

# **Maharaja Agrasen Mahavidyalya, Jagadhri**

## **NSS Unit-II Annual Report for the Session 2021-22**

### **1. Tree Plantation Drive**

Saplings were planted in college campus in association with State Bank of India, YamunaNagar. All the NSS volunteers participated in this activity. The activity was conducted on 19<sup>th</sup> of July 2021. All girls' volunteers who participated in this activity planted trees and took pledge to plant more trees for saving the environment.

### **2. Swachhta Pakhwada**

- NSS volunteers participated in Cheer India Campaign and Singing of Rashtagaan as per the directions of NSS Regional Directorate, New Delhi.
- Essay writing competition was conducted through online mode to improve writing skills of the students on 12<sup>th</sup> of August 2021.
- A cleanliness campaign was organized to spread awareness about cleanliness among students and society so that they could easily keep their surrounding clean and healthy. The campaign was held on 13<sup>th</sup> of August 2021. All the participants gained knowledge about cleanliness.
- A speech competition was conducted through online mode. Speech competition enhances the verbal ability of the students and improve the communication skills. Competition was held on 14<sup>th</sup> of August 2021. To spread awareness about cleanliness, a video of NSS Volunteer Jaswinder was shared among students which described how to keep their environment clean and disease free. This video was shared on 15<sup>th</sup> of August 2021 through online mode. The video was very informative and explain the students' various methods regarding cleanliness and hygiene.

- **Celebration of Independence Day**

Independence Day was celebrated in college campus and 2 NSS girl volunteers named Nandini and Tanya participated in cultural events.

### **3. Fit India Freedom Run Campaign**

- As health is very important for all living beings. A yoga session was organised in which all NSS volunteers performed various yoga asanas. Yoga asanas tone the muscles, develop flexibility and improve posture and spinal alignment. NSS girl volunteers performed yoga asanas at their home also. This session was held on 25<sup>th</sup> of August 2021.
- Regular physical activity such as running can significantly improve mental health, self-confidence, healthy ageing and quality of life. This activity was conducted through online mode and held on 26<sup>th</sup> of August 2021 to create awareness about running and to improve the mental and physical health of the students.
- As cycling is very important for the environment as well as for the health of human being. A cycling campaign was organised through online mode on 27<sup>th</sup> of August 2021 in which awareness about cycling: its advantages were shared with participants.

- Regular physical exercise such as physical training has significant effect on mental and physical health of the students so that they can cope up with the stressful environment. A session on physical exercise was conducted through online mode on 28<sup>th</sup> of August 2021 to create awareness about different exercises, their advantages and correct way of doing different exercises.
- A Poster making competition on fitness was conducted through online mode on 31<sup>st</sup> of August 2021 to create awareness about fitness among youth and to inspire them to take participation in various fitness programs.
- “Fit India hit India” with this mindset an Essay Writing Competition was conducted through online mode. All NSS volunteers participated in this competition with high spirit through online mode. This competition was held on 1<sup>st</sup> of September 2021.

#### **4. NSS Orientation Programme**

As the students of first year just got admission in the college, they were unaware about the flagship programme of National Service Scheme (NSS), so they were introduced with NSS motto, NSS Lakshay geet and various NSS regular and special activities along with already registered NSS girl volunteers on 1<sup>st</sup> of October 2021.

#### **5. Celebration of International Day of Girl Child**

The International Day of Girl child focuses attention on addressing the challenges faced by girls. The International Day of Girl child was celebrated on 11<sup>th</sup> of October 2021 through poster making and slogan writing competition to create awareness among girl child about their rights and promote empowerment. All NSS volunteers gained knowledge about various rights of girl child.

#### **6. Celebration of Vigilance Awareness Week**

Vigilance awareness week was conducted in college campus from 26<sup>th</sup> October 2021 to 2<sup>nd</sup> November 2021 with the theme “Independence India @ 75: self-reliance with integrity”. In this week various activities like integrity pledge, essay writing on effects of corruption, slogan writing competition, integrity pledge with society, awareness rally was organized.

#### **7. Cleanliness drive at Adopted Village Mandkheri ki Tapriya**

A cleanliness rally was organized to spread awareness about cleanliness among students and society so that they will keep their surrounding clean and healthy. The rally was conducted on 13<sup>th</sup> of November 2021. 39 girl volunteers conducted door to door survey regarding cleanliness in the area.

