

NATIONAL SERVICE SCHEME
S.D. College, Ambala Cantt.



ANNUAL REPORT
2017-2018

Programme Officers
Dr. Roshan Lal Dhiman
Dr. Nirvair Singh
Ms. Kavleen Bharej

Principal
Dr. Rajinder Singh



NSS PLEDGE

I solemnly pledge to work with dedication to serve and strengthen freedom and integrity of the Nation. I further affirm that I shall never resort to violence and that all differences and disputes relating the religion, language, region or political economic grievance should be settled by peaceful and constitutional means.”

OUR MOTO

“NOT ME, BUT YOU”

OUR VISION

To make students well conversant with the National health problems of both rural and urban folks of India enabling a Homoeopath to play an effective role in the fields of preventive and social medicine leading to promotion of positive health including family planning.

OUR MISSION

To promote social, economic, technological, and political change in order to expand civilization beyond Earth, to settle space and to use the resulting resources to build a hopeful and prosperous future for humanity.

NSS OFFICE BEARERS 2017-18

| Sr. No | POST | NAME | CLASS |
|--------|------------------------------|-------------------|--------------|
| 1 | BOY COMMANDER | PHABHJOT SINGH | B.A. III |
| 2 | GIRL COMMANDER | PURNIMA GASSO | B.Sc. NM III |
| 3 | BOY SENIOR DEPUTY COMMANDER | DIVYE AGGARWAL | B.A. III |
| 4 | GIRL SENIOR DEPUTY COMMANDER | KAJAL SHARMA | B.A. III |
| 5 | BOY DEPUTY COMMANDER | JASHAN DEEP SINGH | B.Sc. NM II |
| 6 | GIRL DEPUTY COMMANDER | PRIYANKA YADAV | B.A. III |
| 7 | BOY SECRETARY | MOHIT VERMA | B.A.III |
| 8 | GIRL SECRETARY | SHOBHA | B.COM III |
| 9 | BOY JOINT SECRETARY | SIDHARTH GAUTAM | B.A.III |
| 10 | GIRL JOINT SECRETARY | RAKSHITA | B.COM III |
| 11 | MESS COMMANDER 1 | NIKITA CHAUHAN | B.A. II |
| 12 | MESS COMMANDER 2 | TANVI JAISWAL | B.A. II |
| 13 | BOY HEAD COORDINATOR | SOURAV KUMAR | B. Sc NM II |
| 14 | GIRL HEAD COORDINATOR | AANCHAL BAKSHI | B.A.III |

OFFICE BEARERS FOR 2017-2018:

| Sr No | POST | NAME | CLASS |
|--------------|------------------|------------------------|-----------------|
| 1 | EXECUTIVE HEAD | DOLLY TIWARI | B.A.III |
| 2 | EXECUTIVE MEMBER | HARVINDER SINGH | B.A. II |
| 3 | EXECUTIVE MEMBER | KAJAL NAGPAL | B.COM III |
| 4 | EXECUTIVE MEMBER | SHUBHAM | BBA III |
| 5 | EXECUTIVE MEMBER | DHRUV SINGH | BBA II |
| 6 | EXECUTIVE MEMBER | SIDDHANT | B.A. II |
| 7 | EXECUTIVE MEMBER | GOURAV SAINI | B. Sc NM III |
| 8 | EXECUTIVE MEMBER | HIMANSHI ALPANI | B.COM III |
| 9 | EXECUTIVE MEMBER | SACHIN | B. Sc NM III |
| 10 | EXECUTIVE MEMBER | RAHUL | B.COM I |
| 11 | EXECUTIVE MEMBER | SACHLEEN KAUR | B. Sc NM I |
| 12 | EXECUTIVE MEMBER | SAHIL | B. Sc NM III |
| 13 | EXECUTIVE MEMBER | PREM DHIMAN | B. Sc NM III |
| 14 | EXECUTIVE MEMBER | HARSHDEEP KAUR | B. Sc NM III |
| 15 | EXECUTIVE MEMBER | ROHAN KUMAR | B.A. I |
| 16 | EXECUTIVE MEMBER | VIPIN KUMAR | B. Sc III |
| 17 | EXECUTIVE MEMBER | UMESH POLISTA | B.A. III |
| 18 | EXECUTIVE MEMBER | NAVNEET KAUR | B. Sc NM III |
| 19 | EXECUTIVE MEMBER | RITIKA | B.SC NM III |
| 20 | EXECUTIVE MEMBER | VIKAS | B.SC ELEC II |
| 21 | EXECUTIVE MEMBER | AMIT KUMAR | B.COM PPI III |
| 22 | EXECUTIVE MEMBER | VISHAL | B.COM ASPSM III |

