

NATIONAL SERVICE SCHEME



SESSION 2010-11 TO 2015-17



**BABE KE COLLEGE OF EDUCATION,
DAUDHAR (MOGA)**

ABOUT NATIONAL SERVICE SCHEME

National Service Scheme, under the Ministry of Youth Affairs & Sports Govt. of India, popularly known as NSS was launched in Gandhiji's Birth Centenary Year 1969, in 37 Universities involving 40,000 students with primary focus on the development of personality of students through community service. Today, NSS has more than 3.2 million student volunteers on its roll spread over 298 Universities and 42 (+2) Senior Secondary Councils and Directorate of Vocational Education all over the country. From its inception, more than 3.75 crores students from Universities, Colleges and Institutions of higher learning have benefited from the NSS activities, as student volunteers.

OBJECTIVES OF NSS

The main objectives of National Service Scheme (NSS) are :

- Understand the community in which they work
- Understand themselves in relation to their community
- Identify the needs and problems of the community and involve them in problem-solving
- Develop among themselves a sense of social and civic responsibility
- Utilise their knowledge in finding practical solutions to individual and community problems
- Develop competence required for group-living and sharing of responsibilities
- Gain skills in mobilising community participation
- Acquire leadership qualities and democratic attitudes
- Develop capacity to meet emergencies and natural disasters

- Practise national integration and social harmony

MOTTO

The Motto of NSS "Not Me But You", reflects the essence of democratic living and upholds the need for self-less service. NSS helps the students develop appreciation to other person's point of view and also show consideration to other living beings. The philosophy of the NSS is well doctined in this motto, which underlines/on the belief that the welfare .of an individual is ultimately dependent on the welfare of the society on the whole and therefore, the NSS volunteers shall strive for the well-being of the society.

SYMBOL

The symbol for the NSS has been based on the giant Rath Wheel of the world famous Konark Sun Temple (The Black Pagoda) situated in Orissa, India. The wheel portrays the cycle of creation, preservation and release and signifies the movement in life across time and space, The symbol thus stands for continuity as well as change and implies the continuous striving of NSS for social change.

BADGE

The NSS Symbol is embossed on the badge. The eight bars in the wheel represent the 24 hours of a day. The red colour indicates that the volunteer is full of young blood that is lively, active, energetic and full of high spirit. The navy blue colour indicates the cosmos of which the NSS is tiny part, ready to contribute its share for the welfare of the mankind.

NATIONAL SERVICE SCHEME PROGRAMME CAMP

SESSION 2010-11

**THEME: HEALTH, PUBLIC SANITATION AND PERSONAL
HYGIENE**

PROGRAMME OFFICER:

➤ **MR. SHIVRAJ SINGH**

TOTAL VOLUNTEERS: 54

SCHEDULE OF SEVEN DAYS CAMP

DATE	ACTIVITY UNDERTAKEN
29/12/12	INAUGURATION AND TREE PLANTATION
30/12/12	COLLEGE CAMPUS CLEANLINESS
31/12/12	CLEANLINESS CAMPAIGN AT BABA MANGAL SINGH HOSPITAL
1/01/13	BLOOD DONATION CAMP
02/01/13	AWARENESS RALLY AT VILLAGE DAUDHAR SHARKI
03/01/13	EXPERT LECTURE ON SANITATION & PERSONAL HYGIENE
04/01/13	CLOSING CEREMONY

A BRIEF REPORT ON SEVEN DAY NSS CAMP

A seven day N.S.S camp was organized by NSS department of the college from on 29.12.2010 to 04.01.2011 Dr. C.L. Sachdeva Director, Babe Ke Group of Institutes was the chief guest on the inaugural ceremony. He presented his views on health, public sanitation and personal hygiene. He gave blessings to the volunteers and appreciated the activities they planned to undertake during seven days Camp.



INAUGURAL MESSAGE

During the camp volunteers learnt the value of “HEALTH, PUBLIC SANITATION and PERSONAL HYGIENE”. Dr. Dheeraj from Babe Ke Multispecialty Hospital Daudhar was invited to train students in various exercises such as neck-strain exercises knee-pain exercise, foot and joint pain. He advised to sit and stand in appropriate posture to avoid several ailments. He also suggested some important measures to maintain health. Dr. Dheeraj revealed the threatening impact of the Geographical changes and the preventive measures.

