



JAGRUKTA

(NSS NEWSLETTER)

2021 - 22

MAULANA AZAD MEMORIAL COLLEGE

(A Constituent College Of Cluster University Of Jammu)



CONTENTS

S.No	Particulars	Page No.
1	Editorial Board	2
2	Principal's Message	3
3	Message of Programme Officer	4
4	Message of Programme Officer	5
5	Convener NSS Advisory Committee	6
6	Student Editor's Message	7
7	NSS Star Volunteers Message	8
8	National Service Scheme	9
9	NSS Recruitment, Poster Making, Cleanliness Drive	10
10	Drug De-Addiction, Environmental & No Tobacco Day	11
11	Women's Day, Plantation, Earth Day	12
12	Yoga Day, UBA Counselling, Young Warrior	13
13	Road Safety, Swatchta Pakhwada, Sadhbhavna Diwas	14
14	Freedom Run, Literacy Day, Freedom Run 2.0	15
15	NSS Day, Gandhi Jayanti, Save Tawi Campaign	16
16	Children's Day, NSS Recruitment, Constitution Day	17
17	College Beautification, Visit Of Adopted Village, Youth Day	18
18	NSS Achievements	19
19	Recitation On Nutrition, Girl Child Day, Winter Camp	20
20	Women's Day, Organ Awareness camp, Cleanliness Drive	21
21	Drug Abuse, Pariksha Pe Charcha, Village Adopting Letter	22
22	Save Tawi, Poster On Earth Day	23
23	World No Tobacco, Environment Day, International Yoga	24
24	NSS Song, NSS Group Photo	25
25	Media Glimpse	26

EDITORIAL BOARD

NSS ANNUAL NEWSLETTER

STAFF EDITORIAL BOARD

1. *Chief Editor : Prof. G S Rakwal (Principal)*
2. *Dr. Koushal Kiran Thakur (NSS PO)*
3. *Prof. Shabir Ahmed (NSS PO)*
4. *Prof. Amitpal Kour (Convener NSS Advisory Committee)*
5. *Dr. Banpreet Kour (Co-Convener NSS Advisory Committee)*
6. *Prof. Neeraj Sharma (Coordinator IQAC)*
7. *Prof. Vishal Sharma (Co- Coordinator IQAC)*

VOLUNTEERS EDITORIAL BOARD

- | | |
|---------------------------------------|------------------------------------|
| 1. <i>Nawang Sonam (6th Sem)</i> | 1. <i>Paru Manchanda (6th Sem)</i> |
| 2. <i>Nipun Memoalia (6th Sem)</i> | 2. <i>Sonal Kotwal (4th Sem)</i> |
| 3. <i>Rahul Thakur (4th Sem)</i> | 3. <i>Simranpreet (4th Sem)</i> |
| 4. <i>Arun Bhagat (4th Sem)</i> | 4. <i>Sapna Khatri (4th Sem)</i> |
| 5. <i>Arjun Soni (4th Sem)</i> | 5. <i>Sania Bali (2nd Sem)</i> |
| 6. <i>Sahil Narwalia (4th Sem)</i> | 6. <i>Geetika (2nd Sem)</i> |
| 7. <i>Taranjeet Singh (4th Sem)</i> | 7. <i>Kalpana (2nd Sem)</i> |
| 8. <i>Abhijeet Balouria (2nd Sem)</i> | 8. <i>Jasleen Kaur (2nd Sem)</i> |

FROM THE PRINCIPAL'S DESK



MESSAGE



It is a matter of great pleasure that nss unit of Maulana Azad Memorial College is bringing out its maiden issue of newsletter. This newsletter show casethe efforts which nss volunteers of the college have put in throughout the year in spite of covid-19. the motto of NSS, "Not Me But You" constantly reminds us to keep service before self and here volunteers of our college abide by it diligently.

The basic aim of NSS is to install the idea of social service and responsibility in students. The NSS volunteers have done exemplary work of particularly in the pandemic times. They have not only been involved in the service community but also organized and participated in awareness campaigns like fit India, Anti Tobacco Drive, Waste Management, Swacchta Abhiyan, Yoga and Clean Tawi. These outreach and extension activities have been immensely beneficial to the students and society. In Rabinderanath Tagore's words "I Dreamt That Life Was Joy, I Awoke And Saw, Life Was Service, I Acted And Behold, Service Was Joy" indeed that is what we believe in and try to follow. I hope you relish reading these activities as much as the volunteers enjoyed carrying them out.

I complement the NSS Po's and volunteers for consolidating their outstanding contribution in this newsletter. The qualitative activities undertaken so far are testimony to the effective participation of nss volunteers and programme officers.

Prof.(Dr.) GS Rakwal
Hon'ble Principal
M.A.M College, Jammu

MESSAGE FROM PROGRAMME OFFICER



MESSAGE



The National Service Scheme was started with a sole aim to promote the essence of democratic living and upholding the need for self-less service. The entire program revolves around the development of a student, when it comes to identifying the needs and issues persisting in the society. The motto of the NSS- "Not Me, But You" is a lucid reflection of the program's identity by highlighting its well-entrenched principles and ideals of societal service. It serves as the very basis of existence of the program. In all, the volunteers who take up the objective of lending a helping hand towards community service, emerge as great individuals and later as valuable assets to the nation.

The NSS Unit of Govt. MAM College is a student-led team which works hand-in-hand with other social groups, by shedding the shroud of all the challenges, complexities and upheavals from the society and thereby eliminating all those issues which tend to hamper the community by inhibiting its growth. We work selflessly for a bigger cause by always abiding to our principles and values.

Dr. Koushal Kiran Thakur
NSS Programme Officer
MAM College, Jammu

MESSAGE FROM PROGRAMME OFFICER



MESSAGE



NSS is a voluntary association of young students in colleges which provides services to society without bias. It aims to inculcate social welfare in students, and through the community services, it really helps in building their personality.

NSS volunteer works for providing help in natural and man-made disasters by supplying food, clothing and first aid to the disaster victims, arranges blood donation camps to fulfil shortage of blood requirement in hospitals, tree plantation to protect environment and save mother earth, cleanliness moments for hygiene and healthy life, road safety awareness campaigns to reduce road accidents, street plays and awareness campaigns for save a girl child and educate her.

