


3.3.3 Number of extension and outreach programs conducted by the institution through NSS/NCC/Red cross/YRC etc., (including the programmes such as Swachh Bharat, AIDS awareness, Gender issues etc. and/or those organised in collaboration with industry, community and NGOs) during the year

3.3.4 Number of students participating in extension activities at 3.3.3. above during the year


2023-24

S. No	Name of Activity	Date	Report	Photographs
1.	Live Web Telecast of 'Akhil Bhartiya Shiksha Samagam'	29, 30-07-2023	From 29 th to 30 th July, 2023, Students of Kamla Nehru College for Women Phagwara attended online live Web Telecast of 'Akhil Bhartiya Shiksha Samagam' coinciding with 3rd anniversary of NEP 2020 was being organized at ITPO, Pragati Madam, New Delhi.	  <p style="text-align: center;">Akhil Bhartiya Shiksha Samagam, 29th July, 2023</p>  <p style="text-align: center;">Akhil Bhartiya Shiksha Samagam, 2023 29th July, 2023</p>  <p style="text-align: center;">Akhil Bhartiya Shiksha Samagam, 2023</p>


2	Van Mahotsav	05-08-2023	On 5 th August 2023, Van Mahotsav was celebrated by Department of Science, IQAC, Eco Club, NCC and NSS unit.	
3	Meri Matti Mera Desh' campaign	9 to 15-08-2023	From 9 th August 2023 to 15 th August 2023, NCC unit celebrated 'Meri Matti Mera Desh' campaign. For this, NSS Programme Officers, Dr. Lalit Kumar and Madam Nidhi Jassal, along with NSS volunteers, visited Chak Hakim village and planted the saplings with the	

			<p>support of Kulwinder Kumar , village Sarpanch. The NSS Volunteers also planted saplings at the Government school, Dargah, and BR Ambedkar park.</p>	
4	Quit India Movement Day	11-08-2023	<p>The department of history celebrated Quit India Movement Day in continuation of Azadi Ka Amrit Mahotsav on Aug 11, 2023. The day was observed with some activities like Poster making, declamation contest and poetical recitation.</p>	

5	'Har Ghar Tiranga'	13-08-2023 to 15-08-2023	<p>NSS unit and NCC wing of Kamla Nehru College for Women, Phagwara is celebrating 'Har Ghar Tiranga' from 13-08-2023 to 15-08-2023 as a part of 75 'Azadi Ka Amrit Mahotsav to mark the Independence Day. On this occasion, NSS Unit and NCC wing carried out an awareness rally under Har Ghar Tiranga campaign. Students took selfie with Tiranga.</p>	 <p>The image block contains three photographs documenting the 'Har Ghar Tiranga' campaign. The top photo shows a group of students and staff members indoors, holding Indian tricolor flags. The middle photo shows a group of students and staff members outdoors, holding Indian tricolor flags and a banner that reads 'HAR GHAR TIRANGA'. The bottom photo shows a group of students and staff members outdoors, holding Indian tricolor flags and a banner that reads 'NSS UNIT, KAMLA NEHRU COLLEGE FOR WOMEN, PHAGWARA'.</p>
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6	Anti-Ragging Week	12 to 18-08-2023	<p>Anti-Ragging Week was celebrated at Kamla Nehru College for Women, Phagwara from 12th August to 18th August 2023, in which an Orientation program regarding ragging and its consequences was conducted on 12th August 2023. Principal Dr. Savinder Pal advised the students not to indulge in ragging ever. On 16 August 2023, Anti-ragging committee organized a Poster-making Competition based on</p>	
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			the theme of 'Anti-ragging' in which students participated enthusiastically.	
7	“Meri Matti Mera Desh”and “Shreshtha Bharat”.	15-08-2023	On 15 th August 2023, Poster Making and Slogan Writing Competition were organized by Fine Arts Dept on Topic “Meri Matti Mera Desh”and “Shreshtha Bharat”.	

