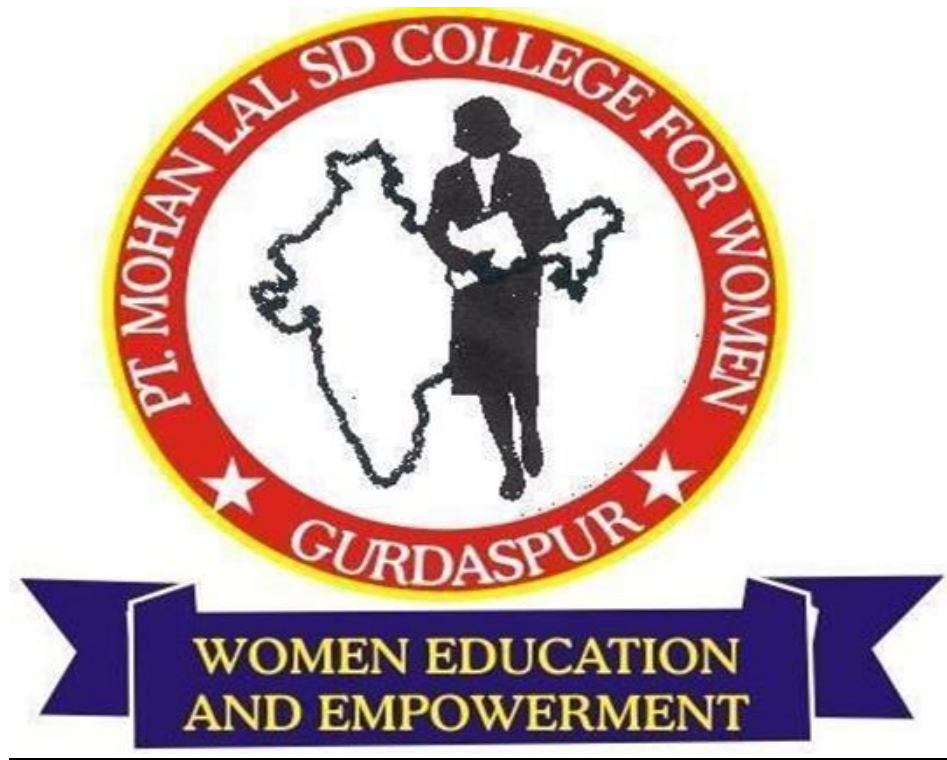


# **Pt. Mohan Lal S.D. College For Women, Gurdaspur**



**3.4.3.**

**Number of extension and outreach programs conducted by the institution through organized forums including NSS/NCC with involvement of community during the last five years**

***Dr. (Mrs.) Neeru Sharma***  
***Principal***

  
**Principal**  
**Pt. Mohan Lal S.D. College**  
**for Women, Gurdaspur**

## (2022-23)

- On 6<sup>th</sup> June, 2023 **Youth Club** of the college in collaboration with Jai Hind Sewa Club, Gurdaspur held a plantation drive outside the college campus. Also on the same day **NSS and Environment Association** released a poster on Environment Awareness. **4 students** participated in this event.



**Youth Club of the college in collaboration with Jai Hind Sewa Club, Gurdaspur held a plantation drive**

- On 2<sup>nd</sup> June, 2023 **Environment Association** and **NSS** organized a plantation drive in the college campus in which Mr. Romesh Mahajan, Chairperson, Red Cross Centres Gurdaspur was the Chief Guest. **12 students** participated in this event. An **Oath** for 'Save Environment' ceremony for CA students was arranged in the college campus.



**Environment Association and NSS organized a plantation drive**

- On 31<sup>st</sup> May, 2023 **Youth Club and NSS** unit of the college in collaboration with Nehru Yuva Kendra, Gurdaspur, Ministry of Youth Affairs & Sports, Govt. of India organized a District Level Programme **Yuva Utsav** on the theme 'Panch Pran and India@ 2047' in our college premises. Sr. Barindermeet Singh Pahra MLA, Gurdaspur and Mr. Sachin Pathak AC (G), Gurdaspur were the Chief Guests. **103 students** from 13 schools participated in events like Young Artists-Painting, Young Writers-Poem, Photography Workshop, Declamation Contest and Cultural Festival-Group Events.

  
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**‘Panch Pran and India@ 2047’**

- On 27<sup>th</sup> May, 2023 **NSS unit** of the college in collaboration with the Ministry of Education celebrated **World Environment Day**. **5 students** participated in various competitions like Rangoli, Best out of waste, wall painting, fancy dress and doodle art poster.



**NSS unit of college in collaboration Ministry of Education celebrated World Environment Day**

- On 23<sup>rd</sup> March, **NSS** offered tribute to Shaheed Bhagat Singh. Students of the music department recited poems and patriotic songs. **7 students** participated in this event.



**NSS and Music Department offered tribute to Shaheed Bhagat Singh**

- Vaishali Sharma, **NSS volunteer** of Pt. Mohan Lal SD College of Women, Gurdaspur, participated in the **National Camp** held at Hisar from 26th February to 4th March 2023. The camp was organized by the university in collaboration with the Regional Directorate of NSS, Delhi, Ministry of Youth Affairs and Sports, Government of India. **1 student** participated in this camp.

*Vaishali Sharma*  
Principal  
Pt. Mohan Lal S.D. College  
for Women, Gurdaspur





**National Camp at Hisar**

- On 17<sup>th</sup> Jan, 2023 a Poster Making competition was organized by the Fine Arts department on 'Beti Bachao, Beti Padhao' in collaboration with Nehru Yuva Kendra Gurdaspur. **15 students** participated in this event.



**'Beti Bachao, Beti Padhao'**

- On 12<sup>th</sup> Jan, 2023 under MGNREGA (Mahatma Gandhi National Council of Rural Education) **organized a charitable programme** with the NSS unit of the college. Under 'Neki Ki Diwar', woolen caps, socks and eatables were given to the old women of the adopted village. **10 students** participated in this event.



**Charitable programme**

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- On 23<sup>rd</sup> Jan, 2023 126<sup>th</sup> Birth Anniversary of Neta Ji Subash Chandra Bose was celebrated by the History **department** of the college in collaboration with the NSS unit of the college. **8 students** participated in this event.



**126<sup>th</sup> Birth Anniversary of Neta Ji Subash Chandra Bose**

- On 13th Dec, 2022 NSS unit, Environment Association and Green club of the college organized an ‘awareness rally on Swachh Bharat and Drug Abuse’ in collaboration with Sanjh Kendra Gurdaspur. In this rally, **35 students** of the college participated. The rally started from the college campus and ended at Tibri Cantt., Gurdaspur.



