



Maharana Pratap Govt. Degree College Amb

District Una HP-177203

www.mpgcamb.com | govtcollegeamb@gmail.com | mpgcamb@gmail.com | 01976-260032



SESSION-2022-23 REPORT
NATIONAL SERVICE SCHEME
M.P.G.College AMB

PROGRAMME OFFICERS

PROF. PREETI

Dr RAJNEESH KUMAR

During the current session 2022-2023, the following activities were performed by the NSS Units of the college: -

1. World Environment Day

Date: 05-06-2022

Poster making competition was organised on the occasion of World Environment Day. Seventeen NSS Volunteers participated in this competition and through this competition, volunteers conveyed the message to save the environment. Forty-two (46) NSS Volunteers attended the above-said event. Students had planted trees at their home.

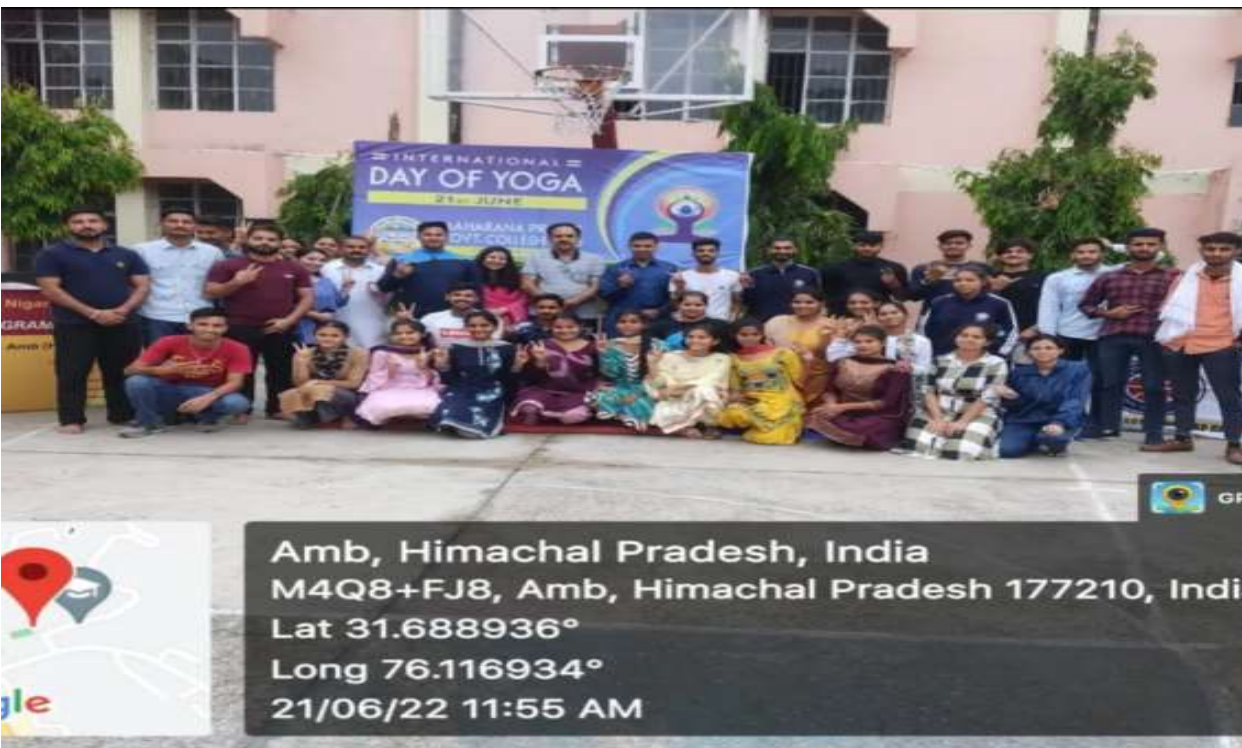




2. International Yoga Day

Date: 21-06-2022

‘Yoga for humanity’ with this theme “International Yoga Day” was celebrated by NSS unit of the college on 21-06-2022. On this occasion all the staff members and students participated in this Camp. In this camp college Principal Dr Raman Kumar told the basic skills of Yoga and also shared her views on the importance of Yoga in our daily life. The programme was organised by NSS Programme officers Dr. Rajneesh Kumar and Prof. Preeti. Fifty (50) volunteers participated in this programme.



