



**Govt. Degree College  
Tral-192123- (Kashmir)**

گورنمنٹ ڈگری کالج ترال



Government of Jammu & Kashmir  
Higher Education Department

**NSS BULLETIN**

**Wastoorewan**

(The Paramount Zeal)

**January 2024 to December 2024**



**Dr. Mehraj ud Din Sheikh**  
NSS Programme Officer I



**Prof. Iqra Jan**  
NSS Programme Officer II



**Mr. Love Preet Singh**  
Assistant Programme Officer

**Motto**

**‘Not Me But You**

## **Vision**

**The vision is to cultivate social responsibility and community service among students for their holistic development and societal welfare.**

## **Mission**

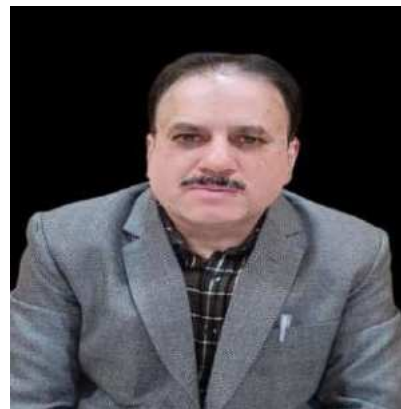
**The Motto of NSS "Not Me But You", reflects the essence of democratic living and upholds the need for self-less service. The mission of the NSS Unit at GDC Tral is: "To inspire students to actively engage in community service, promote civic responsibility, develop leadership qualities, and contribute to the betterment of society through meaningful outreach programs and activities."**

## **Objectives**

- 1. To encourage students to actively participate in community service and address societal challenges through meaningful initiatives.**
- 2. To foster leadership qualities, team spirit, and organizational skills among students through collaborative activities.**
- 3. : To create a sense of social responsibility and awareness of civic duties among students.**
- 4. To provide opportunities for students to develop their personality, empathy, and problem-solving skills through service-oriented experiences.**
- 5. To involve students in nation-building activities by addressing social issues, promoting education, and ensuring environmental sustainability.**

### **From Principal's Desk**

It gives me immense pleasure to pen this message for Wastoorwan, the NSS Bulletin of Government Degree College Tral. The college is proud to host two vibrant NSS units comprising around 213 enthusiastic volunteers, each dedicated to making a positive impact on society through their unwavering commitment to service. The National Service Scheme is not merely an extracurricular activity but a transformative journey that nurtures empathy, leadership, and civic responsibility in our students. It provides them with a platform to grow as conscientious citizens, instilling in them the values of teamwork, compassion, and a sense of responsibility toward society. The collective efforts of our NSS volunteers in addressing societal issues, promoting environmental sustainability, and fostering community welfare embody the true spirit of "Not Me, But You."



I commend the volunteers and program officers for their dedication, energy, and resilience in implementing initiatives that uphold the values of humanity and nation-building. Your contributions are a source of inspiration for the entire college community and beyond. The exemplary work done by our NSS units is a testimony to the spirit of selflessness, and it is pleased to feel the enthusiasm with which you tackle challenges and serve the community.

Let Wastoorwan be a beacon that reflects the impactful endeavors of our NSS units and motivates others to join hands in serving the community. May this bulletin inspire its readers to embrace the ideals of selflessness, service, and social responsibility. It is my hope that this publication continues to highlight the incredible efforts of our NSS volunteers and serves as a reminder of the profound difference that collective action can make in society.

Best wishes to all the volunteers and contributors for their continued success in this noble mission. May you keep the torch of service burning bright and inspire many more to follow in your footsteps.

Sd/-

**Principal**

**Prof. (Dr.) Mushtaq Ahmad Malik**

**List of activities from 01-01-2024 to 31-12-2024**

S.No.	Name of Activity	Date of Activity	Page No.
1.	Celebration of National Youth Day	12-01-2024	7
2.	Swachh Bharat Cleanliness Drive	12-01-2024	8
3.	Aid to fire victims	22-01-2024	9
4.	Cleanliness Drive	25-01-2024	10
5.	Celebration of Republic Day	26-01-2024	11
6.	Voter Awareness Programme	26-02-2024	12
7.	Jal Utsav Celebrations	27-02-2024	13
8.	Drug Administration (MDA) and Lymphatic Filariasis	28-02-2024	14
9.	Mera Pehla Vote Desh ke liye	06-03-2024	15
10.	Awareness Programme on Semi-Conductor Facilities	13-03-2024	16
11.	Three Days Plantation Drive	28-30 march 2024	17
12.	Campus Cleanliness Drive	22-04-2024	18
13.	Mental Health Counselling	01-05-2024	19
14.	Swachh Bharat Cleanliness Drive	07-05-2024	20
15.	College's Community Outreach Program	18-05-2024	21
16.	One day Trekking for Girls	22-05-2024	22
17.	Mock Drill Exercise for Disaster Preparedness and Response	08-06-2024	23
18.	07-Day Special NSS Camp 2024 at Adopted Village (Nagbal & Branpathri)	27th may to 2nd June	24-25
19.	Two days NSS Camp (facilitation Centre) at Khankah I Faiz Panah Tral	12-13 June 2024	26
20.	Celebration of 10th International Day of Yoga	21-06-2024	27

21.	International Day Against Drug Abuse and Illicit Trafficking	26-06-2024	28
22.	Inaugural Function "Implementation of three New Criminal Laws"	01-07-2024	29
23.	Free AYUSH Medical Camp	04-07-2024	30
24.	Assistance & Cooperation to Celebrate 5th Shah-i-Hamdan Conference	07-07-2024	31
25.	Swachhta Pledge under the banner of Swachhta Pakhwada	01-08-2024	32
26.	Campus Cleanliness Drive under the banner of Swachhta Pakhwada	03-08-2024	33
27.	Painting Competition	03-08-2024	34
28.	Cleanliness Drive of nearby water body (Dilnag) under the banner of Swachhta Pakhwada	07-08-2024	35
29.	Plantation of Saplings (EK PED MAA KE NAAM)		36
30.	Swachhata Plogathon	14-08-2024	37
31.	Celebration of 78 <sup>th</sup> Independence Day	15-08-2024	38
32.	Participation in Chinari Book Fair Festival at SKICC organised by National Book Trust, Ministry of Education, GOI.	23&24-08-2024	39
33.	Celebration of Teachers Day	5-09-2024	40
34.	Assistance to SMD administration in Distribution of election material to Polling Parties for Assembly Election 2024.	17-09-2024	41
35.	Student Rally for Peace & Non-Violence	28-09-2024	42
36.	Cleanliness Drive under the Banner of Swachhata Hi Seva 2024	30-09-2024	43
37.	Cleanliness Drive of Dilnag and Fiazpanah Tal	01-10-2024	44
38.	Kashmiri Youth Exchange Programme (Panaji Goa)	13 to 26 OCT 2024	45-46
39.	Rashtriya Ekta Diwas 2024	31-10-2024	47
40.	Campus Cleanliness Drive	20-11-2024	48
41.	Participation by GDC Tal NSS Volunteers in 5th Kashmiri Youth Exchange Programme 2024-25 (Udaipur, Rajasthan)	13 to 21 December, 2024)	49-50

## Celebration of National Youth Day (12-01-2024)

To commemorate the contribution of Swami Vivekananda to the Vedantic principles and the youth development of India, GDC Tral celebrated National Youth Day today on 12<sup>th</sup> January 2024. The Programme was conducted with the collaborative efforts of NSS Units I and II. Series of lecture and discussion on the theme, ***"A Symposium on the Teachings of Swami Vivekananda"*** were held. The programme was attended by faculty members, NSS volunteers and other students. More than hundred participants



attended the Programme. The worthy principal of the college, Prof. (Dr.) Mushtaq Ahmad Malik, in his brief speech, threw light on the life and teachings of Swami Vivekananda. The students and faculty members deliberated on the life, teachings and philosophy of Swami Vivekananda and reviewed the overall contribution as an inspiration for the progressive development of the youth of India. The programme was moderated by Dr. Mehraj ud Din Sheikh and the technical support & vote of thanks was proposed by Dr. Imtiyaz Ahmad Gazi.





