

Extension Activity 1

MISSION MOTHER

Date: 11/11/2024-05/12/2024

No. of students participated: 32

No. of teacher's part: 02

Link: <https://www.vgcmandi.co.in/downloads/nss/NSS-report-2024-25.pdf>

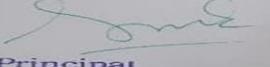
Volunteers of National Service Scheme Vallabh Govt. College Mandi started a campaign which was named “Mission Mother”. Which lasted from 12/11/2024 to 05/12/2024? 32 volunteers of National Service Scheme participated in this campaign and a total of 20 sessions were conducted. Under this, volunteers visited various schools and settlements and made women and girls aware of the diseases that occur during the menstrual cycle and menstrual cycle. Apart from this, volunteers went there and distributed sanitary pads to slum women and to school girls.





AWARENESS PROGRAM AT SLUM AREA MANDI




Principal
Vallabh Govt. College
Distt. Mandi (H.P.)

Principal
Vallabh Govt. College Mandi H.P.

Extension Activity 2

Swachhta Hi Seva

Date: 17/09/2024

No. of students participated: 65

No. of teachers participated: 02

Link: <https://www.vgcmandi.co.in/downloads/nss/NSS-report-2024-25.pdf>

17/09/2024 the cleanliness growth run by the National Service Scheme unit of Government College Mandi, named "Swachata Hi Seva", in which the volunteers collected 580 kg of garbage. The volunteers participated in it enthusiastically. The volunteers made this work successful with their hard work. In this, the volunteers also alerted the people living there that we should always take the right steps for our environment and should not spread garbage.




Principal
Vallabh Govt. College
Distt. Mandi H.P.)

Principal
Vallabh Govt. College Mandi H.P.

Healing Mother Suketi 2.0

Date: 03/12/2024

No. of student participated: 120

No. of teachers participated: 02

Link: <https://www.vgcmandi.co.in/downloads/nss/NSS-report-2024-25.pdf>

On date 03.12.2024 through National Service Scheme Mandi, The mother healing Suketi 2.0 mission was started. Through National Service Scheme, this mission was run from Panchvaktra Temple to Rani Bai. In this mission, the volunteers contributed enthusiastically and inspired people to be aware of nature. Programme officer Prof. Surajmani ji and Dr. Deepali Ashok ji were present in this. They encouraged the children and inspired them towards cleanliness and all the volunteers cleaned the Sukheti Khad and completed the mission successfully.



**Principal
Vallabh Govt. College Mandi H.P.**

Extension Activity 3

VALLABH GOVERNMENT COLLEGE, MANDI (H.P.) NATIONAL SERVICE SCHEME (NSS) REPORT ON TRAFFIC CONTROL AND VEHICLE MANAGEMENT ACTIVITIES

The National Service Scheme (NSS) unit of Vallabh Government College, Mandi, actively participated in traffic control and vehicle management activities in collaboration with the police administration. These activities provided valuable exposure to the volunteers in terms of discipline, responsibility and community service.

1. Traffic Duty at College Campus

Date: 18/10/2024 to 24/10/2024

Number of students participated: 13

Volunteers of the NSS unit of Vallabh Government College, Mandi, along with the police administration, contributed to traffic control in and around the city. They provided their services in managing the movement of vehicles and assisting the police in regulating traffic.



Through this activity, volunteers learned how to handle real-life situations in coordination with the local administration



and understood the importance of maintaining order and safety on the roads. The police administration appreciated the efforts and support extended by the NSS volunteers.



2. International Maha Shivratri Festival – Vehicle Traffic Management

Date: 26/02/2025 to 05/03/2025

Location: Mandi

Number of students participated: 40

Shivratri is a sacred festival of Mandi district and is celebrated every year with great joy and enthusiasm. During the International Maha Shivratri Fair held in Mandi, NSS

volunteers of Vallabh Government College, Mandi, assisted the police department in traffic management. A total of 40 volunteers were deployed at various locations in Mandi for one week to help control the heavy flow of vehicles during the festival period. They successfully supported the police in managing traffic congestion and ensuring smooth movement of vehicles. The SP Mandi and Smt. Sakshi Verma appreciated the sincere efforts and dedication of the volunteers in maintaining order during the festival.

Overall, both activities provided NSS volunteers with practical experience in public service, strengthened their sense of social responsibility and enhanced their ability to work in coordination with government agencies for the welfare of society.

Link: <https://www.vgcmandi.co.in/downloads/nss/NSS-report-2024-25.pdf>



**Principal
Vallabh Govt. College Mandi H.P.**



॥ सत्यमेव जयते ॥

कार्यालय ग्राम पंचायत भरौण

विकास खण्ड सदर, जिला भण्डी (हि. प्र.)

प्रधान:

विजेन्द्र सिंह चन्देल

मो० : 94189-43503, 70184-58764

प्रशासित प्रभाग घट्ट

क्रम संख्या.....

