

NATIONAL SERVICE SCHEME

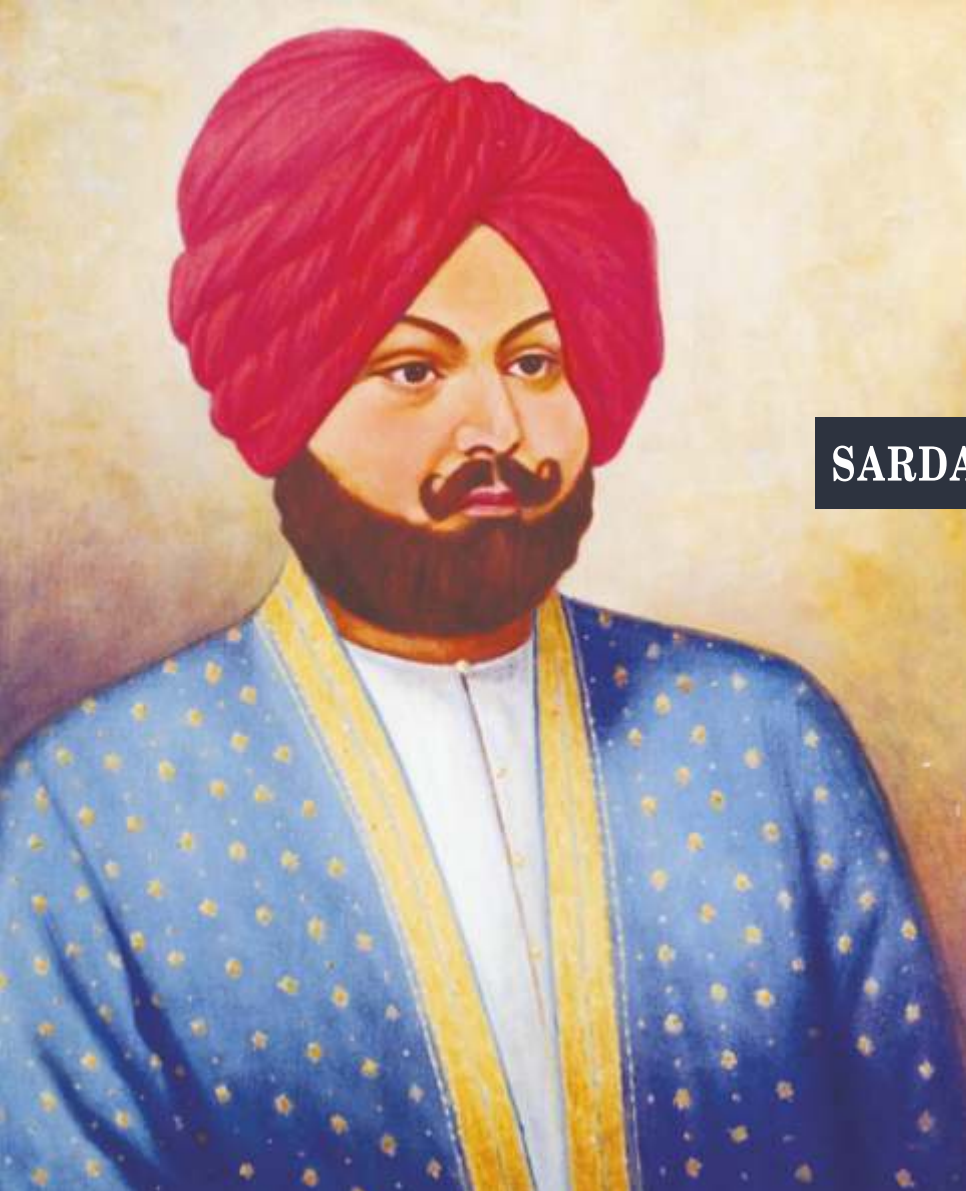
DYAL SINGH COLLEGE,
KARNAL

ACTIVITY

REPORT

Session: 2020-21





THE FOUNDER

SARDAR DYAL SINGH MAJITHIA

(1848-1898)

*The great philanthropist,
social reformer and one
among the Pioneers of
Indian Renaissance*



DEWAN ANAND KUMAR

(1894-1981)

