

National Service Scheme (NSS)

Annual Report –July 2021- June 2022

Sept., 2021

S.No.	Events	Dates	Details
1	Poster making event on the " Clean India Green India " under the aegis of "Azadi ka Amrit Mahotsav"	26 th Sept., 2021	NSS at Shri Mata Vaishno Devi University, Katra organised a poster making competition on the theme " Clean India Green India " on 26th September 2021 at Sanskriti Kaksh. The event was a part of Azadi Ka Amrit Mahotsav. 20 students participated with enthusiasm in the competition and gave the message of Swachh Bharat through their beautiful creative paintings. The event was successfully conducted by the NSS Coordinators and Volunteers under the guidance of Faculty Coordinator Dr. Rajiv Kumar. Dr.Kumar highlighted the importance of cleanliness during the Covid – 19 Pandemic.

Oct., 2021

S.No.	Events	Dates	Details
1	Swachhata Diwas	2 nd October, 2021	A 'Swachhata Rally' of 100 students led by NSS student coordinators and volunteers was flagged off by the Vice Chancellor, SMVDU. The students were then divided into 5 groups of 20 students each, and each group was allotted an area to clean. The students performed various tasks with utmost sincerity while making the event successful.
2	Poster-making competition on the occasion of World Student's Day	10 th October, 2021	On the auspicious Occasion of World Student's Day under the aegis of " Azadi ka Amrit Mahotsav " NSS at SMVDU organized a poster-making competition based on the theme " Dr APJ Abdul Kalam " at Sanskriti Kaksh. Keeping in view the COVID-19 protocols only the first 40 participants were selected. The event was successfully conducted by the NSS Coordinators and volunteers.
			Believing in that sound mind resides in sound body, the NSS at Shri Mata Vaishno Devi University (SMVDU), Katra, organized yoga sessions, for students, faculty and staff members in the month of October 2021. Yoga

3	Yoga Sessions	11 th Oct., to 30 th Oct.,2021	sessions are scheduled from Monday to Saturday every week in the morning. The program aims at sensitising people towards comprehensive nature of yoga towards life and well-being. The yoga instructor of these sessions is Shri Gurmel who himself is well-qualified & trained in yoga, and practices it every day. He informed students about the benefits of yoga for the body and mind before starting with the asanas. He initiated them into yoga through simple and easy Sukshma Kriyas, Asanas and Pranayams. The sessions are coordinated by NSS coordinators and volunteers.
4	Rastriya Ekta Diwas	31 st October, 2021	Run for Unity was held at SMVD University for celebrating National unity day commemorating the birth anniversary of Sardar Vallabh bhai Patel. Nearly 300 students, faculty and staff members participated in the event. The run was flagged off by Vice chancellor of the university Padam Shri Prof. Ravindra Kumar Sinha. The participants also took the unity oath at the run conducted by Student NSS volunteer Mr. Shivam Kumar. The event was organized by National Service Scheme (NSS), SMVDU and the Sports department of the university.

Some photographs of the above mentioned events

1. Swachhata Diwas



2. Poster Making



3. Yoga Sessions



4. Rastriya Ekta Diwas



Nov., 2021

S.No.	Events	Dates	Details
1	Vigilance Awareness Week	3 rd November, 2021	<p>As per the advice of the Central Vigilance Commission (CVC), the apex anti-corruption body in the country, Vigilance Awareness Week was observed from 26.10.2021 to 01.11.2021 throughout the country, themed, "Independent India@75: Self Reliance with Integrity" also commemorating the birthday of Sardar Vallabhbhai Patel. Everyone pledged and views/real-life experiences on corruption were shared and after the session, there was a slogan writing competition also. The NSS, Shri Mata Vaishno Devi University, conducted different activities to celebrate vigilance awareness week. The Run for Unity was organized for students, faculty and staff members in collaboration with the Board for Sports Activities. The run was flagged off by the Vice Chancellor, Padma Shri, Prof. R.K. Sinha.</p>
			<p>‘Namami Gange Programme’, is an Integrated Conservation Mission, approved as ‘Flagship Programme’ by the Union Government in June 2014</p>