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| Sr. No | Date of activity | Name of activity | No. of volunteers |
|--------|----------------------|--|--|
| 1. | 10/7/17 to 16/7/17 | Programme Officer Training programme | Attended by: Dr. Roshan Lal Dhiman, Dr. Nirvair Singh, Ms. Kavleen Bharej |
| 2. | 24/7/17 to 31/7/17 | One-week NSS volunteer Enrollment Drive | 300 enrolled |
| 3. | 2/8/17 | Oath taking of “Swachhta Pakhwada” | 300 |
| 4. | 3/8/17 to 5/8/17 | Cleanliness Drive for campus (Classrooms, labs, toilet, playground etc.) | 226 |
| 5. | 6/8/17 | One Day Camp on Swachhta at S.D. College. | 300 |
| 6. | 8/8/17 | One day camp at Naggal Village (Adopted Village) Nukkad Natak and Rally. | 146 |
| 7. | 9/8/17 | Door to door campaigning and pamphlet distribution in Naggal Village about Cleanliness. | 146 |
| 8. | 11/8/17 | Visit to S.D. Institute for Blind, Ambala Cantt. | 66 |
| 9. | 12/8/17 | Visit to Ambala Bus Station for Cleanliness. | 75 |
| 10. | 13/8/17 | One day camp on Cleanliness of Campus Poster making Activity etc. at S.D. College. | 250 |
| 11. | 14/8/17 | Project undertaken with Civil Hospital, Ambala Cantt for Dissemination of Lunch and Dinner to patients at 1PM and 7PM. | 35 |
| 12. | 14/8/17 | Rally on Cleanliness at Naggal and nearby market areas. | 135 |
| 13. | 15/8/17 | Celebration on Independence Day. | 233 |
| 14. | 18/9/17 | One day workshop on “ Disaster Management ” by Mr. Jatinder Singh, Department of Revenue and Disaster Management, Government of Haryana, Mr. Sanjeev Kumar(commander), HIPA Gurugram. | 176 |
| 15. | 9/10/17 | Rally on “Rakt-dan-karke-dekho, achalagta-hai” at College, Naggal Village, Nearby areas. | 100 |
| 16. | 10/10/17 | Anti-cracker and pollution free Diwali (Rally) at College, Market Area. | 150 |
| 17. | 11/10/17 | Poster making and Slogan making Competition on Blood Donation and Social Issues. | Rakshita B. Com (Gen) III Suman B. Com (Gen) III Pooja B. Com (Gen) II |
| 18. | 12/10/17 | Documentary film viewing on HIV/ AIDS Awareness. | 80 |
| 19. | 13/10/17 | Mini blood donation Camp (75 Units) at S.D. College in collaboration with PGI. | 150 |
| 20. | 15/10/17 | Distribution of Pamphlets and Survey on AIDS in Village Naggal | 40 |
| 21. | 22/01/18 to 28/01/18 | NSS Seven Day Camp | 117 |

| | | | |
|-----|----------|---|---------------|
| 22. | 23/01/18 | First aid training by District Disaster Management Authority, Ambala | 117 |
| 23. | 24/01/18 | Following Surveys Conducted at Village Naggal a) Socio Economic Survey b) Aids Awareness Survey c) Swachhta Survey | 117 |
| 24. | 25/01/18 | Soil and Water Sample Collection and Report Generation | 50 |
| 25. | 26/01/18 | Celebration, Nukkad Natak and Rally on Republic Day | 117 |
| 26. | 27/01/18 | Tree Plantation in collaboration with DFO | 200 Samplings |
| 27. | 28/01/18 | Workshop by NGO Zila Yuva Vikas Sanghathan (Ambala City) on Women Hygiene and Cleanliness conducted by Mr. Tarun Kaushal | 117 |

OUR RESOURCE PERSONS:

| Sr. No | Date | Topic | Resource Person |
|---------------|-------------|--|---|
| 1. | 4/08/17 | Solid Waste Segregation in Ambala | Suryakant, OYE Ambala, Mumbai |
| 2. | 6/08/17 | How to Achieve Excellence in Life | Dr. Anil Jain, Alumni SD College, Ambala Cantt |
| 3. | 10/08/17 | Problems and Solutions related to Waste Segregation in Ambala. | Suryakant, OYE Ambala, Mumbai |
| 4. | 13/08/17 | Essentials of Cleanliness and Collaboration steps to achieve success | Mr. R. K. Sharma, President Rotary Club, Ambala |
| 5. | 15/08/17 | Swachhta Initiative taken in past and present on 15 th August | Dr. U.V. Singh & Dr. A.K. Sharma, Former Professor & Rajeev Chander Sharma, HOD Commerce, S.D. College. |
| 6. | 14/10/17 | Blood Donation and its Positive Effects | Dr. Verinder Bharti, Civil Hospital, Ambala Cantt |
| 7. | 22/01/18 | Current Scenario of Unemployment and Illiteracy | Dr. Bikram Singh Rana, Slo NSS, Chandigarh |
| 8. | 24/01/18 | Future of NSS and Motivational Talk | Dr. Haroop Virk, Dr. Alka Sharma, Dr. Ramesh Madaan |
| 9. | 25/01/18 | Roti Bank an NGO Origin and Functions | Mr. Vinay Mehta, Roti Bank, General Secretary |
| 10. | 25/01/18 | Awareness about Traffic Rules and Laws | SHO, Ajaib Singh, Mahesh Nagar |
| 11. | 26/01/18 | Motivational Talk | Dr. Balesh, Dr. Prem, Dr. Pankaj |
| 12. | 26/01/18 | Motivational Talk | Mr. Ravinder Singh, BEO, Ambala. |
| 13. | 27/01/18 | Motivational Talk | Dr. Joginder |
| 14. | 28/01/18 | Information on NSS Activities in Haryana | Dr. Dinesh Singh Rana, Coordinator NSS, KUK |

Programme officer training program (10.7.2017-16.7.2017)

Programme Officers Ms. Kavleen Bharej, Dr. Nirvair and Dr. Roshan lal attended the NSS training programme for seven days at Mullana Institute, Mullana.

NSS Volunteers Enrollment: (24.07.2017-31.07.2017)

NSS registrations for the new session (2017-18) were conducted in the college campus for one week. 2 Volunteers participated and performed duties. Around 300 volunteers got registered to contribute to NSS services.

Swachhta Pakhwada: (01.08.2017-15.08.2017)

The concept of Swachh Bharat Abhiyan for making India a utopian society by 2020 was shouldered by S.D. College through **“The Swachhta Pakhwada”** mission.

DAY 1

2nd August

**Oat Taking Ceremony took place in college auditorium**

Decades ago, the great nation India was born. Many days after the election and through continuous exchange of ideas within the government came a moment called Swachh Bharat Abhiyan for making India a utopian society by 2020. Our college started **“The Swachhta Pakhwada”** mission on 2nd August 2017, marked its beginning with oath taking ceremony. Oath (Swachhta Shapath) was taken by the NSS volunteers. NSS volunteers were being addressed by Principal Dr. Rajinder Singh and programme officers Dr. Roshan Lal, Dr. Nirvair and Assistant Professor Kavleen Bharej about the mission. Volunteers were made aware about the day wise schedule to be undertaken from 2nd August to 15th August to achieve the **“Swachhta Pakhwada”** mission.

