

NSS ANNUAL REPORT FOR THE SESSION 2021-22



**LAL BAHADUR SHASTRI GOVT.DEGREE COLLEGE
SARASWATINAGAR (SAWRA)
TEHSIL JUBBAL ,DISTRICT SHIMLA ,HIMACHAL PRADESH**

**SUBMITTED BY
PROGRAMME OFFICER
NATIONAL SERVICE SCHEME
LBS GOVT.COLLEGE S/NAGAR
UNIT- I &UNIT-II
ASSTT.PROF. PAWAN KUMAR
&
ASSTT.PROF. PREETI PANTA CHHATTI**

ABSTRACT REPORT OF NSS ACTIVITIES FOR THE SESSION 2021-22

The session was started with the enrolment of volunteers for the session 2021-2022 by the program officers Mr. Pawan Kumar and Miss. Sandhira Devi and 200 students got enrolled in the NSS unit.

NSS body was framed on September 2021 and following were chosen as office bearers.

President Unit 1	Rishabh Mehta
President Unit 2	Pallavi Shama
General Secretary	Tanisha
Joint secretary	Priyanshi

Achievements Of the year 2021-2022

1. One Volunteer Mr. Banit Ranta has participated in the 73rd Republic day Parade held at Rajpath Delhi on 26th January 2022.
2. One Volunteer Mr. Rishabh Mehta has attended 7 day National Integration Camp held at Chaudhary Charan Singh Agriculture University, Hisar, and Haryana.
3. A State level self defence camp for girls was organised by L.B.S.Govt.P.G.College Saraswati Nagar from 29th November To 4th December 2021, in this camp 13 colleges from 5 districts took participation.
4. Two Volunteers Miss, Tanisha and Mr. Pankaj Nanda Participated in the selection for National Youth Festival at district level which was held at Govt, College Sanjauli, Shimla(H.P.)
5. Three Volunteers Mr Banit Ranta, Miss. Pallavi Sharma, Mr. Sanchit Gyanta were selected for State Level Pre-RD camp at MLSM College Sunder Nagar, Mandi (H.P.).
6. NSS unit of L.B.S.Govt.P.G.College Saraswati Nagar has organised a 7day special camp in the college from 19th to 25th March 2022 under the Theme **“Educated Youth and Self Reliant India”**.

NSS Activities for the Session 2021-2022

Clean India Campaign / Azadi ka Amrit Mahotsav

NSS Units of LBS Govt. PG College Sarawati Nagar has successfully conducted the following Activities under the theme of Clean India Campaign.

I. Bhaang Ukhado Abhiyan:-

The clean India Campaign was started on the eve of 75th Independence Day on 15 August 2021. On this day Bhaang Ukhado Abhiyan was organised in the college campus and nearest areas of the campus. 50 volunteers from both the units have participated in this camp.



II. Collection of Polythene:-

One day Collection of polythene Abhiyan was organised by the NSS Units of the college on 28th August 2021 at the bank of the Pabbar River in Saraswati Nagar and the way of Hatkoti Temple.



III .Cleanliness of Drainage and Nallahas:-



Under the theme of clean India Campaign an activity of cleaning of Drainage and Nallahas were organized by the NSS Units of the College on 18th September 2021. In which 45 volunteers from each unit took participation.



iv. One day cleanliness Camp

On the eve of NSS day one day cleanliness camp was organized in the college campus on 24th Sept. 2021 and 200 volunteers took participation in this camp. All the areas of the college campus were cleaned including the Girls hostel area, old block, new block, entrance of the college and the playground of the college were cleaned.



V. One Day Camp on the occasion of Gandhi Jayanti:



One day camp on the occasion of Gandhi Jayanti was organized on 2nd october2021 under the theme of Swatch Bharat Abhiyan [Clean India Campaign]in which 170 NSS volunteers took participation. The volunteers undertook cleanliness campaign in the campus to make it neat and clean and give a boost to the Swatch Bharat Abhiyan. The volunteers cleaned the entire campus

and collected all the litter in bags for disposal. The volunteers also maintained the gardens of the college.