2	Ganga Utsav	10 th November, 2021	with budget outlay of Rs. 20,000 Crore to accomplish the twin objectives of effective abatement of pollution, conservation and rejuvenation of National River Ganga. All NSS volunteers and NSS functionaries from the University participated with full enthusiasm. The participants wrote poems, messages and articles for "Ma Ganga" and got their photos clicked with the message. The pictures were hence shared on the Facebook event page of Namami Gange. The aim of the event was to establish a World Record for Guinness Books of World Records. The event was successfully completed with maximum participation.
3	Plogging Sessions	9 th November to 30 th November, 2021	Plogging is jogging with picking up trash. Around 100 students join us every day and start plogging from their hostel. This session takes place in the university ground at 6:45a.m. and students along with volunteers and faculty members take two rounds of ground(walking or jogging).
4	Cloth Collection and Distribution	13 th November, 2021	A drive was held in which a total of 50 students led by 10 NSS volunteers collected old clothes, books and toys from the houses of faculty and other non-teaching staff. The articles were then segregated and distributed among the workers and labourers working in the campus.
5	Fit India Freedom Run	17 th November, 2021	NSS SMVDU in collaboration with BSA organized "Fit India Freedom Run" under the aegis of Azadi ka Amrit Mahotsav. 'VandeMataram' was sung by NSS volunteers.

6	World Heritage Week (Charai Muttal)	23 rd November, 2021	Department of Archives, Archaeology and Museums, Jammu in collaboration with SMVD University celebrated World Heritage Week at Charai Muttal Bowlis. Our 16 NSS volunteers, co-ordinators, faculty and students actively participated in the Heritage Walk, Heritage Baithak and Cleanliness Drive .
7	Poster-making Competition on “ <i>AIDS AWARENESS</i> ” and “ <i>ANIMAL WELFARE</i> ”.	25 th November,2021	NSS at SMVDU organized a Poster-making competition on “AIDS AWARENESS” and “ANIMAL WELFARE (dogs)”. Colours and other stationery items were provided to 20 students for this event.
8	Constitution Day	26 th November,2021	On Constitution Day, an informative session was organised by the NSS team. Before the program commenced 2 minutes of silence was observed in remembrance of all the heroes and bravehearts who gave their all for us during the attacks of 26/11. Following this, there was a brief introduction by Mr. Shivam Kumar, a 4th year NSS volunteer, on the Indian Constitution. The session was highly informative and had the important details of the constitution in a concise and brief manner. There was also an interaction session between the audience and the speaker. Moving on, the audience joined Navya and Jasmine to sing the National Song of India "Vande Mataram" in a very melodious tone. The Program concluded with some words of wisdom from Dr. Rajiv Kumar, Faculty Coordinator, NSS, SMVDU.
9	National Integration Camp	19 th to 25 th November,2021	TwoNSS volunteers from SMVDU, Arnav Sharma and Jasmine Raina participated in National Integration Campat Maharishi Dyanand University (MDU) Rohtak. During these seven days, volunteers participated in a variety of activities, including yoga classes, personal development workshops, cultural events, sports, and various competitions. The camp's major goal was to help volunteers improve their leadership skills and discipline. This program requires volunteers to complete multiple activities in a single day, teaching them how to manage multiple duties at the same time. Volunteers were also

			<p>required to participate in team exercises, which taught them how to work together.</p> <p>Throughout the seven-day camp, there were numerous guest lectures from which volunteers could find out a lot.</p>
10	Animal Welfare Rally	27 th November, 2021	<p>An Animal Welfare Rally was held to promote the well being of animals around us. A total of 100 NSS volunteers were present in the rally. The rally went on along the campus and slogans in support of Animal Welfare were raised throughout the rally.</p>

