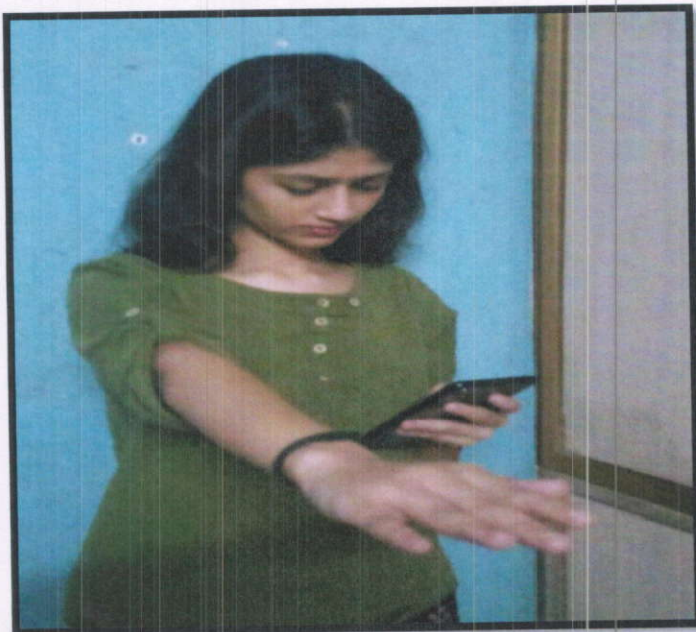
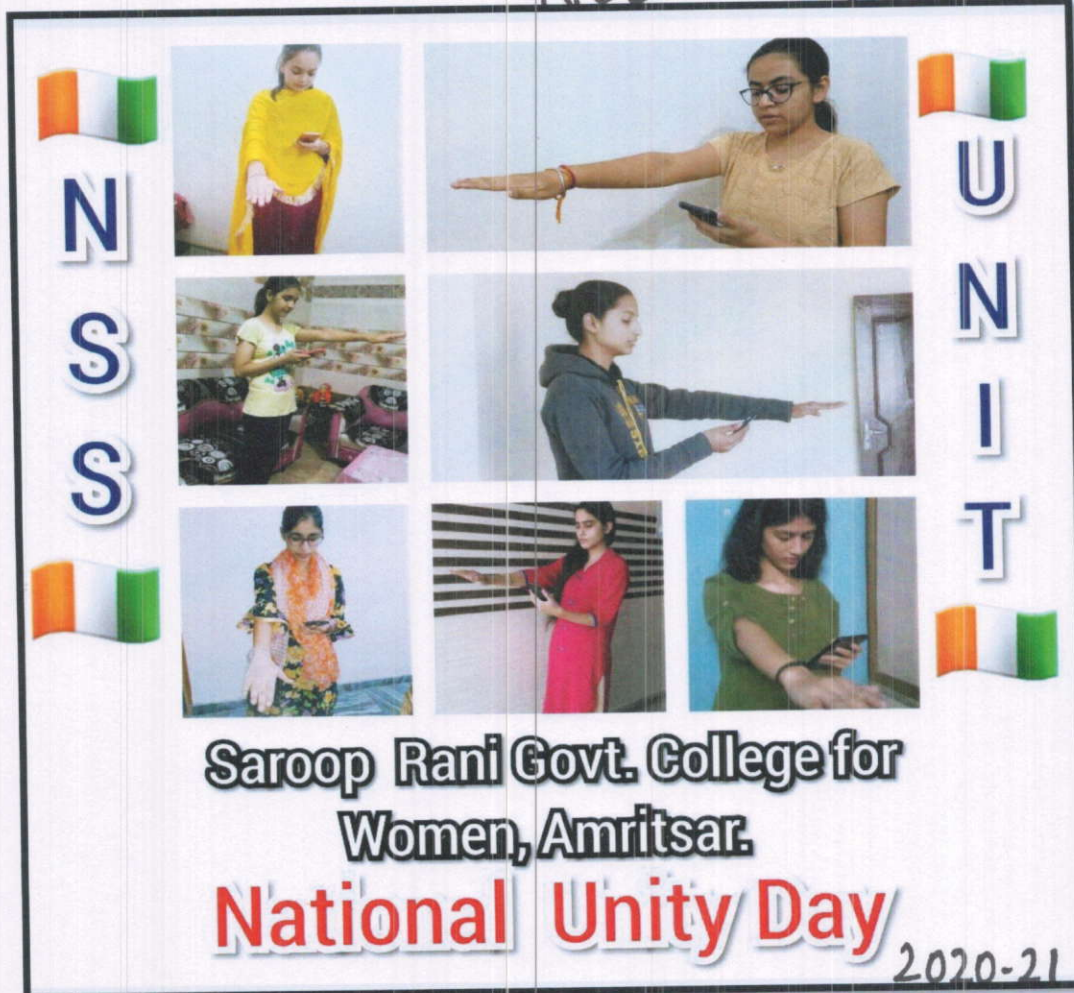
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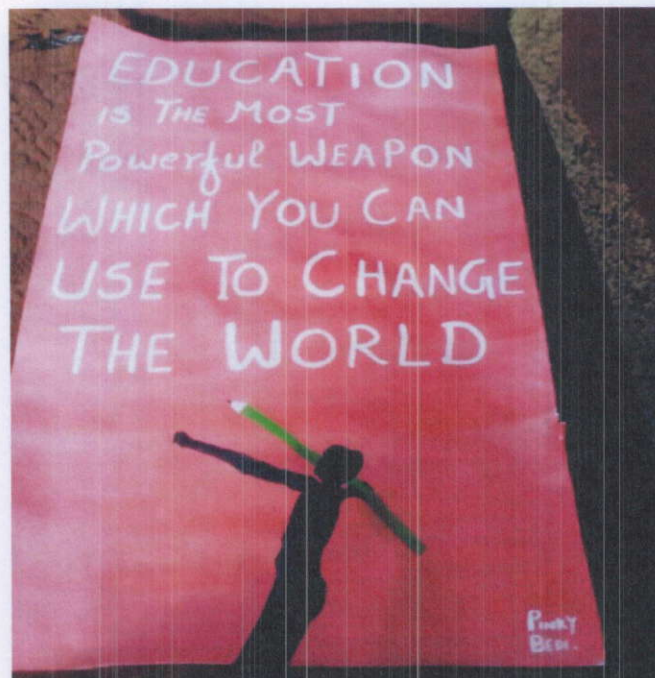
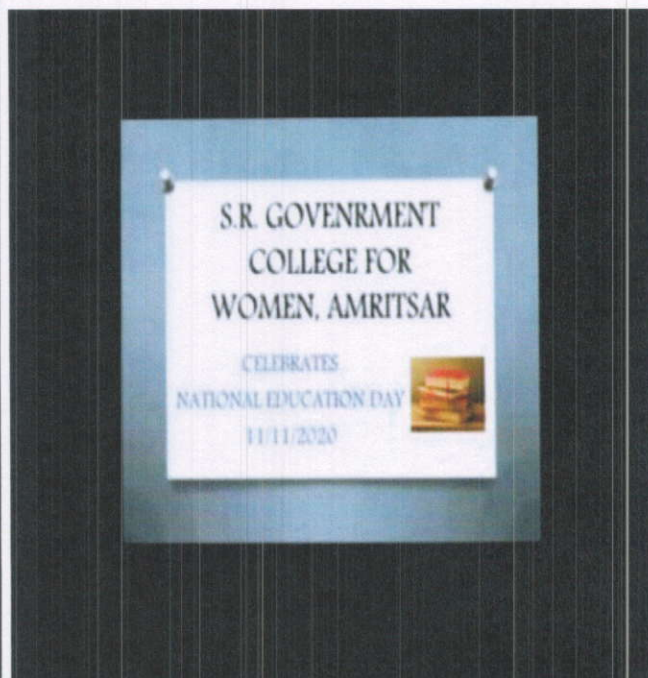
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NATIONAL EDUCATION DAY

CELEBRATED BY- SRGCW, AMRITSAR

On 11th November, 2020 National Education Day was celebrated by the NSS Volunteers of Saroop Rani Government College For Women, Amritsar where an online meeting was held for students . In the event Teachers and students discussed about the importance and need of education for everyone remembered Maulana Abul Kalam Aazad and his vision for education. Students also made poster's on education. Muskan Puri, college head girl compered the event.



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FIT INDIA PRABHAT PHERI
ORGANISED BY- MINISTRY OF
YOUTH AFFAIRS AND SPORTS

ON 10TH December, 2020 the NSS Unit of Saroop Rani Government College For Women, Amritsar conducted **FIT INDIA PRABHAT PHERI** ORGANISED BY-MINISTRY OF YOUTH AFFAIRS AND SPORTS. Staff Members and Volunteers gathered at college premises with proper precautions such as wearing masks and maintaining social distancing where **Principal H.S. Bhalla** addressed the Pheri. Volunteers took a round around the college premises with posters of Fit India movement. After that Volunteers performed some Yogic Asanas such as Kapaalbhati, TaadAasan, Surya Namaskar etc. Volunteers also did meditation. It was very calm and peaceful atmosphere all around. All the NSS Volunteers participated enthusiastically. The event concluded successfully under the guidance of Program officers Dr. Vandana Bajaj and Ms. ManjeetkaurMinhas.



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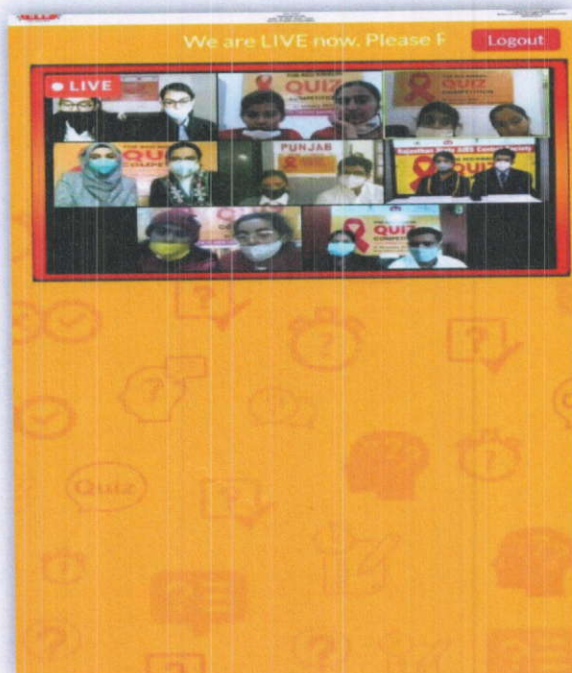
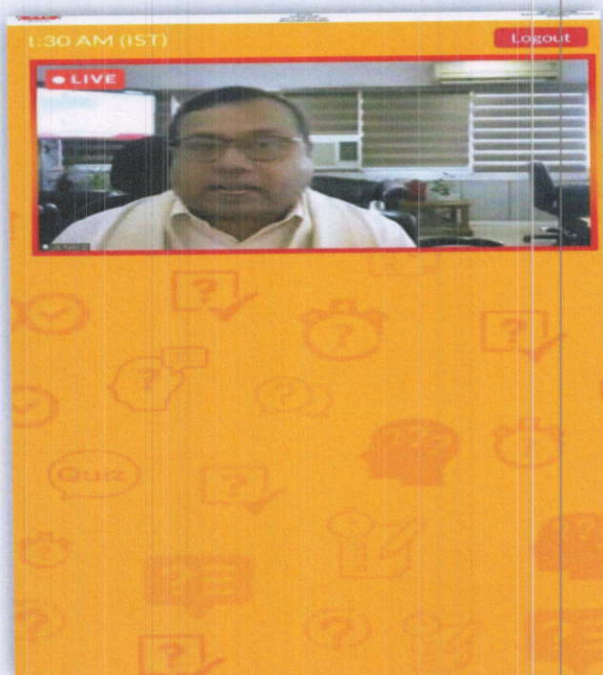
FIT INDIA

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THE RED RIBBON QUIZ COMPETITION

The NSS Volunteers of Saroop Rani Government College For Women, Amritsar joined the regional inter state red ribbon quiz competition organised by NACO (National Aids Control Organisation) on 7th January, 2020 virtually. **RED RIBBON CLUB** is a globally recognised symbol for HIV/AIDS awareness. Establishment of Red Ribbon Clubs was an important initiative undertaken by the Government of India to spread awareness about HIV/AIDS and associated myths among the youth and empower them as per educators.

NSS Volunteers watched the event virtually where the students of various states participated in the quiz competition. It was such a knowledgeable event for all the volunteers. The volunteers joined the event under the instructions of NSS programme officers, Ms. Manjeet Minhas and Dr. Vandana Bajaj.

