# **Best Practice: 2**

# **Promoting Community participation and Awareness**

# **Objective:**

To raise self-driven young people who can serve the society in all spheres of life. Over the course of the session, students are engaged in a variety of activities such as Cleanliness Drive in the community, Plantation Drive, Blood Donation Camps, helping the District Administration, Interaction and Awareness visits to identify and resolve various community issues like visit to special schools.

### **Context:**

The college has worked to help students instil in them values of Social Service and coexistence. NCC, NSS, Rover and Rangers, Red Ribbon Club and Department of Education aim to explore the full potential of the youth, be it physical, intellectual, social or spiritual. Through a variety of activities, interaction and social service programmes, students get a chance to grow holistically.

In addition to this, efforts have been made to provide

**Financial Assistance** to students through a contributory fund(mainly contributed by the staff of the college voluntarily) and scholarships at college level to help socio-economically backward students.

## **Practice:**

The students enrolled in different clubs, societies and departments are provided with a platform to engage in diverse activities to fosters students' awareness and nationalistic sentiments while inspiring them in different ways through activities by NSS, NCC and rovers and Rangers and other departments.

## **Challenges:**

- Providing sufficient facilities, training areas and equipment for operations of NCC Air Wing is challenging on college property with financial and logistical problems due to ongoing infrastructure development activities.
- 2. Sometimes it is difficult to make sure that faculty and staff members are available to assist such activities because of their involvement in other curricular and management activities.
- 3. Achieving a balance between such activities, academic responsibilities while ensuring that these units contribute to students overall educational experiences is sometimes challenging.
- 4. Sometimes students do not show interest in these activities. There is an increasing reluctance on the part of young college students to participate in these activities.

5. Despite repeated advertisements at college level regarding the financial assistance being provided by the college to needy students, some students still remain unaware and do not get benefitted from the schemes.

# **Categories of Community services**

- ➤ Social Welfare: To contribute to the well-being of society through various social service activities like health camps, cleanliness drives, and awareness programs on social issues.
- ➤ Communication Skills: To provide opportunities for students to develop organizational and communication skills through planning and executing community service projects.
- ➤ Citizenship and Patriotism: To instil a sense of responsibility, citizenship, and patriotism among students by engaging them in activities that promote national unity and pride.
- ➤ Environmental Conservation: To promote environmental sustainability and conservation through tree plantation drives, waste management initiatives, revival of natural water resources and eco-friendly practices.
- ➤ Health Awareness: To create awareness about health and hygiene among community members through workshops, campaigns and health check-up programs.
- ➤ Inclusive Growth: To work towards the inclusion and empowerment of marginalized communities by organizing educational support programs and advocacy campaigns.
- ➤ Disaster Management: To equip students with knowledge and practice related to disaster management and emergency response to ensure the safety and well-being of communities during natural calamities.
- ➤ Cultural Exchange: To foster cultural exchange and understanding among diverse communities by organizing cultural events, festivals, and exchange programmes.
- ➤ Community Engagement: To encourage active participation and engagement of students in community development initiatives, fostering a sense of responsibility towards societal issues.

➤ Inculcate Leadership: To nurture leadership qualities among students by providing opportunities to lead and manage community service projects, thereby enhancing their problem-solving and decision-making abilities.

Activities organized during the session 2023-24:

1. <u>Sweep Awareness Program</u>: On dated 02/04/2023, the NSS unit of VGC Mandi organized an awareness session on SVEEP and voting, which aimed at promoting voter education and electoral participation. Approximately 50 students participated in the session, gaining insight into the importance of voting, the electoral process and their role as responsible citizens. The session emphasized the significance of making informed decisions during elections to strengthen democracy.

# **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.







2. <u>Cloth Donation Campaign</u>: On 5th September, 2023, NSS unit of the college organized a successful cloth donation campaign. Six dedicated students from the unit actively participated in the event, collecting and distributing clothing to the underprivileged. Their efforts helped to provide essential items to those in need, showcasing the unit's commitment to community service and social welfare. The campaign was well received and impactful.

