



# RKSD COLLEGE, KAITHAL

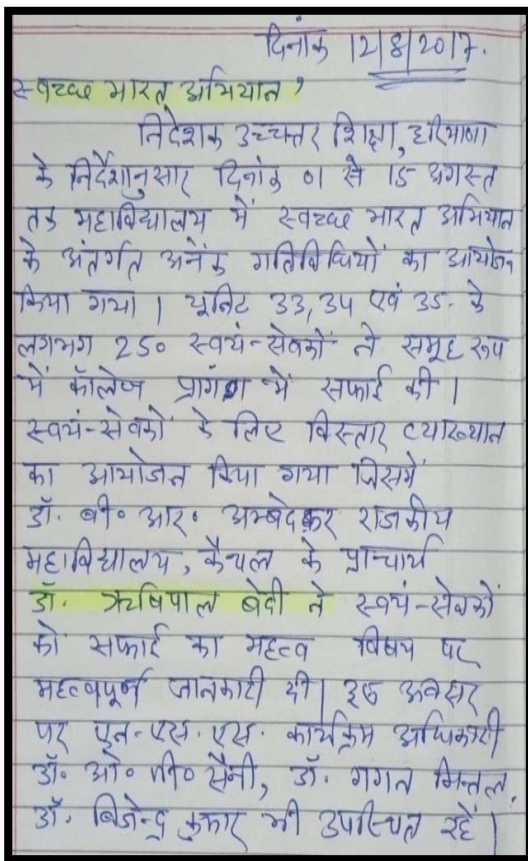
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## 5.1.2 Life Skills

### Cleanliness drive by NSS Volunteers under Swachh Bharat Abhiyan

Date: 12<sup>th</sup> August 2017

A Cleanliness Drive was launched by NSS Volunteers under “Swachh Bharat Abhiyaan” launched by Ministry of Youth Affairs and Sports on 12 August 2017. An Extension Lecture was also delivered by Dr. Rishipal Bedi on this occasion in which 250 volunteers actively participated.



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## Distribution of Plants Under Voice of Nature Programme

Date : 20<sup>th</sup> August 2017

दिनांक 20/8/2017

दिनांक 20 अगस्त 2017 को  
N.S.S. यूनिट 33, 34 एवं 35 के  
स्वयं-सेवकों द्वारा 'वॉइस ऑफ  
नैचर' एन.डी.ओ. के सहयोग  
पौधा वितरण कार्यक्रम का आयोजन  
किया गया। संगठन की कन्वीनर  
डॉ. चेतना शर्मा ने स्वयं-सेवकों  
को प्रोत्साहित वृक्ष वितरण किए।  
इस अवसर पर प्राचार्य डॉ. ओपी  
गर्ग सहित N.S.S. इकाइयों के  
आयोजक अधिकारी डॉ. ओपी गैंगू,  
डॉ. गगन मित्तल, एवं डॉ. बिजेन्द्र  
कुमार उपस्थित रहे।

**पौधे लगाकर शिक्षा के माहौल में हरियाली  
भरना भी हमारा लक्ष्य : डॉ. चेतना शर्मा**

आरकेएसडी एनएसएस इकाइयों ने एनजीओ के सहयोग से बांटे पौधे

भारत नवोदय  
21/8/2017

आरकेएसडी कॉलेज कन्यारसएस  
की तीनों इकाइयों ने वाइस ऑफ  
नैचर एनजीओ के सहयोग से पौधा  
वितरण कार्यक्रम का आयोजन किया  
गया। एनजीओ की कन्वीनर डॉ.  
चेतना शर्मा ने एनएसएस स्वयंसेवकों  
से 100 से अधिक छायादार व  
फलदार पौधे वितरित किए।  
प्राचार्य डॉ. ओपी गर्ग के मार्गदर्शन  
में आयोजित इस कार्यक्रम में  
एनएसएस 33 इकाई के प्रभारी डॉ.  
ओपी सेनी 34 इकाई के प्रभारी  
डॉ. गगन मित्तल व 35 इकाई के  
प्रभारी डॉ. बिजेन्द्र ने भी एनएसएस  
कैबल। स्वयंसेवकों को पौधे बांटते एनजीओ की कन्वीनर डॉ. चेतना शर्मा।

