

NSS REPORT 2018-2019

NSS Units of the Govt. Degree College,Udhampur organized the following activities during the session 2018-19

Organized one day Induction programme for NSS Programme Officers

12-05-2018:- Govt Degree College,Udhampur organized one day Induction programme for the NSS Programme officers from the various colleges of the District udhampur,in which Principal of the College Prof.(Dr.)S.K.Magotra addressed and sensitized to the NSS Programme officers and Principals from the various colleges of the District udhampur about various activities of NSS. He also revealed that Monthly Progress Report should be submitted to the concerned authorities before 25th of every month.Dr. Vishav Raksha Nss coordinator , University of Jammu was the special guest on the occasion. Principals from Govt Degree college Majalta was also present .NSS P Os from various colleges who have attended the programme,

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 insteadof 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..

Organized one day Workshop on Project crossbow Miles launched by Miss Srishti Bakshi

on 16 April 2018:-NSS units of Govt. Degree College (Boys), Udhampur organized one day Workshop on “Project crossbow Miles launched by Miss Srishti Bakshi for Women safety and empowerment through Digital and Financial literacy” Miss Srishti Bakshi D/o Lt Gen AK Bakshi Retd) as she has been selected as Champion for change 2017 with the United Nation’s Empower Women Initiative. She commenced her walk from Kanyakumari to Srinagar on foot and she has conducted a workshop with NSS Volunteers of this college and

students from the Army Public School, Senior Wing, Udhampur to educate the environment. Principal of the College Prof.(Dr.)S.K.Magotra was the chief guest of the occasion. Dr. Magotra also addressed the NSS volunteers in the context of such a meaningful workshop. Prominent among those present on the occasion include Dr. Udhey Bhanu Vice Principal, Prof. Romesh Kumar Atri, HoD Botany, Dr. Anita Sharma NSS programme officer, Prof. Sunita Dept. of Chemistry, Prof. Samosh Kumar NSS programme officer, Prof. Shonima Dept. of Sociology, Dr. Vipul Chalotra, HoD Commerce, Dr. Rippy Baba, Dr. Shubra Jamwal Dept. of English.

Observance of “Road Safety Week”

On 25-04-2018: Two NSS Volunteers of the college, Mr. Vikas Kumar and Abdul Aziz of B.A Sem.6th of Govt. Degree College Udhampur have participated in District level Symposium on **Road Safety covering some important issues i.e how we can ensure Safety on Road, Causes of Road accidents/remedies and role of individual Road users in the field of Road Safety.** Both volunteers secured 1st position.

Organized a campaign programme to participate in SBSI 2018

On 14 May 2018: NSS units of Govt. Degree College (Boys), Udhampur organized a campaign among the NSS volunteers to enroll themselves and participation of maximum number of volunteers in Swachh Bharat Summer Internship 2018, part of **Swachh Bharat mission**, one of the flagship programmes of a Govt. of India aimed at making cleanliness drive as a national mission with wider participation. In which Prof. Samosh Kumar NSS programme officer (Nodal Officer of the College for SBSI 2018) motivated the volunteers for enthusiastic participation. Principal of the College Prof.(Dr.) S.K.Magotra also addressed and sensitized the NSS volunteers. Thereafter the process of online registration of the volunteers on the portal of SBSI has been started. Around 62 interns as team/individual have registered for the same and started the internship in their respective villages.

Observed the World Environment Day

On 5th of June 2018: NSS Units of Govt. Degree College Udhampur observed the **World Environment Day** and organized a special lecture by Prof. Poonam Kundan deptt. of Environment Science on the “Topic Solid Waste management”. In which Prof. Kundan focused on solid waste generation and its causes, effects and management. She also focused on 3Rs (Reduce, reuse, recycle) and some other issues related to the problem of plastic waste in the marine ecosystem. Principal of the college Prof.(Dr.) S.K. Magotra was the chief guest on the occasion in which Prof. Magotra welcomed the resource person and highlighted the importance of such an awareness programme among the youths of the nation. Dr. Anita Sharma, 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, and NSS volunteers.

Observed the World Blood Donor Day

On 14th of June 2018: NSS Units of Govt. Degree College Udhampur observed the **World Blood Donor Day in collaboration with Red-Ribbon club of the college.** Principal of the college Prof.(Dr.) S.K. Magotra was the chief guest on the occasion in which Prof. Magotra addressed the students and NSS volunteers about the importance of World Donor Day. Various volunteers and students of the college spoke over the occasion. Prof. Hans Raj Sharma, deptt. of Physics and convenor of Red-Ribbon club welcomed the gathering and spoke over the relevance of the day. He revealed that the importance of the blood in the human body and

formation of the blood cannot be possible manually and it is possible only by donating blood. Donation of the blood is only main source of the blood. Prof Hans Raj Sharma, deptt. of Physics and convenor of Red- Ribbon club and Prof Samosh Kumar, 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. At the end of the programme refreshment has been distributed among the participants.

