

# GOBINDGARH PUBLIC COLLEGE ALOUR, KHANNA



## NSS REPORT

**Session: 2020 TO 2021**

# **Report of the E-celebration of the 6th International Day of Yoga ON JUNE 21, 2020**

## **Title: -YOGA AT HOME & YOGA WITH FAMILY**

**Organized by:** NSS & NCC unit of Gobindgarh Public College, Alour-Khanna

**Convenor:** Dr. Neena Seth Pajni

**Organizing Secretary:** Prof. Rajesh Kumar

**Resource Persons:** Dr. Neena Seth Pajni (Mental Wellness & Mindfulness)

Prof. Rupinder Singh (Yoga Asanas)

Dr. Mandeep Singh (Pranayama)

**Platform:** YouTube & **Telegram link to participate:**

<https://t.me/joinchat/TTWE1xglxACF5iWI0ILbow> **Date :** June 21, 2020 @ 8 am

**Total Volunteers joined:** 232

# Report:

Gobindgarh Public College, Alour-Khanna has celebrated the International Day of Yoga on the E-platform of Telegram where around 232 people from all walks of life participated. In the present scenario, it is highly important to be conscious of one's mental well-being along with sound physical health. Yoga offers us a wholesome package to us for a prosperous productive life comprising of physical, mental and spiritual wellbeing and rejuvenation. As the Covid-19 crisis continues; good health and human-wellbeing are becoming the most important concerns of our life. We believe that the social and emotional well-being of students' is as crucial as their physical health and academic goals.

The first session dedicated to Mental Wellness & Mindfulness and the resource person for this session was Dr. Neena Seth Pajni. She answered the queries posed by Prof. Sushma Miglani on the behalf of students. She guided them to lead a constructive life style by staying positive. Stress has undoubtedly become the part of life, but yoga and meditation can help combat with it.

The resource person for the second session, Prof Rupinder Singh has demonstrated some of the very significant yogs asanas such as Tikon Asana, Padma Asana, Vajar Asana and Bhjang Asana etc. which could be easily incorporated in the busy schedule of day to day life to fight against work stress and maintain good health.

For the third session, Dr. Mandeep Singh was the resource person who exhibited and demonstrated the techniques of Pranayama (Breathing exercise). He also deliberated over the multifarious benefits of Pranayama to mankind.

# NSS UNIT CELEBRATES WORLD ENVIRONMENT DAY



The sessions were concluded with the vote of thanks proposed by Prof. Rajesh Kumar. were provided to the participants via email on their respective mail id.

(Dr. Neena Seth Pajni) Principal

# Photographs of International Day of Yoga on 21.06.2020

**International Day of Yoga**

NSS & NCC unit  
of  
**Gobindgarh Public College**  
Alour, Khanna  
Website:-www.gpcalour.com

**GOBINDGARH PUBLIC COLLEGE**  
UPVID NO. 00000000000000000000

Celebrates  
**6th International Day of Yoga**  
on the theme  
**'YOGA AT HOME & YOGA WITH FAMILY'**  
on 21st June, 2020 (Sunday) @ 08:00 A.M

**RESOURCE PERSONS**

Prof. Rupinder Singh  
(Yoga Asanas)

Dr. Mandeep Singh  
(Pranayam)

Dr. Neena Seth Pajni  
(Mental wellness and Mindfulness)

Telegram Link: <https://t.me/joinchat/TTWE1xglxACF5iW10ILbow>  
\* E-certificates will be provided to those who will fill the feedback form.

**Register**

Prof. Rajesh Kumar  
Organizing Secretary (95010-14418)

Dr. Neena Seth Pajni  
(Convener & Principal)

# Photographs of International Day of Yoga on 21.06.2020

NSS & NCC unit of GOBINDGARH PUBLIC COLLEGE, ALOUR, KHANNA Celebrates 6th International day of Yoga 🧘 Webinar on Theme

'YOGA AT HOME & YOGA WITH FAMILY'  
On 21st June, 2020 (Sunday) @ 8:00 AM.

👉 Why to Attend?

1. To learn selected Yogasana & Pranayam to fight Covid 19 recommended by Ministry of Ayush, Govt. Of India
2. To learn Practi... See More



NSS & NCC unit  
of  
**Gobindgarh Public College**  
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E-certificates will be provided to those who fill the feedback form.

Register

Prof. Rajesh Kumar  
Organising Secretary (95010-14418)

Dr. Neena Seth Pajni  
(Convenor & Principal)

Working Professionals  
Housewives  
Students  
Teachers  
Yoga Enthusiasts etc.

Date: 21st June, 2020

Time: 8:00 AM

Venue: Join telegram link to participate:

<https://t.me/joinchat/TTWE1xglxACF5iWl0ILbow>

E-certificates will be provided to those who will fill feedback form after attending all the sessions.

Schedule & Resource Persons:

Prof Rupinder Singh: (Yog Asanas)

DR. Mandeep Singh: (Pranayam)

Dr Neena Seth Pajni: (Mental wellness and Mindfulness)

For Any Query Please Contact:

Prof. Rajesh Kumar  
(Organising Secretary)  
+91- 95010-14418

Dr. Neena Seth Pajni  
(Convenor & Principal)



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Celebrates  
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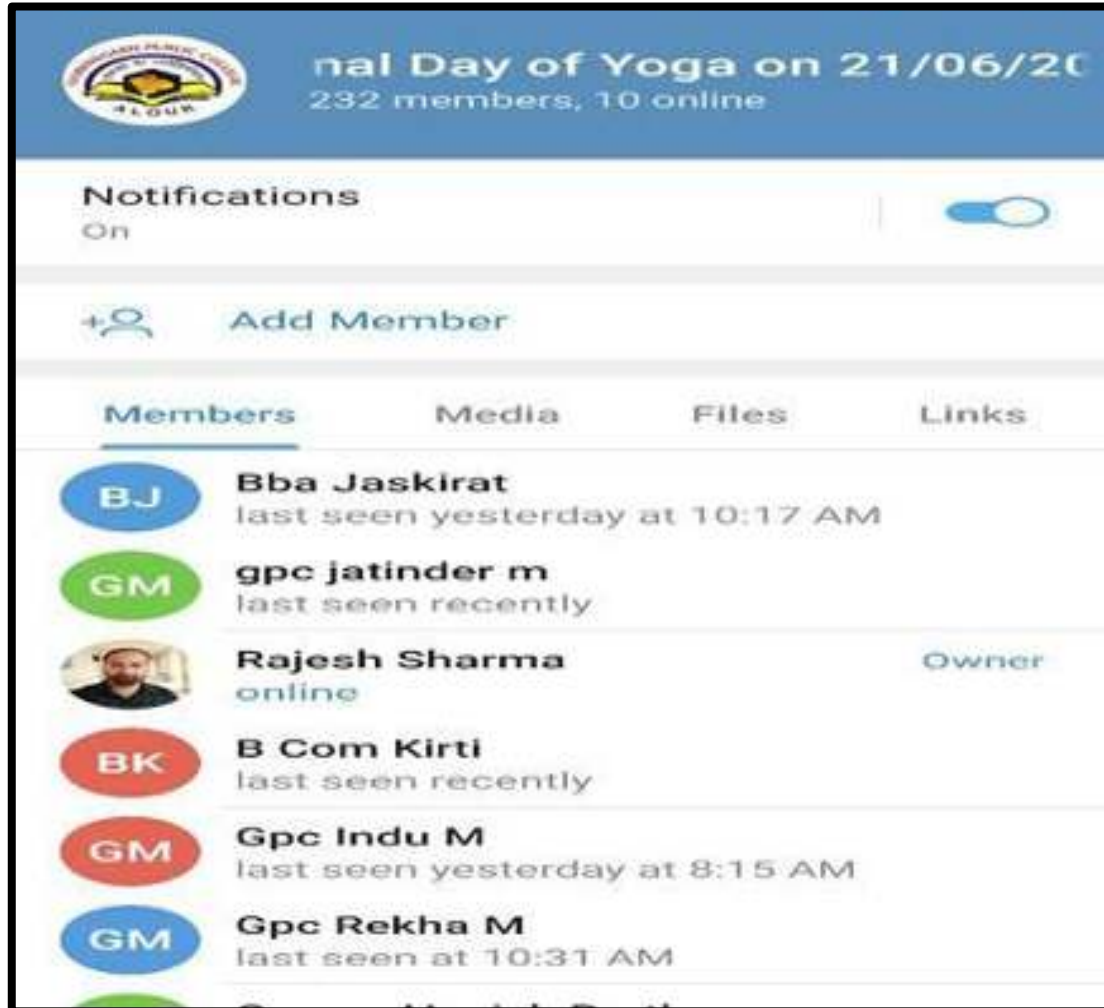
Telegram Link: <https://t.me/joinchat/TTWE1xglxACF5iWl0ILbow>

E-certificates will be provided to those who fill the feedback form.

