


TITLE OF THE ACTIVITY: SWACHH BHARAT PAKHWADA

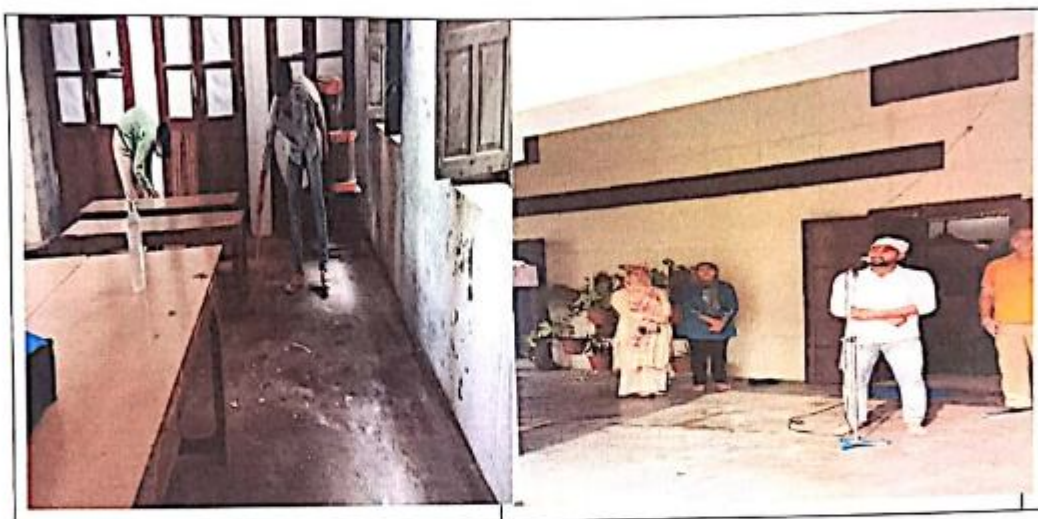
DATE: 01.08.2017 to 15.08.2017

As per the directions of N.S.S. Department, G.N.D.U, Amritsar, N.S.S. Unit of M.G.N. College of Education, Jalandhar organised "Swachh Bharat Pakhwada" from 1st to 15th August 2017 to make the would be teachers and students realize the importance of cleanliness in life. Under this programme, activities like Anti Polythene campaign, Cleanliness drive, Lectures on Healthy habits, Salogan Writing, Debate Competitions on Swachhta and Best out of Waste Competitions were organised by the students of the college in different practicing schools viz, D.S.S.D. Sr.Sec.School, Basti Nau, S.D.A.S. Sr.Sec.School, Basti Nau, M.G.N. Girls Sr.Sec.School, Adda Hoshiarpur, M.G.N. Khalsa Sr.Sec.School, Basti Bawa Khel, Lyallpur Khalsa Sr.Sec.School (Boys), Nakodar Chowk, Lyallpur Khalsa Girls Sr.Sec.School, Siraj Ganj, Govt.Girls Sr.Sec.School, Adarsh Nagar, Shining Star Sr.Sec.School, Harbans Nagar, Shining Star Sr.Sec.School, Shastri Nagar, Govt.Girls High School, Gandhi Vanita Ashram, Kpt.Rd, Jalandhar. This Celebration was done under the supervision of Dr. Meharban Singh, Mrs. Geetanjali Mittu, Mr. Aman Singh, Ms. Jaspreet Kaur, Ms. Sharan, Mrs. Sakshi Sharma, Dr. Viplove Kundra, Ms. Arpita Sood, Mrs. Sunayana Thakur and Ms. Jasleen Kaur. During these 15 Days, all the students of the college as well as all the students of practicing schools took the "Swachhta Pledge" as well.




Acting Principal
Montgomery Guru Nanak College
of Education, Jalandhar





SWACHH BHARAT PAKHWADA (01.08.2017 to 15.08.2017)


Acting Principal
Montgomery Guru Nanak College
of Education, Jalandhar



TITLE OF THE ACTIVITY: INDEPENDENCE DAY

DATE: 15.08.2017

As per the guidelines received, M.G.N.College of Education, Jalandhar has celebrated 70th Independence Day on 15th August, 2017 in different schools of Jalandhar where the B.Ed. students are having their internship. N.S.S Volunteers has celebrated this day with great patriotic fervor, zeal and zest. They organised different activities. Patriotic renditions of 'Ae Mere Watan Ke Logon', 'Har Karam Apna Kareng', 'Vande Mataram', etc were sung by the students of different schools. Musical enactments were shown that showcased the struggle by freedom fighters to gain freedom. Play was performed by the students on the theme "Humanity" depicting the themes like corruption, terrorism, etc. Poems like 'Hind Wasiyo' etc were presented by the students. Students of different schools also danced on different patriotic songs like 'Desh Rangeela', Pagri Sambhal Jatta, etc.

Speeches were given by the students on the topics like ' Swachh Bharat, Azad Bharat, Sacrifices made by the freedom fighters, Need to organise anti-corruption systems in the country, etc. Slogans were prepared by the students on clean and green environment, freedom struggle, etc. Pledge was taken by the students to keep our nation green and clean and to make India "Swachh Bharat, Khoobsurat Bharat". N.S.S. Volunteers of the college organised different activities in the following different schools:

D.S.S.D. Sr. Sec. School, S.D.A.S. Sr. Sec. School, M.G.N. Girls Sr. Sec. School, M.G.N. Khalsa Sr. Sec. School, Govt. Girls High School, Lyallpur Khalsa Sr. Sec. School (Boys), Lyallpur Khalsa Girls Sr. Sec. School, Govt. Girls Sr. Sec. School, Shining Star Sr. Sec. School, Harbans Nagar, Shining Star Sr. Sec. School, Shastri Nagar, Jalandhar.

The above mentioned activities were supervised by different supervisors i.e. Mrs. Geetanjali Mittu, Mrs. Sharan, Mr. Aman Singh, Mrs. Sakshi Sharma, Ms. Jaspreet Kaur, Ms. Arpita Sood, Dr. Viplove Kundra, Ms. Jasleen Kaur, Mrs. Sunayna Thakur and Ms. Taranpreet Kaur.


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CELEBRATION OF INDEPENDENCE DAY (15.08.2017)


Acting Principal
Montgomery Guru Nanak College
of Education, Jalandhar



TITLE OF THE ACTIVITY: MASSIVE SWACHHTA PLEDGE

DATE: 25.09.2017

As per the guidelines received, N.S.S Unit of M.G.N.College of Education, Jalandhar has organised an oath taking ceremony in different schools of Jalandhar where the B.Ed. students are having their internship. N.S.S Volunteers has created awareness among students related to cleanliness Guidelines were given to the students related to “what can they do for cleanliness in their surroundings. On this occasion, a video was shown to students regarding “Swachhta Steps Taken by Government”. It was a very useful video which motivates students, that we all should give our contribution for fulfilling dream of “Clean India” Members of N.S.S unit took initiative to organise the “Massive Swachhta Pledge” in college campus on 24th September 2017 and then the same pledge was taken by the college students in different schools (provided to the B.ED students for their teaching practice) on 25th September, 2017 .Students were also made aware regarding the importance of cleanliness in different schools by our N.S.S Volunteers. N.S.S volunteers of the college organised the activities in the following schools:

D.S.S.D Sr. Sec. School, M.G.N. Girls Sr. Sec. School, M.G.N. Khalsa Sr. Sec. School, Govt. Girls Sr. Sec. School (boys), Layallpur Khalsa Girls Sr. Sec. School ,Shining Star Sr. Sec. School, Harbans Nagar Shining star Sr. Sec. School, Shastri Nagar, Jalandhar. Mrs. Neelu Jhanji, Principal of M.G.N. College highlighted that it is national level campaign run by Indian government and we should be the part of this campaign by cleaning our surroundings. Principal of different schools co-operated the event.



MASSIVE SWACHHTA PLEDGE (25.09.2017)


Acting Principal
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of Education, Jalandhar



TITLE OF THE ACTIVITY: FIFTEEN DAYS NSS CAMP

DATE: 06.11.2017 to 20.11.2017

To fulfil the requirement of Paper –II, Field Engagement with Community and CP, FE-III, fifteen days NSS camp was organised at M.G.N. Khalsa Sr. Sec. School, Basti Bawa Khel Jalandhar from 6th Nov., 2017 to 20th Nov., 2017. A detailed orientation programme was conducted during the inauguration in which students were provided information regarding various activities to be performed during the camp. Firstly, Students were made aware of the significance of NSS. Students were made familiar with the school. The activities to be performed in this camp were discussed with the students. All the students were divided under different groups. The students were assigned different duties and responsibilities. Different groups of students were formed to perform various duties in the school on daily basis. Simultaneously, cleanliness drive was conducted in the college campus. Students enthusiastically participated in various activities during the camp. Multi-dimensional tasks and direct interactions with the community were planned in which Presentations, seminars were given on the different topics like environment awareness, road safety, child right drive, legal awareness, internet produces copycats, good habits, save electricity, etc. Visit to deaf and dumb school was organized. Volunteers laid stressed on the Swachh Bharat Abhiyaan in which school playground, lawn, computer lab and different areas and labs of the college were cleaned. Workshop was organized by the volunteers on alphabet formation, basic knowledge of computer and vocabulary for the students of the school. Volunteers also got an opportunity to learn from the interactions with the community. Volunteers had completed the project on bio-degradable waste management in the school and Eco-friendly and waste management in the college. Medicinal plants were planted by the volunteers in the school.




