

# 2018-19

## ENROLLMENT OF NEW CADETS

NCC Enrollment of new cadets of the college joining NCC wing was done on 27 AUGUST 2018 . 63 cadets got enrollment in NCC.



## RANK CEREMONY

Rank ceremony of the cadets were organised on 30 August 2019. Cadet Anu Bharti got the rank of senior under officer , cadet Roshni got the rank of under officer and cadet Babita , cadet Preeti Saini, Cadet naina got the rank of sargent.



## CATC

Our 38 cadets attend combined annual training camp organised by 1<sup>st</sup> Pb. Girls Bn. NCC Amritsar at Mai Bhago Polytechnic College Amritsar from 18 July 2018 to 28 July 2018. In this camp Cadet Roshni got first prize in singing , Cadet Yogita Thakur got first prize in dance , Cadet Anu Bharti got prize in drill competition.



## CANCER AWARENESS PROGRAM

NCC department of SDAM college organized lecture and awareness rally on 25th of August Dr. Pannu, renowned Doctor delivered lecture on awareness to prevent cancer. ANO Dr. Anjna Malhotra organized this event under the guidance of principal Mrs. Ratna Sharma. Dr. Sushma Gupta, Dr. Reena talwar, Mrs. Sunita Verma, Mrs. Jyoti Saini, Mrs Mandeep, miss gurmeet were accompanied cadets. 102 cadets participated in it.

## शांति देवी आर्य महिला कालेज ने कैंसर जागरूकता ऐली निकाली

दीनानगर, 27 अगस्त (गंगाव)

: शांति देवी आर्य महिला कालेज के एन.सी.सी. विभाग को ओर से प्रिंसिपल रत्ना शर्मा की अध्यक्षता में तका ए.एन.ओ. डा. अंजना बल्लोड़ा की देखेख में 25 अगस्त को कैंलेज के सामीनार हाल में कैंसर की बढ़ रही ग्रीष्मायां की चिंता के महेनजर एनसीसी विभाग की ओर से एंटी कैंसर विकाय पर डा. मुरिदर नौर घनु की ओर से महत्वपूर्ण लैकचर शालाओं तका स्टाफ की शैलेयों में किया गया। डा. घनु ने कैसर जैसो भवानक बीमारी से लड़ने औं इतनज प्रणाली के बारे



एंटी कैंसर रैली को ढंडी झड़ी देकर रवाना करते हुए प्रिंसिपल रत्ना शर्मा व अन्य तथा (दाएं) दीनानगर के मठ पर पहुंचने पर स्वामी सदानन्द



में विस्तार पूर्वक चर्चा की। इस दैरेन डा. अंजना, डा. सुमित गुरुत, सुनीत वर्मा, ज्योति रेणी, डा. रीता तत्त्वाङ्क, मनदीप कौर और सुमीत कौर की देखेख में 102 एनसीसी कैंडेट्स के साथ कैलेज पीरस से लैकचर दीनानगर मठ तक एंटी कैंसर रैली निकाली गई। दीनानगर मठ पर पहुंचने पर मठ के संचालक द्वामी सदानन्द सरस्ती ने लालाओं तथा अशाप्पामें को संबोधन करते हुए कहा कि हमें सब को इस बीमारी से बचाने के लिए अपने खान पान को और ज्ञान देना चाहिए तथा गोजाना सौर और कसरत करने चाहिए।

## RDC SELECTION CAMP

Cadets Anu Bharti, Preeti Saini, Shivani Sharma, Roshni Sharma, Diksha Katal and Priyanka Saini attended RDC from 10th to 19th sept. 2018 at Tibri Cantt. Gurdaspur.



## SWACHHTA CAMPAIGN

On the occasion of Gandhi jayanti Swachta campaign was organised in the college campus by the NCC cadets under the able guidance of ANO Lt. Dr Anjna Malhotra. 90 cadets participated in this swachhta campaign.



## **INTELLECTUAL AND AWARENESS CONCLAVE ON E- BANKING**

NCC department in collaboration with SBI dinanagar organized intellectual and awareness conclave for E- Banking on 30th October. Through this conclave cadets come to know about the safty measures while using e- banking.87 cadetrs participated in this conclave.

## **RDC II**

Cadet Anu Bharti and Preeti Saini attended pre – RDC Camp at Sathlani Sahib . Distt Amritsar from 2 to 11th Nov. 2018.



## **Drug deaddiction**

NCC department organise a drug deaddiction seminar under the drug deaddiction scheme on 17 Nov. 2018 . In this 97 cadets along with college staff and NSS volunteers participated. Rally from co0llege campus to bus stand is also organised .



## RDC

Cadet Anu Bharti and Cadet Preeti Saini attended RDC camp organised at Ropar From 12 DEC 2018 to 22 DEC 2018 .



## National integration camp

6 cadets namely Anu bharti, Dipali Thakur, Preeti saini, Babita sharma, Rimpi devi, Roshni attended NCC Camp at Andhra Pradesh, Guntur. Cadet Rimpi and Anu got Gold medal in Running and Essay Writing respectively from 7th to 17th January 2019



### **Republic day**

70<sup>th</sup> Republic day was celebrated in the college campus. All the students , college staff celebrated 70<sup>th</sup> Republic Day . The celebration starts with the march past by NCC cadets under the leadership of cadet anu bharti .



### **B certificate exam**

11 Cadets appeared in 'B' Certificate Exam of NCC at DAV International School, Amritsar on 3rd February 2019.

## 2019-2020

### CATC

23 cadets attended ATC Camp held at Mai Bhago, Polytechnic college, Majitha Road, Amritsar from 18-7-19 to 27-8 2019. Cadets won 21 Medals. Cadet Nageeta got special singer prize, second prize in quiz and runner up medal in drill test. Cadet Dipali Thakur got medal for CHM. 4 cadets got prize in dance competition. College got the second prize in scott drill. Cadet Priti got selection in TSC Ropar



### KARGIL VIJAY DIWAS

College paid tribute to Kargil Martyrs by lighting white candles as a mark of respect and honour for these national Heroes on "Kargil Vijay Diwas" on their 20th anniversary.

# शांति देवी आर्य महिला कालेज में कारगिल विजय दिवस मनाया

## ◆ स्टाफ और वाच्चियों ने मोमबत्तियां जलाकर श्रद्धांजलि भेट की

दीनांगर, 27 जुलाई (राजीव राजकुमार): स्थानीय शांति देवी आर्य महिला कालेज के एन.एस.एस और एन.सी.सी. विभाग की ओर से 1999 में कारगिल में देश की रक्षा करते हुए शहीद होने वाले महान शहीदों की बाद में कारगिल विजय दिवस मनाया गया। इस मौके पर उत्तम दोनों विभागों समेत कालेज का समूह स्टाफ तथा छात्रों उपस्थित थे। सुबह की प्रार्थना से कालेज कैंपस में प्रिंसीपल रत्ना शर्मा की अवधारणा में एक बहुत प्रभावशाली



► मोमबत्तियां जलाकर शहीदों को श्रद्धांजलि देते शांति देवी कालेज के अध्यापक व छात्राएं। (राजीव)

समारोह मौके कारगिल के शहीदों को करने की कोशिश कर रहे हैं। इस मौके श्रद्धांजलि दी गई। इस मौके पर पर हिंदी विभाग मुखी डा. पूनम एन.सी.सी. विभाग मुखी अंजना कपूर महाजन ने कारगिल के इन शहीदों को ने कहा कि कारगिल के शहीदों को यदि बहुत भावपूर्ण शब्दों के माध्यम से श्रद्धांजलि अर्पित की। उन्होंने कारगिल युद्ध वारे तथ्यों को उत्तराधिकारों के

समश्व सही ढंग से रखा। उन्होंने कहा कि शहीदों की देशभक्ति से प्रभावित होकर बहुत से नौजवान लड़के बलांकियां सेना में भर्ती हुए हैं। प्रिंसीपल डा. रत्ना शर्मा ने कहा कि हम केवल सेना में भर्ती होकर ही देशभक्ति नहीं कर सकते, बल्कि इसके साथ ही समाज में फैली बुराइयों को दूर करके भी हम देशभक्ति वाला कार्य कर सकते हैं। इस मौके पर एन.सी.सी. कैडेट कमलजीत कौर ने भी अपने विचार गेश किए। इस मौके पर स्टाफ और वाच्चियों द्वारा मोमबत्तियां जलाकर श्रद्धांजलि भेट की गई। इस मौके पर डा. परमजीत कौर, डा. कुलविंदर छीना, डा. सुवर्मा, सुनीता, सर्गीता मल्होत्रा, दीपक आदि उपस्थित थे।



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## TSC camp

ANO Lt. Dr. Anjna Malhotra attended 10 days TSC camp at Ropar from 31<sup>st</sup> July to 10<sup>th</sup> August.

## MILITARY ATTACHMENT CAMP

Cadet Nageeta, Depali, Angita and Babita attended 15 days Military Attachment camp at Jalandhar from 16-8-19 to 30-8-19. Cadet Angita won 1<sup>st</sup> prize in 100 mt. race and 1<sup>st</sup> prize in Weapon Handling. Cadet Nageeta won 2<sup>nd</sup> prize in T-Drill. .

# दैनिक भास्कर

शांति देवी कॉलेज के एनसीसी कैडेट्स का मिलिट्री कैंप में शानदार प्रदर्शन



दीनानगर | शांति देवी आर्थ महिला कॉलेज दीनानगर के एनसीसी विभाग की ओर कैडेट्स ने आलाहर में आगोंजित मिलिट्री कैंपिंग कैप में हिस्सा लिया। एनसीसी की 2 ग्रेड्स बटालियन की ओर से आगोंजित इस कैप की मध्यी गतिविधियों में कॉलेज कैडेट्स ने शानदार प्रदर्शन किया है। ग्रिमिपल रतना शर्मा ने बताया कि कैडेट अंकिता ने वेपन हैंडलिंग और 200

मीटर शैड में प्रथम परस्कार समिला किया है। जबकि अंकिता, दीपाली, नगिता, अंबीता और डिल कैपिटेन्शन में दूसरा परस्कार मिला है। कॉलेजरल कॉर्पस में भी कॉलेज कैडेट्स प्रथम रहीं। उन्होंने छात्राओं को सभी कैडेट्स की शानदार प्रदर्शन के लिए सम्मानित करते हुए उनके मानना जीवन की कामना की। इस मौके पर श्रीमीटी की एनओ लोयलेट डॉ. अंजना सल्होत्रा भी मौजूद थीं।



## ENROLLMENT OF NEW CADETS

NCC Enrollment of new cadets of the college joining NCC wing was done on 21<sup>st</sup> August , 2019. 54 cadets got enrollment in NCC.



### **Mavalankar Shooting championship**

Cadet Priti Saini participated in XXIX All India G.V. Mavalankar Shooting championship in Small Bore Rifle at Ahmedabad, Gujarat. She qualified to compete in North Zone championship.



# दैनिक भास्कर

## एनसीसी कैडेट प्रीति सैनी का नार्थ जॉन चैपियनशिप में चयन

शांति देवी आर्य कॉलेज  
की स्टूडेंट्स हैं प्रीति

भास्कर संचारदाता | दीनानगर

शांति देवी आर्य महिला कॉलेज दीनानगर की एनसीसी कैडेट प्रीति सैनी का नार्थ जॉन चैपियनशिप के लिए चयन हुआ है। प्रियंपिल रत्ना शर्मा और एनसीसी विभाग की एनओ लिफ्टिनेंट डॉ. अंजना मल्होत्रा ने बताया कि इस प्रतियोगिता के लिए कैडेट प्रीति सैनी ने अहमदाबाद में आयोजित 29 बीं आल इंडिया जीवी मल्लवंकर शूटिंग चैपियनशिप इन स्माल बोर राइफल में जीत हासिल की थी, जिसमें उत्कृष्ट प्रदर्शन के आभार पर 16 अक्टूबर को दिल्ली में होने जा रही नार्थ जॉन चैपियनशिप के लिए





प्रीति सैनी के साथ प्रियंपिल रत्ना शर्मा, डॉ. अंजना मल्होत्रा और डॉ. कुलविंदर कौर छीना। -भास्कर

उसका चयन किया है। उन्होंने प्रीति सैनी को प्रोत्त्वाहित करते हुए कहा कि कोई भी लक्ष्य बड़ा नहीं होता बरता दृढ़ निश्चय यही मार्गदर्शन होना चाहिए।

ऐसी उपलब्धियां स्वर्णिम अक्षरों में नाम दर्ज करने में सहायक होने के साथ दूसरों के लिए भी प्रेरणास्रोत बनती हैं। इस मौके पीआरओ डॉ. कुलविंदर कौर छीना भी मोजूद थीं।

### **Rally on Anti- Corruption by NCC cadets on 21-10-19**

Principal Mrs. Ratna Sharma flagged off the rally in which 100 NCC cadets participated and marched from Bus Stand to Sumitra Devi School, Dinanagar to aware school students against this menace.



## RD BASE CAMP

Participation of students at RD Base Camp at ITI Govt College, Ranjit Revenue, Amritsar from 3rd October to 12<sup>th</sup> October, 2019. Cadet Deepali, Ritika & Bharti were selected for RD Camp, Ropar



**Swachhta Abhiyan**

Swachata Abhiyan by NCC cadets in College Campus on 16<sup>th</sup> October 2019.



## **Rank Ceremony of NCC cadets**

Rank Ceremony of NCC cadets was done on 17-10-19. Cadet Priti Saini designated as SUO, Cadet Babita UO, Cadet Depali Sergeant, Cdet Nagita, Angita and Kamal as Corporal.

NCC organized pledge taking ceremony involving all the students and teachers of the college on Rashtriya Ekta Diwas(31<sup>st</sup> October, 2019



NCC cadets celebrated Diwali with children of Leprosy Home, Dinanagar on 26-10-19. They distributed Sweets, Fruits and Candles to children.



NCC Day has been celebrated. Different sort of competitions were organized on 24<sup>th</sup> Nov, 2019. Poster making & declamation contest were organized. Rally was also organized to celebrate NCC day.





### **Constitution Day**

NCC Department celebrated Constitution Day by organizing Poster Making, Slogan Writing and Quiz competition to celebrate Constitution Day (26<sup>th</sup> Nov, 2019)



### **National Integration Day**

Oath Taking on National Integration Day by NCC cadets.



### **CATC**

42 NCC cadets attended CATC Camp at Sathlani Sahib from 24<sup>th</sup> Dec, 2019 to 3<sup>rd</sup> Jan, 2020. Cadet Yogita won 1<sup>st</sup> Prize in solo dance, cadet Komalpreet won 2<sup>nd</sup> prize in rangoli, cadets won 3<sup>rd</sup> prize in quiz, 1<sup>st</sup> in group Dance & Gold Medal in Painting.



### **Republic Day**

NCC celebrated 71<sup>st</sup> Republic Day (26<sup>th</sup> Jan, 2020) by organizing Patriotic songs competition under kind guidance of Principal Mrs. Ratna Sharma. 20 Students sung beautiful patriotic songs. Miss Kamini, Miss Riya and Miss Chahat stood 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> respectively.



## दैनिक भास्कर

देशभक्ति गायन मुकाबले में  
कामिनी प्रथम, रिया द्वितीय



अव्वल रही छात्राओं को पुरस्कृत करते प्रिंसिपल रत्ना  
शर्मा व अन्य।

- भास्कर

दीनानगर। शांति देवी आर्य महिला कॉलेज में राजनीति  
शास्त्र, रेड क्रास, एनएसएस और युथ वेलफेयर विभाग  
ने गणतंत्र दिवस को समर्पित इंटर क्लास देशभक्ति गायन  
प्रतियोगिता प्रिंसिपल रत्ना शर्मा की अध्यक्षता में करवाई।  
इसमें कामिनी ने प्रथम, रिया ने द्वितीय और चाहत ने  
तृतीय स्थान हासिल किया। डॉ. कुलविंदर कौर छीना और  
रणदीप धूत ने निरांयक की भूमिका निभाई। प्रिंसिपल  
रत्ना शर्मा ने विजेता छात्राओं को सम्मानित किया।

42 Cadets appeared in Part B Exam on 9<sup>th</sup> Feb, 2020 held at DAV International School Amritsar.

9 Cadets appeared in Part C Exam on 16<sup>th</sup> Feb, 2020 held at Khalsa College, Amritsar.

# 2020-21

To celebrate the environment day on 5 june 2020 and to create awareness among the people regarding the importance of tree NCC cadets make posters organise rallies and planted trees in near by ares



## International Yoga Day

As per guidelines of Ministry of Ayush, NCC organized online celebration of International Yoga Day on 21<sup>st</sup> June 2020. Theme of 6th International Yoga Day was YOGA at HOME and YOGA WITH FAMILY.



### **International day against Drugs Abuse & illicit Trafficking**

NCC cadets celebrated international day against Drugs Abuse & illicit Trafficking 26<sup>th</sup> June 2020. Cadets educated the people of their villages against this menace. Cadets made posters, slogans, wrote poems on this issue.