1. Vigilance Awareness Week:



2. Ganga Utsav



4. Cloth Collection and Distribution:



5. Fit India Freedom Run:



6. World Heritage Week (Charai Muttal):



7. Poster-making Competition on *"AIDS AWARENESS"* and *"ANIMAL WELFARE"*



8. Constitution Day Celebration:



9. National Integration Camp



10. Animal Welfare Rally:



Dec., 2021

S.No.	Events	Dates	Details
	Desh Bhakti	2 nd December,	NSS SMVDU under the aegis of 'Azadi Ka Amrit

1	Geet and Lori Lekhan Competition	2021	Mahotsav' organised a writing competition on "Desh Bhakti Geet and Lori Lekhan" in Hindi. Hon'ble Prime Minister Shri Narendra Modi had emphasized the importance of culture, art, literary and music in the celebration of Azadi ka Amrit Mahotsav in his address in "Man Ki Baat".
2	Human Rights Day Celebration	10 th December, 2021	NSS SMVDU celebrated Human Rights Day by 'Human Chain' formation. Around 100 NSS volunteers took part in the human chain formation. NSS volunteers gave the message of 'PEACE' by forming Symbol of 'Peace' in the form of a human chain. After that an interactive session was also conducted for awareness about Human Rights and apex body National Human Rights Commission.
3	Cleanliness drive at Jhajjar Kotli river	19 th December, 2021	NSS SMVDU organized cleanliness drive at Jhajjar Kotli river under the aegis of 'Azadi ka Amrit Mahotsav', 'Nadi Ko Jano' and 'Celebrating Rivers of India'. 15 NSS volunteers from SMVDU took part in the cleanliness drive of the said river. It is a small river behind the University campus. The volunteers covered almost 500 metre length along the river for the cleanliness purpose. The team collected 3 bags of trash mainly plastic wastes from the site. The team is also planning more such drives in future to cover larger area along the river.
4	Plogging Sessions	1 st - 17 th December, 2021	Plogging is jogging with picking up trash. Around 100 students join us every day and start plogging from their hostel. This session takes place in the university ground at 6:45a.m. and students along with volunteers and faculty members take two rounds of ground(walking or jogging).

5	Scoliosis screening cum sampling sessions	20 th -27 th December, 2021	NSS SMVDU in collaboration with research scholars of School of Biotechnology organized Scoliosis screening cum sampling sessions covering around 400 university students. Scoliosis is a spinal deformity that leads to the sideways bending of the spine along with 3D twisting of it. The disease occurs most commonly in adolescent age and may progress late adolescent age. The problem comes when the condition remains undiagnosed and leads to serious secondary complications. If the disease is diagnosed at the early stage of progression, it can be managed.
6	Essay Writing Competition	18 th December, 2021	<p>For display of write ups in National Youth Festival, 2022, NSS at SMVDU organized an essay writing competition on the following topics either in English or Hindi with a minimum of 300 words as per the directions by the Ministry of Youth Affairs and Sports, Govt. of India. Around 80 volunteers participated in the said event.</p> <p>Topics:</p> <p>(1) India of My Dream - Vision@2047 (□□□□ □□□□ □□ □□□□@2047)</p> <p>(2) Unsung Local Heroes of Freedom Movement (□□□□□□□□□□ □□□□□□ □□ □□□□□□ □□□□)</p>
7	'Vidyanjali' initiative	18 th December, 2021	NSS Volunteers under the 'Vidyanjali' initiative by Govt. Of India visited nearby Govt. High School, Kakryal and conducted various extra-curricular activities with 10 th class students. NSS volunteers will go every Saturday to school and will help them in various activities related to their overall development.