8	Independence Day	15-08-2023	<p>On 15th Aug. 2023, The 76th Independence Day was celebrated History Department by organising activities like group song, Poetical Recitation, Speech Competitions. Also, An Extension Lecture was delivered by Dr. Savinder Pal, Principal KNCW, Phagwara on the topic 'Role of Punjabi Women in Freedom</p>	
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			<p>Struggle’. Also Music Department organised ‘Patriotic Song Competitio n’ and Poster Making and Slogan Writing Competitio n were organized by Fine Arts Dept on Topic “Meri Matti Mera Desh”and “Shreshtha Bharat’.</p>	
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9	'Swachya Abhiyan' (A cleanliness drive)	18-08-2023	On 18 th August 2023, 'Swachya Abhiyan' (A cleanliness drive) was organised by NCC wing.	
10	World Entrepreneurs Day	21-08-2023	PG Department of Commerce celebrate World Entrepreneurs Day Post graduate department of commerce in collaboration with the Internal Assurance cell of Kamla Nehru	


			<p>College for women, Phagwara organised a Special Lecture on "Indian Entrepreneurs and their success stories". This special Venture was planned to celebrate the 'world Entrepreneurs day' observed all over the globe on 21st August. In tune with initiative by the Government of India and University Grants</p>	
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			<p>commission to celebrate the same from 21st August to 31st August, 2023.</p>	
11	'Swachh Bharat Mission'	22-08-2023	<p>On 22 August, 2023, EBSB and Green Audit organised Lecture on 'Swachh Bharat Mission'.</p>	


12	'Nutrition week'	06 to 13-09-2023	From 6 th to 13 th September, 2023, Department of Home Science celebrated 'Nutrition week'.	
13	'Hindi Diwas'	14-09-2023	On 14 th September, 2023, Hindi Department celebrated 'Hindi diwas'. On this day, various activities like Story Writing, 'Aashu lipi', 'Sunder Hastakshar', 'Bhashan Pratiyogita', 'Aatam Parichya', 'Hindi Gyan Pratiyogita', 'Anuvaad Pratiyogita' and 'Kavya Ghoshti'	

			were organised.	
14	'World Ozone Day'	16-09-2023	On 16 th September 2023, Science department and IQAC celebrated 'World Ozone Day' on theme 'Fixing the Ozone layer and Reducing Climate Changes by Vertical Gardening'.	

15	Manav seva sankalp diwas.	20-09-2023	<p>On 20th September 2023, NSS Unit organised one day camp to make Tribute to 'Bhai Ghaniya Ji' on 'Manav seva sankalp diwas.'</p> <p>Paper reading ,Poster and Slogan Writing Competitions were organised.</p> <p>Drug addiction awareness Programme was organised.PPT was shown on Aids.</p>	
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16	<p>Declamation Contest Political Recitation and Poster making Competition on birth Anniversery of Shaheed Bhagat Singh Ji</p>	28-09-2023	<p>On 28th September 2023, The birth Anniversery of Shaheed Bhagat Singh Ji was celebrated by the Department of History. A Declamation Contest Political Recitation and Poster making Competition were organized related to the life of the legendry hero Shaheed Bhagat Singh Ji.</p>	
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17	Fit India Swachhata Run 4.0' campaign	01-10 to 31-10-2023	NSS Unit and Department of sports of Kamla Nehru College for Women, Phagwara organised various activities under 'Fit India Swachhata Run 4.0' campaign from October 1 to October 31, 2023 with the motive to convey the message of 'Healthy mind lives in a Healthy body'.	
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18	Eye Checkup camp	04-10-2023	<p>On 4th October, 2023, Red Ribbon Club , Health Checkup Committee, and Rotaract Club organised Eye Checkup camp at Kamla Nehru College for Women Phagwara.</p>	
			<p>Ek Bharat Shreshta Bharat and NSS unit of Kamla Nehru College for Women Phagwara organized an extension Lecture on Menstrual Hygiene at Kamla Nehru College for Women, Phagwara. Dr. Seema Rajan was the Resource Person. The purpose of</p>	