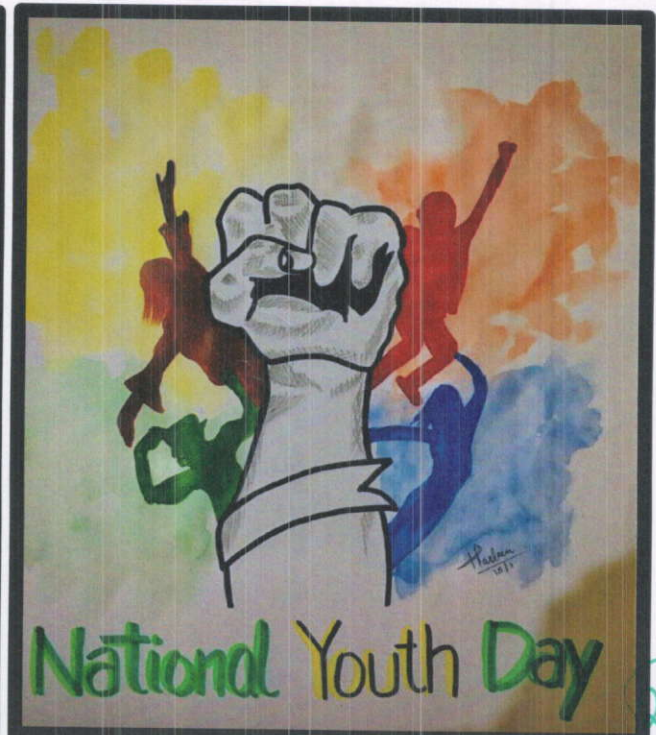
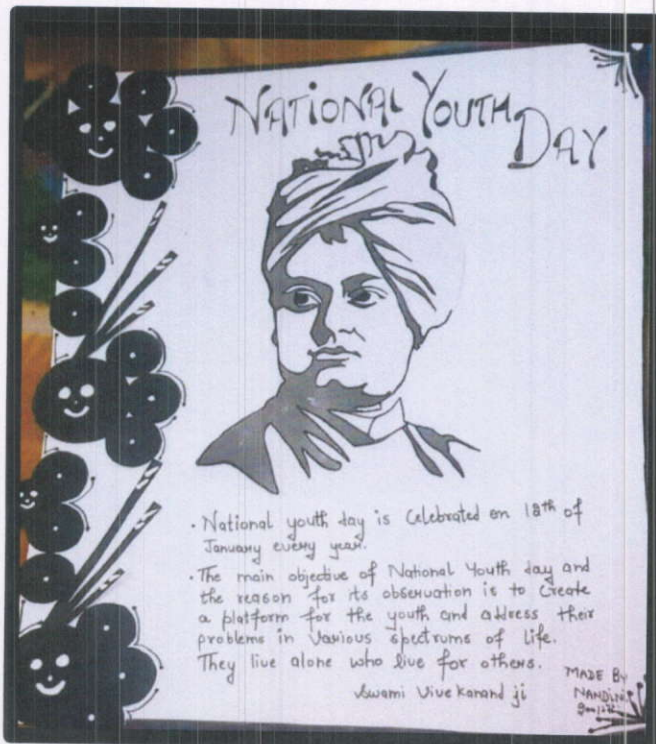


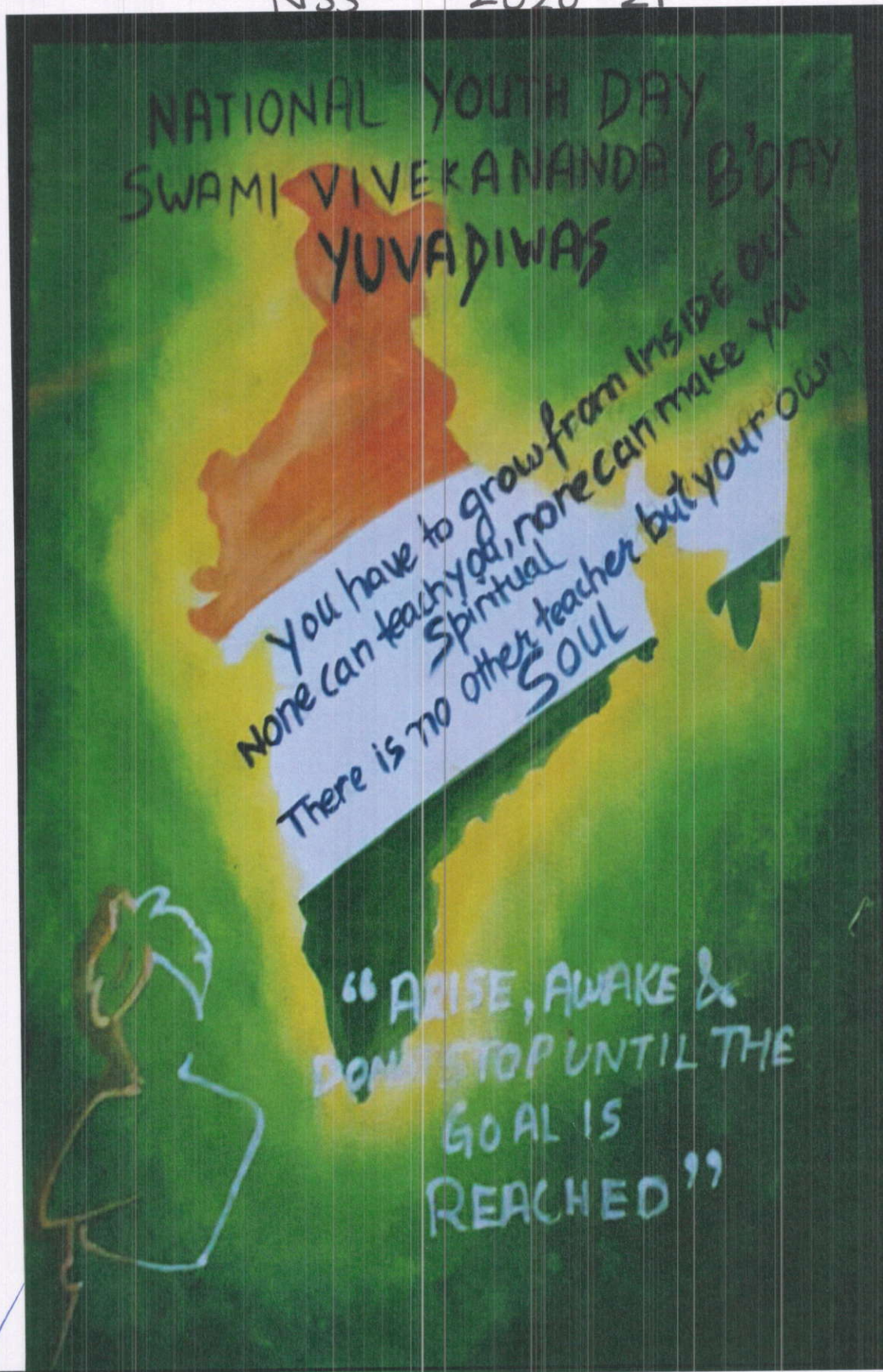
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NATIONAL YOUTH DAY CELEBRATIONS

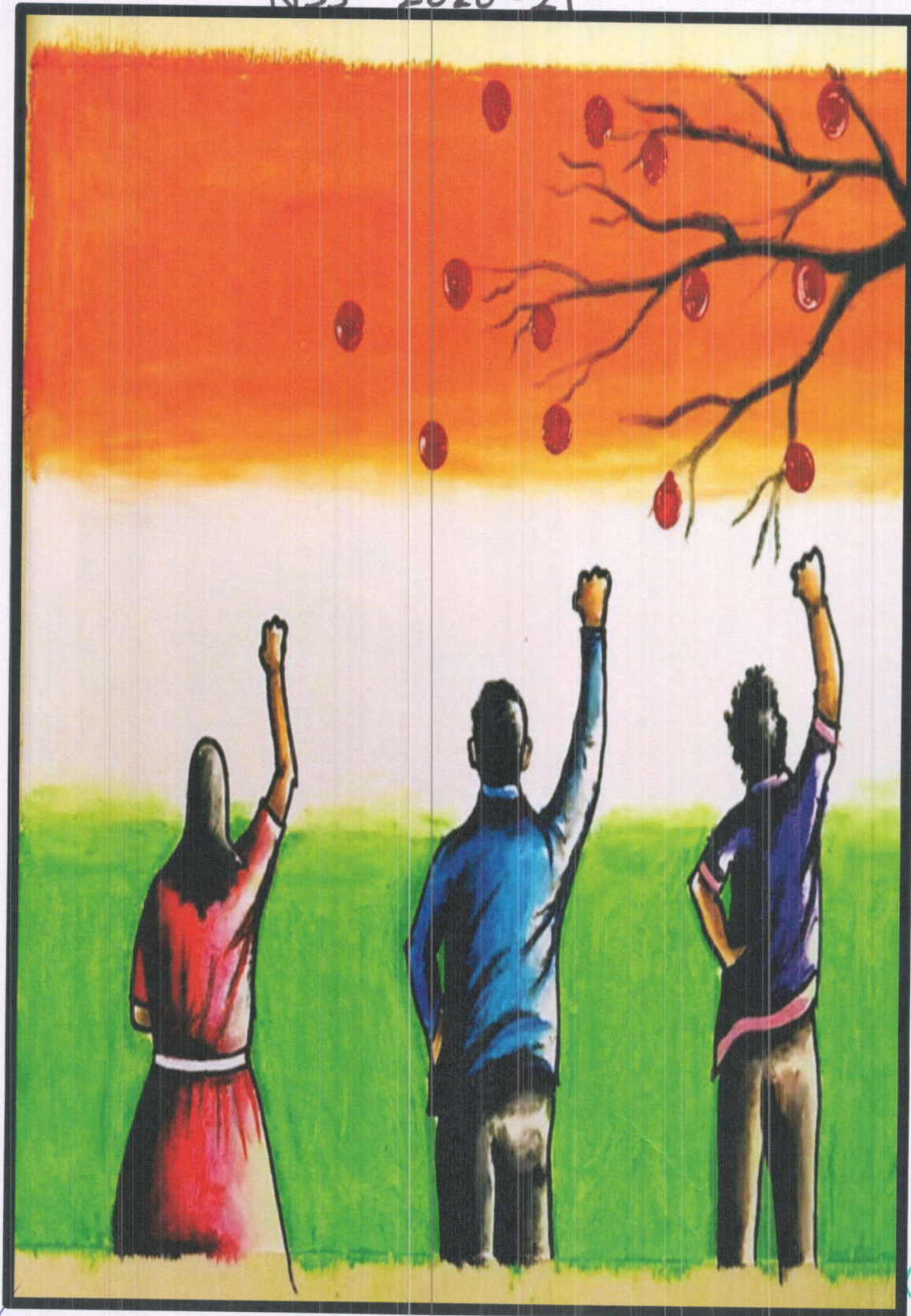
On 12th January, 2021 National Youth Day was celebrated by NSS Volunteers of Saroop Rani Government College For Women, Amritsar to commemorate the birth anniversary of Swami Vivekananda, a key figure in the introduction of the Indian philosophies of Vedanta and Yoga to the Western world. He is credited with raising interfaith awareness. NSS Volunteers prepared posters to celebrate birth anniversary of Swami Vivekananda as The National Youth Day. Volunteers put their optimum efforts in preparing the posters and showing their regard. The event took place under the guidance of Program Officers, Ms. Manjeet Kaur Minhas and Dr. Vandana Bajaj.



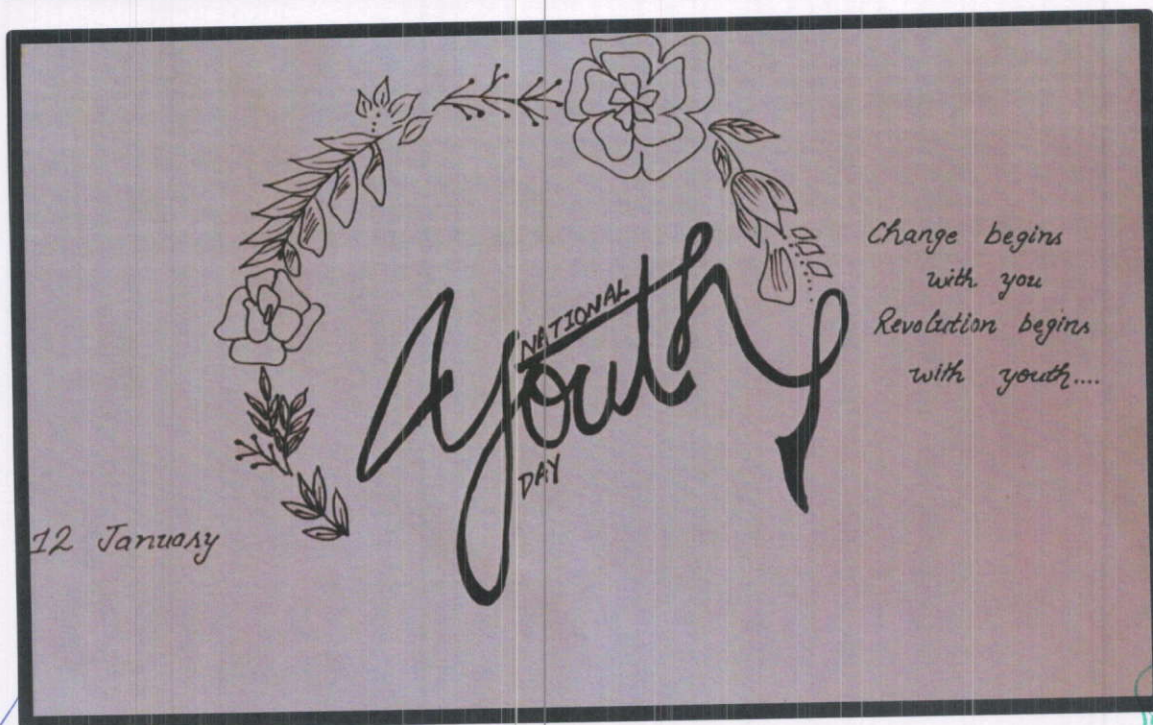
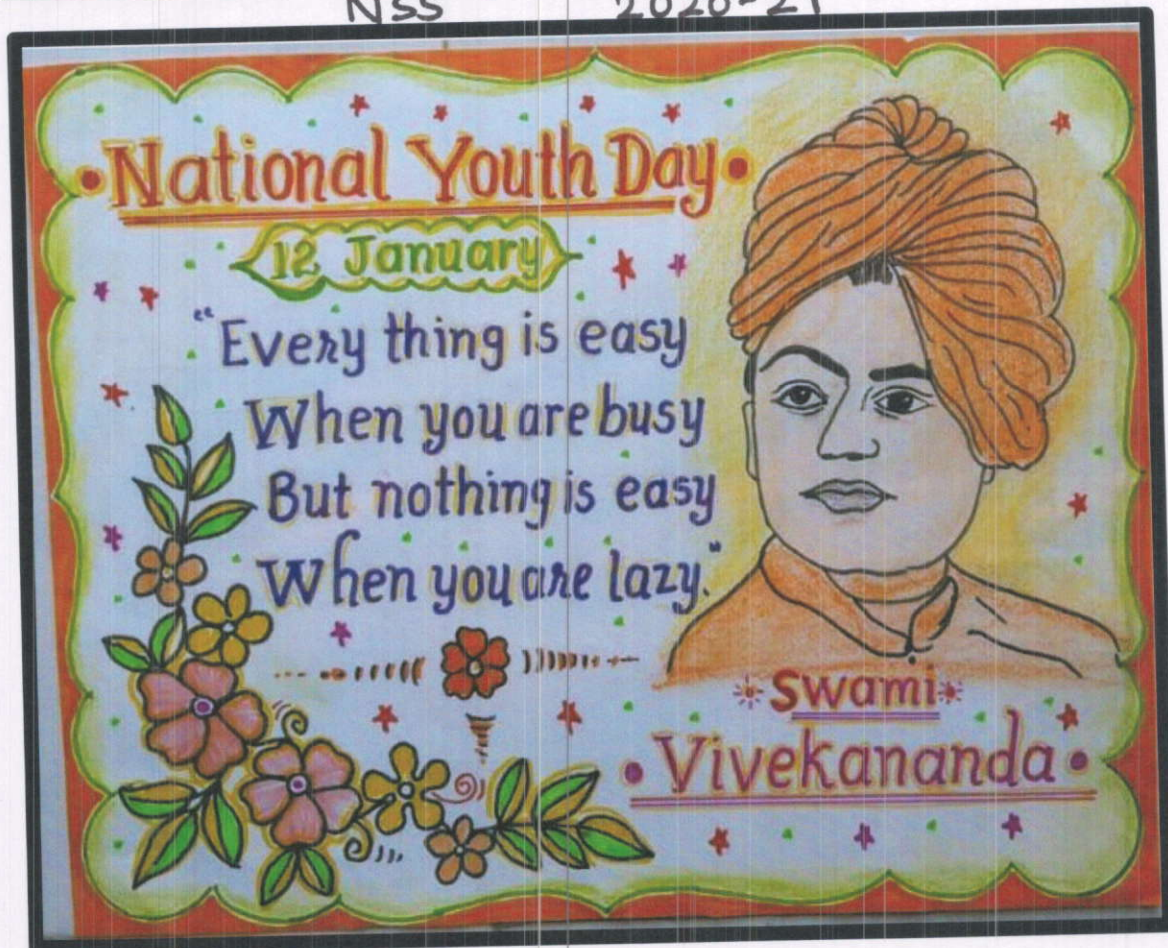


