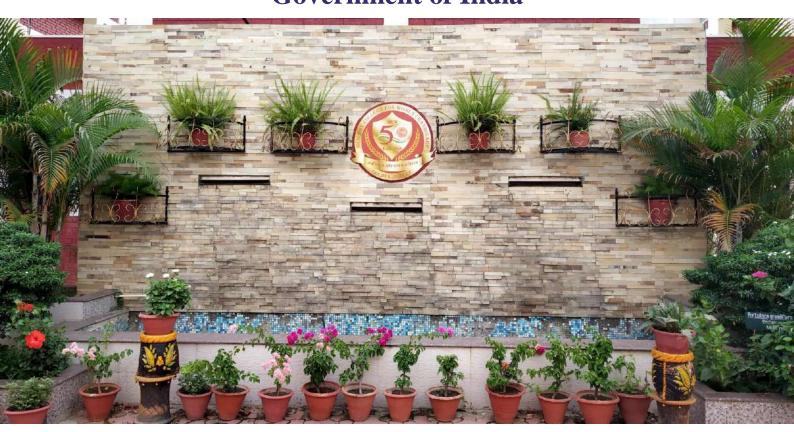
## ANNUAL NSS REPORT

**SESSION 2019-20** 



# National Service Scheme Ministry of Youth Affairs and Sports Government of India



Submitted by NSS Units of

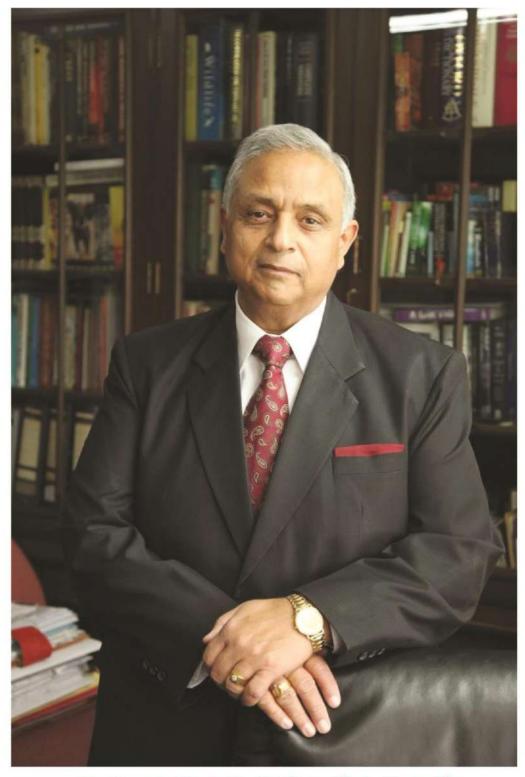
# Mehr Chand Mahajan DAV College for Women

Sector 36-A, Chandigarh (U.T.) - 160036



MAHARISHI SWAMI DAYANAND SARASWATI

# Our Guide and Mentor



Dr. Punam Suri Ji, Padma Shree Awardee

Hon'ble President

DAV College Managing Committee

New Delhi



# MESSAGE FROM THE PRINCIPAL

Mehr Chand Mahajan DAV College for Women, Chandigarh spearheaded many initiatives towards following the ideals of National Service Scheme with the right intent and focused actions. The year 2018-19 witnessed NSS volunteers endeavouring to promote modern and scientific waste management, creating awareness regarding cleanliness, promoting sanitation practices apart from many other activities with the objective of community welfare. The year 2019-20 was another year dotted with novel initiatives not only to promote awareness regarding these practices, but also to work towards ensuring that such practices were consistently adopted. Special lectures were organised to further the ideals of NSS and several activities were undertaken to promote holistic development of the participants. The NSS family consistently contributed to flagship programs such as Swachh Bharat Abhiyan, Swachhata Pakhwada, Poshan Maah, Ek Bharat Shreshtha Bharat (EBSB), Unnat Bharat Abhiyan (UBA) and undertook praiseworthy work in rural areas during Swachh Bharat Summer Internship 2.0 - 2019. Various skills related activities were conducted to foster constructive skills in participants. In this way, our volunteers lived up to the motto of 'Not Me But You' by engaging in numerous selfless acts of social service and social outreach programmes.

My deepest gratitude to Dr. Punam Suri ji, Padma Shree Awardee, worthy President, DAV

College Managing Committee (DAV CMC), New Delhi for his visionary leadership and for

encouraging us with his words at all times and especially when we stood face to face with the

deadliest outbreak of coronavirus. He exhorted everyone not to take nature for granted and

respect all forms of life. I express my thanks to Shri H.R. Gandhar ji, Hon'ble Vice President

DAV CMC, New Delhi and Senior Governing Body member of the College and for his

valuable guidance at all times. His unflinching support is the backbone of all such noble

endeavours. I also express my gratitude to Shri Shiv Raman Gaur ji, Director Higher

Education, DAV CMC, New Delhi for his most willing guidance and blessings that we

receive in ample measures.

COVID-19 was probably the first viral outbreak of such scale and nature that the world had

seen in the last many decades. Faced with the crisis, our age old dictum of 'Vasudhaiva

Kutumbakam' paved the way for the wellness of one and all. As the DAV Institutions were

closed and 'Work from Home' was adopted, the NSS volunteers took up the cudgels and

followed the path shown by our mentors. The volunteers organised online competitions and

created relevant content for online viewing and these were widely circulated and shared on

various social media platforms. These activities spread awareness regarding the deadly virus

and the volunteers also shared ways by which one could keep oneself productively engaged

without falling into the trap of rumours and unwarranted plethora of misinformation. The

enthusiastic volunteers of our College along with the teachers in charge left no stone unturned

to serve the society in these testing times embodying quintessentially the qualities of an NSS

volunteer. My greetings to Ms. Pallvi Rani and Dr. Purnima Bhandari, NSS Programme

Officers (2020-21) and deepest gratitude to Dr. Namita Bhandari and Dr. Manjot Kaur, NSS

Programme Officers (2018-19 and 2019-20) who paved the way for others to emulate. I am

also indebted to all the faculty members who were involved in one way or the other to further

the aims of this nationwide organisation. I am beholden to the stakeholders of the College

who remain the unsung heroes and constantly support us in all our initiatives.

May we continue to uphold the spirit of NSS in identifying the needs of the community and

attempting to provide solutions and developing a sense of social and civic responsibility

amongst one and all!

Best Wishes!

Dr. Nisha Bhargava

**Principal** 





Dr. Namita Bhandari

Dr. Manjot Kaur

NSS Programme Officers (Session: 2018-19 & 2019-20) Mehr Chand Mahajan College for Women Sector 36-A, Chandigarh (U.T.)

#### **MESSAGE**

The NSS Units at Mehr Chand Mahajan DAV College for Women have been trying to follow and nurture the ideology of NSS in a manner that ensures meaningful participation of all stakeholders. The College has always had a strong vision and commitment towards the service of the society and its weaker sections. With a deep sense of gratification, we take pride in the successful completion of the session by the NSS Units. Simultaneously, we have also completed our services for the unit as Program officers. We take this opportunity to express our gratitude to Dr. Nisha Bhargava, our worthy Principal, for her valuable inputs, guidance and support throughout. We congratulate and extend our best wishes to NSS volunteers, Teaching and Non-Teaching staff who have made this journey a success with their sincere and sustained efforts and for their keen efforts to accomplish the targets in the planned activities.

Throughout the year, our NSS Units worked on and off the campus with great enthusiasm and zeal. Some remarkable social service activities done by the unit include vermicomposting, plantation drives, blood donation camp, generating awareness about waste segregation, installation of blue and green dustbins, cleaning of campus and surroundings by the NSS volunteers, sensitization programs on sanitation and cleanliness in the adopted Village Badheri. We believe that insemination of these activities will go a long way in dispersing the seeds of clean, healthy and green surroundings throughout the world through our NSS volunteers. We are pledged to social service and to take this initiative beyond the stipulated time frame. The principles on which NSS as an organization is built, has inherent characters

in line with the cause of nation building through service. The activities done by the NSS volunteers helped them in various aspects and will always help them to equip themselves with an insight, sensitivity and close understanding of the problems that are faced at the grass root level.

The crusade of NSS Units is purposed toward the uplifting of the masses and the underprivileged of the society. And in this noble cause, many hands and many minds were constantly at work throughout the session. We are beholden to the stakeholders, volunteers and our worthy colleagues for their unflinching support and relentless hard work. Under the able guidance of our Principal, Dr. Nisha Bhargava, the NSS Units were awarded the Best Unit Award 2018-19 by the Department of NSS, Panjab University. Moreover, the NSS volunteer Satvikaa Singh won the State Award for Best Intern during Swachh Bharat Summer Internship 2018 and Nikita Bharti, another promising NSS volunteer got selected and participated in 70th Republic Day Parade-2019 at New Delhi. We are deeply grateful to our respected Principal Madam for her informed suggestions and compassionate ear she lent us throughout the year, which helped us to streamline our targets smoothly.

It is because of her encouragement that 110 NSS volunteers enthusiastically participated in Saarthi Project, which was a joint initiative by the Chandigarh Red Cross Society and NSS Cell, Chandigarh. The lessons learnt by us while being a part of the NSS are going to be cherished by us throughout our lives. Wishing more zeal and power to NSS!







Dr. Purnima Bhandari

**NSS Programme Officers** (Session: 2020-21) Mehr Chand Mahajan College for Women Sector 36-A, Chandigarh (U.T.)

#### **MESSAGE**

We, at Mehr Chand Mahajan DAV College for Women, cherish the ideology of NSS that fortifies the meaningful involvement of students as well as functionaries of the college towards social, cultural, economic and environmental issues. As NSS programme officers of the College, we endeavour to inculcate the spirit of service towards the nation and instil the values of solidarity among the participants. We also aim at creating a biome where volunteers are able to take service to humanity as a way of life and not only as an assigned task. It gives us immense pleasure to apprise that in addition to various regular and special NSS activities, the NSS Units of our College have been constantly collaborating and working on new sustainable initiatives such as Poshaan Aahar, Ek Bharat Shreshtha Bharat, Unnat Bharat Abhiyan for the betterment of the society. The initiatives taken up by our young NSS brigade whether it is a programme for cloth bag distribution, skill related programmes, plantation drives, campaigns including 'Say No to Plastic' or Swachh Bharat Abhiyan are highly commendable. Even during the lockdown conditions, our volunteers have been constantly engaged in contributing to the social cause and inspiring people with their positive outlook while practicing the fundamentals of social distancing. We convey our heartfelt gratitude to our worthy Principal Madam, Dr. Nisha Bhargava under whose able guidance we are able to work towards realizing the objectives of the NSS in letter and in spirit. We are also thankful to Dr. Namita Bhandari and Dr. Manjot Kaur, NSS Programme Officers for the year 2018-19 and 2019-20, for setting a benchmark in terms of excellence in service. As we take up the baton, we hope to continue to work and pave the way for our volunteers to walk on the path of community service imbued with social and civic responsibility. We are confident that the contribution of our beloved NSS volunteers would not only inspire other students to join NSS but will also spark the passion towards civic engagement thus contributing towards the growth and development of the nation.

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#### INTRODUCTION

National Service Scheme, popularly known as NSS, was launched under the aegis of Ministry of Youth Affairs & Sports (MYAS), Government of India in the year 1969, which was the birth centenary year of Mahatma Gandhi, the father of the nation. The scheme was launched simultaneously in 37 Universities involving about 40,000 students. It primarily focused on the development of the personality of students through community service and promotion of national solidarity in the country. The idea of involving students in the task of national service dates back to the times of Mahatma Gandhi. He exhorted the students to remain conscious of their social responsibility. The duty of the students should be to prepare themselves for final dedication to the service of fellow countrymen rather than just treating this period of study as one of the opportunities for indulging in intellectual luxury. Advising them to form a living contact with the community in whose midst their institution is located, he suggested that instead of merely undertaking academic research about economic and social disability, the students should do "something positive, so that the life of the villagers might be raised to a higher material and moral level".

The year 2019-20 saw Mehr Chand Mahajan DAV College for Women achieving new milestones by taking initiatives in line with the aspirations of NSS. Currently, the College is running two NSS units with 200 student volunteers and two NSS programme officers. The NSS Units wholeheartedly involved themselves in strengthening the unity and integrity of our great nation by conducting activities in consonance with the vision of 'Ek Bharat Shreshtha Bharat' programme of Government of India. Overriding the barriers of caste and class, the young volunteers joined hands to contribute their bit towards the enrichment of rural India and conducted activities under 'Unnat Bharat Abhiyan', a flagship programme of Ministry of Human Resource Development. The College takes pride in nurturing students who orient themselves towards community service and work dedicatedly to become the agents of change.

#### AIMS AND OBJECTIVES

- Personality Development of students through community service
- Understanding the community in which they work
- Understanding themselves in relation to their community

- Identifying the needs and problems of the community and working towards mitigating them
- Developing a sense of social and civic responsibility
- Utilizing their knowledge in finding practical solutions to individual and community problems
- Developing competence required for group living and sharing of responsibilities
- Gaining skills in mobilizing community participation
- Acquiring leadership qualities and democratic attitude
- Developing capacity to meet emergencies and natural disaster and practice national integration and social harmony

#### **MOTTO**

The motto of NSS is 'NOT ME BUT YOU'. This expresses the essence of democratic living, upholds the need for selfless service and appreciation of the other person's viewpoint and underlines that the welfare of the individual is ultimately dependent on the welfare of society as a whole. Therefore, it should be the aim of the NSS to demonstrate this motto in its day-today programmes.

#### AIMS OF NSS PROGRAMMES/ACTIVITIES

The operational aim of NSS is to integrate the three basic components of the programme. NSS programme should provide a variety of learning experiences, which must develop a sense of participation, service and achievement among the volunteers. The activities should aim at the following:

- (i) Making education more relevant to the present situation to meet the felt needs of the community and supplement the education of the university/college students by bringing them face to face with the rural situation;
- (ii) Providing opportunities to the students to play their role in planning and executing development projects which would not only help in creating durable community assets in rural areas and urban slums but also results in the improvement of quality of life of the economically weaker sections of the community;
- (iii) Encouraging students and non-students to work together along with the adults in rural areas;

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- (iv) Developing qualities of leadership by discovering the latent potential among the campers, both students as well as local youth (Rural and Urban), with a view to involve them more intimately in the development programmes and also ensuring proper maintenance of the assets created during the camps;
- (v) Emphasizing dignity of labour and self-help and the need for combining physical work with intellectual pursuits;
- (vi) Encouraging youth to participate enthusiastically in the process of national development and promote national integration through corporate living and cooperative action.

While undertaking these activities, each NSS Unit should envisage its programmes/activities aiming at instilling discipline, building character, promotion of physical fitness and development of culture.

#### ACHIEVEMENTS OF THE NSS UNITS

The NSS Units of the College have been working consistently towards the cause of welfare of society by contributing to Swachh Bharat Abhiyan, Swachhata Pakhwada, Poshan Maah, Ek Bharat Shreshtha Bharat (EBSB) and doing praiseworthy work in rural areas during Swachh Bharat Summer Internship- 2.0. Further, with an aim to address the development challenges in the rural areas, NSS volunteers collaborated with the Unnat Bharat Abhiyan (UBA) team of the College and undertook various initiatives for accelerating sustainable growth in the nearby villages. With the field experiences, our volunteers have learnt how to lead a life of dignity with a positive mind set and contribute to the growth of the nation. The activities carried out in the session 2019-20 have served as an eye opener for the young NSS volunteers about the contemporary problems that our country is facing today. The door-todoor visits, the real encounter with situations in the rural areas and fieldwork has given a sense of responsibility to everyone involved in this project, which will surely stay with them forever. For instance, vermicomposting, plantation drives, generating awareness about waste segregation, installation of blue and green dustbins, cleaning of campus and surroundings by NSS volunteers, sensitization programs on sanitation, hygiene and cleanliness on and off campus. The enthusiasm with which our volunteers put their heart into the NSS initiatives is bound to become a movement in itself in the times to come. The activities undertaken by the NSS volunteers in the year 2019-20 helped them to equip themselves with an insight,

sensitivity and close understanding of the problems that are faced by people at the grass root level. Our volunteers have been participating in various awareness and sensitization programs on hygiene and Swachhata not only in the adopted Village Badheri under NSS but also in the adopted Villages under UBA: Attawa, Badheri, Buterla, Maloya and Kajheri. The enthusiastic participation by our volunteers in various programs such as "Swachh Bharat Summer Internship 2019- 2.0" "Swachhata Pakhwada", "Swachhata hi Seva", "Poshan Maah", and "Ek Bharat Shreshtha Bharat" (EBSB) are some of the endeavours in the direction of nation building.

Apart from this, following activities have been undertaken by the NSS Units of the College in session 2019-20:

- 'Swachhata Pakhwada' was observed from 1-15 August 2019. In addition to cleanliness drives, the NSS units organized a Tree Plantation Drive under "Swachhata Pakhwada", in which 70 NSS Volunteers participated.
- More than 164 NSS volunteers along with the UBA cell of the College have been actively participating in the awareness and door-to-door survey programs done under UBA which is inspired by the vision of transformational change in rural development processes by leveraging knowledge institutions to help build the architecture of an Inclusive India.
- In the wake of floods that had hit many villages of Punjab in the month of August due to continuous rain, a donation drive was organized at the College campus in which volunteers took the initiative of raising donations for the flood victims and helped the Khalsa Aid Organization, which was working for the cause.
- 'Plastic Free Zone' and 'Discontinuation of one-time plastic use' rally was organized on 20 September 2019 in Village Badheri. People were made aware about the harmful effects of using plastic. The volunteers also presented a *Nukkad Naatak* on theme of plastic free environment and Swachhata.
- On 30 September 2019, the reports of 'Swachhata Pakhwada' and 'Swachh Bharat Summer Internship 2.0' were unveiled in presence of Dr. Dalip Kumar, Additional State Project Director of RUSA, Dr. Nisha Bhargava, Principal, Mehr Chand Mahajan College for Women, Chandigarh.

- On 2 October 2019, the NSS volunteers of the college undertook 'Shramdaan' wherein the plastic collection drives and awareness programs regarding the same were conducted in and around the college campus.
- More than 20 volunteers of the college participated in 'Run for Unity' at Sukhna Lake on 31 October 2019.
- On 20 & 29 November 2019, in order to celebrate "International Day of Persons with Disabilities", a Disability Awareness Program was organized by the College in association with Saksham and PGIMER, Chandigarh to increase public awareness, understanding and acceptance of people with disability and celebrate their achievements and contributions.
- In order to celebrate the shared culture, values and traditions of our country, various initiatives were taken as a part of Ek Bharat Shrestha Bharat programme of the Government of India. This included film screening to create awareness regarding the tradition of Dadra and Nagar Haveli, face painting competition and Lavni and Garba Dance Fusion in order to celebrate the vibrant cultural heritage of our country which binds us together. Various activities were undertaken to create awareness regarding COVID-19 and a compilation of inspiring self-composed poems were shared to spread the message of our united endeavours to fight the pandemic.
- During the Seven Day/Night Camp, 25-31 December 2019, multifarious interactive wide-range sessions, workshops, demonstrations and lectures were organized in order to educate the volunteers about certain social, physical, psychological and political phenomena.
- As a part of the "Fit India Campaign", the NSS units in collaboration with the Department of Physical Education of the College organized a yoga awakening session on 18 January 2020. Around 100 students of the college including NSS volunteers participated in the programme, which was headed by Dr. Anju Lata, Dr. Veena Rani, Ms. Jasvin Kaur and Ms. Monarita and coordinated by NSS programme officer Dr. Purnima Bhandari.
- As a part of the noble mission of UBA, the NSS volunteers undertook a number of activities to ensure that the usage of plastic is minimized and other more viable options like cloth bags are used in and around the adopted villages. Apart from organizing lectures, Awareness Drives and Workshops to achieve the target, efforts were made to acquaint the residents of the villages about the harmful effects of using

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- plastic. They were made aware about the need to segregate waste. The volunteers also made cloth bags and distributed them amongst the residents of the villages.
- The NSS units in collaboration with the Red Ribbon Club organised several activities including AIDS Awareness Rally, lecture and Poster making competition with an aim to create awareness regarding AIDS and HIV. A blood Donation Camp was also planned but it stands postponed due to the advisory issued regarding lockdown due to COVID-19.

#### SPECIAL LECTURES ORGANISED ON CAMPUS

- On 30 August 2019, Dr. Upendra Nath Roy, Professor and Head of the Department of Rural Development, National Institute of Technical Teachers Training & Research (NITTTR), Sector 26, Chandigarh presented the UBA model in his special lecture based on UBA model. He explained the mission and vision of UBA programme that aims at rapid rural development and focuses on the immigrant population.
- In the month of September, various awareness lectures based on health, hygiene and wellness were organized under Poshan Maah at Village Badheri, Kajheri and Attawa. In addition, a team comprising Dr. Sunaina Bansal (gynaecologist) and Dr. Nirmal (paediatrician) from Cloudnine Hospital, Chandigarh, conducted free counselling and consulting sessions. The villagers benefited greatly from the free counselling and consulting sessions. Furthermore, a lecture was delivered by the resource person Dr. Harjot Kaur, Assistant Professor, Mehr Chand Mahajan DAV College for Women on Poshan Maah to spread the message of the importance of nutritious diet.
- On 14 November 2019, a special lecture was delivered by Dr. Purnima Bhandari,
  Assistant Professor, Mehr Chand Mahajan DAV College for Women, Chandigarh on
  composting technique where she demonstrated how daily kitchen waste could be
  recycled for preparing nutrient rich manure that can be used for growing organic
  produce.
- On 20 January 2020, live broadcast of a video-conference 'Pariksha pe Charcha 2020'
  by Honourable Prime Minister of India Shri Narendra Modi was organized. He
  delivered a pep talk on 'Pariksha, Positivity and Perspective' for students from across
  the country and the Indian diaspora worldwide.

