

Maharaja Agrasen Mahavidyalya, Jagadhri

Report of NSS Unit-II (Girls Wing) for the Session 2020-21

NSS unit-II of Maharaja Agrasen College, Jagadhri undertook the following activities during the session 2020-21.

1. Tree Plantation

Many Saplings were planted in College Campus on 13 August 2020 on the occasion of **Jayanti of the Former President Lala Desraj Goel Ji.**

2. **Celebrated Independence Day:** Celebrated Independence Day on 15-08-2020. On this occasion College Principal appreciated the contribution of staff members and NSS Volunteers during lockdown period.

3. **Fit India Freedom Run:** Organized Fit India freedom Run related activities like Cycling, running, slogan writing and poster making on yoga, guest lecture on fitness, games and Yoga asnas at home from 28-8-2020 to 2-10-2020.

4. **Vigilance Awareness Week:** Celebrated Vigilance awareness week from 27-10-2020 to 2-11-2020 with the various activities like Essay writing on corruption and pledge etc.

5. **Celebrated Sardar Vallabhbhai Patel Jayanti:** Celebrated Maharaja Agrasen Jayanti on 31-10-2020 by organizing different activities i.e pledge, lecture based on National unity.

6. **Orientation Programme of NSS:** Organized Orientation programme of NSS on 5-11-2020. College Principal Dr. P.K Bajpai told the Volunteers about NSS motto. Dr. Bajpai motivated the NSS Volunteers for social service. Dr. Rakhi also discussed College's Achievements in the past years. Total 101 girls registered as NSS unit-II girl volunteers for this session.

10. **Four One Day NSS camps and Republic day Celebration : NSS Unit-II** organized four one day NSS camps on 16-01-2021, 22-01-2021 28-01-2021 and 29-01-2021 in association with NSS Unit-I boys volunteers. In the first two camps Cleanliness drive was conducted in college campus and Volunteers decided to make a new park. In third and Fourth camp the volunteers conducted the cleanliness derive for construction of new park. Total 127 volunteers participated in these four camps.
7. **Tulsi Mohtsav Celebrated:** Organized Tulsi Mhotsav Samaroh on 24-12-2020 by various activities i.e Tulsi Pujan and Geeta Saloks chanted at college campus through college staff.
8. **Participation in SVEEP Activity in District Level Rangoli Competition:**
A girl volunteer as per the directions received from Deputy Commissioner YamunaNagar was deputed for participation in SVEEP Activity in District Level Rangoli Competition on 3-12-2020.
9. **Swami Vivekananda Jayanti celebrated:** Organized a progarmme on Swami Vivekananda Jayanti on 12-01-2021 and motivated the volunteers to learn from Vivekananda views and adopt them in life.
11. **Awareness Programme on Road safety:** Organized Awareness programme on road safety on 11 February 2021 through lectures. College Principal Dr. P.K. Bajpai aware the students for wearing helmets.
12. **Guest Lecture on HIV/AIDS programme:** Organized a guest lecture on HIV/AIDS on 20th February 2021 to aware NSS Volunteers and Youth Red Cross Volunteers about HIV/AIDS. NGO Utthan Director Dr. Anju Bajpai was the chief guest.
13. **7 Days Special Camp (Day-Night) held on 22-2-2021 to 28-02-2021:**
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 college

campus, old age home and Mandkheri ki Tapriya from 22.02.2021 to 28.02.2021. 36 girl volunteers attended the same.