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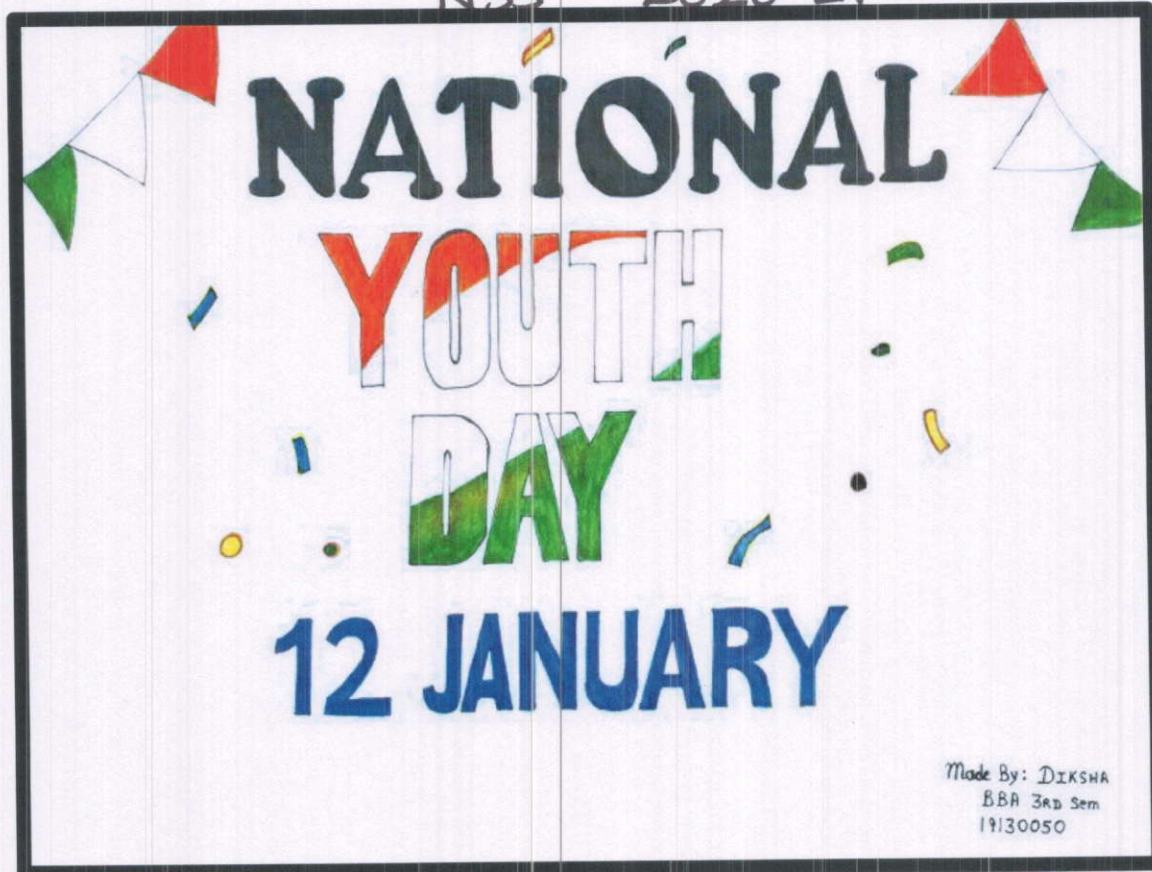


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NSS 2020-21

NATIONAL GIRL CHILD DAY

On 24th January, 2021, NSS unit of Saroop Rani Government College For Women, Amritsar conducted an event on NATIONAL GIRL CHILD DAY. The main agenda for celebrating this day was to spread awareness among people about all the inequalities faced by girl child in the society. It was first started by the Ministry Of Women and Child Development and the Government of India, since then it is celebrated every year on January 24 as NATIONAL GIRL CHILD DAY, for promoting awareness of issues faced by girl child in India such as education, nutrition, child marriage, legal rights and medical care. On that occasion, our college also organized painting competition on the topic "Save The Girl Child" and this was done with the collaboration of D.C. office, Amritsar. Honorable Deputy Commissioner, Amritsar and Technical Education Minister, Charanjit Singh Channi. NSS volunteers of our college also received awards.

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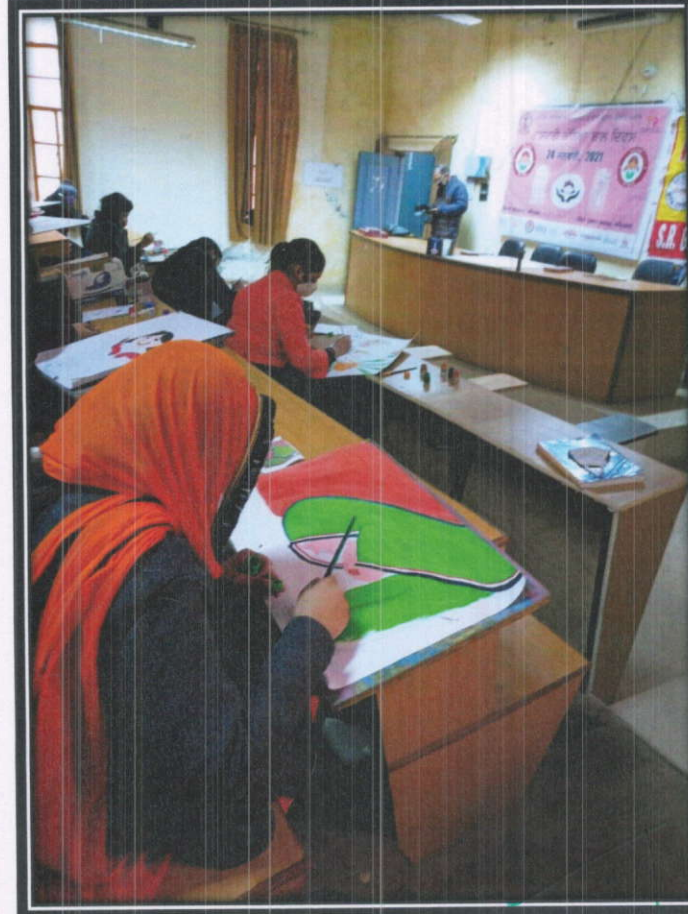
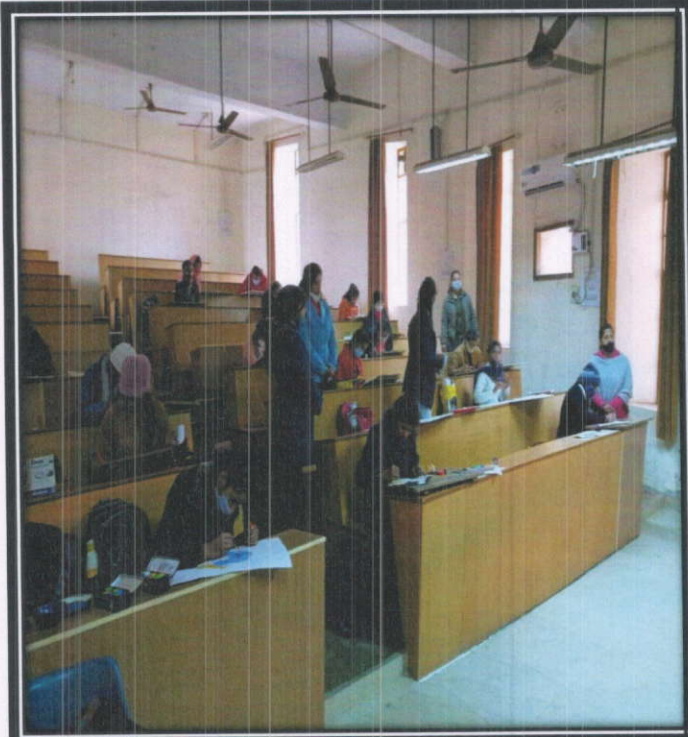
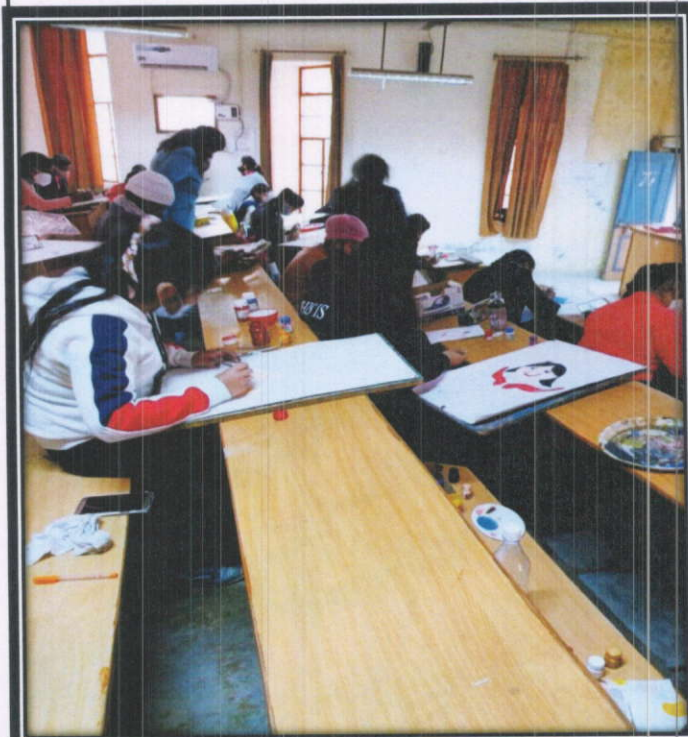
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NATIONAL VOTERS DAY

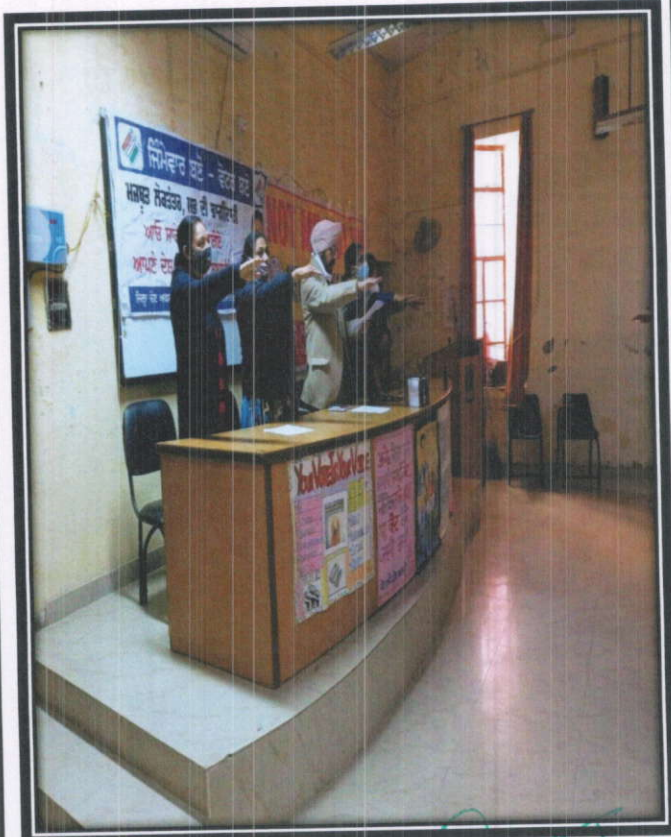
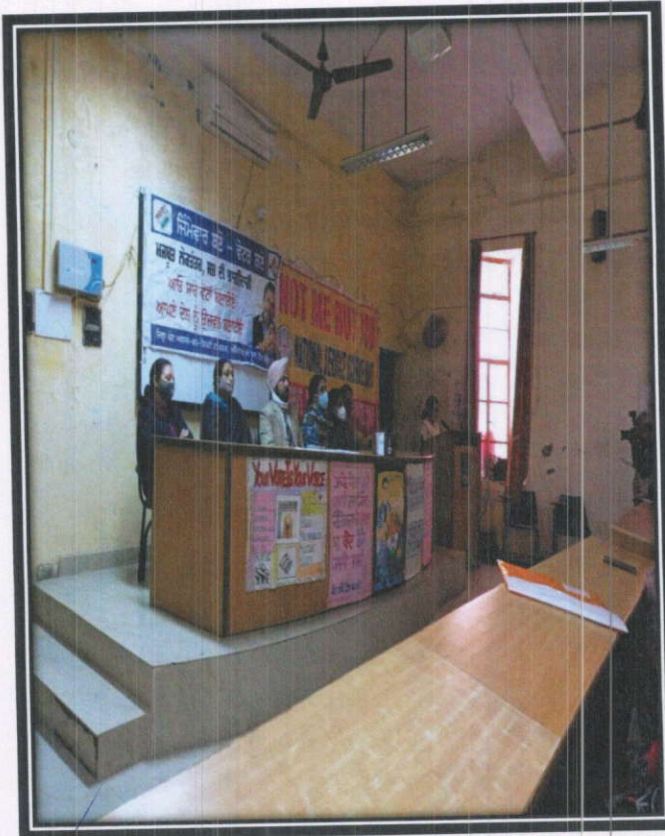
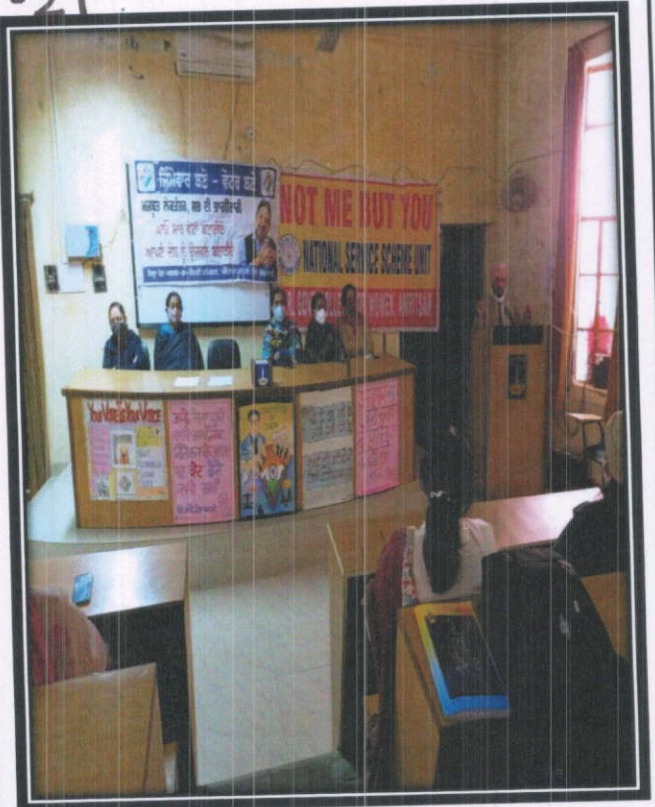
On 25th January, 2021, NSS Unit of Saroop Rani Government College For Women, Amritsar conducted a seminar on NATIONAL VOTERS DAY. By observing that the new voters, who had attained the age of 18 years, were showing less interest in the Electoral Rolls, GOVERNMENT OF INDIA had decided to celebrate January 25 every year as NATIONAL VOTERS DAY, to encourage more youngsters to take part in political process. In S.R. Government College for Women, Amritsar, NSS Unit celebrated this day by motivating the youngsters to make their Voter Cards. On the other hand, poster making competition was also organized. Prizes were distributed to the winners by Principal Dr. H.S Bhalla. All the council members were also present during the seminar. On that occasion, NSS Volunteers and other students were inspired by Principal Sir's motivational lecture.