वाल्मीकि को पर्यावरण संरक्षण के  
तहत पौधों लगाने का आह्वान किया। शिक्षा के इस माहौल में हरियाली  
इसके अलावा डॉ. चेतना शर्मा ने  
भरना भी हमारा लक्ष्य है।

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## Celebrated Van Mahotsav Day by Planting Trees

Date : 5<sup>th</sup> October 2017

वन महोत्सव (5/10/17)

विभागांक 5/10/17 को कॉलेज प्रांगण में  
वन - महोत्सव का आयोजन किया गया जिसमें  
तीनों N.S.S. इकाइयों के लगभग 135 विद्यार्थियों  
ने भाग लिया। कॉलेज प्राचार्य डॉ. ओपी गर्ग  
ने पौधारोपण कर कार्यक्रम का शुभारंभ किया  
व उपस्थित विद्यार्थियों को वृक्षों के महत्व  
के बारे में बताया। प्राचार्य से प्रेरणा पाकर  
N.S.S. अधिकारी डॉ. गगन मित्तल डॉ. शिल्पी  
अग्रवाल व डॉ. बिजेन्द्र कुमार की निगरानी  
में स्वयंसेवकों ने 100 से अधिक वृक्ष पौधों  
महाविद्यालय में ~~पौधारोपित~~ रोपित किये। साथ ही  
उन्होंने पहले से रोपित वृक्षों में पानी दिया व  
ध्यान आदि की सफाई की।

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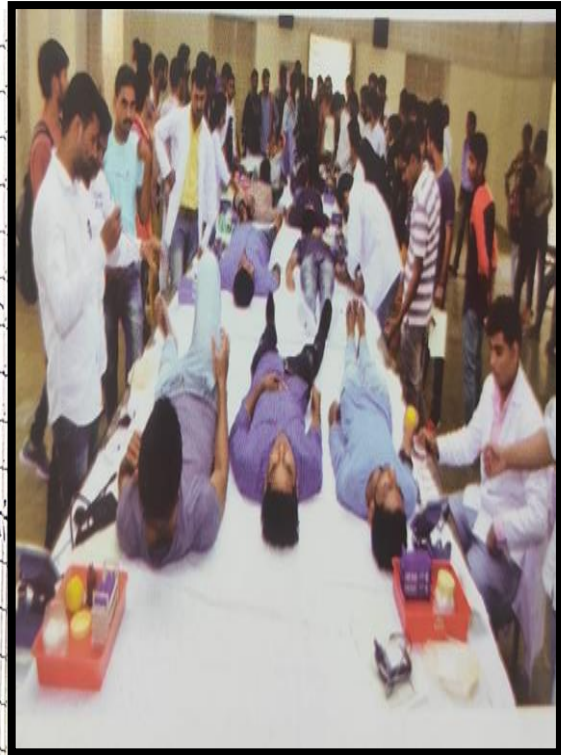
## Blood Donation Camp in Collaboration with HDFC Bank

Date : 9<sup>th</sup> December 2017

Blood Donation Camp was organized on 09 December 2017 in collaboration with HDFC Bank. More than 100 NSS Volunteers donated blood in it. Total 350 units of blood was collected

Blood Donation Camp  
(9 Dec. 2017)

दिनांक 9.12.2017 को कॉलेज प्रांगण में  
NSS Unit No. - 33, 34 व 35 ने HDFC Bank  
के सहयोग से विशाल रक्तदान शिविर का  
आयोजन किया। स्वयं-सेवकों से प्रेरणा पाकर  
कॉलेज के 100 से अधिक विद्यार्थियों ने इस  
शिविर में रक्तदान किया। NSS कार्यक्रम  
अध्यक्षारी डॉ. गगन मित्तल, डॉ. शिल्पी अग्रवाल व  
डॉ. विजेन्द्र कुमार की निगरानी में संपन्न इस  
शिविर में स्वयंसेवकों तथा विद्यार्थियों के  
सहयोग से 350 यूनिट्स रक्त दान किया  
गया।



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## Cleanliness Drive in College under "Go Green Go Clean Campaign"

