



NATIONAL SERVICE SCHEME

REPORT ON NSS ACTIVITIES

2023-2024

VALLABH GOVERNMENT COLLEGE MANDI

H.P (175001)

NATIONAL SERVICE SCHEME
VALLABH GOVT. COLLEGE MANDI
H.P (175001)

NSS Wing of VGC Mandi



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NSS Unit VGC Mandi

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(Vice President)

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(Secretary)

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(Store Incharge)

Miss.Reena

(Cultural head)

Miss.Khushbu Sharma

(Stage Management head)

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(Unit Convener)

Miss.Garima Thakur

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(Store Incharge)

Miss.Mamta

(Refreshment head)

Miss.Neha Devi

(Stage management head)

Table of contents for regular activities

Sr.No	Date	Name of the Activity for the session 2023-2024	No. of students participated
1.	05/06/2023	World Environment day	104
2.	21/06/2023	International yoga Day	90
3.	01/07/2023-07/07/2023	Van Mahotsav week	95
4.	04/08/2023	Executive Rank ceremony	50
5.	09/08/2023	Meri Mati Mera Desh Programme	124
6.	15/08/2023	Independence Day Celebration	130
7.	05/09/2024	Cloth Distribution	06
8.	08/09/2023-09/09/2023	Fund Collection	05
9.	16/09/2023	Swachhta Ralley	80
10.	21/09/2023	District Level RDC Selection Camp	80
11.	24/09/2023	NSS Foundation Day celebration	90
12.	02/10/2023	Gandhi Jayanti	50
13.	12/10/2023	Meri Mati Mera Desh And Panch Pran Oath Ceremony	70
14.	21/10/2023	District Level Yuva Utsav	90
15.	31/10/2023	National Unity day	50
16.	07/11/2023-10/11/2023	NSS Garden formation	60
17.	10/12/2023	Human Right day	50
18.	17/02/2024	Day Excursion and Trekking	35
19.	08/03/2024-14/03/2024	Traffic duty during international Shivratri festival 2024	28
20.	02/04/2023	SVEEP Awareness Programme	50

World Environment day

Date: 05/06/2023

Venue: Vallabh Govt. College Mandi

No of students participated: 104

No of teachers participated: 02

Theme: Beat Plastic Pollution

Every year world environment day is celebrated across the globe to mark the importance of environment conservation. On this special occasion NSS Unit Vallabh Govt. College Mandi also celebrated world environment day. 90 NSS Volunteers and 2 Teachers along with NSS Programme officers participated in the event. A rally was organized in Mandi town to aware people regarding environment and its conservation. After rally Volunteers took active participation in different activities like poster making, collage making, Essay writing and declamation. Along with the theme of this year Volunteers took pledge that they will give their contribution in beating plastic and making our nation plastic free. NSS programme Officer Prof. Surajmani ji addressed the Volunteers and motivated them to indulge in environment conservation related activities like tree plantation, cleanliness drives, awareness programmes.

International Yoga day

Date: 21/06/2023

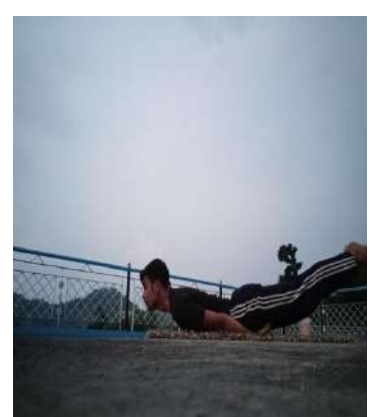
Venue: Seri Munch Mandi

No of Students Participated: 90

No of Teachers Participated: 01

Theme: Yoga for Vasudhaiva Kutumbakam

International Yoga Day was started in the year 2014 by the honorable Prime Minister of India Sh.Narendra Modi ji to mark the importance of Yoga and physical fitness. On this special occasion NSS Unit VGC Mandi along with District Mandi administration celebrated yoga day at Seri Munch Mandi. Volunteers did different types of yoga asanas and learned a lot about the useful impacts of yoga and its importance in our daily life. On this special occasion some volunteers of NSS unit VGC Mandi did yoga at their homes and they gave a message that we should add yoga in our daily life to upgrade our lifestyle. NSS programme officer prof.Surajmani ji appreciated our volunteers for their participation in this event.



Van Mahotsav Week

Date: 01/07/2023-07/07/2023

Venue: VGC Mandi

No of Students Participated: 95

No of Teachers Participated: 02

Theme: A Tree for the future

Van Mahotsav was started in 1950 by K.M. Munshi, the then Union Minister for Agriculture and Food to create enthusiasm among people and youngsters for forest conservation and planting trees. On this special occasion volunteers of our NSS Unit planted many saplings of trees and flowers. Volunteers took active participation in this programme. They gave a very important message to society that we should plant more and more trees to conserve our forest cover. Through social media posts and through media coverage they made people aware about Van Mahotsav week. Our programme officer Prof.Surajmani ji and Principal Prof.Surina Sharma ji appreciated the efforts of volunteers.



Executive Rank Ceremony

Date: 04/08/2023

Venue: VGC Mandi

No of Students Participated: 50

No of Teachers Participated: 02

On 4th of August 2023, NSS Unit Vallabh Govt.College Mandi celebrated its Executive rank ceremony, on this special occasion sharp and active volunteers of our unit got some responsibility and leading positions in our NSS unit. 13 Volunteers got selected for the post of office bearers and 14 volunteers got selected for the post of group leaders. Principal VGC Mandi prof.Surina Sharma ji administered oath to everyone. NSS Programme Officer Prof.Surajmani ji and Dr.Mamta parmar ji addressed the students and gave their blessings for future endeavor.



Meri Mati Mera Desh

Date: 09/08/2023

Venue: Tung Village Mandi

No of Students Participated: 124

No of Teachers Participated: 02

Theme: Panch Pran

NSS Unit VGC Mandi in collaboration with Nehru Yuka Kendra Mandi organized a tree plantation drive as a part of the Meri Mati Mera Desh programme started by the ministry of youth affairs and Sports govt.of India. Volunteers of our unit organized a rally under this programme and planted many samplings of trees in Tung Village. District youth officer Miss.Bharti Mongra ji appreciated our volunteers for their dedication and good work. Our volunteers also took the oath of Panch pran given by the Prime Minister Sh.Narendra Modi ji in the age of Amritkal.



Independence Day Celebration

Date: 15/08/2023

Venue: VGC Mandi

No of Students Participated: 130

No of Teachers Participated: 02

Theme: Nation First, Always First

On 15th August 1947 we got independence from British rule and our nation became an independent nation. To mark the importance of Independence Day and to celebrate the festival of freedom NSS Unit VGC Mandi celebrated Independence Day. On this special occasion NSS Unit organised a rally from college campus to Seri Munch Mandi. Volunteers took active participation in many activities like poster making, collage making, essay writing to celebrate this day. Principal VGC Mandi prof.Suirna Sharma ji gave their commendable speech on this special occasion. She told us how our India has fought for our independence. She motivated us to work hard for our nation. NSS Programme Officer Dr.Mamta Parmar ji and prof.SurajMani ji addressed the volunteers and gave their valuable speech. Volunteers took the pledge that they will take laureate to our nation and they will always be ready to serve our nation in any way.

Cloth Donation Campaign

Date: 05/09/2023

Venue: Bhyuli Mandi

No of Students Participated: 06

No of teachers participated: 01

This year in the month of July-August floods affected the Mandi town massively. People of the slum area had to leave their homes. To support those poor people and to give a little contribution towards society NSS Unit VGC Mandi along with Programme Officer Dr.Mamta Parmar ji and Prof.Surajmani ji donated cloth to those people in Bhyuli Mandi. NSS Unit distributed 100 pairs of clothes to 35 families residing in Vipasha Sadan Bhyuli. It's always our duty to help people during times of trouble. Principal VGC Mandi Prof.Surina Sharma ji Appreciated efforts of Volunteers and motivated volunteers to do such great work.



Fund Collection

Date: 08/09/2023-09/09/2023

Venue: VGC Mandi

No of Students Participated: 05

This year in the month of July-August floods affected Himachal Pradesh massively. Volunteers of NSS Unit VGC Mandi started a campaign and started collecting funds for chief Minister Monsoon relief fund and Chief Minister Flood relief fund. Within two days volunteers collected 8000rs, volunteers in total collected 15000 rupees which were donated to CM monsoon relief fund by Principal VGC Mandi. Principal VGC Mandi Prof.Surina Sharma ji Appreciated efforts of Volunteers and motivated volunteers to do such great work.



Swachhhta Ralley

Date: 16/09/2023

Venue: Mandi town

No of Students Participated: 80

Theme: Clean nation Green Nation

In the era of Amritkal we are looking for a developed nation. Nation which is best in every aspect for that reason our government has started many campaigns. One such campaign is the Clean India campaign. Under this Campaign NSS Unit VGC Mandi in collaboration with Municipal Corporation Mandi organized a rally in Mandi town to make people aware about the importance of cleanliness. 80 NSS Volunteers took active participation in this rally. Volunteers made people aware about cleanliness and about the Clean India campaign. From Seri Munch to School Bazar and then through Panchvatar Temple volunteers covered the whole Mandi town. Municipal Corporation Mandi appreciated the efforts of volunteers and gave them their best wishes.



