

## **N.S.S. Report 2015-16**

The N.S.S. unit of College set the precedent of devotion and selfless service during this session also. Above 100 students got their roll numbers enrolled in the unit. To achieve personal growth through community service, the volunteers were made to perform and involve in these activities:-

### **1. 12<sup>th</sup> August, 2015-**

A meeting of the NSS volunteers was held to motivate them towards the fulfillment of their objective of self development through social service and to make them aware about various rules and regulations of the unit.

### **2. Tree Plantation-**

On 13<sup>th</sup> August 'Tree Plantation Programme' was organized. The principal Dr. Alka Gupta, senior staff members Mrs. Shashi Behl, Mrs. Anita Singroha, Mrs. Madhu Khatri, Mrs. Sushma Hooda, Mrs. Rekha Saini, Dr. Geeta Gupta and about 100 volunteers participated in it. N.S.S. volunteers were motivated to grow more and more trees in the society and efforts were suggested to be made for environment enrichment and conservation.

### **3. Independence Day-**

On 15<sup>th</sup> August, 2015 the N.S.S. volunteers celebrated Independence Day with the rest of the students. They made arrangements for seats for the staff members and the students also participated in other cultural activities on the occasion.

### **4. World Literacy Day-**

On 9<sup>th</sup> September, 2015 to celebrate world literacy day a slogan writing competition was held. The following students were awarded prizes.

#### **1<sup>st</sup> Prize-**

Roll No.	Class	Name
2825	B.Sc. III	Monika

#### **2<sup>nd</sup> Prize-**

Roll No.	Class	Name
2827	B.Sc. III	Sakshi Bhardwaj
1146	B.A. II	Meeta

#### **3<sup>rd</sup> Prize-**

Roll No.	Class	Name
2830	B.Sc. III	Jyoti
1224	B.A. II	Monika Malik

5. **One day Camp-**

On 23<sup>rd</sup> September 2015 a one day camp was organized by the volunteers. The main thrust of the camp was on the cleanliness of notice boards, hedges, Cycle shed, Class rooms and every corner of the college campus. This project was completed successfully by the volunteers with usual devotion and sincerity towards the work.

6. **N.S. S. Day (24<sup>th</sup> September) –**

On 24<sup>th</sup> September 2015, N.S.S. Day was celebrated N.S.S. officer Mrs. Neelam told the students about objectives and aim of joining N.S.S. Oath taking ceremony was conducted and volunteers were made aware of social evils like dowry system, AIDS etc. prevailing in the society.

7. **Blood Donation Day-**

1<sup>st</sup> October, 2015 was celebrated as Blood Donation Day. On that day the N.S.S. Incharge herself addressed the volunteers and told them about the importance and need of blood donation to the needy persons.

8. **World Sanitation Day (Second One day Camp)-**

A one day camp was organized on 2<sup>nd</sup> October, 2015 to celebrate fruitfully the world sanitation Day. In the camp the volunteers wiped and cleaned all the rooms and lawns of the college premises devotedly.

An essay writing competition was held on the occasion of Gandhi Jayanti Following students won prizes.

	Name	Class	Roll no.
First-	Priyanka	B.A. III	2287
Second-	Sakshi Bhardwaj	B.Sc. III	2827
Third-	Divya	B.Sc. II	2773

9. **Traffic Education Week:**

It has been a tradition with N.S.S. unit of the college to celebrate Traffic Education Week every year from 24<sup>th</sup> October to 31<sup>th</sup> October. Maintaining the same tradition, this year also Traffic Education Week was celebrated. The incharge told the volunteers about various traffic rules and pamphlets were distributed about regulations that are necessary to be followed so that the life on roads may be made free of danger.

This is also note worthy that all the students showed their keen interest in the activities and guidance given to them.

#### **10. World AIDS DAY**

On 1<sup>st</sup> December world AIDS Day was celebrated. Volunteers were informed about the reasons and remedies of the fatal disease by the speeches of volunteer are themselves.

