



# JAAGRUKTA

A Path to Awareness

**NSS Newsletter**

**SESSION 2022-23**

**[VOLUME 2]**



**MAULANA AZAD MEMORIAL COLLEGE, JAMMU**

(A CONSTITUENT COLLEGE OF CLUSTER UNIVERSITY OF JAMMU)



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### MESSAGE



I am delighted to know that NSS unit of MAM College is bringing out the second volume of newsletter JAGRUKTA - A Path to Awareness. This platform has been created to celebrate and showcase the remarkable efforts and accomplishments of our NSS volunteers throughout the academic year.

JAGRUKTA, meaning "awakening," encapsulates the essence of our mission to create awareness and drive positive change in society. It reflects our commitment to fostering a harmonious coexistence among all beings in our universe.

Since its inception in 1969, the National Service Scheme have been instrumental in nurturing civic responsibility and instilling a sense of social consciousness among students in higher education. At Maulana Azad Memorial College Jammu, our NSS Volunteers have been at the forefront of promoting Gandhian principles and mobilizing community participation.

I extend my heartfelt appreciation to our dedicated NSS volunteers for their selfless and invaluable service in nation-building. It is a matter of great pride that the services rendered by NSS-MAM have garnered recognition and honor from the Regional Directorate, Delhi and several esteemed organizations.

I encourage all our NSS volunteers to actively participate in NSS Activities and use this platform to upscale your personality. Let us amplify our collective voice and inspire others to join us on this incredible journey of service and social transformation.

I am confident that JAGRUKTA will serve as a catalyst for positive change, igniting a sense of awareness and responsibility in the hearts of our readers. Together, let us continue to be the driving force behind a better tomorrow.

Wishing you all the best in your endeavors.

**Dr. G.S. Rakwal**  
Principal,  
Maulana Azad Memorial College  
JAMMU, J&K UT





## MESSAGE

Mahatma Gandhi well said, “The best way to find yourself is to lose yourself in the service of others.”

Education is not worth it unless we don't have any feeling of social service and we don't use our education for the welfare of society. NSS is one of the platforms which helps students to inculcate a sense of social service and motivate them to contribute to the betterment of society. NSS also helps in developing the personality of volunteers.

The fieldwork of NSS is an exemplar of dedication and hard work. The creative spark in young minds is a precious flame that needs to be preserved and to be channelized in the right direction to become a beacon of light for humanity.

I wish all the best to all the NSS students and NSS program officers for working tirelessly and successfully bringing out this magazine. My wish is that they continue to develop the spirit of service in bringing out a positive change in society at a large scale.

Best Wishes

**Ruth K Masehi**  
Associate Professor in English  
NSS convener,  
Maulana Azad Memorial College  
JAMMU, J&K UT

## MESSAGE



The Contribution and achievements of National Service Scheme (NSS) unit of M.A.M. College have been noteworthy and much acclaimed, with each passing years, the NSS Unit of M.A.M. College has Achieved lot and Contributed to society immensely, through a variety of activities and initiatives among them.

Swachh Bharat Campaign, Har Ghar Tiranga Campaign, Making Plastic Free City, Health Awareness Camps, Slum Visit Programs, Books and Stationery distribution to the poor Students, rural health, national integration Camp, rural development, AIDS awareness, blood donation, tree plantation, Winter Camps recently observed effective and successful Survey of the Youth etc. These activities not only achieved the goal of the NSS, but also Continue to Channelize our Youth towards Nation Building.

The NSS unit of M.A.M College, Jammu has launched yearly newsletter "JAGRUKTA ", I am very happy to share information and Achievements of the NSS Unit, happenings and many more... I thank principal of M.A.M. College and all volunteers and I wish this will be continued in future endeavors also.

**Dr. Koushal Kiran Thakur**  
NSS Programme Officer,  
Maulana Azad Memorial College  
JAMMU, J&K UT





## MESSAGE

With great pleasure I extend my warmest greetings to all of you through this edition of Jagrukta, the NSS Newsletter of Maulana Azad Memorial College, Jammu.

Our National Service Scheme unit take up every activity that is relevant to community. These activities continue to evolve in response to needs of the community. Our volunteer's core activities are in the field of education and literacy, health, family welfare and nutrition, sanitation and cleanliness, environment conservation, social service programmes, programmes for improving status of women, campaigning against social evils, creating awareness about government programmes, promotion of yoga etc.