Prof. Rajesh Kumar  
(Organising Secretary) 95010-14418

Dr. Neena Seth Pajni  
(Convenor & Principal)

# Photographs of International Day of Yoga on 21.06.2020



The screenshot shows a WhatsApp group chat interface. At the top, the group name is "International Day of Yoga on 21/06/2020" with 232 members and 10 online. Below the name, there is a "Notifications" toggle set to "On". An "Add Member" button is visible. The "Members" tab is selected, showing a list of group members:

- Bba Jaskirat** (BJ) - last seen yesterday at 10:17 AM
- gpc jatinder m** (GM) - last seen recently
- Rajesh Sharma** (Profile picture) - online, Owner
- B Com Kirti** (BK) - last seen recently
- Gpc Indu M** (GM) - last seen yesterday at 8:15 AM
- Gpc Rekha M** (GM) - last seen at 10:31 AM



The screenshot shows a YouTube video player interface. The video title is "YOGA MENTAL HEALTH - GOBINDGARH PUBLIC COLLEGE, ALOUR, KHANNA". It has 33 views and was uploaded 1 day ago. The video player shows a live stream with three participants: a man in a yellow and red shirt, a woman in a white shirt, and a woman with glasses. Below the video, there are 5 likes and 0 comments. The channel name is "Gobindgarh Public Colle..." with 171 subscribers and a "SUBSCRIBE" button. The "Up next" section shows two recommended videos:

- ਕਮਾਲ ਦੀ ਚਟਨੀ** (Kamaal Di Chatni) - 2.1LAC views, 9:59 duration. Title: ਨਾ ਕੱਚੀ ਕਿਸੇ ਨੇ ਜੋੜੀ ਨਾ ਕੱਚੀ ਕਿਸੇ ਨੇ ਜੋੜੀ.
- ਏਸੇ ਖਰੀਦਦੇ ਹੈ ਪੁਰਾਨੀ ਗਾੜੀ.. ihow to buy old car.full inspection.** - 1 year ago, Recommended... Title: ਏਸੇ ਖਰੀਦਦੇ ਹੈ ਪੁਰਾਨੀ ਗਾੜੀ.. ihow to buy old car.full inspection.

# Photographs of International Day of Yoga on 21.06.2020





# Photographs of International Day of Yoga on 21.06.2020



**YOGA AASANS - GOBINDGARH PUBLIC COLLEGE, ALOUR, KHANNA**

105 views · 1 day ago

24 0 Share Download Save

 **Gobindgarh Public Colle...** 171 subscribers **SUBSCRIBE**

Published on Jun 21, 2020

GOBINDGARH PUBLIC COLLEGE, ALOUR, KHANNA Celebrates 6th International Day of Yoga on the theme 'YOGA AT HOME & YOGA WITH FAMILY' on 21st June, 2020



**Yoga Pranayam - GOBINDGARH PUBLIC COLLEGE ALOUR KHANNA**

233 views · 1 day ago

41 1 Share Download Save

 **Gobindgarh Public Colle...** 171 subscribers **SUBSCRIBE**

Up next: Autoplay

# Photographs of International Day of Yoga on 21.06.2020

## GOBINDGARH PUBLIC COLLEGE, KHANNA

The NSS and NCC units of Gobindgarh Public College, Alour (Khanna) celebrated the 6th International Day of Yoga by organising a webinar on the theme "Yoga at home and Yoga with family." College Principal Dr Neena Seth Pajni, Prof Rupinder Singh and Prof Mandeep Singh were the resource persons. Principal Dr Neena Seth Pajni deliberated upon the 'Mental wellness & Mindfulness.' During the session, Prof Sushma Miglani asked various questions of the participants regarding, lockdown anxiety, meditations, student care, over thinking and loneliness from Dr Pajni. He said by adopting yoga and thinking positively in our life we can overcome any kind of problem or anxiety. Prof Mandeep Singh demonstrated and explained about the 'Pranayam', such as Vastvika pranyam, Kapal bhatti pranyam, anul- vinol pranyam and Bhastrika pranyam. oc

Ludhiana Tribune Mon, 22 J  
<https://e> 

## जीपीसी ने 6वां योग दिवस मनाया



योगा दिवस पर अपने घरों पर योगा करते जी.पी.सी के अध्यापक।

मंडी गोविंदगढ़ (योगेश, रामवेत) : गोविंदगढ़ पब्लिक कॉलेज की एनए सएस और एनसीसी इकाई द्वारा योगा एट होम एंड योगा विद फैमिली थीम पर एक वेबिनार का आयोजन करके 6वां अंतर्राष्ट्रीय योग दिवस मनाया। कॉलेज की प्रिंसिपल डॉ. नीना सेठ पजनी, प्रो. रूपिंदर सिंह और प्रो. मनदीप सिंह वक्ता व्यक्ति थे। प्रो. राजेश कुमार (आयोजन सचिव) ने सभी संसाधन व्यक्तियों का स्वागत किया। प्रो. रूपिंदर सिंह ने विभिन्न योग आसनों जैसे त्रिशिक, ट्राइकोन, पैडम, बुवांग आदि का प्रदर्शन किया और बताया कि इन आसनों से हम अपने शरीर और मन को स्वस्थ रख सकते हैं। प्रिंसिपल डॉ. नीना सेठ पजनी ने मानसिक कल्याण और माइंडफुलनेस पर विचार-विमर्श किया। सत्र के दौरान प्रो. सुषमा मिगलानी ने डॉ. पजनी से प्रतिभागियों के विभिन्न प्रश्नों जैसे, लॉकडाउन की चिंता, ध्यान, छात्र की देखभाल, अधिक सोच, अकेलेपन आदि के बारे में भी सवाल पूछे। प्रो. राजेश कुमार ने सभी संसाधन व्यक्तियों को धन्यवाद दिया। इस टेलिकॉस्ट ऑनलाइन वेबिनार में बड़ी संख्या सदस्य शामिल हुए।

# NSS UNIT CELEBRATES 75 YEARS OF INDEPENDENT INDIA



## जीपीसी में करवाया वेबिनार

संवाद सहयोगी, मंडी गोबिंदगढ़ : गोबिंदगढ़ पब्लिक कालेज में एनएसएस और एनसीसी इकाई ने स्वतंत्रता संग्राम में शहीद भगत सिंह, राजगुरु और सुखदेव की भूमिका के लिए विशेष संदर्भ के साथ आजादी के 75 साल का जश्न मनाने पर एक राष्ट्रीय वेबिनार करवाया गया।

डा. निर्मल सिंह जौड़ा निर्देशक युवा कल्याण विभाग पंजाब विश्वविद्यालय चंडीगढ़ मुख्य अतिथि थे। डा. रेखा सुंद हांडा प्रिंसिपल, गोपी चंद आर्य महिला कालेज अंबोहर संसाधन व्यक्ति थे। प्रिंसिपल डा. रेखा सुंद हांडा ने भारत के स्वतंत्रता संग्राम में शहीद भगत सिंह, राजगुरु और सुखदेव की भूमिका और योगदान पर