8	Tribute to CDS Bipin Rawat ji	20 th December, 2021	NSS SMVDU organized a session to pay tribute to Lt. CDS Bipin Rawat ji. Session was about their life achievements and major incidents during their tenure in defence services.
9	Know Your Constitution	17 th December, 2021	NSS volunteers made videos in different Indian languages to brief about the constitution. The different Indian languages used are <i>Sanskrit, Dogri, Kashmiri, Punjabi, Kannad, Bengali, Gujrati, Hindi</i> etc.
10	Blood Donation	December, 2021	Around 15 units blood was donated by NSS volunteers during the month of December, 2021 to the needy patients in Superspeciality Narayana Hospital.

Some glimpses of the events

1. Desh Bhakti Geet and Lori Lekhan



2. Human Rights Day Celebration



3. Cleanliness Drive at Jhajjar Kotli River





April, 2022

S.No	Events	Dates	Details
1	Save the Mountains Campaign	2 nd April 2022	The team of Climate Front Jammu in collaboration with the NSS team of SMVDU did a clean-up drive near the campus. There was total twenty-nine NSS volunteers and seven volunteers from our team, who collected total fifteen sacks of dry waste. Waste management is a major issue that everyone needs to be made aware of and which needs to be tackled as soon as possible.
2	PoshanPakhwada	3 rd April, 2022	NSS volunteers at SMVDU organized an awareness rally under the PoshanPakhwada as per the directives by the Ministry of Women and Child Development (Govt. of India). The students also interacted with the children and discussed the diet they receive in Mid-day meal programs in nearby government schools. The parents were informed about anaemia and other acute problems related to malnutrition.
3	Clean Campus Drive	11 th April, 2022-15 th April,	NSS at SMVD university is organizing a week-long cleanliness drive tomorrow onwards as a part of the "Green Campus" initiative.

		2022	
4	Vikalp Campaign	23 rd April, 2022	Vikalp - A Student's Initiative organized a campaign under NSS flagship in its Village Contact Program to raise awareness regarding education among the community residing in the villages adopted by the University.
5	Vocal for Local	24 th April, 2022	NSS unit of SMVDU, Katra organized "Vocal for Local" campaign under the flagship of Atamnirbhar Bharat and volunteers bought earthen pots to be used as water source for thirsty birds in the campus.
6	Panchayati Raj Day	24 th April 2022	To cherish the idea of Swaraj and to commemorate the Panchayati Raj Day, NSS at SMVD University organized a documentary session to raise awareness about the panchayats and Gram Sabhas along with local self-governments in rural India.
7	First Aid Workshop	30 th April 2022	NSS SMVDU organized a "Workshop on First Aid". The session was conducted by "Dr.Shelly Mahajan" from Indian Red Cross Society, Jammu Region. Various crucial first aid measures were discussed like CPR, heatstroke and snake bite.
8	Yoga	11 th April, - 30 th April, 2022	Yoga sessions under "Yoga Mahotsav" are conducted daily at 6:30 am by the NSS unit of SMVDU, Katra. NSS SMVDU is committed to inspiring a "Mass Movement for Health and Wellbeing" through Yoga in the 75 -day countdown to IDY-2022.
9	Plogging Sessions	1 st -8 th April	Plogging is jogging with picking up trash. Around 200 students join us every day and start their plogging session from their hostel. This session takes place in the university grounds at 7:00 a.m. and students along with volunteers and faculty members take 3 rounds of ground.

		2022	
10	Blood Donation		Whenever there is any requirement of blood from Narayana Hospital, Katra our students actively show their contribution and donate blood.

Some photographs of the above-mentioned events:

1. Save the Mountains





2. PoshanPakhwada





3. Clean Campus Drive





4. Vikalp Campaign:



5. Vocal for Local



6. Panchayati Raj Day



7. Workshop on First-Aid



8. Yoga



May, 2022

S.No.	Events	Dates	Details
1	Yoga	Daily	Yoga sessions under "Yoga Mahotsav" are conducted daily at 6:00 am by the NSS unit of SMVDU, Katra. NSS SMVDU is committed to inspiring a "Mass Movement for Health and Wellbeing" through Yoga in the 75 -day countdown to IDY-2022.
2	Documentary on Rabindranath Tagore	7th May, 2022	NSS SMVDU organised a documentary session on "Birth Anniversary of Rabindranath Tagore" Rabindranath Tagore was an icon of Indian culture. He was a poet, philosopher, musician, writer, and educationist. Rabindranath Tagore became the first Asian to become Nobel laureate when he won Nobel Prize for his collection of poems, Gitanjali, in 1913
3	Documentary session on Yoga	24th May, 2022	NSS SMVDU organised a documentary session on "Yoga - Exploring the Source of Life" in a series of ongoing Yoga Mahotsava to commemorate the upcoming 8th International Day of Yoga, 2022. SMVD University is committed to inspiring a "Mass Movement for Health and Wellbeing" through Yoga in the 75 -day countdown to IDY-2022.

4	Gender Sensitization	26 th May, 2022	Gender Sensitization session at Govt. High School in Kakryal village by NSS unit of Shri Mata Vaishno Devi University, Katra.
5	Lecture on Yoga and Mental health	28 th May, 2022	Whenever there is any emergency of blood requirement, students of SMVD University donate blood to Narayana Hospital, Katra. NSS SMVDU organised a Lecture session on "Yoga and Mental Health " in a series of ongoing Yoga Mahotsava to commemorate the upcoming 8th International Day of Yoga, 2022. The Guest Speaker for the session is Dr. Ravi Kant Gupta (Yoga Consultant and Member of International Yog Fellowship Movement (B.S.Y.)).
6	Blood Donation		Whenever there is any emergency of blood requirement, students of SMVD University donate blood to Narayana Hospital, Katra. Around 30 units donated this month.
7	Participation in National Integration Camp, New Delhi	23 rd – 29 th May, 2022	The camp was held on the campus, and two volunteers from NSS SMVDU, Anmol Sharma and Sharnam Khajuria participated in this event. During these seven days, volunteers participated in a variety of activities, including yoga classes, personal development workshops, cultural events, self-defence, sports, and various competitions. The camp's major goal was to help volunteers improve their leadership skills and discipline. This program requires volunteers to complete multiple activities in a single day, teaching them how to manage multiple duties at the same time. Volunteers were also required to participate in team exercises, which taught them how to work together. Throughout the seven-day camp, there were numerous guest lectures from which volunteers could find out a lot.

Some photographs of the above-mentioned events

1. Yoga





2. Documentary on Rabindranath Tagore



3. Gender Sensitization



4. Yoga And Mental health



5. NIC Camp



June, 2022

S.No.	Events	Dates	Details
1	Yoga	Daily	Yoga sessions under "Yoga Mahotsav" are conducted daily at 6:00 am by the NSS unit of SMVDU, Katra. NSS SMVDU is committed to inspiring a "Mass Movement for Health and Wellbeing" through Yoga in the 75 -day

