



GURU NANAK COLLEGE

Postgraduate Multi Faculty Premier College
KILLIANWALI, DISTT. SRI MUKTSAR SAHIB (Pb.) - 151211
NAAC Accredited Grade "B"

Recognized by U.G.C. Under Section 2 (f) & 12 (B) & Permanently Affiliated to Panjab University Chandigarh

6.2.1

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Principal
Guru Nanak College
Killianwali (Sri Muktsar Sahib)



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NSS ACTIVITIES 2021-22

Sr no.	Activity	Date
1	COVID-19 vaccination camp by COVID-19 Precautionary Committee in collaboration with NCC, NSS, Red Cross society, and Youth Leadership Club	28-July -2021
2	National Level Online Quiz Competition on International Youth Day by NSS and Youth Leadership Club	12 th to 15 th August 2021
3	Online Extension lecture by Miss Fanny Chawla (Assistant Professor in History), DAV College Abohar on "India Got Independence in 1947 and why not Earlier"?	14 th August 2021
4	Celebration of NSS day	24 th September 2021
5	Online Quiz Competition on Gandhi Jayanti by NSS and Red Cross society	30 th Sept to 03 rd October 2021
6	Extension lecture to celebrate International day of Girl Child by Miss Venika Sukhija	11 th October 2021
7	Online celebration of National Unity day by Thinkers society and NSS	31 st October 2021
8	Online pledge campaign on Eco friendly Diwali	03 rd and 04 th November 2021
9	Celebration of Constitution day by NSS and NCC	26 th November 2021
10	One day camp cum workshop on Yoga for Good mental health	01 st December 2021
11	Online pledge campaign on New Year Resolution	28 th to 31 st December 2021
12	Celebration of National Youth Day by NSS, NCC, Youth Leadership club and Red Cross society	11 th and 12 th January 2022
13	Celebration of National Girl Child Day	24 th January 2022
14	Celebration of National Voters Day	25 th January 2022
15	Anti drug E-pledge campaign by NSS and Buddy Group	24 th to 28 th February 2022
16	Celebration of International Women's Day	07 th and 08 th March 2022
17	7-Days N.S.S. camp on Swachh Bharat Abhiyan and Jal Shakti Abhiyan	25 th to 31 st March 2022
18	Live telecast of Pariksha pe Charcha 2022 jointly hosted by NSS and NCC	01 st April 2022
19	One Day Camp on Creating awareness among students regarding Harmful impacts of Tobacco	25 th May 2022
20	One Day camp on Yoga	21 st June 2022

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Celebration Of NSS Day




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23rd - 24th Sept. 2021.

Celebration of NSS Day.
 (Both in Online and offline Mode)

On the occasion of NSS Day, Firstly an Online Pledge Campaign was organised from 23rd to 24th Sept. 2021, in which a total of 107 people participated. The theme of Online pledge was Conservation of natural resources and their optimal utilisation. Further, in Offline Mode, an Introductory session was organised on 24th Sept. in College premises on the Motto of NSS: "Not Me but You". This session focused on Introduction about the Aim and Objectives of NSS. Programme officer Ashish Bagla made it clear to the students about the benefits and importance of NSS in our career and life. Principal Dr. Swinder Singh Thakur urged the students to work for the welfare of society in best possible manner and with full sincerity and dedication.

Ashish
 (NSS P.O.)

Swinder
 (Principal)

Dabwali Darshan
 25-9-21
गुरु नानक कॉलेज में परिचयात्मक सत्र आयोजित



इबतवाली दर्शन और उद्देश्य के उच्च व्याख्यान आयोजित किया गया। इसमें 100 प्रतिभागियों ने हिस्सा लिया। इसका विषय कुदरती संसाधनों का संरक्षण व सर्वोत्तम उपयोग था। प्राचार्य डॉ. सुन्दर सिंह ठाकुर ने छात्रों से आग्रह किया कि हम सबको मानवता जाति के कल्याण के लिए जहाँ तक संभव हो, समर्पित होना चाहिए।

कॉलेज में एनएसएस डे पर परिचयात्मक सत्र का आयोजन



समाज, शिक्षकों और कार्यस्थल के प्रति अपनी जिम्मेदारियों के निर्वहन के बारे में बताया। उन्होंने छात्रों से वे आह्वान किया कि जहाँ तक संभव हो सके हमें अपने आस पास समाज व देश के प्रति समर्पित होना चाहिए व निरन्तर धैर्य से काम करना चाहिए। इसके अलावा 23 और 24 सितंबर 2021 को एक ऑनलाइन प्रतियोगिता आयोजित किया गया जिसमें लगभग 100 प्रतिभागियों ने हिस्सा लिया। इसका विषय कुदरती संसाधनों का संरक्षण व सर्वोत्तम उपयोग था। प्राचार्य डॉ. सुन्दर सिंह ठाकुर ने छात्रों से आग्रह किया कि हम सबको मानवता जाति के कल्याण के लिए जहाँ तक संभव हो, समर्पित होना चाहिए।

25th Sept. 2021

Lahoo Ki Lau



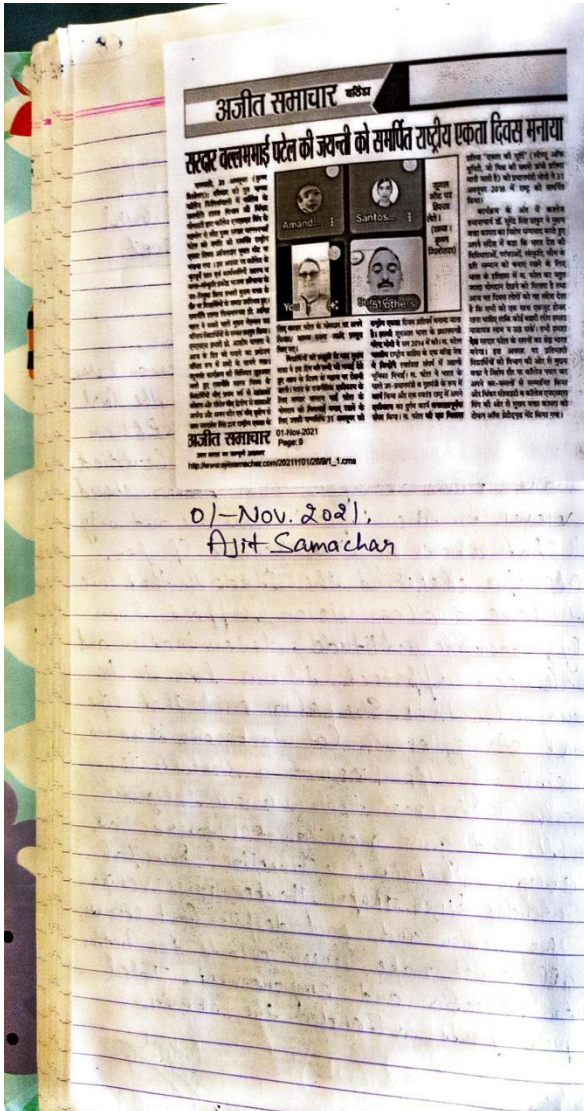
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31st Oct-2021

Online Celebration of National Unity Day 2021 at 4PM on Google Meet, jointly organised by Deptt. of Political Science through Thinkers' Society and NSS unit.

