



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA

NATIONAL SERVICE SCHEME 2022-23

NSS UNITS: Three

TOTAL ENROLLMENT: 251

PROGRAM OFFICERS

Mrs. Nisha Sangwal (In-charge)

Ms. Jaspreet Kaur

Dr. Charanjit Singh

PRESIDENT

Shagun Sharma (BA III 3350)

NSS OFFICE BEARERS (2022-2023)

POST	NAME	CLASS	ROLL NUMBER
PRESIDENT	SHAGUN SHARMA	BA III	3350
VICE PRESIDENT	SEJAL SHARMA	B.COM III	1718
SECRETARY	VASUDA JETHI	BA II	2846
JOINT SECRETARY	TANIYA MALKOTI	B.COM II	1528
TREASURER	SUNAINA	B.SC III (NON - MED.)	1113
TECHNICAL AND REPORTING TEAM	MEHAK SHARMA SHAGUN	BA III B.SC I (NON-MED.)	3224 114
DISCIPLINE TEAM	ARSHPREET KAUR SHILPA JAIN JASLEEN KAUR	BA III BA II B.SC. II	3033 2785 225
CULTURAL AND CREATIVE TEAM	PRACHI POPLAY VINSHU JASHANPREET KAUR	BA III BA II BCA II	3281 2852 3730
HOSPITALITY TEAM	SHAJADI NANCY	BA III B.COM II	3351 1487
ENVIRONMENT TEAM	SHIVANGI KHURANA	B.SC III	1098
HELPLINE CELL TEAM	SONALI NANDINI DHAWAN	B.SC III (NON- MED.) BBA II	1111 4020
EXECUTIVES	SUPREET KAUR ADITI SALARIA AKRITI	BA I B.COM I B.COM I	488 001 002

GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) "HAR GHAR TIRANGA" PROGRAMME (01/08/2022- 10/08/2022)

Under 75th Azadi Ka Amrit Mahotsav, 29 NSS Volunteers visited their nearby local areas and spread awareness about "**Har Ghar Tiranga**" programme through their effective posters and slogans.



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) ONE DAY CAMP- VANMOHATSAV (20/08/2022)

Under the aegis of Principal Mrs. Suman Lata Ji, 55 NSS Volunteers enthusiastically undertook plantation drive. While planting the saplings volunteers raised various slogans.



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA

THREE NSS UNITS (2022-23)

ONE DAY CAMP - 115th BIRTH ANNIVERSARY OF SHAHEED BHAGAT SINGH (28/09/2022)

Under the aegis of Principal Mrs. Suman Lata Ji, 89 NSS Volunteers enthusiastically undertook the following activities:

ACTIVITY 1- CYCLE RALLY



ACTIVITY 2- BLOOD DONATION CAMP



ACTIVITY 3- CEREMONY ON 115TH BIRTH ANNIVERSARY OF SHAHEED BHAGAT SINGH



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) ONE DAY CAMP- GANDHI JAYANTI (02/10/2022)

On the occasion of Gandhi Jayanti, pledge taking ceremony was organised and 62 volunteers took pledge on the theme- non violence.



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) Fit India Freedom Run 3.0 (03/10/2022)



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) Fit India Freedom Run 3.0 (04/10/2022)



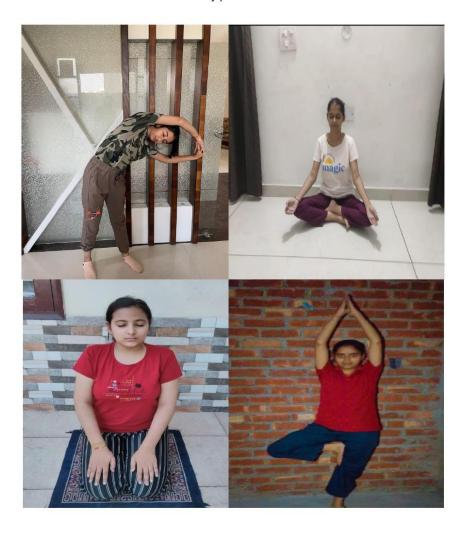
GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) Fit India Freedom Run 3.0 (05/10/2022)



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) Fit India Freedom Run 3.0 (06/10/2022)



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) Fit India Freedom Run 3.0 (07/10/2022)



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) Fit India Freedom Run 3.0 (10/10/2022)



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) Fit India Freedom Run 3.0 (11/10/2022)



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) Fit India Freedom Run 3.0 (12/10/2022)



