

**NATIONAL SERVICE SCHEME  
(U.T.D.)**

***NOT ME BUT YOU***



**ANNUAL REPORT**  
**(1<sup>st</sup> October, 2021 – 20<sup>th</sup> July 2022)**

**KURUKSHETRA UNIVERSITY**  
**KURUKSHETRA**

➤ **CHAIR**

**Prof. Som Nath Sachdeva**  
**Hon'ble Vice Chancellor**  
**Kurukshetra University, Kurukshetra**

➤ **VICE CHAIR**

**Prof. Anil K. Vashisth**  
**Dean Students' Welfare**  
**Kurukshetra University, Kurukshetra**

➤ **PROGRAMME OFFICERS, N.S.S (U.T.D)**

- Dr. Sangeeta (Department of Chemistry)
- Dr. Manisha Sandhu (Department of Geophysics)
- Dr. Sunil Kumar (Department of Sociology)
- Dr. Dipti Choudhary (Department of Law)

➤ **N.S.S. (U.T.D.) ADVISORY COMMITTEE**

- Prof. Anil K. Vashisth, Dean Students' Welfare (Chairman)
- Dr. Gurcharan Singh, Dy. Director Youth & Cultural Affairs
- Dr. Neeraj Batish, Ex-Programme Officer, N.S.S. (U.T.D.)
- Dr. Sangeeta, Member Secretary and Programme Officer, N.S.S. (U.T.D.)
- Dr. Manisha Sandhu, Programme Officer, N.S.S. (U.T.D.)
- Dr. Sunil Kumar, Programme Officer, N.S.S. (U.T.D.)
- Dr. Dipti Choudhary, Programme Officer, N.S.S. (U.T.D.)
- Ms. Manisha, M.Sc. (Final), Department of Chemistry
- Mr. Saurav Gupta, MBA (SFS) 1<sup>st</sup> Year, University School of Management



## N.S.S. OBJECTIVES



The main objectives of National Service Scheme (N.S.S.) concerning youth are:

- [I] Understand the community in which they work
- [II] Understand themselves in relation to their community
- [III] Identify the needs and problems of the community and involve them in problem-solving
- [IV] Develop among themselves a sense of social and civic responsibility
- [V] Utilize their knowledge in finding practical solutions to individual and community problems
- [VI] Develop competence required for group-living and sharing of responsibilities
- [VII] Gain skills in mobilizing community participation
- [VIII] Acquire leadership qualities and democratic attitudes
- [IX] Develop capacity to meet emergencies and natural disasters
- [X] Practice national integration and social harmony

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## 1.

### **Seven Day and Night Special Camp at Village Dayalpur**

Under the directions of Hon'ble Vice Chancellor Dr. Som Nath Sachdeva and Dean Students' Welfare Prof. Anil K. Vashisth, a Seven Day and Night Special Camp on theme "Azadi Ka Amrit Mahotsav (Clean, Healthy and Self-Reliant India)" was organized by N.S.S. (U.T.D.) from 09 to 15 November, 2021 at village Dayalpur under the guidance and supervision of N.S.S. programme Officers Dr. Sangeeta and Dr. Manisha Sandhu. The details of activities (date-wise) are presented below:

#### **DAY 1**

The day started with Yoga and meditation session in the early morning with N.S.S. volunteer Mr. Krishan leading the session. The benefits of Yoga and meditation were discussed with the volunteers and emphasis was laid on the importance of 'sukshma vyayama'. After Breakfast, the volunteers reached the village where Dr. Sangeeta briefed them about the theme of the camp as well as the code of conduct which volunteers had to adhere during the entire duration of the camp. The ice-breaking session was conducted where volunteers one-by-one introduced themselves to others and talked about their hobbies as well as about their reasons for being an N.S.S. volunteer. Thereafter, several committees were allotted to volunteers. Such as- Operational Committee, Food Committee, Cultural Committee, Discipline Committee, Arts and Craft Committee, Attendance Committee and Photography - Media Committee. The students were briefed about the role and duties of members of different committees. Talking to the volunteers Dr. Sangeeta stressed upon the importance of discipline and determination in life. She emphasized any goal can be achieved with sheer determination and hard work. Afterwards volunteers carried out cleanliness campaign in the village. The volunteers were divided into different teams and team leaders were elected. The team leaders took the round of the village and based on the information provided by these team leaders, Programme officers assigned each team a particular area for cleaning. The different teams collected plastic waste from streets, common gathering places and from the vicinity of ponds of the village. While collecting the plastic waste, volunteers also educated villagers to avoid single use plastic items and to get rid of waste not to burn it. They informed the villagers that burning waste especially plastic releases harmful gases in air that

deteriorates human and animal health. Towards the end of the day, the programme officers Dr. Sangeeta and Dr. Manisha Sandhu took a round of the village along with the volunteers to inspect the impact of cleanliness drive. During the round, volunteers saw several taps are in need of repair due to which water wastage was taking place. Volunteers discussed and told the villagers about the importance of water and informed them about the current status of ground water reserves and looming water crisis. After the inspection round, programme officers appreciated the hard work of the volunteers and the best two teams which led the task were announced. Ms. Simran (Deptt. of Hindi) an N.S.S. volunteer and a native of Dayalpur led the team which obtained first position while second position went to team led by Ms. Manisha (Deptt. of Chemistry). All the volunteers appreciated the efforts of each other and the day one ended on upbeat note. The possible sites for tree-plantation were also identified during the round.







Unnamed Road, Dayalpur, Thanesar, Haryana 136119, India

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WRQ8+G2P, Dayalpur, Thanesar, Haryana 136119, India

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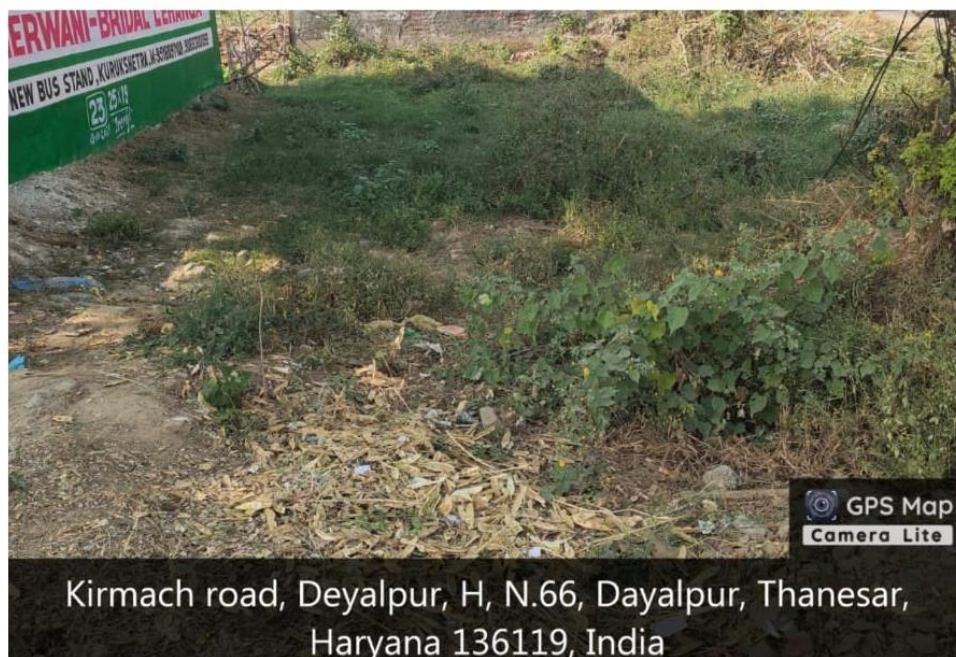


Kirmach road, Deyalpur, H.N.66, Dayalpur, Thanesar, Haryana 136119, India

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## DAY 2

Everyday started with Yoga session in the morning. The session was conducted by Mr. Krishan and Mr. Parteek. On day two, Prof. S.L. Saini, President, Haryana Environmental Society (NGO) talked to volunteers about the importance of tree plantation and told them that tree plantation drives should also equally focus on nurturing the saplings post plantation. He talked about his own experience of setting up a self-sustainable NGO build on the model of public involvement. Under his supervision, the tree plantation site was finalized and work on the preparation of the

site for plantation was initiated. The enthusiastic response of students towards environmental cause also motivated the villagers and H.E.S. agreed to donate the sapling for plantation on the site. In the evening, a lecture by Dr. Ashok Kumar, Sub-Inspector, HSNCB on Drug Abuse was organized. An awareness rally against drug abuse was conducted.











# जागरूकता पैदल यात्रा निकल लोगों को नशे से दूर रहने के लिए किया जागरूक

कुरुक्षेत्र, राष्ट्रीय सेवा योजना के अंतर्गत कुरुक्षेत्र विश्वविद्यालय के छात्रों एवं स्वयंसेवकों का सात दिवसीय शिविर दयालपुर में चल रहा है, इस शिविर के संयोजक डॉ. संगीता सैनी और डॉ. मनीषा संघु के नेतृत्व में एक दिवसीय नशा मुक्ति कार्यक्रम का भी आयोजन किया गया. प्रयास संस्था और हरियाणा राज्य नारकोटिक्स कण्ट्रोल ब्यूरो द्वारा एक दिवसीय नशा मुक्ति कार्यशाला में स्वयंसेवकों को नशे से दूर रहने बारे जागरूक किया गया और दयालपुर में पैदल जागरूकता यात्रा निकाल कर लोगों को नशे से दूर रहने के लिए प्रेरित किया गया. कार्यक्रम में प्रयास संस्था कुरुक्षेत्र के कार्यकारी प्रधान एवं नारकोटिक्स कण्ट्रोल ब्यूरो के उप निरीक्षक डॉ. अशोक कुमार वर्मा मुख्य वक्ता के रूप में पहुंचे हुए थे. डॉ. वर्मा ने नशे पर व्याख्यान देते हुए कहा कि भारत की 65

» हम सभी ने ठाना है भारत को नशा मुक्त बनाना है- डॉ. वर्मा



प्रतिशत जनसंख्या युवाओं की है और यदि देश का युवा नशे में पड़ गया तो देश के लिए संकट उत्पन्न हो सकता है. इसीलिए प्रान्त के अतिरिक्त पुलिस

महानिदेशक और ब्यूरो प्रमुख श्री श्रीकांत जाधव साहब ने लोगों को जागरूक करने का बीड़ा उठाया है. युवाओं में ऐसी भावना उत्पन्न करनी है कि यदि नशा

उनके सामने भी हो तो वो उसे लेकर मार दें. उन्होंने बताया कि यह उन द्वारा नशे के विरुद्ध 87वीं जागरूकता यात्रा है. व्याख्यान के पश्चात उप निरीक्षक डॉ. अशोक कुमार वर्मा के नेतृत्व में दयालपुर में एक जागरूकता यात्रा निकली गई जिसमें युवाओं ने बड़े ही उत्साह के साथ भागीदारी करते हुए लोगों को नशे से दूर रहने के लिए प्रेरित किया. जागरूकता यात्रा छात्र नारे लगा रहे थे कि हम सबको एक ही मांग बंद करो भुक्की और भांग. हम सभी ने ठाना है भारत को नशा मुक्त बनाना है आदि.

## साहित्य प्रदीप

## हरियाणा प्रदीप

### DAY 3

On day three, to support "Atam Nirbhar Bharat" initiative of Govt. of India, NSS UTD invited Kisan Dharambir to share his experience and demonstrate his innovations to volunteers and villagers likewise. He told the gathering how farmers can setup small scale business related to food processing in their village itself, and improve their financial conditions. He brought his invented machines with him for a demonstration. All the villagers as well as the NSS volunteers learnt how the machine can be used to extract juices, prepare chutney and jam from different fruits. Kisan Dharambir made the farmers realize the importance of selling value added products e.g. if they extract and sell juice of fruits, they can earn more. Further, he shared how often school kids have wonderful innovation ideas therefore, he stressed on nurturing such ideas with appreciation and reward. The NSS volunteers Mr. Sunil, Ms. Anjali and Ms. Hritika informed the villagers about the ills of stubble burning and how PUSA de-composter can help in this regard. In the evening, four-day long self-



defense training for girls began under the guidance of Sh. Rajesh Sharma, Shri Krishan Martial Arts Sansthan, Kurukshetra.



