

NSS Activities (2019-20)

- **International Yoga Day** was celebrated on **June 21, 2019** by NSS units I and II. Chief guest was Ms. Damyanti from DivyaYogMandir, Karnal. She spoke on the “Importance of Yoga” and motivated the volunteers to make it an integral part of one’s lifestyle. She later demonstrated various Yogasanas to the students and also told them their benefits for cure of different health problems.



Volunteers performing Yoga on International Day on June 21, 2019

- Under **SBSI 2.0 Programme 2019** from **June 10 to July 31, 2019**, our college enrolled sixteen students who worked actively in their chosen area of interest to contribute and offer their services to the cause of Swachhta Abhiyaan. These students worked both in groups and individually in Bajida Jatan, Dacher, Jani, Picholia, Sangohi, Sangoha villages and Ambedkar Basti, Karnal of Haryana. All the students carried out activities such as cleanliness drive, tree plantation, awareness programmes through group discussions, posters and demonstrative activities.



SBSI 2.0 Interns carrying out swachhta activities at their villages

- Garima of B.Sc. III participated in the District Level Presentation of SBSI 2.0 on August 19, 2020 at Dyal Singh College, Karnal and secured second position winning a cash prize of Rs. 20,000/-.
- **Jal Shakti Abhiyan** for conservation, restoration, recharge and reuse of water was observed from **July 01 to September 15, 2019**. Several activities were conducted under it like slogan writing and painting competitions.
 - A skit on conservation of water was performed by the volunteers. They enthusiastically presented the importance of water in our life and suggested ways to save water for a better future.



Painting Competition on “Water Conservation”



Jal Shakti Rally at Village Uchani
Door-to-door campaign on Water Conservation

- Volunteers also participated in spreading awareness on the conservation of water in the adopted village, Uchani through rallies, door-to-door campaign and nukkad natika.
- NSS volunteers participated in the **Swachhta Pakhwada** from **August 01 to 15, 2019** that entailed the following activities carried out in the fortnight period: the volunteers took the Swachhta Shapath and vowed to spread awareness about cleanliness in society.
 - On this occasion, Mr. Ram Kumar, Deputy Director, Municipal Corporation, Karnal addressed the volunteers and delivered a lecture on “Swachhta and its Significance”.
 - The volunteers carried out the cleanliness drive in the campus area.
 - They performed door-to-door campaigning in the adopted area, that is, Uchani Village, Karnal and made the people aware about the importance of cleanliness and hygiene along with other concepts such as open defecation. Through the medium of posters, they spread the word about swachhta and

encouraged people to understand the dignity of labour and develop a habit of keeping their surroundings clean. They also indulged in intensive cleaning of the village and carried out a tree plantation drive as well along with cleanliness drive. In addition to this, they held a rally and performed Nukkad Natika at Uchani Village.



A Pledge for Clean India, Green India Tree Plantation by worthy Mrs. Santosh Bisla, HoD, Geography Department along with the NSS team



Interaction with the people of Karnal regarding Door to door campaign in village Uchani Swatchta Pakhwada



Tree plantation at Regional Centre, Karnal
Volunteers cleaning the temple area at Uchani village



Director Dr. Dharambir Yadav and
Dr. Ranbir Singh Bisla, LUVAS
addressing the NSS volunteers



Deputy Director, Sh. Ram Kumar addressed the
NSS volunteers on "Cleanliness is Divine"

Regional Directors along with MC, Mr. Naveen
Planting the hope for future life - TREES

- Volunteers observed **De-Worming Day on August 08, 2019** by distributing Albendazole tablets to the students below the age of 19 years.



Madam Santosh Bisla distributing de-worming tablets

- **Fit India Movement** observed on **August 29, 2019**, was celebrated in the college in which students saw the live telecast of the address to the nation by Hon'ble Prime Minister, Sh. Narendra Modi. The students also performed some exercises, running, stretching etc.



Volunteers exercising

Listening to Hon'ble Prime Minister

- NSS Unit I and II observed the month of **September 2019** as the “**Nutrition Month**”. During this month, a number of activities were conducted to promote awareness and knowledge on the significance of nutrition.

