

NATIONAL SERVICE SCHEME



SANATAN DHARMA COLLEGE AMBALA CANTT



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

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ANNUAL REPORT

2018-19

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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. NIRVAIR SINGH, ASSISTANT PROFESSOR,
DEPARTMENT OF PUNJABI**

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SWACHH BHARAT SUMMER INTERNSHIP

Date: 01.07.2018 – 15.07.2018

Swachh Bharat Summer Internship (SBSI) program was held in Village **Rollon** from **1st July, 2018 to 15th July, 2018**. **77** NSS volunteers participated in this internship.

The internship program included **Rally, Nukkad Naatak, Cleanliness Drive, Survey, Guest Lectures, Door to Door visit, and various competitions** for the students.

The objective of this internship programme is to engage the youth across the country and develop their skill and orientation for sanitation related work, amplify mass awareness on cleanliness and cement the people's movement (Jan andolan) aspect of Swachh Bharat Mission.

Swachha Bharat Summer Internship began with an awareness rally on the theme “**Swachha Bharat Swasth Bharat**”. As we know that the Internship programme was aimed at spreading awareness about cleanliness of the surrounding areas so the rally was to spread the message to keep clean and to stay healthy. There in the village the rally went through every nook and corner of the village spreading the message around. The volunteers sensitized the related areas about the importance of cleanliness by the ways of cleanliness dives, lectures, paintings, rallies and Nukkad Natak. The residents of the target areas were encouraged to follow what these college students were doing for them.

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**FLAGGING OFF THE
PROGRAMME**



PICS 1



LECTURE OF SHO



NUKKAD NATAK

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SWACHH BHARAT PAKHWARA

Date: 01.07.2018 – 15.07.2018

The Swachh Bharat Pakhwada was observed from 1st August, 2018 to 15th August, 2018. 80 NSS volunteers actively participated in the Swachhta Rally, Cleanliness Drives in and outside the college campus, Plantation Drive and Rural Upliftment Programs.

The objective of the celebration of the ‘Swachhta Pakhwada’ fortnight, as a part of the ‘Swachh Bharat Mission’, was to take up sanitation initiatives, mobilize people and reinforce the mass movement for cleanliness to contribute to Mahatma Gandhi’s dream of a Clean India. Cleanliness drives were organized at different places like in the college and at the adopted village. Cleanliness has been a staple programme of NSS unit of our college. The people in these areas were sensitized about the importance of cleanliness. Waste segregation drive was carried out so that the proper disposal of waste with efficient method could be achieved.

The residents of the village were sensitized during the door-to-door interaction about various provisions by the government in regard to cleanliness and upkeep of the environment.

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INAUGURATION



PLANTATION



SPREADING MESSAGE OF CLEANLINESS



NEWS

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ONE DAY CAMP

Date: 05.08.2018

One Day Camps are an integral part of NSS activities. They are counted in regular activities of NSS. The activities of NSS are categorized in two parts: Regular and Special activities.

NSS unit generally organizes this camp one day before any national festival. Our college has been the place where the district administration has been organizing these festivals since many years. So the NSS volunteers run a cleanliness drive in the campus to make it sure that no littering be found around.

The camp was organized on **05.08.2018**.

The main objective of the camp was to acclimatize the volunteers with the working of NSS.

An Awareness Rally, Plantation, Cleanliness and Installation of Dustbins were the activities of the day. These volunteers work as the ambassadors of the different policies and projects of the social upliftment. The volunteers carried out a cleanliness drive inside the campus and outside the campus. The campus was declared plastic free.

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CLEANING 1



CLEANLINESS 2



CLEANLINESS 3



**CLEANING AFTER
REFRESHMENT**

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SPECIAL ONE DAY CAMP

Date: 27.08.2018

This was a special camp organized to assist the disabled people in various ways. This camp was organized to manage things in the distribution of prosthetic limbs and other things to disabled people.

The camp was organized on **27.08.2018**.

The main objective of the camp was to acclimatize the volunteers with the working of NSS. The volunteers got firsthand experience of the problems faced by the disabled. This increased their understanding about the functioning of different government agencies and also taught them how to become a part of these programmes.

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MAIN STAGE



TELLING RIGHT WAY



HELP WITH WHEEL
CHAIR



DISTRIBUTION OF FOOD

ASER SURVEY

Date: 14.09.2018 – 19.09.2018

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ASER stands for Annual Status of Education Report. This is an annual survey that aims to provide reliable annual estimates of children's schooling status and basic learning levels for each state and rural district in India. ASER has been conducted every year since 2005 in almost all rural districts of India. The primary objective of the ASER survey is to generate estimates of children's schooling status and basic learning levels at district, state, and national levels; and to measure changes in these parameters over time. The ASER sampling strategy reflects these objectives. This survey was conducted from **14.09.2018** to **19.09.2018**. A survey team was designated for training of the volunteers and the volunteers were divided in various teams and villages were assigned to the teams. Survey on various counts was conducted and submitted to the team officials. The volunteers involved in the survey got firsthand experience of the situation of children education in the villages.

