

Kanya Maha Vidyalaya, Jalandhar City (An Autonomous College)



National Service Scheme (NSS) A Detailed Comprehensive REPORT Session (2020-21)

COMPLIED BY

**Ms. Ashima Sahni
(N.S.S Program Coordinator & HOD, Political Science)**

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Awards and Recognition

S.NO	NATURE OF AWARD	AWARD GIVING BODY	P.NO
1	Appriciation Certificate	Municipal cooperation Jalandhar	69
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National Service Scheme (NSS)



ABOUT NSS

The National Service Scheme (NSS) sponsored by the Ministry of Youth Affairs and Sports. The basic objective of the NSS is to arouse and enrich the social consciousness of students. The scheme is intended to provide an opportunity to students to engage in constructive social action, programmes, develop co-operative team spirit and gain skills in democratic leadership quality.

AIMS & OBJECTIVES

The aims and objectives of the NSS are: (i) to render service to the community while studying in an educational institution; (ii) to arouse the social conscience among students; (iii) to provide them with an opportunity to work creatively and constructively with the community around the educational campus; and (iv) to put the education they receive to concrete social use; and specifically, (i) to work with and among the people; (ii) to engage in creative and constructive social action; (iii) to enhance knowledge of oneself and the community through a face-to-face with reality; (iv) to use the knowledge gained in the classroom in a practical way for mitigating at least some of the social problems; and (v) to gain skills in programme development to be able to be self-employed. The goals are to achieve improvement in personality, leadership qualities, national outlook and a sense of civic responsibility.

GOALS

- To enrich the student's personality and deepen her understanding of the social environment in which he lives
- To develop an awareness of his responsibility to society
- To promote a concern for the well-being of the community
- To undertake and participate in the activities designed to tackle social problem and to promote welfare

REGULAR ACTIVITIES

- General Orientation of NSS Volunteers.
- NSS Day Celebrations
- One Week Camp
- One Day camp
- Cleanliness drive (Swachh Bharat Swasth Bharat)
- Tree Plantation (Van Maha utsav)
- Blood Donation Camp
- Social Reach out Program
- Health Awareness
- Lectures/Rally's on Social issues
- National Integration Program
- Traffic Awareness Program
- Voter Registration Drive & SVEEP related activities

Central Government Level Programmes

- Summer Internship Program
- Unnat Bharat Abhiyaan
- Swatchta Ranking
- Swatchta Pakwara
- Swatchta Hee Seva

Programmes for National Integration

- Celebration of 156th birth anniversary of Swami Vivekananda
- Anti-terrorism day
- No tobacco day

State Level Programmer

- **Buddy Program for eradication of Drug Culture in Punjab**
- **Awareness Drive against Stubble Burning**

Program coordinator

- Mrs. Ashima Sahni, Senior Asst prof, Dept. of Political Science

NSS officer

- Dr. Sonik Bhatia Senior Asst prof, Dept. of Physics
- Mrs. Anand Prabha Senior Asst prof, Dept. of Math's

Exectuive Members

- Mrs. Harpreet Kaur (Dept of Fashion Designing)
- Dr. Iqbal Singh (Dept. of Political Science)

Students Convener

- Ranjana BA Final (Arts)

Activity:1

Event – SVEEP awareness campaign & chunavpathshala(online)

Department --- NSS in collaboration with dept. of Political science and Fashion Design

Venue Online

Timing 11.30

Date August- Sept 2020 (Two month long activity)

Participants 24

Teachers 04

Ms Ashima, Dr Sonik, Dr Harpreet and Dr Iqbal

Report : This activity was organised to identify left out voters in adopted villages and to create awareness amongst the youth about their voting and other such related issue e.g. registration of new voters etc. This was a three month long activity. Under this SVEEP activities for general awareness were organized online. These included following activities:-

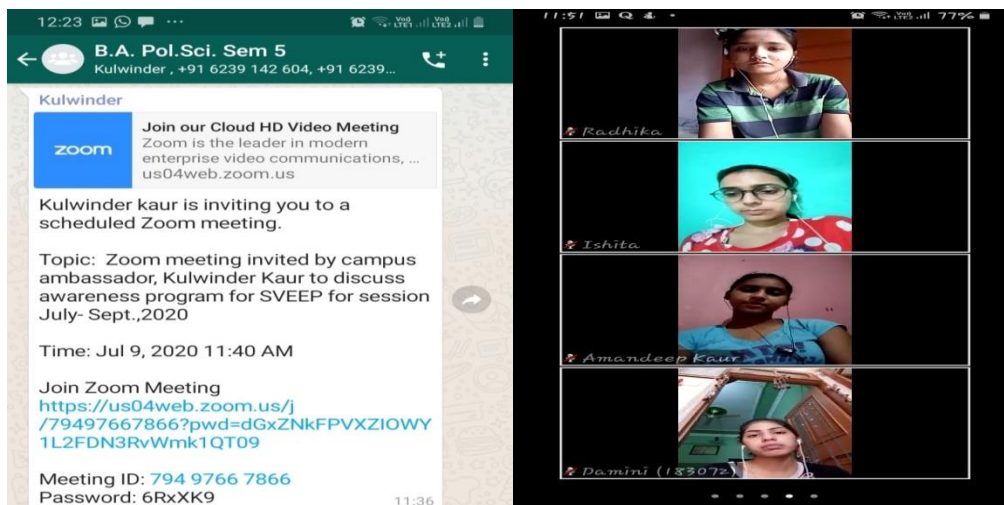
List of students' participant 2020-2021

S. No	Name	Roll NO	Class	Subject
1	Shruti	203012	B .A. SEM 3	Public adm
2	Namita	203020	„	Public adm
3	Divjot	203043	„	Public adm
4	Gursimran	203067	„	Public adm
5	Nancy	203070	„	Public adm
6	Navila	203082	„	Public adm
7	Tahira	203088	„	Public adm
8	Kulwinder	203401	B .A. SEM 5	Political science
9	Shalini	203406	„	Political science
10	Ishita	203408	„	Political science
11	Kimranjit	203409	„	Political science
12	Smriti	203419	„	Political science

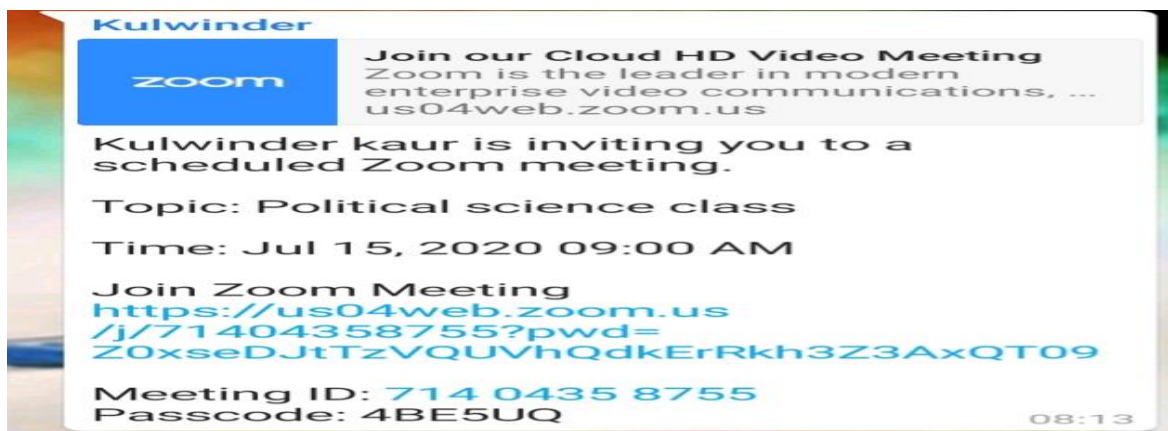
List of students' participant 2020-2021

S. No	Name	Roll NO	Class	Subject
1	Priyanka	203201	B .A. SEM 3	Political Science
2	Navroj	203203	„	„
3	Dapinderjit	203205	„	„
4	Ashu	203209	„	„
5	Vavleen	203216	„	„
6	Kirti	203226	„	„
7	Neha	203229	„	„
8	Vaishali	203233	„	„
9	Jasdeep	203239	„	„
10	Rajveer	203240	„	„
11	Rosy	203254	„	„
12	Anchal	203265	„	„

ZOOM MEET with Campus Ambassadors (9 -7-2020)



AVITIVIT (4) ZOOM meets with N.S.S. (15 -7-2020)



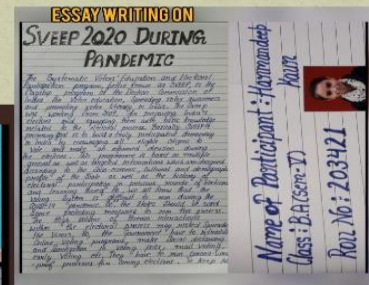
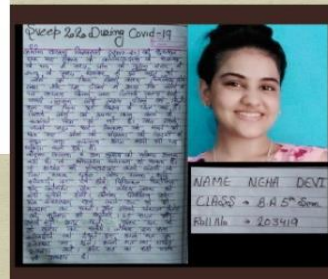
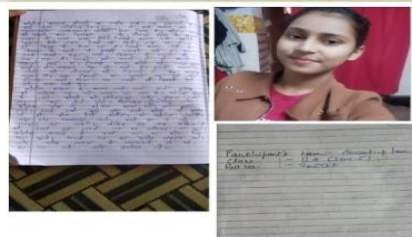


ਆਨੰਦਪਾਲੀਨ ਮੁਕਾਬਲੇ 'ਚ ਭਾਰਤ ਟੀਵੀਆਂ ਕੋਲੋਂ ਮਹਾਂਕਾਵਿ ਕਾਵਿਕਾਵਿਟ ਸਮਿਤੀਆਂ
ਸੇਵਿਕਾਵੀ ਸਮੂਹ ਦੀਆਂ ਹੋਟਲਾਂ ਵਿਖੇ ਆਯੋਜਿਤ।

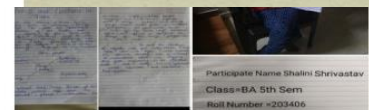
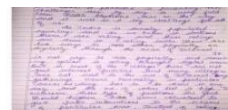
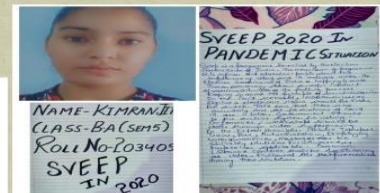
ਸਵੀਪ ਪ੍ਰੋਗਰਾਮ ਰਹਿਤ ਕਰਵਾਏ ਮੁਕਾਬਲੇ

ਸੀਨੀਅਰ ਸਟਾਫ਼ ਰਿਪੋਰਟਰ, ਜਲੰਧਰ : ਕੋਲੋਂ ਮਹਾਂਕਾਵਿ ਕਾਵਿਕਾਵਿਟ ਸਮਿਤੀਆਂ
ਸੇਵਿਕਾਵੀ ਸਮੂਹ ਦੀਆਂ ਹੋਟਲਾਂ ਵਿਖੇ ਆਯੋਜਿਤ। ਸਵੀਪ ਪ੍ਰੋਗਰਾਮ ਰਹਿਤ ਕਰਵਾਏ
ਮੁਕਾਬਲੇ 'ਚ ਭਾਰਤ ਟੀਵੀਆਂ ਕੋਲੋਂ ਮਹਾਂਕਾਵਿ ਕਾਵਿਕਾਵਿਟ ਸਮਿਤੀਆਂ
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ਕਰਵਾਏ ਮੁਕਾਬਲੇ 'ਚ ਭਾਰਤ ਟੀਵੀਆਂ ਕੋਲੋਂ ਮਹਾਂਕਾਵਿ ਕਾਵਿਕਾਵਿਟ
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ਕਾਵਿਕਾਵਿਟ ਸਮਿਤੀਆਂ ਸੇਵਿਕਾਵੀ ਸਮੂਹ ਦੀਆਂ ਹੋਟਲਾਂ ਵਿਖੇ ਆਯੋਜਿਤ।

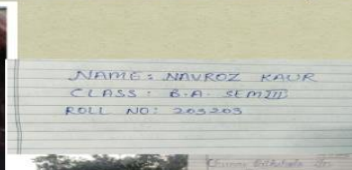
ESSAY WRITING COMPETITION (SVEEP) on 31.08.2020



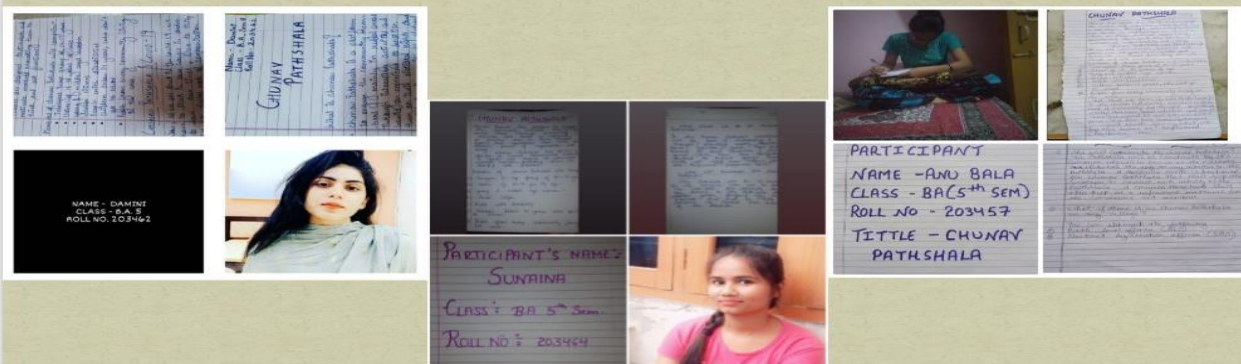
ESSAY WRITING COMPETITION (SVEEP) on 31.08.2020



ESSAY WRITING COMPETITION (CHUNAV PATHSHALA) on 31.08.2020



ESSAY WRITING COMPETITION (CHUNAV PATHSHALA) on 31.08.2020



Activity 2

Event - My Waste My Responsibility
 Department - NSS in collaboration with dept. of Political science and Fashion Design
 Venue - Online and offline both
 Timing - 11.30
 Date - 15 Sept-15 Oct, 2020 (one month long activity)
 Participants - 5 students

List of students' participant

S. No	Name	Roll NO	Class	Subject
1	Priyanka	203201	B .A. SEM 3	Political Science
2	Navroj	203203	„	„
3	Dapinderjit	203205	„	„
4	Ashu	203209	„	„
5	Vavleen	203216	„	„

Teachers - 02 (Ashima and Dr Harpreet)

Activity Report: MY WASTE MY RESONSIBILITY

Brief Description: Inculcate Positive and Constructive Disposal and Management of Waste Kanya Maha Vidyalaya participated in a district level function Organized by MCJ to mark ending of a month long campaign based on the theme MY WASTE MY RESONSIBILITY. The students of KMV staying in villages adopted by college, created awareness in their residential and nearby areas for clean and green surroundings to inculcate positive and constructive disposal and management of waste. In a Month long online activities students showcased their innovative ideas and created social awareness about best out of waste under categories like plastic, kitchen, metal, rubber cloth, paper and wood waste with emphasis on reuse, recycle and recreation. Mites undertook special initiative to make re-use coconut waste in most productive way. MCJ honoured students namely Harleen kaur , Ruchika Manpreet(M.Sc.1st) and Drishti B.Sc. Sem, This program was attended by many distinguished luminaries M.P. Sh. Santokh Singh Chowdhary, Divisional Commissioner, Jalandhar Division, Sh. Jagdish Raj Raja, Mayor Jalandhar, Sh. Karnesh Sharma, Commissioner, Municipal Corporation, Mrs Inayat Gupta, Joint Commissioner Jalandhar, SDM-I Sh. Jiainder, SDM-II Sh. Ravi Sindhu.