#### **8. Activity to encourage Nationalism among students**

Essay writing competition on nationalism was conducted in college campus. Nationalism is an ideology which shows an individual’s love and devotion toward his nation. This competition helps in enhancing the ideological knowledge of the students. Competition was conducted on 16<sup>th</sup> of November 2021 and 12 NSS girl volunteers participated in the competition.

#### **9. One day NSS Cleanliness Camp**

One day NSS cleanliness camp was conducted in college premises on 27<sup>th</sup> of November 2021. This camp was also organised for increasing the awareness about cleanliness and hygiene among youth and 73 girl volunteers attended the same and cleaned college auditorium, playground and parks.

#### **10. One Day Awareness Camp on COVID Vaccination**

For creating awareness among college students on covid vaccination, one day NSS camp was organized in college premises. This program was conducted on 2<sup>nd</sup> of December 2021. Girl volunteers also collected data of students about their vaccination doses and told about the advantages of getting vaccinated.

#### **11. Two Days COVID Vaccination Drive at College Campus**

Covid vaccination drive was organised in college premises with the help of doctors' team from Civil Hospital YamunaNagar for providing free vaccination for all. This drive was conducted from 8<sup>th</sup> December 2021 to 9<sup>th</sup> December 2021. A total number of 145 got benefitted from this programme.

#### **12. Awareness on HIV/AIDS**

With the theme of creating awareness among youth about HIV/AIDS poster making and slogan writing competition was conducted in college premises. This competition was conducted on 13<sup>th</sup> of December 2021. Also human chain was created by 21 girls for spreading message against HIV/AIDS.

#### **13. Celebration of National Youth Day**

College level Poster making and Slogan writing competition on theme "Golden teachings of swami Vivekananda" was conducted on 12<sup>th</sup> of January 2022. Main aim of this activity was to create awareness among youth about the ideology of Vivekananda.

#### **14. Makar Sankranti Celebration**

A State Level Paragraph writing competition was organized for the students in which they had to express their opinions regarding kite flying on Makar Sankranti. Also Surya Namaskar was also performed by NSS girl volunteers.

#### **15. Tree Plantation Drive at home**

With the theme of tree plantation at home an activity was conducted with the help of NSS volunteers. Whole purpose of this activity was to create awareness among youth about sustainable development and saving the environment. This activity was conducted on 16<sup>th</sup> of January 2022. Atleast 5 saplings were planted by NSS girls in their residential areas.

#### **16. Celebration of National Girl Child Day**

On the occasion of national girl child day poster making competition was conducted on the topic of save girl child. All the NSS volunteers take part in this activity. The main aim of this activity is to create awareness about girl rights, deliberate destruction of the unborn fetus, abortions. This activity was conducted on 24<sup>th</sup> of January 2022.

#### **17. Celebration of Republic Day**

NSS girl volunteers participated in Republic Day Parade on 26-01-2022 in college campus and also in cultural events.

### **18. Seven Days Special NSS Camp**

NSS Unit-II (Girls Wing) of Maharaja Agrasen Mahavidyalya, Jagadhri organized NSS Seven Days Special Camp (Day-Night) on the theme “**Atmanirbhar Bharat**” in College Campus and Mandkheri ki Tapriya from **12.02.2022 to 18.02.2022**. Yoga-asanas, exercises, prayer and first aid training were done on daily basis during the camp period.

On 12.02.2022, the camp was inaugurated by Superintendent of Police, Yamuna Nagar- Mr. KamalDeep Goel, College Principal- Dr. P.K. Bajpai, Vice Principal-Dr. Karuna and Dr. Vijay Chawla (Former NSS Officer). Ms. Prachi, Assistant Professor in Commerce hosted the stage. Dr. P.K.Bajpai welcomed the Chief Guest and gave introductory address. Dr. Rakhi, PO NSS Unit-II explained the main theme and subthemes of NSS Special Camp. In his inaugural address, SP Kamaldeep Goel talked about the woman rights, education, girls’ entry to civil services, traffic rules and drug deaddiction. He told the main purpose of being NSS volunteer should be community service along with self-development. Self-reliant does not mean that you never depend on others, rather it is just having maximum work potential in one’s hand. He told that Atmanirbhar Bharat would be possible only when each citizen will become Atmanirbhar. Mr. Kamaldeep Goel appreciated the idea of volunteers’ visit to old age home which has been kept in the camp schedule. He further said that it will bring compassionate feeling among volunteers. NSS Advisory Board members Lt. Anil and Mr. Gourav Bareja also joined the inaugural session and blessed NSS volunteers with good wishes for the camp. Dr. Seema Gupta also motivated and encouraged the NSS volunteers to do community service. After inaugural session, the NSS volunteers irrigated the plants in the college premises. NSS volunteers worked for maintenance of the new lawn of the college. In evening session, volunteers enjoyed by playing variety of games like kho-kho and badminton. The volunteers fully enjoyed the whole night through singing and dancing. This togetherness brought a major change in their routine life after several lockdowns. Ms. Neha accompanied the student volunteers and Programme Officer. College Principal Dr. P. K. Bajpai visited the camp at night and shared ideas about making camp successful. He looked after the security arrangements, discipline and accommodation facility for volunteers stay in college campus.

