

**Report of the Seven Days Special Camp**  
**on the theme 'Communal Harmony'**

**Village Barna**  
**March 21-27, 2018**

**Dr. Neeraj Batish**  
**Dr. Raj Kamal**  
**(Programme Officers)**

National Service Scheme (NSS), University Teaching Departments, Kurukshetra University Kurukshetra, as one of its regular annual activities this session also organised a Seven Day Special Camp at Village Barna near the university from 21st March to 27th March, 2018. Taking into consideration, the rising intolerance in society and other recent unfortunate events witnessed in North India during some recent times 'Communal Harmony' was adopted as the theme of the camp. Most of the activities of the camp therefore concentrated around creating harmony and peace in the society. During the camp volunteers working on the motto of the NSS 'Not Me But You' spread the idea of communal harmony and popularized the digital India programs initiated by the government in the village and adjoining areas.

**Day 1 (21/03/2018) :-**

On the first day of the camp, all the volunteers willing to participate in the camp assembled at Students' Home of the university. Dr. Neeraj Batish and Dr. Raj Kamal, Programme Officers, highlighted the importance of the theme of the camp 'Communal Harmony' and the significance of the Seven Day Camp in the NSS. How the camp was to proceed in the next days was also discussed and the ideas and suggestions were invited from the volunteers to make it more involving and

result oriented. After that the volunteers got themselves formally registered for the camp and were divided into five different groups. The groups were named after various freedom fighters and were assigned different duties to be performed throughout the camp on rotational basis. After selecting their group leaders the volunteers left for Barna, in the university bus, where they were greeted with lunch on arrival.

Shri. Shiv Lal, Sarpanch of the village was the Chief Guest at the inaugural function of the camp which took place in the post lunch session in the Hira Lal Anganwari. The village sarpanch and the other eminent villagers present in the function during their interaction informed the volunteers about the different difficulties being faced by the villagers. The function ended with the singing of the National Anthem.

In evening the volunteers returned to the university campus and performed various night activities in the hostel which they were assigned. After dinner in the hostel the volunteers noted down their experience of the day in the camp which was to be a daily schedule and submitted at the completion of the camp.

#### **Day 2 (22/03/2018) :-**

The second day of the camp began at 6:30 a.m. with Yoga and Pranayam at the Community Centre of the university. Pankaj Rohilla, one of the participating volunteers from the Department of Physical Education and a qualified yoga instructor led the yoga activity every day during the camp. After practicing yoga for an hour the volunteers went back to their hostels for freshening up and breakfast. The volunteers again assembled at Students' Home at 9: 30 a.m. from where they were ferried to the village Barna.

The activities at the village began with the NSS Song followed by reading of the day before report by the group members who were assigned that duty. A digital awareness drive regarding the use and misuse of the applications being promoted by the government of India was carried out in the village through posters, play-cards and practical mock demonstrations on the mobile handsets by the volunteers. Later on the same day a survey was also carried out by the volunteers regarding the impact of digitalization on the rural folks and specially the women. The survey showed that although digitalization had started making inroads into the lives of people yet a long way had to be gone before making it really successful.

Evening session of the camp witnessed experience sharing of the students from different faculties of the university regarding the relevance of the subjects taught to them and when actually put into practice. Gurbaksh and Yuvraj along with others took a lead in this. The volunteers after closing the day at village Barna with singing of National Anthem, the practice followed throughout the camp, returned to university. After having dinner the volunteers went into sharing their experience of the day with other residents of the hostels and acquainted them of the hardships being faced in the rural India.

### **Day 3 (23/03/2018) :-**

The third day of the camp again started with yoga where Prof. D.S. Rana, Coordinator NSS Cell, Kurukshetra University, Kurukshetra, paid a visit and highly appreciated the devotion and sentiment of social service being demonstrated by the volunteers and the Programme Officers.

It being Shahidi Diwas before leaving for Barna, the volunteers paid their respect and tribute at the statue of Shri. Bhagat Singh installed opposite university market. Dr. Neeraj Batish, Programme Officer, in a short address highlighted the

35  
role of freedom fighters and the sacrifices made by them because of which we now are able to enjoy a dignified and comfortable life.

The day at the village started with the usual practice of NSS Song and reading of the report which followed throughout the camp. First Aid and Home Nursing Training by the District Youth Red Cross was also initiated on the third day which was spread throughout the camp. In the afternoon session all the volunteers participated in slogan writing and poster making competition on the theme 'Communal Harmony.' Prof. D.S. Rana was the Chief Guest during the competition; he applauded and encouraged the volunteers with sharing of his healthy and rich experience. After that the routine schedule as reported earlier was practiced both at Barna and the university campus.

**Day 4 (24/03/2018) :-**

After practicing Yoga and daily morning schedule the volunteers reached Barna at 9:30 a.m. 'Duties of an NSS Volunteer and the Expectations of the Society' was the topic on which Dr. Neeraj Batish gave a detailed talk while Dr. Raj Kamal shared his views on 'Importance of Moral Values among Youth.' This was followed by a rally carried out by the volunteers on the theme 'Communal Harmony' in the village. After the rally the volunteers divided into various groups had an interaction with the villagers where they highlighted the importance of a peaceful and harmonious life. Communal Harmony stickers and badge were also distributed in the village.

Later Gurbaksh, Amit, Khushbu, Rashmi Battan, Abhishek, Naveen, Akhilesh, among others shared their views on the topics like Mutual Funds, Hindu Marriage Act, 1955, Water Harvesting, River Saraswati, Sustainable Development and the recent important judgments pronounced by the Hon'ble Supreme Court of

India. These discussions were attended by many villagers as well. All work and no play makes Jack a dull boy. Hence a session for cultural activities was also kept for the day where Pankaj, Arvind, Rohit Pannu, Amit Sangwan showcased their talent.

**Day 5 (25/03/2018) :-**

In addition to other activities three lectures fixed for the day were a source of excitement to the volunteers on the fifth day of the camp at village Barna. Prof. Tejinder Sahrma, Department of Commerce KUK and Former Coordinator NSS Cell, delivered a spirited and motivational lecture. Discarding the use of polythene, maximum tree plantation and the motto of the NSS were the issues around which his lecture revolved. Prof. CDS Kaushal, Director, Youth and Cultural Affairs, KUK and a former Coordinator, NSS Cell, KUK and Indira Gandhi Awardee highlighted the role of the spirit of service in his address. He also expressed his concern on the decreasing use of Sanskrit in day to day life.

Prof. (Retd.) Himmat Singh Sinha, Department of Philosophy, KUK and an eminent speaker gave a rich talk on the importance of self-confidence and character building among youth.

**Day 6 (26/03/2018) :-**

A Blood Donation camp was organized at LNJP hospital Kurukshetra on the sixth day of the camp where twenty units of blood were donated by the volunteers. In the evening session Dr. Amit Kumar and Dr. Sant Lal, Institute of Law, Kurukshetra University addressed the students and shared their views on the topics 'Significance of Rights and Duties' and 'Role of Youth in Development' respectively. Both the addresses were highly appreciated by the volunteers.

(37)

Ms. Harsha and Mr. Rohit Pannu, who had represented the UTD NSS at Republic Day Parade, Raj Path, New Delhi, shared their experiences and encouraged their other fellow volunteers to do put in maximum efforts in order to achieve that platform.

**Day 7 (27/03/2018) :-**

The morning session of the last day of the camp again witnessed the interaction of the volunteers with the villagers. Communal Harmony stickers and badges were distributed throughout the village and a word of thankfulness and appreciation for being such a helpful host was spread. The volunteers appealed the villagers to sustain the spirit of communal harmony amongst them. The villagers too reciprocated with a very warm heart and extended the invitation for next time as well.

Shri Devi Dayal, Chairman, Block Samiti was the Chief Guest while Sri. Shiv Kumar, Sarpanch was the Guest of Honour at the Valedictory function which took place at 3:00 p.m. in the village anganwadi. The guests highly appreciated the gesture of the NSS volunteers and expressed hope in the bright future of India. The function included a host of patriotic cultural items which mesmerized the villagers. The Seven Day Special Camp concluded with singing of the NSS Song followed by National Anthem.

निवासी जसबीर सिंह को 50 हजार रुपये, पिहोवा के गांव रुआ निवासी नछतरो देवी को 75 हजार रुपये, पुरानी सब्जी मंडी थानेसर निवासी निर्मला देवी को 7500 रुपये और टोल निवासी मुस्ताक मोहम्मद को 40 हजार रुपये दिए हैं।

अराफ अराड़ा के नजदीकी माने जाते हैं। उन्होंने बताया कि समिति में उनका कार्यकाल दो वर्ष का रहेगा। उत्तर रेलवे ने उन्हें जो जिम्मेदारी सौंपी है वे उसका कर्तव्यनिष्ठा के साथ निर्वहन करेंगे। वे जनता की समस्याएं दूर कराने का प्रयास करेंगे।

## शिविर में सीखे समाजसेवा के गुर



बारना गांव में आयोजित एनएसएस शिविर में भाग लेते स्वयंसेवक • जागरण

जासं, कुरुक्षेत्र : कुरुक्षेत्र विश्वविद्यालय की ओर से गांव बारना में एनएसएस शिविर का आयोजन किया गया। सात दिवसीय शिविर का शुभारंभ गांव के सरपंच शिवकुमार ने किया। उन्होंने कहा कि युवाओं को समाज सेवा के बारे में जानकारी होनी चाहिए। युवा देश का भविष्य हैं और अगर इनको समाज सेवा में रुचि

होगी तो वे आगे चलकर समाजसेवा कर सकेंगे। कार्यक्रम में विद्यार्थियों ने गांव में घूमकर सांप्रदायिक एकता और गांव के विकास की योजनाओं के बारे में अवगत कराया। कार्यक्रम के संयोजक डॉ. राजकमल और डॉ. नीरज बातिश ने बताया कि शिविर का आयोजन सात दिनों तक किया जाएगा।

## अपनी समस्या बैंक को कराएं अवगत

जासं, कुरुक्षेत्र : पीएनबी के मंडल कार्यालय में एकमुश्त समझौता शिविर का आयोजन किया गया। उसका शुभारंभ अंचल प्रबंधक आलोक श्रीवास्तव ने किया। उन्होंने कहा कि यदि आप कि-ही अपारिहार्य समस्या के अधीन आते हैं तो बैंक को अवगत कराएं।

## जीएसटी पर छह दिवसीय कार्यशाला

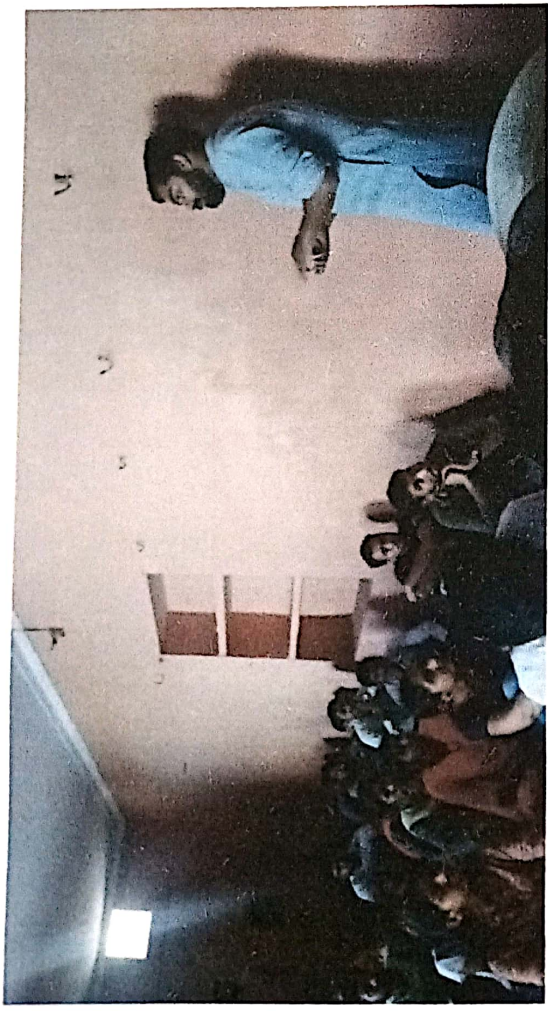
जासं, कुरुक्षेत्र : सेंट नवरंग राय लोहिया जयराम कन्या महाविद्यालय में छह दिवसीय टेली एवं जीएसटी कार्यशाला का आयोजन किया गया।

स्टर  
टिरी  
केंसी  
क पद  
री को  
के पद  
उता के  
के पद  
सरोवर  
। बैठक  
मध्यक्षता  
व्यक्षता में  
850 हाई  
ली हैं उन्हें  
को पदोन्नत  
गावा 2350  
एयों के पद

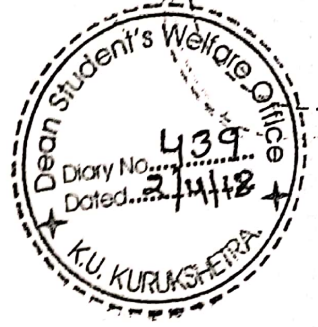
में







**KURUKSHETRA UNIVERSITY KURUKSHETRA**  
(Established by the State Legislature Act XII of 1956)  
("A+" Grade, NAAC Accredited)



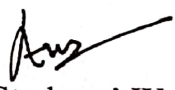
To

The Secretary,  
St. John Ambulance Association  
Kurukshetra

**Sub: First Aid and Home nursing certificates.**

Sir,

NSS UTD has organized two seven day special camp from 21-3-2018 to 27-3-2018 in village Barna and 22-3-2018 to 28-03-2018 in village Narkatari. During these camps St. John Ambulance Association has given training related to First Aid and home nursing to the NSS Volunteers. Total numbers of volunteers in both camps were 106 (60+46) list attached. The required amount of fee for First Aid certificate and Home Nursing certificate of each volunteer has been submitted to your kind office i.e. 106x2x30=6360/- (Six thousand three hundred sixty only). Now you are requested to please issue the First Aid and Home Nursing certificates to the NSS volunteers (UTD).

  
Dean Students' Welfare

NP-18-19

(27)

21.03.18 to 27.03.18

S.NO	NAME	FATHER NAME	DEPARTMENT	ROLL NO
01	REENA YADAV	Sh. Ashok Kumar	M.SC CHEMISTRY	131
02	POONAM	Sh. Dharampal	M.SC CHEMISTRY	223
03	VIDHI JAIN	Sh. Sushil Jain	M.A ECONOMICS	45
04	SHILPA	Sh. Ramesh Singla	M.COM	94
05	NIDHI NARWAL	Sh. Rambhraj Narwal	M.A (A.I.H)	09
06	PRIYANKA DEVI	Lt. Sh. Mahabir Singh	EVS	41
07	AMIT JANGRA	Sh. Rawat Singh	INST. OF LAW	54
08	AKHILESH KOKCHA	Sh. Neeraj Kokcha	INST. OF LAW	60
09	ARUN KUMAR	Sh. Naresh Kumar	INST. OF LAW	118
10	PANKAJ KUMAR	Sh. Kali Ram	M.A SANSKRIT	27
11	ARVIND KUMAR	Capt. Samunder Singh	PHY. EDU	16
12	ROHIT PANNU	Sh. Ramkala Pannu	M.A ENGLISH	100
13	ABHISHEK SHARMA	Capt. Mohinder Kumar Sharma	M.TECH APPLIED GEOLOGY	01
14	POOJA SAINI	Sh. Rajbir Singh	M.SC CHEMISTRY	93
15	DEEPIKA	Sh. Bhim Singh	M.SC CHEMISTRY	11
16	SWATI SHARMA	Sh. Krishan Lal Sharma	INST. OF LAW	125
17	DEEPAK VASHISHTA	Sh. Naresh Vashishta	INST. OF LAW	32
18	MONIKA RANI	Sh. Dalip Singh	M.SC MATHS	146
19	RASHMI BATTAN	Sh. Joginder Singh	M.TECH APPLIED GEOLOGY	07
20	RAJAT GOYAL	Sh. Mukesh Kumar Goyal	LAW	22
21	SATENDER	Sh. Sanjeev	INST. OF LAW	72
22	VIKRAM VERMA	Sh. Kamal Verma	DEPT. OF LAW	96
23	KHUSHBU	Sh. Rambir Singh	M.SC EVS	42
24	NASIB SINGH	Sh. Wazir Singh	LAW	107
25	HARSHA	Sh. Ved Parkash Verma	Law	77

Rkang.

S:NO	NAME	Father Name	DEPARTMENT	ROLL NO
26	NAVEEN YADAV	Sh. Devender Singh	INST. OF LAW	59
27	GURUBAKSH SINGH	Sh. Nasib Singh	U.S.M	71
28	YUVRAJ SINGH	Sh. Yashbir Singh	U.I.E.T	36
29	HIMANSHU VERMA	Sh. Sohan Lal	INST. OF LAW	47
30	SAHIL GOYAL	Sh. Mukesh Kumar Goyal	INST. OF LAW	01
31	AMIT SANGWAN	Sh. Rajesh Sangwan	LAW	221
32	SHIV KUMAR	Sh. Santosh Kumar	LAW	259
33	VISHAL	Sh. Rishi Pal	M.COM	47
34	ANJALI	Sh. Arun Gupta	M.SC MATHS	148
35	EKTA	Sh. Raj Kumar	M.A ECONOMICS	51
36	PRERNA	Sh. Rajesh Arya	INST. OF LAW	53
37	AARTI	Sh. Somvir	A.I.H	11
38	RAJESH DHIMAN	Sh. Sheo Ram	LAW	122
39	SATYANDER	Sh. Satyawan	M.A. PSYCHOLOGY	37
40	ARUN KUMAR	Sh. Surender Pal	INST. OF LAW	55
41	RAVEENA	Sh. Janak	M.SC MATHS	92
42	KAVITA	Sh. Raj Kumar	INST. OF LAW	86
43	PARVEEN KUMAR	Sh. Ramdia	LAW	66
44	SIDHART NAGAR	Sh. Sunder Nagar	INST. OF LAW	56
45	HARASHI SHARMA	Sh. Ashok	INST. OF LAW	32
46	SAURAV GUPTA	Sh. Sharwan Kumar	U.I.E.T	41
47	PANKAJ KUMAR	Sh. Jaikishan Kumar	PHY. EDU	02
48	GARIMA	Sh. Kuldeep	INST. OF LAW	76
49	GAURAV NAGR	Sh. Amarपाल Nagar	INST. OF LAW	58
50	GURPREET	Sh. Karamveer Singh	M.A SANSKRIT	17

Rkand.

S.NO	NAME	Father Name	DEPARTMENT	ROLL NO
51	RISHIBHA	Sh. Sukhdev Singh	M.SC MATHS	104
52	MEENA RANI	Sh. Nanha Ram	M.A COMMERCE	120
53	SUNITA RANI	Sh. Balraj Singh	M.SC MATHS	85
54	ANNU	Sh. Balkishan	INST. OF LAW	116
55	AMIT	Sh. Vikram Karkara	INST. OF LAW	127
56	MOHIT	Sh. Nandan Singh Kemwal	INST. OF LAW	33
57	YOGESH KUMAR	Sh. Bijender Singh	M.SC CHEMISTRY	92
58	SONIA	Sh. Ramesh	M.SC CHEMISTRY	220
59	PRACHI RANGA	Sh. Tej Singh Ranga	M.A (A.I.H)	10
60	SUNIL KUMAR	Sh. Jagdish Chander	LAW	32

Rkand.

श्रीमानजी.