### Swachh Bharat Cleanliness Drive (12-01-2024)

To celebrate the 27<sup>th</sup> National Youth Festival, NSS Units I and II of GDC Tral along with programme officers conducted a Swachh Bharat Cleanliness Drive within the college campus on 12<sup>th</sup> January, 2024. The inspiration for the drive was provided by the worthy principal of the college, Prof. (Dr.) Mushtaq Ahmad Malik who in his brief interaction with the volunteers talked about the teachings of Swami Vivekananda, “who emphasized the importance of cleanliness as an integral aspect of individual and societal well-being. While swami

Vivekananda may not have extensively discussed cleanliness in specific writings, his teachings and speeches reflected a holistic approach towards life, including physical, mental, and spiritual cleanliness” Volunteers from both the Boys and Girls wing participated in the drive. Programme officers interacted with the volunteers on

the issues of pollution in general and plastic pollution in particular. The volunteers responded actively and collected the waste (polythene pieces, plastic bottles and other waste stuff) from the target area of the campus. The waste was collected in the trash bins and finally dumped into the waste pit. At the end of the drive, the programme officers advised volunteers to spread awareness about plastic pollution within the students of the college and the people in their respective villages.



### Aid to fire victims (22-01-2024)

Realizing the purpose of NSS, Government Degree College Tral in one of the outreach programmes visited the fire victims of its adopted village Brenpathri Tral today on 22 January 2024. Under the leadership of worthy Principal Prof. (Dr) Mushtaq Ahmad Malik the team comprising of NSS Programme Officers, 49 NSS volunteers, and a number of other members from staff offered solidarity to the family of Farooq Ahmad Gojjar who, in an unfortunate fire-incident, had lost all his belongings including their residential house and cowshed.

The NSS teams in compliance with the verbal directions of the worthy Principal had organized a fund-raising event soon after the catastrophe. Contributing with a philanthropic-bit from the institution towards the welfare of affected family provided them with necessities which included some basic utensils, eatables, oils, blankets, and other essentials.

Later, worthy Principal alongwith NSS Programme Officers expressed heartfelt thanks to all the employees of the college who contributed generously in this humanitarian urgency.





### **Cleanliness Drive (25-01-2024)**

The NSS Unit I & II of Government Degree College (GDC) Tral organized a campus cleanliness drive on January 25, 2024, to mark the auspicious occasion of India's 75th Independence Day celebrations.

The program aimed to promote environmental awareness and community involvement in maintaining cleanliness.

The event witnessed enthusiastic participation from hundreds of NSS volunteers and staff members of the institution. The volunteers actively cleaned the college campus and surrounding areas, ensuring



that waste was properly segregated and disposed of. The initiative not only improved the cleanliness of the area but also spread a strong message about the importance of environmental responsibility.

The principal of GDC Tral commended the efforts of the NSS units and encouraged students



to actively participate in such activities to build a better and cleaner society. The event concluded with a pledge to continue working for the betterment of the environment and society.

This noble initiative by the NSS units of GDC Tral served as a fitting prelude to the Republic Day

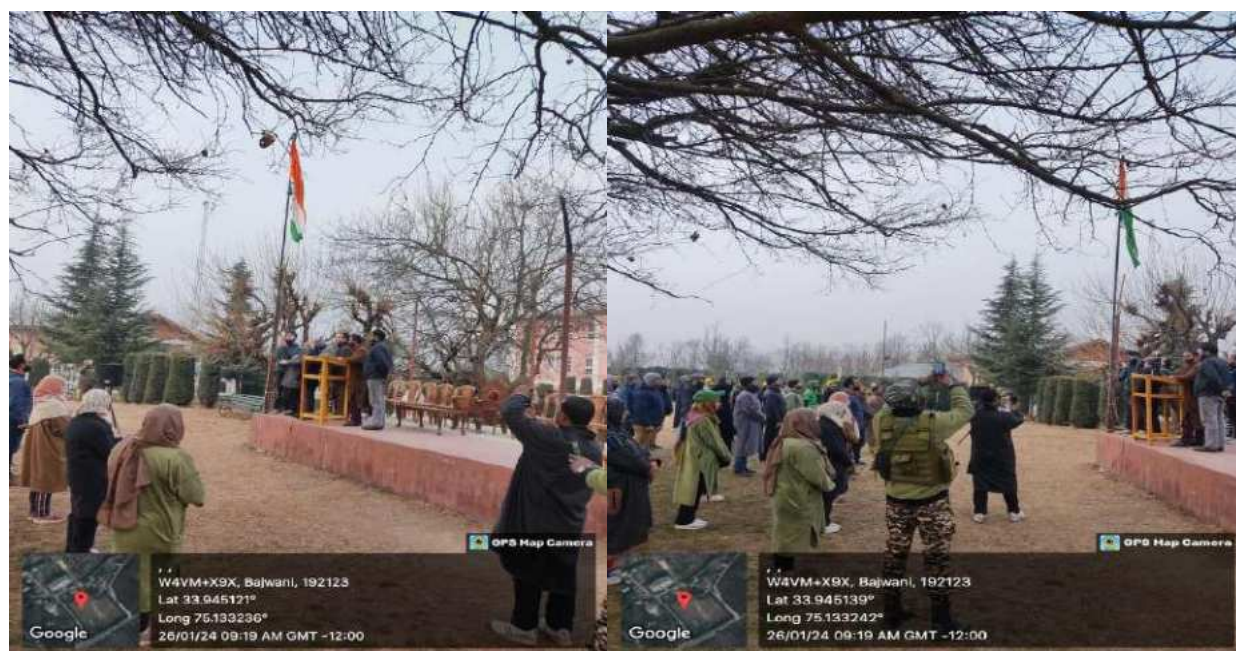
celebrations, instilling a sense of patriotism and civic responsibility among the participants.

## Celebration of 75<sup>th</sup> Republic Day (26-01-2024)

On January 26, 2024, the 75th Republic Day was celebrated with great fervor and zeal at the sports ground of GDC Tral. The flag hoisting ceremony, led by the college's principal, Prof (Dr.) Mushtaq Ahmad Malik, commenced at 9:00AM. The event witnessed active participation from all staff members, students and NSS units of the college, who gathered to witness the symbolic hoisting of the national flag.

As the tricolor soared, the National song resonated in the background, adding to the patriotic ambiance. Dr. Mohd Shafi Dar Assistant Professor Urdu, shed light on the historical and constitutional importance of Republic Day, emphasizing its significance in the context of the 75th anniversary of India as a republic.

The 75th Republic Day celebration at GDC Tral stands as a testament to the spirit of unity, patriotism, and reverence for the nation.





### Voter Awareness Programme (26-02-2024)

The NSS Units I and II of Govt. Degree College Tral organized a voter awareness programme on 26-02-2024 with an aim to educate & familiarize students about their voting rights and its significance. The programme highlighted essence of democracy and the power vested in each and every one of us. The programme was kick started by the worthy principal Dr. Mushtaq Ahmad Malik. The key speakers Dr. Rafiq Ahmad Khan; Associate Professor, Department of Physics and Dr. Mehraj ud Din Sheikh; NSS Programme Officer have highlighted important to understand our rights, responsibilities, and the importance of participating in the democratic process through voting. The programme concluded with vote of thanks by Dr. Nusrat Jan



## Jal Utsav Celebrations (27-02-2024)

The NSS Unit I and II of Govt. Degree College Tral organized a Jal Utsav Celebrations on 27-02-2024 at the adopted village of Nagbal aimed at promoting water conservation, sustainability, and community engagement. The programme brought together residents, volunteers, and local authorities to commemorate the significance of water resources and foster a spirit of collective responsibility towards environmental stewardship. The programme featured educational sessions and awareness campaigns on water conservation practices, highlighting the importance of sustainable water management techniques. Experts and volunteers conducted workshops and interactive sessions to disseminate knowledge about rainwater harvesting, watershed management, and efficient irrigation methods.



to disseminate knowledge about rainwater harvesting, watershed management, and efficient irrigation methods.