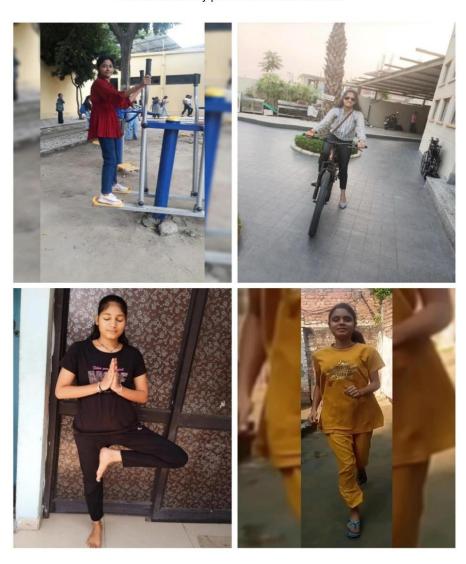
GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) Fit India Freedom Run 3.0 (13/10/2022)



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) Fit India Freedom Run 3.0 (14/10/2022)



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) Fit India Freedom Run 3.0 (15/10/2022)



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) Fit India Freedom Run 3.0 (16/10/2022)



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) Fit India Freedom Run 3.0 (18/10/2022)



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) Fit India Freedom Run 3.0 (20/10/2022)



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) Fit India Freedom Run 3.0 (22/10/2022)



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) Fit India Freedom Run 3.0 (23/10/2022)



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) Fit India Freedom Run 3.0 (24/10/2022)



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) Fit India Freedom Run 3.0 (25/10/2022)



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) Fit India Freedom Run 3.0 (26/10/2022)



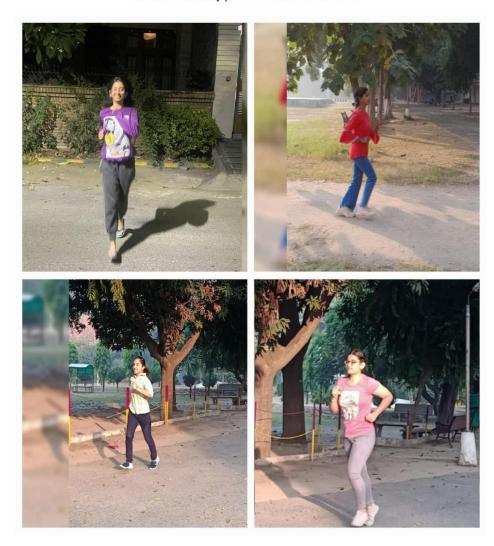
GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) Fit India Freedom Run 3.0 (27/10/2022)



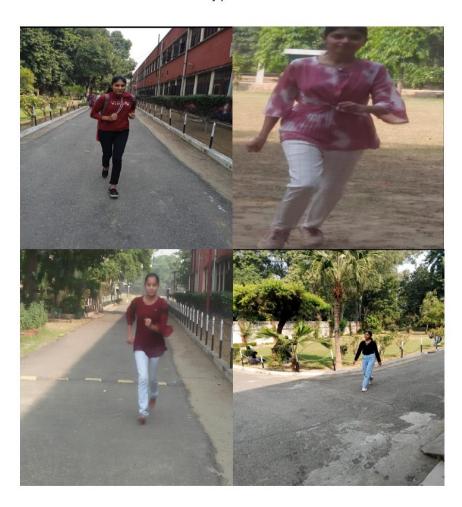
GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) Fit India Freedom Run 3.0 (28/10/2022)



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) Fit India Freedom Run 3.0 (29/10/2022)



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) Fit India Freedom Run 3.0 (30/10/2022)



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) Fit India Freedom Run 3.0 (31/10/2022)



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) One day camp- NSS Room Painting (11/10/2022)

Under the aegis of Principal Mrs. Suman Lata Ji, 49 NSS volunteers voluntarily participated in the one day camp & painted the room.



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) ONE DAY CAMP- NATIONAL CLEAN INDIA CAMPAIGN 2.0 (19/10/22)

Under the aegis of Principal Mrs. Suman Lata Ji, 90 NSS Volunteers enthusiastically undertook the following activities:-

ACIVITIY 1 :- Awareness Rally regarding Cleanliness



ACTIVITY 2 :- Cleanliness Drive



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) ONE DAY CAMP- NATIONAL UNITY DAY 31-10-2022

Under 75th Azadi Ka Amrit Mahotsav, One Day Camp on National Unity Day was organised to commemorate the birth anniversary of Sardar Vallabhbhai Patel. 107 NSS Volunteers actively took various activities.

