



Guru Nanak College (Autonomous)

(Affiliated to University of Madras & Re-Accredited At "A" Grade by NAAC)
No. 161, Guru Nanak Salai, Velachery, Chennai - 600042, Tamil Nadu
Website: www.gurunanakcollege.edu.in

3.6.3 Number of extension and outreach programs conducted by the institution including those through NSS/NCC, Government and Government recognised bodies during the last five years

Supporting Documents

Extension Activities in the
Neighborhood Community - Reports

|| 2020-21 ||

	GURU NANAK COLLEGE (AUTONOMOUS) Affiliated to the University of Madras Accredited by NAAC at "A" Grade. ISO Certified (9001 2015) Guru Nanak Salai, Velachery, Chennai - 600 042.
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GURU NANAK COLLEGE (AUTONOMOUS)

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Guru Nanak Salai, Velachery, Chennai – 600042.

NATIONAL SERVICE SCHEME



EXTENSION ACTIVITIES

EVENT REPORT

2020 - 2021



GURU NANAK COLLEGE (AUTONOMOUS)

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Guru Nanak Salai, Velachery, Chennai – 600042.

NATIONAL SERVICE SCHEME

NAME OF THE EVENT	INTERNATIONAL DAY OF YOGA
DATE OF THE EVENT	21-06-2020
ORGANIZED BY	NATIONAL SERVICE SCHEME (NSS)
PLACE OF THE EVENT	GURU NANAK COLLEGE
NO. OF PARTICIPANTS	100

REPORT:

National Service Scheme conducted a live webinar on International Day of Yoga. Yoga at Home and Yoga with Family for NSS volunteers, through the zoom app on 21-06-2020 from 03.30 pm to 4.30 pm. The Resource Person was Mr. Jeyakumar Venkatasamy, Aircraft Engineer Working at Chennai Airport (Holds world record in Yoga for fastest 108 Rounds of Surya Namaskar in 12 mins). 100 NSS Volunteers participated and interacted well with the resource person. He gave inspiring speech about Yoga and the benefits of yoga and taught about the pranayama and the benefits of pranayama. Participants learned a lot about yoga and its benefits.

INVITATION:



GURU NANAK COLLEGE (AUTONOMOUS)
Re-Accredited At 'A' Grade By NAAC
Guru Nanak Salai, Velachery, Chennai-600042

NATIONAL SERVICE SCHEME
organizes



INTERNATIONAL YOGA DAY



Open Webinar On

"YOGA AT HOME AND YOGA WITH FAMILY"

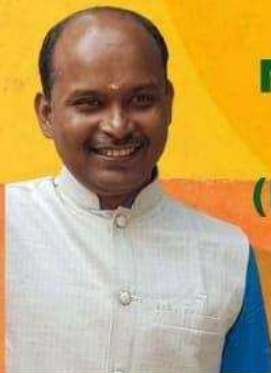
For NSS volunteers

RESOURCE PERSON

Mr. Jeyakumar Venkatasam

Aircraft Engineer

**(Holds world record in Yoga for
fastest 108 Rounds of
Suryanamasakar in 12 mins)**



DATE: 21-06-2020

JOIN @ZOOM MEET AT: 03.15 PM TO 4.30 PM

Dr.M.G.Ragunathan
Principal



Sardar Manjit Singh Nayar
**General Secretary &
Correspondent**

Dr.K.Jayaseelan

NSS Programme Officers

Stay Home # Stay Safe

Dr.P.Nedumaran

Dr.S.Kokila

& NSS Volunteers

Mr.M.Sankara Narayanan

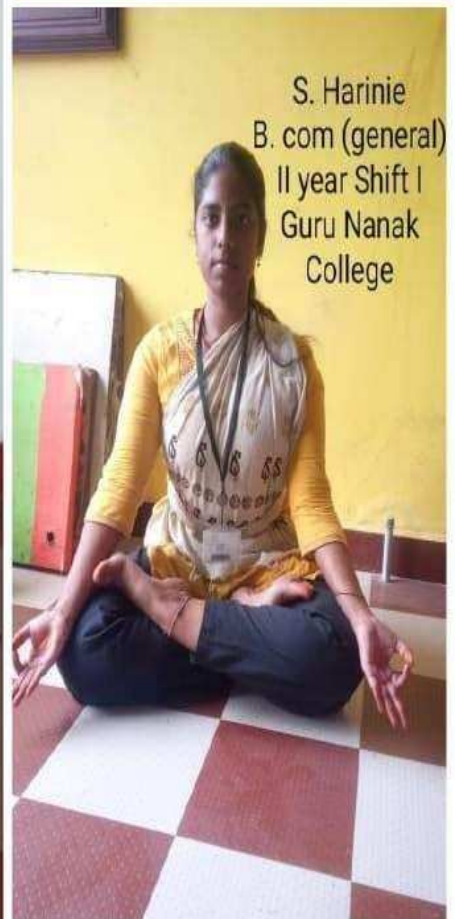
Online Yoga Session Organized by NSS On International Day of Yoga

The image displays two screenshots of a Zoom meeting interface during an online yoga session. The top screenshot shows a grid of 25 participants, with names like K.shanthini, sudhan arumug..., RANJITH R., Ajay Thangavel, HARIHARAN K., HARISHWAR, Kamalash Babu, ANAND SONA, YOGAPRAKASH S, sunil thanish, 8095206086, Barath Tito, Nareesh Kumar, Selva sundar, Keerthana S, Akash Raja, S.V.Raghul, Vignesh u, Praveen Vicky, Manikandan M., rushyendhar ru., Naveen, 337875, and A. Divya. The bottom screenshot shows a similar grid of 25 participants, with names like MadhuLekha. R, SANKARA NAR..., Dr S.Rajkumar..., Harinie Sakthivel, Yuvasri Devarajan, Parthasarathi.G, 01180a60, Sooriya, Jayaseelan K., Sai lakshmi, PORCHERVAN S, MITHUN SURYA, Nedumaran P, Kokila S., B SATHYA NAR..., Selvaganapathi.E, Jayakumar..., Naveen Kumar S, Bhuvaneshwari..., Dinesh Charm, Indresh kumar T, Jagathi Ratchag., Santhosh Kumar, and K.shanthini. Both screenshots show a Zoom interface with a top bar (Recording, Speaker View), a bottom bar (Unmute, Stop Video, Security, Participants, Chat, Share Screen, Pause/Stop Recording, Reactions, Leave), and a right sidebar (Participants list, Find a participant, Invite, Mute All, Unmute All). The date and time are 21-06-2020 at 15:54.

Resource Person Mr. Jeyakumar Venkatasamy Demonstrating Various Asanas



Ms. S.Harinie Of Guru Nanak College Demonstrating Various Asanas



Surya Namaskar



Surya Namaskar



K. Srilekha
2nd year
BSc Advanced Zoology
and Bio Technology
GURU NANAK COLLEGE



ANY OTHER RELEVANT INFORMATION

Link of the Webinar given below:

<https://drive.google.com/file/d/1nB8OnaqQMIGwNMuqSBdRf03jrFFwwGOa/view?usp=drivesdk>

https://drive.google.com/file/d/1nHTq02tBiA07gFV_0UEU6LumuHO8HcFy/view?usp=drivesdk

<https://drive.google.com/file/d/1mwjEMPbAt74jMHsdUHV0-CwQmZtE5ALs/view?usp=drivesdk>

<https://drive.google.com/file/d/1n1fZ9rtfBIVINITQw8w34jQzdrEO5MxJ/view?usp=drivesdk>

<https://drive.google.com/file/d/1n9sp5AjTeLcVaU31W9lQXfv152VZHRlj/view?usp=drivesdk>

https://drive.google.com/file/d/1mtXqTVc8_nafaLZM1toAgariUp66595D/view?usp=drivesdk

<https://drive.google.com/file/d/1moqdZif54sLiDnOrpynlDPNiEUKMU2qu/view?usp=drivesdk>



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NATIONAL SERVICE SCHEME

NAME OF THE EVENT	STATE LEVEL OBSERVANCE OF INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING" COMPETITION
DATE OF THE EVENT	27/06/2020
ORGANIZED BY	NATIONAL SERVICE SCHEME
PLACE OF THE EVENT	GURU NANAK COLLEGE
NO. OF PARTICIPANTS	465
RESOURCE PERSON(S)	7

REPORT:

National Service Scheme conducted a competition on State Level Observance of International Day Against Drug Abuse and Illicit Trafficking Competition– “Better Knowledge for Better Life” For students. Participants registered through google form link & uploaded their file for the competition from 27.06.2020 to 03.07.2020. The details are given below.

SL.NO.	EVENT	JUDGE	PARTICIPANTS
1)	Drawing/Sketching	MR. G. TAMILVANAN, B.F.A, M.F.A., ASSISTANT PROFESSOR, DEPARTMENT OF VISUAL COMMUNICATION, GURU NANAK COLLEGE.	218
2)	Meme Creation	@ SUNA_PAANA_MEMEZ ADMIN : @ SUBASH_GARRIX_	89
3)	Tamil Poem	DR. N. PRAVEEN KUMAR, M.A, M.PHIL., PH.D., ASSISTANT PROFESSOR, DEPARTMENT OF TAMIL, GURU NANAK COLLEGE.	104
4)	English Poem	DR. K. JANAGARRAJ ASSISTANT PROFESSOR, DEPARTMENT OF ENGLISH, SRM ARTS AND SCIENCE COLLEGE, KATTANKULATHUR.	54
TOTAL REGISTERED FOR THE COMPETITION			465

DRAWING COMPETITION-WINNER LIST

PLACE	NAME	COLLEGE	DISTRICT
1	R. SAI KAILASH	RAMAKRISHNA MISSION VIVEKANANDA COLLEGE	CHENNAI
2	V. LAVANYA	GURU NANAK COLLEGE	CHENNAI
3	M.A.DHARANI	FISHERIES COLLEGE AND RESEARCH INSTITUTION	THOOTHUKUDI
4	R. NARMADA DEVI	GURU NANAK COLLEGE	CHENNAI

MEME CREATION COMPETITION-WINNER LIST

PLACE	NAME	COLLEGE	DISTRICT
1	LOKITH S	SREE SAKTHI ENGINEERING COLLEGE	COIMBATORE
2	LOKESH.A	THIRUTHAGAL NADAR COLLEGE	CHENNAI
3	KALIRANJITH S	HINDUSTHAN COLLEGE OF ARTS AND SCIENCE	COIMBATORE

ENGLISH POEM COMPETITION-WINNER LIST

PLACE	NAME	COLLEGE	DISTRICT
1	R.SNEHA.	DR.UMAYAL RAMANATHAN COLLEGE FOR WOMEN, KARAIKUDI.	SIVAGANGAI
2	M.A.DHARANI	FISHERIES COLLEGE AND RESEARCH INSTITUTION	THOOTHUKUDI
3	RADHIKA MURUGAESA	JERUSALEM COLLEGE OF ENGINEERING	CHENNAI

PLACE	NAME	COLLEGE	DISTRICT
1	D BANUPRIYA	DR.UNMAYAL RAMANATHAN COLLEGE FOR WOMEN	KARAIKUDI
2	S PRAVEENKUMAR	SRI SAI RAM ENGINEERING COLLEGE FOR WOMEN	CHENNAI
3	A ELAKIYA	BHARATHI WOMEN'S COLLEGE	CHENNAI
4	G ELAKIYA	K C S KASI NADAR COLLEGE OF ARTS AND SCIENCE	CHENNAI

INVITATION:





GURU NANAK COLLEGE (AUTONOMOUS)
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Affiliated by university of madras
Guru Nanak Salai, Velachery, Chennai-600042

NATIONAL SERVICE SCHEME

ORGANIZES

STATE LEVEL OBSERVANCE OF
"INTERNATIONAL DAY AGAINST DRUG
ABUSE AND ILLICIT TRAFFICKING"

STATE LEVEL COMPETITION

- 1) Drawing/Sketching
- 2) Meme Creation
- 3) Poem (TAMIL/ENGLISH)

FROM 27.06.2020 TO 03.07.2020

"BETTER KNOWLEDGE FOR BETTER CARE"

Dr.M.G.RAGUNATHAN
PRINCIPAL

Dr.K.Jayaseelan

Dr.S.Kokila

Sardar Manjit Singh Nayar
General Secretary &
Correspondent

Dr.P.Nedumaran

Mr.M.Sankara Narayanan

6 NSS VOLUNTEERS

RULES AND REGULATIONS

THEME OF THE COMPETITION "DRUG AWARENESS"

- > It is an online event.
- > Every person can participate in this event.
- > Last date for registration and submission is *03/07/2020*.
- > Participants must submit their works along with their Name, Department, Year, College name.

"SHOW YOUR TALENT AND PROVE YOUR STRENGTH"

1) DRAWING/SKETCHING

- Participants are allowed to submit one piece of Art.
- A4/A3 sheets /charts can be used.
- Art Should be related to the theme.
- Computerized Artwork will not be encouraged.
- Name of the Student and College should be visible on the piece of the Artwork.

JUDGE : Mr. G.TAMILVANAN, B.F.A, M.F.A., Assistant Professor,
Department of Visual Communication, Guru Nanak College.

2) MEME CREATION

- One template per participant.
- Meme creation should be related to the theme.

JUDGE : @ suna_paana_memez Admin : @ subash_garrix_

3) POEM

- One Poem per participant.
- Tamil and English languages are permitted.
- Poem should not exceed above 20 Lines.

JUDGES : Dr.N.PRAVEEN KUMAR, M.A, M.phil, Ph.D.,
Assistant Professor , Department of Tamil , Guru Nanak College.

Dr.K.JANAGARRAJ
Assistant Professor, Department of English,
SRM Arts and Science College, Kattankulathur.

kindly register in this link : <https://forms.gle/HKayk48mGspRB04bA>

CERTIFICATE COPY





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Guru Nanak Salai, Velachery, Chennai-600042

NATIONAL SERVICE SCHEME

CERTIFICATE OF STATE LEVEL COMPETITION

This is to acknowledge that

BANUPRIYA. D

Has won the **FIRST** prize in "TAMIL POEM" competition on STATE LEVEL OBSERVANCE OF
"INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING" "**BETTER KNOWLEDGE
FOR BETTER CARE**" organised by NATIONAL SERVICE SCHEME ON 27th JUNE TO 03rd JULY 2020

Dr.M.G.Ragunathan
Principal



Sardar Manjit Singh Nayar
General Secretary
& Correspondent



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NATIONAL SERVICE SCHEME

CERTIFICATE OF STATE LEVEL COMPETITION

This is to acknowledge that

S.LOKITH

Has won the **FIRST** prize in "MEME CREATION" competition on STATE LEVEL OBSERVANCE OF
"INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING" "**BETTER KNOWLEDGE FOR
BETTER CARE**" organised by NATIONAL SERVICE SCHEME ON 27th JUNE TO 03rd JULY 2020

Dr.M.G.Ragunathan
Principal

Sardar Manjit Singh Nayar
General Secretary &
Correspondent



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NATIONAL SERVICE SCHEME

NAME OF THE EVENT	FIRST AID & BASIC LIFE SUPPORT
DATE OF THE EVENT	18/07/2020
ORGANIZED BY	NATIONAL SERVICE SCHEME
PLACE OF THE EVENT	GURU NANAK COLLEGE
NO. OF PARTICIPANTS	200
RESOURCE PERSON(S)	MR. S. SANTHOSH PRASAD, VOLUNTEER TRAINER, ALERT NGO

REPORT:

NATIONAL SERVICE SCHEME conducted Online workshop on "FIRST AID & BASIC LIFE SUPPORT" for NSS volunteers, through Google meet on 18-07-2020 from 04.00 pm to 05.30 pm. The Resource Person was Mr. S. Santhosh Prasad, Volunteer Trainer, ALERT NGO. 200 NSS Volunteers participated and interacted with the resource person. He gave useful information to NSS Volunteers, faculty members & Program officers. In this session, participants learned about procedure to use first aid and help others in the emergency situation. NSS Volunteers raised questions about the first aid & basic life support and resource person cleared there doubts.

INVITATION:



GURU NANAK COLLEGE (AUTONOMOUS)
Re-Accredited At 'A' Grade By NAAC
Guru Nanak Salai, Velachery, Chennai-600042

NATIONAL SERVICE SCHEME

 **organizes** 

Online workshop on
"FIRST AID & BASIC LIFE SUPPORT"

For NSS volunteers

 **RESOURCE PERSON**
Mr.S. Santhosh Prasad
volunteer Trainer,
ALERT NGO



DATE 18-07-2020

JOIN @ GOOGLE MEET TIME- 4:00 PM TO 5:30 PM

Dr.MGRagunathan
Principal



Sardar Manjit Singh Nayar
General Secretary & Correspondent

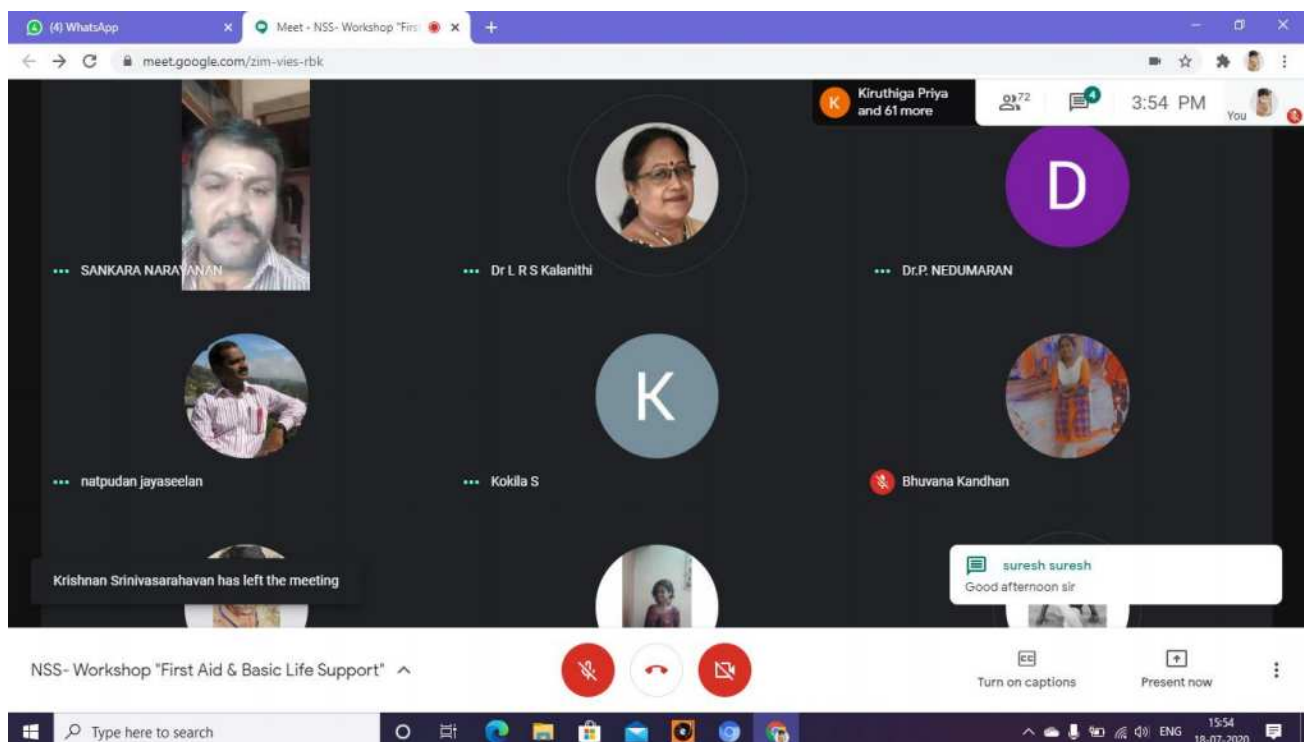
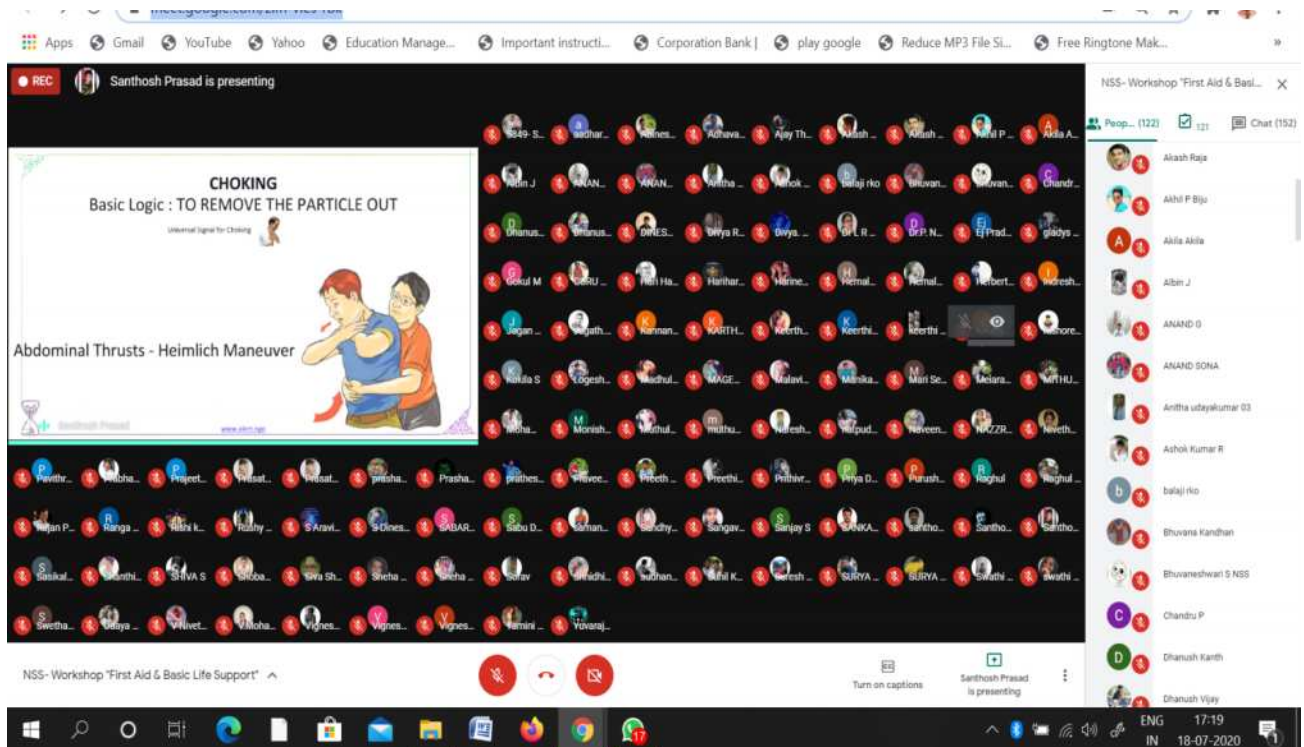
Dr.K.Jayaseelan
Dr.S.Kokila

NSS Programme Officers
& NSS Volunteers
Stay Home # Stay Safe

Dr.P.Nedumaran
Mr.M.Sankara Narayanan

Participants at Online Workshop on “FIRST AID & BASIC LIFE SUPPORT” Conducted by NSS in Association With Alert NGO

Some Staff Members at the Online Workshop on “FIRST AID & BASIC LIFE SUPPORT” Conducted by NSS In Association with Alert NGO





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NATIONAL SERVICE SCHEME

NAME OF THE EVENT	NATIONAL LEVEL E-QUIZ
DATE OF THE EVENT	10/08/2020
ORGANIZED BY	NATIONAL SERVICE SCHEME
PLACE OF THE EVENT	GURU NANAK COLLEGE
NO. OF PARTICIPANTS	400

REPORT:

National Service Scheme created an E-Quiz about "National Deworming Day" for NSS volunteers & the public. Quiz about National Deworming Day in Google form was created and shared via google form link through Instagram & Whatsapp group. Through this quiz many participants gained knowledge about deworming in children.

INVITATION :

The poster is for a National Level E-Quiz organized by the National Service Scheme (NSS) at Guru Nanak College (Autonomous). It features the college's logo at the top left, the University of Madras logo at the top center, and the NSS logo at the top right. The text on the poster includes: "GURU NANAK COLLEGE (AUTONOMOUS)", "Re-accredited At 'A' Grade By NAAC", "Guru Nanak Salai, Velachery, Chennai-600042", "NATIONAL SERVICE SCHEME has organized an", "NATIONAL LEVEL E-QUIZ" on account of "NATIONAL DEWORMING DAY", "Worm Free Children Healthy Children", "DATE 10-08-2020", "YOU TUBE LINK ; [HTTPS://YOUTU.BE/4WKPBL6_LE](https://youtu.be/4WKPBL6_LE)", "E QUIZ LINK ; <https://forms.gle/jdiCyff09GmAG5De7>", "Join us to create awarness on worm free children", "E-CERTIFICATE WILL BE PROVIDED FOR THOSE WHO SCORE 50% & ABOVE", "Dr MGRagunathan Principal", "Sardar Manjit Singh Nayar General Secretary & Correspondent", "NSS Programme Officers & NSS Volunteers", and "Stay Home Stay Safe".

GURU NANAK COLLEGE (AUTONOMOUS)
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Guru Nanak Salai, Velachery, Chennai-600042

NATIONAL SERVICE SCHEME
has organized an

"NATIONAL LEVEL E-QUIZ"
on account of

NATIONAL DEWORMING DAY
Worm Free Children Healthy Children

DATE 10-08-2020

YOU TUBE LINK ; [HTTPS://YOUTU.BE/4WKPBL6_LE](https://youtu.be/4WKPBL6_LE)
E QUIZ LINK ; <https://forms.gle/jdiCyff09GmAG5De7>

Join us to create awarness on worm free children

E-CERTIFICATE WILL BE PROVIDED FOR THOSE WHO SCORE 50% & ABOVE

Dr MGRagunathan
Principal

Sardar Manjit Singh Nayar
General Secretary & Correspondent

NSS Programme Officers & NSS Volunteers
Stay Home Stay Safe

ANY OTHER RELEVANT INFORMATION

(1) YouTube Video link: https://youtu.be/4wKpBLL6_lE

(2) E-Quiz link: <https://forms.gle/wmL4eHQ96SVxt17TA>



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NATIONAL SERVICE SCHEME

EVENT TITLE	MINDSET MATTERS	
CATEGORY	WEBINAR	
DATE	FROM :29/08/2020	TO :29/08/2020
NO. OF RESOURCE PERSON	1	
NO. OF PARTICIPANTS	220	

REPORT

National Service Scheme conducted a Motivational webinar on “Mindset Matters” for NSS volunteers through the Google meet on 29-08-2020 from 11.00 p.m., to 12.00 p.m., The Resource Person was Mr. A. Stanislaus, Former Lecturer (English), Sohar University, Oman, IELTS Trainer. 200 NSS Volunteers, Other college students & staff members participated and interacted with the resource person. He shared his motivational story of him with our NSS Volunteers, faculty members & Program officers. This session made the participants more motivated in their life.

The resource person shared quiz link and the questions asked in quiz were answered by the participants. The resource person also cleared participants doubts.

INVITATION COPY



GURU NANAK COLLEGE (AUTONOMOUS)
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Guru Nanak Salai, Velachery, Chennai-600042

NATIONAL SERVICE SCHEME
organizes
Motivational Webinar
on
"MINDSET MATTERS"
For NSS volunteers



RESOURCE PERSON
Mr.A.Stanislaus
Former Lecturer (English) Sohar University,
Oman. IELTS trainer



DATE: 29-08-2020
Join @ Google meet at- 1100 am. to 1200 pm.
GOOGLE MEET LINK: <https://meet.google.com/sqj-rmbd-ook>



Dr MGRagunathan
Principal

Sardar Manjit Singh Nayar
General Secretary &
Correspondent

NSS Programme Officers & NSS Volunteers
Stay Home # Stay Safe

CERTIFICATE COPY



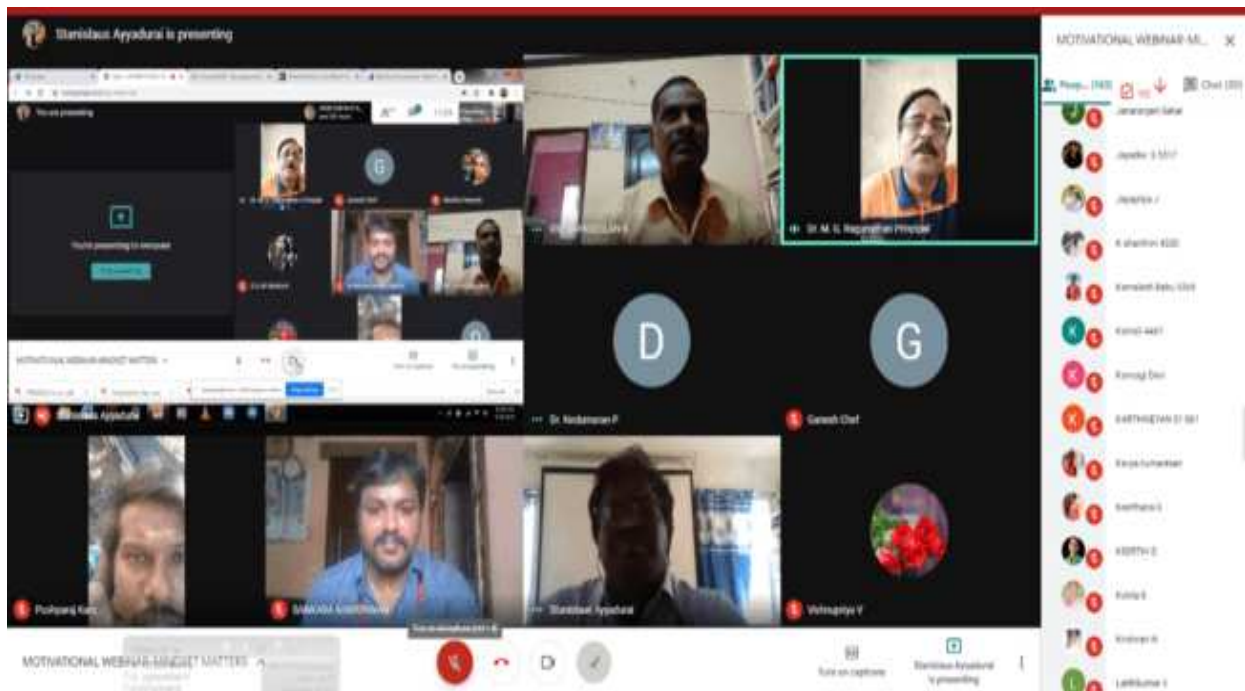
Videos Link:

https://youtu.be/CHMik8x_uf0

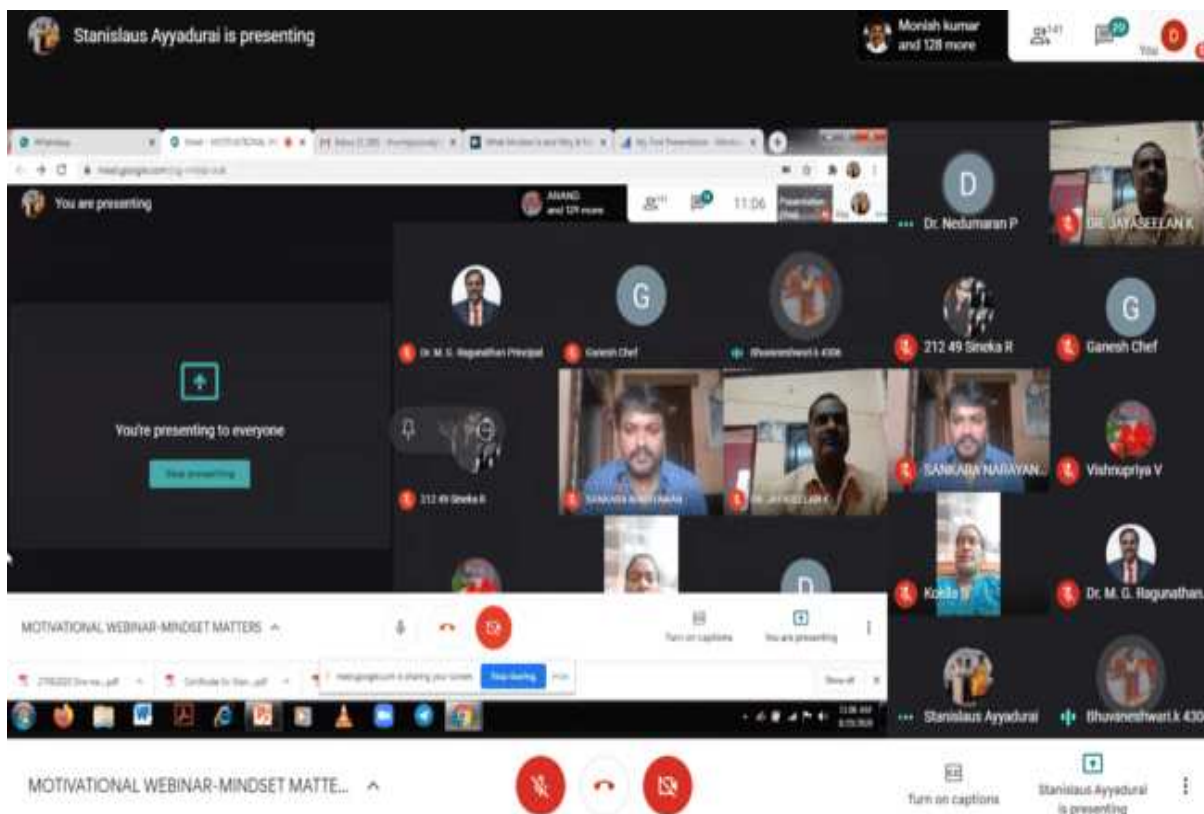
feedback link:

<https://forms.gle/P3AKwrA3vvnEjVFc7>

**Principal, Dr.M.G.Ragunathan Addressing The Participants Of Motivational Webinar On
“Mindset Matters” Organized By NSS**



Resource Person Mr. A. Stanislaus Presenting during Motivational Webinar On “Mindset Matters” Organized By NSS





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NATIONAL SERVICE SCHEME

EVENT TITLE	FIGHTING CLIMATE CHANGE THROUGH DIET	
CATEGORY	WEBINAR	
DATE	FROM :05/09/2020	TO :05/09/2020
NO. OF RESOURCE PERSON	1	
NO. OF PARTICIPANTS	220	

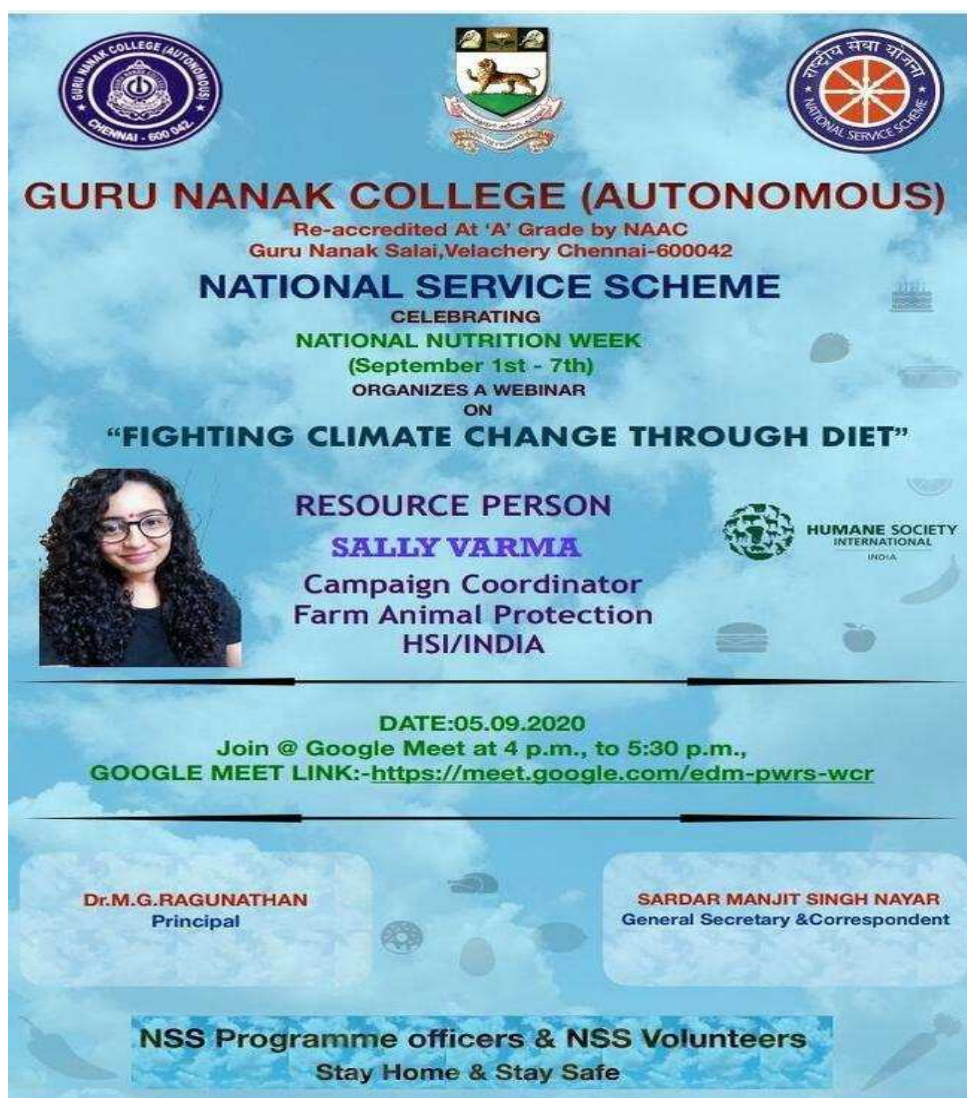
REPORT

NATIONAL SERVICE SCHEME conducted a National Nutrition week webinar on “FIGHTING CLIMATE CHANGE THROUGH DIET” for NSS volunteers, through Google meet & YouTube live stream on 05-09-2020 from 04.00 p.m., to 5.30 p.m., The Resource Person was Ms. Sally Warma, Campaign Coordinator, Farm Animal Protection, Oman HIS, INDIA.