### Drug Administration (MDA) and Lymphatic Filariasis (28-02-2024)

On 28<sup>th</sup> of February, 2024 the NSS Unit I and II of Govt. Degree College Tral conducted an awareness programme on “Drug Administration (MDA) and Lymphatic Filariasis” with the objective to spread awareness about lymphatic filariasis, its prevention, and treatment among the students through Mass Drug Administration (MDA).

Dr. Fayaz Ahmad Shah, Assistant Professor Department of Zoology provided an overview of lymphatic filariasis,



emphasizing its status as a neglected tropical disease (NTD) that affects millions worldwide. He discussed the transmission cycle of the disease, which involves the bite of infected mosquitoes transmitting the filarial parasites. The programme was attended by NSS volunteers and students from the science stream. The lecture highlighted the debilitating

effects of lymphatic filariasis on individuals and communities. Dr. Fayaz Ahmad elaborated on the chronic manifestations of the disease, including lymphedema, elephantiasis, and hydrocele, which not only cause physical suffering but also lead to social stigma and economic burdens. The



vote of thanks was presented by Hilal Ahamd Wani.

### **Mera Pehla Vote Desh ke liye (06-03-2024)**

On 6th of march, 2024 the NSS Unit I and II of Govt. Degree College Tral conducted voter awareness campaign on "Mera Pehla Vote Desh ke liye" with an objective to ensure universal enlightened participation of youth in election. To achieve the objective, following activities were conducted:

The 55 NSS volunteers along with NSS programme Officers watched videos related to "Mera Pehla Vote Desh Ke Liye" covering a range of topics related to voting, democracy, and civic engagement. The key themes addressed in the videos are the significance of voting in a democracy, the rights and responsibilities of voters, the impact of youth participation on shaping the nation's future, personal stories and experiences of first-time voters etc.

After completing this activity, more than twenty (twenty) NSS Volunteers along with staff held a rally in the college campus to encourage the youth about their right to vote particularly those casting their vote for the first time.

Later on, the NSS volunteers along with NSS programme Officers took a voter pledge aimed at encouraging students to actively participate in the electoral process, foster a sense of duty towards building a better nation by casting their vote in upcoming election.





### Awareness Programme on Semi-Conductor Facilities (13-03-2024)

The NSS Units of GDC Tral organized an awareness program on 13-03-2024 on Semiconductor Mission with an aim to educate students and staff about the significance and opportunities in the semiconductor industry. The event saw a significant turnout, with enthusiastic participation from both subject related students and faculty members.

The program commenced with hosting the live-streaming of the inaugural ceremony of three semiconductor manufacturing facilities by Hon'ble Prime Minister Shri Narendra Modi at the college auditorium. Almost 150 students, mainly from the science background, witnessed the proceedings of the event. After the inaugural ceremony, the speaker Dr. Rafiq Ahmad Khan, Associate Professor, Department of Physics highlighted the importance of the semiconductor industry in driving technological advancements and innovation across various sectors. He emphasized the role of semiconductor technology in powering modern electronics, from smartphones and computers to automotive systems and healthcare



devices.

### Three Day Plantation Drive (from 28th to 30th March 2024)

The three-day plantation drive from 28<sup>th</sup> to 30<sup>th</sup> march 2024, was organized by the Department of Environmental Science in collaboration with the NSS Units of Government Degree College Tral with an aim to enhance the green cover of the college campus, promote environmental awareness, and contribute to the beautification of the college premises. During the plantation drive, a variety of flowering plants, including more than 150 deodar plants and Chinar trees, were planted across the college campus. The initiative aimed not only to enhance the aesthetic appeal of the campus but also to foster a sense of environmental responsibility among the students and faculty. During the event, Principal Prof. (Dr.) Mushtaq Ahmad played a pivotal role in spearheading the plantation drive. He emphasized the significance of plants in the ecosystem and highlighted their importance in beautifying the college surroundings. His leadership and encouragement motivated all the faculty members and NSS Volunteers to actively participate in the plantation activities. The Department of Forest, Awantipora Division, Kashmir, provided the saplings for the drive, showcasing interdepartmental collaboration in environmental conservation efforts. The plantation drive yielded tangible outcomes in terms of increasing the green cover of the college campus. By planting a variety of flowering plants, deodar and chinar trees the initiative not only enhanced the visual appeal of the surroundings but also helped in biodiversity conservation and maintaining ecological balance. Moreover, the event served as an educational platform for students to learn about the importance of plants in sustaining life on Earth and the role of individuals and institutions in environmental conservation.





### Campus Cleanliness Drive (22-04-2024)

The NSS units of Government Degree College (GDC) Tral organized a cleanliness drive within the college campus on April 22, 2024. The initiative was aimed to promote environmental awareness and instill a sense of responsibility among faculty and students for maintaining a clean and green environment.

The drive recorded an active participation from 85 NSS volunteers, who effortlessly cleaned various areas of the campus. The volunteers collected waste, swept pathways and ensured proper segregation and disposal of garbage. Their enthusiastic involvement highlighted the importance of collective action in fostering a hygienic and eco-friendly environment.

The principal and staff members lauded the commitment of the NSS volunteers and encouraged them to continue such initiatives. The event not only enhanced the cleanliness of the campus but also inspired students and staff to adopt sustainable practices in their daily lives.

This successful cleanliness drive by the NSS units of GDC Tral showcased the spirit of teamwork and community service, setting an example for others to follow.



### Mental Health Counselling (01-05-2024)

The NSS units of Government Degree College Tral, in collaboration with Médecins Sans Frontières, organized a mental health counseling session on May 1<sup>st</sup>, 2024, in the college's mini-auditorium.

The program aimed to address mental health issues and provide guidance on emotional well-being.

The event was attended by hundreds of college students, faculty members and staff. Expert counselors from MSF held interactive discussions and workshops focusing on stress management, coping mechanisms, and breaking the stigma surrounding mental health.



The principal of GDC Tral appreciated the efforts of MSF and the NSS units for organizing such a crucial event and highlighted the importance of mental health in academic and personal success. The attendees found the session highly informative and motivating, with many expressing gratitude for the practical advice and resources shared during the program.

This initiative taken by Médecins Sans Frontières and GDC Tral served as a valuable platform to promote awareness about mental health and foster a supportive environment within the college community.





### Swachh Bharat Cleanliness Drive (07-05-2024)

The NSS volunteers along with Programme officers of Govt. Degree College Tral organized **'Swachh Bharat Cleanliness Drive'** on **07-05-2024** in the college campus. The objective of the cleanliness drive was to foster a sense of responsibility towards cleanliness among students and staff. The inspiration for the drive was provided by the worthy principal of the college Prof. (Dr.) Mushtaq Ahmad Malik, who in his brief interaction with the volunteers emphasized the importance of cleanliness as an integral aspect of individual and societal well-being. 47 NSS volunteers responded actively and collected the waste (polythene pieces, plastic bottles and other waste stuff) from the target area of the campus. The waste was collected in the trash bins and finally dumped into the waste pit. At the end of the drive, the programme officers advised volunteers create awareness among the students of the college and the people in their respective village.



