

**SAROOP RANI GOVERNMENT COLLEGE
FOR WOMEN, AMRITSAR**
NSS DEPARTMENT
(2022-2023)



Description of activities

2022-2023

Total NSS Volunteers Two Hundred (200)
Program Officers: Dr. Sanghi and Mrs. Mansi Saxena

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Visit to Jallianwala Bagh



Date: - 23-3-2022

No. Of participants: - 90

On Shahidi Diwas, 23rd March NSS volunteers visited Jallianwala Bagh and got a great opportunity to learn and know about the history of Jallianwala Bagh massacre.

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Ambedkar Jayanti



**Screening of Pariksha Pe Charcha
S. R. Govt. College For Women Amritsar**



Date: - 14-04-2022

No. Of participants: - 150

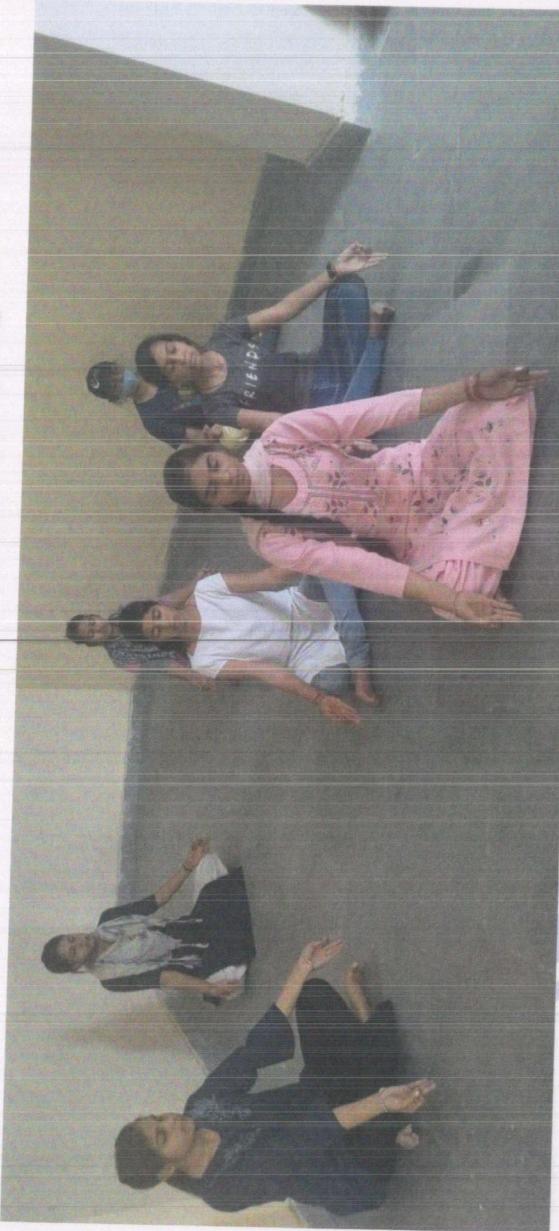
Every year Ambedkar Jayanti is celebrated on 14th April to pay tribute to Dr. Ambedkar's Contribution to the Indian society and to remember his teachings and ideals.

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International yoga day



Date: - 21/06/2022

No. Of participants: - 100

International Yoga Day was organised by NSS Department on 21st July, 2022, with the aim of promoting Yoga and its benefits to students. The main aim was to raise awareness about the numerous physical and mental health benefits of Yoga.

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Van Mahotsava



Date:-06-07-2022

No. Of participants: - 150

NSS Department organized Van Mahotsava on 6th July, 2022 to educate volunteers about the value of trees and motivate them to plant more trees. College Lecturer planted Gulmohar plants followed by an inspiring lecture delivered by Principal Prof. (Dr.) Daljit kaur.

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World Population Day



Date: - 10-07-2022

No. Of participants:-120

This day was celebrated to highlight the importance and aware the volunteers about the reproductive health, gender equality and raising awareness about global population issues. A lecture was delivered by Principal Madam, Prof. (Dr.) Daljit kaur.