On 22.02.2021, the camp was inaugurated by Hon'ble Advocate Mukesh Garg, Principal, Dr. P.K. Bajpai and Dr. Bahadur Singh (Previous NSS Officer). Dr. Rakhi hosted the stage and welcomed the chief guest. Dr. Vijay Chawla, PO NSS Unit-I introduced him and told the main theme and subthemes of NSS Special Camp. In his inaugural address, Advocate Mukesh Garg said that the student joining programs like NSS is praiseworthy. The main purpose of this should be that no rights are violated. He told that NSS cleanliness drive should start from your home. Inspiring the students Garg said that we should serve the elders while remaining in our house and surroundings. NSS Advisory Board members Dr. Seema Gupta, and Mr. Gourav Bareja also joined the inaugural session and blessed NSS volunteers with good wishes for the camp. Madam Punam Garg and Seema Jain also motivated and encouraged the NSS volunteers to do community service. After inaugural session, the NSS volunteers irrigated the plants in the college premises. In evening session, volunteers enjoyed by playing variety of games like cricket, football, volleyball and badminton. The volunteers fully enjoyed the whole night through singing and dancing. This togetherness brought a major change after a long break due to COVID 19. Dr. Seema Gupta, Mr. Gourav Bareja, and Lt. Anil cheered all NSS volunteers with their jolly talks at night in the college premises.

On 23-02-2021, Guest lecture was organised on the topic Disaster Management. Dr. Bahadur Singh, former NSS Officer was the main speaker in morning session. He told the volunteers about Disaster Management and also explained the methods to protect and save life in case of any disaster. He also explained the common problems which we face in our

daily life and also discussed the remedies for it. Dr. Karuna, Vice-Principal also motivated the NSS Volunteers to do social work and follow moral values. In afternoon session, cleanliness drive was conducted in college campus. Volunteers cleaned the play ground and a vacant space near canteen for construction of new park. In evening session, volunteers made a group discussion and shared their views with Programme Officers. At night, the volunteers enjoyed through different cultural activities and mehndi competitions. Mr. Gourav Bareja and Lt. Anil visited the camp in day and night and enjoyed every moment of day with NSS volunteers.

On third day, 24-02-2021 NSS volunteers along with NSS Programme Officers visited the old age home near Budiya Chungi for morning and afternoon session. All NSS volunteers met and talked with around 15 old aged people and interacted with them about their past life and present situations. The volunteers tried to make happy the people by participation in different cultural activities like singing, poem, and dance. All old aged people enjoyed in the Happiness Drive organized by NSS Units of the college. Mr. Gourav Bareja also visited the old age home to know the real situation of people living there and motivated the NSS volunteers. At night, the Principal of the college, Dr. P. K. Bajpai and vice principal Dr. Karuna visited the camp and volunteers shared their views and opinions with both of them with full enthusiasm and energy. Dr. Bajpai blessed the NSS volunteers and made them realized the truth of life. Dr. Pawan Tripathi, Mr, Gourav Bareja and Lt. Anil also shared their life experiences with the volunteers. Lt. Anil also stayed with NSS male volunteers at night in college campus.

On 25-02-2021, Dr. Lal Bahadur CHC Alhar joined the NSS Special Camping Programme as per the orders issued by DHE, Haryana. The awareness rally on Corona Vaccination was

conducted in the nearby areas of the college including Mandkheri ki Tapriyan and Budiya Chungi. Volunteers motivated the people for corona vaccine by slogans jaagenge, jgaenge, corona vaccine lagwaenge, no mask no entry, mask nhi toh tokenge, corona ko rokenge etc. In evening session, NSS volunteers worked and cleaned the college ground under the supervision of members of NSS Advisory Board Lt. Anil, Mr. Gourav Bareja and NSS POs. Dr. Seema Gupta and Dr. Anita visited the camp for knowing the well being of NSS volunteers at night.

On 26-02-2021, the morning session began with an extension lecture on financial literacy by Mr. Gourav Bareja. He discussed with volunteers how to invest in stock market. Also, he also shared his views on financial planning. The session was a learning experience for NSS volunteers as they got a practical session on financial literacy. He also explained the different methods for investment of funds for a secured life. Dr. Kiran Bala Civil Hospital YamunaNagar joined the programme. In afternoon session, poster making competition was organized on the themes beti bachao beti padhao, Jal Shakti Abhiyan, environment protection etc. In evening session, a rally was organized in Mandhkheri ki Tapriya. Volunteers motivated the people about swachhta hi sewa and beti bachao beti padhao. At night, Madam Punam Garg, Mr. Ashok Aggarwal, Mr. Rajiv Goel, and Parents of volunteers visited the camp for seeing the arrangement, discipline and accommodation facility for volunteers stay in college campus.