On 13-02-2021 early morning, NSS volunteers did running and Surya Namaskar under the direction of Ms. Neha, Assistant Professor in Mathematics. After that Cleanliness drive was conducted in college campus. Volunteers cleaned the playground, a vacant space near canteen for construction of new park and tried to make campus plastic free in the morning session. The motive was to develop a feeling of belongingness among volunteers for the college as well. In afternoon session, volunteers made posters and slogans on the theme “Atmanirbhar Bharat” and other subthemes like girl education, HIV AIDS, cleanliness, and anti-stubble burning etc. Later on, the results were announced for Poster and Slogan writing competition and Vandana from BA I won the first prize. Ms. Preetika Bhatia, Assistant Professor in Commerce, Ms. Pooja, Assistant Professor in Computer Applications and Mr. Rajiv Goel, NSS Clerk visited the camp and volunteers presented their ideas on the theme in evening session. The main idea emerged was that we must try to make daily items at home/workplace with best out of waste or with the help of the raw material required and aware people about “Vocal for local”.

On third day, 14-02-2022 Morning NSS girl volunteers along with NSS Programme Officer Dr. Rakhi visited the adopted village Mandkheri ki Tapriya. College Principal Dr. P. K. Bajpai and NSS Advisory Board members Dr, Karuna, Dr, Vijay Chawla, Lt. Anil and Mr. Gourav Bareja enthusiastically made a call for atmanirbhar rally for Mandkheri ki Tapriya. The girl volunteers under the leadership of Programme Officer began the rally with the slogans “atmanirbhar bano, atmanirbhar banao” from college premises to the village. On the way, the villagers and shopkeepers were interacted by volunteers about selfreliance, solid waste management, water conservation, anti-stubble burning, digital literacy and many more issues. The rally marched towards Government School, Mandkheri ki Tapriya. The school teacher Mr. Dilip Kumar along with kids joined the event. He also interacted with NSS volunteers on the theme and appreciated the efforts of girl volunteers who talked little kids about their routine life and taught them how we can contribute towards Atmanirbhar Bharat. The cultural Programme was organized for the students and with the students. Dr. Sunil, EMO, Civil Hospital YamunaNagar and Madam Raksha Garg guided the volunteers about first aid like how volunteers can manage the heart strokes, daily injuries immediately etc. In the evening session, Mr. Paramjeet trained the girl volunteers about how to increase the stamina. He talked about health and nutrition. Dr. Vijay Chawla and Mr. Gourav Bareja also motivated girl volunteers to do their best in their social life. At night, the College Principal Dr. P. K. Bajpai and Lt. Anil 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.

On 15-02-2022, the morning began with Parbhat Pheri in the village Mandkheri ki tapriya. After that NSS volunteers performed various Yogasnas under the guidance of Mr. Hemraj Kaushish, Assistant professor in Physical Education. Dr. Vikas, Dentist Civil Hospital YamunaNagar joined the camp and told volunteers about oral hygiene. He said that everyone must brush teeth twice a day and regular checkups will keep your teeth and gums healthy for long time. In evening session, Fire Officer Mr. Vijay Kumar from Fire station YamunaNagar delivered a lecture on how to handle fire exigencies while at home or job. Dr. Karuna visited the camp and arranged various fun games for the well-being of volunteers and making them energetic. Mr. Lakhpat, Librarian visited the camp at night and exchanged ideas with volunteers on the theme.

