

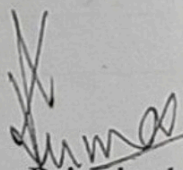
A.S.COLLEGE OF EDUCATION, KALAL-MAJRA KHANNA

SCHEDULE OF N.S.S CAMP

DAY -1

Dated -22/12/2022

- Inauguration
- Importance of N.S.S Camp {Mrs. Harneet Kaur, P.O}
- Grouping of N.S.S. Volunteers
- Tea Break
- Wall Painting & Pot painting by N.S.S Volunteers
- Cleaning of all college Labs
- Lunch
- Cultural Programme /Games


Principal
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Kalal Majra, Khanna-Samrala Road

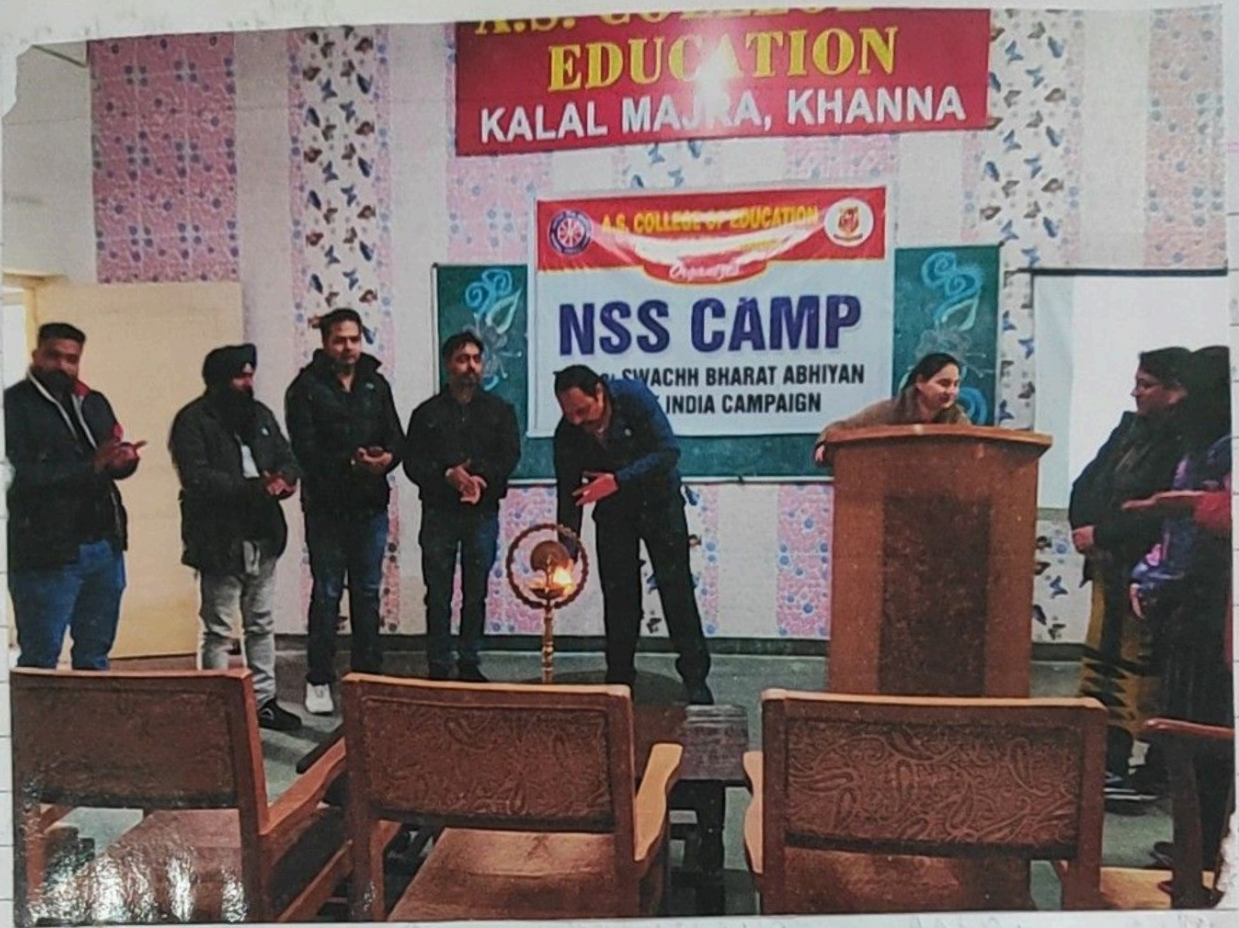
Day - 1

A seven day NSS camp was organised by A.S. College of Education, Kalal Majra, Khanna from 22nd Dec, 2022 to 28th Dec, 2022. The motto of NSS camp was "NOT ME BUT YOU" which means forgetting and surrendering the self and rendering selfless service to others. The inauguration of the camp was on 22 December 2022. The chief guest of the inauguration ceremony was Dr. Pawan Kumar, Principal A.S. College of Education, Khanna. Programme officer Mrs. Harneet Kaur welcomed Principal Dr. Pawan Kumar, staff members and all the NSS volunteers. She also presented a ppt. of NSS describing its motto or history and objectives. She explained about objectives of NSS camp that how volunteers should devote themselves in the services of community and activities organised in the camp. There were pictures of previous NSS camps from last 11 years in the ppt. Then Dr. Pawan Kumar declared the NSS camp open.

Tea Break :- In the break tea was served to the students.

