

NSS REPORT 2017-2018

NSS Units of the Govt. Degree College, Udhampur organized the following activities during the session 2017-18

Inter District Symposium.

22-04-2017: Govt. Degree College, Udhampur in collaboration with **Gandhi Global Family** organized an inter district symposium on the topic "**Truth & Non-Violence**". On this occasion Padam Shri S.P Verma, Gandhi Global Family was the Chief Guest. Earlier the function begins with lighting of lamp by the chief guest & other dignitaries. The students drawn from different colleges expressed their views over the topic & concluded that Truth & Non-Violence is the only solution to all the problems in the world They appealed the gathering to adopt the Gandhian principles in their life & also promote to maintain communal harmony in the society. On this occasion, Principal of the college Prof. S.S Bhalwal also addressed the gathering of students and advised them to spread the message of brotherhood among all the sections of the society. The Chief Guest in his address appreciated the speakers, Principal & Staff for organizing such healthy activities in the college. He also explained the objective and mission of Gandhi Global Family. He also conferred United Nations Souvenir to the Principal for his outstanding contribution in this field. Prof. Ashiq Malik, representative of Hr. Edu. Department also spoke on this occasion. Chief guest also distributed Prizes among the winners. Mr. Yash Paul of GDC Ramnagar, Shvina Akhter and Akhter Hussain Azad of GDC Udhampur bagged 1st, 2nd & 3rd prizes respectively. Three Consolation prizes were also given. Prof. Rakesh Kumar Gupta HoD Zoology, Dr. Rippy Bawa & Dr. Shubhra Jamwal were the jury members. Prof. Suresh Kumar Dogra & Dr. Udhay Bhanu (NSS Programme Officers) conducted the proceeding and proposed the vote of thanks respectively. Besides social activists, Faculty of college & large no. of Nss volunteers and students were also present.

Ambedkar Jayanti Celebrations

11-04-2017: In connection with the celebrations of 126th birth anniversary of Bharat Ratna Dr. B.R Ambedkar, the NSS Units and Dept. of Political Science of Govt. Degree College Udhampur organized a programme in the college in which staff members and students paid floral tribute to Baba Sahib Dr. B.R Ambedkar. NSS Programme Officers and few volunteers expressed their views and highlighted the contribution of Baba Sahib Dr. Bhim Rao Ambedkar for the upliftment of weaker sections of the society, women and labor class. They also asserted that there should be no discrimination on the basis of caste, color, creed and gender in the society. Besides Dr. Udhey Bhanu & Prof. Suresh Kr. Dogra, NSS Programme Officers, Prof. Raj Kumar, Prof. Romesh Kr. Atri, Prof. Kamal Kishore, Dr. Romesh Sachdeva and other faculty members were also present.

31-08-2017: Organized An essay writing competition

An essay writing competition has been organized on the topic “**What can I do for clean a india**” under the “**SWACHH SANKALAP SE SWACHH SIDHI, New India Movement (2017-2022)**” by Hon’ble Prime Minister of India Sh.Narander Modi. Worthy Principal of this college Prof. S.S. Bhalwal was the chief guest on occasion. Wonderful tips have been advised to the NSS volunteers by the chief guest. About 50 volunteers have participated in essay writing competition and evaluated by prof. Anuradha Kalsi Dept, of English Prof Pooja Dhiman Dept. of Hindi & Dr.Yash Raina Dept.of Dogri .After evaluation Mr Priyatosh Bsc 1st sem, Vishal Singh Katoch BA. Sem 3rd & Samradhi Sharma Bsc sem 3rd clinched the 1st ,2nd & 3rd prize respectively. Pranav Sharma of Bsc sem 1st & Vishal Sharma B.A sem 3rd secured the first and second consolation prize respectively.All the programme has been proceeded under the supervision Prof. Samosh Kumar and Prof. Sunil singh barhyan NSS programme officers.

05-09-2017 : Teachers Day Celebrations:

The birth anniversary of Dr. S RadhaKrishanan has been commemorated as he was one of the 20th Century's greatest and most respectful Indian thinker. The programme started with the lightening of ceremonial lamp followed by Guru Vandana by the group of Suraj Dogra & Ram singh Nss volunteers "**Guru agya mein Nis Din Rahiye , Jo Guru Chahey sohi-sohi kariye**". Prof. Sunil singh Barhyan NSS programme officer read out the welcome address. Thereafter a symposium on the topic "**The role of teacher in society**" has been proceeded. About Fifteen speakers/participants have extended their own views on the topic role of teacher to build an ideal society. Many of the students highlighted the major & vital role & contribution of a teacher/ Guru in nurturing and developing the harmonious development of the students. Prof S. S. Bhalwal, Principal of this college expressed and extended a inspiring lecture on the life and contributin of Dr. S. Radhakrishanan and also appreciated & encouraged to the staff & volunteers for their efforts in organizing the such type of events. A wonderful cultural programe was also presented by the Nss volunteers ,in which a Classical Vocal Recital recited by Suraj Dogra on the occasion. He recited Raaga "Bhimplasi". Prof Romesh Kumar Atri, Dr.Kamaldeep Kour & Prof Pooja Dhiman acted as jury members for symposium. Prizes were also given away to Akhter Hussain Azad of BA sem V, Sarita Devi of Bsc V ,Sem who have secured the 1st ,2nd, and 3rd prize respectively. Other participants who have performed the cultural programe and spoken over the topic were also honoured with a Mementos for their inspiration. A large number of Volunteers and students of this institution witnessed the occasion. Programme has been concluded with the vote of thanks by Prof Samosh Nss Programe officer followed by a Pledge for "Swachatta Hi Sewa Hai" i.e

"MAIN SHAPATH LETA HOON KI MAIN SWACHHTA KE PRATI SAJAG RAHOONGA AUR USKE LEEYE SAMYA DOONGA. HAR VARSH 100 GHANTEY YANI HAR SAPTAHA DO GHANTEY SHRAM DAAN KAR KE, SWACHHTA KE IS SANKALPA KO CHARITARTH KAROONGA ,MAIN NA GANDGI KAROONGA AUR NAHI KARNE DOONGA, SABSE PEHLEY MAIN SWAYAN SE, MERE PARIVAAR SE, MERE MUHALLEY SE, MERE GOUN SE EVAM MERE KARYASTHAL SE SHURUAUT KAROONGA. MAINYEH MANTA HOO KI DUNIAN MEIN JO BI DESH SWACHH DIKHTE HAIN, USKA KARAN YEH HAI KIVAHAN KE NAGRIK NAHI KARTE HAIN AUR NAHI KARNE DETE HAIN. MAI SHAPATH LETA HOON KI MAIN SWACHHTA KE PRATI SAJAG RAHOONGA"

18-09-2017: Organized Nation-wide Campaign Swachhta He Sewa Hai under “ Swachh Bharat Abhiyaan”

The NSS and NCC Units of Govt. Degree College Udhampur started Celebration of Nation-Wide Sanitation Campaign “Swachhta He Sewa Hai”. The programme was started under the supervision of Prof. S.S. Bhalwal, Principal of the College. The Programme was initially started with the suggestions of students about most cleanest and most dirtiest places of District Udhampur. Various NSS/ NCC Volunteers participated and gave their innovative ideas by writing on the Banner fixed on the wall to be improve the sanitation of District Udhampur and took the message of cleanliness across the length and breadth of the Udhampur Area. Various NSS/NCC Volunteers were awared about the Swachh Bharat Abhiyaan by Dr. Udhey Bhanu. NSS Programme officers: Prof. Samosh Kumar and Prof. Suneel Singh Barheyan also started a Three Days Cleanliness drive in the College by involving large number of NSS/NCC volunteers. The drive was started from the College Vatika. Capt. Kamal Kishore, NCC Officer motivated the students about the role of NSS/ NCC volunteers that how to contribute in “Swachhta He Sewa Hai” programme (15th of September to 2nd October, 2017). Prof. Romesh Kumar Atri, Prof. Suresh Kumar Dogra, Dr. Ved Kumar, & Dr. Anil Khajuria were also present in the programme. The programme will be continued upto 2nd of October, 2017 (Gandhi Jayanti).

20-09-2017 Organised One week special summer camp under “Swachhta He Sewa Hai “ Swachh Bharat Abhiyaan”

One week special summer camp has been organised by NSS units of this college. w. e.f. 20th September to 27th of September 2017. in wich a cleanliness drive has been initiated by the Nss volunteers. A large number of volunteers have participated interestingly & shown their dedication about cleanliness environment under “**Swachh Bharat Abhiyaan**”. In this drive various places of this college e.g. college vatika, college ground, backyards of the college

campus, corridors & classrooms of the college have been cleaned out by the volunteers. The camp has been inaugurated by worthy Principal of the college Prof. S.S. Bhalwal. On the conclusion day of the camp an awareness campaign among all the students of the college initiated that how we can keep clean our campus and our surroundings. whole proceedings of the camp has been supervised by both NSS programme officers Prof Samosh and Prof Sunil Singh Barhyan.