# **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.









3. <u>Fund Collection</u>: In the months of July and August, Himachal Pradesh was severely impacted by the floods. In response, the NSS unit of the college launched a campaign to support the relief efforts. They

successfully raised Rs. 15,000/-, which was contribute to the Chief Minister's Relief Fund to assist in recovery and aid for the affected communities.

# **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.











# 4. <u>Mother Suketi Campaign:</u>

"To heal Mother Suketi Campaign" initiated on November 27th to 4th December 2023 by the NSS unit under the leadership of Program Officers Dr. Deepali Ashok and Professor Suraj Mani, was a remarkable success in promoting environmental conservation. Over seven days, 90-100 dedicated NSS volunteers worked tirelessly to clean 6 km of the Suketi Khad river, collecting an impressive 15 tons of plastic waste, which was subsequently sent to a municipal dumping site. The campaign garnered widespread appreciation from various quarters, including local newspapers, electronic media, and social media platforms. Supported by organizations such as NCC, Rover Rangers, Student Associations, and Nehru Yuva Kendra, the drive also received high praise from key officials, including the Municipality Commissioner, SDM Mandi, and ADM Mandi, for its contribution to raising environmental awareness and improving the local ecosystem.







# Mandi college NSS volunteers make waves

# Retrieve whopping 15,500 kg of plastic from Suketi rivulet

#### MUNISH SOOD

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ile MANDI: To sensitise the masses and awaken them towards keeping their surroundings and natural resources clean, the National Service Scheme (MSS) volunteers of Valiabh Government College at Mandi (VeC) undertook river, and the service scheme in the service scheme of the service scheme in the service scheme i

pepuli Ashok, Assistant Professor of Botany and NSs programme officer at VGC, told TNR that the aftermath of this year's beavy rainfall had left the riverbanks laden with plastic waste, prompting them to organise this much needed cleanup drive.

"The meticulously gathered more than a toppe of parbage 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 bod-

The NSS officer, who was also the driving force behind the entire operation, said that as the volumers progressed from Runi Bain to Mandi, the scale of the challengs their unwavering spirit prevailed even in conditions at points where standing on feet was a formidable

Another person who guided and led the NSS volunteers was Profes VMC Principel Prof Surino offered full support for the cause and appreciated the NSS unit by acknowledging the plustof role they played. The success of the cleanliness drive stands as a beacon of light, unjury communities to units in creating a leating 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 beepail Ashox. She said that the NSS unit of VCC had always been associated with such social causes, justifying its mottowhich is

well supported by the Mandi Mi nicipal 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 year such as gloves." be said.

# 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,

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.

## 5. **Health camp**:

On January 3, 2024, the NSS unit of VGC Mandi, in collaboration with Rotary Club Mandi, successfully organized a health camp at Village Panchayat Bhraun. This camp was part of the NSS unit's efforts to support the rural community, as the village was adopted by the unit in 2023. The camp provided free medical check-ups for all villagers and students from the local primary school, while also promoting health awareness, with a focus on women's health and nutrition education for children. The health camp was attended by medical professionals, including a gynecologist who provided specialized care for the women of the area. Free health check-ups were conducted for all villagers, including students from the primary school, covering general health screenings, blood pressure checks, and consultations. Approximately 30 villagers, including students, benefited from the free medical services provided during the camp. The gynecologist's presence ensured special attention to women's health, which is often overlooked in rural healthcare.

A special session was conducted by Dr. Deepali, Prof. Suraj Mani, and the volunteers for the primary school students, focusing on the importance of a balanced diet and maintaining a healthy lifestyle. The students were taught the nutritional value of different foods and how a proper diet is crucial for their growth and well-being. Volunteers also checked the students' body weight and discussed how healthier food choices could positively impact their health.





