

G.V.M GIRLS COLLEGE SONEPAT

ANNUAL REPORT

2023-24

NATIONAL SERVICE SCHEME

*Dr. Manjula Spah
Principal, GVMGC*

*Ms. Ruchika Vermani
Programme Officer, NSS*

G.V.M. GIRLS COLLEGE, SONEPAT

NATIONAL SERVICE SCHEME

“Not Me, But You”

ANNUAL REPORT 2023-24

The NSS Unit at GVM Girls College Sonapat is dedicated to nurturing a resilient youth force for the nation and actively contributing to the upliftment of underprivileged communities in the vicinity. The NSS Cell is committed to fostering the holistic development of its volunteers, the broader society, and stakeholders.

The institute's NSS Unit prioritizes generating awareness among city residents on crucial issues. Throughout the session, a series of impactful initiatives were meticulously organized, including awareness campaigns, educational camps, and health check-up camps. The focus of the National Service Scheme Unit extends to environmental preservation, cleanliness promotion, and the overall enhancement of citizens' health.

Outlined below are the specific details of the events conducted in the 2023-24 session, complemented by visual documentation such as pictures, newspaper clippings, and a scrapbook. NSS at GVM Girls College, Sonapat, takes pride in being privileged to engage in these extension activities for society's betterment and cultivating motivated volunteers dedicated to serving the nation.

Activities Performed for the Session 2022-23

<u>S.No.</u>	<u>Date</u>	<u>Activity organized</u>	<u>Locale</u>
1.	April 14, 2023	Celebration of Dr. B.R Ambedkar Jayanti	Maharshi Dayanand University, Rohtak
2.	April 18, 2023	Visit to District Trade Fair	Police Line, Sonapat
3.	April 28-30, 2023	NEET Special Survey	Village Kami
4.	May 01 - 07, 2023	Workshop on Disaster Management	Maharshi Dayanand University, Rohtak
5.	May 14, 2023	Mother's Day Special Yoga Campaign	Online Event
6.	May 26, 2023	Blood Donation Camp	RUSA Hall, GVMGC
7.	June 21, 2023	International Yoga Day	RUSA Hall, GVMGC
8.	July 19-25, 2023	Participation in the National Integration Camp	Chaudhary Charan Singh Haryana Agricultural University Hissar
9.	July 28, 2023	Tree Plantation Drive Kargil Vijay Diwas	GVMGC Campus
10.	August 08, 2023	National Students Paryavaran Competition 2023	Online
11.	August 11, 2023	Meri Maati Mera Desh Campaign	Online
12.	August 12, 2023	Awareness on Anti-Ragging Rally	GVMGC to Devru Road
13.	August 13, 2023	Har Ghar Tiranga Pledge	Online
14.	August 15, 2023	Independence Day Celebrations	GVMGC Campus
15.	September 03, 2023	Cyclothon for Anti-Drug Awareness	Subhash Stadium, Sonapat

16.	September 04, 2023	One Day Yoga Camp	RUSA Hall, GVMGC
17.	September 05, 2023	Poster Making Competition	Library Reading Hall, GVMGC
18.	September 08, 2023	Literacy Week Awareness	Jagriti Sabhagar, GVMGC
19.	September 13, 2023	Pre-Republic Day Camp Trials	Maharshi Dayanand University, Rohtak
20.	September 20, 2023	State Level Pre RD Camp Trials	Guru Jambheshwar University, Hissar
21.	September 22, 2023	NSS Induction Program	Gargi Sabhagar, GVMGC
22.	October 01, 2023	ShramDaan “EkTareekh, EkGhanta”	GVMGC Campus
23.	October 03, 2023	Story Writing Competition	Vaish Mahila Mahavidyalaya Rohtak (Online)
24.	October 13, 2023	Kalash Yatra, Meri Maati MeraDesh	GVMGC Campus
25.	October 30, 2023	Essay Writing Competition Khaadi Pe Charcha	Room No 102, GVMGC
26.	July 29 – October 31, 2023	Ek Bharat Sanskriti Sangam	Online
27.	November 9- 30, 2023	Election Commission Survey	District: Sonapat
28.	November 16 – 25, 2023	National Adventure Camp	Atal Bihari Vajpayee Institute of Mountaineering and Allied Sports, Manali
29.	December 01 – January 05, 2024	Mass Registration Drive on MyBharat Portal	Online
30.	January 05 – 11, 2024	National Integration Camp	Itanagar, Arunachal Pradesh
31.	January 09– 18, 2024	National Adventure Camp	Hathkoti. Himachal Pradesh

32.	January 11-12, 2024	Drug-Free Campaign	Swaraj Sadan MDU Rohtak
33.	January 26, 2024	Republic Day Celebration	Indradhanush Sabhagar, GVMGC
34.	January 26, 2024	Essay Writing Competition	Government College, Safidon
35.	February 9-10,2024	Participation in “Shree Ram Antariksh Vaidhshala Utsav”	GVMGC , Online
36.	February 13-20,2024	Surya Namaskar Haryana Yoga Commission	GVM GC Campus
37.	February 19, 2020	Start-up for Developing Entrepreneurial Qualities	Student Activity Centre, MDU Rohtak
38.	February 28, 2024- March 6, 2024	Awareness Campaign on Mera Pehla Vote Desh Ke Liye - Pledge	GVMGC Campus
39.	March 1, 2024	Mera Pehla Vote Desh Ke Liye Selfie Point	GVMGC CAMPUS
40.	March 4, 2024	Mera Phela Vote Desh Ke Liye Flash Mob Dance	GVMGC CAMPUS
41.	March 6, 2024	Mera Phela Vote Desh Ke Liye Nukkad Natak	GVMGC CAMPUS
42.	March 7, 2024	Inter College Essay Writing Competition on International Women’s Day	SIASTE,Jhajjar
43.	March 7, 2024	BIZZ Fiesta	Geeta University , Panipat
44.	March 11-17, 2024	Special Day Night Camp	Kami Village

1. Celebration of Dr. B R Ambedkar Jayanti

April 14, 2023,

Radhakrishnan Auditorium, MDU, Rohtak

A University Level Camp, organized at MDU Rohtak, brought together NSS Programme Officer Ms. Ruchika Vermani and volunteers Kashish, Bhawna, Sanya, and Khushi from the institute. The esteemed presence of Vice Chancellor Professor Dr. Rajbir Singh, along with Professor Raj Kumar, the Dean of Student Welfare, added significance to the event. Mr. Indresh Kumar ji, Executive of RSS, graced the occasion as the Chief Guest, enlightening the audience with intricate details about Baba Saheb's life, making the experience truly enlightening.

The Chairperson, adorned with profound knowledge, shared insights on how Dr. Ambedkar's inspirational stories have motivated the youth to embrace Baba Saheb's teachings and walk in his footsteps.

Dr. Ambedkar's exceptional academic achievements, including numerous doctorates and master's degrees across various subjects, were highlighted. His tireless advocacy against social injustices, especially untouchability, and efforts toward securing rights for marginalized communities were acknowledged.

The event featured various competitions, engaging our volunteers in spirited participation. Khushi, a B.Com Hons 2nd Year student, secured the top position in poster making, earning a cash prize of Rs 1100 and a certificate. Similarly, Bhawna, a B.Com Hons 3rd Year student, attained the second position in slogan writing, receiving a cash prize of Rs 750 along with a certificate. The winners were celebrated upon their return to the college.

The NSS unit of the college continues its forward momentum in contributing to the strength of the nation. Dr. O.P Pruthi, the President of the institution, and Principal Dr. Renu Bhatia extended their heartfelt congratulations to the winners. NSS Program Officer Ms. Ruchika Vermani was also commended for her guidance and encouragement, with a call to sustain the commendable pace.

Purpose: To inspiring volunteers through talks and competitions

Beneficiaries: Youth of the Nation

Students Involved: 04

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Category: #Education #Knowledge #Awareness #Creativity #Patriotism





2. Visit to District Trade Fair

April 18, 2023

Police Line, Sonapat

In a bid to provide NSS volunteers with exposure to entrepreneurial setups and to foster support for small-scale entrepreneurs, the NSS team attended the Trade Fair organized by District Authorities at Police Line Sonapat.

Recognizing the government's entrepreneurial development goals, NSS Program Officer Ms. Ruchika Vermani and NSS volunteers took advantage of the chance to connect with and learn about the many companies on display at the fair.

During the event, an insightful talk was given about encouraging young people to become entrepreneurs. Stories of successful entrepreneurs and diverse industry leaders, including those from the Tata Group, Reliance Group, and IT companies, were shared to showcase how dedication and perseverance can lead to success.

The event provided students with a platform to share their entrepreneurial ideas with the public and industry experts. Numerous stalls were set up, allowing traders to exhibit their products and services. The NSS volunteers actively engaged with the stall owners, inquiring about their working styles and strategies. They also made purchases, enjoyed joy rides, and savoured the offerings from food stalls.

NSS Programme Officer Ms. Ruchika Vermani conveyed her gratitude towards the district authorities for their endeavours in promoting such initiatives.

Dr. O.P Pruthi, head of the institution, lauded the authorities for exposing young minds to inventive business concepts and extending support to local traders by providing them with a broader audience. The DC Office of the City commended the institute for its proactive role in motivating vendors, underscoring the collaborative effort towards fostering entrepreneurial spirit and economic growth within the community.

Purpose: To learn about entrepreneurship and support small businesses

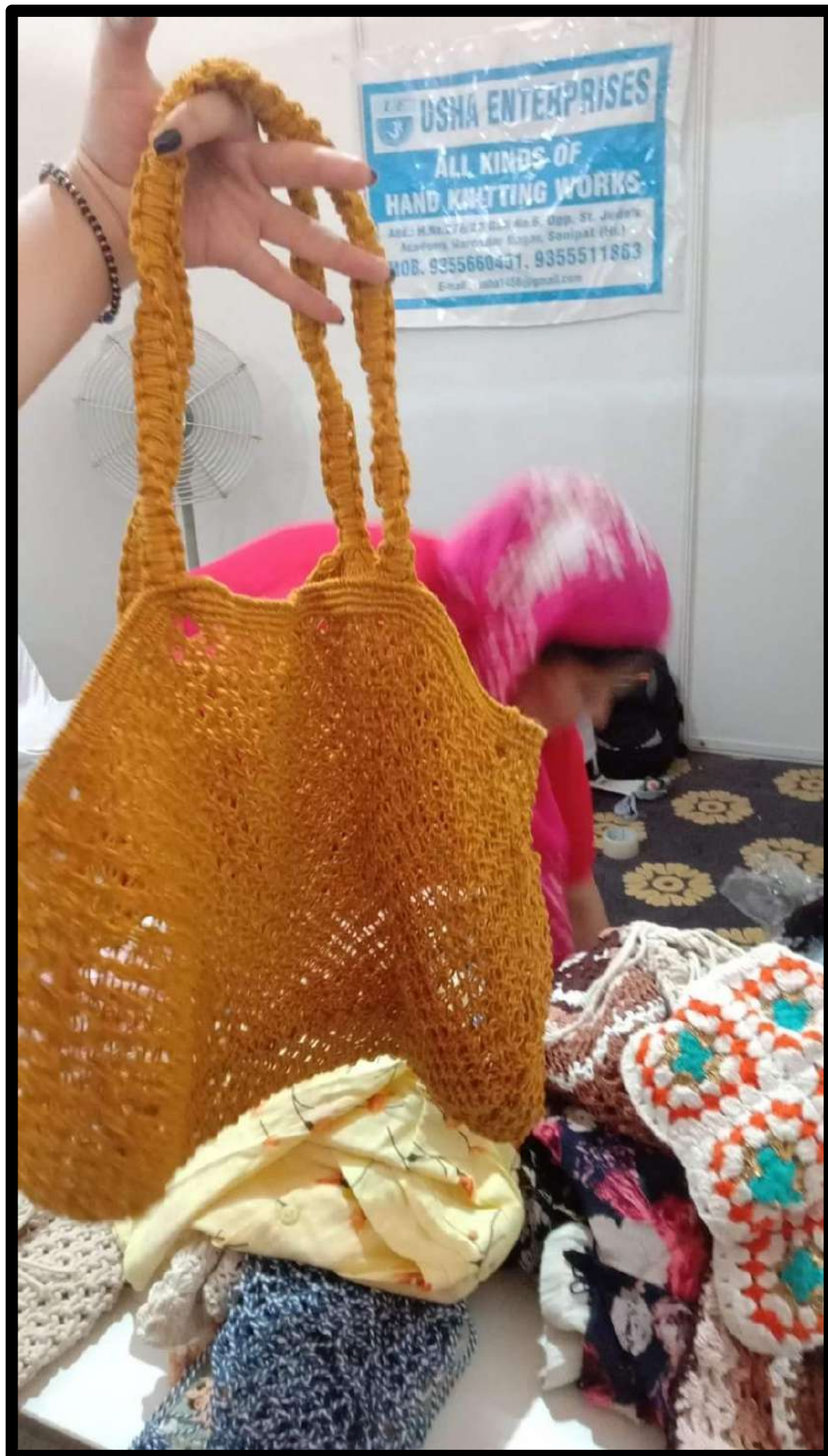
Beneficiaries: Youth, and the future entrepreneur

Students Involved: 20

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Category: #Awareness #Business #Entrepreneur #StartUps #Youth





3. NEET Special Survey

April 28-30, 2023

Village Kami & Bahlgarh, Sonapat

The NSS volunteers from GVM Girls College undertook a survey in Kami Village to assess the educational and employment status of its residents, with a focus on the number of family members currently pursuing education or employed. This survey was conducted on behalf of the government, aiming to gauge the villagers' awareness of government policies related to employment.

The survey entailed a comprehensive analysis of the employment landscape in the village, identifying the percentage of school-going children, working-age individuals employed, unemployed, or engaged in other activities. It provided insights into the distribution of occupations and the prevalence of self-employment. Such initiatives enable volunteers to connect with society, gaining a deeper understanding of the persistent challenges in our country.

Additionally, the survey aimed to evaluate the villagers' awareness of government policies, schemes, and initiatives designed to promote employment and skills development. The ensuing report highlighted the challenges faced by the village residents in accessing education and employment opportunities. It also identified potential areas for improvement, suggesting avenues for government intervention and support.

Dr. O.P Pruthi, President of GVM Group of Institutions, extended congratulations to NSS PO Ms. Ruchika Vermani and her team of volunteers for their comprehensive outreach in society and unwavering commitment to exposing youth and serving the nation. Dr. Renu Bhatia, Principal of GVM Girls College, commended the team's efforts in executing their tasks with excellence.

Purpose: To understand challenges and suggest improvements.

Beneficiaries: Government and Youth

Students Participated: 14

Staff-Incharge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

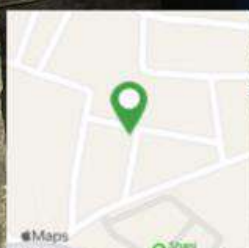
Category: #CommunityService #EducationAwareness #Society







Kami, Sonipat, Hr, India



Latitude

29°0'1"N

Longitude

77°0'46"E



30°C

Friday, 28, Apr, 2023

12:53 PM



GVM News

18 Apr 2023 · 🌐

जीवीएम की एनएसएस व एनसीसी की छात्राओं ने किया
जिला व्यापार मेले का भ्रमण
छात्राओं ने औद्योगिक इकाइयों की जानकारी जुटाते हुए
झूलों का उठाया लुत्फ
सोनीपत, 18 अप्रैल।

जीवीएम गल्लज कालेज की एनएसएस और एनसीसी की
छात्राओं ने जिला प्रशासन के तत्वावधान में पुलिस लाइन
में आयोजित जिला व्यापार मेले का शैक्षणिक भ्रमण
किया। संस्था के प्रधान डा. ओपी परूथी व प्राचार्या डा.
रेनू भाटिया ने सफल दौरा कार्यक्रम की बधाई देते हुए
कहा कि इस प्रकार के आयोजनों में उत्साह के साथ
हिस्सा लेना चाहिए।

जीवीएम की एनएसएस प्रभारी रूचिका विरमानी व
एनसीसी प्रभारी प्रियंका के नेतृत्व में दोनों इकाइयों की
छात्राओं ने रूचिपूर्वक जिला व्यापार मेले का आनंद
उठाया। मेले में विभिन्न औद्योगिक इकाइयों ने अपने
उत्पादों की स्टॉल लगाई है। साथ ही महिलाओं के स्वयं
सहायता समूहों ने भी अपने कौशल विकास निराली छठा
बिखेरने वाली स्टॉल प्रदर्शित की है। इनके साथ खान-पान
की स्टॉल और झूले भी लगाए गए हैं, जिनका छात्राओं ने
पूरा मजा लिया।

कशिश, तमन्ना, भूमि, अमृत, सपना, चंचल, विधि,
भावना, दीपांशी व मुस्कान ने एक स्वर में कहा कि जिला
व्यापार मेले में ज्ञान और मनोरंजन का अनूठा तालमेल

4. Workshop on Disaster Management

May 01- 07, 2023

Maharshi Dayanand University, Rohtak

Under the direction of the NSS Unit at MDU, Rohtak, a comprehensive seven-day workshop on Disaster Management was organized to cultivate an understanding of various disasters and their prevention, along with strategies for risk reduction. Representing GVM Girls College, Sonapat, NSS Programme Officer Ms. Ruchika Vermani, along with NSS volunteers Amrits and Bhawna, actively participated.

The workshop was designed to equip NSS volunteers with essential knowledge about diverse disasters and effective approaches for risk mitigation. The primary objective was to enhance awareness of Disaster Management, providing youth with the skills to respond during crises and contribute meaningfully to society.

Amidst the workshop activities, NSS Volunteer Amrits secured the First Position in the Speech Competition, showcasing her expertise, while Bhawna and her group secured an impressive 2nd position in the Mock Drill Competition.

Dr. O.P Pruthi, the President of the institution, and Principal Dr. Renu Bhatia extended their congratulations to the winners, expressing best wishes for a promising future.

NSS Programme Officer Ms. Ruchika Vermani sought volunteers to become disaster preparedness ambassadors, emphasizing the impact of their initiatives on community resilience. She emphasized the ethical duty to provide people with life-saving skills and encouraged them to create workshops and outreach initiatives to spread knowledge widely. The overriding message echoed the importance of grassroots disaster management engagement, cultivating a culture of preparedness and community responsibility for society's safety and well-being.

