



## **MIER COLLEGE OF EDUCATION (AUTONOMOUS)**

**College with Potential for Excellence Status by the UGC**

**Recognized by the Govt. of J&K & Permanently Affiliated to the University of Jammu**

**Accredited by NAAC with 'A+' Grade**

Extension Unit Activity  
SESSION 2020-2021

QF – 101-C  
DATE:- 23- 07-2021

### REPORT

#### **Health awareness camp for 4<sup>th</sup> class employees**

The Extension unit of MIER College of Education (Autonomous) organized a couple of events namely free Health camp and an awareness lecture of health issues for Class IV employees. The event was organized in collaboration with Smt. Shanti Gupta Centre for women Studies (SSGCWS). The health camp was facilitated by a team of medical professionals Dr. Sachin Bhagat, Dr. Rozy Medical officers, Sh.Sudhir Singh Sup. Pharmacist, Mr. Ichpal, orderly Govt. Ayurvedic Hospital Jammu. Dr. Renu Gupta, Chairperson MIER, Dr. Adit Gupta, Principal MIER, M,rs. Rupa Gupta, Joint Director and Director CWS, HoDs and Deputy HoDs of PG and UG departments of the college along with 38 Class IV employees attended the event.

On the occasion, an awareness lecture on COVID-19 was delivered by Dr. Sachin Bhagat. They were asked to take simple precautions, such as physical distancing, avoiding crowds, and cleaning hands. Apart from eating healthy and balanced diet which includes whole grains, fruits and vegetables, other important suggestions were also provided by the team of doctors to stay safe as the use of a mask alone is not sufficient to provide an adequate level of protection against covid-19. Free medicines were also distributed to all the employees. Most of the medicines were for COVID-19 prevention and strengthening of immune system, while others were for common issues of body pain and multivitamin deficiency.


Ms. Rupa Gupta, Joint Director and Director of CWS, also spoke on the occasion and thanked the doctors for their support and encouragement. Dr. Adit Gupta, Principal MIER College appreciated the efforts of the unit for conducting community this programmed and spreading the awareness about physical and mental wellbeing.

Glimpses of activity



*Sumon Desai*

Incharge Extension Unit

 <b>MIER College of Education</b> (Autonomous) Accredited by the NAAC with 'A+' Grade	<b>EVENT REPORT</b> <b>(Extension Unit)</b>	QF: 135 Semester: 2 <sup>nd</sup> Session: 2020-2022 Year: 2021
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<b>Date:</b> 23-09-21	<b>Name of the Event</b> <b>Sensitization programme on Digital Transaction at adopted village, Domana.</b>	<b>Nature of Event :</b> Non-Competitive
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**Activities Organised :** To increase awareness about digital transactions

**No. of Students Participated :** 22

**Attachments:** List of Participants  
 (If any)      Press Release  
                             Certificate

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<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>

**Report:**

A sensitization programme was organized by Extension unit of MIER college of Education in its adopted village Domana. The resource person was Mr. Pranav Gandotra, Manager HR, Training and Quality Assurance MIER. The theme of the programme was 'How to use mobiles apps for Digital transaction of finances'.

A group of 22 students of Extension unit participated in the activity under the supervision of Mrs. Suman Devi Incharge of the unit. Mr. Gandotra explained various modes of digital transactions and the use of different mobile apps like Googal Pay, PAYTM, UPI, E Wallet, E banking etc. Students of B.Ed. Muskan Narang, Veena Devi and Surbhi also provided awareness to the village people. After orientation student members also gave hands-on practice to the residents.

The villagers along with panch and sarpanch actively participated in the programme and said it was very beneficial for them. Mrs. Suman Devi, Incharge Extension Unit thanked the resource person and everyone present on the occasion. Dr. Adit Gupta Prinicpal, MIER College appreciated the efforts of the unit for spreading awareness among the villagers regarding digital transaction.

Glimpses of activity



Group Photograph with Residents of Domana village      Resource Person Giving Hands-On Practice to the Residents.

Video link of the activity: <https://youtu.be/fELmsLqmadY>

Prepared by: *Suman Das*

*Seen  
Anshu*



## MIER College of Education (Autonomous)

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Accredited by the NAAC with 'A+' Grade

QF: 101-D

Date:- 23-09-2021


### SESSION-2020-2021

### EXTENSION UNIT

List of students participating in Extension Activity ( 2nd Semester B.Ed. & M.Ed. )

