



ANNUAL REPORT 2021-22

NATIONAL SERVICE SCHEME

**SANATAN DHARMA COLLEGE,
AMBALA CANTT**

NATIONAL SERVICE SCHEME

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.

PROGRAMME OFFICERS

- **Mr. Tajinder Singh, Assistant Professor
Department of English**
- **Ms. Zeenat Madan, Assistant Professor
Department of Zoology**
- **Dr Chiman Lal, Assistant Professor
Department of Political Science**

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72ND VAN MAHOTSAV

Date: 25.07.2021

- The National Service Scheme Unit of Sanatan Dharma College, Ambala Cantt as per the guidelines issued by Govt. of Haryana celebrated 72nd Van Mahotsva on 25.07.2021.
- The volunteer connected online through WebEx platform to listen to the **Honourable Chief Minister of Haryana, Sh Manohar Lal Khattar** who inaugurated this program releasing a booklet on the occasion. But limited people could connect through WebEx.
- Plantation is a regular activity of NSS and it is carried out on and often. Every festival ends with plantation or we can say that every event ends with plantation. Moreover NSS has adopted a village where all the plantation is done by NSS.
- It is perpetual awareness programme of NSS. A call for Van Mahotsva came from the Regional Directorate, NSS, New Delhi to celebrate Van Mahotsva so there was no looking back from the commitment.
- Those volunteers and students who could not join the WebEx meet connected through YouTube live streaming of the programme. After the online inaugural and speeches of the programme a tree plantation drive was held on the college campus.
- About **50 trees** were planted by the volunteers. **Principal of the college Dr. Rajinder Singh** told that an aim of planting 1000 trees has been set and it is achievable through the dedication of the volunteers.
- **Former Principal of the college Dr. Deshbandhu** also planted sapling and motivated the volunteers.



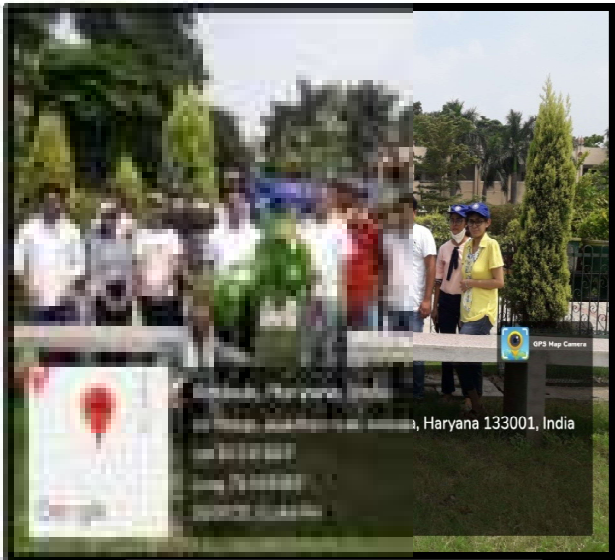
PLANTATION 1



PLANTATION 2



PLANTATION 3



PLANTATION 4

WEBINAR ON BIODIVERSITY CONSERVATION ON WORLD NATURE CONSERVATION DAY

Date: 28.07.2021

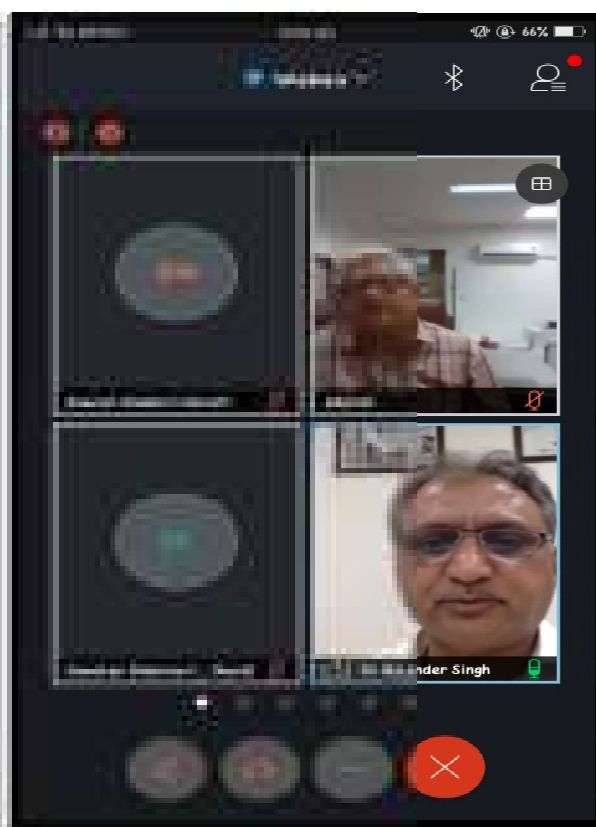
- **The NSS Units** of the college have always been instrumental in doing many kinds of activities based on environment. This day provided them a big opportunity to do something big on this occasion. Though plantation and awareness programs are the regular activities of NSS but it is also important to listen to the people around us connected and working for the same cause. NSS volunteers can take the message to deepest corner of the society
- There was no apparent challenge in the realization of the webinar apart from COVID_19 SOPs issued by the government which prohibited the large gathering.
- The resource persons of the webinar were and **Dr. Kailash Chandra, the former Director of Zoological Survey of India.**
- **Convener of the programme and NSS Programme Officer Prof. Zeenat Madan** gave a brief introduction about the seminar.
- The principal of the college, **Dr. Rajinder Singh** welcomed the guests and the participants to this webinar. **The convener of the webinar and NSS Programme Officer Prof. Zeenat Madan** introduced the chief guest and invited him for his lecture. **Dr. Vig** very elaborately told as to why the conservation of nature has become suddenly so important. He congratulated the organizers for this webinar.
- The keynote speaker of the webinar **Dr. Kailash** through his presentation took all the participants to a virtual expedition of Himalayas. He also explained various species found in Himalayan region and how some of them have come to the brink of extinction. He also told that how by conserving nature we can move from extinction to existence.

The audience was apprised of the need of biodiversity conservation and practices. The participants showed interest in many of the techniques of conservation which was evident from their question to the resource persons.

- The main objective of the webinar was to sensitize the audience and that was done successfully as the participants told during the conversation that they will certainly make their volunteers and other students of the college the ambassadors of nature and tell them to spread awareness in the society.



INTRODUCTION OF THE WEBINAR



WELCOME ADDRESS

PLANTATION DRIVE Under VAN MAHOTVA

Date: 04.08.2021

- The NSS Unit of the Sanatan Dharma College, Ambala Cantt, while celebrating Van Mahotsva commenced from 25.07.2021 organized a Plantation Drive in collaboration with Rotary Club of Ambala on 04.08.2021 on the college campus. Plantation Drive has been a regular activity of NSS but on some special occasions plantation is organized like a festival.
- This drive was undertaken on 04.08.2021 under Van Mahotsav.
- This Plantation Drive was organized in collaboration with Rotary Club of Ambala.
- The principal of the college, Dr. Rajinder Singh while inaugurating the plantation drive said that until plantation is treated like a festival in our country, we won't be able to do justice to the environment which is the foundation of human existence on this planet and the next generation would certainly feel the crunch for oxygen.
- The members of the Rotary Club of Ambala appreciated the efforts of NSS unit of the college. They expressed their willingness to be a part of such drives in future also as this will not only beautify Ambala but also contribute to restore the already dented environment. They also praised the NSS volunteers for their dedication with which they are working for the betterment of society.
- The volunteers have just finished their final exams nevertheless they were eagerly waiting for some event of NSS. This plantation drive was a part of month long Van Mahotsva celebration.



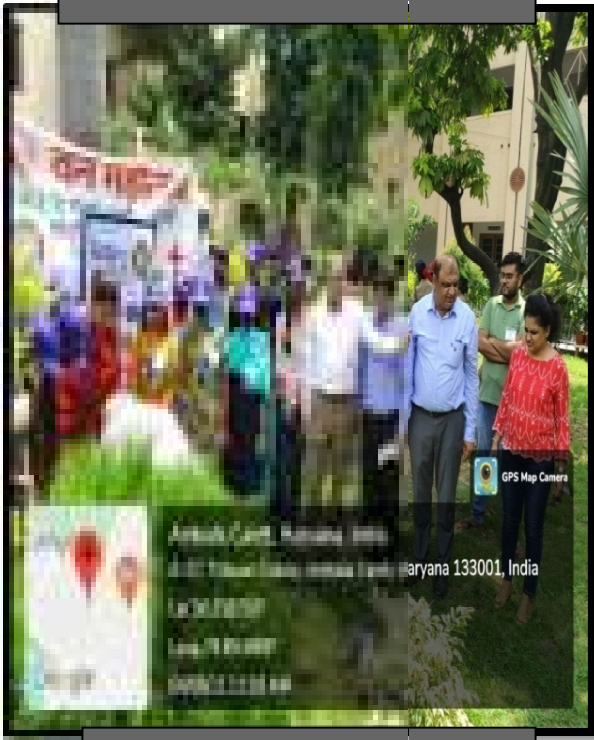
PLANTATION BY NSS PO



PLANTATION BY DR. DESH BANDHU



PLANTATION 1



PLANTATION 2

TREE PLANTATION WITH ROTARY CLUB

Date: 04.08.2021

- NSS unit of the college has been instrumental since long in giving our city a green cover as much as possible. We try to encourage others too. The NSS in collaboration with UBA Cell of the college has adopted 5 villages apart from already adopted village by the NSS. The main thrust of plantation remains in these village so that these villages can be presented as the role models for others.
- **The NSS Unit of the Sanatan Dharma College, Ambala Cantt**, while celebrating **Van Mahotsva** commenced from **25.07.2021** organized a **Plantation Drive** in collaboration with **Rotary Club of Ambala** on **04.08.2021** on the college campus. Plantation Drive has been a regular activity of NSS but on some special occasions plantation is organized like a festival.
- This Plantation Drive was organized in collaboration with **Rotary Club of Ambala**.
- **The principal of the college, Dr. Rajinder Singh** while inaugurating the plantation drive said that until plantation is treated like a festival in our country, we won't be able to do justice to the environment which is the foundation of human existence on this planet and the next generation would certainly feel the crunch for oxygen.
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- **Former principal of the college and member of Rotary Club of Ambala, Dr. Desh Bandhu** planted many trees and motivated the volunteers of NSS. The volunteers have

just finished their final exams nevertheless they were eagerly waiting for some event of NSS. This plantation drive was a part of month long Van Mahotsva celebration.

- NSS had earmarked some specific places where plantation was to be done in next days. For the availability of plants district forest department was contacted. During this month the NSS unit of the college plans to plant at least 500 trees on the campus and in the surrounding areas. **The Plantation Drive** was organized under the supervision and guidance of **NSS Programme Officer Prof Tajinder Singh** and **NSS Programme Officer Prof. Zeenat Madan**.
- This drive resulted in a resolution by all the people gathered there that they will put their best efforts to give this city a green cover. They will motivate and encourage others to plant more trees around. If need be the forest department can be contacted in need of saplings. The members of the club were happy to see green campus of the college and were appreciative of the efforts of NSS Unit of the college.



PLASTIC FREE CAMPAIGN

Date: 09.08.2021

- NSS of our college has been keenly following every activity in regard to environment safety. Plastic free campaign has been a staple activity of NSS. Many activities have been organized as a part of cam
- NSS can plays an important role in sensitizing the people about certain social issues.
- Theme of the camp was **Plastic Free Surrounding.**
- **Principal of the college Dr. Rajinder Singh** addressed the volunteers saying that the youth can bring a holistic change in the society about the dangers of plastic. He said that this plastic is the biggest danger to human existence. If we still don't wake to the call the future probably will see drastic impacts of plastic use.
- **Programme Officer Prof. Zeenat Madan** also addressed the volunteers and instructed about the day's activities. She administered a pledge that the volunteers will keep the campus plastic free.
- The area of the college was done plastic free and a pledge was taken that the volunteers will keep the campus plastic free.
- Signages and warning signs in regard to keep campus plastic free were installed on different places to make the students aware.



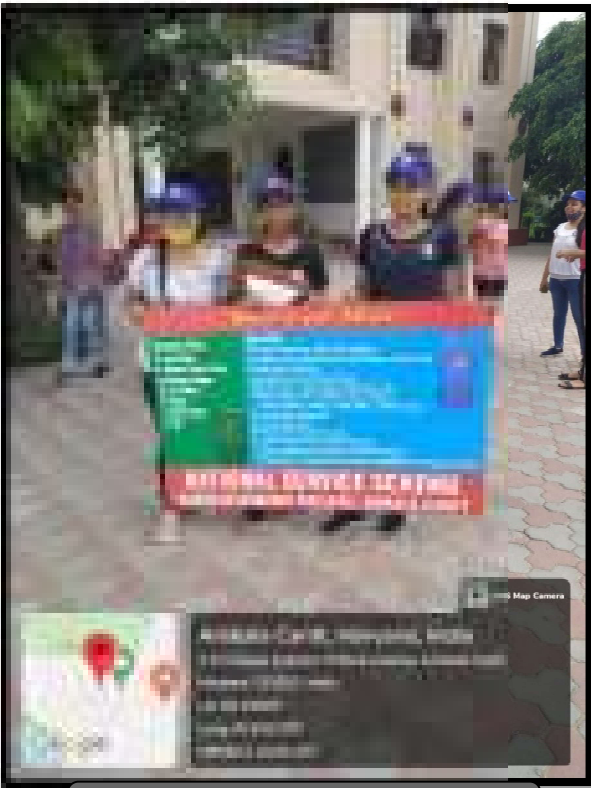
PLANNING FOR THE DAY



JOINING HANDS FOR A BEGINNING



MAKING CAMPUS PLASTIC FREE



AWARENESS

PLANTATION DRIVE Under VAN MAHOTSA

Date: 10.08.2021

- The NSS Unit of Sanatan Dharma College, Ambala Cantt in collaboration with Municipal Council, Ambala Sadar carried out Plantation Drive on 10.08.2021 as a part of the drive under Van Mahotsva 2021. The Chief Guest of the drive was Sh. Apoorva Chaudhary, Executiver Officer, Municipal Council, Ambala Sadar. Chief Sanitary Inspector, Ambala Cantt, Sh. Vinod Beniwal and Coordinator of Swachh Mission, Smt. Ritu Sharma also accompanied the chief guest.
- This event was organized in collaboration with MC, Ambala Sadar.
- The Chief Guest of the occasion was Sh. Aproova Chaudhary, Executive Officer, Municipal Council, Ambala Sadar. Chief Sanitary Inspector, Ambala Cantt, Sh. Vinod Beniwal and Coordinator of Swachh Mission, Smt. Ritu Sharma also accompanied the chief guest.
- The chief guest was welcomed by the principal of the college Dr. Rajinder Singh. The principal apprised the chief guest about the different being run on the campus of the college like water harvesting, water recharging units, solar panels, and more importantly vermicompost units which have brought the college to the limelight.
- He also told that the college plans to plant about 1000 plants during this Van Mahotsva. The chief guest was pleased to listen to these projects and the achievements of the college.
- He told that the vermicomposting can be implemented all through the district. He congratulated the principal and Prof. Zeenat Madan for meticulous arrangements for the projects.