- On September 03, 2019 an **Extension Lecture and Survey** on the topic **“Diet and Health in Today’s Time”** was organized. The eminent speakers of this lecture were Dr. Mohita, Dr. Meenakshi and Ms. Payal (Dietician) from Kalpana Chawla Government Medical College, Karnal. They gave an enlightening and inspirational talk to our volunteers. Our distinguished speakers encouraged the students to indulge in a healthy lifestyle so that their future may become healthy. Besides the lecture they conducted a brief survey of the foodhabits of the students and answered all their possible queries regarding food, diet and overall health in today’s modern world.



Lecture by Ms. Payal, Dietician, Kalpana Chawla Medical College



Volunteers ready for the rally

- An awareness rally on “Poshan Maah” was organized on September 06, 2019 in which a large number of students and volunteers took part. The main motive of the rally was to create awareness in the community regarding “Nutrition: Its Significance and Impact”. The Volunteers quite vigorously shouted slogans like “Good Nutrition Creates Health in all Areas of Our Existence”, “Don’t Eat LESS, Eat RIGHT”, “Our food should be our medicine and our medicine should be our food” and tried to gain attention of all the passers-by on this vital issue of health and nutrition. The rally that was flagged off by Hon’ble Principal Madam Mrs. Sujata Gupta started from the college campus covered a considerable large area of the city.
- September 16 to 21, 2019 was devoted to Group Discussion of the students on Nutrition. Many students undertook this activity and presented their viewpoints, advice and suggestions on the various aspects of the importance of nutrition in the growing years. It was wonderful to see our youngsters

prodding one another to adopt health skills in life to survive better in the world.

- On September 25, 2019, students participated in Poster Making and Slogan Writing activity and inspired other young students to inculcate the mantras of healthy life into their lives. Besides this, the students presented a Nukkad Natika on the topic “Sahi Poshan-Desh Roshan”.
- In addition to this, throughout the month of nutrition, all the volunteers carried out door-to-door campaign in their respective cities and villages and tried to involve the localities to strengthen this initiative of our Hon’ble Prime Minister Sh. Narendra Modi. The outcome of this outreach programme was also significant.



Volunteers with their posters and slogans Door-to-door campaign during Poshan Maah

- **Eco Awareness Campaign** on World Ozone Day was celebrated on **September 16, 2019** in which students participated in tree plantation, the interactive and productive talk with Sh. Vijendra Singh, District Forest Officer, Karnal. The volunteers took out a rally to create awareness about environment and Mayor Karnal, Ms. Renu Bala Gupta distributed plants to the volunteers.



Volunteers participating in the Eco Awareness Campaign

- **Swachhta Hi Seva** Campaign for plastic waste management was carried out from **September 11 to October 27, 2019**. Volunteers were oriented towards generating awareness on plastic waste management. Volunteers took pledge on Swachhta hi Seva in college and at their homes with family and friends. They participated in spreading awareness on the effective disposal of collected plastic waste among residents of the adopted village and also in their own areas.



Volunteers cleaning the college premises and area around the college

- On the grand occasion of **150th Gandhi Jayanti Samaroh**, the NSS Unit I and II of KVA DAV College for Women, Karnal organized Cleanliness Drive, Prayer Meeting and Rally on “Swachhta hi Seva”.
 - To commemorate this epic day, the student volunteers of the college took part in the Prayer Meeting and sang devotional songs such as the widely popular anthem of Mahatma Gandhiji “Vaishnav Jana Ko Tene Kahiye Je Peed Parayi Jaane Hai”. After this, all the students carried out a cleanliness drive with the aim “Swachhta hi Seva” and “Plogging” both in and around the campus. On the very same day, the students organized a rally to kindle the spirit of Swachhta hi Seva in the community. Worthy Principal Madam Mrs. Sujata Gupta flagged off the rally that created positive vibes in the minds and hearts of the people who witnessed the young followers of Bapu expecting the world to pay due consideration to this most important issue of Swachhta hi Seva. The volunteers took the Swachhta Pledge on the occasion intending to abolish the use of plastic and promoting environment friendly products such as cloth and jute bags.



Prayer Meeting



Plogging



Volunteers taking pledge on Gandhi Jayanti



Rally on Gandhi Jayanti

- The college received an “Award of Recognition” from Kurukshetra University, Kurukshetra on NSS Day - September 24, 2019 for the activities carried out by the NSS Wing of the college.



