

Maharaja Agrasen Mahavidyalya, Jagadhri

Report of NSS Unit-II (July 2019 to June 2020)

1. Swachh Bharat Summer Internship(SBSI) 2.0 was conducted during the period 10-06-2019 to 31-07-2019. Total 17 girl volunteers participated and cleanliness campaign, door to door survey on solid waste management practices in nearby villages etc. were the key activities during the internship period.
2. Total 103 girls were enrolled as NSS Unit-II volunteers for the session 2019-20.
3. Pledge on Swachhta was taken on 1-08-2019 and also Group Discussion, Poster Making Competition and Essay Writing Competition were organized on the same day in association with Department of Commercial Arts and Eco-Club on the theme Water Conservation.
4. Organised Essay Writing Competition on Swachhta on 9-08-2019 and thereafter took a pledge to make college campus green.
5. A cleanliness campaign and Door-to-door Survey in the village “Mandhkheri ki Tapriya” on 10-08-2019 to find out the effect of awareness activities of SBSI 2.0 on the people of Mandhkheri ki Tapriya.
6. NSS girl volunteers did Parade practice for the celebration of Independence Day from 5th August to 14th August 2019 in the college premises and participated in Independence Day Parade and in this program NSS girl volunteers were distributed their merit certificates.
7. Organised One Day Orientation Programme for NSS girls volunteers to aware them regarding NSS activities and get them registered on National Digital Library on 2-09-2019.
8. Organised Poster Making Competition and Group Discussion under Poshan Abhiyan on 4-09-2019.
9. Organised One Day Seminar on “Water Conservation” and awareness rally afterwards to save water save life to literate and aware people on the occasion of International Literacy Day on 9-09-2019.
10. Organised essay Writing Competition and debate on Swachhta, water conservation, fitness and eating disorders on 10-09-2019.
11. One girl volunteer Ms. Pallavi Garg, B.Com. Final Year was selected at University level Pre-RD Camp Trial at Kurukshetra.
12. Poshan Walk and awareness programme was conducted on 18-09-2019 in different Aanganwadis of Jagadhri City.
13. Organised Door to door campaign and awareness rally on the theme “Swachhta hi Sewa” on 20-09-2019 and also Shramdaan was done under the same campaign. On the same day, awareness campaign was also conducted under Poshan Abhiyan in the village.
14. A Nukkad Natak on the theme “Smoking/Drinking is injurious to Health” was performed in the government school of Mandhkheri ki Tapriya village by 7 NSS girl volunteers on 21-09-2019.

15. Class room lectures on Balanced diet were given by NSS girl volunteers in different graduate classes on 25-09-2019.
16. Organised Essay Writing Competition on 5-10-2019 in association with Medical Aid Committee on Personal Hygiene, Poshan and Swachch Bharat related topics.
17. An Orientation Programme on Crop Residue Management was organized on 11-10-2020 to aware students about the issues concerned with crop residue to farmers and the government.
18. Organised Pledge for Unity on the occasion of National Unity Day on 31-10-2019.
19. Seven Days Special Camp was organized from 29-12-2019 to 4-01-2020 in which NSS girl volunteers participated very enthusiastically. The theme of the camp was “Paryavaran Sarankshan: Ek Surakshit Bhavishya Ki Aur”. The camp was held at adopted village Parwalo and college campus with the prior approval from NSS Co-ordinator Dr. D. S. Rana. Yoga, Swachhta, Jal Sarankshan Rally, Fire and Disaster Management activities etc. were the sub-themes of the event. First Aid training was also provided to NSS volunteers. NSS Unit-I (Boys Wing) and NSS Unit-II (Girls Wing) of Maharaja Agrasen Mahavidyalya, Jagadhri organized a seven days special camp (Day-Night) in village Parwalon from 29.12.2019 to 04.01.2020.