National Unity Day was celebrated by Guru Nanak College, Killianwali through joint efforts of Thinkers' Society of Deptt. of Political Science and NSS unit using Google Meet at 4PM in which various students of Political Science presented their views about Sardar Vallabh bhai Patel and shared the message of National Unity and Integrity. In this event, Shri. Krishan Kumar Nizalg Ji from M. Dabwali arrived in the college as Guest and blessed the students with his valuable words of wisdom. At the end, the students were honoured and motivated to participate in such kind of activities. Principal Dr. Swinder Singh Thakur said that S. Vallabh Bhai Patel had worked for Unity of Nation and we all should follow the practices to promote National Unity at maximum level.

Ashish
(NSS)
AP
(Thinkers' Society)
Star
(Th...)


Principal
Guru Nanak College
Killianwali (Sri Muktsar Sahib)

ऑन लाईन प्रतिज्ञा अभियान आयोजित

इबपालो (लहू को लौ) गुरु प्राचार्य डॉ. सुन्दर सिंह ठाकुर नानक कॉलेज किल्लियानवाली की ने एन.एस.एस. के प्रयासों की एनएसएस इकाई की ओर से सराहना करते हुए कहा कि दिवाली के अवसर पर 3 से 4 वर्तमान में हमें पर्यावरण के नवंबर, 2021 तक पर्यावरण के खिलाफ मानव द्वारा की जाने अनूकूल दिवाली विषय पर एक वाली गतिविधियों के हानिकारक ऑनलाइन प्रतिज्ञा अभियान का प्रभावों का विश्लेषण करना आयोजन किया गया। एनएसएस चाहिए। पर्यावरण हम सभी के प्रभारी प्रो. आशीष बाघला ने जीवन का स्रोत है और इसलिए यतावत कि यह अभियान पर्यावरण हम सभी को इसकी बेहतर तरीके प्रदूषण के बारे में लोगों को से रक्षा करने चाहिए। अलग-जगहक करने और पटाखों का अलग त्योहार हमारे जीवन को उपयोग कम करने के लिए खुशियों से भरने के लिए होते हैं आयोजित किया गया। इस लेकिन हमें इस प्रक्रिया में ऑनलाइन प्रतिज्ञा अभियान में पर्यावरण का भी ध्यान रखना कुल 80 लोगों ने भाग लिया। चाहिए।

*Lahoo
ki Lau
05-Nov-2021*

72
03-04-Nov-2021

Online Pledge Campaign on "Eco-friendly Diwali 2021" by NSS.

To Celebrate Diwali 2021 in an Environmental friendly manner and to aware people on the aspect of Environmental pollution, NSS unit organised an Online Pledge Campaign on 3rd and 4th Nov, 2021 on the topic "Eco-friendly Diwali".

Total 80 people participated in this campaign. Principal Dr. Suresnder Singh Thakur said on this occasion that we must check and analyze the human intervention in natural resources and we should celebrate various Festivals by minimizing the harmful impacts of our processes on the environment. Dr. Thakur congratulated all on the occasion of Diwali and prayed for the happiness of all.

*Ashus
(NSS)*

*S. Singh
(Principal)*



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गुरु नानक कॉलेज में मनाया संविधान गठन दिवस

इकबतारी, 26 नवंबर (कृष्ण विजयदशमी): गुरु नानक कॉलेज किल्लियानवाली की परम्पराओं और परम्पराओं को परम्परागत और आधुनिक रूपों में संविधान गठन दिवस मनाया। परम्परागत प्रभारी प्रो. अशोक कश्यप और आधुनिक प्रभारी प्रो. अशोक विहल ने संविधान को बनाया कि इस दिन 11 बजे सुदूर पर भारतीय राष्ट्रपति के साथ सम्मान का शिवाज करने के लिए एकत्रित हुए। छात्रों ने लोकसभा अध्यक्ष और भारत के राष्ट्रपति के कार्ड को सुना और इस कार्यक्रम में भाग लिया। छात्रों ने भारतीय संविधान की प्रस्तावना को पढ़ा। इसका अर्थ और महत्व को समझने के लिए एक कार्यक्रम के माध्यम से छात्रों को प्रेरित किया।

इसके अलावा परम्परागत प्रभारी प्रो. अशोक कश्यप द्वारा सत्य प्रथम समारोह और संविधान की प्रस्तावना का वाचन भी किया गया, जिसमें छात्रों ने भारतीय संविधान द्वारा परिभाषित न्याय, समानता के अधिकार और स्वतंत्रता के अधिकार को बनाए रखने की सव्यता ली। प्रयासों में सुरेश सिंह ठाकुर ने इन प्रयासों को सहायता करने हुए कहा कि भारतीय संविधान हमें अपने कर्तव्यों के प्रति जिम्मेदार होने के लिए मार्गदर्शन करता है और यह हमारे देश में समानता और न्याय को भी बढ़ावा देता है। उन्होंने स्टार और छात्रों से हमारे भारतीय संविधान और इसके प्रावधानों के प्रति समर्पित रहने को अपील की।

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26-Nov.-2021




Celebration of Constitution Day by NSS and NCC.

On 26th November 2021, Constitution day was celebrated / observed jointly by NSS and NCC unit of Guru Nanak College, Killianwali under the supervision of Prof. Ashish Baghla and Prof. Manoj Jindal.

Firstly, a total of 40 students took part in Online streaming of President's address on Youtube and then Oath taking ceremony was done by Ashish Baghla in which all the students took pledge to work for the efficient implementation of basic rights given by Constitution ~~in~~ its Preamble.

The students also shared the preamble images on social media. (total 30 students)

Principal Dr. Surinder Singh Thaker congratulated all on this occasion and appealed the teachers and students to stay dedicated towards the duties defined by our Indian Constitution.



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गुरु नानक कॉलेज में राष्ट्रीय युवा दिवस मनाया

गुरु नानक कॉलेज में राष्ट्रीय युवा दिवस के अवसर पर 12 जनवरी को ऑनलाइन लेक्चर का आयोजन किया गया। प्रिंसिपल डॉ. सुरिंदर सिंह ठाकुर ने युवाओं को प्रेरित किया और उन्हें अपने जीवन में स्वामी विवेकानंद जी के विचारों को अपनाने का आह्वान किया।

Lakho Ki Lau
13-Jan-2022

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11-12-Jan-2022

PROCEEDINGS OF CELEBRATION OF NATIONAL YOUTH DAY

National Youth Day dedicated to the birthday of Swami Vivekananda ji was celebrated by various online activities by Guru Nanak College, Killianwali. A national level online quiz competition was jointly organized by N.S.S. unit, Youth Leadership Club and Red Cross Society on 11th and 12th January, in which a total of 231 participants from various institutions and states participated and in which e-certificates were issued to about 200 participants securing at least 80% marks.