#### **11. Organization of Seven days N.S.S. Camp** (6<sup>th</sup> January, 2016 to 12<sup>th</sup> January, 2016)

Seven days special Camp was organized in the college Campus from 6<sup>th</sup> Jan., 2016 to 12<sup>th</sup> Jan., 2016. The Opening Ceremony of the Camp took place on 6<sup>th</sup> January 2016. On this occasion, Shri Baldev Raj Ahuja, the Vice President, Managing Committee honoured the occasion as Chief Guest. He appreciated the volunteers for taking this task and encouraged them for various activities that they will be doing during the next six days. Various Cultural activities were also performed on the occasion.

During the next six days the Volunteers participated with zeal and vigour in the task of personality development by learning how to co-operate with each other in all kinds of community service. Various programmes were organized for the volunteers on the following topic:

- (A) Yoga classes to N.S.S. volunteers by Mrs. Meena Bansal.
- (B) Judo Training by Mr. Parmod Malik.
- (C) Training for Self Employment by Mrs. Himanshu Garg.
- (D) How to Channelize Youth power by Mr. Naresh Jaglan
- (E) Personality development (Lecture) by Sh. Shyan Lal Kaushik.
- (F) Lecture on self defence by Dr. Harish Kumar Ranga

- (G) Lecture on the Value of making and following definite goals in life by Sh. Dalbir Sharma, Zonal Trainer, JAYCEES.
- (H) Lecture on Skin care by Dr. Pankaj Soni
- (I) Lecture on beauty tips by Mrs. Raj Yadav
- (J) Lecture on Nutrition by Shri Vijay Pal Virodhiya

Various experts and specialists were invited for the above said task. Simultaneously a cleanliness move was also carried on by the volunteers with the usual devotion and enthusiasms, as 'Krishna Colony' was adopted for literacy campaign and volunteers visited the same and taught the women about alphabet, spellings, signatures and some other creative things like art of Mehndi, Best out of waste etc.

Volunteers also took upon themselves the task of cleaning the college campus. They laboured hard and unhesitant cleaned choked drains, and other kind of wiping and cleaning. 12<sup>th</sup> January was the closing ceremony of the Camp. Principal Dr. Alka Gupta appreciated the work done by the volunteers during the camp. Miss Sakshi, B.SC. III was declared the Best NSS Camper.

Various cultural activities were performed on the occasion of successful completion of the Seven days Camp.

## **12. Republic Day –(26 January)**

On Republic Day Volunteers made seating arrangements for college staff and students. They maintained discipline during the programme and N.S.S. volunteers also participated in patriotic songs and dance. They were educated about the importance of Republic day for our nation.

Consequently, we can say the session was utilized to the maximum to make the task of personal development through community service really fruitful. The administration of the college as well as the other members of our college family also extended great help and co-operation to make it a success.

Submitted by

(Mrs. Neelam)

Incharge N.S.S.







# छात्राओं ने अशिक्षित महिलाओं को पढ़ाया साक्षरता का पाठ

जींद (ब्यूरो)। हिंदू कन्या कॉलेज में एनएसएस शिविर के चौथे दिन छात्राओं ने आसपास की कॉलोनियों में अशिक्षित महिलाओं को साक्षरता का पाठ पढ़ाया। छात्राओं ने इस दौरान महिलाओं के हाथों में मेहंदी लगाकर अपनी मेहंदी कला का भी प्रदर्शन किया। महिलाओं को व्यर्थ वस्तुओं का सही उपयोग सिखाते हुए पेपर बेट, फ्लोवर पॉट, पर्स बनाने की विधि बताई। प्राचार्या डॉ. अल्का गुप्ता व एनएसएस इंचार्ज नीलम ने बताया कि कॉलेज में एनएसएस शिविर में छात्राओं को कई प्रकार का प्रशिक्षण दिया जा रहा है। चौथे दिन शिविर के प्रथम चरण में प्रशिक्षक मीना देवी ने छात्राओं से प्राणायाम कराया। उन्होंने कहा कि हर रोग का इलाज योग यानी प्राणायाम से संभव है। एक्यूपेशन बिंदु और उनसे होने वाले लाभों के बारे में भी छात्राओं को जानकारी दी। इस मौके पर स्वास्थ्य रक्षा अभियान से जुड़े विजय पाल विरोधिया, शरण सैनी और राजेश शर्मा शिविर में पहुंचकर छात्राओं को स्वास्थ्य संबंधित जानकारी दी।