

NSS ACTIVITY REPORT

(2016-17)



Prepared by

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MCM DAV College for Women

Sector 36, Chandigarh

National Service Scheme

Motto

The Motto of NSS "Not Me But You", reflects the essence of democratic living and upholds the need for self-less service. NSS helps the students develop appreciation to other person's point of view and also show consideration to /other living beings. The philosophy of the NSS is well doctined in this motto, which underlines/on the belief that the welfare .of an individual is ultimately dependent on the welfare of the society on the whole and therefore, the NSS volunteers shall strive for the well-being of the society.

Aims & Objectives of NSS

The main objectives of National Service Scheme (NSS) are :

- Understand the community in which they work
- Understand themselves in relation to their community
- Identify the needs and problems of the community and involve them in problem-solving
- Develop among themselves a sense of social and civic responsibility
- Utilize their knowledge in finding practical solutions to individual and community problems
- Develop competence required for group-living and sharing of responsibilities
- Gain skills in mobilizing community participation
- Acquire leadership qualities and democratic attitudes
- Develop capacity to meet emergencies and natural disasters and
- Practice national integration and social harmony

Aspects of NSS Programme

The NSS Programme undertakes either under regular or special camping covering four aspects.

- INSTITUTIONAL WORK : The students may be placed in selected welfare agencies outside the campus to work as volunteers

- INSTITUTIONAL PROJECT : Improvement of campus, construction of play fields and swimming pools etc.
- RURAL PROJECT: Eradication of illiteracy, minor irrigation work, agricultural operations, health, hygiene, sanitation, development of rural cooperatives, savings drive, construction of rural roads etc.(preferably by adopting village within the easy reach of the college).
- URBAN PROJECT: Adult education, welfare of slum dwellers, training in civil defence setting up of first aid posts, hospital work etc.

Symbol:

The symbol for the NSS has been based on the giant Rath Wheel of the world famous Konark Sun Temple (The Black Pagoda) situated in Orissa, India. The wheel portrays the cycle of creation, preservation and release and signifies the movement in life across time and space, The symbol thus stands for continuity as well as change and implies the continuous striving of NSS for social change.

Badge

The NSS Symbol is embossed on the badge. The eight bars in the wheel represent the 24 hours of a day. The red colour indicates that the volunteer is full of young blood that is lively, active, energetic and full of high spirit. The navy blue colour indicates the cosmos of which the NSS is tiny part, ready to contribute its share for the welfare of the mankind.

21st June, 2016, Yoga Day-

Around 50 NSS volunteers attended month long Yoga sessions, conducted by Appointed Yoga Instructor in college campus daily from 3:00pm to 4:00pm from 25th may 2016 to 20th June, 2016 . They practiced the Yoga Asanas, to be demonstrated in the, Chandigarh on 21st June 2016. The event was presided over by Sh. Narendra Modi, Prime Minister of India marking the Yoga day celebrations worldwide.





TV interview NSS Programme Officer Dr. Sarita Chauhan

A Doordarshan interview of NSS Programme Officer Dr. Sarita Chauhan, answered various questions regarding role of NSS in development and progress of Indian Youth.

August 4th, 2014: Notice for Enrollment

The NSS units of MCM DAV college for women displayed notices on the notice boards within college campus, inviting the students for enrollment as NSS volunteers. Like previous years, this year too, a huge number of students came forward exhibiting keen interest to become NSS volunteers. The students showed their utmost desire to do their bit of service towards the society. The overwhelming response resulted in enrolling of 220 students as NSS volunteers.

Participation in Independence day parade, sector 17, Chandigarh

27 NSS volunteers participated in the Independence Day parade, sector 17, Chandigarh. The volunteers have been practicing for this event from 21st July to 13th August 2016.



August 6th, 2014 :General Orientation Programme

To make the students aware of their role as NSS volunteers and answer their queries, a General Orientation Programme was held on 24th August 2014, in Multimedia hall of the college. Over 200 students attended this programme. The Programme Officers of the NSS units : Dr. Sarita Chauhan and Mrs. Punam explained Aims and Objectives of NSS to the volunteers. The Programme officers also guided the students about various activities that will be conducted throughout the session. 20 team leaders were identified among the volunteers and groups of 20 volunteers were attached to each group leader.



22nd August, 2016 Tiranga March

The NSS units of MCM DAV College for Women, Chandigarh organized a Tiranga March on 22nd August, 2016 eve of Independence Day.