## नशो के खिलाफ लोगों को किया अवेयर



दीनानगर। शांति देवी आर्य महिला कलेज के एनएसएस, एनसीसी व युवक भलाई विभाग की ओर से प्रिंसिपल रत्ना शर्मा की अध्यक्षता में अंतरराष्ट्रीय नशा विरोधी दिवस मनाया गया। इसके तहत कलेज की ओर से लोगों में नशा विरोधी जागरूकता पैदा करने के लिए मुहिम चलाई गई। इस दौरान कलेज की छात्राओं ने गांवों में जाकर सावर्जनिक स्थानों पर नशा विरोधी स्लोगन लिखे पोस्टर लगाए और लोगों को नशा विरोधी संदेश



देकर जागरूक किया। प्रिंसिपल रत्ना शर्मा ने अपने संदेश में कहा कि नशा समाज के लिए कोहड़ी की तरह है और यह परिवार रूपी संस्था को खोखला कर रहा है। नशों का आदी मानव खुद का नुकसान करने के साथ साथ परिवार, समाज व राष्ट्र के लिए भी कलंक बन जाता है। लेकिन नशा ग्रस्त व्यक्ति नशों का त्याग कर अच्छा नागरिक बन सकता है और समाज में अच्छी भूमिका निभा सकता है।

## world population day

NCC cadets celebrated world population day on 11th July 2020. cadets make posters , wrote slogans to create the awareness among the people regarding the day by day increase in population .



## Kargil Vijay Diwas

NSS & NCC Dept. paid homage to the Martyrs of Kargil on Kargil Vijay Diwas by lighting Candles. Cadets make posters and write slogans



## International Youth Day

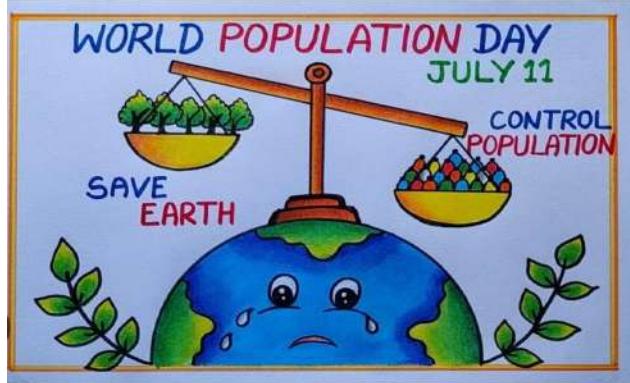
On international Youth Day, NCC Cadets visits the temple of Shaheed situated at Village Paniaar, near Gurdaspur. Cadets cleaneed the temple and offered their gratitude with flowers. Kunwar Ravinder Singh Vicky, General secretary, Shaheed Parivaar Suraksha Parishad briefed about Shaheed Ranbir Singh to cadets.



Certificate of Appreciation given to Dr. Anjna Malhotra for her exemplary service during Covid-19 crisis towards civil administration.

# Ncc Report April 2021 to March 2022

World population day is celebrated on 11 July .the main motto of celebration is to focus attention on urgency and importance of population issues



11 July, 2021  
World population day



**2. Our cadets has spread awareness towards people around the city for the cleanliness**







3.. This national level camp has given our cadets a leadership encouragement and articulation.



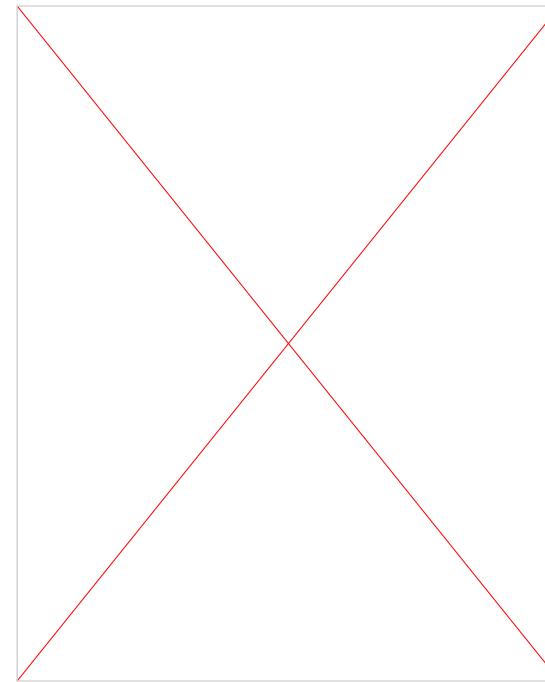






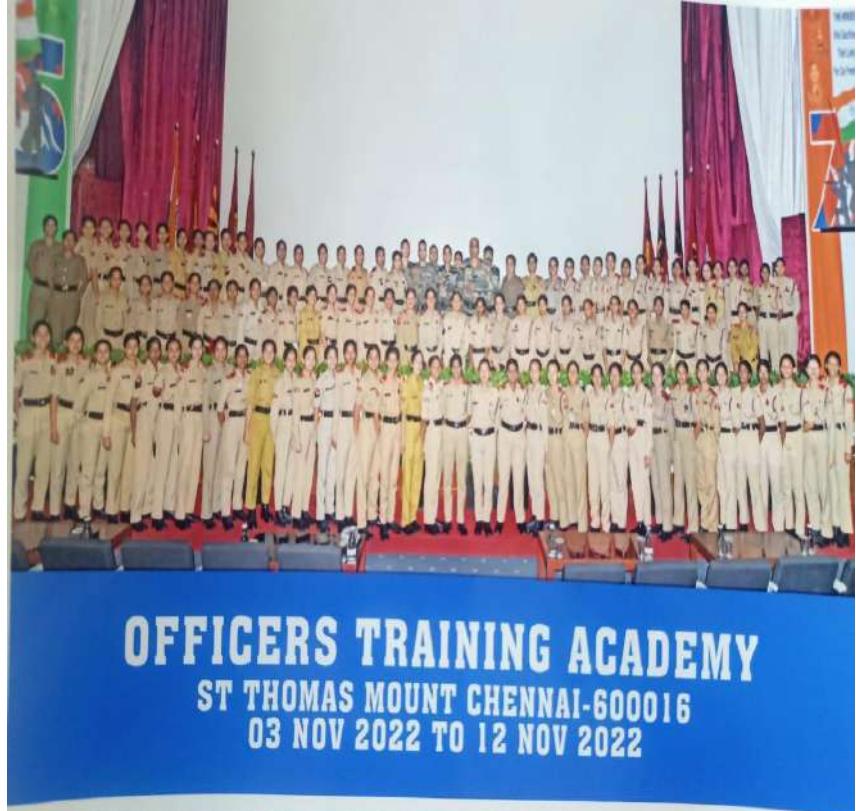
4. In the annual training camp our cadets had really performed well and came back with new learnings

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5 June, 2022

Environment Programme (UNEP) and held annually on 5 June since 1973, World Environment Day is the largest global platform for environmental public outreach and is celebrated by millions of people across the world













# Ncc Report 2023

1. On the 74th republic day ,our ncc cadets performed various activities and included themselves in parade. 



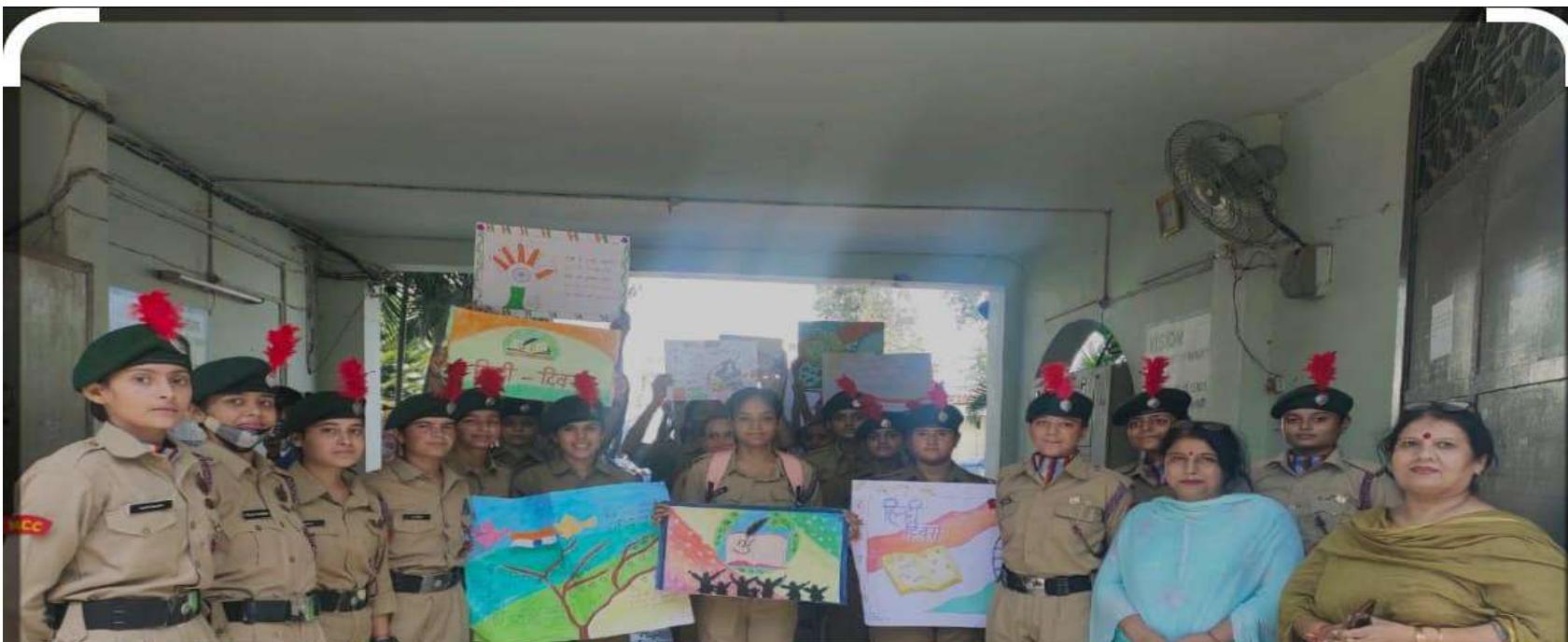






2. On the occasion of independence day our cadets from ncc took part in parade and other activities like poster making, declamation





G.T Road Dinanagar, Near O.B.C bank, Chander Vihar, Dinanagar, Punjab 143531, India

Dinanagar

Punjab

India

32°C

90°F



2021-09-14(Tue) 11:50(AM)









### 3. Save Environment

We should monitor our actions and ensure that we restrict our hazardous activities so that environment can be safeguarded





CELEBRATION: 75 YEARS OF NCC



Shanti Arya Mahila College, Dinanagar  
PUNJAB GIRLS' COLLEGE  
AMRITSAR









Our cadets have took part in the mission of save trees where they planted trees in different areas to ensure their importance for us



**ncc held the mission towards generating awareness for the reuses of plastic .If more plastics are being recycled, it means less are ending up in landfills.**



## NSS Report (2021-22)

- Earth Day was celebrated on 22nd April 2021 by NSS Department under the able guidance of Director Mrs.RatnaSharma.Tree plantation was done to mark the day .P.R.O Dr.Kulwinder Kaur Chheena , NSS Program Officers, Dr.Sushma Gupta , Dr.ReenaTalwar, Mrs.SunitaVerma, Mrs.Sangeeta Malhotra and Mrs. Deepak Jyoti were present at the occasion. → 22 Apr 2021



- NSS Department of Shanti Devi Arya Mahila College Dinanagar celebrated World No Tobacco Day on 31/5/21 under the guidance of Principal Dr Mrs ReenaTalwar . Online pledge was taken by volunteers with the theme “ COMMIT TO QUIT “ → 31 May 2021



- international Yoga Day was celebrated on 21 June 2021 at SDAM College Dinanagar. NSS and physical education department of Shanti Devi Arya Mahila College Dinanagar Organised one day Online Webinar on “ Yoga for Immunity, Respiratory & Emotional well-Being “ to celebrate International Day of Yoga on 21st June 2021 in collaboration with Isha foundation under the able guidance of principal Dr.ReenaTalwar. → 21 Jun 2021



NSS & NCC Department pays homage to the Martyrs of Kargil on "Kargil Vijay Diwas". → 28

Jul 2021



- Science, NSS and NCC departments of Shanti Devi Arya Mahila College Dinanagar organised one day covid-19 vaccination camp on 7th August 2021 under the supervision of principal Dr Reena Talwar. A team of 4 members including Mrs Balwinder Kaur, Mrs Narendra Kaur, Mr Sumit Mahajan and Mr Ritik Sharma from civil hospital Dinanagar visited the college campus and vaccinated 100 members including teaching, non teaching staff and students. Mrs. Parveen Saini, incharge of this program and other staff members of college were also there to guide and motivate the students for vaccination. → 07 Aug 2021



- NCC & NSS Department organized series of activities to commemorate 75th Anniversary of Independence Day from 6th August 2021 to 13th August 2021. → 14 Aug 2021



- NSS & NCC Departments gave warm welcome to 55 BSF Jawans participating in "FIT INDIA CYCLE RALLY" along with their Officers and DIG Sh. Prabhakar Joshi ji under the able guidance of Principal Dr. Reena Talwar on 19th August 2021. These Jawans started this Rally on

15th August 2021 from Jammu and they will reach their destination Gujarat on 2nd October 2021.  
→ 19 Aug 2021



- NSS and Physical Education Department organised a FIT INDIA FREEDOM RUN 2.0 to commemorate AzadiKaAmritMahotsva on 30th September, 2021 under the able guidance of Principal Dr.ReenaTalwar. Dr.ReenaTalwar in her motivational speech addressed the students that “FIT INDIA FREEDOM RUN 2.0 “ is being organised by college to commemorate “AzadiKaAmritMahotsva” to celebrate 75th Anniversary of Independence. → 30 Sep 2021



- NSS department of SDAM College Dinanagar organized "Sveep Awareness Campaign" on 23rd November 2021 under the supervision of Principal Dr.ReenaTalwar and Secretary Management, Mr.DharamIndu Gupta ji. → 23 Nov 2021



- NSS Department of Shanti Devi Arya Mahila College Dinanagar celebrated "Communal Harmony Week" from 19th to 25 th November 2021, under the able guidance of Principal Dr.ReenaTalwar . → 25 Nov 2021



The NCC and NSS Department of Shanti Devi Arya Mahila College paid tribute to the victims of Helicopter crash by taking out candle Light march on 11th Dec 2021.Under the able guidance of Principal Dr.ReenaTalwar, a condolence meeting was held on the sudden demise of India's first Chief of Defence Staff General Bipin Rawat and his wife Madam MadhulikaRawat along with other Army officers in a helicopter crash. → 11 Dec 2021



- The NCC and NSS Department celebrated Vijay Diwas on 17th Dec. 2021 under the able guidance of Principal Dr. Reena Talwar to honour the victory of Indian Army Forces over Pakistan in the 1971 war. The event was graced by the presence of Mr. Sanjay Gupta, 2nd in command- BSF, 58th Battalion BSF, Madhopur and Mr. Rajnish Kumar, Deputy Commandant, BSF, Gurdaspur. → 17 Dec 2021



- NSS Department of Shanti Devi Arya Mahila College Dinanagar organised an Online webinar on Swami Vivekanand Ji's life and his Contribution for Society to celebrate National Youth Day on 12 January 2022. Dr Anjana Malhotra from Political Science Department was the main speaker. → 12 Jan 2022
- NSS Department and Buddy Group of Shanti Devi Arya Mahila College Dinanagar organized a camp to register new voters above the age of 18 years under SVEEP activities in the supervision of College Principal Dr. Reena Talwar. Principal Dr. Reena Talwar told that college is progressive regarding this process since June 2021 and organized various activities like poster making and slogan writing competitions to create awareness among young voters for the importance and value of vote casting. ELC incharge Mrs. Parveen Saini and other staff members also guided and motivated the new voters to enroll themselves through new voter helpline mobile app available on Google Store and online National voter service portal through <http://nvsp.in> link. Today, the program was successfully organized with the efforts of staff members Dr. Kulwinder Kaur, NSS Program Officers Dr. Sushma Gupta Mrs. Sunita Verma, Mrs. Sangeeta Malhotra, Mrs. Deepak Jyoti

and Mrs.Jyoti Saini and more than 300 new registrati → 15 Jan 2022



- NSS Department of Shanti Devi Arya Mahila College, Dinanagar organized "National Girl Child Day" through online medium under the able guidance of Principal Dr.Reena Talwar. → 25 Jan 2022



- NSS Department and Buddy Group of Shanti Devi Arya Mahila College Dinanagar celebrated National voters day in college campus under the supervision of college principal. Principal

Dr. Reena Talwar, staff members and students of college read out voter's pledge. Other activities like poster making and slogan writing has also been organised to grace the special day. On this day new voter registrations were also done using voter helpline mobile app. The program was successfully organized with the efforts of staff members Dr. Kulwinder Kaur, Mrs. Parveen Saini, Mrs. Neenu Sharma, NSS Program Officers Dr. Sushma Gupta, Mrs. Sunita Verma, Mrs. Sangeeta Malhotra, Mrs. Deepak Jyoti and Mrs. Jyoti Saini. → 25 Jan 2022



- NSS Department of Shanti Devi Arya Mahila college Dinanagar organized a special 7 days NSS Camp from **12th February to 18th February 2022** at Tango Shah village under the able guidance of Principal Dr. Reena Talwar.



