

Maharana Pratap Govt. Degree College Amb  
Report of NSS activities Session 2020-21



**World's Environment Day 05-06-2020**



# NSS MPGC AMB UNA (HP)



## YOGA

The word 'yoga' actually means union. It is a practice that connects the body, mind, and spirit through different body postures, meditation and controlled breathing.



By Anchal Sharma

**International Yoga Day 21-06-2020**



Awareness about Covid-19 (23-06-2020)



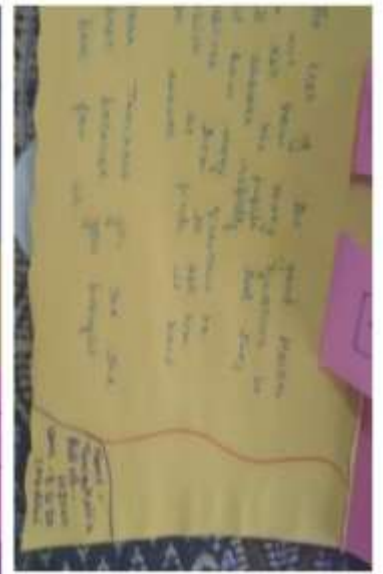
**NSS MPGC AMB**  
**UNA HP**



**National Doctor's Day (01-07-2020)**



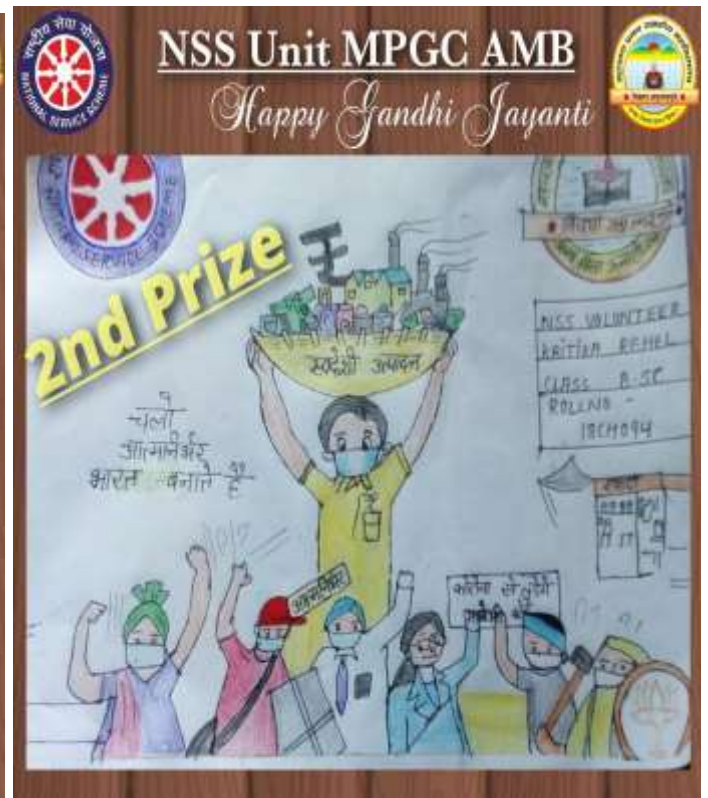
Independence Day (15-08-2020)