4th International Yoga Day celebrated

4th International Yoga Day celebrated at GDC Udhampur **21-06-2018**: 4 th International Yoga Day was celebrated today at Govt. Degree College, Udhampur in the College Vatika from 1900-1940 hrs, where a total number of 168 NCC/NSS Cadets from GDC Udhampur, GCW Udhampur, GHSS Boys & Girls, APS T. Morh, APS Dhar Road, KV No. 1, GHSS Garnai, GHSS Tikri participated along with their respected ANO's/ caretakers and PTI's. Prof (Dr). S.K. Magotra, Principal Govt. Degree College Udhampur graced the occasion as the Chief Guest and was welcomed with bouquet presentation. He addressed the gathering in his speech where he said, "Yoga is an invaluable gift of India's ancient traditions. It embodies unity of mind, body and soul, and cadets being young and energetic should make it a part of their daily routine for a holistic approach towards health and well being". Dr. Udhey Bhanu, HoD Mathematics, Prof. Romesh Kumar Atri, Prof Kamal Kishore, Venue Incharge, Prof. Samosh Kumar, Dr. Anita Sharma, Prof. Kamaldeep Kaur, Capt. Arunesh, were also present. Mr. Rajesh Vohra and Ms. Ekta from APS, Udhampur were the Yoga Instructor for the day.

Observed "Swachhta Pakhwada"(Fortnight) from 1st to 14th August 2018.

NSS Units of Govt. Degree College Udhampur observed the "Swachhta Pakhwada"(Fortnight) from 1st to 14th August 2018 and conducted the various activities during the observance of Swachhta Pakhawada. Nss volunteers of the college participated interestingly in this fortnight.

Inaugural seminar on 'Swachh Bharat Pakhwada'(Fortnight)

On August 1st, 2018:-NSS units of Govt. Degree College (Boys), Udhampur organized one day seminar on issues of 'Swachhta' in the college, in which Dr. Udhey Bhanu Principal of the college was the chief guest and Prof. Suresh Kumar Dogra (Former NSS Programme officer of the college) acted as main speaker. Large number of students of the college actively participated in the seminar and took 'Swachhta Shapath'(oath). Prof. Dogra in his address to the students stressed upon the need of cleanliness in and around the college campus to create desired ambience for the effective teaching learning process in the college. Dr. Udhey Bhanu also exhorted upon the students to play their role in spreading awareness among the masses on Bharat Swachhta Abhiyan started under the stewardship of Hon'ble Prime minister of India. Referring to importance of the personal hygiene, Dr. Bhanu said unless and until we are physically fit we cannot exploit maximum of our potential in our march towards our goal of life. Programme concluded with the 'Swachhta Shapath'(oath). Prof. Samosh Kumar NSS programme officer of the college coordinated and conducted the proceedings of the seminar. Pominent among the others who participated in programme include Prof. Kamal Kishore, Prof. Sanjay Kumar, Prof. Pardeep Kumar

On August 2nd to 5th 2018: In the second step of Swachhta Pakhwada'(Fortnight) NSS Units of Govt. Degree College Udhampur organized a cleanliness drive in the college campus. Nss volunteers cleaned the various parts of the college, like lawns, playground, classrooms laboratories multipurpose hall and also sensitized the students of the college to keep the campus clean.

On August 6th to 10th 2018: In the third step of **Swachhta Pakhwada'(Fortnight)** Volunteers of the NSS Units of Govt. Degree College Udhampur visited at adopted village and taken up door to door to campaign to make the local masses aware about the cleanliness in their surroundings. During the campaign the main focus was on Open Defecation Free(ODF) village. Villagers also convinced to construct the toilets in their premises. Volunteers have also devoted for intensive cleaning and involved the local people in cleanliness drive to understand the dignity of labour.

On August 11th to 14th 2018:- In the last culmination of **Swachhta Pakhwada'(Fortnight)**, Volunteers of the NSS Units of Govt. Degree College Udhampur visited to the nearby bus stop and dedicated their services to clean the area and sensitized the passengers to keep the bus stop clean. Whole proceeding of the **Swachhta Pakhwada'(Fortnight)** have been initiated under the supervision of Dr. Anita Sharma, NSS programme officer and prof. Samosh Kumar NSS programme officer.

Organized seminar on Drug Eddiction

On August 03,2018: NSS units of Govt. Degree College (Boys), Udhampur organized one day seminar in collaboration with District police Headquarter Udhampur J&K on Drug Eddiction in the College Conference Hall, in which Deputy Development Commissioner Sh. Ravinder Kumar(IAS) was the chief guest, Dr. Udhey Bhanu Principal of the college was the guest of honour, and Sh. Rayees Ahmed Bhat (IPS) SSP, Udhampur was the main resource person of the occasion. In his speech he revealed that the problem of drug eddiction is spreading very quickly and we should control and eradicate it through the awareness among the youth and masses. He also expressed that unfortunately, mostly young lot of the generation is going to effect badly. Dr. Udhey Bhanu Principal of the College has also exhorted upon the students to play their role in spreading awareness among the masses to eradicate the Drug eddiction. Prof. Dogra also addressed to the students stressed upon the need of eradication the drug eddiction from the society and students can play an important role to aware the eddictor. Mr Prashant NSS volunteer from Bcom sem 1st also expressed his views and enthralled the college students and volunteers by recited a wonderful Rhyme on Drug eddiction. A Movie titled DRUG EDDICTIN A menace.... Prepared by Sh. Rayees Ahmed Bhat (IPS) SSP, Udhampur, has been shown to students of the college which was the very attractive and message conveying to the volunteers and young students. Chief guest of the occasion was also expressed his views and got very impressed, he appreciated to conduct such type of activities and assured for any type of help from the District Administration. Prof. Suresh Kumar Dogra and Prof. Samosh Kumar NSS programme officer of the college and Sh. Kulbeer Honda Dy SP, Udhampur coordinated and conducted the proceedings of the programme. Prominent among the others who participated in programme include Prof. Ramesh K. Atri, Prof. Babu Lal Thakur, prof. Anil Khajuria, Prof. Kamal Kishore, Prof. Sanjay Kumar, Prof. Kunsang Dolma.