Quiz Theme : Life events of Swami Vivekananda.

NSS *Ashish*
Youth Leadership Club *Prince Singla*
Red Cross Society *Manik Jindal*

Principal *Prince Singla*
G.N. College, Killianwali
(Sri Muktsar Sahib) 13/1/2022

गुरु नानक कॉलेज स्वामी विवेकानंद जी के जन्मदिवस ऑनलाइन गतिविधियों के द्वारा मनाया

स्वामी विवेकानंद जी के जन्मदिवस के अवसर पर 12 जनवरी को ऑनलाइन लेक्चर का आयोजन किया गया। प्रिंसिपल डॉ. सुरिंदर सिंह ठाकुर ने युवाओं को प्रेरित किया और उन्हें अपने जीवन में स्वामी विवेकानंद जी के विचारों को अपनाने का आह्वान किया।

Triveni Keshri
13-1-22

PROCEEDINGS OF CELEBRATION OF NATIONAL YOUTH DAY

On the occasion of National Youth Day, Guru Nanak College, Killianwali through its NSS and NCC unit organized an Online Lecture on January 12th at 12:15 pm, through Google Meet (Google Meet ID: rdk-yced-imq) the theme of which was "Role of Swami Vivekananda's thoughts in present scenario for students". This lecture was delivered by NSS Incharge Prof. Ashish Baghla. The session was started by NCC incharge Prof. Prince Singla while giving introduction about the life of Swami Vivekananda and he congratulated everyone on National Youth Day. After that Prof. Ashish Baghla, while starting the lecture, gave detailed information to the students about 12 important thoughts related to the life of Swami Vivekananda and he encouraged the students by giving practical examples about the basis of our spirituality, work and determination in life. Principal Dr. Surinder Singh Thakur inspired the students to become successful by adopting the thoughts and principles of Swami Vivekananda in their lives. He said that we all need to evaluate ourselves everyday so that we can identify our shortcomings and overcome them to achieve our goals. At the end, NCC co-incharge Prof. Manik Jindal heartily thanked all the people present and thanked Principal Dr. Thakur ji for encouraging us to do such kind of activities. 31 students participated in this.

NSS *Ashish*
NCC *Prince Singla*

Principal *Prince Singla*
G.N. College, Killianwali
(Sri Muktsar Sahib) 13/1/2022

Principal *Prince Singla*
Guru Nanak College
Killianwali (Sri Muktsar Sahib)

Poster making on National Girl Child Day





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गुरु नानक कॉलेज में राष्ट्रीय बालिका दिवस मनाया

24 जनवरी, 2022 को राष्ट्रीय बालिका दिवस मनाया गया। इस अवसर पर छात्रों ने विभिन्न विषयों पर पोस्टर तैयार किए और सोशल मीडिया पर साझा किए।

जीएन कॉलेज की एनएसएस इकाई ने मनाया राष्ट्रीय बालिका दिवस

24 जनवरी (एनएसएस इकाई) जीएन कॉलेज की एनएसएस इकाई ने राष्ट्रीय बालिका दिवस मनाया। इस अवसर पर छात्रों ने विभिन्न विषयों पर पोस्टर तैयार किए और सोशल मीडिया पर साझा किए।

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Lahoo Ki Laha
 25-Jan-2022

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PROCEEDINGS OF CELEBRATION OF NATIONAL GIRL CHILD DAY (24TH JANUARY 2022)

Guru Nanak College Killianwali celebrated National Girl Child Day through its NSS unit on 24th January, 2022. On this occasion, NSS volunteers prepared posters on various topics while remaining at their homes and shared it on social media. The purpose of this activity was to sensitize the people towards issues like Girl Education, Ratio of girls in population, Promoting spending on education of girls than marriages etc. NSS incharge Prof Ashish Bagla appealed the people to stop discrimination and promote girl education to let them live a equal life in this society. Principal Dr. Surinder Singh Thakur appreciated the efforts of N.S.S. and said that our Government is doing a lot of efforts for bringing equality of girls in the society but our social factors like restricting girls from moving outside for education or jobs are few major problems in our society. Every change needs support from all dimensions of the system and we all must work for promoting equal rights to girls for better future of our country. He congratulated all on the occasion of National Girl Child Day and prayed for better Economic and social status of girls in our society.

Principal
 G.N.College, Killianwali
 (Sri Muktsar Sahib)

Ajit
 Samachar
 25-1-22

Principal
 Guru Nanak College
 Killianwali (Sri Muktsar Sahib)



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गुरु नानक कॉलेज ने गुगल मीट पर राष्ट्रीय मतदाता दिवस मनाया

आज के दिन हमें एक सच्ची आशा है कि हमारे देश में एक नए युग की शुरुआत हो सके। हमें एक ऐसे नेता की आवश्यकता है जो हमारे देश के लोगों को एक साथ ला सके और हमें एक ऐसे नेता की आवश्यकता है जो हमारे देश के लोगों को एक साथ ला सके।

Lahoo kr Lau
26-Jan-2022

गुरु नानक कॉलेज में धनारसरस इकाई ने गुगल मीट पर राष्ट्रीय मतदाता दिवस मनाया



गुरु नानक कॉलेज में धनारसरस इकाई ने गुगल मीट पर राष्ट्रीय मतदाता दिवस मनाया। इस अवसर पर प्रिंसिपल डॉ. सुरिंदर सिंह थकुर ने राष्ट्रीय मतदाता दिवस की शुरुआत की।

Public Manch
26-Jan-2022

PROCEEDINGS OF CELEBRATION OF NATIONAL VOTERS DAY (25TH JANUARY, 2022)

Guru Nanak College, Killianwali through its NSS unit celebrated National Voters Day on Google Meet (Meeting ID: spw-mhdc-ytw). In this Online event, the teaching staff and students participated and took Online pledge to cast vote without any fear, greed or on the basis of religion or caste. The event started with introduction of National Voters Day and its importance explained by NSS incharge Prof. Ashish Baghla. Then Online Pledge taking ceremony was held in which Prof. Ashish Baghla started reading the pledge and the participants repeated the words to be a part of pledge words. The Participants ensured that they shall abide the dignity of democracy and will cast independent votes in favour of betterment of our country. The students also shared the image of National Voters Day on social media for awareness purpose. College Principal Dr. Surinder Singh Thakur said that India as a democratic country provides us right to choose our representatives and we all should be thankful to our freedom fighters who fought for this right and with their hard efforts we could get Independence from British Government. He said that we all should encourage a fearless type of voting in our area as far as possible and we should encourage other eligible voters also to cast vote on the day of elections.

About 30 participants attended this session.