कार्यालय ग्राम पंचायत भरोण विकास स्वण्ड सहर, जिला मण्डी (हि. प्र.)					
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411 11 2011	अभाग- पत्र	Part of			
किया जाता है। मिलकर चिनां के रितिय आपीलित कार्य था। इस रित्ती रवाट्यम जाम ति गामा। इसके साय रक्तिर स्तर (हाल रक्तिर स्तर कि रक्तिर उनका वजा भिड़ स्तय स्तर स्तित साहर	माता है कि ग्राम माद की यह सराह NSS इमाई में शेट 2 जानवरी 2024 के किया गया : वंह वह के दीरान पंचार वह के दीरान पंचार के अवस्थित आने वह माना गया !	अति की काहिलाओं की निवंधिका हारा कराण का नेत्र परीका। स्वत का नेत्र परीका। स्वति स			
		प्राप्त क्षीण प्राप्त समर, वर्णा (हिन्त्रंग)			

6. **Blood Donation Camp**: The Yuva Tourism Club (YTC), in collaboration with the Department of Tour and Travel at Vallabh Government College, Mandi, Himachal Pradesh, organized a blood donation camp on 21<sup>st</sup> March, 2024 to promote social responsibility and community service. The event encouraged students and staff to donate blood, emphasizing the importance of saving lives while fostering a sense of unity and humanitarianism within the tourism and educational community.



7. Traffic management Duty: NSS volunteers assisted the district administration in manging traffic from March 8, 2024 till March 14, 2024. Their efforts ensured smooth traffic flow and public safety. The volunteers efficiently handled the situation, contributing to better traffic regulations and minimizing congestion during the period. Their service was highly appreciated. NSS volunteers' involvement in the traffic management not only supported the administration but also promoted civic responsibility and leadership among the youth.

# **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.



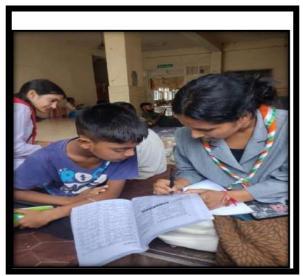








8. <u>Services in Slum area</u>: From 5<sup>th</sup> to 15<sup>th</sup> September 2023, rovers and rangers of Vallabh Govt. College Mandi rendered their services in a slum area. They taught the children of the slum area for ten days with great enthusiasm and fun. On 15<sup>th</sup> September 2023, various activities have been organized to make learning easy for the children. The Rovers and Rangers gave them valuable items like pens, notebooks, etc. It was observed that the children had a lot of potential and the will to study, but due to limited resources, they failed to receive an efficient education.





# 9. Project Nishchaya: Beyond Addictions - A Drug-Free Vision

In response to the growing challenge of drug addiction among youth in Himachal Pradesh, the State Headquarters of 'The Bharat Scouts and Guides' Himachal Pradesh has launched a transformative initiative "Project Nishchaya: Beyond Addictions - A Drug-Free Vision" on 15th October 2023. "Project Nishchaya" aims to address the urgent issue of drug addiction through a comprehensive approach that encompasses awareness, education, prevention and advocacy. The Rovers and Rangers Unit of Vallabh Govt. College, Mandi actively took part in all the activities listed by the state headquarter. Various activities like expert lectures, pledge taking ceremony, slogan writing competitions, rally, peer education and community visit were organized regarding awareness about drug addiction and prevention.



# Community Walk

Under the "Project Nishchaya", the Rovers and Rangers group of Vallabh Govt. College Mandi organized a 'Community Walk' on 5<sup>th</sup> December 2023 to spread awareness among the local inhabitants about drug addiction and drug abuse in society. The program was inaugurated by college Principal Prof. Surina Sharma, who flagged off the event. In this program, Rover scout leader Mr. Bhed R. Verma and Ranger Leader Dr. Bandana Chauhan were also present. The rally was organized by the Rovers and Rangers, along with students from the college and other organizations such as the Siraj Student Welfare association.









Association. The rally, which aimed to raise awareness against substance abuse, commenced from the college campus, passing through Panchvaktra Temple in Paddal Colony, Tibetan Market, and ISBT Bus Stand Mandi, and concluded back at the college campus.

## Peer Education Workshop

On April 27, 2024, the Rovers and Rangers of the college visited the nearby village to seek and share knowledge with the "Shivshakti Mahila Mandal" at Majhwar. They conducted discussions, skits and presentations to raise awareness among women about the adverse effects of substance/drug abuse. About 30 women from the local village also participated in the program. Mr. Bhed R. Verma, along with 24 Rovers and Rangers of the group, were present in the workshop.







