

M.R.P.D Govt.College,Talwara (Hoshiarpur)
NSS, Red Ribbon Club, EK Bharat Shrestha Bharat & Red Cross Activities Report 2019-20 to
2023-2024
Reports

1. **Under Red Ribbon Club**, students from our college participated in District level competition on Quiz, poster making, slogan writing at D.A.V. College , Hoshiarpur organized by Department of Youth Services, Punjab on **September 20, 2021**.
2. **NSS and Red Ribbon club** of the M.R.P.D. Government College Talwara celebrated **World Women Day** on **March 8, 2022**. College organized Essay Writing Competition on the topic “Role of Women in Indian Society” and students got first, second and third prizes.
3. **NSS and Red Ribbon club** of the M.R.P.D. Government College Talwara celebrated **Martyrdom Day** of Shaheed Bhagat Singh, Rajguru and Sukhdev on **March 23, 2022**. Plants were planted on the day. Students delivered the speeches paying tribute to our freedom fighters.
4. **NSS and Red Ribbon club** of the M.R.P.D. Government College organized **Blood Donation Camp** on **March 30, 2022**. 77 units of blood were collected.
5. **NSS and Red Ribbon club** of the M.R.P.D. Government College Talwara celebrated **World Health Day** on **April 7, 2022**. Essay Writing Competition on the topic “Avoid stress to have better life” was organized. Students participated and got first, second and third positions.
6. **NSS and EK Bharat Shrestha Programme** of the M.R.P.D. Government College celebrated **Ek Bharat Shreshtha Programme** on **April 22, 2022**. Quiz competition was organized on Telugu words.
7. **Red Cross Club** of the M.R.P.D. Government College Talwara celebrated **World Red Cross Day** under the theme “Be Human Kind” on **May 8, 2022**. Lectures were delivered to the students. Students were motivated to adopt positive and helpful attitude in the society.
8. **Red Ribbon club** of the M.R.P.D. Government College Talwara celebrated **World Thalassemia Week** on **May 12, 2022**. College organized an informative lecture on “Thalassemia and AIDS Awareness” Preety Chaudhary, Assistant Professor, Department of Zoology delivered lecture on Thalassemia providing information about its genetic causes and the degree of its occurrence and the possible treatment. Students were provided information about the AIDS disease, its causes and protective measures too.
9. **NSS and Red Ribbon club** of the M.R.P.D. Government College Talwara in **commemoration of the 75th Anniversary of Independence of India** organized an informative lecture on the struggle of Freedom Fighters in the Freedom Movement

to the students on May 13, 2022. Gursewak Singh, Assistant Professor, Department of History delivered lecture. Students were provided information about the life, role and contributions of freedom fighters in making India independent. They were also encouraged and motivated to inculcate good values and disciplined life.

10. **M.R.P.D. Government College Talwara under EK Bharat Shreshtha Programme** organized **folk dance of Punjab and Andhra Pradesh** , activity under **Ek Bharat Shreshtha Bharat (Hasda Punjab Mera Khuaab)** on **May 20, 2022**. Students performed Kachipudi dance of Andhra Pradesh and Bhangra Dance Folk dance of Punjab.
11. **NSS and Red Ribbon club** of the M.R.P.D. Government College Talwara celebrated **World Tobacco Day** on **May 31, 2022**. Poster making competition was organized. Students participated and got first, second and third positions.
12. **NSS and Red Ribbon club** of the M.R.P.D. Government College Talwara celebrated **World Cycle Day** on **June 3, 2022**. Cycle Rally was organized with the help of staff and students. "Cycling is an exercise" message was conveyed through the rally to the students.
13. **NSS, Red Ribbon club and Mission Green Department** of the M.R.P.D. Government College Talwara celebrated World Environment Day on **June 5, 2022**. Variety of plants like Mango. Ashoka, Neem etc. were planted by the staff and volunteers. Volunteers planted plants at their homes too.
14. **NSS and Physical Education Department** of the M.R.P.D. Government College organized a **Yoga Workshop** on **May 14, 2022**. Rajnish Sharma, Assistant Professor , Department of Physical Education taught Yoga Asans to the students and staff.
15. **M.R.P.D. Government College Talwara under EK Bharat Shreshtha Programme** organized a lecture for students on the topic "How to cope up with Examination stress" on **June 11, 2022**.
16. **NSS and Red Ribbon Club** of the M.R.P.D. Government College Talwara celebrated World Blood Donor Day on June 14, 2022. A webinar was organized to provide knowledge to the students about Blood Donation. Students were motivated to donate blood. Students took pledge to donate blood voluntarily.
17. **NSS, NCC and Physical Education Department** of the M.R.P.D. Government College Talwara celebrated International Yoga Day on June 21, 2022.
18. **NSS and Red Ribbon club** of the M.R.P.D. Government College Talwara celebrated **International Drug Abuse Day** on **June 26, 2022**. Essay writing competition was organized on the topic "Drug Abuse". Students participated and got first, second and third positions.
19. **Red Ribbon club** of the M.R.P.D. Government College Talwara organized a lecture for students on the topic "Stop using single use plastics" on **July 01, 2022**.

