



KANYA MAHAVIDYALAY KHARKHODA

REPORT OF REGULAR ACTIVITIES OF N.S.S.(UNIT-I & II) (Session : 2020-2021)

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“NOT ME BUT YOU”

DETAIL OF ACTIVITIES UNDER NSS CELL

S. No.	Date	Activity	Purpose/Objective	No. of Teachers Involved	No. of Students Participated
1.	03 rd -15 th August 2020	Harit Haryana Abhiyan	(Report attached separately)	05	200
2.	14 th August 2020	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.	To improve the quality of the natural environment and fight climate change.	06	100
3.	15 th August 2020	Independence Day Celebration	(Report attached separately)	03	100
4.	20 September 2020	<u>Plus Polio Abhiyan</u> <ul style="list-style-type: none"> NSS P.O. (Mrs. Permila Devi) and NSS Volunteers spread awareness about PLUS POLIO ABHIYAN in their locality. NSS volunteers provided assistance at Plus Polio booths located in their villages and nearby places. 	To encourage people about the importance of Plus Polio.	1	10
5.	24 Sept 2020	<u>NSS Day Celebration</u> <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 Covid19 Pandemic" were organized. About 30 students participated from different Colleges. Motivational lecture by Principal Dr. (Mrs.) Suresh Boora 	To emphasize the importance of green environment in the College campus. To sensitize the volunteers for their role during the pandemic.	2	200 Garima (B.A. III) got second position in collage making and Sanjeeta (B.A. III) got second position in slogan writing.
6.	2 Oct 2020	<u>Gandhi Jayanti Celebration</u> Extension lecture on "Relevance of Gandhian Philosophy in context of Human Rights" by Dr. Ashish Kumar, Department of Law, BPSMV, Khanpur Kalan.	To remember Gandhi ji and his philosophy.	2+4=6	60
7.	12 Nov 2020	<u>Diwali Celebration</u> <ul style="list-style-type: none"> Principal Dr (Mrs) Suresh Boora wished them that may the festival of lights always illuminate their lives Also pledge was taken to celebrate a 	Students were made aware to say no to crackers and for using domestic items and mitti diyas.	2+6=8	50

		eco-friendly Diwali with their family members. <ul style="list-style-type: none"> Glorious Rangolis were also made by students on this occasion. 			
8.	1 Dec 2020	<u>AIDS Day</u> <ul style="list-style-type: none"> Rangoli Making Competition was observed. Extension lecture by delivered Dr.Namita, Red Ribbon Club incharge. 	To remain aware and spread awareness regarding this dreadful disease.	2+4=6	60
9.	11 Dec 2020	<u>Corona Test</u> <ul style="list-style-type: none"> In this corona pandemic, a team of doctors from Civil Hospital Kharkhoda came and tested staff members and students. 	To remain aware about the spreading and awareness regarding Covid-19 .	Faculty	270
10.	14 Dec 2020	<u>National Energy Conservation Day</u> <ul style="list-style-type: none"> Students took the pledge to use the energy resources like electricity, fuel, gases, water etc. effectively also made the placards giving such messages. Principal Dr (Mrs) Suresh Boora emphasized the importance of energy resources while addressing students and said the resources are limited; every one of us should make their judicious use so these can be saved for present and future. 	To raise the awareness of energy consumption.	2+6=8	210
11.	12 January 2021	<u>National Youth Day</u> <ul style="list-style-type: none"> National Youth Day was celebrated with the series of events. Day started with paying floral tributes in front of portrait of Swami Vivekananda ji by principal Dr (Mrs) Suresh Boora, faculty and students. This event was organized in collaboration with Swami Vivekananda youth cell of college. Principal addressed students by saying that Nation is celebrating 158th birth anniversary of the great radical monk and reformer, philosopher and thinker Swami Vivekananda ji who has always been vocal in this ideals and thoughts by giving importance to youth in nation building so the day assumes significance. Essay writing competition on the topic 'Relevance of the teaching of Swami Vivekananda today', Slogan writing competition on the topic 'Role of 	<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. 	2+6=8	32 Position Holders Essay Writing; First- Ishika (B.A. II) Second- Pinki (B.A. II) Third- Kaphee (B.A.II)