25-09-2017: Organised General Orientation Programme on Role of NSS Volunteers in “Swachhta He Sewa Hai”

The NSS Units of Govt. Degree College Udampur organized a General Orientation Programme on the topic “Role of NSS Volunteers in connection to “Swachhta He Sewa Hai”. The programme was started under the supervision of Dr. Udhey Bhanu, HoD Mathematics who delivered a lecture about the general role of NSS Volunteers to the society. Prof.Suresh Kumar Dogra explained about various activities to be covered under NSS Programme with special focus to the ongoing “Swachhta He Sewa Hai” programme. A large number of NSS Volunteers participated in the said programme and also contributed in the cleanliness drive in the college campus. The programme was organized under the guidance of Prof Samosh & Prof. Suneel Singh Barheyana, NSS Programme Officers.

Wall Painting Competition

28-09-2017: NSS volunteers have participated in wall painting competition at District Development Commissioner complex organised by District administration, Udampur under the programme Nation-Wide Sanitation Campaign “**Swachhta He SewaHai**”. About ten volunteers interestingly participated in this wall painting competition under the supervision of prof Samosh and prof Sunil Singh, NSS Programme Officers.

02-10-2017: NSS volunteers have participated in symposium on Gandhi Jayanti and prize distribution function of wall painting competition at District Development Commissioner office organised by District administration, Udhampur under the programme Nation-Wide Sanitation Campaign “**Swachhta He Sewa Hai**”

09-10-2017:- NSS volunteers have participated in two days inter collegiate workshop on “**Relevance of Gandhian Philosophy in contemporary India**” organised by Department of History and under Dean students Welfare and Humanities held at Govt. Degree College, Ramnagar on 9th and 10th of October 2017.

09-10-2017: Organized a rally for cracker free Diwali

A rally has been organized by Nss units of this college on 17-10-2017 in connection with festival of lights **Diwali 2017**. A large number of NSS Volunteers have participated in this rally. The main motive of the rally was to get awareness among the general masses to celebrate the cracker free Diwali festival. The rally was Flagged off by the Principal of this college Prof S.S.Bhalwal. rally was started from Salthia chowk by Ramnagar Chowk covering all the main market and concluded at Town hall of Udhampur under the supervision of Prof Samosh Kumar and prof Sunil Singh Barhyan, NSS Programme Officers.

28-10-2017 : The rally of NSS volunteers was Flagged off by the worthy Principal of this college Prof(Dr.) S. K. Magotra of this college to participated in a Rally organised by District Election Cell Udhampur.(SVEEP) to get the awareness among the general masses to maximum participation in poll. A large number of Nss volunteers of colleges and schools from entire District Udhampur. Rally was Flagged off by District Development Commissioner,Udhampur from Salthia chowk by Ramnagar Chowk covering all the main market and concluded at Town hall of Udhampur.Prof Samosh Kumar and prof Sunil Singh Barhyan.,NSS Programme Officers also accompanied the volunteers.

31-10-2017: Celebrated the National Unity Day

NSS and NCC Units of this College celebrated the National Unity Day. The Principal of the College Dr. S.K. Magotra along with staff and students paid floral tribute to the Iron Man of India Sardar Vallabhbhai Patel. Dr. Magotra , Dr. Udhey Bhanu, HoD Mathematics and Prof. Suresh Kumar Dogra highlighted the contribution of 1st Home Minister of India in their respective speeches. On the occasion NSS Volunteers namely Mr. Vikas Kumar, Mr. Pardeep Singh and Ms. Shivi Badyal, NCC Cadet also presented their views. The programme concluded with the taking of pledge for the Unity of the Nation i.e

“I solemnly pledge that I dedicate myself to preserve the unity,integrity and security of the Nation and also strive hard to spread this message among my countrymen. I take this pledge in the spirit of unification of my country which was made possible by the vision and actions of SardarVallabhbhai Patel. I also solemnly resolve to make my own contribution to ensure internal security of my country”

Besides, Prof. Kamal Kishore, NCC Officer, Prof. Samosh Kumar, NSS Officer and Prof. Sanjay Kumar, large gathering of NSS Volunteers and NCC Cadets, Students participated in the Programme. At the end programme has been concluded with National Anthem.

24-11-2017:-Observed Communal Harmony Campaign

The NSS Units of Govt. Degree College Udhampur Observe Communal Harmony a campaign from 19th to 25th November 2107 and celebrated the flag Day on 24th Nov. 2017 of the National Foundation for Communal Harmony (An autonomous organization under the Ministry of Home Affairs, Govt. of India) in which the Nss volunteers collected and contributed an amount of Rs 9700/ (Nine thousand Seven Hundered) as Donation on voluntary basis.

25-01-2018:- Observed National Voter's Day

Electoral Literacy Club and NSS Units of GDC Udhampur organized a symposium on the role of Voter's in strengthening Democracy to mark the commemoration of National Voter's Day in which Prof.(Dr). S.K. Magotra, Principal of this College was the Chief Guest while Dr.Udhey Bhanu, HoD Mathematics presided over the function. Six student speakers made

their oral presentations on the theme and highlighted the importance of the voters in refining the democratic form of government.

