

3.4.3: Number of extension and outreach programs

A Report of Extension Activities (2018-2023)

The college undertakes various extension activities through Rovers & Rangers (R&R), National Cadet Corps (NCC) and National Service Scheme (NSS) that contribute positively to the society. These activities go beyond the traditional academic curriculum and provide opportunities to the students to engage in community service, address social issues, and make a meaningful impact. Some ways in which colleges contribute to the society through extension activities are community services, environmental initiatives like plantation drives, health awareness campaigns, literacy and educational campaigns, cultural and artistic activities, blood donation drives and social awareness campaigns, etc.

1. Plantation Drive: World Scarf Day was celebrated by R&R in our college on August 01, 2018. Twenty-Six volunteers planted trees with the assistance of Forest Department Karsog in the nearby forest area.

2. Blood Donation: R&R volunteers attended the Blood Donation Camp at college on September 29, 2018. Five volunteers donated blood in this event.

3. Kumbh Mela: Three rovers of the college were selected to represent BS & G Himachal Pradesh in National Level Kumbh Mela Service Camp in Prayagraj (UP) w.e.f. Feb 12-21, 2019.

4. Awareness Rally on Water Conservation & Cleaning of Water Resources: An awareness rally was conducted by R&R volunteers from college campus to Kaani Mandlah village on the theme of water conservation under New Community Service Project For S to S ("Scout for Sustainable Environment", "Clean Water Sanitation" UN Sustainable Developmental Goal - 06. 31 volunteers cleaned the natural water sources bowdies on Feb 22, 2019.

5. Shramdaan (Community service rendered at local feast) NSS & R&R units, 56 rovers and rangers and volunteers provided their services in form of cleanliness, distribution of food, etc. during temple rituals in temples of Mamleshwar and Annapurna on Feb 15, 2019.

6. Seven Days Residential Camp: Fifty NSS volunteers provided various services in adopted village Sanana in form of cleanliness, plantation, environment awareness, etc. during these seven days from Feb 12-18, 2019.

7. Plantation Drive: On World Water Day, twenty-four volunteers participated in Plantation Drive at Mokshdham Jagayati on March 22, 2019.

8. Sensitisation on Clean Water: Ms. Simran, a Ranger and student of BSc. II made an individual project regarding SDG goal number 3 & 6 (Good Health and Sanitation) on Independence Day on August 15, 2019.

09. Anti Polythene Drive and Making of Eco-friendly Mats: Ten R&R made eco-friendly mats from waste material from Sept 01-04, 2019.

10. State NSS Mega Camp: The college hosted State NSS Mega Camp from September 24, 2019 to September 28, 2019. Various initiatives were undertaken in community by the volunteers like Swachh Bharat Rally, Blood Donation Camp, Anti- Drug Awareness Drive, Polythene Hatao Abhiyaan, etc. More than 300 students participated in the Mega Camp from 70 different colleges of HP.

11. Shramdaan around Temple (Kajauni Naag): Sixteen R&R participated in Plantation Drive around Kajauni Naag on Nov 02, 2019.

12. Services at Civil Hospital Karsog (Five Days Anorectal Screening and Kshar Sutra Camp): Ayurveda Department of HP organised an Anorectal Screening and Ksharsutra Camp in Civil Hospital Karsog from November 14-19, 2019. Fifty-One volunteers of R&R participated in this camp and provided their services during the camp.

13. Community Awareness on Drug-Abuse through Prabhat Pheri: Forty-Seven R&R volunteers participated in Prabhat Pheri and community sensitisation and participated in an awareness drive against Drug Abuse on November 15, 2019.

14. Community service during local festival: On the day of Budhi Diwali on Nov 26, 2019 (local festival), eleven NSS volunteers and R&R provided various services like management of sitting arrangements, distribution of food and water and cleaning of the venue after the feast.

15. Environment Awareness Rally: Fifteen NCC cadets of the college actively participated in cleanliness drive, road safety and public awareness rally from December 01, 2019 to December 15, 2019. This rally was organised as part of 15 days camp of activities.