			countdown to IDY-2022.
2	Poster Making competition on the eve of the World Bicycle Day	02 June 2022	As a part of the Azadi Ka Amrut Mahotsav - India@75 celebration, to popularize the usage of cycling to solve the dual issues of global warming and an unhealthy lifestyle, NSS at SMVD University organized a poster making competition on the eve of the World Bicycle Day.
3	Awareness Rally on World Bicycle Day	03 June 2022	NSS unit of Shri Mata Vaishno Devi University organized a Cycle Rally to celebrate "World Bicycle Day". The event started with the VandeMatram song by students. The chief guest of the event was Vice-Chancellor Padamshree Prof. R.K. Sinha. He flagged off the rally and addressed the gathering on the importance of cycle riding and emphasized that cycle riding should be a daily activity for everyone. The rally started at 6:30 am in the morning. Around 40 to 50 cyclists from the campus participated in the event and around 100 students marched past with cyclists raising slogans. All participants were filled with enthusiasm. After completion of the rally, refreshments were also distributed. The event ended with the National anthem. Dean Student Welfare, Dr. Hari Govind Mishra; NSS Programme Officer, Dr. Rajiv Kumar; President BSA, Dr. Parvez Slathia, Security Officer, Mr. Surender Singh was present at the event.
4	Poster Making on Save Soil Movement	June 4, 2022	NSS at SMVDU organized a poster-making competition on the Save Soil Movement. Save soil is a global movement initiated by Sadhguru to raise awareness and bring policy changes to save our soil from its degrading fertility.
5	Session on Save Soil Movement on World Environment Day	June 5, 2022	NSS at SMVDU organized a session regarding the Save soil movement. In this event, the importance of saving soil to save our environment was discussed. Save soil is a global movement initiated by Sadhguru to raise awareness and bring policy changes to save our soil from its degrading fertility.
6	Poster Making Competition -IDY	June 16, 2022	A poster making competition was organized by NSS SMVDU to commemorate the upcoming 8 th International Day of Yoga and ongoing Yoga Mahotsava.
7	State Level Common Yoga Protocol Session	20 June 2022	As a countdown to the 8th International Day of Yoga (IDY2022) and as directed by the Regional Directorate of NSS, New Delhi (Ministry of Youth Affairs and Sports) as per the directives from the Ministry of AYUSH, National Service Scheme at Shri Mata Vaishno Devi University, Katra organized a State Level Common Yoga Protocol Session with 1000 participants on 20th June 2022. The University was selected to organize this CYP session by the NSS Regional Directorate (New Delhi), as a part of countdown to IDY 2022 and Azadi Ka Amrut Mahotsav celebration. The event took place in the Matrika Auditorium. The session

			<p>was joined by the honourable Vice Chancellor Prof. (Dr.) R.K Sinha, Dean of Student Welfare Dr. H.G Mishra, NSS Faculty Coordinator Dr. Rajiv Kumar and other faculty members. The NSS Program Officee and students from Government Degree College Katra joined the Yoga session. The Yoga Session was led by Mr. Gurmel and a few university students also guided the participants.</p> <p>A special Yoga performance was performed by Shubham Gitam and team. The performers and the guests were felicitated by the Dean of Student Welfare. The session ended with the recital of the national song “VandeMataram” sung by Jasmine and team.</p>
8	International Day of Yoga	21 June 2022	<p>NSS unit of SMVDU in collaboration with the Ministry of Information and Broadcasting, Regional Office Jammu celebrated 8th International Yoga Day. Vice Chancellor SMVDU, Prof. R.K Sinha (Padamshree) was the chief guest of the event. The Yoga Session was conducted by Mr. Gurmel (Yoga instructor) and more than 400 participants attended the session. The session started with a welcome address by Dr. Rajiv Kumar, NSS Program Coordinator. Cultural group from Central Bureau of Communication (CBC) Jammu gave two cultural performances on the occasion. A quiz session was also organized in which the winner received prizes. A yoga performance comprising different yoga patterns was also there by Shubham and group. Yoga awareness rally was also organized and flagged by Vice Chancellor SMVDU to aware people about yoga. The event was sponsored by Ministry of Information and Broadcasting, Regional Office Jammu. Dean of Student Welfare Dr. H.G Mishra, Shri Madan Gopal, FTO, Anantnag, Shri Ravinder Vaishnavi, CBC, Jammu, Dr. Balbir Singh Associate Professor and other faculty and staff members were also present during the session.</p>
9	Blood Donation	Regularly	<p>Whenever there is any emergency of blood requirement, students of SMVD University donate blood to Narayana Hospital, Katra. Around 20 units donated this month.</p>

Some photographs of the above-mentioned events

1. Yoga



2. Poster Making competition on the eve of the World Bicycle Day



3. Awareness Rally on World Bicycle Day



4. Poster Making on Save Soil Movement



5. Poster Making Competition -IDY



6. State Level Common Yoga Protocol Session





7. International Day of Yoga