#### **HIGHLIGHTS OF THE YEAR 2019-20**

- Around 25 interns of the NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh, got registered in Swachh Bharat Summer Internship-2.0- 2019 with utmost enthusiasm and contributed more than 50 hours of community service in the selected villages namely Kishangarh, Dhanas, Kajheri and Buterla of U.T. Chandigarh, Bihru and Bhudan of H.P, Jitwal Kalan (Sangrur, Punjab), Kanhari Kalan and Niwarsi of Haryana with all the dedication.
- 'Swachhata Pakhwada' was observed from 1 August 2019 to 15 August 2019 where every volunteer took a pledge to keep the surroundings clean, and participated in the drive for cleaning various areas of the college including classrooms, laboratories and gardens.
- On 6 September 2019, around 20 volunteers from the NSS Units of the College, participated in the *POSHAN Abhiyaan* at Tagore Theatre, Chandigarh, where the volunteers performed a play and educated the audience regarding the benefits of taking necessary vitamins.
- On 20 September 2019, two of the NSS volunteers Simran Kaur and Ramanpreet
  Kaur participated in the Pre-RD Camp, held at Post Graduate Government College46, with full zeal and enthusiasm, which not only made them aware about the
  selection procedure but also boosted their morale.
- More than 30 NSS volunteers attended an awareness rally on 'Swachh India' on 2
  October 2019 where the Honourable Governor of Punjab and Administrator U.T.
  Chandigarh, Mr. V.P. Singh Badnore graced the occasion as the chief guest under whose instruction, oath of *Swachh India* and *Fit India* was administered.
- To mark the celebrations of *Rashtriya Ekta Diwas*, more than 20 volunteers of the college participated in 'Run for Unity' at Sukhna Lake on 31 October 2019, and took a pledge of unity in diversity.
- Ms. Pallvi Rani and Dr. Purnima Bhandari, NSS Program officers, received training through the Seven-Day Training Orientation Course held at Chandigarh University, Gharuan, Mohali district, Punjab and E.T.I/IDC, Chandigarh, India respectively.
- The NSS Units of the College in collaboration with UBA team conducted an awareness session on maintenance of personal hygiene at Government Model School,

- Sector 41-D, Village Badheri on 20 January 2020 that aimed at demonstrating the importance of maintaining good personal hygiene.
- The NSS volunteers of the College organised various cleanliness drives in the college campus under the 'Swachhata Pakhwada' from 16 January - 31 January 2020 that included cleaning of car and scooter parking area, Botanical garden, Rishi Vatika, Celebration Ground, Panghat Area, Lawns in the arts and science block, Hostel premises, Department rooms, Staff room and Laboratories.
- The NSS units of the College along with the team members of MHRD joined hands to undertake the Swachh Bharat Mission (Gramin) mission [SBM-G] for achieving ODF status for its two adopted Villages - Badheri and Butrela through a pilot level Swachhata Action Plan (SAP).
- To commemorate the Birth anniversary of Netaji Subash Chandra Bose under the MHRD initiative 'Ek Bharat Shrestha Bharat' (EBSB), the NSS Units in collaboration with Department of Fine Arts organized a face painting competition on 23 January 2020 where various participants painted the faces of their models in sync with the theme 'Unity in Diversity'.
- In an attempt to promote the girl child education, the NSS Units of the College in association with Women Development Cell organized a Poster Making Competition on the theme "Beti Bachao Beti Padhao" on 24 January 2020.
- Rally on Swachh Bharat Mission and a Nukkad Natak was organized on 29 January 2020 in Village Badheri and Village Butrela respectively, where around 50 NSS volunteers participated enthusiastically and made people aware about the harmful effects of plastic in their daily lives. In addition, cloth bags were distributed by the volunteers to the residents.
- To promote pride for the city, joy and belongingness among the people of Chandigarh, around 25-30 NSS Volunteers participated in an 8-day extravaganza - the Chandigarh Urban Festival (CUF) from 9 -16 February 2020 at the Capitol Complex, Sector-1, Chandigarh.
- With an aim to provide training and impart skill development among youth, a skill development activity was organised in Government High School of Village Kajheri under UBA programme by NSS Units in collaboration with UBA cell on 18 February 2020. In this activity, Ms. Rati Arora (Assistant Professor, Department of Home Science) and Dr. Minakshi Rana (Assistant Professor, Department of Sociology),

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along with the six volunteers demonstrated and delivered information regarding skill related courses mentioned under Pradhan Mantri Kaushal Vikas Yojana (PMKVY) – a flagship scheme of the Ministry of Skill Development and Entrepreneurship (MSDE) implemented by National Skill Development Corporation.

- To celebrate the essence of Ek Bharat Shreshtha Bharat, a scintillating fusion solo dance performance of Lavni and Garba was staged by Simran, a student of BA III in the annual Cultural Fest Meraki 2020.
- With an aim to create awareness regarding leading a healthy life, 11 NSS volunteers of the college along with their NSS programme officers Ms. Pallvi Rani and Dr. Purnima Bhandari attended the Mega Naturopathy camp, held at PG Government College (PGGC 46) Chandigarh under the Nisargopchar Mahotsav of Ministry of AYUSH.
- In an event to mark International Women's Day, the NSS Units and Medical Committee of the College celebrated the indomitable spirit of womanhood, where *Swayam Team* of Chandigarh Police demonstrated different self-defence techniques and urged the volunteers to adopt fitness regime as part of their lifestyle.
- As the nation continues its fight against COVID-19, 17 NSS Volunteers along with teaching and non-teaching staff of the college supported the '*Janta Curfew*' and took an initiative to generate awareness regarding COVID-19 through an educational video, which was shot by NSS volunteers, at their respective locations.

### INDEX OF THE ACTIVITIES DONE IN **QUARTER I: JULY-SEPTEMBER 2019**

S.No	NAME OF ACTIVITY	NUMBER OF VOLUNTEERS PARTICIPATED	DATE	TEACHER IN-CHARGE	NUMBER OF HOURS
1.	Swachh Bharat Summer Internship 2.0	25 students 12 Faculty members	10 June- 31 July 2019	Dr. Namita Bhandari Dr. Manjot Kaur	50 HRS. (EACH)
2.	Induction Ceremony	250	7 August 2019	Dr. Namita Bhandari Dr. Manjot Kaur	3 Hrs
3.	Swachhata Pakhwada Tree Plantation Cleanliness Drives	200 70-80 50-60	1-15 August 2019	Dr. Namita Bhandari Dr. Manjot Kaur	9 Hrs
4.	Khalsa Aid (Donation Collection Drive for Punjab Flood Victims	25-30	26-27 August 2019	Dr. Manjot Kaur	6 Hrs
5.	Unnat Bharat Abhiyan Orientation Lecture by Dr. U.N.Roy	150-170 Faculty members	30 August 2019	Dr. Namita Bhandari Dr. Gunjan	3 HRS.
6.	Plastic Collection Drive for Plastic Free Village Campaign in the College	30-40	4–17 September 2019	Dr. Namita Bhandari Dr. Manjot Kaur	12 Hrs.
7.	State level Poshan Maah Function at Tagore Theatre	15-20	6 September 2019	Dr. Namita Bhandari Dr. Manjot Kaur	3 Hrs.
8.	Lecture on Health, Hygiene and Wellness at Village Kajheri	20	11 September 2019	Dr. Gurjeet Virk Dr. Purnima Bhandari	2 Hrs.
9.	Community Address on Plastic Free	10-15	13 September 2019	Dr. Kanika Sofat	2 Hrs.

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S.No	NAME OF ACTIVITY	NUMBER OF VOLUNTEERS PARTICIPATED	DATE	TEACHER IN-CHARGE	NUMBER OF HOURS
	Village in Village Attawa				
10.	Awareness Rally on Plastic Free India at Village Kajheri	40	17 September 2019	Dr. Sonica Dr. Gurjeet Virk	4 Hrs.
11.	Awareness Rally on Plastic Free India at Village Badheri	40	17 September 2019	Dr. Nidhi Tanwar	4 Hrs.
12.	Awareness Rally on Plastic Free India at Village Buterla	40	18 September 2019	Dr. Arshdeep	4 Hrs.
13.	POSHAN ABHIYAAN- Movie screening and awareness lecture at Village Buterla	20-25	18 September 2019	Dr. Namita Bhandari Dr. Manjot Kaur	2 Hrs
14.	Plastic Collection Drive at Village Buterla	20-30	20 September 2019	Dr. Gunjan Sud	4-5 Hrs.
15.	Plastic Collection Drive and Nukkad Natak at Village Badheri	40-45	20 September 2019	Dr. Rishu	10-12 Hrs
16.	Pre Republic Day Selection Camp	2	20 September 2019	Dr. Manjot Kaur	5 Hrs.
17.	Plastic Collection Drive in Village Attawa	25-30	23 September 2019	Dr. Kanika Sofat	4-5 Hrs.
18.	Distribution of Cloth Bags in Village Buterla	20-30	24 September 2019	Dr. Sonica	3 Hrs.

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S.No	NAME OF ACTIVITY	NUMBER OF VOLUNTEERS PARTICIPATED	DATE	TEACHER IN-CHARGE	NUMBER OF HOURS
19.	Workshop cum seminar on Plastic free- village (Plastic Collection Drive) and 'Poshan Maah' at Village Badheri	20-30	24 September 2019	Dr. Nidhi Tanwar	4 Hrs.
20.	Awareness Campaign on Plastic Free India in Village Kajheri	25	24 September 2019	Dr. Purnima Bhandari	4 Hrs.
21.	Cloth Bag Distribution in Village Badheri	25-30	26 September 2019	Dr. Ramandeep Kaur	3-4 Hrs.
22.	Open Defecation Free (ODF) Survey in Village Badheri and Village Buterla	30	26 September 2019	Dr. Arshdeep Dr. Sandeep Kaur	5-6 Hrs.
23.	Plastic Collection and Cloth Bag Distribution Drive in Village Kajheri	30-35	27 September 2019	Dr. Gurjeet Virk	5-6 Hrs.
24.	Cloth Bag distribution in Village Attawa	20-25	30 September 2019	Dr. Kanika Sofat	3-4 Hrs.
25.	Poshan Maah Awareness in Village Attawa	20-25	30 September 2019	Dr. Kanika Sofat	1-2 Hrs.
26.	Unveiling of Swachhata Report 2019 and SBSI 2.0 Report 2019	-	30 September 2019	Dr. Namita Bhandari Dr. Manjot Kaur	1 Hr.

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#### Swachh Bharat Summer Internship 2.0 - 50 Hours Program of Swachhata-2019

**Date:** 10 June - 31 July 2019

Villages: Kishangarh, Dhanas, Kajheri and Buterla of U.T. Chandigarh, Bihru and Bhudan of

H.P, Jitwal Kalan (Sangrur, Punjab), Kanhari Kalan and Niwarsi of Haryana.

**Number of NSS volunteers participated:** 25 interns

**Objective:** The Swachh Bharat Abhiyan was launched by the Honourable Prime Minister Shri Narendra Modi in 2014 with the objective of achieving a clean, green and open-defecation free India.

Context: With this objective in mind, the Swachh Bharat Summer Internship (SBSI) was launched in 2018 to encourage involvement of the highly energetic youth in furthering of the aim of a Clean India. The successful termination of this internship last year gave an impetus for the relaunch of the internship Swachh Bharat Summer as



Internship 2.0 - 50 Hours of Swachhata for providing an opportunity to young volunteers to develop their skills and orientation for sanitation-related work and become a part of the "Swachh Bharat Jan Andolan". As part of the internship, the activities that participants conducted were categorized into two sub-categories:

- i. Information, Education and Communication (IEC), and
- ii. Solid Waste Management (SWM).

#### **Practice:**

#### i. Information, Education and Communication (IEC) activities

- Organized awareness campaigns around better Solid & Liquid Waste Management practices. E.g., segregation of waste as biodegradable and non-biodegradable.
- Village and school-level promotion of the 3Rs (i.e. Reduce, Reuse, Recycle), compost-pits, no littering through *Nukkad Nataks*/street plays, folk song and dance performances.
- Organized Swachhata Melas/ Exhibition on local waste management technologies.



- Made wall paintings in the public places (Panchayat Ghar, Anganwadis, schools etc.)
   on the theme of a clean village, promotion of compost pits, and proper management
   of plastic waste.
- Organized plastic-free village campaigns and declaration of plastic-free zones.







#### ii. Solid Waste Management (SWM) related activities

- SWM activities targeted waste collection, segregation, disposal and a plastic waste free environment
- Organized waste collection drives for households and common or shared spaces
- Volunteered for segregation of solid waste into non-biodegradable waste.
- Supported communities and panchayats to build compost pits, where organic matter decomposes for manure. Conducted surveys to illustrate quantum of solid waste generated in the selected villages.
- Organized cleaning of streets, drains and back alleys through awareness drives
- Creation of infrastructure: Compost pits for households, drains for kitchen gardening, soak pits for waste management





Evidence of Success: In order to give their contribution in the 50 hours program of Swachhata, the NSS Units of the College, constituted nine teams and contributed more than 50 hours of community service in the selected villages. The College prepared an action plan on 'Swachh Bharat Summer Internship-2.0' and undertook various activities in the month of June -July 2019 and has planned to organise many more in the forthcoming session 2019-20. A team of 25 interns, who got registered under the summer internship, was formed in the 3<sup>rd</sup> week of June 2019 to support and compliment 'Swachh Bharat Mission' by the Govt of India. Through the said program, the NSS Units of the College initiated a campaign to make the public, especially in the adopted rural areas, aware about the mission of Swachhata. During this 50 hours program, the interns were given the opportunity to put forth two particular issues: *Plastic Waste Management* and *Organic Waste management*.

The interns accomplished the internship in the third week of July 2019 in the selected villages namely: Kishangarh, Dhanas, Kajheri and Buterla of U.T. Chandigarh, Bihru and Bhudan of H.P, Jitwal Kalan (Sangrur, Punjab), Kanhari Kalan and Niwarsi of Haryana. In June 2019, 25 NSS volunteers got registered for the said program and completed the work under the supervision of 12 faculty members and 2 program officers with full cooperation, zeal and enthusiasm. The plans and process were initiated under the able guidance of Dr. Nisha Bhargava, the Principal of the College who provided her wholehearted support to the volunteers and was the main guiding force behind the success of this internship. The interns participated enthusiastically and did their work with novel techniques and exceptional efforts under the supervision of their nodal officers, Dr. Namita Bhandari and Dr. Manjot Kaur. The volunteers were further guided by their respective mentors: Dr. Kanika Sofat, Dr. Madhuri Tanaji Patil, Dr. Rishu, Ms. Pallvi Rani, Dr. Ramandeep Kaur, Dr. Sonica, Ms. Navdeep and Dr. Amandeep Kaur. On 31 July 2019, the interns completed their participation in the program of Swachhata.

#### **Induction Day**

Date: 7 August 2019

Number of NSS volunteers participated: 250

**Objective:** To orient the new students about the aim and objectives, and activities of the NSS and inculcate the spirit of selfless community service in them.



**Context:** This event provided the students an opportunity to understand the community, identify its needs and problems as well as the solutions in which they can be involved by undertaking social and civic responsibilities.

**Practice:** The NSS Units organized the introduction and informative session in the College campus on 7 August 2019. During the session, the participants were given detailed information about NSS and its outreach activities. They were informed that the activities undertaken are most successful when it involves learner in its programs so thoroughly that they set their own goals, implement new ideas and receive feedback from others about their progress. The democratic ideal of self-governance was fostered by encouraging each person or group to choose the best from a variety of options. One of the important services that can be rendered by NSS volunteers is disseminating information about the latest developments in agriculture, wasteland development, non-conventional energy, low cost housing, sanitation, nutrition and personal hygiene, schemes for skill development, income generation, government schemes such as Swachh Bharat Abhiyan, Ayushman Bharat, Beti Bachao and Beti Padhao, Environment and Energy Conservation and Education.

The students were further given an outline of the plan of activities in the adopted villages in such a way that the leisure time of the NSS volunteers could be utilized in the service of adopted villages. The reason for visits to the adopted areas was explained to the new volunteers in detail. Similarly, they were advised to follow up the previous work done in such areas.



Such sustained efforts will flower into friendship between the NSS Units and the community.

**Evidence of Success:** Students participated enthusiastically and asked various questions to increase their incumbent skill-set for serving the society.

#### Swachhata Pakhwada

**Date:** 1–15 August 2019

Number of NSS volunteers participated: 200

**Objective:** In accordance with the cleanliness drive started by our Honourable Prime Minister of India, Shri Narendra Modi, the role of colleges has been instrumental in realizing the mission of Swachh Bharat.



**Context:** It is rightly said that the charity begins at home. A massive cleanliness drive was organized in the college campus by the NSS Units. Cleanliness is not a linear challenge and MCM is approaching this multidimensional problem through a multipronged approach by supporting talents from its NSS Units.

**Practice:** As the NSS Units of the College play a vital role in spreading the Swachhata awareness across the country, 'Swachhata Pakhwada' was observed from 1 August to 15 August 2019. Under this, every volunteer took a pledge to keep the surroundings clean and participated in the drive for cleaning her surroundings. The cleanliness drive



was carried out enthusiastically by over 50 NSS volunteers who cleaned various areas of the college including classrooms, laboratories and gardens. Worthy Principal of the College expressed appreciation for the zeal and spirit of selfless service of the volunteers. Students and faculty members of the college enthusiastically joined the 'Swachhata Abhiyan' and carried out the cleanliness drive at the campus under the aegis of the college NSS Units. All the participants shared their perspectives regarding keeping surroundings and buildings clean and green by adopting innovative measures. A wide variety of activities ranging from students wielding the broom and cleaning the campus, identifying the message of cleanliness in the college and home were organized. During the Pakhwada, campus lawns, parking, buildings, library, hostels, wastewater drains, guesthouses, workshop and multimedia hall etc. were cleaned.

Besides, the unusable items were identified, removed and disposed. The separate waste bins of green and blue colours were installed for segregation of solid waste into bio-degradable

and non-biodegradable respectively. During this initiative, it was observed that the role of a student as "change agents" in the society can be highly useful and is centred around the belief that once students imbibe good sanitation and hygiene practices, they could motivate their parents, family and others in the neighbourhood, ultimately promoting community participation to adopt good sanitation and hygiene practices, which would ultimately lead to the "Swachh Bharat".

In addition to cleanliness drive, the NSS Units of the College organized a Tree Plantation Drive under Swachhata Pakhwada, an initiative taken under Swachh Bharat Abhiyan. Planting trees has become one of the most crucial needs of today in the wake of the continuous environmental degradation done by our



anthropocentric activities. Principal, Dr. Nisha Bhargava inaugurated the drive in which 70 NSS Volunteers participated with zeal and vigour.

Evidence of Success: With an aim to bring about a positive change in the environment and improve the air quality, NSS volunteers of the College planted various saplings of medicinal plants on the campus and vowed to nurture them and keep the campus clean and green. This not only helps in increasing the green cover, but also increases the fertility of the soil, and provides clean and green surroundings for learning and growing. Principal, Dr. Bhargava reiterated that such large-scale activities always play an important role in spreading awareness regarding cleanliness. She further highlighted the need and significance of the NSS activities, combined with participation of students and the faculty in social service to build a better society where they understand themselves in relation to their community.

During the cleanliness work, volunteers also placed bricks as barricades and each student took the responsibility to nourish and maintain the allocated plant. The unwanted weeds and shrubs around the periphery and in the campus were also removed. The garden waste of the campus is already being converted into compost. The NSS Units proceeded with



enthusiasm and zeal to enhance the beauty and greenery of the college campus.

#### **Khalsa Aid (Donation Collection Drive for Punjab Flood Victims)**

**Date:** 26–27 August 2019

Number of NSS volunteers participated: 25-30

Objective: To provide necessary materials to the

people afflicted during the floods

**Context:** In the wake of floods that had hit many villages of Punjab in the month of August due to continuous rain, a donation drive was organized at the



College campus and Hostel Sacha Dham Gurudwara, 3B2 Mohali. In this drive, volunteers took the initiative of raising donations for the flood victims and helped the Khalsa Aid Organization, which was working for the cause. In addition, the volunteers collected sanitary napkins from hostel premises.

**Practice:** A collection box was set up in college premises, near NSS room to collect various items including cereals and pulses, sugar, mosquito repellents, soaps, hand sanitizers and biscuits to help the flood victims. Large areas of Punjab (India) have been left devastated by the recent severe floods, with over 300 villages being directly affected and were in need of the emergency aid. The NSS volunteers placed cardboard collection bins in the common areas and approached the teaching as well as non-teaching staff to contribute for the cause. A number of NSS volunteers themselves contributed to the drive. The students of the College displayed great enthusiasm in donating several articles for the needy person. The materials collected were then donated to the NGO-Khalsa Aid for distribution in affected areas of Punjab.





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**Evidence of Success:** The donations came in huge numbers and contact was established with the Khalsa Aid Organization. We handed them over our collected products on 27 August 2019 in Sacha Dham Gurudwara, Mohali.

#### **Unnat Bharat Abhiyan Orientation Lecture by Dr. U.N. Roy**

**Date:** 30 August 2019

**Number of NSS volunteers participated:** 150-170

Objective: To discuss the ideas related to rural

development

Context: A lecture was organised to spread more clarity about Unnat Bharat Abhiyan (UBA) model and what is expected from the student volunteeers and how they could help in this mission.



**Practice:** A lecture was organised by the UBA coordinators of Mehr Chand Mahajan DAV College for Women, sector 36, Chandigarh on 30 August 2019. In the beginning of the session, one of the college teachers presented what all the other colleges have done so far

under UBA in their respective adopted villages. The adopted villages of college include Attawa, Badheri, Buterla, Maloya and Kajheri in which 164 students along with village in-charges conducted a sample household survey. The data collected was then uploaded on web portal. Apart from household survey, other activities such as tree plantation in



Attawa, child abuse workshop in Badheri, personal hygiene lectures etc., were organised under this programme. At the end of the presentation, the problems faced by the teams were reported to Dr. Upendra Nath Roy, Professor and Head of the Department of Rural

Development, National Institute **Technical** Teachers Training & Research (NITTTR), Sector 26, Chandigarh. Dr. Roy explained the UBA model in his presentation. He explained the mission and vision of **UBA** programme that aims rapid development and focuses on the immigrant population.



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Evidence of Success: All the participants got clarity about the working of UBA programme and suggested that such kind of interactive sessions should be regularly organised.



Plastic Collection Drive under Plastic Free Village Campaign

**Date:** 4–17 September 2019

**Number of NSS volunteers participated: 30-40** 

**Objective:** To discourage the use of plastic

**Context**: Plastic is non-biodegradable in nature and it has become a moral obligation of the volunteers to take the initiative to reduce the usage of single use of plastic in the villages adopted under Unnat Bharat Abhiyan (UBA) programme.

Practice: The volunteers of the College observed that plastic waste had a maximum percentage out of the total waste generated by the household and shops.

Evidence of Success: In order to avoid the use of plastics, Cloth Bags making initiative was taken in the month of September with the help of volunteers of NSS Units. In order to make cloth bags, volunteers collected minimum Rs.10 each as cash donation and old clothes or cloth pieces from the staff members as well as from students.

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#### **State Level Poshan Maah Function at Tagore Theatre**

**Date:** 6 September 2019

Number of NSS volunteers participated: 15-20

**Objective**: To sensitize the public about the necessity of nutrition among children

Context: The focus of the year was making Chandigarh anaemia free by following the principle of 3 T's (Test, Treat, Talk) and by bridging the nutritional gap and reduce stunting among children.