On 29.12.2019, the camp was inaugurated by Hon’ble Dr. Dinesh singh Rana (NSS Coordinator Kurukshetra University Kurukshetra), Principal, Dr. P.K. Bajpai and Dr. Bhadur Singh (Previous NSS Officer). Dr. Rakhi Welcome the Chief guest and introduce him. In his inaugural address, Dr. D.S. Rana motivated and encourages the NSS volunteers to do community service in the village. He also motivated the NSS Volunteers for save water. Dr. Rana discussed about NSS logo and reason behind this to choose such NSS Logo. Dr. Rana told about the NSS activities in detail and motivated the volunteers regarding Cleaniess. Dr. Rana also discussed about different swachhata Aap and motivated the NSS Volunteers to use such type of AAP. He told about national Integration and Importance Integration in their life. Principal, Dr. P.K. Bajpai motivated the NSS Volunteers about community service and National Integration. He gave his best wishes for the camp. Dr Bhadur Singh discussed with NSS volunteers about his previous experiences of the camps and also told the NSS volunteers about some types of difficulties and their solution for smooth functioning of camp. Dr. Vijay Chawla (Programme Officer NSS Unit-1) discussed the tentative sechudle of seven days camp. In the evening, NSS Volunteers took a training of First Aid and Home Nursing from the team District Youth Red Cross Yamuna Nagar. Sh. Virender Singh was the trainer of First Aid and Home Nursing.

On 30.12.2019 a Cleaniess camp was organized in College Campus. In this Camp cleanliness activities conducted in College Campus. Cleanliness activities conducted in College Campus and Surroundings are listed below:

- Cleaning of college Play Group by removing Congress Grass, dry tree leaves and waste papers etc.
- Cleaning of college Campus by removing dry tree leaves, waste papers and wrappers etc.

- One group of volunteers visited the nearby residents and shopkeepers and urged them to make their neighborhood clean and to stop using plastic bags because they are not eco-friendly and they cause blockage in the drains in rainy season.
In the afternoon, Sh. Virender from District Youth Red Cross, Yamuna Nagar provided the training of First Aid and Home Nursing to the NSS volunteers.

On 31.12.2019 in morning session a Cleaniess drive was conducted in College Campus. In the morning session cleanliness activities conducted in College Campus and Surroundings are listed below:

- The area adjoining the front gate of the college was thoroughly cleaned.
- The corridors and Class rooms of the campus were properly cleaned.
- Sharma Hospital adjoining the college was properly cleaned by NSS Volunteers.
- The volunteers requested the local residents to plant trees as planting of trees can help in the protection of environment.

In the afternoon session. NSS Volunteers Visited the Village parvalon and took a survey of the village and marked the problems of the villagers. NSS Volunteers created awareness among the people about the Cleaniess. After that the trainers gave the volunteers a training of First Aid and Home Nursing. In the evening, NSS Volunteers played various games.

On 01.01.2020 (morning session) a 'Jal Shakti Rally' was conducted in Village Parvalon. Through this Rally NSS Volunteers aware the villagers about the importance of water and motivate them to save water. They also told them the ways to save water. After that the trainers gave the volunteers a training of First Aid and Home Nursing.

In the afternoon session, a lecture was delivered by Prof. Gourav Bareja on Finance and Share market. Through this lecture he awared the NSS Volunteers and villagers how they could invest their money in best plan and earned profit

Officers came from fire bridge office. A workshop was conducted by them on 02.01.2020(morning session), In this workshop they took two sessions and told NSS Volunteers about how to safe from fire tragedy. They also conducted a practical session to make clear their concept to NSS Volunteers

In the Afternoon session, Dental check-up camp was conducted. Dr. Sunny from Civil Hospital Chhachrauli told the Voluntters and teeth diseases and their solution. He motivated the volunteers to do brush properly at least two time in a day. In the evening, the trainer gave the volunteers a training of First Aid and Home Nursing.

In the afternoon session, a lecture was delivered by Prof. Gourav Bareja on Finance and Share market. Through this lecture he awared the NSS Volunteers and villagers how they could invest their money in best plan and earned profit.

On the sixth day i.e. 03.01.2020, the camp was started with the practice of Yoga. Dr. Shiv Kumar of Civil Hospital, Yamuna Nagar informed the volunteers about the importance of Yoga and motivated them to cultivate the habit of performing Yoga daily. After the theoretical

session, a practical session of Yoga was organized under the supervision of Dr. Shiv Kumar. In the afternoon, the First Aid and Home Nursing trainers trained the volunteers about the treatment of bone fracture and sprain.