International day against drug abuse

26th June,2022

Poster making competition was organised on the occasion of International Day Against Drug Abuse. Ten NSS Volunteers participated in this competition and through this competition, volunteers conveyed the message to save themselves from drugs. Thirty (30) NSS Volunteers attended the above-mentioned event. The principal addressed the volunteers to be aware of the drug abuse and be preventative of them. He urged the volunteers to spread the awareness message to the society too.





CLEANLINESS DRIVE UNDER 'SWACHHTA KA PAKHWADA' 10th AUGUST, 2022

The cleanliness drive was done under 'Swachta Ka Pakhwada' on 10th August. In this event, 47 NSS Volunteers participated. Volunteers cleaned the entire college campus. The Programme officers and Principal enlightened about the value of cleanliness around us. The Principal gave a message to everyone to adopt cleanliness in their life. On this occasion, all the staff members of the college were present and participated in the program with great fanfare.





TIRANGA RALLY ON THE OCCASION OF 'AZADI KA AMRIT MAHOTSAV' 12TH AUGUST,2022

Trianga Rally was organized on the occasion of 'AZADI KA AMRIT MAHOTSAV' in the college campus. 75 NSS Volunteers and all the staff members along with the Principal attended this rally. The rally started from the college campus to Amb Chowk then came back to campus. Students participated in the Tiranga rally with full enthusiasm. The Principal urged the volunteers to pay honor to our national flag and to share the necessary information about the respect and honor of the flag with the public and relatives too.



RANGOLI COMPETITION ON THE OCCASION OF 'AZADI KA AMRIT MAHOTSAV' ON 13TH AUG, 2022

Rangoli Competition was organized on the occasion of 'AZADI KA AMRIT MAHOTSAV' in the college campus. First, Second and Third prizes were given to participants. Forty-two (48) NSS Volunteers attended the above-said event.





Maharana Pratap Govt. Degree College Amb

District Una HP-177203

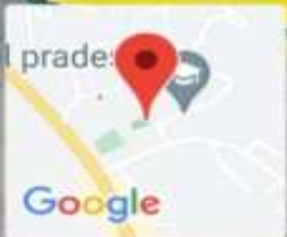
www.mpgcamb.com | govtcollegeamb@gmail.com | mpgcamb@gmail.com | 01976-260032



Amb, Himachal Pradesh, India
M4Q8+FJ8, Amb, Himachal Pradesh 177210, India
Lat 31.68887°
Long 76.116878°
13/08/22 01:34 PM



Amb, Himachal Pradesh, India
M4Q8+FJ8, Amb, Himachal Pradesh 177210, India
Lat 31.688886°
Long 76.116833°
13/08/22 01:34 PM



Amb, Himachal Pradesh, India
M4Q8+FJ8, Amb, Himachal Pradesh 177210, India
Lat 31.688867°
Long 76.116897°
13/08/22 01:32 PM

CELEBRATION OF 'INDEPENDENCE DAY' BY PARTICIPATING IN PARADE

15TH AUGUST ,2022

Independence Day was celebrated by NSS volunteers in school ground with the collaboration of different schools and SDM. MLA of this constituency attended the Parade and distributed prizes to the best NSS volunteers. Honourable MLA addressed the students and volunteers. He shared his valuable views about the struggle of our eminent personalities and freedom fighters in the freedom of our country, India. He urged all the volunteers and students to pay always a tribute to our National Heros.