Vi. One day cleanliness camp on cutting of shrubs: -

A one-day camp on shrubs cutting has been organized in the college campus by the NSS Units of the college on 9th October 2021. 100 volunteers from both the units participated in this camp. All the unwanted shrubs were cut by the Volunteers.



VI. One Day awareness campaign under NSS to check spread of Coronavirus:

A one day special activity was organized on 20th October 2021 under which 170 NSS volunteers make people aware regarding the harmful effects of corona virus upon our health and appeal to the people to take measures to prevent the spread of the virus. Volunteers also appeal to the masses including to get vaccinated, wear a mask, avoid crowds and poorly ventilated spaces. As a whole the main objective of this camp was to make people aware regarding the importance of health and hygiene in our life's.

NSS 5-days State level Self – Defence Mega Camp Girls[29th Nov to 4th Dec 2021]

For the first time Lal Bahadur Shastri Government PG college Saraswati Nagar got the opportunity to host State level Self-defense Mega Camp for girls. In which around 100 NSS female volunteers from 13 colleges participated.



NSS Mega Camp Day -1 Activity Report:-

On the 30th of December 2021, National Service Scheme state level self-defense five-day camps started in Lal Bahadur Shastri Government PG college Saraswati Nagar in which firstly all the campers were gathered in the ground for flag hoisting, where the flag was hoisted by Dr. Gopal Dutt Sharma [retired professor] being the chief guest of the opening ceremony. The march pass was demonstrated by all the campers who came to the five-day camp. Thereafter all the campers were gathered in the hall. Then Chief Guest Mr. GopalDutt Sharma [retired professor] was honored with a Memento and Himachali cap. Also, the lamp lighting ceremony was done by the chief guest. After that various presentations were given by the volunteers of Lal Bahadur Shastri College, Saraswati Nagar which included SaraswatiVandana, Punjabi Dance, Pahari Folk Dance. After that, all the volunteers were encouraged by the Principal of Lal Bahadur Shastri PG college Saraswati Nagar, Dr. P.P Chauhan. Some important things were also told to all the volunteers under self-defence camp by Chief Guest Dr. Gopal Dutt Sharma Sir.



Then the vote of thanks was given by Pallavi Sharma, President of Unit 2 of National Service Scheme of Lal Bahadur Shastri PG College Saraswati Nagar. Than everyone went for lunch. Thereafter all the volunteers were once again gathered in the hall for the academic session. The sessions were conducted by Dr.Ritu Bashtu and Dr. Poonam Mehta [professor Philosophy] on the topics Nutrition, health and hygiene and drug abuse respectively. At the end of the academic session, they were thanked by Pallavi Sharma. After this, all the campers were divided into different groups named as Ganga, Saraswati, Lakshmi and Durga. Thereafter all the campers left for dinner and thus the first day of the National Service Scheme 5-days self-defense camps ended





NSS Mega Camp Day -2 Activity Report:-



On 1st of December second day of special mega camp started with heavy rainfall in the morning due to which the volunteers were not able to go for the *prabhat feri* as per the scheduled routine of NSS camps. Around 8:30 am volunteers went for their breakfast after which they gathered in the college lobby where they sang NSS song. Following which indoor self-defence training classes were given by Mr. Dinesh Manta to the volunteers.





Thereafter all the volunteers went for the lunch break. After the lunch break all the volunteers were gathered in the hall for the academic session, where Dr. Poonam Chauhan (Asst. Prof Zoology) was resource person of the day and conducted a session on the topic Immune system. At the end of the session NSS unit -2 President Ms. Pallavi Sharma gave her word of thanks followed by that a memento was given to the resource person by the program officer. After that an activity session was conducted where all the campers were asked to share their experiences in NSS. Thereafter volunteers left for the dinner and with that second day of the National Service Scheme 5-days self-defense camps came to an end.