Princip
A.S. Coll
Kalal Majra

f Education
Sanjala Road



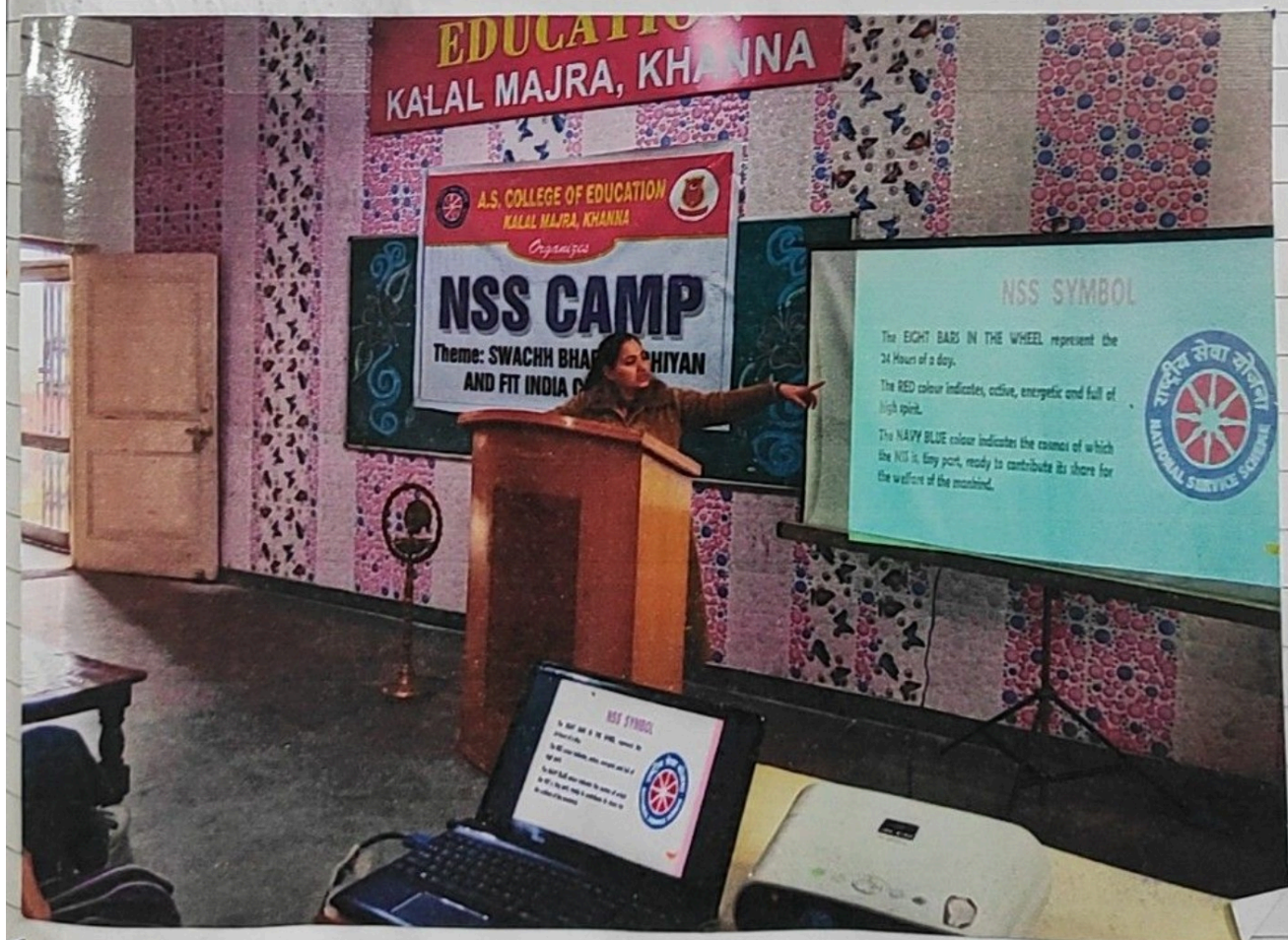
Inauguration ceremony done by Principal Dr. Pawan Kumar along with staff members.



Inauguration ceremony done by Dr. Pawan Kumar along with staff members.

After this grouping of N.S.S volunteers was done and all the volunteers were assigned with their duties. Different groups of students were assigned the duty of college campus cleanliness, on the first day of NSS camp, first floor of the college including labs were cleaned by NSS volunteers. In which wall painting and pot painting etc were included. After that lunch was served to the NSS volunteers.

To cheer up the students games were also organised in the playground of the college. In this way they were energized to come for the second day with more spirit.



Programme officer Mrs. Harneet Kaur Presented

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NSS volunteers
cleaning the
labs of college
campus.

NSS volunteers Preparing
hanger.





NSS volunteers preparing hanger.



NSS volunteers having hanger.

Principal *Kumar*
A.S. College of Education
Khatol Nagar, Khanna-Sarabala Road

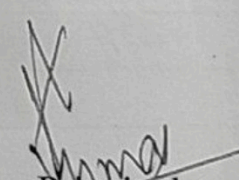
A.S.COLLEGE OF EDUCATION, KALAL-MAJRA KHANNA

SCHEDULE OF N.S.S CAMP

DAY- 2

Dated -23/12/2022

- Cleaning of College Play ground
- Workshop on Best use of paper (Mrs. Ravinder Kaur Fine Art Inst.)
- Tea Break
- Cleanliness of the college Ground & campus
- Slum area visit for distribution of langer
- Lunch
- Cultural Activities


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Day-2

All the volunteers were fully motivated to start the second day of camp with full enthusiasm. The day begins with the cleaning of play ground at the college campus. Different groups of NSS volunteers were assigned the duty of college campus cleanliness. After this, in the tea break, tea with snacks was served to the N.S.S. Volunteers. Mrs. Ravinder Kaur (Fine arts instructor) organised workshop related to "Best use of waste paper". She also explained how to make different decorative materials from waste paper. A demo on making a photo frame, pen stand from waste paper, etc was given. NSS volunteers also participated in making photo frame. The workshop was interesting. Some assignment was also given by the instructors to make a decorative thing from waste paper. Following this lunch was served to NSS Volunteers. Our NSS Volunteers visited slum area for distribution of lunch and sweets. It's so strange that the place just a few kilometers from college campus seems like a completely different world. All volunteers was very happy to visit there. To cheer up the students cultural activities were also organised.

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Kahol Nagar, Khanna-Sarwala Road



NCC volunteers Participating in Playground cleanliness.



Tea was served to NCC volunteers during tea break.