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Quiz and poetry competition



Date: 6\08\2022

No of participants: 180

On 6th August, 2022 quiz competition and poetry recitation based on patriotic theme was organized in college campus by NSS Volunteers in collaboration with literary club.

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Kavi Darbar



Date: 9/8/2022

No of participants: 100

August 09, 2022 was celebrated as Kavi Darbar in which 50 NSS Volunteers participated & presented patriotic poems.

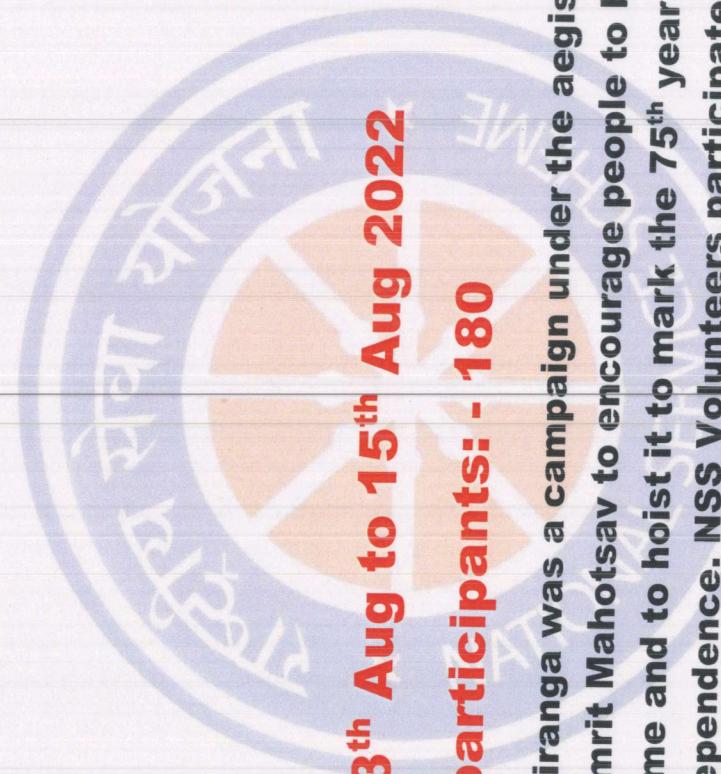
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Celebration of 75 years of Independence



Date:-13th Aug to 15th Aug 2022

No. Of participants: - 180

Har Ghar Tiranga was a campaign under the aegis of Azadi ka Amrit Mahotsav to encourage people to bring Tiranga home and to hoist it to mark the 75th year of India's Independence. NSS Volunteers participated in Har Ghar Tiranga campaign on 12th August, 2022. On August 13, 2022 a rally was organized to commemorate the 75th anniversary of India's Independence. Poster competition and tree plantation was done in collaboration and Phulkari NGO. A Symposium on 75th Independence Day was organized on August 14, 2022. The official journey of "Azadi ka Amrit Mahotsava" ended on 15th August, 2022. Students recited original creations of patriotism to express their creativity while commemorating the essence of Independence Day.

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Celebration of 75 years of Independence



Date:-13-08-2022

No. Of participants:-150

NSS volunteers celebrated 75 years of Independence under the series of azadi ka Amrit Mahotsav, rally was taken out by volunteers, Poster competition was held and tree plantation was done in collaboration with Phulkari NGO and the volunteers activity participated in it.

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Celebration of 75 years of Independence



Date: - 14-08-2022
No. Of participants: - 170

On 14 August 2022 occasion of Independence Day, symposium was organised, and the volunteers energetically participated they found out more about it and perform their discipline duty very well.

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Celebration of 75 years of Independence



Date:-15-08-2022

No. of participants: - 180

On 15 August 2022, occasion of 75th Independence Day, NSS volunteers recited their self composed poems on patriotism.

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Celebration of NSS Day



Date:-24-09-2022

No. Of participants:-200

NSS day was celebrated on 24 September 2022 with great enthusiasm. Two hundred students gathered to celebrate the tireless efforts of each volunteer towards the welfare of one and all.

