

NSS ACTIVITIES DURING THE YEAR -2019

OBSERVANCE OF “BETI BACHAO-BETI PADHAO” WEEK



Govt. College of Education, Jammu, organized programme in context with “Beti Bachao Beti Padhao” week. A poster making event was organized in which students of B.Ed. displayed their posters on the above mentioned theme on 23rd Jan 2019. A lecture on legal/civil literacy was delivered by advocate Shrishti Koul on 24th Jan 2109 wherein she threw light on POSCO Act, the Prohibition of Child Marriage, PNDT Act 1994, Domestic Violence Act 2005, Indian Penal Code 1860(offence against women), Sexual Harassment at Work Place. Students showed great interest in the lecture and interacted with the speaker. These

Programmes were organized by Women Development Cell in collaboration with NSS unit of the College under the convenership of Asst. Prof. Rubina Yasmeen and Prof. Sunita Devi along with other members of the Committee viz. Asst. Prof. Sabina, Asst. Prof. Purnima and Asst. Prof. Seema .

INTERNATIONAL WOMEN'S DAY (08-03-2019)



Women Development cell of GCOE in collaboration with NSS unit of GCOE, Jammu observed International Women's day on 8th March 2019. Program started with Saraswati Vandana and lighting of traditional lamp. NSS Program Officer Sunita Devi announced the theme for this year's celebration "Balance for the Better" and welcome address was also covered by her. Dr. Sangita Nagari, Principal GCOE, Jammu addressed the gathering and focused on progressive mind set and equal opportunities to be provided to the women. Dr. Mushtaq Ahmed Lone, Dean

Teaher Education, Cluster University of Jammu delivered the keynote address with special focus on need to change our attitude towards women. The chief guest on the occasion was Ms. Monika Kohli . counsel of CBI,SBI and JDA in High Court, Jammu She focused on Women's Right and highlighted how Women should stand up for their rights and contribute to empower the one who needs to be empowered. Speakers who focused on the theme for Women's day and shared their views were Madhu Bala, Diksha, Ruksana, Sehar, Gagandeep. Surbhi, Varsha, Sapna and Manisha recited the poems related to women .Convener Women Development cell of the College presented a paper on the related theme. The program concluded with distribution of certificates and formal vote of thanks by Prof. Sunita Devi.

SVEEP CAMPAIGN

A) SLOGAN WRITING COMPETITION

The NSS unit of GCOE today organised slogan writing competition on the theme "Participation of Youth in Election " which is being held under SVEEP campaign in District Jammu Lok Sabha Election-2019. The idea behind the SVEEP campaign is "No Voter to be left Behind ". Principal GCOE, Prof Dr. Sangita Nagari , appreciated the efforts put in by the NSS Volunteers as well as NSS Program Officer Prof. Sunita Devi. Principal stressed upon the importance of Vote for making Good Governance, as voting is associated with better health outcomes, cohesive communities , more effective advocacy etc. Large number of students from B.ed and M. ed participated in the competition with full zeal and enthusiasm.

Prof.(Dr.) Raj Singh Naranja, Prof.(Dr.) Zubair Kales, Prof. Ramzan Ali and Dr. Shubhra Jamwal were present on the occasion.



B) PAINTING COMPETITION

The NSS unit of GCOE today organised Painting competition on the theme "Accessible Voting For Differentially Abled" which is being held under SVEEP campaign in District Jammu Lok Sabha Election-2019. The idea behind the SVEEP campaign is "No Voter to be left Behind".

Principal GCOE, Prof (Dr.) Sangita Nagari, appreciated the efforts put in by the NSS Volunteers as well as NSS Program Officer Prof. Sunita Devi. Principal highlighted the set of challenges being faced by differently Abled people and she further stressed that it is imperative on the part of the Government to make voting feasible for such people and protect their Right to Vote . Number of students from B.Ed. and M. Ed. participated in the competition with full zeal and enthusiasm.

Prof.(Dr.) Zubair Kales, Prof. Ramzan Ali , Dr. Shubhra Jamwal, Prof Shapia , Prof Shalini Rana and Prof Neelam were present on the occasion.



C) MOCK REGISTRATION PROGRAMME

NSS unit of GCOE , today organized a Mock Registration programme under the supervision of Prof. Zubair Kales, Nodal Officer, SVEEP, GCOE and Prof. Sunita Devi, NSS Program Officer. Nodal Officer Prof. Zubair Kales formally welcomed the guest of the day Mr. Gourav Gupta, KAS, CDPO, Gandhi Nagar. Mr. Gupta urged the college youth to actively participate in upcoming elections by casting their votes and also to motivate the fellow beings for the same. He gave a brief description of Mock Registration. Large number of students from B.Ed. & M.Ed. participated in the mock registration.

Prof. Dr. Raj Singh Naraina, Prof. Ramzan Ali, Prof. Shapia were also present on the occasion. Prof. Sunita Devi concluded the programme by proposing formal Vote of Thanks.



D) SPECIAL LECTURE ON KNOW YOUR RIGHTS

The NSS unit of GCOE today organized a special lecture on the theme "Know Your Voting Rights " which was held under SVEEP campaign in District Jammu Lok Sabha Election-2019. The idea behind the SVEEP campaign is "No Voter to be left Behind". Prof. Amit Sharma ,(Asstt. Prof.) GDC Bishnah was the Resource person. He enlightened the students regarding the theme and the session was interactive and thought provoking.