Date : 27<sup>th</sup> January 2018

एक कदम स्वच्छता की ओर  
(27/1/2018)  
दिनांक 27-01-18 को महाविद्यालय की NSS Unit No. - 33, 34 व 35 के स्वयंसेवकों ने विशेष सफाई अभियान चलाकर महाविद्यालय के अंदर व बाहर सफाई कार्य किया। मुख्य मार्ग पर सफाई करने के बाद विद्यार्थियों ने कॉलेज प्रांगण को भी स्वच्छ किया। तीन यूनिट के लगभग सभी 300 स्वयंसेवकों ने इस कार्यक्रम में बढ़-चढ़कर भाग लिया। कार्यक्रम का शुभारंभ प्राचार्य डॉ. डी. पी. गर्ग ने किया। इस अवसर पर NSS कार्यक्रम अधिकारी डॉ. गगन मित्तल, डॉ. शिल्पी अग्रवाल व डॉ. विजेन्द्र कुमार उपस्थित रहे।

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## Workshop on Stress Management by Art Of Living

Date : 16<sup>th</sup> February 2018

"Art of Living"  
(16/2/18)  
दिनांक 16.2.18 को महाविद्यालय के Divyapratap Jubilee (P4) Block के सेमिनार कक्ष में एक दिवसीय वर्कशॉप का आयोजन किया गया। NSS Unit No. - 33, 34, 35 के तत्वाधान में "अर्ट ऑफ लिविंग" विषय पर इस वर्कशॉप में श्री दीपक सेठ (अव.ग.) और उनकी टीम ने स्वयंसेवकों के साथ इंटरैक्ट किया। "अर्ट ऑफ लिविंग" टीम ने जीवन को पसन्नतापूर्वक व उल्लासमय होगा से जीने की कला सिखाई। NSS अधिकारी डॉ. गगन मित्तल, डॉ. शिल्पी अग्रवाल व डॉ. विजेन्द्र कुमार की देखरेख में ये वर्कशॉप संपन्न हुई।





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आरकेएसडी कॉलेज के विद्यार्थियों के लिए आर्ट ऑफ लिविंग कार्यक्रम : कार्यक्रम में दीपक सेठ व उनकी टीम ने विद्यार्थियों को जीवन जीने की कला के गुर सिखाते हुए सफलता को हासिल करने के मूल मंत्र से रुबरु करवाया। प्रिंसिपल डा. ओपी गर्ग द्वारा शुरू किए गए इस कार्यक्रम में दीपक सेठ ने बताया कि विश्व की सबसे बड़ी एनजीओ आर्ट ऑफ लिविंग के माध्यम से 160 देशों में आमजन को जिंदगी जीने की कला सिखाते हुए जनसाधारण को आत्मविश्वासी बनाकर उनका मार्ग प्रशस्त किया जा रहा है।  
AU-17-2-18

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## Cleanliness Drive of the College Play-Ground

Date : 16<sup>th</sup> February 2018

Student-volunteers of all the three units of NSS cadets, both the units of NCC and sports persons of RKSD College, Kaithal initiated a cleanliness drive of the college play-ground under the present scheme of fulfilling social responsibilities (Shramdaan) by DGHE, Panchkula. All the above mentioned participants were well informed by our worthy Principal Dr Sanjay Goyal regarding their social duties and responsibilities towards their college, their society and their nation. All the three NSS officers of the college, Dr S.P.Verma, Dr. Jaibir Dhariwal and Ms. Pooja Gupta, NCC officers Dr Ramphal Maun and Dr Ragubir Lamba, Dept. of Physical Education, Dr Gurdeep Bhola, Mr. Anup and Ms. Deepika ensured that students would be actively participating and be honest towards their social commitments to the college and to the society in all such future events also.



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## Self Defence Awareness Camp Organised by Women Cell

**Date : 21<sup>st</sup> September to 30<sup>th</sup> September 2018**

A Ten-Day Self-Defence Awareness Camp  
21st to 30th Sep, 2018

Ensuring girls' safety and gender sensitization 'A Ten-Day Defense Awareness Camp' was conducted by the cell from 21st to 30th Sep, 2018. The programme began with lighting lamp before Goddess Saraswati by the chief guest, Prof. Chelna Sharma, Dr. O.P. Gang, Principal of the college and Dr. Mangula Goyal, Convener, Women cell along with Women Cell team. Ms. Deepika, Asstt. Prof. of Physical Sci. and Mrs. Lekha, a student of M.A. Pol. Sci. imparted the training of Judo-Karate to girl-students. The principal, Dr. O.P. Gang welcomed this step of Women Cell and congratulated the girl students for showing enthusiasm to learn the skill of Judo-Karate. More than 500 girls participated in the camp. The Vice-Principal, Pro. Chelna Sharma expressed her heart-felt congrats to the girl participants for empowering themselves by seeking this skill. Dr. Mangula Goyal, Convener, Women Cell welcomed the chief guest and the trainer Ms. Deepika by presented a bouquet to them. Dr. Mangula Goyal addressed the gathering by saying that the primary motive of the camp is to strengthen the girls physically in addition to their mental training so that they can be able to cope with the adverse circumstances imposed on them due to modern