उपरोक्त M.S.S. विद्यालय में 2022 का प्रथम वर्ष के  
 द्वारा चलाई/देलाई गई FIRST Aid एवं Home Nursing  
 का प्रथम वर्ष विभाग में आयोजित कार्यक्रम एवं  
 आवेदन कार्य करके हेतु प्रस्तुत है। R.No. 37560

  
**RAJINDER SAINI**  
 Distt. Training Officer  
 St. John Ambulance (INDIA)  
 KURUKSHETRA

Secretary  
 St. John Ambulance Ass.  
 KURUKSHETRA

22-28, March 2018

30

S.NO.	NAME	FATHER'S NAME	DEPARTMENT	SEM.	ROLL NO.
1	MONIKA	BIJENDER SINGH	MA (ENG)(P)	2 <sup>nd</sup>	106
2	NASIR KHAN	VALI MOHD.	BA LLB	4 <sup>th</sup>	107
3	ABHISHEK SAINI	JAI BHAGWAN	M.COM(P)	2 <sup>nd</sup>	63
4	SANGAM SINGH	RAJENDER SINGH	MBA(5 year)	4 <sup>th</sup>	55
5	VAISHALI SAXENA	VINOD KUMAR SAXENA	M.COM(P)	2 <sup>nd</sup>	132
6	NEELAM	MAHENDER SINGH	MA(SOCIO)	2 <sup>nd</sup>	50
7	SONIA	BIRBHAN	MA(SOCIO)	2 <sup>nd</sup>	59
8	SUSHIL KUMAR	MOHAN LAL	BA LLB	10 <sup>th</sup>	87
9	SUREKHA	DIL BAG SINGH	MA(ECO)	4 <sup>th</sup>	47
10	KARAN	JAGDISH CHAWLA	UIT(B.TECH)	4 <sup>th</sup>	251602701
11	RAKESH	SATYANARYAN	MBA(5 year)	6 <sup>TH</sup>	26
12	ANKUSH	BALRAJ SINGH	MBA(5 year)	4 <sup>th</sup>	15
13	KASHIK BOORA	RAMMEHAR SINGH	BA LLB	4 <sup>TH</sup>	122
14	KULVIR SINGH	DHOOP SINGH	MA(SOCIO)	2 <sup>nd</sup>	19
15	SUSHIL KUMAR	RAMPHAL	M.COM(P)	2 <sup>ND</sup>	144
16	ANSHU SOHU	PARVESH KUMAR	M.COM(P)	2 <sup>ND</sup>	130
17	VINOD KUMAR	RAM NIWAS	M.COM(P)	2 <sup>ND</sup>	48
18	JOGINDER	PARKASH	Ph.D(SOCIO)		1
19	PARVESH YADAV	PAWAN KUMAR	MA(ENG)(P)	2 <sup>ND</sup>	49
20	VIKASH	ANAND	MA(ENG)(P)	2 <sup>ND</sup>	114
21	PRINCE	DEVENDER PAL	MBA(5 YEAR)	6 <sup>th</sup>	24
22	MANISH KUMAR	OM PRAKASH	MA(POL SC)	4 <sup>TH</sup>	8
23	HARENDER SINGH	OM PRAKASH	MA(ENG)	2 <sup>ND</sup>	82
24	KAJAL SHARMA	DEEPAK SHARMA	MA(ENG)	2 <sup>ND</sup>	35
25	REKHA	RISHI RAM	MA(ENG)	2 <sup>ND</sup>	99
26	VIDYOTTMA	JAICHAND	MA(ECO)	2 <sup>ND</sup>	61
27	BIJENDER	MUKESH KUMAR	B.PHARMA		14
28	RISHI RAJ	ANIL KUMAR	MA(ENG)	2 <sup>ND</sup>	123
29	SONU	RAJPAL SINGH	MA (SANSKRIT)	2 <sup>ND</sup>	39
30	NARENDER	MANI RAM	BA LLB	2 <sup>ND</sup>	90
31	RAJAT KUMAR	RAJENDER SINGH	MBA	6 <sup>TH</sup>	33
32	PORUS	KARAN SINGH	M.SC	4 <sup>TH</sup>	15
33	RAHUL KUMAR	MAHA SINGH	M.SC	4 <sup>TH</sup>	40
34	ANURADHA	JARNAIL SINGH	MA(ENG)	2 <sup>ND</sup>	68

35	JIGYASA	ANIL KUMAR SHARMA	MA(ENG)	2 <sup>ND</sup>	112
36	RAVITA	SURESH KUMAR SINGAL	MA(ENG)	2 <sup>ND</sup>	124
37	ASGARI	ATIK ALAM	MA(ECO)	2 <sup>ND</sup>	6
38	KAMAL GOEL	ASHOK KUMAR GOEL	M.COM	2 <sup>ND</sup>	135
39	SWATI	RAJENDER SINGH	MA(ENG)	2 <sup>ND</sup>	104
40	VIKAS KUMAR	KARAMBIR	BA LLB	6 <sup>TH</sup>	53
41	SAKSHAM	SATISH KUMAR	BA LLB	4 <sup>TH</sup>	82
42	HEMANT	LEELADHAR	MBA(5 year)	4 <sup>TH</sup>	31
43	VIKRAM	RAMESH KUMAR	M.COM(P)	2 <sup>ND</sup>	90
44	JAYA KHANDELWAL	RAJU GUPTA	M.COM(P)	2 <sup>ND</sup>	110
45	BHUPENDER	BALWAN SINGH	MA(ECO)	4 <sup>TH</sup>	18
46	PARVEENWATI	JAICHAND	MA(SOCIO)	2 <sup>ND</sup>	20



श्रीमान जी

उपरोक्त N.S.S. शिवर में मैट्रिक एग्जामिनेशन में उत्तीर्ण हुए छात्रों की सूची  
 एवं उनके नामों की सूची प्रस्तुत है।  
 आपकी जानकारी एवं आवश्यक कार्रवाई के लिए प्रार्थना है।  
 R.No. 37560

  
**RAJINDER SAINI**  
 Distt. Training Officer  
 St. John Ambulance (INDIA)  
 KURUKSHETRA

Secretary  
 St. John Ambulance Ass.  
 KURUKSHETRA

# **ANNUAL REPORT**

## **(N.S.S, U.T.D)**



**KURUKSHETRA UNIVERSITY,  
KURUKSHETRA  
(01 AUG, 2018 – 31 MARCH, 2019)**



## **CHAIR**

**Dr. Kalish Chandra Sharma**  
**Hon'ble Vice Chancellor,**  
**Kurukshetra University, Kurukshetra**

## **VICE CHAIR**

**Prof. Pawan Sharma**  
**Dean Student Welfare**

## **PROGRAMME OFFICER'S N.S.S (U.T.D)**

Dr. Surjeet Kumar (Unit I)  
Dr. Sangeeta (Unit II)  
Dr. Naresh Kumar (Unit III)  
Dr. Monika Malik (Unit IV)

## **ADVISORY COMMITTEE**

Prof. Pawan Sharma, Dean Student Welfare (Chairman)  
Dr. Tejinder Sharma, Director Y& CA, KUK  
Dr. Neeraj Batish (Ex Programme Officer, NSS, UTD)  
Dr. Surjeet Kumar (Programme Officer, NSS, UTD & Member Secretary)  
Dr. Sangeeta (Programme Officer, NSS, UTD)  
Dr. Naresh Kumar (Programme Officer, NSS, UTD)  
Dr. Monika Malik (Programme Officer, NSS, UTD)  
Ms. Harsha, Student of 3<sup>rd</sup> year, Department of Law  
Mr. Rohit Pannu, Student of 2<sup>nd</sup> year, Department of English

# CONTENTS

	<b>Page Numbers</b>
<b>1. SEVEN DAYS CAMP</b>	<b>4-19</b>
1.1 Day One	
1.2 Day Two	
1.3 Day Three	
1.4 Day Four	
1.5 Day Five	
1.6 Day Six	
1.7 Day Seven	
<b>2. ONE DAY CAMPS</b>	<b>20-26</b>
2.1 Day Seven	
2.2 Day Seven	
2.3 Day Seven	
2.4 Day Seven	
<b>3. OTHER ACTIVITIES</b>	<b>27-36</b>
3.1	

# 1

## SEVEN DAYS CAMP

Under the directions of Hon'ble Vice Chancellor Dr. Kailash Chandra Sharma and Dean Student Welfare Prof Pawan Sharma, a Seven Days "National Youth Awareness camp" was organized by NSS (UTD) from 02 to 08 January, 2019 in which the day activities were held at village Pabnawa and Morning & evening activities were held at KUK campus under the guidance and supervision of NSS programme Officers Dr. Surjeet Kumar, Dr. Sangeeta, Dr. Naresh Kumar and Dr. Monika Malik . The details of activities (day wise) are presented below:

### DAY 1

At 7.30 in the morning Yoga and Prayer session was held in which all the volunteers performed various exercises and yoga followed by devotional prayers. Also NSS song was performed. This session conditioned for next one hour.

After Breakfast around 9.30 am approximately 160 NSS volunteers along with their 4 Program Officers went to Guru Bharmand Ashram where the Sarpanch of Pabnawa village interacted with the volunteers also gave assurance of full cooperation. Later Program Officers enlightened the volunteers regarding theme and importance of seven days camp.

After this 4 leaders from each unit were selected according to their skills in different fields. Then different committees were allotted to them. These were:

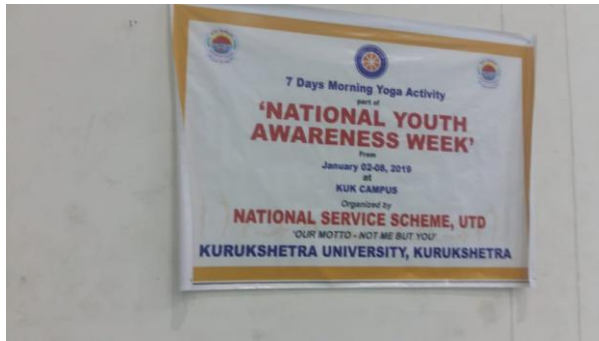
- Food Committee, Transport Committee, Discipline Committee,
- Yoga and Prayer Committee,
- Reporting Committee,
- Anchoring Committee,
- Activities Committee &
- Photography Committee

The Role of these 16 leaders in each committee was elaborated.

In the next part Swachhata Abhiyan started in which all the four units were divided throughout the Ashram in which all the volunteers participated with enthusiasm. Then all the Program Officers went on inspection to check the work done by the volunteers.

After lunch, discussion session took place in which volunteers opened up about different issues in the society i.e Importance of Voting, Importance of First Aids etc also different problems in the societies with their remedies to overcome the problems were discussed and Blueprint for next day was created in the end.

**Photos: Day 1**





## DAY 2

On January 03, 2019 second day of NSS Seven Days Camp with the theme of National Youth Awareness Camp organised by Kurukshetra University at Pabnawa Village.

At 7.30 in the morning Yoga and Prayer session was held in which all the volunteers did various exercises and yoga followed by devotional prayers. This session continued for next one hour.

After Breakfast around 9.30 am all the volunteers along with their 4 Program Officers went to Pabnawa Village.

In morning session Swachhta Abhiyan started in which all the four units were scattered throughout the village for cleaning. Small group were made and after that they performing various activities like started picking all the garbage, road cleaning, draining all the waste material, during these activities, villagers themselves motivated the volunteers by providing them

extra equipments, offering them milk and water. This activity continued for next 4 hours.

Then lunch was served to all the volunteers. After that beautification of the village started in which volunteers painted the walls with slogans and specially captured those area where the prevention from open urine happens.

After this open discussion session started where all the females of the village gathered near Chopal a team of female volunteers along with female program officers discussed regarding their health, personal hygiene, social- economic issues, female rights etc. Also gave necessary suggestions for improving their condition. And made them aware about their existence also how they can become a part in developing India. On the other hand male volunteers along with the male program officer created awareness about the conservation of village heritage and cleanliness among the villagers and students of school. The interaction was highly participatory.

### **Photos: Day 2**





### DAY 3

On January 0,4 2019 third day of NSS Seven Days Camp with the theme of National Youth Awareness Camp organised by Kurukshetra University at Pabnawa Village.

At 7.30 in the morning Yoga and Prayer session was held in which all the volunteers performed various exercises and yoga followed by devotional prayers along with NSS song. This session

continued for next one hour.

After Breakfast around 9.30 am all the volunteers along with their 4 Program Officers went to Pabnawa Village.

In morning session lecture by Dr. Suresh Deswal also known as Green Man, HOD of Geography Department from Govt. P.G. College, Ambala Cantt. He inspired volunteers for plantation and sustainable department by sharing his own experiences as well as by giving various references such as M.C. Mehta, Sindhu Tai, Waterman Rajender, Forestman Jadev Payeng, who in one way or another set up a huge example for protecting environment and improving society.

After that nearby 40 fruit plants were planted in the village by volunteers along with program officers. Each plant was planted by volunteers and also by villagers themselves who will take care of them for the rest of their life.

Then lunch was served to all the volunteers. After that beautification of the village started in which volunteers painted the walls with slogans. On the other side many volunteers went for cleaning other areas of the village. They performed many activities like picking up garbage, road cleaning, removing blockage of water and dumping waste material.

Then all the four units prepared their questionnaire for the survey and also prepared for the activities to be performed in future.

### **Photos: Day 3**







## DAY 4

On January 05, 2019 fourth day of NSS Seven Days Camp with the theme of National Youth Awareness Camp organised by Kurukshetra University at Pabnawa Village.

At 7.30 in the morning Yoga and Prayer session was held in which all the volunteers performed various exercises and yoga followed by devotional prayers along with NSS song. This session continued for next one hour.

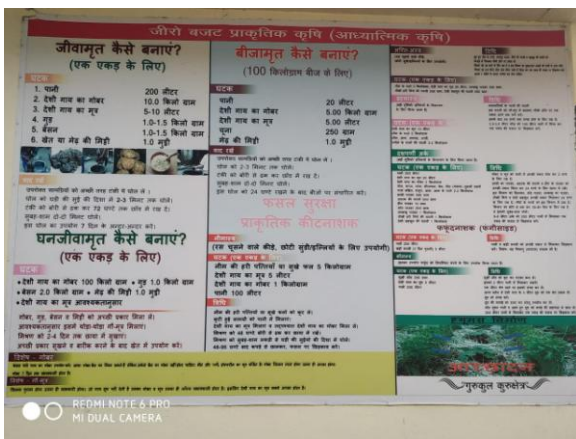
After Breakfast around 9.30 am all the volunteers along with their 4 Program Officers went to Pabnawa Village. In morning session all the volunteers visited Adarsh High School, where a student name Vishal sang banjan on generation gap. Later on there was lecture by Assistance Professor Sushila Chauhan from Department of Law, Kurukshetra University. She spread awareness regarding Right to Information (RTI) and it's usage in our life and also Share her view on cyber crime with villagers. She gave live examples for keeping one's security and avoids exploitation.

Then lunch was served to all the volunteers. All the four units discussed regarding the survey and also prepared for the activities to be performed in future.

After that all the volunteers went to Gurukul, Kurukshetra. Where, Dr. Baljeet Saharan delivered a lecture on sustainable development and Natural farming. Volunteer also visited and understood the benefit of zero waste management farming. The visit motivated volunteers not only for making others aware but also for developing their skills to make better society.

### Photos: Day 4





**DAY 5**

On January 06, 2019 fifth day of NSS Seven Days Camp with the theme of National Youth Awareness Camp organised by Kurukshetra University at Pabnawa Village.

At 7.30 in the morning Yoga and Prayer session was held in which all the volunteers performed various exercises and yoga followed by devotional prayers along with NSS song. This session continued for next one hour.

After Breakfast around 9.30 am all the volunteers along with their 4 Program Officers went to Pabnawa Village.

In morning session first aid and home nursing training was given by Shri Rajinder Saini, from Indian Red Cross. He gave live examples of what activities to be performed in the case of

emergency I.e. heart attack, accident, unconsciousness, lack of breathing etc. Volunteers actively participated in this and followed the same procedure as he did. And he also gave appreciation token to volunteers who participated. This activity continued for approximately 3 hours.

In the afternoon session, a lecture was delivered by Dr. Rajesh Malik head of department of Law and Commerce and also served in Indian Air Force. He delivered lecture on Awareness and Motivation by giving his life experiences and gave a message to serve the society, follow the path of truth and be an active, aware and helping citizen.

Then lunch was served to all the volunteers. All the four units discussed regarding the survey and also prepared for the activities to be performed in future.

### Photos: Day 5





## DAY 6

On January 07, 2019 sixth day of NSS Seven Days Camp with the theme of National Youth Awareness Camp organised by Kurukshetra University at Pabnawa Village.

At 7.30 in the morning Yoga and Prayer session was held in which all the volunteers performed various exercises and yoga followed by devotional prayers along with NSS song. This session continued for next one hour.

After Breakfast around 9.30 am all the volunteers along with their 4 Program Officers went to Pabnawa Village.

In morning session all the four units divided their volunteers into various sub groups and they were scattered throughout the village for conducting survey. Questionnaire contained various aspect of information regarding family information, health care, farming procedure, waste material management; E-banking, volunteers gave information about more than 12 schemes and also told about their benefits.

Then lunch was served to all the volunteers. In afternoon session lecture by Dr. Balwan Singh, Agricultural Welfare Officer spread information about Biogas, Bio fertilizer and Organic Farming.

## Photos: Day 6





**Teams ready for village survey**



## **Day 07**

### **Closing Ceremony of National Youth Awareness Week**

Everyone was ready to start their day with yoga session from 7:30 a.m to 8:30 a.m under the supervision of vice - Chancellor Proff. Kailash Chand Sharma and Dean student's welfare Prof Pawan Sharma organised by NSS UTD kuk.

At 9:30 a.m all the volunteers with their programme officers Dr. Surjeet Kumar,Dr. Sangeeta Saini,Dr. Monika Malik and Dr. Naresh Kumar went to Pabnava, the adopted village of kurukshetra university, kurukshetra.

At 10:15 a.m the officers from election department reached to aware the volunteers about the new introduced EVM in elections. They told us that these new EVMs are fully secured and there

exist an option of 'No' if the person is not interested in giving vote to any of the representative.

At 10:45 a.m they departed and the volunteers were directed to the place where the construction for the community centre in the village has to be started. All the volunteers Clean the venue which was full of bricks. The volunteer make a human chain and clean the venue in an hour time. This was highly appreciated by the villagers. The volunteers also enjoyed this task by singing songs like "Sathi Hath badhana". The task was performed to inculcate the team spirit among the volunteer and show the strength of unity. Dr. Surjeet kumar and Dr. Naresg Kumar were present during the task & supervise the volunteers and villagers. After completing the task volunteers were provided tea break and then again they were directed towards Chaupal of the village. At 11:15 our new guests arrived. They were:

Dr. Shalinder Dy. Civil surgeon kurukshetra,

Dr. Ujjita Balyan Dylan Dy. Director Haryana State AIDS Control Society

Mr. Anoop Kaushik, Counselor ICTC.

Firstly, Dr. Shalinder introduced about the causes and safety measures to be followed to make ourselves free from HIV and the data related to India about AIDS.

Then,Dr. Ujjita discussed about the availability of medicines, proper checkups and the facilities in Civil hospitals.She awared the students about the helpline number 1097 in case of any type of help in AIDS related matter.A volunteer named Sushil also put his point of view and she answered very well.

She also discussed some cases that how people feel awkward while discussing about AIDS.She awared the volunteers and villagers about it very well and to pass on it to others.

Mr. Anoop kaushik discussed about their counselling pattern followed in the ICTC.

At 12 p.m the Chief Guest of valedictory/ Closing session, Prof Pawan Sharma Dean student welfare, KUK arrived. He was welcomed by Our Programme Officers. The ceremony started with Saraswati vandna,and flower devotion to Maa Saraswati.

After that cultural program was performed by volunteers by presenting patriotic song n poem which made filled the villagers with enthusiasm.



Prof Pawan Sharma presented his speech on Youths' duty for the society and the nation. He awaked the students to make a change in them because it is the NSS that make them different from other students. It is the platform where they can work for any problem prevailing in their society. He inspired the volunteer to be centralized towards their own attitude, aim, behavior and the life.

After that all the volunteers were awarded with certificate of participation in Nss camp and medals by DSW Prof Pawan Sharma.

The programme officers Dr. Surjeet Kumar, Dr. Sangeeta Saini, Dr. Monika malik & Dr. Naresh Kumar, villagers and worker of the village were present during the function. The panchayat committee also presented their vote of thanks to all the Programme officers and to DSW.

The ceremony was over at 4 p.m with vote of thanks and National Anthem.

### Photos: Day 7





## 2

### ONE DAY CAMPS

#### 2.1 FIRST - ONE DAY CAMP (August 2, 2018)

First, One day camp on the occasion of **Swachta Pakhwada** was organized in Student Home. Camp activities were utilized with NSS claps followed by pledge ceremony in which NSS volunteers took. Pledge of cleanliness inside the house and outside the house, in streets and at public places. In this camp on the spot painting competition and slogan writing competition were organized in which NSS volunteers depicted their spirit of Swachta-Bharat, Sunder Bharat through beautiful drawings and slogans. These activities lasted upto lunch. After lunch a group discussion was successfully carried out with a prime focus swachta awareness and implementation across the country with a focus on role of women and children in taking a leadership role for community led sanitation activities.