200 NSS Volunteers, Other college students & staff members participated and interacted with the resource person. She shared the information about nutrition food with our NSS Volunteers, faculty members & Program officers and this session was very beneficial.

The resource person also shared awareness about farm animal and cleared the doubtful raised by participants at the end of the session.

INVITATION COPY



The invitation poster features a light blue background with a subtle pattern of food items like a burger, apple, banana, and carrot. At the top, there are three logos: Guru Nanak College (Autonomous) Chennai, the University of Madras crest, and the National Service Scheme (NSS) logo. The text is centered and reads: **GURU NANAK COLLEGE (AUTONOMOUS)**, Re-accredited At 'A' Grade by NAAC, Guru Nanak Salai, Velachery Chennai-600042. Below this is **NATIONAL SERVICE SCHEME**, CELEBRATING **NATIONAL NUTRITION WEEK** (September 1st - 7th), ORGANIZES A WEBINAR ON **"FIGHTING CLIMATE CHANGE THROUGH DIET"**. A portrait of Sally Varma is shown on the left. To her right, it says **RESOURCE PERSON SALLY VARMA**, Campaign Coordinator, Farm Animal Protection, HSI/INDIA. Further right is the **HUMANE SOCIETY INTERNATIONAL INDIA** logo. Below the main text, it states **DATE: 05.09.2020**, **Join @ Google Meet at 4 p.m., to 5:30 p.m.,**, and **GOOGLE MEET LINK: <https://meet.google.com/edm-pwrs-wcr>**. At the bottom, two boxes contain the names and titles of **Dr.M.G.RAGUNATHAN** (Principal) and **SARDAR MANJIT SINGH NAYAR** (General Secretary & Correspondent). A final box at the bottom says **NSS Programme officers & NSS Volunteers Stay Home & Stay Safe**.

GURU NANAK COLLEGE (AUTONOMOUS)
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Guru Nanak Salai, Velachery Chennai-600042

NATIONAL SERVICE SCHEME
CELEBRATING
NATIONAL NUTRITION WEEK
(September 1st - 7th)
ORGANIZES A WEBINAR
ON
"FIGHTING CLIMATE CHANGE THROUGH DIET"

RESOURCE PERSON
SALLY VARMA
Campaign Coordinator
Farm Animal Protection
HSI/INDIA

HUMANE SOCIETY INTERNATIONAL INDIA

DATE: 05.09.2020
Join @ Google Meet at 4 p.m., to 5:30 p.m.,
GOOGLE MEET LINK: <https://meet.google.com/edm-pwrs-wcr>

Dr.M.G.RAGUNATHAN
Principal

SARDAR MANJIT SINGH NAYAR
General Secretary & Correspondent

NSS Programme officers & NSS Volunteers
Stay Home & Stay Safe

CERTIFICATE COPY



The certificate has a purple border decorated with fruit illustrations. It features the same three logos as the invitation at the top. The text is centered and reads: **GURU NANAK COLLEGE (AUTONOMOUS)**, Re-accredited At 'A' Grade By NAAC, Affiliated To University Of Madras, Guru Nanak Salai, Velachery, Chennai-600042. Below this is **NATIONAL SERVICE SCHEME**, **CERTIFICATE OF PARTICIPATION**, and **This is to Acknowledge that**. The main body of the certificate states: **has actively participated in the "NATIONAL NUTRITION WEEK WEBINAR" on "FIGHTING CLIMATE CHANGE THROUGH DIET" held on 5th SEPTEMBER 2020 organized by National Service Scheme, Guru Nanak College**. At the bottom, there are two signature lines. The left one is for **Dr.M.G.Ragunathan**, Principal, with a green ink signature. The right one is for **Sardar Manjit Singh Nayar**, General Secretary & Correspondent, with a black ink signature.

GURU NANAK COLLEGE (AUTONOMOUS)
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Affiliated To University Of Madras
Guru Nanak Salai, Velachery, Chennai-600042

NATIONAL SERVICE SCHEME
CERTIFICATE OF PARTICIPATION
This is to Acknowledge that

has actively participated in the "NATIONAL NUTRITION WEEK WEBINAR" on "FIGHTING CLIMATE CHANGE THROUGH DIET" held on 5th SEPTEMBER 2020 organized by National Service Scheme, Guru Nanak College

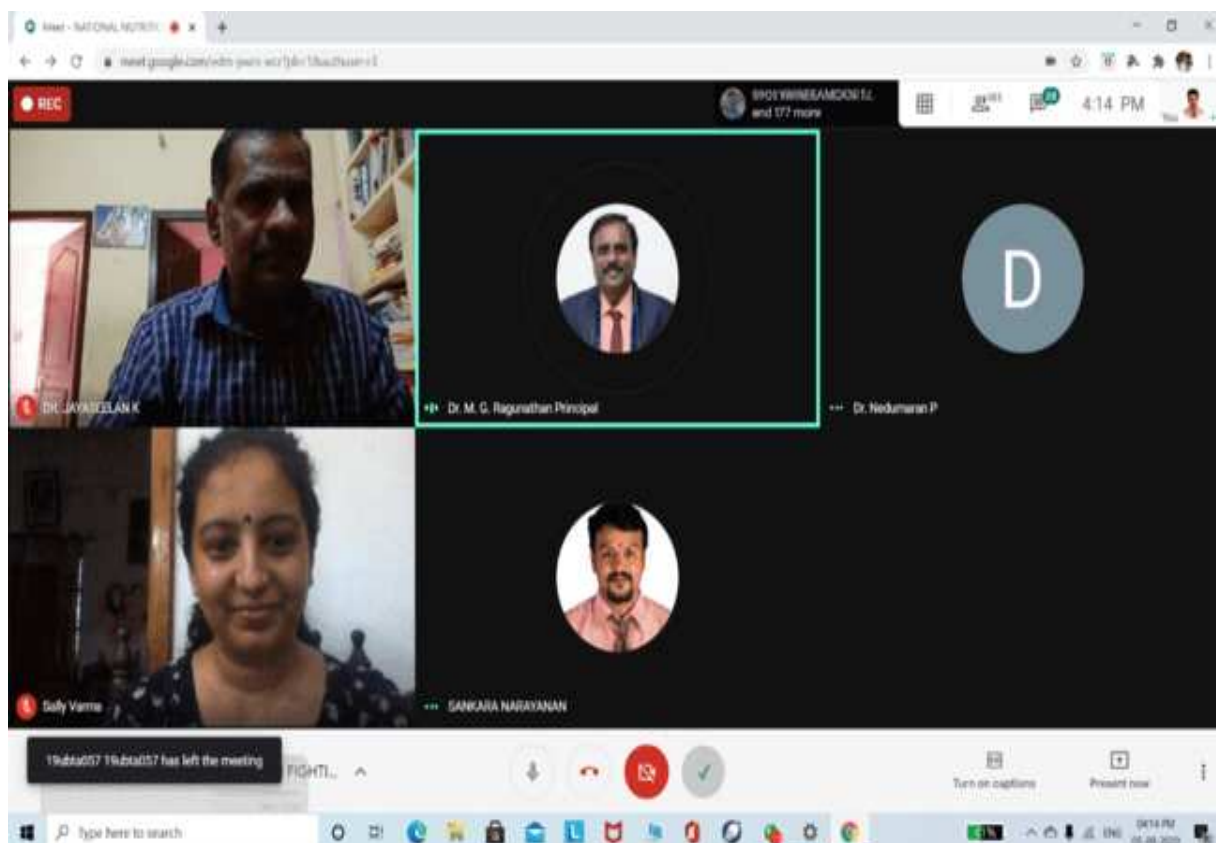
Dr.M.G.Ragunathan
Principal

Sardar Manjit Singh Nayar
General Secretary & Correspondent

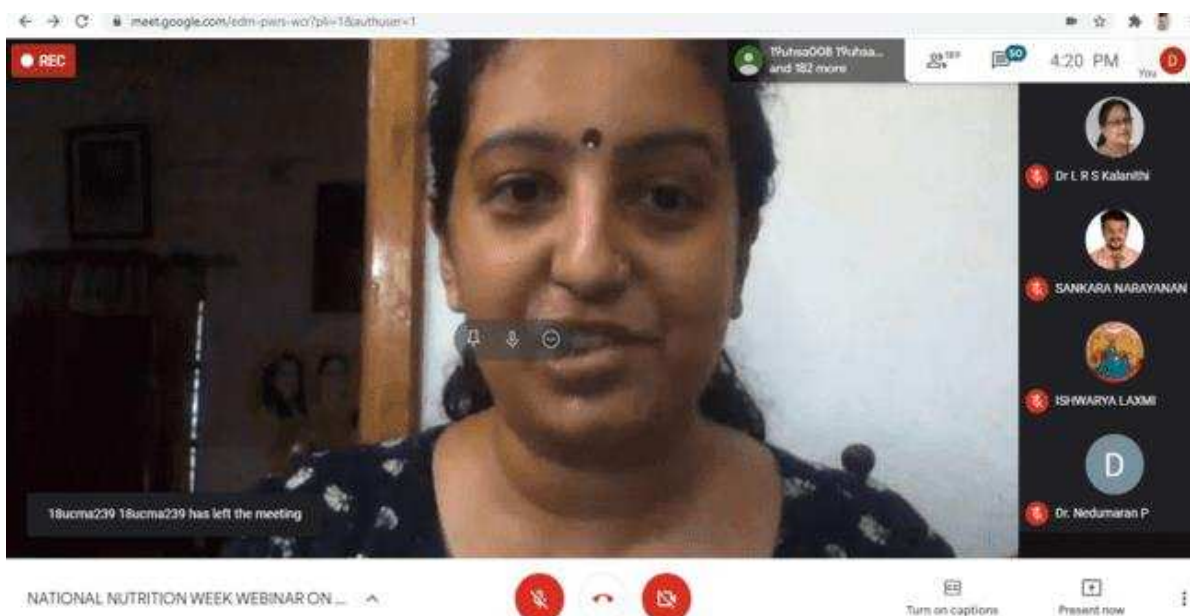
Videos Link: <https://youtu.be/FXgSHGQb-m4>

Feedback link: <https://forms.gle/H4qC3v19cwnQJwYs9>

Participants at National Nutrition Week Webinar On “Fighting Climate Change Through Diet”



Resource Person Ms. Sally Warma At National Nutrition Week Webinar On “Fighting Climate Change Through Diet”





GURU NANAK COLLEGE (AUTONOMOUS)

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Guru Nanak Salai, Velachery, Chennai – 600042.

NATIONAL SERVICE SCHEME

NAME OF THE EVENT	STATE LEVEL E-QUIZ ON NATIONAL NUTRITION DAY
DATE OF THE EVENT	03/09/2020
ORGANIZED BY	NATIONAL SERVICE SCHEME
PLACE OF THE EVENT	GURU NANAK COLLEGE
NO. OF PARTICIPANTS	924

REPORT

NATIONAL SERVICE SCHEME created an E-Quiz about "NATIONAL NUTRITION WEEK" for NSS volunteers & public. The Quiz about National Nutrition Week was created in Google form and link was shared through Instagram & WhatsApp group. The Quiz improved participants knowledge about Important of Nutrition

INVITATION:

The poster is for a State Level E-Quiz organized by the National Service Scheme (NSS) at Guru Nanak College (Autonomous). It features the college's logo at the top left and the NSS logo at the top right. The text is centered and reads: "GURU NANAK COLLEGE (AUTONOMOUS) Re-accredited At 'A' Grade By NAAC Guru Nanak Salai, Velachery, Chennai-600042 NATIONAL SERVICE SCHEME organizes a 'STATE LEVEL E-QUIZ' on account of NATIONAL NUTRITION WEEK". Below this, the date "DATE: 03-09-2020" is given. The quiz link is provided as "E QUIZ LINK: <https://forms.gle/BmkjHoJLsmFWajfs>". A note states "Join us to learn more" and "E-CERTIFICATE WILL BE PROVIDED FOR THOSE WHO SCORE 50% & ABOVE". At the bottom, the names of the Principal, Dr. MGRagunathan, and the General Secretary & Correspondent, Sardar Manjit Singh Nayar, are listed. The footer includes "NSS Programme Officers & NSS Volunteers" and the slogan "# Stay Home # Stay Safe".

GURU NANAK COLLEGE (AUTONOMOUS)
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NATIONAL SERVICE SCHEME
organizes a
"STATE LEVEL E-QUIZ"
on account of
NATIONAL NUTRITION WEEK

DATE: 03-09-2020

E QUIZ LINK: <https://forms.gle/BmkjHoJLsmFWajfs>

Join us to learn more

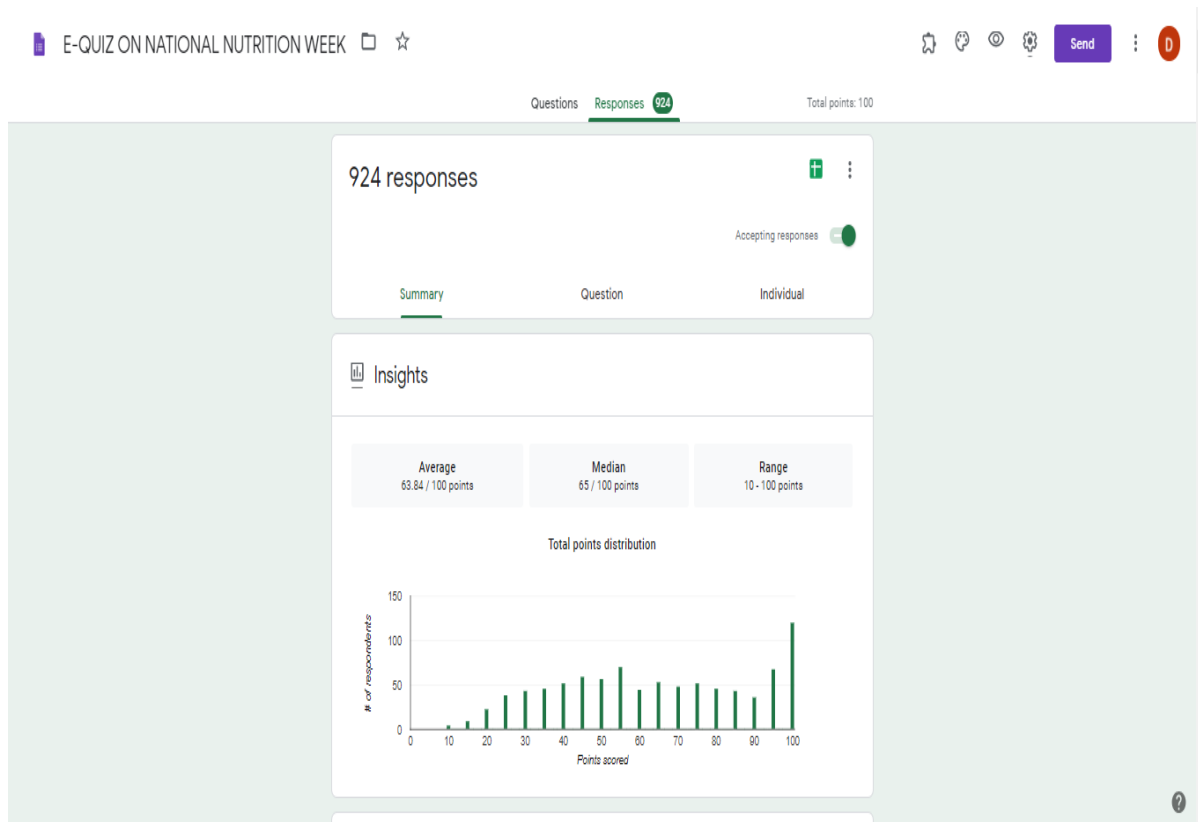
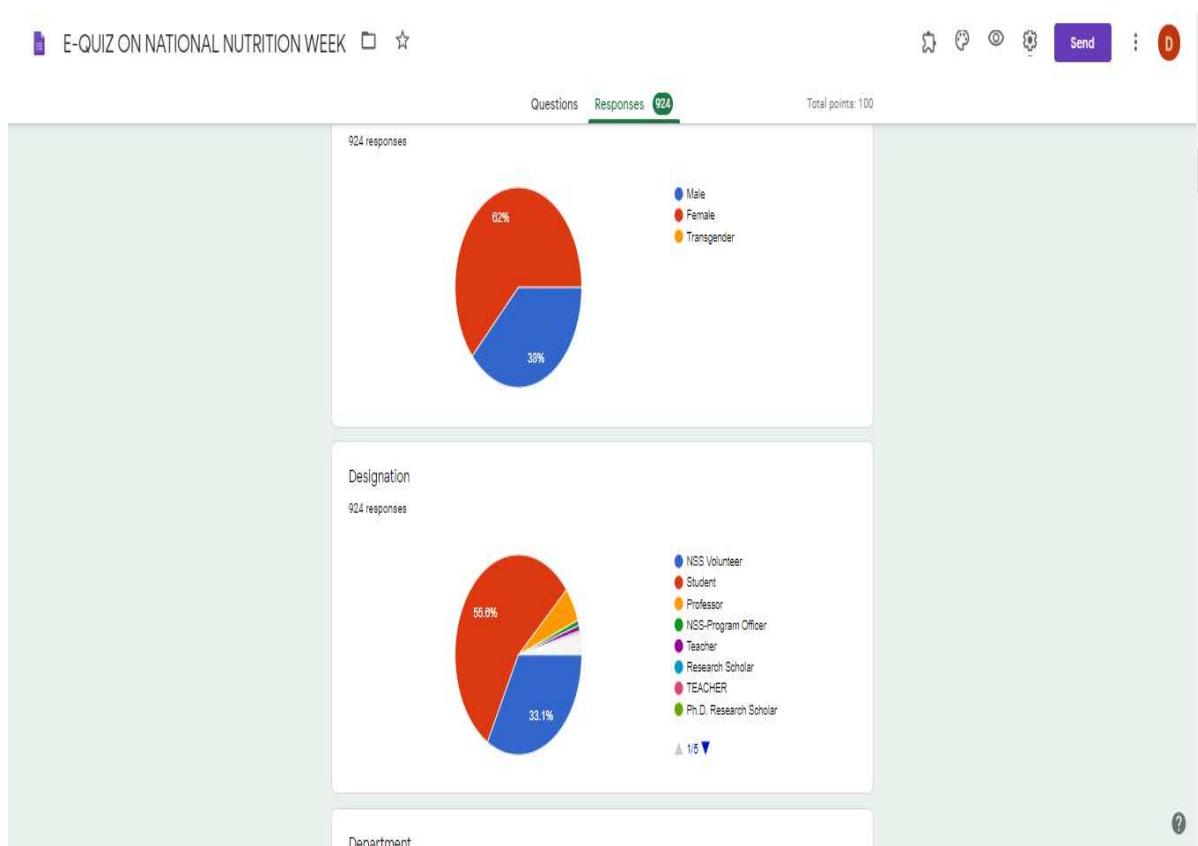
E-CERTIFICATE WILL BE PROVIDED FOR THOSE WHO SCORE 50% & ABOVE

Dr MGRagunathan
Principal

Sardar Manjit Singh Nayar
General Secretary &
Correspondent

NSS Programme Officers & NSS Volunteers
Stay Home # Stay Safe

State Level E-Quiz On National Nutrition Day - Participants Statistics



E-Quiz Link: <https://forms.gle/oMVg5vdwuoFNCcNk6>



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NATIONAL SERVICE SCHEME

NAME OF THE EVENT	TO BRIDGE THE DIGITAL DIVIDE TO BUILD DIGITAL INDIA
DATE OF THE EVENT	12/09/2020
PLACE OF THE EVENT	GURU NANAK COLLEGE
NO. OF PARTICIPANTS	270
RESOURCE PERSON(S)	1

REPORT

NATIONAL SERVICE SCHEME conducted a State Level webinar on Observance of "International Literacy day" "To Bridge the Digital Divide to Build Digital India" for NSS volunteers, Students and Staff members through Google meet & YouTube live stream on 12-09-2020 from 03.00 p.m., to 4.00 p.m. The Resource Person was Prof. Samuel Johnson K, VSB - VIT AP University, Andhra Pradesh, India. 270 NSS Volunteers & Other college students & staff members participated and interacted with the resource person. He shared the information about the Useful Technical tools with our NSS Volunteers, faculty members & Program officers and he conducted quizzes to interact with participants. Resource person also shared details about his social services in different fields. At the end of the session he also cleared the doubts of the participants.

INVITATION:



GURU NANAK COLLEGE (AUTONOMOUS)
Re-accredited At 'A' Grade By NAAC
Guru Nanak Salai, Velachery, Chennai-600 042

NATIONAL SERVICE SCHEME
organizes
STATE LEVEL OBSERVANCE OF
"INTERNATIONAL LITERACY DAY"
OPEN WEBINAR
ON
"To bridge the Digital Divide to build Digital India"



RESOURCE PERSON
Prof.Samuel Johnson.K
VIT AP School of Business
(VSB) VIT-Andhra Pradesh, India

DATE: 12-09-2020

Join @ Google meet at- 03:00 p.m., to 04:30 p.m.,
REGISTRATION LINK: [CLICK HERE TO REGISTRATION](#)
AFTER REGISTRATION JOIN IN WHATSAPP GROUP
E-CERTIFICATE WILL BE PROVIDED
ALL ARE INVITED

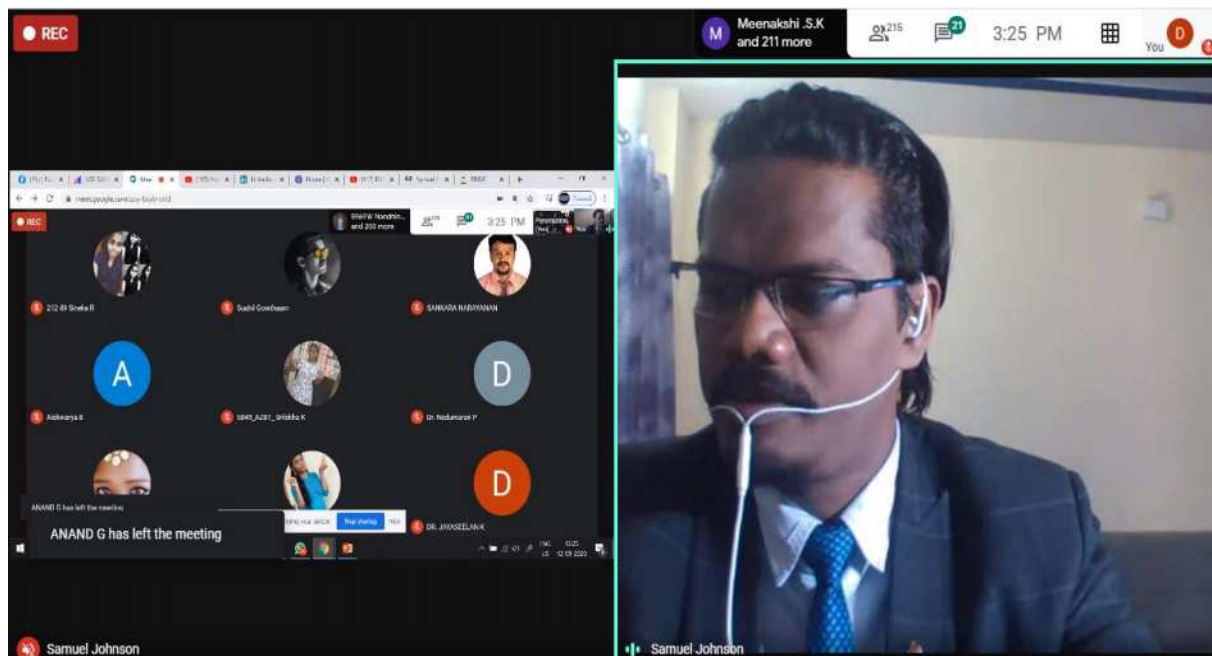
Dr.M.G.Ragunathan
Principal



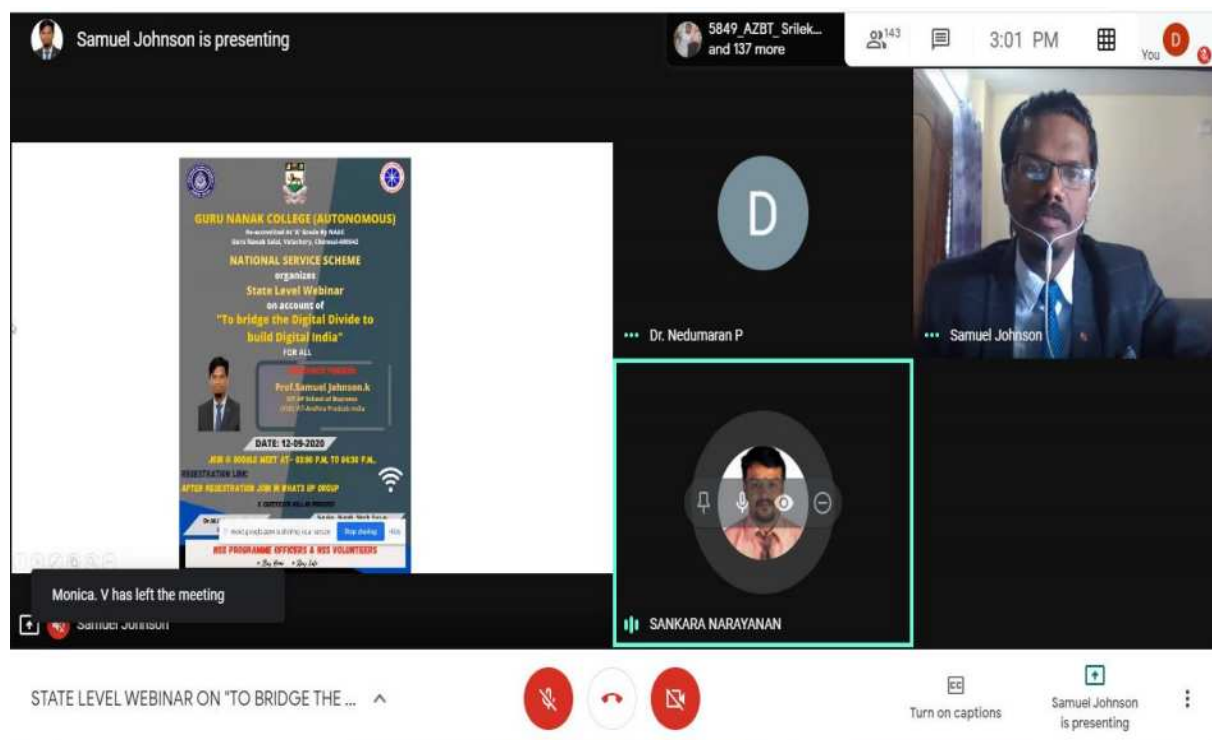
Sardar Manjit Singh Nayar
General Secretary &
Correspondent

NSS PROGRAMME OFFICERS & NSS VOLUNTEERS
Stay Home # Stay Safe

State Level webinar organized by NSS on “To Bridge the Digital Divide to Build Digital India” On “International Literacy day”



Prof. Samuel Johnson K Presenting During The State Level Webinar Organized By NSS On “To Bridge The Digital Divide To Build Digital India”





GURU NANAK COLLEGE (AUTONOMOUS)

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Guru Nanak Salai, Velachery, Chennai – 600042.

NATIONAL SERVICE SCHEME

NAME OF THE EVENT	ORIENTATION FOR THE FRESHERS- 2020
DATE OF THE EVENT	24/09/2020
ORGANIZED BY	NATIONAL SERVICE SCHEME
PLACE OF THE EVENT	GURU NANAK COLLEGE
NO. OF PARTICIPANTS	1060
RESOURCE PERSON(S)	10

REPORT

National Service Scheme, conducted online orientation for the Freshers on 24th September 2020. The program was organised under the auspices of students' affairs. Dr. L.R.S. Kalanithi, Vice Principal students' affairs, welcomed the facilitator Dr.V.Srimathi, Asso.prof, Dept of Mathematics , Dean Admin of Sciences and the gathering. Mr.M.Sankar Narayanan, Asso.Prof, Dept of Corporate secretaryship shift II and Programme Officer, National Service Scheme presented and highlighted the major activities organized during the previous years and gave details of lockdown period activities.

Dr. L.R.S. Kalanithi, Vice Principal students' affairs proposed the vote of thanks and expressed gratitude to respected General Secretary and Correspondent Mr. Manjit Singh Nayar and to the respected Principal

Dr. M.G.Ragunathan for their constant encouragement to conduct the activities throughout the year. Students, faculty members teaching and non-teaching participated in the program

INVITATION:

GURU NANAK COLLEGE
(AUTONOMOUS)

Re-accredited at 'A' Grade by NAAC & Affiliated to the University of Madras
Guru Nanak Salai, Velachery, Chennai – 600042


The Management, Principal and Members of Staff cordially invite the Freshers of
2020 - 2021 Batch to join the Online Orientation of


NATIONAL SERVICE SCHEME
YOUTH RED CROSS
SKILL DEVELOPMENT

ORGANIZED UNDER THE AUSPICES OF STUDENT'S AFFAIRS

Thursday, 24th September 2020 | 12.00 p.m.

 **YouTube LIVE STREAMING LINK:-** <https://youtu.be/6UwV6kS5y10>


Dr.M.G.RAGUNATHAN


SARDAR MANJIT SINGH NAYAR

LIVE STREAM LINK:

The entire event was Live streamed on YouTube and Facebook .

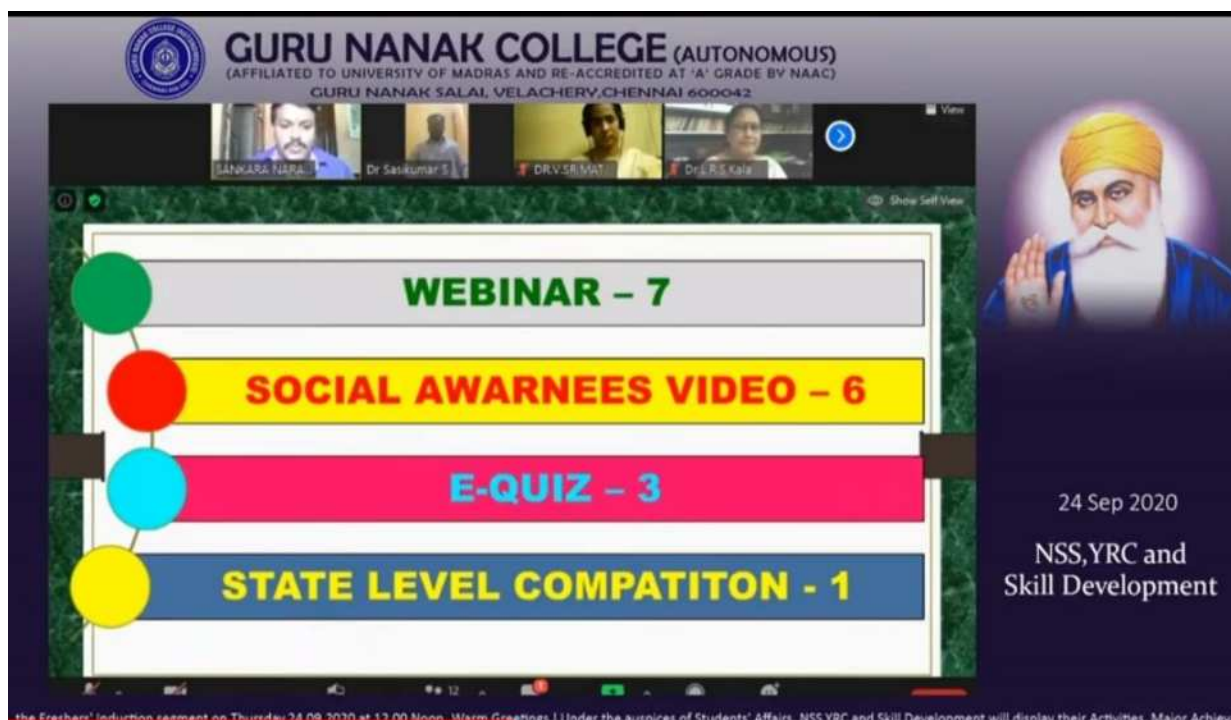
YouTube Link:

<https://www.youtube.com/watch?v=6UwV6kS5y10>

Staff Participants At National Service Scheme Online Orientation For The Freshers



Presentation Of National Service Scheme During Online Orientation For The Freshers



Past NSS Event Photos Being Presented During Online Orientation For The Freshers

GURU NANAK COLLEGE (AUTONOMOUS)
(AFFILIATED TO UNIVERSITY OF MADRAS AND RE-ACCREDITED AT 'A' GRADE BY NAAC)
GURU NANAK SALAI, VELACHERY, CHENNAI 600042

Participants: SANKARA NARAYAN, Dr. Sankar Kumar S., Dr. L.R. S. Kala, DR. V. SRINIVAS

24 Sep 2020
NSS, YRC and Skill Development

Past NSS Event Photos Being Presented During Online Orientation For The Freshers

GURU NANAK COLLEGE (AUTONOMOUS)
(AFFILIATED TO UNIVERSITY OF MADRAS AND RE-ACCREDITED AT 'A' GRADE BY NAAC)
GURU NANAK SALAI, VELACHERY, CHENNAI 600042

Participants: SANKARA NARAYAN, Dr. L.R. S. Kala, DR. V. SRINIVAS, [Participant]

24 Sep 2020
NSS, YRC and Skill Development



GURU NANAK COLLEGE (AUTONOMOUS)

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Guru Nanak Salai, Velachery, Chennai – 600042.