I'm really very happy and feel proud to be part of NSS for last two years. I feel very satisfied by doing small things for society through NSS. I still remember how I used to make my volunteers understand social issues through my experience. I feel great to stay as a PO and got an opportunity to work with such hardworking students. Experience of virtual serving is also a best part of my NSS journey as volunteers even in tough times have done a commendable work which needs high appreciation.

Through this newsletter, we aim to showcase the various projects and events that have been successfully undertaken by our NSS Unit. It is our hope that this will inspire others to join us in our noble mission of creating a better society.

I urge all readers to actively engage with the content of this newsletter and be inspired by the incredible work being done by our volunteers. Together, let us continue to strive for social change and work towards building a brighter future.

**Prof. Shabeer Ahmed**  
NSS Programme Officer,  
Maulana Azad Memorial College  
JAMMU, J&K UT

### MESSAGE



Greetings to all readers of **Jagrukrta**, the NSS Newsletter of Maulana Azad Memorial College, Jammu!

It brings me immense pleasure to present this edition of our newsletter, which serves as a platform to share the remarkable work and achievements of our NSS Unit. I would like to express my heartfelt gratitude to our esteemed **Principal, Dr. G.S. Rakwal**, for his unwavering support and encouragement in promoting social responsibility among our students.

I would also like to extend my gratitude to our dedicated **NSS Programme Officers, Dr. Koushal Kiran Thakur and Prof. Shabeer Ahmed**, for their valuable guidance and mentorship. Their commitment to the cause of NSS has been instrumental in shaping our unit's success. I take this opportunity to express my appreciation to all the faculty members of our college for their continuous support and cooperation in making our NSS initiatives a resounding success.

I would like to extend a special word of thanks to my fellow volunteers, **Rahul Thakur, Sonal Kotwal, Simranpreet Kour, Arjun Soni** and all the other members of our unit. Your unwavering dedication, hard work, and enthusiasm have played a crucial role in executing various activities and events throughout the year.

As the Head Volunteer of our NSS Unit, I am proud of the remarkable efforts put forth by each and every volunteer. Your commitment to selfless service and making a positive impact in society is truly commendable.

I invite all readers to delve into the pages of this newsletter, which highlight the transformative experiences and impactful projects undertaken by our NSS Unit. Together, we aim to continue making a difference in the lives of others and creating a better society.

**ARUN BHAGAT**  
NSS Head Volunteer,  
Maulana Azad Memorial College  
JAMMU, J&K UT



# SENIOR VOLUNTEERS MESSAGE



**Rahul Thakur**

As an NSS volunteer, I have witnessed personal growth, enhanced empathy, and a deeper understanding of social issues. I have developed leadership skills, cultivated a spirit of service, and embraced the power of collective action to bring about positive change. It has been a transformative experience that continues to shape my perspective and values.



**Sonal Kotwal**

An NSS volunteer places the 'COMMUNITY BEFORE SELF'. I am grateful that I got to be in such a body which gave me a taste of professionalism, showed me how a team works while balancing friendships and work ethics. It made me aware about the problems of our society and how we can contribute at our level in removing these problems.



**Simran Preet Kour**

I have been the part of this great organization for almost three years. I am so grateful for myself that I decided to be a NSS volunteer. The best part of NSS is that it gives me an opportunity to explore my communication skills and interact with different people of our society. Through NSS, I visited different places like slums, orphanage and old age centres which motivated me to do little efforts to help people in these places. At last, I want to say that NSS has given me life time lessons of how to become an active citizen of society.



**Riya Verma**

**SHARING IS CARING :** NSS primarily focuses on individual personality development through community service, here we get the opportunity to participate in various National/State level programme. The sole aim of NSS is to provide hands on experience to young volunteers in dealing with community service.



**Sandeep Kumar**

I think what I got from NSS cannot be put in a few words. I'm so grateful for myself that I decided to be an NSS volunteer. I became more confident, optimistic and hopeful about the future. I gained some very beautiful souls in my life as friends because of NSS. It helped me to enhance and enrich my intellect as well and become more ambitious.



**Mohd Faisal**

Volunteers do not necessarily have the time; they just have the heart." "You make a living by what you get. You make a life by what you give." "Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another."



