

ESTD: 1962



Principal (O): 4303100

Fax: 430044

mail: [inpgcollegemeerut@yahoo.com](mailto:inpgcollegemeerut@yahoo.com)

Website: [inmpgcollege.org](http://inmpgcollege.org)

## ISMAIL NATIONAL MAHILA PG COLLEGE, MEERUT

(Affiliated with C.C.S. University, Meerut, formerly Meerut University.)

NAAC Accredited A Grade College

### SUMMARY SHEET

<b>Criteria</b>	Criterion-III–Research, Innovations and Extension
<b>Key Indicator</b>	3.4Extension Activities
<b>Metric</b>	3.4.1Number of extension and outreach programs conducted in collaboration with industry, community and Non-Government Organizations through NSS/NCC/Redcross/Youth Red Cross (YRC) etc, during the year.
<b>Response</b>	13 Extension Activities Conducted by NSS Unit 1,2,3 & Rangers Committee in the academic year 2019-20

#### Table of Extension Activities

<b>Title of the Activities</b>	<b>Organizing unit/agency/collaborating agency</b>	<b>Number of teachers co-ordinated such activities</b>	<b>Number of students Participated in such activities</b>
Lecture on Stress Management	NSS unit INMPG College MRT with Pyare Lal District Hospital Mental Disease Counsellor Dr. Vibha Nagar and Dr. Vinita Sharma	3	150
Rally on women empowerment, given information on art & paper craft	NSS unit INMPG College MRT with Smt. Jyoti Sharma	3	150
Lecture on Rangers and Disaster Management	Ranger unit INMPG College MRT with collaboration of RGPG College MRT	2	39
Training on Yoga by Dr Meena Rastogi	NSS unit INMPG College MRT	3	150
Awareness	NSS unit INMPG College MRT with	3	150

programme about blood donation	collaboration of Red Cross Society and Swastik charitable blood bank		
Awareness About Women Health	NSS unit INMPG College MRT	2	100
Environmental Pollution Awareness	NSS unit INMPG College MRT with Nagrik Jagrukta Association Meerut (NGO)	3	100
Blood Donation Camp	NSS unit INMPG College MRT	3	100
Environmental Awareness	NSS unit INMPG College MRT	3	100
Health advice, orphanage cleanliness and Medicine Distribution	NSS unit INMPG College MRT with Dr. Pallava Agarwal	1	50
Important information for earthquake and Orphanage Children applied to mehndi	NSS unit INMPG College MRT with Shri Sarabjit Singh Kapoor	1	50
Yoga information and plants were planted	NSS unit INMPG College MRT with Yoga instructor Smt. Meena Rastogi	1	50
Poster and Shuttle Run Competition on	NSS unit INMPG College MRT with ^e  fu'ks/k foHkkx mRj Áns"k** under the scheme jk'V^h; dY;k.k ;kstuk	2	74

## REPORT OF EXTENSION ACTIVITIES

### NSS UNIT -1,2,3

Estd - 1962  
NAAC Accredited A Grade College

College : 4303100  
Fax : 4300433  
www.inmpgcollege.org

Dated - 19/12/19

From: Secretary/Principal  
Smail National Mahila (P.G.)  
College, Meerut.  
Affiliated with C.S. University, Meerut  
(Formerly Meerut University, Meerut)

To: वैश्य अनाथालय,  
निकट एन०ए०एस० कॉलेज,  
मेरठ

विषय- महाविद्यालय की एन०ए०एस० की प्रथम, द्वितीय एवं तृतीय इकाई द्वारा सात दिवसीय कैंप लगाने के संबंध में।