Activity 3

Event – : Online Celebrations of 71st Anniversary of Indian Constitution

Department --- NSS in collaboration with dept. of Political science

Venue Online and offline both

Timing 11.00

Date 26th Nov 2020

Teachers 02
Ashima and Dr Iqbal

Participants 15 students

List of students' participant 2020-2021

S. No	Name	Roll NO	Class	Subject
1	priyanka	203201	B .A. SEM 3	Political Science
2	Navroj	203203	„	„
3	dapinderjit	203205	„	„
4	Ashu	203209	„	„
5	Vavleen	203216	„	„
6	Kirti	203226	„	„
7	Neha	203229	„	„
8	Vaishali	203233	„	„
9	Jasdeep	203239	„	„
10	Rajveer	203240	„	„

1	Shruti	203012	B .A. SEM 3	Public adm
2	Namita	203020	„	Public adm
3	Divjot	203043	„	Public adm
4	gursimran	203067	„	Public adm
5	Nancy	203070	„	Public adm

Activity Report

The department of Political Science, Kanya Maha Vidyalaya-The Autonomous and Heritage Institution, in collaboration with 36-North Jalandhar, constituency organized three day celebrations to commemorate 71st Anniversary of Indian Constitution. Series of events were organized: On Day One, an online lecture was delivered by Mrs. Ashima Sahni on the topic “Gender Gap and Political Participation”, in which students were acquainted with the constitutional rights and how the Election Commission of India through the platform of SVEEP, Chunav Pathshala and Electoral Literacy Club is trying to ensure political Participation even beyond electoral cycle. On 25 of November, a quiz was organized on the

theme “Constitution, Democracy and We”. A Google form was generated and around 500 students participated in quiz competition.

On 26 November, a poster making competition was organized. This three day event was ended up with the online address by Madam Principal, who in her address, emphasized on the importance of Constitution and she quoted Benjamin Franklin and reminded the students, that the Constitution only gives people the right to pursue but you have to catch it yourself, so we have to stand for our own rights. In the end, Madam Principal appreciated Mrs. Ashima Sahni and Dr. Iqbal Singh for smoothly conducting the online celebrations of Constitution day. Online Celebrations of 71st Anniversary of Indian Constitution

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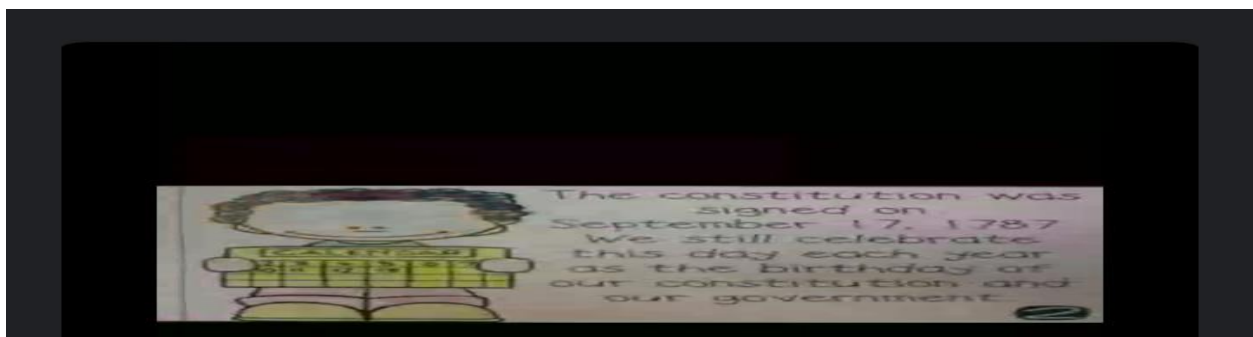
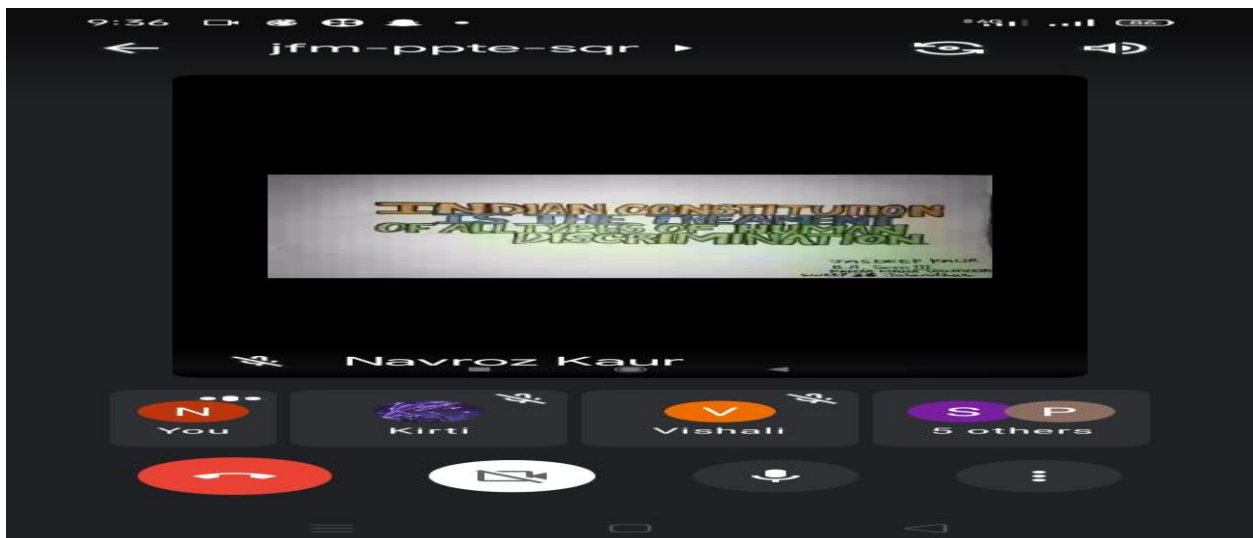
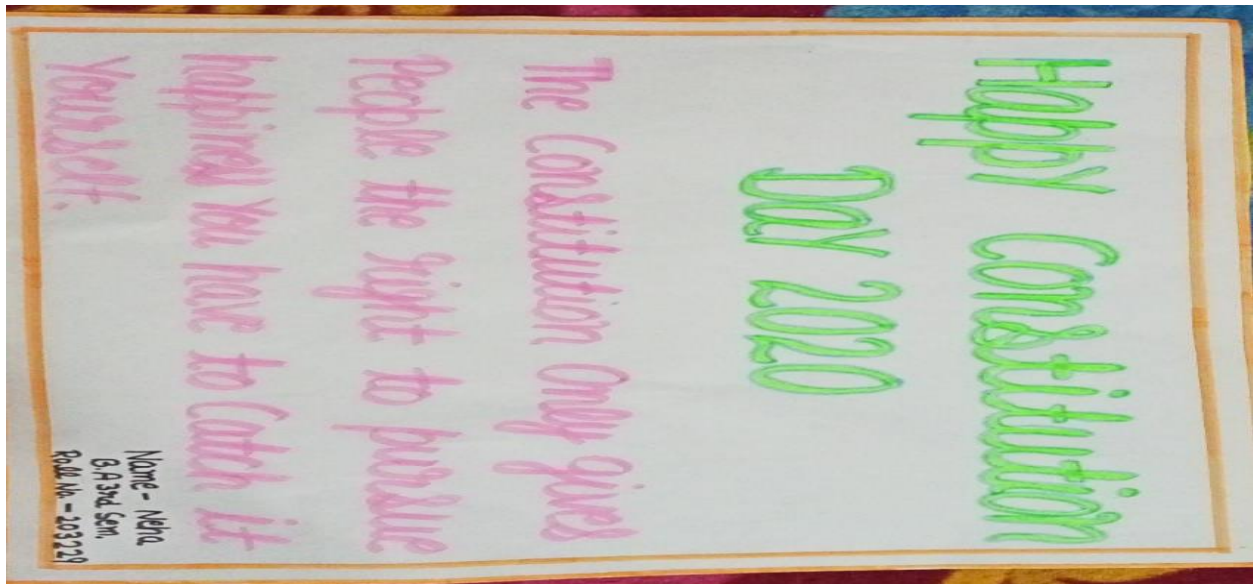
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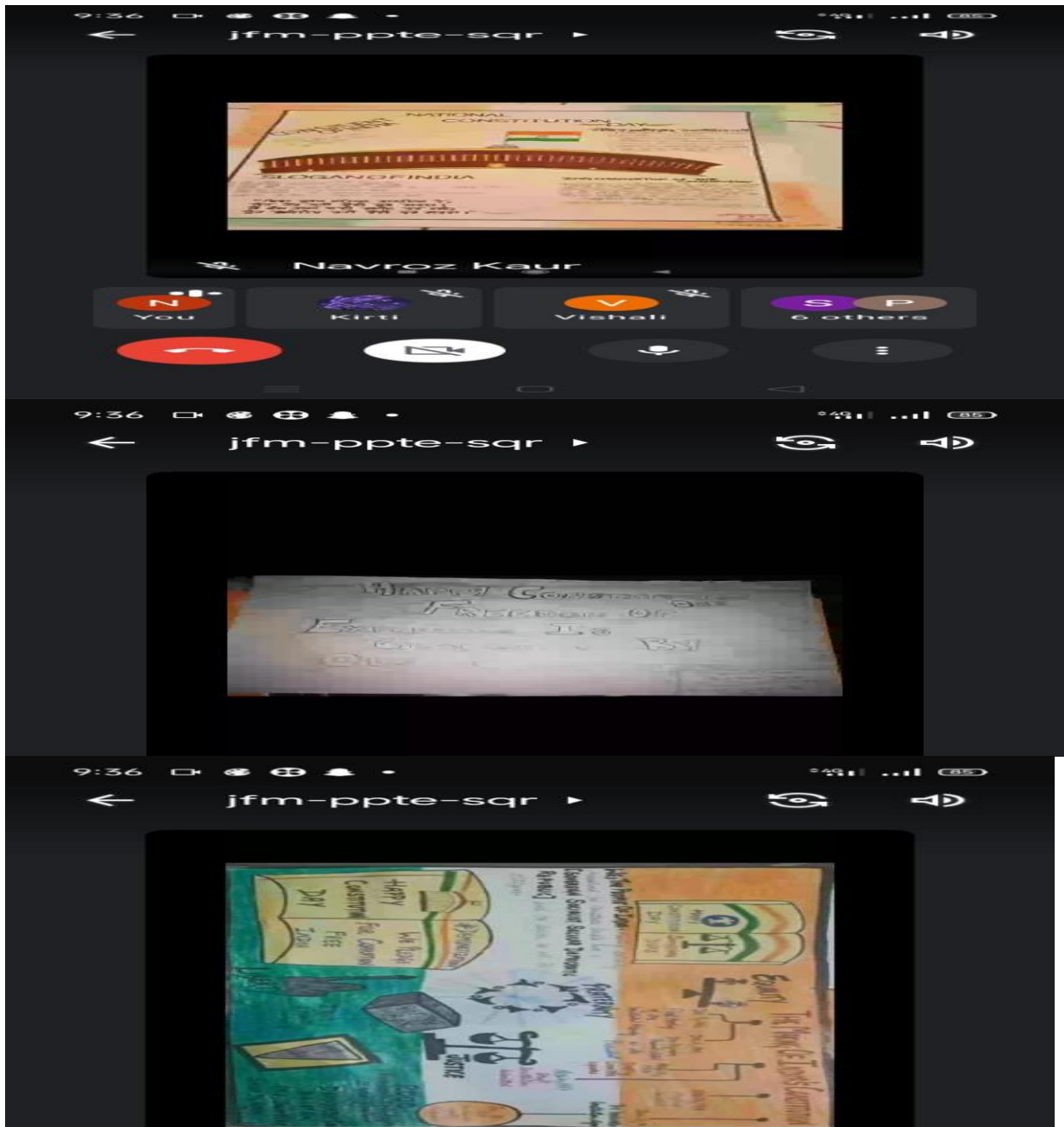
On 25 of November, a quiz was organized on the theme “Constitution, Democracy and We”. A Google form was generated and around 500 students participated in quiz competition.

