

Seven Days

NSS

Camp

Dec 24 - Dec 30

2023

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

SCHEDULE OF N.S.S CAMP

DAY -1

Dated -24/12/2023

- Inauguration
- Importance of N.S.S Camp {Dr. Shilpy Arora, P.O.}
- Session on Women Health Issues & Problems{ Mr. Bhupinder Singh & Ms. Gagandeep Kaur}
- Grouping of N.S.S. Volunteers
- Tea Break
- Cleaning of all college Labs
- Lunch
- Distribution of Langer in Slum Area
- Cultural Programme /Games

(20)

Shilpy Arora
Principal

A.S.C. Kalal Majra, Khanna
Principal

A.S.College of Education

(Recognized by NCTE New Delhi & Affiliated to Panjab University, Chandigarh)

Kalal Majra, Khanna - Samrala Road

P.O. A.S. College, Khanna - 141402 Dist. Ludhiana (Pb.)

Tel: 01628-226570(P)

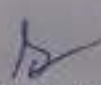
01628-226170(O)


Fax : 01628-226570

Ref. No. _____ (Accredited with Grade B++ By NAAC) Dated: 24th December, 2023

REPORT (DAY-1)

A.S. College of Education, Kalal Majra, Khanna has organized seven days NSS camp from 24th December to 30th December 2023. The Theme of NSS Camp was "Swachh Bharat Abhiyan and Fit India Campaign". Dr. Shilpy Arora (Programme Officer) welcomed all the staff members and NSS Volunteers on the very first day of the camp. The camp was inaugurated by kindling the light to invoke and seek the blessing of Goddess Saraswati. Then NSS Volunteers Nidhi, Rashpreet, Riya and Priyanka recite the Prayer. Dr. Shilpy Arora throws a light on the History and Aims of NSS camp. She acquaints NSS volunteers about NSS Symbol and Motto of NSS. She also explained Purpose of the camp and Duties of NSS Volunteers through Power point presentation. An Interactive and Demonstrative Session was taken by Mr. Bhupinderjeet Singh and Ms. Gagan from Healthaura Enterprises. They guide the NSS Volunteers regarding health issues and problems. They were accolade with an award of honour. After that Dr. Vimal Vidhusky gave a formal vote of thanks and declared the NSS Camp open. After that N.S.S. Volunteers were divided into five groups named 1. Sudha Murti, 2. Tarabhai Shinde, 3. Dr. Gurpreet Singh, 4. Sunita Krishnan and 5. Jyotibha Phule group. Each group consists of 10 NSS Volunteers. Then they were assigned the duty. After grouping, Tea was served to all the staff members and NSS volunteers. After Tea break, cleanliness drive was initiated to clean the college labs. All groups cleaned the labs under the supervision of respective lab's in-charges. 'Sunita Krishnan' group was assigned the duty to prepare the langar. After cleaning all sit together for langer. Then games were played to refresh the mind after a hard day. First day successfully concluded after execution of scheduled programme.


Dr. Shilpy Arora
(P.O)


Dr. Arwan Kumar
(Principal)


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

24/12/23



Inauguration Ceremony of Seven Days NSS Camp



Importance of NSS camp by
Dr Shulpy Arora (P.O)

Principal
K. Arora
 Date: _____
 Page: _____

(Signature)



24/12/23

Session on
Women Health
Issues & Problems
by
Mr. Bhupinder Singh
&
Ms Gagandeep Kaur



Grouping of
N.S.S
Volunteers

Kinnay



24/12/23

Cleaning of
all
College tables



[Handwritten signature]

Principal
J.K. College of Education
[Address]



Distribution of Langer in Slum area

8/10

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

SCHEDULE OF N.S.S CAMP

DAY-2

Dated -25/12/2023

- Session on Yoga and Meditation (Mr. Akashdeep)
- Workshop on Art & Craft (Ms. Jasvir Kaur)
- Tea Break
- Cleaning of College Campus/ Ground
- Visit to Slum area for distributing sweets & cloths
- Lunch
- Cultural Activities/Games

(P.O)


Principal

A.S. College of Education
Kalal Majra, Khanna, Ludhiana District

A.S.College of Education

(Recognized by NCTE New Delhi & Affiliated to Punjab University, Chandigarh)

Kalal Majra, Khanna - Samrala Road

P.O. A.S. College, Khanna - 141402 Distt. Ludhiana (Pb.)