On 27-02-2021, NSS volunteers visited the Mandhkheri ki Tapriyan and motivated the people to keep surroundings clean. They also tried to know from people about utility of Aarogya Setu App and Swachhta Survekshan Survey. In Afternoon session, shramdaan

was conducted. Poem recitation on various themes like women empowerment, literacy and moral values was done.

On 28-02-2021, Yoga and meditation session was organized. The NSS volunteers did Suryaasana, Haalasaana, kapal Bhaati, alomvilom etc. In the afternoon, the Valedictory Function was organized in the conference hall of the college. Dr. D. S. Rana, NSS Coordinator from Kurukshetra University Kurukshetra was the chief guest. Dr. Rana discussed about Importance of NSS in student life. He also motivated NSS volunteers to do community service always as they did in the camp. He congratulated the Programme Officers and the volunteers for the successful completion of the 7 days special camp (Day-Night). The report was presented by Dr. Vijay Chawla and vote of thanks was given by Dr. Rakhi. A special thanks was done for Mr. Randeep, Mr. Rammoorti, Mrs. Suman(Cook) and Gatekeeper for their night stay daily in the college campus. Principal, Dr. P.K. Bajpai congratulated the Programme Officers Dr. Vijay Chawla, Dr. Rakhi and NSS Advisory Board for the successful organisation of the 7 days special camp (Day-Night).

In the end, Dr. Vijay Chawla and Dr. Rakhi thanked the College Principal, NSS Advisory Board and all other staff members of Maharaja Agrasen College, Jagadhri for their wholehearted support, cooperation, motivation and visit especially in night.

14. **Organized Programme on Holi:** On the occasion of Holi, celebrated a programme on 27-03-2021. In this programme College staff and Volunteers took a pledge that they will not celebrated Holi in Groups and also motivated others.
15. Anti-tobacco programme was organized on 31st May 2021.
16. Celebrated World Health day: Organized an online National Webinar on Awareness on Covid-19 Vaccination and fitness on the occasion of world health day on April 07, 2021,

MD, Dr. Soorveer Singh Gurjar, Dr. Kapil Kamboj and Dr. Anil Ahuja all from community medicine MMIMSR, Mullana was the resource person.

Glimpse of pics and media coverage of NSS activities:



फिट इंडिया के तहत साइकिलिंग करते हुए।

साइकिलिंग फिट रहने का सबसे आसान एवं उपयुक्त साधन: डा. चावला

यमुनानगर, 2 सितम्बर (ब्यूरो): महाराजा अग्रसेन महाविद्यालय जगाधरी में भारत सरकार द्वारा चलाए गए फिट इंडिया कार्यक्रम के तहत विभिन्न गतिविधियों का ऑनलाइन माध्यम से आयोजन किया जा रहा है। इन्हीं गतिविधियों के दौरान बुधवार को कार्यक्रम अधिकारी डा. विजय चावला, डा. राखी एवं विद्यार्थियों ने साइकिल चलाकर फिट रहने एवं वातावरण को प्रदूषित होने से बचाने की शपथ दिलाई।

कार्यक्रम की शुरुआत कॉलेज प्राचार्य डा. पी.के.