On the last day of the camp i.e. 04.01.2019, the NSS volunteers took the training of First Aid and Home Nursing and learnt about the treatment of poisoning. Then the volunteers took out a Rally nearby the college and mankheri ki tapria and created awareness among the people about the Cleaniess. NSS Volunteers also created awareness among the people about harmful effects of the use of cigarette, tobacco, morphine, alcohol, drugs etc. The volunteers forbade the villagers to use such intoxicants. Then they encouraged the villagers to keep their village clean.

In the afternoon, the Valedictory Function was organized in the conference hall of the college. Utthan Director Dr. Anju Bajpai was the chief guest. Ms. Sangita Singhal(Ex. Member), Dr. Shriparkash(Prof MLN College, YNR), Mr. Shashi (NGO Ek socah nai soach) was the guests of the Valedictory Function. Dr. Anju Bajpai discussed about Important of NSS in student life. She also motivated NSS volunteers to do community service always. She congratulated the Programme Officers and the volunteers for the successful completion of the 7 days special camp (Day-Night). Ms. Sangita Singhal discussed about CAA act in detail. He told the Volunteers about the importance of CAA act in detail .Prof. Shri parkash share his personal experience about NSS. Principal, Dr. P.K. Bajpai congratulated the Programme Officer and the volunteers for the successful completion of the 7 days special camp (Day-Night).

In the end, Dr. Vijay Chawla and Dr. Rakhi thanked the Hon'ble Chief guest Dr. Anju Bajpai, Principal, Dr. Bahadur Singh the village Sarpanch, Prof. Mr.Pawan Tripathi and all the volunteers for the support and cooperation.

20. National Road Safety week was celebrated from 11 January 2020 to 17 January 2020. Poster making and slogan writing were the main events. Mehak B.Com. III stood first followed by Bhawna, Deepak and Pallavi from B.Com. Classes.
21. A guest lecture on awareness on voting rights was arranged for the students on the eve of National Voters Day with the help of ex-NSS PO Dr. Bahadur Singh on 28th January 2020. Also students raised awareness through different posters.
22. National Girl child day was celebrated on 24-01-2020. "Beti Bachao Beti Padoo" was the main theme of the event. Ex-Programme Officer of NSS Unit Dr. Bahadur Singh was the main speaker.
23. NSS girl volunteers enthusiastically participated in Republic Day Parade on 26-01-2020. They did regular practice of Parade in college campus for a week.
24. A tribute to Pulwama Martyrs was given by NSS volunteers in the form of speech and poem on 14-02-2020. Devang BA III, Pankaj B.Com III, Pallavi B.Com. III were the main speakers.
25. In the presence of District Child Welfare Officer Rajan Sharma, Advocate Yashpal Sharma, and Dr. Neema from Civil Hospital, Social Justice day was celebrated in the

Conference Hall on 20-02-2020 in which the information related to POCSO Act was shared with NSS volunteers.

26. One Day Cleanliness drive was conducted on 25-02-2020 in which NSS volunteers along with NCC Cadets worked for the beautification of college campus.
27. Awareness on COVID 19 was done in different classes on 5-03-2020 by both the Programme Officers Dr. Vijay Chawla and Dr. Rakhi. This was an effort to prevent every student from this disease. College students were told about the CORONA virus, its probable symptoms and first aid for this.
28. International Day of family was celebrated on 15th May 2020 in which more than 40 college students participated from different classes. Poem, singing, dancing, video making and pen down your feelings etc. were enjoyed by students along with their family members.
29. Anti-Terrorism Day was celebrated on 21st May 2020 in which virtual pledge was taken by NSS girl volunteers.
30. Three Days Online National Level Yoga Workshop(20 June 2020 to 22 June 2020) was organized on the occasion of International Day of Yoga 21st June 2020 in which more than 20 yoga asanas were learnt by all the participants. Mr. Abhishek Rathi, NSS Volunteer was the Yoga trainer for the event.