प्रकाश डाला। उन्होंने पढ़ने और अपने स्कूल के दिनों से लेकर कैद होने तक पढ़ी गई जागरूकता के साथ-साथ अपने स्वभाव पर उस परिदृश्य के प्रभावों पर भी प्रकाश डाला। उन्होंने छात्रों को देश के विकास के लिए शहीद भगत सिंह के विचारों का अनुसरण करने के लिए भी प्रेरित किया। डा. निर्मल सिंह जौड़ा ने कहा कि भगत सिंह, राजगुरु और सुखदेव भारत के स्वतंत्रता आंदोलन के सबसे प्रमुख क्रांतिकारी थे। कहा कि शहीद भगत सिंह देश के हर युवा के लिए रोल माडल हैं। प्रधानाचार्य डा. नीना सेठ पजनी ने छात्रों के लिए अपना बहुमूल्य समय देने के लिए संसाधन व्यक्तियों को धन्यवाद दिया।

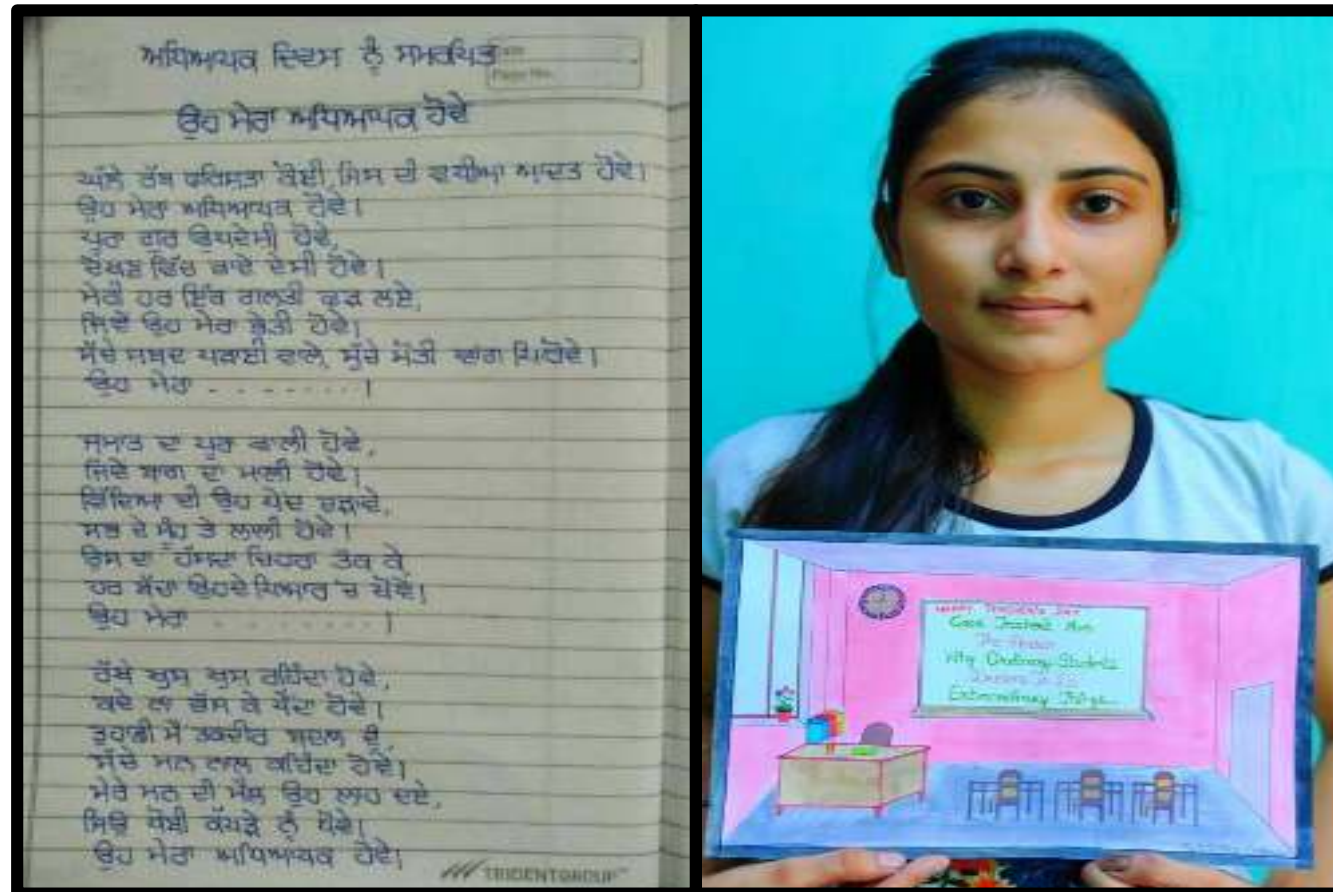
# **TEACHER'S DAY Celebration by NSS unit on September 5, 2020**

- Gobindgarh Public College celebrated 'Teacher's Day'. It started with an opening speech on 'Importance Of Teacher In Life'. Around 50 NSS Volunteer took part in the same. After the speech, Professor Sarvpalli Radhakrishnan were remembered. Competitions were also conducted as follows:
  - Poster Making Competition
  - Poem Recitation Competition

# TEACHER'S DAY Celebration by NSS unit on September 5, 2020



# TEACHER'S DAY Celebration by NSS unit on September 5, 2020



**Mahatma Gandhi National Council of Rural Education**  
Department of Higher Education, Ministry of Education  
**ONLINE WORKSHOP REPORT**

Name of the Resource Person

Dr. G. RAJINI

Complete details of the Program conducted (Workshop / FDP) with theme/topic, date(s), etc

One day Online Institutional Workshop on “Social Entrepreneurship, Swachhta and Rural Engagement Cell (SES REC)’ for

Complete details of the Name of the University / institute / College / State /District for whom the program is conducted

GOBINDGARH PUBLIC COLLEGE, ALOUR, KHANNA, DIST. LUDHIANA, PUNJAB

(Affiliated to Panjab University, Chandigarh)

Objective(s) of the program

Understand the vision of SES REC Plan

Appreciate the need for a SES REC Committee in theHEI

Identify aspects relevant to sanitation and hygiene,greenery, water, waste and energy conservation/management in a Swachh Campus

Appreciate the importance of institutionalising SESREC Plan for sustainable action in the five identified areas of sanitation and hygiene, greenery, water, waste and energy conservation in the campus

Become familiar with the contents of the Swachh CampusManual and the Jal Shakti Manual

Become aware of/Share a few best practices in the fiveareas of sanitation and hygiene, greenery, water, wasteand energy conservation in the campus

