

SRI GURU NANAK DEV KHALSA COLLEGE

(University of Delhi)



ADDITIONAL INFORMATION FOR 3.4.4

submitted as part of

**Annual Quality Assurance Report
2020-2021**

SRI GURU NANAK DEV KHALSA COLLEGE

(University of Delhi)

Webinar on Cancer Awareness

Organised By- National Service Scheme Unit

Date-26, August , 2021

Number of Participants: 36

NSS unit of SGND Khalsa College organised a webinar on - Cancer Awareness. NSS volunteers and college faculty took active participation.

Chief Guest of the event : **Dr. Pragya Singh and Dr. Suversha Khanna**

On 26 August, there was a webinar on Cancer Awareness. NSS team provided an opportunity to its volunteers to join webinar through google meet. There was an active participation from the NSS Volunteers.

Firstly, Dr. Pragya started with a game through which she explained that how cancer is dangerous but still it has its prevention too. Further, she explained to us that how a millions of people are suffering from cancer all over the world. She told that Lungs cancer is the most common cancer among men whereas Cervical cancer is the most common cancer among women. She also discussed a test among us i.e Pepsinogen Test which is a predictor of Gastric Cancer. She also told us about a no. which is "Quitline no." This no. can be used by anyone who wants to quit smoking. Here, they provide step by step suggestions to quit smoking.

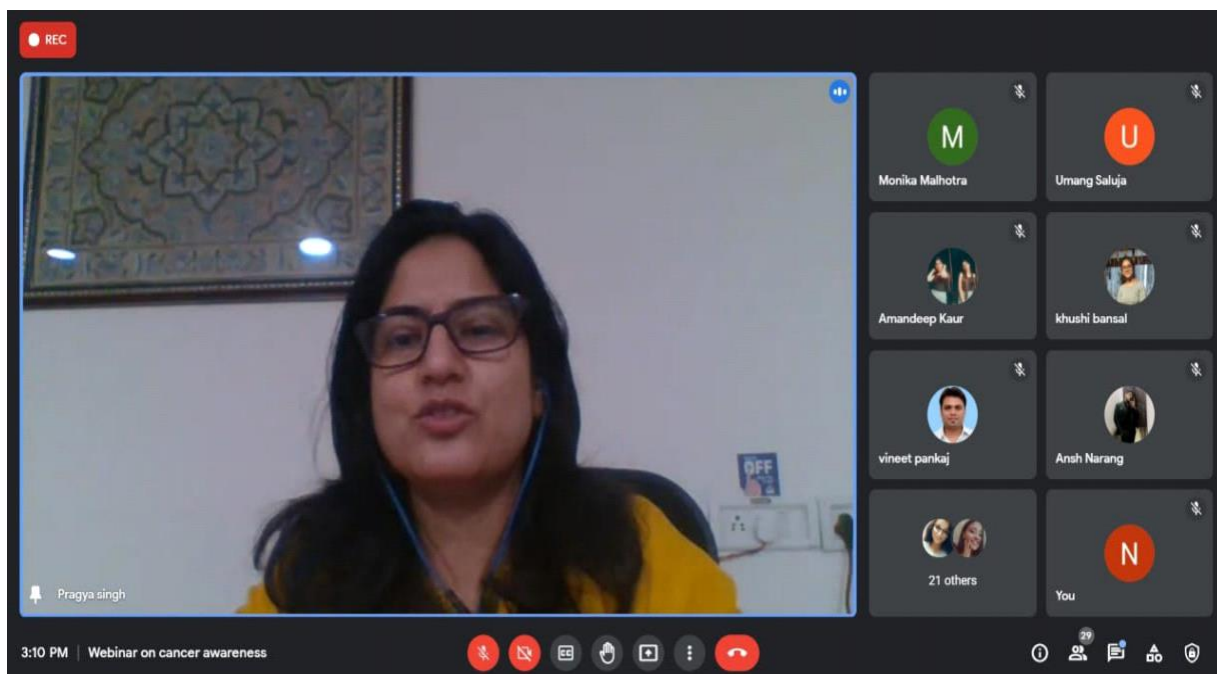
After that, Dr. Suversha started, she told us about the Palliative care which is a holistic care of patients, suffering from incurable, chronic, progressive life threatening diseases. Here, a team approach to address the needs of patients and their families. She added that Palliative care can be done in centres as well as in families by the family members. She told us that how Palliative care is different from Hospice Care. Palliative Care start with diagnosis and continues through life

whereas Hospice Care is done when all treatment is stopped. In this there is no intension to improve the life span. Also, she said our lifestyle is the most essential thing to keep us fit and healthy. So, we must follow a proper diet to maintain our health.

At the end there was a query session where the speakers answered the questions.

The event ended with our convenor Dr. Deepmala and Dr. Savilata's vote of thanks.

The duration of the webinar was 2 hours, i.e, 3:00pm to 5:00pm.



REC Pragma singh is presenting

MONIKA MALHOTRA UMANG SALUJA

PRAGYA SINGH VAIBHAV TANEJA

VINEET PANKAJ ANSH NARANG

23 others You

3:15 PM | Webinar on cancer awareness

REC Preventive Oncology is presenting

PRAGYA SINGH MONIKA MALHOTRA

VINEET PANKAJ SHIKA GUPTA

MOHD. FARHAN

29 others You

4:06 PM | Webinar on cancer awareness

REC

Preventive Oncology is presenting

What all is included in Palliative Care

- **Pain management**
- **Palliative surgical procedures**
 - Tracheostomy, Gastrostomy, Feeding Jejunostomy, Colostomy, Suprapubic Catheterization, Percutaneous Nephrostomy, Toilet Mastectomy, Intercostal Drainage, External Carotid Artery Ligation etc.
- **Palliative medical procedures**
 - Pleural, Ascetic and Pericardial Tapping, Ryles tube insertion, Catheterization
- **Palliative radiation therapy**
 - Radiation is given to relieve pain and pressure symptoms to prevent paralysis.

A grid of participant avatars in a Zoom meeting. The grid is 4 columns wide and 3 rows high. The participants are: Row 1: Pragya Singh (P), Monika Malhotra (M); Row 2: vineet pankaj, Shika Gupta (S); Row 3: Preventive Oncology (video on), Mohd. Farhan; Row 4: 29 others (M, V), You (N).

4:10 PM | Webinar on cancer awareness





SRI GURU NANAK DEV KHALSA COLLEGE

University of Delhi



NATIONAL SERVICE SCHEME

Presents a webinar on

CANCER AWARENESS

In Collaboration With

**"DHARAMSHILA CANCER FOUNDATION AND
RESEARCH CENTER"**



Dr. PRAGYA SINGH

Sr. Manager – Projects

Dharamshila Cancer Foundation

And Research Centre

GUEST SPEAKERS



Dr. SUVERSHA KHANNA

Founder Cum President of

Dharamshila Cancer Foundation

And Research Centre

DATE AND TIME:- 26 AUGUST 2021, THURSDAY AT 3:00 PM

EVENT VENUE :- GOOGLE MEET

Prof. Gurmohinder Singh
(Oftg.Principal)

Dr. Deepmala
(NSS Programme Officer)

Dr. Savilata Yadav
(Coordinator)

 [nss.sgndkhalcollege](https://www.facebook.com/nss.sgndkhalcollege)

 [nss.sgndkhalsa](https://www.instagram.com/nss.sgndkhalsa)

FOR FURTHER QUERIES

CONTACT :-

ARPIT :-9315328622

PRERNA :-6200378483

Webinar on Cancer Awareness

Sri Guru Nanak Dev Khalsa College

(University of Delhi)

Webinar on “Azadi ka Amrut Mahotsav”

Organized by- National Service Scheme Unit

Date- 14th August, 2021

No. of participants- 44

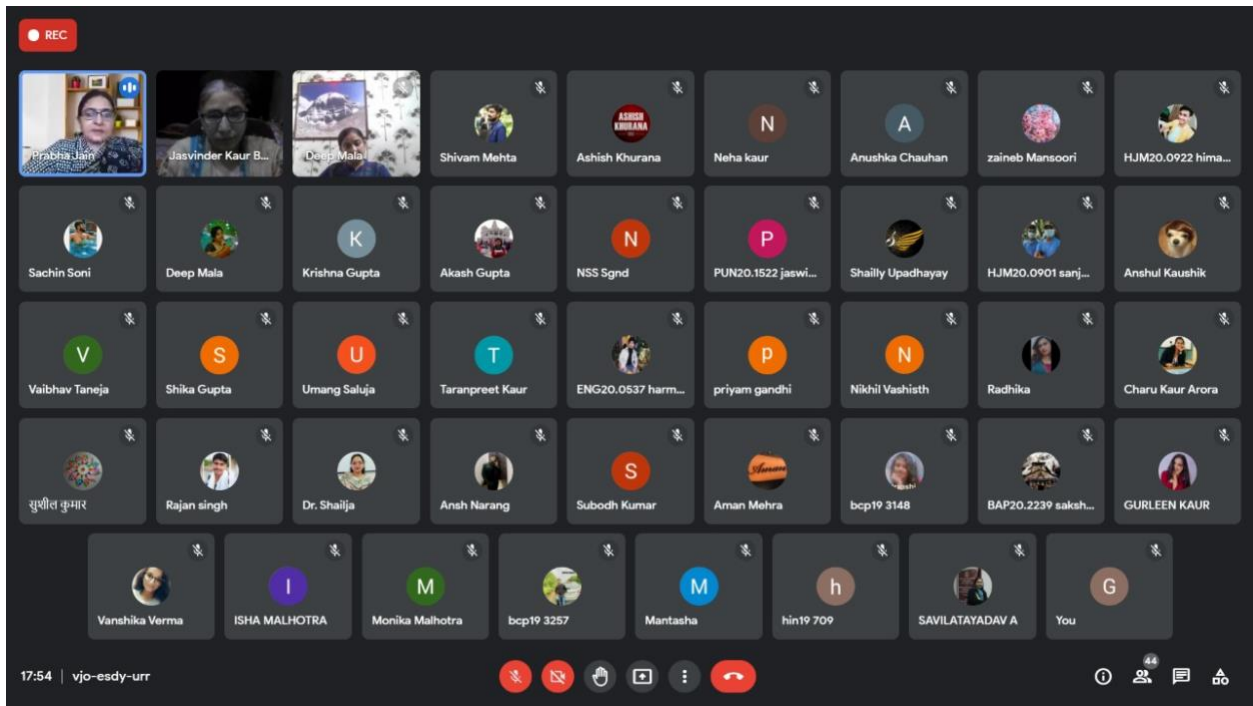
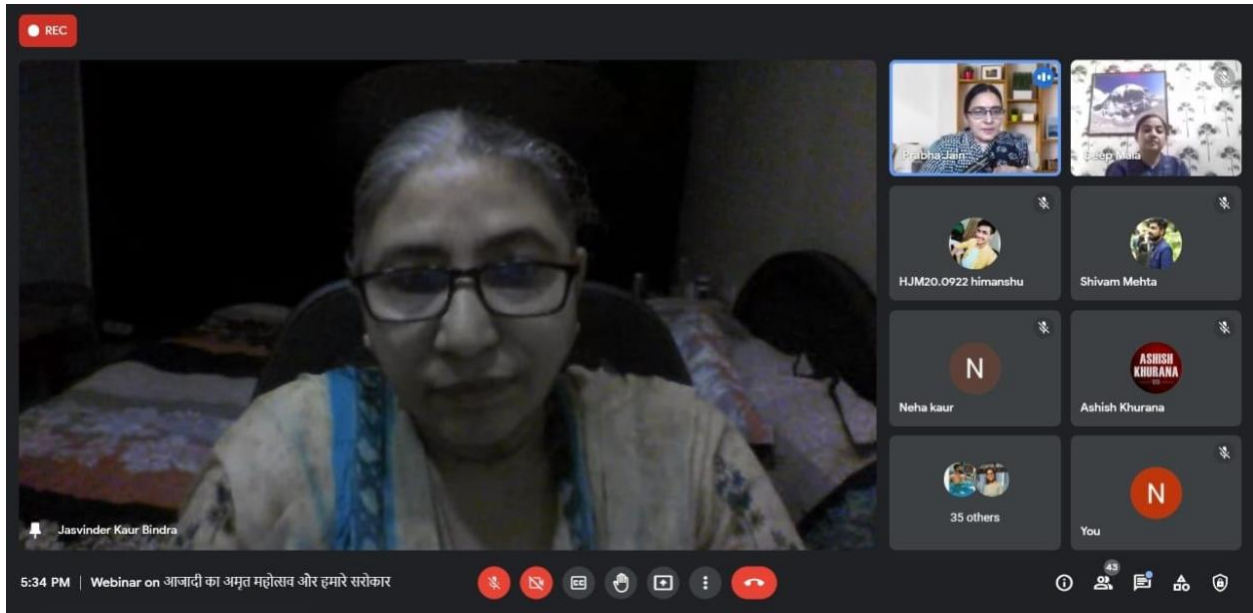
The NSS unit of SGND Khalsa College organized a webinar on “Azadi ka Amrut Mahotsav aur Hamare Sarokar” celebrating 75 years of India’s Independence in affiliation with Government of India. “Azadi ka Amrut Mahotsav” is an initiative of Government of India to celebrate and commemorate 75 years of independence before the 75th Independence Day of India on 15th August 2021.

The webinar started at 5 pm with a brief introduction of our Guest speaker Ms Prabha Jain by Dr Jasvinder Kaur. Dr Prabha Jain took the initiative of explaining the attendees about the meaning and importance of “Sarokar” in our present life comparing it to the lives of people prior to independence. She also highlighted the difference between different cultures comprising regional, national and colonial affects and barriers to communication because of it.

She explained to us how the colonial power that left its footprints on the independent India is endangering the local culture and languages. In the interactive session by Dr Prabha Jain, all came to a common understanding, that one should never forget his/her mother tongue after learning a new language or culture.

The event witnessed active participation from the NSS volunteers and the college faculty members celebrating the mark of Independence Day sharing their own experiences about the difficulties they faced due to the variety of different languages in different regions, keeping in mind the importance of local languages and the need of the hour to promote them on different levels.

The webinar culminated after an hour of its commencement by Dr Jasvinder’s vote of thanks reminding the students about the crucial role of regional languages and our culture in that lead to our independence from colonial rule and the freedom we have because of it.



REC

Prasha Jain

6:11 PM | Webinar on आजादी का अमृत महोत्सव और हमारे सरोकार

Jasvinder Kaur Bindra
Deep Mala
HJM20.0922 himanshu
Shivam Mehta
HJM20.0901 sanjeev
Ashish Khurana
37 others
You

REC

Deep Mala

5:43 PM | Webinar on आजादी का अमृत महोत्सव और हमारे सरोकार

Jasvinder Kaur Bindra
HJM20.0922 himanshu
Shivam Mehta
hin19 723
Ashish Khurana
38 others
You



SRI GURU NANAK DEV KHALSA COLLEGE
UNIVERSITY OF DELHI
National Service Scheme



On occasion of

75 TH INDEPENDENCE DAY

Presents a webinar on

आजादी का अमृत महोत्सव और हमारे सरोकार



Dr. Prabhakiran Jain

Awarded "Bal Sahitya Sammaan"

Awarded "Bal evam Kishore Sahitya-Sammaan"

Date : 14th August 2021

Time : 5 PM

Venue : Google Meet

For any queries contact:

Arpit : 9315328622

Gunjeet : 9891176470

Dr. Deepmala
NSS Programme Officer

Jasvinder Kaur Bindra
Coordinator

Prof. Gurmohinder Singh
Oftg. Principal

Webinar on Azadi ka Amrut Mahotsav

Sri Guru Nanak Dev Khalsa College

(University of Delhi)

Webinar on Evolution Through Education

Organised By - National Service Scheme Unit

Date - 9th August , 2021

Number of participants: 33

NSS unit of Sri Guru Nanak Dev Khalsa College organized a webinar on - Evolution Through Education. NSS volunteers and college faculty took active participation.

The guest speaker of the day was Ms.Tanisha Pandit.

She explained to us very well that what is Education in actual and how education is different from Literacy.

She said that Education is that, which can be seen in the behaviour of individual. Also, which helps in the building of society in the right manner. By , Education we can change someone's life in the positive manner. On the other hand , Literacy just means getting degrees and which is for self only. It is not for the growth of society. She gave us the various examples related to the difference between Education and Literacy.

In addition, she also related Evolution through Education. She said that , Education plays a very essential role in Evolution of society and mind sets. Education gave right way to change humans. It provides a new techniques, skills and new meaning to lifestyle of individuals. According to her, through Education we can get the solution to every problem in any situation regardless of age, gender, rich or poor. She said Education is the best weapon to change the world but before to change the world one should know the true meaning of Education.

She covered the entire topic very well through various aspects.

At the end there was a query session where the speaker answered the questions related to the topic and clear everyone's doubt.

The event ended with our convenor Dr. Deepmala's vote of thanks.

The duration of the webinar was 1 hour, i.e, 5:00pm to 6:00pm.



Sri Guru Nanak Dev Khalsa College
University of Delhi



NATIONAL SERVICE SCHEME

on occasion of

आजादी का अमृत महोत्सव

Presents

A webinar on

EVOLUTION THROUGH EDUCATION

Guest Speaker

Ms. Tanisha Pandit

Founder of Ritva
Foundation



Date : 9th August 2021

Time : 5:00 PM - 6:00 PM

Venue : Google Meet

Dr. Deepmala
NSS Programme Officer

Dr. Savilata Yadav
Coordinator

Prof. Gurmohinder Singh
Oftg. Principal



nss.sgndkhalsa



nss.sgndkhalsa

For further queries contact

Arpit : 9315328622

Gunjeet : 9891176470

Webinar on Evolution through Education

Sri Guru Nanak Dev Khalsa College

(University of Delhi)

Plantation Drive

Organized by- National Service Scheme Unit

Date- 30th July, 2021

No. of participants- 15

NSS Unit of Sri Guru Nanak Dev Khalsa College organized a “Tree Plantation Drive” in college premises in which NSS volunteers participated diligently with great zeal and enthusiasm along with the college faculty members. Conserving environment and tackling pollution caused by environmental degradation is the need of the hour for which this drive was organized.

The participants reached the college at 12 pm sharp and raised awareness about the environment by planting various saplings brought by them and provided by the college faculty in the college campus. They further watered them and took an oath to take care of the planted saplings and helped each other in planting theirs.

The program took place under the presence of the college Prof. Gurmohinder Singh(Oftg Principal) and NSS program officer Dr Deepmala and Dr Savilata Yadav who also took the initiative to plant trees along with the others to create environmental awareness and sent a message about conserving it among the masses.It was ensured that all the covid-related protocols were being followed throughout the plantation drive and the safety of the volunteers was assured.

The program was a huge success with immense participation of the volunteers also, those volunteers who were unable to join the team in the college due to covid-19 restrictions, they planted saplings in their home lanes, parks and other areas as per requirement, and shared their pictures with the team. The teachers created awareness among the students towards a more greener and sustainable environment followed by the college principal Dr Gurmohinder Singh’s vote of thanks for organizing the plantation drive and planting more saplings in the college premises for a more greener and healthy future.

The duration of the webinar was one hour from 12 pm to 1 am.



SRI GURU NANAK DEV KHALSA COLLEGE
(UNIVERSITY OF DELHI)



NATIONAL SERVICE SCHEME

organizes

Plantation Drive

Date: July 30th, 2021

Time: 12 noon onwards

Venue: College Premises


Let's get into the Green Scene!

PROF. GURMOHINDER SINGH
(Oftg. Principal)

DR. DEEPMALA
(NSS Programme Officer)

DR. SAVILATA YADAV
(Coordinator)

 [nss.sgndkhalcollege](https://www.facebook.com/nss.sgndkhalcollege)

 [nss.sgndkhalsa](https://www.instagram.com/nss.sgndkhalsa)











Plantation Drive

SRI GURU NANAK DEV KHALSA COLLEGE
(University of Delhi)

LIVE YOGA SESSION ON OCCASION OF INTERNATIONAL YOGA DAY

Organised by: National Service Scheme

Date: 21 June 2021

Number of Participants: 44

NSS Unit of Sri Guru Nanak Dev Khalsa College organized live yoga session on occasion of "International Yoga Day"

The guest speaker of the day was, **Mr. Shivraj Singh Shekawat.**

He first told the importance of yoga and started with meditation with gayatri mantra chanting along with all the participants. Then he explained multiple asanas for various health issues. After that we all did basic ankle and neck movements before performing asanas. Then we all did few shoulder exercise besides that he explained about movements for cervical patients as well. He also talked about correct posture of using phone and sitting.