Organized awareness campaign on SSG

NSS units of Govt. Degree College (Boys), Udhampur organized a campaign regarding SWACHH SERVEKSHAN GRAMEEN 2018 among the students of the College to fill up the online feedback form of SSG18,

05-09-2018 : Teachers Day Celebrations:

ON 05-09-2018:- The birth anniversary of Dr. S RadhaKrishnan has been commemorated as he was one of the 20th Century's greatest and most respectful Indian thinker. The programme started with the lighting of ceremonial lamp followed by Guru Vandana by Nss volunteers Vijay Kumar and Arjun Kumar of B.A.SEM-III

“**Naman karoon shree Guru Charna; mangal karna bhava bhaya harna**”.. (Dr.) Udhay Bhanu, Principal of this college expressed and extended a inspiring lecture on the life and contributoin of Dr. S. Radhakrishanan and also appreciated & encouraged to the staff & volunteers for their efforts in organizing the such type of events Thereafter a symposium on the topic “ **The Teacher is a role model for transference of Knoweldge**” has been proceeded. About twenty speakers/participants have extended their own views on the topic and 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 (. Prof Gurvinder Raj Verma ,Prof Samiksha Thakur and dr. Imtiaz Ahmed acted as jury members for symposium. Prizes were also given away to Priyatosh of BA sem-III, Samridhi Sharma of Bsc V and Akhter Hussain Azad, of B.A.Sem-V who have secured the 1st ,2nd, and 3rd prize respectively.. A large number of Volunteers and students of this institution witnessed the occasion. Whole programme conducted under the supervision of Dr. Anita Sharma and Prof Smaosh Kumar NS S programme officers. Programme has been concluded with the vote of thanks by Dr. Anita Sharma NSS Programme office. Pominent among

the others who participated in programme include prof. B.L.Thakur, prof Romesh kumar Atri prof Suresh Dogra Prof.Kamal Kishore, prof Sarita Parihar Prof. Vipul Chalotra.

Adventure Camp

NSS Volunteer of Govt Degree College Udhampur , Mehak Mahajan, class Bsc Semester 5th, class Roll,141,Nss registration No. JK-01-008-17-104 ,Session-2018-19 has attended an **Adventure Camp** at Mcleodgang, Dharmashala, Himachal Pardesh from 12th of September 2018 to 21st of September 2018 organized by **Atal Bihari Vajpayee Institute of Mountaining and Allied Sports (ABVIMAS)**

Induction programme for new NSS Volunteers

On 14-09-2018:- NSS Units of Govt Degree College Boys ,Udhampur organized one day Induction programme for Newly Joined NSS Volunteers, in which Prof.Suresh Kumar Dogra,HOD Physics & Former NSS Programme officer of the college was the resource person. Prof.Dogra in his lecture to the new NSS Volunteers stressed upon the role and importance of National Service Scheme. He exhorted about NSS historical back ground,the motto, goal, overall objectives, Symbol & Badge , nature, obligations, pride , and organizational set-up of NSS. Principal of the College Prof.(Dr.) Uday Bhanu was the chief guest on the occasion and also addressed and motivated to the new NSS Volunteers about the specific objectives of National Service Scheme(NSS). Pominent among the others who participated in programme include Prof.,Prof.Kamal Kishore. Prof.Samosh Kumar NSS programme officer of the college coordinated and conducted the proceedings of the Induction programme .

NSS Day Celebrations

ON 24-09-2018 : NSS Units of Govt. Degree College Udhampur celebrated NSS Day today on 24th Sep, 2018 in which Principal of the College Dr. Udhey Bhanu was the Chief Guest. The programme started with lighting of the lamp by the Chief Guest . Different activities like NSS Song, Patriotic Song, Skit on the theme “Swachhta Hi Sewa”, Speech on different social issues were presented by the various volunteers. On this occasion the Chief Guest also addressed the volunteers about the importance of NSS and advised them to actively participate in various NSS activities. NSS Programme officer, Dr. Anita Sharma and Prof. Samosh Kumar spoke on the aims and objectives of NSS, Prof. Babu Lal Thakur, Prof. Rajesh Kotwal, Prof. Suresh

Kumar Dogra, Prof. Kamal Koshore were also present. The program is concluded with National Anthem and refreshment has been distributed among the to the NSS Volunteers.

Organised Nation-wide Campaign “Swachhta He Sewa”

On 25-09-2018:- NSS Units of Govt Degree College Udhampur organised cleanliness drive has been initiated within the College campus under “ Swachh Bharat Abhiyaan. A large number of NSS Volunteers have participated and cleaned out the College lawn , labs and classrooms and an awareness compaign about swachhta among other studends to keep clean their surroundings. Whole activity conducted under the supervision of Dr. Anita Sharma and Prof Samosh Kumar NSS programme officers.

Organized special lecture on” Relevance of Gandhian Principles in contemporary society”.