**Umar Ayub**

I think what I got from NSS cannot be put in a few words. I'm so grateful for myself that I decided to be an NSS volunteer. I learnt how better we can be as humans if we can live harmoniously. So, even if you get a slightest of chance to join NSS, never miss it.



**Rohit Kotwal**

NSS has deeply influenced my perspective about life. It taught me that true happiness lies in devotion and selfless service. NSS has also provided various opportunities to improve my confidence, and other social skills. I am immensely proud to be a NSS Volunteer.



**Akash Sharma**

It makes me more confident, develop leadership skills, and gain knowledge about different people from different walks of life. Students also learn other skills that help them lead a better life in various situations.



**Arjun Soni**

NSS has given the best experience in my life. I learned how much happiness we can get by selflessly helping the poor and needy people. NSS also provided me a lot of opportunities and platforms to show my skills.



**Sahil Narwalia**

"Participating in NSS provided me with an opportunity to engage in community service. While it wasn't always glamorous or exciting, it allowed me to contribute in a small way and gain some perspective on social issues. Overall, it was a decent experience that taught me the value of giving back."



**Arun Bhagat**

NSS transformed my life through service, empathy, and personal growth. The impact of volunteering in communities, working towards sustainable development, and fostering social change is immeasurable. The bonds forged, lessons learned, and memories made will forever shape my perspective and inspire me to continue making a difference in the world.



## Meeting with MGNCRE: Importance of Waste Segregation and Management in Rural Areas



A meeting was held on June 24th with the MGNCRE to emphasize the significance of waste segregation, waste management, compost pits, and maximizing the use of waste in rural communities.

## International Day against Drug Abuse & Illicit Trafficking



Our NSS Unit commemorated the International Day against Drug Abuse & Illicit Trafficking on June 25th and 26th June 2022.



## PLANTATION DRIVE



**18th – 22st of July 2022:-** NSS Wing of Maulana Azad Memorial College, in collaboration with Department of Social Forestry organized a Tree Plantation Drive in college campus and at Adopted Village Jakh (Samba) to promote a cleaner and greener environment.

## HAR GHAR TIRANGA CAMPAIGN



**08th – 15th of August 2022:-** NSS Wing of Maulana Azad Memorial College, conducted the "Har Ghar Tiranga" campaign.

## **DISTRIBUTION OF FRUITS TO THE CHILDREN**



On 14th August 2022, the NSS Unit of Maulana Azad Memorial College undertook a heartwarming initiative by distributing fruits to underprivileged children residing on footpaths in Bahu Plaza, Jammu.

## **HEALTH AWARENESS PROGRAMME**



On August 30, 2022, the NSS Unit of Maulana Azad Memorial College organized a Health Awareness Programme in the conference hall with Dr. Haveena Rana as the chief guest.

## **TEACHER'S DAY CELEBRATION**



On 5th September 2022, the NSS Unit of Maulana Azad Memorial College organized a vibrant celebration to mark Teachers' Day.



## **RELEASE OF NSS NEWSLETTER**



The NSS Unit of Maulana Azad Memorial College released the inaugural volume of their newsletter, Jagrukta, on 8th September 2022.

## **FAREWELL 2022**



The NSS Unit of Maulana Azad Memorial College organized its inaugural Farewell Ceremony on 8th September 2022, marking a significant milestone for the unit.

## **INTERNATIONAL LITERACY DAY**



On 8th September 2022, in observance of International Literacy Day, the NSS Unit of Maulana Azad Memorial College organized a visit to Roop Nagar Blind School and donated Braille slates.



## **SPECIAL CAMP TO COMBAT DRUG ADDICTION AND PROMOTE POSHAN ABHIYAN**



The NSS Unit of Maulana Azad Memorial College organized a week-long Special Camp from 13th to 19th September 2022, with a primary focus on combating drug addiction and promoting Poshan Abhiyan (nutrition campaign).

The dedicated volunteers visited the Anganwadi Center in Janipur. They conducted a powerful rally in nearby areas to raise awareness about the detrimental effects of drug abuse. Additionally, they visited Jakh village, where an impactful street play (nukkad natak) was performed to educate the community about the importance of healthy nutrition.

The camp also featured various competitions aimed at fostering a sense of wellbeing and promoting overall wellness. The NSS Unit's initiative exemplified their commitment to social causes and their relentless efforts to create a positive impact in the community.



