



# **SANATAN DHARMA COLLEGE AMBALA CANTT**

NAAC Accredited Grade "A+" with CGPA 3.51 in Third cycle  
College with Potential for Excellence, UGC, New Delhi



## **NATIONAL SERVICE SCHEME**



## **ANNUAL REPORT**

# **2020-21**

**JAGADHARI ROAD, AMBALA CANTT, 133001**

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## PRINCIPAL'S MESSAGE



**“Not Me But You”**, with this motto **National Service Scheme** was introduced way back in 1969 having an idea in mind that we have to mobilize the students’ strength to bring changes in the society. Through NSS, we inculcate the humanly values in the students so that they develop a totally different understanding to look at the society and can ingurgitate the sense of community service. Ever since the establishment of the college in India, National Service Scheme in our college has been one of the most vital, vivacious and nimble instrument in the glorious history of this institution. NSS of the college has been actively participating in many social, educational and environmental activities inside and outside the campus. We pledge through NSS to bring about a change in the society, to spread awareness through various programs, to collaborate with other NGOs and agencies involved in the indistinguishable services. We also look forward for a student-rural area cohesive understating of the problems in rural areas for a systematic eradication of the problems. Our unit of NSS also extends furtherance to the government when required by becoming Good-Samaritans in various programs organized for the weaker and disabled section of the society.

**This is just a nugget of what our unit of NSS does every year to bring laurels to the college and consciousness in the society.** We are also instrumental in focusing on some villages by adopting them so as to know the particular problems being faced by the people of that specific area. This scheme is being worked upon as a pavement for a future large scale adoption of the villages or of a large area for economic upliftment.



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## ***PROGRAMME OFFICERS***

**MS. ZEENAT MADAN,  
ASSISTANT PROFESSOR,  
DEPARTMENT OF ZOOLOGY**



**MR. TAJINDER SINGH,  
ASSISTANT PROFESSOR,  
DEPARTMENT OF ENGLISH**



**DR. SATBIR SINGH,  
ASSISTANT PROFESSOR,  
DEPARTMENT OF COMMERCE**



# ***WORLD POPULATION DAY***

**Date: 11.07.2020**

**World Population Day** is an annual event, observed on **July 11** every year, which seeks to raise awareness of global population issues.

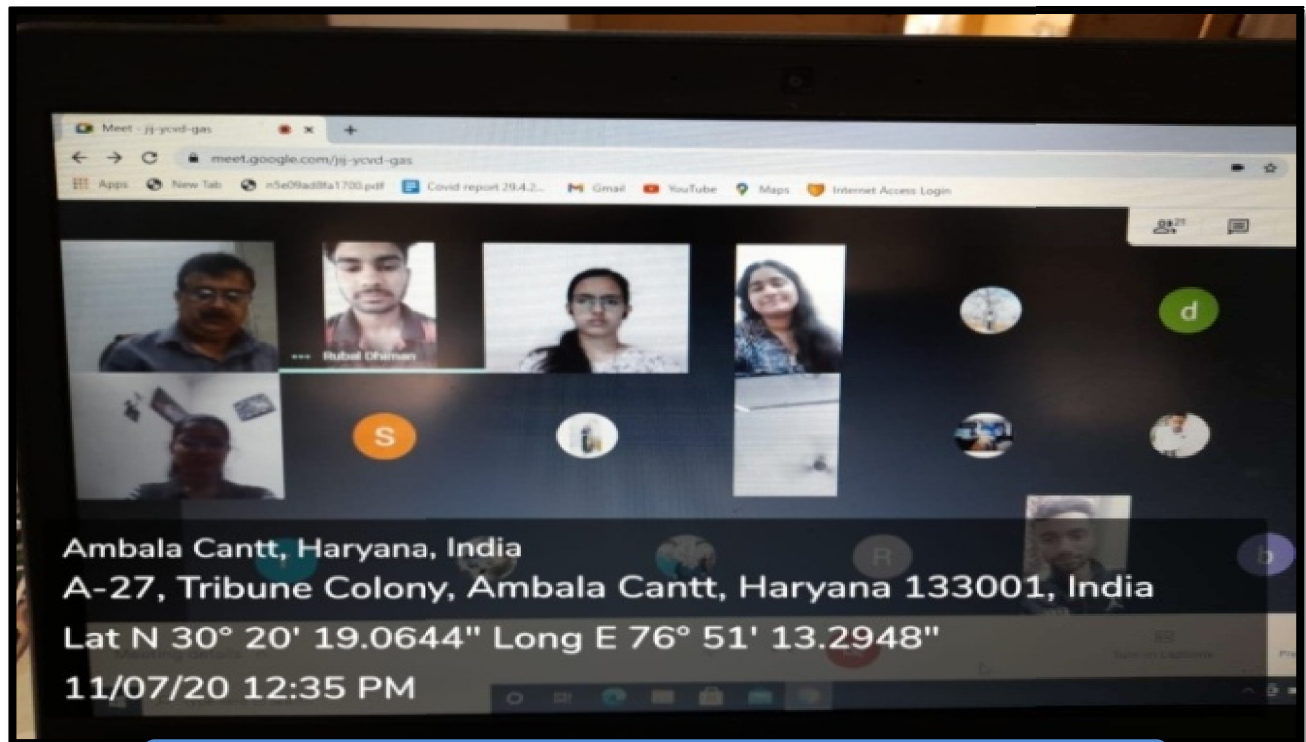
**World Population Day** also aims to increase people's awareness on various population issues such as the importance of family planning, gender equality, poverty, maternal health and human rights.

**NSS Unit** of the college celebrated **World Population Day** by organizing an online seminar for the volunteers and the students of the college on **11.07.2020**.

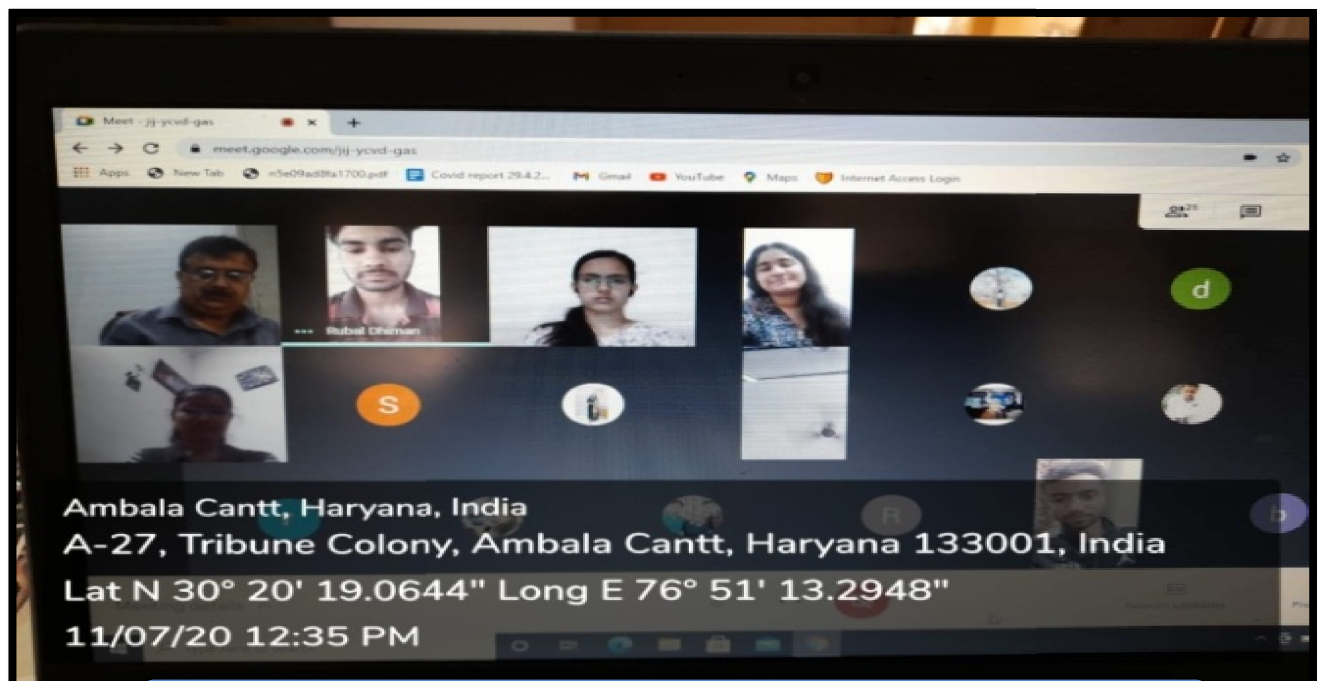
**Dr. Narender Kumar, Dept. of Geography, DAV College, Ambala City**, was the Chief Guest and Main Speaker of the occasion.

**Dr. Narender** told that though the human beings are no doubt an important species on this planet but the population explosion is going to take this species towards the extinction also. The survival would become hard due to the indiscriminate exploitation of natural resources.

Volunteers and the students were sensitized about the gaping problem of increasing population around the world and India being one of the worst hit countries.



ONLINE ADDRESS OF THE RESOURCE PERSON



VOLUNTEERS INTERACTION WITH RESORSE PERSON

# ***WORLD NATURE CONSERVATION DAY***

**Date: 28.07.2020**

**World Nature Conservation Day** is celebrated to create and increase awareness about the importance of natural resources and how one can live sustainably.

The day encourages people to save and protect Earth's natural resources that are fast-depleting owing to over-exploitation and even misuse.

The event was scheduled for **28.07.2020** through online participation.

The activity was theme based and the theme was: “मेरा पौधा मेरी विरासत”

Sub Themes:

For students “**One Student One Tree**”

For staff “**One Staff Member One Tree**”

The NSS Unit of the college organized this event of importance in collaboration of **Zila Yuva Vikas Sangthan, Ambala**. The volunteers and students were sensitized about the importance of conserving nature and natural resources. With the help of this activity saplings were planted in the surrounding areas. Winners were awarded with e-certificates.





**PARTICIPANTS PICTURE 1**



←  
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**PARTICIPANTS PICTURE 2**

# ***INDEPENDENCE DAY***

**Date: 15.08.2020**

Independence for any country is as vital as the soul to a man. In the context of our country this independence is studded with sacrifice of numerous people who struggled hard to get it. Since 1947 our country has developed in all spheres and leading at many forefronts with examples. Our country got freedom on 15.08.1947.