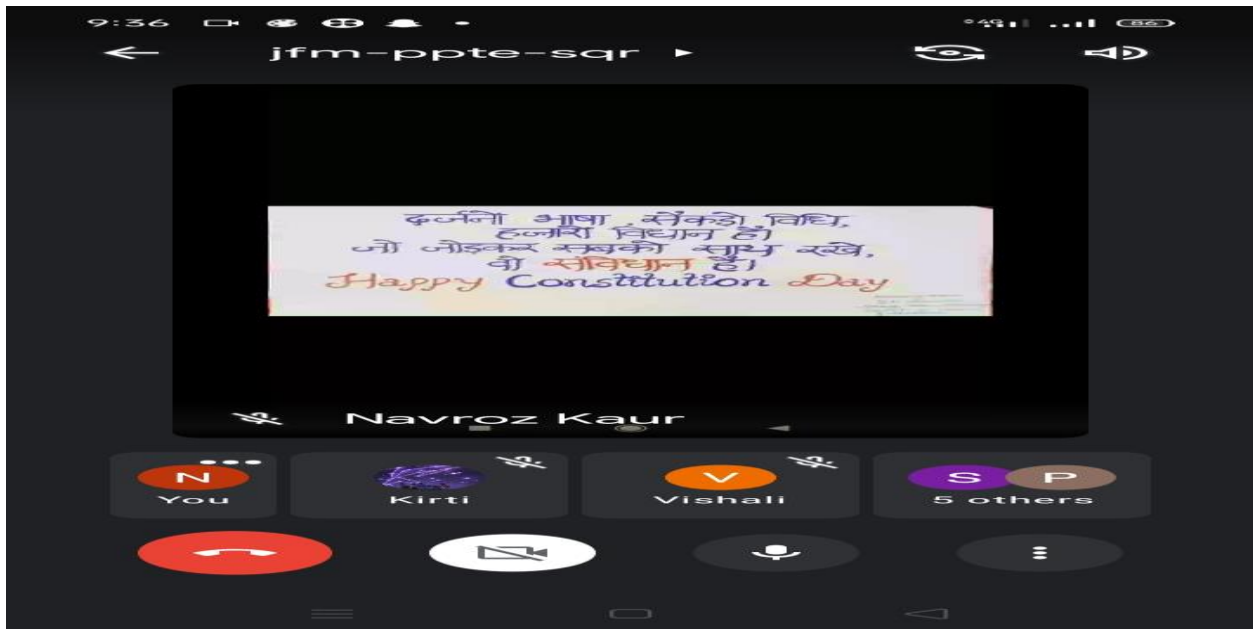
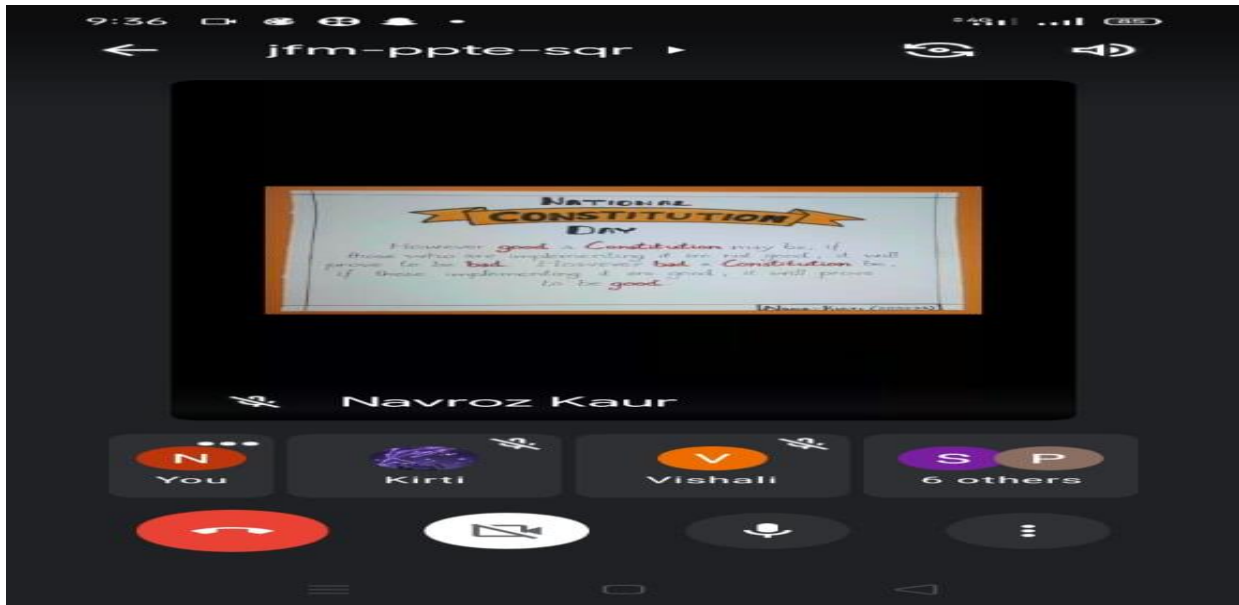
On 26 November, a poster making competition was organized. This three day event was ended up with the online address by Madam Principal, who in her address, emphasized on the importance of Constitution and she quoted Benjamin Franklin and reminded the students, that the Constitution only gives people the right to pursue but you have to catch it yourself, so we have to stand for our own rights. In the end, Madam Principal appreciated Mrs. Ashima Sahni and Dr. Iqbal Singh for smoothly conducting the online celebrations of Constitution day.

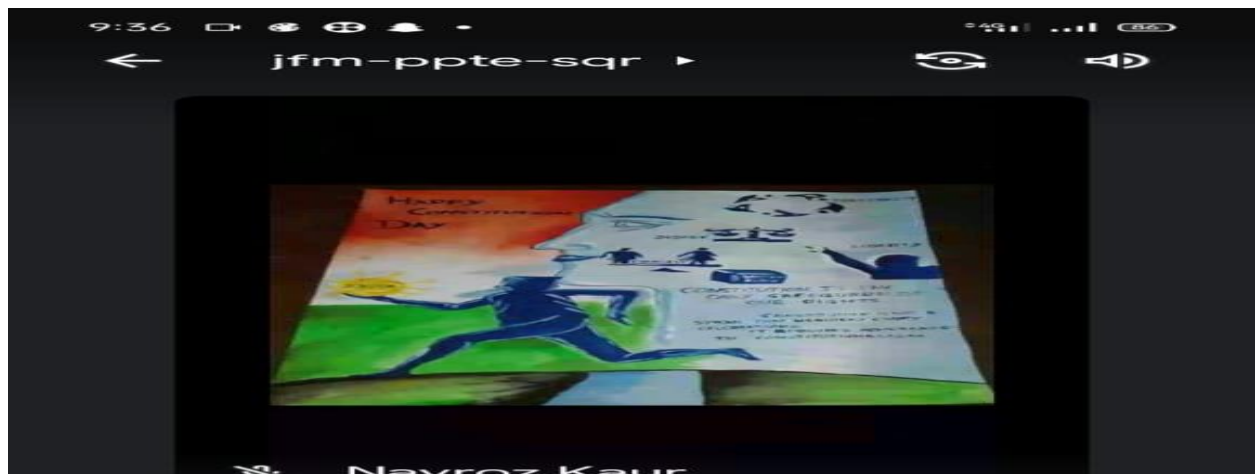
Following are the Pic of activities:

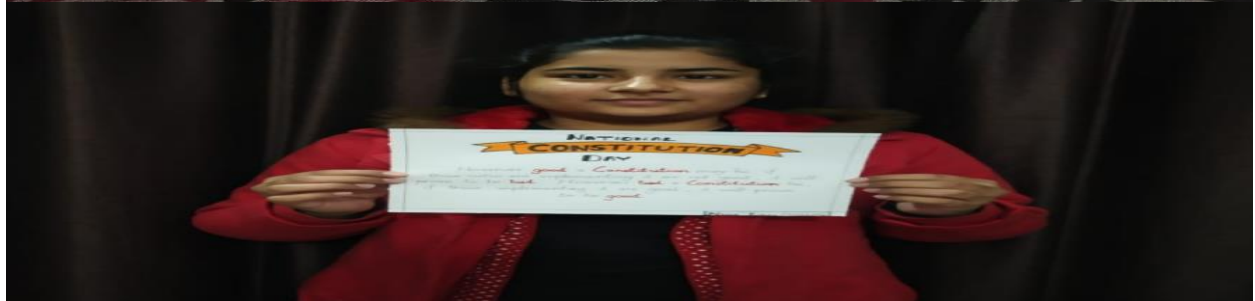
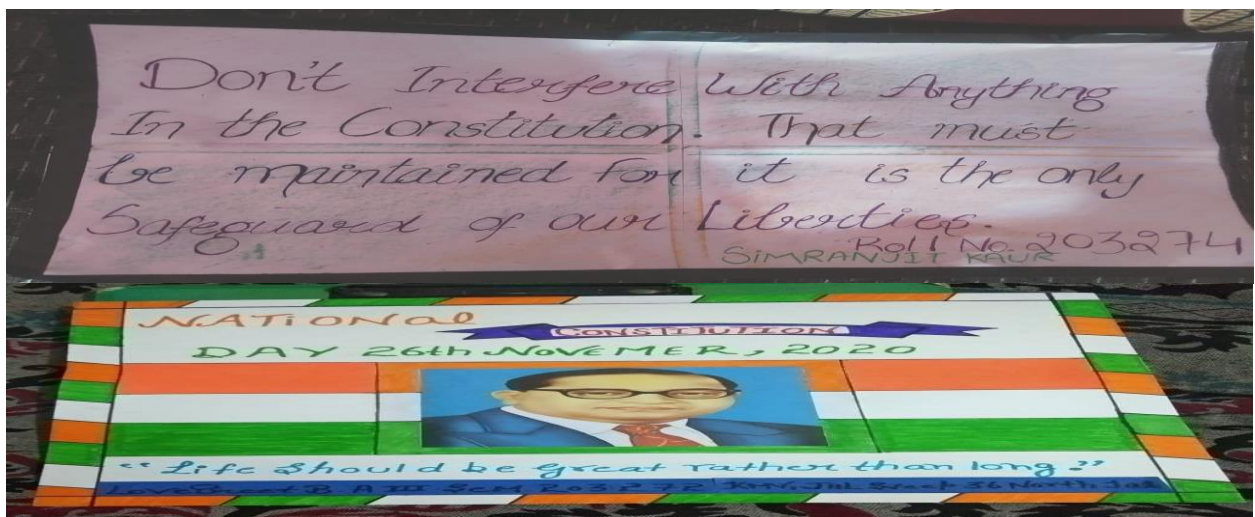
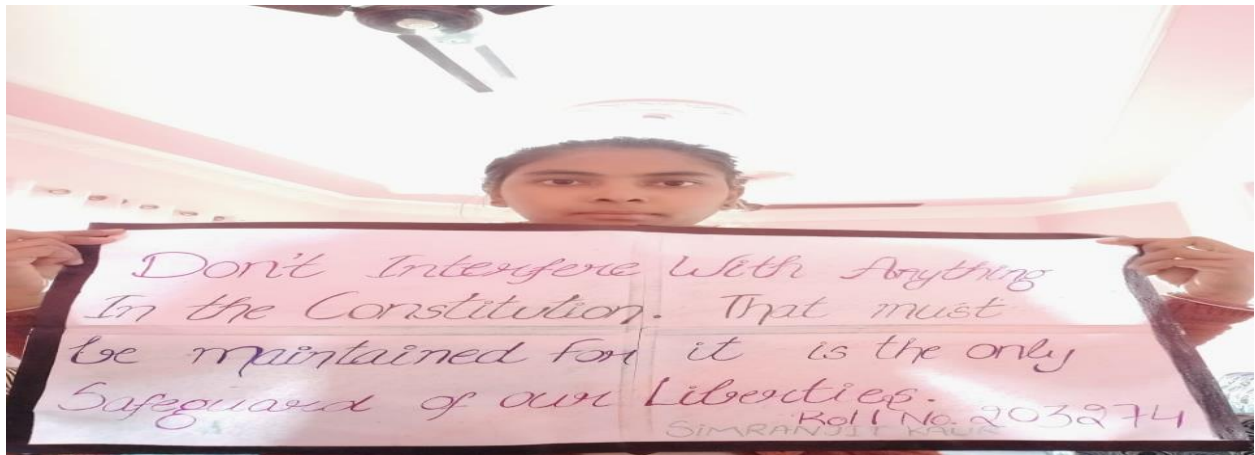


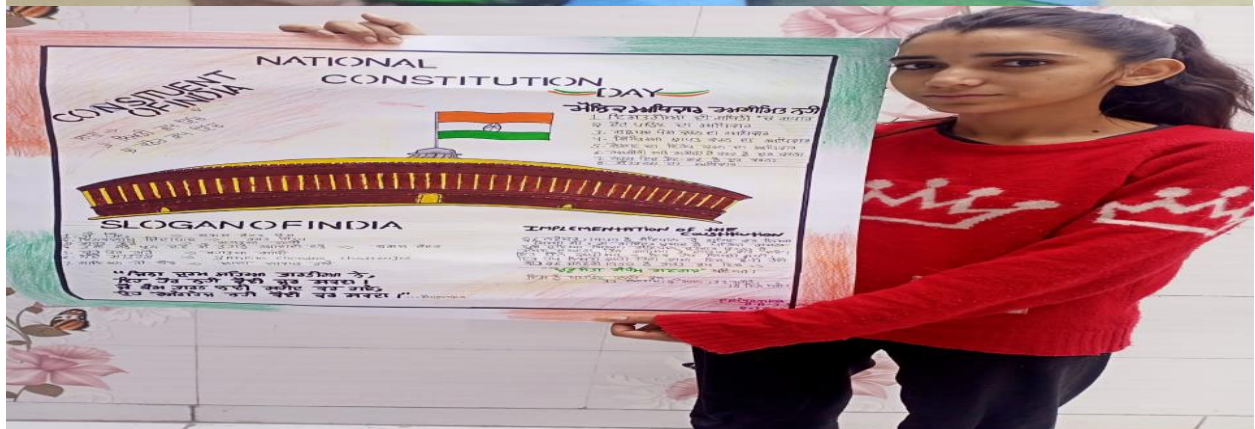
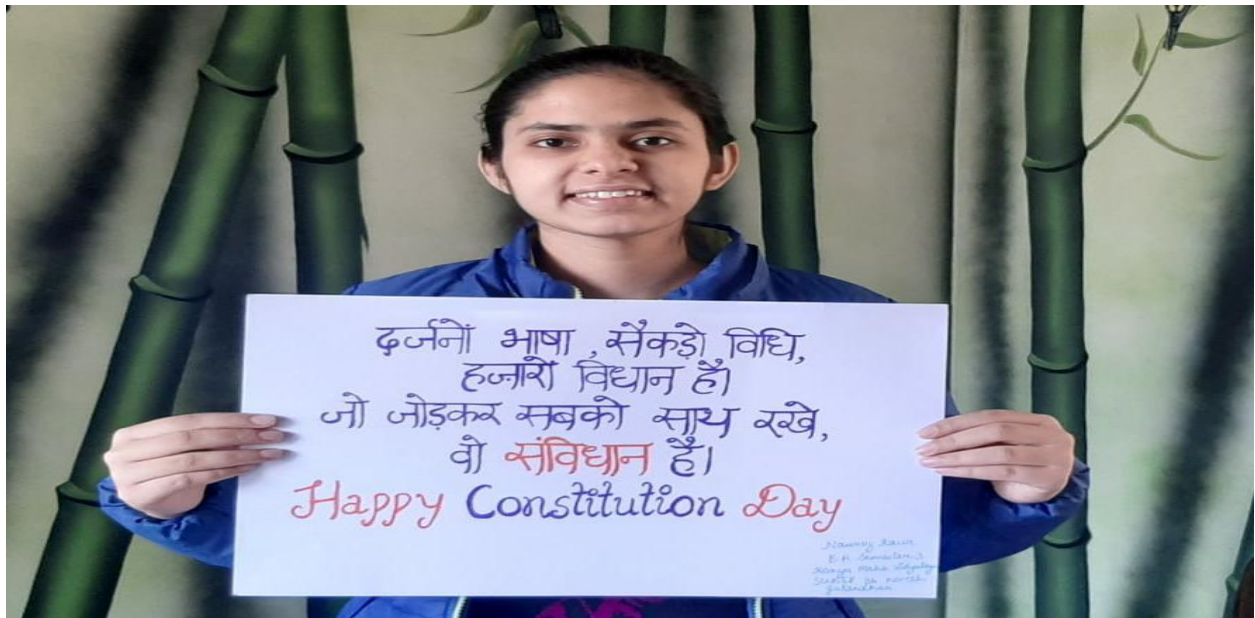