**‘Awareness rally on Swachh Bharat and Drug Abuse’**

- On 26<sup>th</sup> Nov, 2022 ‘Constitutional Day’ was organized by the NSS of the college in collaboration with **Nehru Yuva Kendra, Gurdaspur**. Ms. Navdeep Kaur Gill, Civil Judge (Sr. Division)/ CJM Cum Secretary, District Legal Services, Gurdaspur was the chief Guest of the day. Principal Dr. (Mrs) Neeru Sharma, Mrs. Daljinder Kaur and Mr. Harjit Singh, Asst. Prof. in Political Science, Govt. College, Gurdaspur were the resource persons. **25 students** participated in this event



*Neeru Sharma*  
Principal  
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## ‘Constitutional Day’

- **The NSS department** of the college arranged a programme on 5<sup>th</sup> ‘Rashtriya Poshan Mah’ 2022 in which students presented their views and motivated the students to eat healthy food. **84 students** participated in this event



## 5<sup>th</sup> ‘Rashtriya Poshan Mah’

- On 28<sup>th</sup> September, 2022 **Patriotic Club & NSS Club** showed a documentary on Bhagat Singh to mark his 115<sup>th</sup> birth anniversary. Social Sciences Club organized a guest lecture on the same day on Relevance of Bhagat Singh’s Ideas in Present era. Dr. Malkiat Singh, Asst. Prof. in Political Science, GNDU, Amritsar was the keynote speaker. 26 students participated in this event.



## Lecture on Bhagat Singh to mark his 115<sup>th</sup> birth anniversary

- On 10<sup>th</sup> September, 2022 **NSS** in collaboration with Bharat Vikas Parishad, Gurdaspur organized activities on ‘Anemia Free Society’ under Poshan Mah. **79 students** participated in this event.

  
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### Activities on 'Anemia Free Society'

- NSS unit and History department organized a series of events on the 75th year of India's Independence as 'Azadi ka Amrit Mahotsav'. Various activities in collaborations with different departments like Selfie with Tiranga, Tiranga March, Hara Bhara Bharat and Nukkar Natak etc. were organised. **38 students** participated in this event.



75<sup>th</sup> year of India's Independence as 'Azadi ka Amrit Mahotsav'

- On 20<sup>th</sup> March, 2023 Rotaract Club celebrated 'Disabled Day' by distributing stationery and eatable items to physically challenged children of Govt. Primary School, Hanuman Gate, Gurdaspur. **4 students** participated in this event.



*Pt. Mohan Lal* Principal  
Pt. Mohan Lal S.D. College  
for Women, Gurdaspur



### Rotaract Club celebrated 'Disabled Day'

- On 17<sup>th</sup> February 2023 on the eve of Mahashivratri, the Rotaract club of the college arranged a fruit stall at Shiv Mandir, Kalanuar. **10 students** along with 2 faculty members participated in this noble cause.



### Rotaract club of the college arranged a fruit stall at Shiv Mandir, Kalanuar

- To commemorate the 23rd Death Anniversary of our beloved Pandit Ji, a Prarthna Sabha was organized on 30<sup>th</sup> August, 2022. Central Association and Rotaract Club arranged Neeki Ki Diwar and Red Ribbon Club and IQAC distributed health kits to passers-by. **6 students** participated in this activity.



### 23rd Death Anniversary of our beloved Pandit Ji

- On 20<sup>th</sup> April 2022, Swachhta Campaign was organized at Fish Park, Gsp by the volunteers of environment association. The volunteers carried broomsticks and garbage

  
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bags with them to clean up trash all around the fish park. **12 students** participated in this event.



- A expert talk on 'Health and Wellness' on 11th April, 2023 was organized in which **60 students** were present.

  
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### Seminar on 'Health and Wellness'

- An awareness programme on 'Health Awareness' was arranged in which Dr. Ashok Hastir was the resource person. **80 students** along with Science faculty members attended the lecture.



### Guest Lecture on 'Health Awareness'

- On Feb. 25, 2023 Red Ribbon club organized a poster making competition on as directed by Asst. Director, Youth Services, Gurdaspur. **14 students** participated in this

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competition. They prepared posters on different topics like say no to drugs, against drug abuse, drugs take you to hell, disguised as heaven etc.



**Poster making competition on Drug Awareness**

- Red Ribbon Club and Youth Club organized an event in collaboration with Asst. Director, Youth Services Department, District Gurdaspur on 13th-14th February, 2023. Various competitions like Declamation, Quiz, Poster Making, Slogan Writing, Collage Making were conducted on various topics like **'Life History of Swami Vivekananda Ji', Blood donation , Drug awareness, HIV/AIDS, TB, General knowledge and Current affairs.** 75 students attended the lecture. Blood donation camp was also organized in the campus where **20 persons** donated their blood. Mrs. Judith (Library Incharge) and Mrs. Rajwinder Kaur (Asst. Librarian) got appreciation certificates for blood donation.



**Blood donation and lecture on Drug awareness and HIV AIDS**

- Psychology department of the college organized a one day workshop on **'Anxiety'** on 13th February, 2023. The resource persons of the workshop were Dr. Shelly Kumar (Asst. Prof. in Psychology) GNDU, Amritsar, Dr. Sonam Gupta ( Asst. Prof. in Psychology) Shanti Devi Arya Mahila College, Dinanagar and Dr. Rubinder Kaur. Vice

  
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Principal, Swami Sarvanand Group of Education, Dinanagar. **20 students** attended this workshop.



**Workshop on 'Anxiety'**

- On 1st December, Sociology department organized a webinar on 'Current Trends in Preventing and Management of HIV on 'World Aids Day' Ms. KanuPriya, Counsellor at Swami Vivekanand Targeted Intervention Program for users under Punjab State was the keynote speaker. The webinar was attended by **48 students**.



**Sensitizing students on Aids**

- NSS unit organized an AIDS Awareness seminar. **60 students** attended this seminar. Ms.Neha (Asst.Prof. in Zoology ) explained the

*Swami Sarvanand*  
Principal  
Pt. Mohan Lal S.D. College  
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, its preventive measures, precautions and how to treat AIDS patients in society. Students asked their queries.