26 -09-2018 : NSS Units of Govt. Degree College Udhampur organized a special lecture on the topic” Relevance of Gandhian Principles in contemporary society”.Prof Shonima Malhotra ,Dept. of Sociology was the resource person of the day in she spoken over the role and the main objectives of Truth and Non-violence in contemporary society. Principal Dr. Udhey Bhanu was the Chief Guest of the i day. He also addressed the NSS Volunteers about the importance of Gandhian principles in ht e life of the human being and motivated the volunteers to follow Gandhian Principles. A large number of NSS Volunteers participated in the programme Prominent among the others who participated in programme include Prof. Suresh Kumar Dogra (HoD Physics), prof Samiksha ThakurDept. Of Botany Prof. Sarita Parihar (Department of Physics), whole proceedings were conducted by NSS Programme Officers, Dr. Anita Sharma and Prof. Samosh Kumar.

Organized seven days special suumer camp

Report of NSS Summer Special Camp “Swachhta Hi Sewa” (w.e.f. 27th September to 3rd October, 2018)

On 27-09-2018 : NSS Units of Govt. Degree College Udhampur inaugurated Summer Special Camp on the theme “Swachta Hi Sewa” for seven days w.e.f. 27-09-2018 to 03-10-2018. Principal of the college,Dr. Udhey Bhanu was the Chief Guest of the inaugural programme. He addressed the NSS Volunteers about the importance of cleanliness in our daily life and motivated the volunteers to follow Gandhian Principles. A large number of

NSS Volunteers participated in the programme and presented various activities like cultural,skits,speeches highlighting the importance of Swachta. Thereafter , a cleanliness drive of the college vatika/lawn had been held in which NSS volunteers enthusiastically participated. NSS volunteers also made other students of the college aware about the importance of cleanliness in their day

today life. Prominent among the others who participated in programme include Prof. Suresh Kumar Dogra (HoD Physics), Prof. Sarita Parihar (Department of Physics), whole proceedings were conducted by NSS

Programme Officers, Dr. Anita Sharma and Prof. Samosh Kumar. Programme of the day one has been concluded with disbursement of refreshment among the the NSS Volunteers.

On 28-09-2018 : On the second day of the special summer camp “**Swachta Hi Sewa**” NSS units of GDC Udhampur organized slogan writing and poster making competition on the theme “**Swachhta Hi Sewa**” in which a large number of NSS volunteers participated very actively and enthusiastically and shown their best creativity. The programme was judged by Prof Kamal Kishore (Dept. of Physics) and Prof Hans Raj (Dept. of Physics). NSS Volunteer Ms Mridhul Gupta of B.Sc. sem-V bagged 1st prize while Ms. Archana Sharma of Sem-v and Mr Sandeep Kumar of B.Sc. Sem-I, got 2nd & 3rd prize respectively in the Poster making competition . In the slogan writing competition, NSS Volunteer Ms Jyoti Verma of B.Sc. sem-V, bagged 1st prize while Mr Gourav Mehra of Sem-III and Ms Simran Kour of B.Sc. Sem-I , got 2nd and 3rd prize respectively. .

Observance of “PrakaramParv” As the whole Nation was observing September 29th as “Prakaram Parv”, the NSS volunteers took pledge to support of Sovereignty and integrity of the Country. The programme was concluded with NSS song followed by National Anthem. Ms Mehak Mahajan of B.Sc. Sem-III coordinated while Mr. Vikram Jeet extended technical support in the proceedings of the programme. Dr. Anita Sharma, NSS Programme Officer presented the formal vote of thanks. Prominent among those who participated in the programme include Prof. Suresh Kr. Dogra, HoD Physics, Prof. Kamal Kishore, NCC Officer, Prof. Samosh Kumar, NSS Programme Officer, Prof. Poonam Kundan, HoD EVS. Thereafter , a cleanliness drive of the college play ground had been held in which all the participants /volunteers actively participated. Second day of the camp has been concluded with disbursement of refreshment among the the NSS Volunteers.

On 29-09-2018: On the 3rd day of Special Summer Camp, NSS units of the College organized a symposium on the topic “**Relevance Of Truth And Non-Violence In Modern Era**”. In which 16 NSS volunteers presented their views on the given topic. Prof(Dr). Udhey Bhanu, Principal of the College presided over the function and Prof. Sumiksha Thakur of Dept. of Botany and Prof. Shonima Malhotra of Dept. of Sociology performed as member jury. In the symposium NSS Volunteer Mr. Nitish Sharma of B.Sc. sem-V bagged 1st prize while Ms. Priyanka Thakur and Ms. Mousam Kumari of B.Sc. Sem-I got 2nd and 3rd prize respectively. Consolation prizes in the symposium were claimed by Ms. Simran Sungal of B.Sc. Sem-III, Ms. Anchal Sharma and Sonali Bharti B.Sc. Sem-V respectively. Prof(Dr). Udhey Bhanu while addressing the audience said students specially the NSS Volunteers and NCC cadets can play big role in carrying any information or awareness to the masses. He appreciated both NSS and NCC volunteers and their mentors NCC and NSS Programme officers of the College for organizing such meaningful activity in the College.