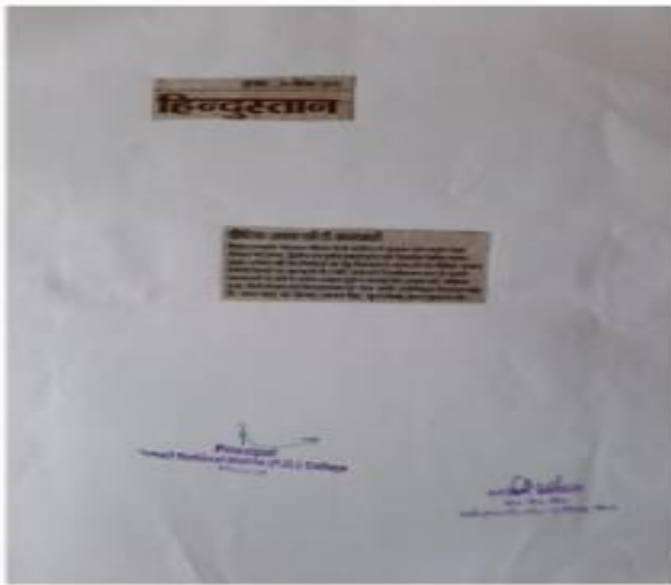
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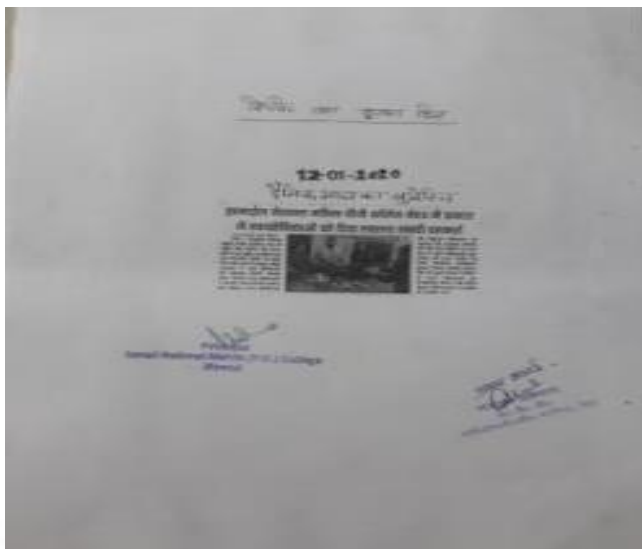
महाविद्यालय की एन०ए०एस० की प्रथम, द्वितीय एवं तृतीय इकाई की छात्राओं का सात दिवसीय विशेष शिविर वैश्य अनाथालय, निकट एन०ए०एस० कॉलेज, शिवाजी रोड, मेरठ में दिनांक 10-01-2020 से लगाना सुनिश्चित हुआ है। कृपया कार्यकमानुसार अनुमति प्रदान करने का कष्ट करें।

1	दिनांक	10-01-2020 से 16-01-2020 तक
2	चयनित ग्राम का नाम	पुरानी मोहनपुरी मलिन बस्ती-प्रथम इकाई सुभाष बाजार मलिन बस्ती- द्वितीय इकाई पुरी आंध्रम मलिन बस्ती- तृतीय इकाई
3	स्वयं सेवकों के रुकने का स्थान एवं रात	वैश्य अनाथालय, एन०ए०एस० कॉलेज से आगे शिवाजी रोड, मेरठ
4	प्राचार्य का नाम एवं मो० नं०	डा० नीलिमा गुप्ता, 9837789140
5	कार्यक्रम अधिकारी का नाम प्रशिक्षित /अप्रशिक्षित	आंचल चौरासिया-प्रथम इकाई, 8840260791 सुमन मिश्रा- द्वितीय इकाई, 9451336699 डा० विनेता- तृतीय इकाई, 9411902500

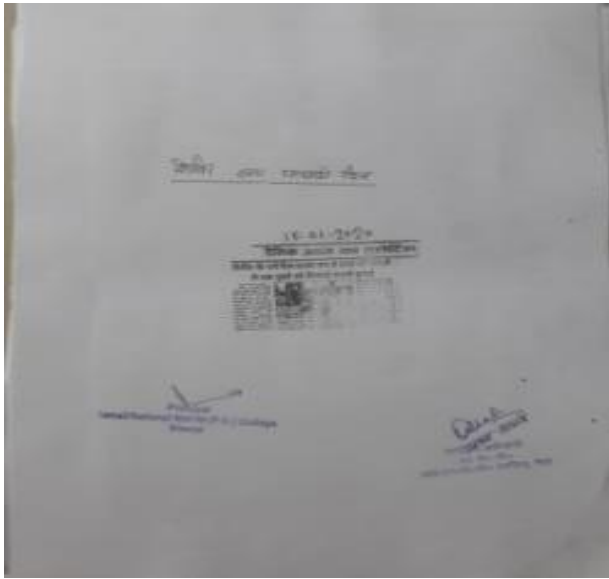
सधन्यवाद।

भवदीया,  
(डा० नीलिमा गुप्ता)  
प्राचार्या





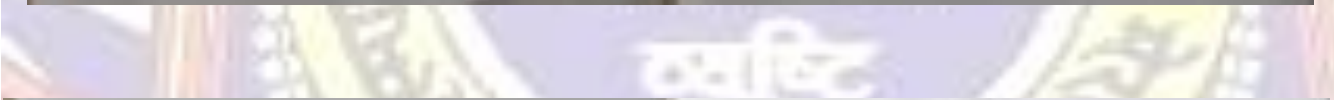






Handwritten text in Hindi, consisting of several paragraphs.

