



### NSS Regular Activities

#### Session 2025-26

1. NSS volunteers of Guru Gobind Singh College for Women, sector-26, Chandigarh actively participated in a Walkathon organized by the Education Department in collaboration with the Narcotics Control Bureau on 26 June, 2025 at Sukhna Lake. The event was held to commemorate the International Day Against Drug Abuse and Illicit Trafficking. The primary objective of the Walkathon was to raise awareness among youth about the harmful effects of drug abuse and to promote a drug-free lifestyle. Through their enthusiastic participation, the volunteers contributed to spreading the message of healthy living and collective responsibility in combating the drug menace. Such initiatives not only inspire the younger generation to adopt healthier habits but also play a vital role in building a drug-free nation



2. NSS volunteers from Guru Gobind Singh College for Women Sector-26 Chandigarh actively participated in a one-day workshop on Environment and Viksit Bharat, organized by the NSS Cell, Panjab University. The workshop aimed to raise awareness among students about environmental issues and the vision of a developed India (Viksit Bharat). As part of the event, students took part in a range of engaging activities, including declamation, poster-making, and rangoli-making competitions. All participating students were awarded Certificates of

Participation in recognition of their enthusiastic involvement. The workshop proved to be an enriching experience, fostering creativity, awareness, and a sense of responsibility among the volunteers. Beside that NSS PO Mrs Amandeep Kaur was felicitated



3. Guru Gobind Singh College for Women celebrated Van Mahotsav with great enthusiasm and a strong commitment to environmental conservation on 5 July 2025. The event witnessed active participation from NSS volunteers, the Principal, Dr. Jatinder Kaur, Nss Programme officers, faculty members, and non-teaching staff, all united in the mission to promote a greener and healthier environment. In a heartwarming gesture under the initiative “Ek Ped Maa Ke Naam”, the NSS volunteers planted a tree in honor of their Principal, symbolizing gratitude and respect for her guidance and leadership. As part of the celebrations, various saplings were planted across the campus, symbolizing the college’s dedication to preserving nature. Students presented a thought-provoking Nukkad Natak (street play) delivering the powerful message “Ped Lagao, Paryavaran Bachao”, encouraging everyone to take responsibility for protecting the environment. In addition to the plantation drive and street play, a poster-making activity was organized, where students creatively expressed the importance of trees and ecological balance. Participants also took a pledge to continue planting trees and nurturing the environment beyond the event.



4. As part of the Har Ghar Tiranga celebrations and the Viksit Bharat Yuva Connect Program, the Department of Student Welfare (DSW) and the National Service Scheme (NSS) of our college jointly set up a vibrant tricolour-themed Selfie Corner on campus. The corner was adorned with the tri-colours, patriotic slogans, and creative backdrops, creating an engaging space for everyone to express their national pride. The activity not only added a festive spirit to the celebrations but also aligned with the vision of a developed and empowered nation under the Viksit Bharat mission. The Selfie Corner stood as a symbol of patriotism, youth engagement, and collective aspiration towards building a stronger India. The initiative witnessed enthusiastic participation, with the Principal, Dr. Jatinder Kaur, faculty members, and students capturing selfies to mark their commitment to the ideals of unity and a progressive India.



5. The NSS Unit and VADA Club of Guru Gobind Singh College for Women, Sector 26, Chandigarh, in collaboration with the Chandigarh Police Department, organized a lecture on Drug De-addiction for the students of Govt. Model High School, Kishangarh on 19th August 2025. The lecture was delivered on the school premises. The resource persons for the session were ASI Babita (447/CP) and ASI Sanjay (3267/CP) from the Crime Branch, Chandigarh. A total of 65 students attended the programme, where they were sensitized about the harmful effects of drug abuse through an interactive lecture and awareness videos. The session highlighted the physical, mental, and social consequences of substance addiction.

In addition, Mr. Ashwini, Health Officer, Kishangarh, addressed the students and raised awareness about the importance of health and hygiene in building a disciplined and drug-free lifestyle. The students also took a pledge to stay away from drugs and contribute towards building a drug-free society. The event was conducted under the able guidance of Dr. Jatinder Kaur, Principal, Guru Gobind Singh College for Women, Sector 26, Chandigarh, and Ms. Kanupriya Joshi, Principal, Govt. Model High School, Kishangarh.