NSS Foundation day

Date: 24/09/2024

Venue: VGC Mandi

No of Students Participated: 90

No of teachers participated: 05

NSS Unit VGC Mandi celebrated 54th NSS Foundation day on 24th September 2023. Being a part of NSS India NSS VGC Mandi organized many activities to celebrate the great day. On this special occasion volunteers participated in cultural activities, experience sharing speeches. Volunteers performed many performances like dances, songs and Himachali Nati. NSS Programme officer Dr.Mamta Parmar ji and prof.Surajmani ji congratulate volunteers for being part of NSS family and for completing 54 years of National service scheme. Principal VGC Mandi prof.Surina Sharma ji Chief guest of the programme addressed the students and gave us her blessings and best wishes. All volunteers felt proud for being NSS volunteers.



Gandhi jayanti

Date: 02/10/2023

Venue: Gandhi Chowk Mandi

No of Students Participated: 50

No of teachers participated: 02

NSS Works on the ideology of Mahatma Gandhi. To pay our heartfelt tribute and to mark the birth anniversary of Mahatma Gandhi, NSS Unit Celebrated Mahatma Gandhi at Gandhi Chowk Mandi along with other units. NSS volunteers organized prabhat feri in Mandi town after that NSS Volunteers along with programme officer Dr.Mamta Parmar ji and Prof.Surajmani ji garlanded statue of Mahatma Gandhi. NSS programme officers addressed the students and motivated them to adopt the qualities of Mahatma Gandhi.

Meri Mati Mera Desh

Date: 12/10/2023

Venue: VGC Mandi

No of Students Participated: 70

No of teachers participated: 02

Meri Mati Mera Desh is a programme started by the Ministry of youth affairs and Sports govt of India to highlight the rich culture and rich heritage of our India. Volunteers of NSS Unit VGC Mandi brought a little from different places of Mandi. NSS programme officers Dr. Deepali Ashok ji and Prof Surajmani ji started the event by putting some soil in Amrit Kalash. All volunteers put some soil in Amrit kalash and organized a rally from college campus to Mandi town to mark the importance of this programme. NSS programme officers addressed the volunteers and told them about the rich culture and rich heritage of our india.



District Yuva Utsav

Date: 21/10/2023

Venue: Sanskriti Sadan mandi

No of Students Participated: 90

NSS Unit VGC Mandi in collaboration with Nehru Yuva Kendra Mandi organized District Yuva utsat at Sanskriti Sadan Mandi. NSS volunteers took active participation in various types of activities like poster making, declaration, photography, cultural events. NSS volunteers gave their duties in managing the whole event. Amrit kalash yatra were also taken from college to Sanskriti Sadan. NSS programme officers appreciated the efforts of volunteers. Nehru Yuva Kendra also appreciated our work.



National unity day

Date: 31/10/2023

Venue: VGC Mandi

No of Students Participated: 50

No of teachers participated: 35

To mark the birth anniversary of Sardar vallabhbhai Patel and to highlight his contribution in making our India united NSS Unit VGC celebrated national unity day. Principal prof.Surina Sharma ji , other faculty members and honorable NSS Programme officers garlanded the statue of Sardar patel in college campus. Principal VGC Mandi administered the oath of unity to everyone. NSS programme Officer Dr.Deepali Ashok ji gave a lecture on the life journey of Sardar patel and told about his life and his importance in the freedom struggle. They motivated us to adopt his leadership qualities so that we can serve our nation.



NSS Garden Formation

Date: 07/11/2023-10/11/2023

Venue: VGC Mandi

No of Students Participated: 60

No of teachers participated: 02

To make our college campus more beautiful and attractive NSS Unit VGC Mandi started making its own garden in the college campus. NSS Volunteers thoroughly cleaned the adopted area and started digging the soil. After hardwork of 3 days NSS volunteers finally completed the garden. They planted many flowers and decorated the area with stones and with waste plastic bottles. NSS Programme officer Dr. Deepali Ashok is one major motivating factor for this great activity. NSS Garden is the best example of best out of waste activity.



Humans Rights Day

Date: 10/12/2023

Venue: VGC Mandi

No of Students Participated: 50

No of teachers participated: 05

Human right day is celebrated by NSS Unit VGC Mandi to commemorate the universal declaration of human rights. NSS Programme Officer Prof.Surajmani ji addressed all the NSS Volunteers and he gave a lecture on human rights. He told many important things to all the volunteers about human rights. As this year's theme "Freedom, Equality and Justice for all" shows that everyone should get equal rights, equal freedom and equal justice. 50 NSS Volunteers took active participation in this programme.

Day Excursion and trekking

Date: 17/02/2023

Venue: Dev Parashar Temple

No of Students Participated: 35

No of teachers participated: 01

Volunteers of NSS VGC Mandi organized an educational trip and trekking camp to Dev Parashar Temple Mandi. Along with NSS Programme Officer Dr. Deepali Ashok ji and 35 volunteers went on this trip. Volunteers enjoyed a lot and learned a lot about this spiritual place. Dev Parashar Rishi temple is one of the famous temples in Mandi district. Volunteers cooked food by themselves and had a great time together. Such trips help us to stay connected with our team and with our inner self as well. It was a great trip.



Traffic Management Duty

Date: 08/03/2023-14/03/2023

Venue: Mandi town

No of Students Participated: 28

Mandi shivratri is worldwide known festival and it is celebrated every year with full enthusiasm. During the International Shivratri Festival 2024 Volunteers of NSS Unit VGC Mandi gave their duties in managing traffic and Jaleb with the police department. 28 volunteers took active participation in this event. They gave their service for 5 hours for 7 days. Volunteers gave their services with full dedication. The police department appreciated our volunteers and their contribution in controlling traffic. Our volunteers learned a lot of things about road safety and Traffic rules. Programme officer Dr. Deepali ashok ji and Prof. Surajmani ji appreciated efforts of volunteers.



SVEEP Awareness Programme

Date: 02/04/2023

Venue: VGC Mandi

No of Students Participated: 50

No of teachers participated: 02

NSS Unit VGC Mandi organized an awareness session on SVEEP and voters awareness. NSS Programme Officer and Nodal Officer SVEEP and NSS Programme officer Dr.Deepali Ashok gave their lecture to aware students about voting. 50 students attended this session. 4 volunteers Mr.Lucky Chauhan, Ved Ram, Aparna Thakur, Tanisha got selected as Campus Ambassador so that these volunteers can ensure maximum participation of youth in voting.



Table of contents for Blood Donations

Sr.No	Date	Name of the Volunteer	No. of Donation
1.	06/07/2023	Lucky Chauhan	2 nd
2.	14/09/2023	Yuvraj Singh	1 st
3.	18/10/2023	Lucky chauhan	3 rd
4.	31/10/2023	Roop Singh	1 st
5.	31/10/2023	Roop Lal	4 th
6.	02/11/2023	Sumit Kumar	1 st
7.	03/11/2023	Manisha thakur	1 st
8.	21/03/2023	Lucky Chauhan	4 th
9.	21/03/2023	Khushbu Sharma	1 st

Blood Donations

Date: 06/07/2023

2nd Blood donation by volunteer Lucky Chauhan.



Date: 14/09/2023

1st Blood Donation by Volunteer Yuvraj Singh



Date: 18/10/2023

3rd Blood Donation by Volunteer Lucky Chauhan



Date: 31/10/2023

1st Blood Donation by volunteer Roop Singh



Date: 31/10/2023

4th Blood Donation by volunteer Roop lal



Date: 02/11/2023

1st Blood Donation by Volunteer Sumit Kumar



Date: 03/11/2023

1st Blood Donation by volunteer Manisha Thakur



Date: 21/03/2023

4th Blood Donation by Volunteer Lucky Chauhan



Date: 21/03/2023

1st Blood Donation by volunteer Khushbu Shar



Table of contents for Camps

Sr.No	Date	Name of the Achievement and Camp	No. of Volunteers participated
1.	21/09/2023	District level Pre-RD selection camp	06
2.	11/10/2023	State level Pre-RD selection camp	06
3.	24/10/2023- 03/11/2023	North zone Pre-RD Camp	01
4.	18/12/2023- 22/12/2023	State Mega Camp	06
5.	01/01/2024- 09/01/2024	National Adventure camp	04
6.	12/01/2024- 18/01/2024	National youth Festival	03
7.	01/01/2024- 31/01/2024	National Republic Day Parade camp	01
8.	04/03/2024- 09/03/2024	Training camp at RGNIYD centre Chandigarh	10
9.	16/03/2024- 22/03/2024	National Integration Camp	02

Achievements and Camps

District Pre-RD Selection Camp

Date: 21/09/2023

Venue: VGC Mandi

6 Female NSS Volunteers (Khushi, Sakshi sharma, Leena Parashar, Yeshwerya, Soniya, Anjali) of Vallabh Govt. College Mandi got selected for 1 day District level Pre-RD Selection camp.



State Pre-RD Selection Camp

Date: 11/10/2023

Venue: Govt. College Bilaspur

6 Female NSS Volunteers (Khushi, Sakshi sharma, Leena Parashar, Yeshwerya, Soniya, Anjali) of Vallabh Govt. College Mandi got selected for 1 day State level Pre-RD Selection camp which held at Govt. College Bilaspur.