Handwritten text in Hindi, consisting of several paragraphs.



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Handwritten text in Hindi, likely a report or essay. The text is dense and covers several paragraphs, discussing various topics related to the subject matter.

**हिन्दुस्तान**

**पोस्टर से बताए मद्यपान के दुष्परिणाम**

**दुष्परिणाम**

The clipping shows a newspaper page with a prominent headline in Hindi: "पोस्टर से बताए मद्यपान के दुष्परिणाम" (Poster tells the harmful effects of alcohol). Below the headline is a sub-headline "दुष्परिणाम" (Harmful effects) and a photograph of a group of people. The text around the photo and below it discusses the negative impacts of alcohol consumption.







## EXTENSION ACTIVITIES REPORT 2019-20

Mrs. Aanchal Singh Incharge Unit -1  
 Ms. Suman Mishra Incharge Unit-2  
 Dr. Vineta Incharge Unit-3

The National Service Scheme is a government sponsored Public Service Programme conducted by the Ministry of Youth Affairs and sports, main aim of this programme is development of Personality and Character of Youth through participation in voluntary community services. In the year 2019-20 NSS First Unit of I.N.M. (PG) College, Meerut organized various one day camps, seven day camp and other activities under Mrs. Aanchal Singh, Ms. Suman Mishra, Dr. Vineta Organized one day camp on 25-09-2019 “Awareness about Women Health” along with information about Personal Hygiene and Gynecological Diseases, organized “Environmental Pollution Awareness” camp on 5/11/2019 under the aegis of National Services Scheme and Nagrik Jagrukta Association (NGO), Meerut to aware of the growing problem of pollution and conducted Oath ceremony. They also Organized “Blood Donation Camp” on 14/11/2019 in which awareness about advantage of blood donation were told and “Environment Awareness camp” on 9/12/2019 students were inspired to become more environmentally sensitive and aware them through Slogans, Posters and banners. National Service Scheme of I.N.M.(PG) College, Meerut has organized “Seven Day Camp” at Ramanuj Dayal Bal Vaishaya Anath Alaya from 10/01/2020 to 16/01/2020. The inauguration of camp was done by lamp lightening by Principal Dr. Neelima Gupta thereafter recitation of Saraswati Vandana was done. Programme officer Mr. Aanchal Singh explained all goals, rules and regulation and forthcoming programs. On 11-01-2020 Chief Guest Dr. Pallava Agarwal gave health advice and Programme Officer distributed iron and vitamins medicine and in second session the Orphanage cleanliness was discussed. One next day 12-01-2020 Chief Guest Shri Sarabjit Singh Kapoor gave many important information to the students regarding earthquake prevention and in the second session applied mehndi to the children. On 13-01-2020 the Chief Guest of the programme, yoga instructor Smt. Meena Rastogi, informed about various important asanas of yoga and in the second session of the day plants were planted. On 14-01-2020 the work as embroidery and weaving was done by the volunteers. In the second session of the day, Chief Guest Dr. Vibha Nagar and Dr. Vinita Sharma Mental Disease Counselor Pyare Lal District Hospitals gave important lectures on stress management. Next day 15-01-2020 Chief Guest, Smt. Jyoti Sharma gave information related to paper craft and also showed them. In the second session a public awareness rally was relayed on women empowerment. On 16-01-2020 the seven-day camp was

consummated with cultural programme and prize distribution ceremony Dr. Neelima Gupta, Principal INMPG College Meerut, Programme Officers and students were present on this occasion. Poster competition and shuttle run competition on the topic "Madya pan Ek Abhi shaap" on dated 01-10-2019 was done by NSS and Rastriya Kalyan Yojna (NAPDDR) under the aegis of Madya Nishaidh Vibhag, Utter Pradesh.

