

NSS
National Service Scheme
Report
(April 2020 to August 2021)



National Service Scheme
Panjab University
Chandigarh

Professor Raj Kumar

Vice-Chancellor



PANJAB UNIVERSITY
CHANDIGARH, India 160014



MESSAGE

The world is facing numerous challenges such as the Covid Pandemic, rising population, climate disruption, rising income inequity, gender inequality and various forms of social injustice, to just name a few. The NSS department gives a unique platform to students to enhance their problem-solving capabilities and thus contribute immensely towards dealing with these societal and ecological issues. The idea is to nurture a sense of social and civic responsibility towards society. To ensure the overall development of the students, the NSS platform can help impart the requisite leadership skills and democratic attitude to ensure the welfare of society. According to Winston Churchill, British statesman who as prime minister of the United Kingdom rallied the British during the World War II and led the country from the brink of defeat to victory, “We make a living by what we get, but we make a life by what we give.” And as APJ Abdul Kalam said “If you salute your work, you do not have to salute anybody. If you pollute your work, you have to salute everybody.” Therefore, NSS volunteers have the opportunity to live a meaningful life by creating value with their work.

At Panjab University, we focus on the overall development of our students by imparting value and quality education. The idea is not only to make our students ready for jobs but also expose them to social and sustainable entrepreneurship so they can serve the community along with a career and can become job creators too. The NSS team of Panjab University contributes significantly at the societal level by working on the issues of the community.

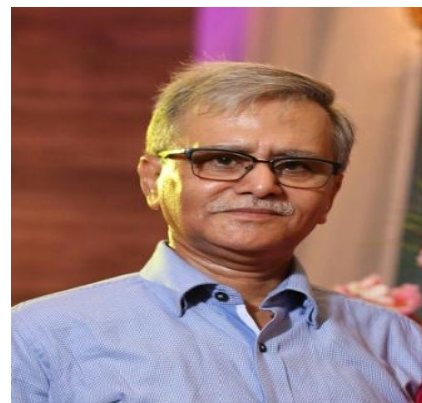
I am proud of the NSS team of Panjab University including the Programme Coordinator, Officers and Volunteers. All my blessing and good wishes!


(Raj Kumar)

Professor Ashwani, Koul
Programme Coordinator, NSS



PANJAB UNIVERSITY
CHANDIGARH, India 160014



MESSAGE

Panjab University, Chandigarh is one of the premiere institutes of higher education in India established in 1882 in pre-independence Lahore. It has also the honour of being one of the first four universities established during the British rule in India.

The Motto of NSS "Not Me But You", reflects the essence of democratic living and upholds the need for self-less service. NSS helps the students' development & appreciation to other person's point of view and also show consideration towards other living beings. The philosophy of the NSS relies on the belief that the welfare of an individual is ultimately dependent on the welfare of the society as a whole and therefore, the NSS volunteers shall strive for the well-being of the society. Even, *Confucius*, one of the most influential teachers in Chinese history says, "He who wishes to secure the good of others, has already secured his own."

NSS department of Panjab University is Panjab University comprises of 11 programme officers led by dynamic Programme Coordinator, Prof. Ashwani Koul and 1100 volunteers from various departments of Panjab University. All the constituent and affiliated colleges of Panjab University have their separate NSS units contributing at all fronts. Each Programme officer of NSS-PU has been entrusted with the responsibility for exclusive departments offered to each officer.

NSS team of Panjab University is quite active and has made a distinction by its contribution especially during covid 19 pandemic times. It is an absolute pleasure to share with you that even during lockdown period; the NSS department has consistently worked and is contributing

significantly at social front in all possible ways. NSS team has been very active in various initiatives of virtual Covid-19 Awareness, Covid-Appropriate Behaviour, awareness of Covid-19 Vaccination, Road Safety Campaign, Digital Yoga Demonstration and free distribution of food to construction labour working at Panjab University and many more. Various Programs and activities like Swachh Bharat Internship, Ek Bharat Shreshth Bharat initiatives, celebration of Azadi ka Amrit Mahotsav has been successfully undertaken. Tree plantations, blood donation camps and campus landscaping and Cleanliness Drives are regular features of this team. The department aspires to undertake more field activities spanning not only at university or regional level, rather will focus on initiating collaboration with various International NGOs or consumer association for its various future activities. The department has adopted number of villages for its various activities, and will organize various camps, will convene awareness drives related to social and sustainable entrepreneurship with a vision to nurture social entrepreneurship among its volunteers. Hopefully, the report will be helpful in accomplishing its intended objectives, and list of activities undertaken presented in the report will provide a constructive analysis to the readers.



Prof. Ashwani Koul)

NSS PU Campus

Programme Coordinator

1. Prof. Ashwani Koul

Period

30.03.2021 → till date

Programme Officers:

1. Dr. Gaurav Gaur, UIEASS

2. Dr. Ashish Kumar, Department of History

3. Dr. Vivek Kapoor, Dr. Harvansh Singh Judge Institute of Dental Sciences & Hospital

4. Dr. Naveen Kumar, UIAMS

5. Dr. Tilak Raj, UBS

6. Dr. Vivek Kumar, Medical Physics

7. Dr. Navneet Kaur, Geography

8. Dr. Rohit Kumar Sharma, Chemistry

9. Dr. Amita Verma, UILS

10. Dr. Gagandeep Singh, UIET

11. Dr. Sucha Singh, USOL

12. Dr. Anuj Kumar Gupta, DCSA

Report of NSS Activities

Panjab University, Chandigarh is one of the premiere institutes of higher education in India established in 1882 in pre-independence Lahore. It has also the honour of being one of the first four universities established during the British rule in India.

It gives me absolute pleasure to present a report of various activities undertaken by NSS department of Panjab University. Furthermore, it is worth appreciating that even during lockdown period; the NSS department has consistently worked and is contributing significantly at social front in all possible ways. NSS team has been very active in various initiatives of virtual Covid-19 Awareness, Covid-Appropriate Behaviour, awareness of Covid-19 Vaccination, Road Safety Campaign, Digital Yoga Demonstration and free distribution of food and facilitating Aadhar enrolment of construction labours and their kids working at Panjab University and many more.

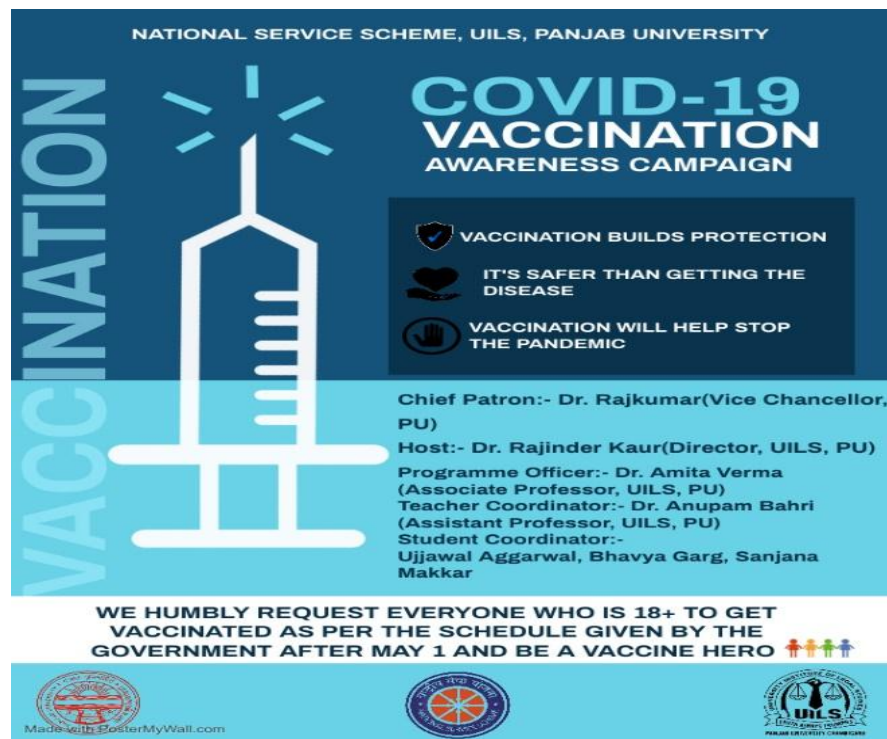
NSS department of Panjab University is Panjab University comprises of 11 programme officers led by Programme Coordinator, Prof. Ashwani Koul and 1100 volunteers from various departments of Panjab University. All the constituent and affiliated colleges of Panjab University have their separate NSS units and are also contributing at all fronts. Each Programme officer of NSS-PU has been entrusted with the responsibility for exclusive departments offered. NSS team is quite active and has led exemplary through its various programs and activities like Swachh Bharat Internship and Ek Bharat Shreshth Bharat initiatives. Tree plantations, blood donation camps and campus landscaping and Cleanliness Drives are regular features of this team. The department aspire to undertake more field activities spanning not only at university or regional level, rather will focus on initiating collaboration with various International NGOs or consumer association for its various future activities. The department will adopt number of villages for various activities, and will convene awareness drives related social and sustainable entrepreneurship with a vision to nurture social entrepreneurship among its volunteers.

Hopefully, the report will be helpful in accomplishing its intended objectives, and list of activities undertaken presented in the report will provide a constructive analysis.

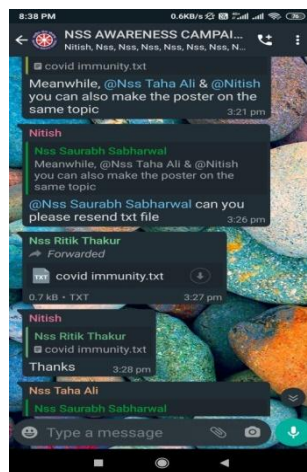
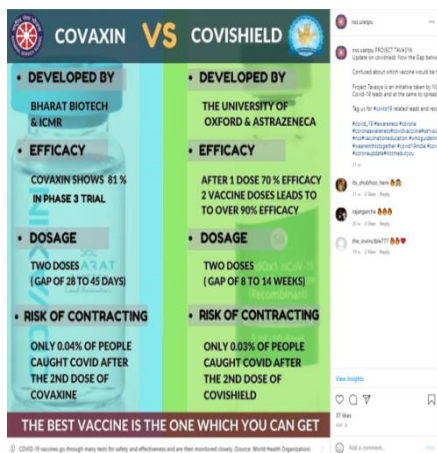
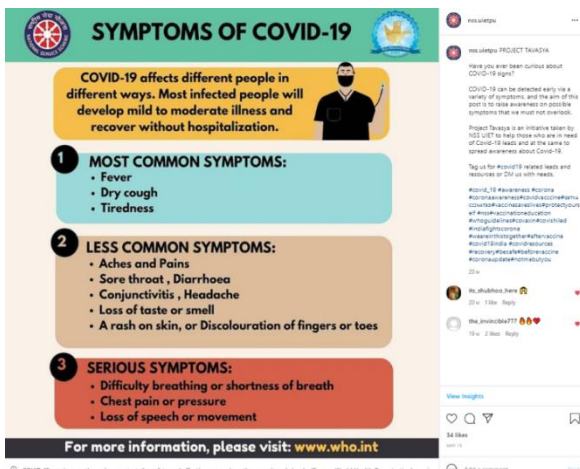
LIST OF ACTIVITIES

These are the following activities that NSS department of Panjab University has undertaken as follows:

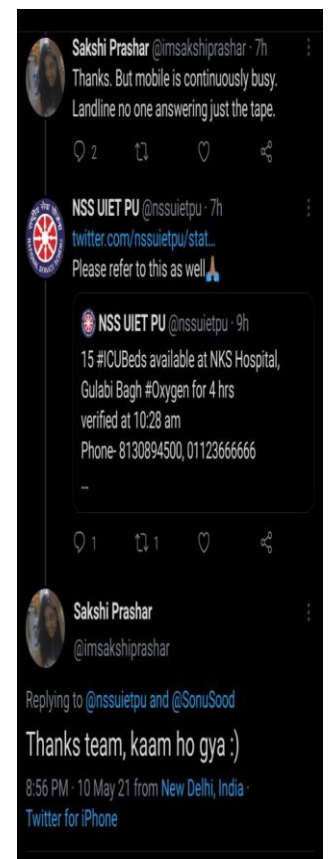
- National Service Scheme, University Institute of legal studies, Panjab University, Chandigarh launched a university wide campaign to spread awareness regarding the Importance of getting Vaccinated to fight COVID-19. As part of the newly released government of India guidelines, starting from May 1, 2021, any person starting from the age group of 18 are eligible for vaccination. This drive was undertaken under the able guidance of Prof. Raj Kumar (Vice Chancellor, PU) and Prof. Rajinder Kaur (Director, UILS, PU). Under this drive various activities were conducted from May 1, 2021 to May 15, 2021 like short video slogan writing and poster making etc. for awareness. Also, Students were encouraged to share their videos, posters and poems etc sharing their experiences along with any other valuable information so as to help reach out to more and more people. Such activities are going to help and work for the society.

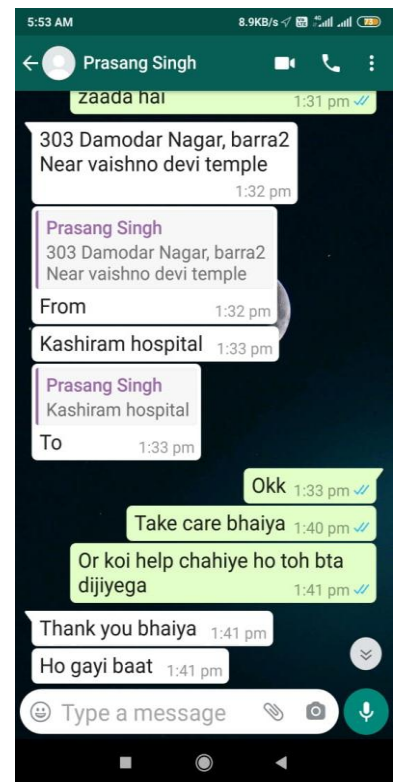
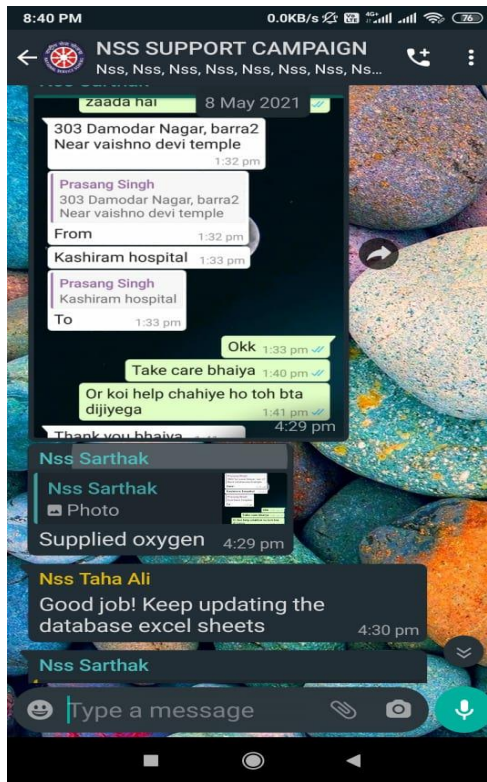
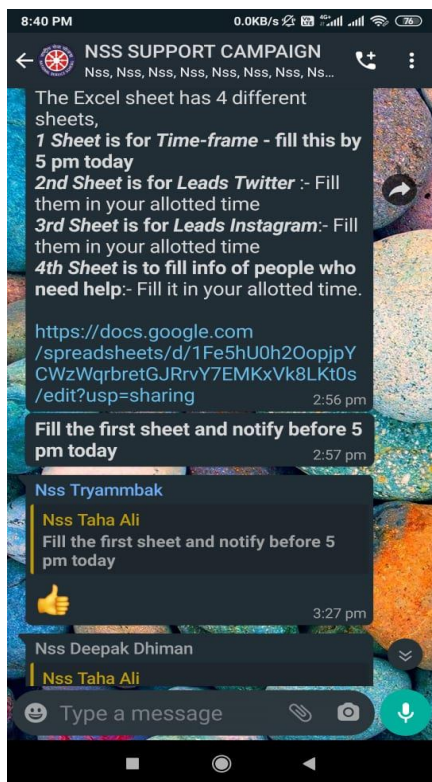


➤ NSS, UIET successfully organized the COVID-19 AWARENESS CAMPAIGN from 2.05.21 to 22.05.21 to spread awareness among citizens about safety protocols, importance of vaccine etc, under the guidance of Er. Gagandeep Singh, Programme Officer, NSS wing of UIET. The programme was launched in the midst of growing COVID-19 cases and mortality rates in India. Total 27 volunteers took part in it to make this campaign successful headed by student coordinators Subhajeet Chakraborty and Srishty Takyar. Volunteers were divided among teams of Graphic Designteam, Content Writing team, Research and facts collection team. At the end compiling all data posters were designed and circulated along with WHO guidelines through WhatsApp. These posters were also posted on our social media accounts which allowing us to connect with those in need. Finally, this awareness campaign assisted individuals in gaining adequate knowledge about COVID-19 vaccines, necessary precautions, and helped them to stay away from misinformation regarding COVID-19.