NATIONAL SERVICE SCHEME

EVENT TITLE	NSS ORIENTATION PROGRAMME	
CATEGORY	ORIENTATION PROGRAMME	
DATE	FROM :24/02/2021	TO :24/02/2021
VENUE	GURU RAMDAS A/C SEMINAR HALL	
NO. OF PARTICIPANTS	220	

REPORT

The NSS Orientation Program for the year 2020-2021 was conducted on 24-02-2021. NSS Co- Ordinator Dr. Vaneeta Aggarwal was the chief guest for the program. She gave an extraordinary speech to the NSS volunteers and that speech motivated the participants. There were more than 200 volunteers who attended the Orientation Program. The second and third year volunteers motivated the Freshers, through speech. Volunteers performed cultural events like, mime, folk dance, street play, and traditional dance.

INVITATION COPY



GURU NANAK COLLEGE (AUTONOMOUS)
Re-accredited At 'A' Grade by NAAC
Guru Nanak Salai, Velachery, Chennai-600042.

NATIONAL SERVICE SCHEME
Organises
"NSS Orientation Program"



CHIEF GUEST
Dr. Vaneeta Aggarwal
NSS Co-ordinator
National Service Scheme
University of Madras

Date: 24/02/2021 **Time: 11:30 A.M - 12:30 P.M**

Venue : GURU RAMDAS A/C SEMINAR HALL

Dr.M.G.RAGUNATHAN
Principal

SARDAR MANJIT SINGH NAYAR
General Secretary & Correspondent

NSS Programme officers & NSS Volunteers

AGENDA FOR THE ORIENTATION PROGRAM

1. Tamil Thai Vazhthu
2. Welcome address - **Dr.M.G.Ragunathan,**
Principal
3. Chief Guest introduction - **Dr.P.Nedumaran,**
NSS Programme Officer
4. Chief Guest Felicitation - **Mr.Sardar Manjit Singh Nayar,**
General Secretary & Correspondent
5. Chief Guest Address - **Dr. Vaneeta Aggarwal**
NSS Co-ordinator,
National service scheme,
University of Madras
6. NSS Pledge
7. Certificate distribution for volunteers
8. Cultural program
9. Vote of thanks
10. National Anthem

Photos:

Principal, Dr.M.G..Ragunathan, General Secretary Mr.Manjit Singh Nayar with Guest At NSS Orientation



Staff and Students During NSS Orientation Programme



General Secretary Mr.Manjit Singh Nayar Felicitating the Guest At NSS Orientation



Principal, Dr.M.G..Ragunathan, Felicitating the Guest At NSS Orientation





Participants Of Folk dance With Dignitaries At NSS Orientation Programme



Prize Distribution At NSS Orientation Programme





GURU NANAK COLLEGE (AUTONOMOUS)

Affiliated to University of Madras and Re-Accredited at "A" Grade by NAAC
Guru Nanak Salai, Velachery, Chennai – 600042.

NATIONAL SERVICE SCHEME

EVENT TITLE	WORLD DAY FOR SAFETY AND HEALTH AT WORK	
CATEGORY	ONLINE WEBINAR	
DATE	FROM:28/04/2021	TO:28/04/2021
NO. OF RESOURCE PERSON	1	
NO. OF PARTICIPANTS	100	

REPORT

NATIONAL SERVICE SCHEME of GURUNANAK COLLEGE conducted an online webinar on “WORLD DAY FOR SAFETY AND HEALTH AT WORK” The event was conducted for NSS volunteers, through the Google Meet platform on 28-04-2021 (Wednesday), from 04.00 pm to 05.30 pm. The Resource Person were Dr. G. Kartheesan MS (Ortho), Associate Professor, Department of Orthopedic Surgery, Government Thiruvananthapuram Medical College.

100 NSS volunteers students participated. The event was well Organised, by student coordinators and NSS Program Officers. The session was very useful and resource person gave new information about holistic health. Audiences interactive with the resource person and the resource person cleared all the doubts of audience.



GURU NANAK COLLEGE (AUTONOMOUS)

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Guru Nanak Salai, Velachery, Chennai-600042

NATIONAL SERVICE SCHEME

ORGANISES WEBINAR
ON

World Day for Safety and Health at Work



RESOURCE PERSON

Dr G Kartheesan MS (Ortho)

Associate Professor
Department of orthopedic surgery
Government Thiruvannamalai Medical
College

DATE: 28.04.2021

Join @ Google Meet at 4:00 p.m., to 5:00 p.m., (IST)

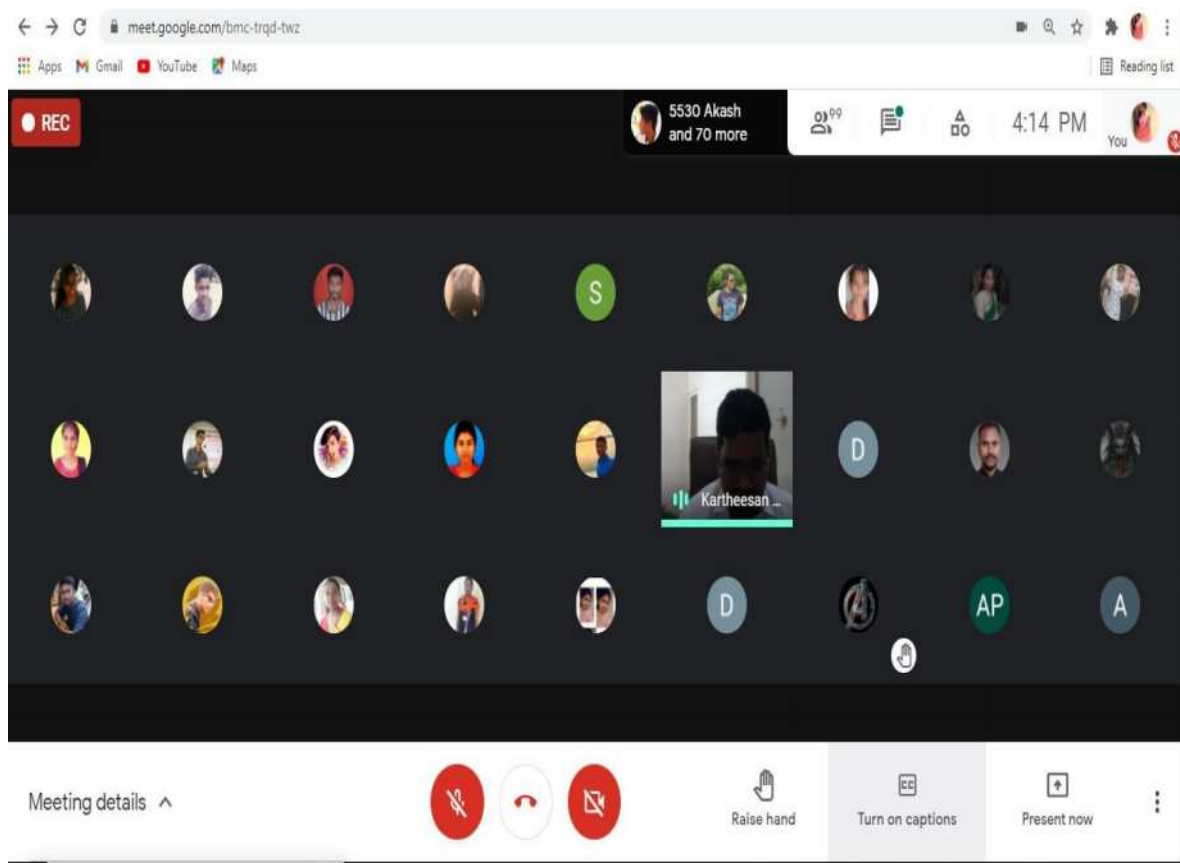
GOOGLE MEET LINK: <https://meet.google.com/bmc-trqd-twz>

Dr.M.G.RAGUNATHAN
Principal

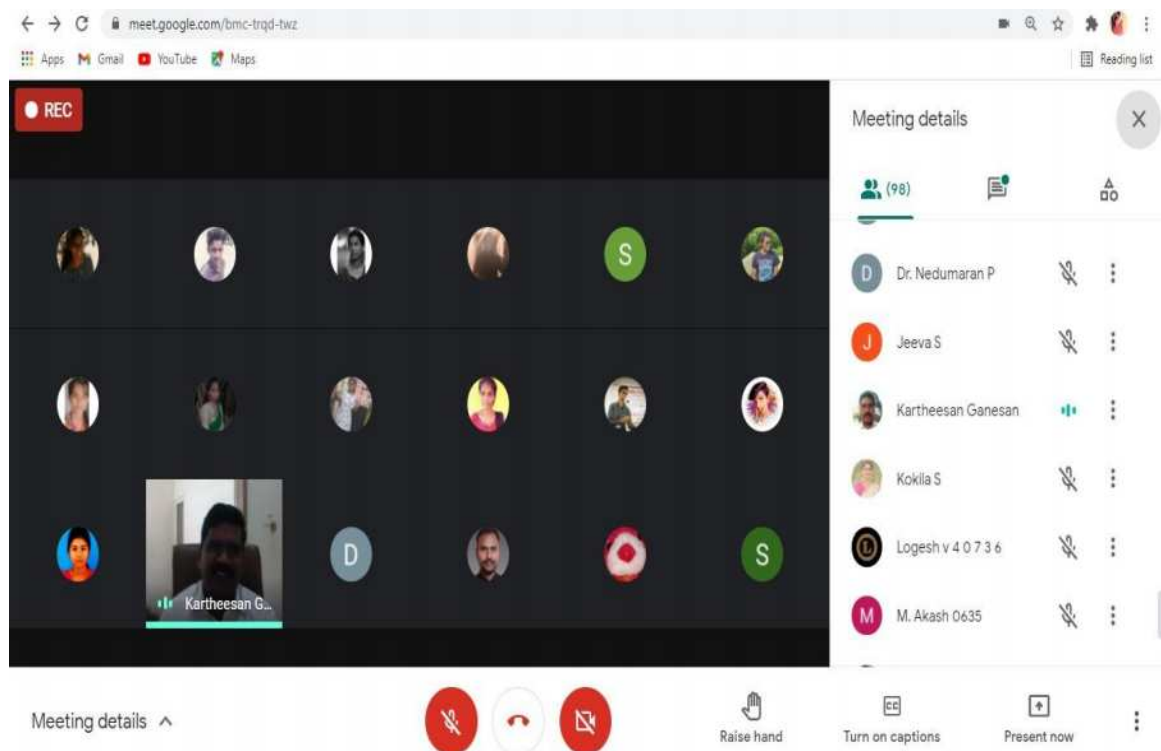
SARDAR MANJIT SINGH NAYAR
General Secretary & Correspondent

Dr P Nedumaran NSS Programme Officer
Contact no:-8056892289
NSS Programme Officers & NSS Volunteers

Resource Person Dr.G. Kartheesan MS , Addressing Participants at Webinar On “World Day For Safety And Health At Work” organized by NSS



Participants at Webinar On “World Day for Safety and Health at Work”





GURU NANAK COLLEGE (AUTONOMOUS)

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Guru Nanak Salai, Velachery, Chennai – 600042.

NATIONAL SERVICE SCHEME

EVENT TITLE	"STRESS MANAGEMENT"	
CATEGORY	NATIONAL WEBINAR	
DATE	FROM :28 TH MAY 2021	TO: 28 TH MAY 2021
RESOURCE PERSON	1	
NO. OF PARTICIPANTS	160	

REPORT

The webinar was inaugurated by Dr. M. G. Ragunathan, Principal, Guru Nanak College (Autonomous), Chennai, Tamil Nadu, India. Mr. A. Amala Lourthuraj, NSS PO welcomed the gathering. Dr. P. Nedumaran, NSS PO introduced the Resource Person. Ms. Shivani Kumari Agrawal, Department of Psychology, Ranchi University, Jharkhand, touched upon the present scenario of the country and the importance of managing Stress by the people. At the outset, she cautioned the participants that the forthcoming 6 months would be tough for all of us with regard to managing our Stress. Resource person highlighted the different types of Stress and explained about the factors causing Stress. She also pointed out a few methods to manage Stress in this pandemic Environment. 160 participants attended the Nation webinar, where in 100 participants joined the Google Meet session while 60 participants joined the YouTube live streaming session. At the end of the program, Dr. S. Athilinga Senjith, NSS PO, proposed the vote of thanks.

INVITATION



GURU NANAK COLLEGE
(AUTONOMOUS)

Re-accredited At 'A' Grade by NAAC,
Guru Nanak Salai, Velachery, Chennai-600042



NATIONAL SERVICE SCHEME
ORGANISES
NATIONAL WEBINAR
ON
STRESS MANAGEMENT



RESOURCE PERSON
SHIVANI KUMARI AGRAWAL
Department of Psychology
Ranchi University, Ranchi,
Jharkhand

TIME-3.00 P.M TO 4.00 P.M
DATE- 28.05.2021

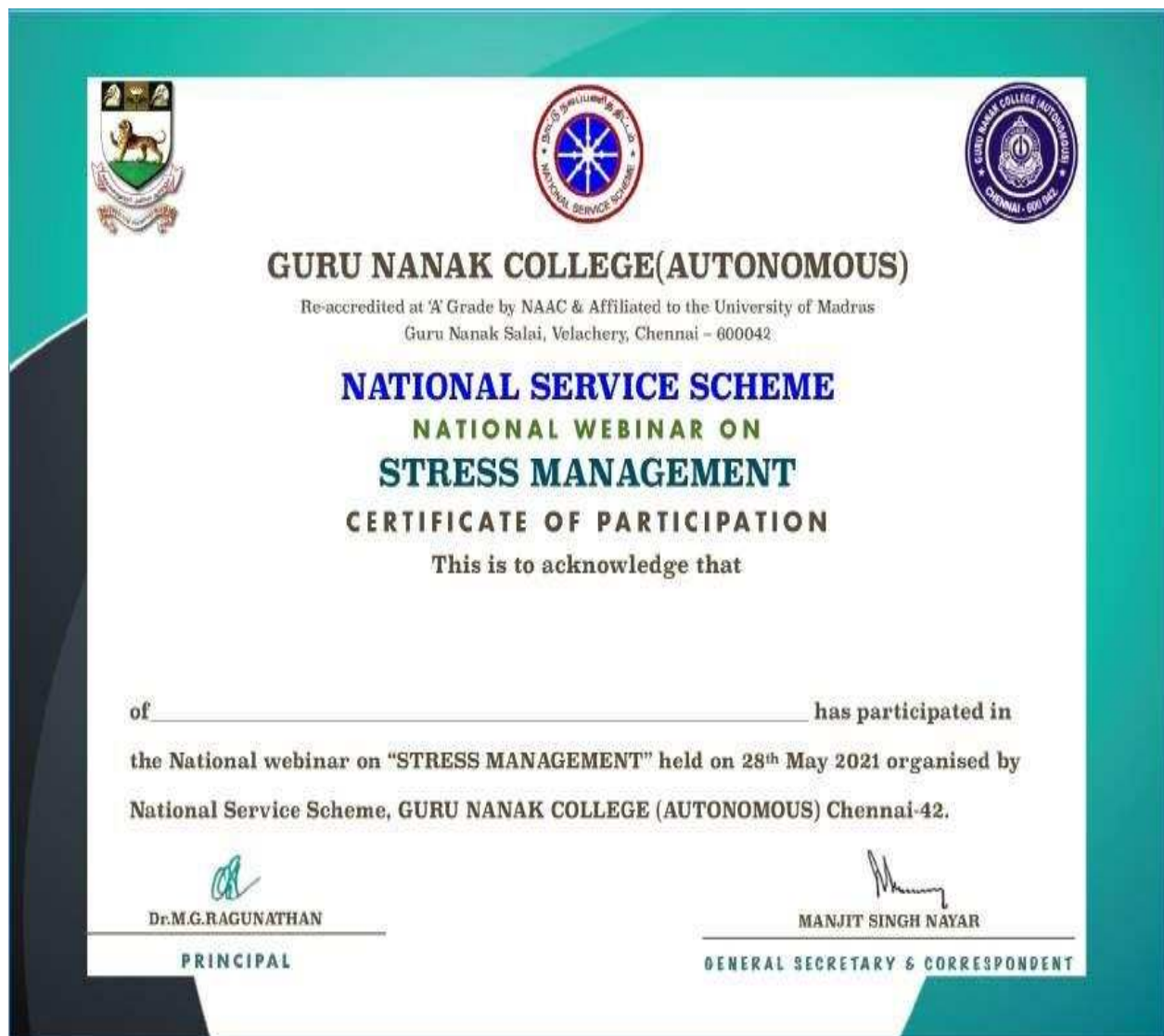
Google meet link:
<https://meet.google.com/dpo-jvao-xuj>

ALL ARE WELCOME

Dr. M.G. RAGUNATHAN
PRINCIPAL

SARDAR MANJIT SINGH NAYAR
GENERAL SECRETARY &
CORRESPONDENT

CERTIFICATE



Resource Person Ms. Shivani Kumari Agrawal Presenting During the National Webinar On Stress Management

The screenshot shows a Google Meet interface. At the top, the browser tabs include 'Meet - dpo-jvao-xuj' and 'My Drive - Google Drive'. The address bar shows 'meet.google.com/dpo-jvao-xuj'. The main window displays a presentation slide titled 'Ways for managing or reducing stress:-'. The slide content includes a list of ways to manage or reduce stress levels: Meditation, Progressive muscle relaxation, Listen Music, Talk it out with a friend, Talk yourself through it, Eat right, Laugh it off, Exercise (even for a minute), Sleep better, Breathe easy, Accept the things which you can't change, and Make time for fun and relaxation, Etc. Below the list, it says 'So enjoy your life as it comes from facing so many difficulties and always be happy.' The slide also features a 'THANK YOU' message and a 'Relax' graphic. The Meet interface shows a 'REC' button, a 'Shivani Agrawal is presenting' status, and a list of participants on the right. The bottom of the screen shows the Windows taskbar with a search bar and various application icons.

Participants At National Webinar On Stress Management

The screenshot shows a Google Meet interface with a grid of participants. The top bar indicates '1416 Sivaranjani ... and 62 more' participants. The grid displays various participant avatars, including Dr. Nedumara..., 1829 POOJA R., Maniraju, PREETH KUM..., Shivani Agrawal, Sandhya M, Athilinga Senji..., VicePrincipal..., 1010 MOHNIS..., 360 29 MADH..., shalinee mund..., Ebha Punam K., 1122 Bhuvana..., 1955 MANIKA..., Hemant kumar, 7025 Jenifer F., Faizal Ahamed, 5023 Harishw..., Manikandan J., 1846_Surend..., Khushi Kumari, 4439 S AKASH, 41535-Bcs-Na..., Iqra Habiba 45, MANISHA DU..., divya jha, 71 Punam Tirk..., 5550 Dineshw..., Priyanka Pand..., Thala Niranjani, Prabhakar Rao, 36 174 Prasha..., Thenameis Riv, உனக்காக..., Kumari Akshata, and Dr. M. G. Ragu... The bottom of the screen shows the Windows taskbar with a search bar and various application icons.



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NATIONAL SERVICE SCHEME

EVENT TITLE	GENERAL HEALTH & COVID
CATEGORY	STATE LEVEL WEBINAR
DATE	26.05.2021
RESOURCE PERSON	1
NO. OF PARTICIPANTS	100

REPORT

National Service Scheme (NSS) conducted the online webinar on "GENERAL HEALTH AND COVID". The event was conducted for NSS volunteers, through the Google Meet platform on 26-05-2021 (Wednesday), from 10.30 am to 12.00 pm.

The Resource Person, Dr. A. M. Ahamed., B. P. T., MD (Acu)., Ph.D., M. Sc., (Coun. Phy), Founder & Leading Physician of APPLE Holistic Healing Center, Chennai, delivered the talk on, "General Health & COVID.

The speaker highlighted the natural ways to maintain good health and treatment strategies practiced in their clinic for COVID patients. At the end of the session, the participants were allowed to ask questions. The speaker took all the questions of the participants and answered everyone.

100 people participated in the Programme including the NSS Programme officers, faculty members and NSS volunteers.



**GURU NANAK COLLEGE
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Guru Nanak Salai, Velachery, Chennai – 42.**



Madras University

NATIONAL SERVICE SCHEME

Invite you all for a webinar on



GENERAL HEALTH & COVID

Resource Person



Dr. A.M. AHAMED.,

B.P.T., MD (Acu)., Ph.D (Acu)., M.Sc., (Coun. Psy)

DATE & TIME

: 26.05.2021 – 10.30 am to 12.00 pm

GOOGLE MEET LINK

: meet.google.com/wsb-ksiy-awk

Dr. M.G. RAGUNATHAN

Principal

SARDAR MANJIT SINGH NAYAR

General Secretary & Correspondent

Certificate



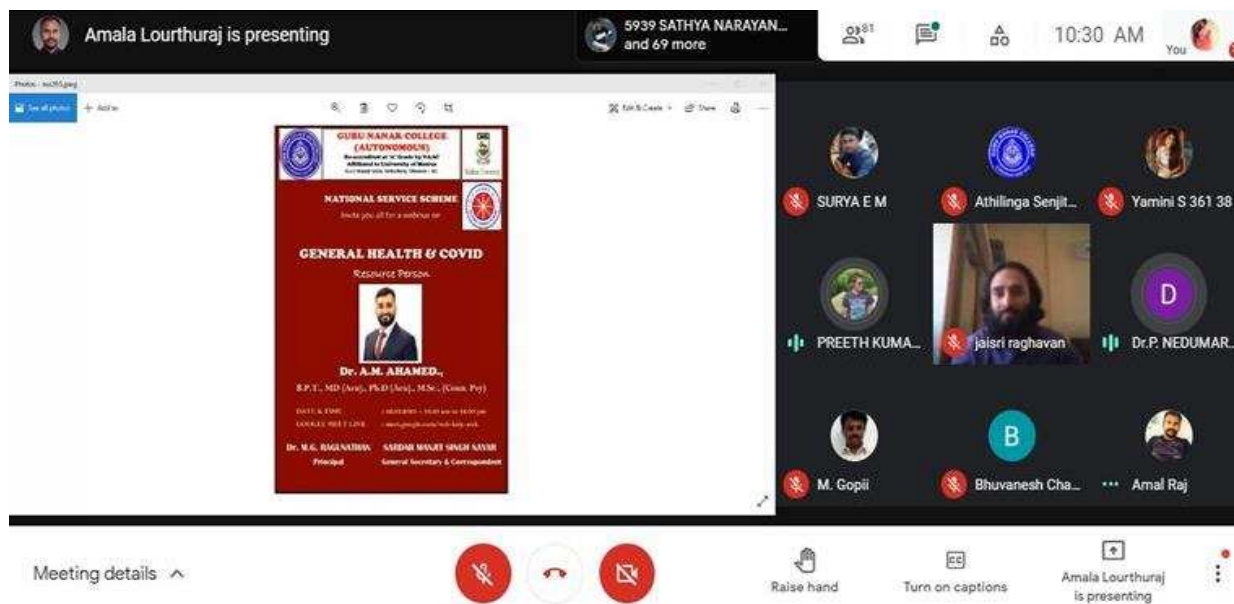
Videos:

https://drive.google.com/file/d/1dKN0VIZUHfUzUbXJIXKNalvpvO9cXUi5Uf/view?usp=drive_web

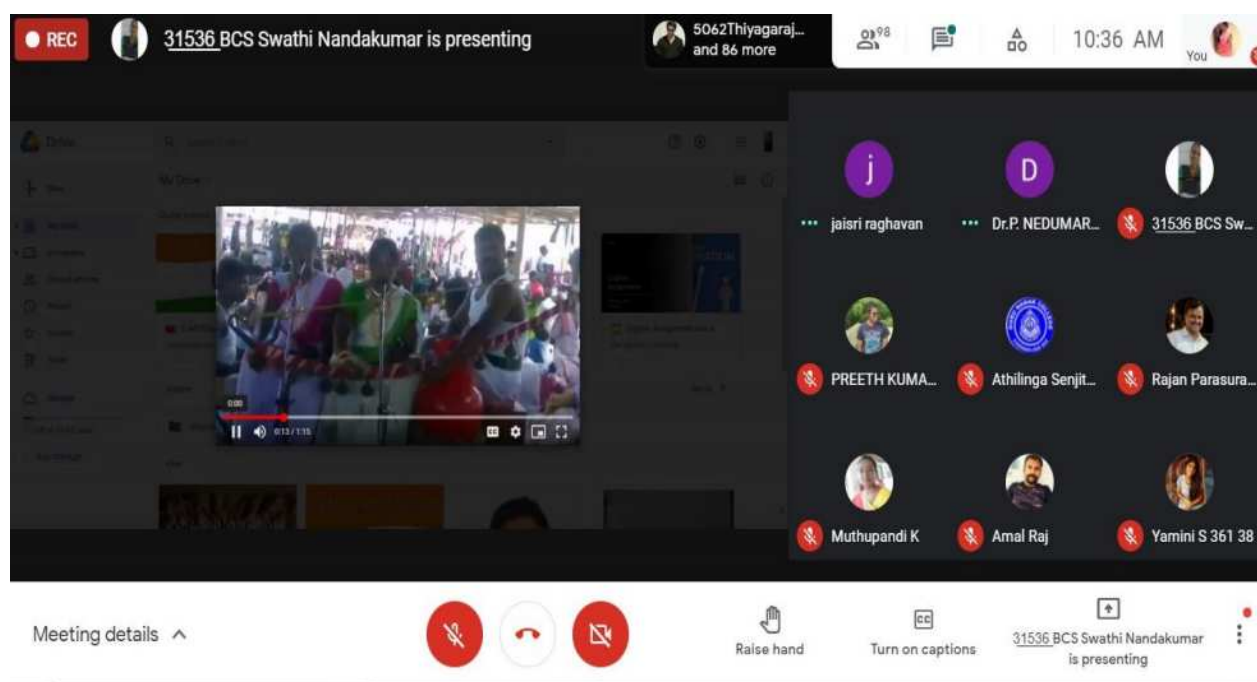
Feedback link

<https://forms.gle/fcrF7rbwGZ4JAvSe8>

Participants at Online Webinar On “General Health And COVID” With Resource Person Dr. A. M. Ahamed



Participants at Online Webinar On “General Health and Covid”





GURU NANAK COLLEGE (AUTONOMOUS)

Affiliated to University of Madras and Re-Accredited at "A" Grade by NAAC
Guru Nanak Salai, Velachery, Chennai – 600042.

NATIONAL SERVICE SCHEME

EVENT TITLE	STATE LEVEL QUIZ ON "TOBACCO-COMMIT TO QUIT"	
CATEGORY	E-QUIZ	
DATE	From: 31 st MAY, 2021	To: 05 th JUNE, 2021
NO. OF PARTICIPANTS	850	

REPORT

On account of "World No Tobacco Day", The National Service Scheme of our College organized an online Quiz on "Tobacco-Commit to Quit" between 31.05.2021 and 05.06.2021 for NSS Volunteers and Students belonging to various disciplines. The quiz consisted of twenty questions pertaining to the effects of consuming Tobacco products. 850 Students participated in this quiz competition and the passing minimum was 50%. The Student volunteers who scored 50% of marks and more were awarded with an E-certificate.

Invitation

GURU NANAK COLLEGE (AUTONOMOUS)

Re-accredited at 'A' Grade by NAAC
Affiliated to the University of Madras
Guru Nanak Sallai, Velachery, Chennai-600042

NATIONAL SERVICE SCHEME
Celebrating
"WORLD NO TOBACCO DAY"
Organizes
"STATE LEVEL E-QUIZ"
ON
TOBACCO - COMMIT TO QUIT

DATE: 31.05.2021

E-quiz link: <https://forms.gle/YpjNWoaQcq2ctnx79>

Join us to learn more

E-Certificate will be provided those who scores 50% and above

Dr. M. G. Ragunathan
Principal

Manjit Singh Nayar
General Secretary & Correspondent

Certificate





GURU NANAK COLLEGE (AUTONOMOUS)

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Guru Nanak Salai, Velachery, Chennai – 600042.

NATIONAL SERVICE SCHEME

NAME OF THE EVENT	TREE PLANTATION AND CLEANING CAMP
DATE OF THE EVENT	24.09.2021
ORGANIZED BY	NATIONAL SERVICE SCHEME
PLACE OF THE EVENT	GURU NANAK COLLEGE
NO. OF PARTICIPANTS	100

REPORT

The National Service Scheme (NSS) of our College organized a Tree Plantation Camp on 24.09.2021 at our College premises. Dr. M. G. Ragunathan, Principal of our College inaugurated the camp and planted a Tree Sapling near Ranjit Singh Block accompanied by the Vice-Principal (Shift-II), the Controller of Examination, NSS programme officers and Volunteers. The tree sapling was numbered as 2866 by the University of Madras. The Student Volunteers cleaned the unwanted organic wastes behind the Science Block on the same day. To commemorate the NSS day on 24th September, Volunteers took NSS pledge in the forenoon. During the programme NSS program officers and Volunteers coordinated the process of the camp throughout the day.

Dr. M. G. Ragunathan, Principal, NSS Program Officers and NSS Volunteers at Tree Plantation Camp



NSS Program Officers and NSS Volunteers Taking Pledge at Tree Plantation Camp



NSS Volunteers After Cleaning the Surroundings of Science Block





NATIONAL SERVICE SCHEME

NAME OF THE EVENT	VACCINATION CAMP
DATE OF THE EVENT	09.10.2021
ORGANIZED BY	NATIONAL SERVICE SCHEME
IN ASSOCIATION WITH	CHENNAI CORPORATION
PLACE OF THE EVENT	GURU NANAK COLLEGE
NO. OF PARTICIPANTS	50

REPORT

The National Service Scheme (NSS) in association with Chennai Corporation organized a Vaccination Camp on 09.10.2021 at our College premises. Dr. M. G .Ragunathan, Principal of our College inaugurated the camp. The College Students, Faculties and their Family members and General public were vaccinated. Both Covishield and Covaxin were in stock. 80 were vaccinated with Covishield and 20 were vaccinated with Covaxin. Total number of people vaccinated was 100. RT-PCR test also done for 51 Staff members. NSS program officers and Volunteers coordinated the process of the camp throughout the day.

NSS Volunteers at Vaccination Camp Organized in Association with Chennai Corporation



NSS Volunteers At Vaccination Camp Organized In Association With Chennai Corporation



Naso-Pharyngeal Swabs Being Collected During the Vaccination Camp Organized in Association With Chennai Corporation





GURU NANAK COLLEGE (AUTONOMOUS)

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Guru Nanak Salai, Velachery, Chennai – 600042.

NATIONAL SERVICE SCHEME

NAME OF THE EVENT	GENERAL MEDICAL CHECK UP CAMP
DATE OF THE EVENT	27.09.2021 TO 01.10.2021(5 DAYS)
ORGANIZED BY IN ASSOCIATION WITH	NATIONAL SERVICE SCHEME, GURU NANAK EDUCATIONAL SOCIETY
PLACE OF THE EVENT	GURU NANAK COLLEGE
NO. OF PARTICIPANTS	699

REPORT

National Service Scheme (NSS) in association with Guru Nanak Educational Society organized a General Medical Check Up Camp from 27th September, 2021 to 1st October, 2021. Dr. M.G. Ragunathan, Principal of our College inaugurated the camp. During the Camp Staff and Students were checked for Blood Sugar Level, Blood Pressure and Pulse rate. Totally 699 were benefited due to this Camp, including 400 Students and 199 Staff members. NSS program officers and Volunteers coordinated the process of the camp throughout the day.

**Principal and NSS Programme Officers at General Medical Checkup Camp Organised by NSS
in Association with Guru Nanak Educational Society**



**General Medical Checkup Camp Organised by NSS In Association with Guru Nanak
Educational Society**





GURU NANAK COLLEGE (AUTONOMOUS)

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Guru Nanak Salai, Velachery, Chennai – 600042.

UNNAT BHARAT ABHIYAN **2020-21**



GURU NANAK COLLEGE (AUTONOMOUS)

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Guru Nanak Salai, Velachery, Chennai – 600042.

UNNAT BHARAT ABHIYAN

NAME OF THE EVENT	INAUGURATION OF “UNNAT BHARAT ABHIYAN”
DATE OF THE EVENT	12.10.2021
ORGANIZED BY	NATIONAL SERVICE SCHEME
PLACE OF THE EVENT	GURU NANAK COLLEGE
NO. OF PARTICIPANTS	30

REPORT

The National Service Scheme (NSS) of our College organized an inauguration Ceremony of “Unnat Bharat Abhiyan” on 12.10.2021. Dr. P. Nedumaran, NSS PO Welcomed the gathering. Dr. M. G. Ragunathan, Principal of our College was the chief guest for the inauguration ceremony and delivered the inaugural address. In his address, he highlighted the importance of rural development and role of NSS volunteers in the process of developing the rural areas in the Country. Dr. Amala Lourthuraj, NSS PO explained about “Unnat Bharat Abhiyan” scheme to all the volunteers. The NSS volunteers created awareness about Unnat Bharat Abhiyan scheme among other Students and also among general Public residing near the College. Free masks were distributed to General public at the end of the Programme. Totally 30 volunteers participated in this Programme. Dr.S. Athilinga Senjith, NSS PO proposed a vote of thanks.