PLANTATION DRIVE

23RD AUGUST, 2022

Plantation Drive was organized on the occasion of 'AZADI KA AMRIT MAHOTSAV' in college campus. Fifty-six (56) NSS volunteers attended the above-said event. The Principal told the NSS volunteers about the importance of trees in our lives. He motivated all the volunteers to plant at least one tree at the space surrounding their home too and to motivate their known ones to plant the trees for the safety of the earth and our lives in the future and for the safety of our forthcoming generation. Volunteers and staff sapling in the botanical garden and college campus. All the NSS volunteers planted the trees for the safety and conservation of earth and life jointly with the principal and NSS Programme Officers on this particular day.



Disaster Management Camp by N.D.R.F. Team on 22nd September, 2022



अम्ब कालेज में सिखाए आपदा प्रबंधन के गुर

अम्ब कालेज में आपदा प्रबंधन के गुर सिखाने के दौरान 14वीं वाहिनी राष्ट्रीय आपदा मोचन बल नालागढ़ के अधिकारी ● जाबरेण

संवाद सहायिका, अम्ब : राजकीय उत्कृष्ट महाविद्यालय अंब में 14वीं वाहिनी राष्ट्रीय आपदा मोचन बल नालागढ़ ने वीरवार की विद्यार्थियों को आपदा के दौरान अपनाई जाने वाली सावधानियों व बचाव के उपायों के बारे में विस्तार से जानकारी डेमो स्ट्रेशन के माध्यम से दी। यह सारी गतिविधियां जिला आपदा प्रबंधन की प्रभारी सुमन चाहल की निगरानी में की गई। इस दल की अगुआई इंस्पेक्टर आदेश कुमार ने की। प्राचार्य डा. रमन कुमार ने आपदा प्रबंधन दल का महाविद्यालय में पधारने पर स्वागत किया और समस्त विद्यार्थियों का आह्वान किया कि वे प्राप्त जानकारी का अपने जीवन में आपदा के समय उपयोग करें व अन्य जानने वालों के साथ भी आज प्राप्त जानकारी को जरूर साझा करें।



N.S.S. Day Celebration

24th September, 2022

NSS Day was celebrated in the college on 24th Sept. 2021 by NSS Unit. On this occasion, volunteers were awakened about the history and role of NSS in society. On this day 130 NSS volunteers took part in a grand celebration.



Rally on Mission 'CLEAN INDIA 2.0'

18TH October, 2022

Clean India Campaign 2.0 Campaign was organised in the college on 18-10-2022 by the NSS Unit of the college. The campaign started with students' participation in the same campaign held by Nehru Yuva Kendra, Una which was inaugurated by Sh. Satpal Singh Satti Hon'ble chairman of the sixth H.P. State Finance Commission. After the launching of program an awareness Rally was also organised by NSS volunteers and after that the students held a cleanliness drive at the college campus that was headed by the college principal Dr. Raman Kumar. Heads of the units and all other faculty members of the college participated in the campaign. One hundred (100) NSS volunteers participated in this campaign. Students took part with great enthusiasm in cleaning the college campus and the garbage be collected by the concerned department in the college. The programme was organised by NSS programme officer Dr. Rajneesh Kumar and Prof. Preeti.



देवराज शर्मा, संदना मूढ, राजपाल राणा, विक्रम सन, सनेत बंधल, डा. प्रविश शर्मा, राजेन्द्र कुमारी, आशा शर्मा व दर्शनी देवी मौजूद थे।

स्वयंसेवियों ने एकत्रित किया प्लास्टिक कचरा

दौलतपुर चौक (प्रसार) : राजकीय वरिष्ठ माध्यमिक पाठशाला दिहालीपुर में एकदिवसीय स्वयंसेवियों का आयोजन कर स्वयंसेवियों ने 20 किलो प्लास्टिक कचरा एकत्रित किया। इस अवसर पर एन.एस.एस. के कार्यक्रम अधिकारी रमेश मिश्रा, सलीमरा राणा, प्रधानाचार्य परमेश सिंह, पंचायत प्रधान शमा शर्मा सहित अन्य पंचायत पदाधिकारी उपस्थित रहे।