EO, MC SADAR, AMBALA & OTHERS



PLANTATION 2



PLANTATION 3



NEWS

FIT INDIA FREEDOM RUN 2.0 under AZADI KA AMRUT MAHOTSAV

Date: 14.08.2021

- **Azadi Ka Amrit Mahotsav** is an initiative of the **Government of India** to celebrate and commemorate 75 years of independence and the glorious history of her people, culture and achievements.
- The key activities of **Fit India Freedom Run 2.0** include **pledge, rendering of National Anthem, Freedom Run, cultural functions at venues, awareness among Youth Volunteers to participate and also organize similar Freedom Runs in their villages.** People can register and upload their run on Fit India portal <https://fitindia.gov.in> and promote freedom run on their social media channels with #Run4India and #AzadikaAmritMahotsav.
- This was a call of the central government to organize such an event. So NSS Unit of college planned to organize this freedom run.
- NSS Unit of the college represents its presence in the society and exerts its commitment to serve the society.
- Maximum of such issues are generally directed to the NSS units of the institutes.
- It is the duty of NSS unit to disseminate the information about such events to ensure maximum participation.
- Celebrating **Azadi ka Amrut Mahotsav** on **75th anniversary of Independence**, the **NSS Unit of Sanatan Dharma College, Ambala Cantt** organized a **Fit India Run 2.0** in collaboration of **Nehru Yuva Kendra, Ambala**, was organized. This programme was organized under the directions of **Regional Director, National Service Scheme, regional Directorate, Ministry of Youth Affairs and Sports, Govt. of India.**

Officiating Principal Dr. Sunil Sharma while motivating the volunteers flagged off the **Fit India Run 2.0** with NSS flag.

- This event was organized in collaboration with the **Nehru Yuva Kendra, Ambala**.
- It is the duty of NSS unit to disseminate the information about such events to ensure maximum participation.
- This event was organized on **14.08.2021**.
- Principal of the college **Dr. Rajinder Singh** addressed the volunteers that to commemorate **75th year of Independence** the **Govt. of India** has initiated a programme **Azadi Ka Amrut Mahotsav** under which this particular programme **Freedom Run 2.0** will be celebrated from **13th Aug. 2021 to 2nd Oct. 2021**.
- The **Co-coordinator of Nehru Yuva Kendra Ms. Arshdeep Kaur**, members **Sh. Tarun Kaushal and Sh. Ravinder**, NSS PO **Prof. Tajinder Singh and Prof. Zeenat Madan**, NCC Officer **Dr. Vijay Sharma** and **50 volunteers** from the college participated in the freedom run. As plantation is regular activity of the college and for last 10 days **Van Mahotsav** is being celebrated under which mass plantation drive has been carried out.
- With the organization of such programmes the students are generally encouraged to keep them healthy and to stay away from everything which can damage their health.
- Such programmes are aimed at spreading awareness which is often found missing about many things around us. They even motivate the common folks.



ASSEMBLY FOR RALLY



MARCH OF RALLY with NYK Coordinator & NSS PO



RALLY



NEWS

INDEPENDENCE DAY

Date: 15.08.2021

- NSS is recognized as the national asset. NSS is supposed to celebrate all the national festivals by actively participating in them. The participation of volunteers in Independence Day celebrations fills them with dynamism, zest and love for their country.
- The preparations for the Independence Day celebrations teach them about the importance of team work. They participate in parade also where synchronization is important and they learn that in rehearsals.
- All the volunteers are usually directed to come in full dress which makes them distinguished which inculcates the feeling of the importance of being distinguished and of being a leader. So these types of functions give them an opportunity to harness their skills.
- The biggest challenge still comes from COVID-19 which is still lurking around. The celebration of Independence Day is a big gala where one expects a big crowd.
- Our priority was to keep the NSS volunteers safe.
- So all the volunteers were strictly directed to put on mask and maintain social distancing which they did successfully.
- Another challenge was unimaginable hot and sultry weather which the volunteers bravely encountered.
- **The Sub Divisional Magistrate of Ambala Cantt Division, IAS, Sh. Sachin Gupta** was the **Chief Guest** of the occasion.
- Since many years the **District Administration, Ambala Cantt** is celebrating national festivals on the campus of **Sanatan Dharma College**. So ostensibly **The NSS Unit's** participation became inevitable in the celebration.

- The function started with the address of the chief guest. The chief guest congratulated all the people gathered for the celebration on the day of Independence of our beloved country. The unit participated in the parade also.
- He told the gathering as to how the struggle for Independence back in 1857 started from Ambala. So this city also has a lot of historic importance. Many people from this city also laid their lives for the freedom movement.
- After the address of the chief guest the parade gave salute to him which included contingent of NSS volunteers also. The contribution of NSS in the community service was applauded from the dais a number of times. The volunteers were given away certificates by the chief guest in the award facilitation ceremony during the end of the function.
- The students are encouraged to adhere to the celebration of national festivals. These festivals are celebrated irrespective of religion, caste and section. So they also propagate communal harmony which is important to grow as a society.
- The celebration of these days keeps the people aware of the sacrifice of our beloved heroes and female martyrs who laid their lives for our freedom.
- Carrying forward its resolution to protect environment the NSS unit also arranged for **plantation** by the hands of the **Chief Guest**. The efforts of NSS unit of the college were appreciated by all the dignitaries.



PARADE



PARADE SALAMI



PRIZE DISTRIBUTION



PLANTATION by CHIEF GUEST

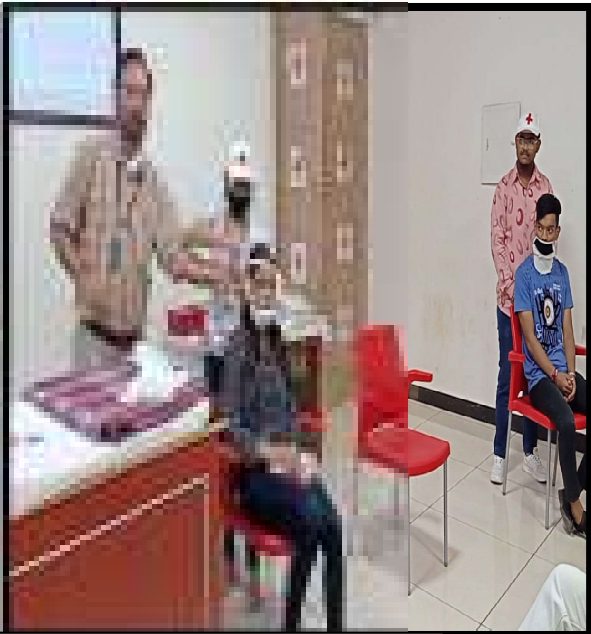
FIRST AID AND HOME NURSING TRAINING

Date: 25.08.2021

- This training programme was organized in collaboration of **YRC Unit** of the college and **Indian Red Cross Society**.
- This training programme was organized from **25 to 28.08.2021**.
- **Principal of the college Dr. Rajinder Singh** welcomed all the guests, trainers and the participants. He said that these kinds of life saving trainings should not be confined to only NSS or YRC volunteers these should also imparted to all the students of the college as they can help in saving somebody's life in emergency.
- During the training different life threatening situations and their solutions were created to tell what exactly should be done in case of a particular situation.
- As also delineated in the introduction this training programme was divided into different segments like First Aid Training, Home Nursing, CPR Training and Disaster Management.
- By the end of the training programme the volunteers seemed to be confident that they are equipped with life saving skills to be applied in any kind emergency.
- Now the volunteers were ready to help people in case if any emergency. They were equipped with life saving skills.
- This whole training programme was organized under the dexterous guidance of **YRC Counselor Prof. Sumit Chibber** and **NSS Programme Officer Prof. Zeenat Madan**.



Introduction of Training Programme



TRAINING UNDER PROCESS 1



TRAINING UNDER PROCESS 2



TRAINING UNDER PROCESS 3

BLOOD DONATION CAMP

Date: 02.09.2021

- **NSS Units of Sanatan Dharma College, Ambala Cantt** have been instrumental departing their moral and duties towards the society in many forms. Blood Donation is a regular activity of **NSS, Sanatan Dharma College, Ambala Cantt.**
- **The YRC Unit** of the college has played an important role in the organization of the camp. This camp was the collective effort of **NSS and YRC** of the college.
- This camp was organized on **02.09.21.**
- This camp was organized in collaboration with the **Rotary Club of Ambala** and **PGIMER, Chandigarh.**
- **PGIMER** continuously inspire the NSS of the college to organize such camps as the demand for blood in the times this pandemic has increased multifold.
- **Principal of the college Dr. Rajinder Singh** has always been a motivating force and keep inspiring the NSS Programme Officers and the volunteers to give their best to the society. He welcomed the team from the **PGIMER** and the office bearers from the **Rotary Club of Ambala.**
- It was an instruction and an advice from the administration of **PGIMER** that there should be no crowd around the area of donation and that the donation be confined to 50 to 60 donations only in order to avoid congregation. This camp contributed in collecting **46 units** of blood.



REGISTRATION



DURING THE CAMP



DONORS DONATING BLOOD



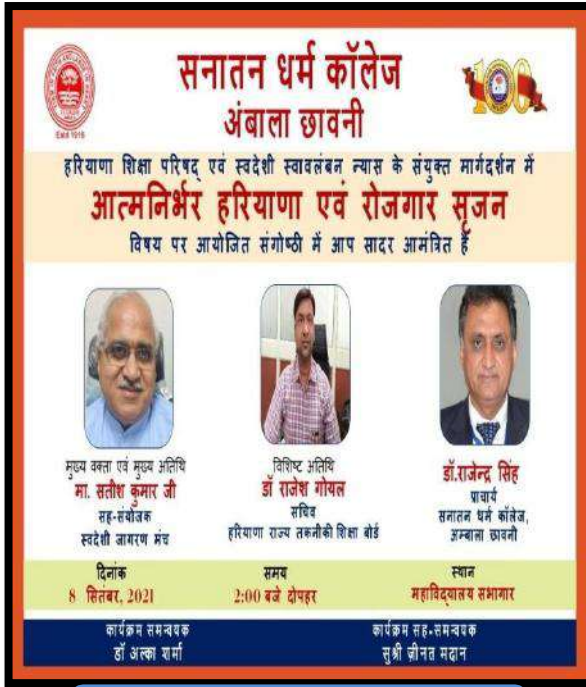
LAST MINUTE PIC

SEMINAR on ATAMNIRBHAR BHARAT

Date: 08.09.2021

- This seminar was organized in collaboration with **Haryana State Higher Education Council** and **Swadeshi Jagran Manch**. Co convener of the seminar and **Rojgar Srijan Prakoshth, Prof. Zeenat Madan** welcomed all the guests and read out the outline of the seminar. Principal of the college **Dr. Rajinder Singh** formally welcomed all the distinguished guests. He apprised the gathering about the college has been doing to make its students self reliant.
- **Dr. Rajech Goel** emphasized that our country is moving towards becoming world leader on many platforms. He motivated the students to become self reliant so that they could contribute in making our country financially reliant.
- The chief speaker of the event **Shri Satish** also motivated the students to become self reliant. He encouraged them to become entrepreneurs so that they could be able to give jobs to others and should not waste their talent in looking for jobs around.
- He told the audience that Atmanirbhar Haryana is a part of Atmanirbhar India and we all should contribute to achieve its aims and objectives.
- This programme aimed at encouraging people to think about turning towards indigenous products and things, in other words people were motivated to come on swadeshi in everything if we have to see our beloved country as the world leader.

- Emphasis on being self reliant was stressed upon and it was explained as to how we can become self reliant to support us financially.



SEMINAR PIC 1



LAST MINUTE PIC



NEWS 1



NEWS 2

WORKSHOP on ECO BRICK FORMATION ***on*** ***WORLD OZONE DAY***

- NSS at our college is a strong force of 300 highly motivated volunteers who can work in very adverse situation also, so NSS can give more ample space to such issues and can take them to society to brood upon them. The work shop was inaugurated by the principal of the college **Dr. Rajinder Singh**. While addressing the volunteers and the students he appreciated the efforts put in by the NSS and the volunteers. He said that this is how we can contribute towards the betterment of our planet. He said that the biggest problem of the planet is the haphazard use of plastic.
- **NSS Programme Officer Prof. Zeenat Madan** also addressed the volunteers and the students. She explained in detail as to how we can reduce the already in-use plastic so that it should not be littered around. She emphasized on coming up with unique ideas like eco bricks to lessened the scattered plastic.
- NSS volunteer Harsh gave demo as to how we can turn plastic into bricks to be used as an alternate to some other things.
- It was an amazing moment when volunteers and students of the college got an idea to deal with the problem of plastic to some

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extent. The content of the brick formation was so simple that the participants promised to use it in their homes.

- Main aim of the workshop was to sensitize the participants and to disseminate information out in the society.