Activity 1: Run for Unity



Activity 2: Rashtriya Ekta Diwas Pledge



Activity 3: Digital exhibition of Sardar Vallabhbhai Patel was displayed in college campus to spread awareness regarding his life and contributions



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) VIGILANCE AWARENESS WEEK 31-10-22 to 06-11-22

71 NSS volunteers took an Integrity e- pledge, conducted by Central Vigilance Commission with 'Corruption Free India For a Developed Nation' as a theme for this year.



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) ONE DAY CAMP- VOCAL FOR LOCAL CAMPAIGN 09-11-2022

Under 75th Azadi Ka Amrit Mahotsav, one day camp is being organised on the **Theme-Vocal for Local**. 89 NSS Volunteers put up a stall in the college premises to help needy ladies & sold their products promoting vocal for local.



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) NATIONAL EDUCATION DAY 11-11-2022

To commemorate the birth anniversary of Maulana Kalam Azad (First Education Minister of Indian Government), e- poster making was conducted and 35 NSS volunteers created eyecatching e- posters on the theme of this year- Changing Corse, Transforming Education.



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) NATIONAL CHILDREN'S DAY 14-11-2022

On the occasion of Children's Day, 40 NSS Volunteers went to nearby Anganwadis and interacted with children regarding importance of this day and told about Pt. Jawahar Lal Nehru's love with children, they keenly participated in the activity and sung poems too. Tiffins were distributed at the end.



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) NATIONAL CONSTITUTION DAY 26-11-2022

On the occasion of National Constitution Day, following online activities were conducted and total 113 volunteers participated efficiently.

Activity 1: Online reading of Preamble to the Constitution (https://readpreamble.nic.in/registration.aspx)



Activity 2: Online Quiz on India- The Mother of Democracy/ भारत- लोकतंत्र की जननी (https://constitutionquiz.nic.in/)



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) NATIONAL YOUTH DAY 12-01-2023

Slogan making, Poster making & Essay writing competition was organised on the topic- Drug Addiction & Swachh Bharat. 55 NSS Volunteers prepared effective slogans & posters with a message to curb the excessive usage of drugs among youth. Thoughts were put into words by volunteers & essays were written to promote Swachh Bharat Abhiyan.



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) National Girl Child Day (24/01/2023)

Under the aegis of Principal Mrs. Suman Lata Ji, NSS Unit (total 62 volunteers) undertook a rally to celebrate National Girl Child Day and slogans were raised. Exstudents of college Raghveer, Alisha and Anjali (President Sports) came and motivated Girls. Mr. Devinder Lotey (Deputy Director Red Ribbon Club) honored the women and Mrs. Nisha sangwal (Program Officer NSS) motivated and empowered girls to be independent and successful in their lives.



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) ONE DAY CAMP ON NATIONAL VOTERS DAY (25/01/2023)

Under the aegis of Principal Mrs. Suman Lata Ji, 78 NSS Volunteers enthusiastically took part in following events:

Activity 1- Pledge taking ceremony



Activity 2- Volunteers bought their voter card



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) REPUBLIC DAY CELEBRATION (26/01/2023)

Under the aegis of Principal Mrs. Suman Lata Ji, NSS Unit 2022-23 enthusiastically celebrated the 74th Republic Day in college premises. Honourable principal mam along with senior staff council unfurled the national flag. National anthem was sung along with some patriotic songs on the occasion. Principal mam addressed the volunteers (total 81) and motivated them for working for the welfare of the country. Resource person of the day, Mr. Jai Kumar (Dept. of physical education) motivated the students to be responsible citizens of the country and mentioned the importance of physical fitness.

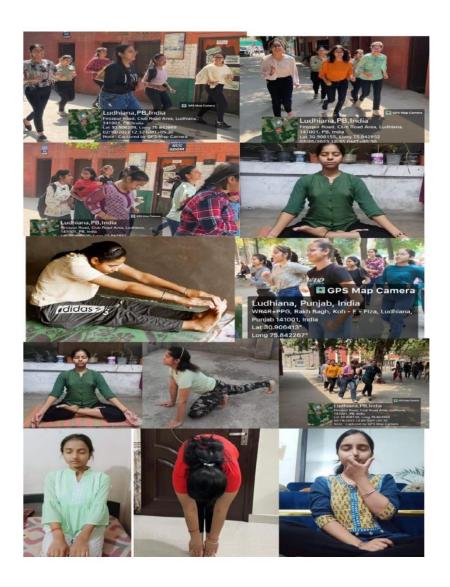


GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) FREEDOM2WALK CYCLE RUN

Quarter 1

1/02/23-17/03/23

Under the aegis of Principal Mrs. Suman Lata Ji, 64 NSS volunteers exuberantly participated in the $1^{\rm st}$ quarter of year long campaign on "freedom2walk Cycle Run" (dated 1 Feb, 23-17 march, 23). Yoga, meditation & running was held in the college premises.