**Awareness program on AIDS**

- A FDP on 'Psychological Well-being of Working Women'. Dr. Davinder Singh Johal, Associate Professor, Department of Psychology, Guru Nanak Dev University, Amritsar was the resource person. **40 participants** were present in this event.



**Holistic development of faculty through programme on 'Psychological Well-being of Working Women'**

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NSS Unit organized a Yoga Camp On the theme ‘Benefits of Yoga’ in which College Principal, Faculty Members and **12 students** participated in this event.



**Yoga camp**

- A workshop on ‘Stress Management’ was conducted by Hostel Committee and Psychology dept. in which Ms Kanika, Counsellor, APS, Tibri Military Station, Gurdaspur was the resource person. During the session she talked about various types of stress, its sources and management techniques with students. She emphasized healthy living to manage stress. **15 students** attended the workshop.



**Workshop for students on ‘Stress Management’**

- On 21<sup>st</sup> October 2022, A seminar on **Blood Donation** was organized by the Health Club and Red Ribbon Club. **50 students** attended the seminar. MsNeha (Asst. Prof Zoology) gave a seminar through Power Point Presentation.



**Lecture on benefits of Blood Donation**

*Neha* Principal  
Pt. Mohan Lal S.D. College  
for Women, Gurdaspur

- On 21<sup>st</sup> September 2022, **9 students** of Red Ribbon Club participated in an Inter-college programme organized by Asst. Director, Youth Services, Gurdaspur, Red Ribbon Club held at Shanti Devi Arya Mahila college Dinanagar. The different activities organized were Quiz, Essay Writing Competition, Declamation and Poster Making on AIDS, HIV etc. Our student Rajwinder Kaur B.Sc Sem3 got **first prize in an essay writing** competition. All students were awarded with participation certificates.



**Students participation in Inter-college programme**

- From 11th to 14th July 2022, a **four day First Training Camp** in collaboration with the Red Cross Society, Gurdaspur was organized. **Mr. Rajee v, Secretary, Red Cross Society, Gurdaspur was the trainer. 53 students benefited** from this first aid training camp. On Valedictory day, **Mrs. Shahla Quadri, Wife of honorable Deputy Commissioner Gurdaspur and Chairperson Red Cross Society, Gurdaspur was the Chiefguest.** Dr.(Mrs.)Surinder Kaur Pannu was the guest of honor.



**Students availing First Aid Training**

*Principal*  
**Pt. Mohan Lal S.D. College  
 for Women, Gurdaspur**



**(2021-22)**

- On 14<sup>th</sup> July, 2022 a **plantation drive** was organized by NSS and Red Ribbon Club. **5 students** were presented.



**Plantation drive organized by NSS and Red Ribbon Club**

- On 21<sup>st</sup> June, 2022 for holistic development of students Yoga session was arranged by NSS and **Physical Education Department**. Yoga instructors Mr. Sanjeev Kumar and Ms. Ritu gave demonstrations of various Yoga Asanas. **26 students** participated in this event.



**Yoga Session**

- On 14<sup>th</sup> June, 2022 NSS Volunteers, Faculty and Principal of the college organized 'Chabeel'. Many passerby, shopkeepers, rickshaw pullers and vendors quenched their trust in the scorching hot day. **6 students** were present in this event.

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**for Women, Gurdaspur**



### NSS Volunteers organized 'Chabeel'

- On 2<sup>nd</sup> June, 2022 **NSS and Red Ribbon Club** initiated an awareness programme on harmful effects of Tobacco. Poster Making competition was organized to educate youth to stay away from Tobacco as it is injurious to health and to spread awareness among society. A lecture at Nasha Mukti Kendra, Gurdaspur was also organised. **4 students and 2 faculty members** attended this programme.



### Awareness programme on Nasha Mukti Bharat

- On 1<sup>st</sup> June, 2022 **NSS unit** organized a workshop on 'Importance of Yoga'. Students from Govt. Sen. Sec. School, Hyat Nagar, Gurdaspur performed yoga. **28 students** attended this event.



### Workshop on 'Importance of Yoga'

- On 29<sup>th</sup> April, 2022 **NSS Club** of the college organized HB and Blood group check up camp at adopted village Babowal in collaboration with Bharat Vikas Parishad, Gurdaspur, especially for women folk. **76 students** were present in the camp.

*Mohan Lal*  
Principal  
Pt. Mohan Lal S.D. College  
for Women, Gurdaspur





**HB and Blood group check up camp**

- On 16<sup>th</sup> April, 2022 various events were organized to commemorate the **birth anniversary of Pandit Mohan Lal Ji**, our founding father. NSS volunteers of the college made different types of educational and instructional charts for the primary wing of the slum area study center. Central association of the college organized the project 'PRAYAS'. Incharges of Central Association and executive members organized a stall of eatables and stationery outside the campus gate. Under project 'ARPIT' Environment Association of the college organized a 'Go Green Go Clean Scheme' in which a campaign at Fish Park to spread awareness among society to stop usage of plastic was organized. **18 students** participated in this event.



**NSS organized to commemorate the birth anniversary of Pandit Mohan Lal Ji**

- On 24<sup>th</sup> March NSS celebrated martyrdom day of Bhagat Singh Ji in which **inter-college and inter-school** competition was held. **7 Students** participated in events like declamation and slogan writing.



**Inter-college and inter-school competition**

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- On 26<sup>th</sup> January, Republic Day was celebrated by the NSS club of college in which there was a declamation competition, poster making and PPT presentation. **22 students** participated in this event.



**Poster making competition on Republic Day**

- On 24<sup>th</sup> January, NSS club of the college celebrated 'National Girl Child Day'. NSS volunteers presented PPTs and a declamation competition was also organized. **8 students** participated in this event.



**Celebrating 'National Girl Child Day'**

- On 20<sup>th</sup> January, NSS unit celebrated the birth anniversary of Swami Vivekanand Ji. Students expressed their thoughts and views through ppt in which **15 students** participated enthusiastically.



**NSS unit celebrated birth anniversary of Swami vivekanand Ji**

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- From 3<sup>rd</sup> to 9<sup>th</sup> January, 2022, under the supervision of Program officer Dr. Sukhwinder Kaur and Mrs. Samita Khajuria seven days special NSS camp. **Sh. Ram Singh, SDM, Batala** graced the inaugural ceremony with his benign presence. In these seven days, NSS volunteers did many activities like a half marathon that started from Shri Guru Ravidass Ji Community hall, Babowal; did cleanliness of the village areas, decorated display boards and painted stones. They also painted the village school and Anganwadi Centre. They spread awareness among villagers about COVID-19 and its vaccination and distributed masks and stationery among them. Warmers, sweaters, socks and caps were also distributed to needy people. **PCS Amanpreet Singh, SDM, Gurdaspur** graced the valedictory occasion. Madam Principal applauded the efforts made by NSS volunteers for performing their assigned duties. **85 students** participated enthusiastically.