Gain clarity on the documentation of SOCIALENTREPRENUERSHIP AND COMMUNITY

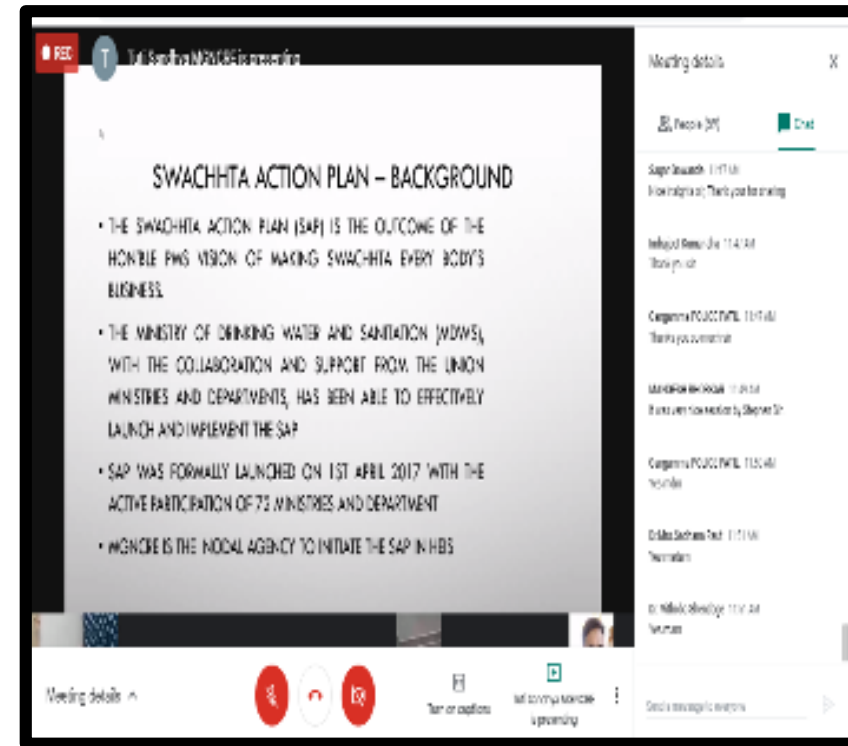
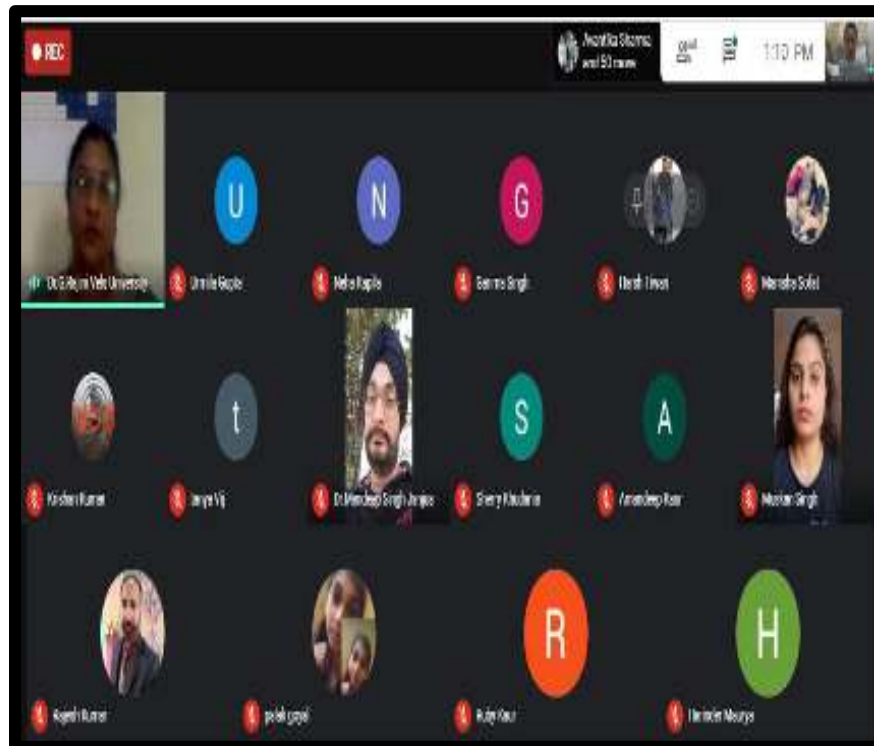
ENGAGEMENT CELL Activities

Prepare for implementation of SES REC Plan as soon asHEIs reopen post Covid 19

# Mahatma Gandhi National Council of Rural Education

Department of Higher Education, Ministry of Education

## ONLINE WORKSHOP REPORT





# Mahatma Gandhi National Council of Rural Education

## Department of Higher Education, Ministry of Education

### ONLINE WORKSHOP REPORT

REC T Tuti Sandhya MGNCRE is presenting

### Social Entrepreneurship

- creating business models revolving around low-cost products and services to resolve social inequities
- meant to meet the social and socio-economic needs of the bottom of the pyramid population ( SC,STs, migrants, Transgender, artisan sector, )
- May be a service, product, initiative
- Creating Jobs
- by using innovative ideas and methods
- creating social value.

Meeting details

People (6/6)

Meeting ID: 953 641 761

Start: 11:28 AM

End: 11:30 AM

Duration: 02:02

Participants: 6/6

Meeting controls: Mute, Video, Chat, Turn on captions, Tuti Sandhya MGNCRE is presenting, 6/6 participants are present

Parish Gupta and 27 more

2:43 PM

Participants: Divya MGNCRE, polak poyal, Karan Atty, Inderjeet Singh, Prabhjot Chocma, Saransh Goyal, Muskan Singh, Janya Vij, Guchilla 189, Shivam Dharg, Himanshu Gupta BBA 4th yr, Inderjeet Singh B.Com, Polak Singh B.com- final year, Anshdeep Singh, Gaurav Singh, Rajpreet Singh

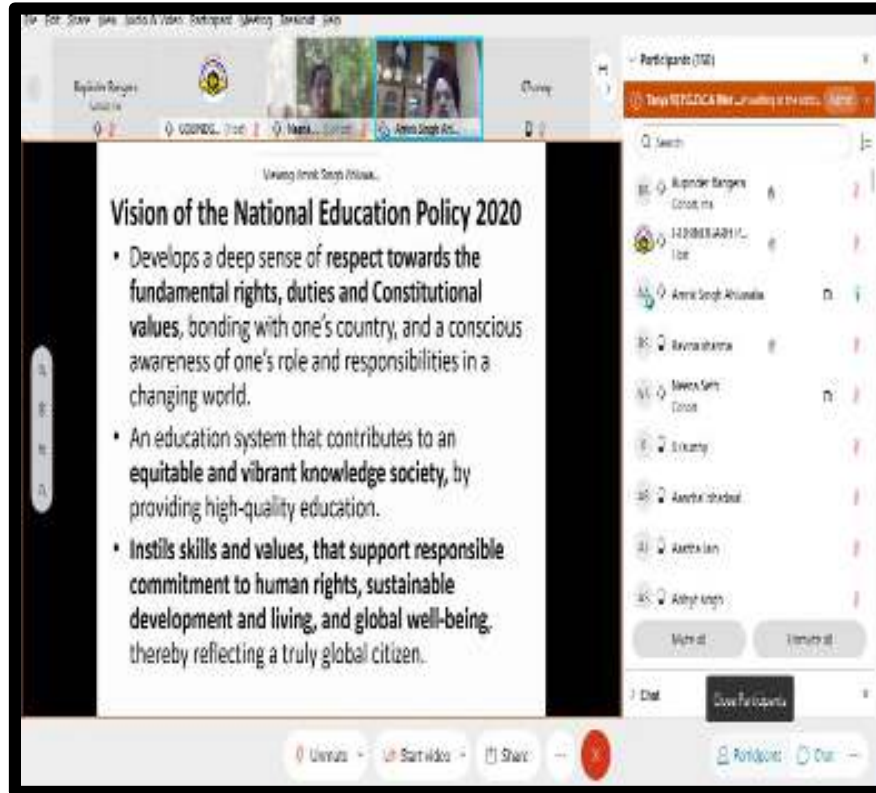
Meeting details

Meeting controls: Mute, Video, Chat, Turn on captions, Present now

# **Webinar on National Education policy-2020**

The NSS Volunteer of Gobindgarh Public College took part in the National Webinar conducted by the Ministry of Education on “National Education Policy, 2020”. Volunteers were enlightened on the theme, importance and need of the National Education Policy.

# Webinar on National Education policy-2020



The screenshot shows a Zoom meeting interface. The main content is a slide titled "Vision of the National Education Policy 2020" with the following bullet points:

- Develops a deep sense of respect towards the fundamental rights, duties and Constitutional values, bonding with one's country, and a conscious awareness of one's role and responsibilities in a changing world.
- An education system that contributes to an equitable and vibrant knowledge society, by providing high-quality education.
- Instills skills and values, that support responsible commitment to human rights, sustainable development and living, and global well-being, thereby reflecting a truly global citizen.

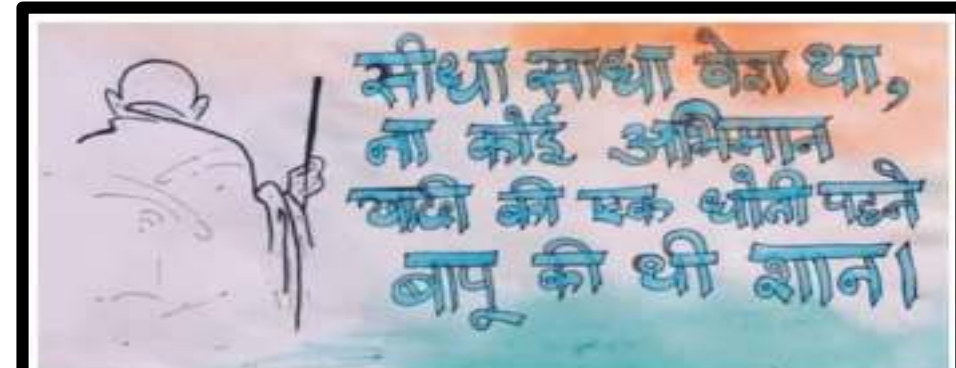
The interface also shows a list of participants on the right, including Anurag Bhatnagar, Anuraag Singh, and others. At the bottom, there are controls for Mute, Start video, Share, and Participants.