TRAINING ON ECO BRICKS 1



TRAINING ON ECO BRICKS 2



TRAINING ON ECO BRICKS 3



TRAINING ON ECO BRICKS 4

Webinar on NUTRITION AND IMMUNITY

Under POSHAN MAAH

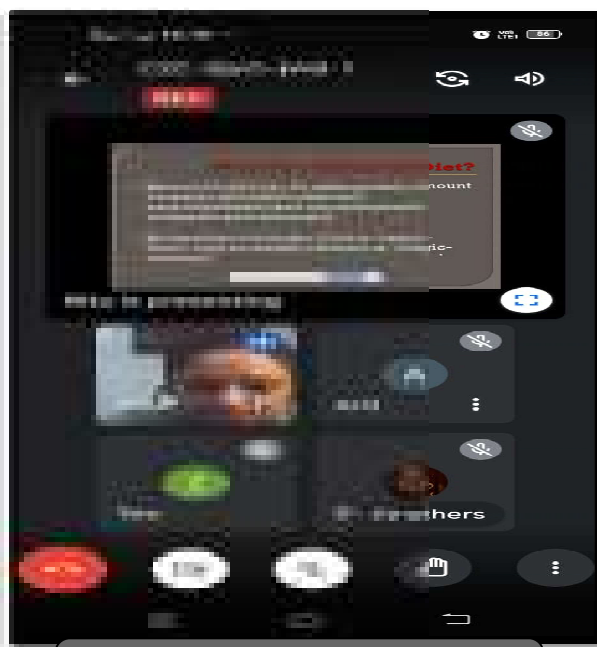
Date: 23.09.2021

- The Resource Person of this webinar was **Dietician Ritu Sudhakar, Chief Dietician, DMCH Hospital, Ludhiana.**
- This webinar was organized under the collaboration of **NCC, YRC and Women Cell** of the college.
- The Chief Guest was welcomed by the principal of the college **Dr. Rajinder Singh.** He said that though India has been growing continuously so the health problems due to many reasons. He said that awareness and sensitization are the only ways through which can tell people that prevention is better than cure.
- **The Resource Person Mdm Ritu** gave many examples to show that people sometimes play dangerously with their health by developing habits of eating at food joints or by consuming junk food.
- The audience was overjoyed listening to an expert on various issues related to health. They promised the resource person that they will try their level best to adopt many things said by her.
- They also said that they will try to tell others about the health hazards created by junk food or by other irregular eating habits.
- They also promised that they will start practicing it right from their family.

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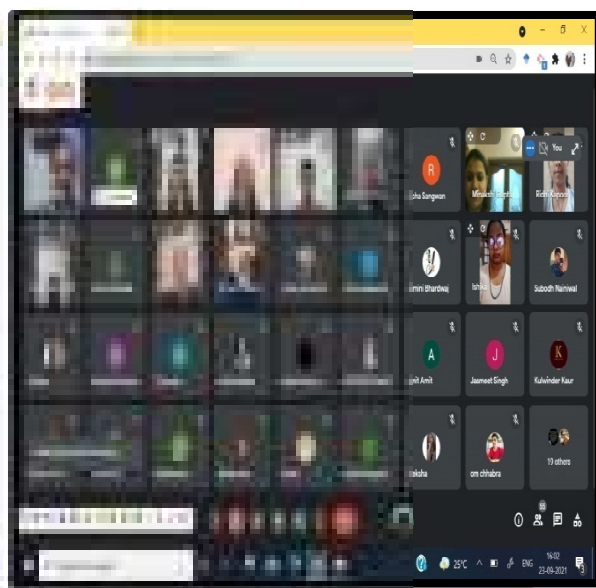
WELCOME OF THE CHIEF GUEST



CHIEF GUEST GIVING LECTURE



DURING DISCOURSE 1



DURING DISCOURSE 2

NSS FOUNDATION DAY CELEBRATION

Date: 24.09.2021

- **Programme Officer Ms. Zeenat Madan** represented NSS Unit of the college in the university level function held at **Kurukshetra University, Kurukshetra**. She explained the activities done through the year through a meticulous collage of activities.
- This day proved to be a day of importance not only for **Ms Zeenat Madan** but also for the NSS unit of the college as both were selected and awarded as **the Best Programme Officer and Best NSS Unit** respectively for the year.
- **Programme Officer Ms Zeenat Madan and Tajinder Singh** Participated in the function organized held at Kurukshetra University, kurukshetra.
- **A Collage** on a banner in a prescribed size was displayed and won praise from the visitors for its meticulous and crystal clear display.
- **Ms Zeenat Madan** was awarded as **Best NSS Programme Officer** and the Unit of the college was also awarded with the **Best NSS Unit** for the year.



WELCOME AND INAUGURAL



REPRESENTATION AND AWARD CEREMONY

WEBINAR on SOLID WASTE MANAGEMENT

THEME: WASTE SEGREGATION AT SOURCE

Date: 27.09.2021

- 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 webinar on “**Solid Waste Management**” on **27.09.2021**. This is a big step towards the Eco Conservation.

➤ **Possible Outcomes:**

- This seminar definitely made aware the participants (students and faculty) about the hazardous effects of solid waste.
- The participants should have learned about various measures and methods for management of Solid Waste generated.
- The webinar aimed at telling the importance and need of segregation of waste at the source.
- This webinar was organized on **27.09.2021**.
- This event was organized in collaboration with **MC, Ambala Sadar**.
- **Prof. Zeenat Madan** and **Mdm Ritu Sharma, Swachhta Coordinator, MC, Ambala Sadar** were the **Resource Persons** of the webinar.
- The **Resource Persons** were welcomed by the **Principal of the college, Dr. Rajinder Singh**. He told that our own city is facing a humongous problem of waste disposal. There are more people who create waste and less people engaged in the disposal of that waste.

- **Prof. Zeenat Madan** delineated about the very problem of segregation of waste at source. She said that apart from all the solutions, awareness would play an important role mitigating the problem of waste. So we have to focus on planning intense awareness programmes so as to create a movement by maximum participation of the common folks.
- **Mdm Ritu Sharma, Coordinator, Swachhta Abhiyan, Ambala** presented a wider perspective of the sordid picture of waste management in our city. She was of the view that until we become responsible and vow not to litter garbage everywhere, we cannot keep our city clean. She said that participation of every section of the society in this pious task we help to achieve highest result.
- Many volunteers and other people who joined the webinar were sensitized towards the smouldering issue of the day.
- The faceoff with the current waste management situation of the city sent pensive feeling in the minds of the attendees which was evident by the questions they asked at the end of the webinar.

NATIONAL SERVICE SCHEME ANNUAL REPORT 2021-22



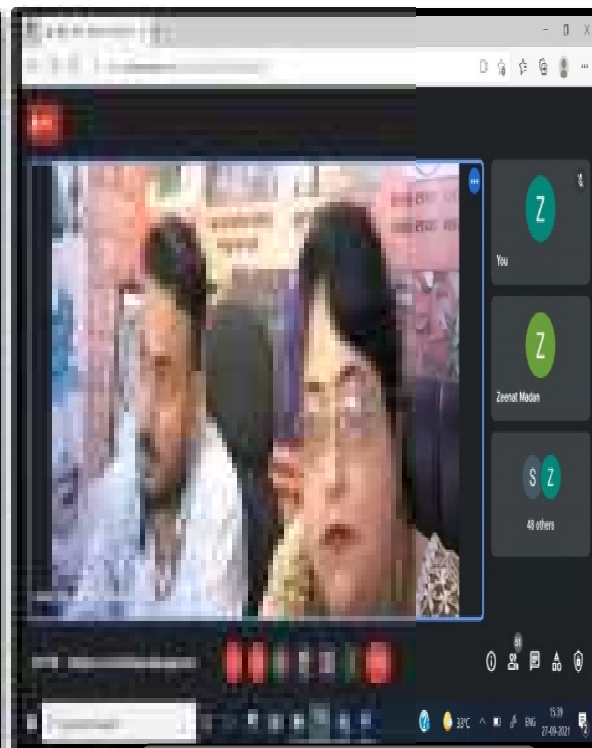
BEGINNING OF WEBINAR



Mdm Ritu Sharma



WEBINAR IN PROCESS 1



WEBINAR IN PROCESS 2

NUTRITIONAL FOOD KITS DISTRIBUTION & HELP IN ADMINISTERING POLIO DROPS & HANDWASH ACTIVITY FOR CHILDREN Under POSHAN MAAH CELEBRATION

Date: 28.09.2021

- **The National Service Scheme, Sanatan Dharma College, Ambala Cantt** in collaboration with **Municipal Council, Ambala Cantt** and **WCDPO, Ambala** under **POSHAN Maah** celebration planned to distribute **Nutritional Food Kits** to ladies of **Khojkipur** village. **40 Nutritional Food Kits** were distributed by **NSS Programme Officer Prof. Zeenat Madan** and **NSS Programme Officer Prof. Tajinder Singh** and **Dr. Ritu Sharma, Swachhta Coordinator, Ambala from MC, Ambala Cantt.**
- This programme was organized in collaboration with **Municipal Council, Ambala Sadar.**
- **40 Nutritional Food Kits** were distributed by **NSS Programme Officer Prof. Zeenat Madan** and **NSS Programme Officer Prof. Tajinder Singh** and **Dr. Ritu Sharma, Swachhta Coordinator, Ambala from MC, Ambala Cantt.** **Prof Zeenat Madan** talked to the women assembled there about the hygienic conditions they live in and she gave an extensive lecture on malnutrition and importance of taking good and nutritious food. She told that merely eating regular food items sometimes do not provide much needed nutrients to children and women. It causes severe damages to our body.

- The gathering was appraised of the fact that fruits and multi grains need to be consumed daily to avoid any type and level of malnutrition. The people in our countryside are generally not aware of the importance of eating different food items. So they keep avoiding them until something bad happens to them.
- **Mrs. Ritu Sharma** also interacted to the gathering. She told that the government is committed to provide every necessary food items to the needy and vulnerable groups of the society.
- The volunteers of NSS then helped the health team in administering polio drops to the children in that area. The polio administering team praised the NSS team of the college for their help. The NSS team of the college executed one more activity that was of hand wash. As the COVID-19 is still lurking around it is important to maintain proper hygiene.
- The next wave of this deadly virus is expected to target children. Though, we do wash our hands daily but sometimes not properly. So the children need to give training as to how to wash hands properly. **20 NSS volunteers** from **Sanatan Dharma College** NSS units participated in these activities.
- This programme not only aimed at distributing the Nutritional kits but also the promulgation of information in regard to the importance of nutritional food for the infants and pregnant women specially. Since the gathering involved only of women so the aim with which this programme was organized was achieved.

NATIONAL SERVICE SCHEME ANNUAL REPORT 2021-22



AWARENESS LECTURE



DISTRIBUTION OF KITS



HANDWASH ACTIVITY



**HELP IN POLIO
CAMPAIGN**

***AN AWARENESS CAMPAIGN COMPRISING LECTURE
ON “CARDIAC DISEASES – PREVENTION AND CURE”
& A MEDICAL HEALTH CHECKUP CAMP
OCCASION: WORLD HEART DAY***

Date: 29.09.2021

- The National Service Scheme Units of Sanatan Dharma College, Ambala Cantt, in collaboration with Civil Hospital, Ambala Cantt organized an Awareness Campaign at village Rollon under which a Lecture on “Cardiac Diseases – Prevention and Cure” was delivered to the residents of the village by Dr. Joginder from Civil Hospital, Ambala Cantt. This bright lecture was followed by a medical health checkup of the assembled people of the village.
- Dr. Joginder from Civil Hospital, Ambala Cantt was the Resource Person of the day. He interacted with the residents of the village and conducted medical tests free of cost.
- This event was organized in collaboration with Civil Hospital, Ambala Cantt.
- The lecture was followed by a medical health checkup of the assembled people of the village. It is a common perception that the villages are away from maximum of the diseases largely the heart related problems as it is considered that the quality of food in villages is much better than that available in cities. But this has proven to be just a myth now. Fatal diseases have now penetrated the serene and pious armour of the countryside.

- The reasons of this penetration are numerous. One such category of diseases is the problems related to heart. The best way to tackle this alarming situation is awareness.
- This was an excerpt from the lecture of **Dr. Joginder from Civil Hospital, Ambala Cantt.** Afterwards he conducted a thorough medical examination of the people gathered there and gave them useful suggestions as to what to do in certain circumstances.
- **The NSS Programme officer and convener of the campaign Prof. Zeenat Madan** also interacted with the audience. She told that how often in our household are marginalized and biased in the family and they do not go for regular medical checkup which is necessary now. The people of the village were also of the view that recent times have seen a steep surge in the diseases related to heart in villages.
- They were full of praise for the NSS Unit of **SD College, Ambala Cantt** and the team of doctors from **Civil Hospital, Ambala Cantt** for conducting this Medical Checkup Camp and enlightening lecture. **NSS Programme Officer Prof. Tajinder Singh** also accompanied the volunteers and the team of doctors to the village. **55** people were examined by the doctors. **15** volunteers participated and assisted the medical in this campaign.

NATIONAL SERVICE SCHEME ANNUAL REPORT 2021-22



ONE DAY CAMP

THEME: PLASTIC MUKT BHARAT

Under ATAMNIRBHAR BHARAT

Date: 02.10.2021

- To commemorate the birth of the Father of our Nation, the NSS units of the college organized a One Day Camp with the theme “**Plastic MukT Bharat**” on **02.10.2021**.
- Stationery items were distributed by the volunteers to the poor and needy in their surrounding areas.
- This event was organized in collaboration with **NYKS, Ambala and MC, Ambala Sadar**.
- **The Principal of the college Dr. Rajinder Singh** addressed the volunteers and told them about the teachings of Mahatma Gandhi. He said that there is a dire need to follow his teachings as if we have bring holistic change in the society, we have compulsorily induce his teachings to modern day administration, schools, colleges and universities syllabi.
- **Programme Officer Prof. Zeenat Madan** also motivated the volunteers saying that our aim is to sensitize the people of our society. She told that the teachings of Mahatma Gandhi are validated by current trends in our society. He talked about cleanliness a long time back but we are feeling the need to tread on those ideas now.
- She told the volunteers that one of the biggest challenges which is about to come and need to be addressed immediately is the problem of plastic.



FLAGGING OFF THE RALLY



RALLY IN PROCESS



RALLY 2



IN NEWS

TRAINING ***on LEADERSHIP SKILLS***

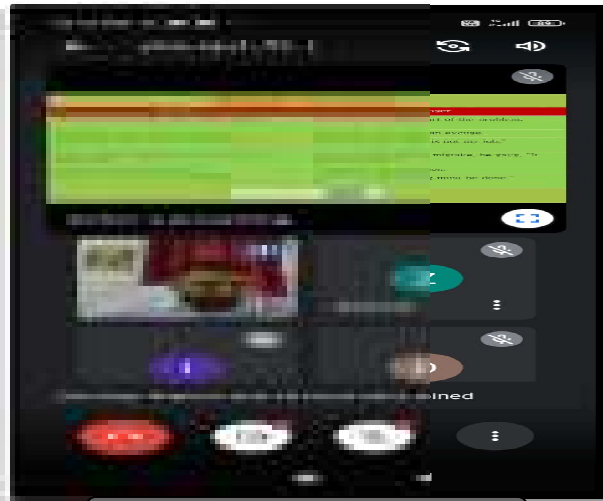
Date: 21.10.2021

- It was considered that such kind of training programme should be organized where the volunteers can be groomed accordingly.
- The Training was organized from **21.10.2021**.
- This training was imparted by **Rajiv Gandhi National Institute of Youth Development, Chandigarh**.
- **91** volunteers went through the training.
- As the title of the training programme indicates that the training was to be focused on leadership skills and personality development, the training encompassed following areas and topics:-
 1. To inculcate self confidence
 2. To improve communication skills
 3. How to be presentable
 4. How to respond to certain situations of importance
 5. Self grooming
 6. Decision making ability etc.
- The volunteers were very confident after the training. Earlier they had some fears and apprehensions about many things but after the training they came up with many solutions to them. They were more proactive in taking initiatives. 14 volunteers saw a big change in them after this training.