Kainthala Rd, Dayalpur, Thanesar, Haryana 136119, India

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GMT 07:31:23 AM Thursday, 11-11-2021



Kainthala Rd, Dayalpur, Thanesar, Haryana 136119, India

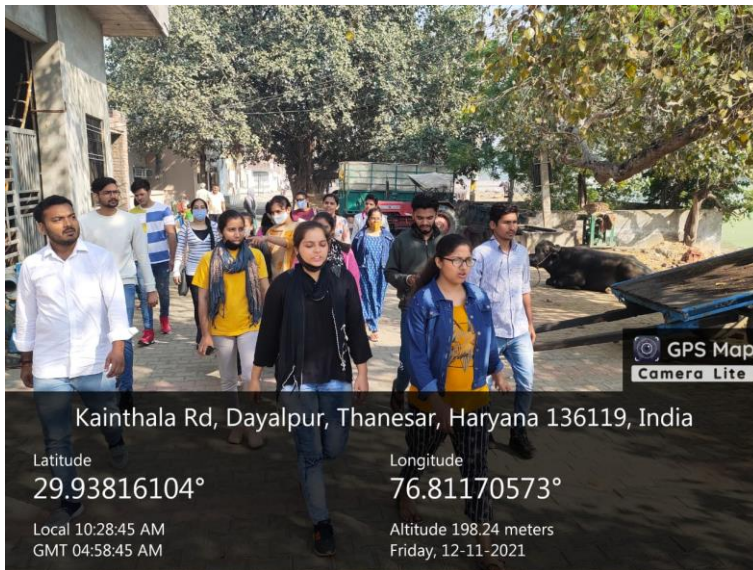
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GMT 07:31:23 AM Thursday, 11-11-2021

## Day 4

On day Four, Health Camp and Covid-19 Vaccination campaign was organized in the village with the help of Dr. Anju, SMO, CHC Barna and Dr. Pardeep, SMO, PHC, Kirmach. In the morning, students conducted a rally to remind the villagers about the health camp. Approximately 100 COVID-19 doses were administered. The villagers and the volunteers had group discussion with the team of doctors on various health related issues which including life-style related disease like blood-pressure, diabetes etc. The group discussion was moderated by N.S.S. volunteers – Ms. Aaina and Ms. Preeti. The NSS volunteers applauded the efforts of doctors and Asha workers during COVID by presenting hand-made cards. Also, the ASHA workers provided a list of people who despite repeated calls did not come to get COVID vaccination. Our NSS volunteers called these volunteers over the course of three days and motivated them to get vaccinated. Self-defense training was also conducted at the end of the day.











## Day 5

On day Five, the self-defense training session for the girls was conducted after the Yoga session. The work at tree plantation site was continued in the morning and trees were planted under the supervision of Haryana Environmental Society's president Dr. Sohal Lal Saini and Vice-president (Kurukshetra Chapter) Sh. Rahul Bharti. In the afternoon, a capacity building lecture by Prof. Sanjiv Arora on plastic waste management was organized. He introduced the concept of eco-brick to the students and motivated them to collect their plastic waste like wrappers, torn polythene bags etc. to make eco-bricks.



# स्वयं सेविकाओं को दी सैल्फ डिफेंस की ट्रेनिंग

कुरु क्षेत्र, 13 नवंबर (जसबीर दुग्गल) : आजादी के अमृत महोत्सव के तहत यूटीडी कुरु क्षेत्र यूनिवर्सिटी द्वारा एनएसएस का सात दिवसीय डे एंड नाइट शिविर का आयोजन दयालपुर गांव में किया जा रहा है। इसमें स्वयं सेविकाओं को श्रीकृष्ण मार्शल आर्ट संस्थान द्वारा सैल्फ डिफेंस की ट्रेनिंग दी जा रही है। संस्थान के अध्यक्ष वह मुख्य प्रशिक्षक राजेश शर्मा ने बताया कि छात्राओं को हमला होने की स्थिति में सैल्फ डिफेंस की बेहद प्रभावी तकनीकों का प्रशिक्षण दिया गया। शिविर में छात्राओं को शरीर के अत्यंत नाजुक अंगों की जानकारी दी गई जहां पर प्रहार करके असामाजिक तत्वों को आज आसानी से धराशाई किया जा सकता है। उन्होंने बताया सैल्फ डिफेंस की तकनीक



### सैल्फ डिफेंस की ट्रेनिंग लेते छात्राएं।

इतना प्रभावी है कि यदि कोई छात्रा एक बार सैल्फ डिफेंस की ट्रेनिंग लेती है तो उसका आत्मविश्वास इतना बढ़ जाता है कि वह न केवल असामाजिक तत्वों से छेड़छाड़ वह छिंटकशी की स्थिति में उन्हें करारा सबक सिखा कर अपना बचाव कर सकती है बल्कि किसी दूसरी छात्रा के साथ छेड़छाड़

की दशा में उसकी मदद भी कर सकती है। स्वयं सेविका मनीषा, पूजा, प्रीति, सिमरन और विजेता ने बताया की सैल्फ डिफेंस की ट्रेनिंग लेने के बाद उनका आत्मविश्वास बहुत बढ़ गया है और उन्हें यह पूर्ण विश्वास है की छेड़छाड़ वह हमला होने की स्थिति में वह अपना बचाव कर सकती हैं।









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Altitude 197.44 meters  
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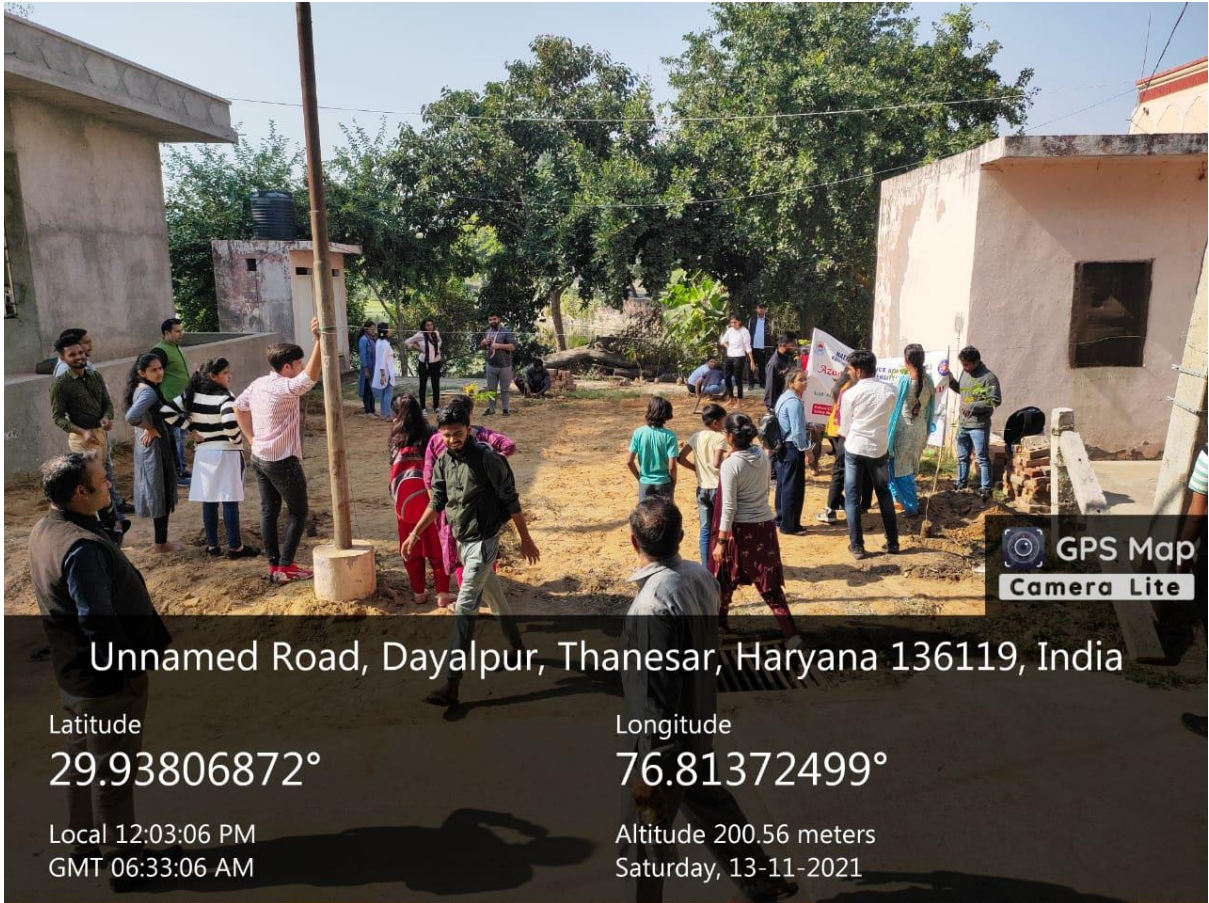
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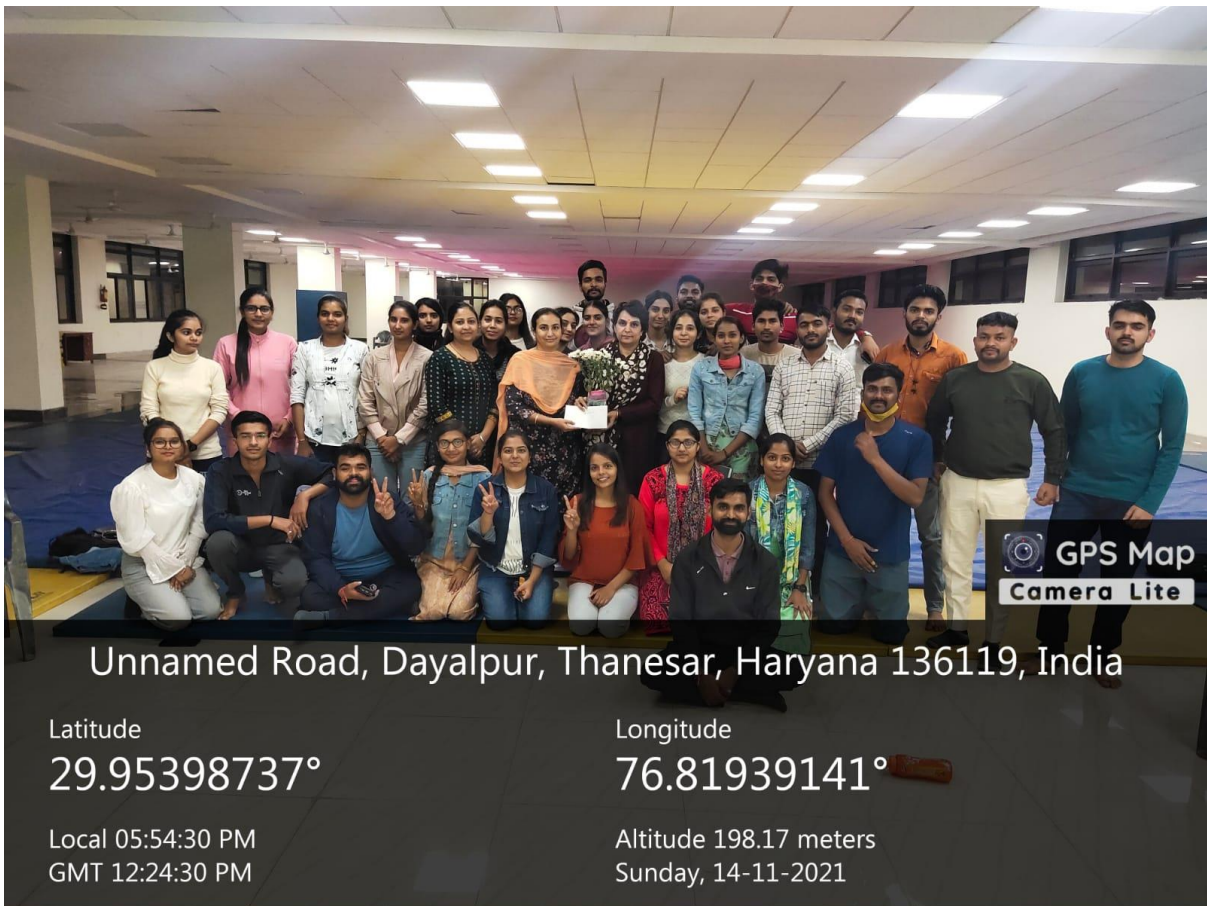


## **Day 6**

On day Six, First Aid Training session for the NSS Volunteers was also organized. The sixth day being "Children's Day" was celebrated with the village children and several song recitation, poem recitation events were organized. The NSS volunteers made aware the villagers about to be organized blood donation camp through self-made posters and door-to-door interaction. In the afternoon session, the tree plantation drive was concluded by planting the saplings by Prof. Manjula Choudhary, Dean Academic Affairs, KUK and Prof. Anil Kumar Vashisth, Dean Students' Welfare, KUK. They encouraged the students as well as the children from the village to protect the environment by planting more trees. Both, Prof. Manjula Choudhary and Prof. Anil Kumar Vashisth appreciated NSS volunteers and guided them to continue their social-work efforts while sharing their own experiences. In the late evening, session on different social and life skills was conducted by Dr. Madhudeep from Institute of Mass Communication and Media Technology, KUK.