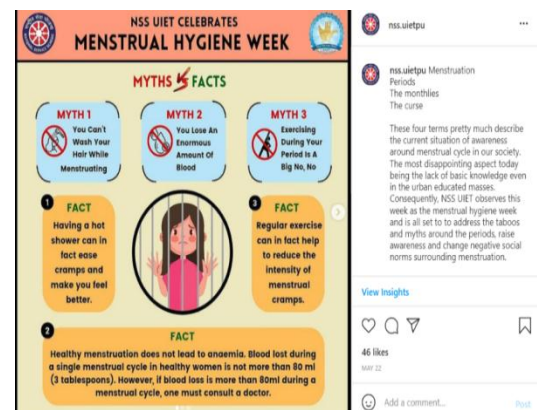


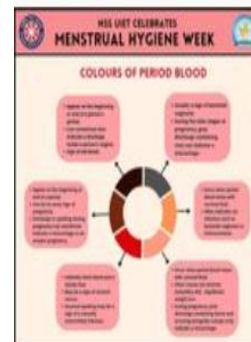
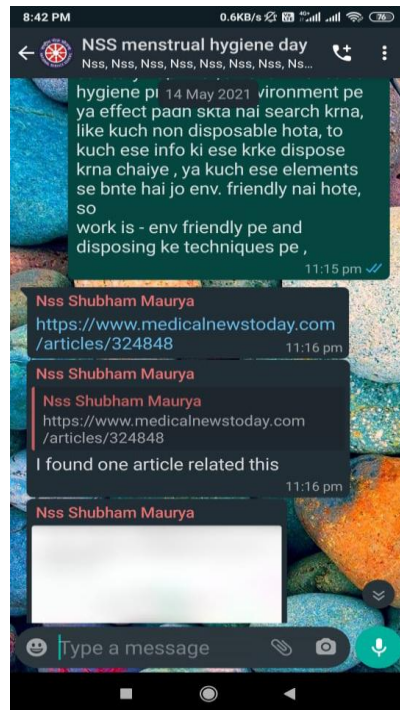
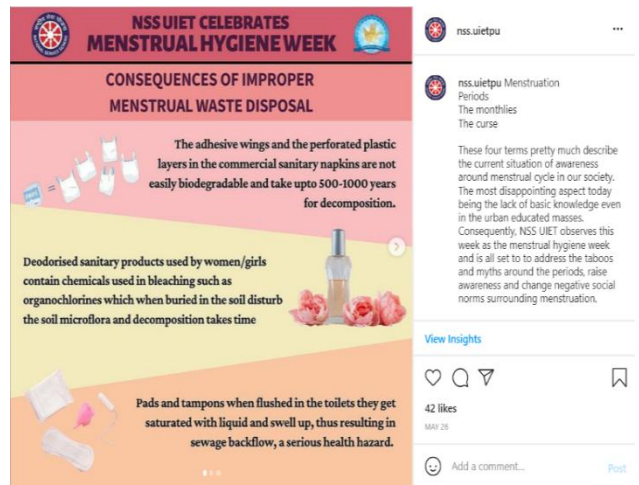
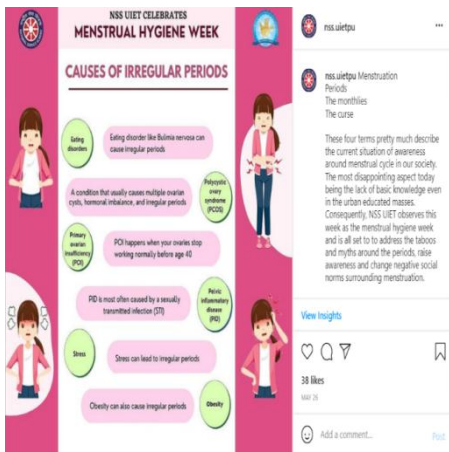
➤ NSS, UIET successfully organized the COVID-19 SUPPORT CAMPAIGN, “TAVASYA” from 5.05.21 to 22.05.21 using social media track to support the people who were in need of COVID-19 Resources like oxygen cylinder, beds and medicines and helped them to match their requirements with the provider/helper of these resources, under the guidance of Programme Officer NSS UIET- Er. Gagandeep Singh. Total 20 volunteers volunteered for this event and team was headed student coordinators. The programme was launched in the midst of growing COVID-19 cases and mortality rates in India. Volunteers were divided to monitor different social media handles (Twitter, Instagram, LinkedIn, WhatsApp) to search for the COVID-19 resources and maintain a database for the same. Each volunteer was required to devote at least 2 hours per day in searching and matching the requirements of needy person. We were successful in matching 5 such requirements. Finally, this Support Campaign, “Tavasya” assisted needy individuals in gaining adequate resources by linking them with proper helper/provider of the COVID-19 resources.



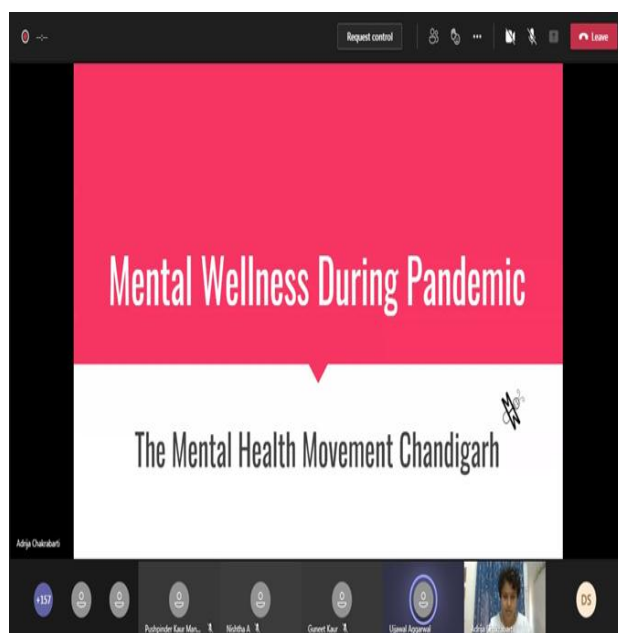
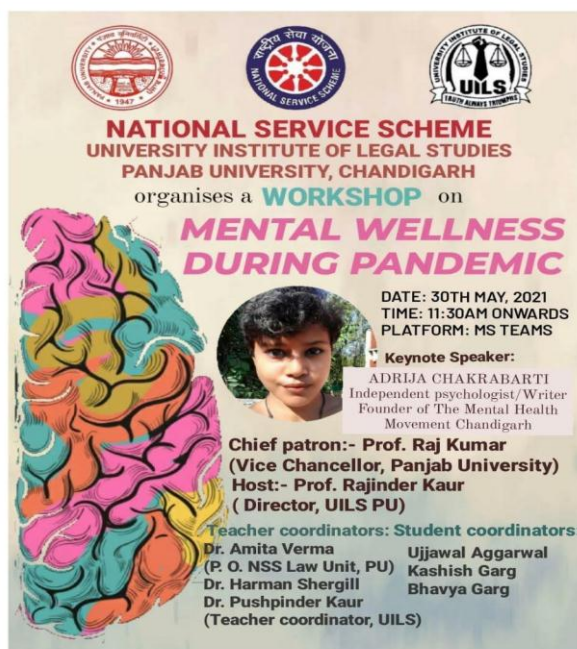


➤NSS, UIET successfully organized the event to commemorate the MENSTRUAL HYGIENE WEEK CELEBRATION from 11.05.21 to 28.05.21 to make people aware about the taboos and myths around periods, raise awareness with respect to changed negative social norms surrounding menstruation and make people aware about Menstrual Hygiene Measures, Poster were made about the same, under the guidance of Programme Officer NSS UIET- Er. Gagandeep Singh. Total 19 volunteers of NSS, UIET volunteered for this event headed by student coordinator Subhajeet Chakraborty and Srishty Takyar. Volunteers were divided among teams of Graphic Design team, Content Writing team, Research and facts collection team. At the end compiling all data posters were designed and posted on our social media handles (Instagram, LinkedIn, Twitter, WhatsApp). Finally, 7 Posters were posted from 22.05.21 to 28.05.21, which helped people to get adequate knowledge about





- National Service Scheme unit of University Institute of Legal Studies organized a workshop on “Mental wellness during lockdown” on 30th May, 2021. The event commenced with a welcome address given by Dr.Amita Verma (P.O. NSS Law Unit, PU) welcoming the speaker of the event Ms. Adrija Chakrabarti, independent writer and writer/founder of The Mental Health Movement, Chandigarh. It was followed by an address by Prof. (Dr.) Rajinder Kaur (Director UILS PU) providing her valuable guidance and support to the students in such tough times. Ms. Adrija highlighted various problems like demotivation, worry etc. which we everyone was facing in this lockdown and shared some coping strategies so as to overcome these issues and thereby lead a more peaceful life. She talked about the technique of Box Breathing that is helpful in controlling anxiety.



- National Service Scheme (NSS), University Institute of Legal Studies, Panjab University, Chandigarh celebrated the occasion of World Environment Day by organizing a Plantation Drive on 5th June, 2021. In these tough times of pandemic too, NSS Volunteers haven't stopped taking care of our beautiful Earth. Students planted and watered the trees and shared their pictures with us. The event was conducted under the guidance of Prof. Raj Kumar (Vice Chancellor, PU) and Prof. Rajinder Kaur (Director, UILS, PU). The event was a huge success due to efforts of teacher coordinators Dr. Amita Verma, Dr. Pushpinder

Kaur and Dr. Anupam Bahri, along with the help of student coordinators Ujjawal Aggarwal, Shreyansh Jain and Dheeraj Singla. Also a National Level Online Quiz Competition was held by UILS from June 4,2021 - June 6,2021 in which more than 3600 entries participated among whom Top 25 got Certificate of Recognition and total worth of cash prize was Rs. 1750. This event was also a huge success due to efforts of teacher coordinator Dr. Pushpinder Kaur (Associate Professor, UILS, PU) along with the help of student coordinators Vaibhav Goyal, Supriya Aggarwal, Tanya Singla, Sahil Jain, Rabia Mittal and Vijaylakshmi. At last this was a great opportunity as well as initiative by UILS to celebrate the World Environment Day and to inform people that nature shouldn't be taken for granted and must be respected for it's values. Best wishes on World Environment Day! Let us give our coming generations a healthier and happier environment to have a beautiful life. Let us 'Reimagine, Recreate and Restore' our ecosystem.



- World Environment Day was celebrated by Panjab University NSS volunteers on 05.06.2021 with mass tree plantation drives conducted by them at their homes. Plantation drive was launched by NSS Programme Officer; Dr. Sucha Singh through a virtual session where volunteers were photographed planting trees as a part of the drive. More than 50 saplings including Tulsi, Neem, Banyan, Peepal, Ashoka, Arjuna and flowers were planted. As a part of the drive, Dr. Sucha Singh encouraged the volunteers to impress upon their family members to plant at least one sapling. Volunteers also pledged to nurture and take care of their plants.

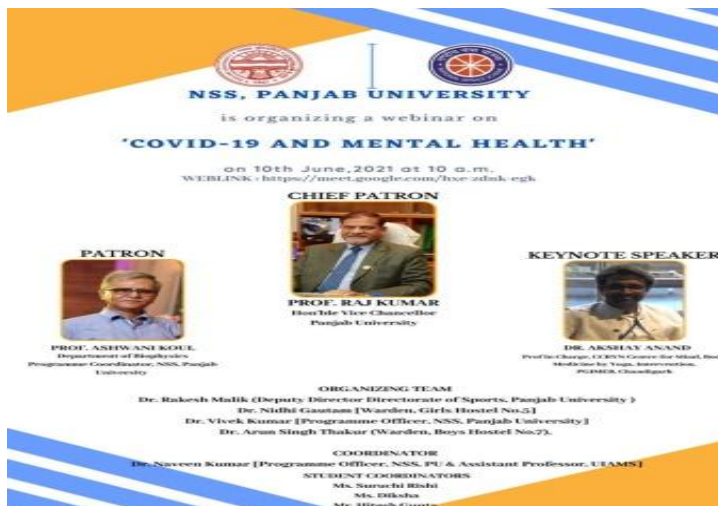


- An online Campaign was organized on June 5, 2021 to commemorate Environment Day at Panjab University under the aegis of NSS unit. Dr. Naveen Kumar, Programme Officer and Coordinator of this e-campaign inspired the NSS volunteers to pledge to plant 100 trees in their life-time, and asked each one to plant atleast one tree on this pious day. Dr. Naveen Kumar made volunteers learn that the concept of Sustainability has to be embraced and integrated with each activity, process, and technology. Sustainability is only possible when all 3Ps i.e. Planet, People and Profits are well taken care of simultaneously. One shall assume that environment is what is lent to us by our future generations rather than treating it as we have bequeathed it from our ancestors. Considering it, one shall take utmost care of our planet. The efforts of all volunteers in making this online campaign a success were appreciated by Programme Officer.

➤ **Webinar on “Covid-19 and Mental Health” on 10.06.2021.**

Event initiated with briefing of webinar theme by coordinator of the webinar, Dr. Naveen Kumar. Prof. Ashwani Koul, Patron of the event and Programme Coordinator, NSS-PU welcomed the guests and enlightened the audience about NSS and its various activities during pandemic. Dr. Naveen Kumar, Programme Officer, NSS, Panjab University along with Dr. Nidhi Gautam introduced the dignitaries among 186 attendees belonging to various parts of Punjab and Chandigarh. Prof. Raj Kumar, Hon'ble Vice Chancellor and Chief Patron of webinar addressed the audience about the need and relevance of conducting such webinars. He thanked Keynote speaker Dr. Akshay Anand and Chief Patron Prof. Ashwani Koul, Dr. Naveen Kumar and other members of organizing team for organizing such events. In his opening addresses, he talked about critical times and how we should come together and move forward. Prof. Kumar apprises the audience about the fact that how life process is guided by our mental health and it does not only affect us but our whole society and at the end, encouraged everyone to do such more events in future and invite speakers from various diverse backgrounds. Dr. Akshay Anand, professor at Neuroscience Research lab, Department of Neurology, and Prof. in charge, Centre for Mind Body Medicine, PGIMER, Chandigarh was keynote speaker of the event. He started by thanking everyone for this opportunity. He talked about how for the Last 20 years he is working on various animal models for brain which can mimic a disease and working on various approaches like drug approach, therapeutic approach. Dr. Anand enlightened the participants about how stress is the primary cause behind every disease and talked about preventive approach because as such there are no drugs available for many diseases like for genetic code, Alzheimer, Parkinson etc. which can fully cure these. Discussion unfolded around sister stresses emerging in various categories like in kids, women, men, teachers, professors etc., causing symptoms like loneliness, fearfulness, anxiety, insomnia etc. in turn further leading to chronic stresses like stress for not getting vaccine, constantly checking your pulse rate etc. Giving evidence and insight from various research studies, he substantiated his claims using various facts and figures. He also cited one study conducted in USA with a sample of 82000 people over a period of 8 years and result showed that 43% of people died who believed they had stress and they could die of it, uncovering the role of positive attitude in dealing with various mental and other health problems. Stress shall be considered as a response of our body like increased heart rate as a way to handle it. Dr. Anand has further cited another interesting study that showed that we have in our heart

receptors for oxytocin which is the hormone released in stress which shows that moderate amount of stress is good and increased heart rate cause increased blood flow to our brain which is again good. Giving insight about his third study, apprised that unlike animals we are much more conscious and can regulate our stress on our own by doing various things like music, sports, endurance exercise, yoga, social interactions .e.g. in yoga we have 8 fold paths of yamas, niyamas, asana, pranayama, pratyahara, dharana, dhyana and samdhi and also various protocols of yoga. Various coping strategies like Ayush Common Yoga Protocol so as to deal with these mental issues were discussed. Interesting fact that people recovered from Covid-19 infection have shown more resilience and improved endurance. A fair number of researches have proved that these yoga protocols are helpful in reducing stress. Participants appreciated the learning that moderate amount of stress is good for the health of individual however what matters is how we perceive about stress, and the way we train our mind. At the end, he said that we should try to perceive it as a positive attitude towards it. Dr. Arun Singh Thakur, Assistant Professor, UIHTM and Warden, BH-7 handled the questions and queries from participants. Dr. Vivek Kumar, Chairperson, Centre for Medical Physics and Programme Officer, NSS-PU proposed vote of thanks, and able leadership and guidance of Prof. Raj Kumar, Hon'ble Vice Chancellor, and untiring support of Prof. Ashwani Koul was recognized. The support of senior faculty members of Panjab University including Prof. Rakesh Malik, Deputy Director, Directorate of Sports, Prof. Jagat Bhushan, Controller of Examination, PU, Prof. Sanjeev Sharma, UIAMS, Prof. Seema Kapoor, UICET and Dr. Monika Aggarwal, UIAMS in successful conduct of this webinar was appreciated. The efforts of students' coordinator team including Diksha Guatam, Suruchi Rishi, Neha Thakur and Hitesh Gupta were appreciated.





- National Service Scheme (NSS), UILS, Panjab University, Chandigarh in collaboration with University Institute of Engineering and Technology, P.U. ,Chandigarh celebrated International Day of Yoga ,2021with great enthusiasm under the chief patronage of Prof. Raj Kumar (Vice Chancellor, Panjab University, Chandigarh). The event was hosted by Prof. Rajinder Kaur (Director, UILS, PU) and Prof. Jatinder Kumar Goswamy (Director, UIET, PU).The event was wonderfully organized under the able guidance of the teacher coordinators Dr. Amita Verma (PO NSS Law unit), Dr. Pushpinder Kaur, Dr. Anupam Bahri (Teacher Coordinator UILS) and Dr. Shipra Gupta(warden GH-9).The student coordinators Ritik Thakur and Ujjwal Aggarwal worked hard to make this event a success. The message of Yoga in promoting both the physical and mental well-being of humanity has never been more relevant. A growing trend of people around the world embracing Yoga to stay healthy and rejuvenated and to fight social isolation and depression has been witnessed during the pandemic. Yoga is also playing a significant role in the psycho-social care and rehabilitation of COVID-19 patients in quarantine and isolation. It is particularly helpful in allaying their fears and anxiety. We all in one way or other are suffering from mental illness and one of the best ways to deal with it is by performing yoga and keeping

our minds peaceful. In light of this, all the volunteers were invited for the event and asked to performed yoga asanas and send in their entries by getting pictures clicked.



- The NSS unit of UILS celebrated International Yoga Day with great enthusiasm on 21.06.2021. All students and staff members participated in the online event. All participants performed various asanas at their homes and even shared pictures of the same. Thereafter in collaboration with NSS UIET the students attended a webinar on Yoga for immunity by Isha Foundation. In the live session powerful wisdom bytes by Sadhguru were shared. Awareness regarding strengthening one's immune system and respiratory health via yoga was explained. This session was followed by a live Q&A. The chief patrons for the event were Prof. Raj Kumar (Vice Chancellor, PU) and Prof. Ashwani Koul (Programme Coordinator, NSS PU) The hosts were Prof. Jatinder Kumar Goswamy (Director, UIET) and Prof. Rajinder Kaur (Director, UILS).The event was wonderfully organised under the able guidance of the teacher coordinators Er. Gagandeep Singh (PO, NSS UIET) and Dr. AmitaVerma (PO NSS LAW unit). The student coordinators Gagan Batra, Tryambhak Kansal, Ritik Thakur, Virat Pratap Singh and Ujjwal Aggarwal worked hard to make this event a success. A large number of people joined in the live session and actively participated. International Day of Yoga is celebrated every year on 21 June to raise awareness worldwide about the benefits of Yoga in daily life. Yoga brings balance between

body, soul, and mind. It helps us to understand the purpose of life and how to survive in the changing environment. It aims to explain how the practice of Yoga can promote the holistic health of every individual.

NSS UIET & NSS UILS PRESENTS

WEBINAR ON YOGA FOR IMMUNITY BY ISHA FOUNDATION

LIVE 45 MIN SESSION BY ISHA FOUNDATION

The webinar will cover:

- Powerful wisdom bytes by Sadhguru
- Strengthening one's immune system and respiratory health
- Yoga for Respiratory Health & Immunity
- Q&A

21 JUNE, YOGA DAY AT 4:30 PM

CHIEF PATRON-

- Prof. Rajkumar (Vice Chancellor, PU)
- Prof. Ashwani Koul (Programme Coordinator, NSS PU)

HOST-

- Prof. Jatinder Kumar Goswamy (Director UIET, PU)
- Prof. Rajinder Kaur (Director UILS, PU)

TEACHER COORDINATORS

- Er. Gagandeep Singh Pallah (P.O- NSS UIET)
- Dr. Amita Verma (P.O- NSS LAW UNIT)

STUDENT COORDINATORS

- Ganga Batra
- Tryambak Kansal
- Ritik Thakur
- Virat Pratap Singh
- Ujjawal Aggarwal

FOR DETAILS CONTACT-
RITIK- 8427360492
VIRAT-9478233974

[nssuietpu](https://www.instagram.com/nssuietpu) [NSS UIET, PU](https://www.linkedin.com/company/nss-uiet-put) [@nssuietpu](https://twitter.com/nssuietpu)

WWW.ISHAFUNDATION.ORG



- The International Day of Yoga has been celebrated annually on 21 June since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in India. Our worthy Prime Minister, Sh. Narendra Modi, in his UN address in 2014, had suggested the date of 21st June, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world.