ਐਨਐਸਐਸ ਕੈਪ ਦੇ ਉਦਘਾਟਨ ਮੌਕੇ ਪ੍ਰਿਸੀਪਲ ਡਾ. ਰੀਨਾ ਤਲਵਾੜ ਤੇ ਹੋਰ।

## ਤੰਗੋਸ਼ਾਹ ਵਿਖੇ ਚੱਲੇਗਾ ਸ਼ਾਂਤੀ ਦੇਵੀ ਕਾਲਜ ਦਾ ਐਨਐਸਐਸ ਕੈਪ

ਸ਼ਾਮ ਸਿੰਘ ਖੁੰਮਣ, ਦੀਨਾਨਗਰ

ਸ਼ਾਂਤੀ ਦੇਵੀ ਆਰੀਆ ਮਹਿਲਾ ਕਾਲਜ ਦੀਨਾਨਗਰ ਦੇ ਐਨਐਸਐਸ ਵਿਭਾਗ ਵੱਲੋਂ ਪਿੰਡ ਤੰਗੋਸ਼ਾਹ ਵਿਖੇ 12 ਤੋਂ 18 ਫਰਵਰੀ ਤੱਕ ਚੱਲਣ ਵਾਲਾ ਵਿਸ਼ੇਸ਼ ਸੱਤ ਦਿਨਾਂ ਐਨਐਸਐਸ ਕੈਪ ਲਗਾਇਆ ਗਿਆ। ਕਾਲਜ ਪ੍ਰਿਸੀਪਲ ਡਾ. ਰੀਨਾ ਤਲਵਾੜ ਨੇ ਦੱਸਿਆ ਕਿ ਪਿੰਡ ਦੇ ਸਰਪੰਚ ਸੁਲੱਖਣ ਸਿੰਘ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਲਾਈ ਗਏ ਇਸ ਕੈਪ

ਵਿੰਚ ਕਾਲਜ ਦੀਆਂ 250 ਐਨਐਸਐਸ ਕੈਡਿਟਾਂ ਭਾਗ ਲੈ ਰਹੀਆਂ ਹਨ। ਜਿਨ੍ਹਾਂ ਵੱਡੇ ਪਿੰਡ ਦੇ ਸਫ਼ਾਈ ਅਤਿਆਨ ਨਾਲ ਕੈਪ ਦੇ ਸ਼ੁਰੂਆਤ ਕੀਤੀ ਗਈ ਹੈ ਅਤੇ ਅੱਗੇ ਵੱਧ ਪੁਰੀ ਹਫ਼ਤੇ ਦੌਰਾਨ ਵੱਖ ਵੱਖ ਪ੍ਰਕਾਰ ਦੀਆਂ ਗਤੀਵਿਧੀਆਂ ਜਾਰੀ ਰਹਿਣਗੀਆਂ। ਇਹ ਮੌਕੇ ਤੇ ਐਨਐਸਐਸ ਦੇ ਪ੍ਰੋਗਰਾਮ ਆਵੀਸ਼ ਕੋਆਡੀਨੋਟਰ ਸੰਗੀਤਾ ਮਲਹੋਤਰਾ, ਡਾਸ਼ਸਮਾ ਗੁਪਤਾ, ਸੁਨੀਤਾ ਵਰਮਾ, ਦੀਪਕ ਜਿਓਤੀ ਅਤੇ ਜਿਓਤੀ ਸੰਤੀ ਵੀ ਮੌਜੂਦ ਸਨ।



- Closing ceremony of the Seven days NSS special camp dated 18th February 2022

The function started with the lightning of Vidya Jyoti by principal Dr Reena Talwar, Sarpanch of the village Tango Shah Mrs Savita Devi, and other guests that is Mr Sulakhan Singh , Mr gurwant Singh.

Principal Dr Reena Talwar made the NSS volunteers aware about yoga exercises and also praised NSS volunteers for their work during NSS camp.

5 units of NSS in college are run under 5 program officers that is Mrs Sangeeta Malhotra (coordinator), Dr Sushma Gupta , Mrs. Sunita Verma, Mrs. Deepak Jyoti, Mrs Jyoti Saini.

250 NSS Volunteers took part in various activities during these 7 days like Self Defense classes by Mr. Gurwant Singh, First Aid and Home Nursing classes by Mr. Rajeev Kumar (Secretary, Red Cross Society Gurdaspur), Art of living classes by Mr. Shailendra Mahant , Painting of pots, Cleanliness drive, Block Printing, Stencil Printing, Tie and Dye classes, Classes on making Pickles,Murabba, and Chutneys, Career Counseling classes, Chetna rally on Energy Conservation and Water Conservation to celebrate National Science Day in the month of February, Poster making competition, speech competition, tree plantation, Chetna rally to motivate people to vote and Chetna rally for not burning stubble was also taken out. During this day , Chahat performed Bhajan, Nikita and Richu Salaria performed solo dance, Harneet performed Kavita, Harpider sang folk song, Sakshi and her team performed group dance, Nikita and her team performed group dance, Lovepreet and her team performed self defense. Smt. Sangeeta Malhotra threw light on the various activities of the seven day NSS Special Camp and Lovepreet also read out the camp report on behalf of NSS Volunteers. Kamaljeet, Tanvi, Lovepreet, Anjali, Rishu, and Gurleen received the award by the Principal Dr Reena Talwar for the best performance during the 7 day NSS special camp. Principal Dr. Reena Talwar and NSS Program Officer honored the guests by giving mementos of the college.

- NSS Department of Shanti Devi Arya Mahila college Dinanagar organized " Voter Awareness Campaign " at Tango Shah village under the able guidance of Principal Dr.ReenaTalwar. NSS Volunteers made a voter awareness rally at village and they gave door to door awareness to the people of the village. Villagers promised to use their vote rights very carefully → 13 Feb 2022

- N.S.S Department of Shanti Devi Arya Mahila College, Dinanagar organized Workshop on Women Entrepreneurship and Skill Development to celebrate International Women's Day 2022, under the able guidance of Principal Dr.ReenaTalwar. Various speakers during this workshop, were as follows, Mrs.Ranjit Kaur (Managing Director Waheguru ,Kripa Self Help Group), Mrs.Sunita Sharma (Principal , Classic Beauty Parlour and Institute), Mrs. Milan Mahajan (Health and Wellness Consultant) . The program started with lightning of VidyaJyoti and welcome of guests by providing them tree saplings. 07 Mar 2022



- NSS department from Shanti Devi Arya Mahila College Dinanagar , under the able guidance of Principal Dr.ReenaTalwar, attended the finale of 3rd edition of National Youth Parliament Festival (NYPF) which was held on 10<sup>th</sup> -11<sup>th</sup> March 2022.



## **NSS Report April 2022 to March 2023**

### **01 Apr 2022**

Principal Dr. Reena Talwar and NSS program officers( Dr Sushma Gupta, Mrs Sunita Verma, Mrs. Deepak Jyoti, Mrs Jyoti Saini, Dr. Anjna Malhotra (ANO from NCC Dept.) and NSS volunteers from \*Shanti Devi Arya Mahila college Dinanagar\* during ; watching online workshop program \*Pariksha pe charcha\* dated 1.4.2022 at 11 a.m. by Honorable Prime minister Sh. Narendra Modi ji.



### **07 Apr 2022**

N.S.S, N.C.C, Red Ribbon Club, Red Cross, Youth Welfare Departments celebrated “World Health Day” on 7.4.2022 under Ek Bharat Shreshtha Bharat (EBSB) programme, and Organized a Blood Donation camp under the able guidance of Principal Dr. Reena Talwar, which was sponsored by Red Cross Society Gurdaspur. Principal Dr. Reena Talwar welcomed the guests i.e., D.C. Gurdaspur: Smt. Shala Qadri, Blood Transfusion Officer, Civil Hospital Gurdaspur: Dr. Pooja and Director, Red Cross Society, Gurdaspur: Sh. Rajiv ji by presenting them Bouquet.

During the camp, about 70 students were registered for blood donation by Mr. Suresh Singh (Counselor) and Mrs. Gurmeet Kaur (Staff). Before blood donation, blood groups were determined and Hemoglobin estimation was done by Mr. Sunil: Lab Technician (P.H.C. Baharampur). D.C. Gurdaspur Mrs. Shala Qadri told the children that donating blood has many health benefits including improving heart health and weight control, it has a great effect on both the body and mind of the donor. She told, after donating blood, your body gets engaged in the work of completing the blood, which prompts the body's cells to make more red blood cells. Regular blood donation stimulates the cells of the body, which improves the fitness of the body and helps in controlling blood pressure. At the same time, the thought of doing a good deed through blood donation also gives satisfaction. Principal Dr. Reena Talwar motivated the children

to donate blood and told that high amount of iron in the blood can increase the risk of heart disease, but donating blood regularly can control the excess amount of iron, which is important for heart health. Blood donation is good and can prevent many types of cancers also. Principal Dr. Reena Talwar honored the guests during the blood donation camp by presenting them insignia of the college. The Blood donation camp was run under the supervision of teachers like Mrs. Randeep Dhoot, Dr. Kulwinder Kaur, Dr. Anjna Malhotra, Dr. Sushma Gupta, Mrs. Sunita Verma, Mrs. Deepak Jyoti and Mrs. Jyoti Saini.



**14 Apr 2022**

NSS volunteers from \*Shanti Devi Arya Mahila College Dinanagar (district Gurdaspur),\* doing yoga exercises.



## 26 Apr 2022

NSS Department organized "International Yoga Day 2022" with the guidance and cooperation of Principal Dr. Reena Talwar as per the instructions of Government of India and Guru Nanak Dev University Amritsar. As part of the countdown of 100 days of the event, each day different activities such as yoga practice, lectures on the subject of yoga, poster making competition and yoga demonstration were organized.



## 22 May 2022

Science and NSS Department under " Ek Bharat shreshth Bharat mission" under the able guidance of Principal Dr. Reena Talwar, celebrated " International Biodiversity Day", 22nd May 2022, in collaboration with Punjab University board, Chandigarh and sponsored by National biodiversity authority, Government of India. Coordinator of the program was Mrs. Sunita Verma. This year; May 2022 Biodiversity Theme was "Building a shared future for all life"





## **23 May 2022**

NSS Department is feeling proud in announcing selection of NSS Volunteer Miss Kamaljeet for “National Integration Camp “being organised by Ministry of Youth Affairs to commemorate Azadi Ka Amrit Mahotsva at Chitkara University, Rajpura from 20/5/2022 to 26/5/2022. She also attended Pre RD Camp held at Jaipur in the year 2021. Principal Dr Reena Talwar congratulated NSS Deptt. and motivated Miss Kamaljeet to perform well during the camp and bring laurel to the institute.

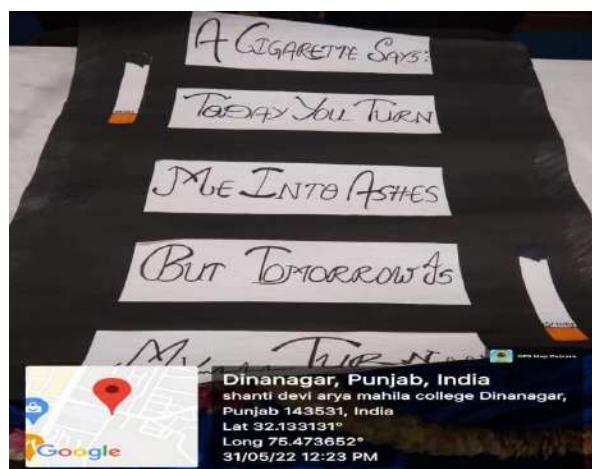
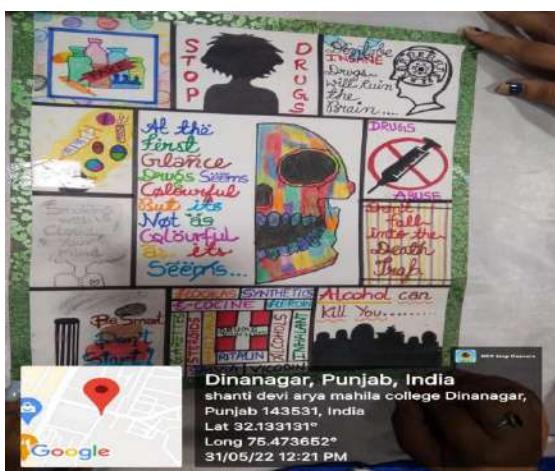
## **24 May 2022**

Under the Ek Bharat Shreshtha Bharat Abhiyan, a cycle rally was organized by the NCC and NSS Department to create awareness among the people to save the environment. An attempt was made to send this message through this cycle rally that if we want to save the environment, then there is a need to use the available resources judiciously. We not only have to plant more and more trees but also save water, petrol, fuel and electricity. The cycle rally was organized under the direction of Principal Dr. Reena Talwar.



## 31 May 2022

NSS and NCC departments under "Ek Bharat shreshth Bharat mission" of Govt. of India observed "World No Tobacco Day" on dated 31st May, 2022. This year, World No Tobacco Day Theme was "Tobacco threat to our environment". Seminar and Competitions of slogan writing & poster making were held and prizes were given to the winners.



## 06 Jun 2022

Under "Ek Bharat Shreshtha Bharat Mission" Departments of Science, NSS, NCC celebrated "World Environment Day" on 5th June 2022, under the able guidance of Principal Dr. Reena Talwar. She told that the main objective of celebrating this day was to make students aware about the nature and environment. She also threw light on the theme of "World Environment Day" June 2022: "Only One Earth". During this day, the tree saplings were planted in the college by Principal Dr. Reena Talwar, teachers of Science, N.S.S., N.C.C. departments and members of Ek Bharat Shreshtha Bharat Club.

## 14 Jun 2022

World Blood Donor's Day was celebrated on 14th June 2022 by NSS Department under the activities of Ek Bharat Shreshtha Bharat under the guidance of Principal Dr. Reena Talwar. NSS Coordinator Mrs. Sangeeta Malhotra gave lecture on importance of donating blood.





## 21 Jun 2022

N.S.S, N.C.C and Physical Education departments in collaboration with "Ek Bharat Shreshth Bharat club", celebrated "International Yoga Day" on 21st June 2022, under the able guidance of Principal Dr. Reena Talwar. Students of Physical Education department attended one week yoga classes under the supervision of Madam Taljinder Kaur. Ek Bharat Shreshth Bharat club organised poster makes and slogan writing competitions for NSS and NCC students and gave prizes to winners.





## 13 Jul 2022

NSS department celebrated VAN MAHOTSAV, under the able guidance of Principal Dr. Reena Talwar. NSS programme officers along with NSS Volunteers and staff members organised a Tree Plantation Campaign in the college campus to celebrate Van Mahotsav. Principal Dr. Reena Talwar Planted saplings in the college campus along with the volunteers and appreciated the efforts of NSS department.





**08 Aug 2022**

NSS ,NCC and Fine Arts Departments of Shanti Devi Arya Mahila College Dinanagar organised Poster Making and Slogan Writing competition to celebrate “ICONIC WEEK “ of Azadi Ka Amrit Mahotsav from 8th-15th August under the able guidance of Principal Dr Reena Talwar. Madam Principal told the students that ‘Har Ghar Tiranga’ is an enthusiastic campaign under the aegis of ‘Azadi Ka Amrit Mahotsav’ to encourage people to hoist and commemorate it to mark the 75th year of India’s independence.



## 10 Aug 2022

N.S.S. and N.C.C. Departments of Our College, Under Ek Bharat Shreshtha Bharat mission, for the celebration of independence Day, during the Iconic week 8 to 15 August 2022, under the able guidance of Principal Dr. Reena Talwar, Dr. Sushma Gupta and Mrs. Sunita Verma alongwith NSS and NCC Volunteers planted tree saplings at Dayanand mathh Dinanagar.



## 11 Aug 2022

NSS & Home Science Department of our College under the able guidance of Principal Dr. Reena Talwar and cooperation of Dy.Commandant Sh. Rajnish Kashyap celebrated Rakshabandhan at BSF Headquarters, Gurdaspur. NSS Coordinator Mrs. Sangeeta Malhotra and Mrs. Shelika Aggarwal along with 25 NSS Volunteers tied Pious threads on the wrists of Jawans and offered them sweets to celebrate the festival of Rakshabandhan with full zeal and enthusiasm and also did prayers for their well-being and long life. Miss Harpinder and Miss Chahat sang songs on the occasion describing the pious bond of love between brothers and sisters.



**20 Aug 2022**

Under Ek Bharat Shreshtha Bharat Mission NSS department celebrated “Sadbhavana Divas “on 20th August 2022 under the able guidance of Principal Dr. Reena Talwar. Sadbhavana divas is observed nationwide on 20th August every year to commemorate the birth anniversary of former Prime Minister Shri Rajiv Gandhi. The theme of Sadbhavana Divas is to promote national integration and communal harmony among people of all religions, languages and regions. The idea behind Sadbhavana Diwas is to eschew violence and to promote goodwill among the people.



09 Sep 2022

NSS, RRC & Home Science Departments of Shanti Devi Arya Mahila College, Dinanagar celebrated “National Nutritional Month “under the able guidance of Principal Dr Reena Talwar. An Awakening Lecture on Holistic Nourishment was organised under the supervision of Vice Principal Dr. Sushma Gupta and NSS Coordinator Mrs. Sangeeta Malhotra . Mrs. Sangeeta Malhotra threw light on the theme of this year that was Mahila & Swasthya and Bachha and Shiksha ! She told that Government is taking a great initiative to promote such programs for the betterment of women and children the most weaker and vulnerable part of the society. Dr Dalwinder Sharma was the main speaker and he told the students about the harmful effects of junk food on human health . He suggested to include fresh fruits and vegetables in diet to have a healthy heart.





24 Sep 2022

NSS Department celebrated "NSS DAY" on 24 th September 2022, by organising Cleanliness & Environment Protection Drive in college campus under the able guidance of Principal Dr. Reena Talwar. Madam Principal suggested that to mark this special day, message for environment protection should be spread among students so that they can help the nation by participating in the projects of water conservation, energy conservation and cleanliness drives run by NSS department. NSS volunteers of college participated in this event with full enthusiasm.





27 Sep 2022

Science and NSS departments of Shanti Devi Arya Mahila College, Dinanagar under "Ek Bharat Shreshth Bharat mission" celebrated "World Environmental Health Day" under the able guidance of Principal Dr. Reena Talwar. The said departments organised an extension lecture on 'Environmental Health' in the seminar hall on 27th Sep, 2022. Dr. Poonam Mahajan, head, Department of Hindi, was the speaker of the day. Dr. Poonam emphasised on the problems that environment is facing due to inappropriate human activities and need of environment health which will benefit every species. She also said that World Environmental Health Day inspires people to contribute towards the protection of the environment and to acknowledge the work done by environmental health workers across the globe. She deliberated on the need of tree plantation.