### College-Community Outreach Program (18-05-2024)

On 18-05-2024, an initiative was driven as college-community outreach aimed to provide exposure the adopted village students to higher education facilities, familiarize them with the college environment, motivate them towards higher education and to showcase various academic and extracurricular opportunities.

The programme started with welcome address by the worthy principal Prof. (Dr) Mushtaq Ahmad Malik, highlighting its serene environment and state-of-the-art infrastructure. The students were given a brief history of the college and its achievements. Moreover, they explored the college library, where they were shown a vast collection of books and digital resources. They were taken for a visit to various science and computer laboratories. The practical applications of theoretical knowledge was demonstrated to them. The students observed experiments and interacted with lab technicians to understand the importance of practical skills. The students visited modern classrooms equipped with smart boards and audio-visual aids. A mock lecture was conducted to give them a feel of the college learning experience. The exposure visit was a successful initiative in bridging the gap. It provided the village students with a glimpse of college life and inspired them to aim higher in their academic pursuits. The college



committed to support the educational aspirations of its adopted village community.



### **One Day Trekking for Girls (from GDC Tral to Upper reaches of Hajin on 22-05-2024)**

The Department of Physical Education and Sports in collaboration with NSS Unit I (Girls Wing) organized one day trekking for female students of the college.

The event was flagged off at 8:30 am on 22-05-2024 by the college Principal Prof (Dr) Mushtaq Ahmad Malik. Around 70 female students of different courses participated in the said program. The trekking

commenced from the Satoora village up to the upper reaches of Hajin nard. Besides the Sports Board members, esteemed Principal Prof (Dr.) Mushtaq Ahmad Malik) accompanied the students and supervised the whole trekking event. The Principal guided the students to undertake hard treks that will boost the moral and will



power of the students which in a long way help them to face hard times of life with patience and perseverance. The Students along with teaching and non-teaching staff enjoyed the



upper reaches of Hajin, mesmerizing beauty of nature, the smell of fresh trees and grass along with fresh water streams, the wind that wraps around the branches and the sound of birds which was pleasing to the ears. Speaking on the occasion Principal Prof (Dr) Mushtaq Ahmad Malik highlighted the objectives of trekking which prepares the students to face the challenges of life, enabling the student trekkers to adjust themselves in new environment with unforeseen eventualities and an opportunity to

explore the nature and be part of it. After the culmination of the event the students carried many memories home to cherish and many lessons learnt.

### **07-Day Special NSS Camp 2024 at Adopted Village (Nagbal) ( May, 27<sup>th</sup> to June 2<sup>nd</sup> 2024)**

The Government Degree College (GDC) Tral successfully organized “07 Days Special NSS Camp 2024” at the adopted village Nagbal from May 27 to June 2, 2024. The camp was aimed to engage students in community service, promoting social responsibility, develop leadership skills, teamwork, enhance personal skills through practical exposure and fostering a spirit of volunteerism among the youth.

The inaugural ceremony on May 27 was attended by the principal of the college, Prof. (Dr.) Mushtaq Ahmad Malik, NSS Programme Officers, faculty members, NSS Volunteers and the staff of the college. Prof. (Dr.) Mushtaq Ahmad Malik highlighted the importance of NSS activities in the holistic development of students and the upliftment of rural communities.

Throughout the week, a series of activities were conducted by 50 NSS volunteers along with designated staff includes: cleanliness drives to promote Swachh Bharat Abhiyan, focusing on waste management and clean surroundings. Door to door awareness programs covering topics like basic education, computer



literacy and environmental awareness. The rallies aimed at communicating directly with the community to raise awareness on critical issues such as water conservation, wild life conservation, drug abuse, rights of women and forest conservation. Medical and veterinary camps were held to provide essential health services to both the villagers and their livestock, ensuring the well-being of the entire community. The donation to the adopted school at Nagbal village was a key highlight of the 7-day NSS camp, reflecting GDC Tral’s commitment to supporting education and community development. Cultural events and sports activities were organized to foster community spirit and showcase the rich cultural heritage of the region.



The camp concluded on 2nd June with a valedictory function. The Principal, in his closing remarks, praised the dedication and hard work of the NSS Programme officers, NSS volunteers and the advisory committee and encouraged the continuation of such initiatives for the betterment of society.

Under the dynamic leadership, guidance and unwavering support of worthy Principal, the 07 days NSS Camp was effectively coordinated by Dr. Mehraj ud Din Sheikh (NSS Programme Officer I), Prof. Iqra Jan (NSS Programme Officer II), Dr. Amar Jeet Singh (Convener Advisory Committee), Mr. Lovepreet Singh (Assistant NSS) and Mrs. Gousia Jan (LFE). The camp was a resounding success, leaving a positive impact on the villages of Nagbal and Branpathri and providing valuable experiences to the NSS volunteers of GDC Tral.



## Mock Drill Exercise for Disaster Preparedness and Response (08-06-2024)

The Disaster Management Cell and NSS Units of GDC Tral, in collaboration with the District Disaster Management Authority (DDMA) Pulwama (State Disaster Response Force (SDRF), and Fire & Emergency Services), organized a comprehensive mock drill exercise on disaster preparedness and response on 8th June 2024 at Government Degree College Tral. The exercise aimed to create the awareness and readiness of the college community in handling various disaster scenarios. The event included a series of practical drills that simulated fire incidents, first aid response, and evacuation procedures during earthquakes and floods, providing a hands-on learning experience for all participants.



The program commenced with briefing on the importance of disaster preparedness and the roles of various agencies in managing emergencies. The first drill simulated a fire incident within the college premises. The Fire & Emergency Services team demonstrated the proper use of fire extinguishers and other firefighting equipment, emphasizing the importance of timely and correct responses to fire outbreaks. Students and faculty members practiced evacuation procedures, learning to identify safe exits and assemble at designated safety zones. The realistic simulation underscored the critical need for quick and calm actions during fire emergencies.

Following the fire drill, a first aid response session was conducted by SDRF personnel. This session included training on essential first aid techniques such as CPR, wound dressing, and fracture management. The participants engaged in role-playing scenarios where they applied these techniques on mock victims, enhancing their practical skills and confidence in handling injuries during disasters. The hands-on approach demystified first aid procedures, making them accessible and understandable for everyone involved.





## **Two days NSS Camp (facilitation Centre) at Khankah I Faiz Panah Tral from 12<sup>th</sup> June to 13<sup>th</sup> of June 2024**

The NSS Unit I of Government Degree College Tral organized a two-day NSS Camp (facilitation center) during the annual Urs Shah-i-Hamdan Khankah Faiz Panah, Tral on 12<sup>th</sup> & 13<sup>th</sup> June, 2024. The objectives of the camp were to provide assistance and guidance, to ensure a smooth and organized flow of activities, to serve refreshments to the devotees attending the Urs and finally to promote the values of community services and volunteerism among students.

Prior to the event, a meeting was held with the administration of the Waqf Board chaired by worthy principal Prof. (Dr) Mushtaq Ahmad Malik to discuss the arrangements for the annual Urs Shah-i-Hamdan Khankah Faiz Panah, Tral. The purpose of this meeting was to ensure that all necessary preparations and logistics support from GDC Tral for the



successful execution of the Urs. The NSS Camp (facilitation center) aims to provide various services and support to the attendees of the Urs, ensuring a smooth and organized experience. On the early morning of the 12<sup>th</sup> of June, the camp was installed at a strategic location near the entrance of Khankah Faiz Panah to ensure maximum accessibility for the followers. From that day till the evening of 13<sup>th</sup> of June 2024, the NSS volunteers dedicated their time and efforts, serving day and night. Their relentless service played a crucial role in the smooth functioning of the facilitation center (NSS Camp), ensuring that attendees received the necessary support and services throughout the event. Their commitment and hard work were instrumental in managing the activities and addressing the needs of the devotees effectively. The camp was attended by 15 (fifteen) NSS volunteers along with escorting staff Dr. Mehraj ud din Sheikh (NSS Programme Officer/Asst. Prof.); Dr. Mushtaq Ahmad Kumar (Asst. Prof.); Dr. Suhail Ahmad Bhat (Asst. Prof.); Dr. Sami Ullah Rather (Asst. Prof.); Mr. Mohd Ashraf Buloo (LFE), Mr. Manzoor Ahmad Naik (LFE) and Mr. Bilal Ahmad Sheikh (LFE).

