



RKSD COLLEGE, KAITHAL

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5.1.2 Life Skills

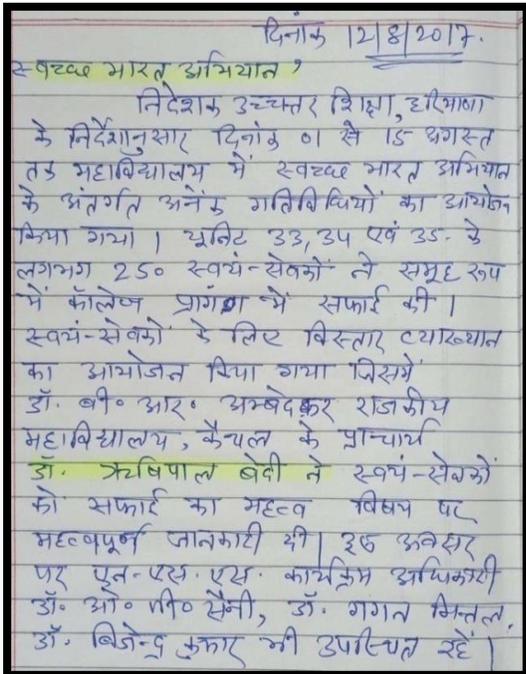
Website Link for Geo Photos: - <https://rksdcollege.ac.in/capacity-building-enhancement-schemes/>

Cleanliness drive by NSS Volunteers under Swachh Bharat Abhiyan

Date: 12th August 2017

Website Link: - <https://rksdcollege.ac.in/blog/cleanliness-drive-by-nss-volunteers-under-swachh-bharat-abhiyan/>

A seminar was organized under the Swachh Bharat Abhiyan in the seminar room of the P.G.block. In this seminar, the volunteers of three units i.e. 33, 34 and 35 of N.S.S. participated. Dr. Rishi Pal Bedi, the Principal of Dr. B.R. Ambedkar Government College Kaithal was the chief Guest and key note speaker in the main event while Principal Dr. O.P.Garg presided over the programme. Addressing the volunteers, Rishipal Bedi, who was imbued with the spirit of Vasudev Katumbakam, said that cleanliness is an essential task in the basic framework of the National Service Scheme and we should work according to its spirit. Dr. OP Garg called upon the students to develop the feeling of social service in the presidential speech. Dr.O.P.Saini, Dr.Gagan Mittal and Dr. Bijender Kumar were present in the event.



Media Report of the Event in Hindi Newspaper



RKSD COLLEGE, KAITHAL

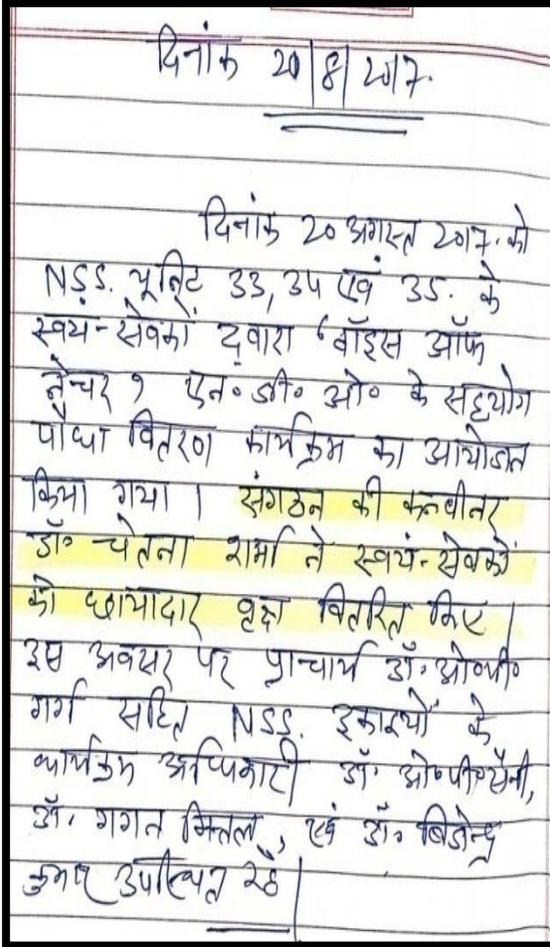
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Distribution of Plants Under Voice of Nature Programme

Date : 20th August 2017

Website Link: <https://rksdcollege.ac.in/blog/distribution-of-plants-under-voice-of-nature-programme/>

A plant distribution program was organized by NSS in collaboration with N.G.O. ‘Voice of Nature’. Organization's convener Dr. Chetna Sharma distributed shady trees to the volunteers. On this occasion, Principal Dr.O.P. Garg and program officer of the units Dr. O.P. Saini, Dr.Gagan Mittal and Dr. Bijendra Kumar were present.