**Photo: Swachta Pakhwada Pledge**





## **2.2 SECOND – ONE DAY CAMP (September 7, 2018)**

On September 7, 2018 One Day Camp was organised at Village Pabnawa dedicated to **BETI BACHAO – BETI PADHAO and CLEANLINESS AWARENESS CAMPAIGN**. The Day Swach Bharat and Beti Bachao – Beti Padhao in the hands of NSS Volunteers. Rally began from Panchayat Bhawan and passed through 12 lanes of village Pabnawa and ended at Ghats Nukkad Natak on Beti Bachao - Beti Padhao was performed which was observed by villagers of Pabnawa. An open discussion on declining sex ratio was organised in which adults of Pabnawa very actively participated. After a healthy interaction NSS Volunteers addressed villagers with speeches on detrimental impacts of declining sex ration and consequential problem of Bride buying in the society. NSS Students also talked to the villagers and prohibited them from marrying girls at early age. After lunch door-to-door hygienic and cleanliness awareness campaign was initiated in the village in which students were divided into group of four volunteers who visited each and every house and talked to the villagers and told them ways and means to maintain personal hygienic and disposal of loading in a reproductive manner.

**Photo: BETI BACHAO – BETI PADHAO and CLEANLINESS AWARENESS Campaign**



### **2.3 THIRD – ONE DAY CAMP**

September 29, 2018

September 29, 2018 was observed as **SURGICAL STRIKE DAY** was organised at Senate Hall and Gush Hall. Poster making activity was organised in which NSS Students as well as students of Fine Arts participated and paintings were dedicated to soldiers of the country. Ex-servicemen were cordially invited and Honoured by Dean Students Welfare in a special function designed to Honour the great worriess of the country. NSS student's actively participated.

**Photos: Surgical Strike Day**



## **2.4 FOURTH – ONE DAY CAMP**

### **Blood Donation Awareness One-day camp March 27, 2019**

NSS U.T.D. successfully organised one day camp dedicated to AWARENESS ON BLOOD

DONATION in the University adopted village Pabnawa. Main focus of this camp was to spread awareness among villagers of Pabnawa with regard to blood donation. All the four units of NSS UTD were divided into several teams comprising of two boys and two girls. Whole village was also divided into 20 units, so that whole village may be covered satisfactorily. The event started with NSS claps and composing the teams of NSS Volunteers. Programme Officers addressed the NSS Volunteers about the importance of blood donation and motivated them to make it a regular habit throughout their life. After one-hour of motivational and interactive session, NSS Volunteers were properly trained how to address the theme of Blood Donation and how to inspire the youth and adults of the village. Then a rally was initialized from Panchayat Bhawan with enthusiastic slogans and posters made by NSS Volunteers passing through most of the street of pabnawa village. After completion of rally all the NSS volunteers gathered at Ghats of pabnawa village & Nukkad natak dedicated to Blood Donation was performed which was appreciated by villagers. After lunch an intensive awareness door to door campaign started and was successfully completed with the list of donors.

#### **Photos: Blood Donation Awareness**



### **2.5 FIFTH – ONE DAY CAMP**

#### **Blood Donation Awareness One-day camp March 28, 2019**

NSS U.T.D. along with YRC Kurukshetra University successfully organised one day blood donation camp in which NSS Volunteers as well as Youth of Kurukshetra University, Youth of Pabnawa village and Programme Officers donated blood. A team of doctors from civil hospital,

Kurukshetra district satisfactorily conducted the pre-blood tests of donars as well as well as collection of blood units. This camp was organised in govt. girls primary school Pabnawa. In this camp Dean Students Welfare Prof. Pawan Sharma graced the event as Chief Guest. He addressed the NSS Volunteers as well as youth of Pabnawa village with his treasure of knowledge and with his enthusiastic and inspiring speech. Prof. Pawan Sharma honoured the blood donars and congratulated them for their noble deed. Prof. Sharma thanked the team of doctors and villagers for their moral and ministerial support to the NSS Volunteers to make the blood donation camp a big success.

This camp created an environment of fraternity and brotherhood among villagers too as people from different communities donated blood. Principal of girls school ensured the NSS team that they will continue this tradition in coming years also. NSS Volunteers were also highly inspired and promised to spread this message of blood donation in their families and community at large.

**Photos: Blood donation camp**







### 3

## **OTHER ACTIVITIES**

Activities designed and implemented for personality development and for social service to be performed by NSS volunteers enrolled in Session 2018-19.

### **SWACHTA PAKHWADA (1-14 AUGUST, 2018)**

1st August

August 1, 2018 to August 14, 2018 were celebrated as SWACHTA PAKHWADA and following activities were planned and implemented to channelize the NSS volunteers towards cleanliness mission.

August 1, 2018

On first day of Swachta Pakhwada, NSS volunteers were oriented and sensitized for the problem of unhygienic environment in the house, society and at public places at large and strategy was framed to organize cleanliness drive. After one hour of strategy formulation and sensitisation all the 4-units with their respective PO's performed cleanliness activities.

August 3, 2018 to August 6, 2018

These three days were dedicated towards cleanliness of teaching departments. Under leadership of PO's, all NSS volunteers performed intensive cleanliness, starting from department toilets, washrooms, roofs, ceilings, classrooms, stairs, stores and grounds used for parking also. Oath of cleanliness was also designed at departmental level in which students of departments along with their Faculty and Head of the Department took oath of Swach-Bharat under the leadership of NSS volunteers and Programme Officers.

August 7, 2018 to August 10, 2018

Next four days of Swachta Pakhwada were dedicated to door-to-door awareness programme by NSS volunteers. Area for implementation of Awareness Programme was adjacent colonies at the outer skirts of University Campus as well as near Brahm Sarover where people live in tents.

Child care institutions, aanganwadis were also visited and concerned authorities and residents were made aware to maintain cleanliness and hygiene, like hand washing and adopting hygienic cooking methods at these institutions.

August 11, 2018 to August 14, 2018

Last 4 days of Swacha Pakhwada were dedicated to intensive cleanliness drive in University Campus and residential area. Four Units of NSS UTD were divided into 16 zones of University Campus. Every unit was assigned with cleanliness of 4 zones. It was proved to be the most successful implementation of Cleanliness Mission which sensitized the NSS volunteers with problem of hygiene and dirtiness at public places with best solutions.

### **Photos of Swachta Pakhwada**



### **INDEPENDENCE DAY CELEBRATION AUGUST 15, 2018**

NSS volunteers celebrated Independence Day with great enthusiastic programme began with NSS Claps and NSS Song. Enchanting of patriotic songs colours by NSS volunteers filled the environment with the fume of selflessness and dedication for the nation. Poem recitation and Nukkad Natak were performed near boys and girls hostel. Programme ended with distribution of sweets.

### **TEACHERS DAY ON SEPTEMBER 05, 2018**

September 5, 2018 was observed as Teacher's Day and was celebrated in respected departments

by NSS volunteers. NSS volunteers of 4 units gathered in morning at lawn of students home at 9:30 where the vision and mission of celebration fo Teacher's day was addressed by PO's with plan of Action, for celebrating teacher's day in respective departments. Report by every volunteer was addressed at 3:00 P.M. in Student's Home. Discussion focused upon preserving teaching as a Noble Profession and students were motivated to become a dedicated teacher in order to serve the society.

**Photo: Teachers Day**



**INTERNATIONAL LITERACY DAY ON SEPTEMBER 8, 2018**

September 8, 2018 was observed as International Literacy Day. NSS Volunteers interacted with mess workers, domestic workers and Group-IV employees of University awarding them for education of their children. Primary books were also circulated in adjacent colonies.

**KERELA RELIEF FUND GROUP FORMATION ON SEPTEMBER 12, 2018**

NSS, UTD took initiative of collection of funds for climatic calamities that occurred at Kerala. A systematic strategy was framed and an orientation programme was organised at Department of Chemistry in collaboration with URC. NSS Volunteers took initiative of deciding the places for collection of Relief Fund. Group of 8 students with one leader each was decided upon and receipt books were circulated. PO's trained the NSS Volunteers how to collect funds and the way

to deposit the same. From September 15 to September 18th intensive motivational and funds collection drive took place in which NSS Volunteers participated with great enthusiasm. Main centres collection were in front of Faculty building near SBI ATM, front of Civil Hospital and collected a respected amount of 81,401 ( eighty one thousand four hundred one) which was deposited Kerala Relief Fund.

### **Photos of Kerala Relief fund**



### **PLANTATION DRIVE ON SEPTEMBER 30, 2018**

Plantation Drive at Brahm Sarovar was carried out along with Swachta Abhiyana. Extinct variety of plants and Banyan trees were planted near pedestrians of Brahm Sarovar and in Court Complex.

### **Photos of Plantation Drive & certificate distribution**



### **NSS DAY CELEBRATION ON SEPTEMBER 24, 2018**

NSS day was celebrated with great pomp and show in R.K. Sadan along with NSS Coordinator Office. Persona of Repute who dedicated their lives for society were Honoured Dean Academic Affairs and Proctor were honoured as Chief Guest and Guest of Honour. NSS Volunteers conducted the stage activities. Best NSS Volunteers for the year were also honoured. Programme was conducted with cultural performances by NSS Volunteers in Programme Officers represented the yearly activities also. Programme ended with National Anthem.

### **Photos of NSS foundation day**



### **COMMUNAL HARMONY DAY ON OCTOBER 2, 2018**

October 2, 2018 was observed as Communal Harmony Day. Slogan Writing activity and Declamation Contest were organised on the topic, COMMUNAL HARMONY AND DEMOCRACY IN INDIA. Programme was conducted at Students Home inspiring life on Rashtra Pita Mahatma Gandhi and Lal Bahadur Shastri were focused upon. The prevailing Political Socio Scenario of Modern India was discussed and alarming stage of communal disturbances was discussed and ways and means of adopting the tolerant atmosphere in the society were chalked out role of NSS Volunteer towards society as a leader of Social Harmony was also focused upon.

### **TOBACO FREE INDIA ON OCTOBER 10, 2018**

October 10, 2018 was observed at TOBACO FREE INDIA NSS Volunteers tool Oath for non consumption of Tobacco and other drugs including alcohol. Oath ceremony took place in front of Students Home. NSS Volunteers along with PO's also took a March on 3rd gate lane upto faculty lounge. They also took Oath of TOBACO FREE INDIA in their respective department.

#### **Photo of Tobacco free India – Pledge**



### **RATTNAWALI FEST, OCTUBER 26- 29, 2018**

NSS volunteer's actively participated and volunteer their services in Rattanawali, a yearly

festival dedicated to Haryanvi folk dance & Culture.

**Photo: NSS volunteer team performing duty at Rattanawali Registration**



### **WORLDS AID'S DAY ON DECEMBER 1, 2018**

Worlds AID's Day was celebrated at premises of FINE ARTS Department as well as at Student Home. A candle March against the AIDS was initiated by NSS Volunteers in the while campus awaking the students through Posters and Slogans. NSS Volunteers also created awareness in their respective hostels.

**Photo: Haryana AIDS Control Society & NSS (UTD)**



### **07 DAYS PRE-CAMP ORIENTATION PROGRAMME ON JANUARY 1, 2019**



Pre-Camp (7 days camp) orientation programme was organized at Students Home. Main focus was upon Constitution of different Committees and their modus-operation. All committees were assigned their respective tasks. Main objective of 7 days camp was Personally Development of Youth in Nation Building. The object was we discussed with students and their suggestions for best efforts to be performed at Pabnawa village were discussed so that maximum participation of Youth and adults can be ensured.

#### **NATIONAL YOUTH DAY ON JANUARY 12, 2019**

January 12, 2019 was celebrated as National Youth Day at Student Home. An interaction session was organised in which all the NSS Volunteers presented their views.

#### **REPUBLIC DAY CELEBRATION ON JANUARY 26, 2019**

January 26, 2019 was celebrated as largest Republic of the World. NSS Volunteers prepared their papers and presented in a group discussion on the topic, REPUBLIC EDIFICE OF INDIA: A MYTH OR REALITY.

#### **PLANTATION DRIVE ON MARCH 2, 2019**

Plantation Drive was initiated by NSS Volunteers at Mini Secretariat, Kurukshetra & near Braham Saraovar In which approximately 110 trees were planted.

#### **INTERNATIONAL WOMEN'S DAY ON MARCH 8, 2019 TO MARCH 9, 2019**

International Women's Day was celebrated with great spirit saluting the Women of the World. Poem Recitation, Slogan Writing, Collage Making and Declamation Contest were organised. Besides it a very effective interaction session was conducted in which NSS Volunteers very actively participated on the second day i.e. March 9, 2019. After interaction session prize distribution ceremony took place in which the winners were honoured by Programme Officers.

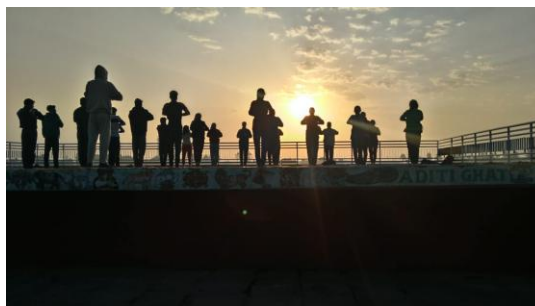
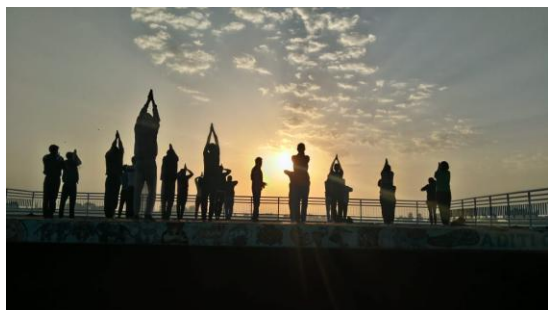
#### **Photo of International Women day Celebration**



### **MORNING YOGA CAMP AND MEDITATION FROM MARCH 10, 2019 TO MARCH 16, 2019**

Yoga Camp and Meditation programme was conducted in a very effective manner at Brahma Sarovar for 6 days. Every day camp started at 6:45 A.M. and lasted upto 8:50 A.M. NSS students also studied yoga literature for developing self confidence and inner strength.

#### **Photos of Morning Yoga**



### **WOMEN'S HEALTH AND NUTRITION DAY ON MARCH 14, 2019**

14th March was celebrated as WOMEN'S HEALTH AND NUTRITION day in Students Home

Prof. Neera Raghav from department of chemistry acted as key note speaker. She very well addressed upon the need of creating awareness about Women Health and Hygiene. She talked about ways and means fo healthy and nutritious food at reasonable cost and easy way to consume it. An interactive session on Health and Nutrition of Women and children was conducted and queries at the part of students were sort out by Prof Session ended with the resolution of taking care of sisters, mothers and all women in the surroundings by guiding them and providing them ways and means of nutritious intake.

**Photo: Talk on Women’s Health And Nutrition**



**ORGANIZATION OF THE PARKING AT CHEMISTRY DEPT**

The NSS UTD volunteers of the chemistry department took active participation in the cleaning drive in the month of march.

-----

# **ANNUAL REPORT**

## **(N.S.S, U.T.D)**



**KURUKSHETRA UNIVERSITY,  
KURUKSETRA  
(AUG 1, 2019 – MARCH 31, 2020)**

**CHAIR**

**Dr. NEETA KHANNA**  
**Hon'ble Vice Chancellor,**  
**Kurukshetra University, Kurukshetra**

**VICE CHAIR**

**Prof. Anil Vashisth**  
**Dean Student Welfare**

**PROGRAMME OFFICER'S N.S.S (U.T.D)**

Dr. Surjeet Kumar (Unit I)

Dr. Sangeeta (Unit II)

Dr. Naresh Kumar (Unit III) (Ex-programme officer)

Dr. Monika Malik (Unit IV) (Ex-programme officer)

**ADVISORY COMMITTEE**

Prof. Anil Vashisth, Dean Student Welfare (Chairman)

Dr. Gurcharan Singh, (Dy. Director Youth & Cultural Affairs)

Dr. Neeraj Batish (Ex Programme Officer, NSS, UTD)

Dr. Surjeet Kumar, Member Secretary (Programme Officer, NSS, UTD)

Dr. Sangeeta (Programme Officer, NSS, UTD)

Ms. Kajal Saini, Student of LLB final year, Department of Law

Mr. Vikram, Student of LLB final year, Department of Law

## **CONTENTS**

	<b>Page Numbers</b>
<b>ABOUT NSS</b>	
<b>1. SEVEN DAYS YOUTH AWARENESS CAMP</b>	<b>4-19</b>
1.1 Day One	
1.2 Day Two	
1.3 Day Three	
1.4 Day Four	
1.5 Day Five	
1.6 Day Six	
1.7 Day Seven	
<b>2. ONE DAY CAMPS</b>	<b>20-26</b>
2.1 Day Seven	
2.2 Day Seven	
2.3 Day Seven	
2.4 Day Seven	
<b>3. OTHER ACTIVITIES</b>	<b>27-36</b>
3.1	

*About*  
*National Service Scheme*  
*(NSS)*

## **Overview**

The Ministry of Youth Affairs & Sports functioned under the overall guidance of the Minister of State (Independent Charge) for Youth Affairs & Sports during the year. In April, 2008, two separate Departments, namely, Department of Youth Affairs and Department of Sports, were created under the Ministry, each Department under the charge of a Secretary to the Government of India.

## **About Youth Department**

The Ministry of Youth Affairs & Sports was initially set up as the Department of Sports in 1982 at the time of organization of the IX Asian Games in New Delhi . Its name was changed to the Department of Youth affairs & sports during celebration of the International Youth Year, 1985. It became a Ministry on 27th May,2000. Subsequently, the Ministry has been bifurcated in Deptt. of Youth Affairs and Deptt. of Sports under two separate Secretaries w.e.f. 30th April,2008. The specific subjects being dealt with by these two Departments are contained in the Order of the Govt. of India (Allocation of Business) Rules, 1961.

The Youth, i.e. those falling within the age group of 15-29 years constitutes nearly 40% of the total population of India. This group which is the most vibrant and dynamic segment of the country's population constitutes potentially its most valuable human resource. To optimally tap their constructive and creative energies, the Department pursues the twin objectives of personality building and nation building, i.e. developing the personality of youth and involving them in various nation-building activities. As most of the issues concerning young people are the functions of other Ministries/Departments, like Education, Employment & Training, Health and Family Welfare, etc. the role of the Ministry of Youth Affairs & Sports is to act as a facilitator and catalytic agent.



## National Service Scheme (NSS)

### An Introduction

In India, the idea of involving students in the task of national service dates back to the times of Mahatma Gandhi, the father of the nation. The central theme which he tried to impress upon his student audience time and again, was that they should always keep before them, their social responsibility. The first duty of the students should be, not to treat their period of study as one of the opportunities for indulgence in intellectual luxury, but for preparing themselves for final dedication in the service of those who provided the sinews of the nation with the national goods & services so essential to society. Advising them to form a living contact with the community in whose midst their institution is located, he suggested that instead of undertaking academic research about economic and social disability, the students should do "something positive so that the life of the villagers might be raised to a higher material and moral level".

Year	Important developments in NSS
Post-Independence era	<ul style="list-style-type: none"> <li>- an urge for introducing social service for students,</li> <li>- The University Grants Commission headed by Dr. Radhakrishnan recommended introduction of national service in the academic institutions on a voluntary basis.</li> </ul>
January, 1950	<ul style="list-style-type: none"> <li>- Central Advisory Board of Education (CABE) meeting the Board recommended that students should devote some time to manual work on a voluntary basis and that the teachers should also associate with them in such work.</li> </ul>
1952 (First Five Year Plan draft adopted by Govt. of India)	<ul style="list-style-type: none"> <li>- The need for social and labour service for students for one year was further stressed</li> </ul>
1958	<ul style="list-style-type: none"> <li>- Prime Minister Pandit Jawaharlal Nehru in his letter to the Chief-Ministers mooted the idea of having social service as a prerequisite for graduation.</li> <li>- Directed the Ministry of Education to formulate a suitable scheme for introduction of national service</li> </ul>

	into the academic institutions
1959 (Education Minister's Conference)	<ul style="list-style-type: none"> <li>- Draft outline of the scheme was placed before.</li> <li>- Committee formed to work out details of the proposed pilot project.</li> <li>- In pursuance of these recommendations, a National Service Committee was appointed under the Chairmanship of Dr. C.D. Deshmukh on August 28, 1959 to make concrete suggestions in this direction but due to financial constrains not implemented.</li> </ul>
1960	<ul style="list-style-type: none"> <li>- Prof. K.G. Saiyidain studied national service by students implemented in several countries of the world and submitted his report under the title "National Service for the Youth" &amp; made several recommendations.</li> </ul>
Education Commission headed Dr. D.S. Kothari (1964-66)	<ul style="list-style-type: none"> <li>- Recommended that students at all' stages of education should be associated with some form of social service.</li> <li>- Suggested alternatives among NCC / NSS / NSO</li> </ul>
Fourth Five Year Plan	<ul style="list-style-type: none"> <li>- The Planning Commission sanctioned an outlay budget of Rs. 5 crores for National Service Scheme (NSS)</li> </ul>
September 24, 1969	<ul style="list-style-type: none"> <li>- Union Education Minister Dr. V.K.R.V. Rao, launched the NSS programme in 37 universities covering all States and simultaneously requested the Chief Ministers of States for their cooperation and help.</li> </ul>

Source : <https://nss.gov.in/about-us-0>

## NSS OBJECTIVES

The main objectives of National Service Scheme (NSS) 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 mobilising community participation
- VIII. Acquire leadership qualities and democratic attitudes
- IX. Develop capacity to meet emergencies and natural disasters and
- X. Practise national integration and social harmony

### Coverage of NSS:

Started initially in 37 universities involving 40,000 volunteers, the scheme has grown over the years and it is implemented today with an involvement of more than 3.8 million volunteers spread over in 396 Universities, Polytechnics and 47 Councils of +2 level. The efforts of NSS volunteers have been widely acclaimed by the community, universities, colleges and general public as the NSS volunteers have been rendering selfless service to the community.