# Community Visit

Under the banner of the "Project Nishchaya", the Rovers and Rangers group of Vallabh Govt. College Mandi visited the nearby rehabilitation center on 29<sup>th</sup> December 2023. During the drug rehabilitation centre visit, Rovers and Rangers engaged in discussions with patients and staff members. They were briefed on the structured approach to patient care, including sessions such as "Just for Today" (Discipline),

Sharing Sessions, Games Sessions, Reflection Sessions, and Counseling Sessions.



In addition, Rovers and Rangers had meaningful conversations with the patients, who shared their journeys and experiences and highlighted their progress towards better health since arriving at the centre. Notably, some staff members were former patients who had successfully completed their rehabilitation and were now contributing to the centre's services.

Such initiatives play a vital role in raising awareness and promoting a healthier, drug-free lifestyle.





# Community Drug Awareness Campaign

On 21st March 2024, the Rovers and Rangers group of Vallabh Govt. College Mandi initiated an awareness campaign among youth against substance/drug abuse through street play. A street play was performed outside of the college campus. The play aimed to raise awareness among youth about the harmful effects of growing drug/substance abuse habits and its prevention.





# Link: - https://www.facebook.com/share/v/u8EqhRtePeCdJ1C4/?mibextid=jmPrMh

At the end of this activity, other students of the college campus present during the play also shared their perspectives on the causes of increasing substance abuse among youth and their views on substance prevention.









# समाज से नशे के खात्मे के लिए महिलाओं को किया जागरूक



वक्षभ कॉलेज की रोवर्स एवं रेंजर्स इकाई ने नशे के बढ़ते मामलों और लोगों को नशे के खिलाफ जागरूकता फैलाने के लिए विभिन्न गतिविधियों का आयोजन किया जा रहा है। रेंजर्स और रोवर्स इकाई द्वारा अभियान के अन्तर्गत शनिवार को मझवाड़ में शिव शक्ति महिला मंडल मझवाड़ की महिलाओं को नशे के दुष्परिणम के बारे में चर्चा-परिचर्चा, स्किट के माध्यम से जागरूक किया। महिलाओं को नशे के बारे जानकारी रेंजर कृतिका द्वारा दी गई। रेंजर

• खबरनामा ब्यूरो। मंडी

ईशा के द्वारा महिलाओं को जिला में नशे से संबंधित 5 ज्वलंत मामलों पर विस्तार से प्रकाश डाला गया कि हम किस प्रकार नशा मुक्त समाज का सृजन कर सकते हैं, किस प्रकार हम एक स्वस्थ व नशा मुक्त परिवार स्थापित कर सकते हैं और किस प्रकार एक महिला समाज में सकारात्मक परिवर्तन ला सकती हैं। महिला मंडल की प्रधान गगनेश देवी ने कहा कि आज हम सभी को इंटरनेट के दुरुपयोग से युवाओं में बढ़ते नशे के चलन के बारे में जानकारी प्रदान करना आवश्यक कार्यक्रम में रोवर्स इन्चार्ज सहायक प्रो. भेद वर्मा और 24 रोवर्स और रेंजर्स ग्रुप मंडी के सदस्य उपस्थित रहे।

# 10. **Department of Education:** https://www.vgcmandi.co.in/Education\_dept.aspx

Interaction programme with Special Children of Sahyog Residiential School near Naagchla, District Mandi.



An excursion was arranged for the students of B.A. third year of Education Department, VGC Mandi to Sahyog which is a residential school for special children located at Naagchala, Mandi (HP). This school is run by Sahyog Bal Shravan Viklang Kalyan Samiti which is an NGO located in Mandi, Himachal Pradesh. This institute specifically cater to the needs, education and vocational training of mentally challenged children. The main objectives of the school are early intervention, education, rehabilitation, vocational training and manpower development of these children. Therefore, the institute have special curriculum in order to cater to the various needs of these special children as well as have specialist teachers and routines. 43 students from the Education department VGC Mandi visited the institute on 06/11/23.

Principal

VGC Mandi