दिनांक २०/११/२०२५

प्रमाणित जिम्मा जाता है कि राज. द्वा. एक बैलग राजसीम महाकिंवासप विकास गतिविधि को एक लकड़ा घृवन्ध में विभिन्न सामुदायिक की है, इन्हें एस इकाई ने समाजित स्वयंसेवकों द्वारा विभिन्न गतिविधि समाज एवं जल-चलना की गई - दृश्यारोग्य अभियान, ग्राम विकास एवं देश औभयान जल-चलना एवं गतिविधि स्वरूप जोन्हे विकास मार्ग के द्वारा सुवर्णपुर एवं रुद्रपुर जागरूकता का विकास (ग्राम) क्षेत्रों के रुपे विद्यालयों में) समाज ग्राम सरकार

व्यवसेवकों के इमानदार ज्ञान, अनुशासन तथा उत्साहपूर्ण सहभागिता ने ग्राम समाज के प्रवर्गिक, स्वरूप जागरूकता और सुरक्षा में महत्वपूर्ण योगदान दिया है।

ग्राम पंचायत की (कुरु) उम्मीद इस प्रशासित में भवानी के लिए धर्मिक अभ्यार व्यक्त करती है और ग्राम द्वारा में भविष्यत में जी



प्रधान
ग्राम पंचायत भरौण
वि.ख. सदर, भण्डी (हि.प्र.)

Extension Activity 4

Report: Awareness Rally, Oath Ceremony, and Street Play under “Nasha Mukt Bharat Abhiyan” – 26 June 2025

As part of the national campaign “Nasha Mukt Bharat Abhiyan”, Vallabh Government College Mandi, in collaboration with the District Administration and ITI Mandi, organized a significant awareness program on 26th June 2025. The event aimed to sensitise students and the general public about the harmful consequences of substance abuse and to encourage a commitment to a drug-free society.

The event witnessed enthusiastic participation from ____ students and ____ faculty members from Vallabh Government College, ITI Mandi, and members of the local community.

Program Highlights:

The program began with Deputy Commissioner Shri Apurv Devgan administering a drug-free pledge to all present. In his address, he encouraged the youth to lead a conscious, purposeful life and called upon everyone to actively contribute to making society addiction-free.

An impactful personal story was shared by Abhishek, a former addict who bravely narrated his journey from addiction to recovery. His experience left a strong emotional impact on the audience.

DSP Shri Dinesh Kumar shared valuable real-life insights from his service, discussing the personal and societal damage caused by drug addiction and the urgent need for awareness and preventive action.

A Health Educator also addressed the gathering, explaining the devastating psychological and physical effects of drug use on youth.

To add a creative dimension to the campaign, students of ITI Mandi performed a powerful street play (Nukkad Natak) depicting the personal and family consequences of substance abuse.

The Additional Deputy Commissioner praised the combined efforts of educational institutions and administrative bodies and motivated students to become ambassadors of the anti-drug movement.

Following the session, a mass awareness rally was organized, where all participants – including students from NSS, NCC, and ITI Mandi – marched together through the streets, raising slogans and carrying banners to spread the message of a Nasha Mukt Bharat.

Participation and Coordination:

The program was coordinated and supported by the active participation of the Anti-Drug Committee members of Vallabh Government College Mandi, listed below in order:

1. Professor Seema Sharma – Senior-most Faculty Member and Officiating Principal
2. Professor Anju Sharma – Nodal Officer, Anti-Drug Committee, UGC Cell
3. Dr. Ratan – Member, Anti-Drug Committee
4. Dr. Deepali Ashok and Professor Suraj Mani – NSS Program Officers
5. Dr. Balbir Singh and Dr. Kavita – NCC Caretaker Officers
6. Dr. Vandana and Dr. Shivendra – Rover-Ranger Officers
7. Dr. Manoj Thakur – Member, Anti-Drug Committee

All the above are dedicated members of the Anti-Drug Committee of the college and play an active role in promoting awareness, counseling, and preventive action related to substance abuse.

A Pledge and Signature Campaign was also held on campus, during which students and faculty members took the following solemn oath:

“We pledge never to indulge in substance abuse, never to encourage others to do so, and to actively participate in building a healthy, drug-free society.”

As semester examinations are ongoing, the students who could not attend the event will be engaged in the pledge and signature campaign post-exams to ensure 100% involvement.

Conclusion:

This event stood as a model of administrative, academic, and community partnership. Through real-life stories, expert talks, creative performance, and collective action, the campaign reinforced the message that building a Nasha Mukt Bharat begins with awareness, willpower, and unity.

Link: <https://www.vgcmdi.co.in/downloads/nss/NSS-report-2024-25.pdf>

Encl: Activity Photos



**Principal
Vallabh Govt. College Mandi H.P.**







नशा निरोधक दिवस का कार्यक्रम कल

मंडी। अंतरराष्ट्रीय नशा निरोधक दिवस के अवसर पर जिला स्तरीय कार्यक्रम 26 जून को राजकीय औद्योगिक प्रशिक्षण संस्थान मंडी में किया जाएगा। इसकी अध्यक्षता उपायुक्त अपूर्व देवगन करेंगे। यह जानकारी अतिरिक्त उपायुक्त गुरुसिंह सिंह ने मंगलवार को आयोजित बैठक की अध्यक्षता करते हुए दी। उन्होंने बताया कि नशा निवास्या पर विभिन्न शैक्षणिक संस्थाओं की ओर से नुक़ड़ नाटकों का आयोजन किया जाएगा। भाषण प्रतियोगिता और रैली भी निकाली जाएगी। बैठक में जिला कल्याण अधिकारी समीर, औद्योगिक प्रशिक्षण संस्थान के प्रधान चार्य रविंद्र सिंह, राजकीय वल्लभ कॉलेज के सहायक प्रोफेसर रतन ठाकुर आदि मौजूद रहे। संवाद