DAY 2
3rd August



NSS Volunteers cleaning campus

From 3rd to 6th August an objective was taken to clean the college campus. This responsibility was undertaken by the fettered and astute students. On 3rd August, Survey about college was conducted. Classrooms, Labs, Library, Toilets, and Auditorium etc. were covered under the survey. The purpose was to maintain the beauty of college, hygiene and check any material requirement. The report was generated and action plan was made and teams were allotted accordingly.

Day 3
4th August



Resource Person delivering lecture under “OYE AMBALA” project

A seminar was conducted by the members of Project “OYE AMBALA”. A lecture was given by the resource person Mr. Suryakant from Mumbai and students were made aware of the importance of segregation at source. Along with the seminar, Cleanliness process was led by NSS students. All the classrooms were cleaned by the students.

Day 4
5th August



Classroom cleaned by NSS Volunteers

On this day labs (Physics lab, Chemistry lab, Home Science lab, Botany lab, Computer labs and all others labs in college), Library and auditorium were cleaned. The survey conducted by students, helped form teams and they were given their respective works to be done. Students cleaned, arranged the chairs and kept all the books in order.

Day 5
6th August



NSS Volunteers Cleaning campus on 3rd day of Cleanliness drive under Swachta Pakhwada

If unity in diversity, then, why not! Cleanliness in India even after diversity. To make this dream into reality our NSS volunteers welcomed clean India and pledged to be the students of clean country which is our identity. On this day, one day camp was organized in the college campus in supervision of NSS programme officers. It was attended by around 100 volunteers.

College was divided into different zones and were allotted to different groups for cleaning their respective zones. After the cleanliness drive, students were served lunch. After having lunch, an activity of singing was conducted for entertainment and Dr. Anil Jain, Alumni S.D. College delivered a lecture on how to achieve excellence in life.

Day 6

8th August



Cleanliness Drive at Naggal Village

On 8th August, volunteers visited village Naggal for Cleanliness Drive. Programme Officers and Volunteers started cleanliness drive from community centre. Village was divided into different zones and allotted to different groups. The village people also joined the drive. It took about two and a half hour to clean the selected zones. The efforts of students were praised by the villagers and professors.

Day 7

9th August



NSS Volunteers Educating Villagers about importance of clean surrounding

Next day in Naggal village started with educating the villagers about the cleanliness at home and in the surroundings. The volunteers went door to door to encourage the villagers through conversation and posters to keep their surroundings clean. Trees were also planted near the community centers.

Day 8

10th August



Resource Person Guiding NSS Volunteers under Swachta Program

On this day, the team working on OYE Ambala project visited our college and interacted with the NSS students. Number of problems regarding the Route Tracking, Monitoring, Motivating the Force, Investigating, Education, organize etc. were placed in front of the students. They were asked for solutions to overcome the problems. The students shared many ideas with them regarding segregation of waste. The students of our NSS team were voluntarily ready to contribute in this project.

Day 9
11th August



NSS volunteers at S.D. Institutes for Blinds

On this day, the Selected Volunteers visited Blind School to interact with them and the main purpose was to sensitize the youth towards Cleanliness. Our team donated eatables etc. Then cleaning of school was done. After cleaning, games were played and they were encouraged about the cleanliness.

Day 10
12th August



NSS Volunteers cleaning Bus Stand Ambala

To achieve the mission of cleanliness, volunteers along with programme officers visited the Bus stand and railway station. The volunteers cleaned bus stand and also spread awareness among the passengers not to throw wrappers, bottles or any waste from windows. The public was encouraged by NSS volunteers to keep the Buses clean as well as Bus Stand.

Day 11
13th August



Lunch Distribution at Civil Hospital Ambala

One day camp was organized on 13th August in the college Campus. The activities undertaken by NSS team were cleaning of campus, poster making. They even attended the lecture on Swachhta delivered by Rotary President-Mr. R. K. Sharma and other members such as Mr. Rajesh Chaudhary, Mr. Manoj, Mr. Chandra Kakkar, Ex-President Mr. Ashok Ghai. Some of the volunteers also visited the Civil Hospital for food delivery. They distributed the food among the patients and undertaken a project of ROTI BANK of dissemination of food for a month. After all this, the students were served lunch.

Day 12
14th August



Rally at Naggal Village for Clean Surroundings

In order to make our mission a success, students took out a cleanliness awareness rally in the village and the nearby areas. Even the teachers were the essential part of this drive. Students carried placards with the message of cleanliness raised slogans and posters. Students were asked

to sensitize the people on keeping their surrounding neat and clean by Dr. U.V. Singh and Dr. A.K. Sharma.

Day 13
15th August



Independence Day Celebration on last day of Swachta Pakhwada

This auspicious day marked as 70th Independence Day of India, was a perfect way to end this Pakhwada of Swachhta drive taken by the NSS volunteers. A meeting was conducted with our worthy Principal Sir; NSS PO's and volunteers to chalk out the future plans of sustaining the cleanliness of the campus, adopted village and nearby areas. At the end the Institution was declared as CLEAN INSTITUTION.

NEWS CLIPINGS:





OUR PROUD MOMENT:



On NSS day our college won second prize for Swachhhta Pakhwada project in the university.

Disaster Management Workshop (18.09.2017)

ONE DAY workshop on **DISASTER MANAGEMENT** was held on **18th September 2017** at **SD COLLEGE (Lahore), Ambala Cantt** which was organized by Department of Revenue and Disaster Management, Government of Haryana; Centre of Disaster Management HIPA, Gurugram; District Disaster Management Authority, Ambala. The resource persons Mr. Jatinder Singh (Department of Revenue and Disaster Management) and Mr. Sanjeev Kumar (Commander) delivered a brief lecture on DISASTER MANAGEMENT.

Mr. Jatinder Singh gave introduction about Disaster Management, Levels of Disaster Management, and Types of Disasters. He told us what to do or what not to do at the time of disaster or after it happens. He told about the preventive measures or precautions regarding disasters which should be followed. After it Mr. Sanjeev Kumar told us about Search and Rescue. He gave a brief explanation about First aid. Then he told some rules of the First aid such as ABC analysis (A=aid Track, B=Breathing, C=Circulation of Blood) or how to control bleeding during any injury etc. He gave us Practical Knowledge about how to treat the causality if any mishappening occurs. He told us about many ways how to help the injured.