			<p>this lecture was to raise awareness about menstrual hygiene and equip students with the necessary knowledge and tools among students. Dr. Rajan also cleared many myths about menstrual hygiene still existing in many sections of the society. Members of Inner Wheel Club also distributed Sanitary napkins among 200 students of college.</p>	
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19	'Effects of Drugs and Prevention'	06-10-2023	<p>On 6th October, 2023, Department Of Psychology in collaboration with Red Ribbon Club. organised Seminar on 'Effects of Drugs and Prevention'. The Resource Person was Dr. Neeti H.O.D Department of Psychology.</p>	th OCTOBER, 2023', 'TIMING: 11:40 A.M. ONWARDS', 'Resource Person: Dr. Neeti'."/>
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20	Vigilance Awareness Week	30-10 to 05-11-2023	<p>Legal Literacy Cell and Buddy Group of Kamla Nehru College for Women, Phagwara celebrated Vigilance Awareness Week from October 30 to November 5,2023 on the theme "Corruption Free India for Developed Nation". A pledge was taken as a part of this campaign to follow rules of law and perform all tasks in an</p>	
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			<p>honest and transparent manner in all walks of life for making India corruption free. About 450 students participated in this activity</p>	
21	Anti drug activity	27-10-2023	<p>Buddy group of Kamla Nehru College for Women Phagwara organised an Anti drug activity Under the able guidance of College Principal, Dr Savinder Pal, Buddy group of Kamla Nehru College for Women, Phagwara organised</p>	

			<p>an anti drug activity on 27th October, 2023 where 30 students participated enthusiastically by making posters on this theme.</p>	
22	Punjab Day	27-10 to 01-11-2023	<p>College celebrated 'Punjab Day' from October 27 to November 1, 2023 by conducting various activities such as word combination, Gurmukhi script 35word writing and speech competition</p>	


23	Unity Day	31-10-2023	<p>On 31st October 2023, Unity Day was celebrated by NCC wing. Various Activities like Poster Making, Slogan Writing and Pledge were organised.</p>	
24	BOOK DONATION MONTH	November 2023	<p>Kamla Nehru College for Women, Phagwara celebrated November 2023 as BOOK DONATION MONTH. The celebration was aimed at promoting the joy of reading and fostering a culture of</p>	


			<p>sharing knowledge through book donations. The event witnessed active participation from both students and teachers, creating a vibrant atmosphere of literary enthusiasm. 20 teachers, 18 students from different disciplines generously donated 43 General and other Syllabus books to this book donation drive.</p>	
25	<p><i>'National Cancer Awareness Day'</i>.</p>	07-11-2023	<p>On 7th November, 2023, Department of science and NSS unit of Kamla Nehru college For</p>	

			Women, Phagwara celebrated ' <i>National Cancer Awareness Day</i> '.	
26	Visit to "Guru Nanak Mission Blind and Old-age Home	8-11-2023	NSS Unit and Rotaract Club of Kamla Nehru College for Women Phagwara, visited "Guru Nanak Mission Blind and Old-age Home", Sapror on 8th November, 2023 .During the visit the students gifted clothes and distributed eatables to the inmates of the Old age Home and celebrated Diwali with them.	