## RANGERS COMMITTEE REPORT 2019-20

**INCHARGE, 1-DR. SHUBHRA TRIPATHI,**

**2- DR. POOJA RAI**



**Mtv Live News**  
03/10/2019 हर खबर आप तक  
Web Portal News Channel & Hindi Newspaper  
मेरठ:- इस्माइल नेशनल महिला महाविद्यालय में हुआ रेंजर्स एवं आपदा प्रबंधन विषय पर व्याख्यान कार्यक्रम का आयोजन

एमटीवी:- इस्माइल नेशनल महिला महाविद्यालय के रेंजर्स विभाग में "रेंजर्स एवं आपदा प्रबंधन" विषय पर आज अतिथि व्याख्यान कार्यक्रम का आयोजन किया गया। अतिथि वक्ता डॉ. सुमन रेंजर्स प्रभारी एवं एसोसिएट प्रोफेसर समाजशास्त्र विभाग आरजीपीजी कॉलेज ने छात्राओं को आपदा प्रबंधन विषय पर विस्तृत जानकारी देते हुए उसके प्रकारों, दुष्प्रभावों, बचाव के उपायों आदि के संबंध में जागरूक किया। कार्यक्रम का संयोजन रेंजर्स प्रभारी डॉ. सुभा त्रिपाठी व सह-संयोजन डॉ. पूजा राय ने किया। कॉलेज प्राचार्य डॉ. नीलिमा गुप्ता ने छात्राओं का उत्साहवर्धन कर शुभाशीष दिया।

**एमटीवी लाइव न्यूज**  
वेब पोर्टल पर विज्ञापन व खबरें  
प्रकाशित कराने हेतु सम्पर्क करें  
M.: 9761140893, 9520651070



**ये स्ट्रेस के लक्षण हो सकते हैं।**

**GLIMPSES** कड़ी सुरक्षा के चलते दूसरे व

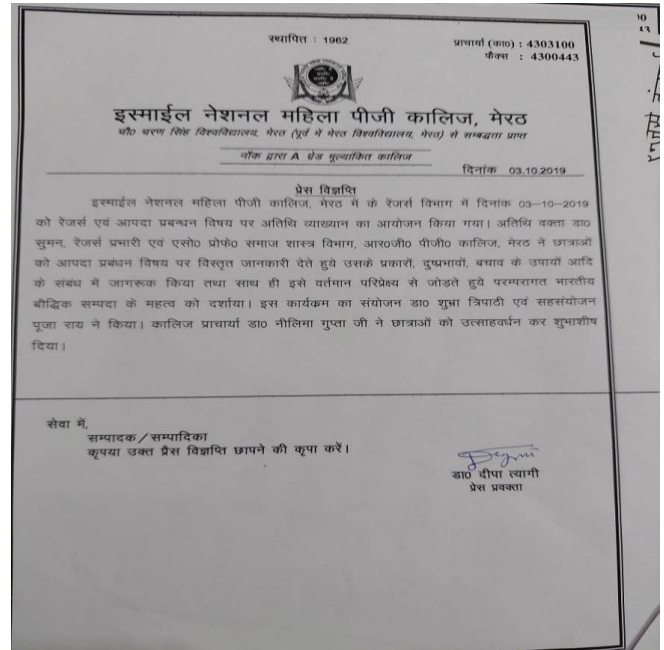
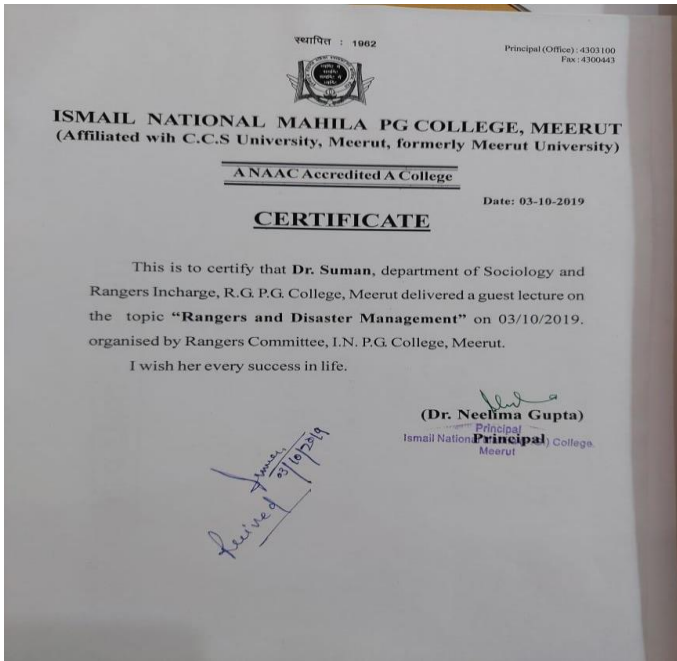
**मेरठ में कम हो गई सीएलजी की कीमत**  
MEERUT : लखनऊ के मौसम में गोल गैस द्वारा शहरवासियों के लिए एक राहत बरी खबर है. गोल गैस लिमिटेड ने मेरठ शहर में अपनी कम्प्रेस्ड नेचुरल गैस (सीएलजी) की कीमतें 1 रुपए प्रति किग्रा कम कर दी हैं. 4 अक्टूबर रात 12 बजे से संशोधित रेट्स लागू हो जाएंगे.