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ASER TRAINING 1



ASER TRAINING 2



ASER TRAINING 3



ASER TRAINING 4

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OATH TAKING AND BADGE CEREMONY

Date: 20.09.2018

The Badge ceremony establishes the identity of the volunteers with authority. Before this ceremony applications are generally invited for different post of NSS office bearers. Then an interview session is organized after which final selection is fixed. After this ceremony the volunteers are filled with energy to work for the upcoming projects.

This ceremony was organized on **20.09.2018**.

NSS Programme Officer Prof. Zeenat Madan motivated the volunteers to come out of their comfort zones and to take the challenges to bring a change in the society. She told that the NSS unit of our college is known to every government office because of its dedication and hard work and it should be carried on by the new team as well. These kinds of events are organized to acclimatize the volunteers with the structure of NSS. The new inductees are inspired and encouraged to work like their seniors in order to get the laurels.

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OATH TAKING



**PROGRAMME OFFICER
BADEGING 1**



**PROGRAMME OFFICER
BADEGING 2**



COMMANDER BADEGING

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BLOOD DONATION CAMP

Date: 24.09.2018

A blood donation occurs when a person voluntarily has blood drawn and used for transfusions and/or made into biopharmaceutical medications by a process called fractionation.

This camp was organized on **24.09.18**.

Not only the volunteers and the students of the college were excited to donate blood but the teachers of the college also contributed in the camp by donating blood. The team from the PGIMR appreciated the efforts done by the NSS units of the college.

These camps have been a great source of encouragement to other members of the society. There is no better benevolent gesture than blood donation so inspiration comes from the volunteers like of NSS who come forward to such social causes.

Other than the volunteers, the students who generally are scared of blood donation for various reasons are motivated to such pious tasks. From this activity they learn that we should come forward to help people in distress and help society to grow healthily.

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CHIEF GUEST MOTIVATION



PRINCIPAL'S ADDRESS



DONORS ON THE TABLE



NSSPO DONATING BLOOD

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WORLD AIDS DAY

Date: 01.12.2018

1st 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.

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.

The key objective of the training was to sensitize the gathering about the gravity of the disease.

The seminar and training was organized on **01.12.2018** at **Community Center, Sector – 10, Ambala City.**

The volunteers and the gathering were told about the causes, symptoms and preventive measures of this syndrome. It was told that it is an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness

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ROAD SAFETY RALLY

Date: 21.12.2018

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 rally was organized on **21.12.2018**.

This rally was organized in collaboration with an NGO working very aggressively for road safety named **The Sunny Ahluwalia Charitable Foundation, Ambala City**. The volunteers have been designated as the ambassadors of what they have been told in the rally. They were expected to take the message out to the society. It was a show stopper rally in which the **Superintendent of Police, Ambala, Ms Astha Modi** flagged off the rally. In her address to the participants she said that the young people can bring about an holistic change.

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FLAGGING OFF THE RALLY



MOTIVATION



RALLY



CONCLUSION OF THE RALLY

7 DAY AND NIGHT CAMP

Date: 26.12.2018 – 01.01.2019

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The NSS Unit of Sanatan Dharma College, Ambala Cantt organized a Seven Day and Night Camp at adopted village Rollon from 26 December, 2018 to 01 January, 2019.

These camps give the volunteers a deep insight as to how we have to work with the society intrinsically. It helps them to understand the importance of community work. The stay at the venue gave them an opportunity to know about the life style of the people of villages.

The camp also helped them to understand various problems faced by the natives of the village and levels of gray areas where some kind of work is to be done so that the extent of the problems could be mitigated and the probable solutions to the problems could be provided to them. Following is a detail of the camp's day wise activities. Through the words the emotions of the people could not be expressed that they had for the Programme Officers and the volunteers for this selfless community service.

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INAUGURATION AND RALLY



A DAY IN CAMP AND NEWS

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HELP TO ROTI BANK

Date: JANUARY, 2018

While the word bank is associated with the transaction of money, loans, credit cards and other financial products, **Roti Bank** is a self-group in Ambala Cantt that is especially dedicated towards feeding the poor and needy people.

The system they work with is very simple with two components – first, the collection of the food and then the distribution of it.