राजकीय महाविद्यालय दौलतपुर चौक में राष्ट्रीय सेवा योजना के स्वयंसेवियों द्वारा कालेज परिसर की साफ-सफाई की गई। इस मौके पर करीब 30 बिलो कचरा एकत्रित कर नगर पंचायत में जमा करवाया गया। इस मौके पर एन.एस.एस. कार्यक्रम अधिकारी डा. लीना शर्मा व कालेज स्टाफ उपस्थित रहे।

राजकीय वरिष्ठ माध्यमिक पाठशाला दौलतपुर चौक में चल रहे 7 दिवसीय राष्ट्रीय सेवा योजना शिविर के पांचवें दिन स्वयंसेवियों ने प्रखर स्टैंड परिसर की सफाई की और 15 किलो प्लास्टिक कचरा इकट्ठा कर नगर पंचायत में जमा करवाया। शौद्धिक सत्र में सामुदायिक स्वास्थ्य केंद्र से डा. सविता ने शिर्काव की। इस मौके पर कार्यक्रम अधिकारी अजय कुमार व पंचायत सहित अन्य स्टाफ सदस्य उपस्थित रहे।

उपस्थित रहे।

अम्ब कालेज में चलाया स्वच्छता अभियान

अम्ब, 18 अक्टूबर (अश्विनी) : युवा खेल संघर्ष एवं खेल मंत्रालय भारत सरकार एवं नेहरू युवा केंद्र अम्ब के माध्यम से कराया जा रहे स्वच्छता अभियान 2.0 के अंतर्गत दिहालीपुर की महारणा प्रताप राजकीय महाविद्यालय के सौजन्य से अम्ब के खेल परिसर में स्वच्छता अभियान चलाया गया। स्वच्छता अभियान में मुख्यअतिथि के रूप में नेहरू युवा केंद्र अम्ब के उपनिदेशक डा. लाल सिंह, महाविद्यालय के प्राचार्य डा. रमेश कुमार शर्मा, दिहालीपुर विद्यार्थी संघ के संस्थापक अश्विनी कुमार धीमान, डा. लिली जिला नोडल ऑफिसर एन.एस.एस. तथा सेवानिवृत्त प्रवक्ता रमाम दुलारी विशेष रूप से उपस्थित रहे।