6. On the occasion of International Suicide Prevention Day on 10.09.2025, a lecture was delivered by Dr. Savneet, Head of the Department of Psychology, who stressed empathy, early support, and strong social bonds as key factors in preventing suicide which was attended by 65 students. The camp concluded with a rally, where volunteers spread messages of care and awareness. The initiative had a profound impact on the students. The event encouraged active student participation through a series of engaging activities including quote writing competition, heartfelt poetry recitations and informative PowerPoint presentations. Principal Dr. Jatinder Kaur appreciated the efforts of the organizers and participants in spreading such an important message.



7. Awareness Program on Alcoholism & Acholic Anonymous organised by VADA CLUB of Guru Gobind Singh College for Women in collaboration with NSS Unit and the Alcoholics Anonymous, Chandigarh Under the Aegis of Directorate of Higher Education, Chandigarh Administration on 20th September, 2025. The theme of the session was "Awareness is the First Step Towards Recovery." The session highlighted the rising issue of alcoholism, its psychological and social impacts, and the importance of collective support in recovery. With inspiring talks and personal stories, participants were encouraged to reflect on resilience, discipline, and healthier life choices. The programme, guided by Mr Sanjeev K., CPC Chairman, Alcoholics Anonymous, Chandigarh, shared his valuable insights and experiences. Besides this

his team members who are Alcoholics Anonymous gave a presentation on the effects of Alcoholism and how their members now lead a purposeful life without alcohol. The session witnessed the enthusiastic participation of 90 students, making it an enriching and impactful learning experience. Principal, Dr Jatinder Kaur motivated students to stay away from substance abuse and move towards self-development and applauded the efforts of the team members of the VADA Club and the NSS Unit of the college.



8. The NSS Unit of Guru Gobind Singh College for Women organised a Free Eye Check-up Camp at the Community Centre, Kishangarh, the college's adopted village, on 23rd September 2025. The camp aimed to spread awareness about eye health and provide essential check-up facilities to the local residents. A large number of villagers benefitted from the initiative, receiving consultation and guidance from medical experts. Free medicines were also distributed to those in need. The camp was held under the guidance of the NSS Programme Officers, with active support from volunteers. Dr. Jatinder Kaur, Principal of the college, appreciated the efforts of the NSS team and emphasised the importance of such outreach activities in promoting community welfare. The initiative reflected the institution's commitment towards social responsibility and healthcare support for underserved communities.



9. Free Health Check-up Camp Organised at GGS College for Women. The Red Ribbon Club and NSS Unit of Guru Gobind Singh College for Women, Sector 26, Chandigarh, in collaboration with Bhai Kanhaiya Health Care Centre, organized a one-day Free Health Check-up Camp on 25<sup>th</sup> September 2025. The camp offered essential services including blood sugar, blood pressure, haemoglobin, body weight, and blood grouping tests. A total of 163 students, along with teaching and non-teaching staff, enthusiastically participated in the initiative. The event aimed to spread awareness about health and wellness. Principal Dr. Jatinder Kaur appreciated and applauded the dedicated efforts of the Red Ribbon Club and NSS Unit.



10. Guru Gobind Singh College for Women Celebrated 'Noor Utsav' in the college campus with great enthusiasm and festive spirit on October 9, 2025. The event, aligned with the joy of the festive season, brought together students and faculty to celebrate creativity, culture, and community. A special attraction of the event was the GRIID stall, which was put up by their students in collaboration with NSS. It offered beautifully crafted candles, diyas, decorative items, and masalas, promoting inclusion and creativity with purpose.



11. Breast Cancer Awareness Walkathon Chandigarh NSS Cell, Education Department, Chandigarh Administration, in collaboration with Sahayta Charitable Welfare Society, Chandigarh, organised a "Breast Cancer Awareness Walkathon" at Sukhna Lake, in observance of "Pink October" - an International health campaign aimed at raising awareness about breast cancer and promoting early diagnosis. This initiative supports the global mission of ensuring that all women remain in the pink of health through timely awareness and preventive care. NSS volunteers of Guru Gobind Singh College for Women, Chandigarh, along with NSS Program Officer actively participated under the encouragement and guidance of Dr. Jatinder Kaur, Principal. The walk, held successfully spread the message of women's health awareness and preventive care.