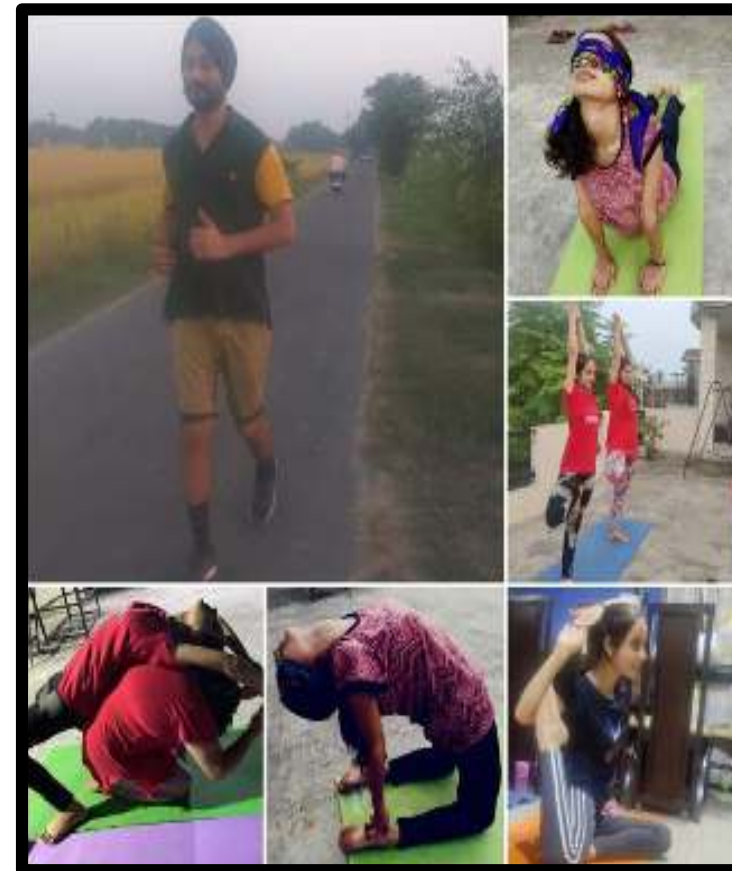
# Regarding Celebration of 150th Birth Anniversary of Mahatma Gandhi Ji on 2<sup>nd</sup> October, 2020

On the birth anniversary of Mahatma Gandhi Ji, NSS Unit of Gobindgarh Public College commemorated the “Father of The Nation”. A special speech competition was being organised to highlight the theme of Non Violence and its need in the society. The webinar to enlighten the volunteers on the topic “**Gandhian Principles**” was also organized. The poster making competition on the topic “**Gandhian Teachings**” was being conducted.

# Regarding Celebration of 150th Birth Anniversary of Mahatma Gandhi Ji on 2<sup>nd</sup> October, 2020



# Regarding Celebration of 150th Birth Anniversary of Mahatma Gandhi Ji on 2<sup>nd</sup> October, 2020



# Regarding Celebration of 150th Birth Anniversary of Mahatma Gandhi Ji on 2<sup>nd</sup> October, 2020

## गोबिंदगढ़ पब्लिक कॉलेज में करवाए ऑनलाइन मुकाबले



ऑनलाइन मुकाबलों में जीत दर्ज करने वाले जी.पी.सी. के छात्र। (दृश्य)

मंडी गोबिंदगढ़, 4 अक्टूबर (सुरेश) : गोबिंदगढ़ पब्लिक कॉलेज (जी.पी.सी.), मंडी गोबिंदगढ़ में कॉलेज की एन.एस.एस. यूनिट द्वारा गांधी जयंती पर घोषणा, पोस्टर मेकिंग और सलोगन लेखन के ऑनलाइन मुकाबले करवाए गए। समारोह के कार्यक्रम अधिकारी डा. मनदीप सिंह ने महात्मा गांधी के सिद्धांतों पर प्रकाश डाला।

कॉलेज प्रिंसिपल डा. नीना सेठ पजनी ने छात्रों को देश के अच्छे नागरिक बनने के लिए महात्मा गांधी के सिद्धांतों को अपने जीवन में अपनाने के लिए प्रेरित किया। उन्होंने ऑनलाइन मुकाबलों के नतीजों संबंधी बताया कि घोषणा प्रतियोगिता में नैन्सी गुप्ता ने प्रथम, तान्या ने दूसरा और सारांश गोयल व अवंतिका ने तीसरा स्थान हासिल किया। सलोगन लेखन मुकाबले में सारांश गोयल ने पहला, शिवम डांड ने दूसरा और नैन्सी गुप्ता ने तीसरा स्थान हासिल किया। इसी तरह पोस्टर मेकिंग मुकाबले में सारांश गोयल ने पहला, यास्मिन सगू ने दूसरा और रिया ने तीसरा स्थान हासिल किया।

## गोबिंदगढ़ पब्लिक कॉलेज में मनाई गांधी जयंती

मंडी गोबिंदगढ़, 3 अक्टूबर (समवेत) : गोबिंदगढ़ पब्लिक कॉलेज अलीड़ (खन्ना) की एन.एस.एस. इकाई की ओर से गांधी जयंती बड़े उत्साह से मनाई गई। इस अवसर पर महात्मा गांधी



अध्यत आने वाले विद्यार्थी।

और राष्ट्र के लिए उनके योगदान के विषय पर विभिन्न आर्नालाइज्ड प्रतियोगिताओं जैसे घोषणा, पोस्टर मेकिंग और सलोगन लेखन का आयोजन किया गया। कार्यक्रम अधिकारी डा. मनदीप सिंह ने राष्ट्रपिता महात्मा गांधी के सिद्धांतों और योगदान पर प्रकाश डाला। प्रधानाचार्य डा. नीना सेठ पजनी ने छात्रों को देश के अच्छे नागरिक बनने के लिए महात्मा गांधी के सिद्धांतों को अपने जीवन में अपनाने के लिए प्रेरित किया। प्रतियोगिता में नैन्सी गुप्ता प्रथम, तान्या द्वितीय, सारांश गोयल तृतीय, श्लोमन लेखन में अवंतिका प्रथम, सारांश गोयल द्वितीय, शिवम डांड तृतीय, पोस्टर मेकिंग प्रतियोगिता में सारांश गोयल प्रथम, यास्मिन सगू द्वितीय, रिया तृतीय रहे।



# GPC celebrates and Observes National Unity Day & Vigilance Awareness Week

GPC celebrates and Observes National Unity Day & Vigilance Awareness Week

The NSS Unit of Gobindgarh Public College, Alour (Khanna) as per the dictates by Government of India & NSS Coordinator, Panjab University, Chandigarh under the efficient administration of Dr. Neena Seth Pajni, principal of the college celebrated National Unity Day & also observed Vigilance Awareness week under 'Satrak Bharat Samridh Bharat' initiative. The NSS Unit Programme Officers Dr Mandeep Singh & Prof. Bangera Rupinder Kaur stressed upon the peerless service rendered by Sardar Vallabh Bhai Patel for the unity of India. Corruption is a venom which has seeped down into the fabric of India, the whole nation and especially youth should work collectively and wholeheartedly to eradicate it. Many completions like debate, declamation, poster making and essay writing were organized on Corruption. An oath taking ceremony was also organized for the students not to indulge in corruption in any form in their life. In the declamation competition Nancy grabbed the first prize, Saransh second and Tanya got the third prize, whereas in essay writing Riya stood first, Simran second and Akanshu stood third. Kavita, Disha Goyal, and Riya Verma clinched top three positions in Poster Making respectively.