Principal GCOE, Prof (Dr.) Sangita Nagari, was the chief guest on the occasion .She appreciated the efforts put in by the NSS Volunteers as well as NSS Program Officer Prof. Sunita Devi ,for the overall activities carried out under SVEEP campaign. Number of students from B.Ed. and M.Ed. Participated in the interaction with full zeal and enthusiasm. There was a massive Rally organised by these students so as to propagate the awareness regarding the theme.

Prof.(Dr.) Raj Singh Prof. Baljinder kour, Prof.(Dr.) Zubair Kales,Prof Kashab , and Prof. Shalini Rana were present on the occasion. Dr. Shubhra Jamwal delivered the vote of thanks.





OBSERVANCE OF PUNCTUALITY WEEK

NSS unit of Govt. College of Education today organised Punctuality Awareness Rally. This rally was organised as a part of observance of Punctuality Week (1st April – 6th April 2019). The motive of the rally was to aware the masses regarding the importance of Time in one's life. Number of students from B.Ed. and M.Ed. participated with full zeal and enthusiasm.

Principal GCOE, Prof (Dr.) Sangita Nagari, flagged off the rally from the college. Prof.(Dr.) Raj Singh Prof. Baljinder, Prof. Jugal Puri, Prof. Neelam Dhar, Prof Harman , and Prof. Shalini Rana were present on the occasion.

The rally was conducted under the supervision of the NSS P.O Prof. Sunita Devi and Dr. Shubhra Jamwal(NSS Member).



WORLD HEALTH DAY

NSS unit of Govt. College of Education today celebrated World Health Day at Govt. Higher Secondary School, Canal road under the supervision of Programme Officer Prof. Sunita Devi. The theme of World Health Day 2019 is Universal Health Coverage (UHC): Everyone, everywhere. The theme is basically a reminder to the world leaders that everyone should be able to access the health care they need. NSS volunteers awared the Hr. Sec. School Students about the hygiene, sanitation, physical exercises and the various ways with a focus on staying healthy. Prof. Neelam kumari was also present on the occasion.



INTERNATIONAL YOGA DAY

To spread the benefits of Yoga, fifth International Yoga Day was celebrated at Government College of Education, Canal Road Jammu with full zeal and enthusiasm in the college premises. All efforts were made to spread awareness about the benefits of yoga in life. The event was organized under the NSS initiative.

Yoga practitioners were invited from Bharatiya Yog Sansthan, Sainik Colony kendra to instruct and guide the participants in performing the Asanas and Pranayam. Mr. B.S. Slathia, Mrs. Sarla Sharma, Mrs. Ravi Andotra, Mrs. Suchita Mengi and Mrs. Veena were the Resource persons on this occasion. They guided the faculty and students with different ASANAS and explained their significance in our daily life.

Principal GCOE, Prof (Dr.) Sangita Nagari stressed upon the importance of Yoga in one's life. She stated that Yoga is an ancient physical, mental and spiritual practice that originated in India.

The entire programme was coordinated by NSS Programme Officer Prof. Sunita Devi , along with NSS members Dr. Shubhra Jamwal and Prof. Shapia Shamim.



SWACHHTA PAKHWADA

Govt. College of Education, Canal Road Jammu formally inaugurated Swachhta Pakhwada, which is the Observance of 15 days activities. Prof. (Dr.) Sangita Nagari ,Principal GCOE was welcomed as a chief guest of the program where she enlightened the students about the concerns and issues of Teachers. A formal welcome address was presented by Prof. Keshav Sharma.

Prof.Sunita Devi, NSS program officer apprised the audience about the action plan of Swachhta pakhwada. She also appealed the students to be the active participants of the Swachhta pakhwada. The event was concluded with an oath ceremony in which all the NSS functionaries, NSS volunteers and teachers took the pledge for Swachhta. Prof. Raj Singh ,senior faculty member of the college, Prof. Zubair kales and Prof. Shapia were also present on the occasion.





SLOGAN WRITING COMPETITION (18-9-2019)

NSS unit of GCOE, Jammu organised slogan writing competition on the theme, "Peace has its own Reward" under the abled guidance of the Principal, Prof. Sangita Nagari. She addressed the students true peace lies within the individual and we all need to work for it. As many as 16 volunteers participated in the event. Dr. Neelam Dhar and Dr. Jyoti Parihar were the judges of the event. The whole programme was organized by NSS programme officer Prof. Sunita Devi and NSS members.



COMMEMORATION OF NSS DAY (24-9-2019)





The NSS unit of GCOE, Jammu commemorated NSS day on 24th of September 2019. 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.

COMMEMORATION OF BIRTH ANNIVERSARY OF GANDHIJI

NSS unit of GCOE commemorated Birth Anniversary of Mahatma Gandhi- Father of Nation. The volunteers

participated in different activities like **cleaning of college campus, plantation drive and rally.** The volunteers along with NSS programme officer and Principal of the college participated in the programme organised by Gandhian Global Family at Mubarak Mandi.