Other exercises and asanas are as follows:

- Back pain exercises
- Blood Pressure (pranayama)
- 5 asanas for diabetic patients
- Weight loss exercise
- Breathing techniques
- Different types of pranayama for thyroid patients

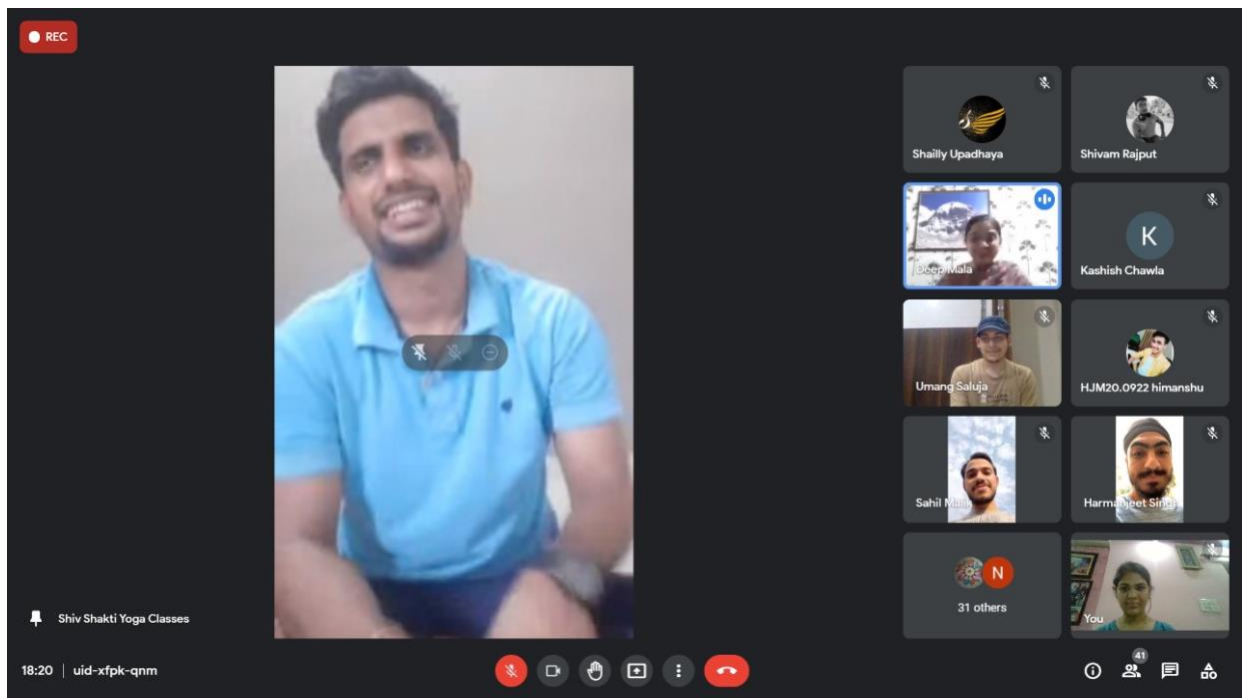
After the end of session he answered the following queries during question and answer session:

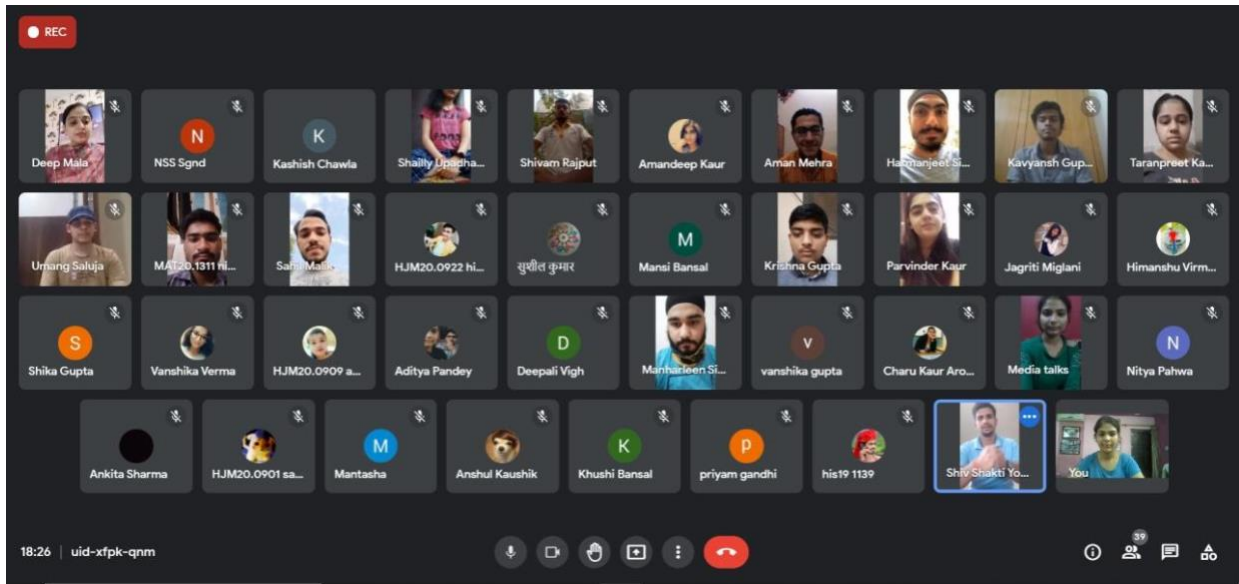
(1) Difference between power yoga and normal yoga

(2) Should we decrease exercise after losing an initial amount of weight

(3)How to decrease nasal sound during yoga

The event was ended with our convenor Deepmala's vote of thanks.
The duration of the webinar was 2 hours (4:30 PM- 6:30 PM).







Sri Guru Nanak Dev Khalsa College
(University of Delhi)



National Service Scheme

Presents

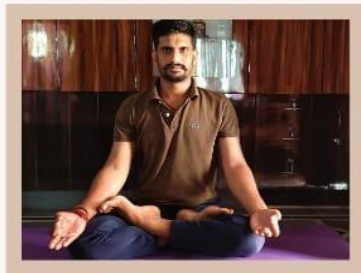


Live Yoga Session



On the occasion of

INTERNATIONAL YOGA DAY



**Mr. Shivraj Singh
Shekhawat**

(Yoga Instructor)
MSc in Yoga

For queries contact :

Sahil Malik (9996805875)

Parvinder Kaur (9876943978)

Date : 21st June, 2021

Time : 4:30 Pm

Venue : Google Meet

Prof. Gurmohinder Singh
(Oftg. Principal)

Dr. Deepmala
(NSS Programme Officer)

Dr. Savilata Yadav
(Coordinator)

Live Yoga Session on the occasion of International Yoga Day

Sri Guru Nanak Dev Khalsa College

(University of Delhi)

Webinar on how to deal with your Mental Health during Covid 19

Organised By - National Service Scheme Unit

Date - 19, June , 2021

Number of participants: 61

NSS unit of Sri Guru Nanak Dev Khalsa College organized a webinar on - how to deal with your Mental Health during Covid 19. NSS volunteers and college faculty took active participation.

The guest speaker of the day was **Ms. Manmeet Kaur**

She explained us that The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions.. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. Learning to cope with stress in a healthy way will make us, the people you care about, and those around become more resilient.

She also told that It is natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic.

She told the ways to reduce stress by Take breaks from watching, reading, or listening to news stories, including those on social media. It's good to be informed, but in a limit.

Take care of your body. Take deep breaths, stretch, or meditate external icon. Try to eat healthy, well-balanced meals. Exercise regularly. Get plenty of sleep. Make time to unwind. By Trying some other activities you enjoy.

Connecting with others. Talking with people whom you trust about your concerns and how you are feeling. By Connecting with your community- or faith-based organizations. While social distancing measures are in place, try connecting online, through social media's.

She also told that Taking care of yourself can better equip you to take care of others. During times of social distancing, it is especially important to stay connected with your friends and family. Helping others cope with stress through phone calls or video chats can help you and your loved ones feel less lonely or isolated.

She told some breathing exercises too for that helps releasing stress.

It was a very interactive and informative webinar and everyone appreciated the webinar.

At the end of webinar there was a question/ ans round where students who had question got themselves answered by the guest speaker.

The event ended with our convenor Dr. Deepmala's vote of thanks.

The duration of the webinar was 1 hour, i.e, 4:30 pm to 5:30pm.



Sri Guru Nanak Dev Khalsa College

(University of Delhi)



National Service Scheme

Presents

Webinar on



Ms. Manmeet Kaur
(Clinical Psychologist
Co-Founder at InSprit)

**HOW TO DEAL
WITH YOUR
MENTAL
HEALTH DURING
COVID-19**

Date - 19th June 2021

Time - 4:30PM

Venue - Google Meet

For any Query Contact
Chetanya Mittal - 8882176630
Pratham Sachdeva - 7289873990

Prof. Gurmohinder Singh
(Oftg. principal)

Dr. Deepmala
(NSS Programme Officer)

Dr. Savilata Yadav
(Coordinator)

REC M Manmeet Kaur is presenting

2. Ground Yourself (Mindfulness)

- Notice five things that you can see.
- Notice four things that you can feel.
- Notice three things you can hear
- Notice two things you can smell
- Notice one thing you can taste

InSpirit.

17:13 | mwm-odiz-aob

Radhika Sehrawat, Kashish Chawla, Chetanya Mittal, Ishika Rana, Khushi Bansal, Manmeet Kaur, Deep Mala, Tushar Kumar, 51 others, You

REC

NSS Sgnd, Deep Mala, Manmeet Kaur, Kashish Chawla, Sahil Mahi, Chetanya..., Khushi Bansal, him19 918, Ishika Rana, Radhika Sehra..., KN Singh, Mohd. Farhan, pratham sach..., Ritu Karan, Parvinder Kaur, khushi bansal, Kavyansh Gupta, Shika Gupta, HJ12006901s..., Shally Upadhaya, Vaibhav Taneja, Prabhleen Singh, Monika Malhotra, Ansh Narang, सुशील कुमार, Taranpreet Kaur, Ashish Khurana, bap18 2339, Parii Kaur, Divpreet kaur, Anushka Chauh..., Mani Rathor, Tushar Kumar, Harmanjeet Sin..., Himanshu Virm..., Umang Saluja, Vanshika Verma, Pushpinder Kaur, Deepali Vigh, Jatin Pandey, Charu Kaur Arora, Urvashi Rawal, Ankita Sharma, Rishi Giridar, Vanshika Verma, Media talks, KN Singh, 14 others, You

17:46 | mwm-odiz-aob

REC M Manmeet Kaur is presenting

S.A.D.

- Self**
 - Meditation
 - Mindfulness
 - Unplug
 - Be in Flow
- Active**
 - Exercise
 - Connect with others
 - Help others
 - Activity Scheduling
- Distract**
 - Cut on watching daily scores

Inspirit.

17:35 | mwm-odiz-aob

Deep Mala, Khushi Bansal, Chetanya Mittal, Radhika Sehrawat, Manmeet Kaur, Ishika Rana, Tushar Kumar, Kashish Chawla, 51 others, you

How to deal your mental Health during Covid-19

Sri Guru Nanak Dev Khalsa College

(University of Delhi)

Webinar of Post Covid Traffic Regulation

Organized by: National Service Scheme

Date: 17th June, 2021

Number of participants: 65+

NSS Unit of Sri Guru Nanak Dev Khalsa College has organised an Online webinar on "Post Covid Traffic" on 17th of June 2021 at 4:30 PM.

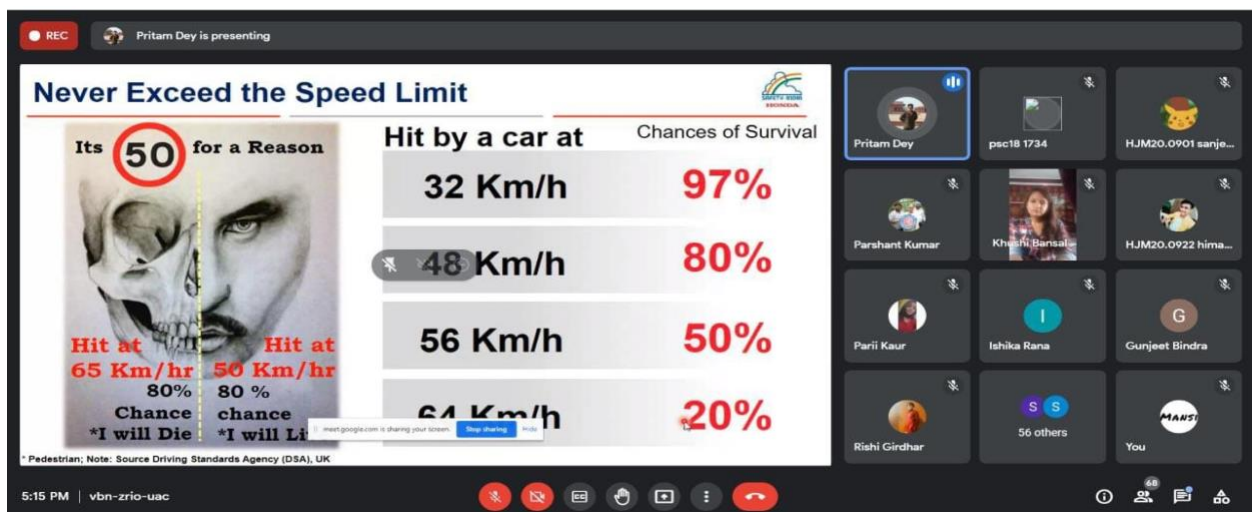
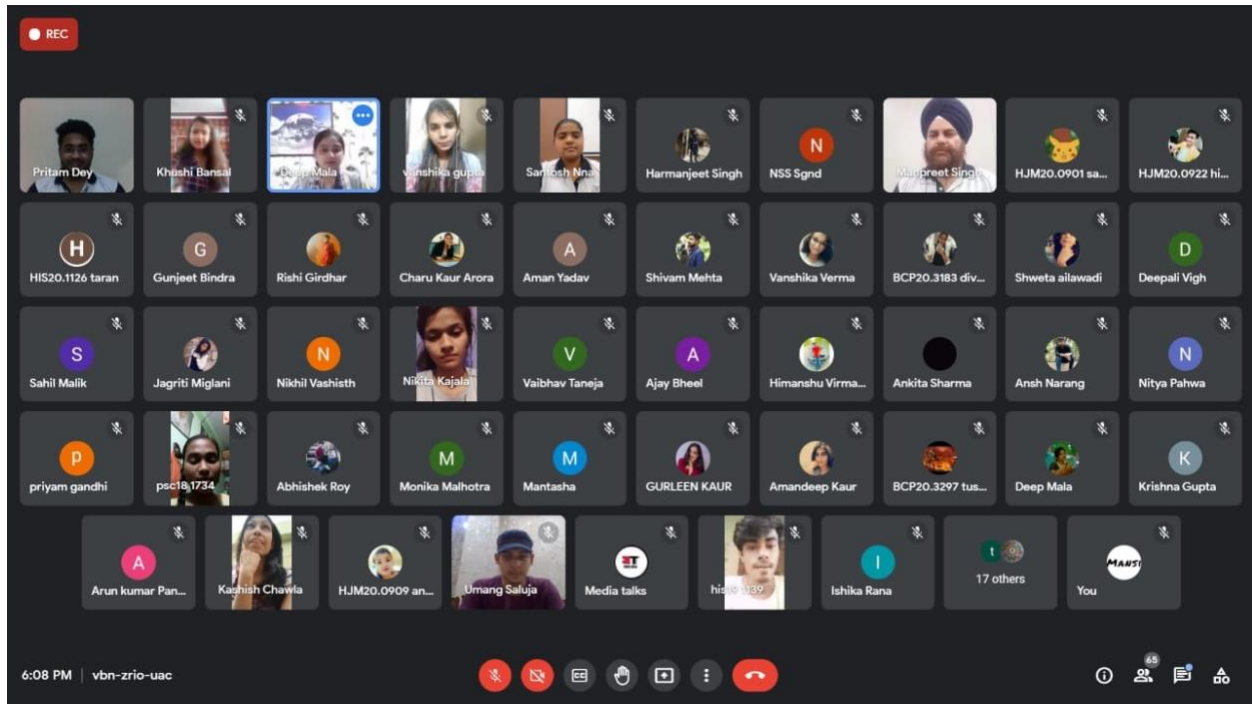
Ms. Santosh Chauhan (Honda 2 Wheeler India, Safety riding coordinator), Pritam Dey (Honda Motorcycle and Scooter India pvt.ltd.) and Mr. Sachin (ASI ,Traffic Police) were the guest speaker of the event.

The team 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. Whenever you drive a car follow the traffic rules, it is important to wear helmet while driving a two wheelers, obey the traffic lights to avoid accidents. One should always wear seat belt while driving a car. Avoid rash driving as fast speed is the core reason of accidents. Always carry all the paper of the vehicle. They told that traffic rules help to protect you on the road as well as everyone else driving on the same road. Moreover, someone behind any bigger vehicle should also understand that there is limited visibility of the driver, and they should not try to come in the way of such vehicles which can be dangerous for both parties. Mr. Pritam Dey told about MSS which stands for mirror signal shoulder checking. He told that students as a part of society should make other people aware regarding traffic rules .

The college teaching staff along with NSS volunteers and other students of different colleges have attended the webinar as well.


A strength of 65+ students were present in the session. The Traffic Training session lasted for 2 hours from 4:30 PM to 06:30 PM.

The session concluded with an interactive session between the instructor and the teachers in which the queries of the teachers were addressed satisfactorily. The session was very refreshing, reviving and relaxing. Mr. Pritam Dey gave us incredible information regarding laws related to different vehicles . for eg ; helmet is not required to drive battery vehicle. They shared their incredible experiences and made the webinar, a very interesting and wonderful one.




REC Pritam Dey is presenting

Facts about Alcohol




Alcohol Myths


Alcohol won't affect me so much if I have something to eat



Beer doesn't affect riding as much as other alcoholic drinks do



Coffee / Energy Drinks will reduce the effects of alcohol



Alcohol Facts

Drinking on a full stomach isn't much different from drinking on an empty stomach

A standard serving of beer, wine or cocktail contains the same amount of alcohol

The only thing that reduces the effects of alcohol is time

Drunken driving

meet.google.com is sharing your screen. Stop sharing Hide

5:06 PM | vbn-zrio-uac

Participant list:

- HJM20.0901 sanjeev
- Purnima kumari
- HJM20.0922 himanshu
- Pritam Dey
- Parshant Kumar
- Khushi Bansal
- GURLEEN KAUR
- Gunjeet Bindra
- 58 others
- You

REC

Participant grid:

- Pritam Dey
- Khushi Bansal
- Deepika Mala
- Vanshika Gupta
- Santosh Nna
- Harmanjeet Singh
- NSS Sgnd
- Manpreet Singh
- सुनील कुमार
- HJM20.0901 sa...
- HJM20.0922 hi...
- HIS20.1126 taran
- Gunjeet Bindra
- Rishi Girdhar
- Charu Kaur Arora
- Aman Yadav
- Shivam Mehta
- Vanshika Verma
- BCP20.3183 div...
- Shweta aillawadi
- Deepali Vigh
- Sahil Malik
- Jagriti Miglani
- Nikhil Vashisth
- Nikita Kajala
- Vaibhav Taneja
- Ajay Bheel
- Himanshu Virm...
- Ankita Sharma
- Ansh Narang
- Nitya Pahwa
- priyam gandhi
- psc18 1734
- Monika Malhotra
- Mantasha
- GURLEEN KAUR
- Amandeep Kaur
- BCP20.3297 tus...
- Deep Mala
- Krishna Gupta
- Arun kumar Pan...
- Kashish Chawla
- HJM20.0909 an...
- Umang Saluja
- Media talks
- ttp bks
- Abhishek Roy
- 17 others
- You

6:02 PM | vbn-zrio-uac

SRI GURU NANAK DEV KHALSA COLLEGE
(UNIVERSITY OF DELHI)

NATIONAL SERVICE SCHEME

is organizing

WEBINAR
On

POST COVID TRAFFIC REGULATIONS

GUEST SPEAKERS

<p>MR. SACHIN (ASI, Traffic Police)</p>	<p>Ms. SANTOSH CHAUHAN (Honda 2 Wheeler India, Safety Riding Co-ordinator)</p>	<p>MR. PRITAM DEY (Honda Motorcycle and Scooter India pvt.ltd.)</p>
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8882080491 On Thursday, 9582746797
Vanshika 17th June 2021 at 4:30 pm **Khushi**

PROF. GURMOHINDER SINGH **DR. DEEPMALA** **DR. SAVILATA YADAV**
OFTG. PRINCIPAL **NSS PROGRAMME OFFICER** **COORDINATOR**

/nss.sgndkhalsa /nss.sgndkhalsa

Webinar on Post Covid Traffic Regulations

Sri Guru Nanak Dev Khalsa College

(University of Delhi)

Webinar on Debunking Myths of covid vaccine

Organised By - National Service Scheme Unit

Date - 4, June , 2021

Number of participants: 61

NSS unit of Sri Guru Nanak Dev Khalsa College organized a webinar on - Debunking myths of covid vaccine. NSS volunteers and college faculty took active participation.