During the camp volunteers were told about making their environment neat and clean for better Physical health of the community. An awareness rally was organised in village Daudhar.



AWARENESS RALLY

They collected wrappers nearby village and Cremation place .They started cleanliness campaign in Gurudwara Sahib and Babe Ke Dispensary of Daudhar Village. Volunteers looked after the plants and flowers which were earlier planted in the Campus. Volunteers were taught the value of self –cleanliness, discipline and ill effects of malnutrition.



CLEANLINESS CAMPAIGN



VOLUNTEERS DURING CLEANLINESS CAMPAIGN AT LOCAL GURUDWARA

Blood Donation camp was organized in Multi Specialty Hospital Daudhar during NSS Camp. Rally was organized in Daudhar Village on Health Awareness.



PROGRAMME OFFICER WITH TEAM OF DOCTORS



Dr. PURI BEING HONOURED BY COLLEGE STAFF

During the closing ceremony, Programme officer, Mr. Shivraj Singh presented a report on seven days camp and appreciated the efforts of the volunteers. He thanked the principal of the college for his able guidance in organising the camp. Volunteers presented cultural programme which won the heart of all present. Everyone enjoyed a lot along with volunteers it was decorated with some culture activity and was memorable evening.

NATIONAL SERVICE SCHEME PROGRAMME CAMP

SESSION 2011-12

THEME: SWACHHTA

PROGRAMME OFFICERS:

- **MS.MEENA ARORA**
- **MR.JASPAL SINGH**

TOTAL VOLUNTEERS: 98

SCHEDULE OF SEVEN DAYS CAMP

DATE	ACTIVITY UNDERTAKEN
17/12/11	Inauguration and Tree Plantation & College Campus Cleanliness
18/12/11	College Campus Cleanliness
19/12/11	Cleanliness at local Govt. Sen. Sec School
20/12/11	Blood Donation Camp & Discussion about the significance of blood donation.
21/12/11	Awareness Rally at village Daudhar Sharki
22/12/11	Baba Mangal Singh Hospital Cleanliness at Daudhar Village
23/12/11	Ext. Lecture and Losing Ceremony

A BRIEF REPORT

A seven day N.S.S camp was organized by NSS department of the college from on 17.12.2011 to 23.12.2011 Dr. C.L. Sachdeva Director, Babe Ke Group of Institutes was the chief guest on the inaugural ceremony. He presented his views on Cleanliness of outer surroundings and inner self. He gave blessings to the volunteers and appreciated the activities they planned to undertake during seven days Camp.



INAUGURATION CEREMONY

During the camp volunteers learnt the value of “cleanliness and about making their environment neat and clean.



CLEANLINESS CAMPAIGN

Volunteers carried out cleanliness campaign at college campus, Dispensary of Daudhar Village. Volunteers looked after the plants and flowers which were earlier planted in the Campus. Volunteers were taught the value of self – cleanliness, discipline Blood Donation camp was organized in Multi Specialty Hospital Daudhar during NSS Camp. About 31 donors participated in the noble endeavour and donated blood.



BLOOD DONOR



VOTE OF THANKS BY PROGRAMME OFFICER

During the closing ceremony, Programme officer, Mr. Shivraj Singh presented a report on seven days camp and appreciated the efforts of the volunteers. He thanked the principal of the college for his able guidance in organising the camp successfully .

NATIONAL SERVICE SCHEME PROGRAMME CAMP

SESSION 2012-13

THEME: EDUCATION AND LITERACY

PROGRAMME OFFICERS:

- **MS.MEENA ARORA**
- **MR.JASPAL SINGH**

TOTAL VOLUNTEER: 92

SCHEDULE OF SEVEN DAYS CAMP

DATE	ACTIVITY UNDERTAKEN
17/12/12	Inauguration and Tree Plantation
18/12/12	College Campus Cleanliness & Visit to Maitiana Sahib for giving heritage knowledge to students.
19/12/12	Survey of Literacy at Village Daudhar
20/12/12	Blood Donation Camp & Discussion about the significance of blood donation.
21/12/12	Awareness Rally at village Daudhar Sharki & Legal Advice by an expert.
22/12/12	Gurudwara Sahib and Baba Mangal Singh Hospital Cleanliness at Daudhar Village & Lecture on 'Need of Education'
23/12/12	Literacy Campaign and Closing Ceremony