North Zone Pre-RD Camp

Date: 11/10/2023

Venue: Govt. College Bilaspur

NSS Volunteers Miss Khushi of Vallabh Govt. College Mandi got selected for 10 days North Zone Pre-RD Selection camp which held at M.M College Fatehabad Haryana. Khushi represented Mandi District and Himachal Pradesh at Pre-RD camp and got selected for National RD Camp.



NSS State Mega Camp

Date: 18/12/2023-22/12/2023

Venue: Govt. degree College Banjar (Kullu)

6 NSS Volunteers (Vijay kumar, Roop singh, Lucky chauhan, Neha Devi, Garima Thakur, Kalpana) of Vallabh Govt. College Mandi got selected for 5 days State Level NSS Mega Camp organized by NSS State cell Himachal Pradesh.



National Adventure Camp

Date: 01/01/2024-09/01/2024

Venue: ABVIMAS Pong Dam Kangara H.P

4 NSS Volunteers (Sakshi sharma, Leena parashar, Himanshu Palsara, Bhashik Rana) got selected for 10 days National Adventure Camp held at ABVIMAS Pong Dam Kangara Himachal Pradesh.

NSS UNIT VGC MANDI

Congratulations

getting selected for

Adventure Camp 2024

Held at Pongdam Kangra

Himanshu Palsara
Class B.A 2nd Year

Leena Prashar
Class -B.Sc.3rd Year

Bhasik Rana
Class - B.A 2nd Year

Sakshi Sharma
Class -B.A 3rd Year

National Youth Festival

Date: 12/01/2024-18/01/2024

Venue: Nashik Maharashtra

3 NSS Volunteers (Roop Singh, Lucky Chauhan, Neha Devi) of Vallabh Govt. College Mandi got selected for 6 days National Youth Festival held at Nashik Maharashtra. Volunteers represented Himachal Pradesh at National level and made us proud.



Republic Day Parade Camp

Date: 01/01/2024-31/01/2024

Venue: Kartavya Path New Delhi

NSS Volunteer Miss.Khushi got selected for 30 days National Republic day parade camp held at Kartavya Path New Delhi. Volunteer Khushi represented Himachal Pradesh and she was the 2nd commander of NSS Contingent. It's a case of supreme pride and honor for both NSS Unit VGC Mandi and whole Vallabhian family.



RGNIYD Training Camp

Date: 04/03/2024-09/03/2024

Venue: Rajiv Gandhi National Institute of youth development regional center Chandigarh.

10 NSS Volunteers (Divya, Shifali, Kanupriya, Sanjana, Rajender, Paras, Lekhraj, Suryakant Abhishek, Neeraj) got selected for 10 days Training Camp held at Chandigarh.



National Integration Camp

Date: 16/03/2024-22/03/2024

Venue: Central University, Kerala

2 NSS Volunteers (Rajender and Anjali) of Vallabh Govt. College Mandi got selected for 7 days National Integration Camp held at Central University kerala.



Table of Content for Achievements

Sr.No	Name of Volunteer	Achievement
01.	Khushi	Republic Day Parade 2024
02.	Vijay Kumar	Best male volunteer of the session 2023-2024
03.	Sunil kumar	Best Male volunteer of the session 2023-2024
04.	Reena	Best female volunteer of the session 2023-2024
05.	Mamta	Best female volunteer of the session 2023-2024
06.	Roop Singh	National Youth Festival 2024
07.	Lucky Chauhan	National youth festival 2024
08.	Neha Devi	National youth Festival 2024
09.	Sakshi Sharma	National adventure camp
10.	Leena Parashar	National adventure Camp
11.	Himanshu palsra	National adventure camp
12.	Bhashik Rana	National adventure Camp
13.	Sakshi sharma	Leader Unit 1
14.	Bhashik Rana	Leader Unit 2
15.	Lucky Chauhan	Blood Donor of the year
16.	Roop lal	Blood Donor of the year



12/25/2023

CAMPAIGN REPORT

TO HEAL MOTHER SUKETI



NATIONAL SERVICE SCHEME, UNIT

VGC MANDI, H.P. (175001)

SUBMITTED BY: RAJENDER KUMAR (UNIT VICE PRESIDENT)

A Report on the First Day of "To Heal Mother Suketi" Campaign

DAY 01

Date: November 27, 2023

Introduction:

The National Service Scheme (NSS) Unit at Vallabh Govt. College Mandi launched the "To Heal Mother Suketi" campaign on November 27, 2023. This initiative is aimed at addressing various environmental and community health issues in the Suketi region. The campaign is scheduled to run from November 27 to December 04, 2023, with the participation of up to 100 dedicated volunteers.



Media Coverage



Municipal corporation supporting the campaign

Objectives of the Campaign:

Environmental Cleanup: Targeting the restoration and cleanliness of the Suketi river and its surroundings.

Health and Hygiene Awareness: Conducting awareness programs to educate the community about the importance of sanitation and hygiene practices.



Activities on the First Day:

The inaugural day witnessed the enthusiastic participation of all 100 volunteers. The day commenced with a flag-off ceremony, where the NSS unit coordinator highlighted the significance of the campaign and the positive impact it can have on the local community and environment.

River Cleanup:

Volunteers actively engaged in cleaning the Suketi riverbanks, removing plastic waste, and other debris. The river cleanup aimed to enhance the water quality and create a healthier ecosystem.



Awareness Programs:

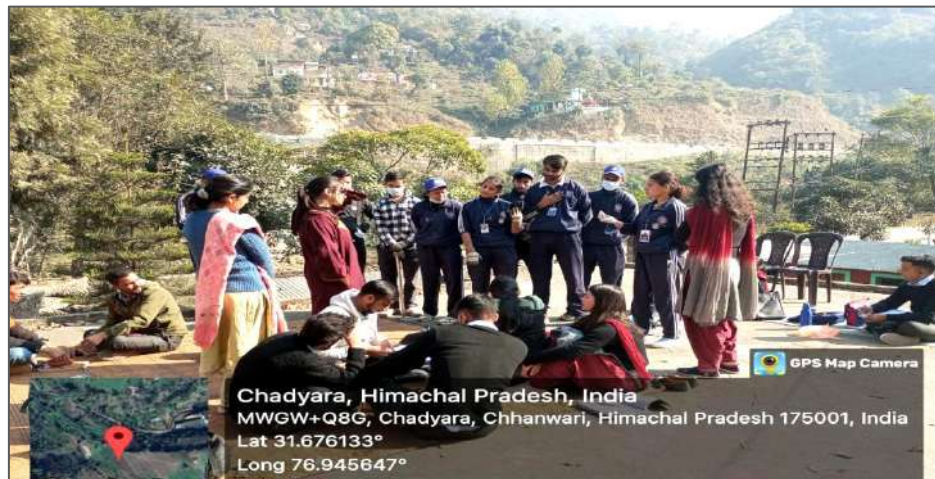
Simultaneously, awareness programs were conducted in nearby villages. Volunteers distributed pamphlets and interacted with community members to share information about hygiene practices, waste disposal, and the importance of keeping the environment clean.



Awareness programs were conducted in nearby villages.

Collaboration with Local Authorities:

The NSS unit collaborated with local authorities, including municipal bodies and environmental agencies, to ensure a coordinated effort. This collaboration enhanced the effectiveness of the campaign and allowed for the proper disposal of collected waste.



Challenges Faced:

Logistical Issues:

Some logistical challenges were encountered, such as the availability of transportation for waste disposal. These challenges are being addressed for smoother operations in the coming days.

During the 1st day of the "To Heal Mother Suketi" campaign, our dedicated team of 100 volunteers successfully collected an impressive 2200 kg of waste from the riverbanks. This substantial effort signifies a significant step towards rejuvenating the Suketi river and its surroundings. The commitment and hard work of the volunteers reflect the campaign's effectiveness in addressing environmental challenges and fostering a cleaner, healthier community.

Conclusion:

The first day of the "To Heal Mother Suketi" campaign marked a successful beginning with active participation from all 100 volunteers. The combined efforts of the NSS unit and the community reflect a promising start towards achieving the campaign's objectives. As the campaign progresses, it is anticipated that the positive impact will extend beyond the environmental realm to create a lasting change in the health and well-being of the Suketi region. The NSS unit looks forward to continued community support and engagement in the coming days.

A Report on the Second Day of "To Heal Mother Suketi" Campaign

DAY -02

Date: November 28, 2023

Introduction:

The second day of the "To Heal Mother Suketi" campaign, led by the National Service Scheme (NSS) Unit at Vallabh Govt. College Mandi, witnessed commendable efforts from 86 dedicated volunteers. The campaign, which spans from November 27 to December 04, 2023, aims to address environmental and community health concerns in the Suketi region.



Media Coverage

Activities on the Second Day:

On this day, volunteers undertook a challenging task by venturing into risky and less accessible areas along the riverbanks. Despite the difficulties, the team successfully collected a substantial 1500 kg of plastic waste. This effort is crucial in mitigating environmental degradation and promoting a safer and cleaner Suketi region.

Highlights:

Risky Terrain Exploration:

Volunteers demonstrated exceptional commitment by navigating through difficult and risky terrains to reach areas with high levels of plastic pollution. Their courage and determination were instrumental in the success of this endeavor.