On 16-02-2022 Morning, NSS volunteers visited the old age home near Budiya Chungi, Jagadhri. All NSS volunteers met and talked with around 20 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. Madam Raksha Garg, first aid trainer also visited the old age home to aware them about first aid in case of any emergency. NSS volunteers tried to understand the real situation of people living there. In evening session, NSS volunteers worked and cleaned parking area under the supervision of Dr. Rakhi. The manual work done by girls was really appreciable. Ms. Preetika Bhatia and Ms. Neha visited the camp and NSS volunteers shared their experience of old age home with their teachers. At night, Ms. Prachi accompanied Dr. Rakhi and NSS girl volunteers and cheered them with her jolly talks.

On 17-02-2022, the morning session began with an extension lecture on financial literacy by Mr. Gourav Bareja. He discussed with volunteers how to do safe investment. Also, he shared his views on financial planning, tax planning and tax incentives. 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. In afternoon session, a guest lecture on Disaster Management was organized in which Mr. Jatinder from DC Office, YamunaNagar was the key speaker. 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. He talked about the Aapda mitra training for NSS volunteers so as to equip them with basic skills required for responding to community immediate needs during and aftermath of disaster. Ms. Punam Garg, Associate Professor in Economics and Ms. Manisha, Assistant Professor in Hindi also motivated the NSS Volunteers to do social work and follow moral values. In evening session, volunteers did group discussion and shared their views with Programme Officer and other staff members. At night, the volunteers enjoyed through different cultural activities and mehndi competitions. Ms. Prachi and Ms. Manisha along with volunteers prepared rangoli for the valedictory session.

On 18-02-2022, Yoga and meditation session was organized. The NSS volunteers did Suryaasana, Haalasaana, kapal Bhaati, alomvilom etc. Valedictory session was organized in the Conference Hall of the college. Mr. Parth Gupta, Deputy Commissioner YamunaNagar was the Chief Guest. College Vice-Principal Dr. Karuna welcomed the Chief Guest. Programme Officer Dr. Rakhi shared a brief report of the camp during the valedictory session. NSS Lakshay Geet was sung by a group of NSS volunteers. A Nukkad Natak on Cleanliness was presented by BA and B.Com. First Year volunteers. Poem on Atmanirbhar Bharat was recited by Nandini, NSS Volunteer. Mr. Parth Gupta 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 asked for atmanirbharta at individual level so as to develop the nation. He congratulated the Programme Officer Dr. Rakhi and volunteers for the successful completion of the 7 days special camp (Day-Night). The vote of thanks was given by Dr. Bahadur Singh. A special thanks was given to Mr. Vishal NSS peon and Gatekeeper for their night stay daily in the college campus.

In the end, 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.

### **19. Yoga Campaign**

Poster making and slogan writing competition on Yoga was organized on 24<sup>th</sup> of May 2022.

### **20. Celebration of World No Tobacco Day**

- Essay writing competition on World No Tobacco Day was organized in college premises for creating awareness among youth about tobacco and its harmful effects. This competition was conducted on 30<sup>th</sup> of May 2022.
- On the occasion of World No Tobacco Day, an oath for no tobacco was taken in college premises on 31<sup>st</sup> of May 2022 with the theme of Tobacco: A Threat to Society.

### **21. Celebration of World Bicycle Day**

On the occasion of World Bicycle Day all NSS volunteers participated in riding bicycle and creating awareness about saving environment with the use of most simple, affordable and most economical means of transportation. This activity was conducted on 3<sup>rd</sup> June 2022.

### **22. Celebration of World Environment Day**

Paper craft competition was organized in college premises with the theme “Save Environment”. 49 students participated in this activity with great enthusiasm and creative mind. Main aim of this activity was creating awareness about saving environment with enhancing creative thinking and skills. This competition was conducted on 4<sup>th</sup> June 2022.

### **23. Celebration of International Yoga Day**

On the occasion of International Yoga Day, NSS girl volunteers performed various Yoga Asanas and exercises under the guidance of Mr. Lakhpatt Singh, College Librarian. Surya Namaskar was also performed.

**Also, NSS Units of the College were given due recognition and awarded with an honour by NSS Cell, Kurukshetra University Kurukshetra for Best NSS award for the session 2019-20 on the occasion of NSS Day 2021.**

Besides this, College 19 NSS girl volunteers registered themselves as Aapda Mitra in times of exigencies as COVID 19 is not over yet. One girl participated in Pre-RD trial Camp at Kurukshetra University Kurukshetra. Two girl volunteers along with Programme Officers attended Celebration of NSS Day in RK Sadan KUK.

