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## 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>	<b>Criterion-III–Research, Innovations and Extension</b>
<b>Key Indicator</b>	<b>3.4 Extension Activities</b>
<b>Metric</b>	<b>3.4.1 –Extension Activities are carried out in the neighbourhood community sensitizing students to social issues, for their holistic department, and impact thereof during the year 2022-23 3.4.3 Number of extension and outreach programmes conducted by the institution through NSS/NCC/Government and Government recognized bodies during the year 2022-23</b>
<b>Response</b>	<b>52 Number of extension and outreach programmes conducted by the institution through Rangers Committee/NSS/NCC/Government and Government recognized bodies during the year 2022-23</b>

Sr. No	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Year of the activity	Number of students participated in such activities
1	Voters awareness Rally	NSS Unit-1 INM PG College, Meerut	Sweep	25-01-23 (2022-23)	100
2	Essay writing on the topic road safety	NSS Unit-1 INM PG College, Meerut	सड़क सुरक्षा अभियान	30-01-23 (2022-23)	100
3	Stationary distribution to the children of Primary school	NSS Unit-1 INM PG College, Meerut and Mohanpuri Public School	साक्षरता अभियान	01-02-23 (2022-23)	100
4	A Rally on the topic "Beti Bachao Beti Padhao"	NSS Unit-1 INM PG College, Meerut in Malin Basti Kashiram Ioniaagr	बेटी बचाओ बेटी पढ़ाओ	10-02-23 (2022-23)	100
5	Cleanliness awareness Rally	NSS Unit-1 INM PG College, Meerut	स्वच्छ भारत अभियान	12-02-23 (2022-23)	50
6	Essay writing on बेटी बचाओ बेटी पढ़ाओ	NSS Unit-1 INM PG College, Meerut	बेटी बचाओ बेटी पढ़ाओ	14-02-23 (2022-23)	50
7	Self-Defence Training	NSS Unit-1 INM PG College, Meerut in Kashiram Malin Basti	Woman Empowerment	14-02-23 (2022-23)	50
8	Plantation	NSS Unit-1 INM PG College, Meerut in Kashiram Malin Basti	Green India Mission	15-02-23 (2022-23)	50
9	Women's Literacy awareness program in Fafunda Village	NSS Unit-1 INM PG College, Meerut	महिला साक्षरता अभियान	24-09-22 (2022-23)	40
10	Voter card registration program	NSS Unit-1 INM PG College, Meerut with B.L.O Mr. V.P.Singh and Neerja Gupta	Sweep	25-11-22 (2022-23)	70
11	Nukkad Natak	NSS Unit-1 INM PG College, Meerut WITH Road Safety Club INM PG College, Meerut	सड़क सुरक्षा अभियान	10-04-23 (2022-23)	25
12	Road safety awareness Rally	NSS Unit-1 INM PG College, Meerut	सड़क सुरक्षा अभियान	11-01-23 (2022-23)	30
13	Speech and quiz competition	NSS Unit-1 INM PG College, Meerut	सड़क सुरक्षा अभियान	14-01-23 (2022-23)	40
14	Training on Waste Management	NSS Unit-1 INM PG College, Meerut with Home Science Department INM PG College, Meerut in Prathmik Vidhyalya Kashiram Malin Basti	सड़क सुरक्षा अभियान	16-02-23 (2022-23)	50

## II nd Unit

15	Poster competition and cleanliness compaign(road safety)	NSS Unit-2 INM PG College, Meerut with road safety club INM PG College, Meerut	Clean India Mission	30-01-2023	100
16	Literacy cleanliness and awareness rally(teaching by volunteers)	NSS Unit-2 INM PG College, Meerut with primary school, Mohanpuri, Meerut and Ramanuj Vaishya Anath Ashram, Meerut	Clean India Mission	01-02-2023	100
17	Woman literacy and Tberaditation in village kazipur	NSS Unit-2 INM PG College, Meerut with C.M O Office Meerut	महिला साक्षरता अभियान	10-02-2023	100
18	Speech competition on the topic of women's leadership role and challenges and their courageous face in current society and poltics and cleanliness awareness program	NSS Unit-2 INM PG College, Meerut	महिला साक्षरता अभियान	12-02-2023	50
19	Literacy campaign in primary school and guest lecture water conservation woman helpline number	NSS Unit-2 INM PG College, Meerut with primary school Kazipur, meerut, saarathi welfare society and brand ambassador of municipal corporation social worker Kalpana Pandey	साक्षरता अभियान	13-02-2023	50
20	Nukkad Natak and Rally -beti bachao beti padhao	NSS Unit-2 INM PG College, Meerut	बेटी बचाओ बेटी पढ़ाओ	14-02-2023	50
21	Guest lecture-mental health and meditation and sport competition	NSS Unit-2 INM PG College, Meerut with Psychology Department, IN PG College, Meerut	National Mental Health Programme (NMHP)	15-02-2023	50
22	Career counselling and craft training program	NSS Unit-2 INM PG College, Meerut with University service planning information and counselling center	प्रधान मंत्री कौशल मिशन योजना	16-02-2023	50



23	Exhibition of handicraft	NSS Unit-2 INM PG College, Meerut	प्रधान मंत्री कौशल मिशन योजना	17-02-2023	50
24	स्वच्छता पखवाड़ा(cleanliness) awareness campaign	NSS Unit-2 INM PG College, Meerut with poorva Ahiraan Basti, Meerut	स्वच्छता पखवाड़ा	13-09-2022	35
25	स्वच्छता पखवाड़ा(mask and sanitizer distribution)	NSS Unit-2 INM PG College, Meerut with poorva Ahiraan Basti, Meerut	आयुष्मान भारत PM-JAY	14-09-2022	30
26	स्वच्छता पखवाड़ा(colouring pots)	NSS Unit-2 INM PG College, Meerut	स्वच्छता पखवाड़ा	15-09-2022	25
27	Essay competition and oath program of drugs	NSS Unit-2 INM PG College, Meerut with मद्य निषेध विभाग उत्तर प्रदेश	Central Sector Scheme for Prevention of Alcoholism and Substance (Drug) Abuse	02-10-2022	15
 <p style="text-align: center;"><b>III nd Unit</b></p>					
28	Plantation Awareness Drive in locality and tree plantation in Gymkhana ground	INM PG College, Meerut with Nagar Nigam	Green India Mission	05-07-2022	37
29	“Planters from Waste” Competition and Yuva Van establishment	INM PG College, Meerut	Green India Mission	07-07-2022	33
30	E-waste collection campaign	INM PG College, Meerut	Clean India Mission	06-09-2022	12
31	Cleanliness abhiyan, Zahidpur	NSS Unit-03 INM PG College with primary school, Zahidpur-Meerut	Clean India Mission	11.02.23	50
32	Awareness session on food and nutrition forvillage women and children under “पोषण अभियान” Seven day Special-camp	NSS Unit-03 INM PG College with Lok priye hospital Meerut	पोषण सप्ताह	13/02/2023	50
32 33	Awareness session on food and nutrition forvillage women and children under “पोषण अभियान	NSS Unit-03 INM PG College with Lok priye hospital Meerut INM PG College, Meerut	पोषण सप्ताह Central Sector Scheme for Prevention of Alcoholism and	13/02/2023 14.02.23	50 50



	” Seven day Special-camp Rally on Drug Addiction		Substance (Drug) Abuse		
34	Waste Management Workshop	INM PG College, Meerut	Local to Vocal	15.02.24	50
35	• Creation of “फुलवारी” in Primary school Jahidpur	NSS Unit-03 INM PG College with primary school jahidpur, Meerut	Green India Mission	12.02.23	50
36	Beautification of school wall and interaction with children	NSS Unit-03 INM PG College with primary school jahidpur, Meerut	Clean India Mission	13.02.23	50
37	Poster Competition on “बेटी बचाओ बेटी पढ़ाओ”	NSS Unit-03 INM PG College with primary school jahidpur, Meerut	बेटी बचाओ बेटी पढ़ाओ	14.02.23	50
38	Rally on “बेटी बचाओ बेटी पढ़ाओ” in village Jahidpur	NSS Unit-03 INM PG College with primary school jahidpur, Meerut	बेटी बचाओ बेटी पढ़ाओ	14.02.24	50
39	Self-defence workshop	NSS Unit-03 INM PG College with primary school jahidpur, Meerut	बेटी बचाओ बेटी पढ़ाओ	15-02-2023	50
40	Nukkad natak on “बेटी बचाओ बेटी पढ़ाओ”	NSS Unit-03 INM PG College with primary school jahidpur, Meerut	बेटी बचाओ बेटी पढ़ाओ	15-02-2023	150
41	“Best out of Waste competition”	NSS Unit-03 INM PG College with primary school jahidpur, Meerut	Local to Vocal	16.02.223	50
42	Exhibition of handicrafts made by volunteers during the camp	NSS Unit-03 INM PG College with primary school jahidpur, Meerut	Local to Vocal	17.02.23	50
43	Voter Awareness and registration campaign in one-day camp <ul style="list-style-type: none"> <li>• Pledge for voting</li> <li>• Awareness session on importance of voting</li> <li>• Voter registration on online portal</li> <li>• Team making for voter registration</li> </ul>	INM PG College, Meerut	Sweep	25/01/2023	100

44	Community service in Vaishya Bal Sadan and Primary School, Mohanpuri (Cleanliness drive, Wall beautification, interaction with children through teaching and G.K. competition	INM PG College, Meerut with vaishya bal sadan and primary school mohanpuri	Clean India Mission	01-012-2023	100
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### Rangers Committee

45	Slogan and Poster Competition on Save Water	Rangers Committee INM PG College Meerut	Save water	19-10-2022	52
46	Street Play on Road Safety at Bachcha Park and Hapur Adda	Rangers Committee INM PG College, Meerut with Road Safety Club	Road Safety	30-11-2022	40
47	Workshop on "Say no to Screen Addiction" in collaboration with Pari Foundation	Rangers Committee INM PG College, Meerut with Pari Foundation	आयुष्मान भारत PM JAY	23-02-2023	87
48	Workshop on "Environmental and Health Impacts of Air Pollution: An Overview" in collaboration with JNA	Rangers Committee INM PG College, Meerut with Jagruk Nagrik Association	स्वच्छ भारत स्वस्थ भारत	03-03-2023	100
49	Rainwater Harvesting System & Save Water Campaign On World Water Day	Rangers Committee INM PG College Meerut	Save Water	21-03-2023	40
50	Plantation Drive on Save Environment in collaboration with Eco- club	Rangers Committee INM PG College, Meerut with Eco Club	Green India	21-04-2023	80
51	शरबत वितरण कार्यक्रम	Rangers Committee INM PG College, Meerut	Save Water	23-05-2023	35

52	Seminar and Speech Competition on the ill effects of Tobacco on World No Tobacco Day	Rangers Committee INM PG College, Meerut with मद्य निषेध विभाग उत्तर प्रदेश	Central Sector Scheme for Prevention of Alcoholism and Substance (Drug) Abuse	31-05-2023	100
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**NSS Unit-1**  
**2022-23**