NATIONAL SERVICE SCHEME ANNUAL REPORT 2021-22



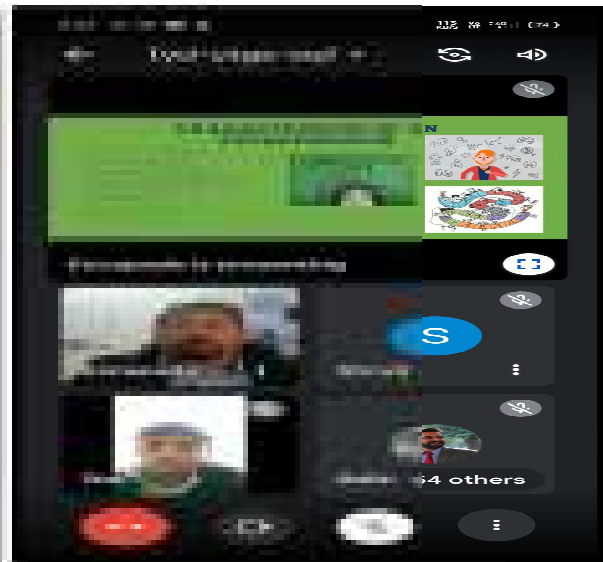
TRAINING IN PROGRESS



TRAINING 2



TRAINING 3



TRAINING 4

CLEAN INDIA CAMPAIGN

Date: 27.10.2021

- The programme was implemented by the state governments, with support from the **Ministry of Drinking Water and Sanitation and the Ministry of Housing and Urban Affairs**. More than 100 million toilets have been built across rural and urban India since the launch of the mission. Social and behavioural change communication has been a large feature of the programme, with a number of nationwide campaigns in traditional media as well as on social media.
- The activities under this programme were organized in collaboration with **The Regional Directorate, Ministry of Youth Affairs and Sports, New Delhi**.
- **Principal of the college Dr. Rajinder Singh** welcomed the guests of the day **Sh. Desh Raj, The Regional Directorate, Ministry of Youth Affairs and Sports, New Delhi** and **Dr. Dinesh Singh Rana, NSS Coordinator, Kurukshetra university, Kurukshetra**.
- **NSS Programme Officer Prof. Zeenat Madan** apprised the gathering about the plan of the day.
- **Sh. Desh Raj** addressed the volunteers and expressed happiness over the huge participation of the volunteers. He thanked the NSS Unit and the programme officers of **NSS Sanatan Dharma College** that they managed to come up with a constructive plan within a short period of the call from

the regional office. He motivated the volunteers to participate in such national building programmes.

- **Dr. Dinesh Singh Rana** while addressing the volunteers said that **NSS Sanatan Dharma College** has always been very active in maximum of the activities around the year. They always found place in news and win praise of other colleges only due to their dedication and hard work.
- The volunteers gathered for an awareness rally to be dispersed at the venue where cleanliness drive was to be undertaken. The rally was flagged off by **Sh. Desh Raj, Dr. DS Rana, Dr. Rajinder Singh** and **programme officers**.
- According to the people of that area the place has been stinking for a long time and people have been throwing garbage in that location continuously.
- The volunteers worked hard on the location and cleaned whole garbage and other filth making people happy. The residents of the area thanked the volunteers and the programme officers for doing such a wonderful work.
- The NSS officials talked to the residents and told them that they need to keep that area garbage free by sensitizing other people.

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MOTIVATIONAL LECTURE



PREPARATION OF RALLY



FLAGGING OFF THE RALLY



AT THE SITE



DURING ACTIVITY



OFFICIALS AT THE SITE

WORKSHOP on COVID-19, JAL SHAKTI & SOLID WASTE MANAGEMENT

Date: 29.10.2021

- National Service Scheme is always ready with new assignments to be completed. NSS plays a very important role in the dissemination of information in the society. They run many awareness and sensitization programmes for the possible solution of these impediments efficiently.
- These activities were carried out with the collaboration of **MC, Ambala Sadar and Nehru Vikas Kendra, Ambala.**
- This event was organized on **29.10.2021** **Mdm Ritu Sharma** along with her team from **MC, Ambala Sadar** and **Coordinator Mdm Arshdeep** along with her team from **Nehru Yuva Vikas Kendra, Ambala** were present to talk on various issues in regard to the title of the workshop. **NSS Programme Officer Prof. Zeenat Madan** was felicitated by them for her contribution in society building and transformation through her selfless service. The participants were sensitized about the still looming dangers of COVID-19 and preventions were discussed upon.
- **Sanatan Dharma College** has been praised for its wonderful and efficient management of rain water. The water level in whole Haryana is plunging down steeply so before any devastating situation we should take measures like the college for whole of the city so that we could avert the unwanted situation.

NATIONAL SERVICE SCHEME ANNUAL REPORT 2021-22

- Not only our city but the whole world is facing a gigantic problem of waste management. Human are producing tones of waste every day but the efficient and speedy disposal is still miles away. So in the next part of workshop participants contemplated upon the waste disposal and other options available of waste management. **Sanatan Dharma College** again has presented an exemplary precedence before the participants by telling that the college has installed 12 vermicompost units on its campus which are disposing its bio waste very efficiently apart from earning money being used for the needy students.

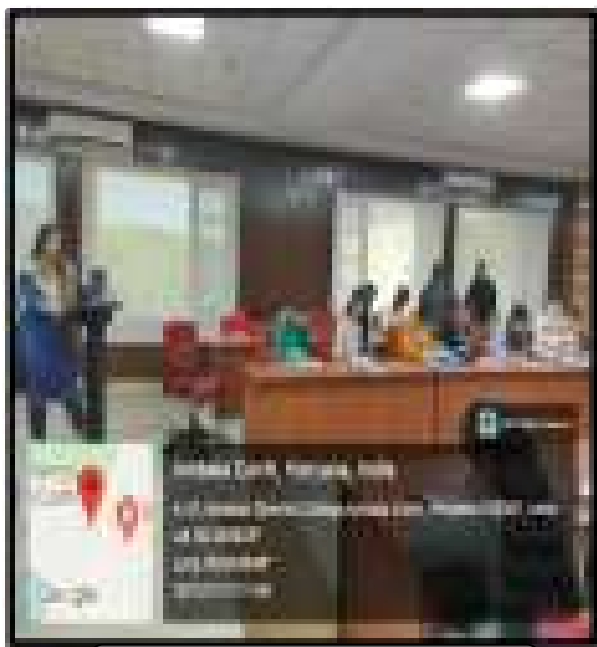


ORIENTATION PROGRAMME for NSS VOLUNTEERS

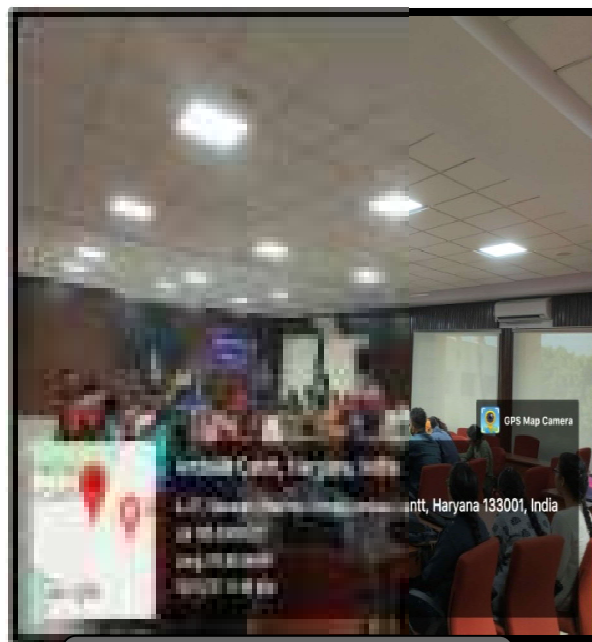
Date: 12.11.2021

- This Orientation Programme was organized on **12.11.2021**.
- Principal of the college **Dr. Rajinder Singh** addressed the volunteers and told them that they are the distinctive ones from the 3000 students on rolls of the college as they are going to be remembered for their contribution to the society. They are to form a linkage between the college and the society. They will come to know about the various problems being faced by the people of the village and they have to give them possible solutions also.
- **The Programme Officer Prof. Zeenat Madan** motivated the students and told them about various tasks that the students will undertake after becoming NSS volunteers. She told them to be ready in any kind of emergency or on a call from the district administration.
- The volunteers were motivated to take the college flag to new dimensions by their dedication and hard work.
- There were several queries of the students regarding the NSS framework and they were all satisfactorily answered.
- The session ended with an oath that they will help the society with the utmost sincerity.

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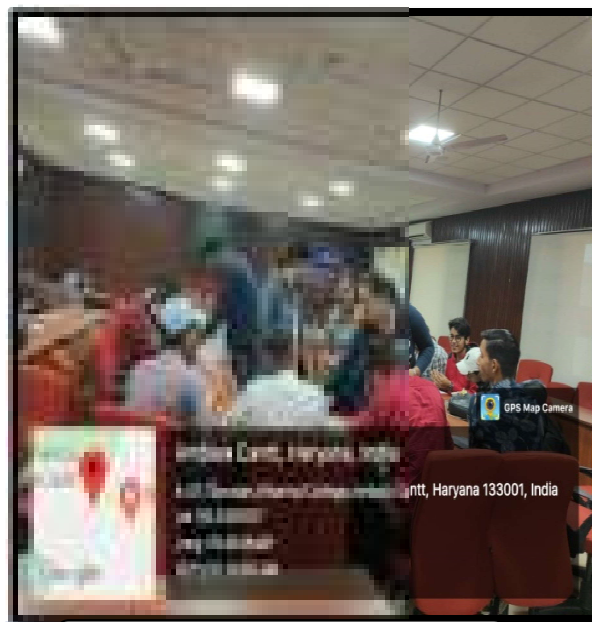
INTRODUCTION



INSTRUCTIONS



HELP IN FILLING FORMS



NOT ME BUT YOU REALIZATION

WORLD AIDS DAY

Date: 01.12.2021

- On the occasion of **World AIDS Day on 1st December, 2021** NSS Units of Sanatan Dharma College, Ambala Cantt organized an **Awareness Campaign** to spread awareness about this deadly disease. Under this campaign various programmes were organized:
 - ❖ **An Awareness Rally** was organized by the volunteers of NSS and Programme Officers in the peripheral areas of the college. The volunteers targeted the nearby areas for awareness with slogans and placards. **121** volunteers participated in the rally.
 - ❖ **An Essay Writing Competition** was also organized in the college with the theme of **Myths and Reality: AIDS**.
 - ❖ An invited talk on the topic “**AIDS Awareness**” was also organized for the volunteers and the students of the college.
- This day is celebrated on **01.12.2021**.
- **Dr. Joginder** from **Civil Hospital, Ambala Cantt** was the **Resource Person** of the day.
- **121** volunteers participated in the events.
- The principal of the college, **Dr. Rajinder Singh** motivated the volunteers before the rally was flagged off. He said that awareness is the only tool through which can reprimand this disease.

- He also praised the Programme Officers of NSS for organizing such awareness events. The chief speaker of the talk discussed about the causes, symptoms and prevention of this fatal disease AIDS.
- The resource person also interacted with the volunteers and talked about the facts and myths related to this disease. He also insisted the dissemination of awareness to the farthest areas of our villages also so that the grey areas should also be covered. He congratulated and thanked the entire team of NSS Programme Officers.
- The volunteers and the students of the college were sensitized towards an important issue. They promised that they will tell other people about the causes of the disease.
- The volunteers were of the view that earlier they did not know that this disease can be spread due to so many reasons but now they understand that prevention is better than cure.
- The volunteers also understood that this is not a social stigma since the various reasons so if we encounter any such patient we have to be sympathetic.
- The programmes were organized under the guidance of NSS Programme Officers **Prof. Tajinder Singh, Prof. Zeenat Madan and Dr. Satbir Singh.**



RALLY



RALLY 2



COLLECTIVE PIC



NEWS

OATH TAKING AND BADGE CEREMONY

Date: 09.12.2021

- This ceremony was organized on **09.12.2021**.
- **Officiating Principal of the college Dr. Sunil Sharma** addressed the volunteers and apprised them of the works done by NSS earlier which brought laurels to the college. He motivated them to work selflessly for the betterment of the society. He said that the role of educational institutes is changed altogether. Now it is the moral responsibility of the educational institutes to bring together the left aside society so that they can be pulled up from the vulnerability of being segregated from rest of the society. He said that we can ask them about their problems and coordinate with the local administration to give best possible solutions to them.
- **NSS Programme Officer Prof. Zeenat Madan** also 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.
- **Dr. Sunil Sharma** put the badges on to the recently selected office bearers.

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WELCOME OF THE CHIEF GUEST



ADDRESS OF THE PRINCIPAL



BADGE CEREMONY



NEWS

RALLY AND NUKKAD NATAK

Under DRUG DE-ADDICTION CAMPAIGN

Date: 11.12.2021

- The National Service Scheme, Sanatan Dharma College, Ambala Cantt in collaboration with Zila Yuva Vikas Sangathan, Ambala organized A Rally and Street Play under Drug Deaddiction Awareness Campaign. Because we are running an awareness campaign about the ill effects of drugs under this campaign, in this episode, today this awareness rally was organized in the surrounding colonies around the college. Since our city of Ambala is also not untouched by drugs, it is very important to make people aware about the ill effects of the drugs.
- This programme was organized in collaboration with Zila Yuva Vikas Sangthan, Ambala. Principal of the college, Dr. Rajinder Singh flagging off the rally, in his address, said that it is the responsibility of our volunteers towards the society that we should do something for them so that evils like drugs can be eradicated from the society. He congratulated the volunteers that they are ensuring their participation in this social and welfare work. In this rally, volunteers gave the message of awareness through chanting of slogans and placards.
- After this a street play on the same topic was organized which had a clear message that intoxication not only causes physical and personal harm but also causes family loss. 103 volunteers participated in both of the events.