**NSS units** of the college celebrated **Independence Day** on **15. 08. 2020** in the college campus. Since our country got freedom on this day so this day holds a special place in our hearts. Since many years the district administration celebrates **Independence Day** at **Sanatan Dharma College** so the participation of the NSS units becomes more important.

The **Sub Divisional Magistrate, Ambala Cantt, Sh. Subhash Sihag**, was the chief guest on the occasion.

He was accompanied by **DSP, Ambala Cantt, Sh Ram Kumar** along with other people.



**AWARD CEREMONY AND PLANTATION DRIVE****PARADE AND FOOD DISTRIBUTION**

# ***SADBHAVNA DIWAS***

**Date: 20.08.2020**

The day is observed to restore national integration, peace, affection, and communal harmony amongst the Indian people of all religions.

'**Sadbhavna**' means goodwill, cooperation, benevolence or kindness etc.

Celebrated on **August 20** every year, commemorates the memory of our late erstwhile Prime Minister, Rajiv Gandhi.

The college is place where the future of our country comes in a large number. It is better to make them aware. The pledge of **Sadbhavna Diwas** will teach them not to be divided and stand in solidarity on national issues and common interests.

This day was celebrated on 20.08.2020.

**Principal of the college Dr. Rajinder Singh** administered the pledge to the students and the faculty members. But due to corona we decided to distribute masks on this day to near by areas and in the adopted villages.

## ***GANDHI JAYANTI***

**Date: 02.10.2020**

Every country in this world who struggled hard and lost lives to get freedom has many heroes who had sacrificed everything to get freedom. One such saintly father figure for us was Mahatma Gandhi. He perpetrated the idea of non-violence, social service and value based education besides other theories.

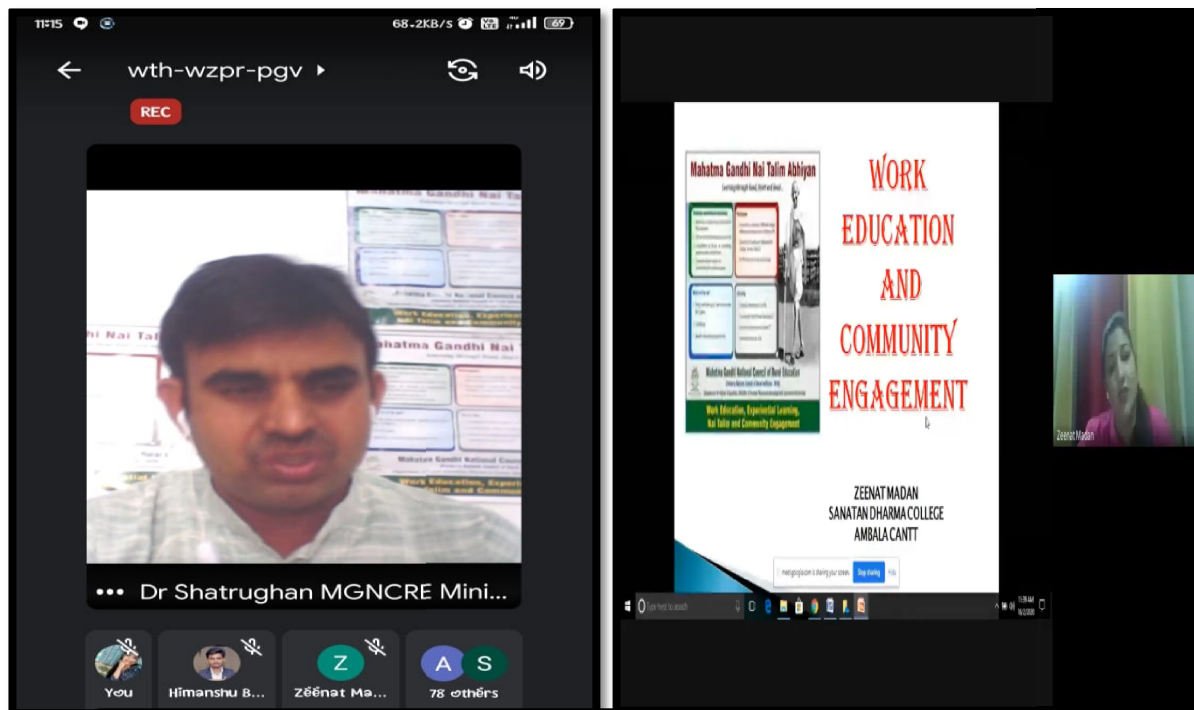
So to commemorate the birth of the Father of our Nation, the NSS units of the college organized a webinar on **02.10.2020**.

The topic of the webinar was **“Teachings of Mahatma Gandhi”**.

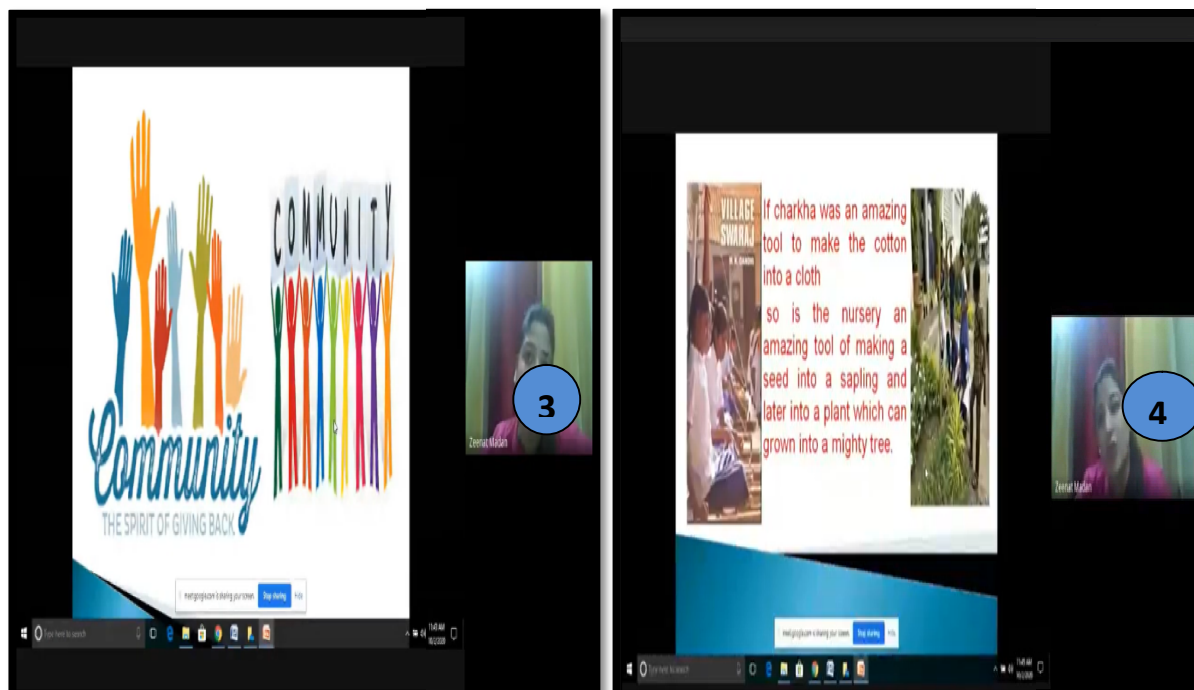
**Prof. Shatrughan, Senior Faculty, MGNCRE, MHRD, Govt. of India** was the resource person on the occasion.

The chief speaker of the day said that the ideology of **Mahatama Gandhi** can never be obsolete and it is necessary if we want a value based society for prosperity. He said that some of the rural areas in our country are still lacking good education facilities which need to be improved. We need to imbibe his teachings in our school and college teaching to infuse the moral values in the future generation.

Towards the end of the seminar **Prof. Zeenat Madan** thanked the speaker and the participants.



## INTRODUCTION AND THE CHIEF SPEAKER'S WELCOME



## WEBINAR THROUGH PPT



# ***JAN ANDOLAN***

**Date:12.10.2020**

With the spread of fatal virus COVID-19 the administration at different levels arranged to run some awareness programmes. As we know that there was hardly any medicine or vaccine available for this virus and the number of infected was increasing multifold daily. There was hardly any space in hospital for the patients. The sources to treat the infected were falling extremely short.

So the priority was to stop anyhow spread of the infection which was now labeled contagious. It became inevitable that the masses should be made aware of the dos and donts.

NSS unit of **Sanatan Dharma College, Ambala Cantt**, organised a pledge ceremony under **“Jan Andolan Campaign – 19”** in the college auditorium. The pledge was administered to the teaching and non-teaching staff of the college.

As we all know that after the big wave of COVID – 19, it was considered to be over by many of us, and lockdown was now ready to be opened in a phased manner. The aim of the pledge was to disseminate three messages **“Wear Masks, Follow Physical Distancing, and Maintain Hygiene”**.

The teaching and non-teaching staff were also requested to spread the message to the people around them.