Principal Madam, NSS Advisory, NSS-POs and volunteers with the award

- The NSS Unit I and II of KVA DAV College for Women, Karnal organized **TWO DAYS Blood Donation Camp** on **October 09 and 10, 2019**. On October 09, 2019, a primary check-up of the students was done by Dr. Manju, Head of the Department of Health Care of the college. Dr. Manju checked the blood pressure, weight and pulse rate of the students interested in donating blood. In this primary check-up 80 students took part and the eligible students were notified to attend the Blood Donation Camp on October 10, 2019. On the second day of Blood Donation Camp, with the help of the staff of Kalpana Chawla Government Medical College, Karnal, all the preparations were done for this camp. Dr. Navdeep Kaur, Mr. Rajkumar, Mr. Vinod, Mr. Rajesh, Mr. Kuldeep and Ms. Santosh thoroughly checked the interested donors again. Only the Girls who were deemed fit by the doctor were allowed to donate blood. 20 units of blood was donated. All the blood donors were given refreshments.



Volunteers donating blood

- Ms. Anu of B.Com. participated in the University Level and State Level Trial Camp for North Zone Pre-Republic Day Camp.
- Observed **Ekta Diwas** (National Unity Day) on **October 31, 2019** by taking the **“UNITY PLEDGE”**.
- **Vigilance Awareness Week** was observed from **October 28 to November 02, 2019** and a lecture on **“Integrity – A Way of Life”** was organized on October 31, 2019.



Lecture on “Integrity – A Way of Life”



Volunteers taking the “Integrity Pledge”

- Celebrated **Constitution Day** on **November 26, 2019** by taking the pledge of Preamble of Constitution.
- Under the able guidance of worthy Principal Madam, Ms. Sujata Gupta the college organized **Seven Days NSS Camp** from **January 04 to 10, 2020**. Each day of the camp was started by performing Yajna, the chanting of “OM” and prayers to the Almighty and the NSS song.



NSS volunteers performing sacred havan during NSS special camp

The major activities of this camp were:

- Lecture on “Healthy Lifestyle” by Ms. Mani, Department of Home Science, KVA DAV College for Women, Karnal, inspired the students to follow a lifestyle that revolves around healthy options, be it food or thoughts.



Lecture on “Healthy Lifestyle”

- Workshop on Art and Craft (January 04 to 07, 2020) by Ms. Alka Jain, Pidilite, Karnal, raved an artistic way for the students to give shape to their imagination by using various products available both at their homes and market.



Art and Craft by Pidilite

- First Aid and Home Nursing Training that was conducted during the whole week by Mr. Dhiman and Ms. Shweta from Red Cross Society, Karnal. They equipped the students with the quintessential basic knowledge of first-aid and home nursing.



Principal Madam welcoming Ms. Shweta

Ms. Shweta from Red Cross Society, Karnal demonstrating life-saving skills during NSS special camp

- Orientation session, general discussion on social evils, recreational activities, interactive sessions with volunteers, preparation of nukkad natika and other cultural activities were also conducted.



Volunteers participating in the recreational activities during the camp

- Volunteers carried out Cleanliness Drive in the campus area; they also held a rally for the same in the cross-campus area.



Volunteers cleaning the hostel area

- Lecture on “Communication Skills and Personality Development” by Ms. Vandana Rana, Department of English, KVA DAV College for Women, Karnal, enlightened the students to achieve effective communication skills and groom their personality.



Lecture on Communication Skills

- Yoga classes by Divya Yoga Mandir, Karnal were conducted so as to teach the vital ways and techniques of the ancient wealth of Yoga to the students which indeed helped them to find equilibrium in this modern chaotic life.
- Presentations by volunteers that included their significant work and achievements in NSS encouraged other volunteers to follow the motto “Not Me But You”.
- Lecture on “Creative Writing” by Ms. Shivangi Department of English, KVA DAV College for Women, Karnal, helped ignite the spark of creative genius in our young budding writers.
- Visit to Shradhanand Anathalaya, Sadar Bazar, Karnal, presented an emotional facet of life to students. Their interaction with the students of orphanage was promising and led to the formation of a strong bond of humanity
- Lecture on “Health Hygiene” by Ms. Gurbani followed by a health check-up was organized.