Tel: 01628-226570(P)


01628-226170(O)


Fax : 01628-226570

Ref. No. _____ (Accredited with Grade B++ By NAAC) Dated: 25th December, 2023

REPORT (DAY-2)

Second day of Seven days NSS camp of A.S. College of Education, Kalal Majra, Khanna, unfolded with enthusiasm as volunteers commenced with morning prayer. Then Mr. Akashdeep taught them the art of practicing yoga like Surya Namaskar, pranayama etc. He explained them that with regular practice of yoga one can increase flexibility and muscle strength. An Art & Craft session was also conducted by Ms. Jasvir Kaur. All NSS Volunteers actively participate in this Session and prepared bouquet and wall hanging with the newspapers. After that, Tea was served to all the staff members and NSS volunteers. After Tea break, Cleaning Drive was initiated to clean the college campus and ground. N.S.S Unit visited the slum area and distributed the woolen clothes and sweets. 'Sudha Murti', group was assigned the duty to prepare the langar. After cleaning all sit together for langar. Then games were played to refresh the mind. This way second day successfully accomplished after execution of scheduled programme.


Dr. Shilpy Arora
(P.O)


Dr. Pawan Kumar
(Principal)

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



Sachdevans, Punjab, India
2019-2021, Bachelors, Master's, Punjab, India



Maddhwa, Punjab, India
2019-2021, Bachelors, Master's, Punjab, India

25/12/23

Workshop
on Art &
Craft
by

Ms. Jasvirkaur



Principal
J.S. College of
Education, Jalandhar



Handwritten signature or initials in the bottom right corner.

25/12/23



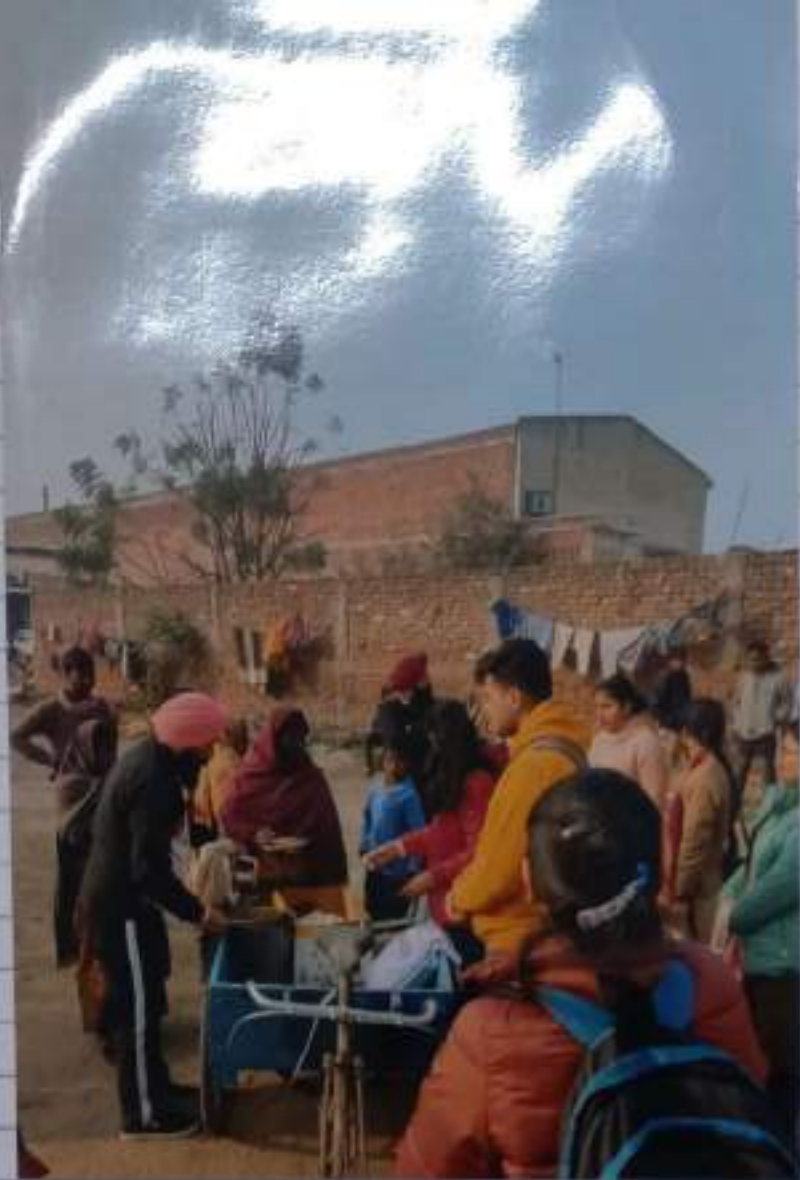
Cleaning of College Labs, Campus & Ground