The guest speaker of the day was **Mrs. Shambhavi Verma**

She explained to us very well what are the misconceptions people had regarding the covid 19 vaccine. She explained the reason behind the myths and requested everyone to get vaccinated at their earliest. She said that after taking the vaccine antibodies are formed in human bodies which helps to protect our body from further damage.

She told the benefits of getting vaccinated as getting vaccinated can decrease the chances of hospitalisation and requirement of supplementation of oxygen with more chances of recovery at-home and vaccinated people have less chance to develop Covid infection.

A vaccinated individual may develop antibodies that can neutralise the virus, and break the chain of transmission. This leads to the development of herd immunity once the significant population is vaccinated and has circulating antibodies for the same. Also after getting fully vaccinated and waiting the recommended time for the body to build immunity, anyone can visit in person with other people who have been vaccinated or those at low risk of infection . This is the first step in re-establishing those in-person connections that are so important in our lives.

She also said that Even after getting vaccinated it is Most important to maintain personal hygiene. wash hands frequently for a minimum of 20 seconds with soap and water, practise social distancing and use homemade masks/double masks whenever stepping out.

At the end there was a query session where the speaker answered the questions related to vaccination such as

Effectiveness of covid 19 vaccine.

Which vaccine is more safe Covishield Or covaxin

Why time period for 2nd dose of covishield extended by govt

Is it safe for womens to get vaccinated?

How long does the immunity given by the COVID-19 vaccine last?

Can different COVID-19 vaccines be used for different doses , etc

The event ended with our convenor Dr. Deepmala's vote of thanks.

The duration of the webinar was 1 hour, i.e, 3:00pm to 4:00pm.



SRI GURU NANAK DEV KHALSA COLLEGE
University Of Delhi



NATIONAL SERVICE SCHEME

presents

A Webinar On

**DEBUNKING MYTHS OF
COVID VACCINE**

Dr. Shambhavi Verma
(**Resident doctor**)
Community Medicine,
New Civil Hospital,
Surat, Gujarat.



04th June, 2021

03 : 00 PM

Google Meet

Dr. Deepmala
(**NSS Prog. Officer**)

Dr. Savilata
(**Event Coordinator**)

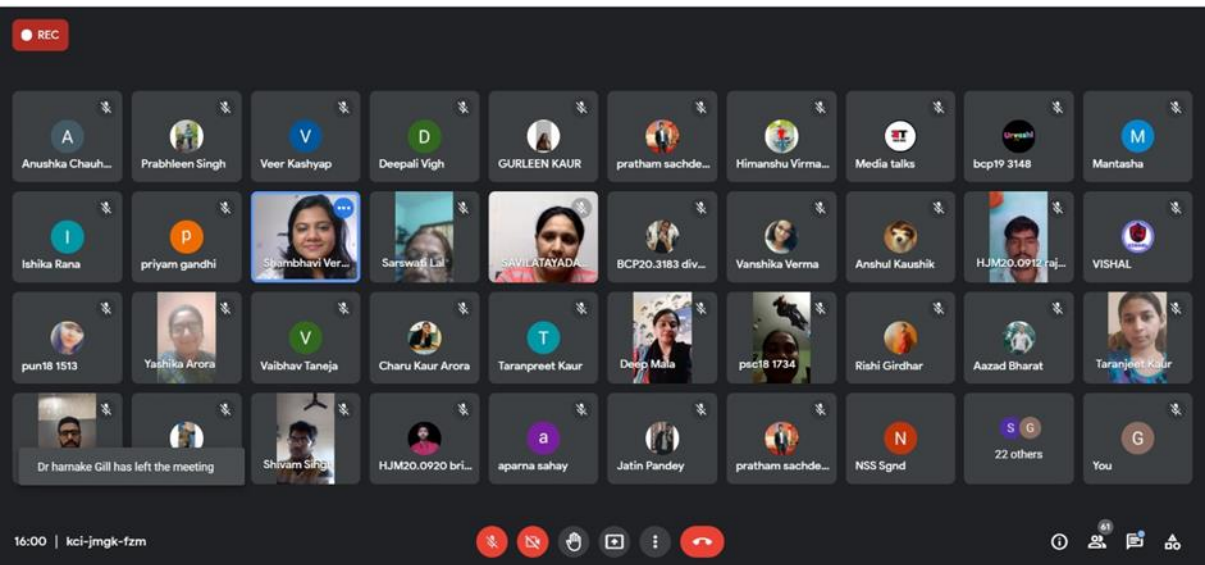
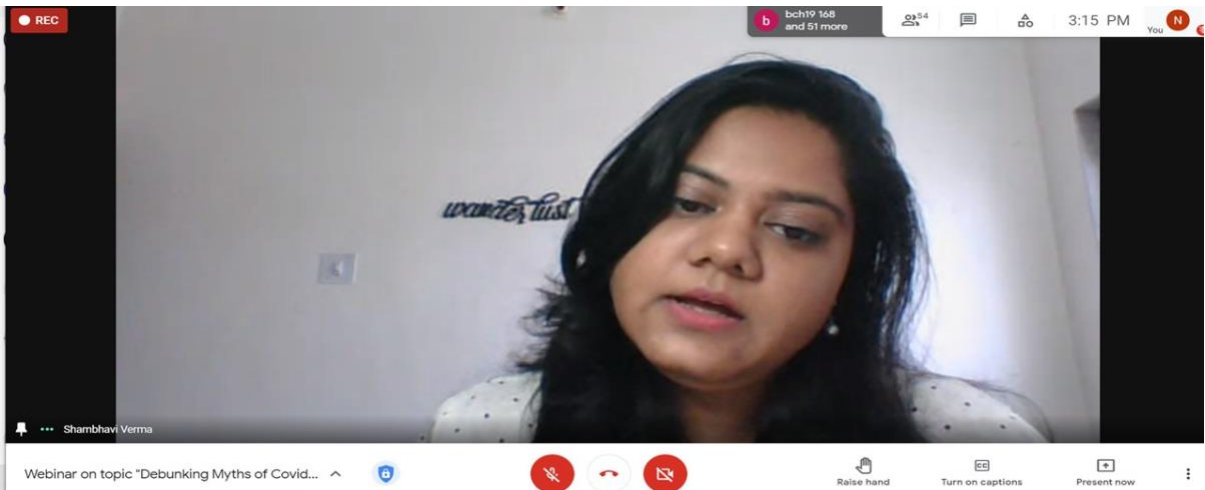
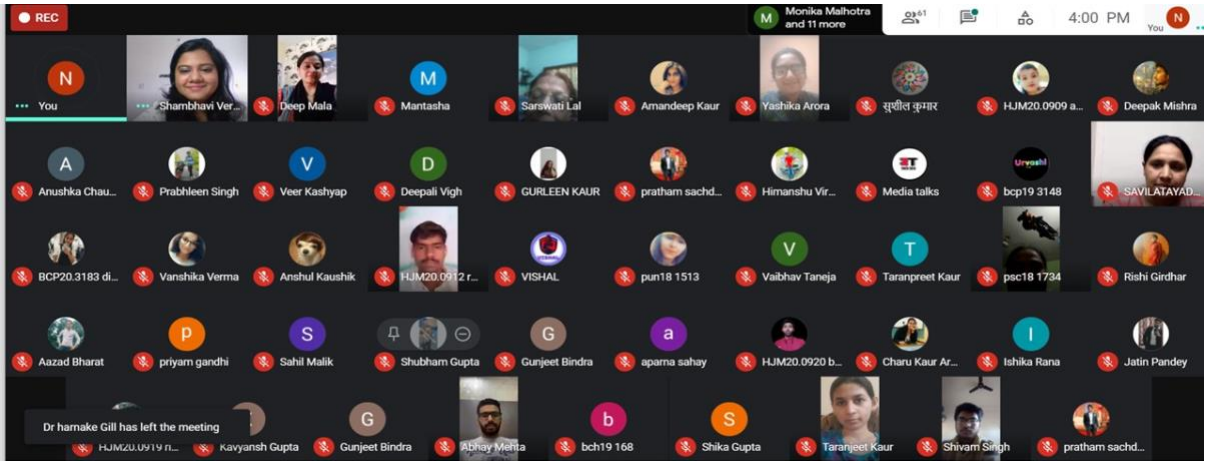
Prof. Gurmohinder Singh
(**Oftg. Principal**)



nss.sgndkhalsa



nss, sgnd khalsa college



Webinar on Debunking Myths of Covid Vaccine

Sri Guru Nanak Dev Khalsa College

(University of Delhi)

Virtual Oath Taking ceremony on World No Tobacco Day

Sri Guru Nanak Dev Khalsa College
(University of Delhi)

National Service Scheme

**Together, Let's Say
NO to Tobacco!**

JOIN US

As we organise a pledge taking ceremony on
World No Tobacco Day

Date - 31st May
Time - 12:30 Pm
Venue - Google Meet

Dr. Deepmala (NSS Programme Officer) **Dr. Savilata Yadav** (Coordinator) **Prof. Gurmohinder Singh** (Oftg. Principal)

Organised by - National Service Scheme

Date - 31st May 2021

No of students - 58

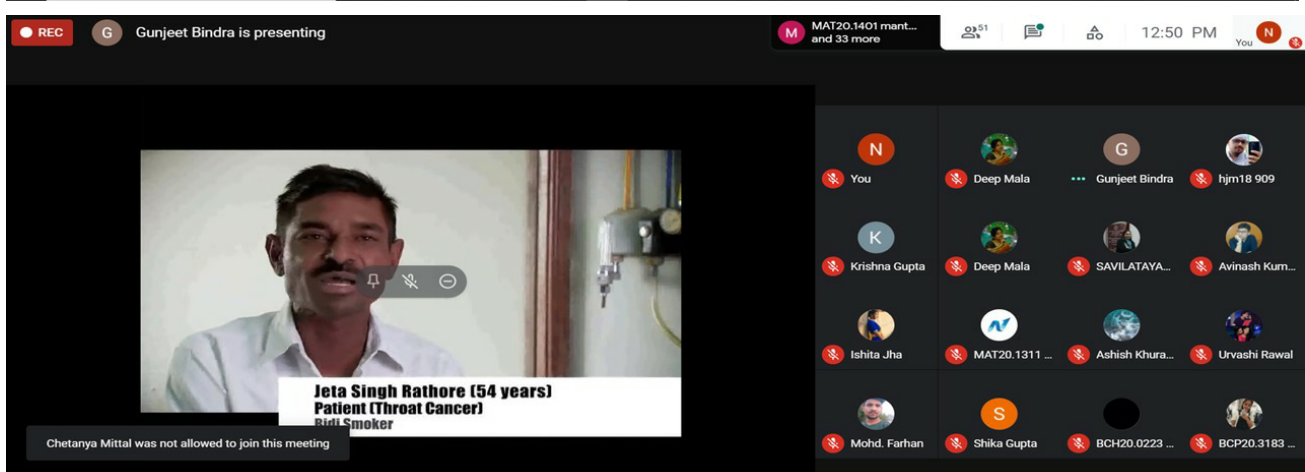
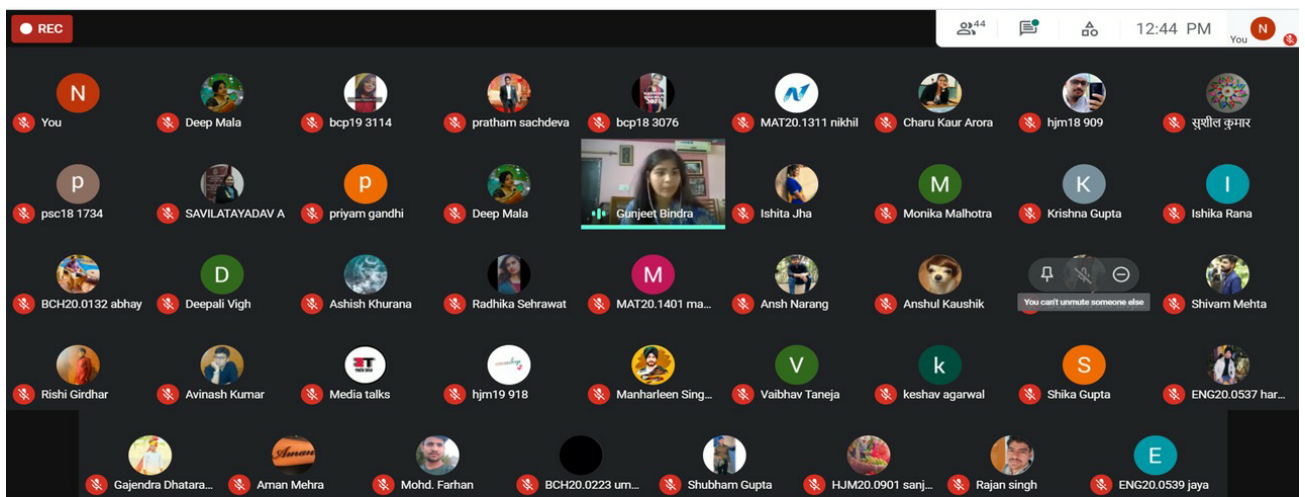
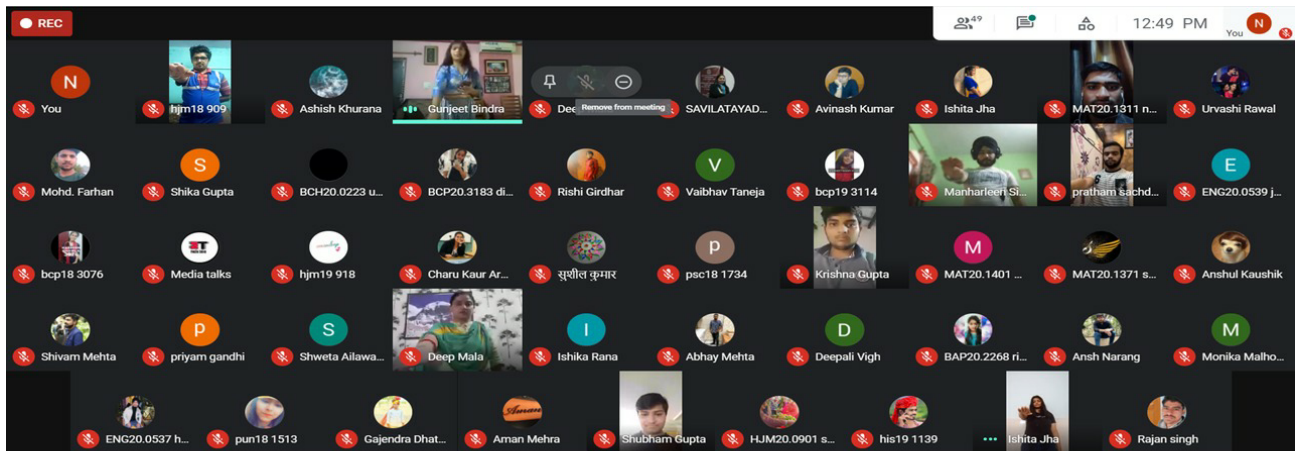
The National Service Scheme unit organised a virtual oath taking ceremony and the volunteers and college faculty took active participation.

What is the theme significance and importance of world no tobacco day n why quitting tobacco was discussed as well, along with this documentary for Awareness was also shown.

The pledge was taken by volunteers and faculty in both Languages (Hindi and english)

The event ended with our convenor Dr Deepmala vote of thanks.

The duration of event was 1 hour, 12:30-1:30pm



World No Tabboco Day Pledge taking Ceremony

REPORT

Title - Webinar on Healthy Lifestyle

Organised by – National Service scheme

Date – 26 February 2021

No.of participants - 70

National Service Scheme

26 February 2021

Webinar on Healthy Lifestyle

NSS Unit of Sri Guru Nanak DevKhalsa College has organised a webinar on **Healthy Lifestyle** on 26th of February 2021 at 04:00 PM. The college teaching staff along with NSS volunteers and other students of different colleges have attended the webinar as well. A strength of 70+ students were present in the webinar. The webinar lasted for 2 hours from 04:00 PM to 06:00 PM.

Ms. RuchikaDhawan and Ms. Shubhangi Gupta were the guests of the event. They guided us on, how to keep ourselves fit and fine by body and by mind aswell. Ms. RuchikaDhawan gave us incredible tips on how to keep ourselves healthy. Ms. Shubhangi Gupta also explained us few shloks to have a peaceful soul and mind aswell. They shared their incredible experiences and made the webinar, a very interesting and wonderful one.



**SRI GURU NANAK DEV KHALSA COLLEGE
(UNIVERSITY OF DELHI)
NATIONAL SERVICE SCHEME**



presents webinar on

HEALTHY LIFESTYLE



Date: 26 February Time: 4:00 PM Venue: Google Meet

RUCHIKA DHAWAN

SHUBHANGI GUPTA



- **AUTHOR**
- **TRANSFORMATION COACH**
- **FOUNDER AND DIRECTOR OF WOSOUPOWER CHARITABLE TRUST**
- **YOGA PRACTITIONER**
- **MEDITATION TRAINER**
- **LIFESTYLE BLOGGER AND INFLUENCER**



- **FREELANCE MOTIVATIONAL**
- **SPEAKER WITH WOSOUPOWER CHARITABLE TRUST .**
- **PURSUING PG DIPLOMA IN YOGA FROM SLBS UNIVERSITY**
- **M .SC IN YOGA AND VALUE EDUCATION**

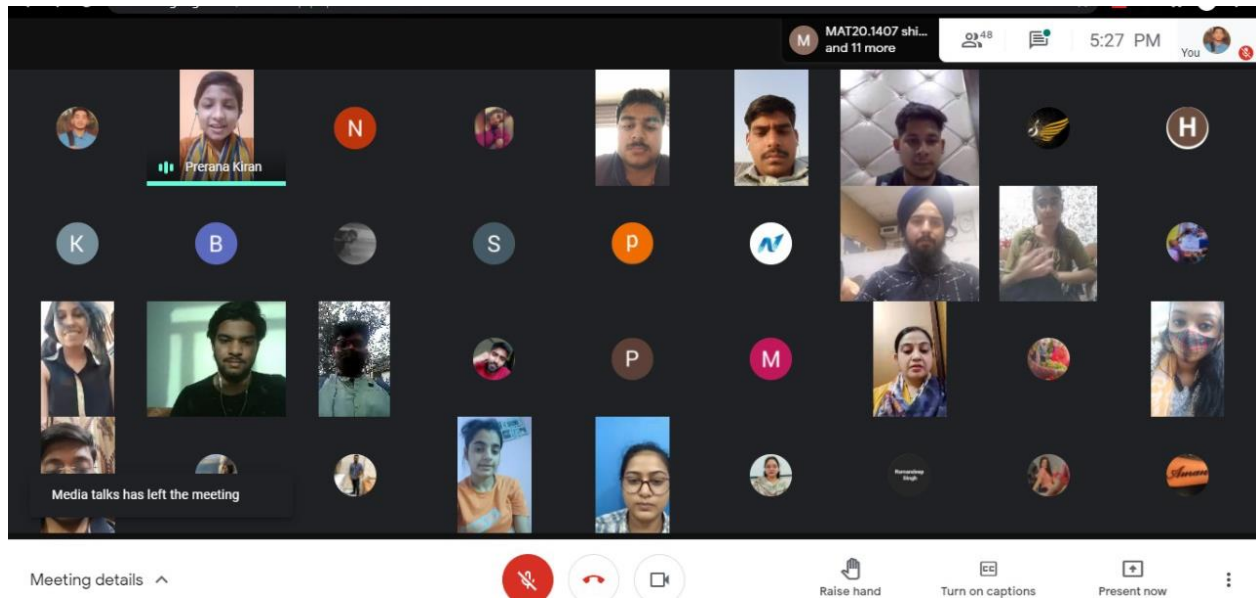
For Queries Contact:

Parvinder Kaur- 9876943978 Parneet Kaur- 8287369439

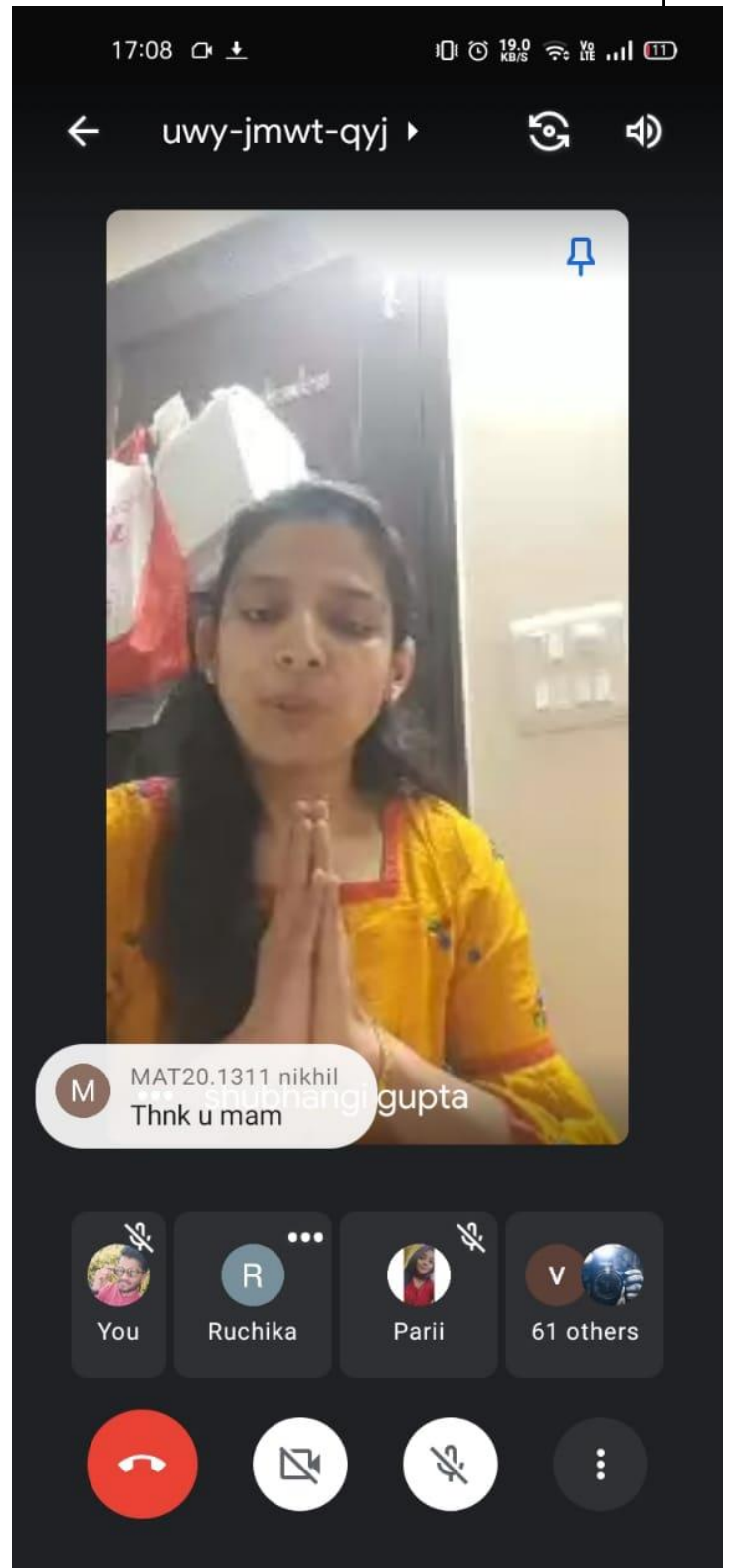
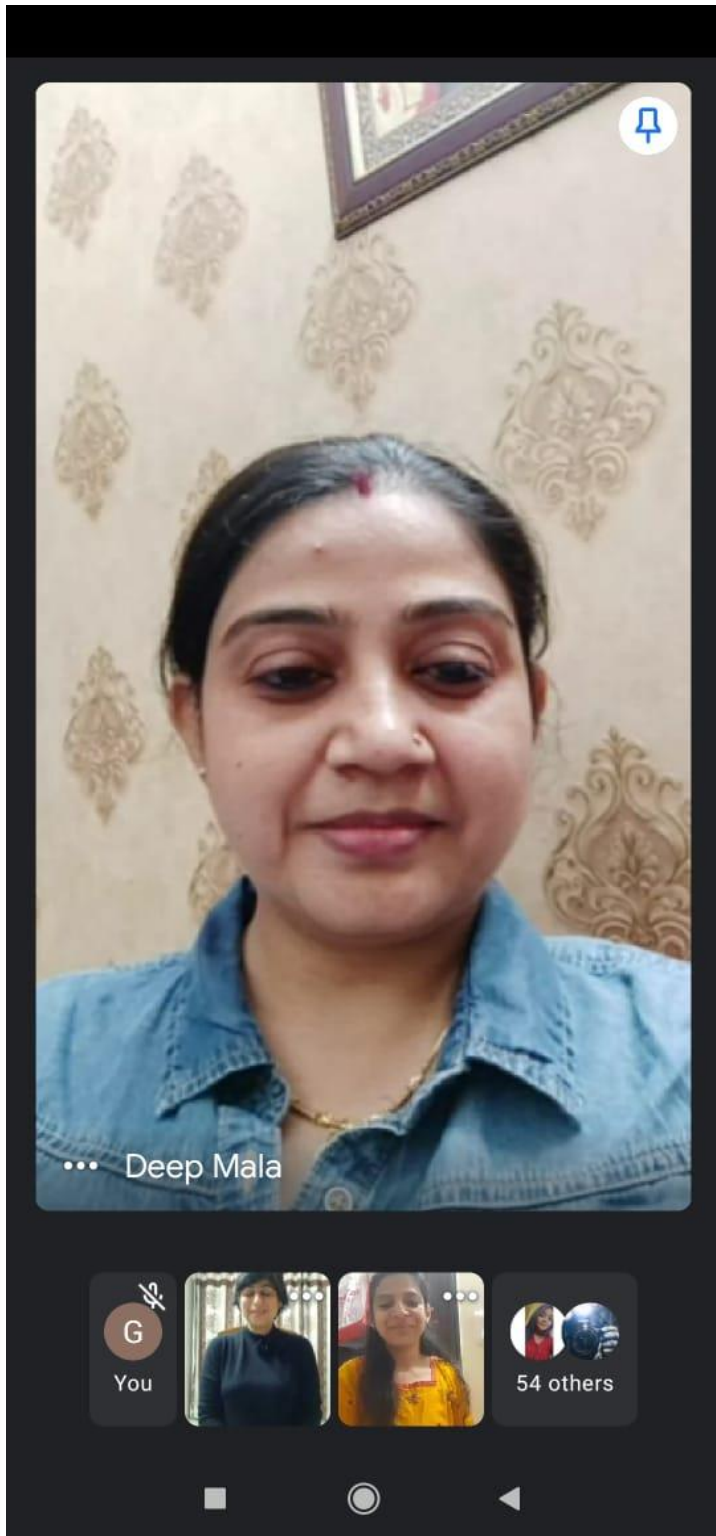
**Dr. Deepmala
(NSS Programme Officer)**

**Dr. Gurmohinder Singh
(Oftg. Principal)**

Webinar on Healthy Lifestyle



Webinar on Healthy Lifestyle



Webinar on Healthy Lifestyle



Webinar on Healthy Lifestyle

Webinar on Self Esteem
Date – 27 February 2021
No. of participants - 83

NSS Unit of S.G.N.D. Khalsa college organized a webinar of self esteem on 27 February 2021 and there were 83 numbers of participants discussed in details about the self-esteem by Mr. Jatin Puri.



Sri Guru Nanak Dev Khalsa College
(University of Delhi)



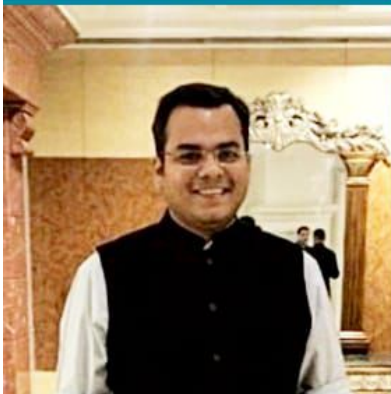
NATIONAL SERVICE SCHEME

PRESENTS

A WEBINAR

ON

SELF-ESTEEM



JATIN PURI

● Author

● Speaker

● Consultant
of Scala
programming

● Faculty at art of
living

Time: 4PM Date: 27 FEB

Venue: GOOGLE MEET

DR. GURMOHINDER SINGH [OFTG. PRINCIPAL]

DR. DEEPMALA [NSS PROGRAMME OFFICER]

FOR ANY QUERIES CONTACT:

ARPIT: 9315358622

GUNJEET: 9891176470

Webinar on Self-Esteem

Title - Webinar on Media: The Mind Maker

Organised by –National Service scheme

Date – 01.03.2021

No.of participants - 59

Media: The Mind Maker

On 1st March 2021 NSS unit of Sri Guru Nanak Dev Khalsa college organised a webinar on the topic Media: TheMind Maker at 3:30 PM via Google meet. Students from different courses of our college as well as from different colleges were the part of the informative and inspiring webinar.

The webinar started with the felicitation and introduction session of the two guest speakers Mr. Lakshmi Shankar Vajpayee (Retd Director General ,AIR) and Mr. Mahendra Pratap Singh (Assistant Professor, University of Delhi).

Mr Lakshmi Shankar Vajpayee highlights the role, impact, working of various media platform and how they controls our mind. He also point out some loopholes as well as some positive aspects of media with some interesting examples. At the end of his session, on students request, he also present one of his favourite gazal 'shayar ke tewar nhibadle'.

After the end of the 1st session , host invited the second speaker of the event Mr. Mahendra Pratap Singh to entertain the second session of the webinar. He put lights on the present situation of Indian media, negativity, communalism that was spreading through all media platforms, role of advertisement etc. He also briefly explain how media is under control of external , political and bureaucratic power and how they all control the mind of common people's of the society.

At last there was a Q&A round where students are free to ask each and every question , clear any type of doubts related to Media.

Large number of Students as well teachers joined the session and connected with the webinar till the end ,they really enjoyed and inspired by both session of the webinar. The webinar concluded with the positive and thankful note of NSS convener of SGND Khalsa College Dr. Deepmala.

Sri Guru Nanak Dev Khalsa College



(University Of Delhi)



NATIONAL SERVICE SCHEME

presents

a webinar on

MEDIA: THE MIND MAKER



MR. LAXMI SHANKAR
BAJPAI

- Retd Director General,AIR,
(New Delhi)
- Poet, Gazalkaar
- Communicator



MR. MAHENDRA PRATAP
SINGH

- Asst. Professor (University of Delhi)
- Former Bulletin Producer (Express
News)
- Copywriter,Reporter and Serial writer

DATE -: 01.03.2021

Time -: 3:30PM

VENUE -: GOOGLE
MEET

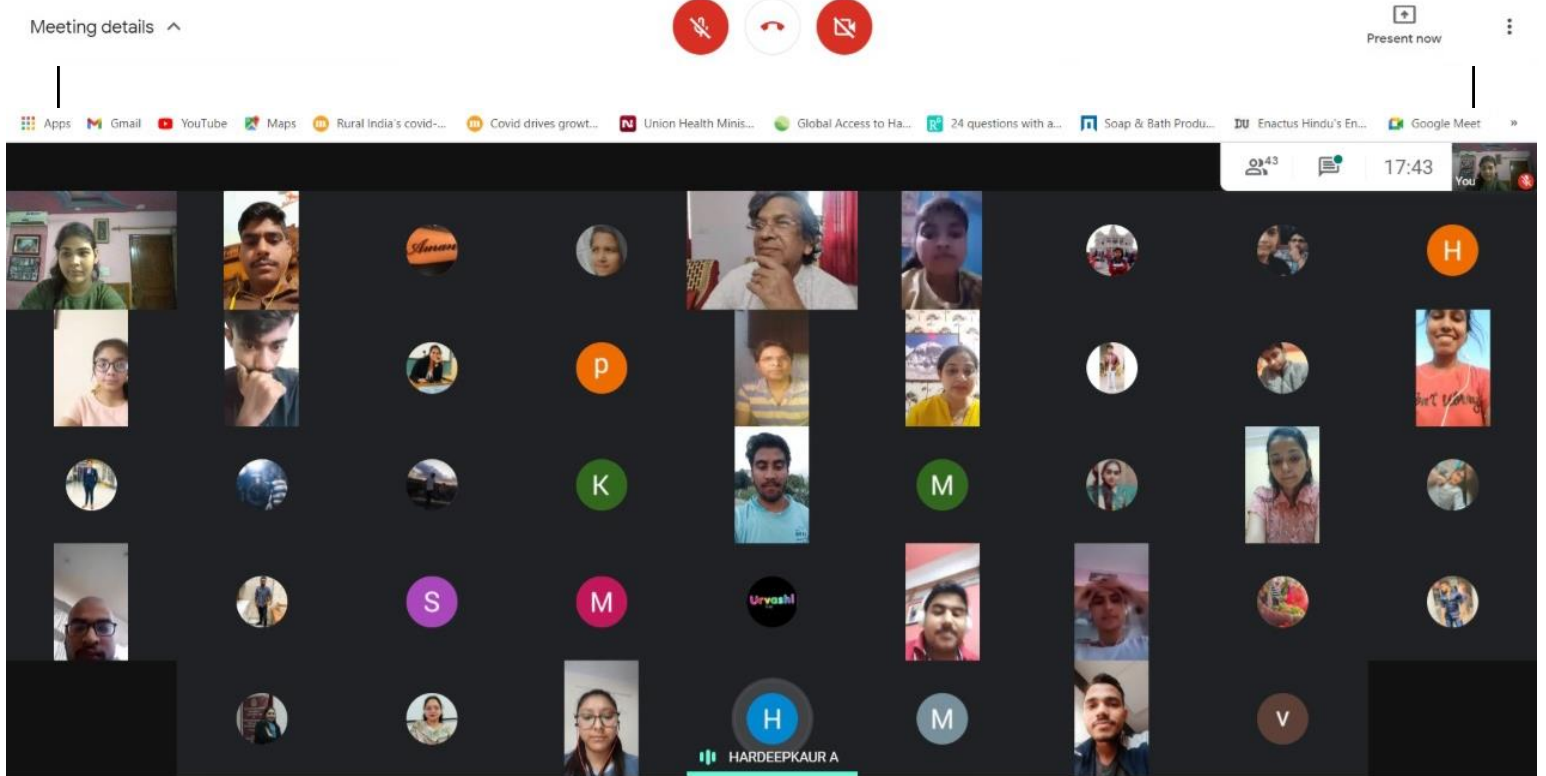
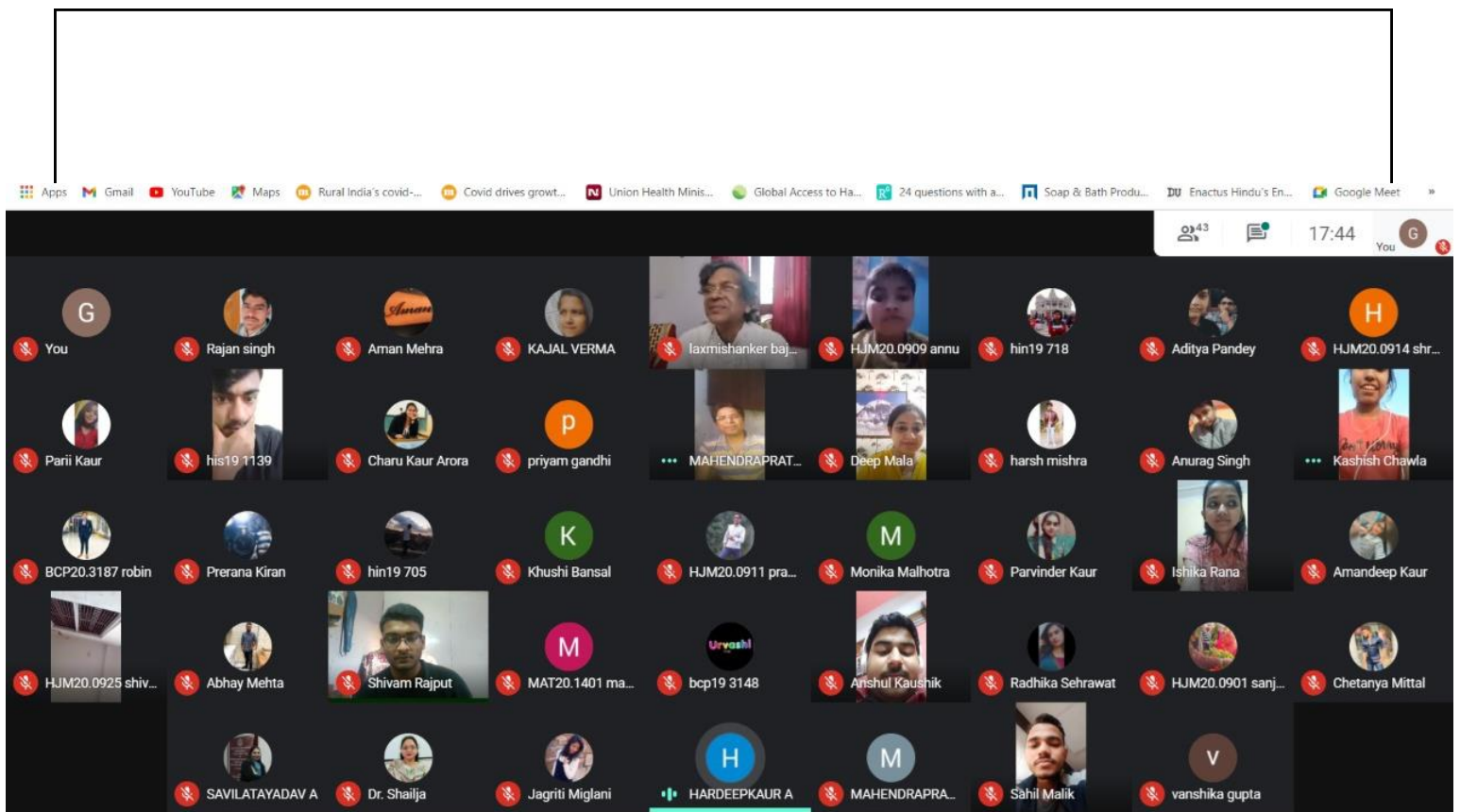
For Any Queries Contact :

Kashish -9599392472 ,
Prerana - 6200378483

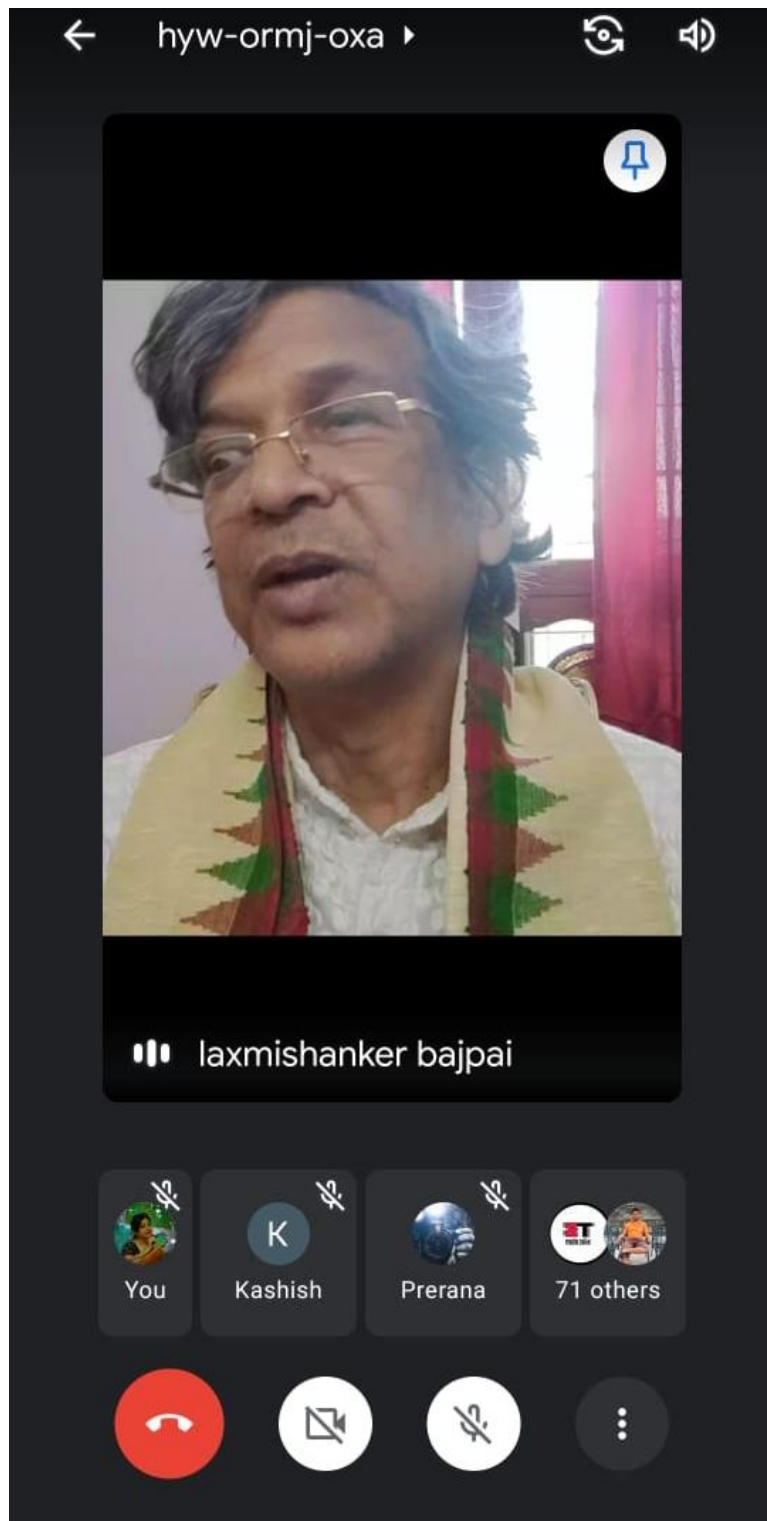
Dr.Gurmohinder Singh
(Oftg.Principal)

Dr. Deepmala
(NSS Programme Officer)

Webinar on Media: The Mind Maker



Webinar on Media: The Mind Maker



Webinar on Media: The Mind Maker

Organised by : National Service Scheme (Khushi, Sahil, Jatin)

Date: 02 March, 2021

Live Yoga session - "Benefit of stillness and cultivating peace"

NSS Unit in collaboration with Student welfare Committee of Sri Guru Nanak Dev Khalsa College has organised a live session on Yoga - "Benefit of stillness and cultivating peace" on 2nd of March 2021 at 04:00 PM.