27	Fit India Celebration	1-12 to 7-12,2023	<p>NSS Unit, Sports Club and Science Department organised various activities such as Extension Lecture on Balance Diet, AIDS Day, Recreational Games, 100 meter race, Fitness Exercise and Meditation, as part of the on-going 'Fit India Celebration' from Dec 1 to dec 7,2023. Ms. Sunita from the Physical Department conducted yoga, meditation and race for the college students, in which around 80 students participated enthusiastically. An</p>	 
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			<p>Extension Lecture on 'Balanced Diet' was organized in the seminar hall, wherein Madam Priyanka Aeri from Home Science Department was the resource person.</p>	
28	<p>Educational campaign on importance of various cereals</p>	<p>1-12 to 14-12-2023</p>	<p>A campaign was conducted in the college from 1st December to 14th December, 2023 to explain the importance of various cereals to the college students. Under this campaign, an essay writing competition was organised on 9th December</p>	


			<p>in which Pooja, Harleen and Muskan got first ,Second and third position respectively. On 11th December, a poster making competition was organised while on 12th December a rally was carried out followed by a special lecture on 13th December in which Ms. Sumita Bhalla was the keynote speaker.</p>	
29	World AIDS Day’.	01-12-2023	<p>On 1st December, 2023, Department of science and NSS unit of Kamla Nehru college For Women, Phagwara</p>	


			organized a poster making competition to celebrate ' <i>World AIDS Day</i> '.	
30	<i>NSS Special Camp</i>	24-12 to 30-12-2023	Kamla Nehru College for Women, Phagwara, organized a 7-day NSS Special Camp from December 24-30, 2023, on the theme "Educated Youth and Holistic Development." The camp, inaugurated by Principal Dr. Savinder Pal and special guest Dr. Amarjeet Singh, included various activities such as tree planting, cleanliness drives,	


			<p>awareness rallies, extension lectures on drug abuse, first aid training, personality development, and religious visits. Volunteers engaged in social service, interacted with villagers, and participated in competitions, games, and cultural events.</p>	
31	National Youth Day	12-01-2024 to 16-01-2024	<p>NSS Unit celebrated National Youth Day from 12-01-2024 to 16-01-2024. NSS volunteers and Programme Officers, Ms. Nidhi Jassal and Dr. Lalit Kumar, attended the</p>	


			online live telecast of the National Youth Festival being held at Nashik.	
32	National Girl Child Day	24-01-2024	NSS Unit and EBSB of Kamla Nehru College for Women, Phagwara celebrated National Girl Child Day on 24th January, 2024 to raise awareness about girl child health. On this occasion, a PPT on the theme 'Nutrition and Women Health' was shown to the students.	


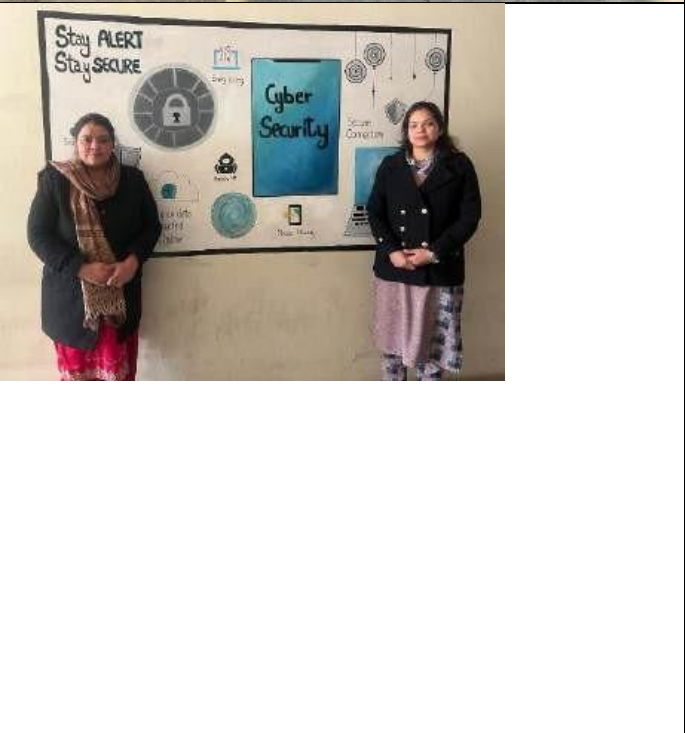
33	Voter Day	25-01-2024	<p>On 25th January 2024, Political Science Department, History Departments, Legal Literacy Cell and NSS Unit celebrated 'Voter Day'. Sh. Som Parkash, Union Minister of State for Govt. of India was Chief Guest. An oath was taken by the audience for the right use of Right to Vote.</p>	
34	'World Cancer Day.'	05-02-2024	<p>On 5th February, 2024, Science Department, Red Ribbon Club and NSS unit of Kamla Nehru college For</p>	