A BRIEF REPORT

First Day: 17-12-12: Dr. C.L. Sachdeva, Hon'ble Director, Babe Ke Group of Institutes inaugurated the camp and in his speech, apprised the students and teachers of his views about the importance of N.S.S. and told how N.S.S. is essential for igniting the spirit of social service and cooperation towards the society. The inaugural function was then presided by Dr. Nand Kishor Choudhary, Principal, Babe Ke College of Education, Daudhar (Moga). He shared his views on the necessity of N.S.S. with the students and staff members and urged the volunteers to imbibe moral values and understand the true meaning of life which lies in the service of humanity. He motivated the N.S.S. volunteers to involve themselves in community service in their surrounding areas. Volunteers took oath for the welfare of the society.



OPENING CEREMONY OF NSS CAMP BY DR.C.L.SACHDEVA



Afterwards trees plantation was done by Dr. C.L. Sachdeva, Dr. Nand Kishor Choudhary followed by other staff members' viz. and students. The Guest of Honour planted trees in Playground on the occasion.

TREE PLANTATION

Second Day : 18-12-12:As it is a well known quote that cleanliness is next to Godliness, task of cleanliness of college campus and surroundings was taken up for the 2nd day of the N.S.S. camp. All the volunteers were divided into groups and then separate areas were allotted to each group to clean and beautify. They cleaned every nook and corner of the college. After the completion of the task, Principal Dr. Nand Kishor Choudhary and the camp in-charges Ms. Meena Arora and Mr. Jaspal Singh took a round of college and duly appreciated the efforts of the deserving volunteers and urged them to always keep their surroundings clean.



CLEANLINESS CAMPAIGN

To enhance knowledge about Culture and sacrifices by Sikh religion Trip to matiana sahib was organized during NSS Camp. Buses were arranged for the trip. We saw sculptures related to sacrifice for the sake of Sikh religion over there and they will remain in our mind forever. Gurdwara Mehdiana Sahib, also called the 'School of Sikh History' is a Sikh Gurdwara located in the village of Mehdiana, just outside Manuke, near Jagraon in Ludhiana district, India. The gurdwara is known for its uniquely coloured architecture and monuments depicting important events in Sikh history.



VISIT TO MEHDIANA SAHIB

Third Day: 19-12-12: On this day Daudhar Village survey was done by the volunteers accompanied by In Charges . Volunteers collected data about

Education of the village people. Mr.Jaspal Singh guided students for collecting data. Literacy Survey was done. Students found that mostly people are well educated in the village.



LITERACY SURVEY

Fourth Day 20-12-12

Blood Donation Camp was organized. Doctors Team from Civil Hospital Moga reached for organizing Blood Donation Camp at Babe Ke Ayurvedic Hospital Daudhar. They appreciated volunteers' contribution for social welfare and encouraged to all by saying that we should donate blood in our life.



BLOOD DONATION CAMP

Fifth Day 21-12-12: Awareness Rally was organized. Rally moved in different street by shouting “Say no to drugs” etc The volunteers also went door to door for making people aware about female foeticide. After this all the volunteers with Camp InCharges Ms. Meena Arora and Mr.Jaspal Singh went to the cremation ground. They cleaned every nook and corner of the ground. They planted the trees there.

On this day Lecture On RTI by Mr.Iqbal Singh Rasulpur also organised .He awared to the students about the Right to Information Act .The expert guided about filling the Form A for seeking information under the Act. This was the interactive session. He highlighted the importance of Right to Information in ensuring the accountability and transparency in the working of every public authority in India. The lecture was followed with question-answer session with students. Principal Dr.Nand Kishor Choudhary substantiated the lecture with his valuable remarks on RTI.



EXTENSION LECTURE ON RTI ACT

Sixth Day 22-12-12

Cleanliness campaign at Baba Mangal Singh Hospital , Daudhar Village.

They removed the big bushes with help of equipments and machines and cleaned the outskirts. Thereafter the Principal of the college delivered lecture in Daudhar Village on the present situation of education. After that refreshment was offered to the volunteers.



Seventh Day 23-12-12 Valedictory Ceremony: The valedictory function of the NSS special camp was held in the presence of our respected Principal Dr.Nand Kishor Choudhary at Seminar Hall. NSS volunteers, Staff and students who participated in the camp gathered in seminar hall for the closing ceremony of the 7 days special camp. There were many entertaining cultural programmes like dance, singing, mimicry etc. One student from the students spoke about their experiences in the camp and how the camp was beneficial for the students. A Lecture by Mr. Onkar Singh Assistant Professor (Dashmesh Girls College Badal) was organized on the Closing Day of the Camp. He motivated to the students by giving examples of his own life experiences. He also told we should perform our duties wholeheartedly.