Dr. Urmil Groh was the guests of the event. She guided us on, how to keep ourselves fit and fine by body and by mind as well. The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting with warming up and stretching were followed by a series of Padmasanas, Sukhasana, Tadasana, BhujangAsana and ending with Shavasana.

DR. Urmil Groh motivated the staff and conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat. The session concluded with an interactive session between the instructor and the teachers in which the queries of the teachers were addressed satisfactorily. The session was very refreshing, reviving and relaxing. Dr. Urmil Groh gave us incredible tips on how to keep ourselves healthy. They shared their incredible experiences and made the webinar, a very interesting and wonderful one.

She also told that Yogic exercises recharge the body with cosmic energy and facilitate:

1. Attainment of perfect equilibrium and harmony
2. Promotes self-healing
3. Removes negative blocks from the mind and toxins from the body
4. Enhances personal power
5. Increases self-awareness
6. Helps in attention, focus and concentration, especially important for children
7. Reduces stress and tension in the physical body by activating the parasympathetic nervous system.

The true essence of yoga revolves around elevating the life force or 'Kundalini' at the base of the spine. It aims to achieve this through a series of physical and mental exercises. At the physical level, the methods comprise various yoga postures or 'asanas'

ONLINE YOGA SESSION - "BENEFIT OF STILLNESS AND CULTIVATING PEACE"

that aim to keep the body healthy. The mental techniques include breathing exercises or 'pranayama' and meditation or 'dhyana' to discipline the mind.

She told that Yoga can be practiced in any age it is suitable for people of all ages and requires no 'stunt' skills. It should be included in our daily life. Path of self-knowledge and self-realisation can be attained via positive thinking, perseverance, discipline, right orientation, prayer as well as humble and kindness. The importance of life is the health of our body. If health is not good then we will not be able to achieve our goals or will not remain happy. It is rightly said that "Health is not everything, but without health everything is nothing". Yoga at the physical level comprises several postures or asanas to keep the body healthy. The mental techniques in Yoga include breathing exercises or pranayama and meditation to discipline the mind. According to the Bhagavad Gita "A person is said to have achieved yoga, the union with the Self, when the perfectly disciplined mind gets freedom from all desires, and becomes absorbed in the Self alone."

The college teaching staff along with NSS volunteers and other students of different colleges have attended the webinar as well. A strength of 60+ students were present in the session. The Yoga session lasted for 2 hours from 04:00 PM to 06:00 PM. The session was very refreshing, reviving and relaxing. DR. Urmila Groh gave us incredible tips on how to keep ourselves fit and fine. They shared their incredible experiences and made the webinar, a very interesting and wonderful one.



SRI GURU NANAK DEV KHALSA COLLEGE
UNIVERSITY OF DELHI



"NSS UNIT"
IN COLLABORATION WITH
"STUDENTS WELFARE COMMITTEE"

presents

YOGA : A WAY OF LIFE

"BENEFIT OF STILLNESS AND CULTIVATING PEACE"



DR URMILA GROH

- ☒ REIKI GRAND MASTER
(GOLD MEDALIST)
- ☒ HOLISTIC THERAPIST

DATE :- 2ND MARCH, 2021, TIME :- 04:00 PM, VENUE :- GOOGLE MEET

FOR ANY QUERY :-
KHUSHI :- 9582746797
SAHIL :- 9996805875

DR DEEPMALA
(NSS PROGRAMME OFFICER
&
CONVENOR:- STUDENTS
WELFARE COMMITTEE)

DR SAVILATA YADAV
(TECHNICAL
COORDINATOR)

**DR GURMOHINDER
SINGH**
(OFTG.
PRINCIPAL)

SRI GURU NANAK DEV KHALSA COLLEGE

(UNIVERSITY OF DELHI)

ONLINE YOGA SESSION - "BENEFIT OF STILLNESS AND CULTIVATING PEACE"

Academic Writing Course by Zai x Spotify - Vini Vici x Meet - tyt-kgdf-vmr x +

meet.google.com/tyt-kgdf-vmr?pli=1&authuser=3

REC hjm19 905 and 21 more 5:27 PM You

You NSS Sgnd Sahil Malik Kashish Chawla Taranpreet Kaur Pari Kaur HJM20.0904 ... Prerana Kiran Charu Kaur Ar...

bcp19 3148 bcp19 3290 Khushi Bansal Anshul Kaushik HJM20.0916 ... MAT20.1401 ... Parvinder Kaur Nilmadhu Sriv... Rohit Sharma

Deep Mala Urmila Groh Jatin Pandey MAT20.1386 k... hin19 701 SUPER SPEAK... Anurag Singh Akash Gupta hjm19 910

bcp19 3205 NIKHIL SHAR... Ramnivas Geela Abhay Mehta BCH20.0223 u... Chetanya Mittal Annu shree Das Thank you mam 😊

Meeting details ^ Turn off camera (ctrl + e) Raise hand Turn on captions Present now

Type here to search 17:27 02-03-2021

Yoga a Way Of Life

SRI GURU NANAK DEV KHALSA COLLEGE

(UNIVERSITY OF DELHI)

ONLINE YOGA SESSION - "BENEFIT OF STILLNESS AND CULTIVATING PEACE"

The screenshot shows a Zoom mobile app interface. At the top, the status bar displays the time 16:31, 4G LTE signal, 103 KB/S data speed, and a 71% battery level. The Zoom meeting ID 'tyt-kgdf-vmr' is visible, along with navigation icons for back, refresh, and mute. A red 'REC' button indicates recording is active. The main video area shows a woman, Urmila Groh, wearing glasses and a pink jacket, with her hands raised near her face. Below the video, the name 'Urmila Groh' is displayed. At the bottom, a gallery view shows four participants: 'You' (purple circle with 'S'), 'Parii' (red circle with a woman's photo), 'Gurmohin...' (blue circle with a man's photo), and '49 others' (red circle with 'N').

Poetry competition

Date :- 8th March, 2021

Number of participants :- 55

NSS Unit of Sri Guru Nanak Dev Khalsa College organized a poetry competition on 8th of march 2021 in which 55 students participated.



SRI GURU NANAK DEV KHALSA COLLEGE
UNIVERSITY OF DELHI



"NSS UNIT"

presents

AN ONLINE INTRA-COLLEGE

"POETRY COMPETITION"

SPONSORED BY



Snehkunj

h o m e f o r s p a s t i c s

THEME :- INTERNATIONAL WOMENS DAY

DATE :- 08 MARCH, 2021,
TIME :- 04:30 PM,
VENUE :- GOOGLE MEET

1. The Poem should be "Self Composed" and based on the given Theme.
2. The medium of the Poetry should be Hindi.
3. Judgement will be final and binding
4. A chance to win exciting Prizes □

FOR ANY QUERY AND REGISTRATION :-

JATIN :- 8802955337

GUNJEET :- 9891176470

DR DEEPMALA
(NSS PROGRAMME
OFFICER)

DR SAVILATA YADAV
(TECHNICAL
COORDINATOR)

**DR GURMOHINDER
SINGH**
(OFTG.
PRINCIPAL)

Webinar on WOMEN SECURITY : LAW AND SOCIAL RESPONSIBILITY

Organised by :- National Service Scheme Unit

Date :- 9th March, 2021

Number of participants :- 70

The National Service Scheme (NSS) Unit of Sri Guru Nanak Dev Khalsa College, University of Delhi organised a webinar on " Women Security:- Law and Social Responsibility". It was held on 9 March, 2021 at 4:00 p.m. via Google Meet. Advocate Pragya Bhushan , who is a Corporate Lawyer and POSH trainer in cases of sexual harrasment against working women. Also, she is Managing Director of Law Firm Vikalp and Promoter Director of NGO, Vikalp - Ek Samadhan. She guided the students regarding the rights of the women in the constitution and law. The webinar began with a welcome note by our event coordinator , Dr. Jasvinder Kaur Bindra , followed by an enlightening webinar by the guest speaker.

Advocate Pragya Bhushan talked about various problems, which women face during their everyday lives. She first discussed about how the women safety in India has always been a challenge for law and order authorities in the country. She also discussed about rape, sexual molestation, child marriage , mental harrasment and so on problems that women face. She influenced upon the fact that when cyber - bullying happens, it is important to document and report the behaviour so that it can be addressed . It is necessary to understand these issues amongst future change makers of our nation as teenager girls are most affected by these problems because of their development stage. She explained the role of government and judiciary that they should come together for quick delivery of justice for women in India. If we conclude, by the end of the session , we would have learnt the problems that women face , their solutions can be done, the authorities to which women can approach and so on.

The webinar ended with an interactive question and answer part in which Advocate Pragya Bhushan tooks pain to address every question posed by the students. The popularity of the session can be gauged by the fact that it went on for two hours. The programme was brought to a close with a vote of thanks by our college principal , Dr. Gurmohinder Singh and our NSS programme officer , Dr. Deepmala.



**SRI GURU NANAK DEV KHALSA COLLEGE
(UNIVERSITY OF DELHI)**



NATIONAL SERVICE SCHEME

PRESENTS

A WEBINAR ON

WOMEN SECURITY

LAW AND SOCIAL RESPONSIBILITY



DATE 9 MARCH, 2021

TIME 4PM

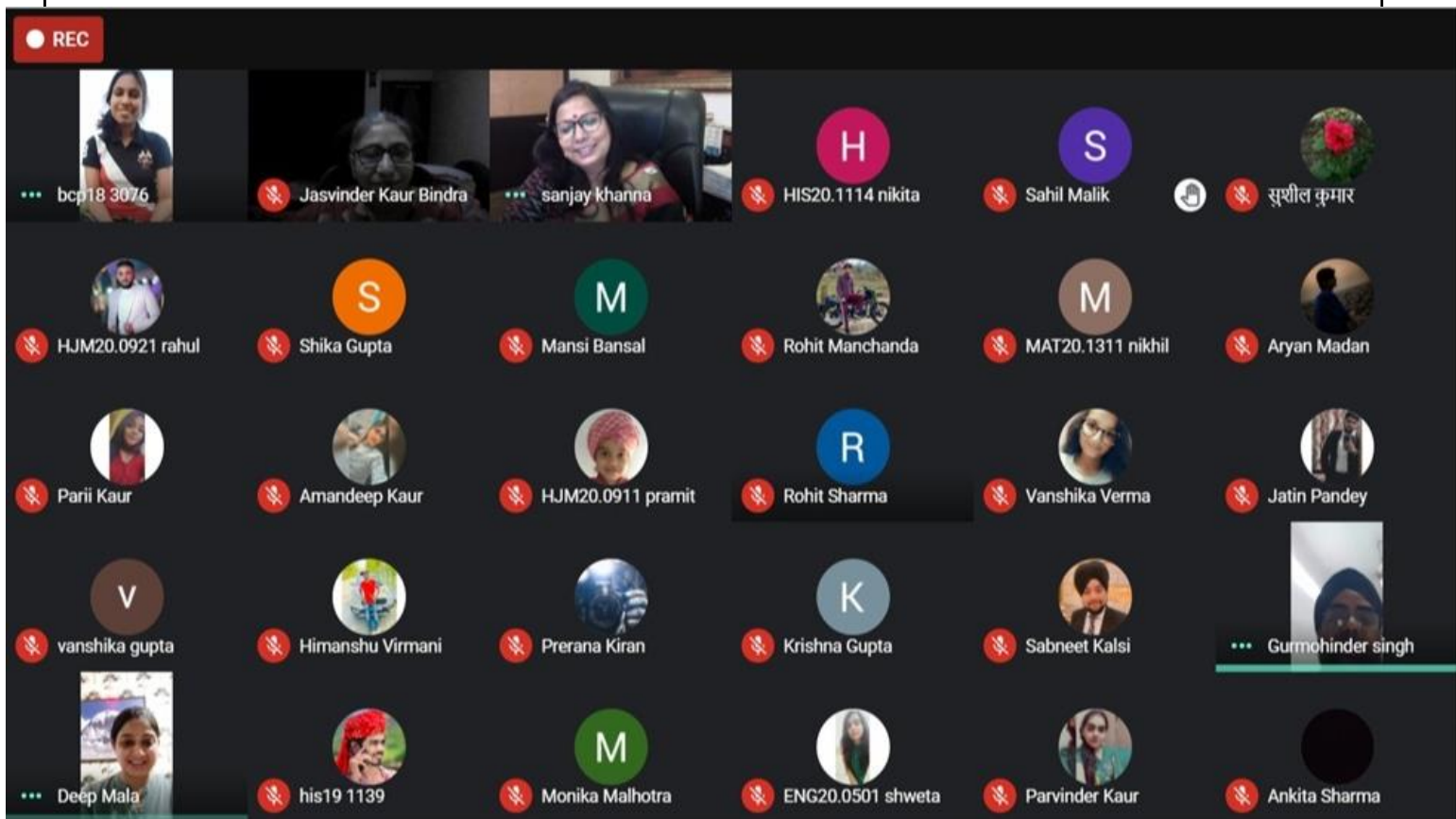
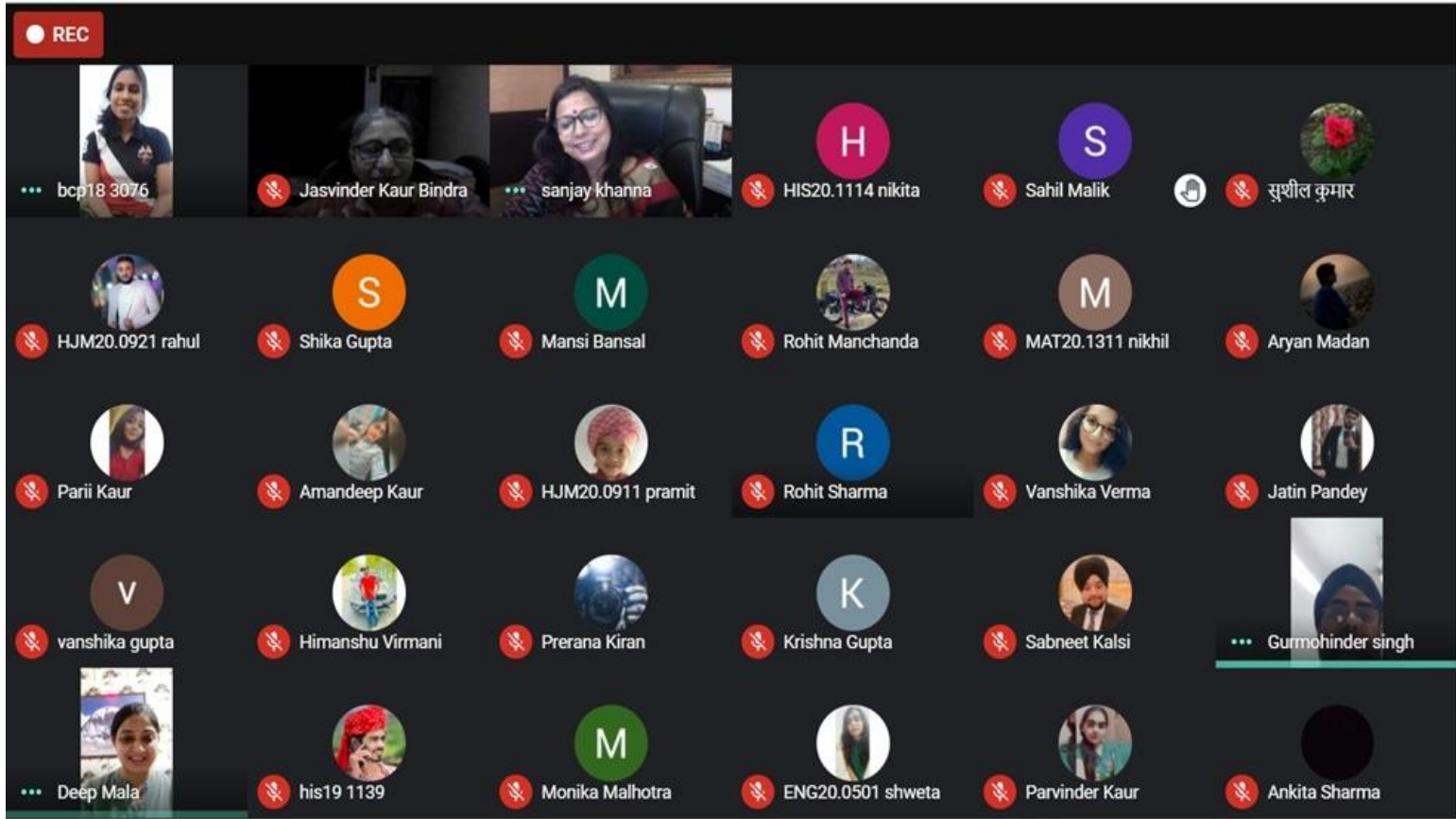
VENUE GOOGLE MEET

