

Annual report 2022 – 23 of NSS

S.No.	Events	Dates	Details
1.	Har ghar tiranga	15 th aug, 2022	NSS volunteers of SMVDU Katra distributed National flags to all the residents of University under the campaign.
2.	Plantation drive in the campus	25 th aug, 2022	Plantation drive in the campus with collaboration with “GO GREEN KATRA” project planted 100 samplings and conducted awareness rally in campus mainly fruit and medicinal plants.
3.	Plantation drive at govt. high school sirah village	29 th aug, 2022	NSS SMVDU organized tree plantation drive at govt. High School Sirah village with “GO GREEN KATRA” team.
4.	Celebrated National Sports Day	29 th aug, 2022	On National sports day NSS SMVDU girls volunteers played Kho-Kho with Govt. High School sirah girls.
5.	Chart distribution Drive	29 th aug, 2022	NSS volunteers distributed creative charts in govt. High School sirah village. The idea was to help students to learn different topics effectively.

6	Orientation program	30 th ,31 st aug and 1 st sept, 2022	NSS SMVDU organized a three days briefing session covering all the branches of UG program. The NSS Program Coordinator, Dr. Rajiv Kumar briefed and assisted in all the events along with the team.
7	Blood Donation		Whenever there is any emergency of blood requirement, students of SMVD University donate blood to Narayana Hospital, Katra. Around 10 units donated this month.

Some photographs of the above-mentioned events

1. Har Ghar Tiranga





3. Plantation drive at Govt. high school sirah

2. Plantation drive in the campus





4. Celebrated National Sports Day



5. Chart distribution

6. Orientation program



S.No.	Events	Dates	Details
1.	Quiz competition at Govt. High School	3 rd September, 2022	NSS volunteers organized quiz competition and other oral competitions in Govt High school Sirah, Katra
2.	Plantation drive in Govt. Primary School Shool and Sirah	3 rd September, 2022	NSS volunteers organized Plantation drive in Govt. Primary School Shool and Sirah. Mainly fruits and medicinal saplings were planted.
3.	Documentary screening on Dr. Sarvepalli Radhakrishnan	4 th September, 2022	Documentary screening on the eve of Teacher's day on life history of Dr. Sarvepalli Radhakrishnan
4.	Essay writing competition at Govt. High School, Sirah	10 th September, 2022	NSS volunteers organized essay writing competition and other oral competitions in Govt. High School Sirah under "Vidhyanjali" Scheme Katra
5.	Poster making competition	13 th September, 2022	Poster making competition to celebrate 5 th Rastriya Poshan Maah. Around 40 volunteers participated in the event.
6	2 week long Yoga sessions	12 th – 22 nd Septemebr, 2022	Morning yoga sessions were organized for 2 weeks with the help of Yoga instructor Mr. Gurmel.
7	Essay writing competition	19 th September, 2022	Essay writing competition to celebrate 5 th Rastriya Poshan Maah. Around 70 volunteers participated in the event.
8	Awareness program on balanced diet and personal	20 th September, 2022	Awareness program on balanced diet and personal hygiene in Govt. Primary school, Shool on the occasion of 5 th Rastriya Poshan Maah.

	hygiene		
9	Clean Campus Drive	21 st September, 2022	Around 120 volunteers participated in clean campus drive and covered various sites in the University campus.
10	NSS Day Celebration	24 th September, 2022	NSS foundation day was celebrated by making human chain in NSS formation by 200 volunteers and vande matram song at the end of event.
11	Participation in National Adventure Camp at Dharamshala	23 rd September to 2 nd October, 2022	3 volunteers and one programme officer from NSS SMVDU participated in National Adventure Camp at Regional Mountaineering Centre, Dharamshala
12	Poster making competition	30 th September, 2022	Poster making competition on the theme, "Clean communities and healthy citizens."
13	Blood Donation		Whenever there is any emergency of blood requirement, students of SMVD University donate blood to Narayana Hospital, Katra. Around 15 units donated this month.


Achievement:





New NSS unit sanctioned at SMVD College of Nursing under SMVD University by Regional Directorate, NSS, New Delhi. Now, University has total 02 NSS units.

Some photographs of the above-mentioned events





<u>S. No.</u>	<u>Events</u>	<u>Dates</u>	<u>Details</u>	<u>Photographs</u>
1.	Cleanlines Drive in SMVDU on <i>Gandhi Jayanti</i>	02.10.2022	On the occasion of the Birth Anniversary of Mahatma Gandhi Ji and LalBahadurShastriji, NSS SMVDU celebrated Clean India 2.0 campaign. The campaign will run throughout the month. Dr.Balbir Singh briefed about the various events during the day and emphasized on the importance of cleanliness.	

