



GURU NANAK COLLEGE BUDHLADA

Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

NAAC - SSR - Cycle - II

Session
2020-21

Guru Nanak College, Budhlada
National Social Scheme Annual Report





National Service Scheme

National Service Scheme, under the Ministry of Youth Affairs & Sports Govt. of India, popularly known as NSS was launched in Gandhiji's Birth Centenary Year 1969, in 37 Universities involving 40,000 students with primary focus on the development of personality of students through community service. NSS department of the college has been a vibrant and active unit. It has been rendering various services to the society. At present, the college has 5 NSS units with 500 volunteers. The overall objective of this scheme is educational and services to community. It is student centred program in which projects are implemented by NSS volunteers.

NSS department organizes various 1-day & 7-days camps every year in which cleanness drives, blood donation camps, various awareness lectures and rallies on social evils are conducted.

The main objectives of National Service Scheme (NSS) are:

1. Understand the community in which they work and identify the needs and problems of the community and involve them in problem-solving
2. Develop among volunteers sense of social and civic responsibility
3. Utilise volunteers knowledge in finding practical solutions to individual and community problems
4. Develop competence required for group-living and sharing of responsibilities
5. Acquire leadership qualities and democratic attitudes.
6. Practise national integration and social harmony



1. Registration of NSS Volunteers for the session 2020-21

Every year as per requirement of NSS department Punjabi University, Patiala, Guru Nanak College, Budhlada requires registering 5 Unit voluntarily (500 students) with NSS Department, Punjabi University, Patiala. In 2020-21 on 15/9/2020 NSS of Guru Nanak College, Budhlada started the voluntary registration process and get registered 500 students from different departments, different courses with required male-female number ratios. The attached registration Data has all basic details of all registered students with NSS of Guru Nanak College, Budhlada. In the session 2020-21 total 249 male and 251 female students get registered with NSS, Guru Nanak College, Budhlada.

NSS coordinator Dr.Satgur Singh along with other NSS officers Assistant Professor Gurdeep Singh, Dr.Gurjas Kaur, Assistant Professor Manisha and Assistant Professor Simranjeet Singh conducted an orientation program for the newly Admitted students about various achievements of NSS and explained about the activities conducted by the NSS such as College Beautification, NSS camps, Social Awareness against Drugs, Stubble burning, Blood Donation etc.

2. Activity Name: Awareness drive in the area among the farmers regarding preventive Measures against Covid-19

During COVID pandemics, The lockdown being enforced in many places requires adapting practice through innovative solutions. Based on guidance given by the World Health Organization, This includes the need of promotion of of basic protective gear (such as cloth face masks), alongside social distancing and proper hygiene practices such as hand washing and cleaning surfaces may be sufficient to ensure the safety of community people. For this, NSS of Guru Nanak College, Budhlada under the guidance of Principal Dr.Kuldip Singh took an initiative for awareness among the proletariat class of society regarding covid-19 in respect of following prevention measures against the Virus and also motivated the farmers and agriculture labourers to use mask while they are working in fields. NSS officer Assistant Professor Gurdeep Singh along with 5 NSS voluntary students played a very contributory role in this awareness drive. They approached a Hundreds of farmers and labourers to instruct the proper uses of a mask, and also distributed Covid-19 prevention instruction pamphlets. They also allievate the fear of number of local people and shopkeepers and motivated them to follow Covid-19 prevention Instructions.