S.NO.	Roll no.	Name	Section	M/F	Signature
1	13	Komal Pathania	A	F	Komal
2	14	Sunakshi Sharma	A	F	Sunakshi
3	17	Muskan Narang	A	F	Muskan
4	25	Madhvi Rajput	A	F	Madhvi Rajput
5	28	Shivali Sharma	A	F	Shivali
6	34	Bushra Choudhary	A	F	Bushra Choudhary
7	35	Diksha Dogra	A	F	Diksha Dogra
8	37	Shivani Chib	B	F	Shivani Chib
9	38	Taniya Rajput	B	F	Taniya Rajput
10	42	Ritika	B	F	Ritika
11	48	Neetu Kumari	B	F	Neetu
12	59	Palakdeep Kour	B	F	Palak
13	61	Anchal Mahajan	B	F	Anchal
14	62	Sonika	B	F	Sonika
15	65	Surabhi	B	F	Surabhi
16	67	Rajni Devi	B	F	Rajni
17	68	Veena Devi	B	F	Veena Devi
18	70	Palvi Sharma	B	F	Palvi Sharma
19	74	Navdeep Kour	B	F	Navdeep
20	10	Neha Bargotra	M.Ed.	F	Neha
21	28	Kirandeep Kour	M.Ed.	F	Kirandeep
22	22	Sahiba Sharma	M.Ed.	F	Sahiba

Suman Devi  
In-Charge Extension Unit

 <p><b>MIER College of Education</b> (Autonomous) Accredited by the NAAC with 'A+' Grade</p>	<p align="center"><b>EVENT REPORT</b> <b>(Extension Unit)</b></p>	<p>QF: 135 Semester: 3<sup>rd</sup> Session: 2020-2022 Year: 2021</p>
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Date:	Name of the Event	Nature of Event :
01-12-21	Inter-College Symposium Competition on the theme Vulnerability of Women to HIV/AIDS	Competitive

**Activities Organised :** To increase awareness about HIV/AIDS

**No. of Students Participated :** 10

**Attachments:** List of Participants   
(If any) Press Release   
Certificates

**Report:**

To mark World AIDS Day, an inter college symposium on the theme “Vulnerability of Women to AIDS/HIV” was organized by the Extension Unit of MIER College of Education. Dr. Rajiv Kumar Gupta, Professor and Head Community Medicine, Govt. Medical College, Jammu, was the Chief Guest on the occasion. Dr. Renu Gupta, Chairperson MIER Group of Institutions was the Guest of Honour. Dr. Adit Gupta, Director and Principal MIER College; Mrs. Rupa Gupta, Jt. Director MIER; Dr. MoolRaj Sharma, HoD PG Department; Dr. Rohnika Sharma, HoD UG Department along with the members of the staff and the students of college of education attended the event. Dr. Jatinder Kumar, M.D. Govt. Ayurvedic Hospital and Dr. Harbaksh Singh, M.D. Govt. Ayurvedic Hospital were the honorable Jury members. Ten students from various colleges across Jammu City participated in this symposium. All the participants expressed their views on the theme in a very succinct and impressive manner.

Mrs. Suman Devi, Convener Extension Unit extended a very warm welcome to the chief guest and all the participants and other guests who had come to attend the programme. Dr. Rajiv Gupta congratulated all the participants and said the theme of this year’s World AIDS Day is “End Inequalities. End AIDS. End other Pandemic.” Women are more vulnerable to it because of various reasons such as socio-cultural factors, economic reasons, illiteracy, sexual health, and unawareness toward it.

On the basis of the results given by Jury members, Ms. Neha Bargotra, MIER College of Education was awarded first prize, Ms. Kajal from Sai Shyam College of Education won the second prize, and Ms. Shai Bala of Govt. College of Education secured third position. Certificates were also distributed to the participants. Speaking on the occasion, Dr. Adit Gupta appreciated the effort of the unit and said we as teachers will further the cause of awareness regarding AIDS in the community as large and also urged the medical fraternity to find the permanent vaccination for this pandemic.

Glimpses of activity



Video link of the activity: <https://youtu.be/jPsVPQDhKCE>

Prepared by: *Suman Devi*

*Seen  
Austhail*



Dt: 01.12.21

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**Extension Unit**

List of students participating in Extension Activity ( 3<sup>rd</sup> Semester B.Ed., B.Ed. Spl., M.A & M.Ed. )

Serial no.	Name of the Participants	Name of the College
1.	Simaran Bharti	Govt. College of Education
2.	Charu Manhas	Govt. College of Education
3.	Kajal	Sai Shyam College of Education
4.	Arushi Gupta	Sai Shyam College of Education
5.	Deepali Goutam	MIER College of Education
6.	Neha Balgotra	MIER College of Education
7.	Shivani Verma	Shivalik College of Education
8.	Hasrat Shiekh	Shivalik College of Education
9.	Sajal Gupta	Sacred Heart College of Education
10	Kajal Sharma	Sacred Heart College of Education