Ashish
NSS

Principal
Principal
G.N.College, Killianwali
(Sri Muktsar Sahib)

गुरु नानक कॉलेज में अंतर्राष्ट्रीय महिला दिवस के उपलक्ष में 2 दिवसीय ऑनलाइन प्रतिज्ञा अभियान का आयोजन

डबवाली (त्रिवेणी केसरी)
गुरु नानक कॉलेज किलियांवाली ने अपनी एनएसएस इकाई के माध्यम से अंतर्राष्ट्रीय महिला दिवस 2022 मनाते के लिए 2 दिवसीय ऑनलाइन प्रतिज्ञा अभियान का आयोजन किया। यह अभियान युवा कार्यक्रम और खेल मंत्रालय, भारत सरकार से प्राप्त निर्देशों के अनुसार 7 से 8 मार्च 2022 तक आयोजित किया गया।

एनएसएस प्रभारी आशीष बाघला ने मीडिया को बताया कि भारत के विभिन्न राज्यों से इस ऑनलाइन प्रतिज्ञा अभियान में कुल 387 प्रतिभागियों ने हिस्सा लिया। उन्होंने

Triveni
Kesi
10-3-22

Ajit
Samachar
10-Mar, 2022

कहा कि यह ई-प्रतिज्ञा तीन मानकों पर आधारित था, पहला लैंगिक समानता को बढ़ावा देना, दूसरा महिलाओं के सम्मान को बढ़ावा देना और तीसरा आत्मनिरीक्षण करना और हमारे समाज में लड़कियों/महिलाओं के प्रति दृष्टिकोण में सुधार करना। प्राचार्य डॉ. सुरिंदर सिंह ठाकुर ने एनएसएस के प्रयासों की सराहना की और कहा कि वर्तमान समय में हमारे समाज और हमारे देश के हर

वर्ग में महिलाओं की समान भागीदारी की आवश्यकता है। हम हमेशा महिला सशक्तिकरण की बात करते हैं लेकिन हम इसे तभी हासिल कर सकते हैं जब हम इसकी शुरुआत खुद से करेंगे। उन्होंने अंतर्राष्ट्रीय महिला दिवस के अवसर पर सभी को बधाई दी और कहा कि हमारे समाज में महिलाओं की भूमिका उल्लेखनीय है। इसमें कॉलेज के कुल 10 शिक्षकों और लगभग 70 छात्रों ने भाग लिया।

दो दिवसीय ऑनलाइन प्रतिज्ञा अभियान आयोजित

डबवाली, 9 मार्च (कृष्ण गिलोतरा): गुरु नानक कॉलेज किलियांवाली को एनएसएस इकाई के माध्यम से अंतर्राष्ट्रीय महिला दिवस 2022 मनाते के लिए दो दिवसीय ऑनलाइन प्रतिज्ञा अभियान का आयोजन किया। यह अभियान युवा कार्यक्रम और खेल मंत्रालय, भारत सरकार से प्राप्त निर्देशों के अनुसार 7 से 8 मार्च 2022 तक आयोजित किया गया। एनएसएस प्रभारी आशीष बाघला ने मीडिया को बताया कि भारत के विभिन्न राज्यों से इस ऑनलाइन प्रतिज्ञा अभियान में कुल 387 प्रतिभागियों ने हिस्सा लिया। उन्होंने कहा कि यह ई-प्रतिज्ञा तीन मानकों पर आधारित थी, पहला लैंगिक समानता को बढ़ावा देना, दूसरा महिलाओं के सम्मान को बढ़ावा देना और तीसरा आत्मनिरीक्षण करना और हमारे समाज में लड़कियों/महिलाओं के प्रति दृष्टिकोण में सुधार करना। प्राचार्य डॉ. सुरिंदर सिंह ठाकुर ने एनएसएस के प्रयासों की सराहना की और कहा कि वर्तमान समय में हमारे समाज और हमारे देश के हर वर्ग में महिलाओं की समान भागीदारी की आवश्यकता है।

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अनार भारत का सम्पूर्ण अखबार
http://www.ajitsamachar.com/20220310/26/8/1_1.cms

7th to 8th March, 2022.

Celebration of International Women's Day 2022 by organising E-pledge Campaign from 7th to 8th March, 2022.

[News sent on 9th March, 2022]

PROCEEDINGS

CELEBRATION OF INTERNATIONAL WOMEN'S DAY 2022 BY ORGANISING E-PLEDGE CAMPAIGN FROM 7TH TO 8TH MARCH 2022

Guru Nanak College Killianwali through its NSS unit organised 2-days E-pledge campaign to celebrate International Women's Day 2022. This campaign was organised from 7th to 8th march 2022 as per the directions received from Ministry of Youth Affairs and Sports, Government of India. NSS incharge Prof. Ashish Baghla told the media that a total of 387 participants took part in this online pledge campaign from various states of India. He said that this e-pledge was based on three parameters which were one to promote gender equality, second to promote respect for women and third to introspect ourselves and improve the attitude towards girls/ladies in our society. Principal Dr. Surinder Singh Thakur appreciated the efforts of NSS and said that present time requires equal participation of women in every segment of our society and our nation. We always talk about women empowerment but we can achieve it only when we will start it from ourselves. He congratulated everyone on the occasion of international women's day and said that the role of women in our society is remarkable. In this activity, 10 teachers and about 70 students participated

Participation by teachers:-

1. Mr. Amit Behal
2. Mrs. Usha Goyal
3. Dr. Seema Rani
4. Mrs. Galaxy Gupta
5. Mrs. Manpreet Kaur
6. Ms. Gurbinder Kaur
7. Mr. Prince Singla
8. Mr. Ashish Baghla
9. Ms. Neha Thakur
10. Mrs. Harpreet Kaur

PRINCIPAL

Principal
G.N. College, Killianwali
(Sri Muktsar Sahib)

N.S.S. (P.O.)

Principal
Guru Nanak College
Killianwali (Sri Muktsar Sahib)

7 Days NSS Camp





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KILLIANWALI, DISTT. SRI MUKTSAR SAHIB (Pb.) - 151211

NAAC Accredited Grade "B"

स्वच्छ भारत व जल शक्ति अभियान पर शिविर का शुभारंभ



स्वच्छता के संकेत करते हुए स्वच्छ भारत अभियान, प्रबंधक सुरिंदर सिंह ठाकुर ने शुभारंभ किया। (स्वच्छ भारत अभियान)

शुभारंभ, 25 मार्च (कृपा विनम्रता): प्रमुख को गुरु नानक कॉलेज किल्लियानवाली में एनएसएस कार्यक्रम की ओर से शुभारंभ 'स्वच्छ भारत अभियान और जल शक्ति अभियान' पर 7 दिवसीय शिविर का शुभारंभ किया गया। शिविर प्रारंभ डॉ. सुरिंदर सिंह ठाकुर के कुशल मार्गदर्शन और कार्यक्रम अधिकारी अशिश बाघला की देखरेख में शुरू किया गया। यह शुभ होने से पहले सभी

स्वच्छता के संकेत करते हुए स्वच्छ भारत अभियान, प्रबंधक सुरिंदर सिंह ठाकुर ने शुभारंभ किया। (स्वच्छ भारत अभियान)