**28 Sep 2022**

NCC, NSS and Red Ribbon club of Shanti Devi Arya Mahila College Dinanagar , “Under Ek Bharat Shreshth Bharat”, organised a programme to celebrate 115th Birth Anniversary of Shaheed Ajam Bhagat Singh, under the able guidance of principal Dr Reena Talwar . NCC cadets Organised a cycle rally from college to village Magrala at 7:30 in the morning and created awareness among the people of village about the ideology of Shaheed Bhagat Singh. After that in the college auditorium, a seminar was organised on life of Bhagat Singh and His Ideology. Dr. Reena Talwar told the students about the life of Shaheed Bhagat Singh Ji and how he created awareness about freedom among the common people of India at that time and he gave his life at very young age to get his country free from British Government.





**29 Sep 2022**

“NATIONAL NUTRITION MONTH was celebrated by NSS & Home science Department under EBSB Mission of Shanti Devi Arya Mahila College Dinanagar under the able guidance of Principal Dr. Reena Talwar and supervision of Mrs Sangeeta Malhotra (HOD , Home Science Department). According to the Theme, various activities were organised throughout the September Month to educate the women and children about value of healthy food for achieving good health. A lecture on Importance of Nutritious Food was organised by inviting Dr Dalwinder Sharma in the college on 9th September. 2022. He guided the students about bad effects of junk food on their health and asked them to stay away from junk food and caffeinated drinks. He told them about importance of Ayurvedic immunity booster products. He asked everyone to add maximum of seasonal fruits and vegetables in their meals.





## 04 Oct 2022

Science, NSS and Home science Departments of Shanti Devi Arya Mahila College Dianagar celebrated "International year of millets 2022-23" on 4th October 2022, under the able guidance of Principal Dr. Reena Talwar, under "Ek Bharat shreshth Bharat mission". An extension lecture was organised during this day. Principal Mam formally welcomed the resource persons Er. Mrs. Anku meenia and Er. Mr. Ruban Preet by presenting them potted plants. Principal ma'am threw light upon Theme of millets year 2022 - 23 that is "India's wealth, millets for Health". She told that India is the largest producer of millets in the world. She also talked about various types of millets that is Jowar, Bajra, Ragi, jhangora, Barri , kangni, kodra, which are very useful for the health and she said that millets are powerhouse of health and should be added in diet by every person.



**20 Oct 2022**

N.S.S Department of Shanti Devi Arya Mahila College, Dinanagar , organised Chetna rally from College to the Magrala village, under Ek Bharat shreshth Bharat mission , under the able guidance of Principal Dr. Reena Talwar, under Clean India campaign launched by Government of India on dated 20.10.2022.The NSS volunteers raised the slogans i.e., Do not burn stubble, save the earth. The main objective of this rally was to protect the environment and prevent pollution. Principal Madam told that burning stubble can cause environmental pollution as well

as skin, eye and lung diseases in people. Therefore we should stop stubble burning to make the environment pure.





**31 Oct 2022**

NSS Department , Red Ribbon and Ek Bharat Shresht Bharat Club of Shanti Devi Arya Mahila College, Dinanagar celebrated National Unity Day on 31st October 2022 by organising various activities under the able guidance of Principal Dr. Reena Talwar. A Pledge taking ceremony was organised to commemorate the day. Madam Principal, Staff and students took pledge to commemorate the National Unity Day under the directions of Dr. Poonam Mahajan.



**26 Nov 2022**

In association with Red Ribbon Club, N.C.C., N.S.S. and Political Science Department, Shanti Devi Arya Mahila College, under the chairmanship of Principal Dr. Reena Talwar, celebrated 'Indian Constitution Day' on 26th November, 2022 under the campaign of 'Ek Bharat, Shrestha Bharat'. On this occasion, various activities were conducted to celebrate Indian Constitution Day. Under the supervision of A.N.O., Dr. Anjana Malhotra, N.C.C. Cadets presented group dance and poetry. N.S.S. volunteers awakened the feeling of patriotism in everyone by singing patriotic songs. N.C.C. Cadets and the students of Political Science Department explained the importance of Indian Constitution and the contribution of its chief architect Dr. B.R.Ambedkar.



**10 Jan 2023**

Under the able guidance of Principal Dr Reena Talwar, NSS Coordinator Mrs. Sangeeta Malhotra ,NSS Program Officers : Dr.Sushma Gupta, Mrs. Sunita Verma , Dr.Deepak Jyoti and Mrs. Jyoti Saini attended online National Level Meeting under the Chairmanship of the Director, NSS held on 10.1.2023 at 2.00PM regarding the opening of Accounts upto NSS Unit level, for the implementation of system of flow of NSS grants through the CNA system . All the Colleges

were instructed to open Bank account for NSS grants in State Bank of India and further asked to give this account number to NSS Department of GNDU.

### **On 11 January2023 - 1<sup>st</sup> Day of 7 Days Special NSS Camp**

.On the first day of the camp, volunteers started Swachhta Abhiyaan in the college campus. All the lawns and flower beds were maintained by the students and extra weeds were removed. All the Pots were cleaned for pot painting. A team of volunteers and NSS programme officers went to the adopted village Saidipur to inform the Sarpanch Mrs. Prabha Minhas about the camp activities to be done in the village. A door to door message of the camp was given by the volunteers to all the residents of village.





## On 12th January, Second Day of 7-Days Special NSS Camp

A Chetna Rally was organised in Saidipur village to create awareness to stop the menace of drugs. Legal awareness Seminar was conducted in the college campus by Youth welfare & NSS departments to celebrate National Youth Day. On this occasion Mrs. Navdeep Kaur Gill Civil Judge (Sr. Division) (CJM), Secretary, District Legal Services Authority from Gurdaspur was invited as the eminent speaker of the day. Pot painting was done by volunteers in the college campus. In the afternoon session Lohri festival was celebrated in campus with full enthusiasm and zeal. Principal Dr. Reena Talwar, Civil Judge Mrs. Navdeep Kaur Gill, Sr. Parminder Singh Saini, Dist. Nodal Officer and all the staff members along with NSS volunteers lit the bonfire and recited Gayatri mantra. NSS and NCC volunteers sang traditional lohri song and did Bhangra to mark the festival of lohri . Moongfali and Rewari were offered to all the guests and volunteers.





## On the 3rd day of 7- Days Special NSS Camp

The festival of Lohri was celebrated by all the NSS Volunteers and Programme officers at adopted village Saidipur under the able guidance of Principal Dr. Reena Talwar. This function was specially organised to celebrate Dheeyan Di Lohri with the help of Sarpanch Smt. Prabha Minhas, Ex-Sarpanch Sh.Bahadur Singh ji and his wife Mrs Vijay Thakur. All the villagers were well informed about celebration of Dheeyan Di Lohri by NSS volunteers . 7 newborn girls who were having their First Lohri were invited along with their families. These girls were gifted woollen sweater sets as Shagun by the Principal and staff of the college. All the villagers were motivated to respect girl child and they were advised to create awareness to stop female foeticide in the society. All the villagers enjoyed the event and were giving blessings to volunteers for organising this unique program for the first time in their village. A bonfire was lit by Mahatma Ji of Shiv Mandir and moongfali and rewaris were distributed to all the villagers. Sweet candies were given to children of village.NSS volunteers sang lohri geet and did Bhangra with women folk of village to mark the event. Mrs. Vijay Thakur gave thanks to Principal Dr. Reena Talwar and all the program officers for organising this auspicious festival in a unique way. She specially thanked Mr. Darshan Kumar Sr. Lab Attendant of the college who played the main role in organising this function as he is also resident of Saidipur Village.





### On 4th day of 7 Days Special NSS camp

A workshop on Textile Printing was organised for women at adopted village Saidipur, during the morning session. Ms. Aditi and Miss Rajwinder Kaur, Assistant Professors from Fashion Designing Department were invited to organise this workshop. They gave demonstrations for block printing, Stencil printing and Tie & Dye during this workshop. Workshop was a great success. All the womenfolk was very keen to learn all these techniques because the outcome products of the workshop were very beautiful. They were happy to see the effects of Tie & Dye

on a Dupatta. Mrs. Vijay Thakur appreciated the efforts done by faculty of fashion designing Deptt. and also gave thanks to NSS program officers and volunteers for organising such a useful workshop for villagers as it can help them to become economically independent. In the afternoon session volunteers also painted the pots and tree trunks of the college campus.





### On 5th Day of 7 Days Special NSS camp

A workshop of Cooking was organised for women at adopted village Saidipur, during the morning session under the able guidance of Principal Dr. Reena Talwar. As per her suggestion, Mrs. Sangeeta Malhotra , HOD-of Home Science Department organised this workshop. She prepared Amla Chutney and explained benefits of eating Amla as it is the richest source of Vitamin C ,which is an immunity booster and quite helpful to fight against corona virus. She also prepared Low Cost Nutritious Laddoos made by using ingredients which are rich in providing Protein, Energy, Iron, Calcium and Omega 3 fatty acids, which are helpful in maintaining healthy heart and strong bones. Roasted Chana, Sesame seeds, Alsi, coconut powder and jaggery was used to make these laddoos. Mrs. Sangeeta Malhotra also explained the nutritive value of laddoos and its benefits for woman's health. She also suggested to add almonds, walnut and groundnut as alternative as per individual liking .Workshop was a great success. All the womenfolk learnt these recipes very enthusiastically. Laddoos and Amla chutney was served

with bread to all the villagers, which was relished by everyone and all of them requested Mrs. Sangeeta Malhotra to organise these kinds of workshops in future also . Sarpanch of the village , Mrs. Prabha Minhas and her sister-in-law, Mrs. Vijay Thakur send special thanks to Principal madam and appreciated the efforts of NSS program officers , Mrs. Sangeeta Malhotra and Dr.Sushma Gupta for organising such a useful workshop for villagers as it can help them to maintain good health and to boost up their immunity. Mrs. Sangeeta Malhotra Invited all the Women folk of village to attend workshops on food preservation specially designed for promoting entrepreneurship by the Home Science department of the college to be organised under the aegis of IQAC.

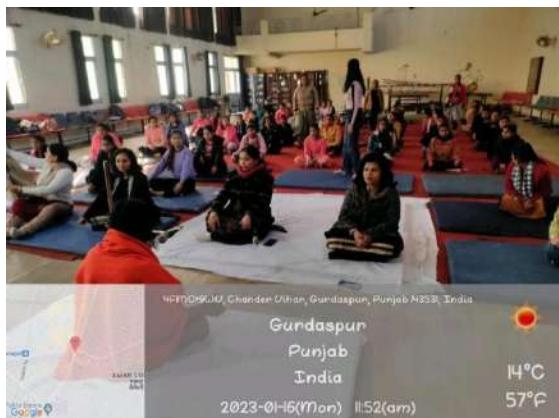




### On 6th day of 7 Days Special NSS Camp

A Yoga Camp was organised by the NSS department under the able guidance of Principal Dr Reena Talwar. Swamy Yogi Raj Pramod Ji Maharaj from Patanjali Vidyapith was invited as a resource person to organise this yoga camp with the help of Dr. Param Shivam Singh from Saidipur village .Principal Dr. Reena Talwar along with NSS program officers and staff members joined to attend this yoga camp .Swami ji Gave guidance to do different yoga Asanas by demonstrating each Mudra and explained their benefits. Kapal Bhati, Pranayam, and Singhnaadasan, Bhujangasan, Shirshasana, butterfly Asana; Dhanurasan was practised and taught by Swami Ji to all volunteers of the camp. Swami ji also explained the importance of yoga in our life. He said yoga not only improves physical strength but also enhances our mental strength. He said that Yoga has become very popular in foreign countries also as it is very beneficial for human body. Dr Reena Talwar also motivated the students to include yoga in their daily routine to lead a healthy life. She appreciated the efforts of NSS Department for organising

this camp .Swami ji was honoured by Principal Madam and program officers by presenting a shawl & souvenir of the college.



### On 7<sup>th</sup> Day Closing Ceremony of 7 Days Special NSS Camp

**Closing ceremony** was organised under the able guidance of Principal Dr Reena Talwar. As per suggestion of Principal madam NSS volunteers and programme officers collected woolen clothes for the needy persons .In the morning session students went to slum area near Singowal village

to distribute woollen clothes. In the 2nd session of the day function of Closing Ceremony was organised and the Chief Guest of the function was Mr. Rajnish Kashyap, Deputy Commandant, BSF Headquarters, Gurdaspur. Guest of honours were Mrs. Vijay Thakur (Dist. Mass Media Officer) from village Saidipur and Dr. Param Shivam Thakur who were family members of Sarpanch of village Saidipur. Secretary of managing committee, Sh. Dharam Indu Gupta ji along

With members Mrs. Namita Gupta ji , Sh. Anil Gupta ji & Mrs. Anju Gupta ji enhanced the grace of function with their benign presence. A colourfull cultural programme was presented by NSS volunteers under the supervision of stage coordinator Dr. Neenu Sharma. Principal Madam welcomed the guests and threw light on the activities done during the 7 Days special NSS camp. She motivated the students to serve the Nation by providing selfless service for humanity and explained the meaning of NSS motto “NOT ME BUT YOU”. She appreciated the efforts of NSS Program officers Dr. Sushma Gupta, Mrs. Sunita Verma, Mrs. Sangeeta Malhotra, Dr. Deepak Jyoti and Mrs. Jyoti Saini to make this special camp in to a great successful event which added another feather in the cap of SDAM College. NSS Coordinator , Mrs. Sangeeta Malhotra gave the detailed report of activities done during seven days .She told that 250 volunteers of 5 NSS units attended this camp .She gave special thanks to Sarpanch Mrs. Prabha Minhas , Ex. Sarpanch Sh. Bahadur Singh and Mrs. Vijay Thakur for their cooperation to make this camp successful. Chief Guest Sh. Rajnish ji addressed the volunteers and motivated them to keep up the good work. He appreciated the noble projects taken by the students to uplift the morale of women folk of the village.Mrs.Vijay Thakur praised the activities done by volunteers and gave special thanks to Principal and program officers. Dr. Param Shivam Singh, Physiotherapist from Saidipur advised the volunteers to adopt a good posture during work and demonstrated few exercises to treat cervical pain and disc problems. All the volunteers were presented certificates in the valedictory session. 5 Best campers, Ms. Bhupinder Kaur, Ms. Kamaljeet, Ms Tanvi, Ms.Roopsi and Ms. Muskan were awarded mementoes for their outstanding services given during camp. Mementoes of the college were presented to guests by Principal Madam and members of managing committee.











25 Jan 2023

NSS department & Fine Arts Deptt. of Shanti Devi Arya Mahila College Dinanagar, under, the able guidance of Principal Dr. Reena Talwar under Ek Bharat Shreshth Bharat mission celebrated “National Girl Child Day” on 24th January 2023. During this day Poster making competition was organized. The purpose of the celebration of this day was to raise awareness of the injustices that girls experience in Indian society. Principal Dr. Reena Talwar told that the main aim of the day celebration is to raise awareness of the disparities that girls are facing in a variety of areas, including legal rights, education, employment, clothing, medical care and others. She also threw light upon the slogans for National Girl Child day i.e., “Digital Generation, Our Generation, Our Time is Now—Our Rights, Our Future.”

Nodal Officers EBSB: Mrs. Sunita verma and Dr. Anjna Malhotra made the students aware about female foeticides and stressed on saving girl child. They told that when girls are educated, countries become strong and more prosperous. During this occasion, Dr. Anjna Malhotra (ANO, NCC), NSS Programme Officers: Dr. Sushma Gupta, Prof. Sunita Verma, Dr. Deepak Jyoti, Prof. Jyoti Saini, Prof. Sonika Gupta, Dr. Sonam Gupta, Dr. Poonam, Mrs. Sheilika were also present.