## Celebration of 10<sup>th</sup> International Day of Yoga On 21<sup>st</sup> June 2024

The 10th International Yoga Day was celebrated with great enthusiasm at Government Degree College (GDC), Tral, on 21st June 2024. The event aimed to highlight the theme "Yoga for Empowerment of Women," emphasizing the role of yoga in promoting physical, mental, and emotional well-being among women. The celebration commenced at 9:00 AM with participants including more than 36 NSS & NCC Volunteers, faculty members, and non-

teaching staff gathering on the college ground. The event began with a brief introduction to yoga and its significance in today's world, particularly in empowering women to attain holistic health and inner peace.

A professional yoga instructor (Mr. Rayees Ahmad Lone) led the participants through a series of yoga asanas (poses) and pranayama (breathing exercises). Special

emphasis was placed on asanas known for their benefits in improving flexibility, strength, and mental clarity. The session was designed to accommodate participants of all fitness levels, ensuring inclusivity and accessibility.

The event concluded with a collective pledge to continue practicing yoga and spreading awareness about its transformative impact on individual well-being and societal harmony. This report captures the essence of our collective efforts towards promoting yoga as a tool for empowerment and well-being, particularly focusing on its benefits for women in our community. We extend our heartfelt gratitude to participants, organizers, volunteers, and sponsors for making this event memorable and impactful.





### Rally to observe International Day Against Drug Abuse and Illicit Trafficking (26-06-2024)

Highlighting the theme of the year “Evidence is clear: Invest in Prevention” and aimed at emphasize the detrimental effects of substance abuse and spreading the awareness , Sub Divisional Police Office Tral in collaboration with Drug De-addiction cell & NSS Units of GDC Tral organized a rally from college campus to Main bus-stand Tral on 26/06/2024 to observe the International Day Against Drug Abuse and Illicit Trafficking . The Rally was flagged off by esteemed Principal Prof. (Dr.) Mushtaq Ahmad Malik, in presence of guest of honor Mr. Suhail Ahmad Reshi, SDPO Tral. The participants included around 75 students and faculty from GDC Tral, along with 35 staff members and students from Boys Higher Secondary School Bajwani Tral. The students and faculty members raised slogans, and displayed pycards and banners to raise awareness about the ill effects of drug abuse and illicit trafficking. The rally received widespread appreciation from the locals of the town. The event concluded with a pledge by all the attendees to abstain from drug abuse and to work towards creating a healthier, drug-free society.





### Inaugural Function “Implementation of Three New Criminal Laws (01-07-2024)”

On July 1, 2024, the Sub-district Police Office (SDPO) Tral organized a program titled "Implementation of Three New Criminal Laws." The event included participation from NSS volunteers of about 20 (twenty) along with NSS Programme officers (Dr. Mehraj ud Din Sheikh PO1 and Prof. Iqra Jan PO2) and Dr. Mohd Rafiq Ahmad Khan, Associate Professor (Physics). The event aimed to educate and inform the community about three new criminal laws that have recently been enacted. The focus was on ensuring that both law enforcement and the public understand the changes, their implications, and how they will be implemented in daily law enforcement activities. The program was successful in bridging the gap between law enforcement and the community by promoting understanding and cooperation. The NSS volunteers and program officers played a crucial role in facilitating discussions and engaging with the participants. The event concluded with a commitment from the SDPO Tral to continue such educational initiatives in the future to ensure the smooth implementation of new laws and policies.



### Free AYUSH Medical Camp (04-07-2024)

On July 4th, 2024, the NSS Units (I & II) and the Drug De-addiction Cell of Govt. Degree College Tral, in collaboration with the District Officer AYUSH Pulwama, J&K successfully organized a free AYUSH/NCD Medical Camp. The event aimed to provide medical consultation, raise health awareness, and distributed free medicines to the staff, NSS volunteers, students, their family members, and the general public. The medical camp facility was also availed by residents of Nagbal and Branpathri, the adopted villages of GDC Tral. To facilitate their participation, the college arranged two buses to transport people from these villages to the camp. This thoughtful arrangement ensured that the villagers could access the medical services provided, emphasizing the college's commitment to extending healthcare support to its adopted villages. The camp was held in the Library Block of Govt. Degree College Tral, utilizing three rooms for smooth operation. In one room, Dr. Humyra Tabasum provided consultation to the attendees, ensuring privacy and comfort for female patients. The second room was dedicated to consultations by Dr. Khursheed Ahmad Mir and Dr. Syed Mohammad Ubaid, who addressed a wide range of health concerns. In the third room, the supporting staff efficiently managed the distribution of free medicines to the patients. The provision of free medical services and medicines was highly appreciated, as it made healthcare accessible to those who might otherwise face financial barriers.





### Assistance & Cooperation to Celebrate 5th Shah-i-Hamdan Conference (07-07-2024)

The 5th Shah-i-Hamdan Conference, held on the 7th of July, 2024, at the Shah-I-Hamdan Khankah I Faiz Panah, Tral, was a significant event aimed at commemorating the contributions and teachings of Mir Syed Ali Hamdani<sup>Reh</sup>, fondly known as Shah-i-Hamdan. This conference attracted a large number of devotees and scholars who gathered to pay their respects.

The NSS Unit 1 of the Government Degree College Tral played a crucial role in ensuring the smooth conduct of the conference by providing various forms of assistance and cooperation. The NSS volunteers were instrumental in managing the



large crowd that attended the conference. They ensured orderly movement and prevented overcrowding, thereby maintaining a peaceful and conducive environment for the proceedings. Their efforts were essential in guiding the attendees to their designated seating areas, preventing any disruptions during the event. The volunteers took the responsibility of serving tea and lunch to the devotees, ensuring that everyone was well taken care of.

The assistance provided by NSS Unit 1 of GDC Tral was highly commendable and significantly contributed to the success of the 5th Shah-i-Hamdan Conference.

The Shah-I Hamdan<sup>(Reh)</sup> Darul-Uloom, Tral expressed their gratitude to the Worthy Principal Prof. (Dr.) Mushtaq Ahmad Malik, NSS Programme Officer, staff and NSS volunteers of GDC Tral for their invaluable support. This collaboration between the educational institution and the religious organization underscored the importance of community involvement and service in promoting social harmony and cultural heritage.



### Swachhata Pledge (01-08-2024)

On August 1, 2024, Government Degree College Tral organized a significant event wherein the staff, students, and NSS volunteers collectively took the Swachhta Pledge. This initiative is a part of Swachhta Pakhwada aimed at promoting cleanliness and hygiene practices within the campus and the surrounding community. The Swachhta Pledge was recited in unison, emphasizing the commitment to maintaining cleanliness and promoting sustainable practices. The pledge included key points such as: Personal commitment to



cleanliness, Responsibility towards keeping the college and its surroundings clean, promoting hygiene practices among peers and the community, Reducing the use of plastic and ensuring proper waste management etc. The event successfully instilled a sense of



responsibility and community spirit among the participants. By taking the Swachhta Pledge, the members of GDC Tral reaffirmed their dedication to contributing towards a cleaner and healthier environment. This initiative is expected to inspire ongoing efforts and active participation in cleanliness and sustainability programs

both within and beyond the college premises.