## CLEANLINESS DRIVE



On 20th September 2022, the NSS Unit of Maulana Azad Memorial College organized a campus cleanliness drive.

## BLOOD DONATION CAMP TO CELEBRATE NSS FOUNDATION DAY



On 28th September 2022, in celebration of NSS Foundation Day, the NSS Unit of Maulana Azad Memorial College, in collaboration with the Indian Red Cross Society, organized a blood donation camp on the college campus..

## CLEAN INDIA 2.0 LAUNCHED



On 2nd October 2022, the NSS Unit of Maulana Azad Memorial College organized a cleanliness drive in Gummat and Bus Stand Area of Jammu City. This initiative was carried out under the banner of Clean India 2.0.



## **SAVE TAWI CAMPAIGN**



Jammu, 3rd and 4th October 2022: In a collaborative effort, the NSS volunteers from Maulana Azad Memorial College actively participated in the Save Tawi campaign organized by the Jammu Kashmir Pollution Control Committee.

## **FIT INDIA PLOG RUN**



Jammu, 5th October 2022: The NSS Unit of Maulana Azad Memorial College conducted a cleanliness drive at the banks of River Tawi.

## **AWARENESS CAMP ON ROAD SAFETY**



Jammu, 6th October 2022: The NSS Unit of Maulana Azad Memorial College, in collaboration with the Social Welfare International Society and the Department of Music, organized an awareness camp on road safety.



## **BEST OUT OF WASTE PLANTATION**



Jammu, 18th October 2022: The NSS Unit of Maulana Azad Memorial College organized a unique initiative, "Best Out of Waste: Plantation," on 18th October.

## **CLEANLINESS DRIVE UNDER CLEAN INDIA 2.0**



Jammu, 18th October 2022: The NSS Unit of Maulana Azad Memorial College conducted a cleanliness drive under the Clean India 2.0 initiative.

## **MEGA SWACHHATA DRIVE IN COLLABORATION WITH JMC**



Jammu, 19th October 2022: In a collaborative effort, the NSS Unit of Maulana Azad Memorial College and the Jammu Municipal Corporation (JMC) organized a Mega Swachhta Drive under the Clean India 2.0 initiative.





## RUN FOR UNITY



Jammu, 31st October 2022: The NSS Unit of Maulana Azad Memorial College organized a spirited "Run for Unity" event on 31st October.

## CLEANLINESS DRIVE TO CONCLUDE CLEAN INDIA 2.0



Jammu, 31st October 2022: The NSS Unit of Maulana Azad Memorial College successfully concluded a cleanliness drive at Nehru Market Area.

## BEAUTIFICATION OF COLLEGE CAMPUS



Jammu, 3rd to 5th November 2022: The NSS Unit of Maulana Azad Memorial College undertook a campus beautification drive. They actively participated in various activities, including painting the NSS garden, to create an inviting and visually pleasing environment.



## NATIONAL VIGILANCE WEEK 2022



Jammu, 6th November 2022: The NSS Unit of Maulana Azad Memorial College observed National Vigilance Week by taking a pledge.

## NATIONAL EDUCATION DAY



Jammu, 11th November 2022: The NSS Unit of Maulana Azad Memorial College celebrated National Education Day on 11th November with great enthusiasm. The college campus came alive with creativity as the NSS Unit organized a poster-making competition.

## WORLD AIDS DAY



Jammu, 1st December 2022: The NSS Unit of Maulana Azad Memorial College observed World AIDS Day with a meaningful event at the college campus. To raise awareness about HIV/AIDS, the NSS Unit organized a poster-making competition.

## NATIONAL CONSTITUTION DAY



Jammu, 24th-25th November 2022: The NSS Unit of Maulana Azad Memorial College commemorated National Constitution Day with great zeal and enthusiasm. On 24th November, an Awareness cum Signature Campaign was organized at the college campus, where students and faculty expressed their commitment to upholding the values enshrined in the Indian Constitution. On 25th November, in collaboration with the Department of Political Science, a symposium was conducted to delve into the significance of the Constitution and its relevance in contemporary times. The events highlighted the NSS Unit's dedication to promoting constitutional awareness and fostering a sense of constitutional patriotism among the college community.