*Sumari Devi*  
Convener Extension Unit



 <p><b>MIER College of Education</b> (Autonomous) Accredited by the NAAC with 'A+' Grade</p>	<p><b>EVENT REPORT</b> <b>(Extension Unit)</b></p>	<p>QF: 135 Semester: 1<sup>st</sup> Session: 2021-2023 Year: 2022</p>
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<p><b>Date:</b> 17-03-22</p>	<p><b>Name of the Event</b> Nukkad Natak on the theme "Drug Addiction"</p>	<p><b>Nature of Event :</b> Non-Competitive</p>
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**Activities Organised :** To increase awareness about Drug addiction

**No. of Students Participated :** 26

**Attachments:** List of Participants  
(If any)      Press Release

*Certificates*

<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>
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**Report:**

The Extension Unit of MIER College organized a nukkad natak on the theme "Drug Addiction" at its adopted village-Domana, Jammu. A group of about 26 student members of the unit and 15 students who performed the nukkad natak along with their Incharge Mrs. Suman Devi visited the village.

Through the natak the ill effects of drug addiction were highlighted such as family related issues, health problems, toxicity, social isolation, unemployment etc. The students were highly successful in dramatizing the social issue, educating the villagers regarding ill effects and the need to free society from substance abuse. During the interaction with the local people of the village, the student members explained the impact of drug addiction on people, their work and family were discussed. Group counseling of the villagers was also done by the members of the unit.

The villagers along with panch and sarpanch expressed their gratitude to the students and the Extension unit of the college for taking up social causes and educating the youth. Mrs. Suman Devi thanked the participants and everyone present on the occasion. Dr. Adit Gupta Principal, MIER College appreciated the efforts of the unit for spreading awareness among the villagers regarding drug addiction.

Glimpses of activity



Video link of the activity: <https://youtu.be/0r3pzbBSoic>

Suman Devi  
Prepared by:

Seen  
Journal

## Extension Unit

### List of participating students

S.no.	Roll no.	Name	Deptt.	Signature
1	1	Sona	B.Ed.1 <sup>st</sup> sem	
2	3	Khushi Sharma	B.Ed.1 <sup>st</sup> sem	Khushi Sharma
3	8	Vishal	B.Ed.1 <sup>st</sup> sem	Vishal
4	11	Jyoti	B.Ed.1 <sup>st</sup> sem	Jyoti Sharma
5	14	Pooja Bhat	B.Ed.1 <sup>st</sup> sem	Pooja
6	16	Roshni	B.Ed.1 <sup>st</sup> sem	Roshni Kumari
7	20	Shehzaan Ahmed	B.Ed.1 <sup>st</sup> sem	Shehzaan
8	90	Himanshi	B.Ed.1 <sup>st</sup> sem	Himanshi
9	47	Megha Sharma	B.Ed.1 <sup>st</sup> sem	Megha
10	99	Ridhima	B.Ed.1 <sup>st</sup> sem	Ridhima Jain
11	5	Reena	B.Ed. Spl. 1 <sup>st</sup> sem	Reena Devi
12	20	Rakshita	B.Ed. Spl. 1 <sup>st</sup> sem	Rakshita
13	1	Preet Uppal	B.A. Psy. 1 <sup>st</sup> sem	Preet
14	2	Parul Datta	B.A. Psy. 1 <sup>st</sup> sem	Parul Datta
15	4	Kanureet	B.A. Psy. 1 <sup>st</sup> sem	Kanureet
16	11	Kritika	B.A. Psy. 1 <sup>st</sup> sem	Kritika
17	13	Dheeraj	B.A. Psy. 1 <sup>st</sup> sem	Dheeraj
18	16	Arya	B.A. Psy. 1 <sup>st</sup> sem	Arya
19	18	Aditi	B.A. Psy. 1 <sup>st</sup> sem	Aditi
20	19	Mandeep	B.A. Psy. 1 <sup>st</sup> sem	Mandeep
21	23	Ashdeep	B.A. Psy. 1 <sup>st</sup> sem	Ashdeep
22	27	Nirbhey	B.A. Psy. 1 <sup>st</sup> sem	Nirbhey
23	7	Sheetal Thapa	M.Ed. 1 <sup>st</sup> sem	Sheetal Thapa
24	15	Shivali	M.Ed. 1 <sup>st</sup> sem	Shivali
25	17	Taniya	M.Ed. 1 <sup>st</sup> sem	Taniya
26	23	Susheel Bhau	M.Ed. 1 <sup>st</sup> sem	Susheel

Suman Devi  
Incharge:  
Suman Devi

HOD (UG)  
17/03/22

HOD (PG) 17/3/22



**MIER College of Education**

(Autonomous)

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**EVENT REPORT**  
**(Extension Unit)**

QF: 135

Semester: 1<sup>st</sup>

Session: 2021-2023

Year: 2022

<b>Date:</b> 07-04-22	<b>Name of the Event</b> International World Health Day	<b>Nature of Event :</b> Non-Competitive
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**Activities Organised :** To increase awareness about Health and Free distribution of medicines