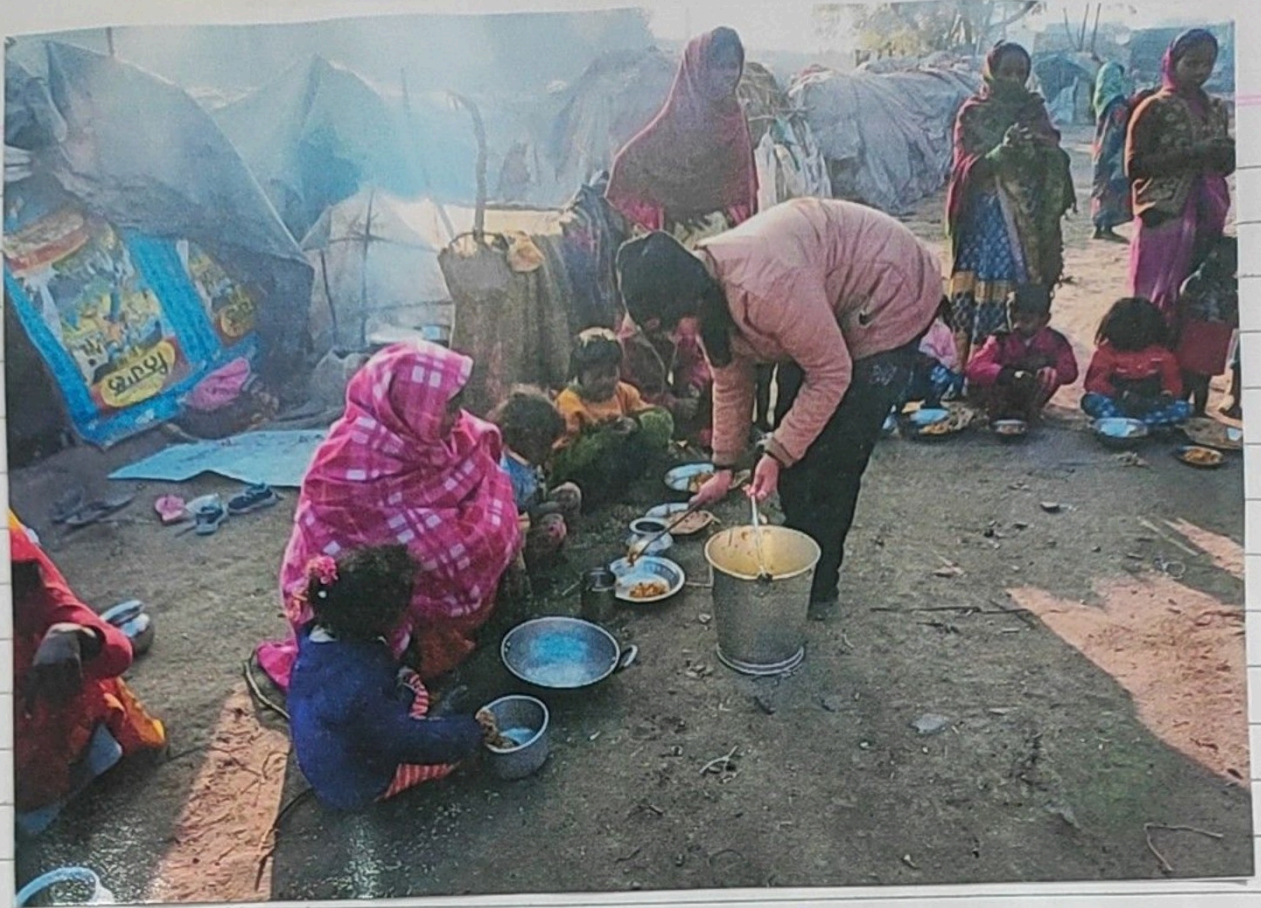
Princip
A.S. Co
Kadal Nagar, NCC
Kerala Police



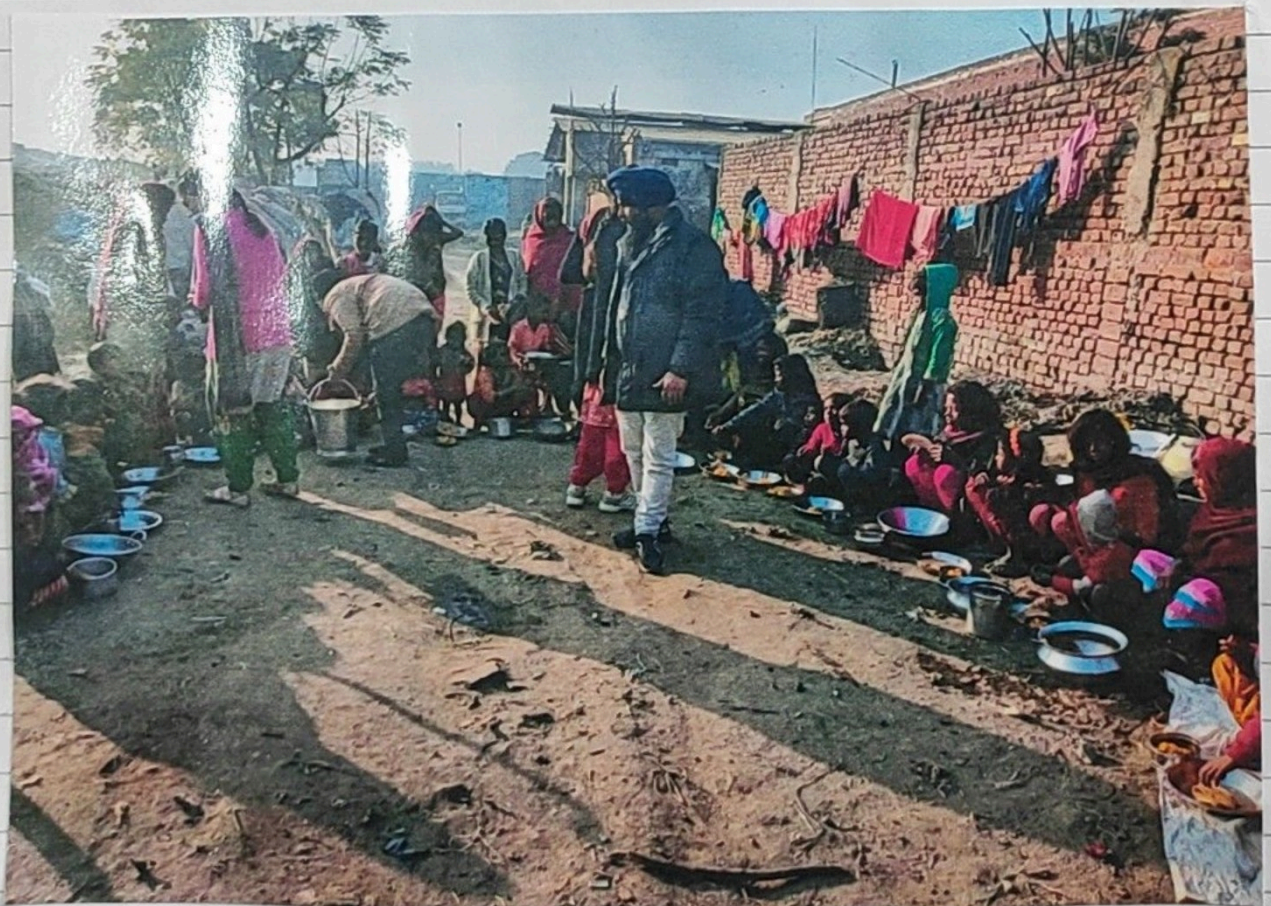
Workshop on Best use of Paper by Fine arts instructor Mrs. Ravinder Kaur



Demonstration on Photo frame and Pen stand from waste paper by Mrs. Ravinder Kaur.