Kamini
Principal
J.S. College of Education
Salodi, Punjab, India

(110)

25/12/23

Distribution of
langer &
clothes in
slum area



Distribution of
langer &
clothes in
slum area



(10)

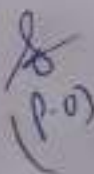
A.S.COLLEGE OF EDUCATION, KALAL-MAJRA KHANNA

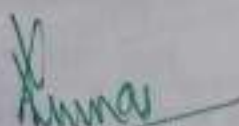
SCHEDULE OF N.S.S CAMP

DAY-3

Dated -26/12/2023

- Session on Yoga and Meditation (Mr. Akashdeep)
- Tea Break
- Path of Sukhmani Sahib
- Distribution of Langer
- Slogan & Poster Making Competition on the Theme "Swachh Bharat Abhiyaan & Fit India Campaign".
- Cultural Activities/Games


(P.O)


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

A.S.College of Education

(Recognized by NCTE New Delhi & Affiliated to Panjab University, Chandigarh)
Kalal Majra, Khanna - Samrala Road
P.O. A.S. College, Khanna - 141402 Distt. Ludhiana (Pb.)

Tel: 01628-226570(P)
01628-226170(O)
Fax : 01628-226570

Ref. No. _____ (Accredited with Grade B++ By NAAC) Dated: 26th December, 2023

REPORT (DAY-3)

On the third day i.e. Dec 26, 2023, of NSS Camp, Path of Shri Sukhmani Sahib was organized in the memory of "SHAHEEDI OF FOUR SAHIBZAADE". Tea was served to all the staff members, NSS volunteers and to all the community members. Kathavachak S. Jasvir Singh throw light on the life of Guru's and the events leading to sacrifice of the lives of the sahibzaade to uphold the identity & dignity of Khalsa Panth against the mugals. The essence of the story was to remember the teachings of Guru ji who wants his Sikhs to be brave, fearless & strong as a lion and get sweet, humble & loving. After that langer was distributed. NSS volunteers also took part in slogan & poster writing competition on the theme "SWACH BHARAT ABHIYAAN & FIT INDIA CAMPAIGN". In Poster making Simranjit Kaur and Bhawna got 1st & 2nd Position respectively. Riya & Rajni both got 3rd position. In Slogan Writing, Rajni, Gagandeep & Shivani got 1st, 2nd & 3rd position respectively. Then games were played and third day successfully accomplished after execution of scheduled programme.

Dr. Shilpy Arora
(P.O)

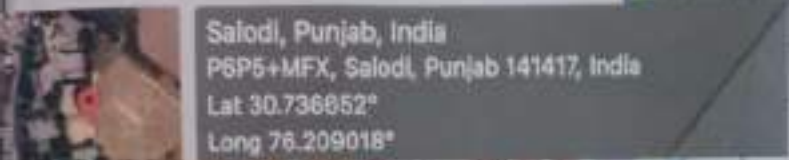
Dr. Pawan Kumar
(Principal)

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

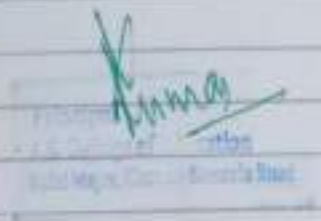


26/12/23

Session on
Yoga &
Meditation
by
Mr Akashdeep



Salodi, Punjab, India
P6P5+MFX, Salodi, Punjab 141417, India
Lat 30.736652°
Long 76.209018°



GPS Map Camera

Salodi, Punjab, India
P6P5+MFX, Salodi, Punjab 141417, India
Lat 30.736656°
Long 76.209025°
26/12/23 11:54 AM GMT +05:30

Google

[Handwritten signature]

26/12/23

Path of
Sukhmani
Sahib



Slogan &
Poster Making
Competition on
the theme
"Swachh Bharat
Abhiyan &
Fit India
Campaign"



Principal
A.S. College of Education
12th Main, K... ..