**Incharge- Dr. Neha Singh**

# NSS Unit-1

## Incharge- Dr. Neha Singh

### Voters awareness Rally

#### 25/01/2023

On the occasion of National Voters Day the first one-day camp of National Service Scheme organized . Under this , voter awareness rally was taken out. In which the principal Prof. Anita Rathi was also present. Program officers of all the three units of National Service Scheme Suman Mishra, Meenu Sharma and Dr Neha singh led the rally . The volunteers took out the rally from the college to Baccha Park Square, raising the slogan “Baccha baccha kare pukar vote daina tum har bar”. Along with this all the teachers of the college administered an oath to keep the Constitution intact .students and teachers participated enthusiastically in this program

## राष्ट्रीय मतदाता जागरूकता दिवस के अवसर पर राष्ट्रीय सेवा योजना की प्रथम, द्वितीय एवं तृतीय इकाई द्वारा एक दिवसीय शिविर का आयोजन



आज का बुलेटिन अतुल माहेश्वरी मेरठ। इस्माईल नेशनल महिला जो कॉलेज में राष्ट्रीय मतदाता जागरूकता दिवस के अवसर पर राष्ट्रीय सेवा योजना की प्रथम, द्वितीय एवं तृतीय इकाई द्वारा एक दिवसीय शिविर का अ

योजन किया गया जिसका पुभारंभ महाविद्यालय की प्राचार्य प्रो० मनीता राठी द्वारा किया गया। डॉ० महा सिंह, प्रथम इकाई, सुमन मिश्रा-द्वितीय इकाई, एवं श्रीमति मीनु शर्मा-तृतीय इकाई, कार्यक्रम अधिकारियों ने नेतृत्व में शिविर के अन्तर्गत 10से0यो0 की प्रथम इकाई द्वारा मतदाता जागरूकता रैली निकाली गयी। रैली महाविद्यालय प्रांगण से निकल कर बच्चा पार्क चौराहा,

बेगमपुल होते हुए पुनः महाविद्यालय प्रांगण में पहुँची। रैली में स्वयंसेविकाओं ने लोगों को मतदान के प्रति जागरूक करने के लिए बच्चा-बच्चा करे पुकार, वोट डालना तुम हर बार, छोड़ो अपने सारे काम पहले चलो करे मतदान, एक वोट रह ना जाए, आओ करके यह दिखाएँ, नारे लगाये।

रा०से०यो० की द्वितीय इकाई द्वारा मतदान जागरूकता विषय पर बच्चा पार्क चौराहे पर स्वयंसेविकाओं- आयशा, सोनिका, अलफ़िशा, शबा परवीन, मंतशा, शीतल, फ़हीन, शाहीन, सोनिया चीहान द्वारा नुक्कड़ नाटक प्रस्तुत किया गया। दर्शकों ने नुक्कड़ नाटक की प्रशंसा की।

रा०से०यो० की तृतीय इकाई स्वयंसेविकाओं द्वारा ऑनलाइन द्वारा ई वोट रजिस्ट्रेशन अभियान चलाया जिसमें सभी छात्राओं को ऑनलाइन वोटर आईडी बनानी बताया और छात्राओं को अवगत भी कराया कि अपने आस-पास के लोगों को इस विषय में जागरूक करें।

स्वीप की नोडल अधिकारी प्रो० शिवाली अग्रवाल ने मतदान के महत्व पर छात्राओं को पूर्ण जानकारी दी। मतदाता इलेक्टोरल क्लब एवं रा०से०यो० की तीनों इकाईयों के संयुक्त तत्वावधान में स्वीप की नोडल अधिकारी प्रो० शिवाली अग्रवाल एवं तीनों कार्यक्रम अधिकारियों की अध्यक्षता में स्वयंसेविकाओं ने छात्राओं के समूह एवं टोली बनायी





## Essay competition on the topic “ Road safety”

30/01/2023

On 30/01/2023 second one-day camp was organized by the first unit of the National Service Scheme under Road Safety Month . Under this, an essay competition was organized on the topic “Road Safety”. In this competition all participants volunteers expressed their views on various aspects of traffic rules very well in their writing through daigram . They focused how to cross zebra crossing while walking, helmet must be used while driving, and how to do fasret treatment at the time of accident etc. pro. Deepa tyagi and Meenu sharma were jury member and chief guest of this whole program. At last in final decision Saniya, Ayesha and Pinky secured first, second and third position. Dr. Neha Singh and Suman Mishra led the entire event.

**मेरठ:- इस्माईल पीजी कॉलेज में सड़क सुरक्षा माह के अन्तर्गत पोस्टर एवं निबंध प्रतियोगिता का आयोजन**



**एमटीवी:-** इस्माईल पीजी कॉलेज में सड़क सुरक्षा माह के अन्तर्गत रोड सेफ्टी क्लब के तत्वावधान में सोमवार को राष्ट्रीय सेवा योजना की प्रथम, द्वितीय एवं तृतीय इकाई द्वारा एक दिवसीय शिविर के अन्तर्गत पोस्टर एवं निबंध प्रतियोगिता का आयोजन किया गया। जिसका शुभारंभ महाविद्यालय की प्राचार्या प्रो.अनीता राठी को पुष्प गुच्छ देकर किया गया। निबंध प्रतियोगिता में 15 एवं पोस्टर प्रतियोगिता में 12 स्वयंसेविकाओं ने उत्साहपूर्वक प्रतिभागिता की। स्वयंसेविकाओं ने अपने सुंदर पोस्टर के माध्यम से लोगों को सड़क सुरक्षा संबंधी नियमों के प्रति जागरूक करने का प्रयास किया। कार्यक्रम के सफल आयोजन में डॉ.नेहा सिंह, प्रथम इकाई, सुमन मिश्रा द्वितीय इकाई, एवं मीनू शर्मा तृतीय इकाई, दिनेश कुमार, धर्मवीर, गौरव आदि का सहयोग रहा।

# Stationery distribution to the School Children

1/02/2023

On 1/02/2023 third one day camp was organised in Mohanpuri primery school under the three units of the National Service Scheme of Ismail national mahila PG. College Meerut. Under this, the volunteers took out a public awareness rally from the school and went to Mohanpuri. All the volunteers Participated in various activities in this school. They taught the children of the school, distributed writing materials and chocolates to them and also did cleanliness and beautification of the school premises. During this, the program officers of the first, second, and third units of the National Service Scheme, Dr. Neha Singh, Suman Mishra Meenu Sharma led the whole program successfully.







GPS Map Camera

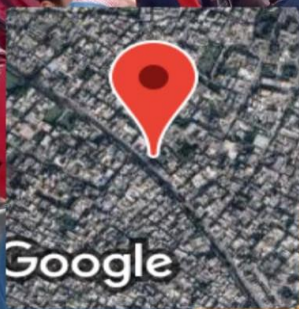


Google

**Meerut, Uttar Pradesh, India**  
107/4, Mohanpuri, Meerut, Uttar Pradesh 250003, India  
Lat 28.981477°  
Long 77.716155°  
01/02/23 01:28 PM GMT +05:30



GPS Map Camera



Google

**Meerut, Uttar Pradesh, India**  
107/6, Mohanpuri, Meerut, Uttar Pradesh 250003, India  
Lat 28.981464°  
Long 77.716009°  
01/02/23 12:58 PM GMT +05:30



## A Rally On The Topic ‘ Beti Bachao Beti Padhao ‘

10/02/2023

On 10/02/2023 the fourth one day camp was organised in Kashiram slum lohiya nagar under National service scheme in leadership of the first unit program officer dr. Neha Singh. A rally was taken out by the volunteers on the topic “Beti Bachao Beti Padhao” to make people aware. The volunteers tried to clarify their points through various types of posters. They talked to the people of the slum At present condition of women. And they was also made to know their thinking towards daughters. During the conversation, their changing attitude towards daughters was also revealed. They believed that daughters are more responsible than sons, so they pay special attention to their education. This is how this rally was totally fruitful to all. Thus the fourth day event successfully accomplished.



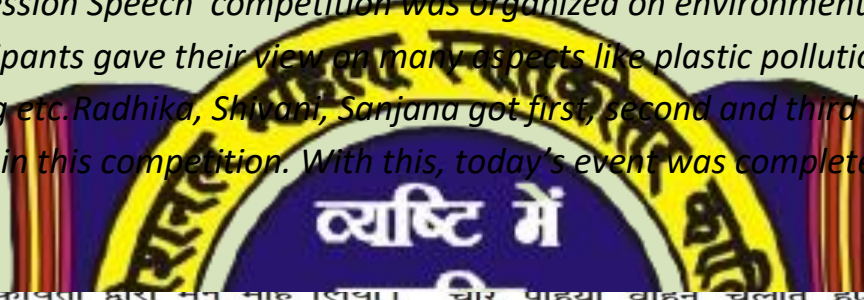




# Cleanliness Awareness Rally and Speech Competition

12/02/2023

Today, on 12/02/2023, The second day of the seven-day camp was organized under the leadership of dr. Neha Singh. In the first session of the program, cleanliness awareness rally was organized by the volunteers in Kashiram Malin Basti, Lohia Nagar. After lunch In the second session Speech competition was organized on environmental protection. In which participants gave their view on many aspects like plastic pollution, Delhi smog, global warming etc. Radhika, Shivani, Sanjana got first, second and third place respectively in this competition. With this, today's event was completed.



## द्वितीय दिवस के अंतर्गत विविध कार्यक्रम का आयोजन



आज का बुलेटिन अतुल माहेश्वरी मेरठ। आई. एन. पी. कॉलेज मेरठ के राष्ट्रीय सेवा योजना की प्रथम इकाई ( कार्यक्रम अधिकारी डॉ. नेहा सिंह) द्वारा काशीराम मलिन बस्ती लोहिया नगर में सात दिवसीय शिविर के द्वितीय दिवस के अंतर्गत विविध कार्यक्रम का आयोजन किया गया छ आयोजन के प्रथम सत्र में स्वच्छता रैली निकाली गयी तथा द्वितीय सत्र में पर्यावरण संरक्षण पर भाषण

प्रतियोगिता आयोजित की गयी जिसमें छात्राओं ने ग्लोबल वार्मिंग, प्लास्टिक निस्तारण, वृक्षारोपण जैसे अनेक पहलुओं पर अपने विचार व्यक्त किए। इस प्रतियोगिता में राधिका वर्मा को प्रथम में शिवानी मेहरा को द्वितीय एवं तृतीय स्थान संजना को प्राप्त हुआ। कार्यक्रम को सफल बनाने में जितेंद्र जी, धर्मवीर जी एवं दिनेश का पूर्ण सहयोग रहा

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# Essay Writing And Self Defence Training

14/02/2023

Today, on 14/02/2023, The fourth day of the seven day camp was organised in kashiram slum by the first unit of National Service Scheme of Ismail P. G. College Meerut under the Program Officer Dr Neha Singh. In the first session of the event, an essay competition conducted on the topic *Beti Bachao Beti Padhao* among the volunteers. In which they put their view on many aspect like feticide, dowry, honour killing and illiteracy. After lunch, the chief guest Ku. Shweta Assistant Prof. The Department of Physical Education gave self-defence training to the volunteers. Because In today's era, along with education, it is very important for women to have self-defence skills. With this, the fourth day of e camp ended.