**Teacher's Day (05-09-2020)**



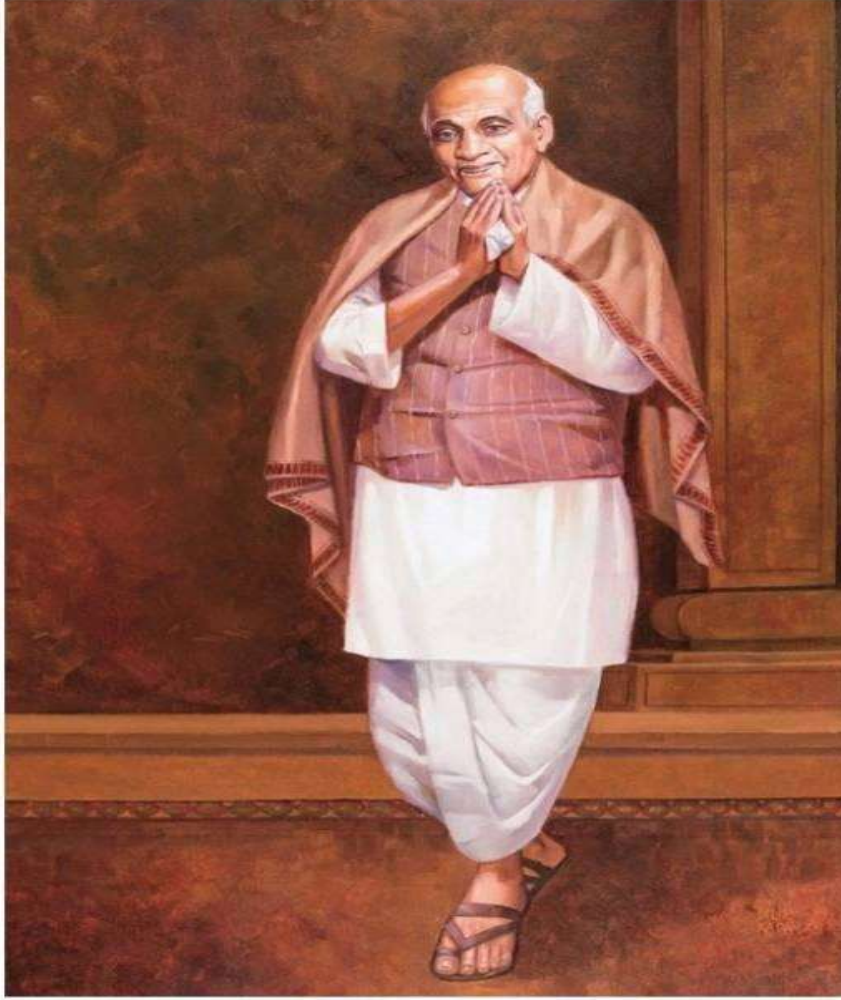
## NSS Day Celebration (24-09-2020)



## Gandhi Jayanti (02-10-2020)



On birth anniversary of iron man of India, NSS MPGC Amb pays tribute to Sardar Vallabh Bhai Patel



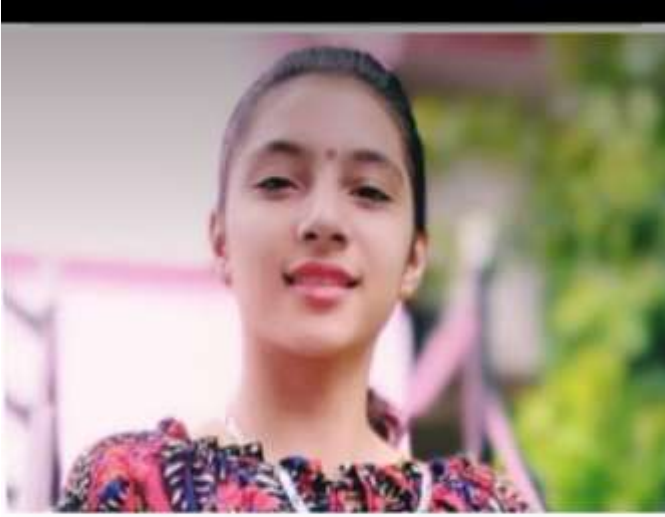
*sardar Vallabh Bhai Patel*

*31 October 1875– 15 December 1950*

---

**Sardar Vallabh Bhai Patel Jayanti(31-10-2020)**





26 जनवरी की परेड में भाग लेगी अम्ब की बेटी दीक्षा, इलाके में खुशी का माहौल



26 जनवरी परेड के लिए जिला ऊना के अंब क्षेत्र की दीक्षा का चयन हुआ है. दीक्षा महाराणा प्रताप डिग्री कॉलेज अम्ब में बीए तृतीय वर्ष की छात्रा है. दीक्षा का चयन राष्ट्रीय सेवा योजना एनएसएस के तहत हुआ है. दीक्षा अंब उपमंडल के तहत ग्राम पंचायत पंजोआ लडोली के गांव थड़ा की निवासी है. प्राचार्य डॉ रमन कुमार शर्मा ने बताया कि अंब कॉलेज के एनएसएस विंग से लंबे अरसे के बाद किसी छात्रा का दिल्ली 26 जनवरी परेड के लिए चयन हुआ है जो कि गौरव की बात है.

ऊना: जिला ऊना के अम्ब क्षेत्र के तहत ग्राम पंचायत पंजोआ लडोली के थड़ा गांव की दीक्षा 26 जनवरी को दिल्ली में आयोजित होने वाली परेड के लिए चयनित हुई है.