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) ONE DAY CAMP "ZERO DISCRIMINATION DAY" (01/03/2023)

Under the aegis of Principal Mrs. Suman Lata ji NSS unit presented a skit to celebrate Zero Discrimination Day. Total 30 volunteers enacted a skit on racial discrimination and gave the message regarding the significance of equality in the society. The students depicted how racial discrimination is being practiced in the different sectors and how it affects the mental health of individuals prone to such stereotypical behaviour. Principal mam appreciated the efforts of volunteers and encouraged them to keep up the good work.



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) WORLD WATER DAY 22-03-2023

NSS Unit conducted a nukkad natak on World Water Day, with a message: subsistence usage of water. Total 25 volunteers participated.



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE UNITS OF NSS (2022-23) SHAHEEDI DIWAS BHAGAT SINGH JI (23/03/2023)

Under the aegis of Principal, Mrs. Suman Lata ji, NSS Unit celebrated Shaheedi Diwas of Bhagat Singh Ji. Effective Posters and Slogans were made by 49 volunteers on their life, took a pledge on patriotism followed by rally in which slogans were raised.



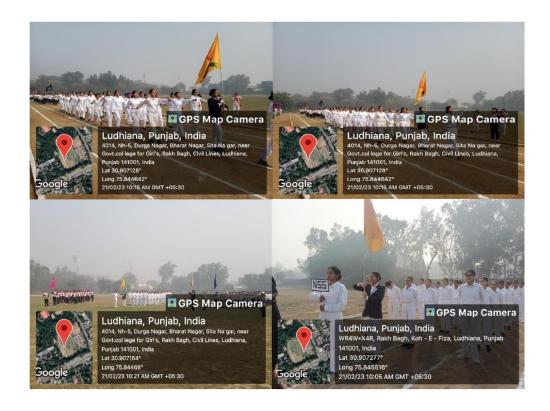
GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) RUN FOR ENVIRONMENT AND HUMANITY 27/03/23

Under the aegis of Principal Mrs. Suman Lata Ji, a marathon was organised on Run for Environment and Humanity. Sh. Gurpreet Bassi Gogi, MLA representing the Ludhiana West Assembly was the chief guest and college students & whole staff was part of this marathon. Students made effective posters & slogans with a message to save environment.



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE UNITS OF NSS (2022-23) ANNUAL SPORTS DAY 21-02-23 TO 22-02-23

NSS UNIT performed parade on annual sports day with total 41 volunteers and Shalini Sahni BA I as NSS plate bearer & Shagun Sharma BA III (President NSS) as NSS Flag holder.



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA ROAD SAFETY WEEK (12-01-23 to 17-01-23)

Under the aegis of Principal, Mrs. Suman Lata, Road Safety Week was celebrated by volunteers of NSS (total- 57), Youth Club, Red Ribbon Club, Gender Champion Club, Rotaract Club along with program officers of NSS and teacher incharges of various clubs.

Rally on Road Safety (12-01-23)



Poster making on Traffic Signals (13-01-23)



Helmet Rally (14-01-23)



Interaction with public regarding Road Safety rules (15-01-23)



Pledge taking Ceremony (16-01-23)



Ms. Nidhi (Prof. Comp. Deptt.) created awareness regarding online registration of license.



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) RUN FOR UNITY (15/08/2022)

15TH August is the gala day for every Indian. Our honorable officiating Principal Mrs. Suman Lata along with senior staff council members unfurled the national flag and a speech was given by her for motivating the students to work for the well-being of the country. National anthem was sung along with some patriotic songs on the occasion. 'Run for Unity' was held, Principal ma'am led 'Run for Unity' in which total 53 NSS Volunteers participated along with Program Officers.



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) WORLD BICYCLE DAY 03/06/2023

The NSS volunteers (32) participated in the event with zeal. The goal was to raise awareness as bicycles as a simple, economical, dependable, clean & ecologically friendly mode of transportation.



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) WORLD ENVIRONMENT DAY 05/06/2023

Activity 1: Rally on the theme #BeatPlasticPollution (total NSS Volunteers-56)



Activity 2: Plantation drive



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE UNITS OF NSS 2022-23 PHOTOGRAPHS OF NSS 7 DAYS CAMP (9-01-23 to 15-01-23)















































15-01-23



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) ONE DAY CAMP ON AMBEDKAR JAYANTI (14/04/2023)

Under the aegis of Principal Mrs. Suman Lata Ji, NSS Volunteers enthusiastically celebrated the birth anniversary of the father of Indian constitution, Dr.B.R. Ambedkar ji. Students took Pledge to uphold the values and principles of the constitution.Program OfficerMrs. Nisha Sangwal ,Miss Jaspreet Kaur , Miss Sukhdeep Kaur and Mr. Charanjeet Singh motivated the students to learn about Constitution.Mrs. Sarita illuminated the volunteers about Indian constitution and threw some light on the life of Baba Saheb.