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ਕੋਵਿਡ-19 ਰੋਕਥਾਮ

<div style="text-align: center;"></div> <p>ਆਪਣੀ ਹੱਥਾਂ ਨੂੰ ਘੱਟੋ ਘੱਟ 20 ਸਕਿੰਟਾਂ ਲਈ ਸਾਬਣ ਅਤੇ ਪਾਣੀ ਨਾਲ ਧੋਵੋ ਜਾਂ ਅਲਕੋਹਲਿਕ ਆਧਾਰਿਤ ਸੈਨੀਟਾਈਜ਼ਰ ਦੀ ਵਰਤੋਂ ਕਰੋ।</p>	<div style="text-align: center;"></div> <p>ਸਾਜ਼ ਦੀ ਵਰਤੋਂ ਕਰੋ ਵਾਇਰਸ ਨੂੰ ਫੈਲਣ ਤੋਂ ਰੋਕਣ ਲਈ ਅਤੇ ਜੇਕਰ ਤੁਸੀਂ ਬਿਮਾਰ ਹੋ ਜਾਂ ਤੁਸੀਂ ਚੁੰਦਰਸ਼ਾਤ ਨਹੀਂ ਮਹਿਸੂਸ ਕਰਦੇ।</p>
<div style="text-align: center;"></div> <p>ਘਰ ਬੈਠੋ ਰਹੋ ਜੇ ਤੁਸੀਂ ਬਿਮਾਰ ਹੋ ਜਾਂ ਤੁਸੀਂ ਸੰਭਵ ਹੋਵੇ ਤਾਂ ਘਰ ਤੋਂ ਕੰਮ ਕਰੋ।</p>	<div style="text-align: center;"></div> <p>ਸਾਫ ਅਤੇ ਬਿਣਾਫ਼ ਰਹਿਣ ਵਾਲੇ ਥਾਂ ਬਿਨਾਂ ਬੀਜਾਂ ਜਾਂ ਸ਼ਰੂ ਨੂੰ ਵਾਰ-ਵਾਰ ਢੁਕਣ ਦੀ ਸਲੂਹਤ ਹੋਵੇ।</p>
<div style="text-align: center;"></div> <p>ਬਾਰ ਬਾਰ ਛੂਹਣ ਤੋਂ ਬਚੋ ਬਿਨਾਂ ਹੱਥ ਸਾਫ ਕੀਤੇ ਆਪਣੀ ਅੱਖਾਂ ਨੂੰ, ਨੱਕ ਨੂੰ ਅਤੇ ਚਾਹਿਦੇ ਨੂੰ। ਨੇੜੇ ਦੇ ਸੰਪਰਕ ਤੋਂ ਬਚੋ ਜੇ ਬਿਮਾਰੀ ਬਿਮਾਰ ਹਨ।</p>	<div style="text-align: center;"></div> <p>ਸਿਰ ਨਾਲੋਂ ਨੱਕ ਨੂੰ ਬਚੋ ਆਪਣੀ ਕੁਝੜੀ (ਹੱਥ ਨਾਲ ਨਹੀਂ) ਜਾਂ ਟੀਸ਼ੂ ਪਿੱਛਾ ਨਾਲ ਜਦੋਂ ਖੋਂਕ ਜਾਂ ਫਿੱਕ ਆਉਂਦੀ ਹੋਵੇ।</p>
<div style="text-align: center;"></div> <p>ਸਮਾਜਿਕ ਦੂਰੀ ਬਣਾ ਕੇ ਰੱਖੋ ਘੱਟੋ-ਘੱਟ 2 ਮੀਟਰ ਜਾਂ 6 ਫੁੱਟ ਰੱਖੋ।</p>	<div style="text-align: center;"></div> <p>ਵੱਡੇ ਸਮੂਹਾਂ ਤੋਂ ਬਚੋ ਵੱਡੇ ਇਕੱਠ ਵਿੱਚ ਜਾਂ ਆਪਣੇ ਦੇਸਰਾਂ ਮਿੱਤਰਾਂ ਨਾਲ ਨਾ ਰਲੋ-ਠੱਲੋ।</p>

ਧਿਆਨ ਰੱਖੋ * ਸਾਵਧਾਨ ਰਹੋ * ਮਹਿਫੂਜ਼ ਰਹੋ

ਗੁਰੂ ਨਾਨਕ ਕਾਲਜ ਬੁਢਲਾਡਾ

ਫੋਨ: 98150, 98151, 98152 ਅਤੇ 98153 ਅਤੇ ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ, ਪਟਿਆਲਾ ਤੋਂ ਮਾਨਤਾ ਪ੍ਰਾਪਤ
ਨੌਕਰਾਂ ਦੇ ਸਾਥੇ ਸੁਰੱਖਿਅਤ ਅਤੇ ਸਾਫ਼ ਸਫ਼ਾ ਹੋ ਕੇ ਆਉਣਾ ਚਾਹੀਦਾ ਹੈ।
ਵੈਬਸਾਈਟ: www.gncbudhlada.org ਈਮੇਲ: gncbudhlada@yahoo.co.in

COVID-19 PREVENTION

<div style="text-align: center;"></div> <p>WASH YOUR HANDS OFTEN with soap & water for at least 20 seconds or use an alcohol-based hand sanitizer.</p>	<div style="text-align: center;"></div> <p>WEAR A FACE MASK to avoid spreading virus or if you are sick or not feeling well.</p>
<div style="text-align: center;"></div> <p>STAY HOME if you are sick or if possible work from home.</p>	<div style="text-align: center;"></div> <p>CLEAN & DISINFECT frequently touched objects & surfaces.</p>
<div style="text-align: center;"></div> <p>AVOID TOUCHING your eyes, nose & mouth with unwashed hands. AVOID CLOSE CONTACT with people who are sick.</p>	<div style="text-align: center;"></div> <p>COVER MOUTH & NOSE with a tissue or your sleeve (not your hands) when coughing or sneezing.</p>
<div style="text-align: center;"></div> <p>SOCIAL DISTANCING keep distance from people 2 meters or 6 feet.</p>	<div style="text-align: center;"></div> <p>AVOID LARGE GROUPS don't gather in large groups or get together with friends.</p>