**Republic Day Participation (26-01-2021)**

# 'पोस्टर मेकिंग प्रतियोगिता में शीतल प्रथम'

अम्ब, 16 फरवरी (अश्विनी): महाराणा प्रताप राजकीय महाविद्यालय अम्ब की एन.एस.एस. इकाई द्वारा सड़क सुरक्षा अभियान के तहत पोस्टर मेकिंग व वीडियो शेयरिंग प्रतियोगिता का आयोजन किया गया। कालेज की एन.एस.एस. इकाई के प्रभारी प्रो. प्रीति व डा. रजनीश कुमार ने बताया कि निर्णायक मंडल द्वारा घोषित परिणाम में पोस्टर मेकिंग में शीतल ने प्रथम, अर्जाल ने दूसरा व हर्षिता ने तीसरा स्थान हासिल किया। इसी प्रकार वीडियो शेयरिंग प्रतियोगिता में मनीषा ने प्रथम, प्रियांशी ने दूसरा व प्रियंका ने तीसरा स्थान हासिल किया।

राष्ट्रीय सड़क सुरक्षा माह के मद्देनजर मंगलवार को अम्ब में जागरूकता रैली निकाली गई। अम्ब



अम्ब : पोस्टर मेकिंग प्रतियोगिता में अक्वल रही प्रतिभागी अपना पोस्टर दिखाती हुई। (अश्विनी)

पुलिस के कर्मचारियों के साथ छात्रों द्वारा निकाली गई जागरूकता रैली नैहरियां रोड से स्थानीय बाजार होते हुए अम्ब कालेज तक पहुंची। कार्यक्रम के दौरान बाजार में पुलिस ने वाहन चालकों को ट्रैफिक नियमों का पालन करने का आह्वान किया।



अम्ब : राष्ट्रीय सड़क सुरक्षा माह के मद्देनजर अम्ब में पुलिस कर्मचारियों के साथ जागरूकता रैली निकालते हुए छात्र। (अश्विनी)

बंगाणा (शर्मा): ग्रामीण विकास, पंचायती राज, कृषि, मत्स्य व पशुपालन मंत्री वीरेंद्र केकर ने मंगलवार को बंगाणा में सड़क सुरक्षा माह के तहत जागरूकता रैली को हरी झंडी दिखाकर रवाना किया। यह रैली राजकीय वरिष्ठ माध्यमिक पाठशाला बंगाणा में जाकर सम्पन्न हुई। इस कार्यक्रम

में एस.डी.एम. बंगाणा विशाल शर्मा, जिला भाजपाध्यक्ष मनोहर लाल शर्मा, मुख्तली पंचायत प्रधान विजय शर्मा, उपप्रधान अजय शर्मा, प्रधानाचार्य सुरेश कुमार, आर.टी.ओ. रमेश चंद कटोच, ए.आर.टी.ओ. राजेश कौशल सहित परिवहन विभाग के विभिन्न अधिकारी उपस्थित रहे।

## Road Safety week (18Jan.-17 Feb., 2021)



One-day camp on 01-03-2021





**Glimpses of Seven-Day Camp  
w.e.f (22-03-2021 to 28-03-2021)**

# **Report for Seven-Day Camp**

**Number of Participants = 100**

**w.e.f (22-03-2021 to 28-03-2021)**

## **22nd March, 2021**

Under the able guidance of Principal Dr. Raman Kumar Sharma, Vice-Principal Dr. Darshan Kumar and the supervision of Programme Officers Dr. Rajneesh Kumar and Professor Preeti seven days NSS Special Camp of the college started w.e.f. 22<sup>nd</sup> March, 2021. This special Camp was inaugurated by the Vice-Principal -Principal Dr. Darshan Kumar with a lamp-lighting ceremony. In his address to the volunteers, he inspired and motivated them to make all endeavours to make the camp a great success. The day started with pledges and prayers by the NSS volunteers. After that, some Volunteers showed their talent by reciting poems. The volunteers were divided in groups and were assigned tasks and duties for the upcoming Camp days.

Thereafter the volunteers cleaned the college grounds. They properly cleaned the ground and beautified the ground efficiently. Then, the volunteers were motivated by the wise words of Vice-Principal Dr. Darshan Kumar. NSS programme officer Professor Preeti administered an oath for COVID-19 safety to the volunteers. Thereafter the chief guest was honoured with a memento. The stage host for the day was Volunteer Bhakti Priya.

After the completion of the event, lunch was served to all. The lunch was prepared by the NSS volunteers under the guidance of Sh. Ravi Sharma and supervision of programme officers. The day ended with the attendance of volunteers taken by respective programme officers. All the activities were performed by the volunteers with great enthusiasm and for the whole day, a special preference was given to the COVID-19 guidelines.