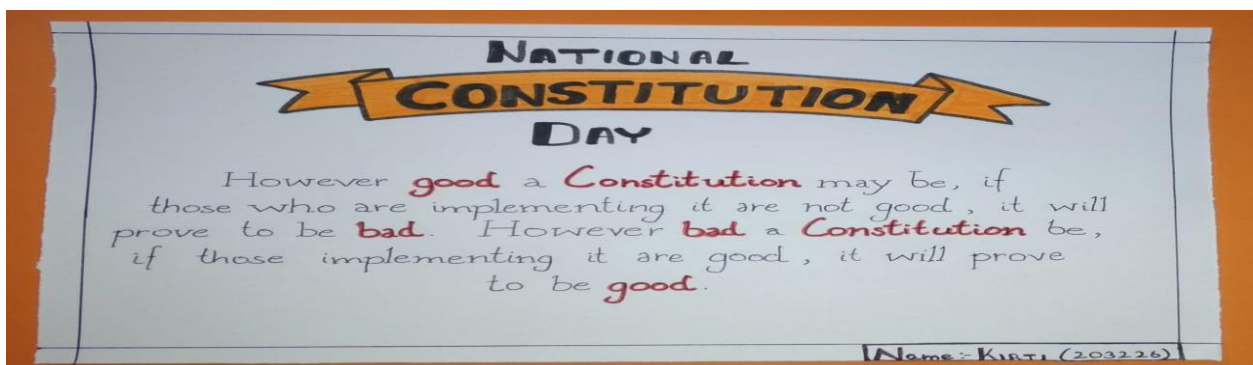
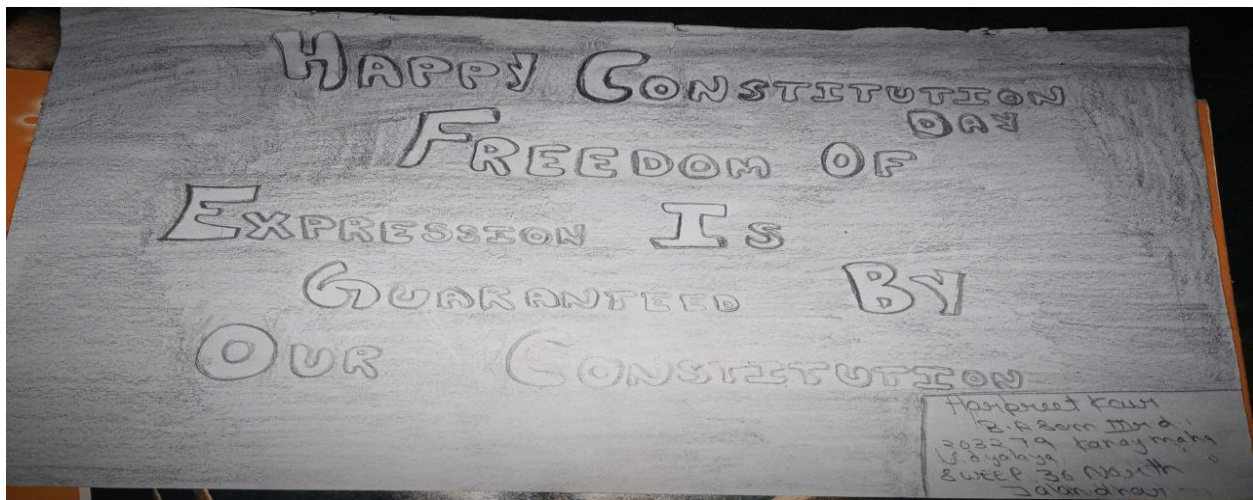
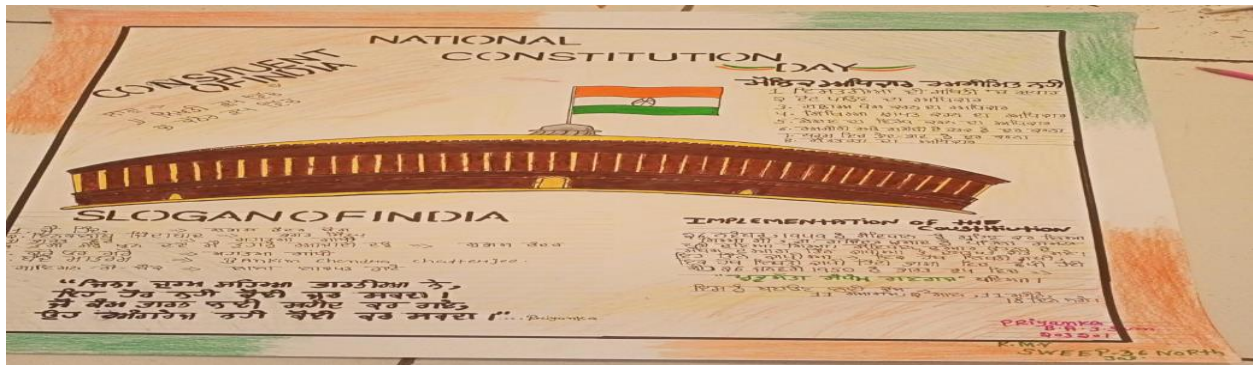














Activity: 4

Event – : Celebration of Human Rights Day
 Department - NSS in collaboration with dept. of Political science
 Venue - College Campus
 Timing 11.00
 Date 10 Dec, 2020.
 Teachers 02
 Ashima and Dr Iqbal
 Participants 05 students
 List of students' participants

S. No	Name	Roll NO	Class	Subject
1	Priyanka	203201	B .A. SEM 3	Political Science
2	Navroj	203203	„	„
3	Dapinderjit	203205	„	„
4	Ashu	203209	„	„
5	Vavleen	203216	„	„

Activity Report

KMV celebrates Human Rights Day on the theme 'RECOVER BETTER- STAND UP FOR HUMAN RIGHTS'.

Kanya Maha Vidyalaya-The Autonomous and Heritage Institution, celebrated the Human Rights Day. The department of Political Science in collaboration with department of Human Rights, NSS Unit, department of Students Welfare and students volunteers of Unnat Bharat Abhiyan participated with full zeal and enthusiasm to celebrate Human Rights Day, which is celebrated across the world every year on 10 December, the day the United Nations General Assembly adopted, in 1948, the Universal Declaration of Human Rights (UDHR). The UDHR is a milestone document that proclaims inalienable rights and this document is available in more than 500 languages.

The theme of the Human Rights Day for the year 2020 is 'Recover Better- Stand Up For Human Rights'. This theme relates to the COVID-19 pandemic and focuses on the need to build back better by ensuring Human Rights are central to recovery efforts. Human rights must be at the center of post COVID-19 world. To celebrate Human Rights, online competitions like E-card competitions, power-point presentations, slogan writing and poster making were organized by the students of Political Science and Human Rights department, the volunteers of NSS, Unnat Bharat Abhiyan and Student Welfare.

In her online message about the relevance of Human Rights, Madam Principal Prof. (Dr.) Atima Sharma Dwivedi informed the students that KMV was the first institution to start the course of Human Rights in the region at under graduate level. She further motivated the students that by respecting the rights of others and performing their duties with full sincerity will make relevance to the Universal Declaration of Human Rights, given by United Nations and the related rights, given in the Indian Constitution. Mrs. Ashima Sahni, SVEEP Coordinator, 36 Jalandhar North and HOD, department of Political Science reminded the students about their duty as a voter, which they should adhere with all their sincerity. The student volunteers of UBA, residing in the adopted villages took the initiatives to create the awareness about Human Rights.

In the end, Madam Principal appreciated Mrs. Ashima Sahni, Dr. Madhumeet and Dr. Iqbal Singh for smoothly conducting the online celebrations of Human Rights.

S. No	Name	Roll NO	Class	Subject
1	Priyanka	203201	B .A. SEM 3	Political Science
2	Navroj	203203	„	„
3	Dapinderjit	203205	„	„
4	Ashu	203209	„	„
5	Vavleen	203216	„	„

Activity Report

KMV Installs Plastic Bottle Crusher Machine in Collaboration with Municipal Corporation Jalandhar Kanya Maha Vidyalaya- the Heritage & Autonomous institution, Seat of Women Empowerment with Top National and State Rankings by India Today Survey of Best Colleges 2020 (various categories) & Outlook Magazine in collaboration with Municipal Corporation, Jalandhar commissioned a plastic bottle crusher, an environmental friendly way of disposing the plastic at KMV campus. The PET bottle crusher machine was installed as part of the Swachh Bharat Mission. Municipal Corporation highly appreciates the stupendous contribution of Principal Prof. Dr. Atima Sharma Dwivedi to the cause of swachh sashakt society in Jalandhar by virtue of regular awareness campaigns and drives in educating the community and young learners in this direction. The easy-to-use crusher machines have been designed as a cost-effective means for disposal of waste plastic bottles. Once an empty bottle is fed into a horizontal slot of the refrigerator-sized machine, it is crushed into a smaller size, ready for disposal. The crushed bottles are delivered for recycling to be used as raw materials for making a range of products such as carpets or shopping bags. Principal Prof. Dr. Atima Sharma Dwivedi averred that KMV in recent years considers the environmental impacts of most of its actions and makes a concerted effort to act in an environmentally responsible manner. The college has adopted scientific methods based on 3-R Principal (Reduce- Reuse- Recycle) in handling Solid, Wet, Chemical, Bio-medical, and E-wastage. She further maintained that KMV is committed to work in this direction with an aim to develop campus as a Zero Waste Zone of Jalandhar city and then to implement this model in the villages adopted by the KMV under Unnat Bharat Abhiyaan and also to the surrounding areas of the college.

Pic



•
Bottle crusher machine installed

Created Awareness Drive About use and Installation of Plastic Machines in the campus

Due to COVID 19 Swachhata Hi Seva campaign was organised online and few hostlers, who came to college for their examinations in the month of February and March, conducted these few activities on campus, especially in the context of elimination of single use plastic and for this the students created awareness drive about installation of plastic machines in the college.

News in E-PAPER

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The Tribune

VOICE OF THE PEOPLE

दैनिक ट्रिब्यून

ਪੰਜਾਬੀ ਦਿਬਿਉਨ

Epaper

Now, crush that plastic and earn coupons!

10 reverse-vending machines installed for plastic waste disposal under Smart City project

- Updated At: Jan 05, 2021 07:14 AM (IST)



A plastic bottle-crushing machine installed at the Jalandhar bus stand. Tribune Photo

Ajay Joshi

Tribune News Service

Jalandhar, January 4

Disposing plastic bottles will no longer be difficult in the city in future. Reason: The civic body has installed 10 reverse-vending machines for plastic waste disposal under the Smart City project. In the first phase of the project, the bottle-crushing machines have been installed at the Civil Hospital, city bus stand (2), DC complex (2), HMV College, DAV College, KMV College, Municipal Corporation (MC) office and Devi Talab Mandir.

For disposing a plastic bottle smartly, a user will also be rewarded with a coupon. MC Commissioner Karnesh Sharma said eight such plastic bottle-crushing machines would also be installed at major locations of the city in the second phase of the project that would be completed by the next week. The machine is capable of crushing and storing around 2,000 bottles and cans every day. Surjit Singh Saini, interim team leader of the project, said the machines would be open for public soon after an inauguration function. “The machine will not only keep the city litter and pollution-free, but will also provide Rs5 coupon to people. The coupons will be sent to users via their smartphones. They will only have to fill their mobile numbers while crushing their bottles in the machine to avail the coupons, which can be redeemed from empanelled hotels or shopping malls. The move will encourage people to throw plastic bottles and waste in the machines,” Saini said. The machines are capable of crushing and compressing 2.50 ml-2.5 litre bottles. With a cost of Rs1.11 crore, Ridhi industries, an Ahmedabad-based firm, will take care of the operation and maintenance of the bottle crushing machines for five years. Saini said a mobile application would also be launched shortly to caution workers as to when the machines would be filled

WEB LINK FOR NEWS

News link <https://www.tribuneindia.com/news/jalandhar/now-crush-that-plastic-and-earn-coupons-193681>

Activity-06

Event	National Youth Parliament
Department	NSS in collaboration with dept. of Political science and Fashion Design
Venue	Online
Timing	11.30
Date	January 11, 2021

Participants

Teachers 05

Dr. Madhumeet, Mrs Ashima Sahni, Dr. Sonik Bhatia, Mrs Anand Prabha and Dr. Iqbal Singh.

Activity Report

KMV participates in National Youth Parliament Festival, 2021

Kanya Maha Vidyalaya-Heritage and Autonomous institution celebrates the National Youth Parliament Festival, 2021 organized by ministry of Youth Affairs & Sports, Government of India. The department of Political Science in collaboration with NSS and Students Welfare Club participated in a National Youth Parliament Festival, 2021 by watching live telecast of this event on Doordarshan and Lok Sabha channels. This telecast began at 10:30 a.m. and ended at 6:00 p.m. The purpose was to encourage the youth to engage in public issues, understand the point of view of the common man, and form their opinion and express them in an articulate manner. The main objective of this event was to get the feedback and the opinions of the youth between 18 and 25 years of age. This youth will emerge as a voter and at the same time, they will be holding different positions in carriers, like civil servants, technocrats, lawyers etc. Highlighting the objectives of this event, Madam Principal Prof. (Dr.) Atima Sharma Dwivedi averred that role of every youth is important in the process of Nation Building and it is the duty of higher education institutions to inculcate this belief in their students and youth of the country is significant tool of development in general and particularly in India. In the end, she motivated the students towards nation building activities. She further added that students must ensure that they have been registered as a voter and the college is extensively engaged in SVEEP related activities in collaboration with 36-Jalandhar North. In the end, she congratulated the organizers Dr. Madhumeet, Mrs. Ashima Sahni, Dr. Sonik Bhatia, Mrs. Anand Prabha and Dr. Iqbal Singh.



Web link of the event

<https://www.kmvjalandhar.ac.in/sitepages/kmvites-participate-in-national-youth-parliament-festival-2021-organized-by-ministry-of-youth-affairs-sports-government-of-india/>

Press coverage

राष्ट्र निर्माण में युवाओं की अहम भूमिका जार्ज, जालंधर : कैपमवी की छात्राओं ने मिनिसट्री आफ यूथ अफेयर्स एंड स्पोर्ट्स भारत सरकार की ओर से आयोजित राष्ट्रीय यूथ पार्लियामेंट फेस्टिवल में अनलाइन भाग लिया। इस फेस्टिवल के जरिए छात्राओं को दूरदर्शन व लोकसभा चैनल की ओर से प्रसारित विशेष पेशकश को भी देखने का मौका मिला। प्रिंसिपल प्रो. अतिमा शर्मा द्विवेदी ने कहा कि राष्ट्र निर्माण में प्रत्येक युवा की एक अहम भूमिका है और उच्च शिक्षा संस्थाओं की यह जिम्मेदारी है इस संबंध में युवाओं को जागरूक किया जाए। उन्होंने पाठ्यक्रम साइंस विभाग की अध्यक्ष आशिमा साहनी द्वारा किए प्रयासों को भी सराहा। कैपमवी की प्रिंसिपल प्रो. अतिमा शर्मा संबोधन करते हुए ● विज्ञापित	विद्यार्थियों ने राश्ट्र की युव पारलियामेंट 'च' लिया डारा मिनिसट्री ऑफ़ यूपीए, जालंधर : कॅपमवी छात्राओं ने मिनिसट्री ऑफ़ यूपीए और स्पोर्ट्स भारत सरकार की ओर से आयोजित राष्ट्रीय यूथ पारलियामेंट फेस्टिवल में अनलाइन भाग लिया। इस फेस्टिवल के जरिए छात्राओं को दूरदर्शन व लोकसभा चैनल की ओर से प्रसारित विशेष पेशकश को भी देखने का मौका मिला। प्रिंसिपल प्रो. अतिमा शर्मा द्विवेदी ने कहा कि राष्ट्र निर्माण में प्रत्येक युवा की एक अहम भूमिका है और उच्च शिक्षा संस्थाओं की यह जिम्मेदारी है इस संबंध में युवाओं को जागरूक किया जाए। उन्होंने पाठ्यक्रम साइंस विभाग की अध्यक्ष आशिमा साहनी द्वारा किए प्रयासों को भी सराहा।
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Activity-07

Event	Celebration of National Youth Day 2021
Department	NSS in collaboration with dept. of Political science and Fashion Design
Venue	Online
Timing	11.30

Date January 12, 2021

Teachers Participant 05

Dr. Madhumeet, Mrs Ashima Sahni, Dr. Sonik Bhatia, Mrs. Anand Prabha and Dr. Iqbal Singh.