# GPC celebrates and Observes National Unity Day & Vigilance Awareness Week



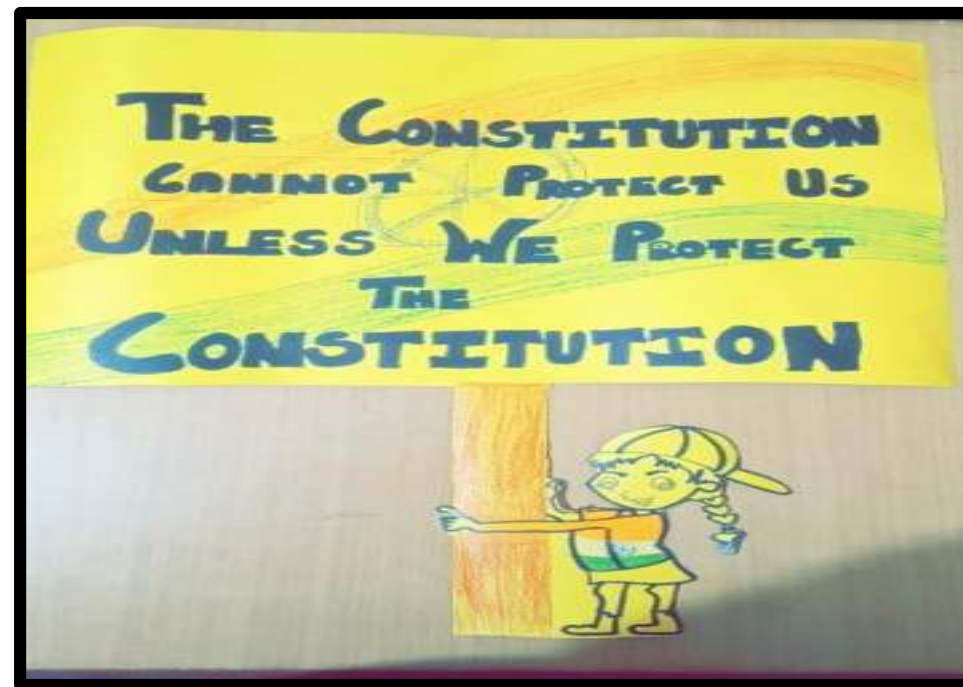
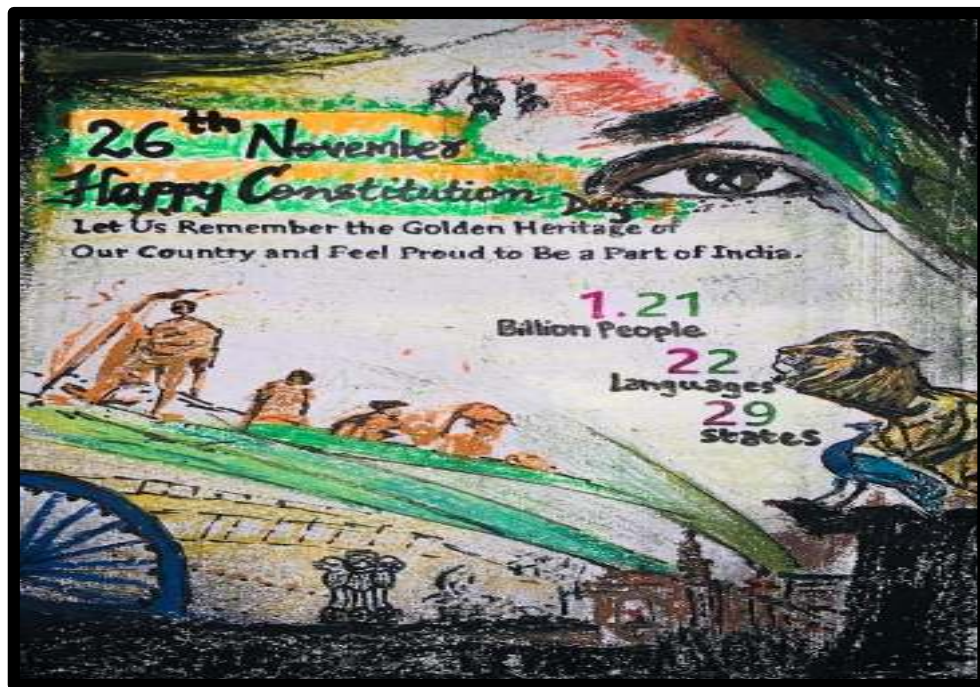
# GPC celebrates and Observes National Unity Day & Vigilance Awareness Week



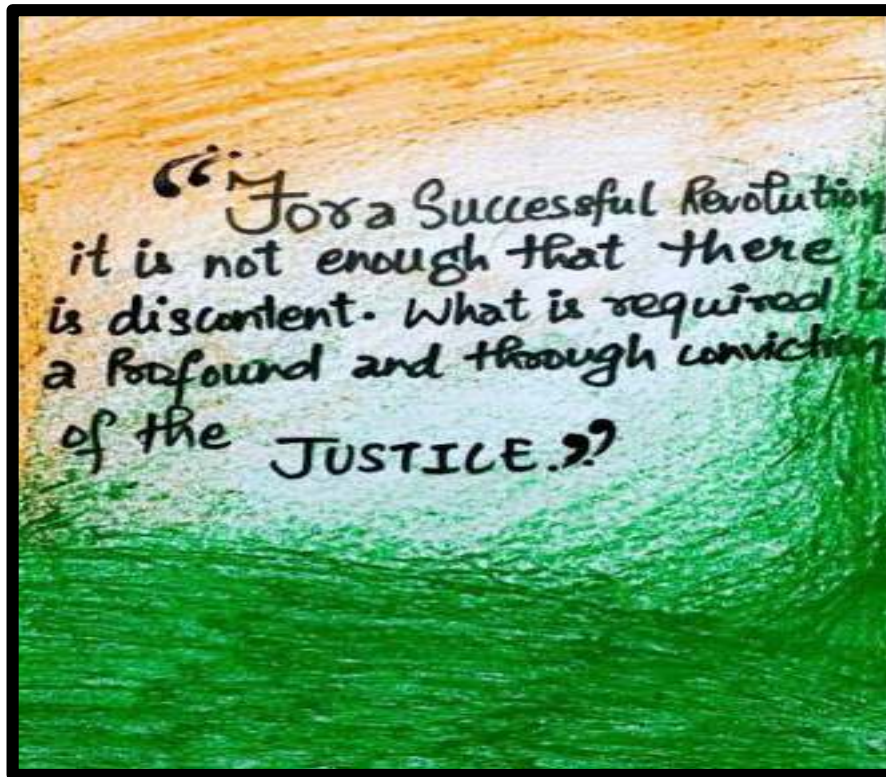
# Regarding Celebration of Constitutional Day at Gobindgarh Public College, Alour (Khanna)

NSS Unit of the Gobindgarh Public College organized a special quiz on the Constitution Day through online medium. The e-certificates were given to all the participants. The importance of constitution was also highlighted through the webinar being conducted by Prof. Bangera Rupinder Kaur and Prof. Mandeep Singh. The poster making competition was being organised on the topic “**Constitution Of India**”

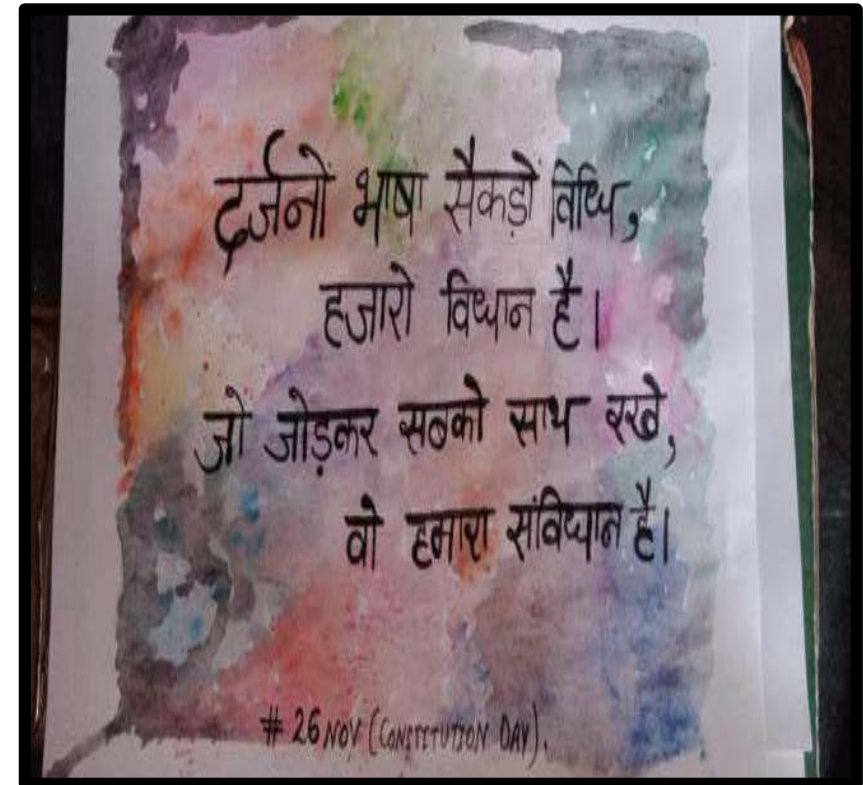
# Regarding Celebration of Constitutional Day at Gobindgarh Public College, Alour (Khanna)