Dr.M.G.Ragunathan, Principal Inaugurating “Unnat Bharat Abhiyan” Organised By NSS



Dr.P.Nedumaran, NSS PO Welcomed the Gathering At “Unnat Bharat Abhiyan”



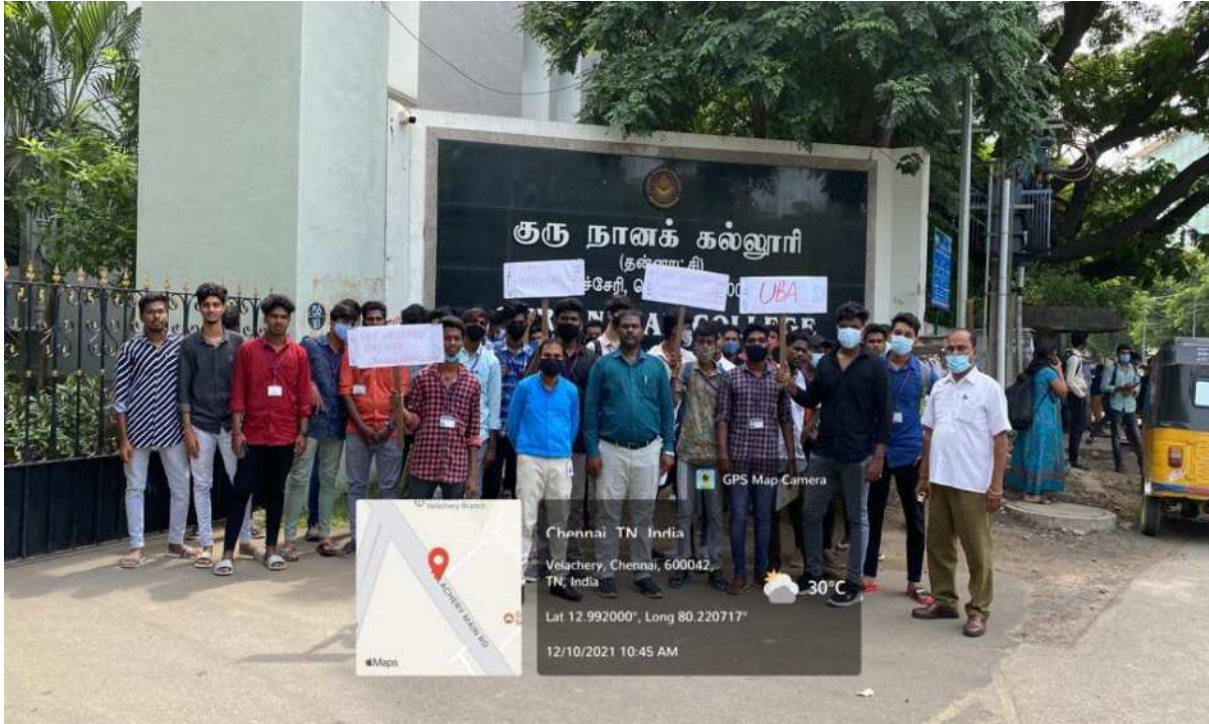
NSS Volunteers At “Unnat Bharat Abhiyan” Inauguration



NSS Volunteers on Campaign to Explain “Unnat Bharat Abhiyan” Inauguration to General Public



NSS Volunteers on Campaign to Explain “Unnat Bharat Abhiyan” Inauguration to General Public



NSS Volunteers Distributing Mask to Public During “Unnat Bharat Abhiyan”



NSS Volunteers Distributing Mask to Public During “Unnat Bharat Abhiyan”





GURU NANAK COLLEGE (AUTONOMOUS)

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Guru Nanak Salai, Velachery, Chennai – 600042.

UNNAT BHARAT ABHIYAN

NAME OF THE EVENT	CLEAN INDIA RUN(AZADI KA AMRIT MAHOTSAV)
DATE OF THE EVENT	02.10.2021
ORGANIZED BY	NATIONAL SERVICE SCHEME
IN ASSOCIATION WITH	NEHRU YUVA KENDRA(GOVERNMENT OF INDIA)
PLACE OF THE EVENT	GURU NANAK COLLEGE
NO. OF PARTICIPANTS	50

REPORT

The National Service Scheme (NSS) of our College organized a “Clean India Run” on 02.10.2021. Mr. Manoranjan, State-Director, Nehru Yuva Kendra, TamilNadu & Pondichery inaugurated the camp. Dr. M. G. Ragunathan, Principal of our College presided over the Program. To commemorate the Birth Anniversary of Mahatma Gandhi on 2nd October 2021, volunteers took clean India pledge in the forenoon. The clean India run started from the College and passed through the 100 feet bypass road and ended at College. The Student Volunteers disposed plastic bottles, Polythene bags and inorganic wastes in the campus and also on the road side of the 100 feet bypass, Velachery. The NSS program officers and Volunteers coordinated the process of the clean India run along with the members of Nehru Yuva Kendra, Chennai.



இந்திய அரசு

நேரு யுவ கேந்திரா, சென்னை
குருநானக் கல்லூரி வேளச்சேரி, சென்னை
இணைத்து நடத்தும்

AZADI KA AMRIT MAHOTSAV
தூய்மை இந்தியா தின ஓட்டம் -2.0
அழைப்பிதழ்

திருமிகு. J.M.H.ஹசன் மௌலானா

வேளச்சேரி சட்ட மன்ற உறுப்பினர் அவர்கள்
சிறப்பு விருந்தினராக கொண்டு கொடிசைத்து
துவக்கி வைக்கவும்.

திரு. N.S.மனோரஞ்சன்

மாநில இயக்குநர், நேரு யுவ கேந்திரா சங்கதன்,
தமிழ்நாடு மற்றும் புதுச்சேரி மாநிலம்

தலைமை தாங்கவும்

Dr.M.G.இரகுநாதன்

முதல்வர் குருநானக் கல்லூரி, வேளச்சேரி, அவர்கள்
சிறப்புரை ஆற்றி நிகழ்ச்சியை துவக்கி வைக்கவும்.

திரு. U.தன்ராஜ்

ஆலோசனை குழு உறுப்பினர்
நேரு யுவ கேந்திரா, சென்னை

திருமதி. செளதாமணி

ஆலோசனை குழு உறுப்பினர்
நேரு யுவ கேந்திரா, சென்னை

ஆகியோர் வாழ்த்துரை வழங்கவும் இசைந்துள்ளனர்.
அவ்வமயம் அனைவரும் கலந்துகொண்டு நிகழ்ச்சியை சிறப்பிக்குமாறு
அன்புடன் கேட்டுக்கொள்கிறோம்

இவண்

Dr.ஜெ. சம்பத்குமார்

துணை இயக்குனர்,
நேரு யுவ கேந்திரா, அடையாறு, சென்னை

Dr.P. நெடுமாறன்

நாட்டுநல பணிதிட்ட அலுவலர்,
குருநானக்கல்லூரி, வேளச்சேரி,
சென்னை.

**Dr. M. G. Ragunathan, Principal Garlanding Mahatma Gandhi's Photo During the Clean India Run:
Azadi Ka Amrit Mahotsav**



**Dr. M. G. Ragunathan, Principal Distributing Gloves and Garbage Bags to NSS Volunteers During
the Clean India Run**



**Mr.Manoranjan, State-Director, Nehru Yuva Kendra, TamilNadu &
Pondicherry Inaugurating Clean India Run : Azadi Ka Amrit**



**NSS Volunteers with Collected Garbage During Clean India Run
Azadi Ka Amrit Mahotsav**





GURU NANAK COLLEGE (AUTONOMOUS)

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NATIONAL CADET CORPS EVENTS REPORT 2020-2021



GURU NANAK COLLEGE (AUTONOMOUS)

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NATIONAL CADET CORPS

NAME OF THE EVENT	AWARENESS ON KAVALAN SOS APP
DATE OF THE EVENT	12. 01. 2020
ORGANIZED IN ASSOCIATION WITH	1TN BATTERY NCC
PLACE OF THE EVENT	BESANT NAGAR
NO. OF PARTICIPANTS	92

REPORT

The National Cadet Corps (army wing) in association with 1TN Battery NCC conducted an event at Besant Nagar Beach on 12th January 2020 to create awareness on the “KAVALAN SOS APP” by the Tamil Nadu police which enable the users to alert the police during any sort of emergency situations. Our cadets and NCC officer. Dr. P. Rajan interacted with public and explained about the importance of the Kavalan app.

National Cadet Corps (Army Wing) Explaining the Functioning of Kavalan SOS App to General Public During the Awareness on Kavalan SOS APP Event at Besant Nagar Beach, Chennai



National Cadet Corps (Army Wing) Explaining the Functioning of Kavalan SOS App to General Public During the Awareness on Kavalan SOS App Event at Besant Nagar Beach, Chennai



NCC Officer Dr. P. Rajan With National Cadet Corps (Army Wing) at The Awareness on Kavalan SOS App Event





GURU NANAK COLLEGE (AUTONOMOUS)

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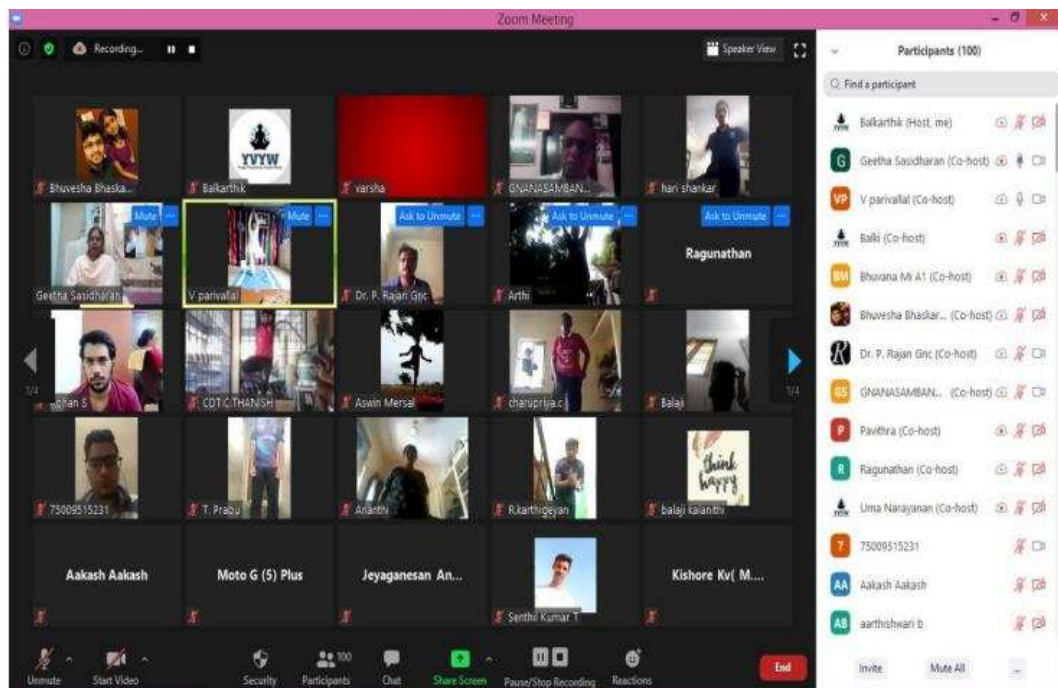
NATIONAL CADET CORPS

NAME OF THE EVENT	INTERNATIONAL YOGA DAY
DATE OF THE EVENT	21.06.2020
ORGANIZED IN ASSOCIATION WITH	SKY YOGA VELACHERY
MODE OF CONDUCTION	ONLINE
NO. OF PARTICIPANTS	88

REPORT

The National Cadet Corps (Army wing) in association with Sky yoga Velachery conducted a live yoga session through online mode to commemorate the International Yoga Day, where all the cadets performed yoga live. Our Principal Dr. M. G. Ragunathan and all staff members participated and performed yoga along with all the cadets signifying the importance of yoga to keep we healthy.

Participants at Online International Yoga Day Session Organized by National Cadet Corps (Army Wing) in Association with Sky Yoga, Velachery, Chennai



Cadet Prakesh Demonstrating Asana During International Yoga Day Session

HALASANA



DHANURASANA



NAVASANA



USTRASANA



CHAKRASANA

CADET P.RAKESH
ENROLL NO : TN19SDA635024
1 TN BTY NCC / GURUNANAK COLLEGE

Cadet V. Gowtham Demonstrating Asana During International Yoga Day Session





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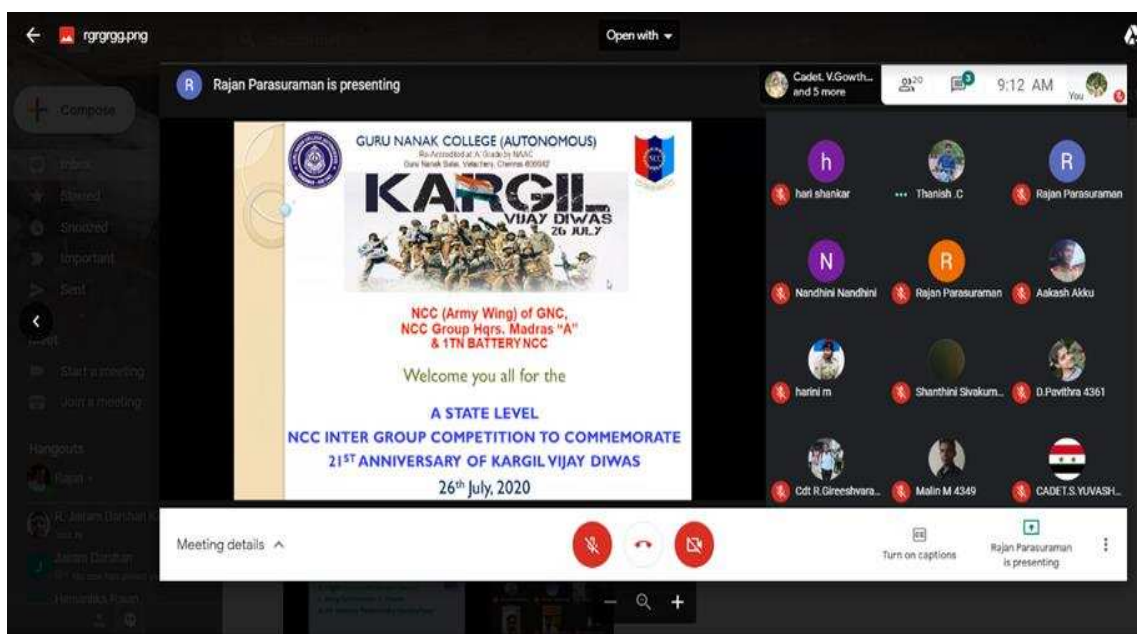
NATIONAL CADET CORPS

NAME OF THE EVENT	CELEBRATION OF 21 ST ANNIVERSARY OF KARGIL VIJAY DIWAS
DATE OF THE EVENT	26 TH JULY 2020
ORGANIZED IN ASSOCIATION WITH	1TN BATTERY NCC
MODE OF CONDUCTION	ONLINE
NO. OF PARTICIPANTS	85

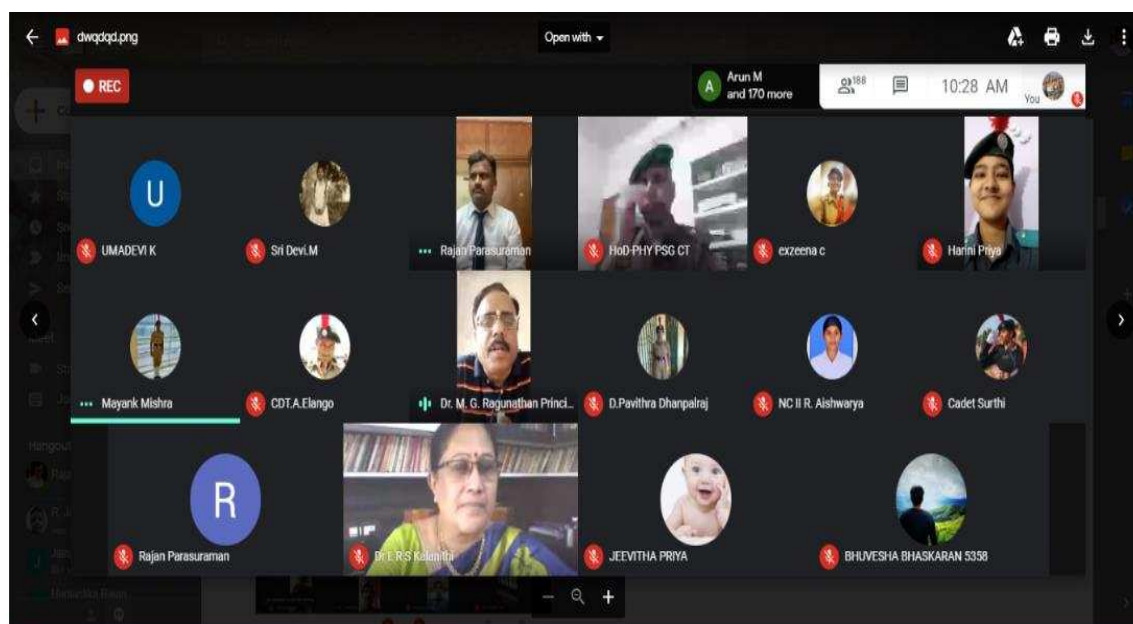
REPORT

The National Cadet Corps (army wing) in association with 1 TN BATTERY organized an intercollege competition to commemorate the celebration of 21st KARGIL VIJAY DIWAS where around 85 cadets from all over Tamil Nadu participated in poetry and quiz competition through online mode. Besides our NCC OFFICER Dr. P. Rajan, other ANOs from various units across the state addressed the cadets about the importance of the VIJAY DIWAS. Finally, at the end of the session, 6 of the cadets secured the prizes for poetry and quiz conducted in live mode.

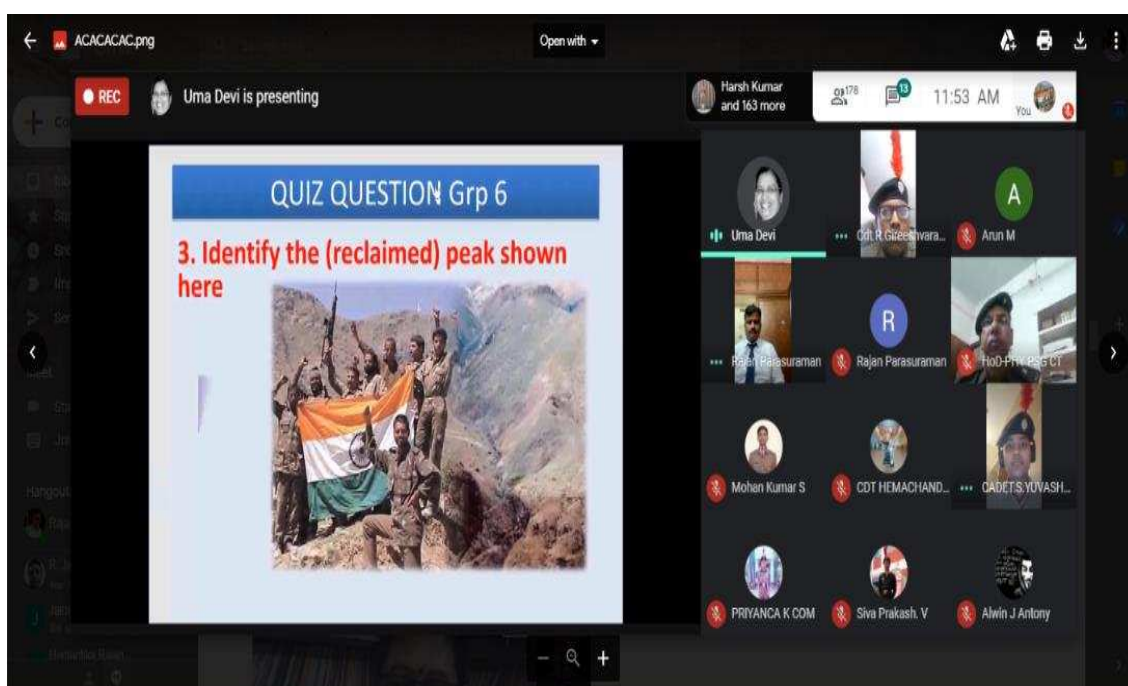
Online Celebration of 21st Anniversary of Kargil Vijay Diwas Organised By National Cadet Corps (Army Wing) In Association With 1 TN Battery



Principal Dr. M. G. Ragunathan Addressing the Participants During Celebration of 21st Anniversary of Kargil Vijay Diwas



Live Quiz Conducted During Celebration of 21st Anniversary Of Kargil Vijay Diwas



National Cadet Corps from Various Units Across TamilNadu State

meet.google.com/qob-jgun-fto?authuser=0

REC CS 214 02 3b Naveen Kumar CS is presenting

Meeting details

People (111) Chat

Hema Latha 11:04
Good morning all
TN18SWA833202
Cadet S. Hemalatha
12 TN BATTALION
Coimbatore group
SRI SARADA COLLEGE FOR WOMEN
(AUTONOMOUS) SALEM-16

You 11:05
naveen present it

kalai vaanan 11:07
CDT. KALAIVANAN M
TN/SD/18/817411
4TN BATTALION
3/4 ALPHA COMPANY
GOVERNMENT ARTS COLLEGE UDUMALPET,
TIRUPPUR

Send a message to everyone



GURU NANAK COLLEGE (AUTONOMOUS)

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NATIONAL CADET CORPS

NAME OF THE EVENT	AWARENESS ON ANIMAL RESCUE AND PET CARING
DATE OF THE EVENT	8 TH MARCH, 2021
ORGANIZED IN ASSOCIATION WITH	1TN BATTERY NCC
PLACE OF THE EVENT	BLUE CROSS SOCIETY OF INDIA, CHENNAI
NO. OF PARTICIPANTS	75

REPORT

The National Cadet Corps (Army Wing) conducted awareness Programme of “**Animal Rescue and Pet caring**” on 8th March, 2021 at Blue Cross Society of India where all the NCC (Army wing) cadets involved in pet caring activities and also cleaned the campus to maintain the hygiene of the pets. Our cadets also interacted with pet lovers those who had come for adoption. The doctors of BCSI along with our cadets conducted briefing session on how to take care of pets after adoption. The cadets were also helped and learnt how to treat wounded animals and also give basic first aid to treat animals. Our cadets surprisingly celebrated WOMEN’S DAY for all the women staffs and workers of BCSI to motivate and encourage them to boost their confidence on noble service.

NCC (Army Wing) Cadets Involved In Pet Caring At “Animal Rescue And Pet Caring” Event At Blue Cross Society Of India



NCC (Army Wing) Cadets Celebrating Women’s Day Along with All the Women Staffs and Workers of BCSI at “Animal Rescue and Pet Caring” Event





GURU NANAK COLLEGE (AUTONOMOUS)

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NATIONAL CADET CORPS

NAME OF THE EVENT	HORTICULTURAL TRAINING AND TREE PLANTATION
DATE OF THE EVENT	12.03.2021
ORGANIZED IN ASSOCIATION WITH	
PLACE OF THE EVENT	KOTTURPURAM PARK, CHENNAI
NO. OF PARTICIPANTS	60

National Cadet Corps-(Army wing) as part of the “**Green India**” initiative organised a horticultural Training and Tree Plantation programme at Kotturpuram Park, Chennai. Our cadets were involved in cleaning activities of the park and also interacted with public to create awareness on tree plantation. The cadets also distributed the saplings to the public.

National Cadet Corps-(Army Wing) Cleaning Kotturpuram Park, Chennai As Part Of “Green India” Initiative



**Horticultural Training And Tree Plantation Programme At Kotturpuram Park, Chennai As
Part Of “Green India” Initiative**



National Cadet Corps-(Army Wing) in Horticultural Training And Tree Plantation Programme At Kotturpuram Park, Chennai As Part Of “Green India” Initiative



National Cadet Corps-(Army Wing) in Horticultural Training And Tree Plantation Programme At Kotturpuram Park, Chennai As Part Of “Green India” Initiative





GURU NANAK COLLEGE (AUTONOMOUS)

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NATIONAL CADET CORPS

NAME OF THE EVENT	GREEN INDIA SAPLING DONATION
DATE OF THE EVENT	14.03.2021
ORGANIZED IN ASSOCIATION WITH	1TN BATTERY NCC
PLACE OF THE EVENT	NEW COLLEGE
NO. OF PARTICIPANTS	50

REPORT

National Cadet Corps-(Army wing) as part of the “**Green India**” initiative organised a tree saplings donation programme on the premises of New College, Royapettah, Chennai where the NCC intergroup competitions were held. Around 100 cadets took part enthusiastically to distribute the saplings to the public. They also explained to the public how tree helps the environment and mankind in the long run.

Sapling Being Handed over to National Cadet Corps (Army Wing) At Tree Saplings Donation and Distribution “Green India” Initiative



National Cadet Corps-(Army Wing) At Tree Saplings Donation And Distribution “Green India” Initiative On The Premises Of New College, Royapettah, Chennai



**Saplings ready for distribution to Public by National Cadet Corps-(Army Wing) At Tree Saplings
Donation And Distribution “Green India” Initiative**





GURU NANAK COLLEGE (AUTONOMOUS)

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NATIONAL CADET CORPS

NAME OF THE EVENT	AWARENESS ON COVID VACCINATION
DATE OF THE EVENT	15.03.2021
ORGANIZED IN ASSOCIATION WITH	1TN BATTERY NCC
PLACE OF THE EVENT	VELACHERY
NO. OF PARTICIPANTS	60

REPORT

National Cadet Corps-(Army wing) as part of the “COVID Vaccination” initiative organised an awareness programme on Importance of COVID Vaccination at Velachery where all the cadets were involved in awareness drive and shared the importance of COVID Vaccination among the public. The cadets were also involved in distributing free masks and sanitizer to the public. The cadets, through this programme, insisted all the public to take precautionary measures to avoid COVID virus by following SOP and guidelines issued by government from time to time.

National Cadet Corps (Army Wing) At Awareness About COVID Vaccination Event



National Cadet Corps (Army Wing) Spreading Awareness About COVID Vaccination In Public Transports



National Cadet Corps (Army Wing) Carrying Placards and Banners to Spread Awareness About COVID Vaccination



National Cadet Corps (Army Wing) Distributing Masks to Public During Awareness About COVID Vaccination Event



National Cadet Corps-(Army Wing) Carrying Placards and Banners to Spread Awareness About COVID Vaccination





GURU NANAK COLLEGE (AUTONOMOUS)

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NATIONAL CADET CORPS

NAME OF THE EVENT	AWARENESS ON ILLITERACY AND GENDER EQUALITY
DATE OF THE EVENT	16.03.2021
ORGANIZED IN ASSOCIATION WITH	1TN BATTERY NCC
PLACE OF THE EVENT	CORPORATION SCHOOL, MADUVANKARAI, CHENNAI
NO. OF PARTICIPANTS	50

National Cadet Corps-(Army wing) organised an awareness programme on **Illiteracy and Gender Equality** at Corporation School, Maduvankarai, Chennai. The cadets interacted with all the students' class wise and explained the importance of literacy, gender equality and students' duties and responsibilities towards nation building. The students also happily interacted with all the cadets and shared their views.

National Cadet Corps-(Army Wing) At Awareness Programme On Illiteracy And Gender Equality Event At Corporation School, Maduvankarai, Chennai





GURU NANAK COLLEGE (AUTONOMOUS)

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Guru Nanak Salai, Velachery, Chennai – 600042.

NATIONAL CADET CORPS

NAME OF THE EVENT	FIRE AND RESCUE TRAINING
DATE OF THE EVENT	17.03.2021
ORGANIZED IN ASSOCIATION WITH	TAMILNADU FIRE AND RESCUE SERVICES
PLACE OF THE EVENT	COLLEGE CAMPUS
NO. OF PARTICIPANTS	50

National Cadet Corps-(Army wing) in association with TamilNadu Fire and Rescue services organised awareness on fire safety and preliminary fire fighting at Guru Nanak College Campus. The NCC cadets and college students participated and gained knowledge about immediate preliminary measures to be taken in the event of fire accident. The fire and rescue team also conducted hands on training on various fire and rescue services. The Principal Dr.M.G.Ragunathan and the Vice Principal (Shift-II), Dr. N.C. Rajashree were also present during the programme.

Principal Dr.M.G.Ragunathan and the Vice Principal (Shift-II), Dr. N.C. Rajashree at Fire and Rescue Training Event Organized by National Cadet Corps (Army Wing) in Association with TamilNadu Fire and Rescue Services



Fire and Rescue Training Event Organized by National Cadet Corps (Army Wing) in Association With TamilNadu Fire and Rescue Services



Demonstration of Rescue During Fire



Demonstration of Putting Out Fire By TamilNadu Fire And Rescue Services



Demonstration Usage of Fire Hose by Tamilnadu Fire and Rescue Services



Demonstration Usage of Fire Hose by TamilNadu Fire and Rescue Services





GURU NANAK COLLEGE(AUTONOMOUS)

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Guru Nanak Salai, Velachery, Chennai – 600042.

WOMEN STUDENTS' FORUM **2020-2021**



WOMEN STUDENTS' FORUM

'Guru Sakthi'

Outreach Program

EVENT TITLE	E-MAHILA SAMAROH INTERNATIONAL INFOTAINMENT	
CATEGORY	UG/PG STUDENTS, STAFF, GENERAL PUBLIC, CORPORATES	
DATE	FROM : 3/07/2020	TO :7/07/2020
NO. OF RESOURCE PERSON	4	
NO. OF PARTICIPANTS	1273	

REPORT

Women Students' Forum – Guru Shakti organized the five-day International Infotainment Program, E-Mahila Samaroh from 3rd to 7th July 2020.

We had 1200 participants registered from various universities and institutions across globe including USA, Singapore, even from University of Anbar, Iraq. Indian participants were from pretty much all states from Jammu and Kashmir to Kanyakumari. All the women actively joined and involved themselves in the sessions which included - building self-confidence, healthy lifestyle, entrepreneurship and showcasing participants innate talents.

Resource persons were from USA, Singapore and India. The programs were live streamed on our Women Students' Forum YouTube Channel and Google Meet Live Stream.

Day 1: "Women in and around you"- The session started with the inauguration by our respected Principal Dr. M.G.Ragunathan, followed by Special addresses by Dr. Gunita Arun Chandhok, Vice Principal Shift II and Dr. L.R.S. Kalanithi, Vice Principal (Students Affairs). **Dr. Sai Subbulakshmi**, Writer and Speaker, was the resource person and spoke on the Topic "Women in and around you". The vote of thanks was proposed by Dr.K.Umadevi, WSF Staff Co-Ordinator.

Day 2 : “Fit O Mania” – The session was inauguration by Dean of Humanities, Dr.N.Malathi. Resource person for the day, **Ms. Gayathri**, HR Manager, **Virginia, USA** gave hands on training to participants on Aerobics and Yoga. The participants also performed along with the resource person. The vote of thanks was proposed by Dr.K.Chitra, Asst. Prof, Department of Chemistry.

Day 3:“Your Hand Crafts” - The session was inauguration by Dean of Research, Dr.J.Jayanthi. Day 3 had two sessions. Resource persons were introduced by Ms.Anitha Mali Setty, Head, BBA. First Session was by **Ms. Preethy Sankaran, Mompreneur, Singapore**. Second session was by **Ms. Sheeba Krishnan**, Senior Manager, IT Division, Leading Health Insurance Company, **Texas, USA**. They both showcased how hobbies like Origami and Make up can be made into profession. The vote of thanks was proposed by Ms.Maya Pillai, Head, B.Com (MM).

Day 4 : “Quarantine cookery show” – The session was inauguration by Dean of Science, Dr.S.E.Noorjahan. The session was led by Dr.Gayathri, Asst. Prof. , Department of Plant Biology and Ms.Gurulakshmi, Asst. Prof., Department of Physics. In this session, participants from around India prepared snacks live and exhibited their innate cooking talents. The photos of variety of dishes along with recipes were posted on GNC Instagram and based on likes, the top 10 participants were awarded with merit certificates.


Day 5: “Voncerts by GNC Women Students” - We had the Valedictory on this day. The valedictory welcome address was by the Principal, Dr.M.G.Ragunathan. The function was felicitated by Dr.Gunita Arun Chandok, VP, Shift-II. Dr.LRS Kalanithi, VP (Student Affairs) presented the essence of five day program in a nutshell.

The program started with poem by Ms.Varsha dedicated to Women power. Ms.Haripriya, GNC Alumni put up a great classical dance performance. Ms. Prerana Shukla from Punjab and Ms.Srilakshmi from Tamilnadu gave a solo musical performance, followed by ‘Jugalbandi’. They also played music based on audience’s choice.

The program was organised by the Women Students’ Forum staff co-ordinators Dr.K.Umadevi and Ms. R.Radhika, who were ably assisted by a team of vibrant staff and students.

Women Students Forum expresses their heartfelt gratitude to our respected General Secretary and Correspondent Sir, respected Principal Sir for their continuous support and guidance.

Invitation Copy



GURU NANAK COLLEGE
(AUTONOMOUS)
Re-Accredited at 'A' Grade by NAAC
Guru Nanak Salai, Velachery, Chennai - 600042

WOMEN STUDENTS' FORUM
'GURU SHAKTI'

Under the Auspices of Students' Affairs
invites you to

E-MAHILA SAMAROH

INTERNATIONAL INFOTAINMENT PROGRAMME

DATE: 3rd - 7th JULY, 2020
TIME: 4 p.m TO 6 p.m

STAFF COORDINATORS - WSF
Dr. K. Uma Devi & Ms. R. Radhika

REGISTRATION LINK: <https://forms.gle/GqPioviENoUChrRg8>

DR. M.G. RAGUNATHAN
PRINCIPAL

MR. MANJIT SINGH NAYAR
GENERAL SECRETARY & CORRESPONDENT

EVENTS

3rd JULY - DAY 1 - "WOMEN IN & AROUND YOU"
Resource Person: Dr. Sai Subbulakshmi
Writer and Speaker,
Former Prof. Dept. of Hindi,
Ethiraj College.

