

Extension & Outreach Activities Report (2018-19)

1. Blood Donation Camp

NSS Unit of SD College Barnala organised “Blood Donation Camp” on December 1st, 2018 in collaboration with HDFC bank and district Saanjh Kendra. More than 120 units were collected. Chief guest & Key Speaker Dr. B.K. Singla (DSP) delivered lecture on benefits of blood donation to human body and society in general. About 200 students participated in this event.



News Cutting of the event “Blood Donation Camp” held on Dec. 1st, 2018

2. “Swachh Bharat Abhiyan”, Summer camp

As per the directives of HRD Ministry and Punjabi university Patiala, under “Swachh Bharat Abhiyan” on 14 July, 2018. Summer camp was organised in Village Attargarh, District Barnala. NSS Volunteers organised Nukkad Natak (Street Play) in the village and chart competition in the Govt Primary School. Besides this, volunteers performed cleanliness drive in the village and made aware the people about general cleanliness. About 10 students and 2 staff members participated in this event.



Glimpses of the event “Swachh Bharat Abhiyan Camp” held on 14 July, 2018

3. Environment Awareness Rally against “Stubble Burning”

As Punjab and its adjoining states are facing acute pollution problem from 22-27th October 2018, NSS Unit Conducted and Environment Awareness Rally against “Stubble Burning” in the 9 villages (Bhathal, Harigarh, Dhanoula, Jwandapindi, Bhaini Jassa, Pharwahi, Dangarh, Uppli and Manapindi). Volunteers went to these villages and made aware the farmer about the ill effects of Stubble burning on Human Health and soil. About 100 students and 6 faculty members participated in the event.



Glimpses of the Environment Awareness Rally against “Stubble Burning” (22-27th October 2018)

4. Hiking Trekking Camp

The Department of Youth Services, Barnala organized a Hiking Trekking Camp in Manali from 20th July 2018 to 30th July 2018. In this camp, seven students of our college participated. During trekking, they collected plastic disposables, bottles etc. which caused pollution in hilly areas at the altitude of 8000 ft.



Hiking Trekking Camp in Manali from 20th July 2018 to 30th July 2018

5. Tree plantation Drive

On 14th July 2018, the Department of Computer Applications organized a tree plantation event with the help of forest department. During this event, 50 saplings were planted at various places in the city like civil hospital, bus stand and in the college campus.



Tree plantation Drive (14th July 2018)

6. Book Exhibition related to Freedom Struggle

The College Organised a Book Exhibition related to Freedom Struggle on 15 August, 2018. This exhibition included the books on different Freedom fighter in our freedom struggle. It was open exhibition in which citizens and students from different institution participated. More than 400 individuals participated in the event.



Glimpses of the book exhibition related to Freedom Struggle on 15 August, 2018.

7. Press Day

Department of Journalism, SD College Barnala organised Press Day on 22 November 2018, in which Dr. V Walia editor of National Newspapers ‘Punjabi Jagran’ and World-renowned Punjabi Poet Dr Surjit Palar participated. The event was attended by different media personalities, writers, student and staff members. More than 400 individuals were present in the event.