**No. of Students Participated :** 10

**Attachments:** List of Participants   
(If any) Press Release   
Certificates

**Report:**

To commemorate the World Health Day, the Extension Unit of MIER College of Education (Autonomous) organized a couple of events namely a free health camp and a sensitization lecture for its students, teaching and non-teaching staff, and Class IV employees. The health camp was facilitated by a team of medical professionals from Directorate of Ayush, Govt Ayurvedic Hospital, Jammu, including Dr. Jatinder Kumar, Dr. Anjali Sharma, Dr. Amardeep, Dr. Shaily Medical Officers along with their supervisors and interns: Mr. Abhijeet, Mr. Narinder Kaur, Ms. Sunidhi, Mr. Sudhir Singh, Ms. Jyoti Parshad, Mr. Amit, Ms. Safia, and Mr. Avais.

Dr. Rohinika Sharma, HoD UG Department, extended a warm welcome to the medical team, students, teaching and non-teaching staff and Class IV employees. On the occasion, Dr. Amardeep Medical Officer, comprehensively deliberated on the common health issues such as stress, anxiety, and hypertension and explained their causes and impact on our life, work, and society at large. She also discussed various interventions and provided information regarding medical intervention too. In addition, Dr. Shaily provided information regarding various ayurvedic medicines and immunity boosters. In the camp, free medicines were distributed to all the employees.

The students and employees of MIER College actively participated in the health camp and the sensitization session. Mrs. Suman Devi Incharge of Extension Unit thanked the doctors for their support in organizing the camp and the lecture.

Glimpses of activity



Medicines distributed among 4<sup>th</sup> class employees



Group Photograph with doctors

Video link of the activity: <https://youtu.be/VVhoRaDp-kc>

Prepared by: *Sumari Desi*

*Seen  
Shahid*

**MIER College of Education**

(Autonomous)

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**EVENT REPORT  
(Extension Unit)**

QF: 135

Semester: 4<sup>th</sup>

Session: 2020-2022

Year: 2022

<b>Date:</b> 20-04-22	<b>Name of the Event</b> Lecture on Gender Equality	<b>Nature of Event :</b> Non-Competitive
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**Activities Organised :** Sensitization Program on Gender Equality**No. of Students Participated :** 15
**Attachments:** List of Participants  
(if any) Press Release  
Certificates

<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>

**Report:**

The Extension Unit of MIER College of Education organized a sensitization program on the theme "Gender Equality". The resource person was Dr. Bharti Tandon, Associate Professor, PG Department, MIER College of Education. Mr Subrata Kundu, Principal Hermann Gmeiner School along with the faculty members and students from classes 9<sup>th</sup> till 12<sup>th</sup> attended the program. Mrs. Suman Devi, Incharge Extension Unit along with 15 students from UG and PG Departments attended the program in addition to 100 students from the secondary wing of Hermann Gmeiner School.

At the beginning of the program, Mrs. Suman Devi, Incharge Extension Unit, welcomed the teachers, students and the resource person. Dr. Tandon opened up the session with an ice breaking activity and then explained gender equality is a principle that states that all men and women need to be treated equally and to have the same rights despite their biological differences. These biological differences should not prevent them from having the same opportunities to succeed either in school and in life Women and girls represent half of the world's population and also half of its potential to achieve progressive societies. She demystify the myth around gender equality with examples and students actively participated which was followed by hands-on activities. Dr. Tandon highlighted that gender equality is a human right and which is strongly advocated in Goal 5 of Sustainable Developmental Goals of United Nations too. She emphasized on gender inclusiveness in schools and classrooms, curriculum, workplace and community and political participation following which Ms. Aaditi Sharma M.Ed Semester IV, Ms. Surbhi Sharma MA Semester IV, Ms. Deepali Goutam and Ms. Surbhi Sharma, B.Ed Semester IV students also deliberated on the theme of gender equality and engaged the students in the interaction.

Ms. Muskan Narang, B.Ed Semester IV student presented a formal Vote of Thanks. Mr. Subrata Kundu, Principal Hermann Gmeiner School appreciate the activity conducted by the Extension Unit of MIER College of Education.