During NSS Special Camps, a volunteer learn from people in villages how to lead a good life despite a scarcity of resources, develops a sense of social responsibility & gets the practical lessons of value education. With the experiences from NSS, I am sure that all volunteers will learns how to lead a life of dignity with positive mind set and contributes to the growth of nation by some or other way.

Prof. Shabir Ahmed

NSS Programme Officer

MAM College, Jammu

MESSAGE FROM CONVENER NSS ADVISOR



MESSAGE



The National Service Scheme (NSS) at Maulana Azad Memorial College since its inception, has worked on a variety of projects, and it continues to do so on projects like conservation and enhancement of the environment education and literacy programme, health awareness programme, slum development, capacity building for girls, blood donation camps and many more programs under the motto "Not Me, But You."

Students should feel obligated to do good for their society in whatever small way they can, and NSS just provides them with the means to do so. Students become extremely familiar with the society, and when they meet new individuals, they learn about their needs and attempt to help them in whatever modest manner their team can, giving them an inner gratification that words cannot explain. The students' dedication and willingness to give back to society has resulted in the strengthening the social fabric of the society. NSS assists pupils in adopting a sagacious approach to holistic growth and preparing them for a resplendent life.

Prof. Amitpal Kour
Convener NSS Advisory Committee
MAM College, Jammu

STUDENT EDITOR'S MESSAGE



MESSAGE



It is a pleasure to welcome you all in the first edition of the NSS Jaagrukta Newsletter for the 2021-22 Academic year. Our NSS Jaagrukta Newsletter serves as a source of inspiration for the college's volunteer and staff to express their creativity and achievements, as well as offering the opportunities to showcase their talents and contribute their potential in making these Newsletter more meaningful. The coordinated efforts of our respected staff and NSS Volunteer will elevate the college reputation to the next level.

As for me, NSS newsletter is a annual journal which strives towards Publishing original and authentic articles encompassing cleanliness, social Awareness done by our NSS Volunteers. Under our PO's guidance and with the collective efforts of the entire NSS Unit, we hope that not only encourage Volunteers, but establish a platform on which the Volunteers can display their talent through various activities.

I am sure it will take time for this newsletter to really make its mark on the Social work sector, but all good things come to those who wait and those who persevere through adversity. At one point in time this Jaagrukta Newsletter was barely an Idea, and now it has been materialized into a working unit. Our Programme Officer Dr. Koushal Kiran Thakur and Prof. Shabir Ahmed was extremely enthusiastic about the publishing of NSS Jaagrukta Newsletter, also this wouldn't be possible without the support of our Principal Prof. GS Rakwal. I would also like to acknowledge the backing of our respected staff :-

Prof. Amitpal Kour (Convenor NSS Advisory Committee)

Dr. Banpreet Kour (Co-Convenor NSS Advisory Committee)

Prof. Neeraj Sharma (IQAC Coordinator)

Dr. Vishal Sharma (Co-Cordinator IQAC)

of this college for their relentless encouragement and utmost support in this endeavor. I would like to thanks my partner Volunteer Nipun Memolia, Paru Manchanda, Arun Bhagat, Arjun Soni, Sandeep Rana and Sahil Narwalia for their relentless contribution. But of course, the most important roles belong to the authors and editors of today and tomorrow to keep this Newsletter growing and flourishing, for there is no Newsletter without you.

Nawang Sonam

Student Editor JAAGRUKTA

NSS Volunteer 6th Sem

MAM College, Jammu

NSS STAR VOLUNTEER STUDENT

MESSAGE



Shikhar Sharma

Being a volunteer of NSS, its motto 'Not Me But You' has now become an integral part of my way of life.



Nawang Sonam

For me NSS is not only a service unit. It is platform to develop our skills and we will learn how to speak with different people's. We learn the importance of the term "selfless service" towards the society and will gain all the indirect benefits for our personal growth.



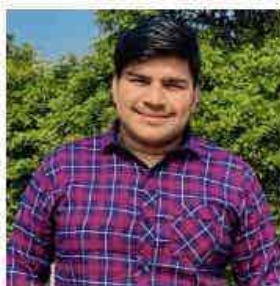
Nipun Memoelia

NSS gives me wings to enlighten more to others who need it the most. "Not me but you" should be eternal part of life of everyone to ahead towards a better nation and society.



Abhinandan Dheiman

NSS gave me a platform to identify the problems present at grassroot level and gave an opportunity to address them through combined efforts and teamwork.



Arun Bhagat

After since i have joined NSS, i noticed some changes in my life. my life is going so smoothly. i have learnt to be happy. the tasks i do being an nss volunteers are so helpful for the country as well as for myself.



Geetika

After all its a platform to showcase your talents and learn from experience its a platform to serve for the duty to the nation and develop brotherhoodness to fellow citizens. It also helps developing the social responsibility and to satisfy it too.



Kamakshi vaid

After since i have joined NSS, which i did as i had no other option left, i noticed some changes in my life. During my stay in NSS for past 2 years, I'm happy to contribute on my behalf for the betterment of the society. I had participated in various events. I have tried my best to abide by the NSS motto "Not me but you".



Samriti

we have thousands of opportunities for doing something better for our society. As a nss volunteer i attended different activities and found happiness in the service of others. In future, I want to help the poor people for their basic needs.



Gazala Khan

Being a NSS volunteer, it's my duty to serve the society. NSS not only provides a platform to perform activities, develop skills but it makes a person responsible and helps to realize how our small contribution can bring change in society. I've tried my best and will do the same to abide by the NSS motto *Not Me But You*.



Paru Manchanda

After joining NSS, I really felt very happy, as I always wanted to serve the nation in one or other way. I got this opportunity & am really proud to be the part of this. All the activities conducted under NSS really helped me to find a better me everyday. At last, I just wanted to say that NSS is about 'NOT ME BUT YOU' & I can proudly say that I am an NSS Volunteer.



Sapna Khatri

After since i joined NSS, which i did as i always wanted to serve my society and nation. And after joining NSS I have gained lots of confidence and seeing other nss volunteers doing their work selflessly inspires me and I am looking forward to contribute more and more through NSS. I feel very privileged to be a part of the nss team.