शुभारंभ, 25 मार्च (कृपा विनम्रता): प्रमुख को गुरु नानक कॉलेज किल्लियानवाली में एनएसएस कार्यक्रम की ओर से शुभारंभ 'स्वच्छ भारत अभियान और जल शक्ति अभियान' पर 7 दिवसीय शिविर का शुभारंभ किया गया। शिविर प्रारंभ डॉ. सुरिंदर सिंह ठाकुर के कुशल मार्गदर्शन और कार्यक्रम अधिकारी अशिश बाघला की देखरेख में शुरू किया गया। यह शुभ होने से पहले सभी

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http://www.ajitsamachar.com/2022/03/26/267/1_1.cms

स्वच्छ भारत अभियान और जल शक्ति अभियान विषय पर गुरु नानक कॉलेज में सात दिवसीय एनएसएस शिविर का हुआ आगाज एनएसएस से आती है सेवा की भावना: डा. ऊषा

स्वच्छता के संकेत करते हुए स्वच्छ भारत अभियान, प्रबंधक सुरिंदर सिंह ठाकुर ने शुभारंभ किया। (स्वच्छ भारत अभियान)

शुभारंभ, 25 मार्च (कृपा विनम्रता): प्रमुख को गुरु नानक कॉलेज किल्लियानवाली में एनएसएस कार्यक्रम की ओर से शुभारंभ 'स्वच्छ भारत अभियान और जल शक्ति अभियान' पर 7 दिवसीय शिविर का शुभारंभ किया गया। शिविर प्रारंभ डॉ. सुरिंदर सिंह ठाकुर के कुशल मार्गदर्शन और कार्यक्रम अधिकारी अशिश बाघला की देखरेख में शुरू किया गया। यह शुभ होने से पहले सभी



7 days CAMP from 25th to 31st March, 2022.
Theme - Swachh Bharat Abhiyan and Jal Shakti Abhiyan
Date 25-3-2022

1st DAY:- Guest lecture by Dr. Usha Sharma, NSS P.O, SSD Girls College, Bathinda on the topic "Introduction and Objectives of N.S.S" followed by Cleanliness drive in College Campus.

Today at Guru Nanak College Killianwali, 7-days N.S.S. camp was launched on the main theme "Swachh Bharat Abhiyan and Jal Shakti Abhiyan". This camp was started under the efficient guidance of Principal Dr. Surinder Singh Thakur and Programme Officer Ashish Baghla. All volunteers gathered in the seminar hall before the session and prayer was done to God for uninterrupted arrangements for this camp. On this occasion Dr. Usha Sharma, Associate Professor in Punjabi and NSS Programme Officer from S.S.D. Girls College, Bathinda reached the college for delivering a lecture on the topic "Introduction and Objectives of N.S.S". The lecture was started by Ashish Baghla, Programme Officer of NSS, who introduced today's guest to the volunteers and told them that Madam has been awarded as six times Best NSS Programme Officer and has been in the NSS for many years working with full dedication. Madam Dr. Usha Sharma began the lecture with the history of NSS. He told the students that the NSS Programme was started by the Government of India in 1969 on the 100th birth anniversary of Mahatma Gandhi. The purpose of NSS is to bring a sense of service to the thinking of the people and to support the people for rural development in India. Madam also told the volunteers that NSS was initially started with 40,000 volunteers at 40 universities, but now the total number has reached 40 lakh volunteers. She also told the students that the logo of NSS is designed in a way that red color signifies as the energy of the youth. Blue color signifies as unlimited as the color of the sky, white color shows peace and the 8 arrow in the NSS logo shows that volunteers must be prepared to serve society for 24 hours / 8 periods of 3 hours each a day. She also told the students that NSS gives us a distinct identity and sense of service to all others. She also discussed the qualities that should be there in NSS volunteers. At the end of her lecture, Madam thanked college management, Principal Dr. Surinder Singh Thakur, Programme Officer Ashish Baghla and volunteers for today's session. Principal Dr. Surinder Singh Thakur said that we have been waiting for this camp for the last 2 years because the Corona period had imposed some restrictions on such activities and now we Thank God that we are organizing this camp to develop students and sensitize them on environmental and social issues. He said that in the Corona period, doctors had actually shown that they are real volunteers that they were always ready to serve the infected people even after putting their lives in risk. He said that the motto of NSS "not me but you" has so much importance today because when we start thinking about others, Only then can we bring a big change and development in our country. He said that "Swachh Bharat Abhiyan and Jal Shakti Abhiyan" is led by Government with very serious efforts that they are focusing on the Clean Ganga Mission and the safe water in every house by 2024. He said that the present generation should be very humble to always be ready to serve their friends, their family and society without any greed or selfishness. He gave his best wishes to NSS Programme Officer Ashish Baghla and all the volunteers for 7 days of activities. This session was followed by a Cleanliness drive in the college campus in which all volunteers were divided into 5 groups of 10-10 and they cleaned N.S.S. Office, the area around S. Gurraj Singh Dhillon Monument, Auditorium Hall, Department of Business Management and Commerce. Finally, Programme Officer Ashish Baghla appealed to all the volunteers to make a routine habit to keep our surroundings clean to stay fit and healthy.

Ajita Samachar
26-Mar-2022
Pg-7.

Ashish
(NSS P.O.)

Dr. Usha
(Principal)

Principal
Guru Nanak College
Killianwali (Sri Muktsar Sahib)



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Principal
Guru Nanak College
Killianwali (Sri Muktsar Sahib)



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Principal
Guru Nanak College
Killianwali (Sri Muktsar Sahib)

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एनएसएस स्वयंसेवक इस तरह से करें सेवा की लोग गर्व महसूस करें : ठाकुर

बुधवार, 27 मार्च (कृष्ण गिलोसरा): गुरु नानक किल्लियांवाली की एनएसएस स्वयंसेवक ने शिविर के तीसरे दिन का शुभारंभ ईश्वर से प्रार्थना के साथ किया ताकि शिविर निरंतर चलता रहे। कार्यक्रम अधिकारी आशीष बाग्ला ने स्वयंसेवकों को नैतिक मूल्यों और इनसे कर्मों के कुछ पहलुओं के बारे में बताया। उन्होंने कहा कि इनसे कर्म हमें अपने जन्म में ले जाते हैं और सभी को अपने कर्मों का फल भोगना पड़ता है। इसलिए एनएसएस स्वयंसेवक होने के नए हमें अन्य लोगों के लिए उत्साह प्रदान करते हैं और हमारा सामाजिक व्यवहार अधिकतर मानदंडों के अनुसार

मना-पिना, शिवाको और समाज को इस तरह से गुरु महसूस कराएंगे कि वे किल्ला अथवा स्वयंसेवक करते हैं। यह में जगजुली और कोसरा शिविर पर बल दूरे सर्वे वीणाओं को सर्वे वला संद रखने को भी उत्साह दिया गया और उन्होंने कहा कि भी करियर पढ़ें, उन्हें पूर्ण समर्पण के साथ दूर करने का आश्वासन दिया। अंत में प्रार्थना हुई और शिविर ठाकुर ने कहा कि सभी लोगों के लिए जागरूकता आवश्यक है कि वे नियमित रूप से अपने कर्मों और सामाजिक स्वयंसेवकों को सार्वजनिक स्थानों या सड़कों पर कचरा फेंकने से बचाना चाहिए।

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http://www.ajitsamechar.com/2022/03/28/7/1_1.cms

Lahoo
Ki Lau
28-Mar-2022

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27-March, 2022

3rd DAY:- Cleanliness drive in Government Senior Secondary Smart School, Killianwali.