12. NSS Volunteers participated in Slogan writing activity and poster display of Unity March in the college



13. The NSS Volunteers of Guru Gobind Singh College for Women, Sector 26, Chandigarh, enthusiastically participated in the "Run for Unity" programme organized by the Chandigarh NSS Cell, Education Department, in collaboration with the Chandigarh Administration at Sukhna Lake on 31st October, 2025. The event was held to commemorate the 150th Birth Anniversary of Sardar Vallabhbhai Patel, fondly known as the Iron Man of India. The objective of the programme was to promote national unity, community participation, and public awareness under the theme "Ek Bharat, Viksit Bharat." The volunteers participated with great zeal and dedication, reflecting the values of unity, integrity, and social responsibility inspired by Sardar Patel's vision of a united and progressive India. Principal, Dr Jatinder Kaur, applauded the efforts of the NSS Unit for the active participation and commendable spirit in upholding the ideals of national integration and service



14. The NSS Unit of Guru Gobind Singh College for Women, Chandigarh, organized an Essay Writing Competition on 30th October 2025 to mark the 150th Birth Anniversary of Sardar Vallabhbhai Patel on the topic "Role of Sardar Patel in National Integration and Unity." Dr. Amandeep Kaur, Assistant Professor in the Department of History, SGGS College, Sector 26, Chandigarh, delivered an inspiring lecture on "Sardar Vallabhbhai Patel: The Iron Man of India." Principal Dr. Jatinder

Kaur appreciated the efforts of the NSS Unit and distributed prizes to the winners, while Dr. Harneet, Associate Professor in the PG Department of English, served as judge and shared her expert remarks. Students also took a pledge to follow the path shown by Sardar Patel and uphold the unity and integrity of the nation.



15. On the occasion of the 150th anniversary of the National Song “Vande Mataram,” on 07<sup>th</sup> November, 2025 the students and faculty of Guru Gobind Singh College for Women, Sector 26, Chandigarh, assembled at 9:50 a.m. for its collective rendition. The event was a stirring tribute to the enduring spirit of patriotism, unity, and cultural pride that binds us as a nation. Principal Dr. Jatinder Kaur appreciated the sincere efforts of all participants, appreciating their enthusiastic involvement and the heartfelt expression of national solidarity and devotion that marked the celebration.



16. From 01 December 2025 to 07 January 2026, the NSS Unit organized a series of activities to promote awareness under the campaign “Bal Vivah Mukta Bharat.” Volunteers took a pledge against child marriage and highlighted the legal age of marriage and children’s rights. Activities such as slogan writing, a short awareness film screening, and poetry recitation emphasized education and equality. The programme concluded with a human chain symbolizing unity against child marriage.



**Pledge Ceremony**



**Poetry Recitation**



**Slogan Writing Activity:**



**Human Chain Formation**



**Short Movie Screening**

17. NSS volunteers of the college participated in **Cyclothon** organised by Chandigarh NSS Cell, Education Department in collaboration with Chandigarh Traffic Police on 31st January, 2026 at Sukhna Lakh, Chandigarh. Aim of the programme was to raise Awareness growing problem, Promote Behavioral Change among drivers and transport operators, Highlight the importance with traffic rules and safety guideline.





18. As part of the nationwide youth engagement initiative MY Bharat Budget Quest 2026, NSS Volunteers displayed the official posters of MY Bharat Budget Quest on 02.03.2026.



19. On **17.02.2026**, NSS volunteers actively participated in a workshop focused on Swachhta, skill development, and awareness against substance abuse. The objective of the program was not only to enhance practical skills but also to sensitize students about maintaining hygiene and staying away from harmful habits, including the use of intoxicating substances. The workshop began with preparing the wall surface by creating a smooth and even base. Once the base was ready, a layer of terracotta colour was carefully applied to create a warm and earthy background. After it dried, the volunteers designed and painted beautiful folk patterns on the

wall, reflecting creativity, teamwork, and dedication. The activity proved to be both educational and inspiring, encouraging participants to adopt cleanliness, develop artistic skills, and lead a healthy lifestyle.



20. NSS Volunteers acted as part of the management team for preparation and organisation of the Marathon on 1st March, 2026.