APP-0

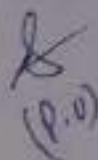
A.S.COLLEGE OF EDUCATION, KALAL-MAJRA KHANNA

SCHEDULE OF N.S.S CAMP

DAY- 4

Dated -27/12/2023

- Session on Yoga and Meditation (Mrs. Chander Kala)
- Extension Lecture on Dental Care & Dental Check-up (Dr. Garima Gupta)
- Tea Break
- Extension lecture on Traffic rules by ASI Tejinder Singh (Traffic Police Khanna)
- Lunch
- Competition of Cooking without fire
- Cultural Activities/Games


(P.O.)


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

A.S.College of Education

(Recognized by NCTE New Delhi & Affiliated to Punjab University, Chandigarh)
Kala Majra, Khanna - Samrala Road
P.O. A.S. College, Khanna - 141402 Distt. Ludhiana (Pb.)

Tel: 01628-226570(P)
01628-226170(O)
Fax : 01628-226570

Ref. No. _____ (Accredited with Grade B++ By NAAC) Dated: 27th December, 2023

REPORT (DAY-4)

The 4th day i.e. December 27, 2023 of 7 days NSS camp commenced with Morning Prayer. After that, a yoga session was organised by Mrs. Chanderkala. She motivated the volunteers to make yoga a routine part of their life. After that a 'Dental check-up' camp was organised. Dr Garima Gupta (MDS Endodontics) of 'OM Dental Clinic' Khanna guides NSS volunteers regarding teeth care and treatment. She explained to them how oral health problems can reduce a person's quality of life by affecting their physical, mental and social well-being. She also taught them the techniques of brushing teeth. She enthusiastically advised them about required treatment during dental check-up. NSS volunteers seem satisfied with her consultation. After that, Tea was served to all the staff members and NSS volunteers. After Tea break, an extension lecture was delivered by Shri Tejinder Singh (ASI) from traffic police Khanna. He made the NSS volunteers aware about traffic rules, safety measures and adverse effects of drugs. After that students actively participated in cooking without fire competition and prepared a no. of delicious dishes. In this competition, 'Jyotibha Phule', 'Tarabhai Shinde', 'Sunita Krishnan' and 'Sudha Murti', group got 1st, 2nd, 3rd and consolation prize respectively. 'Tarabhai Shinde' group was assigned the duty to prepare the langar. All sit together for langer. Then games were played to refresh the mind after a hard day. Fourth day successfully accomplished after execution of scheduled programme.

Dr. Shilpy Arora
(P.O)

Dr. Pawan Kumar
(Principal)

A.S. College of Education
Kala Majra, Khanna, Samrala Road

27/12/23



Session on Yoga & Meditation
by

Mrs. Chandu Kala

(Yoga Instructor from Art of Living)

(P.O.)


Principal
College of Education
Sri Sri Yashwantrao Chavan College

27/12/23



Extension Lecture on Dental Care &
'Dental Check-up by
Dr Garuma Gupta

(P.O)

Dr Garuma Gupta
Dental Surgeon
Dental Clinic
Dental Surgeon

27/12/23



Extension lecture on Traffic rules
by
ASI Tejinder Singh
(Traffic Police Khanna)

Principal
[Signature]
[Stamp]

[Signature]

27/12/23



Competition of 'Cooking without fire'

(Signature)

(Signature)
Date: _____
Page: _____

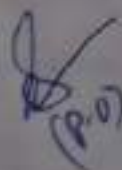
A.S.COLLEGE OF EDUCATION, KALAL-MAJRA KHANNA

SCHEDULE OF N.S.S CAMP

DAY-5

Dated -28/12/2023

- Session on Yoga and Meditation (Mrs. Chander Kala)
- Tea Break
- Visit & Cleanliness to Khatu Sham Mandir Khanna
- Visit to Old Age Home
- Extension lecture on Fire Safety rules by Mr. Mahesh Sharma (Fire Officer)
- Competition of Best out of Waste
- Lunch
- Cultural Activities/Games


(P.O)


Principal
A.S. College of Educat :
Kalal Majra, Khanna-Sect. 1, 2003

A.S.College of Education

(Recognized by NCTE New Delhi & Affiliated to Panjab University, Chandigarh)
Kalal Majra, Khanna - Samrala Road
P.O. A.S. College, Khanna - 141402 Distt. Ludhiana (Pb.)

