

NSS ACTIVITIES DURING THE YEAR-2018

Clean India Drive (04-04-2018)

National service scheme (NSS) unit of Government College of education observed clean India drive in the college premises on 4th of April, under the supervision of NSS programme officer Prof. Sunita Devi. All the NSS volunteers actively participated in the campaign and cleaned the campus. Prof. Rajshree Dhar, Principal of the college, motivated the volunteers to understand the campaign and also their responsibility towards it. She also insisted to meet hands together to make it a successful mission.





Prof. Sunita Devi, NSS programme officer also addressed the students on this event. She congratulated the students for their efforts and laid emphasis on the fact that we should join hands to spread the awareness about hygiene, cleanliness and literacy among the masses. The students pledged to remain committed towards cleanliness in future. Prof. Anju Bala, Prof. Raj Singh, Prof. Zubair Kales, Prof. Ruksana and Prof. Neelam Kumari were also present on the occasion.

COMMEMORATION OF BIRTH ANNIVERSARY OF DR. B.R AMBEDKAR (14-04-2018)

NSS unit of GCOE, Jammu commemorated the birth anniversary of Dr. B.R Ambedkar by organising poster making competition on the theme, "Democracy and Secularism". A total of 15 students from B.Ed. and

M.Ed. participated in the competition and were felicitated by the Principal of the college Dr. Rajshree Dhar. The whole programme was coordinated by NSS programme officer Prof. Sunita Devi and members of NSS.



Earth Day CELEBRATION (22-04-2018)

The Government College of Education (GCOE), JAMMU celebrated earth day in collaboration with Peaks Automobiles Limited on 22 April with great exuberance and ardour. A plantation drive was organised in the college campus on this day. Prof. Rajshree Dhar, Principal of the college accentuated the students to reduce plastic consumption and encouraged them to use eco-friendly material as the theme of this year's earth day is, "End Plastic Pollution". Prof. Dr. M.A Lone, Dean, Faculty of Education was also present on the occasion. He emphasized the importance of clean, green and eco-friendly environment.



NSS coordinator, Prof. Sunita Devi along with the NSS volunteers also contributed in the plantation drive. She expressed her concern over the

problem of plastic pollution and stressed to take necessary measures to make our planet clean and better place to live in. Prof. RS Narania, Prof. Baljinder Kour, Prof. Ramzan Ali, Prof. Dr.Manndeep Singh, Prof. Deep Kumar, Prof. Dr.Prabjot Kaur, Prof. Kashyap and Prof. Shapia Shameem were also present on the occasion.

Poster making competition

The Government College of Education (GCOE) celebrated environment week from 2 June to 10th of June under the supervision of the NSS programme officer Prof. Sunita Devi. A poster making competition on the theme 'Beat the plastic pollution' was organised during the event. The principal of the college Prof. Dr. Sangeeta Nagari addressed the students during the competition and also facilitated them for their efforts. She also highlighted the various harmful effects of plastic. She stressed that plastic would be a great threat for both human beings and animals in the coming future as it is a non-biodegradable substance the potential to cause great harm to the environment.



Prof. Sunita Devi also accosted the students during the poster making competition. She suggested various ways in which we can reduce our dependence on plastic in our day to day life. She also asserted the students to understand the severity of plastic pollution and spread the awareness about the issue among the masses. She also maintained that taking small steps can greatly contribute towards the reduction of plastic pollution.



A total of 10 students participated in the competition. The posters were evaluated by Prof. Dr Raj Singh, Prof. Dr Ritu Magotra and Prof. Dr Neelam Dhar. The first position was held by Neha Rani whereas the

second and the third positions were held by Preeti Jamwal and Sneha Mantoo respectively.

INTERNATIONAL Yoga Day

The NSS wing of Govt. College of Education (GCOE) commemorated International Yoga Day on 21st of June under the supervision of NSS programme Head Prof. Sunita Devi. The principal of the college Prof. Dr Sangita Nagari spoke on the event and underlined the various benefits of yoga. She also stressed that yoga is an invaluable gift of India's ancient tradition which embodies unity of mind and body.

A yoga session was also organised for all the students and the staff members of the college where Sushma Gupta and Subash Gupta from Arogya Bharti Centre were the instructors. The students and the staff members performed various Yoga asana during the event.



Later Prof. Sunita Devi also addressed the students during the event and maintained that there is a huge range of exercises and yoga poses that gives holistic healing power to the body, mind and soul. Prof. Dr MA Lone, Prof. Raj Singh, Prof. Dr Ritu Magotra and Prof. Neelam Dhar were also present on the occasion.



REPORT ON “SWACCHTA PAKHWARA” FORTNIGHT-2018

The NSS unit of GCOE , Jammu observed Swachhta Pakhwada from 1st to 15th of August, 2018 under the guidance of NSS Program Officer, Prof. Sunita Devi. During this period, the NSS volunteers remained vibrant with various activities and events related to sanitation.