एम.सी.एम.डी.ए.वी. सैक्टर-36 में तिरंगा यात्रा निकालती छात्राएं।

(के.एस. राणा)



जी.जी.डी.एस.डी. कालेज के मार्च में भाग लेते स्टूडेंट्स।

चंडीगढ़, 22 अगस्त (आशौष): एम.सी.एम.डी.ए.वी. कॉलेज सैक्टर-36 को एन.एस.एस. यूनिट ने कॉलेज परिसर में तिरंगा मार्च का आयोजन किया। एन.एस.एस. प्रोग्राम अफसर डा. सरिता चौहान के संरक्षण में 100 से अधिक वॉलंटियर्स ने तिरंगा मार्च में हिस्सा लिया। गवर्नमेंट कॉलेज ऑफ एजुकेशन में भी तिरंगा यात्रा का आयोजन हुआ। जी.जी.डी.एस.डी. कालेज सैक्टर-32 में तिरंगा मार्च का आयोजन हुआ। डा. प्रतिभा कुमारी, डा. देवी सिंह और डा. हरबोद चहल ने तिरंगे के बारे में जानकारी दी। प्रिंसिपल डा. भूपण कुमार शर्मा ने छात्रों को देश के प्रति कार्य करने का आह्वान किया। पी.जी.जी.सी.-11 में भी तिरंगा मार्च का आयोजन किया गया। प्रिंसिपल डा. जे.के. सहगल ने छात्रों को देशभक्ति को पाठ पढ़ाया।



24th August, 2016 -Tree Plantation Drive

The NSS Unit of the college organized a 'Plantation Drive' on 24th August, 2016 . Enthusiastic NSS volunteers planted saplings of Neem in the college sports ground to create natural mosquito repellants . Dr. Nisha Bhargava, Principal also planted sapling in the college grounds to inspire volunteers and students to do the same to maintain trees for a better society. Volunteers Brought posters on tree plantation and environment protection.





Pre RDP selection Camp Participation and Republic day parade participation

Two NSS volunteers Ms. Ashima Sharma and Ms. Priyanka and Programme Officer Ms. Punam participated in one day Pre RDP camp organised by State Liaison Office, Chandigarh a Government College, Sector 46, Chandigarh on 2nd September, 2016. Ms. Ashima Sharma, participated in Republic Day Parade at Rajpath New Delhi after attending the 30 days RD camp. She also participated in the cultural even as a member of folk dance group at Rashtrapati Bhavan.





20th September, 2016 -Digital India Workshop AT Panjab University Chandigarh

10 NSS volunteers and Programme Officer Dr. Sarita Chauhan participated in one day Digital India Workshop organised by Panjab University, Chandigarh on 20th September, 2016. Three volunteers participated in poster making Competition and won 2nd prize.



24th September, 2016-NSS Day

The NSS units of MCM DAV College for Women, Chandigarh celebrated the NSS day on 24th September, 2016. A presentation about NSS was shown to the volunteers and later they participated in 'Shram Dan' at MCM DAV Rishi Vatika to clean the area.



NSS 7days day/night Camp 9th – 15th Oct,2016

Day 1

The NSS units of MCM DAV college for women organized the seven days NSS camp on 9th October,2016 and culminate on 15th October, 2016. The camp started with the inaugural session being graced by vice principal Mrs. Rupinder Chatha as the Chief Guest and Staff Secretary Dr. Renu Bedi as Guest of Honour. Programme Officer Dr. Sarita Chauhan read out the NSS activity report for the session 2016-17 and the proposed activity report to be done during the camp. The enthusiastic NSS volunteers presented songs sung with the melodious rhythm of guitar and foot tapping Bhangra, setting an energetic beginning to the seven days camp.

Day 2

On second day of 7 days day & night NSS camp at MCM DAV College for women, a lecture on Global Antibiotic Resistance –responsibility of Society was delivered by Dr. Vandana Sharma, Assistant Professor in Department of Microbial and Food Technology. The lecture was about understanding the role of bacteria in human life and growing resistance of antibiotics towards various diseases. The volunteers were explained about the misuse of antibiotics and the responsibility of government, scientists and medical practitioners in defining the policies for right use of antibiotics.

In the second session of the day Mr. Sunil from State AIDS control Society delivered a lecture on AIDS and blood donation. The volunteers were also apprised about the importance of blood donation and precautions to be taken for blood donation. A short movie was shown about the method of blood donation in recognized blood donation centers. Later the poster making competition on AIDS and Blood Donation was organized. Volunteers enthusiastically participated in these events and showcased their talent.