Earlier, Principal Dr. Magotra, addressed the gathering in the college conference hall where in he exhorted upon the students to act as messengers for spreading awareness among masses regarding registration as voter so that they may use their right to vote, in the ensuing Panchayat Elections in the state and appreciated the organizing clubs for organizing such kind of activities in the college. Chief guest also presented mementoes to the student speakers on this occasion Mr. Suraj of B.A.Sem.VI enthralled the audience by presenting on theme through his melodious voice. Prof. Suresh Kumar Dogra proposed the formal vote of thanks on the occasion while Prof. Samosh Kumar, NSS Officer of the College coordinated the program. Among others who were present on the occasion include Prof(Dr). Anil Khajuria, Prof. Romesh Kumar Atri, Prof.. Rajesh Kotwal, Prof. Kamal Kishore, Prof. Raj Kumar and Prof. Hans Raj Sharma.

19-03-2018:- One Day Worksop on Yoga

NSS Units of Govt. Degree College Udhampur organised one day workshop on "Importance of Yoga in our daily life. in which Prof.(Dr). S.K. Magotra, Principal of this College was the Chief Guest while Dr. Udhey Bhanu, HoD Mathematics presided over the function. At the beginning of the programme Prof Suresh Kumar Dogra introduced the resource person Mr. Yash Paul Khajuria (A well experienced and renowned Yoga instructor) from Patanjali Yoga Peeth. Resource person expressed in detail on the importance of Yoga in our day to day life. He said that Various types of Aasanas of Yoga are very helpful to cure the chronic diseases and keep away from stress. He demonstrated and practically performed the various types of Yoga Aasanas like Suryanamaskar, Kapalbharti, Chakrasan, Bhujangasan, Sheeshasan, Bajrasan, Lome-vilom etc. A large number of NSS/NCC volunteers participated in the workshop. Dr. Udhay Bhanu HOD Mathematics proposed the formal vote of thanks on the occasion while Prof. Suresh Kuamr Dogra, Prof. Samosh Kumar, Dr. Anita Sharma, of the College coordinated the program. Among others, Prof. Romesh Kumar Atri, Prof. Kamal Kishor, Prof. Ved kumar and Prof Rajan Bharti who were present on the occasion.

Contributed the Donation for Blind

26-03 2018: - The NSS Units of Govt. Degree College Udhampur collected an amount of **Rs. 2760/= (Two Thousand seven hundered sixty)** as Donation on voluntary basis and contributed to National Association for Blind Jammu and Kshamir.

07-04-2018:-organized awareness lecture on ‘General Health Issues’

07-04-2018: ‘On the occasion of World Health Day, NSS units of Govt. Degree College Udhampur organized an extension lecture on the theme ‘General health Issues’ and their mitigation’ in which Dr.Arun Mahajan ,a reknown physician of District Udhampur was the resource person. Starting with the tips for good health like vegetarian diet, fresh air, adequate exercise ,avoiding junk food and making yoga as a part of life, for staying healthy ,Dr.Mahajan, dealt in details on various life threatening diseases, erupting up from our faulty life style like Diabetes, BP, Obesity,Stress,Insomnia,Cancer etc and illustrated that how simply by changing our routine life style, we can evade these health related issues.He also emphasized on making some ‘yoga’ and ‘prayanamas’ as part of our routine exercises. He said,’Laughter is a divine medicine which keeps our soul health. He advised the audience to use fresh fruits, vegetables, milk, and Desi Ghee instead of packed and preserved food and stay away from health evils like alcoholism, drugs and tobacco and other intoxicants.

Dr.Vijay Raina, Dy.Superintendent District Hospital, Udhampur also spoke on the theme and said that we can reduce infections by 50% simply by washing hands before taking foods. He laid stress on playing our part in National SBM and ODF missions. Earlier the programme began with the lighting of lamp and welcome address by the Principal Prof(Dr). S.K. Magotra and wherein Prof. Magotra welcomed the resource persons and highlighted the importance of such awareness programme for the public welfare. He said that students can be the best messenger for spreading awareness among the masses on such important issues. Dr.Anita Sharm, NSS Officer of the college coordinated the proceedings of the programme and Prof.Samosh Kumar NSS officer, proposed the formal vote of thanks on the occasion.

Prominent among those present on the occasion include Dr. Udhey Bhanu Vice Principal, Prof. Romesh Kumar Atri, HoD Botany, Prof. Suresh Kr.Dogra, Prof. Kamal Kishore, Dr.Vipul Chalotra, and NSS volunteers..

NSS PROGRAMME OFFICERS

- 1. Dr. Anita Sharma**
- 2. Prof Samosh Kumar**

**PRINCIPAL
GOVT. DEGREE COLLEGE,
UDHAMPUR**