It is noteworthy that this Roti bank works in the Civil Hospitals of Ambala. We can understand that people come from far flung areas and humble background to these hospitals. In case of critical sickness the relatives may have to stay with the patients for unknown period of time. Objective of the deployment of volunteers was to help the NGO in the distribution of food during three times namely morning, afternoon and evening. The volunteers already in service through this NGO were sensitized to the level that they started to tell other people to come and join this act of help. People noticed these volunteers working selflessly and consequently they also started to come to distribute food in shifts.

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AT CIVIL HOSPITAL 1



AT CIVIL HOSPITAL 2



AT CIVIL HOSPITAL 2



AT CIVIL HOSPITAL 2

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REPUBLIC DAY

Date: 26.01.2019

Republic Day is one of three Indian national holidays and it commemorates the enactment of the constitution of India on January 26, 1950. India had achieved independence from Britain on August 15, 1947 (which is celebrated as Independence Day), but for its first three years the country remained governed largely by the colonial Government of India Act of 1935. **The Chief Guest, Sh Subhash Sihag, SDM, Ambala Cantt** addressed the gathering telling them the importance of the Republic Day. He went through the cannons of history to show the glimpses of our golden history enriched with harsh struggle for independence. He gave numerous examples from their lives of great Indian people who did their best in their individual capacities to make India proud. The volunteers and young people in the gathering were motivated by the stories of great Indians. They were taken on a voyage into the struggle of Indian to let us live peacefully with freedom.

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**WELCOME OF THE CHIEF
GUEST**



HOMAGE



SHEHRI SMRIDHI UTSAV

Date: 06.02.2019

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The Shehri Samriddhi Utsav, an initiative of the Ministry of Housing and Urban Affairs, aims to extend the benefits of Deendayal Antyodaya Mission-National Urban Livelihoods Mission (DAY-NULM) to the most vulnerable sections.

Job fairs and fairs for the sale of products made by women entrepreneurs were organized by many states and these events will continue for the next two weeks.

The main objective of the activity was adoption of shelter homes in their city.

The Shehri Samridhi Utsav was celebrated on **6th February, 2019** at **Apna Ghar, Ambala Cantt.** **5** NSS volunteers surveyed the people of **Apna Ghar, under the supervision of the Municipal Corporation of Ambala.**

Volunteers were sensitized towards a brewing problem of our society that the emergence of old age homes. It was an opportunity for them to understand the importance of togetherness.

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AT THE TERHST AREA



EVALUATION OF AREA



TALK WIT THE INMATES



SURVEY

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FELICITATION FOR ROAD SAFETY

Date: 07.02.2019

Many trusts are typically non-profit organisations with an emphasis on pursuits for the greater good in healthcare, religion, education, or other areas. **The Sunny Ahluwalia Charitable Foundation** in Ambala is a renowned Charitable Trusts and works for the betterment of the society. Objective of the event was to facilitate the people who have been working for traffic awareness and road safety.

This felicitation ceremony was held on **07.02.2019** at **PKR Jain College of Education, Ambala City**.

This was the second Prize Distribution ceremony organized by The Sunny Ahluwalia Charitable Foundation, Ambala City. Mrs. Ahluwalia welcomed all the guests and the prize winners. She explained the moment of the day. she told that the foundation has been working tirelessly to make people aware of the traffic rules and to follow the laws of the traffic very seriously.

Principal of SD College was amongst the Chief Guests of the day.

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**WELCOME OF THE
PRINCIPAL**



AWARD CEREMONY



MOTIVATIONAL TALK



ON SOCIAL MEDIA

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SHRADHANJALI SABHA

Date: 15.02.2019

On **February 14, 2019**, a terror attack was carried out in Pulwama in Jammu and Kashmir by a suicide bomber resulting in the death of 40 CRPF personnel. The suicide bomber, identified as Jaish-e-Mohammad's Adil Ahmed Dar, rammed his vehicle into a bus with the CRPF convoy.

The main objective of such events is to pay homage to the martyrs of Pulwama attack.

It is remind the young generation to keep their real heroes in their memory so that they could learn from their lives. It aimed at giving respect to their lost heroes who laid their lives for freedom. The main objective was to understand that any terror attack on sovereignty of India will not be tolerated. This event was organized to keep the young the people telling that how much tyranny our security forces are bearing due to the terrorism in our country.

This homage ceremony was organized on 15.02.2019 on the college campus.

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STUDENTS HOMAGE



**AREAL VIEW OF HOMAGE
CEREMONY**



**TEACHERS WITH
VOLUNTEERS**



**WHOLE COLLEGE PAYING
HOMAGE**

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ONE DAY CAMP AND SARAS MELA

Date: 03.03.2019

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.