## NATIONAL POLLUTION CONTROL DAY

Jammu, 2nd December 2022: The NSS Unit of Maulana Azad Memorial College, in collaboration with the Eco Club, observed National Pollution Control Day on 2nd December. The event aimed to commemorate the lives lost in the Bhopal Gas Tragedy and raise awareness about the importance of pollution control. Faculty members, NSS volunteers, and Eco Club members took a pledge to prevent similar catastrophes and protect the environment from the detrimental effects of pollution. The collaborative effort showcased their commitment to creating a cleaner and safer planet for present and future generations.



## INTERNATIONAL ANTI-CORRUPTION DAY



Jammu, 8th and 9th December 2022: The NSS Unit of Maulana Azad Memorial College celebrated International Anti-Corruption Day with great fervor on 8th and 9th December.



## WINTER CLOTHING DONATION DRIVE



Jammu, 30th December 2022: The NSS Unit of Maulana Azad Memorial College organized a Winter Clothes Distribution drive, extending warmth to the needy and poor individuals residing on footpaths and in various pockets of the city.

## CAMPAIGN ON WOMEN EMPOWERMENT



Jammu, 19th January 2023: The NSS Unit of our college, in collaboration with the Social Welfare Department, organized a campaign on Women Empowerment.

## PARIKSHA PE CHARCHA 2023



Jammu, 27th January 2023: The NSS Unit of our college actively participated in the virtual event of Pariksha Pe Charcha 2023.

## **BLACK DAY FOR INDIA**



The NSS Unit of our college organized a rally on #BlackDayForIndia to honor the 40 martyred soldiers who sacrificed their lives in the Pulwama attack.

## **DEMONSTRATION PROGRAM FOR DISASTER MANAGEMENT**

Jammu, 23rd February 2023: The NSS Unit of Maulana Azad Memorial College, in collaboration with SDRF J&K-Jammu, organized a demonstration program for disaster management. The event, held on 23rd February, was conducted under the aegis of G20 INDIA 2023. The program aimed to raise awareness about disaster preparedness and response strategies.



## **NEIGHBOURHOOD YOUTH PARLIAMENT 2023**



Jammu, 25th February 2023: The NSS Unit of our college, participated in the Neighbourhood Youth Parliament 2023 at P.S.P.S. GCW Gandhinagar.



## SPECIAL WINTER CAMP 2023



Jammu: The NSS Unit of our college successfully organized a Special Winter Camp 2023 from 28th February to 6th March. The camp included various activities aimed at promoting social awareness and community engagement. Poster making and Ad-Mad competitions were held to encourage creativity and spread meaningful messages. The volunteers visited the adopted village of Amb (Bhalwal, Jammu) to interact with the community and understand their needs. A visit to the historical site of Akhnoor provided insights into the region's rich heritage. A plantation drive was also conducted to emphasize the importance of environmental conservation. The camp concluded with a valedictory ceremony, where certificates were distributed to the participants, recognizing their efforts and commitment to community service. The NSS Unit's initiative showcased their dedication to holistic development and fostering a sense of responsibility among the youth.

## SYMPOSIUM ON HOLISTIC VISION



Jammu, 14th March 2023: The NSS Unit of our college organized a symposium on Holistic Vision, held under the aegis of G20 India 2023.

## SPECIAL SURVEY CAMP



Jammu, 25th-29th March 2023: The NSS Unit of our college conducted a comprehensive survey focused on "Youth between 15-29 Years, not in formal education nor in regular employment" in the adopted village of Jakh, District Samba. Volunteers actively engaged with the youth in the village to gather valuable data and understand their educational and employment status. The survey aimed to identify challenges and develop strategies to empower and support this demographic group. The NSS Unit's efforts in conducting the survey showcased their commitment to addressing the needs of the youth and fostering their overall development.



## SAVE RIVER CAMPAIGN



On 30th December 2023, the volunteers of the NSS Unit from M.A.M. College actively participated in the Save River Campaign organized by the Jammu Kashmir Pollution Control Committee.

## ANNUAL NSS ADVISORY COMMITTEE MEETING

Maulana Azad Memorial College, Jammu, held its Annual NSS Advisory Committee Meeting on 6th April 2023. Attended by committee members, the Principal, Sarpanch of Village Amb, Programme Officers, and senior NSS volunteers, the meeting discussed key agendas. A highlight was the planning of a Summer camp aimed at preventing drug abuse and promoting formal education among children.