Media Report of the Event in Hindi Newspaper



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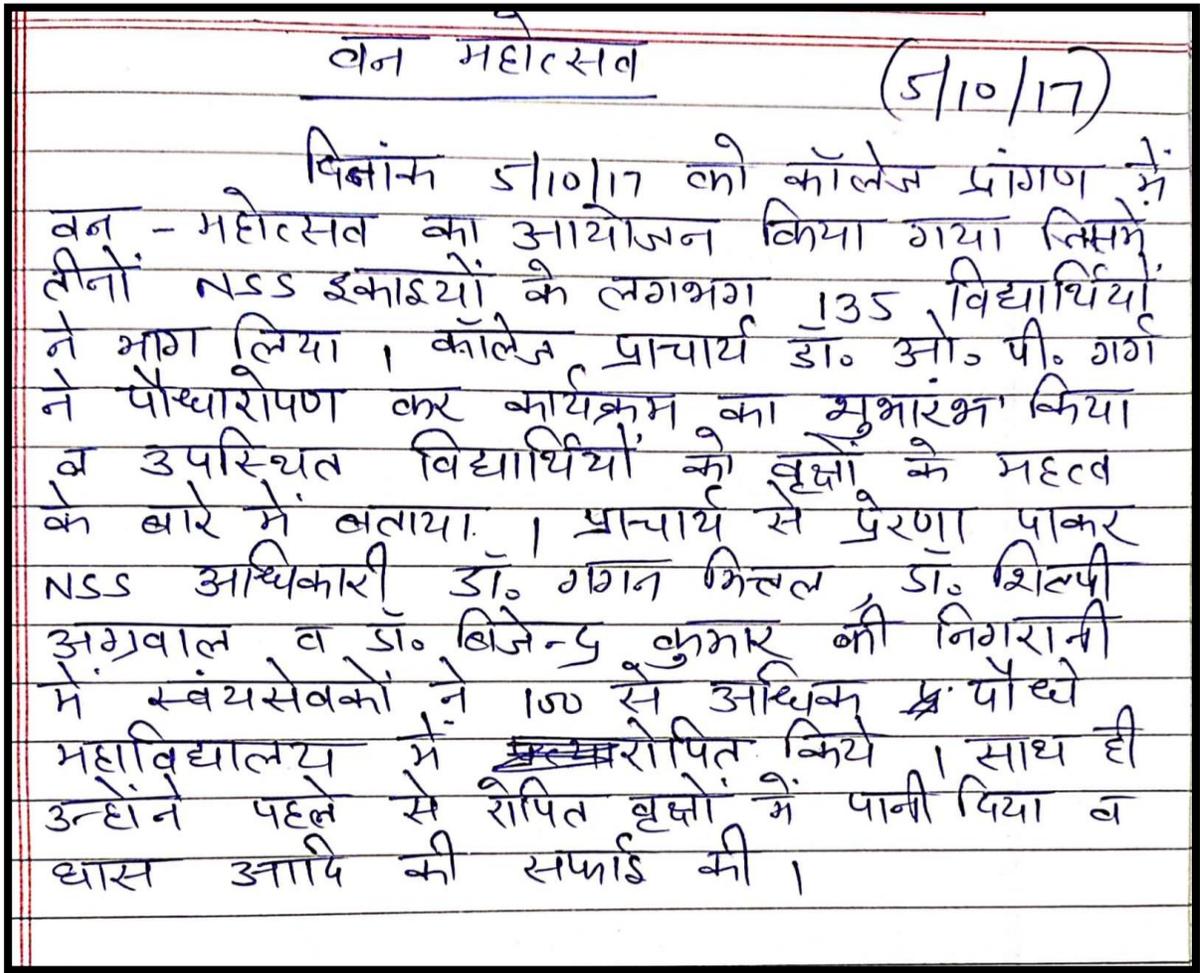
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Celebrated Van Mahotsav Day by Planting Trees