NSS Mega Camp Day -3 Activity Report:-

On 2nd December the day started at 5:30 with the *prabhatferi* conducted by the campers around the locality of Lal Bahadur Shastri Government P.G College Saraswati Nagar. After that prayer was conducted in the college lobby following which a yoga session was conducted at 6:30 am by Mr. B.S Pirta [retired professor]. Then the volunteers went for their breakfast at 8:00 am. After break time a parade session was conducted by NCC cadets in which NSS volunteers were taught about basics of the parade. Thereafter self-defense training session was conducted by Mr. Dinesh Manta. After the training session campers went for their lunch.





After the Lunch all the campers gathered in the hall for the educational session. An advocate was the resource person for the day who talked about the certain laws and rights of women. NSS unit 2 President Pallavi Sharma give her vote of thanks and resource person was given a memento by the program officer. In the evening Cultural program was performed by the volunteers of Ganga group. The various activities included were group song, Pahari song, Haryanvi dance, Pahari dance and Poem. Mr. Balwant Chauhan[retired Principal] was the special guest of the day. After cultural event all the volunteers went for their dinner and with this the third day of NSS state level 5 day mega camp ended.





NSS Mega Camp Day -4 Activity Report:-

The fourth day of the five-day self-defence training camp started at 6:00 am in Lal Bahadur Shastri Government College, Saraswati Nagar. The day first started with Prabhat Pheri. After this, training of NSS volunteers Yoga and Pranayama was given by Mr. B.S Pirta[retired professor] from 7:00 am. After this all the volunteers went for breakfast in the morning. After the meal, the volunteers were paraded by NCC cadets, whose timings were from 9:00 to 10:00a.m.After the parade, Mr. Dinesh Manta with his companions started given self-defence training to volunteers. After this, the volunteers were given full information about the RTI Act by Dr. Rajender Kapoor[professor public administration] who was present in the program as a resource person. After that the volunteers went for lunch.





After the meal, the NSS volunteer were asked some questions related to NSS by Miss. Sandhira, program officer of NSS Unit 2. After that evening cultural program was organized by the volunteers of Durga Group. Various programs were presented in this event. After that Astd.Prof. Digvijay Chauhan, apprised the volunteer from his words and

a presentation was also given by Asstt.Prof. Ravi Prakash Sharma. After successfully finishing the programs all the volunteers went for dinner and with this the fourth day of NSS Self Defense Camp came to an end.



NSS Mega Camp Day-5 Activity Report:-

On the last day of the special camp the closing ceremony started at 10am. The chief guest of the day was Dr.B.R Thakur Programme Coordinator NSS, Himachal Pradesh University. The volunteers demonstrated the parade in the college lobby. After which the cultural events started in the college hall. The guests were honored with a bouquet and the badges were pinned by P.O Asstt. prof. Pawan Kumar and after that he also gave the welcome speech to our guests. Then the whole 4 days report of NSS State level Self-defense Mega Camp was read by P.O.Asstt. prof Sandhira. A number of performances were there like Punjabi dance, Rajasthani dance, Pahari dance, solo songs, yoga, self-defence demonstration etc. After all the performances the chief guest congratulated the volunteers for their discipline, hard work, and consistency which made the camp a successful.









Then the certificates and prizes were distributed to the volunteers and the groups for their performances during the special day camp. Durga group got the prize for best cultural program, Ganga group got the prize for best report reading, Saraswati group got the prize for best Assembly and Laxmi group got the prize for best discipline. Thereafter Flag unfurling ceremony was done by the chief guest, and the volunteers went for their lunch and with that the last day of the NSS self defence 5-days state level camps ended successfully.



NSS VOLUNTEER TOOK PART IN DELHI REPUBLIC DAY PARADE

NSS volunteer of Lal Bahadur Shastri Government PG College Saraswati Nagar, Mr. Banit Ranta selected for the republic day celebration parade in Delhi on 26 January 2022.

RD parade is held at New Delhi every year from January 01 to 31. There were 100 NSS volunteers selected for RD Parade from every direction all over India and Mr. Banit Ranta, 3rd year student of LBS PG College Saraswati Nagar was one of them. The selection process was done by three criteria which included the drill, cultural activities and finally the interview. Before final RDC there are selection camps held at college level, University level, State level, and North zone level. The North zone level camp or the PRE- RD camp was held in Biyani College, Jaipur (kalwar).