Glimpses of activity



Lecture delivered by resource person



Welcome speech delivered by Incharge Extension unit

Video link of the activity: <https://youtu.be/AqySBBz6r10>

Prepared by: *Suman Devi*

*See  
sheet  
21/5/2022*



## MIER College of Education (Autonomous)

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QF: 101-D

Date:- 20-04-2022

### SESSION-2020-2022 EXTENSION UNIT

List of students participating in Extension Activity ( 4<sup>th</sup> Semester B.Ed. B.Ed. Spl. M.A & M.Ed. )

S.NO.	Roll no.	Name	Section	M/F	Signature
1	17	Muskan Narang	A	F	Muskan
2	26	Sheweta	A	F	Shweta
3	31	Khusboo Sharma	A	F	Khusboo
4	32	Muskan Sharma	A	F	Muskan
5	34	Bushra Choudhary	A	F	Bushra Choudhary
6	35	Diksha Dogra	A	F	Diksha
7	58	Deepali Gautam	B	F	Deepali Gautam
8	65	Surbhi Sharma	B	F	Surbhi
9	8	Ayushi	(B.Ed. Spl.)	F	Ayushi
10	16	Vishal Kumar (B.Ed. Spl.)	(B.Ed. Spl.)	M	Vishal
11	1	Niharika	(M.A)	F	Niharika
12	4	Surbhi	(M.A)	F	Surbhi
13	6	Kritika	(M.A)	F	Kritika
14	10	Neha Bargotra	(M.Ed.)	F	Neha
15	30	Aaditi Sharma	(M.Ed.)	F	Aaditi

Suman Des

In-Charge Extension Unit





**MIER College of Education**  
(Autonomous)  
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**EVENT REPORT**  
**(Environment Unit)**

QF: 135  
Semester: II  
Session: 2020-2022  
Year: 2021-2022

Date: 16-9-21	Name of the Event World Ozone Day Celebration	Nature of Event : Non-Competitive
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Activities Organised : Plantation Drive

No. of Students Participated : 43

Attachments: List of Participants  Yes  
(if any) Press Release  No  
Certificates  NO

## Report

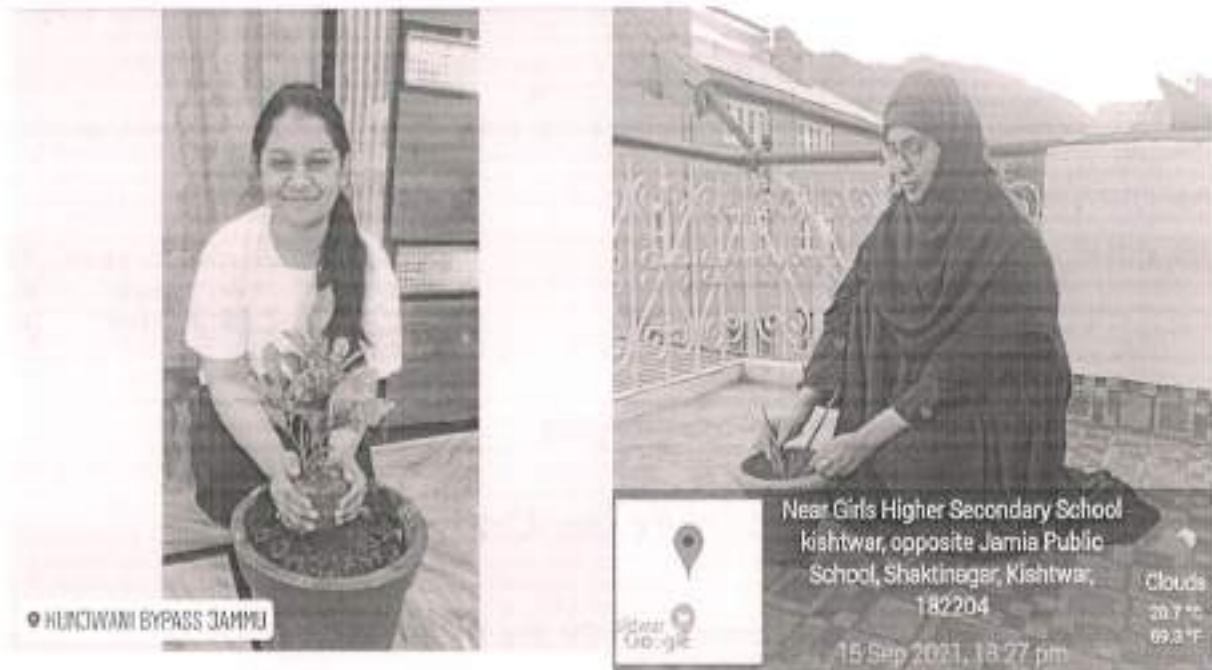
### World Ozone Day Celebration

To commemorate the International Day for the Preservation of the Ozone Layer, the Environment Unit of MIER College of Education organized an online activity '*Plantation Drive*'. For this, the students were asked to plant a tree or sapling in their respective garden or surrounding due to the closure of educational institutions because of COVID-19.

~~43~~ 43 students from UG and PG departments of the college enthusiastically participated in the activity. The students planted the saplings and uploaded the photographs with their plant. This activity also helped in raising the awareness in the society about air pollution and use of different strategies to protect from Ozone depletion.