NSS, Panjab University organized Digital Yoga Demonstration with the thematic message of #Be With YOGA Be At Home to Commemorate 7Th International Yoga Day on 21st June, 2021 (6:00AM). NSS students, faculty members of the Panjab University and other guests have attended the event. In the beginning, Dr. Naveen Kumar initiated the event with briefing about importance and relevance of Yoga. Yoga is integration of body, mind and spirit, and is helpful for physical, mental and spiritual health, wellbeing and fulfillment. One can't enjoy the comfort of anything unless and until he has the art to live to the fullest. This is the yoga, the real wealth that is instrumental in channelizing the energy in right direction and thus helps us all to appreciate and live life to the fullest. Prof. Ashwani Koul, Programme Coordinator, NSS-PU welcomed the guests and enlightened the audience with important insights about yoga. According to Prof. Koul, we are absolutely proud of the fact that yoga is the original product of our country and everyone, even child performs various yoga asana and mudras. He apprised the audience about the benefits that one is going to accrue by practicing yoga. More specifically, during this pandemic time that today's world is facing, we shall practice yoga for overall wellbeing and to manage stress, anxiety and other mental issues. Prof. S.K. Tomar, Dean Student Welfare, Panjab University in his opening remarks made audience understand about the fact that yoga is science and provided various insights about it. Later he talked about the spiritual science and its relevance and substantiated his claims through various real life facts. Prof. Meena Sharma, Dean Student Welfare (Women) appreciated efforts of Prof. Raj Kumar, worthy and Hon'ble Vice-Chancellor for motivating all for organizing such events. She encouraged the audience to practice yoga in their lives. Thereafter, Sh. Harcharan Singh, a certified yoga therapist at the outset, appreciated the organizing team for organizing the event. Mr. Singh has been a fitness trainer with Chandigarh Cricket academy and has been associated with Indian Kayaking & Canoeing

Association (IKCA) during world cup held in China. Mr. Singh is a certified trainer and has qualified RPL under PMKYL (Yoga Instructor –Level 3) and level-1 under QCI (Quality Council of India). He believes yoga as modern science. He started the event with little warm up and proceeded with demonstration of various asana and breathing exercises. The participants thoroughly enjoyed performing all those asana and exercises like modified Surya Namaskar with beej mantra, balancing asana, faster breathing and antar kumbhaka techniques to name a few. The event ended with a vote of thanks by Dr. Arun Singh Thakur, Warden, Boys hostel-7. The event was jointly organized by Dr. Naveen Kumar (Programme Officer-NSS), Dr. Tilak Raj (Warden, Boys Hostel-2 & Programme Officer, NSS), Dr. Arun Singh Thakur, Dr. Vivek Kumar (Chairperson, Centre for Medical Physics & Programme Officer, NSS) and Dr. Anuj Kumar (Programme Officer, NSS).


NSS, PANJAB UNIVERSITY
 in association with
BOYS HOSTEL NO 2 & 7 & CENTRE FOR MEDICAL PHYSICS
 Is organizing a digital
'YOGA DEMONSTRATION'
 to commemorate
'7th INTERNATIONAL YOGA DAY'
 with
YOGA THERAPIST- HARCHARAN SINGH
 On 21st June, 2021 6 a.m. onwards
 GOOGLE LINK: <https://meet.google.com/yda-gjgp-vaq> Or dial: +1 262-737-4780 PIN: 918 785 569#

CHIEF PATRON



PROF. RAJ KUMAR
Hon'ble Vice Chancellor
Panjab University



PROF. S.K. TOMAR
Dean Students Welfare,
Panjab University



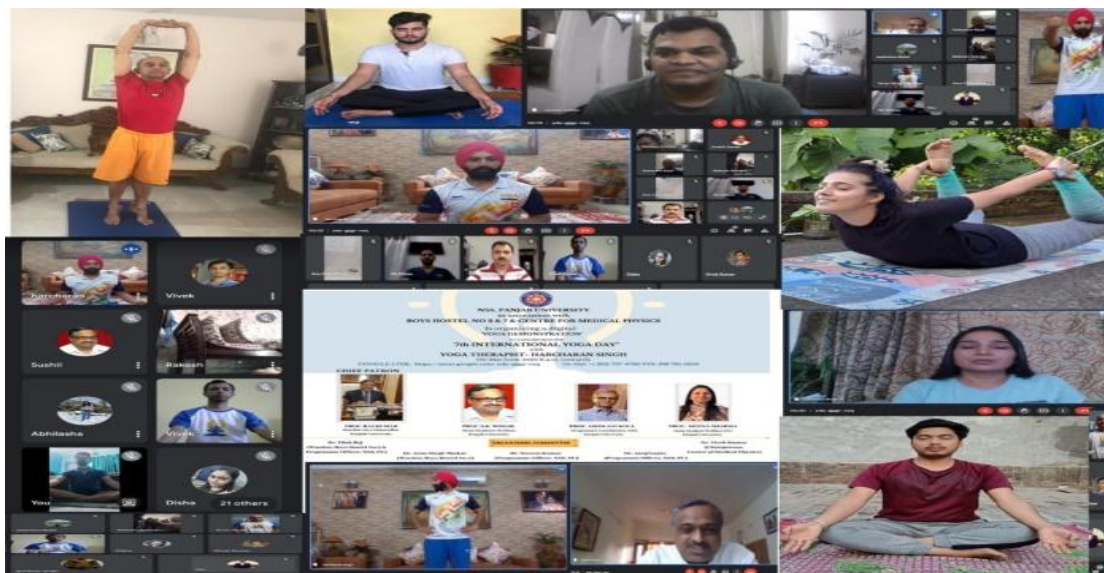
PROF. ASHWANI KOUL
Programme Coordinator, NSS,
Panjab University



PROF. MEENA SHARMA
Dean Student Welfare (W)
Panjab University

ORGANIZING COMMITTEE

<p>Dr. Tilak Raj (Warden, Boys Hostel No.2 & Programme Officer, NSS, PU)</p>	<p>Dr. Arun Singh Thakur [Warden, Boys Hostel No.7]</p>	<p>Dr. Naveen Kumar [Programme Officer, NSS, PU]</p>	<p>Dr. Anuj Gupta (Programme Officer, NSS, PU)</p>
<p>Dr. Vivek Kumar (Chairperson, Centre of Medical Physics)</p>			



- To mark the celebrations of International Yoga Day, PU NSS in collaboration with Institute of Forensic Science & Criminology and Department of Public Administration, Panjab University, Chandigarh, organized an online Yoga Workshop on the theme “Yoga at Home – Yoga with Family” on 21st June from 7.30am onwards. The event was organized by Dr. Navneet Kaur, Dr. Sucha Singh and Dr. Parveen Goyal with an effort to create awareness about the benefits of Yoga. More than 80 NSS volunteers and Programme Officers participated in the workshop. Prof. Ashwani Koul delivered the welcome address and highlighted the importance of Yoga in our daily life. He also stressed on the need of practicing Yoga to overcome stress factors related to covid-19. Yoga Facilitators, Mr. Karan Gill, a state gold medalist in softball and Ms. Asha Kaushik, a coach of taekwondo guided the participants in performing different Yoga Asnas and also enlightened them about the role of Yoga in curing many diseases. Volunteers from different departments also pledged to make aware of their family members’ about the positive impacts of Yoga in their daily life.

Online Yoga Workshop



Prof. Raj Kumar
Honorable VC
(Patron)



Prof. Ashwani Koul
NSS Programme Coordinator

Yoga at Home-Yoga with Family

(International Yoga Day Celebrations)

Join Us on June 21, 2021
7.30am to 8.30am

Trained Yoga Facilitators



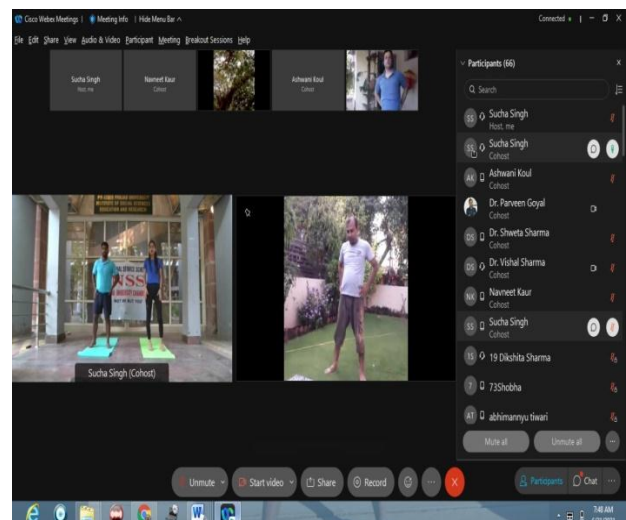
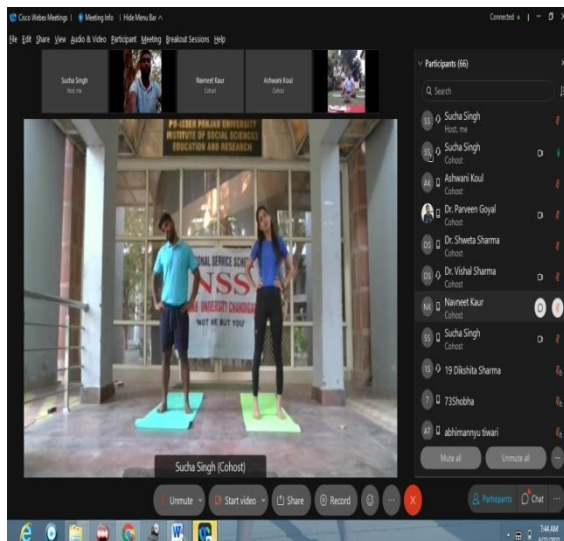
Mr. Karan Gill Ms. Asha

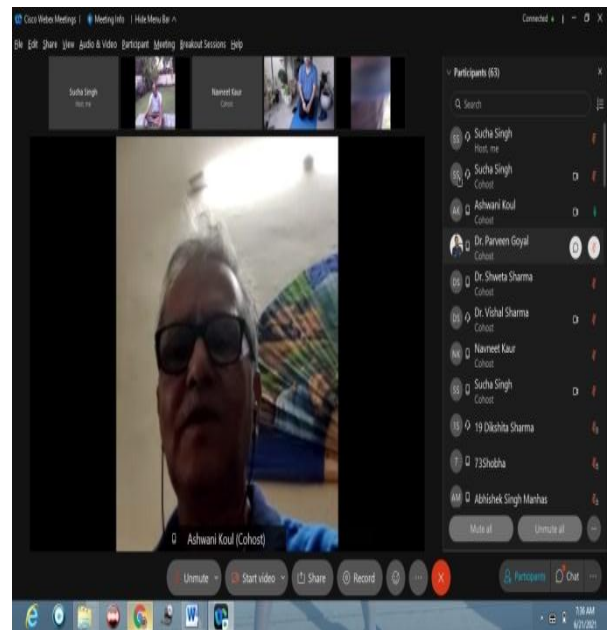
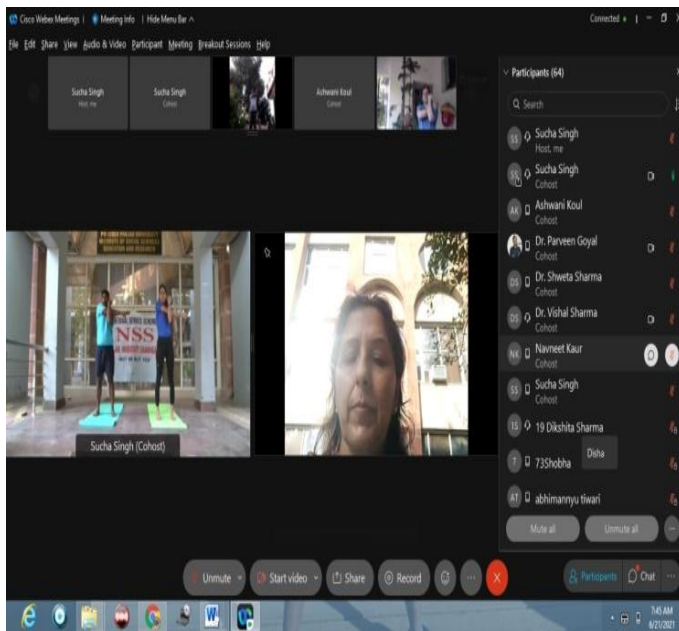
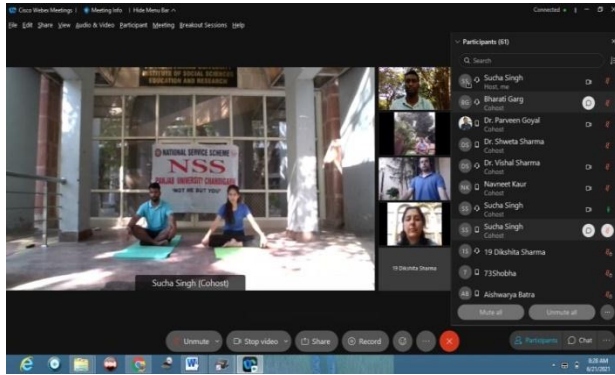
Click here for joining: <https://uietpuchd.webex.com/uietpuchd/j.php?MTID=m1f90bf691521c037de0408bf98cd3a06>
Password: nss@123



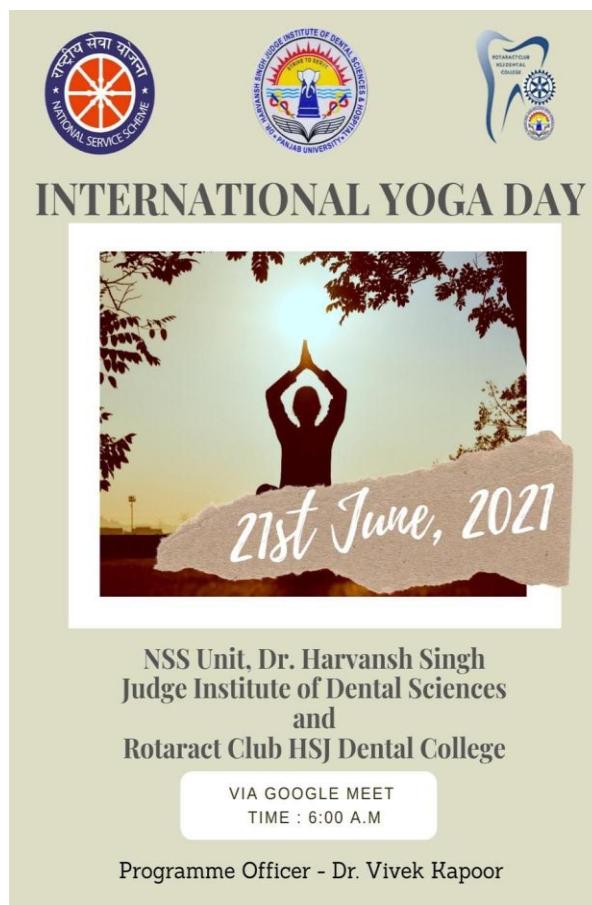
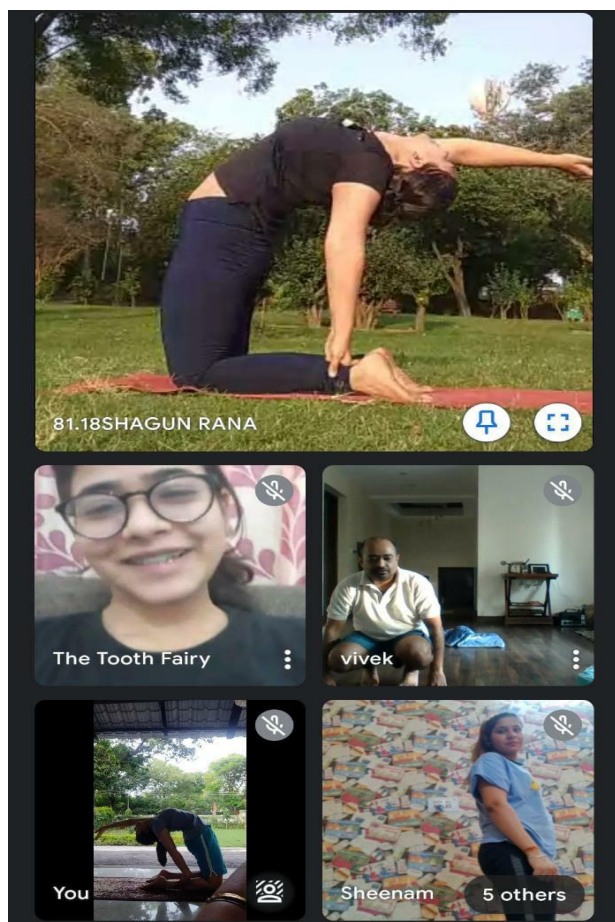
Organizing Team

Dr. Sucha Singh, Dr. Navneet Kaur & Dr. Parveen Goyal





- The NSS Wing of Dr. Harvansh Singh Judge Institute of Dental Sciences celebrated International Yoga Day on 21.06.2021 with the members joining live from their homes. All members and few teachers from the institution who had joined were taught basics of Surya Namaskar and had a talk about Yoga and how it helps with the overall health and development of the individual. The session was conducted by Ms. Shagun Rana and organized by Dr. Vivek Kapoor, NSS Programme Officer and Teacher in-charge for the institute's Rotaract Club.



- A Cleanliness cum Plantation Drive was launched at Palm Garden by Department of NSS in collaboration with Horticulture division of Panjab University. Prof. Ashwani Koul, Programme Coordinator, NSS, PU at the outset thanked Prof. Raj Kumar, Hon'ble Vice Chancellor, PU for his able guidance and untiring support for such initiatives. Prof. Koul shared about the present drive for the maintenance and upkeep of all parks and gardens of Panjab University. Further, he mentioned that there are eleven more such drives that will be held in the months of July and August, 2021. Programme Officers inspired the participants to maintain cleanliness in surroundings and made about volunteers learn about importance of cleanliness and personal hygiene in their lives. The event was attended by all Programme Officers, nss volunteers and staff of Horticulture division. Keeping Covid appropriate behaviour into consideration, the samplings of various varieties of palm were planted at palm garden by Prof. Koul and his team followed by a cleanliness drive. Dr. Naveen Kumar, Programme officer proposed a vote of thanks and mentioned the overwhelming support of Prof. Raj Kumar, Hon'ble Vice- Chancellor, PU and Prof. Koul,


Programme Coordinator, NSS, PU. The efforts of Programme Officers, Horticulture division, and student volunteers' team of Sahil K Sharma, Akansha Sharma, Vishal Saini, and Colonel Ravinder Bobby were recognized and well appreciated.