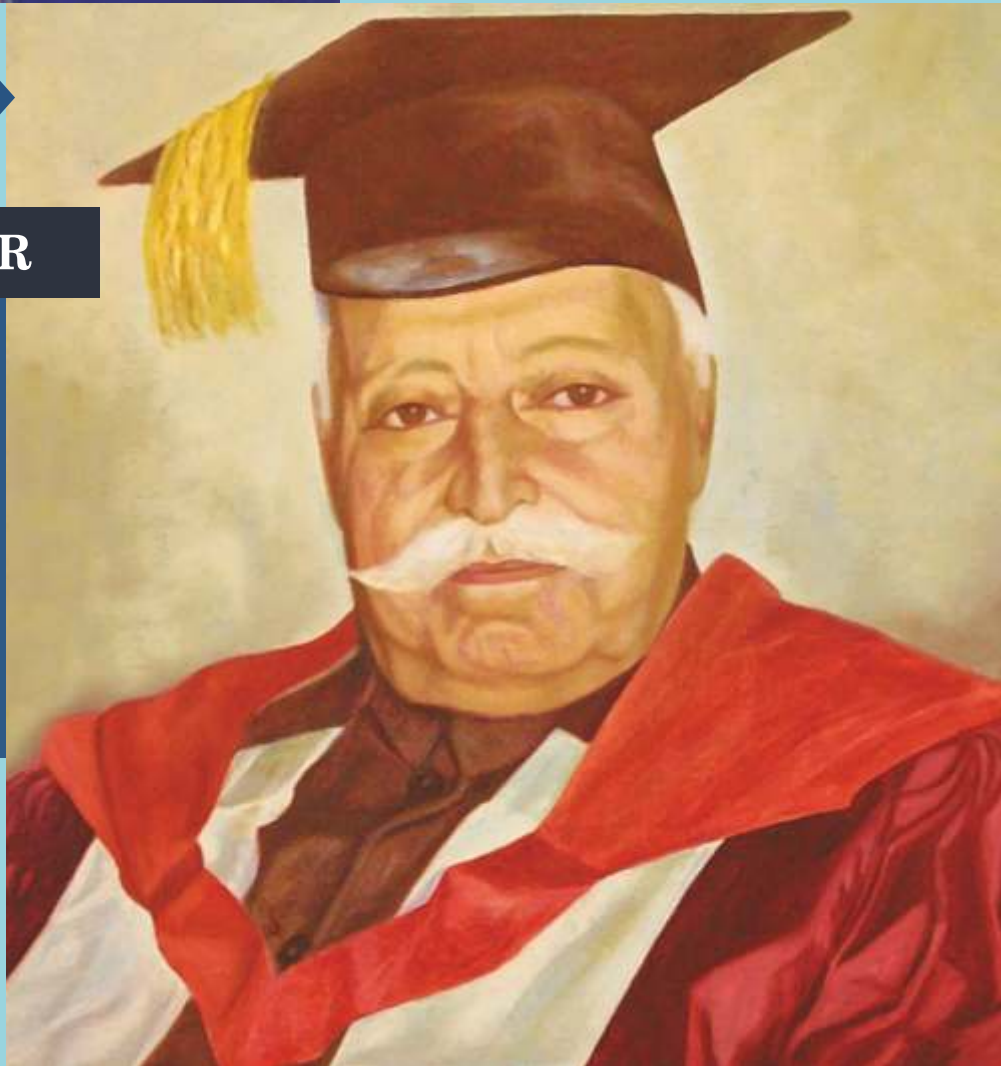
The Light that Guided us

The visionary who

re-established

Dyal Singh College

at Karnal on Sept. 16, 1949



OUR GENESIS ...

Our genesis lies in the last Will and Testament of our illustrious founder **Sardar Dyal Singh Majithia**, a great patriot and one of the pioneers of the Indian Renaissance. In accordance with his Will, Dyal Singh College was established on May 3, 1910, with avowed aim that the college “shall in all respects be a thoroughly efficient non-denominational college... teaching up to the highest standards... and looking after the mental well-being of the pupils on its rolls”.

After the partition, Dyal Singh College was re-established at Karnal on September 16, 1949 due to the untiring efforts of the great visionary, **Late Dewan Anand Kumar**, the Founder Member of the University Grants Commission of India and the Founder Vice Chancellor of Punjab University, Chandigarh, to say the least.