RALLY



IN SURROUNDING AREAS



NUKKAD NATAK



NEWS

BLOOD DONATION CAMP

Date: 15.12.2021

- This camp was organized in collaboration with **St. John Ambulance, (India), Haryana State Centre**. As we all know that we are still recovering from the ill effects of COVID-19 rather the danger of this deadly disease is still lurking over our heads. This pandemic has increased the demand for blood in blood banks multifold. Apart from the demand from the patients of Corona regular operating room surgeries also need blood. NSS of the college has been working day and night to help the needy people in urgent need of medical attention. The **Chief Guest** for this camp was **His Excellency; The Governor of Haryana, Sh Bandaru Dattatreya** and the **Guest of Honour** was **Minister for Home Affairs and Health, Haryana, Sh. Anil Vij**. The **Chief Guest and the Guest of Honour** of the occasion pinned badges on the donors and congratulated them for doing a great work for the society.
- **Principal of the college Dr. Rajinder Singh** also proudly commended the NSS of the college for doing such work. The total number of registrations for this camp was 160. 111 units of blood were collected in this camp while the target was of 100 units. This camp was organized on a very short notice.
- Convener of the camp and **NSS Programme Officer Prof. Zeenat Madan** worked tirelessly to make this camp a great success. The medical teams were quite impressed by the meticulous management by the NSS volunteers and NSS Programme Officers. **NSS Programme Officer Tajinder Singh** motivated the students of the college to donate blood. He himself donated blood for 22nd time.

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REGISTRATION



CHIEF GUEST MOTIVATION



HONOUR THE DONOR



NEWS

DISTRICT LEVEL SPEECH COMPETITION

Date: 16.12.2021

his competition was organized on **16.12.2021**.

his competition was organized in collaboration with **Nehru Yuva Vikas Kendra, Ambala** and **Municipal Committee, Ambala Sadar**.

- **Principal of the college Dr. Rajinder Singh** welcomed all the participants, members of **Nehru Yuva Vikas Kendra, Ambala, Officials from Municipal Committee, Ambala Sadar** and the **Judges** for the competition. He said that the young generation needs to be more aware of these issues which would relate the young generation to the nationhood. He said that this competition is a great effort to stir the feeling of patriotism and belongingness to the nation amongst the youth.
- **Madam Ritu Sharma, Coordinator, Swachhta Abhiyan, Ambala** motivated the participants and told them not to stay nervous. She said that this is an opportunity when u can share your views about your own nation and can help you overcoming the issue of hesitation and nervousness.
- **NSS Programme Officer Prof. Zeenat Madan** acted as a Judge in the competition.
- Participants and the audience felt motivated after the competition and suggested to organize more such events.

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WELCOME OF THE GUESTS



COMPETITION IN SWING



PARTICIPANT DING HER BEST



NEWS

TRAINING ON LEADERSHIP and PERSONALITY DEVELOPMENT

Date: 21.12.2021 - 23.12.2021

- The Training was organized from **21 December to 23 December 2021**.
- This training was imparted in collaboration with and by **Rajiv Gandhi National Institute of Youth Development, Chandigarh**.
- As the title of the training programme indicates that the training was to be focused on leadership skills and personality development, the training encompassed following areas and topics:-
 7. To inculcate self confidence
 8. To improve communication skills
 9. How to be presentable
 10. How to respond to certain situations of importance
 11. Self grooming
 12. Decision making ability etc.

The volunteers were very confident after the training. Earlier they had some fears and apprehensions about many things but after the training they came up with many solutions to them. They were more proactive in taking initiatives. 14 volunteers saw a big change in them after this training.

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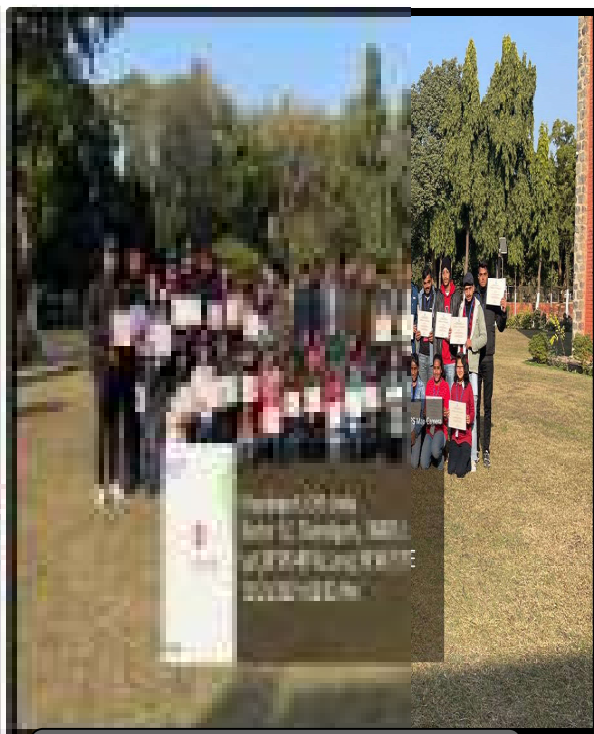
ACTIVITY AT THE TRAINING 1



ACTIVITY AT THE TRAINING 2



CERTIFICATE DISTRIBUTION



LAST MOMENT PIC

MASK and SANITIZER DISTRIBUTION CAMPAIGN on NATIONAL YOUTH DAY

Date: 12.01.2022

- **National Youth Day** gives an opportunity to students to know more about the great teachings of Swami Vivekananda. It also reminds us about the sacrifices made by the freedom fighters who guided India towards freedom from British rule. The main aim to celebrate the National Youth Day is to encourage the youths to learn the ideals and teachings of Vivekananda and implement them in their lives. Famous quote of Swami Vivekananda-“Arise! Awake! and stop not until the goal is reached” acts as biggest encouragement for youths in their challenging times.
- The volunteers of the unit distributed masks in the adjoining areas and the villages to commemorate this day’s importance. There was also an awareness drive carried out by these volunteers. Since corona is on the surge with a new variant OMICRON again so it is important to spread awareness about wearing masks, use of sanitizers and maintaining social distancing.
- The NSS unit of the college dispensing its social commitment took charge and following all the SOPs and the guidelines issued by the government started this campaign. Braving the cold wave and the danger looming large over their heads of corona the volunteers assembled in the college and the **Principal of the college, Dr. Rajidner Singh** motivated the volunteers. He also cautioned them about following the guidelines issued by the government.

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- The day intends to promote understanding, appreciation and responsibility for young people. Since the NSS volunteers were engaged in this activity they surely should have understood the importance of being responsible citizens of the country. This day helps in the promotion of social engagement and supports education through activities, events, and celebrations. The volunteers afterwards work as ambassadors for the different community works and betterment of the society. This activity helped the volunteers to understand that their presence is needed at every platform of social reforms.



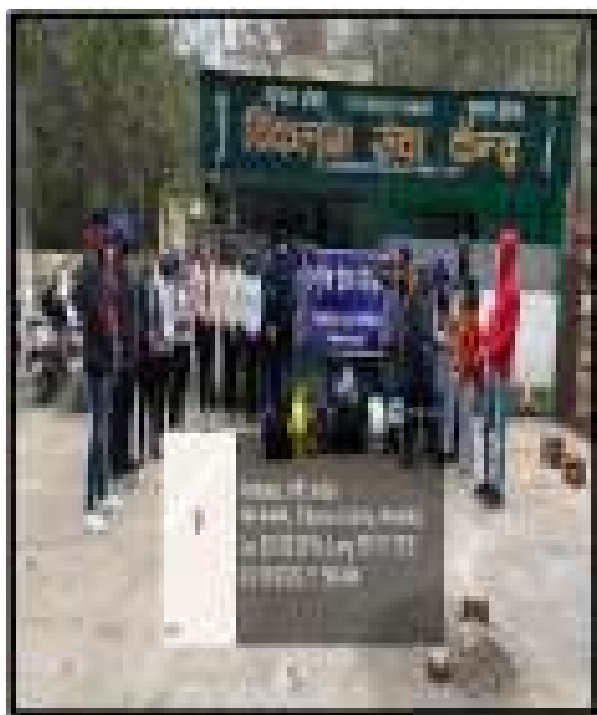
DISTRIBUTION OF BLANKETS AND EATABLES

Date: 13.01.2022

- On the occasion of festival “**LOHRI**” on **13.01.2022** the **NSS Unit of Sanatan Dharma College, Ambala Cantt** distributed blankets and other eatables to the inmates of the **Old Age Home, Apna Ghar, and Viklaang Sewa Kendra at Ambala.**
- Since we all know that Haryana is facing severe cold wave these days and the meteorological department has predicted for more intense days ahead, there are vulnerable groups of people who need our help. The most vulnerable lots are the deserted old people and the disabled people. The NSS volunteers and the Programme Officers contributed from their pockets to arrange blankets and other eatables for the inmates.
- This is how our brave volunteers are contributing towards a bright and beautiful society. The volunteers were aware that they have to follow the guidelines of COVID-29 protocol. As a good omen, rewri, peanuts and popcorns were distributed to the inmates.
- The volunteers are sensitized towards a non-Indian issue of mushrooming of old age houses in our country which has never been a part of our society.
- These volunteers also get to know about the emotional needs apart from others. They also understand that these people are also an active part of our society so we can not afford to leave them behind. It is expected from

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the volunteers that after meeting these people they will as the ambassador of the importance of care of old people and empathy towards these people.. **Principal of the college Dr. Rajinder Singh** appreciated the initiative of the volunteers and the Programme Officers and encouraged them to help the society selflessly. He said that this is the way we justify the motto of the NSS, **Not Me, But You**. The whole drive was executed under the guidance of **NSS Programme Officers Prof. Zeenat Madan, Prof Tajinder Singh and Dr. Satbir Singh**.



AT THE TARGET AREA



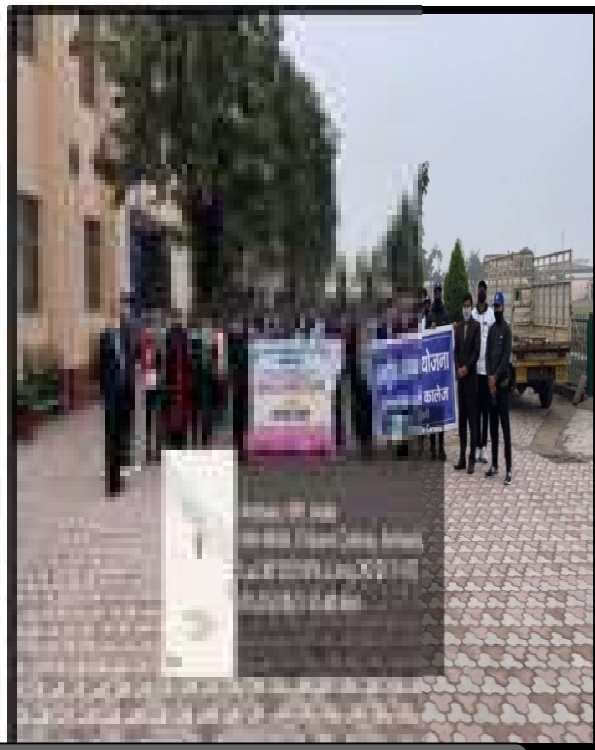
NEWS

ONE DAY CAMP

THEME: SWACHH BHARAT SWASTH BHARAT

Date: 25.01.2022

- The volunteers were addressed by the principal of the college **Dr. Rajidner Singh**. In his address he said that these volunteers are a distinguished part of the society who have been rendering their services selflessly since long.
- These volunteers work as the ambassadors of the different policies and projects of the social upliftment. He praised the volunteers who braved the cold wave to come forward to be a part of this one day camp.
- The volunteers carried out a cleanliness drive inside the campus and outside the campus the campus was declared plastic free.
- Such camps make the volunteers aware of the importance of environment and greenery.
- The volunteers are groomed to become the ambassadors of different theme related to the camps.
- People in the surrounding area are also motivated to contribute towards nature and society.
- **NSS Programme Officer Prof. Zeenat Madan** also motivated the volunteers to work for the downtrodden and the deprived lot.of the



PRINCIPAL ADDRESS AND AWARENESS RALLY



SWACHHTA DRIVE AND SEGREGATION OF WASTE

NATIONAL VOTERS' DAY

Date: 25.01.2022

- **The National Service Scheme, Sanatan Dharma College, Ambala Cantt celebrated National Voters' Day 2022 on 25.01.2022.**
- 98 volunteers took part in this programme.
- The principal of the college addressed the volunteers and the students of the college on the issue of disenchantment of the young voters towards voting.
- He encouraged them to use their right to vote in all conditions so as to stop the selection of wrong candidates as their leaders.
- He said that India is country having largest number of young voters and these young voters can lead this country to lead the world in a right direction.
- **NSS Programme Officer Prof. Zeenat Madan** also motivated the volunteers to use their voting rights for the benefit of our country.
- She said that the young generation is very intelligent and judicious so it is expected from them to be aware about their voting rights. The volunteers and the students of the college were administered a **Pledge** to exercise their voting rights.
- The volunteers and the students were motivated to take the information to every nook and corner of the society so as to make people understand the worth of their voting rights.