## **‘बेटी बचाओ, बेटी पढ़ाओ’ विषय पर निबंध प्रतियोगिता**

मेरठ। इस्माईल नेशनल महिला पीजी कॉलेज में राष्ट्रीय सेवा योजना की प्रथम इकाई द्वारा काशीराम मलिन बस्ती, लोहिया नगर, मेरठ के कम्पोजिट विद्यालय में सात दिवसीय शिविर के आयोजन के चौथे दिन के प्रथम सत्र में स्वयंसेविकाओं के मध्य “बेटी बचाओं, बेटी पढ़ाओं” विषय पर निबंध प्रतियोगिता आयोजित की गयी। कार्यक्रम अधिकारी डा. नेहा सिंह ने विषय के बारे में विस्तार से समझाया। साथ ही लिंग भेद, भ्रूण हत्या, अशिक्षा, दहेज प्रथा जैसी समस्याओं पर भी प्रकाश डाला। शिविर के द्वितीय सत्र में शारीरिक शिक्षा विभाग की प्रवक्ता कु. श्वेता ने सभी स्वयं सेविकाओं को आत्म रक्षा करने हेतु प्रशिक्षण दिया। वर्तमान युग में महिलाओं की शिक्षा एवं स्वास्थ्य के साथ-साथ आत्मरक्षा की भी आवश्यकता पड़ती है। अतः इस प्रशिक्षण के द्वारा स्वयंसेविकाओं ने अपनी रक्षा के लिए अनेक प्रकार के कौशल सीखे। इस प्रकार चौथे दिवस के दोनों सत्रों का समापन हुआ। सभी स्वयंसेविकाओं ने बड़-चढ़ कर सहभागिता की। इस अवसर पर दिनेश कुमार, जितेन्द्र एवं धर्मवीर का पूर्ण सहयोग रहा।







## Plantation And lecture

15/02/2023

Today 15/02/2023 the fifth day was organized in kashiram slum lohiya nagar under the ongoing seven-day camp of national service scheme . In the first session, the volunteers planted different types of plants like neem black berry, guava in the Composite School of Kashiram Malin Basti, Lohia Nagar. After lunch the second session started Mrs. Sabita Singh, president of Mahila Morcha, was the guest, who introduced the volunteers to the various dimensions of women power. At the same time, she also clarified difference between "svatantrata and svachhandata" also . In this way, by making the girls aware, the day was also concluded.









# Women's literacy Program

24/09/2022

On 24/09/2022 A program was organized in Fafunda village by the first unit of the National Service Scheme of the college under program officer dr. Neha Singh . Under this, the volunteers talked to the women of all ages of the village and made them aware of literacy. It also came to know that what kind of problems women have to face due to lack of literacy. Apart of this women have to faced domestic violence, unemployment etc they talked openly on these problems too. In this way, the volunteers discussed various types of problems of the women of the village and kept their views on solution. The women of the village gave their full cooperation in making this event a success. All the volunteers also showed their full participation. Thus the entire event accomplished



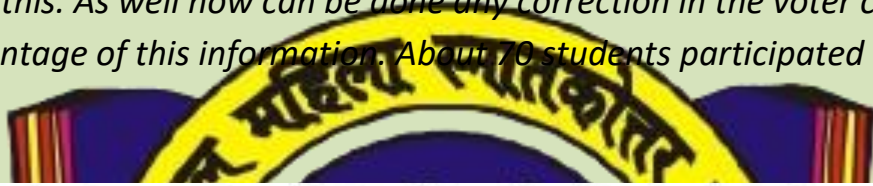




## Voter Registration Program

25/11/2022

On 25/11/2023 a program was organized by the first, second and third units of the National Service Scheme at Ismail National Women's Degree College. In which the students were informed about online voter registration and making voter cards. The program was started by Prof. Anita Rathi made the volunteers aware of some positive and negative aspects related to the online platform. Program officers of all the three units Suman Mishra, Meenu Sharma and Neha Singh led this event. B. L. O.Mr.V.P. Singh and Nirja Gupta taught that how to make Voter ID on mobile, what are the necessary documents for this. As well how can be done any correction in the voter card. Girl students took full advantage of this information. About 70 students participated in the program .



## इस्माइल नेशनल महिला पी.जी. कॉलेज, मेरठ में राष्ट्रीय सेवा योजना की प्रथम, द्वितीय एवं तृतीय इकाई द्वारा वोट रजिस्ट्रेशन हेतु कार्यक्रम का आयोजन

आज का कुलेटिन निजि संपादकता मेरठ इस्माइल नेशनल महिला पी.जी. कॉलेज, मेरठ में राष्ट्रीय सेवा योजना की प्रथम, द्वितीय एवं तृतीय इकाई द्वारा वोट रजिस्ट्रेशन हेतु कार्यक्रम का आयोजन किया गया जिसमें जिन छात्राओं को वोटर आईडी नहीं बनी उन्हें वोटर आईडी कैसे बनाने इस विषय पर क्विज़ से जानकारी दी गयी।

कार्यक्रम का सुधारण महाविद्यालय को प्राचार्य प्रो० अनिता राठी द्वारा किया गया। कार्यक्रम में सी०एल०ओ० श्री



वी० पी० सिंह एवं श्री नीरजा गुप्ता जी ने पत्रां 6, 7 एवं 8 के विषय में व्यापक जानकारी दी एवं मरुप एच के द्वारा कैसे हम अपने निवास का पता, नाम, जन्मतिथि आदि में परिवर्तन कर सकते हैं, इसके बारे में जानकारी दी तथा

मोबाइल फोन पर कैसे हम वोटर आईडी बना सकते हैं इसके बारे में भी बताया। नीरजा गुप्ता ने छात्राओं को वोटर रजिस्ट्रेशन के लिये उत्सुकता के साथ सवाल पूछने से अनुरोध किया कि वे सभी अपने वोट अवसर

बनवाने एवं अपने मतों का सही दिशा में प्रयोग करें।

कार्यक्रम अधिकारी कु० सुमन मिश्रा, श्रीमति मीनू शर्मा एवं डॉ० नेहा सिंह ने भी स्वयंसेविकाओं को वोटर आईडी एवं वोट के महत्व के विषय में जानकारी दी तथा साथ ही वोटर रजिस्ट्रेशन के लिए आवश्यक दस्तावेजों के बारे में बताया। कार्यक्रम में 70 स्वयंसेविकाओं ने उत्साहपूर्वक प्रतिभागिता की। कार्यक्रम में श्री दिनेश कुमार, श्री धर्मवीर, गौरव का विशेष सहयोग रहा।

## गुप्ता क्लासेज के डायरेक्टर आलोक गुप्ता ने दिये करियर सम्बन्धी टिप्स-

आज का कुलेटिन निजि संपादकता मेरठ। गुप्ता क्लासेज के डायरेक्टर आलोक गुप्ता ने केंद्रीय विद्यालय जेएनएस



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## Short play

10/1/2023

On 10/01/2023 A short play was organized under the 'Road safety month' by National service scheme in leadership of program officer Dr. Neha Singh. Through this, the students of the college made people aware of road safety through the play as precautions to be taken while walking on the road or while driving. Apart of this the principal Pro.Anita Rathi taught about traffic rules ,India is a country of colours, commotion and contrasts, and nowhere do we see all three more evidently than on its roads. On the one hand, you have the lively, often aggressive traffic of the bigger cities like Mumbai and Delhi, where the traffic is as restless as an underprepared marathon runner. On the other hand, you have the long and prosaic roads of the small towns and the villages, where you can enjoy a quiet, almost surreal drive through dramatic landscapes. During this program teachers of the college and member of road safety club Mahima thakur , Dr. Swarna were also present.







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**मेरठ:— इस्माईल पीजी कॉलेज में सड़क सुरक्षा जागरूकता माह के अंतर्गत नुक्कड़ नाटक का आयोजन**



**एमटीवी:—** इस्माईल नेशनल महिला पीजी कॉलेज में सड़क सुरक्षा जागरूकता माह के अंतर्गत मंगलवार को एनएसएस की प्रथम इकाई की ओर से नुक्कड़ नाटक का आयोजन किया गया। नाटक के माध्यम से छात्राओं ने सभी को बहुत ही सुंदर ढंग से वाहन चलने के दौरान ध्यान रखने वाले नियमों से अवगत कराया। कार्यक्रम का शुभारंभ प्राचार्या प्रो. अनीता राठी तथा संयोजन एनएसएस प्रथम इकाई अधिकारी डॉ.नेहा सिंह, सड़क सुरक्षा क्लब की प्रमारी कु.महिमा ठाकुर एवं सदस्य डॉ.स्वर्णा ने किया। कार्यक्रम के दौरान प्रो.दीपा त्यागी, प्रो.शिवाली अग्रवाल, डॉ. विनीता, डॉ.एकता, प्रियांशी आदि उपस्थित रहीं।

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# Road Safety Awareness Rally

11/01/2023

For the past few days, Road Safety Awareness Month is being celebrated. During this, a road safety rally was organized in Malin Basti by the National Service Scheme. In which I.N. P.G. College students told the people about the rules of road safety, You must give way to pedestrians on a pedestrian crossing. This means you must approach the crossing at a speed which will let you stop in time. Not all pedestrians look before they step onto a crossing. So watch out for anyone approaching and be ready to stop. And they also taught to the youth wearing helmet while driving because it is said that better late than never. This program was organized by Dr. Neha Singh and Suman Mishra the program officer of

## इस्माइल नेशनल महिला पी.जी. कॉलेज, मेरठ में सड़क सुरक्षा जागरूकता माह के अंतर्गत कार्यक्रम



इस्माइल नेशनल महिला पी.जी. कॉलेज, मेरठ में सड़क सुरक्षा जागरूकता माह के अंतर्गत प्राचार्या प्रो० अनीता राठी, सड़क सुरक्षा क्लब प्रभारी कु० महिमा ठाकुर, नोडल अधिकारी डा० स्वर्णा के तत्वावधान में एन. एस. की प्रथम एवं द्वितीय इकाई कार्यक्रम अधिकारी कु० सुमन मिश्रा, डा० नेहा सिंह एवं स्वयंसेविकाओं द्वारा महाविद्यालय के निकट मलिन बस्ती में सड़क सुरक्षा संबंधी नियमों की जानकारी दी गयी जिसमें स्वयंसेविकाओं द्वारा दोपहिया वाहन चालकों को हेलमेट पहनने के लिए जागरूक किया तथा सड़क एवं चौराहों पर

यातायात नियमों का पालन करने हेतु जागरूक किया गया। साथ ही यदि किसी व्यक्ति की सड़क पर दुर्घटना हो जाती है और उस व्यक्ति को अस्पताल ले जाने वाले व्यक्ति से कोई पूछताछ नहीं होती है एवं वाहन चालकों को अपने साथ समस्त पत्राजात लाइसेंस, आर०सी०, प्रदूषण एवं इश्योरेंस इत्यादि रखने चाहिए, इस विषय में भी बताया। इस जागरूकता अभियान में लगभग 30 स्वयंसेविकाओं ने प्रतिभागिता की। बस्ती के लोगों ने भी कार्यक्रम में उत्साहपूर्वक भाग लिया।

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# Mehandi Competition And Wastemanagment training

## Sixth Day 16/02/2023

Today on 16/02/2023 The sixth day was conducted in kashiram slum lohiya nagar under the national service scheme first unit in leadership of the program officer dr. Neha Singh. Mehndi competition was organized in the first session. In this competition Sana, Chanchal and Snajana Got 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> position. After lunch , the second session started chief guest Mrs. Nisha gupta assitant prof home science trained the volunteers about waste management and also taught how to make decorations from waste. The children of Composite School showed interest in it. With this, the event ended today.







