

Maharaja Agrasen Mahavidyalya Jagadhri

Report of NSS Unit-II for the Session 2022-23

1. Azadi ka Amrit Mahotsav Celebration:

Organized different activities under the aegis of Azadi ka Amrit Mahotsav like Har Ghar Tiranga Campaign Poster Making/slogan Writing, Painting Competition, Flag making using paper/cloth, Awareness rally in adopted village, essay writing on biography of unsung heroes, Celebration of Independence Day through march past and Patriotic songs.

2. Organized a Guest lecture on the occasion of International Literacy Day by Former NSS Officer Dr. Bahadur Singh and also Poster Making Competition and an awareness rally was organized on 8-09-2022. A total of 31 girl volunteers participated in the campaign

3. Conducted NSS Induction Programme for new entrants in the college campus on 24th August 2022.

4. E- Poster Making & Slogan Writing Competition was held on Nutrition on 17th September 2022. A total of 29 girl volunteers participated in this contest.

5. Celebration of NSS Day on 24th of September 2022 at college campus. Total 71 volunteers participated in the celebration. Singing, Poem Recitation, Declamation, Nukkad Natak and Skit were performed on the occasion. Also, NSS Merit certificates for Session 2021-22 were awarded to eligible NSS girl volunteers as received from NSS Cell, Kurukshetra University Kurukshetra.

6. NSS One Day Camp on cleanliness was conducted on 1st October 2022. Total 54 girl volunteers participated in this camp.

7. A guest lecture on “Depression and Anxiety among Youth” was conducted on 14th October 2022 and Renowned Psychiatrist Dr. Divya Mangla was the key speaker of the event.

8. One day camp & Door to door survey on Water conservation and Mega Cleanliness Drive was conducted on 19th October 2022. 47 girl volunteers participated in this survey.

9. A Pledge on National Unity Day was taken on 31st October 2022 in class room. A total of 45 college students participated in the pledge.

10. NSS One Day Cleanliness Camp and survey on water conservation was organized at college campus on 14th November 2022. 60 girl volunteers participated in the camp.

11. Slogan Writing Competition on HIV/AIDS, Drug Addiction, Energy Conservation and Cleanliness was organized on 14th December 2022 in college campus on the occasion of National Energy Day. 33 girl volunteers participated in this competition.
12. Republic Day was celebrated on 26 January 2023 in which 10 nss girl volunteers participated and presented cultural items.
13. Surya Namaskar activity was organized on the occasion of Azadi ka amrit Mahotsav on 15-02-2023 in which 36 students participated.
14. A meeting with NSS girl volunteers was conducted on 16 February 2023 regarding participation in NSS 7 Days Special Camp. 58 girl volunteers participated in this.
15. NSS Unit-II (Girls Wing) of Maharaja Agrasen Mahavidyalya, Jagadhri organized Seven Days Special Camp (Day-Night) in college campus as well as adopted village Mandkheri ki Tapriya from 21.02.2023 to 27.02.2023.

Day 1

Early Morning

- NSS Volunteers and the Programme Officer Dr. Rakhi visited Adopted Village Mandkheri ki Tapriyan from the college after getting the blessings of College Principal Dr. Pramod Kumar Bajpai.
- NSS volunteers and Programme Officer was attended by Nambrdar Sh. Rajbir Ji along with villagers.
- After that the plan for the activities to be carried out during seven- days camp was discussed in the guidance of Programme Officers, clearly explaining the theme “Atamnirbhar Bharat”

Morning Session

- Inauguration of the camp was done by Dr. Anju Bajpai, Director of Utthan Sansthan and Dr. Poonam Dahiya, Medical Surgeon, Civil Hospital, Yamuna Nagar.
- Dr. Anju Bajpai urged the girl students to protect themselves, do yoga on daily basis and educated about the laws related to children along with women's safety rules.
- On this occasion College Principal Dr. Pramod Kumar Bajpai wholeheartedly welcomed both the Chief Guests and told that the girls here are disciplined and are contributing in the progress of the institution.