Practice: A function on POSHAN Abhiyaan, also called National Nutrition Mission, was organized on 6 September 2019 at Tagore Theatre, Chandigarh. Around 20 volunteers from the NSS Units of Mehr Chand Mahajan DAV College, sector 36-A, Chandigarh, participated in the same. In addition, our worthy Principal, Dr. Nisha Bhargava and NSS



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programme officer Dr. Namita Bhandari were also present. POSHAN Abhiyaan is India's flagship programme, launched in the month of March 2018 to improve nutritional status of children up to 6 years, adolescent girls, pregnant women and lactating mothers, to achieve specific targets for reduction in low birth weight babies, stunted growth, under nutrition and prevalence of anaemia. POSHAN Abhiyaan is not a programme but a Jan Andolan, and Bhagidaari, meaning "People's Movement". This programme incorporates inclusive participation of public representatives of local bodies, government departments of the state, social organizations and the public and private sector at large. The five elements of Poshan include nutritious food, anaemia, diarrhoea, hygiene and sanitation and the first 1,000 days (including the period of pregnancy and two years post birth). During the event, Nukkad Natak was performed by the girls. Through their play, they educated the audience regarding the fruitful benefits of necessary vitamins that must be involved in every person's life.

Evidence of Success: Volunteers from different schools and colleges displayed various cultural performances. A group of kids presented a 'Vegetable Dance' explaining the significance of vegetables in a healthy diet. The Chandigarh POSHAN Abhiyaan received 9 National awards. In addition, the Poshan Maah website and toll free number were announced.

#### Lecture on Health, Hygiene and Wellness at the Village Kajheri

Date: 11 September 2019

Number of NSS volunteers involved: 20

Objective: To make public aware about the

negative impacts of junk food

Context: To spread awareness and informed

knowledge about various health problems

Practice: A lecture was organised by the NSS

Units of the College, in collaboration with the UBA



committee in the Village Kajheri on 11 September 2019, comprising of 20 NSS volunteers. It was conducted under the able guidance of Principal Dr. Nisha Bhargava and supervised by UBA team members Dr. Gurjeet Virk and Dr. Purnima Bhandari. The lecture was based on health, hygiene and wellness. Further, the emphasis was laid on the value of a good sleep as lack of sleep can leave you feeling run down and can compromise your body's natural defences and immune system. The local people were made aware about the negative impacts of junk food on their bodies and the diseases caused by consuming junk food. The children were sensitised on how to prevent being the victim of the self- destructive behaviours like drugs, alcohol, etc. Other problems like dengue, kinds of flu, etc. were also highlighted in the lecture. In addition, a team comprising of Dr. Sunaina Bansal (gynaecologist) and Dr. Nirmal (paediatrician) from Cloudnine Hospital, Chandigarh, conducted free counselling and consulting sessions.

**Evidence of Success:** The villagers were greatly benefited from the free counselling and consulting sessions conducted by Dr. Sunaina Bansal and Dr. Nirmal of Cloudnine Hospital, Chandigarh. A separate lecture for girls and women of the village on menstrual health was also delivered, which was followed by doctor's consultation.





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Community Address on Plastic Free Village in Village Attawa



**Date:** 13 September 2019

**Number of NSS volunteers participated:** 10-15

**Objective:** To reduce the use of plastic.

Context: In an attempt to make people aware about the use of alternative materials, the NSS Units organized an awareness drive in Village Attawa with an aim of curtailing plastic usage. This village is densely populated with more than 10 members living in a single room. It is therefore hard to be managed in terms of waste disposal, specifically the disposal of single use plastic. The volunteers decided to take up the challenge of reducing single use plastic in an effort to raise awareness about the damage it is causing to the environment and to reduce waste in general. In other words, acting locally and thinking globally. What we do today influences how the coming generations will live.

**Practice**: The NSS Units of the College conducted a Community address in Village Attawa, Chandigarh. During the visit, following observations were made:

Villagers bring fruits and vegetables in polythene bags which when thrown away,
 blocking the road-side drains of the village.

- The polythene bags are swallowed by stray animals like dogs and cows, which create serious problems for them, even death in critical cases.
- Plastic disposal is a major issue in most of the houses.
- The plastic bottles are not decomposed and create garbage heaps here and there in the village.
- Storing food items in plastic bags or utensils harm the food by making it toxic.

Accordingly, a plastic awareness drive for the villagers was organized where the NSS volunteers went door to door and made people aware about the harms of using plastic. The volunteers gave various recommendations that include:

- The polythene bags must be substituted by cloth or jute bags for buying fruits and vegetables.
- The plastic bottles must be collected and given to the garbage collector instead of throwing them anywhere in the village.
- The polythene bags, if used must not be thrown on the roads, for they clog the drains and harm the animals.
- They must not store the food items in polythene or plastics.

**Evidence** of **Success:** Volunteers also interacted with a few women and homemakers of the village and made them aware about the toxic chemicals that are present in plastic, which gets transferred to their food when stored. Moreover, they encouraged people to take a cloth bag along with them when going for shopping of groceries and kitchen products. They also explained the harms of plastic to children as they are the coming generations of the village. In addition, children are easy to convince and are better to understand the need of protecting the environment for future generations.





# Awareness Rally on 'Plastic Free India' at Village Kajheri

**Date:** 17 September 2019

Number of NSS volunteers participated: 40

**Objective:** To reduce the usage of plastic

**Context:** In an attempt to make people aware about the use of alternative materials, the NSS Units organized an awareness drive in Village Kajheri.

**Practice:** On 17 September 2019, the NSS volunteers organized an awareness rally in the



Village Kajheri to spread awareness among people on plastic ban and make it as a plastic-free village. Plastics have potentially harmful effects on both animals, plants and on the environment. It could promote severe health disruption in humans. To sensitise people on the harmful effects of plastic, the NSS volunteers personally invited the fellow villagers to the local Government school. The villagers and the school students gathered in large numbers. They were made aware about the alternate to plastic bags, that is, paper bags, as they are the most feasible, cheap and easy to make. During the event, two school boys prepared paper bags in front of the audience and acquainted them with its procedure. Besides, Mr. Gopal Shukla, husband of area councillor Chandrabati Shukla encouraged students of the school and local people to avoid the usage of plastic bags as plastic is a threat to the coming generations. He urged students to make their parents and neighbours aware about the harmful effects of plastics and to avoid its use in their houses.

**Evidence of Success**: The rally was taken throughout the village, much to the enthusiasm of villagers who were made aware by the consistent effort of the volunteers. The slogan "*Ek hee sanqalp humara*, *plastic hataana lakshya humara*" reverberated around the village. The volunteers displayed banners and placards emphasising on the need for a collective endeavour to eradicate the plastic bags usage in the locality.







# Awareness Rally on 'Plastic Free India' at Village Badheri





Date: 17 September 2019

Number of NSS volunteers participated: 40

**Objective:** To make people aware about the usage of plastic.

**Context:** In an attempt to make people aware about the use of alternative materials, the NSS Units organized an awareness drive in Village Badheri.

**Practice:** The NSS volunteers of the College went to Village Badheri on 17 September in which they conducted an awareness rally on 'Plastic Free Village'. People were informed about the harmful effects of using plastic by raising slogans. According to the Environment Ministry, about 20,000 tonnes of plastic waste is generated every day in the country, out of which only 13,000-14,000 tonnes is collected. A plastic bag if buried in soil will remain there intact even after hundreds of years. Experts have maintained that the problem lies in the inadequate collection and recycling systems. The volunteers urged people to kick-start a new revolution against plastic so that India can become a plastic-free nation. All the volunteers

raised various slogans such as "Plastic bag ko naa kahe, bhavishya ko haan kahe"; "Plastic ki nahi koi shaan, mita do iska naamo nishaan".

**Evidence of Success:** During the rally, people were made aware about the ill effects of using plastic in their day-to-day life. Innovative schemes for promotion of plastic alternatives were introduced to provide the user with cheap, durable and alternative options.



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#### Awareness Rally on 'Plastic Free India' at Village Buterla



Date: 18 September 2019

Number of NSS volunteers involved: 40

**Objective:** To reduce the use of plastic

Context: Plastic is an incredibly useful material, but is made from toxic compounds known to cause illness, and because it is meant for durability, it is not biodegradable. As the world's population continues to grow, so does the amount of garbage that people produce. On-the-go lifestyles require easily disposable products, such as soda cans or bottles of water, but the accumulation of these products has led to increasing amounts of plastic pollution around the world. In an attempt to make people aware about the use of alternative materials, NSS Units organized an awareness drive in Village Buterla.

**Practice:** The NSS volunteers went to Village Buterla on 18 September in which a rally on the theme 'Plastic Free Village'was organised. During this drive, volunteers distributed the pamphlets urging people not to use plastic material in any form. In addition, they explained the adverse effects of non-biodegradable material on animals, plants, marine species, and human beings.

**Evidence of Success:** By making people aware about the hazards of plastic, the volunteers succeeded in making them aware about switching to the alternatives thus discarded the plastics.

# POSHAN ABHIYAAN- Movie Screening and Awareness Lecture at Village Buterla

Date: 18 September 2019

Number of NSS volunteers participated: 20-

25

**Objective:** To achieve improvement in nutritional status of children up to six years of age, adolescent girls, pregnant women and lactating mothers.

Context: Prime Minister's Overreaching Scheme for Holistic Nourishment - POSHAN Abhiyaan is a multi- ministerial convergence mission with the vision to address malnutrition with a targeted approach by 2022. The focus of awareness lecture was to teach children about various types of healthy foods and their nutritional values.

Practice: The NSS volunteers successfully





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conducted an awareness lecture and movie screening in Government Primary School, Village Buterla Chandigarh on 18 September 2019. The volunteers grasped the attention of primary class students by showing them various clips and short films on POSHAN Abhiyaan. They covered various topics such as five elements of Poshan: First 1000 days, Breast feeding, Anaemia, Diarrhoea, Health and nutrition. They told them stories and real-life examples to make the lecture interesting so that they do not lose the attention of the kids. The movie clips and short films highlighted the importance of balanced diet, staying away from diseases that are caused by consumption of contaminated food, and constituents of balanced diet for all age groups from a new born to an adolescent. The session concluded by slogans raised by our volunteers and kids saying - "Sahi Poshan, Desh Roshan". The purpose of celebrating the Poshan month was to take the message of nutrition to every nook and corner of the country and to focus on complimentary food, treatment and prevention from infections in children.

**Evidence of Success:** Volunteers were successful in disseminating awareness about the importance of balanced diet among children.

#### Plastic Collection Drive at Village Buterla

Date: 20 September 2019

Number of NSS Volunteers participated:

20-30

**Objective:** To encourage people to discontinue the usage of plastics

**Context:** Plastics are durable and flexible, but are made from heated carbon and other materials that are toxic for the environment. They are non-biodegradable and cannot be recycled as well.

Practice: The NSS volunteers conducted a plastic collection drive at Village Buterla on 20 September 2019. The volunteers went from home to home to collect plastic bottles and bags and simultaneously conducted an awareness drive in which they made villagers aware about the ill effects of plastics and their disposal mechanism(s).

**Evidence of Success:** The villagers enthusiastically gave away the plastic from their homes and pledged to reduce the plastic waste in their daily lives.

In reality, plastic is not a problem. The problem is irresponsible human behaviour in disposing of plastic. If disposed of sensibly, it can actually prove useful to the environment. If recycled, plastic can be made to prepare recycled polyester, which in turn is used to





produce a number of things like shoes, t-shirts, bags, etc. thereby causing less strain on natural resources.

# Plastic Collection Drive and 'Nukkad Naatak' Village Badheri

Date: 20 September 2019

Number of NSS volunteers participated: 40-

45

**Objective:** The objective of the activity was to reduce the use of plastic in Village Badheri.

**Context:** Awareness regarding plastic use could be seen already among masses of the village Badheri. However, resistance among



masses in discontinuation of plastics could be felt. Therefore, the context of the drive was to make people aware about the healthier and cheaper alternative choices.

Practice: The NSS volunteers conducted an awareness drive regarding 'Plastic Free Zone' and 'Discontinuation of one-time plastic use' on 20 September 2019 in the Village Badheri. People were made aware about the harmful effects of using plastic. The volunteers also presented a 'Nukkad Naatak' on theme of plastic free environment and swachhata. It was staged in front of the school and in the streets to spread awareness among the school children and residents of the village.



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**Evidence of Success:** The villagers seemed convinced when they were made aware about the toxic effects of plastic, how they are leached out of plastic and are found in the blood and tissue of nearly all of us, and that exposure to them is linked to cancers, birth defects, impaired immunity, endocrine disruption and other ailments. They analysed the cons of using plastic and pledged to reduce its usage. The awareness drive included collection of single use plastic from the villagers, furthermore encouraging them to use paper and jute bags.

# **Pre Republic Day Selection Camp**

**Date:** 20 September 2019

**Number of NSS volunteers participated: 2** 

**Objective:** To select the best NSS volunteers

for participation in the Republic Day

celebration.

Context: Pre Republic Day (RD) Camp is organized to select the NSS volunteers who prove their mettle in parade and cultural activities. This is done a few days prior to Republic Day. There are five Pre- RD Camps, which are organized throughout the country comprising north zone, south zone, east zone, west zone and central zone.

**Practice:** On 20 September 2019, a Pre Republic Day (RD) Camp was organized at



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Post Graduate Government College-46 (PGGC-46) where two NSS volunteers of the College Ms. Simran Kaur (B.Com. III Year) and Ms. Ramanpreet Kaur (B.Com. III Year) participated. Mr. Bikram Singh Rana, State NSS Liaison Officer, and Mr. Rajkumar, Youth Officer, NSS Regional Directorate, Chandigarh were the Chief Guests for the occasion. During the event, the participating NSS volunteers got an opportunity to meet and interact with the guests who boosted their morale and shared their respective experiences. In addition, they explained the objectives and various steps of the selection process of the camp. Initially, the selected volunteers were asked to undergo document verification followed by various measurements with regard to body vitals. Besides, participants were asked to demonstrate their parade skills, followed by personal interview and participation in various cultural activities.

**Evidence of Success:** Students participated in the Pre-RD Camp with full zeal and enthusiasm, which not only made them aware about the selection procedure but also boosted their morale.

#### **Plastic Collection Drive in Village Attawa**

Date: 23 September 2019

Number of NSS volunteers participated: 25-30

Objective: To collect plastic waste and spread

awareness about using alternatives

**Context**: Although plastics are indispensable in our daily lives and we cannot imagine living without it, there are environmentally friendly alternatives that we can use least to lessen the negative impact of plastics on Mother Earth.

Practice: This visit to Village Attawa was aimed at collecting plastic waste from the residents of that area. The volunteers of NSS Units observed that during the drive, people were well informed about the harmful effects of plastic and were willing to give up with the usage of same adhering to the ill effects. The villagers actively participated and the various groups collected 5-6 bags full of used one-time used plastic articles including plastic bottles, plates, broken tubs and containers. The women extended full cooperation to the volunteers so that area could get rid of maximum plastic that usually accumulated and lead to blockage of drains. Apart







from the residents, the shopkeepers also expressed interest in the discontinuation of plastics. All the volunteers worked with great zeal and maximum amount of plastic waste was collected from the village.

**Evidence of Success:** It was observedthatvillagers were attracted by the fact that they would be acknowledged for giving the plastic waste and would be givencloth bags which were tailored by the college teachers itself. The kids of the Village Attawa were highly enthusiastic and worked collaboratively with the volunteers while collecting the plastic waste.

#### Distribution of Cloth Bags in Village Buterla

Date: 24 September 2019

Number of NSS volunteers participated: 20-30

**Objective:** To encourage people to not to use

plastics

Context: Plastics are non-biodegradable and cannot be recycled. Therefore, it is imperative to adopt the use of alternative materials.

Practice: The volunteers from the NSS units conducted a "Plastic Free Campaign" on 24 September 2019 in the Village Buterla and created awareness amongst the residents of the area about the harmful effects of plastic on human health and environment. The programme was coordinated by Dr. Gunjan Sud, Assistant Professor, Department of Botany, Mehr Chand Mahajan DAV College for Women Sector 36-A, Chandigarh. Under her supervision, NSS volunteers participated in the doorto-door campaign, collected plastic waste from the residents and made them aware about the hazardous effects of plastics in daily life. In addition, cloth bags, which were provided by the college, were distributed to the residents. The campaign was







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initiated in the compound of the Government Primary School, Village Buterla, Chandigarh, where students and the staff also participated enthusiastically.

Evidence of Success: The waste which was collected was handed over for proper disposal to the Honourable Deputy Mayor cum Councillor of the area Mr. Hardeep Singh Buterla who graced the occasion. Mr. Buterla too requested the people to discontinue the use of plastic as it poisons the human health and degrades our environment to irreparable extent. He also distributed cloth bags to the residents and told them how cloth bags and paper bags can serve as the best alternate to plastic bags. All the volunteers worked with great zeal during the campaign.

# Workshop cum Seminar on 'Plastic Free-Village' (Plastic Collection Drive) and 'Poshan Maah' At Village Badheri

Date: 24 September 2019

**Number of NSS volunteers participated:** 

20-30

**Objective**: To increase the awareness about the plastic ban and importance of healthier lifestyle

**Context**: Plastic comes in many forms but there is consensus that while a useful material, there are serious concerns about harmful effects of plastic on human health.



To address the malnutrition challenges and sensitize our fellow citizens regarding the importance of holistic nutrition month of September was celebrated as the Rashtriya Poshan Maah across the country under POSHAN Abhiyaan. Poshan Maah aimed at making people aware of the importance of nutrition and giving individual access to government services to support supplement nutrition for their children and pregnant women or lactating mothers.

Practice: In order to inculcate a sense of awareness among school students about disadvantages of using 'plastic' in day-to-day life, the NSS volunteers conducted a workshop

cum seminar on 'Plastic Free Village' in the Badheri. The Village students encouraged to follow the principle of 3Rs-Reduce, Reuse and Recycle and use substitute of plastics such as paper bag, cloth bag, etc. A demonstration on how to make paper bags was given to students, so that they can minimize the use of 'plastic' in daily life. Plastic collection drive was also the volunteers organized which in



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conducted door-to door campaign and collected maximum wastes including 'plastic' bottles, containers, polyethene etc. The main purpose for 'plastic' collection drive was to inculcate a sense of responsibility among the villagers for the environment by sensitizing them about the effects plastic has on the environment as well as living beings. The villagers were ready to

minimize the use of 'plastic' in their lives.

Additionally, in order to increase the awareness among school students about the importance of eating a balanced diet and enhance their knowledge on what one should include in a balanced diet that could ultimately lead to a healthy lifestyle, NSS volunteers of the College conducted a seminar in Government School, Village Badheri on 24 September 2019. They made the school students aware about hazardous effects of junk foods on their bodies. They also guided them about how to live a healthy lifestyle. In addition, they focussed on the importance of healthy body, which eventually leads to a healthy mind. A healthy person can think normally and can act smartly in every situation. To spread this message, nurturing lecture was given by the resource person Dr. Harjot Kaur, Assistant





Professor, Mehr Chand Mahajan DAV College for Women on Poshan Maah. The students were enthusiastic and willing to make the necessary changes in their diet and lifestyle.

**Evidence of Success**: People listened intently and clarified their queries concerning balanced diet. After having an interactive session, the villagers were willing to make the necessary changes in their lifestyle.

# Awareness Campaign on Plastic Free India in Village Kajheri

Date: 24 September 2019

Number of NSS volunteers participated: 25

**Objective:** To encourage people to discontinue

the usage of plastics

Context: The millions of tons of plastic swirling around the world's oceans have garnered a lot of media attention recently. However, plastic pollution arguably poses a bigger threat to the plants and animals including humans. Very little of the plastic we discard every day is recycled or incinerated in waste-to-energy facilities. Most of it ends up in landfills, where it may take up to 1,000 years to decompose, leaching potentially toxic substances into the soil and water.

**Practice:** To spread awareness on the negative consequences of plastic, an awareness campaign on 'Plastic free India' was held in Village Kajheri by the NSS Units of the College on 24 September 2019. An awareness lecture was conducted among schoolchildren





regarding the plastic ban in the school premises. In addition, plastic bags were collected from shopkeepers and were exchanged with newspaper bags. An interaction with shopkeepers and local residents was done to make them aware about the lethal effects of plastic usage. In addition, a raid was conducted by our college students in shops to collect plastic bags. Each resident was given four cloth bags. The campaign concluded with a visit to the local Anganwadi where an awareness session on hazardous effects of plastic was conducted.

**Evidence of Success:** Healthy and positive interactions were conducted with shopkeepers and local residents to encourage them to avoid usage of plastic bags.

# Cloth Bag Distribution in Village Badheri

Date: 26 September 2019

#### Number of NSS volunteers participated: 25-30

**Objective:** To spread awareness regarding plastic ban and reduce and replace the use of plastic packaging.

Context: As cloth bags are biodegradable and larger than plastic bags, they are capable of holding larger items. Moreover, they are also more durable than paper bags, which lose integrity if they become wet.

Practice: All the volunteers of NSS Units collectively conducted a door-to door campaign where they collected single use plastic waste from the people and gave them cloth bags free of cost, which were made by unwanted clothes. Volunteers created awareness among the people living there by elucidating the disadvantages of single use plastic waste.

**Evidence of Success:** People enthusiastically participated and were willingly supportive of the new change adopted by the government.





# Open Defecation Free (ODF) Survey in Village Badheri and Village Buterla

Date: 26 September 2019

**Number of NSS volunteers participated: 30** 

**Objective:** To make India defecation free.

**Context:** Earlier, India was reported to be the country with the highest number of people practicing open defectaion: 524 million people or 40% of the total population. These numbers have since then been reduced significantly due to the efforts of the Indian government's Clean India Mission.



Practice: Under the survey initiated by Ministry of Human Resource and Development, the NSS volunteers of the College conducted Open Defecation Free (ODF) survey in Village Badheri and Village Buterla, Chandigarh. Volunteers were divided into the group of six each and the format of the survey was explained by the resource person from the MHRD, after which the volunteers started with the survey. The survey comprised of nine questions that included checking of the condition of the lavatories, and observe as to how the villagers were maintaining their respective lavatories and if they were actually providing accurate data.

**Evidence of Success:** To cover as many household as possible, each team was given a target of conducting a household survey in 26 houses, and the survey was based on the type of lavatories that the villagers were using such as a private toilet, community toilet etc. for defecation purposes.

#### Plastic Collection and Cloth Bag Distribution Drive in Village Kajheri

Date: 27 September 2019

**Number of NSS volunteers** 

participated: 30-35

**Objective:** To reduce the usage of plastic products, with many enterprises joining the industry and many more varieties of plastics being made.