Date: 5th October 2017

Website Link: - <https://rksdcollege.ac.in/blog/celebrated-van-mahotsav-day-by-planting-trees/>

Forest Festival was organized on 5/10/17 in the college premises in which about 135 students from all the three NSS units participated. College Principal Dr. O. P. Garg inaugurated the program by planting saplings and told the present students about the importance of trees. Taking inspiration from the Principal, under the supervision of NSS officers Dr. Gagan Mittal, Dr. Shilpi Agarwal and Dr. Bijendra Kumar, volunteers planted more than 150 saplings in the college. At the same time, they watered the already planted trees, cleaned the grass etc.



Media Report of the Event in Hindi Newspaper



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Blood Donation Camp in Collaboration with HDFC Bank

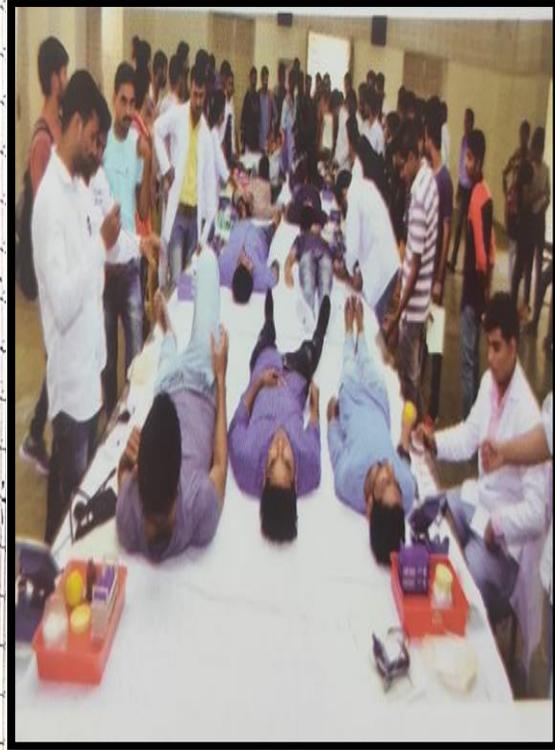
Date: 9th December 2017

Website Link: <https://rksdcollege.ac.in/blog/blood-donation-camp-in-collaboration-with-hdfc-bank/>

On 9.12.2017, NSS Unit No. - 33, 34 and 35 Organized huge blood donation with the help of HDFC Bank. More than 100 students of the college donated blood in this camp being inspired by the volunteers. Organized under the supervision of Dr.Gagan Mittal, Dr.Shilpi Agarwal, NSS Program Officer and Dr. Bijendra Kumar, 350 units of blood were collected with the help of volunteers and students.

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
अधिकारी डॉ. गगन मिश्र, डॉ. शिल्पी अग्रवाल व
डॉ. बिजेन्द्र कुमार की निगरानी में संपन्न इस
शिविर में स्वयंसेवकों तथा विद्यार्थियों के
सहयोग से 350 यूनिट्स रक्त पान किया
गया।