Rich tribute to the Indian Soldiers who laid down their lives in the guard ship of the nation was also paid on the occasion of “**Prakaram Parv**”. A movie on the “Surgical Strike-2017” was also screened for the NSS volunteers. The programme was concluded with NSS song followed by National Anthem. Mr. Priyatosh Dev Rakhwal of B.Sc. Sem-III coordinated while Mr. Vikram Jeet extended technical support in the proceedings of the programme. Dr. Anita Sharma, NSS Programme Officer presented the formal vote of thanks. Prominent among those who participated in the programme include Prof. Suresh Kr. Dogra, HoD Physics, Prof. Kamal

Kishore, NCC Officer, Prof. Samosh Kumar, NSS Programme Officer, Prof. Poonam Kundan, HOD EVS. Thereafter, a cleanliness drive of the college play ground had been held where volunteers anxiously participated. Third day of the camp has been concluded with disbursement of refreshment among the the NSS Volunteers.

30-09-2018 : On 4th day NSS volunteers painted the wall of the college premises on the theme “**Swachhta Hi Sewa**” in which around 30 volunteers participated while the others were involved in the cleanliness drive of the back yard of the college. Day fourth of the camp has been concluded with disbursement of refreshment among the the NSS Volunteers.

On 1-10-2018 :-On fifth day of the camp Around 40 NSS volunteers visited the District Hospital Udhampur where they took massive cleanliness drive in the indoor and outdoor building of the hospital permises .Also sensitized the attendants of the patients to maintain hygiene in the hospital. Rest others were involved in the cleanliness drive of the class rooms of the college. Day fifth of the camp has been concluded with disbursement of refreshment among the the NSS Volunteers.

02-10-2018: on sixth day NSS units of Govt. Degree College Udhampur celebrated the 149th Birth anniversary of Mahatma Gandhi and birth anniversary of former Prime Minster of India Late Sh. Lal Bhadur Shastri. On this occasion principal of the College Dr. Udhey Bhanu, Prof. Romesh Kr. Atri, HoD Botany, Prof. Suresh Kumar Dogra, HoD Physics, Dr. Anita Sharama and Prof. Samosh Kumar (NSS Programme Officers) and NSS volunteers paid floral tributes to the great leaders. Besides this NSS Volunteers presented Gandhi Ji’s favourite Bhajans *Ragupati Ragav Raja Ram folloed by Vashnav jan to tene kahiye.....* NSS volunteers were also shown the documentary on the life history of Mahatma Gandhi. Principal of the College also addressed the NSS volunteers. He advised the volunteers to adopt the Gandhian principles in their life and also spread the message of communal harmony, non-violence among the common masses. Later on the NSS volunteers cleaned the College Vatika and Campus. At the end the volunteers have been also served refreshment.

03-10-2018: NSS units of Govt. Degree College Udhampur concluded the Summer Special Camp on the theme “Swachhta Hi Sewa” . Principal of the College Dr. Udhey Bhanu was the chief guest of the Valedictory Programme. The programme started with the lighting of the ceremonial lamp followed by NSS Song. The whole report of the camp for seven days presented by Dr. Anita Sharma, NSS Programme Officer. Various cultural activities presented in the programme by the NSS Volunteers which include Skits patriotic songs ,folk songs and dances on the theme “Swachhta”, Various prizes have been distributed among the NSS volunteer for symposium, Poster Making, Slogan Writing by the worthy Principal of the College, Dr. Udhey Bhanu. He also addressed the NSS Volunteers about the importance of cleanliness in our daily life and motivated the volunteers to follow Gandhian Principles. Formal Vote of thanks was presented by Prof. Samosh Kumar, NSS Programme Officer. Prominent among those who participated in the programme include Prof. B.L Thakur, Prof. Suresh Kr. Dogra, HoD Physics, Prof.Kamal Kishore, NCC Officer,

Pre- RD Camp

NSS Volunteer of Govt Degree College Udhampur, Mehak Mahajan , class Bsc Semester 5th,class Roll,141,Nss registration No. JK-01-008-17-104 ,Session-2018-19 has attended **Pre- RD Camp** at Vishwa Bharati College Sikar (Rajasthan) from 12th of october 2018 to 21stof October 2018.

Observerd National Unity Day (Rashriya Ekta Divas)

On 31st of October 2018: NSS Volunteers of Govt. Degree College Udhampur observed the **National Unity Day (Rashriya Ekta Divas)** by participating in Run for Unity organized Distrcet Police HQ,Udahmpur from District Ploice line, to town hall mini stadium. Sh. Ravinder Kumar IAS District Development Commissioner Udhampur was chief guest of the occaision and he has also participated in Run for Unity with police Personals, and NSS Volunteers. Prominent citizens and various schools of the of District have also participated.

On 18th of Nov. 2018: Dr. Udhay Bhanu Principal of the college flagged off to the NSS Volunteers of Govt. Degree College Udhampur to participated in Trekking from Manasar lake to Mohregarh under the supervision of Prof. Samosh Kumar NSS Programme Officer and prof.Kaku Ram Assistant professor of BBA. This advantuers programme has been organized by Jammu and Kashmir Tourism Department.Around 65 volunteers have enthusiastically participated in this advantuers programme. Sh. Ravinder Kumar IAS District Development Commissioner Udhampur was the Chief guest on the inaugural function at Mansar lake and flagged off to the Trekkers from Mansar lake to Moharegarh.Prominent among those who participated in Trekking include Sh. Ajit Kumar Sahu IAS Commissiner Secretary for School Education,J&K,Sh. Nagender singh Jamwal CEO Saruinsar Mansar Development Authority , Tehsidar Majalta and Various Trekkers from jammu.At the conclusion of trekking volunteers and trekkers visited the Heritage spot at Moharegarh.