**PRINCIPAL ADMINITERING THE PLEDGE**



**STAFF TAKING PLEDGE**

# ***CONSTITUTION DAY***

**Date:26.11.2020**

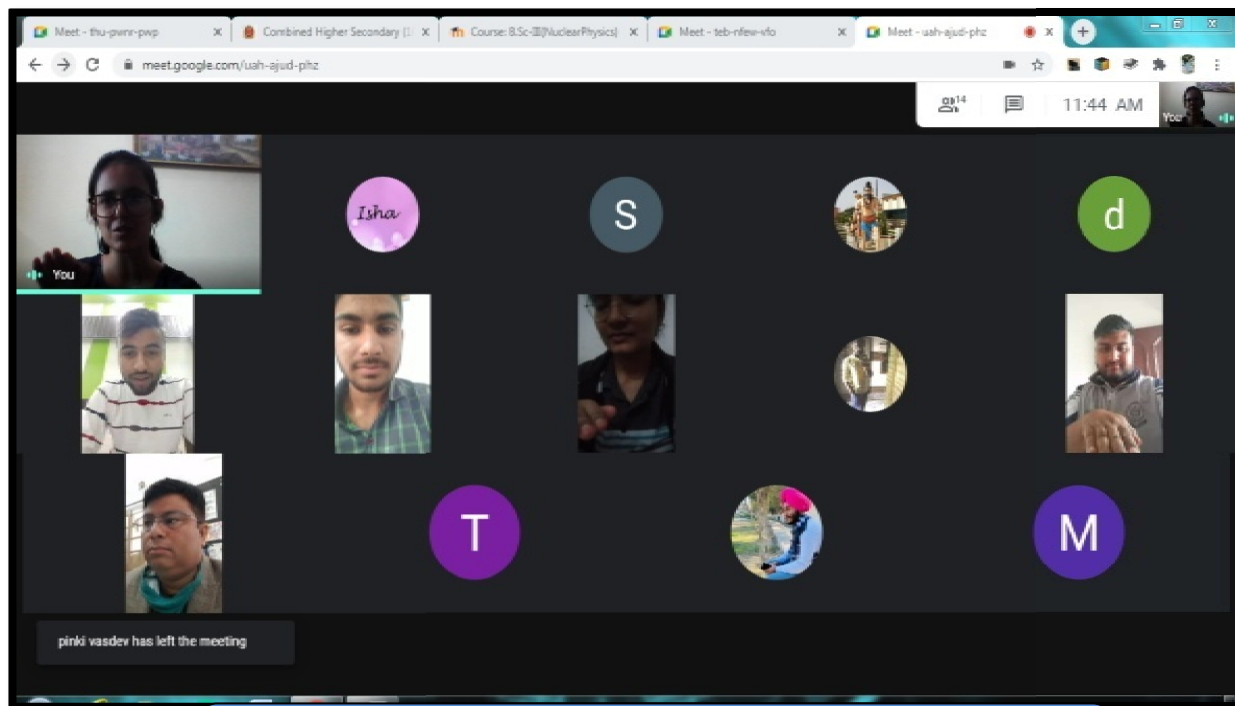
**The Constitution Day**, also celebrated as **National Law Day (or Samvidhan Diwas)** in India, is observed on **26th November** every year to commemorate the adoption of the Constitution of India. On **26th November 1949**, the Constituent Assembly formally adopted the Constitution of India.

This day was celebrated on 26.11.2020.

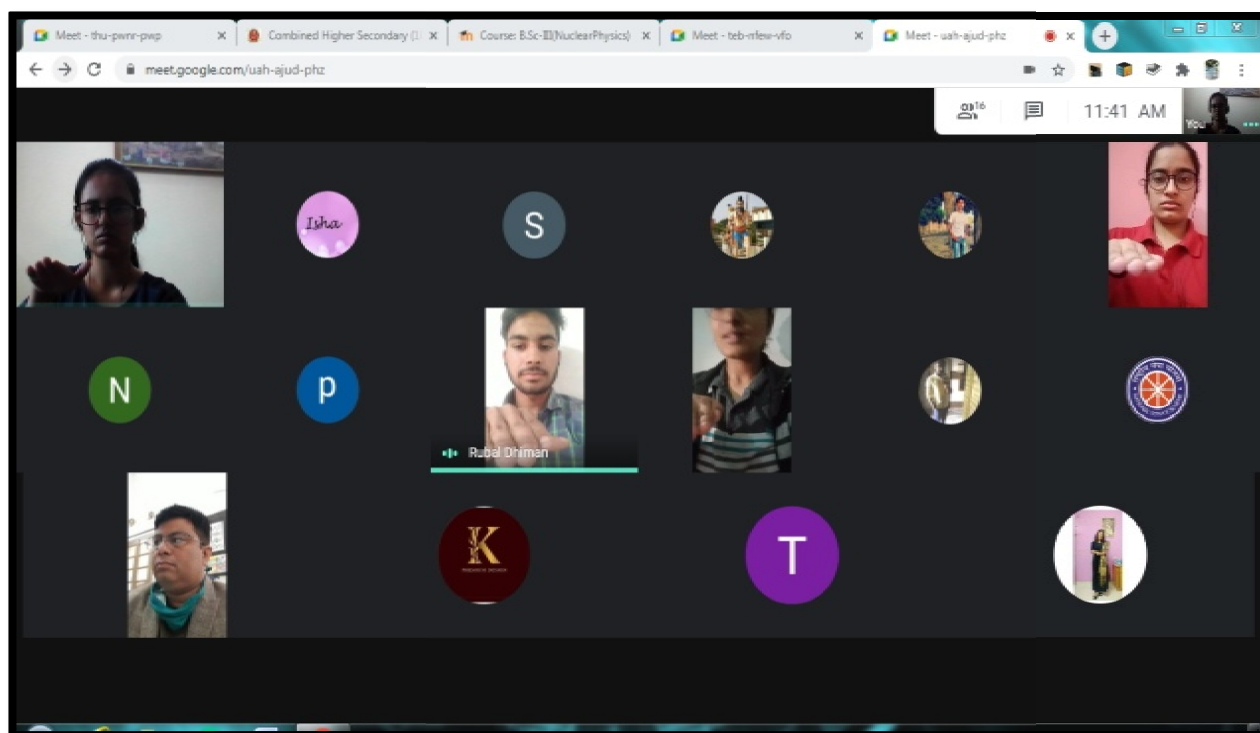
**The units of NSS of the college** celebrated **Constitution Day of India** by holding a pledge to protect the rights given by the constitution and to adhere to the duties prescribed in the constitution. **Constitution Day or Samvidhan Diwas** is celebrated annually in India on 26 November.

The day is also known as **Law Day**. The day commemorates the adoption of the Constitution in India. This day is also known as **Law Day**.

**Mr. Tajinder Singh NSS Programme Officer, Sanatan Dharma College, Ambala Cantt** was the resource person for the event. He shared with the participants the importance of Preamble of our constitution. He explained the various provisions implied in our constitution.



## WEBINAR THROUGH PICS 1



## WEBINAR THROUGH PICS 2

# ***WORLD AIDS DAY***

**Date:01.12.2020**

**1<sup>st</sup> December** is commemorated as **World AIDS Day** around the world. People around the globe unite to show support and sympathy for people living with and affected by HIV and to remember those who lost their lives to AIDS.

The day is considered to be an opportunity for public and private partners to spread awareness about the status of the pandemic and encourage progress in HIV/AIDS prevention, treatment and care. This day has become a key opportunity to raise awareness, commemorate those who have died, and celebrate victories such as increased access to treatment and prevention services.

**Assistant Professor, Ms. Zeenat Madan, HOD, Zoology Department, Sanatan Dharma College, Programme Officer and District Nodal Officer of NSS, Ambala** was the resource person of the motivational lecture.

Participants were sensitized about not to look down upon the patients of this disease rather we should have more liberal thinking towards them so that they can feel themselves a part of the main stream of the society. Following the guidelines of COVID-19 preventions this lecture was organized through online mode. **Prof. Zeenat** told the participants that this disease is curable. But prevention of panic is more important at the first place.



The screenshot shows a Google Meet interface. At the top, the browser tabs include Google, an email inbox, and the current Meet session. The address bar shows the Meet link. The top bar of the Meet window indicates 'Zeenat Madan is presenting' and shows a list of participants: Preksha 13 and 8 more. The main content area displays a presentation slide titled 'WORLD AIDS DAY (DECEMBER 01, 2020)' with two red ribbons on either side. Below the title, it says 'Sensitization Programme' and 'Organised by NSS UNIT & RED RIBBON CLUB SANATAN DHARMA COLLEGE, AMBALA CANTT.'. On the right side of the Meet window, a list of participants is visible: Kulwinder Kaur, Sourav Sethi, ANKITA MEHLA, and Tajinder Singh. At the bottom of the slide, there is a note: 'To avoid echo, use the same device for your mic and speaker' and buttons for 'Settings', 'Stop sharing', and 'Hide'.

## WEBINAR THROUGH PPT 1

The screenshot shows a Google Meet interface. The top bar indicates 'Zeenat Madan is presenting' and shows a list of participants: NAWAL MATTU and 10 more. The main content area displays a presentation slide titled 'WHAT IS HIV?' with the subtitle 'Human Immunodeficiency Virus (HIV)'. The text on the slide states: 'is a virus that attacks cells that help the body fight infection.' Below the text, there are three illustrations of HIV virus particles. At the bottom of the slide, it says 'There's no cure, but it is treatable with medicine.' and includes the 'HIV gov' logo. On the right side of the Meet window, a list of participants is visible: Kulwinder Kaur, Mandeep Kalyan, Prachi Jain, and Tajinder Singh. At the bottom of the slide, there is a note: 'To avoid echo, use the same device for your mic and speaker' and buttons for 'Settings', 'Stop sharing', and 'Hide'. A notification at the bottom right says 'Prachi Jain joined'.

## WEBINAR THROUGH PPT 2



# ***SOLID WASTE MANAGEMENT IN RURAL AREAS***

**Date:04.12.2020**

The solid waste generated in rural areas of India is increasing at an alarming rate and becoming an issue of serious concern.

**Sanatan Dharma College, Ambala Cantt** has adopted **5 villages (Rollon, Munrehri, Kardhan, Naggal, Khojkipur) under Unnat Bharat Abhiyan.**

The regular visits to these villages and interaction with the local residents revealed the real situation of Waste generated , its disposal and management in these rural areas. Waste segregation and management in these areas is a challenge and the college is doing its best efforts to deal with it.