The NSS unit of Guru Nanak College Killianwali launched the third day of the camp today with a prayer to God that the camp continued uninterrupted. Programme Officer Ashish Baghla instructed the volunteers on moral values and certain aspects of our deeds. He said that our actions take us to the next life and everyone has to bear the fruits of their actions. Therefore, as NSS volunteers, we should try to be examples for other people that our discipline and our social behavior should be strictly according to the necessary norms. He also said that as men we should respect women as much as possible because it is taught in different religions, Vedas etc. The first volunteers cleaned the stage, chairs and tables in the auditorium hall. Principal Dr. Surinder Singh Thakur wished the volunteers for today's activities and said that NSS volunteers should serve the society in such a way that they, their parents, teachers and society should be proud of how well they behave. He sent Programme officer and volunteers on a sanitation campaign in the village Killianwali, where the government senior secondary smart school area was to be thoroughly cleaned. Sarpanch Sri Lal Chand Lali also met with volunteers and wished him all the best for his NSS camp. He said that there is a great need for education today where students can shape their future with the right guidelines of their superiors. Yesterday's survey results on water supply and corona management in the village were also presented to Sarpanch Sri Lal Chand Lali and wherever he found deficiencies, assured us to do away with complete dedication. Volunteers cleaned the school campus in 5 groups. Each group was allocated a special area of the school in which they picked up bricks and disposable bottles to clean the premises. They also cleaned corridors, grounds, platforms, volleyball courts, drinking water areas and connecting roads. After cleaning a particular area, volunteers continued to clean all areas with full dedication and teamwork. Finally, Principal Dr. Surinder Singh Thakur said that awareness is necessary for all people to try to keep their areas and public places clean regularly, so that others People should avoid throwing garbage in public places or on the streets.



विद्यामंढली पिंड मी

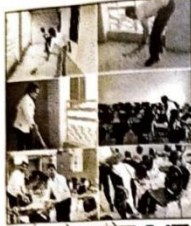
Adhwa
(NSS P.O.)

S.P.S.
(Principal)



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महिला सशक्तिकरण विषय पर समूह चर्चा का आयोजन



शोध, सकार और निजी क्षेत्र के विभिन्न क्षेत्रों में महिलाओं की भागीदारी बढ़ रही है। स्वयंसेवकों ने कहा कि भारत एक ग्रामीण देश है क्योंकि लगभग 70 प्रतिशत आबादी ग्रामीण क्षेत्रों में रही है, इसलिए यह अत्यंत महत्वपूर्ण है कि किसी भी स्वराज्यक बदलाव की शुरुआत गांवों से होनी चाहिए। कार्यक्रम अधिकारी सफाई करते समयसेवक व अन्य (सहायक कुम्भ मिलोतरा)

कलकत्ता, 28 मार्च (कुम्भ मिलोतरा): गुरु नानक कॉलेज किल्लियानवाली की एनएसएस इकाई द्वारा आज के दिवस के चौथे दिन का शुभारंभ इंटर से प्रार्थना के साथ किया गया। स्वयंसेवकों के लिए 'महिला सशक्तिकरण' विषय पर एक समूह चर्चा का आयोजन किया गया। स्वयंसेवकों ने हमारे देश में महिला सशक्तिकरण के मुद्दों और चुदाओं पर अपनी राय दी और उन्होंने कहा कि वे इस पहलू से खुश हैं कि शिक्षा, प्रशिक्षण से क्षेत्र की सफाई की।

इस तरह की चर्चा ग्रंथ विनिर्वाहवाली में आमजन के साथ की गई। स्वयंसेवकों ने जोर देकर कहा कि प्रत्येक परिवार को समाज की बेहोरी के लिए महिला सशक्तिकरण के महत्व को समझना चाहिए। इसके बाद महाविद्यालय में आयोजित आज के राष्ट्रीय संगेष्ठे को सम्पन्न गतिविधियों में भी स्वयंसेवकों ने अपनी सेवाएं दीं और उन्होंने डिजिटल बोर्डों और कपों के प्रशिक्षण से क्षेत्र की सफाई की।

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28th March, 2022

4th DAY: Group Discussion on "Women Empowerment" and Cleanliness drive in College premises.

The NSS unit of Guru Nanak College Killianwali launched the fourth day of the camp with a prayer to God that the camp continues to be uninterrupted. A group discussion on the topic "Women Empowerment" was organized for volunteers. The volunteers gave their opinion on the issues and suggestions of women empowerment in our country and they said that they are happy with the scenario that Participation of women in education, industry, various government organisations and private sector is increasing. Further volunteers said that India is a rural country as about 70% of the population lives in rural areas. Therefore it is very important that any positive change should begin with villages. Programme Officer Ashish Baghla inspired volunteers for such enlightening discussions. This discussion was done in Village Killianwali. The volunteers stressed that every family should understand the importance of women empowerment for the betterment of society. Volunteers then cleaned the college campus, auditorium hall and cleaned the area by picking up solid waste. Principal Dr. Surinder Singh Thakur said that the camp is going in the right direction and we hope that with the effort of our NSS unit on women empowerment and sanitation in the village Killianwali and all others, there will be positive change in the people. Later volunteers also served in the concluding activities of today's national seminar held in college and they managed disposable bottles and cups to clean the area.



Ajit
 (NSS P.O.)

S. Singh
 (Principal)



एनएसएस शिविर के पांचवें दिन स्वयंसेवकों ने निकाली जागरूकता रैली



जागरूकता रैली निकालने स्वयंसेवक व अन्य। (छविया: कृष्ण मिल्लेतरा)

अठारहवें 29 मार्च (कृष्ण मिल्लेतरा): एनएसएस शिविर के पांचवें दिन की शुरुआत गुरु नानक कॉलेज के स्वयंसेवकों द्वारा प्रयोग के साथ की गई, जिसमें कार्यक्रम अधिकारी अशोक बघला ने छात्रों द्वारा तैयार किये गये पोस्टरों को देखा 'हे प्रभु हमने कृषि करना कि हम अपने क्लास, कॉलेज, परिवार और समाज का नाम रोशन करें और हर एक आप हमारे मुसिबतें दूर करें'। कार्यक्रम प्रशासक डॉ. सुरिंदर सिंह ठाकुर ने कार्यक्रम अधिकारी अशोक बघला के साथ स्वयंसेवकों को गांधी विचारधारा के अंतर्गत जागरूकता रैली के लिए मार्ग दिशा दिया। स्वयंसेवकों ने पर्यावरण, शिक्षा, मिट्टी और जल प्रदूषण, जल संकटा और से संबंधित विभिन्न विषयों पर पोस्टर तैयार किए। रैली को शुरुआत गांधी के