Plastic Waste Collection:

The focus of the day was on collecting plastic waste, a major contributor to environmental degradation. The volunteers efficiently gathered 1500 kg of plastic waste, significantly reducing the ecological footprint along the Suketi river.



Collecting plastic waste: Location - Near Rani bai, Gutkar, Distt. Mandi H.P. 175001

Safety Measures:

Despite the challenges posed by the terrain, safety remained a top priority. Volunteers were equipped with appropriate gear, and precautionary measures were taken to ensure their well-being during the waste collection process.

Challenges Faced:

Risky Terrain:

The difficult terrain and inaccessible areas presented challenges to the volunteers, requiring careful navigation to ensure both the success of the mission and the safety of the participants.

Logistical Coordination:

The campaign organizers faced logistical challenges in coordinating the collection and disposal of the waste from the remote areas. However, these challenges are being addressed for smoother operations in the upcoming days.

Daily news impactful campaign,

NSS Unit VGC Mandi gained significant attention and recognition in daily news channels such as DD News, Divya Himachal, and Pole Star for their impactful campaign, "To Heal Mother Suketi." The initiative showcased their dedication and efforts in addressing environmental concerns, making a positive impact on the community, and garnering widespread media coverage.



[Click here: Live news on DD News/"To Heal Mother Suketi"](#)

Triumph of Dedication: NSS Unit Excels in "To Heal Mother Suketi" 7-Day Campaign:

The NSS Unit volunteers exhibited unparalleled dedication and hard work, culminating in the triumphant completion of the "To Heal Mother Suketi" 7-Day Campaign. Their relentless efforts and unwavering commitment to environmental well-being shone through as they successfully achieved their objectives.



[Click here to watch./Volunteer exhibited unpralleled dedication and hard work/](#),

The volunteers' hard work not only brought about positive change in the Suketi region but also served as a testament to the effectiveness of collective action in addressing environmental challenges. The campaign's success stands as a testament to the NSS Unit's ethos of service and impact.

Conclusion:

The second day of the "To Heal Mother Suketi" campaign showcased the unwavering dedication of 86 volunteers who fearlessly ventured into risky terrains to collect 1500 kg of plastic waste. This endeavor is a testament to the commitment of the NSS Unit at Vallabh Govt. College Mandi in addressing environmental issues. As the campaign progresses, the focus remains on sustainable solutions and community engagement, with the goal of leaving a lasting positive impact on the Suketi region.

Report on the Third Day of "To Heal Mother Suketi"

Campaign

DAY - 03

Date: November 29, 2023

Introduction:

The third day of the "To Heal Mother Suketi" campaign, led by the National Service Scheme (NSS) Unit at Vallabh Govt. College Mandi, continued to make significant strides in addressing environmental challenges. Despite the reduced number of volunteers, with a dedicated team of 78 participants, the campaign made impactful progress in tackling plastic pollution along the Suketi river.



MEDIA COVERAGE

Activities on the Third Day:

Volunteers, displaying unwavering commitment, targeted the riskiest and most heavily polluted areas along the riverbanks. Their efforts were focused on collecting plastic waste, a major environmental concern. The day culminated in the successful collection of an impressive 2500 kg of plastic waste.

Highlights:

Strategic Cleanup in High-Risk Zones:

The NSS volunteers strategically identified and navigated through the most challenging and polluted areas along the Suketi river. Their targeted approach ensured the effective removal of plastic waste from regions that needed urgent attention.



Cleanup in High-Risk Zones

Team Coordination and Collaboration:

Despite the reduced number of volunteers, effective coordination and collaboration were maintained throughout the cleanup process. Team members worked seamlessly to maximize efficiency and cover a larger area.

Public Awareness Initiatives:

In addition to waste collection, volunteers engaged in public awareness initiatives, educating local communities about the detrimental effects of plastic pollution and the importance of responsible waste disposal practices.

Challenges Faced:

Limited Volunteer Count:

The campaign encountered a slight decrease in volunteer participation, with 78 members actively contributing. However, the reduced numbers did not hinder the effectiveness of the cleanup efforts.



SOME GLIMPSES DURING WORKING

Navigating Hazardous Areas:

Navigating through risky and heavily polluted areas required extra caution and effort from the volunteers. Despite these challenges, the team successfully executed the cleanup operation.

Prominent coverage on local news:

NSS Unit VGC Mandi earned prominent coverage on local news channels like Pole Star for their commendable 7-day campaign, "To Heal Mother Suketi." The initiative showcased their unwavering commitment to environmental healing, and their efforts resonated strongly within the community. The local news channels highlighted the unit's dedication to fostering positive change, bringing attention to their impactful work and underscoring the importance of community engagement in addressing environmental challenges.



[Click Here to Watch: Live Pole Star Himachal/"To Heal Mother Suketi"/Highlights](#)

Conclusion:

The third day of the "To Heal Mother Suketi" campaign showcased the resilience and determination of 78 volunteers who tackled the riskiest and most polluted areas along the Suketi riverbanks. The collection of 2500 kg of plastic waste is a testament to their dedication and the positive impact the campaign is making on the environment. As the campaign progresses, the NSS Unit at Vallabh Govt. College Mandi remains committed to fostering a cleaner, healthier Suketi region through community engagement and environmental awareness.

78 volunteers who tackled the riskiest and most polluted areas along the Suketi riverbanks.

A Report on the Fourth Day of "To Heal Mother Suketi"

Campaign

DAY - 04

Date: November 30, 2023

Introduction:

The fourth day of the "To Heal Mother Suketi" campaign, organized by the National Service Scheme (NSS) Unit at Vallabh Govt. College Mandi, marked a significant milestone in the ongoing effort to address environmental challenges in the Suketi region. Despite a slight decrease in volunteer numbers, with a dedicated team of 70 participants, the campaign achieved remarkable success in tackling pollution, particularly the hazardous issue of broken glass.



Media Coverage

Activities on the Fourth Day:

Volunteers undertook the formidable task of navigating through the dirtiest and most polluted areas, focusing on the collection of plastic waste and, notably, a substantial amount of broken glass. This hazardous material posed a severe threat to both the environment and the safety of the community. Despite the inherent difficulty of the work, the team managed to collect an impressive 3000 kg of plastic waste, including the hazardous broken glass.

Highlights:

Targeting Hazardous Materials:

The volunteers demonstrated exceptional courage and commitment by addressing the critical issue of broken glass. This hazardous material, often overlooked, poses a significant danger to both the environment and individuals.

Efficient Cleanup Operation:

Despite the challenging nature of the work, the volunteers executed an efficient cleanup operation in the dirtiest and most neglected areas. Their dedication ensured the removal of a substantial amount of plastic waste, contributing to the overall improvement of the Suketi region.



efficient cleanup operation

Team Resilience:

The difficult nature of the cleanup work, especially dealing with broken glass, required resilience and teamwork. The volunteers worked collaboratively to overcome challenges and accomplish the mission.



Team work: Worked collaboratively to overcome



challenges and accomplish the mission

Challenges Faced:

Hazardous Material Handling:

Dealing with broken glass added an extra layer of complexity to the cleanup efforts. Special precautions were taken to ensure the safety of the volunteers during the collection process.

Decreased Volunteer Count:

Although the number of volunteers decreased to 70, the team's dedication and hard work compensated for the reduced manpower, resulting in a successful cleanup operation.



Reduced manpower successfully resulting cleanup operation.

Conclusion:

The fourth day of the "To Heal Mother Suketi" campaign showcased the determination and resilience of 70 volunteers who undertook the challenging task of collecting 3000 kg of plastic waste, including hazardous broken glass. This effort is a testament to the campaign's commitment to addressing environmental issues that pose a significant threat to the Suketi region. As the campaign progresses, the NSS Unit at Vallabh Govt. College Mandi remains steadfast in its mission to create a cleaner and safer environment through community engagement and impactful cleanup initiatives.

A Report on the Fifth Day of "To Heal Mother Suketi"

Campaign

DAY - 05

Date: December 02, 2023

Introduction:

The fifth day of the "To Heal Mother Suketi" campaign, organized by the National Service Scheme (NSS) Unit at Vallabh Govt. College Mandi, showcased the continued dedication and enthusiasm of 75 volunteers in addressing environmental concerns in the Suketi region. On this day, the focus was on the opposite side of the old Mandi market, where a diverse range of waste, including old clothes, broken glass, used utensils, and a significant amount of other garbage, was targeted for cleanup.

The Newz Radar TUESDAY 5 December 2023 **3**

Mandi college NSS volunteers make waves

Retrieve whopping 15,500 kg of plastic from Suketi rivulet

MUNISH SOOD

MANDI: To sensitise the masses and awaken them towards keeping their surroundings and natural resources clean, the National Service Scheme (NSS) volunteers of Vallabh Government College at Mandi (VGC) undertook a cleanliness drive along the basin of Suketi rivulet, a tributary of the Beas river, and fished out a mammoth 15,500 kg of plastic waste. The seven-day cleanliness drive titled "Heal mother Suketi" was launched along its stretch from Rani Bain to the famous Panchvaktra Temple where the Suketi rivulet meets the mighty Beas.