- Program Officer Dr. Rakhi thanked everyone in the inaugural session, cited in detail the activities and work to be done on different days during the weekly camp and reiterated the resolve to organize events in adopted village on regular basis in the future as well.

Evening Session:

- The Programme Officer Dr. Rakhi assigned different responsibilities to the volunteers by making them as members of different committees viz. Purchase, Food Preparation, Hospitality, Discipline, Cultural, Sports, PowerPoint and Report Writing, Refreshment etc. Each committee was assigned a leader and two overall leaders were also appointed.

- Volunteers enjoyed by playing variety of games like Kho-Kho and Hide and Seek. The volunteers fully enjoyed at night through folk singing and dancing.

Day 2:

Early Morning

- Mental and Physical energy was stimulated in volunteers by doing Surya Namaskar.

Morning Session

- Dr. Pramod Kumar Bajpai, the College Principal, flagged off awareness rally on Swachh Bharat- Swasth Bharat, Water Conservation and Beti Bachao-Beti Pado.ao.
- While taking out a rally from the college premises, the girl students reached Mandkhedi ki Tapriyan and information related to health and cleanliness was obtained from the people out there in form of Door-to-door Survey.
- Around 350 people were surveyed for their health, cleanliness and Plastic Waste Management related issues and challenges etc.

Evening Session

- The girl volunteers were taught by Dr. Rakhi about how to become self- reliant and its importance.
- The volunteers prepared survey report in guidance of Programme Officer.
- Dr. Rakhi said that the purpose of the camp is not only to make the volunteer girl students aware but also to inculcate the spirit of social service in them.

- Villagers were ensured to analyse the data obtained from the door-to-door survey and send the relevant information to the higher authorities.

At night, the volunteers enjoyed through different cultural activities and report preparation.

Day 3:

Early Morning:

- Running and Yogasans were performed for development of energetic mind and body.

Morning Session:

- The soldiers of Fire Station, Jagadhri came and informed the girl students about the fire prevention measures. Fire Officer Krishna Gopal talked about the types of fire and also taught the skills of disaster management. Dr. Rakhi said that the meaning of self-reliance is to control the incidents with understanding, and also to maintain courage. The fire officer imparted training on fire prevention through hands-on activities. Girl volunteers learned the tricks of disaster management.

- Dr. Karuna, Member NSS Advisory Committee interacted with NSS girl volunteers and shared her experience with them and reminded volunteers for their role as nation builder.

Evening Session:

- NSS girl volunteers worked towards the beautification of college premises and helped in the construction of college wall through Shramdaan and move bricks from one place to another.

At night, the volunteers entertained themselves through skit, mime and dance.

DAY 4:

Early Morning

- NSS volunteers did many physical exercises under the guidance of Programme Officer Dr. Rakhi.

Morning Session

- Awareness Rally was started from the college premises on the theme of the camp and ended on Government School, Mandkheri ki Tapriya.

- NSS volunteers encouraged school students to participate in Poster Making And Slogan Writing Competition. And then they draw beautiful Posters and Slogans on HIV/AIDS, Drug Addiction, Blood Donation etc.
- A guest lecture on Yoga was given by Yoga Expert Dr. Shiv Kumar, Nodal Officer, Haryana Yoga Aayog and a Practical Session on various therapies like clapping therapy, face yoga etc. were told and also a discussion on treatment of various problems like hairfall, knee joints issues etc. was taken place thoroughly.
- Another guest lecture on Personal Hygiene by Dr. Shine Preet Kaur, Civil Hospital Yamunanagar was conducted to aware girl volunteers about various infectious diseases and their treatment in case proper hygiene is not maintained.

Evening Session

- Shramdaan was again done so as to complete the task of development of boundary wall of college parking area.

- Volunteers enjoyed through various indoor games after sunset.