			Women, Phagwara celebrated ' <i>World Cancer Day.</i> '	
35	'International Mother Tongue Day'	21-02-2024	On 21 st February 2024, 'International Mother Tongue Day' was celebrated by Punjabi Department . On this day, Academic Lecture on Topic 'Punjabi Boli Te Lipi me Pyar te Satikar' was delivered by Dr. Bhupinder Kaur(ENT. College, Hoshiarpur)	


			<p>Also , Natak ‘Bhasha Vehnda Darya’ was played by S. Pritpal Singh (Bhagat Namdev Ji Theatre Society, Ghuman (Gurdaspur)</p>	
36	Aadhar Card Updation	01-03-2024	<p>A special program for 'Aadhaar Card Updation' was organized by the Legal Literacy Cell of Kamla Nehru College with a motive to get the</p>	

			<p>students' Aadhar card biometric updated so that they may not be deprived of scholarship. Around 35 students were benefitted from this program.</p>	
37	Annual fete cum Entrepreneurial Fair	09-03-2024	<p>On 9th March 2024, Commerce Department organized Annual fete cum Entrepreneurial Fair 2024. Chief Guest was Mr. Poona Puri (Alumni). Guest of Honour were Mrs. Bhupinder Kaur (Director Elevation Overseas) and Mrs.</p>	


			<p>Meet Kochar (MD The Wedding Hall). Under Entrepreneurial fair '24, 9 stalls of eatables, games, and handcrafted products were setup by the students of Commerce Department .</p>	
38	<p>Poster Making event on Martyrdom Day of Shaheed Bhagat Singh Ji</p>	23-03-2024	<p>On 23rd March 2024, Fine Arts Department and History Department organized a Poster Making event on Martyrdom Day of Shaheed Bhagat Singh Ji. Also, A PPT was shown to the students.</p>	

39	Cleanliness drive on S. Bhagat Singh 's Martyrdom day	23-03-2024	On 23 rd March 2024, NCC wing conducted a cleanliness drive on S. Bhagat Singh 's Martyrdom day.	
40	Awareness on Cyber Crime	27-03-24	NSS Unit and Computer Science Dept. organized Awareness Campaign in college campus to aware student about cyber security and online scams	

41	<i>World Water Day.</i>	01-04-2024	<p>On 1st April, 2024, Department of Science of Kamla Nehru College, Phagwara in collaboration with Eco Club, NSS, Green Squad and Professor Puran Singh Society celebrated <i>World Water Day.</i></p>	
42	Awareness of consumers from frauds and their rights	03-04-2024	<p>On 3rd April 2024, Consumer Awareness Day was celebrated by Commerce Department. A PPT was presented by Ms. Shivani Malhotra. A street play on ballot was organized. There was a speech by Ms. Aarti on Theme</p>	


			‘Aware the consumers from frauds and their rights’.	
43	One day camp at Pandwa village	05-04-2024	One day camp at Pandwa village, near Phagwara for students enrolled in Diploma in Nanny Care and Nutrition program and in BA Home Science. The overarching objective was to provide comprehensive guidance to villagers on an array of pertinent subjects, encompassing Nutritious health, immunization, breast feeding and healthy diet practices. Both students and educators actively engaged in enlightening dialogues with the villagers, adeptly addressing	

			their inquiries and apprehensions.	
44	One Day Camp at Chak Hakim	08-04-2024	On 8 th April 2024, NSS unit organised <i>One day Camp at village Chak Hakim.</i>	
45	Re-visit the Martyrs of the Jallianwala Bagh Massacre	15-04-2024	In collaboration with IQAC, Bhagat Singh Society and the Ek Bharat Shrestha Bharat Club invited attendees to "Re-visit the Martyrs of the Jallianwala Bagh Massacre" on April 15, 2024. The event opened with an enlightening introductory lecture by Ms. Kamlesh, Assistant	