Deepali Ashok, Assistant Professor of Botany and NSS programme officer at VGC, told TNR that the aftermath of this year's heavy rainfall had left the riverbanks laden with plastic waste, prompting them to organise this much-needed cleanup drive. "The meticulously gathered more than a tonne of garbage and

waste during our ambitious cleanliness drive is a testament to the resilience and determination of the 95 NSS volunteers who worked wholeheartedly for a week and set an example for others to keep water bodies around them clean," she said.

The NSS officer, who was also the driving force behind the entire operation, said that as the volunteers progressed from Rani Bain to Mandi, the scale of the challenge became tough with each step, yet their unwavering spirit prevailed, even in conditions at points where standing on feet was a formidable task.

Another person who guided and led the NSS volunteers was Professor Suraj, who said the cause was well supported by the Mandi Municipal Corporation, which provided garbage bags and vehicles for transporting the collected waste to the designated dumping site. "The Red Cross Society also contributed to the cause by supplying essential gear such as gloves," he said.

VMC Principal Prof Surina offered full support for the cause and appreciated the NSS unit by acknowledging the pivotal role they played. "The success of the cleanliness drive stands as a beacon of light, urging communities to unite in creating a lasting impact on environmental preservation. Cleanliness campaign or drive is not the only solution, we all know it. We need to develop a culture to be sensitive towards cleanliness. We are not excluded from our environment. We are very much a part of it," said Deepali Ashok. She said that the NSS unit of VGC had always been associated with such social causes, justifying its motto which is "Not me, but you".

Media Coverage

Activities on the Fifth Day:

The volunteers undertook a challenging cleanup operation, targeting an area known for the indiscriminate dumping of various types of waste. The team diligently collected 2200 kg of plastic waste, comprising old clothes, broken glass, used utensils, and a variety of other garbage. This thorough cleanup effort aimed to improve the aesthetic appeal and environmental health of the Suketi region.

Highlights:

Diverse Waste Collection:

The NSS Unit addressed a wide range of waste materials, including old clothes, broken glass, and used utensils. This comprehensive approach reflects the commitment to tackling various forms of pollution in the region.



Volunteers: During Waste Collection with collaboration with Municipal Corporation

Community Engagement:

As part of the cleanup initiative, volunteers engaged with the local community, spreading awareness about responsible waste disposal practices and encouraging the adoption of more sustainable habits.

Enthusiastic Participation:

Despite the inherent difficulty of the work, the volunteers exhibited high levels of enthusiasm and dedication. Their positive spirit contributed to the success of the cleanup operation.



Challenges Faced:

Diverse Waste Types:

The cleanup effort involved dealing with a diverse range of waste materials, each requiring specific handling procedures. Volunteers navigated through this challenge with careful consideration.



Logistical Coordination:

The cleanup operation required effective logistical coordination to manage the diverse types of waste collected. The NSS Unit successfully orchestrated these efforts for a smooth operation.

Article Published in daily news Update:

[Click Here to Watch-Article published in Gohar Mandi Updates/Daily Live news](#)

Conclusion:

The fifth day of the "To Heal Mother Suketi" campaign demonstrated the resilience and commitment of 75 volunteers who tackled the challenging task of collecting 2200 kg of plastic waste, including diverse forms of discarded items. The campaign's focus on a different area underscored its comprehensive approach to environmental cleanup. As the campaign progresses, the NSS Unit at Vallabh Govt. College Mandi remains dedicated to fostering positive change in the Suketi region, one cleanup initiative at a time.

Report on the Sixth Day of "To Heal Mother Suketi"

Campaign

DAY- 06

Date: December 03, 2023

Introduction:

The sixth day of the "To Heal Mother Suketi" campaign, led by the National Service Scheme (NSS) Unit at Vallabh Govt. College Mandi, continued the impactful cleanup efforts aimed at addressing environmental challenges in the Suketi region. With the participation of 80 dedicated volunteers, the campaign targeted the opposite side of the old Mandi market, where a variety of waste materials, including old clothes, broken glass, used utensils, and a substantial amount of other garbage, required immediate attention.



Media Coverage

[Click Here to Watch: https://www.facebook.com/share/v/vuxz8P4H](https://www.facebook.com/share/v/vuxz8P4H)

Activities on the Sixth Day:

Volunteers embarked on a challenging cleanup operation, focusing on an area notorious for indiscriminate dumping. The team collected a significant 2200 kg of plastic waste, comprising old clothes, broken glass, used utensils, and various forms of garbage. This intensive cleanup initiative aimed to enhance the overall cleanliness and environmental health of the Suketi region.

Highlights:

Community Collaboration:

The NSS Unit actively collaborated with the local community to address the prevalent issue of waste dumping. This collaborative effort fostered community awareness and engagement in the cleanup process.



Dedicated Volunteer Participation:

Despite the arduous nature of the work, 80 volunteers exhibited exceptional dedication and enthusiasm. Their commitment played a crucial role in the success of the cleanup operation.



Public Awareness Campaign:

In addition to waste collection, volunteers conducted a public awareness campaign, educating residents about responsible waste disposal practices and the importance of maintaining a clean environment.

वल्लभ कॉलेज के स्वयंसेवकों ने 3500 घंटे में समेटा 12 टन कूड़ा
मंडी में प्रतिदिन किया श्रमदान, शहरवासियों से नदी-नालों में कूड़ा न फेंकने की अपील

अमित शर्मा, मंडी

छोटी नाली मंडी के नदी-नालों में कूड़ा समेटने के लिए वल्लभ कॉलेज मंडी के एनएसएस स्वयंसेवक एक सप्ताह 'पांच' किलोमीटर के दूरी में डूब रहे। सर सीएम इन्फो 12 टन कूड़ा समेटा और लोगों को विचारा से यह संदेश दिया कि नदी-नालों में कूड़ा न फेंके, क्योंकि पाए की पर्यावरण को नुकसान पहुंचाए।

100 स्वयंसेवक सप्ताह दिन तक कूड़ा समेटने और प्रतिदिन 500 घंटे काम किया गया और एक सप्ताह 3500 घंटे 12 टन कूड़ा फेंका गया।

कूड़ा खदेने जालों में लकड़ी, प्लास्टिक, अमिल रसायन, लेबरक, टिन, पानी, टिन, दुर्गम,

युवराज, विमल, निरमला, अनामिका, कम सिंह, विजय, सुप्रीम, दीप आदि ने बताया कि मंडी शरीरों से पंचवक्त्र कूड़ा समेटा है। इसके दूर भी टनों के हिसाब से कूड़ा नदी-नालों में फेंका है, यदि इसे सभ्य तरीके से कूड़ा नदी-नालों में फेंका कर शरीरों में पाए जाएगा, जिससे कई बीमारियां फैलना तक है। उन्होंने कहा कि जब तक समाज विचारों से योग्य नहीं होता, तब तक रहने का कोई औपचारिक नहीं है।

वल्लभ कॉलेज के एनएसएस कार्यक्रम अधिकारी डॉ. दीपती आर्यक ने प्रो. सुवर्णमणि ने बताया कि लगभग 100 स्वयंसेवकों ने सप्ताह दिन में पांच-पांच घंटे लगातार कूड़ा नदी और नालों में खदेड़ने के लिए काम किया।

द्वयंसेवकों ने इस दौरान पांच किलोमीटर के दूरी में यह कूड़ा समेटा है। भाषण में भी इस तरह के कार्यक्रम जारी रहेंगे।

राजकीय महाविद्यालय मंडी की नसपसएस इकाई द्वारा शुरू किया गये "Healing Mother Suketi" अभियान का समापन

मौदर मंडी अस्पताल / मंडी

14 फरवरी (शुक्र) अहमिका के अंतर्गत में और 800 घंटे का समय के अंतर्गत नसपसएस इकाई द्वारा शुरू किया गया "Healing Mother Suketi" अभियान का समापन 4 फरवरी 2023 को किया गया।

नसपसएस इकाई द्वारा शुरू किया गया 7 दिवसीय अभियान में कुल 800 घंटे का समय और 800 स्वयंसेवकों का योगदान था। इस अभियान का उद्देश्य नदी-नालों में कूड़ा न फेंकने का संदेश देना और लोगों को विचारा से यह संदेश देना है कि नदी-नालों में कूड़ा न फेंके।

अभियान की अध्यक्षता और सभी (अभियान के अंत में) मंडी शरीरों द्वारा किया गया था। इस अभियान के अंतर्गत नसपसएस इकाई द्वारा शुरू किया गया "Healing Mother Suketi" अभियान का समापन 4 फरवरी 2023 को किया गया।

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Challenges Faced:

Difficult Terrain:

The cleanup operation encountered challenges associated with the difficult terrain and the nature of the waste. Volunteers navigated through these obstacles with careful planning and execution.

Waste Sorting:

Dealing with a variety of waste materials required meticulous sorting to ensure proper disposal. Volunteers efficiently managed this task to promote environmentally friendly practices.



Live News: Divya Himachal TV:



[Click Here to Watch: Live Nukkad Play at Seri Manch./Awareness- regrading cleanliness/:](#)

Conclusion:

The sixth day of the "To Heal Mother Suketi" campaign showcased the collaborative efforts of 80 volunteers in addressing environmental issues in the Suketi region. The successful collection of 2200 kg of plastic waste, including diverse materials, reflects the campaign's commitment to comprehensive and sustainable cleanup initiatives. As the campaign approaches its conclusion, the NSS Unit at Vallabh Govt. College Mandi remains steadfast in its mission to heal and rejuvenate the Mother Suketi, fostering a cleaner and healthier environment for the community.