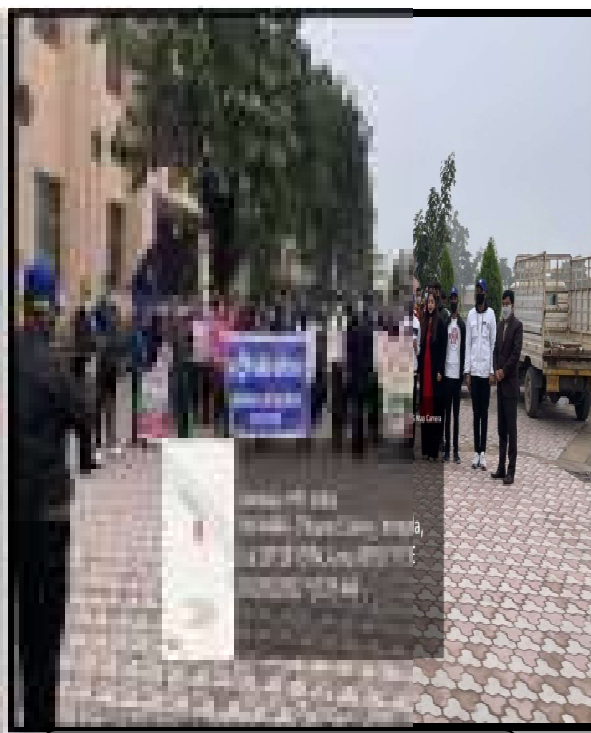
MOTIVATIONL LECTURE



PLEDGE



PLEDGE 2



RALLY

REPUBLIC DAY

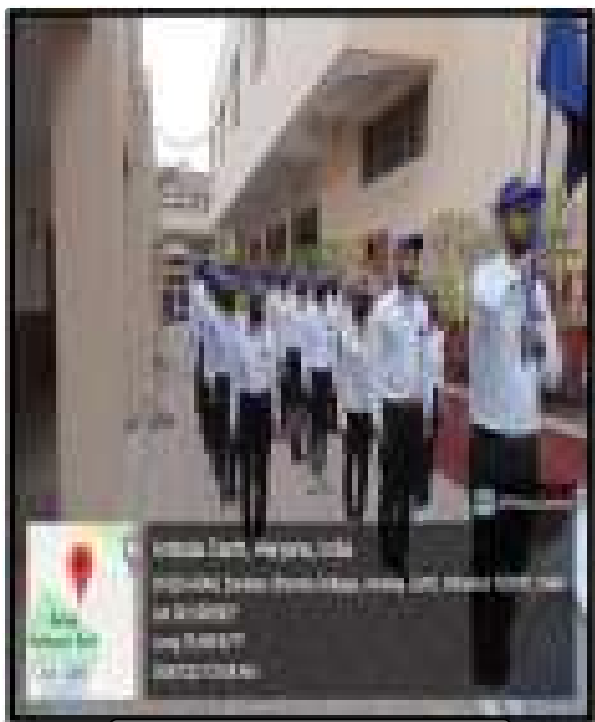
Date: 26.01.2022

- **The National Service Scheme, Sanatan Dharma College, Ambala Cantt** celebrated **73rd Republic Day** by participating in parade organized in Sub-Divisional level function organized by **District Administration, Ambala Cantt.**
- NSS in any institution is a representation of federal intervention and the national festivals are an integral part of the activities of NSS.
- **YRC Unit** of any institution stands like the backbone which is responsible of carrying out many activities of social reform, life saving strategies.
- **RTA, HCS, Sh Rameet Yadav** was the **Chief Guest** of the occasion. He congratulated all the people present during the function.
- This day is celebrated to commemorate the enactment of the Constitution of India on 26th January, 1950.
- **Sh Rameet Yadav** told the gathering that we should be standing for the noble causes which can transform our society, though the aims and objectives of our struggle have changed in comparison to the olden times.
- He said that our sincere efforts to bring about change to take our society marred with so many ills to a utopian one. We expect to see a society where all the section of the society should work for one another's betterment.
- He also said that education can help in bringing about a holistic change in our society. So we should promote the importance education and should try that not even a single kid should be left behind without education.

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- He also expressed his worries about the mushrooming of old age houses in our society which has never been a part of our culture. he also said that the destitute should also be taken care of. He called upon various NGO's and other agencies working voluntarily for these people. He also expressed his concern over the deteriorating condition of our environment and called for an extensive drive of plantation. He said that our future generations will feel the crunch of this deteriorating environment if don't wake up to the alarming call now.
- The NSS Unit and YRC unit of the college was praised many times from the dais for its society oriented community works. It was said that the NSS Unit of the college has brought laurels not only for the college but also has worked tirelessly for the upliftment of the society.
- This unit has brightened up the name of its college not only at state level but also at national level.
- For the exemplary work for the society, the **Programme Officer** of this unit **Prof. Zeenat Madan** has been awarded **Best NSS Programme Officer** for three consecutive years. She has also able to steer this unit to bag Best NSS Unit for three consecutive years.

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PARADE 1



PARADE 2



AWARD CEREMONY



CONTINGENT

WORKSHOP under ATMANIRBHAR BHARAT on CITIZEN VOLUNTEER

Date: 04.02.2022

- **National Service Scheme, (NSS), Sanatan Dharma College, Ambala Cantt and Nehru Yuva Kendra and Municipal Council, Ambala Cantt jointly organized a workshop on “Citizen Volunteers” under “Atma Nirbhar Bharat” on 04.02.2022. Swachta Coordinator, MC, Ambala Cantt, Dr. Ritu Sharma welcomed all the participants and the eminent speakers of the day. Key speakers included Ms. Tina, Manager of Canara Bank, Mr. Rakesh Mehta, Ms. Pooja, Nehru Yuva Kendra Officer and NSS Programme Officer, Sanatan Dharma College, Prof. Tajinder Singh who presented their views on various subjects. As the citizen volunteers are facing some difficulties while working in the field, those problems were also shared in this workshop. It was told in the workshop that how a common person can become self-reliant by taking loans under various schemes under “Atmanirbhar Bharat”. An award ceremony was also organized at the end of the program in which NSS Program Officer Officer Prof. Zeenat Madan and Prof. Tajinder Singh were awarded the Best Citizen Award for the year 2022. Sanatan Dharma College, Ambala Cantt was presented with A+ Status in Swachta Ranking for the year 2022. The Executive Officer, Municipal Council, Ambala Cantt highly appreciated the Vermi Compost Program being run under the direction of Prof. Zeenat Madan and said that if such projects are started in all the colleges, probably Ambala's garbage problem can be solved to a great**

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extent. It is not expected of every event that it would yield results instantly but certainly it will leave some impact on the participants. The main objective of any seminar, workshop and lecture is to sensitize the common folks. It is always aimed at motivating the people so that holistic change can be expected from the ensuing projects.



SURYA NAMASKAR under 75 CRORE SURYA NAMASKAR PROJECT

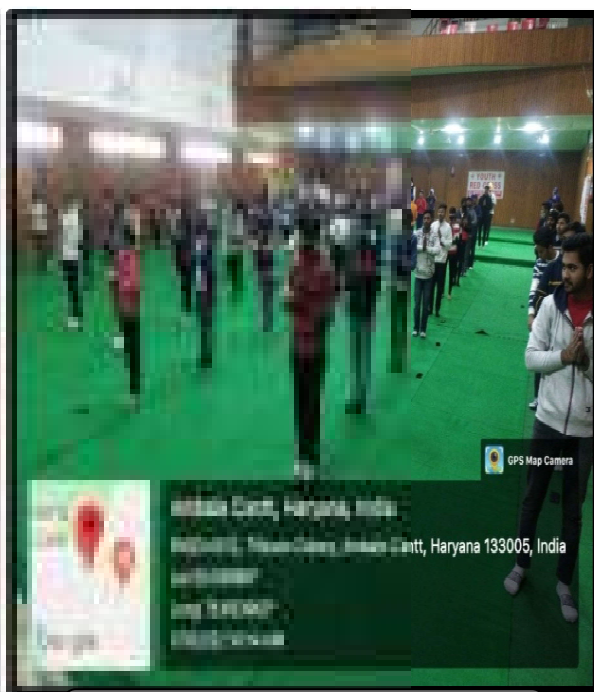
Date: 07.02.2022

- **NSS Units, Sanatan Dharma College, Ambala Cantt, on 07.02.2022** organized a **Surya Namaskar Session under 75 Crore Surya Namaskar Project**. This session was organized jointly with YRC Unit and the Deptt. Of Physical Education, SD College, Ambala Cantt.
- Principal of the college **Dr. Rajinder Singh** motivated all the volunteers. He said that these activities should be made necessary in our life so that we can improve the immunity system of our body. He further said that the corona period has shown us that medicines though are important but physical exercise and Yoga has come up as winner during this period.
- **NSS Programme Officer Prof. Zeenat Madan** also motivated the volunteers and other students of the college to participate in maximum number in this session. **NSS Programme Officer Prof. Tajinder Singh** was also present during this session. In total **96** volunteers were present during the session. The Instructor of this activity was **Dr. Sanjeev, PGT**. He instructed the participants to practice different asana and postures.
- It all started on a cold morning with the volunteers gathered in the college auditorium. The instructor gave a motivational lecture to all the participants and told them about the importance of yoga in our life.
- In between the practice he continued to give them sermons on the different aspects of yoga. He also explained the importance of surya namaskar.

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SESSION IN SWING 1



SESSION IN SWING 2



SESSION IN SWING 3



LAST MINUTE PIC

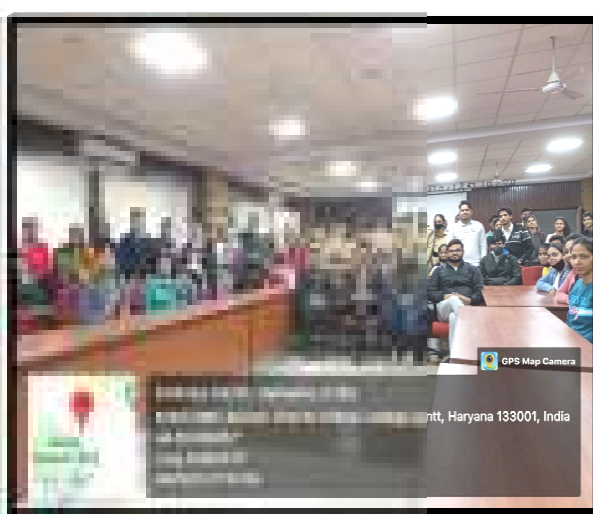
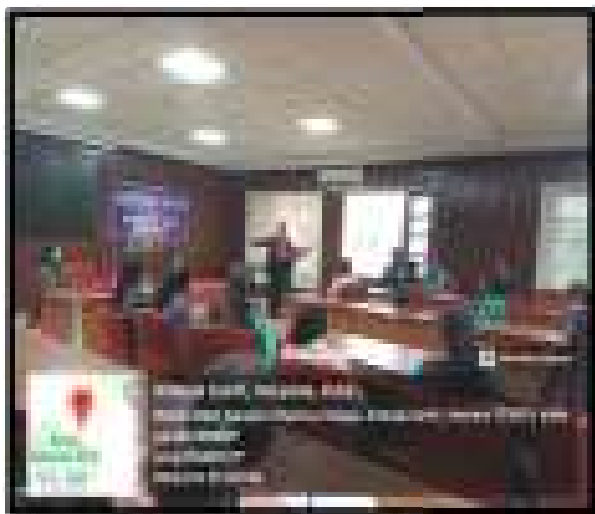
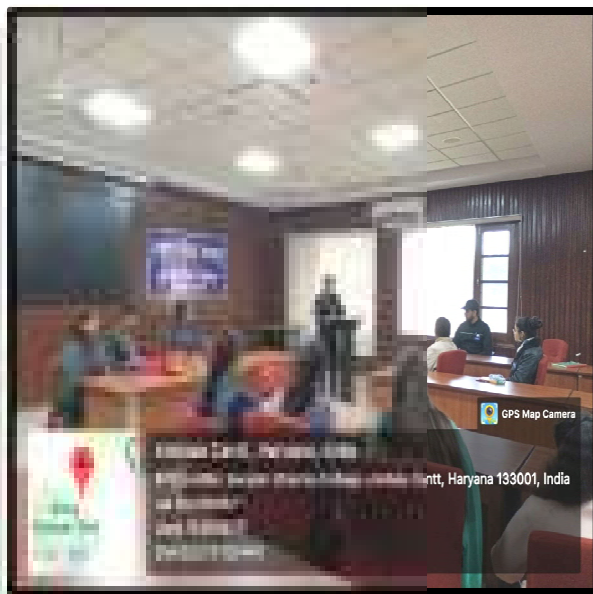
SEMINAR ON BURN AND RISE

Date: 09.02.2022

- This lecture was organized in collaboration with **Govt. National College, Sirsa. Dr. Ravinder Puri, Head, Deptt. Of Psychology** from **Govt. National College, Sirsa** was invited as the Resource Person to interact with the students. **86** students along with 10 faculty members from different streams actively gathered to listen to this lecture. **Principal of the College Dr. Rajinder Singh** welcomed the guest in the college.
- **NSS Programme Officer Prof. Zeenat Madan** welcomed the Chief Guest by presenting him a bouquet. **NSS Programme Officer Tajinder Singh** introduced the guest to the gathering and invited him to talk to the volunteers and gathering. In his discourse **Dr. Ravinder Puri** motivated the gathering by giving various examples and though inspirational stories. He discussed that the youth of Haryana also does have dreams in their eyes, they are qualified, and they can also bring good name to the state by getting them selected with some of the famous companies. He talked about various postures of body language. He also showed various sitting positions during the interviews. He said that no one can predict their destinies but they can shape their destiny by hard work. He gave some tips to be leaders who can lead a group of drowsy students to success. He thanked the NSS Programme Officers to invite him for the talk. He was immensely influenced by the achievements of the NSS Unit of the College.
- The programme aimed at providing psychological support to the students after another wave of COVID.

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- The resource person's emphasis was on the capacities of the students from Haryana State. He told that if students from Bangalore and Mumbai and other metro cities could lead some of the best institutes in the world why the students from Haryana can't do that.
- The students' response after the lecture was the evidence that the aim has been achieved with what the lecture was organized.



7 DAY AND NIGHT CAMP

Date: 11.02.2022 to 17.02.2022

NSS Units of Sanatan Dharma College organized a 7 Day and Night Camp at village Rollon from 11 Feb., 2022 to 17 Feb., 2022.

- This camp was organized under theme “**Atamnirbhar Bharat**” under **Azadi ka Amrit Mahotsva** celebrations. The volunteers, braving through, the COVID-19 apprehensions came forward enthusiastically not only to register for this camp but also to vow to work rigorously during the camp.

DAY 1- 11.02.2022

- **A Rally on Swachhta** was flagged off by the chief guest. Since the volunteers were divided in groups one day prior to the camp so on this day they were assigned different duties. **Swachhta Abhiyan** was carried out to make the areas plastic and garbage free. The volunteers collected the garbage in small patches to be disposed off systematically.
- A cleanliness drive was also organized. At village **Rollon**, **Dr. Chiman Lal, NSS Programme Officer** motivated the volunteers to do different assignments during this camp. They also interacted with the residents of the village. Since the residents already know that they are the volunteers of Sanatan Dharma College NSS, they warm heartedly welcomed the volunteers. So the volunteers formed an amiable bonding with them on the very onset of the camp. The sarpanch of the village **Sh. Davinder Singh** was already informed about the camp for which he gave his consent. The sarpanch welcomed the volunteers to the village. **An Extempore on**

Importance of NSS was also organized in which the volunteers expressed their views about the topic.