Then Mr. Jatinder told us about choking and fire safety. He told us various safety measures related to choking and fire safety. A brief explanation was given on Fire Extinguisher and the way to use it. They gave the students a practical example how to extinguish fire in the college ground.



First Aid Training skills given by Disaster Management Authority

Blood Donation Awareness Fortnightly Campaign (09.10.2017-15.10.2017)

ACTIVITIES UNDERTAKEN FOR OBSERVANCE OF VOLUNTARY BLOOD DONATION AWARENESS FORTNIGHT CAMPAIGN:

1. Rally on Raktdaan Kar Ke Dekho; Accha Lagta Hai in College, Naggal Village and Market.
2. Rally on Anti Cracker and Pollution Free Diwali in College, Naggal Village and Market.
3. Poster Making and Slogan Making Competition on Voluntary Blood Donation in College.
4. Viewing Documentary Film on HIV/ AIDS to NSS Volunteers.
5. Blood Donation Camp in association with Red Cross Society and Rotary Club, Ambala.
6. Guest Lecture by Doctor on Blood Donation and its positive effects.
7. Distribution of Pamphlets in Naggal Village and nearby areas on HIVAids Awareness, Raktdaan Shankaye aur Niwaran etc.
8. Survey on Aids Awareness in Naggal Village.
9. Annexures (the pamphlets and questionnaire on Aids Awareness)

INTRODUCTION

Blood Donation is one of the noblest and greatest donations a man can make. Blood is our Life-Sap. It has no substitute. Blood Donation is our human duty, which can bring life in a dying person. Several lives are lost due to the unavailability of blood at the right time. S.D .College (Lahore), Ambala Cantt undertook a fortnightly campaign on spreading the emerging need of donating blood among the youth and inculcating in them the positive feeling of helping others by this noble act

1) ACTIVITY

RALLY ON “RAKTDAN KAR KE DEKHO; ACHA LAGTA HAI”

To persuade the people about donating blood our college took out a rally on “Raktdan kar ke Dekho; acha lagta hai”. It was held in college campus, adopted village Naggal and nearby areas. Various slogans were spoken aloud to spread awareness among the people for donating blood. Even the teachers were the essential part of this drive. Students were asked to sensitize the people on donating blood.



Rally on Blood Donation at Naggal Village

2) ACTIVITY

RALLY ON “ANTI CRACKER AND POLLUTION FREE DIWALI”

Crackers hold a fascination for both young and old alike. Despite a growing anti-cracker campaign, there is no dip in its popularity. Children being the largest consumers of crackers need to be educated about its harmful after effects to their health and environment. Taking up this cause our college decided to organize the rally on “Anti Cracker and pollution free Diwali”, so that the air our lungs intake becomes fresh which in turn saves our respiratory system. The students of our college took it upon their shoulders to educate their fellow students at college campus and the citizens of Naggal Village. Students carried placards with the message of safe Diwali raised slogans and posters.



Poster making Competition on Say no to Crackers

3) ACTIVITY

POSTER MAKING AND SLOGAN MAKING COMPETITION

A poster and slogan making competition on blood donation was conducted by the N.S.S. unit of SD College. This competition was conducted mainly to create awareness among the students to donate blood and to save one's life. The students participated in it with great zeal. The blood donation poster making and slogan making competition brought out the creative side of the students and sensitize the rest through its display at the college notice boards.



Slogan writing and Poster making on Blood Donation

4) ACTIVITY

VIEWING DOCUMENTARY FILM ON HIV/AIDS

The documentary film was shown to NSS volunteers on HIV (human immunodeficiency virus) and AIDS (acquired immunodeficiency syndrome) to sensitize the students about its precautions and harmful effects. It was presented by Prof. Kavleen Bharej. She made the students acquaint with these death causing viruses that attacks the immune system, the symptoms as well as precautions to deal with by showing a documentary from teach aids namely (<http://m.youtube.com/watch?v=anft5mGkihU>)



Documentary Viewing on Aids awareness

5) ACTIVITY

BLOOD DONATION CAMP



Mini Blood Donation Camp at S.D College Ambala Cantt

A Blood Donation Camp was organized by NSS and Youth Red Cross Society in the college campus on 13th October 2017. The camp was inaugurated by Mr. Rajinder Vij, President Swimming Association, Ambala. In this camp overwhelming number of volunteers has participated with vivacity. About 75 volunteers donated blood in this camp. The blood donors were given jalebi, banana, milk and samosa after donating blood in order to reenergize themselves.

6) ACTIVITY

LECTURE BY DOCTOR VERINDER BHARTI

A lecture by doctor Verinder Bharti, Senior Medical Officer, Blood Bank, Civil Hospital Ambala Cantt on blood donation and its positive effects was given to the students of our college. The students were motivated through the lecture to donate blood. This initiative aimed to convey key knowledge about blood donation being a simple, easy and socially responsible act and its positive impact on the blood donor.



Resource Person sharing views on blood donation camp

7) ACTIVITY

DISTRIBUTION OF PAMPHLETS

The pamphlets were distributed in Naggal Village and nearby areas on HIV/AIDS awareness, Raktdaan Shankaye aur Niwaran etc. to aware the people about it and removing their myths. It



Pamphlet Distribution at Naggal Village

is one of the successful and cost-effective methods adopted by SD College to sensitize the locals about donating blood and being a part of blood donation camps organized by our college in future.