Report on Seventh and Day of "To Heal Mother Suketi"

Campaign

DAY - 07

Date: December 04, 2023

Introduction:

The seventh and final day of the "To Heal Mother Suketi" campaign, organized by the National Service Scheme (NSS) Unit at Vallabh Govt. College Mandi, marked the culmination of a week-long effort dedicated to addressing environmental challenges in the Suketi region. On this concluding day, 69 volunteers joined hands to execute a comprehensive cleanup operation, focusing on the collection of a substantial 1200 kg of plastic waste.

वल्लभ कॉलेज के स्वयंसेवकों ने 3500 घंटे में समेटा 12 टन कूड़ा

मंडी में प्रतिदिन किया श्रमदान, शहरवासियों से नदी-नालों में कूड़ा न फेंकने की अपील

अनिल शर्मा, मंडी

छोटी काशी मंडी के नदी-नालों से कूड़ा समेटने के लिए वल्लभ कॉलेज मंडी के एनएसएस स्वयंसेवक एक सप्ताह पांच किलोमीटर के एरिया में डटे रहे। इस दौरान इन्होंने 12 टन कूड़ा समेटा और लोगों को विनम्रता से यह संदेश दिया कि नदी-नालों में कूड़ा न फेंके, क्योंकि यहाँ की पेयजल स्कीमों से आपके अपने बच्चे पानी पीते हैं। हालाँकि पूर्व में नगर निगम अधिकारियों ने रात्रि मुहिम के तहत दर्जनों चालान काटे थे, लेकिन कूड़ा आज भी नदी-नालों में गिराया जा रहा है। सुबह 10 बजे से लेकर तीन बजे तक



व्यास नदी में कूड़ा समेटते स्वयंसेवक।

100 स्वयंसेवक सात दिन तक कूड़ा समेटते रहे। प्रतिदिन 500 घंटे काम होता रहा और एक सप्ताह 3500 घंटे 12 टन कूड़ा एकत्र किया गया। कूड़ा समेटने वालों में लक्की चौहान, अर्पित शर्मा, लेखराज, दिव्य, साक्षी, दिनेश, सुमित, युवराज, हिमांशु, शिफाली, अनामिका, रूप सिंह, विजय, खुशबू, रीना आदि ने बताया कि हमने रानीबाई से पंचवक्त्र तक कूड़ा समेटा है। इसके दूर भी टनों के हिसाब से कूड़ा नदी-नालों में पड़ा है, यदि इसे समय रहते साफ नहीं

किया तो यह पानी में मिल कर हमारे शरीर में पहुँच जाएगा, जिससे कई बीमारियाँ फैलना तय है। उन्होंने कहा कि जब तक समाज विचारों से सभ्य नहीं होगा, तब तक पढ़ने का कोई औचित्य नहीं रह जाता। वल्लभ कॉलेज के एनएसएस कार्यक्रम अधिकारी डॉ. दीपाली अशोक व प्रो. सूरजमणि ने बताया कि लगभग 100 स्वयंसेवकों ने सात दिन में पांच-पांच घंटे लगातार व्यास नदी और सुकेती खड्ड से प्लास्टिक कूड़ा समेटा है। स्वयंसेवकों ने इस दौरान पांच किलोमीटर के एरिया में यह कूड़ा समेटा है। भविष्य में भी इस तरह के कार्यक्रम जारी रहेंगे।

Media Highlights

Activities on the Seventh Day:

Volunteers dedicated their efforts to the meticulous collection of plastic waste from various sites identified during the campaign. The focus was on ensuring a thorough cleanup, leaving no trace of environmental degradation behind. The NSS Unit worked in collaboration with the municipal corporation, which provided essential support in transporting the collected waste from the sites to designated dump locations.

Highlights:

Efficient Waste Collection:

Despite the reduced number of volunteers, the team efficiently collected 1200 kg of plastic waste, underscoring the commitment and dedication of those involved in the campaign.



Municipal Corporation Collaboration:

The NSS Unit collaborated seamlessly with the municipal corporation, which played a pivotal role in facilitating the transportation of the collected waste to appropriate dump sites. This collaboration enhanced the overall effectiveness of the cleanup initiative.



Campaign Impact:

The "To Heal Mother Suketi" campaign succeeded in raising awareness, engaging the community, and significantly reducing the environmental footprint in the Suketi region. The efforts of the NSS Unit contributed to fostering a cleaner and healthier environment.

Challenges Faced:

Limited Volunteer Count:

The reduced number of volunteers posed a challenge in covering a larger area; however, the dedicated team ensured that the targeted sites were thoroughly cleaned.



Waste Transportation Logistics:

Coordinating the transportation of the collected waste to dump sites required careful planning and logistical coordination, which was effectively managed with the support of the municipal corporation.

Live Media/Press interaction with media persons:

NSS Unit Mandi's Program Officer, Dr. Deepali Ashok, and Prof. Suraj Mani Thakur engaged in live interactions with news channels throughout their 7-day campaign, "To Heal Mother Suketi." Their insightful discussions on environmental healing, community engagement, and sustainable practices garnered attention and appreciation. The live interviews provided a platform to showcase the unit's dedication and expertise, emphasizing the importance of their mission. Dr. Deepali Ashok and Prof. Suraj Mani effectively communicated the significance of collective efforts in nurturing the environment, making the campaign not only impactful on the ground but also resonant in the media landscape.



[Click here: Dr.Deepali Ashok &Prof. Suraj Mani Thakur engaged in live interaction with press/.Media](#)

Cleanliness drive along Suketi khud

TRIBUNE NEWS SERVICE

MANDI, DECEMBER 5

In a commendable initiative, the National Service Scheme (NSS) volunteers from Vallabh Government College, Mandi, organised a cleanliness drive from Rani Bain to Panchvaktra Temple along the Suketi khud in the district. The seven-day event kicked off on November 27.

This year's heavy rainfall had left the riverbanks strewn with a lot of waste, prompting the NSS to organise this drive. As the volunteers progressed from Rani Bain to Mandi, the challenges increased.

Programme officer Dr Deepali Ashok said 13 tonne plastic waste was collected during the drive. The municipal corporation provided garbage bags and vehicles for transporting the collected waste to the designated dumping site. The Red Cross Society also contributed to the cause by supplying essential gear such as gloves.

"Seraj Student Association, Nehru Yuva Kendra, VGC Mandi Eco Club, Rover-Rangers and NCC cadets collaborated with NSS volunteers in doing the job," she added.

Garbage Receipt Detailed of all day's

27/11/2023

DEV BHUMI DHARAM KANTA SAULI KHAD MANDI H.P. MOB. 8580777879			
RST No. :	3240	Vehicle No. :	HP656471
Vhl typ :		Party name :	
Address :		Item :	
Gross :	6225 Kg	Date: 27/11/2023	Time: 6:50
Tare :	4335 Kg	Date: 27/11/2023	Time: 3:10
Net :	1890 Kg		
Charges :	Rs 100		

CONTACT. FOR REPAIR 9218829819
! Thanks for your visit !

DAY - 01
Net Garbage - 1890KG

28/11/2023

DEV BHUMI DHARAM KANTA SAULI KHAD MANDI H.P. MOB. 8580777879			
RST No. :	3127	Vehicle No. :	HP65A1081
Vhl typ :		Party name :	
Address :		Item :	
Gross :		Date: 28/11/2023	Time: 4:45
Tare :	1500 Kg		
Net :			
Charges :	Rs 50		

CONTACT. FOR REPAIR 9218829819
! Thanks for your visit !

DAY - 02
Net Garbage - 1500KG

Day 03
Net Garbage - 1450KG

DEV BHUMI DHARAM KANTA
SAULI KHAD MANDI H.P.
MOB. 8580777879

RST No. : 3277 Vehicle No. : hp658471
Vhl typ : Party name :
Address : Item :
Gross : 5675 Kg Date: 29/11/2023 Time: 14:45
Tare : 4225 Kg* Date: 29/11/2023 Time: 14:45
Net : 1450 Kg
Charges : Rs 100

29/11/2023

Day 03
Net Garbage - 2450KG

DEV BHUMI DHARAM KANTA
SAULI KHAD MANDI H.P.
MOB. 8580777879

RST No. : 3269 Vehicle No. : HP658471
Vhl typ : Party name :
Address : Item :
Gross : 6675 Kg Date: 29/11/2023 Time: 15:20
Tare : 4225 Kg* Date: 29/11/2023 Time: 15:20
Net : 2450 Kg
Charges : Rs 100

Day 03
Net Garbage - 2565KG

DEV BHUMI DHARAM KANTA
SAULI KHAD MANDI H.P.
MOB. 8580777879

RST No. : 3279 Vehicle No. : HP652914
Vhl typ : Party name :
Address : Item :
Gross : 2565 Kg Date: 29/11/2023 Time: 17:03
Tare :
Net :
Charges : Rs 50

CONTACT FOR REPAIR 9218829819

DEV BHUMI DHARAM KANTA
SAULI KHAD MANDI H.P.
MOB. 8580777879

RST No. : 3298 Vehicle No. : HP652914
Vhl typ : Party name :
Address : Item :

Gross : 2960 Kg Date: 01/12/2023 Time: 18:06
Tare :
Net :

Charges : Rs 50

CONTECT. FOR REPAIR 9218829819
! Thanks for your visit !

