

REPORT OF REGULAR ACTIVITIES UNDER NSS DURING THE SESSION 2019-2020

| S. No. | Date | Activity | Purpose/Objective | No. of Teachers Involved | No. of Students Participated |
|--------|------------------------------|---|---|--------------------------|---|
| 1 | 16 th July 2019 | <ul style="list-style-type: none"> • Orientation Program was organized for the freshers. • Enrolment Drive was conducted in the month of July and 200 volunteers (unit I & II) were enrolled for the Session 2019-20. | <ul style="list-style-type: none"> • To apprise the new volunteers about the functions and objectives of NSS. • To discuss upcoming programmes for the session. | 02 | 200 |
| 2 | 23 rd July 2019 | <ul style="list-style-type: none"> • Pledge to conserve Water under “Jal Sanrakshan Abhiyan”: Under the directions from Govt. of India to make "Jal Sanrakshan Abhiyan" a success Volunteers of NSS units I and II took the pledge. President of the College Management Committee Sh. Ved Prakash Dahiya Ji, General Secretary Sh. Dharampal Ji, our esteemed guests Sh. Ramesh Garg and Neeta Garg, Principal Dr (Mrs.) Suresh Boora and faculty members encouraged students for the cause of environment. | <ul style="list-style-type: none"> • To encourage volunteers to support the water conservation efforts in a proactive manner. | 08+04(Guests) | 200 |
| 3 | 27 th July 2019 | <ul style="list-style-type: none"> • Tree Plantation Drive: Along with the volunteers of NSS, Principal Dr (Mrs.) Suresh Boora, Dr Renu Madan (Associate Prof at SDS Govt. College, Pipli), NSS POs and other staff members planted saplings and students vowed to look after these and plant more and more trees in future. | <ul style="list-style-type: none"> • To improve the quality of the environment and fight climate change. | 08+01(Guest) | 200 |
| 4 | 01 st August 2019 | <ul style="list-style-type: none"> • Slogan Writing and Poster Making Competitions were organized under “Jal Sanrakshan Abhiyan” on the topic “Jal hi Jeevan Hai”. | <ul style="list-style-type: none"> • To raise awareness about water scarcity and need to conserve it. | 02 | 200 31 students participated Position Holders: Slogan Writing: First-Sanjeeta(B.A. III) Second- Garima (B.A.III) Third-Parul (B.Com III) Poster Making: First-Sharda (B.Com III) Second-Neha (B.A.III) |

| | | | | | |
|----|---|--|--|----|-----------------------|
| | | | | | Third- Nidhi (BCA II) |
| 5 | 06 th August 2019 | <ul style="list-style-type: none"> • Clean Campus Drive: The NSS volunteers gathered to clean NSS Room and surroundings of the buildings in the campus. NSS volunteers enthusiastically collected plastic wastes, weeds, dry leaves etc. spread over the surrounding areas. | <ul style="list-style-type: none"> • To emphasize the importance of clean environment in our lives. | 02 | 200 |
| 6 | 13 th August 2019 | <ul style="list-style-type: none"> • International Youth Day (12th August 2019) Celebration: Volunteers took out a rally on the theme – ‘Say No to Drugs’. Volunteers explained the youth, about the harmfulness of using tobacco, alcohol and drugs and created awareness among them. | <ul style="list-style-type: none"> • To raise awareness about the challenges and problems faced by the youth especially drug addiction. • To motivate youth to make positive contributions to their communities. | 02 | 200 |
| 7 | 20 th August 2019 | <ul style="list-style-type: none"> • Sadbhavana Divas: Sadbhavana pledge was taken by all Faculty, Staff and Students of the College. | <ul style="list-style-type: none"> • To encourage National Integration, Peace, and Communal Harmony among volunteers irrespective of caste, creed and religion. | 02 | 200 |
| 8 | 29 th August 2019 | <p>Celebrated Fit India Movement and National Sports Day.</p> <ul style="list-style-type: none"> • Live telecast of lecture by PM Sh. Narendra Modi was shown. • Took Fitness Pledge. • Sports activities like Basketball match, Tennis match, Tug of war and run for fun were organized. | <ul style="list-style-type: none"> • To encourage people to inculcate physical activity and sports in their everyday lives. | 03 | 250 |
| 9 | 01 st to 15 th September 2019 | <ul style="list-style-type: none"> • Swachhta Pakhwada: Cleaning activities and door to door awareness campaigns in different villages were conducted by volunteers to aware the masses to keep their surroundings neat and clean. | <ul style="list-style-type: none"> • To intensify the focus of public on cleanliness. • To create an environment of cleanliness. | 02 | 200 |
| 10 | 11 th September 2019 | <ul style="list-style-type: none"> • NSS volunteers took out a rally on the theme "Ban Single use Plastic". | <ul style="list-style-type: none"> • To raise awareness among local folks regarding health hazards of single use plastic. | 02 | 200 |
| 11 | 25 th September | <ul style="list-style-type: none"> • To celebrate NSS Day (24th September) an awareness | <ul style="list-style-type: none"> • To raise awareness among students about | 05 | 200 |