Unnamed Road, Dayalpur, Thanesar, Haryana 136119, India

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WRQ7+7FC, Dayalpur, Thanesar, Haryana 136119, India

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## Day 7

On the last day, Blood Donation camp was organized in collaboration with the Staff of Kalpana Chawla, Medical College, Karnal in which approximately 50 Units were collected. The students and villagers were also made aware about the importance of blood donation. In the afternoon, the final valedictory function was conducted in the presence of Prof. Anil Kumar Vashisth and Prof. D.S. Rana, Programme Coordinator, NSS, KUK. They both motivated the students and applauded their work during the Seven Day-Night Special Camp. The volunteers were awarded with certificate of participation in NSS camp and medals were awarded by DSW, PC NSS along with programme officers. The NSS volunteers also presented the art-work they prepared for aganwadis to the ASHA worker of the village.







## 2.

### One-Day Camp

#### Induction Programme (2021-22)

On 28th December, NSS UTD organized Induction Day for freshers. In the programme, NSS UTD programme officers presented the overview of NSS UTD activities to the newly inducted volunteers. Also, NSS UTD KUK Alumni and National NSS Award winner (2018-19), Miss Jasmine narrated her NSS journey and talked about the opportunities available to NSS volunteers. It was followed by cultural programme and in the end Prof. Anil Kumar Vashisth addressed the volunteers and welcomed them to NSS UTD family.











### 3. **National Youth Day (12-01-2022)**

National Service Scheme (U.T.D.) Kurukshetra University, Kurukshetra organised a webinar on the occasion of National Youth Day to commemorate the birth anniversary of the great Indian Youth icon and social reformer, Swami Vivekananda. The event commenced with N.S.S. Lakshay Geet, the song that inspires young volunteers to continuously work for the betterment of the society. The plenary speaker in the programme was Sri Bhagwan Singh, noted environmentalist and social worker. Prof. Som Nath Sachdeva, Vice-Chancellor, Kurukshetra University speaking on the occasion guided NSS volunteers to follow the path of Swami Vivekananda. He emphasized youth has the energy and power to be the bearer of change however staying motivated is key to the success. He further added often the difference between success and failure lies in never give-up attitude. With the mention of how Swami Vivekananda teachings have been a source of inspiration for great people like Mahatma Gandhi, Pandit Jawaharlal Nehru, and Rabindranath Tagore, Prof. Som Nath Sachdeva announced the establishment of 8 feet sculpture of Swami Vivekananda on the premises of Kurukshetra University and hoped that youth will follow his teachings. Following the ideas of Swami Vivekananda related to importance of skill development, the sculpture will be created by Department of Fine-Arts, Kurukshetra University. The students whole-heartily welcomed the announcement and thanked Vice-Chancellor for his vision. Sri Bhagwan Singh, the speaker of the day enlightened N.S.S. volunteers about the teachings of Swami Vivekananda. Sri Bhagwan Singh highlighted the contributions of Swami Vivekananda in the creation of modern Indian and his strong influence on the youth. He told about the role of Swami Ji's mother in his life. Sri Bhagwan Singh also traced the history and invaluable contributions of Swami Vivekananda in awakening Indian Youth and inspired students to take inspiration from his ideals and philosophy. He empathized on Swami Vivekananda's idea of Make in India and caring for poor while working for the development of our country. At the end, Sri Bhagwan Singh discussed the iconic speech of Swami Vivekananda at World Religion Conference in Chicago. The students thanked him for sharing his wonderful thoughts and inspirational words. Dean Students' Welfare Prof. Anil Kumar Vashisth made N.S.S. volunteers aware about the lead role being played by Kurukshetra University in upcoming National Environment Youth Parliament (NEYP) in which around 200 universities of India are taking part with Sri Bhagwan Singh leading the NEYP events in Haryana. The students applauded the efforts made by the university

administration to ensure the all-round development of students. They thanked V.C. and D.S.W. for providing such opportunities to them. The event also saw the participation of students with NSS volunteer, Mr. Pardeep from Department of Economics presenting his views on Swami Vivekanand teachings evoking the youth to oppose the discrimination in any form and Mr. Parvesh from Department of Law reciting a song infusing hope and renewed energy in the young. N.S.S. (U.T.D) Programme Officer, Dr. Sunil Kumar while coordinating the event told the dignitaries about the several competitions organized on the eve of National Youth Day which included Slogan writing competition on theme “The Young Voice” and Essay writing competition on topic “Relevance of Teachings of Swami-Vivekanand for Youth of India”. In the programme and competitions more than 100 students participated and expressed their views. In the end, Dr Sangeeta Saini, Programme Officer, NSS (UTD) proposed the official Vote of Thanks and expressed gratitude for the guidance provided by Hon’ble Vice-Chancellor Prof. Som Nath Sachdeva and DSW Prof. Anil Kumar Vashisth, and Registrar Dr. Sanjeev Sharma for his support. She extended thanks to Sri Bhagwan Singh for his inspiring talk and valuable time. The programme ended on a cheerful note with renewed hopes and aspirations.



# Azadi Ka Amrit Mahotsav

## N.S.S. U.T.D. K.U.K.

Celebrates

# National Youth Day

On

## Birth Anniversary of Swami Vivekananda



In the gracious presence of  
**Prof. Som Nath Sachdeva**  
Vice Chancellor  
K.U.K.

### Organising Committee:

**Dr. Sangeeta Saini**  
P.O. N.S.S. U.T.D.

**Dr. Mainsha Sandhu**  
P.O. N.S.S. U.T.D.

**Dr. Sunil Kumar**  
P.O. N.S.S. U.T.D.

**Prof. Anil Vashisth**  
Dean Student Welfare  
Environment Nodal Officer

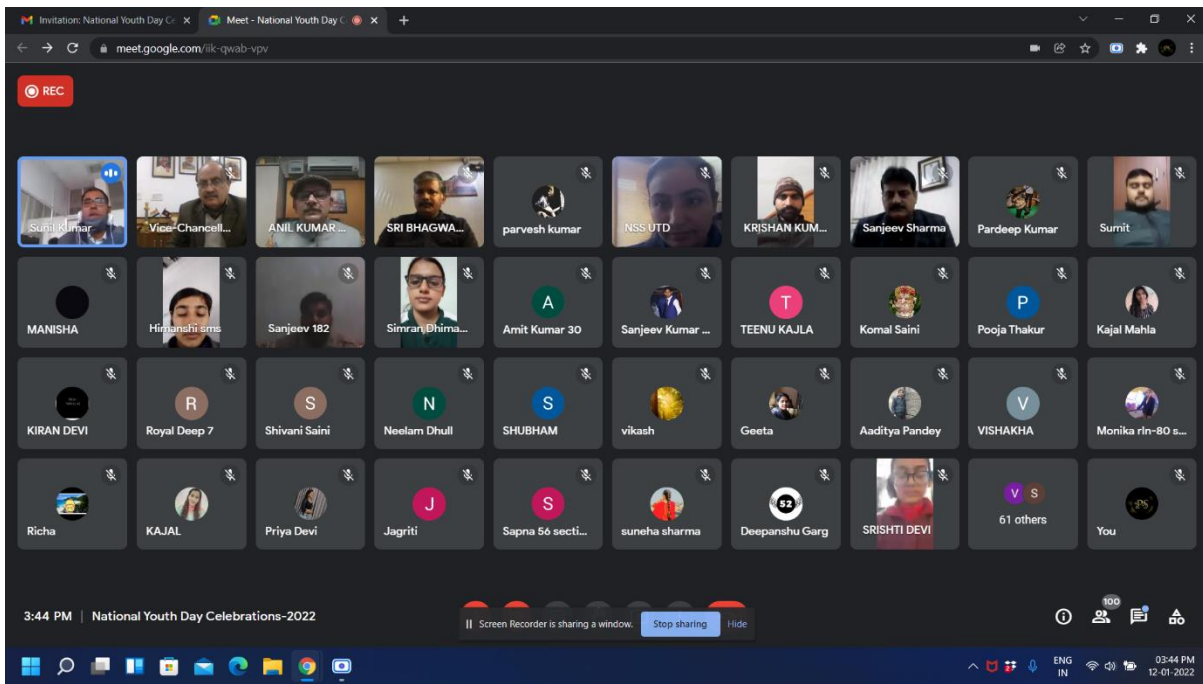


By Organizing the following events:

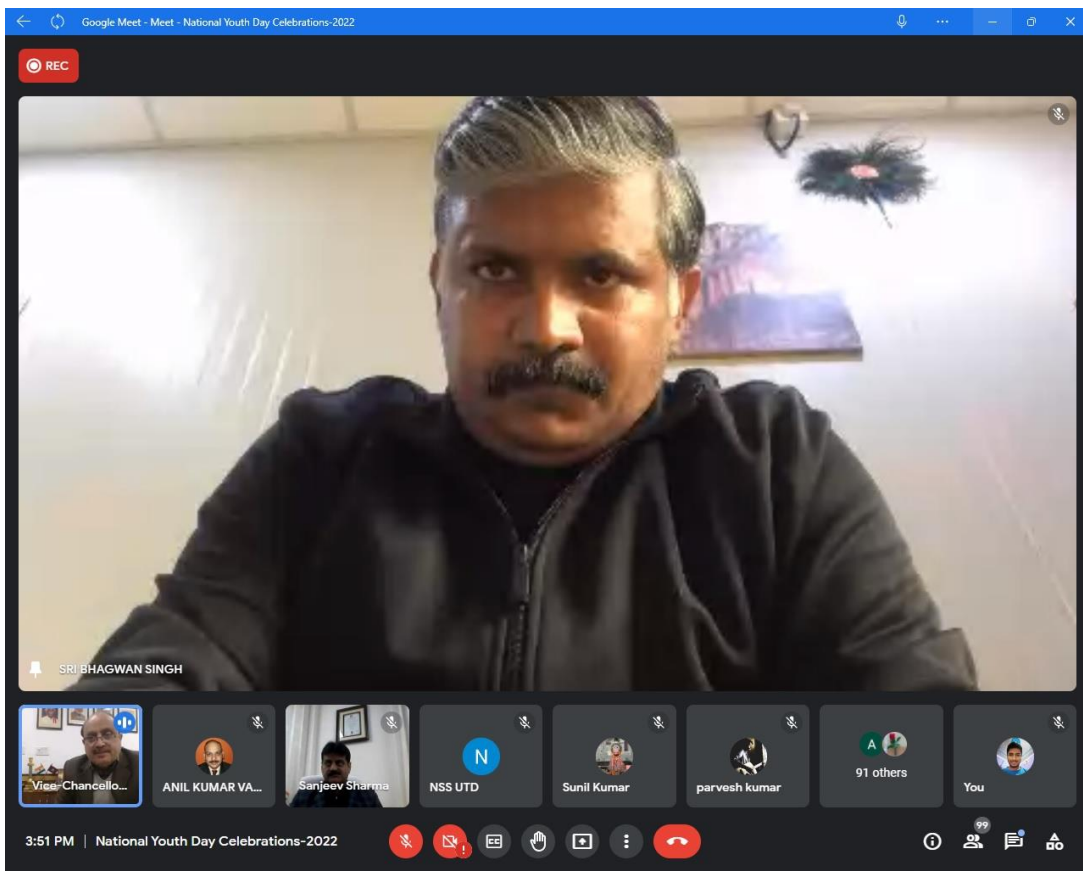
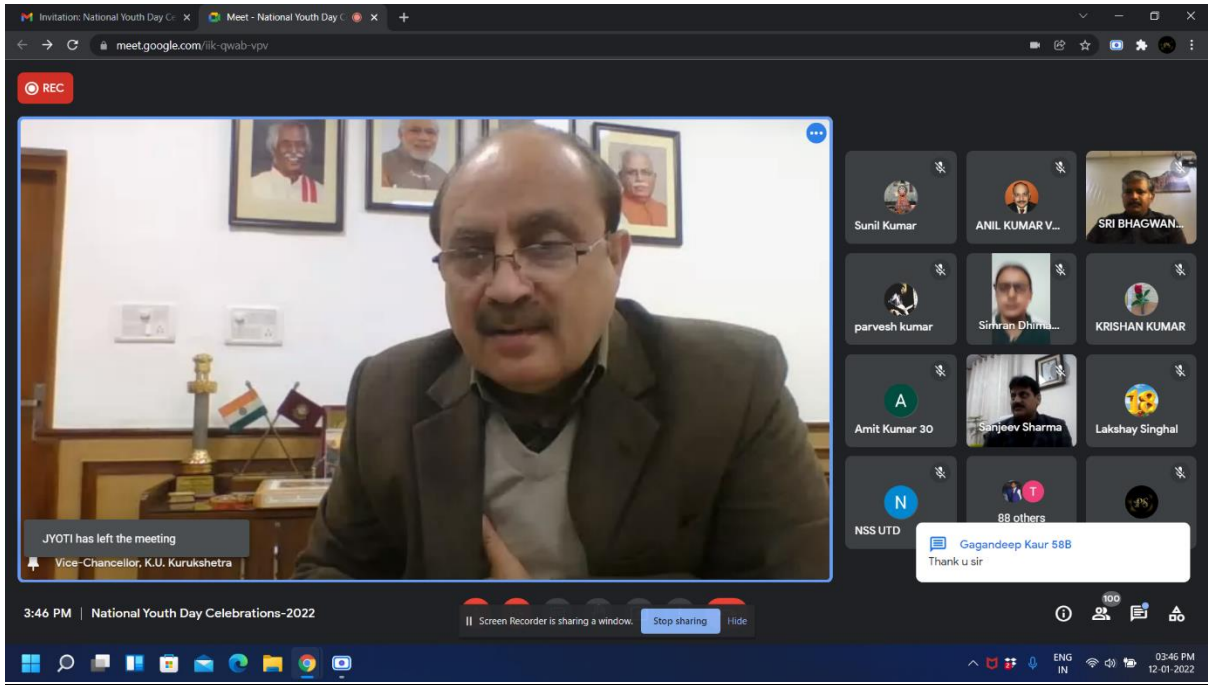
- 1) Slogan writing competition on theme "The Young Voice"
- 2) Essay writing competition on theme "Relevance of Teaching of Swami Vivekananda"