Tel: 01628-226570(P)
01624-226170(O)
Fax : 01628-226570

Ref. No. _____ (Accredited with Grade B++ By NAAC) Dated: 28th December, 2023

REPORT (DAY-5)

The 5th day i.e.28-12-2023 started with prayer. A Yoga and Meditation session was organised by Mrs. Chanderkala. She taught NSS volunteers that how yoga helps in controlling individual's mind, body and soul; which further assist to manage stress and anxiety. After that, Tea was served to all the staff members and NSS volunteers. After Tea break, NSS unit visited 'Khatu Sham Mandir' where they cleaned the premise and seek blessings. Then they come back to college campus, where Mr. Mahesh Sharma (Fire Officer) along with his team Mr. Sushil Kumar (Leading Fireman), Mr. Vinod Kumar (Fire Driver), Mr. Sukhjinder Singh and Mr. Puneet Singh (Firemen) illustrated fire safety rules and measures to N.S.S. volunteers. He explained escape plan and shared the fire brigade number to call for help in emergency. They also demonstrated the use of fire extinguisher and working of fire brigade van. Then N.S.S unit visited 'Old Age Home' of Khanna. The objective was to make them contemplative and sensitise with the feelings, need, care and affection which old age people required. Then NSS Volunteers showed their creativity & innovation by taking part in 'Best out of Waste' activity. Volunteers prepared number of decorative items with newspaper, empty bottles and other waste material. 'Jyotibha Phule', 'Sunita Krishnan' and 'Tarabhai Shinde' got 1st, 2nd & 3rd position respectively. Jyotibha Phule' group was assigned the duty to prepare the langar. After competition, all sit together for langer. Then games were played and fifth day successfully accomplished after execution of scheduled programme.

Dr. Shilpy Arora
(P.O)

Dr. Pawan Kumar
(Principal)

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



28/12/23

Session on
Yoga & Meditation
by
Mrs Chandar Kala

(Yoga Instructor
from
Art of Living)

Kumar



28/12/23 Visit to Khata Sham Mandir Khanna



28/12/23
 Cleanliness
 drive
 at
 'Khata Sham
 Mandir'
 Khanna



visit to
 'old age
 home' Khanna



Princip: *Khanna*
 A.S. Cell
 Old Hqrs, Khanna, Sauras Road

28/12/23

28/12/23



Extension Lecture & demonstration
on fire safety rules by
Mr. Mahesh Sharma (fire officer)
& his team.

D.P.O.

ASG
100
100

28/12/23



Competition on 'Best out of waste'

28.01

Handwritten signature
Date: _____
Name: _____
Class: _____


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

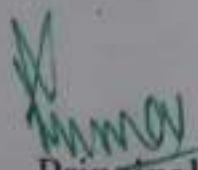
SCHEDULE OF N.S.S CAMP

DAY- 6

Dated -29/12/2023

- Session on Yoga and Meditation (Mrs. Chander Kala)
- Tea Break
- Cleanliness of Government School (Village- Kalal Majra)
- Adult Literacy Programme
- Tree Plantation (Village- Kalal Majra)
- Lunch
- Cultural Activities/Games


(P.O)


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

A.S.College of Education

(Recognized by NCTE New Delhi & Affiliated to Punjab University, Chandigarh)
Kalal Majra, Khanna - Samrala Road
P.O. A.S. College, Khanna - 141402 Dist. Ludhiana (Pb.)

Tel: 01628-226570(P)
01628-226170(O)
Fax: 01628-226570

Ref. No. _____ (Accredited with Grade B++ By NAAC) Dated: 29th December, 2023

REPORT (DAY-6)

The 6th day i.e. 29-12-2023 started with soulful Morning Prayer. A yoga and meditation session was organised by Mrs. Chanderkala (from Art of Living). She introduced success mantras through infusing spiritual alignment and dimensions. She also engaged N.S.S Volunteers in physical and awareness games to increase their concentration, listening skills and attentiveness. After that, Tea was served to all the staff members and NSS volunteers. After Tea break, N.S.S volunteers cleaned the premises of Government School of Kalal Majra under the guidance of S. Satwinder Singh (Sarpanch Kalal Majra). They also planted trees in the premises. Then volunteers initiated the 'Adult Literacy Program' and provide basic skills of reading writing and arithmetic to adults. One student from each group was assigned the duty to prepare the langar. After cleaning all sit together for langer. Then games were played and sixth day successfully accomplished after execution of scheduled programme.

Dr. Shilpy Arora
(P.O)

Dr. Pawan Kumar
(Principal)

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

29/12/23



Session on Yoga & Meditation

by
Mrs Chandar Kala (Yoga & Meditation
Instructor from Art of Living)

2/10)

Amey
Principal
S.S. College of Education
Kadappa, Mysore

29/12/23



Cleanliness of Government School
Kalal - Majra

(P.O.)

