

ACTIVITY LIST OF NSS FOR THE ACADEMIC YEAR 2021-22

The NSS units of GCG SEC-14, Gurugram provides a platform to the students for community work and developing a sense of involvement in the tasks of nation building. A variety of activities are organized every year to channelize the energy and idealism of the younger generation into creative pursuits. They educate students and society regarding many issues like health, sanitation, education, etc. Various competitions, rallies and cleanliness drives across campus and slum areas nearby are taken out regularly to create awareness and also to motivate people to work towards a clean environment.

FOLLOWING ACTIVITIES ARE ORGANISED BY NSS UNITS:

1. On July 11, 2021 an online Essay writing Competition was organised on the topic "Impact of population on Nature Earth and Natural Resources" to celebrate World Population Day.
2. On August 12, 2021 Tree Plantation drive was organised in College premises on the Occasion of National Library day. Around 110 NSS Volunteers participated in this drive.
3. On 19th August, 2021, online Poster Making Competition on the themes "Gender Equality" and "Humanity and Human" was organised to celebrate World Humanitarian Day.
4. On September 03, 2021 an online meeting was organised to celebrate Aazadi ka Amrit Mahotsav and Poshan Abhiyaan. Around 70 NSS Volunteers participated in this drive.
5. On 8th September, 2021 an online competition was organised to celebrate Poshan Abhiyaan, NSS Volunteers were asked to plant tree saplings and were asked to upload pics on Google forms.
6. On 11th September, 2021, NSS Volunteers participated in Tree Plantation Drive organised by NSS Units in association with NCC, Women Cell of College. NSS Volunteers actively participated in the event.
7. On 14th to 15th September, 2021, Around 40 NSS Volunteers provided Volunteer services during Virtual Job Fair.
8. On 21st September, 2021 an Online Meditation Camp was organised on International Peace Day in association with Heartfulness institute. Around 70 Volunteers participated in this camp.
9. On 24th September, 2021 Online Essay writing competition was organised on the theme "NSS and me", " Role of NSS in Nation Building" and "NSS and Moral Values".
10. On 29th September, 2021, Online Extension Lecture was organised on the topic "Health and Nutrition". Dr. Sikandra Assistant Professor was the guest speaker. 90 NSS Volunteers attended the session.
11. On 2nd October, 2021, Online Poster Making Competition and Selfies/Pics of a Public Place (Before and After Cleaning) competition were organised on the theme Simple living and High thinking and Importance of Cleanliness to celebrate birth anniversary of Rashtapita Mahatma Gandhi and Lal Bahadur Shastri ji was organised.
12. On 09th October, 2021, Extension Lecture on the theme to celebrate "Azaadi ka Amrit Mahotsav" to celebrate 75 years of Independence was organised. Extension Lecture was delivered by Retired Principal Dr. Vijay Adlakha. Around 210 NSS Volunteers attended the session.

13. On 16TH October, 2021, Online Speech Competition on themes "Modern India and Nationalism" and "Importance of Freedom" to celebrate "Azaadi ka Amrit Mahotsav" was held to celebrate 75 years of Independence. 35 Volunteers attended this session.
14. On 22 nd October, 2021 Online Slogan competitions were organised on the themes " Challenges in Modern India" and "Importance of Education" to celebrate the birth anniversary of Shaheed Ashfaq Ullah Khan and aazadi ka Amrit Mahotsav.
15. On 31st October, 2021, Online Sketch making competition was organised on the occasion of Birth Anniversary of Sardar Vallabhbhai Patel.
16. On 2nd-3rd December, 2021 NSS VOLUNTEERS PARTICIPATED IN March Past, various sports activities and provided Volunteers services on the occasion of Annual Sports meet. Around 240 NSS Volunteers provided Volunteers services and also actively participated in various sports competitions.
17. On 15-21st December, 2021, Seven Day Special NSS Camp was Organised. Activities carried out during these days are mention below:
 - (A) On 15th December, 2021 (DAY 1) First day of the camp started with the inaugural speech of Dr Ramesh Kumar Garg, Principal, GCG, Sec-14, Gurugram. Principal Sir motivated the volunteers to excel in academic, social and co-curricular activities. In the morning session, extension lecture was delivered by Ms. Smriti Sharma, Resource person, Incubation Centre, Dronacharya Govt. College, Gurugram on "Personality Development". Through her lecture, Dr. Sharma enlightened the students about various Government. This was followed by knowledgeable lecture on "Interior Designing" by Dr Priyanka Goyal, Extension Lecturer, Dept of Home-Science, GCG, Sec-14, Gurugram. After lunch, in the afternoon session, Hindi and English newspaper reading competition was organized, in this volunteers of all the 3 NSS units actively participated. At the end, best 3 newsreaders in both Hindi and English were selected. Also, yoga and meditation session was conducted by Mr. Surender Yadav in the afternoon. NSS Volunteers along with NSS Programme Officers visited Chandan Nagar Basti and discussed on various social issues like education, health and hygiene. In post evening session, students were given different social topics for debate in order to improve their communication skills.
 - (B) On 16th December, 2021 (DAY 2)The morning session of 2nd day NSS camp was started with the lecture of Dr Parveen Phogat, Associate Professor, Department of History, Dronacharya Govt. College, Gurugram on the significance of NSS in students' life. Then singing competition was organised and three best participants were selected. After this, an extension lecture was organized, resource person Dr Rajesh Beniwal, made the students aware about the cyber crime and the ways to protect from it. In the afternoon session, volunteers actively participated in Sharmdan, during this they cleaned the various areas of the college campus. After Sharmdan, yoga session was conducted. In the post evening session, students were given different social topics for skit, posters making competitions.
 - (C) On 17th December, 2021 (DAY 3)The third day of 7 days NSS Special camp was started with Sharmdan, Students indulged in cleaning the different areas of college campus. After the sharmdan, an extension lecture on Yoga and Meditation was conducted where resource person Dr R.S. Malik, yogacharya motivated the