Dyal Singh College, Karnal as it stands today is a premier co-educational centre of learning with Grade 'A' by NAAC in September 2017. With the strength of more than 2900 students, the college has all the three streams of learning - Arts, Science and Commerce with Post Graduate courses in English, Hindi, Political Science, Commerce, Chemistry and 5 Year integrated M.Sc. in Forensic Science, with Honours at Graduation Level in the Subjects of English, Economics, Political Science and B.Com. along with the Add-on courses in Bio-informatics, Computational Physics and Web Designing.



Our Motto

Gather Ye The Wisdom of The East & The West

Our Vision

Excellence is a journey, not an end...

Our Mission ...

- To create top quality human resource by developing the innate talents of our students.
- To provide conducive environment for holistic development of personality, and improve the overall academic performance.
- To inculcate the spirit of Secularism, Nationalism, Communal Harmony & Rationalism.
- To inculcate discipline as a value system, and motivate youth to render service to the society at large.

National Level Workshop on Healing Powers of Nature and Yoga for Women

Convener

Dr. Rajni Seth

Coordinator

Dr. Anita Aggarwal

Co-Coordinator

Dr. Dimple Khosla

Organizing Secretaries

Dr. Tej Pal and Dr. Ruby

Resource Persons of the Programme

Dr. Deepika Punj MA in Yoga & Naturopathy, Doctorate in Alternate Medicine

Miss Ruchika Arya MA in Yoga, Gold Medalist in Asian Yoga Championship

Women Development Centre and NSS units of the College jointly organized one day national level virtual workshop on the theme "**Healing Powers of Nature and Yoga**" on the auspicious occasion of International Yoga Day on June 21, 2021, in which 286 participants were registered. The workshop started with Saraswati Vandana. The convener of the workshop, Dr. Rajni Seth after welcoming the speakers and the guests, introduced the theme of the workshop, explaining the need of Yoga and Naturopathy in this stressful time for women. Dr. Anita Aggarwal, the coordinator of the workshop introduced the first Resource Person -Dr. Deepika Punj, who is a qualified Doctor of Alternative Medicine, a Yoga Expert, Physiotherapist and qualified Dietitian. Dr. Punj explained the importance of Naturopathy to lead a healthy life. She discussed in detail about the importance of right lifestyle, balanced

diet and how we can stay healthy by connecting with mother nature. She also resolved the queries of the participants to the best of their satisfaction. After this, Dr. Ruby introduced the second Resource Person- Miss Ruchika Arya, who is an expert Yoga Trainer and has won many awards nationally and internationally in Yoga. She demonstrated many yoga postures which are especially important for women, while explaining the right technique and time at which certain asanas should be performed for maximum benefit. Miss Ruchika interacted with the participants and resolved their queries. At the end of the program, Dr. Dimple Khosla proposed a formal vote of thanks. The program ended with the National Anthem. Dr. Tejpal managed the technical part of the workshop. It was a successful event as the objective of making the girls aware about their health seems to be fulfilled.

National Service Scheme

Programme Officers: Dr. Jai Kumar Dr. Dimple Khosla Dr. Rubi Dr. Tejpal
(Till 17.03.21) (Since 17.3.2021)

The main aim of NSS is to facilitate personality development of students through social & community services. This aim is sought to be achieved through a variety of programmes. The three NSS units of the College worked together throughout the session and performed the following activities:

- Enrollment:** New NSS volunteers were enrolled from November 12 to December 20, 2020.
- Celebration of 'Observance of Vigilance Awareness Week-2020':** The Unit celebrated 'Observance of Vigilance Awareness Week-2020' through online mode. Online Poster Making competition was organized on the topic "Anti-Corruption" and "Satark Bharat, Samridh Bharat" in October 2020. The results of the competition are:
First Prize: Preeti Prajapti
Second Prize: Anjali Dame
- Anti-Corruption pledge:** A pledge was taken by NSS units along with all teaching and non-teaching staff against corruption to commence celebration of observance of Vigilance Awareness Week-2020 on October 27, 2020.
- An Awareness Drive:** NSS volunteers along with programme officers Dr. Jai Kumar, Dr. Dimple Khosla and Dr. Rubi carried out an awareness drive among the farmers about the side-effects of burning paddy on October 26, 2020 in village Dabri. Similar drive was carried out in village Bansa, Paont and Sokra also to spread awareness among farmers and check stubble burning cases in the district on October 28, 2020. An awareness rally was held to educate the masses.
- Ek Bharat Shrestha Bharat (EBSB) :** Programme officers Dr. Jai Kumar, Dr. Dimple Khosla and Dr. Rubi participated in a WebEx meeting conducted on Ek Bharat Shrestha Bharat (EBSB) by Haryana and Telangana on October 29, 2020. Dr. Rubi participated in a WebEx meeting conducted on Ek Bharat Shrestha Bharat (EBSB) by Haryana and Telangana on November 27, 2020.
- Visit to villages:** Our NSS team along with NSS teams of various colleges in the presence of DC Sh. Nishant Yadav & Sh. Aayush Sinha, SDM visited village Shubri and motivated the farmers about ill-effects of burning paddy on October 29, 2020.
- Rashtriya Ekta Diwas :** An e-pledge was taken by NSS units along with volunteers to celebrate Rashtriya Ekta Diwas on October 31, 2020.
- Awareness about COVID-19:** On November 23, 2020, NSS volunteer Amit Malik visited Karan stadium and motivated players to wear mask. Volunteer, Sahil Sharma motivated shopkeepers as well as customers about the importance of mask and sanitizers to stay safe from COVID-19.
- Celebration of Constitution Day:** NSS programme officers, NSS volunteers and NCC Cadets, along with college staff took a pledge to observe Constitution Day on November 26, 2020.
- Youth Parliament:** NSS volunteers participated in Youth Parliament on December 26, 2020. Total registrations-16, Male registrations-11, Female registrations-05. Volunteers, Vijeta and Renu Rani made their place in the top ten students.
- Celebration of National Youth Day:** NSS Unit celebrated Swami Vivekanand Jayanti as National Youth Day on January 12, 2021 through online Microsoft Teams App. About 100 NSS volunteers participated in this meeting. Programme officers enlightened the volunteers about the teachings of Swami Vivekanand.
- Celebration of Prakram Diwas:** Our college celebrated 125th birth anniversary of Netaji Subhash Chander Bose as Prakram Day on January 23, 2021 through online Microsoft teams App. About 82 NSS volunteers participated in this meeting.
- Celebration of National Voters' Day:** A pledge was taken by Programme officers, staff members as well as 100 volunteers on National Voters' Day i.e. January 25, 2021 following COVID-19 protocols in the College premises. After that an e-pledge was taken by 128 volunteers along with programme officers.
- Republic Day Celebration:** The College celebrated Republic Day on January 26, 2021. Along with the other programmes, Tree Plantation was done in the College premises by NSS units on this occasion.
- Road Safety Week:** A rally on Road safety rules was organized to mark "Road Safety Week" by NSS volunteers and programme officers on January 27, 2021. Volunteers made slogans and posters for the rally.
- Blood Donation:** Three NSS volunteers- Gurjeet Singh (B.Sc. Final year), Nikhil (B.Sc. Final year) and Vishnu (B.A. First year) participated in blood donation on February 04, 2021. Besides this, many of the volunteers donated blood at various blood donation camps.
- Seven Day Special Camp:** Seven-Day Special NSS Camp at Village Dabri started on February 15, 2021 with the theme '**NSS GOLDEN JUBILEE YEAR- CORONA EK ABHISHAAP**'. The main highlights of the camp