2.	Self-defence workshop for girls	09.10.2022	<p>NSS SMVDU, Katra organized a "Self Defence Workshop" for girl students of University under "BetiBachaoBetiPadhao" campaign. A total of 80 girls participated in the workshop. Mr. Nikhil Jaral and Ms.NehaJaral National Taekwondo players from Jammu conducted the workshop.</p>		
3.	Essay Writing Competition on World Mental Health Day	10.10.2022	<p>NSS SMVDU on the occasion of World Mental Health Day organized various events. Every year 10th October is observed as world mental health day. World Mental Health Day is an international day for global mental health education, awareness and advocacy against social stigma.</p>		

4.	Expert Lecture on “Mental Health”	15.10.2022	Expert lecture by Dr. Ujjwal Sharma faculty in Psychology department Govt. College for Women, Gandhi Nagar on Mental Health.	
5.	cleanlines drive at Ban Ganga Katra	16.10.2022	<p>NSS SMVDU organized a cleanliness drive at Ban Ganga Katra under Clean India 2.0 campaign. The drive was organized in collaboration with Humanity Aid NGO, Jammu and Govt. College for Women, Parade ground, Jammu. Around 70 volunteers participated enthusiastically in the drive. More than 200 kg waste was collected during the drive. The waste mainly included plastic bottles, wrappers, old clothes etc. in the Ban Ganga</p>	

		<p>river.NSS Programme Coordinator, SMVDU Dr. Rajiv Kumar, NSS Programme Officer, GCW, parade ground, Dr.Parvaiz and Humanity aid NGO team led by Mr.SwarnveerJaral were also, present during the drive.</p>	
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<p>6.</p>	<p>cleanlines s Drive, collect plastic wastes from their rooms and surroundi ngs</p>	<p>19.10.2022</p>	<p>NSS SMVDU organized Cleanliness Drive under the aegis of "Clean India 2.0" Campaign in Sirah Village and campus. Volunteers collected 133 Kg waste during this drive.</p>	
<p>7.</p>	<p>Mega Swacchat a Drive</p>	<p>29.10.2022</p>	<p>NSS SMVDU organized Mega Swacchata Drive with SMVD Nursing College volunteers under the aegis of "Clean India 2.0" Campaign. The drive was organized to collect mainly plastic wastes in Sirah village area. Every NSS unit in the country has been given a target of collecting 200 Kg of plastic waste during the Swacchata month of October. NSS</p>	

Programme coordinator, SMVDU Dr. Rajiv Kumar and Programme officer, SMVD Nursing College, Ms. Hanna were also present during the event and appreciated the efforts of the volunteers.

8. Run for Unity

NSS SMVDU organized Run for Unity on the occasion of Rastriya Ekta Diwas to celebrate the birth anniversary of Iron Man Sardar Vallabh Bhai Patel. The Unity run was flagged off by Dean Faculty of Management, Dr. Suparn Sharma. Before the start of the run all participants sang the national song 'Vande Maatram' and also, took the Rastriya Ekta Pledge. The unity run was started from Administrative block to residential area and then



			back to starting point. More than 200 participants joined the event and covered around 3 Km distance during the run. NSS Program Coordinator, Dr. Rajiv Kumar thanked all the dignitaries and volunteers for supporting the event.	
	Blood Donation		Whenever there is any emergency of blood requirement, students of SMVD University donate blood to Narayana Hospital, Katra. Around 6 units donated this month.	

<u>S. No.</u>	<u>Events</u>	<u>Dates</u>	<u>Details</u>	<u>Photographs</u>
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1.

COVID-19
Booster
Dose
Vaccination
Drive

01.11.2022 to
02.11.2022


SMVDU conducted 02 days COVID-19 Booster Dose Vaccination Drive for the students and employees of the University and their attendants under the active chairmanship of Padam Shri Prof. R. K. Sinha, Dr. Anju Sharma In-charge Medical Officer and her team (Dr. Monika, Mr. Rishi Kumar, Mr. Kundan Vijay, Mr. Avdhesh Gupta, Dr. Gurpreet, Ms. Amanpreet, Mr. Vijay, Mr. Vinod, Mr. Manish, Mrs. Basanti, Mr. Surinder, Mr. Jaswant, Ms. Tripta, Mr. Sohan and Mr. Darshan). The drive successfully vaccinated 416 people. This mega vaccination drive could be possible with the sincere support of Dr. Gopal Dutt, BMO Katra and his team- Ms InduBala, Ms. Usha Rani (CHC Katra) and Dr. Rajiv Kumar, Program Co-ordinator NSS. Vice Chancellor Prof. R. K.