students to become a good citizen. After this lecture, Calligraphy competition was organized. At the end of the competition, three best participants were selected. In the afternoon session, Dr Vijay Adhlaka, Ex Principal, GCG, Sec-14, Gurugram shared his views on Aatma Nirbhar Bhart. First aid and Home nursing training was also conducted by Red Cross Society Gurugram personnel. The students get knowledge about first aid, and also learned how to help a person in need when no proper medical help or doctor is available. Also, yoga and meditation session was conducted by Mr. Surender Yadav in the afternoon. In the post evening session, volunteers had an interactive session with their NSS Programme officers and also where they were allowed to express their views on various current topics.

(D) On 18th December, 2021 (DAY 4) Day 4 also started with Sharmdan by the NSS volunteers. This was followed by presentation of NSS song and clap. Poster making competitions were organised. Three best posters were selected. In the morning session two extension lectures were organized. The first lecture was delivered by Dr Sunita Arora, Associate Professor, GCG, Sec-14, Gurugram on the motherhood and responsibilities towards the society. The second extension lecture was given by Dr Bhrandeep Sindhu, CMO, Palwal on anger and stress management. Both the lectures were very interactive. Also, yoga and meditation session was conducted by Mr. Surender Yadav in the afternoon. First aid and Home nursing training was also continued. In the evening, students participated in the cultural activities.

(E) On 19th December, 2021 (DAY 5) In the morning session, First aid and Home nursing training was conducted by the trainers of Red Cross Society, Gurugram. This was followed by the significant interactive session of the Dr. Pawan Kumar, Dentist, Dwarka New Delhi. Dr. Pawan Kumar told about the various types of teeth and gum disorders, their protection and basic hygiene. In the second half of the morning session, an another extension lecture was delivered by Dr Pawan Kumar, Director, CRL, Lab diagnostics, New Delhi on the protection of environment pollution, Parali burning and its preventive measures. In the afternoon session, Dr Jaideep Kumar Sharma, Radiologist, Former faculty AIIMS, New Delhi delivered a lecture on the significance of organ donation. After this, the volunteers under the supervision of NSS programme officers visited Chandan Nagar Basti and taught the children of the Basti about the importance of body cleanliness.

(F) On 20th December, 2021 (DAY 6) In the morning time, volunteers attended the First aid and Home nursing training was conducted by the trainers of Red Cross Society, Gurugram. In the session, the instructor taught the volunteers about the bandages and wound dressings. After this, dance competition was organized and volunteers actively participated in this event. At the end of the competition, three best participants were selected. In the post lunch session, an extension lecture was delivered on "PCOS and PCOD and their protection" by Dr Vinita Yadav, Gynaecologist, Gurugram. This was followed by and very meaningful interactive session on sexual harassment by Dr Vageshwari Deshwal, Professor, Faculty of Law, Delhi University. NSS Volunteers visited Chandan Nagar Basti and distributed cloth bags among residents.