- Blood Donation Camp was organized in association with Youth Red Cross Committee of the college.



Glimpse of pics and media coverage of NSS activities

## देश को आत्मनिर्भर बनाना राष्ट्र सेवा : कमलदीप गोयल

जगाधरी। महाराजा अग्रसेन महाविद्यालय में छात्राओं के लिए सात दिवसीय आत्मनिर्भर शिविर का आयोजन किया गया। शिविर का उद्घाटन एसपी कमलदीप गोयल ने किया। प्राचार्य डॉ. पीके वाजपेयी ने कमलदीप गोयल का बुके भेंट कर स्वागत किया। एसपी कमलदीप गोयल ने बताया कि राष्ट्र सेवा से बढ़कर कोई सेवा नहीं है। देश को आत्मनिर्भरता की ओर अग्रसर करने से बड़ी कोई राष्ट्र सेवा नहीं है। उन्होंने कहा कि स्वयं सेविका इस कार्य को बखूबी निभा सकती है। सरकार को आप लोगों पर बहुत भरोसा है। कार्यक्रम अधिकारी डॉ. राखी ने शिविर की रूपरेखा बताई। संवाद

## जागरूकता कार्यक्रम आयोजित



# लड़कियों को दी आत्मरक्षा की ट्रेनिंग

जगाधरी। महाराजा अग्रसेन महाविद्यालय में चल रहे शिविर के तीसरे दिन लड़कियों ने योगासन, सूर्य नमस्कार किया।

प्राचार्य डॉ. पीके बाजपेयी ने बताया कि लड़कियां आज चांद पर पहुंच चुकी हैं। किसी भी व्यक्ति को सफल बनाने में एनएसएस की बड़ी भूमिका होती है। विद्यार्थियों को पढ़ाई के अलावा एनएसएस, एनसीसी आदि में भाग लेना चाहिए। डॉ. राखी के साथ लड़कियों ने महाविद्यालय से रैली निकालते हुए गोद लिए गांव मान खेड़ी की टपरिया पहुंची। रैली में स्वच्छता ही सेवा, बेंटी बचाओ बेंटी पढ़ाओ, आत्मनिर्भर भारत आदि नारों से लोगों को जागरूक किया।

डॉ. राखी ने बताया कि आत्मनिर्भर भारत इस कैंप का शीर्षक है। सरकार ने देश को आत्मनिर्भर बनाने के लिए मुहिम चलाई हुई



एनएसएस शिविर में भाग लेती छात्राएं। संवाद

है। डॉ. परमजीत सिंह ने कहा कि लड़कियों को अपनी रक्षा के लिए दूसरों पर निर्भर रहने की जरूरत नहीं है। क्योंकि आज देश की

लड़कियां किसी भी काम में लड़कों से पीछे नहीं हैं। इस दौरान लड़कियों को आत्मरक्षा करने की ट्रेनिंग दी गई।

## 7 दिवसीय एन.एस.एस.शिविर के चौथे दिन प्रभात फेरी निकाली



कार्यक्रम को संबोधित करते वक्ता।

(डुम्री)

यमुनानगर, 15 फरवरी (ब्यूरो) : महाराजा अग्रसेन महाविद्यालय जगाधरी में एन. एस. एस. यूनिट 2 के चल रहे सात दिवसीय विशेष शिविर दिन रात के चौथे दिन की शुरुआत ने प्रभात फेरी के साथ की।

सुबह उठते ही लड़कियों ने कालेज प्रांगण से शुरुआत करते हुए गोद लिए गांव मान खेड़ी की टपरिया तक प्रभात फेरी निकाली। छात्राओं ने प्रभात फेरी के माध्यम से मॉर्निंग वॉक के

साथ-साथ लोगों को खुले में शौच न जाने की सलाह दी। प्रथम सत्र की शुरुआत कालेज प्राचार्य डॉ. पी.के. बाजपेई द्वारा की गई। डॉ. बाजपेयी ने बताया कि अगर हमारा खान-पान सही होगा तो हम आने वाले समय में अपने आप को फिट रखने के साथ-साथ गंभीर बीमारियों से भी बच सकते हैं। डाक्टर वाजपेई ने कहा कि आज के समय में मनुष्य की बीमारी का सबसे बड़ा कारण उसका खान-पान सही