8) ACTIVITY

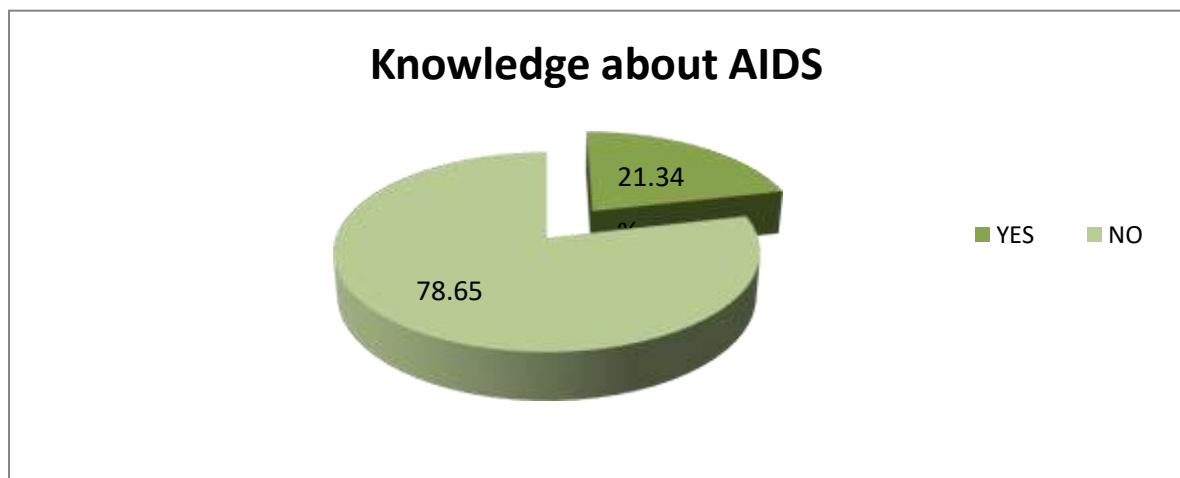
SURVEY ON AIDS AWARENESS

A survey was conducted by SD college NSS unit on AIDS to know whether the people were aware about HIV and AIDS. It was conducted in Naggal village, about 100 people filled in the questionnaire containing questions related to AIDS awareness and knowledge.



Survey conducted at Naggal Village

SURVEY RESULT:



More than half of the population was unaware about the ways to avoid AIDS, the main reason being education but only a negligible number of people were aware about this fact, so there is more need to spread awareness among the people of Naggal Village which can be done through awareness campaigns, rallies etc.

| Response | Percentage |
|----------|------------|
| YES | 16.85% |
| NO | 83.14% |

The overall result of the survey showed that though the villagers were aware about the HIV Aids repercussions but there were certain myths which needs to be addressed in our forth coming activities.

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NSS UNITS

SANATAN DHARMA COLLEGE,

AMBALA CANTT

SPECIAL CAMPING

| | |
|--|--|
| Session: | 2017-18 |
| Name of the College/Institution: | SANATAN DHARMA COLLEGE (LAHORE), AMBALA CANTT |
| Name of the Principal: | Dr. Rajinder Singh |
| Total no. of working NSS units: | 03 Units |
| Total no. of NSS volunteers participated: | 130 (117 students+ 13 Villagers) |
| Name of the adopted village/slum area: | Naggal near Ambala Cantt. |
| Particulars of the Programme Officers: | Dr. Roshan Lal Dhiman Dr. Nirvair Singh Ms. Kavleen Bharej |

ROUTE MAP OF VILLAGE NAGGAL



**GROUP PHOTOGRAPH OF
VOLUNTEERS**



CAMP SCHEDULE:

6:30 a.m.: Wake- up call

6:45 a.m.: Exercise

7:00 a.m.: Bath

7:15 a.m.: Writing of “thought of the Day” in Camp Diary

7:30 a.m.: Departure for Camp Site

8:15. a.m.: Morning assembly at camp site

9:00 a.m.: Physical work/ Experts Lectures on Selected issues/Plantation, submission of camp diary (NSS faculty to check previous day’s report)

12:00 p.m.: Return from physical work; Rest and consolidation of idea generated from field work

12:30 p.m.: Lunch and compulsory rest

2:00 p.m.: Competitions for personality developments/First aid Training/Nukkad Natak on a particular day, finalization of Cultural Program for evening.

3:30 p.m.: Planning of teams, discussion with group leaders.

4:00 p.m.: Afternoon assembly, group leader address

4:15 p.m.: Snacks

4:30 p.m.: Compulsory departure from camp site.

6:00 p.m. (onwards): Evening work, stock checking, Rehearsal for cultural program

7:30 p.m.: Dinner

9:30 p.m.: Camp diary Writing & Self analysis

10:00 p.m.: Go to sleep

DETAILS OF ACTIVITIES:

THEME: “EK KADAM SWACHHTA AUR SWAASTHYA KI AUR”

YOUTH AGAINST DIRT & DISEASE

| DATE | ACTIVITY | IMPACT | SKILLS |
|-------|---|--|--|
| DAY 1 | 1) Inaugural Session at College by Chief Guest. 2) A rally conducted in the village, to make them aware about the seven day camp. 3) Personal Contact with the Sarpanch and the villagers to discuss the problems and requirements needed to them | 1) Ice Breaking Session of the volunteers with the villagers. 2) Understanding of their needs and brainstorming with the possible solutions with minimum resources. | 1) Inter Personal Skill 2)Empathy 3)Logical and Analytical Skill |

| | | | |
|-------|--|--|---|
| | 4) Chalking out the possible help and awareness programme to be conducted in these seven days. | | |
| DAY 2 | 1) Day for first aid training, Road Safety, disaster management etc. programme for the youth and women conducted by District Disaster Management Authority, Ambala 2) Motivational Lecture 3) Essay Writing Competition | 1) Awareness about the importance of first aid knowledge to the villagers and volunteers was undertaken 2) Moral Values were enhanced by motivational lecture | 1) Learning Skills 2) Listening Skills 3) Teaching Skills |
| DAY 3 | 1) Students were grouped in 10 and Cleanliness Drive will be conducted in collaboration with villagers. 2) Volunteers will be divided into groups for the conduct of three kind of Surveys: a) Socio Economic Survey b) Aids Awareness Survey 3) Rally on emerging social issues, to educate the residents of Naggal Village 4) Just a minute talk competition, singing and tomato race competitions were conducted | 1) The inhibition of poor and wealthy was broken, making the volunteers more grounded. 2) Volunteers learnt the importance of cleanliness and its awareness to be disease free. 3) The ground reality was studied by the volunteers about the villager's education level, civic amenities, defecation provision etc. | 1) Leadership Skill 2) Team Building 3) Communication 4) Civic Values 5) Communication Skill 6) Analytical Skill 7) Interpretational Skills |
| DAY 4 | 1) Swachhta Survey and Cleanliness Drive was conducted 2) Guest Lecture by SHO and NGO Roti Bank about different traffic rules and social service schemes. | 1) Volunteers learnt the various rules and schemes given by government 2) The ground reality of water and soil quality was known | 1) Communication Skill 2) Inter- Personal Skill 3) Civic Sense 4) Environment Protection Zeal |