The steps taken in the activities carried out during **SWACHTA PAKHWARA** from 1st to 15th of august 2018 are as follows:

1. **On 1st august 2018, Lecture cum Shram Daan** was organized in which the volunteers actively participated. The event was culminated by taking an oath. The Staff Members, Students and Volunteers participated in a mass pledge taking ceremony. All the participants took pledge to devote at least 100 hours per year for voluntarily work of cleanliness'





2. **From 2nd to 5th August 2018**, the NSS volunteers devoted their 4 days for cleanliness of the institution. During this period they cleaned classrooms, laboratories, library, language lab, toilets, lawn, roads etc. volunteers were very happy to contribute to this good cause. This event enabled them to recognize the work's significance along with contribution of labour engaged in this job for the society and propelled them to appreciate Govt.'s initiatives in this regard.





3. **From 6th to 8th august 2018**, the NSS volunteers visited the slum area in Muthi for door to door campaign in order to disseminate the information about the importance of cleanliness in their surroundings. They enumerated the health hazards caused by open defecation and insisted the masses to contribute in making the slum open defecation free. They convinced the masses to construct the toilets and avail the incentives admissible under the different governmental schemes.



4. From 9th to 10th August 2018, the NSS Volunteers devoted their days for intensive cleanup of the adopted Muthi slum area where they tried to make them understand the importance of cleanliness and volunteers cleaned the area with the

cooperation of the masses. They urged the masses to develop a habit of keeping their surroundings clean.



5. From 11th to 13th August, 2018, The NSS Volunteers continued their Cleanliness Drive in the **Old Age Home (Vridh Ashram)**, Amphalla and College Dispensary also. During their visit to old age home Amphalla, they spent their quality time with the seniors and entertained them by singing, dancing, reciting stories, gossiping etc.





6. ON 14TH August 2018, an awareness rally was flagged off by **Dr. Sangita Nagari, Principal, GCOE, Jammu** from the college under the supervision of NSS Program Officer Prof. Sunita Devi. The rally marched via Canal Road, Bhagwati Nagar and finally concluded at the College campus. The main purpose of the rally was to bring awareness about the cleanliness.



7. **On 15th August, 2018**, the concluding day of Swachhta Pakhwada Programme, a meeting was held between NSS Volunteers, NSS Program Officer and Head of the Institution Dr. Sangita Nagari wherein comprehensive discussion over the Swachhta Pakhwada Programme was held. Dr. Sangita Nagari, Principal, GCOE, appreciated the efforts of Prof. Sunita Devi, NSS Program Officer for taking the initiative of making the students aware about their responsibility towards the maintenance of clean and green environment for happy and healthier lives of the future generation as cleanliness is next to Godliness. The volunteers suggested some key points to keep the campus neat and clean and maintained that this type of activities be carried out from time to time in the campus while involving more and more people in the drive. Head of the institution assured the volunteers to extend every possible cooperation to carry on the momentum while will urge other stakeholders also join the fray.

Celebration of “Independence Day”

The NSS unit of GCOE, Jammu commemorated Independence day on 15th Aug., 2018. Prof, **Dr. Sangita Nagari, Principal, GCOE**, was the chief guest on the occasion. She congratulated the volunteers and students on the eve of **72nd Independence Day**. She urged the students to be the change they want to see in country and render their selfless services for the nation.

A formal welcome address was presented by **NSS Program Officer Prof. Sunita Devi** and she also congratulated and showed her grave concern over certain evils which are still prevailing even after so many years of Independence. The Volunteers and students presented cultural items to mark the celebration. All the faculty members as well as the students were present on the occasion.





“Commemoration of NSS Day”

The NSS unit of GCOE, Jammu commemorated NSS day on 24th of September 2018. Prof, Dr. Sangita Nagari, Principal, GCOE, was the chief guest on the occasion. She addressed the volunteers and appealed them to re-affirm their commitment to the spirit of national services and urged the students be the change.

A formal welcome address was presented by NSS Program Officer Prof. Sunita Devi and she highlighted the objectives of NSS and urged the students to render selfless service to the community. She also stressed that NSS is the only instrument to bring the change in the society. In the function, the NSS volunteers presented various cultural activities including poetry, songs, skit, Punjabi and Ladakhi

Dance. Certificates were also distributed to the volunteers who participated in the **Swachh Bharat Summer Internship 2018**. Ex. Sarpanch of adopted village Lower Muthi was also felicitated by the NSS Unit for his cooperation and support during the internship 2018. The faculty members were also present on the occasion.

The **Vote of Thanks** was presented by Prof. Shapia Shamim. The whole programme was compared by Miss Sneha and Miss swati (NSS Volunteers).







