

NSS Activities for the Session 2019-20

Govt. College Seraj at Lambathach, Mandi (Himachal Pradesh)

Half unit (50 volunteers) of NSS was enrolled for the session 2019-20.

NSS Programme Officer- **Mr. Khyal Chand**

Best NSS Volunteer –**Maheshwar (Boy) and Yogesha Kumari (Girl)**

| S.NO. | Name of the Activities | Date | Place | Number of Participants |
|-------|----------------------------------|--------------------------|------------|------------------------|
| 1. | Celebration of Yoga Day | 21st June 2018 | College | 20 |
| 2. | Celebration of NSS Day | 24 Sep. 2019 | College | 45 |
| 3. | Participation in State mega camp | 25 sep to 28 sep. 2019 | GDC Karsog | 2 |
| 4. | Fit India Movement | 2 Oct. 2019 | College | 150 |
| 5. | 7 days NSS Annual Camp | 9 March to 15 March 2020 | College | 25 |

Celebration of International Yoga Day

Activities Done:

The programme was started with chanting of Vedic Mantra 'Sarve Bhavantu Sukhinah'. To promote Yoga among youth and invoke the sentiment of National Pride in proliferating Yoga to the rest of the world & to adopt yoga as a part of activities to encourage physical well-being, Dr Labh Singh [Assistant Professor-Economics] Yoga Expert at GC Lambathach has discussed about Yoga Basics with teachers and students. To focus on Common Yoga Protocol (CYP) which consists of a 45-minute sequence of relatively simple Yoga, drills put together as protocol by Dr Labh Singh [Yoga expert] in college which help us to provide maximum physical and intellectual benefits. Diverse kind of Asanas and Pranayams were performed and learned by teachers and students to increase physical, intellectual and spiritual strengths. Questions and answers session was held regarding Yoga knowledge in which Dr Labh Singh has given answers about questions asked by teachers and students. The programme was ended with National Anthem and refreshment to the students and teachers.



Annual NSS Day celebration in college on 24th of September 2019

NSS volunteers carried out various activities like:
Making of Organic disposable plates
Adjusting benches in the classrooms and examination hall.



Gandhi Jayanti and Fit India Campaign

Gandhi Jayanti and Fit India Campaign were celebrated in the college by NSS, Red & Ribbon, Rovers & Rangers, and Eco club on 2nd October, 2019. In this day, College's students and staff members took part. The day was started with worship of Raster Pita Mahatma Gandhi Ji, and followed by showing documentary video based on life of Bapu Ji. After that, students and staff members run a marathon in groups about 2 km towards Janjehli, Thunag, Chiyuni, and Srachi side to the success of Fit India Campaign. In addition to this on return, students cleaned plastic which spread on roads, locality, and in the college premises. Some glimpses are given below: Gandhi Jayanti Celebration & Fit India Campaign 2019





Participation in
State mega camp

25 sep to 28
sep. 2019



**SEVEN DAYS ANNUAL NSS CAMP ACTIVITIES
2019-20**