The poster features the Panjab University logo on the top left and the National Service Scheme logo on the top right. The central text reads: 'DEPARTMENT OF NSS in association with HORTICULTURE DIVISION PANJAB UNIVERSITY, CHANDIGARH Announces 'CLEANLINESS cum PLANTATION DRIVE' on 12th July, 2021 at 11 a.m.' Below this, a photograph of Prof. Raj Kumar is shown with the caption 'CHIEF PATRON PROF. RAJ KUMAR Hon'ble Vice Chancellor Panjab University'. The venue is listed as 'PALM GARDEN Panjab University, Sector 14, Chandigarh'. A banner for 'SWACHH BHARAT ABHIYAAN' is displayed, featuring a person cleaning and the slogan 'EK KADAM SWACHHATA KI ORE'. At the bottom, the organizing committee is listed as 'Prof. Ashwani Koul (Programme Coordinator, NSS, Panjab University) All Programme Officers, NSS, Panjab University Horticulture Division, Panjab University'.

DEPARTMENT OF NSS
in association with
HORTICULTURE DIVISION
PANJAB UNIVERSITY, CHANDIGARH


Announces
'CLEANLINESS cum PLANTATION DRIVE'
on 12th July, 2021 at 11 a.m.

CHIEF PATRON



PROF. RAJ KUMAR
Hon'ble Vice Chancellor
Panjab University

Venue
PALM GARDEN
Panjab University,
Sector 14, Chandigarh



SWACHH BHARAT ABHIYAAN
EK KADAM SWACHHATA KI ORE

ORGANIZING COMMITTEE

Prof. Ashwani Koul (Programme Coordinator, NSS, Panjab University)
All Programme Officers, NSS, Panjab University
Horticulture Division, Panjab University



- A Cleanliness cum Plantation Drive was launched at a park near Mori Gate, Sector-14, Chandigarh by the Department of NSS in collaboration with Horticulture Division of Panjab University (PU). Prof. Ashwani Koul, Programme Coordinator, NSS, at the outset, thanked Prof. Raj Kumar, Vice chancellor, PU for his able guidance and untiring support for such initiatives. Prof. Koul shared his vision of a

clean and beautiful environment and later supported it with the present drive for the maintenance and upkeep of all parks and gardens of PU. Further, he mentioned that eleven more such drives would be held in the months of July and August,2021. Programme officers inspired the participants to maintain cleanliness in surroundings and urged the volunteers to propagate about importance of cleanliness and personal hygiene in their lives. Influenced by this, NSS Volunteers along with other children from neighboring areas dedicated their efforts in the drive and pledged to keep their city clean. The event was attended by all programme officers, NSS volunteers and staff of Horticulture division. Keeping covid appropriate norms into consideration, the samplings of various varieties of trees and plants were planted at a park near Mori Gate, Sector-14, Chandigarh by Prof. Koul and his team. The Programme officers proposed a vote of thanks. The efforts of everyone who dedicated in making this drive a success was recognized and well appreciated with a promise in heart to keep our City Clean and Green.



➤ National Service Scheme (NSS), Panjab University, Chandigarh In association with Horticulture Division and Girls Hostel No. 5, Panjab University organised a “ Cleanliness cum Plantation Drive” on 16th July,2021 in the Park between Girls Hostel No. 1 and 2, Sec-14, Panjab University, Chandigarh. Dr. Naveen Kumar said that Cleanliness is must during these tough times of pandemic. Dr. Nidhi Gautam added by saying that taking care of plants is also much important for all of us. The drive was organised following the Covid protocol and safety measures were also taken care of. Different kinds of trees were planted by the staff with great enthusiasm. It was a great experience organized under the guidance of Prof. Ashwani Koul along with the help of other staff member. Dr. Naveen Kumar, Dr. Amita Verma, Dr. Sucha Singh, Dr. Anuj Gupta, Dr. Nidhi Gautam, NSS Volunteers and staff of Girls Hostel No.5 participated and contributed in a team for the successful conduct of the drive. Also, the drive was a huge success due to the efforts of the Student Coordinators: Sahil Kumar Sharma, Akansha Sharma, Vishal Saini and Colonel Ravinder Bobby. This was a great opportunity as well as initiative by Panjab University to inculcate the cleanliness habit among the citizens and informing them that nature shouldn't be taken for granted and must be respected for it's values.



**DEPARTMENT OF NSS, PANJAB UNIVERSITY
IN ASSOCIATION WITH
GIRLS HOSTEL NO. 5 AND HORTICULTURE DIVISION,
PANJAB UNIVERSITY**



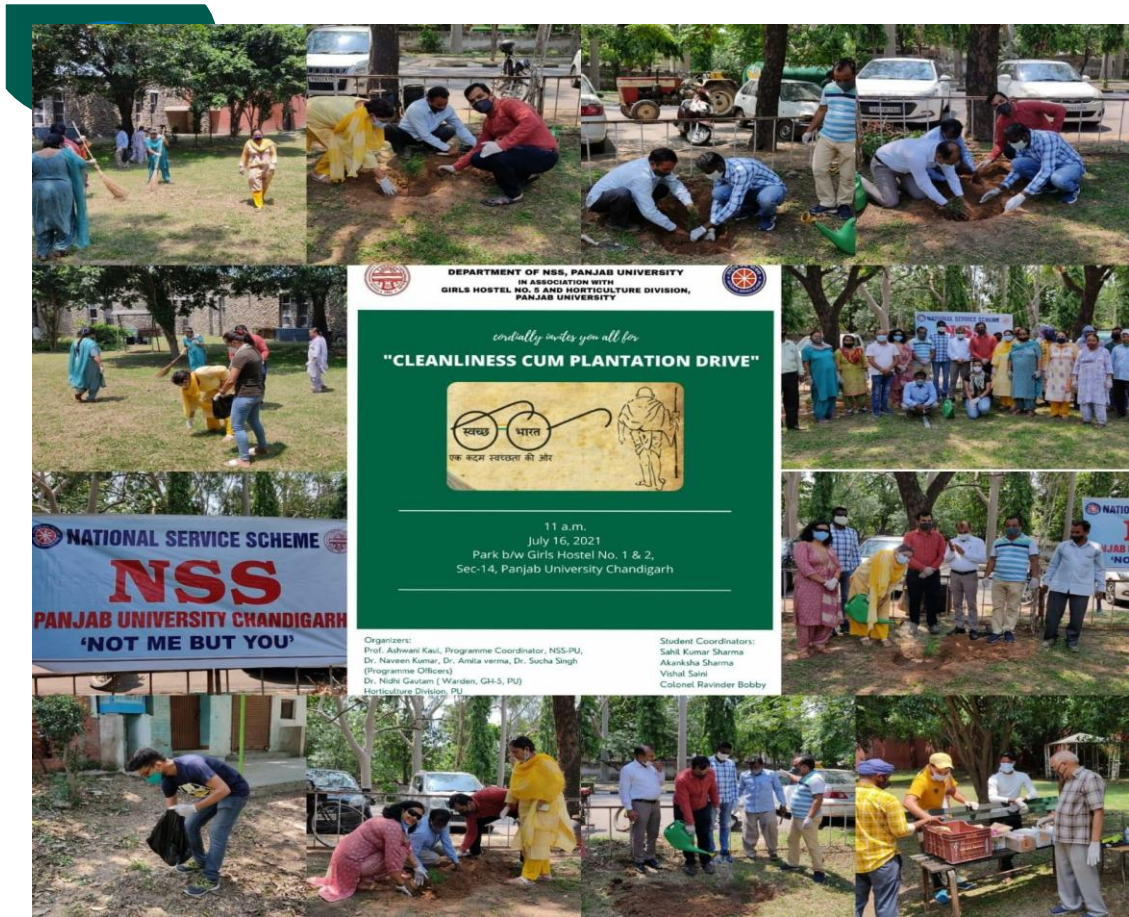
cordially invites you all for

"CLEANLINESS CUM PLANTATION DRIVE"

11 a.m.
July 16, 2021
Park b/w Girls Hostel No. 1 & 2,
Sec-14, Panjab University Chandigarh

Organizers:
Prof. Ashwani Kaul, Programme Coordinator, NSS-PU,
Dr. Naveen Kumar, Dr. Amita verma, Dr. Sucha Singh
(Programme Officers)
Dr. Nidhi Gautam (Warden, GH-5, PU)
Horticulture Division, PU

Student Coordinators:
Sahil Kumar Sharma
Akanksha Sharma
Vishal Saini
Colonel Ravinder Bobby



- Cleanliness cum Plantation Drive was launched at Prof R C Paul Rose Garden, Sector-14, Chandigarh by the Department of NSS on 19.07.2021. Dr. Gaurav Gaur, Dr. Tilak Raj, Dr. Sucha Singh participated and contributed in a team for the successful conduct of the drive.



- Planting trees is one of the most effective ways to make the environment a greener, more vibrant, and healthier place. Trees are necessary for the survival of almost every living creature on our planet. Keeping this in mind today 22-07-2021 Department of NSS in association with Boys Hostel-2, and Horticulture Division, Panjab University organized a cleanliness and tree plantation drive at Park opposite T-II type houses, Sector 25, Panjab University, Chandigarh at 10: 30 am. Anil Thakur, Divisional Engineer, Dr. Tilak Raj, Warden, BH-2 along with hostel staff, Dr. Naveen Kumar, Dr. Vivek Kumar, Dr. Sucha Singh, Dr. Navneet Kaur, Dr. Anuj, Programmer Officer, NSS, Anil Singla, along with hostel staff horticulture division, PU and other eminent persons of the Panjab University attended this event. Plants of Chandini single and double, bottle brushes, hamelia, ficus , gardenia, and Jatropha were planted in the park under this drive.



➤ To spread awareness about LGBTQ+ community competitions like Quiz and Art Competition was organized by NSS UIET on Instagram. This event began from 22.07.21 to 30.07.21 and total 26 volunteers from NSS, UIET volunteered to make this event successful. In this event, many participants took part with joy and received appreciation certificates and shout out on our social media platform. The event was managed by the student coordinators Ganga Batra, Ritik Thakur, Tryambak Kansal, Virat Pratap Singh under the guidance of program officer Er. Gagandeep Singh Pallha. The event went smooth and very educative. The knowledge of quiz and creative art entries of participants added stars to the event. Overall, the event went off without a hitch.



- Plantation cum Cleanliness drive held on 24.7.2021 at Bulbous cum Palm Park Near Mandir, PU ,Sector 14, Chandigarh.

 **DEPARTMENT OF NSS** 
In association with
HORTICULTURE DIVISION
PANJAB UNIVERSITY, CHANDIGARH

Announces
‘CLEANLINESS cum PLANTATION DRIVE’
on 24th July, 2021 at 11:30 a.m.

VENUE: **CHIEF PATRON**
Bulbous cum Palm Park **PROF. RAJ KUMAR**
Near Mandir **Hon’ble Vice Chancellor**
Sector, 14 **Panjab University, Chandigarh**


ORGANIZING COMMITTEE
Prof. Ashwani Kaul (Programme Coordinator, NSS, Panjab University)
Dr. Rohit K Sharma, Dr. Navneet Kaur & Dr. Anuj Gupta
(Programme Officers, PU)
Horticulture Division, Panjab University, Chandigarh

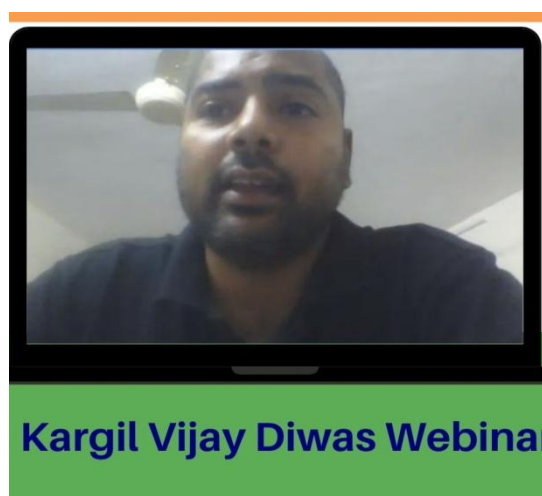
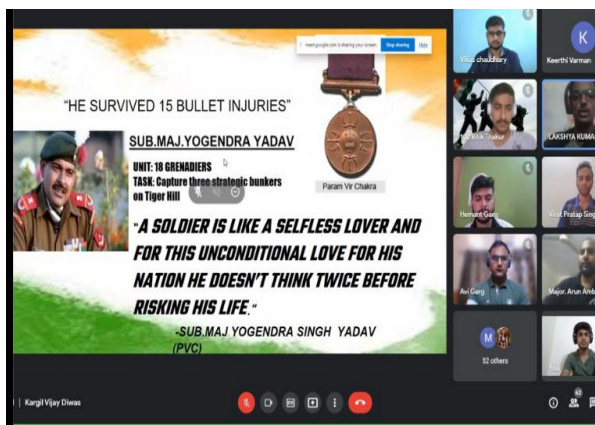


- Department of NSS in association with Horticulture Division, Panjab University, Chandigarh organized a Cleanliness cum Plantation drive on 26th July, 2021 at 10:30 am at Prof. GP Sharma Herbal Park Sector 1,4 under the able guidance of Prof. Raj Kumar, Vice Chancellor, and Prof. Ashwani Koul, Programme Coordinator, NSS, Panjab University, Chandigarh. The organizing committee included the NSS Programme Officers Dr. Navneet Kaur, Dr. Vivek Kapoor and Dr. Naveen Kumar. Besides, other Programme officers Dr. Tilak Raj, Dr. Anuj Gupta and Dr. Rohit K. Sharma enthusiastically participated in the drive. NSS volunteer Rohit Kumar, officials and workers from the Horticulture department too participated in the drive.





- NSS, UIET successfully hosted a Webinar on KARGIL VIJAY DIWAS on 26.07.2021 to commemorate NSS Day. Celebrations were held in the presence of Programme Officer Gagandeep Singh. More than 80 participants from all over university were a part of this event. A number of volunteers of NSS, UIET volunteered to conduct this webinar smoothly. This event was managed by student coordinators- Ganga Batra, Ritik Thakur, Tryambak Kansal, Virat Pratap Singh. Volunteer Lakshay gave a welcome speech to participants and brief Presentation on Kargil War which was about valour of our Braveheart's who got martyred during the war. Honourable Chief Guest Maj. Arun Prakash Ambathy (Parachute Regiment Indian Army) encouraged and inspired the audience for performing their best foot forward in serving the nation. He gave his personal warfare experience to the audience and ways to inculcate military habits in our daily life to improve discipline. He also explained how we citizens can contribute during a war – (i) Through donations, (ii) Volunteering in social services, (iii) By Participating in NCC and reserved forces).The program ended with doubt session of defence enthusiast with our chief guest, all in all the event went off without a hitch.



- A Cleanliness cum Plantation drive was organized by National Service Scheme in association with Horticulture Division of Panjab University at Hibiscus Park, Sector 14, Chandigarh on 28th July 2021. In this cleanliness cum plantation drive many teachers and NSS volunteers participated. Dr. Anuj Kumar, NSS Programme officer said that such events are now the necessity of the society for a healthy environment. He urged the volunteers to ensure proper care of the saplings. Dr. Navneet Kaur, Dr. Naveen Kumar, Dr. Tilak and Dr. Gagandeep Singh also graced the event with their valuable presence. Dr. Sucha Singh proposed vote of thanks and motivated students for Tree plantation. Students & NSS volunteers were happy to be part of the tree plantation drive.





- National Service Scheme (NSS) along with Horticulture department of Panjab University Chandigarh organised a Cleanliness and Plantation Drive on 30th July, 2021 at the fun and Frolic Park, sector 25, Chandigarh. The event was organized by Prof Ashwani Koul, Programme Coordinator, NSS along with Dr Vivek Kapoor, Dr Amita Verma and Dr. Vivek Kumar, Programme Officers, NSS. The drive was attended by Programme Officers including Dr. Naveen Kumar, Dr. Anuj Kumar, faculty and students of the University. In order to connect with the environment, the participants enthusiastically helped each other in planting saplings in the park. We respect mother nature and it will in turn Bless our future generations. Just living is not enough, one must have sunshine, freedom and a little flower.” – Hans Christian Andersen.


DEPARTMENT OF NSS
 In association with
HORTICULTURE DIVISION
PANJAB UNIVERSITY, CHANDIGARH


Announces
'CLEANLINESS cum PLANTATION DRIVE'
On July 30' 2021 at 2:30 pm

VENUE:
Fun & Frolic Park
Sector 25,
Chandigarh

CHIEF PATRON
PROF. RAJ KUMAR
Hon'ble Vice Chancellor
Panjab University, Chandigarh



ORGANIZING COMMITTEE
Prof. Ashwani Keul (Programme Coordinator, NSS, Panjab University)
Dr. Vivek Kapoor, Dr. Amita Verma & Dr. Vivek Kumar
(Programme Officers, PU)
Horticulture Division, Panjab University, Chandigarh



- A Cleanliness cum Plantation drive was organized by Department of National Service Scheme Panjab University at Children Park Near Teacher's Flat, Sector 14, PU Chandigarh on 2nd August 2021. In this cleanliness cum plantation drive many teachers and NSS volunteers participated. Dr. Gagandeep Singh, NSS UIET Programming Officer, said that similar drives should be conducted in order to maintain a healthy atmosphere and have a positive impact on society. He urged the volunteers to look after the saplings properly. Dr. Anuj Kumar, Dr. Navneet Kaur, Dr. Naveen Kumar and Dr. Vivek Kapoor also made an appearance at the occasion. Students and NSS volunteers were pleased to be a part of the tree-planting campaign. Overall, the drive went off without a hitch.



The poster is green and white. At the top left is the NSS logo with the motto 'सेवा सेवा सेवा' and 'NATIONAL SERVICE SCHEME'. The main title is 'Maintenance Drive' in large green letters, with 'Organized By NSS, PU' below it. A central graphic shows a hand holding a small green sapling with soil. Below this, the text reads 'Cleanliness & Plantation Drive' in a dark green oval. The date and time are '2nd August 2021' and '10:30AM'. The location is 'Children's Park (Near Teacher's Flat) Sector 14, PU'. On the right, it lists the 'NSS Program Coordinator Prof. Ashwini Kaul' and 'Leading Program Officers Dr. Gagandeep Singh, Dr. Navneet Kaur, Dr. Anuj Gupta'.