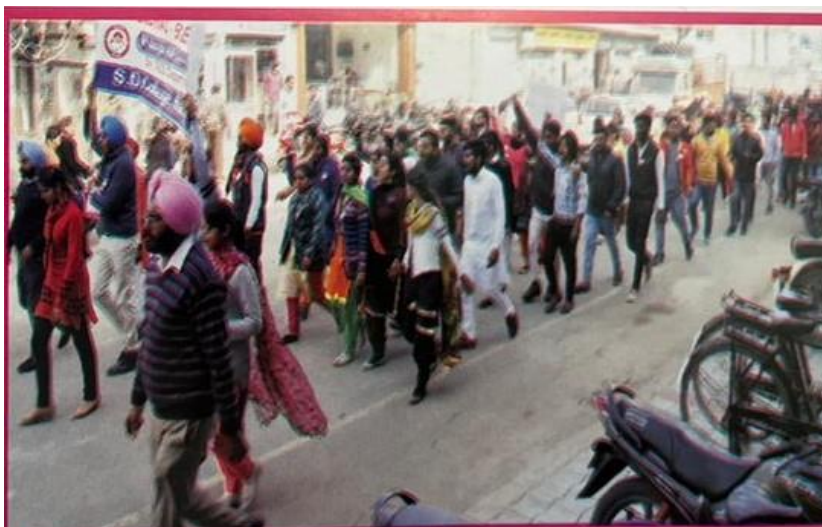


Glimpses of “Press Day” held on 22 November 2018

8. Healthy India and Fit Punjab

NCC Unit of SD College Barnala participated in Morning Procession (Prabhat Pheri) Organised by District Administration under the program “Healthy India and Fit Punjab”.

Cadets along with Health Officials made aware the citizens about clean eating, stay active and less use of salt and sugar etc. About 100 students participated in the event.



Prabhats Pheri carried out under the program “Healthy India and Fit Punjab”

9. Buddy Program (Fight against Drug Abuse)

With the mission to fight against Drug Abuse in state, The Govt of Punjab have been running first of its kind initiative called Buddy Program. Under this Program, the college organised many activities like lecture, debate competition, poster competition and PPT presentation on 23 March, 2019. The Buddy program aims to educate student about the ill effects of drug abuse and generates positive peer influence. Student developed knowledge, right attitude and behaviour along with skills to prevent drug abuse. This program is key to Punjab fight against drugs as it covers the adolescent age groups and young adults. More than 800 students participated in the event.



Glimpses of awareness event “Buddy Program” held on 23 March, 2019.

Extension & Outreach Activities Report (2019-20)

1. Fit India Movement

On the occasion of National Sports Day, Teachers and students of SD College Barnala watched Fit India Movement broadcast (29 August, 2019). Honourable PM Modi Ji advised students about the fitness and inspired them to cooperate with social organisation to make this movement huge success. More than 100 individuals participated in the event.



ਬਰਨਾਲਾ, (ਸ.ਪ. ਬਿਊਰੋ) - ਐਸ.ਡੀ. ਕਾਲਜ ਵਿਖੇ 'ਰਾਸ਼ਟਰੀ ਖੇਡ ਦਿਵਸ' ਮੌਕੇ 'ਫਿੱਟ ਇੰਡੀਆ ਮੂਵਮੈਂਟ' ਦਾ ਸਿੱਧਾ ਪ੍ਰਸਾਰਨ ਕਾਲਜ ਸਟਾਫ਼ ਸਮੇਤ ਲਗਭਗ 100 ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਦਿਖਾਇਆ ਗਿਆ। ਇਸ ਮੌਕੇ ਆਪਣੇ ਸੰਬੰਧਨ ਵਿਚ ਪ੍ਰਧਾਨ ਮੰਤਰੀ ਨਰਿੰਦਰ ਮੋਦੀ ਵੱਲੋਂ ਸਰੀਰ ਨੂੰ ਤੰਦਰੁਸਤ ਰੱਖਣ ਲਈ ਥੋਡਾ ਚੀਆਂ ਵੱਖ-ਵੱਖ ਗਤੀਵਿਧੀਆਂ ਅਤੇ ਲੋਕ ਕਲਾਵਾਂ ਦੁਆਰਾ ਬੱਚਿਆਂ ਨੂੰ ਪ੍ਰੇਰਿਤ ਕਰਨ ਲਈ ਕਿਹਾ ਗਿਆ ਅਤੇ ਪੁਣ ਲਿਆ ਗਿਆ ਕਿ ਸਾਰੀਆਂ ਸਮਾਜਿਕ ਸਹਿਯੋਗੀ ਸੰਸਥਾਵਾਂ ਇਸ ਪ੍ਰੋਗਰਾਮ ਤਹਿਤ ਚੰਗਾ