Purpose: To gain knowledge for community preparedness and Risk Reduction

Beneficiaries: Youth and Society

Students Involved:02

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Category: #Prevention #Lifesavingskills #DisasterPreparedness





एम.डी.यू. में हुई भाषण प्रतियोगिता, जी.वी.एम. की अमृत रही अवल्ल

सोनीपत, 9 मई (ब्यूरो): महर्षि दयानंद विश्वविद्यालय रोहतक (एम.डी.यू.) में संपन्न आपदा प्रबंधन कार्यशाला दौरान आयोजित भाषण प्रतियोगिता में जी.वी.एम. गर्ल्स कालेज की एन.एस.एस. की छात्रा अमृत अवल्ल रही तथा भावना व समूह ने मॉकड्रिल स्पर्धा में द्वितीय स्थान हासिल किया।

एम.डी.यू. रोहतक की एन.एस.एस. इकाई के तत्वावधान में आपदा प्रबंधन विषय पर संपन्न 7 दिवसीय कार्यशाला में जी.वी.एम. की एन.एस.एस. की छात्राओं ने भी

उत्साहपूर्वक हिस्सा लिया, जिनका नेतृत्व एन.एस.एस. प्रभारी प्राध्यापिका रूचिका विरमानी कर रही थीं।

प्रभारी रूचिका विरमानी ने कहा कि निःसंदेह कार्यशाला अत्यधिक लाभकारी रही। प्रतिभागियों को आपदा प्रबंधन का प्रशिक्षण दिया गया, जो आज के समय की आवश्यकता है। यह प्रशिक्षण पूरी उम्र काम आएगा।

प्राध्यापिका रूचिका विरमानी ने कहा कि विभिन्न प्रकार की आपदाओं के समय बचाव कार्यों का प्रशिक्षण दिया गया, जिसे अब कालेज में अन्य छात्राओं को भी दिया जाएगा।



GPS Map Camera



रोहतक, हरियाणा, भारत

VJFC+XR4, महर्षि दयानंद युनिवर्सिटी, रोहतक, हरियाणा 124001, भारत

Lat 28.875082°

Long 76.622289°

07/05/23 02:37 PM GMT +05:30

5. Mother's Day Special Yoga Campaign

May 14, 2023,

Zoom Platform

The NSS unit of GVM Girls College, Sonapat, organized a memorable and health-focused celebration for Mother's Day, conducted virtually on the Zoom platform. The event aimed to strengthen the bond between daughters and mothers while promoting physical and emotional well-being.

Participants engaged in a unique yoga session led by a professional instructor, where they practiced various poses and exercises to enhance their physical and mental health. Additionally, they were encouraged to express their love and gratitude for their mothers through artistic activities such as poems, drawings, and other creative works.

The event received praise from parents who appreciated the opportunity to celebrate Mother's Day with their daughters in a meaningful and engaging way. The NSS team was commended for their thoughtful initiative, which not only honoured mothers but also fostered unity and holistic well-being within the college community.

Ms. Ruchika Vermani, the NSS Unit Programme Officer, expressed gratitude to Dr. Shikha Syal, the resource person, for her valuable contribution to the event. Dr. O.P. Pruthi, Head of the Institution, and Principal Dr. Renu Bhatia congratulated the NSS team for organizing an event that promoted both health and relationships, reflecting the college's commitment to nurturing responsible and compassionate individuals.

Overall, the Mother's Day celebration organized by the NSS unit of GVM Girls College was a resounding success, leaving a positive impact on participants and reinforcing the importance of honouring and cherishing the special bond between mothers and daughters.

Purpose: To celebrate and promote mother-daughter bond.

Beneficiaries: Volunteers and Parents

Students Involved: 83

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Category: #Yoga #Health #Nation #India #MotherDaughter







6. Blood Donation Camp

May 26, 2023

RUSA Hall, GVMGC

On the second death anniversary of Mr. Purushottam Sharma, a senior journalist from Sonapat who succumbed to COVID-19, a blood donation camp was organized at GVM Girls College, Sonapat. This initiative was devised by GVMGC in collaboration with the Abhiyan Foundation, Media Association, and Verma Path Lab, with NSS Volunteers taking charge of the event admirably.

Former Chief Minister Mr. Bhupendra Singh Hooda graced the occasion as the chief guest, where 78 individuals generously donated blood. He provided encouragement to the donors by presenting badges in recognition of their contribution. Our student volunteers, along with their parents, actively participated in blood donation, demonstrating their commitment to the welfare of society.

Donating blood stands as a powerful and noble gesture to support the community. By contributing the gift of life, individuals become integral to a network that ensures a stable and ample blood supply for hospitals and healthcare facilities. NSS Volunteers, recognizing this responsibility, are consistently available to serve the people.

NSS UNIT Programme Officer Ms. Ruchika Vermani expressed admiration for the exceptional dedication of the institute's volunteers, noting that even during exam days, they willingly participate in noble causes, showcasing their potential to significantly contribute to uplifting the nation.

Dr. O.P Pruthi, President of GVM Group of Institutions, expressed gratitude for the noble cause and acknowledged the support from society. He also commended the efforts of female volunteers who actively assisted during the final term examination day.

Purpose: To encourage youth for blood donation

Beneficiaries: Society

Students Involved: 11

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Category: #Service #Health #BloodDonation #DutytoServeFellowIndians





7. International Yoga Day

June 21, 2023

RUSA Hall, GVMGC

The NSS Unit at GVM Girls College joyfully celebrated the ninth International Yoga Day, where girl students from NSS-NCC and Red Cross came together to practice yoga. Dr. OP Pruthi, the Head of the Institution, and Principal Dr. Renu Bhatia conveyed their warm wishes and encouraged the students to make yoga a regular part of their lives.

A large number of girl students participated in the Yoga Day celebration, led by NSS Programme Officer Ms. Ruchika Vermani. In the Event sports in-charge Ms. Anu Dahiya facilitated the yoga session, providing insights into the benefits of various yoga activities and pranayama. An oath to practice yoga regularly was administered to all the girl students, emphasizing its importance.

A poster-making competition on Yoga was also held under the NSS unit's supervision, with enthusiastic participation from the students. Khushi Dahiya secured the first position, followed by Muskaan in second place, and Bhawna and Monica jointly securing the third position.

Principal Dr. Renu Bhatia underscored the significance of yoga as a holistic approach to wellness, encouraging students to cultivate a balanced mind and body through regular practice. She reiterated the timeless wisdom that "health is wealth" and urged everyone to prioritize their well-being by embracing the ancient art of yoga.

NSS Programme Officer Ms. Ruchika Vermani emphasized the importance of yoga in relieving mental stress and urged students to incorporate it into their daily routines. In the occasion, the presence of other Youth Red Cross units and their incharge Lt. Priyanka of NCC unit, Dr. Pooja Gulati of Youth Red Cross Unit, together with Ms. Kavita and Mr. Bhairav, also significantly contributed to the event's success and prominence.

Purpose: To promoting yoga & healthy lifestyle.

Beneficiaries: Youth and Society

Students Involved: 25

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Staff Participated: Ms. Anu Dahiya, Lt. Priyanka, Dr. Pooja Gulati

Category: #Yoga #Health #Awareness #Celebrations #India



जी.वी.एम. में छात्राओं ने शिक्षिकाओं संग किया योग :
जी.वी.एम. पल्स कॉलेज में नीचा अंतराष्ट्रीय योग दिवस समारोह उत्साहपूर्वक मनाते हुए एन.एस.एस.-एन.सी.सी. और रेडक्रॉस की छात्राओं ने मिलकर योगाभ्यास किया।

संस्था के प्रधान डा. ओ.पी. परूथी व प्राचार्या डा. रेनू भाटिया ने योग दिवस पर विद्यार्थियों को प्रोत्साहित किया। एन.एस.एस. प्रभारी रुचिका विरमानी तथा एन.सी.सी. प्रभारी ले. प्रियंका और यूथ रेडक्रॉस इकाई की प्रभारी प्राध्यापिका डा. पूजा गुलाटी के निर्देशन में आयोजित योग दिवस समारोह में खेल प्रभारी अनु दहिया ने छात्राओं को योगाभ्यास करवाया। उन्होंने विभिन्न योग क्रियाओं तथा योगासनों के साथ प्राणायाम का अभ्यास करवाया।

पंजाब कैसरी 22/06/2023

एनएसएस, एनसीसी और रेडक्रॉस की छात्राओं ने किया योगाभ्यास



सोनीपत। जीवीएम गर्ल्स कॉलेज में योग दिवस समारोह उत्साहपूर्वक मनाते हुए एनएसएस-एनसीसी और रेडक्रॉस की छात्राओं ने मिलकर योगाभ्यास किया। संस्था के प्रधान डा. ओपी परूथी व प्राचार्या डा. रेनू भाटिया ने योग दिवस की बधाई देते हुए छात्राओं को योग को अपने जीवन का अभिन्न अंग बनाने के लिए प्रोत्साहित किया। एनएसएस प्रभारी रुचिका विरमानी तथा एनसीसी प्रभारी ले. प्रियंका और यूथ रेडक्रॉस इकाई की प्रभारी प्राध्यापिका डा. पूजा गुलाटी के निर्देशन में आयोजित योग दिवस समारोह में खेल प्रभारी अनु दहिया ने छात्राओं को योगाभ्यास करवाया।

8. Participation in the National Integration Camp

July 19-25, 2023

Ch Charan Singh Agriculture University, Hissar

A 7-day NIC Camp held at Chaudhary Charan Singh Haryana Agricultural University, Hisar, NSS volunteer Amrits had the privilege of participating in this enriching camp. NSS Programme Officer of GVM's NSS Unit Ms. Ruchika Vermani, proudly acknowledged the representation of two girl students, Amrits and Aarti, from Maharishi Dayanand University, Rohtak, at the National Integration Camp. Both second-year BA students, they joined participants from 17 states across the country, contributing to the camp's vibrant diversity.

Throughout the camp, participants engaged in various enriching activities, including yoga exercises, awareness rallies, cultural programs, and educational lectures. They also had the opportunity to explore Agroha, gaining insights into our rich heritage and national values.

Amrits exhibited her exceptional talent and secured the second prize in group dance. Dr. O.P. Pruthi, President of the Institution, and Principal Dr. Renu Bhatia extended their warm congratulations to Amrits, highlighting the significance of her achievement in fostering national unity and pride.

Reflecting on their experiences, Amrits and Aarti expressed how their participation in the National Unity Camp bolstered their self-confidence and inspired them to serve society and the nation. Upon their return to the college, Principal Dr. Renu Bhatia commended their achievements, emphasizing the importance of participating in diverse activities for overall personality development.

NSS Programme Officer Ms. Ruchika Vermani also congratulated Amrits and Aarti, recognizing their dedication and contribution to the camp. Their success not only reflects their individual talents but also underscores the NSS unit's commitment to promoting holistic development and national integration.

Purpose: To promoting national unity, holistic development

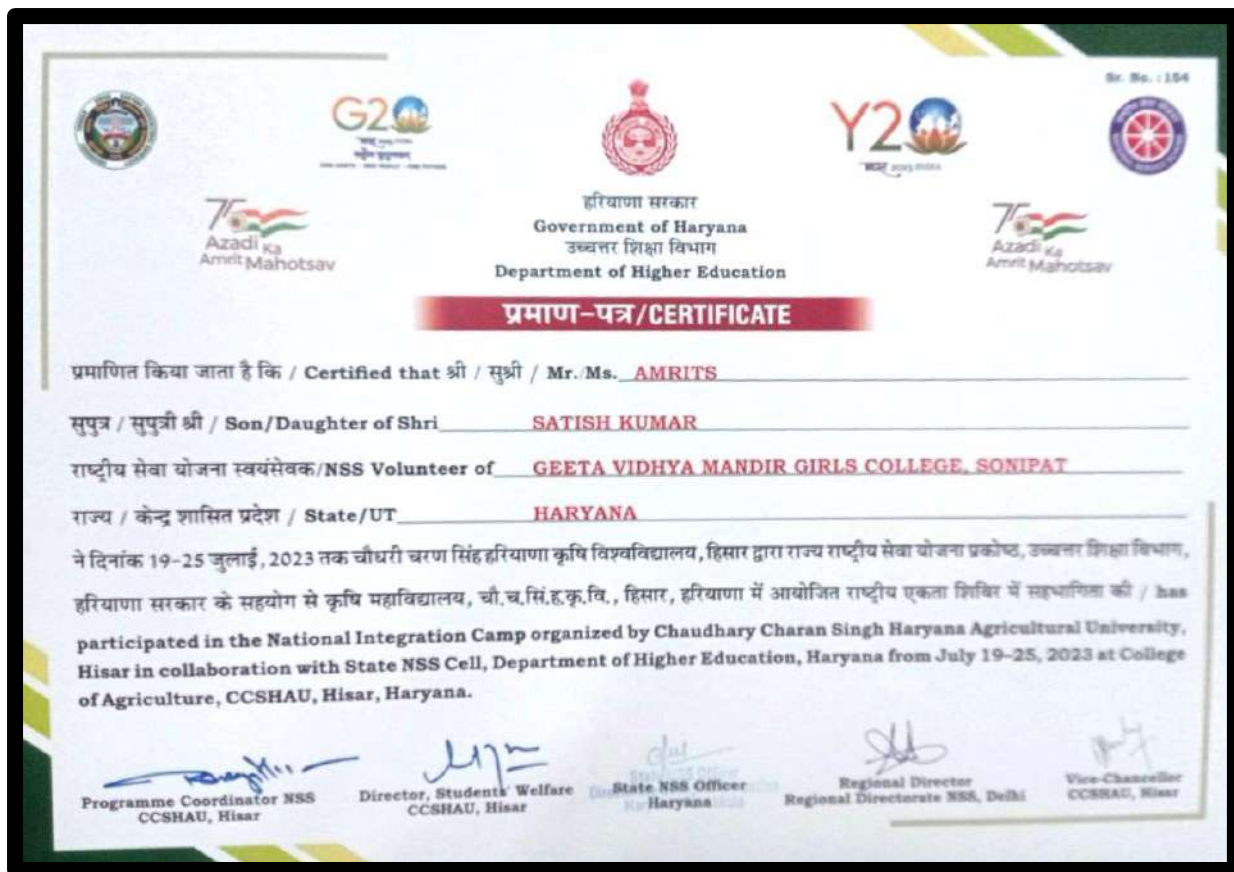
Beneficiaries: Participants of Camp

Students Involved:02

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Category:#NSS #NotMeButYou #Awareness #Society







9. Tree Plantation Drive – Kargil Vijay Diwas

July 28, 2023,

GVMGC Campus

On the occasion of Kargil Vijay Diwas, a sapling plantation campaign was organized by the NSS unit at GVM Girls College. Volunteers, led by NSS Programme Officer Ms. Ruchika Vermani, planted saplings in the college premises. Additionally, a Best Out of Waste competition aimed at raising awareness about staying away from plastic was also conducted on the last day of the campaign. Dr. OP Pruthi, the Head of the Institution, and Principal Dr. Renu Bhatia congratulated the success of the event and encouraged the girl students to continue planting saplings regularly.

NSS Unit Programme Officer Ms. Ruchika Vermani expressed gratitude to Bharatiya Paryavaran Mitra Mandali for their support in organizing the tree plantation campaign. She announced that a tree plantation week would be held from 23rd to 29th July, during which college students would plant saplings in their homes and nearby vacant lands. An awareness program against the use of plastic was also organized during this period. In the Best Out of Waste competition which was judged by Dr. Rashmi Java and Dr. Anita Saini following students secured various positions. As Rohini of B.Com Hons. 2nd Year student secured first place, followed by Kanika, BA third year student, positioned at second place, and Bhawna and Khushi of B.Com Hons 2nd Year jointly in third. Consolation prizes were awarded to Sanya of B.Com 3rd Year and Doli, BA 3rd Year Student.

The judges of the Best Out of Waste competition included Principal Dr. Renu Bhatia paid tribute to the Kargil martyrs and emphasized the importance of environmental protection. She urged everyone to not only plant trees but also ensure their protection until they grow into sturdy trees like banyans.

Various dignitaries, members of Bharatiya Environment Mitra Mandali Dr. Ravi Dahiya, Mr. Jaswant Khatri, Mr. Pradeep Gehlawat, Mr. Arun Dahiya, and NSS students Kashish, Divyanshi, Kanika, Sanya, Amrit, Bhoomi and Aarti, along with gardeners Sanjay Bharti, Rajendra, Ashrafilal and Ramhuzoor, attended the event, making it a grand success.

Purpose: To foster environmental awareness & Honouring Kargil Vijay Diwas.

Beneficiaries: Youth and Society

Students Involved: 18

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Staff Participated: Dr. Rashmi Jawa, Dr. Anita Saini

Category: # Awareness #Plantation #Environment#NSS







10. National Students Pariyavaran Competition 2023

August 08, 2023

Online

The NSS unit at GVM Girls College, Sonapat, actively participated in the National Students Paryavaran Competition (NSPC) 2023, organized by the Ministry of Environment, Forest, and Climate Change. The competition, held online, aimed to raise awareness among students about the critical importance of climate control and environmental conservation.

Under the guidance of NSS Programme Officer Ms. Ruchika Vermani, NSS volunteers at GVM Girls College wholeheartedly embraced the theme of the event and contributed their efforts towards promoting sustainable practices. Their dedication and enthusiasm were commendable, reflecting their commitment to making a positive impact on the environment.

Dr. OP Pruthi, Head of the Institution, and Principal Dr. Renu Bhatia extended their best wishes and encouragement to the NSS volunteers for their participation in the NSPC 2023. They emphasized the significance of such initiatives in creating awareness and fostering a sense of responsibility towards environmental protection among the youth.

The NSS volunteers' active involvement in the competition exemplified their commitment to making a difference in combating climate change and promoting environmental sustainability. Their participation not only contributed to the success of the event but also served as an inspiration to their peers and the larger community.

Certificates of recognition were awarded to the NSS volunteers for their outstanding participation in the NSPC 2023. Their efforts were acknowledged and appreciated, reinforcing the importance of their role in driving positive change and contributing to the collective effort towards a greener and healthier planet.