| | | | | | |
|----|---|---|---|----|-----|
| | 2109 | workshop on Breast/ Cervical Cancer was organised. Well-known doctors from BLK Hospital gave valuable information about Cancer. Doctors emphasized on how valuable breast self-examination is in detecting breast cancer early and increasing the likelihood of survival. | types of cancers commonly found in women. | | |
| 12 | 18 th - 19 th October 2019 | <ul style="list-style-type: none"> Two days Eye Check-up Camp was organized. Dr. Ashish and Mr. Sahil from Hoshiyar Singh Memorial Hospital, Kharkhoda were invited for the event. | <ul style="list-style-type: none"> To provide free eye check up services and awareness to students and staff. | 05 | 200 |
| 13 | 29 th October 2019 to 04 th November 2019 | <p>SPECIAL SEVEN DAYS CAMP AT VILLAGE ANANDPUR JHAROTH:</p> <p>Extension lecture on Cashless training and Digital India, Beti Bachao and Beti Padhao, Swachh Bharat Abhiyan, Natural farming Model, Philosophy of Mahatma Gandhi Ji, Health and Traffic Rules were organized. First Aid, Cooking, Beauty Parlor and Handicraft training was also provided to NSS Volunteers. A survey was conducted in the village to know the educational status of women in the village.</p> | <ul style="list-style-type: none"> To sensitize the volunteers for the problems of rural people. To inculcate the feeling of self-extension, bring empathy in behavior, and self-sufficiency. To be responsible citizen. To make local people aware about various issues such as traffic rules, pollution, gender equality, healthy life etc. | 02 | 100 |
| 14 | 06 th November 2019 | <ul style="list-style-type: none"> Prabhat Pheri: Taking the banners and charts in hand related to stubble management, NSS volunteers organized Prabhat Pheri enthusiastically. | <ul style="list-style-type: none"> To raise awareness among farmers about environmental pollution caused by stubble burning. | 02 | 200 |
| 15 | 27 th November 2019 | <ul style="list-style-type: none"> NSS volunteers adopted 100 saplings planted on Sisana Matindu Marg (Phoolgarh Village) by Dahiya Khaap in Memory of Sh. Krishan Dahiya. Miss Shweta Suhag, SDM Kharkhoda was invited to plant saplings. She praised the effort made and spoke on how trees help to decrease pollution, soil erosion, floods etc. Principal of the College Dr. (Mrs.) Suresh Boora said that planting saplings | <ul style="list-style-type: none"> To save the environment. | 03 | 200 |