After that, a Pledge Ceremony was also held in which all the members of this seminar took pledge for taking a keen interest in electoral rolls in future.

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NSS 2020-21

Republic Day Celebrated at S.R.

Government College For Women, Amritsar.

On 26th January, Saroop Rani Government College For Women celebrated 72nd Republic Day with patriotic fervor and spirit of nationalism in college campus. The College Principal Dr. H.S. Bhalla unfurled the National Flag amidst the slogans of “Bharat Mata Ki Jai” and showers of petals. Dr. H.S. Bhalla motivated the young students to imbibe the spirit of responsibility and commitment towards the society to mark this celebration in the true sense. This day was enjoyed just like any other festival. The music department rejuvenated everyone with their melodious performances. College Head Girl, Muskan Puri compered the event. The NSS volunteers participated in the event enthusiastically. The event ended with the distribution of sweets.



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SEMINAR ON TRAFFIC AWARENESS

On 29th January 2021, NSS unit of Saroop Rani Government College For Women, Amritsar conducted a seminar on TRAFFIC AWARENESS SCOOTER RALLY. The main agenda of organizing this seminar was to aware the youth to follow traffic rules and wear helmets to avoid road accidents keeping in view that the youth of our country shy away from wearing helmets. In such a situation, NSS unit of our college took the responsibility to create awareness in the youngsters. First of all, Traffic Awareness lecture was held in our college multimedia to aware the students.

After that, NSS unit of our college took out a scooter rally on that occasion and gave a message to follow traffic rules and wear helmets by organizing a "TRAFFIC AWARENESS SCOOTER RALLY". Thus, this seminar and scooter rally was ended successfully under the guidance of program officers Ms. Manjit Kaur Minhas and Dr. Vandana Bajaj.

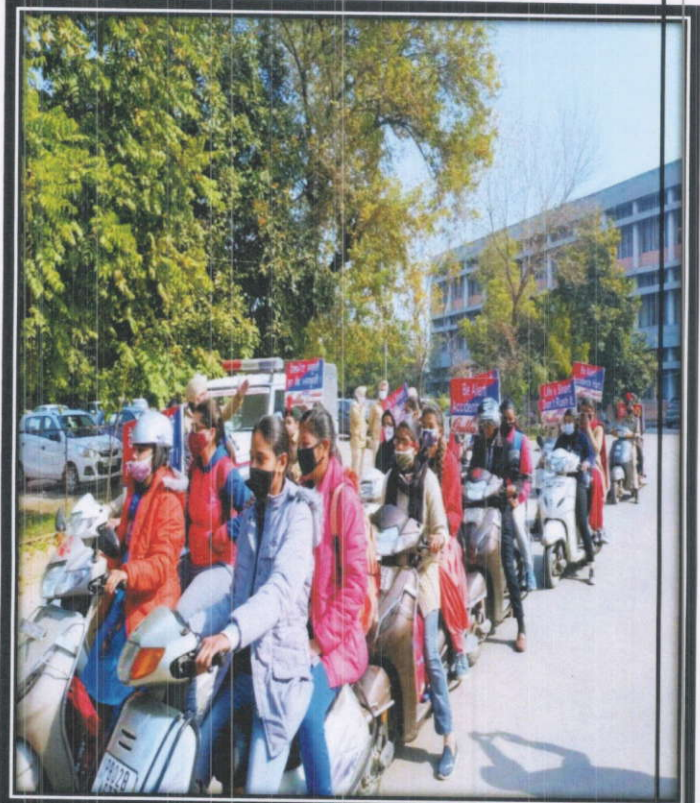


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SCOOTER RALLY - 29.01.21



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NSS 2020-21

PULSE POLIO DRIVE ORGANISED BY- SRGCW, AMRITSAR

On 31st January, 2021, a Polio Camp was organised in the City to eliminate polio by vaccinating all children under the age of five by Government Of India. The NSS Volunteers of Saroop Rani Government College For Women, Amritsar helped the staff in administering polio drops to the children in different locations of the city and gave polio drops to many children and spread awareness regarding the importance of giving polio drops to children .

The volunteers were highly encouraged to participate in this programme.

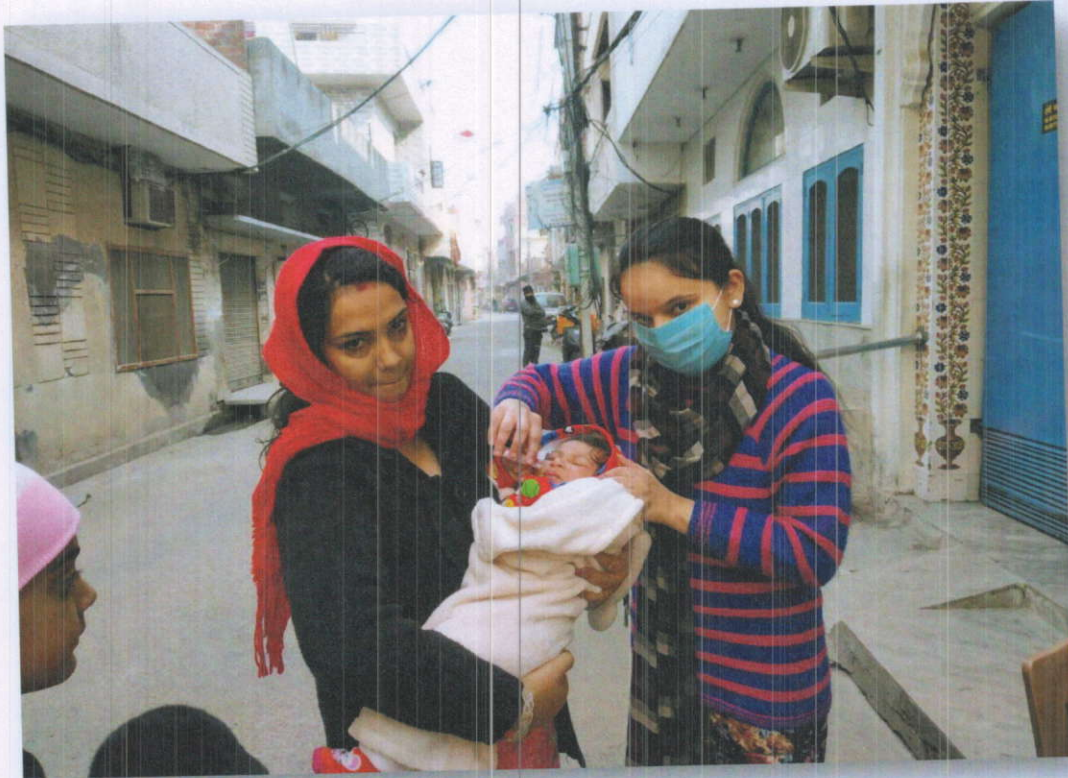


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NSS 2021-22



PULSE POLIO CAMPAIGN 31.1.21



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EK BHARAT SHRESTHA BHARAT MEET

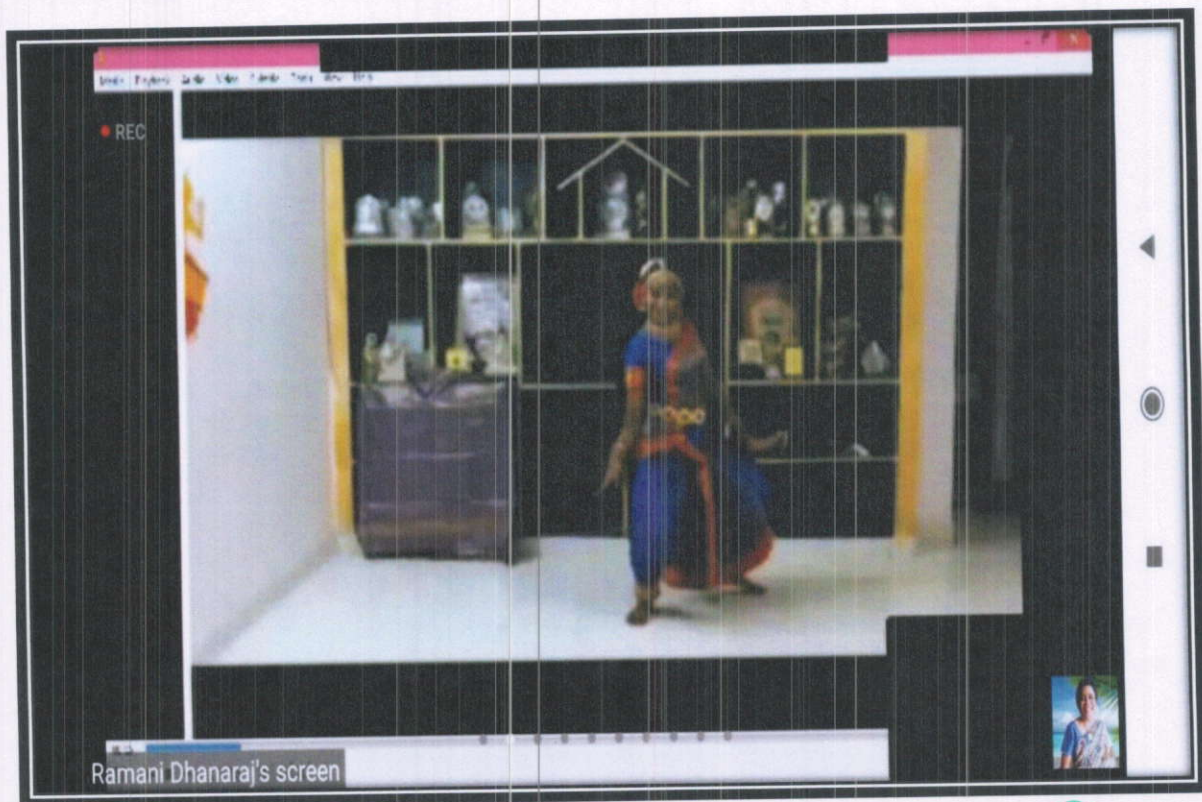
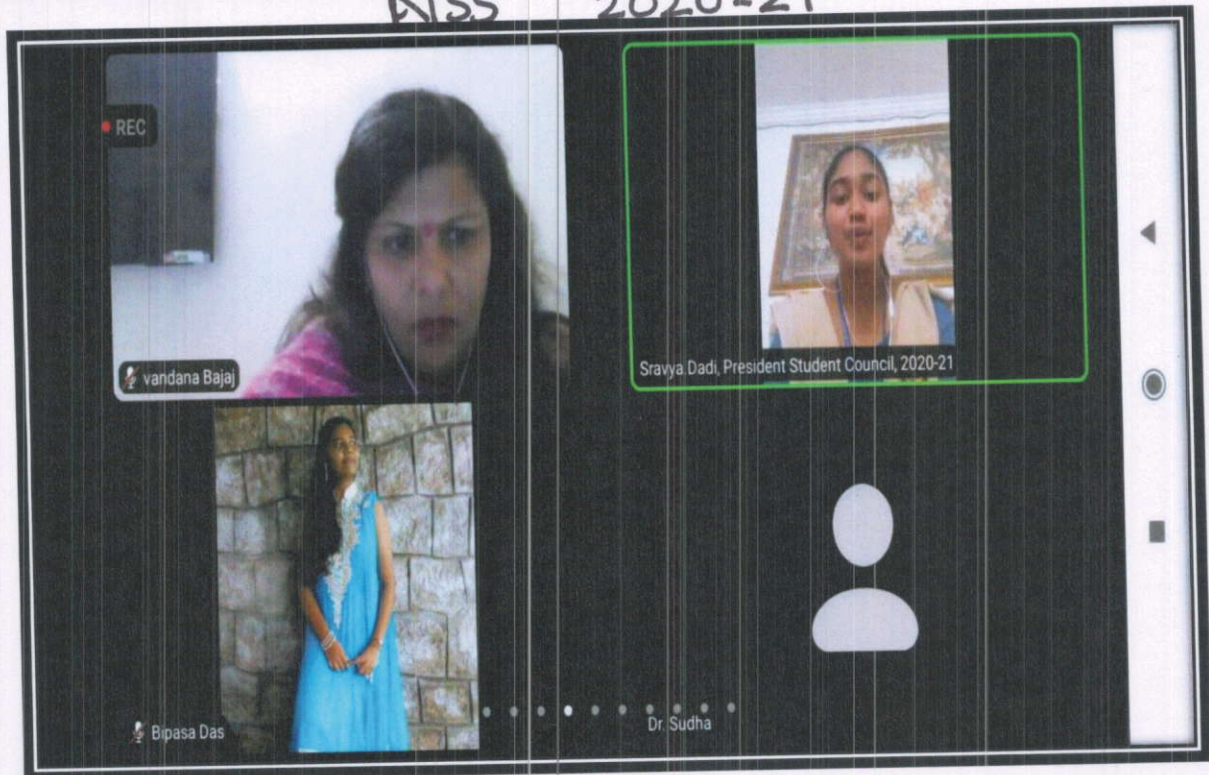
On 13th February, 2021, An interactive session under the EBSB program was organized by Saroop Rani Government College, For Women in the collaboration with **St. Joseph's College, For Women, Visakhapatnam**. This EBSB meeting was conducted through online platform. At first, all the honourable members of the meeting were introduced by Ms. Ramani Dhanaraj. After that, Ms. Manjeet Kaur Minhas, EBSB coordinator was introduced by SRGCW, Asr. . Then, Kuchipudi Dance was performed by Busi Angeline and Punjabi Folk Dance was performed by the students of SRGCW, Amritsar. On that auspicious occasion, Sr. Hema ,the vice -principal of SJCW, Visakhapatnam and Dr. Khushpal Sandhu, IQAC and EBSB coordinator gave a message to all. Student of SJCW took a National Pledge in Telgu and student of SRGCW, Asr took a National Pledge in Punjabi. Then, Ms. Sravya and Ms. MuskanPuri gave Activities Report to all.