4th JULY - DAY 2 - "FIT-O-MANIA' AEROBICS"
Resource Person: Ms. Gayathri,
HR Manager, Virginia, USA

5th JULY - DAY 3 - "YOUR HAND CRAFTS"
Resource Persons: Ms. Preethy Sankaran,
Mompreneur,
Singapore
&
Ms. Sheela Krishnan,
Senior Manager - IT Division,
Leading Health Care Insurance Company,
Texas, U.S.A

6th JULY - DAY 4 - "QUARANTINE COOKERY SHOW"

7th JULY - DAY 5 - "VONCERT BY GNC WOMEN STUDENTS"

Certificate Copy



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Women Students' Forum "Guru Shakti"

Certificate of Appreciation

This certificate is presented to **{{full name}}** for the enthusiastic and active participation in the five day **INTERNATIONAL INFOTAINMENT PROGRAM, 'E-MAHILA SAMAROH'** conducted from 3rd to 7th July 2020.

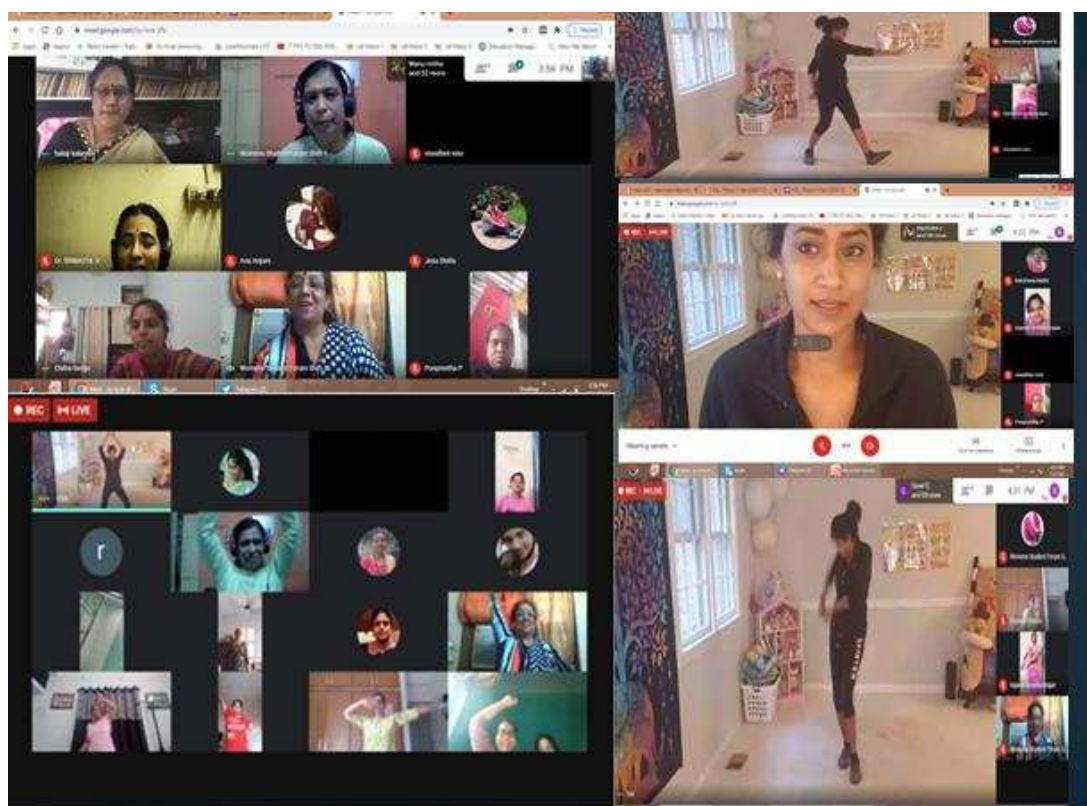

Dr. M.G. RAGUNATHAN
PRINCIPAL


Mr. MANJIT SINGH NAYAR
GENERAL SECRETARY & CORRESPONDENT

**Dr.M.G.Ragunathan, Principal, Inaugurating the Five Day “E-Mahila Samaroh”
International Infotainment Program**



Aerobics Session By Ms.Gayathri, HR Manager, USA



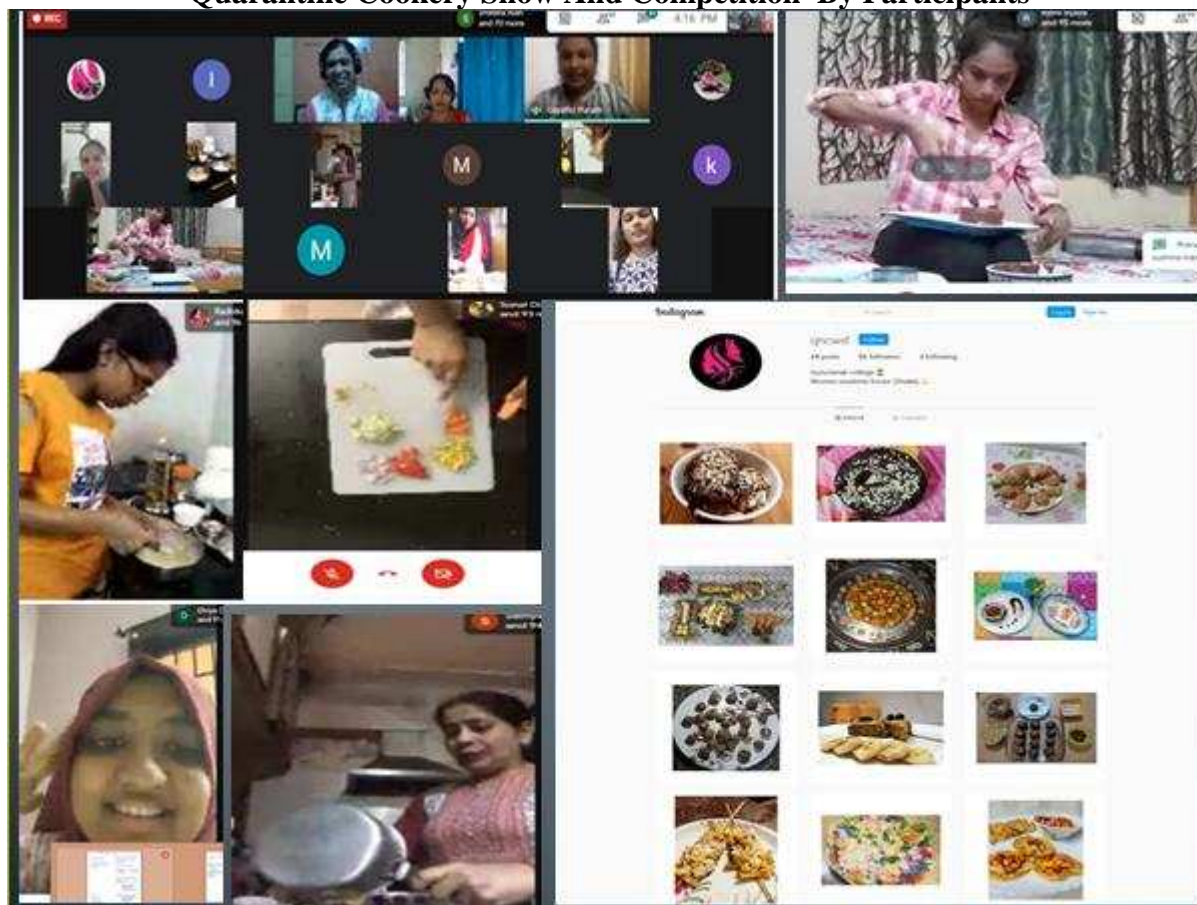
Craft Session By Ms.Preethi Sankaran, Singapore



Make Up Session By Ms. Sheeba Krishnan, Senior Manager, USA



Quarantine Cookery Show And Competition By Participants



Voncerts by GNC Women Students





WOMEN STUDENTS' FORUM

‘Guru Sakthi’

Outreach Program

EVENT TITLE	3 DAYS INTERNATIONAL YOUTH INTERFACE - "BLOOM WHERE YOU ARE PLANTED"	
CATEGORY	WEBINAR	
DATE	FROM : 27/08/2020	TO : 29/08/2020
NO. OF RESOURCE PERSON	6	
NO. OF PARTICIPANTS	520	

REPORT

Women Students' Forum "Guru Sakthi" organized online 3 days International Youth Interface - "Bloom Where You are Planted" from 27th August to 29th August 2020, Time: 3:30 p.m. to 5:30 p.m.

The objective of this event was to enlighten the students as to how they should develop themselves to face the challenging world.

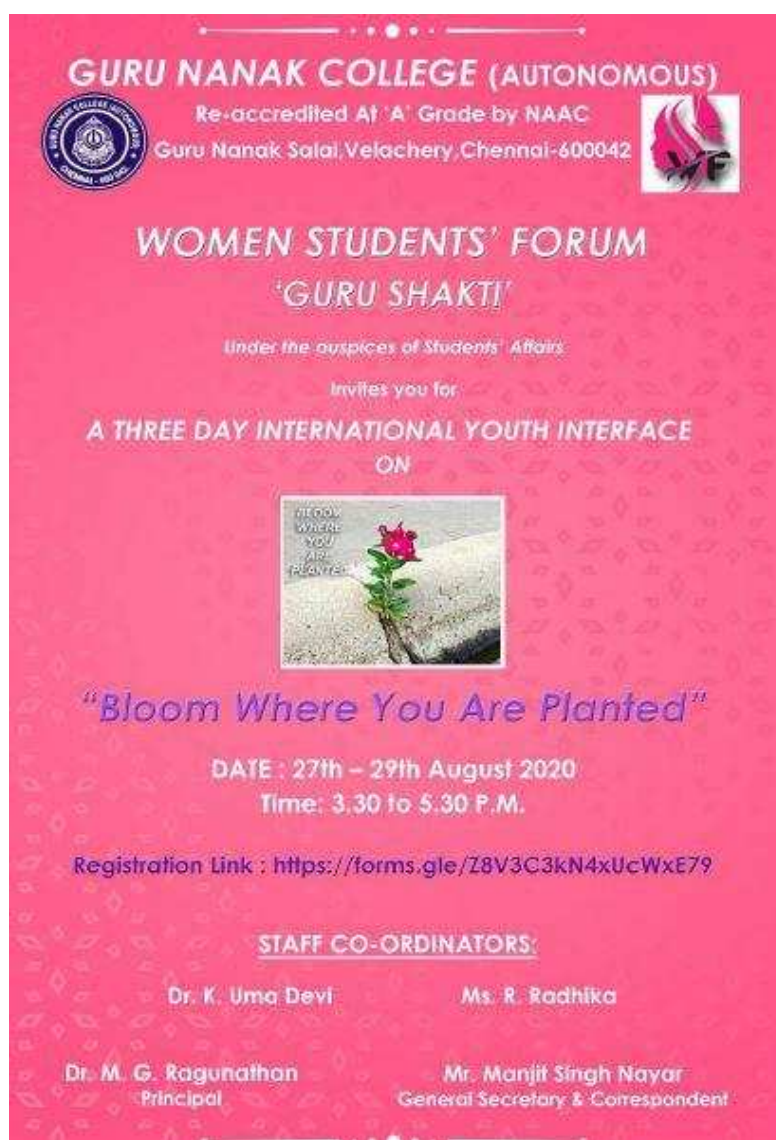
The invited speakers, from the age group of 16 to 30, shared their various strategies of adapting the changes they encounter in their personal and social life. The invited speakers were, Ms. Harini Vijaykumar, Larsen & Toubro Ltd., Construction Division, Chennai - Topic: 360 ° Development, Mr. Rajesh Radhakrishnan, Executive Director, Standard Chartered Bank, Singapore. Topic: Multifaceted Opportunities Ahead.

Ms. Vasunthara Suresh, La Trobe University, Singapore, Topic: Communication – A tool for Self-confidence. Ms. Neharika Baswa, John Monash Science School, Clayton, Victoria, Australia. Topic: 3 – S – Self Direction, Self-Motivation, Self-Discipline. Mr. R. Pavan Kumar, Senior Buyer and category Lead, G4S, Dubai, UAE. Topic: Non Engineering Career Options and CV Tailoring. Ms. Ramandeep Kaur, Senior Process Associates, Cap Gemini, New Delhi. Topic: A Holistic youth life – A Challenge. Principal Dr. M.G. Ragunathan, welcomed the gathering and appreciated the staff co-ordinators Dr. Umadevi and Ms. R.Radhika for organising a fruitful program for the students. Dr. L.R.S. Kalanithi, Vice Principal, Student Affairs, highlighted on the relevance of the topic and its importance in every

student's life. Deans, School of Humanities Dr. Malathi and School of Sciences felicitated the organisers and said the students were highly benefitted through this program.


Almost more than 50 colleges around the country registered and there was an overwhelming response from the participants from India and abroad. There were 520 participants. Dr. Umadevi, in her vote of thanks expressed her gratitude to the respected General Secretary and correspondent for the constant encouragement extended by the Management for the upliftment of the students and also thanked all the Faculty members and students for their active participation on this three day memorable event.

Invitation Copy



GURU NANAK COLLEGE (AUTONOMOUS)
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Guru Nanak Salai, Velachery, Chennai-600042

WOMEN STUDENTS' FORUM
'GURU SHAKTI'
Under the auspices of Students' Affairs
Invites you for
A THREE DAY INTERNATIONAL YOUTH INTERFACE
ON



"Bloom Where You Are Planted"

DATE : 27th – 29th August 2020
Time: 3.30 to 5.30 P.M.

Registration Link : <https://forms.gle/Z8V3C3kN4xUcWxE79>

STAFF CO-ORDINATORS:

Dr. K. Uma Devi	Ms. R. Radhika
Dr. M. G. Ragunathan Principal	Mr. Manjit Singh Nayar General Secretary & Correspondent

Invited Speakers:



Ms. Harini Vijaykumar
Supervisor- Procurement,
Larsen & Toubro Ltd, Construction Division, Chennai.
Topic: 360 ° Development
Date: 27th August 2020



Mr. Rajesh Radhakrishnan
Executive Director,
Standard Chartered Bank,
Singapore.
Topic: Multifaceted Opportunities Ahead
Date: 27th August 2020



Ms. Vasundhara Suresh
La Trobe University,
Serangoon, Singapore.
Topic: Communication – A tool for Self confidence
Date: 28th August 2020



Ms. Neharika Baswa
John Monash Science School, Clayton,
Victoria, Australia.
Topic: 3 – S – Self Direction, Self Motivation, Self Discipline
Date: 28th August 2020




Mr. Pavan Kumar R
Senior Buyer and category lead,
G4S Dubai, UAE
Topic: Non engineering career options and CV tailoring
Date: 29th August 2020




Ms. Ramandeep Kaur
Senior Process Associate,
Capgemini New Delhi.
Topic: A Holistic youth life – A Challenge.
Date: 29th August 2020

Certificate Copy



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Certificate No.: <<cert no>>



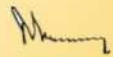
Women Students' Forum "Guru Shakti"

Certificate of Appreciation

This certificate is to appreciate <<FULL NAME>> for the enthusiastic participation in 3 days
International Youth Interface - "Bloom Where You are Planted" from 27th August to
29th August 2020.



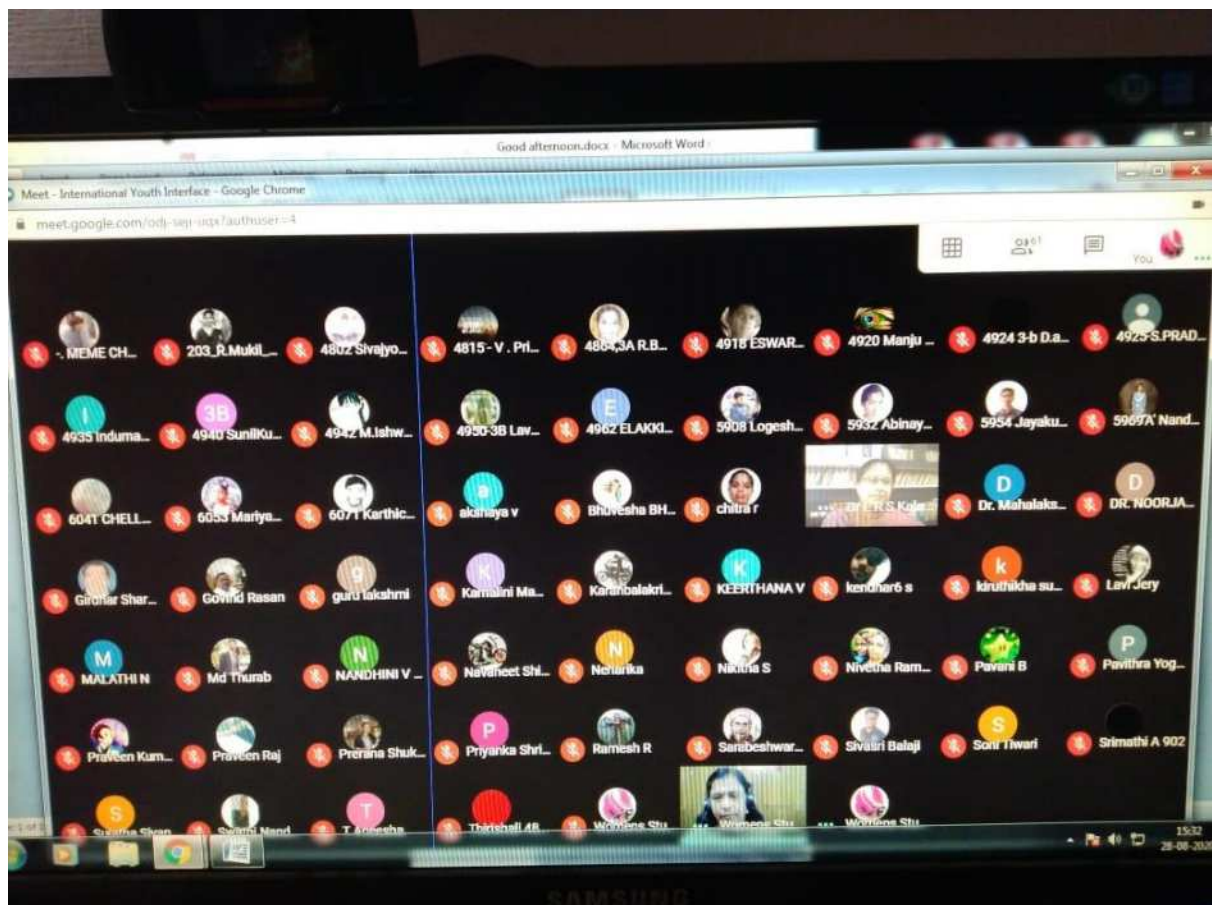
Dr. M.G. RAGUNATHAN
PRINCIPAL



Mr. MANJIT SINGH NAYAR
GENERAL SECRETARY & CORRESPONDENT



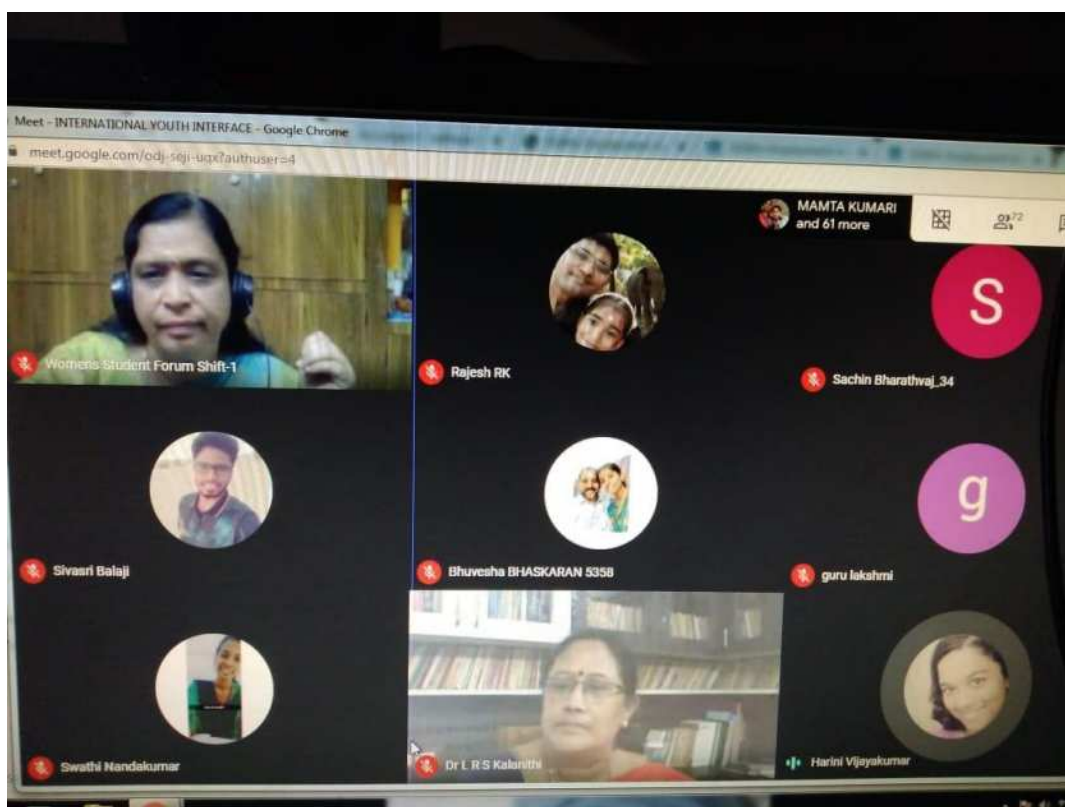
Participants At 3 Days International Youth Interface - "Bloom Where You Are Planted"

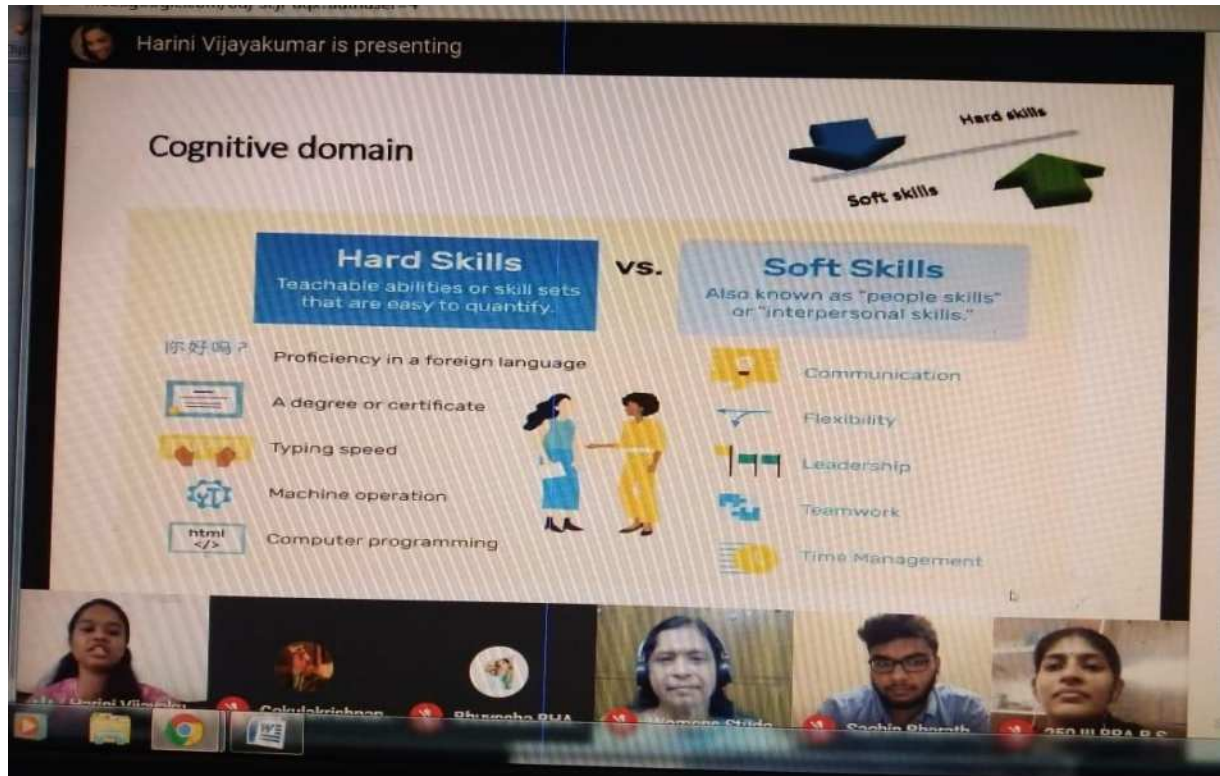


Invited Speaker Ms. Harini Vijaykumar, Larsen & Toubro Ltd Presenting During The 3 Days International Youth Interface - "Bloom Where You Are Planted"



Part of Staff Audience During The 3 Days International Youth Interface - "Bloom Where You Are Planted"





Session on Multifaceted Opportunities Ahead by Mr. Rajesh Radhakrishnan, Executive Director, Standard Chartered Bank, Singapore.





Orientation for the Freshers – 2020 Batch

Women Students' Forum

Guru Shakti

EVENT TITLE	ORIENTATION FOR THE FRESHERS - 2020	
CATEGORY	UG STUDENTS AND STAFF MEMBERS	
DATE	FROM : 21/09/2020	TO : 21/09/2020
NO. OF RESOURCE PERSON	4	
NO. OF PARTICIPANTS	GNC : 430	

REPORT

Women Students' Forum - Guru Shakti , conducted online orientation for the Freshers on 21st September 2020. The program was organised under the auspices of students' affairs. Dr. L.R.S. Kalanithi, Vice Principal students' affairs, welcomed the facilitator Dr. Noor Jahan, Dean, School of Sciences and the gathering. Dr.K.Umadevi, Asst.Prof, Dept of Commerce shift 1 and Staff Co-ordinator Women Students' Forum presented a detailed presentation and highlighted on the major activities organized during the previous years.

Ms. Radhika, Asst. Prof. and Head Dept. of English and staff co-ordinator Women Students' Forum proposed the vote of thanks. Both expressed their gratitude to the respected General Secretary and Correspondent Mr. Manjit Singh Nayar, to the respected Principal Dr. M.G.Ragunathan for their constant encouragement to conduct the activities throughout the year. More than 430 students, faculty members teaching and non-teaching, participated in the program

Invitation Copy



Live Stream Link:

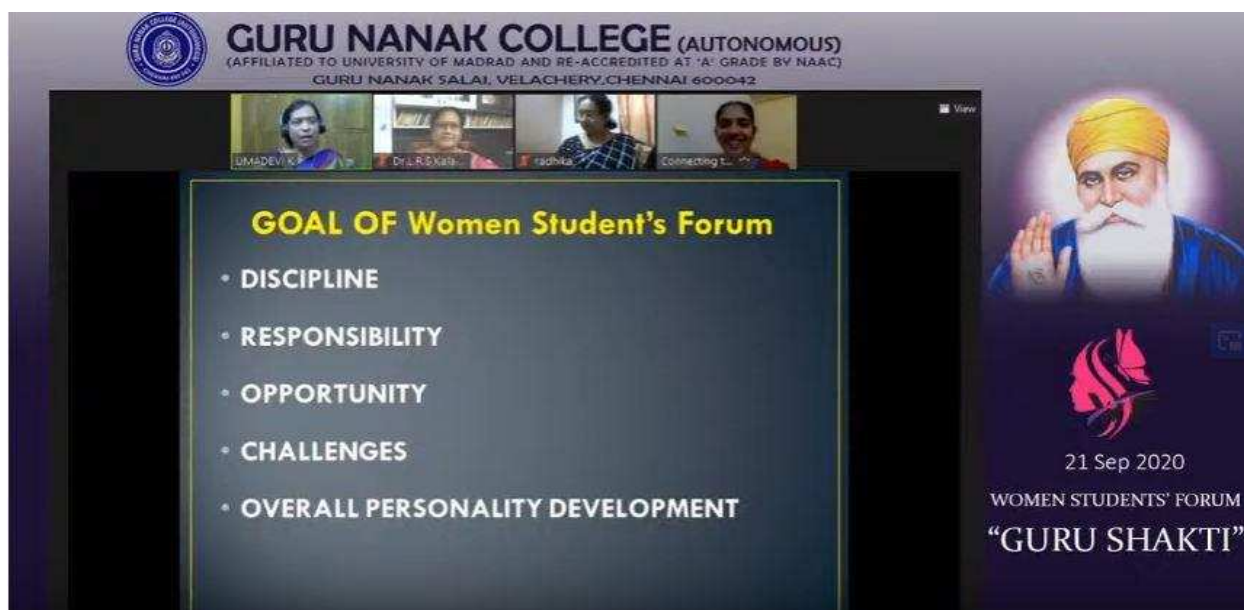
The entire event was Live streamed on YouTube and Facebook

YouTube Link: <https://www.youtube.com/watch?v=Hq9aXux17EA>

Women Students' Forum Orientation for the Freshers - 2020



Women Students' Forum Orientation Presented By Dr.K.Umadevi For The Freshers - 2020



Women Students' Forum Orientation Presented by Ms. Radhika for the Freshers - 2020



GURU NANAK COLLEGE (AUTONOMOUS)

(AFFILIATED TO UNIVERSITY OF MADRAS AND RE-ACCREDITED AT 'A' GRADE BY NAAC)
GURU NANAK SALAI, VELACHERY, CHENNAI 600042






21 Sep 2020

WOMEN STUDENTS' FORUM

"GURU SHAKTI"





GURU NANAK COLLEGE (AUTONOMOUS)

Affiliated to University of Madras and Re-Accredited at "A" Grade by NAAC
Guru Nanak Salai, Velachery, Chennai – 600042.

Women Students' Forum

EVENT TITLE	E-CONCLAVE PREVENTABLE ADOLESCENT HEALTH EDUCATION	
CATEGORY	UG/PG STUDENTS, STAFF, GENERAL PUBLIC, CORPORATES	
DATE	FROM : 10/08/2020	TO :10/08/2020
NO. OF RESOURCE PERSON	10 DOCTORS IN DIFFERENT FIELDS	
NO. OF PARTICIPANTS	1,20,000 TOTAL, GNC : 500	

REPORT

Federation of Obstetric and Gynaecological Societies of India (FOGSI) celebrated August 2020 as an adolescent month. FOGSI organized E-Conclave on 10th August for the adolescent girls and Youth of India between the ages of 13-23 years, to sensitize them for the PREVENTABLE HEALTH DISORDERS & PROBLEMS in ADOLESCENTS (PHD in ADOLESCENTS).

Guru Nanak College Women forum was part of this mega event. Dr. K. Umadevi and Ms. R. Radhika were the Co- Ordinator for the event. FOGSI organized E-Conclave on 10th August for the adolescent girls and Youth of India between the age of 13-23 years, to sensitize them for the PREVENTABLE HEALTH DISORDERS & PROBLEMS in ADOLESCENTS (PHD in ADOLESCENTS), through the stalwarts of FOGSI who are dedicated for the betterment of Adolescents.

On this occasion, FOGSI planned competitions for

- A) FOGSI MEMBERS and
- B) Adolescent and Youth between 13-23 years:

- 1) POSTER COMPETITION
- 2) SLOGAN COMPETITION

The event involved 1,20,000 participants for the webinar from across all walks of life, 3000 slogans and Posters were enrolled and 10000 questions by students were received.