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Visit to Red Cross school for hearing impaired



Photo in the school with the school Principal and staff



The bio-degradable waste management

(06.11.2017 to 20.11.2017)


Acting Principal
Montgomery Guru Nanak College
of Education, Jalandhar



TITLE OF THE ACTIVITY: FIFTEEN DAYS NSS CAMP

DATE: 12.07.2018 to 25.07.2018

To fulfil the requirement of Paper –II, Field Engagement with Community and CP, FE-III, Fifteen days of NSS camp was organised at Sangal Sohal Village, Jalandhar from 12th July, 2018 to 25th July, 2018.

A detailed orientation programme was conducted during the inauguration in which students were provided information regarding various activities to be performed during the camp.

Firstly, Students were made aware of the significance of NSS. Students were made familiar with the Elementary Government School in village Sangal Sohal. The activities to be performed in this camp were discussed with the students. All the students were divided under different groups. The students were assigned different duties and responsibilities. Different groups of students were formed to perform various duties in the school on daily basis. Simultaneously, cleanliness drive was conducted in the college campus. Students enthusiastically participated in various activities during the camp.

Multi-dimensional tasks and direct interactions with the community were planned in which Presentations were given on the different topics like health hygiene, moral values, Road safety, good habits, importance of tree plantation, importance of education, cleanliness, social values etc. Volunteers laid stressed on the Swachh Bharat Abhiyaan in which school playground, lawn and different areas and labs of the college were cleaned. Medicinal plants, ornamental plants etc. were planted by the volunteers in the school. Students also taught vocabulary vis-a-vis usage of english words in daily routine. An extension lecture on Education in 21st Century was organised for the students. The Resource Person was Dr.Harleen Singh, Associate Professor of Literature and Women's, Gender and Sexuality Studies, Brandeis University, U.S.A. While elaborating the relationship of us with education she emphasised that it is necessary to internalize the value of education and it should not be forced. She added that to be global does not mean ignoring your surroundings, but it means to be in our surrounding and then exploring the world.

Volunteers had participated in the inter group competition on the project on Eco-Friendly Transformation of The Waste in the college. Following is the result of this competition.


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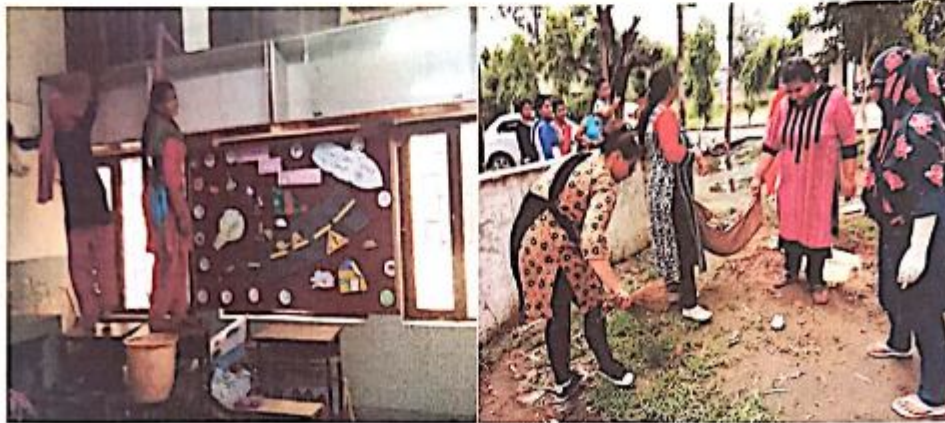
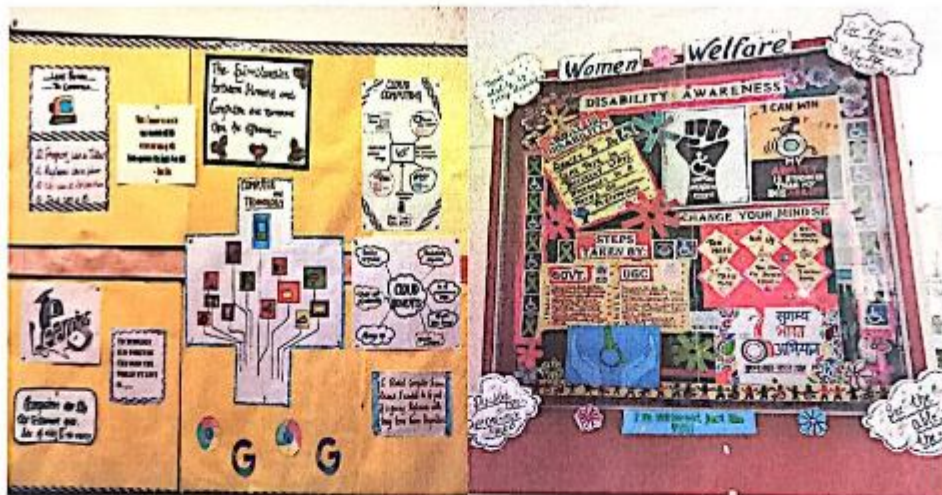


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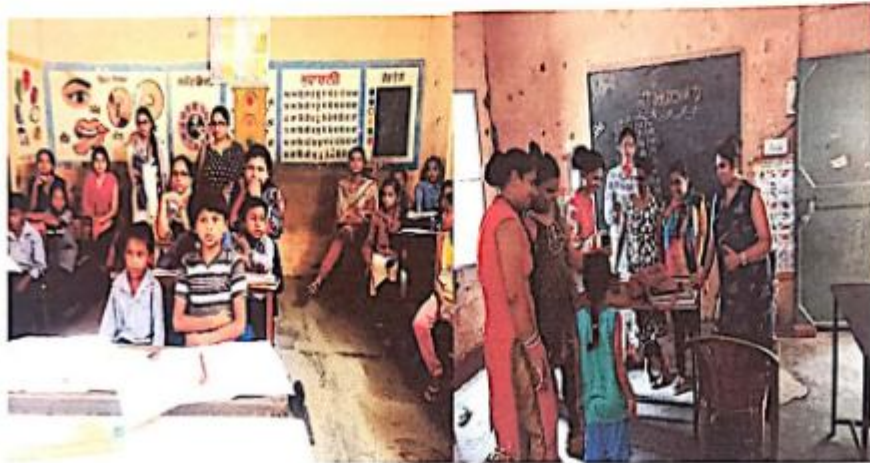
DECORATION OF DISPLAY BOARDS


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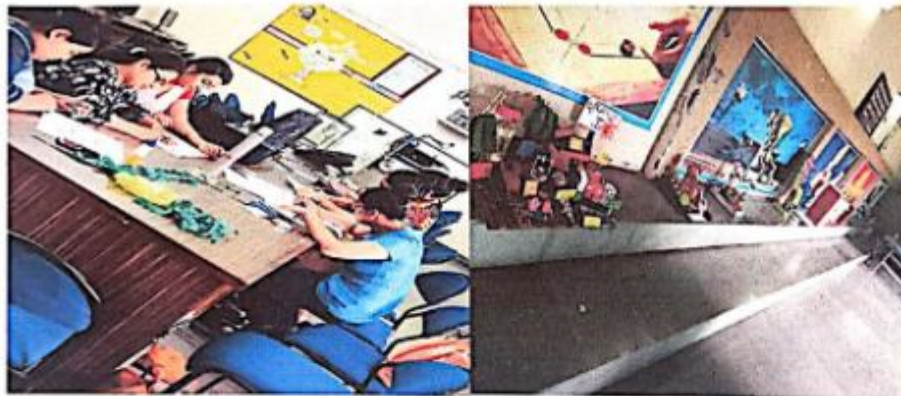
Stay



POT PAINTING



INTERACTION WITH SCHOOL STUDENTS



COMPETITION OF ECO-FRIENDLY TRANSFORMATION OF THE WASTE


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TITLE OF THE ACTIVITY: SWACHH BHARAT PAKHWADA

DATE: 01.08.2018 to 15.08. 2018

As per the guidelines received, M.G.N. College of Education, Jalandhar has organised Swachh Bharat Pakhwada, International Youth Day and Independence Day from 01.08.2018 to 15.08.2018 in the different schools of Jalandhar where the B.Ed. students were having their internship. N.S.S. volunteers have performed different activities such as cleanliness drive, anti-polythene campaign; lectures on various issues viz-a-viz. Healthy habits (like to eat healthy food, wash hands before and after meal, use washrooms, etc.) ,the importance of cleanliness, various competitions like poster competition, slogan writing competition, etc. The posters on cleanliness were presented in the society through a rally to aware the public to maintain cleanliness in their place. Moreover the posters and slogans were pasted at public places and even in the internship schools. Various lectures related to the theme were delivered in the different schools. Pledge was taken by the students on international youth day to keep our nation green and clean and to make India "swachh Bharat, Khoobsurat Bharat".

N.S.S. Volunteers of the college organized different activities in such school; D.S.S.D. Sr.Sec.School, Basti Nau, S.D.A.S. Sr.Sec.School, Basti Nau, M.G.N. Girls Sr.Sec.School, Adda Hoshiarpur, M.G.N. Khalsa Sr.Sec.School, Basti Bawa Khel, Lyallpur Khalsa Sr.Sec.School (Boys), Nakodar Chowk, Lyallpur Khalsa Girls Sr.Sec.School, Siraj Ganj, Govt.Girls Sr.Sec.School, Adarsh Nagar, Shining Star Sr.Sec.School, Harbans Nagar, Shining Star Sr.Sec.School, Shastri Nagar, Govt.Girls High School, Gandhi Vanita Ashram, Kpt.Rd, Jalandhar. The above mentioned activities were supervised by different supervisors i.e. Mrs. Geetanjali Mittu, Mrs Sharan, Mrs. Sakshi sharam, Ms. Jaspreet Kaur, Ms. Arpita sood, Dr. Viplove Kundra, Ms. Anju, Mr. Maninderpal Singh and Ms. Taranpreet Kaur.



