

# NSS ACTIVITIES

**2023-24**

1. NSS Orientation Day: 2<sup>nd</sup> Aug 23

An orientation day for the new comers admitted to the college was organized. The volunteers were briefed about the National Service Scheme and kind of activities they can take up during their stay in the premises.



2. Flagship programme “ Meri Mati Mera Desh” Ministry of Youth Affairs 9<sup>th</sup> - 15<sup>th</sup>Aug

Under Ministry of Youth Affairs a flagship programme was launched throughout the nation to conduct various activities under “Meri Mati Mera Desh” theme. Various activities were conducted inside and outside the campus.

3. Tree Plantation and Pledge

Staff and volunteers of the college carried out tree plantation drive in the college premises. A pledge was taken to instill a sense of belongingness with our soil by taking soil in their fists. Few medicinal saplings were planted.



#### 4. Poem Recitation and Songs on Unsung war heroes

Volunteers of the college participated in patriotic poetry recitation and songs on unsung war heroes of our nation. This was an attempt to recall and remember forgotten heroes of our freedom struggle .



5. Poster Making on Freedom and Patriotism

Volunteers of the college participated in poster making on country's freedom struggle and patriotism. Around 50 volunteers made posters on the theme "Strength Of India"



6. Rangoli Making - Volunteers participated in rangoli making focusing on patriotism. Various designs were presented by the volunteers on meri mati mera desh.



7. Nukkad Natak on Patriotism

The volunteers organized a Nukkad Natak on indulging in Anti Corruption practices in India. Around 20 volunteers presented the skit on the same.



8. Cultural Programme on Unity in Diversity A cultural program was presented by the volunteers showcasing Unity in Diversity in India. Various dances from different states were performed by the volunteers.



9. Placement of Shila at Adopted village Khudda Jassu for unsung war heroes  
The volunteers and staff of the college placed a shila (stone) in the memory of war heroes who laid their lives for our nation. The shila was palced in the

government school of adopted village Khudda Jassu. Two war heroes of the village were remembered by inscribing their names on the stone and by singing patriotic songs for them.



#### 10. Preparation of Vatika at Khudda Jassu

A specific place was marked for bringing up a vatika in the adopted village of Khudda Jassu. The volunteers, staff and panchayat of the village planted 80 saplings in the village.





#### 11. A 7 day programme on Art Of Living : 20<sup>th</sup> August

A seven day Art Of Living program on Life Changing skills was conducted for the volunteers by Sri Sri Ravi Shankar group (Art of Living). Around 100 volunteers were trained in the workshop and they cleared their level one for the same. Some of

the volunteers were selected for level 2 of the programme were in they represented the college at Rishikesh.



12. Food and Safety Expert Talk : 9<sup>th</sup> September

An expert talk was conducted by department of food safety and health Chandigarh Administration. The expert views on food safety and deteriorating health was given by Mr. Vivek Kumar certified FOSTAC trainer.



13.7 day self defence training by expert: 11th-17<sup>th</sup> Sept.

The volunteers were trained in self defence for one week by experts in the field. The volunteers underwent rigorous training for the same and showcased their skills learnt.



14. Visit to Anganvadi at adopted village Khudda Jassu for expert talk on health and hygiene : 12<sup>th</sup> September

The volunteers and staff visited the anganvadi of adopted village Khudda Jassu along with representative from Food Safety and Health Department. The young mothers and incharges of the anganvadi were given tips on maintaining healthy lifestyle amongst mothers and role of nutritious food in growing kids. The volunteers distributed fruits to the young ones and staff at the anganvadi.



### 15. Poster Making on ban on single use plastic :12<sup>th</sup> September

The volunteers participated in poster making on ban on single use plastic. Volunteers covered up various aspects of use of plastic highlighting the consequences. The institute is itself a no plastic zone.



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Chandigarh



#### 16. Expert talk by nutritionist from PGI on Importance of healthy and nutritious food in adolescent girls : 14<sup>th</sup> September

An expert talk as organized by Dr. Vaishali from Department of Community Health and Medicine PGI, Chandigarh. She took a session for 100 volunteers and guided them on the importance of healthy and nutritious food in adolescent girls and problems associated with unhealthy lifestyle.



### 17. Swacchhta Drive in Campus : 2<sup>nd</sup> October

A cleanliness drive was organized in the campus to make it litter free. The students collected the waste from the entire institute, segregated it and disposed it off accordingly. A massive drive was conducted by more than 100 volunteers.



**18. Visit to Sukhna Lake on "Breast Cancer Awareness" : 7<sup>th</sup> Oct.**

The volunteers along with the staff visited Sukhna Lake for an awareness drive on breast cancer awareness. The event was conducted by the Chandigarh Administration in collaboration with Rani Breast Cancer Awareness Trust. More than 50 volunteers participated in the event.