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Celebration of Ozone day



Date:- 16-09-2022

No.of participants: - 180

Ozone day was celebrated on 16/9/22, NSS unit organised rally with ecofriendly slogan. 180 NSS volunteers participated in this rally and volunteers got to know why this day is important to us and how we can control the depletion of ozone layer. It was very informative for all the volunteers.

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Bhagat singh Celebration



Date:-28-09-2022

No. Of participants: - 190

A symposium Bhagat Singh: Jeevan Ate Vichardhara was organized on September 28, 2022. Dr. Iqbal Kaur Sandhu delivered the key-note address. Dr. Satinder Kaur,

Ms. Amandeep Bhatti, Dr. Sarghi, Dr. Harmandeep Singh and Dr. Paramjit Singh delivered lectures on the life and philosophy of Bhagat Singh. After that volunteers organized a Kavi Darbar and recited poems. They also made a documentary on the life of Bhagat Singh.

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Gandhi Jayanti Celebration



Date:-02-10-2022

No. Of participants: - 150

On October 2nd, 2022 Gandhi Jayanti was celebrated under the able leadership of principal Prof. (Dr.) Daljit kaur. On this occasion NSS Volunteers enlightened glimpse of the teaching and philosophy of Mahatma Gandhi. Further Ms. Mansi Saxena Programme Officer NSS reiterated the resolution regarding this day and said “just as Mahatma Gandhi maintained the unity and integrity of the country by following the path of non-violence, we will also strengthen the unity and integrity of the country by following that path”.

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Safai Abhiyaan



Date:-28-10-2022

No. Of participants: - 170

The NSS department started Safai Abhiyan on October 28, 2022. By taking part, students learned the importance of cleanliness and how it may promote mental health and lower stress. A spotless place might be more welcoming.

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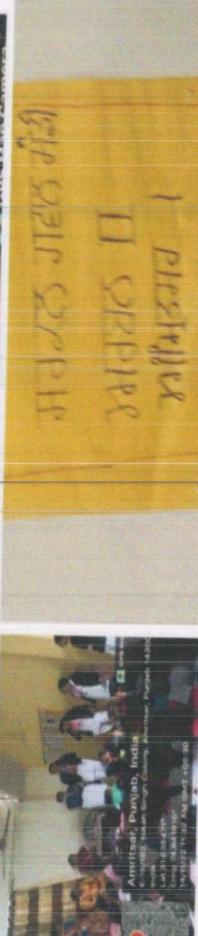
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Celebration of Children's Day



S.R. GOVT. COLLEGE FOR WOMEN (AMRITSAR)