The activity was conducted by Mrs. Suman Gupta, In-charge Environment Unit, under the guidance of Prof. Adit Gupta, Principal and Director of MIER College of Education who appreciated the efforts of the unit.

## Photographs



Students of different Depts, <sup>are</sup> planting the plants in their surroundings


Video link of the activity: <https://www.youtube.com/watch?v=PCf08oxlwgc>

*Sumera Cudda*  
6-10-21

Prepared by:

In Charge

Environment Unit

	<b>MIER College of Education</b> (Autonomous) Accredited by the NAAC with 'A+' Grade	<b>EVENT REPORT</b> <b>(Environment Unit)</b>	QF: 135 Semester: I Session: 2021-2023 Year: 2022
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<b>Date:</b> 22/03-2022	<b>Name of the Event</b> Power Point Presentation Competition on the topic "Water and Climate change"	<b>Nature of Event :</b> Non-Competitive
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**Activities Organised :** Power Point Presentation Competition on the topic "Water and Climate change"

**No. of Students Participated :** 8

**Attachments:**

List of Participation  
 Press Release  
 Certificate

Yes
No
Yes

## Report

The Environment Unit of MIER College of Education celebrated World Water day by organizing an Inter-Department power point presentation competition on the topic "Water and Climate Change" Dr. Adit Gupta Principal and Director MIER, Mrs. Rupa Gupta, Joint Director MIER, HOD PG and UG Departments, Dr. Moolraj Sharma and Dr. Rohnika Sharma, Deputy HOD's of both the departments, IQAC members, faculty members and the students from different departments of the college attended the program.

More than 8 students from UG and PG departments participated in the competition which was judged by Mrs. Manika Khanna, Incharge Humming Buds and Ms. Jasleen Mohial, Coordinator IQAC. All the participants enthusiastically participated in the competition and came up with the innovative ideas of dealing with the crisis of water and climate change.

As decided by the jury, the first prize was bagged by Ms. Naman Mansotra from B.A Psychology Honour semester I, Ms. Himanshi from B.Ed. Semester I and Ms. Ritika Sharma from M.Ed. Semester I jointly secured second prize and Ms. Sonia Choudhary from B.Ed. Special Education semester I bagged third prize.

The programme was hosted by Ms. Shriya Baru B.Ed semester 1st and the formal vote of thanks was proposed by Ms. Parul Dutta, a student of B.A Psychology Honor Semester 1<sup>st</sup>. The event was organized under the supervision of Mrs. Suman Gupta, Incharge, Environment Unit and Ms. Pallavi Anand, Member, Environment Unit.

## Photographs



Ms. Shriya Baru (B.Ed semester 1<sup>st</sup>) hosting the programme



Naman Mansotra, Student participant (B.A Psy.), presenting her power point presentation.


You tube link

<https://www.youtube.com/watch?v=b0OXc8LWLjc&t=18s>

Prepared by:

*Suman Chakraborty*  
In Charge 31-3-22

Environment Unit

	<b>MIER College of Education</b> (Autonomous) Accredited by the NAAC with 'A+' Grade	<b>EVENT REPORT</b> <b>(Environment Unit)</b>	QF: 135 Semester: III Session: 2020-2022 Year: 2021-2022
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<b>Date:</b> 22-04-2022	<b>Name of the Event</b> World Earth Day	<b>Nature of Event :</b> Non-Competitive
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**Activities Organised :** Webinar and Orientation cum Awareness Session on Solid Waste Management

**No. of Students Participated :** 80

**Attachments:** List of Participants

Press Release

Certificate

No
Yes
No

## Report

The Environment Unit of MIER College of Education celebrated World Earth Day at H.L Auditorium of the College. The event was attended by Dr. Adit Gupta Principal and Director MIER, Mrs. Rupa Gupta, Joint Director MIER, HoD PG and UG Departments, Dr. Moolraj Sharma and Dr. Rohnika Sharma along with the faculty members and the students from different departments of the college.

The Environment Unit showed a short documentary titled "How to save our planet" which explained that our planet showcases the world's natural wonders, iconic species and wildlife spectacles but it is changing it like never before. It also outlined how humans can take charge of and save the planet-Earth.

This was followed by discussion in which students expressed their views and concerns on the theme such as the impact of chemical fertilizers on soil, India's air quality, the impact of oil spills, and recycling laws. At the end, a pledge to be environmentally conscious citizens and do our best to save our mother earth was taken by the students and faculty.

The program was hosted by Ms. Nitika Chib, student of B.Ed. Semester II and the formal vote of thanks was proposed by Ms. Nikita Mahajan a student of B.Ed. Semester II. The event was organized under the supervision of Mrs. Suman Gupta, Incharge, Environment Unit and Ms. Pallavi Anand, Member Environment Unit.