The EBSB meeting was ended successfully under the guidance of Dr. Vandana Bajaj and Ms. Manjeet Kaur Minhas.



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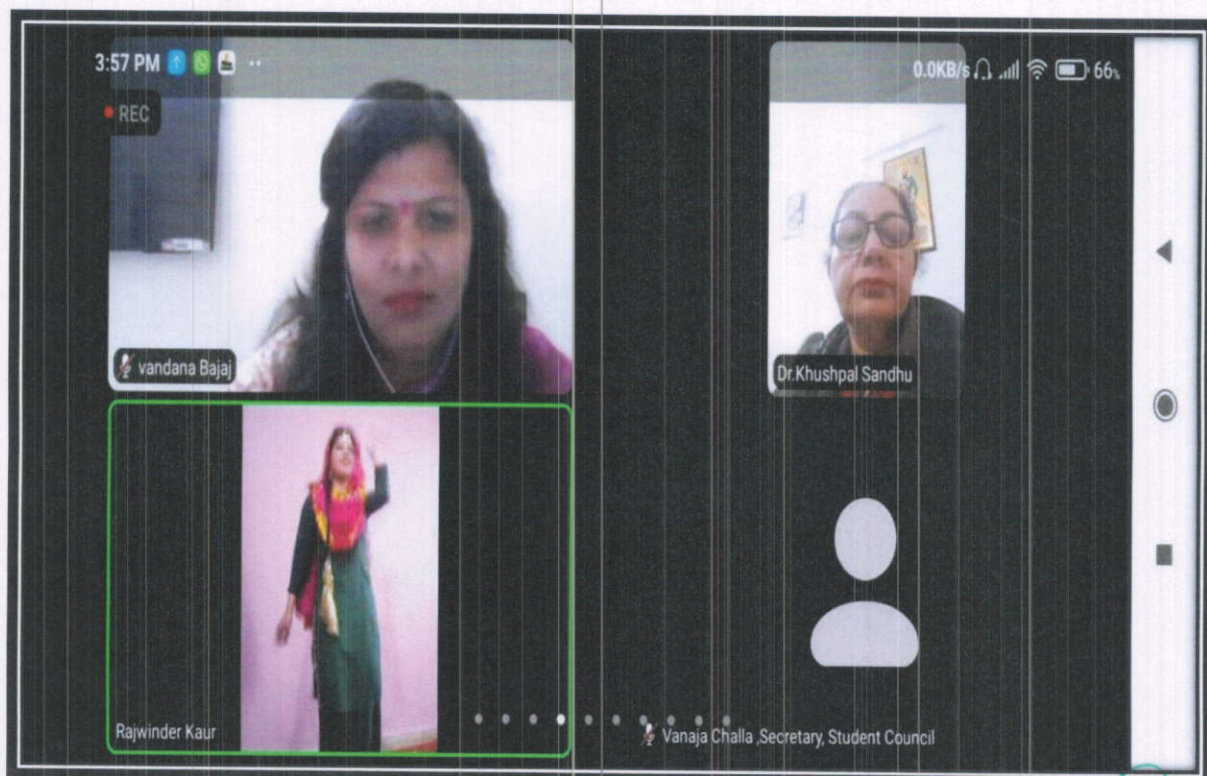
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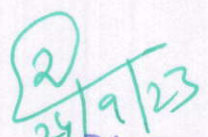
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UNDP SURVEY

2020-21

In Order To Capture The Perspectives Of Volunteers On Various Aspects For **Drafting National Policy On Volunteerism**, Department Of Youth Affairs Has Recently Approved The **Proposal Of Undp/Unv** To Conduct An Online Survey Among Volunteers And Volunteer Involving Organisations (Vios). The Survey Was Organised Among The Volunteers Of Nss Of Saroop Rani .Govt College For Women, Amritsar ,On **20 February 2021** in Which 150 Volunteers participated successfully.



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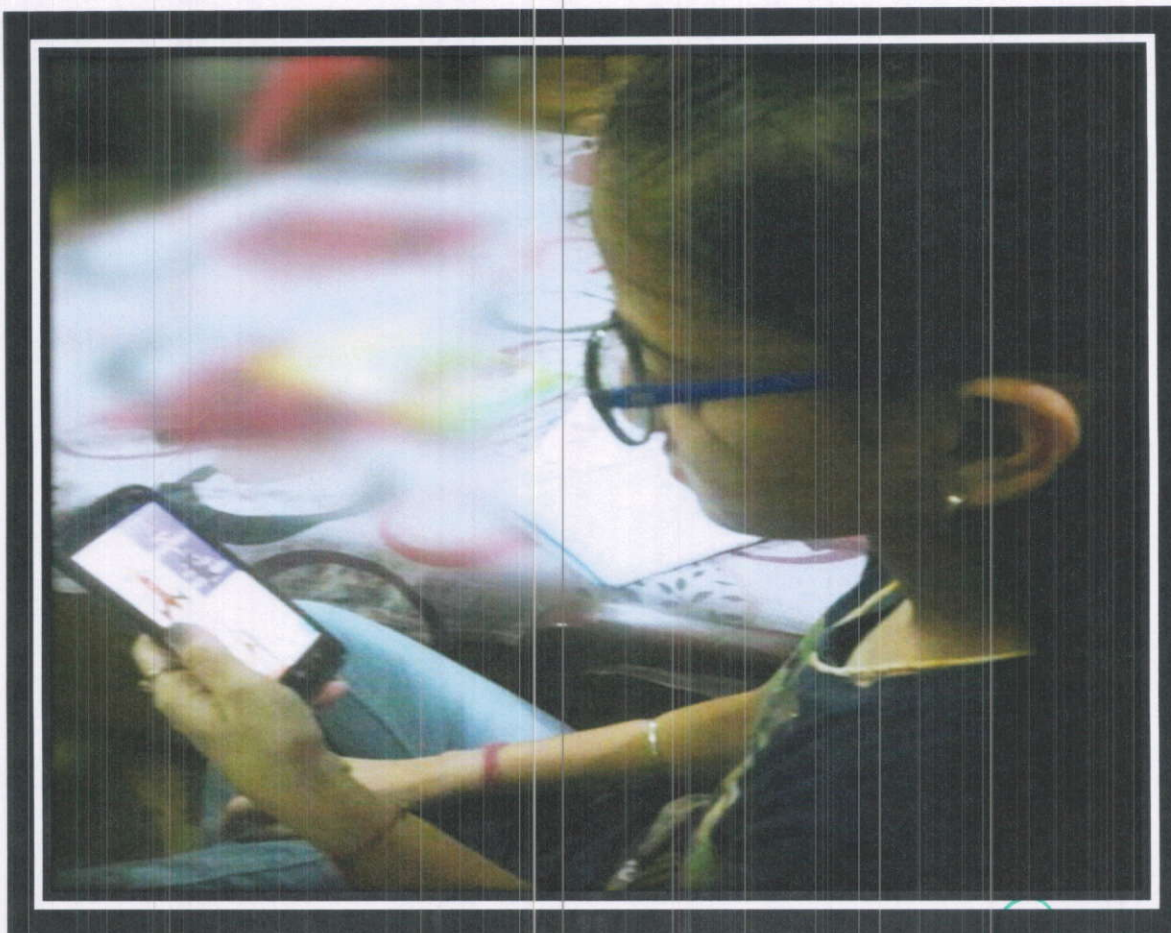
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2020-21

WOMEN'S DAY CELEBRATIONS

On 8th march 2021 a national level webinar was organised by Swami Swatantranand Memorial College, Dinanagar on the topic **"WOMEN EMPOWERMENT IN MODERN ERA"** in order to celebrate Women's day. The NSS Volunteers of S.R. Government College For Women, Amritsar participated actively in the webinar and showed their great interest and respect to the authorities organising such thoughtful webinar. The Webinar was very well organised and very inspiring for everyone. They encouraged every girl by telling them about WOMEN EMPOWERMENT. It was an inspirational lecture for all.



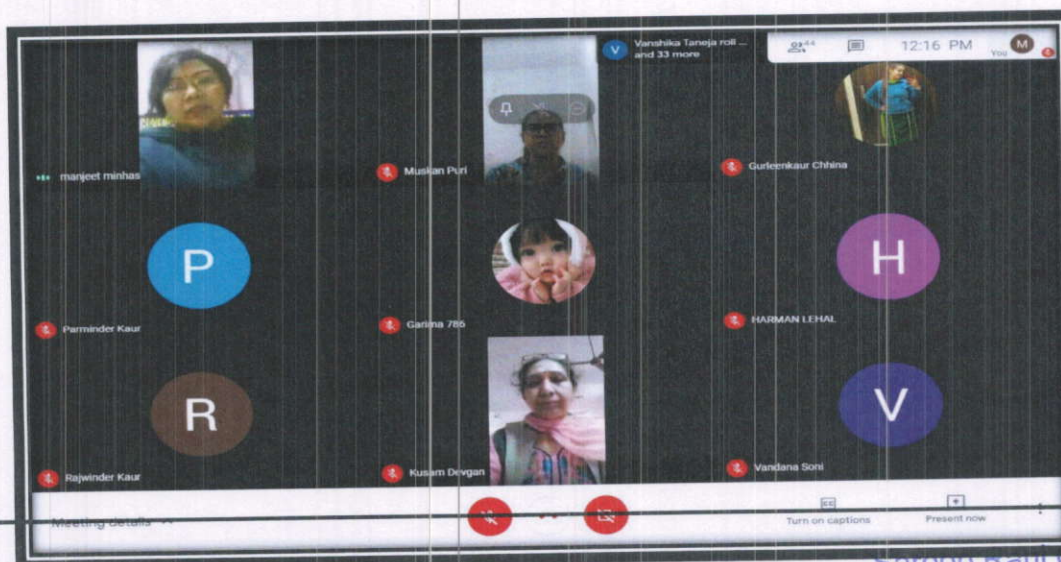
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NSS 2020-21

AZAADI KA AMRUT MAHOTSAV

On 12th March, 2021, NSS unit of S. R. Government College for Women, Amritsar organized an Online Seminar to commemorate 75th anniversary of India's freedom. Honorable council members of our college participated enthusiastically in this event to mark their homage to freedom fighters. At first, Mrs. Parminderkaur, Head of Botany Department gave us a lecture on importance of freedom and how India has attained it. After that, **Dr. Rupinder Kaur**, a professor from Punjabi Department gave knowledge to students about freedom fighters of Punjab. She also told the students about Bhagat Singh and Mohan Dasskaram Chand Gandhi and also gave lecture about the visit of Dandi March. Then, Ms. Manjeet Kaur Minhas appreciated Dr. Rupinder Kaur that she enhanced the knowledge of everyone by giving so much knowledge.

On that occasion, all the teachers of our college and council members were present. In this way, this event was done under the patronage of the Principal of our college, Dr. H.S. Bhalla. Thus, this event was ended successfully under the guidance of Ms. Manjeet Kaur Minhas and Dr. Vandana Bajaj.



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NSS - Webinar by
Dr. Rupinder Kaur

12.3.2021

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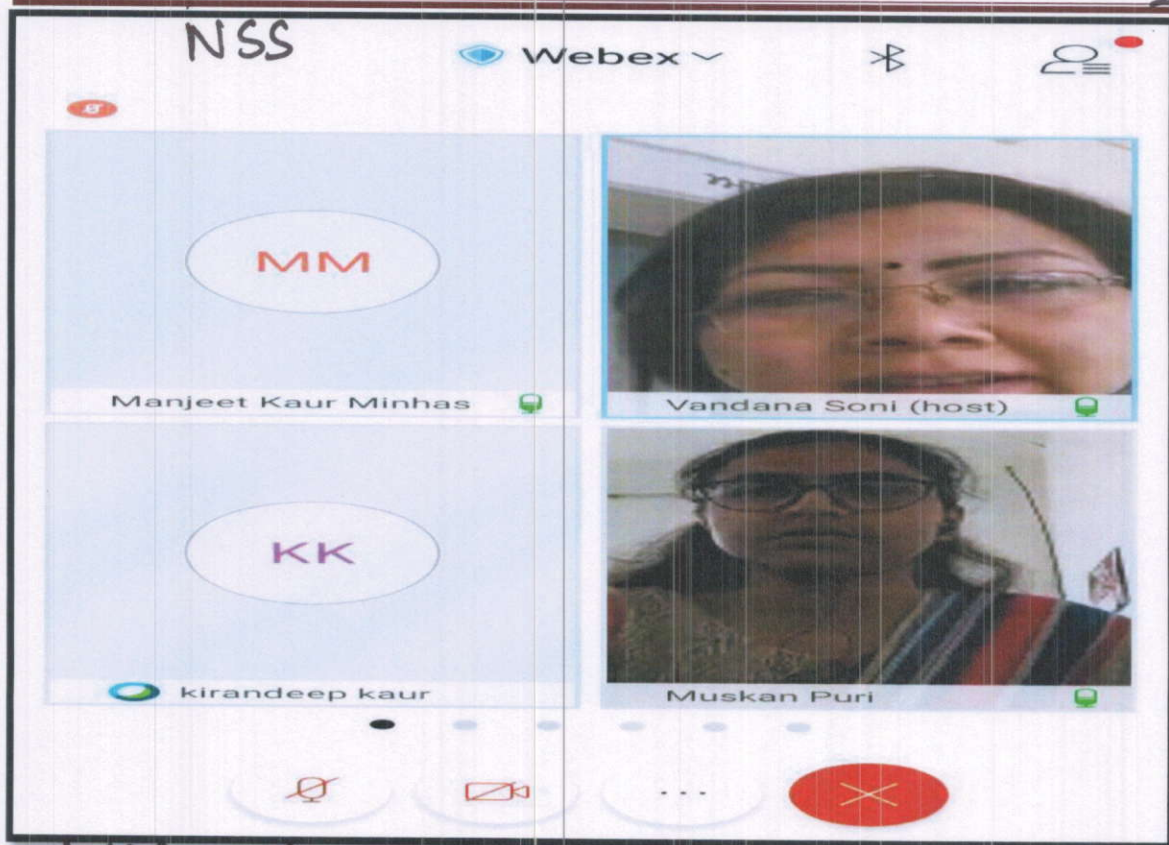
**WEBINAR ON 400th BIRTH ANNIVERSARY OF
SHRI GURU TEG BAHADUR JI BY- SRGCW,
AMRITSAR**

On 26th March, 2021 a webinar was organised for the NSS Volunteers of Saroop Rani Government College For Women, Amritsar to commemorate the 400th birth anniversary of Shri Guru Teg Bahadur Ji.