### 19. Seven Day Night NSS Camp : 19<sup>th</sup>-25<sup>th</sup> October

A seven day night camp was held on the theme “ Youth Empowerment: Towards Cleaner , Greener And Sustainable Future”. The following activities were conducted:

### 20. Self Defence Training



21. Poster Making and slogan writing
22. Annadan
23. Awareness Rally on Police Martyrs Day
24. Dental Camp in the adopted village
25. Mud Therapy Sessions
26. Cleanliness Drive
27. Session on mental health



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28. Expert talk on Drug deaddiction at Global Peace House sector 15 by

Brahamakumaris: 28<sup>th</sup> Oct

The volunteers along with the staff visited Global Peace House sector 15 for an expert session on drug de addiction and leading a healthy lifestyle. The event was conducted under the theme “Nasha Mukh Bharat Abhiyan” under ministry of Social Justice and Empowerment , Government of India.



29. Run for unity at Sukhna Lake :31.10.23

100 volunteers and staff from the college participated in Run For Unity on the eve of Rashtriya Ekta Diwas or National Unity Day. The event was organized by Chandigarh Administration to promote an environment where healthier communities are created through kindness, acceptance of difference and inclusion.

30.NSS Camp : 21.12.23.27.12.23

A seven day night NSS Camp was organized on the theme “Youth for Sustainable Development with special focus on Value Education” from 21.12.23-27.12.23. 150 NSS Volunteers were a part of this camp. Various activities were organized throughout the camp in the college premises and also at the adopted village Khudda Jassu

31. On the inaugural day the volunteers were enrolled for the camp and a pledge was taken by the volunteers and staff. Also the Food Safety Department and PGI Chandigarh felicitated the principal of the college for her exemplary contribution in

the field of food safety and health. The state liaison officer NSS Sh. Nemi Chand ji was also a part of the event.



32. An expert talk on importance of value education amongst youth was taken up by Dr. Diksha Bhanot. A cleanliness drive was undertaken in the adopted village. Another expert talk was taken up by Dr. Rachna Srivastava from PGI on nutritional food in young women.



33. The Art of Living team took up the session for the volunteers on importance of meditation and yoga for a stable mindset.



34. Dr. Anirudh Uniyal, Physiotherapist from PGI and founder of Navya Bharat Foundation, took up the session on Human Values amongst Youth.



35. Dr. Gaurav Awana and Dr. Lalita from the department of philosophy took up the session on the importance of education amongst the slum dwellers and underprivileged in the society.





36. An activity was organized by Community Medicine and Public Health Department PGI and Food Safety Department. Expert talk and poster making competition was

held . 30 posters were made out of which 5 best were judged and winners were awarded with Tshirts by the said departments



37. An expert talk was held on Awareness and Perception of Women regarding their rights by advocate Charu Sharma.



38. Prof Shalini Consultant Gynae and head infertility PGI took up the session on Gynecological issues amongst adolescent girls particularly pood and pcos.



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39. Mr. Abhinav Dogra, Managing Director of Chetanya Careers, conducted a session on Career Building. He guided the volunteers on how to choose the right career for themselves and how and where to apply for higher education.



40. Mr. Prabhu Nath Shahi, Ex Air force Officer and Environmentalist, conducted a session on Environment Conservation and the importance of planting trees for the future.

generation. Water conservation and waste management and adulteration was also covered up.



41. Prof. Dr. Ritu Gupta from Department of Chemical Engineering and Technology Punjab University spoke on Environmental Sustainability with special focus on non usage of plastic.



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42. A tree plantation drive was carried out in the college on Republic Day 26.1.24. The students and staff of the college planted fruit bearing and medicinal plants.



43. An expert talk was taken up by Mr. Vikas , Girls Ambassador who shared his views on women empowerment and security and safety issues amongst young girls. The session was taken up under “ Project Kartavya” on 31.1.24. around 100 NSS volunteers were a part of the session.





44. An expert session was taken up by Sh. Ashok Melana from Rajasthan on 1.2.24 with 100 NSS volunteers and program officers on water table conservation and recycling of waste materials. The expert shared his views on rigorous water table conservation projects being taken up in the arid areas of Rajasthan.



45. Around 40 NSS volunteers participated with their programme officers in a conclave at Punjab University on 03.02.24 on “Entrepreneurship and Rural Development Conclave 2024”.



46. Volunteers celebrated Basant Panchami in the college premises on 14.2.24 by participating in devotional songs and hymns on Ma Saraswati the Goddess of Knowledge. Students shared information on the importance of the day.