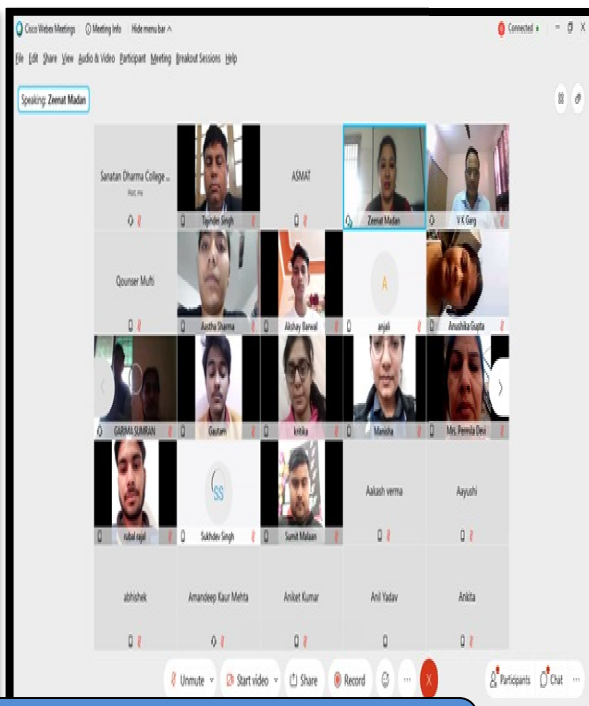
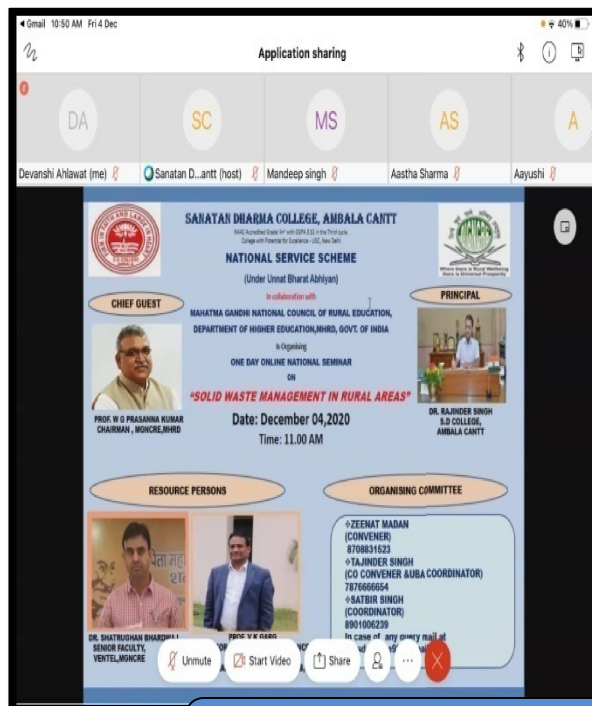
Keeping in view the hazards of the waste generated in the rural areas and its disastrous consequences, **Sanatan Dharma College, Ambala Cantt** has taken this initiative to organize a seminar on “**Solid Waste Management in Rural Areas**” on **04.12.2020**. This is a big step towards the Eco Conservation.

This event was organized in collaboration with **MGNCRE (Mahatma Gandhi National Council for Rural Education), MHRD, New Delhi.**

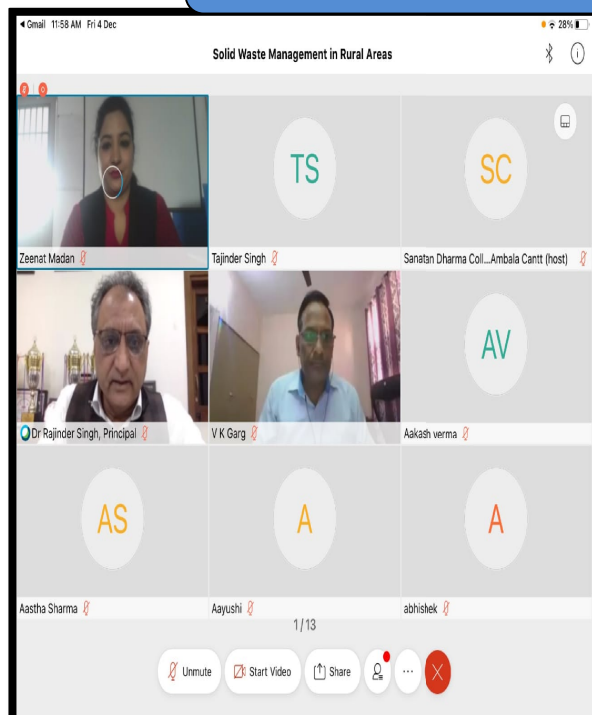
**Dr. W.G. Prasanna Kumar, Chairman, MGNCRE, MHRD, New Delhi,**

**Dr. Shatrughan Bhardwaj, Senior Faculty, MGNCRE, MHRD, New Delhi** were the chief guests of the occasion.

**Dr. V.K. Garg, Centre for Environmental Science and Technology, Central University of Punjab, Bathinda** was the main speaker.



## BROCHURE AND INAUGURATION OF WEBINAR



## WEBINAR ON SCREEN AND NEWS

# ***NATIONAL ENERGY CONSERVATION DAY***

**Date:14.12.2020**

This webinar at **Sanatan Dharma College, Ambala Cantt** is one small step towards energy liberalization and conservation.

Conserving energy produces a higher quality of life. Reduced emissions result in cleaner air quality. Moreover, it helps create a healthier planet, or at least helps sustain the resources we already have. Being conservative with energy can ensure that lakes, trees and animals are around for future generations.

**Dr. Hanif Qureshi, IPS, Director General, HAREDA** was the chief guest on the occasion.

This webinar was organized in collaboration with **HAREDA (Haryana Renewable Energy Development Agency)**.

**Dr. Hanif Qureshi** in his opening comments congratulated the institution for selecting such a topic for discussion. He also thanked for having him as the chief guest of the occasion. He stressed upon the dire need to convert from the conventional source of energy to the newer and modern ones so that efficiency could be increased.

The resource person **Mr. P P Mittal** presented a mesmerizing presentation that showcased his experience and knowledge in the area of energy. He delineated as to how he himself is engaged in conservation of energy techniques.

**SANATAN DHARMA COLLEGE, AMBALA CANTT**  
 NAAC Accredited Grade 'A+' with CGPA 3.51 in the Third cycle.  
 College with Potential for Excellence - UGC, New Delhi

**NATIONAL SERVICE SCHEME**  
 In collaboration with  
**Haryana Renewable Energy Development Agency (HAREDA), Govt. of Haryana**

**CHIEF GUEST**  
  
**Dr. Hanif Qureshi**  
 IPS  
 Director General  
 HAREDA

**PRINCIPAL**  
  
**DR. RAJINDER SINGH**  
 S.D COLLEGE,  
 AMBALA CANTT

**RESOURCE PERSON**  
  
**Dr. P.P. Mittal**  
 Director  
 A-Z Energy Engineers Pvt Ltd,  
 New Delhi

**Celebrates**  
**National Energy Conservation Day**  
 By Organising  
**ONE DAY ONLINE NATIONAL SEMINAR ON**  
**"ENERGY CONSERVATION PRACTICES"**

Date: December 14, 2020  
 Time: 11:00 AM  
 Google Meet  
 Click the link to register  
<https://forms.gle/WopvfBZHgbGWg2hLA>

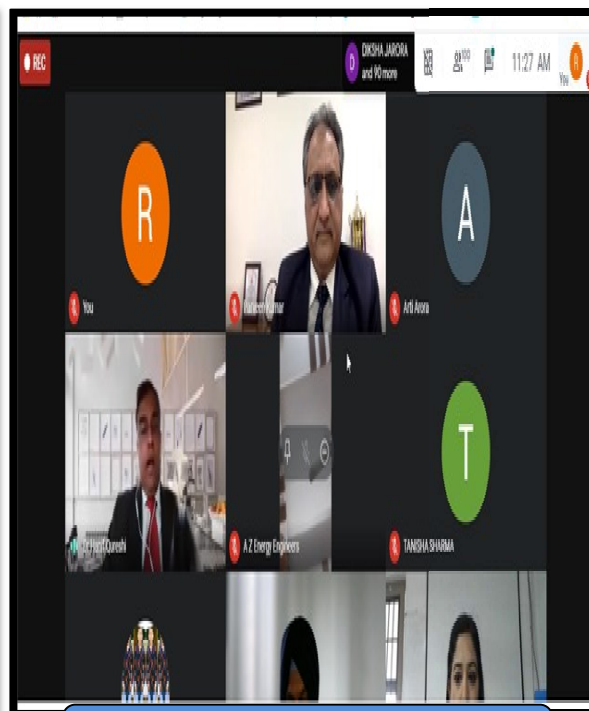
**Zeena Madan**  
 Convener  
 8708831523

**Tajinder Singh**  
 Co Convener  
 78766666534

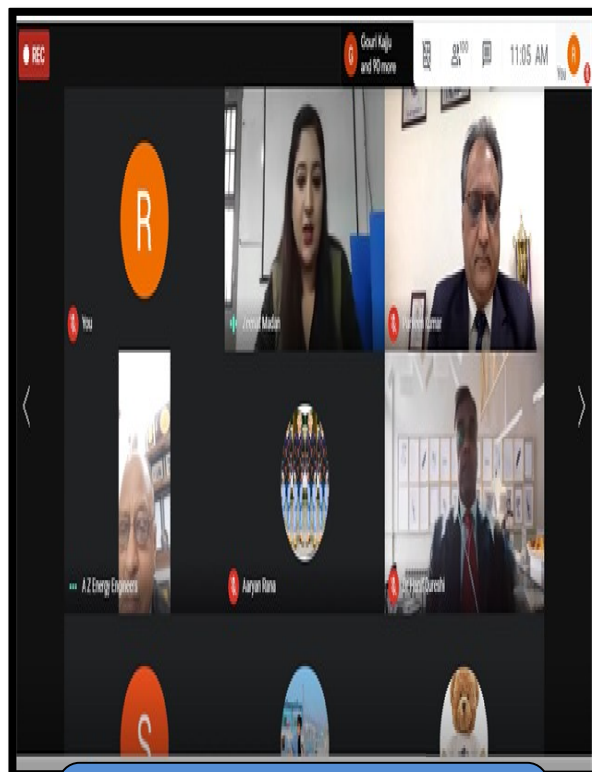
**Satbir Singh**  
 Coordinator  
 8901006239

In case of any query mail at [nssdcollege981@gmail.com](mailto:nssdcollege981@gmail.com)

## BROCHURE



## WELCOME OF THE GUEST



## INTRODUCTION OF THE WEBINAR



## NEWS

# ***ROAD SAFETY WORKSHOP***

**Date:16.12.2020**

In recent times road and transport has become an essential part of human life. Every individual is using for various reasons. Though the road transport has lessened the distance but increased the life risk while being on the road. Every year road accidents claim thousands of lives and injuring a huge number of people.

The NSS of S.D. College collaborated with an NGO working very aggressively for road safety named **The Sunny Ahluwalia Charitable Trust, Ambala.**

The founder of the charitable trust **Ms. Honey Ahluwalia** was the resource person of the occasion.