- To promote the initiative of Swachhta Bharat Pakhwada among students and PU campus residents, Department of NSS in collaboration with 'Boys Hostel No. 2 and Horticulture Division, Panjab University, Chandigarh carried out a Tree Plantation cum cleanliness drive on 4th August, 2021 at University Meadows. The drive was launched by Dr. Sucha Singh, NSS Programme Officer. The organizing committee included the NSS Programme Officers Dr. Naveen Kumar, Dr. Navneet Kaur, Dr. Vivek Kapoor, Dr. Vivek Kumar, and Dr. Anuj Kumar . Besides, the staff of boys hostel no. 2, horticulture and NSS volunteers also enthusiastically participated in the drive. In response to this initiative, both students and staff planted 20 trees and collected the plastic waste and disposed off the same in the proper manner. NSS team motivated the participants to protect the environment from the plastic waste and make these kinds of cleanliness activities a routine to keep their surroundings clean and green.

NATIONAL SERVICE SCHEME
Panjab University, Chandigarh

JOIN US
for
Cleanliness cum Plantation Drive
ON
4th August, 2021
11:30 AM

CHIEF PATRON
Prof. (Dr.) Raj Kumar
Vice Chancellor, Panjab University
CHANDIGARH

PATRON
Prof. Ashwani Koul
NSS Programme Coordinator
Panjab University, Chandigarh

Location: Meadows Garden, Sector-14, Chandigarh

Organising Team: Dr. Sucha Singh, Dr. Gaurav Gaur, Dr. Tilak Raj
NSS Programme Officers and Horticulture Division, Panjab University, Chandigarh

Student Coordinator: Miss. Ritika Verma



- Centre for Social Work and NSS, Panjab University, Chandigarh honoured 16 Swachhta Karyakartas under the SWACHHTA PAKHWADA-2021 on 05.08.2021. Prof S K Tomar Dean Student Welfare (DSW) felicitated all of them for their invaluable contribution throughout the Covid-19 pandemic and still continuing. He appreciated all of them for their commitment and dedication shown towards the work they do.




समाज कार्य विभाग एवं राष्ट्रीय सेवा योजना पंजाब विश्वविद्यालय, चंडीगढ़

स्वच्छता पखवाड़ा 2021

मुख्य संरक्षक:



प्रो राज कुमार
माननीय उपकुलपति
पंजाब विश्वविद्यालय, चंडीगढ़



एक कदम स्वच्छता की ओर

अभिर्नंदन समारोह

कोविड -19 फ्रंटलाइन वर्कर्स (स्वच्छता कार्यकर्ता)

दिनांक : 05-08-2021 समय : दोपहर 12:00 बजे
स्थान: स्टूडेंट सेंटर , पंजाब विश्वविद्यालय ।

अतिथिगण:

प्रो अश्विनी कौल कोऑर्डिनेटर , राष्ट्रीय सेवा योजना	प्रो एस के तोमर डीन, स्टूडेंट वेलफेर	प्रो मीना शर्मा डीन, स्टूडेंट वेलफेर (महिला)	प्रो अशोक कुमार असोसीएट डीन, स्टूडेंट वेलफेर
--	---	---	---

आयोजक:
डॉ गौरव गौड़, विभाग अध्यक्ष ,समाज कार्य विभाग, पंजाब विश्वविद्यालय, चंडीगढ़ ।



- To promote the initiative of Swachhta Bharat Pakhwada under Swachh Bharat Mission among students and Panjab University campus residents, Department of NSS in association with Girls Hostel No. 9, Centre for Medical Physics and Horticulture Division, Panjab University, Chandigarh has organized a CLEANLINESS cum PLANTATION DRIVE on 6th August, 2021 at Mini-Rose Garden, Near BMS Block, South Campus, Sector-25, Chandigarh. Prof. R.C. Sobti, Former Vice Chancellor, Panjab University, Chandigarh and the Babasaheb Bhimrao Ambedkar University, Lucknow was the Chief-Guest of the event. He planted tree and participated in the cleanliness drive. He has also served the refreshments to all gardeners. Prof. Ashwani Koul (NSS Programm Coordinator), Dr. Vivek Kumar (Chairperson, Centre for Medical Physics), Dr. Rohit K. Sharma (Chemistry Deptt.), Dr. Shipra Gupta (Warden, GH No. 9), Dr. Vivek Kapoor (DHSJIDSH), Dr. Anuj Kumar (DCSA), Er. Anil Thakur & Mr. Amandeep (Horticulture Division), Dr. Kashmir Singh (Biotechnology Deptt.), Dr. Archana Chauhan (Zoology Deptt.), Dr. Deepak K. Rahi (Microbiology Deptt.) & various other faculties and non-teaching staff and about 25 NSS student volunteers have participated in this program with physical distancing. The main objective of cleaning was to remove polythene packets and garbage and to plant new plants in the garden. It also creates awareness among our NSS students about the need and importance of clean environment. In response to this initiative, both students and staff planted 25 trees and collected the plastic waste and disposed off the same in the proper manner. NSS team motivated the participants to protect the environment from the plastic waste and make these kinds of cleanliness activities a routine to keep their surroundings clean and green.



DEPARTMENT OF NSS
HORTICULTURE DIVISION
GIRLS HOSTEL NO. 9
CENTRE FOR MEDICAL PHYSICS
PANJAB UNIVERSITY, CHANDIGARH
Announces



'CLEANLINESS cum PLANTATION DRIVE'

6th August, 2021 at 11.30 a.m.

VENUE:

Mini-Rose Garden,
Sector-25, P.U.,
Chandigarh

CHIEF PATRON

Prof. Raj Kumar
Hon'ble Vice Chancellor
Panjab University



Organising Committee

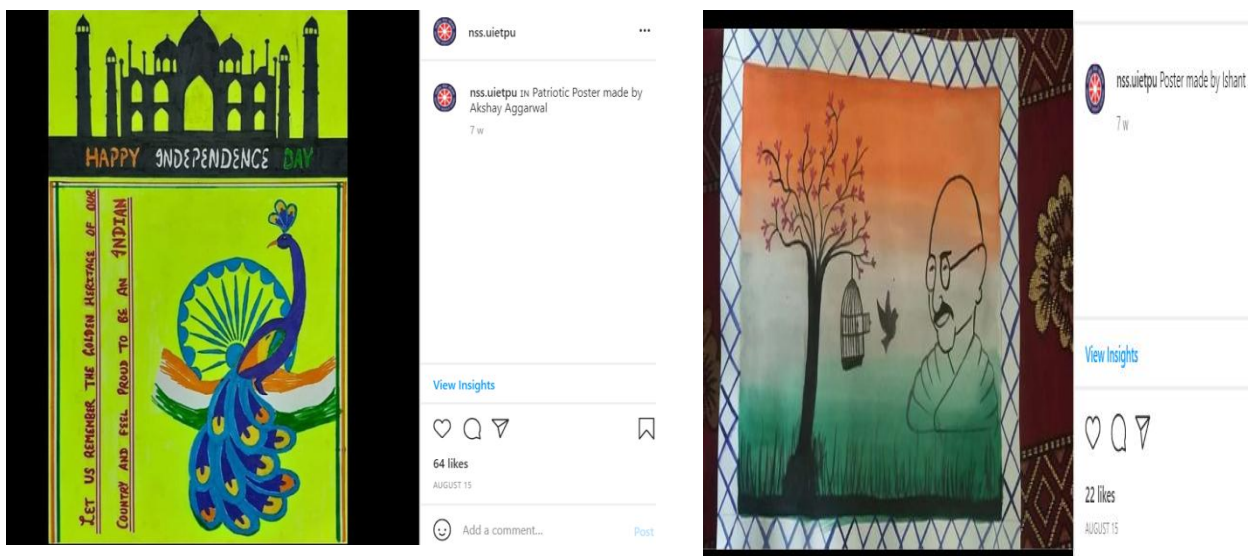
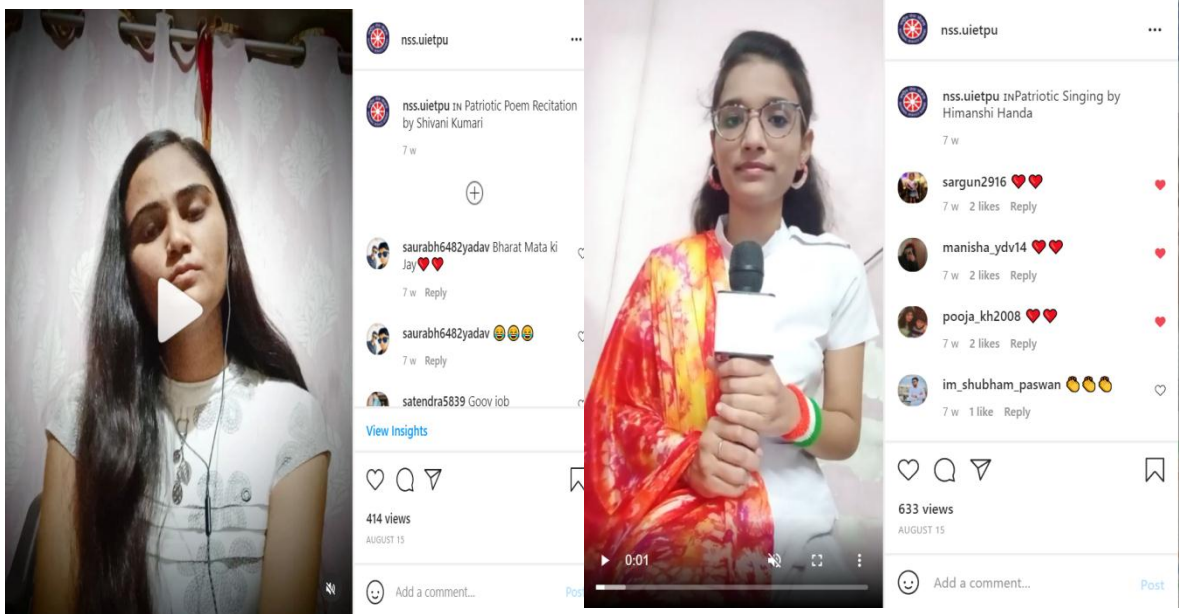
Prof. Ashwani Koul (Programme Coordinator, NSS, PU)
Dr. Vivek Kumar, Dr. Gaurav Gaur and Dr. Rohit K. Sharma (POs, PU)
Dr. Shipra Gupta (Warden, GH No. 9)
Horticulture Division, PU, Chandigarh







➤ On the occasion of Independence Day competitions like Patriotic Poem Recitation, Patriotic Singing, poster making was organized by NSS wing of UIET. This event began from 11.08.21 to 15.08.21 and total 24 volunteers from NSS, UIET volunteered to make this event successful. In this event, many participants have come forward and took part in the event enthusiastically, and received appreciation certificates and winners received shout out. Additionally, the song and poem of winners were posted on our Instagram account. The event was managed by the student coordinators Ganga Batra, Ritik Thakur, Tryambak Kansal, Virat Pratap Singh under the guidance of program officer Er. Gagandeep Singh. The event went smooth and very educative. The entries from participants really added stars to the event. Overall, the event went off without a hitch.



**TO COMMEMORATE
75TH INDEPENDENCE
DAY**

**NSS UIET
IS BACK WITH A SERIES OF COMPETITIONS:**

- **Poster making**
- **Patriotic singing**
- **Patriotic poem recitation**

General Instructions for participants:

1. Send your videos/pictures (for posters) on Google forms.
2. Entries will be posted to the NSS UIET Instagram page.
3. The number of likes on our Instagram page will decide the winner.
4. The winners will receive exciting gift vouchers and a certificate as a special commendation from NSS UIET.

Contact Us :
Ritik - 8427360492,
Tryambak-8580503153

Last Date of Submission : 15th August

INDEPENDENCE DAY PARADE, 2021

- Independence Day is celebrated annually on 15 August in India commemorating the nation's independence from 15 August 1947, the day when the provisions of the 1947 Indian Independence Act, that transferred legislative sovereignty to the Indian Constituent Assembly, came into effect. Every year this day is celebrated with immense happiness throughout the country.



Chandigarh administration organized a parade at Sector-17 parade ground to represent the freedom that we achieved on this day. Total 18 platoons took part in this year's event that included Chandigarh Police, Civil Defence Forces, CRPF, Punjab Police, Haryana Police,

NCC Air Wing, Army Wing and Navy Wing. About 26 volunteers of NSS represented PANJAB UNIVERSITY, Chandigarh in this auspicious event.

Firstly, the selections were done for the NSS volunteers for the parade. The parade practices started from 1st August 2021 under the guidance of drill instructor Ms. Rubi Parveen and Mr. Mustaq Ali. The volunteers' whole heartedly completed the course. Dr. Vivek Kumar, NSS Programme Officer, Panjab University has assisted the volunteers for this event.



To keep students actively involved, many other activities were also conducted like Prabhat Pheri, Yoga, cleanliness drives to name a few.



Young volunteers dressed up smartly with ranks, and medals on their uniform with charm on their faces completed the parade proudly with immense enthusiasm and happiness. Later, the

Programme Coordinator Prof. Ashwani Koul met the students and praised the volunteers for their hard work. The day was made with the feeling of self-satisfaction and a will to do better in future.



- Department of NSS in association with Centre for Medical Physics and Centre for Systems Biology and Bioinformatics, Panjab University, Chandigarh organized a CLEANLINESS DRIVE on 24th August, 2021 under the guidance of programme coordinator Prof. Ashwani Koul under the Swachh Bharat Mission initiative of the present Government. NSS volunteers cleaned the ground area in front of the medical physics department with the supervision of programme officer and Chairperson, Centre for Medical Physics Dr. Vivek Kumar. Dr. Naveen Kumar (UIAMS), Dr. Tilak Raj (UBS), Dr. Anuj Kumar (DCSA), Dr. Tammanna R. Sahrawat (Chairperson, CSBB), Dr. Veena Puri (CSBB) & various other non-teaching staff and about 20 NSS student volunteers have participated in this program. The main objective of cleaning was to remove polythene and garbage from the garden. NSS program officers motivated the participants to protect the environment from the plastic waste and to make these kinds of cleanliness activities a routine feature to keep their surroundings clean and green. After the programme students were given refreshments and the Programme Officers appreciated the students for their worthy efforts, and motivated them to be active in participation of such drives to make this world a better place to live.





➤ **SANITATION DRIVE BY NSS VOLUNTEERS AT PANJAB UNIVERSITY CAMPUS ON 23.05.2020.**



पी.यू. की कंस्ट्रक्शन साइट पर किया स्प्रे

चंडीगढ़, 24 मई (रश्मि) : पी.यू. के सेक्टर-14 व 25 में कंस्ट्रक्शन साइट में एन.एस.एस. वॉलंटियर्स ने स्प्रे किया। यह स्प्रे अभियान ऑफिसर गौरव गौड़, वॉलंटियर्स शुभम, नरेंद्रा और खनीत के नेतृत्व में हुआ। प्रो. गौरव गौड़ ने बताया कि यह झाड़ू पिछले दो माह में तीन बार चलाई जा चुकी है।

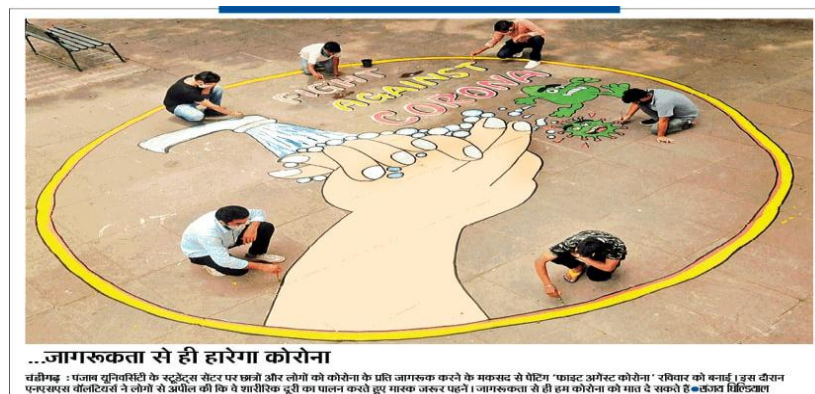
➤ **CELEBRATION OF NATIONAL DOCTOR'S DAY DAY ON 01.07.2020.**



- NSS Volunteers from Centre for Social Work, Panjab University, Chandigarh expressed gratitude towards all the Doctors today on National Doctor's Day, by visiting Govt. Multi-specialty hospital, Sector-16, Chandigarh on 01.07.2020. The Volunteers included Shubham, Jaskirat Kaur, Kavneet Singh and Narendra Singh. Dr. Gaurav Gaur, NSS Programme Officers said that "Doctors are always considered next to the God and especially during COVID-19, the whole doctors' and paramedic community has done exemplary work, which can't be put in words at all".



- A Painting has been made by the NSS Volunteers "Fight Against Corona" at Student Centre, PU, Chandigarh on 19.07.2020. A Message has been given through painting to follow the guidelines of COVID. Dr. Gaurav Gaur, NSS PO organized this event.



- Celebration of Yoga Day on 21.06.2020 by NSS Volunteers of Panjab University Campus.



- **Plantation Drive on 12.08.2020 on the occasion of International Youth day.**



- **An Awareness activity conducted for motivation masses to wear mask to mark International Literacy day on 09.09.2020 at Gate No. 2, Panjab University, Chandigarh.**



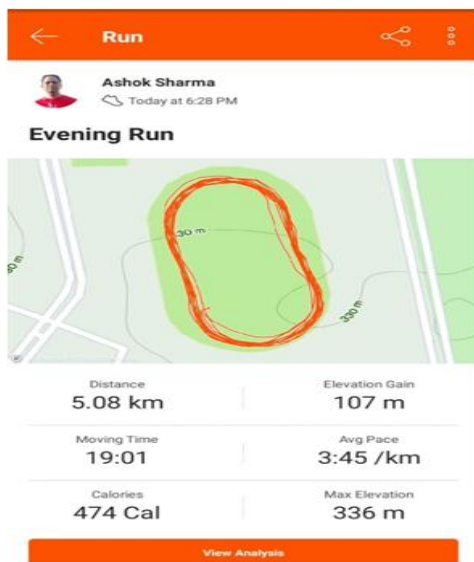
- **To mark the NSS Day on 24.09.2020 our worthy DSW, Prof. S K Tomar honoured dedicated and committed NSS Volunteers from campus who rendered exemplary services during the Covid-19 pandemic to the community.**



- NSS Team of Panjab University, Chandigarh celebrated 151th Gandhi Jayanti by organising 2 KM Plog-Run at Panjab University Campus to pay homage to the father of the nation Mahatma Gändhi on 2nd October , 2020. NSS Programme Officers, Dr. Naveen Kumar, Dr. Sucha Singh, Dr. Gaurav Gaur, Dr. Anuj, Dr. Vivek, Dr. Tilak Kumar and volunteers participated in this event. The run was commenced at 7 am from the student centre to around 2 Km in the PU Campus.



- A Plog run of 2kms was organized to celebrate the 151th Birth anniversary of Shri Mahatma Gandhi on 02.10.2020. The run was a part of fit India freedom run, organised with the objective of making India fitter. People were requested to share videos or photographs of their run or walk of 2 kms with us. Dr.Amita Verma, NSS PO, NSS volunteers and students of UILS participated in it and also encouraged the people living in their local vicinity to take part in the run. We received a total of 35 photographs/videos.



