

VARIOUS LIFE SKILL PROGRAMMES

Name of the Programme	Date	Number of Students	Host Department
World AIDS Day	02-12-2016	13	NSS Department, General Shivdev Singh Khalsa College Patiala
FIRST-AID AWARENESS, Lecture Cum Demonstration	23-12-2016	130	District Red Cross Society, College Red Cross Society and NSS Department, General Shivdev Singh Khalsa College Patiala
Programme on "DEPRESSION-LET'S TALK" to mark WORLD HEALTH DAY	05-04-2017	110	Department of Community Medicine, Government Medical College, Patiala and Youth Club & Red Cross Society, General Shivdev Singh Khalsa College Patiala
Fit India campaign	06-10-2017	35	NCC Army wing, General Shivdev Singh Khalsa College Patiala
Awareness Lecture on various Diseases	26-12-2017	170	District Epidemiologist Officer, Patiala and NSS Department, General Shivdev Singh Khalsa College Patiala
Special Lecture on "ADOLESCENT HEALTH, NEED OF THE MILLENNIUM"	05-02-2018	210	Girls Welfare & Nani Chaan Cell, General Shivdev Singh Khalsa College Patiala
Awareness Lecture on "ILL EFFECTS OF DRUGS AMONG YOUTH"	05-07-2018	21	NSS department, General Shivdev Singh Khalsa College Patiala
Launch of Buddy Programme group as a part of campaign against drugs	28-08-2018	78	Buddy Group, General Shivdev Singh Diwan Gurbachan Singh Khalsa College Patiala.
"Meditation" on the theme of "Inner Power Realization"	08-10-2018	21	Divinity Club of School of Commerce and Diwan Gurbachan Singh Khalsa College Patiala.
Counselling and Lecture on "HEALTH OF YOUTH AND MAINTENANCE"	30-10-2018	132	Girls Welfare & Nani Chaan Cell, General Shivdev Singh Khalsa College Patiala

A Multispecialty Health Camp	15-11-2018	210	Red Cross Society, Youth Club and College Dispensary Committee, General Shivdev Singh Khalsa College Patiala
Youth Group Meeting Under Poshan Pakhwada (Nutrition Fortnight) to aware them about problem of Malnutrition	19-03-2019	32	Youth Club and NSS department, General Shivdev Singh Khalsa College Patiala
Awareness Campaign on about the value of balanced diet.	19-03-2019	64	NSS department, General Shivdev Singh Khalsa College Patiala
Poshan Rally to create awareness about the importance of nutrition.	20-03-2019	100	NSS department, General Shivdev Singh Khalsa College Patiala
SALAD MAKING COMPETITION to give a message of Go nutritious, Stay healthy.	22-03-2019	20	Girls Welfare, Nani Chaan Cell & NSS Department, General Shivdev Singh Khalsa College Patiala
Open Discussion on the topic Better Health and Role of Government in Public Health to celebrate World Health Day	08-04-2019	54	Legal Literacy Cell, General Shivdev Singh Khalsa College Patiala
PRACTICING OF YOGASANAS on Yoga Day	21-06-2019	120	Department of Physical Education, General Shivdev Singh Khalsa College Patiala
Lecture on MEDITATION THROUGH YOGA AND MUSIC	21-06-2019	120	PG Department of Music Vocal and Department of Physical Education, General Shivdev Singh Khalsa College Patiala
A programme on International Day against Drugs and Illicit Trafficking	26-06-2019	80	NSS Department and Geography Department, General Shivdev Singh Khalsa College Patiala
State Level Programme on World Hepatitis Day	27-07-2019	120	Youth Club and Redd Ribbon Club and NSS Department , General Shivdev Singh Khalsa College Patiala

Programme on Fit India Movement- a nationwide campaign	29-08-2019	102	NSS Department and Department of Physical Department, General Shivdev Singh Khalsa College Patiala
Lecture and demonstration on value added breads	02-09-2019	93	Food Processing & Engineering, PG Department of Home Science & Fashion Design and NSS department,
Lecture on 'Malnutrition' during Nutrition	03-09-2019	90	PG Department of Home Science & Fashion Design and NSS department, General Shivdev Singh Khalsa College Patiala
Demonstration on 'Iron Rich Recipes'	04-09-2019	82	PG Department of Home Science & Fashion Design and NSS department, General Shivdev Singh Khalsa College Patiala
Group Discussion on 'Processed Food vs. Fresh Food'	10-09-2019	105	NSS department, Department of Food Processing & Engineering and department of Home science, General Shivdev Singh Khalsa College Patiala
Workshop on 'Amazing Food Facts'	11-09-2019	95	NSS department, Department of Food Processing & Engineering and department of Home science, General Shivdev Singh Khalsa College Patiala
Slogan Writing Competition on 'Nutrition and Health'	16-09-2019	75	NSS department, Department of Food Processing & Engineering and department of Home science, General Shivdev Singh Khalsa College Patiala
Poster Making Competition on Girls Health Awareness	17-09-2019	27	Girls Welfare Committee and Nani Chaan Cell, General Shivdev Singh Diwan Gurbachan Singh Khalsa College Patiala