## **23rd March, 2021**

The day started with prayers by the NSS volunteers. Then everyone had breakfast, and afterwards, the Volunteers moved for the cleanliness of the selected site. The site selected for the same was the Commerce Department of the college. All the volunteers worked very efficiently and beautified the Commerce Department under the supervision of the Programme officers. The chief guests for the day were Miss Deeksha and Mr. Nikhil Thakur, the NSS volunteers who took part in the Republic Day Parade and got the golden opportunity to be a part of the Marching contingent at Rajpath. They guided the Volunteers and taught them the basics about the parade. Then lunch was served to all the volunteers prepared by the NSS volunteers. After that, the chief guests of the day addressed the Volunteers and shared their experiences with the volunteers. They motivated the volunteers and guided them on the way to the Republic Day camp. The event was called off by honoring the chief guests by giving the mementos presented by the programme officer Professor Preeti. The stage host for the day was Volunteer Alisha Parmar.

## **24th March, 2021**

The day commenced with prayers by the NSS volunteers. Then, the volunteer drill class was taken. All the volunteers showed discipline and obeyed the orders efficiently as given by the instructors. After then everyone had breakfast. Further then the site was to be cleaned. The site chosen for the same was the college campus. The groups of volunteers were assigned respective places and they all cleaned the campus under the guidance of Programme officers showing skills of leadership and teamwork. Thereafter a guest lecture on the topic "Right To Information and Students' Rights" was delivered by the Advocate Romesh Choudhary. The stage host of the event was Volunteer Manisha. After the lecture, the chief guest of the day was honoured with a memento presented by the Principal Dr. Raman Sharma. After the event, the NSS volunteers along with the Nehru Yuva Club held a rally to spread awareness about

Coronavirus and its precautions with special attention towards Corona guidelines and keeping social distancing. The day ended with the lunch prepared and served by NSS volunteers followed by the attendance.

## **25th March, 2021**

The day began with prayers by NSS volunteers followed by a Drill Session and the morning schedule was completed with the breakfast. Then the volunteers move to sites allotted to them group-wise to beautify the campus. The NSS volunteers uprooted the grass and wild bushes. The volunteers also filled the potholes and painted the things which needed grooming under the supervision of programme officers. Then there was a small cultural programme in which the volunteers showed their talents. The event of the day was the lecture of the chief guest of the day SHO Amb Mr. Raman Choudhary. The event was in the post-lunch session. The guest lecturer addressed all the volunteers and made it an interaction session. The volunteers asked their queries and got their doubts clear. He gave knowledge about Road safety, traffic rules, drugs and cyber security. Also, he motivated the volunteers and made them aware of the ways to join the police force. Then the chief guest was honoured with a memento. The stage host for the event was Volunteer Latasha. The day was called off with the attendance of the NSS volunteers by respective programme officers.

## **26th March 2021**

The day commenced with prayers by NSS volunteers as per the regular schedule followed by a drill session and breakfast prepared by NSS volunteers. Then after the morning schedule an awareness rally was held by the volunteers. After that volunteers visited Pindi Ashram at Nehri Road and beautified the Ashram campus under the guidance of the programme officers. In the post-lunch session, the Chief guest for the day Tehsildar Amb addressed the volunteers and gave them knowledge about

government exams and books for the preparation. The chief guest was then honoured with a memento presented by the programme officers. The stage host for the day was Volunteer Kartikey Mehta. The day was called off with the attendance taken by respective programme officers.

## **27th March, 2021**

The day commenced with the regular prayer by NSS volunteers followed by the drill session and breakfast. Then there were some cultural activities in which volunteers showed their talents. The day was observed as Sports Day of the NSS special seven-day camp. Then after that, there was a small visit to the slum areas by the volunteers in which they spread awareness in the slum areas. There everyone had lunch. The day ended with the attendance of the volunteers by the NSS programme officers.







SAVE  
the  
PLANET



5 JUNE, 2021  
WORLD ENVIRONMENT DAY

## World Environment Day (05-06-2021)

लाडली फाऊंडेशन की जिलाध्यक्ष वदीप राणा ने अपने परिजनों के साथ योगाभ्यास किया। उन्होंने कहा कि योग

पोस्टर  
योगिक  
सोशल



अम्ब : अंतर्राष्ट्रीय योग दिवस पर राजकीय महाविद्यालय अम्ब के स्वयंसेवकों द्वारा सोशल मीडिया में शेयर की गईं योगिक क्रियाएं। (रजनी)

**International Yoga Day (21-06-2021)**

## MPGC NSS VOLUNTEERS' VISIT TO SLUM AREA



M Shabir  
Principal  
Principal College  
Amb Dist. Una (H.P.)