| | | | |
|-------|--|---|--|
| | 3) Soil and Water Sample Collection 4) Poster and Slogan Making Competition | 3) Creative skills were enhanced by poster and slogan making competition | |
| DAY 5 | 1) Rally on Republic Day 2) Competitions on Republic Day 3) Tree Plantation in collaboration with DFO | 1) On this 69 th Republic Day celebration a pledge to become disease free, plantation of trees will help the villagers understand the importance of life | 1) Team work 2) Leadership 3) Empathy 4) Influencing and convincing power |
| DAY 6 | 1) Workshop by NGO Zila Yuva Vikas Sanghthan (Ambala City) on Women Hygiene and Cleanliness will be conducted (Mr. Tarun Kaushal) 2) Rally and Nukkad Natak 3) Best out of waste competition | 1) The volunteers understood with the interaction with NGO the noble cause and associated difficulties. 2) Nukkad Natak on social issues enlightened them 3) The material collected from the village itself helped them to showcase their creative side | 1) Team work 2) Leadership 3) Empathy 4) Influencing and convincing power |
| DAY 7 | 1) Guest Lecture by Chief Guest KUK 2) Valedictory session. 3) Submission of report of surveys to the Sarpanch and local authorities. | 1) The summarization of the seven days and the mutual admiration will be shared. 2) The submission of reports | 1) Leadership 2) Analytical Skill 3) Emotional Quotient |

PROJECTS UNDERTAKEN:

- ✓ Plantation of shady trees in the Community Centre, Shamshan Ghaat ground, Village School & parks.
- ✓ Village Cleanliness drive (Streets, community Centre, Parks, Temples etc.)
- ✓ First Aid Training Programme for the NSS Volunteers and Villagers
- ✓ Village Survey on AIDS, Swachhta and Socio-economic Status
- ✓ Personality development by organizing various competitions i.e. Debate, Declamation, Extempore, Symposium, Poetry Recitation, Poster Making, Slogan Writing, Rangoli Art, anchoring, stage acting, Patriotic Singing etc.
- ✓ AIDS, Cleanliness, Environmental & Social Awareness Rallies
- ✓ Social Awareness through Nukkad Natak
- ✓ Sensitization Programmes for Women regarding their health and hygiene, social and legal rights, traffic rules etc.
- ✓ Awareness Programme for eradication of Casteism, Corruption, Dowry, Female Feticide etc.
- ✓ Motivational Programmes for villagers regarding Blood donation and Literacy

DETAILED REPORT DAY-WISE:

NSS units of Sanatan Dharma College (Lahore), Ambala Cantt organized a special camp in the adopted village NAGGAL from 22nd January 2018 to 28th January 2018. The programmes in special camping were organized in consultation with the NSS Advisory members, Municipal Corporation and villagers of NAGGAL.

1st DAY (22nd JAN)

The forenoon session of the day began with a procession by volunteers of the NSS. This was followed by an inauguration program held at S.D. College (Lahore) Ambala Cantt. The program was started with lightening the lamp and NSS song. The Chief Guest Mr. Bikram Singh Rana **State Liaison Officer (NSS) Chandigarh Administration, U.T., Chandigarh**, was welcomed by NSS programme officers Dr. Roshan Lal Dhiman, Dr. Nirvair Singh and Ms. Kavleen Bharej. He sensitized the NSS volunteers with shocking facts about poverty, illiteracy and unemployment and motivated the volunteers to carry forward social work in their lives in order to bring change in our economy.

The College Principal Dr. Rajinder Singh motivated the NSS Volunteers through his addressing and wished them all the best for these seven days. A rally conducted in the village, to make them aware about the seven-day camp and students were grouped into teams of 11 members (01 leader and 10 volunteers).



RALLY AT NAGGAL VILLAGE

2nd DAY (23rd JAN)

In the dawn of the second day, volunteers started their campaign with a Workshop on road safety which was conducted by Mr. Jitender, District Disaster Management Authority, Ambala to aware the volunteers about the various safety measures to be taken in emergency situations in order to make them adaptive to the situations. In the evening volunteer's groups participated in the Essay writing competition on various social evils. This competition was conducted mainly to create awareness among the students about social evils in the society. The students participated in it with great zeal. The competition was assisted by Ms. Kavleen Bharej. It helped in inculcating the Leadership, Communication Skills and Team Building skills in students. The Essay Writing competition winners were: Vanshika (1612003), Chetna (1612038), Muskan (1612042), Neha (1612040), Dolly (1518003) and Kajal Sharma (1511052). Speech Competition winners Mohit (1513438), Arti (1559120006), Shobha (1512007).



WORKSHOP ON FIRE SAFETY AND FIRST AID AWARENESS

3rd DAY (24th JAN)

The forenoon session of third day began with Socio economic survey which was conducted by the volunteers of the NSS in the village NAGGAL to know the economic and social status of the villagers. Rally was conducted to aware the villagers regarding various social issues like Save Girl child, Save Environment etc. The students of our college took it upon their shoulders to educate the citizens of Naggal Village. Students carried placards with the message related to various social issues. The survey helped in developing the analytical and interpersonal skills among the volunteers. The ground reality was studied by the volunteers about the villagers' education level, civic amenities, defecation provision etc. In the evening Tomato race, singing competition and Just a minute competition was organized to enhance the thought process.