Simranpreet Kour

After joining NSS I found the means to serve other without any selfish cause. I personally feel many changes in me after joining NSS because there is too many things to learn in it. NSS is all about "Not Me But You".

NATIONAL SERVICE SCHEME



The National Service Scheme (NSS) is a Central Sector Scheme of Government of India, Ministry of Youth Affairs & Sports. It provides opportunity to the student youth of 11th & 12th Class of schools at +2 Board level and student youth of Technical Institution, Graduate & Post Graduate at colleges and University level of India to take part in various government led community service activities & programmes. The sole aim of the NSS is to provide hands on experience to young students in delivering community service. Since inception of the NSS in the year 1969, the number of students strength increased from 40,000 to over 3.8 million up to the end of March 2018 students in various universities, colleges and Institutions of higher learning have volunteered to take part in various community service programmes.

NSS OBJECTIVE'S :

- understand the community in which they work
- identify the needs and problems of the community and involve them in problem-solving
- develop among themselves a sense of social and civic responsibility
- utilise their knowledge in finding practical solutions to individual and community problems
- acquire leadership qualities and democratic attitudes
- develop capacity to meet emergencies and natural disasters and
- practise national integration and social harmony

MOTTO :

The Motto of NSS "Not Me But You", reflects the essence of democratic living and upholds the need for self-less service. NSS helps the students development & appreciation to other person's point of view and also show consideration towards other living beings. The philosophy of the NSS is a good doctrine in this motto, which underlines on the belief that the welfare of an individual is ultimately dependent on the welfare of the society as a whole and therefore, the NSS volunteers shall strive for the well-being of the society.

NSS LOGO & BADGE:

The logo for the NSS has been based on the giant Rath Wheel of the world famous Konark Sun Temple (The Black Pagoda) situated in Orissa, India. The Red & Blue colors contained in the logo motivate the NSS Volunteers to be active & energetic for the nation-building social activities. The wheel portrays the cycle of creation, preservation and release and signifies the movement in life across time and space, The wheel thus stands for continuity as well as change and implies the continuous striving of NSS for social change.

The NSS logo is embossed on the badge of NSS. The eight bars in the wheel of NSS logo represent the 24 hours of a day. The red colour indicates that the volunteer is full of young blood that is lively, active, energetic and full of high spirit. The navy blue colour indicates the cosmos of which the NSS is tiny part, ready to contribute its share for the welfare of the mankind.



NSS Volunteers Recruitment Program

Volunteers carried out the admission process of students, into the NSS Unit for the academic year-2021-22 on 11th and 12th February, 2021. NSS was introduced in 1969 with the primary objective of developing the personality and character of the student youth through voluntary community service. 'Education through Service' is the purpose of the NSS. The ideological orientation of the NSS is inspired by the ideals of Mahatma Gandhi. An NSS volunteer places the 'community' before 'self'.

Poster Making Competition "LIFE DURING LOCKDOWN"

A poster making competition on the topic: "Life During Lockdown" on 12th Feb, 2021 was organized where students of various semesters participated and showcased their talent. The Poster Competition was Judged by Senior Faculty of the college Prof. Neeraj Sharma, Dr. Seema Jamwal & Prof Bhanu Priya. Prof. Sunil Uppal Principal of the college was the Chief Guest on the occasion. Ms. Parul Manchanda, Mr. Ashish Dotra & Ms. Samriti were adjudged 1st, 2nd & 3rd respectively. Consolation Prize was given to Nipum Memoila. Dr. Koushal Kiran Thakur & Prof. Shabeer Ahmed conducted the competition.



CLEANLINESS DRIVE

NSS Volunteers of the college organised a cleanliness drive on 17th February, 2021 in order to promote a clean environment in the college premises. There was active participation from the students, teachers and the Principal of the College. Cleanliness is a vital virtue of life, and it, along with personal hygiene, is part and parcel of the lives of the students.

NSS Pledge

I further affirm that I shall never resort to violence and that all differences and disputes relating the religion, language, region or political or economic grievance should be settled by peaceful and constitutional means."

ॐ असतो मा स गमय

PARIVARTAN

A CHANGE IN SOCIETY AND STUDENT LIFE

Govt. M.A.M. College, Jammu celebrated International Woman's Day 2021 on 08 March 2021. The function was organized by Women Development Cell in collaboration with the NSS Wing of the college on the theme "Choose the Challenge". The Resource Person for today's occasion were Senior Advocate Ms. Monika Kholi, JK High Court, Ms. Subah Mehta, KAS, GM, Directorate of Industries and Ms. Snober Jamil, KAS, BDO, Jammu. Ms. Snober Jamil, KAS, Jammu encouraged the students to aspire and work hard in Civil Services Exams and become powerful officers to further spread awareness of education. The worthy Principal of the college Prof. Sunil Uppal threw light on the historical background of Woman's Day and lauded the contribution of Women in all spheres. A number of students spoke on the occasion and also recited some beautiful poems.



INTERNATIONAL WOMEN'S DAY

PLANTATION DRIVE

Plantation drive was conducted by NSS Unit under the banner of IQAC in collaboration with the Social Forestry Department to celebrate "AZADIKA AMRIT MAHOUTSAV. About 110 saplings including medicinal & Herbal Plants were planted in the college premises. The initiative was taken on the call of Hon'ble Prime Minister. The plantation drive was an attempt to acquaint the students and staff to



contribute in preserving and promoting the Environment. Mr. M. Y. Peerzada, Director Colleges, was the Chief Guest on this timely needed plantation drive and he implored the students to foster a culture of responsibility towards nature. students towards importance of plantation



EARTH DAY

NSS unit of Govt M.A.M PG College Jammu organized an online poster making competition on the Topic "Significance of earth" in order to commemorate Earth Day which is celebrated across the world on 22nd April every year, as a part of series of events on AZADI KA AMRUT MAHOTSAV. The competition was organized under the patronEship of Principal of the College. Sonal Kotwal, Kritika Slathia and Sumegha were adjudged as first second and third.

