

1. International Yoga day was organised on 21 June 2018 in which 30 volunteers of NSS and other students of college actively participated and learnt the importance of yoga in life.



2. Tree plantation drive with forest Department in “Farsha “village was organized on 3 July 2018 and about 1000 trees were planted by 15 NSS volunteers accompanied by many other students, dignitaries and NSS officer Dr. Deepali Ashok and Dr. Tek Singh kapoor .

**बान-जामुन-आड़ू के पौधे रोपे**

■ स्टाफ रिपोर्टर, मंडी



वन विभाग ने गुरुवार को वन महोत्सव का आयोजन किया। इसमें वल्लभ कालेज मंडी के छात्रों, अखिल भारतीय विद्यार्थी परिषद, कालेज एनएसएस स्वयंसेवियों के साथ-साथ प्राध्यापकों ने भी बढ़-चढ़कर पौधारोपण किया और भ्यूली से सटे इलाके फारसा में पौधे रोपे।

इस दौरान एसएफडी मंडी के कार्यकर्ताओं ने भी भाग लिया।



पौधारोपण अभियान में करीब 600 बान, जामुन और आड़ू के पौधे लगाए गए। इस अवसर पर वन विभाग के अधिकारी मृगेंद्र जोशी, दिनेश कुमार, वल्लभ कालेज मंडी एनएसएस अधिकारी डा. टेक सिंह, डा. दीपाली, अशो, अर्थशास्त्र विभाग के सहायक प्रोफेसर डा. संजीत सिंह, दूरिज्म विभाग के सहायक प्रोफेसर डा. अरविंद कुमार सहित एनएसएस के स्वयंसेवी भी मौजूद रहे।

3. "Shahdi Divas" on Seri Manch (Main Market of Mandi Town) on 26 July 2018 was organised by D.C. Office, in which 35 students went to seri Manch and meet families of soldiers who lost their life during kargil war. In this program dignitaries like Panchayat minister Anil Thakur and ex service man were invited.

4. Tree plantation with forest minister Mr. Govind Thakur in VGC Mandi on 12 August 2018. NSS volunteers planted trees all round the campus where students were accompanied by professors and NSS officers Dr. Deepali Ashok and Dr. Tek Singh.









5. Blood donation camp was organized on 27 August 2018 by NSS unit of VGC Mandi in which 50 units of blood was donated by 50 volunteers and students of Mandi College.





6. Campus cleaning, painting and green house plantation was organized in VGC campus from 5 to 7 Sep 2018. The volunteers of NSS cleaned the college campus and painted, Planted Green house of Botany under the guidance of NSS officer Dr. Deepali Ashok.









7. Kerala relief fund of Rs. 3130 was collected from 14-16<sup>th</sup> August 2018. Students took this as a social awareness program and asked for donation so that the people who suffered in Kerala were provided with food and shelter.

8. Volunteers made an accommodation committee (25 Volunteers) for badminton championship that was held from 2- 7 Oct 2018. It was inter college program in which many teams participated from all over Himachal. In this program NSS students played there important role in accommodation committee.

9. Awareness program on blood donation by red Cross of Mandi hospital (with Dr. Arvinder Roy) was organised. In this program students were encouraged to donate blood and we're told about benefits of blood donation. (38 Volunteers)



10. Fire safety mock drill was organized in VGC Mandi on 11 October 2018. This was very useful program as students learned how to protect themselves and others during natural disasters. (45 Volunteers).





11. A Cleanliness drive in VGC Mandi on 2 Oct 2018 was organized on account of Gandhi Jayanti. The 23 NSS volunteers cleaned all the college campus.

12. A lecture on disaster management was given by A.D.M Mr.Rajiv Kumar in VGC Mandi . In this the students were told about disasters and their preventions. ( 46 Volunteers)



13. Aids awareness programme on 4<sup>th</sup> Dec 2018 was organized by Red ribbon committee of VGC Mandi and were taught about Aids it's causes and precautions .Students were accompanied by NSS officers.

14. Our 2 volunteers (Miss. Promila and Mr. Dev raj) had gone to Rajasthan for pre- RD camp. The students interacted with different students all round India.





15. Our 4 volunteers (Miss Saroj, Miss Pooja, Mr. Shivansh and Mr. Mohit) went to Mega camp Manali Haripur on leadership Programme. The students were made to involve themselves into some adventure sports and other activities.

16. Heart arrest training was provided to students on 16 December 2018 by doctor from Oxford University where students were taught how to deal with heart arrest and protect a person from heart arrest. (18 Volunteers)





17. Our NSS Volunteers participated in Swacch Bharat Summer Internship programme and adopted Ghraan Village of Mandi District for this programme. Group was headed by Bhanu pratap, Devraj and Karam ) where the students worked for 120 hours .

18. One day program of personal hygiene, fire safety and disaster management was organized by red cross society of Mandi district to provide awareness amongst volunteers (15 volunteers)

19 . Under the programme "Beti bachao beti padhao" Govt. of India scheme a one day workshop was organized by Orane International group on 2nd August 2018. Aim of this workshop was to generate awareness and improve the efficiency of welfare services meant for women especially through education. (55 Volunteers)







20. Youth Parliament practice for around 7 days from 10 -17 sep 2018 around 50 students of the college practised for youth Parliament under the guidance of NSS officer Dr. Deepali Ashok and Dr. Tek Singh.

21. Our one NSS Volunteer Mr. Harish has participated in state level of National Youth Parliament.



22. Our 2 Volunteers (Miss Shreya And Mr. Rajinder) Participated in 7 days National Integrated camp in DIET Mandi.

23. Workshop on Animal care was organized in V.G.C. Mandi on 13<sup>th</sup> Feb. 2019 by We care for animal Organization of Mandi District, so that sense of care and sensitivity could be developed in our volunteers. (15 Volunteers)