**RKSD (PG) COLLEGE, KAITHAL**

**Self Defence Awareness Camp**

( A Training of Judo Karate )

Organized by WOMEN CELL

**Date : 21st Sept. to 30th Sept. 2018**

**Time : 12:45pm to 1:30pm** **Venue : Rama Krishna Hall**

Dr. O.P. Gang  
Principal

Dr. Manjula Goyal  
Convener, Women Cell

## छात्राओं को सिखाए आत्मरक्षा के गुर

कैथल, 21 सितम्बर (महिला) : आर.के.एस.डी. कॉलेज में महिला प्रकोष्ठ द्वारा 10 दिवसीय आत्म रक्षा केम्प का शुभारम्भ किया गया। प्राचार्य डा. ओ.पी.गर्ग, मुख्यातिथि उप प्राचार्या चेतना शर्मा ने दीप प्रज्वलित किया। महिला प्रकोष्ठ की संयोजिका एवं अध्यक्ष डा. मंजुला गौयल ने कार्यक्रम प्रशिक्षिका प्रो. दीपिका का बुके देकर स्वागत किया। मंच संचालन डा. विनय सिंघल ने किया। डा. मंजुला ने बताया कि आज बेटीयों पर अत्याचार बढ़ने लगे हैं, इसलिए उन्हें अपने अंदर आत्मविश्वास पैदा करने के लिए आत्मरक्षा के गुर सीखने चाहिए। इस दौरान करीब 400 छात्राओं ने प्रशिक्षण लिया। इस मौके पर



केम्प में आत्मरक्षा के गुर सिखाती छात्राएं।

(रमेश)

प्रकोष्ठ के प्राध्यापक सदस्य डा. राजवीर पराशर, डा. लक्ष्मी मोर, डा. सुरुचि शर्मा, प्रो. प्रीति, प्रो. रचना, प्रो. पूजा, डा. अलिशा, प्रो. अंजलि,

प्रो. रीचा, प्रो. बबीता, प्रो. मीनू, प्रो. अर्चना, प्रो. निधि, प्रो. जयवीर धारीवाल व प्रो. अशोक अत्री मौजूद रहे।

## कैम्प में जूडो व कराटे का प्रशिक्षण देंगे



आरकेएसडी कॉलेज में आत्म रक्षा केम्प का शुभारम्भ करवाते प्रिंसिपल डॉ. ओपी गर्ग। जागरण सचिवदाता, कैथल : आरकेएसडी कॉलेज में महिला प्रकोष्ठ की तरफ से 10 दिवसीय आत्म रक्षा केम्प का शुभारम्भ किया गया। कार्यक्रम की शुरुआत कॉलेज प्राचार्य डॉ. ओपी गर्ग व मुख्य अतिथि उप प्राचार्या प्रो. चेतना शर्मा ने दीप प्रज्वलित कर की।

गर्ग ने कहा कि केम्प में छात्राओं को जूडो व कराटे का प्रशिक्षण दिया जाएगा। महिला प्रकोष्ठ की संयोजिका डॉ. मंजुला गौयल ने प्रशिक्षिका प्रो. दीपिका का बुके देकर स्वागत किया। डॉ. मंजुला ने बताया कि कॉलेज की 400 से ज्यादा छात्राओं ने केम्प में हिस्सा लिया।

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**Motivational Extension Lecture on Awareness of Personal Hygiene &  
Sensitization for Girls students**

**Date : 27<sup>th</sup> February 2019**

## Notice

### Women Cell

Women Cell of R.K.S.D. (PG) College is going to organize a Motivational Lecture on 'Awareness of Hygiene and Sanitation for girl students in Collaboration with JCI Club, Kaithal on 27-02-2019 in the seminar hall of P.G. Block at 11:30 a.m. The girl students are requested to attend this valuable lecture in a good number.