CHILDREN'S DAY CELEBRATION



Date:-14-11-2022

No. Of participants: - 185

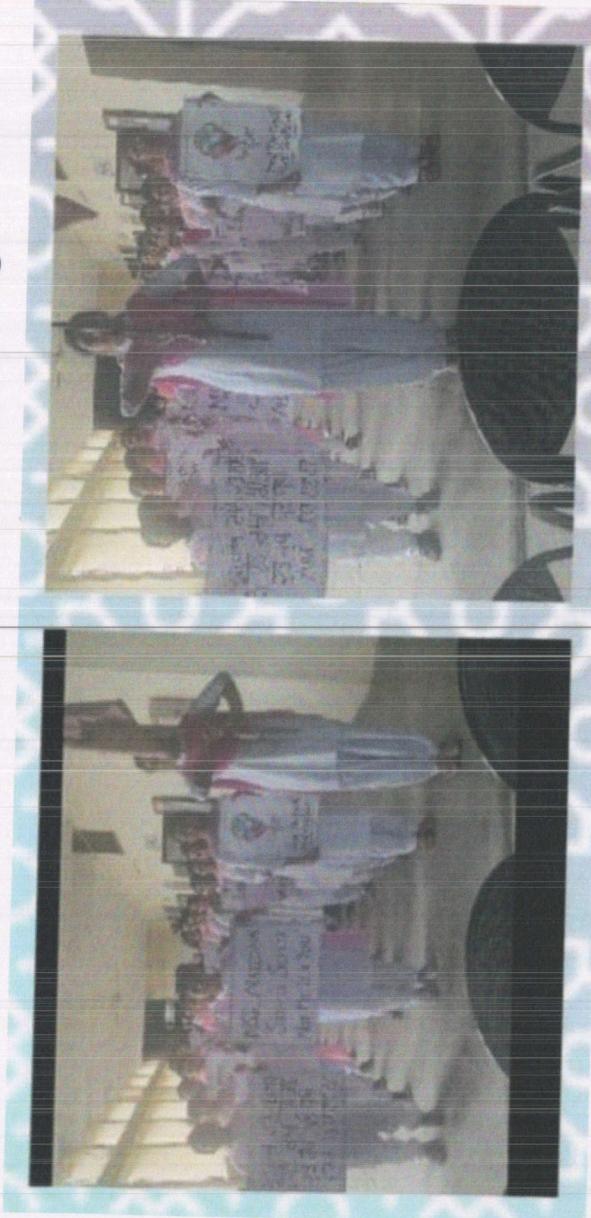
On the birth anniversary of pandit Jawaharlal Nehru, NSS department celebrated Children's Day. Volunteers got awareness about rights, education and welfare of the children. Students were given refreshment also.

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Rally on Environment Day



Date:-16-11-2022

No. Of participants: - 190

A rally was organized by NSS department on 16th November, 2022 to create awareness for the protection of the environment. Volunteers raised slogans to save nature and stop non-environment friendly activities.

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Celebration of Republic Day



Date: - 26-01-2023

No.of participants: - 200

On 26 January 2023 Republic Day was celebrated by the NSS unit with grandeur and excitement. The ceremony began with the hoisting of the tricolor flag by Prof. (Dr.) Daljit kaur, Principal, S. R. Govt. College (W), Amritsar. Flag hoisting was followed by the National Anthem to pay tribute to motherland.

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NSS 7 Day Camp



Date: - 03-02-2023 to 10-02-2023

No. Of participants:-150

NSS camp of seven days was organized by the students from 3rd feb. To 10th feb., 2023. Volunteers were taken to village Majhwind to identify the needs and problems of the community and involve them in problem solving process. It helped the students to grow individually and also as a group.

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Celebration of Women Day



Date:-11-03-2023

No. Of participants: - 100

On 11 March. 2023, International Women's day was celebrated by NSS unit under the guidance of Dr. Sarghi. It is a day when women are recognized for their social economic, cultural and political achievements.

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CM ki Yog Shala



Date:-13-04-2023

No. Of participants: - 120

CM ki yogshala was Organised on 13 April 2023. On this day volunteers did yogasans. C.M Di Yogshala (CMDY) is an initiative by the Government of Punjab to provide Yoga education for the citizens of the state at free of cost. Volunteers got to know that regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind.

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World Environment Day



Date:-05-06-2023

No. Of participants: - 140

On 5th June, 2023 World environment day was celebrated. A rally was organised on this day to know the importance of environment in our life. Dr. Sarghi delivered a lecture on the importance of environment and how we can save our environment by taking small steps.

Dr. Sarghi

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"Meri Mati,Mera Desh" VAN MAHOTSAV



Date:-09-08-2023

No. Of participants: - 150

On 9 August 2023 under the scheme of "Meri Mati Mera Desh" Van mahotsav was celebrated by NSS unit. They visited Rajatal and planted saplings. Volunteers got to know that how plants are important in our life.

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Fit India Pledge



Date:-11-09-2023

No. Of participants: - 180

On 11 September 2023 Fit India pledge was taken by volunteers that they will do exercise daily and create awareness among other citizens of their society. Students did exercises and also got to know information regarding different exercises. This event was organised under the guidance of Dr.Sarghi and Principal Madam Prof. (Dr.) Daljit Kaur.

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