Activity Report

KMV celebrates Rashtriya Yuwa Diwas, 2021

Kanya Maha Vidyalaya-Heritage and Autonomous institution celebrates the National Youth Day, 2021. The department of Political Science in collaboration with NSS and Students Welfare Club celebrated Rashtriya Yuwa Diwas, 2021, based on the theme "Channelizing Youth Power for Nation Building". Due to Covid-19, online celebrations were held with a motto to make youth aware of Swami Vivekananda's thought and his contribution in making India a global icon. The students participated in different activities like poster making, slogan writing, essay writing and power point presentation. The winners were given the certificates.

In order to honour his vision and motivate the students, Madam Principal Prof. (Dr.) Atima Sharma Dwivedi in her address to the students said that Swami Vivekananda is a role model for the youths, because of his strong, mind, body, and spirit. His way of living life and his ideology could be a great source of inspiration for youths. Madam Principal further updated the students that according to Swami Vivekananda, education is the only source to build a better society and a better nation. Education is the primary means of empowering people. She further added that students must ensure that they have been registered as a voter and the college is extensively engaged in SVEEP related activities in collaboration with 36-Jalandhar North. In the end, she congratulated the organizers Dr. Madhumeet, Mrs. Ashima Sahni, Dr. Sonik Bhatia, Mrs. Anand Prabha and Dr. Iqbal Singh.

Student Participant

BA-1 SEM-2 (Political science)

s.no	Roll no	Name	s.no	Roll no	Name	s.no	Roll no	Name
1	203001	Harmanpreet	16	203028	-----	31	203079	Harpreet
2	203004	Avneet	17	203035	Manpreet	32	203080	Jaspreet
3	203009	Sakshi	18	203044	Jasmeet	33	203082	Navila
4	203010	Komal	19	203049	Mehak	34	203083	Left
5	203011	Harman	20	203055	-----	35	203084	Simran
6	203012	Shruti	21	203056	Lovepreet	36	203086	Left absent
----	----	-----	22	203059	Ritika	----	----	----
7	203014	Archee	23	203061	Sandeep	37	203087	Harpeet
8	203017	Gagan	24	203062	Jessika	38	203088	Taira
9	203018	-----	25	203063	Kriti	39	203091	Harmanjit
10p	203020	Namita	26	203066	Akariti	40	203102	Alisha
11p	203021	Jasmine	27	203067	Gursimran	41	203104	Bipasha
12	203023	Taruna	28	203068	Mandeep	42	203108	Kajal
13	203024	Priya	29	203072	Veerpal	43	203115	Sheetal
14	203026	Priyanka	30	203073	Anuradha	44	203116	
15	203027	Jasmeen	31	203075	Yuvika	45	203117	

Zoom Meeting

LIVE on YouTube

Participants (131)

Find a participant

Er.Parbraham Sharma (Host, me)

Dr. Davinder Singh (Co-host)

Dr. Rajeev choudhary (Co-host)

Dr. Harpreet Kaur (Co-host)

Ashoo Bajaj (Co-host)

Dr. Iqbal Singh (Co-host)

(sukhpreet)203263

201626 Partiksha choudhary

2020303

203019 Hitanshi

203024 BA Priya Sharma

203025 ridham BA sem 2

203055 surbhi

203229Neha

Unmute Stop Video Security Participants Polls Chat Share Screen Record Reactions More End

Type here to search

ENG IN 12:23 PM 6/17/2021

KANYAMAHYA VIDYALAYA, JALANDHAR

WISHES YOU 150TH BIRTH ANNIVERSARY OF SWAMI VIVEKANAND

NEVER HESITATE FROM TAKING RISKS IN LIFE. YOU WILL EITHER WIN OR LOSE BUT IF YOU LOSE THEN YOU WILL LEARN.

Best Wishes on Swami Vivekananda Jayanti to You.

KANYA MAHA VIDYALAYA

The world is the great gymnasium where we come to make ourselves strong

National Youth Day

12 January 2021

Swami

KANYA MAHA VIDYALAYA
JALANDHAR.

- WISHES YOU BIRTH
ANNIVERSARY OF SWAMI
VIVEKANANDJI

NATIONAL YOUTH DAY (12th January)

Take risks in your life..
If you win; you may lead..
If you loose; you may guide..
- Swami Vivekananda



KANYA MAHA VIDYALAYA

Be A Hero . Always say
I HAVE NO FEAR

Swami Vivekananda

Kanya Maha Vidyalaya

STRENGTH

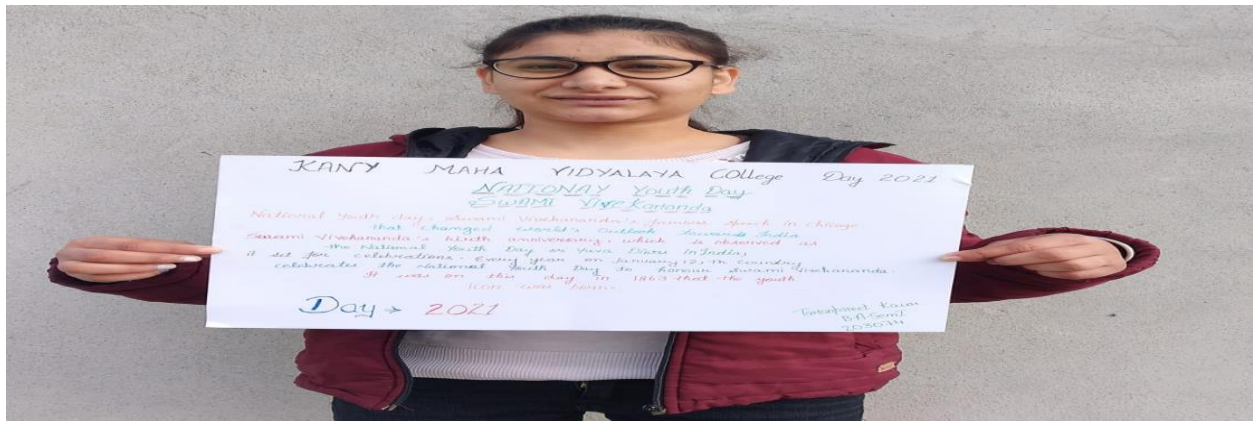
IS

LIFE

WEAKNESS

IS

DEATH



**KANYA MAHA VIDYALAYA
(AUTONOMOUS)
36 JALANDHAR, NORTH**

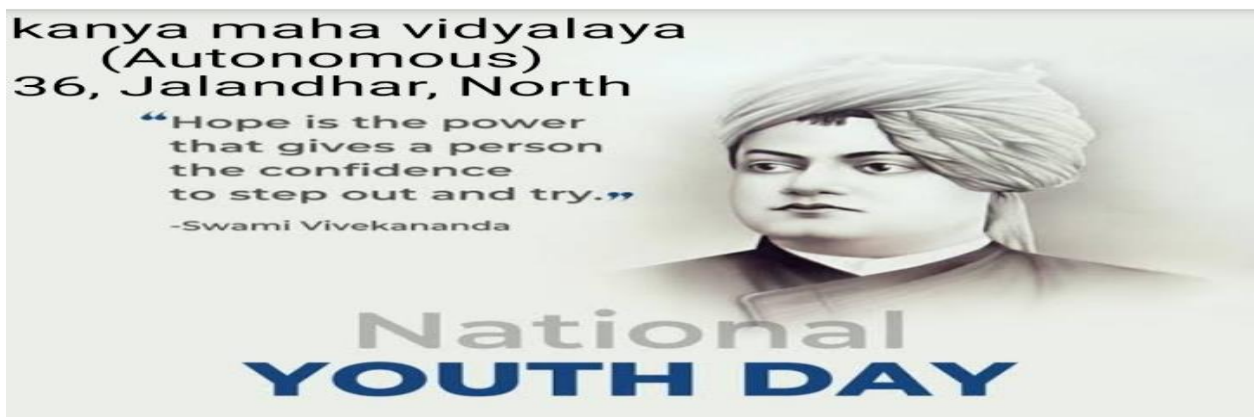
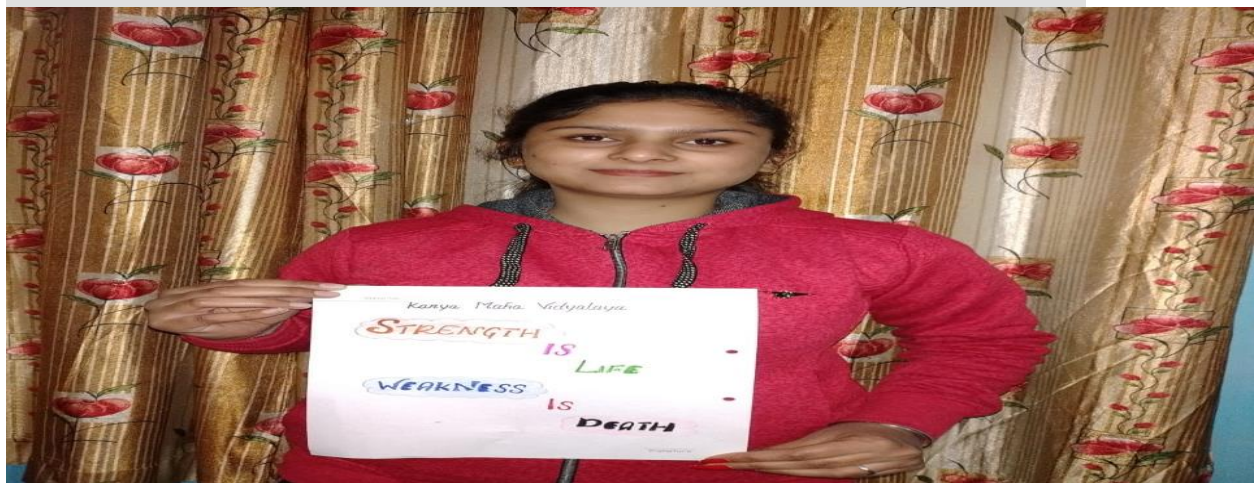
Stand as a rock; you are
indestructible. You are the Self
(atman), the God of the universe.

- SWAMI VIVEKANANDA

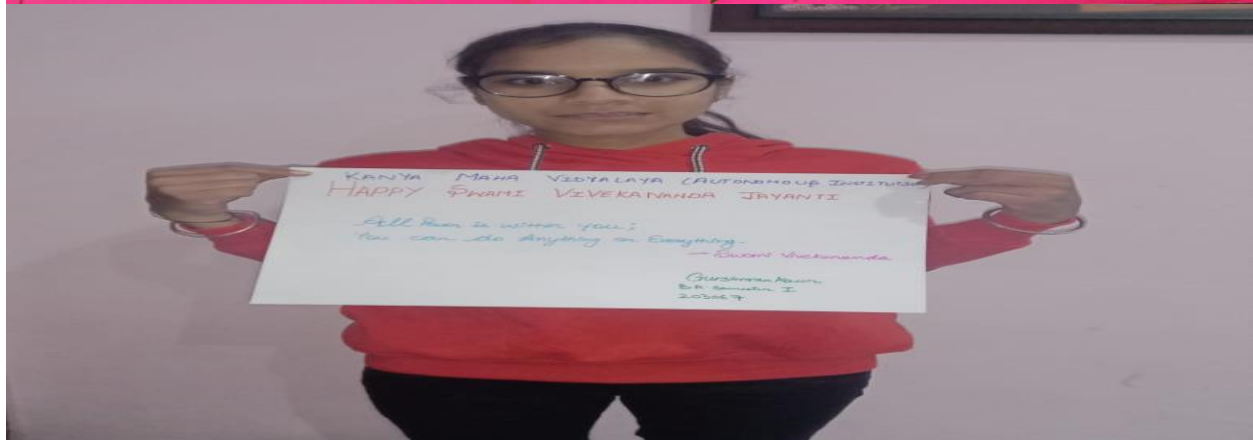
NATIONAL YOUTH DAY

12
JANUARY
2021

www.thequotes.in



KANYA MAHA VIDYALAYA, JALANDHAR
 — NATIONAL YOUTH DAY
 ALL POWER IS WITHIN
 YOU
 YOU CAN DO ANYTHING
 AND EVERYTHING





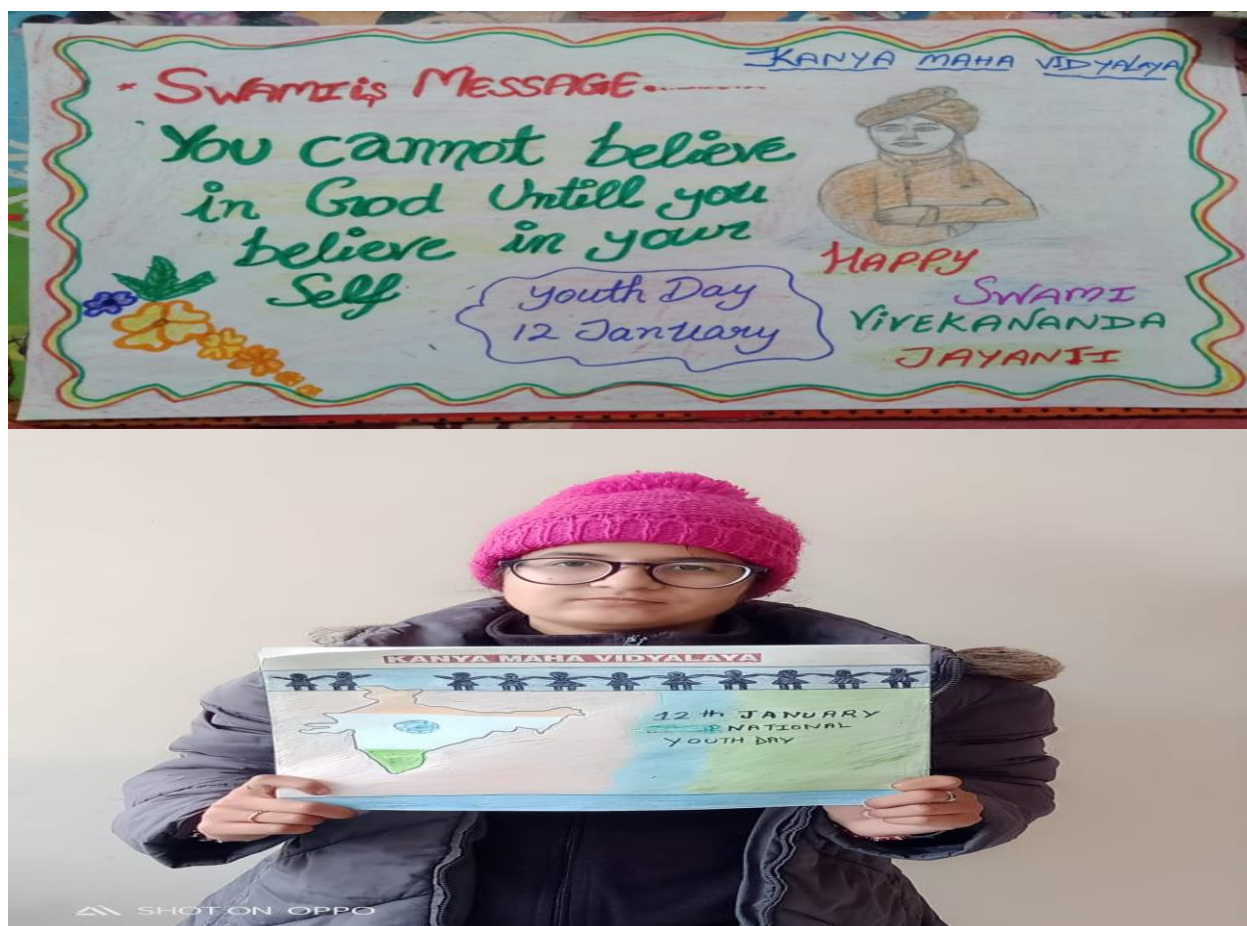
NATIONAL YOUTH DAY

Strength is life
Weakness is death

-SWAMI VIVEKANANDA

KANYA MAHA VIDYALAYA





Activity-8

Event – : **Rashtriya Yuwa Diwas, 2021**

Department --- NSS in collaboration with dept. of Political science

Venue Online and offline both

Timing 11.00

Date **12th Jan 2021**

Teachers 02

Ashima and Dr Iqbal

Participants 25 students

List of students' participant

BA Part One SEM 2 Public Adm

S. NO	Roll No	Name	Class	Subject
1	203004	Avnet	B .A. SEM 2	Public adm
2	203012	Shruti	"	"
3	203020	Namita	"	"
4	203043	Divjot	"	"
5	203067	Guruimran	"	"
6	203082	Navilla	"	"
7	203088	Tahira	"	"
8	203094	Isha	"	"