### Motto of NSS:

The Motto of NSS "**Not Me But You**", reflects the essence of democratic living and upholds the need for self-less service. NSS helps the students development & appreciation to other person's point of view and also show consideration towards other living beings. The philosophy of the NSS is a good doctrine in this motto, which underlines on the belief that the welfare of an individual is ultimately dependent on the welfare of the society as a whole and therefore, the NSS volunteers shall strive for the well-being of the society.

**NSS Logo:**

The logo for the NSS has been based on the giant Rath Wheel of the world famous Konark Sun Temple (The Black Pagoda) situated in Orissa, India. The Red & Blue colors contained in the logo motivate the NSS Volunteers to be active & energetic for the nation-building social activities. The wheel portrays the cycle of creation, preservation and release and signifies the movement in life across time and space, The wheel thus stands for continuity as well as change and implies the continuous striving of NSS for social change.

**NSS Badge:**

The NSS logo is embossed on the badge of NSS. The eight bars in the wheel of NSS logo represent the 24 hours of a day. The red colour indicates that the volunteer is full of young blood that is lively, active, energetic and full of high spirit. The navy blue colour indicates the cosmos of which the NSS is tiny part, ready to contribute its share for the welfare of the mankind.



**NSS Logo & Badge**

**Regular Activities**

NSS volunteers generally work in villages, slums and voluntary agencies to complete 120 hours of regular activities during an academic year. As per the fundamental principles of National Service Scheme, a volunteer is expected to remain in constant touch with the community. Hence, it is of vital importance that a particular village/slum is selected for implementation of NSS programmes. As the NSS volunteer is to live with the members of the community during the 7 days Special Camping Programme and learn from their experience during his/her tenure in NSS, the village/slum should be carefully selected for adoption by NSS unit.

**I**

***SEVEN DAYS YOUTH AWARENESS CAMP***

***ON***

**“CLEAN & FIT INDIA”**

***AT***

***VILLAGE DAYALPUR (KURUKSHETRA)***

***Organized by:***

**N.S.S, (U.T.D)**

**KURUKSHETRA UNIVERSITY,  
KURUKSHETRA**

**(07<sup>th</sup> February, 2019 – 13<sup>th</sup> February, 2020)**

### About Camp:

Under the directions of Hon'ble Vice Chancellor Dr. Kailash Chandra Sharma and Dean Student Welfare Prof Pawan Sharma, a Seven Days "National Youth Awareness camp" was organized by NSS (UTD) from February 07-13<sup>th</sup>, 2020 in which the day activities were held at village Dayalpur and Morning & evening activities were held at KUK campus under the guidance and supervision of NSS programme Officers Dr. Surjeet Kumar, Dr. Sangeeta & Dr. Naresh Kumar. The details of activities (day wise) are presented below:

#### **Day 1 (07 February, 2020)**

On February 07, 2020 NSS Seven Days Camp with the theme of Clean and Fit India was organised by Kurukshetra University under the supervision and support of Dr. Kailash Chandra Sharma and Dean Student Welfare Dr. Pawan Kumar Sharma at Dayalpur Village.

At 7.30 in the morning Yoga and Prayer session was held in which all the volunteers performed various exercises and yoga followed by devotional prayers. After that NSS song was performed. This session continued for one hour.

At 9.30 am 185 NSS volunteers along with their 3 Program Officers went to Dayalpur where the Sarpanch Mr. Rajat Kumar interacted with the volunteers and gave assurance of full cooperation. Later Program Officers enlightened the volunteers regarding the theme and importance of seven days camp.

Then Swachhta Abhiyan took place in which all the volunteers participated with great enthusiasm. After this Program Officers went on inspection to check the work done by the volunteers.

Later different committees were allotted to volunteers. Such as- Operational Committee, Food Committee, Cultural Committee, Discipline Committee, Reporting Committee, Attendance Committee, Village Social Achiever and Photography- Media Committee.

Special lecture by Dr. Monika Malik, Associate Professor from Central University, Mahendragarh, delivered the lecture on the theme of discipline in life and importance of extracurricular activities in overall development.

After lunch, another special lecture was delivered by Dr. Ashok Kumar from Mass Communication, Kurukshetra University talked on the issue of Fake News in which he described the difference between fake and real news. He also talked about authentic and

credible sources to gain information. And identification of fake images through these tools Google image search, Google reverse image search, time filters, most importantly TinEye and YouTube Data Viewer.

Then Discussion session took place in which volunteers opened up about importance of water conservation, importance of Anti-bullying etc also different problems in the societies with their remedies to overcome the problems were discussed and blueprint for the next day was created.

In the end Nukkad Natak was performed in the village by the volunteers on the theme of cleanliness and dedicated this play to street sweeper. The play was highly appreciated by the villagers.

### **Day 2 (08 February, 2020)**

At 7.30 in the morning Yoga and Prayer session was held at university Auditorium Crush Hall, in which all the volunteers performed various exercises and yoga followed by devotional prayers. After that NSS song was performed. This session continued for one hour.

At 9.30 am 185 NSS volunteers along with their 3 Program Officers went to Dayalpur. Swachhta Abhiyan took place in which all the volunteers participated with great enthusiasm.

A special lecture was delivered by the chairperson of Department of Psychology from Kurukshetra University Dr. Ranjana. She delivered lecture on Stress Management and Stress Busting Management. She gave various tips i.e positive mindset, fight and flight technique, psychology and physiology aspects, talking therapy, sport activities etc

Another special lecture by President awardee Mrs. Monika Bhardwaj founder member of Green Earth NGO. She talked about sanitation and hygiene. She talked about the importance of washing hands, basic hygiene, precautions while using public utilities, personal cleanliness etc. This session was conducted at Aangwadi of Dayalpur in which females from the village were specially invited and a separate session was held later in just female volunteers and females from village were gathered only.

After that Gynaecologist Tritpal Kaur from Saraswasti Mission Hospital, Kurukshetra delivered lecture to female volunteers and females from village on personal health care, menstrual hygiene and PCOD.

**Day 3 (09 February, 2020)**

At 7.30 in the morning Yoga and Prayer session was held in which all the volunteers performed various exercises and yoga followed by devotional prayers along with NSS song. This session continued for next one hour.

After breakfast in morning session special lecture through projector screen was delivered by Executive Member of Green Earth NGO Dr. Naresh Bhardwaj on the topic Solid Waste Management, Segregation of Dry and Wet waste material, most importantly the role of individual and community in decomposing waste material. He motivated the volunteers to step ahead for keeping surroundings clean and how to make compost through separation of waste and dry waste material.

After lunch, first aid and home nursing training was given by Shri Rajinder Saini and Road Safety by Subedar Major Rajender Khaushik. He gave live examples of what activities to be performed in the case of emergency i.e. heart attack, accident, unconsciousness, lack of breathing etc. Volunteers actively participated in this and followed the same procedure as he did. In Road Safety session importance of helmet, traffic rules, 20-20-20 rule 20 minutes skipping, 20 minutes meditation and 20 minutes any good book. Children and villagers also gathered to receive the training.

Later Nukkad Natak was performed by the volunteers at Chopal on the theme of plastic and it's danger. The play was highly appreciated by the villagers.

**Day 4 (10 February, 2020)**

At 7.30 in the morning Yoga and Prayer session was held in which all the volunteers performed various exercises and yoga followed by devotional prayers along with NSS song. This session continued for next one hour.

After then, Mr. Sohan Lal Saini Ji from (Retired from Mathematics Dept. Kuk in 2010) (PHD) interacted with NSS (UTD) volunteers and he give lecture on Environmental Protection. Nowadays he is running an NGO. Which he started with the help of his friends support. He told the students that he did the tree plantation near Bhrama Sarovar. He and many more peoples were indulged to make bricks gargage where the wet and dry waste separately are thrown. His Society Name earlier was "YES" but nowadays it changed to "HES". He had consulted from ayurveda specialist where he came to know that drinking while eating is like a poison. Whereas we may eat hot food after eating cold food. But we



may not eat cold food after hot eating hot food. Furthermore the call have also came to him from Canada while watching his work for the society, customer was also willing to contribute to plant trees by side of his full family. He was surprised that he got a call from Canada and then sohan lal saini asked him that why you wanna contribute here, then he replid that, No doubt country is different but our globe is same. Moreover discussion was also on YAM which is natural law that is for maintaing self growth. NIYAM is what who controls YAM that is for maintaining the society laws. He was enlighting his speech that NGT had passed the order that had banned on RO Water Purifier. He said that nowadays the company who makes an advertisement on fairness cream and beauty products they may be prosecuted for 6 Years with fine of 5 lakhs.

### **Day 5 (11 February, 2020)**

At 7.30 in the morning Yoga and Prayer session was held in which all the volunteers performed various exercises and yoga followed by devotional prayers. After that NSS song was performed. This session continued for one hour.

At 9.30 am 185 NSS volunteers along with their 3 Program Officers went to Dayalpur. A plantation drive was initiated by NSS (UTD) volunteers. They planted 15 roses plant all over the main area also made boundaries with bricks to protect it at Bhaan Ganga temple area. Volunteers actively participated in beautification of the village.

Later after lunch all the volunteers went to Gurukul fields to see the concept of Sustainable farming, zero budget or organic farming, where Mr. Shamshar Singh delivered lecture on Natural farming and guided volunteers during field tour about chemical free farming and their benefits in future. The difference between organic farming and non organic farming can be easily identified. Field visits motivated volunteers to guide not only farmers but also people around to adopt organic farming. He enlighten his speech by telling that the most of farming is done within Haryana and Punjab in which chemical, pesticides & DAP are used. . He focused on producing Quality products instead of increasing quantity of the crops. He also given a logical reason that why the flood is coming so frequently. (The Land by getting barren, the water inside the land goes to the sea. He has given example of "Cancer Train" of Punjab as due to excessive usage of pesticides leads to cancer. Currently gurukul is doing organinc farming in more than 180 acres. He quoted the example of Mr. Subhash Palikar who got (Padam Shree Award in Agriculture Department at the Post of ADO). In the

Beginning of their experiment, they have produced the crops at 150 acres. He had done his work in sahitya also. His 2 children were engineer but they are nowadays working at SPNP Site. The Gujarat peoples also visited the gurukul. He lived there with acharya devrath for 4 years. By watching the work of subhash palekar, the farmers also attend and visit his shivir (Camp).. He further said that on 12th March 2020, Chief minister , City council, and another VIP are also coming. They have to compulsorily attend 6 days camp for getting what they are doing. With the help of 100 Cows urine and Gobar & also other Natural Resources the crops are being produced. With the help of 1 gram gobar, the 300 crores suksham jeev are born. From 1st April to 5th April they will organize a camp that about how and how much to grow the crops. For attending camp they have to register under DDA so that the money of the village should remain inside the village only. Earlier barter system was there in the village where wheat was exchanged with any other thing. However we are now incurring more cost for producing crops comparison to earlier time. Nirmala Sitaraman will rebate electricity bill if the farmer is getting indulged in producing organic crops.

He asked the volunteers whose parents are in farming profession then he further indulged in his speech by saying that you have to encourage the parents for the organic farming. He also said that the khaad is being ready in 3 days and they have to use it within 10 days. Their products are fair enough in cost. But students used to ask many questions about it then he further gotta know to the students that the farmers know how to produce the crops but the don't know how to sell it..

In Bombay the Anil Ambani Family has its own 4 acres land on which organic food items are grown which is good for their health. Furthermore the Dehradun Central Govt Agency had also given the gurukul a certification for their embarrassing work. Students also saw at gurukul a tree which was containing uncountable nests inside it there were many colourful Birds that was really the best moment ever saw by all of us which was containing a beautiful surroundings.

While visiting to the farm house, there were number of crops like black wheat (demolish cancer) , and hira moti (which reduces suger) Carrat, radish , tea leaves etc. which were grown at a place of price ₹200 each per kg. ... As such volunteer got the knowledge that how the crops should be grown. also if we are making the crop grow of sugercane then even after cutting that crop 3 times we may continue to have that crop 4th time also. The Sugercane is grown more in the area of Maharashtra because of the hot climate. They (Gurukul peoples) are producing the organic crops from 5 years and also chemical crops are from 3 years. If we

grow organic crops then the small herbs are coming more in comparison to chemical one crops.

### **Day 6 (12 February, 2020)**

At 7.30 in the morning Yoga and Prayer session was held in which all the volunteers performed various exercises and yoga followed by devotional prayers. After that NSS song was performed. This session continued for one hour.

At 9.30 am 185 NSS volunteers along with their 3 Program Officers went to Dayalpur.

In morning session Swachhta Abhiyan started in which all the four units were scattered throughout the village for cleaning. Small group were made and after that they performing various activities like started picking all the garbage, road cleaning, draining all the waste material, during these activities, villagers themselves motivated the volunteers by providing them extra equipments, offering them milk and water. Volunteers planted 40 plants all over the main area also made boundaries with bricks to protect it. Volunteers actively participated in beautification of the village.

After lunch, special lecture was delivered by Dr. Sanjeev Arora from Chemistry Department, Kurukshetra University, Kurukshetra. He talked about 7 types of plastic, know your plastic and Plastic reuse. Another interesting topic he talked about is Scientific logics behind old myths. Sanjeev Arora ( Lecturer in Dept. Of Chemistry) (PHD) came & said the students that he had done his work on polymer composition. He further elaborated about various types of polythene like : macromolecule which contain highest \*Ethene\*. He have given a thought of mindset that how to know your plastic. \*First of all,\* we come to know about the plastic that which plastic polythene contains through \*Resix Index Coding (RIC)\* .

He introduced about 7 types of plastic:

- 1). PET (contain 1no. Downside the plastic bottle)
- 2). High Density Polythene ( eg. thick polythene)
- 3).PBC (Rug Plastic like : Pipe, bottle cap, another strong plastic).
- 4).Low Density Polythene (thin polythene)
- 5).Poly Proplene (PP) : The plastic which can't be crushed
- 6).Sterophome (eg. Thermocoal).. In which we usually drink tea.
- 7).Polycarbonate (Another rest plastics).

There are various kinds of \*polythene\*:

- 1).Black polythene: It is Recycled already 4-5 times. And given a colour of black. We have to use this to through waste in dustbin

2).Green , Blue, Red polythene: It is Recycled already 1 time.

3).White polythene: It is not recycled.

Furthermore he told NSS Volunteers that sachet was developed in 1970. He said that shampoo and other products which are coming in the form of \*pouch\* will be banned in 2021. Because it causes sea water blocked. He awared the students about corona virus. Where in that area who has virus inside him and other person even sneeze near that area (the other person will also have the same disease). Near about 1Crore and 25 lakh (approx) peoples live in China. In 2050, the fishes in the sea will remain half in comparison to nowadays. We have to use less polythene & also need to tell this thing to others so that everyone may be aware. Instead of taking polythene from seller, we have to take a cloth bag. More than 25 Microns bag is not used in the India. Steel bottle, copper bottle, & glass bottle have to be used instead of plastic bottles. Thermo coal plates causes cancer. Thermocoal cup in which we usually drink hot tea is very bad for our health but if we drink cold drink then it just cause an effect to environment and \*not to human health\*. The Dress which an Indian cricket team wears are make from number 1 plastic. In the India, in a day , 1 crore straws are used.

He also introduced the scientific idea about the myth...

1. When Cat cross our way when we are going anywhere.. We need to turn round in 360° angle.

Later, innovative idea “Self Defense for women” was launched. The session was conducted with the support and guidance of S.P. Astha Modi. ASI Taro Devi along with Head Constable Balveer Kaur and Parveen Devi, Nirmala Devi. They taught about self defense techniques, Durga Shakti App and ways to keep oneself safe i.e. paper spray, shouting, kicking between the legs, punching on nose, hitting in eyes.

In the end Nukkad Natak was performed on the theme of Plastic and it's hazard to environment with the message of Say No To Plastic. The play was highly appreciated by the the villagers and they agreed to reduce less plastic. Shefali from Department of Hindi recited Rashmi Rathi.

### **7 Day (13 February, 2020)**

At 7.30 in the morning Yoga and Prayer session was held in which all the volunteers performed various exercises and yoga followed by devotional prayers. After that NSS song was performed. This session continued for one hour.

At 9.30 am 185 NSS volunteers along with their 3 Program Officers went to Dayalpur.

In morning session Swachhta Abhiyan started in which all the four units were scattered throughout the village for cleaning. After than the first session starts on Importance of Helmet Wearing and followed by First Aid and home nursing training which was given by Shri Rajinder Saini, from Indian Red Cross. He gave live examples of what activities to be performed in the case of emergency I.e. heart attack, accident, unconsciousness, lack of breathing etc. Volunteers actively participated in this and followed the same procedure as he did. And he also gave appreciation token to volunteers who participated. This activity continued for approximately 3 hours.

In the afternoon, the final valedictory speech was given by Prof Pawan Sharma on Youths' duty for the society and the nation. He awaked the students to make a change in them because it is the NSS that make them different from other students. It is the platform where they can work for any problem prevailing in their society. He inspired the volunteer to be centralized towards their own attitude, aim, behavior and the life.

After that all the volunteers were awarded with certificate of participation in Nss camp and medals by DSW Prof Pawan Sharma.

The programme officers Dr. Surjeet Kumar, Dr. Sangeeta Saini & Dr. Naresh Kumar, villagers and worker of the village were present during the function. The panchayat committee also presented their vote of thanks to all the Programme officers and to DSW.

The ceremony was over at 4 p.m with vote of thanks and National Anthem.

**Glimpses Dayalpur Camp 2020**



**Glimpses ... Dayalpur camp 2020**



## 1. N.S.S. Activities ( January, 2019 onwards to December, 2019)

The NSS UTD Kurukshetra University, Kurukshetra works very actively under the office of the Dean Students' Welfare. It has four different Units with strength of approximately five hundred plus volunteers, working under the supervision of their respective Programme Officers namely Dr. Surjeet Kumar, Dr. Sangeeta Saini, Dr. Naresh Sagwan & Dr Monika Malik. A number of activities were performed by the volunteers throughout the year. The participation by the youth in various social service activities is a matter of pride for the university.

- i) The one day NSS Camp was organized on April 23, 2019 at Kirmich village, Kurukshetra in which volunteer of NSS (UTD) actively participated. The volunteers sensitized villagers on their voting rights. All the villagers gathered in panchayat bhavan of Kirmich village where Nukkar natak on importance of impartial voting was presented by NSS (UTD) volunteers. It was appreciated a lot by villagers. Two trainers from district administration also accompanied NSS (UTD) to train villagers about how to cast vote using VVPAT machine. A rally was marched for villages to persuade them to vote. The function was presided by DSW Prof. Pawan Sharma, Kurukshetra University, Kurukshetra.
- ii) Yoga Day on June 21, 2019 was celebrated in the morning at Bhrama Sarovar by NSS (UTD), Professional trainer from sports department accompanied the volunteers. The people from all age group took part in Yoga activity.
- iii) One day NSS (UTD) camp on "Jal Shakti Abhiyan" was organized on August 01, 2019 at University Senate Hall. The programme started with saraswati vandana followed by Jal Shakti Abhiyan – Oath. The programme was presided by Prof. Kalish Chandra Sharma hon'ble Vice-Chancellor, KUK; Prof. Pawan Sharma, DSW, KUK and Mr. Sh. Anil Yadav, SDM Ladwa. On the occasion NSS (UTD) Volunteers recited poems on Water Conservation. A Rally was flagged off to spread the message on Water Conservation among youth in Kurukshetra University campus. The other programmes include Nukar Natak, Poster Making Competition, Slogan Writing Competitions, Presentation Cum Demonstration Competition (with ppt.). At the end, an open interactive session on water conservation was organized, which actively involved lot of audience & NSS volunteer.
- iii) At Student Home, Kurukshetra University, Kurukshetra on the occasion of Swachhta Pakhwada 2019 (Aug 2-15), whereby the volunteers spread the idea of cleanliness and they were engaged in series of activities related to Swachhta, this includes number of activities i.e . Swachhta Shapath (Oath), poster making, cleaning drive in Kurukshetra University teaching departments, debates etc.
- iv) NSS (UTD) volunteers celebrated 150<sup>th</sup> anniversary on August 23, 2019 by organizing a mass level rally with the motto "Swachhta hi Sewa" and "Jal Shakti Jivan Shakti". The rally was started from University Market and covered the whole campus and then pathed from second



gate to Bhrama Sarovar. A *Sarva Dharma Prathana* was enchanted by NSS (UTD) volunteers. The rally departed back to university and ended by paying a floral tribute to Mahatma Gandhi Statue in front of University auditorium statue.