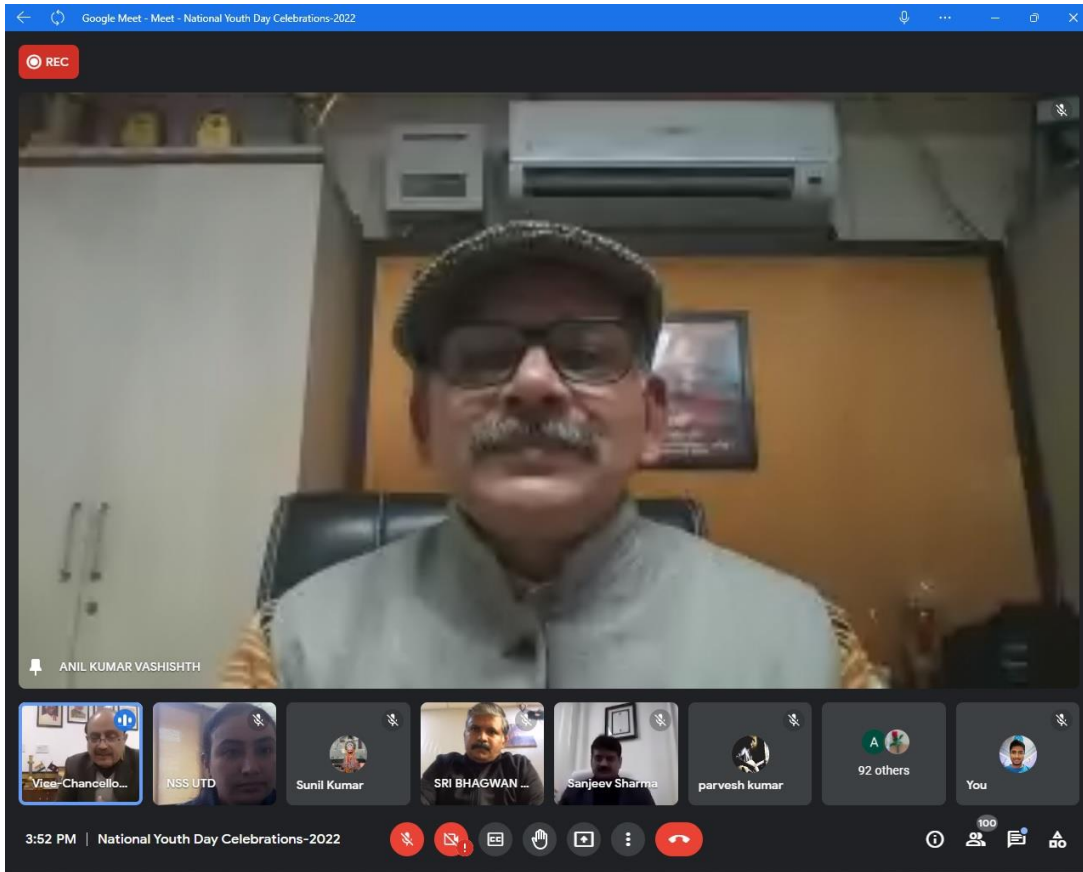
&  
Invited Lecture by noted Environmentalist  
and Social Worker, Sh. Bhagwan Ji

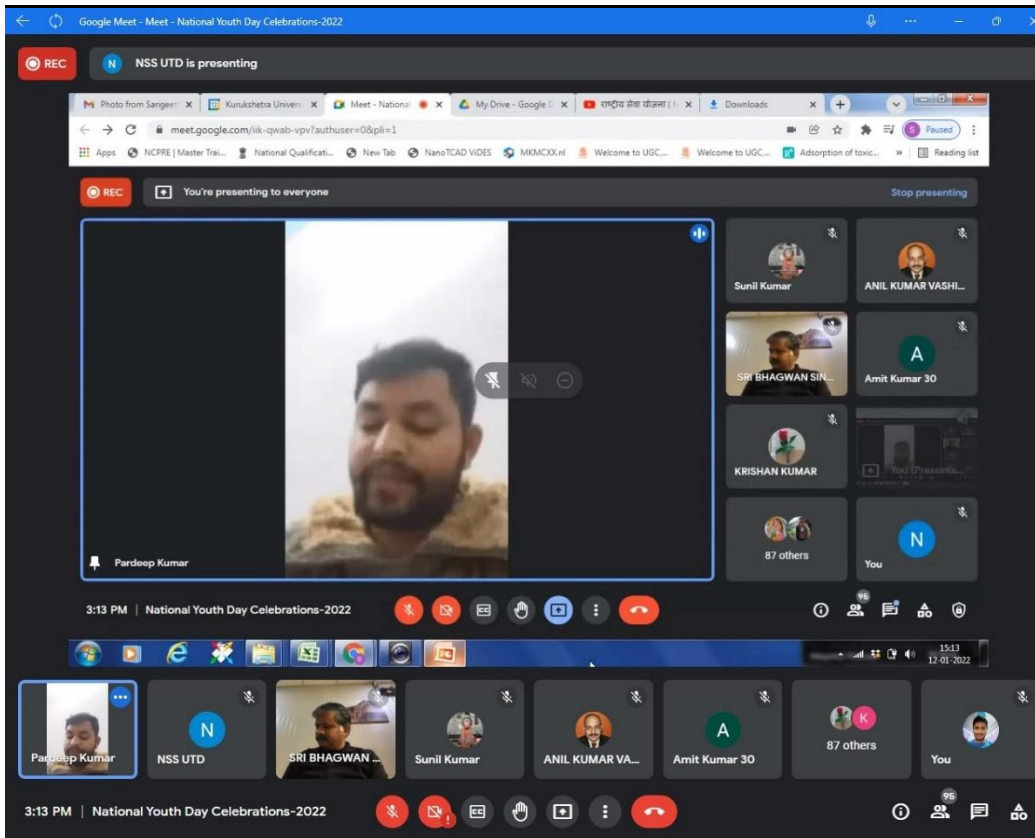
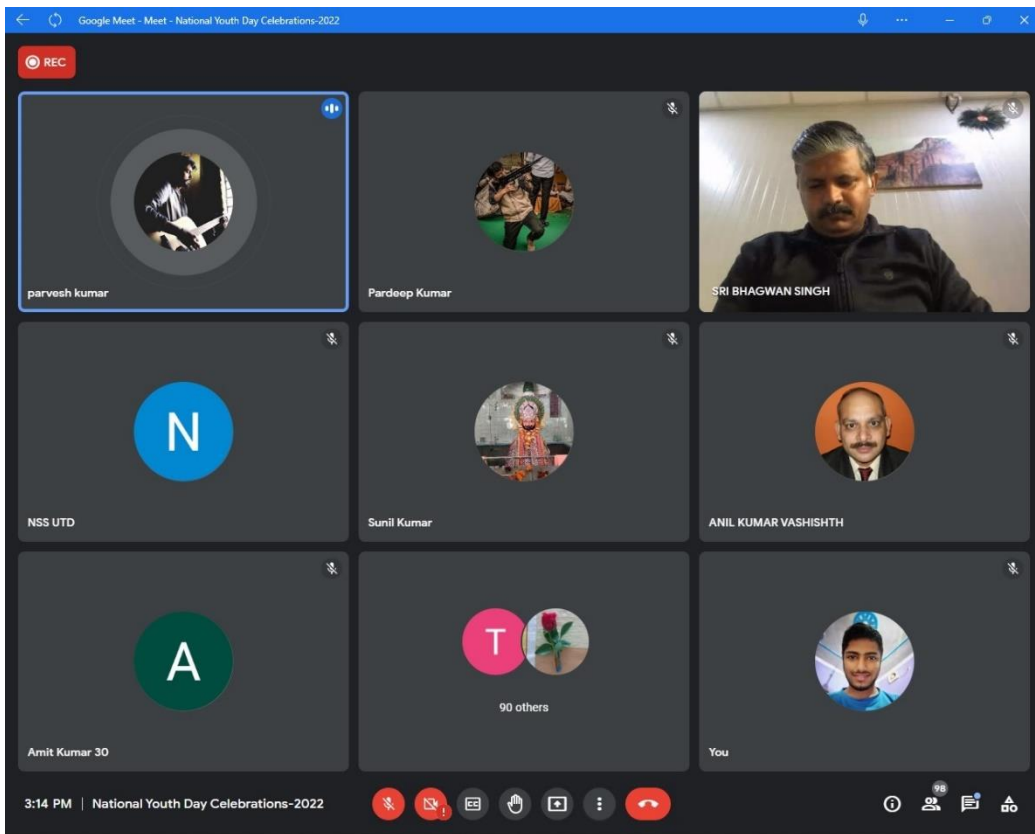
All are cordially invited to attend the event  
through link: <http://meet.google.com/iik-qwab-vpv> at 03:00 PM on January 12, 2022.













#### 4. National Voters' Day (25-01-2022)

25th January is celebrated as National Voters' Day all across the country. It was celebrated by N.S.S. (U.T.D.), Kurukshetra University, Kurukshetra under the Moto – “AAWAZ HI AAGAZ HA”. The program was co - ordinated by Dr. Sangeeta Saini under the guidance of Dean Student and Welfare Pro. Anil K. Vashisth and leadership of Vice chancellor Prof. Som Nath Sachdeva. The event started with the NSS- Lakshay Geet after which oath taking ceremony was held in which all the volunteers and N.S.S. Programme Officers pledged to use their right to vote positively. Then group discussion was held on the general agenda - why to vote and whom to vote for. In this, all the volunteers participated actively. Vaishali said that as a citizen of democratic India, we should use our right to choose a leader for ourselves. Vivek further added that one vote is sufficient to change the society and each vote has its own value. Further Srishti, Sagar, Parvesh and other volunteers said that we should choose a leader who would work for security, education and development of our society. Sunil added a very important point in the discussion that we should read manifesto before voting for any particular party. Finally, Programme Officer Dr Sangeeta concluded the discussion by saying that we should use our right to vote for our country's overall development. Towards the end VOTER REGISTRATION CAMPAIGN of N.S.S. (U.T.D.) was announced under the theme “I Vote Because I Care”. Dr Sangeeta motivated the volunteers and discussed the procedure to register themselves on the voters' portal. Then results for essay and slogan writing which were held earlier on occasion of National youth day were announced. And the event concluded with the volunteers pledging to use their right to vote and inspiring others to do the same. In the event 120 to 132 students participated.