**Context:** Firms consider plastics easier and cheaper to manufacture as compared to other materials such as metals and



stones because they are produced from by-products of crude oil and can be recycled. Consumers also consider plastics lighter, compared to other packaging materials. However, the wide use of plastic products has shortfalls, which include its harmful nature, its effect on environment, etc.

**Practice:** To sensitise people about the ill effects of plastic and encourage them to discontinue plastic, an awareness campaign on "plastic free India" was organized in Village Kajheri on 27 September 2019. The campaign covered the local government school and the village households. The campaign comprised collection of plastic items such as PET bottles, broken toys, buckets, bags etc. from households. After the collection of plastic from households, it was weighed (approximate weight was 1.46 kg) and sold to the junk dealer. The money collected by selling off the plastic waste was handed over to officials of Municipal Corporation, Chandigarh so that it could be utilized for the betterment of the village.

**Evidence of Success:** The volunteers spread awareness about the hazardous effects of plastic on environment and urged people to stop the use of single use plastics in their daily life. In addition, they distributed cloth bags among the residents. Together, all the volunteers and residents of village took pledge to act against the usage of plastic. The activity was held under the guidance of Municipal Corporation inspectors and workers.



#### **Cloth Bag Distribution in Village Attawa**

Date: 30 September 2019

**Number of NSS volunteers participated: 20-25** 

Objective: To encourage usage of cloth bag for

everyday shopping

Context: On numerous visits to the Village Attawa, the volunteers observed plastic disposal as a major issue in most of the houses. They decided to resolve this problem by distributing the handmade bags, which were made by the faculty from the department of Home science Department.

**Practice:** On 30 September 2019, NSS volunteers visited Village Attawa to distribute cloth bags to the villagers. They invited women in an Anganwadi centre to collect their cloth bags and urged them to discontinue the usage of polythene bags. The women also cooperated well with the volunteers. The residents were well aware that careless disposal of plastic leads to blockage of drains. Plastic waste has become one of the biggest banes of modern existence. The villagers were not only aware about the toxicity of plastic, but were ready and willing to give up plastic from their lives as far as possible. They pledged to use the cloth bags.

**Evidence of Success**: Villagers pledged to use handmade cloth bags for bringing fruits and vegetables.







#### Poshan Maah Awareness in Village Attawa

Date: 30 September 2019

**Number of NSS volunteers participated:** 

20-25

Objective: To spread awareness about

healthy lifestyle

**Context:** Interactive session with people of Village Attawa for raising awareness about health and hygiene.



**Practice:** The purpose of celebrating the Poshan month is to take the message of nutrition to every nook and corner of the country and focus on complimentary food, treatment and prevention from infections in children. Keeping in view the significance of Poshan Maah, an awareness session was organized on 30 September 2019 in Village Attawa. In this session, volunteers interacted with the residents and the kids in Anganwadi Centre of the village. In addition, they were shown animated videos related to Poshan Maah. The campaign also highlighted the importance of nutritious food, hygiene and ways to prevent diarrhoea and anaemia. It further aimed to make students aware of the importance of nutrition and to make them aware about government services that supplement nutrition for them.

**Evidence of Success:** It was observed that kids who were present there showed interest in watching the videos and had fun in imitating them. They enjoyed a lot and along with that retained the messages that were depicted through the video. Moreover, volunteers observed that the workers present were already aware about their duties and were performing them too.





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# **Unveiling of Swachhata Report 2019 and SBSI 2.0 Report 2019**



**Date:** 30 September 2019

Objective: To launch the 'Swachhata Pakhwada' and 'Swachh Bharat Summer Internship

2.0' reports

**Context**: The reports summarized the work done under Swachhata Pakhwada and Swachh Bharat Summer Internship 2.0 in 2019.

**Practice**: On 30 September 2019, the 'Swachhata Pakhwada' and 'Swachh Bharat Summer Internship 2.0' reports were unveiled in presence of Dr. Dalip Kumar, Additional State Project Director of RUSA, Dr. Nisha Bhargava, Principal, Mehr Chand Mahajan College for Women and NSS programme officers Dr. Namita Bhandari and Dr. Manjot Kaur.

**Evidence of Success**: The students of college worked in eight villages during the internship and their efforts were appreciated by Dr. Dilip Kumar during the unveiling ceremony.

# INDEX OF THE ACTIVITIES DONE IN QUARTER II: OCTOBER-DECEMBER 2019

S.No	NAME OF ACTIVITY	NUMBER OF VOLUNTEERS PARTICIPATED	DATE	TEACHER IN-CHARGE	NUMBER OF HOURS
1.	Shramdaan for Plastic Waste Collection	40-50	2 October 2019	Dr Namita Bhandari, Dr. Manjot Kaur	6-7 hrs.
2.	Awareness Rally on Plastic Free India	30	2 October 2019	Dr. Namita Bhandari Dr. Manjot Kaur	4-5 hrs.
3.	Run for Unity	15-20	31 October 2019	Dr. Namita Bhandari Dr. Manjot Kaur	3-4 hrs.
4.	Pledge for Unity	100-120	31 October 2019	Dr. Namita Bhandari Dr. Manjot Kaur	1 hr.
5.	Lecture on Composting in Village Badheri	10	14 November 2019	Dr. Nidhi Tanwar	2 hrs
6.	Awareness Drive on Waste Mgt and segregation in Village Kajheri	17	15 November 2019	Dr. Purnima Bhandari	2-3 hrs
7.	Disaster management Workshop and Mock drill	70	19 November 2019	Dr. Manjot Kaur	2-3 hrs
8.	Disability Awareness Programme	5	20 & 29 November 2019	Dr. Namita Bhandari Dr. Manjot Kaur	2-3 hrs.
9.	Competitions to commemorate Constitution Day	18	25 November 2019	Dr. Manjot Kaur	3 hrs.
10.	Awareness rally to celebrate Constitution Day.	60-70	26 November 2019	Dr. Manjot Kaur	3-4 hrs.
11.	Film Screening under Ek Bharat Shrestha Bharat	20	28 November 2019	Dr. Manjot Kaur	2 hrs.
12.	Seven Day/Night Special NSS Camp 2019	100	25-31 December , 2019	Dr. Namita Bhandari, Dr Manjot Kaur	70-75 hrs

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# Day wise Index of Seven Day/Night Special NSS Camp 2019

S.No	DAY	DATE	ACTIVITIES	RESOURCE PERSON
1.	DAY 1		Inaugural session	Dr. Nisha Bhargava (Principal, Mehr Chand Mahajan DAV College for Women)
2	DATI	25 December 2019	Pidilite workshop	Mrs. Santosh Verma
3			Informal session with NSS volunteers	Dr Namita Bhandari
4			Poster making on AIDS	Dr. Manjot Kaur
5			Lecture on Basic Life	Mrs. Meena Batta (Marketing Manager)
6	DAY 2	26 December 2019	Support.	Ms. Avneet Kaur (Clinical Instructor)
				Dr. Sandeep Kaur (Clinical Instructor)
7			Cultural Practice	Dr. Namita Bhandari
8			Reflexive Session	Dr. Manjot Kaur
9			Presentations on Dadra and Nagar Haveli under 'Ek Bharat Shreshtha Bharat'	Dr. Jitendra Dahiya (Assistant Director), State AIDS control
10			Lecture on Aids Awareness and Female Healthcare	society, Chandigarh
11	DAY 3	27 December 2019	Nutrition and Healthy Eating Habits	Dr. Harjot Kaur Mann, Assistant Professor, Department of Home Science,
12			No Flame Cooking Competition	Mehr Chand Mahajan DAV College for Women)
13			Special deliberations on NSS by the NSS Youth Officer	Mr. Raj Kumar (NSS Youth officer, Chandigarh.)
14	DAY 4	28 December 2019	Lecture on Organic Farming and Health (Swachhata and the role of the Individuals)	Dr. Gurvinder Kaur (Associate Professor, Department of Public Administration, Mehr Chand Mahajan DAV College for Women)
15			Self Defence Workshop	Mr. Sanjay Kumar Ms. Gurmeet Kaur

S.No	DAY	DATE	ACTIVITIES	RESOURCE PERSON
16			QUIZ on Ek Bharat Shrestha Bharat and Environment	Dr Namita Bhandari
17			Poster making on 'Jal Shakti Abhiyan' and 'Swachh Bharat Abhiyan'	Dr. Manjot Kaur
18			Visit to Village Badheri:	
19	DAY 5	29 December	Awareness Rally on Jal Shakti Abhiyan and Swachh Bharat Abhiyan	Dr. Namita Bhandari Dr. Manjot Kaur
20		2019	Nukkad Natak	
			Rehearsal for cultural performances and Recreational activities	
21			Lecture on Women Health and Menstrual Hygiene	Team Elite 77
22	DAY 6	30 December 2019	Lecture on 'Happiness and Swachh Mann Abhiyan'	Dr. Nitasha Khehra, Assistant Professor, PG Department of Psychology Mehr Chand Mahajan DAV College for Women)
23			Rehearsal for cultural practices	
24			Poster Making on EBSB	Dr. Namita Bhandari Dr. Manjot Kaur
25	DAY 7	31 December 2019	Valedictory Ceremony	Mr. Bikram Rana (State Liaison Officer, NSS CELL Chandigarh)

#### **Shramdaan for Plastic Waste Collection**

Date: 2 October 2019

**Number of NSS volunteers** 

participated: 40-50

**Objective**: To enhance the understanding of the plastic pollution problem so that more sustainable solutions could be found, and more people and organizations are empowered to take action and take initiatives to stop plastic pollution

Context: Swachhata Hi Seva (SHS) 2019, a jan andolan, was a campaign that focussed on plastic waste management, given the detrimental effect uncollected plastic waste on human beings, animals and the environment at large. It is a revolution to bring about a behavioural change at the grass-root level. This initiative undertaken by the government aims at 'Plastic Free India Campaign'. The youngsters are the social ambassadors and are at the forefront of a positive change in the society. While putting their best efforts in this social outreach program, the NSS volunteers of the College furthered the message of 'Plastic Free India' and the activities done by them are commendable. Various plastic collection drives and activities pertaining the campaign to were







organized under this flagship program 'Swachhata Hi Sewa Hai: Massive Plastic Waste Shramdaan-2019 in the month of October.

Practice: On 2 October 2019, the NSS volunteers undertook 'shramdaan' and a drive was

conducted in and around the college campus, Sector 36, Chandigarh. The idea of 'shramdaan' was to help the society by donating time and effort. It is a way of contributing to our community by cleaning up the surroundings. volunteers first devoted their time cleaning the campus grounds and took a pledge to keep their surroundings clean. Apart from this, a group of volunteers also distributed newspaper bags to the shopkeepers of Sector 36 market and cloth bags to the residents in order to sensitize them about the single use plastic ban and alternate means available. The volunteers conducted door-to-door interaction to make a greater impact and the activities were conducted with





fervour to achieve maximum participation from the community. They organized and designed a strategy to optimize their efforts in accomplishing the father of the nation's dream of a clean India. The main objective of the *shramdaan* was to generate awareness among the community regarding plastic hazards.

**Evidence of Success**: While expressing appreciation for the zeal and spirit of selfless service of the NSS volunteers, worthy Principal Dr. Nisha Bhargava said, "being an environmentally and community conscious institution, Mehr Chand Mahajan DAV College For Women, instils in its students a sense of responsibility towards the society through such initiatives and further such endeavours reaffirm the commitment of our Institution to contribute in making Swachh Bharat a reality".

# **Awareness Rally on Plastic Free India**

Date: 2 October 2019

**Number of NSS volunteers** 

participated: 30

**Objective:** To spread the awareness

against the use of plastics

**Context:** The Shramdaan of Swachhata was not only a mechanical exercise involving just few allocated hours of service, but an act of imbibing a feeling of service in the youth of the country.



**Practice**: More than 30 NSS volunteers attended an awareness rally on 'Swachh India' conducted by Chandigarh Administration. Mr. V. P. Singh Badnore, the Honourable Governor of Punjab and Administrator U. T. Chandigarh graced the occasion as the chief guest under whose instruction, oath of *Swachh India* and *Fit India* was administered. He also felicitated the sweepers, manhole operators and sanitation instructors for their selfless services in making Chandigarh a clean and hygienic city. The American Gandhi Mr. Bernie Meyer and his associates also participated in the awareness rally. The 3km rally started from Open Hand Monument (Capitol Complex), Sector 1 and concluded in parade ground, Sector 17, Chandigarh.

**Evidence of Success**: The volunteers with full zeal, enthusiasm and responsibility shouted slogans against usage of 'single use plastic' and promoted Swachhata.





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#### Run for Unity at Lake Club, Chandigarh

Date: 31 October 2019

**Number of NSS volunteers participated: 15-20** 

**Objective:** To elucidate the significance of unity in diversity and spread the message of unity

among countrymen

Context: To mark the celebrations of Rashtriya Ekta Diwas (National Unity Day), Governor of Punjab and U.T. Administrator Mr. V.P. Singh Badnore flagged off a 'Run for Unity' from Sukhna Lake. A large number of people participated in the event to mark the birth anniversary of Sardar Vallabhbhai Patel.

**Practice:** More than 20 volunteers of the college participated in 'Run for Unity' at Sukhna Lake on 31 October 2019. Mr. Parimal Rai, Adviser to the U.T. Administrator; Mr. Arun Kumar Gupta, Home Secretary; Mr. Ajoy Kumar Sinha, Finance Secretary; Mr. Sanjay Beniwal, DGP; Mr. K. K. Yadav, Commissioner, Municipal Corporation; and





Mr. Mandeep Brar, Deputy Commissioner also graced the occasion as guests. Students from different schools and colleges participated in the event and took a pledge of unity in diversity. In addition, people from different spheres of life took part in the event. Participants took the pledge, which was administered by the U.T. Administrator. In addition, a 3 km rally was flagged off from Uttar Marg, which proceeded towards the Rock Garden and finally concluded at Sukhna Lake around 7.15 am. The participants were provided with t-shirts and refreshments at the Capital Complex.

**Evidence of Success:** With emphasis on characteristics of diversity and inclusivity, the run successfully elucidated the significance of diverse identities. People from all age groups, caste, and religion joined hands for the cause. People completed the rally with full zeal and enthusiasm, and the NSS Units of the College were proud to take the initiative for the cause.

# **Pledge for Unity**





Date: 31 October 2019

Number of NSS volunteers participated: 150

**Objective:** To inculcate the feeling of dedication towards national unity, spreading the message to other fellow citizens, imbibing the spirit of unification and togetherness and encouraging the vision and actions of Sardar Vallabhai Patel

**Context:** To commemorate the contribution made by the 'Iron Man of India' Sardar Vallabhai Patel, in unifying the princely states to Republic of India, India celebrate its National Unity Day on 31 October every year. The theme of the year 2019 was to 'Bring the Nation Together, United in Times of Strife and Rising Extremism'.

**Practice:** In addition to Run for Unity, more than 150 NSS volunteers of the College took the pledge for unity under the direction of their NSS program officers Dr. Namita Bhandari and Dr. Manjot Kaur at Celebration ground of the college. The volunteers were made aware about the significance of 'Rashtriya Diwas' (National Unity Day) and how it reinforces our commitment to strengthen the security, unity and integrity of our country. While expressing appreciation for the zeal and spirit of the NSS volunteers, worthy Principal of the College

Dr. Nisha Bhargava said that the occasion is not merely a mechanical exercise, but it is an act of imbibing a feeling of service in the youth of the country. The aim of this commemoration and practice was to increase understanding of the national unity and integrity.

**Evidence of Success:** The event was successful one. Students were made aware about the concept of Rashtriya Diwas and they pledged to follow the principles of Sardar Vallabhai Patel.

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# Lecture on Composting in Village Badheri, Chandigarh

Date: 14 November 2019

Number of NSS volunteers participated: 10

Objective: To make people aware of about the concept of waste segregation and elucidate how it is cost effective and better for human health and environment

Context: Growing concerns relating to land degradation, threat to eco-systems from over and inappropriate use of inorganic fertilizers, atmospheric pollution, soil health, soil biodiversity and sanitation have rekindled the global interest in organic recycling practices like composting. The potential composting to turn on-farm waste materials into a farm resource makes it an attractive proposition. Composting offers, several benefits including





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enhanced soil fertility and soil health thereby increase agricultural productivity, improving soil biodiversity, reducing ecological risks and contributing towards a better environment.

Practice: A lecture was delivered by Dr. Purnima Bhandari, Assistant Professor, Mehr Chand Mahajan DAV College for Women, Chandigarh on composting technique where she demonstrated how daily kitchen waste could be recycled for preparing nutrient-rich manure that can be used for growing organic produce. A physical demonstration of the process of composting was given to the audience so that they can implement this eco-friendly technique at their respective home. Earlier, the residents were unaware about the concept of waste segregation, benefits of segregated waste and the methods of recycling including making compost out of kitchen waste. Moreover, they were unable to contribute in the management of waste from the initial level. Thus, this lecture was beneficial in creating awareness and encouraging them towards the practice. In addition, the resource person and students from NSS and UBA team discussed the advantages of composting, and the technique through which they are able to get rid of the biodegradable waste in an inexpensive manner.

Evidence of Success: At the end of the lecture, residents were made aware about the benefits of composting and they pledged to follow this technique at their respective level.

#### Awareness Drive on Waste Management and Segregation in Village Kajheri

Date: 14 November 2019

Number of NSS volunteers participated: 17

**Objective:** To make people aware about the concept of waste management and how and why it should be segregated.

Context: Waste management has become a subject of concern globally and nationally. Almost all the components of solid waste have some potential if it is converted or treated in a scientific manner. We can either dispose of the waste or reuse the waste and can earn money through its proper management. Disposing solid waste out of sight does not solve the problem but indirectly increases the same manifold and at a certain point, it goes beyond the control of everybody. The consequences of this practice such as health hazards, environmental pollution unpleasant surroundings, loss of precious resources that could be obtained from the solid waste, etc. are well known. That is why it



is essential to focus on proper mgt. of waste and implement the same all over the world.

Practice: On 14 November, NSS volunteers of the College visited Village Kajheri where they identified the filthy areas, and with the assistance provided by the Municipal Corporation, cleaning of the main market place was done. In addition, the volunteers distributed pamphlets among masses, particularly to the owners of the eateries to create awareness about correct way of waste disposal. A set of blue and green dustbin was also installed in the market as an attempt to reduce the dumping of waste in an open area. Earlier, the people of the area were not aware about the concept of 'wet' and 'dry' waste and which colour dustbin is meant for it. They were unaware about the benefits recycling methods such as making compost out of kitchen waste. A lecture cum demonstration was given by Dr. Purnima Bhandari, Asst. Prof. Dept. of Botany in which she explained the functioning of compost units to the concerned teachers and students. Several doubts including period required for compost preparation, climatic conditions, texture of compost prepared etc. were cleared during the session.

**Evidence of Success:** People were encouraged to recycle the biodegradable waste through the technique of composting and were asked to segregate the waste as wet and dry one.

# **Disaster Management Workshop and Mock Drill**



Date: 19 November 2019

Number of NSS volunteers participated: 70

**Objective:** To create awareness about disaster management and training, and the techniques which one should adopt and coordinate with the relief team

**Context:** Frequent calamities are causing huge losses and uncertainty to development. A well thought action plan for disaster management is the need of the hour and there should be sincere efforts to manage the problems of natural and man-made disaster. Nature has been an uncertain phenomenon causing huge human, environmental and economic losses by earthquakes, floods, building collapse etc. Therefore, it is important to understand about disasters and its types, and how to save and volunteer oneself during the calamity.

Practice: In a first of its kind endeavour, the RUSA team in association with the Disaster Management Committee of the College organised a Workshop and Mock Drill to generate awareness about the techniques and strategies required for disaster management. A team from the National Disaster Response Force (NDRF) 7<sup>th</sup> Battalion, Bathinda, Punjab apprised students including NSS volunteers, faculty and the support staff of various measures which can minimize the catastrophic effects of any disaster. Examples of various disasters which our country has witnessed in the recent past like tsunami, cloudbursts, fire, earthquakes and cyclones were also given. Inspector Nakul underlined the fact that loss of human lives and





property could have been much less if there was more awareness about the ways of handling these calamities. He also discussed the multi-layered role of the Disaster Response Team and encouraged our NSS students to volunteer their services during such calamities.

**Evidence of Success:** The mock drill provided appropriate knowledge and skill to the participants so that they can protect themselves or those who are trapped in such unfortunate situations.



#### **Disability Awareness Programme**

Date: 20 & 29 November 2019 Number of NSS volunteers

participated: 5

**Objectives:** 

To generate awareness

regarding disabilities

To imbibe the spirit equality and togetherness

Context: India is home to over 70 million people



disabilities, with few rights, few entitlements, and even fewer opportunities. Therefore, the celebration of *Divyang Day* assumes a greater significance, creating visibility and awareness on the issues faced by people with different disabilities before a larger audience. Such celebrations are also a means to come together, to debate and discuss the achievements of the disabled section and the way ahead. Such events not only provide a platform to engage other stakeholders but also allow them to share issues, which are affecting people with disabilities. They also intend to work together to find and implement solutions to calibrate the way forward in a manner that ensures inclusion of people with disabilities in all future developments and policies adopted across governments and the private sector.

**Practice:** To celebrate International Day of Persons with Disabilities, a Disability Awareness Program was organized by the Equal Opportunity cell in association with Saksham and PGIMER, Chandigarh. This event was intended to increase public awareness, understanding and acceptance of people with disability and celebrate their achievements and contributions. The students were motivated with the vision and actions of several NGOs and governing bodies which are working towards the cause of bringing divyang in mainstream of the society. Following the objectives, NSS Volunteers participated in a series of competitions viz. essay writing, speech competition and painting competition under the topic 'Divyang Kaun?'. Speech competition based on relevant topics and a painting competition were organized. For this activity, differently abled people were encouraged to participate. The participants were felicitated by PGIMER, Chandigarh.

**Evidence of Success:** The event was dedicated to the spirit of serving others.

# **Competitions to Commemorate Constitution Day**

Date: 25 November 2019

Number of NSS volunteers participated: 18

**Objective:** To celebrate the Constitution Day and make

students aware about their constitutional rights

**Context:** India adopted its constitution on 26 November 1949, which came into force on 26 January 1950. The year 2019 marked the 70th anniversary of



the adoption of the Constitution and raised awareness about the Indian Constitution.