The fair **Saras Mela** is being organised jointly by the **Ministry of Rural Development and the District Administration, Ambala. State Health Minister Anil Vij** inaugurated it.

Sanatan Dharma College was also invited to participate in particular events like to perform Nukkad Natak and conduct suvey. It was an opportunity for the volunteers also to know and understand the cultures of different areas of our country.

Awareness Rally, Cleanliness Drives, Sanitation Programs and Plantation Drives were organized under the theme “**Swachhta Hi Sewa Hai**”.

A Socio-Economic Survey of the Artisans and Stallowners was conducted in Saras Mela held at Gandhi ground, Ambala Cantt.

The volunteers usually get sensitized due to such camps about different conditions of our society. They get a chance to showcase their abilities which generally otherwise are seldom shown.

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PREPARATION FOR THE DAY



CLEANLINESS



Socio-Economic Survey



NEWS

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LECTURE “WAER CONSERVATION PRACTICES”

Date: 06.03.2019

Water conservation refers to reducing the usage of water and recycling of waste water for different purposes like domestic usage, industries, agriculture etc. This presentation highlights about the purpose, scope and methods of water conservation practices. It also gives some details of rainwater harvesting, as well.

This seminar was organized in collaboration with an **NGO, Pryavarna, Paani and Policing** on “**Water Conservation Practices**”.

Convener of the programme, Prof. Zeenat Madan introduced all the guests and the chief guest of the day. she explained the theme of the seminar. She also urged the gathering to be seriously working for the next big problem in form of water crisis.

The volunteers were sensitized about spreading the information to the deepest corner of the society because we are still not caring about wastage of water in large quantity.

The speakers delineated various situations to make the gathering understand the real situation of the crisis.

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WELCOME OF THE GUESTS



WELCOME OF GUESTS 2



DURING LECTURE



LAST MINUTE PIC

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LECTURE “ENVIRONMENTAL ISSUES”

Date: 07.03.2019

A motivational lecture on “**Environmental Issues**” was organized. As the population hits 1.54 billion, India is the second most populated country. While its population and economic wealth grow, so do its pollution and environmental problems. Every country is affected by environmental issues as climate change continues, and all eyes are on how each country tries to tackle this problem. Let's look into the environmental development of India by identifying current environmental issues, the impact of climate change, waste management, pollution, the water crisis, and the environmental policies that try to help ease issues.

Dr. R.P. Malyevar, Former Head, Department of Zoology, KUK and Dr. Mani Ram, Former Head, Department of Zoology, G.M.N. College, Ambala Cantt were the main speakers of the day.

It was emphasized that we need to promote reclamation of wasteland and degraded forest land through formulation and adoption of multi-stakeholder partnerships involving the land owning agency, local communities and investors.

We should tell people that environmentally sensitive zones may be defined as areas with identified environmental resources with incomparable values, which require special attention for their conservation. In order to conserve and enhance these resources, without impeding legitimate socio-economic development of these areas

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WELCOME OF THE GUESTS



AUDIENCE



DR. MANI RAM



PLANTATION

HELP IN PULSE POLIO CAMPAIGN

Date: 10.03.2019

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Pulse Polio is an immunisation campaign established by the government of India to eliminate poliomyelitis (polio) in India by vaccinating all children under the age of five years against the polio virus. The project fights polio through a large-scale, pulse vaccination programme and monitoring for poliomyelitis cases.

the Pulse Polio Initiative was started with an objective of achieving hundred per cent coverage under Oral Polio Vaccine. It aimed to immunize children through improved social mobilization, plan mop-up operations in areas where poliovirus has almost disappeared and maintain high level of morale among the public.

Volunteers reached at different places on this day and provided assistance to the POLIO teams. The volunteers were sensitized towards a situation which we need to eradicate with sincere efforts. The people on the booths are also sensitized to disseminate the information to others who have not given their children shots of POLIO.

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**COMMANDER IN POLIO
CAMPAIGN 1**



**VOLUNTEERS WITH POLIO
WORKERS**



**COMMANDER IN POLIO
CAMPAIGN 3**



VOLUNTEER IN POLIO CAMPAIGN

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WASTE SEGREGATION CAMPAIGN

Date: 13.03.2019

Waste segregation separates different types of waste so that it can be recycled or disposed of more effectively. By segregating waste, we can reduce the amount of waste that goes to landfill and recycle more materials.

There are many types of waste, and each type should be segregated into its bin. The most common types of waste are general, recyclable, and hazardous.