### Activities of NSS camp

- On 10<sup>th</sup> Dec, NSS organized a rally on **World Human Rights Day**. Rally started from college gate and ended at fish park, Gurdaspur. **20 students** participated enthusiastically.



### Rally on World Human Rights Day

- On 11<sup>th</sup> November, NSS organized a seminar on the 'National Education Day'. S. Gurmeet Singh Bajwa was the resource person. This day was celebrated in the memory of 'Maulana Kalam Azad' in which various concepts related with his education and life were highlighted. **63 students** participated enthusiastically.

*S. Gurmeet Singh Bajwa*  
Principal  
Pt. Mohan Lal S.D. College  
for Women, Gurdaspur



NSS organized a seminar on the 'National Education Day'

- On 7<sup>th</sup> November, 'Azadi Ka Mahotsav' was organized by NSS. Many events like declamation, Poetry, Dance were organized. Ms. Phula Attri was the 'Guest of Honour'. 75 students participated enthusiastically.



'Azadi Ka Mahotsav'

- On 30<sup>th</sup> October, National Integration Day was celebrated by the Political Science Department. National Integration Oath was affirmed by the NSS department. 65 students took oath on this day.

*Principal*  
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 for Women, Gurdaspur





**National Integration Day**

- On 11<sup>th</sup> October, **Rally** by NSS and Swatch committee was organized on theme ‘Clean India’ for keeping campus neat and clean. The event began with a green signal by Madam Principal. **95 students** participated. The rally ended at Kotha Pind



**Rally by NSS and Swatch committee**

- On 21<sup>st</sup> August, A project ‘**Best out of Waste**’ was organized by the Environment Association and NSS Unit of college. **20 students** participated enthusiastically.

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**Project 'Best out of Waste'**

- NSS department celebrate 'Van Mahotsav' a project given by GNDU, Amritsar from 3<sup>rd</sup>-5<sup>th</sup> August. **4 students** participated enthusiastically.



**NSS department celebrates 'Van Mahotsav' from 3<sup>rd</sup>- 5<sup>th</sup> August.**

- On 14<sup>th</sup> July, 2021 NSS Department and Environment association of the college under theme 'Save Environment' planted many useful plants. **3 students** participated enthusiastically.



**NSS celebrate Van Mahotsav**

- **On 14<sup>th</sup> March, 2022** Rotaract Club of college celebrated Rotary week and distributed stationary and edible items in an orphanage for boys, Gurdaspur. Rt. Sh. Janak Raj Sharma, President and senior Rt. Vinod Gupta was also present. **5 students** participated enthusiastically.

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Visit to Orphanage home

- On 28<sup>th</sup> Feb, 2022 Rotaract Club distributed fruits for pilgrims on the eve of Mahashivratri at Kalanaur Mandir. 7 students participated enthusiastically.



Mahashivratri at Kalanaur Mandir

- On 1<sup>st</sup> November, 2021 Rotaract Club organized a charity project on the occasion of Diwali at District Special Resource Centre, Gurdaspur. Club members distributed stationary, eatables, socks and other useful things to the physically challenged and poor children. 4 students participated enthusiastically.



Charity project on the occasion of Diwali

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- On 31<sup>st</sup> May 2022, Health Club and Red Ribbon club organized a poster making competition to spread awareness on **NO TOBACCO** to educate youth to stay away from tobacco as it is deleterious to health and to spread awareness among society. **14 students** participated enthusiastically.



### Spreading awareness on NO TOBACCO

- On 13<sup>th</sup> May 2022, Health Club and Red Ribbon Club organized an awareness programme on ‘**World Thalassemia Day**’. Ms. Neha (Asst.Prof.Zoology) and Ms. Manisha (Asst. Prof. Zoology) gave information about Thalassemia, its symptoms, causes and cure. **65 students** participated enthusiastically.



### ‘World Thalassemia Day’

- On 27<sup>th</sup> April 2022, the Science Department and Health Club organized a lecture on Cervical Cancer and Reproductive Health, in which Prof. Andhleep, Government College, Gurdaspur, was the Resource person. The resource person explained the symptoms, cure, and diagnostic techniques of cervical cancer, making our students aware of reproductive health. **10 students** participated enthusiastically.

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for Women, Gurdaspur





### Lecture on Cervical Cancer

- On 24<sup>th</sup> March 2022, Red Ribbon Club and Health Club organized a seminar on 'World T.B Day'. 10 students participated.



### Seminar on 'World T.B Day'

- On 16<sup>th</sup> March 2022, Red Ribbon Club and Health Club organized a seminar on **CANCER AWARENESS and FIRST AID** in collaboration with **Red Cross Society, Gurdaspur** in which Dr.Surinder Kaur Pannu (Chief MD of Pannu Nursing Home) and Mr. Rajiv Sharma (Secretary, Red Cross Society, GSP) were the key speakers. 25 students participated.



### Cancer Awareness Programme

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- On 10<sup>th</sup> March 2022, Health Club of the college organized an awareness lecture on '**Avoid Junk Food**' in which Mr. Dalwinder Sharma, Physiotherapist of Navajeevan Physiotherapy Centre, Kalanour was the guest speaker. **25 students** participated enthusiastically.



### **Ill effects of Junk Food**

- On 2<sup>nd</sup> February 2022, Health Club organized Corona Vaccination Camp in the college premises. **10 students** participated enthusiastically.



### **Corona Vaccination Camp**

- On 1<sup>st</sup> December 2021, Health Club and Red Ribbon Club organized an awareness program and poster making competition on '**World AIDS Day**'. Two award-winning documentaries were shown to the students to make them aware about HIV AIDS. A poster-making competition was also organized in which the student-teachers prepared descriptive posters. **17 students** participated enthusiastically.

*Principal*  
**Principal**  
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**Poster making competition on 'World AIDS Day'**

- On 13<sup>th</sup> November 2021, Health Club in collaboration with District Legal Services Authority, Gurdapsur organized blood donation camp in college premises. **12 students** participated enthusiastically.