- v) NSS (UTD) organized a yoga camp and race on August 29, 2019. The effort was made by NSS (UTD) volunteer at department & university level to sensitize students, teaching, non-teaching and member of society for their better health. A lecture on nutritional value of food was organized.
- vi) NSS (UTD) Orientation Programme on September 13, 2019. A Successful NSS (UTD) orientation & one day camp was organized at Dr. R.K Sadan. In their Programme Dean Student Welfare Prof. Pawan Sharma presided over the function in his address he talked about the role of NSS volunteer in the development of Nation. Induction programme was dedicated to water conservation. In this programme cultural activities were performed by NSS (UTD) volunteers and winners of Swachhta summer internship were honored. The annual report of the session 2019-20 was read by Programme officer Dr. Surjeet Kumar. Experts on water conservation & management presented their ppt. on various methods & means to conserve water in different regions of India. Student actively participated in poster making the theme “save water save life”. The stage was conducted by Programme officer Dr Monika Malik. Programme officers Dr Sangeeta & Dr. Naresh activity participated in formation of ministerial committees for the session 2019-20.
- vii) NSS (UTD) along with YRC organized one day camp on September 26, 2019. In which 100 unit of blood was collected. .The programme was presided by Prof. Kalish Chandra Sharma hon'ble Vice-Chancellor, KUK and Prof. Pawan Sharma, DSW, KUK. The Vice Chancellor in his address said that their no donation than donating your blood & organs. The day camp was also marked by the campaign that was “say no to plastic”. The volunteers of NSS (UTD) actively participated in entire event.
- viii) Some of the other important events organized / participated by NSS (UTD) volunteers were Diyva Sashakti karan divas September 18,2019, Nukar Natak on say no to plastic at railway platform on September 17 2019, Tree plantation drive on 20 September, 2019, on 150 birth anniversary of father of the nation Mahatama Gandhi a mass rally was organized at village Pabnawa on October 2,2019, Constitution day on Nov 26,2019.
- ix) In addition to this the NSS UTD, Kurukshetra regularly organizes “Swachhta Abhiyaan” on 26th of every month and observes “Vehicle Free Day” on second Tuesday of every month.

*Glimpses ... One day Camps & Various activities*



*Glimpses ... One day Camps & Various activities*



*Glimpses ... One day Camps & Various activities*



*Glimpses ... One day Camps & Various activities*



*Notes*

---

---

*Report Compiled by:*

*Dr. Surjeet Kumar, NSS (UTD) Program Officer)*

*Dr. Sangeeta NSS (UTD) Program Officer)*

*NSS (UTD) Volunteers*

*Jasmeen (Dept of English)*

*Diksha (Department of Mass Communication)*

*Yishu (University School of management)*

**National Service Scheme (University Teaching Departments)  
Kurukshetra University, Kurukshetra**

**Brief Report**

**2020-21**

- i) On 02-08-2020, the N.S.S. (UTD) volunteers participated in Nari Shakti Manthan Webinar organized by Sashakt Yuva Foundation where Chief Minister of Haryana had discussion session with women and listened to their suggestions and answered their queries.
- ii) During the lockdown, to promote physical fitness among the students N.S.S. (UTD) gave a fitness challenge to the volunteers in the form of Rope Skipping Competition. Around 45 students participated in the competition and submitted their videos.
- iii) During the lockdown while classes were run in online mode, the NSS volunteers were motivated through lectures and demonstration to start a month long waste segregation activity at their respective native places. 39 volunteers segregated their waste into dry and wet. Further made compost from the wet waste. 29 students successfully completed the task daily for 30 days (15-10-2020 to 15-11-2020). They also motivated their neighbors and relative to do the same. During online monitoring sessions, they narrated their experience and their enthusiasm for the task was quite evident during these interactive sessions. The students were awarded certificate by the Green Earth NGO for their dedication towards environment cause.
- iv) On day of National Unity Day, a capacity building lecture by Advocate Mahima Singh was organized for the NSS volunteers followed by the discussion session. On the day, slogan writing, poster making and one-minute video composition on theme of National Unity Day were announced. In total 59 students participated.
- v) To promote healthy lifestyle and create awareness on Cancer, a capacity building lecture was organized for NSS volunteers. 52 volunteers participated in the awareness programme.
- vi) Motivated by the enthusiasm of students towards waste segregation activity, the activity was relaunched for fresh batch of NSS volunteers in month of March, 2021. This time the leadership and mentoring duties for the fresh batch NSS volunteers were assigned to senior year volunteers. In total 106 volunteers participated in the activity.



- vii) On 08-03-2021, International Women's Day was celebrated with capacity building lecture by Prof. Manjula Chaudhary, Dean Academic Affairs, KUK. Through her lecture and vision she enthused confidence in young girls to pursue their dreams and convert possibilities into opportunities for career growth. Poster making and slogan writing competitions were also held. In total, 146 volunteers participated.
- viii) A capacity building lecture by environmental activist Dr. Naresh Bharadwaj was organized to keep volunteers motivated and informed on Waste Management techniques and benefits.
- ix) International Yoga Day was observed by NSS volunteers who also motivated their family members to adopt Yoga in their daily routine.

5:55

67%



Garima NSS Instt Of La...



zoom

Join our Cloud HD Video Meeting

Zoom is the leader in modern enterpr...  
us02web.zoom.us

🌹🌹 निमंत्रण 🌹🌹

बहन-भाई के प्यार के प्रतीक **रक्षाबंधन** की पूर्व  
संध्या पर

**"नारी शक्ति मंथन"**

श्रृंखला के

**म्हारी बात-म्हारे मनोहर के साथ** वेबिनार में  
आपका हार्दिक स्वागत है।

मुख्य वक्ता:

👉 **माननीय मुख्यमंत्री श्री मनोहर लाल जी**

दिनांक: **रविवार, 2 अगस्त 2020**

समय: **3:00 बजे**

कृपया इस लिंक पर क्लिक करें।

<https://us02web.zoom.us/j/89980218597?pwd=Qzk2c1cyc2UxSEtvcDU1bDI2TlIGdz09>

**मीटिंग आईडी 899 8021 8597**

कृपया कार्यक्रम शुरू होने से 10 मिनट पूर्व  
अपना स्थान सुनिश्चित करें।

👉 **रचना कसाना** (तकनीकी प्रमुख)



Message



Inbox (14,726) - ssangeeta.saini x Adobe Acrobat Documents x Downloads x Inbox (14,726) - ssangeeta.saini x A Skipping Competition (Rope J. x

mail.google.com/mail/u/1/#search/rop/KtbxLvHcJshsSZTMvSnXqBxBjflglCspg

Gmail rop

Compose

Inbox 42

Starred

Snoozed

Sent

Drafts 2

More

Labels +

Merit2020 4

A Skipping Competition (Rope Jump) Inbox x

**NSSUTD KUK** <nssutdkuk@gmail.com> Thu, Sep 17, 2020, 2:12 AM  
to me, ssangeeta.saini, surjeetkumar.kuk, bcc: robinsharma418, bcc: abhinavbaweja05, bcc: ravi07tyagi, bcc: varshasangwan86, bcc: anukohar01, bcc: manishakamboj83, bcc: yishumehta20

**N.S.S. (UTD), K.U.K.  
under  
FIT INDIA Programme  
announces  
"A Skipping Competition"  
(18.09.2020 to 20.09.2020)**

**RULES:**

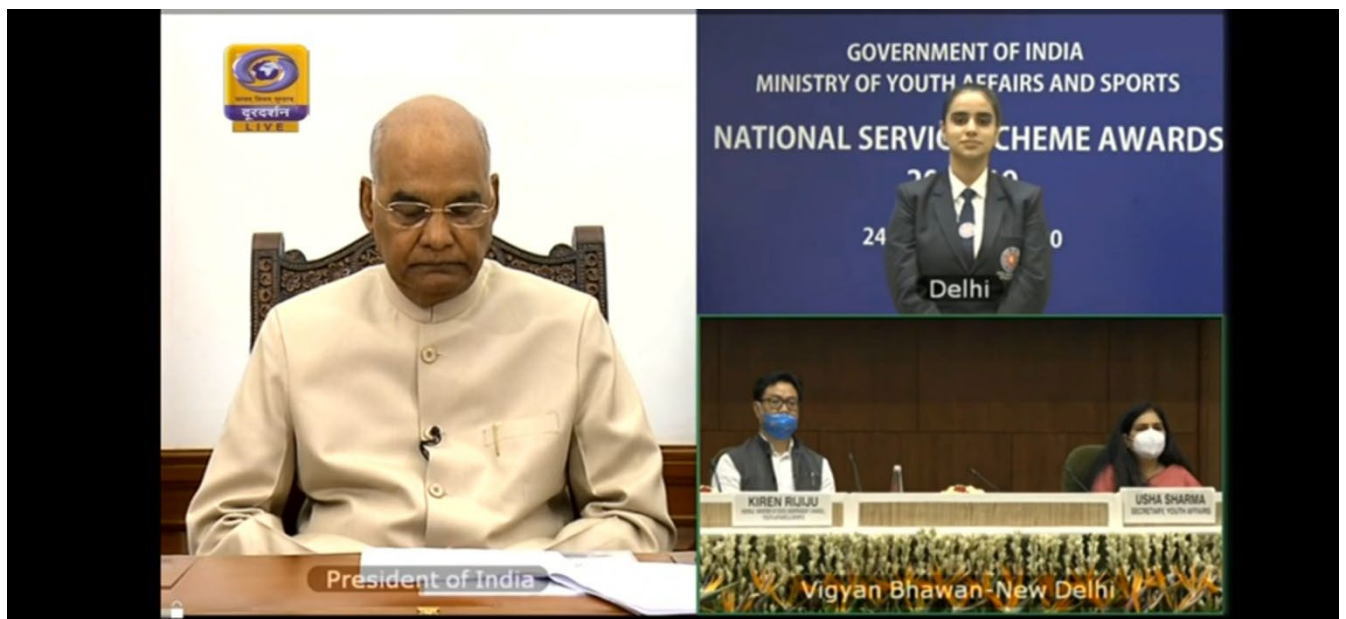
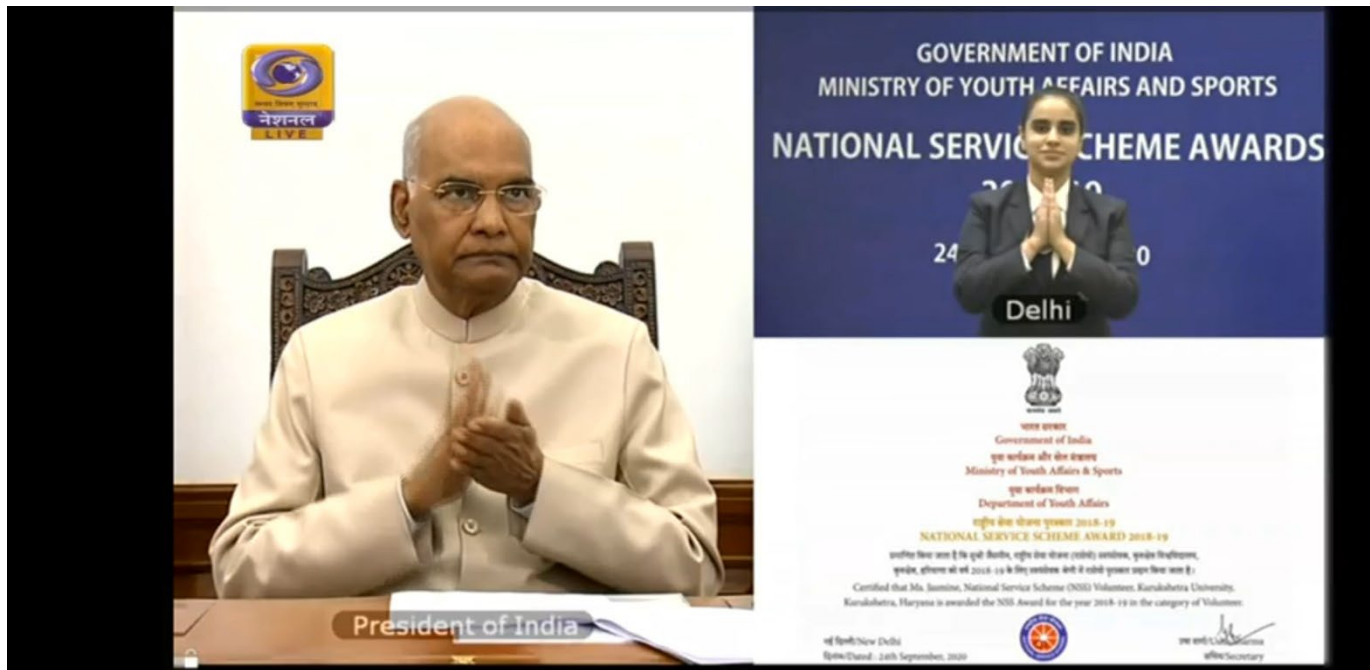
- [1] Do skipping continuously for 2 minutes, maximum jumps win the prize.
- [2] Make your video while skipping and email it to us at [nssutdkuk@gmail.com](mailto:nssutdkuk@gmail.com)
- [3] In case, size of video is more than 20 MB please share google drive link at [nssutdkuk@gmail.com](mailto:nssutdkuk@gmail.com)
- [4] Submit your videos by 20<sup>th</sup> September, 2020 till 11:00 p.m.

**Prize:**  
A single prize worth Rs. 500/- (Rupees Five hundred) will be given.  
In case of tie, the amount will be split between the winners.  
The judgement will be final and no queries will be entertained.

**NSS Hours:**  
2 Hrs. for participation in competition



**National Service Scheme Award 2018-19 awarded on 24-09-2020 to Ms. Jasmine, NSS (UTD), KUK volunteer from Department of English**





सत्यमेव जयते

भारत सरकार

Government of India

युवा कार्यक्रम और खेल मंत्रालय

Ministry of Youth Affairs & Sports

राष्ट्रीय सेवा योजना पुरस्कार 2018-19  
NATIONAL SERVICE SCHEME AWARD  
2018-19



सत्यमेव जयते

भारत सरकार

Government of India

युवा कार्यक्रम और खेल मंत्रालय

Ministry of Youth Affairs & Sports

युवा कार्यक्रम विभाग

Department of Youth Affairs

राष्ट्रीय सेवा योजना पुरस्कार 2018-19

NATIONAL SERVICE SCHEME AWARD 2018-19

प्रमाणित किया जाता है कि सुश्री जैसमीन, राष्ट्रीय सेवा योजना (रासेयो) स्वयंसेवक, कुरुक्षेत्र विश्वविद्यालय, कुरुक्षेत्र, हरियाणा को वर्ष 2018-19 के लिए स्वयंसेवक श्रेणी में रासेयो पुरस्कार प्रदान किया जाता है।

Certified that Ms. Jasmine, National Service-Scheme (NSS) Volunteer, Kurukshetra University, Kurukshetra, Haryana is awarded the NSS Award for the year 2018-19 in the category of Volunteer.

नई दिल्ली/New Delhi

दिनांक/Dated : 24th September, 2020



उषा शर्मा/Usha Sharma

सचिव/Secretary


# Waste-Management Activity

swm - nssutd@kuk.ac.in - Kuruk... | Kurukshetra University - Calend... | Meet - Lecture: Waste Man... | Page Not Found | (3) WhatsApp

meet.google.com/vj-phib-mim?authuser=0

Green Earth - NGO Kurukshetra is presenting

### Source Segregation



Lecture: Waste Management

People (58)

- Kajal Devi
- Kirti Bhardwaj
- Kuldeep Rollno57
- Lovi Saroye
- MANISHA
- Manisha Saini
- MONIKA
- Navneet Kaur 2
- Neeru Dhiman
- Neha Rao
- Neha Singh
- Pallavi Sharma - 48

149 SRISHTI P... | priya garg

Raise hand | Turn on captions | Green Earth - NGO Kurukshe... is presenting

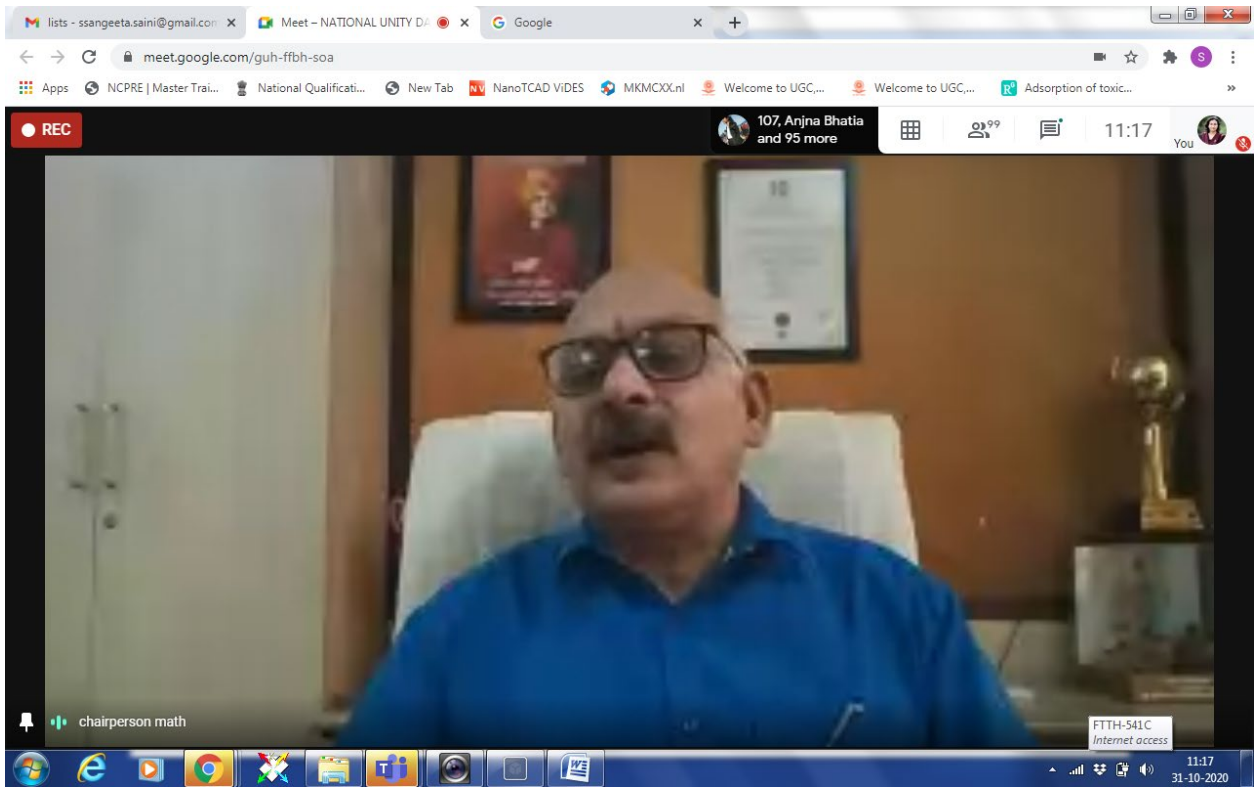








# National Unity Day –Lecture and Competitions



REC

28 YOJIT KAUS...  
and 48 more

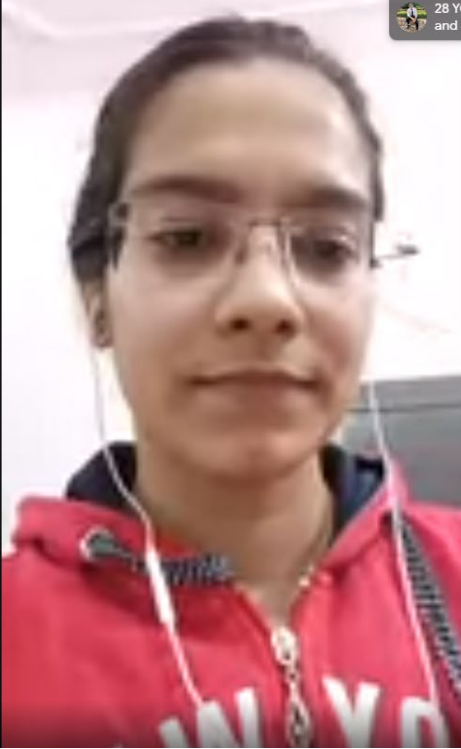


20:51



You

104 Riya Dalal



**8th March, 2021: International Women's Day- Lecture and Competitions**

+91 80535 02809

~Anuj Rana

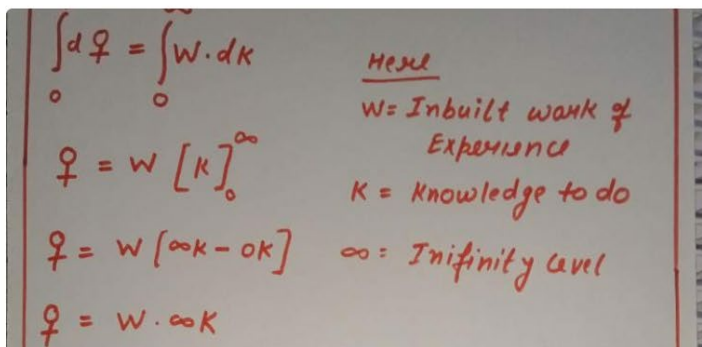


Name- Anuj Rana.  
Class- M.Sc. Mass Communication  
1st sem. Roll No-17  
Department-Institute of mass  
communication and media  
technology.