# ਸ਼ਾਂਤੀ ਦੇਵੀ ਆਰੀਆ ਮਹਿਲਾ ਕਾਲਜ ਵਿਖੇ ‘ਰਾਸ਼ਟਰੀ ਬਾਲੜੀ ਦਿਵਸ’ ਮਨਾਇਆ

ਚੰਨਾਨਗਰ, 24 ਜਨਵਰੀ (ਡਾ. ਸਿੰਘਿਆ, ਹੁਜ਼ਾਰ, ਕੱਪੜੇ, ਡਾਕਟਰੀ ਜਾ ਸਕੇ। ਉਨ੍ਹਾਂ ਨੇ ਰਾਸ਼ਟਰੀ ਬਾਲੜਾ ਗੇਸ਼ ਸੰਗਲ ਵਰਣ ਸਰੰਗਲ): ਸ਼ਾਂਤੀ ਦੇਵੀ ਦੇਖਭਾਲ ਤੇ ਹੋਰ ਖੇਤਰਾਂ ਸਮੇਤ ਵੱਖ-ਵੱਖ ਦਿਵਸ ਦੇ ਵਿਸ਼ਿਆਂ ਤੇ ਵੀ ਚਾਨਣਾ ਆਚੀਆ ਮਹਿਲਾ ਕਾਲਜ ਦੀਨਾਨਗਰ ਦੇ ਐਨ ਐਸ ਐਸ ਵਿਭਾਗ ਤੇ ਫਾਈਨ ਆਰਟਸ ਵਿਭਾਗ ਨੇ ਏਕ ਭਾਰਤ ਸ੍ਰੋਤ ਭਾਰਤ ਮਿਸ਼ਨ ਤਹਿਤ ਪ੍ਰਿਸੀਪਲ ਡਾ. ਗੀਨਾ ਤਲਵਾਰ ਦੀ ਯੋਗ ਅਗਵਾਈ ਹੇਠ ਰਾਸ਼ਟਰੀ ਬਾਲੜੀ ਦਿਵਸ ਮਨਾਇਆ। ਇਸ ਦੌਰਾਨ 

ਪ੍ਰੈਸਟਰ ਮੇਕਿੰਗ ਮੁਕਾਬਲਾ ਕਰਵਾਇਆ ਖੇਤਰਾਂ ਚ ਦਰਪੇਸ਼ ਅਸਮਾਨਤਾਵਾਂ ਬਾਰੇ ਹੁੰਦੀਆਂ ਹਨ ਤਾਂ ਸਾਡਾ ਦੇਸ਼ ਮਜ਼ਬੂਤ ਤੇ ਗਿਆ। ਇਸ ਦਿਨ ਨੂੰ ਮਨਾਉਣ ਦਾ ਜਾਗਰੂਕਤਾ ਪੈਦਾ ਕਰਨਾ ਹੈ। ਰਾਸ਼ਟਰੀ ਬੁਸ਼ਹਾਲ ਹੁੰਦਾ ਹੈ। ਇਸ ਮੌਕੇ ਡਾ: ਅੰਜਨਾ ਮਕਸਦ ਭਾਰਤੀ ਸਮਾਜ ਵਿੱਚ ਲੜਕੀਆਂ ਬਾਲਿਕਾ ਦਿਵਸ ਦਾ ਉਚੇਸ਼ ਲੜਕੀਆਂ ਨੂੰ ਮਲਹੇਤਰਾ (ਏ.ਐਨ.ਓ., ਐਨ.ਸੀ.ਸੀ.), ਨਾਲ ਹੋ ਰਹੀਆਂ ਬੇਨਿਸਾਫ਼ੀ ਬਾਰੇ ਉਨ੍ਹਾਂ ਦੇ ਅਧਿਕਾਰਾਂ ਪ੍ਰਤੀ ਜਾਗਰੂਕ ਕਰਨਾ ਐਨ.ਐਸ.ਐਸ ਪ੍ਰੋਗਰਾਮ ਅਫਸਰ ਡਾ: ਜਾਗਰੂਕਤਾ ਪੈਦਾ ਕਰਨਾ ਸੀ। ਪ੍ਰਿਸੀਪਲ ਹੈ ਤਾਂ ਜੋ ਉਨ੍ਹਾਂ ਨੂੰ ਵੀ ਲੜਕਿਆਂ ਦੇ ਸੁਸਾਮਾ ਗੁਪਤਾ, ਪੋ. ਸੁਨੀਤਾ ਵਰਗਾ, ਡਾ: ਡਾ: ਗੀਨਾ ਤਲਵਾਰ ਨੇ ਦੱਸਿਆ ਕਿ ਇਸ ਬਰਬਾਦ ਮੌਕੇ ਮਿਲ ਸਕਣ ਤੇ ਦੇਸ਼ ਦੀ ਦੀਪਕ ਜੱਤੀ, ਪੋ. ਜੱਤੀ ਸੈਟੀ, ਪ੍ਰ. ਸੋਨਿਕਾ ਦਿਵਸ ਨੂੰ ਮਨਾਉਣ ਦਾ ਮੁੱਖ ਮੰਤਵ ਬਾਲਿਕਾ ਦਾ ਸਮਰਥਨ ਕੀਤਾ ਜਾ ਸਕੇ ਤੇ ਗੁਪਤਾ, ਡਾ: ਸੋਨਮ ਗੁਪਤਾ, ਡਾ: ਪੂਨਮ, ਲੜਕੀਆਂ ਨੂੰ ਕਾਨੂੰਨੀ ਅਧਿਕਾਰਾਂ, ਲਿੰਗ ਅਧਾਰਤ ਪੱਖਾਤ ਨੂੰ ਦੂਰ ਕੀਤਾ ਸੈਲਿਕਾ ਆਦਿ ਹਾਜ਼ਰ ਸਨ।

## 25. Jan 2023

Shanti Devi Arya Mahila College Dinanagar, celebrated “National Voters Day” N.S.S, Red Ribbon club and Buddy group of Shanti Devi Arya Mahila College Dinanagar celebrated 13th National voters day on 25th January 2023 under the able guidance of principal Dr. Reena Talwar under sweep activities and Ek Bharat Shreshth Bharat mission. During this day pledge taking ceremony and poster making competition were organized. Principal Dr. Reena Talwar told that this year theme “Nothing like voting, I Vote for sure” is dedicated to voters which conveys individual’s feeling and aspiration towards participation in the electoral process through power of their vote. She told that “National Voters Day” is observed to commemorate the founding day of the Election Commission of India. This day celebration was chosen by the Indian government as a way to inspire young people to get involved in politics. She told that the goal of National Voters Day 2023 theme is to encourage more people to vote in elections, regardless of their age, gender, ethnicity, or other characteristics. During this Occasion, Mrs. Parveen Saini (Nodal Officer Buddy group), NSS Programme Officers: Dr. Sushma Gupta, Prof. Sunita Verma (Nodal Officer EBSB), Dr. Deepak Jyoti, Prof. Jyoti Saini, Prof. Randeep, Prof. Sonika Gupta, Dr. Sonam Gupta, Dr. Poonam, Mrs. Sheilika, Ms. Pallavi, Mrs. Sonia, Ms. Dilpreet were also present.

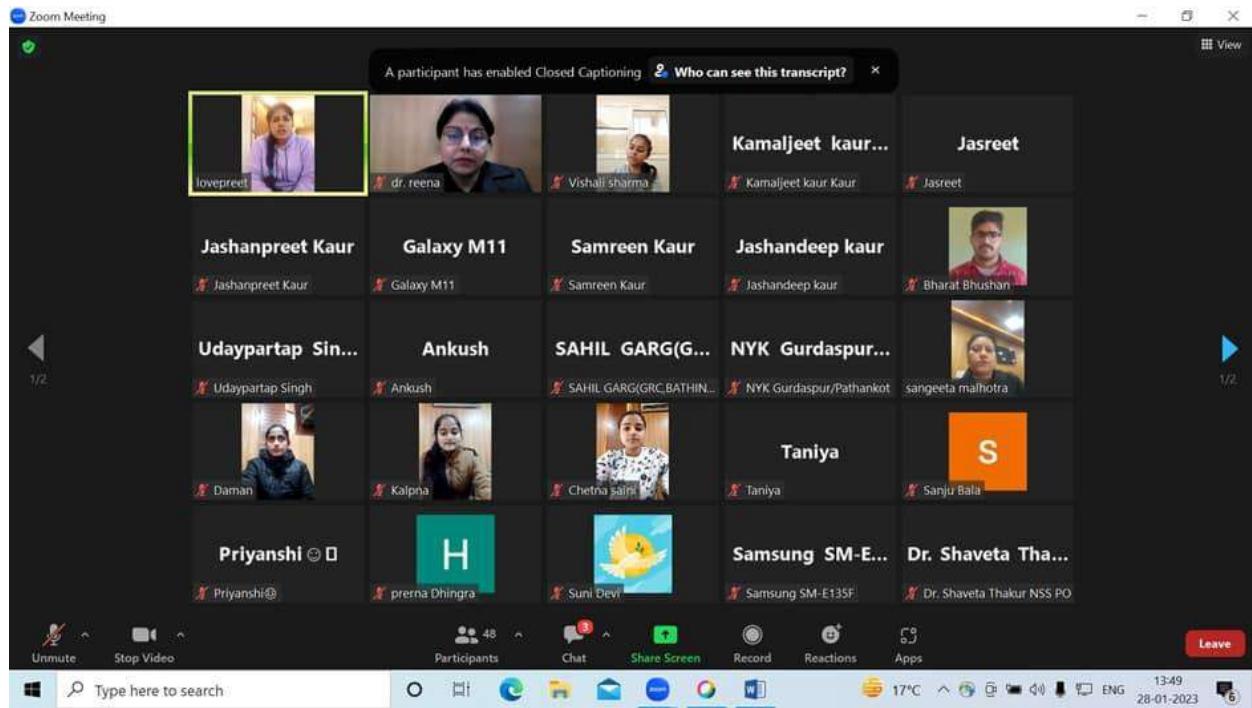




## 28. Jan 2023

NSS volunteers; Ms.Chetna Saini from [B.Com](#) Sem 6th , Ms.Damanpreet Kaur from B.A. Social Science Sem 2nd and Ms. Kalpana from +2 Arts participated in District Youth Parliament held on 28.01.2023 in online mode and represented Shanti Devi Arya Mahila College,Dinanagar under the able guidance of Principal Dr. Reena Talwar and supervision of Dr. Anjana Malhotra ANO , NCC and NSS Coordinator , Mrs. Sangeeta Malhotra. They spoke on the topic of Skill Development and successfully completed their speech in given time. They highlighted the importance of skill development and its role in uplifting the economy of India. They also threw light on the various schemes and courses run by the Government of India for initiating Skill Development through education sector. In this competition Ms. Chetna Saini got 2nd Position and she will represent District Gurdaspur in State Youth Parliament. Principal Madam congratulated Ms. Chetna and both teachers. She also motivated the students to take part in such activities and to present their views and innovative ideas to create awareness among people.





### 3. Feb.2023

Boomy launch of Har Ghar Dhyan Campaign at Shanti Devi Arya Mahila College\*

Under the roaring initiative of \*Azadi Ka Amrit Mahotsav\*, \*Har Ghar Dhyan Campaign\* was conducted by NSS Department of Shanti Devi Arya Mahila College, Dinanagar under the leadership of Principal Dr. Reena Talwar. Under the Aegis of Azadi ka Amrit Mahotsav, \*Ministry of Culture\* collaborated with the \*Art of Living\* foundation and launched a campaign "Har Ghar Dhyan" to conduct one hour introductory sessions on meditation and mental health for people from all walks of life. Taking this viewpoint into consideration, Madam Principal said that the National Mental Health Survey conducted in 2015-16 says that there are 150 million Indians suffering from mental illness. She further added that the numbers are so high because of a lack of awareness about mental illness symptoms. To increase awareness among the public, the Ministry of Culture launched Har Ghar Dhyan Campaign. The chief guest of today's function was \*Ms. Kavita Khanna\*, wife of former parliamentarian late \*Mr Vinod Khanna\* and the trustee, Art of living. She said that the meditation is a compelling answer to all the stress of today's youth which will enhance your physical and mental health. Along with her, Mr. Amitesh Marwaha and Dr. Shivankhi Manhas the instructors of The Art of living also participated. The students of the college sparkled the occasion with Ganesh Vandana and recitation of hymns. Dr. Poonam Mahajan paid Homage to late Mr. Vinod Khanna while anchoring the show. In this program, all the NSS programmers and students participated.

Watch on YouTube also



# ਸ਼ਾਂਤੀ ਦੇਵੀ ਆਰੀਆ ਮਹਿਲਾ ਕਾਲਜ ਵਿਖੇ 'ਹਰ ਘਰ ਧਿਆਨ' ਪ੍ਰੋਗਰਾਮ



ਦੀਨਾਨਗਰ 2 ਫਰਵਰੀ (ਡਾ.ਰਮੇਸ਼ ਸਰੰਗਲ, ਵਰੁਣ ਸਰੰਗਲ) ਸਥਾਨਕ ਸ਼ਾਂਤੀ ਦੇਵੀ ਆਰੀਆ ਮਹਿਲਾ ਕਾਲਜ ਦੀਨਾਨਗਰ ਦੇ ਐਨ.ਐਸ.ਐਸ. ਵਿਭਾਗ ਵੱਲ ਪ੍ਰਿਸੀਪਲ ਡਾ: ਰੀਨਾ ਤਲਵਾੜ ਦੀ ਪ੍ਰਧਾਨਗੀ ਹੇਠ ਆਜ਼ਾਦੀ ਦੇ ਅੰਮ੍ਰਿਤ ਮਹਾਉਤਸਵ ਤੋਂ ਹਰ ਘਰ ਧਿਆਨ ਪ੍ਰੋਗਰਾਮ ਕਰਵਾਇਆ ਗਿਆ। ਯੂਜੀਸੀ ਦੇ ਨਿਰਦੇਸ਼ਾਂ ਅਨੁਸਾਰ ਸੰਸਕ੍ਰਿਤੀ ਮੰਤਰਾਲੇ ਨੇ ਆਰਟ ਆਫ ਲਿਵਿੰਗ ਫਾਊਂਡੇਸ਼ਨ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਇਸ ਮੁਹੱਿਮ ਦੀ ਸ਼ੁਰੂਆਤ ਕੀਤੀ, ਪ੍ਰਿਸੀਪਲ ਡਾ: ਰੀਨਾ ਤਲਵਾੜ ਨੇ ਦੱਸਿਆ ਕਿ 2015-16 ਵਿੱਚ ਕਰਵਾਏ ਗਏ ਰਾਸ਼ਟਰੀ ਮਾਨਸਿਕ ਸਿਹਤ ਸਰਵੇਖਣ ਅਨੁਸਾਰ 150 ਮਿਲੀਅਨ ਭਾਰਤੀ ਮਾਨਸਿਕ ਰੋਗਾਂ ਤੋਂ ਪੀੜਤ ਹਨ। ਜਾਗਰੂਕਤਾ ਦੀ ਘਾਟ ਕਾਰਨ ਇਹ ਗਿਣਤੀ ਇੰਨੀ ਜ਼ਿਆਦਾ ਹੈ, ਇਸ ਲਈ ਲੋਕਾਂ ਵਿੱਚ ਜਾਗਰੂਕਤਾ ਵਧਾਉਣ ਲਈ 'ਹਰ ਘਰ

ਧਿਆਨ ਅਭਿਆਨ' ਸ਼ੁਰੂ ਕੀਤਾ ਗਿਆ। ਇਸ ਪ੍ਰੋਗਰਾਮ ਵਿੱਚ ਮੁੱਖ ਮਹਿਮਾਨ ਵਜੋਂ ਆਰਟ ਆਫ ਲਿਵਿੰਗ ਸੰਸਥਾ ਦੇ ਟਰੱਸਟੀ, ਸਾਬਕਾ ਸੰਸਦ ਮੈਂਬਰ ਸ੍ਰੀ ਵਿਨੋਦ ਖੇਨਾ ਦੀ ਪਤਨੀ ਸ੍ਰੀਮਤੀ ਕਵਿਤਾ ਖੇਨਾ ਨੇ ਸ਼ਿਰਕਤ ਕੀਤੀ। ਉਨ੍ਹਾਂ ਆਪਣੇ ਭਾਸ਼ਣ ਵਿੱਚ ਕਿਹਾ ਕਿ ਵਿਦਿਆਰਥਣਾਂ ਵਿੱਚ ਪੜ੍ਹਾਈ ਨੂੰ ਲੈ ਕੇ ਪੈਦਾ ਹੋਣ ਵਾਲੇ ਤਣਾਅ ਦਾ ਇੱਕ ਇੱਕ ਇਲਾਜ ਧਿਆਨ ਹੈ, ਜਿਸ ਨਾਲ ਸਰੀਰਕ ਅਤੇ ਮਾਨਸਿਕ ਸਿਹਤ ਦੀ ਪਾਪਤੀ ਹੁੰਦੀ ਹੈ। ਉਨ੍ਹਾਂ ਕਿਹਾ ਕਿ ਸਿਮਰਨ ਕਰਨ ਨਾਲ ਸ਼ਾਂਤੀ ਮਿਲਦੀ ਹੈ ਅਤੇ ਇਹ ਭਾਵਨਾਵਾਂ ਨੂੰ ਸੰਤੁਲਿਤ ਕਰਨ ਵਿੱਚ ਮਦਦ ਕਰਦਾ ਹੈ। ਮੰਚ ਸੰਚਾਲਨ ਕਰਦਿਆਂ ਡਾ: ਪੂਨਮ ਮਹਾਜਨ ਨੇ ਸਾਬਕਾ ਸੰਸਦ ਮੈਂਬਰ ਸ੍ਰੀ ਵਿਨੋਦ ਖੇਨਾ ਜੀ ਨੂੰ ਭਾਵਪੂਰਤ ਸ਼ਰਧਾਂਜਲੀ ਵੀ ਭੇਟ ਕੀਤੀ। ਇਸ ਪ੍ਰੋਗਰਾਮ ਵਿੱਚ ਐਨ ਐਸ ਐਸ ਦਾ ਸਮੂਹ ਸਟਾਫ ਅਤੇ ਪ੍ਰੋਗਰਾਮ ਅਫਸਰ ਹਾਜ਼ਰ ਸਨ।

**21. Feb.2023**

The Students of NSS department, Red Ribbon club & Ek Bharat Shreshth Bharat club of Shanti Devi Arya Mahila College Dinanagar, under the able guidance of Principal Dr. Reena Talwar, participated in various competitions on dated 13-14 February 2023, held at Pt. Mohan Lal S.D College Gurdaspur, organised by Red Ribbon Club, Youth services Club, District Gurdaspur. The topics for participation were Life history of Swami Vivekananda ji, Blood donation, Drug awareness, HIV/AIDS, TB, General knowledge and Current affairs. In poster making competition, Shayna (BA 4th semester) got first prize, In Collage making competition Sandeep Kaur ( MSc FD 4th Sem ) got second prize, In slogan writing competition, Kiran Preet got second prize and in Quiz competition Sharan Deep ( BSc Medical 6th sem) and Aditi (BSc medical 4th sem) got third prize. In the blood donation camp, Kiranjeet B.A 6 sem and Harkiranjeet B.A 1st sem donated blood also.