At night, College Principal Dr. P. K. Bajpai along with his wife Dr. Anju Bajpai visited camp site to supervise girl volunteers and told the volunteers that for social harmony we need to understand the various institutions working in the society and the social relations existing among them. The contribution of youth can prove to be very important in creating social harmony. And then NSS Clerk Mr. Rajeev Goel along with his wife interacted with the girl volunteers.

Day5:

Early Morning:

- Prayer & Yoga asanas were performed by NSS girl volunteers and Prabhat Pheri was carried out towards the adopted village.
- Trees & Plants at college campus were taken care by volunteers.

Morning Session

- Oral health is the most neglected aspect of human life. The dental health check-up camp was organized at adopted village Mandkheri ki Tapriya. The Volunteers were made aware of the importance and various precautions to keep dental health in good condition. Approx. 139 people got benefitted from this camp.

- The outside wall of classrooms of Government School, Mandkheri got painted by NSS volunteers under the supervision of school teacher and Programme Officer.

Evening Session

- Communication And Leadership Development Games were played by girls so as to develop leadership and communication skills among them.

At night, the girl volunteers participated in group discussion on the camp theme and also discussed on the current events.

Day 6:

Early Morning

- Yoga and Physical Exercises were done as per their daily routine.

Morning Session

- Awareness about Govt Schemes like Aayushman Bharat Yojana, Unnat Bharat and Mudra Yojana etc. were given to People Of Mandkheri Ki Tapriya.
- Also, girls interacted with them regarding self reliance and on spiritualism.

Evening Session

- Competitions Like Declamation, Poem and Street Play were taken place and girl volunteers also participated in Best out of Waste And Mehendi Competitions.

Night Session

- Cultural Programme was hosted to fill girls with new energy and enthusiasm.
- Girls worked for the planning of valedictory programme.

DAY 7:

Early Morning

- Yogasana were done to keep mind and body healthy and active.

Morning Session

- Visit in adopted village Mandkheri to get feedback from people relating to Government Programs, Cleanliness and survey done.

Afternoon Session

- Valedictory Programme was started with the blessings of College Principal Dr. P. K. Bajpai. Girl volunteers welcomed the Chief Guest Dr. Anand, NSS Coordinator

Kurukshetra University Kurukshetra with NSS Clap. The camp report was presented by NSS Programme Officer.

- NSS Lakshay Geet ,Nukkad Natak on cleanliness, poem and Speech were presented.
- Best Out of Waste Products were exhibited before the dignitaries on and off the dias.
- Prize Distribution Ceremony was held to motivate girl volunteers who took part actively in each Committee i.e. Food Preparation, Purchase, Cultural, Sports, Hospitality, PPT & Report Making, Photography etc.

The camp ended with vote of thanks to College Management, College Principal, NSS Advisory Board, teaching, non-teaching staff and NSS girl volunteers involved in the successful organization of the camp.

16. A meeting of NSS Advisory Board Unit-II was held for the recommendation of NSS Merit Certificate for the session 2022-23 on 11-04-2023 and 20 cases of NSS girl volunteers were forwarded for NSS merit certificate.