20. **NSS and Red Ribbon club** of the M.R.P.D. Government College celebrated Talwara celebrated **International Youth Day** on **August 12, 2022**. The theme of the day was “Intergenerational Solidarity: Creating a world for all ages”. Prof Seema Jassal told the students that solidarity across generations is very important for sustainable development. Prof Ajay Kumar and Prof. Sushma Devi delivered lectures on the contribution of today’s youth in the development of society to the students.
21. **NSS and Red Ribbon club** of the M.R.P.D. Government College Talwara organized a seminar under Har Ghar Tiranga Campaign on **August 14, 2022**. Lecture was delivered on the topic “History and Importance of National Flag- Tiranga. Students were also shown videos showing the history and importance of National Flag during the programme. Students and staff took pledge to stay loyal and honest towards the country.
22. **3 NSS volunteers** attended 4 days training programme on “ Capacity Building Programme on Women Empowerment through self defence” from **August 23, 2022 to August 26, 2022** at Rajiv Gandhi National Institute of Youth Development Regional Centre at Sector 12. Chandigarh.
23. **Red Ribbon club** of the M.R.P.D. Government College Talwara organized **Quiz Competition** on **August 30, 2022**. Three teams A, B and C were made comprising three students in each team. Questions were asked on the topics related to HIV/AIDS, Tuberculosis, Blood Donation and Drug Awareness. Team B won first prize, Team A got second prize and Team C got third prize. Prize distribution was done at the end of the programme. The main purpose of organizing competition was to create awareness about the HIV/AIDS, TB, Drug Abuse and Blood Donation among students.
24. Under **Red Ribbon Club**, 2 students from our college participated in District level Quiz competition at D.A.V. College of Education, Hoshiarpur organized by Department of Youth Services, Punjab on **September 7, 2022**.
25. **M.R.P.D. Government College, Talwara** under **EK Bharat Shreshtha Bharat Programme** organized an Essay writing competition for students on the topic “Folk dances of Punjab and Andhra Pradesh” on **September 24, 2022**.
26. **NSS and Red Ribbon club** of the M.R.P.D. Government College Talwara celebrated “**Nutrition Week**” on **September 29, 2022**. Speech Competition on “Eating Healthy Food” was organized and students participated in it with full enthusiasm. Students got first, second and third prizes. Prof. Sushma Devi delivered a lecture on the healthy eating habits and motivated students to choose food and eatables which have nutritional value. Prof. Seema Jassal inspired the youth to be very health conscious in today’s life.
27. **NSS Department** of the M.R.P.D. Government College Talwara organized **Mega Cleanliness Drive** on **October 19, 2022**. This activity was part of the Special campaign

clean India 2.0 programme. NSS Volunteers of the college participated in the cleanliness drive enthusiastically and collected waste. Employees from Municipal Corporation Talwara contributed in the programme and guided NSS volunteers about the cleanliness drive. Collected waste was deposited in the Municipal Corporation Talwara.

28. **NSS and Red Ribbon club** of the M.R.P.D. Government College Talwara celebrated **National Unity Day on October 31, 2022** in commemoration of the Birth Anniversary of Sardar Vallabh Bhai Patel. Students and staff participated in the Unity Run spreading the message of national unity. Furthermore, pledge taking ceremony was organized to mark the occasion. Students and staff took pledge on the National Unity Day.
29. **NSS and Red Ribbon club** of the M.R.P.D. Government College celebrated **Children Day on November 14, 2022**. This activity was done in collaboration with the Anganwari and School staff of Government Primary School, Ram Nangal, Talwara. NSS volunteers of the college reached Government Primary School, Ram Nangal and celebrated the day with toddlers and staff there. NSS volunteer delivered speech on the topic "Save Water Save Earth". Theme "Udaariyaan Baal Vikas Mela" was thrown light keeping in view the role of villages in the holistic development of a child. An Important talk was shared with the staff on the topic "It takes a village to raise a child".
30. **NSS and Red Ribbon club** of the M.R.P.D. Government College Talwara organized **Health Check up Camp on November 16, 2022** for selected volunteers under Aapda Mitra Scheme with the Health department staff team from Civil Hospital, Hajipur. The purpose of the camp was to check medical fitness of volunteers for Disaster Management Training.
31. **NSS, Red Ribbon club and Ek Bharat Shreshtha Bharat Programme** of the M.R.P.D. Government College Talwara celebrated **Constitution Day on November 26, 2022**.
32. **NSS, Red Ribbon club, Zoology and Botany Department** of the M.R.P.D. Government College Talwara celebrated **World Aids Day on December 1, 2022**.
33. **NSS Special Camp** was organized from **March 25, 2023 to March 31, 2023** by NSS Department of College at the adopted village Changarwan and in the college campus with 100 NSS volunteers.
34. **In college campus Tree Plantation drive was organized by NSS Department on April 12, 2024 on the occasion of Annual Prize Distribution Ceremony.**
35. **NSS And Eco Club** of the college observed the World Environment on **June 5, 2024** under Environment Education Programme and Punjab State Council for Science and Technology supported by Ministry of Environment, forest and Climate Change, GOI. The theme of the programme was "**Land restoration, desertification and drought resilience**".