Media Report of the Event in Hindi Newspaper



RKSD COLLEGE, KAITHAL

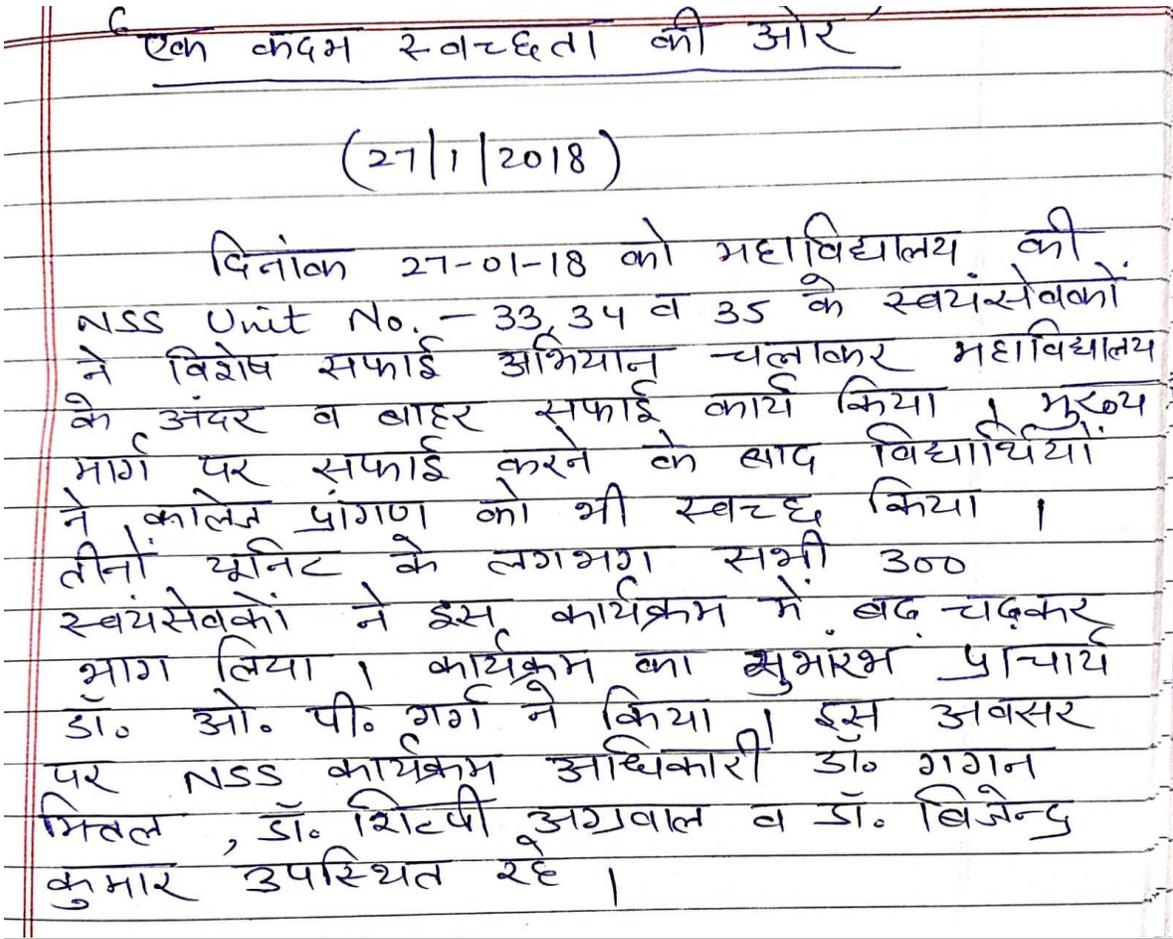
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Cleanliness Drive in College under “Go Green Go Clean Campaign

Date: 27th January 2018

Website Link: - <https://rksdcollege.ac.in/blog/cleaniness-drive-in-college-under-go-green-go-clean-campaign/>

NSS Unit No - 33, 34 and 35 carried out a special cleaning campaign inside and outside the college. After cleaning the college main road, the students also cleaned the college premises. All the 300 volunteers participated enthusiastically in this program. Dr. O.P.Garg inaugurated the programme. On this occasion Dr.Gagan Mittal, Dr.Shilpi Agarwal and Dr. Bijender were present.



Media Report of the Event in Hindi Newspaper



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Workshop on Stress Management by Art Of Living

Date: 16th February 2018

Website Link:- <https://rksdcollege.ac.in/blog/workshop-on-stress-management-by-art-of-living/>

A one day workshop under the aegis of NSS was organized in the seminar hall of PG Block. In this event, Mr. Deepak Seth and his team interacted with the volunteers on the topic 'Art of Living'. The team taught the present audience how to live life happily and enthusiastically. The NSS officers, Dr.Gagan Mittal, Dr. Shilpi Aggarwal and Dr. Bijender managed the event efficiently.