| | | | | | |
|----|-------------------------------|---|---|----|---|
| | | is not only noble but it should also be seen with patriotism. | | | |
| 16 | 30 November 2019 | <ul style="list-style-type: none"> • HIV/AIDS awareness programme was conducted. Different activities like Poster Making and Essay Writing Competition on the theme 'HIV/AIDS Awareness' and 'Say no to Drugs' were organised. HIV/AIDS counselor Sh. Raju Singla and Sh. Karamjeet Mor counseled students. • On the occasion Principal Dr. (Mrs.) Suresh Boora advised students that a healthy life leads to longevity and be useful to society and country. | <ul style="list-style-type: none"> • To remain aware and spread awareness regarding this dreadful disease. | 03 | 200 Winners: Essay Writing: First-Jyoti(B.A. III) Second- Garima (B.A.III) Third-Parul (B.Com III) Poster Making: First-Sharda (B.Com III) Second-Komal (B.A.III) Third- Nidhi (BCA II) |
| 17 | 05 December 2019 | <ul style="list-style-type: none"> • Human Chain was formed by volunteers and other staff members. | <ul style="list-style-type: none"> • To raise awareness against HIV/AIDS. | 03 | 50 |
| 18 | 13 th January 2020 | <ul style="list-style-type: none"> • National Youth Day (12th January 2020) was celebrated to commemorate the birth anniversary of Sh. Vivekanand. Essay Writing Competition was organised by NSS, Red Ribbon Club, Women Cell and Youth Red Cross units of the College on the theme "Role of Youth in Nation Building". | <ul style="list-style-type: none"> • To inspire volunteers towards the philosophy of Swami Vivekananda and his ideals. • To spread brotherhood, faith, sense of respect and duty in between volunteers. | 05 | 200 Essay Writing: First- Komal (B.A. III) Second-Jyoti (B.A. III) Third-Nancy (B.A. III) |
| 19 | 24 th January 2020 | <ul style="list-style-type: none"> • National Girl Child Day was celebrated with the intention to create awareness and consciousness among students regarding health, education and other rights of girl child and women. • Principal Dr (Mrs) Suresh Boora encouraged students by saying that today women are making important contributions in every walk of life. She reiterated that they should raise voice against gender discrimination and become strong. • Slogan Writing Competition on the theme 'Beti Bachao Beti | <ul style="list-style-type: none"> • To spread awareness about all the inequalities girls face in the Indian society. • To promote awareness about the rights of a girl child. • To increase awareness on the importance of girl education, health, and nutrition. | 04 | 200 Slogan Writing: First-Garima (B.A.III) Second-Tannu (B.A.III) Third-Kirti(B.A.III) |

| | | | | | |
|----|--|--|--|----|-----|
| | | Padhao' was also organized. | | | |
| 20 | 26 th January 2020 | <ul style="list-style-type: none">• Blood Donation Camp in association with NGO 'Deshbandhu' and Kharkhoda Market association was organised. More than 100 units were collected in the camp where in students, staff members and locals donated their blood. Students also worked as volunteers in the camp. Principal of the college Dr (Mrs) Suresh Boora emphasized on importance of giving blood by saying that it is a vital way to save the life of other human beings and it is like worshipping God.• NSS volunteers took out a rally from college campus to city market for the same cause. | <ul style="list-style-type: none">• To create awareness regarding blood donation amongst the masses. | 05 | 100 |
| 21 | 10 th February 2020 | <p>National Deworming day (NDD):</p> <ul style="list-style-type: none">• NSS volunteers under guidance of NSS POs conducted an awareness programme regarding worm infection.• Albendazol Tablets were distributed among all students below 19 years and instruction was given to chew the tablet. | <ul style="list-style-type: none">• To reduce the cases worm infections among students. | 02 | 200 |
| 22 | 08 th February 2020 and from 21 st February 2020 to 01 st March 2020 | <p>SHRAM DAAN</p> <ul style="list-style-type: none">• Athletic meet was organised in collaboration with sports club on 08-02-2020 for phase -1. Matka race, 400 meter race, cycle race, relay race etc. was organised for college students and staff members. (Phase one of social responsibilities)• Second phase of SHRAM DAAN which was initiated from 21st Feb 2020 in college for duration of 10 days was completed successfully. All NSS Volunteers worked with full dedication and commitment in these 10 days and have made every possible effort to make sports ground and Parks, lawns | <ul style="list-style-type: none">• To intensify the focus on cleanliness and create a clean environment• To inculcate the spirit of Shramdaan (voluntary labour) with Sewa Bhav, Nishkam Sewa. | 02 | 200 |