In the PRE–RD selection camp there were a total of 22 volunteers from Himachal Pradesh among which only four volunteers were selected for the RD parade. Lastly out of 167 volunteers only 100 volunteers were selected from all over India. From the past two years due to COVID restrictions number of volunteers selected was limited to 100.

The volunteers also got an opportunity to meet the Prime Minister of India Mr. Narendra Modi, and Minister of youth and sports Mr. Anurag Thakur who distributed RD certificates to the volunteers.





NSS VOLUNTEER ATTENDED NATIONAL INTEGRATION CAMP

NSS volunteer Mr. Rishabh Mehta, 3rd year student of LBS PG College, Saraswati Nagar selected for attending the National Integration Camp of the NSS held at Chaudhary Charan Singh Agriculture University, Hisar, Haryana from December 16 to December 22, 2021. AATMNIRBHAR BHARAT was the theme of the NIC held in the session 2021-22 and the duration of the camp was of 7 days with day-night boarding and lodging.

The camp involved 500 NSS volunteers from 17 different States of the country which included Himachal Pradesh, Assam, Manipur, Bihar, Delhi, Chandigarh, Punjab, Haryana, Karnataka, Maharashtra, Rajasthan, Gujarat, Uttrakhand, Uttar Pradesh, Chhattisgarh, Jammu and Kashmir, Madhya Pradesh. The volunteer took various scheduled activities like attending educational and motivational session, dance, song, poster, slogan, rangoli competition, etc.

The main objective of NIC is to make volunteers aware of the rich cultural diversity of India, History of our diversified culture and to integrate the nation through social service.





Report of NSS 7 days Special Camp: - 19th - 25nd of March 2022

NSS unit of LBS PG College Saraswati Nagar organized a 7 days Special Camp in the college from 19th to 25th of March 2022. The camp was organised by the programme officers of NSS unit -1 and unit -2, Mr. Pawan Kumar and Mrs. Preeti Panta Chhatti with the help of college administration.

The camp is integral part of NSS. It has special importance to the youth as it provides group living opportunities to them, builds team spirit, group dynamism and interaction with community. It helps in shaping the personality of the students.



NSS Activity Day One – 19th of March 2022

The journey of the camp Started on 19th of March 2022, around 100 students along with NSS Programme officer Mr. Pawan Kumar and Mrs. Preeti Panta Chhatti were the part of the camp. On the first day the inauguration ceremony took place in the college hall at 1 pm where Dr. P.P Chauhan[Principal of L.B.S Govt PG college Saraswati nagar] was invited as chief guest and former coordinator of NSS unit asstt. Prof Sandhira devi was invited as guest of honour. The flag hosting ceremony was done by the chief guest in the college campus. After that they were presented a token of love by the programme officers of NSS unit -1 and unit-2. President of NSS unit-1, Mr. Rishabh Mehta and President of NSS unit -2, Miss. Pallavi Sharma pinned the badges to the guests. The lamp lighting ceremony was done by the chief guest and other dignitaries. A welcome speech was given by programme officer of unit-1 Mr. Pawan Kumar. Following which beautiful dance performances were given by volunteers. Then the guest of honour asstt. Prof. Sandhira gave her formal speech. The chief guest of the day Dr. P.P Chauhan Sir graced the campers with his valuable words. Thereafter a pahari dance performance was given by the volunteers. In the end vote of thanks was given by programme officer of NSS unit-2, Mrs. Preeti Panta Chhatti.





In the evening session a cultural evening was hosted by the campers of the Courageous group. The chief guest of the evening session was Dr. Lokraj Sharma [Professor Chemistry]. He was presented a memento by the programme officers of unit-1 and unit-2. The event started with the dance performances given by the campers. The performances included various dance forms like Pahari, Punjabi, and Bollywood dance. Then a formal speech was given by Dr. Lokraj Sharma sir. With that, all the volunteers and guests headed for dinner and the end of the first day of the Special Camp at 10 pm.