न होना है। आज हम विद्यार्थी हर समय फास्ट फूड खाना पसंद करते हैं जोकि हमारी सेहत के लिए ठीक नहीं है। यह हमारे लिए मंद जहर का कार्य करते हैं जो धीरे-धीरे मानव को बीमारियों से ग्रस्त करते हुए उसकी जीवन को समाप्त कर देते हैं। अतः हमें खानपान सही रखना चाहिए। डॉ. विकास ने बताया की दांतों की सुरक्षा करना हमारे हाथ में हैं, यदि हम चाहें तो हम जिंदगी भर अपने पूरे दांतों के साथ जीवित रह सकते हैं। बस यह निर्भर करता है कि हम दांतों की कितनी केयर करते हैं। सत्र में लड़कियों ने कालेज में जो नए पार्क का उद्घाटन किया जा रहा था, उसमें फालतू लगी काग्रेस घास, भांग इत्यादि उखाड़ते हुए पार्क में घास को बढ़ाने के लिए उसकी खुदाई करने के साथ-साथ छात्राओं ने पार्क में पानी दिया। शाम के सत्र में विद्यार्थियों ने खुद को फिट रखने के लिए तरह तरह के खेल जैसे खों खों, फुटबॉल, क्रिकेट इत्यादि का आनंद उठाया।



## महाराजा अग्रसेन कॉलेज में 7 दिवसीय कैंप शुरू



यमुनानगर | महाराजा अग्रसेन महाविद्यालय में डॉ. राखी के नेतृत्व में लड़कियों के लिए 7 दिवसीय कैंप का शुभारंभ हुआ। एसपी कमलदीप गौयल मुख्य वक्ता रहे। कार्यक्रम की शुरुआत कॉलेज प्राचार्य डॉ. पीके बाजपेयी ने की। डॉ. बाजपेयी ने बताया कि इस शिविर का शीर्षक आत्मनिर्भर भारत है। स्वयंसेवकों को कहा कि आत्मनिर्भर भारत की शुरुआत पूरे भारत की बजाय पहले खुद से शुरू करनी चाहिए। अगर हर व्यक्ति खुद आत्मनिर्भर हो जाए तो वह दिन दूर नहीं जब पूरा देश आत्मनिर्भर बन जाएगा। कार्यक्रम के अंत में डॉ. करुणा ने छात्राओं को इस सात दिवसीय विशेष शिविर में अनुशासन बनाए रखने व अपने अनुभव साझा किए।

## सही खानपान से ही रह सकते हैं जीवन में स्वस्थ : डॉ. बाजपेयी



यमुनानगर। महाराजा अवासेन महाविद्यालय जगाधरी में एनएसएस यूनिट टू द्वारा आयोजित सात दिवसीय एनएसएस शिविर के चौथे दिन मंगलवार को कॉलेज द्वारा मोद लिए गांव मान खेड़ी की टपरिया में प्रमात फेरी निकाली। प्रमात फेरी का शुभारंभ कॉलेज प्रिंसिपल डॉ. पीके बाजपेयी ने किया। प्रमात फेरी कॉलेज से शुरू होकर गांव मानखेड़ी टपरिया तक पहुंची। प्रमातफेरी के दौरान विद्यार्थियों ने लोगों को जहां स्वस्थ रहने के लिए रोजाना सुबह के वक्त सैर करने और योग करने के लिए जागरूक किया। वहीं, लोगों को खुले में शौच नहीं करने की सलाह दी। मौके पर कॉलेज प्राचार्य डॉ. पीके बाजपेयी ने कहा कि यदि हमारा खान-पान सही होगा तो हम आने वाले समय में अपने आप को फिट रख सकेंगे। उन्होंने कहा कि सही खान पान करने से ही जीवन में स्वस्थ रह सकते हैं। आज के समय में मनुष्य की बीमारी का सबसे बड़ा कारण उसका खान-पान सही न होना है।