NSS volunteers Providing hunger to slum area people.



NSS volunteers Providing hunger to slum people.



Refreshment committee members preparing hanger.



WSS volunteers having hanger.

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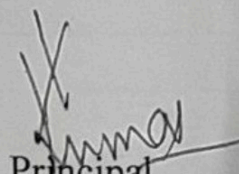
A.S.COLLEGE OF EDUCATION, KALAL-MAJRA KHANNA

SCHEDULE OF N.S.S CAMP

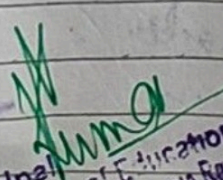
DAY- 3

Dated -24/12/2022

- Adult Literacy Programme
- Extension lecture on Traffic rules by S. Karnail Singh, DSP
(Traffic Police Khanna)
- Tea Break
- Competition of Cooking without fire
- Campus Cleaning
- Lunch
- Games


Principal
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A.S. College of Education
Kalal Majra, Khanna-Sanwala Road

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A.S. College of Education
Kalal Majra, Khanna-Sanwala Road


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Kalal Majra, Khanna-Sanwala Road

Day-3

The 3rd day of the camp was started with full enthusiasm and motivation. NSS Volunteers visited the village Daudpur and started adult literacy programme there. In this programme, volunteers took out the initiative to teach the senior citizens to write down their names in Hindi, Punjabi and English language. They were very happy and blessed the volunteers for their noble work. After that tea and snacks were served to the students in the tea break. An Extension lecture was organised on Awareness of Traffic Rules. The chief guest DSP S. Karnail Singh PBI Khanna addressed the students and gave knowledgable information regarding traffic rules. He explained that we must follow these rules for our safety. He apprised students about the intensity of increasing number of road accidents & discussed traffic signs and how to obey those for the safety of all. He urged the youth to avoid road rage & aggression. He also suggested the students not to use mobile phones while driving. In addition to his lecture he threw light on the addiction of drugs and how these drugs destroys the life of youth. In his lecture he sensitised residents to risks associated with use of metal-laced Chinese kite-flying string. DSP S Karnail Singh mentioned about the prevailing crime now-a-days i.e cyber crime that we shouldn't respond to such kinds of frauds, fake calls. A creative competition was organised of "Cooking without fire!" in which all the volunteers participated.

very excitedly. After that cleanliness of college campus was done. Lunch was served to all the volunteers which was prepared by themselves. To cheer up the students fun and frolic activities were organised in the evening.



NCC volunteers participating in Adult Literacy Programme in village Daudhpur.

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Kahar Nagar, Patna



Extension lecture
on Traffic Rules
by DSP. Karnaal
Singh PBT
Khanna.



Principal
Dr. Pawan
Kumar
along with
staff
members
honouring
DSP.
Karnaal
Singh
PBT
Khanna.



WBS volunteers Participating in 'cooking without fire' competition.



Principal *[Signature]*
A.S. College Educator
Kohli Nagar, M.S. ...



NSS volunteers preparing langar.



Refreshment committee members preparing langar

How
P.O

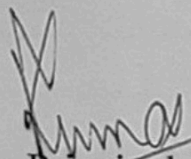
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SCHEDULE OF N.S.S CAMP

DAY- 4

Dated -25/12/2022

- Yoga & Meditation (Mr. Akashdeep)
- Calisthenics exercises (Dr. Gurmeet Singh)
- Tea break
- Visit to Slum area for distributing sweets & cloths
- Lunch
- Cleanliness of the college Ground & campus
- Games


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Kalal Majra, Channa-Samrala Road