ਉਪਰਾਲਾ ਕਰਨਗੇ। ਇਸ ਸਮੇਂ ਐਸ.ਡੀ.ਕਾਲਜ ਦੇ ਸਰੀਰਕ ਸਿੱਖਿਆ ਵਿਭਾਗ, ਐਨ.ਐਸ.ਐਸ ਵਿਭਾਗ, ਐਨ.ਸੀ.ਸੀ ਅਤੇ ਬੱਡੀ ਪ੍ਰੋਗਰਾਮ ਦੇ ਜੀਨੀਅਰ ਬੱਡੀਜ ਸਮੇਤ ਵਿਭਾਗਾਂ ਦੇ ਇੰਚਾਰਜ ਡਾ. ਬਹਾਦਰ ਸਿੰਘ, ਪ੍ਰ. ਨਿਰਮਲ ਗੁਪਤਾ, ਡਾ. ਮਨਜੀਤ ਸਿੰਘ, ਪ੍ਰ. ਜਸਵੀਰ ਸਿੰਘ ਤੇ ਇਲਾਵਾ ਡਾ. ਬਲਤੇਜ ਸਿੰਘ, ਡਾ. ਕੁਲਭੂਸ਼ਨ ਰਾਣਾ, ਪ੍ਰ. ਹਰਬਖਸ਼ ਸਿੰਘ, ਪ੍ਰ. ਬਲਵਿੰਦਰ ਸਿੰਘ, ਪ੍ਰ. ਜਗਜੀਤ ਸਿੰਘ ਹਾਜ਼ਰ ਸਨ ਸਮੇਤ ਡੁੱਲ ਡਰੈਸ ਕੋਡਿਟ ਅਤੇ ਵੱਡੀ ਗਿਣਤੀ ਵਿਚ ਵਿਦਿਆਰਥੀ ਵੀ ਹਾਜ਼ਰ ਸਨ।

News cutting of event “Fit India Movement” (29 August, 2019).

2. Deception and Fraudulent Practice in Foreign Marriages

NSS Unit organised an Awareness program for girl students for marriage in foreign countries on September 13, 2019. Girl students were made aware regarding their rights and how to avoid deception and fraudulent practices in foreign marriages. They were advised to enquire about all the necessary documents of bride groom such as passport, Security number etc. Further they were also told about Indian laws and foreign laws regarding divorce cases. More than 100 girls participated in the event.



**Awareness program “Deception and Fraudulent Practice in Foreign Marriages”
held on September 13, 2019.**

3. No plastic Movement

Volunteers of NCC/NSS and Program Officers participated in the rally on ‘No plastic Movement’ on October 2nd, 2019 conducted by District Administration volunteers collected plastic Bags and envelops from the entire city and spread the message of ‘No plastic’ among the citizen of Barnala. Around 150 volunteers participated in the awareness program.



Rally on ‘No plastic Movement’ held on October 2nd, 2019”

4. Environment Awareness Rally against Stubble Burning

NSS unit organised an environment awareness rally against stubble burning in adjoining villages Pharwahi, Dangarh, Kattu and Uppli on 4th October 2019. Volunteer interacted with local farmers and made aware them about the ill effects of smoke produced during stubble burning. More than 60 individuals including staff and students participated in the event.



Environment awareness rally against stubble held on 4th October 2019

5. Seminar on National Voter Day

On the occasion of National Voter Day (25 January, 2020), SD College Barnala, organised seminar in which Deputy Commissioner Shri Teg Partap Phoolka honoured PWD employees for their services in issuing voter card. Besides this, chief guest also honoured people who offered their services during Lokh Sabh election 2019. Students presented skit on this occasion. Student were motivated to cast their vote and strengthen the democracy. About 130 individuals participated in the event.



Seminar on National Voter Day (25th Jan., 2020)

6. Awareness Campaign regarding Covid-19 Apps

During the beginning of Pandemic Covid 19, NSS volunteer SD college Barnala in collaboration with District Administration Barnala assisted the people to download the Arogya Setu App and Covid 19 Apps. They took out this awareness drive from door to door also. Some volunteers also assisted Punjab police during lockdown. About 39 students volunteered for the awareness campaign.



Awareness Campaign regarding Covid-19 Apps during Lockdown (Year 2020)

7. Social Services during Covid-19 Pandemic

Eight NSS Volunteers gave their services in hospitals and on different places during lockdown period in the month of April and May, 2020. They distributed sanitizers and masks. For the

welfare of migrant labourers, they contributed in the community kitchen & provided them things of basic necessities. About 8 students volunteered for the services.