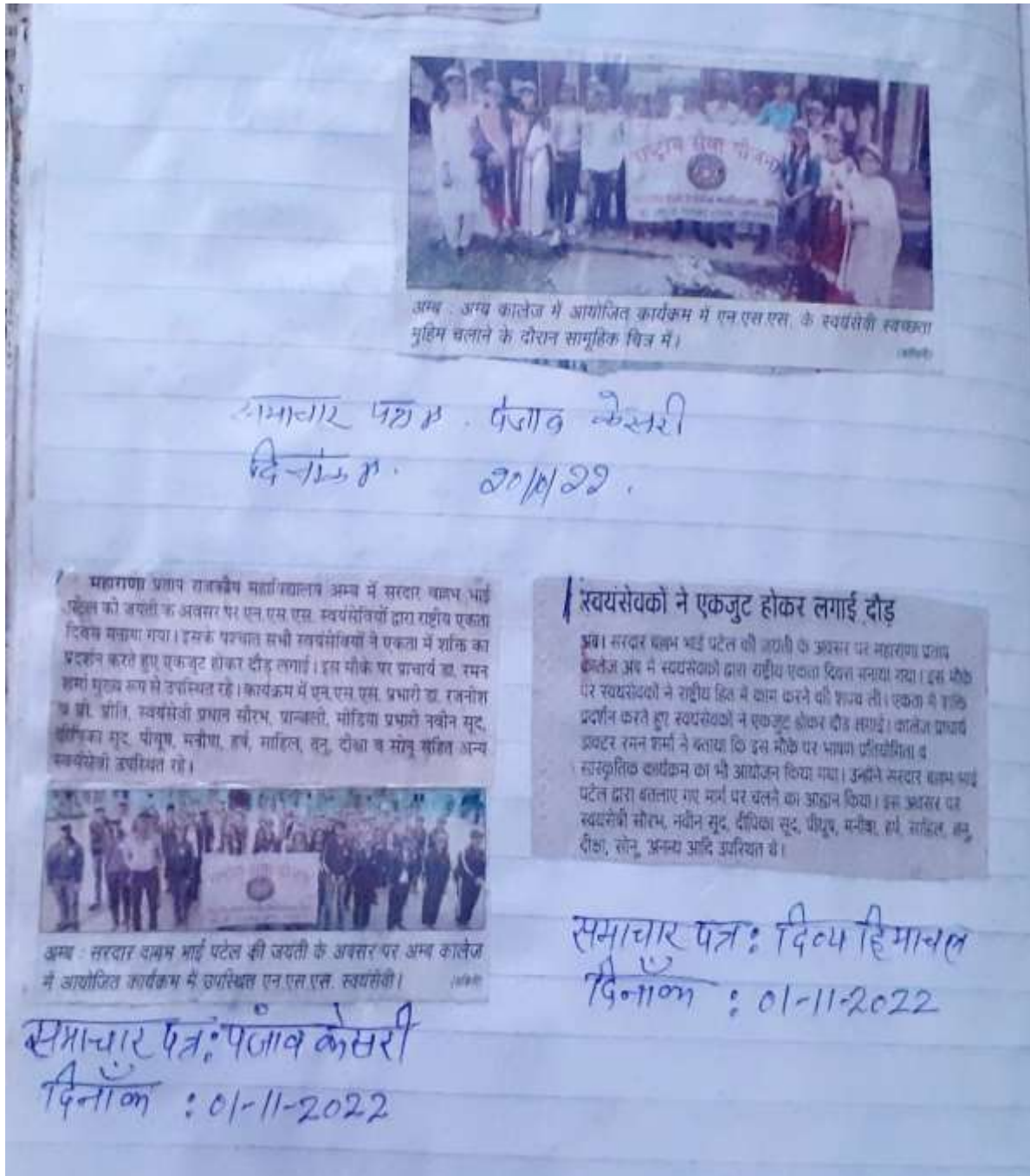
इस अवसर पर प्रतिभागियों द्वारा गाँव के आसपास के इलाकों में साफ-सफाई की गई तथा कूड़ा-कचरे एकत्रित करने के बाद रैली निकाली गई और स्वच्छता की शपथ दिलाई गई। इस मौके पर प्रधान अतिथि के साथ स्वयंसेवी प्रधान सौरव, प्रमोदी, सौजन्य प्रभारी लखीन राव, दीपिका सुव, सावित्रा देवी, मोरुषु व अन्य स्वयंसेवी उपस्थित रहे।

अम्ब - अम्ब कालेज में आयोजित कार्यक्रम में एन.एस.एस. के स्वयंसेवी स्वच्छता शुरुआत चलाते के दौरान सामूहिक चित्र में।

National Unity Day Celebration

31st October, 2022

National Unity Day (Rashtriya Ekta Diwas) was celebrated on the birth anniversary of Sardar Vallabhbhai Patel. Seventy (70) NSS volunteers participated in this campaign. Race on the theme of "Run for Unity" was organized in the college campus. The programme was organized by NSS programme officers Dr. Rajneesh Kumar and Prof. Preeti.





NSS SEVEN DAY CAMP REPORT (24-12-2022-30-12-2022)

DAY 1

24th DECEMBER, 2022

First, all the volunteers assembled for the Prayer and Exercise in the Morning Assembly. After that Volunteers had Breakfast.

Under the wise and able guidance of our respected Principal Dr. Raman Sharma and the supervision of respected Programme Officers Dr. Rajneesh Kumar and Prof. Preeti, the auspicious inauguration of NSS Seven Days Camp was done on 24th December with the Lighting of Lamps. The holy prayer was recited by volunteers. The Chief Guest for the guest lecture was Sh. Ashwini Dhiman (Lecturer of History). After the warm welcome by the volunteers, he interacted with volunteers about NSS, its aims and objectives, and a few social and environmental issues. He told about the rich history of our country and the experience of his life. After a productive and cheerful interaction Hon'ble Chief Guest along with Principal and programme officers and volunteers planted a tree in the college campus.