**Practice:** To commemorate the 70<sup>th</sup> Anniversary of Indian Constitution and celebrate Constitution Day, the NSS Units of the College conducted a series of competitions on 25 November 2019. This event was organized under the direction of the UGC, New Delhi. In addition, a live telecast of the programme from the Central Hall of Parliament was broadcasted in the college premises for the students. The purpose of the event was to disseminate knowledge about Indian Constitution and appreciate the seminal contributions of Dr. B.R. Ambedkar in drafting constitution. Overall, the activities intended to imbibe the spirit of nationality and citizenship. During the event, several activities including Slogan writing, Poster making, and Essay writing were organized. Dr. Zeenat Khan, Asst Profr, Dept of English, judged the essay writing competition whereas slogan writing and poster making was judged by Dr. Pooja Sharma, Asst Prof, Dept of Fine Arts. For slogan writing, the topic

was 'Indian Constitution' in which Neha Barak (B.A. III) bagged First Prize while Simran Kaur (B.Com III) and Rashmi (B.Com III) bagged second and Third prize respectively. For essay writing, topic was 'Relevance of Indian Constitution in 2019' and 'Need to celebrate Constitution Day in 2019' in which Rosen (B.A. III) bagged First position, Muskaan Lamba (B.A. III) and Sakshi (B.A. III) bagged Second and Third positions respectively.

**Evidence of Success:** With focus on the fundamental duties as an important feature of the Constitution, these activities motivated the students and made them aware about their constitutional rights.





#### **Awareness Rally in Celebration of Constitution Day**





Date: 26 November 2019

**Number of NSS volunteers participated:** 60-70

Objective: To celebrate the Constitution Day and make students aware about their

constitutional rights

Context: The month of November has its own importance in the history of independent India as on this day in 1949, the Constitution of India was adopted and came into effect on 26 January 1950. Therefore, 26 November marks the dawn of a new era. To acknowledge the contribution of the framers of the Constitution and to spread awareness among the people regarding the prominent values, 26 November is celebrated as Constitution Day every year. However, despite the seminal significance of 26 November in the history of independent India, many people are not aware of the Constitution Day. In addition, people are still unaware about their constitutional rights. Thus, a rally was organized to spread awareness regarding these topics. It is very important to know one's rights and create awareness for the same. The aim was to disseminate knowledge about Indian Constitution and appreciate the seminal contribution of Dr. B.R. Ambedkar in drafting constitution. Overall, the activities intended to imbibe the spirit of nationality and citizenship.

**Practice:** The NSS volunteers of the College wholeheartedly participated in the rally and made people aware about their constitutional rights. With zeal and enthusiasm, all the volunteers held banners and posters, and campaigned in nearby areas. Several pamphlets were also distributed to make people aware about the meaning of the constitution. The volunteers shouted out slogans "Karenge uncha hum Aan baan Aur Shaan, yeh hi sikhata hai

Hume Bharat ka Samvidhan", "Sare Jahan se acha Hindusitan humara" etc. This rally was taken out in residential areas of Sector 36, Chandigarh.



After the rally, the volunteers attended the live telecast of a speech which was delivered by Honourable Prime Minister Shri Narendra Modi in which he elucidated the significance of upholding constitutional ideals and values. He read out the 'Preamble' on Constitution Day and encouraged the citizens to pledge to the fundamental duties. Viewing the live telecast of the PM's address from the Central Hall of Parliament was both productive and motivating for the volunteers.

**Evidence of Success:** The volunteers took part in the rally enthusiastically and interacted with a large number of people. In addition, the students acknowledged the significance of live telecast and were made aware about their constitutional rights.



# Film Screening under Ek Bharat Shrestha Bharat





Date: 28 November 2019

Number of NSS volunteers participated: 20

# **Objectives:**

- To promote the spirit of national integration
- To make NSS volunteers aware about the culture and tradition of Dadra and Nagar Haveli

Context: India as a country is a hub of cultural dynamics. It is necessary for our youth to be aware about the diversities that our country offers and this was an initiative to make the

students acknowledge India's multifaceted diversity.

**Practice:** On 28 November 2019, a movie screening was held in the premises of the College under *Ek Bharat Shrestha Bharat* where volunteers were shown various videos about Dadra and Nagar Haveli. Through this innovative measure, various facts were shared with the volunteers, which helped them in comprehending the culture and tradition of one of our Union Territories.

**Evidence of Success:** NSS volunteers were made aware about the cultural and traditional aspects of Dadra Nagar and Haveli.













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# Report

# SEVEN DAY/NIGHT **NSS SPECIAL CAMP 2019**

25<sup>th</sup> to 31<sup>st</sup> December 2019

# Under the theme Swachh Bharat Abhiyan & Jal Shakti Abhiyan

Submitted to:

**National Service Scheme** 

Ministry of Youth Affairs and Sports, Govt. of India

*by*:

# Mehr Chand Mahajan DAV College for Women

Sector 36-A, Chandigarh (U.T.)

**Date:** 25–31 December 2019

Number of NSS volunteers participated: 100

#### **Objectives:**

• To meet the felt needs of the communities and supplement the education of university/college/school students by bringing them face to face with the prevailing situation of the community.

- To provide opportunities for the students to play their due roles in the implementation of
  various development programs by planning and executing development projects, which
  not only help in creating durable community assets in rural areas and slums, but also
  result in the improvement of the condition of weaker sections of the communities.
- Encouraging the students to work with the residents of rural areas, thereby developing the character, social consciousness and commitment of the students. It also fosters discipline and helpful attitude towards the community.
- Building potential youth leaders by exploring the latent potential among the campers, both students as well as local youth (rural and urban), with a view to involve them in development projects for longer periods. The local leadership generated during the camps would also be useful in ensuring proper maintenance of the assets created as a result of the camps.
- Emphasizing the dignity of labour and self-help and the need for combining physical
  work with intellectual pursuits, and encouraging youth to participate enthusiastically in
  the process of national development, and promote national integration through
  democratic living and cooperative action.

Context: The Seven Day/Night Special NSS Camp was held at Mehr Chand Mahajan DAV College for Women from 25-31 December 2019. More than 100 volunteers registered for this camp with full cooperation, zeal and participated enthusiastically in the camp under the able supervision of Dr. Namita Bhandari and Dr. Manjot Kaur, NSS programme officers and under the able guidance of Dr. Nisha Bhargava, Principal of the College. The main objective of the camp was to groom the volunteers as a human and as an agent of social change. Its thrust was on activities and lectures that helped the volunteers to work for the community, in the community and with the community. Before the starting of camp, all the volunteers were divided into various committees according to their interests. For each day, volunteers were given responsibilities. The different committees were namely Discipline Committee, Hospitality Committee, Documentation Committee, Photography Committee, Stage management and Cultural Committee. During the camp, multifarious interactive sessions, workshops, demonstrations and lectures were held in order to educate the volunteers about certain social, physical, psychological and political phenomenon. Each day began with various interactive sessions, guest lectures as well as fieldwork.

#### **DAY 1: 25 DECEMBER 2019**

#### **Inauguration Ceremony**



On 25 December 2019, the seven day and night special NSS Camp was inaugurated by our worthy principal Dr. Nisha Bhargava. As our college bagged the first position among residential colleges all over India in Swachhata Ranking, she congratulated the NSS Units and encouraged the volunteers for continuing the same efforts in future. Her words helped to sensitize the volunteers regarding water conservation and gave several tips how to conserve water. She shared her personal experiences and the way college has been following the practices related to water conservation and waste management. She concluded her speech with beautiful self composed poem and thus boosted the spirits of the volunteers. The inaugural ceremony was followed by a workshop which was conducted by Mrs. Santosh Verma from Pidilite. She gave a demonstration and well defined instructions about various art forms.

**Activity 1: Pidilite Workshop** 



#### **Objectives:**

- To cultivate a thought in the volunteer's mind on how to reuse and recycle waste products in a creative as well as constructive work
- To make them aware about the easy tricks and tips to create things with recyclable products

**Methodology:** The resource person gave a demonstration on how to create objects easily by reusing old newspapers including pen-stand, decorative items and so on. Initially, a group of students practiced it with her and later on the audience exhibited an active participation in creating different objects. She emphasized that newspaper is indeed one of the easiest components to handle and create things, and is easily available.

**Impact:** This activity helped everyone to create simple but amazing objects with newspaper. This acted as a creative therapy for the volunteers and rejuvenated their creative abilities. They learnt to create objects with paper and were able to teach the method of making objects and the need to recycle some components like paper, cardboard etc. to make beautiful things for use at home. This session brought up a new side of the volunteers, in which their imaginative and creative abilities shown brighter.

In today's academic scenario, the creative arts have entirely disappeared from the Indian education system. There was a time when creative classes were compulsory for students, and were given their due importance by parents, teachers, and kids alike. However, the current atmosphere of mounting academic pressure and curriculum goals has pushed arts and crafts

to the side-lines. Learning the arts and crafts does not only foster the creative development of a person, but also assists in advancing and refining his or her core skills, which in fact goes towards boosting academic achievement as well.

In the evening session, the poster making activity was conducted by the volunteers. Posters on the topics including AIDS, water conservation and Swachhata were artistically shaped by the volunteers. The activity was conducted to make people aware through the chromatic posters. In addition, slogans in the posters were written in rhyming pattern so that it could leave an influential mark upon the audience. Posters designed were both eye-catching and informative. The night activity at the hostel was filled with fun and interaction. These basic conversation sessions aimed at improving communication skills and to develop confidence in the volunteers and learn lessons from each other's life experiences. The day was filled with various new experiences, which for sure helped each one of us to grow in one way or the other.









#### **DAY 2: 26 DECEMBER 2019**

Activity 1: Lecture on Basic Life Support by a team of Paramedics from Fortis Hospital, Mohali



The second day of the camp was high on yuletide spirit. The session of the day, conducted by Paramedics team from Fortis Hospital, was based on 'Basic Life support system', and basic first aid tips. In addition, many volunteers actively took the Organ Donation pledge as a part of this session. Mrs. Meena Batta, Marketing Manager, was the resource person for the session who was accompanied by two paramedics from Fortis Hospital. The demonstration conducted by the team was very interactive. They mainly focused on the importance of CPR (Cardiopulmonary Resuscitation). The objective of this whole session was to save lives at the time of emergency by spreading awareness about CPR and avoiding any unnecessary loss of life. It has been validated that out of 100 lives, 50-60 lives can be saved by CPR as it is very common these days, especially in winters. It is an emergency procedure and requires rapid and efficient response, available equipment and personnel trained in life-saving procedures.

**Objectives:** The main objective of this session was to educate the volunteers about:

- The Basic Life Support given during a cardiac arrest
- Several first aid tips on choking, nose bleeding, injury, animal bites etc.

**Methodology:** The team gave a practical demonstration on the 'Basic Life Support' and choking procedure to the volunteers and made them practice the same. It was followed by an interactive session in which the volunteers asked several questions related to migraine, injuries, bites, burns, heart attack, etc.

Impact: This session was quite informative and disseminated awareness among the volunteers about certain medical injuries, and how to react during various medical emergencies. They helped each volunteer to learn basic first aid tips during cardiac arrest and the do's and don'ts in case of emergency situations. This training proved to be vital for the volunteers as such skills are required in case of urgency, in future and can be taught to those who are oblivious of these training. There was a video session where the incidences in which one saved a life from CPR were shown. They gave some real life examples from the hospital to explain to the volunteers the importance of CPR. Subsequently, a demonstration of the functioning of the machine, which is an electronic device that automatically diagnosis life-threatening cardiac arrhythmias named *Automates External Defibrillator (AED)*, which is used to give shocks to the patients with cardiac arrest, was given to the volunteers. The Fortis Team also put forth the concept and importance of organ donation and distributed the pledge forms so that the interested volunteers can donate their body organs after their deaths, which could save someone else's life. At the end of this session, students asked questions regarding the timing of CPR, its consequences and reasons.





#### **Activity 2: Cultural Practice**

During the evening session, volunteers who were interested in taking part in cultural dances and events to be performed in the valedictory started their preparations. Performances were planned on theme of the cultural diversity of our country. A fusion of Gujarati and Marathi folk dances to promote 'Ek Bharat Shreshtha Bharat', a skit on Swachhata, Bhangra and Natti to depict the flavours of Punjab and Himachal Pradesh were planned and practiced. Volunteers began their practices with full zeal and enthusiasm.





#### **Activity 3: Reflexive Session**

Every activity requires appreciation and criticism to perform better the next day and no one can do it better except the people who have experienced it. The evening session was a reflexive session and discussion on next day's activities. In this activity, reflexive forms were distributed to all the volunteers to record their best learning of the day and their



suggestions were taken. All the volunteers participated actively. In addition, information regarding poster-making competition was given to the volunteers. Volunteers were divided into groups to work with co-operation and different themes were given to each group. Posters were made on the prevailing NSS themes i.e.; 'Jal Shakti Abhiyan', 'Swachh Bharat Abhiyan', 'AIDS Awareness Program' and 'Ek Bharat Shreshtha Bharat'.

#### **DAY 3: 27 DECEMBER 2019**

# Activity 1: Presentations on Dadra and Nagar Haveli under 'Ek Bharat Shreshtha Bharat' (EBSB)



# **Objectives:**

- To know about the cultural diversity of our country under 'Ek Bharat Shreshtha Bharat', a peek into the cultural traditions and historical background of (U.T.) Dadra and Nagar Haveli
- To reflect on the activities done under SBSI to encourage the volunteers for such endeavours
- To learn about the origin, aim and objectives of NSS, and to recognize the responsibility of a NSS Volunteer





#### **Activity 2: Lecture on AIDS Awareness and Female Healthcare**

After the EBSB presentations, a lecture was held in which knowledge was imparted about sexually transmitted diseases (STDs), AIDS and HIV. For the session, the resource persons included Dr. Jatinder Dahiya, from National AIDS Control Organization (NACO).

#### **Objectives:**

- A comprehensive explanation and information about intimate hygiene and AIDS, with an aim to educate the volunteers in detail about the same so that they can further aware the residents of the adopted village and prevent the spread of this disease merely by awareness
- A brief discussion on HIV/AIDS care, high-risk groups and the role of youth in this regard
- An awareness lecture and discussion on personal hygiene, important tips on intimate hygiene, knowledge about the products we use, cleanliness of intimate parts, certain tips while menstruating
- Create awareness regarding child sexual abuse prevention and HIV prevention

**Methodology:** Dr. Jatinder Dahiya (Assistant Director) State AIDS Control Society, Chandigarh discussed about the disease HIV /AIDS (Acquired Immuno Deficiency Syndrome). During the session, emphasis was made on the spread of the disease, it is mode of transmission that included used syringes, injections and razors and unprotected sexual intercourse. Dr. Dahiya even busted many myths about HIV/AIDS. He advised the volunteers to avoid tattoos, not to have unprotected sex, not to use infected or used syringes and say NO to Drug Infusion from syringes. He gave a formula for *A -Awareness*, *B - Be Faithful*, *C-Conscious*. Subsequently, he shared AIDS helpline number 1097 for the help of students.

**Impact:** The volunteers, youth of today, learnt their role in propagating the prevention of HIV and took note of important steps to be practiced during menstruation. Session helped to clear various taboos and superstitions that are deep rooted in the society regarding menstruation and treatment of women during those days.



# **Activity 3: A Lecture on Nutrition and Healthy Eating Habits**

A lecture on Nutrition and Healthy Eating Habits was conducted by Dr. Harjot Kaur Mann, Assistant Professor, Mehr Chand Mahajan DAV College for Women, Chandigarh. She explained that nutrition is a journey and our health should not be taken for granted by focusing on components of diet and their right amounts required by our body. She further explained that diet is not a magic, it should be further clubbed with exercise. She explained the importance of various fats and minerals. Importance of healthy sleeping habits and harms of skipping meals was explained to the volunteers.





**Activity 4: No Flame Cooking Competition** 

In addition to the lecture, a cooking competition, without fire was held in the evening session to promote the importance of eating healthy and nutritious food. 10 teams participated in the event. Volunteers participated with great enthusiasm and prepared dishes like Mexican salads, smoothies, sandwiches, chat, chocolate puddings, Oreo pops and many more. It was a beautiful sight to behold as NSS volunteers showcased their creativity and enthusiasm. The competition was judged by Dr. Harjot Kaur Mann and NSS programme officers Dr. Namita Bhandari and Dr. Manjot Kaur.





















#### **Activity 5: Special Deliberations on NSS by the NSS Youth Officer**

The evening session was graced by the Rajkumar, Youth esteemed guest Mr. Officer, NSS Regional Directorate, Chandigarh under the Rashtriya Seva Yojna. He enlightened the volunteers by highlighting the importance of NSS. He energized all the volunteers by different games and he shared courage, passion and sense how responsibility should be the major qualities of



a NSS volunteer. Mr Raj Kumar further elaborated the role of NSS in character and personality development of youth. Besides, in the evening, NSS Programme officers interacted with the volunteers, encouraged and enlightened them with their words, and how they can contribute to society, and have a different outlook.

#### **Objectives:**

- To bring out the best in students and help them to discover their capabilities
- To acquaint the students regarding the importance of social work and how it contributes in the development of an individual
- The purpose of NSS and how it contributes towards individual and social development
- Educate the volunteers about how social work can be taken up as a profession

**Methodology:** It was an open-ended discussion, whereby volunteers were allowed to put forth their views and interact with the Programme Officers and other students. Through interaction and various live examples, they portrayed the significance of NSS and social work in general.

**Impact:** The volunteers were able to develop confidence and a thought of inculcating self-evaluation as a necessary means to comprehend themselves and their inner capabilities in them. This discussion also helped them to know how social work can integrate well with their academics and become their profession and passion, Later, at night the volunteers made posters on various themes such as 'Swachhata' and 'Water Conservation'. The night activity helped the volunteers to interact with each other and gain confidence.

#### **DAY 4: 28 DECEMBER 2019**

The fourth day of the seven day and night NSS special camp under the theme 'Swachh Bharat Abhiyan' and 'Jal Shakti Abhiyan' began on a spiritual note.





Activity 1: Lecture on Organic Farming and Health (Swachhata and the role of the Individuals)

A lecture and presentation on 'Organic Farming and Health' was given by Dr. Gurvinder Kaur (Associate Professor, Department of Public Administration), and Coordinator, Skill Development Committee of the College.



**Objectives:** The session was organized with an objective

- To produce food of high nutritional quality
- To maintain long-term fertility of soil
- To maintain the genetic diversity of agricultural system
- To avoid all forms of pollution that may result from agricultural techniques
- Implementation of different crop production schemes and programme for growth in productivity of different crops
- To focus on quality control of different farms inputs which are necessary for farm production
- To Control pests, diseases and weeds

Methodology: In her words, Swachhata literally means "Swachh ka Bhav, Swachh ki Avastha". She focussed on keywords like cleanliness, serenity, sincerity and transparency. Her purpose was to sensitize the students and provoke them to think because knowledge is unlimited. The importance of balance (physical, mental, emotional and spiritual) was conveyed to the students so that they could lead a life of harmony. Dr. Gurvinder Kaur introduced a new concept of Artificial Light Pollution and its harmful effects and focussed on the lethal effects of LEDs, which disrupts the hormones and the physical functioning and stressed on the importance of natural light. She gave the volunteers a different perspective on Swachhata and told that Swachhata is not only related to the environment but also to the food. She pointed on the ill effects of animal products, processed foods that contain chemical fertilizers, food colourings, preservatives, etc. The use of such chemicals affects to population of good gut microorganisms, which further affect the humans, aquatic life and animals. Today, food comprises more chemicals and less nutrition. Further, the volunteers were made aware about the concept of industrialization and commercialization of agriculture. She also emphasized on the concept of sustainability, and how youth could make a difference. She promoted the idea of Organic Farming and encouraged the volunteers to grow their own food, and protect themselves from the harmful effects of unhealthy food.

**Impacts:** The idea of Organic Farming encouraged the volunteers to grow their own food and protect themselves from the harmful effects of unhealthy food. Volunteers gained knowledge about more healthy eating options instead of junk food.



### **Activity 2: Self-Defence Workshop**

A demonstrative lecture on 'Self-Defence Techniques' was delivered by Mr. Sanjay Kumar and Ms. Gurmeet Kaur from Chandigarh Police.

#### **Objectives:**

 To make the volunteers learn the basics of self-defence so that they could prepare themselves for dangerous and unforeseen circumstances



- Self-defence helps to be active, at the same time it improves coordination skills
- To strengthen bones and muscle, agility, flexibility and stability (balance) with various self-defence pose and movements

Methodology: During the event, Mr. Sanjay Kumar delivered a speech on self-defence and highlighted its importance in today's world, especially for girls. The importance of a healthy diet and healthy lifestyle was well explained by him. In addition, he demonstrated various techniques with Ms. Gurmeet Kaur, which could be used at the time of emergency. Mr. Sanjay Kumar and his companion boosted confidence of the girls and taught them various self-defence techniques. Mr. Kumar told that Life is a gift. It is also unpredictable. Selfdefence techniques not only prepare us for unexpected situations, but also increase mental and physical health. When one learns selfdefence, one develops a stronger sense of safety,





a stronger instinct and awareness and physical power. He also mentioned that to live healthy, we must employ healthy eating habits.

**Impact:** The volunteers were acquainted with various self-defence techniques, which they could employ during the times of emergency. Session increased the confidence among volunteers to deal with potentially dangerous situations.

#### Activity 3: Quiz on Ek Bharat Shrestha Bharat and Environment

A quiz competition on the theme of Ek Bharat Shrestha Bharat was organized among the volunteers. In addition, several questions based on the topic were asked and discussed.





**Impact:** The participants participated enthusiastically and it was a great learning experience for the participants as well as for the audience.

#### Activity 4: Poster making on Jal Shakti Abhiyan and Swachh Bharat Abhiyan

In the evening session, around 35-40 volunteers engaged in a discussion and poster making activity on water conservation. A healthy discussion took place wherein volunteers shared their views on how water can be saved and why it is essential to save water. With growing population rates, and such a small percentage of all the water on Earth fit for consumption, it only makes sense that we must preserve and conserve this precious resource. To fulfil this purpose, a poster making activity was organised in which volunteers described the importance of water conservation creatively. Personal views on why and how to save water were put forward by the volunteers. Water conservation requires forethought and effort, but every little bit helps.





#### **DAY 5: 29 DECEMBER 2019**

Activity 1: Awareness Rally on Jal Shakti Abhiyan and Swachh Bharat Abhiyan and Nukkad Natak at Village Badheri, U.T. Chandigarh.





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The volunteers walked the streets of Village Badheri to spread awareness about clean and hygienic India. They displayed various posters and banners to interact with the people. Despite being part of such a well-planned city, Chandigarh, the village people were still not aware about the basic issues of environment and the importance of water conservation. The roads were undeveloped and plastic usage was high. Residents faced shortage of water and techniques about water conservation were required. Hence, the rally organized, created a path for awareness among folks about such social issues.