स्वयं सेविकाओं ने लक्ष्य गाँव के लिए एक यात्रा एवं माडिटेशन श्रा धमवार, श्रा युवराज का सहयाग राष्ट्रीय गान गाया एवं योगाभ्यास वर्कशॉप का आयोजन किया गया इस रहा ।

## काशीराम मलिन बस्ती लोहिया नगर में विविध कार्यक्रमों का आयोजन

आज का बुलेटिन अतुल माहेश्वरी मेरठ। आई. एन. पी. जी. कॉलेज मेरठ के राष्ट्रीय योजना की प्रथम इकाई ( कार्यक्रम अधिकारी डॉ. नेहा सिंह) द्वारा काशीराम मलिन बस्ती लोहिया नगर में विविध कार्यक्रमों का आयोजन किया गया छ प्रथम सत्र में स्वयं सेविकाओं के मध्य मेहदी प्रतियोगिता आयोजित की गयी जिसमें इन्होंने अपने कला कौशल का प्रदर्शन किया छ इस प्रतियोगिता में सना, संजना, चंचल रस्तोगी को क्रमशः प्रथम द्वितीय एवं तृतीय स्थान दिया गया छ द्वितीय सत्र में मुख्य अतिथि



प्रवक्ता वरिज्य विभाग कु. श्वेता आई. एन. पी. जी. कॉलेज एवं निशा गुप्ता प्रवक्ता गृह विज्ञान विभाग आई. एन. पी. जी. कॉलेज ने महिलाओं एवं बच्चों को डिजिटल साक्षरता दी तथा क्राफ्ट मैनेजमेंट में वेस्ट से

सजावट की वस्तुएँ बनाना भी सिखाया छछ इस प्रकार छटे दिन का सफल समापन हुआ जिसमें छात्राओं के साथ साथ दिनेश जी, धर्मवीर जी, जितेंद्र जी का भी पूर्ण सहयोग रहा

लग सेताशेत्तन सचता एवं संगणक केन्द्र के

**NSS Unit-2**  
**2022-23**

**Incharge- Km. Suman Mishra**



# NSS Unit-1

## Incharge- Km. Suman Mishra

### Poster competition on road safety and cleanliness program 30-01-2023



# literacy campaign in primary school and cleanliness program 1-02-2023





# TB eradication program and literacy campaign in village kazipur 10-02-2023



# Speech competition and cleanliness awareness program (12-02-2023)

## राष्ट्रीय सेवा योजना की द्वितीय इकाई द्वारा आयोजित

आज का सुदूर अग्रणी  
 मेरा- इन्फॉर्मेशन केंद्र  
 सभी क्षेत्रों में ही सुदूर अग्रणी  
 केन्द्रों की द्वितीय इकाई द्वारा  
 आयोजित कार्यक्रमों में  
 के द्वितीय इकाई के द्वारा  
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# Teaching by volunteers in primary school and guest lecture on water conservation and woman helpline no(13-02-2023)



## हीरा टाइम्स

### जल संरक्षण और महिला हेल्पलाइन नंबरों की दी जानकारी

मेरठ। ईन्फोएज नेशनल वॉटर सेन्टर की संयोजित सेवा की राष्ट्रीय सेवा योजना की द्वितीय इकाई द्वारा दस छात्रों ने एक शिक्षण शिविर शिशु के लैंगेन दिन काल रात्र में विद्यालय के विद्यार्थियों को नवासे, शिक्षकों द्वारा शिक्षण, शक्ति, शिबी एवं जल की विषयों में संबंधित कार्यक्रम में निर्देशित विषयों को चलाया गया।

स्वयंसेवकों ने जल की महत्त्व, शक्ति में दक्षता, जल का संरक्षण विषय में बोल, एवं एवं जल के विषय में छात्र-छात्रों को अवगत कराया। जल ही पाँच के जल की शिक्षा को जल परमाणु बनने का प्रयास किया। स्वयंसेवकों के लिए कैटीरिंग व्यवस्थापित की गई जिसमें 30 स्वयंसेवकों ने प्रतिभागिता की। प्रतिभागिता केन्द्रों पर संयोजित की गया एवं नया निज

संयोजित की द्वारा एम्प्लॉय करण एवं 'जल संरक्षण' एवं महिला हेल्पलाइन नंबरों के विषय में अवगत किया। कुछ जल का जल बचाने को कार्यक्रम अधिकारी मुनम निज द्वारा कुछ मुनम बेट किया गया। उन्होंने कहा कि संरक्षण में जल संरक्षण विषय के लिए बहुत सम्भव है।

जल-जल संरक्षण के जल एक लगे को जलक जलक जलक जलक। महिला हेल्पलाइन 1098 के विषय में विद्यार्थी को अवगत किया। सभी स्वयंसेवकों ने उत्साहपूर्वक भाग लिया। कार्यक्रम का संयोजन कार्यक्रम अधिकारी मुनम निज ने किया। कार्यक्रम में विषय बुरा, दुःख, शक्ति लगे का अवगत रहा। विषय में 30 स्वयंसेवकों का विद्यालय के जलक जलक जलक जलक की।

# Nukkad natak beti bachao beti padao

(14-02-2023)



## काजीपुर में सात दिवसीय विशेष शिविर के चौथे दिन प्रथम सत्र में योग शिविर प्रशिक्षण का आयोजन

आज का बुधदिन श्रद्धेय शिविर में। इसका सत्र प्रथम शिविर के चौथे दिन प्रथम सत्र में योग शिविर प्रशिक्षण का आयोजन किया गया। इसमें योग प्रशिक्षक का भीगो मगर रही। शिविर का सुवर्ण कार्यक्रम अधिकांश युवा शिवालय का योग प्रशिक्षण को युवा युवा देकर किया गया। शिविर में स्वयंसेविकाओं को युवा प्रशिक्षण, अनुभव-शिविर, कक्षा-प्रशिक्षण, प्रशिक्षण, युवालय, परामर्श और योगशिविर का प्रशिक्षण दिया एवं योग में योग के महत्व को विस्तार से बताया।

शिविर के दूसरे सत्र में बेटी बचाओ, बेटी पढ़ाओ विचार पाठ्य और युवा नटक का आयोजन किया गया जिसमें स्वयंसेविकाओं ने बेटी



की बेटीय है ईशा का जलन मा सोने इसके जेने का अधिकांश, बेटी का अधिकांश है बेटी बचाओ पाठ्य और योग के महत्व को विस्तार से बताया।

युवाक के सहयोग से आयोजन किया। शिविर का संयोजन एवं संचालन कार्यक्रम अधिकांश युवा शिवालय ने किया। कार्यक्रम में शिविर सुवर्ण, युवालय, स्वयंसेविकाओं का सहयोग था। शिविर में 50 स्वयंसेविकाओं एवं निकलने के अनेक छात्र छात्राओं ने प्रतिभाग्य को।





# Guest lecture on mental health and meditation play competition and plantation

## (15-02-2023)



### 2 दैनिक आज का बुलेटिन

#### मानसिक स्वास्थ्य एवं मेडिटेशन विषय पर एक व्याख्यान का आयोजन

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# Career counselling program and craft training (16-02-2023)



**इसमाईल पीजी कॉलेज में राष्ट्रीय सेवा योजना शिबिर द्वारा एक कैरियर काउंसलिंग कार्यक्रम का किया गया आयोजन**

● **श्रीमती के.के.**

श्रीमती के.के. के द्वारा आयोजित कार्यक्रम का उद्देश्य है कि छात्रों को अपने भविष्य के लिए सही निर्णय लेने में मदद कर सकें। कार्यक्रम में छात्रों को अपने रुचि के क्षेत्रों के बारे में जानकारी दी गई। कार्यक्रम में छात्रों को अपने रुचि के क्षेत्रों के बारे में जानकारी दी गई।

**विश्वविद्यालय सेवायोजन सूचना एवं मंत्रणा केंद्र के तत्वाधान में करियर काउंसलिंग कार्यक्रम का आयोजन**

आज का सुदूर अंतर्गत कार्यक्रम का आयोजन विश्वविद्यालय सेवायोजन सूचना एवं मंत्रणा केंद्र के तत्वाधान में करियर काउंसलिंग कार्यक्रम का आयोजन किया गया। कार्यक्रम में छात्रों को अपने रुचि के क्षेत्रों के बारे में जानकारी दी गई। कार्यक्रम में छात्रों को अपने रुचि के क्षेत्रों के बारे में जानकारी दी गई।

कार्यक्रम में छात्रों को अपने रुचि के क्षेत्रों के बारे में जानकारी दी गई। कार्यक्रम में छात्रों को अपने रुचि के क्षेत्रों के बारे में जानकारी दी गई।





# Handmade craft exhibition cultural programme

(17-02-2023)



**मेरठ शनिवार  
18 फरवरी 2023**

## सात दिवसीय विशेष शिविर का समापन समारोह आयोजित

मेरठ का सुप्रसिद्ध जगन्नाथ मठ (पी.जी.) कलेज, मेरठ में आयोजित सात दिवसीय विशेष शिविर का समापन समारोह आयोजित किया गया। इस अवसर पर मेरठ के विभिन्न वर्गों के छात्रों और शिक्षकों का प्रतिनिधित्व था। कार्यक्रम में विभिन्न सांस्कृतिक प्रदर्शनों का आयोजन किया गया।



इस अवसर पर मेरठ के विभिन्न वर्गों के छात्रों और शिक्षकों का प्रतिनिधित्व था। कार्यक्रम में विभिन्न सांस्कृतिक प्रदर्शनों का आयोजन किया गया।



# Swachhata pakwada cleanliness program

13-09-2022



## Swachhata pakwada saptah

14-09-2022



## Swachhata pakwada saptah

# cleanliness awareness programme in college

15-09-2022





# shapath grahan

02-10-2022



**NSS Unit-3**  
**2022-23**

**Incharge- Mrs. Meenu Sharma**



05/07/2022

## Plantation Awareness Drive in locality and tree plantation in Gymkhana ground

On 05/07/2022, a tree plantation campaign was organized during Van Mahotsav week organized by National Service Scheme (III Unit) under the chairmanship of Principal Professor Anita Rathi at Ismail National Women's PG College, Meerut. Under which the National Service Scheme (III Unit) volunteers and girl students planted shady and fruitful trees like Peepal, Guava, Rosewood, Mango, Neem, Pilkhan, Jamun, Gulmohar in the Gymkhana and Women's Garden located near the college. Volunteers and girl students also took the responsibility of protecting these trees. Apart from this, girl students took trees in their hands and gave message of tree plantation to the people while shouting slogans like "Plant trees save life" and "Plant trees to enhance the beauty of India". The Principal encouraged the girl students and said that along with planting saplings in the Van Mahotsav, their protection is also very important. Girl students like Mantasha, Iqra, Kiran, Komal, Inara, Kashifa, Madiha, Nazneen, Zubaira etc successfully participated in the tree plantation drive. The tree plantation drive was coordinated by Mrs. Meenu Sharma, Program Officer, National Service Scheme (III Unit). Mr. Dharamveer and Mr. Gaurav also helped in the program.