For VOTER REGISTRATION CAMPAIGN, the student leaders were selected (names mentioned in the pamphlet) and each student leader was assigned a particular number of students who registered for the campaign. Each volunteer who registered for the activity was motivated to register FIVE new voters on the Voters' Portal. **Through this campaign, in total 176 new voters got registered on the portal** and the procedure for issuance of Voter Card began. In this campaign Mr. Sunil registered the maximum 22 voters, Ms. Pallavi registered 15 and Ms. Annu Rathi registered 13 while Ms. Preeti Rani registered 12 new voters.



**NATIONAL SERVICE SCHEME (U.T.D.)  
KURUKSHETRA UNIVERSITY, KURUKSHETRA**



*Celebrates*

# **NATIONAL VOTERS' DAY**

(25-01-2022)

*with*



**Voter Registration Campaign**



# आवाज़ ही आगाज़ है

**I VOTE, because I care**

## **Volunteers in Lead**

Aaina, Kajal, Samiksha (Chemistry), Sunil (Law), Simran, Pooja (IOL)  
Preeti (Pol. Sci.), Kamaljeet, Pinki, Simran (English)

## **Motivated by Programme Officers:**

**Dr. Sangeeta Saini, Dr. Manisha Sandhu and Dr. Sunil Kumar**

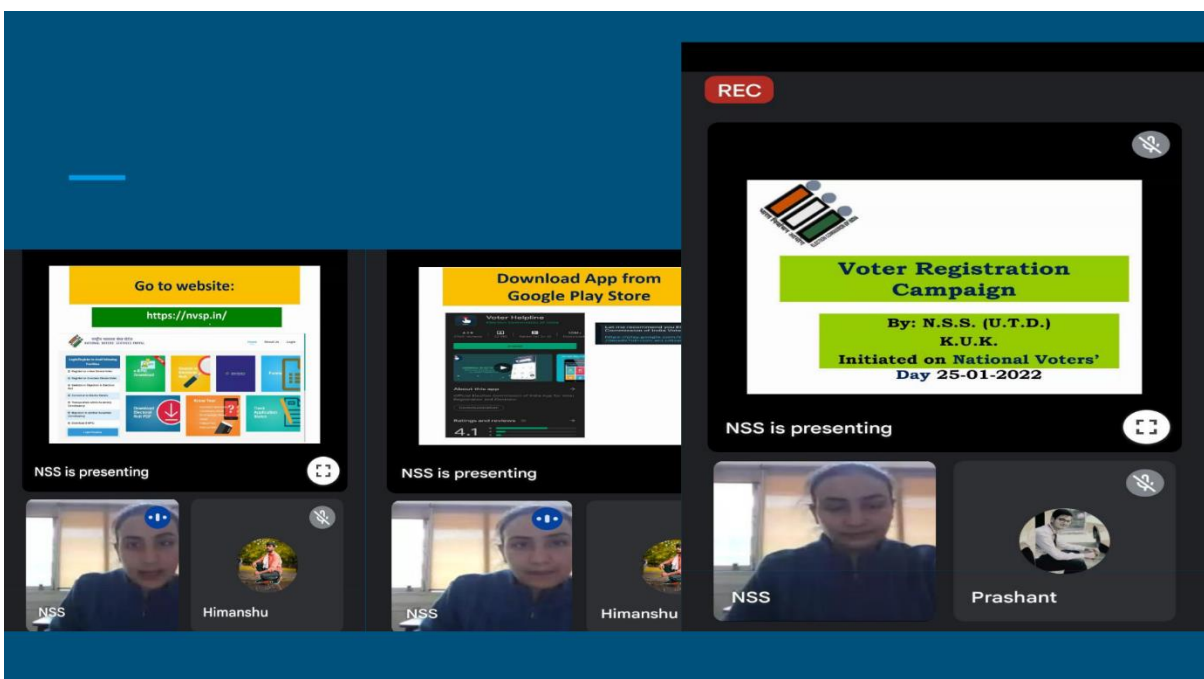
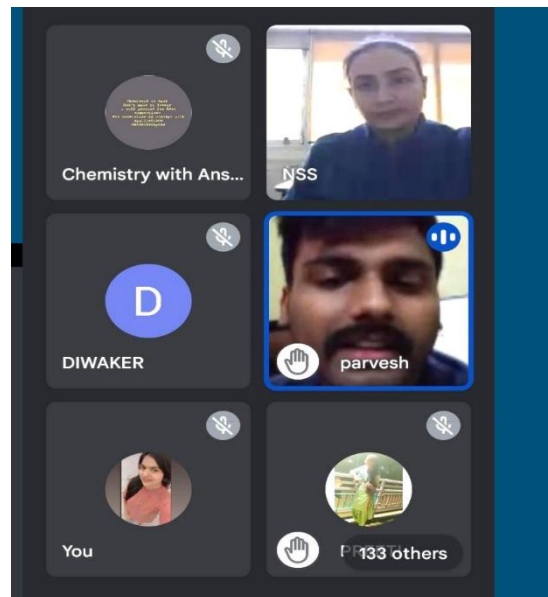
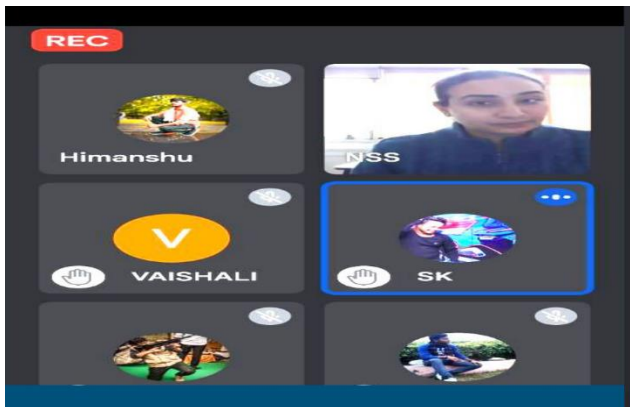
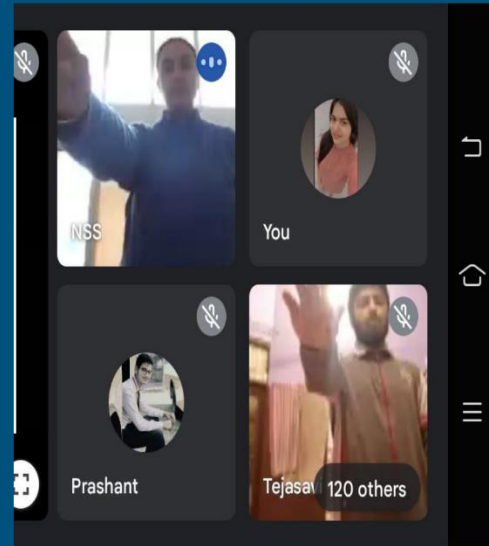
Under Leadership of  
Hon'ble Vice-Chancellor  
**Prof. Som Nath Sachdeva**

Under Guidance of  
Dean Students' Welfare  
**Prof. Anil K. Vashisth**



## Voters' Pledge

- "हम, भारत के नागरिक, लोकतंत्र में अपनी पूर्ण आस्था रखते हुए यह शपथ लेते हैं कि हम अपने देश की लोकतान्त्रिक परम्पराओं की मर्यादा को बनाए रखेंगे तथा स्वतंत्र, निष्पक्ष एवं शांतिपूर्ण निर्वाचन की गरिमा को अक्षुण्ण रखते हुए, निर्भीक होकर, धर्म, वर्ग, जाति, समुदाय, भाषा अथवा अन्य किसी भी प्रलोभन से प्रभावित हुए बिना सभी निर्वाचनों में अपने मताधिकार का प्रयोग करेंगे".



**Rules for Voter Registration Campaign**

- Take two screenshots as shown for proof.
- Get a signed letter from every person you registered on Voter Portal.
- Prepare a table in format as shown on next slide.
- Put all [1], [2] and [3] in a file and make a pdf and upload at google form. Link will be shared within a week.
- For every voter registered by NSS volunteers, 6 hours of NSS will be provided. But maximum hours that can be earned from this activity are 30 hours. So, if you want to get full 30 hours you have to register 5 people.
- One Best Volunteer of the activity will be selected based on the highest number of people registered at Voter Portal.
- People registered by NSS volunteer at the portal can be prior to 25-01-2022 provided he/she can submit the required proof. However,

**Format for Letter**

I,       name       resident of       address       confirm that N.S.S. (U.T.D.), Kurukshetra University, Kurukshetra volunteer       volunteer Name       with Enrollment No.                      has motivated and got me registered at Voter Portal.

Signature of Person

**Table**

NSS (U.T.D.) Volunteer Name				
NSS (U.T.D.) Enrollment No.				
S.No.	Name of Person registered	Reference ID	AC	Date of Submission
1.				
2.				
3.				
4.				
5.				

**Results: Essay Writing Competition**

- ❖ 3<sup>rd</sup> Position: Diwakar (19), Deptt. of Instrumentation
- ❖ 2<sup>nd</sup> Position: Manisha (144) Deptt. of Chemistry
- ❖ 1<sup>st</sup> Position: Richa (95) Deptt. of Mathematics

**Results: Slogan Writing Competition**

- ❖ 3<sup>rd</sup> Position: Simran, Deptt. of Hindi
- ❖ 2<sup>nd</sup> Position: Yashpreet (05), Deptt. of Education
- ❖ 1<sup>st</sup> Position: Hamisha (208) Deptt. Of Chemistry



**5.**  
**75 Crore Surya Namaskar (15-02-2022)**  
**Launch of month-long Yoga Activity**

On 15<sup>th</sup> February, 2022 N.S.S. (U.T.D.) Kurukshetra University, Kurukshetra participated in 75 Crore Surya Namaskar Initiative.

Around 54 N.S.S. (U.T.D.) KUK Volunteers did Surya Namaskar. NSS UTD Volunteers Mr. Krishan Kumar (Deptt. of Chemistry) and Ms. Manisha (Department of Chemistry) led the activity under guidance of Programme Officers Dr. Sangeeta, Dr. Manisha Sandhu, Dr. Sunil Kumar and Dr. Deepti Choudhary. The students were told about the benefits of Yoga which include both physical as well as mental fitness. The students were made aware about the different asanas and the corresponding correct posture to do them.

Programme Officers motivated students to register on <https://www.75suryanamaskar.com/> and do Yoga for 21 to 30 days.