Purpose: To spread awareness about climate challenges

Beneficiaries: Environment And Youth

Students Involved: 50

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Category: #Health #SocialWelfare #Climatechange #Prevention



राष्ट्रीय छात्र पर्यावरण प्रतियोगिता-2023

(NATIONAL STUDENTS PARYAVARAN COMPETITION-NSPC-2023)



समयसम जयते
Ministry of Education
Government of India

कुमारी Manisha Bagri
G.v.m girls college sonipat

को राष्ट्रीय छात्र पर्यावरण प्रतियोगिता-2023 के स्नातक/स्नातकोत्तर वर्ग में सफलतापूर्वक भाग लेने के लिए यह ई-प्रमाणपत्र प्रदान किया जाता है
is presented this e-certificate for successfully participating in NSPC-2023



DR UMESH SHUKLA
Program Convener



DR. PRAMOD KUMAR
Program Co-Coconvener



DR. UMA SHANKAR
Program Co-Convener

Organised by:
















राष्ट्रीय छात्र पर्यावरण प्रतियोगिता-2023

(NATIONAL STUDENTS PARYAVARAN COMPETITION-NSPC-2023)



समयसम जयते
Ministry of Education
Government of India

कुमारी Alankrita Tyagi
GVM Girls college

को राष्ट्रीय छात्र पर्यावरण प्रतियोगिता-2023 के स्नातक/स्नातकोत्तर वर्ग में सफलतापूर्वक भाग लेने के लिए यह ई-प्रमाणपत्र प्रदान किया जाता है
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DR UMESH SHUKLA
Program Convener



DR. PRAMOD KUMAR
Program Co-Coconvener



DR. UMA SHANKAR
Program Co-Convener

Organised by:
















राष्ट्रीय छात्र पर्यावरण प्रतियोगिता-2023

(NATIONAL STUDENTS PARYAVARAN COMPETITION-NSPC-2023)



समयसम जयते
Ministry of Education
Government of India

कुमारी Aditi Arya
GVM girls college

को राष्ट्रीय छात्र पर्यावरण प्रतियोगिता-2023 के स्नातक/स्नातकोत्तर वर्ग में सफलतापूर्वक भाग लेने के लिए यह ई-प्रमाणपत्र प्रदान किया जाता है
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DR UMESH SHUKLA
Program Convener



DR. PRAMOD KUMAR
Program Co-Coconvener



DR. UMA SHANKAR
Program Co-Convener

Organised by:
















राष्ट्रीय छात्र पर्यावरण प्रतियोगिता-2023

(NATIONAL STUDENTS PARYAVARAN COMPETITION-NSPC-2023)



सत्यमेव जयते
Ministry of Education
Government of India

कुमारी POORNIMA Rohilla
GVM GIRLS COLLEGE SONIPAT

को राष्ट्रीय छात्र पर्यावरण प्रतियोगिता-2023 के स्नातक/स्नातकोत्तर वर्ग में सफलतापूर्वक भाग लेने के लिए यह ई-प्रमाणपत्र प्रदान किया जाता है
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DR UMESH SHUKLA
 Program Convener


DR. PRAMOD KUMAR
 Program Co-Coconvener


DR. UMA SHANKAR
 Program Co-Convener

Organised by:
















राष्ट्रीय छात्र पर्यावरण प्रतियोगिता-2023

(NATIONAL STUDENTS PARYAVARAN COMPETITION-NSPC-2023)



सत्यमेव जयते
Ministry of Education
Government of India

कुमारी Payal Chauhan
Gvm girls college

को राष्ट्रीय छात्र पर्यावरण प्रतियोगिता-2023 के स्नातक/स्नातकोत्तर वर्ग में सफलतापूर्वक भाग लेने के लिए यह ई-प्रमाणपत्र प्रदान किया जाता है
is presented this e-certificate for successfully participating in NSPC-2023


DR UMESH SHUKLA
 Program Convener


DR. PRAMOD KUMAR
 Program Co-Coconvener


DR. UMA SHANKAR
 Program Co-Convener

Organised by:
















राष्ट्रीय छात्र पर्यावरण प्रतियोगिता-2023

(NATIONAL STUDENTS PARYAVARAN COMPETITION-NSPC-2023)



सत्यमेव जयते
Ministry of Education
Government of India

कुमारी Bharti Arora
G. V. M Girls College Sonipat

को राष्ट्रीय छात्र पर्यावरण प्रतियोगिता-2023 के स्नातक/स्नातकोत्तर वर्ग में सफलतापूर्वक भाग लेने के लिए यह ई-प्रमाणपत्र प्रदान किया जाता है
is presented this e-certificate for successfully participating in NSPC-2023


DR UMESH SHUKLA
 Program Convener


DR. PRAMOD KUMAR
 Program Co-Coconvener


DR. UMA SHANKAR
 Program Co-Convener

Organised by:














11. Meri Maati Mera Desh Campaign

August 11, 2023

Online

The 'Meri Maati Mera Desh' campaign comprises a range of activities and ceremonies organized across different levels of governance, including Panchayat/Village, Block, Urban Local Body, State, and National levels. A pivotal aspect of the campaign is the administration of the 'Panchpran' pledge, aimed at fostering unity and celebrating India's rich heritage.

As part of the 'Azadi Ka Amrit Mahotsav,' the campaign commenced, while paying tribute to the courageous Veers and Veeranganas who made supreme sacrifices for the nation. Under the guidance of Programme Officer Ms. Ruchika Vermani, the NSS unit volunteers at GVMGC, Sonapat, actively engaged in various activities. They enthusiastically took the 'Panch Pran' e-pledge, reaffirming their dedication to the nation. Additionally, a tree plantation drive was organized on the college campus, with volunteers bringing soil from their nearby villages as a mark of respect for our freedom fighters.

An Essay Speech Competition on the theme 'Meri Maati Mera Desh' saw enthusiastic participation, with Kashish from BCom Hons. 2nd Year securing the first position, followed by Amrits from BA 3rd Year and Khushi from B.Com Hons 2nd Year. Dr. O.P. Pruthi, the President of the institution, and Principal Dr. Renu Bhatia extended congratulations to all participants, emphasizing the significance of active engagement in character development.

NSS Programme Officer Ms. Ruchika Vermani concluded the event by highlighting the campaign's objective to unify the nation in honouring its journey of freedom and progress. Through commemorating heroes and connecting with the land, the campaign aims to instill a sense of national pride and inspire future generations to safeguard India's cherished heritage.

Purpose: To celebrating heritage and pledging national unity.

Beneficiaries: Youth and Government

Students Involved: 85

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Category: #MeriMaatiMeraDesh#PanchPranPledge#Heritage #India

प्रचार मंत्रा जागृत जन उबारवत रहत रावण

छात्राओं ने अमृत कलश में मिट्टी एकत्रित की



सोनीपत। आजादी का अमृत महोत्सव के अंतर्गत मेरी माटी मेरा देश अभियान के तहत जीवीएम कन्या महाविद्यालय की एनएसएस की स्वयंसेविकाओं ने अमृत कलश यात्रा निकालते हुए शहीदों को नमन किया। संस्था के प्रधान डॉ. ओपी परूथी व प्राचार्य डॉ. रेनू भाटिया ने कलश यात्रा के सफल आयोजन पर बधाई दी। एनएसएस इकाई की प्रभारी प्राध्यापिका रुचिका विरमानी ने बताया कि शुक्रवार को छात्राएं अपने घरों से मिट्टी लेकर आई और कॉलेज में रखे गए कलश में एकत्रित की। इनमें मुख्य रूप से जाहरी, देवडू, कामी, जोशी चौहान, बिंदरौली, गोहाना, गन्नौर, रायपुर गांवों की छात्राएं शामिल रहीं। छात्राओं ने कालेज परिसर में पौधरोपण भी किया। छात्राओं के लिए मिट्टी को वंदन वीरों को नमन विषय पर भाषण प्रतियोगिता करवाई। बीकॉम ऑनर्स की छात्रा कशिश ने प्रथम, बीए तृतीय वर्ष की अमृत ने द्वितीय, बीकॉम ऑनर्स द्वितीय वर्ष की खुशी ने तृतीय स्थान हासिल किया। संवाद

12. Awareness on Anti-Ragging Rally

August 12, 2023

Murthal & Devru Road, Sonapat

In compliance with the directives of the University Grants Commission, an anti-ragging campaign was conducted at GVM Girls College from 12th to 18th August. The campaign commenced with an awareness rally, emphasizing the zero-tolerance policy towards ragging in educational institutions. Dr. OP Paruthi, Head of the institution, and Principal Dr. Renu Bhatia highlighted that ragging has no place in the college, and stringent actions will be taken against any student found engaging in such activities.

The Anti-Ragging Day was observed as a part of the Anti-Ragging Week, marked by an awareness rally against ragging. Principal Dr. Renu Bhatia inaugurated the rally, which saw active participation from NSS girl students, led by NSS Programme Officer Ms. Ruchika Vermani. The rally traversed through prominent city areas, with participants vocalizing slogans denouncing ragging, advocating for a ragging-free environment.

In this Campaign, a slogan writing competition and logo designing contest was also included. The results of these competitions will be announced during the closing ceremony of the week. Notably, approximately 100 girl students, along with teaching and non-teaching staff, actively engaged in the rally, showcasing collective commitment towards eradicating ragging from the college premises.

Principal Dr. Renu Bhatia emphasized the college's strict adherence to anti-ragging policies, reiterating the prohibition of ragging due to its detrimental impact. Faculty members including Dr. Meenakshi, Dr. Renu Rani, Anshu, Dr. Rashmi Java, Ms. Sunita Dhawan, Ms. Ruchika Vermani, MS. Nidhi, Ms. Sangeeta, Dr. Kiran Kapoor, and non-teaching staff Bhawana, Hema, Veena, Nadeem, Bhairadutt, Dilip, Rinki, and Bijendra actively participated in the campaign, underscoring the collective effort in maintaining a safe and welcoming educational environment.

Purpose: To raise awareness and enforce zero tolerance against ragging.

Beneficiaries: Youth and Society

Students Involved: 72

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Staff Participated: Dr. Meenakshi, Dr. Renu Rani, Dr. Rashmi Java, Dr. Kiran Kapoor, Ms. Anshu, Ms. Sunita Dhawan, Ms. Nidhi, Ms. Sangeeta,

Category: #AntiRagging #Awareness #Education #ZeroTolerance







13. Har Ghar Tiranga Pledge

August 13, 2023

Online

Under the dynamic leadership of NSS Programme Officer, Ms. Ruchika Vermani, the NSS unit at G. V. M. Girls College, Sonapat, launched the impactful "Har Ghar Tiranga" campaign. Aligned with the ethos of Azadi Ka Amrit Mahotsav, this initiative aimed to deepen the connection with our national flag, commemorating India's 76th year of independence. The idea behind the initiative is to invoke the feeling of patriotism in the hearts of the people and to promote awareness about the Indian National Flag.

Dr. OP Pruthi, Head of the institution, extended heartfelt wishes, recognizing the campaign's significance in fostering patriotism. Principal Dr. Renu Bhatia echoed this sentiment, emphasizing its role in promoting awareness about the Indian National Flag.

NSS Programme Officer Ms. Ruchika Vermani's inspiring words, "This initiative surpasses mere flag-hoisting; it's about nurturing profound pride and belonging to our nation," fueled the volunteers' spirit. Her relentless efforts and unwavering dedication galvanized NSS volunteers, instilling them with a renewed sense of purpose and commitment to the cause.

Through engaging activities and community outreach, volunteers passionately encouraged individuals to embrace the Tiranga as a symbol of unity and freedom. The campaign, driven by Ms. Ruchika Vermani's leadership, effectively instilled deep-seated patriotism, reinforcing our shared commitment to nation-building.

She summarise the campaign by saying, "Har Ghar Tiranga" epitomizes the power of collective action and individual resolve in honouring our nation's heritage and securing its future. Bringing the flag home collectively becomes symbolic of not only an act of personal connection to the Tiranga, an embodiment of our commitment to nation-building.

Purpose: To deepen connection with the national flag & promote patriotism

Beneficiaries: Youth and Government

Students Involved: 80

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Category: #AzadiKaAmritMahotsav #Nation #Unity #Patriotism

CERTIFICATE OF APPRECIATION

PROUDLY PRESENTED TO

Nidhi Rani

FOR SUCCESSFULLY UPLOADING A SELFIE,
AN INITIATIVE BY THE MINISTRY OF CULTURE TO MARK AZADI KA AMRIT MAHOTSAV



CERTIFICATE OF APPRECIATION

PROUDLY PRESENTED TO

Vanshika

FOR SUCCESSFULLY UPLOADING A SELFIE,
AN INITIATIVE BY THE MINISTRY OF CULTURE TO MARK AZADI KA AMRIT MAHOTSAV



CERTIFICATE OF APPRECIATION

PROUDLY PRESENTED TO

Amrits

FOR SUCCESSFULLY UPLOADING A SELFIE,
AN INITIATIVE BY THE MINISTRY OF CULTURE TO MARK AZADI KA AMRIT MAHOTSAV



CERTIFICATE OF APPRECIATION

PROUDLY PRESENTED TO

Kashish

FOR SUCCESSFULLY UPLOADING A SELFIE,
AN INITIATIVE BY THE MINISTRY OF CULTURE TO MARK AZADI KA AMRIT MAHOTSAV



14. Independence Day celebrations

August 15, 2023

GVMGC Campus

On the auspicious occasion of India's 77th Independence Day, the NSS volunteers of GVM Girls College, Sonapat, orchestrated a lively and patriotic celebration on August 15, 2023. This event, meticulously planned and executed, aimed to honour the nation's legacy while fostering a profound sense of pride and unity within the college community.

Under the guidance and encouragement of NSS program Officer Ms. Ruchika Vermani, along with the heartfelt wishes of Dr. O.P. Pruthi, Head of the institution, and Dr. Renu Bhatia, Principal of GVM Girls College, the day unfolded with remarkable dedication and enthusiasm.

The ceremony commenced with a dignified flag-hoisting ceremony, a poignant moment that reverberated with the spirit of sacrifice and sovereignty. NSS volunteers, faculty members, and students congregated in the college premises, bearing witness to the unfurling of the tricolour, an emblem of India's hard-fought freedom.

The celebration was further enriched by a vibrant array of cultural performances, where students showcased their talents in dance and music, celebrating the rich cultural tapestry of the nation. These performances served as a testament to the diverse heritage and unity amidst diversity.

Additionally, the event featured engaging speech and poster-making competitions, providing students with a creative platform to articulate their sentiments on freedom, patriotism, and national pride. Through these activities, participants expressed their deep-seated reverence for the ideals that underpin the nation's journey towards progress and unity.

Purpose: To foster national pride within the NSS Volunteers

Beneficiaries: Youth and Society

Students Involved: 27

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Category: #IndependenceDay #India #NSS #Patriotism









15. Cyclothon for Anti-Drug Awareness in Sonapat - A Pedal Towards a Drug-Free Future

3 September 2023

Subhash Stadium, Sonapat

The NSS unit of G.V.M. Girls College organized a Cyclothon Rally under the theme "Take a Stand Against Drugs," aimed at raising awareness about the detrimental effects of substance abuse and promoting a healthy lifestyle among the youth.

Principal Dr. Renu Bhatia conveyed her heartfelt wishes for the success of the Cyclothon Rally, emphasizing the importance of youth-led initiatives in combating the scourge of drug addiction. She underscored the significance of promoting physical activities like cycling as alternatives to substance abuse, encouraging students to actively participate in the rally and become agents of positive change in their communities.

NSS Programme Officer, Ms. Ruchika Vermani, delivered inspiring words to the participants, highlighting the pivotal role of the youth in driving social transformation. She urged the cyclists to not only champion the cause of drug-free living but also to serve as role models for their peers by embracing healthy habits and making informed choices. She further emphasized that through collective action and advocacy, they could create a ripple effect of change, contributing to a safer and healthier future for themselves and future generations.

The Cyclothon Rally witnessed enthusiastic participation from students, faculty, and community members, as cyclists pedaled through the streets carrying banners and placards with anti-drug messages. The rally served as a powerful platform to raise public awareness, spark conversations, and mobilize support for drug prevention efforts.

This event not only promoted physical fitness but also championed a noble cause – taking a stand against drugs. The event exemplified the spirit of youth activism and community engagement, demonstrating the collective resolve to build a society free from the grip of substance abuse.

Purpose: To anti-drug awareness among youth through community cycling

Beneficiaries: Youth and Society

Students Involved: 83

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Category: #SayNoToDrugs #Community#YouthAgainstDrugs





16. One Day Yoga Camp

04 September 2023

RUSA Hall, GVMGC

A one-day yoga training camp was organized on Monday under the aegis of NSS unit of GVM Girls College, in which the female teachers practiced yoga along with the girl students. Head of the organization, Dr. O.P Pruthi and Principal Dr. Renu Bhatia, while congratulating the successful event, stressed on making yoga an integral part of life.

The yoga training camp was inaugurated by Principal Dr. Renu Bhatia, Yoga instructor Neha Nagpal and special invited guests Inner Wheel Club President Sushma Dahiya and member Dr. Kamlesh Malik by lighting the lamp. NSS unit in-charge Ruchika Vermani welcomed all the guests and introduced them.

In the yoga training camp, Yogacharya Ms.Neha Nagpal of Isha Foundation made the campers practice yoga, which started with Surya Namaskar. While practicing various types of Yogasanas, he also gave information about the benefits of them. She said that yoga should be done regularly for physical and mental health.

Even if we only do Surya Namaskar, we can keep ourselves healthy, because Surya Namaskar is a mixture of several major asanas. Surya Namaskar especially strengthens the spine. Every yoga asana has its own importance, which provides special benefits. She also gave training in meditation.

In the end, Principal Dr. Renu Bhatia expressed her gratitude to the invited guests and honoured them by presenting mementos. On this occasion, NSS Program Officer Ms. Ruchika Vermani thanked all the guests including Isha Nagpal. She told that Assistant Professor Monica Verma, Preeti and Anu etc. also participated in the yoga training camp and provided special support in making the event successful. She said that undoubtedly yoga is very beneficial. Yoga should be done for a healthy body. Such events will also be organized regularly.