Social Services during Covid-19 Pandemic (April and May, 2020)

Extension & Outreach Activities Report **(2020-2021)**

1. Cancer Awareness Rally and Competitions

NCC Unit of S.D. College Barnala celebrated “Cancer Awareness Day” on 7 Dec., 2020. On this day poster making competition has been organized. During this activity cadets and college students made posters and pasted them in the city to aware locals about this dreaded disease. About 23 students participated in the event.



Cancer Awareness Rally and Competitions held on 7 Dec., 2020.

2. Swachhta Pakhwara' on theme of "Health and Hygiene"

An extension lecture has been organized on the theme of "Health and Hygiene" to celebrate 'Swachhta Pakhwara' on 14-12-2020. In this lecture the various issues of health and Hygiene were discussed. Further, students were motivated to spread this awareness among the families and society for the betterment of the nation. About 50 students participated in the event.



Extension lecture on the theme of "Health and Hygiene" on 14-12-2020

3. Fit India Rally

NSS Department organized a rally on "Fit India" on Dec. 3, 2020. The main motive of this rally was to describe preventive measures against spreading of Coronavirus disease. More than 100 students participated in the event.



Awareness Rally on "Fit India" on Dec. 3, 2020

4. Online Training (Covid Volunteers)

A Webinar was held titled Service to Society during Pandemic on August 8, 2020. Mrs. Mandeep Kaur, CEO- Smile Care Foundation was the key speaker. She addressed volunteers to take an initiative to serve the humanity during pandemic period. Many people of society

were suffered and faced unlimited problems in this phase. It is the moral duty of every NSS volunteer to help and serve the grief-stricken people of our society. Mutual coordination among people is very necessary to fight against this deadly disease. About 56 students took part in the training.



Online Training (Covid Volunteers) on Pandemic Covid-19 on August 8, 2020

5. Covid Vaccination Drive Camp-I & II

NSS department took an initiative to arrange vaccination camp for staff and locals. “COVID Vaccination Drive Camp-I” held at our college in collaboration with Punjab Health Department on April 12, 2021. First of all, faculty members above 45 years were being vaccinated. NSS volunteers participated with zeal during this camp. Around 160 individuals were vaccinated.



Glimpses of “COVID Vaccination Drive Camp-I” on April 12, 2021

6. International Environment Day

World Environment Day was celebrated by NSS department as “International Environment Day” on June 5, 2021. Poster-making and Slogan-writing competitions were organized on the topic of environment. Small saplings were planted by NSS volunteers and programme officers. About 137 students participated in the event.

7. Awareness Program against Tobacco Use

Awareness Program against Tobacco Use was organised on June 6, 2021. Students took a pledge for not taking Tobacco and other drugs which are injurious to health. Students were appealed to make aware the other people of society also such as neighbours, community workers and their friends. Poster-making and slogan writing competitions were held on this topic. About 130 students participated in the event.



Awareness Program against “Tobacco Use” held on June 6, 2021

Extension & Outreach Activities Report (2021-2022)

1. Workshop on pandemic Covid

On 17th July 2021, NSS department SD College Barnala in collaboration with Mahatma Gandhi National Council of Rural Education, Ministry of Education, GOI organized an online workshop on ‘Mental and Social Cooperation during Pandemic Covid’. Ms. Kiran Chandel from MGNCRE, Department of Higher Education, Ministry of Education of India addressed the issue and made staff and students aware how to lend social and emotional support to the isolated and needy people during the pandemic. About 500 students participated in the event

Where there is Rural Wellbeing
There is Universal Prosperity

NSS Dept.
S.D. College Barnala
In collaboration with
Mahatma Gandhi National Council of Rural Education (MGNCRE),
Department of Higher Education,
Ministry of Education, Govt. of India,
organizes workshop on
Psycho-social Support For Covid Pandemic Condition
(Covid Helper's Skills For Students Community)

Saturday July 17, 2021
Timing 5 PM - 6.30 PM
Kiran Chandel
(MGNCRE, GOI)

Google Meet Link - <https://meet.google.com/nhz-jowp-fux>
Registration Link - https://docs.google.com/forms/d/e/1FAIpQLSdStfJ3S_L2oShQeXwuoMJD5rky8GegqghpW15QmW2bSug/viewform?usp=sf_link

Workshop on pandemic Covid (17th July 2021)

2. Third Corona vaccination Camp

NSS department organized 3rd Corona vaccination camp in collaboration with District Health department on 7th August, 2021. The camp was held to vaccinate the students before the commencement of offline classes. Around 200 students and staff members were vaccinated.