Report on “Blood Donation Awareness Programme”

The NSS unit of GCOE, Jammu in collaboration with KP(Kashmiri Pandit) Blood Bank Organization, organized a Blood Donation Awareness Programme on 9th of October, 2018. Prof, Dr. Sangita Nagari, Principal, GCOE, was the chief guest on the occasion. She highlighted the significance of blood donation in saving the precious lives of the people in need.

A formal welcome address was presented by **NSS Program Officer Prof. Sunita Devi** and she highlighted the objectives of NSS and urged the students to render selfless service to the community. The programme was attended by the faculty members and students of the college. **Mr. Ashwani Sadhu, founder Of KP Blood Bank Organization** was the speaker on the occasion. He cleared all the myths regarding blood donation. **Dr. Meena Sidhu, HOD Blood Bank, GMC , Jammu** enlightened the audience about the benefits and do's and don'ts of blood donation. A formal **vote of thanks** was presented by **Prof. Sunita Devi**.





Report on “Drug Abuse Rally”

The NSS unit of GCOE, Jammu, organized a “**DRUG ABUSE RALLY**” on 30th of July, 2018. An awareness rally was flagged off by **Dr. Sangita Nagari, Principal, GCOE, Jammu** from the college under the supervision of **NSS Program Officer Prof. Sunita Devi**. The rally marched via Canal Road, Bhagwati Nagar and finally culminated at the College campus. The main purpose of the rally was **to bring awareness about hazards of drug**. The students were holding placards, banners and aware people about the ill effects of drugs, tobacco, alcohol and smoke. They sensitized the common people and the shopkeepers of the area.





REPORT ON "PLANTATION DRIVE"

NSS unit of GCOE in collaboration with the **Global Peace Organization (GPO)**, organized a **Lecture Cum Plantation Drive** at the college campus. The programme was inaugurated with a formal welcome address by the **NSS Programme Officer Prof. Sunita Devi** who also apprised the audience about the day's activity. It was followed by an inspirational lecture by **Mr. Altaf Sheikh, Chairman of GPO**. GPO is an organization working at world level for bringing an attitudinal change in the masses regarding the Mother Nature, a series of motivational lectures were proposed by

the members of GPO. **Prof. Sangita Nagari, Principal, GCOE** encouraged the efforts of GPO and NSS P.O. After the programme, a **Plantation Drive** was held throughout the campus. Prof. Raj Singh Narania, Dr. Suman Charak, other faculty members, students and all the NSS Volunteers were also present on the occasion. The programme was compared by **Miss Swati** and **vote of thanks** was proposed by **Prof. Sunita Devi**.







Report on “Commemoration of 150th Birth Anniversary of Gandhi Ji”

NSS unit of GCOE commemorated 150th Birth Anniversary of Mahatma Gandhi. For this, an action plan was made in which number of activities were carried out with effect from 17th of September to 2nd of October. The volunteers participated in different activities like lecture on relevance of Gandhian ideas in today’s world, cleaning of college campus, plantation drive, visit to orphanage, screening of movie on Gandhiji, wall painting etc.

On 2nd of October, the volunteers of NSS unit of GCOE participated in **Prabhat Pheri** initiated from GGM Science College, in which the city colleges remained the active participants. Prof. Dr. Sangita Nagari Principal, GCOE alongwith Prof. Sunita Devi NSS P.O. and team members accompanied the students. The Pheri adopted the route of Bakshi Nagar and through super-speciality hospital. It was finally culminated at Science College. In the Pheri, the

students raised the slogans and chanted the patriotic songs as a tribute to Gandhiji. After that, cultural programme was organised by the volunteers and students of GCOE and floral tribute was given to Gandhiji by head of institution, staff and students of GCOE.





REPORT ON DONATION CAMPAIGN FOR KERALA RELIEF

NSS unit of GCOE organized a donation campaign for Kerala Relief under the Able guidance of Prof.(Dr.) Sangita Nagari, Principal, GCOE and supervision of NSS Programme Officer Prof. Sunita Devi. NSS volunteers collected the money. Principal, Faculty Members, Students and Faculty Members of DIET contributed for the noble cause.



3 DAYS CELEBRATION OF PARAKRAM PARV

(Sept. 28-Sept.30, 2018)

Nearly 10 days after the **Uri Attack** that claimed **18 Jawans** , India carried out surgical strike in **Pakistan Occupied Kashmir(PoK)** , inflicting heavy casualties on terrorists and 'those protecting them' and indicating a change of stand on the rules of engagement on the disputed line of control. Surgical strike by India on **terrorist launch pads** in Pakistan Occupied Kashmir shocked and awed the world community. This was not an act of war, this operation by the Indian Army was an attack against terrorists, in the wider global fight against terror, a scourge that has killed innumerable people across the world. Indian Army walloped the terrorists, killing as many as **45 of them and some 9 Pakistan Army men**. Indian Army conducted surgical strikes in 2016 which were aimed to dissuade inimical adversary from adopting the path of violence and to ensure an environment of peace for the Nation.