Resource persons were all doctors from FOGSI. The resource person's details and topics are shown below


CELEBRATES
International
YOUTH DAY


E-CONCLAVE
PREVENTABLE ADOLESCENT HEALTH EDUCATION

Date for E-Conclave: 10th August'2020
Time: 9.15 am - 1.00 pm

Session:1	Inauguration: 9.15 am - 10.05 am
1.	To call all office bearers on the dais- MOC
2.	Prayer - 3 min
3.	Observing silence for the corona warriors who lost their lives-1 min
4.	Lamp lighting - 1 min
5.	Introduction of Dr Alpesh Gandhi, President FOGSI - 1 min
6.	Welcome and FOGSI vision by Dr Alpesh Gandhi - 7 min
7.	Introduction of Chief Guest - 2 min
	Inauguration, Motivational Message to adolescents and youth, and blessings from Honourable chief guest- 30 min

Session: 2	10.05 am - 11.10 pm
1.	Obesity: Emerging problem (13 + 2 min)
2.	PCOS: Importance of prevention and early diagnosis (13 + 2 min)
3.	Anaemia: Prevalence and it's prevention (13+2 min)
4.	Vaccines: Saves the lives and it's schedule (13 + 2 min)

Session: 3	11.10 am -12.20 pm
1.	Personal Hygiene (Including Menstrual Hygiene) - (13 + 2min)
2.	Say "NO" to smoking, drugs abuse, Social media abuse, marriages < 18 years - (13 + 2 min)
3.	Lifestyle management- Diet, Nutrition, Exercise, Yoga etc. (13 + 2 min)
4.	Psychological disorders in Adolescence - (13 +2 min)

Session: 4	12.20 pm - 12.35 pm
1.	Releasing of reading material of E-conclave - 2 min
2.	Declaring results of Posters/Slogans - 3 winners - 3 min
3.	Declaring results of skits (each of 2 min)- 3 winners - 7 min

Session: 5	12.35 pm - 1.00 pm
1.	Interaction - Q&A - 20 min
2.	Vote of Thanks - 3 min
3.	National Anthem

Live webinar link: <http://fogsi.onference.live/IYD>

Facebook link: <https://www.facebook.com/FOGSI2020/live>

YouTube link: <https://youtu.be/7rHieO70QME>


Dr. Alpesh Gandhi
President FOGSI


Dr. Jaydeep Tank
Secretary General FOGSI


Dr. Nandita Palshetkar
Past President FOGSI
President AMOGS


Dr. Shantha Kumari
President Elect FOGSI


Dr. Chandrawati


Dr. Suvarna Khadilkar
Treasurer FOGSI


Dr. Sunil Shah
Joint Secretary FOGSI


Dr. Duru Shah
Past VP FOGSI
President PCO India


Dr. Pratima Mittal
Past VP FOGSI


Dr. Ragini Agrawal
Vice President FOGSI


Dr. Girish Mane
Chairperson Adolescent


Dr. Rajal Thaker
National Coordinator


Dr. Sampath Kumari
National Coordinator
VP Elect South FOGSI


Dr. Kalyan Barmade
National Coordinator
Chairperson PAC FOGSI


Dr. Rakhi Singh
National Coordinator
Chairperson Endocrinology
Committee FOGSI


Dr. Neharika Malhotra
National Coordinator
VFP Committee Chairperson


Dr. Chandan Kachru
National Coordinator


Dr. Hafizur Rehman


Dr. Ashwini Bhalerao
Past VP FOGSI


Dr. Rosa Olajy
Past VP FOGSI


Dr. Kawita Bapat
VP Elect FOGSI


Dr. Nita Dhabai


Dr. Ragini Singh


Dr. Susan William



**FOGSI
CELEBRATES
International
YOUTH DAY**



E-CONCLAVE
PREVENTABLE ADOLESCENT HEALTH EDUCATION

Date for E-Conclave: 10th August'2020
Time: 9.15 am - 1.00 pm

Session: 1	Inauguration: 9.15 am - 10.05 am
	To call all office bearers on the dais - MOC
1.	Prayer- 3 min
2.	Observing silence for the corona warriors who lost their lives- 1 min
3.	Lamp lighting - 1 min
4.	Introduction of Dr Alpesh Gandhi, President FOGSI- 1 min
5.	Welcome and FOGSI's vision by Dr Alpesh Gandhi - 7 min
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7.	Inauguration, Motivational Message to adolescents and youth, and blessings from Honourable chief guest – 30 min
Session: 2	10.05 am – 11.10 pm
1.	Obesity: Emerging problem (13 + 2 min)
2.	PCOS: Importance of prevention and early diagnosis (13 + 2 min).
3.	Anaemia: Prevalence and it's prevention (13 + 2 min)
4.	Vaccines: Saves the lives and it's schedule (13 + 2 min)
Session: 3	11.10 am – 12.20 pm
1.	Personal Hygiene (Including Menstrual Hygiene) - (13 + 2 min)
2.	Say "NO" to smoking, drugs abuse, Social media abuse, marriages < 18 years – (13 + 2 min)
3.	Lifestyle management- Diet, Nutrition, Exercise, Yoga etc. (13 + 2 min)
4.	Psychological disorders in Adolescence- (13 + 2 min)
Session: 4	12.20 pm - 12.35 pm
1.	Releasing of reading material of the E-conclave - 2 min
2.	Declaring results of Posters/Slogans - 3 winners - 3 min
3.	Declaring results of skits (each of 2 min)- 3 winners - 7 min
Session: 5	12.35 pm - 1.00 pm
1.	Interaction - Q & A - 20 min
2.	Vote of Thanks - 3 min
3.	National Anthem

Certificate Copy



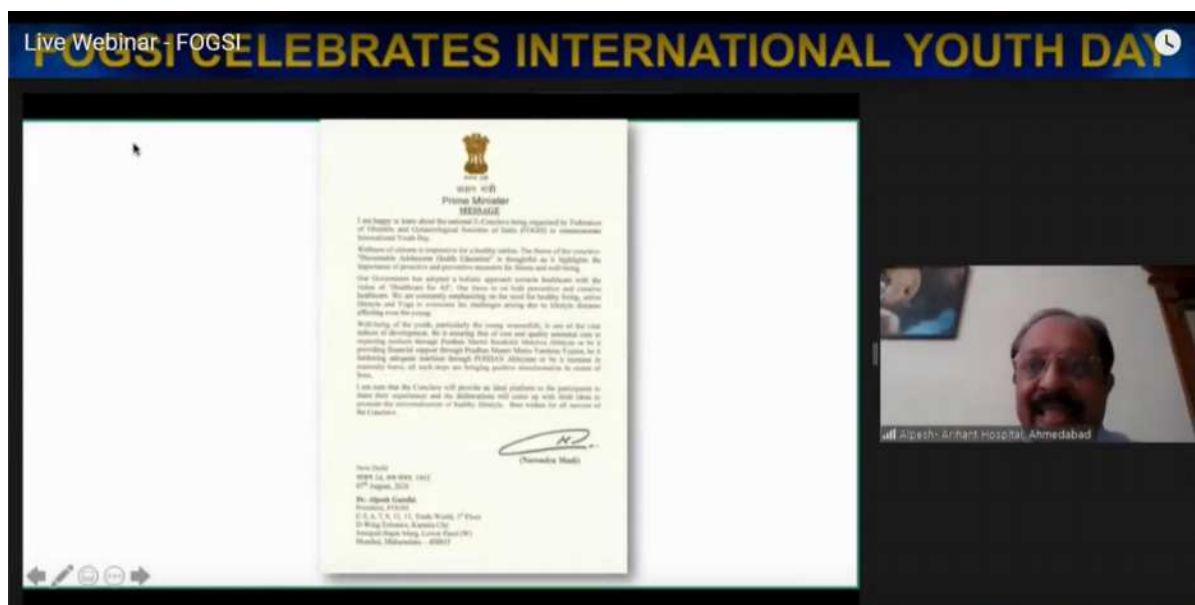
Online Streaming Link

The entire event was Live streamed on YouTube and Facebook

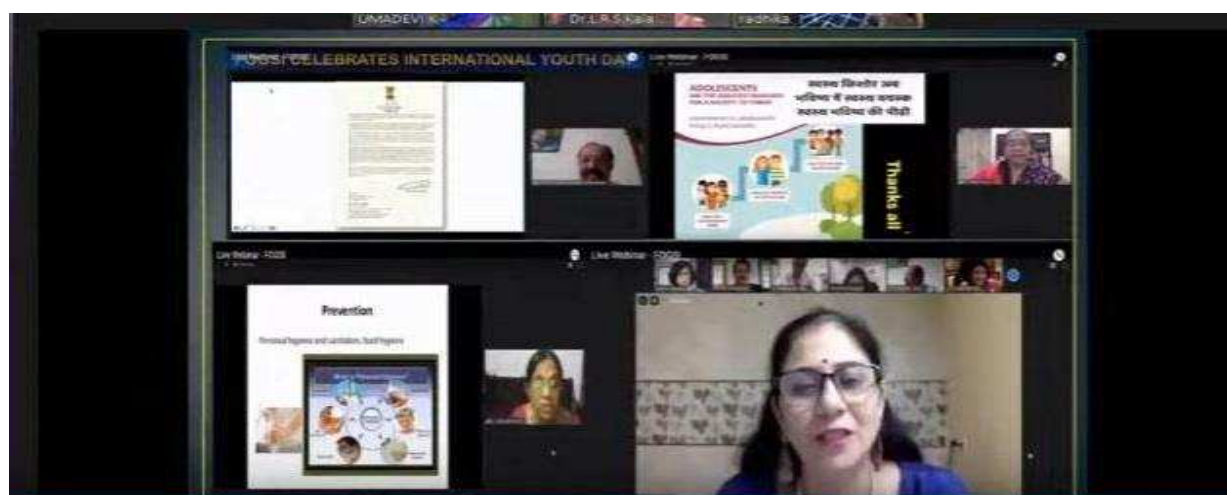
YouTube Link: <https://www.youtube.com/watch?v=7rHieO70QME>

Facebook Link: <https://www.facebook.com/FOGSI2020/live>

Prime Minister's Letter to FOGSI displayed during E-CONCLAVE Preventable Adolescent Health Education



Federation Of Obstetric And Gynaecological Societies Of India Doctors Addressing The Audience





WOMEN STUDENTS' FORUM

‘Guru Sakthi’

EVENT TITLE	INTERNATIONAL VIRTUAL WOMEN CONCLAVE- “WOMEN EMPOWERMENT AND GENDER SENSITIZATION IN THE CURRENT ERA”	
CATEGORY	UG/PG STUDENTS, STAFF, CORPORATES	
DATE	FROM : 26/02/2021	TO : 27/02/2021
NO. OF RESOURCE PERSON	8	
NO. OF PARTICIPANTS	700	

REPORT

Women Students' Forum – Guru Shakti organized Two-day International Virtual Women Conclave-“Women Empowerment and Gender Sensitization in the Current Era”, from 26/02/2021 to 27/02/2021.

We had 700 participants registered from various universities and institutions across globe, Indian participants were from pretty much all states. All the women and men actively joined and involved themselves in the sessions.

The two day program was inaugurated by our respected Principal, Dr. M.G.Ragunathan. in his address, he stated that Women are already empowered and this era is the time to march ahead further. Dr. V.P.Nedunchezhiyan, Dean, Students' Affairs welcomed the gathering.

There were 8 speakers across the world from different genres. **Resource persons were from California, Coloroda, Sweden and India. The programs were live streamed on our YouTube Channel and Google Meet Live Stream.**

Day 1:

- Ms. Monica Ganesh Espinoza, MA, PPSC, Counselor for English Performance Success
- Language Arts Division, De Anza Latinx Association (DALA), Co-Chair, De Anza shared her thoughts on the topic “Empowering Young Women through Counseling”

- **Ms. Parvathi Nagarajan, Herbalist, Pitchandikulam Forest, Auroville highlighted on the Topic: “Ecology and Women”.**
- **Dr. Shyamala Devi, Asst. Prof., Dept. of Education, University of Madras, Chennai. delivered her speech on Topic: “Sowing the Seeds of Women Empowerment by Unlearning Gender”**
- **Dr.A.Geethalakshmi D.G.O., DNB (OG), Registrar Govt.KGH (Madras Medical College), Joint Treasurer of OGSSI discussed on the topic “Screen for Cervical Cancer and become your Lives Master”**

Dr. L.R.S. Kalanithi, Vice Principal, Students’ Affairs, welcomed the gathering for the second day. The valedictory address was delivered by Dr. N.C. Rajshree, Vice Principal, Shift II. She shared her views on how women need to empower themselves in the current era.

Day 2 :

- **Ms. Sathya Sundaram, Business Analyst / Senior Validation Engineer. Sedgwick State of Colorado, Colorado threw light on the topic “Balanced Life Style Diet”**
- **Ms. Adhilakshmi Logamurthy Advocate / Social Activist Legal Consultant / Trainer. Chennai delivered her thoughts on the Topic: “Social Status and Legal Rights of Women in India”.**
- **Ms. Nalini Dubey, Principal, Shemford Futuristic K12 School, Auriaya, U.P. delivered her speech on the Topic: “Women Education - Yesteryears and Today”**
- **Ms.Michelle Maria Jose, Project Manager, Stockholm, Sweden,**
Topic: “Women Empowerment in 2021”

The resource persons shared their expertise on various topics which proved very beneficial to the viewers. Dr. K.Uma Devi and Ms. R.Radhika, Staff Co-Ordinators, Women Students’ Forum, hosted the two-day event.

Invitation



GURU NANAK COLLEGE (AUTONOMOUS)
(Re-accredited at 'A' Grade by NAAC, Affiliated to the University of Madras)
Guru Nanak Salai, Velachery, Chennai-600 042.

To Commemorate the Golden Jubilee Year Celebration
Under the auspices of Students' affairs

WOMEN STUDENTS' FORUM - GURU SHAKTI

CORDIALLY INVITES YOU FOR
A TWO DAY INTERNATIONAL VIRTUAL WOMEN CONCLAVE
"WOMEN EMPOWERMENT AND GENDER
SENSITIZATION IN THE CURRENT ERA"
26th & 27th FEBRUARY 2021



PROGRAMME:
INAGURATION: DAY 1
Date: 26/02/2021
Time: 9:00 a.m.

Welcome Address: Dr. V. P. Nedumchezhian, Dean Students' Affairs
Invocational Address: Dr. M. G. RAGUNATHAN, Principal

VALEDICTORY: DAY 2
Date: 27/02/2021
Time: 9:00 a.m.

Welcome Address: Dr. L.R.S. Kalamathi, Vice Principal (Students' Affairs)
Valedictory Address: Dr. N.C. Rajakshree, Vice Principal (Shift II)

VENUE:
Meet 

SPEAKERS



Ms. Monica Ganesk English, MA, PGCE, Counselor for English Performance Second Language Arts Division, De Anna Lateral Association (DALA), Co-Chair, De Anna

Topic: "Empowering Young Women through Counseling"

Date: 26/2/2021
Time: 9:30 a.m.



Ms. Parvathi Nagarajan, Marathi, Pichandilalams Forest, Annaville

Topic: "Ecology and Women"

Date: 26/2/2021
Time: 10:30 a.m.



Dr. Srimathi Devi, Asst. Prof., Dept. of Education, University of Madras, Chennai

Topic: "Sowing the Seeds of Women Empowerment by Understanding Gender"

Date: 26/2/2021
Time: 11:30 a.m.



Dr. J. Geethalakshmi D.G.O., DNG (OGG), Registrar, Genu NKM (Madras Medical College), Joint Treasurer of OGGSS

Topic: "Screen for Cervical Cancer and become your Own Master"

Date: 26/2/2021
Time: 11:30 a.m.



Ms. Sathya Soudarshan, Business Analyst, Senior Visitation Engineer, Sedgwick State of Colorado, Colorado

Topic: "Sustainable Life style"

Date: 27/2/2021
Time: 9:30 a.m.



Ms. Adithyashree Logosuperior Advocate / Social Justice Legal Consultant / Trainer, Chennai

Topic: "Social Status and Legal Rights of Women in India"

Date: 27/2/2021
Time: 10:30 a.m.



Ms. Tazal Dubey, Principal, Shreevastu K12 School, Aurangabad, U.P.

Topic: "Women Education - Yesterday and Today"

Date: 27/2/2021
Time: 11:30 a.m.



Ms. Monalisa Maria Jose, Project Manager, Stockholm, Sweden

Topic: "Women Empowerment in 2021"

Date: 27/2/2021
Time: 11:30 a.m.

ADVISORY BOARD

- Mr. Joni Brooker, Director, Pichandilalams Forest, Consultant, Annaville.
- Dr. N. Rajalakshmi, Senior Scientist & Team Leader, Centre for Fuel Cell Technology ARCI, Chennai.
- Dr. Sandhya Srinivas, Ph.D., CEO & Co-founder, Shiksha Pte. Ltd., Singapore.
- Dr. V. P. Nedumchezhian, Dean Students' Affairs, Guru Nanak College
- Dr. N.C. Rajakshree, Vice Principal (Shift II) Guru Nanak College
- Dr. L.R.S. Kalamathi, Vice Principal (Students' Affairs)



Mr. MANJIT SINGH NAYAR
GENERAL SECRETARY AND CORRESPONDENT



Dr. M. G. RAGUNATHAN
PRINCIPAL

WOMEN STUDENTS' FORUM Co-ordinators:

- Dr. K. Umadevi, Assistant Professor, Dept. of Commerce
- Ms. R. Radhika, Assistant Prof. & HOD of English

ORGANIZING COMMITTEE:

- Ms. S. Gurulakshmi, Assistant professor, Dept. of Physics
- Dr. E. Gayathri, Assistant Professor, Dept. of Plant and Biotechnology
- Dr. J. Mathalakshmi, Assistant Professor, Dept. of Commerce
- Dr. P. Kavitha, Asst. Prof. & HOD of B. Com Corporate Secretaryship
- Mrs. Jeevarathinam Jase, Assistant Professor, Dept. of Commerce
- Ms. J. Saranya, Assistant Professor, Dept. of B. Com Honours

FREE REGISTRATION LINK:
<https://forms.gle/48ats2lmaKDihF6z9>

TELEGRAM GROUP LINK:
<https://t.me/GNCW5F/443>

E-certificate for all Registered Participants

For further details contact :
wshifitl@gurunanakcollege.edu.in

Certificate Copy



GURU NANAK COLLEGE (Autonomous)
(Re-Accredited at "A" Grade by NAAC)
Guru Nanak Salai, Velachery, Chennai - 600042



Women Students' Forum "Guru Shakti"

Certificate of Appreciation

This certificate is to appreciate <<full name>> for being the Invited Speaker and sharing her expertise in A TWO DAY INTERNATIONAL VIRTUAL WOMEN CONCLAVE on the topic "WOMEN EMPOWERMENT AND GENDER SENSITIZATION IN THE CURRENT ERA", organised to Commemorate the Golden Jubilee Year Celebration under the auspices of Students' affairs on 26th & 27th February 2021.



Dr. M.G. RAGUNATHAN
PRINCIPAL



Mr. MANJIT SINGH NAYAR
GENERAL SECRETARY & CORRESPONDENT



Participants At "International Virtual Women Conclave on the Topic" Women Empowerment and Gender Sensitization in The Current Era"



REC

36/100 Mins 9:16 AM You 9

Dr. M. S. Rajanathan Principal

Women's Student Forum Chair

Thanish.C

V

Vice Principal Vice Principal

GNC Group Head College

211 52 A Sagaya Maryib

sabesh setupathi

Mohammed Sajid

361 05 Mananjanjali M
N.M.Mananjanjali - Room (General), 2-B section,
Roll No 37130, Shift -1 gurunanak college

Ms. Parvathi Nagarajan, Herbalist, Pitchandikulam Forest, Auroville highlighted on the Topic:“Ecology and Women”



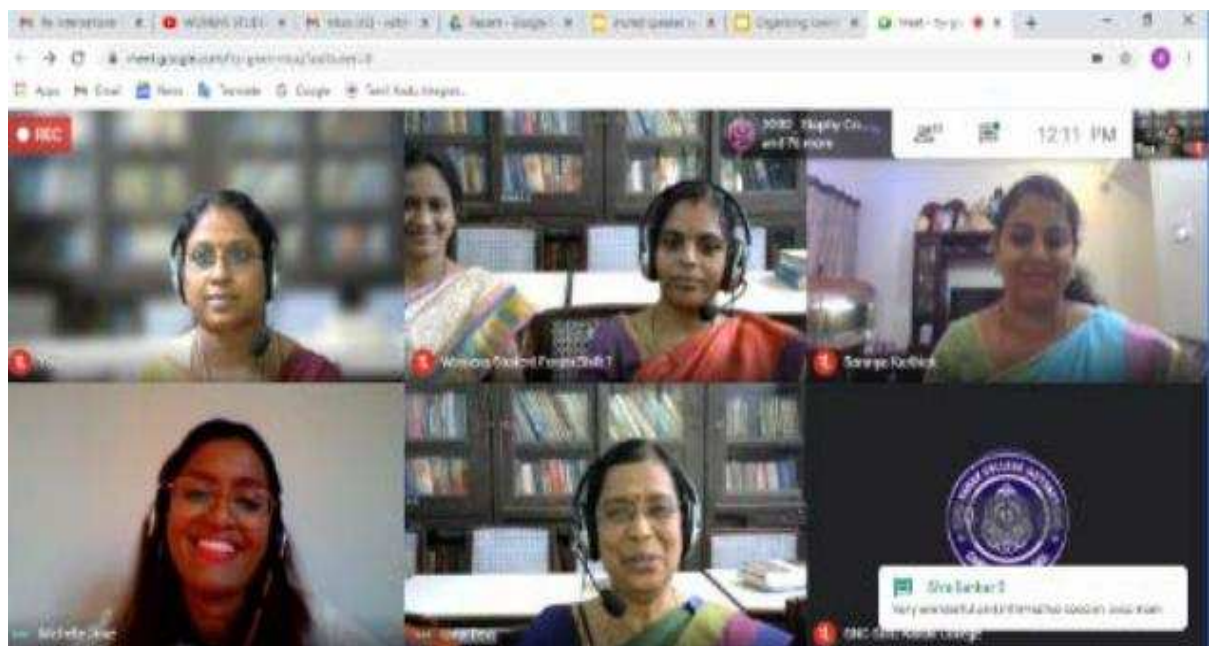
Dr. Shyamala Devi, Asst. Prof., Dept. of Education, University of Madras, Chennai. on Topic: “Sowing the Seeds of Women Empowerment by Unlearning Gender”



Ms. Sathya Sundaram, Business Analyst / Senior Validation Engineer. Sedgwick State of Colorado, Colorado on the topic Topic: “Balanced Life style”



**Ms. Michelle Maria Jose, Project Manager, Stockholm, Sweden.
Topic: “Women Empowerment in 2021”**





WOMEN'S FORUM

“Guru Shakti”

EVENT TITLE	INTERNATIONAL WOMEN'S DAY 2021	
CATEGORY	ALL STAFF MEMBERS, STUDENTS AND RESEARCH SCHOLARS	
DATE	FROM : 8/3/2021	TO : 8/3/2021
NO. OF RESOURCE PERSON	1	
NO. OF PARTICIPANTS	900	

REPORT

Women Students' Forum - Guru Shakti organized International Women's day on 8th March 2021 at Shaheed Baba Deep Singh Auditorium. The Programme was organised under the aegis of Student Affairs headed by Dr V.P. Nedunchellian - Dean students Affairs, Associate Prof. & Head – Dept. of Defence & Strategic studies. The Principal Dr. M.G.Ragunathan welcomed the gathering and shared his happiness to be a part of this event. Dr. N.C.Rajashree, Vice Principal shift II delivered a special address. Dr.K.Umadevi, Staff Co-Ordinator Women's Forum introduced the Chief Guest Ms. Sunithi S. Ramesh, CEO & Executive Director, Satvat Infosol Private Limited, to the gathering.

The Male and Female staff members very enthusiastically performed various cultural programmes. The Girl students also performed traditional and modern cultural programs which stole the show.

Ms. Radhika, Staff Co-ordinator Women's' Forum proposed the vote of thanks by expressing the gratitude to the respected General Secretary and Correspondent Mr. Manjit Singh Nayar and respected Principal Dr. M.G.Ragunathan for their constant encouragement to conduct the activities throughout the year. More than **900 participants-Staff members, Students, Research Scholars, non-teaching staff members** participated in the program.

Invitation Copy



GURU NANAK COLLEGE (AUTONOMOUS)
(RE-ACCREDITED AT "A" GRADE BY NAAC)
AFFILIATED TO THE UNIVERSITY OF MADRAS
GURU NANAK SALAI, VELACHERY,
CHENNAI - 600 042



Under the auspices of Students' Affairs

WOMEN STUDENTS' FORUM

"GURU SHAKTI"

**Cordially invites you to celebrate
the "Sheroes" on the occasion of
INTERNATIONAL WOMEN'S DAY**



CHIEF GUEST
SUNITHI S. RAMESH
CEO & Executive Director – Satvat Infosol Pvt. Ltd.,

Date: 8th March, 2021.
Time: 11.30 a.m.
Venue: Shaheed Baba Deep Singh Auditorium

WOMEN STUDENTS' FORUM CO-ORDINATORS
Dr.K.UMADEVI & Mrs.R.RADHIKA

Dr.M.G.RAGUNATHAN
PRINCIPAL

Mr. MANJIT SINGH NAYAR
GENERAL SECRETARY & CORRESPONDENT

Dr.M.G.Ragunathan, Principal, Dr V.P. Nedunchellian , Dean – Student Affairs, Guest Ms. Sunithi Ramesh At The Venue Of International Women’s Day Celebration



Participants at Shaheed Baba Deep Singh Auditorium During International Women’s Day 2021



Inauguration of International Women's Day 2021



Chief Guest Ms. Sunithi S. Ramesh, CEO & Executive Director, Satvat Infosol Private Limited Being Honored by the Principal



Dr .K. Umadevi and Ms. Radhika, Women's Forum Co-Ordinator Being Honored by the Principal



Dr. M. G. Ragunathan, Principal Addressing the Gathering on International Women's Day



Cultural by Women Students During International Women's Day 2021



Performance By Male Staff Members During International Women's Day 2021



Performance by Male Staff Members During International Women's Day 2021



Chief Guest Appreciated The Innovative Herbal Sanitizers And Soaps Made By Department Of Biotechnology During International Women's Day



Team of Women's Forum Along with Chief Guest, Principal, Vice Principal, Dean - Student Affairs General Secretary and Correspondent and Madam Advisor





WOMEN'S FORUM

"Guru Shakti"

EVENT TITLE	NATIONAL WEBINAR ON "MENSTRUAL HEALTH & HYGIENE MANAGEMENT" ORGANIZED IN ASSOCIATION WITH UNICHARM INDIA AND GLOBAL HUNT FOUNDATION.	
CATEGORY	STAFF MEMBERS, STUDENTS, RESEARCH SCHOLARS & HOME MAKERS.	
DATE	FROM : 11/06/2021	TO : 11/06/2021
NO. OF RESOURCE PERSON	1	
NO. OF PARTICIPANTS	550	

REPORT

Women Students' Forum - Guru Shakti organized online **National Webinar on "Menstrual Health & Hygiene Management"** in association with **Unicharm India and Global Hunt foundation**. The programme was organised under the aegis of Student Affairs headed by Dr V P Nedunchellian - Dean students affairs, Associate Prof.& Head – Dept. of Defence & Strategic studies. The Principal Dr. M.G.Ragunathan welcomed the gathering and shared his views on how important is the Menstrual health for women. Dr. N.C.Rajashree Vice Principal shift II delivered a special address. Dr.K.Umadevi, Staff Co-ordinator Womens' Forum introduced the resource person Ms. Ankita Sukhwal to the gathering.

The resource person highlighted on the various stages of Menstruation from the age of 12 to 55. The issues which rise between these ages and the physical and emotional stress which the female undergoes were briefed very clearly. The questions which were raised by the participants was answered by the resource person.

Dr. L.R.S Kalanithi Vice Principal summed up the entire event by giving feedback and adding her view on how the Guru Nanak College girls face these kinds of health problems and asked the resource person to answer the queries. Ms. Maya Lekshmi, Staff Co-ordinator Womens' Forum proposed the vote of thanks by

expressing the gratitude to the respected General Secretary and Correspondent Mr. Manjit Singh Nayar and respected Principal Dr. M.G. Ragunathan for their constant encouragement to conduct the activities throughout the year. More than **700 participants** Staff members, Students, Research Scholars, non-teaching staff members & Home makers, participated in the program.

Invitation Copy



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GURU NANAK SALAI, VELACHERY,
CHENNAI - 600 042

Under the auspices of Students' Affairs
WOMENS' FORUM
"GURU SHAKTI"
In association with
Unicharm India & GlobalHunt Foundation

Cordially invites you to
**National Webinar on
Menstrual Health & Hygiene Management**



Resource Person
Ms. Ankita Sukhwai
CSR Executive, Unicharm India

Date: 11th June, 2021. Time: 11 a.m.
Google Meet Link : <https://meet.google.com/djp-jhwd-ptb>
YouTube Link : <https://youtu.be/nlfyV3kw8oo>

Womens' Forum Co-ordinators
Dr. K. Umadevi & Mayalekshmi Pillai. M.L.

Dr. M. G. RAGUNATHAN **MANJIT SINGH NAYAR**
PRINCIPAL GENERAL SECRETARY & CORRESPONDENT

Certificate Copy



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<< CNUM >>

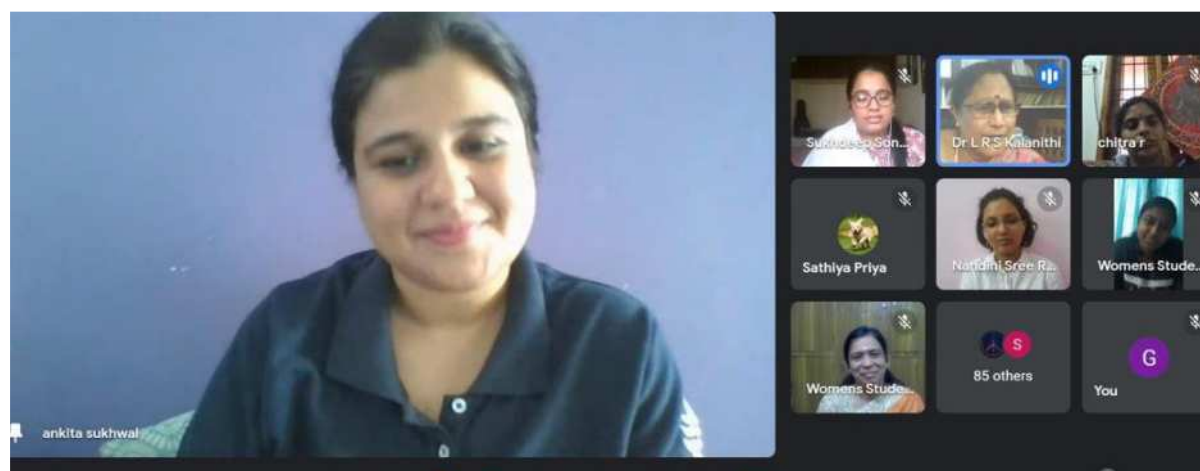
Certificate of Participation

This certificate is to appreciate <<full name>> for the enthusiastic participation in
National Webinar on "Menstrual Health & Hygiene Management" conducted by **Womens' Forum**
in association with **Unicharm India & GlobalHunt Foundation** on June 11, 2021.


Dr. M.G. RAGUNATHAN
PRINCIPAL


MANJIT SINGH NAYAR
GENERAL SECRETARY & CORRESPONDENT

Resource Person Ms. Ankita Sukhwal, CSR Executive, Unicharm India



Dr.M.G.Ragunathan, Principal, Welcoming The Participants



Dr.LRS Kalanidhi, Vice - Principal, Student Affairs Sharing Her Views With The Participants



Presentation By Resource Person Ms. Ankita Sukhwai, CSR Executive , Unicharm India



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WOMEN'S FORUM

"Guru Shakti"

NAME OF THE EVENT	MANORANJITHAM-TRAINING PROGRAMME
DATE OF THE EVENT	21.07.2021 TO 23.07.2021
ORGANIZED IN ASSOCIATION WITH	INNER WHEEL CLUB OF CHENNAI
PLACE OF THE EVENT	ONLINE
NO. OF PARTICIPANTS	175
RESOURCE PERSON(S)	KAMALA SELVAM, DISTRICT CHAIRMAN, INNER WHEEL, CHENNAI

REPORT

Guru Nanak College (Autonomous) in association with Inner Wheel District 323 organised a Webinar Series(Manoranjitham) from 21.07.2021 to 23.07.2021. Time 3.00.p.m to 5.00.p.m .Topics of the Programme were Soft skills, Smart Banking, Stress Management, Nutrition and Fitness, Media addiction, Child abuse and Cyber Security. Experts from the respective fields were the Resource Persons.

DAY1: 21.07.2021

SURYAKANTHI from 3pm – 5pm

Soft Skills	–	Mariya Kauser
Goal Setting	–	Srinivasan
Smart banking	–	Srithikha Kumar
An awareness of Govt. schemes available	–	Kavitha Nandakumar

DAY 2: 22.07.21

LAVENDAR from 10am – 12 noon

Stress-related ailments	–	Dr.Shashi
Nutrition and Fitness	–	Dr.Sadhnana Rajkumar
Relate to Elevate – the importance of relationships	–	Dr.Sumathi Narayan
Thadaigai Thandi	–	Smt. Girija Raghavan

DAY 3: 23.07.21

MAGHIZHAMPOO from 10am -12noon

Media de-addiction	—	Dr.Deepa Doraiswamy
Echoes of Child abuse and remedies	—	Ananthi Manimaran
Cyber Security	—	Deepa
A lawyer's insight and legal solutions	—	Vidhya Alagupermal

The duration of each session was 20 mts. The last half hour was left open for interaction and questions.



**Inner Wheel Club of Chennai
Thiruvananthiur**

Cordially invites you for the inauguration of
MANORANJITHAM
A special project initiative from Inner Wheel District 323

INAUGURATED BY
KAMALA SELVAM
District Chairman, IW Dist - 323

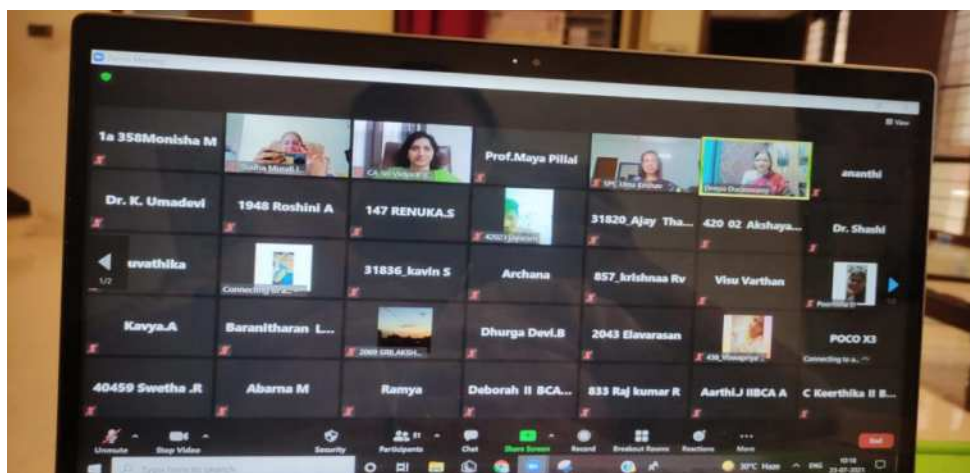
Supported by District Special project coordinator Uma Keshav

PARTICIPATING COLLEGE
GURUNANK COLLEGE, CHENNAI
On Wednesday, 21st July 2021
2:45 pm onwards (via zoom)

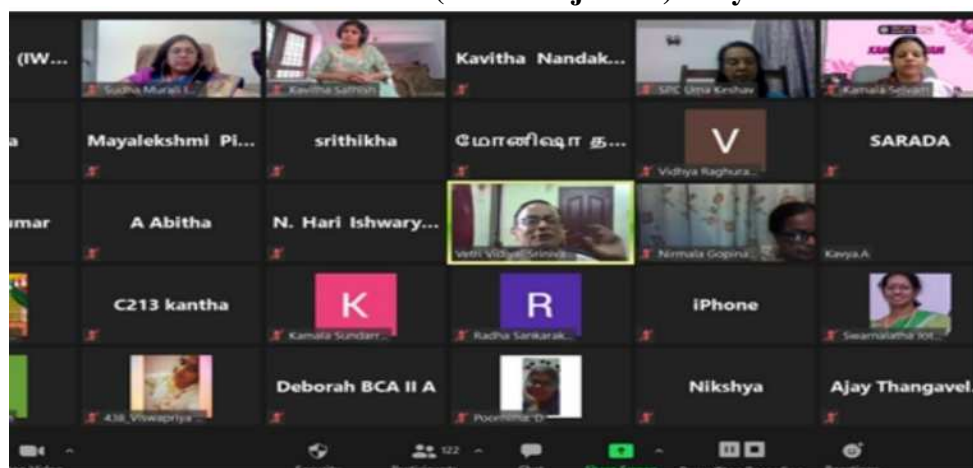
IWC Thiruvananthiur
President : Sudha Murali
Secretary : Kalaichelvi Elango
Spl Project Coord: Srividya. K

PROJ COORD. GURUNANK COLLEGE:
M. L. Mayalekshmi pillai, HOD, Dept of Commerce(MM),
Women Forum Coordinator
Dr. K. Umadevi, Assistant Professor,
Dept of Commerce, Women Forum Coordinator

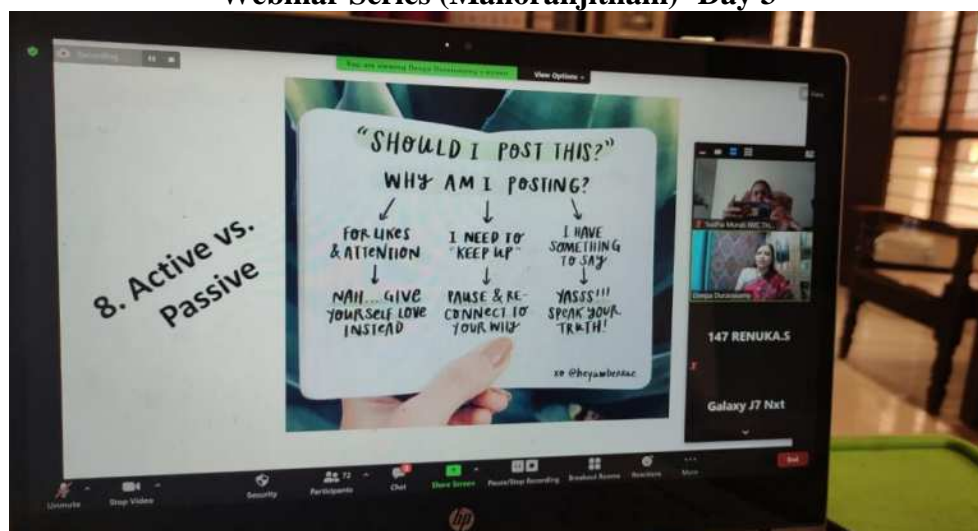
Webinar Series(Manoranjitham)- Day 1 Organised by Womens Forum in association with Inner Wheel District 323



Webinar Series (Manoranjitham)- Day 2



Webinar Series (Manoranjitham)- Day 3





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Youth Red Cross

EXTENSION ACTIVITIES REPORT
2020 - 2021



GURU NANAK COLLEGE(AUTONOMOUS)

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YOUTH RED CROSS

NAME OF THE EVENT	DISTRIBUTION OF MASK AND SANITIZER
DATE OF THE EVENT	2.9.2021
ORGANIZED IN ASSOCIATION WITH	ORGANIZED BY NSS / YRC
PLACE OF THE EVENT	GURU NANAK COLLEGE
NO. OF PARTICIPANTS	229
RESOURCE PERSON(S)	NIL

REPORT

NSS in association with the YRC unit of Guru Nanak College (Autonomous) organized and distributed mask, sanitizer and also created awareness in public about COVID-19 on 2.9.2021. The event was well organized and conducted by NSS coordinators and YRC program officers.