Glimpses of “COVID Vaccination Drive Camp-III” on 7th August, 2021

4. Fourth Vaccination Camp

On 11th August, 2021, NSS unit in collaboration with District Health Department organized its 4th corona vaccination camp in the college campus. Along with staff and students citizens were also vaccinated in the camp. More than 200 people got vaccinated.



Glimpses of “COVID Vaccination Drive Camp-IV” on 11th August, 2021

5. Fifth Vaccination camp

NSS department organized its consecutive 5th corona vaccination camp on 14th August in collaboration with Civil hospital Barnala under the supervision of District Immunization Officer Dr. Rajinder Garg. 200 people including students get vaccinated in the camp.



Glimpses of “COVID Vaccination Drive Camp-V” on 14th August, 2021

6. Sixth Vaccination Camp

On 21st August 2021 NSS department collaboration with Civil hospital Barnala held its 6th consecutive corona vaccination camp in the college campus. 200 people including staff members from other institutes of S.D. Educational Institutions, citizens and students took advantage of this camp and got vaccinated. 200 people including students get vaccinated in the camp.



News cutting of “COVID Vaccination Drive Camp-VI” on 21st August, 2021

7. Seventh corona vaccination camp

To promote ‘Selfless Service of Humanity’ NSS department organized its 7th corona vaccination camp on 10th September, 2021. With the assistance of civil hospital Barnala around 150 students and citizens were vaccinated in the camp.



News cutting of “COVID Vaccination Drive Camp-VII” on 10th September, 2021

8. Eighth Covid Vaccination camp

On 14th January, 2022, NSS department collaboration with Civil hospital Barnala organized its eighth corona vaccination camp in association with civil hospital Barnala. Around 150 students and citizens got vaccinated in the camp.



Glimpses of “COVID Vaccination Drive Camp-VII” on 14 Jan, 2022

9. Rally regarding Stubble Burning Awareness

On 2nd November 2021 NSS department took out a rally in the villages Pharwahi and Rajgarh against stubble burning. Around 80 volunteers went door to door to make farmers aware about the hazards caused by stubble burning. Volunteers also listened to the problems faced by the farmers and promised to write about their problems.

ਮੈਸ ਡੀ ਵਾਲਜ਼ ਦੇ ਮੈਨ.ਮੈਸ.ਮੈਸ. ਵਿਭਾਗ ਵੱਲੋਂ 'ਜਾਗਰੂਕਤਾ ਰੈਲੀ' ਫਰਵਾਹੀ ਤੇ ਰਾਜਗੜ੍ਹ ਪਿੰਡਾਂ 'ਚ ਕਿਸਾਨਾਂ ਨੂੰ ਪਰਾਲੀ ਸਾੜਨ ਨਾਲ ਹੋ ਰਹੇ ਨੁਕਸਾਨਾਂ ਪ੍ਰਤੀ ਸੁਚੇਤ ਕੀਤਾ



News cutting of rally regarding “Stubble Burning Awareness” on 2nd November 2021

10. One Day Camp

To instil the dignity of manual labour and to promote the essence of NSS motto ‘NOT ME BUT YOU’ NSS department organized a one day camp in college campus on 29th March 2022. 160 volunteers beautified the campus/surroundings such as Kacheri Chowk and did various cultural activities like singing and shared their views on social issues like female foeticide.



One Day NSS Camp

11. Sweet Water offerings (Chabeel) on the Martyrdom Day of Ninth Guru Sh. Guru Teg bahadar Ji

To commemorate the martyrdom of Ninth Sikh guru Sh. Guru Teg Bahadur ji, NSS department put a stall of sweet water (chabeel) outside college campus on 3rd June 2022. In the Chabeel volunteers and NSS program officers offered cold sweet water in the scorching heat to the thirsty passersby irrespective of their caste or their status highlighting the values taught by the ninth guru. More than 50 students participated gave their services.