Date : 26.02.2019

(Dr. Manjula Gohl)  
Convener, Women Cell

(Dr.S.K. Goyal)  
Principal





27th Feb, 2019

Sh. Saket Mangal, the president of governing body, Dr. Sanjay Goyal, the principal and Dr. Mangula Gool, the convenor of the Women Cell welcomed the Key note speaker Ms. Meenakshi Gupta, HGF, JCI Club, Kailash. She interacted with the girl students and emphasised the need to maintain Hygiene by using sanitary Nappkins during difficult days. The principal Dr. Sanjay Goyal addressed the girl students and said: In this modern Era, you should be aware for your Health issues. Dr. Mangula Gool, the convenor, Women Cell informed the masses regarding "Road Marathon" for propagating the message of 'Awareness of Personal Hygiene and Sanitation' which was held on 8th March, 2019. On this occasion, Dr. Rajbir Parashar, Dr. Laxmi Meher, Dr. Seema Gupta, Dr. Shuchi Sharma, Dr. Vinay Singhal, Prof. Beeti, Prof. Babita, Prof. Shuchi Mala, Prof. Archana, Prof. Nidhi, Prof. Meenu were present. All these respected members appreciated this 'Talk'.

के पास, 28 हजारों (महात्मा गाँधी) आर.के.एस.डॉ. कालेवर में मौजूद प्रकोष्ठ द्वारा वे मो.आ. अन्य केवल के सहयोग में अखंडतम और हाजीर हुए मौजूदता पर फल मूकृत व्यक्तित्व का आयोजन किया गया।

कालेवर प्रत्येक मौजूदता के प्रभाव एवम्बेकें संकेत माना, प्रत्येक संकेत गोपाल व वीरन सेन को अप्रत्याशित था। मधुना गोपाल द्वारा समर्पित प्रत्येक मौजूदता का आयोजन किया। कालेवर के मौजूदता प्रकोष्ठ द्वारा केवल तब को मॉकट एवम्बेकें प्रत्येक मौजूदता को समर्पित किया गया। प्रत्येक डॉ. एस.के. गोपाल ने कहा कि आज के आधुनिक युग में राज्यों को अपनी स्वतंत्रता और स्वयंसेवक के प्रति जागरूक रहना चाहिए।

कार्यक्रम को संबोधित का मधुना गोपाल ने बताया कि वे मो.आ. अन्य आगामी 8 मार्च को अखंडतम मौजूदता दिवस के रूप में 8 मार्च

आर.के.एस.डॉ. महात्मा गाँधी को छात्रों के साथ एक मीठात का आयोजन करने का रहा है। वे इस व्यवस्था को छात्रों के व्यवस्था हेतु उपयुक्त बताया। इस अवसर पर डॉ. राजगोपालाकर, डॉ. सांगा गांधी, डॉ. मुनीर शर्मा, प्रो. रिच तात्यान, प्रो. प्रीति बंसल, प्रो. बंधोला, डॉ. विनय मिश्र, प्रो. शशि जय, प्रो. मीनू शर्मा, प्रो. निधि प्रो. अर्चना तिवारी व अन्य महत्त्वपूर्ण व्यक्ति रहे।

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## Installation of Vending Machine

**Date : 20<sup>th</sup> August 2019**

Women Cell of the college with the courtesy of the Lions Club installed a vending machine on 20<sup>th</sup> August 2019 in the common room of the girl students. Principal Dr. Sanjay Goyal and District Governor of Lions Club Dr. Gurcharan Singh Bhola established it. Dr. Sanjay Goyal and Women's Cell Coordinator Dr. Manjula Goyal welcomed all the members of the Lions Club and called upon the girl students to take full care of the vending machine. Dr. Bhola expressed his desire to cooperate in similar social works in future. Dr. Kiran made the present girl students aware about hygiene and cleanliness. Convener Dr. Manjula Goyal also read the vote of thanks. Professor Pooja Gupta conducted the stage. On this occasion, Lions Club President Dr. Vijay Arya, Cell members Dr. Lakshmi Maur, Dr. Geeta Goyal, Dr. Suruchi Sharma, Prof. Richa Longyan, Prof. Alisha, Prof. Archana etc. were present.