The winners of the Tomato Race were:

1. Nidhi, B. Com (H.S)-II (1616006)

The winners of the Singing competition were:

1. Komal, B. Com-II (1613034)
2. Kartik B.A-II (1611544)

The winners of the Just a minute competition was:

1. Shobha B.com(gen)-III (1512007)



VOLUNTEERS CONDUCTING SURVEYS AND SPREADING AWARENESS

4th DAY (25th JAN)

The subject of fourth day camp was Swachhta survey which was conducted in the village NAGGAL regarding the Cleanliness and Hygiene. Rally on Swachhta was also conducted to make the villagers aware about the same. The students of our college took it upon their shoulders to educate the citizens of Naggal Village. Students carried placards with the message related to Cleanliness and Hygiene. On this very day Guest lecturers were conducted.

The Members of Roti bank – an NGO serving free food at Civil Hospital addressed the students and made them aware about the idea behind Roti bank and motivated them to come forward and help the society in any way they can. SHO, Mahesh Nagar, Ambala Cantt Jaib Singh made the volunteers aware about various sections and rules related to Road and Traffic. Former program officer Dr. Joginder Singh shared his views for NSS and motivated the volunteers to be good human being.

The winners of Poster Making Competition:

1. Sneha, B. Com-II (1612034)
2. Parwinder Kaur, B.A (ENG. HONS.)-II (1618016)
3. Sejal, B. Com (CAV)-I (1637820007)

The winners of Slogan Competition:

1. Shobha, B. Com (Gen)-III (1512007)
2. Gagandeep Kaur, (1558620005)
3. Shobha, B. Com (Gen)-III (1512007)



CLEANLINESS DRIVE AT VILLAGE AND SPREADING AWARENESS AT GOVT. SCHOOL

5th DAY (26th JAN)

On 26th January 69th Republic day 2018 was celebrated. This day was full of events. It was mainly dedicated to Republic Day and Plantation Program. Volunteers participated with great zeal and enthusiasm in Poetry and Mono Acting competition. Volunteers organized a street play or say Nukkad Natak to spread awareness regarding the Superstition, the street play was very successful to inculcate the Environment protection zeal trees were planted in schools, park and Shamshan Ghaat in the village Naggal. Volunteers collected about 200 saplings from nearby Nursery and brought them into the village and started planting. The volunteers formed several groups and planted the saplings in the schools and Shamshan Ghaat.

The soil and water samples were also collected from different areas of the village in order to check the availability of clean drinking water for their consumption. Soil samples were collected from farming area to know the quality and fertility. The following competitions were conducted to develop the personalities of the volunteers

The winners of Poetry Competition

1. Kajal Sharma, B.A-III (1511052)
2. Shilpi, B.Com-II (1612032)
3. Mohit, B.A-III(1513438)

The winners of Mono acting Competition

1. Parwinder, B.A (ENG. HONS.)-II (1618016)
2. Shubham, B.A-III(1511557)



TREE PLANTATION AT VARIOUS AREAS

6th DAY (27th JAN)

The day started with the Speech competition in which students expressed their views on different social issues and developing stage confidence and communication skills. Mr. Tarun Kaushal, founder of Zila Yuva Vikas Sanghathanan NGO was the guest for the day, who shared his journey as a NSS volunteer of the very college to the starting of an NGO and help the needy. In his address he motivated the students to contribute to social welfare and talked about women empowerment. Best out of waste competition was conducted to teach students the use of waste resources available in the surroundings and their efficient utilization.

The winners of Best out of waste Competition:

1. Rohit, B.A-III (1511548)
2. Yashoda, B.A-III (1511039)
3. Rakshita, B. Com (Gen)-III (1512010)

7th DAY (28th JAN)

The seventh day was the valedictory day of the camp. On this day the winners are appreciated by the certificates awarded by Chief Guest Dr. Dinesh Singh Rana, Coordinator NSS, KUK. In his addressing he told the changing trends in NSS work over the period of time and applauded the volunteers for their efforts and systematic working. The program officers addressed the gathering and explained about various service activities undertaken during the period of stay in the Village, the difficulties faced and appreciated the Volunteers and thanked the Village Authorities for their support. The day ended with Rangoli Competition on peace and unity showcasing unity in diversity with colors.



RECOMMENDATIONS:

- ✓ Proper drainage facilities are required as the village has kacchi naali for disposal of water and waste, which gives rise to many diseases.
- ✓ It is recommended that more street lights (Solar Panel) should be installed so that night vision is clear and energy is saved.
- ✓ The village is well equipped with segregation of waste at source by the efforts made by Municipal Corporation but more awareness is needed in this matter.
- ✓ More health awareness campaigns need to be conducted to make the villagers aware about the myths and remedies about certain diseases like AIDS, Cancer, and Diabetes etc.
- ✓ Through Socio-Economic Survey it was concluded that the education level of the respondents are less giving rise to the illiteracy level. Efforts should be made to reduce the dropout rate and motivate them to join schools.
- ✓ Volunteers educated the villagers about Swachhta App an initiative conducted by Haryana Government, its applicability and usage should be traced for future Updation.