" Art of Living "
(16/2/18)

दिनांक 16.2.18 को महाविद्यालय के Diamond Jubilee (PG) Block के सेमिनार कक्ष में एक पिवसीय Workshop का आयोजन किया गया। NSS Unit No. - 33, 34, 35 के तत्वाधान में "Art of Living" विषय पर इस Workshop में श्री दीपक सेठ (Adv.) और उनकी Team ने स्वयंसेवकों के साथ Interact किया। "Art of Living" Team ने जीवन को प्रसन्नतापूर्वक व उल्लासमय देगा से जीने की कला सिखाई। NSS अधिकारी डॉ. गगन मिश्र, डॉ. शिल्पी अग्रवाल व डॉ. बिजेन्द्र कुमार की देखरेख में ये Workshop संपन्न हुई।

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 रूबरू 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।
AV-17-2-18

Media Report of the Event in Hindi Newspaper



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Cleanliness Drive of the College Play-Ground

Date: 16th February 2018

Website Link:- <https://rksdcollege.ac.in/blog/cleanliness-drive-of-the-college-play-ground/>

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.



Life Skills
Cleanliness Drive of the College Play-Ground



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Self Defence Awareness Camp Organised by Women Cell

Date : 21st September to 30th September 2018

Website Link:- <https://rksdcollege.ac.in/blog/self-defence-awareness-camp-organised-by-women-cell/>

DATE _____
PAGE _____

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. Chetna Sharma, Dr. O.P. Garg, Principal of the college and Dr. Mangula goel, Convener, Women Cell along with Women Cell team Ms. Deepika, Asstt. Prof. of Physical Sci. and Miss Lekhika, a student of M.A. Pol. Sci. imparted the training of Judo-Karate to girl-students. The principal, Dr. O.P. Garg 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. Chetna Sharma expressed her heart-felt congrats to the girl participants for empowering themselves by seeking this skill. Dr. Mangula goel, Convener, Women Cell welcomed the chief-guest and the trainer Ms. Deepika by presented a bouquet to them. Dr. Mangula goel 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 by the male

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. Garg
Principal

Dr. Manjula Goyal
Convener, Women Cell



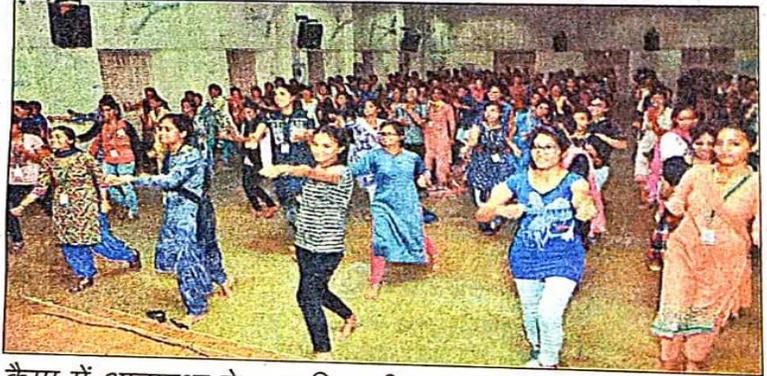
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छात्राओं को सिखाए आत्मरक्षा के गुर

कैथल, 21 सितम्बर (महीपाल) : आर.के.एस.डी. कालेज में महिला प्रकोष्ठ द्वारा 10 दिवसीय आत्म रक्षा कैम्प का शुभारंभ किया गया। प्राचार्य डा. ओ.पी.गर्ग, मुख्यातिथि उप प्राचार्या चेतना शर्मा ने दीप प्रज्वलित किया। महिला प्रकोष्ठ की संयोजिका एवं अध्यक्ष डा. मंजुला गोयल ने कार्यक्रम प्रशिक्षिका प्रो. दीपिका का बुके देकर स्वागत किया। मंच संचालन डा. विनय सिंघल ने किया। डा. मंजुला ने बताया कि आज वेदियों 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



कैम्प में आत्मरक्षा के गुर सिखाती छात्राएं।

(रमेश)

प्रकोष्ठ के प्राध्यापक सदस्य डा. राजबीर 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. जयबीर धारीवाल व प्रो. अशोक अत्री मौजूद रहे।

कैम्प में जूडो व कराटे का प्रशिक्षण देंगे



आरकेएसडी कॉलेज में आत्म रक्षा कैम्प का शुभारंभ करवाते प्रिंसिपल डॉ. ओपी गर्ग।

जागरण संवाददाता, कैथल : आरकेएसडी कॉलेज में महिला प्रकोष्ठ की तरफ से 10 दिवसीय आत्म रक्षा कैम्प का शुभारंभ 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 कैम्प में छात्राओं को जूडो व कराटे का प्रशिक्षण दिया जाएगा। महिला प्रकोष्ठ की संयोजिका डॉ. मंजुला गोयल ने प्रशिक्षिका प्रो. दीपिका का बुके देकर स्वागत किया। डॉ. मंजुला ने बताया कि कॉलेज की 400 से ज्यादा छात्राओं ने कैम्प में हिस्सा लिया।