HONOURING THE GUEST

Camp Officer Ms.Meena Arora praised the work done by students in the camp. She mentioned the various activities undertaken by the students during the camp and urged the students to continue such activities in future as well. The student volunteer, Ms.Simranjeet Kaur, Ms.Raveena Kaur,Mr.Balpreet Singh have been awarded Best Volunteer respectively by Dr.Nand Kishor Choudhary Principal for their exemplary work in fulfilling the objectives of NSS.

NATIONAL SERVICE SCHEME PROGRAMME CAMP

SESSION 2013-14

THEME: CLEANLINESS

PROGRAMME OFFICERS:

- **MS.MEENA ARORA**
- **MR.HARMINDER SINGH**

TOTAL VOLUNTEERS: 58

SCHEDULE OF SEVEN DAYS CAMP

DATE	ACTIVITY UNDERTAKEN
14/12/13	Inauguration and Tree Plantation
15/12/13	Lecture on Dental Care and College Campus Cleanliness
16/12/13	Baba Mangal Singh Hospital Cleanliness at Daudhar Village
17/12/13	Blood Donation Camp+ Panel Decoration and Pot Painting
18/12/13	Awareness Rally at village Daudhar Sharki+ Visit to Cow Shed
19/12/13	Short educational trip to Maitiana Sahib and Talhi sahib Gurudwara for giving heritage knowledge to students.
20/12/13	Closing Ceremony

A BRIEF REPORT

PRE CAMP PREPARATIONS: All the NSS volunteers assembled in the Hall to discuss about the camp schedule, various events and activities that were to be conducted in the camp and put forth their ideas. The NSS volunteers were divided into 10 groups.

INAUGURAL CEREMONY: Day 1: 14/12/13

The inaugural ceremony of the N.S.S. camp, with the theme- “**Education and Literacy**” was scheduled to take place on 14 of December 2013. All the volunteers assembled in the Hall. The stage was set for inauguration. The inauguration function was arranged by the N.S.S volunteers under the guidance of Ms. Meena and Mr. Harminder Singh, the N.S.S. Camp in-charges.



Dr. Nand Kishor Choudhary Principal, Dr.Rajwinder Raonta and all faculty members Babe Ke College of Education, Daudhar(Moga) inaugurated the camp. Dr.Nand Kishor Choudhary in his speech, apprised the students and teachers of his views about the importance of N.S.S. and told how N.S.S. is essential for igniting the spirit of social service and cooperation towards the society. After this wonderful magic, there was awareness song by Dr.Mukesh Kumar.

Dr. Rajwinder Raonta shared his views on this occasion regarding daughters. Ms. Meena Arora inspired the students by a poem on parents. She depicted parents as an epitome of unconditional love which they shower upon their children throughout their life. The inaugural function was then presided by Dr. Nand Kishor Choudhary, Principal, Babe Ke College of Education, Daudhar (Moga). He shared his views on the necessity of N.S.S. with the students and staff members and urged the volunteers to imbibe moral values and understand the true meaning of life which lies in the service of humanity. He motivated the N.S.S. volunteers to involve themselves in community service in their surrounding areas.

Tree Plantation: Dr. Nand Kishor Choudhary told to all the volunteers how we can conserve our polluted environment by growing more and more plants. We should look after the plants regularly for our healthy surroundings.

Second Day of the Camp Campus Cleanliness 15-12-13

During the camp a lecture was organized for the volunteers on dental care. Dr. Tarandeep Sidhu a dentist from Saint Ishwar Singh Charitable Trust Nanaksar was invited to deliver a lecture on dental care. She enlightened us about the importance of oral care. She also said that twenty-five percent of children are found to have some sort of dental problem, such as mouth ulcers or cavities. She taught the volunteers how to brush their teeth and how to keep their bodies clean and healthy to get rid of various diseases. As it is a well known quote that cleanliness is next to Godliness, task of cleanliness of college campus and surroundings was taken up for the 2nd day of the N.S.S. camp. All the volunteers were divided into groups and then separate areas were allotted to each group to clean and beautify. After the completion of the task, the camp in-charges Ms. Meena Arora and Mr. Harminder Singh took a round of college and duly appreciated the efforts of the deserving volunteers and urged them to always keep their surroundings clean.