9:46 am

+91 95413 95720

~Krishan Kumar



+91 70158 91218

~Peshu



Parvesh ,LLB (Department of law),  
144.

3:55 pm

+91 70564 35059

~R.B

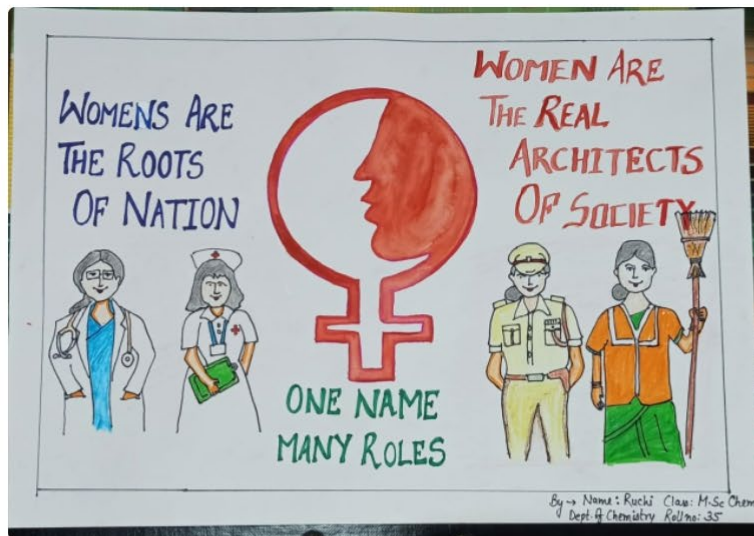


JASBIR singh ,M.A.(F) department  
-AIH., Roll no.11

8:42 am

+91 90348 03512

~Ruchi



Name -Ruchi Class-M.Sc.  
(Chemistry) Roll no. 35 dept of  
chemistry

8:59 am

+91 86076 84932 ~🔥 Vishakha Sharma...



Name - Vishakha , Class - llb 1st  
year , Rollno. 181

9:01 am

## International Yoga Day











**Events by NSS (UTD), KUK**  
**during**  
**July, 2021 to September, 2021**

- i) In the month of July, NSS Volunteers celebrated "Van Mahotsav" by planting saplings in their neighborhood.
  
- ii) In the month of September, under "Poshan Maah" celebrations a number of activities were organized. A capacity building lecture by Prof. Vinti Davar on nutrition was organized on 13th September, 2021. Apart from the fundamentals of nutrition, the designing of survey Performa was also discussed at length. On September, 22-23 slogan writing and poster making competition were organized for NSS volunteers and children of village Dayalpur. On 23rd September one day camp on "Nutrition, Immunity and Health" was conducted at village Dayalpur. In the camp, at first an awareness rally was carried out followed by lecture by Prof. Neera Raghav in which she told the ladies of the village about the balanced diet and answered their queries. At the end the volunteers conducted Nutrition Quiz in which the children participated in large number. The volunteers also visited the individual houses in the village and carried out survey on eating habits of villagers. The volunteers, who could not join camp physically at village Dayalpur, conducted the same nutrition survey at their respective places.

## Van-Mahotsav











## Celebrating Poshan Maah – September, 2021

### FOOD, NUTRITION & HEALTH POSHAN MAAH 2021







Nss  
Poshan Maah  
23.09.2021 13:59  
29.94109, 76.81095  
Kainthala Rd, Dayalpur, Thanesar, Haryana 136119



Nss  
Poshan Maah  
23.09.2021 12:24  
29.94109, 76.81095  
Kainthala Rd, Dayalpur, Thanesar, Haryana 136119



Nss  
Poshan Maah  
23.09.2021 13:57  
29.94109, 76.81095  
Kainthala Rd, Dayalpur, Thanesar, Haryana 136119



Nss  
Poshan Maah  
23.09.2021 11:25  
29.94086, 76.8107  
Kainthala Rd, Dayalpur, Thanesar, Haryana 136119

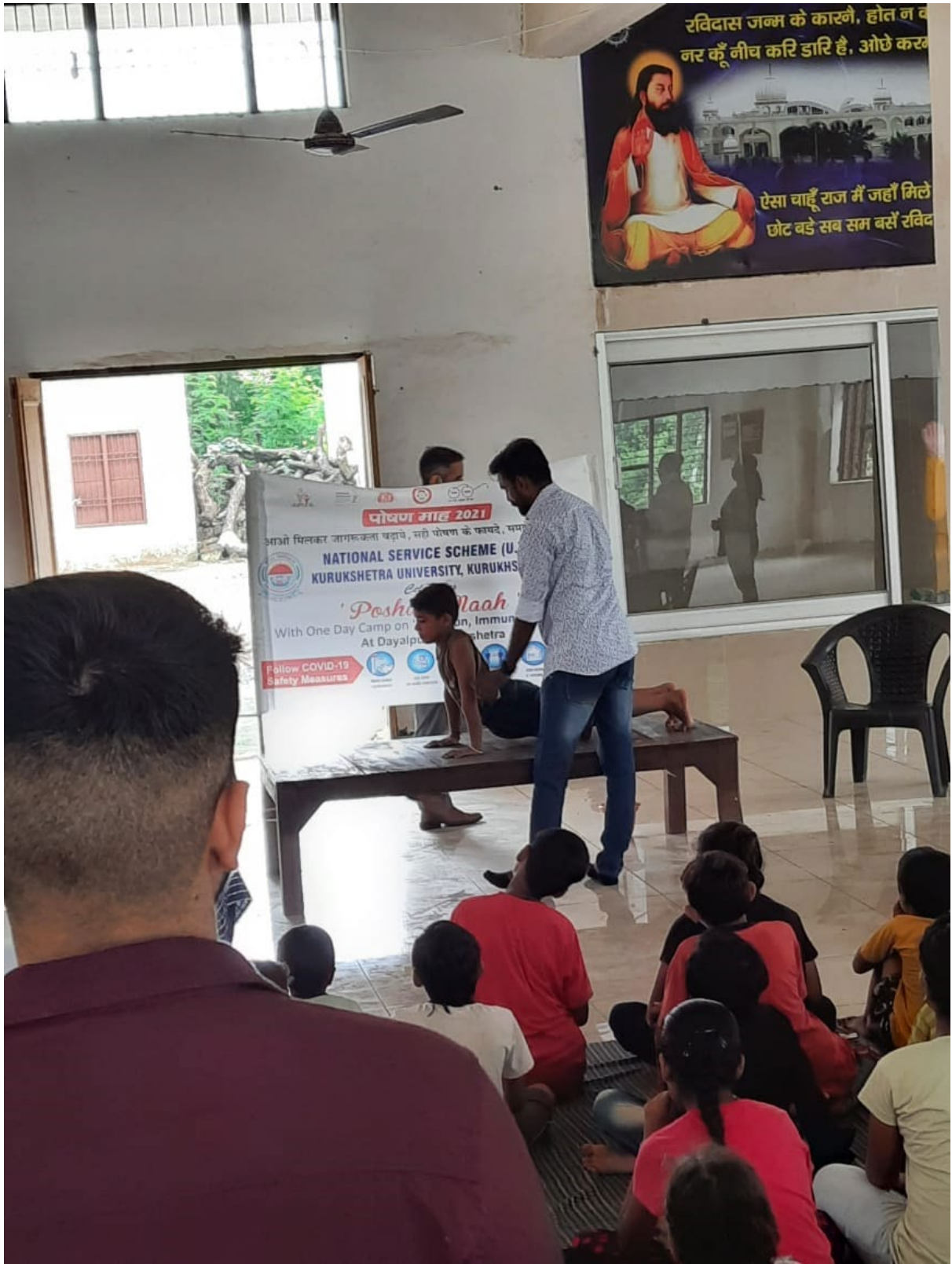


Nss  
Poshan Maah  
23.09.2021 11:22  
29.94087, 76.8107  
Kainthala Rd, Dayalpur, Thanesar, Haryana 136119





Nss  
Poshan Maah  
23.09.2021 11:31  
29.93826, 76.81425  
WRQ7+7FC, Dayalpur, Thanesar, Haryana 136119





**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

## CONTENTS

<b>S.No.</b>	<b>Event Organized</b>	<b>Date of the Event</b>	<b>No. of Volunteers</b>	<b>Pages</b>
<b>1.</b>	Seven Day and Night Special Camp at Village Dayalpur	09-11-2021 to 15-11-2021	50	5 - 24
<b>2.</b>	One-Day Camp Induction Programme	26-12-2021	130	25 - 27
<b>3.</b>	National Youth Day Celebrations	12-01-2022	100	28 - 32
<b>4.</b>	Voter's Day Celebration and onset of Voter Registration Campaign	25-01-2022	120	33 - 36
<b>5.</b>	75 Crore Surya Namaskar – Launch of month-long Yoga Activity	15-02-2022	54	37 - 38
<b>6.</b>	Waste Management Activity – Eco-Brick from Plastic Waste	02-03-2022	46	39 - 40
<b>7.</b>	One Day Camp International Women's Day Celebrations	07-03-2022 and 08-03-2022	70	41- 47
<b>8.</b>	Seven Day and Night Special Camp at Village Mathana	23-03-2022 to 29-03-2022	64	48 - 62
<b>9.</b>	One Day Camp “One Earth for all”	01-06-2022	55	63 - 66
<b>10.</b>	Other activities and achievements	N.I.C.	08	67 - 80
		Pre-RD	11	
		University Level	01	

## 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.







## 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 सबकी 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.



## 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. Sohail 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.



दैनिक सवेरा  
अपने से उजाले की ओर... टाइम्स

4/24



# 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।







Unnamed Road, Dayalpur, Thanesar, Haryana 136119, India

Latitude	Longitude
29.93805463°	76.81359799°
Local 11:54:55 AM	Altitude 197.44 meters
GMT 06:24:55 AM	Saturday, 13-11-2021



Unnamed Road, Dayalpur, Thanesar, Haryana 136119, India

Latitude	Longitude
29.93807708°	76.81366475°
Local 12:08:42 PM	Altitude 205.9 meters
GMT 06:38:42 AM	Saturday, 13-11-2021



Unnamed Road, Dayalpur, Thanesar, Haryana 136119, India

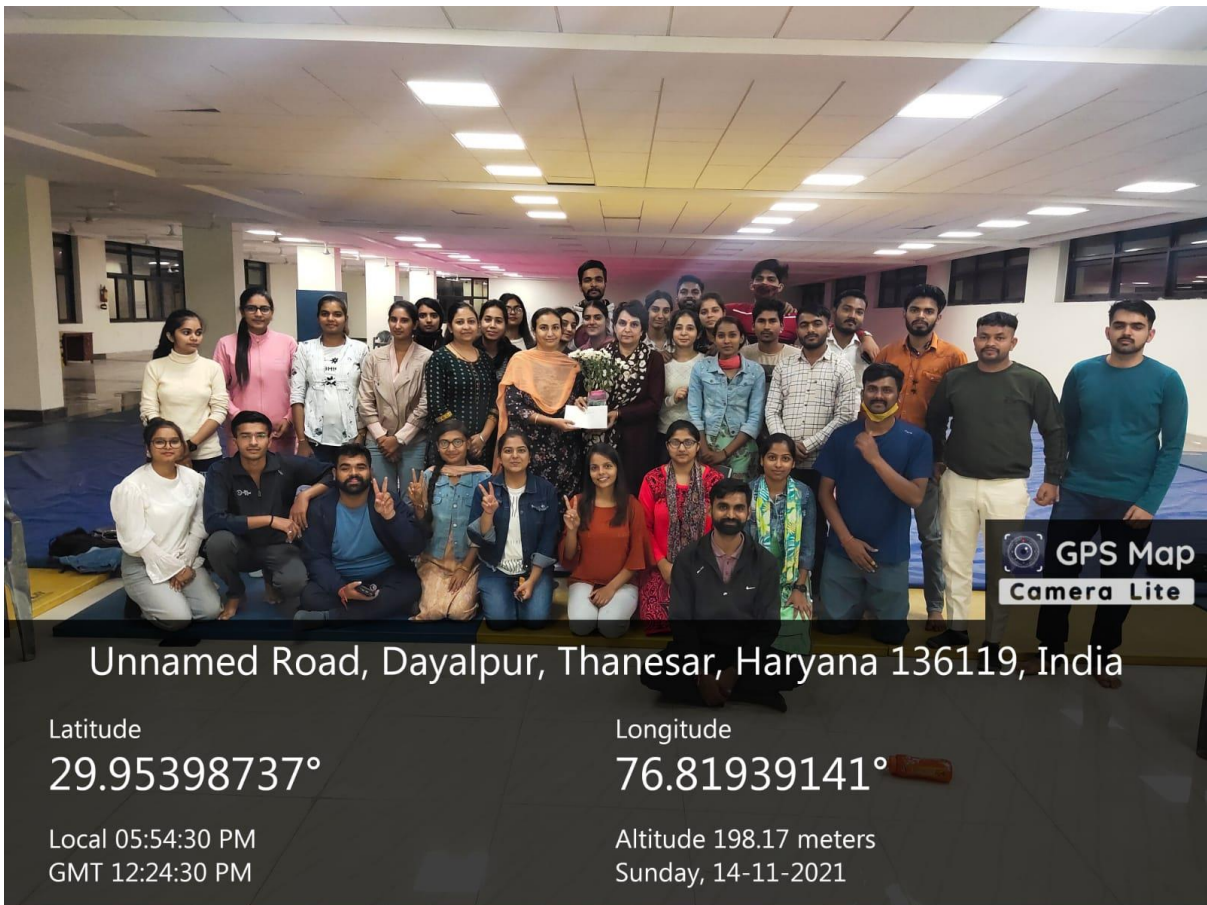
Latitude	Longitude
29.93806872°	76.81372499°
Local 12:03:06 PM	Altitude 200.56 meters
GMT 06:33:06 AM	Saturday, 13-11-2021



## 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

Latitude 29.93801994° Longitude 76.81370508°  
 Local 02:43:42 PM Altitude 196.39 meters  
 GMT 09:13:42 AM Sunday, 14-11-2021



Unnamed Road, Dayalpur, Thanesar, Haryana 136119, India

Latitude 29.93800525° Longitude 76.81368832°  
 Local 02:42:22 PM Altitude 197.86 meters  
 GMT 09:12:22 AM Sunday, 14-11-2021



Kainthala Rd, Dayalpur, Thanesar, Haryana 136119, India

Latitude 29.94092594° Longitude 76.81084391°  
 Local 03:54:37 PM Altitude 203.65 meters  
 GMT 10:24:37 AM Sunday, 14-11-2021



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

Latitude 29.93928368° Longitude 76.81218084°  
 Local 01:14:26 PM Altitude 204.41 meters  
 GMT 07:44:26 AM Sunday, 14-11-2021

## 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.





GPS Map  
Camera Lite

Kainthala Rd, Dayalpur, Thanesar, Haryana  
136119, India

Latitude 29.94092317° Longitude 76.81101549°  
Local 04:11:41 PM Altitude 217.94 meters  
GMT 10:41:41 AM Monday, 15-11-2021



## 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.

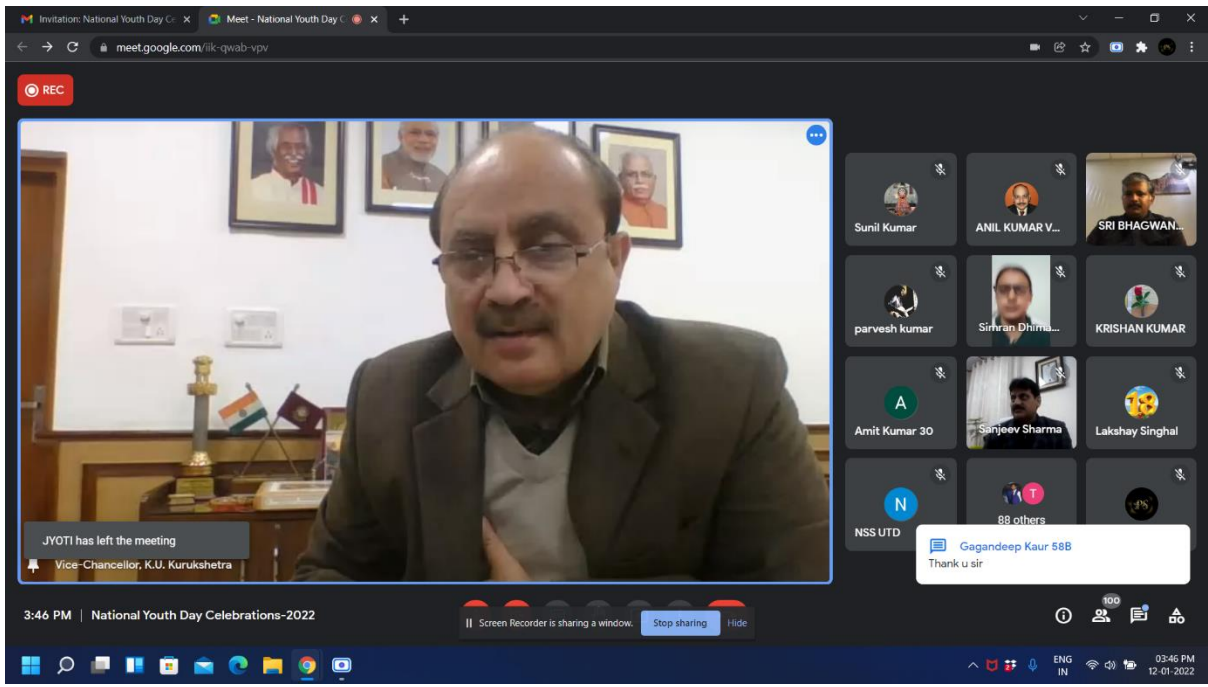
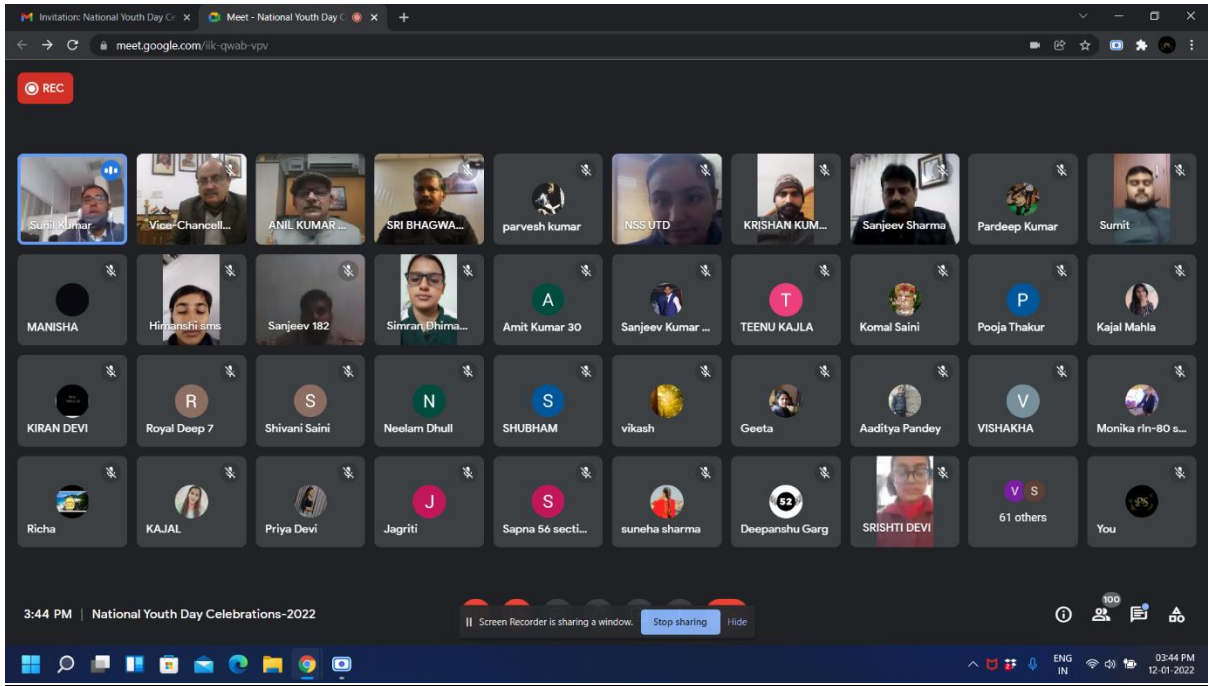
**Dr. Mainsha Sandhu**  
 P.O. N.S.S. U.T.D.