Day-4

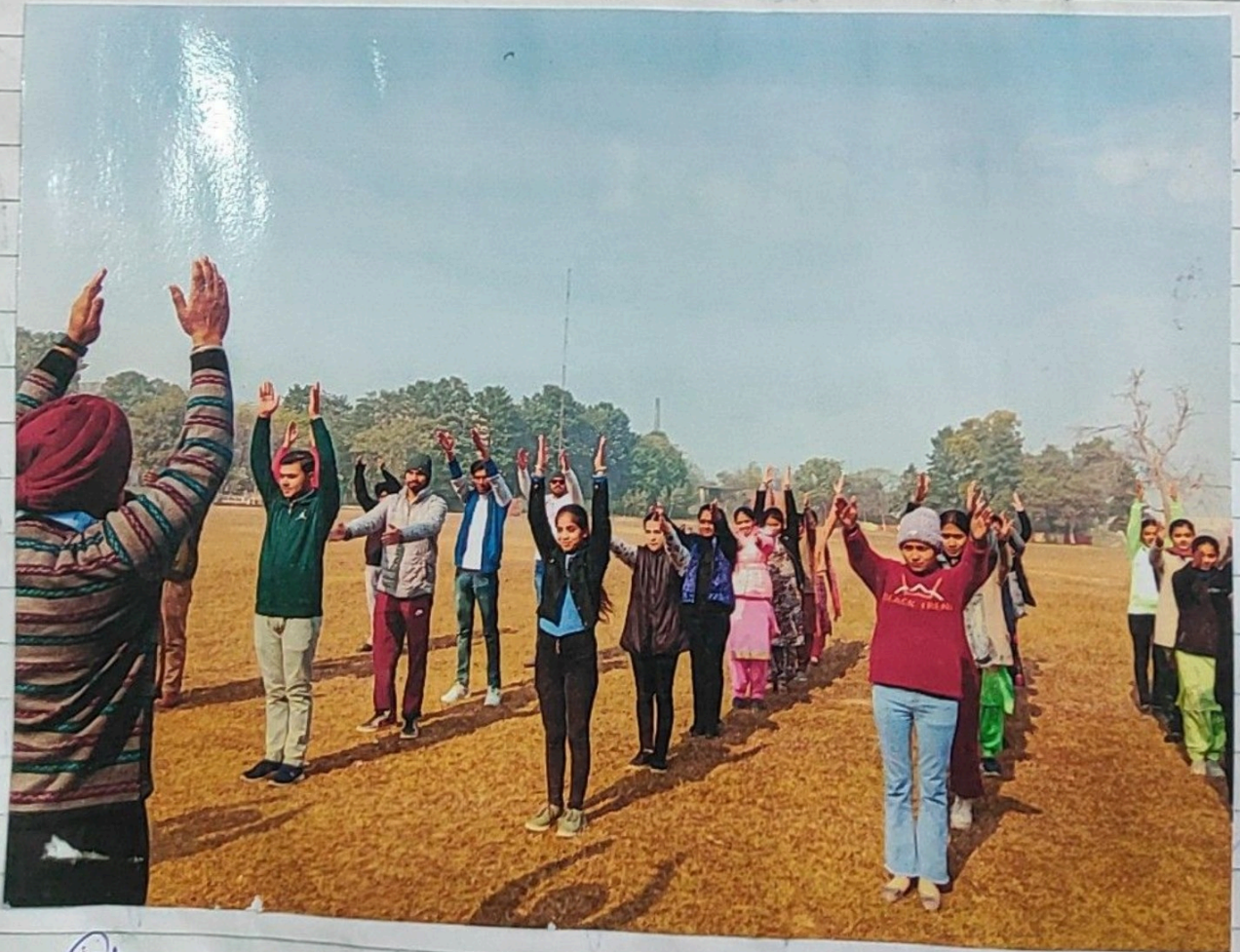
25th Dec, 2022

The 4th day of the camp was started with full enthusiasm and motivation. The day was started with yoga and Meditation session. All the students done all postures of yoga with great enthusiasm. Asanas starting with warming up and stretching were followed by a series of padmasana, Pada Hastana, Bhadrasana and ending with Virabhadrasana. Exercise for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of NSS Volunteers. Then fitness session was organised by Dr. Gurneet Singh and various physical activities were conducted. In the break tea with snacks were served to the students. After this, NSS Volunteers, on the occasion of Christmas visited slum area for spreading happiness and distribution of sweets and clothes. The place was just a few kilometers from college campus seems like completely different world. Students interact with small kids, to make them feel joyful. All the students were very excited. As a gesture sweets and clothes were given to them. All the volunteers clean playground area and campus in various groups. Following this a delicious lunch was served to the NSS Volunteers. To cheer up the students fun games were organised in the evening.

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Kaher Majra, Khanna-Saunara Road



NWS Volunteers participating in yoga & meditation session.



Fitness session conducted by Dr. Anurag Singh



NBS volunteers providing clothes & eatables to slum people.



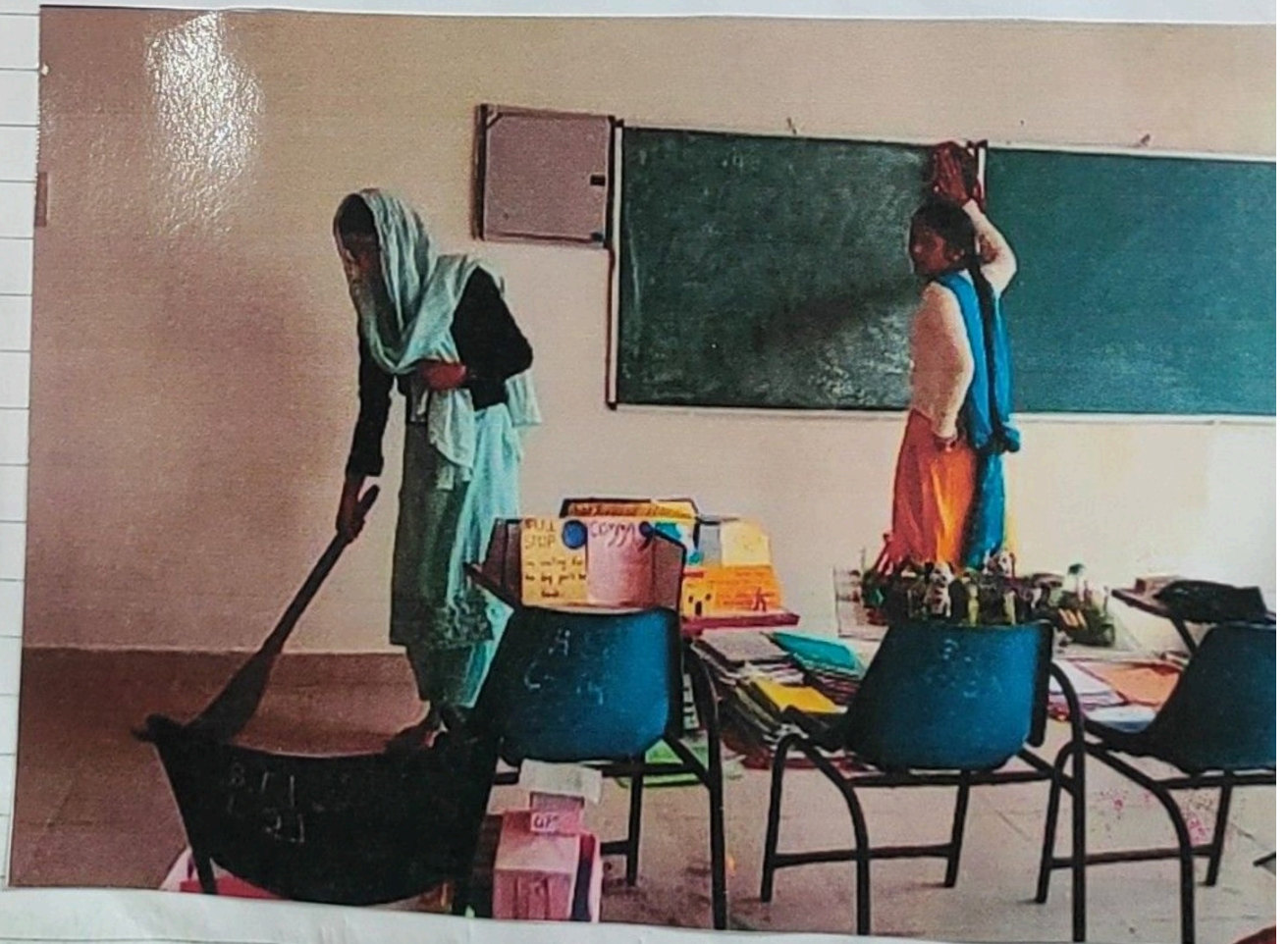
visit by NBS volunteers to slum Area

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Kaher Mata, Kharana-Sararata Road

AP-0



NSS volunteers cleaning the playground of the college campus



NSS volunteers cleaning the labs of the college.