07/07/2022

## “Planters from Waste” Competition and Yuva Van establishment

On 07/07/2022, Planter from Waste Material competition was organized on the last day of Van Mahotsav week organized by National Service Scheme (III Unit) under the chairmanship of Principal Professor Anita Rathi at Ismail National Women's PG College Meerut. Under which the volunteers and girl students made beautiful pots from old plastic bottles, old tyres, cans and old earthen utensils. The competition was decided under the chairmanship of the principal. In this competition, Mantasha, Khushi, Sofia and Gulafsha got first, second and third place respectively. Program Officer Mrs. Meenu Sharma encouraged all the participants and wished them a bright future. The competition was coordinated by National Service Scheme (III Unit) Program Officer Mrs. Meenu Sharma. Mr. Dharamveer and Mr. Gaurav also helped in the program.





6/09/2022

## E-waste collection campaign

On 6/09/2022, E-waste collection campaign was launched by the third unit of National Service Scheme under the chairmanship of Principal Professor Anita Rathi at Ismail National Women's College, under this campaign, E-waste such as old by the third unit of National Service Scheme Mobiles, chargers, computers, laptops, electronic toys, calculators, digital thermometers, cameras, printers, etc. were collected in a black box. Also apprised of the purpose, he told that every year about 50 million TVs are being generated in the whole world, if it is not properly disposed and recycled, it can become a big threat to the environment in the future. The aim of the e-waste collection campaign is E-waste can be collected, disposed of and recycled properly and the environment can be saved from its side effects. In this campaign, the college students, teachers and other employees enthusiastically participated. Mr. Anupam, Nisha, Vanshika, Kanak did the work of collection and program officer Mrs. Meenu Sharma coordinated the program Mr. Amit, Mr. Gaurav, Mrs. Kavita were supporting.



11/02/23

## Cleanliness Abhiyan, Zahidpur

The second day of NSS camps started with the morning prayer and the NSS lakshya geet. Then the group presented the thought of the day and evaluation of the previous day. The first group creatively presented a newspaper report.

In the morning session of the camp, the volunteers participated in the mehndi competition and gave important messages like 'save trees', 'women empowerment', 'sustainable development' promotion through mehndi art. The volunteers have presented their emotions through the art of mehndi. Shifa Malik first, Seenam second and Rashida got third place in this competition. Program officer Ms. Meenu Sharma appreciated the ideas of volunteers and inspired them to join social work in future.

In the second session of the camp, volunteers along with Purva Foundation established Phulwari in primary school Jahidpur. The volunteers planted saplings with colorful flowers. They have also made a way from handpump to the plants so that these saplings get water itself when children use handpump. After that Mr. Rohit Sangwan, president of the Poorva Foundation, openly discussed the NGOs and their way of working to the volunteers. Volunteers asked questions related to opening and running an NGO and expressed their desire to open an NGO related to children's education and women's upliftment in future. Mr. Rohit Sangwan, President of Purva Foundation, and other present members Ankush Kumar Sandeep Chowdhary Sachin Sangwan Veer Chowdhary and Sanjeev Chowdhary participated in this program. The program was coordinated by Mrs. Meenu





Sharma, Program Officer. Mr. Dinesh, Mr. Jitendra, Mr. Dharamveer, Mr. Yuvraj cooperated in the coordination of the program.



12/02/23

## Creation of Phulwari

The second day of NSS camps started with the morning prayer and the NSS lakshya geet. Then the group presented the thought of the day and evaluation of the previous day. The first group creatively presented a newspaper report.

In the morning session of the camp, the volunteers participated in the mehndi competition and gave important messages like 'save trees', 'women empowerment', 'sustainable development' promotion through mehndi art. The volunteers have presented their emotions through the art of mehndi. Shifa Malik first, Seenam second and Rashida got third place in this competition. Program officer Ms. Meenu Sharma appreciated the ideas of volunteers and inspired them to join social work in future.

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13/02/23

## Beautification of Walls

On 13<sup>th</sup> February 2022, the third day of the NSS seven-day special camp, volunteers started the day with morning prayer and the NSS song. Then the group presented the thought of the day and evaluation of the previous day. The first group creatively presented the newspaper report. After this, the volunteers did yoga and meditation.

Continuing the motto of 'not me but you' in the first session, an awareness session was organized under the Ministry of Women and Child Development's initiative Poshan Abhiyan, at the Women's Health Center, village Jahidpur.

Dr. Bhavna Anand, director Omnibus Healthcare, and the Chief Dietician at Lokpriya Hospital was the chief guest of the event. Dr. Bhavna Gandhi is a consultant nutritionist, clinical dietitian, diabetes educator, naturopath and a yoga master, Pranik Healer. Program Officer Mrs. Meenu Sharma welcomed Dr. Bhavna with a plant sapling. Dr. Gandhi gave a ppt presentation on antenatal care, optimal breastfeeding, anemia, growth monitoring, education of girls, diet, right age of marriage, hygiene and healthy eating and openly discussed all these things. She also answered the queries of women and volunteers. She also shared a balanced diet plan for young girls and women. Ms. Meenu Sharma honoured Dr. Gandhi by giving memento and thanked her for informative and beneficial dialogue. The main objective of this nutrition campaign is about creating a mass movement of awareness of nutrition. People's cooperation is necessary for the success of this programme. About 60 women of village Jahidpur participated in the program, along with this, 50 volunteers participated enthusiastically. Mrs. Meenu Sharma has successfully coordinated the program.



14/02/23

## Beti Bachao Beti Padhao Poster Competition The

fourth day of NSS camps started as usual with the morning prayer and the NSS song. Then the group presented the thought of the day and evaluation of the previous day. The first group creatively presented a newspaper report.

After this, the volunteers did yoga and meditation. In the first session, a poster competition was organized on the topic of women empowerment, in which the volunteers gave a pictorial presentation of their ideas. Along with the volunteers, a painting competition was also organized for the primary school students, in which about 30 students participated enthusiastically. In this competition Samar Jahan, Shifa Iqra and Garima got first, second and third position respectively.

In the second session of the day, NSS Unit 03 organised a Mega Awareness Rally on Beti Bachao, Beti Padhao to intensify save girl child campaign and promote it as a watchword slogan for improving child sex ratio by engaging the community and to defy age old bias against girls. Elucidating the role of education in empowering the girl, the volunteers also appealed the parents to educate them. The program was conducted and coordinated by program officer Mrs. Meenu Sharma. She said that such awareness programmes are being organised to sensitize people about dwindling child sex ratio and its related consequences. This rally was an endeavour to end gender biases in the society and truly empower the girls. The NSS unit 03 firmly believe that Inequality about girl child is a big problem that includes many areas like inequality in education, nutrition, legal rights, medical care, protection, honour, child marriages child abuse and many more. It enhances the meaningful contribution of the girls in decision making processes through the active support of the parents and other community members. The empowerment of woman is only possible by community solidarity with emphasis on change in mindset. Mr. Dinesh, Mr. Jitendra, Mr. Dharamveer, Mr. Yuvraj cooperated in the coordination of the program.







14/02/23

## Beti Bachao Beti Padhao Rally





15/02/23

## Self Defence

The fifth day of NSS camp started as usual with the morning prayer and the NSS song. Then the group presented the thought of the day and evaluation of the previous day. The first group creatively presented a newspaper report.

After this, the volunteers sang Lakshya Geet and National Anthem and did yoga exercises. The need of the hour for the girls and women in the society is to safeguard themselves against violence committed against them. In the first session, the volunteers learned the tricks of self-defense. Self-defense trainer Shweta gave training to the volunteers. She showed various techniques with her trainers which can be used at the time of emergency. Prevention is the best self-defense, Get Loud and Push Back-, Remember the Most Effective Body Parts to Hit, : Gouging, poking, or scratching the attacker's eyes with your fingers or knuckles, Escape a bear hug, Use of hand edges to counter strike an attacker were some of the effective techniques covered in the session. It was a fruitful session. Ms. Shweta and her companion boosted the confidence of the girls and taught them various self-defensive techniques. Ms. Shweta told that Self-defence helps to prepare us for unexpected situations and also helps develop increased mental and physical health. When one learns self-defense, she feels a stronger sense of safety, a stronger instinct and awareness and physical power. The motive of this activity is to acquaint the volunteers with various self-defense techniques which they could employ during times of emergency. It also helped to increase the confidence in volunteers to deal with potentially dangerous situations. The purpose of this program was to make the volunteers aware of safety, respect and self-reliance

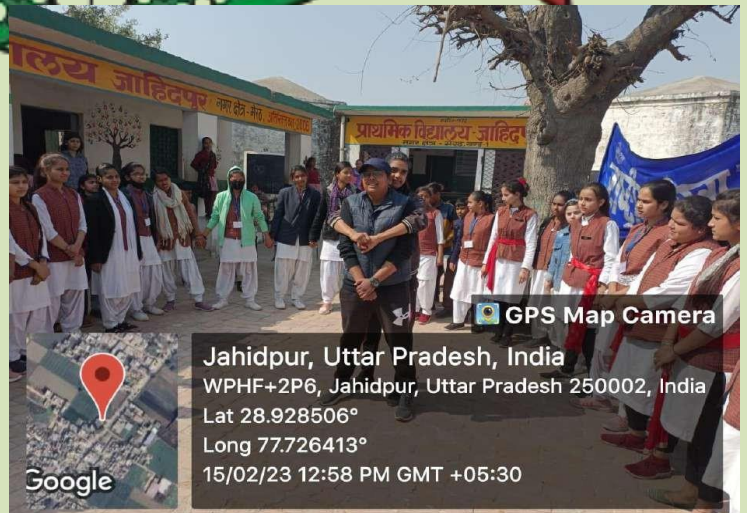




15/02/23

## Nukkad Natak on Beti Bachao Beti Padhao

In the second session of the program, a street play on the topic Beti Bachao Beti Padhao was presented. Shown. On the one hand, this street play narrated the pain of the girls and on the other hand it also gave a message to educate them to become self-reliant. Volunteers like Ayesha, Laiba, Sadaf Saba, Samar Arshi Mantasha, Saba, Arshi, Khushi, Alfisha, Muskan, Kumkum and Rashida participated enthusiastically in the street play, Program officer Mrs. Meenu Sharma organized the program. Mr. Dinesh and Mr. Yuvraj cooperated in the coordination of the program. The local people of village Jahidpur have witnessed the play. The activity was undertaken in compliance with the drive for Beti Bachao Beti Padhao. The purpose of such initiatives is to sensitize villagers about the idea behind "Beti Bachao, Beti Padhao" scheme and to make them understood the importance of girl's education to bring positive changes in the society. Aisha, Sadaf, Shifa, Lyba, Samar, Saba, Arshi, Khushi, Alfisha, Muskan, Kumkum Rashida, etc. have performed in the play. The volunteers worked enthusiastically and passionately with strong teamwork and seemingly unbreakable unity





16/02/23

## Best out of Waste

On the sixth day of the NSS seven-day special camp, volunteers started the day with morning prayer and the NSS Lakshya Geet, and other motivational songs. Then the group presented the thought of the day and evaluation of the previous day. The fifth group creatively presented the newspaper report.