MY INDIA MY PRIDE

carried out Dr.Richa Gupta, Coordinator UBA and Dr. Koushal Kiran -NSS Program Officer.



DRUG DE-ADDCITION

The UBA and NSS UNIT of Govt. MAM College, Jammu organized a special lecture on the topic- "Drug De-addiction" on 30th April, 2021. The lecture was delivered by Ms. Pallvi Singh, Program Director at JKSPYM. The aim of the lecture was to promote a sense of awareness among the college students regarding the impact of drug abuse on the youth society. Ms. Pallvi Singh discussed and shared her valuable thoughts by power point presentation and short videos on an array of topics falling under the category of drug de- addiction. The event was presided over by the College Principal, Prof. Sunil Uppal. Active participation from the College students, especially the NSS Volunteers was also recorded. Proceedings were carried out Dr. Richa Gupta, Coordinator UBA and Dr.Koushal Kiran -NSS PO's.

WORLD ENVIRONMENT DAY

The NSS Unit under the patronage of Prof. Sunil Uppal Principal, celebrated the World Environment Day. A two-day event was organized in order to commemorate the day. An Essay Writing Competition was held on the first day the topic of the essay was "Importance and Restoration of Environment during the pandemic". The essay writing competition was judged by Senior Professors of the English and the Environmental Science Department. At the end, Sonal Kotwal was adjudged the winner while Riya Verma grabbed the 2nd and Purshottam Singh 3rd position. The second day phase saw NSS Volunteers plant saplings at their homes, while capturing the moments in the form of recorded videos and photos.



WORLD NO TOBACCO DAY

NSS Unit of the college celebrated World No Tobacco Day with this year's global theme "Commit to Quit" on 31st May, 2021 under the guidance of Principal, Prof. Sunil Uppal. The event is also a part of the series of events- "AZADI KA AMRUT MAHOTSAV" to commemorate India's 75 years of independence. No Tobacco Day is an initiative, aimed at informing the public of the hazardous effects of using tobacco. NSS Volunteers took a pledge to build a healthy and tobacco free society.



NOT ME BUT YOU

INTERNATIONAL YOGA DAY

NSS unit celebrated the International Yoga Day on 21st June, 2021 under the guidance of the College Principal, Prof. Sunil Uppal. The aim of the week-long virtual event was to instill a sense of importance of Yoga in the lives of the students. The participants dedicatedly took part in the event and engaged themselves in a variety of Yoga. Yoga expert, Sh. Bansi Lal Sharma, State President, BSTJK which is a branch of Patanjali Yogpeeth, Haridwar. He interacted with the college students and enthralled the students with his wisdom and experience by delivering lectures emphasizing the positive effect of Yoga in the life of a student.



UBA Counseling Camp

Govt MAM college, organized counselling camp for village school students under the aegis of AZADI KA AMRIT MAHOTSAV. The event has been organized by college UBA and NSS units in collaboration with ICS, Lucknow on the theme "Padega India tabhi toh Badhega India". As a potential participating institute MAM College has adopted five villages namely Bann, Chauhana Chak, ChakRakwal, Pargalta. Various school students from these and other villages have participated in the program. Speaking on the occasion, Prof Sunil Uppal, Principal, highlighted the key objectives of UBA and the role of higher educational institutions in bringing a transformational change in rural India. Mr. Romesh Sharma HCC of DSEJ and Mr Kamlakar Dwiwedi, Senior Counsellor, ICS were invited as speakers for providing career counselling to the students. Mr Kamlakar Dwiwedi enlightened the students regarding suitable subject choices after 10th class aligned with the NEP 2020 and post-COVID career trends.



Registered student as
Young Warriors

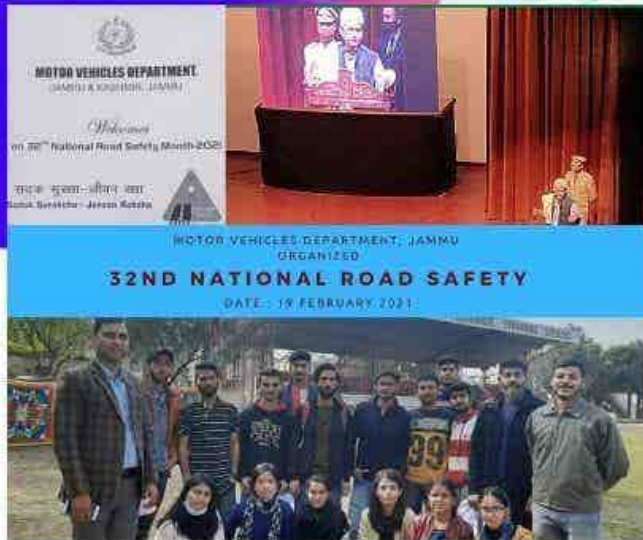
YOUNG WARRIORS REGISTRATION

NSS volunteers got themselves registered in the nation-wide #YoungWarrior Movement in collaboration with UNICEF. The movement aims at helping youth to assume leadership role during the global pandemic as well as creating awareness about COVID appropriate behaviour. About 315 volunteers got registered.



**YOUNG
WARRIOR PLEDGE**

RUN FOR FREEDOM



32ND NATIONAL ROAD SAFETY

LG Manoj Sinha Friday attended the closing ceremony of 32nd National Road Safety and Fitness Mela at Gulshan Ground. During his visit, the Lt Governor launched 07 Online Services and e-inaugurated 19 'Learner's License Test Centres' for students at Polytechnics/ITIs across J&K. Buses procured under J&K Transport Subsidy Scheme were also flagged off by the Lt Governor. The Lt Governor also lauded the Traffic police personnel for discharging their duties with utmost dedication and commitment. Not only the transport department and traffic police, but collaborative efforts are required on part of all stakeholders to get desired results on the ground.



SWACHHTA PAKHWADA

The NSS Unit organized a Swachhta Pakhwada under the guidance of worthy principal Prof. Sunil Uppal, as a part of the series of events under "AZADI KA AMRIT MAHOTSAV".