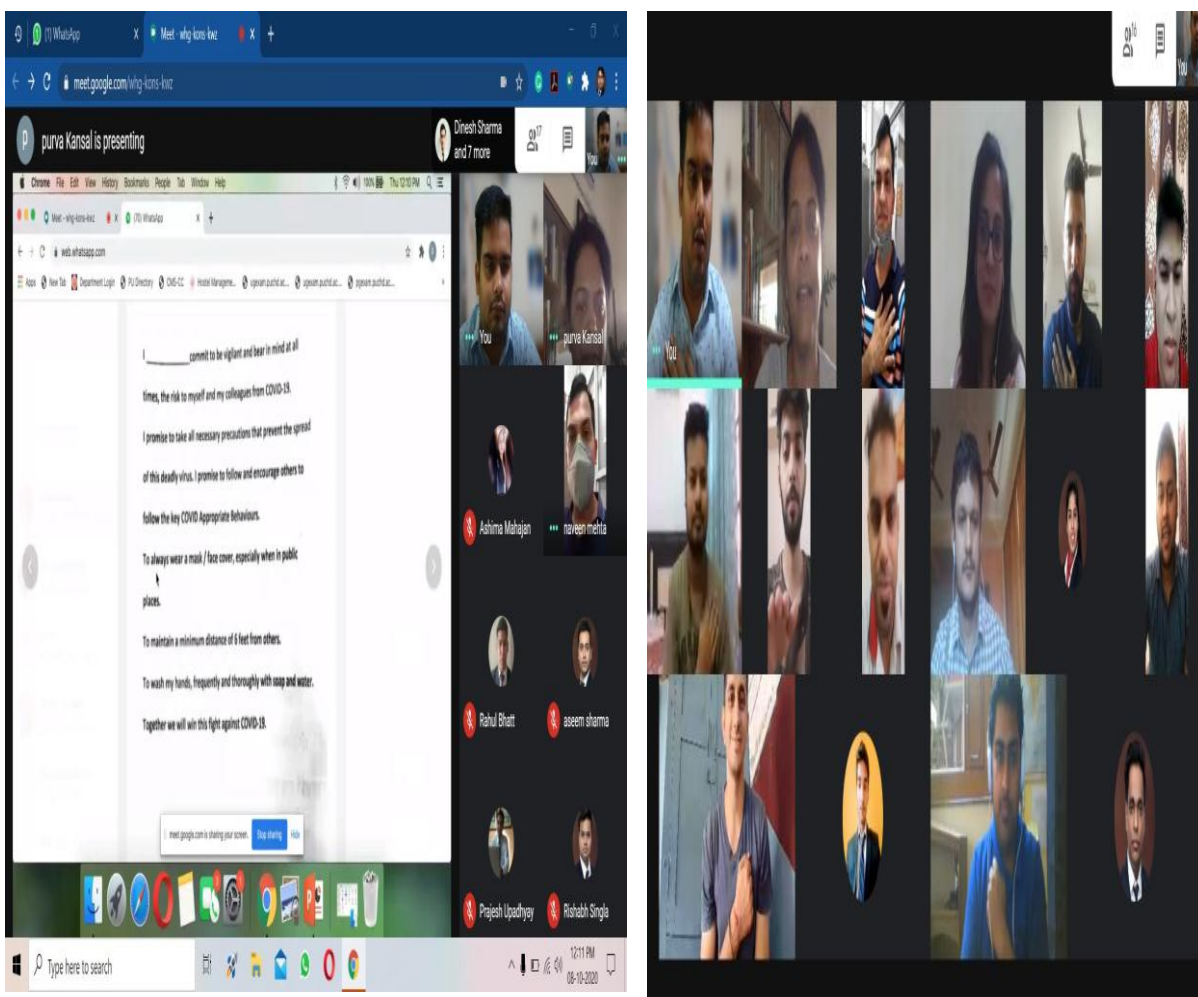
- NSS unit in collaboration with Legal Aid Society, University Institute of Legal Studies, Panjab University organized a Covid-19 pledge on 8th October, 2020 in which 100 volunteers including students, Teaching and non-teaching staff. Programme officers took the pledge to be vigilant and follow all necessary Covid 19 precautions to prevent the spread of the disease. They also pledged to make others aware about the importance of wearing masks, washing hands frequently and following social distancing norms. The event was ably organized and coordinated by Dr. Amita Verma, Dr.Karan Jawanda and Dr. Anupam Bahri under the guidance of Prof.(Dr) Rajinder Kaur.



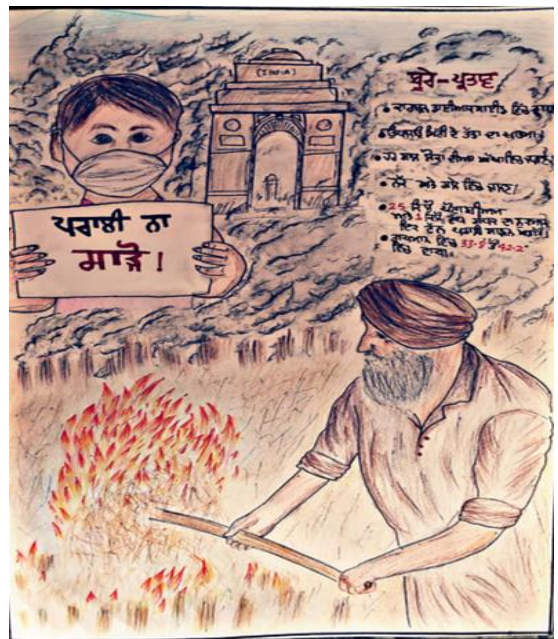
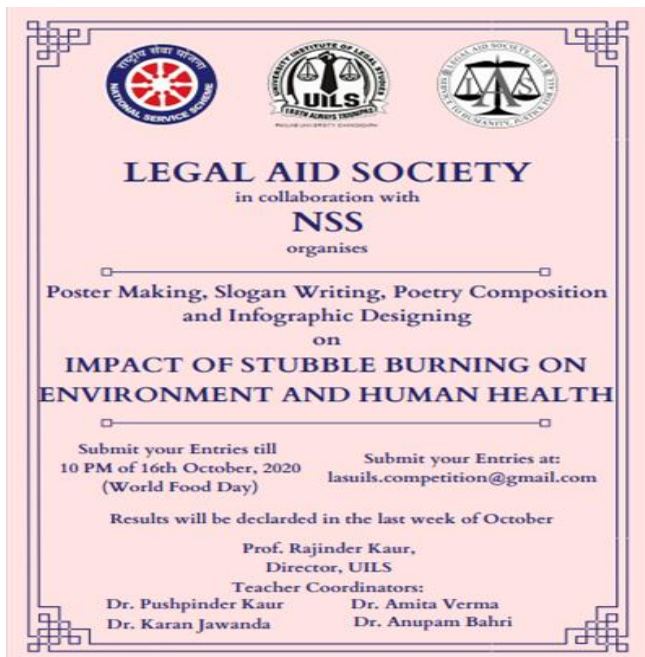
- **Administration of Virtual Pledge to spread the awareness about Covid-19 Pandemic on 08.10.2020**

A Virtual Pledge was administered to spread the awareness about Covid-19 Pandemic at University Institute of Applied Management Sciences (UIAMS), University Business School (UBS), University Institute of Hotel and Tourism Management (UIHTM) departments of Panjab University, Chandigarh in staggered manner on 08.10.2020. The pledge ceremony was coordinated by Dr. Naveen Kumar, Programme Officer under the aegis of PU NSS Unit. More than 80 students and faculty members from UIAMS, 49 from UBS and 20 from UIHTM has joined the ceremony via three different meetings organized on google meet platform for taking the pledge. All attendees pledged to follow COVID-19 guidelines and promised to

take precautions. Additionally, the participants assured to make others aware of this pandemic and safety measures with a view to prevent the spread of the disease. Dr. Arun Thakur (UIHTM), Dr. Purva Kansal and Dr. Monica Bedi (UBS) assisted in successful conduct of this event.



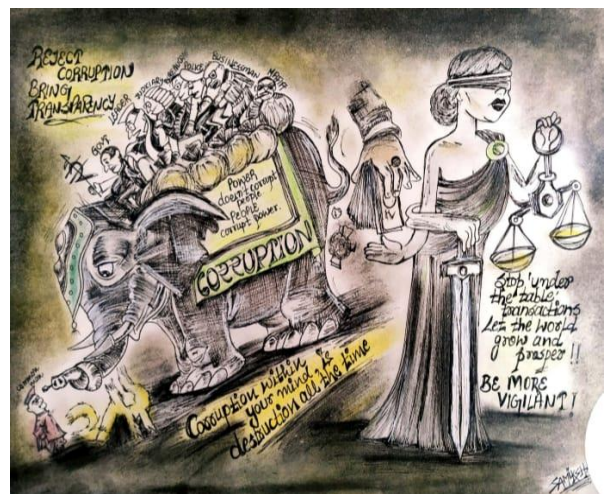
- NSS team and Legal Aid Society of University Institute Of Legal Studies organized a Webinar on ‘Let us Value Girl Child’ on 11th October, 2020 on account of International Girl Child Day. International girl child day is celebrated /observed every year on 11th October. The event commenced with the Welcome address given by Director of UILS, Prof. (Dr) Rajinder Kaur welcoming over 60 attendees and the speaker of the event Prof. Jyoti Seth, Professor of Sociology, Post Graduate Government College of Girls, Sector 42, Chandigarh. The event culminated on a bright note since the attendees asked their queries to Madam Speaker and gave their insights on the topic. Programme Officers of NSS Unit of Panjab University also





- Parwaaz Foundation, together with NSS, UIILS, Panjab University, Chandigarh organised a webinar on the topic “Importance of Inclusion of Specially-abled people” on 18th October, 2020. Mr. Jagannath Singh Jayara, Principal, Institute of Blind, was the keynote speaker of the event and Dr. Nirmal, Veterinary Officer, Government of Punjab, was the chief guest. Dr. Rajinder Kaur, Director, UIILS, was the guest of honour. The speaker gave the beautiful message that the things will not work only with sympathy, but empathy is the second key to help our specially abled friends. He also talked about that all specially abled are not the same, everyone is unique and they all have one or the other thing which makes them extraordinary and it is the duty of people like us to accept them in our society and help them shine. Also, he gave the example of the paralympians who have achieved great heights.



- The Legal Aid Society with NSS of UILS Observed Vigilance Awareness Week by administering Integrity Pledge and organizing a Collage Making Competition on “Vigilant India, Prosperous India”. The week commenced by administering pledge to students, teaching and non-teaching staff. The last date for the submission of collage making competition was 28th October, 2020 and the result of the competition was declared in the first week of November. A number of entries were received which aptly glorified and portrayed the theme. The event was a huge success due to the efforts of the Teacher Coordinators Dr. Amita Verma, Dr. Karan Jawanda and Dr. Anupam Bahri.



LEGAL AID SOCIETY
observes
VIGILANCE AWARENESS WEEK
by
COLLAGE MAKING COMPETITION
on
VIGILANT INDIA, PROSPEROUS INDIA

Submit Your Entries till 10 PM of 28th October, 2020 Make your Submissions at las.competition@gmail.com

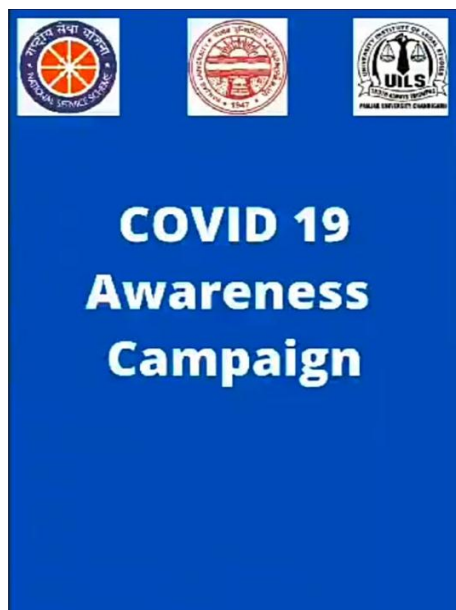
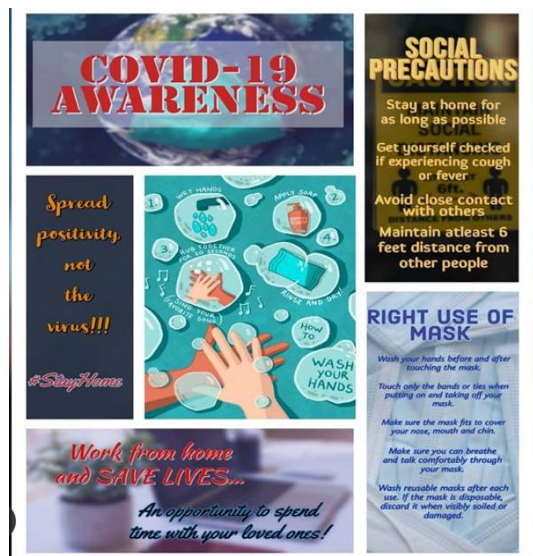
Results will be declared in the first week of November

Prof. Rajinder Kaur,
Director UILS

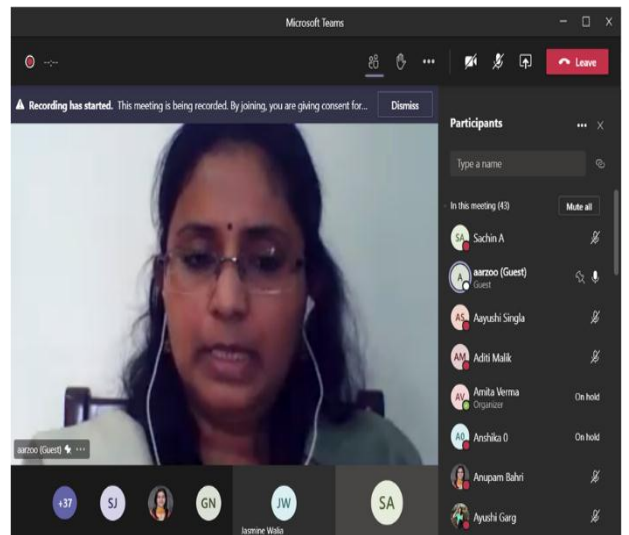
Teacher Coordinators:
Dr. Amita Verma
Dr. Karan Jawanda
Dr. Anupam Bahri

For Registration and Queries Contact:
Harsh Vasu Gupta- 8194940110
Shwas Bajaj- 9781524629

- For the week starting from 22 October 2020 to 29 October 2020, NSS unit of Panjab University, Chandigarh organized various tasks and events for everyone to spread awareness regarding spread of COVID 19 and measures to protect ourselves from this virus. Amazing response was received by creating these pages and more than 300 students from the University and outside the University participated in these tasks and sent messages to spread awareness regarding COVID 19. For making the week a success all these activities performed by the participants and volunteers of NSS were very crucial and it's reach on social handles also contributed in spreading it to as much people as possible.



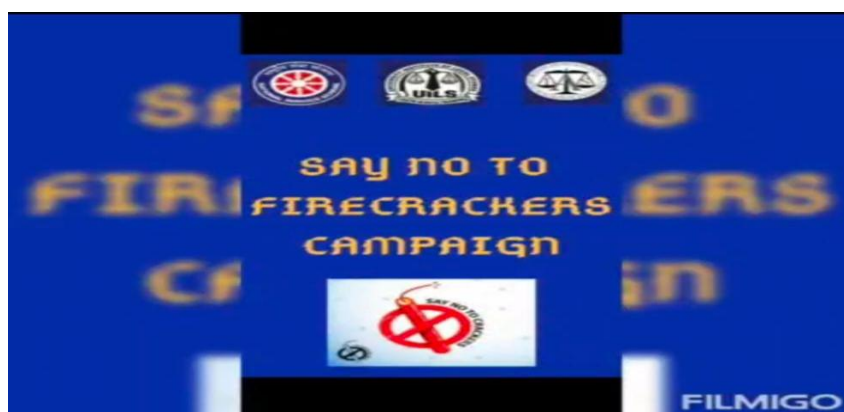
- University Institute of Applied Management Sciences (UIAMS) in Collaboration with NSS Panjab University Chandigarh Organized webinar on Cyber Offences: International and National Laws with Special reference to India to commemorate Vigilance Awareness Week on 02.11.2020. Prof. Upasna Joshi Sethi, Director UIAMS formally welcomed the guests and shared the background of the theme of webinar. Prof. S K Tomar, Guest of honour of the event share his views about the relevance of theme and briefed the audience about NSS, PU and its exemplary activities. The Chief Guest of the Webinar was Prof. Meenakshi Malhotra who stressed the need to spread awareness about these crimes as university students, teachers and staff are prone to these. In her address, Prof. Malhotra stated that right kind of environment can be created ascertaining adequate measures shall be created so as the crime can be prevented before-hand. The speaker apprised the audience about various terminologies i.e. Cyber Crime and cyber offence. Prof. Ratan also deliberated on the various sections like 43 A of IT (Amendment) Act 2008 pertaining to sensitive personal information, sections 66 E pertaining to Rights to Privacy, Section 67 B cases against children and many more. She substantiated these with the help of lot of cases, and referred to MMS scandal of Mandi District in state of Himachal Pradesh, Scandal in JNU and many more. Lastly she has enlighten the audience with cyber terrorism and explained it thoroughly citing various relevant cases of 9/11, Code Red Virus and like. The Vote of thanks was proposed by Coordinator of the Webinar Dr. Naveen Kumar, Assistant Professor, UIAMS, Panjab University, Chandigarh who thanked the Chief Guest of the event, Prof. Malhotra for sparing her valuable time and addressing our faculty, research scholars and students. He also thanked Prof. Raj Kumar, Vice Chancellor, Panjab University for his untiring support and cooperation. Additionally, untiring support and able guidance of Prof. S.K.Tomar-guest of honour was recognized and appreciated. He thanked immensely to Prof. Jyoti Rattan for enlightening audience about the theme at length and breadth. Lastly, he expressed his gratitude to Prof. Upasna Joshi Sethi, Director UIAMS and faculty members. The efforts of students' coordinator team including Dihksa Gautam, Kartikay and Suruchi were well appreciated.



- NSS team and Legal Aid Society of University Institute of Legal Studies in collaboration with State Legal Services Authority, Chandigarh organized a webinar on “Sexual Orientation and Identity: Associated difficulties” on 5th November, 2020. The event commenced with the welcome address given by Director of UILS, Prof. (Dr.) Rajinder Kaur welcoming the speaker of the event Prof. (Dr.) Arzoo Gupta, associate Professor, Department of Psychiatry. She flagged off the webinar by explaining the core concepts of sexual orientation and gender identity which are both discreet concepts but go hand in hand. She explained the problems which are faced by the LGBTQ+ community and how to deal with them in an effective manner. 60 volunteers participated in this event.