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## Stopping Single Use of Plastic and Water Cleanliness

Date : 8<sup>th</sup> March 2020

A programme cum awareness drive on 'Stopping the Single Use of Plastic and Water Cleanliness' was organised by the Dept of Geography, Evening Session, R.K.S.D. College, Kaithal on 8<sup>th</sup> March 2020. Students displayed various banners and posters highlighting the importance of said topics. Sh.Navneet Goyal Advocate, Convener, Evening Session was the chief-guest on the occasion. Debates and seminars on the subjects brought some important issues forward. A tree-plantation of various saplings in this direction was also done. Sh Saket Mangal Advocate, President, R.K.S.D. Group of Institutions blessed and applauded the commendable efforts of students. Dr Harinder Gupta, Principal Incharge, Evening Session motivated the students to take part in such activities in near future also. Prof Sanyogita Sharma, Convener of the programme gracefully handled the stage. Around 250 students participated in rally.



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## **WORKSHOP ON "PERSONAL HEALTH AND HYGIENE"**

**Date : 19<sup>th</sup> to 21<sup>st</sup> October 2020**

Women Cell of R.K.S.D.(P.G.) College organized a free 3-Day Virtual Workshop for Girls for "Personal Health and Hygiene" in collaboration with Art of Living from 19 to 21 Oct. 2020. Ms Sonal Anand who is a Certified Yoga instructor from 'Ministry of Ayush' and art of living Teacher, was the coach instructor of the workshop. The Convener of the cell, Ms. Rachna Sardana welcomed Principal Dr. Sanjay Goyal, Keynote Speaker Sonal Anand, Art of Living and all the participants. The three-day online workshop was inaugurated by the Principal Dr. Sanjay Goel. In his speech, he described women's health and hygiene as the need of the hour during the period of Covid-19 and emphasized on taking more health-related vigilance, especially considering the responsibilities of women. The topic of cleanliness has also been a main issue related to this problem, so it is even more important to pay attention to it in the context of women. 160 girls from Morning and Evening session of the college participated in the workshop. On the first day the resource person guided the participants about the importance of Hygiene in women's daily routine and made aware about women's health and various topics related to it. On the second day of the workshop she trained students various yoga asanas and yoga mudras. On the third day she discussed and took interactive session on the proper diet and maintenance of hygiene during crucial menstruation period and also discussed the importance of meditation on mental health. During the workshop Dr. Geeta Goyal spoke about the history and importance of women cell in the college, Dr Manjula Goyal demonstrated the sanitary napkin winding machine which is being installed in the girl's common room of the college. Dr Suruchi Sharma delivered vote of thanks in the valedictory session of the workshop. Ms. Manika Gupta started the session of second day. Convener, Ms. Rachana Sardana co-ordinated the whole event. Ms Richa Langyan took over the charge of all





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social media handling of the workshop. At the end of the program Dr. Geeta Goyal thanked everyone.

**दैनिक सवेरा**

## तीन दिवसीय ऑनलाइन योगा कार्यशाला सम्पन्न

केथल, (प्रदीप हरित) : आर.के.एस.डी. कॉलेज की वूमन सेल के द्वारा आर्ट ऑफ लिविंग के सौजन्य से करवाई गई तीन दिवसीय ऑनलाइन कार्यशाला पवित्र महिला स्वास्थ्य एवं स्वच्छता का समापन सफलतापूर्वक हुआ। इसमें मुख्य वक्ता के रूप में सोनल आनंद, आर्ट ऑफ लिविंग एवं आयुष मंत्रालय से नामति योगा टीचर रही। उन्होंने तीन दिन तक महिलाओं सम्बन्धी समस्याओं एवं उनके शारीरिक एवं मानसिक विकास के बारे में जानकारी दी। प्रथम दिन उन्होंने योगा अभ्यास तथा उनके सही ढंग से करने के तरीके बताए। दूसरे दिन महिलाओं की समस्याओं मासिक धर्म, खून की कमी, स्वच्छता, मानसिक दुर्बलता एवं सावधानियां से अवगत करवाया। अंतिम दिन कार्यशाला का मुख्य विषय कोरोना काल में महिलाओं की भूमिका का रहा। प्राचार्य संजय गोयल ने वूमन सेल को कार्यशाला के सफल आयोजन के लिए बधाई दी। इस कार्यशाला का संचालन सेल की संयोजिका प्रो. रचना सरदाना के द्वारा किया गया। उनके अलावा डा. गीता गोयल, डा. मंजुला गोयल, डा. सुरुची शर्मा, प्रो. ऋचा लाग्यान, प्रो. मनिका गुप्ता ने कार्यपत्र सम्बन्धी सभी गतिविधियों में उनका साथ दिया। इस कार्यशाला में 160 छात्राओं ने भाग लिया तथा कार्यक्रम के अंत में उन्होंने अपने अच्छे अनुभवों को साझा किया। छात्राओं ने इस तरह की कार्यशालाओं के व्यवहारिक महत्व को देखते हुए भविष्य में भी करवाने का आग्रह किया।