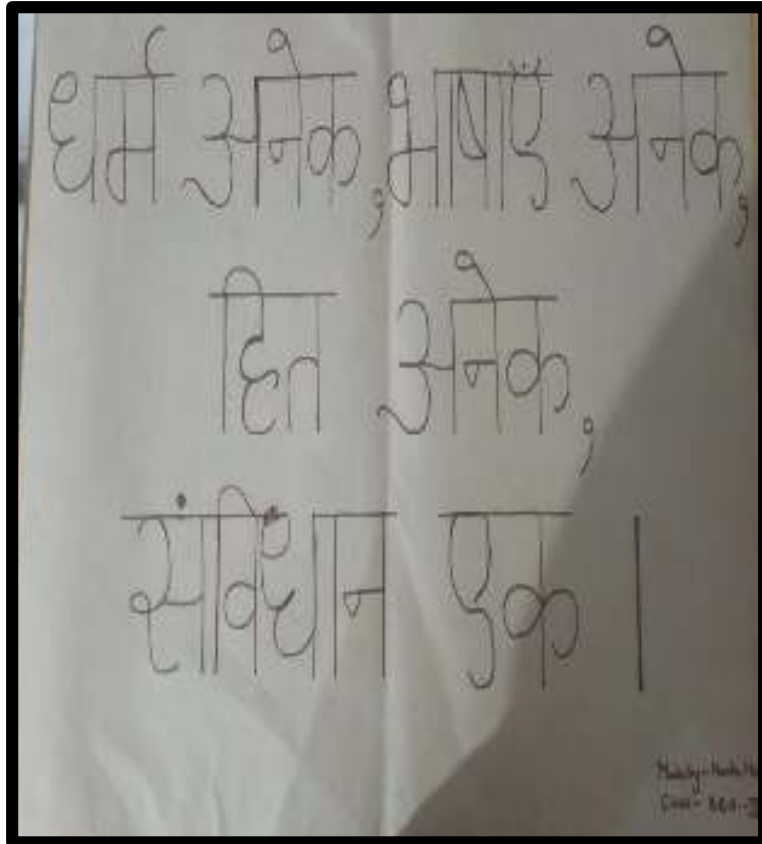
# Regarding Celebration of Constitutional Day at Gobindgarh Public College, Alour (Khanna)



# Regarding Celebration of Constitutional Day at Gobindgarh Public College, Alour (Khanna)



# Regarding Celebration of Constitutional Day at Gobindgarh Public College, Alour (Khanna)



# **Regarding FIT India Parbhat Pheri Programme at Gobindgarh Public College, Alour (Khanna)**

NSS Unit of Gobindgarh Public College organized a Fit India Rally to promote the fitness among the people of the society. Started with a morning rally in the ground, public parks and the roads. NSS volunteers also communicated one to one people during the rally to promote the importance and fitness among the old age people and youth especially. The rally was conducted with slogans by volunteers. Total Volunteers Participated: 50



# Regarding FIT India Parbhat Pheri Programme at Gobindgarh Public College, Alour (Khanna)



# Regarding FIT India Parbhat Pheri Programme at Gobindgarh Public College, Alour (Khanna)



# Regarding FIT India Parbhat Pheri Programme at Gobindgarh Public College, Alour (Khanna)



# **Celebration of 125th Birthday of Neta Subhash Chander Bose & Voter Day**

- The NSS volunteers of Gobindgarh Public College commemorated the birth anniversary of Netaji Subhash Chandra Bose. Along with this a webinar was conducted to enlighten the volunteers on the life and struggle done by Netaji for freedom of the nation.
- National voters day was also celebrated the volunteers took the pledge to be the responsible citizen of the nation and vote for sure

# Celebration of 125th Birthday of Neta Subhash Chander Bose & Voter Day

## जीपीसी में राष्ट्रीय मतदाता दिवस मनाया

संवाद सहयोगी, मंडी गोबिंदगढ़ : गोबिंदगढ़ पब्लिक कालेज में इलेक्टोरल लिटरेसी क्लब व एनएसएस की इकाई हाल में राष्ट्रीय मतदाता दिवस मनाया गया। कालेज प्राचार्य डॉ. नीना सेठ पजनी इस समारोह के दौरान मुख्य अतिथि थीं। उन्होंने छात्रों को मतदान के अधिकार के महत्व के बारे में बताया और छात्रों से अपने अधिकार का उपयोग करने को कहा। धर्म, जाति, पंथ आदि से

संबंधित किसी भी प्रकार के विचारों के बिना मतदान करने के लिए शपथ ग्रहण समारोह हुआ। विभिन्न कक्षाओं के छात्रों ने कालेज में शपथ ग्रहण समारोह में भाग लिया। प्राचार्य डॉ. नीना सेठ पजनी ने डॉ. गोपाल कृष्ण नोडल अधिकारी, इलेक्टोरल लिटरेसी क्लब, डॉ. मनदीप सिंह और प्रो. बी. रुपिंदर कौर एनएसएस कार्यक्रम अधिकारी के प्रयासों की सराहना की।



गोबिंदगढ़ पब्लिक कालेज में मतदान करने की शपथ लेते हुए विद्यार्थी ● जगज्योति

## NATIONAL VOTERS DAY CELEBRATED

The Electoral Literacy Club and NSS unit of celebrated National Voters Day at Gobindgarh Public College, Alour, Khanna, recently. College Principal, Dr Neena Seth Pajni was the chief guest during this function and she told the students about the importance of right to vote and asked the students to exercise their right to vote without any sort of considerations pertaining to religion, caste, creed etc. TNS

Ludhiana Tribune

Sat, 30 J  
<https://e>



# Celebration of 125th Birthday of Neta Subhash Chander Bose & Voter Day



# **Report regarding observed Poshan Pakhwada at Gobindgarh Public College, Alour (Khanna)**

Poshan Pakhwada observed at GPC

The NSS unit of Gobindgarh Public College Alour (Khanna) celebrated Poshan Pakhwada as per guidelines of Indian government, NSS coordinator of Punjab University, Chandigarh. College principal Dr Neena Seth Pajni was the chief guest on the occasion. NSS programme officers Dr Mandeep Singh and Prof. Bangera Rupinder Kaur spread awareness about healthy diet. Dr Mandeep Singh highlighted the importance of physical exercises for to keep our body fit and healthy. Various competitions like poster-making and essay writing were also organised for the students. Nancy Gupta, Shivam Dhand, Garima, Karan Narang and Prabhu Dutt were the winners of these competitions.