		Women in upliftment of society' and poster making competition on 'Save Earth, Save Environment' were organized under various cells.			
12.	21 st January 2021	<p><u>Awareness Programme on HIV/AIDS</u></p> <ul style="list-style-type: none"> An awareness programme on HIV/AIDS was organised by NSS units of the college in association with Red Ribbon club, Women Cell and Youth Red Cross cell. Poster making competition giving messages on HIV/AIDS, 'Hate the Disease not the disease' was the message of skit which was performed by students, speech on the causes and symptoms of HIV/AIDS and Candle Procession to illuminate the minds with knowledge on the dreaded disease were the activities which became part of the awareness programme in the interest of students. Sh. Sanjay Sharma Block Educator and Dr Raju Singla, AIDS counsellor both from Civil Hospital Kharkhoda added further detailed information regarding the disease. Principal Dr (Mrs) Suresh Boora addressed students while saying to get informed and living the restraint life are the ways of prevention from HIV/AIDS. Dr Namita incharge of RRC shared the Global statistics about infected persons and fatalities due to HIV/AIDS showing the seriousness of disease with the students. 	To remain aware and spread awareness regarding this dreadful disease.	2+6=8	<p>70</p> <p><u>Speech:</u></p> <p>First- Asha,M.Com I</p> <p>Second- Sonam B.Com II</p> <p>Third-Ankita B.Com. III</p> <p><u>Poster Making:</u></p> <p>First- Tannu, B.A. III</p> <p>Second- Vandana B.Com II</p> <p>Third-Kirti B.A. II</p>
13.	01 March 2021	<p><u>Tree Plantation</u></p> <ul style="list-style-type: none"> Saplings of various medicinal and herbals plants were planted in the college campus under the patronage of Sh. Dharampal Rohilla(General Secretary) and Principal Dr (Mrs) Suresh Boora. Saplings were of Lemon, camphor, turmeric, aloe vera etc. Principal Madam also said that use of medicinal and herbs plants and trees 	To make the environment green, serene and conducive to health	2+6=8	50

		complement our health practices from centuries old and the ongoing Covid 19 pandemic has increased the importance of these plants.			
14.	10 March 2021	<p align="center"><u>World No Tobacco Day</u></p> <p>Principal Dr (Mrs) Suresh Boora addressed and advised students, staff members especially the male employees that we all know that smoking is injurious to health and everyone should stay away from smoking, she further added that college premises is already declared Non Smoking zone and if anyone found indulged in smoking then this act will be punishable.</p>	To spread awareness against use of tobacco by Cigarettes or through any other mode.	6	20
15.	7-14 April 2021	<p align="center"><u>World Health Awareness Week</u></p> <ul style="list-style-type: none"> Principal Dr (Mrs) Suresh Boora addressed and advised students that they should add nutritional food in their daily diet and have a balanced diet. Also a documentary film was shown to the students on HIV/ AIDS and they were asked to aware other people about the disease. Also students were advised to go for a routine checkup time to time. 	To make people aware about healthy lifestyle and to acknowledge the efforts of healthcare workers	2+2=4	100
16.	03 May 2021	<p align="center"><u>Online Meeting (on COVID-19 awareness)</u></p> <p>NSS P.O. (Mrs. Permila Devi) hosted an online meeting with NSS Volunteers to encourage them to follow rules during lockdown and also were motivated to make as much as people aware about the pandemic through social media.</p>	To make teams of Volunteers for spreading awareness about pandemic.	1	50
17.	05 May 2021 To 07 May 2021	<p align="center"><u>Helping in Vaccination</u></p> <p>NSS P.O. (Mrs. Permila Devi) and NSS Volunteers spread awareness about vaccination in their locality. NSS volunteers provided assistance at vaccination booths located in their villages and nearby places. They guided local folks to places where tests were being conducted, advise them to stay in the place allocated to them, and ensure that they do not venture out.</p>	To encourage people about vaccination.	1	25