Panel Decoration

Third Day of the Camp 16-12-13



CLEANLINESS CAMPAIGN AT DISPENSARY



CLEANLINESS CAMPAIGN

They removed the big bushes with help of equipments and machines and cleaned the outskirts. Thereafter the Principal of the college delivered lecture in Daudhar Village on the present situation of education. **Fourth Day Blood Donation Camp 17-12-13**

Blood Donation Camp was organized. Donors accompanied Ms.Meena Arora, Ms. Balraj Kaur, Mr. Harminder Singh and Mr. Bahadur Singh reached Civil Hospital Moga for donating blood.



BLOOD DONATION CAMP

CMO and Dr.Puri and Ms. Simmi appreciated student's contribution for social welfare and encouraged to all by saying that we should donate blood in our life.

Fifth Day 18-12-13

Awareness Rally was organized. Rally moved in different street by shouting "Say no to drugs" etc.



AWARENESS RALLY



VOLUNTEERS AT COW RANCH

After this all the volunteers with Camp in-charges Ms. Meena Arora and Mr.Harinder Singh, Mr.Bahadur Singh went to the cow ranch.

Sixth Day 19-12-13

To enhance knowledge about Culture and sacrifices by Sikh religion Trip to Matiana sahib was organized during NSS Camp. Buses were arranged for the trip.



STUDENTS AT GURUDWARS

Valedictory Ceremony Seventh Day (20-12-13)

The valedictory function of the NSS special camp was held at Seminar Hall.



NSS volunteers, Staff and students who participated in the camp gathered in seminar hall for the closing ceremony of the 7 days special camp. Ms. Meena Arora started the program by welcoming Speaker Mr.Onkar Singh and others. As the Programme proceeds, some of the volunteers have given their memorable views. There were many entertaining cultural programmes like dance, singing, mimicry etc. A Lecture by Mr. Onkar Singh Assistant Professor (Dashmesh Girls College Badal) was organized on the Closing Day of the Camp. Mr.Onkar Singh narrated his experiences of the NSS camps organized by him. He motivated to the students by giving examples of his own life experiences. He also told we should perform our duties wholeheartedly. At last Award of Honour Presented to Mr.Onkar Singh . Programme Officer Ms.Meena Arora praised the work done by students in the camp. She mentioned the various activities undertaken by the students during the camp and urged the students to continue such activities in future as well. All the student were inspired by short story on struggle in life by the Ms.Meena Arora. The student volunteer Parminder Kaur,Harpreet Kaur,Abhey Raj Singh and Gursewak Singh have been awarded Best Volunteer respectively by Ms.Meena Arora for their

exemplary work in fulfilling the objectives of NSS. This camp developed great zeal, enthusiasm and team spirit. The function was then concluded by Ms.Meena Arora (Programme Officer) by Vote of thanks and later the lunch. Mr. Onkar Singh appreciated the activities done and congratulated the team for a successful camp.

NATIONAL SERVICE SCHEME PROGRAMME CAMP

SESSION 2014-15

THEME: SWACHHTA HAMARA MISSION

PROGRAMME OFFICERS:

- **MS.MEENA ARORA**
- **MR. HARMINDER SINGH**

TOTAL VOLUNTEERS: 55

SCHEDULE OF SEVEN DAYS CAMP

DATE	ACTIVITY UNDERTAKEN
04-01-2015	Inauguration and Tree Plantation
05-01-2015	College Campus Cleanliness
06-01-2015	Gurudwara Sahib and Baba Mangal Singh Hospital Cleanliness at Daudhar Village
07-01-2015	Blood Donation Camp
08-01-2015	Awareness Rally at village Daudhar Sharki
09-01-2015	Gurudwara Sahib Visit
10-01-2015	Visit to Cow Ranch and Closing Ceremony

A BRIEF REPORT

Our College camp was organized at Babe Ke College of Education, Daudhar from 4th January to 10th January 2015. The camp was attended by 55 NSS volunteers along with NSS programme officer Ms. Meena Arora and Two Assistant Programme Officers Mr. Harinder Singh and Mr. Bahadur Singh

1st Day: 4th January 2015

NSS camp started with the Inaugural function which was organized by our NSS volunteers under the supervision of our NSS Programme officer. The Chief Guest for the function was Dr. C.L. Sachdeva Director Babe Ke group of Institutes. Afterwards trees plantation was done by Dr. Nand Kishor Choudhary followed by other staff members' viz. and students. After the inaugural program all the seven days work was divided among the students by dividing them into group of six.