Acting Principal
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SWACHH BHARAT PAKHWADA


Acting Principal
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of Education, Jalandhar



TITLE OF THE ACTIVITY: POSHAN ABHIYAN

DATE: 22.03.2019

N.S.S. Unit of MGN College of Education, Jalandhar celebrated Poshan Abhiyan in the month of March to make students, teachers and the society aware of the benefits of healthy diet and ill effects of drugs. On this occasion, poster making competition was organized on the following themes:

1. Food and Nutrition.
2. Immunization.
3. WASH (Water, Sanitation and Hygiene).
4. Adolescent Nutrition.
5. Maternal Health and Nutrition.

In the competition, Ritu Soni from B.Ed. Sem. II stood First, Ravneet Kaur from B.Ed. Sem. II secured Second position and Third position was won by Gagandeep Kaur from B.Ed. Sem. II. The judgement was done by Dr. Ravjeet Kaur and Mrs. Sharan.

A rally was organized near the college in which the information was given to the society to not involve themselves in the consumption of bad food vis- a- vis junk food, drugs, etc. through the activities , students were made aware regarding healthy diet in order to secure wealthy life and not get indulge in drugs. Especially the mothers, pregnant ladies and children must have nutritious food in order to achieve the aim of Poshan Abhiyan.



POSHAN ABHIYAN

(22.03.2019)


Acting Principal
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of Education, Jalandhar



TITLE OF THE ACTIVITY: AWARENESS PROGRAM ON LOK SABHA ELECTIONS

DATE: 11.04. 2019

N.S.S. Unit of M.G.N. College of Education has organized an awareness program on Lok Sabha Elections to make the youth aware about the importance of single vote. On this occasion, Poster making competition and slogan writing competitions were organized on 11th April, 2019 on the following themes:

1. "Raise your Voice, Make a Choice".
2. "Power is in your Vote".
3. "Voting is for every Adult".
4. "Your Vote is your Voice".
5. "Be Responsible and Vote".

The above mentioned themes were decided to make the youth aware that voting not only enables the citizens to vote for political parties, but it also helps them to realize the importance of citizenship. Moreover, the purpose of this awareness program was to make the students understand the significance of their right of vote in a democratic country like India. The Right of Vote is not only the right of the citizens but their duty as well, said by the Coordinator of N.S.S. Unit. Furthermore, a rally was organized near the surroundings of the college to make the society aware of the same i.e. No one should be left from casting a vote.



AWARENESS PROGRAM ON LOK SABHA ELECTIONS

(11.04. 2019)


Acting Principal
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TITLE OF THE ACTIVITY: JAL SHAKTI ABHIYAN

DATE: 22nd July, 2019 to 24th July, 2019

As per the guidelines received, N.S.S. Unit along with the Red Ribbon Club of the college has organized 'Jal Shakti Abhiyan' from 22nd July, 2019 to 24th July, 2019 to aware the students and the society. An awareness camp was organized in two schools vis-à-vis Government Girls High School, Gandhi Vanita Ashram and M.G.N. Khalsa High School, Jalandhar. To aware the students and society, following activities were performed:

- Poster making on the theme Save water
- Lectures and videos on water conservation and rainwater harvesting, renovation of traditional and other water bodies, reuse of water, etc.
- Rally on the above mentioned theme

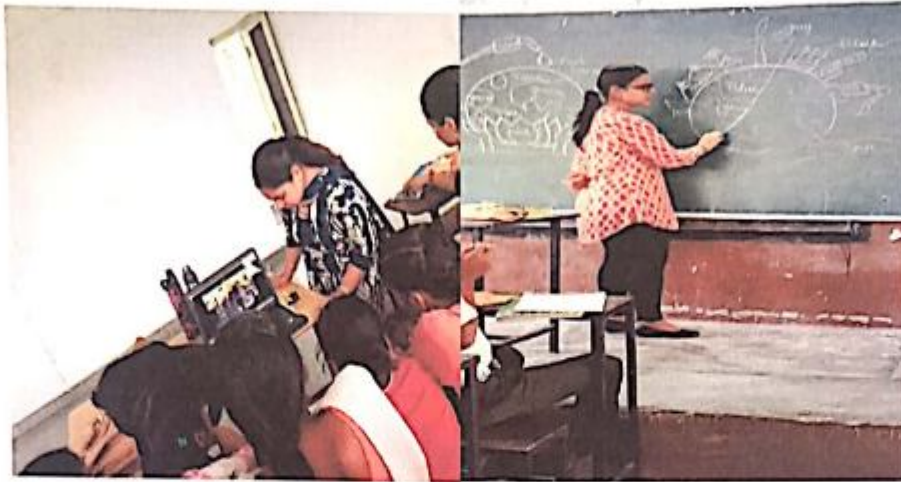
The students of the college have prepared the various posters and slogans on this theme. The students of the college informed the school students as how to use water in routine so that wastage can be reduced, the present condition of the water, the past, present and future of this precious natural resource, water conservation and rainwater harvesting, renovation of traditional and other water bodies, reuse of water etc. The students were made familiar with this theme using videos, activities, lectures, ppt, posters, charts, etc. posters and slogans were than displayed in the schools.

A rally was also organized in which the students of the college and school participated. The main motive of the rally was to make people recognize the optimum utilization of water so that our future generations can use the water.




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JAL SHAKTI ABHIYAN


Acting Principal
Montgomery Guru Nanak College
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**TITLE OF THE ACTIVITY: WORLD ENVIRONMENT PROTECTION DAY AND
CONSTITUTION DAY**

DATE: 26.11.2019

As per the guidelines received, NSS unit of M.G.N. College of Education, Jalandhar celebrated 'World Environment Protection Day' and 'Constitution Day'. On 26th November, 2019. On this day, in order to make our environment clean and green, different medicinal plants were planted in the college premises. Also, the NSS volunteers organized an awareness rally to spread the awareness among the society regarding the provisions of equality, justice and liberty. Volunteers also displayed different posters and banners exhibiting various constitutional provisions.

Moreover, classroom discussions were done in the month of December on the various topics of Constitutions viz a viz Fundamental Rights, Fundamentals/Duties as enshrined in the Indian Constitution, Equality of Educational Opportunities, Preamble, Constitutional provision on equality of opportunities.



Different medicinal plants were planted in the college premises


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Rally on Constitution Day



Classroom Talks

(26.11.2019)

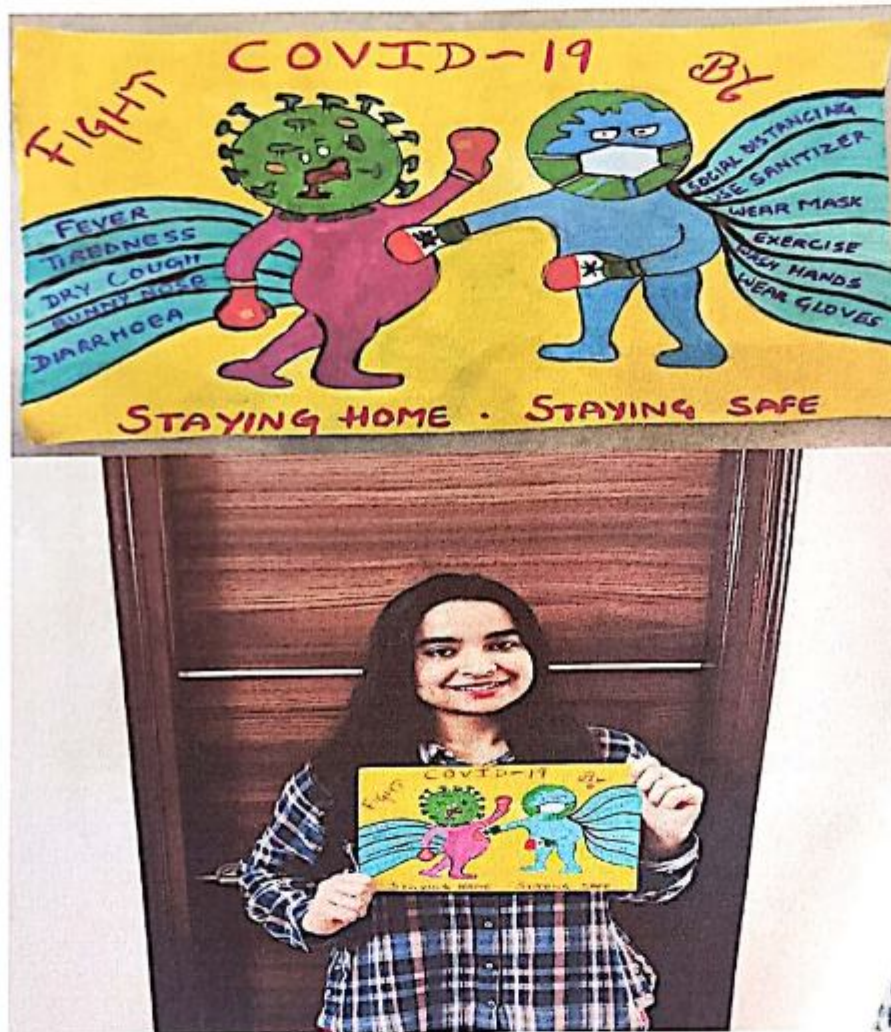

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TITLE OF THE ACTIVITY: AWARENESS REGARDING "TO BREAK THE SPREAD CHAIN OF CORONA"

DATE: 20.04.2020

Awareness regarding "To Break the spread chain of corona" was given by NSS unit on 20th April 2020. Students of the college prepared posters and posted in the official Facebook page of the college to aware masses regarding COVID-19.