**Blood donation camp**

- On 28<sup>th</sup> October, 2021, Health Club and Red Ribbon Club organized a **lecture on 'Drug Abuse'**. Mrs. Samita (Asst. Prof. in Economics) gave a lecture on 'Drug Abuse'. She explained the reasons why drugs are spreading very fast in Punjab, ill effects of drugs etc and how to deal with a family member who is taking drugs. **35 students** participated enthusiastically.



*Principal*  
**Principal**  
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## Lecture on 'Drug Abuse'

- On 25<sup>th</sup> September, 2021, Students of Science Department and Red Ribbon Club participated in District level competition organized by **Red Ribbon Club**, Directorate of Youth Services, Gurdaspur at **Shanti Devi Arya Mahila College , Dinanagar**. Students participated in activities such as Quiz , Declamation contest, Essay writing and poster making competitions on topics viz HIV AIDS, blood donation, Tuberculosis and Current affairs. Our Quiz team (Vishali of B.Sc sem1st and Geetika, Bsc 3rd Sem) bagged second prize and cash reward Rs.3000. Our student japan preet bagged 3rd prize in declamation. **5 students** participated enthusiastically.



## Inter College Competition

**(2020-21)**

- On 21<sup>st</sup> June 2021, **NSS unit organized three events on Health and Healing** - 'Experience a Divinity', 'Drink the nectar of health' and 'you are what you eat'. NSS with collaboration with the Sociology Department also organized online yoga. **8 students** participated enthusiastically.



## Health and Healing programme

- The views of Gurleen Kaur **NSS volunteer** on International Yoga day were uploaded on the official Youtube channel of NSS department, Chandigarh.

*Gurleen Kaur*  
Principal  
Pt. Mohan Lal S.D. College  
for Women, Gurdaspur





### Views of Gurleen Kaur on Yoga

- **NSS Unit** organized a 5 days event under ‘**Poshan Pakhwada-2021**’. A total of 230 participants from Batala, Jalandhar, Amritsar, Dhariwal and Dinanagar took part in events like video making, slogan writing and healthy diet competition. **10 students** participated enthusiastically.



### 5 day event under ‘Poshan Pakhwada-2021’

- On 17<sup>th</sup> March, NSS volunteers participated in ‘**Parishka Pe Charcha**’ Interaction program by honorable Prime Minister Sh. Narendra Modi. **73 volunteers** got e-certificates.



### ‘Parishka Pe Charcha’ program

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- On 16th Feb, 2021, Basant Panchmi was celebrated. Principal & Staff Members performed **Saraswati Puja**. On this auspicious day, NSS and Environment association of the college arranged feed, water and nests for birds. This will become a routine feature from now onwards and will be proved as an eco-friendly noble cause. **5 students** participated enthusiastically.



**Basant Panchmi was celebrated**

- On 5th Feb, 2021, **NSS Club & Environment Association** of the college distributed woolen clothes to needy students of R.P. Aggarwal D.A.V. Primary School, Gurdaspur. **8 students** participated enthusiastically.



**NSS Club distributed woolen clothes to needy students**

- On 23<sup>rd</sup> January, 2021 Lohri project '**Samvedna**' was organized by **Central Association** in collaboration with **NSS Club**. Caps & Socks were distributed to needy students in Govt. Schools of Gurdaspur district. **10 students** participated enthusiastically.



**Lohri project 'Samvedna' was organized by Central Association**

- Rotaract, NSS volunteers, executive members of Central Association and club incharges visited old age homes and distributed shoes, socks and other daily use articles. They also distributed 'Ration' among 25 families in a slum area near Chandan Palace. **20 students** participated enthusiastically.

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### Charitable Projects

- NSS Department of the college educated the people in slum areas on 17<sup>th</sup> Oct, 2020. 50 NSS volunteers actively participated in this cause. **15 students** participated enthusiastically.



### **NSS Department of the college-educated the people in slum areas**

- Under the stewardship of the Youth Club and NSS department of the college in collaboration with the Traffic Education Cell a seminar on Traffic rules was organized on 13<sup>th</sup> Oct, 2020. Through a beautiful song S. Amandeep Singh of Traffic Education Cell told the students about the safety measures and appealed to them to follow traffic rules while driving. **2 students** participated enthusiastically.



**Seminar on Traffic rules was organized on 13<sup>th</sup> Oct, 2020**

*S. Amandeep Singh*  
Principal  
Pt. Mohan Lal S.D. College  
for Women, Gurdaspur

- Pledge was taken by the faculty members and NSS volunteers to follow safety measures of COVID-19 on 8<sup>th</sup> Oct, 2020. **43 students** participated enthusiastically.



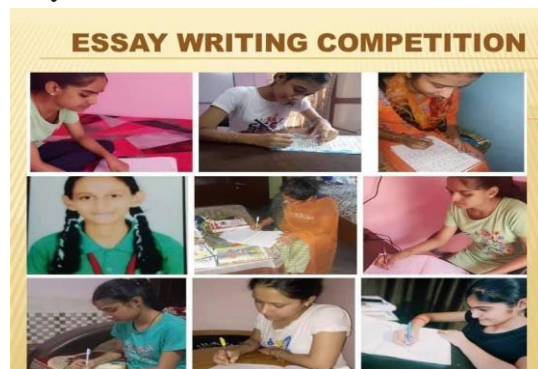
**Safety measures of COVID-19 on 8<sup>th</sup> Oct, 2020**

- NSS unit of the college organized a 7 day program from 26<sup>th</sup> Sept. to 2<sup>nd</sup> Oct, 2020 to commemorate the 650<sup>th</sup> **Birth Anniversary of Mahatma Gandhi**. During these days, inter college essay writing and quiz competitions were organized. A documentary was presented by NSS volunteers. A lecture on the life of Mahatma Gandhi was delivered by NSS program officer, Dr. (Mrs.) Sukhwinder Kaur, Asst. Prof. in Punjabi. Wall Magazine on the life of Mahatma Gandhi was also displayed in the college premises. **8 students** participated enthusiastically.



**650<sup>th</sup> Birth Anniversary of Mahatma Gandhi**

- Quiz on ‘Mahatma Gandhi- Life and Achievements’ and essay writing competition was organized on 28<sup>th</sup> Sept 2020 . NSS club of the college organized **series of the events** to celebrate Gandhi Jayanti. **15 students** participated enthusiastically.



*S. Kaur* Principal  
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## NSS club of the college celebrated the birthday of Mahatma Gandhi

- NSS club on 25<sup>th</sup> Sep, 2020 organized the SVEEP awareness program in which **50 volunteers** prepared slogans on the importance of voting.