TREE PLANTATION

2nd Day: 5th January 2015

Second day of the camp started with morning assembly at 9 am. Next the students cleaned the campus. Cleaning and Plantation was done at the entrance of College by the NSS volunteers.



CAMPUS CLEANLINESS

3rd Day: 6th January 2015

All the volunteers visited Gurudwara Sahib and then to Dispensary. There they cleaned the surrounding by plucking weeds, collecting plastic and other waste.



CLEANLINESS CAMPAIGN AT DISPENSARY

Day 4: 7th January 2015

Blood Donation Camp was organized at Civil Hospital Moga. Team hailed the contribution of students for social welfare and encouraged to all by saying that we should donate blood in our life. Refreshment was also provided to the participants.



REFRESHMENT

Day 5: 8th January 2015

Our day always started with morning walk and assembly. On this day Awareness Rally was organized at Daudhar Village. Rally moved in different street by shouting “Say no to drugs”.



Day 6: 9th January 2015

To enhance knowledge about History and sacrifices by Sikh religion Trip to matiana sahib was organized during NSS Camp.



Day 7: 10th January 2015

Last day of the camp began with morning assembly. Volunteers with faculty members visited Cow Shed wherein they cleaned the place, served cows and planted saplings.



VOLUNTEERS AT COW-RANCH



Pot painting and Panel decoration was done on this day.



PRINCIPAL AT VELEDICTORY SESSION

Cultural Function was organized by the volunteers. Programme Officer Ms.Meena Arora appreciated the work done by students in the camp. She mentioned the various activities undertaken by the students during the camp and urged the students to continue such activities in future as well. Volunteers Ms.Sonia, Mr.Parminderjeet Singh awarded as **Best Volunteer** respectively by Dr.Nand Kishor Choudhary Principal for their exemplary work in fulfilling the objectives of NSS. This camp developed great zeal, enthusiasm and team spirit among the volunteers.

NATIONAL SERVICE SCHEME PROGRAMME CAMP

SESSION 2015-16

THEME: GENERAL HEALTH, HYGIENE AND SANITATION

PROGRAMME OFFICERS:

➤ **MS. JASKIRAN KAUR DAYAL**

➤ **MR. KAPIL JAISWAL**

TOTAL VOLUNTEERS: 31

BEST VOLUNTEERS:

1. **Mr. Jhirmil Singh M.Ed.**

2. **Ms. Jaspal Kaur, B.Ed.**

SCHEDULE OF SEVEN DAYS CAMP

Date	Morning Session	Evening Session
31-12-2015	Inauguration of Session	Awareness rally
01-01-2016	Awareness rally & Awareness campaign survey on Health Hygiene & sanitation	Extension Lecture
02-01-2016	Cleanliness programme in Slum area	Visit to Mehdiana Sahib Gurudwara
03-01-2016	Extension activities on Hygiene of Children of Slum area	Awareness Lecture for slum- dwellers by College students
04-01-2016	Visit to Old age Home and orphanage	Visit to Shrine of Baba Farid
05-01-2016	Extension programme on General Health & Hygiene in Local Govt. School	Cleanliness of the College Campus and Extension lecture on Mental health
06-01-2016	Extension programme on Immunization Programme for Infants in Village Daudhar	Extension Lecture & Closing ceremony

A BRIEF REPORT

Babe Ke College of Education, Daudhar, Moga with untiring efforts of Principal, Dr. Nand Kishor was sanctioned one unit of NSS (consisting 50 volunteers) in year 2010. Since then, a seven days NSS camp is organized religiously by the NSS unit every year during the winter break.

This year the seven-days programme based on theme: **HEALTH HYGIENE & SANITATION** began on December 31st,2015 under the able guidance of Programme officers: Ms. Jaskiran Dayal & Mr. Kapil Jaiswal. The brief report of the activities carried out by the unit during these seven days is given below:

Day 1: Inauguration Day:

The Camp was inaugurated on 31st December by Dr. C.L. Sachdeva, Director, Babe Ke Group of Institutes.