2.	poster making competition on the theme "Drug Abuse"	02.11.2022	<p>National Service Scheme (NSS) at Shri Mata Vaishno Devi University, Katra organised a poster making competition on the theme "Drug Abuse". The event was a part of Azadi Ka Amrit Mahotsav and to aware youth about the drug abuse. 40 students participated in the competition and gave the message of "Say No to Drugs" through their beautiful creative paintings. The posters will be used in awareness campaigns for drug abuse in nearby villages. The event was successfully conducted by the NSS volunteers. NSS Programme Coordinator Dr. Rajiv Kumar appreciated the efforts of team members.</p>	
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3.	Back to Village	02.11.2022	<p>NSS volunteers of SMVDU unit visited Govt degree college Kakryal and talked about different burning social issues like Nasha Mukti, Mental Health, Nutritional diet and Sanitation This event was conducted in collaboration with village panchayat of Panthal and district development office of Reasi. This awareness programme focus on financial and Infrastructural development.</p>		
4.	Fit India Freedom Run	04.11.2022	<p>NSS SMVDU organized "Fit India Freedom Run 3.0" under the aegis of 'Azadi Ka Amrit Mohotsav'. Nearly 300 students participated in the event. The run was flagged off by Dr. Balbir Singh, Associate Professor, SME. Dr. Singh also briefed the gathering about the</p>		

			<p>significance of such runs. The run was conducted encompassing the university campus in the morning hours. All the participants also sang National song Vande Maatram at the end of the Run. NSS Programme coordinator, Dr. Rajiv Kumar appreciated the efforts of all volunteers for organizing the event and informed that more such runs will be planned on regular basis. The entire event was successfully coordinated by NSS volunteers.</p>	
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5.	Poster making Competition on Indian Constitution	15.11.2022	<p>National Service Scheme (NSS) at Shri Mata Vaishno Devi University organised a poster making competition on the theme "Indian constitution" The event was a part of AzadiKaAmritMahotsav and to aware youth about the Indian constitution. Forty (40) students participated in the competition. The competition was successfully conducted by the NSS volunteers, NSS Program Coordinator Dr. Rajiv Kumar appreciated the efforts of team members.</p>	
6.	Old Clothers, books & toys collection drive	06.11.2022	<p>National Service Scheme (NSS) at Shri Mata Vaishno Devi University organised old clothes, books & toys from residential areas of SMVDU campus for distribution to needed persons. Nearby 50 students participated in the</p>	

			<p>event. The event was successfully conducted by the NSS volunteers, NSS Program Coordinator Dr. Rajiv Kumar appreciated the efforts of team members.</p>	
7.	<p>Awareness campaign on Breast Cancer</p>	07.11.2022	<p>National Service Scheme, (NSS) SMVDU, Katra organised Breast cancer awareness program in campus. NSS volunteers discussed with housekeeping and security women of university that how to detect breast cancer and also explain them how they can prevent it by regular check-ups and proper care. Causes of breast cancer were also informed and at what age they should get their checkup, and it's symptoms of breast cancer. Every women need to maintain a</p>	 


			<p>healthy weight, eat more veggies etc. This programme was successfully conducted by the NSS Volunteers under the guidance of NSS Programme Coordinator Dr Rajiv Kumar. Vice chancellor Prof. R. K. Sinha appreciated the efforts of team NSS.</p>	
8.	Awareness program on Indian Constitution	18.11.2022	<p>NSS SMVDU organized "Fit India Freedom Run 3.0" under the aegis of 'Azadi Ka Amrit Mohotsav'. Nearly 300 students participated in the event. The run was flagged off by Dr. Balbir Singh, Associate Professor, SME. Dr. Singh also briefed the gathering about the significance of such runs. The run was conducted encompassing the university campus in the morning hours. All the participants also sang</p>	

			<p>National song Vande Maatram at the end of the Run. NSS Programme coordinator, Dr. Rajiv Kumar appreciated the efforts of all volunteers for organizing the event and informed that more such runs will be planned on regular basis. The entire event was successfully coordinated by NSS volunteers.</p>	
9.	Self Defence workshop for girls	18.11.2022	<p>NSS SMVDU organised a self defence workshop for girls in the campus. Girls were trained for different moves and techniques which they can adopt whenever they are in difficult situations. The event started with basic warmup exercises like stretching which was followed by different self defence techniques. Girls students participated actively</p>	

			<p>in the event and performed the techniques taught to them with great interest. Ritwik Mishra and Kumar Raushan from the final year conducted the session, both are well trained for this skill. Dr. Rajiv Kumar, NSS Programme coordinator of the University appreciated the efforts of volunteers.</p>	
10.	Donation drive of old clothes & toys	20.11.2022	<p>NSS unit of SMVDU, KATRA organised donation drive of old clothes and toys in the campus. Old clothes and toys were collected from the employees and students of the university and distributed to the workers and small children of construction workers in the campus. The clothes were first segregated according to their size and then people</p>	