GURU NANAK COLLEGE(AUTONOMOUS)

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ENVIRO CLUB 2020-21



GURU NANAK COLLEGE(AUTONOMOUS)

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Guru Nanak Salai, Velachery, Chennai – 600042.

ENVIRO CLUB

EVENT TITLE	ENVIRONMENTAL QUIZ	
CATEGORY	ENVIRONMENTAL AWARENESS QUIZ	
DATE	FROM :12.07.2020	TO : 27.07.2020
NO. OF RESOURCE PERSON	NIL	
NO. OF PARTICIPANTS	434 (GNC:81)	

REPORT

Environmental Quiz is the National Level online Quiz to create Environmental Awareness for the staff and students of various colleges. It was conducted online from 12.07.2020 to 27.07.2020. 434 students and staff participated in the quiz. The quiz highlighted about the environment of our mother earth. The quiz was very informative and helped participants gain knowledge on environmental issues.

Invitation Copy

<https://forms.gle/zsej9Pj7LzY1KKcb8>

Certificate Copy



GURU NANAK COLLEGE (AUTONOMOUS)

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GURU NANAK SALAI, VELACHERY, CHENNAI - 600 042.

CERTIFICATE OF PARTICIPATION

{{FULL NAME}}

Has been awarded this certificate for succeeding in
"ENVIRONMENTAL E - QUIZ" *conducted by*
THE ENVIRO CLUB,
Guru Nanak College (Autonomous), on {{date}}


Dr. M. G. RAGUNATHAN
PRINCIPAL

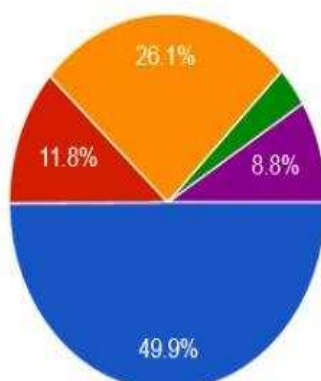

Mr. MANJIT SINGH NAYAR
GENERAL SECRETARY &
CORRESPONDENT



Statistics of Participants In National Level Online Quiz To Create Environmental Awareness

DESIGNATION

433 responses

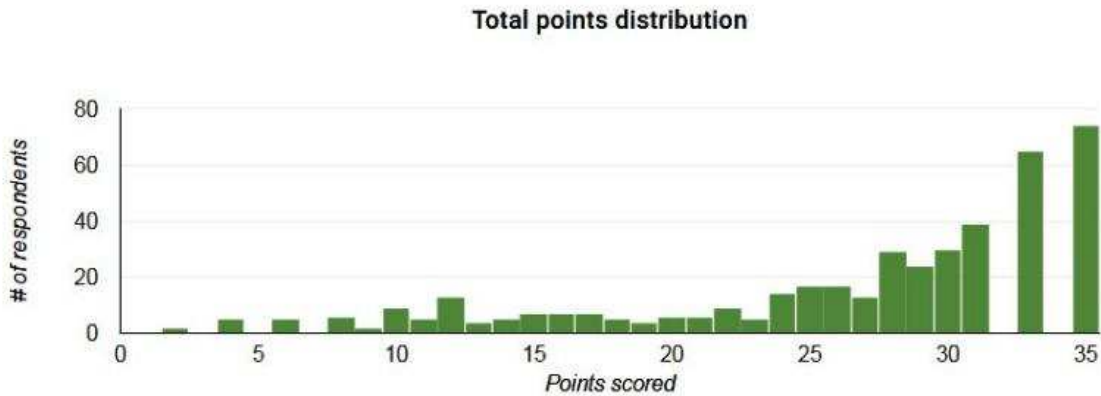


- U G STUDENT
- P G STUDENT
- FACULTY
- RESEARCH SCHOLAR
- OTHERS

Statistics of Participants in National Level Online Quiz to Create Environmental Awareness

Insights

Average 26.52 / 35 points	Median 29 / 35 points	Range 2 - 35 points
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GURU NANAK COLLEGE(AUTONOMOUS)

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EVENT TITLE	ENVIRONMENTAL QUIZ	
CATEGORY	ENVIRONMENTAL AWARENESS QUIZ	
DATE	FROM :18.07.2020	TO : 24.07.2020
NO. OF RESOURCE PERSON	NIL	
NO. OF PARTICIPANTS	626 (GNC:183)	

REPORT

Environmental Quiz is the National Level online Quiz to create Environmental Awareness among the staff and students of various colleges. From 18.07.2020 to 24.07.2020, the Enviro Club conducted a quiz on "Environment". 626 students and staff attended in the quiz. The quiz highlighted about the environment of our mother earth. The quiz was very informative as per feedback received from the students and staff.

Invitation Copy

Dear: Sir/Madam

Greetings from ENVIRO club of GURU NANAK COLLEGE, Chennai 600042



We hope you are doing well in these difficult times.

The ENVIRO club of GURU NANAK COLLEGE is conducting online quiz under topic "ENVIRONMENT".

Link: <https://forms.gle/vcFZcctKnpSjW8S38>

Click the above link to participate. Link will open from 18-07-20 to 24-07-20

Free registration

100 participants per day

Minimum 40% is required to get e-certificate.

Regards,

Dr. M.G. Ragunathan

Principal of Guru Nanak College,

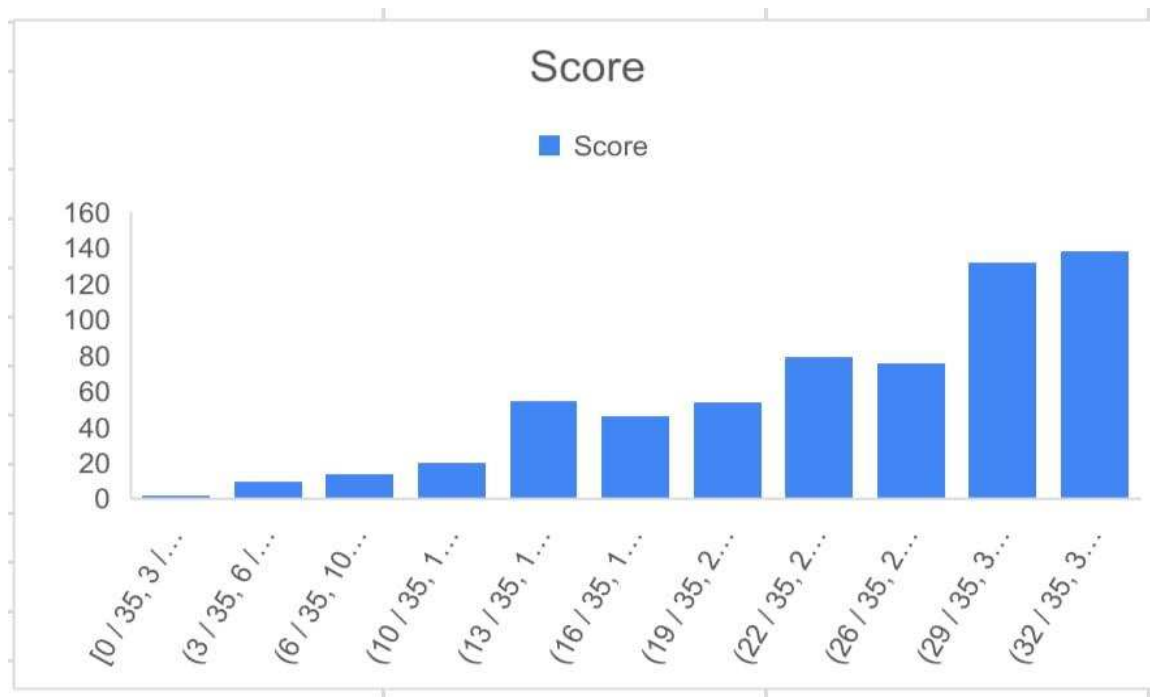
Guru Nanak College,

Chennai-600042

Certificate Copy



Score Statistics of Participants in National Level Online Quiz to Create Environmental Awareness





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ENVIRO CLUB

EVENT TITLE	ORIENTATION FOR THE FRESHER'S - 2020	
CATEGORY	UG STUDENTS AND STAFF MEMBERS	
DATE	FROM : 22.09.2020	TO : 22.09.2020
NO. OF RESOURCE PERSON	3	
NO. OF PARTICIPANTS	225	

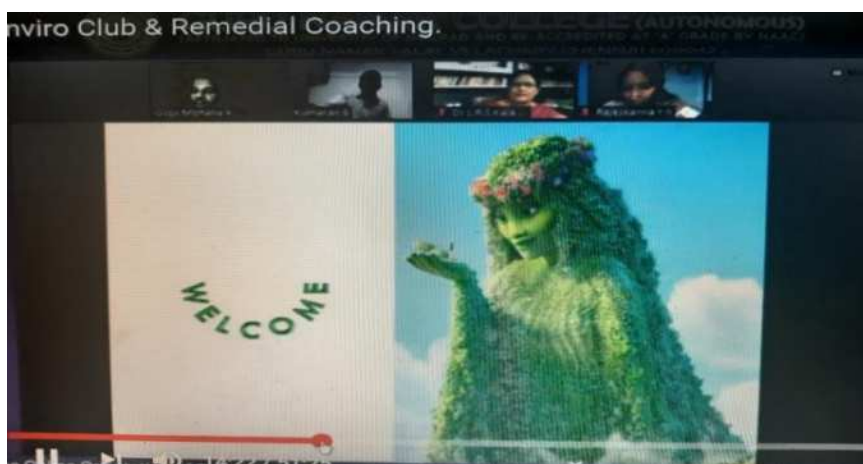
REPORT

The program was organized under the auspices of students' affairs. Dr. L.R.S. Kalanithi, Vice Principal Students' affairs, welcomed the facilitator Dr. R. Geetha, Dean School of Commerce and the gathering. Dr. M. Gopi, Assistant Professor and Head, Department of Plant Biology & Plant Biotechnology Shift – I and Staff Co-Ordinator for Enviro Club presented a detailed report and highlighted the major activities organized during the previous years along with Dr. S.S. Jayaraj, Assistant Professor, Department of Advanced Zoology and Biotechnology, Enviro Club Co-Ordinator from shift –I and Dr. P. Kavitha, Associate Professor and Head, Department of Corporate Secretaryship, Enviro Club Co-Ordinator from Shift - II. Our Enviro Club team expressed their gratitude to the respected and beloved General Secretary and Correspondent Mr. Manjit Singh Nayar, to the respected Principal Dr. M.G.Ragunathan for their constant encouragement to conduct. More than 225 students, faculty members teaching and non-teaching participated in the program.

Invitation Copy



Green Grab from Enviro Club Online Orientation For The Fresher's - 2020



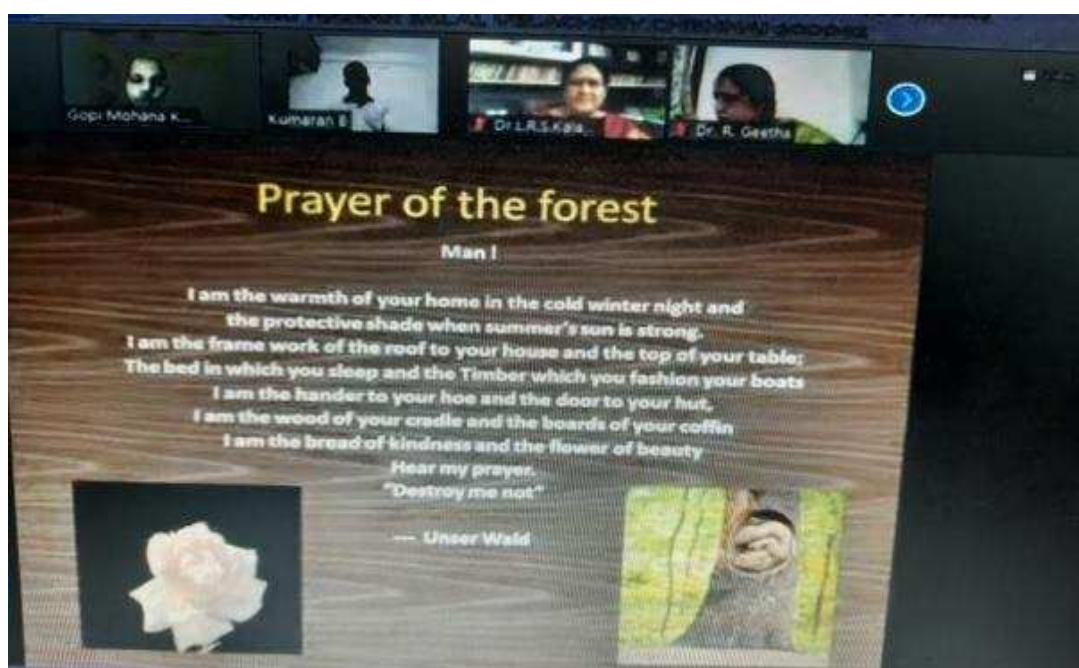
Enviro Club Orientation For The Fresher's - 2020



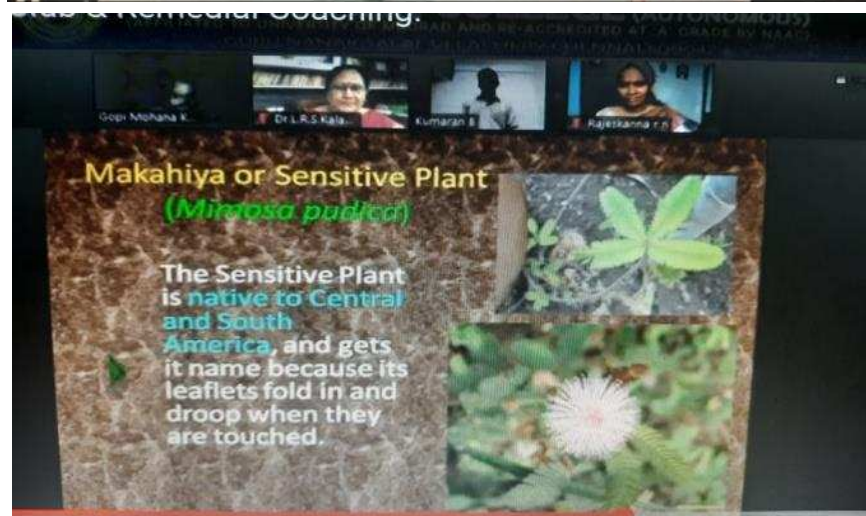
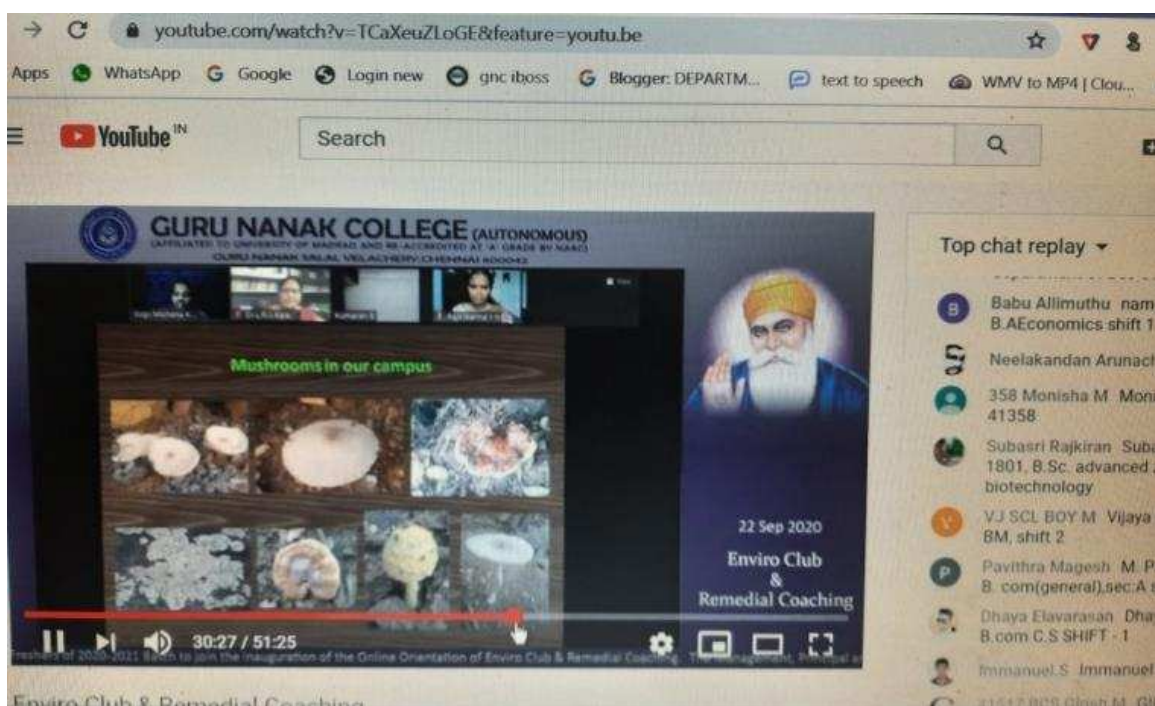
Enviro Club Staff Co-Ordinator Addressing the Participants During Online Orientation For The Fresher's – 2020



'Prayer of The Forest' Poem Being Presented During Online Orientation for the Fresher's – 2020



Freshers Getting Knowledge about Mushrooms in College Campus



Freshers Getting Knowledge about Various Plants in College Campus During Online Orientation for The Fresher's - 2020



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CITIZEN CONSUMER CLUB **2020-2021**



GURU NANAK COLLEGE (AUTONOMOUS)

Affiliated to University of Madras and Re-Accredited at "A" Grade by NAAC
Guru Nanak Salai, Velachery, Chennai – 600042.

CITIZEN CONSUMER CLUB

NAME OF THE EVENT	NATIONAL LEVEL E QUIZ" ON CONSUMER RIGHTS (LEVEL - I).
DATE OF THE EVENT	3-6-2021
PLACE OF THE EVENT	ONLINE EVENT
NO. OF PARTICIPANTS	397 (GNC:220)

REPORT

National level e-quiz was conducted on 3-6-2021. 400 participants from all over India participated in the quiz. The pass percentage for the quiz was fixed as 80%. The quiz was completely based on the basic rights of the consumer.

INVITATION

🌸 Warm Greetings to all 🌸

Guru Nanak College (Autonomous), Velachery, Chennai-600042.

It gives us an immense pleasure to announce that **Citizen Consumer Club of GNC** organizes "**National Level E quiz**" on **Consumer Rights (LEVEL - I)**.

Date : 3/6/2021

E - Quiz Link : <https://forms.gle/Vh92vct51GJMRSyE6>

We request all the **Faculties, Research Scholars & Students** to kindly participate.

E-certificate will be provided to all participants.

For further details contact CCC Program Coordinators:
Dr. S. S. Jayanthi
Dr. S. Amirthalingam

Mobile No.: 9444641125.

With Regards
Dr.M.G.Ragunathan
Principal
Guru Nanak College (Autonomous)
Chennai-42.

20:59 ✓



GURU NANAK COLLEGE (AUTONOMOUS)

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CITIZEN CONSUMER CLUB

NAME OF THE EVENT	SOCIAL WORK-DISTRIBUTION OF MASKS TO MIGRANT WORKERS
DATE OF THE EVENT	13-6-2021
PLACE OF THE EVENT	PERUNGALATHUR
NO. OF PEOPLE BENEFITED	1000
NO.OF PARTICIPANTS	50

REPORT

During this COVID pandemic, Citizen Consumer Club brought awareness about wearing mask and social distancing through awareness Programme. The social awareness Programme was conducted near Perungalathur on 13-6-2021. 1000 migrant workers took part in the event. The masks were distributed to all the participants.

Masks Being Distributed by Citizen Consumer Club Volunteers to Migrant Workers During the COVID 19 Awareness Programme



Masks Being Distributed by Citizen Consumer Club Volunteers to Migrant Workers During the COVID 19 Awareness Programme





GURU NANAK COLLEGE (AUTONOMOUS)

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CITIZEN CONSUMER CLUB

NAME OF THE EVENT	A NATIONAL LEVEL WEBINAR ON AWARENESS ON CONSUMER PROTECTION ACT 2019
DATE OF THE EVENT	07-07-2021
PLACE OF THE EVENT	ONLINE EVENT
NO. OF PARTICIPANTS	86
RESOURCE PERSON(S)	MR. M. SELVARAJ, RETIRED DEFENSE CIVILIAN OFFICER, MINISTRY OF DEFENSE.

REPORT

A national webinar was conducted on 07-07-2021 and Mr. M. Selvaraj, retired Defense civilian officer, Ministry of Defense spoke about the adulteration in various products. He explained where people should approach when they find any problems in the product with the retailer. He also explained the standards of various product categories

INVITATION:

GURU NANAK COLLEGE (AUTONOMOUS)
RE-ACCREDITED AT "A" GRADE BY NAAC, AFFILIATED TO UNIVERSITY OF MADRAS
GURU NANAK SALAI, VELACHERY, CHENNAI-42.

CITIZEN CONSUMER CLUB (CCC)
ORGANIZES
A NATIONAL WEBINAR ON

AWARENESS ON CONSUMER PROTECTION ACT 2019

RESOURCE PERSON
Mr. M. SELVARAJ
Retired Defence Civilian Officer,
Ministry of Defence,
Government of India

On 7th July 2021 11.00 a.m. @ Google meet

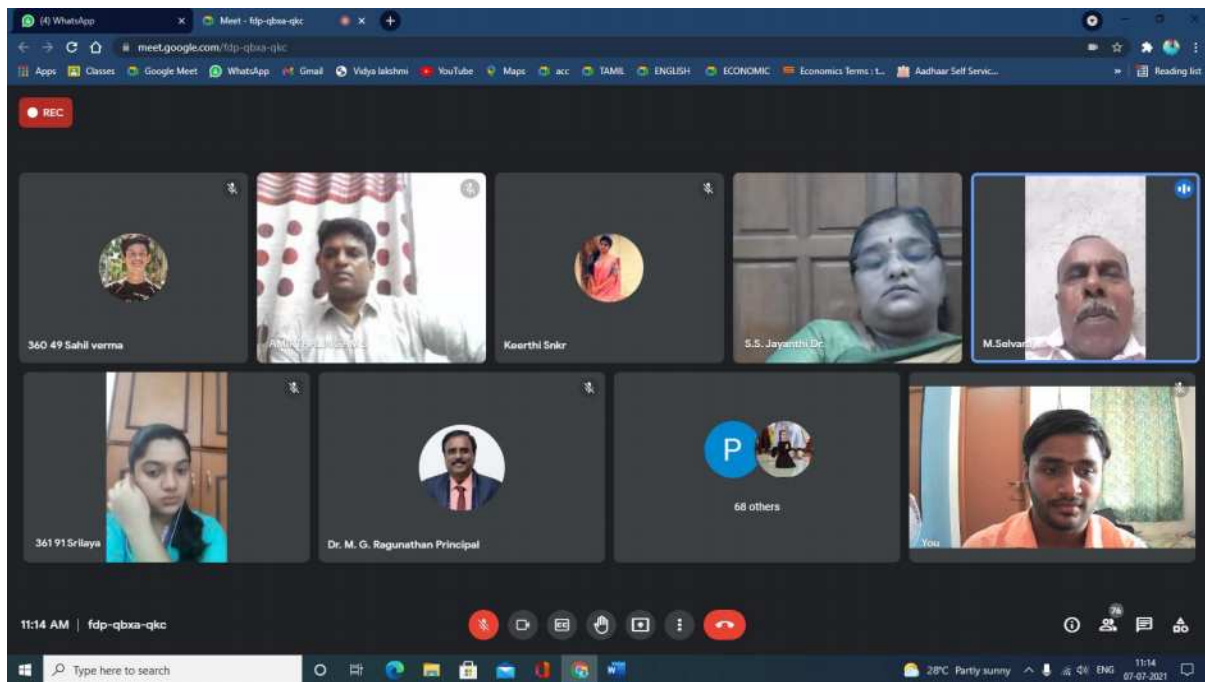
E-Certificates will be provided to all participants
Scan the QR Code to register

Dr. M. G. RAGUNATHAN
PRINCIPAL

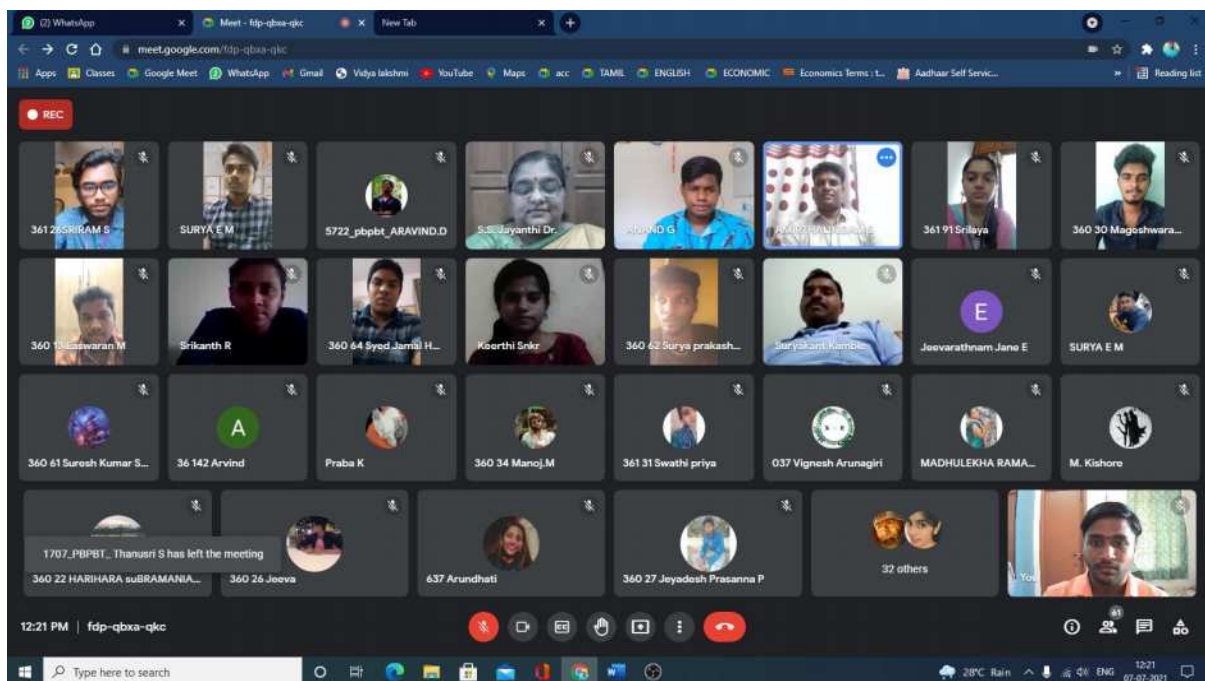
MANJIT SINGH NAYAR
GENERAL SECRETARY & CORRESPONDENT

For further queries contact: jayanthi.ss@gurunankcollege.edu.in

Mr. M. Selvaraj, Addressing Participants In National Level Webinar On Awareness On Consumer Protection Act 2019



Participants In National Level Webinar On Awareness On Consumer Protection Act 2019 Organized By Citizen Consumer Club





CITIZEN CONSUMER CLUB

NAME OF THE EVENT	LITERACY FEST
DATE OF THE EVENT	05-09-2021
PLACE OF THE EVENT	ONLINE EVENT
NO. OF PARTICIPANTS	100
RESOURCE PERSON(S)	JUDGES FROM CHEMISTRY DEPARTMENT OF GURU NANAK COLLEGE

REPORT

On occasion of Teachers day, Citizen Consumer Club organized Online Literacy fest. Four different competitions were organized online. The competitions included video making, quote writing, painting and infographic designing. Eminent professors of chemistry department judged the events and the prizes were announced.

List of prize winners of the Competition

Infographics

I prize Anik A, II prize Anand .C

Video making

I prize Eswaran .M. , II prize Anand . C

Painting

I prize Eswaran . M. II prize Janaranjani. S. &. Selva priya. R.

Slogan writing

I prize Suriya.S , II prize . Padmanabhan



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GURU NANAK SALAI, VELACHERY, CHENNAI-42.

On the occasion of "Teacher's Day and Literacy Day"

CITIZEN CONSUMER CLUB

Invites you to the intra collegiate online competition for students,

LITERACY FEST



COMPETITIONS

VIDEO MAKING
QUOTES WRITING
PAINTING
INFOGRAPHIC DESIGNING

05th
SEPTEMBER
2021

Scan the QR Code to Register



Dr. M. G. RAGUNATHAN
PRINCIPAL





MANJIT SINGH NAYAR
GENERAL SECRETARY & CORRESPONDENT

For Queries Contact: cccgc2021@gmail.com



GURU NANAK COLLEGE (AUTONOMOUS)

Affiliated to University of Madras and Re-Accredited at "A" Grade by NAAC
Guru Nanak Salai, Velachery, Chennai – 600042.

CITIZEN CONSUMER CLUB

NAME OF THE EVENT	A NATIONAL LEVEL WEBINAR ON HIGHER EDUCATION OPPORTUNITIES IN THE UNITED STATES
DATE OF THE EVENT	08-09-2021
PLACE OF THE EVENT	ONLINE EVENT
NO. OF PARTICIPANTS	70
RESOURCE PERSON(S)	MS. SHANTHI MOHAN, EDUCATION USA ADVISOR, US – INDIA EDUCATION FOUNDATION, CHENNAI

REPORT

Every year Literacy day was celebrated on 8th. September. In order to commemorate, National level webinar on Higher education opportunities in the United states was organized as a part of Literacy Day Function. The Function was started with welcome address by our Vice Principal Dr. LRS Kalanidhi madam. .Mr. Aravind and Ms. Sruthilaya explained about the 50 years Glory of our beloved institution. Ms. Shanthi Mohan brought out various opportunities in number of US Universities. She explained how to apply for those Universities and also explained about various scholarship available for the students. Students were benefited and most of the students clarified their doubts. Vote of thanks was proposed by the Vice –president of Citizen Consumer Club - Mr. Surya.

INVITATION



Education
USA

A U.S. Department of State Network



GURU NANAK COLLEGE (AUTONOMOUS)

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GURU NANAK SALAI, VELACHERY, CHENNAI-42.

On the occasion of "Literacy Day"

CITIZEN CONSUMER CLUB

Invites you to the National Webinar on

HIGHER EDUCATION OPPORTUNITIES IN THE UNITED STATES

RESOURCE PERSON

Ms. SHANTHI MOHAN

EDUCATIONUSA ADVISOR,
U.S. - INDIA EDUCATIONAL FOUNDATION,
CHENNAI.



08th
SEPTEMBER
2021



4.00 p.m.