Kurukshetra University, Thanesar, Haryana 136119, India

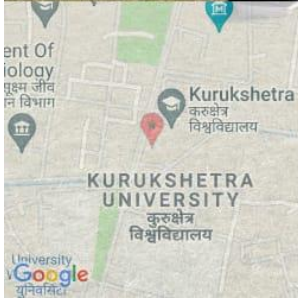
Thanesar  
Haryana  
India



22°C

72°F

2022-02-15(Tue) 01:08(PM)



Kurukshetra University, Thanesar, Haryana 136119, India

Thanesar  
Haryana  
India



22°C

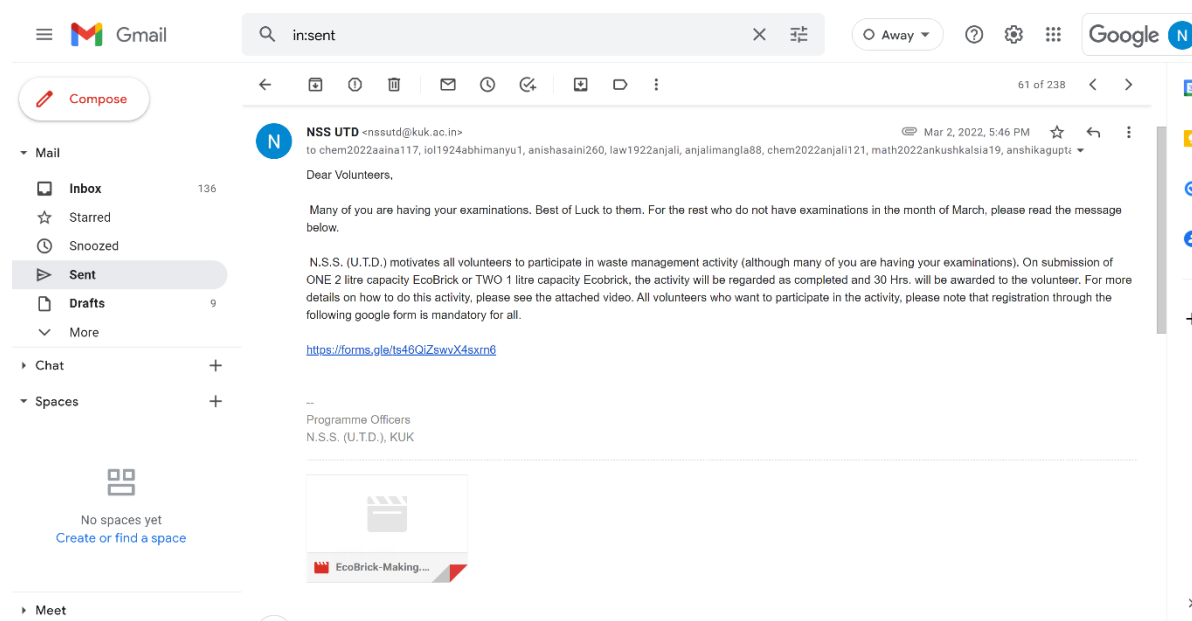
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2022-02-15(Tue) 01:11(PM)



## 6. Waste Management Activity Eco-Brick from Plastic Waste

N.S.S. (U.T.D.), Kurukshetra University, Kurukshetra has been constantly motivating the volunteers over past years to manage their waste. The volunteers have been trained to segregate their wet and dry waste by maintaining two separate dustbins. They have been made aware about the process of composting their wet waste. Under dry waste, the volunteers have been told to segregate the electronic, glass, cardboard, aluminium foils, paper and plastic waste. The special focus was laid onto managing the plastic waste. They were told to minimize the use of plastic and for disposing off the packaging plastic waste, the volunteers were trained to prepare an ECOBRICK. They were motivated to submit at least either ONE 2 litre capacity EcoBrick or TWO 1 litre capacity Ecobrick. The formation of EcoBrick was demonstrated to volunteers and the video of the same demonstration was circulated. The volunteers registered online for this activity and 62 students participated in the activity. The volunteers filled the EcoBrick over a course of 20 days and once full, the EcoBricks were submitted to the Programme Officers.







7.  
**One-Day Camp**  
**International Women's Day Celebrations**  
**07-03-2022**

Every year International Women's Week is celebrated from 1st March to 8th March as 8th of March is marked as International Women's Day worldwide. This year theme for the International Women's Day 2022 (IWD-2022) was "Gender equality today for a sustainable tomorrow" and campaign theme was **#BreakThe Bias**. N.S.S. (U.T.D.), K.U.K. celebrated International Women's Week by organizing One Day Camp on IWD-2022 Theme: "Gender equality today for a sustainable tomorrow". In this regard, the following events were planned in the University Campus.

[1] Poster Making Competition

[2] Slogan Writing Competition

[3] Poem- Recitation Competition

[4] Capacity Building Lecture by Prof. Anita Dua, Director, Women's Studies Research Centre, KUK

On this occasion, N.S.S. (U.T.D.), KUK volunteers and Programme Officers came together to design the T-Shirt for the occasion. These T-shirts were sponsored by National Student Organization (NSO) facilitated by Mr. Saurav Gupta. These T-shirts were given to winners of various competitions.

Below is the slogan finalized by NSS UTD for campaign theme **#BreakThe Bias** to be printed on T-Shirts.





In the morning and afternoon session, the poster making competition and slogan writing competitions were held which were followed by Poem-Recitation competition. In the valedictory session, Dr. Sangeeta Saini welcomed the Chief Guest of the day, Prof. Anita Dua, Director of Women's Studies Research Centre, KUK. While interacting with the students, Prof. Dua stressed on various issues related to gender equality and how by becoming sensitized to the prevalent Bias, we can break it. She inspired volunteers through her thought-provoking narrative. It was stressed that the day needs to be celebrated to acknowledge the untiring contribution of women to society since ages. Women form 50% of human population but all the cultures worldwide have biases against women. This day marks her struggle to gain equality and empathy of society as a whole. Such celebrations sensitize the society to the aspirations and dreams of a women. Following the lecture, winners of several competitions were announced. In the end, Dr. Manisha Sandhu proposed Vote of Thanks.





Railway Level Crossing, SH 6, Shanti Nagar, Thanesar,  
Haryana 136118, India

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GMT 10:32:19 AM	Monday, 07-03-2022

Note : N.S.S. U.T.D. International Women's Day



Railway Level Crossing, SH 6, Shanti Nagar, Thanesar,  
Haryana 136118, India

Latitude	Longitude
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GMT 10:41:52 AM	Monday, 07-03-2022

Note : N.S.S. U.T.D. International Women's Day



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136119, India

Latitude

29.9626216°

Longitude

76.8125927°

Local 04:55:18 PM

GMT 11:25:18 AM

Altitude 206.8 meters

Monday, 07-03-2022

Note : N.S.S. U.T.D. International Women's Day  
Kurukshetra University

On 8<sup>th</sup> March, 2022: Programme Officers and a few selected N.S.S. volunteers attended the distinguished lectures organized by Women's Studies Research Centre on the occasion.









GPS Map  
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XR67+5X8, Kurukshetra University, Thanesar,  
Haryana 136119, India

Latitude	Longitude
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Local 01:30:06 PM	Altitude 206.8 meters
GMT 08:00:06 AM	Tuesday, 08-03-2022



GPS Map  
Camera Lite

XR67+5X8, Kurukshetra University, Thanesar,  
Haryana 136119, India

Latitude	Longitude
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Local 01:30:04 PM	Altitude 206.8 meters
GMT 08:00:04 AM	Tuesday, 08-03-2022

## **8.**

### **Seven Day and Night Special Camp at Village Mathana**

Under the directions of Hon'ble Vice Chancellor Dr. Som Nath Sachdeva and Dean Students' Welfare Prof. Anil K. Vashisth, a Seven Day and Night Special Camp on theme "Azadi Ka Amrit Mahotsav (Clean, Healthy and Self-Reliant India)" was organized by N.S.S. (U.T.D.) from 23 to 29 March, 2022 at village Mathana under the guidance and supervision of N.S.S. programme Officers Dr. Sunil Kumar and Dr. Dipti Choudhary. The details of activities (date-wise) are presented below:

#### **DAY 1**

On 23 March 2022, under the aegis of Amrit Mahotsav of Independence, a seven-day camp was launched by the unit of National Service Scheme of Kurukshetra University, which took place in village Mathana of Kurukshetra district. Being a martyrdom day, the importance of this day increases even more because the entire nation remembers the sacrifice of its three martyrs Bhagat Singh, Rajguru and Sukhdev. In the program, Sarpanch of Gram Panchayat Mathana, Mr. Tejpal was the chief guest and the head of the temple management committee of the village, Mr. Suresh was present as a special guest. At the beginning of the program, Program Officer Dr Sunil Kumar welcomed the Guests. Dr. Manisha Sandhu and Dr. Deepti Choudhary apprised the volunteers about the outline of the camp. On this occasion, volunteers presented cultural activities keeping in mind the martyrdom day, in which Pooja recited a patriotic poem, Shubham gave a speech, Harpreet and his team presented a small play on the life of Bhagat Singh, Komonica narrated a brief inspiring biography of Bhagat Singh. Srishti hummed a patriotic song. The chief guest assured all the necessary facilities for the camp and to provide a proper environment for the volunteers to work. At the end of the program Dr. Sangeeta Saini thanked the people of Mathana for their cooperation.

Following this, the cleanliness campaign was started from the community center of the village. In the afternoon session, an awareness rally was taken out, in which slogans related to Adopt Swadeshi, Beti Bachao, Beti Padhao, Water Conservation and other social moral topics were raised.









## DAY 2

The second day of the National Service Scheme seven-day camp organized by Kurukshetra University at village Mathana began with a prayer meeting. Thought of the Day was presented by Mohit and Tijyoti and Tejasvi led the yoga session.

Dr. Sunil Kumar and Dr. Deepti Choudhary apprised about the outline of the activities to be done during the day. Dr. Sohan Lal, President, Haryana Environmental Society a well-known environmentalist addressed the volunteers. Throwing light on the importance of planting trees and plants, he told how to preserve them. Under his supervision, volunteers planted shade and fruit trees in the community center of village Mathana. Dr. Ramchandra, who came with him



from Hisar, also called upon the volunteers to protect the environment and inspired them to plant more and more trees.

In the second session, volunteers picked up bricks from the community center and cleaned the garbage and organized the courtyard. Slogans were raised on environmental protection in the village







### **DAY 3**

The third day of the National Service Scheme camp conducted by Kurukshetra University at village Mathana started with a prayer meeting in which Tejasvi lead the yoga session and educated the volunteers on different meditation postures.

In the morning session, Dr. Deepti Chaudhary organized a group discussion for the all-round development of the volunteers and village children, in which they kept their thoughts on various topics. Later volunteers gave the message of cleanliness by cleaning the premises of community center.

In the afternoon session, Art of Living teacher Professor V. K. Bhardwaj and his wife Sunita Bhardwaj taught the art of living, in which the students were told about techniques to release stress while not losing patience in difficult situations. Several other activities were conducted.









#### **DAY 4**

On 26 March 2022, fourth day of the seven-day camp in village Mathana, in the first session of the University's Shrimad Bhagwat auditorium, the National Organizer of Swadeshi Jagran Manch, on the topic of self-reliant India, Sh. Kashmiri Lal addressed motivated the volunteers to earn while learning and become employment productive by giving up the traditional job seeking attitude. The program was presided over by Professor Dinesh Rana, N.S.S. Coordinator of Kurukshetra University and the stage was conducted by Dr. Sunil Kumar.

In the second session, Shri Naresh Kumar of District Red Cross Society in village Mathana provided First-Aid and Home Nursing training to the volunteers. Explaining the importance, he said that first aid training can save life in dire circumstances before a person reaches the doctor or hospital. He imparted training through live demonstration on volunteers. Program



Officer, Dr. Sangeeta Saini, Dr. Manisha, Santu Dr. Deepti Choudhary and Dr. Sunil Kumar were also present in this program







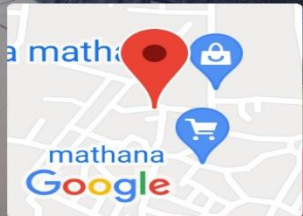
## **DAY 5**

On 27th March 2022, on the fifth day of the National Service Scheme camp, in the first session, the students made various education posters and art work for different Anganwadis of the village. Volunteers went to different Anganwadis and interacted with the children playing games and educating them at the same time. Few volunteers cleaned the pond of the temple while few cleaned and arranged the books in the library of community center.

In the afternoon session, the students picked up the garbage from the community center and Mr. Rajkumar Arya ji, who has been doing natural farming for 12 years, inspired the volunteers to adopt natural farming and how persistent and excess use of pesticides is spoiling the quality of soil. The volunteers took oath to make people aware about natural farming.

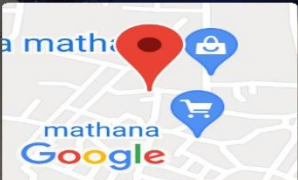


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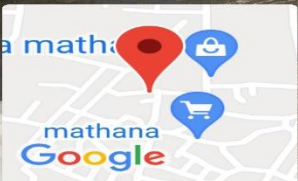


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Long 76.954128°  
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Long 76.954128°  
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## DAY 6

The sixth day of the seven-day camp started with a prayer meeting, in which in the first session the students went door-to-door to make people aware of the blood donation camp and motivated people to give blood and save lives. After this, the students were also addressed on the topic of financial management. In the afternoon session, Dr. Madhudeep was the chief guest. In front of her, NSS volunteers presented a street play "Mol Ki Bahu". She gave her inputs on how to further improve the execution of the drama. Towards the end Dr. Madhudeep explained in detail about meditation techniques. Volunteers practiced the same.







## DAY 7

On the last day of the camp conducted NSS UTD in collaboration with NSO, Kurukshetra organized a blood donation camp in which apart from the villagers of village Mathana, the volunteers and the people of nearby villages donated blood. Some volunteers went to Village Aganwadi and decorated the Aganwadi premises with the art work.