Day 3

On the third day of 7 days day & night NSS camp at MCM DAV College for women, a lecture on organ Donation was delivered by Ms. Neelakshi , Regional Organ and Tissue Transplant Organization(ROTTO), PGI. Ms. Neelakshi discussed that organ donation is a noble act of saving life of other people when a person is declared brain dead. She encouraged the volunteers to spread this notion among their family members and friends, so that people suffering from chronic illnesses like kidney and liver failure, blindness can lead healthy lives. The volunteers showed a great interest in this form of donation. Their queries were answered by Ms. Neelakshi and Ms. Saryu D. Madra, both from ROTTO.

In the second session of the day Ms. Chanda Gupta, Assistant Professor, Department of Cosmetology, MCM DAV College for women delivered a practical session on skin and hair care. The volunteers were taught various techniques of taking care of skin and hair using home and kitchen items. The volunteers keenly learned these techniques of personality enhancement.







Day 4

On fourth day of the camp first session was delivered by Mr. Surinder Pal Sharma, counselor PRC SCERT Chandigarh, on stress management. It was an apt topic of discussion since the youth is suffering from stress

and they were given crucial tips to tackle everyday stressful situations. The second session was delivered by Mr. Amarinder Sharma, Chief Judicial Magistrate and Secretary, District Legal Services Authority. He clarified about certain laws and regulations governing the domestic violence cases and what steps one can take if they face such situation around them. The day continued with students performing rallies on AIDS and blood donation awareness and 'beti bachao, beti padhao' campaign in the Badheri village. Students interacted with the children in the village and taught them various subjects they were seeking help in.





Day 6

On the sixth day of 7 days day & night NSS camp at MCM DAV College for women, a workshop on Yoga was conducted by Ms. Neha Sharma, Assistant Professor and Yoga instructor, Department of History, MCM DAV college for women. She demonstrated various Asanas for good physical and mental health of young girls. She also encouraged them to eat nutritious and healthy diet. A lecture on 'Cyber Security' was delivered by Ms. Punam Dawgotra. In this interactive session various cybercrimes against women were discussed along with the measures to counter the threat and subsequent trauma. The volunteers visited the adopted village Badheri and took out a rally on Swachhta Abhiyan. The volunteers voiced slogans on cleanliness and interacted with the residents to encourage them for maintaining cleanliness in their surroundings. They were also guided about countering the threat of Dengue and

Chickengunia by preventing the collection of water and wearing proper clothes.





Day 7

The 7 days day & night NSS camp at MCM DAV College for women, concluded on 15th October,2016 with the valedictory function. The function was graced by the benign presence of Chief Guest Sh. Bikram Rana, State Liaison Officer, Chandigarh Administration. The function began with a soulful song by Harmanpreet and Nikita followed by Giddha, Western dance and Haryanvi Dance. Mrs Punam Dawgotra, Programme officer read out the camp report. Sh. Bikram Rana encouraged the volunteers to become the power of country by strengthening their character and becoming socially responsible. He also emphasized that the youth of today will be most important factor of our growth as a developed country. Dr. Sarita Chauhan, Programme officer appreciated the spirit of volunteers in making the camp a great experience for all. The camp concluded with honoring the volunteers for their outstanding performance during the camp.

Camp Participation

Ms. Heema participated in national integration camp 1st January to 13th February, 2017 at Bangalore. Ms. Ashima Sharma, attended Pre-RD camp in Chandigarh and RD camp from 1st January to 1st February, 2017 at New Delhi. Ms. Harsimran and Ms. Pratibha attended NSS camp at Silvasa, Dadar and Nagar Haveli from 25th to 31st December, 2016.