NSS Activity Day 2 – 20th of March 2022

The day started at 5am when all the volunteers went to Hatkoti temple for the morning procession. After which a morning assembly was conducted by the campers of 'Volunteers United' group. The morning assembly included prayer, thought for the day, previous day report reading and National song. Following the morning assembly the volunteers along with the programme officers did some light exercises. After the exercise and volunteers headed for their breakfast which was prepared by the campers of 'volunteers' squad. Then a 1 hour drill session was conducted by NCC cadets. After that 1 ½ hours cleanliness drive was conducted with the instructions of programme officers of unit 1 and unit 2. At 12:00 PM the volunteers gathered in the college hall for attending a 1 hour educational session in which Dr. Rajender Kapoor [professor Public administration] was the resource person who delivered lecture on the topic, RTI Act 2005. After the lunch break volunteers did a 2 hour field work from 3:00 PM to 5:00 PM. At 6:00 PM cultural evening started which was hosted by Everest group. Mrs. Pooja Machan (inspector weight and measurement) at Rohru was the chief guest for the evening cultural event. At 8pm dinner was served. After the dinner a meeting was organized to discuss the days happening and planning for the next day between the programme officers, group leaders and the presidents of both the units.



NSS Activity Day 3 – 21st of March 2022

The third day of the camp started with the prabhat pheri at 5:30 am, where the volunteers had a march from college campus to dippu, Sawra. The morning assembly was conducted by the 'Rescuers group'.

Thereafter a refreshing yoga session was conducted by Dr. B.S Pirta [retired professor] at 6:45 am to 8am. Following the session volunteers did a 2 hour of field work at college campus. The academic session was started at 12 pm in which Dr. Gopal Sharma [retired professor] was the resource person. He shared his experience to the students regarding the various NSS programmes. Following which a one hour field work was performed by the volunteers.





At 4:15 pm Joint director of higher education Dr. Aashish Mishra arrived for college inspection. Thereafter a cultural programme was presented by the volunteers to mark his arrival. Then at 6:30 pm the scheduled cultural events were hosted by 'Social servers' group. Mr. Jagdish Jagta[retired lab attendant] was present as the chief guest. The programme included activities like dance, song, speech, yoga, power point presentation, and a music band performance by the students. After that everyone went for the dinner. A meeting was organized to discuss the days happening and planning for the next day between the programme officers, group leaders and the presidents of both the units.



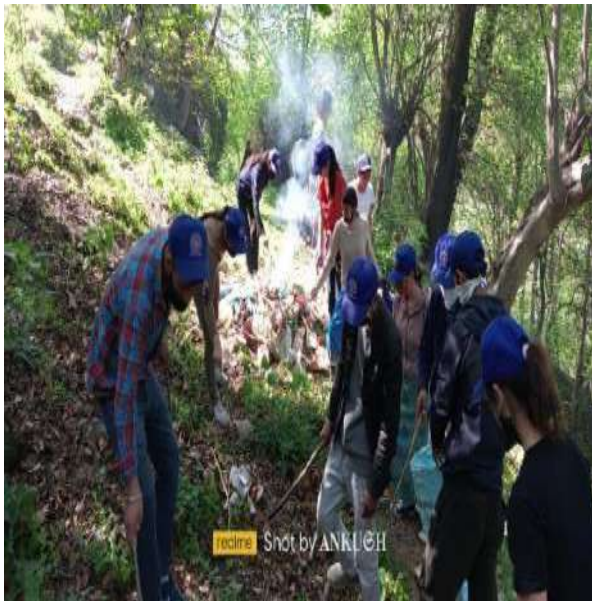
NSS Activity Day 4 – 22nd of March 2022

The fourth day of the camp was followed by the Prabhat pheri and morning assembly. After the assembly Mr. B.S Pirta sir headed the volunteers towards the yoga session following which the volunteers went for their breakfast. Thereafter at 10 am Dr. Rohit Mokta sir [NCC Officer] guided the volunteers towards drill practice. A cleanliness drive was performed in the college campus under the guidance of both the programme officers. The day was in more highlights because of the special guidance of Mr. Dimple Panjta and Mr. Rajesh Khimta about agricultural activities. At 3 pm another cleanliness drive was conducted in the college surroundings. In the evening cultural events were performed by the volunteers. After the dinner at 8 pm the regular meeting was organized between the programme officers and the group members.