			<p>were allowed to choose the clothes as per their need. Many male and female workers along with their small children benefited from the donation drive. The event was successfully conducted by the NSS volunteers under the guidance of Dr. Rajiv kumar, NSS Programme Coordinator of University. Vice Chancellor, Prof. R.K. Sinha appreciated the efforts of NSS volunteers.</p>	
11.	Blood Donation		<p>Whenever there is any emergency of blood requirement, students of SMVD University donate blood to Narayana Hospital, Katra. Around 6 units donated this month.</p>	



Monthly Progress Report – December, 2022

<u>S. No.</u>	<u>Events</u>	<u>Dates</u>	<u>Details</u>	<u>Photographs</u>
1.	poster making competition for awareness of Implementation of sexual harassment of women at workplace	05.12.2022	NSS unit of SMVDU is organising a poster making competition for awareness of Implementation of sexual harassment of women at workplace (Prevention, Prohibition and Redressal) Act, 2013. The theme of the poster making competition is "No means No"	

2.	Human chain formation event to aware students about discrimination against women at workplace.	08.12.2022	<p>National Service Scheme, (NSS) and Internal Complaint Committee (ICC) SMVDU organised a human chain formation event to aware students about discrimination against women at workplace. The event was organized during the "Discrimination against Women Pakhwada" from 25.11.2022 to 10.12.2022. The event started with the briefing on the topic by NSS Programme Coordinator Dr. Rajiv Kumar. The participants formed a human chain in the shape of "NO" to give a message to stop such discriminations against women and say NO to such instances in every organization of our country. In this event more than 100 students participated with enthusiasm. NSS volunteers Ayush Arya and Muneeb also shared their views on the occasion. The event was successfully conducted by the NSS volunteers. Dr. Sharada M. Potukuchi, Presiding Officer, Internal Complaint Committee</p>	
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			appreciated the efforts of the volunteers.	
3.	Blood Donation		Whenever there is any emergency of blood requirement, students of SMVD University donate blood to Narayana Hospital, Katra. Around 27 units donated this month.	

Monthly Progress Report – January, 2023


<u>S. No.</u>	<u>Events</u>	<u>Dates</u>	<u>Details</u>	<u>Photographs</u>
1.	Poster making competition	19.01.2023	NSS unit of SMVDU organized a poster making competition on the occasion of 164 th Jayanti of Neta Ji Subash Chandra Bose. 158 Nos. Of Students were participated in the event. NSS Programme coordinator Dr. Rajiv Kumar also participated in the drive. Vice Chancellor, Prof. R. K. Sinha appreciated the efforts of the NSS volunteers.	
2.	Essay Writing Competition	19.01.2023	NSS unit of SMVDU organized a Essay writing competition on the occasion of 164 th Jayanti of Neta Ji Subash Chandra Bose. 122 Nos. Of Students were participated in the event.	

3.	Cleanliness Drive at National Highway under the aegis of Swacch Bharat Mission	21.01.2023	<p>NSS SMVDU in collaboration with district administration Reasi organized a cleanliness Drive under the aegis of Swacch Bharat Mission. The drive was organized to collect mainly plastic wastes alongside the National Highway NH-144. Total 15 teams were deputed by district administration Reasi to clean the Reasi-Katra highway in this drive. The NSS SMVDU team covered a total of 2.5 Km distance during the drive. Around 80 Kg of plastic waste was collected by the volunteers during the drive. The drive lasted for around 02 hours and 30 volunteers participated in the said drive. NSS Programme coordinator Dr. Rajiv Kumar also participated in the drive. Vice Chancellor, Prof. R. K. Sinha appreciated the efforts of the NSS volunteers.</p>
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4.	Human Chain formation	23.01.2023	<p>NSS SMVDU organized a human chain formation of "JAI HIND" on the 165th birth anniversary of Netaji Subhash Chandra Bose also known as Parakram Diwas. The event started with sharing information on the life of Netaji Subhash Chandra Bose by the NSS Programme coordinator Dr. Rajiv Kumar and by the two NSS volunteers, namely Ayush Arya and Sadhvi Sharma. The event was organized in the university stadium and around 350 students participated in the human chain formation. The event ended with "Vande Matram" and slogans of "Bharat Mata ki Jai".</p>
5.	Quiz Competition on Prakaram Diwas	23.01.2023	<p>NSS unit of SMVDU is organised a walk-in quiz competition for students on the Parakram Diwas to celebrate the 165th birth Anniversary of Netaji Subhash Chandra Bose. 60 Nos. Of Students were participated in the event. The quiz competition was an amicable contest. Students gladly took part in it. The event was conducted successfully by the NSS volunteers. Vice Chancellor Prof. R.K. Sinha</p>



			appreciated the efforts of team NSS for organizing the event.	
6.	Awareness Rally on Drugs Abuse	29.01.2023	NSS unit of SMVDU is organised a awareness rally on Drugs Abuse in Sirah Village. Around 120 Nos. Of Students were participated in the event. They marched along the market area of the village saying slogans for the awareness.	
7.	Blood Donation		Whenever there is any emergency of blood requirement, students of SMVD University donate blood to Narayana Hospital, Katra. Around 10 units donated this month.	