Glimpse of pics and media coverage of NSS activities







Poster Making Competition



कोई भी बच्चा कुपोषित न रहे : डॉ. बाजपेयी

जगाधरी। महाराजा अग्रसेन में पोषक अभियान एवं स्वच्छता अभियान के अंतर्गत कक्षा व्याख्यान का आयोजन एनएसएस कार्यक्रम अधिकारी डॉ. राखी के नेतृत्व में हुआ। कॉलेज प्राचार्य डॉ. पीके बाजपेयी कार्यक्रम के मुख्य अतिथि रहे। उन्होंने सभी स्वयंसेवी छात्राओं से अपील की कि समाज में कोई भी बच्चा कुपोषित व अस्वस्थ न रहे, यही इन जागरूकता अभियान का लक्ष्य होना चाहिए। कोई भी महिला एनीमिया से पीड़ित न रहे। सब स्वच्छ रहें, स्वस्थ रहें। कक्षा व्याख्यान का मुख्य विषय संतुलित आहार वस असंतुलित आहार रहा। स्वयंसेवी छात्राओं दीपा, विनीता, नेहा, अंजलि, आशा आदि ने महाविद्यालय की कक्षाओं में जाकर सभी विद्यार्थियों को जंक फूड के नुकसान, संतुलित आहार का अधिकतम प्रयोग आदि विषयों पर जागरूक किया।

संतुलित आहार के फायदे बताए

जासं, यमुनानगर : महाराजा अग्रसेन महाविद्यालय में पोषण व स्वच्छता अभियान के अंतर्गत कक्षा व्याख्यान का आयोजन एनएसएस कार्यक्रम अधिकारी डॉ. राखी के नेतृत्व में हुआ। मुख्यातिथि प्राचार्य डॉ. पीके बाजपेयी ने कहा कि समाज में कोई भी बच्चा कुपोषित व अस्वस्थ न रहे।

यही इन जागरूकता अभियान का लक्ष्य होना चाहिए। व्याख्यान का मुख्य विषय संतुलित आहार वस असंतुलित आहार रहा। स्वयंसेवी छात्राओं दीपा, विनीता, नेहा, अंजलि, आशा आदि ने महाविद्यालय की कक्षाओं में जाकर सभी विद्यार्थियों को जंक फूड के नुकसान, संतुलित आहार का अधिकतम प्रयोग पर जागरूक किया।

अमर उजाला

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स्वच्छता का प्रसार अति आवश्यक

जागरण संवाददाता, जगाधरी : महाराजा अग्रसेन महाविद्यालय में एनएसएस यूनिट द्वितीय कार्यक्रम अधिकारी डॉ. राखी के नेतृत्व में स्वच्छता रैली का आयोजन किया गया। कॉलेज प्राचार्य डॉ. पीके वाजपेयी ने स्वच्छता से होने वाले तमाम फायदों के बारे में जागरूक करने के लिए प्रेरित किया। शुभारंभ कॉलेज प्रांगण में ही श्रमदान देकर किया।

जंक फूड को दूर भगाओ आदि नारों की गूंज ने सरस्वती कॉलोनी, शर्मा अस्पताल और नजदीकी स्थानों में जनता को जागरूक किया। स्वच्छता संबंधी जानकारी हासिल की। बीकॉम द्वितीय की छात्रा अंजलि, गायत्री, शिवानी, वंदना, खुशी और आशा ने नुक्कड़ नाटक से स्कूल विद्यार्थियों को नशे व धूम्रपान की लत से बचने के लिए जागरूक किया। कार्यक्रम अधिकारी डॉ. राखी ने स्वयंसेवी छात्राओं का डोर-टू-डोर सर्वे, नुक्कड़ नाटक व रैली के माध्यम से जागरूकता अभियान को बहुत सराहनीय कदम बताया।



स्वच्छता की जानकारी देती महाराजा अग्रसेन महाविद्यालय की छात्रा • जागरण

पेपर आर्ट एंड क्राफ्ट वर्कशॉप का आयोजन

जगाधरी : महाराजा अग्रसेन कॉलेज के वाणिज्य एवं कला विभाग की ओर से पेपर आर्ट एंड क्राफ्ट वर्कशॉप का आयोजन किया। प्राचार्य डॉ. वाजपेयी ने कहा कि वाणिज्य एवं कला विभाग के द्वारा करवाए जा रहे इस कार्यशाला

का उद्देश्य विद्यार्थियों में कलात्मक रुचि उत्पन्न करना है। संयोजक प्रो. सीमा जैन ने बताया कि विभाग द्वारा एक दिवसीय पेपर कार्यशाला का उद्देश्य विद्यार्थियों को कम खर्च में अधिक बेहतर सजावट करना सिखाना है।