**Ms Ahluwalia** being a victim of insensitive behavior on the road in which she lost her only son, started with an emotional note. She told how she came along this loss and inspired to set up an organization which would work for this cause so that lives can be saved by spreading awareness.

This workshop was aimed at sensitizing the volunteers about various situations on road and how they act like good Samaritans.

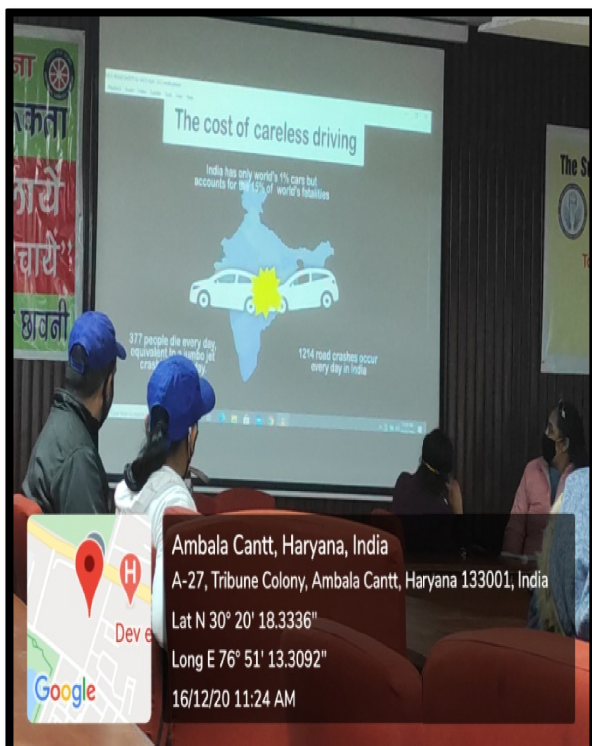




### INTRODUCTION OF THE WORKSHOP



### RESOURCE PERSON



### LECTURE AND NEWS OF THE WEBINAR





# ***PANI KI SANSKRITI WORKSHOP***

**Date:18.12.2020**

Annals of history have witnesses that the ancient civilizations have flourished along the water bodies. The fresh water resources have always been important to man.

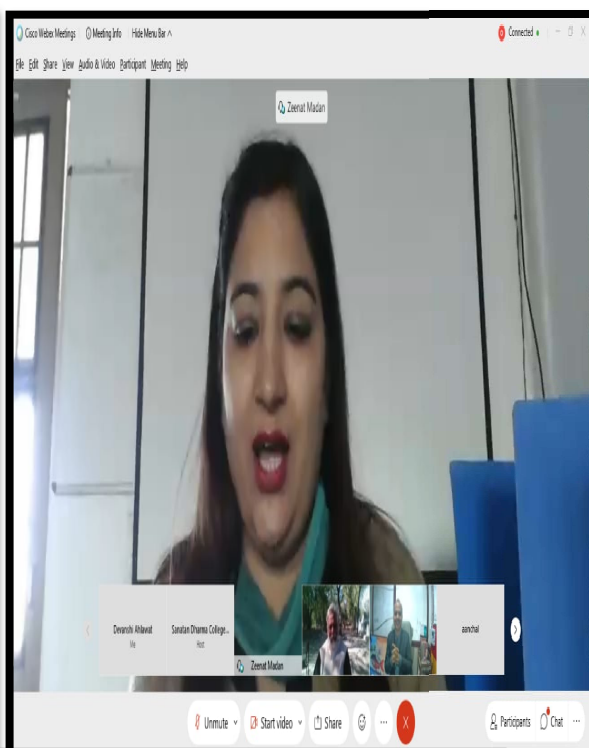
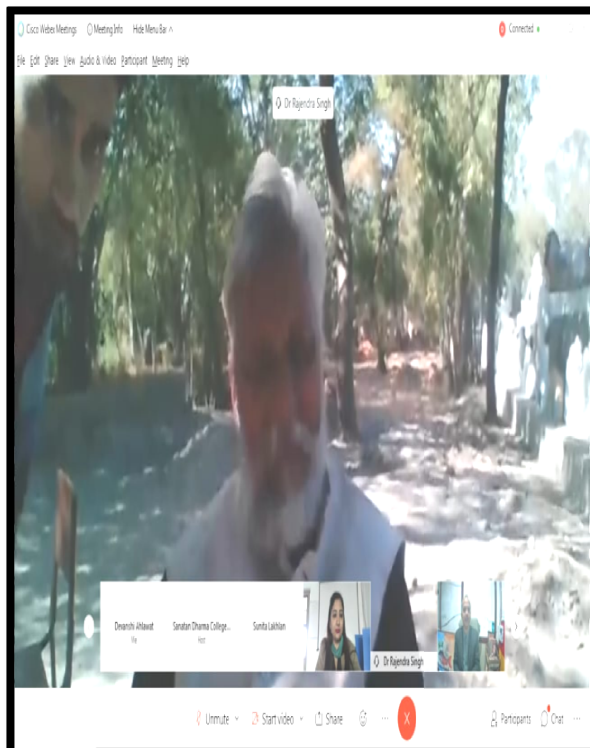
Gradually the indiscriminate exploitation of this natural resource has lead to a drastic situation in regard to fresh water availability.

The chief guest and main speaker of the webinar was **Magsaysay Awardee Dr. Rajinder Singh** popularly known as the ***WATERMAN of INDIA***.

**Sh. Rajiv Ranjan** under whom a series of such webinars is to take place on different topics related to environment added that S.D. College, Ambala Cantt has been doing wonderful work by involving students in these events. He also expressed desire to collaborate with the college in his future assignments.

The participants were sensitized on how we shall strive to save our water resources and spread awareness about the issue.

The participants got to meet a person about whom we would only listen **The Waterman of India** whose presence definitely must have inspired the participants.



## BROCHURE AND INTRODUCTION OF THE WEBINAR



## ‘पानी की संस्कृति विषय पर किया वैबिनार’

**- धरती मां की रक्षा करने के लिए किया प्रोत्साहित**

अम्बाला छावनी, 18 दिसम्बर (ब्यूरो): सनातन धर्म कालेज के एन.एस.एस. यूनिट तथा विद्युत विभाग पंचकूला के संयुक्त तत्वावधान में पानी की संस्कृति विषय पर वैबिनार का आयोजन किया गया। जिसके मुख्य वक्ता डा. राजेंद्र सिंह, दि. वाटर मैन आफ इंडिया ने अपने वक्तव्य में जल संरक्षण तथा सूखे हुए जोहड़, नदियों कि पुनः पूर्ति के कई उदाहरण दिए। उन्होंने धरती को मां स्वरूप कहते हुए प्रतिभागियों को उसकी रक्षा करने के लिए प्रोत्साहित किया। बता दें कि डा. राजेंद्र सिंह मैगसेसे अवार्ड से

सम्मानित हैं। हरियाणा प्रदेश को सौभाग्यशाली बताते हुए कहा कि इस प्रदेश में खूब वर्षा होती है पर वर्षा संचयन उस स्तर तक नहीं किया जाता, जोकि बहुत जरूरी है। प्राचार्य डा. राजेंद्र सिंह ने बताया कि सनातन धर्म कालेज में भी वर्षा जल संचयन के लिए 9 यूनिट लगाए गए हैं ताकि कालेज को जीरो वॉटर वेस्ट कैम्पस बनाया जा सके।

वैबिनार शृंखला के संयोजक राजीव रंजन ने सभी का अभिनंदन तथा धन्यवाद किया। रंजन ने कहा कि इस शृंखला में पर्यावरण से संबंधित और भी वैबिनार आयोजित किए जा रहे हैं, जिनका लक्ष्य जनजागृति है। यह कार्यक्रम सनातन धर्म कालेज के एन.एस.एस. प्रोग्राम अधिकारियों प्रो. तेजिंद्र सिंह, प्रो. जीनत मदान तथा डा. सतबीर सिंह के कुशल निदेशन में हुआ।

वैबिनार को सम्बोधित करते मुख्य वक्ता डा. राजेंद्र सिंह। (चंदनहर)

## RESOURCE PERSON AND NEWS

# ***BLOOD DONATION CAMP***

**Date:23.12.2020**

Blood is the most essential thing for human life. It is an inhuman body fluid that delivers necessary substances such as nutrients and oxygen to the cells. Technically, blood is a transport liquid pumped by the heart to all parts of the body, after which it is returned to the heart to repeat the process.

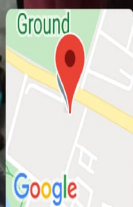
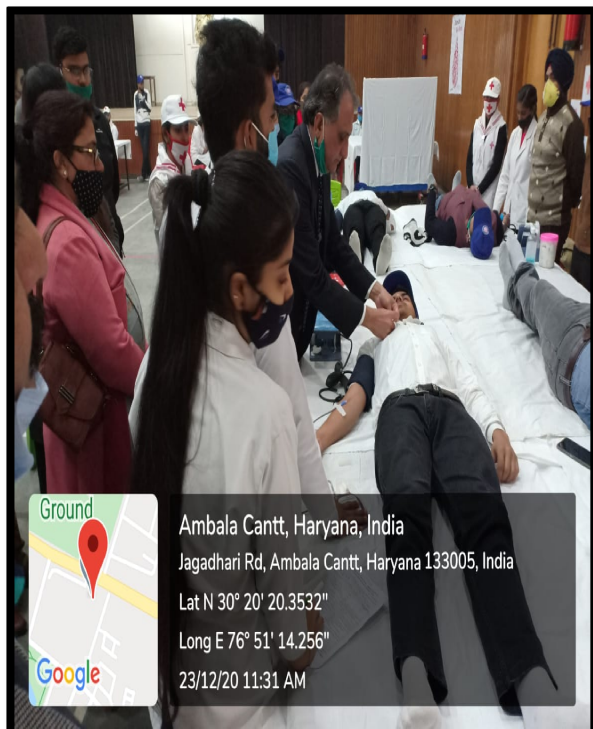
The purpose to organize blood donation camp is to motivate people to donate blood to help the humanity in need. We understand that India is a huge country and somewhere every time somebody is in a need of blood with one or the other reason. Organizing blood donation camps gives motivation to other people also to do this great task.