## स्वयंसेवी छात्राओं को आपातकालीन परिस्थितियों में दिए बचाव के टिप्स

जगाधरी ( सच कहूँ/जयमल सैनी) । महाराजा अग्रसेन महाविद्यालय जगाधरी में एनएसएस यूनिट प्रथम द्वारा आयोजित साप्ताहिक शिविर में आपदा प्रबंधन का प्रशिक्षण दिया गया । आपदा प्रबंधन से संबंधित प्रशिक्षण व विपत्ति के समय उठाए जाने वाले कदमों, नीतियों, प्राथमिक साजो सामान आदि को लेकर मुख्य वक्ता आपदा प्रबंधन अधिकारी एप्रोजेक्ट ऑफिसर जितेंद्र सिंह ने अपने अनुभव के बल पर आकस्मिक आने वाली आपदाओं से बचाव के उपाय छात्राओं को बताए । शिविर का उद्घाटन कॉलेज प्राचार्य डॉ. प्रमोद कुमार बाजपेयी के संक्षिप्त एवं प्रेरक उद्बोधन से हुआ । उन्होंने बताया कि हमारे देश में भौगोलिक विविधता के होने से इस प्रकार के मानव निर्मित एवं प्राकृतिक आपदाओं का आना हर वर्ष स्वाभाविक है । यहां कभी अतिवृष्टि से बाढ़ के हालात, कभी भूकंप के आगमन से जन सुविधाएं नष्ट होती हैं, व जनहानि और आधारभूत संरचना को भी नुकसान पहुंचता । कार्यक्रम आयोजक व छात्रा एनएसएस इकाई प्रभारी डॉ. राखी ने मुख्य वक्ता जितेंद्र सिंह, कॉलेज प्राचार्य सहित सभी प्राध्यापकों एवं विद्यार्थियों का धन्यवाद किया । व आश्वासन दिलाया कि भविष्य में भी सांस्कृतिक कार्यक्रमों तथा नुक्कड़ नाटकों के माध्यम से जनसाधारण में आकस्मिक आपदाओं से संबंधित बचाव के तौर-तरीकों के प्रति जागरूक करने का प्रयास करते रहेंगे ।

**सच कहूँ**

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# 'आत्मनिर्भर भारत अभियान से खुला प्रगति का मार्ग'

संवाद न्यूज एजेंसी

जगाधरी। महाराजा अग्रसेन स्नातकोत्तर महाविद्यालय में चल रहे एनएसएस की द्वितीय इकाई के सात दिवसीय शिविर का शुक्रवार को समापन हो गया है। इस दौरान मुख्य अतिथि डीसी पार्थ गुप्ता ने कहा कि आत्मनिर्भर भारत अभियान की शुरूआत से भारत में प्रगति का मार्ग खुल गया है।

डीसी ने स्वयंसेवी छात्राओं को प्रेरक बातें बताईं। उन्होंने कहा कि हम किस प्रकार आत्मनिर्भर बन सकते हैं इन उपायों और युक्तियों पर चिंतन किया जाए। आत्मनिर्भरता स्वयं में ऐसी अवधारणा है, ऐसी विचारधारा है जो एक व्यक्ति की निष्ठा और निश्चय से शुरू होकर संपूर्ण समाज व नागरिकों के संकल्प से पूर्ण हो सकती है। एक व्यक्ति आवश्यकता के अनुसार पूरे साजो सामान का निर्माण नहीं कर सकता लेकिन विविधता के



कार्यक्रम में स्वयंसेवी छात्राओं को संबोधित करते अधिकारी। संवाद

स्तर पर यदि हम अपना सामान खुद बनाएं, उसकी गुणवत्ता सुधारे, उस पर लागत कम करने के तौर-तरीके खोजें तो भारत आत्मनिर्भरता की ओर कदम बढ़ता जाएगा। भारत में समृद्धि के लिए मार्ग बन चुका है, जो वोकल फॉर लोकल और स्किल इंडिया के माध्यम से आत्मनिर्भरता के पथ पर कदम बढ़ा चुका है। यह शिविर गोद लिए गांव

मांडखेड़ी की टपरिया सहित आसपास के क्षेत्र और महाविद्यालय परिसर में लगाया गया। प्रिंसिपल डॉ. पीके बाजपेयी ने विद्यार्थियों को हमेशा निष्ठा व निश्चय से कार्य करने व सीखने का संदेश दिया। उपप्राचार्य डॉ. करुणा ने विद्यार्थियों से अपने अनुभव साझा किए। शिविर में स्वच्छ भारत थीम पर आधारित नुक्कड़ नाटक प्रस्तुत किया गया।

