Day 04
Net Garbage - 2960KG

Day 04
Net Garbage - 1785KG

DEV BHUMI DHARAM KANTA
SAULI KHAD MANDI H.P.
MOB. 8580777879

RST No. : 3296 Vehicle No. : HP65A1081
Vhl typ : Party name :
Address : Item :

Gross : 1785 Kg Date: 01/12/2023 Time: 15:32
Tare :
Net :

Charges : Rs 50

CONTECT. FOR REPAIR 9218829819
! Thanks for your visit !

Conclusion:

The seventh and final day of the "To Heal Mother Suketi" campaign was a testament to the collective efforts of 69 volunteers who, with dedication and collaboration, collected 1200 kg of plastic waste. The support from the municipal corporation added a crucial dimension to the success of the campaign, ensuring the proper disposal of the waste collected. As the campaign came to a close, the NSS Unit at Vallabh Govt. College Mandi reflected on the positive impact achieved over the week and the lasting contributions to the environmental health of the Suketi region. The campaign serves as a model for future community-driven initiatives aimed at healing and preserving the natural beauty of Mother Suketi.

Links of Media Coverage and live news click below:

1. [Message for Society by NSS volunteers](#)
2. [Tap to watch](#)
3. [Facebook live coverage](#)
4. <https://www.facebook.com/live news>
5. <https://www.facebook.com/share/media alert>
6. <https://thenewzradar.com/article published>
7. [Facebook news alert.com/edge](#)
8. <https://m.facebook.co4&sfnsn=wiwspwa&mibextid=RUbZ1f>
9. <https://www.facebook.com/share/v/dMoWtEAwbMtB4HhN/?mibextid=UVffzb>
10. <https://www.facebook.com/livetimestv/Programme Officer Interviews>

Positive impact on SOCIETY after Campaign

हिमाचल की आवाज 7 NEWS
हिमाचल की आवाज 7 न्यूज़ is at
Mandi Himachal.
14 Dec 2023 · 🌐

#mandi #HimachalNewsLive #Livehimachal
#NewsUpdate #HimachalPradesh
#reelsvideo #shimlabestinstitute #india
#reelsfbシ #newsfeed #himachal
#livestreaming #live #mandi #shimla
#news #IndiaNews #aajtaknews
#municipalcorporation

BREAKING NEWS
₹5,000 का लगाया
गया फाइन!

Himachal Pradesh LIVE

हिमाचल की आवाज 7 NEWS
हिमाचल की आवाज 7 न्यूज़ is at
Mandi Himachal.
14 Dec 2023 · 🌐

#mandi #HimachalNewsLive #Livehimachal
#NewsUpdate #HimachalPradesh
#reelsvideo #shimlabestinstitute #india
#reelsfbシ #newsfeed #himachal
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#municipalcorporation

हिमाचल की आवाज 7 NEWS
BREAKIN
नगर निगम मंडी की कूड़ा फेंकने वालों पर कड़ी कार्रवाई

Himachal Pradesh LIVE

[Click here to watch live news:](https://www.facebook.com/share/v/dMoWtEAWbMtB4b)

<https://www.facebook.com/share/v/dMoWtEAWbMtB4b>

Day 2nd: 09/03/2024

On 9th March 2024 Volunteers gave their services at their allocated duty areas. Volunteers gave their services for 4 hours. On 2nd day Volunteers managed public crowd as well as vehicle traffic along with people from police department.

Day 3rd: 10/03/2024

On 10th March 2024 Volunteers gave their services at their allocated duty areas. Volunteers gave their services for 4 hours. On 3rd day Volunteers managed public crowd as well as vehicle traffic along with people from police department. Volunteers learned a lot of things about traffic rules. They helped old people in crossing road.

Day 4th: 11/03/2024

On 11th March 2024 Volunteers gave their services at their allocated duty areas. Volunteers gave their services for 4 hours. On 4th day Volunteers managed public crowd as well as vehicle traffic along with people from police department. During duty a bike accident happened there and our two volunteers helped injured people gave them necessary first Aid and sent them to the hospital.

Day 5th: 12/03/2024

On 12 March 2024 Volunteers gave their services at their allocated duty areas. Volunteers gave their services for 4 hours. On 5th day Volunteers managed public crowd as well as vehicle traffic along with people from police department. They also managed public crowd during 2nd Traditional Shivratri Jaleb.

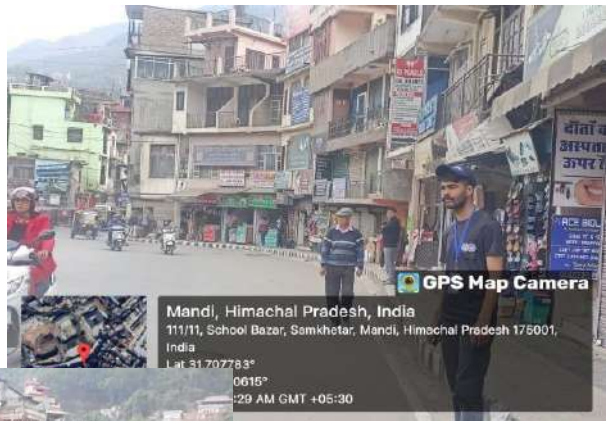
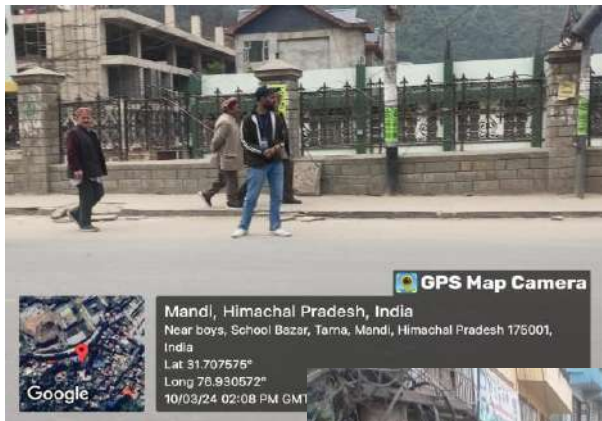
Day 6th: 13/03/2024

On 13 March 2024 Volunteers gave their services at their allocated duty areas. Volunteers gave their services for 4 hours. On 6th day Volunteers managed public crowd as well as vehicle traffic along with people from police department.

Day 7th: 14/03/2024

On 14 March 2024 Volunteers gave their services at their allocated duty areas. Volunteers gave their services for 4 hours. On 7th day Volunteers managed public crowd as well as vehicle traffic along with people from police department. They also managed public crowd during Last Traditional Shivratri Jaleb. Police Department appreciated all the efforts of volunteers for their selfless services. It was a thrilling experience for all the volunteers.





Savina

Principal
Vallabh Govt. College Mandi H.P.



सत्यमेव जयते

युवा कार्यक्रम
एवं खेल मंत्रालय
MINISTRY OF
**YOUTH AFFAIRS
AND SPORTS**



A REPORT

Session 2023 - 2024

*National Service Scheme Unit Vallabh Government Degree
College Mandi, Himachal Pradesh , 175001*

SEVEN DAYS SPECIAL CAMP NATIONAL SERVICE SCHEME, VGC MANDI, H.P. (175001)



Introduction:

A seven-days special National Service Scheme (NSS) camp was organized at Vallabh Government College VGC, Mandi, from 30th December 2024 to 5th January 2025. The camp was inaugurated by the esteemed Principal of the college, who emphasized the importance of community service and youth empowerment. During this camp, students actively participated in various social, environmental, and health-related activities aimed at fostering social responsibility. The program provided an excellent opportunity for volunteers to engage in rural development, community awareness, and environmental conservation, making a positive impact on society.

NSS Special Camp Day -1 :

The NSS unit commenced its 7-day special camp with an insightful session led by representatives from the Brahma Kumaris, focusing on the theme of spirituality. The volunteers were warmly welcomed and engaged in a meaningful discussion on the importance of inner peace, mindfulness, and self-awareness. The Brahma Kumaris shared their philosophy of living a balanced and peaceful life through meditation, positive thinking, and aligning one's actions with spiritual values. They emphasized that spirituality is not confined to religious practices but is a way of connecting with the inner self and finding harmony in everyday life.



The session was interactive, allowing volunteers to ask questions and reflect on how they could apply spiritual principles in their community service and personal lives. This inaugural address set a positive and reflective tone for the camp, encouraging participants to incorporate holistic well-being into their work during the upcoming camp activities.

SEVEN DAYS SPECIAL CAMP NATIONAL SERVICE SCHEME, VGC MANDI, H.P. (175001)

NSS Special Camp Day -2:

On the second day of the NSS 7-day special camp, the activities began with a rejuvenating **yoga session** for all the volunteers. The session, aimed at promoting physical and mental well-being, was led by a certified instructor who guided participants through **various asanas and breathing exercises**. This energized the volunteers for the day's events, emphasizing the importance of a healthy lifestyle to complement their community service.