Principal Dr. Reena Talwar congratulated all team incharges Mrs. Sonika Gupta, Mrs. Jyoti Saini, Mrs. Sangeeta Malhotra, Dr. Anjna Malhotra, Mrs. Sunita Verma, NSS Programme officers, Dr. Sushma Gupta, Dr. Deepak Jyoti and other staff members and students of the college on this achievement.



22. Feb.2023

P. G. Dept. of Punjabi, Red Ribbon Club, EBSB Club and NSS Department of Shanti Devi Arya Mahila College Dinanagar, under the able guidance of Principal Dr. Reena Talwar celebrated International Mother Language Day. A slogan writing competition was organised under the supervision of Mrs. Sonika Gupta (HOD, Fine Arts Dept.). Beautiful slogans in Punjabi were made by volunteers to create awareness about importance of mother language of Punjab. Principal Dr. Reena Talwar motivated the volunteers to participate in such activities and congratulated the faculty members for celebrating important days in the college.



## NSS Report April 2023 to March 2024

**26 Apr 2023**

Science, EBSB club and NSS department of Shanti Devi Arya Mahila College Dinanagar, under the able guidance of Principal Dr. Reena Talwar, organised a Seminar on 26th April 2023 on the the topics: **Anaemia and Oral Health Hygiene**. Dr. Kusum and Dr. Sukhwinder Kumar were Resource Persons from department of Health and Family Welfare, Punjab, CHC Singowal. Haemoglobin estimation camp was also organized during this day with the help of Pharmacist Smt. Nirmal and Lab technician Mr. Rashpal Singh. These events were organized under Anemia Mukt Bharat Abhiyan. Principal Dr. Reena Talwar told that the Anemia Mukt Bharat (AMB) strategy was launched in 2018 to reduce prevalence of Anemia all over India. It is an initiative of the Ministry of Health and Family Welfare (MoHFW) & United Nations Children's Fund (UNICEF).

Dr. Kusum threw light upon various causes and cure of Anemia. She told that Anemia is caused by various nutritional and non-nutritional factors, the most prominent of which is iron deficiency. She stressed on three vital strategies i.e., promotion of regular consumption of foods rich in iron, provisions of iron and folate supplements in the form of tablets to the high risk groups, and identification and treatment of severely anemic cases.

Dr. Sukhwinder Kumar told that Oral health is the condition of the mouth, teeth, and orofacial structures that enable individuals to perform essential functions such as speaking, breathing and eating. Various modifiable risk factors, such as food consumption rich in sugar, poor oral hygiene, tobacco and alcohol use, lead to oral disorders. He made the students aware about various tips and techniques on how to brush properly and also gave instructions about the usage of floss and mouthwash for oral hygiene.

Principal Dr. Reena Talwar honoured the Resource persons by presenting them mementos having insignia of the college. During this day Dr. Sushma Gupta, Mrs. Sunita Verma, Dr. Anjna Malhotra, Mr. Mohit Agarwal, Mrs. Shalika Aggarwal, Ms. Sonam were also present.





## 31 May 2023

Red Ribbon Club and NSS Department celebrated “**World No Tobacco Day**” on 31st May, 2023 under the able patronage of Principal Dr. Reena Talwar. Every year on 31st May the World No Tobacco Day is celebrated. The day is celebrated to spread awareness about the harms of tobacco use.

The said departments held a rally from the college to Dayanand Math, Dinanagar. A lecture-cum-seminar was also delivered to the students by Dr. Sonam Gupta, Head, Department of Psychology. She talked about its detrimental effects. She said that the theme of this year’s World No Tobacco Day is ‘We need food, not tobacco’. She added that the theme is chosen to spread awareness among tobacco farmers about alternative sustainable and nutritious crops. At this juncture, Dr. Sushma Gupta, Vice Principal Madam, Mrs Sangeeta Malhotra, Mrs Sunita Verma, Dr. Deepak Jyoti, Ms. Parveen Saini, Ms. Priya Gupta were present.







**05 Jun 2023**

NSS Department celebrated **“World Environment Day”** under the Mission life project and under the able guidance of Principal Dr. Reena Talwar on 5th June, 2023. NSS programme officers and volunteers did various activities to commemorate the world environment day.

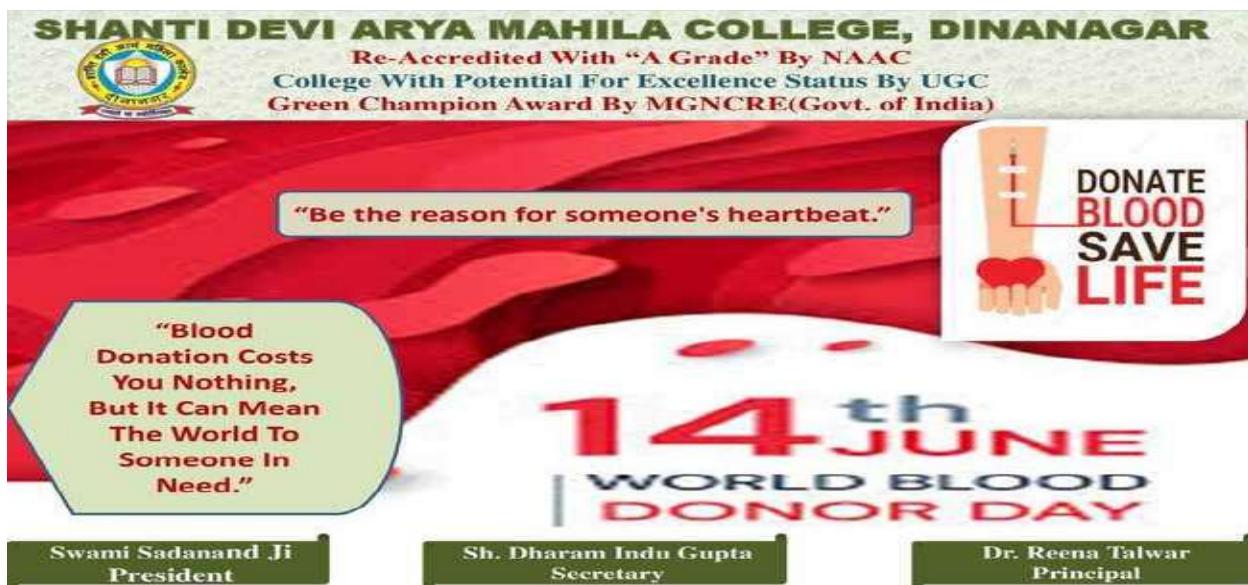
A tree plantation campaign was organised followed by the pledge to adopt the sustainable practices to save the environment. The volunteers made impactful posters on the theme “Save Water Save Life” and “Say No To Plastic” to motivate the society to save the environment. Dr. Reena Talwar appreciated the efforts of NSS Department for organising such inspirational activities.



14 Jun 2023

Under "Ek Bharat shreshtha Bharat Mission" N.S.S department celebrated "**World's Blood donation day**" on 14th June 2023, under the able guidance of Principal Dr. Reena Talwar.

During this day a poster making competition was organised in which the students participated with great enthusiasm. The main aim to celebrate this day was to make students aware about the discovery of the ABO blood group system by Karl Landsteiner and the importance of blood donation. Dr. Reena Talwar threw light upon the theme of blood donation day 2023: "Give blood, give plasma, share life, share often." she told that, the bond of blood is stronger than anything. Blood donation can give a life to someone, One bag of blood can bring back one from the dead. We should donate blood and save lives.



**21 Jun 2023**

N.S.S department in collaboration with Ek Bharat Shreshth Bharat club celebrated **“International Yoga Day”** on 21st June 2023 , under the able guidance of Principal Dr. Reena Talwar as per the instructions of Government of India and Guru Nanak Dev University Amritsar.

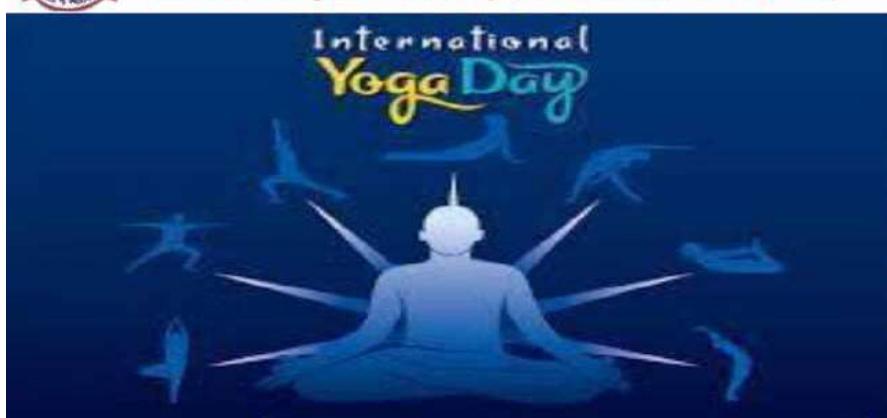
The theme for this year's International Day of Yoga 2023 was "Yoga for Vasudhaiva Kutumbakam," which beautifully encapsulates our collective aspiration for "One Earth, One Family, One Future." During this day different activities such as yoga practice, yoga demonstration, lectures on the subject of yoga, poster making competition were organised. Students also took pledge and practised different yogasans such as Surya Namaskar, Swastikasana, Gomukhasana, Gorakshasana, ArdhaMatsyendrasana, Yogamudrasana, Kagasana, Sarvangasana, Shirshasan, Dhanurasana, Trikonasana, Vrikshasana, Balasangasana, Bhujangasana, Ustrasana, Paschimottanasana, Padmasana, Vajrasana, Anulom-Vilom Pranayama, Kapalbhati Pranayam. Principal Dr. Reena Talwar, while giving detailed information about the importance of yoga in human life to the students, said that yoga increases our immunity and make us stress free. She said that doing yoga regularly, keeps the body, mind and soul satisfied. NSS Programme Officers: Prof. Dr. Sushma Gupta, Prof. Sunita Verma, Dr. Deepak Jyoti, Prof. Jyoti Saini and other staff members; Dr. Anjna Malhotra, Dr Kulwinder Kaur, Mrs. Randeep Dhoot, Dr. Neenu Sharma, Dr. Parveen Saini, Prof. Neha Saini contributed significantly in organizing the events.



## **SHANTI DEVI ARYA MAHILA COLLEGE DINANAGAR**

**Re-Accredited With "A Grade" By NAAC**

**College With Potential For Excellence Status By UGC  
Green Champion Award By MGNCRE(Govt. of India)**



*“We all wish for world peace, but world peace will never be achieved unless we first establish peace within our own minds.”*



*“Yoga is an invaluable gift of India’s ancient tradition and is a holistic approach to health and well being.”*

**Swami Sadanand Ji  
President**

**Sh. Dharam Indu Gupta  
Secretary**

**Dr. Reena Talwar  
Principal**





**11 Aug 2023**

Under the guidance of the Principal, Dr. Reena Talwar, the NSS Department is celebrating the **"Meri Maati Mera Desh Campaign"** from 09-08-2023 to 15-08-2023 under the direction of Ministry of Youth Affairs and Sports, Government of India as part of the 75th Azadi Ka Amrit Mahotsav.

To carry out the said event, Panch Pran Pledge was taken on 10th August by principal, staff members and all the students along with the volunteers and Programme officers, Dr. Sushma Gupta, Prof. Sunita Verma, Prof. Sangeeta Malhotra, Dr. Deepak Jyoti, Prof. Jyoti Saini. Madam Principal commended the collaborative efforts of all the NSS Programme officers for organizing this event and highlighted that such activities foster a sense of responsibility as citizens of India.

## शांति देवी कालेज ने चलाया पौधारोपण अभियान

संशाद सहयोगी, दीनानगर : शांति देवी आयं महिला कालेज के एनएसएस विभाग के प्रिंसिपल डा. रीना तलवार के दिशा-निर्देशानुसार गांव बोगेवाल (तारागढ़) में सरांच सुनीता और पंचायत सदस्य सुरेश शमा के सहयोग से राम मंदिर के प्रांगण में महत राम प्रकाश की अल्पकृता में पौधारोपण अभियान चलाया गया। इस कार्यक्रम का मुख्य उद्देश्य आजादी के अमृत महोत्सव के उपलक्ष्य में मेरी माटी मेरा देश अभियान में हिस्सा लेना है। चक्रतांत्रों ने पौधारोपण का महत्व बताया।

सरकार द्वारा चलाए जा रहे इस अभियान को सफल बनाने में कालेज में प्रिंसिपल ने सभी स्टाफ सदस्यों



शपथ लेते हुए स्टाफ़ सौ. कालेज

और छात्राओं के साथ पंच प्राण शपथ बढ़वाह कर हिस्सा लेने के लिए कहा। का आयोजन किया और देश की इस दीरान महत राम प्रकाश और पिटटी को बचाने के लिए चलाए जा सरपंच सुनीता ने मंदिर में बन वाटिका रहे। इस अभियान में छात्राओं को बनाने के लिए प्रिंसिपल का धन्यवाद

- मेरी माटी मेरा देश अभियान को सफल बनाने का प्रण लिया
- महंत सम प्रकाश ने मंदिर में बन वाटिका बनाने के लिए धन्यवाद किया

किया और कालेज द्वारा दिए गए 75 पौधों की सुरक्षा व देखभाल का यात्रा किया।

कार्यक्रम में कालेज के 35 एनएसएस वालंटियर्स ने हिस्सा लिया। प्रोफेसर आकिसस ग्रो. सुनीता महतोजा तथा ग्रो. ज्योति सैनी ने कार्यक्रम को सफल बनाने में मुख्य भूमिका निभाई। कालेज के मालौ दर्शन कुमार और ड्राइवर प्रदीप कुमार के सहयोग से यह कार्यक्रम सफल हुआ।

# राम मंदिर बेगोवाल में मेरी माटी मेरा देश मुहिम के तहत वन वाटिका स्थापित



भास्कर न्यूज | दीनानगर

शांति देवी आर्य महिला कालेज दीनानगर के एनएसएस विभाग की ओर से प्रिंसिपल डा. रीना तलवाड़ के दिशा निर्देश अनुसार आजादी के 75 वें अमृत महोस्तव को समर्पित मेरी माटी मेरा देश कार्यक्रम के तहत गांव बेगोवाल तारागढ़ के राम मंदिर में वन वाटिका की स्थापना स्थापना के लिए पौधरोपण कार्यक्रम

आयोजित किया गया। सरपंच सुनीता देवी और मेंबर पंचायत सुरेश शर्मा के सहयोग से आयोजित इस कार्यक्रम की अध्यक्षता राम मंदिर के महंत राम प्रकाश ने की। दीरान एनएसएस की 35 वालटियर छात्राओं ने मंदिर के प्रांगण में विभिन्न किस्मों के 75 फल व छायादार पौधे लगाए। प्रिंसिपल ने बताया कि इस प्रोग्राम का मुख्य उद्देश्य आजादी के अमृत महोस्तव के उपलक्ष्य में

शुरू किए गए मेरी माटी मेरा देश अभियान को सफल बना कर पर्यावरण संरक्षण करना है। महंत राम प्रकाश और सरपंच सुनीता ने मंदिर में वन वाटिका स्थापित करने के लिए प्रिंसिपल डा. रीना तलवाड़ का धन्यवाद व्यक्त करते हुए इन पौधों की पूरी देखभाल करने का वादा किया। इस मौके पर प्रोग्राम ऑफिसर संगीता मल्होत्रा, प्रो. ज्योति सैनी, दर्शन कुमार, प्रदीप कुमार भी मौजूद रहे।



# शांति देवी कालेज ने चलाया पौधारोपण अभियान

संसाद सहयोगी, दीनानगर : शांति देवी आर्य महिला कालेज के एनएसएस विभाग के प्रिंसिपल डॉ. रीना तलवार के दिशा-निर्देशानुसार गांव वेगोवाल (तारागढ़) में सरपंच सुनीता और पंचायत सदस्य सुरेश शर्मा के सहयोग से राम मंदिर के प्रांगण में महंत राम प्रकाश की अच्छक्षता में पौधारोपण अभियान चलाया गया। इस कार्यक्रम का मुख्य उद्देश्य आजादी के अमृत महोत्सव के उपलक्ष्य में मेरी माटी मेरा देश अभियान में हिस्सा लेना है। चक्रताओं

ने पौधारोपण का महत्व बताया।

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शपथ लेते हुए स्टाफ़। सौ. कालेज

और छात्राओं के साथ पंच प्राण शपथ का आयोजन किया और देश की भूमिटी को बचाने के लिए चलाए जा रहे इस अभियान में आजादों को बढ़नकर हिस्सा लेने के लिए कहा। इस द्यैरान महंत राम प्रकाश और सरपंच सुनीता ने मंदिर में बन वाटिका बनाने के लिए प्रिंसिपल का धन्यवाद

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- महंत राम प्रकाश ने मंदिर में बन वाटिका बनाने के लिए धन्यवाद किया

किया और कालेज द्वारा दिए गए 75 पौधों की सुरक्षा व देखभाल का वाया किया।

कार्यक्रम में कालेज के 35 एनएसएस वालटियस ने हिस्सा लिया। शोगाम आफिसस ग्रो. संगीत मल्होत्रा तथा ग्रो. ज्योति सैनी ने कार्यक्रम को सफल बनाने में मुख्य भूमिका निभाई। कालेज के मालों दशन कुमार और द्वाइयर प्रदीप कुमार के सहयोग से यह कार्यक्रम सफल हुआ।

## 16 Aug 2023

NSS and NCC departments celebrated “77th Indian Independence Day” with great vigour and joy under the able guidance of the principal Dr. Reena Talwar.