## WORLD EARTH DAY



On 19th April 2023, the NSS Unit of Maulana Azad Memorial College, Jammu and Kashmir, in collaboration with the Eco Club, organized a poster-making competition to commemorate Earth Day. The celebration continued on 20th April 2023, where the NSS Unit and Eco Club joined forces to observe World Earth Day with the theme "Invest in Our Planet." This joint effort exemplifies the college's commitment to environmental consciousness and collective action for a better future.



## **AWARENESS RALLY ON DRUG DE-ADDICTION**



On 30th April 2023, the Yuva Mandal of Maulana Azad Memorial College, Jammu, led by College Principal Dr. G.S. Rakwal, conducted an impactful awareness rally. NSS volunteers and NCC Cadets, these groups are committed to eradicate the prevalent drug problem.

## **INTERNATIONAL LABOUR DAY**



On 1st May 2023, the NSS Unit of Maulana Azad Memorial College celebrated International Labour Day to honor the invaluable contribution of workers in our daily lives.

## **MISSION LIFE PROGRAM**



Jammu, May 3rd, 2023 - Arun Bhagat and Rahul Thakur, NSS volunteers from Maulana Azad Memorial College, joined a felicitation ceremony organized by the JKPC. The ceremony acknowledged the volunteers' active participation in the impactful "Save Rivers Campaign." They also discussed the Mission Life Program, a government initiative promoting sustainable development and the conservation of natural resources.



## NATIONAL YOUTH EXCHANGE PROGRAMME



Jammu, May 5th-7th, 2023 - NSS volunteers from Maulana Azad Memorial College actively participated in the National Youth Exchange Programme organized by Live for Others: Being Helpful Foundation.

## WORLD RED CROSS DAY



The NSS Unit of our college, in collaboration with the Red Cross Club, organized a Slogan Writing & Poster Making Competition on the theme "Everything we do comes from the heart" to celebrate World Red Cross Day on 8th May 2023.

## RALLY ON ERADICATION OF POLYTHENE CARRY BAGS



Volunteers from Maulana Azad Memorial College, Jammu, actively participated in a rally on eradication of polythene bags organized by the JMC on 16th May 2023.

### **PARTICIPATION IN YUVA UTSAV**



On 18th of May 2023, NSS volunteer Arun Bhagat secured 2nd Position in the Photography Contest in Yuva Utsav at GCW Parade, Jammu.

### **SEMINAR ON MENSTRUAL HYGIENE**



On 22nd of May 2023, NSS volunteers participated in a seminar on Menstrual Hygiene organized by FICCI FLO JKL Foundation at SPMR College of Commerce, Jammu.

### **RALLY ON ERADICATION OF POLYTHENE CARRY BAGS**



Volunteers from Maulana Azad Memorial College, Jammu, actively participated in a rally from Parade to Gummat, Jammu on eradication of polythene bags organized by the JMC on 29th of May 2023.

### **WORLD NO TOBACCO DAY**



NSS Unit of Maulana Azad Memorial College organized a Nukkad Natak a Guest lecture in collaboration with JKSPYM to commemorate World No Tobacco day on 31st of May 2023..



# AWARDS RECEIVED BY OUR NSS UNIT



Proud moment for the NSS Unit of Maulana Azad Memorial College as it was felicitated by the authorities of the Government Medical College, Jammu in view of their active participation in the Blood Donation campaigns. The award was received by NSS Programme Officer, Dr. Koushal Kiran Thakur.



# NSS VOLUNTEERS AT NATIONAL CAMPS



**ARJUN SONI**  
NSS ADVENTURE CAMP 2022  
(DHARMSHALA, H.P.)



**SONAL KOTWAL**  
NSS PRE-RD CAMP 2022  
(L.P.U., PUNJAB)



**ARUN BHAGAT**  
NATIONAL INTEGRATION CAMP  
2022  
(M.D.U., HARYANA)



## NSS LAKSHAY GEET

UTHEN SAMAJ KE LIYE UTHEN – UTHEN,  
JAGEN SWARASHTRA KE LIYE JAGEN – JAGEN  
SWAYAM SAJE VASUNDHARA SANWAR DEN-2

HUM UTHEN – UTHEGA JAG HAMARE SANG SATHIYO  
HUM BADHEN TO SAB BADHENGE APNE AAP SATHIYO  
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  
SADHAVANA SE YE CHAMAN NIKHAR DEN – 2  
SWAYAM SAJE VASUNDHARA SANWAR DEN – 2