INUGURATIONAL CEREMONY

During the inaugural session, Mr. Kapil Jaiswal threw light on History, Objectives, need and importance of National Service Scheme. Ms. Jaskiran Dayal told about the various activities to be undertaken during seven days by the volunteers. Principal, Dr. Nand Kishor shared his experiences about the NSS Camps organized by the College NSS unit during last few years and motivated the learners for selfless service. Later, Dr. Sachdeva flagged off an awareness rally on Health hygiene and sanitation for village Daudhar. Students were provided refreshment after the completion of rally.



CHIEF GUEST FLAGGING OFF THE RALLY

Day 2: Awareness Campaign and Survey:

Second day of the NSS camp witnessed continuation of awareness rally in interior of the village.



AWARENESS RALLY IN PROGRESS



VOLUNTEER DURING SURVEY WITH LOCAL RESIDENT

Volunteers conducted a survey in backward area of the village on women and children regarding awareness on general health and hygiene through a self prepared Questionnaire by volunteers in guidance of programme officers. NSS volunteers provided necessary information and knowledge to the villagers regarding oral Hygiene, general health and precautions to be taken for prevention of common water borne, air borne and vector borne diseases.



NSS TEAM HONOURING DR. SURJEET SINGH

During the evening session, NSS volunteers framed a refreshment committee and an organizing committee, two head were chosen by the volunteers from boys and girls group for smooth conduct of various activities. An extension lecture was delivered by Dr. Surjeet Singh, Principal, Government Sen. Sec. School, Kokri Kalan on Relevance of Social Service in human life. He shared his experiences as NSS volunteer and as a Programme officer with the students. He motivated them to work selflessly for the people during the camp. Latter, refreshment was provided to the students.

Day 3 &4: Visit to Slum area:

The Volunteers visited Slum area of Nanaksar on third and fourth day of the Camp. The students visited the Jhuggis of the residents and conducted a survey on general living conditions of the slum dwellers.



SURVEY ON GENERAL HEALTH AND SANITATION CONDITIONS

Students recorded their statements through video-graphy. The various activities undertaken by the students were as follows:

1. Survey on living conditions of the Slum Dwellers.
2. Dissemination of information on Hygienic living to women and Children by Volunteers.
3. Cutting of Nails of Children and Women.
4. Distribution of Soaps, Tooth paste and brushes, Nail cutters, Combs to slum Children.

5. Cleanliness Campaign was carried out on second day in Slum area.
6. Distribution of clothes on their own by the volunteers.



VOLUNTEERS INTERACTING WITH SLUM DWELLERS

Students also paid a visit to Historical Gurudwara Mehdiana Sahib on the fourth day of the Camp during evening session.



VOLUNTEERS AT MEHDIANA SAHIB

Day 5: Visit to Govt. High School Maddoke & Cleanliness of College Campus:

Students during morning session visited the school and carried out cleanliness of the school campus. Students visited the classrooms and cut off the nails of the students and provided knowledge to class VI-VIII students on oral Hygiene and Personal Hygiene.



CLEANLINESS CAMPAIGN AT GOVT.SCHOOL

During the second session, students carried out cleanliness of the College campus. After, refreshment hour, Programme officers delivered an extension lecture on Mental Health and provided tips on how to relieve stress through meditation.

Day 6: Visit to Orphanage and Old age Home:

A Visit was paid to Radha Krishna Dham for orphan children and senior citizens Faridkot. Students interacted with the orphan children and senior citizens. Fruits and medicines were distributed among them. Students donated a handsome amount to the residents as a gesture of love. Students spent nearly 3 hours with the residents there.



VOLUNTEERS INTERACTING WITH RESIDENTS AT ORPHANAGE

During afternoon, students visited holy shrine of Sheikh Baba Farid



Day 7: Interaction Day and Valedictory Session:

On the last day of the camp, students visited houses in Daudhar and provided knowledge to women folk regarding immunization of infants for their good health and future. Dr. Ekta, Professor at Babe Ke Ayurvedic medical College and Hospital, Specialist in Hygiene delivered an expert lecture and power point presentation on Health and Hygiene to the students. Students' queries were satisfied by the expert.



During the Valedictory session, students presented a cultural programme and shared their experiences about the NSS programme. The Programme officers presented a brief report on activities carried out during the Camp and thanked the volunteers for their Cooperation.

A lunch was arranged for the NSS unit to mark the closing of the Camp.