### Campus Cleanliness Drive under the Banner of Swachhta Pakhwada (03-08-2024)

In celebration of the 77th Independence Day from 1<sup>st</sup> to 15<sup>th</sup> of August 2024, NSS Unit I & II of Government Degree College (GDC) Tral organized a comprehensive Campus Cleanliness Drive under the banner of Swachhta Pakhwada on the 3rd of August, 2024. This initiative aimed to promote the importance of cleanliness and hygiene within the college premises and to instill a sense of responsibility among the students towards maintaining a clean and green environment. The event commenced with a brief inauguration ceremony led by the worthy Principal Prof. (Dr.) Mushtaq Ahmad Malik. The Principal emphasized the significance of cleanliness and how it reflects the discipline and culture of an institution. The event witnessed the enthesitis participation form faculty members, NSS volunteers, and students. During the drive, they actively participate in



collecting waste, and proper disposal of garbage. The Campus Cleanliness Drive under Swachhta Pakhwada at GDC Tral was a resounding success, reflecting the commitment of the institution towards cleanliness and environmental sustainability. The drive not only enhanced the campus clealiness but also fostered a sense of unity and responsibility among the students and staff, setting a

positive precedent for future endeavors. As the nation prepares to celebrate the 77th Independence Day, initiatives like these echo the collective effort required to build a cleaner and greener India



### Painting Competition (03-08-2024)

As a part of 77<sup>th</sup> Independence Day Celebrations, the Cultural Committee & NSS Units of Government Degree College Tra organized a vibrant and engaging painting competition on August 3, 2024. The event served as a wonderful tribute to our nation's heritage and achievements. Under the able guidance and charismatic leadership of Prof. (Dr.) Mushtaq Ahmad Malik, Principal of the college, the event saw enthusiastic participation from students across various semesters.



The competition was organized to channelize the pious patriotism of students into creative expression and

celebrate India's independence. Participants were invited to showcase their artistic skills by drawing paintings that reflected national importance. The chosen themes included the national flag, national bird, national animal and other significant national symbols that hold a special place in the hearts of every Indian.

Prof. Sami-ul-lah Rather, Prof. Mushtaq Ahmad Kumar, Prof. Faizan Ahmad Malik and Prof. Iqra Jan supervised the event with great dedication and interacted with the students, offering

valuable feedback and appreciating their creative efforts.

The paintings produced during the competition were diverse and evocative. Some students chose to depict the national flag in various artistic styles, highlighting the tricolor's significance and the pride it evokes. Others focused on the National Bird,



the Indian Peacock capturing its resplendent feathers and symbolic beauty in their artworks. The National Emblem, National Flower and patriotic Indian Soldiers were also prominently feature in students artwork. Among the participants Mehvish Rafiq from UG Semester – IV secured first position in the competition.



### Cleanliness Drive of Nearby Water Bodies “Dilnag” (07-08-2024)

To celebrate the 77th Independence Day, from 1<sup>st</sup> to 15<sup>th</sup> of August 2024 a “Cleanliness Drive of nearby water body (Dilnag) under the Swacchta Pakhwada initiative was organized by **Govt. Degree College Tral** on 07-08-2024. The focus of this drive was the preservation and cleanliness of the Dilnag water body. This initiative aimed to promote environmental sustainability and community involvement in maintaining public spaces, to enhance the cleanliness and hygiene of the Dilnag water body, to create awareness about the importance of maintaining clean water bodies, to celebrate Independence Day with a meaningful and impactful activity. The event was attended by faculty members, NSS volunteers, and students. During the Cleanliness Drive of the Dilnag water body, an



organized and environmentally responsible approach was adopted for the disposal of collected garbage.

The Cleanliness Drive of Nearby Water Bodies (Dilnag) under the Swacchta Pakhwada initiative proved to be a successful and impactful way to celebrate the 77th Independence Day. By fostering a sense of responsibility towards the environment and involving the community in meaningful activities, the initiative



not only improved the condition of the Dilnag water body but also instilled a spirit of unity and cooperation among the participants. This drive stands as a testament to the power of collective effort in achieving environmental sustainability and preserving our natural resources for future generations.

### Plantation of Saplings (EK PED MAA KE NAAM) 08-08-2024

In a significant stride towards environmental conservation and awareness, the NSS Units I & II of Government Degree College Tral organized a sapling plantation drive under the banner "Ek Ped Maa Ke Naam" in the backdrop of the 77th Independence Day celebrations. The event took place on 08-08-2024 at the college campus, creating a vibrant atmosphere filled with enthusiasm and a sense of responsibility among the participants. The event witnessed the active participation of students, faculty members, and volunteers from the NSS units.



The event began with a brief inauguration ceremony where the worthy principal of GDC Tral, Prof. (Dr.) Mushtaq Ahmad Malik, highlighted the significance of tree plantation. The event was also graced by the presence of Dr. Shivali K Kadian, Associate Professor at



Shyamlal College, Delhi University, as the guest dignitary. Following the inauguration, participants enthusiastically engaged in planting saplings in the mini park near college canteen. Alongside the plantation drive, an awareness campaign was conducted to educate participants about the importance of trees in maintaining ecological balance

and collective effort towards beautification of college campus.

The sapling plantation drive under "Ek Ped Maa Ke Naam," organized by the NSS Units I & II of GDC Tral, was a resounding success. It reflected the spirit of Independence Day by fostering a sense of responsibility towards the environment and role of youth in promoting sustainable practices.



### Swachhata Plogathon (14-08-2024)

On the occasion of the 77<sup>th</sup> Independence Day, the NSS Unit I & II of Government Degree College Tral organized a "Swachhata Plogathon" on August 14, 2024, as part of the Swachhata Pakhwada campaign. The event was held within the college campus and aimed to promote cleanliness and environmental sustainability.

The event was attended by the number of 40 (forty) NSS volunteers enthusiastically participating in the activity. The term "Plogathon" combines the words "plogging" and "marathon," referring to the act of jogging while picking up litter.

During the event, participants covered various areas of the college campus, including gardens, pathways, and common areas. The activity not only focused on cleaning up the surroundings but also aimed to raise awareness about the importance of maintaining a clean and green environment.



The principal of GDC Tral, Prof (Dr.) Mushtaq Ahmad Malik encouraged the students and



appreciating their efforts. The event was successful in collecting a significant amount of litter, which was later segregated and disposed of properly. The event concluded with a brief address by the NSS Program Officer, who highlighted the significance of such activities in creating a cleaner and healthier nation.

Overall, the Swachhata Plogathon under the banner of Swachhata Pakhwada was a successful and

impactful initiative, reflecting the commitment of GDC Tral's NSS Unit I towards the cause of cleanliness and environmental conservation.