9	203114	Ruhi	”	“
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BA Part One Sem 6 Pol Sci (Hons)

s.no	Roll no	Name	Sem 6	Hons (Pol Sci)
1	203401	Kulwinder	“	“
2	203408	Ishita	“	“
3	203420	Chanda	“	“
4	203449	Palakdeep	“	“
5	203454		“	“
6	203456	Navneet	“	“

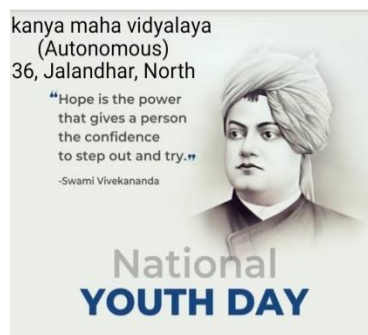
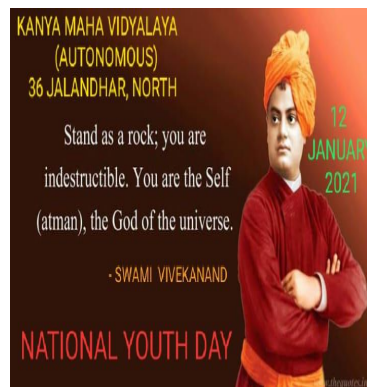
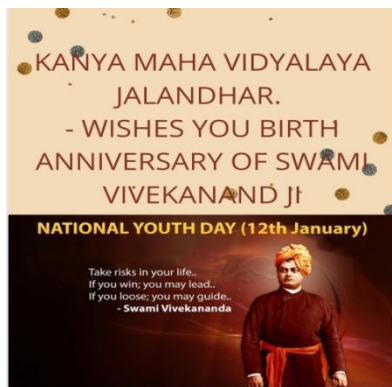
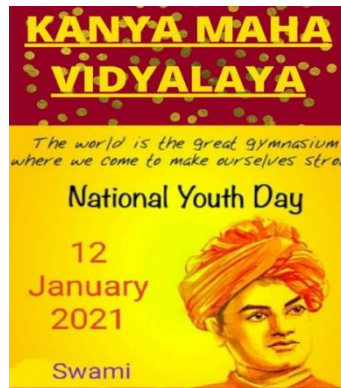
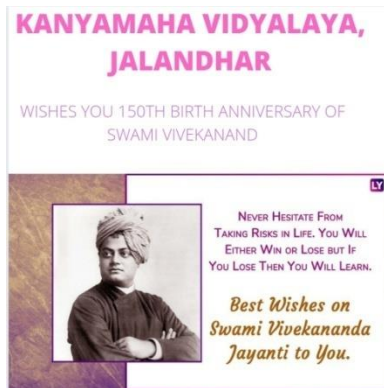
B.A. SEM3 Political Science

S. No	Name	Roll NO	Class	Subject
1	Priyanka	203201	B .A. SEM 3	Poltical Science
2	Navroj	203203	”	”
3	Dapinderjit	203205	”	”
4	Ashu	203209	”	”
5	Vavleen	203216	”	”
6	Kirti	203226	”	”
7	Neha	203229	”	”
8	Vaishali	203233	”	”
9	Jasdeep	203239	”	”
10	Rajveer	203240	”	”

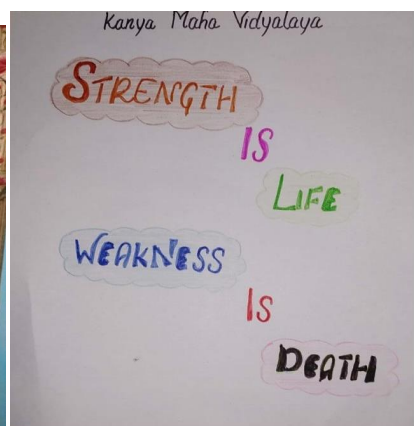
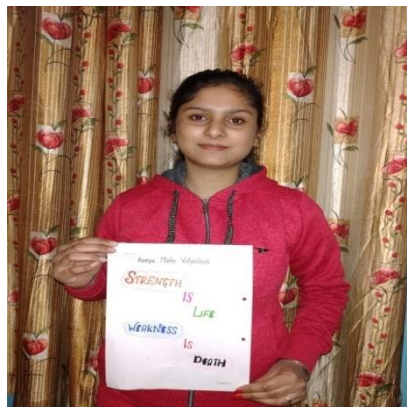
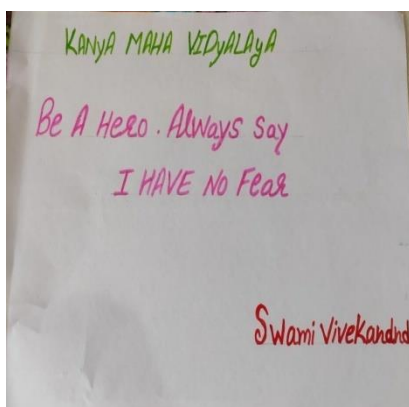
KMV celebrates Rashtriya Yuwa Diwas, 2021

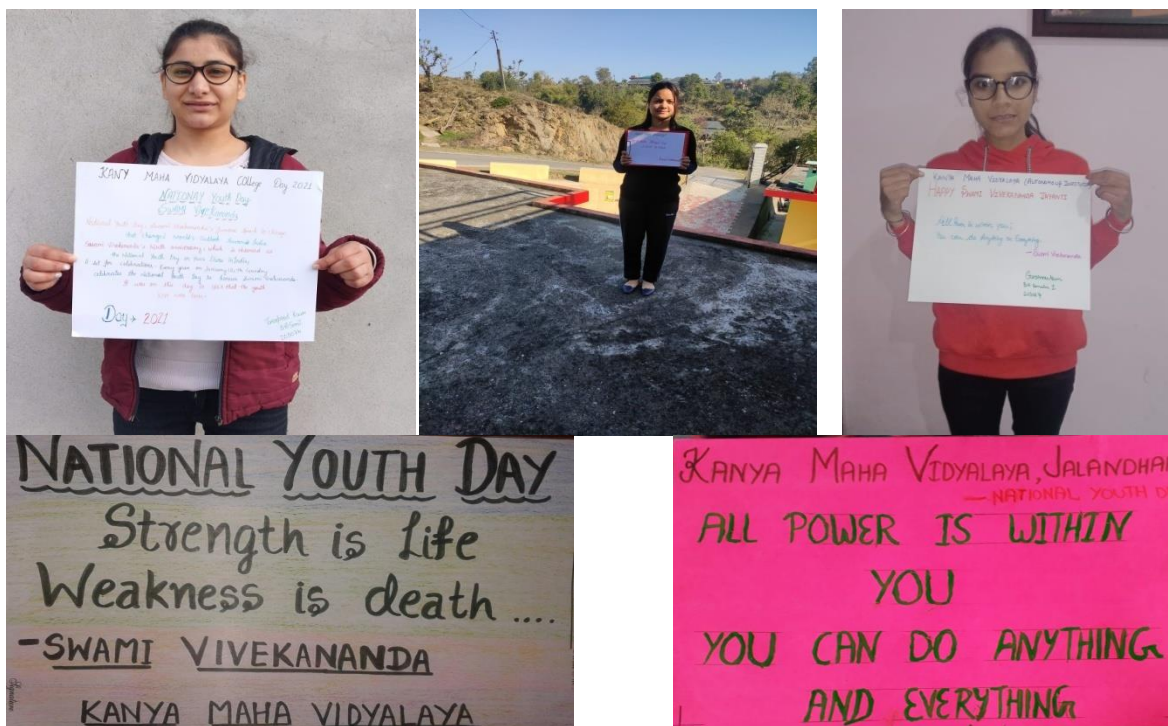
Kanya Maha Vidyalaya-Heritage and Autonomous institution celebrates the National Youth Day, 2021. The department of Political Science in collaboration with NSS and Students Welfare Club celebrated Rashtriya Yuwa Diwas, 2021, based on the theme **“Channelizing Youth Power for Nation Building”**. Due to Covid-19, online celebrations were held with a motto to make youth aware of Swami Vivekananda’s thought and his contribution in making India a global icon. The students participated in different activities like poster making, slogan writing, essay writing and power point presentation. The winners were given the certificates.

In order to honour his vision and motivate the students, Madam Principal Prof. (Dr.) Atima Sharma Dwivedi in her address to the students said that Swami Vivekananda is a role model for the youths, because of his strong, mind, body, and spirit. His way of living life and his ideology could be a great source of inspiration for youths. Madam Principal further updated the students that according to Swami Vivekananda, education is the only source to build a better society and a better nation. Education is the primary means of empowering people. She further added that students must ensure that they have been registered as a voter and the college is extensively engaged in SVEEP related activities in collaboration with 36-Jalandhar North. In the end, she congratulated the organizers Dr. Madhumeet, Mrs Ashima Sahni, Dr. Sonik Bhatia, Mrs Anand Prabha and Dr. Iqbal Singh.



E-card





Slogan writing competition



Poster making competition

Activity: 9

Event – : Installation of Automatic Sanitary Napkin Vending Machine & Electric Incinerators under Jalandhar Smart city limited (JSCM) as part of the Swatch Bharat Mission

Department - NSS in collaboration with dept. of Political science

Venue - College Campus

Timing 11.00

Date 15-1- 2021.

Teachers 04

Ashima , Dr. Sonik , Dr Harpreet and Dr Iqbal

Participants 05 students

List of students' participant

S. No	Name	Roll NO	Class	Subject
1	Priyanka	203201	B .A. SEM 3	Political Science
2	Navroj	203203	„	„
3	Dapinderjit	203205	„	„
4	Ashu	203209	„	„
5	Vavleen	203216	„	„

Activity Report

In a joint collaboration with NSS and MCJ to install of Automatic Sanitary Napkin Vending Machine & Electric Incinerators under Jalandhar Smart city limited (JSCM) as part of the Swatch Bharat Mission and this is in accordance to sanitary waste guideline2018

PICS





Activity: 10

Event: National Voter's Day 2021

Department NSS in collaboration with Dept. of Political science

Venue Online and offline both

Timing 11.00

Date 25-1-2021

Teachers 02 Ashima and Dr Iqbal

Students' participant 10

List of students' participant

S. No	Name	Roll NO	Class	Subject
1	Priyanka	203201	B .A. SEM 3	Political Science
2	Navroj	203203	„	„
3	Dapinderjit	203205	„	„
4	Ashu	203209	„	„
5	Vavleen	203216	„	„
6	Kirti	203226	„	„
7	Neha	203229	„	„
8	Vaishali	203233	„	„
9	Jasdeep	203239	„	„
10	Rajveer	203240	„	„

Activity Report

KMV's SVEEP Club Celebrates 11th National Voter's Day

Kanya Maha Vidyalaya- the Autonomous and Heritage Institution, seat of Women Empowerment, Ranked No. 1 College in India by India Today Ranking celebrates 11th National Voters day. This event was jointly organized by 036 Jalandhar North Constituency, NSS unit of KMV, student members of KMV's SVEEP club, Electoral Literacy Club, Red ribbon club and the department of Political Science based on theme, 'Making Our Voters Empowered, Vigilant, Safe and Informed'. The National Voters' Voters Day has been celebrated on January 25 every year since 2011, all across the country to mark the

foundation day of Election Commission of India, i.e. 25th January 1950. The main purpose of this celebration is to encourage, facilitate and maximize enrolment, especially for the new voters. Due to Covid-19 online celebrations were held and students participated in different activities like poster making, slogan writing, essay writing and power point presentation. Prof. Dr. Atima Sharma Dwivedi, Principal, KMV, applauded an online efforts made by college's SVEEP campus ambassadors, who throughout the year were engaged in identify eligible voters attaining the age of 18 years as on 1st January every year in the college and in their nearby residential areas. Madam Anupam Kler, Electoral Registration Officer 036 (North-Cum Additional Chief Administrator, Jalandhar Development Authority) in her online address averred the students about the recent efforts of election commission of India and of her own constituency regarding voter registration. e.g., **CI's Web Radio: 'Hello Voters'**: This online digital radio service will stream voter awareness programmes. It will be accessible through a link on the Election Commission of India website. She also discussed about ECI's commitment towards conducting elections safely during the COVID-19 pandemic. The program ended with oath taking ceremony. Madam Principal She inspired the students to exercise their franchise with pride and responsibility and congratulated the organizers Dr Madhumeet, Mrs Ashima Sahni and Dr Iqbal Singh for this great initiative.