ऑनलाइन योगा कार्यशाला में भाग लेते हुए छात्राएं।

## ONLINE WORKSHOP ORGANISED

Kamat: The women cell of RKSD College, Kaithal, organised a three-day online 'Pavitra Workshop' in collaboration with Art of Living Foundation on personal health and hygiene of girl students. In his inaugural address, principal Sanjay Goyal emphasised that the theme of the workshop was the need of the hour in the pandemic time ensuring health and hygiene of girl students. Sonal Anand was the coach/instructor who emphasised on proper diet during crucial menstrual period, various yoga asanas, yoga mudras and also spoke about the impact of meditation on mental health. Convener women cell Prof Rachna Sardana introduced the theme and the schedule for all the three days.

**The Tribune**

Wed, 28 October 2020  
<https://epaper.tribune>



WORKSHOP RKSD WOMEN CELL

People (46)

Add people Host controls

W Women Cell (You)

Alisha Goyal

Anju Sharma

Chahat Ahuja

Dr. Manjula goel

GEETIKA AGGARWAL

Indian girl kajal

Ishika Chugh

WORKSHOP RKSD ...

Turn on captions Present now

17:07 19-10-2020

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## NSS 7 days camp at Village Shergarh

Date : 27<sup>th</sup> January to 2<sup>nd</sup> February 2021

NSS Units of R.K.S.D. (P.G) College, Kaithal organized a 7 day camp from 27 January, 2021 to 2 February, 2021 at village Shergarh. On the first day of the camp, the NSS programme officers Dr. Jaibir Dhariwal, Ms. Pooja Gupta and Dr S P Verma took the NSS volunteers to the village. There, the volunteers cleaned the school and created their set up. The teachers and students interacted with each other and different committees were made by the teachers. Each team had a responsibility. Then, the students welcomed President Adv. Saket Mangal and Principal Dr. S K Goyal with a bouquet. Prof. Pooja Gupta started the inauguration function by welcoming the chief guests and Dr. S P Verma presented before them all the activities of the previous session. NSS units of the College organised a 7 day special Camp at Village, Ashok Leyland Ltd. delivered a lecture on road safety rules and explained the meaning of all road safety sign boards. Dr Geeta Goyal, associate professor of English conducted many activities to enhance the Communication Skills among volunteers. Prof. Rachna Sardana delivered a talk on Financial Literacy. Dr. A.L. Madan (Retired Professor and former NSS programme officer) also shared his experiences with volunteers. NSS Volunteers cleaned the village school campus and village roads to create awareness on cleanliness and hygiene. They rallied in the streets of village to create awareness among villagers about health hygiene clean environment and Corona accepted behaviour norms. Students visited old age home at Kaithal district along with programme officers and spent some time with elder people and distributed fruits and sweets to them. A NSS quiz was conducted by Ms. Pooja Gupta to sensitize students about motto and purpose of NSS. A poster making and slogan competition was also organized during the camp where all volunteers prepared posters and slogans on various social issues. On the concluding day, prizes were distributed to winners of various events by the worthy Principal. Around 70 students participated.







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## **SBSI Report**

**Date : 18<sup>th</sup> March 2021**

NSS Units of RKSD (P.G.) College, Kaithal brought laurels to college. NSS Volunteers under the guidance of programme officers Dr. Jaibir Dhariwal, Prof. Pooja Mittal, Dr. S.P. Verma participated in Swachh Bharat Summer Internship (SBSI 2.0), a Swachhta Programme sponsored by Ministry of Sports and Youth Affairs, Government of India. Three teams of 21 Volunteers won First and Second District positions along with a prize money of Rs 50,000. Volunteers devoted 50 hours of services in adopted village 'Kultaran' and spread awareness for no use of plastic, water conservation, waste management and cleanliness through activities like cleaning drive in village, awareness rally, nukkad natak, wall paintings. Volunteers also awared school students about hygiene and healthy food habits. Village panchayat appreciated the dedicated services of the volunteers.