**इमरजेंसी में बचाव के लिए दिए गए टिप्स**  
MEERUT : इस्माइल पीजी कॉलेज के रेंजर्स विभाग में रेंजर्स व आपदा प्रबंधन विषय पर व्याख्यान दिया गया. वक्ता डॉ. सुमन ने आपदा प्रबंधन के बारे में जानकारी दी व उसके प्रकारों, दुष्प्रभावों, बचाव व उपायों के बारे में बताया.

**रेल कर्मियों का सिटी स्टेशन पर प्रदर्शन**  
MEERUT : निजी क्षेत्र को ट्रेनों के संचालन की अनुमति देने से रेल कर्मियों में आक्रोश है. सिटी स्टेशन परिसर में आल इंडिया लोको रनिंग स्टफ एसोसिएशन ने बाह पर काली

**फॉर्म की र**  
**स्मार्ट PLAN**  
सीसीएसयू में एग्जामिनेटान फॉर्म में जोड़े गए गए फीचर्स  
meerut@inext.co.in  
MEERUT (4 Oct): सीसीएसयू यूनिवर्सिटी व संबंधित यूजी और पोर्जो लेबल के सभी कोर्स के एग्जामिनेशन फॉर्म को लेकर अब यूनिवर्सिटी अलर्ट हो गई है. फॉर्म में किसी तरह की गड़बड़ी न हो. इसके लिए यूनिवर्सिटी ने नए फीचर्स बनाए हैं. अब स्टूडेंट्स आईडी व पासवर्ड से ही फॉर्म खोल पाएंगे. जबकि इससे पहले यूनिवर्सिटी के लिंक पर रोल नंबर डालने से फॉर्म खुल जाता था. इसके साथ ही माता-पिता के नाम को भरने पर ही फॉर्म खुलेगा, ताकि स्टूडेंट्स को सिस्कोरिटी फिल हो. इसलिए ये ऑप्शन जोड़े है.

**ओटीपी है बड़ा बदलाव**



## RANGERS COMMITTEE REPORT 2019-20

Guest lecture on Rangers and Disaster Management. A One-day guest lecture was organised by the Rangers committee of INMPG College, Meerut on the topic "Rangers and Disaster Management " on 03rd October 2019. Resource person Dr. Suman (Department of Sociology and Rangers In charge, RGPG College, Meerut) introduced the rangers about the topic. Thirty-nine Rangers attended the lecture. She explained to Rangers the aim of Disaster Management. Disaster management aims to reduce, or avoid, the potential losses from hazards, assure prompt and appropriate assistance to victims of disaster, and achieve rapid and effective recovery. Various components of Disaster Management such as Preparedness, Disastrous Impact, Response, recovery, Development, Mitigation etc were discussed with the Rangers. She told them about various types of disasters as natural disasters, man-made disasters, and hybrid disasters. In addition to this, ways of prevention from disasters as to avoid overcrowding, deforestation and to provide services were told by the resource person. She highlighted the humanitarian and disaster management contributions of various National and International organisations and institutions like Red Cross, NSS, Rangers etc which focus on community-based disaster preparedness and assist communities to reduce their vulnerability to disasters and strengthen their capacities to resist them. She encouraged the Rangers to contribute towards the humanitarian activities whenever needed. In addition to this, she related the topic with the present scenario and highlighted the importance of ancient Indian intellectual property. The lecture proved extremely knowledgeable to the Rangers. We hope our Rangers get fully motivated towards contributing their efforts in times of any need and serve the country.