Purpose: To promote yoga and its health benefits

Beneficiaries: Youth and Society

Students Involved:29

Staff-In-Charge:Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Staff Participated: Ms. Monica Verma, Ms. Preeti, Ms. Anu

Category: #Awareness #Healthyliving #Yogaforhealth





स्वस्थ रहने के लिए नियमित करें योगाभ्यास

संवाद न्यूज एजेंसी

सोनीपत। जीवीएम कन्या महाविद्यालय की एनएसएस इकाई के तत्वावधान में सोमवार को एक दिवसीय योग प्रशिक्षण शिविर लगाया गया। जिसमें छात्राओं के साथ प्राध्यापिकाओं ने योगाभ्यास किया। संस्था के प्रधान डॉ. ओपी परूथी व प्राचार्य डॉ. रेनु भाटिया ने योग को जीवन का अभिन्न अंग बनाने पर बल दिया।

शिविर का शुभारंभ प्राचार्य डॉ. रेनु भाटिया, योग प्रशिक्षक नेहा नागपाल, इनरव्हेल क्लब की अध्यक्ष सुधमा दहिया व सदस्य डा. कमलेश मलिक ने दीप प्रज्वलित कर किया। शिविर में ईशा फाउंडेशन की योगाचार्य नेहा नागपाल ने शिविरार्थियों को योगाभ्यास करवाया। उन्होंने कहा कि शारीरिक व मानसिक



जीवीएम कन्या महाविद्यालय में आयोजित शिविर में योग प्रशिक्षिका नेहा नागपाल प्राचार्य व अन्य के साथ। जगत, संस्थान

स्वास्थ्य के लिए नियमित रूप से योग करना चाहिए। यदि हम केवल सूर्य नमस्कार करते हैं तो भी खुद को स्वस्थ रख सकते हैं। सूर्य नमस्कार से रीढ़ की हड्डी को मजबूती मिलती है। उन्होंने ध्यान साधना का प्रशिक्षण भी दिया।

प्राचार्य डॉ. रेनु भाटिया ने अतिथियों को स्मृति चिह्न भेंट कर सम्मानित किया। इस मौके पर एनएसएस की कार्यक्रम अधिकारी रुचिका विरमानो, प्राध्यापिका मोनिका वर्मा, प्रीति, अनु सहित अन्य मौजूद रहीं।

शिक्षक दिवस

प्राचार्य अलका विज, प्राध्यापिका अनीता तिवारी व को आदि

17. Poster Making Competition

September 05, 2023

RUSA Hall, GVMGC

In the University Level Poster Making Competition of National Service Scheme (NSS), NSS Unit of GVM Girls College, enthusiastically participated in this competition. NSS Program Officer Ms. Ruchika Vermani said that the poster making competition is being organized especially for NSS students. For this, four subjects have been given which include drugs, drug free campaign, environmental protection and plastic free Haryana. She said that now his student's poster will be included in the state level poster making competition. She expressed hope that his student will perform successfully at the state level also.

The NSS unit of GVM's program officer, Ms. Ruchika Vermani, stated that the college initially organized unit-level poster making, with the first three spots Khushi, a second-year student studying business honours, took first place, followed by Sonia, a first-year student studying business, and Bhawna and Muskan, third-year students studying business honours. These participants were then chosen to compete at the university level at Maharishi Dayanand University, Rohtak. Of these, Bhawna Verma's poster—a third-year GVM B.Com. Hons. student was chosen to take home the top honour and was awarded a prize money of Rs 2100. Head of the institution, Dr. OP Paruthi and Principal Dr. Renu Bhatia congratulated Bhawna and extended best wishes for the state level competition. Their poster will now be sent to Panchkula, where the NSS state level poster making competition will be organised.

During this, Principal Dr. Renu Bhatia freely praised the creativity of Bhawna Verma. Also congratulated her and said that every student is full of qualities. Students should progress according to their talent and interest. They should participate in all types of competitions as it develop their creativity and boost their self-confidence.

Purpose: To Promoting environmental consciousness and creative expression.

Beneficiaries: Volunteers of NSS Unit of GVMGC

Students Involved: 14

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Category: #DrugFreeCampaign #Creativity #Postermaking
#PlasticFreelife





पोस्टर मेकिंग प्रतियोगिता में अपनी प्रतिभा का प्रदर्शन करते प्रतिभागी । • पीआरओ

पोस्टर मेकिंग में भावना वर्मा रहीं प्रथम

जागरण संवाददाता, रोहतक : महर्षि दयानंद विश्वविद्यालय की राष्ट्रीय सेवा योजना प्रकोष्ठ द्वारा विश्वविद्यालय स्तर पर पोस्टर मेकिंग प्रतियोगिता का आयोजन किया गया। एनएसएस प्रोग्राम कोऑर्डिनेटर प्रो. तिलक राज ने बताया कि उच्चतर शिक्षा निदेशालय के निर्देश पर आयोजित इस प्रतियोगिता में यूनिवर्सिटी टीचिंग डिपार्टमेंट्स तथा एमडीयू से संबद्ध विभिन्न महाविद्यालयों के 88 स्वयंसेवकों के पोस्टर प्राप्त हुए। इस प्रतियोगिता में प्रो. सोनिया मलिक, प्रो. संजीव कुमार एवं डा. अंजली दुहन निर्णायक मंडल की भूमिका में रहे। प्रतियोगिता में जीवीएम

महिला महाविद्यालय, सोनीपत की भावना वर्मा प्रथम, अखिल भारतीय जाट सूरमा स्मारक महाविद्यालय, रोहतक के विकास द्वितीय तथा हिन्दू कन्या महाविद्यालय, सोनीपत की नेहा शर्मा ने तृतीय स्थान हासिल किया। प्रो. तिलक राज ने बताया कि सभी विजेता स्वयंसेवकों को अब राज्यस्तरीय प्रतियोगिता में एमडीयू का प्रतिनिधित्व करने का मौका मिलेगा। उन्होंने सभी स्वयंसेवकों को बधाई देते हुए उनके उज्ज्वल भविष्य की कामना करते हुए कहा कि विश्वविद्यालय द्वारा इन स्वयंसेवकों को राष्ट्रीय सेवा योजना दिवस पर सम्मानित किया जाएगा।

पोस्टर मेकिंग स्पर्धा में खुशी प्रथम



जीवीएम कालेज में बनाए गए पोस्टर दिखाती छात्राएं • कालेज

वि, सोनीपत : जीवीएम गर्ल्स कालेज की एनएसएस इकाई के तत्वावधान में यूनिट लेवल पोस्टर मेकिंग प्रतियोगिता आयोजित की गई जिसमें बीकाम आनर्स द्वितीय वर्ष की छात्रा खुशी अब्बल रही। पोस्टर मेकिंग प्रतियोगिता का शुभारंभ प्राचार्या डा. रेनू भाटिया ने किया। एनएसएस की कार्यक्रम अधिकारी रुचिका विरमानी ने बताया कि यूनिट लेवल पोस्टर मेकिंग स्पर्धा के लिए विभिन्न विषय

दिए गए। इनमें नशीली दवा, नशा मुक्त अभियान, पर्यावरण संरक्षण तथा प्लास्टिक मुक्त हरियाणा विषय शामिल रहे। प्रतियोगिता में खुशी ने प्रथम तथा बीए प्रथम वर्ष की सोनिया ने द्वितीय और बीकाम आनर्स तृतीय वर्ष की छात्रा मुस्कान व भावना ने संयुक्त रूप से तृतीय स्थान प्राप्त किया। प्रतियोगिता के निर्णायक मंडल में प्राध्यापिका रोजी चोपड़ा व डा. अनीता सैनी शामिल रही।

18. Literacy Week Awareness

08 September 2023

Jagriti Sabhagar, GVMGC

International Literacy Day is celebrated on September 8 every year to promote the importance of literacy for dignity and human rights, and a literate and sustainable society. The NSS unit of GVM Girls College, Sonapat, orchestrated a vibrant and impactful celebration during the whole Literacy week. The week was celebrated with great pomp and show at GVMGC promoting literacy for a world, building the foundation for sustainable and peaceful societies.

Various competitions were organised to celebrate Literacy Week. Poster Making Competition, Declamation, Debate and Slogan Writing Competition. Theme of the programme “to promote the literacy”. All the students of NSS Unit of the college, enthusiastically participated in the said competitions.

NSS Programme Officer Ms. Ruchika Vermani, stated the highlight of the Literacy Week celebration that was the Poster Making and Slogan Writing Competition, where students unleashed their creativity to visually articulate the significance of literacy.

In the Poster Making Competition Khushi from BCom honours II secured 1st position, Dolly and Simran jointly grabbed 2nd positions while Muskan and Isha secured 3rd position. In the Slogan Writing Competition Priya of BCom Honours I secured 1st position, Khushi Batra of BCom honours III got 2nd, Monika took 3rd position Bhawna, Jyoti and Tanisha were awarded consolation prizes. The judges for these competitions were Ms. Rosy Chopra and Ms. Kamlesh Chopra. English Declamation Competitions were also organised in which Tamanna Dahiya from BSc Computer Science 1st year secured 1st position and Tamanna Sharma of B.Sc Non Medical I got 2nd position.

Principal Dr. Renu Bhatia congratulated the winners and awarded them with prizes and encouraged them to excel further in every wake of life. The Head of the Institution, President Dr O.P Pruthi congratulated the organising team for the successful week-long Celebrations.

Purpose: To promote the importance of literacy and education

Beneficiaries: Youth of Nation

Students Involved: 8

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Staff Participated: Ms. Rosy Chopra, Ms. Kamlesh Chopra

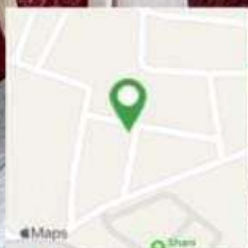








Gvmgc, Sonipat, Hr, India



Latitude

29°0'1"N

Longitude

77°0'46"E



30°C

Friday, 08, Sep, 2023

01:06 PM

19. Participation in Pre-RD Camp Trials

September 13, 2023

MDU Rohtak

The NSS unit at MDU University organized an enriching Pre-Republic Day camp aimed at fostering patriotism, social responsibility, and community engagement among its volunteers. Under the guidance of NSS Programme Officer, Ms. Ruchika Vermani, and with the support and encouragement of Dr. O.P. Pruthi, President of the Institution, and Dr. Renu Bhatia, Principal of GVM Girls College, Sonapat, the camp witnessed remarkable participation and enthusiasm from volunteers.

The camp commenced with a solemn flag hoisting ceremony, symbolizing our commitment to the ideals of our nation. NSS volunteers, including Monika (2nd year BSc Computer Science), Zeenat (2nd year BA), Poornima (2nd year BA), and Amrits (3rd year BA), actively engaged in various community service projects and cultural activities. They participated in cleanliness drives, awareness campaigns, tree plantation initiatives, and skill development workshops, showcasing their dedication to serving society and contributing to its betterment.

NSS Unit Programme Officer Ms. Ruchika Vermani's inspiring words motivated the volunteers to embrace their roles as agents of positive change and to uphold the values of unity and service. Dr. O.P. Pruthi and Dr. Renu Bhatia commended the volunteers for their exemplary efforts and emphasized the importance of active participation in nation-building activities.

In recognition of their outstanding contributions, Monika, Zeenat, Poornima, and Amrits were lauded for their dedication and commitment selected further for the state level Pre-RD camp. Their exemplary service reflects the spirit of the NSS and the values it seeks to instill in young individuals. This camp served as a platform for NSS volunteers to cultivate a deep sense of civic responsibility and national pride while making meaningful contributions to society.

Purpose: To foster patriotism, social responsibility & community engagement.

Beneficiaries: : Participant of camp

Students Involved: 04

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Category: #Patriotism #Nation #PreRepublicdayCamp #NSSUnit





Rohtak, Haryana, India
VJHP+489, Delhi Rd, Rohtak, Haryana 124021, India
Lat 28.877756°
Long 76.635751°
20/09/23 05:07 PM GMT +05:30

GPS Map Camera

20. State Level Pre RD Camp Trials

September 20, 2023,

Guru Jambheshwar University, Hissar

The NSS Unit of GVM College Sonapat, enthusiastically joined the State Republic Day (RD) Camp, commemorating a significant event to champion patriotism, community service, and national unity. Guided by the esteemed NSS Programme Officer, Ms. Ruchika Vermani, and supported by Dr. O.P. Pruthi, Institution President, and Dr. Renu Bhatia, Principal of GVM Girls College, Sonapat, the NSS volunteers made notable contributions in both athletic and cultural activities.

The State RD Camp provided an avenue for our NSS unit to partake in meaningful activities aimed at raising social consciousness, fostering cultural exchange, and serving the community. The active involvement of our volunteers underscores their allegiance to the NSS cause and their commitment to effecting positive change in society.

Monika, Zeenat, Poornima, and Amrits, as representatives of the NSS Unit of college and selected at University level for state, also actively engaged in the athletic and cultural events at the State RD Camp. Their commitment and enthusiasm epitomized the values of the NSS, showcasing their dedication to societal service and the promotion of national integration and communal harmony.

NSS PO Ms. Ruchika Vermani's motivating remarks inspired our volunteers to excel in their pursuits and embrace their roles as conscientious citizens. Dr. O.P. Pruthi and Dr. Renu Bhatia commended the volunteers for their outstanding participation, emphasizing the importance of their contributions in fostering national pride and unity.

As for a NSS unit, it was a matter of pride in the accomplishments of the NSS volunteers at the State RD Camp, eagerly anticipate and continuing the endeavours to serve the community and uphold the values of the NSS in the days ahead.

Purpose :To promote patriotism, community service, and national unity

Beneficiaries: Participants of Camp

Students Involved: 04

Staff-In-Charge:Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Category:**#StateRepublicDayCamp #CulturalExchange #Patriotism**

संक्षिप्त समाचार

एनएसएस वालंटियर्स का गणतंत्र दिवस परेड के लिए चयन



एमडीयू में आयोजित शिविर में एनएसएस वालंटियर्स।

जासं, रोहतक : महर्षि दयानंद विश्वविद्यालय के राष्ट्रीय सेवा योजना प्रकोष्ठ द्वारा विश्वविद्यालय स्तर पर पूर्व गणतंत्र दिवस परेड शिविर का आयोजन किया गया। एनएसएस कोऑर्डिनेटर प्रो. तिलकराज ने बताया कि इस शिविर में यूटीडी तथा संबद्ध महाविद्यालयों के 54 स्वयंसेविकाओं ने अपने एनएसएस कार्यक्रम अधिकारियों के नेतृत्व में भाग लिया। जिनमें से 30 स्वयंसेविकाओं का चयन राज्य स्तरीय पूर्व गणतंत्र

दिवस परेड शिविर के लिए किया गया। इन चयनित स्वयंसेविकाओं को राज्यस्तरीय पूर्व गणतंत्र दिवस परेड शिविर के लिए 20 सितंबर 2023 को गुरु जंभेश्वर विश्वविद्यालय, हिसार में भाग लेना है। इस शिविर के दौरान चयन कमेटी को डा. कर्मवीर गुलिया, डा. रजनी कुमारी, संदीप दुहन व मोहित अहलावत ने सहयोग किया। प्रो. तिलकराज ने सभी चयनित स्वयंसेविकाओं को बधाई देते हुए उनके उज्ज्वल भविष्य की कामना की।

21. NSS Orientation & Induction Programme

September 22, 2023

Gargi Sabhagar, GVMGC

New volunteers were warmly welcomed into the National Service Scheme (NSS) through an engaging induction orientation program, commemorating the foundation day of the NSS unit at GVM College. Dr. OP Pruthi, Head of the organization, and Principal Dr. Renu Bhatia expressed their delight at the success of the event, emphasizing the significance of this platform for national service.

Program Officer of GVM NSS's UNIT Ms. Ruchika Vermani and Principal Dr. Renu Bhatia led the program's inauguration, which marked the start of a journey devoted to helping the country. Dr. Renu Bhatia, the Principal, further inspired the volunteers by emphasizing the honour of being selected for national service and advising them to provide an example of discipline and service to others, especially the NSS women students who are supposed to motivate others.

During the event, senior NSS volunteers shared their experiences, enlightening the new recruits about the purpose and various activities of NSS. The newcomers enthusiastically posed questions, demonstrating their eagerness to contribute meaningfully. Pledging their dedication, hard work, and honesty, the new volunteers, including Tanya, Riya, Tanu, Soumya, Ishika, and Bharti, Deepika, committed to serving the nation.

NSS Programme Officer Ms. Ruchika Vermani, along with Assistant Professors Ms. Monica Verma and Ms. Meena Kalra, extended heartfelt congratulations on the foundation day of NSS.

Instilling a sense of duty and purpose among the participants, NSS PO Ms. Ruchika Vermani further emphasized the spirit of NSS reflected in the phrase "Me-But-You," highlighting the collective responsibility towards the nation and society.

Purpose :To Welcome new volunteers into NSS with an induction program.

Beneficiaries: Volunteers of NSS Unit of GVMGC

Students Involved: 51

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Staff Participated: Ms. Monica Verma, Ms. Meena Kalra

Category:#ServingTheNation #YouthEmpowerment #MeButYouSpirit



22. ShramDaan – Ek Taarekh Ek Ghanta

October 01, 2023

GVMGC Campus

In the cleanliness and labour donation campaign going on across the country, the students of GVM Girls College took active participation and conducted cleanliness campaign along with labour donation. NSS unit's Programme Officer, Ms. Ruchika Vermani, highlighted a collective cleanliness effort by girl students in the college campus. Emphasizing responsibility, they received waste management guidance and pledged towards a garbage-free nation. Under the leadership of NSS unit, 70 girl students of the college's NCC, University Outreach Team and Youth Red Cross unit also participated enthusiastically.

During this time, NSS unit also organized an essay writing competition on the topic importance of Shramdaan, cleanliness, hygiene and health, in which Monica Joshi of B.Sc. Computer Science 2nd year stood first, Komal of BA 2nd year and Aarti of BA 3rd year jointly stood second. And Kashish of B.Com Hons. second year and Tannu of B.Sc Home Science jointly secured third position. In the competition, consolation prize was given to Amrits, a third year BA student. Assistant Professors Meena Kalra and Monica Verma were included in the jury of the competition.

In this event, a speech competition is also organised on the related topic, in which Nidhi of BA 2nd year stood first, Kashish of BCom Honors 2nd year stood second, Khushi of BCom Hons. 2nd year and Amritas of BA 3rd year stood third. Priya of BA third year and Monica of BSc Computer Science second year were honoured with consolation prizes. Head of the institution, Dr. OP Pruthi and Principal Dr. Renu Bhatia encouraged the girl students to participate regularly in the exemplary campaign and congratulated the winners.