AWARENESS REGARDING "TO BREAK THE SPREAD CHAIN OF CORONA"

(20.04.2020)

[Signature]
Acting Principal
Montgomery Guru Nanak College
of Education, Jalandhar

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**TITLE OF THE ACTIVITY: AWARENESS REGARDING COVID-19
DATE: 29.04.2020**

NSS Volunteer Kirat kaur helped the needy families in her village by providing them money and food on 29th April.



AWARENESS REGARDING COVID-19 (29.04.2020)


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TITLE OF THE ACTIVITY: CONSTITUTION DAY

DATE: 26.11.2020

As per the guidelines received, N.S.S. volunteers of M.G.N. College of Education observed Constitution Day on 26th November, 2020 with pledge to uphold the spiral of the Indian Constitution. Furthermore, Milan, student of B.Ed Sem. III made the students aware of the significance of the day and also read out the Preamble. The pictures and video of the event are also uploaded on the college's official Facebook page.



CONSTITUTION DAY (26.11.2020)


Acting Principal
Montgomery Guru Nanak College
of Education, Jalandhar



TITLE OF THE ACTIVITY: WORLD ENVIRONMENT PROTECTION DAY

DATE : 26.11.02020

N.S.S. Unit has celebrated World Environment Protection Day on 26th November, 2020. It is celebrated on 26th November every year to raise global awareness of the need to take positive actions to protect environment. NSS volunteers of M.G.N. College of Education has planted trees at various places to celebrate the day.

The pictures of the event are also uploaded on the college's official Facebook and Instagram page.



MGN College of Education 1955

Yesterday at 12:33 · Facebook for Android · 🌐

World Environment Protection Day

World Environment Protection Day is celebrated on 26th November every year to raise global awareness of the need to take positive actions to protect environment. NSS volunteers of MGN College of Education has planted trees at various places to celebrate the day.



👤 You, Seema Sethi and 19 others



Like



Comment



Share

WORLD ENVIRONMENT PROTECTION DAY (26.11.02020)

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TITLE OF THE ACTIVITY: NATIONAL ROAD SAFETY MONTH

DATE : Feb.2021

As per the guidelines from Ministry of Youth Affairs and Sports and Ministry of Road Transport and Highway, N.S.S. Unit and De-Addiction committee of M.G.N. College of Education, Jalandhar celebrated National Road Safety Month on the theme "Sadak Suraksha"-Jeevan Raksha" in the month of February, 2021. To celebrate the event, activities were organized in the college vis-a-vis Road Safety Pledge, Awareness campaign on Traffic rules, competition on E-Slogan Writing, Competition on E-Poster Making and E-Quiz. N.S.S. volunteers made the masses aware regarding the road safety rules. 85 N.S.S. volunteers participated in E-Quiz regarding traffic rules. Volunteers of the college took road safety pledge and E-Pledge too and got the E-Certificates provided by Ministry of Road Transport and Highways.



NATIONAL ROAD SAFETY MONTH (Feb.2021)

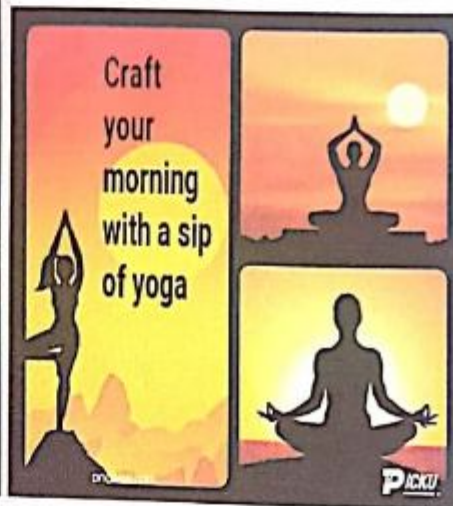
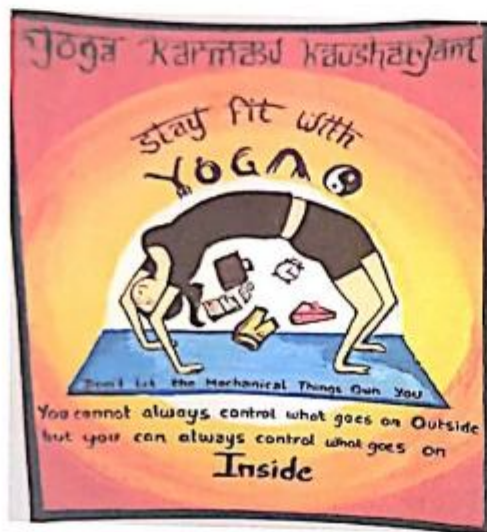

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TITLE OF THE ACTIVITY: POSHAN PAKHWADA

DATE: 16.03.2021 to 31.03.2021

As per the guidelines from Ministry of Women and Child Development, Government of India, N.S.S. Unit and De-addiction Committee of M.G.N. College of Education, Jalandhar organised inter-college competitions under Poshan Pakhwada, 2021. On this occasion, Elocution, Poem Recitation, E-Slogan Writing and E-Poster Making Competitions were organised on the themes viz. Poshan (Overall Nutrition), Hygiene, Water Sanitation, Hand Wash and Sanitization, Yoga for Health, Growth Monitoring, Paushtik Aahaar, Immunization, General Well Being and Problem of Anaemia in Girls. More than 65 students from different colleges of Punjab participated in various categories of competitions.



[Signature]
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**PICTURES OF POSTER MAKING, SLOGAN WRITING, ELOCUTION AND
POERM RECETATION on POSHAN PAKHWADA**

(16.03.2021 to 31.03.2021)


Acting Principal
Montgomery Guru Nanak College
of Education, Jalandhar



TITLE OF THE ACTIVITY: CELEBRATION OF WORLD HEALTH DAY

DATE: 07.04.2021

N.S.S Unit and Health Club of the College celebrated World Health Day by organising awareness campaign on the theme "Building a Fairer, Healthier World". On this occasion, the poster on the respective theme issued by WHO and a video was shared with masses via College's official facebook page. Moreover, Manjot Kaur, volunteer of the College highlighted the significance of the celebration of this day through a video. Also, she threw light on the reason behind this day. Further, she urges everyone to be committed to ensure that everyone, everywhere can realize the right to good health and prosperous life and requested everyone to promote Vaccination Drive run by the Indian Government along with the precautions to be taken under the slogan Dvai bhi aur kadai bhi.



CELEBRATION OF WORLD HEALTH DAY (07.04.2021)

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Acting Principal
Montgomery Guru Nanak College
of Education, Jalandhar
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TITLE OF THE ACTIVITY: SWACHHI BHARAT PAKHWADA

DATE: 01.08.2021 to 15.08.2021

As per the guidelines received, M.G.N. College of Education, Jalandhar has organised Swachh Bharat Pakhwada, International Youth Day and Independence Day from 01.08.2021 to 15.08.2021 in the different schools of Jalandhar where the B.Ed. students were having their internship and also in their neighbourhoods. On the occasion, various activities were organized such as:

- Anti-Polythene Campaign – India free from ‘Single use Plastic’
- Cleanliness Drive (Libraries, Labs, Classrooms, Playground etc.)
- Awareness campaign through Lectures/ Discussions/ Videos/ Presentations on following topics:
 - Techniques of water conservation and rain water harvesting.
 - Renovation of traditional and other water bodies/tanks.
 - Water Shed Development.
 - Water recycling plants.
 - Efficient utilization of water at home, campus and community.
 - Harmful effects of plastics especially single use plastic.
- Competitions like:
 - Slogan writing on Swachhta/ Water Conservation.
 - Poster making on Swachhta/ Water Conservation.
- Swachhta Pledge.

N.S.S. volunteers have performed different activities such as cleanliness drive, anti-polythene campaign; lectures on various issues viz-a-viz. Healthy habits (like to eat healthy food, wash hands before and after meal, use washrooms, etc.) ,the importance of cleanliness, various competitions like poster competition, slogan writing competition, etc.

The different areas of the college and schools were cleaned to achieve the dream of Gandhi ji as “Swachhta” or Cleanliness was a way of life for Gandhi ji. School students were also motivated to participate in cleaning their schools in order to change in their behavior.