In the afternoon session, a street play was presented by the students in the Chaupal of village Mathana in which the message of exercising the vote carefully was given to the villagers. A cultural programme was organized in which volunteers presented song, dance, drama and poems. Ms. Richa presented seven-day report in front of Chief Guest Sarpanch of Gram Panchayat Mathana, Mr. Tejpal. The Programme Officers congratulated the volunteers on the successful completion of the seven Day Camp.









**9.**  
**One Day Camp**  
**“One Earth for all” (01-06-2022)**

N.S.S. (U.T.D.), Kurukshetra University, Kurukshetra on the eve of World Environment Day (celebrated every year on 5th June) organized One Day Camp “One Earth for all” on 1st of June, 2022. Several competitions are going to be organized on topics related to environment protection and conservation. The details are as follows:

[1] Slogan Writing

[2] Poster Making

[3] Short Essay Writing (Minimum word limit: 150, Maximum word limit: 800)

[4] World Environment Day Photography Competition (One Photograph)

Several pre-event meetings were held with NSS volunteers. The volunteers were enthusiastic about celebrations and proposed to design Quiz to create awareness among students on environment issues. It was decided to conduct quiz on 05-06-2022 (on World Environment Day). Volunteers also proposed to organize “*Chhabeel*” on their own in the month of June. Their suggestions were accepted and preparations for all three events began.

On 1<sup>st</sup> June, 2022 the event started with official welcome of volunteers by Programme Officers. The volunteers picked plastic waste from several sites in University during One hour Drive. After the drive, they were given refreshment drink following which the entries for different competitions were examined by internal and external judges. Dr. Meenakshi Suhag from Institute of Environmental Studies, KUK was the external Judge. After going through Slogan and Poster making entries, the short essays were read and competing photographs were viewed on screen. Dr. Meenakshi Suhag appreciated and encouragement the volunteers to keep working for the cause of environment protection and announced winning entries from different competitions. In the afternoon session, Dr. Dipti Choudhary introduced and welcomed Prof. Sanjiv Arora, Department of Chemistry, KUK for his lecture. Prof. Arora delivered a lecture on “Plastic and Environment” in which he talked about different categories of plastics and their properties in brief. He stressed that main problem leading to plastic pollution are Single use plastic items. The plastic pollution is serious choking hazard for birds and marine animals. He told how to combat plastic pollution now



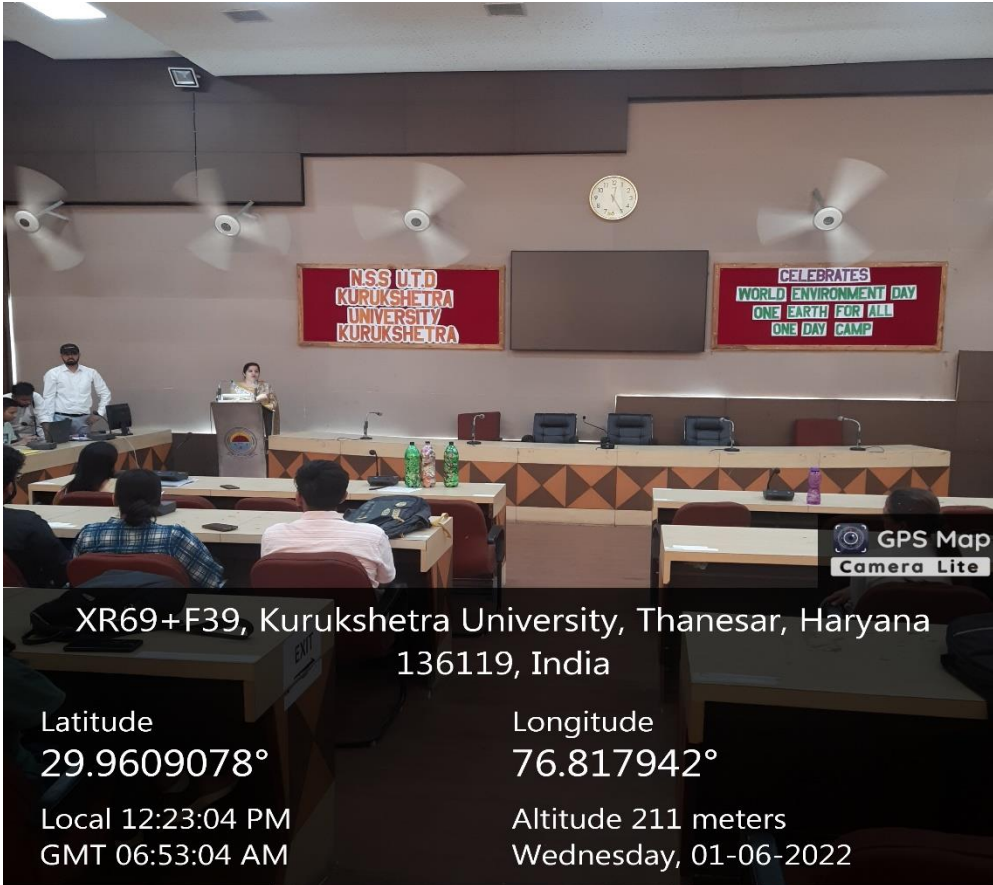
the roads are made of Bitumen + Plastic, fuel, Ecobricks and PET dresses. Prof. Sanjiv Arora gifted pen-drive to NSS volunteer who was the first to prepare and submit the Ecobrick. Speaking on the occasion, Prof. Anil Vashisht thanked Prof. Sanjiv Arora and Dr. Meenakshi Suhag. He shared words of wisdom with the volunteers. This was followed by Vote of



Thanks by Dr. Sangeeta. 55 volunteers were present.







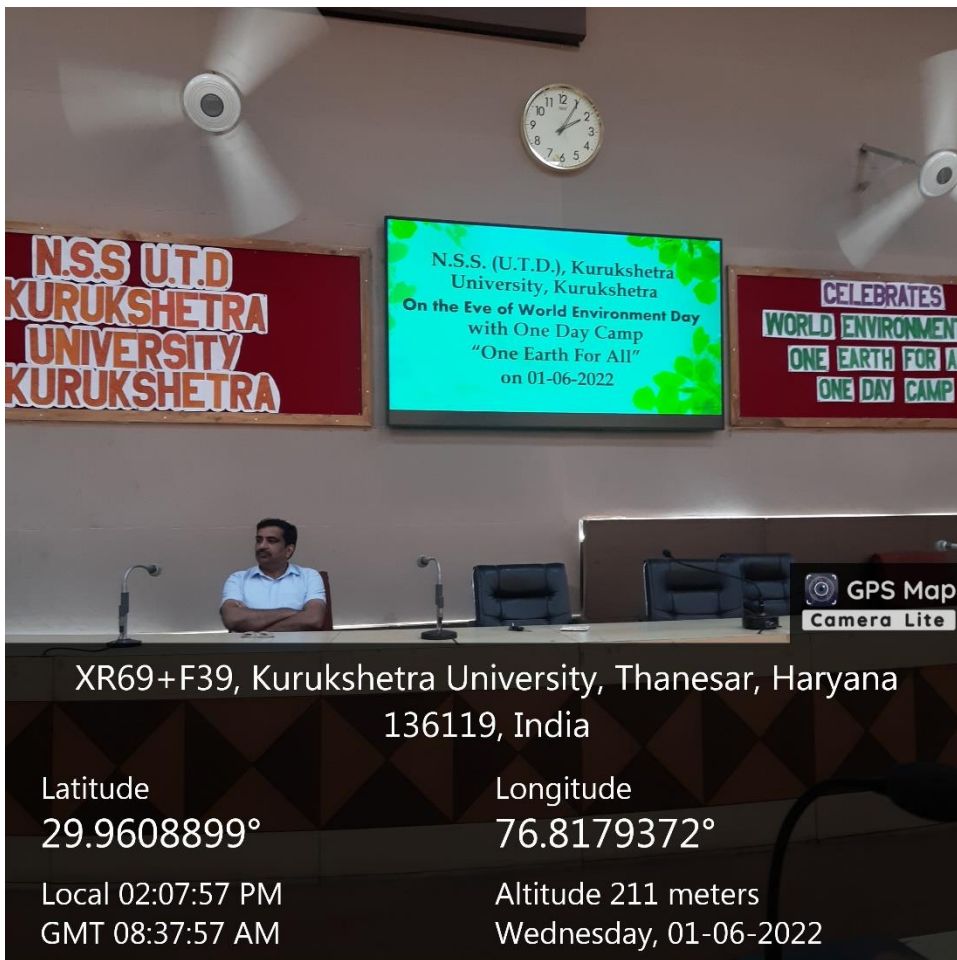
XR69+F39, Kurukshetra University, Thanesar, Haryana  
136119, India

Latitude  
29.9609078°

Longitude  
76.817942°

Local 12:23:04 PM  
GMT 06:53:04 AM

Altitude 211 meters  
Wednesday, 01-06-2022



XR69+F39, Kurukshetra University, Thanesar, Haryana  
136119, India

Latitude  
29.9608899°

Longitude  
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Local 02:07:57 PM  
GMT 08:37:57 AM

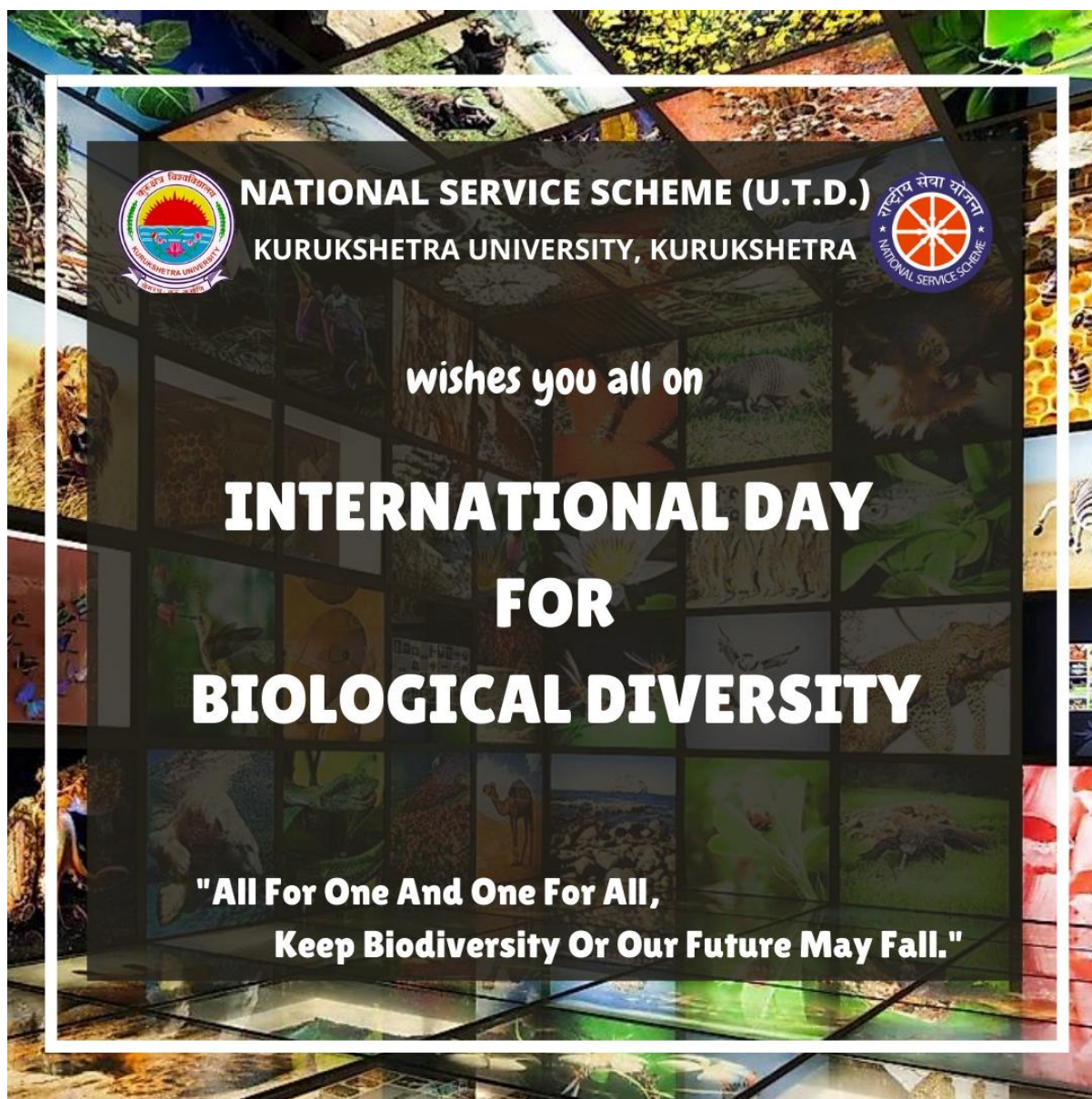
Altitude 211 meters  
Wednesday, 01-06-2022





**10.**  
**Other Activities**  
**from October, 2021 to July, 2022**

Apart from these activities N.S.S. volunteers celebrated National Unity Day (31-10-2021), World AIDS Day (01-12-2021), Republic Day (26-01-2022) and many more. N.S.S. volunteers Ms. Sonam (Department of Mathematics, KUK) designed the following posters for these occasions.