Along with NSS Unit, Assistant Professor Dr. Pooja Gulati, Ms. Mitu Manocha, Ms Kavita Bhairavadatt, Kapil, Arvind, Sanjay Mali, Gulab, Babli, Promila, Suresh, contributing significantly to the event's success

Purpose : To foster civic responsibility among participants.

Beneficiaries: Youth of Nation

Students Involved: 22

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Staff Participated: Ms. Mitu Manocha, Ms. Kavita, Ms. Meena Kalra,

Category: #ShramdaanForNation #Cleanliness #HealthyLiving
#writingskill







23. Story Writing Competition

October 03, 2023

Vaish Mahila Mahavidyalaya, Rohtak

The NSS unit of G.V.M Girls College participated in a Story Writing Competition that is conducted online platform, offering students a platform to share their social experiences through creative narratives. The competition garnered enthusiastic participation from students eager to exhibit their storytelling skills and shed light on various societal issues.

Principal Dr. Renu Bhatia and Dr. O.P. Pruthi, Head of the Institution, extended their warm wishes to the participants, underscoring the significance of storytelling in raising awareness and fostering empathy towards societal challenges. They applauded the NSS unit's initiative in fostering creative expression among students.

NSS Programme Officer, Ms. Ruchika Vermani, urged participants to delve deep into their experiences and craft compelling tales resonating with the audience. She emphasized storytelling's power as a catalyst for advocacy and social change, urging students to leverage their narratives to inspire positive action within their communities.

Throughout the competition, students shared stories addressing a diverse array of social issues, including environmental conservation, gender equality, mental health awareness, and community development. Each narrative offered valuable insights into the realities faced by individuals and communities, igniting meaningful conversations and reflections among the audience.

In summary, the Story Writing Competition organized by the NSS unit provided students with a platform to amplify their voices and advocate for social change through storytelling. The event underscored the importance of empathy, creativity, and community engagement in tackling pressing societal issues, reaffirming their commitment towards holistic development and social responsibility.

Purpose :To boost up creativity among the students

Beneficiaries: Volunteers of NSS Unit GVMGC

Students Involved: 5

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Category:#StorytellingForChange #NSSGVM #EmpoweringYouth

नाम : अमृतस
वर्षा : वी.ए. तृतीयवर्ष
रोल नं : 5961

गीता विद्या मंदिर
महाविद्यालय
सोजीपत

कहानी - स्नरसस से
मेरी जिंदगी का खूबसूरत
सा सफर।

मेरा नाम अमृतस है। आज मैं आप सभी की स्नरसस उपता से मेरी जिंदगी में क्या बदलाव हुआ और मैं जिंदगी में कैसा अनुभव सीख पा रही हूँ। सभी बातों को आप सभी के साथ साझा करता चहुँगी। सबसे पहले जब मैंने महाविद्यालय में दाखिला लिया फिर मुझे स्नरसस व स्नसीसी के बारे में पता चला। तब मैंने सभी को

GVNGC

24. Kalash Yatra Meri Maati Mera Desh

October 13, 2023,

GVMGC and around

During the Azadi Ka Amrit Mahotsav, as part of the Meri Maati Mera Desh initiative, NSS volunteers from GVM Girls College organized a meaningful Amrit Kalash Yatra to honour the sacrifices of our martyrs.

Dr. OP Pruthi, the head of the organization, and Dr. Renu Bhatia, the Principal of G.V.M. Girls College Sonapat, expressed their pride in contributing to this noble cause. Under the guidance of Programme Officer Ms. Ruchika Vermani, who oversees the NSS unit at GVM, the Meri Maati Mera Desh campaign was celebrated brilliantly.

Girl students enthusiastically gathered soil from their respective homes, symbolizing their connection to the land, and deposited it in urns placed within the college premises. These students hailed from various villages, including Jahari, Devdu, Kami, Bindrauli, Gohana, Ganaur, and Raipur. Additionally, they planted saplings, enriching the college environment.

NSS Programme Officer Ms. Ruchika Vermani administered the pledge of Panch Pran to the students, fostering a sense of commitment towards their nation.

A speech competition was also organised on this occasion, themed "Salute to the soil: Salute to the heroes," saw remarkable participation of NSS Unit Students, as Kashish, a B.Com Hons. 2nd Year student, securing the first position. Amrits, a third-year BA student, and Khushi, a second-year B.Com Hons student, claimed the second and third positions respectively.

Students also shared their experiences by uploading photos on the designated website. NSS PO Ruchika Vermani emphasized that the Meri Maati Mera Desh campaign successfully stirred up patriotism among the girl students, with 85 of them actively engaging in the Amrit Kalash Yatra, passionately chanting slogans in tribute to the martyrs.

Purpose: To honour martyrs and promoting patriotism among students.

Beneficiaries: Volunteers and Government.

Students Involved: 85

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Staff Participated: Dr. Anita Rana, Ms. Mahima Hooda, Ms. Preeti Pruthi

Category: #MeriMaatiMeraDesh #AzadiKaAmritMahotsav #NSSGVM







25. Essay Writing Competition Khaadi Pe Charcha

October 30, 2023,

PG Commerce Block, GVMGC

The NSS unit at GVM Girls College, Sonapat, organized a significant Essay Competition as part of the Khadi Mahotsav campaign, running from October 2 to October 31. With the slogan "Gandhi k sapnokabharat, Charkhe pe Charcha," it sought to raise awareness of Khadi's importance and Gandhian principles.

Ms. Ruchika Vermani, Programme Officer of GVM's NSS unit, highlighted the competition's success in engaging a considerable number of female students. Essays explored various aspects, from Gandhi's vision for India to Khadi's role in fashion and nationalism. Assistant Professor Ms. Monica played a crucial role in organizing the event, facilitating its smooth execution.

Beyond essay writing, female students actively participated in slogan writing and a Khadi quiz, enhancing their understanding of Khadi and its importance. Amrits, a final-year BA student, secured the first position in the essay competition, followed by Monica, a second-year B.Sc. computer science student, in second place, and Jyoti Kashyap, a second-year B.Com Honors student, in third place. Kashish, a second-year B.Com Honors student, received the consolation prize.

Assistant Professors Ms. Meena Kalra and Ms. Neha Gupta adeptly served as competition jury members, ensuring fairness and impartial judgment. Dr. OP Pruthi, the institution's head, and Principal Dr. Renu Bhatia congratulated the winners, encouraging them to continue participating actively in various competitions, fostering their overall development and engagement with social issues.

Purpose: To raise awareness of Khadi's importance and Gandhi's principles.

Beneficiaries: Youth and Society

Students Involved: 12

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Staff- Participated: Ms. Meena Kalra, Ms. Neha Gupta, Ms. Monica

Category: #KhadiMahotsav #writingskills #EmpoweringWomen



26. Ek Bharat Sanskriti Sangam

July 29- October 31, 2023

Online Portal

The "Ek Bharat Sanskriti Sangam" campaign, over three months from July 29 to October 31, 2023, celebrates 'Diversity' and 'Art', fostering unity through cultural exchange, inviting Indians aged 18-30 to showcase talents in Dance, Singing, Photography, and Painting. The NSS Unit of GVM Girls College, Sonapat, actively engaged in all phases. Programme Officer Ms. Ruchika Vermani explained that the campaign featured online competitions, including dancing, singing, photography, painting, and sketching, with participants uploading videos for voting. Winners were selected by a jury based on votes and likes.

The journey of NSS UNIT students from phase 1 to phase 3 reflects their diverse talents and progression: Muskaan, a final-year BCom Hons student, showcased her skills in Punjabi dance, while Bhavna, also in her final year of BCom Hons, demonstrated her artistic abilities in painting. Kashish, a second-year B.Com Hons student, made it to the second phase in painting. Amrits, a final-year BA student, progressed to the third phase in Rajasthani dance. Aarti, a final-year BA student, moved to the third phase in photography, alongside Bhawana Kaushik in singing and Sakshi in photography, both final-year BCom students. Also, Bhawana Kaushik's rendition of a Rajasthani song earned her second place in the singing competition awarded with a cash prize of Rs 10,000.

While in phase three, GVM gaining national recognition. Bhawana Kaushik and Amrits, both NSS students, contributed significantly. Bhawana, B.Sc. Home Science final year student, secured the second prize in singing along with a cash prize of Rs 50,000, while Amrits received a special mention and honored with a trophy and certificate of appreciation. Head of the institution Dr. OP Pruthi, Principal Dr. Renu Bhatia, and Programme Convenor Professor Dr. Manjula Sapah congratulated the students. Programme Officer Ms. Ruchika Vermani acknowledged the contributions of other colleagues, including Lt. Priyanka, Dr. Pooja Gulati, Dr. Sonia Mittal, and Mitu Gandhi, along with the NSS Unit, in achieving this success.

Purpose: To celebrate Indian diversity and promote Indian Art

Beneficiaries: Budding Stars of Nation

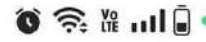
Students Involved: 6

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Staff- Participated: Lt. Priyanka, Dr Pooja, Dr Sonia, Ms Mitu

Category: #CulturalExchange #NationalRecognition #StudentTalents

18:02



← Instagram



ebsb_edumin



एक भारत श्रेष्ठ भारत



Ministry of Education
Government of India

EK BHARAT SANSKRITI SANGAM

PHASE-2 WINNER AND RUNNERS-UP
Announcement



@ebsb_edumin



@EBSB_Edumin



@EBSB.EDUMIN



8 likes

ebsb_edumin 🏆 Congratulations to all
#EkBharatSanskritiSangam Phase 2 Winner &
runners-up whose creative contributions celebrate
Diversity & Art instilling spirit of
#EkBharatShreshthaBharat.

➔ [https://ekbharat.gov.in/EkBharatSanskritiSangam/
WinnersAnnouncement](https://ekbharat.gov.in/EkBharatSanskritiSangam/WinnersAnnouncement)

@EduMinOfIndia @dpradhanbjp @mygovindia
@ebsb_vuvasangam @aicte.official



Today 11:38 AM

Update! INR
60,000.00
deposited in
HDFC Bank A/c
XX2630 on
[29-FEB-24](#) for
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[BHAWANA-](#)
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In addition to the above, entries from the following contestants, though not having the highest number of votes/likes, were also found worthy of appreciation and hence they will be awarded with a "Certificate of Appreciation" under the 'Special Mention' category:

Phase-3 Special Mentions

Name	Home State	State Selected for Performance	Category
Siddharth Dev	Uttar Pradesh	Himachal Pradesh	Photography
Jyoti Jha	Bihaar	Delhi	Photography
Amrits	Haryana	Punjab	Dancing
Shivani Adhangle	Maharashtra	Tamil Nadu	Dancing
Smaira Garg	Haryana	Rajasthan	Painting
Prem	Maharashtra	Delhi	Painting
Bhupinder	Delhi	Odisha	Painting
Vaibhav Jain	Uttar Pradesh	Uttarakhand	Singing



27. Election Commission Survey

November 9-30, 2024

District Sonapat

The NSS Unit of G.V.M Girls College undertook a significant research project sponsored by the Chief Electoral Officer, Haryana, and conducted by the Chaudhary Ranbir Singh Institute of Social and Economic Change. Aimed at assessing the knowledge, attitude, and practices of citizens in preparation for the Lok Sabha Elections 2024, this project was a crucial endeavour.

Under the guidance of Ms. Ruchika Vermani, NSS Programme Officer, the students displayed remarkable diligence and dedication as primary surveyors. Their tireless efforts in conducting surveys, engaging with citizens, and meticulously recording data were commendable. They went above and beyond to ensure the accuracy and completeness of the information collected.

In recognition of their invaluable contribution, the students were awarded Appreciation Certificates for their exceptional work in data collection and project completion. This acknowledgment not only validates their efforts but also underscores the significance of their role in shaping democratic processes through informed citizen participation.

Ms. Ruchika Vermani, NSS Programme Officer, praised the students for their hard work and dedication, highlighting the positive impact of their efforts on society. Dr. OP Pruthi, Head of the Institution, extended warm wishes to the students, acknowledging their initiative and commitment to civic engagement. Principal Dr. Renu Bhatia expressed pride in the students' achievements, lauding their initiative and perseverance in conducting the survey despite challenges.

The NSS Unit students of G.V.M Girls College are applauded for their outstanding performance and commitment to community service. Their relentless efforts have not only enriched the understanding of public sentiments but also strengthened democratic processes.

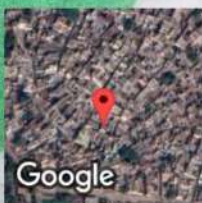
Purpose: To assess citizens' knowledge, attitudes, for the Lok Sabha Elections.

Beneficiaries: Volunteers and Government

Students Involved: 20

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Category: #Researchskills #CommunityService #Societywelfare #Survey



Sonipat, Haryana, India
322G+RQG, Sonipat, Haryana 131001, India
Lat 29.052322°
Long 77.026469°
10/11/23 01:10 PM GMT +05:30



Rohtak Division, Haryana, India
X2MG+8XP, Old DC Rd, Jeevan Nagar, Bhagat Pura,
Sonipat, Haryana 131001, India
Long 77.027424°
Lat 28.983360°
13/11/2023 03:11 PM



Rohtak Division, Haryana, India

100 -a, Jeevan Nagar, Bhagat Pura, Sonipat, Haryana
131001, India

Long 77.028541°

Lat 28.983075°

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Google

GPS Map Camera

28. National Adventure Camp

November 16-25, 2023 Atal Bihari Vajpayee Institute of Mountaineering and Allied Sports, Manali

GVM Girls College NSS student Alankrita Tyagi was chosen for the state-level adventure camp run by the Atal Bihari Vajpayee Institute of Mountaineering and Allied Sports, Manali (ABVIMAS). She attended the 10-day National Camp and wrote about her life-changing experience when she got back. While thanking Alankrita, the institution's head, Dr. OP Pruthi, and Principal, Dr. Renu Bhatia, noted that this was a fantastic chance to further one's own development.

Ms. Ruchika Vermani, Programme Officer of GVM's NSS Unit, stated that Alankrita Tyagi, a second-year BA NSS volunteer, was chosen for ABVIMAS based on her accomplishments and dedication. 90 volunteers were selected under the aegis of NSS Cell Directorate, Higher Education Department, Panchkula. Alankrita performed successfully in the adventure camp organized in Manali with the aim of Note Me-But You by enthusiastically participating in all types of activities.

Alankrita Tyagi said that participating in exciting rock climbing and trekking activities was a unique experience. Visiting the serene Anjani Mahadev Temple to experience the cultural richness of the region, witnessing the engineering marvel, Atal Tunnel, showcasing the beauty of the infrastructure was another milestone.

Embarking on a thrilling rappelling adventure at the camp, dressing up in traditional Himachali attire and traveling 25 kilometers from Solang to Manali, culminating in a visit to the iconic Hidimba Temple was an unforgettable experience. He expressed special gratitude to the GVM administration and program officer for providing this opportunity.

Purpose: To provide adventure experience through cultural immersion.

Beneficiaries: : Participant of camp

Students Involved: 01

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Category: #Adventurecamp #LifeChanging #NewExperience









ENROLLMENT NO. 43

REGISTRATION NO. 53182



**GOVERNMENT OF HIMACHAL PRADESH
CERTIFICATE
ADVENTURE PROGRAMME**

COURSE NO. 870th

PERIOD: 16.11.2023 to 25.11.2023

NAME: ALANKRITA TYAGI D/O
SH. USH RAJ

ADDRESS: DIRECTORATE OF HIGHER
EDUCATION HARYANA PIN
CODE - 134105

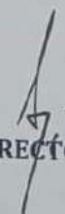
D.O.B: 28-02-2005

GENERAL REMARKS:

He/She has successfully completed the Adventure Camp and acquired proficiency in elementary skills of Rock Climbing, Rappelling, River Crossing, Trekking, Camping, Jungle Craft, Survival and Leadership.

Adventure Training was conducted in the wilderness of the Himalayas. The trainee was found to be physically fit, co-operative, disciplined and well behaved. He/She trekked 75 kilometers and attained 9,500 feet height.


COURSE INCHARGE


DIRECTOR

29. Mass Registration Drive on MyBharat Portal

December 01, 2023 - January 05, 2024

Online Portal

In a proactive initiative, the Minister of Youth Affairs, Government of India, launched a widespread registration campaign on the My Bharat portal, engaging National Service Scheme (NSS) Program Officers (PO) and volunteers nationwide. The NSS unit at GVM Girls College, Sonapat, played a pivotal role in this effort, showcasing remarkable enthusiasm during the registration drive and embodying the spirit of community service ingrained in the NSS ethos.

Recognizing their proactive involvement, all NSS volunteers received certificates, acknowledging their significant contribution to the mass registration drive. This gesture not only serves as evidence of their commitment but also fosters a sense of accomplishment and pride among the volunteers.

In an inspiring address, NSS Programme Officer Ms. Ruchika Vermani passionately encouraged the NSS unit students to wholeheartedly participate in the mass registration drive. She emphasized that their active involvement is not merely a duty but a powerful expression of their commitment to community welfare and national service.

She further highlighted the transformative impact of collective efforts, stating that each student's registration contributes to a larger movement that can bring about positive change. Underlining the significance of embracing digital platforms like the My Bharat portal to actively contribute to the nation-building process, she instilled a sense of pride in being part of a larger movement.

Programme Officer, Ms. Ruchika Vermani motivated the NSS volunteers to view this registration drive not just as a task but as an opportunity to be catalysts for social progress, urging them to approach the initiative with enthusiasm and recognizing the profound impact their collective action could have on the community and the nation at large. This aligns with the commitment to nation-building emphasized by President Dr. O.P. Pruthi and Principal Dr. Renu Bhatia.

Purpose: To encourage Mass registration on the My Bharat Portal.

Beneficiaries: : Youth of Nation

Students Involved: 85

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Category: #CommunityService #NationBuilding #EmpoweringYouth



युवा कार्यक्रम
युव खेल मंत्रालय
MINISTRY OF
YOUTH AFFAIRS
AND SPORTS

CERTIFICATE OF RECOGNITION

CONGRATULATIONS

Alankrita Tyagi

for successfully registering on **MY Bharat** and taking
a stride towards Viksit Bharat.