### Photographs



Student of B.Ed. Semester IV conducting the Programme



Discussion on "How to save our planet"

Video Link:

[https://youtu.be/ZCmW\\_s2E-8Q](https://youtu.be/ZCmW_s2E-8Q)

Prepared by:

In Charge  
*Suma Anand*  
Environment Unit

*Seen  
Student*



## MIER COLLEGE OF EDUCATION (Autonomous)

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NSS UNIT  
Year 2021-22

QF: 102 B

DATE: 24-05-2022

### Report of Seven Day Special Camp

Duration: 2<sup>nd</sup> May 2022 to 9<sup>th</sup> May 2022

Theme: "Youth for Socio-Economic Development"

#### Main Objectives of the NSS Camp were as under:

1. To develop potential youth leaders by exploring the talent among the volunteers.
2. Making education more relevant to the present situation to meet the felt needs of the communities and supplement the education of university/college/school students by bringing them face to face with the community situation.
3. To provide opportunities to students to play their due roles in the implementation of various development "programmes by planning and executing development projects, which not only help in creating durable community assets in rural areas and slums but also result in improvement of the condition of weaker sections of the communities.
4. Encouraging the students and non-students youth to work along with the adults in rural areas, thereby developing their character, social consciousness and commitment, discipline and healthy and helpful attitudes towards the community.
5. Building up potential youth leaders by exploring the talent potential among the campers, both students as well as local youth (rural and urban), with a view to involve them more intimately in development projects for longer periods. The local leadership generated during the camps would also be useful in ensuring proper maintenance of the assets created as a result of the camps.
6. Emphasizing the dignity of labour and self-help and the need for combining physical work with intellectual pursuits.
7. Encouraging youth to participate enthusiastically in the process of national development, and promote national integration through democratic living and cooperative action.

#### Specific Objectives

1. Generating awareness about health benefits of Yoga.
2. Generating awareness about the environmental upkeep.
3. Developing awareness regarding cultural heritage among the youth.
4. Developing awareness about the skill-development programmes (Sankalp Scheme under Kaushal Vikas Yojna) and Atal Pension Yojna.
5. Creating interaction with the elderly people of the society.

#### Activities Organized During the Camp

- Shram Daan- Manual work (Daily)
  - a. Institutional Projects – NSS Volunteers were involved in the Slum (Kabir Basti) to offer their services.
  - b. Institutional Work – NSS Volunteers were involved in various activities for cleanliness and upkeep of the environment.
- Visit to Slum (Kabir Basti) for awareness of slum dwellers about the skill-development programmes (Sankalp Scheme under Kaushal Vikas Yojna).

- Visit to Slum (Kabir Basti) for awareness regarding the programmes run by the government of India like- Atal Pension Yojna and others.
- Visit to Old Age Home, Ambphala, Jammu for interaction with elderly people of the society.
- Visit to Akhnoor Fort for cultural awareness and environmental awareness.
- Plantation Drive by the volunteers in their surroundings and submission of photographs and videos.
- Cultural Activities by NSS Volunteers with different themes
- Morning Assembly: Prayer, Yoga session and physical exercises (Daily)
- Peer interaction session
- Quiz Competition on the theme: "Aims and Role of NSS."
- Sports Activities: Kho-Kho Match, Badminton & Cricket

#### **Day 1: May 2, 2022**

First day of the camp started with registration of volunteers. Fifty volunteers were registered. NSS Programme Officer made the volunteers aware about the objectives of joining the camp. The volunteers were divided into five groups and each group comprised of ten volunteers. The groups were:

- Group I - Rose
- Group II - Lotus
- Group III - Jasmine
- Group IV - Sun Flower
- Group V - Marigold

Each group was allotted duties. The Morning Prayer and yoga session was conducted. Self introduction was given by all the NSS volunteers. Then a cleanliness drive was carried out on the road side, outside the college to the Auto Stand. After lunch break the volunteers continued with their work. Guidance about how to write daily diary was also given by NSS PO. Next day's instructions were given and daily diaries were signed by NSS Programme Officer. The day ended with the planning of valedictory session and items to be performed were decided. Volunteers were selected for different cultural items.

#### **Day 2: May 3, 2022**

The second day started with the formal Morning Prayer. It was followed by thought of the day and national anthem. After that the yoga session was followed which lasted for half an hour. A cleanliness drive was carried out inside the campus. The volunteers were engaged in Shramdaan. After lunch, Sports activity and practice for cultural items were performed. Next day's instructions were given after that and daily diaries were signed by NSS Programme Officer.