BE CAREFUL * BE AWARE * BE SAFE

Guru Nanak College Budhlada

Under the management of S.G.P.C, Sri Amritsar Sahib & Affiliated to Punjabi University, Patiala
NAAC Accredited 'A' Grade College & Star College Status by DBT Govt. of India
www.gncbudhlada.org, gncbudhlada@yahoo.co.in

The Copy of Pamphlets (Total no. of 500) distributed among people of nearby villages during the Corona pandemic regarding precautions of maintaining distance with each other, importance of Sanitization.

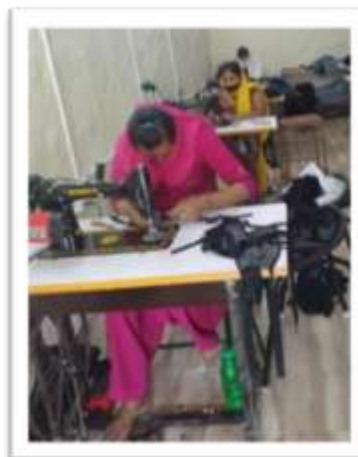
3. Activity Name: Cleanliness and Hygiene drive to aware people for self-care.

During Covid-19 pandemic, NSS of Guru Nanak College, Budhlada started a Cleanliness and Hygiene drive to spread awareness among people for self-care in their daily chores. In this campaign NSS Coordinator, Guru Nanak College, Budhlada, Assistant Professor Gurdeep Singh had played a contributory role to aware the people about the importance of Sanitizers or cleaning their hands frequently, in order to prevent Covid-19.



A.P Gurdeep Singh awaring farmers about the Cleanliness and Hygiene importance.

4. Activity Name: Handmade Masks Distribution during Covid-19.



Ms. Gurjasjeet Kaur distributing homemade masks to local public

During Covid-19 pandemic, NSS Voluntary students of NSS in collaboration with department of Fashion Technology and Home Science of Guru Nanak College, Budhlada took a significant initiative to prepare handmade masks. Such handmade masks distributed to the local public. Our NSS coordinator Dr. Gurjasjeet Kaur had played a contributing role in this Handmade Masks Distribution campaign. She distributed homemade masks and also enlighten the local public regarding the uses of mask and to follow Cleanliness and Hygiene during the unprecedented Covid-19 pandemic.

5. Activity Name: Plantation drive to make people environment conscious.

To make the environment clean and safe, every year NSS and nanni chaan of Guru Nanak College, Budhlada, performs a tree plantation drive to make college students and local people conscious about our environment on Gurburb Shri Guru Har Rai ji on 15/02/2021 Under this tree plantation drive, NSS Voluntary students planted plenty of trees in college premises and also around the college locality.



Principal Dr. Kuldip Singh Bal and NSS coordinator Dr. Satgur Singh starts the tree plantation drive at college campus.

6. Activity Name: Maintenance of 25 bed hospital in College during Covid-19

During Covid-19 pandemic, College Management committee “S.G.P.C Amritsar Sahib” assisted in set up a temporary 25 bed hospital in college premises. Punjab’s ex Deputy Chief Minister Sukhbir Singh Badal pioneered this 25 bed covid-19 hospital. To maintain this hospital clean and disinfected NSS Voluntary students played a wonderful role. Numbers of NSS Voluntary students were daily do cleaning and discarding Bio-Waste work. They were also active to take care of the mild Covid-19 infected patients.





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NAAC - SSR - Cycle - II



7. Activity Name: Vaccination Camp for Covid-19 Vaccination

To protect the college staff from Covid-19 infection, NSS of Guru Nanak College, Budhlada with the association of Gaushala Bhawan Trust, Budhlada organized a Covid-19 vaccination camp at college premises in the month of September, 2021. During this vaccination camp, NSS coordinators and voluntary students came forward for vaccination to Medical Team and also motivate the college faculty to get vaccinated without any fear of false vaccination rumors.