Anurag Singh Thakur

Anurag Singh Thakur

Hon'ble Union Minister for Youth Affairs and Sports
and Information and Broadcasting

www.mybharat.gov.in



SCAN & JOIN
MERA YUVA BHARAT



युवा कार्यक्रम
युव खेल मंत्रालय
MINISTRY OF
YOUTH AFFAIRS
AND SPORTS

CERTIFICATE OF RECOGNITION

CONGRATULATIONS

Manisha

for successfully registering on **MY Bharat** and taking
a stride towards Viksit Bharat.

Anurag Singh Thakur

Anurag Singh Thakur

Hon'ble Union Minister for Youth Affairs and Sports
and Information and Broadcasting

www.mybharat.gov.in



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एवं खेल मंत्रालय
MINISTRY OF
YOUTH AFFAIRS
AND SPORTS

CERTIFICATE OF RECOGNITION

CONGRATULATIONS

Ishika

for successfully registering on MY Bharat and taking
a stride towards Viksit Bharat.

Anurag Singh Thakur

Anurag Singh Thakur

Hon'ble Union Minister for Youth Affairs and Sports
and Information and Broadcasting

www.mytiharat.gov.in



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एवं खेल मंत्रालय
MINISTRY OF
YOUTH AFFAIRS
AND SPORTS

CERTIFICATE OF RECOGNITION

CONGRATULATIONS

Sandhya

for successfully registering on MY Bharat and taking
a stride towards Viksit Bharat.

Anurag Singh Thakur

Anurag Singh Thakur

Hon'ble Union Minister for Youth Affairs and Sports
and Information and Broadcasting

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यश खेल मंत्रालय
MINISTRY OF
YOUTH AFFAIRS
AND SPORTS

CERTIFICATE OF RECOGNITION

CONGRATULATIONS

Indu

for successfully registering on **MY Bharat** and taking
a stride towards Viksit Bharat.

Anurag Singh Thakur

Anurag Singh Thakur

Hon'ble Union Minister for Youth Affairs and Sports
and Information and Broadcasting

www.mybharat.gov.in



SCAN & JOIN
MEERA YUVA BHARAT



30. National Integration Camp

January 05 - 11,2024 Itanagar, Arunachal Pradesh

NSS Volunteer Monica, BSc Computer Science 2nd-year student from GVM Girls College selected and participated in the National Unity Camp organized by NSS in Itanagar, Arunachal Pradesh. Monica's outstanding contribution earned her a spot among the 10 students selected from Haryana, showcasing her dedication to the camp's activities.

Head of the organization, Dr.OP Pruthi, and Principal Dr. Manjula Spah conveyed their warm congratulations to Monica and extended best wishes for her bright future.

GVM's NSS Program Officer, Ms. Ruchika Vermani, provided insights into the NSS National Unity Camp, which was organized in Arunachal Pradesh and involved the selection of 10 NSS students from Haryana, including Monica from GVM. As a recognition of their active participation, all NSS volunteers received certificates, symbolizing their dedication and serving as motivation for continued involvement in such events.

Monica, reflecting on her experience, described the National Unity Camp as a unique journey of cultural exchange. She expressed amazement at witnessing the glorious diversity of India during the camp, which featured informative seminars, visits to religious and historical sites, and a strong emphasis on fostering social responsibility.

Expressing gratitude for this unforgettable experience, Monica credited the NSS and her college administration for providing enriching opportunities. The cultural exposure and learnings from the camp, including encouragement for social responsibility, left an indelible mark on Monica's journey.

Highlighting the significance of the National Adventure Camp, NSS Program Officer Ms. Ruchika Vermani underscored its dual role as a source of joy and a valuable learning experience.

Purpose: To learn about Indian culture and social responsibility.

Beneficiaries: Participant of Camp

Students Involved:01

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Category:#NationalUnity,#NationalIntegration, #CulturalExchange





15 EUM



31. National Adventure Camp

January 09-18, 2024

Hathkoti, Himachal Pradesh

The National Adventure Camp for NSS volunteers has been organised by the Atal Bihari Vajpayee Institute of Mountaineering and Allied Sports, Government of India at Hathkoti, Himachal Pradesh.

Ten NSS volunteers were selected by MDU Rohtak, for this camp, among whom Bhawana Kaushik, NSS Volunteer of GVM Girls College, Sonapat, was selected and actively engaged in the camp, joining hands with peers from across the nation. This event served as a platform for cultural exchange and the fostering of camaraderie among NSS volunteers.

Head of the organization, Dr. OP Pruthi, and Principal Dr. Manjula Spah extended hearty congratulations to Bhawana Kaushik for her remarkable selection and participation in the National Adventure Camp. They emphasized the significance of such opportunities for holistic development and encouraged her to actively engage in various activities.

GVM's NSS Programme Officer, Ms. Ruchika Vermani, highlighted that the camp, organized by the Ministry of Youth Welfare of the Government of India, provided specialized training in climbing. The ten students, including Bhawana from GVM, underwent intensive training, making the most of this unique adventure experience. She further added that the camp provided a unique opportunity for NSS volunteers to learn about each other's cultures, traditions, and practices. Certificates were also awarded to acknowledge and appreciate their commitment and involvement in the various camp activities.

Bhawana Kaushik expressed her gratitude, stating that the camp was an unforgettable learning experience. Principal Dr. Manjula Spah, congratulating her in the college, emphasized the rarity of such opportunities in a student's life and encouraged all students to actively participate in diverse activities for comprehensive development and personality building.

Purpose: To foster specialized training in climbing and adventure experience.

Beneficiaries: Participant of the Camp

Students Involved: 01

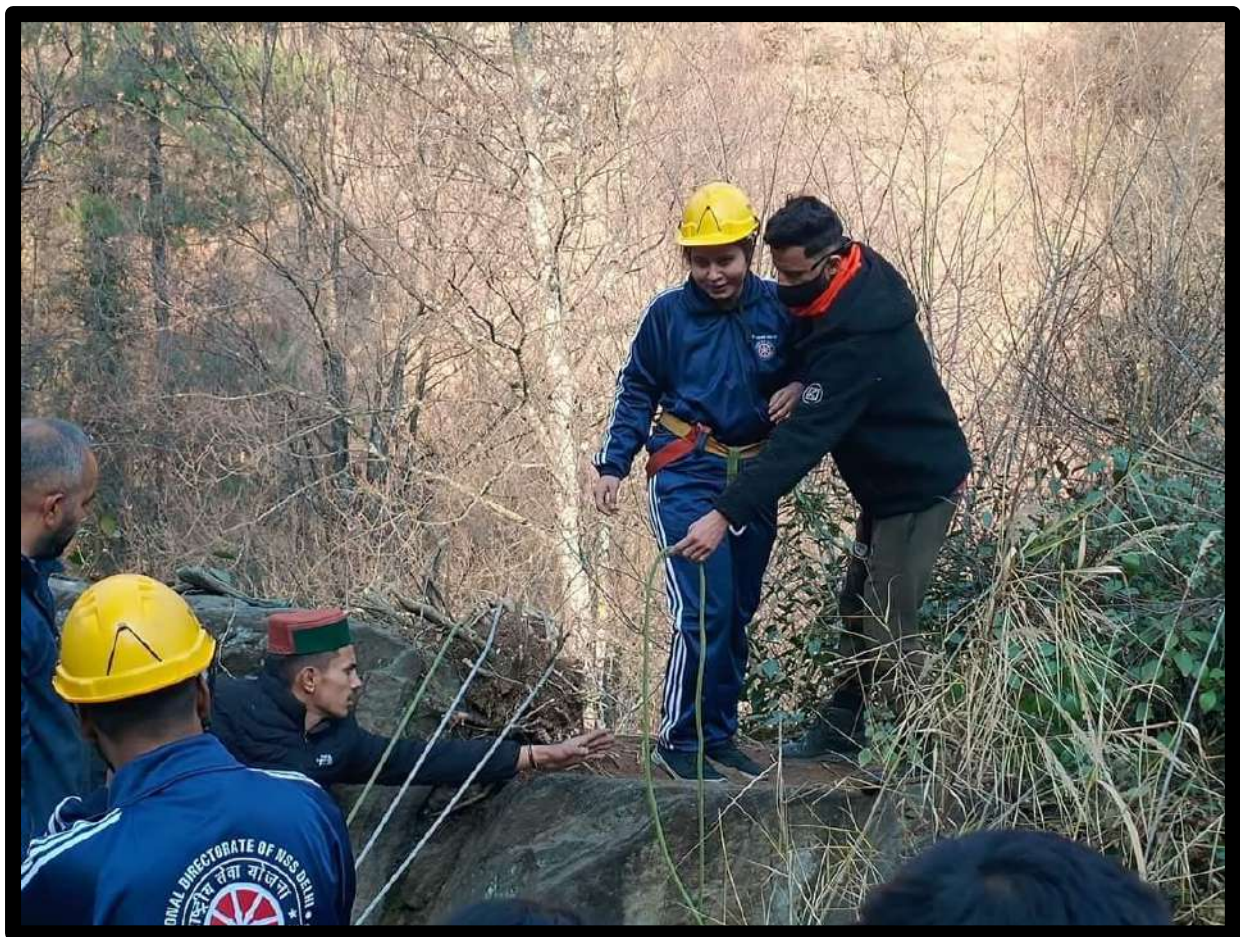
Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Category: #NationalAdventureCamp, #HolisticDevelopment #Learning



G.V.M.





32. Drug Free Campaign

January 11-12, 2024

Swaraj Sadan, MD University, Rohtak

The NSS Cell of Maharshi Dayanand University (MDU), Rohtak, organized a comprehensive Drug-Free Campaign aimed at raising awareness and promoting a drug-free society. NSS volunteers from GVM Girls College, Sonapat, actively participated in the campaign, demonstrating their commitment to the cause.

The purpose of the campaign, designed to raise awareness and advocate for a drug-free society, featured engaging competitions such as speech and poster making. The GVM Girls College's students from NSS UNIT Alankrita and Aditi showcased their communication skills and dedication to the cause in the Speech Competition while Bhawna and Khushi, representing the college and NSS UNIT by participating in the Poster Making Competition.

Bhawna, a commendable third-year BCom (Hons) student secured the 2nd position in the Poster Making Competition, earning a shield as a token of appreciation for her outstanding contribution.

President Dr. O. P. Pruthi and Principal Dr. Renu Bhatia applauded her achievement, and extended warm congratulations to the college's NSS unit for their unwavering commitment to this noble cause.

Programme Officer Ms. Ruchika Vermani, in her reflections on the campaign, emphasizes the transformative impact of student involvement in promoting a drug-free society. She commends the dedication and enthusiasm displayed by NSS volunteers from GVM Girls College, emphasizing their crucial role in fostering awareness. Principal Dr. Renu Bhatia, echoing these sentiments, congratulates Bhawna and Assistant Professor Ms. Meena Kalra, emphasizing the collective responsibility in supporting individuals to overcome addiction barriers for societal development.

Purpose: To raise awareness about the dangers of drugs

Beneficiaries: Youth of Nation

Students Involved: 04

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Staff Participated: Ms. Meena Kalra

Category: #DrugFreeSociety #YouthForChange #EmpoweringYouth





33. Republic Day

January 26, 2024 IndraDhanush Sabhagar, GVMGC

The NSS unit at GVM Girls College played a pivotal role in the grand success of the 75th Republic Day Celebration held on January 26, 2024. The event was marked by patriotic enthusiasm, cultural richness, and a strong sense of national unity. Principal Dr. Manjula Spah, honored as the Chief Guest, embodied the essence of the Indian Republic. She initiated the event by hoisting the national flag, followed by the commencement of the cultural program through the ceremonial lighting of the lamp.

Under the leadership of NSS Programme Officer Ms. Ruchika Vermani, the unit actively contributed to the cultural programs, fostering a spirit of patriotism and national unity among the students. The students showcased their talent through poetry recitation, speeches, dance, and singing, all aimed at commemorating the sacrifices of martyrs and freedom fighters. Particular commendation goes to students Soumya, Bhawana, who mesmerized the audience by singing a patriotic song in their beautiful voice. A group dance by NSS UNIT students, gave impactful performance resonated with the audience and effectively conveyed the message of patriotism.

Dr. OP Pruthi, organization Head, honoured martyrs and freedom fighters, highlighting their pivotal role in independence. Principal Dr. Manjula Spah stressed celebrating national festivals with genuine patriotism.

NSS Programme Officer Ms. Ruchika Vermani urged active participation in nation-building, emphasizing national unity and inspiring students to shape the nation's future. The dedicated efforts of Assistant Professor Dr. Pooja Gulhati, MeenaKalra, NehaGupta, Kavita, Kapil, Arvind, Gulab, Bhairavdatta, and others further supported in the event's success.

Purpose: To Promote patriotism, cultural appreciation, and national unity.

Beneficiaries: Youth and society

Students Involved: 172

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Staff Participated: Ms Meena, Dr Pooja, Ms. Neha Gupta, Ms Kavita

Category: #PatrioticSpirit #UnityInDiversity#CulturalExtravaganza



34. Essay Writing Competition

January 26, 2024

Government College, Safidon

The NSS Unit of G.V.M Girls College, actively participated in state-level online essay competition organised by the SVEEP, NSS Unit and the Electoral Literacy Club of Government College Safidon, (Jind) on the occasion of 'Voter's Day i.e. 25th Jan.2024. The Theme of the competition was 'Role of Voters in Indian Democracy, Power of Voting in Empowering Nations and Value of Voters in Village of Haryana.

Two enthusiastic participants of NSS Unit of the College, JyotiKashyap, a B.Com(Hons) 2nd student, and Aditi, BA 2nd student, took part in the competition. Their thought-provoking essays probed into the critical role of voting in nation-building and emphasized the significance of voters in the rural landscape of Haryana.

The competition was profound, but Jyoti Kashyap emerged as the winner, by securing 1st position along with a cash prize of Rs 700/-, showcasing her exceptional understanding of the role voting plays in empowering the nation.

President Dr. OP Pruthi and Principal Dr. Manjula Spah of GVM Girls College, Sonapat, extended warm congratulations to her for her remarkable achievement. Their appreciation reflects the pride they feel in the college's representation and the students' dedication to important societal issues.

NSS Program Officer Ms. RuchikaVermani also congratulates both of them for their active participation and contribution to the competition. The achievements of both students are remarkable ones, showing the commitment of the NSS Unit of GVM Girls College towards holistic education and civic engagement of the students. The college takes pride in their achievements and looks forward to fostering similar initiatives in the future.

Purpose: To promote voter awareness among the youth.

Beneficiaries: Participant of NSS Unit GVMGC

Students Involved:01

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Category:#VotersDay #EmpoweredVoters#YouthVoices #Writingskills



35. “Shree Ram Antariksh Vaidhshala Utsav”

February 9-10, 2024

GVMGC Online

GVM Girls College, under the exemplary leadership of NSS programme Officer Ms. Ruchika Vermani, commemorated the India Space Oath and Shriram Space Vedshala Festival with utmost zeal and dedication. Transforming the campus into a bastion of Ram devotion, the event was a testament to the college's commitment to cultural enrichment and spiritual resonance.

Head of the Institution, Dr. OP Pruthi, and Principal Dr. Manjula Spah, extended their warm wishes and support to the event, adding to the fervor of the occasion. The festival included various activities such as drawing-painting and videography competitions, all themed around the reverence for Shriram and Mata Sita.

Students showcased their dedication and enthusiasm by participating in the competitions with themes ranging from worshipping Shri Ram Prana Pratishthia to depicting scenes from the Ramayana. Notably, NSS students showcased their talents and creativity, painting Ayodhya on the college campus and embodying the spirit of devotion towards Shriram and Mata Sita.

Dr. Manual Spah commended the students for their active involvement and expressed anticipation for the results to be announced in April. With the collective efforts and devotion of the students, GVM Girls College exemplified its commitment to cultural and educational enrichment.

NSS Programme Officer Ms. Ruchika Vermani praised students for their dedication to commemorating the India Space Oath and Shriram Space Vedshala Festival, expressing anticipation for the forthcoming results, and encouraging their continued active involvement in such enriching events.

Purpose: To fostering cultural enrichment and spiritual resonance

Beneficiaries: Youth and society

Students Involved: 85

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Category: #IndiaSpaceOath #CulturalEnrichment #SpiritualResonance





36. Surya Namaskar Haryana Yoga Commission

February 13-20, 2024

GVMGC Campus

GVM students actively participated in the 75 lakh Surya Namaskar campaign initiated by the Haryana Yoga Commission. Over the course of the last six days, students from GVM Girls College performed Surya Namaskar thirteen times daily, demonstrating their commitment to health and wellness.

Head of the organization, Dr. OP Pruthi, and Principal Dr. Manjula Spah applauded the students' dedication to regular Surya Namaskar practice. Principal Dr. Manjula Spah emphasized the importance of integrating yoga into daily routines for maintaining good health and preventing diseases. She stressed the manifold benefits of yoga and encouraged students to adopt the "Do Yoga-Stay Healthy" theme as a way of life.

Under the guidance of Principal Dr. Manjula Spah and the leadership of sports in charge Anu, NSS, NCC, and sports students enthusiastically performed Surya Namaskar. Sports in-charge highlighted the holistic benefits of Surya Namaskar, emphasizing its role in complete yoga practice.

NSS Programme Officer Ms. Ruchika Vermani expressed heartfelt encouragement to the students, commending their active participation in promoting yoga and wellness. She highlighted the importance of their efforts in fostering a healthier lifestyle and encouraged them to continue their dedication.

Ms. Vermani emphasized the positive impact their commitment can have not only on their own lives but also on the well-being of the entire college community. She assured them that their contributions are valued and inspire others to embrace the path of holistic health and wellness. Lt. Priyanka, along with Assistant Professors Rashmi and Priti, also cheered and motivated the students during the event.

Purpose: To fostering a culture of yoga and holistic well-being.

Beneficiaries: Participants of GVMGC

Students Involved: 110

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Staff Participated: Ms Anu, Ms Rashmi and Ms Priti

Category: #Health #Wellness #YogaCulture #HolisticWellBeing



37. Start-up for Developing Entrepreneurial Qualities

February 19, 2024

Student Activity Centre, MDU Rohtak

GVM Girls College's NSS unit, under the guidance of NSS Programme Officer Ms. Ruchika Vermani, showcased remarkable prowess in the Startups for Developing Entrepreneurial Qualities held at MDU University. The event saw enthusiastic participation from colleges at university level, making a notable impact.