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हे प्रभु, हम पे कृपा करना की हम अपनी क्लास, कॉलेज, परिवार और समाज का नाम रोशन करें हे प्रभु, हम पे कृपा करना की हम

5th DAY:- Awareness Rally in Village Killianwali by Volunteers

The fifth day of the NSS camp began with a prayer by volunteers from Guru Nanak College Killianwali in which Programme officer Ashish Baghla uttered the words repeated by the students "Lord, please, please, we illuminate the name of our class, college, family and society and you can overcome our difficulties all the time". Thereafter Principal Dr. Surinder Singh Thakur along with Programme Officer Ashish Baghla sent volunteers for an awareness rally in Village Killianwali. The volunteers prepared posters on various topics related to environmental sustainability, soil and air pollution, water conservation etc. The rally was started by volunteers from the panchayat house of Village Killianwali. They have "Water is life, there is water, then tomorrow is the same slogan of all of us, clean country, reduce our pollution and save future, Where will the grains be saved if they do not save the soil," started the rally by shouting slogans and showing posters on various issues. Stop burning the parali, save water, save electricity etc. The people of the village were happy with this campaign of volunteers. Volunteers suggested some new ways to save water to the people of the village. Principal Dr. Surinder Singh Thakur said that such rallies succeed when each of us starts following what we are saying. We all must use water, electricity and other resources properly so that natural resources can be managed permanently for all. Later by a lecture Ashish Baghla told the students that we all should keep a balance for our three goals in life. The first is to achieve your career goal, the second is to maintain your good health, Third, by identifying the shortcomings in our attitude towards spiritual life and society, we can overcome our mistakes. He said that we should serve our parents as much as possible and as we take care of the children in our homes. The same type of care should also be taken for our grandparents who have grown old and who continue to behave like children due to disability. Further he said that life is an opportunity to meet a supernatural power called God and only humans can do this if we start controlling our anger, greed, ego etc. and give regular time for devotion to God in your routine. He said that there are two types of rights: one for money and the other for time. If we do not care about it then every right we have to give back to others. Principal Dr. Surinder Singh Thakur said that all of us in our lives should make a routine to recognize what good and what bad we have done at the end of each day and we should try to improve those shortcomings. He said that by doing this assessment regularly we can improve our life and social behavior.

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Ashish
 (NSS P.O.)
 (Principal)



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Principal
Guru Nanak College
Killianwali (Sri Muktsar Sahib)

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पौधरोपण कले गुरु नानक कॉलेज एनएसएस के स्वयंसेवक व अन्य। (स्थल: कृष्ण गिलोतरा)

एनएसएस स्वयंसेवकों ने शिविर के छठे दिन किया पौधरोपण

डबवाली, 30 मार्च (कृष्ण गिलोतरा): बुधवार को गुरु नानक कॉलेज किलियावाली की एनएसएस इकाई के स्वयंसेवकों ने शिविर के छठे दिन को गुरुआत्मा प्रार्थना के साथ की और निरंतर शिविर गतिविधियों के लिए ईश्वर को धन्यवाद दिया। उन्होंने अपने जीवन को बेहतर और यादगार बनाने के लिए इस तरह की गतिविधियों से अधिक सीखने की प्रार्थना की। प्राचार्य डॉ. सुरिंदर सिंह ठाकुर ने स्वयंसेवकों और कार्यक्रम अधिकारी आशीष बाघला को गांव किलियावाली जाने का कलह जहाँ राजकीय वरिष्ठ माध्यमिक विद्यालय में कृषारोपण अभियान पंचायत सदस्य सरदार सुखदेव सिंह के सहयोग से आयोजित किया गया। प्रधानाचार्य सरदार अक्तर सिंह ने कार्यक्रम अधिकारी आशीष बाघला और सभी स्वयंसेवकों का स्वागत किया। तत्पश्चात उनके निर्देशानुसार स्वयंसेवकों द्वारा विद्यालय के विभिन्न भागों में सभी समूहों द्वारा टीम वर्क और आपसी सहयोग से पौधरोपण किया गया। इस कार्य में स्कूल के स्टाफ ने भरपूर सहयोग दिया। प्राचार्य डॉ. सुरिंदर सिंह ठाकुर ने राजकीय वरिष्ठ माध्यमिक विद्यालय किलियावाली के प्रधानाचार्य और पंचायत सदस्यों को उनके समर्थन और सहयोग के लिए धन्यवाद दिया।


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Ajit
 Samachar
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1100
 30th-March-2022

6th DAY:- Tree Plantation in Government Senior Secondary Smart School, Killianwali

Today the volunteers of the NSS unit of Guru Nanak College Killianwali started the sixth day of the camp with prayer and thanked God for the continuous camp activities. Principal Dr. Surinder Singh Thakur sent volunteers and Programme officer Ashish Baghla to Village Killianwali where plantation campaign was to be organized in the Government senior secondary smart school with the support of member Panchayat Sardar Sukhdev Singh Ji. Further Principal Sardar Avatar Singh welcomed Programme Officer Ashish Baghla and all the volunteers. He was happy that Guru Nanak College is thinking for environmental sustainability and school development in village Killianwali. Thereafter plantations were done in various parts of the school by volunteers as per his instructions. This plantation was done by all groups with teamwork and mutual support. The purpose of this plantation campaign is to motivate students studying in school to be sensitive towards our environment and to think about their future keeping in mind environmental protection. The school staff cooperated extensively in this task. Principal Dr. Surinder Singh Thakur thanked the Principal of Government Senior Secondary Smart School Killianwali and Panchayat members for their support and cooperation. He further said that the current situation in the international landscape is detrimental to environmental degradation. Increasing tensions between Russia, Ukraine and related countries pose a threat to the quality of our natural environment. Therefore, we should always think in the best possible way for the environment and keep working in a dedicated way for it.



Adms
 (NSS P.O.)

S. Singh
 (Principal)





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लड़कियों में गुंजन, लड़का म हप्पा प्यार

बेस्ट एनएसएस वालंटियर घोषित

दिल्ली में 7 दिनों के लिए चल रहा है। इसका उद्देश्य है कि युवाओं में एक नए प्रकार का भावनात्मक परिवर्तन आए। इस दौरान युवाओं को नैतिक, सामाजिक और व्यक्तिगत विकास के लिए प्रेरित किया जाएगा।

एनएसएस शिविर विभिन्न गतिविधियों के साथ सम्पन्न



पिप्रा-टीनम करते प्रयास हैं, सुरिंदर सिंह ठाकुर, सार्वभौमिक व अन्य। (छात्र - कृष्ण गिल्लरवाली)

दिल्ली में 31 मार्च (शुक्रवार) को शुरू किया गया। इस दौरान युवाओं को नैतिक, सामाजिक और व्यक्तिगत विकास के लिए प्रेरित किया जाएगा।

युवाओं में एक नए प्रकार का भावनात्मक परिवर्तन आए। इस दौरान युवाओं को नैतिक, सामाजिक और व्यक्तिगत विकास के लिए प्रेरित किया जाएगा।

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7th DAY:- Closing of 7-Days NSS Camp with Tree Plantation and Cleanliness drive in College campus.