### **Celebrates 78<sup>th</sup> Independence Day (15-08-2024)**

“The 78th Independence Day” was celebrated in solemnity and dignity at GDC Tral on 15-08-2024. Principal Prof. (Dr) Mushtaq Ahmad Malik hoisted the National Flag, followed by the national Anthem. Staff members both teaching and non-teaching along with the college students including NSS volunteers were also present on the occasion. Speaking on the occasion Principal Prof. (Dr) Mushtaq Ahmad Malik highlighted the importance of the 78th anniversary of our nation's independence. He emphasize that this day marks the triumph of our freedom struggle and the birth of our great nation, India. As we hoist our national flag, we remember the sacrifices of our freedom fighters who fought tirelessly for our independence. We honour their legacy and reaffirm our commitment to the values of freedom, justice, and equality. As citizens of this great nation, it is our responsibility to uphold the principles of democracy, secularism, and inclusivity. Let us strive to build a society that is just, equitable, and prosperous for all. To our students, I urge you to be active participants in nation-building. Your energy, creativity, and idealism can bring about positive change. Embrace the spirit of patriotism and work towards creating a brighter future for our country. Let us celebrate this day. The flag hoisting ceremony was followed by Cultural Event in the college auditorium organised by the college Cultural committee in collaboration with the



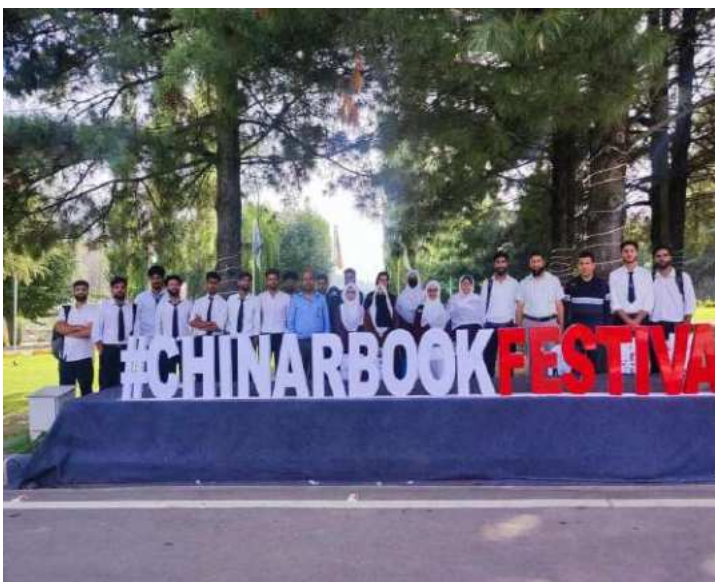
College NSS wings, displaying different activities and traditional Rouf. The cultural event concluded with patriotic song.



### Participation of NSS Volunteers of GDC Tral in Chinar Book Fair Festival at SKICC ( 23<sup>rd</sup> & 24<sup>th</sup> Aug 2024)

The NSS Units of GDC Tral actively participated in the Chinar Book Fair Festival held at SKICC, Srinagar, on the **23rd and 24th of August 2024**. This prestigious event was organized by the National Book Trust, under the Ministry of Education, Government of India, with the aim of promoting reading culture and providing access to quality educational resources.

A contingent of 20 enthusiastic NSS volunteers, accompanied by faculty members, represented GDC Tral at the festival. The team engaged in exploring a diverse collection of books across various disciplines, including literature, science, social sciences, and skill development.



Recognizing the academic and personal growth opportunities offered by the event, the volunteers and faculty made several significant book purchases to enrich their personal and institutional libraries.

The participation in this event provided the volunteers with exposure to a wide range of educational materials and an opportunity to interact with publishers, authors, and fellow book enthusiasts. The faculty members also emphasized the importance of such initiatives in enhancing the knowledge base of students and fostering intellectual development.

The visit to the Chinar Book Fair Festival was not only an educational experience but also an inspiration for the volunteers to become lifelong learners and advocates of knowledge dissemination.



### **Celebration of Teachers Day (05-09-2024)**

The NSS Unit I & II of Government Degree College, Tral, celebrated Teachers' Day on the 5th of September 2024 with great enthusiasm and deep respect for the teaching community. The event aimed to recognize the invaluable contributions of teachers in shaping the future of students and their role in building a strong society.



The celebration began with a warm welcome to the teachers by the NSS volunteers and educators followed by a series of activities that highlighted

the importance of education and the role of teachers. Students expressed their gratitude through speeches, poetry, and performances dedicated to their teachers.

The principal of the college, Prof. (Dr.) Mushtaq Ahmad Malik in his address, spoke about the significance of Teachers' Day and remembered Dr. Sarvepalli Radhakrishnan, whose birth anniversary is the reason behind the celebration of this day. He emphasized the vital role that teachers play in molding the character and intellect of students and encouraged everyone to uphold the values imparted by their educators.

The event concluded with a token of appreciation being presented to the teachers, followed by a vote of thanks given by Dr. Mohd Shafi Dar (Assistant Professor Urdu). The celebration



served as a reminder of the respect and gratitude owed to teachers for their relentless efforts in guiding and mentoring the youth.



### Helping hand to SDM in distribution of Election material to Poling parties (17-09-2024)

The NSS Unit I (Boys Wing) actively participated in assisting the Sub-Divisional Magistrate (SMD) administration during the Assembly Election 2024. A total of 15 NSS volunteers from the unit contributed their time and effort to ensure the smooth distribution of election materials to polling parties on **17th September 2024**.

The volunteers were stationed at the designated distribution center, where they diligently helped in organizing and handing over essential election materials, including ballot papers, electronic voting machines (EVMs), voter lists, and other necessary documents, to the polling parties. Their involvement was instrumental in maintaining efficiency and order during the process.

The administration commended the volunteers for their dedication, discipline, and commitment to public service. This initiative not only helped in ensuring a hassle-free election process but also provided the volunteers with an opportunity to contribute to the democratic process, instilling in them a sense of responsibility and civic duty. The event highlighted the vital role of NSS in fostering community service and active citizenship among students.



### Students rally for Peace and Non-violence (28-09-2024)

The NSS Units I & II of Govt. Degree College, Tral, in collaboration with College Debate & Seminar Committee and Nehru Yuva Kendra Sangathan (NYKS), conducted a student's rally with suitable placards in and around the college premises spreading the message of peace and non-violence on 28th September 2024. The event was inaugurated by the worthy Principal of the institution, Prof. (Dr.) Mushtaq Ahmad Malik, who encouraged students to embody the values of harmony and unity in their daily lives.

The rally commenced within the college premises and witnessing enthusiastic participation from more than 50 NSS Volunteers and the staff, who carried placards with impactful messages promoting peace and non-violence. The participants, through slogans and signs, highlighted the relevance of Gandhian values in contemporary society.

The collaboration with Nehru Yuva Kendra Sangathan (NYKS) provided further significance



to the event, showcasing the power of youth engagement in spreading awareness about social causes.

The rally not only emphasized the importance of peace but also reflected the college's commitment to shaping responsible, socially aware citizens. It

concluded with a collective pledge by the students to uphold the principles of non-violence in their communities.





### Cleanliness Drive under the banner of Swachhata Hi Seva 2024 (30-09-2024)

The NSS Units of Govt. Degree College Tral in collaboration with Nehru Yuva Kendra Sangathan (NYKS) Pulwama conducted 'Campus Cleanliness Drive' on 30-09-2024 in the college campus under the banner Swachhata Hi Seva 2024. The objective of the cleanliness drive was to foster a sense of responsibility towards cleanliness among students and staff. The inspiration for the drive was provided by the worthy principal of the college Prof. (Dr.) Mushtaq Ahmad Malik, who in his brief interaction with the volunteers emphasized the importance of cleanliness as an integral aspect of individual and societal well-being. More than 40 NSS volunteers along with staff responded actively and collected the waste (polythene pieces, plastic bottles and other waste stuff) from the target area of the campus. The waste was collected within the trash bins and finally dumped into the waste pit. At the end of the drive, the programme officers advised volunteers to spread awareness about plastic pollution among the students of the college and the people in their respective village.



### Cleanliness Drive of Dilnag and khankhai Fazi Panah Tral (01-10-2024)

A cleanliness drive was conducted on 1st October 2024 at Dilnag and Khankhai Fazi Panah, Tral by the NSS volunteers of GDC Tral in collaboration with the Nehru Yuva Kendriya Sangathan, Pulwama. This noble initiative aimed to promote environmental awareness and instil a sense of responsibility among the community toward maintaining cleanliness and preserving the natural beauty.

The event witnessed the enthusiastic participation of 80 NSS volunteers, who dedicated their time and energy to ensuring the successful execution of the drive. The volunteers were engaged in activities such as waste collection, segregation, and proper disposal, ensuring that the area was left cleaner and more hygienic.