Three teams from GVM's NSS Unit participated in the competition, demonstrating exceptional creativity and innovation. Notably, two teams secured prizes, showcasing the college's commitment to fostering entrepreneurial spirit among its students.

Bhawna and Muskan, student of B.Com Hons. Final year, clinched the second prize with their beautifully crafted decorative items, while Khushi and Kashish of B. Com Hons 2nd Year, secured the third prize with their captivating clay creations. Additionally, Monica of B. Sc Computer Science 2nd Year, though not awarded, garnered praise for her entrepreneurial endeavour of creating a unique salt mixture with medicinal properties, reflecting the diverse talents nurtured at GVM. All the teams showcased their remarkable efforts under the valuable guidance of NSS Programme Officer Ms Ruchika Vermani and NSS Unit Member, Assistant Professor Ms. Meena Kalra.

Dr. OP Pruthi, Head of the Institution, and Principal Dr. Manjula Spah congratulated the winners, affirming GVM's dedication to promoting entrepreneurship. They emphasized the significance of the college's startup cell in guiding students towards the industry realm.

NSS Programme Officer Ms. Ruchika Vermani praised the students' endeavours and reiterated the institution's dedication to fostering entrepreneurial ambitions, while NSS volunteers persist in their unwavering pursuit of promoting innovation and entrepreneurship among the student body, guiding them towards a vibrant future in the business landscape.

Purpose: To nurture entrepreneurial qualities among students

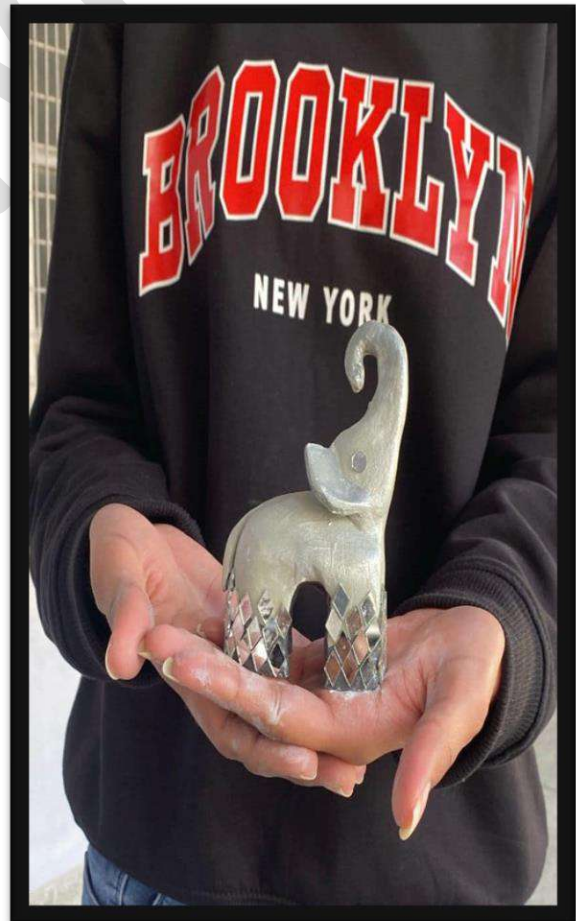
Beneficiaries: Youth of nation

Students Involved: 05

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Staff Participated: Ms Meena Kalra

Category: #Entrepreneurshipskills #Innovation #Startups #creativity







स्टार्टअप्स फोर डिवेलपिंग एंटरप्रिन्सोरशियल क्वालिटीज में जी.वी.एम. की छात्राओं ने 2 पुरस्कार किए अपने नाम

सोनीपत, 20 फरवरी (ब्यूरो): विश्वविद्यालय स्तर पर आयोजित स्टार्टअप्स फोर डिवेलपिंग एंटरप्रिन्सोरशियल क्वालिटीज में जी.वी.एम. गार्ल्स कालेज की छात्राओं ने 2 पुरस्कार अपने नाम किए हैं, जिन्हें अब प्रदेश स्तरीय प्रतियोगिता में हिस्सा लेने का अवसर मिलेगा।

महर्षि दयानंद विश्वविद्यालय रोहतक (एम.डी.यू.) के तत्वावधान में बीते दिवस स्टार्टअप्स फोर डिवेलपिंग एंटरप्रिन्सोरशियल क्वालिटीज का आयोजन किया गया, जिसमें एम.डी.यू. से संबद्ध कालेजों के विद्यार्थियों ने हिस्सा लिया। विशेष रूप से एन.एस.एस. के विद्यार्थियों के लिए आयोजित इस प्रतियोगिता में जी.वी.एम. की 3 टीमों ने प्राध्यापिका मीना कालरा के नेतृत्व में हिस्सा लिया। बी.कॉम ऑनर्स तृतीय वर्ष की भावना व मुस्कान



विजेता छात्राओं को पुरस्कृत करते आयोजक।

तथा बी.कॉम ऑनर्स द्वितीय वर्ष की खुशी व कशिश और बी.एससी. कम्प्यूटर साइंस द्वितीय वर्ष की मोनिका ने हिस्सा लिया। भावना व मुस्कान ने शिल्पकला को बढ़ावा देते हुए अति सुंदर सजावटी वस्तुओं को प्रदर्शित किया, जिसके लिए उन्हें द्वितीय

पुरस्कार से सुशोभित किया गया। खुशी व कशिश की जोड़ी ने तृतीय स्थान हासिल किया, जिन्होंने मिट्टी से बनी मनोहारी वस्तुओं की प्रदर्शनी लगाई। कालेज लीटने पर प्राचार्य डा. मंजुला स्पाह ने विजेताओं का अभिनंदन किया।

जीवीएम की भावना व मुस्कान की जोड़ी रही द्वितीय और खुशी व कशिश ने जीता तृतीय पुरस्कार

एमडीयू में स्टार्टअप्स फोर डिवैलपिंग एंटरप्रीन्योरशिअल क्वालिटीज में जीवीएम की छात्राओं ने जीते 2 पुरस्कार

● उद्यमशीलता को बढ़ावा देने के लिए जीवीएम प्रयासरत, लगातार दिया जा रहा बढ़ावा: प्राचार्या

सवेरा न्यूज / योगेश सुद
सोनीपत, 20 फरवरी : विश्वविद्यालय स्तर पर आयोजित स्टार्टअप्स फोर डिवैलपिंग एंटरप्रीन्योरशिअल क्वालिटीज में जीवीएम गर्ल्स कालेज की छात्राओं ने दो पुरस्कार अपने नाम किये हैं, जिन्हें अब प्रदेश स्तरीय प्रतियोगिता में हिस्सा लेने का अवसर मिलेगा। संस्था के प्रधान डा. ओपी परुषी व प्राचार्या डा. मंजुला स्पाह ने विजेताओं को बधाई देते हुए कहा कि उद्यमशीलता को बढ़ावा देने के लिए जीवीएम लगातार प्रयासरत है। इसके लिए छात्राओं को प्रोत्साहन देते हुए विशेष रूप से प्रकोष्ठ का गठन किया गया है। महर्षि दयानंद विश्वविद्यालय रोहतक (एमडीयू)



विजेता छात्राओं को पुरस्कृत करते हुए।

के तत्वावधान में बीते दिवस स्टार्टअप्स फोर डिवैलपिंग एंटरप्रीन्योरशिअल क्वालिटीज का आयोजन किया गया, जिसमें एमडीयू से संबद्ध कालेजों के विद्यार्थियों ने हिस्सा लिया। विशेष रूप से एनएसएस के विद्यार्थियों के लिए आयोजित इस प्रतियोगिता में जीवीएम की तीन टीमों ने प्राध्यापिका मीना कालरा के नेतृत्व

में हिस्सा लिया। जीवीएम की एनएसएस की कार्यक्रम अधिकारी रुचिका विरमानी ने बताया कि कालेज की ओर से बीकॉम ऑनर्स तृतीय वर्ष की भावना व मुस्कान तथा बीकॉम ऑनर्स द्वितीय वर्ष की खुशी व कशिश और बीएससी कंप्यूटर साइंस द्वितीय वर्ष की मोनिका ने हिस्सा लिया। भावना व मुस्कान ने शिल्पकला को बढ़ावा

देते हुए अति सुंदर सजावटी वस्तुओं को प्रदर्शित किया, जिसके लिए उन्हें द्वितीय पुरस्कार से सुशोभित किया गया। खुशी व कशिश की जोड़ी ने तृतीय स्थान हासिल किया, जिन्होंने मिट्टी से बनी मनोहारी वस्तुओं की प्रदर्शनी लगाई। कच्ची मिट्टी को उन्होंने सुंदर आकृतियों का रूप दिया तो हर कोई निहारता ही रह गया। जीवीएम की मोनिका को प्रतियोगिता में भले ही कोई स्थान नहीं मिला किंतु उनकी उद्यमशीलता की मुक्त कंठ से प्रशंसा की गई। मोनिका ने जड़ी-बूटियों के मिश्रण से एक विशेष नमक तैयार किया, जिसमें दावा किया गया कि यह नमक विभिन्न प्रकार की बिमारियों से संरक्षण प्रदान करता है। उत्तराखंड की मूल निवासी मोनिका ने बताया कि वे अपने घर में स्वयं बनाये हुए इस नमक का ही प्रयोग करती हैं।

डेवलपिंग एंटरप्रीन्योरशिअल क्वालिटीज में छात्राओं ने जीते दो पुरस्कार

सोनीपत। विश्वविद्यालय स्तर पर आयोजित स्टार्टअप्स फोर डेवलपिंग एंटरप्रीन्योरशिअल क्वालिटीज में जीवीएम गलर्ज कालेज की छात्राओं ने दो पुरस्कार अपने नाम किये हैं, जिन्हें अब प्रदेश स्तरीय प्रतियोगिता में हिस्सा लेने का अवसर मिलेगा। संस्था के प्रधान डा. ओपी परूथी व प्राचार्या डा. मंजुला



सोनीपत। विजेता विद्यार्थियों के साथ प्राचार्या एवं अन्य।

स्याह ने विजेताओं को बधाई देते हुए कहा कि उद्यमशीलता को बढ़ावा देने के लिए जीवीएम लगातार प्रयासरत है। इसके लिए छात्राओं को प्रोत्साहन देते हुए विशेष रूप से प्रकोष्ठ का गठन किया गया है। महर्षि दयानंद विश्वविद्यालय रोहतक (एमडीयू) के तत्वावधान में बीते दिवस स्टार्टअप्स फोर डेवलपिंग एंटरप्रीन्योरशिअल क्वालिटीज का आयोजन किया गया, जिसमें एमडीयू से संबद्ध कालेजों के विद्यार्थियों ने हिस्सा लिया। विशेष रूप से एनएसएस के विद्यार्थियों के लिए आयोजित इस प्रतियोगिता में जीवीएम की तीन टीमों ने प्राध्यापिका मीना कालरा के नेतृत्व में हिस्सा लिया। जीवीएम की एनएसएस की कार्यक्रम अधिकारी रुचिका विरमानी ने बताया कि कालेज की ओर से बीकॉम ऑनर्स तृतीय वर्ष की भावना व मुस्कान तथा बीकॉम ऑनर्स द्वितीय वर्ष की खुशी व कशिश और बीएससी कंप्यूटर साइंस द्वितीय वर्ष की मोनिका ने हिस्सा लिया। भावना व मुस्कान ने शिल्पकला को बढ़ावा देते हुए अति सुंदर सजावटी

38. Awareness Campaign On

Mera Phela Vote Desh Ke Liye - Pledge Taking Ceremony

February 28, 2024

GVMGC CAMPUS and on mygov.in

NSS Unit of GVM Girls College in Sonipat embarked on the "Mera Pehla Vote Desh Ke Liye" campaign from February 28 to March 6, 2024. The campaign aimed to instill a sense of civic responsibility and empower students to actively participate in the democratic process. The NSS Unit of the college organized a pledge-taking ceremony, marking a significant milestone in the campaign. The event commenced with Principal Dr. Manjula Spah lighting the ceremonial lamp, symbolizing the enlightenment and empowerment that comes with exercising one's right to vote.

Addressing the gathering, Dr. O.P. Pruthi, Head of the Institute, emphasized the importance of voting without being influenced by caste, religion, or class. He encouraged students to uphold the principles of democracy by exercising their franchise responsibly. Principal Dr. Manjula Spah stressed the importance of students' first vote, highlighting its role in shaping the nation's future, emphasizing that voting is both a right and a solemn duty for the country's progress.

NSS Program Officer Ms. Ruchika Vermani, the driving force behind the campaign, highlighted the campaign's objectives and encouraged students to actively participate in voter awareness initiatives. She emphasized the importance of informed voting decisions and the role of students as catalysts for change in society.

During the ceremony, Assistant Professor Ms. Niharika and Lt. Priyanka emphasized fair voting practices, while Sports In-charge Ms. Anu urged students to vote with diligence and integrity. The event culminated in students taking a voting oath, motivating them to be responsible citizens actively engaged in shaping the nation's future through voting.

Purpose: To promote civic responsibility and encourage voting participation.

Beneficiaries: First time Voters of Nation

Students Involved: 100

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Staff Participated: Ms. Niharika, Lt. Priyanka, Ms. Anu

Category: #CivicResponsibility #Myfirstvote #StudentEngagement

GVNGC



As a First Time Voter In 2024

I pledge to exercise my democratic right to vote, as my contribution towards building a New India. I will also encourage my fellow Indians to exercise their democratic right to vote. I will ensure that my valuable vote goes towards developing India and making it stronger.

8249393859

Paul
Signature

March, 01 2024

#MeraPehlaVoteDeshKeLiye



GPS Map Camera



Sonipat, Haryana, India
222G+J7M, Durga Colony, Sonipat, Haryana 131001, India
Lat 29.001342°
Long 77.025433°
01/03/24 10:18 AM GMT +05:30

जीवीएम में मेरा पहला वोट देश के लिए कैंपेन का आगाज



सोनीपत | उच्चतर शिक्षा निदेशालय के संयोजन में जीवीएम गर्ल्स कॉलेज में मेरा पहला वोट देश के लिए कैंपेन का आगाज करते हुए छात्राओं को लोकतंत्र में मतदान के महत्व से अवगत करवाया। संस्था के प्रधान डॉ. ओपी परूथी व प्राचार्या डॉ. मंजुला स्पाह ने छात्राओं को मतदान के लिए प्रोत्साहित किया। जीवीएम की एनएसएस इकाई के तत्वावधान में 6 मार्च तक मेरा पहला वोट देश के लिए कैंपेन चलाया जाएगा, जिसका शुभारंभ प्राचार्या डॉ. मंजुला स्पाह ने दीप प्रज्वलित करते हुए किया। प्राचार्या ने कहा कि जिनकी आयु 18 वर्ष की हो चुकी है उन्हें अपना वोट बनवाते हुए उसका प्रयोग अवश्य करना चाहिए। कैंपेन की प्रमुख संयोजक एवं एनएसएस की कार्यक्रम अधिकारी रुचिका विरमानी ने बताया कि कैंपेन में एनसीसी के साथ खेल इकाई और चुनाव इकाई विशेष सहयोगी हैं।

‘मेरा पहला वोट, देश के लिए’ अभियान का दमदार आगाज



मतदान की शपथ लेते छात्राएं व स्टाफ सदस्य।

(वार्ड)

सोनीपत, 1 मार्च (व्युरी): उच्चतर शिक्षा निदेशालय के संयोजन में जी.वी.एम. गर्ल्स कॉलेज में ‘मेरा पहला वोट, देश के लिए’ अभियान का दमदार आगाज करते हुए छात्राओं को लोकतंत्र में मतदान के महत्व से अवगत करवाया। संस्था के प्रधान डा. ओ.पी. परूथी व प्राचार्या डा. मंजुला स्पाह ने छात्राओं को मतदान के लिए प्रोत्साहित किया। उन्होंने जाति, धर्म व वर्ग से प्रभावित हुए बिना वोट करने की अपील की। एन.एस.एस. इकाई के

तत्वावधान में 6 मार्च तक मेरा पहला वोट देश के लिए कैंपेन चलाया जाएगा, जिसका शुभारंभ प्राचार्या डा. मंजुला स्पाह ने दीप प्रज्वलित करते हुए किया। प्राचार्या ने कहा कि जिनकी आयु 18 वर्ष हो चुकी है उन्हें अपना वोट बनवाते हुए उसका प्रयोग अवश्य करना चाहिए।

कैंपेन की प्रमुख संयोजक एवं एन.एस.एस. की कार्यक्रम अधिकारी रुचिका विरमानी ने बताया कि कैंपेन में एन.सी.सी. के साथ खेल इकाई और चुनाव इकाई विशेष

सहयोगी हैं।

चुनाव इकाई की नोडल अधिकारी प्राध्यापिका निहारिका व एन.सी.सी. की लै. प्रियंका ने छात्राओं को प्रोत्साहित किया कि किसी भी प्रकार के प्रलोभन से दूर रहते हुए हमें पूर्ण निष्पक्षता के साथ वोट डालनी चाहिए।

खेल प्रभारी अनु ने भी छात्राओं को मतदान के महत्व से अवगत करवाते हुए मत के प्रयोग के लिए प्रोत्साहन दिया। इस मौके पर छात्राओं को मतदान की शपथ भी दिलाई गई।

39. Awareness Campaign On

Mera Phela Vote Desh Ke Liye – Selfie Point

March 1, 2024

GVMGC CAMPUS

Continuing the momentum of the "My First Vote for the Nation" campaign from February 28 to March 6, 2024, GVM Girls College in Sonapat introduced a novel initiative: the creation of a selfie point. This innovation aimed to further engage students in the campaign's theme of "Mera Pehla Vote Desh Ke Liye." The selfie point served as a visual representation of students' commitment to voting and encouraged them to express their support for the campaign through creative means.

NSS Program Officer Ms. Ruchika Vermani lauded the introduction of the selfie point, stating, "The selfie point serves as a reminder of the power of our first vote and the impact it can have on the nation's future. Let us capture our commitment to democracy and inspire others to participate in the electoral process."

Dr. O.P. Pruthi, Head of the Institute, commended the initiative, emphasizing, "In today's digital age, the selfie point provides a unique platform for students to express their enthusiasm for voting and encourage others to do the same. Let us leverage this opportunity to promote civic engagement and democratic values." Principal Dr. Manjula Spah echoed their sentiments, stating, "The selfie point embodies our college's dedication to fostering responsible citizenship and active participation in the democratic process. Let us use this platform to ignite a sense of civic duty among our peers and communities."