Monthly Progress Report – February, 2023

<u>S. No.</u>	<u>Events</u>	<u>Dates</u>	<u>Details</u>	<u>Photographs</u>
1.	Cultural Evening	02.02.2023	<p>NSS unit of SMVDU organized a Cultural Evening for the volunteers. The main objective of the event was to motivate volunteers to participate in cultural activities so that they can showcase their culture in national camps etc. Around 80 volunteers participated in the said event and 8 cultural performances during the event.</p>	 <p>The photographs show the event's atmosphere. The first image is a wide shot of a hall filled with people seated in red chairs, facing a stage. The second image shows a group of approximately 20 people, including men and women in various attire, posing for a group photo on a stage. The third image is a screenshot from a GPS application, displaying a map with a red location pin and the following text: 'Dudura, null, null', 'WXR3+8XM, Dudura, 182320', 'Lat 32.94086°', 'Long 74.9549°', and '02/02/23 06:36 PM GMT +05:30'.</p>

2.	Awareness rally with MAM College Jammu	09.02.2023	<p>The NSS group at SMVDU in Katra worked together with M.A.M. College Jammu to arrange an awareness rally with the aim of advocating for the reduction in plastic usage. The team from NSS SMVDU was invited by M.A.M. College Jammu to hold a session with their own NSS volunteers and arrange an awareness rally. Dr. Rajiv Kumar, NSS Coordinator at SMVDU, held a session during which he informed the students about various activities held by NSS SMVDU in the past year. The objective of the session was to encourage students to participate in NSS activities to develop their personalities and contribute to the community. Dr. Vishal Sharma, NSS Programme Officer at MAM College, expressed appreciation to the NSS team from SMVDU. The awareness rally was held on the college campus, with both NSS teams working together to advocate for reduced plastic usage. Prof. Dr. G.D. Singh Rakwal, the Principal of MAM College, praised the efforts of the NSS groups and suggested that they organize more similar events in the future.</p>
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3.	Morning Fitness Programme	07.02.2023 Onwards (on weekdays)	NSS SMVDU organized "Morning fitness programme Freedom Run 3.0" under the aegis of 'Azadi Ka Amrit Mohotsav'. Nearly 50 students participated in the event daily.
4.	Blood Donation		Whenever there is any emergency of blood requirement, students of SMVD University donate blood to Narayana Hospital, Katra. Around 10 units donated this month.



Monthly Progress Report – March, 2023

<u>S. No.</u>	<u>Events</u>	<u>Dates</u>	<u>Details</u>	<u>Photographs</u>
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1.	Celebrated Zero discrimination day	01.03.2023	<p>NSS SMVDU celebrated "zero discrimination day" by formation of a human chain in the shape of butterfly. Butterfly is the symbol of this specific day representing harmony and peace among humans. The day is celebrated every year worldwide on 1st March to have no discrimination among people on the basis of gender, caste, religion,color,height,weight etc. The message is to live and let live others happily. The event was held in the university stadium. Around 350 students participated in the said event. The event was conducted successfully by the NSS volunteers. NSS Coordinator Dr. Rajiv Kumar and co-coordinator Dr. Kamaldeep were also present during the event. Vice chancellor Prof. R. K. Sinha appreciated the efforts of NSS volunteers.</p>
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2.	International Women's Day	08.03.2023	<p>NSS SMVDU celebrated " International Women's Day" by forming symbol of girl child by human chain. The day is celebrated every year worldwide on 8th March to have no discrimination against women in any form. The day represents gender equality and women empowerment. NSS Coordinator Dr. Rajiv Kumar welcomed all the participants and highlighted the objective of celebrating women's day. NSS volunteer Ms. Sumegha shared her thoughts on the day in the form of a poem. The event was held in the university stadium. Around 100 students participated in the said event. The event was conducted successfully by the NSS volunteers. NSS co-coordinator Dr. Kamaldeep were also present during the event. Vice chancellor Prof. R. K. Sinha appreciated the efforts of NSS volunteers.</p>
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3.	Morning Yoga Sessions	March 2023	<p>National Service Scheme at SMVD University organized morning yoga sessions to commemorate the upcoming 9th International Day of Yoga (IDY) on 21st June 2023. Yoga sessions were organized throughout the month on all working days. NSS SMVDU is committed to inspiring a “Mass Movement for Health and Wellbeing” through Yoga. Yoga leads to mindfulness in students and improves their mental peace. Mental health is also very important in today's world. NSS volunteers actively participating in these yoga sessions under the guidance of yoga instructor Shri Gurmel ji. NSS Coordinator, Dr. Rajiv Kumar informed that these regular yoga sessions will be organized till Internal Yoga Day for staff and students of the University. Vice Chancellor, Prof. Ravinder Kumar Sinha congratulated the NSS team for starting these regular sessions for students.</p>
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4.	Cleaniniss Drive	22.03.2023	<p>NSS SMVDU organized shramdaan activity in Sirah village with main focus on cleanliness drive. The event started with an awareness rally in the market area of the village with the message "Say No To Single Use Plastic". Afterwards, a cleanliness drive was organized in the market area for around 2 hours. During the drive mainly single use plastic waste was collected. More than 100 volunteers participated enthusiastically and collected 112 Kg of plastic waste during the said drive. Wall painting was also done by 10 volunteers during the Shramdaan activity. NSS Programme coordinator & co-coordinator Dr. Rajiv Kumar and Dr. kamaldeep also participated in the drive. Vice Chancellor, Prof. R. K. Sinha appreciated the efforts of the NSS volunteers.</p>
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5.	Govt. High School Tikri visited University campus	23.03.2023	<p>SMVDU Katra hosted visit of students from Govt. High School Kotli Jijjan, Tikri, Udhampur under outreach activity program . Around 50 students along with their teachers and headmaster participated in the visit. The visit was organized to enhance knowledge/awareness among students about higher educational institutions under Rashtriya Avishkaar Abhiyaan (RAA). NSS volunteers of the University accompanied the school team during the visit. NSS Coordinator, Dr. Rajiv Kumar welcomed the school officials and students and gave a brief introduction of the University. Students were motivated to join higher educational institutes after completing their class 12th. During the event the school team visited university labs, auditorium, central workshop, sports complex, hostel etc. In the end refreshment was also provided to the school students. Mr. Sanjeev Kumar, Headmaster of the school thanked University authorities for hosting the visit. Vice Chancellor, Prof. R.K. Sinha appreciated the idea of such visits in the University.</p>
6.	Participation in National Integration camp	1 st week of March, 2023	<p>NSS Volunteers Neinish Gupta and Himansi participated in week long National Integration camp of NSS at Haryana Agricultural University, Hisar.</p>