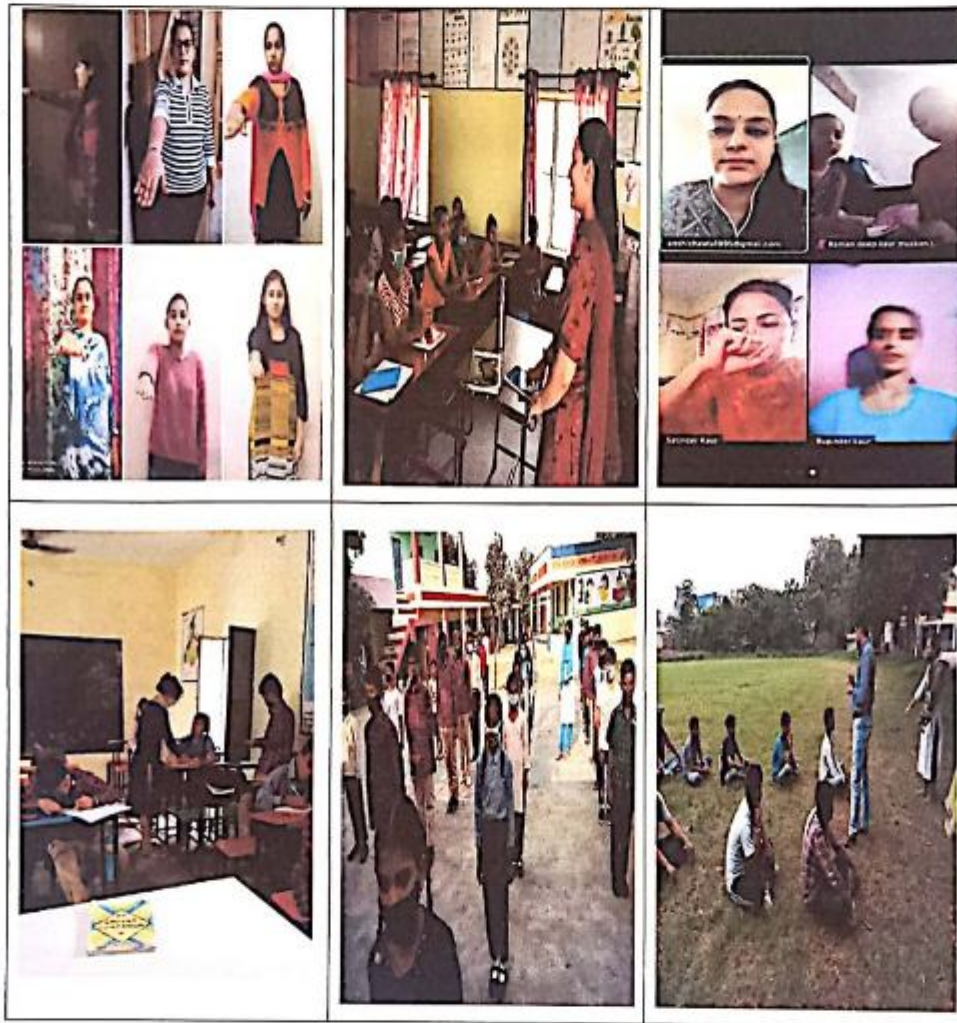
Diverse lectures related to the Swachhta were delivered in the different schools.


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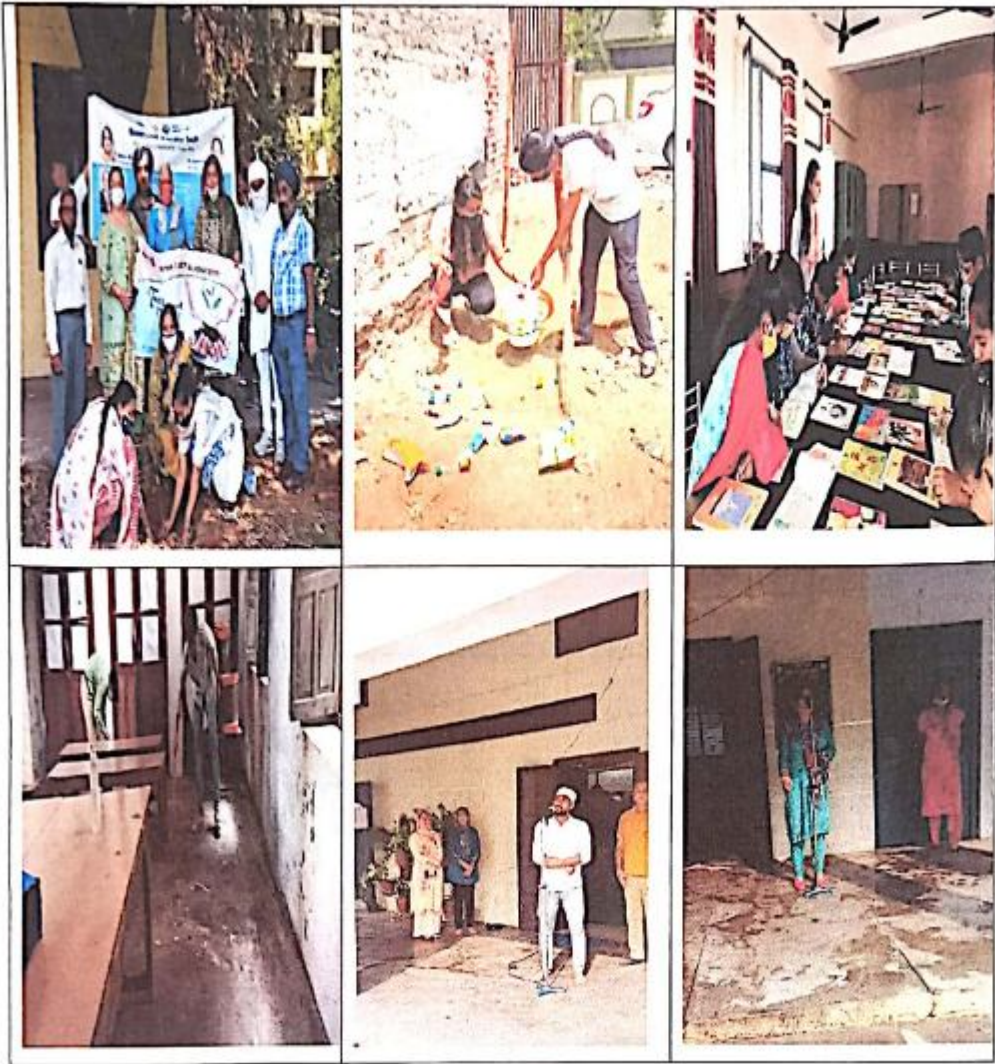
Swachhta Pledge was taken by the volunteers and school students on international youth day to keep our nation green and clean and to make India "Swachh Bharat, Khoobsurat Bharat".

Furthermore, students enthusiastically celebrated Independence Day. Speeches were given by the students on the topics like 'Swachh Bharat, Azad Bharat, Sacrifices made by the freedom fighters, Need to organise anti-corruption systems in the country, etc. Slogans were prepared by the students on clean and green environment, freedom struggle, etc.




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SWACHH BHARAT PAKHWADA

(01.08.2021 to 15.08.2021)


Acting Principal
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


TITLE OF THE ACTIVITY: "AZADI KA AMRIT MAHOTSAV"

DATE: 13.08.2021 to 02.10.2021

As per the guidelines of Ministry of Youth Affairs and Sports, Govt. of India and NSS Department of G.N.D.U, N.S.S. Unit of M.G.N. College of Education, Jalandhar celebrated 75 years of Independence by organizing various activities as given below:-

- **E-Quiz**
75 Years of Independence Day was celebrated by organizing E-Quiz from 09.08.2021 to 15.08.2021 in which 393 participants from various Institutions participated.
- **Inter House Essay Writing Competition**
Sadbhavna Divas was celebrated on 20.8.2021 by organizing Inter House 'Essay Writing Competition' on the theme "National Integration, Peace and Communal Harmony" in which 13 NSS volunteers from different houses participated.
- **Van Mahotsav Celebration**
Van Mahotsav was celebrated on 20.08.2021 in which NSS volunteers of the college planted more than 60 plants in their surrounding areas.
- **Upload of Videos of Singing National Anthem**
More than 78 NSS volunteers and faculty members uploaded videos of singing National Anthem on the link shared by Ministry of Youth Affairs and Sports, Govt. of India and got E-Certificates.
- **Independence Day Celebration Day**
Independence Day was celebrated on 14.08.2021 by holding special assembly in which all the NSS volunteers were acquainted with the history of Independence followed by National Anthem.
- **FIT India Run 2.0**
NSS volunteers celebrated FIT India Run 2.0 under the theme 'Fitness Ki Dose, Adha Ghanta Roz' on 04.09.2021 in which many activities like running, yoga and other exercises were done by the NSS volunteers.


Acting Principal
Montgomery Guru Nanak College
of Education, Jalandhar




**M.G.N. COLLEGE OF EDUCATION
JALANDHAR**
Government Aided Institution, Recognized by
NETS and UGC, Affiliated to G.G.U.


N.S.S. Unit
 Celebrates
"75 Years of Independence Day"
 by
 Organising
E-QUIZ
 Link for the Quiz:
<https://forms.gle/BKEayWLC19ruSDmubA>

> Students can participate from 08.08.2021 to 15.08.2021
 > Participants securing 50% & above will be provided with
 E-certificates.
 > For any Query, Kindly Contact: 8148200571, 8780798928

Co-ordinators
Dr. Kiran Walla
Mrs. Gagandeep Kaur
Acting Principal
Mrs. Neelu Jhanji