In the first session, “Best Out of Waste Competition” was organized in which the volunteers have made useful items from the waste materials. The competition focused on bringing an understanding among the society about preserving the environment by reusing and recycling waste material. Fantabulous ideas were demonstrated using material like newspaper, old CDs, used plastic bottles, ropes, ice cream sticks, bangles, shoe boxes etc. All these things which are waste in our day to day life were used in constructive manner and variety of things were made from them. In this competition Ayesha, Shifa, Sheesham, Rashida got first, second and third place respectively



17/02/23

## Exhibition of handicrafts made by volunteers during the camp.

The last day of the special camp started with morning prayer and NSS Lakshya geet. The valedictory day was started with an aim to put forth the endeavors done by the NSS unit during the camp and to show glimpses of the Seven Day special camp.

Headmaster of Primary school, Jahidpur was the chief guest of the closing ceremony. After the ceremonial lamp-lighting in front of Mother Saraswati, Goddess of Knowledge and wisdom, Ms. Meenu Sharma, programme officer NSS unit-03 has welcomed the chief guest by giving them a plant sapling. After that a full report about the activities conducted in the camp was given by Ms. Meenu Sharma. The chief guest highly appreciated the activities organized by National Service Scheme III Unit under the seven-day camp, especially the Beti Bachao Beti Padhao campaign and congratulated the volunteers for their bright future. He asked the volunteers to always strive for selfless help and relish the meaning of being an NSS volunteer in its true sense. The NSS volunteers have been working all over the year to serve the community and bring the best out of them but there are some volunteers who have put their heart and soul throughout the year and especially during the camp. So to acknowledge those volunteers the Award of Appreciation was given to them. The volunteers also shared their experiences of the seven-day special camp and took a pledge to be associated with social service in future also. The event was concluded by a vote of thanks given by Mrs. Meenu Sharma.





25/01/2022

## Voter Awareness

On 25<sup>th</sup> January, 2023, on the occasion of 13th National Voters' Day a voter awareness and registration program" was conducted by NSS unit-3 of Ismail national Mahila PG college, Meerut. The program was organized by Ms. Meenu Sharma, under the valuable guidance of respected Principal Prof. Anita Rathi. The program is aimed at the theme for this year's National Voters Day, 'Nothing Like Voting, I Vote for Sure' is dedicated to voters which conveys individual's feeling and aspiration towards participation in the electoral process through power of their vote. The programme was started with the awareness session taken by Ms. Meenu Sharma focused on the importance of voting and the process of registration as a new voter. After that Ms. Meenu Sharma demonstrated a tutorial to registered as a new voter and make changes in the existing voter ID. On this occasion, 60 volunteers registered themselves as a new voter by filling up form-06 on online portal. The objective of this session was to equipped the volunteers of e-registration of themselves but their family members and friends. Around 16 volunteers took the task to registered more people as new voters in their locality. Lyba, Iqra, Priyanka, Ayesha, Sadaf, Shifa, Sakshi, Samar, Ariba and many other volunteered to spread awareness about voter registration. At the end of the programme, all the volunteers took pledge for casting vote. The main purpose of this one day camp was to create electoral awareness amongst students and encourage them to participate in the electoral process. Dedicated to the National Voters' Day one day camp is also used to facilitate enrolment of voters, specially the newly eligible young voters.





01/12/22

## Cleanliness Drive

On 1st February, 2023, a third one-day camp was organised by NSS unit-3 of Ismail National Mahila PG college, Meerut. The main objective of this camp was to raise awareness about cleanliness through extension activities. The camp was divided into two sessions. In the first session, NSS unit-3 promoted cleanliness, hygiene in Lala Ramanuj Dayal Vaishya Bal Sadan Shivaji Marg Meerut. All the volunteers walked hand in hand with slogans like “Swatch Bharat Swasth Bharat” and “Har Naagrik ka ho yeh sapna, swatchh ho Sampurna Bharat Apna” and sensitised the public about the importance of cleanliness. The volunteers enthusiastically participated in the cleanliness drive in the premise of the orphanage.

In the second session, the NSS unit went to Primary School, Mohanpuri. The volunteers have painted the wall of the school and made beautiful pictures eg alphabets, shapes for the students. The volunteers also interacted with the students and taught mathematics and alphabets to them. A General knowledge competition was also organised for the young minds. They have participated enthusiastically and answered many questions. The volunteers also distributed chocolates among them to appreciate their knowledge. The head mistress of the school congratulated the volunteers for their efforts and wishes them for their bright future. This one-day camp was organised by Ms. Meenu Sharma, program officer NSS Unit 03





मेरठ गुरुवार  
2 फरवरी 2023

## के लिए हमेशा उनके लाकर साथ देंगे ?



नवीन चंद्र अग्रवाल जी वरिष्ठ  
क, कुशल संगठनकर्ता श्री  
त कुमार गुप्ता जी राष्ट्रीय  
मंत्री वैश्य महासभा, श्री मयंक

अग्रवाल जी राष्ट्रीय कोषाध्यक्ष, श्री  
मोहित अग्रवाल जी राष्ट्रीय कार्यालय  
मंत्री एवं मातृशक्ति के रूप में श्रीमती  
रोली गोयल जी राष्ट्रीय  
अध्यक्षा(महिला प्रकोष्ठ) व श्रीमती  
सुष्मिता गुप्ता जी राष्ट्रीय कार्यालय  
प्रभारी उपस्थित रहे ? सम्मान के बाद  
गोरक्षा प्रकोष्ठ प्रदेश अध्यक्ष संजीव  
अग्रवाल ने पूरे प्रतिनिधिमंडल को  
विश्वास दिलाया कि वह सनातन धर्म  
की रक्षा के लिए हिंदुत्व की रक्षा के  
लिए और गो माता की रक्षा के लिए  
सदैव संघर्ष करेंगे और किसी प्रकार  
का कोई समझौता सनातन मूल्य से  
कभी नहीं करेंगे

## ल वर्षीय सर्वाङ्कल पेशेंट, में मिला सफल इलाज



डिस्क सर्वाङ्कल क्षेत्र की दो  
रल हड्डियों के बीच की नस को  
रहा था. इसके अलावा बढ़ी हुई  
(ओस्टियोफाइट्स) भी हटाई  
इस तरह रीढ़ की हड्डी और नसों  
जड़ों से दबाव को कम किया  
क्योंकि नसों की जड़ों पर जो  
व पड़ रहा था, उससे दर्द हो रहा  
कमजोरी आ रही थी, सुन्नता पैदा  
रही थी, झनझनाहट हो रही थी.  
डिस्क को हटाने के बाद ये भी  
वपूर्ण था कि कैसे सर्वाङ्कल  
एरिया में स्थायित्व लाया जाए  
उसको मजबूती प्रदान की जाए,  
के लिए डैमेज डिस्क की जगह  
के टिशू लगाए गए, मरीज की  
से ही ये टिशूज लिए गए और  
-सी4, सी4-सी5, सी5-सी6 पर  
ए गए, गर्दन को सही रखने के

लिए एंटीरियर सर्वाङ्कल प्लेट भी  
लगाई गई. ये सर्जरी बहुत ही सफल  
रही और मरीज को इसके बाद किसी  
तरह की कोई दिक्कत महसूस नहीं हुई.  
सर्जरी के अगले ही दिन मरीज के  
हाथ-पांव में ताकत का एहसास होने  
लगा और कुछ हफ्ते गुजर जाने के  
बाद उनके शरीर में पूरी ताकत वापस  
आ गई."

डॉक्टर अमिताभ गोयल ने ये भी  
बताया कि भले ही कोई मरीज किसी  
भी आयु का हो, और उसे रीढ़ से  
जुड़ी कितनी भी समस्याएं हों, ये  
सर्जरी उनके लिए बेहद सुरक्षित है.  
साइंस एंड टेक्नोलॉजी में हो रही  
तरक्की ने इस तरह की सर्जरी को बहुत  
सुरक्षित, तीव्र बनाने के साथ-साथ  
कम दर्दनाक बना दिया है.  
न्यूरोसर्जरी के क्षेत्र में हुए एडवॉंसमेंट  
ने सर्जरी के तरीकों को बदल दिया है.  
यहां तक कि मुश्किल से मुश्किल  
स्पॉइनल सर्जरी भी अब सक्सेसफुली  
कर ली जाती है. और इस क्षेत्र में  
मैक्स सुपर स्पेशलिटी अस्पताल  
पटपटगंज वर्षों से मरीजों को बेहतर  
इलाज दे रहा है. अस्पताल के पास  
नई तकनीक, बेहतर इफ्रान्ट्रक्चर  
के साथ साथ स्पेशलिस्ट डॉक्टरों की  
टीम है, जिसके चलते यहां मरीजों का  
बेस्ट इलाज हो पाता है

## द्वार्षी परिषद के की शानदार पहल



## शाहिद ने किया मैदान और पिच का मुआयना



आज का बुलेटिन अतुल माहेश्वरी  
मेरठ। भाजपा अल्पसंख्यक मोर्चा  
मुजफ्फरनगर वसेंज भाजपा  
अल्पसंख्यक मोर्चा मेरठ के बीच  
आगामी 13 फरवरी को होने वाले  
क्रिकेट मैच को लेकर क्रिकेट जगत  
के महान कोच जनाब अतहर अली  
भाई साहब के साथ मेरठ में शाहिद  
असलम ने रूप रेखा बनायी और

मेरठ में स्थित करन क्रिकेट एकेडमी  
के ग्राउंड पर पहुंचकर मैदान का और  
पिच का मीका मुआयना किया। इस  
दौरान यहां पर मुख्य रूप से  
मुजफ्फरनगर टीम के कप्तान शाहिद  
असलम के साथ मेरठ टीम के कप्तान  
नासिर सैफी और दानिश खान आदि  
लोग मौजूद रहे। कुल मिलाकर मैच  
की तैयारियां शुरू हो गई हैं।