बाजपेयी द्वारा की गई। डा. बाजपेयी ने विद्यार्थियों को फिट रहने के विभिन्न गुरु बताते हुए साइकिलिंग को सबसे अधिक महत्वपूर्ण बताया। कार्यक्रम अधिकारी डा. विजय चावला ने बताया कि वे स्वयं प्रतिदिन लगभग 8-10 किलोमीटर साइकिल चलाते हैं। उन्होंने कहा कि साइकिल चलाने में फिजिकल फिट रहने के साथ-साथ पर्यावरण प्रदूषण रोकने में अपना महत्वपूर्ण सहयोग दे सकते हैं। डा. राखी ने विद्यार्थियों से कहा कि आज की भाग-दौड़ भरी जिन्दगी में बिना व्यायाम, योगा के स्वयं को स्वस्थ नहीं रख सकते हैं।

हलचल

समाजवाद व जनकल्याण के अग्रदूत थे महाराजा अग्रसेन : वाजपेयी



जगाधरी के महाराजा अग्रसेन कालेज में महाराजा अग्रसेन जयंती मनाते प्राचार्य डा. पीके वाजपेयी व स्टाफ सदस्य । ● पीआरओ

जासं, जगाधरी : महाराजा अग्रसेन महाविद्यालय में शुक्रवार को डा. विजय चावला व डा. राखी के नेतृत्व में महाराजा अग्रसेन जयंती हर्षोल्लास से मनाई गई। कार्यक्रम की शुरुआत प्राचार्य डा. पीके वाजपेयी ने की। उन्होंने कहा कि महाराजा अग्रसेन को समाज का अग्रदूत कहा जाता है। उन्होंने समाजवाद की स्थापना के लिए उन्होंने नियम बनाया कि उनके नगर के बाहर से आकर बसने वाले प्रत्येक परिवार की सहायता के लिए नगर

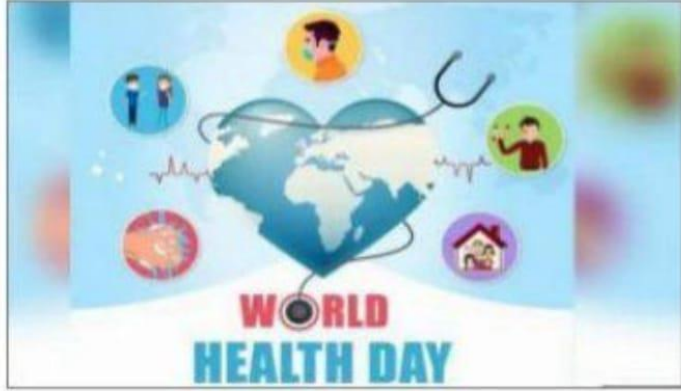
का प्रत्येक परिवार उसे तत्कालीन प्रचलन का सिक्का व एक ईंट देगा। जिससे आसानी से वह परिवार स्वयं के लिए निवास स्थान व व्यापार का प्रबंध कर सके। डा. चावला ने बताया कि महाराजा एक पौराणिक समाजवाद के अग्रदूत, युगपुरुष, राम राज्य के समर्थक, महादानी व समाजवाद के पहले जनक थे। प्राचार्य ने महाराजा अग्रसेन की प्रतिमा पर फूलमाला अर्पित की। मौके पर प्राध्यापक व कर्मचारी उपस्थित थे।



महाराजा अग्रसैन महाविद्यालय में मनाया विश्व स्वास्थ्य दिवस

जगाधरी (सच कहूँ/जयमल सैनी)। महाराजा अग्रसैन महाविद्यालय जगाधरी में राष्ट्रीय सेवा योजना द्वारा डॉ. विजय चावला एवं डॉ. राखी के नेतृत्व में विश्व स्वास्थ्य दिवस मनाया गया। कार्यक्रम में डॉ. शूरवीर सिंह गुर्जर, डॉ. अनिल आहुजा एवं डॉ. कपिल कुमार कंबोज मुख्य वक्ता के रूप में उपस्थित रहे। कार्यक्रम की शुरुआत कॉलेज प्राचार्य डॉ. पीके बाजपेयी द्वारा की गई। डॉ. बाजपेयी ने कोरोना से बचे रहने के लिए सावधान किया।