Glimpse of pics and media coverage of NSS activities



AGRASEN CHOWK, Bhagwargarh, Sector 35, Jagadhri, Haryana
135003, India

Latitude
30.15635074°

Longitude
77.31269471°

Local 11:29:47 AM
GMT 05:59:47 AM

Altitude 284 meters
Monday, 05.06.2023



GPS Map
Camera Lite

5847+G2M, Bhagwargarh, Sector 35, Yamuna Nagar, Haryana 135004,
India

Latitude
30.15627149°

Longitude
77.31334191°

Local 10:38:10 AM
GMT 05:08:10 AM

Altitude 284 meters
Monday, 05.06.2023

छात्राओं ने किया डोर-टू-डोर जाकर स्वास्थ्य संबंधी सर्वे



यमुनानगर | महाराजा अग्रसेन महाविद्यालय जगाधरी में कार्यक्रम अधिकारी डॉ. राखी के नेतृत्व में 7 दिवसीय एनएसएस शिविर गांव मांडखेड़ी में लगाया जा रहा है। बुधवार को यहां स्वास्थ्य संबंधित सर्वे डोर-टू-डोर जाकर किया गया। शिविर के सुबह के सत्र में सूर्य नमस्कार कर स्वयंसेवी छात्राओं द्वारा मानसिक व शारीरिक ऊर्जा का संचार किया। कॉलेज प्रांगण से रेली निकालते हुए छात्राएं साथ लगते गांव मांडखेड़ी की टपरियां पहुंचीं। वहीं लोगों से स्वास्थ्य व सफाई संबंधी जानकारी हासिल की गई। छात्राओं को डॉ. राखी के द्वारा आत्मनिर्भर कैसे बने व इसके महत्व के बारे में बताया। छात्राओं ने शाम को सर्वे रिपोर्ट तैयार की व सांस्कृतिक प्रस्तुति दी। डॉ. राखी ने बताया कि शिविर का उद्देश्य न सिर्फ स्वयंसेवी छात्राओं को जागरूक करना है बल्कि उन्हें समाजसेवा की भावना जागृत करना है। डोर-टू-डोर सर्वे से जो आंकड़े मिले हैं उनका विश्लेषण कर संबंधित जानकारी उच्च अधिकारियों तक पहुंचाना ही हमारा लक्ष्य है।

हरिभूमि

रोहतक - यमुनानगर

23 Feb 2023

एनएसएस शिविर में स्वयं सेवकों ने घर-घर जाकर किया स्वास्थ्य संबंधी सर्वे



यमुनानगर। महाराजा अग्रसेन महाविद्यालय में आयोजित एनएसएस शिविर के दौरान रेली निकालती छात्राएं।

■ महाराजा अग्रसेन विद्यालय में आयोजित किया जा रहा है सात दिवसीय एनएसएस शिविर

हरिभूमि न्यूज़ » यमुनानगर

महाराजा अग्रसेन महाविद्यालय जगाधरी में सात दिवसीय एनएसएस शिविर के दूसरे दिन बुधवार को स्वयं सेवकों ने गांव मांडखेड़ी में घर-घर जाकर स्वास्थ्य संबंधी सर्वे किया। इस दौरान स्वयं सेवकों ने लोगों को सफाई के बारे में जागरूक भी किया। कार्यक्रम अधिकारी डॉ. राखी ने बताया कि शिविर के सुबह के सत्र में सूर्यनमस्कार कर स्वयंसेवी छात्राओं द्वारा मानसिक व शारीरिक ऊर्जा का संचार किया गया। इसके बाद कॉलेज प्रांगण से रेली

निकालते हुए छात्राएं गांव मांडखेड़ी की टपरियां पहुंचीं। जहां उन्होंने लोगों से स्वास्थ्य व सफाई संबंधी जानकारी हासिल की गई। गांव के लोगों ने स्वयं सेवकों को गांव में मौजूद मंदी की निकासी के तरीकों के बारे में बताया। शाम के सत्र में छात्राओं को आत्मनिर्भर कैसे बने व इसके महत्व के बारे में जानकारी दी गई। छात्राओं ने शाम को सर्वे रिपोर्ट तैयार की व सांस्कृतिक प्रस्तुति दी। डॉ. राखी ने बताया कि शिविर का उद्देश्य न सिर्फ स्वयंसेवी छात्राओं को जागरूक करना है बल्कि उन्हें समाज सेवा की भावना जागृत करना है। उन्होंने बताया कि डोर टू डोर सर्वे से जो आंकड़े मिले हैं उनका विश्लेषण कर इसकी रिपोर्ट उच्चाधिकारियों तक पहुंचाई जाएगी।



GPS Map Camera



Yamuna Nagar, Haryana, India
5847+G2M, Bhagwangarh, Sector 35, Yamuna Nagar,
Haryana 135004, India
Lat 30.156687°
Long 77.313255°
23/02/23 12:00 PM GMT +05:30