## जन जागरूकता रैली के अन्तर्गत एक दिवसीय शिविर का आयोजन



आज का बुलेटिन अतुल माहेश्वरी  
मेरठ। इस्माइल नेशनल महिला पी जी  
कॉलेज में एन०एस०एस० की प्रथम,  
द्वितीय एवं तृतीय इकाई द्वारा रामानुज  
वैश्यनाथ अनाथाश्रम एवं मोहनपुरी  
स्थित प्राथमिक पाठशाला में जन  
जागरूकता रैली के अन्तर्गत एक  
दिवसीय शिविर का आयोजन किया  
गया जिसमें प्रथम इकाई द्वारा  
साक्षरता, द्वितीय इकाई द्वारा स्वच्छता  
एवं तृतीय इकाई द्वारा लेखन सामग्री  
वितरण का कार्यक्रम आयोजित किया  
गया।

महाविद्यालय प्राचार्य प्रो० अनीता  
राठी ने सभी स्वयंसेविकाओं का  
उत्साहवर्धन किया। इस अवसर पर  
कार्यक्रम अधिकारी कु० सुमन मिश्रा,  
श्रीमति मीनू शर्मा, डा० नेहा सिंह ने  
सभी स्वयंसेविकाओं को स्वच्छता,

साक्षरता एवं समाजसेवा के महत्व के  
विषय में विस्तार से बताया। इस एक  
दिवसीय कार्यक्रम में स्वयंसेविकाओं  
ने अनाथ बच्चों को अक्षर ज्ञान,  
गिनती एवं पहाड़े का ज्ञान, अंग्रेजी  
वर्णमाला एवं सामान्य ज्ञान के विषय  
में विस्तृत जानकारी दी।

सभी स्वयंसेविकाओं ने अनाथाश्रम  
परिसर की साफ-सफाई एवं गमलों  
पर चित्रकारी करके स्वच्छता  
अभियान चलाया। प्राथमिक पाठशाला  
के बच्चों को लेखन सामग्री, टॉफी,  
चाकलेट आदि वितरित की। कार्यक्रम  
में स्वयंसेविकाओं ने बच्चों को  
स्वच्छता के प्रति जागरूक किया। एक  
दिवसीय शिविर में लगभग 300  
स्वयंसेविकाओं ने प्रतिभागिता की। श्री  
दिनेश कुमार एवं जितेन्द्र का सहयोग  
रहा

## भाजपा का बजट महंगाई व बेरोजगारी को और बढ़ाता है- संगीता दोहरे

आज का बुलेटिन अतुल माहेश्वरी  
केंद्र की भाजपा सरकार लगातार 10  
वर्षों से बजट पेश करती आ रही है  
किंतु जनता के लिए ना पहले कुछ था,  
ना अभी के बजट में कुछ है। भाजपा  
का बजट महंगाई व बेरोजगारी को  
और बढ़ाता है। किसान, महिला,  
नौकरीपेशा, मजदूर, युवा, व्यापारी वर्ग  
को लेकर कोई घोषणा नहीं की गई है  
जो उन्हें कोरोना काल के बाद से खड़ा  
होने का मीका दे सके क्योंकि ये चंद



बड़े लोगों को ही लाभ पहुंचाने के  
लिए बनाया गया है

## व्यापारियों ने चैंबर में देखा

बजट का लादत परामर्श



**Rangers Committee**  
**2022-23**  
**Incharge- Dr. Swarna**

19/10/22

## Slogan and Poster Competition on Save Water

Slogan and Poster Competition on “Water Conservation” was organized by Rangers Committee in collaboration with Jagruk Nagrik Association (NGO) and Nagar Nigam Team on 19-10-22. Students of Rangers participated in this competition with enthusiasm and zeal through making message giving and beautiful posters and slogans. The main purpose of initiating this programme only to save water and environment through promoting Cycle Yatra of DR. ANIL JOSHI, PADAM VIBHUSHAN & PADAM SHRI AWAREE ENVIRONMENTALIST under the aegis of Pragati se Prakarti Path Yatra.

The programme was inaugurated by Shri Girish Shukla, General Secretary of JNA and Nagar Nigam Team Officers and welcome address by Dr. Swarna, programme convener. Nagar Nigam Team Officer motivated the students to promote cleanliness of water and told the ways how to do so. Shri Girish Shukla made the students aware of the water conservation and told the ways how to save water, save life. College Principal, Prof. Anita Rathi motivated the students to adopt the small home tips to save water and save environment.



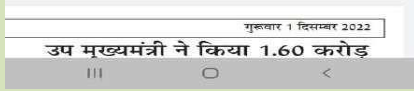
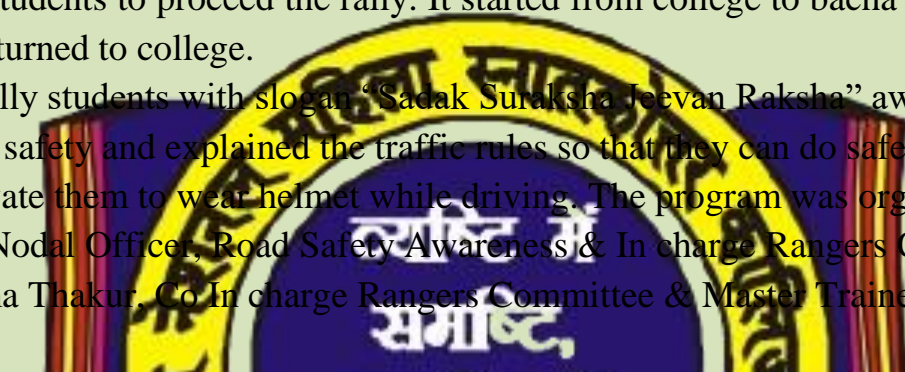


30/11/22

# Street Play on Road Safety at Bachcha Park and Hapur Adda

An awareness rally and a street play on the topic "Road Safety" was organized in Ismail National Mahila P.G. College, Meerut by Rangers Committee. Prof. Anita Rathi, Principal and Dr. Swarna, Nodal Officer, Road Safety Awareness showed green flag to the students to proceed the rally. It started from college to bachcha park and hapur adda and returned to college.

During rally students with slogan "Sadak Suraksha Jeevan Raksha" aware passerby about road safety and explained the traffic rules so that they can do safe driving. They also motivate them to wear helmet while driving. The program was organized by Dr. Swarna, Nodal Officer, Road Safety Awareness & In charge Rangers Committee & Ms. Mahima Thakur, Co In charge Rangers Committee & Master Trainer, Road Safety



## Say No to Screen Addiction

On date 23 February 2023 a workshop was organized by Rangers Committee in Ram Lall Hall. Topic “Say No to Screen Addiction” was very relevant and vibrant in present scenario. First of all, our resource person Mr Sarabjeet Kapoor (renowned social worker) and Dr Sona Kaushal (Director Pari Foundation NGO, psychologist and counsellor) with Principal Prof Anita Rathi lighted candle and offered flowers to Maa Saraswati. Dr Swarna (convener of the workshop and Rangers committee in charge) welcomed Mr Sarabjeet Kapoor and Mr Yogesh Chandra Jain (Chairman Arihant Foundation) by giving him memento. Dr Sarika Sharma and Ms Mahima Thakur welcomed Dr Sona Kaushal by giving her memento. Dr Sona Kaushal explained psychological and physiological problems are occurring due to excessive use of electronic gazettes as mobile, laptop, T.V ,MacBook, personal computer etc. These all are very harmful for our health. She said radiation released from the electronic devices may be cause of cancer. Long time use of electronic gazettes might be harmful for eyes too because while we work on the screen, we blink our eyes very less which result in myopia. She elaborated so many other psychological problems like irritation in behaviour, mental fatigue, depression, family conflict, isolation, and high per anxiety etc. which are result of indulgence of electronic gazettes.

Mr Yogesh Chandra Jain threw light on the prevention from addiction. He cleared that we cannot be totally detached with electronic gazettes in this digital era but using some prevention tips we can minimize our screen time. If we cut our screen time it would make our life happier and more realistic.

Mr Sarabjeet Kapoor motivate students for improving their habits by controlling screen addiction. He said there are so many activities by which we can make our life happier. To avoid electronic devices students should make them busy in sports activity, yoga, creative works, reading books and magazine. Prof. Anita Rathi also suggest students to save their time by ignoring electronic gazettes and use only when it is urgently required.

Session 02 (technical session)-

In this session Dr Sona Kaushal asked some questions from structured questionnaire to test how much students are addict of screen. All the students participated very enthusiastically in this session. At the end of the programme, Dr Swarna thanks to all the guest and participants for their active presence. She also paid gratitude to Ms Mahima Thakur and Dr Sarika Sharma for their continuous cooperation. On this occasion Dr Huma Masood, Ms Farha Naaz, Dr Shaista, Dr Iffat Zakia, from Urdu Department, Dr Deepti Kaushik, Dr



Pooja Rai, Dr Shubhra Tripathi Ms Sadaf from Sociology Department, Dr Neeti Chauhan from B.Ed. Department, Ms Charu Yadav from Music Department, Mrs Monika, Dr Mamta Singh, Dr Diksha Rani from Economics Department, Dr Ekta Chaudhary, Ms Nikhat from Political Science, Mrs Iram Jahan from Computer lab were present to make event more gracious. Total 17 faculty and 87 students attended and benefitted to this programme. Workshop ended with National Anthem.





# Workshop on “Environmental and Health Impacts of Air Pollution: An Overview” in collaboration with JNA

On 03.03.2023, a one-day workshop was organized under the joint auspices of the Jagruk Nagrik Association by the Rangers Committee under the leadership of Principal Professor Anita Rathi at Ismail National Women's PG College, the topic of which was 'Environmental and Health Impact of Air Pollution: An Overview'. The workshop was inaugurated by Principal Professor Anita Rathi, Chief Guest, Mr. Sushil Kumar, Member College Executive Committee Coordinator, Key Speaker Dr. A.K. Shukla, Retired Associate Professor, Botany, D.N. Degree College and Mr. Girish Shukla, General Secretary and Major Sunil Sharma, It was done by lighting the lamp in front of Maa Saraswati. First of all, coordinator Dr. Swarna, Rangers in-charge welcomed the guests and highlighted the objective of the program. In the first session of the workshop, the keynote speaker, Dr. A.K. Shukla, through a PPT exhibition, made the students aware of the adverse effects of air pollution on the environment and health. He told that due to the pollutants present in the environment, human health is also seriously affected and due to pollution, people are also suffering from health related diseases. Inhaling contaminated air causes problems like difficulty in breathing, chest tightness, irritation in eyes etc. To prevent air pollution, we should purify the air and surrounding environment by planting trees. Second keynote speaker Girish Shukla told that to protect from air pollution, the girl students should instead of burning the dry leaves of their garden, make compost and use them in the garden. Due to this, trees and plants .