**Ms Samta Sandhu, Social Activist, Chandigarh was the Chief Guest** of the occasion.

The chief guest thanked the organizers for inviting her to this selfless service to society and humanity. She said that she was really impressed by the meticulous organization of the camp and the way the volunteers of NSS are performing the duties sincerely.

**70 units** of blood were collected in the camp.



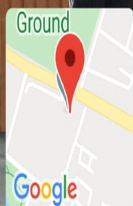


Ambala Cantt, Haryana, India  
Jagadhari Rd, Ambala Cantt, Haryana 133005, India  
Lat N 30° 20' 20.3532"  
Long E 76° 51' 14.256"  
23/12/20 11:31 AM

PRINCIPAL AND DONORS



CERTIFICATE DISTRIBUTION



Ambala Cantt, Haryana, India  
Jagadhari Rd, Ambala Cantt, Haryana 133005, India  
Lat N 30° 20' 20.3424"  
Long E 76° 51' 14.2956"  
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THANKS GIVING TO DONORS



NEWS

# ***UNDERSTANDING GENDER ISSUES IN INDIA***

**Date:29.12.2020**

**In 2016 India ranked 130 out of 146 in the Gender Inequality Index released by UNDP.** NFHS data reveals that 37 percent of married women in India have experienced physical or sexual violence by their partner while 40 percent of married women have experienced physical, sexual or emotional violence by their partner.

**Ms. Namarta Gaur, Member, State Women Commission, Haryana** was the chief guest of the occasion.

**Prof. Savita Singh, Chairperson, School of Gender and Development Studies, IGNOU** was the resource in the webinar.

**The Chief Guest** of the webinar **Ms. Namarata Gaur** appreciated the effort put in by **NSS** of the college by hosting this webinar. She delineated the urgent need for changes in laws to give equal rights to the females in every respect. She said that high profile jobs are still posing bars to the entry of women. There is state of denial of rights to women when it comes to higher studies or high ranking jobs. Awareness can make a large difference by making people understand specially in the village side of our country that women are the equal right holders along with the male counterparts.

**Resource person, Prof. Savita Singh** talked about the disparity of gender at the work places. She said that it was a stigma that women were still thought incapable of holding certain posts. Men in India are still oblivious of the capabilities of women. They need to understand that the women also now asserting their rights and positions. They can not be left behind as they form an important section of the society.



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**PRINCIPAL**

**DR. Rajinder Singh**  
S.D College,  
Ambala Cantt

**CHIEF GUEST**



**Ms. Namrata Gaur**  
Member  
State Women Commission  
Haryana

**RESOURCE PERSON**



**Prof. (Dr.) Savita Singh**  
Chairperson  
School of Gender &  
Development Studies  
IGNOU

**NSS UNIT & GENDER SENSITISATION ASSOCIATION**  
In collaboration with  
**KADAM FOUNDATION, AMBALA**  
Are Organising

**ONE DAY NATIONAL WEBINAR**

**ON**

***"UNDERSTANDING GENDER ISSUES IN INDIA"***

**December 29, 2020**  
**11.00 AM**  
**CISCO WEBEX**

Registration Link  
<https://forms.gle/oyiPsQFCR3Pp8JFR7>

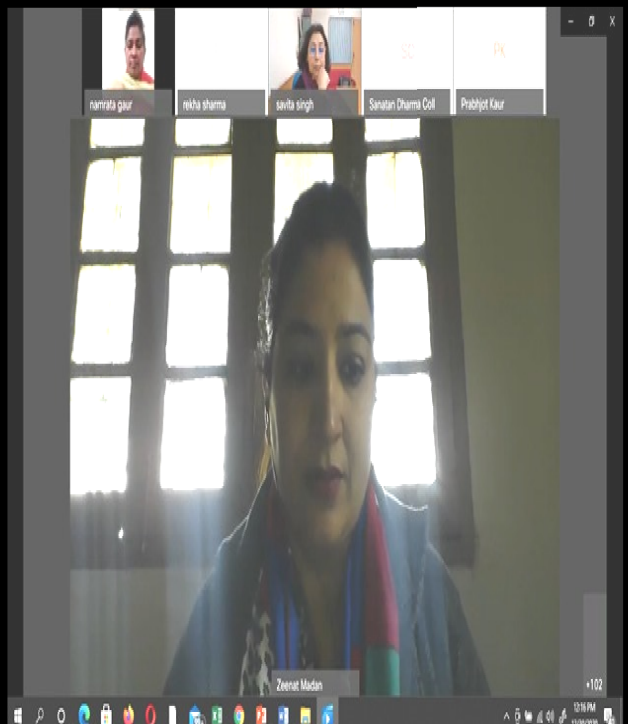
**ZEENAT MADAN**  
CONVENER  
8708831523

**TAJINDER SINGH**  
CO-CONVENER  
7876666654

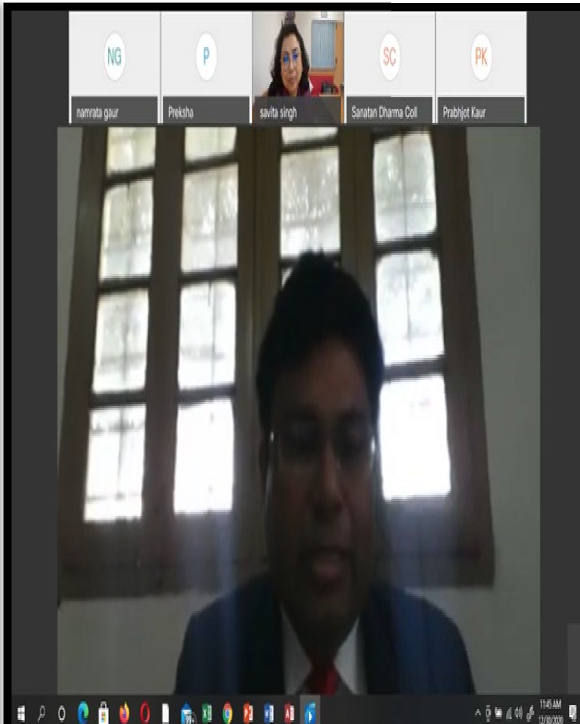
**PANKAJ VERMA**  
COORDINATOR  
9416280439

**Ms. REKHA SHARMA**  
PRESIDENT  
KADAM FOUNDATION

## BROCHURE OF THE WEBINAR



Left side of the webinar interface showing a grid of participants. The main video feed shows Zeenat Madan. The top bar shows participant names: namrata gaur, rekha sharma, savita singh, Sanatan Dharma Coll, and Prabhjot Kaur. The bottom bar shows the time 12:16 PM and the date 12/29/2020.



Right side of the webinar interface showing a grid of participants. The main video feed shows a man. The top bar shows participant names: namrata gaur, Preksha, savita singh, Sanatan Dharma Coll, and Prabhjot Kaur. The bottom bar shows the time 12:16 PM and the date 12/29/2020.

## WEBINAR IN PROCESS

## ***ONE DAY CAMP***

**Date:24.01.2021**

**One Day Camps** are a part of regular activities of NSS. A **One Day Camp** is generally organized with a theme that the volunteers try to work upon. The volunteers try to complete all the tasks earmarked for that particular day.

**NSS volunteers generally work in villages, slums and voluntary agencies to complete 120 hours of regular activities during an academic year.**

These kinds of one day camps are a necessity for the volunteers to get them acquainted with the work culture of NSS.

Since the new entrants in NSS sometimes shirk from doing some cleanliness work so this activity will acclimatize the volunteers to the working environment of NSS.

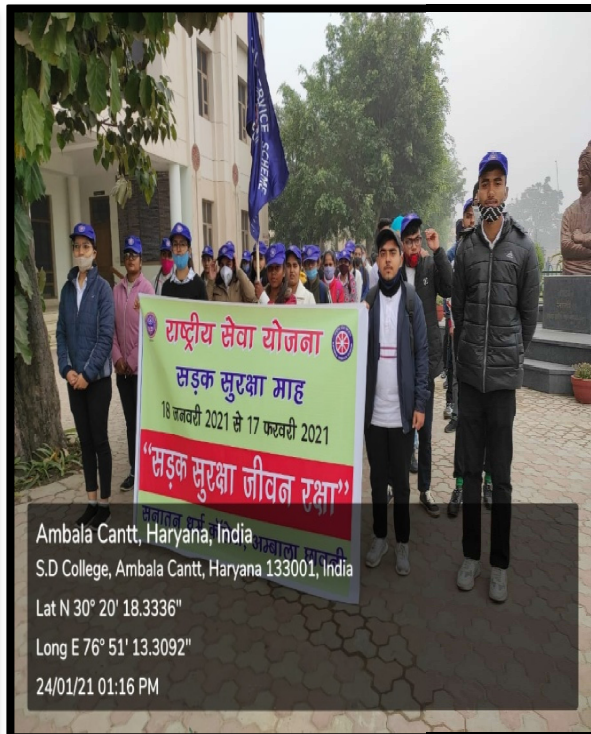
As the theme was “**Health, Hygiene and Sanitation**”, so the principal motivated the volunteers to maintain good hygiene and sanitation. Cleanliness drive was conducted in the campus and different areas of the college campus were cleaned and declared plastic free.

The volunteers were demonstrated **vermicompost** methods.

Cultural activities were also carried out by the volunteers.

A road safety rally was also organized as the whole month was dedicated to road safety and declared “**Road Safety Month**”.





### INAUGURATION OF THE CAMP AND RALLY



### READY FOR THE MARCH AND CLEANLINESS

## ***BLOOD DONATION CAMP***

**Date:18.02.2021**

The blood donation camp was organized in collaboration with **PGIMER, Chandigarh and Rotary Club of Ambala.**

This camp was organized on **18.02.2021.** Though the NSS unit had already organized a blood donation camp in December even then there was no dearth of enthusiasm in volunteers. Moreover this camp was organized on a very short call by the **Blood Transfusion Dept, PGIMER, Chandigarh.**

Following guidelines of COVID-19, the precautionary measures were strictly taken like:

- sanitization of the whole area multiple times,
- placing the registration counter at outside the auditorium in order to prevent any crowd
- Masks were mandatory for all
- Hand glove were made mandatory for all the NSS volunteers on duty
- Sanitizers were installed at the entrances of the auditorium
- 6 beds were installed for the donor instead of 14 beds for earlier camps so that proper distance can be maintained

**Sh. A.D. Gandhi, a well known Chartered Accountant from Ambala and an active social activist** was the **Chief Guest** of the occasion and source of inspiration for the donors.