7.	Blood Donation		Whenever there is any emergency of blood requirement, students of SMVD University donate blood to Narayana Hospital, Katra. Around 12 units donated this month.
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Monthly Progress Report – April, 2023

<u>S. No.</u>	<u>Events</u>	<u>Dates</u>	<u>Details</u>
1.	Weekly plogging sessions	April 2023	NSS unit at SMVD university organized every week plogging sessions as a part of "FIT India" and "Clean Campus Drive" initiatives. The drive started daily in the morning at 6:30 am with a fitness programme and afterwards all volunteers performed activities related to cleanliness inside the campus. Volunteers were engaged in various activities during cleanliness like sweeping of roads and other pathways, collecting leaves, making water collection area for small plants etc. Daily volunteers were assigned different groups and each group was allocated one location to be cleaned in the campus. Around 50 volunteers participated daily in the said programme. NSS Coordinator and Co-coordinator Dr. Rajiv Kumar and



Dr. kamaldeep appreciated the efforts of NSS student coordinators for organizing these sessions.

2. Poster making competition on Jalianwala Bagh Massacre

13.04.2023

NSS SMVDU Katra organized a poster making competition on Jalianwala Bagh Massacre. The event was organized to make students aware about the historical incident on April 13, 1919, in which British troops fired on a large crowd of unarmed Indians in an open space known as the Jallianwala Bagh in Amritsar in the Punjab region. That incident became a turning point for our freedom fight and connected all Indians against Britishers. Around 30 volunteers participated enthusiastically in the event. Students showcased their creativity during the poster making competition. All the required materials for the poster making was provided by NSS team volunteers. NSS volunteer Anshika coordinated the event with other volunteers successfully.