**FOR QUERIES CONTACT KASHISH
(9599392472)**

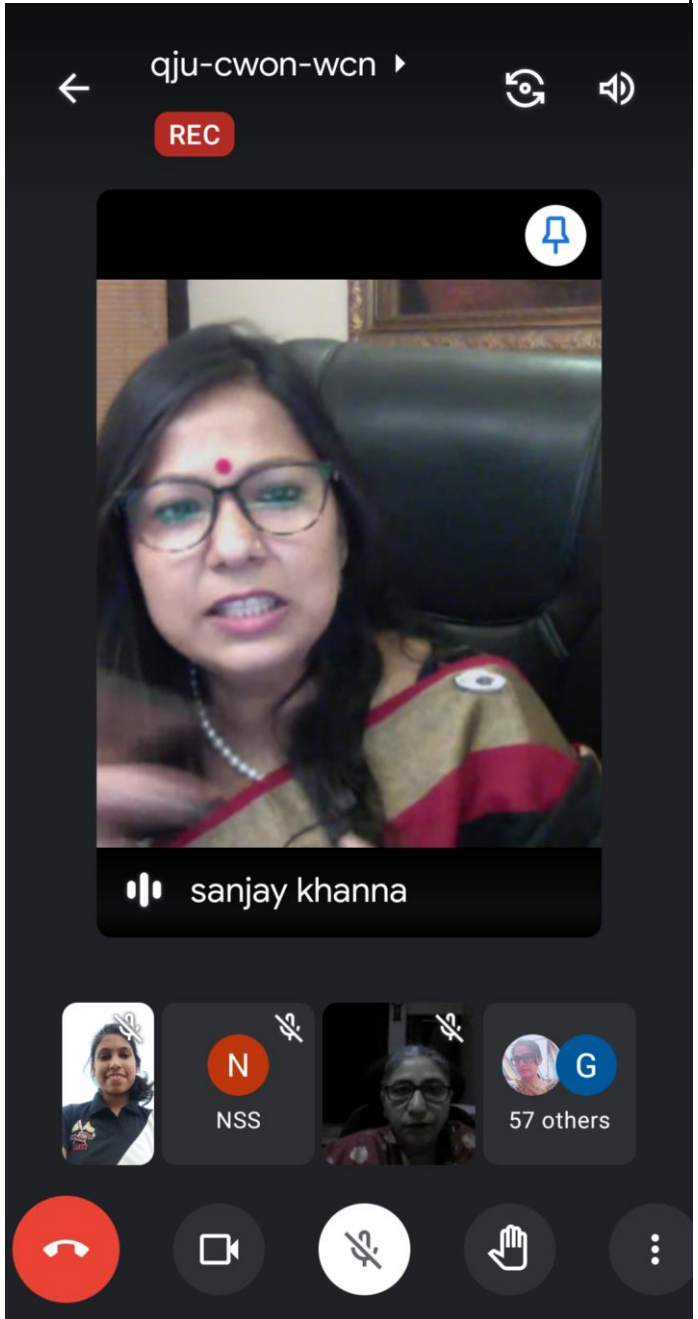
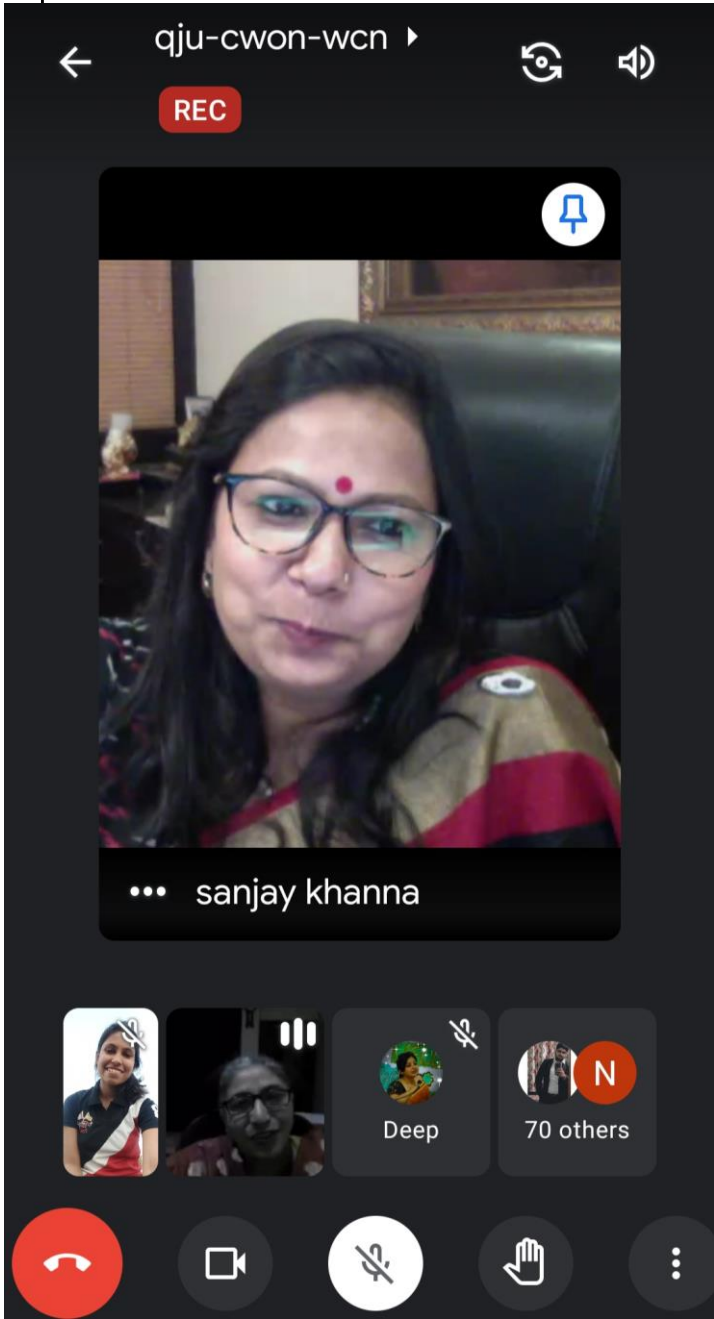
**ADV. PRAGYA BHUSHAN
PUBLIC SPEAKER
SOCIAL ACTIVIST**

**DR. GURMOHINDER SINGH (OFTC. PRINCIPAL)
DR. DEEPMALA (NSS PROGRAMME OFFICER)
DR. SAVILATA YADAV (TECHNICAL COORDINATOR)
DR. JASVINDER KAUR BINDRA (EVENT COORDINATOR)**

Webinar on Women Security



Webinar on Women Security



Webinar on Women Security

SRI GURU NANAK DEV KHALSA COLLEGE
(UNIVERSITY OF DELHI)



NATIONAL SERVICE SCHEME

is organizing

ROAD SAFETY AWARENESS CAMPAIGN



MR. SUNIL SEN
Delhi Traffic Police
(Road Safety Cell)
Head Constable

19 March, 2021

5:00 PM



Ms. SANTOSH CHAUHAN
Honda 2 Wheeler India
Safety Riding Co-ordinator

For Queries:-

8882080491

Vanshika

9582746797

Khushi

DR. GURMOHINDER SINGH

OFTG. PRINCIPAL

DR. DEEPMALA

NSS PROGRAMME OFFICER

DR. SAVILATA YADAV

COORDINATOR

Name of the event: Online Traffic Training Campaign

Organised By - National Service Scheme Unit

Date – 19t March 2021

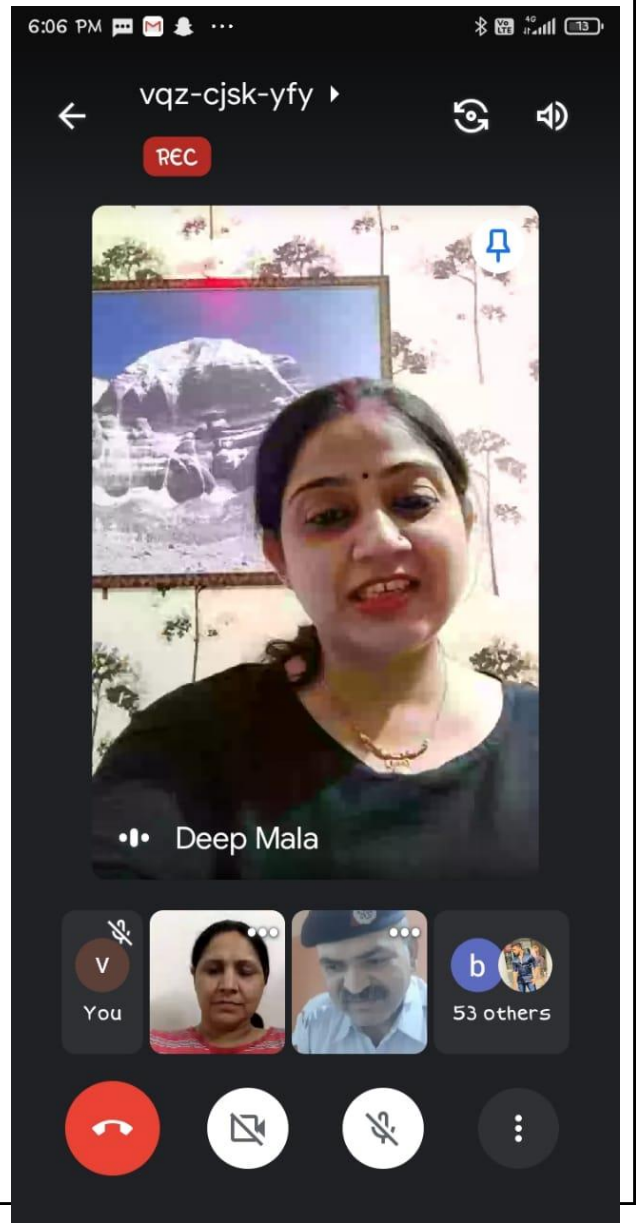
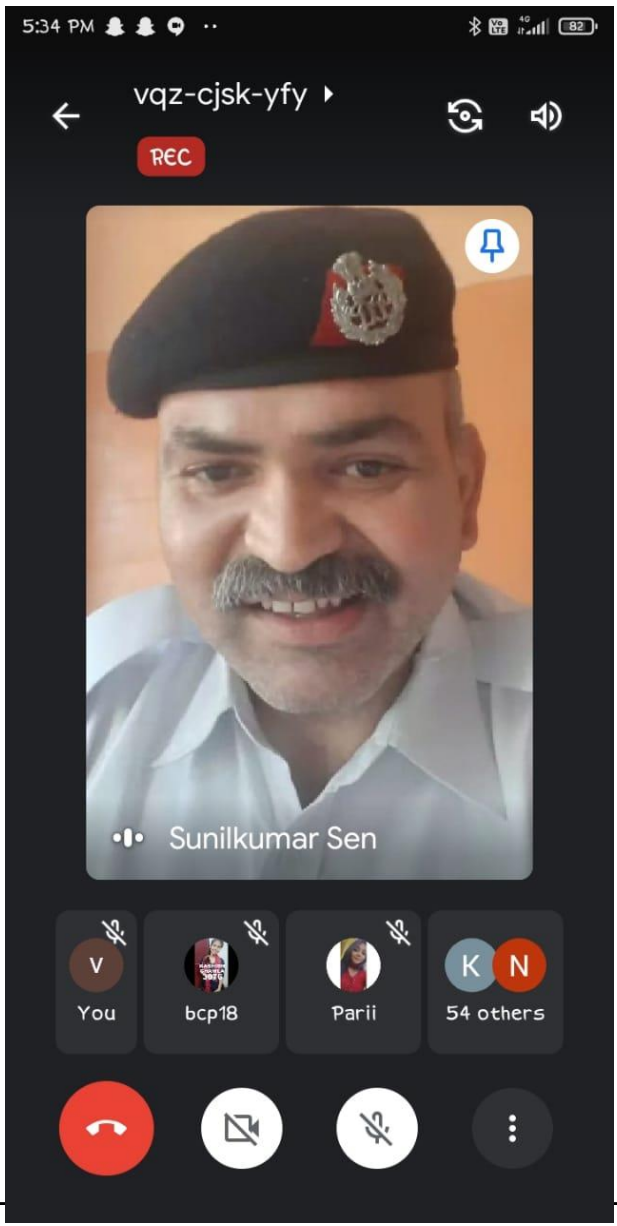
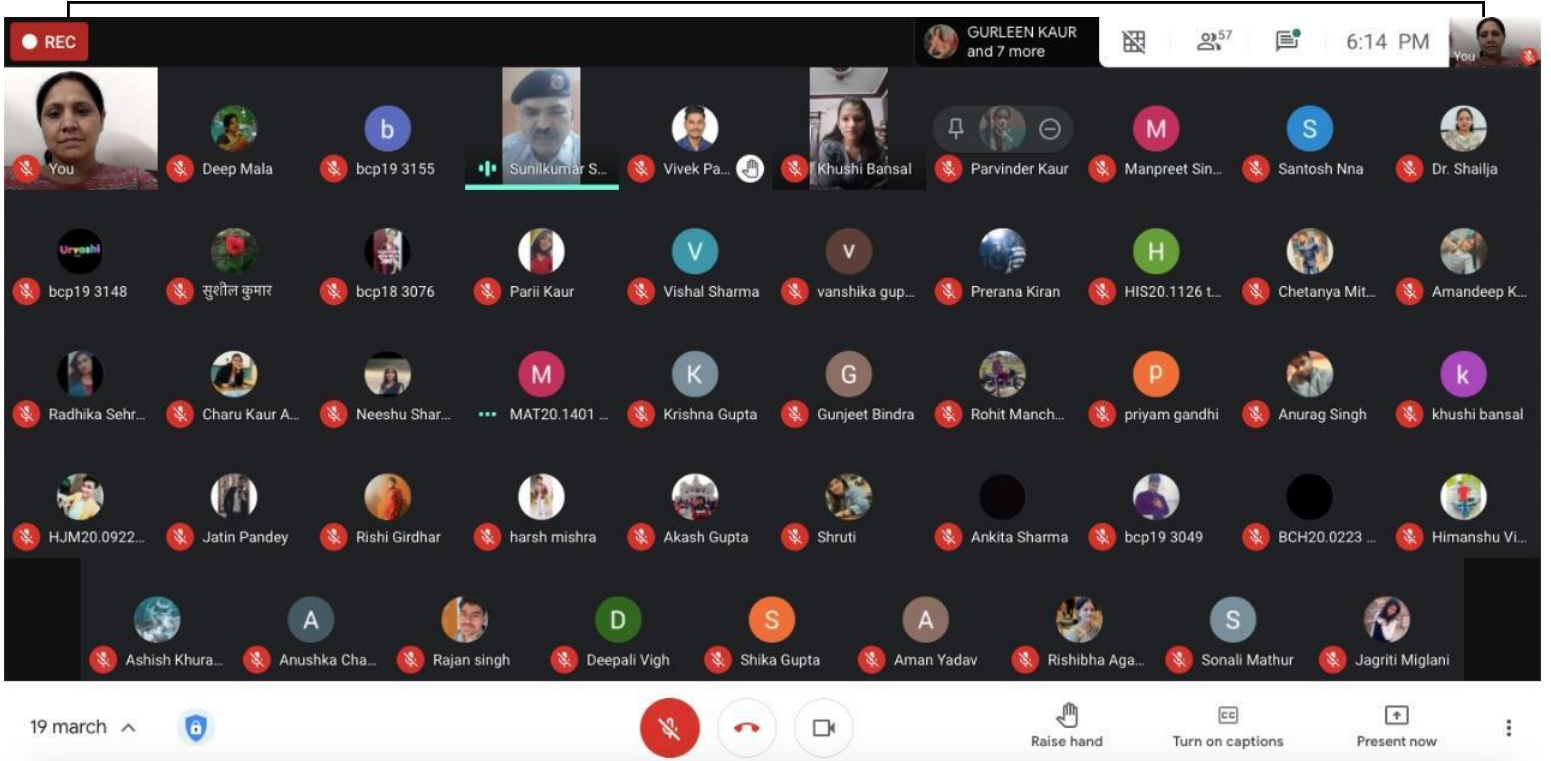
Number of participants: 60+

NSS Unit of Sri Guru Nanak Dev Khalsa College has organised an Online Traffic Training Campaign on 19th of March 2021 at 05:00 PM. Mr. Sunil sen, Ms. Santosh Chauhan and Manpreet Singh were the guests of the event. The team 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. Whenever you drive a car follow the traffic rules, it is important to wear helmet while driving a two wheeler , obey the traffic lights to avoid accidents. One should

always wear seat belt while driving a car. Avoid rash driving as fast speed is the core reason of accidents. Always carry all the paper of the vehicle.

Mr. Sunil Sen and Mr. Manpreet Singh motivated the staff. They told that Road traffic today is inherently dangerous. In fact, in contrast to other modes of transport such as railways and air traffic, the road traffic system was not designed with safety as a jumping-off point . Consequently, in road traffic it is us humans who make the difference between hazard and safety, with little keeping us from harm should we make a mistake. Differently put, unlike other modes of transport that have procedures, safeguards or fallbacks to limit both the occurrence and impact of human error, road traffic relies more heavily on its users to keep accidents from occurring. Given that humans are almost inadvertently prone to make mistakes and commit violations, human behaviour is of particular interest for most road safety professionals. That is where road safety campaigns come in. Together with other 'behavioural' measures (e.g., law enforcement, education, training, and even infrastructure to some extent) road safety campaigns are used as a means of influencing the public to behave more safely in traffic. Road safety campaigns can be defined as purposeful attempts to inform, persuade, and motivate a population (or sub-group of a population) to change its attitudes and/or behaviours to improve road safety, using organised communications involving specific media channels within a given time period. It can have many and multiple purposes, such as informing the public of new or little known traffic rules, increasing problem awareness or convincing people to refrain from hazardous behaviours and adopting safe ones instead.

The college teaching staff along with NSS volunteers and other students of different colleges have attended the webinar as well. A strength of 60+ students were present in the session. The Traffic Training session lasted for 1.5 hours from 05:00 PM to 06:30 PM. The session concluded with an interactive session between the instructor and the teachers in which the queries of the teachers were addressed satisfactorily. The session was very refreshing, reviving and relaxing. Mr. Sunil Sen gave us incredible tips on how to keep ourselves safe. They shared their incredible experiences and made the webinar, a very interesting and wonderful one.



REC



Nidhi Sharma left

v You

b bcp19

53 others

Balidan Diwas

Date :- 23rd March, 2021

Number of participants :- 35

NSS Unit of Sri Guru Nanak Dev Khalsa College organized Balidan Diwas on 23rd of march 2021 in which 35 students participated.



SRI GURU NANAK DEV KHALSA COLLEGE
(University of Delhi)



NATIONAL SERVICE SCHEME

23 मार्च

बलिदान दिवस



अमर शहीद

भगत सिंह, राजगुरु, सुखदेव

के बलिदान दिवस पर
कोटि-कोटि नमन

DR. DEEPMALA
(NSS PROGRAMME OFFICER)

PROF. GURMOHINDER SINGH
(OFTG. PRINCIPAL)

Sri Guru Nanak Dev Khalsa College

(University of Delhi)

Webinar On Spinal Injury

Organised By - National Service Scheme Unit
(Gunjeet, Ishika)

Date - 20th March 2021

Number of participants: 60

NSS unit of Sri Guru Nanak Dev Khalsa College organized a webinar on - Spinal Injury NSS volunteers and college faculty took active participation.

The guest speaker of the day was **Dr. Randhir Lal Ranjan**.

He explained to us the problem of spinal injury.

He also told us how to deal with it.

How long it takes to recover from a spinal cord injury and its other aspects.

He told us that The spinal cord controls various parts of the body and plays an important role when it comes to bladder control. The spinal cord forms a vital link between the brain and the rest of the body and is part of the central nervous system. Together with the brain it controls bodily functions, including movement and behavior, so it's important to know about spinal injury.

He also showed PowerPoint slides that made the concept easily understandable.

He also showed us the practical example by showing us videos as well.

It was a very interactive session.

There was a query session at the end and all the students asked their doubts and questions to the guest.

The event ended with our Principal's vote of thanks.

The duration of the webinar was 2 hours, i.e, 5:00P.M. to 7:00P.M.

A feedback form was provided to the participants so that they fill in their suggestions.



SRI GURU NANAK DEV KHALSA COLLEGE
[UNIVERSITY OF DELHI]



NATIONAL SERVICE SCHEME
In collaboration with
STUDENT WELFARE COMMITTEE
Presents a webinar on
SPINAL INJURY



Dr. Randhir Lal Ranjan

PhD Scholar (Orthopedic)
Sr. Coordinator , Indian Spinal Injuries Center

Time: 5:00 PM DATE: 20/03/21 VENUE: GOOGLE MEET

DR. DEEPMALA
(NSS programme officer)
(Convenor : students welfare
committee)

DR. GURMOHINDER SINGH
(Oftg. Principal)

DR. SAVILATA YADAV
(Coordinator)

FOR ANY QUERIES CONTACT:

GUNJEET : 9891176470

ISHIKA : 9958364107

Webinar on Spinal Injury

REC D Dr. Randhir Ranjan is presenting

Taranpreet Kaur and 28 more 45 17:10 You

Spinal Cord Injuries

- Causes (in order of frequency)
 - Motor Vehicle Accidents
 - Gunshot wounds/acts of violence
 - Falls
 - Sports injuries

meeting@zoom.us is sharing your screen Stop sharing This

Meeting details Meeting controls: Mute, Video, Chat

Participants: You, Deep Mala, hin20.0719 sudha, Simran Kaur, BCH20.0223 um..., Raavi Kaur, Ayushi Mishra, NSS Sgnd, Kashish Chawla, GURLEEN KAUR, Vaibhav Taneja, SUPER SPEAKER, MAT20.1371 sh..., Amit Chaurasia

Dr. Randhir Ranjan is presenting

REC GURLEEN KAUR and 55 more 58 17:52 You

Dr. Randhir Ranjan

Meeting details Meeting controls: Mute, Video, Chat

Actions: Raise hand, Present now

REC Ishika Rana and 15 more 60 18:07 You

Participants: You, Gurpreet Birt, Deep Mala, NSS Sgnd, bcp19 3344, KN Singh, Shivani Raip, Simran Kaur, Raavi Kaur, varshika gu..., Himanshu V..., MAT20.140..., Ayushi Mishra, सुधीर कुमार, Mansi Bansal, Anurag Singh, psc18 1734, Liza Gupta, Gurmohinde..., harsh mishra, BCP20.3183..., Aman Mehra, HJM20.090..., Charu Kaur, Media talks, Umang Saluja, Prerana Kiran, bcp19 3309, Taranpreet ..., Kavyansh G..., Sonali Mathur, SUPER SPE..., Diksha Bans..., Dr. Randhir...

REC Sonali Mathur and 58 more 61 18:07 You

Gurmohinder singh

Meeting details Meeting controls: Mute, Video, Chat

Actions: Raise hand, Present now

Poster Making Competition

Date - 21st March 2021

Number of participants: 4

NSS Unit of Sri Guru Nanak Dev Khalsa College organized a poster making competition on 21 march 2021 in which 4 students participated.