| | | | | | |
|----|--|--|---|----|-----|
| | | and other areas clean and green. | | | |
| 23 | 20 th - 22 nd March 2020 | <ul style="list-style-type: none"> • Awareness for Janta Curfew against COVID-19 on 22nd March 2020: each NSS volunteer made aware atleast 10 citizens daily through phone calls /social media (Whatsapp/ Facebook). | <ul style="list-style-type: none"> • To make people aware that even a single day of universal social distancing will be a blow to the transmission chain of the virus and encourage them to follow Janta Curfew. | 02 | 200 |
| 24 | During Lockdown | <ul style="list-style-type: none"> • Volunteers made different videos, posters etc. related to corona awareness, hand washing and sanitization etc. <p>Link of videos: https://www.youtube.com/watch?v=KcsiW4rW3ag https://drive.google.com/file/d/1C8NyC4YHAT4FIAAfvXbfCr0waTevuLRE/view?usp=sharing https://drive.google.com/file/d/1C3leGTq118DujehTInEco3tAijY9AAsld/view?usp=sharing https://drive.google.com/file/d/1C4aEa18XQHFHXNK7CTw2QDR9PVamMGGn/view?usp=sharing</p> | <ul style="list-style-type: none"> • To raise awareness about COVID-19. | 02 | 200 |
| 25 | 10 th April 2020 | <ul style="list-style-type: none"> • NSS POs hosted an online meeting with NSS volunteer to encourage them to follow rules during lockdown • Motivated volunteers to make | <ul style="list-style-type: none"> • To make teams of volunteers for spreading awareness about pandemic. | 02 | 200 |

| | | | | | |
|----|--------------------------------|---|---|----|-----|
| | | as much as people aware about the pandemic through social media and phone calls. | | | |
| 26 | 14 th April 2020 | <ul style="list-style-type: none">NSS POs hosted an online meeting with NSS volunteer to guide them regarding Arogya Setu App and motivate them to encourage other to download the App. | <ul style="list-style-type: none">To make teams of volunteers for spreading awareness about Arogya Setu App. | 02 | 200 |
| 27 | Second and Third week of April | <ul style="list-style-type: none">NSS volunteers distributed Handmade masks (around 650) and sanitizers. | <ul style="list-style-type: none">Social work | 02 | 200 |
| 28 | 28 th April 2020 | <ul style="list-style-type: none">NSS POs hosted an online meeting with NSS volunteer to guide them regarding Diksha Portal and i-Got health Module.More than 60 Students registered under various courses.NSS PO Mrs. Shalini Completed five trainings namely- Basics of COVID-19, COVID Awareness – Hindi, Hand Hygiene and Social Distancing, Personal Protective Equipment – English and Infection Prevention and Control.NSS PO Mrs. Permila completed trainings namely – Clinical Management and Covid-19, Covid Awareness – Hindi | <ul style="list-style-type: none">To encourage students to enroll under various short term courses available on Diksha Portal. | 02 | 200 |
| 29 | 21 st May 2020 | <ul style="list-style-type: none">Anti Terrorism Day: Anti-terrorism pledge was taken by NSS volunteers along with their POs. A video of pledge was also made by NSS volunteers to share among people to spread awareness. | <ul style="list-style-type: none">To wean away youth from terrorism and cult of violence by highlighting the sufferings of common people. | 02 | 200 |
| 30 | 5 th June 2020 | <ul style="list-style-type: none">Awareness e-Program on World environment day: Time for natureDuring this e-program various topics like- Sanitation and Hygiene, Waste Management Technology, water and energy | <ul style="list-style-type: none">Different teams of both units were formed to work on all the aspects discussed during the programme. | 02 | 60 |