The 7 day NSS camp by Guru Nanak College Killianwali concluded today with various activities. The day began with the usual prayer in which Programme Officer Ashish Baghla and all the volunteers thanked God for this camp and activities. He further prayed that their happy life. Programme Officer Ashish Baghla highlighted aspects of our deeds/karmas. He wrong, second while speaking something wrong and third while doing something wrong. By Various activities were organized in the college campus as directed by Principal Dr. Surinder Singh Thakur. First the auditorium hall was cleaned and then the college parking area was cleaned by volunteers. Thereafter, Principal Dr. Surinder Singh Thakur and Madam Usha Goyal, head of PG Department of Business Management and Commerce supported the hall in which Programme Officer Ashish Baghla presented Report of 7 days to Principal, staff days and thanked Panjab University Chandigarh for the successful organization of this camp. NSS Unit, College Management, Principal Sir, Staff Members, Village Killianwali Panchayat and Sarpanch Sri Lal Chand Lali for their cooperation and support. Madam Usha Goyal said save water. One should get used to cleaning our house and neighbouring areas so that we can learn some good habits from this camp. He congratulated the volunteers on the completion of the general situation in our country this camp could be organized in offline mode which was so the lockdown period. He said that NSS camp teaches us how to work in groups, how to have said that the present generation is forgetting the old culture when there was more respect for families have diminished the traditional values. He said that such camps teach us how to socialize. He said that volunteers continue to regularly care for the plants they plant in the Therefore, we should respect them and take care of them properly so that we can fulfil our responsibilities towards them. He congratulated Programme Officer Ashish Baghla and the on "saving water". Thereafter Principal Dr. Surinder Singh Thakur, Madam Usha Goyal, Assistant Professor Madam Neha Thakur, Programme Officer Ashish Baghla started the process of taking the Programme towards the end. Since the volunteers of this camp were divided into 5 groups. So in the end the group - 1st got the best group title. Volunteers was praised by giving gifts to Group Coordinator Happy Jindal, Jashpreet Singh, Mandeep Rani, Yashika, Sandeep Singh. During the camp, discipline in-charge Aakriti Singh, Mandeep Rani, Singh, Mandeep Rani, Shreshth and Kanwaljit Kaur were honored for their discipline maintenance. Ankur, a student of M.Com final year, was honored for his role as a voluntary assistant in this camp. BA-second year volunteer Rahul got title of Most Sincere NSS Volunteer (Boys) and B.Com. Second Year volunteer Diksha was awarded the title of Most Sincere NSS Volunteer (Girls). To conclude, B.Com. Final Year's Gunjan was awarded the Best NSS Volunteer (Girls) and B.Com Final Year's Happy Jindal with the Best NSS Volunteer (Boys). With this, today's camp ended successfully.

Lahoo Ki Lau
01-4-22

Ajit Semchur
01-Apr-2022
Pg-8

Adarsh
10/04/22

Principal
Guru Nanak College
Killianwali (Sri Muktsar Sahib)



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गुरु नानक कॉलेज में एक दिवसीय योग शिविर आयोजित योग को बनाए दिनचर्या का हिस्सा: सुरेंद्र ठाकुर

एक दिवसीय योग शिविर गुरु नानक कॉलेज में आयोजित किया गया। इस कार्यक्रम में प्रमुख अतिथि के रूप में श्री सुरेंद्र ठाकुर, प्रिंसिपल, गुरु नानक कॉलेज, किलियावाली, श्री मुक्तिशर साहिब (प.ब.) - 151211, शामिल हुए।

शिविर के दौरान श्री ठाकुर ने योग के महत्व और इसके स्वास्थ्य लाभों के बारे में विस्तृत व्याख्यान दिया।



श्री ठाकुर ने कहा कि योग हमारे जीवन का एक अविभाज्य हिस्सा है। यह हमारे शरीर, मन और आत्मा को एक साथ जोड़ता है।

उन्होंने कहा कि योग हमारे जीवन को और अधिक स्वस्थ और सुखद बना सकता है।

शिविर के दौरान श्री ठाकुर ने योग के विभिन्न प्रकारों के बारे में भी बताया।

शिविर के दौरान श्री ठाकुर ने योग के विभिन्न प्रकारों के बारे में भी बताया।

शिविर के दौरान श्री ठाकुर ने योग के विभिन्न प्रकारों के बारे में भी बताया।

गुरु नानक कॉलेज किलियावाली में योग दिवस की रही धूम



गुरु नानक कॉलेज किलियावाली में आयोजित योग दिवस का कार्यक्रम सफलतापूर्वक चल रहा है।

शिविर के दौरान श्री ठाकुर ने योग के महत्व और इसके स्वास्थ्य लाभों के बारे में विस्तृत व्याख्यान दिया।

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PROCEEDINGS OF INTERNATIONAL DAY OF YOGA CELEBRATED ON 21-06-2022

Under the direction of College Principal Dr. Surinder Singh Thakur, today a One day yoga camp was organized under Ek Bharat Shreshtha Bharat series at Guru Nanak College, Killianwali by NSS and NCC unit to celebrate International Yoga Day. In which Mr. Davinderjeet Singh from the college office informed the teachers and students about various yoga asanas and pranayama and got them practiced. 21 NSS volunteers, 15 NCC cadets, college teachers and Principal Madam Sunita Sharma from Guru Nanak Collegiate School and her school teachers participated in this event. Dr. Khushnasib Kaur Surya, Nodal Officer of Ek Bharat Shreshtha Bharat informed about the importance of Yoga and Mr. Prince Singla, Assistant Professor and in-charge of NCC Unit, motivated the students to be aware of their health. During yoga practice, students were practised and made aware about various asanas and pranayama to avoid diseases like sugar, cervical, high blood pressure etc. After the Yoga practice session, NSS in-charge Assistant Professor Ashish Baghla organized an extension lecture on the main theme "Yoga: Another name for Milaap". He said that Yoga Pranayama and Asanas help our body to remain healthy and our mind needs constant meditation to remain healthy. He further said that Yoga is a valuable gift of ancient history of India. According to the Sanskrit language, the word Yuj means yoga or union. According to its deeper meaning, Yoga has been described as the way of union of our soul with God because Yoga helps in controlling our mind. Principal Dr Surinder Singh Thakur said that in today's time, Yoga acts as a panacea for living a stress free life. He said that it is necessary to make yoga a part of our daily routine for the health of both our mind and body. He congratulated everyone on International Day of Yoga and appealed for taking this initiative in our lives.

Adhis NSS

NCC

PRINCIPAL

Principal
Guru Nanak College
Killianwali (Sri Muktsar Sahib)