Indian Armed Forces have always brought laurels to the Nation. Their contribution in war and peace are of immense value to every Indian. To showcase the courage, valour and sacrifice of Armed Forces, '**Parakram Parv**' is being observed from 28-30 September 2018. The government of India is all set to celebrate the gallantry showcased by Indian Army when it conducted the surgical strikes on terrorist launch pads in Pakistan Occupied Kashmir in 2016. Dubbed as '**Prakram Parv**', the three-day event will be celebrated from September 28-30.

Govt. College of Education, Canal Road, Jammu also celebrated Prakram Parv in collaboration with the NSS Department as a mark of respect for The Indian Army where some of the activities were performed by the students of the institution for three consecutive days. Principal Dr. Sangeeta Nagari was the chief guest on the occasion. The Programme started with the singing of the National Anthem. All the three days had different activities which are listed below:

On the very first day i.e. 28th of September, Principal, Dr. Sangita Nagari along with NSS Coordinator, Dr. Raj Singh Narania, NSS Programme Officer, Prof. Sunita Devi, Members of the Staff as well as the students took pledge for 'their support to The Indian Army and to render the services in such a versatile profession rather than moving away from it'.



After the pledge, a rally was also organized with the main motto of "Respect Indian Army."

On the second day of the celebration, a Patriotic Song Competition was held in which a number of students participated with great enthusiasm.



The event organized on the third day was a Seminar on The Topic "Indian Army- The Indispensable one."



Some of the students also expressed their love for The Indian Army by making cards and writing quotes.



Government College of Education Celebrates “RASHTRIYA EKTA DIWAS”

NSS Unit of GCOE, Canal Road, Jammu commemorated the birth anniversary of Sardar Vallabh Bhai Patel. Dr. Sangita Nagari, Principal, GCOE was the Chief Guest on the occasion. She also addressed the gathering and in her address she highlighted the importance of unity in a country like India which is a multi-cultural, multi-lingual and multi-regional country where people from different religious and cultural backgrounds live.

Prof. Sunita Devi, NSS Programme Officer of GCOE, in her address said that this occasion provides us an opportunity to inherent the strength and resilience of our nation so that we can withstand the actual and potential threats to unity, integrity and security of our country.

The Principal along with the staff members and the students took a **“PLEDGE”** to maintain the unity, integrity and security of the country.

Afterwards a 'RUN FOR UNITY' was also organized by the NSS Unit of the College to permeate the message of National Unity, integrity and brotherhood to each part of the society.



On the occasion faculty members Dr. Raj Singh Naranja, Prof. Shapia Shamim,



Prof. Neeraj Verma, Prof. Seema Kumari, the NSS Volunteers and all the students of GCOE were also present.

Gulshan and Kajal, students of B.Ed also recited poems on the occasion. The entire program was compared by Miss Kiran Bala and Miss Swati Verma from M.Ed. 1st semester.

A Report on “SWACHHTA HI SEWA”

NSS Unit of GCOE, Canal Road, Jammu organized “**SWACCHTA HI SEWA ACTIVITIES**” under the supervision of Dr. Sangita Nagari, Principal, GCOE, Canal Road, Jammu and Prof. Sunita Devi, NSS Program Officer. Under this program, a number of activities were performed by the NSS Volunteers of the College. The activities performed by the NSS Volunteers included:

1. AWARENESS DRIVE FOR CLEANING OF STREETS, DRAIN AND BACK ALLEYS.
2. NUKKAD NATAK
3. SCHOOL-LEVEL RALLY
4. WALL PAINTING MADE BY THE NSS UNIT

On 18th of September, 2018, **Awareness Drive** was organized by the NSS Unit of the college to intimate the message of promoting cleanliness among the students and general mass. The volunteers highlighted the importance of neat and clean surroundings so as to lead a healthy life free from the diseases of different kinds.

A “NukkadNatak” was also enacted by the NSS Volunteers of GCOE, the main purpose of which was to spread awareness about cleanliness among the society. A number of NSS Volunteers from the college took part in the Natak

and prompted the message of **“keeping the surroundings”** clean among the public.

A Rally was also organised by the NSS Unit of the GCOE as a part of the activity of Swachhta Hi Sewa. The Rally Involved people from different sections of society. The main Motto of the Rally was to spread the awareness about the significance of Cleanliness in our lives.

As a part of Swachhta Hi Sewa, The Volunteers alongwith the NSS Program Officer, Prof. Sunita Devi made a Wall Painting at the entrance Gate of GCOE which was highlighting the importance of using Dustbins. It also gave a message of segregation of waste by putting wet and dry waste in different dustbins.