18.	9 May 2021	Spreading Awareness on Covid-19 <ul style="list-style-type: none"> • NSS POs encouraged students to keep using masks and to follow social distancing to avoid the virus. • Volunteers made different slogans, posters etc. related to corona awareness. • NSS volunteers distributed handmade masks. 	Social Work	2	75
19.	10-14 May 2021	NSS P.O. (Mrs. Permila Devi) completed her FDP on Building Emotional Intelligence & Resilience Case Method of Experiential Teaching & Learning organized by MGNCRE	To learn new things and methods to consult a Covid patient through Emotional Intelligence	1	--
20.	13 May 2021	NSS P.O. (Mrs. Permila Devi) hosted an online workshop with NSS Volunteers on topic Guidance for psychosocial counseling for Covid-19 patient & their family members	To learn new things and methods to consult a Covid patient through Emotional Intelligence	1	100
21.	30 May 2021	<u>World No Tobacco Day</u> Kanya Mahavidyala Kharkhoda in collaboration with Sanjeevani- Life Beyond Cancer organized the Webinar on Cancer Awareness & Healthy Lifestyle in celebration of World No Tobacco Day and was hosted by NSS P.O. (Mrs. Permila Devi)	To spread awareness against use of tobacco by Cigarettes or through any other mode.	1	90
22.	5 June 2021	Lecture on World Environment Day <ul style="list-style-type: none"> • Organized an interactive talk by virtual mode with the students. Principal Dr (Mrs) Suresh Boora encouraged students to come forward to contribute towards energy conservation, do not exhaust them and leave the planet better for our future generations. • Dr Rekha, Assistant professor in Geography motivated students to focus on three Rs for energy conservation which is the need of the hour to save our planet i.e. Reuse and Recycle resources and Reduce their consumption. The extraction of natural resources for our personal use destroys habitats on land as well as in sea. 	To motivate them for becoming an environmentally conscious human being	5	100

		<ul style="list-style-type: none">• POs of NSS Mrs Shalini and Mrs Permila and member of ECO Club Dr Vijaydeep also addressed various issues concerning environment.• Students were given pledge to conserve environment by planting more and more trees and cutting back to energy use. They also displayed their posters giving out the messages on climate change, Global Warming among others.			
23.	21 June 2021	<p>International Yoga Day</p> <ul style="list-style-type: none">• Two Days workshop to celebrate 'International Yoga Day, 2021' was organised by virtual method on 20-21 June. Dr Darshana (Assistant professor in Physical Education) and Ms Sonika (Yoga instructor) apprised students about Pranayam and different Yogic exercises such as Kapal Bhati, Bhramri, Ujjayi etc with their relative importance and the way to practise these.• Principal Dr (Mrs) Suresh Boora said while addressing the participants of workshop that yoga which is the synchronization of mind, soul and body is the great contribution of India's vedic system to the entire world to embrace for.	<ul style="list-style-type: none">• To highlight the importance of Yoga to students as well as staff members.• In this COVID-19 pandemic it has proved to be more useful for in increasing the immunity to fight with the diseases.	5	55
24.	9 July 2021	<p>Van Mahotsav Celebration</p> <p>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.</p>	To improve the quality of the natural environment and fight climate change.		10
25.	23 March to 1 April 2021	NSS P.O. (Mrs.Permila Devi) went to a 10 Days YLTC to Manali		1	--