NEWS CUTTINGS:

7 दिवसीय एन.एस.एस. कैंप सम्पन्न



प्रस्तुति देते स्वसंसेवक।

(वर्मा)

अंबाला छावनी (आरती) : सनातन धर्म कालेज के राष्ट्रीय सेवा योजना इकाई द्वारा सात दिवसीय शिविर अंबाला छावनी के गांव नगमल में आयोजित करवाया गया। शिविर के आखिरी दिन कुरुक्षेत्र विश्वविद्यालय से एन.एस.एस. समन्वयक डा. डी.एस.राणा मुख्यातिथि के रूप में उपस्थित रहे। उन्होंने स्वयंसेवकों के कार्यों की सराहना की और कहा कि समाज की उन्नति के लिए हम सभी में सकारात्मक ऊर्जा होना अतिआवश्यक है जिससे हम स्वच्छ समाज व राष्ट्र की परिकल्पना सकेगे। पोस्टर मेकिंग, स्लोगन साईटिंग, निबन्ध लेखन प्रतियोगिताएँ हुईं जिसमें स्वयं सेवकों ने बड़-बढ़कर भाग लिया तथा प्रथम, द्वितीय व तृतीय स्थान ग्रहण करे। गांव की मिट्टी व पानी का नमूना संग्रह करके परिक्षण किया गया तथा मिट्टी को उपजाऊ मिट्टी बनाने के विभिन्न तरीके बताए गए।

सुपुष्पा, जयपुर और चंडीगढ़ से

राष्ट्रीय सेवा योजना इकाई के 7 दिवसीय शिविर का हुआ समापन



अंबाला छावनी 29 जनवरी (आर पी मित्तल) - सनातन धर्म कालेज के राष्ट्रीय सेवा योजना इकाई के 7 दिवसीय शिविर 22 से 28 जनवर तक गांव नगमल में आयोजित करवाया गया। इस शिविर के आखिरी दिन कुरुक्षेत्र विश्वविद्यालय से एन एस एस समन्वयक डा. डी एस राणा मुख्यातिथि के रूप में उपस्थित रहे। इस शिविर में प्राचार्य डॉ. राजेंद्र सिंह, प्रवक्ता डा. नवीन गुलाटी व कार्यक्रम अधीक्षक डा. रोशन लाल, डा. निरंजन सिंह तथा प्रो. कालसीन भारेल ने स्वयं सेवकों के साथ मिलकर गांव समुदायिक केंद्र व विभिन्न इकाईयों पर लगभग 200 पौधारोपण किया। स्वयंसेवकों द्वारा स्वच्छता अभियान चलाया गया। विभिन्न अवसरों के अवसरों द्वारा स्वयंसेवकों की भोजन वितरण सेवाओं की सराहना की गई। धान मोहल शिविर से एस एस ओ अजैब सिंह ने बड़क व सुरक्षा संबंधित नियमों को अवगत कराया। पोस्टर मेकिंग, स्लोगन साईटिंग, निबंध लेखन प्रतियोगिताएँ हुईं जिसमें प्रतिभागियों ने प्रथम, द्वितीय व तृतीय स्थान प्राप्त किए। गांव की मिट्टी व पानी का नमूना संग्रह करके परीक्षण किया गया तथा मिट्टी को उपजाऊ मिट्टी बनाने के विभिन्न तरीके बताए गए। कार्य संपन्नता डा. जोगिंद सिंह व डा. पंकज ने स्वयंसेवकों की सराहना करते हुए उन्हें इसी प्रकार सामाजिक कार्यों में बड़-बढ़कर भाग लेने के लिए प्रेरित किया तथा अंत में सल्लाह देकर 7 दिवसीय शिविर समापन पूर्ण किया गया।

एसडी कॉलेज में सात दिवसीय शिविर का समापन

बलरघूर, जयपुर



सनातन धर्म कालेज के राष्ट्रीय सेवा योजना इकाई द्वारा सात दिवसीय शिविर 22 से 28 जनवरी तक गांव नगमल में आयोजित करवाया गया। इस शिविर के आखिरी दिन कुरुक्षेत्र विश्वविद्यालय से एन एस एस समन्वयक डा. डी एस राणा मुख्यातिथि के रूप में उपस्थित रहे। उन्होंने स्वयंसेवकों के कार्यों की सराहना की और कहा कि समाज की उन्नति के लिए हम सभी में सकारात्मक ऊर्जा होना अतिआवश्यक है जिससे हम स्वच्छ समाज व राष्ट्र की परिकल्पना सकेगे। पोस्टर मेकिंग, स्लोगन साईटिंग, निबंध लेखन प्रतियोगिताएँ हुईं जिसमें स्वयं सेवकों ने बड़-बढ़कर भाग लिया तथा प्रथम, द्वितीय व तृतीय स्थान ग्रहण करे। गांव की मिट्टी व पानी का नमूना संग्रह करके परिक्षण किया गया तथा मिट्टी को उपजाऊ मिट्टी बनाने के विभिन्न तरीके बताए गए।

अंबाला शिविर के अंत में स्वयंसेवकों को दिया सम्मान।

कालीन भारेल ने स्वयं सेवकों के साथ मिलकर गांव समुदायिक केंद्र व विभिन्न इकाईयों पर लगभग 200 पौधारोपण किया। स्वयंसेवकों द्वारा स्वच्छता अभियान चलाया गया। विभिन्न अवसरों के अवसरों द्वारा स्वयंसेवकों की भोजन वितरण सेवाओं की सराहना की गई। धान मोहल शिविर से एस एस ओ अजैब सिंह ने बड़क व सुरक्षा संबंधित नियमों को अवगत कराया। पोस्टर मेकिंग, स्लोगन साईटिंग, निबंध लेखन प्रतियोगिताएँ हुईं जिसमें प्रतिभागियों ने प्रथम, द्वितीय व तृतीय स्थान प्राप्त किए। गांव की मिट्टी व पानी का नमूना संग्रह करके परीक्षण किया गया तथा मिट्टी को उपजाऊ मिट्टी बनाने के विभिन्न तरीके बताए गए।

प्राचार्य ने किया पौधारोपण

अंबाला

छावनी, 27 जनवरी

(जतिन):

सनातन धर्म कालेज के प्राचार्य डा. राजेंद्र सिंह ने कॉलेज प्रांगण में पौधा लगाकर अपना जन्मदिन मनाया।

प्रवक्ता डा. नवीन गुलाटी ने बताया कि प्राचार्य अपने जन्मदिन पर पौधा लगाकर हर साल एक हजार पौधे



कॉलेज के प्रिंसिपल डा. राजेंद्र सिंह कॉलेज परिसर में पौधारोपण करते हुए।

(चौधरी)

लगाने का लक्ष्य रखते हैं।

उनका कहना है कि पौधे लगाकर हम पर्यावरण को सुदृढ़ रखने में अपनी भागीदारी निभा सकते हैं।