Photo of E-Quiz

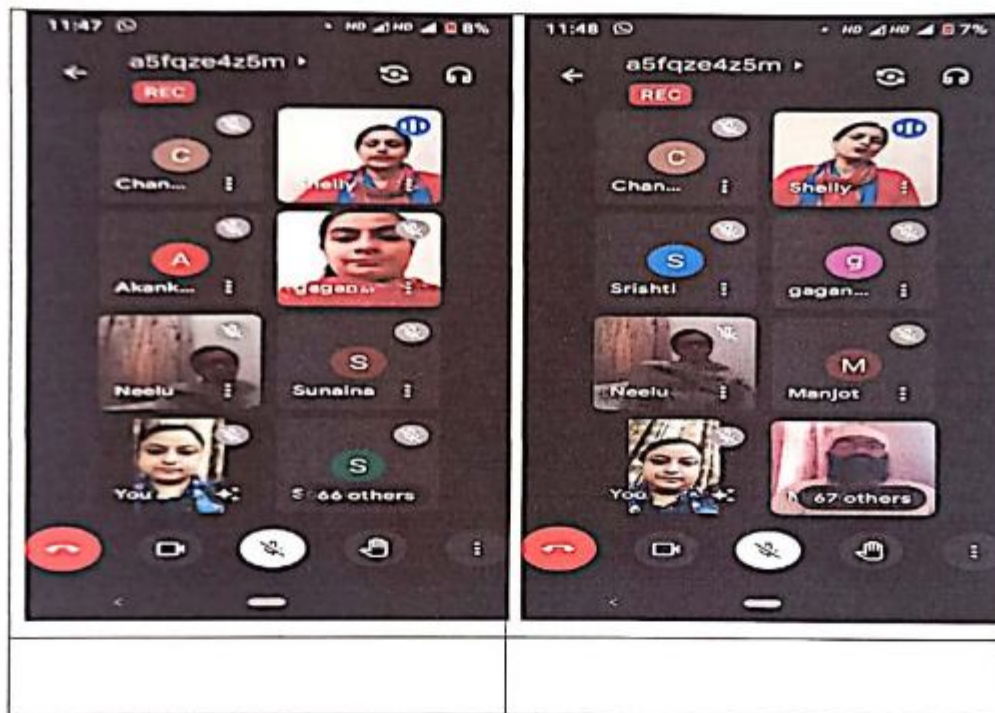


Photos of Van Mahotsav Celebration


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 of Education, Jalandhar

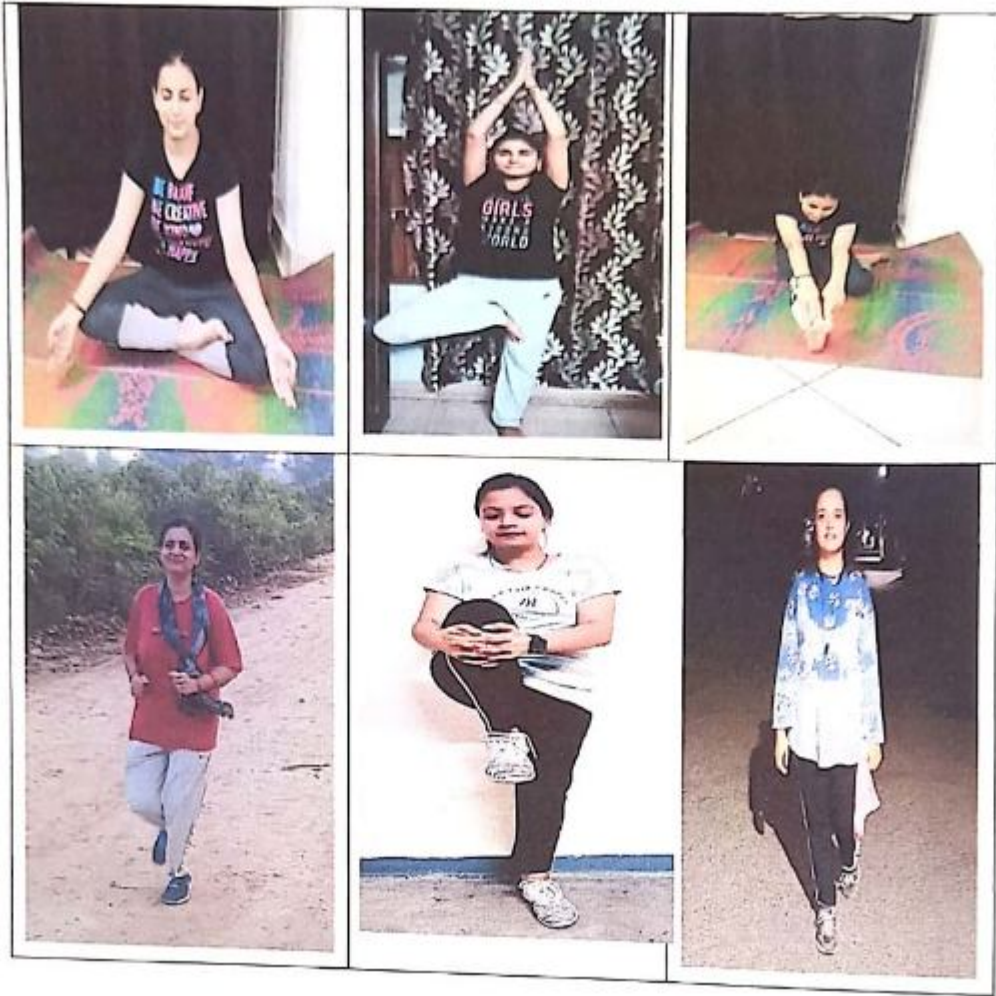



Photos of E-Certificates Upload of Videos of Singing National Anthem




Photos of Independence Day Celebration Day


 Acting Principal
 Montgomery Guru Nanak College
 of Education, Jalandhar

Photos of FIT India Run 2.0

"AZADI KA AMRIT MAHOTSAV" (13.08.2021 to 02.10.2021)


Acting Principal
Montgomery Guru Nanak College
of Education, Jalandhar



TITLE OF THE ACTIVITY: "POSHAN MAAH"

DATE: 01.09.2021 to 30.09.2021

As per the directions from NSS Department, G.N.D.U. and Ministry of Youth Affairs and Sports, De-addiction committee and NSS Unit of the M.G.N. College of Education celebrated the Poshan Maah under the theme "Converging Towards a Healthy Walk Through Life" from 01.9.2021 to 30.9.2021 by organizing various activities as given below:-

- **Tree Plantation**

Tree plantation under the theme 'Poshan Vatika' was done by the NSS volunteers of the college on 07.09.2021 by planting different types of trees in their surrounding areas.

- **Healthy Recipe Competition**

Healthy Recipe competition was organized on 30.09.2021 in which six NSS volunteers of the college participated. In this competition, Rachita Garg, Shelly Devi and Ritika got first, second and third positions respectively.

- **Inter House E-Slogan Writing Competition**



Inter House E-Slogan Writing competition was held on the theme 'Health Food for Healthy Life' on 25.09.2021 to celebrate Poshan Maah and NSS day. eight participants from various houses participated in the competition. In this competition, Pallavi Sharma, Rachita Garg and Shelly Devi got first, second and consolation positions respectively.

- **One Day Webinar**

One day webinar was organized on the theme 'Healthy Food for Healthy Life' on 30.09.2021. Ms.Monisha Sikka Ex-Senior Dietician, Tagore Hospital, Jalandhar was the resource person who acquainted all the faculty members and NSS volunteers with the healthy life style followed by an interactive session with the audience.


Acting Principal
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M.G.N. COLLEGE OF EDUCATION, JALANDHAR


Govt. Aided & NCTE Recognised, Affiliated to G.N.D.U.


To celebrate
N.S.S. DAY & POSHAN MAH
 N.S.S. Unit and De-addiction Committee
 Organise
Webinar
 On
"HEALTHY FOOD FOR HEALTHY LIFE"
RESOURCE PERSON
MRS. MANMEET KAUR
 HOD, Department of Food Processing and Quality Management
 G.H.G Khalsa College, Gurusar Sadhar (Jal)

All the Faculty members and students join the session through online platform
 Date: 25th September, 2021
 Time: 11.00 am
 Mode: Google Meet
 Link to join:

Dr. Kiran Walia
 Coordinator

Mrs. Neelu Jhanji
 Acting Principal




 Acting Principal
 Montgomery Guru Nanak College
 of Education, Jalandhar




"POSHAN MAAH" (01.09.2021 to 30.09.2021)