The whole celebration was part of the initiative "MERI MAATI MERA DESH CAMPAIGN" envisaged from 09-08-2023 to 15-08-2023 under the aegis of Ministry of Youth Affairs and Sports, Government of India to commemorate 75th Azadi Ka Amrit Mahotsav. Respected principal mam, the whole venerated faculty and students were present to salute the unsung heroes of freedom struggle and paying tribute to the 'Veers' who protected our nation. While gracing the programme, the principal, Dr. Reena Talwar hoisted the national flag which was followed by the national anthem. Worthy of its efforts, a systematic March past was conducted by the NCC cadets which signifies methodology and preseverance. The whole event was mesmerizing and it inculcated the sense of patriotism and nationalism among the students. Principal Madam appreciated the efforts of both the departments.

## 15 Sep 2 Oct 2023

### \*Oath Ceremony under Swachhta Hi Sewa at SDAM College\*

The oath was taken under ' \*Swachhta Hi Seva' Scheme\* by the \*NSS and NCC departments\* of Shanti Devi Arya Mahila College in collaboration with the \*Municipality Cooperation, Dinanagar\* under the able guidance of Principal Dr. Sushma Gupta on 29th September 2023. The members of the municipality cooperation, the NSS Program Officers, NSS volunteers and cadets took the oath. Principal Dr. Sushma Gupta said that under the \*Swachh Bharat Mission (Rural) Scheme\*, Swachhta Hi Seva campaign is being organized in rural areas from 15th September to 2nd October 2023 in which Various activities are being organised under the theme of \*Swachhata Hi Seva Abhiyan 2023, Garbage Free India.\* under this banner, the rally was taken out by the college to make the citizens aware about cleanliness. The departments plan to organise such programs to make people aware about cleanliness.



## 01 Oct 2023

NSS volunteers and NCC cadets under the able guidance of Principal Dr. Sushma Gupta and supervision of NSS coordinator Prof. Sangeeta Malhotra and NCC ANO Dr. Anjana Malhotra did Shramdaan in college campus and nearby areas on 1st October, 2023.

The word Shramdaan means labour (Shram) and donation (Daan). Shramdaan means a voluntary contribution by the person towards community welfare involving physical effort. It is a way of helping our community and contributing to help and change the environment around us for better. The students cleaned the areas and created cleanliness awareness on garbage disposal and to avoid the use of plastics.

## 14 Oct 2023

NSS Deptt. of Shanti Devi Arya Mahila College Dinanagar under Ek Bharat Shreshtha Bharat mission and under the able guidance of Principal Dr. Sushma Gupta carried out Amrit Kalash Yatra for which the students put soil and rice grains in the Kalash under Meri Mati Mera Desh abhiyan and Panch Pran pledge was also taken by students and teachers of the college.

## 20 Oct 2023

Red Ribbon Club, NSS and English Departments organised a "Nukkad Natak" named "Akhir kado Tak" written by Mr. Jagdeep Warring performed by renowned "Red Arts" 20th October, 2023 on the grave issue of Drug Addiction. The writer has written stories of various films like, Buhe Bariyan, Es Jahano Door kitte Chal Jindiye and many more. The performers are on the mission to make a bridge between students and teachers.

They are critically acclaimed nationwide for their Nukkad Nataks on several issues associated with taboos and general problems. The gist of the drama on such issue was presented so comically that students got swayed by the performance. Ms. Dilpreet kaur, Head, Department of English sophisticatedly gripped the stage. Madam Principal Dr. Sushma Gupta while putting beams on the solemn issue, spoke on its disastrous consequences especially in youth. All the guests, teachers and students even took the pledge #KickNasha to commemorate the event. Madam Principal honoured the members of the theatre group, Mr. Gurwinder Singh, Mr. Balpreet Singh and Mr. Gurinder Singh at the end of the occasion.







**26 Nov 2023**

The **Constitution Day** was celebrated by the NCC and NSS departments under the able direction of Principal Dr. Sushma Gupta on 26th November, 2023. The Constitution is the basis of law, order and democracy of any country.

To celebrate the world's largest constitution making day, NCC cadets and NSS volunteers read the Preamble and took an oath to adopt its objectives in their lives and also educate people about it. On this occasion, ANO of NCC, Lieutenant Dr. Anjana Malhotra informed the students about the historical process of making the Indian Constitution. Dr. Anjana informed the students about the objectives included in the Constitution. On this occasion, Principal Dr. Sushma Gupta told that the constitution was made on 26th November, 1949 but this constitution was implemented on 26th January, 1950 so that the historical date of 26th January could be made memorable. 26th January, 1930 was the historic day when India demanded complete independence. On this occasion, NSS Program Officer Mrs. Sangeeta Malhotra, Mrs. Sunita Verma, Mrs. Jyoti Saini, Dr. Deepak Jyoti, Dr. Praveen Saini, Dr. Sonam Gupta, Mrs. Rama Kapoor and Mrs. Gomi were present.



**01 Dec 2023**

**World AIDS Day** was observed by Red Ribbon Club and NSS Department on 1st December 2023, under the able direction of Principal Dr. Sushma Gupta. The objective of the programme was to create awareness among the students about the symptoms, causes and preventives of the pandemic disease HIV/AIDS that has taken an unprecedented number of lives.

On this occasion, a Seminar and Poster Making Competition was organized. In this seminar, Dr. Parvinder Hassan, S.M.O, A.R.T. Department, Civil Hospital, Pathankot, brilliantly portrayed the role of keynote speaker. While hosting the stage, Dr. Neenu Sharma, Head, Commerce Department, explained to the students the meaning of the theme of World AIDS Day 2023, " Let Communities Lead."

Dr. Parvinder, in lucid language, made the students aware about the essentials of this disease and also committed them to spread this information to their families and different sections of the society.

She also told the students about the safety guidelines such as safe sex and to be careful while giving blood and getting injections. Principal Dr. Sushma Gupta, while addressing the students, said that if any family member or someone close to us comes into contact of this disease, then we should treat them with sympathy and care because this disease does not spread by taking care of AIDS patients or by shaking hands with them.

Dr. Deepak Jyoti and Dr. Neenu Sharma judged the poster making competition. In this competition, Svihi stood first, Bhumika Thakur stood second and Ashima and Vanshika stood third. At the end of the program, Principal Madam gave prizes to the winning students and honored the guest with a memento. Principal Madam congratulated NSS Department Coordinator, Ms. Sangeeta Malhotra for the successful organization of this program. Ms. Jyoti Saini, Ms. Rama Kapoor and Ms. Shelika Aggarwal were also present on this occasion.

**SHANTI DEVI ARYA MAHILA COLLEGE, DINANAGAR**

Re-Accredited With "A Grade" By NAAC  
College With Potential For Excellence Status By UGC  
Green Champion Award By MGNCRE(Govt. of India)  
Accredited with "A Grade" by MGNCRE under RSIG



**World AIDS Day**  
DECEMBER 1<sup>ST</sup>

The theme for World AIDS Day this year is 'Let Communities Lead', and much more than a celebration of the achievements of communities, it is a call to action to enable and support communities in their leadership roles."

**Swami Sadanand Ji**  
President

**Sh. Dharam Indu Gupta**  
Secretary

**Dr. Sushma Gupta**  
Principal



## **Opening ceremony of 7 days Special NSS Camp at the village Begowal, New Taragarh, organised by SDAM College Dinanagar.**

Shanti Devi Arya Mahila College Dinanagar is organising a 7 days (21.12.2022-27.12.2022) special NSS camp at the village Begowal, New Taragarh, the opening ceremony of which was held today on 21.12.2023, under the able guidance of Principal Dr. Sushma Gupta. In this camp 250 NSS volunteers have participated. The students carried out the Chetna rally against stubble burning, during which people were made aware about pollution caused by this evil. They were told that Stubble-burning is an important source of atmospheric particulate matter (PM) and trace gases, which significantly impact local and regional climate, in addition to causing severe health risks.

Mahant Ram Parkash Dass, Sarpanch Mrs. Sunita, Patwari Mr. Harsh and Mr. Raj Kumar Principal Sn. Sec. School,

New Taragarh begowal, assured their full cooperation in the projects i.e., Medical camp, First aid and Home nursing classes, yoga and Meditation classes, Defence classes, Chetna rally against social evils, Workshop on tie and dye, preparation of pickles and chutney, lectures on health hygiene, cleanliness and sanitation etc., to be carried out in the adopted village begowal.

During this Principal Dr. Sushma Gupta, Mrs. Sangeeta Malhotra (NSS coordinator) and NSS programme officers i.e., Mrs. Sunita Verma, Dr. Deepak Jyoti, Mrs. Jyoti Saini were also present.





**Shanti Devi Arya Mahila College Dinanagar, during the 2nd day of Special NSS camp (21.12.2022-27.12.2022)** under the able guidance of Principal Dr. Sushma Gupta, carried out the projects i.e., yoga classes by Ms. Taljinder Kaur , Art of living classes by Mr. Shailendra Mahant , self defence classes by Mr. Gurvant Singh. The other projects carried out were cleanliness and sanitation, pots painting, washing plants etc., at college campus.

During this Principal Dr. Sushma Gupta, Mrs. Sangeeta Malhotra (NSS coordinator) and NSS programme officers i.e., Mrs. Sunita Verma, Dr. Deepak Jyoti, Mrs. Jyoti Saini and Mrs. Neha Saini were also present.





**Yoga classes by Ms. Taljinder Kaur**

**NSS Department of Shanti Devi Arya Mahila College Dinanagar, during the 3rd day of NSS Special camp (21.12.2022-27.12.2022)** under the able guidance of Principal Dr. Sushma Gupta, carried out various projects i.e. workshop on tie and dye and block printing by fashion designing department teachers i.e., Mrs. Jyoti Saini , Ms. Aditi, Ms. Rajwant, Ms. Vandana. Mrs. Jyoti Saini made the students aware about "Earn while you learn" and best out of waste techniques. Same day workshop on beauty culture was organized by Mrs. Sonia from cosmetology department. She told basic tips for skin care, nail care etc., and gave demonstration on clean up & make up techniques to the students of begowal village. Dr. Sushma Gupta threw light upon economic importance of Medicinal plants. Mrs. Sunita Verma made the students aware about health hygiene and sanitation techniques. Dr. Deepak Jyoti made the students aware about Cyber Crime. Dr. Parveen Saini threw light upon career guidance and told various prospects after doing +2 and graduation, to the students from begowal village as well as NSS volunteers. Dr. Neenu Sharma delivered lecture on ethical values. She threw light upon biography of Saint Shri Shraddhanand Ji. Yoga Classes were taken by Ms. Taljinder Kaur from physical Education Department. During this Principal Dr. Sushma Gupta, PRO Dr. Kulwinder kaur, Ms. Dilpreet, NSS programme officers i.e., Mrs. Sunita Verma, Dr. Deepak Jyoti, Mrs. Jyoti Saini, Mrs. Neha Saini were also present.





**Workshop on tie and dye by Mrs. Jyoti Saini**



## **Yoga classes by Ms. Taljinder Kaur**





Workshop on beauty culture was organized by Mrs. Sonia





**NSS department of Shanti Devi Arya Mahila College, Dinanagar during the 4th day of Special NSS Camp**, organised free Medical Camp at New Taragarh, Begowal village under the supervision of Mahant Ram Parkash Dass ji and under the able guidance of Principal Dr. Sushma Gupta. Various doctors (from City hospital Gurdaspur, a unit of EMC, ASR) who examined the patients were

- 1) Dr. Ria Mahajan -M.S (OBS &Gynae)
- 2) Dr. Kulpreet-M.S Orthopedic
- 3) Dr. Salman -M.D Medicine

More than 200 people got them examined during this Medical camp.

Dr. Ria Mahajan threw light upon various gynae problems i.e,

Fibroids, Endometriosis, PCOS, Pelvic pain etc., and also told them about their treatment.

Dr. kulpreet diagnosed the patients suffering from Arthritis, Fractures, Low back pain, injuries and made the people aware about treatment of these diseases.

Dr. Salman diagnosed the patients suffering from

Diabetes, Influenza, heart and urinary problems and told them about their requisite treatment.

During the camp,

Blood pressure of the patients was measured, Sugar Test was done and

Free medicines were distributed among patients of the village

Mrs. Sonia, administrator, City hospital Gurdaspur, Mrs Sunita (sarpanch)

Sh. Harsh Sharma (block Congress President, taragarh, bhoa), Sh. Rajesh Saini (Kuddha) of the Taragarh, Begowal village contributed in successful organisation of Medical camp.

During this day tree plantation was also carried out in the Ram Mandir of Begowal village.

During this Medical Camp, Sh. Ashwani attri (Ex sarpanch)

Sh. Suresh Kumar Bindu, Sh. Arun Sharma, Sh. Jagdish Raj (ex sarpanch), Sh. Onkar Sharma, Sh. Channu Thakur, Sh. Vicky Chauhan, Sh. Anurag Sharma, Sh. Sadhu Ram Mehra, Sh. Jagdish Mehra,

Principal Dr. Sushma Gupta, and NSS programme officers i.e., Mrs. Sunita Verma, Dr. Deepak Jyoti, Mrs. Jyoti Saini were also present.









**NSS department of Shanti Devi Arya Mahila College Dinanagar during the 5th day (21.12.2023 - 27.12.2023)** of Special NSS Camp under the able guidance of Principal Dr. Sushma Gupta, organized various projects i.e., First aid and Home Nursing training by Mr. Rajiv Kumar (in-charge Red Cross Society, Gurdaspur), lecture on lifestyle disorders by Dr. Monika Mahajan (physiotherapist , dietitian and Clinical Nutritionist at Gurdaspur), workshop on making sweets that is chhena murgi and Shahi tukdi by Mrs. Meenu Gupta and Visit of persons from “Old age Home” Babri , Gurdaspur to our esteemed institution. A cultural program was organized during this day especially for “Old age Home” persons. The program started with enlightenment of Vidya Jyoti by principal madam and all the guests.

Principal Madam told that we should take care of our elders respectfully as they are the pillar of our homes. The position we have reached today is only because of our elders.

Mr Rajiv threw light upon various techniques of First aid and Home Nursing to save the life of patient before going to the hospital. He told that, the main of this training is immediate treatment given to someone suffering from an injury or illness until further advanced care is accessed or the individual recovers. Dr. Monika Mahajan made the students aware about various lifestyle disorders i.e., blood pressure, Sugar , knee problems , thyroid etc., and She told various Home remedies and importance of various plants and spices in curing the diseases. She also stressed upon physical activity and exercise in curing lifestyle disorders.

During the cultural program, Sanjana presented Geeta Sar, Jaanvi -Hindi song, Suhani - solo dance, Bhumika- poem, Anmol Preet- Shabad , Rashi- Christmas song , Anamika and team - Western dance. All the persons from “Old age Home” enjoyed the function and gave performance of dance also.

Principal Madam honoured all the guests by presenting them souvenirs having insignia of the college.

During this function Mr. Sawtantar Kumar, Mr. Rajbir Singh, Mr. Deepak Puri and NSS programme officers i.e., Mrs. Sunita Verma, Dr. Deepak Jyoti, Mrs. Jyoti Saini , Dr. Parveen Saini , Ms. Aditi, Ms. Vandana, Ms. Amita, Ms Anima, Ms. Kajal, Mr. Sukhdev were also present.





25/12/2023 10:53

Dinanagar  
Punjab  
India  
24°C  
75°F

City Park of Dinnanagar  
Chaudhary Hospital  
VISHAVARMA  
ELECTRICAL WORKS  
DEHIAN  
MOHALLA  
Dinner  
Dinner  
Gurdwara  
Gurdwara  
Gurdwara  
Gurdwara

2023-12-25(Mon) 01:54(pm)



4CMC-SUM, Chander Vihar, Dinnanagar, Punjab 143531, India

Dinanagar  
Punjab  
India

23°C  
73°F

2023-12-25(Mon) 12:30(pm)







**Visit of persons from “Old age Home” Babri**





## 6<sup>th</sup> Day Special NSS Camp

NSS department of Shanti Devi Arya Mahila College Dinanagar, during the 6th day of Special NSS Camp under the able guidance of Principal Dr. Sushma Gupta, in collaboration with Senior Secondary School New Taragarh Begowal, district-Pathankot, carried out Chetna Rally against Social Evils i.e., Drug de- addiction, female foeticides, Dowry, Pollution, etc., Principal Mr. Raj kumar Gupta and Mr. Jasbir Kumar of the school contributed in successful organisation of the event.

Dr. Deepak Jyoti delivered the lecture on Social Evils and Prof. Sunita Verma delivered the lecture on Health Hygiene and Sanitation in Sn. Sec. School New Taragarh Begowal.

NSS volunteers collected Clothes from their houses and distributed among the people of leprosy colony of Dinanagar. Eatables were also distributed over there. Yoga classes were also conducted during the camp by Prof. Taljinder Kaur (HOD Physical Education Department).

During this day Prof. Sangeeta Malhotra (NSS program coordinator), NSS program officers i.e., Prof. Sunita Verma, Dr. Deepak Jyoti, Prof. Jyoti Saini, Prof. Neha Saini, and other staff members like Dr. Kulwinder Kaur, Dr. Neenu Sharma, Dr. Anjna Malhotra, Dr. Sonam Gupta, Prof. Taljinder Kaur, Prof. Rama were also present.