Poetic Symposium on 'Nutrition'	19-09-2019	150	NSS department, Department of Food Processing & Engineering and department of Home science, General Shivdev Singh Diwan Gurbachan Singh Khalsa College Patiala
Workshop on Nutrition, Health and Hygiene	23-09-2019	30	NSS department, Department of Food Processing & Engineering and department of Home science, General Shivdev Singh Diwan Gurbachan Singh Khalsa College Patiala
Plogging Run Programme	02-10-2019	25	NSS and Food Processing & Engg, General Shivdev Singh Diwan Gurbachan Singh Khalsa College Patiala
Antibiotics Awareness Campaign	20-11-2019	183	Department of Fine Arts & NSS, General Shivdev Singh Diwan Gurbachan Singh Khalsa College Patiala
Lecture on "BREAST CANCER AWARENESS"	26-02-2020	156	Girls Welfare Committee and Nani Chaan Cell, General Shivdev Singh Diwan Gurbachan Singh Khalsa College Patiala
Free Medical check-up camp on Women Problems	27-02-2020	25	Amar Hospital, Patiala & PG Department of Agriculture, General Shivdev Singh Diwan Gurbachan Singh Khalsa College Patiala
Online Awareness campaign on SANITATION AND SAFETY MEASURES DURING COVID-19	24-04-2020	28	NSS Department, General Shivdev Singh Diwan Gurbachan Singh Khalsa College Patiala
Online Awareness campaign on PRECAUTIONARY MEASURES DURING COVID-19	25-04-2020	28	NSS Department, General Shivdev Singh Diwan Gurbachan Singh Khalsa College Patiala

A "Three Days Fitness Programme	27-04-2020	40	NSS Department & Department of Physical Education General Shivdev Singh Diwan Gurbachan Singh Khalsa College Patiala
International Yoga Day	21-06-2020	108	NSS Department, General Shivdev Singh Diwan Gurbachan Singh Khalsa College Patiala
Door-to-door campaign to spread awareness on 'Mission Fateh'- a fight against covid-19.	04-07-2020	184	General Shivdev Singh Diwan Gurbachan Singh Khalsa College Patiala
Fit India Freedom Run	15-08-2020	51	NSS Department, General Shivdev Singh Diwan Gurbachan Singh Khalsa College Patiala
A online lecture On 'Awareness Cancer Programme'	07-11-2020	11	NCC Air Wing & Naval wing, General Shivdev Singh Diwan Gurbachan Singh Khalsa College Patiala
A COVID Testing Camp	24-11-2020	135	College Dispensary Committee, General Shivdev Singh Diwan Gurbachan Singh Khalsa College Patiala
A Webinar on Taking Care of Mental Health in Covid Times	02-12-2020	120	Dr. Satyen Sharma, Consultant Psychiatrist, Patiala & General Shivdev Singh Diwan Gurbachan Singh Khalsa College Patiala
Nutrition Awareness Programme on "Iron + Carbon Is Equal to Cast Iron"	08-03-2021	15	Girls Welfare Committee and Nani Chaan Cell, General Shivdev Singh Diwan Gurbachan Singh Khalsa College Patiala
Group discussion and demonstration on "Role of Food Fermentation in Boosting Nutrition and Health".	22-03-2021	43	NSS & Food Processing and Engineering, General Shivdev Singh Diwan Gurbachan Singh Khalsa College Patiala
Virtual Talk on 'Yoga and Eating Habits for Healthy Body and Mind'.	23-03-2021	117	NSS & Food Processing and Engineering, General Shivdev

			Singh Diwan Gurbachan Singh Khalsa College Patiala
Activity on "Nutrient Dense Sprouts: Smart Addition to Diet".	24-03-2021	39	NSS & Food Processing and Engineering, General Shivdev Singh Diwan Gurbachan Singh Khalsa College Patiala
A special talk on Anemia	25-03-2021	96	NSS & Food Processing and Engineering, General Shivdev Singh Diwan Gurbachan Singh Khalsa College Patiala
Workshop on "Go Vegan with Non-Dairy Milk Substitutes: Choice is Yours"	26-03-2021	62	NSS & Food Processing and Engineering, General Shivdev Singh Diwan Gurbachan Singh Khalsa College Patiala
Food Campaign on "All About Healthy and Safe India Through Enriched Cereals and Pulses Following Safety Food Practices"	30-03-2021	103	NSS & Food Processing and Engineering, General Shivdev Singh Diwan Gurbachan Singh Khalsa College Patiala
Awareness lecture on "Traditional Foods and Their Nutritive Value"	31-03-2021	81	NSS & Food Processing and Engineering, General Shivdev Singh Diwan Gurbachan Singh Khalsa College Patiala
Poshan Rally on "Healthy Eating Lifestyles"	31-03-2021	54	NSS & Food Processing and Engineering, General Shivdev Singh Diwan Gurbachan Singh Khalsa College Patiala
Jan Andolan campaign under Unite2fight Corona	09-04-2021 to 16-04-2021	300	NSS & Food Processing and Engineering, General Shivdev Singh Diwan Gurbachan Singh Khalsa College Patiala

FITNESS TRAINING IN HANDBALL COURT FROM 2016 TO 2021

Train as team, play as a team, win as a team. When sports teams train together, every teammate learns from each other and helps each other overcome obstacles. Experiencing success and failure as a group will boost morale, camaraderie and promote better teamwork, it helps to improve speed, agility, balance and coordination of sports personnel. It also helps them to enhance their technical and tactical ability that leads to reduction in reaction time which is very important for a player. To achieve this, daily minimum two hours physical fitness training is mandatory for all the students who are enrolled under various sports activities. For the fitness purpose Prof. Gursharan Singh Gill himself puts efforts and train students.

Session	No. of students enrolled
2016-17	29
2017-18	30
2018-19	30
2019-20	29
2020-21	24