16. Polio Drop Drive: Five volunteers participated in Polio Booth established by the Govt. of HP at Sanana and Bhanthal village. In this drive 172 children got Polio drops on January 19, 2020.

17. Cleaning of Water Resource in Kahni Mandlah: Thirty Eight R&R cleaned and repaired the natural ground water resource (Bowdy) at Kani Mandlah village on February 19, 2020.

18. Awareness regarding COVID-19 in community: Twenty Seven, NSS volunteers contributed their services as corona warriors in spreading awareness about the importance of wearing mask, practising social distancing, etc. NSS volunteers also distributed self-handmade mask to various people during COVID Pandemic from April 2020 to June 2020.

19. Plantation by students at their respective villages: The twenty six participants of Triveni, planted 1-1 trees at their villages with community on the occasion World Environment Day on June 05, 2020 during Corona pandemic.

20. Mask Making and Distribution: Forty –two volunteers prepared and distributed 4,000 self-handmade cloth face masks among the people during the month of May 2020.

21. 56 days service in Hospital during COVID-19 Pandemic (Fight against Corona): During COVID-19 Pandemic, 14 R&R volunteers provided their services in Civil Hospital Karsog for 56 days from 8 April 2020 to 29 May 2020.

22. Social Distancing (Extension with local administration): Eight volunteers assisted the local administration in social distancing during vaccination drives June 2020.

23. Aarogya Setu App and Cowin App download and services performed in Vaccination Drive: 198 Volunteers of NSS and R&R registered themselves in Aarogya Setu App and took the initiatives and provided assistance to get registered the illiterate people of community in this programme for smooth functioning of vaccination drive in various panchayats like Seri Bunglow, Choridhar, lower Karsog during April –June 2020.

24. Scout Fight against Corona -01 : Twenty one R&R participated in Virtual programme where scouts performed many activities like COVID -19 community sensitisation through social media, mask making and public distribution in villages, poster making and placement in prominent places regarding SOPs, etc from April to July 2020.

25. Services in . social sensitisation: NCC Cadet Ms Meena provided her service as corona warrior from May 3 to June 10, 2021 in Civil Hospital Karsog and Mr Dola Ram provided his service as a corona warrior for one month.

26. Blood Donation Camp: Six volunteers donated blood in 'Blood Donation Camp' in Civil Hospital Karsog on Sept 9, 2020.

27. Mera Gaun Atamnirbhar Gaun Programme: Fourteen volunteers participated in programme "Mera Gaun Atamnirbhar Gaun" to promote self-dependency of individual and

society under Atamnirbhar Bharat on Oct 20, 2020 contributing their efforts in agricultural activities in community.

28. Vocal to Global: Five R&R participated on the theme “Khushiyo par Adikhar hai Sabka” based on the theme Vocal to Global on Nov 12, 2020.

29. Vocal for Local: Two-day workshop named ‘Vocal for Local’ was organised in the community where 17 Rovers and Rangers gifted self-made earthen diyas to corona warriors like nurse, doctors, administrative officers, etc. with the help of community to enhance their morale Nov 13, 2020.

30. Project –Sehbhagita (Bhag-Mandi)-a community service project: Two Rover & Ranger participated in project Sehbhagita-an initiative by SP Mandi Mrs. Shalini Agnihotri (IPS) to sensitise people regarding road safety and rules in community on Jan 07, 2021.

31. Road Safety campaign at Sanarali Chowk and Bus-Stand in Karsog: Eight R&R participated in Road Safety campaign at Sanarali Chowk and Bus-Stand in Karsog with the collaboration of Local Administration on Jan 21, 2021.

32. Service rendered in Panchayati Raj Election: Ten volunteers rendered their services in awareness campaign and assisted the people in Polling Booth in Panchayati Raj Election from Jan 17, 2021 to Jan 21, 2021.

33. Plantation Drive: Sixty-three cadets of NCC participated in tree plantation on Jan 25, 2021 during Plantation Drive in nearby forest area.