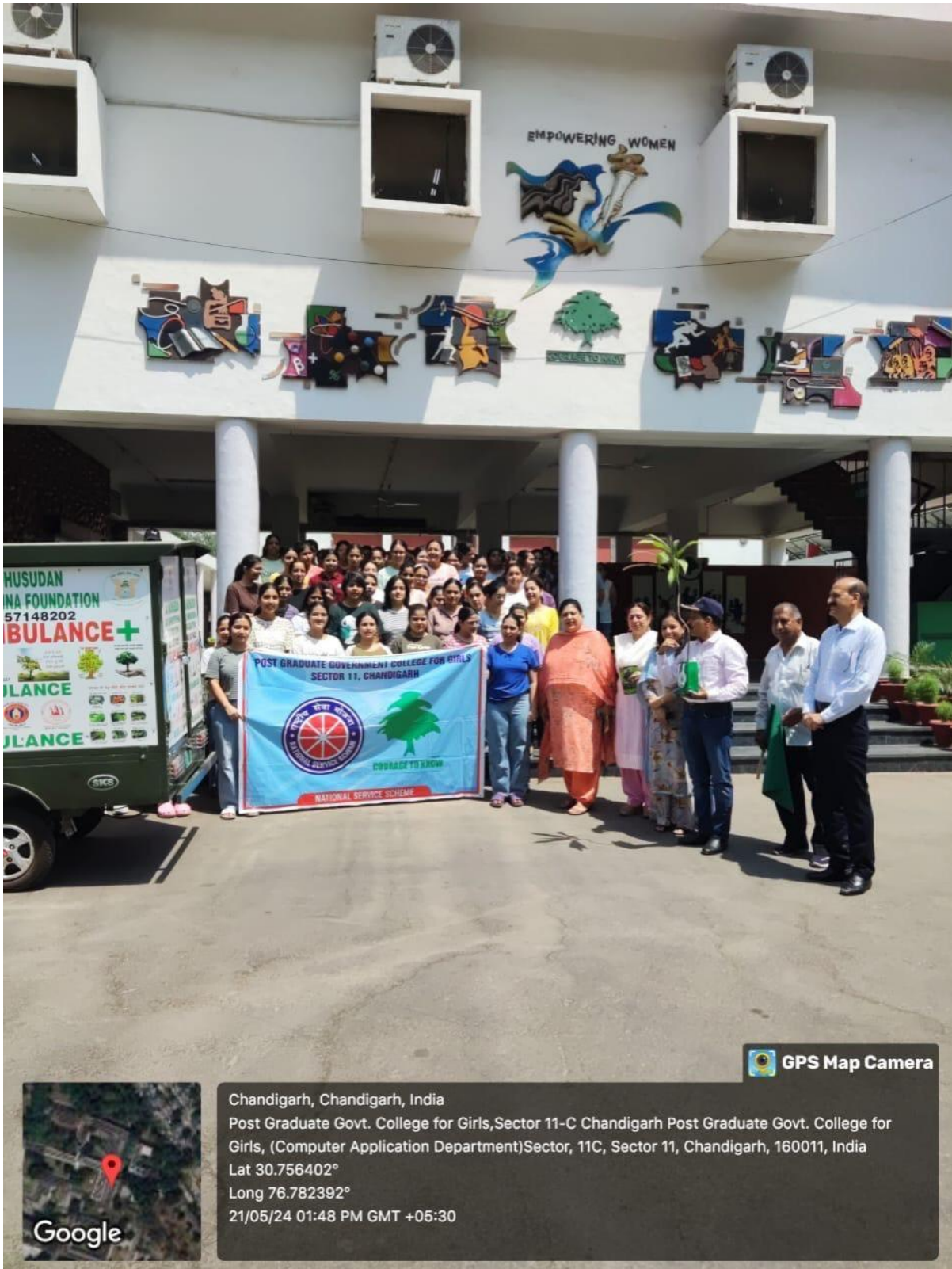
47. Volunteers visited village Khudda Jassu slum area and donated clothes and shoes to the dwellers on 18.2.24. Around 100 volunteers donated sanitary pads to the females of the slum.



48. Volunteers visited State UT Guest House on 25.2.24 to participate in the virtual flag off of Mobile Food Safety Van by Honorable Prime Minister Sh. Narinder Modi ji. The volunteers, 30 in number were a part of the activities organized by the administration such as stalls giving knowledge on food adulteration. Smt. Kirron Kher was the chief guest for the event and she met the volunteers personally and guided them to follow healthy lifestyle practices.



49. Volunteers participated in tree plantation on 26.2.24 in remembrance of air strike martyrs on Balakot Air Strike Day. Fruit bearing and medicinal plants were planted by volunteers in collaboration with JMJS Foundation headed by Sh. Prabhu Nath Shahi.



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50.50 NSS volunteers, visited Indian Red Cross Society Punjab State Branch, Chandigarh on 06.03.24 to participate in International Womens Day Celebrations. The students were given free kits by the society.



51. An expert talk was held on water conservation by Sh. KP Singh from department of Environment Science Punjab University Chandigarh. The team of volunteers planted fruit bearing trees in the college campus on 19.3.24.