**NATIONAL SERVICE SCHEME (U.T.D.)  
KURUKSHETRA UNIVERSITY, KURUKSHETRA**



wishes you all on

**WORLD  
PRESS  
FREEDOM  
DAY**

**TUESDAY  
3RD MAY, 2022**



**NATIONAL SERVICE SCHEME (U.T.D.)  
KURUKSHETRA UNIVERSITY, KURUKSHETRA**



pledges on

**WORLD  
NO   
TOBACCO  
DAY**

ज़हर के धुएं में क्यों जल रहा है तू, इस जिंदगी को खाक में बदल रहा है तू,  
ये सांसों बहुत कीमती फिर याद आयेंगी, तेरे बाद तेरे अपनों को बहुत रुलाएंगी।





**NATIONAL SERVICE SCHEME (U.T.D.)  
KURUKSHETRA UNIVERSITY, KURUKSHETRA**



wishes

**Happy  
Mother's  
Day**

**to all Moms around the World**


**"To the world, you are a mother,  
but to your family, you are the world."**



**NATIONAL SERVICE SCHEME (U.T.D.)  
KURUKSHETRA UNIVERSITY, KURUKSHETRA**




wishes


**Happy  
Father's  
Day** 



**... What did I know, What did I know  
of love's austere and lonely offices?  
(Source: Poem 'Those Winter Sundays')**



**NATIONAL SERVICE SCHEME (U.T.D.)  
KURUKSHETRA UNIVERSITY, KURUKSHETRA**




pledges on




**WORLD BLOOD  
DONOR DAY**

(JUNE 14, 2022)


**Donate blood – Be a saviour**



**NATIONAL SERVICE SCHEME (U.T.D.)  
KURUKSHETRA UNIVERSITY, KURUKSHETRA**



wishes you all on



**INTERNATIONAL  
Yoga Day**

|| करो योग , रहो निरोग ||





**NATIONAL SERVICE SCHEME (U.T.D.)  
KURUKSHETRA UNIVERSITY, KURUKSHETRA**



# WORLD ENVIRONMENT DAY

A world without trees, fresh water and fresh air will not be a world fit for living in. Let's pledge to keep the environment clean and green.



**NATIONAL SERVICE SCHEME (U.T.D.)  
KURUKSHETRA UNIVERSITY, KURUKSHETRA**



wishes you all on

**INTERNATIONAL DAY  
AGAINST DRUG  
ABUSE AND  
ILLCIT TRAFFICKING**

JUNE 26, 2022







**N.S.S. Volunteers at Gita Jayanti volunteered for Green Earth, NGO**



**N.S.S. Volunteers worked with Haryana Environment Society (H.E.S.), NGO to spread awareness among KUK students and**





## Kurukshetra residents

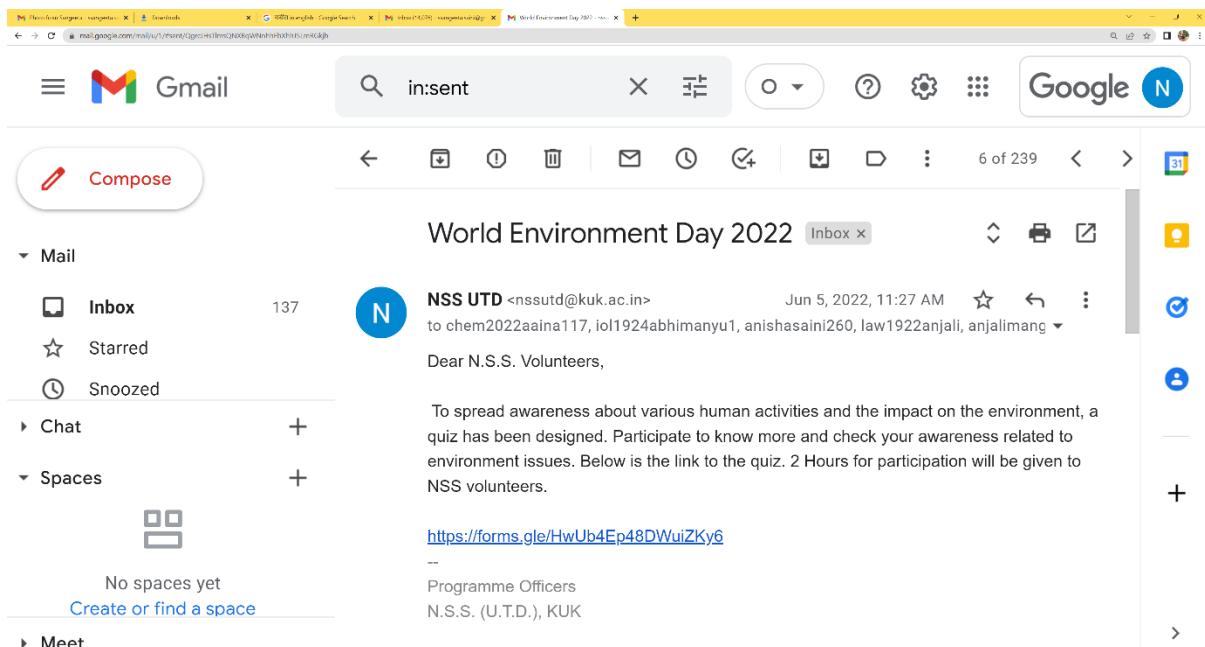




**To appreciate the volunteership of N.S.S. Volunteers, H.E.S. dedicated and planted a tree for N.S.S. volunteers of session 2021-22 on 1<sup>st</sup> June, 2022**



**N.S.S. Volunteers designed Quiz on World Environment Day (05 June, 2022) in 68 students participated**



## N.S.S. Volunteers on Yoga Day





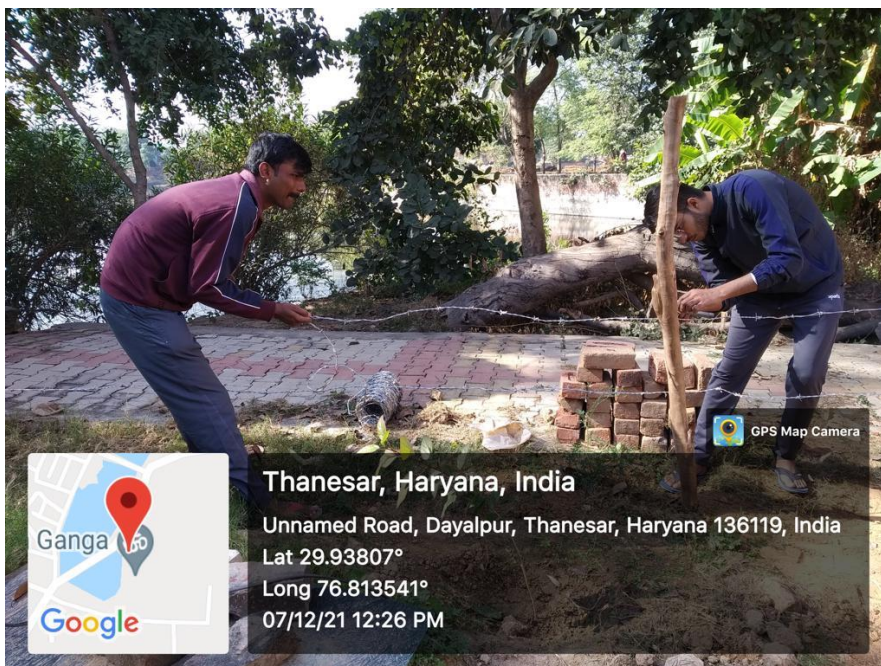






**N.S.S. volunteers took self-initiative to fence the plantation done at Village Dayalpur and organize a ‘Chhabeel’**

[1] Fencing initiative by Mr. Parvesh (Deptt. of Law) and Mr. Suraj Saini (Department of Sociology)





[2] Chhabeel organized on 9<sup>th</sup> June, 2022 by NSS volunteers with initiative taken by Mr. Deepak (Department of Social Work)



Other volunteers who help were: Hamisha - NSS/2021/018, Aasha - NSS/2021/104, Teevrata - NSS/2021/139, Priya Kaushik - NSS/2021/241, Preeti Devi - NSS/2021/168, Paras - NSS/2021/168, Vishalu - NSS/2021/142, Sumanlata - NSS/2021/137, Naresh (NSS/2021/240)



**N.S.S. volunteers at different Camps**

<b>S.No.</b>	<b>Type of Camp</b>	<b>Volunteers who attended</b>
1.	University Level NSS Camp, S.D. (PG) College, Panipat (March 23-29, 2022)	<ul style="list-style-type: none"> <li>• Gurjaint</li> <li>• Vikash</li> <li>• Pinki</li> </ul>
2.	University Level NSS Camp, S.A. Jain (PG) College, Ambala City (March 24-30, 2022)	<ul style="list-style-type: none"> <li>• Suraj Saini</li> <li>• Sagar</li> <li>• Sumit Malaan</li> <li>• Pooja</li> <li>• Preeti Rani</li> <li>• Srishti Devi</li> <li>• Anjali Gupta</li> <li>• Sanjeev</li> </ul>
3.	National Integration Camp, Maharishi Markandeshwar, Mullana, Ambala (March 22-28, 2022)	<ul style="list-style-type: none"> <li>• Aaina Saini</li> <li>• Krishan Kumar</li> <li>• Parvesh</li> <li>• Deepanshu Garg</li> </ul>
4.	National Integration Camp, Chaudhary Charan Singh Haryana Agricultural University, Hisar (December 16-22, 2021)	<ul style="list-style-type: none"> <li>• Simran Kaur</li> </ul>
5.	National Integration Camp, Kurukshetra University, Kurukshetra (November 18-24, 2021)	<ul style="list-style-type: none"> <li>• Suraj Saini</li> <li>• Sanjeev</li> <li>• Sumit Malaan</li> </ul>
6.	N.S.S. North Zone Pre-Republic Day Parade Camp (October 18-27, 2021)	<ul style="list-style-type: none"> <li>• Parteek</li> </ul>



**Positions Bagged by N.S.S. (UTD) Volunteers**

S. No.	Event	Name of Volunteer	Position
1.	<b>Poetic Symposium</b> University Level NSS Camp, S.D. (PG) College, Panipat (March 23-29, 2022)	Mr. Gurjaint	First
2.	<b>Declamation</b> University Level NSS Camp, S.A. Jain (PG) College, Ambala City (March 24-30, 2022)	Ms. Anjali Gupta	First
3.	<b>Mimic on 'Ek Sham Sheedo Ke Naam'</b> University Level NSS Camp, S.A. Jain (PG) College, Ambala City (March 24-30, 2022)	Ms. Anjali Gupta	First
4.	<b>Skit on Culture of Haryana</b> University Level NSS Camp, S.A. Jain (PG) College, Ambala City (March 24-30, 2022)	Ms. Srishti Devi	First
5.	<b>Youth Parliament</b> University Level NSS Camp, S.A. Jain (PG) College, Ambala City (March 24-30, 2022)	Mr. Sanjeev	First
5.	<b>Youth Parliament</b> University Level NSS Camp, S.A. Jain (PG) College, Ambala City (March 24-30, 2022)	Ms. Preeti Rani	Third
6.	<b>Group Dance</b> University Level NSS Camp, S.A. Jain (PG) College, Ambala City (March 24-30, 2022)	Ms. Preeti Rani	First
7.	<b>Best Volunteer</b> National Integration Camp, Kurukshetra University, Kurukshetra (November 18-24, 2021)	Mr. Sumit Malaan	Best Volunteer