The volunteers were divided in various groups and areas were allocated to them. Their responsibility was fixed for the cleaning of that area.

Many colour coded dustbins were installed at various places in the college.

The dustbins were of the different colours for different type of waste.

The volunteers were sensitized about the value of waste segregation.

The volunteers discussed at large that before this activity they did not know about the meaning of different coloured dustbins. But after this camp they have increased their knowledge about many things.

कचरा प्रबंधन सबसे बड़ी चुनौती, मिलकर करें समाधान : राजेंद्र

■ एन.एस.एस. स्वयंसेवकों ने निकाली रैली व चलाया सफाई अभियान

अम्बाला छावनी, 13 मार्च (भूरा): सनातन धर्म कालेज में बुधवार को एन.एस.एस. यूनिट के छात्रावधान में वेस्ट मैनेजमेंट कैम्पेन सनाया गया। जिसका विषय मेरा कचरा-मेरी जिम्मेदारी रहा।

कैम्पेन का मुख्य उद्देश्य विद्यार्थियों को कचरा प्रबंधन को जागरूक करना तथा अलग-अलग तरह के कचरे को सही तरीके से निपटाने के ढंग से अवगत करवाना था। प्राचार्य डा. राजेंद्र सिंह ने विद्यार्थियों को कहा कि आज के



कालेज प्रांगण में अलग-अलग रंगों के डस्टबिन रखते हुए स्वयंसेवक व अन्य।

समय में कचरा प्रबंधन सबसे बड़ी चुनौती है, हमें मिलकर इस समस्या का समाधान करना चाहिए।

डा. नवीन गुलाटी ने कहा कि कालेज प्रांगण को स्वच्छ रखने की हर कोशिश की जाती है। कैम्पेन के अंतर्गत कालेज प्रांगण में 30

अलग-अलग रंगों के डस्टबिन रखवाए गए ताकि कचरा अलग-अलग किया जाए।

गार्डन वेस्ट के लिए हरे एवं पेपर, प्लास्टिक वेस्ट के लिए नीले डस्टबिन रखवाए गए। गार्डन वेस्ट को काटकर बगीचामोस्ट के द्वारा

खरब में बदला जाएगा। एन.एस.एस. के स्वयंसेवकों ने कचरा प्रबंधन के लिए रैली निकाली तथा कालेज प्रांगण में सफाई अभियान चलाया। कार्यक्रम प्रो. तेजिंद, डा. निरवी एवं प्रो. जीता के कुशल निदेशन में हुआ।

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LECTURE “UNIQUENESS OF INDIAN WILDLIFE AND ITS CONSERVATION”

Date: 14.03.2019

An extension lecture on “Uniqueness of Indian wildlife and Its Conservation” was organized on **14.03.2019**. **Prof. HS Khera, Deptt. of Zoology, PAU, Ludhiana** was the main speaker of the lecture.

Its main objective was to explain the effects of rapid industrialization and urbanization due to the fast growth in population in recent decades on wildlife.

It was to explain the impact of global warming and extensive environmental pollution which has largely threatened wildlife as they lead to habitat destruction and rising temperature.

The gathering was told as to why the maintenance of rare species in protected areas such as national parks, sanctuaries etc. has become necessary,

It was explained as to why the establishment of specific biosphere reserves for endangered plants and animals.

It was felt that protection of wild life through legislation such as banning hunting etc. should be put to force immediately.

The audience came to about imposing specific restrictions on export of endangered plants and animals or their products.

The volunteers and the students were sensitized about the importance of Indian wildlife conservation.

It was emphasized that the young people should come forward if they don't wish some of the species to be extinct very soon from this planet.

NATIONAL SERVICE SCHEME



WELCOME OF THE GUEST



DISCOURSE IN FLOW



EXPLANATION THROUGH PPT



CONCLUDING REMARKS

NATIONAL SERVICE SCHEME

BLOOD DONATION CAMP

Date: 23.03.2019

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 main objective of the activity is to instill encouragement in the young people about the importance of donating blood.

Its objective was to sensitize people to understand the vitality of saving others lives.

Another objective was to be in the dynamic process to help society as much as we can. Since there is an involvement of young people in it so the people of every age are expected to come forward for this great task of community service.

The camp was organized in collaboration with **ROTARY CLUB OF AMBALA.**

A positive message was sent to the society that **where there is a will, there is a way.** That if the tender college students can do this great service to the society why not the grownup section.

NATIONAL SERVICE SCHEME



REGISTRATION



WELCOME OF GUESTS



THANKS GIVING TO DONORS



LAST MINUTE PIC

NATIONAL SERVICE SCHEME