In the event students were taught about the teachings, learnings and application of his values in life by Ms. Kulwinder Kaur coordinator Bibi Kaulan Ji Degree College, Amritsar. Officiating Principal Ms. Baljeet Kaur also graced the event. It was a great learning experience for all the participants involved.

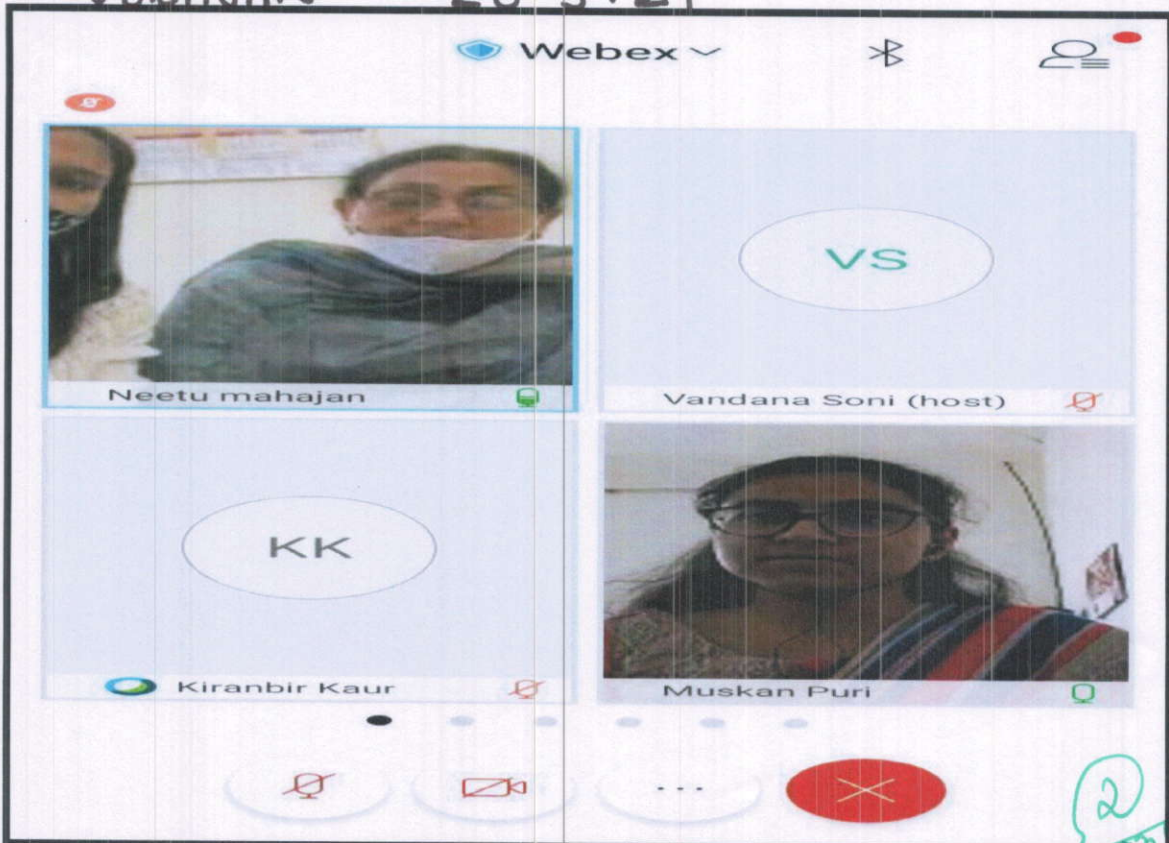


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WEBINAR

26.3.21



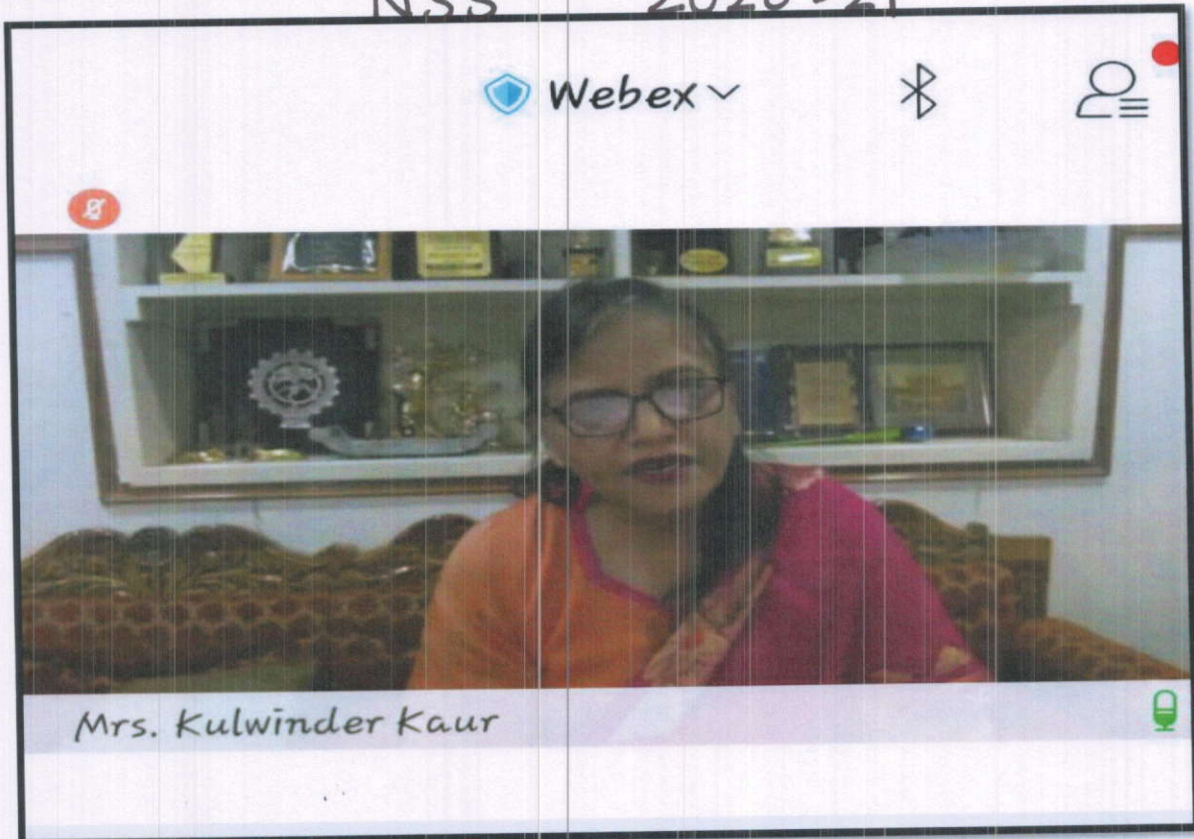
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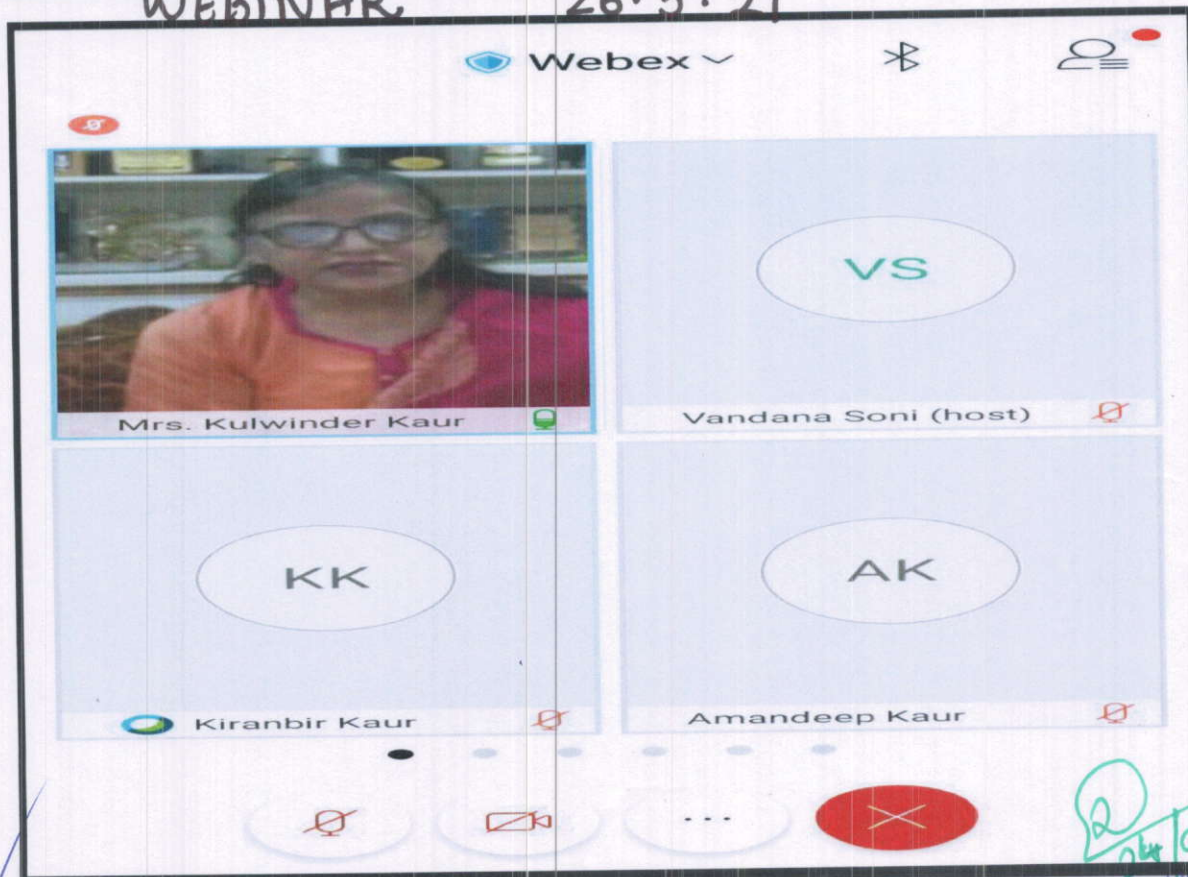
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S.R. GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

NSS 2020-21



WEBINAR 26.3.21



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EBSB meet with JMJ College, Tenali

On 31st March 2021, An EBSB meeting was conducted through online platform with **JMJ College, Tenali** which is the paired college of Saroop Rani Govt. College, Asr. The main purpose of this meeting was to understand about each other's state culture. This event witnessed enthusiastic participation of NSS Volunteers.

At first, Dr. Vandana Bajaj introduced **S. R. Govt. College** as a representator. Similarly, teachers of JMJ College also introduced their college. After that, Dr. Khushpal Sandhu, EBSB Coordinator, gave brief introduction about S.R. Govt. College. In this event, a cultural program included Bhangra dance was performed by S.R. Govt. College students. Then, JMJ College performed different forms of dance included Tribal dance, Peacock dance etc. which showcased their culture..

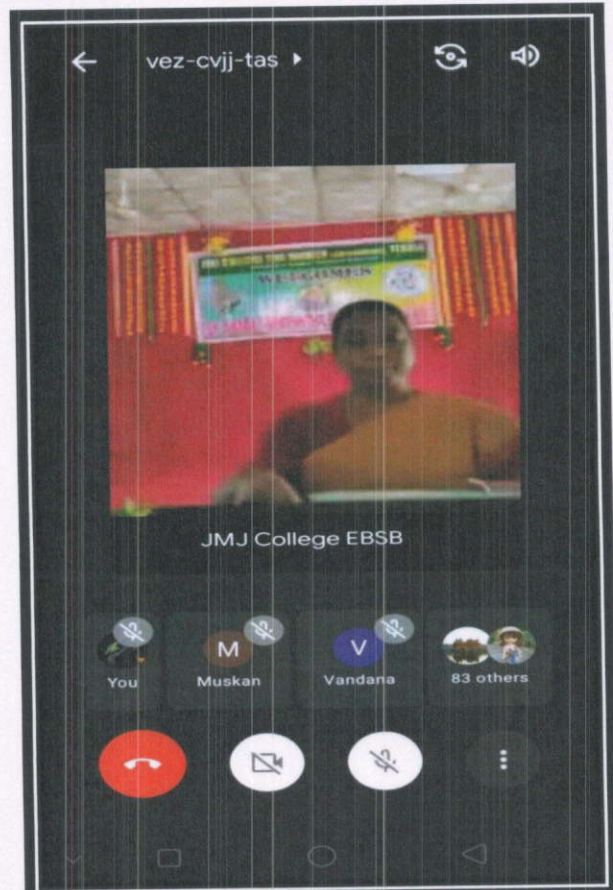
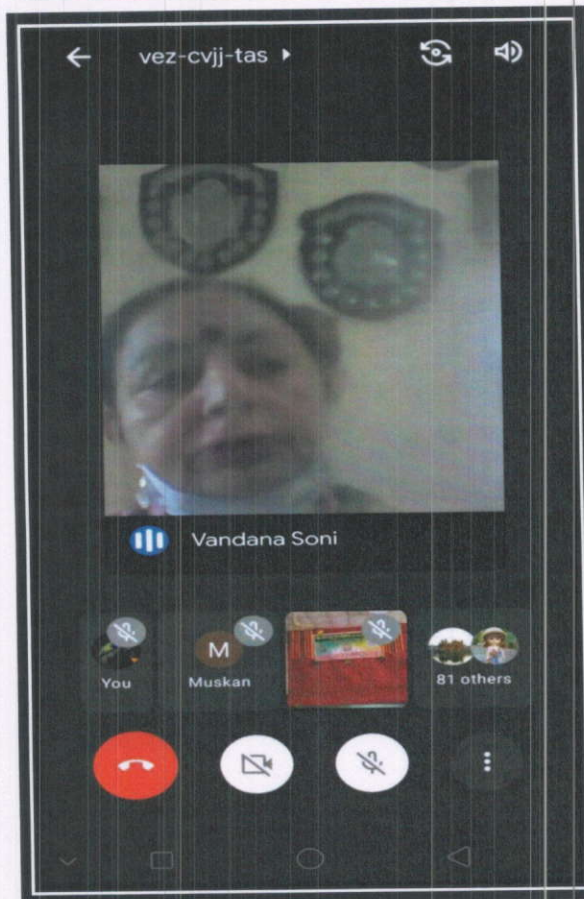
At the end, Miss. MuskanPuri, College Head Girl appreciated the dedication of NSS Volunteers that they motivated people in Covid-19 pandemic. She also gave information about the activities performed by NSS Volunteers including slogan writing, distributing handmade masks in public etc. The event ended with National Anthem.