			<p>Professor of History, delving into the tragic events of April 13, 1919, during the British Raj in India on the auspicious occasion of Baisakhi Day. The chilling account of Brigadier General Reginald Dyer's unleashing of around 1650 bullets upon the innocent souls gathered in Jallianwala Bagh served as a stark reminder of the sacrifices made for India's freedom.</p>	
46	'Placement Fair'	16-04-24	<p>Career Orientation Council and IQAC organized a 'Placement Fair' in college on 16th April, 2024. "District Employment Officer Dr Varun Joshi" was the Keynote</p>	

			<p>speaker in this event. Mr Kewal Singh, Business Development Manager, IFM Mohali, and Mr Ravi Lochan Kumar & Mr Lakhwinder Singh from Shri Ram Finance Ltd. addressed the students of BCom, BBA, BCA, BSc, MCom and MSc final year classes.</p>	
47	Awareness on Environment	16-04-24	<p>Science Dept. organized Awareness Campaign on Environmental Conservation on 16-04-2024</p>	

48	Visit to 'Apahaj Ghar'	18-04-2024	<p>A visit to 'Apahaj Ghar' Under the able guidance of College Principal Dr. Savinder Pal, NSS Unit, C.A Group, Buddy Group and Joint Hands Club of Kamla Nehru College for Women, Phagwara organised a visit to Apahaj Ghar. The purpose of this visit was to make the students empathetic and compassionate towards people with physical disabilities. The College students donated clothes, eatables, sanitary pads and medicines etc. to the inmates of Apahaj Ghar.</p>	
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49	An educational outreach on the significance of menstrual hygiene	19-04-2024	<p>A community development initiative was organised to endeavor, spearheaded by the Eco Club and Buddy Group, entailed a multifaceted program. This undertaking was paralleled by an educational outreach aimed at approximately 50 women and adolescent girls, highlighting the significance of menstrual hygiene in fostering optimal health outcomes. About 200 sanitary napkins were distributed among 50 ladies and adolescent girls. Notably, a tree plantation drive was also</p>	
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			<p>executed in the vicinity of Khurampur village near Phagwara. Several plants were also planted in the Government Primary Smart school, KhuramPur.</p>	
50	Voter Awareness Campaign	19-04-2024	<p>NSS Unit in the Collaboration with SVEEP organised a Voter Awareness Campaign on 19th April, 2024 . This campaign was organised for the awareness of students and faculty members of the college about their voting rights.</p>	

51	<i>World Earth Day.</i>	22-04-2024	On 22 nd April 2024, Science Department and Eco Club joined hands to celebrate World Earth Day.	
52	Summer Program dedicated to Local engagement and support	24-05-2024	On 24 th May 2024, NCC wing in Collaboration with NSS and College Community Development organised Summer Program dedicated to Local engagement and support. On this day, 'Shabeel' (offering Cool Drinks) was organised and students recited	

			Shabad to initiate it.	
53	<i>World Environment Day</i>	05-06-2024	<p>On 5th June 2024, NSS unit and NCC wing celebrated World Environment Day. Poster Making and Slogan writing competitions were organised on the theme 'Save Environment'. A Rally was also organised on this day.</p>	
54	Yoga Day	21-06-2024	<p>On 21st June 2024, NCC wing in collaboration with NSS unit and Physical Education Department celebrated Yoga Day. Students performed various Yoga</p>	

			Asans on this occasion. Ms. Sunita ,Department of Physical Education told students about the benefits of Yoga.	
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Principal *Sunita*
Kamla Nehru College For Women
Phagwara (Kapurthala)