3.	Hosted Visit of students of GGHSS Akhnoor	06.04.2023	<p>Shri Mata Vaishno Devi University hosted visit of students from Govt. Girls Higher Sec. School Akhnoor under outreach activity program. Around 100 students along with their teachers and principal participated in the visit. The visit was organized to enhance knowledge/awareness among students about higher educational institutions under the direction of the directorate of SAMAGRA Shiksha. NSS volunteers of the University accompanied the school team during the visit. NSS Coordinator, Dr. Rajiv Kumar, senior faculty Dr. Ankush Anand, Mr. Varun Dutta, workshop Supdt. Er. Deepak Byotra and Deputy Registrar Mr. Samir Vohra welcomed the school officials and students and gave a brief introduction of the University. Students were motivated to join higher educational institutes after completing their class 12th. During the event the school team visited the university library, central workshop, auditorium etc. The Principal of the school thanked University authorities for hosting the visit. Vice Chancellor, Prof. R.K. Sinha appreciated the efforts of Dean Student Welfare team and NSS volunteers for organizing the visit.</p>
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4.	Poster making on Shaheed-E-Azam Bhagat Singh	17.04.2023	<p>NSS SMVDU organized poster making on Shaheed-E-Azam Bhagat Singh. NSS SMVDU Katra organized a poster making competition on Shaheed-E-Azam Bhagat Singh. Around 50 volunteers participated enthusiastically in the event. The event was organized to make students aware about the contribution of Shaheed Bhagat Singh in India's fight for freedom. Students showcased their creativity during the poster making competition. All the required materials for the poster making was provided by NSS team volunteers. NSS coordinator, Dr. Rajiv Kumar appreciated the efforts of volunteers for organizing the event.</p>
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5.	Hosted Visit of students of GGHSS Jammu	17.04.2023	<p>SMVDU hosted visit of Govt. Girls Higher Sec. School Jammu</p> <p>SMVD University hosted a visit from around 60 girl students, along with their teachers and principal, from Govt. Girls Higher Sec. School, Bakshi Nagar, Jammu as part of an outreach activity program. The visit was organized to enhance knowledge and awareness among students about higher educational institutions, under the direction of the directorate of SAMAGRA Shiksha. NSS volunteers of the University accompanied the school team during the visit. NSS Coordinator, Dr. Rajiv Kumar, and workshop Supdt. Er. Deepak Byotra welcomed the school officials and students and gave a brief introduction to the University. The students were motivated to join higher educational institutes after completing their class 12th. During the event, the school team visited the university library, central workshop, and auditorium, and were briefed about the admission process for various courses by admission chairman Dr. Balbir Singh. The Principal of the school thanked University authorities for hosting the visit. Vice Chancellor, Prof. R.K. Sinha, appreciated the efforts of NSS volunteers in organizing the visit. The visit provided a great opportunity for the girl students to</p>
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			<p>learn more about higher education institutions and explore the possibility of pursuing higher education in the future. This visit is a part of SMVDU Katra's ongoing efforts to promote education and awareness about higher education among students in the surrounding regions. It is also a reflection of the university's commitment to providing opportunities for young students to explore their academic interests and pursue their career aspirations.</p>	
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6.	Sahaj Yoga workshop	26.04.2023	<p>NSS SMVDU organized Sahaj Yoga Workshop</p> <p>The National Service Scheme (NSS) unit of Shri Mata Vaishno Devi University (SMVDU) Katra organized a Sahaj Yoga workshop for students on Monday. The workshop aimed to introduce students to the concept of Sahaj Yoga, which is based on the philosophy that every human being is born with a subtle mechanism inside that when awakened, gives a "Spontaneous Union with the Divine." The Sahaj Yoga team from Jammu and Kashmir, led by state coordinator Shri Avinash Sharma, conducted the workshop. The team comprised around 15 members, and more than 300 participants attended the workshop in the University auditorium. Dr. Rajiv Kumar and Dr. Kamaldeep, NSS Coordinators, along with Dr. Meenakshi Gupta, HoD School of Economics, and Dr. Pankaj Biswas welcomed the Sahaj Yoga team from Jammu. The session proved to be very fruitful for students and had a calming and soothing effect on their minds. In the current stressful times, such workshops are the need of the hour for students. Vice Chancellor Prof. R.K. Sinha appreciated the initiative and emphasized the importance of organizing more such events for students. The workshop was a success, and the students were</p>
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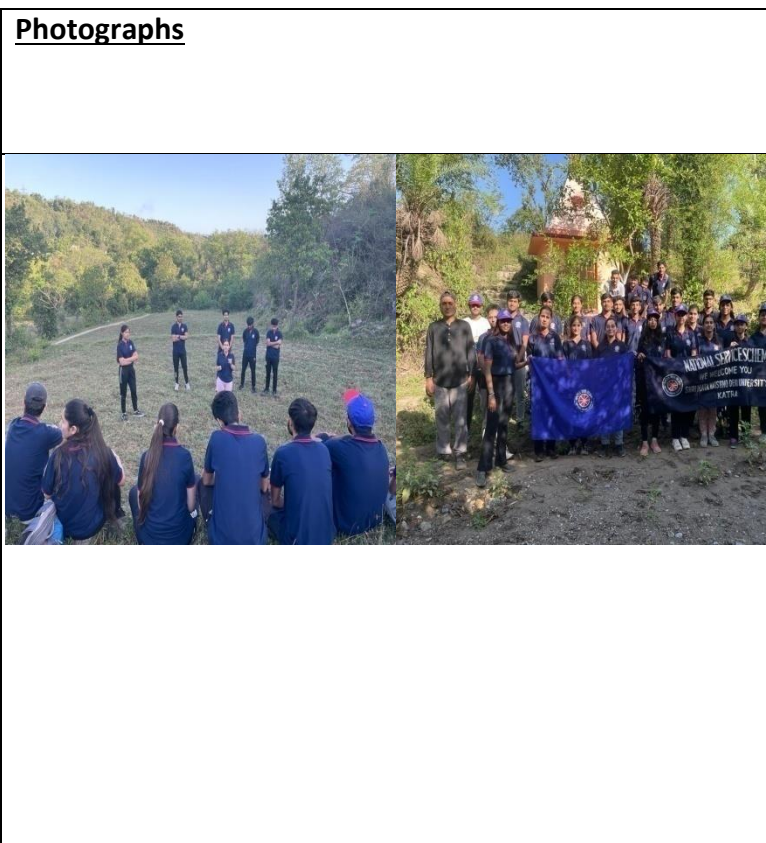
			encouraged to practice Sahaj Yoga regularly to help them achieve balance and inner peace.
7.	Mini marathon on 100 th Mann Ki Baat Episode	30.04.2023	SMVDU Katra organized mini marathon against drug abuse to celebrate 100th episode of Mann ki Baat. NSS unit and Board for Sports Activities organized the mini marathon in University premises. Around 100 participants participated in the event enthusiastically. NSS volunteers Awanish and Mehak also shared their thoughts on drug abuse. Refreshments and cash prizes provided by President, Hindustan Scouts and Guides NGO were also distributed to the participants. After the mini marathon event live Telecast of 100th episode of Mann Ki Baat was organized in a lecture Hall. Students listened thoughts shared by Prime Minister Shri Narendra Modi. NSS coordinators Dr. Rajiv Kumar, Kamaldeep, BSA President, Dr. Parvez Salathia and other faculty and staff members including Dr. Indu Bhushan, Dr. Amit Sinha, Dr. Neeraj Tripathi, Dr. Vikram Singh, Mr. Avdhesh Gupta, Mr. Gaurav, Mr. Sanjeev Vadawan, Mr. Sumit Sharma were also present during the event. Vice chancellor Prof. R. K. Sinha congratulated all