Thus, this event was ended successfully under the guidance of Ms. Manjeet Kaur Minhas and Dr. Vandana Bajaj giving the message of Unity in diversity of India.

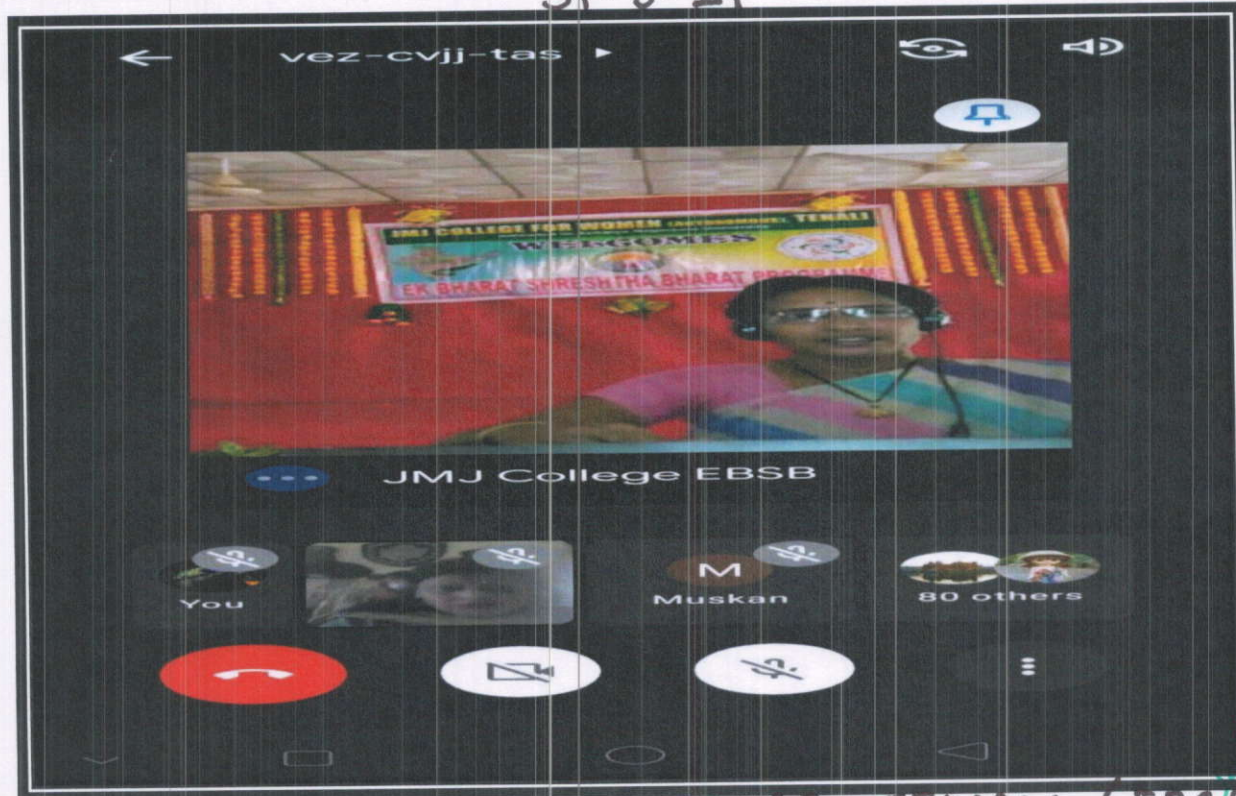


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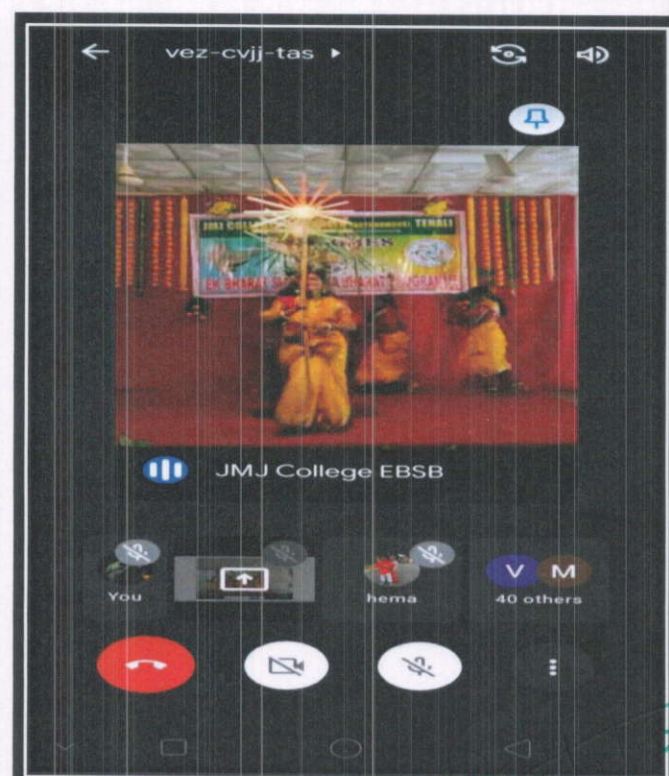
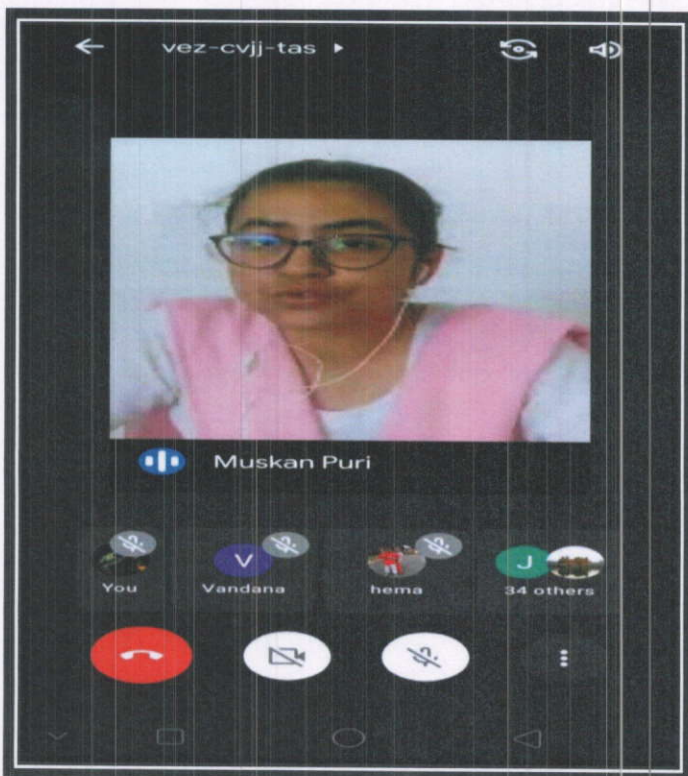


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MEET WITH JMJ COLLEGE, TENALI (EBSB)

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S.R. GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

NSS

2020-21

Online Guest Lecture held at S.R.
Government College for Women, Amritsar
on the martyrdom of Shri Guru
TeghBahadur Ji

An Online Guest Lecture via Google Meet commemorating **Guru TeghBahadur Ji's teachings and his martyrdom** as we celebrate 400 years of birth anniversary of Guru TeghBahadurji at S.R. Government College for Women, Amritsar got it done on **24 April 2021**. Principal Dr. H.S. Bhalla welcomed chief speaker Dr. Paramveer Kaur (Punjabi Department, Dev Samaj College for Women, Ferozpur) and started the program. **Dr. Paramveer Kaur** made us know about the importance of Guru Sahib while linking the teachings of Guru Sahib with time. Inspired to always remember their martyrdom. They told that fighting for rights, standing for poor, doing good deeds, perils of life and knowing God from within is the demand of time. Knowing the teachings of Guru Ji seems like he taught these teachings in today's context. Today is the time to follow the rules the Guru Ji told. NSS President MuskanPuri comperes the program. The event witnessed heavy participation of NSS Volunteers.

The principal thanked the keynote speaker and encouraged the event organizers Dr. Vandana Bajaj and Ms. Manjeet Kaur Minhas to continue doing such efforts in the future. College council members were also present on the occasion.

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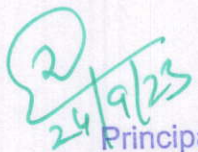
WEBINAR - GURU TEG BAHADUR Ji's TEACHINGS
AND HIS MARTYRDOM

Principal,
Saroop Rani Government
College For Women
Amritsar.

**Online quiz competition today organized in
relation to 400 years of Prakash Purab of
Guru TeghBahadur Ji**

An Online quiz competition on **10 May 2021** regarding the four hundred years **Prakash Purab of Shri Guru TeghBahadur Ji** under the leadership of **Principal Mrs. JyotiBala** and college council was done. This was organized in relation to the life, teachings, philosophy and martyrdom of Shri Guru Tegh Bahadur Ji. This link was opened for undergraduate and postgraduate students of different colleges to make maximum participation of students. The quiz was organized to advance the activities started last year dedicated to the memory of the ninth Guru of Sikhs Shri Guru Tegh Bahadur Ji.

About three hundred students successfully participated in it, out of which some 150 were NSS Volunteers. The event took place under the guidance of NSS Program officers Dr. Vandana Bajaj and Ms. Manjeet Kaur Minhas.


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**SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN
AMRITSAR**

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Commemorating 400th Birth Anniversary of Shri Guru Tegh Bahadur Ji

Organizes

ONLINE QUIZ

Date of Event: May 10, 2021

Time 10:00 am - 3:00 pm

E-Certificates shall be issued only to the participants who score more than 50%. E-certificates will be issued within 15 days.

Link for Participation --<https://forms.gle/UCWJD7cUluBjUayp8>

Co-ordinators

Dr. Vandana Bajaj

Ms. Manjit Kaur Minhas

Ms. Jyoti Bala

Principal

Designed by Deptt. of Comp. Sci, SRGCW

Principal,
Saroop Rani Government
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Amritsar.

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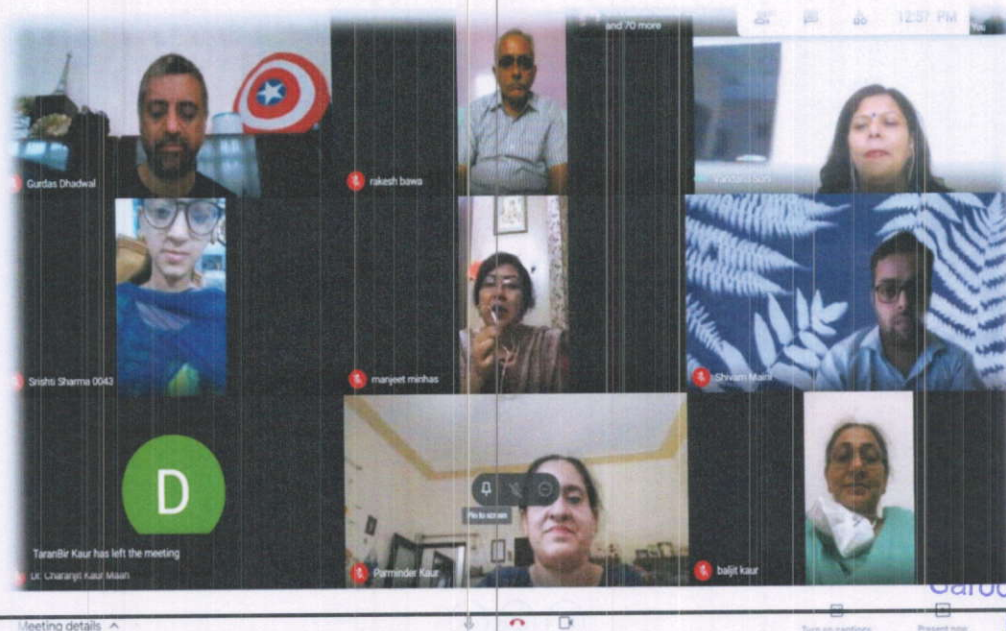
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NSS 2020-21

**A NATIONAL WEBINAR ON "THE
LEGACY OF SHRI GURU TEG BAHADUR
JI" BY- SRGCW, AMRITSAR**

On 21st May, 2021 a national webinar was organised by Saroop Rani Government College For Women on " **THE LEGACY OF SHRI GURU TEG BAHADUR JI**" for teachers and students and NSS Volunteers to commemorate the 400th Birth Anniversary of Guruji. Dr. Rakesh Bawa of Guru Nanak Khasla College, Daroli Kalan was the resource person for the webinar. Mr. GurdasDhadwal (Human Rights Lawyer) also shared his views in the webinar. The webinar was all about the learnings, teachings, vision and legacy of Guruji . Miss Muskan Puri, NSS President, compered the event.

Our Vice Principal Dr. Baljeet Kaur also graced the event. At the end of the event, Madam Parminder kaur, hon'ble council member, presented the vote of thanks to our speakers as well all the participants.