**Objectives:** The rally was conducted keeping in mind the following goals:

- To create awareness about cleanliness
- To encourage the residents of the village, to be part of cleanliness drives and practice it regularly
- To show that with unity or togetherness significant change can be brought in the society
- To create awareness among village people about the depletion of natural resources, their sustainability, importance and various techniques to protect them

Methodology: With the help of posters and banners, the volunteers organized a rally in the Village Badheri, to promote the importance of 'Swachhata'. The slogans of Swachhata echoed in the streets of the village thereby initiating a major change for the society. This rally brought up the significance of cleanliness to the villagers. Practical and visual demonstration was required to grasp every concept being taught. Hence, being a part of cultural activity such as folk dance and *nukkad natak* taught us better about our motto, which includes *Ek*  Bharat Shreshtha Bharat, Swachh Bharat Abhiyan, Jal Shakti Abhiyan and women empowerment. During the rally for water conservation, the volunteers, guided by the teachers carried placards displaying messages that illustrated water conservation techniques and through raising various slogans. In another rally, people witnessed the participants holding placards that carried messages for the need for maintenance of a clean environment, while reciting slogans. The rally concluded with a *Nukkad Natak* through which the volunteers made people aware about the harmful effects of using plastic. After the play ended, the onlookers were made to take a pledge to stop the usage of one-time-plastic products.





**Impact:** The villagers were quite motivated by the awareness rally hence they participated in it actively which set the foundation for future activities to be held in the village. The rallies are symbolic of, "together we can do it" and with this spirit, the volunteers conducted the rally and initiated the wave of change towards adapting cleanliness. The volunteers displayed their ideas well and urged people to bring change. The activity paved a way for the members to know each other better. There had been sessions for the awareness among volunteers, but this activity promoted interaction and hence harmony and better coordination among the volunteers.





Activity 2: Rehearsal for Cultural Performances and Re-creational activities





**Objective:** To showcase the diversity in Indian religions, traditions, culture and ethnicity **Methodology:** During the second session, volunteers geared up for their performances to be showcased in the upcoming cultural program during valedictory function. The volunteers were preparing different dance forms such as 'Nati' (a traditional folk dance of Kullu, Shimla, and Kinnaur Districts of Himachal Pradesh), 'Bhangra' (a traditional dance of the Punjab region.) and a 'Lavani-Garba' fusion (both of them being the folk dances of Maharashtra and Gujarat respectively). The participants worked enthusiastically and passionately with strong teamwork and seemingly unbreakable unity. In the evening, the volunteers were asked to assemble for performing an activity wherein the team members were asked to jot down their opinions they had about their other members anonymously on small pieces of paper. The paper slips were then collected from the members.



#### **DAY 6: 30 DECEMBER 2019**

# Activity 1: Lecture on Women Health and Menstrual hygiene

#### **Objectives:**

- To highlight various health related issues faced by the women with special focus on menstrual hygiene
- Eradicate social taboos and myths regarding menstruation
- Proper disposal of sanitary napkins

**Methodology:** The first session was conducted by Mr. Vivek Mohan and his team



consisting of Mr. Ajay Verma, Ms. Ravinder Kaur, Mr. Yogesh Verma, Mr. Gurdeep Singh and Mr. Inderjit Kaur from *ELITE 77* that focussed on women health problems and its various causes. Mr. Vivek started the session by discussing the main reasons because of which India is becoming the capital of cancer disease. During his interaction, he discussed that women are more prone to cancer because of the various problems including PCOD/PCOS; white discharge; cyst tumour; irregularity in their menstrual cycle. Furthermore, he discussed the early signs as well as the reasons for development of these problems. This was followed by a live demonstration of the effectiveness of the sanitary napkins with the motive to spread the message among the volunteers to be more cautious while choosing their sanitary napkins.

**Impact:** This session was considered one of the most interactive sessions in which the volunteers learned about the menstrual hygiene management. The students learnt various facts about it and how to dispose of a sanitary napkin and its various substitutes. It also helped to dismantle the taboos in relation to periods. In all, fifth day of NSS camp was a reflection of new ideas and insight.





Activity 2: Lecture on Happiness and Swachh Mann Abhiyan





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The second event of the day began with a talk by Dr. Nitasha Khehra, Assistant professor in the PG Department of Psychology, Mehr Chand Mahajan DAV College, Chandigarh who started the interaction by sharing some facts about happiness and reports by WHO, where Finland is ranked as the happiest country in the world. She told the students that mental illness should not be treated as a social stigma; instead, it should be talked freely. She laid emphasis on depression, which is widespread nowadays. She highlighted the importance of a rich diet and sufficient intake of water for a healthy mind. She encouraged students to have self -talks, stop negative thoughts and understand that there are things, which are outside our control and must be accepted the way they are.

Objective: The objective of this lecture was to promote Swachh Mann Abhiyan i.e. to inculcate various characteristics in one's life like spiritual balance, optimistic approach towards solving problems, learn to face the realities, self-criticism, self- compassion, prioritize things that matter, have patience, to live in the present moment, to nurture our creative abilities and most importantly how to heal oneself.

The highlights of the session were as follows:

- Inculcation of spiritual balance, which helps oneself to stay focused and concentrated in one's life by merely connecting oneself with god
- Inculcation of optimistic approach towards solving problems that not only lessens our daily burden but also helps in dealing with difficulties
- Learning to face the realities gives us inner strength and helps us to expect less
- Self-criticism is necessary to evaluate oneself and know our strengths and weaknesses
- Self- compassion, one should treat oneself tenderly and with patience while suffering

- Prioritize things that matter and cut-short what is least important in life
- Have patience while dealing with self and others
- How to train one's mind to live in present
- To nurture our creative abilities and let them help to evolve us
- How to heal oneself after going through a tough situation

Methodology: Dr. Nitasha Khehra emphasized on the importance of psychological wellbeing and resilience. She explained that the leading cause of depression is perfectionism and at times parenting, and also major cause of increasing number of suicides. The lecture was made even more interactive with discussions of case studies. She explained the volunteers through many life examples the importance of a healthy diet in controlling mood swings. She emphasized that the use of drugs to deal with depression is not a solution; rather it leads to psychological addiction. She concluded the session by stressing on the importance of reading and self-introspection. The resource person motivated the volunteers by guiding them towards their future endeavours and how to tackle any problem and not to feel low. The session was concluded with doubt clearing session.

**Impact**: The volunteers felt empowered with optimism that helped them to have different perspectives in life, towards oneself and others. It was a fruitful session with an aim to bring out the capabilities of the volunteers. The meditation session held later had a tranquilizing effect on the audience. As a result of this activity, everybody learnt the qualities of selfevaluation, self-compassion, self-healing, self-love and such attributes helped the volunteers to develop themselves wholly. This session was the foundation for all other activities as it gave an energetic and a positive push to the volunteers for their active participation.

# **Activity 3: Rehearsal for Cultural Practices**

In the afternoon session, teamwork and coordination were clearly visible as volunteers geared up for the cultural dance event for the Valedictory day. The volunteers were full of enthusiasm and zeal as the dress rehearsals of the entire cultural programme was done. This session intended to achieve perfection in the cultural performances in order to put forth a successful show in the valedictory event. Later, in the evening session, the volunteers made posters to depict the vivacity of the culture, tradition and ethnicity of Dadra and Nagar Haveli under the Flagship programme 'Ek Bharat Shreshtha Bharat'. This initiative not only increased the unity among the volunteers, but also filled them with a sense of pride and respect for the richness of our culture and heritage.

#### **Day 7: 31 DECEMBER 2019**

# Valedictory Ceremony





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The aim of valedictory session was to put forth the endeavours done by the NSS Units during the camp and to show the glimpses of the Seven Day and Night NSS Special Camp-2019 which was based on the theme 'Swachh Bharat Abhiyan and 'Jal Shakti Abhiyan'. Besides, the camp also promoted the idea, vision and theme of 'Ek Bharat Shreshtha Bharat'. As it was the last day of the camp, the NSS volunteers presented an overview of the camp and piloted a cultural event, which included various cultural performances. The event was graced by Mr. Bikram Singh Rana, State Liaison Officer (NSS) Chandigarh Administration as a Chief Guest. The event commenced with the DAV anthem followed by remembering our DAV founders. It was followed by saraswati vandana, which was recited by the NSS volunteers so as to seek the blessings of Goddess Saraswati. A full report comprising the activities under taken in seven day/night special camp was presented by the NSS volunteer, which was followed by a PPT on the same. To add some cultural touch, a folk dance of Himachal Pradesh known as Naati was performed by the volunteers. In addition, volunteers prepared a special performance related to the theme and graced the audience with their terrific performance. It was followed by a Nukkad Natak, which was based on the theme 'Environment' and 'Women Empowerment'. A heartfelt speech was given by Mr. Rana to make the students aware about the true meaning of being a NSS volunteer. He asked the volunteers to always strive for selfless help and relish the meaning of being a NSS volunteer in its true sense.

Our NSS volunteers have been working all over the year to serve the community and bring the best out of them but there are some volunteers who put their heart and soul throughout the year and especially during the camp. To acknowledge such volunteers, the award of appreciation was given to them.

The students were given Awards of appreciation for their commendable job during the Camp-2019. These students were Mitali Singh, Muskaan Lamba, Mahima Kaushik, Shriya Kanwar, Muskan Soni, Pallavi Kaplesh, Ramandeep Kaur, Ramanpreet Kaur, Pallavi Sharma, Komal, Kajal Pradhan, Shivangi Kohli, Harsirjan and Parneet. In addition several individual awards were also presented which were as follows:

Best Camper: Himani Chopra
Best Social Worker: Simran Kaur

Best Organizer: Partiksha Singla

The volunteers presented an energetic Bhangra performance. It was followed by the speech of gratitude and substance which delivered by our worthy Principal, Dr. Nisha Bhargava wherein she congratulated the NSS programme officers, Dr. Namita Bhandari and Dr. Manjot Kaur and the whole team of NSS for the success of the camp. The event was concluded by a vote of thanks, given by our program officers. Overall, the event was a huge success and the volunteers participated with full zeal and enthusiasm.



















The above-mentioned activities have highly contributed in developing the skills among the students and helped them to evolve as an individual in the various spheres, like management, creativity, speaking, and so on. The volunteers carved their thoughts about the above-mentioned topics in diverse and expressive way through various activities. The poster making was practised during the activity sessions, both held in the evening sessions. Working together helped them to learn the team skills like patience and coorporation. These activities were focused to enhance their skills and be fruitful to them in future. Our worthy Principal Dr. Nisha Bhargava motivated students and told them that cleanliness is a comprehensive term that encompasses not just environmental cleanliness but also includes cleanliness of mind and soul. She further said that the College has added new dimensions to the Swachh Bharat Mission by its endeavours which focussed on empowering young minds with wisdom.



# INDEX OF THE ACTIVITIES DONE IN QUARTER III: JANUARY-MARCH 2020

S.NO	NAME OF THE ACTIVITY	NUMBER OF VOLUNTEERS PARTICIPATED	DATE	TEACHER INCHARGE	NUMBER OF HOURS
1.	Seven-Day NSS Orientation Training Programme	(1 Programme officer)	17 – 23 January 2020	Ms. Pallvi Rani	8 hours (daily)
2.	A Yoga Awakening session under Fit India Campaign	30	18 January 2020	Dr. Purnima Bhandari	1 hour
3.	Lecture on Health And Hygiene in Village Badheri	15	20 January 2020	Dr. Nidhi Tanwar	2 hours
4.	Pariksha Pe Charcha	35	20 January 2020	Dr. Purnima Bhandari	3 hours
5.	Cleanliness Drive under Swachhata Pakhwada	45	21 January 2020	Dr. Purnima Bhandari	3-4 hours
6.	Open Defecation Free (ODF) drive in Village Badheri and Village Butrela under Swachhata Action Plan	20	22 January 2020	Dr. Vandana Sharma Dr. Sandeep Kaur	3hours
7.	A Face Painting Competition under Ek Bharat Shrestha Bharat'.	16	23 January 2020	Ms. Neena Sharma Dr. Pooja Sharma Dr. Purnima Bhandari	2.5 hours
8.	Poster making competition - Celebration of National Girl Child Day	10	24 January 2020	Ms.Vandana Syal Dr. Purnima Bhandari	2 hours
9.	Awareness programme on Swachh Bharat Mission: Lecture On Swachhata App	20	27 January 2020	Dr. Purnima Bhandari	2.5 hour
10.	Rally on Swachh Bharat Mission in Village Badheri	20	29 January 2020	Dr. Nidhi Tanwar	2 hours

S.NO	NAME OF THE ACTIVITY	NUMBER OF VOLUNTEERS PARTICIPATED	DATE	TEACHER INCHARGE	NUMBER OF HOURS
11	Rally and Nukkad Natak in Village Buterla	30	29 January 2020	Dr. Sarabjeet Kaur Dr. Amandeep Kaur	2 hours
12	Presentation of Reports on Village Visits under Swachhata Pakhwada	70	30 January 2020	Ms. Pallvi Rani Dr. Purnima Bhandari	2-3 hours
13	Prize Distribution Ceremony under Swachhata Pakhwada	60	31 January 2020	Ms. Pallvi Rani Dr. Purnima Bhandari	2-3 hours
14	Sports Day Celebration	40-50	10 -11 February 2020	Ms. Pallvi Rani Dr. Purnima Bhandari	10-12 hours
15	Green and Clean Environment	30-35	14 February 2020	Ms. Pallvi Rani Dr. Purnima Bhandari	3-4 hours
16	Chandigarh Urban Festival-2020	25-30	9 -16 February 2020	Ms. Pallvi Rani Dr. Purnima Bhandari	3-4 hours (daily)
17	Demonstration of Skill related opportunities at Village Kajheri	6	18 February 2020	Dr. Purnima Bhandari Dr. Gurjeet Virk	3 hours
18	Seven-Day NSS Orientation Training Programme	1	21 – 27 February 2020	Dr. Purnima Bhandari	6 hours (daily)
19	Lavni And Garba Dance Fusion under Ek Bharat Shrestha Bharat'	1	28 February 2020	Ms. Neena Sharma Ms. Pallvi Rani Dr. Purnima Bhandari	3-4 hours
20	Mega Naturopathy Camp	11	3 March 2020	Ms. Pallvi Rani Dr. Purnima Bhandari	4-5 hrs

S.NO	NAME OF THE ACTIVITY	NUMBER OF VOLUNTEERS PARTICIPATED	DATE	TEACHER INCHARGE	NUMBER OF HOURS
21	International Women's Day Celebration	30-40	7 March 2020	Ms. Pallvi Rani Dr. Purnima Bhandari	3-4 hours
22	Blood Donation Camp	50	17 March 2020	Ms. Pallvi Rani Dr. Purnima Bhandari	4 Days
23	Online Slogan Writing Competition on Paushtik Aahaar		20 March 2020	Ms. Pallvi Rani Dr. Purnima Bhandari	10 hours
24	Online Power Point Presentation Competition under Ek Bharat Shrestha Bharat		20 March 2020	Ms. Neena Sharma Ms. Pallvi Rani Dr. Purnima Bhandari	10 hours
25	Awareness regarding COVID- 19	17	22 March 2020	Ms. Pallvi Rani Dr. Purnima Bhandari	5-6 hours
26	Awareness regarding COVID- 19: Poetry Renditions under Ek Bharat Shrestha Bharat	(2 non-NSS students)	27 March 2020	Ms. Neena Sharma	5 hours

# **Seven-Day NSS Orientation Training Programme**





**Date**: 17–23 January 2020

**Objectives:** To get the NSS programme officer acquainted with the basics of NSS programmes.

**Context:** NSS Programme officer Ms. Pallvi Rani attended and participated in a seven-day orientation-training programme for NSS programme officers from 17-23 January, 2020 at Chandigarh University, Gharuan, Mohali district, Punjab, India

**Evidence of Success:** During the training programme, Ms. Pallvi was equipped with the basics and ideals of NSS.



### A Yoga Awakening Session under Fit India Campaign





**Date**: 18 January 2020

Number of NSS volunteers participated: 30

#### **Objectives:**

• To promote Fit India campaign

• To increase mobility and body balance, build harmony between mind and body

Context: As a part of the Fit India Campaign, NSS Units and Department of Physical Education of the College organised a yoga awakening session on January 18 2020 in the gymnasium hall. Around 100 students of the College including NSS volunteers participated in the programme, which was headed by Dr. Anu Lata, Dr. Veena Rani, Ms. Jasvin Kaur and Ms. Monarita and coordinated by NSS programme officer Dr. Purnima Bhandari. The main aim of the event was to build strength and harmony between mind and body.

**Practice:** During the event, instructors made students aware about the benefits of Yoga in daily life. Session started with the warm-up exercises, which were followed by several gentle and effective asanas including *Surya Namaskar*, *Tad Asana*, *Trikon Asana*, *Gomukh Asana* etc. During the session, technique and benefits of each asana was very well explained by Dr. Anju Lata and her team. This kind of activity not only improved metabolic activities of the body, but also boosted self-esteem, confidence and strengthened mental health of the students, thus achieved an overall sense of well-being. Session concluded with the meditation process.

**Evidence of Success:** At the end of the session, students were well equipped with the technique of the asanas and were able to achieve sense of well-being.

### Lecture on Health and Hygiene in Village Badheri

**Date:** 20 January 2020

**Number of NSS Volunteers participated: 15 Objectives:** 

- Awareness among people about the importance of personal hygiene
- Demonstrate the social importance of personal hygiene to maintain a hygienic lifestyle.



- Encourage participants to take responsibility for their health and cleanliness in a friendly environment to remain mentally, physically and socially healthy
- Teach the attendees how to take care of hand, body, tooth, foot, and clothes hygiene in day-to-day life

Context: Despite being a part of the wellplanned city of Chandigarh, many residents of Village Badheri and the students of the School were still not aware about the basic personal hygiene practices. It was observed that many children did not brush or bathe regularly while many others had a habit of not washing hands before eating food, thereby increasing the risk of spreading infections like common cold etc.



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The need to address the basic hygiene habits was required. Hence, the lecture created a path for awareness among folks about such practices.

**Practice:** The NSS Units of the College conducted an awareness session on maintenance of personal hygiene at Government Model School, Sector 41-D, Village Badheri on 20 January 2020. The lecture delivered by Dr. Gunjan Sud, Assistant Professor, Department of Botany, aimed at demonstrating the importance of maintaining good personal hygiene and illustrate the importance of comprehensive cleaning for maintaining a good health and a better personality in the society and, identify any misconception among the attendees regarding the maintenance of personal hygiene. The session covered indicators of personal hygiene including proper combing hair, brushing teeth, washing mouth after eating, washing hands before eating, washing hands after using the toilet, trimming nails, taking bath daily, wearing

shoes and wearing clean clothes etc. A PowerPoint presentation was used to make the session more illustrative and visual. Apart from this session, there were small activities aimed to make the objective more clearly including small quizzes on health and hygiene, demonstration of healthy habits etc.



**Evidence of Success**: The attendees were really active and participative throughout the session. Through the lectures being delivered by our team members, the attendees were able to understand the importance of personal hygiene and how maintaining hygienic environment plays a crucial role in prevention from diseases like cholera (caused by unhygienic water bodies), asthma and other respiratory diseases (caused by air pollution) etc. During the lecture, the audience listened intently to what was being taught. The attendees were seen talking and discussing about the lecture after the conclusion of the session.

Date: 20 January 2020

Number of NSS students involved: 35

#### **Objectives:**

- To remain stress-free while preparing for examinations
- To deal with examination related problems including demotivation, anxiety, mood swings that occur during examination time



and How to balance extra-curricular activities and studies

**Context:** The third edition of Prime Minister's interaction programme 'Pariksha Pe Charcha 2020' with students and teachers was organized at Talkatora Stadium in New Delhi. During the programme, Honourable Prime Minister of India Shri Narendra Modi answered the questions and interacted with selected students about how they can beat examination stress.

**Practice:** Mehr Chand Mahajan DAV College for Women organized the live broadcast of a video-conference 'Pariksha pe Charcha 2020' by Honourable Prime Minister of India Shri Narendra Modi. Over 150 students of various streams witnessed the live broadcast wherein Shri Narendra Modi delivered a pep talk on 'Pariksha, Positivity and Perspective' to students from across the country and the Indian diaspora worldwide. The broadcast provided students an insightful perspective on life, exams and life beyond exams as Shri Narendra Modi shared his incisive views on various aspects of life including motivation, determination, time management, stress management, importance of balance between academics and co-curricular activities, role of technology in students' life and much more. NSS Programme officer Dr. Purnima Bhandari was also present during the event.

**Evidence of Success:** At the end of the broadcast, students were motivated and determined to face examination stress with an ease.





#### Cleanliness drive under Swachhata Pakhwada (16 January 31 January 2020)

**Date:** 21 January 2020

**Number of NSS volunteers participated:** 45 volunteers

#### **Objectives:**

- To ensure general sanitation, cleanliness and comfortable environment
- To effectively and efficiently handle the waste generated
- To create awareness about the drawbacks of lack of sanitation
- To encourage community participation in cleanliness drives
- To organise awareness programs on cleanliness, sanitation and waste management

**Context:** Under the able guidance of NSS programme officer, Dr. Purnima Bhandari, all the relevant issues were discussed and were given special attention.

**Practice:** The NSS volunteers of the College organised various cleanliness drives in the college campus under the Swachhata Pakhwada. Activities including cleaning of car and scooter parking area, Botanical garden, Rishi Vatika, Celebration Ground, Panghat Area, Lawns in the arts and science block, Hostel premises, Department rooms, staff room and laboratories were conducted during the cleanliness drive. During the event, volunteers picked up dry leaves; collected plastic waste; cleaned the window panes, doors, shelves, statues; arranged the chairs, files, books; cleaned the cabins, stage; rearranged plant pots; dusted the carpets; plucked out weeds; segregated the dry and wet waste and after this was the dry leaves were put in compost units for composting. In order to highlight the importance of waste segregation, a demonstration was also given on the segregation of waste and usage of blue and green dustbin so that the waste can be segregated at source only.

**Evidence of Success:** Students became aware about the importance of cleanliness and participated enthusiastically in cleaning every nook and corner of the college premises.