UTHEN SAMAJ KE LIYE UTHEN – UTHEN  
JAGEN SWARASHTRA KE LIYE JAGEN – JAGEN  
SWYAM SAJE VASUNDHARA SANWAR DEN – 2

## लक्ष्य गीत

उठे समाज के लिए उठें— उठें  
जगें स्वराष्ट्र के लिए जगें- जगें  
स्वयं सजें वसुन्धरा संवार दे - २

हम उठे उठेगा जग हमारे संग साथियों  
हम बढ़ें तो सब बढ़ेंगे अपने आप साथियों  
जमीं पे आसमां को उतार दे-२  
स्वयं सजें वसुन्धरा संवार दे-२

उदासियों को दूर कर खुशी को बांटते चले  
गांव और शहर की दूरियों को पाटते चलें  
ज्ञान को प्रचार दें प्रसार दें  
विज्ञान को प्रचार दें प्रसार दें  
स्वयं सजें वसुन्धरा संवार दे-२

समर्थ बाल वृद्ध और नारियां रहें सदा  
हरे भरे वनों की शाल ओढती रहे धरा  
तरक्कियों की एक नई कतार दें-२  
स्वयं सजें वसुन्धरा संवार दे-२

ये जाति धर्म बोलियां बने न शूल राह की  
बढ़ाएं बेल प्रेम की अखंडता की चाह की  
भावना से ये चमन निखार दें  
सद्भावना से ये चमन निखार दें- २  
स्वयं सजें वसुन्धरा संवारा दें - २

उठे समाज के लिए उठें- उठें  
जगें स्वराष्ट्र के लिए जगें— जगें  
स्वयं सजें वसुन्धरा संवार दे - २



## SIGNIFICANCE OF NSS LOGO

- 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.

# MEDIA GLIMPSES

**NSS unit of MAM College organises poster making competition on 'World Aids Day'**

The NSS unit of MAM College, Jammu, organised a poster making competition on the occasion of World Aids Day. The competition was held in the school premises and the students displayed their creative talent by making posters on the theme of 'World Aids Day'. The NSS unit members were seen participating in the competition and the winning posters were displayed in the school premises.



**Chairman DDC Doda exhorts teachers to imbibe moral values among students**

The Chairman of District Council, Doda, Dr. Rajesh Gupta, exhorted the teachers to imbibe moral values among the students. He said that the teachers should be a role model for the students and should teach them the values of honesty, hard work, and discipline. He also said that the teachers should encourage the students to participate in various co-curricular activities and to develop a sense of responsibility and social awareness.

**MAM College celebrates Constitution Day**

MAM College, Jammu, celebrated Constitution Day on 26th November. The college organised a series of activities to mark the occasion, including a quiz, a debate, and a group discussion. The students participated enthusiastically and displayed their knowledge of the Indian Constitution. The college also displayed posters and banners on the theme of 'Constitution Day'.



**MAM College organises plantation drive**

MAM College, Jammu, organised a plantation drive on the occasion of World Environment Day. The college students and staff members participated in the drive and planted saplings in the school premises. The drive was a successful one and the students showed a keen interest in the activity. The college also displayed posters and banners on the theme of 'World Environment Day'.



**مولانا آزاد میموریل کالج جموں میں قومی یوم دستور منایا**

مولانا آزاد میموریل کالج جموں میں قومی یوم دستور منایا گیا۔ کالج میں مختلف سرگرمیوں کے ذریعے یوم دستور منایا گیا۔ طلبہ نے کویز، مناظر اور گروپ ڈسکشنز میں حصہ لیا۔ کالج میں پوسٹرز اور بانڈرز بھی لگائے گئے۔



**MAM college celebrates World Environment Day**

MAM College, Jammu, celebrated World Environment Day on 5th June. The college organised a series of activities to mark the occasion, including a quiz, a debate, and a group discussion. The students participated enthusiastically and displayed their knowledge of environmental issues. The college also displayed posters and banners on the theme of 'World Environment Day'.