- Under the project of creating awareness regarding Covid-19, on the occasion of Diwali, the volunteers of NSS UILS made a compiled video for creating awareness about the effects of pollution caused by crackers. A special emphasis was also made on how this pollution might worsen the condition of people suffering from Corona and what the youth of our country can do to bring a change. People were also made aware about what all rules the different governments have made so that the situation doesn't get out of control and lives are saved. 75 volunteers participated in this event.

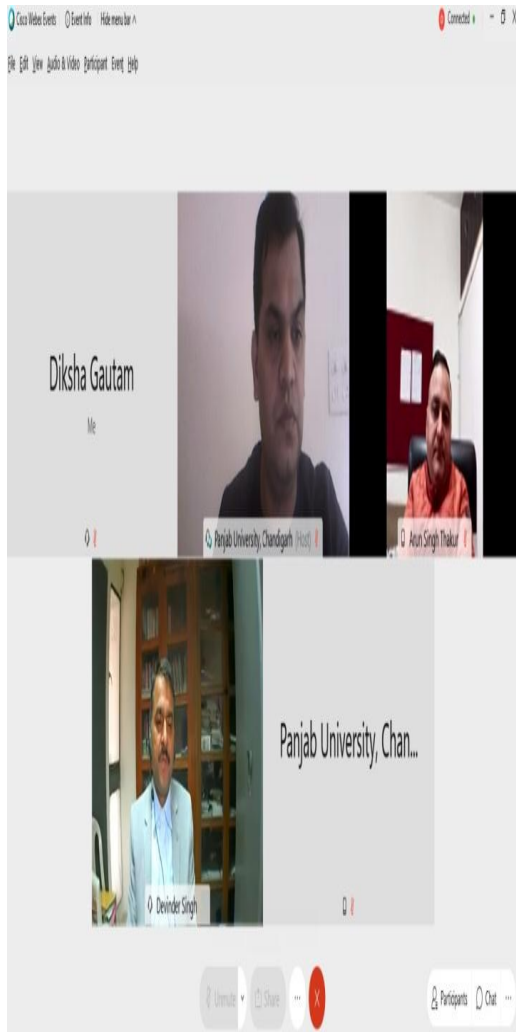



- A Cleanliness programme at South Campus near emerging centres organised on 26.11.2020. The main objective of cleaning was to remove polythene packets and garbage, so that people may feel happy living within that clean environment.



- NSS & UIHTM, PU organized a webinar on Rights and Duties under Constitution of India to celebrate National Constitution day on November 26, 2020. Dr. Naveen Kumar, Programme Officer, NSS, Panjab University formally welcomed and introduced the dignitaries among more than 200 attendees. Prof. Devinder Singh of department of Laws, the key speaker of the event enlightened the participants about the efforts, handwork and struggle behind the coming up of the constitution of India. The constitution has given us various institutions, principles and many things. For common man, we have been given with rights and duties. Fundamental rights are enforceable however duties are advisory in nature. Prof. Singh apprised the audience with the fact that duties were incorporated subsequently after due deliberations during review process at later stage. Participants were made to understand that we have a duty towards environment, culture and therefore, we shall respect and appreciate our constitution, nation and culture. It was deliberated that Citizens have become right centered during recent times, but forgot that in the rights, duties are hidden, and duties and rights go hand in hand. Recent example of pandemic times was used to substantiate the argument that one shall think about that how we are able to contribute during this testing times. One shall have sense of social responsibility while performing our duties so as to satisfy the right demands of the citizens. At last, the speaker advised that as a teacher, one shall contribute by way of his knowledge so as to make future generations responsible. Dr. Arun Singh Thakur, Assistant Professor, UIHTM proposed vote of thanks, and untiring support and able guidance of Prof. Prashant Gautam was well recognized, and the efforts of students’


coordinator team including Diksha Guatam, Suruchi Rishi and Kartikay Nikhanj were appreciated.







NSS, PANJAB UNIVERSITY
in collaboration with
UIHTM, PU

has organized a webinar to celebrate Constitution Day
on 26th November at 10:00 a.m. on



'RIGHTS AND DUTIES UNDER CONSTITUTION OF INDIA'

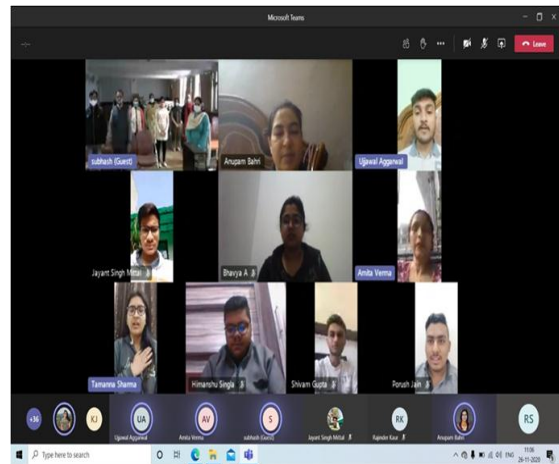
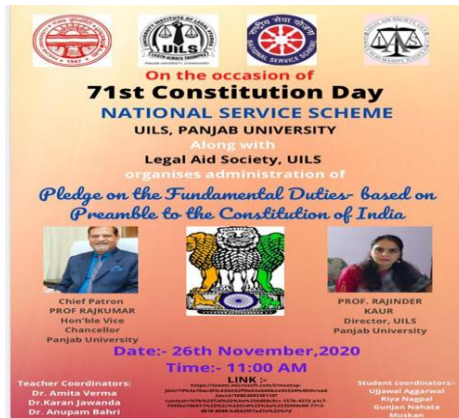
<p>PATRON</p>  <p>PROF. RAJ KUMAR Hon'ble Vice Chancellor Panjab University, Chandigarh</p>	<p>KEY SPEAKER</p>  <p>PROF. DEVINDER SINGH Department of Laws Panjab University, Chandigarh</p>
--	--

WEBLINK - <https://apjpu.webex.com/apjpu/onstage/g.php?MTID=ed612doe9d3f2e710535cd5Shod777232>

EVENT NUMBER : 176 059 8124
EVENT PASSWORD : nss125

<p>ORGANIZERS DR. NAVEEN KUMAR [PROGRAMME OFFICER, NSS, PU] DR. ARUN SINGH THAKUR, UIHTM</p>	<p>STUDENT COORDINATORS DIKSHA SURUCHI RISHI KARTIKAY NIKHANJ</p>
---	--

- NSS team in collaboration with Legal Aid Society of University Institute of Legal Studies organized the administration of pledge on fundamental duties based on preamble to the constitution of India on the occasion of the 71st Constitution Day. The event commenced with a welcome address given by Director of UILS, Prof. (Dr.) Rajinder Kaur to the NSS team and the whole non-teaching staff of UILS. The pledge was led by one of the student coordinators of the event where he read Preamble to the Constitution of India and all the attendees repeated. The event was a huge success due to the efforts of teacher coordinators Dr.Amita Verma, Dr.Karan Jawanda and Dr.Anupam Bahri along with the student coordinators Ujjawal Aggarwal and Muskan under the guidance of the Chief Patron Prof. Raj kumar, Hon'ble Vice Chancellor. Panjab University. 75 volunteers participated in this event.



- Fit India Prabhat Pheri organized at Gandhi Bhawan, Panjab University, Chandigarh on 6th December, 2020.



- NSS UILS,PU under the able guidance of Teacher Co-ordinators Dr. Amita Verma, Dr. Karan Jawanda, Dr. Anupam Bahri successfully organized awareness drive on 19th December 2020 regarding severe impact of Covid-19 on the health sector. The sudden outbreak of Covid-19 which left the entire world in a huge shock brought along with it unexpectable alterations in the health sector. The Student Co-ordinators Ujjawal Aggarwal and Hiten Chugh along with the other NSS members made, compiled and posted various street palys, Posts, posters and short videos on the social media handles. The awareness drive was actively supported by the participation of around 60 participants. It enabled students to understand and analyse in-depth various hindrances in the access of health services to the Society.



- Centre for Medical Physics in collaboration with Department of NSS, Panjab University organized a Swachta Abhiyaan Programme at Mini Rose Garden near Biomedical Block, South Campus, Panjab University, Chandigarh on 24.12.2020. Dr. Vivek Kumar, Chairperson ,Centre for Medical Physics told that the main objective of Cleanliness campaign of Swachta Abhiyan is a step closer towards a cleaner , safer and greener India.

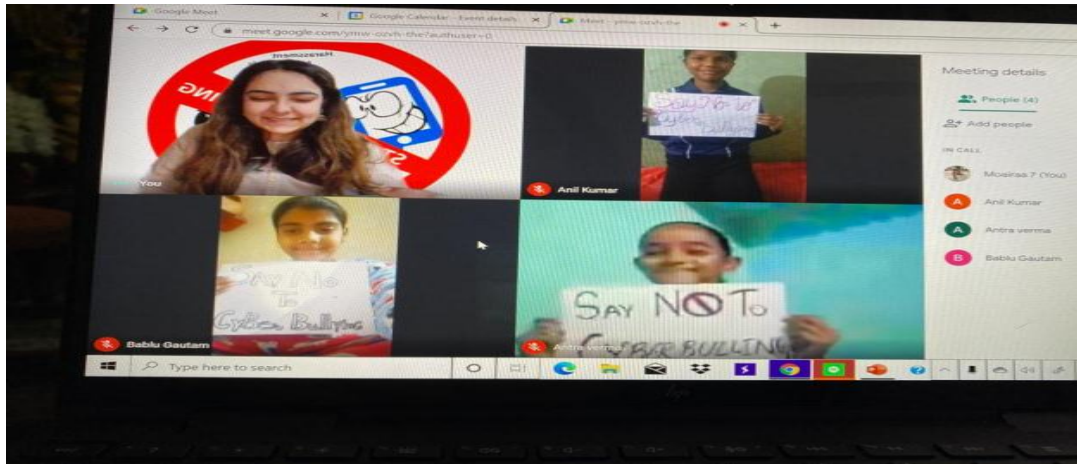


- *Participation of NSS Volunteer Mushtak Ali, Department of Evening Studies- Multi Disciplinary Research Centre in North Zone NSS Pre-Republic Day Parade Selection Camp 2020 on 14.12.2020 at Chitkara University, Rajpura (Punjab).*
- An Immunization drive was carried out at a construction site in Sector-25, Panjab University, Chandigarh on 31.12.2020 in which 28 children got the vaccination against different diseases as per their age. A team of doctor, ANM, Nursing Students and other attendants from nearby Primary Health Centre undertook this drive. 5 NSS Volunteers from Centre for Social Work named Ishpreet, Noyonika, Jaskirat, Shubham and Narendra coordinated the whole event.

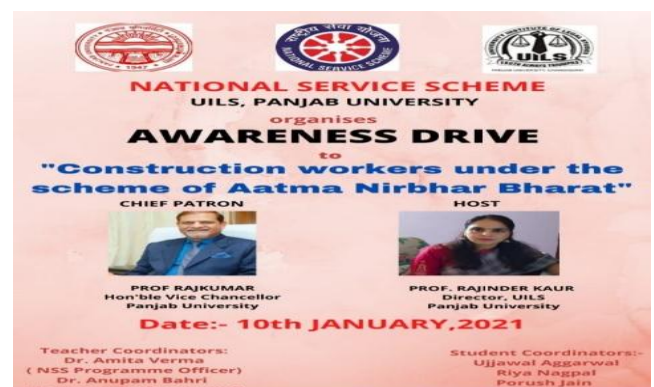


- National Service Scheme of University Institute of Legal Studies (UILS), Panjab University Chandigarh organized an awareness drive to educate school children about cyber bullying. The event was hosted by Prof. Rajinder Kaur (Director. UILS PU) especially for the purpose of providing information and creating awareness among school children regarding the evil of cyber bullying which is infesting our society nowadays. Bullying or harassment, even if done through the keys of social media apps can have serious effects on the victim's mental health. Thus, it becomes necessary to teach children to identify and report such crimes. More than 80 students volunteered and talked to school children to create awareness regarding the same. This drive was a huge success due to the efforts of the teacher coordinators Dr. Amita Verma and Dr. Anupam Bahri along with the student coordinators Ujjawal

Aggarwal and Riya Nagpal under the Chief Patronage of Prof. Raj Kumar, Hon'ble Vice Chancellor, Panjab University who always motivates us to conduct such events so we can have a holistic approach towards education.

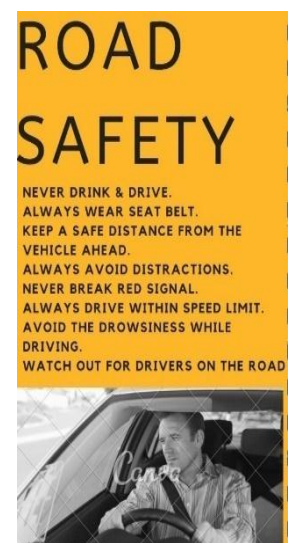


- National Service Scheme of University Institute of Legal Studies, Panjab University organised an awareness drive to 'construction workers under the scheme of Atma Nirbhar Bharat' on 10th January 2021 under the chief patronage of Prof. Raj Kumar, Vice Chancellor, PU. Atma Nirbhar Bharat translates to 'self-reliant India' or 'self-sufficient India', is a policy formulated by Prime Minister of India, Narendra Modi for making India "a bigger and more important part of the global economy", pursuing policies that are efficient, competitive and resilient, and being self-sustaining and self-generating. The event was hosted by Prof. Rajinder Kaur, Director, UILS PU, specially for the purpose of providing information to construction workers about the Aatma Nirbhar Bharat and aware them about the opportunities they can avail from the government and work for themselves as a whole. Over 80 students participated in the event. The event was a huge success due to the efforts of the teacher coordinators, Dr. Amita Verma and Dr. Anupam Bahri, along with the help of Ujjawal, Riya and Porush, who were the student coordinators.





- National Service Scheme (NSS), Panjab University, Chandigarh organized an online Poster Making Competition on 11 January 2021 during the National Road Safety Week. This event was organized under the Chief Patronage of Professor Raj Kumar, Vice Chancellor, Panjab University. The event was hosted by Professor Rajinder Kaur, Director, University Institute of Legal Studies specially to provide awareness among all regarding road safety and also to celebrate the week with full enthusiasm. About more than 80 students participated in the event and made it a huge event. Many posters were made by the students and also these were displayed with the aim to spread awareness and celebrate the National Road Safety Week. In addition to poster making a meeting with the NSS Volunteers was organized which was joined by many students. Pledge regarding Road Safety was taken by all the members in the meeting. The event was a huge success due to efforts of teacher Co-ordinators Dr.Amita Verma and Dr. Anupam Bahri, along with the help of student Co-ordinators Ujjawal Aggarwal, Hiten Chugh, Salouni Choudhary.



- Department of NSS in collaboration with Department of Geography and Boys Hostel No. 1, Panjab University, Chandigarh organized a cleanliness drive on 12th January, 2021 at Prof. G.P. Sharma Herbal Park to spread the message of Swachh Bharat Abhiyan. The drive was launched by Dr. Navneet Kaur, NSS Programme Officer along with Dr. Gaurav Kalotra, Chairperson, Department of Geography and BH-1 Warden Dr. Rajeev Kumar, Panjab University, Chandigarh. NSS Programme Officers and wardens namely Dr. Naveen Kumar, Dr. Tilak, Dr. Vivek, Dr. Avneet Saini, Dr. Archana Chauhan, Dr. Ravneet Kaur, Dr. Parveen Kumar, Dr. Simran Kaur and Dr. Harveen Kaur participated in the cleanliness drive by maintaining the physical distance. Research scholars also made their contribution in the drive. Dr. Navneet Kaur also motivated the participants to make these kinds of cleanliness activities a routine to keep their surroundings clean and green.



- National Service Scheme (NSS) of University Institute of legal studies (UILS), Panjab University Chandigarh is organising an *AWARENESS DRIVE* to *Senior Citizens of neighbourhood regarding their human rights* under the Chief Patronage of Prof. Raj Kumar (Vice Chancellor, PU) on 12.01.2021. The event is hosted by Prof. Rajinder Kaur (Director, UILS PU) for providing awareness to senior citizens regarding their human rights that is to be exercised in the society. This information and awareness should be provided to senior citizens of the society as well as about their rights so that a change can be brought in the Society. The NSS volunteers made seniors citizens around them about their rights and shared their pictures. Students used posters as well as PowerPoint presentations to make the awareness drive more

interactive. As we see and read daily that many crimes are committed more against the senior citizens and this initiative of NSS could bring a change in the society and save our elderly people. The awareness drive was well coordinated by our teacher coordinators Dr.Amita Verma and Dr. Anupam Bahri with student coordinators Ujjwal, Riya and Porush. 80 volunteers participated in this event.



- The NSS wing of UILS, Panjab University, Chandigarh endeavoured to organise a 'CLEANLINESS DRIVE' under the able guidance of Teacher Co-ordinators Dr.Amita Verma, Dr. Anupam Bahri and Dr.Virender Negi on 19.01.2021. The teaching, non- teaching staff along with the workers of the department collectively gathered and held the cleanliness drive. The Chief Guest of the event, Prof. (Dr.) Rajinder Kaur encouraged the participants by conveying the importance of keeping city and nearby surrounding clean and tidy. All the participants strictly followed the COVID-19 Guidelines, led the event by wearing masks and maintaining social distance. The Drive was carried to make people aware of the health concerns arising out of unhygienic conditions, filth and garbage in the surrounding. The people actively indulged in the event and took oath to strictly affirm to the cleanliness. 80 volunteers participated in this event.



- On January 19th, the volunteers of National Service Scheme of UIILS, Panjab University performed a COVID-19 awareness activity in neighbouring slum areas on 19.01.2021. More than 80 volunteers carried out this activity to aware slum dwellers about life threatening effects of Covid-19 virus and its precautions. The volunteers propagated various methods to teach them about social distancing and personal hygiene such as washing hands regularly and avoiding gatherings. Slum dwellers were provided free masks and hand sanitizers to promote protection against virus. Colorful posters and PowerPoint Presentations were shown to them depicting Covid-19 precautions and health norms. Slum dwellers actively participated in the awareness drive organized by NSS and pledged to follow the Covid-19 do's and don'ts.



- To promote the message of Swachh Bharat Abhiyan among students and PU campus residents, Department of NSS in collaboration with USOL and Dr. Sushial Nayyar's Working Women Hostel', Panjab University, Chandigarh carried out a landscaping cum cleanliness drive on 22nd January, 2021 at University Meadows. The drive was launched by Dr. Sucha Singh, NSS Programme Officer, along with Dr. Avneet Saini, WWH Warden and Sh. Anil Thakur, Divisional Engineer (Horticulture), Panjab University, Chandigarh. In response to this initiative, more than hundred students and staff took part in the activity and collected the plastic waste and disposed off the same in the proper manner. Organizing Team along with the staff of Horticulture Division, PU also initiated a process to develop a flower bed on the outer boundary of the

University Meadows. A proper covid protocol was followed during the conduct of the activity. NSS Programme Officers namely Dr. Navneet Kaur, Dr. Naveen Kumar, Dr. Vivek, Dr. Anuj and wardens, Dr. Rajeev Kumar, Dr. Archana and Dr Simran also made their contribution to the drive. NSS team motivated the participants to protect the environment from the plastic waste and make these kinds of cleanliness activities a routine to keep their surroundings clean and green.