The prize Money Distribution Ceremony was organized on 18th March 2021 in the Seminar room of the college. Sh. Saket Mangal Advocate, President RVS, Sh. Anil Shorewala, Ex-President, Governing body, Sh. Pankaj Bansal, General Secretary, RVS and Principal Dr S.K. Goyal distributed the prize money along with a file folder to NSS Volunteers. They



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congratulated the volunteers on this historic achievement and appreciated the efforts of NSS units for promoting the values of selfless services to society among volunteers.



## SWACHHTA PAKHWADA IN VILLAGE

Karnal: NSS students of RKSD College, Kaithal, participated in the Swachhta Pakhwada campaign run by the Centre and launched a cleanliness drive in Kultaran village. They cleaned dirty drains and garbage, thereby, motivating the villagers to contribute to the cleanliness drive. Street plays were organised at various places and posters were installed on the village walls to make the villagers aware of cleanliness. The campaign went on for about 15 days in which 21 students participated. Principal Sanjay Goyal awarded the volunteers with cash prizes and other stationery items and motivated them to continue such efforts in the near future also.



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## Extension lecture-cum-consultation session on Health and Nutrition


Date : 10<sup>th</sup> March 2022


Women's Cell organized a lecture and counseling program on the topic of 'Health and Nutrition' on 10<sup>th</sup> May 2022 by Ujala Cygnus Super Specialty Hospital, Kaithal. In this, Dr. Deepika Saharan, Nutritionist and Dietician presented an analysis of the day's diet in her address. He told frequent but light meals throughout the day as the key to wellness. Apart from this, a mixture of different types of flour, mixed with oils was advised to be used in food. Beginning of the morning with black tea, use of fruits in breakfast and more use of salad and curd was also mentioned by the chief speaker. Earlier, on reaching the college, he was welcomed by the Principal Dr. Sanjay Goyal and also introduced him. She was accompanied by Ms. Rachna Sardana, Coordinator of Women's Cell, Dr. Manjula Goyal, Coordinator of the program. On this occasion other members of the cell Dr. Geeta Goyal, Dr. Seema Gupta, Ms. Richa Longyan, Dr. Suruchi Sharma were also present. About 90 girl students participated in this program. After this, a health camp was organized, in which the girl students personally received health related information from Dr. Deepika and the team accompanying her. Dr. Manjula Goyal and Ms. Shubham conducted the stage.


### NOTICE

Women cell of our college is organizing an **Extension lecture -cum-Consultation** session on **Health and Nutrition** for girl students on **10-05-2022 at 12:45 PM** in **the PG Block Seminar Room.**

All the students are requested to attend the Lecture and solve their queries regarding their Health and Nutrition.

  
(Ms. Rachana Sardana)  
Convener, Women Cell

  
(Dr. Manjula Goel)  
Convener  
(Extension Lecture)

  
(Dr. Sanjay Goyal)  
Principal

Dated: 09-05-2022



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## **Poster making, slogan writing and lectures on “clean life, healthy life and importance of yoga**

**Date : 25<sup>th</sup> May 2022**

The Girls Common Room Committee and National Service Scheme (Women Unit) of the college organized poster making, slogan writing competitions as well as lectures on the topics of 'clean life, healthy life, save daughter, educate daughter, importance of yoga in daily life' on 25<sup>th</sup> May 2022. Addressing the girl students at the beginning of the program, Principal of the college Dr. Sanjay Goyal said that in fact person can remain mentally and physically healthy only when he not only takes care of the cleanliness of himself but also of his surroundings. In her lecture, Dr. Geeta Goyal said that a healthy mind and healthy intellectual abilities can arise only in a healthy body. And cleanliness can be achieved only by not expecting from others but by being aware of it yourself. Dr. Vinay Singhal, Dr. Rachna Sardana, Dr. Shweta Garg, Prof. Preeti Bansal, Prof. Deepika, Prof. Ritu, Prof. Seema and many girl students were present on this special occasion. In about 45 posters and slogans, Loveleen got first, Diksha second, Himanshi and Vidhi third. The Principal congratulated all the winning students and members for the successful organization of the program. Dr. Vinay Singhal, the convenor, conducted the stage and Dr. Shweta Garg, the co-convenor, gave the vote of thanks. About 100 girl students and teachers were present on this occasion.





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