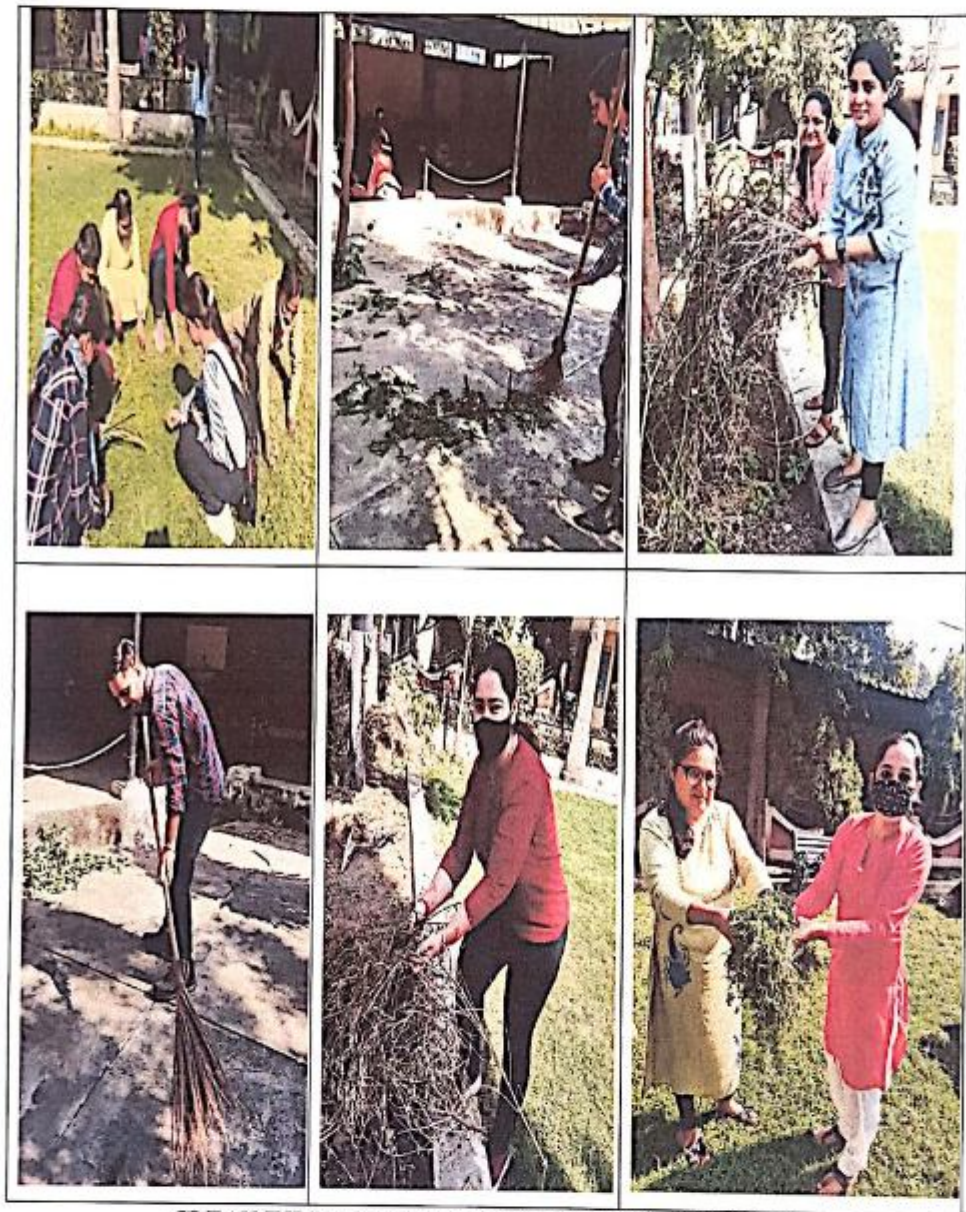

Acting Principal
Montgomery Guru Nanak College
of Education, Jalandhar



TITLE OF THE ACTIVITY: CLEAN INDIA PROGRAMME

DATE: 01.10.2021 to 31.10.2021

As per the guidelines of Ministry of Youth Affairs & Sports, Govt. of India and N.S.S. Department G.N.D.U., Amritsar, N.S.S. volunteers of M.G.N. College of Education, Jalandhar participated in the cleanliness drive under the Clean India Programme from 01.10.2021 to 31.10.2021. The volunteers participated whole-heartedly in the drive by cleaning the college campus and surrounding areas.



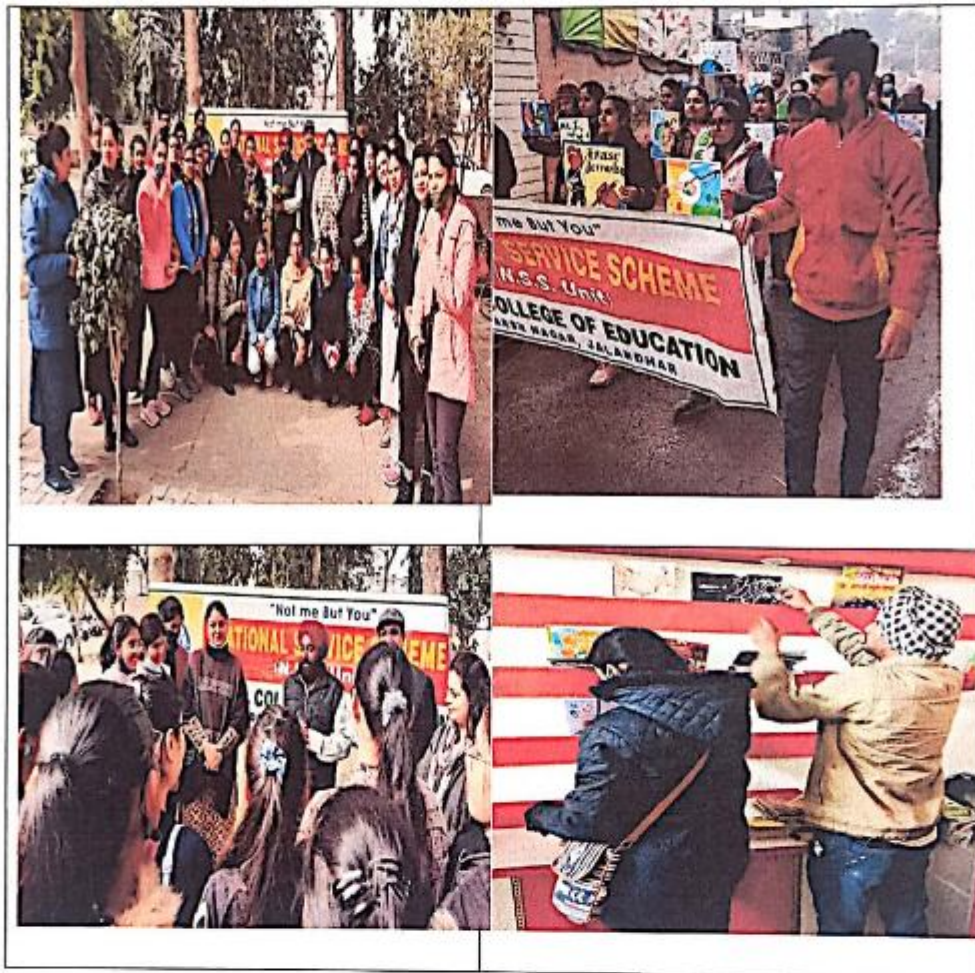
CLEAN INDIA PROGRAMME (01.10.2021 to 31.10.2021)


Acting Principal
Montgomery Guru Nanak College
of Education, Jalandhar


TITLE OF THE ACTIVITY: SEVEN DAY NSS CAMP

DATE: 28.12.2021 to 03.01.2022

A seven days NSS camp was organized by M.G.N. College of Education, Jalandhar at Sangal Sohal village from 28.12.2021 to 03.01.2022, in which 50 NSS volunteers from B.Ed Sem-I and Sem-II participated. The camp was inaugurated by S.Mangal Singh ji, Sarpanch of the village. The staff of Govt. Elementary School, Sangal Sohal also joined the inaugural ceremony. During the camp volunteers conducted various activities like rally on environment protection, COVID awareness drive, food preparation, Nukad Natak, cleanliness drive, lecture on personal hygiene to school kids, tree plantation in which volunteers planted 18 all season plants. They also made the people aware about the need of waste segregation. The volunteers were also made to do physical activities during this time. The food was served each day to the volunteers.



[Signature]
Acting Principal
Montgomery Guru Nanak College
of Education, Jalandhar

[Signature]




Acting Principal
Montgomery Guru Nanak College
of Education, Jalandhar





SEVEN DAY NSS CAMP (28.12.2021 to 03.01.2022)


Acting Principal
Montgomery Guru Nanak College
of Education, Jalandhar



TITLE OF THE ACTIVITY: SWASTHA BALAK-BALIKA SPARDHA

DATE: 08.01.2022 to 10.01.2022

As per guidelines received from Ministry of Youth Affairs and Sports and NSS Department of Guru Nanak Dev University, Amritsar, NSS Unit of M.G.N. College of Education, Jalandhar organised "Swastha Balak-Balika Spardha" from 08.01.2022 to 10.01.2022. E-Slogan competition on the theme "**Importance of Health and Nutrition for Children**" was organised in which 11 NSS volunteers from B.Ed. Sem-I and Sem-II participated.



SWASTHA BALAK-BALIKA SPARDHA (08.01.2022 to 10.01.2022)


Acting Principal
Montgomery Guru Nanak College
of Education, Jalandhar



TITLE OF THE ACTIVITY: SVEEP

DATE: 01.02.2022

As per the guidelines received, N.S.S Unit of M.G.N. College of Education, Jalandhar has organised Voting Awareness campaign online. In this event Rimple Kaur, volunteer of NSS Unit, through a video has told the masses regarding the importance of voting. Moreover, she also guided regarding the eligibility of a voter. Furthermore, our another volunteer, Sawangeet Kaur has given the awareness of Voters Day and the way to vote rightly. Kashish, the volunteer has presented through a poster that "Your One Vote has Power to Change". All the videos and poster are posted on the college's official Facebook page.



SVEEP (01.02.2022)

W.L.
Acting Principal
Montgomery Guru Nanak College
of Education, Jalandhar

Kaur

MONTGOMERY GURU NANAK COLLEGE OF EDUCATION, JALANDHAR

REPORT ON

CELEBRATION OF SHAHEEDI DIWAS

NSS Unit of M.G.N. College of Education, Jalandhar, observed the Shaheedi Divas on 23.03.2022 to pay reverence to Shaheed Bhagat Singh, Rajguru and Sukhdev who sacrificed their lives for the freedom, grandeur and well being of India. To mark the occasion, Pavleen Kaur from B.Ed. Sem-III, shared a video enlightening about life of Shaheed Bhagat Singh and also taking oath for becoming a responsible citizen of India. Shelly Devi of B.Ed. Sem-III and Kashish from B.Ed. Sem-I presented poems to give a tribute to the martyrs of our country. The videos shared by the students were uploaded on Facebook for maximum social media publicity. The activity was organised under the supervision of Mrs.Neelu Jhanji, Principal and was coordinated by Dr.Kiran Walia, Program Officer, NSS Unit of the College.