ਗੁਰੂ ਨਾਨਕ ਕਾਲਜ ਫੌਲੋ ਲਾਇਆ ਕੋਰੋਨਾ ਵੈਕਸੀਨੇਸ਼ਨ ਕੈਂਪ

ਨਾਨਕ ਕਾਲਜ ਦੇ ਚੇਅਰਮੈਨ, ਡਾ. ਹਰਜੋਤ ਸਿੰਘ, ਨੇ ਦੱਸਿਆ ਕਿ ਕੋਰੋਨਾ ਵੈਕਸੀਨੇਸ਼ਨ ਕੈਂਪ ਦੀ ਸ਼ੁਰੂਆਤ 14 ਸਤੰਬਰ 2021 ਨੂੰ ਕਾਲਜ ਦੇ ਮੁੱਖ ਦਫ਼ਤਰ ਵਿਖੇ ਹੋਈ। ਇਸ ਦੌਰਾਨ ਕਾਲਜ ਦੇ ਫੈਕਲਟੀ ਮੈਂਬਰਾਂ, ਸਟਾਫ਼ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਵੈਕਸੀਨੇਸ਼ਨ ਕੀਤਾ ਗਿਆ।

ਡਾ. ਹਰਜੋਤ ਸਿੰਘ ਨੇ ਦੱਸਿਆ ਕਿ ਕੋਰੋਨਾ ਵੈਕਸੀਨੇਸ਼ਨ ਕੈਂਪ ਦੀ ਸ਼ੁਰੂਆਤ 14 ਸਤੰਬਰ 2021 ਨੂੰ ਕਾਲਜ ਦੇ ਮੁੱਖ ਦਫ਼ਤਰ ਵਿਖੇ ਹੋਈ। ਇਸ ਦੌਰਾਨ ਕਾਲਜ ਦੇ ਫੈਕਲਟੀ ਮੈਂਬਰਾਂ, ਸਟਾਫ਼ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਵੈਕਸੀਨੇਸ਼ਨ ਕੀਤਾ ਗਿਆ।

ਸ਼ਾਮਲ ਥਾਈ 14 September 2021
ਪੰਨਾ: 1
Edition: Mansa Bani, Page no: 1

ਕੋਰੋਨਾ ਵੈਕਸੀਨੇਸ਼ਨ ਕੈਂਪ ਲਾਇਆ

ਪੰਜਾਬ ਪ੍ਰੋਵਿਡੈਂਟ, ਫ਼ਾਈਨਲ ਫ਼ਾਈਨਲ: ਪੰਜਾਬ ਸਰਕਾਰ ਦੇ ਨਿਯੁਕਤ ਡਾਕਟਰਾਂ ਦੀ ਸਹਿਯੋਗ ਨਾਲ ਕੋਰੋਨਾ ਵੈਕਸੀਨੇਸ਼ਨ ਕੈਂਪ ਕਾਲਜ ਦੇ ਮੁੱਖ ਦਫ਼ਤਰ ਵਿਖੇ ਹੋਇਆ। ਇਸ ਦੌਰਾਨ ਕਾਲਜ ਦੇ ਫੈਕਲਟੀ ਮੈਂਬਰਾਂ, ਸਟਾਫ਼ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਵੈਕਸੀਨੇਸ਼ਨ ਕੀਤਾ ਗਿਆ।

ਬਠਿੰਡਾ/ਮਾਨਸਾ ਸ਼ਾਸ਼ਨ



NSS in Collaboration with Youth Red Cross					
Sr. No	Title of the Activities	Date	Organising unit/agency/collaborating agency	Number of teachers co-ordinated such activities	Number of students participated in such activities
1	Online webinar on contribution of Punjab in Indian freedom struggle	18-08-2020	NSS in Collaboration with Youth Red Cross	4	40
2	Lecture on Healthy Food Habits	22-02-2021	NSS in Collaboration with Youth Red Cross Unit	2	45
3	International Women's Day	08-03-2021	NSS in Collaboration with Youth Red Cross	5	60
4	Guest Lecture by District Session Judge on Free Legal Aid, Women Empowerment, Child Protection against sexual offenses.	19-03-2021	NSS in Collaboration with Youth Red Cross	5	120
5	Poster Making and Slogan writing competition on healthy diet for awareness of Poshan Maah.	24-03-2021	NSS in Collaboration with Youth Red Cross	3	20

1 Activity Name: Online webinar on contribution of Punjab in Indian freedom struggle

On 18-08-2020, NSS department organised a webinar regarding the contribution of Punjab in Indian Freedom struggle. Dr. Harjinder Kaur enlightens the students with very useful information by google meet platform. She stated that Punjab has made a very significant contribution of India's National Freedom struggle with its galaxy of martyrs and heroes. Its participation in majority of national and regional movements and the sacrifices of its people have been overwhelming. The event photographs are given below:



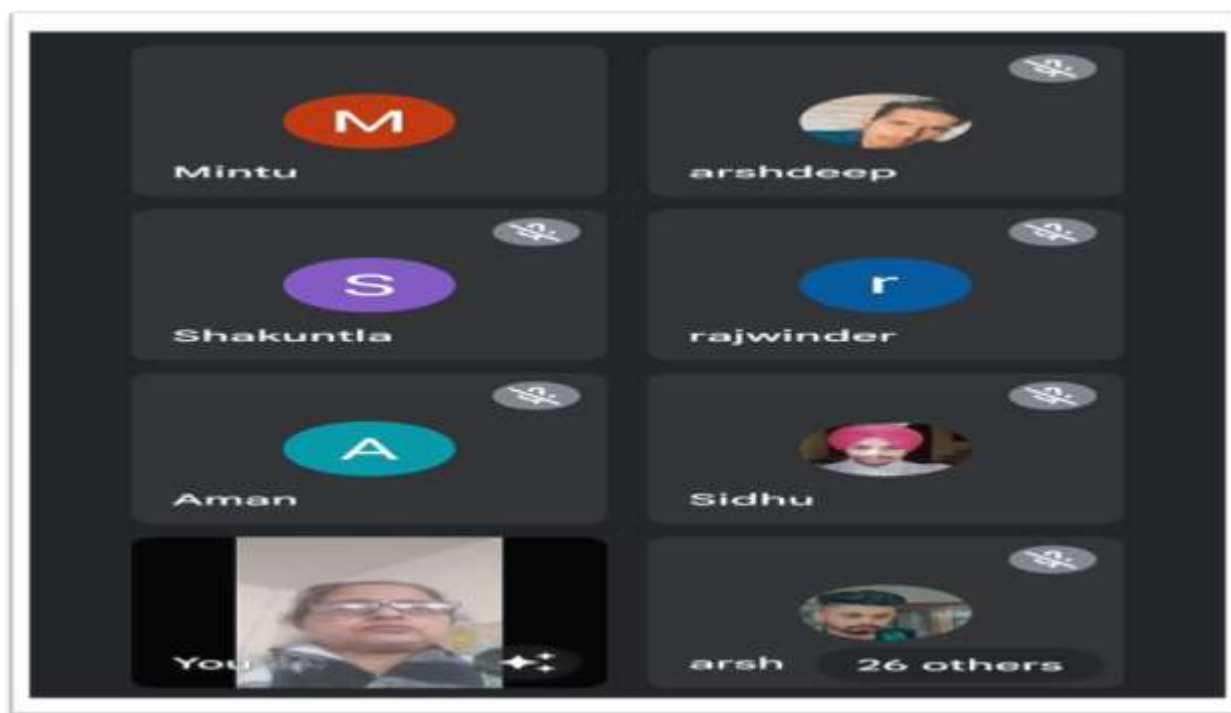
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NAAC - SSR - Cycle - II



Dr. Harjinder Kaur giving webinar to the students through google meet platform



Dr. Harjinder Kaur giving webinar to the students through google meet platform

1. Activity Name: Guest lecture on Healthy Food Habits

On 22-02-2021, NSS of Guru Nanak College, Budhlada in the association with Department of Food Processing organised a lecture on the topic of “Healthy Food Habits among Students”. Dr. Sangeeta, HOD, Dept. of Food Processing was the guest speaker, she told about the importance of healthy food and their role in our body functions. She also motivates and encourages the students to eat healthy fruits and cereals rather than fast foods.



Dr. Sangeeta HOD Dept. Of Food processing giving al lecture on Healthy Food Habits.

2. **Activity Name: International Women's Day:** Every year Guru Nanak College Budhlada organise a lecture or debate competition to celebrate International Women's Day. On 08.03.2021 NSS department organised a lecture to celebrate International Women's Day. And talked about great female achievers of the world.



3. **Activity Name: Guest Lecture by District Session Judge on Free Legal Aid, Women Empowerment, Child Protection against sexual offenses.**

4. 3. **Activity Name: International Women's Day:** Every year Guru Nanak College Budhlada organise a lecture or debate competition to celebrate International Women's Day. On 08.03.2021 NSS department organised a lecture to celebrate International Women's Day. And talked about great female achievers of the world.

NSS organized a lecture on Free Legal Aid, Women Empowerment, and Child Protection against sexual offenses by District Session Judge



5. **Activity Name: Poster Making and Slogan writing competition on healthy diet for awareness of Poshan Maah:**

POSHAN Abhiyan is the Government of India's flagship programme to improve nutritional outcome of children, adolescents, pregnant women and lactating mothers by leveraging technology. To make our Students more aware about this programme NSS department organised Poster and Slogan making completion on 24-03-2021.