On 25th of Nov. 2018: Dr. Udhay Bhanu Principal of the college flagged off to the NSS Volunteers of Govt. Degree College Udhampur to participated in Heritage walk at Manwal under the supervision of Prof.Kaku Ram and Prof. Yogesh Sharma Assistant professor of BBA. This advantuers programme has been organized by Archaeology Survey of india.

On 7th of Nov. 2018: NSS units of Govt. Degree College Udhampur organized the slogan and Poster making on the theme AIDS,Its causes and preventions on the eve of world Aids Day in collaboration with Red Ribbon Club, of Govt. Degree College Udhampur. Dr. Nutan Kumar Resutra Principal of the College inaugurated the event with inspiral words for the participants. A large number of volunteers have shown their ideas and vision enthustecally through their slogans and posters. All the proceedings have been initiated under the supervision of Prof. Hans Raj Convener Red Ribbon Club and Prof Samosh Kumar Nss programme officer.

ON 05-02-2019: NSS Units of Govt. Degree College organized traffic awareness rally on the occasion IG Traffic Sh. Alok Kumar, IPS was the chief guest who gave lecture on traffic rules and road safety. He emphasized upon traffic rules and avoid rash driving which leads to accidents. The rally was flagged off by IG, Sh. Alok Kumar. The main objective behind organizing the rally was to develop the student as a national power to make them think about development in which road safety plays an important role. Dr. Nutan Kumar Resutra, Principal of the College also emphasized on road safety measures and traffic rules. The rally started from GDC Udhampur in which the NSS volunteers riding bikes and scooties and other vehicles containing banners on road safety holding placards with slogans asking the people to abide by the traffic rules, a number of students of GDC Udhampur, GCW Udhampur, Bhartiya College of Education participated in the rally. The rally started from GDC Udhampur and covered almost entire area of Udhampur and culminated at GCW Udhampur. The other dignitaries present on the occasion were Sh. Suleman Choudhary, IPS, DIG Udhampur-Reasi Range, Sh.

Rajiv Pandey, IPS, SSP Udampur, Sh. S.K. Khajuria, SSP Traffic National Highway. The other guests present were Dr. Udhey Bhanu, HoD Mathematics, Prof. Bhuvnesh Chand, HoD Physics, Prof. B.L. Thakur, HoD Education, Prof. Romesh Kumar Atri, HoD Botany, Dr. Anil Khajuria, HoD Zoology. Prof. Samosh NSS Programme officer.

On 21st January 2019 NSS Volunteers of Govt Degree College Udampur, Sonali Bharti, Bsc Sem II Benamtosh Singh, B.A. Sem-IV, Jagdish Kumar, B.A. Sem-II, Rahul Sharma, B.A. Sem-II, Shubam Gupta, B.A. Sem-IV have participated in **Logo making competition** on the theme “**Golden jubilee celebration** of Jammu University organised by Dean students welfare, University of Jammu.

Conducted District youth parliament :2019

NSS Units of Govt. Degree College, Udampur organised District level youth under the National Youth Parliament Festival 2019 initiated by Ministry of Youth Affairs & Sports Government of India.

Background and concept of the Programme:

The Honourable Prime Minister shared the idea of youth becoming the voice of India in his Mann ki Baat address of 31st December, 2017:

“I got an idea whether we could organize a mock parliament in every district of India? Where the youth between 18 and 25 could sit together and brain storm about new India, find ways and chalk our plans. How could we realize our resolves before 2022? How could we build an India of the dreams of our freedom fighters?” He categorically spoke about giving a chance to the youth to put forth their views on various issues concerning the country.

“I propose that a mock Parliament be organized... comprising one young person selected from each district who would participate and deliberate on how a new India could be formed in the next five years. How can resolve be transformed into reality?” “

He reiterated his desire to organize the District Youth Parliaments in his address at time of the inaugural of the 22nd National Youth Festival on 12th January 2018.

OBJECTIVES OF ORGANISING THE NATIONAL YOUTH PARLIAMENT FESTIVAL

- To hear the voice of youth between 18 and less than 25 years of age, who are allowed to vote but cannot stand as a candidate for election, through deliberations in Youth Parliaments at district level and above.
- To encourage the youth to engage with public issues, understand the common man's point of view, form their opinions and express it in an articulate manner
- To develop and enhance decision making abilities
- To develop in them a respect and tolerance for the views of others.
- To develop in them an understanding that respect for rules is essential for conducting any discussion systematically and effectively.
- To obtain and document their opinions on Vision of New India in 2022.

To make available their views to policy makers and implementers to take it forward.

FORMAT

- Youth Parliaments has been conducted at three levels:

a) District Youth Parliament (DYP) has been conducted at the district level. Preliminary rounds of screening have been conducted to select youth for participation in the DYP. The youth have been selected

through two screening processes i.e. digital & walk-in screening.

b) State Youth Parliament (SYP): The best 05 (five) youth selected by a Jury from the District Youth Parliament will be participate at the State level in SYP.

National Youth Parliament (NYP): The youth selected by a Jury from the State Youth Parliament will participate at the National level in NYP.

TIMELINE

On 2nd of August 2018 worthy Principal of the designated institution has Constituted a committee of the following members for the smooth conduct of District Youth Parliament (DYP).