NSS volunteers preparing tanger-



NSS volunteers having tanger

Pr. D

Principal
A.S. College of Education
Kulda, Khandwa-Saawra P

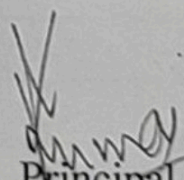
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SCHEDULE OF N.S.S CAMP,

DAY- 5

Dated -26/12/2022

- Yoga Session
- Strength training exercises(Dr. Gurmeet Singh)
- Tea Break
- Competition of Poster/slogan on the Theme "Save Environment"
- Lunch
- Awareness rally regarding stubble burning
- Campus Cleaning


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Kalal Majra, Khanna-Samrala Road

Day-5

The 5th day of camp was started with full enthusiasm and motivation. The day begins with yoga session in which all the students done all postures of yoga with great enthusiasm. Various Asans and stretching exercises were conducted. After this various strength training exercises were organised. These exercises are done for relieving stress, reducing joint pain and enhancing the flexibility of back. Following this, the competition of poster making on the theme "Save Environment" was held in the Seminar Hall. They all were participating with great enthusiasm and courage. After that tea with snacks were served to the NSS volunteers. Students visited to farmers for the discussion of stubble burning, in which NSS volunteers awared the farmers about the harmful effects of stubble burning. They suggested them not to involve such kind of activities in their daily practice. Different groups of volunteers were assigned the duty of campus cleanliness. After that lunch was served to all the volunteers which was prepared by themselves. To cheer up the students fun and flooric games were organised in the evening. In a way they were motivated to give their efforts more.

H.P.O

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Kalel Mara, Khanna-Sarjala Road



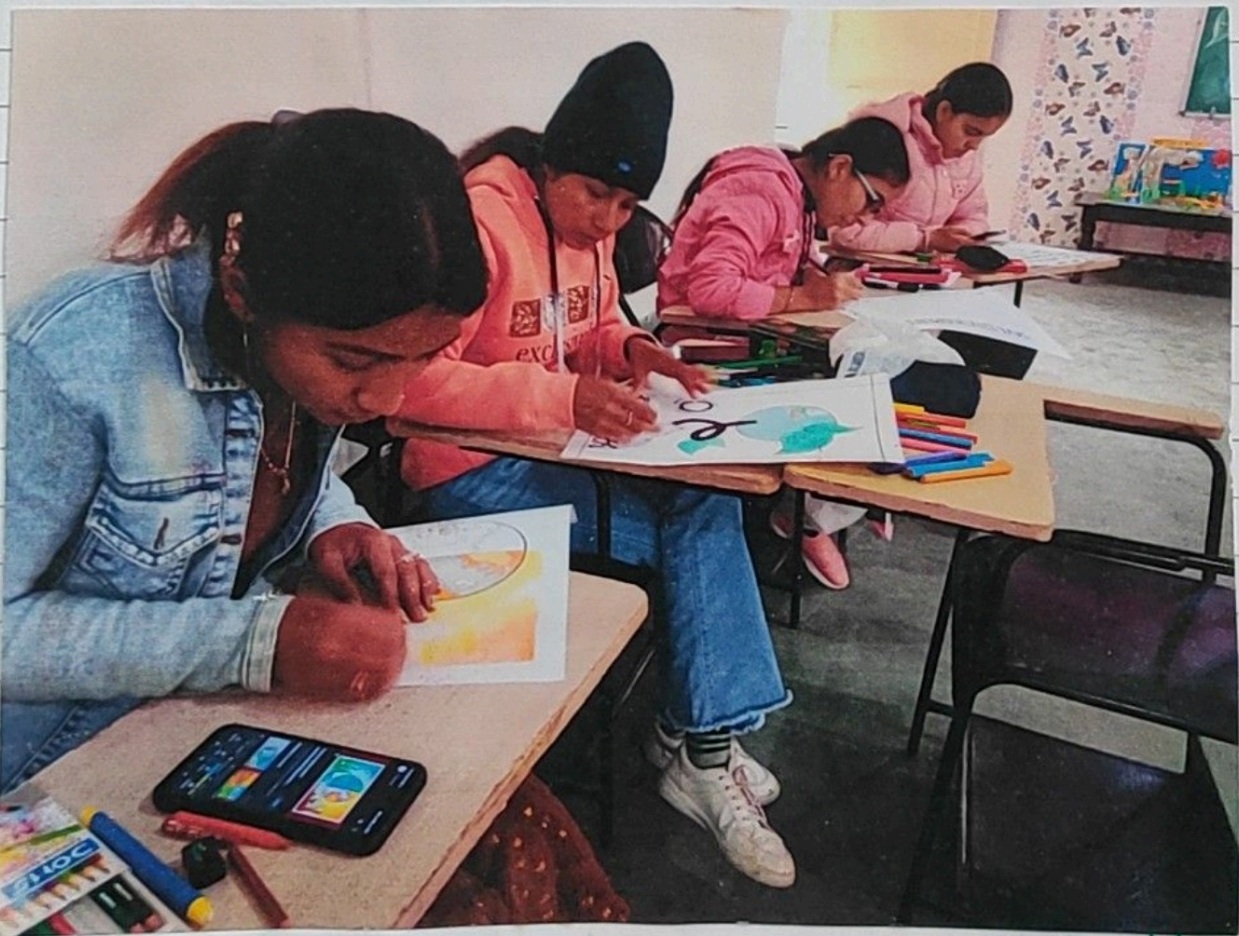
Yoga and Meditation session conducted by NSS volunteers Akashdeep Singh.



Strength training exercises conducted by Dr. Gurnmeet Singh.



Tea with snacks were offered to NSS volunteers.