The stage host were two volunteers Ankita Jaswal and Naveen Sood.

After lunch, the day was brought to a conclusion with an impact analysis of the day and attendance.



DAY 2

25th DECEMBER, 2022

The 2nd day of camp began with morning assembly and prayers with great enthusiasm by volunteers. After having breakfast all the volunteers in their respective groups, moved towards their selected sites for cleanliness and beautification.

Weeds on college campus were eradicated, and tree trunks were painted white. Volunteers carved a sign of NSS with the help of stones and colours in the campus as a memory of the seven-day camp and a mark of the NSS unit.

All the volunteers were served lunch. After lunch volunteers gathered for Guest Lecture. Prof. PAWAN PATYAL professor of the Physical Education Department was the resource person for the day. He gave valuable experiences of life. He told about having the right direction and aim in life. He guided students on health, nutritional diet, and its importance in life.

The stage host for the day was volunteer Ankita Jaswal.

After the guest lecture, the 2nd day was summed up with light discussion and analysis about the day.

DAY 3

26TH DECEMBER, 2022

The 3rd day of camp began with a great bustle and energetic morning assembly by volunteers. After breakfast volunteers organized a rally on 'SWACHH BHARAT ABHIYAN' to aware people about the cleanliness of the environment. The rally started from the College Campus to Professor Colony. Volunteers cleaned the campus of the Colony. After returning, students were served lunch, and they gathered for the Guest Lecture. Adv. Vikas Kashyap was called on as resource person for the day. He gave insightful information to volunteers about the law and rules of law. And he cleared the queries of volunteers.

The stage host for the day was Volunteer Naveen Sood.

He was honored by Programme Officers by giving a Memento and Appreciation Letter.

Thus the day was concluded by assessing the efforts of volunteers and their impacts.





DAY 4

27th DECEMBER, 2022

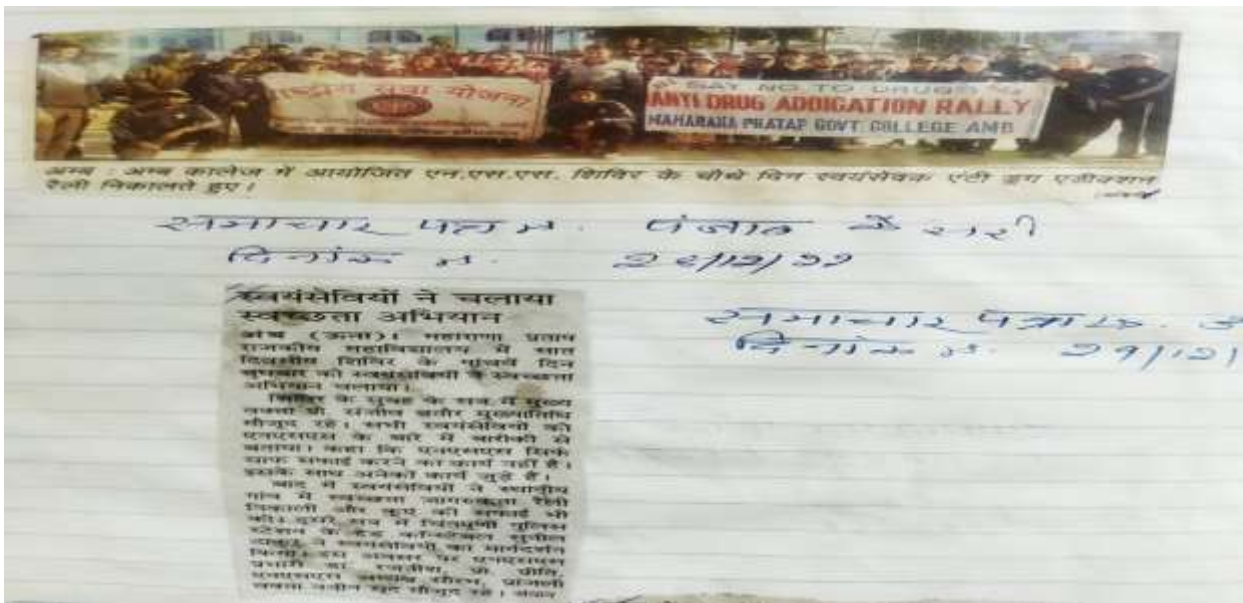
With holy prayers in the morning volunteers started their day with dedicated and ignited spirits with morning assembly, volunteers learned parade from senior volunteers and performed exercises. After breakfast, everyone moved ahead for the targets they had set.