# Report regarding observed Poshan Pakhwada at Gobindgarh Public College, Alour (Khanna)

## गोबिंदगढ़ पब्लिक कॉलेज में पोषण पखवाड़ा मनाया



जीपीसी प्रतियोगिता में शामिल विद्यार्थी।

मंडी गोबिंदगढ़, 8 अप्रैल (रामचेत) : गोबिंदगढ़ पब्लिक कॉलेज अलौड़ (खन्ना) की एनएसएस इकाई द्वारा भारत सरकार, एनएसएस समन्वयक, पंजाब विश्वविद्यालय, चंडीगढ़ के दिशा-निर्देशानुसार पोषण पखवाड़ा मनाया गया। जिसमें कॉलेज प्रिंसिपल डॉ. नीना सेठ पजनी मुख्यातिथि थीं। एनएसएस कार्यक्रम अधिकारी डॉ. मनदीप सिंह और प्रो. बंगेरा रुपिंदर कौर ने स्वस्थ आहार के बारे में जागरूकता फैलाई। डॉ. मनदीप सिंह ने हमारे शरीर को फिट और स्वस्थ रखने के लिए शारीरिक व्यायाम के महत्व पर प्रकाश डाला। छात्रों के लिए विभिन्न प्रतियोगिताएं करवाई गईं जिसमें पोस्टर-मेकिंग और निबंध लेखन आदि प्रमुख हैं। इन प्रतियोगिताओं के विजेता नैसी गुप्ता, शिवम ढंड, गरिमा, करण नारंग और प्रभु दत्त थे।



## गोबिंदगढ़ पब्लिक कॉलेज में मनाया पोषण पखवाड़ा

संवाद सहयोगी, मंडी गोबिंदगढ़ : गोबिंदगढ़ पब्लिक कॉलेज की एनएसएस इकाई ने भारत सरकार एनएसएस समन्वयक पंजाब विश्वविद्यालय चंडीगढ़ के दिशा-निर्देश पर पोषण पखवाड़ा मनाया। कॉलेज प्रिंसिपल डा. नीना सेठ पजनी मुख्य अतिथि थीं। एनएसएस कार्यक्रम अधिकारी डा. मनदीप सिंह और प्रो. बंगेरा रुपिंदर कौर ने स्वस्थ आहार के बारे में जागरूक किया। डा. मनदीप सिंह ने शरीर को फिट और स्वस्थ रखने के लिए शारीरिक व्यायाम के महत्व पर प्रकाश डाला। छात्रों के लिए विभिन्न प्रतियोगिता जैसे पोस्टर-मेकिंग और निबंध लेखन का भी आयोजन किया गया। इन प्रतियोगिता में नैसी गुप्ता, शिवम ढंड, गरिमा, करण नारंग और प्रभु दत्त विजेता रहे।



# Report regarding observed Poshan Pakhwada at Gobindgarh Public College, Alour (Khanna)



# **Covid-19 Vaccination awareness drive by NSS Unit of Gobindgarh Public College, Alour (Khanna)**

- The covid-19 vaccination awareness drive was being conducted. The teachers were vaccinated. The NSS volunteer of Gobindgarh Public College went to the nearby village 'Dadheri' to promote awareness amongst the people regarding Covid-19. The covid-19 awareness camp was conducted by following all the covid-19 SOPs and required precautions were taken.

# Covid-19 Vaccination awareness drive by NSS Unit of Gobindgarh Public College, Alour (Khanna)



# Covid-19 Vaccination awareness drive by NSS Unit of Gobindgarh Public College, Alour (Khanna)



# **GPC Alour organizes Webinar on ‘Menstrual Hygiene and Health Management’**

Gobindgarh Public College Alour, Khanna observed the ‘Menstrual Hygiene Day’ on 28<sup>th</sup> May, 2021 by organizing a two days Webinar on ‘Menstrual Hygiene and Health Management’ for both young girls and women & the adolescent girls on 28<sup>th</sup> May & 29<sup>th</sup> May, 2021 respectively. The NSS Unit of the college had collaborated with Unicharm India (a Japanese company) and Global Hunt Foundation (a CSR organization) to organize this event on the Google Meet platform. The resource person for both the days was Ms. Ankita Sukhwai (CSR Executive, Unicharm India) who deliberated on the significance of the day and also acquainted and sensitized the young and adolescent participants about keeping Menstrual Hygiene and thus maintain better health. She also had readily answered the queries of the participants and help them overcome their fears and apprehensions relating to menstruation. The college Principal Dr. Neena Seth Pajni congratulated and appreciated the resource person to have taken up cudgels and fight the inhibitions relating to the issue. She also motivated the young participant to shun their inhibitions and promote this issue and help everyone bring a change . Also participating in this event were NSS Programme Officers Dr. Mandeep Singh and Prof. Bangera Rupinder Kaur along with the other faculty members. In all, 150 girls participated in this two days event.

# GPC Alour organizes Webinar on 'Menstrual Hygiene and Health Management'

ankita sukhwal is presenting

Disclaimer

The information shared in the presentation is to the best of our knowledge. Every individual being a different self, the data / hypothesis / assumptions / explanations / experiences mentioned herein may not be the same for one and all. The presentation carries data for information sharing and spreading awareness on the topic of discussion.

ankita sukhwal, Muskan Singh, Dr. Neena Sethi P., Rinku Kumari, neeraj sharma, Anmol Paras, Manpreet Kaur, jasmeen mankoo, Ritika Chopra, Ruby Kaur, Nancy Gupta, Preety g

ankita sukhwal is presenting

During puberty, hormones also lead to emotional and behavioral changes


Peer pressure, Mood swings, Looking for an identity / Being carried away, Very emotional and sensitive, FUNCTIONAL AND BEHAVIOURAL CHANGES, Being confident about self

ankita sukhwal, Muskan Singh, Dr. Neena Sethi P., Rinku Kumari, neeraj sharma, Anmol Paras, Manpreet Kaur, jasmeen mankoo, Ritika Chopra, Madhvi Vashishta, Nancy Gupta, Preety g

# CELEBERATED WORLD TOBBACO DAY ON MAY 31, 2021


NSS unit of Gobindgarh Public College celebrated "**World No Tobacco Day**" on **31st May**. The volunteers took the pledge to not consume such alcoholic products. The volunteers aslo promised to aware people about the same. The webinar was conducted to enlighten students about the harmful effects of tobacco. The event ended with activities related to UN's theme on this day.

# CELEBRATED WORLD TOBACCO DAY ON MAY 31, 2021



Take action against  
COVID-19, become a

# #YOUNG WARRIOR



- Complete simple tasks on your phone and get a certificate:
  - On WhatsApp: type **YWA** and send it to **+91 96504 14141**  
OR
  - Give us missed call on **080-66019225**
- Pledge to take action against COVID-19 by posting **'I am a #youngwarrior'** on social media - Facebook/ Twitter/ Instagram - do tag 5 friends and ask them to join this movement on WhatsApp or by giving a missed call on the above-mentioned numbers.

www.dainiksaveratimes.com 3<sup>+</sup>  
जालंधर, मंगलवार, 1 जून 2021

## जी.पी.सी. में विश्व तंबाकू निषेध दिवस मनाया

मंडी गोबिंदगढ़, 31 मई (रामचेत): गोबिंदगढ़ पब्लिक कालेज, अलौड़ (खन्ना) की एन.एस.एस. और एन.सी.सी. इकाई की ओर से आज 'कमिट टू क्विट' थीम के साथ ऑनलाइन विश्व तंबाकू निषेध दिवस मनाया। कालेज की प्राचार्या प्रिंसीपल डा. नीना सेठ पजनी मुख्यातिथि थीं। छात्रों को संबोधित करते हुए प्रधानाचार्य ने तंबाकू के सेवन के दुष्प्रभावों पर प्रकाश डाला और छात्रों को किसी भी रूप में तंबाकू के उपयोग को हतोत्साहित करने के लिए प्रेरित किया। इस अवसर पर छात्रों के लिए एक ऑनलाइन शपथ ग्रहण समारोह भी आयोजित किया गया।



छात्रों ने शपथ ली कि वे अपने जीवन में कभी भी धूम्रपान नहीं करेंगे और किसी भी प्रकार के तंबाकू उत्पाद का सेवन नहीं करेंगे और अपने परिवार या परिचितों को धूम्रपान न करने और किसी भी तंबाकू उत्पाद का उपयोग ना करने के लिए प्रेरित करेंगे। उन्होंने अपने कार्यालय के परिसर को तंबाकू मुक्त रखने और अपने सहयोगियों को इसके लिए प्रेरित करने की शपथ भी ली। इस कार्यक्रम में कुल 85 छात्रों और शिक्षकों ने भाग लिया। इस अवसर पर प्रो. मंदीप सिंह और प्रो. रूपिंदर बगैरा और प्रो. तेजिंदर सिंह भी मौजूद हैं।

दैनिक सवेरा Tue, 01 June 2021  
epaper.dainiksaveratimes.org/c/6 