1. Prof. Sanjay Kumar (Convener) 2. Dr. Anita Sharma (NSS PO) 3. Prof. Samosh Kumar (NSS PO)
4. Prof .Tania Akhter 5.Dr. Rippy Bawa 6.Dr. Shubra Jamwal 7. Dr.Mohd Riaz 8.Prof Pooja Dhiman
9.Dr. Yash Paul Raina.10.Prof Rakesh Choudhary

On 12th of January 2019, Ministry of Youth, Services & Sports Government of India has open the online portal through Digital Process for registration of participants and uploading of contents through YouTube video on mygov portal (**innovate.mygov.in/youth-parliament**): and Govt. Degree College, Udhampur has printed the posters for publicity and pasted in diferrent places and in the campuses of the all the Colleges of the district Udhampur.

On 15th of January 2019, Constituted the different teams/committees of the 25 NSS Volunteers by Dr Anita Sharma and Prof. Samosh Kumar ,**NSS officers of** Govt. Degree College, Udhampur to **conducted the** District Youth Parliament (DYP) . Following teams/committees have been constituted:

1.Registration Team/Committee

S.No.	Name	Class	Roll No.
1.	Sudhansh Pandoh	BSc Sem -6 th	158
2.	Nitin Sharma	BSc Sem -6 th	152
3.	Sukhvinder singh	BSc Sem -6 th	164
4.	Bandhans Devi	BSc Sem -6 th	153
5.	Samaradhi Sharma	BSc Sem -6 th	154
6.	Simran Sunthal	BSc Sem -4 th	340
7.	Rahul Sharma	BSc Sem -2 nd	
8.	Priyatosh Dev	BSc Sem -4 th	366
9	Mohit Sharma	BSc Sem -4 th	914

2.Ushring Team/Committee.

S.No.	Name	Class	Roll No.
1.	Mehak Mahajan	BSc Sem -6 th	141
2.	Mridul Gupta	BSc Sem -6 th	142
3.	Ptrashant Khajuria	BSc Sem -2 nd	607
4.	Sonali Bharti	BSc Sem -2 nd	139
5.	Priyanka Thakur	BSc Sem -2 nd	127

6.	Mandeep Thakur	BSc Sem -6 th	174
7.	Vakeel Singh	BASem-4 Th	860
8.	Abdul Aziz	BSc Sem -6 th	650

3 Computing Team/Committee

S.No.	Name	Class	Roll No.
1.	Sharamash Kumar	BSc Sem -6 th	222
2.	Kajal Thakur	BSc Sem -2 nd	121
3.	Rakesh Singh Thakur	BSc Sem -6 th	164
4.	Aanchal Sharma	BSc Sem -6 th	231
5.	Simaran Kour	BSc Sem -2 nd	193
6.	Mousam Kumari	BSc Sem -2 nd	134
7.	Rajesh Singh Sumbria	BSc Sem -6 th	211
8.	BernamTosh Singh	BSc Sem -4 th	944

and also conducted the mock drill of the constituted committees/Teams of the NSS volunteers regarding the proceedings of the Walk in screening process From 17th to 19th Jan.2019 of District Youth Parliament. From 17th to 19th Jan.2019 Walk-in screening Process has been completed at designated Institution of the District, Govt. Degree College Udhampur More than one hundred of Individual candidates within prescribed age bracket appeared for screening at designated venues i.e Govt. Degree College, Udhampur (designated Nodal Institution for the District, Udhampur) from 10 am to 5 pm from 17th to 19th January 2019.

Screening of youth registering at Designated Nodal Institution for participation in District Youth Parliament (DYP) have been Judged by a two member Screening Committee by hearing each of the registered youth for 2 to 3 minutes. The Screening Committee was comprised of two members: **1.Dr.Udhay Bhanu(Educationist) and Prof. Tara Nath (an eminent member of the area.)**

The Evaluation criteria for selecting participants through Walk-in for District Youth Parliament has been followed as given below:

- Articulation
- Content knowledge
- Clarity of thought
- Demeanour

Each evaluation criteria carried with 25 points. Final evaluation has been made out of 100 points. More than 100 participants from the district have been registered for walk-in screening and more than 50 participants have been selected in order of merit by the Screening Committee for participation in District Youth Parliament (DYP).

28-01-2019: As the Govt. Degree College Udhampur was designated as Nodal institute and Venue by **Ministry of Youth Affairs and Sports, Govt. of India**, District level Youth Parliament Session for District Udhampur under **National Youth Parliament Festival 2019** has been organized in the conference hall of Govt.

Degree College Udhampur on 28th of January 2019 in which forty three youth parliamentarians between the age group of 18-25, drawn from the District Udhampur, various colleges, universities and other institutes of the district deliberated on various themes as had been chosen by Hon'ble Prime Minister of India Sh. Narendra Modi. **Following were the jury members to judge the deliberations of the participants .**