All the volunteers started a rally on 'CLEAN INDIA' AND 'SAY NO TO DRUGS' from the College Campus to AMB GROUND. After reaching in the ground volunteers cleaned the whole ground and had sports activities like Cricket, Kho-Kho, and Kabaddi.

In noon lunch was served to all the volunteers.

After lunch, volunteers along with programme officers welcomed the hon'ble guest and resource person for the day, Sh. Rajesh Gautam. He told volunteers to have self-confidence and set a target to achieve it for a better life. The stage was hosted by Ankita Jaswal for the day.

Sh. Rajesh Gautam was felicitated by respected program officers with a memento and appreciation letter.



Day 5

28th DECEMBER ,2022

The 5th day of the 7-day NSS Camp commenced with morning assembly and prayer.

Volunteers organized a rally and cleaned a Well and a Temple of the nearby area. In the temple, volunteers did prayer and had a discussions with program officers on different topics like spirituality and science. After returning, there was a guest lecture by Dr. SANJEEV (PROF. of Hindi). He talked about the real meaning of NSS, that NSS is not just cleaning it is a full package of many activities in which cleaning is one of them. Stage was hosted by Naveen Sood. NSS Presidents along with Program officers honoured him with a memento and appreciation letter. In noon, volunteers were served lunch. After lunch, there was another Guest lecture of Head Constable Sh. Sunil Thakur. He told his experience of life and motivated students to do something different to shine differently. The stage was hosted by Ankita Jaswal.

He was honoured by program officers with a memento and appreciation letter and thanked by all volunteers.

The day ended with some discussion and attendance.