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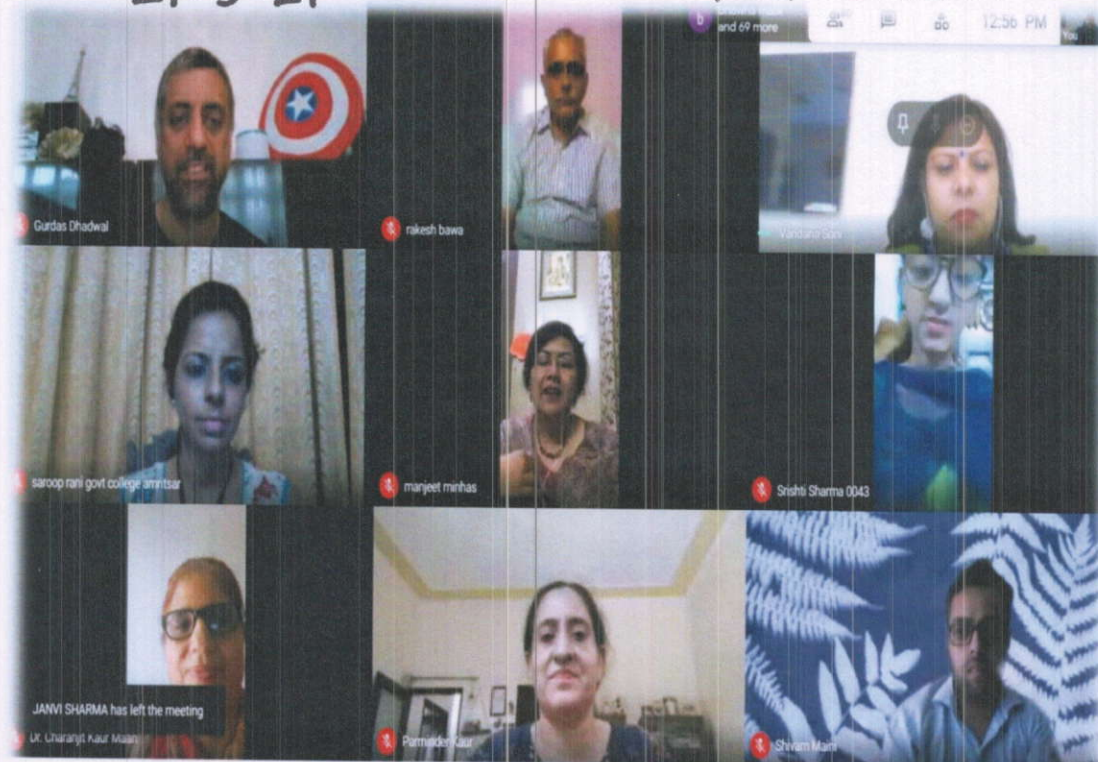
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NATIONAL WEBINAR -
21.5.21

THE LEGACY OF SRI GURU
TEG BAHADUR JI



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WEBINAR ON AZADI KA AMRUT MAHOTSAV

On 28th May, 2021 a webinar **AZADI KA AMRUT MAHOTSAV** was conducted commemorating 75 years of Indian freedom, organised by NSS Department of Saroop Rani Government College For Women, Amritsar under the guidance of NSS Program Officers - Dr. Vandana Bajaj and Ms. Manjit Kaur Minhas.

It was an online guest lecture which was delivered by **Dr. Manjit kaur** from Department of Political Science Guru Nanak Dev University, Verka on the topic **REMINICING AND REVISITING JALLIANWALA BAGH MASSACRE IN FREEDOM STRUGGLE IN PUNJAB**. It was a very inspiring lecture. She explained the history of Jallianwala bagh massacre which has a lot of painful memories.

At the end of the event, **Principal Madam Jyoti Bala** thanked the special guest **Dr. Manjit kaur** for sparing her precious time. The event concluded with National Anthem.



Principal,
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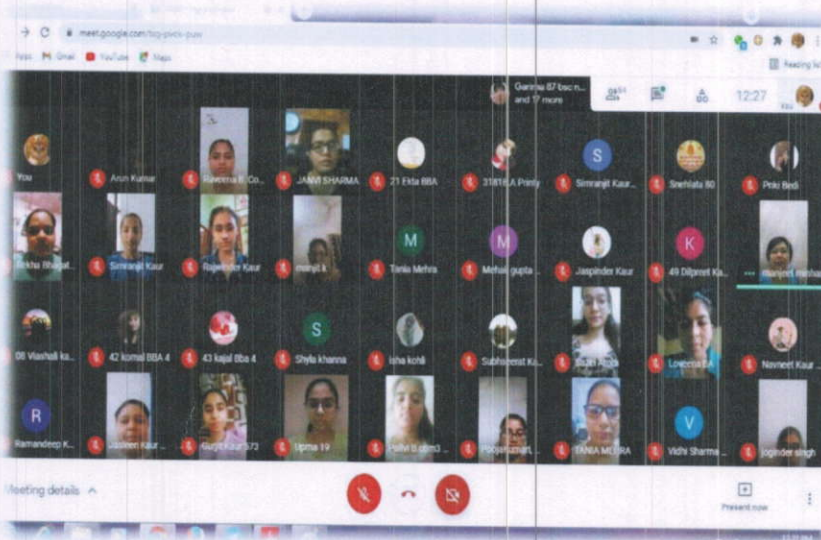
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WEBINAR - REMINISING AND REVISITING
JALLIANWALA BAGH MASSACRE
IN FREEDOM STRUGGLE IN
PUNJAB.

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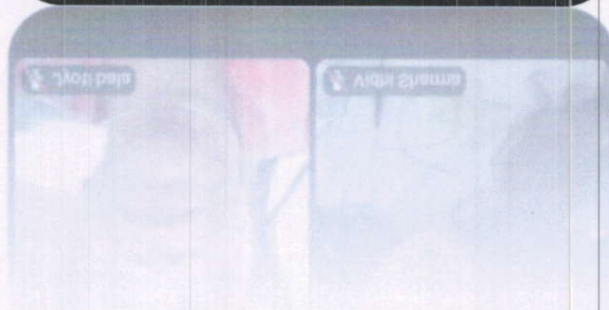
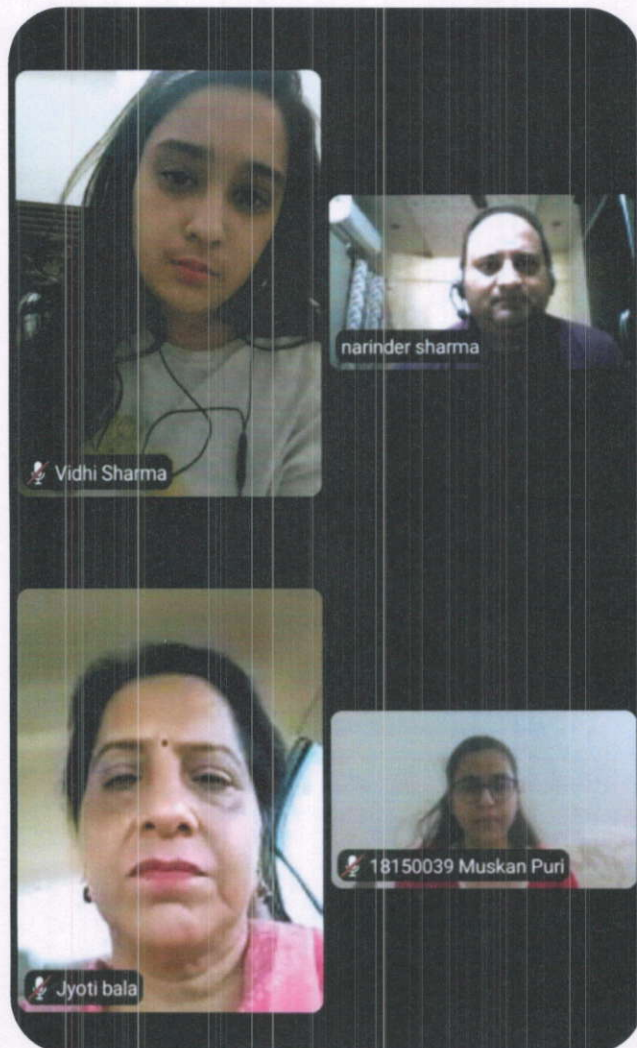
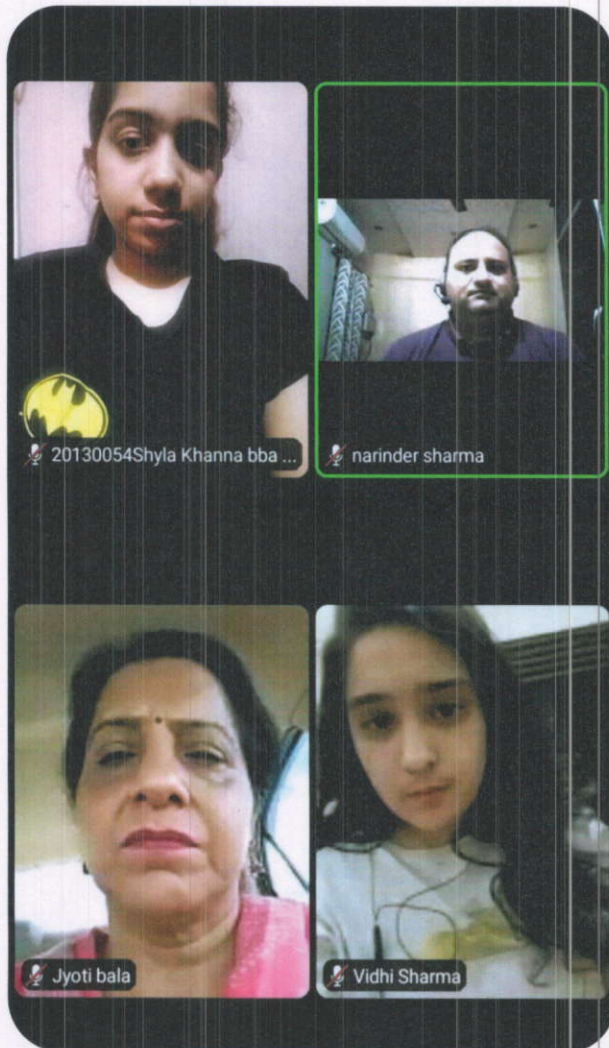
**A Guest lecture on "EFFECTIVE
COMMUNICATION: A Passport to Success
in Post Pandemic Era "Organised BY-
SRGCW, AMRITSAR**


On 5th June, 2021 a Guest Lecture was organised by Saroop Rani Government College For Women on "**EFFECTIVE COMMUNICATION: A Passport to Success in Post Pandemic Era**" for teachers, students, NSS Volunteers and Buddy Units. Dr. **Narinder K Sharma** (Assistant Professor) of DAVIET, Jalandhar was the Resource Person. The lecture was all about the post pandemic era and how one can achieve its goals in this new era. Principal Ma'am Ms. Jyoti Bala also graced the session. .


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NSS 2020-21

7th International Yoga Day celebrations by
NSS volunteers of S.R. Government College
for Women, Amritsar

7th international yoga day was celebrated on **21 June 2021** by NSS volunteers of S.R. Government college for women, Amritsar under the guidance of Madam Principal, Ms. JyotiBala. A **Yoga session** was organized through online medium (Google meet) amidst this coronavirus led lockdown. Initially, Madam Principal delivered the welcome speech and welcomed the Yoga instructor, Ms. Amandeep Kaur from Department of Botany and the volunteers who joined the event. She also explained the importance of Yoga for a healthy life. She clarified the objectives of the celebrations of International Yoga day.

Ms. Amandeep Kaur, from department of Botany, was the yoga instructor of the event. She narrated the usefulness of different asanas as precautionary measure in curing many diseases and importance of yoga in overall well-being of human being. The staff and the NSS volunteers performed the yogic exercises and mudras along with her over the virtual platform to celebrate this day. Everyone had a dhyana mudra session for six minutes. All felt relaxed and fresh after completing yoga session.

Also, the volunteers of NSS participated enthusiastically in International Yoga day celebrations and performed various asanas and pranayamas at their respective houses and realized that regular practice will surely help them achieve a better life physically, mentally, spiritually as well. The event concluded happily with an assurance of practicing yoga daily to keep mind and body healthy. It was a fruitful event and everyone enjoyed this yoga session to the fullest. The event

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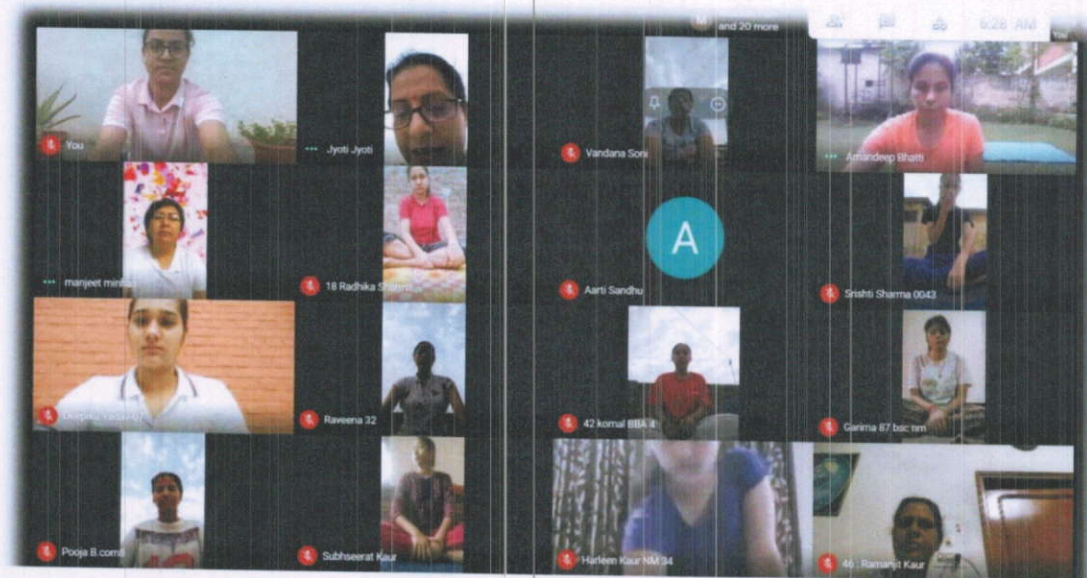
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took place under the guidance of NSS Program officers, Ms. Manjeet Kaur Minhas and Dr. Vandana Bajaj.

GLIMPSES OF THE EVENT

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Organises

Webinar

to commemorate the 400th Birth Anniversary of Shri Guru Tegh Bahadur ji

Resource Person - Dr. Rakesh Bawa

Department of History
Guru Nanak Khalsa College, Daroli Kalan

Topic- The Legacy of Shri Guru Tegh Bahadur Ji

Date- May 21, 2021

Time- 11:30 am

Open Entry for Faculty Members, Research Scholars and Students
Platform - Google meet

For Details: Join the WhatsApp - <https://chat.whatsapp.com/JTQizXODvZEHL0J38IGB7E>

Coordinators

Dr. Vandana Bajaj (9464985006)
Ms. Manjeet Kaur Minhas (9815342244)

Designed by- Department of Computer Science

Ms Jyoti Bala
Principal

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