34. Sensitisation campaign for Youth on Ill effects of Early Age Marriage: Two Rovers and 9 Rangers participated in sensitisation campaign for Youth on Ill effects of Early Age Marriage Jointly organised by R&R UNIT Karsog and B.Ed. College Karsog in community on April 7, 2021.

35. Digital Mission Coronaware (NSS -Meri Pathshala): This programme was run by NSS unit of the college under the campaign NSS Meri Pathshala in which volunteer Pooja, Hitesh, Neha Ruchi, Deepak and Rita provided online education to the students on the month of May 31, 2021.

36. Scout Fight against Corona -02: Ninety Six scouts performed many activities like COVID -19 community sensitisation through social media, mask making and face mask distribution in villages, poster making and 23 students rendered their services in vaccination drive in prominent places regarding SOPs with Civil Hospital Karsog from June –Nov 2021.

37. Plantation Drive: NSS Volunteers participated in Plantation Drive on June 5, 2021 and on August 14, 2021 in the nearby forests.

38. Collection of waste single use plastic garbage from local village and its disposal: Under the programme Azadi Ka Amrit Mahotsav, twenty-two students of R&R collected waste

single use plastic garbage from local villages and made its disposal on Aug 09, 2021 to Aug 15, 2021.

39. Services on Navratri at Sanarli Mata Temple: various services were provided by seven volunteers at the local temple in Sanarali on Navratri from September 27-28, 2021.

40. SVEEP (Voter Awareness): NCC cadets participated in SVEEP (Systematic Voter Education and Electoral Participation) on October 9, 2021 and explained about the importance of voting.

41. Awareness Drive (Karsog Kare Shat Pratishat Matdan): Ten R&R participants took part in SVEEP (*Karsog Kare Shat Pratishat Matdan*) in college. A team of R&R volunteers performed a *Nukkad Natak* on election to spread voter awareness in eight different villages of Karsog block such as Seri Bangalow, Sarahan, Kotlu, Mahog, etc. Eight volunteers participated in the event from October 10, 2021 to October 23, 2021.

42. Community service during feast in Mata Rani Temple at Sanarli (Shramdaan): 15 volunteers of R&R took part and provided their services in Mata Rani Feast at Durga Mata Temple, Sanarali. They provided services such as management of sitting arrangement, providing water, plates, and glasses, etc. along with cleanliness of venue after the feast on October 12-13, 2021.

43. Services during Temple Feast: Community services rendered by 7 NSS volunteers during feast in Mata Rani Temple at Sanarli on October 12-13, 2021.

44. Cleanliness Drive in adopted village Sanana: From October 01, 2021 to October 31, 2021 cleanliness drive was organised in the adopted village Sanana. Local water resources were cleaned and weed was uprooted from the surroundings of the village.

45. Voter Awareness during Lok Sabha Election, Mandi (HP) R&R participated in the awareness campaign regarding the voting rights, importance of casting votes, etc. during Lok Sabha Election on October 31, 2021. Twenty-three students were participated in it.

46. Voting awareness Campaign: A voting awareness campaign was organised by NSS unit during the Lok Sabha Election on October 30, 2021. Under this programme old people and Divyangjans were assisted at different polling booths to cast their votes.

47. Vaccination Promotion Drive at Bus stand Karsog in collaboration with Civil Hospital Karsog: Twenty-three Rover & Ranger participated in Corona Vaccination Drive at different places of Karsog Block from June to Nov 2021.

48. Divyangjan Assistance Programme in Vote Casting: R&R volunteers rendered their services during special camp for special persons with special abilities (Divyangjan) at Civil Hospital Karsog on November 10, 2021. Nine volunteers participated in this special camp.

49. CORONA Vaccination Campaign: NCC Cadets participated in the Corona Vaccination Campaign at Civil Hospital Karsog on 22 November 2021.

50. Seven days Service rendered in Hospital during COVID-19 Pandemic: Three cadets rendered their services in corona pandemic (Corona sensitisation and Awareness Campaign) in Civil Hospital Karsog on Nov 22, 2021.