## NSS club organized SVEEP awareness program

- The NSS department of the college organized an online webinar on 'National Education Policy' organized by the Ministry of Defence and Sports on 20<sup>th</sup> Sep, 2020. Total **114 volunteers** participated in the webinar.



## 'National Education Policy'

- NSS Dept. of the college under the NSS dept. of GNDU, Amritsar did the Hindi translation of the NSS motto 'Note But You'. The students through posters appealed to the society that we should stand by each other in difficult times. **5 students** participated enthusiastically.

  
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### **'Not Me But You'**

- Tree plantation was organized by the NSS unit in collaboration with the Environment Association. 3 **students** participated enthusiastically.



### **Tree plantation**

- The NSS Unit of the college conducted an 'Essay Writing' contest under the Swaachh Bharat Abhiyan. A total of **25 volunteers** participated in it. Everyone vowed to keep their surroundings neat and clean.



### **'Essay Writing' contest under the Swaachh Bharat Abhiyan**

*[Signature]*  
Principal  
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for Women, Gurdaspur



- On 10th April 2021, Rotaract and Youth Welfare Club organized a lecture on ‘Holistic Healing’ by Art of Living. Mr.Vivek Kumar and Dr. Meenakshi were the resource persons for the event. **15 students** participated enthusiastically.



### Lecture on ‘Holistic Healing’

- Rotaract Club organized an International **webinar** on ‘Menstrual Health and Hygiene’ by Dr. Nirvika Singh, Florida USA on 7<sup>th</sup> April 2021. She explained the precautions to be taken during the periods and dietary habits so as to enable girls to lead a healthy reproductive life in future. She solved all the queries of the staff. **13 students** participated enthusiastically.



### International webinar on ‘Menstrual Health and Hygiene’

- In Dec, 2020 District Services Legal Authority, Gurdaspur choose our college to be a part of noble cause ‘Basket of Care’, a project of Civil Judge, Ms. Rana Kunwardeep Kaur to celebrate Green Diwali. Three clubs of the college viz Rotaract Club, Central Association of the college and Legal Literacy Club enthusiastically contributed to this project. New clothes, bed sheets, socks, shoes, stationary items and eatables were distributed among needy people. **10 students** participated enthusiastically.

*R. Rana* Principal  
Pt. Mohan Lal S.D. College  
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**Celebrated Green Diwali by Rotaract Club**

- On 12<sup>th</sup> March 2021, Health Club organized a lecture on the awareness about COVID-19 vaccine by a team of administrative members of Civil Hospital, Babri Distt. Gurdaspur. **12 students** participated enthusiastically.

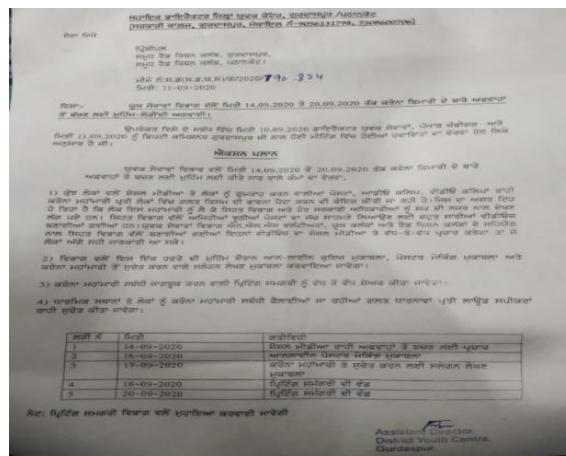


**Administrative members of Civil Hospital, Babri Gurdaspur at campus during Covid-19**

- On 24<sup>th</sup> September 2020, Health Club and Red Ribbon Club of the college celebrated COVID awareness week in which pamphlets on COVID were distributed to the general public. **9 students** participated enthusiastically.

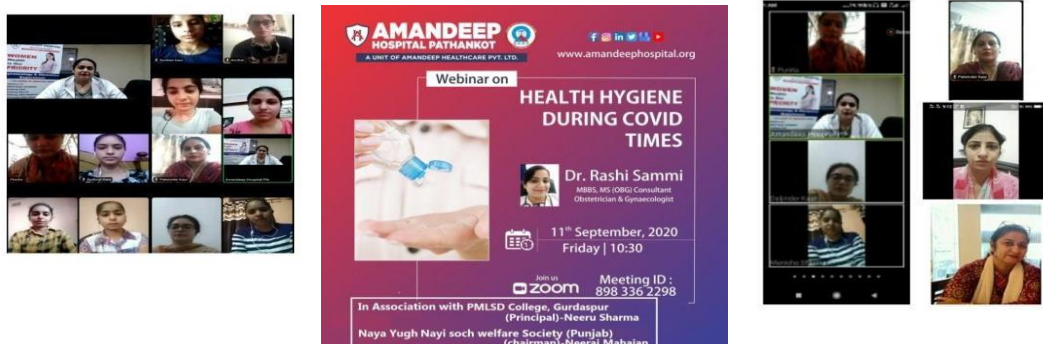
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### Distribution of pamphlets on COVID awareness to general public

- On 11th September 2020, Health Club in collaboration with NayaYugNayeSoch Welfare Society, Punjab, conducted webinar on the topic “**Health Hygiene during COVID-19 Time**”. **Dr.RashiShammi**, Gynecologist from Amandeep Hospital, Pathankot was the Keynote speaker. All students of B.Sc participated in this seminar. Topics discussed were hair hygiene, menstrual hygiene and oral hygiene. **35 students** participated enthusiastically.



### Expert talk on the topic ‘Health Hygiene during COVID-19 Time’

*Neeraj Mahajan*  
Principal  
Pt. Mohan Lai S.D. College  
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- On 5<sup>th</sup> August 2020, Health Club and Red Ribbon Club of the college conducted a quiz on Aids in which **170 students** participated.



**Quiz competition on HIV/AIDS awareness**

### **(2019-20)**

- Awareness messages on Corona by our **15 students** were uploaded on the YouTube channel by NSS, RSD Chandigarh.

[https://youtu.be/cnSU\\_kfvD0M?si=gR0xK59U2AzVmPKb](https://youtu.be/cnSU_kfvD0M?si=gR0xK59U2AzVmPKb)

<https://youtu.be/il45iiECtPw>

<https://youtu.be/DFWn0enwTC>

<https://youtu.be/i248hWqgnPQ>

<https://youtu.be/54bWd4iV6a8>

- On 9<sup>th</sup> March 2020, the NSS Club in collaboration with the Women Cell of the College organized a Declamation competition in which **8 students** participated enthusiastically. Participants were given certificates also.