## Chetna Rally against Social Evils i.e., Drug de- addiction, female foeticides, Dowry, Pollution, etc.





**NSS volunteers collected Clothes from their houses and distributed among the people of leprosy colony of Dinanagar**





### **Yoga classes by Ms. Taljinder Kaur**

**NSS department of Shanti Arya Mahila College Dinanagar, under the able guidance of Principal Dr. Sushma Gupta, Celebrated Closing Ceremony of Special Seven days NSS Camp on dated 27.12.2023** in which the adopted village was New Taragarh, Begowal. The function started with enlightenment of Vidya Jyoti and Floral welcome of Chief Guest Dr. Rajesh Kumar( Prof. Political Science, Dean, Faculty of Arts and Social Sciences, Member Senate and Syndicate, GNDU, Member Institutional Ethics Committee) and guests from village New Taragarh Begowal : Sarpanch Mrs. Sunita, Sh. Harsh Sharma (block Congress President, Bhoa) Sh. Suresh Kumar Bindu, Sh. Ashwani attri (Ex sarpanch), Sh. Kuldeep Raj, Sh. Arun Sharma (Reporter Punjab Kesari), Principal Mr. Raj Kumar Gupta (Sn. Sec. School, New Taragarh Begowal), Principal Rajwinder Kaur (Senior Secondary School Dinanagar), Principal Rama (Vivekanand School Dinanagar), Principal Jyoti Bala (Sumitra Devi Sr. Sec. School, Dinanagar), Mr. M.S. Sandhu (Chairman Govind Public School Dinanagar) and other guests Mr. Jasbir Kumar, Mr. Ashok Raj, Ms. Balreen.

During this function Prof. Sunita Verma threw light upon the various projects carried out during the seven days NSS Camp. She told that 250 NSS volunteers of 5 NSS units attended this camp. She gave special thanks to Mahant Ram Prakash Das Ji, Sarpanch Mrs. Sunita, Mr. Harsh Sharma, Mr Arun Sharma and Principal Mr. Raj kumar Gupta from village New Taragarh Begowal for their cooperation to make this camp successful. A colourfull cultural programme was presented by NSS volunteers under the supervision of stage coordinator Dr. Neenu Sharma. During this cultural program Classical dance was performed by Tanvi, Solo dance by Suhani,

Group Western dance by Anamika and group, Group dance by Tamanna and group, Bhangra by Tanya and group, Song by Raashi.

Principal Dr. Sushma Gupta motivated the students to serve the Nation by providing selfless service for humanity and explained the meaning of NSS motto “NOT ME BUT YOU”. She appreciated the efforts of NSS Program officers Dr. Deepak Jyoti, Prof. Sunita Verma, Prof. Jyoti Saini, Prof. Sangeeta Malhotra, and Prof. Neha Saini to make this NSS Special camp into a great successful event. All the NSS volunteers were presented certificates in the valedictory session. 5 Best campers, Tanvi Saini (Best photographer),

Renu (Best activist), Nidhi Sharma, Diya Pathania and Manpreet Kaur were awarded mementoes for their outstanding services given during camp.

The Chief guest Dr. Rajesh Kumar appreciated all the projects taken during seven days with special mention of the program carried out for Senior Citizens. He mentioned that students should realise that it is an ethical and moral responsibility of all of us to extend best care towards senior citizens so that they can live with respect, proper care, and security. He also appreciated the college in having 5 units of NSS. He praised the activities done by NSS volunteers and gave special thanks to Principal Madam and program officers. Principal Rajwinder Kaur (Senior Secondary school Dinanagar) while sharing her views, told that she is also alumni of this prestigious institution and appreciated the efforts of Principal Madam , NSS Program officers and NSS volunteers. Principal Madam and Management committee Secretary Sh. Dharm Indu Gupta Ji and Smt. Namita Gupta Ji honoured all the guests by presenting them souvenirs having insignia of the college.

During this event PRO Dr. Kulwinder Kaur, Prof. Randeep doot, Dr. Anjna Malhotra, Dr. Parveen Saini, Dr. Sonam Gupta, Prof. Dilpreet kaur, Prof. Rama, Prof. Meenu Gupta, Prof. Rajwant, Prof. Taljinder Kaur, Prof. Keerti, Prof. Amita, Prof Sukhdev were also present.































## **Celebrated Closing Ceremony of Special Seven days NSS Camp**

**03 Feb 2024** Under the solicitude of Management Secretary Sh. Dharam Indu Gupta Ji and able guidance of Principal Dr. Sushma Gupta under Ek Bharat Shreshtha Bharat mission, NSS Department celebrated "World Cancer Day" on 3.2.2024. Principal madam welcomed the Resource person Dr. Riya Mahajan and other guests Mrs. Sonia and Mr. Sandeep from City Hospital (EMC) Gurdaspur by presenting them plants with pots.

The Function started with the enlightenment of Vidya Jyoti. The stage coordinator was Prof. Sunita Verma (Nodal officer: Ek Bharat Shreshtha Bharat) Principal madam told that World Cancer Day is celebrated every year on 4th February. She threw light upon world cancer day theme 2024: Close the Care Gap for achieving fair and equitable health care that is culturally safe and free of racism. Dr. Riya Mahajan made the students aware about causes, prevention and treatment of cervical cancer and breast cancer. She threw light upon Human Papilloma virus infection and various screening tests i.e., Pap smear test etc. She told that cervical cancer is a silent killer and prevention measure is HPV vaccination. She made the students aware about HPV vaccination which can be taken from 9 years till 45 years of the age, two doses before 15 years and 3 doses after 15 years. Principal madam appreciated the efforts of NSS Program officers: Prof. Sangeeta Malhotra, Prof. Sunita Verma, Dr. Deepak Jyoti, Prof. Jyoti Saini and Dr. Parveen Saini for the successful organisation of the event. Principal madam honoured the guests by presenting them souvenirs having insignia of the college. Dr. Kulwinder Kaur, Prof. Randeep, Dr. Sonam Gupta, Dr. Anjna Malhotra, Dr. Neenu Sharma, Prof. Sonia, Prof. Poonam, Prof. Kusum, Prof. Meenu Gupta, Prof. Sheilika, Prof. Vandana, Prof. Romya were also present to mark the eminence of the day.



**02 Mar 2024** Electoral Literacy Club and NSS Department organized a voting awareness campaign under the able guidance of Principal Dr. Sushma Gupta and Mr. Indu Gupta, Secretary, Managing Committee related to upcoming assembly elections under SWEEP activities on 2nd March, 2024.

A team of four members deputed by DC Office, Gurdaspur visited the college. They trained the students about the process of casting of vote. They elaborated the dos and don'ts. Most of the students were new electors and will participate in election process first time. They participated in this activity enthusiastically. Members of Electoral literacy Club- Dr. Parveen Saini, Ms. Dilpreet Kaur, Ms. Jasmine, Ms. Kanika along with NSS Programme Officers Mrs. Sangeeta Malhotra, Mrs. Sunita Verma, Dr. Deepak Jyoti and Mrs. Jyoti Saini were also there to guide the students about the power of casting fair vote. At the end of the event, madam Principal expressed her gratitude to the guests and appreciated the concerned departments for their efforts.





**04 Mar 2024** NSS and Home Science departments organised a motivational lecture on Advanced Leadership Programme for Holistic Development Of Women under the able guidance of Principal Dr. Sushma Gupta and Mr. Dharam Indu Gupta, secretary, Managing Committee on 4th March, 2024. Ms. Abha Nanda, Business Coach, Mentor, Author and Corporate Trainer, was the Resource Person and the Chief Guest.

Principal Dr. Sushma Gupta and Ms. Sangeeta Malhotra along with other staff members welcomed her with potted plant under Green Initiative. Ms. Sangeeta Malhotra introduced the Special Guests, the members of Innerwheel Club, Gurdaspur- Ms. Prashansa Sharma, President, Ms. Neeti Behl , Ms. Seema Mahant, Ms. Deepti Aggarwal, Ms. Sonia Sachhar and Ms. Priyanka to everyone present there. In her welcome address, Dr. Sushma Gupta commended the efforts of Ms. Abha in upskilling employees in specific areas and enhancing their leadership skills, strategic thinking, and personal development.

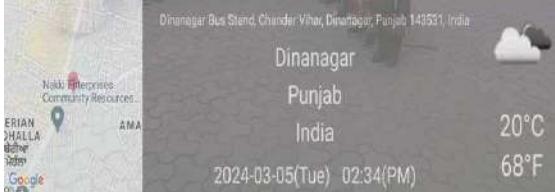
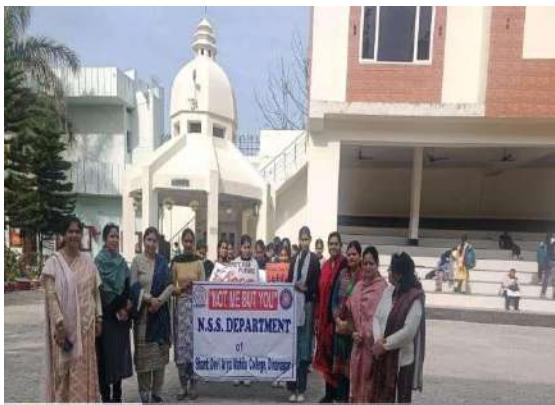
Ms. Abha signified the importance of adaptability and resilience and described how the two are interrelated. While adaptability refers to the ability to adjust to new situations and circumstances, resilience is the ability to recover from setbacks and overcome difficulties. The students were also briefed with the concept of Fear which is a fundamental emotion that is wired deeply inside each of us. F.E.A.R: False Evidence Appearing Real that appears real, even though it may have no real substance. The stage was well conducted by Ms. Dilpreet Kaur, Head, Department of English.

All the students thoroughly enjoyed the lecture. On this occasion, the Innerwheel club donated a sum of 5000/- to five students giving ?1000 to each student having strong academics but weak financial conditions. The organisation also donated a huge number of books of English Honours to English Department. After the wonderful session, Madam Principal thanked Ms. Abha for her motivational and inspiring talk and honoured her with souvenir and a shawl.



**05 Mar 2024** With the collaborative efforts of Buddy Group, Electoral Literacy Club and NSS Department organized a voting awareness campaign under the able leadership of Principal Dr. Sushma Gupta and Mr. Indu Gupta, Secretary, Managing Committee related to upcoming assembly elections under SWEEP activities on 5th March, 2024.

To make the students aware of their right to vote for better India, a poster making competition was organised. A rally of students along with few teachers was also moved with the recitation of slogans related to voting awareness. Madam Principal appreciated the concerned departments for their efforts.



**22 Apr 2024** Eco Club in collaboration of Science department, F.D department & NSS department, under Environment Education Program & under guidelines of State Nodal Agency, Punjab State council for Science and Technology catalyzed and supported by NCSTC, DST, GOI, under the supervision of Principal Dr. Sushma Gupta, Management Secretary Sh. Dharm Indu Gupta, Eco club coordinator Mrs. Sunita Verma, celebrated World Earth Day on 22nd April 2024.

On this day Workshop on best out of waste and poster making competition was organised, in which the students participated enthusiastically. Principal madam threw light upon theme for Earth Day 2024, "Planet vs. Plastics. She told that this theme emphasizes the need for collective action to repair and heal the planet's ecosystems, combat climate change, and preserve

biodiversity. For the best out of waste activity, Various articles made were Tin Seater, plastic bottles Pots, waste material Bags, Embroidered clock, Pen stand , peacock toy, birds nest, tyres seater etc. from Waste Materials like: jute, plastic bottles, waste fabric, coconut, threads, wool, papers , colour, cardboard etc. During this day Dr. Kulwinder Kaur (PRO), Mrs. Sunita Verma, Mrs. Randeep Dhoot, Dr. Deepak Jyoti, Dr. Parveen Saini, Dr. Neenu Sharma, Dr. Sonam Gupta, Dr. Anjna Malhotra, Mrs. Jyoti Saini, Mrs. Sangeeta Malhotra, Mrs. Meenal Gupta, Mrs. Vandana and Ms. Rajwant were also present to enhance the grace of the occasion







# बेस्ट आउट ऑफ वेस्ट विषय पर कार्यशाला और पोस्टर मेकिंग प्रतियोगिता का आयोजन



स्वर्णभूमि टाइम्स न्यूज, दीनानगर (डॉ. रमेश सरंगल) : राज्य नोडल एजेंसी, पंजाब स्टेट काउंसिल फॉर साइंस & टेक्नोलॉजी, चंडीगढ़ (भारत सरकार), एन.सी. एस.टी.सी, डी.एस.टी, भारत सरकार द्वारा अनुदानित शांति देवी आर्य महिला कॉलेज दीनानगर के इको क्लब, विज्ञान विभाग, एफ.डी. विभाग और एनएसएस विभाग के सहयोग से पर्यावरण शिक्षा कार्यक्रम के तहत प्रिंसिपल डॉ. सुषमा गुप्ता, प्रबंधन सचिव धर्म इंदु गुप्ता, इको कॉलेज सामाजिक समीक्षा वर्षा नी

आउट ऑफ वेस्ट" विषय पर एक कार्यशाला और पोस्टर मेकिंग प्रतियोगिता का आयोजन करके "विश्व पृथ्वी दिवस" मनाया, जिसमें छात्रों ने उत्साहपूर्वक भाग लिया और वन्य जीवों के संरक्षण और पर्यावरण को प्रदूषण मुक्त बनाने का संकल्प लिया।

इस दौरान डॉ. कुलविंदर कौर (पीआरओ), सुनीता वर्मा, रंदीप धूत, डॉ. दीपक ज्योति, डॉ. परवीन सैनी, डॉ. नीनू शर्मा, डॉ. सोनम गुप्ता, ज्योति सैनी, संगीता मल्होत्रा, मीनल गुप्ता और वंदना भी इस अवसरा की स्पोषण उपरोक्ते के लिए

# बच्चों ने पर्यावरण को प्रदूषण मुक्त बनाने का संकल्प लिया

भास्कर न्यूज़ | दीनानगर

स्टेट नोडल एजेंसी, पंजाब स्टेट कार्डिनल फॉर साइंस एंड टेक्नोलॉजी, एनसीएसटीसी, डीएसटी, भारत सरकार द्वारा अनुदानित शांति देवी आर्य महिला कॉलेज दीनानगर के इको कलब, विज्ञान विभाग, एफडी विभाग और एनएसएस विभाग की ओर से पर्यावरण शिक्षा कार्यक्रम के तहत प्रिसिपल डॉ. सुष्मा गुप्ता और प्रब्रह्मन सचिव धर्म इंदु गुप्ता के मार्गदर्शन में विश्व पृथ्वी दिवस मनाया गया। इस दैशन इको कलब समन्वयक सूनीता वर्मा के संचालन में 'बेस्ट आउट ऑफ बेस्ट' विषय पर कार्यशाला और



पोस्टर मेंकिंग प्रतियोगिता करवाई गई। छात्राओं ने बन्य जीवों के संरक्षण और पर्यावरण को प्रदूषण मुक्त बनाने का संकल्प लिया। प्रिसिपल डॉ. सुष्मा गुप्ता ने पृथ्वी दिवस की थीम 'एलेनेट बनाना

'प्लास्टिक' पर प्रकाश डालते हुए कहा कि यह विषय ग्रह के पारिस्थितिकी तंत्र की मरम्मत और उपचार, जलवायु परिवर्तन से निपटने और जैव विविधता को संरक्षित करने के लिए सामूहिक

कार्यवाई की आवश्यकता पर जोर देता है। बेस्ट आउट ऑफ बेस्ट के तहत बेस्ट से टिन सीटर, प्लास्टिक की बोतलें, बर्तन, बेकार सामान से बैग, कढाई वाली धड़ी, पेन स्टैंड, मोर खिलौना, पक्षियों का घोसला, टायर सीटर आदि विभिन्न वस्तुएं जूट, प्लास्टिक की बोतलें, बेकार कपड़ों, नारियल, धागे, कून, कागज, रंग, कार्डबोर्ड से तैयार की गईं। इस मौके पर पीआरओ डॉ. कुलविंदर कौर, सुनीता वर्मा, रंदीप धूत, डॉ. दीपक ज्योति, डॉ. परवीन सैनी, डॉ. नीनु शर्मा, डॉ. सोनम गुप्ता, ज्योति सैनी, संगीता मल्होत्रा, मीनल गुप्ता, बदना व अन्य मौजूद थे।

**08 May 2024** Science department, Ek Bharat Shreshth Bharat Club, Red Ribbon Club and NSS department celebrated "World Thalassemia Day" on 8th May, 2024 under the able guidance of Principal Dr. Sushma Gupta and Sh. Dharam Indu Gupta, Secretary, Managing Committee. Commencing the event, Principal Madam threw light upon the theme which was "Empowering Lives, Embracing Progress: Equitable and Accessible Thalassaemia Treatment for All".

She told that Thalassemia is an inherited (i.e., passed from parents to children through genes) blood disorder caused when the body doesn't make enough of a protein called hemoglobin, an important part of red blood cells. She added that there are two types of thalassemias due to mutation in genes i.e., Alpha thalassemia: when a gene or genes related to the alpha globin protein are mutated and Beta thalassemia: when similar gene defects affect production of the beta globin protein. Mrs. Sunita Verma (EBSB Coordinator) made the students aware about the difference between thalassemia minor and major. She added that mutation in one gene causes

thalassemia minor causing mild signs and symptoms of anaemia and mutation in two genes cause thalassemia major, or Cooley anemia leading to moderate to severe signs and symptoms of anaemia. She told that the Primary prevention for thalassemia focuses on education and genetic counseling. These measures can help to prevent the birth of patients with thalassemia. She gave awareness by telling that Thalassemia is a treatable disorder that can be well-managed with blood transfusions, chelation therapy and Bone marrow transplantation. Principal Madam appreciated the efforts of said departments for successful organisation of the event. Dr. Parveen Saini, Dr. Sonam Gupta, Mr. Mohit Agarwal, Mrs. Shelika were also present to enhance the grace of the occasion.