DAY 6

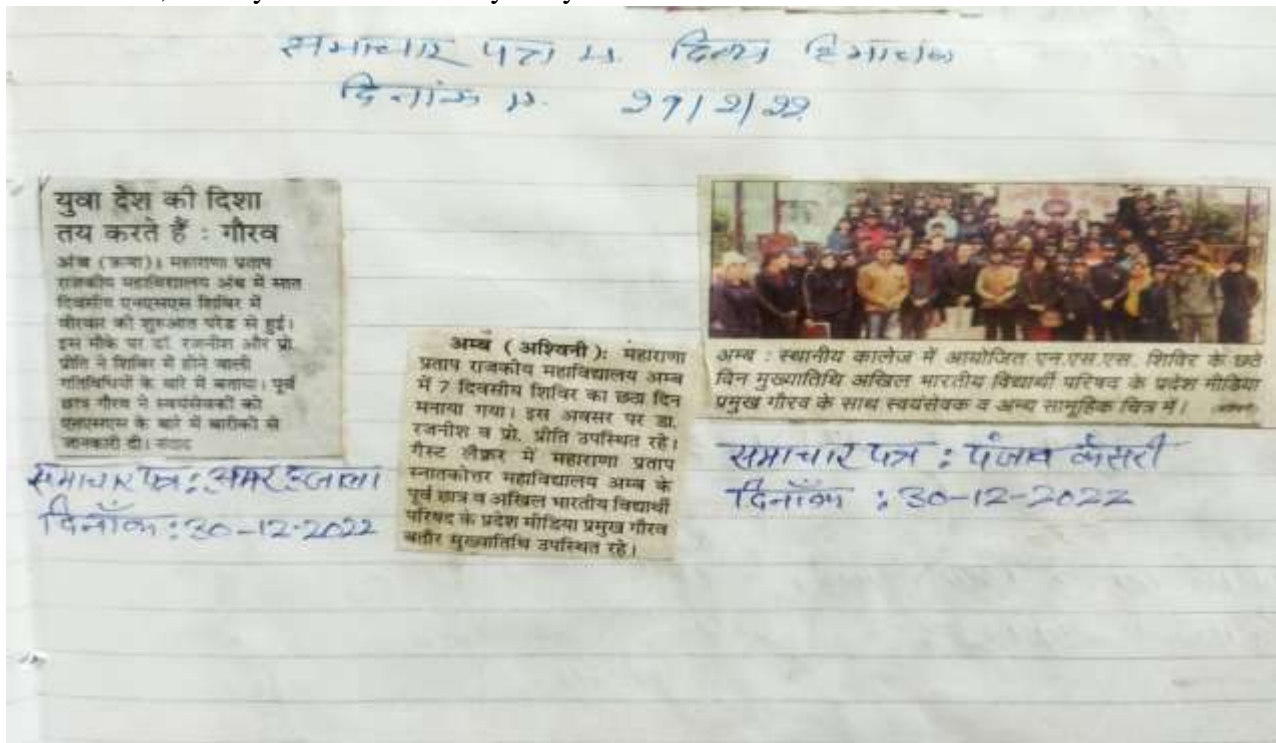
29TH DECEMBER, 2022

Morning assembly and prayers were performed by volunteers in the beginning of the 6th day of the camp. On this day all the volunteers conducted a rally on Environment Protection and Drug Abuse. Rally started from College Ground to Sant Pindi Dass Ashram. Volunteers with their vibrant energy and passion raised slogans and attempted to create awareness. During the rally, Volunteers visited SLUM AREA and distributed warm clothes, snacks, and sweets bought from the collection done by themselves. The Slum visit was an attempt to get insights of the lifestyle and problems faced by slum residents.

After the slum visit, volunteers reached Sant Pindi Das Ashram, where everyone performed prayers, cleaned the campus of the temple, and with a sense of satisfaction and positivity, returned to college. After reaching college there was a guest lecture by MR. GOURAV. He told volunteers about the power of Youth and how to use it properly. He was Honoured by program officers with a memento and appreciation letter.

In Noon, volunteers served lunch. After the lunch, there was a guest lecture by Sh. Rammurti Sharma (Lecturer of Physics). He gave a lecture in his unique style by giving different examples of nature and life and taught us their deep meaning.

Every volunteer thanked him and honored by program officers with a memento and appreciation letter. Thus, the day was concluded by daily attendance.



DAY 7

30TH DECEMBER, 2022

The day commenced with the regular prayer by NSS volunteers followed by the drill session and breakfast. Then there were some cultural activities on the last day of the camp in which volunteers showed their talents. In this way, NSS Seven-day special camp ended with grand success.

Anti Drug Addiction Rally

22nd February 2023

The rally was organized by NSS volunteers to raise awareness about the dangers of drug addiction and promote a drug-free lifestyle. Forty-five (45) NSS volunteers attended this rally. The aim of the rally was to provide a platform to discuss issues of drug use, drug abuse, drug addiction and the cause of addiction.



SHAHIDI DIWAS

23-03-2023

On Shahidi Diwas Principal Dr Raman Kumar interacted with NSS volunteers of the college where he talked about Saheed Bhagat Singh and brave martyrs of India who sacrificed their lives for India's independence. He added that they are the source of inspiration for the youth of India. He also encouraged the volunteers to contribute in nation-building. After that NSS unit of the college celebrated "Saheedi Diwas". A declamation contest was organized. 50 NSS volunteers participated in this programme.