GPS Map Camera

Yamuna Nagar, Haryana, India
5847+G2M, Bhagwangarh, Sector 35, Yamuna Nagar, Haryana 135004, India
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Long 77.313078°
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GPS Map Camera
Jagadhri, Haryana, India
 5857+P2M, Indira Colony, Jagadhri, Haryana 135003, India
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 Long 77.313263°
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GPS Map Camera
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 Long 77.313224°
 23/02/23 12:22 PM GMT +05:30



GPS Map Camera
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GPS Map Camera
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 Lat 30.156418°
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GPS Map Camera
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GPS Map Camera
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 5849+9P5, Bhagwangarh, Jagadhri, Yamuna Nagar, Haryana 135004, India
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 Long 77.319294°
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शिविर में बच्चों के दांतों का जांच

■ महाराजा अग्रसेन महाविद्यालय जगाधरी में चल रहे एनएसएस शिविर के दौरान दंत चिकित्सा शिविर का किया आयोजन

हरिभूमि न्यूज़ | टसुलालनगर

महाराजा अग्रसेन महाविद्यालय के एनएसएस विभाग द्वारा आयोजित किए जा रहे एनएसएस शिविर के पांचवें दिन शनिवार को गांव मांडखेड़ी की टपरियों में निःशुल्क दंत चिकित्सा शिविर का आयोजन किया गया। इससे पहले एनएसएस के विद्यार्थियों ने महाविद्यालय में सुबह के वक्त योगिक क्रियाएं व प्रार्थना की। दंत चिकित्सा शिविर में जगाधरी के समाज्य अस्पताल के दंत रोग विशेषज्ञ डॉ. भुवन ने स्कूल



यमुनानगर। महाराजा अग्रसेन महाविद्यालय के एनएसएस विभाग द्वारा आयोजित निःशुल्क दंत चिकित्सा शिविर में दांतों की जांच करते हुए दंत चिकित्सक।

के बच्चों, स्वयंसेवकों व प्रामाणा के दांतों की जांच की। उन्होंने बताया कि दूध कैविटी को नजरअंदाज करना ही सबसे बड़ी भूल है। मुँह और दांतों की समस्या होने का कारण उनके ओरले हेल्थ पर सही तरीके से ध्यान न देना है। कार्यक्रम अधिकारी डॉ. राखी ने बताया कि

शिविर में सभी स्वयंसेवा छात्राओं, स्कूल के विद्यार्थियों व गांववासियों समेत करीब 140 लोगों के दांतों की जांच की गई। मौके पर चिकित्सकों ने लोगों को उनके दांतों का निरीक्षण कर उन्हें जीभ सफेद होना, दांतों व मसूड़ों की समस्याओं आदि के बारे में जानकारी दी गई।

अन्य खबरें आपका समाचार लक्ष्यार गइर।

दूध कैविटी को नजरअंदाज न करें : डॉ. भुवन



यमुनानगर। महाराजा अग्रसेन महाविद्यालय जगाधरी में एनएसएस शिविर की शुरुआत छात्राओं ने प्रार्थना व योग से की। कार्यक्रम अधिकारी डॉ. राखी के नेतृत्व में छात्राओं ने पेड़-पौधों की सिंचाई की। सुबह के सत्र में छात्राओं ने कॉलेज प्रांगण में स्पोर्ट्स मीट में हिस्सा लिया। गांव मांडखेड़ी की टपरियों में दांतों की जांच का शिविर लगाया गया। दांतों के स्पेशलिस्ट डॉ. भुवन सिविल अस्पताल जगाधरी ने बताया कि दूध कैविटी को नजरअंदाज करना ही सबसे बड़ी भूल है। कार्यक्रम अधिकारी डॉ. राखी ने बताया कि शिविर में सभी स्वयंसेवी छात्राओं व अन्य 140 व्यक्तियों के दांतों की जांच की गई। स्टाफ सदस्य प्रो. लखपत, मनीषा, नीतू, प्रो. नेहा ने योगदान दिया।