#### **Day 3: May 4, 2022**

The third day began with a morning prayer, followed by thought for the day and yoga. The Programme Officer gave the volunteers an overview of the government of India's "Skill Development Programs," such as "Kaushal Vikas Yojna" and "Atal Pension Yojna." A visit was scheduled to the 'Old Age Home' for interaction with the elderly members of the society which was later on denied by the concerned authorities keeping in view the risk of Covid infection among the elderly people. A quiz competition on the theme "Aims and Role of NSS" was organized followed by Badminton and Kho-Kho matches. After the lunch break NSS Volunteers practiced for valedictory session. Next day instructions were given and daily diary were signed by NSS Programme Officer.

#### **Day 4: May 5, 2022**



The fourth day began with a morning prayer, followed by thought for the day and yoga followed by sports activity under the supervision of Mrs. Nisha, P.TI MIER and Ms. Madhu bala, Yoga teacher, Model Academy School. After that the volunteers visited to the nearby slum (Kabir Basti). A total of two groups of volunteers were formed. One group of volunteers gave an orientation about the "Skill Development programme (Kaushal Vikas Yojna)" and another group about several government programmes for slum dwellers, such as the Sankalp scheme. The volunteers also provided the information about various centers and the procedure for getting enrolled for the training programs under the different schemes. After lunch break the NSS Volunteers practiced for valedictory session. Next day instructions were given, daily dairies were written by the students and signed by NSS Programme Officer.

#### **Day 5 : May 6, 2022**

The fifth day started with the formal Morning Prayer and it was followed by thought for the day and national anthem. After that the yoga session was followed for half an hour. Then the volunteers visited to the slum to orient the slum-dwellers about "Atal Pension Yojna". The people of slum were oriented regarding the process of opening their accounts in the Punjab National Bank, MIER premises. NSS volunteers also offered their assistance in opening of the account of the interested slum-dwellers. After that a cleanliness drive was carried out by the volunteers in the school premises under which the sports ground was cleaned properly. After lunch break NSS Volunteers practiced for valedictory session. Next day instructions were given and daily dairies were written by the students and signed by NSS Programme Officer.

#### **Day 6: May 7, 2022**

The sixth day began with a morning prayer followed by thought for the day and national anthem. Yoga session was conducted for all volunteers. After that the volunteers visited to Akhnoor where they saw Akhnoor Fort & Chenab river for the purpose of cultural and environmental awareness. An environmental awareness campaign was carried out there under which an orientation regarding the upkeep of our monuments and Chenab river was given to the villagers. The villagers were also aware about the use of polythene bags and its consequences on environment and were told not to throw polythene bags and waste in the river. After lunch break NSS Volunteers practiced for the Valedictory Session. The volunteers were given instructions of the next day and filling up of daily dairies were done.

#### **Day 7: May 8, 2022**

The seventh day began with a morning prayer followed by thought for the day and national anthem. Yoga session was conducted for all volunteers. A cleanliness drive was carried out in which all the NSS Volunteers actively took part to clean the backside of the campus. After the lunch break, Valedictory Session was conducted by the NSS Volunteers.

Besides all these activities the NSS Volunteers were provided lunch and evening tea on regular basis for seven days. They were given the lunch time from 1.30-2.30 p.m. and evening tea was served to all volunteers on daily basis from 4.30 -5.00pm.

#### **Report of Valedictory Session: May 9, 2022**

Valedictory Session was organized at the college campus. The chief guest was Dr. Adit Gupta, Director and Principal, MIER College of Education. In his address to volunteers, he appreciated the efforts of the NSS unit for instilling a sense of community service in the youth. He also discussed the importance of Shramdaan to the volunteers. Palvi Sharma, NSS volunteer formally welcomed the gathering. Dr. Reeta Dwivedi, NSS PO presented a detailed report of the seven days camp. A presentation showing the glimpses of the camp was also presented by her followed by a video consisting of the glimpses of the activities organized during the camp, prepared by Jigmet Tundup, NSS volunteer. NSS volunteers presented a very lively cultural programme. The experiences of the seven days camp were shared by the group leaders. NSS Volunteer, Ritika extended a formal vote of thanks. The programme was ably conducted by the volunteers Muskan Sharma and Pallavi Mahajan.

Photographs of the activities conducted during the camp:



*Orientation regarding Camp Objectives and Activities*



*Morning Prayer*



*Yoga Session*



*Sports Activity- Cricket*

*Sports Activity- Kho-Kho*



*Cleanliness Drive*



*Plantation Drive*



*Akhnoor visit - Awareness Lecture on Environmental upkeep*



*Awareness on Skill Development Programme*

*Awareness on Atal Pension Yojna in the Slum*

Video Link:

[https://drive.google.com/file/d/1zQ1JfOC5EXvq6qsDRenZtb6\\_tzRbEouT/view?usp=sharing](https://drive.google.com/file/d/1zQ1JfOC5EXvq6qsDRenZtb6_tzRbEouT/view?usp=sharing)

*R. Dwivedi*  
Program Officer