NSS volunteers participating in poster making competition
Principal *[Signature]*
A.S. College of Education
Kattel Marg, Mizanra-Saranra Road



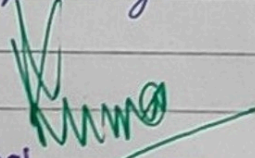
NSS volunteers visited to farmers and discussion regarding stubble burning.




NSS volunteers to farmers and discussion regarding stubble burning.



Refreshment committee members preparing
langer.


Principal
A.S. College of Education
Kated Wajra, Mirzapur-Sarjala Road


P.O

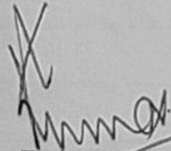
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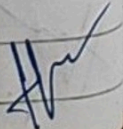
SCHEDULE OF N.S.S CAMP

DAY- 6

Dated -27/12/2022

- Visit to old Age Home Khanna
- Yoga & Meditation at college campus
- Tea Break
- Calligraphy Competition
- Lunch
- Preparation of Cultural Programme
- Fun Games


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Kalal Majra, Khanna-Samrala Road



Day-6

On the 6th day of NSS camp our NSS volunteers visited old age home of Khanna and happily cleaned all corridors and ground including dusting of windows and doors. Before this, our students had never been to an old age home, so we were wondering what would it be like. The inmates were very hospitable and friendly, and they welcomed us with their beautiful smiles. To break the monotony of their lives, we presented few songs and cut cake with them.

The head/sec. of the shelter home overwhelmed by our presence and was happy to have us there. Then yoga and Meditation session was organised by Dr. Gurnmeet Singh. All the students done all the postures of yoga with great enthusiasm. Various physical activities were also conducted. In the tea break, tea with snacks were served to NSS volunteers. After the lunch break calligraphy competition was held in the Seminar Hall. The theme of the competition was "Save Environment." Overall all the volunteers enjoyed at their fullest by participating in the competition. Some cultural programme were also organised in the college campus. Delicious lunch with sweet dish was served to all the volunteers which was prepared by themselves. To cheer up the students fun games were also organised in the evening.



visit to old age home Bullepur by NIS volunteers.



cake cutting by members of old age home.



visit to old age home by ncc volunteers.



Refreshment committee members preparing
lance.

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A.S. College of Education
Kahai Majra, Khanna-Sarjala Rd



NSS volunteers
participating
in calligraphy
competition.



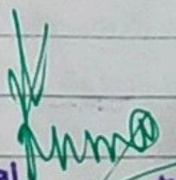
Tea break served during tea break.



NSS
volun-
teers
Prepa-
ring
hanger



NSS volunteers
having hanger.


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Katal Magra, Khanna-Sarhala Road

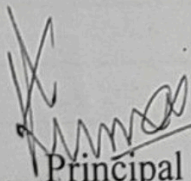
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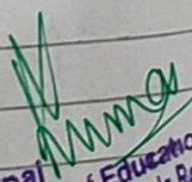
SCHEDULE OF N.S.S CAMP

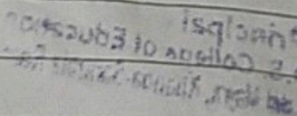
DAY- 7

Dated -28/12/2022

- Salad Making Competition
- Peace March in the Village Daudpur.
- Tea Break
- Cultural Programme
- Closing Report of N.S.S Camp by Mrs. Harneet Kaur, Programme officer.
- Closing Ceremony of N.S.S camp and Vote of Thanks
- Lunch
- Distribution of Sweets


Principal
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Kalal Majra, Khanna-Samrala Road


Principal
A.S. College of Education
Kalal Majra, Khanna-Samrala Road


Principal
A.S. College of Education
Kalal Majra, Khanna-Samrala Road

Day-7

The 7th day of the camp started with "Salad making competition." For the salad making competition, students were pre-instructed to be ready. Different groups of students organised vegetables in different designs and presented various themes with salad. The NSS Volunteers participated in the 'peace march' in the village Daudpur. With the help of banners and slogans they awarded the village people about environment, Girl Education and regarding stubble burning. After that tea was served to volunteers with snacks. Some cultural activities were also organised, after that closing ceremony was held in the college campus. In the closing report Mrs. Harneet Kaur, Programme officer showed a ppt. which was based on previous 6 days activities. Chahat Verma, Vibha Sahotra, Vinny, Talske, Harneet Singh, Amanpreet Singh, Shau presented their views and their experiences about N.S.S. camp. Harneet Singh was announced the overall best performer of the camp. Prizes were given to all the volunteers. Winners of poster making, slogan writing, calligraphy, salad making competition were announced. Akashdeep (college students) was also praised for his work during camp. Mrs. Harneet Kaur was honoured by Principal Pawan Kumar and staff members. P.O. Shilpy Arora was announced the

new programme officer. Vote of thanks was given by Principal Dr. Pawan Kumar and declared N.S.S. camp closed.



Salad Making competition was held at college campus.



NSS volunteers along with staff members participated in 'Peace March'.