Report of program: Independence Day 2020 - Aatmanirbhar Bharat

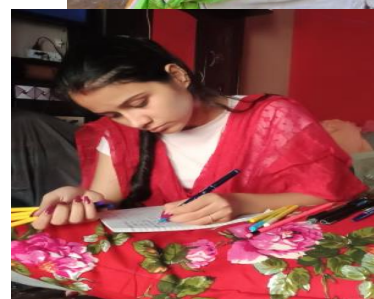
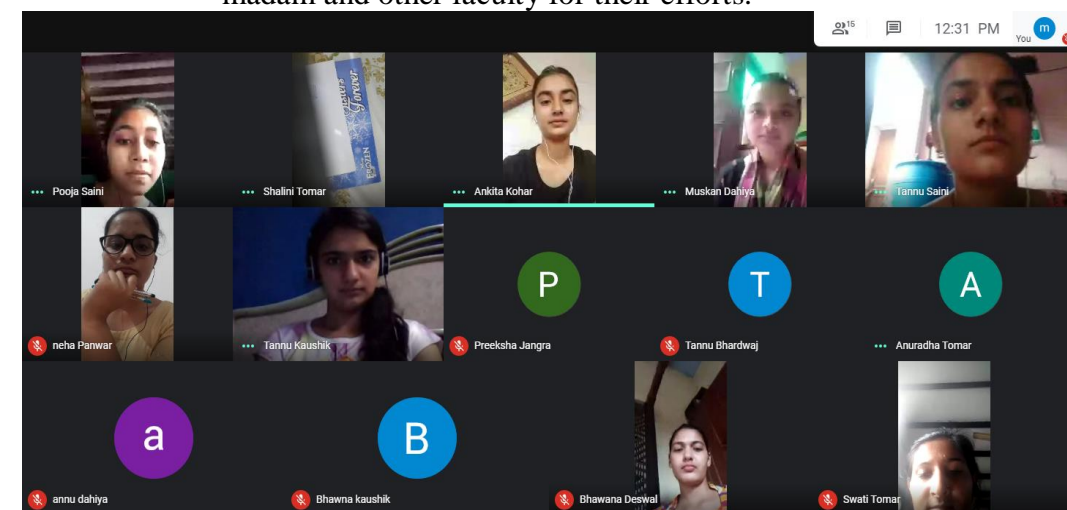
- On the auspicious occasion of our 74th Independence Day the NSS Unit of our college conducted a tree plantation programme under the campaign 'Harit Haryana Abhiyan'. Saplings of amla, neem and Peepal were planted by worthy Principal Dr. (Mrs.) Suresh Boora, NSS pos Mrs. Shalini and Mrs. permila along with other staff members. Through a short video, Principal Dr. (Mrs.) Suresh Boora motivated and encouraged the students to participate in the drive, and fostered a sense of responsibility towards nature in them.



- **Atmanirbhar Bharat Abhiyan** was the vision shared by Narendra Modi, the Indian prime minister to fight rise against the effects of covid19 pandemic. As part of Aatmanirbhar bharat Abhiyan NSS cell conducted an inter-college online Quiz, in which more than hundred students participated from different colleges.