ਚੋਣ ਪ੍ਰਕਿਰਿਆ 'ਚ ਹਿੱਸਾ ਲੈਣ ਲਈ ਪ੍ਰੇਰਿਆ

ਸ਼੍ਰੀਮਤੀ ਮਹਾਵਿਦਿਆਲਾ ਵਲੋਂ 36 ਜਲੰਧਰ ਓਤਰੀ ਨਾਲ ਮਿਲ ਕੇ ਰਾਸ਼ਟਰੀ ਓਟਰਜ਼ ਦਿਵਸ ਮਨਾਇਆ ਗਿਆ। ਵੋਟਰਾਂ ਨੂੰ ਜਾਗਰੂਕ ਕਰਦੇ ਹੋਏ ਓਸ ਦੀ ਚੋਣ ਪ੍ਰਕਿਰਿਆ 'ਚ ਇਕ ਉਤਸ਼ਾਹਿਤ, ਸੁਚੇਤ ਅਤੇ ਵਿਸ਼ੇਸ਼ ਨਾਗਰਿਕ ਦੇ ਤੌਰ 'ਤੇ ਪੂਰੀ ਜਾਗਰੂਕਤਾ ਨਾਲ ਭਾਗ ਲੈਣ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ ਗਿਆ। ਇਸ ਸੰਕੇਤਿਕ ਵਿਆਖਿਆ ਲਈ ਪ੍ਰਸਾਰ ਮੰਡਿਗ, ਜਲੰਧਰ ਰਾਈਡਿੰਗ, ਨਿਬੰਧ ਲੇਖਣ ਤੇ ਪਾਵਰ ਪੁਆਇੰਟ ਪ੍ਰੈਜੇਂਟੇਸ਼ਨ ਸਿਰੀਆ ਗਾਤੀਵਿਧੀਆਂ ਕਰਵਾਈਆਂ ਗਈਆਂ। ਵਿਦਿਆਲਾ ਵਿਸ਼ੀਪਲ ਪ੍ਰੋ. ਅਤਿਮਾ ਸ਼ਰਮਾ ਦਿਵੇਦੀ ਨੇ ਇਸ ਸੰਕੇਤਿਕ ਸੰਬੰਧਨ ਕਰਦਿਆਂ ਕਿਹਾ ਕਿ ਨੌਜਵਾਨ ਪੀੜ੍ਹੀ ਨੂੰ ਵਿਸ਼ਵ ਦੇ ਸਭ ਤੋਂ ਵੱਡੇ ਲੋਕਤੰਤਰ ਦੀ ਚੋਣ ਪ੍ਰਕਿਰਿਆ ਵਿਚ ਹਿੱਸੇਦਾਰੀ ਨਾਲ ਭਾਗ ਲੈਣ ਲਈ ਉਤਸ਼ਾਹਿਤ ਕਰਨਾ ਜ਼ਰੂਰੀ ਹੈ ਤਾਂ ਜੋ ਉਹ ਸਮਾਜ ਨਿਰਮਾਣ ਵਿਚ ਆਪਣਾ ਬਦਲਾ ਯੋਗਦਾਨ ਪਾ ਸਕਣ। ਅਨੁਸ਼ਾਸਿਤ, ਵਿਲੱਖਣ ਰਾਸ਼ਟਰੀ ਓਟਰਜ਼ ਦਿਵਸ, 36 ਓਤਰੀ-ਕਮ-ਅਡੀਸ਼ਨਲ ਚੀਫ ਐਡਮਿਨਿਸਟਰੇਟਰ, ਜਲੰਧਰ ਡਿਵੈਲਪਮੈਂਟ ਅਥਾਰਿਟੀ ਨੇ ਇਸ ਸੰਕੇਤਿਕ ਆਨਲਾਈਨ ਵਿਦਿਆਰਥਣਾਂ ਨੂੰ ਸੰਬੰਧਨ ਕਰਦਿਆਂ ਚੋਣ ਪ੍ਰਕਿਰਿਆ ਦੁਆਰਾ ਹਾਲ ਹੀ ਵਿਚ ਸੀਆਈ ਵੀਐਚ ਰੈਡੀਓ ਹੈਲੋ ਵੋਟਰ, ਵੋਟਰ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਸਿਧੇ ਭਾਰਤ ਤੇ ਵਿਸ਼ੇਸ਼ ਤੌਰ 'ਤੇ ਉਨ੍ਹਾਂ ਦੇ ਆਪਣੇ ਹਲਕੇ 'ਚ ਕੀਤੇ ਗਏ ਯਤਨਾਂ ਬਾਰੇ ਦੱਸਿਆ। ਵਿਸ਼ੀਪਲ ਪ੍ਰੋ. ਅਤਿਮਾ

ਵੋਟਰ ਦਿਵਸ

ਵੋਟਰਜ਼ ਦੀ ਵਿਦਿਆਰਥਣਾਂ ਨੇ ਮਨਾਇਆ ਰਾਸ਼ਟਰੀ



ਵੋਟਰ ਦਿਵਸ ਮਨਾਉਣ ਸੰਕੇਤਿਕ ਤੌਰ 'ਤੇ ਪੋਸਟਰ ਨਾਲ ਕਮਿਊਨਿਟੀ ਦੀ ਵਿਦਿਆਰਥਣ।

ਸ਼ਰਮਾ ਦਿਵੇਦੀ ਨੇ ਇਸ ਵਿਸ਼ੇਸ਼ ਪ੍ਰੋਗਰਾਮ ਲਈ ਡਾ. ਮਹਮੂਦ, ਡੀਨ, ਸਟੂਡੈਂਟ-ਵੈਲਫੇਅਰ, ਸਾਥਨਾ ਟਰੱਸਟ, ਇਰਾਜ, ਰਾਜਿਥਨ ਕਲੱਬ, ਆਗਿਆ ਸਾਹਨੀ, ਪ੍ਰਭੀ ਪੁਲੀਟੀਕਲ ਸਾਇੰਸ ਵਿਭਾਗ ਅਤੇ ਡਿਪਾਰਟਮੈਂਟ ਸਿੱਖ ਦੁਆਰਾ ਕੀਤੇ ਗਏ ਯਤਨ ਦੀ ਸ਼ਲਾਘਾ ਕੀਤੀ।

NATIONAL VOTERS' DAY CELEBRATED

Jalandhar: Kanya Maha Vidyalaya celebrated 11th National Voters Day. The celebration was jointly organised by Jalandhar North Constituency, Red Ribbon Club, with the department of student welfare, student members of KMV's SVEEP club, Electoral Literacy Club and the department of political science. The theme behind observing the day was 'Making our voters empowered, vigilant, safe and informed'. The main purpose of this celebration was to encourage, facilitate and maximise enrolment, especially for the new voters to the electoral process of the country. Various activities namely poster-making, slogan-writing, essay writing and PowerPoint presentation were organised for the students to mark the celebrations. Principal Prof Dr Atima Sharma Dwivedi averred that KMV's SVEEP campus ambassadors were always engaged in identifying eligible voters attaining the age of 18 years in the college and in their nearby residential areas. Anupam Kler, Electoral Registration Officer, Jalandhar North, in her online address informed the students about the recent efforts of Election Commission of India and of her own constituency regarding voter registration such as CI's Web Radio: 'Hello Voters'. This online digital radio service will stream voter awareness programmes for the citizens.



Figure 1 January 26, 2021



Figure 2 January 28, 2021 (The Tribune)



Poster making competition





Slogan writing competition



E-card

Activity: 11

Event: Baisakhi Activity

Department NSS in collaboration with dept. of fashion design and Political science

Venue Online and offline both

Timing 11.00

Date 13th April, 2021

Teachers Ashima and Dr harpreet

Participants 30 students

List of students' participant

S. No	Name	Roll NO	Class	Subject
1	Priyanka	203201	B .A. SEM 3	Political Science
2	Navroj	203203	„	„
3	Dapinderjit	203205	„	„
4	Ashu	203209	„	„
5	Vavleen	203216	„	„
6	Kirti	203226	„	„
7	Neha	203229	„	„
8	Vaishali	203233	„	„
9	Jasdeep	203239	„	„
10	Rajveer	203240	„	„

Activity Report

Currently waste management is becoming an increasingly important issue for the humanity; as such the role of higher educational institutions becomes more prevalent in facets like Waste management, Water Management, Energy management, Enriching Greenery. KMV has emerged as a role model for Jalandhar city, for the community, and in educating the young learners in this direction. Kanya Maha Vidyalaya, Jalandhar in its contribution to its mission of clean and green Jalandhar has taken several initiatives in collaboration with MCJ, Jalandhar e.g. Swachh Sashakt Society, Swachh Survekshan Program, Swachhta Hi Sewa, Swachhta Pakhwara **Jimmedar Jalandhari** and my waste my responsibility. 12 faculty members of KMV were felicitated by MCJ for contributing by participating in several events in collaboration with municipal cooperation Jalandhar for noble cause of creating a Swachh Sashakt Society in Jalandhar under Swachh Survekshan Program in the year 2019 and two faculty members and three students were honoured by MCJ in the year 2020 for their contribution in creating awareness about clean Jalandhar especially during COVID times. Our target currently is to develop campus as zero waste zone of Jalandhar city and then to implement this model in the villages adopted by the college under Unnat Bharat Abhiyaan and in the surrounding areas of the college as well.

E- paper



Activity-12

Event	Swachhata Action Plan – Workshop on Psychosocial Support for Covid Pandemic
Conditions	
Department	NSS in collaboration with dept. of Political science and Fashion Design
Venue	Online
Timing	11.30
Date	27 th May, 2021
Participants	
Teachers	04
	Mrs Ashima Sahni, Dr. Sonik Bhatia, Mrs. Anand Prabha and Dr. Iqbal Singh.

Activity Report

Letter



Mahatma Gandhi National Council of Rural Education

Department of Higher Education, Ministry of Education, Govt of India

10-174, Shakar Bhavan, Ground Floor, Fateh Maidan Road, Hyd – 04, website: www.mgncre.org

File No.0009/SAP/Institutional Workshops MGNCRE /2021-22/

Date: 22nd May 2021



To,
The Principal,

Sub: MGNCRE – Department of Higher Education – Government of India – Swachhata Action Plan – Workshop on Psychosocial Support for Covid Pandemic Conditions.

Dear Ma'am/ Sir,

Greetings from MGNCRE!

We would like to welcome your institution in the national drive to engage educational institutions in the online and offline community services in the present pandemic. Mahatma Gandhi National Council of Rural Education (MGNCRE), Department of Higher Education, Ministry of Education, Govt. of India is the nodal agency in the Ministry for Swachhata Action Plan work. We are organizing a **90 minutes Workshop on Covid Helper's Skills for student community**. We are conducting online workshops for various colleges, and universities as part of providing orientation to enable students to explore various online avenues of offering counselling and related services.

This workshop will focus on providing information and psychosocial support for the Covid-19 affected in your district. Through a structured process, the workshop will enable creation of different groups with specific roles to achieve outcomes.

We would like to seek your collaboration in this nationwide endeavour of MGNCRE. Please communicate your convenience in organising the workshop. **From MGNCRE Sri Amritanshu Dwivedi** will be contacting you or you can contact him for taking this forward.

We request you to designate a faculty member or team who will support this activity and their phone numbers for taking this forward.

Minimum Requirements for Online Workshop are as follows-

- **A What's group of your students**
- **A nominated Faculty from your College for coordinating with our representative.**

For any further clarification please feel free to contact our Representative Amritanshu Dwivedi.(Ph-94175 78610)

Yours sincerely

(Major Shiv Kiran)
Senior Consultant
98490 47827

Activity Report

KMV ORGANIZES WORKSHOP FOR COVID HELPER'S SKILLS IN COLLABORATION WITH MGNCRE

Kanya Maha Vidyalaya- the Autonomous and Heritage Institution, seat of Women Empowerment, Ranked No. 1 College in India by India Today Ranking organized workshop on "Guidance for Psychosocial Counselling and Covid Helper Skills" in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE) Department of Higher Education, Ministry of Education, Govt

of India. Under this workshop students were given training for providing psychological support for the covid-19 affected in nearby areas. KMV Principal Dr. (Prof.) Atima Sharma Dwivedi in her inaugural address apprised students about the importance of **online and offline community services as their social and civic duty to fight the present pandemic**, She said, KMV is committed to help all covid victims in nearby areas through a comprehensive social outreach program .The training was given by Ms. Neha Dagar from MGNCRE. Around one hundred volunteers of UBA, NSS, and students from Political Science, Fashion Design and Physics department were trained as a core group to impart these skills to other kmvites. This initiative of empathy is not the first one in-fact, such endeavours are routine since covid first wave , This includes, distribution of food to the needy, making and distribution of masks ,immunity booster diet Plans, e-counselling for busting stress ,webinar on Corona-19: Issues & Preventions.

In the end, Madam Principal appreciated the stupendous contribution of NSS & UBA volunteers to the cause of second wave of pandemic by virtue of regular awareness campaigns and drives. She also congratulated the organizers Mrs Ashima Sahni, Ms. Harpreet (F.D.), Dr. Sonik Bhatia for enhancing social institutional responsibility.

Pics



Event: Activity: 13
Yoga Day Celebrations

Department NSS in collaboration with dept. of Political science

Venue Online and offline both

Timing 11.00

Date June 15-21, 2021

Teachers 09

Ashima Dr sonik, Dr harpreet, Ms. AnandPrabha, Mr Yogeshwar, Dr Iqbal and Dr Davinder Veena Deepak, Seema arora (NCC) and Parbrahm sir

Participants 27 students

List of students

S. No	Name	Roll NO	Class	Subject
1	Shruti	203012	B .A. SEM 3	Public adm
2	Namita	203020	„	Public adm
3	Divjot	203043	„	Public adm
4	Gursimran	203067	„	Public adm
5	Nancy	203070	„	Public adm
6	Navila	203082	„	Public adm
7	Tahira	203088	„	Public adm
8	Kulwinder	203401	B .A. SEM 5	Political science
9	Shalini	203406	„	Political science
10	Ishita	203408	„	Political science
11	Kimranjit	203409	„	Political science
12	Smriti	203419	„	Political science

BA-III SEM6 (Political Science)

s.no	Roll no	s.no	Roll no
1	203401	16	203434
2	203406	17	203435
3	203408	18	203436
4	203409	19	203437
5	203414	20	203449
6	203415	21	203450
7	203416	22	203452
8	203419	23	203454
9	203420	24	203456
10	203421	25	203459
11	203423	26	203460
12	203424	27	203462
13	203427	28	203463
14	203428	29	203464
15	203432	30	203467

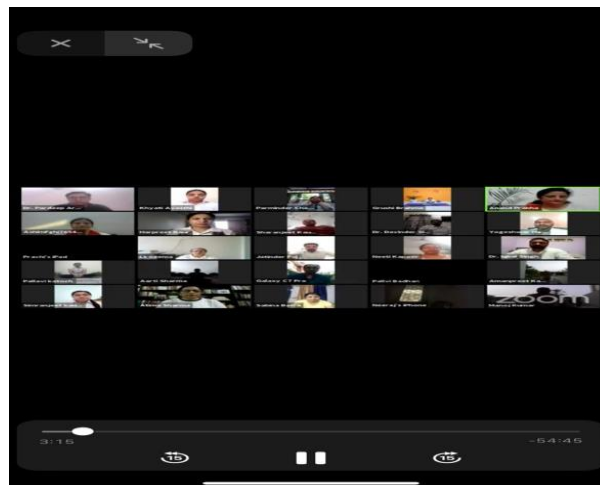
Activity Report

KMV ORGANIZES WEEK LONG ONLINE ACTIVITIES TO MARK 6th INTERNATIONAL YOGA DAY, June 15-21, 2020

Kanya Maha Vidyalaya - the Heritage Institution, Jalandhar organized week long online activities on Yoga from June 15-21, 2020 for the celebration of 6th International Day of Yoga (IDY) on 21st June,

