

GURU NANAK COLLEGE OF EDUCATION

B.Ed.Programme

PERSONALITY DEVELOPMENT ACTIVITIES

NSS

Batch: **2022-24**

Semester: **I**

TITLE: Plog Run

ORGANIZER: NSS Cell, GNCE

DATE: Proposed for the month of January/ February 2023

Time: 10 am onwards

VENUE: College Campus



Plogging is a unique activity that combines fitness and cleanliness - Swachhta and Swasth - in which participants collect litter while jogging.

The activity of Plog Running under the purview of NSS Cell is proposed for the month of January or February 2023 wherein the students of Guru Nanak College of Education will organize a PLOG RUN in the college at 10:00 AM under the pledge of “Swachhata hi Sewa”. The students will go for an hour of plogging in the college grounds with the concept of fitness and cleanliness, that is, while running they have to pick the trash to compel a bigger change in the environment.

While jogging the students are expected to collect plastic and other waste lying around the campus and dispose them in the designated dust bins. With an active participation of NSS and Non-NSS members, the campaign will surely turn out to be a successful one..!!