DAY 2- 12.02.2022

THEME: Environment Conservation and Swachhta

- Since every day of the camp was given a different theme so day 2 was given a theme of **Environment Conservation and Swachhta**. All the activities of the day were theme based. The day started with yoga and exercise to fill the volunteers with energy to work all the day long. The volunteers interacted with the eminent villages residents.
- **Sh. Dev Raj Sharma** from the village interacted with the volunteers and motivated them. He said that he himself had been a student of **Sanatan Dharma College** a long time back and had been an NSS volunteer so he understands the responsibilities and duties of NSS.
- He assured them of every possible help form the administration of the village.
- **A Swachhta Rally** was also organized which was flagged of by **Sh Dev Raj Sharma**. Swachhta abhiyna for f the streets and the back alleys were undertaken. The volunteers did extensive cleanliness of the village. The residents were amazed to see the volunteers working so crazy. **Swachhta Coordinator, Dr. Ritu Shrma, Municipal Council Ambala Sadar** also visited the camp and motivated the volunteers. She expressed immense happiness that Sanatan Dharma College was doing such a wonderful community service in village also. She thanked the Programme Officers for giving her an opportunity to come to the site of action. Since she herself was connected to Swachhta Abhiyan of Ambala Cantt she expressed gratitude to the volunteers of NSS for carrying her flagship programme so extensively. **Ambala 2 Block Coordinator Sh. Ranjeet** also visited the camp and

interacted with the volunteers and expressed happiness to see the energy and vivacity of the volunteers.

- After lunch the volunteers again started off with cleanliness of the surrounding area. **Prof. Zeenat Madan** talked on the practices of eco conservation since environment has become the talk of essence and its deterioration has become alarming. So we have to mend our ways through sustainable development and based all our activities on the conservation of environment. The volunteers were engaged in poster theme based poster making competition. The tiresome day could not stop the volunteers from being engaged in the activity of their choice. They carved their ideas on the papers with different colours. They expressed their innate thoughts through colours on to the canvass.

DAY 3- 13.02.2022

Theme: Traffic Rules and Women Empowerment

- A rally on **Beti Bachao – Beti Padhao** was organized to sensitize the people about the sensitive issues, rights and duties related to girls. Since the day dedicated to **Women Empowerment and Traffics Rules** so a **Self Defense Training** was organized for the girl volunteers and the girls from the village. It was open to every female irrespective of the age if somebody wanted to join. **Sh. Hitesh**, joined the contingent of the volunteers at the village. He instructed how in different cases of problematic situations the girl can protect themselves. He taught them various techniques of self defense.
- **Assistant Sub Inspector Sh Suresh Kumar from Ambala Police** was invited to interact the volunteers and the young people from the village so that they can be sensitized about following traffic rules and should tell others to follow them as

Day 4 -14.02.2022

Theme: Health, Hygiene and Sanitation

- The volunteers started off the day with yoga, exercise and aerobics. **NSS Programme Officer Dr. Chiman Lal** being himself an expert in yoga instructed the volunteers to perform different asnaas of yoga. The volunteers need to be filled with enough energy so that they can remain active all through the day.
- The volunteers under **Swachta Abhiyan and Plastic Free India** distributed cloth bags with the support of **Municipal Council, Ambala Sadar**. The residents of the village appreciated this effort of the volunteers. **Panchayat Secretary Sh Sukhwinder Singh** also visited the camp along with his team. He praised the volunteers for the extraordinary work they were doing in that village. He expressed his desire to work with **NSS, SD College, Ambala Cantt** in some future assignments. **Dr. Chimal Lal** also delineated the various provisions vested with the Constitution of our country. He talked about various articles of the constitution. It was more of an interactive session. Students were loaded with so many queries but Dr. Chiman replied all of them satisfactorily.
- **A Health Check Up Camp** for the residents of the village and children of the school of the village was also organized. **Dr. Joginder from Civil Hospital, Ambala Cantt** was invited for this check up camp. He examined all the school children and the volunteers for their health. He acknowledged the efforts of the Programme Officers and the volunteers for doing this community service.
- **Prof. Lalit, Deptt. Of History, SD College, Ambala Cantt** was invited to pay **Homage to Pulwama Martyrs** by commemorating their contribution to protect us from outside invasion. All the volunteers paid homage to the

martyrs. Prof. Lalit put light on various points related to our independence and Pulwama incidents.

DAY 5- 15.02.2022

THEME: LIFE SUPPORTING SKILLS AND AIDS AWARENESS

- So **Prof. Sumit, First Aid Trainer from SD College and Prof. Somesh, Brigade Officer, St. John Ambulance** were invited to impart the training.
- The trainers showcased different life saving skills. The volunteers were encouraged to participate in these practical. **Prof. Somesh** illustrated different situations and the best possible solutions in those conditions. He delineated what we can do best for the victims of accidents and during the time of emergency. He brought all the paraphernalia that is used in these situations with him.
- **Prof. Sumit** also explained the life saving skills from his perspective though he concentrated on **CPR** skills and training. **CPR (Cardiopulmonary Resuscitation)** is an emergency procedure consisting of chest compression often combined with artificial ventilation in order to preserve intact the brain function. Maximum of us often do not know about this **CPR** technique in case of some emergency. **Vitiya Sakshrta** was included in the agenda sent by the University NSS Cell as a mandatory activity apart from First Aid and Home Nursing Training to be carried out. So **Sh. Ramesh from Bank of Baroda, Ambala** was invited to enlighten the volunteers and the residents of the village about

different aspects and meaning of financial terms and various situations that people face during their visit to the banks. He started from the basic things and escalated to some complex terms and situations.

- **Day 7-17.02.2022**

Ms Rekha Sharma, Member, Child Welfare Committee, Chairperson, KADAM Foundation was invited as the Chief Guest, Dr. Ritu, Sharma, Swachhta Coordinator, MC, Ambala Sadar, Secretary, MC, Ambala Sadar and Members of Lions Club, Ambala were incited as the Guests of Honour.

- **Chief Guest Ms Rekha Sharma** also shared her experiences of interaction with the volunteers of NSS. She said that her foundation has been working in so many assignments with the NSS Unit of SD College. She praised the volunteers of NSS, SD College for their hard work and selfless service towards the society. She expressed that in future also she wish to be a part of the social engagements of NSS Unit of the college. **Sh. Vikram from Lions Club** expressed gratitude for inviting them to the function. Since they themselves work as NGO for the issues of the society.

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DAY 1 & NEWS



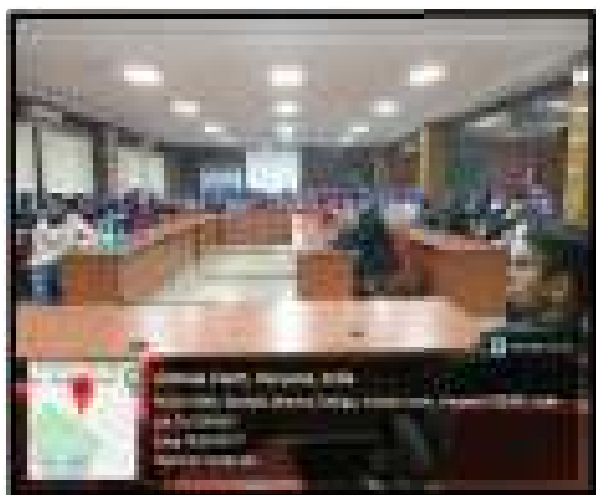
DAY 2



DAY 3



DAY 4



DAY 6



DAY 7 & NEWS

WEBINAR on ROAD SAFETY AWARENESS IN INDIA

Date: 05.03.2022

- The webinar was organized by NSS in collaboration with **Department of Higher Education, Panchkula, Haryana.**
- **Dr. Rajsri Singh, IPS, Inspector General of Police (Traffic and Highways)** was the **Chief Guest** of the webinar.
- **Sh. Rajeev Ranjan, PRO, Power and Transport Department, Haryana, Er. Rohit Brar (Civil Engineer) and Dr. Rajinder Rai, SMO, Civil Hospital, Ambala Cantt** were the eminent resource persons of different session of the webinar.
- **105** participants from the different states participated in the webinar.
- Convener of the webinar **Prof. Zeenat Madan** introduced the theme of the webinar after welcoming all the guests and participants.
- **Principal of the college Dr. Rajinder Singh** welcomed all the guests and the participants. He said that the NSS unit of the college is very active and doing tremendously and is dedicated to the community service and social upliftment.
- **The Chief Guest of the webinar Dr. Rajshri Singh** talked lucidly on various dimensions of road awareness, road rage, traffic rules violations, traffic etiquettes and human behavior on road.
- The speaker of the second session **Sh. Rajeev Ranjan** citing very common examples stated that how human insensitivity towards victims on road can

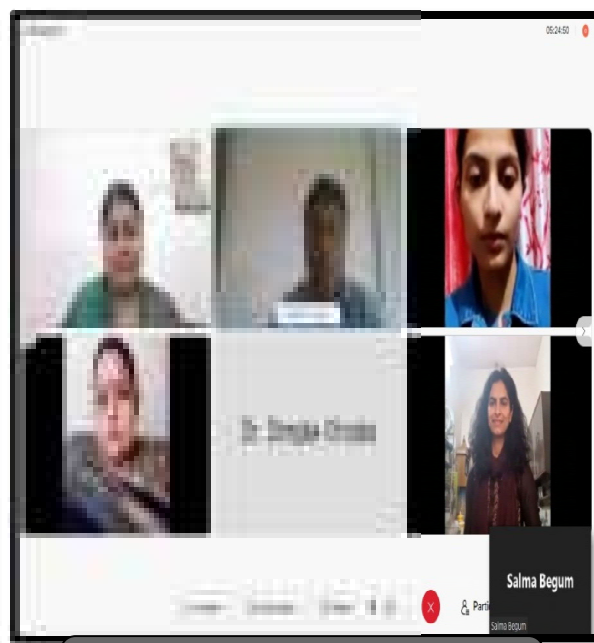
turn into fatal or life saving. He told that now the scenario has changed if some injured is taken to the hospital the rescuer will not be put to questioning like in earlier situations.

- In the third session **Civil Engineering Rohit** explained how by enhancing the quality of our road and improvement in road engineering can save many lives.
- **Dr. Rajinder Rai** presented his views from the standpoint of a doctor delineated everything crystal clear. He apprised the participants as to how a basic life saving skills or training can mitigate number of casualties in road accidents.
- **NSS Programme Officer Prof. Tajinder Singh** presented vote of thanks to conclude the webinar.
- The programme was aimed at proliferation of road safety awareness, to follow traffic rules, to develop more human values towards the victims of road mishaps, to avoid traffic violations. We believe that the participants should have taken something back out of these sensitive issues.
- Another aim of the webinar was to sensitize the society through the representation of participants and volunteers. The strength of participants showed that this aim was also achieved.
- The queries of the participants to the experts also is a strong evidence that the message of the webinar has reached to them very clear and loud.
- The participants were amazed at the facts presented by the experts during the webinar. Many of them said that they come to about some things for the first time though they had been driving for a long time.

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WELCOME OF GUESTS



WEBINAR 2



LAST MINUTE PIC



NEWS

RALLY on EARTH DAY

THEME: SWACHH BHARAT SWASTH BHARAT

Date: 22.04.2022

- The NSS is like the backbone of any institution. NSS units are the extension of education that reaches to the society and help in community work. Tree Plantation is one of the regular activities of NSS. These units are also responsible for spreading awareness about the climatic changes, environment and other aspects related to them.
- NSS volunteers are the ambassadors of clean environment initiatives and policies so they need to be sensitized about all this. Moreover NSS at our college s huge family of 300 volunteers and an extended family that includes their parents, relative and friends. So the target area is vast so NSS can play an important role in spreading awareness. **An Awareness Rally** was organized to sensitize the people about the dangers looming large over our heads due to our indiscriminate activities. **The Rally** was flagged off by the principal of the college. Addressing the gathering he said that the young students specially the volunteers of NSS can play an important role in disseminating important messages around. Their communication with the society will certainly help them increase their knowledge about many things.
- Not only volunteers but the people living around were presented with a peep into as to why these events are important. We human beings are taking things very lightly and sometimes make fun of these events. These events help them understand the urgency to address these issues.



EXTENSION LECTURE

EARTH AS RESOURCE

Date: 23.04.2022

- The Resource Person of this lecture was **Dr. Dipti Grover, Assistant Professor, Deptt. of Environmental Studies, Kurukshetra University, Kurukshetra.**
- This lecture was organized in collaboration with **Department of Environmental Science, KUK** and **YRC Unit** of the college.
- **The NSS Unit of Sanatan Dharma College, Ambala Cantt** organized an **Extension Lecture** on **23.04.2022** on topic **“Earth as Resource”** in continuation of **Earth Day** celebrations. The Resource Person through PPT vividly explained how judiciously we should have to use our nature though we are already facing the consequences due to indiscriminate exploitation of our natural resources. She advocated that local solutions should be invented for the area based natural problems. Then she talked about investment in nature based solutions which are not hard to find but extensively result yielding options. She discussed about the investment in renewable, clean transportation and agricultural innovations with special reference to India. She further delineates the benefits of investment in women empowerment.

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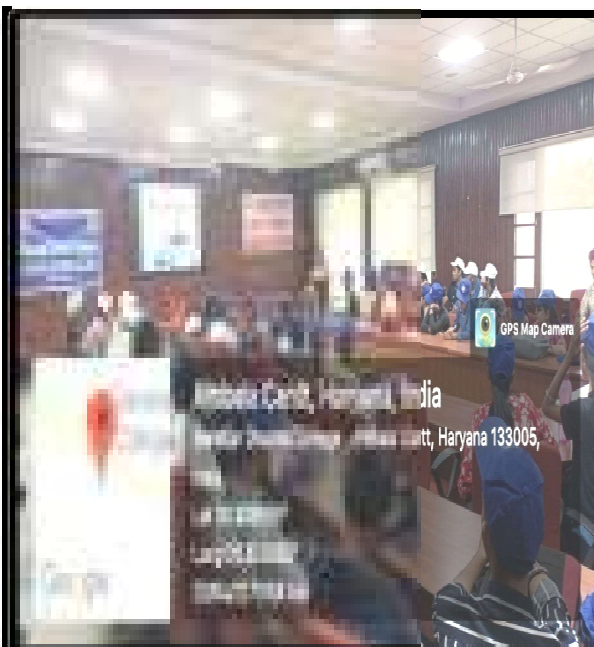
WELCOME OF THE CHIEF GUEST



INTRODUCTION ABOUT THE EVENT



DISCOURSE



CONCLUDING SPEECH

MEGA YOGA DRIVE

(A COUNTDOWN TO INTERNATIONAL YOGA DAY)

Date: 14.05.2022

- **National Service Scheme, Kurukshetra University Kurukshetra, Sanatan Dharma College Ambala Cantt and Yoga Federation, Ambala** jointly organized this **One-day Mega Yoga Drive** on **14.05.2022** as per the instructions of the **Ministry of Youth Affairs and Sports, Government of India**. This mega yoga drive was organized in collaboration with the **Yoga Federation, Ambala** on the instruction of **Ministry of Youth Affairs and Sports, Government of India**. This program was celebrated as a countdown to 100 days of **International Day of Yoga** celebrated on **21st June**. This program of yoga was organized from **6 AM to 7 AM**. **Dr. Dinesh Singh Rana, Coordinator of National Service Scheme, Kurukshetra University Kurukshetra**, himself attended to take stock of this program. He also encouraged all the participants to adopt Yoga as a lifestyle. He said that our Vedas and Puranas are also full of importance of Yoga. Due to Corona, all of us are now inclined towards yoga, which is a good thing.
- The convener of this entire program **NSS Program Officer Prof. Zeenat Madan** also encouraged everyone gathered to adopt yoga in their lives. NSS Program officers of various colleges of Ambala along with the volunteers participated in this activity. **Dr. Pankaj Bakshi** of

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Yoga Federation, Ambala has got all the sadhaks done various activities and asanas of yoga.