SRI GURU NANAK DEV KHALSA COLLEGE
UNIVERSITY OF DELHI



NSS UNIT

In Collaboration With

STUDENT WELFARE COMMITTEE

presents

AN ONLINE INTER-COLLEGE

**POSTER MAKING
COMPETITION**

THEME :- "VALUING WATER"

RULES:-

1. Handmade And Virtual Poster both are accepted.
2. Only original ideas accepted.
3. The poster should be truly based on the theme only
4. Winner's poster will be posted on our social media.

**LAST DATE FOR
REGISTRATION**

**21 MARCH, 2021
11:59 PM**

**For Any Query And Registration:-
Jatin :- 885108211, Arpit :- 9315328622**

Dr. Deepmala

NSS Programme Officer
&

Convenor : Student Welfare Committee

Prof. Gurmohinder Singh

(Oftg. Principal)

Dr. Savilata Yadav

(Coordinator)

Name of the event: Webinar On How To Balance your Creative and Logical Mind

**Organised By - National Service Scheme Unit
(ArpitJatinGunjeetParneet)**

Date - 31st March 2021

Number of participants: 60

NSS unit of Sri Guru Nanak Dev Khalsa College organized a webinar on - How to Balance Your Logical and creative mind and NSS volunteers and college faculty took active participation.

The guest speaker of the day was **Richa Madan** who is a Makeup Artist, Life Coach and is Faculty at Art of Living.

She told us how we can balance our logical and creative mind since it's

She told us that It is possible to be both logical and creative as both are closely related, creativity is at the core of every reasoning and analytical ability. The left brain is largely considered logical, analytical and academic while the right side of the brain is considered as artistic, intuitive and creative.

She also explained to us about the Nostrils and the Brain, how we can figure out whether anyone has a logical Or creative mind.

She discussed how breathing on different sides affects the brain, as in when the left nostril is active then the right brain is active. And vice-versa.

She further discussed unblocking either or both nostrils, nadishodhan, a yogic breathing technique also known as alternate nostril breathing, can help. With patience, the energy centers in your body and brain receive nourishment from slow, deliberate breaths in and out of one nostril at a time.

She also told us ways to balance it equally.

It was a very interactive session.

There was a query session at the end and all the students asked their doubts and questions to the guest.

The event ended with our convenor's Dr. Deepmala's vote of thanks.

The duration of the webinar was 2 hours, i.e, 4:00P.M. to 6:00P.M.

A feedback form was provided to the participants so that they fill in their suggestions.



SRI GURU NANAK DEV KHALSA COLLEGE

(University of Delhi)

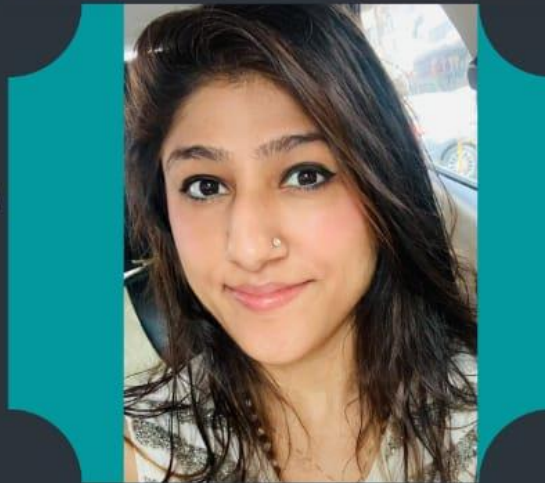
NSS UNIT

In Collaboration With

STUDENT WELFARE COMMITTEE

Presents a webinar on

**Learn how to balance logical and creative mind
with Richa Madan**



Makeup Artist

Life coach

Faculty at Art of living

TIME - 4:00PM

DATE - 31ST MARCH

VENUE - GOOGLE MEET

Dr. Deepmala
(NSS Programme Officer)

&

(Convenor :- Students Welfare
Committee)

Dr. Savilata Yadav
(Coordinator)

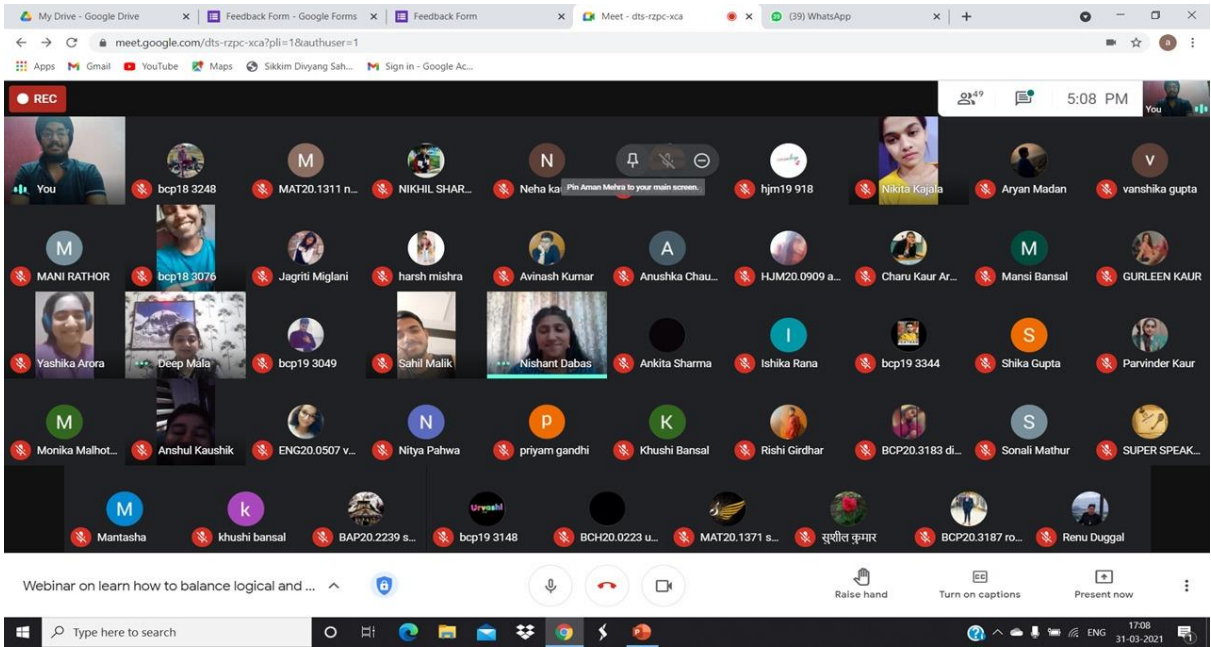
Prof. Gurmohinder Singh
(Oftg. Principal)

For any Queries Contact:-

ARPIT : 9315328622

JATIN : 8802955337

Webinar on
Learn how to balance logical and creative mind



Title - Webinar on Media: Animals welfare

Organised by – National Service scheme

Date – 12-04-2021

No.of participants - 64

Animals welfare

On 12 March 2021 NSS unit of Sri Guru Nanak Dev Khalsa college in collaboration with Perroayuda Welfare foundation , organised a Webinar on the topic Animals welfare at 4:00PM via Google meet. Students from different courses of our college as well as from different colleges were the part of the informative and inspiring webinar. A special video that was made by NSS unit also shown to everyone with a tagline– Animals doesn't care whether you're Rich or poor ,they only need is your attention your care.

The webinar started with the felicitation and introduction session of the two guest speakers Mr. Prabhjeet singh(Director of Perroayuda welfare foundation) and Mr. Arpit Mathur (director of Perroayuda welfare foundation).

Mr Prabhjeetsingh share his experiences of rescuing Stray Animal ,how and why he move towards Animal Welfare ,adoption process, how to be friendly with animals , which foods are healthy for them and also talk about animal behaviour. He also underlines why there is a need to protect and care animals ,birds and any living being. He said that in present time ,corona virus hit each and every part of the Earth and Stray animals ,birds etc are also a part of our life ,so if we are not able to adopt them atleast feed them so that they also survives .

After the end of the 1stsession , host invited the second speaker of the event Mr. Arpit Mathur to entertain the second session of the webinar. He put lights on how he started PerroayudaWelfare Foundation, what are the motto of the organizations , how it works ,constitutional provisions related to animals, what are laws to protect animals , laws for accidental cases etc. He concluded his speech with the motto of his organization “Each One ,Feed One “

At last there was a Q&A round where students are free to ask each and every question , clear any type of doubts on Animals welfare.

Large number of Students, NSS volunteers, Animal lovers, volunteers of Perroayuda Welfare foundation as well as faculty members of college joined the session and connected with the webinar till the end ,they really enjoyed and inspired by both session of the webinar. The webinar concluded with the positive and thankful note of NSS convener of SGND Khalsa College Dr. Deepmala.



National Service Scheme
SRI GURU NANAK DEV KHALSA COLLEGE



in collaboration with
Perroayuda Welfare Foundation
presents a webinar on

ANIMAL WELFARE

OUR
SPEAKERS



MR. PRABHJEET
SINGH



MR. ARPIT
MATHUR

DATE -: 12. 04.2021

VENUE -: GOOGLE MEET

TIME -: 4 PM

FOR QUERIES -

Prerana - 6200378483

Amandeep - 8287134556

Dr. Deepmala
(Programme Officer)

Dr. Savilata Yadav
(Coordinator)

Prof. Gurmohinder Singh
(Oftg Principal)

Webinar on Animal Welfare



Webinar on Animal Welfare

Title – Webinar on Dr. B.R AMBEDKAR JAYANTI

Organized by- National Service Scheme

Date – 14.04.2021

No. of Participants -60

National Service Scheme of Sri Guru Nanak Dev Khalsa College organized a Webinar on the occasion of Babasaheb Bhim Rao Ambedkar Jayanti on 14 April 2021 at 5 :30 pm via google meet .

Our chief speakers of the day was Mr. Inderjeet Singh (Assistant Professor, university of Delhi) and Mr . Rudresh Narayan Mishra (Assistant Professor, Dept. of Hindi Journalism). After the felicitation and introduction session of both the speakers ,the host of the event firstly invited Mr. Inderjeet Singh to talk about the relevance of Dr.B.R Ambedkar and his ideology in present India and the world . Mr. Inderjeet Singh who is the AssistantProfessor of Political Science Department throws lights on the each and every part of Babashaheb’s life , how he fights for social justice , inequality,untouchability , why he was known as the Symbol of Knowledge and how he became the father of Indian Constitution. Mr. Inderjeet Singh also compare the relevance of B.R Ambedkar ideology with the ideology of Mahatma Gandhi and Pandit jawahar lal Nehru in present time .

After the inspiring speech of our first speaker , host invited our second speaker Mr. Rudresh Narayan Mishra to address the webinar . In his lecture ,Mr. Rudresh Narayan Mishra informed the participants about the struggling childhood of B.R Ambedkar , his primary and higher education ,his idea of eradication of untouchability , inequality and social discrimination and constitutional provisions that was made by B.R Ambedkar for the welfare of the society .

Following the Q& A session, our NSS convenor Dr. Deepmala also advised students to read books and writings of B.R Ambedkar to learn how he fights with all the social injustice and discrimination . and she also said that B.R Ambedkar’s tremendous works in the field of social welfare inspired us all.

The webinar was attended by volunteers,students from various steams , professors and our faculty members.



श्री गुरु नानक देव खालसा कॉलेज (दिल्ली विश्वविद्यालय)



राष्ट्रीय सेवा योजना



14 अप्रैल, 1891 - 06 दिसंबर, 1956



डॉ. इंदरजीत सिंह
असिस्टेंट प्रोफेसर, (राजनीतिक विभाग)
श्री गुरु नानक देव खालसा कॉलेज



डॉ. रुद्रेश नारायण मिश्रा
असिस्टेंट प्रोफेसर, (हिंदी पत्रकारिता विभाग)
श्री गुरु नानक देव खालसा कॉलेज

14 अप्रैल, 2021

भारत रत्न, बाबासाहब डॉ. भीमराव रामजी अम्बेडकर जी
की **130**वीं जयंती के अवसर पर
श्री गुरु नानक देव खालसा कॉलेज की **NSS** यूनिट द्वारा
आयोजित वेबिनार में आप सभी का हार्दिक स्वागत है।

समय :- 05:30 pm

तारीख :- 14 अप्रैल, 2021
वेबिनार से जुड़ने के लिए यहाँ
क्लिक करें।

डॉ. दीपमाला
[कार्यक्रम अधिकारी]

डॉ. सविलता
[समन्वयक]

प्रोफेसर गुरमोहिन्दर सिंह
[प्राचार्य]



[nss.sgndkhalsa](https://www.instagram.com/nss.sgndkhalsa)



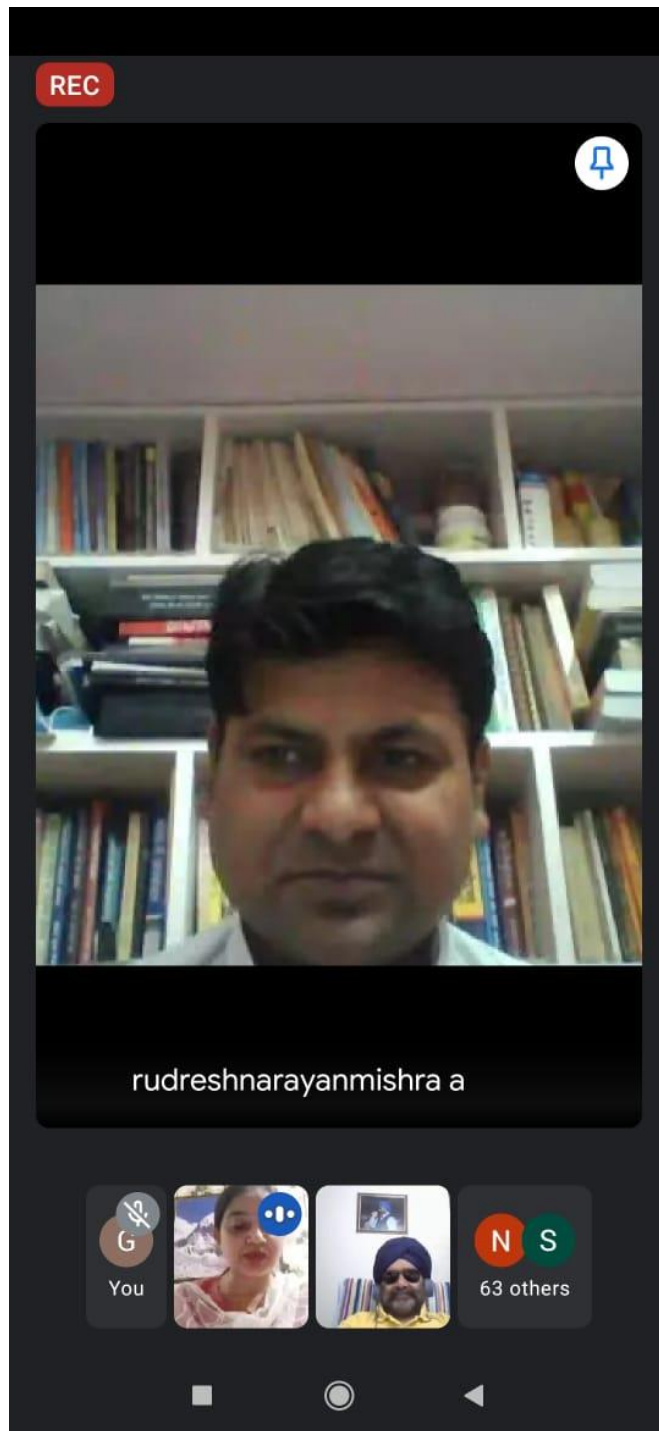
[nss, sgnd khalsa college](https://www.facebook.com/nss.sgndkhalsacollege)

Webinar on Dr. B.R. Ambedkar Jayanti

The screenshot shows a Google Meet window with a grid of 30 participants. The title bar reads "Webinar on Ambedkar Jayanti". The interface includes a "REC" indicator, a participant list, and a control bar with icons for mute, video, and chat. The system tray at the bottom shows the time as 18:10 on 14-04-2021.

This screenshot shows a close-up view of a participant in a Google Meet window. The participant is wearing a blue turban and sunglasses. The title bar reads "Webinar on Ambedkar Jayanti". A notification in the bottom left corner states "Himanshu Virmani has left the meeting". The system tray at the bottom shows the time as 17:53 on 14-04-2021.

Webinar on Dr. B.R. Ambedkar Jayanti



Webinar on Dr. B.R. Ambedkar Jayanti

Report of Webinar on Nature's Green Industry For Countering Climate Change
Date: 22nd April, 2021
No of Participant: 70

NSS Unit of S.G.N.D. Khalsa College organized a Webinar on Nature's Green Industry For Countering Climate Change on 22nd April, 2021 in which in total 70 students participated.



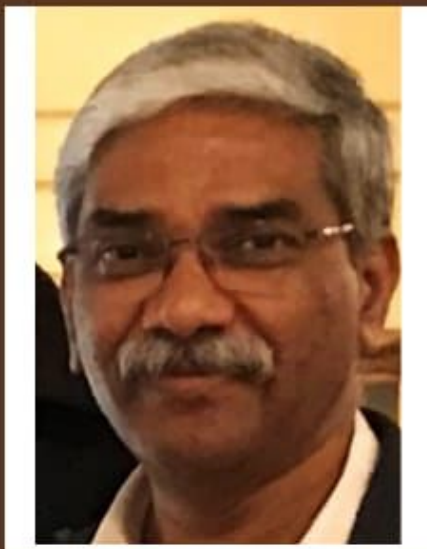
Sri Guru Nanak Dev Khalsa College
(University of Delhi)



National Service Scheme
presents a webinar on



**"Nature's Green Industry For
Countering Climate Change"**



Guest Speaker

Dr. P. Pardha-Saradhi
(Professor, Department of
Environmental
Studies, University of Delhi)

Date : 22 April, 2021

Time : 04:30 PM

Venue : Google Meet

For Queries -

Prerana - 6200378483

Arpit - 9315328622

Dr. Deepmala
(NSS Programme Officer)

Prof. Gurmohinder Singh
(Oftg. Principal)

Dr. Savilata Yadav
(Coordinator)



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SRI GURU NANAK DEV KHALSA COLLEGE

(UNIVERSITY OF DELHI)

Webinar on "Covid-19 Awareness and Management"

Organised by : National Service Scheme

Date: 23rd April, 2021

Webinar on "Covid-19 Awareness and Management"

Number of Participant : 68

NSS Unit of Sri Guru Nanak Dev Khalsa College has organised a webinar session on "Covid-19 Awareness and Management" on 23rd April 2021 at 05:00PM.

Dr. KS Johar (MBBS, MD Intensivist, Indian Army Veteran) was the guests of the event. He told that coronavirus is a kind of common virus that causes an infection in your nose, sinuses, or upper throat. Most coronaviruses aren't dangerous. In early 2020, after a December 2019 outbreak in China, the World Health Organization identified SARS-CoV-2 as a new type of coronavirus. The outbreak quickly spread around the world. COVID-19 is a disease caused by SARS-CoV-2 that can trigger what doctors call a respiratory tract infection. It can affect your upper respiratory tract (sinuses, nose, and throat) or lower respiratory tract (windpipe and lungs). It spreads the same way other coronaviruses do, mainly through person-to-person contact. Infections range from mild to deadly. SARS-CoV-2 is one of seven types of coronavirus, including the ones that cause severe diseases like Middle East respiratory syndrome (MERS) and sudden acute respiratory syndrome (SARS). The other coronaviruses cause most of the colds that affect us during the year but aren't a serious threat for otherwise healthy people.