Principal
A.S. College
Kalal Majra, District Sonapatna Road



29/12/23

Adult Literacy
programme
at
Kalal-Majra



Tree Plantation
at
Village
Kalal-Majra



(p.o)

Mina



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

SCHEDULE OF N.S.S CAMP

DAY- 7

Dated -30/12/2023

- Session on Yoga and Meditation
- Tea Break
- Salad Making Competition
- Peace March in the Village Kalal Majra.
- Cultural Programme
- Closing Report of N.S.S Camp by Dr. Shilpy Arora, (P.O.)
- Closing Ceremony of N.S.S camp and Vote of Thanks
- Lunch
- Distribution of Sweets

(P.O.)


Principal
A.S. College of Education
Kalal Majra, (Khanna-Saurav) Punjab

A.S.College of Education

(Recognized by NCTE New Delhi & Affiliated to Panjab University, Chandigarh)
Kalal Majra, Khanna - Samrala Road
P.O. A.S. College, Khanna - 141402 Distt. Ludhiana (Pb.)


Tel: 01628-226570(P)
01628-226170(O)
Fax : 01628-226579

Ref. No. _____ (Accredited with Grade B++ By NAAC) Dated: 30th December, 2023

REPORT (DAY-7)

7th day i.e.30-12-2023 of N.S.S camp started with prayer. A yoga and meditation session was organised. After that, Tea was served to all the staff members and NSS volunteers. After Tea break, volunteers took part in salad making competition and prepared number of decorative items with vegetables. After that N.S.S unit started a peace march from Govt. school of Kalal Majra. They spoke slogans and catch words to capture the attention of villagers to realize and to make them aware about the physical, social and ecological problems, then they come back to college campus. After that in valedictory ceremony Dr. Shilpy Arora presented a closing report of N.S.S camp. S. Satwinder Singh (Sarpanch Kalal Majra) and S. Hardeep Singh (Panch Kalal Majra) graced the occasion. N.S.S volunteers shared their views regarding the camp. Best committees and volunteers were awarded; 'Tarabai Group' was awarded with 'Best Group in participation of Cultural Programme', 'Jyotibha Phule' group was awarded as 'Best Cleaning Committee', 'Dr. Gurpreet Singh' group was awarded as 'Best Refreshment Committee', 'Surita Krishnan' group was awarded as 'Best Group in participation of Competitions', 'Sadha Murti' group was awarded as 'Best All Rounder Group', N.S.S Volunteer's Kuldeep Singh and Gagandeep Kaur were awarded as 'Best from Refreshment Committee'; Tarun and Nidhi were bestowed with 'Best NSS Volunteer' title and Hardeep & Bhawna earned the title of 'Best All Rounder NSS Volunteer'. Principal along-with the staff members honoured the guest with an award of honour. Dr. Pawan Kumar (Principal) presented a vote of thanks and declared the N.S.S camp closed. Dr. Shilpy Arora as (P.O.) expressed enthusiastic applause and heartfelt appreciation for the hard work and dedication of NSS Volunteers and also presented a vote of thanks. Seven day NSS camp was concluded with National Anthem. The event stands as a testament to the hard work and commitment of the volunteers, weaving a tapestry of beautiful memories that will resonate long after the conclusion of camp.

Dr. Shilpy Arora
(P.O.)


Dr. Pawan Kumar
(Principal)

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

30/12/23



Salad Making Competition

(P.O)

[Signature]

Principal
AS College of Education
Gali Maja, Gunung Kemuning Road

30/12/23



'Peace March'
from Village Kalal - Majra
to Campus of A.S. College of Education

(P.O.)

[Signature]
A.S. College of Education
Kalal Majra, Mohawal



30/12/23

Refreshment
Committees

Best Group
in
'Participation
of
Competitors'



Best Cleaning
Committee



(10)

Prerna

Prerna
A.S. College of
Field Major, Khanna, Ludhiana

30/12/23



Best 'Refreshment Committee'
Best Group in 'Participation of Cultural programmes'
Best 'All Rounder Group'

(10)

[Signature]
= 102

30/12/23



'Best NSS Volunteers'

S (P.O)

Kumar
Principal
G.D. Public School
Gurgaon

30/12/23



S. Satwinder Singh (Sarpanch), S. Hardeep Singh (Sarpanch) from Kalal Majra were honoured by Dr. Ranvir Kumar (Principal)



(P.O.)

Principal

Dr. Ranvir Kumar

Principal

Dr. Ranvir Kumar