

## Activities of National Services Scheme (NSS) Unit for the Session 2022-23

### **Rally was organized on the Theme of “Women Empowerment”**

*25th of January, 2022*

A Rally was organized by NSS and Red Ribbon Club Volunteers on 25<sup>th</sup> January, 2022 on the theme of “*Women Empowerment*” The Rally was flagged off by Dr Mohan Singh Pathania worthy Principal Govt Degree College for Women. He appreciated the efforts of Dr Arun Dev Singh and NSS and Red Ribbon Club Volunteers of college who always organized such programmes in the college. He also conveyed the volunteers that today women excelled in all the fields. The Volunteers took pledge that they would carry the message to every nook and corner of the society.



### **Swachhata Abhiyan**

*25th of January, 2022*

A *Swachhata Abhiyan* was launched in the college Dr M.S Pathania worthy Principal, Dr Arun Dev Singh NSS Programme officer and NSS and Red Ribbon Club volunteers participated and cleaned the college campus and aware the masses regarding the cleanliness and also emphasised on the importance of Health of the people.



## **Flag Hoisting Ceremony**

*26th of January, 2022*

The NSS and Red Ribbon Club volunteers participated in Flag Hoisting Ceremony on 26<sup>th</sup> January, 2022. The Volunteers Sung National Anthem on this Occasion.



## **Waste Management Drive**

*12th of February, 2022*

A Waste Management drive was launched by NSS Volunteers on 12<sup>th</sup> of Feb 2022 at Govt. Degree College for Women, Kathua.



## **Swachhata Abhiyan Programme**

*13th of February, 2022*

A *Swachhata Abhiyan* was launched in the college Dr. M.S Pathania worthy Principal, Dr. Arun Dev Singh NSS Programme officer and NSS and Red Ribbon Club volunteers participated and cleaned the college campus and aware the masses regarding the cleanliness and also emphasised on the importance of Health of the people.



## **Celebration of Women Day**

*8th of March, 2022*

Women Day celebrated by NSS and Red Ribbon Club volunteers at Govt. Degree College for Women, Kathua. On this occasion col. Mahan Singh worthy DDC Chairman of Kathua was the Chief Guest. The achievers of the college were facilitated on this day.

## **Organization of Yoga Workshop**

*14th of May, 2022*

One day workshop on Yoga Demonstration” was organized by NSS Unit of Govt. Degree College for Women, Kathua on 14-05-2022. On this occasion Sh. Yashpal Khajuria, Yoga expert was welcomed by Prof. Ashwani Khajuria Vice Principal of Govt. Degree College, Women Kathua, He appreciated the efforts of Dr. Arun Dev Singh, NSS Programme officer, Prof. Raj Kumari, NSS Coordinator, Prof. Pallavi for organizing such a wonderful workshop in which all the NSS Volunteers participated with great zeal and enthusiasm. He laid stress on the importance of that Yoga for our health and on day to day routine work. Yoga reduces the tension, stress and work pressure.



## **Organization of Poster making, Slogan writing and a rally on World No Tobacco Day**

*31st of May, 2022*

Poster making, Slogan Writing and a Rally were organized by NSS unit in collaboration with Cultural Committee of Govt. Degree College for Women, Kathua on 31st May, 2022 to observe World No Tobacco Day. The theme of this year’s World No Tobacco Day is Tobacco: Threat to our environment. On this event, worthy principal, Dr. Sangeeta Nagari, encouraged the students to spread awareness among the common mass regarding the ill effects of tobacco, the diseases it can cause and the preventive measures. The rally was flagged off by the worthy principal from the college campus to the village Changran.

## **Organisation of Beti Bachao and Beti Padhao Campaign**

*1st of June, 2022*

The NSS unit of Govt. Degree College For Women, Kathua today on 1-06-2022 under the “Beti Bachao and Beti Padhao” Campaign organized a poster making competition in which 25 Students participated. The programme was organized under the guidance of worthy Principal, Dr. Sangita Nagari. She along with the jury members appreciated the students who were taking part in this event. The students who participated in this event made colorful posters displaying the various themes and aspects on this issue of social concern. Esteemed Principal highlighted the need of the hour to take the education of saving the girl child and educating her, to the doorsteps of those people who still do not have equalized daughters to their sons.



## **Nukkad Naatak Programme**

*2nd of June, 2022*

NSS Unit of Govt. Degree College for Women Kathua organized a “Nukkad Naatak” program under the aegis of Beti Bachao, Beti Padao Campaign on 02.06.2022. The motive to conduct such activity was to spread awareness among the people about the importance of girl child. The main objective of such activities is to discourage Female Foeticide, to ensure the protection and survival of the girl child, encouraging education of the girl child.

## **Celebration of World Bicycle Day**

*4th of June, 2022*

The NSS and NCC unit of the Government Degree College for Women, Kathua in collaboration with District Youth Services & Sports and Nehru Yuva Kendra – Kathua, today on 04.06.22 observed “World Bicycle Day” under the aegis of Azadi Ka Amrut Mahotsav. The event began with garlanding of statue at Shaheed Bhagat Singh Park followed by a Bicycle Rally which was flagged off by the Worthy Deputy Commissioner, Kathua from Sports Stadium to ensure Jan Bhaghidari. The route for the rally was from Sports Stadium Kathua to Keerian Kandyal in which volunteers under the supervision of Dr. Arun Dev Singh, NSS Programme Officer showed active participation. After covering a distance of near about 20 km, the rally was warmly welcomed by Dr. Sangita Nagari, the revered Principal of the College who highly appreciated the volunteers for being a part of “Fit India Freedom Cycle Rally”. After that the Slogan writing and Poster making activities were done by the volunteers based on the theme of adopting cycling as a norm for healthier life



## **Organization of Rally on Beti Bachao Beti Padhao**

*9th of June, 2022*

The NSS unit and Red- Ribbon Club of Govt. Degree College for women Kathua today on 09-06-2022 under the aegis of “Beti Bachao Beti Padhao” campaign organized a ‘Rally’ which was flagged off by Dr Sangita Nagari, esteemed Principal of the College. The route of rally was set from College to the adopted village Changran where the volunteers launched a campaign to aware the common masses regarding the importance of educating the girl child. The main motive to conduct such activity was to spread awareness among the people regarding the various schemes launched by center as well as UT and to convey them the importance of girl child and their education for the welfare of the family and the society.