Despite the fact that the NSS unit had already organized a blood donation camp nevertheless **60 units** (as desired by the PGI Team) were collected in this camp though the number of registrations was 90.





## ***OLD AGE HOME VISIT***

**Date:18.02.2021**

It is pathetic that in our culture which boasts of its cultural and moral values there has come the concept of old age home.

Old age home is supposed to be a place where old, deprived, tormented and dejected parents by their own children are left to live a secluded life.

The volunteers engaged in the visit distributed the food and other eatables to inmates at **Old Age Home, Apna Ghar, Ambala Cantt.**

The bedding and scattered clothes of the inmates were fixed and a cleanliness drive was also carried out.

The volunteers interacted with the inmates and made them comfortable by spending some fun moments with them. Some mind games were also played with the inmates.

The volunteers get firsthand experience of the hardships faced by our elders only because of our callous attitude towards them.

It gives a peep into a newly developing structure in our society which is already threatening the web of our culture. The volunteers through the visit come to know about what needs to be done and for whom we should do.

They take the message to respect our elders out to the society. They work as ambassadors for such sentiment.





## DAY THROUGH PICS

# ***INTERNATIONAL WOMEN'S DAY***

**Date:08.03.2021**

Every year, **March 8** is celebrated as **International Women's Day**. Its main focus is to create an egalitarian world. It is about celebrating a woman's success and raising awareness against bias.

**National Service Scheme, Santana Dharma College** celebrated **International Women's Day** in collaboration with **Vijay Lakshmi Foundation** at **Manav Chowk, Ambala City**.

**NSS Programme Officer Prof. Zeenat Madan** was awarded for her contribution in social upliftment and various other community betterment projects at MC Office, Ambala Cantt.

The **Women's Day** was celebrated in collaboration of **Vijay Lakshmi Foundation, Ambala City**.

**National Service Scheme, Santana Dharma College, Ambala Cantt** celebrated **International Women's Day** in collaboration with **Vijay Lakshmi Foundation** at **Manav Chowk, Ambala City**.

The office bearers of the foundation requested the NSS of the college to assist them through volunteers in managing **MahaVari Bhoj** on the occasion. It is believed that in many households in this 21<sup>st</sup> century the women who are in menstruation cycle are still kept at bay from preparing food in the house terming them defiled and inauspicious. **NSS Programme Officer Prof. Zeenat Madan** was appreciated and acknowledged with an award and a certificate of appreciation by the **District Administration, Ambala** for her contribution in social works.





**PROF ZEENAT MADAN BEING FELICITATED**



**VOLUNTEERS AT MANAV CHOWK, AMBALA CITY**

## ***COVID – 19 VACCINATION CAMP***

**Date:08.04.2021**

**The NSS Unit** of the college was the first unit contacted by district administration of Ambala to be deputed at the observation centers and medical facilities.

As we have discussed earlier in the introduction and challenge that the biggest task for administration and for the NSS volunteers was to shoo away panic created amongst the masses.

**NSS Sanatan Dharma College, Ambala Cantt** coordinated with the district administration on their request and started awareness about the vaccination camp being held at its premises.

The camp was organized on **08 April, 2021** for the staff members and other people of the city.

This camp was organized in collaboration with the **Civil Hospital, Ambala Cantt.**

**10 NSS volunteers** were deputed for assistance of the medical staff from Civil Hospital, Ambala in this camp.





STAFF MEMBERS TAKING VACCINE



STUDENTS TAKING VACCINE AND NEWS

# ***FIRE SAFETY AND DISASTER MANAGEMENT***

**Date:16.04.2021**

The training of disaster management which includes fire safety training is an essential part of various trainings imparted to NSS volunteers.

The volunteers of NSS are more capable of understanding the instructions as time to time they are given these kinds of trainings.

This training is not only confined to be imparted to NSS volunteers, it can be imparted to any individual. But the NSS volunteers can convince people to undergo this training as this is imparted free of cost as this training teaches life saving techniques in case of fire and other disasters

The workshop was organized with the support of **Haryana Fire Emergency Services, Municipal Council, Ambala Sadar, Ambala Cantt.**

**The Teaching, Non-Teaching staff, students of the college and the volunteers of NSS** took part in the workshop.

**Disaster Management** can be defined as the arrangement and management of resources and responsibilities at the time of emergencies, in order to reduce the impact of disasters.

Improvement in the speed and quality of assistance provided at the time of calamity, preparedness can make a major difference in saving lives and reducing loss. A significant degree of preparedness can also increase the value for money of relief action and ensure that scanty resources are directed to where they will yield the maximum result.





### INAUGURATION AND DRILL IN PROCESS



### एसडी कालेज में अग्निशमन व आपदा प्रबंधन विषय पर कार्यशाला का आयोजन



अध्यापकों और छात्रों को आग बुझाने की ट्रेनिंग देते दमकत विभाग के कर्मचारी।

अंबाला छावनी (हनी) : सनातन धर्म कॉलेज की युथ रेजिमेंट व राष्ट्रीय सेवा योजना ने हरियाणा फायर एमरजेंसी सर्विस म्युनिसिपल कॉर्पोरेशन, अंबाला सदर के सहयोग से अग्निशमन व आपदा प्रबंधन विषय पर एक दिवसीय कार्यशाला का आयोजन किया। जिसमें कॉलेज के शिक्षण, गैर शिक्षण वर्ग के साथ-साथ कॉलेज की वाई.आर.सी व एन.एस.एस यूनिट के स्वयंसेवकों ने भी भाग लिया। इस कार्यशाला के दौरान उपस्थित लोगों को आपदा के समय में आग को कैसे नियंत्रित किया जाए इस विषय पर पूर्ण जानकारी दी। कार्यशाला के दौरान मुख्य वक्ता के रूप में फायर ऑफिसर महेंद्र सिंह का साथ फायर स्टेशन ऑफिसर रमेश कुमार, राम कुमार व रमन ने दिया। कॉलेज प्राचार्य डॉ. राजेंद्र सिंह ने बताया कॉलेज द्वारा स्टाफ व विद्यार्थियों के लिए इस प्रकार की अग्निशमन व आपदा प्रबंधन कार्यशाला निरंतर आयोजित की जाती है। कॉलेज जनसंपर्क अधिकारी डॉ. नवीन गुलाटी ने बताया कि आज के समय में इस प्रकार की कार्यशाला का आयोजन अति आवश्यक है व एस.डी. कॉलेज इस प्रकार की कार्यशाला समय समय पर आयोजित करता रहता है। कार्यशाला के दौरान शिक्षण, प्रशिक्षण वर्ग के साथ-साथ वाई.आर.सी व एन.एस.एस यूनिट के स्वयंसेवक उपस्थित रहे।

### DRILL IN PROCESS AND NEWS



## ***EARTH DAY WORKSHOP***

**Date:22.04.2021**

The very first **Earth Day** was celebrated in the United States on **April 22, 1970**. In **1990**, **Earth Day** became a global event, prompting 200 million people that focused on to encourage environmental protections and encourage people to recycle.

Earth Day is observed to remind each one of us that Earth and its habitats provide us with life and subsistence. Nowadays, we are facing many environmental issues such as air pollution, climate change, global warming, etc. This day reminds us to change the way we are treating our planet and to think about what we can do to save our planet and to enhance the quality of natural elements.

This event was organized in collaboration with **Eco Roots Foundation, New Delhi**.

**Mr. Rakesh Khatri** popularly known as **Nestman** of India was the resource person of the workshop.

The resource person discussed about how the birds have lost their natural habitat due to many of the indiscriminate activities of humans. So it is our responsibility to provide them some place to live.

He told the target audience as to how to make different types of nests for the birds which would not cost much. We can understand that birds don't make one type of nests. So it is important to understand what kind of nest is made by some specific kind of birds.

## ***FOOD-HEALTH-PLANET WEBINAR***

**Date:27.04.2021**

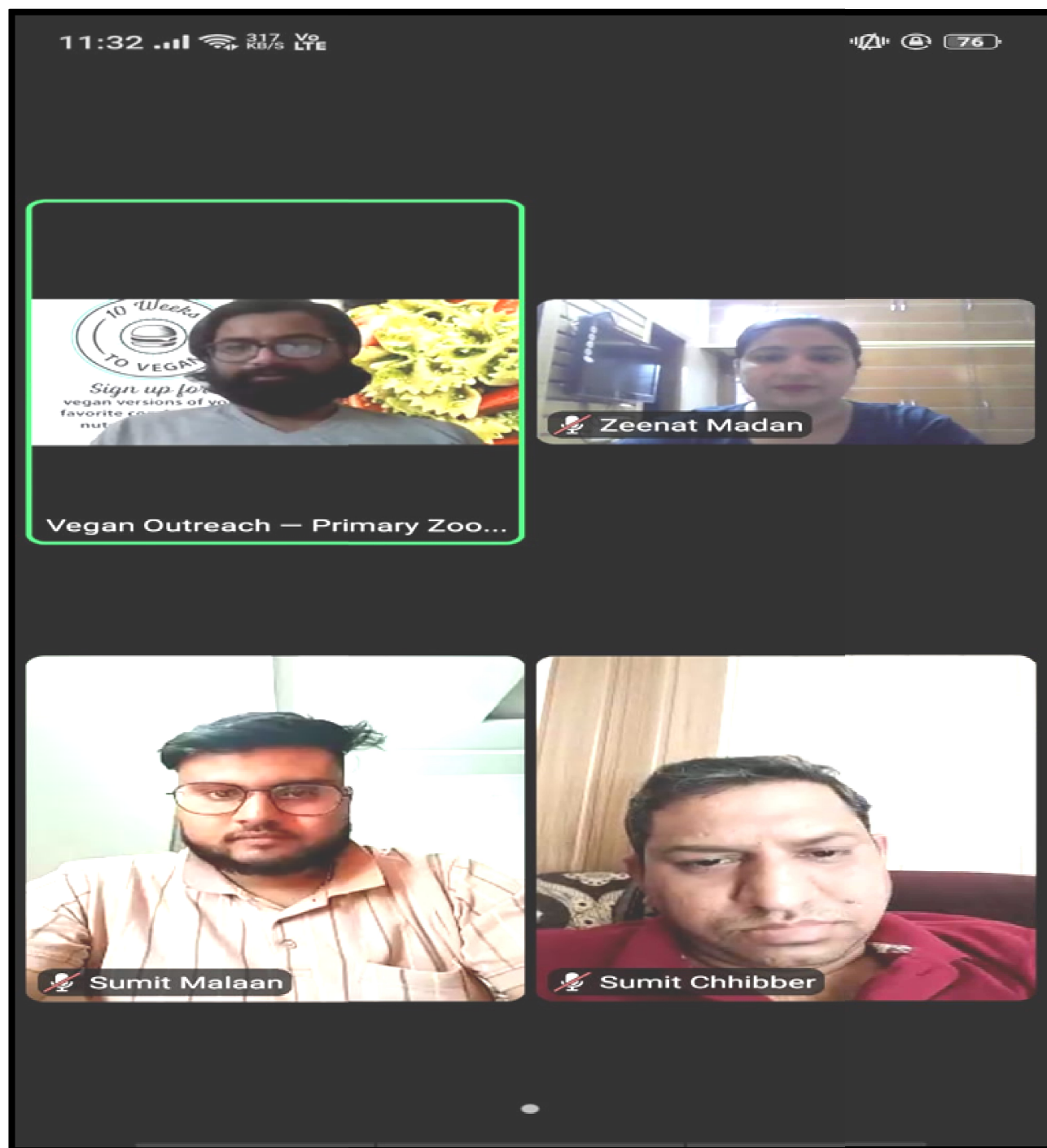
Vegan Outreach is a 501c3 (*The Basics. Section 501(c)(3) is the portion of the US Internal Revenue Code that allows for federal tax exemption of nonprofit organizations, specifically those that are considered public charities, private foundations or private operating foundations*) non-profit organization working to end violence towards animals.