@ Google meet

Scan the QR Code to Register



Dr. M. G. RAGUNATHAN
PRINCIPAL



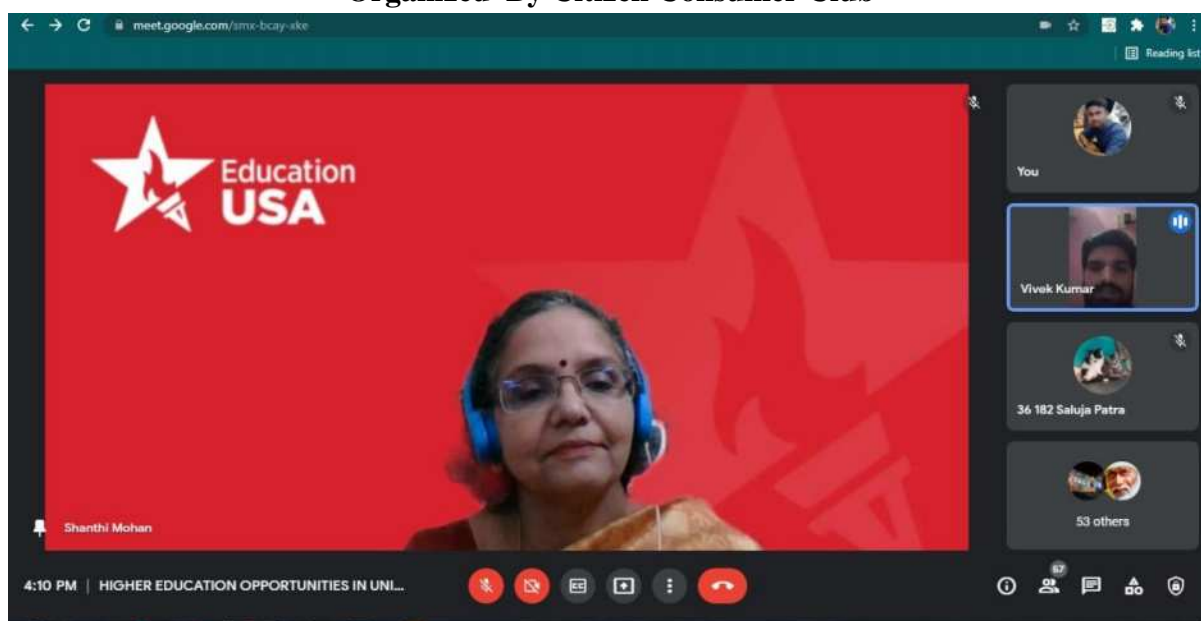
MANJIT SINGH NAYAR
GENERAL SECRETARY & CORRESPONDENT

For Queries Contact: cccgnc2021@gmail.com

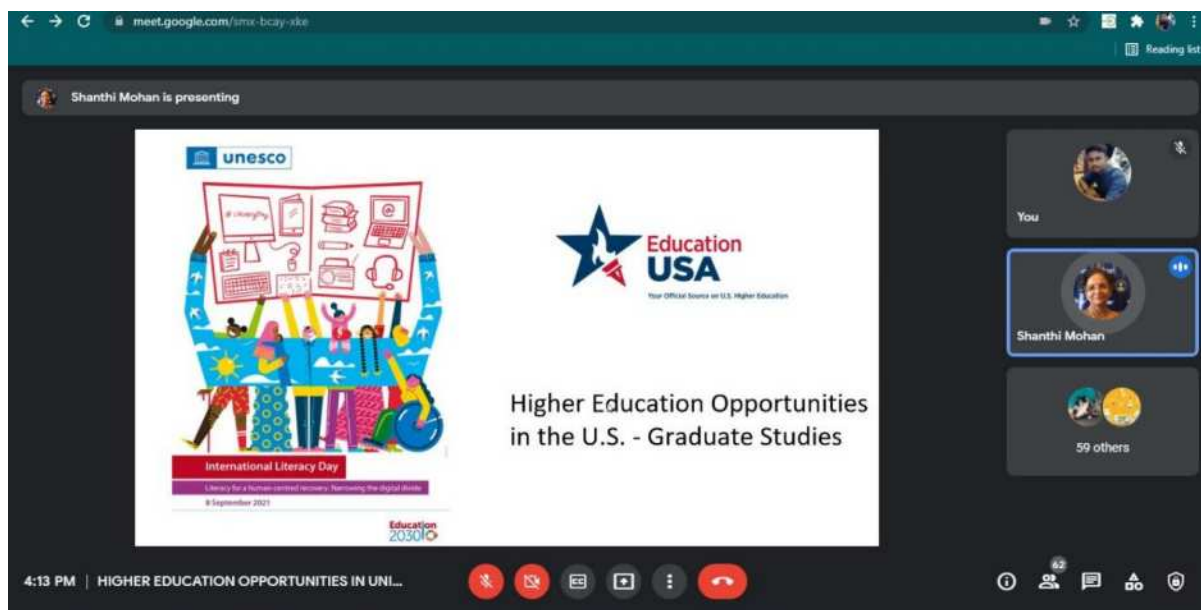
Welcome Address By Vice Principal Dr. LRS Kalanidhi During National Level Webinar On Higher Education Opportunities in The United States



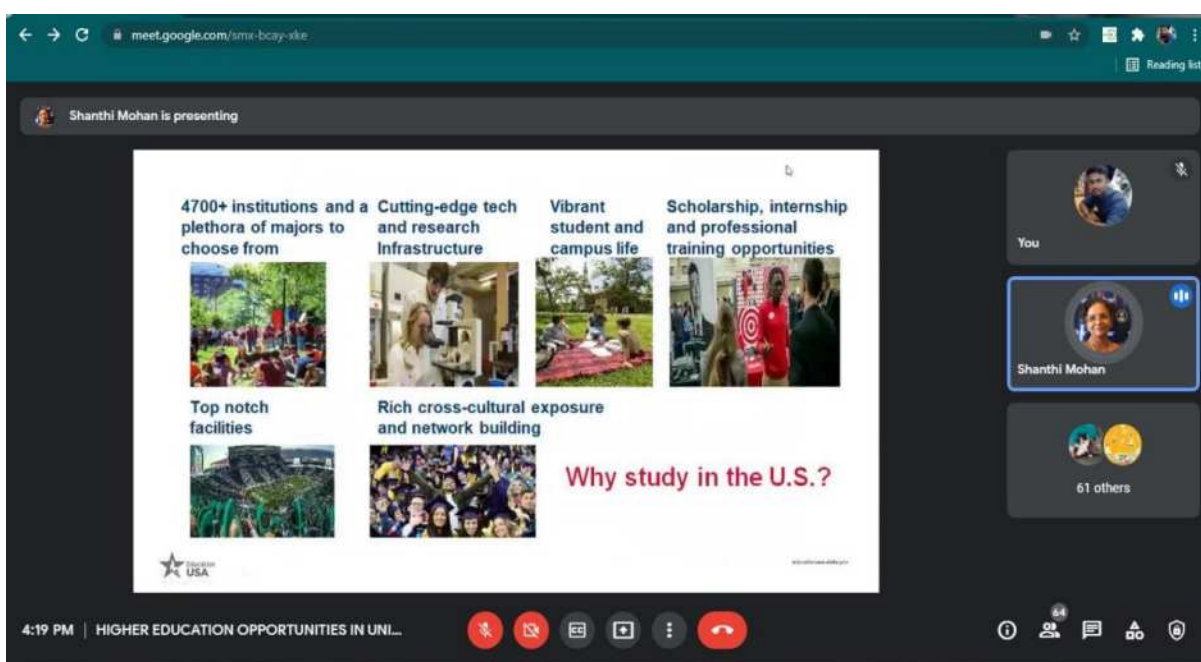
Ms. Shanthi Mohan Explaining Opportunities In US Universities During National Level Webinar Organized By Citizen Consumer Club



Ms. Shanthi Mohan Presenting During National Level Webinar Organized by Citizen Consumer Club



Ms. Shanthi Mohan Explaining the reasons to Study in US Universities During National Level Webinar



Ms. Shanthi Mohan Explaining Source of Funding to study in US universities During National Level Webinar Organized by Citizen Consumer Club

The screenshot shows a Google Meet interface. At the top, the address bar displays 'meet.google.com/smx-bcay-xke'. Below the address bar, a status bar indicates 'Shanthi Mohan is presenting'. The main content area displays a presentation slide titled 'Identify Sources of Funding'. The slide lists four sources of funding in colored boxes: 'Parents; other family members or sponsors' (blue), 'U.S. university awarded scholarships' (green), 'On-campus work (maximum 20 hours/week); OPT and CPT' (yellow-green), and 'External sources of funding: agencies, foundations' (orange). The slide also features the 'Education USA' logo. On the right side of the screen, a vertical list of participants is visible, including 'You', 'Shanthi Mohan', and '54 others'. At the bottom, a toolbar shows various meeting controls like mute, video, chat, and end call. The bottom status bar indicates the time is 4:46 PM and the topic is 'HIGHER EDUCATION OPPORTUNITIES IN UNI...'.

Certificate of Appreciation Presented To Ms. Shanthi Mohan by Citizen Consumer Club

The screenshot shows a Google Meet interface. At the top, the address bar displays 'meet.google.com/smx-bcay-xke'. Below the address bar, a status bar indicates 'You're presenting to everyone' and 'Presentation audio' is turned on. The main content area displays a presentation slide titled 'CERTIFICATE OF APPRECIATION'. The slide features logos for USIEF, Education USA, and SAC. The text on the slide reads: 'GURU NANAK COLLEGE (AUTONOMOUS)', 'CITIZEN CONSUMER CLUB', 'CERTIFICATE OF APPRECIATION', and 'This is to certify that Ms. Shanthi Mohan, EducationUSA Advisor, U.S. - India Educational Foundation, Chennai served as the Resource Person and delivered a Special Lecture on the topic: "Higher Education Opportunities in the United States" on 08.09.2021 organised by the Citizen Consumer Club of Guru Nanak College (Autonomous), Guru Nanak Sala, Velachery, Chennai - 600 042.' The slide also includes signatures of Dr. H. G. RAGHATHAN, Principal, and MANJOT SINGH NIKHAR, General Secretary & Correspondent. On the right side of the screen, a vertical list of participants is visible, including 'You', 'S.S. Jayanthi', and '53 others'. At the bottom, a toolbar shows various meeting controls like mute, video, chat, and end call. The bottom status bar indicates the time is 5:26 PM and the topic is 'HIGHER EDUCATION OPPORTUNITIES IN UNI...'.



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CITIZEN CONSUMER CLUB

NAME OF THE EVENT	INVESTITURE CEREMONY
DATE OF THE EVENT	08-09-2021
PLACE OF THE EVENT	PRINCIPAL 'S OFFICE, GURU NANAK COLLEGE
NO. OF PARTICIPANTS	20

REPORT

The office bearers were elected and the badges were distributed by our honorable principal on 8th September in Principal's office.

Principal Dr.M.G.Ragunathan Pinning Batches On Office Bearers During Investiture Ceremony



Principal Dr.M.G.Ragunathan With Office Bearers During Investiture Ceremony





GURU NANAK COLLEGE(AUTONOMOUS)

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EK BHARAT SHRESHTHA BHARAT (EBSB) 2020-2021



GURU NANAK COLLEGE(AUTONOMOUS)

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Guru Nanak Salai, Velachery, Chennai – 600042.



EK BHARAT SHRESHTHA BHARAT (EBSB)

EVENT TITLE	INTERNET SECURITY AND MOBILE PHONE SECURITY	
CATEGORY	STUDENTS AND PUBLIC	
DATE	FROM :19 TH JUNE 2021	TO : 19 TH JUNE 2021
NO. OF RESOURCE PERSON	1	
NO. OF PARTICIPANTS	258 (GNC: 100)	

REPORT



The Department of B.Com. Bank Management, Guru Nanak College, Chennai organized a one day online webinar on the topic “**INTERNET SECURITY AND MOBILE PHONE SECURITY FOR STUDENTS AND HOUSEHOLDS**” on the date 19th June 2021 by Mr.Saleem khan, National Informatics Centre (NIC), Jammu and Kashmir, Ministry of Electronics and IT, GOI. The session was very informative with everyone acquiring knowledge. The webinar was conducted for one hour. The session started off with the resource person explaining about basics of internet security, need for security and its importance. The resource person highlighted other important aspects of digital security and how to keep oneself safe in digital world. The sessions were interactive and beneficial for the students and public which was evident from the feedback of students as well as common public.

GURU NANAK COLLEGE (AUTONOMOUS)
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Affiliated to University of Madras
Guru Nanak Salai, Velachery, Chennai-600 042.



School of Management
DEPARTMENT OF B.COM.
BANK MANAGEMENT

Organises a Webinar on
Internet security and mobile phone security for students and households



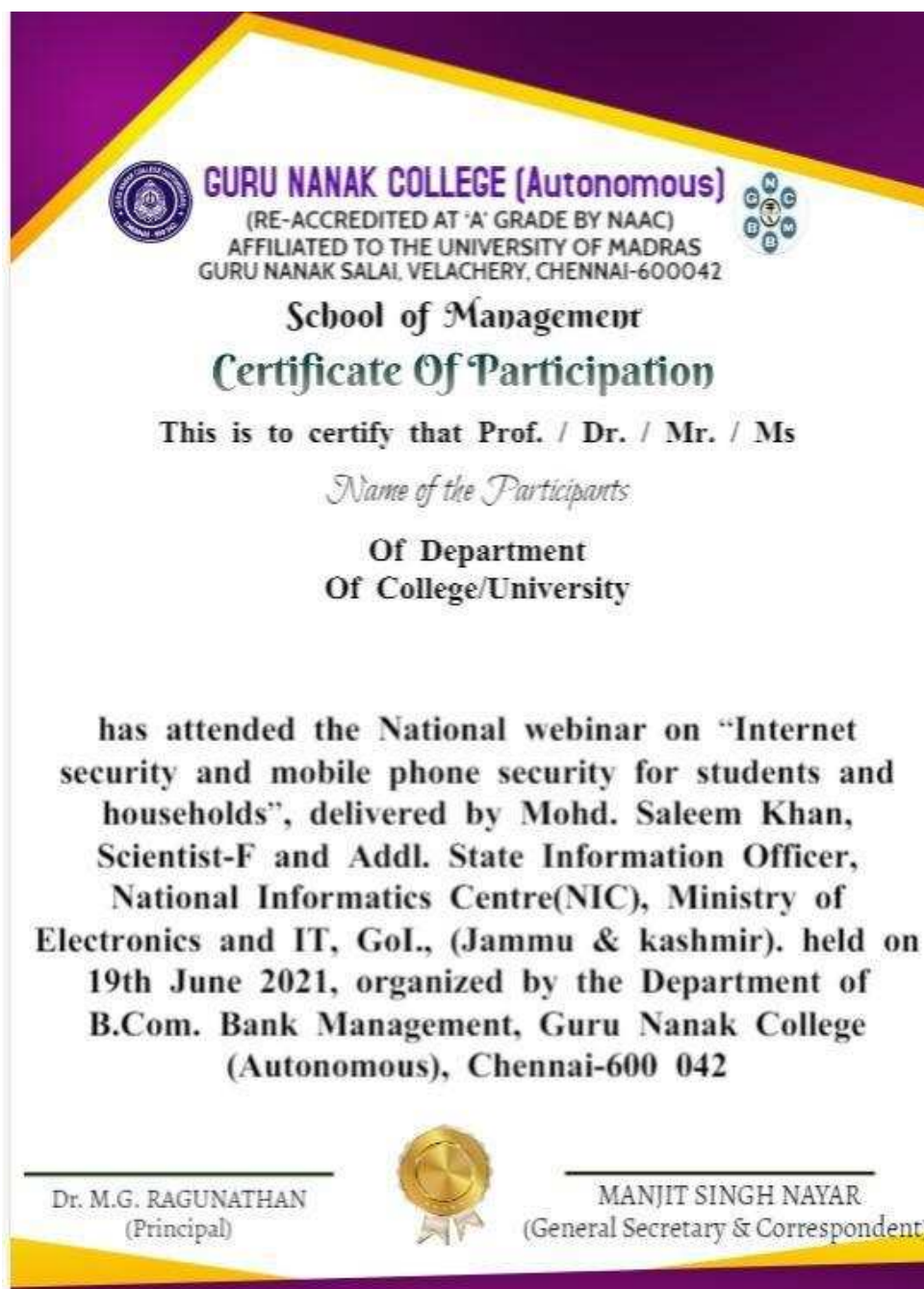
Mohd. Saleem Khan,
Scientist-F and Addl. State Informatics Officer,
National Informatics Centre (NIC), Jammu & Kashmir,
Ministry of Electronics & IT, GoI.

DATE : 19TH JUNE 2021 **TIME : 11.00 A. M. TO 12.00 NOON**

GOOGLE MEET LINK: <https://meet.google.com/eun-vnek-atd>
YOUTUBE LINK: <https://youtu.be/xY3lgFckx8>

Dr. M.G. RAGUNATHAN **MANJIT SINGH NAYAR**
PRINCIPAL **GENERAL SECRETARY & CORRESPONDENT**

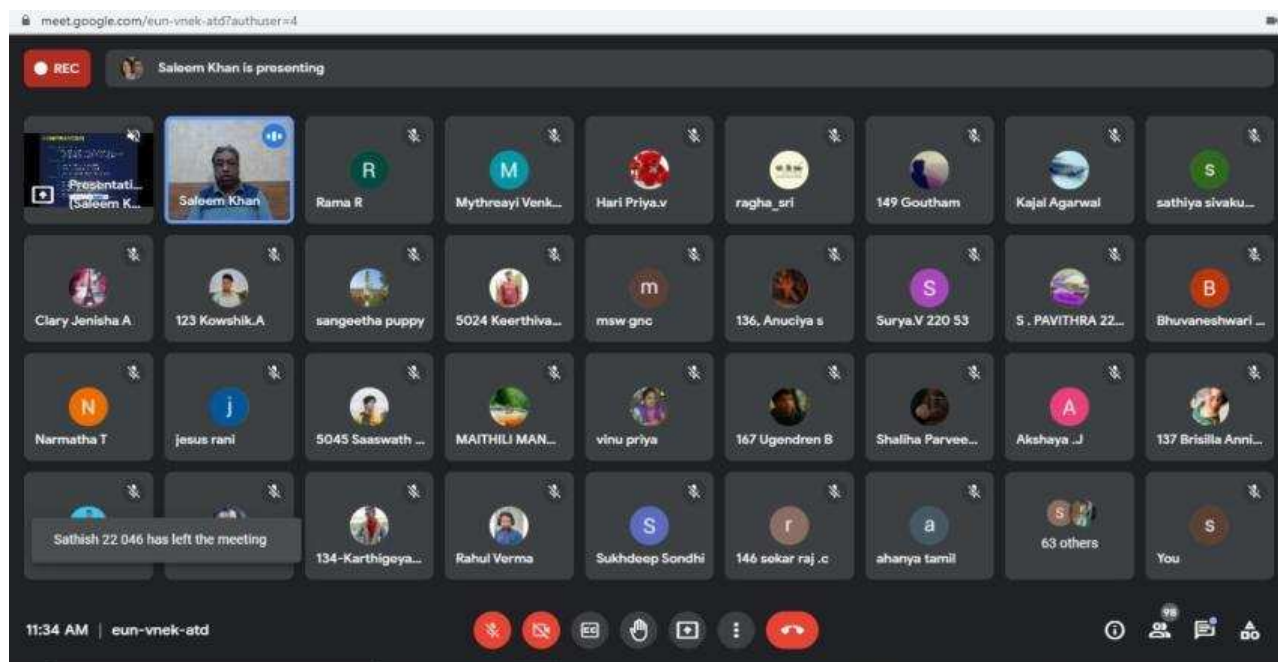
Certificate Copy:



Webinar On “Internet Security and Mobile Phone Security for Students and Households”



Participants at Webinar On “Internet Security and Mobile Phone Security for Students and Households





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EK BHARAT SHRESHTHA BHARAT (EBSB)

EVENT TITLE	OPPORTUNITIES AND CHALLENGES FOR WOMEN ENTREPRENEURS IN JAMMU AND KASHMIR	
CATEGORY	WEBINAR	
DATE	FROM :27.01.2021	TO :27.01.2021
NO. OF RESOURCE PERSON	1	
NO. OF PARTICIPANTS	56	

REPORT

The Department of MBA organized a webinar on the topic 'Opportunities and Challenges for Women Entrepreneurs in Jammu and Kashmir' under Ek Bharat Shreshtha Bharat Programme on 27th January 2021 through online mode. 56 students of MBA and faculty members of the Department participated in the Programme. The resource person was Dr.Naila Khanday, Head, Center for Women Entrepreneurship, J&K Entrepreneurship Development Institute, Srinagar, Jammu & Kashmir . She explained the importance of Entrepreneurship among women and the current scenario of women entrepreneurs in Jammu & Kashmir. The speaker also explained the evolution of Entrepreneur Development Institute in the Union Territory of J & K and the schemes, services and support offered by them to aid women entrepreneurs. Dr.Naila illustrated live examples of few successful women entrepreneurs and the crucial challenges they face to take up entrepreneurship.

Invitation Copy



GURU NANAK COLLEGE (AUTONOMOUS)
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Guru Nanak Salai, Velachery, Chennai – 600042

POST GRADUATE DEPARTMENT OF BUSINESS ADMINISTRATION (MBA)

Organises
A Webinar on

**“Opportunities and Challenges for Women Entrepreneurs
in Jammu & Kashmir”**

Under
Ek Bharat Shreshtha Bharat Programme

Resource Person

Dr. Naila Khanday, Ph.D.
Head, Center for Women Entrepreneurship
J & K Entrepreneurship Development Institute
Srinagar, Jammu & Kashmir

on

Wednesday, 27th January 2021 at 11.00 a.m.

Google Meet Link
<https://meet.google.com/rbb-vyim-muq>

YouTube Link
https://youtu.be/mxL_rWFj8kw

Registration Link: <https://forms.gle/5dM6Wz3JoHRW7wG2A>

Registration is free and E-certificate will be provided to all the participants

Dr.M.G.Ragunathan
Principal

Mr. Manjit Singh Nayar
General Secretary & Correspondent

Certificate



GURU NANAK COLLEGE (AUTONOMOUS)
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TO THE UNIVERSITY OF MADRAS
GURU NANAK SALAI, VELACHERY, CHENNAI 600042

P G DEPARTMENT OF BUSINESS ADMINISTRATION (MBA)

Certificate of Participation

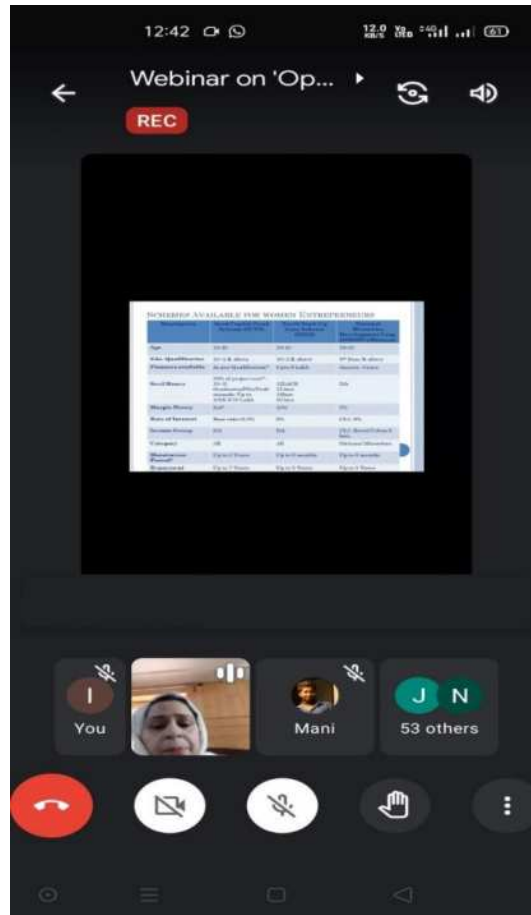
The Management Members and Principal wish to appreciate
Dr/Mr/Ms. {{Full Name}}

for participating in the webinar on Opportunities and Challenges for Women Entrepreneurs in Jammu & Kashmir organized by the Post Graduate Department of Business Administration (MBA) under 'Ek Bharath Shreshtha Bharat' Programme on 27th January 2021.


Dr. M. G. Ragunathan
Principal


Mr. Manjit Singh Nayar General
Secretary & Correspondent

Dr. Naila Khandy Addressing the Participants of Webinar on Opportunities and Challenges for Women Entrepreneurs in Jammu and Kashmir Organized by Department of MBA



Dr. Naila Khandy Explaining The Services Provided By Center For Women Entrepreneurship, J&K Entrepreneurship Development Institute





GURU NANAK COLLEGE(AUTONOMOUS)

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COVID 19 WARRIORS – GNES

(COVID Relief Initiative)

2020-21



GURU NANAK COLLEGE(AUTONOMOUS)

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Guru Nanak Salai, Velachery, Chennai – 600042.

COVID 19 WARRIORS – GNES

in association with Greater Chennai Corporation and NSS

EVENT TITLE	VACCINATION CAMP FOR THE STAFF MEMBERS AND PUBLIC
CATEGORY	PUBLIC
DATE	APRIL 9, 2021
NO. OF PEOPLE BENEFITTED	150 – GURU NANAK STAFF AND GENERAL PUBLIC

REPORT

A mega Covid-19 vaccination camp was conducted on April 9, 2021 by Guru Nanak Educational Society and Greater Chennai Corporation for the benefit of faculty members and the general public. Principal, Dr M G Ragunathan, inaugurated the camp by getting himself vaccinated. General Secretary and Correspondent, Mr Manjit Singh Nayar, also graced the occasion. The camp was open for all staff and the general public. Nearly 70 staff members got themselves vaccinated. Guru Nanak College was the first educational institution to initiate such a camp for the benefit of its staff and public.

Covid-19 vaccination camp conducted by Guru Nanak Educational Society



Principal Dr.M.G.Ragunathan being administered COVID 19 vaccination. General Secretary and Correspondent Mr. Manjit Singh Nayar also in Frame.





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COVID 19 WARRIORS – GNES

in association with Corporation Public Health Centre and NSS

EVENT TITLE	SPECIAL VACCINATION CAMP FOR HOME GUARDS
CATEGORY	HOME GUARDS
DATE	MAY 20, 2021
NO. OF PEOPLE BENEFITTED	2500 HOME GUARDS

REPORT

Second Mega Vaccination Camp was conducted on May 20, 2021 for 2,500 home guards on the College Campus jointly by the Velachery Corporation Public Health Centre Officials.

Special Vaccination Camp for Home Guards Being Supervised By General Secretary and Correspondent Mr. Manjit Singh Nayar



Home Guards Being Vaccinated





COVID 19 WARRIORS – GNES

in association with Corporation Public Health Centre and NSS

EVENT TITLE	VACCINATION CAMP FOR THE STAFF MEMBERS OF GNC
CATEGORY	FACULTY MEMBERS
DATE	JUNE 30, 2021
NO. OF PEOPLE BENEFITTED	90

REPORT

Following the mega vaccination camps in April and May, a third vaccination camp was conducted exclusively for the faculty of Guru Nanak College, on the campus premises. The cost of the vaccinations were borne by the management. In all, 90 faculty members took either their first dose or eligible second dose shot on June 30, 2021. The faculty expressed their gratitude to the management for their timely aid. They acknowledged the ease of getting their vaccine shot as opposed to the difficulty and prolonged wait faced by commoners.

Vaccination Camp for the Staff Members of GNC in Progress





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COVID 19 WARRIORS – GNES

in association with Corporation Public Health Centre and NSS

EVENT TITLE	COVID CARE CENTRE- MINI ICU
CATEGORY	PUBLIC
DATE	MAY 30, 2021
NO. OF PEOPLE BENEFITTED	120

REPORT

To provide much needed assistance in view of the growing demand for oxygen beds and medical care in Chennai, a 16- bed Covid Care Centre was set up at the Sports Pavilion Building of the Guru Nanak College Campus on May 30, 2021. All the beds have been provided with a piped line oxygen facility with 10 LPM oxygen concentrators. Individual steam inhalers have been provided. ECG facility and also all basic medicines were procured. The wards have been neatly conducted and the entire facility is air-conditioned. All this was made possible by the support of well-wishers of the GNES, who were always a source of strength during any of the Society's social initiatives. A special mention with gratitude that 10 Lpm Oxygen Concentrators have been provided by the government of Tamil Nadu. The GNES has appointed 3 Doctors (1 each on an 8-hour duty), one of whom was given residence on Campus. Additionally, 9 Nurses (3 each on an 8-hour duty) were also appointed by GNES. This facility was handed over on May 30, 2021 to Mr Gagandeep Singh Bedi, Principal Secretary/Commissioner, Greater Chennai Corporation to conduct the Covid Care Centre for the benefit of the public. The expenses incurred was borne by the GNES with the donations received.

GURU GOBIND SINGH BLOCK IN SCHOOL In addition to the above projects, the Guru Gobind Singh Block was handed over on May 12, 2021 to the Corporation authorities for management and use as a Covid-19 Quarantine Centre with 380 Beds.

College Management Supervising Mini ICU Facilities



COVID Care Centre- Mini ICU



Oxygen Concentrators in Mini ICUs





GURU NANAK COLLEGE(AUTONOMOUS)

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COVID 19 WARRIORS – GNES in association with Police and NSS

EVENT TITLE	FOOD CAMP- VALEDICTORY
CATEGORY	FRONTLINE WORKERS
DATE	JUNE 30, 2021
NO.OF BENEFICIARIES	200

REPORT

The Mega Food Camp for serving the frontline workers during the second wave of COVID-19 initiated by Dr A K Viswanathan, IPS, Additional Director General of Police and Smt Seema Agarwal, IPS, ADGP in association with GNES on Guru Nanak College premises from May 10 2021 to June 30 2021 came to an end. The valedictory of the Mega Food Camp was held in the Shaheed Baba Deep Singh auditorium on June 30, 2021 to honour the noble service of all the volunteers responsible for the success of the camp.

Dr A K Viswanathan, IPS, ADGP, Smt Seema Agarwal, IPS, ADGP, Thiru Manjit Singh Nayar, Assistant Commandant General - Home Guards, Thiru KPS Jeyachandran, Superintendent of Police, Thiru Sanjay Bhansali, Area Commander- Home Guards, Thiru V K Surendranath, Additional Deputy Superintendent of Police, Mr Gurmeet Singh Khanuja- Treasurer and Dr M G Ragunathan, Principal adorned the dias. Thiru Sanjay Bhansali, AC, welcomed the esteemed gathering. Esteemed dignitaries from the Dept. of Police Govt. Of Tamil Nadu, respected members of Guru Nanak Educational society, Respected Principal and members from Guru Nanak College, Officers and members of Tamil Nadu commando force, Officers and members from Tamil Nadu Disaster Rescue Force, Officers and members from Tamil Nadu Home guards, Members of cooking team and supporting staff and helpers and special invitees were also present.

TNDRF Mr Arumugam, ADSP Thiru V K Surendranath, SP Thiru Jayachandran, IPS and Principal, Guru Nanak College Dr M G Ragunathan shared their monumental experience of being a part of the 52-day Mega Food Camp. All the 152 members of this mega camp were felicitated with a certificate of appreciation for their valuable service. Smt Seema Agarwal, IPS, ADGP in her special address appreciated the noble service extended by the team and also thanked everyone for their cooperation in making this camp a successful one. Dr A K Viswanathan, IPS, ADGP in his special address expressed his gratitude to everyone who worked

tirelessly throughout the camp. He also said that this camp is a unique and memorable one to recall and share with our future generations.

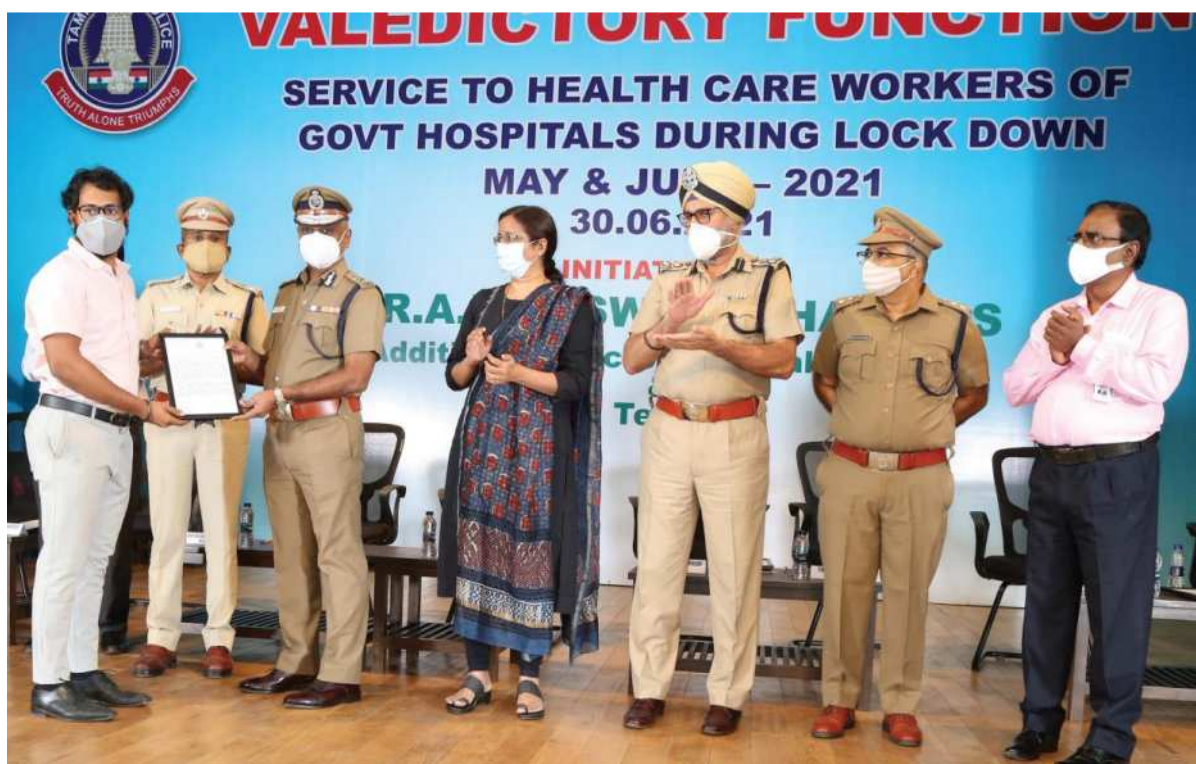
Valedictory Of Mega Food Camp For Serving The Frontline Workers



TN Police Force and Home Guard During the Valedictory



Dignitaries on Stage During Valedictory Function



Dr A K Viswanathan, IPS, Additional Director General of Police Smt. Seema Agarwal, IPS Honoring Thiru Manjit Singh Nayar, Assistant Commandant General - Home Guards





GURU NANAK COLLEGE(AUTONOMOUS)

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COVID 19 WARRIORS - GNES IN ASSOCIATION WITH NSS

EVENT TITLE	MIGRANT RELIEF CAMP - MARCH 2020	
CATEGORY	SOCIETY	
DATE	FROM: MARCH 2020	TO: APRIL 2020
NO. OF PEOPLE BENEFITTED	400 GUEST WORKERS AND 100 VOLUNTEERS	

REPORT

On March 30, 2020, barely five days after the nationwide lockdown had been announced, the Guru Nanak College relief camp was up and running and received the guest workers, thus becoming the first college in the state, if not the country, to start this much-needed facility as hundreds of millions of migrant workers had been caught totally by surprise due to the lockdown and shutting of their workplace. At the Guru Nanak College relief camp, around 400 guest workers and 100 volunteers were provided comfortable and clean facilities to stay, given nutritious food, provided health screening, with daily yoga and exercise sessions conducted. Besides this, they were also provided with bed sheets, t-shirts, toiletries and footwear. All these activities strictly adhered to social distancing and the hygiene norms laid down by the authorities. The camp was operated for a period of 45 days as the initial 21-day lockdown was repeatedly extended and the guest workers could not leave for their homes until the train services resumed.

Several classrooms were converted into residential areas for the migrant workers, maintaining the social distancing norms. Every day they were served tea in the morning followed by breakfast. Sumptuous lunch and dinner, prepared in the most hygienic manner, was served to them. To keep them healthy and fit, both mentally and physically, daily meditation, yoga and zumba sessions were conducted on the college grounds. To keep them entertained, movies were also screened in the assembly square during the night. Doctors and healthcare workers were arranged for and periodical tests were conducted for migrant workers to ensure their good health.

The migrants were so impressed and thanked the whole team for taking such good care of them during this stressful time. When the government permitted them to travel to their hometown, food was packed for everyone, buses were arranged and they bid a very emotional and grateful adieu to the GNES team. Besides

organising a dedicated and unique migrant rescue camp, the GNES team also prepared and sent food for another batch of 200 guest workers residing in nearby shelters. Every day, thrice a day for 45 days, entirely on its own internal resources. The camp was supported and visited by various Governing Council members, several service organisations and individual donors, who also provided voluntary services, donations in the form of food, groceries, essentials and monetary assistance.

Food and Clothing being Distributed to Migrant Workers



Migrant Workers Waiting In Hall With Proper Social Distancing



Exercise and Outdoor Activities Being Conducted For Migrant Workers



Migrant Relief Camp in Progress Day and Night