(G) On 21st December, 2021 (DAY 7) The last day of the camp began with the Sharmdan by all the volunteers. During this, they cleaned the remaining areas of college campus. After completion of Sharmdan, an extension lecture was delivered by Mrs. Priti Dhankar, Associate Professor, Govt. Girl College Rewari on Equality, Health and Nutrition. The lecture was very informative. A rally was also conducted by the volunteers with the slogans such as COVID-19 protective measures, Aatam Nirbhar Bhart and environment protection. The Red Cross Society instructor revised various topics of First Aid and Nursing training sessions and at last the instructor answered the questions of volunteers. Sports competitions were also organized, volunteers participated in the 100 meter race, and 100 meter back race. At the end of the competition, three best participants were selected in both activities. Later the volunteers and Programme Officers spent the most of the day in the Chandan Nagar Basti educating the small children regarding body hygiene, cleanliness, importance of education and employment, and distributing valuable things like clothes, stationary, eatables and soaps. Children of Basti responded well and the volunteers performed number of activities like cleaning the street and playing games. In the other half, volunteers and programme officers gathered women of the Basti to empower them with informative speech based on health problems, legal rights of citizens and about creating awareness about education of children especially girls. In the post lunch session, cultural activities were also organized. The last day of the camp was made special by the presence of Chief Guest Sh. Naveen Goyal, President, Environment Protection Committee, BJP. During this, NSS Program Officers read the NSS 7 day camp activities report. Sh. Naveen Goyal and Dr Ramesh Kumar Garg, Principal, GCG, Sec-14, Gurugram, distributed certificates and cash prizes to the winners of different competitions held during the camp. At the end, the Principal Sir and Sh. Naveen Goyal motivated the volunteers with their inspirational speeches.

18. On 24th January, 2022 National girl child day was celebrated where students submitted online the Sketch of Any successful Lady.
19. On 25th January, 2022 Online Pledge ceremony was organised on the occasion of National Voters Day.
20. On 26th January, 2022 online Video making Competition on the theme " Citizens and Constitution of India" or on any patriotic song
21. On 19th February, 2022 one Day Camp, shramdan, Rally, Poster making competition on Social Justice and Equality organized. Around 160 NSS Volunteers participated in these activities.
22. On 22-04-2022, Plant Adoption Program was organised by NSS.
23. On 07-05-2022, One Day 'Shram Daan' Camp was organised in College.
24. On 18th May, 2022 NSS Units of College organized workshop on "Entrepreneurship". Ms. Smriti Sharma, Head SACC incubation centre was the resource person of the workshop. 137 students participated in this workshop.

25. From 23rd - 31st May 2022, 7 day Summer Camp for skill development of students was organised in college premises in association with Women Cell of College and SACC incubation centre. Around 200 NSS Volunteers participated in this camp.

FOR YEAR 2021-22

1. On 6 June Entrepreneurship extension lecture by CMGGA of gurugram is organized.
2. On 21 June International yoga Day is celebrated by NSS Volunteers and One of the Ex-student of NSS Given lecture and organized Yoga session for volunteers.
3. On 26th July Women Empowerment seminar is organized for NSS Volunteers and Resource person was Asst. Commissioner of police Jaspreet Kaur. Students were also sensitized for Laws for women's by public Advisor.
4. On 3rd August online Video making competition was organized to celebrate Har Ghar Tringa program.
5. On 6th August One Day NSS Camp was organized in which A Tree plantation Drive was also organized in college , Sh. Pawan Jindal was Guest of honour. Around 100 Medicinal plants were planted in college.
6. On 12th August we organized a rally in Chandan nagar Basti and Deaf and Dumb school for awareness on HAR GHAR TIRANGA and distribution of Flags.
7. From 13-15 August AZADI KA AMRIT MAHOTSAV was organized in which students prepared paper and clothes flag distributed them in their surrounding. A Poem recitation competition on HAR GHAR TIRANGA was also organized.
8. On 15th August Flag hosting at college to celebrate INDEPENDENCE DAY AND HAR GHAR TIRANGA CAMPAIGN was done by 82 year old Mr. Kalyan sing in College campus.
9. On 12 September NSS Students has taken part in District Level Yoga Competition at Nehru stadium and Won 2nd and 3rd Positions.
10. On 21st September College level trial for selection of NSS Volunteers for PreRD Camp was organized in college.
11. On 22nd September Universiy level trial for Pre RD camp was attended by NSS volunteers and one volunteer was selected for State level trail.
12. On 24th September NSS day was celebrated by organizing a Quiz competition regarding NSS .
13. On 26th September an extension lecture was organised for celebration of Poshan mah regarding "POTENTIAL OF MILLETS : AN AWARENESS was organized.
14. From Oct 1 to 31st Swachhta Mah was celebrated by organizing Swachhta drive in college . NSS VOLUNTEERS collected 170 kg plastic during this from their surroundings.