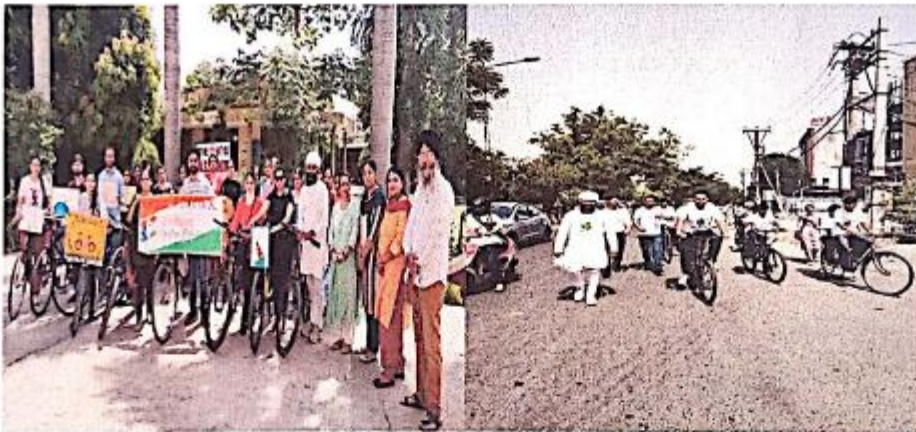


(Signature)
Acting Principal
Montgomery Guru Nanak College
of Education, Jalandhar

TITLE OF THE ACTIVITY: CYCLE RALLY ON YOGA DAY

DATE: 23.04.22

Health Club and N.S.S. Unit of M.G.N. College of Education, Jalandhar celebrated World Health Day by organizing a Cycle on 07.04.22. The cycle rally began from the College and reach to Govt. Sr. Sec. School, Adarsh Nagar wherein students of the College along with teachers made the students of the school aware regarding the benefit of cycling. N.S.S. volunteers Meena and Nandini with their speeches elaborated to the school students regarding the health benefits of riding bi-cycle and how it helps to keep our environment clean and green. In continuation with the green practices, a planter with green plant as a token of gratitude was gifted to the school Principal Mrs.Khushdeep Kaur. Pamphlets depicting the benefits of cycling for the individual and environment were distributed to community members and also pasted on the walls of shops having good footfall. Teachers including Dr.Meharban Singh, Dr.Pooja Bhardwaj, Mrs.Shivani Gulati, S.Maninder Pal Singh and Mrs.Jaspreet Kaur and Ms.Anju, Office staff S.Amrit Pal Singh, S.Sukhdev Singh and supporting staff S.Bhulinder Singh, Sh.Govind Singh cycled during the rally along with the students.



CYCLE RALLY ON YOGA DAY (23.04.22)


Acting Principal
Montgomery Guru Nanak College
of Education, Jalandhar

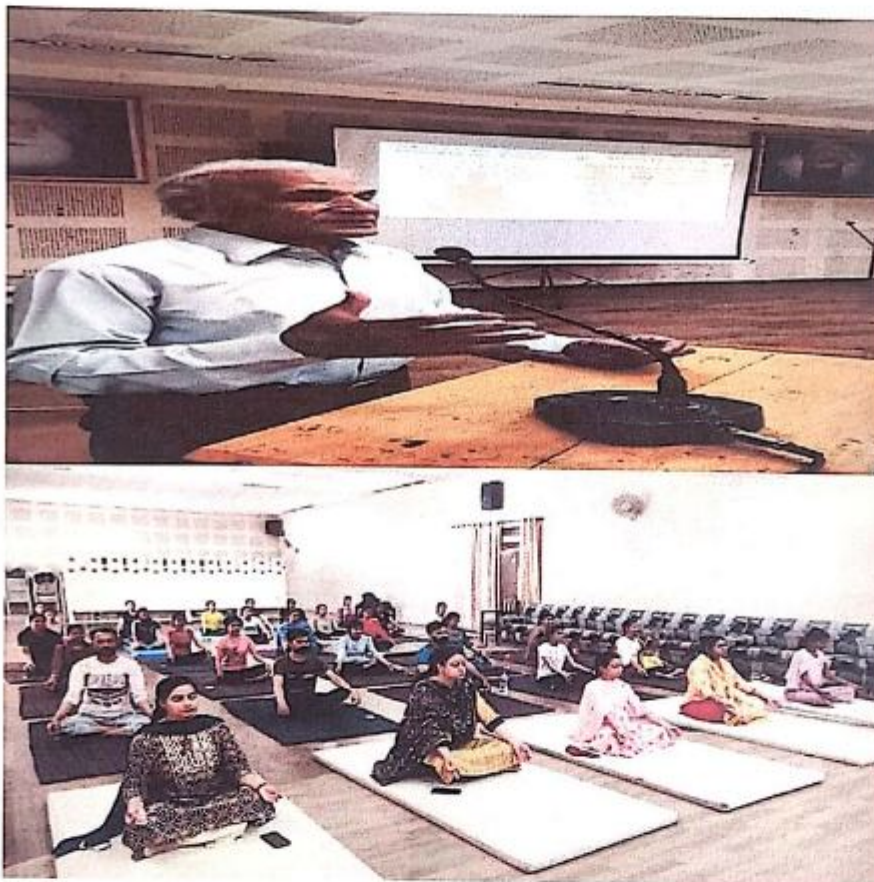


TITLE OF THE ACTIVITY: CELEBRATION OF YOGA DAY (ORGANIZED YOGA WORKSHOP)

DATE: 23.04.2022

Health Club and N.S.S. Unit of M.G.N. College of Education, Jalandhar celebrated World Health Day by organizing a Cycle Rally and Yoga Workshop on 07.04.22. On this day, a Yoga workshop was also conducted by Shri.Kamal Aggarwal, President, Bhartiya Yog Sansthan, Jalandhar. During the workshop, yoga for healthy spine, for thyroid problems, for diabetes management and for ensuring good mental health were practised. Students queries regarding asans for varied problems were also taken up during the workshop.

On this occasion, Principal Mrs.Neelu Jhanji gave formal vote of thanks and appealed the masses to make a routine to do yog and get benefitted from its endless perks.



YOGA WORKSHOP (23.04.2022)


Acting Principal
Montgomery Guru Nanak College
of Education, Jalandhar



**TITLE OF THE ACTIVITY: POSTER PAINTING COMPETITION UNDER
INTERNATIONAL YOGA DAY CELEBRATION**

DATE: 23.04.2022

NSS unit of the college under International Yoga Day celebration, organized Poster Painting competition on importance of yoga held on 23-04-2022 in which Rimple Kaur, Harmanpreet Kaur and Sangeeta of B.Ed. sem III got the first, second and third positions respectively. The event was coordinated by Dr. Kiran Walia, program officer NSS unit.



**POSTER PAINTING COMPETITION UNDER INTERNATIONAL YOGA DAY
CELEBRATION (23.04.2022)=**


Acting Principal
Montgomery Guru Nanak College
of Education, Jalandhar

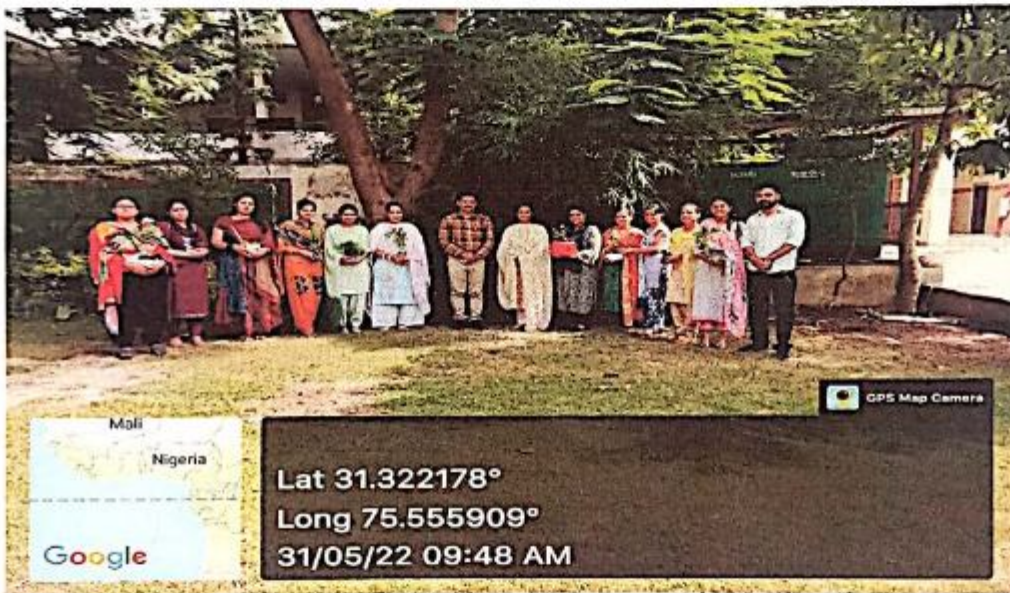


MONTGOMERY GURU NANAK COLLEGE OF EDUCATION, JALANDHAR

REPORT ON

WORLD ENVIRONMENT DAY

As per guidelines from the office of the Deputy Commissioner-Cum- District Election Officer, Jalandhar, NSS Unit of the College celebrated World Environment Day-2022 on 31.05.2022. The students of B.Ed. Sem. III celebrated the day by planting trees in the community areas and by giving awareness lectures to the school students. A cycle rally was also organized to make the community aware of the environmental threats. The event was coordinated by Dr. Kiran Walia, program officer NSS unit.




Acting Principal
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TITLE OF THE ACTIVITY: WORLD BICYCLE DAY

DATE: 02.06.2022

As per guidelines from Ministry of Youth Affairs and Sports and NSS Department, G.N.D.U., under "Azadi Ka Amrut Mahotsav" NSS unit and Ek Bharat Sresth Bharat Club the college organised Cycle Rally on 02.06.2022 to celebrate World Bicycle Day. The event was held to celebrate 75 years of India's Independence and to popularize the usage of cycling to solve the dual issues of global warming and unhealthy life style. The rally started from the college at 9.00 am. Faculty members and students of B.Ed. Sem. III participated in the event.



WORLD BICYCLE DAY (02.06.2022)


Acting Principal
Montgomery Guru Nanak College
of Education, Jalandhar