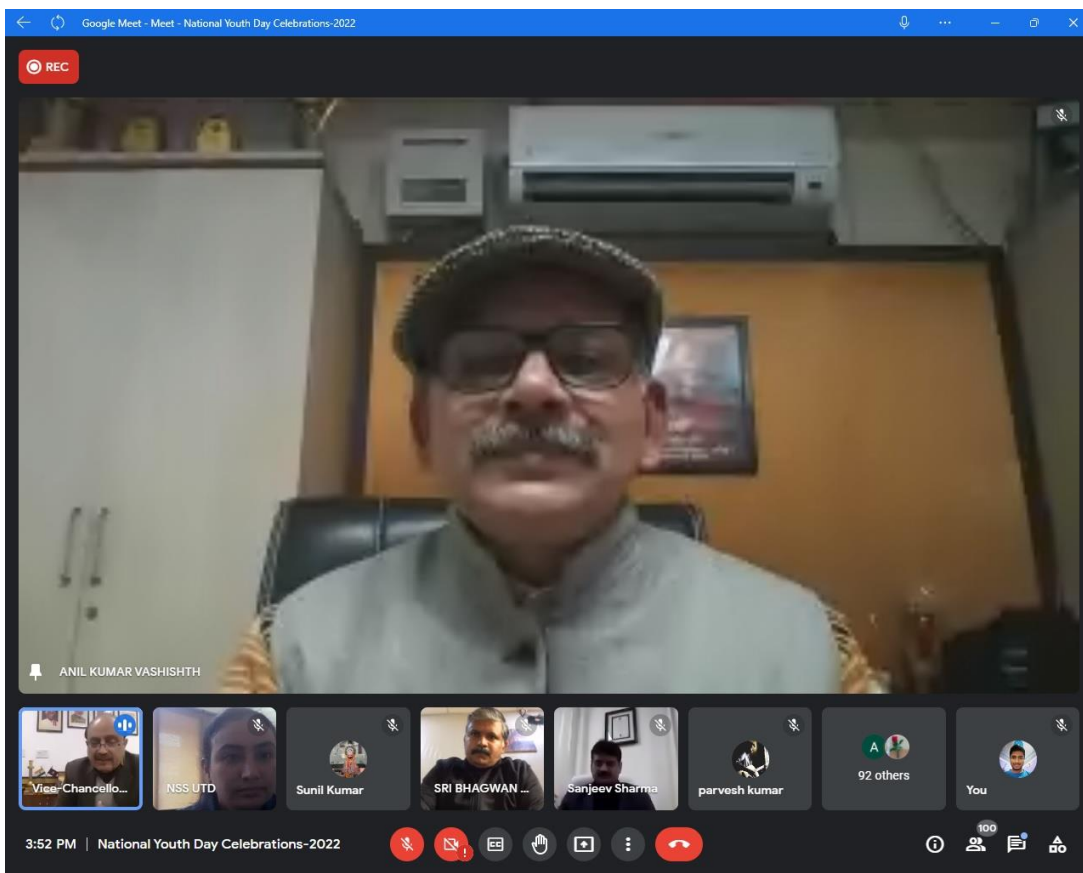
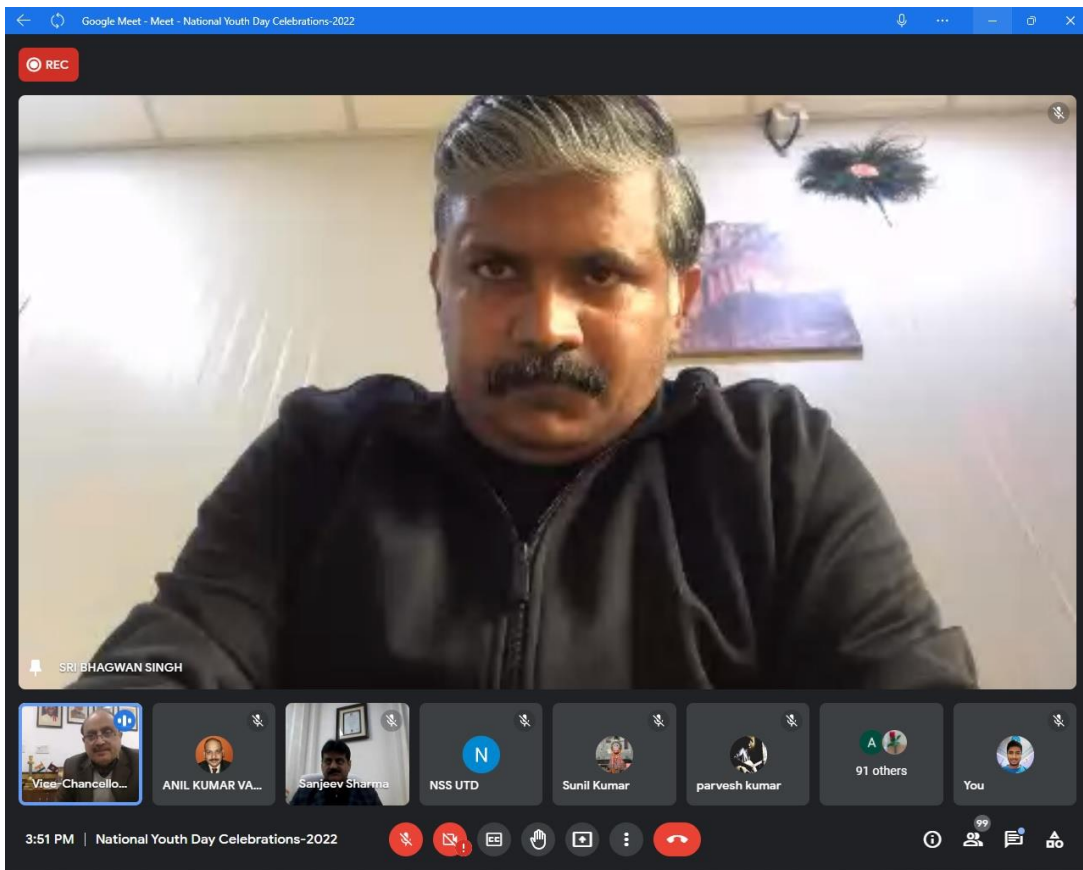
**Dr. Sunil Kumar**  
 P.O. N.S.S. U.T.D.

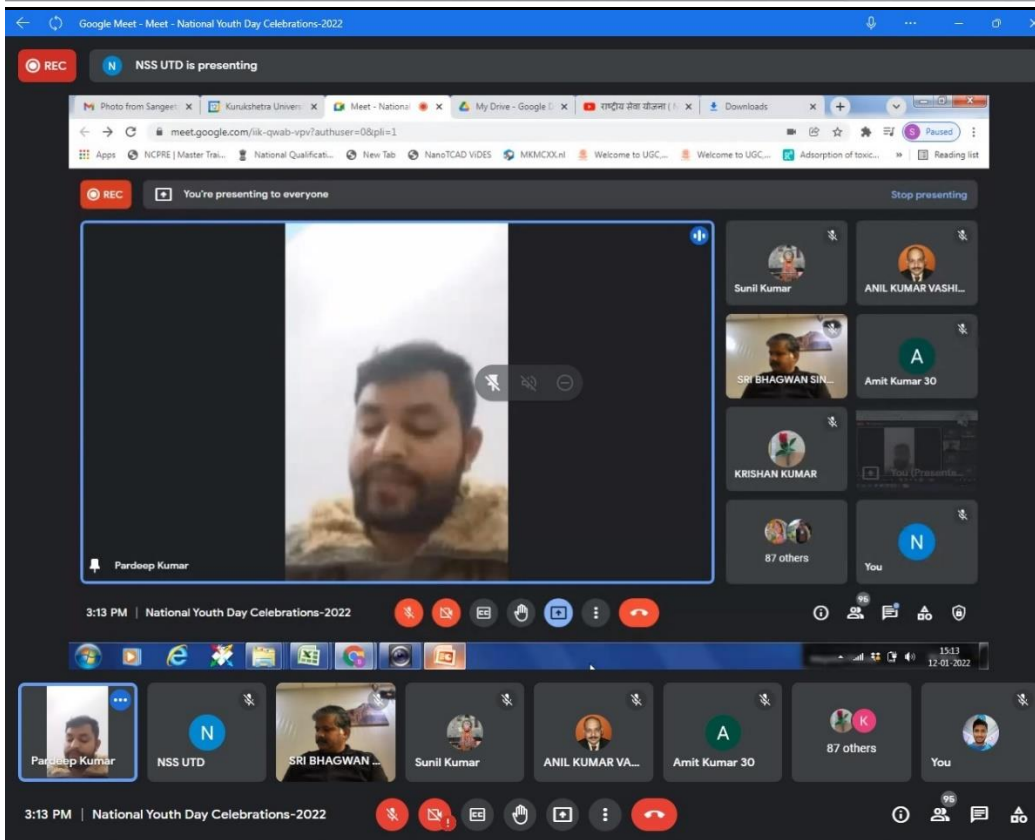
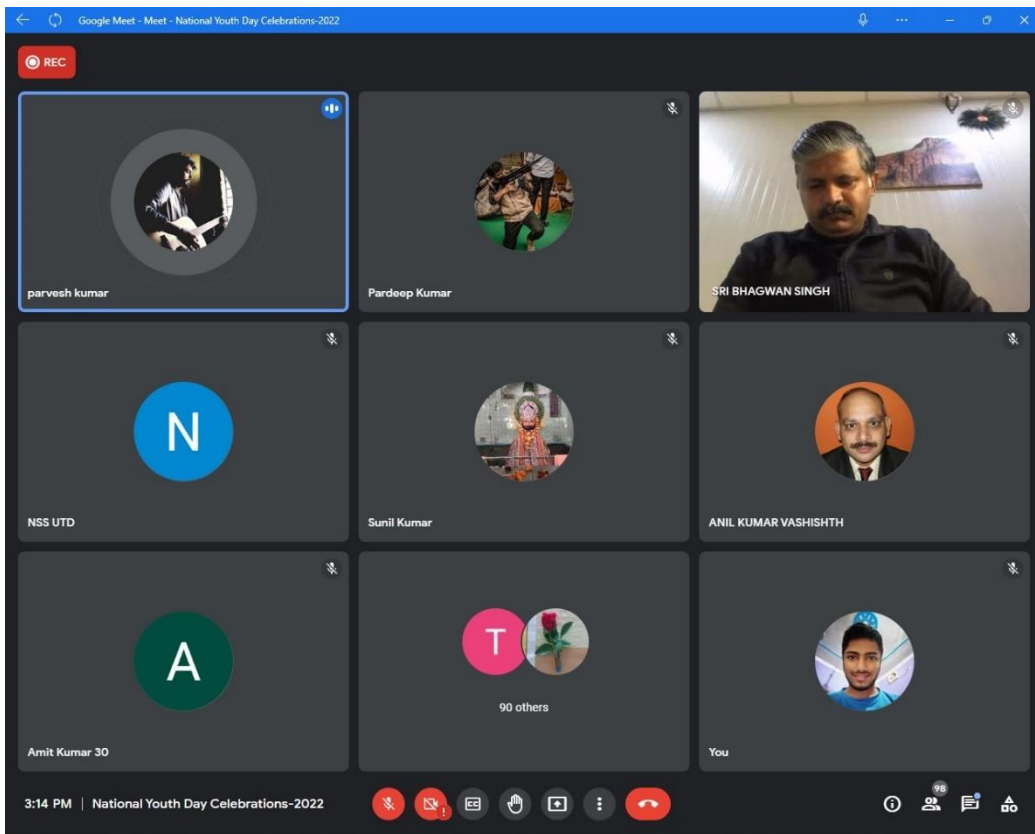
**Prof. Anil Vashisth**  
 Dean Student Welfare  
 Environment Nodal Officer

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:**

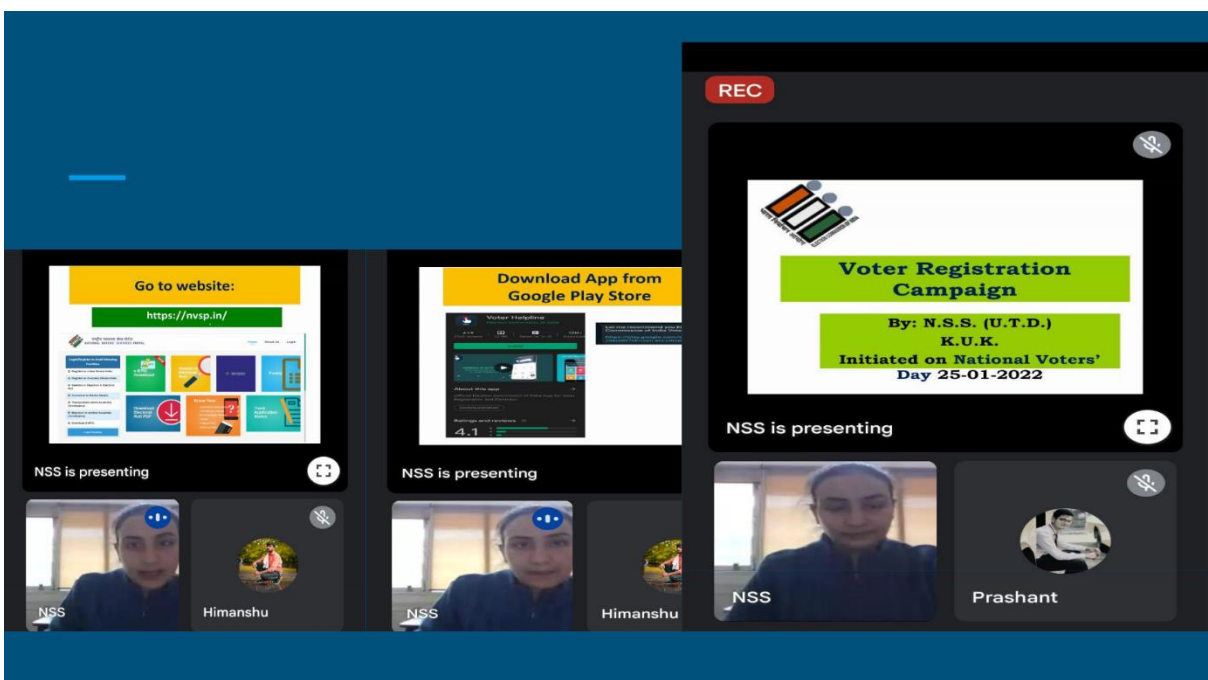
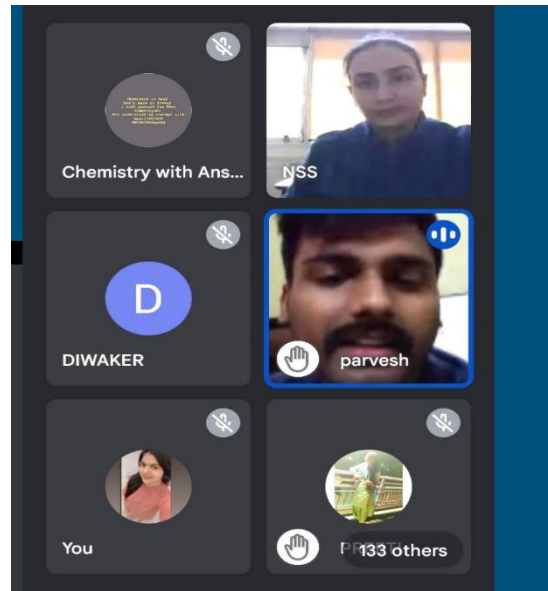
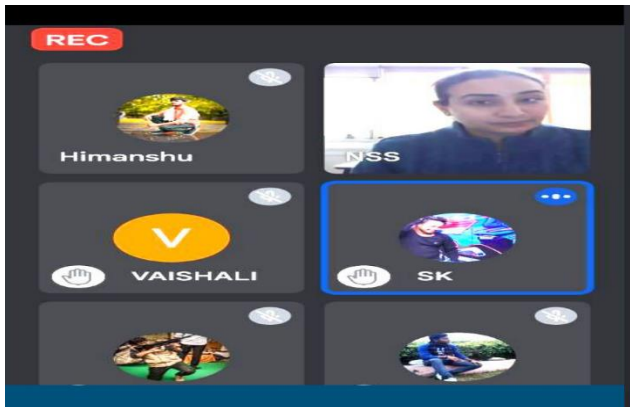
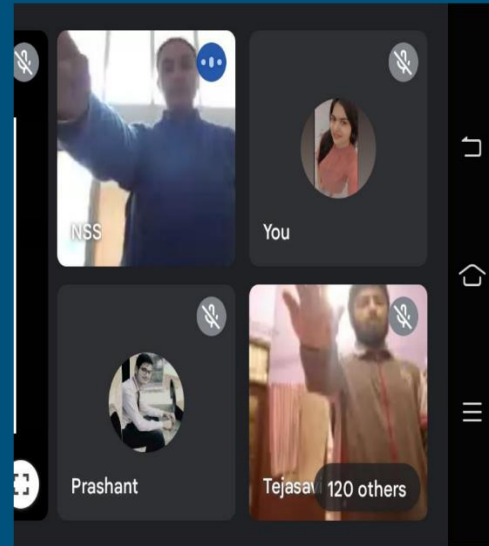
**Dr. Sangeeta Saini, Dr. Manisha Sandhu and Dr. Sunil Kumar**

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 that 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

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: Dwakar (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



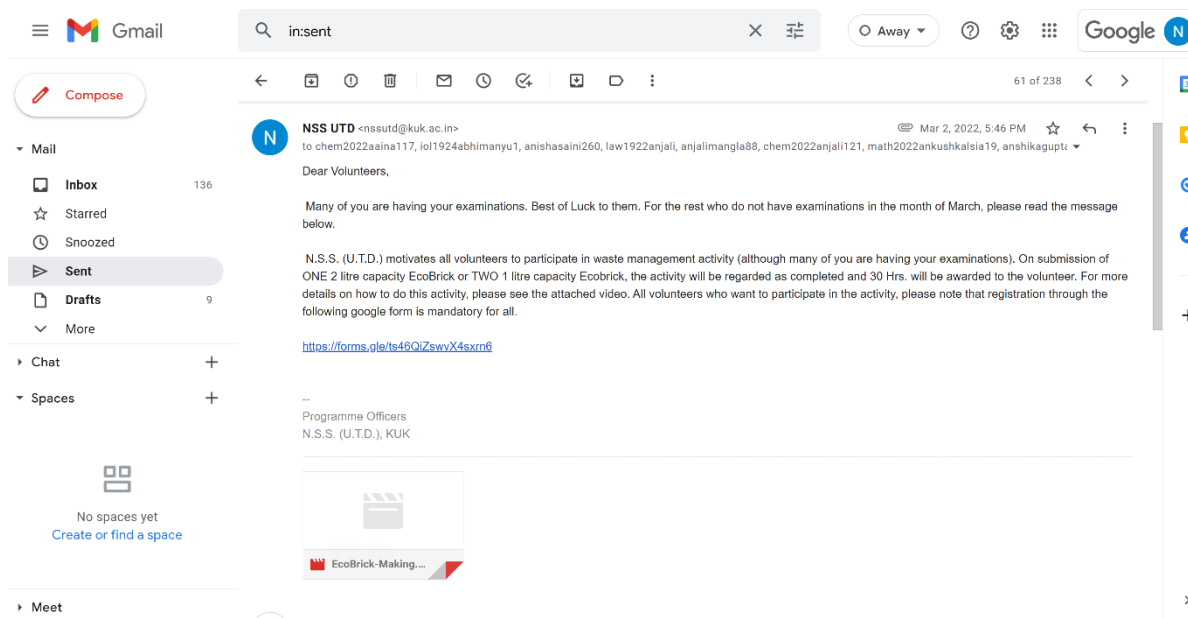
22°C

72°F

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.