पीयू में लैंडस्केपिंग व स्वच्छता अभियान का आयोजन



चंडीगढ़ (जगमार्ग न्यूज)। स्वच्छ भारत अभियान के संदेश का प्रचार करने के लिए पंजाब यूनिवर्सिटी के एनएसएस विभाग की ओर से शुक्रवार को यूनिवर्सिटी स्कूल आफ ओपन लर्निंग (यूसोल) और पीयू कैंपस रेजिडेंट्स व डॉ.सुशीला नय्यर वर्किंग वूमन हॉस्टल के सहयोग से लैंडस्केपिंग व स्वच्छता अभियान का आयोजन किया गया। इस अभियान को एनएसएस प्रोग्राम आफिसर सुच्चा सिंह ने हॉस्टल की वर्किंग वूमन हॉस्टल की वार्डन डॉ.अवनीत सैनी के साथ लांच किया। इस मौके पर एनएसएस प्रोग्राम आफिसर डॉ.नवनीत कौर, डॉ.विवेक, डॉ.अनुज के अलावा वार्डन डॉ.राजीव कुमार, डॉ.सिमरन, डॉ.अर्चना भी मौजूद थे। एनएसएस टीम ने इस अभियान में हिस्सा लेने वाले प्रतिभागियों को पर्यावरण को प्लास्टिक वेस्ट बचाने को कहा तथा इस तरह की गतिविधियां निरंतर तौर पर आयोजित करने को कहा।

- National Service Scheme (NSS) of University Institute of legal studies (UILS), Panjab University, Chandigarh organized a 1 km Cyclathon (23.01.2021) on the special occasion of Subhash Chandra Bose Jayanti, under the guidance of Prof. Raj Kumar(Vice Chancellor,PU) and Prof. Rajinder Kaur(Director, UILS PU) .

The event aimed to make people appreciate the importance of reducing pollution levels by making our cities cleaner, healthier and greener places to live. Road traffic, being a major source of pollution, cycling surely helps in reduction of health threatening pollutants in the air. In a city, where people often complain about the lack of entertainment options and places and have to run away to nearby party destinations or hill stations, such fitness events have given a great social platform for individuals

to form groups and participate on a large scale. The NSS volunteers along with their friends and family participated in this event with great enthusiasm. The event was a huge success due to efforts of teacher coordinators Dr. Amita Verma and Dr. Anupam Bahri, along with the help of student coordinators Ujjawal Aggarwal and Sanjana Makkar. 80 volunteers participated in this event.



- It is quite evident that Menstrual Hygiene is a matter of concern in today's world. So the volunteers of National Service Scheme (NSS) UILS, Panjab University conducted an awareness drive on National Girl Child Day (under the Chief Patronage of Prof. Raj Kumar (Vice Chancellor, PU) aiming to provide awareness regarding menstrual hygiene on 23.01.2021. The drive was coordinated by Dr. Amita Verma (NSS Programme Officer, UILS), Dr. Shipra Verma (Dept. of Laws) and Dr. Anupam Bahri as well as student Coordinators Ms. Gunjan Nahata and Ms. Priya Bishnoi. In this drive, around 60 volunteers took part and visited the nearby slum areas in their cities and created awareness on menstrual hygiene and on the importance of use of sanitary napkins. The volunteers explained in detail to the young girls and ladies about menstruation, menstrual hygiene and proper using and disposing of sanitary pads through pictures and diagrams. Some volunteers even distributed sanitary pads to those girls and women. The volunteers were asked to do everything following the covid 19 norms.



- To strengthen the three-day nationwide Pulse Polio Immunization (PPI) drive, Department of NSS, Panjab University, Chandigarh in collaboration with NSS Open Unit-UT, Chandigarh organized Pulse Polio Immunization (PPI) drive at Sector-14 and Sector-15, Chandigarh. The drive was launched by NSS Programme Officers, namely, Dr. Sucha Singh, Dr. Navneet Kaur, Dr. Anuj and Dr. Meenu, Medical Officer, AYUSH by administering polio drops to some children at PU Health Centre. 28 NSS volunteers were deployed at seven different locations in the sector-14 and sector-15. NSS volunteers led by Binesh Bhatia and Ritika, both Student Coordinators, conducted immunization of 480 children of below the age of five at these booths by following preventive measures of COVID-19. To identify the missed out children, Door to Door campaign will be held on 1st and 2nd February, 2021. All volunteers were given a proper training to conduct the Pulse Polio Drive in a successful manner. NSS Volunteers were quite happy as for many of them, this was the first time, and they were a witness to such a drive. Dr. Sucha Singh also appreciated and motivated the volunteers for their contribution to the society through their participation in the drive.



एनएसएस स्वयंसेवकों ने पिलाई दवा




पोलियो अभियान में जुटी एनएसएस के स्वयंसेवक।

चंडीगढ़। पोलियो अभियान के तहत पीयू के एनएसएस स्वयंसेवकों ने शनिवार को सेक्टर 14 व 15 में बच्चों को दवा पिलाई। इस मौके पर स्वयंसेवकों ने जागरूक भी किया। इस दौरान अधिकारी डॉ. सुच्चा सिंह, डॉ. नवनीत कौर, डॉ. अनुज, डॉ. मीनू आदि मौजूद रहीं। ब्यूरो



- National Service Scheme in Collaboration with Centre for Medical Physics organized a webinar on theme “What Can I do? What Should I do? On World Cancer Day on 04.02.2021. Prof. Sushmita Ghoshal from PGI delivered the Key-note address. The webinar was coordinated by Dr. Naveen Kumar and Dr. Vivek Kumar (NSS, Pos).




**Centre for Medical Physics
&
National Service Scheme**



Cordially invites you for the Webinar on
World Cancer Day : What can I do? Why I should?



Chief-Patron
Prof. Raj Kumar
Vice-Chancellor,
Panjab University



Key Note Speaker
Prof. Sushmita Ghoshal
HOD, Deptt. of Radiotherapy,
PGIMER, Chandigarh

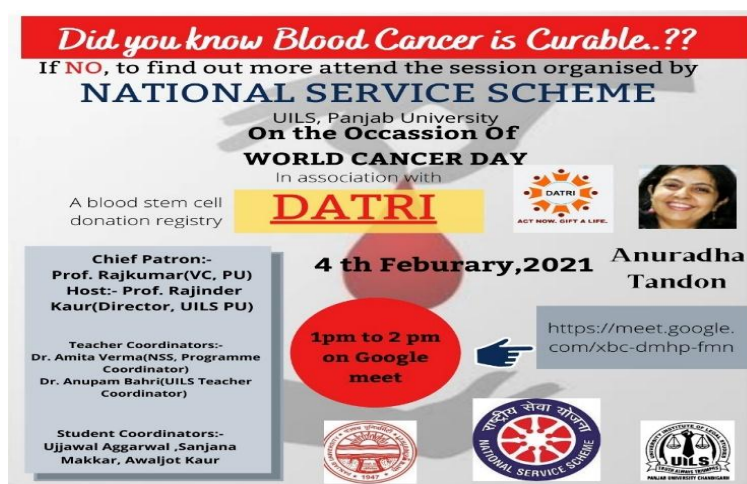
4th February 2021 at 11.00 a.m.

Organizing Members:
Dr. Vivek Kumar, Chairperson, CMP, P.U.
Dr. Rajesh Kumar, Deptt. of Physics, P.U.
Dr. Naveen Kumar, Dr. Tilak Raj, Dr. Anuj
Kumar, Dr. Navneet Kaur, Dr. Sucha Singh, NSS
Programme officers.

JOIN THROUGH GOOGLE MEET LINK
meet.google.com/ldy-hzhs-tud

- National Service Scheme of University Institute of Legal Studies, Panjab University , Chandigarh in collaboration with DATRI , a non-profit non-governmental organisation brought in a web-seminar related to importance of donation specially in terms for blood stem cells. The seminar was conducted on the occasion of World Cancer Day on 4th February, 2021 under the guidance of Prof. Raj Kumar (Vice Chancellor, PU) and Prof. Rajinder Kaur (Director, UILS PU).These donations of blood stem cells help one cure Blood cancer, a type of Cancer which effects the whole system at one stroke. The seminar was conducted online via Google Meet from 1:00 - 2:00 pm. Near about 45 students attended the seminar and gained knowledge. Everyone got to know about much information which was unknown to them. And

attendees took a keen interest in the event by participating actively in the seminar. Key speakers of the event were Mrs. Anuradha Tandon who threw light on various topics related to donation as well as topics relating to blood cancer. The students attending the seminar also felt a sense of awareness as well as knowledge once they heard the speaker. The event was a huge success due to efforts of teacher coordinators Dr. Amita Verma and Dr. Anupam Bahri, along with the help of student coordinators Ujjawal Aggarwal and Sanjana Makkar. This was a great opportunity as well as initiative, for this aims to bring a change in the thinking of society and supports humanity.



- National Service Scheme (NSS) of Dr. Harvansh Singh Judge Institute Of Dental Sciences and Hospital, Panjab University, Chandigarh along with Rotaract Club conducted a cleanliness drive in the institute and around the Department of Public Health of Panjab University Chandigarh on 05.02.2021. Drive was organised by Dr. Vivek Kapoor, Program Officer NSS under the guidance of Dr. Hemant Batra Principal / Professor of Dr. Harvansh Singh Judge Institute of Dental Sciences and Hospital. The cleanliness drive was attended by the faculty and students of the institute following proper SOPs wearing gloves and masks. The second phase took place at the fun and frolic park in Sector 25 which was attended by Dr. Ravneet, Warden GH No 3, Dr. Amit Chauhan, Warden BH no 6, Mrs Anju Goel warden, Dr. Harveen, Warden International Hostel, Dr. Naveen Kumar and Dr. Anuj Kumar (Pos-NSS, PU). The drive culminated with tea and refreshments for the participants. In all it was a fun-filled event.



- A Cleanliness Drive was organized at park between Girl Hostel-1 & 2. Department of NSS, UIAMS, Girls Hostel No-5 and Horticulture department of Panjab University assisted for the event on 05.02.2021. Dr. Naveen Kumar, Programme Officer inspired the participants to maintain cleanliness in surroundings and Dr. Nidhi Gautam apprised the participants about the importance of cleanliness and personal hygiene in their lives. The event was attended by around 60 participants including Dr. Tilak Raj, Dr. Vivek Kumar, Dr. Gaurav Gaur, Dr. Rohit Sharma, Dr. Anuj Kumar (Programme officers), Dr. Harjit (Warden of Girls hostel-2), Dr. Parveen Goyal (Former Senator), Er. Anil Thakur of Horticulture department and his team including Mr. Amandeep Singla and Mr. Pavit Sharma, staff and students. Dr. Naveen kumar thanked all the POs, staff of Girls Hostel no 5, and Sh. Anil Thakur and his team for their unflinching support and contribution in making the event a success. The efforts of student volunteers were well appreciated. The event was convened by Dr. Naveen Kumar, Programme Officer and Dr. Nidhi Gautam, Warden, GH-5.



- A Cleanliness Drive was conducted on 11.2.2021 at 3.00 pm in the Children Park near Teachers' Flats, Panjab University, Chandigarh, under the aegis of NSS and Panjab University, Chandigarh. The wardens, students and employees of Girls Hostel No. 1 and Boys Hostel no.3 coordinated with NSS volunteers for carrying out the cleanliness of this park. Dr.Anju Goyal, Dr. JS Sehrawat, Dr. Amit Chauhan, Dr. Simran, Dr. Gagandeep Singh, Programme Officer NSS from UIET participated in the drive and motivated the students and employees for keeping the University premises clean. The park was cleaned, trees and grass were pruned, public utilities were sanitized and waste was disposed of during the collective efforts of all those participated in the cleanliness drive. The participants promised to conduct such cleanliness drives regularly for upkeep of the parks.



- National Service Scheme of Panjab University, Chandigarh in collaboration with Department of Computer Science and Applications and Center for Medical Physics organized E-Collage Competition from 11.02.2021 to 12.02.2021. The event was coordinated by Dr. Anuj Kumar, Dr. Vivek, Dr. Sucha Singh, Dr. Tilak, Dr. Naveen Kumar, Dr. Gaurav (NSS Programme Officers).



National Service Scheme of Panjab University, Chandigarh
 In collaboration with
Department Of Computer Science And Applications
Center For Medical Physics
 Brings
OUTREACH ACTIVITY
E-Collage Competition
Theme: Nature and Environment
 Participants: University / College Students
E-Certificates For Winners!

Rules:

- A3 size canvas should be used
- One student one entry
- Entries to be submitted online at nssforhelp@gmail.com
- Participant must provide their NAME, Course Name, College Name in the mail along with the collage

Submission Starts on 11 Feb 2021 & Ends on 12 Feb 2021 (till 5pm)

Organizing Committee

Coordinators

- Dr. Anuj Kumar
- Dr. Sachin Singh
- Dr. Naveen
- Dr. Gaurav

Student Coordinators

Saurabh Singh, Samiksha Kansal, Yashika Singla, Muskan Singh, Muskan Chhibber, Dhurva Sanghotra

Mrs. Jasleen Kaur Bains
 Chairperson
 DCSA, Panjab University, CHD

For Queries Contact: Saurabh Singh (9868842894) Samiksha Kansal (9054784644)

- Department of NSS, Panjab University, Chandigarh in collaboration with NSS Open Unit-UT, Chandigarh organized a Road Safety Campaign on 12th February, 2021 at PU Gate No. 2 to create awareness on the importance of wearing Helmets and Seat Belts while driving the vehicles for the safe journey. The drive was inaugurated by the NSS Programme Officers Dr. Sucha Singh, Dr. Naveen Kumar, Dr. Navneet Kaur, Dr. Tilak, Dr. Vivek, Dr. Anuj, and Mr. Binesh. More than 30 NSS volunteers participated in the Road Safety Campaign. Volunteers made people (motorists as well as pedestrians and cyclists) more aware of the traffic rules and also persuaded them to follow rules particularly wearing of helmets and seat belts while on the road. Dr. Sucha Singh also gave information about “motor vehicle act and traffic rules” and also said that the best way to keep others and yourself safe is to follow proper traffic rules. Volunteers pledged to make aware others about these traffic rules after the drive.





➤ **GRATITUDE CAMPAIGN “HERE’S TO EACH WOMEN”**
#CHOOSETOCHALLENGE

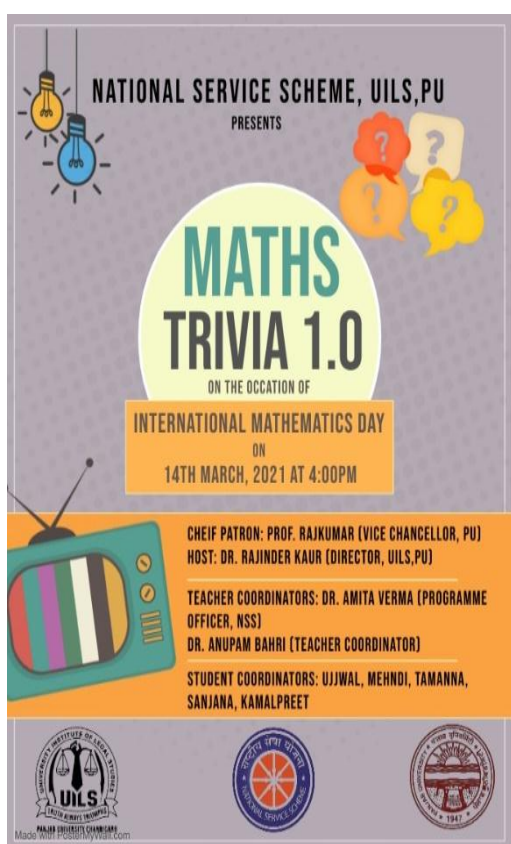
A woman with a voice is by definition a strong woman. But the search to find that voice can be remarkably difficult. National Service Scheme (NSS), University Institute of Legal Studies, Panjab University, Chandigarh celebrated this event online on 07.03.2021 with a great zeal by making videos for the day and thanking each and women out there. The event was conducted by 1st year students of UILS under the guidance of Prof. Raj Kumar (Vice Chancellor, PU) and Prof. Rajinder Kaur (Director, UILS, PU). Volunteers actively participated in the event by making the videos of themselves thanking the women as a mark of respect to them and also contributed in the successful conduct of the event to celebrate social, economic, cultural and political achievements of women. The event was a huge success due to efforts of teacher coordinators Dr. Amita Verma and Dr. AnupamBahri, along with the help of student coordinators Ujjawal Aggarwal, Gorika Gogna and Dhruv Gupta. This was a great opportunity as well as initiative by NSS, UILS in making women feel special by showing gratitude towards them. 65 volunteers participated in this event.



- National Service Scheme (NSS) of Dr. Harvansh Singh Judge Institute of Dental Sciences And Hospital, Panjab University, Chandigarh along with Rotaract club organized an innovative drive to commemorate the International Women's Day on 08.03.2021. The Earth is happy when women Smile and to capture the beautiful smiles of the women at the dental institute a Photo Booth was installed at the premises of the institute by Dr.Vivek Kapoor program officer NSS under the guidance of Dr. Hemant Batra,Principal cum professor of Dr. Harvansh Singh Judge Institute of Dental Sciences and Hospital. The booth was made and decorated by the female students and faculty. The photo sessions continued throughout the day making the day fun-filled and special for the females!



- On March 14th, 2021, the volunteers of National Service Scheme of UILS, Panjab University organized a mathematics quiz on the occasion of International Mathematics Day. More than 50 people participated in this quiz to challenge their mathematics skills in different and creative ways. Brilliant minds were given 20 minutes to attempt 25 questions. Experience says learning mathematics can be made easier and enjoyable if our curriculum includes mathematical activities and games. Maths Quiz encourages, attracts, alerts and brings in an open-minded attitude among youngsters which helps them to develop clarity in their thinking. Dheeraj Singla, Mehak Singla, Prakhar Sharma were the winners of this quiz. Participation certificates were provided to all the participants.



- *Two NSS Volunteers Ms. Nandini Rani, Department of IETVE and Mr. Mushtak Ali, Department of Evening Studies-Multi Disciplinary Research Centre participated in National Integration Camp (NIC) Bareilly, (Uttar Pradesh) from 10th to 16th March, 2021.*



- *Two NSS Volunteers Mr. Sanjay, Department of Education and Ms. Tenzin Dechan, Department of Evening Studies-Multi Disciplinary Research Centre participated in National Integration Camp (NIC), Jaipur (Rajasthan) from 20th March to 26th March, 2021.*