Glimpses of Sweet Water offerings (Chabeel) on 3rd June 2022

12. Conservation Drive to Save the Plants and Trees

To save plant and trees of the campus and surroundings, NCC unit of the college carried out in the month of September, 2021. During this event, NCC cadets carried out tilling, deweeding and manuring of plants. About 45 students took part in the event.



Conservation Drive to Save the Plants and Trees in the month of September, 2021

13. Physical Training Camp

Sports department of SD College has organized free physical training camp for army and Punjab police aspirants in college campus in the months of . 95 youngsters acquired training in this camp.



14. Swachh Bharat Abhiyan

During the month of October 2021, NCC cadets carried out the cleanliness drive in the College campus and vicinity. About 78 students took part in the event.



Cleanliness drive in month of October, 2021

Extension & Outreach Activities Report **(2022-23)**

1. Cycle Rally, Symposium and Nukkad Natak

On 28th September, 2022 to mark the 115th Birth Anniversary of Shaheed Bhagat Singh NSS Wing organized a cycle rally at 6 am. There were 50 participants in the rally including staff and volunteers. volunteers mapped around 12 km during the rally. Later, a Symposium was organized to commemorate Shaheed-E-Azam Bhagat Singh and his ideology. The key speaker of the symposium was Narayan Dutt and another scholar Mr. Harpreet Singh also delved his views on Bhagat Singh's ideology and the attitude of today's youth towards his

ideology. There were 150 participants in the symposium. Principal, Dr. Rama Sharma also emphasized on following his ideology in a constructive way. In the afternoon session a Nukkad Natak ‘Oxygen Parlour’ was staged in the market dedicated to 115th birth anniversary of Shaheed Bhagat Singh with the assistance of Balwant Gargi Natak Manch of S.D. College.



Glimpses of Cycle Rally, Symposium and Nukkad Natak on 28th September, 2022

2. Blood Donation Camp

Under “Mega Volunteer Blood Donation” drive NSS, NCC and Sports department of college organised a mega Blood Donation camp on 30.09.22. Dr. Parneet Sharma and Dr. Gurmehar Dhillon from Civil Hospital Barnala addressed the volunteers and stated the importance of donating blood not only for themselves but as a noble social cause also. A total number of 70 volunteers donated blood including staff members.



Blood Donation camp on 30 Sept. 2022

3. Awareness Rally Against Stubble Burning

On 19th October 2022, NSS Wing of S.D. College took out an awareness rally against stubble burning in the NSS adopted villages Pharwahi and Rajgarh. 50 volunteers along with Programme Officers, Ms. Jaspreet Kaur and Prof. Balwinder Singh met farmers and tried to dissuade them to indulge in stubble burning by narrating the serious health and soil hazards. It poses and tried to convince them to use alternative methods like Happy Seeder etc. They also listened to the problems of the farmers regarding this and assured them to write about it as news story in campus newspaper.



4. One Day Camp

NSS unit of S.D. College organized a One Day Camp on 26 Nov. 2022 to motivate the volunteers for dignity of manual labour and to instill the feeling of NSS Motto “NOT ME

BUT YOU". During this camp 120 volunteers participated in the cleanliness drive and also planted 115 saplings in college and its surroundings.



Cleanliness Drive (26th Nov., 2022)

5. One Week hands on training program for school students in Botany

One Week hands on training program for school students was organized by Department of Botany from 13-20 December, 2023. During sessions, training regarding herbarium preparation and plant tissue sectioning was given to the students. 12 students of class 12th of Sarvhitkari Vidya Mandir Sen. Sec. School, Barnala participated in the training.





One Week hands on training for school students in Botany (13-20 December, 2023)

6. One Week hands on training program for school students in Zoology

12 students of class 12th of Sarvhitkari Vidya Mandir Sen. Sec. School, Barnala participated in the training. Students got training regarding blood pressure, blood group, bleeding time, clotting time and animal taxonomy.