NSS Activity Day 5 – 23rd of March 2022

The schedule started from 6:00am. All the volunteers gathered in campus for assembly. After that yoga session was conducted by Mr B.R pirta sir. After the session all the volunteers went for breakfast. Later all the volunteers went for 2 hour cleanliness drive to a nearby village, Bharot which was adopted by the college NSS unit for the session 2021-2022. Returning from there volunteers had their lunch. Following which there was a relaxation time of 1 hour for the volunteers. Thereafter 2 hour cleanliness drive was conducted in the college campus.





Later in the evening cultural evening was hosted by the volunteers of Social battalion. Mr. Balwant Chauhan[retired Principal] was the invited as chief guest for the evening. Various performances were given by the members of the group. After the cultural evening everyone went for their dinner followed by the meeting organised between the programme officers and the group leaders. In this way 5th day of the NSS seven day special camps ended successfully.

NSS Activity Day 6 – 24th of March 2022

The 6th day started with the same routine which included our morning procession, assembly, yoga session, later in the educational session, the Election kanugo, Mr.Praneet Balwan was present as the resource person. In his lecture he defined the history and background of self reliant India. After the lunch the volunteers participated in a rally organised by the Kalp foundation, addressing the topic – awareness on the affects of drug addiction from Hatkoti crossing to dippu,Sawra. Many charts and banners were made by the volunteers on whom many slogans and saying were written about drug addiction. In the evening cultural events were hosted by the volunteers of 'Volunteers united' group. In this cultural programme Mr. Sardar Singh[retired professor in history] accompanied with Principal Dr. P.P Chauhan sir was the chief guest. The volunteers performed various activities. After the programme everyone went for dinner. And the day ended with the meeting between the programme officers and the group leaders for the planning of the next day.





NSS Activity Day 7 – 25th of March 2022

This was the last day of the camp; the day was started with the morning assembly which was conducted by the volunteers of Social battalion group at 6 am. After the breakfast closing ceremony of the 7 days NSS Special Camp started at 10:30 am were Dr. Harilal Sharma(State Liason officer of NSS ,Himachal Pradesh) was invited as the chief guest. The welcome ceremony was done by the P.O Mr. Pawan Little by pinning up the rosette to the day guest. After that lamp lighting ceremony was done by the chief guest and other dignitaries.

Then six days activity report was read by Programme officer Prof. Preeti Panta Chhatti. The chief guest, Dr. Harilal Sharma(State Liason officer of NSS ,Himachal Pradesh) gave a motivational speech and praised the volunteers for their dedication, discipline and consistent working spirit, which made this camp successful.









Thereafter dance and song performances were given by the campers. After the cultural performances, prizes were distributed to the best groups and the best volunteers. Volunteers squad group got the prize for Best field work, Volunteers united group got the prize for best power point presentation, Social battalion group got the prize for best assembly, Social servers group got the prize for best Report, Everest group got the prize for best mess, Courageous group got the prize for best art and craft and the Rescuers group got the prize for best cultural programme whereas, Aryan, Tia, Pummy, Dikshant, Susheel and Sonia got the award for best volunteers.

After that a vote of thanks was extended by the President of unit -1 Mr. Rishabh Mehta to the chief guest. The campers gave a drill performance following which flag unfurling was done by the chief guest accompanied with Principal Dr. P.P Chauhan. The 7days camp ended with the NSS song and the campers dispersed to their respective destinations.

Programme Officer unit-1 &unit2;-

1.ASSTT.PROF PAWAN KUMAR

2.ASSTT.PROF PREETI PANTA CHHATTI

(PRINCIPAL)

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