SADBHAVANA DIWAS

The NSS Unit celebrated sadbhavna Diwas on 20th August, 2021. The event was celebrated with great enthusiasm and energy. College Principal, Prof. Sunil Uppal shared his ideas on Sadbhavna Diwas by enlightening the students with his words of wisdom. The main highlight of the session was a special pledge, on the commitment to universal brotherhood and treating everyone equally without discrimination on the grounds of race, colour, caste or gender. The session was anchored by NSS Volunteer Sahil Choudhary and the technical assistance was provided by NSS Volunteers Nipun Memoalia, Nawang Sonam and Gazala Khan.



FIT INDIA HEALTHY INDIA

FREEDOM RUN

Nehru Yuva Kendra Sangathan in collaboration with MAM College organised a Freedom run rally for encouraging people to take up fitness activities such as running and sports in their daily lives. MP from Jammu-Poonch Constituency, Sh. Jugal Kishore Sharma was the chief guest at the event and flagged off the rally comprising of members of Youth Club, Mahila Mandal, NYK, NCC, NSS and Sports person at Govt MAM College Jammu. Prof Sunil Uppal, who was also the guest of honour exhorted the volunteers to maintain a healthy regime and take up fitness activities in their day to day lives. A special vaccination drive was also carried out in the College with the aim to vaccinate all staff members and students before reopening of the Colleges.



The NSS Unit celebrated International Literacy Day on 8th September, 2021 in the form of a two-day activity. The two-day activity commenced on 7th September, 2021 with the first phase of the celebrations solely focusing on a virtual open discussion among the teachers and the students on the agenda of literacy. On the second day, the NSS team, visited a slum area situated in Lane No:3, Railway Road, Trikuta Nagar, Jammu. Upon reaching, the NSS team distributed various stationery



LITERACY DAY

Items. The event concluded with a special talk by the college principal Prof. Sunil Uppal on the "Significance of The International Literacy Day". All the proceedings of the two-day event were carried out under the supervision of NSS POs Dr. Koushal Kiran Thakur and Prof. Shabeer Ahmed.



FREEDOM RUN 2.0

On the eve of nationwide programme AZADI KA AMRIT MAHOTSAV a freedom run rally was organized by the NSS Unit under the patronage of College Principal, Prof. Sunil Uppal.

The aim of the freedom run is to encourage people to take up fitness related activities and incorporate a healthy lifestyle into their lives. Many NSS Volunteers took part in this event with full enthusiasm and energy. The event was supervised by NSS POs Dr. Koushal Kiran Thakur and Prof. Shabir Ahmed.



SAVE RIVER CAMPAIGN

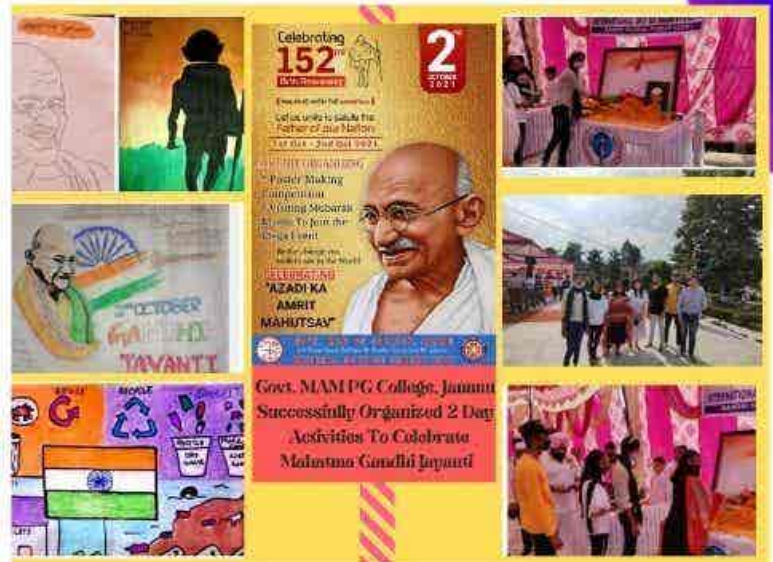
52nd NSS FOUNDATION DAY

On the occasion of 52nd NSS Day, NSS unit organized a special event in order to commemorate the NSS Day which is celebrated by the entire nation, annually on 24th September. The event commenced with the lighting of lamp by College Principal, Prof. Sunil Uppal. The next phase of the event consisted of a song and a skit. The main highlight of the day was a satirical skit performed by the NSS Volunteers which focused on the theme of- "Student reaction as a NSS Volunteer towards NSS." The Principal, Prof. Sunil Uppal's speech highlighted the role of NSS in today's modern society and encouraged everyone to take up the moral responsibility of selfless service.



152nd GANDHI JAYANTI

The NSS unit commemorated the 152nd birth anniversary of Mahatma Gandhi Ji, which is also celebrated 2nd October under the patronage of College Principal Dr. G.S Rakwal. The two-day activity commenced with the first phase of the celebrations solely focusing on a virtual intra-college Poster Making competition on the theme "Celebrating Gandhi's Legacy". On the second day, the NSS team visited Mubarak Mandi to celebrate the International Non-Violence Day along with the Gandhi Global Family.



NSS unit of the College participated in two day Activity organize by JKPC followed by Poster Making competition and Week long save Tawi Campaign Under Clean India Initiative. The NSS Team took the task of cleaning the river as well as spreading awareness among the common masses. The volunteers also made posters on various topics concerning environmental issues and problems ranging from Plastic Pollution to unclean water bodies. Dr. G.S. Rakwal praised the NSS Team by appreciating the enthusiasm of all the volunteers. The NSS Team was accompanied by NSS Programme Officers- Dr. Koushal Kiran Thakur and Prof. Shabir Ahmed.



SAVE TAWI CAMPAIGN

A BETTER FUTURE FOR EVERY CHILD

CHILDREN DAY 2021

On the occasion of Children's Day, the NSS Unit celebrated the Children's Day by distributing clothes and other various items to the children living in slums and on footpaths. The NSS team visited different places across Jammu and interacted with the children living in dilapidated dwellings. In the end, the NSS team and the children took a group photograph. The event was conducted under the supervision of NSS POs.