It seeks a future when sentient animals are no longer exploited as commodities.

It focuses on reaching the people who are motivated enough to make changes now —of which there are always many in our target audience who just need some additional encouragement.

**Mr. Jaideep from Vegan Outreach, New Delhi.** was the resource person of this webinar.

The resource person **Mr. Jaideep** talked about the purpose with which this organized came into existence. He then justified the title of the webinar. He told that Vegan Outreach has done extensive work towards this cause and initially they had to face many problems also. But after some time people started to understand them. He told that this organization is working internationally to raise consciousness against the animal cruelty. The programmes run by them are no longer mere programmes, they have become a movement now. Numerous number of people have joined them.



# ***COVID-19 VACCINE AND CONSIDERATIONS***

**Date:07.05.2021**

Every new medicine comes with some myths and rumours connected to it. The case with the vaccine of COVID was different. Generally any vaccines have to go through some stages before being introduced for the use by humans. The vaccines to treat COVID came very early hence their introduction for use created panic.

People have many questions regarding different aspects of vaccines and other things related to COVID. And only an expert medical practitioner could reply to all these queries efficiently.

**Dr. Deepali Verma, Pharmacovigilance Scientist, from AstraZeneca, UK** was the Chief Guest and the Main Speaker of the webinar.

The resource person told the participants that it is very important to get ourselves vaccinated first without giving any heed to the rumours and myths that has been in circulation about these vaccines.

She further said that we have to follow the SOPs of our respective governments very strictly. She delineates that vaccines have a stipulated period after which another dose is to be administered.

She appreciated the organizers of the webinar to have selected such a topic. She praised the commitment with which the NSS of the college was working in the times of pandemic.

## एस्ट्राजेनेका की डा. दीपाली ने कोरोना को लेकर दिए टिप्स

जागरण संवाददाता, अंबाला : छावनी के सनातन धर्म कालेज में शनिवार को लाइफ साइंस और एनएसएस के तत्वाधान में कोविड-19 जागरूकता



वेबिनार में जुड़ी  
एस्ट्राजेनेका की  
विज्ञानी डा. दीपाली  
● विज्ञप्ति

के लिए वेबिनार का आयोजन किया गया। वेबिनार में जुड़ी एस्ट्राजेनेका की वैज्ञानिक डा. दीपाली वर्मा ने कोविड-19 को लेकर वैक्सीनेशन और सुरक्षा पर विस्तार से प्रकाश डाला। उन्होंने वैक्सीनेशन से

जुड़ी शंकाओं का समाधान किया। वेबिनार में करीब 250 विद्यार्थियों के अलावा कॉलेज प्राचार्य डा. रजिंदर सिंह ने कहा कि हमारी जिम्मेदारी बनती है कि लोगों को कोरोना वायरस के संक्रमण से होने वाले नुकसान के बारे में लोगों को अवगत कराए, जिससे लोग जागरूक हों और इस कोरोना महामारी की चेन को तोड़ने में सरकार का साथ दें।



**COMPOSTING AND VERMICOMPOSTING WEBINAR****Date:17.05.2021**

Composting isn't as hard (or as smelly) as you've been led to believe. Anyone can compost in any location, as long as they understand the basics of this all-natural process.

Vermicomposting is an eco-biotechnology that employs earthworms in the process of decomposition of organic matter.

This project of vermicomposting is carried out under the guidance of Prof. Zeenat Madam of Dept. Zoology who is an NSS Programme officer of the college unit also.

**Dr. S.S. Hundal from Dept. of Zoology P.A.U. Ludhiana** was the chief guest resource person of the webinar.

Different methods of vermicomposting were discussed by the resource person **Dr. SS Hundal**.

The webinar was aimed to sensitize the participants about composting and vermicomposting.

It was evident from the queries of the participants that the webinar has been able to invoke their interest in the topic.

Many participants wanted to visit S.D. College to see the process of vermicomposting.

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NAAC Accredited Grade 'A+' with CGPA 3.51 in the third cycle.  
College with Potential for Excellence - UGC, New Delhi

RESOURCE PERSON



PROF. S.S HUNDAL  
DEPT. OF ZOOLOGY  
P.A.U, LUDHIANA

In Collaboration with  
**MGNCRE, MHRD, Govt. Of India**  
is organising

**Webinar  
on  
"COMPOSTING  
&  
VERMICOMPOSTING"**

DATE: 17 MAY 2021  
TIME: 5.00 PM  
on  
Cisco Webex

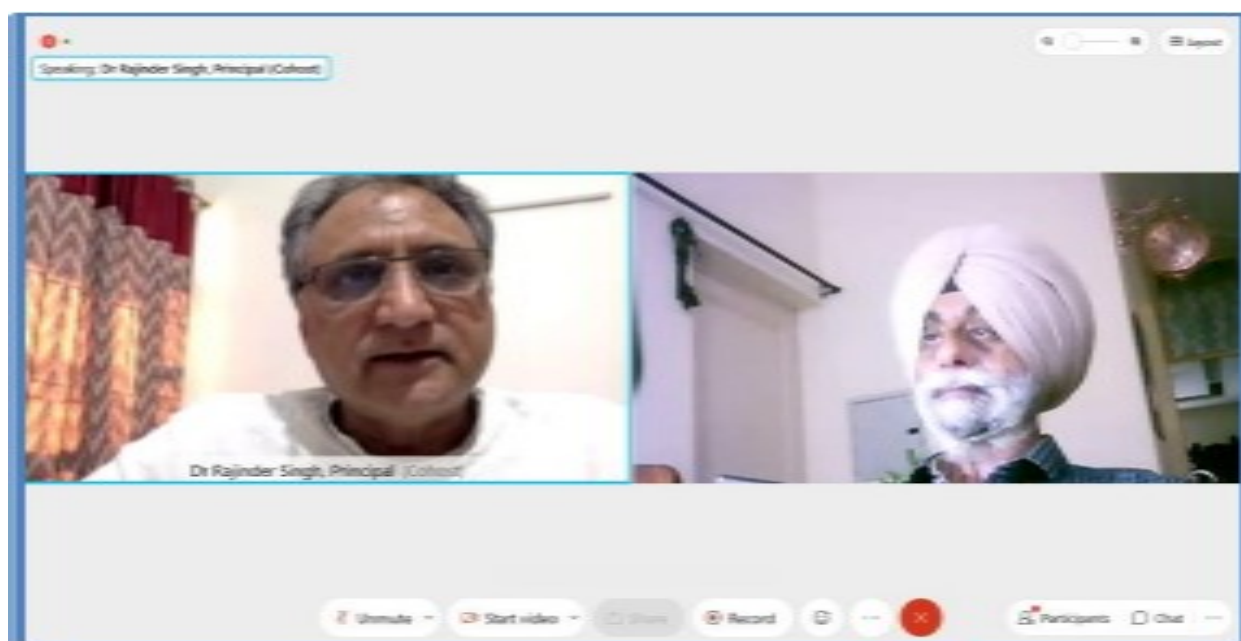
Click the link to register:  
<https://forms.gle/2fcQ931iPW1vuuV69>

Meeting Link:  
<https://sdcollege.webex.com/sdcollege/j.php?MTID=m884d2edf7747a6b9f10d76be1d396c58>

ORGANISERS  
NSS, Life Sciences Association, Environment  
Association Club, NCC, YRC, Women Cell

CONVENOR  
ZEENAT MADAN  
NSS P.O

PATRON  
DR. RAJINDER SINGH  
PRINCIPAL



# ***PYCHOSOCIAL COUNSELLING AND HELPER SKILLS***

**Date:24.05.2021**

Psychosocial counselling is an assistance provided by a professional counsellors to an individual, family, or group for the purpose of improving well-being, alleviating distress, and enhancing coping skills.

The main speaker of the workshop was **Dr. Shatrughan Bhardwaj, Senior Faculty, MGNCRE, Govt. of India.**

The aim of the workshop was to de-traumatize and sensitize the volunteers and other participants.

The volunteers after this workshop had to work as counsellors and helping hands for the exposed and pregnable category of people.

The NSS volunteers themselves had to be stronger in the times of pandemic and work like front line warriors.

The workshop was aimed at teaching helper skills to the teachers also as they have families back in their homes. The families also come in exposed category.