51. Community service rendered at Naag Temple (Bihad): R&R collected and disposed 7kg of single use plastic waste material from nearby forest and path around Naag Temple on Dec 2, 2021.

52. Community service during feast in Budhi Diwali: Three Rovers rendered their services in distributing food, water, and cleaning of venue in Mamleshwar Mahadev Temple, Karsog on Dec 3, 2021.

53. Community service during feast in Ram Mandir Purana Bazar- Karsog: Fourteen Rovers and Rangers rendered their services in Ram Mandir Purana Bazar, Karsog on Dec 12, 2021.

54. Malnutrition Eradication Awareness in Community: An awareness campaign on food quality was organised for little kids in different villages of Karsog on January 08, 2022. In this campaign, importance of healthy diet and avoiding junk food in daily life was emphasised.

55. Collection and Distribution of Books: Under Mission Gyanodaya, NSS volunteers collected old books and distributed these books to the needy students from January 21- April 28, 2022.

56. Collection and distribution of books: Under Mission Gyanodaya, 800 old books were collected by the volunteers and distributed to the needy ones.

57. Cleanliness Drive: Cleanliness drive was organised by the volunteers of NSS on August 08, 2022. Around twenty volunteers participated in this drive and cleaned the Shahidi Samarak.

58. Prabhat Pheri in Community: NCC cadets participated in morning (Prabhat Pheri) from Purana Bazaar Karsog to Mamleshwar Mahadev Temple conducted by SDM Karsog under theme 'Har Ghar Tiranga' under Azadi ka Amrit Mahotsav on August 11, 2022.

59. Tiranga Bike Rally: Eighteen students of R&R unit of our college participated in Tiranga Bike Rally under Azadi ka Amrit Mahotsav on August 12, 2022. Twenty volunteers of R&R participated in this event.

60. Awareness about COPTA amendment: On August 14, 2022, an awareness campaign about the provision of COPTA act was organised by the NSS volunteers. Ten volunteers participated in the campaign to spread information awareness about ill effects of tobacco and cigarette.

61. Tree Plantation: NCC cadets planted 40 plants at nearby village Bhyal (Banauni Forest), on August 18, 2022.

62. Awareness Rally against Domestic violence: Sixty –two Rovers and Rangers participated in awareness rally against women in Mamail village on August 23, 2022.

63. Voter Awareness Campaign: On August 31, 2022, 50 volunteers of NSS participated in voter awareness campaign. They spread awareness regarding voting rights in collaboration with electoral literacy club.

64. Tree plantation in Tikri Dhar jungle on International Day of Peace Sixty-Five students of R&R participated in plantation drive at Tikkar forest with the assistance of Forest Department on Sept 21, 2022. Thirty-Five trees were planted at there.

65. Services on Navratri at Sanarli Mata Temple: From 27th to 28th September, various services were provided by seven volunteers at the local temple in Sanarali on Navratri.

66. Services at Community feast at Temple Sanarli: Twenty R&R rendered their services in community feast at Mata Rani Temple Sanarali from 1 Oct, 2022 to 4 Oct ,2022.

67. Visit to the adopted village Sanana: On 15th October 2022, 40 volunteers visited the adopted village of Sanana. They organized cleanliness drive in the village and provided information regarding the upcoming election of Lok Sabha.

68. SVEEP (Aao Kare Matdan) NCC unit of our college participated in various activities (*Nukkad Natak*) under the programme SVEEP (Aao Kare Matdan) conducted by SDM Karsog and spread awareness about the importance of casting vote on 3 Nov,2022.

69. Blood Donation Camp: R&R unit organised a Blood Donation Camp in the college on December 01, 2022 and fourteen students donated their blood.

70. Awareness Rally on Road Safety: R&R organised Road Safety Awareness Campaign and rally to make people aware about the road safety norms on 2nd & 3rd March 2023. Twenty-Eight volunteers of R&R participated in this rally.



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