## Open Defecation Free (ODF) drive in Village Badheri and Village Butrela under **Swachhata Action Plan**



Date: 22 January 2020

Number of NSS volunteers involved: 20

#### **Programme Co-ordinators:**

- 1. Mr. Priyavart Sharma, Senior Faculty, Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Human Resource Development, Government of India
- 2. Faculty: Dr. Vandana Sharma and Dr. Sandeep Kaur (Assistant Professor, Department of Microbial and Food Technology, Mehr Chand Mahajan DAV College for Women, Chandigarh)

**Objectives:** The Swachh Bharat Abhiyan works with the idea that physical and mental cleanliness are very important for a longer and healthy life. It includes:

- To examine the previous condition of the village
- To review the progress made in last four months after the visit
- To encourage volunteers to keep themselves and their surroundings clean every day

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To encourage volunteers to make the people aware regarding cleanliness



Context: Safe sanitation means promotion of safe disposal of human excreta, right use of toilet and avoiding open defecation as well as management of solid and liquid waste. Poor sanitation is a primary cause for many deadly diseases, deaths among children under age five, contamination of ground water sources, loss of family income on account of increased health costs, and compromised human dignity. In managing safe sanitation at each level including household, community and governments, understanding impacts of poor sanitation, contribution of all key stakeholders including communities and implementation of safe sanitation processes is considered crucial. To accelerate the efforts, to achieve universal sanitation coverage, and to put focus on safe sanitation, the Prime Minister of India launched the Swachh Bharat Mission on 2 October 2014. The Swachh Bharat Mission (Gramin) mission aims towards improving the levels of cleanliness in rural areas through Solid and Liquid Waste Management activities and making the rural areas - Open Defection Free (ODF), clean and sanitized. With this aim, MHRD along with Mehr Chand Mahajan College DAV College for Women, Chandigarh have joined hands to undertake the Swachh Bharat Mission (Gramin) mission [SBM-G] for achieving ODF status for its two adopted villages -Badheri and Butrela through a pilot level Swachhata Action Plan (SAP), which was coordinated by Mr. Priyavart Sharma from, MHRD, Government of India along with faculty members of the college (Dr. Vandana Sharma and Dr. Sandeep Kaur) and NSS student volunteers.

**Practice:** Under this programme, three major visits were conducted by the ODF action team. The first visit was undertaken in the month of September 2019, which focused on conducting a complete survey of the two villages by student volunteer teams. This survey covered the type of lavatories being



used, quality of hygiene and cleanliness in private and community toilets, defecation status

etc. The survey also aimed to create awareness on the importance of keeping lavatories clean and the awareness regarding ill effects associated with disease outbreaks. The second visit was undertaken in the month of November 2019 where the coordinator



assessed the water quality management and storage system in the two villages. He reviewed and discussed the various issues with the villagers related to availability and quality of water supply, functionality and maintenance of the sewerage system and storage facility available within the adopted villages.

The final visit undertaken on 22 January 2020 aimed to undertake impact study to follow up the actual implementation of the sanitation programme in these two adopted villages (Households, Anganwadi, Schools, Shops, Community areas etc.). NSS volunteers interacted with the villagers to evaluate the level of awareness and level of implementation of the hygiene practices in their houses and surroundings. A short video portraying the outcome of the entire ODF drive in both the villages was finally compiled. The outcome of the ODF Action plan showed enthusiastic and positive response with active participation of villagers at various levels in maintaining sanitation and cleanliness as a daily practice.

#### **Evidence of Success:** In terms of learning outcomes,

 An insight into the actual picture of sanitation, sanitation management and its related issues were obtained through the survey carried by the team with direct interaction with the villagers, schoolchildren, Anganwari caretakers, housekeeping staff etc. This helped in getting an idea of villagers overall behaviour and attitude towards sanitation and hygiene.

- The ODF mission helped to educate and increase the awareness among villagers
  regarding the importance of adopting clean hygienic practices and the subsequent illeffects of open defection and inadequate sanitary habits on their own health as well as
  on that of the young generation.
- Student volunteers themselves were apprised about the Swachh Bharat Mission (Gramin) ODF and actual implementation of the sanitation programme making our society and nation as a whole a better and healthy place to live.
- Villagers were enthusiastic about the various Government initiatives undertaken to make the population more aware about sanitation practices be adopted for a healthy tomorrow.
- A short video portraying the outcome of the entire ODF drive in both the villages was compiled.







#### A Face Painting Competition under 'Ek Bharat Shrestha Bharat'

**Date:** 23 January 2020

**Number of NSS volunteers involved**: 16

**Objectives:** 

To commemorate the Birth anniversary
 of Netaji Subash Chandra Bose under the
 MHRD initiative 'Ek Bharat Shrestha
 Bharat' (EBSB)



- To inculcate the values inherent in EBSB, a nationwide movement in India to promote unity among the residents of India and to encourage creativity amongst the students
- To encourage volunteers to show their artistic side
- To promote unity amongst classmates

Context: The NSS Units in collaboration with Department of Fine Arts organized a face painting competition on 23 January 2020 in the Gymnasium Hall of the College. It was organized under the theme of 'Ek Bharat Shrestha Bharat', under the supervision and guidance of Dr. Pooja Sharma, Ms. Neena Sharma and NSS program officer Dr. Purnima Bhandari along with their team mem-bers. Dr. Pooja, Assitant Professor, Department of Fine Arts shared her valuable knowledge about art with the volunteers. They participated enthusiastically in large numbers. Dr. Neena Sharma, from the Department of English encouraged the volunteers with her words of appreciation. She fortified the volunteers to display their talents. Indeed, it was a relaxing and learning experience.

**Practice:** Various participants painted the faces of their models on the theme 'Unity in Diversity'. The artists started painting their model's faces on the given topic and Gymnasium

Hall was filled with colours and an amazing vibe, as all the participants were enthusiastic. The competition began and the faces were painted in different designs displaying the previously mentioned theme.

**Evidence of success:** The session ended with each model looking vibrant and beautiful displaying the idea of EBSB.



#### Poster making competition - Celebration of National Girl Child Day



Date: 24 January 2020

Number of NSS volunteers participated: 10

#### **Objectives:**

- To raise awareness about the rights of girls
- Spread awareness among people about all the inequalities girls face in the Indian society
- Spread the idea of *Beti Bachao Beti Padhao Andolan* i.e. promote the girl child education
- Appreciating one's creativity and thoughts
- Celebration of Girl Child Day
- Instilling sense of women empowerment and self-development
- Generating awareness on the given theme

**Context:** The National Girl Child Day is a day of celebrating birth of a new generation empowered girl who is at par with any male member of the society. Following its legacy of service towards women empowerment through various mediums, the NSS Units collaborated with the Women Development Cell of the College and organized a poster making competition on the theme 'beti bachao beti padhao', a scheme which was started by government to ensure equality and better opportunities for girls.



**Practice:** In an attempt to promote the girl child education, the NSS Units of the College in association with Women Development Cell organized a Poster Making Competition on the theme "Beti Bachao Beti Padhao" on 24 January 2020 in the Gymnasium Hall at 9:30 a.m. In this competition, students expressed their ideas on paper through paints and colors. In all, 35 students including 10 NSS volunteers from different streams participated in this competition. The activity was a success as volunteers participated in it with great enthusiasm. The creative minds were spilled on canvas depicting the colourful life of a girl. Dr. Pooja Sharma, Assistant Professor, Department of Fine Arts, Mehr Chand Mahajan DAV College for Women was the judge of the competition. First prize was bagged by Rajita Kaushal of B.A. III year, second prize by Harnoor Kaur Bedi of B.A. I Year and third prize by Nishtha Berry of B.A. II Year. In addition, five consolation prizes were also given to the students.

**Evidence of Success:** Students were able to generate awareness and spread the idea of *Beti Bachao Beti Padhao Andolan* i.e. promote girl child education.





#### Awareness Programme on Swachh Bharat Mission: Lecture on Swachhata App

**Date:** 27 January 2020

Number of NSS volunteers participated: 100

students including 20 NSS volunteers

#### **Objectives:**

 To sensitize students about Swachh Bharat Mission



• To urge students to fill Swachh Sarvekshan-2020 form

Context: Swachh Survekshan 2020 was conducted by The Ministry of Housing and Urban Affairs (MoHUA), Government of India, covering all cities across India between 4–31 January 2020. One important component of Swachh Survekshan was getting citizen's feedback on the progress made by their city in achieving Swachhata within city of their residence and their surroundings.

**Practice:** In another event, NSS Units of the College in collaboration with Municipal Corporation (MC), Chandigarh organized an awareness session on Swachh Bharat Mission. The officials of Chandigarh MC sensitized the students about the aim and objectives of the mission and urged them to contribute towards this mission with utmost sincerity. In addition, officials asked students to fill Swachh Sarvekshan-2020 form through Swachhata app, which could help in improving the ranking of the city in Swachh Sarvekshan-2020.

**Evidence of Success:** The students filled the Swachh Sarvekshan 2020 during the session and became aware about the purpose of this event.





#### Rally on Swachh Bharat Mission in Village Badheri



**Date:** 29 January 2020

Number of NSS volunteers participated: 20

#### **Objectives:**

- To sensitize students about the disadvantages of using plastic bags and how they degrade the environment
- To raise awareness as to why the usage of paper bags and cloth bags is a much healthier option since they help in saving the environment as well as help in recycling the daily household waste generated by the residents thereby giving a solution for waste disposal
- To teach the students as to how they could make their own paper and cloth bags free of cost with the waste material available at home

Context: A demonstrative lecture was organized by the NSS Units of the College on 29 January 2020 in Village Badheri.

**Practice:** The activity started with an NSS volunteer addressing the audience and presenting a vote of thanks to the village councillor, Sh. Hardeep Singh, who had come to support this

program. This was followed by a short demonstrative lecture by Ms. Rati Arora, Assistant professor, Department of Home Science demonstrating how to make their own cloth bags from old t-shirts, pants and other such waste cloth items. She taught many different styles of cloth bags like a sling bag, a hand bag etc. After this, NSS volunteers demonstrated the attendees as to how to make a paper bag with the help of old newspaper pages and other such waste items. At the end of this activity, a video was displayed by the NSS team that created awareness among the students about how a plastic article can damage the environment, and why is it so necessary to use non-plastic items. At the end, paper bags which were prepared by the NSS volunteers were distributed among the attendees.

**Evidence of Success:** By virtue of the lectures delivered by our team members, the attendees were able to understand the importance of usage of non-plastic items so that environmental pollution could be curtailed. In addition, participants were requested to take care of their surroundings and animals as the animals end up choking themselves from such plastic bags and other plastic articles discarded carelessly by the denizens of the village.









#### Rally and Nukkad Natak in Village Buterla

**Date:** 29 January 2020

# Number of NSS volunteers participated: 30 Objectives:

- To sensitize the denizens of the village as towards minimising the use of plastic
- To create awareness regarding the activities undertaken by them which are degrading the environment around them



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• To encourage them to adopt healthier activities for better, cleaner and a greener environment

**Context:** In the Village Buterla, the inhabitants were not fully aware about the basic environment maintenance practices. Many residents used to keep littering the roads and such public areas. The plastic bags were discarded carelessly on the roads by the residents, the roads were drenched with water making the roads muddy and soggy. Also, with the village having malodorous streets, it was really difficult for the pedestrians there to walk. The polythene clogged streets also created a hindrance for the transport vehicles. Hence, the rally created a path for awareness among folks about the urgency to maintain cleanliness.

**Practice:** The NSS volunteers in association with UBA team organised an awareness rally to sensitize residents to keep the surroundings neat and clean, and the benefits of adopting such practices. Holding thought-provoking placards in bright colours, the volunteers went around lending their voice for this social cause raising slogans like "Ek Do Din Chaar, Swachh Rahe Ye Sansaar" and "Hum sab ne ye thana hai, bharat swach banana hai". The rally was followed by a short Nukkad Natak performed by NSS volunteers, which delineated various household practices that amount to pollution and deterioration of the environment.

**Evidence of Success:** The impact of the sloganeering was very apparent as the smokers could be seen discarding their cigarettes on hearing the chant of our volunteers. The volunteers were lauded by the onlookers who urged the volunteers to carry on the initiatives for such a noble cause. The volunteers spread the message among the community with great sense of responsibility and the rally was a success. There was enthusiasm among them and the people of the city.

#### Presentation of Reports on Village visits under Swachhata Pakhwada



**Date:** 30 January 2020

**Number of NSS volunteers participated: 70** 

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#### **Objectives:**

- To create awareness about the benefits of cleanliness
- To make people aware of the harmful effects of the plastic and non-biodegradable waste also about single use plastic etc.
- Highlighting the action taken by the volunteers for tackling plastic menace during their visit to Village Butrela and Village Badheri
- Showcasing the presentations of the visits conducted in Village Butrela and Village Badheri and discussion on the activities conducted in various villages under Swachhata Pakawada 2020

Context: On 30 January 2020, the NSS Units and UBA team organized an event in the multimedia hall under Swachhata Pakhwada where volunteers presented their reports on their visits to Village Buterla and Village Badheri and discussed the action taken thereon. During the event, Muskan Soni, a student from B.Com. III Year gave a presentation on the activities performed in Village Buterla and Manvi, a student from B.Com. I Year gave presentation on the activities performed in Village Badheri. In addition, videos and pictures related to their activities were shown to the respective village in-charges and NSS programme officers.

**Practice:** During the first presentation, Muskan gave insights about their play – Nukkad Natak and the rally, which was based on the theme environmental pollution, while Manvi in her presentation highlighted the problem of plastic threat and alternate solutions including paper bag making which is biodegradable in nature. Emphasis was laid on the actions taken by the both teams in curtailing plastic menace.

**Evidence of Success:** Action taken by the volunteers were highlighted, and appreciated by the faculty members as well as by the students. In addition, plan of action was discussed in curtailing plastic menace.

#### Prize Distribution Ceremony under Swachhata Pakhwada





Date: 31 January 2020

Number of NSS volunteers participated: 60

#### **Objectives:**

- To acknowledge the hard work of the volunteers done during the cleanliness drives
- To reward the volunteers for their meritorious performance in the various competitions
- To increase the morale and motivate the participants to volunteer in activities planned in future

**Context:** The activity was organized to acknowledge and celebrate the talent and relentless efforts of the students taken under several Swachhata related programmes. The aim of the activity was to recognize talent of the students and encourage them. The activity ended on a cheerful note with the winners posing for photos with their certificates and trophies.

**Practice:** A Prize distribution ceremony was held in the multimedia hall of the College campus. During the event, NSS volunteers were awarded for their commendable job done throughout the year in various activities. Dr. Nisha Bhargava, the principal of the College was the chief guest. She gave away the prizes to all the volunteers. Teachers from various departments were also present in this ceremony. Volunteers were awarded for various competitions including, poster making competition on topic 'Save Environment', cleanliness drives in college under 'Swachhata Pakhwada' etc.

**Evidence of Success:** Students awarded for their work done during several activities felt motivated and got ready for the next set of future activities.

#### **Sports Day Celebration**



**Date:** 10–11 February 2020

Number of NSS volunteers participated: 40-50

#### **Objectives:**

- To inculcate sportsman spirit in all
- Promoting Fit India Initiative
- Getting familiar with different games
- Celebrating valour of NSS through March past

Context: Mehr Chand Mahajan DAV College for Women organized its 40<sup>th</sup> Sports Day from 10-11 February 2020. Mr. Rubinderjeet Singh Brar, Director Higher Education, Chandigarh Administration motivated the staff and students with his presence as the Chief Guest for the inaugural, while Ms. Shashi Prabha Dwivedi, IPS, ADGP, Lokpal, Punjab graced the afternoon session as the Chief Guest. Major General I.P. Singh, Director, Mai Bhago Armed Forces Preparatory Institute, Mohali graced the occasion as Guest of Honour. Games and Activities like Tug of War, 100m race, 400m race, hurdle race etc. were lined up for the day. The NSS volunteers enthusiastically participated in the March past, 100m race, three legged race, tug of war and shot put. During the event, NSS programme officers Ms. Pallvi Rani and

Dr. Purnima Bhandari encouraged student volunteers to participate and perform well. The practice put in by the NSS volunteers bore fruit as they stood on the stands to receive their medals during the award ceremony.



Practice: The NSS volunteers came up to participate in games and activities held on 40<sup>th</sup> Sports Day of the College. The preparation started way before, as volunteers were part of the NSS contingent. Trials for games were held on 10 February where the volunteers participated in tug of war and shot put. Other games of participation were 100m race, three legged race, 200m race, javelin throw and long jump. On the second day, the NSS contingent with its flag proudly marched to the podium and saluted the Principal and the guests. As the day progressed, the volunteers displayed their talent in games and won medals. Out of the total number of participants, 30-35 were NSS volunteers who participated in the March Past, while 20-25 NSS volunteers participated in games and other activities. The NSS team won the Consolation prize in the category of Best marching contingent, while Chestha (B.Sc. MFT II Year) and Nidhi (B.Sc Vocational III Year) secured the second Position in Three Legged Race.

**Evidence of Success:** Students were happy as they participated in games and felt motivated after winning the Consolation prize in the category of Best marching contingent.

#### **Green and Clean Environment**

**Date:** 14 February 2020

Number of NSS volunteers participated: 30-35

#### **Objectives:**

- To generate awareness about the importance of tree plantation
- To explain the sources of pollution and try to reduce them
- To stop the harmful practices which pollute the environment
- ensure green environment through plantation drive



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**Context:** The tree plantation drive aimed to raise awareness about the importance of planting trees and saving the environment. It helps in building a strong relationship with the environment and ensures public education and community involvement. For public education, several things can be done such as 'Nukkad Natak' which are effective in reaching out to the masses.

Practice: The tree plantation was organized by NSS Units of the College where approximately 40 NSS volunteers along with the Principal, Dr. Nisha Bhargava planted saplings of air purifying plants in the celebration ground near the biogas plant. The event was organized under the able leadership of NSS programme officers – Ms. Pallvi Rani and Dr. Purnima Bhandari. During the event, each volunteer was given an air purifying plant including Ficus. The Mali of that area guided and assisted the volunteers in planting the saplings by instructing them about the way they should be placed in an adequate amount of depth and how much water and soil should be added etc. After planting the saplings, the volunteers proceeded to open theatre where a 'Nukkad Natak' on the theme 'Environment' was performed by the volunteers for generating awareness among the college students. It covered various issues like waste generation and segregation, harmful effects of plastic, reducing the use of single use plastic etc.

Evidence of Success: The Nukkad Natak was applauded by the faculty and college students and motivated them to take care of their surroundings.

#### Chandigarh Urban Festival – 2020



**Date:** 9-16 February 2020

**Number of NSS volunteers participated: 25-30** 

#### **Objectives:**

- To Promote pride for the city, joy and belongingness among the people
- To redefine the spirit of unity in diversity
- To motivate sustainable development and peaceful coexistence

Context: The NSS Volunteers of the College participated in an 8-day extravaganza - the Chandigarh Urban Festival (CUF) from 9 -16 February 2020 at the Capitol Complex, Sector-1, Chandigarh. The festival was organised within an array of culture-led urban regeneration strategies and urban tourism. Through this unique platform, the festival celebrated the community spirit of the entire cross section of citizens of Chandigarh through a plethora of annual activities like - City Celebration; Neighbourhood Initiative; Idea Competition & Exhibition; and Intellectual Discourses. At the core of all these activities, the festival promoted the understanding of the city as a community space, therefore encouraging urban interaction, bonding and belongingness to the city.

**Practice:** Around 25-30 NSS volunteers participated in various CUF events including ecofriendly art design, scene painting, stone and other non-painting art, and best out of waste art. Around 30 items were displayed at the Tourism centre, Sector 1, Chandigarh. Apart from the variety of activities organised in the festival, students from the College also staged a street play that was based on the social issue of mental health; how this hazard has spread widely and how mandatory it is to treat it with care, affection and love. They emphasized on the idea that awareness is the key towards a better mental health. During the events, NSS volunteers of the College assisted the college team in making it a success. The valedictory session concluded with the sky lantern ceremony where NSS volunteers participated enthusiastically. Light illuminating from the sky lanterns symbolised the path of knowledge and righteousness, unity in diversity, the beginning of a new and enlightened vision for development of Chandigarh. The event concluded with nurturing the ideals of sustainable development and peaceful coexistence among everyone present.

**Evidence of Success:** The tourists appreciated the work of students. Through their activities, students were able to enjoy and promote pride for the city, joy and belongingness among the people.



#### Demonstration of Skill Related Opportunities at Village Kajheri



Date: 18 February 2020

**Number of NSS volunteers participated:** 6

#### **Objectives:**

- Diversifying skill development programmes to meet the changing requirements,
   particularly of emerging knowledge economy
- Bridging the gap for employment generation and reducing poverty
- To create opportunities, space and scope for the development of the talents among the youth
- To identify and develop more of skill related sectors
- To provide training information about skill related avenues available to the youth thereby enabling them to take up industry-relevant skill training that will help them in securing a better livelihood

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**Context:** Skills and knowledge are the driving forces of economic growth and social development in a country. Realising its importance, efforts are being made by the Ministries

and the Departments of Government of India for rapidly scaling up skill development, by creating end-to-end outcome-focused implementation framework, which aligns demands of the employers for a well-trained skilled workforce with aspirations of Indian citizens for sustainable livelihoods.

**Practice:** A skill development activity was organised in Government High School of Village Kajheri under UBA programme by NSS Units. The resource persons for the activity were Ms. Rati Arora (Assistant Professor, Department of Home Science) and Dr. Minakshi Rana (Assistant Professor, Department of Sociology), who along with six volunteers from the NSS Units demonstrated, and delivered information regarding skill related courses mentioned under Pradhan Mantri Kaushal Vikas Yojana (PMKVY) – a flagship scheme of the Ministry of Skill Development and Entrepreneurship (MSDE) implemented by National Skill Development Corporation. The programme was aimed at imparting training and skill development to youth. Ms. Rati Arora gave practical demonstration and enlightened students about the concept of trendy jewellery making where students learnt different techniques of the same by using less expensive and easily available material including ribbons, cords, beads, shells, threads, pompoms, gotta etc. On the other hand, Dr. Minakshi Rana explained about skill related activities under the Beauty and Wellness sector and IT sector. The courses covered under these sectors of skill development included course of beautician, data entry operator and caretaker. These courses are available in the College and they are fully funded by the Government of India. She motivated students to enrol for these courses in the forthcoming session along with their academic session. Further, she emphasized that both skill development and education routine should work side by side for overall development of

the students. In addition, she visited nearby areas along with NSS volunteers and encouraged people to enrol for the skill development programmes in the college, for which they would be provided with uniforms 500 and Rs. travel allowance transportation.

Evidence of Success: Students were



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enlightened and were able to connect well with the resource persons. In addition, some of the students even prepared trendy jewellery under the guidance of Ms. Rati Arora.

#### **Seven-Day NSS Orientation Training Programme**



**Date:** 21-27 February 2020

#### **Objectives:**

- To guide the capacity building of the newly recruited NSS Program Officers across the country
- To explain the aims and objectives and other cardinal principles of NSS
- To comprehend the current theme of NSS
- To understand their role and responsibilities as programme officers

**Context:** For the smooth functioning of NSS Units, it is considered essential that NSS programme officers must undergo training orientation programmes and get familiarized with the concept and principles of NSS so that they may act as an organizer, educator, coordinator, supervisor, administrator and public relations person for NSS programmes at institutional level.