## **Celebration of International Yoga Day**

*21st of June, 2022*

NSS/RRC Volunteers & NCC Cadets of the College participated actively under the dynamic supervision of Dr. Sangeeta Nagari, worthy Principal of Govt. Degree College for Women, Kathua in the International Yoga Day Celebration in the Sports Stadium Kathua. The programme was organized by Health and Medical Education Department Directorate of Ayush J&K Unit in collaboration with District Administration on 21-06-2022. Sh. Rahul Pandey, worthy Deputy Commissioner, Kathua encouraged and congratulated all the participants in his address. He said that such activity would help people to remove tension related to health issues.



## **Organization of Rally on the theme of “Har Ghar Jhanda”**

*18th of July, 2022*

A Rally was organized at GDCW Kathua by NSS/RRC Volunteers on the theme of HAR GHAR JHANDA to celebrate Azadi Ka Amrut Mahotsav on 18-07-2022. NSS/RRCC Volunteers of the College participated actively in the rally under the dynamic supervision of Dr. Sangita Nagari, worthy Principal of Govt. Degree College for Women, Kathua. She stressed upon the history and the importance of National Flag.

## **Celebration of Kargil Vijay Diwas**

*26th of July, 2022*

On 26-07-2022, the “Kargil Vijay Diwas” was celebrated by the NSS, NCC unit and Shikshit Bharat club of the college to commemorate the victory made by the India over Pakistan in the Kargil War in Ladakh in 1999. On this occasion, Prof. Ashwani Khajuria, Associate Professor motivated, inspired and encouraged the volunteers, cadets and students about Soldiers and Officers who made supreme sacrifice for the sake of country during Operation Vijay.

## **National Flag Distribution Function**

*12th of August, 2022*

Under the aegis of Azadi Ka Amrit Mahotsav National Flag Distribution function was organized by the NSS/RRC Unit in collaboration with IQAC of the College. About 945 Flags were distributed amongst the students and faculty members. Patriotic feelings were seen among the students while receiving the National Flags.



## **Organization of Nasha Mukh Bharat Abhiyan**

*12th of September, 2022*

Today on 12th Sept, 2022 a “Nasha Mukh Bharat Abhiyan” Campaign was organized by NSS volunteers and students of Government Degree College for Women Kathua. The campaign was launched under the ablest supervision of Dr Sangita Nagari worthy Principal of the College. On this occasion she addressed the local people, the NSS volunteers and the students regarding the Mission Nasha Mukh Bharat Abhiyan which is dire need for the Indian Society. The younger generation should identify the addicted persons and guide them to get rid of addiction.



## **Organization of Cleanliness Drive at adopted village**

*12th of October, 2022*

Cleanliness Drive of Water Bodies conducted by NSS Unit of GDC Women Kathua was carried out on 12-10-2022 at adopted village changran under the aegis of Clean India. The entire cleanliness drive was conducted under the able guidance of Dr Sangita Nagari esteemed Principal of the college. The Event was organised by Dr.Arun Dev Singh Programme Officer NSS, Prof. Raj Jamwal Co-ordinator and Prof. Pallavi Member NSS unit and NSS volunteers of the College.



## **Inauguration of Adopted Corner**

*21st of December, 2022*

Adopted Corner of NSS was inaugurated by Dr Sangita Nagari, esteemed Principal of the College in presence of NSS Volunteers, Staff members of the college on 21/12/2022. On this Occasion, the Principal of the College encouraged and appreciated the efforts of NSS volunteers, NSS Programme Officer and NSS Organizing team who consistently supported and guided the volunteers for developing the Corner effortlessly for the last two months.



## **Organization of Seven Day Long Winter Camp at adopted village Changran**

*28th of December, 2022 to 3rd of January, 2023*

NSS unit Government Degree College for Women ,Kathua started a 7 Day Long “Winter Camp” at adopted village of Changran, Kathua on 28-12-2022, under the aegis of Azadi Ka Amrut Mahotsav and My College My Pride which was inaugurated by Dr. Sangita Nagari, esteemed principal of the College in presence of Sh. Kuldeep Kumar respected Sarpanch of the village , Sh Rohit Kumar Naib Sarpanch , Ward members of the Panchayat Changran , the

local People, children, NSS Volunteers and Staff members of the college. On each day NSS volunteers render Community Services to the inhabitants of Village and aware them regarding various schemes of the Govt. In addition to this, awareness rally, door to door campaign, Swachata Awareness and Plantation drive were conducted in the village.



## **Organisation of Lecture on “EAT HEALTHY, STAY HEALTHY” at adopted village Changran**

*30th of December, 2022*

A Lecture was organized by NSS unit of Government Degree College for women Kathua on the theme of “EAT HEALTHY, STAY HEALTHY” in Changran. On the occasion, Dr Sangita Nagari esteemed Principal of the College was the Chief Guest. The lecture was delivered by Prof. Ashwani Khajuria, Head, Department of Food Science, GDCW, Kathua. The speaker highlighted about the negative effects of consuming excess of preserved, processed and packaged food. He also motivated the NSS volunteers, the local people of the regarding the rights of the consumer.