| | | | | | |
|----|--|--|--|----|---|
| | | conservation were discussed. | | | |
| 31 | 21 st June 2020 | <ul style="list-style-type: none"> International Yoga Day 2020: Yoga at Home and Yoga with Family. | <ul style="list-style-type: none"> To encourage people to practice yoga at their homes, with the entire family. | 02 | 200 |
| 32 | 03 rd -15 th August 2020 | Harit Haryana Abhiyan | (Report attached separately) | | |
| 33 | 14 th August 2020 | <ul style="list-style-type: none"> Tree plantation program was organized at the college campus. Staff members and NSS Volunteers (unit I & II) attended the tree plantation programme and planted saplings all around the college. | <ul style="list-style-type: none"> To improve the quality of the natural environment and fight climate change. | | |
| 34 | 15 th August 2020 | Independence Day Celebration | (Report attached separately) | | |
| 35 | 24 th September 2020 | NSS DAY CELEBRATION <ul style="list-style-type: none"> Planted saplings in “Herbal Vatika” of College. Online Inter College Slogan Writing and Collage Making competitions on the theme “Role of Youth during Covid-19 Pandemic” were organized. About 30 students participated from different Colleges. Motivational lecture by Principal Dr. (Mrs.) Suresh Boora | <ul style="list-style-type: none"> To emphasize the importance of green environment in the College campus. To sensitize the volunteers for their role during the pandemic. | | 200 Garima (B.A. III) got second position in collage making and Sanjeeta (B.A. III) got second position in slogan writing. |
| 36 | 02 nd October 2020 | Gandhi Jayanti Celebration <ul style="list-style-type: none"> Extension lecture on “Relevance of Gandhian Philosophy in context of Human Rights” by Dr. Ashish Kumar, Department of Law, BPSMV, Khanpur Kalan. | <ul style="list-style-type: none"> To remember Gandhi ji and his philosophy. | | |
| 37 | 01 st December 2020 | Observance Of AIDS Day <ul style="list-style-type: none"> Rangoli Making Competition was observed. Extension lecture by Dr. Namita, Red Ribbon Club incharge. | <ul style="list-style-type: none"> To remain aware and spread awareness regarding this dreadful disease. | | |

| S. NO. | DATE | ACTIVITY | PURPOSE | No. Of Teachers Involved | Number Of Students Benefitted |
|-----------|------|----------|---------|--------------------------------|-------------------------------------|
|-----------|------|----------|---------|--------------------------------|-------------------------------------|

**REPORT OF SPECIAL SEVEN DAYS CAMP ORGANISED BY NSS (UNIT-I & II) IN
COLLABORATION WITH GRAM PANCHAYAT, ANANDPUR JHAROTH (SONIPAT)**

| | | | | | |
|---|----------------------------------|---|--|----|-----|
| 1 | 29 th October 2019 | <ul style="list-style-type: none"> • Inauguration of Camp Dr. Monika from Hoshiyar Singh Memorial Hospital, Kharkhoda and Principal Dr. (Mrs.) Suresh Boora. • Dr. Monika, Principal Dr. (Mrs.) Suresh Boora, NSS PO's and volunteers planted saplings in the College campus. • Lecture on Anemia and female health by Dr. Monika. • Short film "Dhanak" was shown to students after lecture. | <ul style="list-style-type: none"> • To educate volunteers about eco-friendly environment. • To Know about Anemia and its preventions and cure. • To motivate volunteers about dreaming high and making something meaningful out of their life. | 05 | 100 |
| 2 | 30 th October 2019 | <ul style="list-style-type: none"> • Lecture on Traffic Rules and Women Safety by Miss Seema, S.I., Incharge of Jharoth Police Station. • Skit on "Female foeticide" by volunteers. • Rally by volunteers on "Say no to Plastic". • Lecture on "Women Empowerment and Beti Bachao Beti Padhao" by Mrs Manju Deswal from CHL Govt. College Chhara (Jhajjar). | <ul style="list-style-type: none"> • To educate volunteers/villagers about basic traffic rules and basic articles related to women safety. • To raise awareness among local folks. | 02 | 100 |
| 3 | 31 st October 2019 | <ul style="list-style-type: none"> • Pledge for national unity and run for unity by volunteers in morning session. • Lecture on protection of children from sexual offenses by Mrs Upasana Saini. • Lecture on Healthy eating and healthy living by Dr. Sunil from govt. hospital, Kharkhoda. • Skit by students on "Beta Beti ek samman". • Essay writing, speech, poster making and slogan writing on the occasion of National unity day was organized in evening session. | <ul style="list-style-type: none"> • To educate volunteers about sexual abuses and POSCO Act 2012. • To educate local folks and volunteers about healthy food. • To raise awareness regarding national unity. | 02 | 100 |
| 4 | 1 st November 2019 | <ul style="list-style-type: none"> • Interactive talk by Mr. Krishan Khasa on adoption of organic farming and saving environment. • Door to door awareness programme by volunteers | <ul style="list-style-type: none"> • To create awareness of health risks of food grown with chemicals and benefits of organically grown food. • To raise awareness among local folks. | 02 | 100 |

