

## Report of N.S.S. department and Red ribbon Club and drug deaddiction Committee (2020-21)

On March 8<sup>th</sup>, 2021 A one day seminar was held on the occasion of International Women's Day under the patronage of Principal Dr. Amandeep Kaur. On this occasion, Dr. Sangeeta Jain, SMO, Government Civil Hospital, Dera Bassi and Dr. Sonia Singla Ayurvedic In charge, Panjokheri, Derabassi were the Chief Guest.

Dr. Sangeeta Jain gave a talk on **"Health and Nutrition Awareness in Adolescents"**. She apprised the students about good health and emphasized the important role of participation of both men and women achieving empowerment and emphasized on understanding its true meaning.



Dr. Sonia Singla stressed on the need to understand the importance of deep roots of Ayurveda in India. She said that Yoga and Ayurvedic knowledge are intertwined branches of the same great tree because naturally spiritual discipline provides unique awareness for physical and mental well-being through which we can achieve anything in life. Praising the courage of women, Principal Dr. Amandeep Kaur touched on aspects of the culture and sought to improve the status of women in the world.

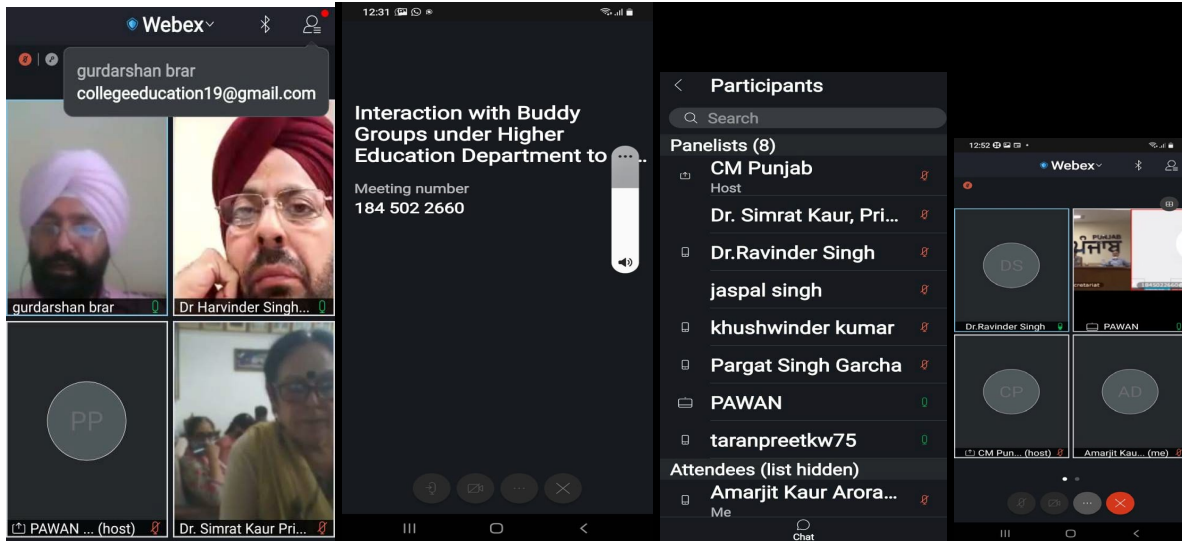


Nukkad natak entitled " Pankh Lga kar udh Chalen. " , and Skit Entitled "Main Hun Aurat " , One Act play- "Bhagat Singh- Tera Intezar hai" and other music based items were performed by students. 76 NSS volunteers participated in the Function and on this occasion prizes were distributed to the students who participated in various items.



On 21-06-2021 Celebration of International yoga Day was celebrated by N.S.S. department Online webinar entitled “Management of stress and anxiety with “Yoga and Meditation” specially in times of COVID-19” through weblink <http://teams.microsoft.com/l/meetup-join/19%3ameetingOTVjZDM2YTMtNGU4OC00NGM3LTIImOGYtMj13ZjY5ODc1ZGUz%40thread.v2/0?context=%7b%22Tid%22%3a%22ffabd948-4426-499e-a9b3b6ae2cf6a121%22%2c%22Oid%22%3a%223fef473f-1836-4dec-ae71-e424f3050567%22%7d> Online the students were awaked about the benefits of keeping themselves free from OBESITY , Laziness , Stress, Anxiety and other Diseases and were encourage to take a fitness activities . At home certain 'ASANAS' of Yoga were perform through online assistance of Yoga instructor

On 23 June 2021 “Interaction with Buddy groups under Higher education department to promote Anti Drug campaign by Hon’ble CM Punjab” entitled online Webinar was conducted (Weblink <http://dgr-punjab.webex.com/dgr-punjab/onstage/g.php?MTID=e0c1b609579881f39fB85ccd1687084d> at 12.00 pm under the chairmanship of chief secretary as part of the anti-drug campaign (Event non184 502 2660) Video address; [1845022660@dgr-punjab.webex.com](mailto:1845022660@dgr-punjab.webex.com). This webinar/ video conference was conducted under presidentship of chief secretary to C.M., at DPI (Colleges) level for ‘Anti-drug campaign’ in which the Buddy Groups of colleges, their in-charges and senior buddies participated. Lectures were delivered by Sh. G. Ramesh Kumar IAS (PSHE) and Sh. V.K.Meena IAS (SHE) and Sh. Paramjit Singh (D.P.I.) colleges along with the Principals of various Government colleges and Private aided colleges In the webinar. While addressing the students, the speakers made the students aware of the importance of helping each other through interactive sessions. The case study of the students who were brought out of the drug swamp world was discussed. How to boost the morale of the students to face the challenges of the world without falling into the trap of drugs was also discussed. From Government College Derabassi 56 N.S.S. volunteers attended the webinar.



N.S.S. department in collaboration with Civil hospital Derabassi, organized Covid-19 vaccination Camp on 30th July 2021 in which 102 students and people around the area got first dose of vaccine. The president of Municipal Corporation Mr. Ranjit Singh Reddy came to inspire the students and community people about the need of vaccination for COVID-19. In this Camp 93 N.S.S. volunteers gave their services to the community.



हो कले इसी भाव भूमि पर अर्जित फव का पहला खेपन है। भाव के नत होकर सांसारिक दुखों और मया मोह बिना धार्मिक हो ही नती सकती। है। वस्तुतः भाव की शक्ति अदृश और विरूपण है।

## सरकारी कॉलेज डेरा बस्सी में कोविड-19 वैक्सीनेशन कैप लगाया



डेराबस्सी (दयानंद) सरकारी कॉलेज डेरा बस्सी में सरकारी अस्पताल डेराबस्सी द्वारा कोविड-19 वैक्सीनेशन कैप लगाया गया। इस कार्यक्रम में नगर पंचायत प्रमुख रमजित सिंह रेड्डी मुख्य मेहमान के तौर पर पहुंचे। कैप की अध्यक्षता कॉलेज की प्रिंसिपल डॉ. अमनदीप कौर द्वारा की गई। इस कैप में कॉलेज के शिक्षकों, विद्यार्थियों तथा गैर शिक्षक कर्मचारियों ने वैक्सीन लगावाई। इस कैप में 102 लोगों को वैक्सीन लगाया गया। इस कार्यक्रम में 93 N.S.S. विद्यार्थी सहभागी रहे।

गांधी जयन्ती के तत्वावरण में तत्परतापूर्वक