Media Report of the Event in Hindi Newspaper



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

Date: 27th February 2019

Website Link:- <https://rksdcollege.ac.in/blog/motivational-extension-lecture-on-awareness-of-personal-hygiene-sensitization-for-girls-students/>

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

Manjula Goyal

(Dr. Manjula Goyal)
Convener, Women Cell

Dr. S.K. Goyal

(Dr.S.K. Goyal)
Principal



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Motivational Extension Lecture on
Awareness of 'Personal Hygiene &
Sanitation for Girls' students'

27th Feb, 2019

The Cell organised a motivational 'Extension Lecture on Awareness of Personal Hygiene & Sanitation for Girl Students' in collaboration with J.C.I. Kaithal on 27th Feb, 2019.

Sh. Saket Mangal, the president of governing body, Dr. Sangay Goyal, the principal and Dr. Mangula Goel, the convener of the Women Cell welcomed the Keynote speaker Ms. Meenakshi Gupta, HGF, JCI Club, Kaithal. She interacted with the girl students and emphasised the need to maintain Hygiene by using sanitary Nappkins during difficult days. The principal Dr. Sangay Goyal addressed the girl students and said: In this modern Era, you should be aware for your health issues. Dr. Mangula Goel, the convener, Women Cell informed the masses regarding ^{the} '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 Parasher, Dr. Laxmi Mor, Dr. Seema Gupta, Dr. Sunuch Sharma, Dr. Vinay Singhal, Prof. Preeti, Prof. Babita, Prof. Shashi Mata, Prof. Archana, Prof. Nidhi, Prof. Meenu were present. All these respected members appreciated this 'Talk'.



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स्वच्छता और स्वास्थ्य के प्रति जागरूक रहें छात्राएं : गोयल



कार्यक्रम में मौजूद अधिकारी व उपस्थिति।

कैथल, 28 फरवरी (महोपाल/गौरव): आर.के.एस.डी. कालेज में महिला प्रकोष्ठ द्वारा जे.सी.आई. क्लब कैथल के सहयोग से अवेयरनेस ऑफ हाइजीन एंड सैनिटेशन फ्लर गर्ल स्टूडेंट व्याख्यान का आयोजन किया गया।

कालेज प्रबंधक समिति के प्रधान एडवोकेट साकेत मंगल, प्राचार्य संजय गोयल व वृषमैन सेल की अध्यक्षता डा. मंजुला गोयल द्वारा सम्पन्न किया गया। कार्यक्रम के उपस्थित

के महिला प्रकोष्ठ द्वारा कैथल शहर की मार्केट एक्स्प्रेस पर्वतारोही सोमा गोस्यामी को सम्मानित किया गया। प्राचार्य डा. एस.के. गोयल ने कहा कि आज के आधुनिक युग में छात्राओं को अपनी स्वच्छता और स्वास्थ्य के प्रति जागरूक रहना चाहिए।

कार्यक्रम की संयोजिका डा. मंजुला गोयल ने बताया कि जे.सी.आई. क्लब आगामी 8 मार्च को अंतरराष्ट्रीय महिला दिवस के उपलक्ष्य में

आर.के.एस.डी. महाविद्यालय की छात्राओं के साथ एक मैराथन का आयोजन करने जा रहा है व इस व्याख्यान को छात्राओं के स्वास्थ्य हेतु उपयुक्त बताया। इस अवसर पर डा. राजवीर पाराशर, डा. सोमा गुप्ता, डा. सुरचि शर्मा, प्रो. रिचा लाग्यान, प्रो. प्रीति बंसल, प्रो. बबिता, डा. विनय सिंघल, प्रो. शशि माटा, प्रो. मीनू अग्रवाल, प्रो. निधि, प्रो. अर्चना तिवारी व अन्य सदस्य उपस्थित रहे।

Media Report of the Event in Hindi Newspaper

Installation of Vending Machine

Date: 20th August 2019

Website Link: - <https://rksdcollege.ac.in/rksd-blog-news/page/85/>

Women Cell of the college with the courtesy of the Lions Club installed a vending machine on 20th 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 Langyan, Prof. Alisha, Prof. Archana etc. were present.