21/03/23

# Rainwater Harvesting System & Save Water Campaign On World Water Day

On World Water Day (21-03-23), Inauguration of Rainwater Harvesting System and Save Water Campaign were organized by Rangers Committee in collaboration with Jagruk Nagrik Association at Ismail National Mahila PG College, Meerut. Rainwater Harvesting system was inaugurated by the Chief Guest: City Magistrate, Shri Rahul VishvaKarma with Management Committee: Shri Ajay Agarwal, Shri Manish Pratap, Shri Anil Gupta, Shri Sanjeeshvar Tyagi, Shri Sushil Kumar and college Principal. He delivered a motivational speech to encourage the students to spread awareness on save water among family members or nearby people. The resource person: Shri Girish Shukla made the students understand the relation between water and life and there is no life without water. College Principal stated the students to make small-small efforts to save water and understand the importance of water in life. The programme was ended with vote of thanks and slogans on JAL HALTO KAL HAI by Dr. Swarna, convener of the programme. Ms. Mahima Thakur, co-incharge of Rangers assisted a lot in making the event successful. Almost all the faculty members and non-teaching staff graced the event with their presence



## Plantation Drive on Save Environment in collaboration with Eco- club

On the Occasion of Earth Day Ismail National Mahila PG College's Eco Club in collaboration with Rangers Committee organized a Plantation Drive Program on the theme Environmental Protection. The purpose of the program was to aware students regarding environmental issues and how they can protect our environment. In this program students went to nearest areas and planted saplings. They also aware people about saving plants and most importantly taking care of plants.

In the end of the program, Principal, Prof. Anna Rathi and Prof. Deepthi Kaushik, IQAC Coordinator praised the enthusiastic efforts of students. Dr. Swarna, In charge, Rangers Committee and Ms. Mahima Thakur In charge, Eco Club (Clean and Green Ismail) also motivated the students to aware their parents and people around for plantation and environmental protection. The program was organized by Dr. Swarna, In charge, Rangers Committee and Ms. Mahima Thakur, In charge, Eco Club. Prof. Deepa Tyagi, Dr. Reena, Dr Ekta, Mrs. Monika, Ms. Nikhat graced the occasion by their presence.





### < Dainik Aaj Ka Bulete...



नवजात बच्चे। राजीव गान्धी विश्वविद्यालय, मेरठ, (बीबीएन) में और

प्रशासनिक अधिकारियों ने कागज एवं आगि-ज्वलन के पहिले चरण पुल से बच अद्द, जली काली, खैरगढ़, मुकेश, केरमगंज चौकी, कोरमाली, सिवाही चौपाला होते हुए, समुद्र अडे तक महात्वापूर्ण स्वामी एवं बाबाजी के फेदल गहत बा। इस दौरान अधिकारियों ने लोगों से बातचीत भी की।

ज्वलन का प्रभाव पूरा तरह से चरमरा गई है, अगर यह नहीं संभाल सकते हैं, तो इस व्यक्ति को इस्तीफा दे देना चाहिए। वैजवीपाल ने उन्नीट करते हुए कहा कि दिल्ली में कलून व्यवस्था पूरी तरह से चरमरा गई है। दूसरी के कामों में अडचन करने और हर बात पर गद्दी राजनीति करने की बजाय बाबुको अपने अपने काम पर ध्यान देना चाहिए। और अगर नहीं संभलता तो इस्तीफा दे देना चाहिए, चाकि कोई और कर ले। लोगों की सुरक्षा रागधरीसे नहीं छोड़ी जा सकती। दक्षिण दिल्ली में सुकवार की सुबह साकेत अदालत के अंदर एक महिला को गोली मार दी गई। पुलिस ने यह जानकारी दी। पुलिस के एक बरिष्ठ अधिकारी ने बताया कि महिला



अपने बकील के साथ भी सभी एक सक्षम ने उरी गोली मार दी। अधिकारी ने बताया कि पुलिस सुरत उसे अस्पताल ले गई। एक बरिष्ठ पुलिस अधिकारी ने कहा कि साकेत अपने बकील के साथ भी जब एक व्यक्ति ने उरी गोली मार दी। अधिकारी ने कहा कि पुलिस उसे सुरत अस्पताल ले गई। तीसरी साकेत चदन चौधरी ने गोलीबारी की पुष्टि करते हुए बताया, गोलीबारी की घटना में दो लोगों, एक महिला और एक बकील को गोली लगी है।

## का बुलेटिन में स्थापना का आयोजन



सामग्य प्रस्तुत किया गया 12वीं की खजा फाडी नैसायकुतिक नृत्य द्वारा प्रदर्शना सभा में अनुसूच योगदान प्रदान किया जावासी की अल्पना इरानी ने प्रदर्शाथेका को संवाधित करते हुए कीथली संस्था की स्थापना से लेकर आज के परिवर्धनी कीथली का वर्णन प्रस्तुत किया। उन्होंने कहा कि कीथली में विद्यालयों का स्थापना प्रत्येक विद्यार्थी का सपना होता है इसका कीथली की पूरा चारलक्षण में रीकनी संस्थाएं है कीथली विद्या धन प्रदान करने मेंअवसरपूर्व भूमिगत का निर्वाह कर रहा है हम सबके लिए, यह गर्व का विषय है कि हम कीथली परिवार का हिस्सा है।

आज का बुलेटिन अनुसूच महिष्यनी मेरठ। आई. एन. पी. जी. कॉलेज, में महाविद्यालय प्राचार्य पीठ अनीता साहू की अध्यक्षता में रोवर रेंजर एवं इको क्लब के संयुक्त तत्वधान में पर्यावरण की सुरक्षा एवं उपयोगिता विषय पर वृक्षारोपण कार्यक्रम का आयोजन किया गया। यह कार्य महाविद्यालय की छात्राओं द्वारा महाविद्यालय के निकटवर्त

## वृक्षारोपण कार्यक्रम का आयोजन



आज का बुलेटिन अनुसूच महिष्यनी मेरठ। आई. एन. पी. जी. कॉलेज, में महाविद्यालय प्राचार्य पीठ अनीता साहू की अध्यक्षता में रोवर रेंजर एवं इको क्लब के संयुक्त तत्वधान में पर्यावरण की सुरक्षा एवं उपयोगिता विषय पर वृक्षारोपण कार्यक्रम का आयोजन किया गया। यह कार्य महाविद्यालय की छात्राओं द्वारा महाविद्यालय के निकटवर्त

सोसल में विभिन्न प्रकार के सौध लगाकर किया गया (डी। डब्लो, इंचार्ज, रेजर्द स्थिति एवं एडु महिया साकुर, इंचार्ज, इको क्लब द्वारा कार्यक्रम का संचालन एवं संचालन किया गया। कार्यक्रम के अंत में प्राचार्य ने पर्यावरण संरक्षण जागरूकता हेतु छात्राओं द्वारा किए गए, इस प्रकार की परचरना की। इस अवसर पर अन्य प्रवक्ता, भी उपस्थित रही।

## ईं पूनम नागर के मार्गदर्शन में एक कार्यक्रम का आयोजन

आज का बुलेटिन अनुसूच महिष्यनी मेरठ। सवाका में उदा इस्वीट्यूट ऑफ टेक्नोलोजी, सवाका छात्रों में साकार जाने वाले प्रथम दिन के उपलक्ष्य में विद्यार्थी बीच पूर्व संस्था पर " इको क्लब के स्वीकृत्य से विद्या चलन, विद्युपी च जीविका क्लब के सहयोग से विज्ञान एवम कार्य



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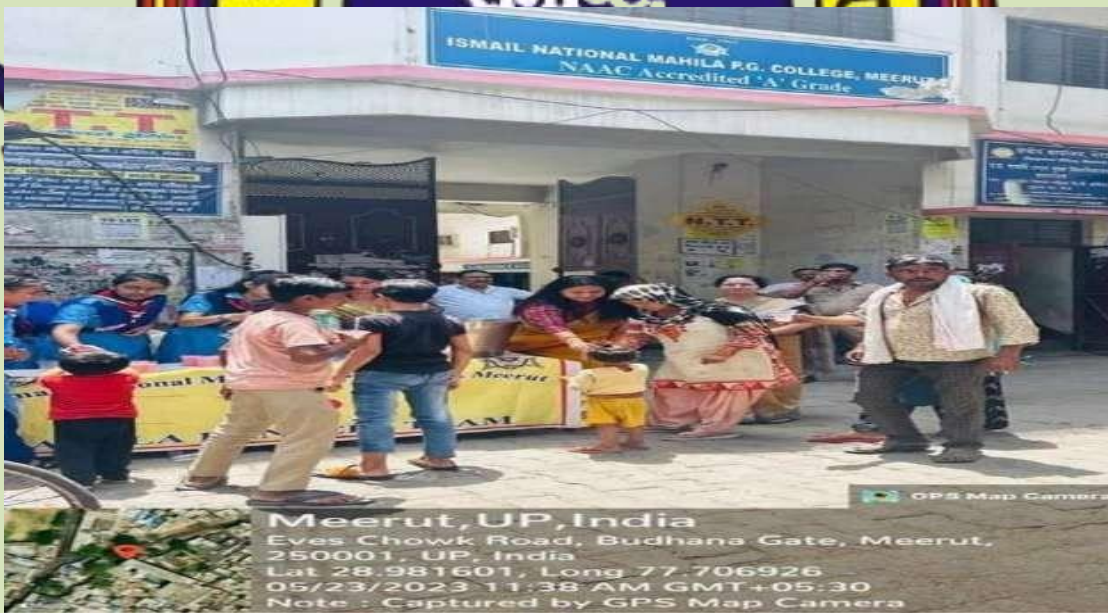
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23/05/23

## शरबत वितरण कार्यक्रम

On dated 23.05.2023 in the able guidance of Principal Prof. Anita Rathi Rangers committee of Ismail National Mahila P.G. College, Meerut organized an expansion activity in which they distributed „Sharbat“ was college premises. Sharbat was distributed from 11:00 AM To 3:00 PM and enjoyed by all age group people. 16 rangers took active part in this activity. At last Prof. Anita Rathi appreciated and motivated students to participate more in such type of activity. This programme was coordinate by Ranger Incharge Dr. Swarna, member Km. Mahima Thakur and Dr. Sarika Sharma. Gaurav, Rakesh and Dharamveer cooperate immense to make this programme successful



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31/05/23

## Seminar and Speech Competition on the ill effects of Tobacco on World No Tobacco Day

Seminar and Speech competition on “The ill effects of Tobacco” was organized by Rangers Committee in collaboration with Prahari Club. The whole programme was divided into two sessions: Inaugural Session and Technical Session (speech competition). Rangers or other students actively contributed this programme through their beautiful and wonderful speeches.

The event was inaugurated by Chief Guest, Shri Sarabjeet Kapoor, President awardee to cut the ribbon of the exhibition of posters and slogans on “Say No to Tobacco”. Dr. Swarna, convener of the programme, introduced the theme of the seminar and delivered welcome address to the guests. Keynote speaker Shri Pranav Pandey, District Madyanished Adhikari shared his valuable insights on the topic that it is important to understand tobacco’s harmful effects on our health. He further stated that tobacco or smoking not only harms the smoker but also those around them, including their family, friends, and co-workers. Chief guest, shri Sarabjeet Kapoor make the students aware of the diseases due to tobacco or smoking. The judges Dr. Neha Singh and Ms. Mahima Thakur put their views on the topic. Principal, Prof. Anita Rathi encouraged the students to start no tobacco campaign from their own family or neighborhood.

In the technical session, Participants delivered their thought provoking speeches on Say No to Tobacco or Smoking in speech competition. Having listened to them minutely, the judges declared the names of the winners” names and distributed the certificates to them