Volunteers from the NSS unit enthusiastically supported the selfie point initiative, actively encouraging their fellow students to visit the point and capture moments of their commitment to voting.

Purpose: To enhance student engagement and promote civic responsibility

Beneficiaries: First time Voters of Nation

Students Involved: 95

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Category: #MyFirstVote #SelfiePoint #CivicEngagement #Voteformation





सेल्फी व फ्लैश माब डांस से मतदान का दिया संदेश

वि. सोनीपत : जीवीएम गर्ल्स कालेज में लोकतंत्र के पर्व मतदान को लेकर उत्साह की अनूठी झलक देखने को मिली। मेरा पहला वोट देश के लिए



अभियान के अंतर्गत जीवीएम गर्ल्स कालेज में सेल्फी

प्वाइंट बनाया गया। छात्राओं ने सेल्फी लेते हुए मतदान करने का संकल्प लिया। छात्राओं ने नुक्कड़ नाटक के माध्यम से छात्राओं को मतदान करने के लिए प्रोत्साहित किया। संस्था के प्रधान डा. ओपी परूथी व प्राचार्या डा. मंजुला स्पाह ने छात्राओं को लोकतंत्र की मजबूती के लिए अपने मत का प्रयोग करने के लिए प्रेरित किया।

जीवीएम की एनएसएस कार्यक्रम



जीवीएम कालेज में मतदान बढ़ाने के लिए बनाए सेल्फी प्वाइंट पर खड़ी छात्राएं • सौकालेज अधिकारी प्राध्यापिका रुचिका विरमानी ने बताया कि उच्चतर शिक्षा निदेशालय के संयोजन में कालेज में मेरा पहला वोट देश के

जा रहा है। छात्राओं में भी अभियान को लेकर खासा उत्साह देखने को मिल रहा है। छात्राएं सभी सेल्फी प्वाइंट्स पर सेल्फी लेते हुए मतदान का संकल्प ले रही हैं। अभियान के तहत ही छात्राओं ने फ्लैश माब डांस की प्रस्तुति देते हुए अन्य छात्राओं को मतदान के प्रति जागरूक करने का प्रयास किया।

प्राचार्य डा. मंजुला स्पाह ने कहा कि डांस, सेल्फी प्वाइंट्स आदि के माध्यम से चुनाव में मतदान करने के लिए प्रोत्साहन दिया जा रहा है। लोकतंत्र के इस महापर्व में हर मतदाता को अपनी आहुति अवश्य डालनी चाहिए। प्रत्येक मत का अपना महत्व होता है। मतदान को लेकर किसी भी प्रकार उदासीनता उचित नहीं होती। इस मौके पर प्राध्यापिका ले. प्रियंका आदि उपस्थित रही।

40. Awareness Campaign On

Mera Phela Vote Desh Ke Liye – Flash Mob Dance

March 4, 2024

GVMGC CAMPUS

Continuing the spirited momentum of the "My First Vote for the Nation" campaign from February 28 to March 6, 2024, GVM Girls College in Sonapat orchestrated a dynamic Flash Mob Dance, further amplifying the campaign's theme of "Mera Pehla Vote Desh Ke Naam." This electrifying performance aimed to inspire civic responsibility and encourage voter participation among students and the wider community.

NSS Program Officer Ms. Ruchika Vermani commended the NSS volunteers for their enthusiastic participation in the Flash Mob Dance, stating, "The energy and dedication displayed by our NSS volunteers in the Flash Mob Dance epitomize their commitment to promoting democratic values and active citizenship. Let us continue to inspire others to make their first vote count for the nation."

Dr. O.P. Pruthi praised the Flash Mob Dance for engaging students and raising voting awareness, urging to leverage this enthusiasm for positive change. Principal Dr. Manjula Spah echoed, highlighting NSS volunteers' role in fostering social responsibility and promoting democratic engagement. She inspired the participants to channelize this energy into fostering a culture of active participation in the democratic process.

The Flash Mob Dance, with its vibrant choreography and enthusiastic participation, captivated the college community, sparking conversations about the significance of voting and civic engagement. The involvement of NSS volunteers exemplified their dedication to the campaign's objectives and their role as catalysts for positive societal change.

Purpose: To foster a culture of active participation and voting awareness.

Beneficiaries: First time Voters of Nation

Students Involved: 96

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Category: #FlashMobDance #VotingAwareness #Democracy



जागरूकता

सेल्फी प्वाइंट पर छात्राएं ले रही मतदाता के रूप में सेल्फी तो फ्लैश मॉब डांस से दे रही मतदान का संदेश

मतदान के लिए छात्राओं को किया जागरूक

संवाद न्यूज एजेंसी

सोनीपत। मुख्यतः रोड स्थित जीवीएम कन्या महाविद्यालय में मतदान को लेकर उत्साह की अनूठी झलक देखने को मिल रही है। मेरा पहला वोट देश के लिए अभियान के तहत बनाए सेल्फी प्वाइंट पर छात्राएं बढ़-चढ़कर सेल्फी लेते हुए मतदान करने का संकल्प ले रही हैं, तो फ्लैश मॉब डांस के जरिए मतदान के लिए जागरूकता को अलख भी जगा रही हैं।

संस्था के प्रधान डॉ. ओपी परुथी व प्राचार्य डॉ. मंजुला स्याह ने छात्राओं को प्रोत्साहित किया कि लोकतंत्र की मजबूती के लिए अपने मत का प्रयोग सदैव करें। जीवीएम की एनएसएस इकाई की कार्यक्रम अधिकारी प्राध्यापिका रुचिका विरमानी ने बताया कि उच्चतर शिक्षा निदेशालय के संयोजन में कॉलेज में मेरा पहला वोट देश के लिए अभियान चलाया



जीवीएम कन्या महाविद्यालय में फ्लैश मॉब डांस के जरिए मतदान के प्रति जागरूक करती छात्राएं। स्रोत: महाविद्यालय

जा रहा है। कॉलेज परिसर में सेल्फी प्वाइंट्स बनाकर छात्राओं को मतदान के लिए प्रोत्साहित किया जा रहा है। छात्राओं में भी अभियान को लेकर खासा उत्साह देखने को मिल रहा है। छात्राएं सभी सेल्फी प्वाइंट पर सेल्फी लेते हुए मतदान का संकल्प ले रही हैं।

छात्राओं ने फ्लैश मॉब डांस की भी दमदार प्रस्तुति देते हुए अन्य छात्राओं को मतदान के प्रति जागरूक करने का प्रयास किया। उन्होंने संदेश दिया कि हमें जब भी अवसर मिले अपने मत का प्रयोग करना चाहिए। चुनाव को उत्सव के रूप में मनाना चाहिए। इस मौके पर प्राचार्या डा.

मंजुला स्याह ने कहा कि डांस, सेल्फी प्वाइंट आदि के माध्यम से चुनाव में मतदान करने के लिए प्रोत्साहन दिया जा रहा है। लोकतंत्र के इस महापर्व में हर मतदाता को अपनी आहुति अवश्य डालनी चाहिए। प्रत्येक मत का अपना महत्व होता है।

छात्राओं ने फ्लैश मॉब डांस से दिया मतदान का संदेश

सोनीपत, 4 मार्च (ब्यूरो): जी.वी.एम. गर्ल्स कालेज में मतदान को लेकर मेरा पहला वोट देश के लिए अभियान चलाया गया, जिसके तहत सैल्फी प्वाइंट पर छात्राओं ने सैल्फी ली तो वहीं फ्लैश मॉब डांस के जरिए मतदान के लिए जागरूकता की अलख भी जगाई। संस्था के प्रधान डा. ओ.पी. परूथी व प्राचार्या डा. मंजुला स्पाह ने छात्राओं को प्रोत्साहित किया कि लोकतंत्र की मजबूती के लिए अपने मत का प्रयोग सदैव करें।

एन.एस.एस. इकाई की कार्यक्रम अधिकारी प्राध्यापिका रूचिका विरमानी ने बताया कि उच्चतर शिक्षा निदेशालय के संयोजन में कालेज में मेरा पहला

वोट देश के लिए अभियान चलाया जा रहा है। अभियान के अंतर्गत कालेज परिसर में सैल्फी प्वाइंट्स बनाकर छात्राओं को मतदान के लिए प्रोत्साहित किया जा रहा है। छात्राओं ने फ्लैश मॉब डांस के माध्यम से संदेश दिया कि हमें जब भी अवसर मिले अपने मत का प्रयोग करना चाहिए।

इस मौके पर प्राचार्या डा. मंजुला स्पाह ने कहा कि डांस, सैल्फी प्वाइंट्स आदि के माध्यम से चुनाव में मतदान करने के लिए प्रोत्साहन दिया जा रहा है। लोकतंत्र के इस महापर्व में हर मतदाता को अपनी आहुति अवश्य डालनी चाहिए। इस मौके पर प्राध्यापिका ले. प्रियंका आदि उपस्थित रही।



फ्लैश डांस कर मतदान के प्रति जागरूक करती छात्राएं।

(खत्री)

41. Awareness Campaign On

Mera Phela Vote Desh Ke Liye – Nukkad Natak

March 6, 2024

GVMGC CAMPUS

On the concluding day of the "My First Vote for the Nation" campaign from February 28 to March 6, 2024, GVM Girls College in Sonapat organized a captivating Nukkad Natak, aligning with the theme "Mera Pehla Vote Desh Ke Naam." This theatrical performance aimed to inspire and educate the audience about the significance of voting in shaping the nation's future.

NSS Program Officer Ms. Ruchika Vermani expressed her admiration for the NSS volunteers' dedication and creativity in organizing the Nukkad Natak, stating, "The Nukkad Natak is a powerful tool for spreading awareness and igniting conversations about the importance of our first vote. Let us continue to use our voices to drive positive change in our society."

Dr. O.P. Pruthi, the Head of the Institute, praised the initiative, emphasizing that the Nukkad Natak exemplified the spirit of democracy and civic engagement. He urged to carry forward the momentum generated by this performance to build a stronger and more inclusive nation.

Principal Dr. Manjula Spah echoed her sentiments, stating that the participation of NSS volunteers in the Nukkad Natak showcased the college's commitment to nurturing socially responsible individuals. She suggested harnessing the power of theater to inspire action and drive positive transformation in the community.

The Nukkad Natak, with its engaging storyline and impactful performances, captivated the audience and sparked meaningful discussions about the importance of voting. The active involvement of NSS volunteers in organizing and performing in the Nukkad Natak demonstrated their dedication to promoting democratic values and civic responsibility.

Purpose: To reinforcing the importance of voting in nation-building

Beneficiaries: First time Voters of Nation

Students Involved: 110

Staff-In-Charge: Ms. Ruchika Vermani, Programme Officer, NSS, GVMGC

Category: #CivicEngagement #SocialResponsibility #VotingAwareness



सार संक्षेप

जीवीएम की छात्राओं ने नुक्कड़ नाटक के माध्यम से मेरा पहला वोट देश के लिए दिया संदेश



जीवीएम गर्ल्स कालेज की छात्राएं नुक्कड़ नाटक की दमदार प्रस्तुति देते हुए।

सवेरा न्यूज/योगेश सूद सोनीपत : जीवीएम गर्ल्स कालेज की छात्राओं ने नुक्कड़ नाटक की दमदार प्रस्तुति देते हुए मेरा पहला वोट देश के लिए कैपेन का संदेश देते हुए हर मतदाता को अपने वोट का प्रयोग करने के लिए प्रोत्साहन दिया। संस्था के प्रधान डा. ओपी परूथी व प्राचार्या डा. मंजुला स्पाह ने कैपेन के सफल आयोजन की बधाई देते हुए लोकतंत्र में मतदान के महत्व से अवगत करवाया। जीवीएम की एनएसएस इकाई के तत्वावधान में कालेज में मेरा पहला वोट देश के लिए कैपेन सफलतापूर्वक चलाया गया। कैपेन के अंतिम दिन भी एनएसएस की छात्राओं में उत्साह देखते ही बनता था। छात्राओं ने कैपेन का समापन नुक्कड़ नाटक की प्रस्तुति से दिया, जिसके माध्यम से छात्राओं ने लोकतंत्र के महापर्व चुनाव में मतदान के महत्व की जानकारी दी। छात्राओं ने प्रभावी रूप में दर्शाया की हर एक वोट का विशेष महत्व होता है। हमें हर प्रकार के प्रलोभनों से दूर रहकर ईमानदारी से अपने मत का प्रयोग करना चाहिए।

42. Inter College Essay Writing Competition on International Women's Day

March 7, 2024

SIASTE, Jhajjar

On the occasion of International Women's Day, an inter college essay writing competition was organized virtually on March 8, 2024, by the Women's Cell in collaboration with the NSS Unit at SIASTE, Jhajjar. The event garnered enthusiastic participation from students, with the support and appreciation from the college administration and faculty.

The Principal, Dr. Manjula Spah, commended the initiative and highlighted the importance of such events in fostering awareness and promoting gender equality. The Programme Officer, Ruchika Vermani, expressed pride in the efforts put forth by the organizing team and participants.

President Dr. OP Pruthi emphasized the need for women to excel in every field, encouraging students to actively engage in initiatives that promote women's empowerment and equality.

The NSS team congratulated Radhika for her exemplary participation in the competition, reflecting the spirit of solidarity and support within the college community. Three students participated in the competition, showcasing their skills and insights on various topics related to women's empowerment and gender equality. The competition provided a platform for students to express their perspectives on crucial issues impacting women globally.

Overall, the inter college essay writing competition on International Women's Day served as a catalyst for meaningful discussions and reflections on gender equality and women's empowerment. It contributed to creating awareness and fostering dialogue within the academic community, reinforcing the importance of collective action towards building a more inclusive and equitable society.

Purpose: To foster equality

Beneficiaries: Girls

Students involved: 03

Staff incharge: Ms. Ruchika Vermani

Category: #women education

43. BIZZ FIESTA

March 7, 2024

Geeta University, Panipat

Students from GVM Girls College achieved remarkable success at the Biz Fiesta Business Festival, held at Geeta University Panipat, exemplifying the theme of entrepreneurship and self-reliance. Head of the organization, Dr. OP Paruthi, and Principal Dr. Manjula Spah extended their congratulations to the winners, emphasizing the importance of fostering an entrepreneurial spirit among the youth.

Ruchika Virmani, the coordinator of GVM's participation in the Biz Fiesta and program officer of NSS, highlighted that the event aimed to inspire young people to pursue entrepreneurship and self-employment. Specifically encouraging students to initiate their own startups, the festival attracted 40 teams to showcase their business plans.

The NSS volunteers from GVM excelled in the Business Planning competition at Biz Fiesta, clinching the first prize and a cash award of Rs 21,000. Additionally, they received a consolation prize of Rs 1100 in the Ad-o-mania competition. Promptly utilizing their winnings, the students crafted advertisements on topics such as Airlines and New Education Policies.

Professor Ruchika further noted the commendable performance of the college's second team, despite not securing a place in the competition. Under the guidance of Principal Dr. Manjula Spah and coordinating professors Rohini Madan and Archana Khurana, the students showcased their entrepreneurial spirit and resilience.

Dr. Manjula Spah emphasized the significance of startups in the current era, underscoring the college's commitment to empowering its students to become leaders in the job market. The winning students expressed their gratitude to the college administration for providing them with valuable experiences, fostering confidence, teamwork, and equipping them to confront real-world challenges.

<p>Purpose : To foster entrepreneurship Beneficiaries: Youth of India Students involved: 8 Staff incharge: Ms. Ruchika Vermani Category: #atamnirbhar bharat</p>
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रविवार SUNDAY, 10 मार्च 2024

बिज फिएस्टा में जी.वी.एम. की छात्राओं ने जीता 21 हजार का नकद पुरस्कार

सोनीपत, 9 मार्च (ब्यूरो): गीता विश्वविद्यालय पानीपत में आयोजित बिज फिएस्टा (बिजनेस फेस्टिवल) में जी.वी.एम. गल्स कालेज की छात्राओं ने 21 हजार रुपए का नकद पुरस्कार जीता है।

संस्था के प्रधान डा. ओ.पी. परूषी व प्राचार्या डा. मंजुला स्प्राह ने कहा कि विजेताओं को स्व-रोजगार स्थापना की दिशा में आगे बढ़ना चाहिए।

एन.एस.एस. की कार्यक्रम अधिकारी रूचिका विरमानी ने बताया कि व्यावसायिक योजना के अंतर्गत गीता विश्वविद्यालय में हुए बिजनेस फेस्टिवल में 40 टीमों ने हिस्सा लिया। बिज फिएस्टा की प्रतिष्ठान स्पर्धा बिजनेस प्लान में जी.वी.एम. की एन.एस.एस. की स्वयंसेविकाओं कशिश, खुशी, भावना और मुस्कान ने आशाओं के अनुरूप प्रदर्शन करते हुए प्रथम पुरस्कार अपने नाम किया, जिसके लिए टीम को 21 हजार रुपए का नगद पुरस्कार दिया गया।

बिज फिएस्टा की दूसरी स्पर्धा



विजेता छात्राओं के साथ प्राचार्या व अन्य।

(छती)

एडोमेनिया (विज्ञापन बनाना) में भी इसी टीम को सात्वना पुरस्कार दिया गया, जिसमें 1100 रुपए की नगद राशि प्रदान की गई। छात्राओं ने उनको मिले विषय एयरलाइन्स व न्यू एजुकेशन पॉलिसी पर तुरंत विज्ञापन तैयार किया।

प्राध्यापिका रूचिका के अनुसार बिज फिएस्टा में कालेज की दूसरी टीम में खुशबू, खुशी, खुशी रानी व

शिखा शामिल थी, जिन्होंने अपने उत्पाद को ब्यूटी वर्ड्स शीपक के तहत प्रदर्शित किया, जिन्हें प्रतियोगिता में कोई स्थान तो नहीं मिला किंतु वाहवाही खूब मिली।

उन्होंने कहा कि प्राचार्या के मार्गदर्शन, संयोजक प्राध्यापिकाओं रोहिणी मदान व अर्चना खुराना से मिले प्रोत्साहन के बूते छात्राओं ने सफल प्रदर्शन किया।

सम्मान से अलंकृत

ज्योति दितांश दहिया व अन्य