1. Mr. Balwant Singh Mankotia (Former MLA Udhampur (An eminent Politician of the District),

2. Prof. (Dr.) Shiv Nirmohi (An eminent writer of the District)

3. Dr. Udhey Bhanu (Eminent Educationist)

4. Prof. B.L Raina (Social Personality) and

5. Mr. Pardeep Gupta (A distinguished police officer) adjudged the presentations of the youth parliamentarians. Mr. Jasvir Singh, Ms. Sonali, Ms. Shazia Manhas, Ms. Shivi Badyal and Ms. Shiviya Vasishth got adjudged as first, second, third, fourth and fifth respectively in the District Youth Parliament session of District Udhampur and advanced to the next level of the session to be organized at

the state level which is scheduled to be held on 6th of Feb. 2019 at Govt. College for Women Parade, Jammu. Earlier the proceedings of the District Youth Parliament began with the lighting of the lamp and floral welcome of the dignitaries followed by formal welcome address by Prof. (Dr.) N.K. Resutra, Principal of the college. In his welcome speech Dr. Resutra said highlighted the importance of the program and expressed his gratitude to the guests for having spared their valuable time to grace the occasion. India is a nation of the youth and addressing our youth with the issues of concern which are creating hindrances for the India to become a developed country therefore becomes imperative and such kind of sessions will create a channel for realization of the same. He appreciated the tireless efforts of the NSS officers of the college Dr. Anita Sharma and Prof. Samosh Kumar for making this event happen in the college. Prominent parliamentarian of the District Sh. Balwant Singh Mankotia also addressed the gathering and stressed upon the participants to shun their inhibition and develop leadership qualities among them. Leadership qualities in us are not required to become politicians only, rather every profession requires leadership qualities. Such kind of innovative program will surely help our youth develop confidence and leadership qualities and ultimately a successful citizen. Mr. Sharmash Kumar and Ms. Mehak Mahajan carried out the proceedings of the programme and different constituted teams of the NSS Volunteers for the conduct of District Youth Parliament like Registration team, Ushring team, Computing team have played their incredible role to make the programme successful. The best 05 (five) youth selected by a Jury from the District Udhampur have been felicitated with the mementos and Merit certificates. A certificate of participation has also been given to all the other participants who have participated in this event. Prominent among those who attended the programme include Prof. Romesh Kr. Atri,

Prof. Suresh Kumar Dogra, Dr. Anil Khajuria, Dr. Ved Kumar, Prof Sunita Kumari Prof. Sameer Chadha, and NSS Volunteers were also present.

On 9th Feb. 2019: NSS Volunteers of Govt. Degree College Udhampur attended one day workshop on “**Sadak Suraksha- Jeevan Raksha**” under National Road Safety Week- 2019 organised by Vehicles department Jammu and Kashmir at Assistant Regional Transport office Udhampur, Resource person of the day spoken on the safety measures and sensitized the youths from the district Udhampur. He reveals that safety can be improved in various simple ways to reduce the chance of an accident occurring like; Avoiding rushing or standing in unsafe places on the bus or coach, leave your location early so that you do not have to run to catch the bus, at the bus stop, always follow the queue, do not board or alight at a bus stop, red light crossing other, always wear helmet and seat belt, do not drive after drink and suggested various important measures among the youth. Officials trained and guided the NSS volunteers that how they can apply online for driving licence. Prof Samosh Kumar NSS programme officer accompanied the volunteers.

Attended National Integration Camp

Mr. Sharmash Kumar, NSS Volunteer of Govt Degree College Udhampur class Bsc Semester 5th, class Roll, 141, Nss registration No. JK-01-008-17-92, Session- 2018-2019 has attended **National Integration Camp** from **11th February to 18th February 2019** at District Mandi, Himachal Pradesh organised by the Regional Directorate NSS Chandigarh in Collaboration with NSS State cell of Himachal Pradesh at District Institute of Education and Training (DIET), Mandi

Brig. Raghu V Sadhotra Delivers a Motivational Talk

On March 15, 2019: Nss volunteers attended Brig. Raghu V Sadhotra Deputy Directorate General, J&K Directorate, NCC called upon the students to become part of the Armed forces and exhibit true patriotism. During his maiden visit to the College, Brig. Sadhotra asked them to shun pseudo activities that have now become very common through Social Media and television discussions. Delivering a highly motivating lecture to students of NCC, NSS and others he lauded the role of armed forces and categorically stressed upon the fact that Indian Army is one of the most professional armies of the World that performs its duties efficiently in most challenging situation never caring about any social or religious factors. Earlier on his arrival, he was given the Guard of Honor in traditional Army style by NCC Cadets. He also planted a sapling in the College. The Principal of the College Prof(Dr). Nutan Kumar Resutra delivered the welcome address on the occasion and deliberated upon the need of the hour to shun religious biases and remain united for the welfare of the Nation. His lecture was followed by a highly interactive question answer session with students who asked vibrant and relevant questions pertaining to the Armed Forces as also the presenting situation in the State. The vote of thanks was delivered by Lt.(Dr). Kamaldeep Kaur, ANO (Girls) of the College. The prominent members present on the occasion were Dr. Udhey Bhanu, Prof. Babu Lal Thakur, Prof. Suresh Kumar Dogra, Maj. Kamal Kishore, NCC Officer, Dr. Rippy Bawa NSS Programme officer, Dr. Preeti Sharma.

Four Nss Volunteers got Vice-Chancellor commendation certificate who have been nominated by the college for the 120hrs social service during the session 2019-20.

S.No.	Name	Class	Roll No.
1.	Mehak Mahajan	BSc Sem -6th	141
2.	Mridul Gupta	BSc Sem -6th	142
3.	Sharamash Kumar	BSc Sem -6th	222
4.	Rakesh Singh Thakur	BSc Sem -6th	164

NSS Programme Officers

**PRINCIPAL,
GOVT.DEGREE COLLEGE,
UDHAMPUR.**