**Practice:** Keeping in mind the responsibilities undertaken for the smooth conduction of NSS activities, NSS programme officer, Dr. Purnima Bhandari (Assistant Professor) attended a seven-day NSS Orientation Training Programme from 21-27 February, 2020 at Institute for Development and Communication (IDC), Conference Hall, Sector 38-A, Chandigarh.

**Evidence of Success:** The training not only helped the program officer to understand the goals and functioning of NSS but also helped in developing and implementing several consultancy programmes at institutional level such as Fit India campaign, importance of skill-related courses etc.

#### Lavni and Garba Dance Fusion under Ek Bharat Shrestha Bharat

Date: 28 February 2020

## Number of NSS volunteer participated: 1 Objectives:

- To celebrate the unity in diversity of our Nation
- To maintain and strengthen the fabric of traditionally existing emotional bonds among the people of our country
- To showcase the rich heritage and culture, customs and traditions of the State for enabling people to understand and appreciate the diversity that is India, thus fostering a sense of common identity



**Context:** Dadra and Nagar Haveli is peculiarly positioned in geographical location as on one side it touches Gujarat, the state of desert and bright colours, and, on the other side, Maharashtra, the State with multicultural flavour of financial vibrancy and Bollywood Spice. Keeping in view the spirit of unity in diversity, a fusion solo dance performance was organised.

**Practice:** To celebrate the essence of Ek Bharat Shreshtha Bharat, a scintillating fusion solo dance performance of Lavni and Garba was staged by Simran, a student of BA III in the annual Cultural Fest *Meraki 2020*. This marked the diversity of our country as U.T. Chandigarh has been paired with Dadra and Nagar Haveli under Ek Bharat Shreshtha Bharat, a unique initiative of MHRD, to encourage cultural exchange among different states of our multicultural fabric. The dance performance showcased the rich cultural tradition of both the states. During the event, Professor Karamjit Singh, Registrar, Panjab University was the Chief guest of the event and Mr. Bikram Rana, State Liaison (NSS), UT Chandigarh was the guest of honour. In his thought-provoking address, Mr. Bikram Rana reminded the youth of their responsibility in shaping the future of the world and encouraged them to contribute to the well-being of the society by participating in community outreach programmes.

**Evidence of Success:** Students enjoyed the solo performance and were able to get the essence of culture and traditions of Dadra and Nagar Haveli.

#### Mega Naturopathy Camp



**Date:** 3 March 2020

Number of NSS volunteers participated: 11

#### **Objectives:**

- To reduce consumption of unhealthy food
- To generate awareness about the importance of healthy food
- To explain the techniques of Yoga
- To adopt healthy lifestyle

Context: Ministry of AYUSH is conducting 150 Nisargopchar Mahotsav across the country to mark Mahatma Gandhi's 150<sup>th</sup> birth anniversary, in the spirit of gratitude to his contributions to humanity for advocating and observing values relating to nature cure, nonviolence, sanitation for good health etc. The camp aimed at generating awareness among the NSS volunteers regarding importance of healthy lifestyle and the ways it can be achieved. Seminars, lectures audio-visuals are great techniques of interacting with today's youth. The unhealthy ways of life that mark today's lives cause various problems. These unhealthy practices hinder the immune system and intellectual competence of an individual. Generating awareness in this regard is an effective solution to tackle this problem.

**Practice:** 11 NSS volunteers of the college along with their NSS programme officers – Ms. Pallvi Rani and Dr. Purnima Bhandari attended the Mega Naturopathy camp with an aim to create awareness regarding leading a healthy life. The camp was held at PG Government College (PGGC - 46) Chandigarh under the Nisargopchar Mahotsav of Ministry of AYUSH. The camp was organized by National Institute of Naturopathy (NIN) Pune, in association with Regional Centre for Entrepreneurship Development (RCED), Chandigarh and the PGGC-46. The event witnessed the presence of galaxy of eminent guests including Mrs Raj Bala Malik, Mayor, Chandigarh, Mrs Harjinder Kaur, Chairperson, Chandigarh Commission for Protection of Child Rights, Mr S.L Thakur, IRS, (Retd.) Commissioner Custom & Excise, Chandigarh, Dr Rishi Raj Vashisht, Chairman, Council of Indian Medicine, Government of Haryana, Dr Kajal Gupta, Expert NIN Pune and Mr Paramjit Singh, Director, RCED. During the inaugural address, Mrs Raj Bala Malik laid stress on the practice of adopting nature cure and urged the students to take care of their health. In addition, Mrs Harjinder Kaur advised people to stay close to nature and engage in community service. During the event, the Mayor honoured Bibi Mann Kaur, a 104 years old athlete whose presence inspired our NSS volunteers. More than 800 people from different spheres participated in the event. The camp included several technical sessions wherein talks were delivered by experts from fields of Ayurveda, Homeopathy, Naturopathy etc. In addition, our NSS volunteers learnt about the different aspects of Yoga, and importance of healthy diet and lifestyle. Volunteers celebrated the growing popularity of Khadi, India's very own fabric and learnt about its history. Cultural performances were also presented by the people from RCED, Chandigarh which were appreciated by everyone.

**Evidence of Success:** The volunteers participated with full enthusiasm and vowed to practice healthy habits and spread the same in their everyday life.

#### **International Women's Day Celebration**





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**Date:** 7 March 2020

Number of NSS volunteers: 30-40

#### **Objectives:**

- To generate awareness about the rights of women
- To empower today's youth
- To celebrate womanhood
- To train women in self-defence to equip them to face any untoward challenges

Context: Every year on 8 March, International Women's Day is celebrated to commemorate contribution of Women to the world in every aspect. Besides, this day becomes even more important when a woman empowers other women. Keeping with the spirit of the event, the NSS Units in collaboration with the Medical committee of the College, in association with Indian Dental Association, Chandigarh State Branch and International College of Dentists, celebrated International Women's Day where dignitaries from different walks of life were invited to boost the morale of the girls.

**Practice:** Our College has been working steadfastly to provide momentum to the cause of women empowerment through education. In an event to mark International Women's Day, the NSS Units and Medical Committee of the College celebrated the indomitable spirit of womanhood. Organized in association with Indian Dental Association (IDA), Chandigarh State Branch and International College of Dentists, the event was graced by noted alumna of the College Prof. Nishtha Jaswal, Vice Chancellor, Himachal Pradesh National Law University, Shimla as the Chief Guest, Prof. Ashima Goyal, Department of Paedodontics and

Preventive Dentistry, PGIMER, Chandigarh as the Guest of Honour and Dr. R.P. Gupta, President, IDA, Chandigarh State Branch as Special Guest. The event was a befitting tribute to the spirit of womanhood wherein women achievers enriched the audience. The NSS volunteers spread the message of 'Equal World is Enabled World', which was also the theme for Women's Day. In addition, *Swayam Team* of Chandigarh Police demonstrated different self-defence techniques and urged the volunteers to adopt fitness regime as part of their lifestyle. An interesting quiz based on women witnessed enthusiastic participation of the audience. In recognition of their efforts in empowering students, the members of the Advisory Committee of the College who dedicated golden years of their lives to the institution taking it to pinnacles of glory were felicitated during the event. Sharing that women have the strength to smile even while enduring adverse situations, Principal Dr. Nisha Bhargava asserted that a woman's ability to multitask is what makes her unique. The function ended with a huge round of applause from the volunteers.

**Evidence of Success**: Through this programme, students became aware about the rights of women and were able to learn different self-defence techniques demonstrated in the event so that they are able to face any untoward challenges.



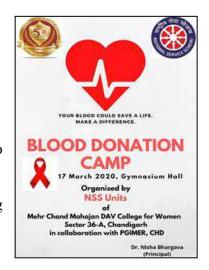
#### **Blood Donation Camp**

**Date:** 17 March 2020

**Number of NSS volunteers involved:** 50 (in preparation)

#### **Objectives:**

- To contribute to the society
- To generate awareness on importance on Blood donation
- To provide ample resources in form of blood donation to PGI
- To disseminate the importance of Blood Donation in saving lives
- To fulfilling the motto of NSS 'Not Me But You'



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Context: The NSS units of the college are dedicated towards helping the society in every way possible. In February 2020, NSS volunteers and the Red Ribbon Club of the College geared themselves for blood donation camp, which was to be held in collaboration with PGIMER, Chandigarh. The volunteers made all the preparations to make the camp a success. They devoted themselves to making all the arrangements required for donors and doctors and the medical team. In association with the Lions Club, the Units also arranged for all the refreshments and resources required.

**Practice:** The volunteers under the guidance of their programme officers made preparations for the Blood Donation Camp. The volunteers dedicated themselves in making required arrangements, like contacting doctors for medical help and requirements, contacting the representatives of Lions Club for their contribution in refreshments, making posters for generating awareness among college students and inviting donors with regard to commencement of the camp, arranging for class wise invitation to interested donors and lastly spreading the word by social media. Keeping Swachhata in mind, the volunteers, required with the help of college sanitation in-charge cleaned and prepared the venue. The volunteers were further instructed by our programme officers regarding their duties and were sensitized about the seriousness of their duties. The volunteers contributed all their resources to make Blood Donation Camp a success.

Evidence of Success: Due to the issue of advisory from the University Grants Commission (UGC) and Panjab University, Chandigarh amidst the COVID-19 crisis, the Blood Donation Camp was postponed indefinitely until further orders.





#### विश्वविद्यालय अनुदान आयोग University Grants Commission

(मानव संसाधन विकास मंत्रालय, भारत सरकार) (Ministry of Human Resource Development, Govt. of India)

बहादुरशाह जफर मार्ग, नई दिल्ली-110002 Bahadur Shah Zafar Marg, New Delhi-110002

> Ph :. 011-23236288/23239337 Fax : 011-2323 8858 E-mail : secy.ugc@nic.in

प्रो. रजनीश जैन सचिव

Prof. Rajnish Jain Secretary

D.O. No.F.No.1-14/2020 (Website)

5th March, 2020

Dear Madam/Sir.

This is in reference to communications received from Secretary, Department of Health and Family Welfare and Joint Secretary (HE), MHRD regarding taking preventive measures to combat the threat of the Novel Coronavirus (COVID-19), as some cases of the virus have been reported in the country. Towards this, a coordinated and collective effort in a mission mode is needed, therefore all universities and their affiliated colleges are requested to take necessary precautions and follow the advisory given below to help in prevention /reduction of the transmission of the virus.

#### Advisory for Universities and Colleges - Novel Coronavirus (COVID19)

#### Universities and Colleges are advised to:

- Avoid large gatherings on campus.
- Any student/ staff with travel history to any COVID-19 affected country or in contact with such persons
  in last 28 days, should be monitored and home quarantined for 14 days.
- Faculty should be alert towards any student with signs and symptoms i.e. fever, cough and difficulty in breathing, and should immediately have the student tested.
- Till advised by the treating doctor the student should not join campus.
- Faculty staff and students should also be advised about simple public health measures of hand and respiratory hygiene.

Hand hygiene: Wash hands frequently and thoroughly with soap & water or use alcohol based hand sanitizer, even when hands are visibly clean.

#### Respiratory hygiene:

- Everyone should cover their mouth with a tissue/handkerchief (or their sleeve if there are no tissues available) when they cough or sneeze and wash their hands afterwards.
- 2. Do not touch your eyes, nose and mouth.
- Everyone should throw away used tissues in a bin and wash their hands after contact with coughing/sneezing.
- Frequently touched surfaces door knobs, switches, desk tops, hand railings etc, should be disinfected.
- · Provide alcohol based hand cleaners/sanitizers in frequented spots of the universities/colleges.
- · Ensure availability of soap and water in rest rooms at all times
- · Foot operated pedal bins lined with plastic bag should be provided in each classroom & rest room.
- In hostels, health status of students as well as the other ancillary staff should be monitored on regular basis. In case, there are suspected cases, the authorized local medical authority should be called for examination.
- Anybody with signs & symptoms (cough, fever or difficulty in breathing) should call State/UT helpline number or Ministry of Health & Family Welfare's 24X7 helpline at 011-23978046 or visit public health facility with a mask or mouth covered

An information pamphlet received from the Ministry of Health & Family Welfare to sensitize the students is enclosed.

With regards,

Encl: As above

Yours sincerely,

(Rajnish Jain)

The Vice-Chancellors of all Universities

# PANJAB UNIVERSITY, CHANDIGARH

In the wake of the notifications issued by the Governments of Punjab, Haryana, Himachal Pradesh and U.T. Administration, Delhi regarding closure of educational institutions as a measure to prevent the pandemic conditions arising out of Covid-19, the University authority has taken the view of all the stakeholders of the University and after due deliberations, it has been decided that till 31<sup>st</sup> March, 2020:

- The teaching including personal contact programmes in the teaching departments, regional centres, institutes, constituent colleges, affiliated colleges in the State of Punjab as well as U.T. Chandigarh shall remain suspended.
- The students and research scholars of Panjab University are advised to vacate the hostels and they may remain stationed in their respective home towns and avoid any travel.
- All internal examinations including mid semester test, evaluation/assessment stand postponed.
- All functions such as seminars, conferences, symposia, workshops, any group activity and gatherings by whatever name called shall also stand postponed.

Kflight Registrar 14/3/2000

#### Online Slogan Writing Competition on 'Paushtik Aahaar'

**Date:** 20 March 2020

Number of NSS volunteers participated: 17

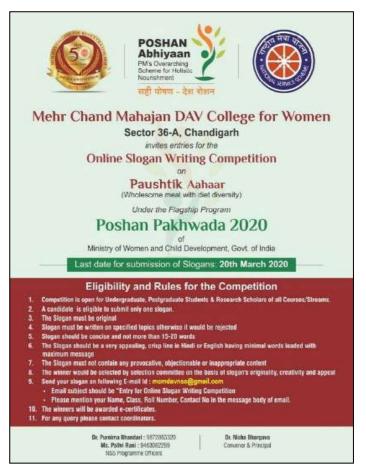
#### **Objectives:**

- To improve the nutritional status of the citizens
- To spread the message of the first 1000 crucial days and prevention of Anaemia,
   Diarrhoea and the practice of hand wash and sanitisation
- To spread the importance of Paushtik Aahaar (wholesome meal with diet diversity)
- To mobilize communities during the Poshan Pakhwada
- To keep the young minds productively occupied at their respective locations amidst COVID-19 situation

**Context:** POSHAN ABHIYAN is India's flagship programme of Government of India aimed at improving the nutritional status of citizens. It helps children, adolescents, pregnant women and lactating mothers by leveraging technology and adopting a targeted approach.

Practice: The second anniversary of POSHAN Abhiyaan, Poshan Pakhwada-2020 of

Ministry of Women and Child development, Government of India was celebrated across the country from 8–22 March 2020. During this fortnight long campaign, the focus area was 'Men for Nutrition -Increasing Male Engagement in POSHAN Abhiyaan to Improve Nutritional Indicators'. accordance with the objective of the campaign, the NSS Units of the College organized an Online Slogan Writing Competition on 'Paushtik Aahaar', where around 17 online entries were received from the students of different streams. The event was organized under the able



leadership of our worthy Principal Dr. Nisha Bhargava and supervision of NSS programme officers – Ms. Pallvi Rani and Dr. Purnima Bhandari. Participants expressed their views and thoughts about *'Paushtik Aahaar'* though their unique slogans. The final judgment was made by the senior faculty members including Mrs. Kamini Tayal, Dr. Savita Thapar and Dr. Manisha Priyamwada. The rubrics for judgment included originality, creativity and appeal.

**Evidence of Success:** The competition received overwhelming response as the students came up with creative slogans that sought to drive home the importance of nutrition.

The results of the competition were:

First Prize: Parul Passi (B.A. I Year)

Slogan: नए भारत का सार- पौष्टिक आहार

**Second Prize:** Anusha Bansal (B.Com. II Year)

Slogan: 'Eat fruits and Veggies so Ample, That your body feels like a Temple'

Third prize: Tanya (B.Sc. II)

Slogan: 'Eat a healthy meal; to help your body heal'

Third Prize (bracketed): Sonalika (B.Sc.III)

Slogan: एक दाना एक किरण, एक रोटी एक जीवन, एक व्यक्ति एक आवाज़, पौष्टिक भोजन सबका अधिकार



E-certificates were awarded to the winners.

#### Online Power Point Presentation Competition under Ek Bharat Shrestha Bharat

**Date:** 20 March 2020

Number of NSS volunteers participated: 2 Objectives:

- To promote national harmony and integration
- To increase awareness amongst students about the culture, history, heritage and linguistic treasure of the paired state i.e.
   Dadra and Nagar Haveli

Context: To commemorate the birth anniversary of Sardar Vallabhbhai Patel, Honourable Prime Minister of India Shri Narendra Modi propounded that cultural diversity is a joy that



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ought to be celebrated through mutual interaction and reciprocity between people of different States and UTs. As per the directions of MHRD, Government of India, Chandigarh has been paired with Dadra and Nagar Haveli, which has an amalgamation of Marathi and Gujrati Culture.

**Practice:** An Online PowerPoint Presentation (PPT) Competition was organised by the College to celebrate the Cultural Day of Dadra and Nagar Haveli under the aegis of Ek Bharat Shrestha Bharat. The competition was open to students and research scholars of all streams. Students participated enthusiastically and 12 PowerPoint presentations showcasing the diverse cultural aspects of the paired UT, that is, Dadra and Nagar Haveli, were shortlisted. From Gujarati and Marathi cuisine to the vibrant and colourful attires, aesthetic presentations with regard to the tradition of Dadra and Nagar Haveli were showcased. The presentations were judged by the senior faculty members including Ms. Poonam Deveshar, Head, Department of History, Dr Indu Arora, Head, Department of Computer Science and Dr. Bindu Dogra, Assistant Professor, Department of Sociology. The rubrics for judgment included innovativeness, originality, creativity and design, and conclusiveness.

**Evidence of Success:** 

First Prize Winner: Tanbir Kaur (B.A.III)
Second Prize Winner: Surbhi Singh (B.A I)

Third Prize Winner (Bracketed): Anusha Bansal (B.Com.II) and Dakshita Dutta (B.C.A. I)

#### **Awareness regarding COVID-19**

**Date:** 22 March 2020

Number of NSS volunteers participated: 17

#### **Objectives:**

- To disseminate awareness about corona virus regarding the do's and don'ts among staff and students
- To generate community awareness and prevent its local transmission and its further outbreak in the community

Context: Coronavirus disease 2019 (COVID-19) is an infectious viral disease caused by a newly discovered coronavirus that usually causes upper respiratory problems such as cough and runny nose, although, it can sometimes cause more serious illnesses. It was first identified in late 2019 in Wuhan, Hubei Province, China, and has been declared a pandemic on 11 March 2020 by World Health Organisation. In order to prevent its local transmission and further outbreak in the community, people should be made aware about its spread mechanism(s), symptoms, treatment and practices that should be followed to stop its transmission.

Practice: There is no denying the fact that the youth have an immensely crucial role to play in nation building. Cognizant of this fact, our College is shaping the youth of today to be the leaders of tomorrow by educating them of their responsibilities towards the society and the country. As the nation continues its fight



against COVID-19, the NSS Units of the College endeavour to further strengthen this fight by raising awareness about how to keep the disease at bay. On 22 March 2020, 17 NSS Volunteers along with teaching and non-teaching staff of the college supported the 'Janta Curfew' and took an initiative to generate an awareness regarding COVID-19 through an educational video which was shot by NSS volunteers, at their respective locations and then

edited, and shared with masses using different social networking platforms. In addition, volunteers exhibited the correct way of washing hands in the video to the masses to keep the disease at bay. It was a humble attempt to sensitize fellow citizens so that Corona virus could be defeated. In addition, as per the directions received from our Honourable Prime minister of India, Shri Narendra Modi, staff and students of the college appreciated the work of health officials, administration against COVID-19 and expressed their gratitude by clapping, ringing bells and showing solidarity in the fight against the virus.

**Evidence of Success:** NSS volunteers were able to disseminate awareness regarding COVID-19 disease. In addition, a short video highlighting the correct way of washing hands was shot and shared on several social platforms.

Links of video uploaded at various social networking sites as follows:

https://youtu.be/X60j9PjcQi0

https://www.facebook.com/226512264481701/posts/821634678302787/

https://www.instagram.com/tv/B-D9cprAaSw/?igshid=frgtd9qfvfok

https://twitter.com/MCMDAVCW/status/1241938691720769536?s=19



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Awareness regarding COVID-19: Poetry Renditions under 'Ek Bharat Shrestha Bharat'

**Date:** 27 March 2020

**Number of volunteers participated:** 2 (non-NSS volunteers)

Objectives: To disseminate positive vibes and inculcate fighter spirit amidst people in the

prevailing COVID-19 situation

**Context:** Eerie silences, fear of the unknown, deserted and not-so deserted roads speak a tale

of the grim reality as COVID-19 engulfs the entire world in a pall of gloom. As India

witnesses an unprecedented lockdown, it is hoped that our survival instinct will stand

vindicated. And Ek Bharat Shrestha Bharat Team of the College made a modest attempt to

generate awareness about hygiene and social distancing. Poetry, like shared grief and hope,

unites us all. All that the world needs today is hope, faith, prayer, compassion, positivity and

motivation and such themes formed the backdrop of all these poems.

**Practice:** The 'Ek Bharat Shrestha Bharat' team of the College undertook a humble initiative

in the form of an awareness video, wherein our worthy Principal madam, Dr. Nisha Bhargava

along with the faculty members Ms. Neena Sharma (Coordinator, EBSB), Dr. Komil Tyagi,

Dr. Amardeep Kaur, Dr. Seema Kanwar, Dr. Sunaina Jain, Ms. Vishaka Goyal and students

Ms. Kanika Arora and Ms Deergha motivated the entire community through their poetry

renditions.

**Evidence of Success:** The MCM family, through this video, endeavoured to sow the seeds of

hope, faith, gratitude, and compassion in these trying times.

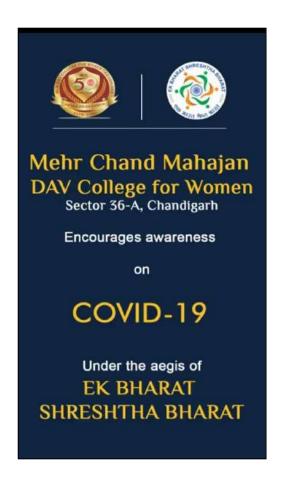
Links of video uploaded at various social networking sites are as follows:

https://youtu.be/9X04OrKoXqc

https://www.instagram.com/p/B-Zpln6gsGR/?igshid=ayi30y7fijmx

https://twitter.com/MCMDAVCW/status/1244988802331893767?s=19

https://m.facebook.com/story.php?story\_fbid=827892174343704&id=226512264481701









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**ANNUAL NSS REPORT: 2019-20** 

Submitted by



NSS Units of

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