- Slogan Writing Competition on “Evils of Drug Addiction”, “Water Conservation” and Poster making Competition on “Beti Bachao, Beti Padhao” and “Swachh Bharat: Swasthya Bharat” were organized.
- Volunteers visited the adopted area Uchani Village, Karnal and carried out the following activities: Rally on Swachta, door-to-door campaign and nukkad natika. They also greeted Dr. R.S. Bisla, Regional Director, LUVAS, Karnal who delivered a lecture on cleanliness.



- Valedictory function and prize distribution took place on January 10, 2020. The esteemed Chief Guest, Professor D.S. Rana, Coordinator, NSS, KUK, applauded the efforts of NSS volunteers and encouraged them to live a life committed to the welfare of society and nation. Cultural fiesta and the prizes pleased all and sundry. The last day of the camp ended with the display of students’ hardwork, gusts and commitment being appreciated by the kind words of worthy Principal Madam Ms. Sujata Gupta, the beacon of resilience and hope.



Volunteers performing dance and skit during Valedictory Session



Dr. D.S. Rana, NSS Coordinator, KUK addressing the volunteers



Dr. D.S. Rana admiring the work of the volunteers

- **National Voters' Day**, celebrated on **January 25, 2020**, was observed by a motivational talk and address by D.C. Karnal, Sh. Nishant Kumar Yadav who talked about the power of youth to make our nation the best democracy in India. On this day, students held a rally to promote the cause and create awareness about the importance of vote, voter and voting in society.



Awareness Rally on Voter's Day

- **Sharm Daan** was observed **from February 19 to 28, 2020**, and the NSS volunteers extended their services in cleaning the different blocks of the college, hostel corridors, garden and college auditorium. They also helped in maintaining the College Library. They arranged books, magazines, newspapers and cleaned the library. Volunteers participated in tree plantation, interactive session Nukkad Natika on Drug Addiction and spreading awareness about cleanliness among the college students. Thereafter, took Swachhta Pledge and initiated a Signature Campaign.

- **Road Safety Week** was celebrated by NSS Units I and II from **January 11 to 17, 2020**. During the week different activities were formed.
 - Lecture on Road Safety Rules by Ms. Deepa from Honda, Karnal
 - A survey on road safety
 - Awareness of road safety rules and traffic symbols through audio and video mode.

Activities during Lockdown

During the nation-wide lockdown imposed due to the corona virus pandemic, the volunteers enthusiastically participated in the following activities:

- Actively participated in spreading awareness about “Janta Curfew” announced by Hon’ble Prime Minister on March 22, 2020, through various social media platforms and phone calls.
- Registered themselves with DIKSHA portal for the IGoT training for management of COVID-19.
- Participated in spreading awareness about necessity of wearing face masks and frequent hand washing to deal with corona virus. They also made face masks and sanitizers at home and distributed them to the needy.
- Shared mask making videos with family and friends and motivated them to make masks at home. They also informed their family, friends and neighbours about the Aarogya Setu App and motivated them to download the same.
- Observed Anti-Terrorism Day on May 21, 2020 by taking pledge with their family members.
- Participated in the Quiz Competition on “Reinforcing Immunity: Fit Rahega India, Tabhi toh Badega India” under Fit India Movement organized by VRAL Govt. Girls Degree College, Bareilly on June 18, 2020.
- Celebrated International Day of Yoga on June 21, 2020 by performing yoga according to the Yoga Protocol issued by the Ministry of AYUSH with their family members complying to the theme of IDY this year - Yoga at Home and Yoga with Family. They also participated in the “Har Ghar Yoga” Competition.

- They took the “AYUSH – Sanjeevani Pledge” of “Stay Home, Save Lives” and committed themselves to the adoption of AYUSH preventive health practices for maintaining health by enhancing immunity.
- Registered themselves with “Rakt Sanchar Helpline” for donating blood and also motivated their family and friends to do so.
- Participated in National Level Quiz on “Nutrition and Immunity” organized by Hindu Girls College, Jagadhri.
- Participated in National Level Quiz Competition on “Coronavirus – COVID-19”.



Taking the Anti-Terrorism Pledge with family



Making face masks and sanitizers





Participation by volunteers on International Day of Yoga, June 21, 2020