NSS ENROLLMENT 2022

NSS Wing, carried out the admission process of students for the academic year-2022-23 from 17th to 20th of November 2021. During Enrollment Process Large Number Of Volunteers have registered themselves to become a bright NSS Volunteer Of

Govt. MAM PG College. According to the Previous Records this year the percentage of Registered students 50% more because of marvellous work done by the NSS Volunteer. Govt. MAM College has 2 Units headed by two PO's Dr. Koushal Kiran Thakur Mam and Prof. Shabeer Ahmed.



Constitution Day



Group Photo
NSS



NSS unit Of MAM College Successfully Organized
Constitution Day



Volunteer and Staff Taking
Oath

IT'S ALL IN THE MIND

BEAUTIFICATION OF COLLEGE CAMPUS



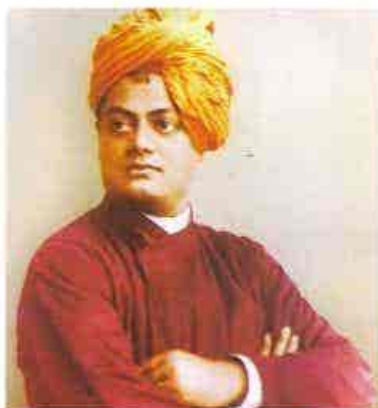
The NSS unit of MAM College, Organized a series of activities under the patronage of Prof. Dr. GS Rakwal . The Event consisted of 3 day activity which included a college beautification campaign. The Principal Dr. GS Rakwal Praised the marvellous work done by NSS Volunteer. The three day activity was conducted under the supervision of NSS PO's Dr. Koushal Kiran Thakur and Prof Shabir Ahmed.



The NSS unit of the college adopted Village Jhak Under the Village Adoption Scheme. Under this Scheme, the NSS team visited the Jakh situated in Samba. There, they interacted with the local governing body and the village people. The NSS team took up the task of cleaning certain areas of the village and the surroundings of a nearby pond. In the end volunteers expressed their gratitude to the village people. For the NSS work, College Principal Dr. GS Rakwal praised the NSS team by appreciating the enthusiasm of all the NSS Volunteers.



VISIT TO VILLAGE JHAK



Swami Vivekananda
(12 Jan. 1863 – 4 July 1902)

NATIONAL YOUTH DAY

The NSS unit celebrated the Day by organizing three day event on poster-making and essay writing contests. A special lecturer on the philosophy of Swami Vivekananda was conducted wherein students of the College participated enthusiastically under the guidance of the College Principal Dr GS Rakwal.



VOLUNTEERING IS EMPATHY IN ACTION



Paru Manchanda

NSS volunteer of MAM College participates in RD Parade

Paru Manchanda, 5th Semester student and an NSS volunteer of the NSS Unit brought laurels to the college by representing the UT of J&K in the 2022 Republic Day Parade and becoming a part of the NSS marching contingent which participated in 73rd Republic Day celebrations. The college administration extended heartiest congratulations to Paru Manchanda for this incredible achievement.



In Nukkad Natak, CLUJ & Two Colleges from Delhi bagged the 1ST position out of 10 different states. The camp concluded with valedictory session and distribution of mementos and certificates to the NSS volunteers. Principal G. S. Rakwal and other dignitaries awarded Nipun for his achievements and encouraged to do such in the future activities.

NSS Volunteer attend NIC at MMDU

NSS volunteers of the College participated in National Integration Camp organized by MMDU, Mullana-Ambala, Haryana, NIC was held on 22nd to 28th of March 2022 in collaboration with Ministry of Youth Affairs and Sports. NSS Volunteer Nipun Memoalia from MAM College participated under the aegis of Cluster University of Jammu. Several activities of different states was performed by the volunteers in state wise & in team for 7 days.



Nipun Memoalia facilitated by College Principal



Adoption Letter

ADOPTING VILLAGE JAKH

NSS unit of MAM College, Jammu has adopted village Jakh of District Samba for Conducting various activities under the village adoption Scheme. The College Administration invites the Sarpanch Sh. Romesh Kumar Sharma, the panchayat and the resident of Village Jakh to join hands with us in making this project successful.



Group Photo Of Village Sarpanch, NSS PO's and Volunteers

DIGITAL GENERATION, OUR GENERATION

RECITATION ON HEALTH AND NUTRITION



Poster Making Competition



Online Debate Competition



NATIONAL GIRL CHILD DAY

The NSS Unit under the patronage of College Principal (Prof.) Dr. G.S. Rakwal celebrated the National Girl Child Day. The event is being celebrated under the banner of AZADI KA AMRIT MOHUTSAV. The celebrations across the country are led by the Ministry of Women and Child development. The NSS Volunteers and their family members actively took part in the celebrations by clicking selfies and taking pledges. To reflect the essence of the occasion, the male volunteers clicked selfies with their sisters and mothers while the female volunteers clicked selfies with their brothers and fathers. The event was conducted under the supervision of NSS POs Dr. Koushal Kiran Thakur and Shabir Ahmed.

A week-long winter camp organized by NSS Unit of MAM College concluded on 3rd March, 2022. The event which commenced under the guidance of Principal, (Prof.) Dr. G.S. Rakwal and NSS Coordinator of the CLUJ Dr. Sandhya Bhardwaj. The first two days of the Winter Camp were dedicated to exhibited their talent by drawing eye-catching logos with pebbles and other materials to beautify the college campus. The next day an environmental rally was taken out by the NSS volunteers. NSS Volunteers took a trip to Jakh village which was recently adopted and engaged in cleanliness activities in the village. On 2nd March, a Blood Donation Camp was organized as a part of the winter camp. Principal congratulated The whole NSS team fro delivering a stupendous event. The final day of the Winter Camp was left for a valedictory function. Prof. Yudhveer Singh, rtd. principal presently Corporator, JMC, J&K was the Chief Guest. The Welcome Address was presented by NSS PO Dr. Koushal Kiran Thakur while the Vote of Thanks was presented by NSS PO Mr. Shabeer Ahmed.