| | | | | | |
|---|-------------------------------------|---|--|----|-----|
| | | <p>regarding water conservation and drug addiction.</p> <ul style="list-style-type: none"> • Literacy campaign in village by volunteers • Interactive talk by Miss Neha, nutritionist and skin specialist. | | | |
| 5 | 2 nd November 2019 | <ul style="list-style-type: none"> • Tree plantation at govt. school Jharoth by NSS volunteers. • Awareness campaign by volunteers regarding “Save Water and Save Plants” in school. • Rally for “stop burning crop residues” and visit to fields to aware farmers regarding side effects of burning crop residues. • Skit by students on “Smoking Kills”. • Lecture on “Cashless transaction and Digital India” by Dr. Parmila, dept of commerce, KMK in the evening session. • First Aid Training by Mrs. Sunita from govt. School Murthal (Sonepat) (29-10-19 to 05-11-19) | <ul style="list-style-type: none"> • To make students aware about environmental issues. • To educate local people about disadvantages of burning crop residues. • To empower volunteers digitally and motivate them for non-cash transactions. • To know about immediate care you should provide when a person is injured. | 02 | 100 |
| 6 | 3 rd November 2019 | <ul style="list-style-type: none"> • Lecture on “E-Banking” by Dr. Namita, Deptt of Commerce, KMK. • Lecture on “Personality Development” by Dr. Seemant, Deptt of English, KMK. • Sports activities were organized in evening session. | <ul style="list-style-type: none"> • To educate volunteers about banking technologies to make banking more convenient for customers. • To enhance and groom volunteers outer and inner self to bring about a positive change in their life. • To improve physical health. | 02 | 100 |
| 7 | 4 th November 2019 | <ul style="list-style-type: none"> • Lecture on “Beauty and Wellness” by Mrs. Rinki • Closing ceremony was held wherein various cultural activities were performed by volunteers. • Motivational lecture by Chief Guest, Prof. Ranbir Gulia, MDU Rohtak. | <ul style="list-style-type: none"> • To tell volunteers about the importance of self care and healthy life style. • To motivate volunteers to dream high and make best of their life. | 02 | 100 |

GLIMPSES OF VARIOUS REGULAR ACTIVITIES



GLIMPSES OF SPECIAL SEVEN DAYS CAMP



Report of Program: Awareness e-Program on World Environment Day: Time for nature

Number of Participants - 51 +51= 102 (both units)

Topic 1 Sanitation and Hygiene:

Key issues Discussed

1. Awareness and information on menstrual hygiene management for adolescent girls and availability of water, soap and sanitary napkins at schools/colleges.
2. Water-borne diseases such as diarrhea and respiratory infections.
3. Awareness on sustained usage of toilets in rural areas

Topic 2: Water Conservation

Key issues Discussed

1. Increase in demand for water due to population growth and economic development.
2. Decrease in level of water table.
3. Different ways to conserve water.

Topic 3: Energy Conservation

Key issues Discussed

1. Increasing demand for power leads to considerable fossil fuels burning which in turn had an adverse impact on environment.
2. Efficient use of energy.
3. How to save energy - solar cells etc.

Topic 4: Waste Management Technology

Key issues Discussed

1. Proper segregation of waste
2. Proper recycling and resource recovery to reduced final residue.
3. Availability of waste management facilities

Topic 5: Greenery

Key issues Discussed

1. Climate changes: Ozone Depletion, Greenhouse Effect and Global Warming
2. Increase in air and water pollution.
3. Pledge for planting trees and spreading awareness regarding tree plantation.

Glimpses of Various Activities During Lockdown