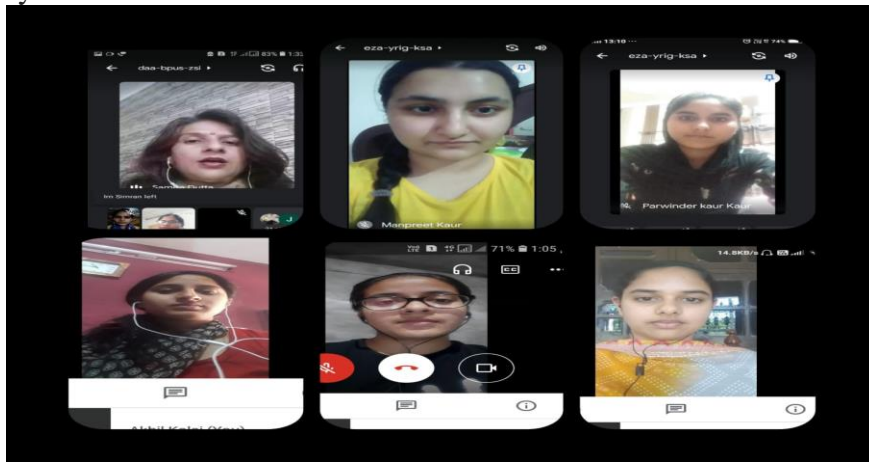
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**Declamation competition**

- On 20<sup>th</sup> Feb, 2020, NSS Club of the college organized Quiz Competition on the topic ‘Andhra Pradesh Culture’ in which students participated with full zeal & zest. **5 students** participated enthusiastically.



**Quiz on ‘Andhra Pradesh Culture’**

- The college organized a seven day NSS camp from 30<sup>th</sup> Dec 2019 to 6<sup>th</sup> Jan 2020. In the valedictory session, Dr. Rajesh Kumar, N.S.S officer from GNDU, Amritsar was the chief guest. **94 students** participated enthusiastically.



**Seven days NSS camp from 30<sup>th</sup> Dec 2019 to 6<sup>th</sup> Jan 2020**

*Pt. Mohan Lal S.D. College for Women, Gurdaspur*  
**Principal**  
**Pt. Mohan Lal S.D. College**  
**for Women, Gurdaspur**

- The Political Science Department in collaboration with NSS Club organized a Quiz Competition and Declamation Contest on 25<sup>th</sup> November 2019 and celebrated Constitution Day on 26<sup>th</sup> November 2019. **10 students** participated enthusiastically.



**Quiz Competition and Declamation Contest**

- On 24<sup>th</sup> Oct 2019, plantation drive was held at Slum Area, Kushta Ashram, and Old Age Home by Central Association. **7 students** attended this event.



- On 21<sup>st</sup> October 2019, NSS Club of the college organized an awareness programme on 'Stubble Burning' at the adopted village Babowal and Kothapind. **8 students** participated enthusiastically.



**Awareness programme on 'Stubble Burning'**

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- On 3<sup>rd</sup> October 2019, NSS Club in collaboration with the Environment Association of the college organized an awareness campaign regarding ‘Say No to Polythene Bag’. **14 students** participated in this event.



### ‘Say No to Polythene Bag’

- NSS Club** of the college in collaboration with Traffic Education Cell, Gurdaspur organized a comprehensive and thought-provoking seminar on the topic ‘**Traffic Rules Awareness**’ dated **20<sup>th</sup> September 2019**. On this occasion, Sh. Gulzar Singh, Inspector of Traffic Education Cell, Gurdaspur was the chief guest. Beside this, Mr.Sanjeev Kumar, SSI, Gurdaspur was the key speaker. **194 students** participated enthusiastically.



### ‘Traffic Rules Awareness’ on 20<sup>th</sup> September 2019

- NSS club** in collaboration with **Environment Association** organized an awareness campaign for water, electricity and environment protection on **26<sup>th</sup> Aug 2019**. **15 students** participated enthusiastically.

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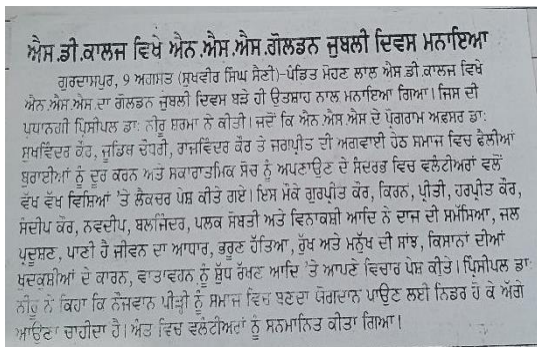
### Awareness campaign for water, electricity and environment protection

- On 15<sup>th</sup> August 2019, the college **Environment Association** in collaboration with NSS club of the college, planted saplings on the occasion of Independence Day and to create awareness among students to 'Save Environment'. To promote Indoor plantation, students painted the earthen pots and planted saplings in it. Besides this, poster making competition was organized on the topic of 'Save Environment' in which students participated enthusiastically. **20 students** participated enthusiastically.



### On 15<sup>th</sup> August 2019 awareness among students to 'Save Environment'

- NSS unit of the college celebrated its **Golden Jubilee** on 8<sup>th</sup> August 2019 under the guidance of Principal Dr. (Mrs.) Neeru Sharma. At this event, NSS volunteers shared their views on the social issues in a society such as Dowry problems, Female Foeticide, Importance of water & water pollution etc. **15 students** participated enthusiastically.



### Golden Jubilee on 8<sup>th</sup> August 2019

*Neeru Sharma*  
Principal  
Pt. Mohan Lal S.D. College  
for Women, Gurdaspur



- On **5th May 2020**, Rotaract Club of the college in collaboration with Rotary Club of Gurdaspur honored the real warriors of COVID-19 in college premises. **3 students** participated enthusiastically.



**Honored the real warriors of COVID-19**

- Rotaract, NSS volunteers, executive members of Central Association and club incharges visited old age homes and distributed shoes, socks and other daily use articles. They also distributed 'Ration' among **25 families** in a slum area near Chandan Palace. **15 students** participated enthusiastically.