NSS ANNUAL WINTER CAMP

GENDER EQUALITY FOR A SUSTAINABLE TOMORROW

WOMEN'S DAY 2022

NSS Unit in collaboration with the Women Cell of the college, organized a special event commemorating the International Women's Day. The NSS Unit performed all these activities in sync with Women's Day theme "gender equality today for a sustainable tomorrow." NSS volunteer organized a special play and poetry recitation event. The play was performed by the NSS Volunteers which portrayed the various challenges faced by women in the society and how they overcome these obstacles by their indomitable patience, resilience and determination. The College Principal congratulated the entire NSS for delivering a suigeneris event that is worthy of the highest commendation. The event was conducted under the supervision of Prof. Ruth Masehi, Women Development Cell Coordinator and NSS PO's Dr Koushal Kiran Thakur and Mr. Shabir Ahmed.



ORGAN DONATION AWARENESS CAMPAIGN

NSS Unit of MAM college under the patronage of Principal Dr. G.S Rakwal, in collaboration with Rotary Club organized a special lecture on Organ Donation under the awareness campaign of the club. The lecture was delivered by Mr. Anil Srivatsa who in his lecture emphasized on the importance of organ donation and organ transplant in today's modern world. The lecture was attended by NSS Volunteers as well as the college faculty. All of them were equally enthralled by the quality of the lecture on such an important topic.

ENVIRONMENT AWARENESS CAMPAIGN

NSS unit of M.A.M College participated in two day Activity organized by JKPCC followed by Poster Making Competition and Week Long Save Tawi Campaign Under Clean India initiative. The NSS Team took on the task of cleaning the river tawi. The volunteers also made posters on various topics concerning environmental issues. The College Principal, Dr. G.S. Rakwal praised the NSS Team by appreciating the enthusiasm of all the volunteers. The NSS Team was accompanied by NSS PO's Dr. Koushal Kiran Thakur and Prof. Shabir Ahmed.



SHARE FACTS ON DRUGS, SAVE LIVES



AWARENESS CAMPAIGN ON DRUG ABUSE

The NSS Unit in collaboration with JKSPYM, under the aegis of IQAC organized a special one day awareness program on “Drug Abuse and Preventive Measures” under the patronage of College Principal Prof G.S. Rakhwal. JKSPYM is a State level coordinating agency supported by Ministry of Social Justice and Empowerment, which is engaged in constant

efforts to beat drug problem in the UT of J&K by interacting with the young men and women affected with drug abuse. The resource person for the awareness program was Mrs. Pooja Dubey, Counsellor, JKSPYM who focused on the role played by drug addiction in ruining the future of the younger generation. A total of 70 NSS volunteers attended this awareness program which effectively added to their knowledge and awareness about this lethal problem prevalent in the society. The entire program was conducted under the supervision of NSS Program Officers Dr Koushal Kiran Thakur and Mr Shabir Ahmed.



NSS Volunteer Of MAM College Successfully Attended Live Telecast of PM on Pariksha Pe Charcha



Officially Adoption Of Slum Area of Ward No. 52, Lane No 2 Railway Road, Trikuta Nagar, Jammu

CLIMATE CHANGE



SAVE TAWI CAMPAIGN IN COLLABORATION WITH JKPCCC

The NSS Unit participated in Save Tawi Campaign organized by JKPCCC, under the patronage of College Principal Prof G.S. Rakwal. JKPCCC is engaged in constant efforts to beat the pollution problem in the

UT of J&K by focusing on various areas affected by pollution which also includes cleaning of the local water bodies. The event specifically emphasized on the cleaning of Tawi which has been polluted in the recent years by the large influx of non-biodegradable waste. The event which spanned 3 days was commenced on 8th April, 2022 and included a variety of activities ranging from a poster making competition to an awareness campaign for the common masses. The NSS Unit of the college joined hands with the JKPCCC Organizing group and other NGOs in spreading awareness among the people, with whom they interacted over these three days and also made a progressive step towards cleaning Tawi.



POSTER MAKING BY VOLUNTEERS TO CELEBRATE EARTH DAY

NSS unit of the College organized an online poster making competition on the Theme "INVEST IN OUR PLANET" to commemorate Earth Day celebrated across the world on 22nd April every year, as a part of series of events on Azadi ka Amrut Mahotsav. The competition was organized under the patronship of Principal of the College. The Aim of the event was to spread awareness among students regarding the need to save our planet through sustained efforts and bringing out the creative side of the students on the canvas. Muskan Parihar, Anand Verma and Anshu Kumari were adjudged as first, second and third.

ONLY ONE EARTH

The NSS Unit of MAM College, under the patronage of (Prof.) Dr. G.S Rakwal celebrated World No Tobacco Day. This year's theme- "Tobacco: Threat to our environment" emphasizes the need to fight against tobacco, which has detrimental effects on humans and the environment at large. The NSS Unit of the college performed a special "Nukad Natak" on the growing problem of tobacco usage. They delivered a wonderful performance while also touched upon the crucial aspects of the problem. The audience consisted of the college faculty and a large number of college students. The event was organised under supervision of NSS PO's Dr. Koushal Kiran Thakur and Prof. Shabeer Ahmed.



WORLD NO TOBACCO DAY 2022

Environment Day 2022

The NSS Unit of Govt. M.A.M College, celebrates "World Environment Day" under the aegis of 'Azadi ka Amrit Mahotsav' by organizing a two day activity. On Day one, the volunteers showcased their innovation by creating handmade paper bags. On the second day, an environmental rally was organised by the NSS Volunteers. A large number of students participated in the rally along with the faculty members and distributed paper bags among the common people. This year's theme of the World Environment Day- "Only One Earth". The event was organised under the supervision of NSS PO's.



8th International Yoga Day 2022

MAM College celebrated 8th International Day of Yoga under the banner of Holistic Health and Yoga Club, as part of Azadi Ka Amrit Mahotsav. All these activities were conducted under the able guidance and patronage of college Principal Prof. {Dr} G.S.Rakwal. This event was organized on theme "Yoga For Humanity" by Holistic Health and Yoga Club in collaboration with NSS unit, Naval, NCC and Sports Dept. of the college which was largely attended by students and faculty members. Event was convened by Dr Gurdeep Kour and Prof. Kaushal Kiran Thakur. Organizing faculty members present were Prof Ruth. K Masehi, Dr Satinder Juneja, Dr Harbhajan Singh, Prof Raj Kumar, Prof Ranjodh Singh, Prof Sudesh Kumar, Prof Mohinder Sharma, Prof DheeraJ Kumar, Prof Shabeer and PTI Ms. Neenu.