**گورنمنٹ مولانا آزاد میموریل کالج جموں میں یوم دانش منایا گیا**

گورنمنٹ مولانا آزاد میموریل کالج جموں میں یوم دانش منایا گیا۔ کالج میں مختلف سرگرمیوں کے ذریعے یوم دانش منایا گیا۔ طلبہ نے کویز، مناظر اور گروپ ڈسکشنز میں حصہ لیا۔ کالج میں پوسٹرز اور بانڈرز بھی لگائے گئے۔



**Govt. Degree College, Nagaria celebrates Constitution Day**

Govt. Degree College, Nagaria, celebrated Constitution Day on 26th November. The college organised a series of activities to mark the occasion, including a quiz, a debate, and a group discussion. The students participated enthusiastically and displayed their knowledge of the Indian Constitution. The college also displayed posters and banners on the theme of 'Constitution Day'.



**مولانا آزاد میموریل کالج جموں میں قومی یوم دستور منایا گیا**

مولانا آزاد میموریل کالج جموں میں قومی یوم دستور منایا گیا۔ کالج میں مختلف سرگرمیوں کے ذریعے یوم دستور منایا گیا۔ طلبہ نے کویز، مناظر اور گروپ ڈسکشنز میں حصہ لیا۔ کالج میں پوسٹرز اور بانڈرز بھی لگائے گئے۔



**گورنمنٹ مولانا آزاد میموریل کالج جموں میں یوم دانش منایا گیا**

گورنمنٹ مولانا آزاد میموریل کالج جموں میں یوم دانش منایا گیا۔ کالج میں مختلف سرگرمیوں کے ذریعے یوم دانش منایا گیا۔ طلبہ نے کویز، مناظر اور گروپ ڈسکشنز میں حصہ لیا۔ کالج میں پوسٹرز اور بانڈرز بھی لگائے گئے۔



**گورنمنٹ مولانا آزاد میموریل کالج جموں میں یوم دانش منایا گیا**

گورنمنٹ مولانا آزاد میموریل کالج جموں میں یوم دانش منایا گیا۔ کالج میں مختلف سرگرمیوں کے ذریعے یوم دانش منایا گیا۔ طلبہ نے کویز، مناظر اور گروپ ڈسکشنز میں حصہ لیا۔ کالج میں پوسٹرز اور بانڈرز بھی لگائے گئے۔



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**NSS Unit of MAM college celebrates Teacher's Day**

The NSS Unit of MAM College, Jammu, celebrated Teacher's Day on 5th September. The unit organised a series of activities to mark the occasion, including a quiz, a debate, and a group discussion. The students participated enthusiastically and displayed their knowledge of the role of teachers. The unit also displayed posters and banners on the theme of 'Teacher's Day'.



**مولانا آزاد میموریل کالج جموں میں قومی یوم دستور منایا گیا**

مولانا آزاد میموریل کالج جموں میں قومی یوم دستور منایا گیا۔ کالج میں مختلف سرگرمیوں کے ذریعے یوم دستور منایا گیا۔ طلبہ نے کویز، مناظر اور گروپ ڈسکشنز میں حصہ لیا۔ کالج میں پوسٹرز اور بانڈرز بھی لگائے گئے۔



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**گورنمنٹ مولانا آزاد میموریل کالج جموں میں یوم دانش منایا گیا**

گورنمنٹ مولانا آزاد میموریل کالج جموں میں یوم دانش منایا گیا۔ کالج میں مختلف سرگرمیوں کے ذریعے یوم دانش منایا گیا۔ طلبہ نے کویز، مناظر اور گروپ ڈسکشنز میں حصہ لیا۔ کالج میں پوسٹرز اور بانڈرز بھی لگائے گئے۔



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**NHPC signs MoU with JVC**

NHPC (National Hydro Power Corporation) has signed a Memorandum of Understanding (MoU) with JVC (Jammu Valley Corporation). The MoU is aimed at promoting hydro power generation in the region and improving the infrastructure of the power sector. The MoU will be signed by the officials of both organizations.



**گورنمنٹ مولانا آزاد میموریل کالج جموں میں یوم دانش منایا گیا**

گورنمنٹ مولانا آزاد میموریل کالج جموں میں یوم دانش منایا گیا۔ کالج میں مختلف سرگرمیوں کے ذریعے یوم دانش منایا گیا۔ طلبہ نے کویز، مناظر اور گروپ ڈسکشنز میں حصہ لیا۔ کالج میں پوسٹرز اور بانڈرز بھی لگائے گئے۔



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**"NOT ME, BUT YOU"**

**NSS UNIT**

**MAULANA AZAD MEMORIAL COLLEGE JAMMU**

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