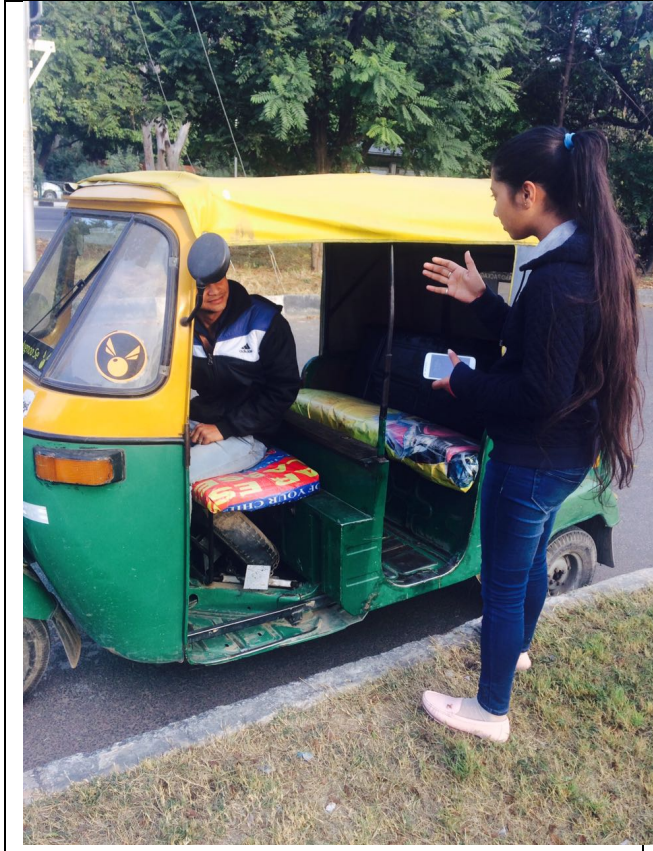




20th December, 2017 to 5th January, 2017 - Digital literacy Drive- Visaka

Around 65 NSS volunteers of MCM DAV college undertook a digital literacy drive in College campus and around their places of residence. During these 15 days the volunteers outreached the people belonging to different strata of society and explained them various methods of doing online digital transactions using their mobile phones. All volunteers taught these techniques to Housemaids, working in their home, dhobis, malis, auto-rickshaw drivers and rickshaw pullers, shopkeepers and other similar people. They also approached the college administrative and lab staff for digital literacy.







25th January 2016-National Voters Day

NSS units of MCM DAV college for women celebrated the National Voters Day on 25th January 2016. A lecture was organized in the Multimedia Media hall of the college, to apprise the volunteers and students about their fundamental to elect a leader of their choice by casting vote. In the end the NSS volunteers by took oath as communicated by by the NSS Directorate



Participation in Disaster Resistant Chandigarh Seminar

53 volunteers and programme officers Dr. Sarita Chauhan and Mrs. Punam Dawgotra attended a seminar and exhibition organized by Chandigarh administration at Shivalikview Hotel, Sector 17, Chandigarh, to generate awareness about the techniques to follow during disasters like earthquakes.

Participation in Polio Drive

4 NSS volunteers Priyanka, Komal, Tannu and Jasmine participated in the Polio Drive conducted by the Health Department, UT. The volunteers visited houses in Sector 36 for 2 days in the month of January and collected the information from the residents by person to person contact program. They also participated in the Polio Drops medication camp outside the college along with Dr. Sonia.

12th to 16th January, 2017 Youth for Digitization and cashless Society

NSS units at MCM DAV College for women, Sector 36, Chandigarh organized a series of interaction sessions from 12th to 16th January, in college to generate awareness about cashless and digital transactions. The volunteers participated in this activity with enthusiasm. NSS programme officers Dr. Sarita Chauhan and Mrs. Punam Dawgotra organized this event. The students of the college were apprised about the digital apps like BHIM, Mobile banking using USSD, PayTM etc. The volunteers spread this message among other students of the college.

Mrs. Raman Ghuman, Asstt. Professor, Department of Commerce, MCM DAV College for women explained the benefits of using digital payment systems. She also apprised them about the techniques to do these transactions safely. All the students and Volunteers pledged to carry this message forward to their family members, friends and neighbors.







23rd, February, 2017-Blood donation camp

A blood donation camp was organised on 23-Feb-2017 in association with PGIMER, Chandigarh. the camp was sponsored by Mahavir International, Chandigarh. The camp witnessed an overwhelming response from the students and staff. Sh. Subhash Chand, Regional Director, NSS was the chief guest who encouraged the students to pay back to the society through their noble act of gifting someone the gift of life. The camp registered a total of 400 donors and 150 units of blood were donated. The donors were awarded certificates and donor cards.



25th -26th February, 2017 -Attended the Hockey India League is a Tournament

Around 20 NSS volunteers and Programme Officer Ms. Punam Dawgotra attended the Hockey India League organized by Hockey India and attended semi-finals and final match of the tournament at Chandigarh Hockey Stadium, Sports Complex, Udyan Path, Sector 42, Chandigarh. The event was supported by State NSS Cell, Education Department Chandigarh Administration in collaboration with Salaam Zindagi Charitable Trust, (India)