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA

75th anniversary of India's Freedom Movement 01/01/23- 31/01/23 (January Month)

Theme- Lifestyle for environment (LiFE)

Under the aegis of principal Mrs. Suman Lata, NSS Unit 2022-23 undertook plantation drive and hanged bird feeders in their adopted village- Chak Sarwan Nath with a view to protect and conserve the environment.



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA 75th Anniversary of India's Freedom Movement 01/02/23-28/02/23

Theme- Women & Children

Under the aegis of Principal Mrs. Suman Lata, NSS UNIT (2022-23) conducted a 'News Article Writing Competition' on the topic Women & Child Prostitution. 25 Volunteers participated in it and actively portraited the scenario in India through their articles.



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA 75th Anniversary of India's Freedom Movement 01/04/23-30/04/23 (April Month)

Theme- Water

24 Volunteers participated in Collage Making Competition on the topic- Save Water. They prepared effective collages.

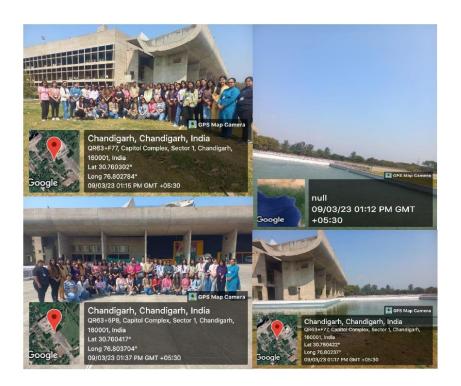
Winners: Taniksha B.com II- 1st Akriti B.com I- 2nd Supreet Kaur- 3rd



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA 75th Anniversary of India's Freedom Movement 01/03/23- 31/03/23 (March Month)

Theme-Inclusive Development

Under the aegis of Principal Mrs. Suman Lata Ji, an educational trip was organised to Punjab Legislative, Chandigarh on 09 March, 23. Total 46 volunteers were there & it aided their overall growth.



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA AZADI KA AMRIT MAHOTSAV THREE NSS UNITS (2022-23)

01/06/23-30/06/23

THEME - HEALTH AND WELLNESS (YOGA FOR FITNESS)

To commemorate Azadi ka Amrit Mahotsav , NSS Volunteers (85) enthusiastically performed various Yoga Asanas under the guidance of Yoga Trainer and NSS Programme officers.



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA THREE NSS UNITS (2022-23) INTERNATIONAL YOGA DAY 21-06-2023

Under the aegis of Principal Mrs. Suman Lata Ji, NSS volunteers (total 85) along with NCC cadets enthusia stically celebrated International Yoga Day & volunteers prepared effective slogans and posters to promote yoga.



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA 75th anniversary of India's freedom movement 01/05/23- 31/05/23 (May Month)

Theme- Unity

40 NSS Volunteers took part in Road Safety campaign under the theme of the month i.e. Unity. A lecture on Theme- Awareness regarding Road Accident was delivered by Dr. Kamal Soi (Member- NRSC, Ministry of Road Transport & Highways GOI) and how unity among people & volunteers can save many lives on the road. He encouraged volunteers to always work together to aid others.



Volunteers who bring honour to our NSS UNIT (2022-23)



NAME OF THE VOLUNTEER- SHAGUN SHARMA

CLASS- BA III

SPECIAL CAMP ATTENDED- NORTH ZONE NSS PRE- REPUBLIC DAY PARADE CAMP held at Lovely Professional University, Phagwara dated 26 Nov., 22 – 05 Dec., 2022



NAME OF THE VOLUNTEERS- SEJAL SHARMA & ARSHPREET KAUR

CLASS- B.COM III & BA III

SPECIAL CAMP ATTENDED- NATIONAL INTEGRATION CAMP held at Punjabi University, Patiala dated 16 Feb., 2023- 22 Feb., 2023



NAME OF THE VOLUNTEER- TANIYA MALKOTI

CLASS- B.COM II

SPECIAL CAMP ATTENDED- NATIONAL INTEGRATION CAMP held at Chaudhary Charan Singh Haryana Agricultural University, Hisar dated 26 Feb., 2023- 04 Mar., 2023