Link for the online quiz: <https://forms.gle/ZEdChfbkRjQsmH5Y7>

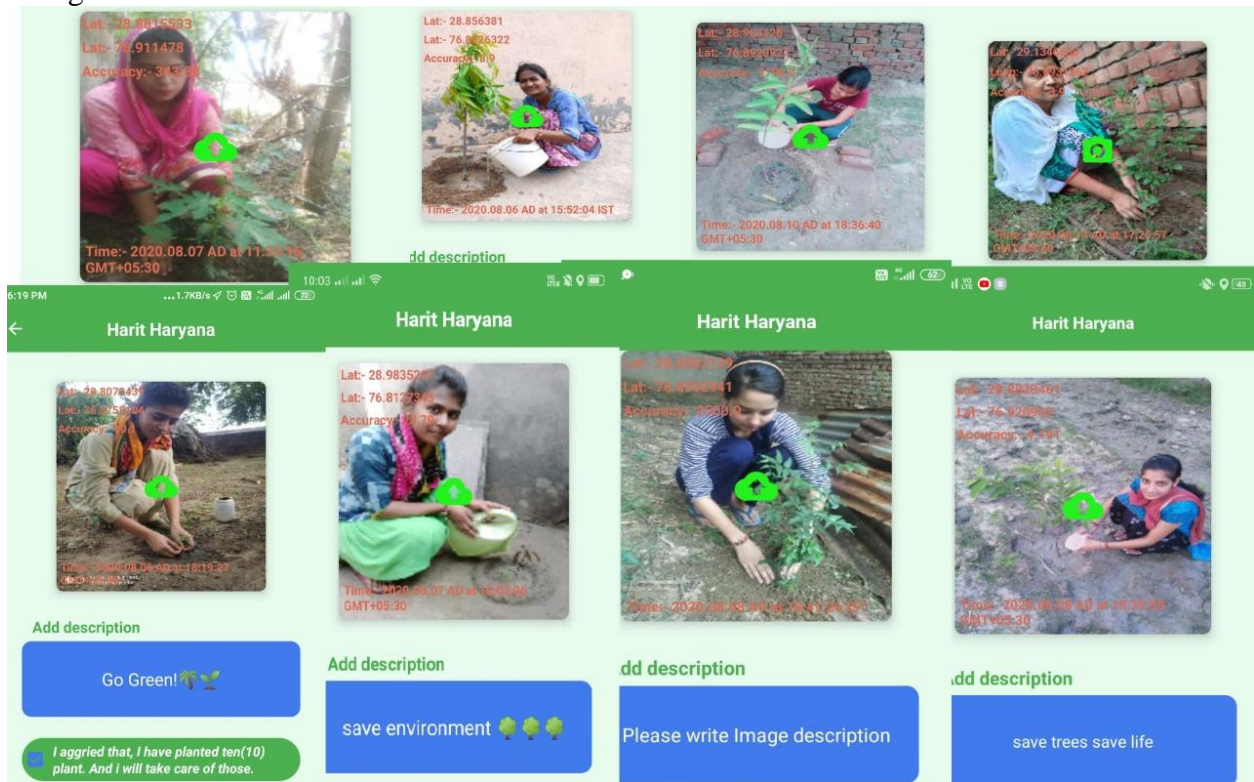
- Online competitions like declamation and essay writing on the topic Atmanirbhar Bharat, patriotic poetic recitation and singing were also organized. The event began with National Anthem, which raised the patriotic fervor in students. The Competition was judged by Principal Dr. (Mrs.) Suresh Boora. Participants were applauded by principal madam and other faculty for their efforts.





Report of Green Haryana Campaign

Chief Minister Manohar Lal launched the Green Haryana Campaign under DHE on August 3, 2020. Underlining the positive impact the plantation can have on the environment, he said that all the students will get a plant from the Forest Department, which they can plant in their homes, gardens, grounds, parks, schools or elsewhere. The campaign was to end on 15 August. But in view of the enthusiasm of the students, the campaign has been pushed forward. The Principal of the institution, Dr. (Mrs.) Suresh Boora has been continuously encouraging the college family and also personally motivating the students to plant trees. So far, more than 200 students of the college have registered and planted saplings under the campaign. Mrs. Permila, Nodal Officer of Green Haryana Campaign, PO Mrs. Shalini NSS and other teachers are constantly promoting plantation by being part of the campaign. The students registering are also taking an oath to do full conservation of the plants while planting saplings. Along with the students, their parents also participated in the Green Haryana campaign. College teachers have also become part of the campaign, who has planted saplings themselves. The Principal said that the college professors have specially encouraged the students of their department to participate in the campaign. He said that plantation should be done essentially by all. But we should not be limited only to plantation, but to plant and preserve it, so that the plant takes the form of a strong tree.



GLIMPSES OF VARIOUS ACTIVITIES DURING THE SESSION