लक्ष्य गीत : राष्ट्रीय सेवा योजना

उठें समाज के लिए उठें-उठें
जगों स्वराष्ट्र के लिए जगों-जगों
स्वयं सजे वसुन्धरा संवार दें- 2

हम उठें उठेगा जग हमारे संग साथियों
हम बढ़ें तो सब बढ़ेंगे अपने आप साथियों
जमीं पे आसमान को उतार दें- 2
स्वयं सजे वसुन्धरा संवार दें- 2

उदासियों को दूर कर खुशी को बांटते चलें
गांव और शहर की दूरियों को पाटते चलें
ज्ञान को प्रचार दें प्रसार दें
विज्ञान को प्रचार दें प्रसार दें
स्वयं सजें वसुन्धरा संवार दें-2

समर्थ बाल वृद्ध और नारियां रहें सदा
हरे भरे वनों की शाल ओढती रहे धरा
तरक्कियों की एक नई कतार दें-2
स्वयं सजें वसुन्धरा संवार दें- 2 सेवा

ये जाति धर्म बोलियाँ बनें न शूल राह की
बढ़ावें बेल प्रेम की अखंडता की चाह की
भावना से ये चमन निखार दें
सद्भावना से ये चमन निखार दें

स्वयं सजें वसुन्धरा संवाद दें-2
उठें समाज के लिए उठें उठें
जगों स्वराष्ट्र के लिए जगों-जगों
स्वयं सजे वसुन्धरा संवार दें-2

Uthen Samaj Ke Liye Uthen - Uthen,
Jagen Swarashtra Ke Liye Jagen - Jagen
Swayam Saje Vasundhara Sanwar Den-2
Hum Uthen - Uthega jag Hamare Sang Sathiy
Hum Badhen To Sab; Badhenge Apne Aap Sathiy
Jamin Pe Aasmann Ko Utar Den - 2
Swayam Saje Vasundhara Sanwar Den - 2
Udasiyon Ko Door Kar Khushi Ko Bantte Chalen
Gao Aur Shahar Ki Duriyo Ko Patte Chalen
Gyan Ko Prachar De Prasar De
Vigyan Ko Prachar De Prasar Den
Swayam Saje Vasundhara Sanwar Den - 2
Samarth Bal Varidh Aur Nariyan Rahen Sada
Hare Bhare Vano Ki Oudhati Rahe Dhara
Tarakkiyon Ki Ek Nayi Katar Den - 2
Swayam Saje Vasundhara Sanwar Den - 2
Ye Jati Dharam Boliyon Bane No Shool Raah Ki
Vdhayen Bel Prem Ki Akhandata Ki Chaah Ki
Bhavana Se ye Chaman Nikhar Den
Swayam Saje Vasundhara Sanwar Den - 2
Uthen Samaj Ke Liye uthen - Uthen
Jagen Swarashtra ke Liye Jagen - Jagen
Swyam Saje Vasundhara Sanwar Den - 2

NSS UNIT GROUP PHOTO



MEDIA GLIMPSE

Blood Donation Camp at MAM College
The entire country to have Initiatives, JG and org- abilities were included for University.

Government MAM PG College takes part in Save Tawi campaign
The NSS Team comprising of NSS volunteers took on the task of cleaning the river bank as well as spreading awareness among the local community about the importance of Tawi. The College Principal...

Freedom Run rally organized by MAM College
Fit India Freedom Run organized by Zorawar Singh Memorial D...

Special lecture on organ donation at MAM College
The Vice-Chancellor of MAM College, Jammu, Dr. G. S. Rakwal, addressed the students of the college on the importance of organ donation.

NSS volunteer of MAM college attends NIC at MMDU Haryana
JAMMU, MAR 2022 - A member of the National Integration Cell (NIC) at MMDU Haryana, Jammu, attended a National Integration Camp held at MMDU Haryana.

MAM College organises Poster Making competition
The NSS Unit of Government MAM College, Jammu, organised a poster-making competition among the students of the college.

Freedom run rally organised by NYKS, MAM College
The NSS Unit of Government MAM College, Jammu, organised a Freedom Run rally in collaboration with NYKS.

Azadi Ka Amrut Mahotsav MAM College NSS volunteers organize cleanline
The NSS Unit of Government MAM College, Jammu, organised a cleanline drive on the occasion of Azadi Ka Amrut Mahotsav.

NSS Unit Govt. MAM College celebrates World Environment Day
The NSS Unit of Government MAM College, Jammu, celebrated World Environment Day by organising a tree-planting drive.

Govt MAM College celebrates Children's Day
The Government MAM College, Jammu, celebrated Children's Day by organising a variety of activities for the children.

NSS unit of Government MAM College under the patronage of College Principal Dr GS Rakwal celebrated Children's Day by distributing clothes and other various items to the children living in slums and on footpaths. The Craft, Painting, and other items were distributed to the children.

Govt MAM PG College takes up Clean India Initiative
The Government MAM PG College, Jammu, has taken up the Clean India Initiative by organising a cleanliness drive.

Govt MAM PG College takes up Clean India Initiative
The Government MAM PG College, Jammu, has taken up the Clean India Initiative by organising a cleanliness drive.

JAGRUKTA



NOT ME BUT YOU “NSS UNIT”

MAULANA AZAD MEMORIAL COLLEGE

NSS UNIT OFFICE CONTACT

+91 70061 19167 (Dr. Koushal Kiran Thakur PO)
Gmail : nssgovt.m.a.mcollege@gmail.com
Website : www.mamcollegejammu.in

COLLEGE OFFICE CONTACT

0191-453497 (Principal Office)
Gmail : mamcollege1954@rediffmail.com
Website : www.mamcollegejammu.in

OFFICE OF NSS UNIT, GOVT. MAULANA AZAD MEMORIAL COLLEGE,
(A CONSTITUENT COLLEGE OF CLUSTER UNIVERSITY OF JAMMU)
Dr. B.R. AMBEDKAR ROAD, JAMMU- 180006 (J&K STATE) - INDIA