मुख्य वक्ता एमडी डॉ. अनिल आहुजा ने बताया कि कोरोना से बचने के लिए सावधानियां बरतने के साथ कोरोना वैक्सीन लगवाना उससे भी ज्यादा जरूरी है। गलत अफवाहों से बचना है। हमें अपनी



बारी आने पर वेक्सीन जरूर लगवानी चाहिए। एमडी डॉ. कपिल कुमार कंबोज ने बताया कि आज के दिन हमें कोरोना वैक्सीन के अच्छे परिणाम नहीं दिख रहे अपितु जब पूरी आबादी के 20 प्रतिशत लोगों को वेक्सीन लग जाएगी तब हमें वैक्सीन के अच्छे परिणाम मिलेंगे। जिससे कोरोना फैलने पर रोक लगेगी। डॉ. गुर्जर ने

बताया कि सुबह उठते ही 2-3 गिलास गर्म पानी का सेवन करने से हजारों रोगों जैसे कैंसर, कब्ज, एसिडीटी, बुखार इत्यादि से लड़ने की क्षमता अपने अन्दर पैदा कर सकते हैं। इस वेबीनार में विभिन्न राज्यों जैसे उत्तर प्रदेश, आसाम, हरियाणा, दिल्ली आदि से लगभग 80 प्रतिभागियों ने भाग लिया।







एनएसएस से जुड़कर विद्यार्थी कर सकते हैं देश सेवा : प्रवीण

संवाद न्यूज एजेंसी

जगाधरी। महाराजा अग्रसेन कॉलेज में दिन रात का चल रहा विशेष सात दिवसीय शिविर सोमवार को संपन्न हो गया। शिविर डॉ. विजय चावला व डॉ. राखी के नेतृत्व में लगाया गया। अंतिम दिन समापन समारोह हुआ। जिसमें सीनियर डिप्टी मेयर प्रवीण शर्मा, एनएसएस को-ऑर्डिनेटर कुरुक्षेत्र विश्वविद्यालय दिनेश राणा, प्रबंधन समिति प्रधान सुशील गुप्ता, मुख्य सचिव अश्वनी गोयल, मुख्यातिथि रहे। कार्यक्रम का शुभारंभ कॉलेज प्राचार्य डॉ. पीके वाजपेयी ने किया। कार्यक्रम अधिकारी डॉ. विजय चावला ने शिविर की रिपोर्ट प्रस्तुत की। डॉ. राखी ने मंच संचालन किया। यहां मुख्यातिथि सीनियर डिप्टी मेयर प्रवीण शर्मा ने कहा कि विद्यार्थियों को समाज सेवा कार्य से जुड़े रहना चाहिए। विद्यार्थी काल से ही यदि यह भावना मन में रहेगी तो पूरी जिंदगी इसका निर्वाह किया जा सकेगा। उन्होंने कहा कि



शिविर समापन कार्यक्रम में उपस्थित विद्यार्थी। संवाद

समाज सेवा के साथ देश सेवा करने का अवसर हर विद्यार्थी को नहीं मिल पाता। ऐसे शिविर और कार्यक्रम से जुड़े विद्यार्थी ही ऐसा मौका पाते हैं। एनएसएस को-ऑर्डिनेटर डॉ. दिनेश राणा ने कहा कि विद्यार्थियों को एनएसएस गीत की महत्ता बताई। उन्हें समाज सेवा के कार्यों में बढ़-चढ़कर भाग लेने के लिए प्रेरित किया।

कॉलेज प्रबंधन समिति प्रधान सुशील गुप्ता ने स्वयंसेवी विद्यार्थियों को भविष्य में भी ऐसे कार्यक्रम में भाग लेने की प्रेरणा दी। उन्होंने कहा कि खुशी पाने का एक रास्ता दूसरे को खुशी देना भी है। कमेटी मुख्य सचिव डॉ. अश्वनी गोयल ने विद्यार्थियों को अनेक छोटे-छोटे जीवन से जुड़े तथ्य बताते हुए आगे बढ़ने की प्रेरणा दी।