Later in the day,

The volunteers organized a rally in the red-light areas of the city to raise awareness about the dangers of **drug abuse and promote the vision of a drug-free country**. Carrying banners and playcards with powerful messages, the volunteers interacted with local residents, distributing pamphlets and sharing information on rehabilitation resources. The rally was well-received by the community, and the volunteers felt a sense of purpose in contributing to such an important cause. The day concluded on a note of fulfillment and collective responsibility.



SEVEN DAYS SPECIAL CAMP NATIONAL SERVICE SCHEME, VGC MANDI, H.P. (175001)

NSS Special Camp Day -3 Report

The third day of the NSS 7-day special camp was dedicated to community outreach and support for vulnerable groups. In the morning, the **volunteers visited a local old age home**, where they spent quality time with the elderly residents. They engaged in heartfelt conversations, listened to their stories, and provided companionship. Many volunteers also performed songs and shared thoughtful moments with the elderly, creating an atmosphere of warmth and affection.



Following the visit, the volunteers proceeded to a **special childcare center** in the afternoon. Here, they interacted with children with special needs, organizing fun-filled activities such as games, painting, and storytelling to bring joy to their day. The volunteers focused on making the children feel included and happy, participating in creative and playful interactions. The day was emotionally enriching, as both the elderly and the children appreciated the attention and love shown by the NSS volunteers, making the day a memorable and fulfilling experience for everyone involved.



SEVEN DAYS SPECIAL CAMP NATIONAL SERVICE SCHEME, VGC MANDI, H.P. (175001)

NSS Special Camp Day -4 Report

The fourth day of the NSS 7-day special camp marked a significant contribution towards the health and well-being of the adopted village, Dudhar. The day began with the volunteers organizing a **free health check-up camp in collaboration with the staff from the regional zonal hospital**. The camp aimed to provide accessible healthcare services to the villagers, particularly those who might not have regular access to medical facilities. A team of doctors, nurses, and healthcare professionals conducted comprehensive health screenings, including blood pressure, blood sugar levels, and general physical check-ups. They also offered free consultations and distributed essential medicines. The health camp witnessed active participation from the villagers, with many expressing gratitude for the support. The NSS volunteers managed the event, ensuring smooth coordination and assisting the medical staff throughout.



After a lunch break, the volunteers engaged in a **cleanliness drive around the natural water resources in the village**. Understanding the importance of clean water sources for the community, they undertook activities such as clearing litter, removing waste materials, and educating the villagers on the importance of maintaining hygienic surroundings to avoid water contamination. The volunteers also spread awareness about water conservation and the prevention of waterborne diseases, making the initiative both a practical and educational effort.

This cleanliness drive not only improved the state of the village's water resources but also helped instill a sense of environmental responsibility among the villagers. The day's activities reflected the NSS's commitment to holistic community service, focusing on both health and environmental sustainability. Volunteers left the village with a sense of accomplishment, knowing they had made a tangible impact on the lives of the villagers, while fostering a cleaner and healthier environment.



Before



After

SEVEN DAYS SPECIAL CAMP NATIONAL SERVICE SCHEME, VGC MANDI, H.P. (175001)

NSS Special Camp Day -5 Report

The fifth day of the NSS 7-day special camp was dedicated to enhancing the safety awareness of the volunteers and the local community. The day began with an insightful *session conducted by officials from the Fire Brigade Department*, who were invited to educate the volunteers about fire safety and emergency response measures. The officials *demonstrated the use of fire extinguishers, explained different types of fire hazards, and provided guidelines* on how to react in case of a fire emergency. They also shared tips on fire prevention, especially in households and public places, emphasizing the importance of preparedness. The interactive session allowed volunteers to ask questions and participate in hands-on training, making it a highly engaging and practical experience.



After lunch, a *cyber security session* was held in the camp's conference room, led by an expert in the field. The session covered key topics such as online safety, data privacy, and protection against cyber threats like phishing, hacking, and identity theft.

The expert demonstrated how to identify suspicious online activities, use strong passwords, and safeguard personal information. Special emphasis was placed on the responsible use of social media and avoiding potential scams. The volunteers found the session informative and relevant in today's digital age, with many appreciating the practical advice provided for securing their online presence.

The day's activities focused on creating a *well-rounded understanding of safety, both in physical and digital spaces*, equipping the volunteers with essential knowledge that they can use in their personal lives and during their community service.

SEVEN DAYS SPECIAL CAMP NATIONAL SERVICE SCHEME, VGC MANDI, H.P. (175001)

NSS Special Camp Day -6 Report

The sixth day of the NSS 7-day special camp began on a calm and refreshing note with meditation and yoga sessions aimed at promoting mental and physical well-being. The volunteers participated enthusiastically, practicing various yoga asanas and meditation techniques to enhance focus and inner peace. These early morning activities not only energized the volunteers but also emphasized the importance of a balanced lifestyle for overall wellness. Following the yoga session, the volunteers engaged in campus beautification tasks, such as planting trees, cleaning common areas, and maintaining the surroundings, reflecting their commitment to creating a clean and green environment.

After the morning session, *a special guest, an esteemed Army General*, was invited as the resource person for the day. His *session focused on the significance of the security forces in safeguarding the nation and the dedication required to serve the country*. The General shared his experiences from the battlefield, illustrating the valor and discipline that soldiers embody. He also highlighted the various opportunities available in the armed forces and motivated the volunteers to consider careers in security forces, emphasizing the importance of serving the nation with integrity and honor.



The volunteers were deeply inspired by his words, gaining a newfound respect for the armed forces and their role in maintaining national security. The General's guidance on career choices and personal development was invaluable, leaving the volunteers with a sense of patriotism and the desire to contribute meaningfully to society. The day concluded with reflections on discipline, service, and personal growth.

SEVEN DAYS SPECIAL CAMP NATIONAL SERVICE SCHEME, VGC MANDI, H.P. (175001)

NSS Special Camp Day -7 Report

The final day of the NSS 7-day special camp was a culmination of learning, inspiration, and cultural celebration. The **day began with the arrival of the chief guest, Mr. H.S. Rana, the Municipal Corporation Commissioner of District Mandi**. He was warmly welcomed by the NSS Unit Programme Officers, Dr. Deepali Ashok and Prof. Suraj Mani Thakur, along with the volunteers who eagerly awaited his insightful session.

Mr. Rana, a highly respected figure, **shared his personal journey of success, from his humble beginnings to his rise to the position of Municipal Corporation Commissioner**. He highlighted the importance of hard work, dedication, and integrity in shaping a successful career. His story served as a source of motivation for the volunteers, who were deeply inspired by his perseverance and commitment to public service. Mr. Rana emphasized the value of serving society, encouraging the volunteers to explore careers in public administration and community welfare. He also provided practical guidance on career planning, discussing the various opportunities available in government services and the skills required to excel in them.



His session was interactive, with the volunteers asking questions about career challenges, preparation for competitive exams, and how to remain resilient in the face of adversity. Mr. Rana's candid responses and personal anecdotes resonated with the audience, giving them **clarity on how to approach their own career paths with confidence and purpose**.

Following Mr. Rana's address, the *atmosphere shifted to a lighter, festive mood as the camp participants organized cultural activities*. The volunteers showcased their talents through dance performances, skits, and songs, celebrating the spirit of teamwork and unity that had developed over the past week. The cultural activities not only entertained the audience but also reflected the volunteers' creativity and camaraderie. These performances fostered a sense of community, bringing everyone together in a joyful and celebratory way.



Conclusion :

As the camp drew to a close, Programme Officer **Dr. Deeplai Ashok** and **Prof. Suraj Mani Thakur** addressed the gathering. They expressed their heartfelt gratitude to all the participants, volunteers, and the chief guests who had contributed to the success of the camp. Dr. Deeplai Ashok **emphasized the importance of the NSS mission, highlighting how the volunteers had demonstrated true dedication through their various activities during the camp, including health camps, cleanliness drives, and awareness campaigns**. She acknowledged the significant impact the camp had made on both the volunteers and the community.

Prof. Suraj Mani Thakur echoed these sentiments, thanking the volunteers for their enthusiasm and commitment.



SEVEN DAYS SPECIAL CAMP NATIONAL SERVICE SCHEME, VGC MANDI, H.P. (175001)

He also extended his appreciation to the guest speakers, particularly Mr. Rana, for their invaluable guidance. He assured the volunteers that the NSS unit would continue to grow and empower more young people in the future, focusing on community development, leadership, and personal growth.

During the closing ceremony, PO Dr. Deepali Ashok expressed her heartfelt gratitude to the BK Sisters for their valuable time and insightful guidance. She honored them with a token of love, acknowledging their role in demonstrating the true power of inner peace and meditation to all the participants.



The camp officially concluded with a renewed sense of purpose and fulfillment. The volunteers left with numerous learnings—from career guidance to life lessons on discipline, service, and compassion. They were equipped not only with practical knowledge but also with a deepened sense of social responsibility. The seven days of the camp had transformed each participant, fostering leadership qualities, social awareness, and a stronger connection to their community.

With a commitment to empower the NSS unit further and to continue the journey of serving society, the camp ended on a high note, leaving behind lasting memories and a promise of future initiatives for the betterment of society.

Thankyou ! 😊