GPS Map  
Camera Lite

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

Latitude	Longitude
29.963413°	76.810284°
Local 04:02:19 PM	Altitude 0 meters
GMT 10:32:19 AM	Monday, 07-03-2022

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



GPS Map  
Camera Lite

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

Latitude	Longitude
29.963413°	76.810284°
Local 04:11:52 PM	Altitude 0 meters
GMT 10:41:52 AM	Monday, 07-03-2022

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



XR77+54M, Kurukshetra University, Thanesar, Haryana  
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  
Camera Lite

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

Latitude  
29.9603369°

Longitude  
76.8150823°

Local 01:30:06 PM  
GMT 08:00:06 AM

Altitude 206.8 meters  
Tuesday, 08-03-2022



GPS Map  
Camera Lite

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

Latitude  
29.9603369°

Longitude  
76.8150823°

Local 01:30:04 PM  
GMT 08:00:04 AM

Altitude 206.8 meters  
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**

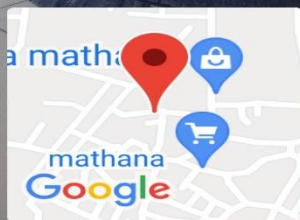
On 27th March 2022, on the fifth day of the National Service Scheme camp, in the first session, the students made various education posters and art work for different Anganwadis of the village. Volunteers went to different Anganwadis and interacted with the children playing games and educating them at 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.



Mathana, Haryana, India  
XXH3+3H5, Mathana, Haryana 136132, India  
Lat 29.977707°  
Long 76.954002°  
27/03/22 01:06 PM

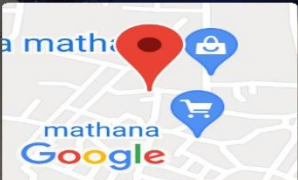
GPS Map Camera



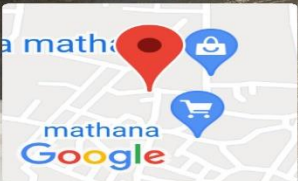
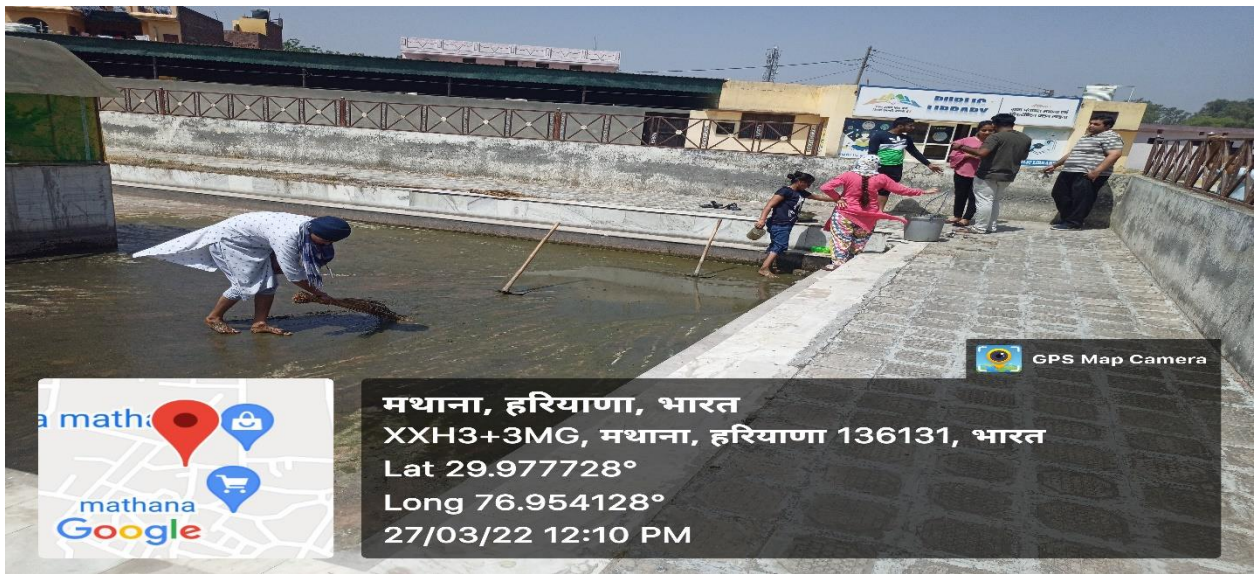
मथाना, हरियाणा, भारत  
XXH3+3MG, मथाना, हरियाणा 136131, भारत  
Lat 29.977728°  
Long 76.954128°  
27/03/22 12:12 PM

GPS Map Camera





mathana, हरियाणा, भारत  
 XXH3+3MG, मथाना, हरियाणा 136131, भारत  
 Lat 29.977728°  
 Long 76.954128°  
 27/03/22 12:12 PM



mathana, हरियाणा, भारत  
 XXH3+3MG, मथाना, हरियाणा 136131, भारत  
 Lat 29.977728°  
 Long 76.954128°  
 27/03/22 12:10 PM



## 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)

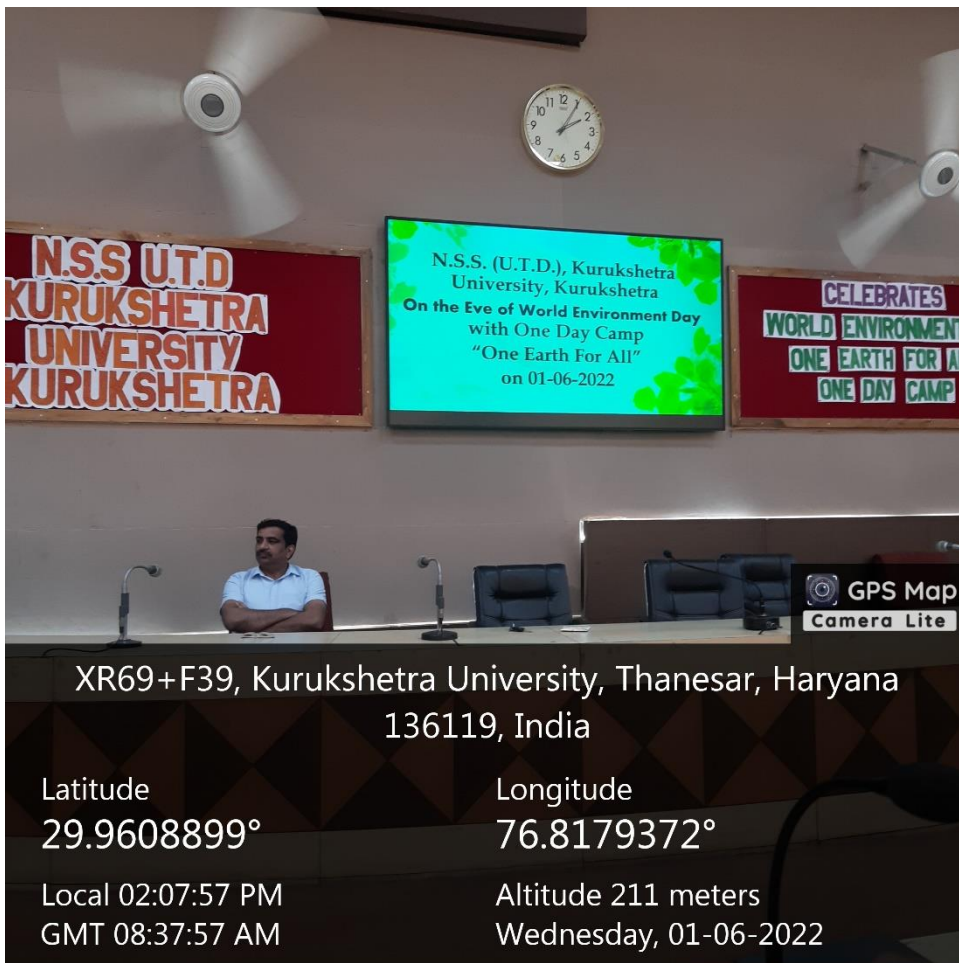
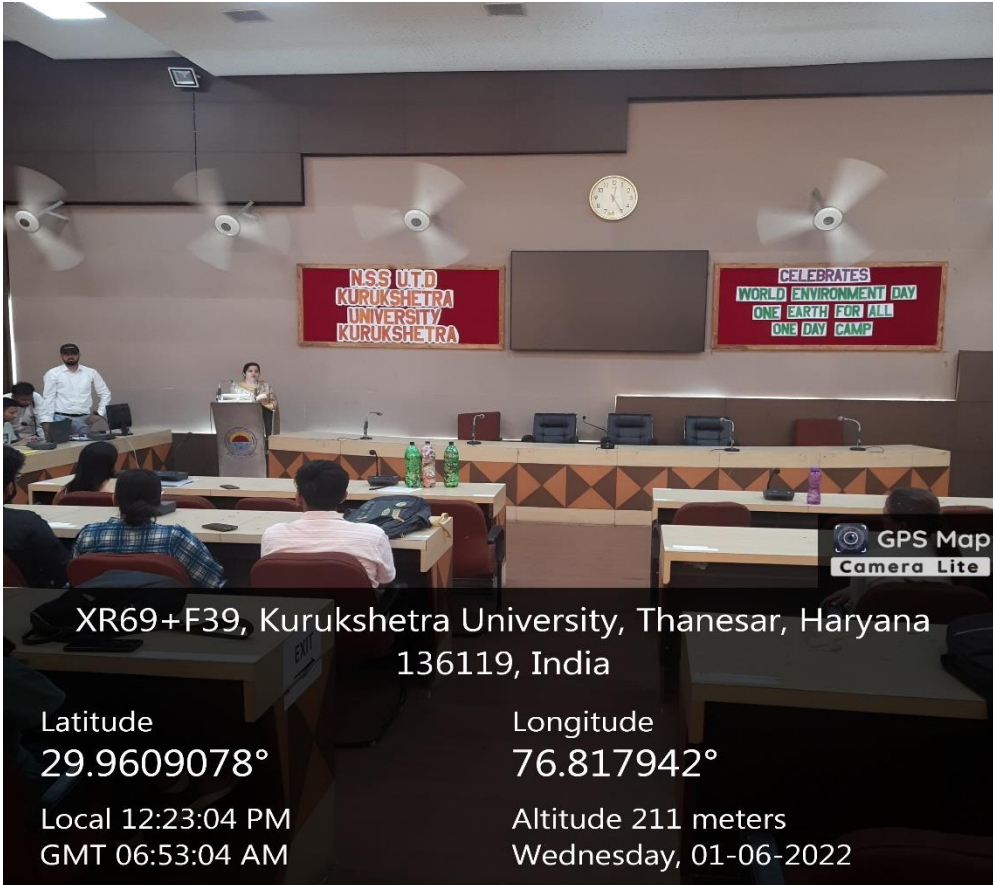
[4] World Environment Day Photography Competition (One Photograph)

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.





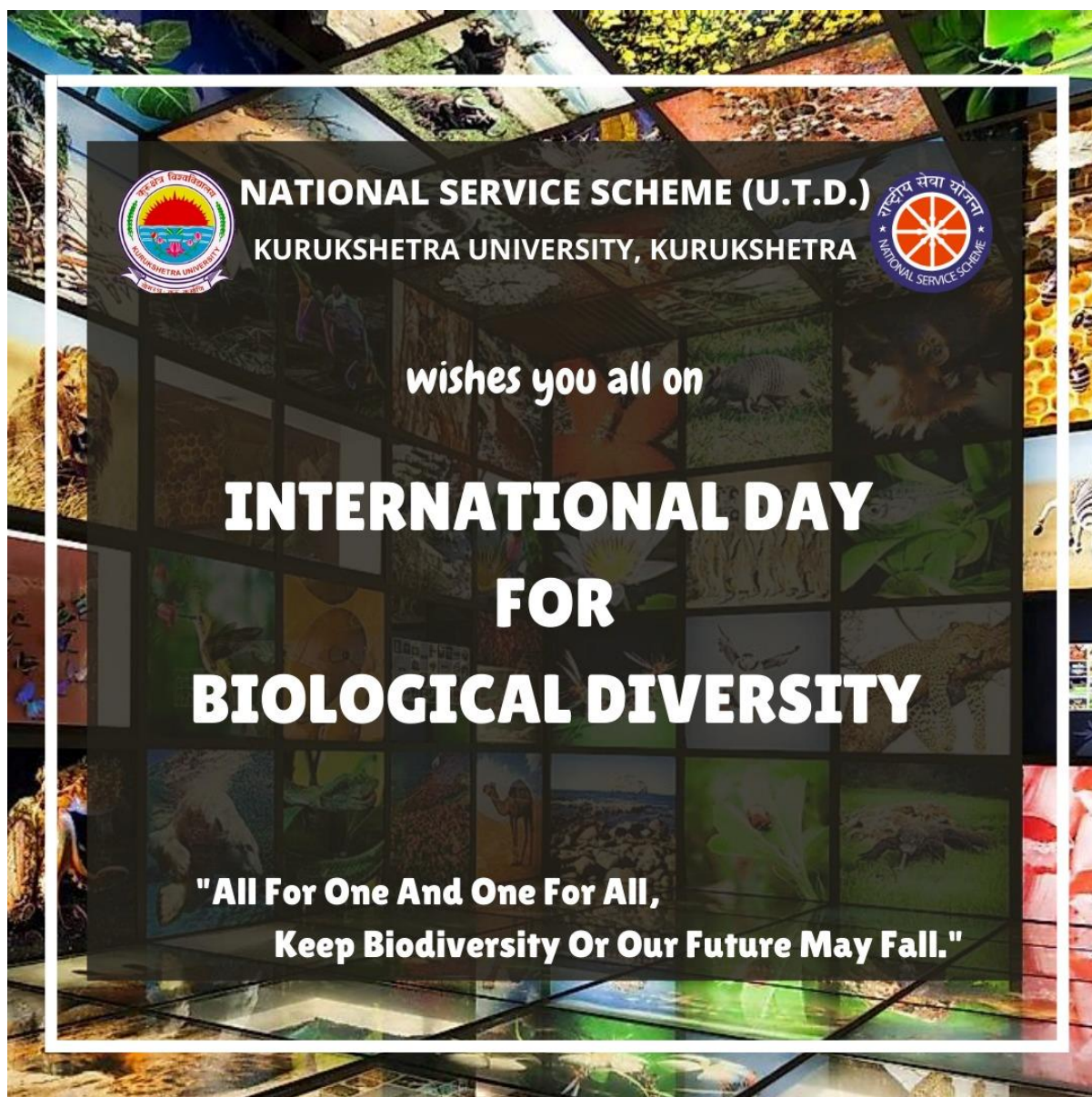




**10.**  
**Other Activities**

**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 अपनो 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**



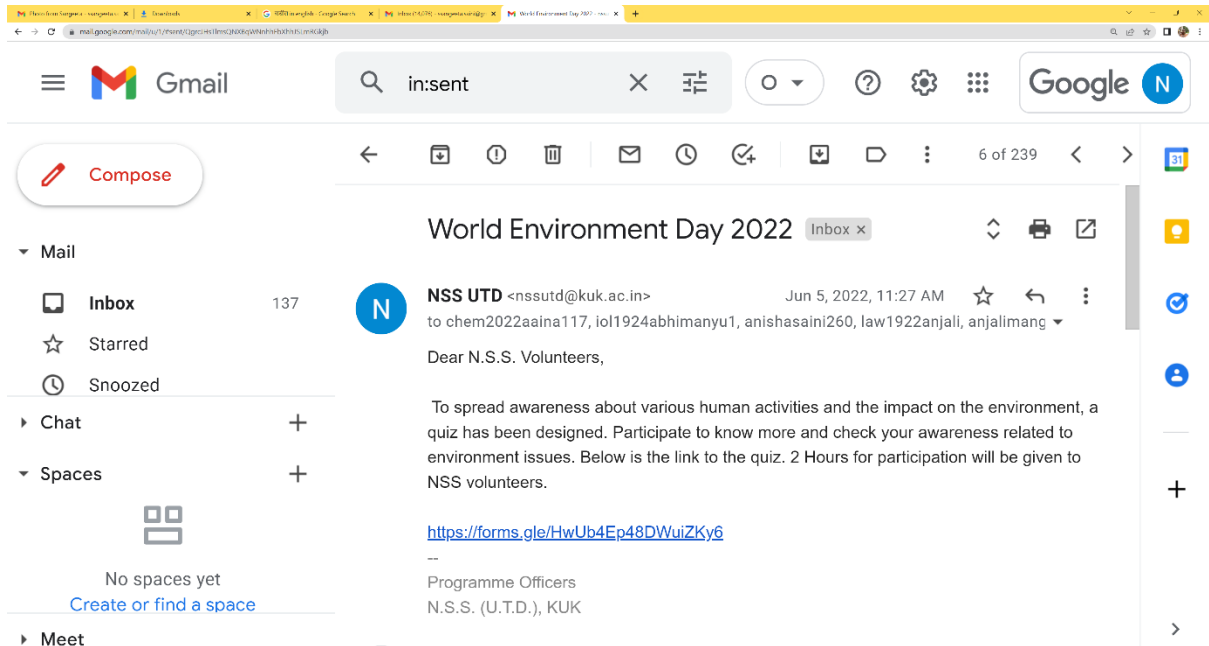




**To appreciate the volunteership of N.S.S. Volunteers, H.E.S. dedicated and planted a tree for N.S.S. volunteers of session 2021-22 on 1<sup>st</sup> June, 2022**



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



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

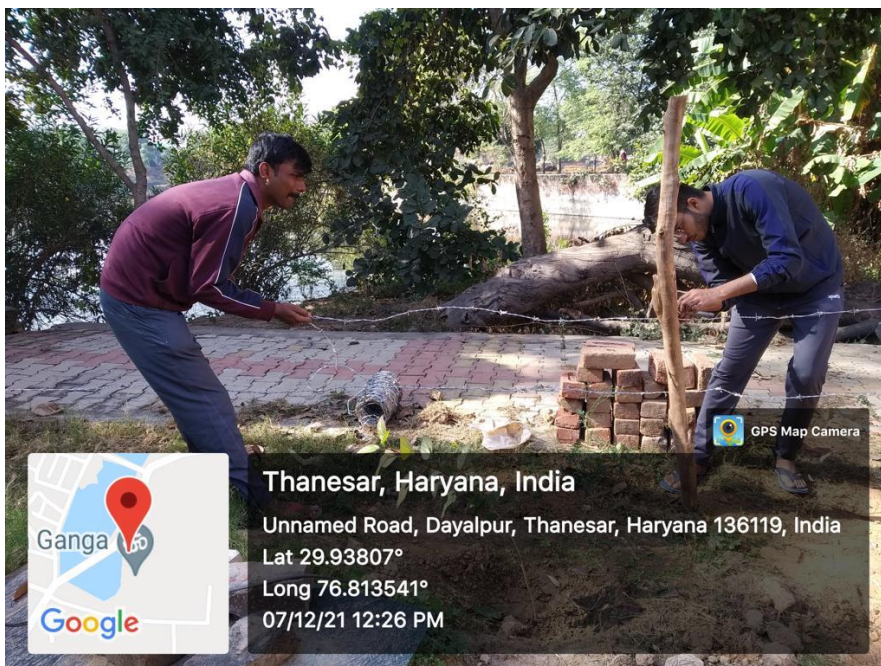






**N.S.S. volunteers took self-initiative to fence the plantation done at Village Dayalpur and organize a ‘Chhabeel’**

[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

S.No.	Type of Camp	Volunteers who attended
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**

<b>S. No.</b>	<b>Event</b>	<b>Name of Volunteer</b>	<b>Position</b>
1.	<b>Poetic Symposium</b> University Level NSS Camp, S.D. (PG) College, Panipat (March 23-29, 2022)	Mr. Gurjant	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