2020. A week- long celebration got a befitting conclusion with a webinar based on the theme Holistic Health and Well-Being and Chief Guest was Madam Principal, Prof. Atima Sharma Dwivedi. The session began with an observance of two minutes silence for soldiers who got martyred during Galwan valley crisis followed by recitation of Gaytri mantra. In her opening remarks Principal, Prof. Dr. Atima sharma dewedi in a very lucid manner emphasized the importance of Yoga as an invaluable cultural legacy of India which has received international fame by efforts of our worthy Prime Minister Shri Narinder Modijee. She advised that everybody should take care of one's health and one must maintain a healthy lifestyle and develop immunity by practicing Yoga especially in the present times. It was followed by an address by Lieutenant Ms.Seema Arora (NCC officer) where she spoke on behalf of Group Commander Jalandhar Group Brigadier Advitya Madaan. Online individual yoga demonstrations and various asanas including Sadilaya, trunk movements, knee movements, yogasanas like Tadasana, Vkrasana, Padam Aasana, Kapalbhathi and Pranayams like Anulome Vilome Pranayama based on Common Yoga Protocol (CYP), which consists of 45-minute sequence of relatively simple yoga drills were done by Ms. Khayati awasti, Ms. Pallavi Katoch Pallavi badhan and Amanpreet kaur (NSS volunteers and of students Math and dept. of physical education. A guest performance was made by a national winner in yoga Ms. Grushi Brahme. Student's o Fashion department of KMV stole the show by introducing a new component to yoga under the theme-'Make Yoga a Fashion Movement' which was greatly applauded by the audience. Dr. Davinder highlighted the efforts of dept. of physical Edu continuous training of yoga under fit India movement. In the end posters made on the theme of yoga by students of PG dept. of fine arts were displayed. Mr Yogshwar hans head of P.G. dept. displayed creative work and announced names of winner; Jyotsna, simran, kirandeep and kirti. In the end, vote of thanks was extended by Dr Sonik Bhatia. Ms. Anand prabha from Math's dept. seamlessly coordinated the whole webinar she also circulated google forms on yoga quiz in which 1000 participation was received. Principal Mam appreciated participation of nss core group Ms. Ashima Sahni (In charge), Dr Sonik Bhatia, Mrs. Harpreet Kaur Ms. Anand Prabha, Mr. Yogeshwar, Dr Davinder and Dr, Iqbal Singh. Dr. Davinder highlighted the efforts of dept. of physical Edu continuous training of yoga under fit India movement.

Today's Event: Webinar



REPORT OF WEEL-LONG CELEBERATION

E Banners for Awareness

Kanya Maha Vidyalaya

The Autonomous Heritage Institution, Jalandhar

KMV Ranked No.1 College of India

(Best Value for Money) by India Today Survey of Top Colleges

National Service Scheme

Celebrates

Online 6th International Day of Yoga

(Yoga at Home, Yoga with Family)

Week Long Celebration

KANYA MAHA VIDYALAYA

The Autonomous Heritage Institution, Jalandhar

KMV Ranked No. 1 College of India

(Best Value for Money) by India Today Survey of Top Colleges

#KMVKares

K M V

Staying Distant

is the best way to stay united

KMVKares Stay Home Stay Safe

KANYA MAHA VIDYALAYA

The Autonomous Heritage Institution, Jalandhar

KMV Ranked No. 1 College of India

(Best Value for Money) by India Today Survey of Top Colleges

Holistic Health and Well-Being -

6th International Yoga Day

A Webinar by

National Service Scheme (NSS)

on

June 21, 2020 at 7 a.m. to 8 a.m.

Welcome Address by Chief Patron

Prof. (Dr.) Atima Sharma Dwivedi, Principal KMV

Join us on Zoom, and Facebook

Watch Live on Facebook at <https://facebook.com/kmvjal>

Zoom Meeting ID: 589 144 9954, Password: Fghi765432

For Registration Contact us at:-

Ms. Ashima Sahni : 99150-22093

Ms. Harpreet Kaur : 98881-11868

Mr. Sonik Bhatia : 99159-02608

Ms. Anand Prabha : 98889-96455

Prof. (Dr.) Atima Sharma Dwivedi

Principal

KANYA MAHA VIDYALAYA

The Autonomous Heritage Institution, Jalandhar

Ranked No. 1 in various categories by India Today

WHO recommends that all healthy adults do 30 minutes/day of physical activity, and children should be physically active for 1 hour/day

Be Active

Healthy at Home

30 mins daily

1 hour daily

If you are at home during

#COVID 19 outbreak

"STAY HOME, STAY SAFE"



Day -3Wellness with Happiness under Fit KMV Campaign Online



Practice of Yoga-- India's age-old Healthcare practices in the form of YOGA can also act as a potent weapon to combat the enemy, as a strong and effective shield to protect ourselves. When people are forced to isolate and stay in their homes like in this Covid-19 pandemic, it has created a great deal of anxiety and depression and this can adversely affect physical and mental health by bringing their immunity level. But during this lockdown period, KMV Corona Warriors under the aegis of #KMVKares can be seen indulging in physical exercises and practising various Yog Asnas for their coupled goal of wellness and happiness. This not only helps them stay positive and benefit from Yoga but others also while watching them dispelling negativity and gloom. KMVites have joined campaign of promoting 'Fit India' movement during the lockdown. Students have uploaded their videos doing the rope skip exercise and have encouraged people to spend some time on exercise which will boost their health.



DAY 4 STUDENTS WERE ENCOURAGED TO ADOPT MEDITATION

Recitation of Gayatri Mantra - the faculty members as well as all the students of KMV were encouraged for recitation of Gayatri Mantra and other for meditation for the welfare of self and of whole humanity and This initiative has been commenced by the Principal Prof. (Dr.) Atima Sharma Dwivedi with the conviction that the power of Collective Prayer exudes positivity all around and this spiritual experience strengthens us both mentally and emotionally.



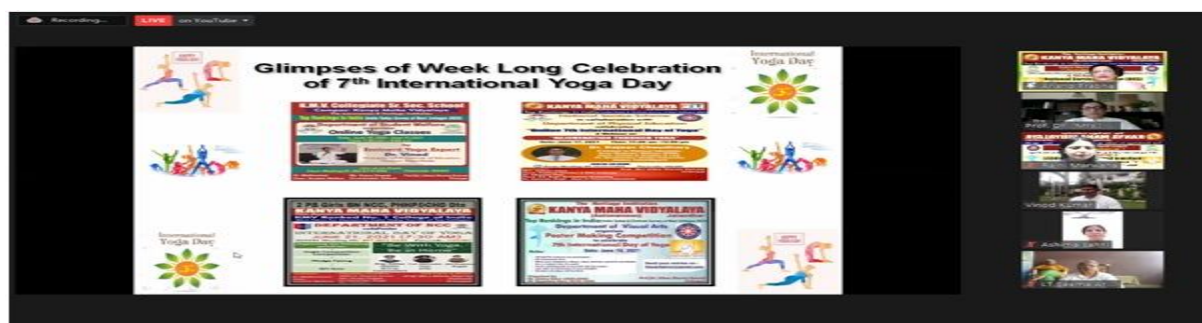


Kanya Maha Vidyalaya

Kanya Maha Vidyalaya (KMV), Jalandhar, organised a week-long activity on Yoga from June 14 to June 21 to celebrate the 'International Day of Yoga'. Throughout the week, the students were motivated and persuaded to adopt yoga as a part of their day to day routine to encourage their physical well-being. The Group yoga demonstrations based on Common Yoga Protocol (CYP) were held, which consisted of an hour-long practice of relatively simple yoga drills. On June 21 the International Yoga Day was celebrated at KMV in collaboration with Bharat Swabhimani Trust, Mahila Patanjali Yog Samiti. Yoga trainers Ranjana Sharma along with others guided the students and faculty about the worth of physical fitness and active approach in the era of hectic and complicated life schedule. Dr Madhumeet, Dean, Student Welfare, Dr Neeraj Sharma, Ashima Sahni, Co-ordinator NSS, Dr Sonik Bhatia, Anand Prabha were applauded and appreciated by Prof (Dr) Atima Sharma Dwivedi, principal, KMV, for

coming Match CHE vs DEL: 10-Apr-2021 1-

12 Punjab Battalion NCC

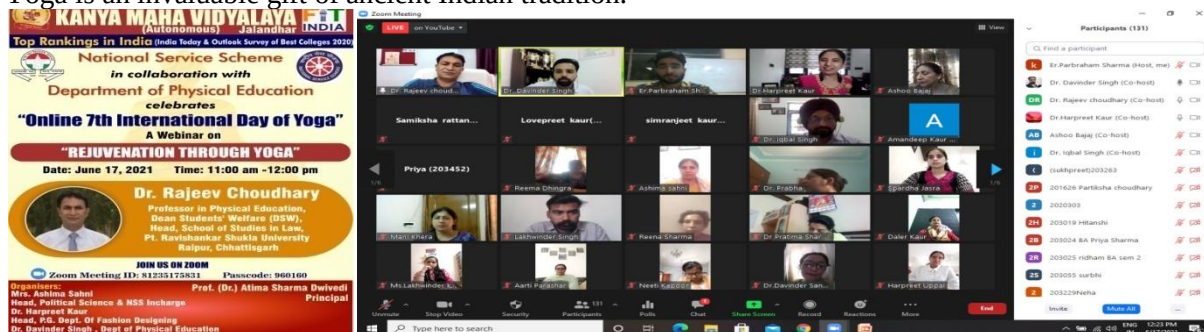


Activity 1: June 15-24, 2021 Day Online Yoga Sessions by Collegiate Senior Secondary School Daily from 7 a.m. to 8 a.m. online training session of yoga is being conducted and the training is being given by Dr. Vinod, Principal, OPM Institute of Education, Dyalpur, Kapurthala was the key speaker.



Activity 2: June 17, 2021 KMV organizes a Webinar on “Rejuvenation through Yoga on 17 June 2021

The NSS department of KMV in collaboration with Department of Physical Education organized a webinar on the topic “Rejuvenation through Yoga” on 17 June 2021 at 11:00 a.m. to 12:00 p.m. During this occasion, Dr. Rajeev Choudhary, Professor & Dean in Physical Education, School of Studies in Law, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh was the chief guest. In his address, Dr. Choudhary focused on the different aspects of yoga in order to relieve the stress level. He has thoroughly discussed about the origin, concept and significance of yoga. He highlighted that human body is a combination of Prakarti (Static, Action and Light) and Purusha (Pur, Sha). Madam Principal highlighted that KMV believes in preserving the age-tested ever-useful traditions and cultural heritage of India and Yoga is an invaluable gift of ancient Indian tradition.



Activity 3: June 18, 2021 As a part of ongoing series of Yoga Day celebrations, Poster Making competitions was organized by Department of Visual Arts. Around 30 students participated in it and posters of three students were shortlisted and were displayed on Yoga Day.



Activity 4: June 19, 2021 As a part of ongoing series of Yoga Day celebrations, NCC Cadets showcased their Yoga talents through different Yoga postures. The students have performed different yogic asanas which includes standing posture, Balancing postures, Inverted postures, and Backward Bending Postures and Pranyama.

2 PB GIRLS BN NCC, PHRPOCHD DIST
KANYA MAHA VIDYALAYA
The Autonomous Heritage Institution, Jalandhar
KMV Ranked No. 1 College of India
(Best Value for Money) by India Today Survey of Top Colleges

DEPARTMENT OF NCC
celebrates
INTERNATIONAL DAY OF YOGA
JUNE 21, 2021 (7:30 AM)
ZOOM Meeting ID: 897 4511 9129 Passcode: 139389

Organising the following activities:

- Jingle Composition Competition
- Pledge Taking
- IDY Quiz

"Be With Yoga, Be at Home"

Brig. Aditya Madan (Group Commander)
Col. Narinder Toor (CO)
AO Pratima Nagar

Coordinator:
Dr. Madhumeet Dean, Student Welfare

Organizing Committee:
ANO Lt. Seema Arora
Ms. Pooja Duggal
Dr. Davinder Singh
Ms. Sufalica

Chief Patron & Mentor:
Prof. (Dr.) Atima Sharma Dwivedi, Principal

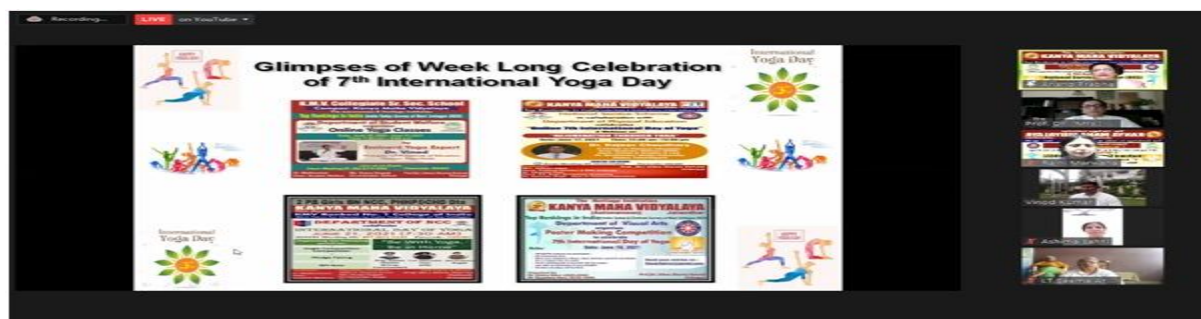
Integrate and Encourage Yoga through Life

Activity 5: June 21, 2021, 7th International Yoga Day was organized by the NSS department of KMV on June 21, 2020 at 7:30 a.m. to 8:30 a.m.

7th International Yoga Day was organized by the NSS department of KMV on June 21, 2020 at 7:30 a.m. to 8:30 a.m. The eminent Yoga expert Dr. Vinod, Principal, OPM Institute of Education,

Dyalpur, Kapurthala was the key speaker. Madam Principal Prof. (Dr.) Atima Sharma Dwivedi formally welcomed the key speaker. As per the glorious tradition of KMV, the lightning lamps were conducted following the gaytri mantra. In his address, Dr. Vinod discussed the relevance of yoga in the present context, when people are passing through the international pandemic of COVID-19. He asserted that Yoga is the panacea of all the problems related to mental and physical health of the people. Madam Principal highlighted that this day has been specially selected as International Yoga Day to spread harmony and peace throughout the world. KMV believes in preserving the age-tested ever-useful traditions and cultural heritage of India and Yoga is an invaluable gift of ancient Indian tradition. The students have performed different yogic asanas which includes standing posture, Balancing postures, Inverted postures, and Backward Bending Postures and Pranyama.





The below is the you tube link of these activities:
<https://www.youtube.com/watch?v=h2Oe1a115Gw>

CRITERIA 3.6.4

NUMBER OF STUDENTS PARTICIPATING IN EXTENSION ACTIVITIES LISTED IN 3.6.3

s.no	Name of The Activity	Organising unit/agency/ Collaborating agency	Name of The scheme	Month and Year of the activity	Number of Students Who participated In such activities