WARMING UP



DURING SESSION



FINAL PIC



NEWS

WORKSHOP ZERO WASTE CAMPUS

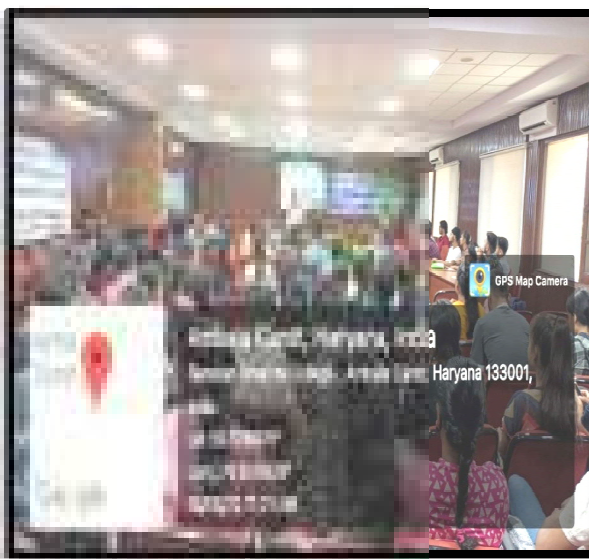
Date: 14.05.2022

- **National Service Scheme Unit of Sanatan Dharma College and Department of Zoology, Department of Environmental Studies in collaboration with Green Earth, NGO (Non-Government Organization), Kurukshetra** organized a one-day workshop on the topic **“Zero Waste Campus”** in the college premises. This workshop was organized in collaboration with **Green Earth, NGO (Non-Government Organization), Kurukshetra**. **Dr. Naresh** from **Green Earth, NGO, Kurukshetra** was the **Chief Guest** of the workshop. The program was inaugurated by giving a sapling each to the keynote speaker **Dr. Naresh** and **Dr. DS Rana, NSS Programme Coordinator, Kurukshetra University, Kurukshetra**. **Prof. Arzoo Tanwar** welcomed the keynote speaker and everyone in this workshop and the theme of the workshop was put forward by her. **Dr. Naresh** told about the waste and pollution done by humans in different ways. He told how all of us are unknowingly carrying plastic in our body? How all of us are using harmful plastic in our daily work? By doing small corrections in our attitude we can overcome this mounting problem of waste. He expressed happiness that **Sanatan Dharma College, Ambala Cantt** is doing the best management of organic waste at its level. He congratulated **Prof. Zeenat Madan, NSS Programme officer and HoD, Deptt. of Zoology** for this tremendously metamorphic work. **Prof. Zeenat Madan** is very renowned for the Vermi

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Compost units set up by her in the college and nearby colleges and has received many awards and accolades for this project. These units are producing earthworm manure by converting all the organic waste of the college into compost with the help of earthworms.

- **Dr. Naresh** said that he could be contacted anytime if any student wants to do internship in waste management.



SWACHHTA & PLASTIC FREE CAMPAIGN under SWACHHA BHARAT ABHIYAN

Date: 25.05.2022

- On **25.05.2022**, a **Cleanliness and Plastic Free Campaign** was carried out in village **Rollon** by volunteers of **NSS Unit of Sanatan Dharma College, Ambala Cantt.** Village **Rollon** was the target area of the campaign.
- It is well known that this village is adopted by the NSS unit of **Sanatan Dharma College** and such campaigns are continuously run in this village from time to time so that some awareness may be spread around the area.
- **Sarpanch of the village, Mr. Davinder Singh** told that very commendable social work is being done by **Sanatan Dharma College** in this village, he is grateful to them for doing this appreciable social service. He also provided a commendation letter on behalf of his Panchayat for this work. After the awareness rally was organized by the volunteers and students in the village, a cleanliness campaign was launched and the village was made plastic free. The plastic and other waste was handed over to the sanitation worker of the village. After this jute or cloth bags were distributed in the village and all of them were encouraged to use them instead of plastic bags. Most of the problems are arising from the use of plastic. If we stop using plastic, we can solve many environmental problems. Even in this summer, the spirit of this social service of volunteers and students is really commendable. **College Principal Dr. Rajinder Singh** appreciated the unit for such awareness and social work. The residents of the village were encouraged about keeping the

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surrounding clean. They were also sensitized about not using the plastic as it is going to be next big problem for our society.



FREE HEALTH CHECK-UP CAMP

Date: 27.05.2022

- A medical camp was organized on **27.05.2022** at **Government Primary School**, village **Kardhan**.
- This camp was organized in collaboration with **KADAM Foundation, Ambala**.
- The **Chief Guest** of this program was **Block Education Officer, Ms. Renu Agarwal**.
- **Sugar and Thyroid** were tested in this medical camp. Village women generally have little knowledge about the problems caused by thyroid, besides this the test is very expensive. But in this camp both of these tests were free.
- **Dr. Manisha Garg, Sneh Hospital, Mahesh Nagar** rendered her services for the investigation in this camp. She checked up about 217 women and prescribed medicines to them.
- **Kadam Foundation** in collaboration with **Kashmir Medical Hall, Ambala Cantonment** got the free medicines arranged and distributed. For this the **Kashmir Medical Hall** deserves accolades.
- **Kadam Foundation** is committed to do such social work in association with the **NSS Unit of Sanatan Dharma College**. **Kadam Foundation** is playing an important role in social upliftment in **Ambala**. **Seva Trust, U. Of. (India) Chairman Shri Naresh Mittal ji** distributed **glucon D** cans

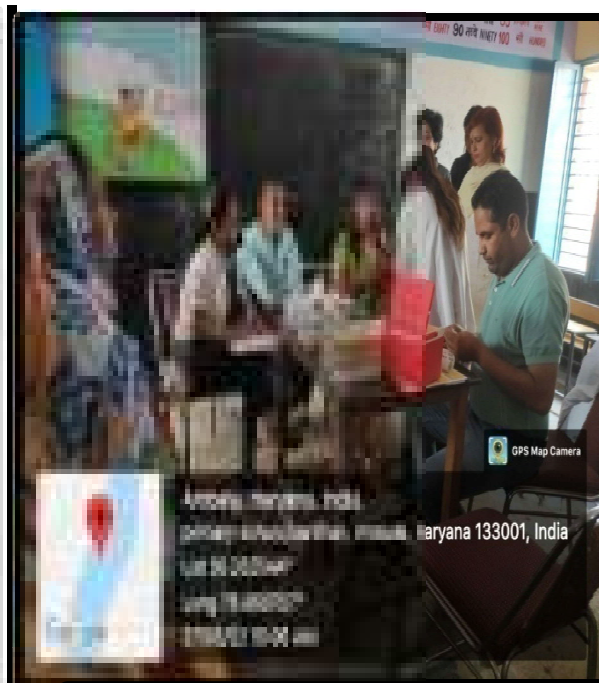
to the children. On behalf of **Path Kind Lab**, **Mr. Sandeep** and his entire team were present to conduct the tests.

- Biscuits were distributed to all the children on behalf of **NSS, Sanatan Dharma College**. During the event, **Mr. Devidayal Sharma (President, Kadam Foundation, Mrs. Poonam (Head Teacher), Mr. Rajesh Sharma, Mrs. Manju Sachdeva (Kadam Foundation), Mrs. Ritu Malhotra (Head, Women's Wing) Ms. Ranjeeta Sachdeva (Chairperson, Child Welfare Committee) , Kanika Vij (Child Welfare Committee), and Meenakshi Bhutani, Mr. Harjit Singh and Gurinder Sharma** were present.
- The female folks of the village and of the surrounding villages were sensitized towards the importance of good health and continuous health check-ups so that some fatal disease could be avoided.
- BP, Sugar level, Thyroid, HB kind of medical tests were just noting for the people specially who are living in these villages. They seldom go to doctor for these things. After the motivational lecture people were looking more serious about these small things. They assured that they will go these tests periodically now onwards.
- **Volunteers from NSS and Prof. Zeenat Madan, Prof. Tajinder Singh and Dr. Chiman Lal**, contributed to the success of the programme.

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WELCOME OF THE GUESTS



TESTING UNDER PROCESS



LAST MINUTE PIC



NEWS

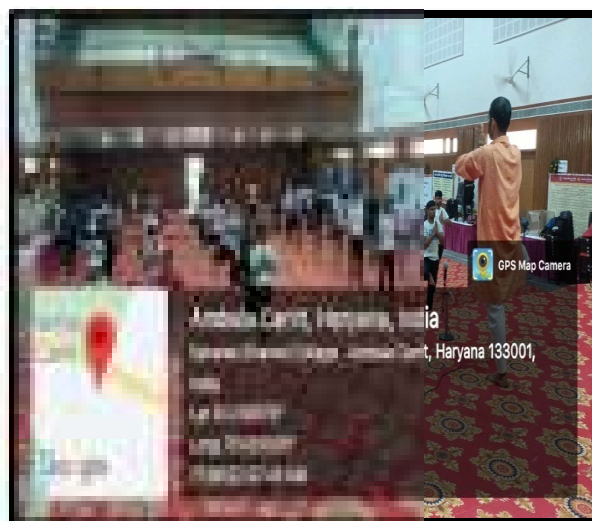
INTERNATIONAL YOGA DAY

Date: 21.06.2022

- **The NSS Unit, YRC Unit and the Unit of NCC of the Sanatan Dharma College, Ambala Cantt celebrated International Day of Yoga, today, on 21.06.2022 in the college campus. The theme for this year's yoga day was "Yoga for well-being". This day was celebrated by organizing a yoga camp in which 102 participants took part. Sh Neeraj Shashtri, the Patanjali Trained Yoga Instructor, motivated the participants. He led them to perform various asanas of yoga. NSS has always been a torchbearer of these kinds of activities which can help to improve life standard of the people. They certainly present themselves as the role models for others and very affirmatively motivate others to follow them. Sh. Neeraj Shashtri, Patanjali Trained Yogaacharya was the Resource Person of the session. Sh Neeraj Shashtri, the Patanjali Trained Yoga Instructor, motivated the participants. He led them to perform various asanas of yoga. He gave them a motivating speech in the beginning of the camp. He told them that we should make yoga a way of life. During COVID we have witnessed that yoga helped people to keep them alive. Yoga gained more trust of the people and has come out as an important life saving skill. Since ages people of our country have been practicing yoga.**
- This session has inspired many to adopt yoga as a way of life.

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- 102 (44 of NSS) participants from all the units mentioned above were present along with NSS Programme Officer Tajinder Singh, Dr. Chiman Lal and NCC, CTO Dr. Satbir Singh.



AWARENESS LECTURE & QUIZ

Under SWACHHA BHARAT ABHIYAN

Date: 22.06.2022

- The NSS Unit of the college organized various activities in collaboration with **Municipal Council, Ambala Sadar** on the topic “**Swachh Bharat Abhiyan**” on **22.06.2022** to celebrate **Environment Week**.
- This programme was organized in collaboration with the **Municipal Council, Ambala Sadar**.
- This programme was organized on **22.06.2022**.
- The **Executive Officer of Municipal Council, Ambala Sadar, Sh Ravinder Singh** was the Chief Guest of the occasion.
- **Awareness Lectures by Prof. Zeenat, Ms Ritu Sharma, EO, Sh. Ravinder Singh** and college principal, **Dr. Rajinder Singh, Pledge and Quiz competition** were organized in this event. Right on the onset of the programme a Pledge was administered to all the participants and audience. Three teams participated in the quiz competition comprising of 9 participants.
- All the teams gave hard competition to one another. **EO of the MC, Ambala Sadar, Sh Ravinder Singh** was the **Chief Guest** of the occasion. **NSS Programme Officer Prof. Zeenat Madan** motivated the gathering with her knowledgeable ideas. She said that NSS of the college has been working hand in hand with the **MC, Ambala Cantt** since a long time in order to satisfy its commitment towards the society. **The Swachhta**

Coordinator Ms. Ritu Sharma also shared her thoughts on the importance of cleanliness and how we can keep our city clean. She expressed her views through two beautiful poems. She motivated the participants and the gathering. She said that **Sanatan Dharma College, Ambala** has done exemplary work in the field of waste management on its campus.

- The EO said that he was happy to see the vermicomposting units installed in the college to tackle the bio waste generated on the campus. He also praised the water harvesting units installed in the college which is an amazing initiative by the college to counter depleting ground water problem. Principal of the college **Dr. Rajinder Singh** praised the efforts of the NSS Unit of the college and **Ms. Ritu Sharma** for her dedication towards making Ambala clean. He said that it is our collective responsibility to tackle the problem of waste management. He said that we need to understand the importance of segregation of waste at the source.
- These kinds of programmes are always aimed at spreading awareness. The participants are encouraged to take the message to other people and areas of the society.
- These activities sensitized not only the volunteers but also other students of the college as well.
- The winners of the competition were given away prizes by the **Chief Guest Sh. Ravinder Singh**. Volunteers from SAKSHAM, NSS volunteers of the college, **Accountant, Ms Nidhi** were also present on the occasion.

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INTRODUCTION



CHIEF GUEST ADDRESS



AWARDS CEREMONY



LAST MINUTE PIC

***LET US JOIN HANDS TO
SERVE THE COMMUNITY***

PROGRAMME OFFICERS

- TAJINDER SINGH**
- ZEENAT MADAN**
- DR. CHIMAN LAL**