One Week hands on training for school students in Zoology (13-20 December, 2023)

7. One Week hands on training program for school students in Physics

Department of Physics organized one week Hands-on Training Programme for 12th standard students of Sarvhitkari Vidyamandir Sen. Sec. School Barnala from 5 December 2022 to 12 December 2022. In this training programme, 18 students from medical and Non-medical stream join voluntarily and perform experiments related to their curriculum along with hands on training with advanced experimental setup (like laser diffraction through different slits, Interference, polarization etc.)



One Week hands on training for school students in Physics (5-12 December, 2023)

8. 12 Days hands on training program for school students in Chemistry

Department of Chemistry organized 12 days, Hands-on Training Programme for 12th standard students of Sarvhitkari Vidyamandir Sen. Sec. School Barnala from 26th Nov to 05th Dec 2022. In this training programme, students performed practicals related to volumetric analysis, salt analysis & crystallization etc. About 20 students took part in the training



12 Days hands on training for school students in Chemistry (26 November-5 December, 2023)

9. Awareness Campaign regarding Reuse of Plastic

NSS Volunteers from S.D. College initiated a project on 10th February 2023 of re-using plastic bottles collected from various garbage sources. They made hanging vertical garden with used plastic bottles. The purpose of the event was to make students aware about the conservation of their surrounding by using used plastic for various purposes. There were almost 40 volunteers who participated in the drive.



Awareness Campaign regarding Reuse of Plastic on 10th February 2023

10. Physical Training Camp

Sports department of SD College has organized free physical training camp for army and Punjab police aspirants in college campus in the months of March. 124 volunteers participated in the training camp.



Brochure of Physical Training Camp

11. One Week Day and Night Camp at Village Pharwahi

NSS wing of S.D. College organized a one week day and night camp in its adopted village Pharwahi from 4th April 2023 to 10th April 2023. Under the theme “Swatch Bharat Abhiyaan” the volunteers in the camp took up the project of village cleanliness and after cleaning and clearing village wasteland planted a mini Jungle by planting 100 trees of indigenous variety. Village Park was maintained and beautified with the assistance of villagers. Volunteers cleaned Dera Baba Thamman Das also and the newly constructed village library was also made functional by cleaning and setting up everything. 96 volunteers participated in the camp. Volunteers followed the concept of communal living and community service by cooking food, by working along with village youth and by playing traditional games. The volunteers sensitized the villagers for environment conservation by enacting a Nukkad Natak in the village Govt. School premises and made them aware about cleanliness of their surrounding by taking out a rally in the village.





Seven Day and Night Camp at Village Pharwahi (4th -10th April 2023)

11. World Cycle Day

NSS Wing celebrated World Cycle Day on 3rd June 2023 by organizing a cycle rally in the city. More than 50 volunteers along with programme officers and faculty members participated in the rally. The purpose of the event was to motivate people for physical activity and to sensitize them for simple living and to be sensible for their environment.



Awareness Cycle Rally on 3rd June 2023

12. Har Ghar Aangan, Karo Yog Raho Nirog

On 21st June 2023, 9th International Yoga Day was celebrated by Ayurveda Department in

collaboration with District administration at Shaheed Bhagat Singh park. 35 NSS volunteers participated in this event along with their programme officers. The theme of the day was “Har Ghar Aangan, Karo Yog Raho Nirog”. Along with different Asanas like Taar asana, Sukhasana and Surya Namaskar various breathing techniques were taught.



9th International Yoga Day on 21st June 2023,

13. Blood Donation Camp

NSS wing in collaboration with NCC Wing of the college organized Blood Donation Camp on 22nd June, 2023 under the drive “**Organization of World Blood Donor Day 2023**”. Faculty members, NSS and NCC volunteers donated 31 units of blood. The medical team, Civil hospital Barnala assisted in organizing this camp. The purpose of the camp was to instill the feeling of empathy for their fellow human beings among volunteers. Volunteers were sensitized about their responsibility for the community and society. The camp was successful in breaking away certain myths regarding blood donation. About 150 students took part in the event.



Blood Donation Camp on 22nd June