The college teaching staff along with NSS volunteers and other students of different colleges have attended the webinar as well. A strength of 60+ students were present in the session. This session lasted for 1 hours from 05:00 PM to 06:00 PM. The session was very refreshing, reviving and relaxing. DR. KS gave us incredible tips on how to keep ourselves fit and fine. They shared their incredible experiences and made the webinar, a very interesting and wonderful



SRI GURU NANAK DEV KHALSA COLLEGE
(University of Delhi)



NATIONAL SERVICE SCHEME

PRESENTS

"COVID-19 AWARENESS AND MANAGEMENT SESSION"

HONOURABLE GUEST SPEAKER



DR. KS JOHAR

**(MBBS, MD Intensivist,
Indian Army Veteran)**

Time - 05:00 PM

For any queries:

Venue- Google Meet

Parvinder Kaur- 9876943878

Date- 23rd April 2021

Khushi Bansal- 9582746797

DR. DEEPMALA
(NSS Programme Officer)

PROF. GURMOHINDER SINGH
(Oftg. Principal)

DR. SAVILATA YADAV
(Coordinator)

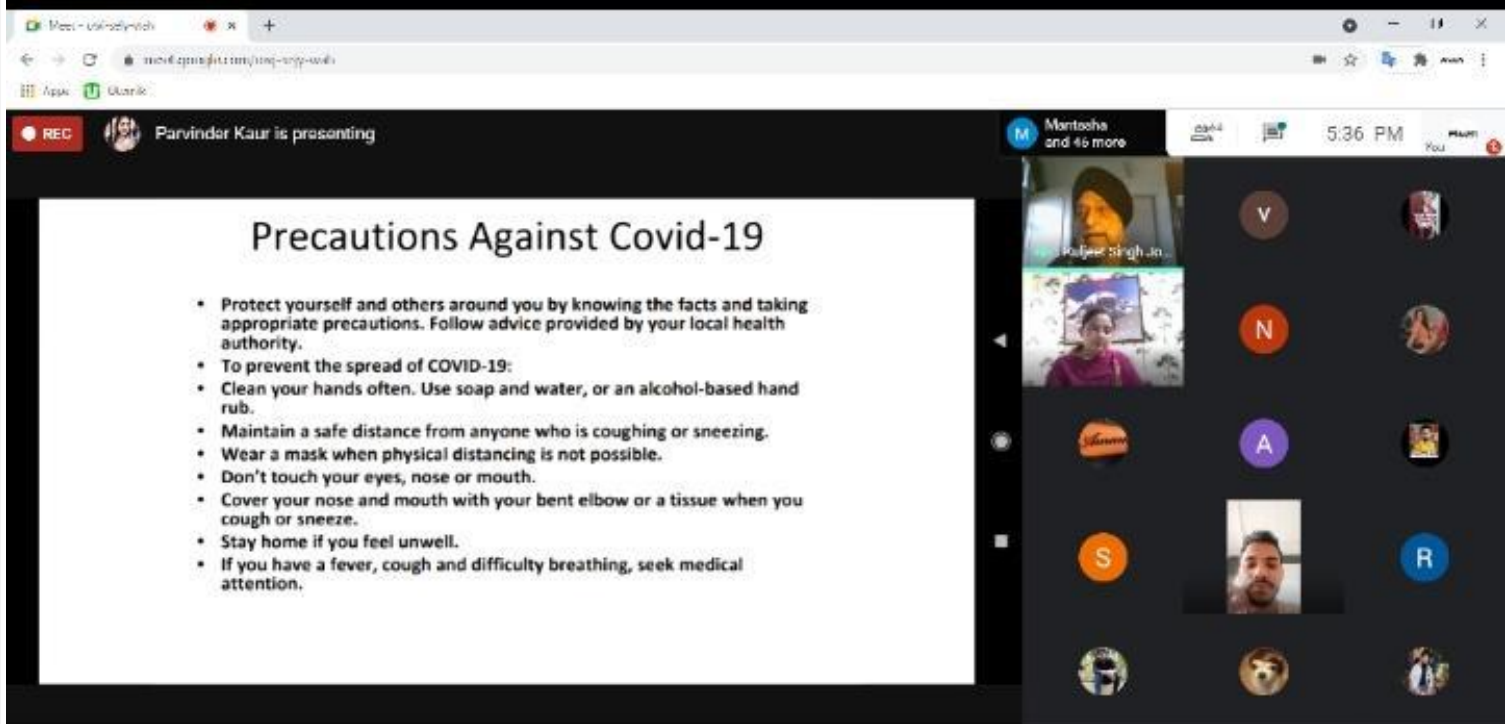
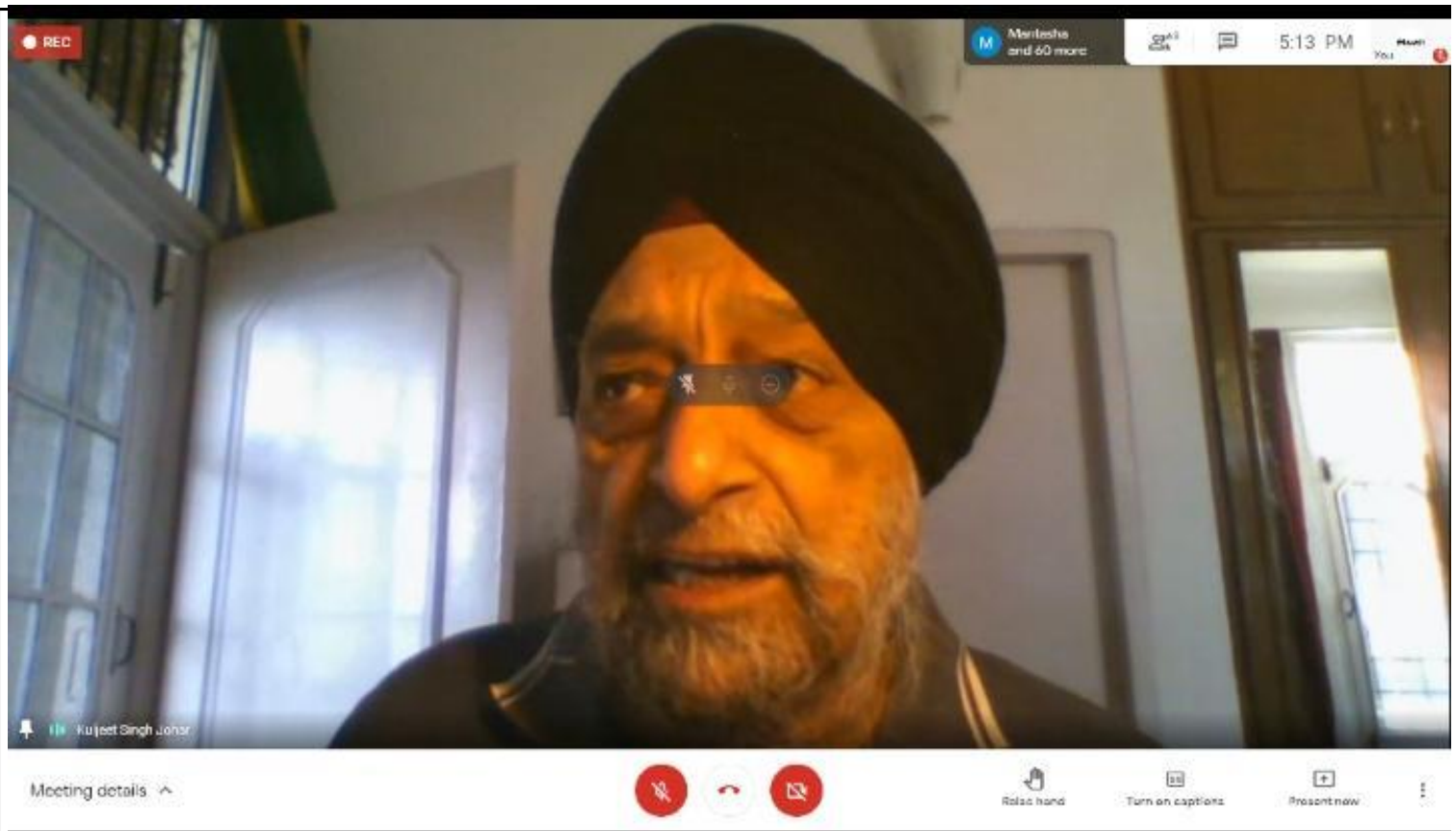


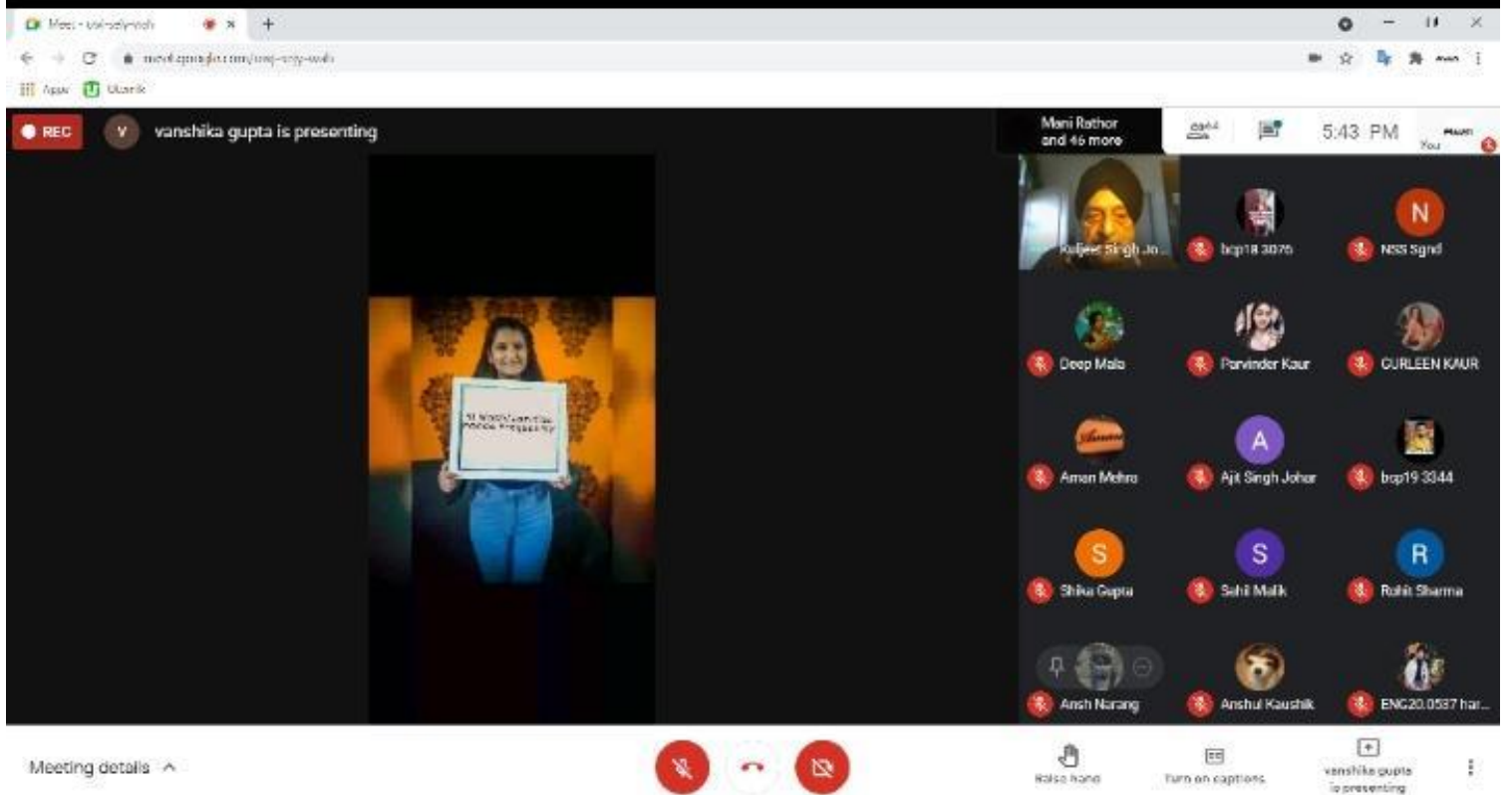
nss.sgndkhalsa

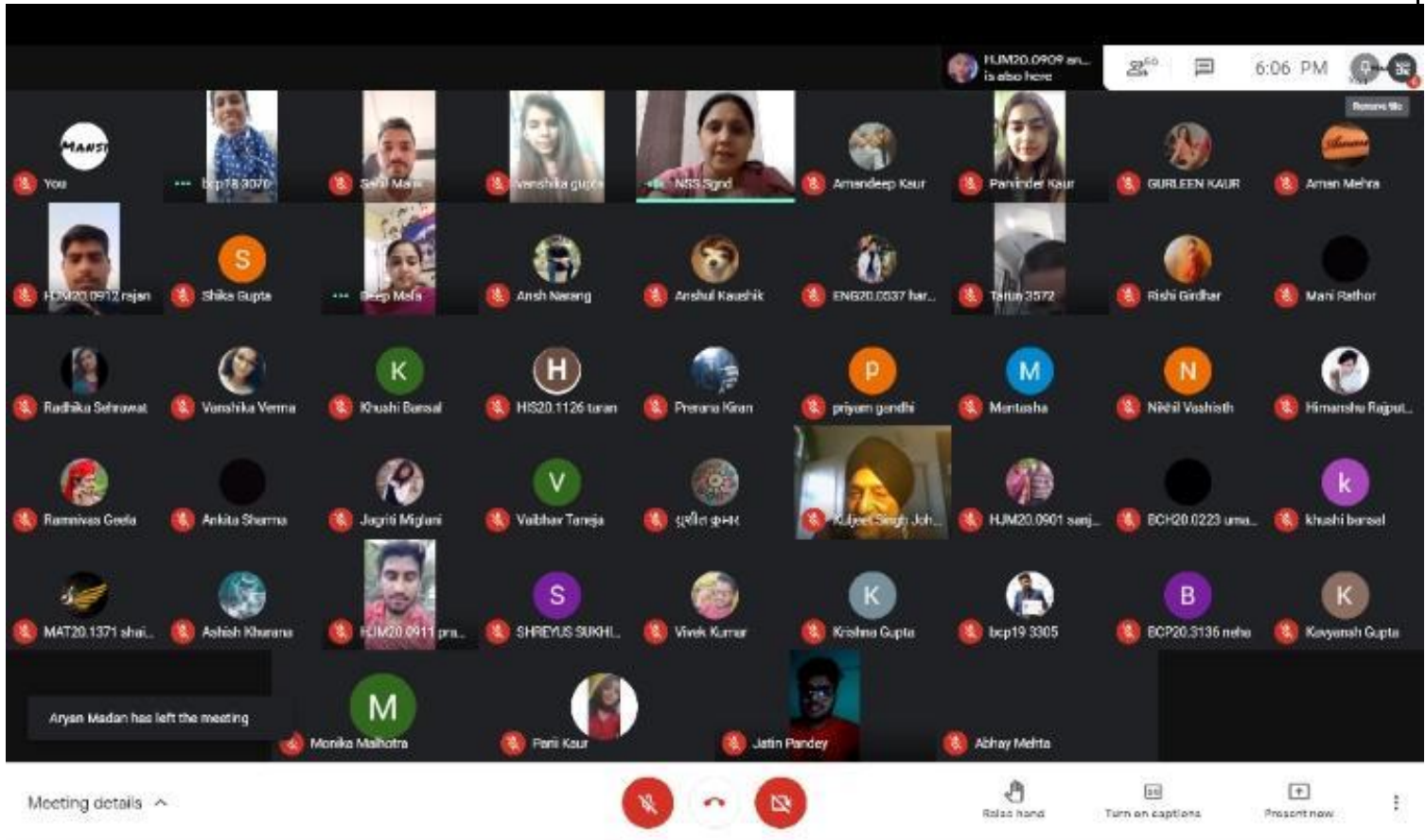


nss, sgnd khalsa college

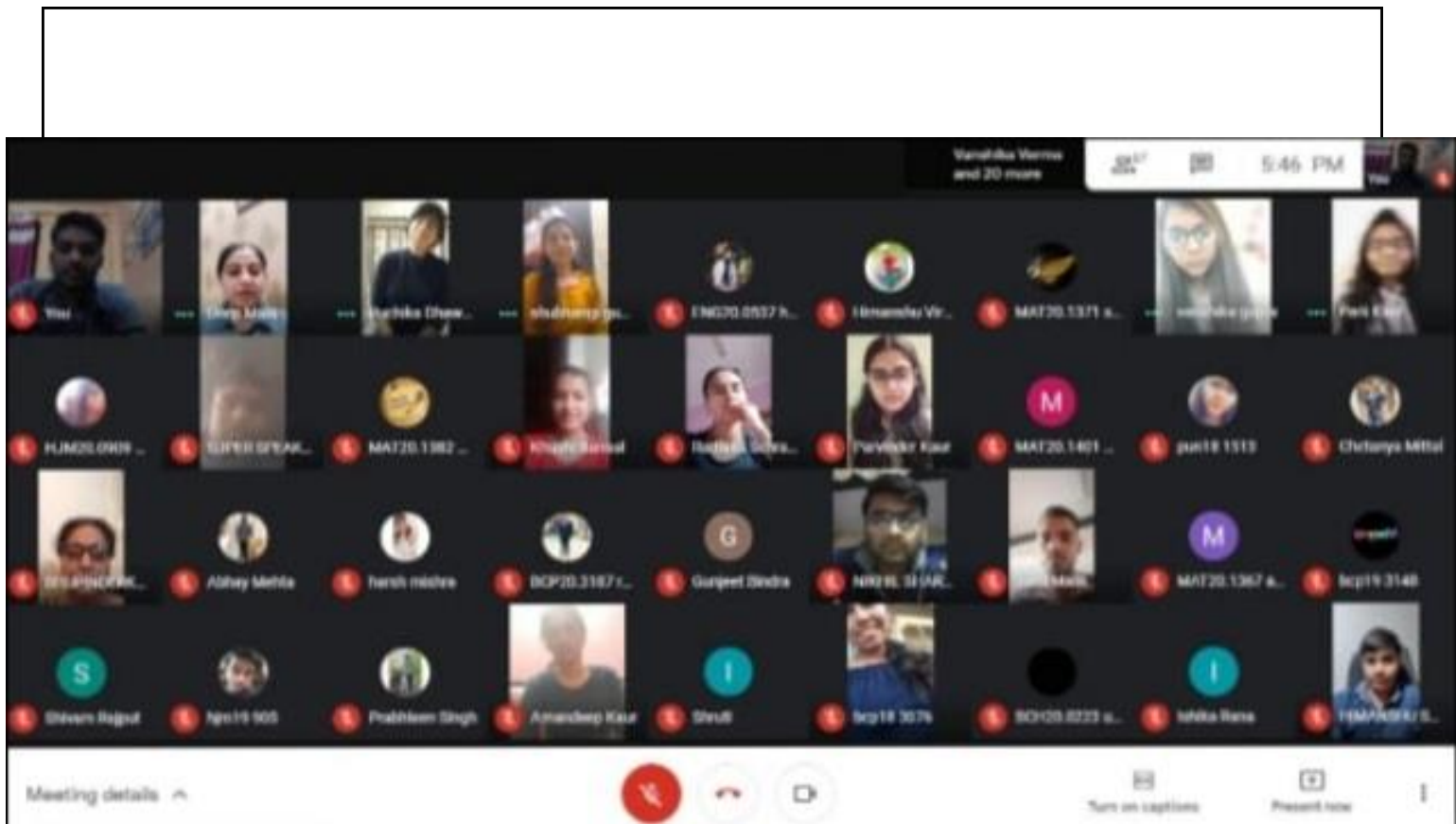
COVID-19 Awareness And Management Session



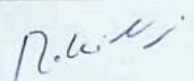
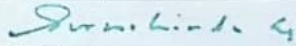


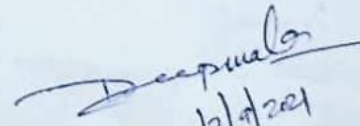


COVID-19 Awareness And Management Session



Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Year of the activity	Number of students participated in such activities
Webinar on Healthy Lifestyle	NSS, SGND Khalsa College	National Service Scheme	2020-2021	70
Webinar on Self Esteem	NSS, SGND Khalsa College	National Service Scheme	2020-2021	83
Webinar on Media : The Mind Maker	NSS, SGND Khalsa College	National Service Scheme	2020-2021	59
Webinar on Yoga a way of life	NSS, SGND Khalsa College	National Service Scheme	2020-2021	60
Online poetry competition	NSS, SGND Khalsa College	National Service Scheme	2020-2021	55
Webinar on Women Security laws and responsibility	NSS, SGND Khalsa College	National Service Scheme	2020-2021	70
Road safety awareness campaign	NSS, SGND Khalsa College	National Service Scheme	2020-2021	60
Online competition on Shaheed Diwas	NSS, SGND Khalsa College	National Service Scheme	2020-2021	35
Webinar on Spinal Injury	NSS, SGND Khalsa College	National Service Scheme	2020-2021	60
Poster making competition	NSS, SGND Khalsa College	National Service Scheme	2020-2021	4
Webinar on learn how to balance logical and ceative mind	NSS, SGND Khalsa College	National Service Scheme	2020-2021	60
Webinar on animal welfare	NSS, SGND Khalsa College	National Service Scheme	2020-2021	64
Webinar on Dr. Aambedkar jayanti	NSS, SGND Khalsa College	National Service Scheme	2020-2021	60
Webinar on Natures's Green Industry for	NSS, SGND Khalsa College	National Service Scheme	2020-2021	70
Covid -19 awareness and management se	NSS, SGND Khalsa College	National Service Scheme	2020-2021	68



 Ofg./Acting Principal
 SGND Khalsa College
 (University of Delhi)
 Dev Nagar, New Delhi-5


 17/9/2021