were: Corona Awareness, Swachh Bharat-Swasth Bharat, Cleanliness Drive, E- Banking, Aids Awareness, Anti Tobacco, Female Foeticide, First Aid and Home Nursing, Dengue and Viral Fever Awareness, Beti Bachao-Beti Padhao, Environmental Pollution and Road Safety Rules. The College Principal Sh. Sanjay Kumar told the volunteers that by participating in various activities in NSS camp they will learn to serve the society. An awareness programme regarding use of sanitizer, masks and corona vaccine as well as Environment Pollution was organized in the village. An educational survey was also carried out about the educational situation of the village during Covid-19 pandemic. Dr. Parveen Dhanda, Assistant Professor from the History Department of the College delivered a lecture on 'Nashamukt Bharat'. A lecture on Road Safety was delivered by Traffic Inspector Sh. Joginder Singh Dhull and Sh. Jaswinder Sandhu. On this occasion, a rally on Road Safety was organized by NSS volunteers. In the session, Dr. Rajan Lamba, Principal, Tagore Bal Niketan School addressed the volunteers about the importance and responsibilities of NSS volunteers. Mr. M.C. Dhiman from District Red Cross Society gave first aid and home nursing training. Nehru Yuva Kendra, Karnal and Public Health Department organized a discussion session on Water Conservation and Rainwater Harvesting. Then an Oath on Water Saving was taken by volunteers as well as by Programme officers. Dr. Parveen Lather delivered a lecture to the volunteers to create awareness about certain issues which are relevant for the youth of today. During the camp, on February 19, 2021 Women Development Centre incharge Dr. Rajni Seth and her team addressed the volunteers on the issue of "Gender Sensitization". The team conducted a quiz based on women issues. All those who gave correct answers and the winners of already held Poster making and Slogan Writing Competitions were given prizes by the WDC team. Dr. Pawan Sharma, Assistant Professor from the Political Science Department of the College delivered a lecture on importance of India's Foreign Policy. Volunteers were taught the tricks of self-protection by Mr. Sazid, Karate trainer, black belt. The seven-day camp was concluded on February 21, 2021. Dr. D. S. Rana, coordinator NSS, Kurukshetra University, Kurukshetra expressed his views on the importance and responsibilities of the volunteers. Cultural programme was organised by the volunteers in the valedictory session. Mr. Rajesh Arora, Dr. Kushal Pal, Dr. Devender, Ms. Nidhi Jast made a visit in the valedictory function to motivate the volunteers. Tree plantation was done in the village along with the Chief Guest Dr. D.S. Rana

and Village Representatives. The camp came to a successful end with the prize distribution of various activities held throughout the session.

The volunteers who were awarded for best Posters and Slogans were:

Best Posters: Ravi (B.Sc. 5th Semester) , Mehak (B.Sc. 5th Semester) , Preeti (B.Sc. 5th Semester) , Priyanshu Chopra (B.Com. 3rd Semester)

Best Slogans: Simran Rani (B. Sc 5th Semester) , Aanchal (B.A. 5th Semester) , Paras Mehta (B.Com. 5th Semester) , Tamanna (B.Sc. 1st Semester)

Ravi Parikh (B.Sc. 5th Semester) was selected as the best volunteer (male) and Oshin (B.Sc. 5th Semester) was selected as the best volunteer (female) during the camp.

18. **Celebration of International Women's Day:** NSS unit celebrated International Women's Day on March 8, 2021. Dr. Rajni Seth, Associate Professor, Department of Physics and Convener, Woman Development Centre of the College delivered an extension lecture on the topic '**Importance of Skill Based Education and Its Impact on Women Empowerment**' through online mode, and approximately sixty-eight NSS volunteers participated in this event.
19. **Catch the Rain-Where it falls, when it falls:** NSS units in association with Nehru Yuva Kendra (Karnal) organized an extension lecture by Ms. Neha Rani, District IEC & Equity Consultant Dept. -Public Health Engineering Department on March 21, 2021 on the topic '**Catch the Rain-Where it Falls, When it Falls**', in which Ms. Neha discussed about various methods that can be adopted to save water.
20. **Online Banner Making Competition:** An online banner making competition was organized on April 27, 2021. The results of online banner making competition are:
 - First Prize :** Bharat (B.Sc. 2nd Semester)
 - Second Prize :** Rohit (B.Com. 2nd Semester) & Yashika (B.Sc. 6th Semester)
 - Third Prize :** Umika (B.Com. 6th Semester)
21. **Extension lecture on 'Covid and Mental Health':** An online extension lecture by Dr. Samrat Karan Sehgal from Virk Hospital on 'Covid and Mental Health' was organized on May 17, 2021.
22. **World Environment Day:** Tree plantation drive on World Environment Day was carried out on June 5, 2021.
23. **International Yoga Day:** NSS units in collaboration with Women Development Centre of the College organized an online National Workshop on '**Healing Powers of Nature and Yoga**' on 21st June, 2021. Dr. Deepika Punj and Ms. Ruchika Arya were the Resource Persons for the day.







National Service Scheme

**DYAL SINGH COLLEGE,
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HARYANA-132001**