**Charitable Projects**

- On **4<sup>th</sup> December 2019**, Red Ribbon Club and Health Club in collaboration with Inner Wheel Club, Gurdaspur organized a lecture on Personal Hygiene. Sanitary Napkins were also distributed to the students. **60 students** participated enthusiastically.

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### Lecture on Personal Hygiene

- On 27<sup>th</sup> November 2019, Health Club and Red Ribbon Club organized a lecture on **Drug Abuse** by Dr. Rama Gandotra (Asst. Prof Sociology). A Declamation contest was also conducted on the same day. **60 students** participated enthusiastically.



### Declamation contest on Drug Abuse

- On 23<sup>rd</sup> September 2019, Red Ribbon and Health Club of the college in collaboration with Inner Wheel Club, Gurdaspur organized a lecture on **'Iron Rich Food'** by Dr.Vibha, Dr.Dinesh and Dr.Seema Respectively. The Innerwheel Club, Gurdaspur donated sanitary pads **Vending Machines** in the college premises. A free Checkup camp was conducted in which around 200 teachers and students were tested. **147 students** participated enthusiastically.

  
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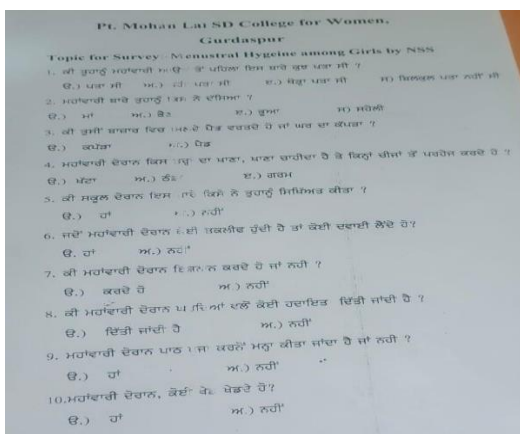




### Lecture on 'Iron Rich Food' and HB testing camp

## (2018-19)

- Ms. Harsha Sharma, Ms. Paramjit Kaur and Ms. Kulwinder Kaur organized a workshop on vocational courses along with NSS volunteers in different villages such as Amipur, Sangatpura, Kalanaur, Kahnuwan, Bainsi Mian Khan, Jaura Chhitran respectively. **5 students** participated enthusiastically.
- The NSS club of the college conducted a survey on 'Menstrual Hygiene'. 200 students participated in this survey



*Principal*  
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### Survey on 'Menstrual Hygiene'

- NSS Department of GNDU, Amritsar and Director of Youth Services, Punjab organized District Youth Parliament on 24<sup>th</sup> Jan, 2019 at SDAM College, Dinanagar in which **4 students** of our college participated and got certificates.



**District Youth Parliament on 24<sup>th</sup> Jan, 2019 at SDAM College, Dinanagar**

- On 6<sup>th</sup> November, 2018, NSS volunteers and program officers celebrated **Eco-Friendly Diwali** by taking pledge to celebrate a green Diwali without crackers. Students also gave a message to public for celebrating eco-friendly Diwali. **94 students** participated enthusiastically.



**Message given by Students for Eco- friendly Diwali**

- Labour Day was celebrated by the Rotaract Club of the college dated **1<sup>st</sup> May 2019** in which supportive workers of the college were honored by worthy Principal Dr. (Mrs.) Neeru Sharma and thanked them for their selfless services. **12 students** participated enthusiastically.

  
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### Labour Day was celebrated by Rotaract Club

- On **2<sup>nd</sup> March 2019**, Rotaract Club of the college distributed fruits to passers-by on the eve of Shivratri. **10 students** participated enthusiastically.



### Rotaract Club of the college distributed fruits to passers

- On **28<sup>th</sup> May 2019**, Health Club organized a lecture cum demonstration on '**Acupressure and Reflexology**' by Ms. Shweta Mahajan, vocational teacher, Govt. Girls Senior Secondary School, Kahnawan. She appraised various techniques of Acupressure Therapy for the maintenance of health. **230 students** participated enthusiastically.

*Shweta Mahajan*  
Principal  
Pt. Mohan Lal S.D. College  
for Women, Gurdaspur



### Lecture cum demonstration on ‘Acupressure and Reflexology’

- On 17<sup>th</sup> May 2019, A seminar on the issue to spread awareness about ‘**Anti-Drug**’ was organized by the Health club and youth welfare club of the college in collaboration with NGO NayaYug Nayi Soch, Punjab. On this event, Sh. Karanjeet Singh, Jail Superintendent, Gsp was the chief guest. Dr. Buvneshwari and Dr.Aman were the Resource Persons. They gave his presentation on First-Aid techniques. **84 students** participated enthusiastically.



### Seminar on ‘Anti-Drug’

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 for Women, Gurdaspur



- On 8<sup>th</sup> May 2019, ‘World Red Cross Day’ was celebrated by the Health Club and Red Ribbon Club of the college. The students were taught about the importance of understanding human sufferings & also promoting humanitarian activities. Besides this, a Card Making competition was also held on this occasion. **12 students** participated enthusiastically.



**‘World Red Cross Day’ celebrated by Health Club and Red Ribbon Club**

- On 23<sup>rd</sup> March 2019, a Seminar on ‘Anti-Drug’ was organized by Red Ribbon Club and Health Club in which Ms. Palwinder (Asst.Prof. in Zoology) and Ms.Neha (Asst. Prof.in Bio-Tech) gave information on ‘Drug Abuse’. **30 students** participated enthusiastically.



**Seminar on ‘Anti-Drug’**

- On 7th December 2018, Red Ribbon Club and Health Club of the College organized a rally regarding Anti-Drug, Drug- Addiction and AIDS Awareness’ in which students participated with full fervor by holding placards on which was written –‘Do not waste your life’, ‘Stay Away from AIDS’, ‘Hate Sickness’ and ‘Give Happiness and Peace Instead of Aids’. The rally ended at Parshuram Chowk, Gurdaspur. **110 students** participated enthusiastically.

*Principal*  
Principal  
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### Rally regarding Anti-Drug

- On 1<sup>st</sup> December 2018, Dr. (Mrs.) Mridula Dogra and Ms. Manisha gave a lecture on AIDS and its ill effects. A poster-making competition was also conducted on AIDS and certificates were given to students for their participation. A Documentary was shown to students on AIDS on the same day to spread awareness of AIDS among youth. **95 students** participated enthusiastically.



**‘World AIDS Day’ celebrated by Health Club and Red Ribbon Club**

*Principal*  
**Principal**  
 Pt. Mohan Lal S.D. College  
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