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Stopping Single Use of Plastic and Water Cleanliness

Date:- 8th March 2020

Website Link:- <https://rksdcollege.ac.in/blog/stopping-single-use-of-plastic-and-water-cleanliness/>

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 8th 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: 19th to 21st October 2020

Website Link: - <https://rksdcollege.ac.in/blog/workshop-on-personal-health-and-hygiene/>

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 asans and yogamudras. On the third day she discussed and took interactive session on the proper diet and maintenance of hygiene



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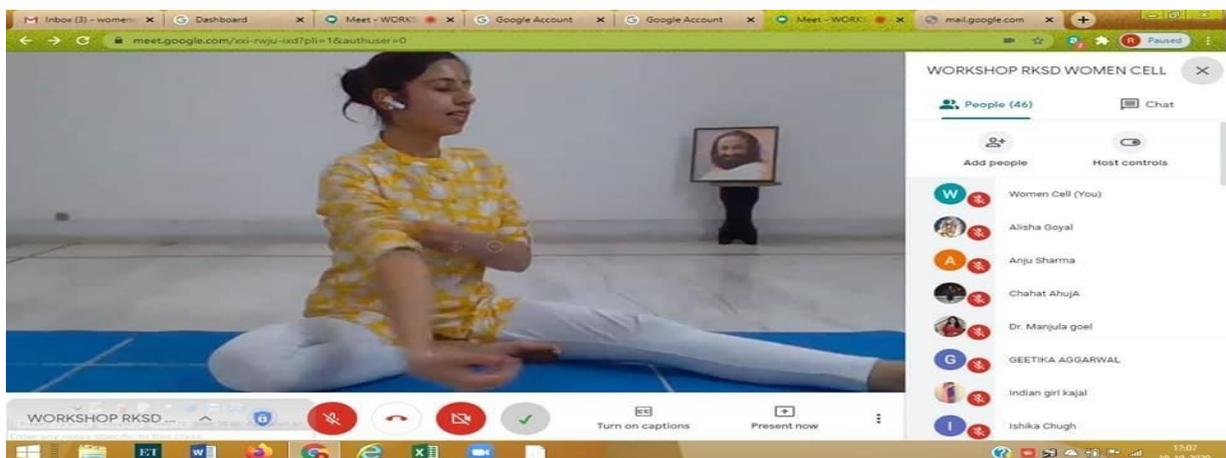
during crucial menstruation period and also discussed the importance of meditation on mental health. During the workshop Dr. Geeta Goyal spoke about the history and importance of women cell in the college, Dr Manjula Goyal demonstrated the sanitary napkin wending machine which is being installed in the 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 social media handling of the workshop. At the end of the program Dr. Geeta Goyal thanked everyone.

ONLINE WORKSHOP ORGANISED

Karnal: 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>





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NSS 7 days camp at Village Shergarh

Date : 27th January to 2nd February 2021

Website Link:- <https://rksdcollege.ac.in/blog/nss-units-of-college-organized-a-7-day-camp-at-village-shergarh/>

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 signboards. 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 behavior 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.



Life Skills
NSS 7 days camp at Village Shergarh



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SBSI Report

Date: 18th March 2021

Website Link:- <https://rksdcollege.ac.in/blog/swachh-bharat-summer-internship-sbsi-2-0/>

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,



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awareness rally, nukkadnatak, wall paintings. Volunteers also awarded 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 NSS Volunteers. They 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.





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Extension lecture-cum-consultation session on Health and Nutrition

Date: - 10th March 2022

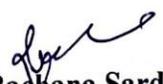
Website Link :- <https://rksdcollege.ac.in/uncategorized/extension-lecture-cum-consultation-session-on-health-and-nutrition/>

Women's Cell organized a lecture and counseling program on the topic of 'Health and Nutrition' on 10th 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:- 25th May 2022

Website Link:- <https://rksdcollege.ac.in/uncategorized/poster-making-slogan-writing-and-lectures/>

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 25th 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



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and Dr. Shweta Garg, the co-convenor, gave the vote of thanks. About 100 girl students and teachers were present on this occasion.



Life Skills

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