The drive not only contributed to the physical cleanliness of the location but also served as a platform for spreading awareness among the local populace about the importance of sanitation and sustainable practices.

The collaboration between GDC Tral and Nehru Kendriya Sangathan, Pulwama, was instrumental in the successful organization of the event. Such initiatives reflect the collective effort required to preserve the environment and inspire others to adopt eco-friendly habits.



toward a cleaner and greener society.

The NSS unit of GDC Tral remains committed to organizing more such events in the future to contribute



### **Kashmiri Youth Exchange Programme (Panaji Goa) Participation by GDC Tral NSS Volunteers (13 to 23 October, 2024)**

The 20 NSS volunteers of GDC Tral, participated in the prestigious Kashmiri Youth Exchange Programme organized by Nehru Yuva Kendra Sangathan, Ministry of Youth Affairs and Sports. The programme was held in Panaji, Goa, from October 17 to October 22, 2024. The team was accompanied by two group leaders, Dr. Mohd Shafi Dar (Assistant Professor, Urdu) and Dr. Mehraj ud Din Sheikh (Programme Officer, NSS), ensuring a well-coordinated and enriching experience for all participants.



The group embarked on their journey from Kashmir on October 13, 2024, with great enthusiasm and anticipation and reached back to home on 23<sup>rd</sup> October 2024. The journey provided an opportunity for the volunteers to bond and prepare themselves for the various activities and interactions planned during the exchange programme.

During the six-day programme, the volunteers explored Goa's cultural and historical



heritage, visiting several iconic places such as Miramar Beach - A serene location where participants enjoyed the beautiful coastal view and vibrant atmosphere. Se Cathedral and Velha Goa - Witnessing the architectural grandeur and historical significance of Old Goa. Basilica of Bom Jesus - Known for housing the mortal remains of St. Francis Xavier, providing a spiritual and historical insight. Goa Legislative Assembly - A visit to understand

the governance and legislative functioning of Goa. Calangute Beach - Popular for its lively environment, where volunteers experienced Goa's tourism and hospitality. Governor's

House - A place reflecting the administrative heritage of Goa. Dona Paula - A picturesque spot offering stunning views of the sea. River Cruise - A memorable journey through Goa's rivers, showcasing the beauty of its water resources and culture.

A highlight of the programme was the interaction with several eminent leaders and dignitaries, including Mr. Pramod Sawant, Chief Minister of Goa, who addressed the participants. His speech emphasized national integration, youth empowerment, and the importance of cultural exchange in fostering unity and understanding among different regions of the country.

The Kashmiri Youth Exchange Programme was an invaluable experience for the NSS volunteers of GDC Tral. It not only allowed them to explore Goa's rich heritage but also provided a platform to interact with youth from different cultural backgrounds, fostering a sense of unity and patriotism. The guidance and leadership of Dr. Mohd Shafi Dar and Dr. Mehraj ud Din Sheikh played a crucial role in making the programme a success.





### **Rashtriya Ekta Diwas 2024 (31-10-2024)**

The NSS Units of Government Degree College Tral, in collaboration with the Departments of Public Administration and Political Science, organized a significant event to observe Rashtriya Ekta Diwas 2024 on 31-10-2024.

This event was held to honor the ideals of national unity and integrity, aligning with the birth anniversary of Sardar Vallabhbhai Patel, celebrated as National Unity Day.

The observance began with the Rashtriya Ekta Pledge, where students and faculty reaffirmed their commitment to upholding the unity and integrity of the nation. Following the pledge, a Run for Unity was organized, which witnessed enthusiastic participation from around 100 NSS volunteers. The run symbolized the spirit of unity and served as a powerful reminder of the importance of harmony in a diverse nation like India.



Through this event, the college promoted awareness of the values of solidarity and collective strength, emphasizing the role each individual plays in fostering national unity. The successful organization of the event reflected the commitment of GDC Tral's NSS Units and associated departments to promoting social cohesion and patriotism among students.



### Campus Cleanliness Drive (20-11-2024)

The NSS Units I & II of Government Degree College Tral successfully organized a Campus Cleanliness Drive on 20-11-2024, as part of the national campaign Swachhta Hi Seva. The program aimed to promote the importance of cleanliness and foster a sense of responsibility among students towards maintaining a clean and green environment within the institution.

The event began with a formal address by the esteemed Principal of the college, who highlighted the significance of cleanliness in achieving sustainable development and maintaining a healthy lifestyle. NSS Programme Officers briefed the volunteers about the objectives of the drive and assigned specific areas of the campus to different groups for cleaning.

The cleanliness drive covered: lawns, parks and paly ground of the institution, the volunteers actively participated in removing weeds, collecting litter, and ensuring the lawns were tidy and inviting. During this initiative, the college parks were cleared of plastic waste and other debris, making them aesthetically pleasing and environment friendly. Campus and the grounds were swept clean of garbage, and efforts were made to ensure proper disposal of waste in designated bins.

The participants, including more than 110 NSS volunteers, teaching and non-teaching staff, worked with enthusiasm, using eco-friendly tools and methods to complete the task. They also raised awareness about waste segregation and the harmful effects of single-use plastics. The program concluded with a reflection session where participants shared their experiences and pledged to adopt cleanliness practices in their daily lives.





**Participation by GDC Tral NSS Volunteers in 5th Kashmiri Youth Exchange Programme 2024-25 (Udaipur, Rajasthan)**  
(From 13 to 21 December, 2024)

Organized by the Nehru Yuva Kendra Sangathan under the Ministry of Youth Affairs and Sports, the 5th Kashmiri Youth Exchange Programme 2024-25 was held in Udaipur, Rajasthan, and focused on the theme Wattan Ko Jano. Twenty NSS volunteers from GDC Tral, accompanied by two group leaders, Mr. Arshad Amin Kar and Mr. Noor Mohammad Bhat, actively participated in this enriching event. The group embarked on their journey from Tral on 13th December 2024 and reached Udaipur after a long but exciting travel. They participated in the programme from 16th to 21st December 2024. After completing the activities and visits, they returned home on 22nd December 2024.



The programme aimed to foster cultural exchange, promote national integration, and expose Kashmiri youth to the vibrant cultural and educational landscape of other parts of India.



During their stay, the participants visited several iconic and educational locations in and around Udaipur: The group visited Pacific University, where they interacted with students and faculty. This visit provided insights into higher education opportunities and research activities in the region. At Krishi Vigyan Kendra, the participants learned about agricultural innovations

and sustainable farming techniques. The visit was a valuable exposure to modern agricultural practices. The visit to Shilpgram showcased the rich handicrafts and cultural heritage of Rajasthan. The volunteers were inspired by the craftsmanship and traditional art forms. The group explored Fateh Sagar Lake, a picturesque artificial lake in Udaipur. The serene environment and scenic beauty left the participants captivated. Known as the second-largest palace in India, the City Palace offered the volunteers a glimpse of Rajasthan's royal history and architectural grandeur. The group also visited the historic Kumbhalgarh Fort, renowned for its magnificent structure and the second-longest wall in the world after the Great Wall of China.

The programme was a great success in fostering cultural understanding and unity among the participants. The volunteers from GDC Tral gained: Exposure to the rich cultural and historical heritage of Rajasthan. Insights into higher education and agricultural advancements. An understanding of the importance of national integration through interactive and educational experiences. The journey also strengthened their leadership and teamwork skills as they represented their college and region with pride.

The participation of NSS volunteers from GDC Tral in the 5th Kashmiri Youth Exchange Programme 2024-25 was a memorable and transformative experience. The programme not only broadened their perspectives but also reinforced the importance of unity in diversity. The volunteers returned with cherished memories and valuable lessons that will inspire them to contribute positively to society.







**NSS BULLETIN**

**Wastoorwan**

**(The Paramount Zeal)**

**January 2024 to December 2024**