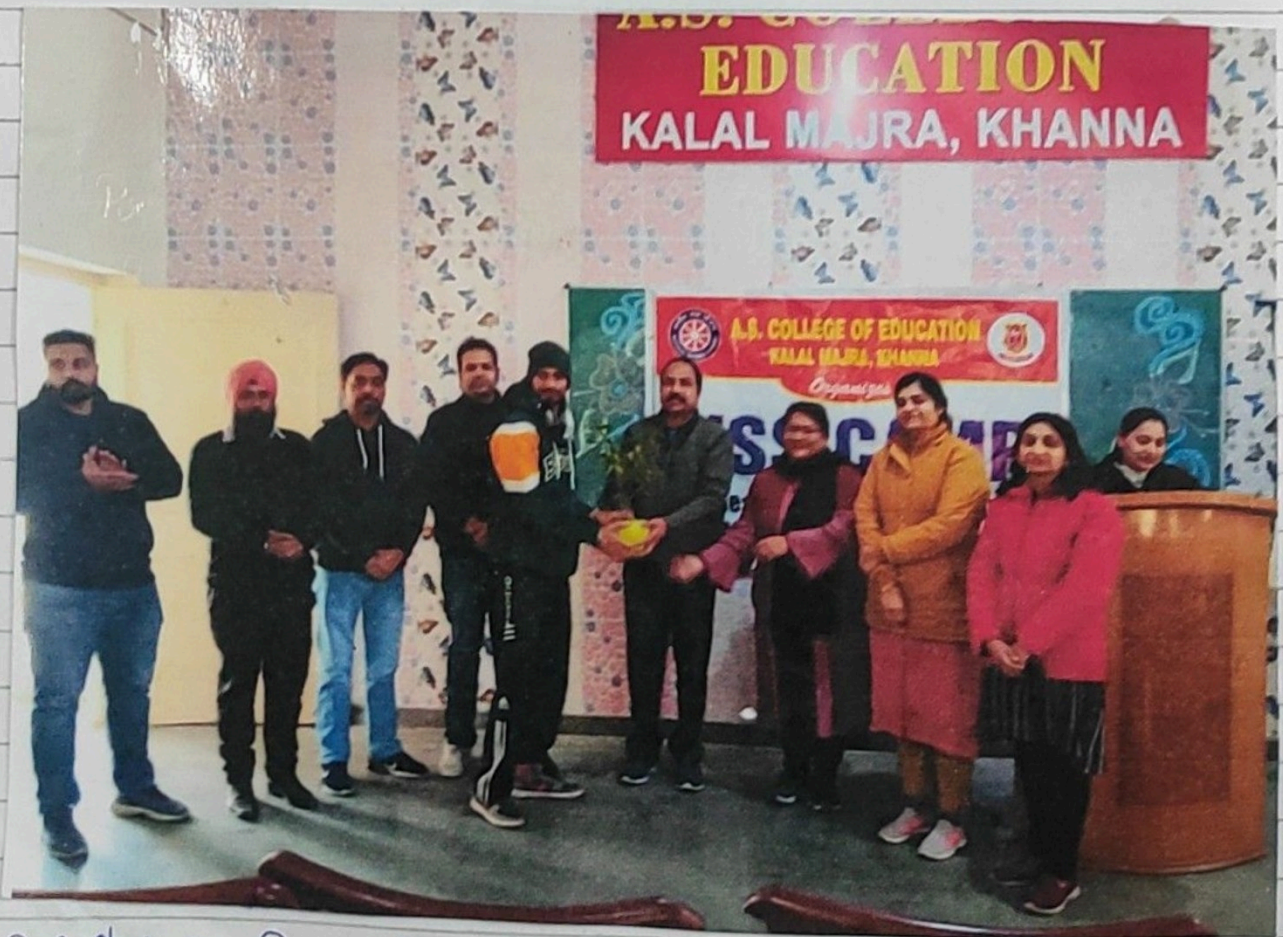
Programme officer Mrs. Harneet Kaur Presenting PPT on 7 days of NSS camp.



7 days Experience shared by one of the
 W.P.O. Volunteer (Amanpreet Singh) of Principal
 A.S. College of Education
 Kalal Majra, Khanna-Samrala Road



Principal Dr. Pawan Kumar along with staff members honouring Programme officer Mrs. Harneet Kaur



Principal Dr. Pawan Kumar along with staff members honouring Akashdeep Singh for conduct yoga & Meditation.



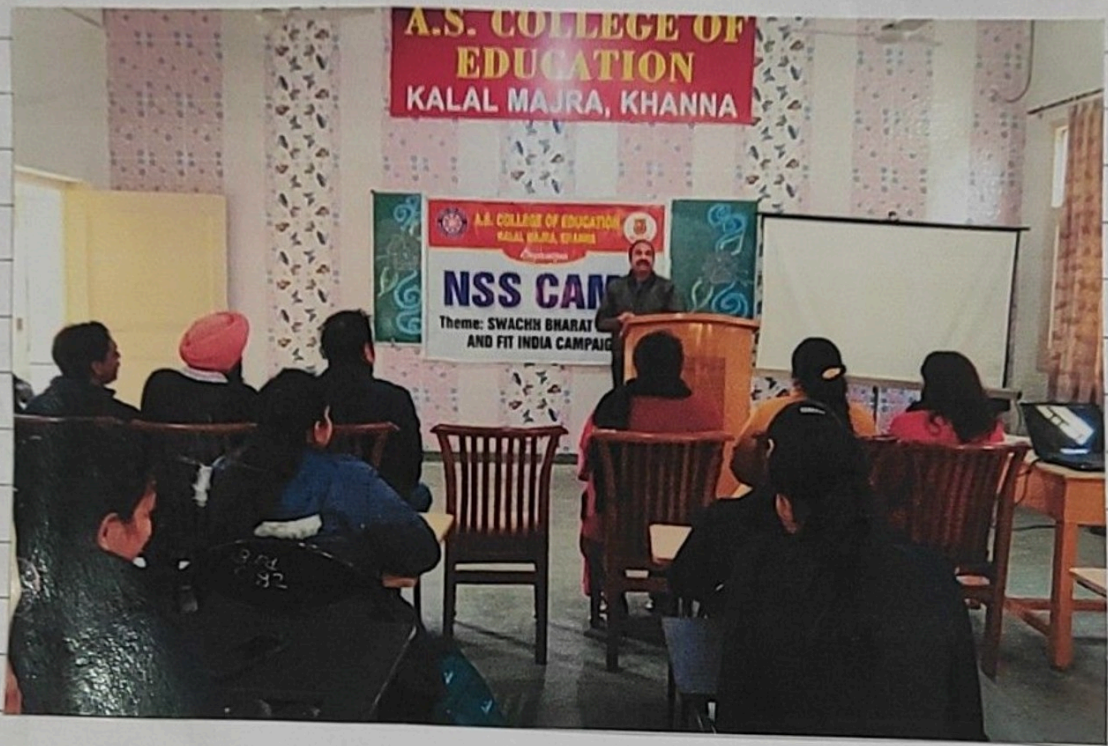
Principal Dr. Pawan Kumar along with staff members giving away the certificates to the winners of various activities held during 7 days of NSS camp.



Principal Dr. Pawan Kumar along with staff members giving overall best performer Trophy to Navneet Singh.

H.p.o

Principal
A.S. College of Education
Kalal Majra, Khanna-Samrala Road



Principal Dr. Pawan Kumar giving vote of Thanks and declared the NSS camp closed.

After this, lunch was served to the volunteers and sweets were distributed.

Principal
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Kalal Majra, Khanna, Patiala Road

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Kalal Majra, Khanna, Patiala Road