			participants for attending the celebration events on the historic occasion.
8.	Blood Donation		Whenever there is any emergency of blood requirement, students of SMVD University donate blood to Narayana Hospital, Katra. Around 12 units donated this month.

Monthly Progress Report – May, 2023

<u>S. No.</u>	<u>Events</u>	<u>Dates</u>	<u>Details</u>
1.	Chalo Gaon ki Aur	20.05.2023	NSS unit at SMVD university organized seven day special camp of NSS SMVDU Katra.with the onset of special camp of NSS unit of shri mata vaishno devi university volunteers went for a walk to village program. The volunteer conducted a panel discussion among themselves on the topic "Youth and Drugs."For the second half of the day in collaboration with the Titiksha fest , and the women self help group committe of district Panthal , students engaged with the women entrepreneurs and learned their skill of art. At the same moment they , helped these women promote their products such as



cushions ,local culinary ingredients like kashmiri masala , tumeric and storage boxes as well as coasters. The event was appreciated by all, under the guidance of NSS coordinator Dr. Rajiv Kumar.

2. Vocal of local 20.05.2023

In collaboration with the Titiksha fest , and the women self help group committe of district Panthal , students engaged with the women entrepreneurs, learned their skill of art and promoted vocal for local.

At the same moment they , helped these women promote their products such as cushions ,local culinary ingredients like kashmiri masala , tumeric and storage boxes as well as coasters.

The event was appreciated by all, under the guidance of NSS coordinator Dr. Rajiv Kumar.



3.	Story telling competition	21.05.2023	In this competition, the volunteers were divided in 5 team. Each team nominated one volunteer for the competition. The volunteers came with motivating and self reflecting stories. It was a successful event.
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4.	Folk song	21.05.2023	In this competition, the volunteers were divided in 5 team. Each team nominated one volunteer for the competition. The team came with various regional folk songs like Punjabi, pahari, dogri, haryanvi and more. The event was cheerful.
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5.	Poster making competition	22.05.2023	<p>The NSS unit of Shri Mata Vaishno Devi University, Katra, recently hosted a compelling poster-making competition centred around the theme of Mission LiFE. The initiative was inspired by the Honorable Prime Minister, Shri Narendra Modi's introduction of Mission LiFE at the 26th UN Climate Change Conference of the Parties (COP26) in Glasgow. Mission LiFE aims to foster a global movement of 'pro-planet people' by encouraging the adoption of sustainable lifestyles. With a keen focus on raising awareness among students about the Mission LiFE initiative, the NSS volunteers took the initiative to organize this engaging event. Approximately 30 volunteers enthusiastically participated in the competition, where they exhibited their creativity and artistic skills through their thought-provoking posters. The event was skillfully coordinated by Anshika, an enthusiastic NSS volunteer who ensured its smooth execution. Dr. Rajiv Kumar, the NSS coordinator, and Dr. Kamaldeep, the co-coordinator, were present to support and appreciate the volunteers for their exceptional efforts in organizing the event.</p>
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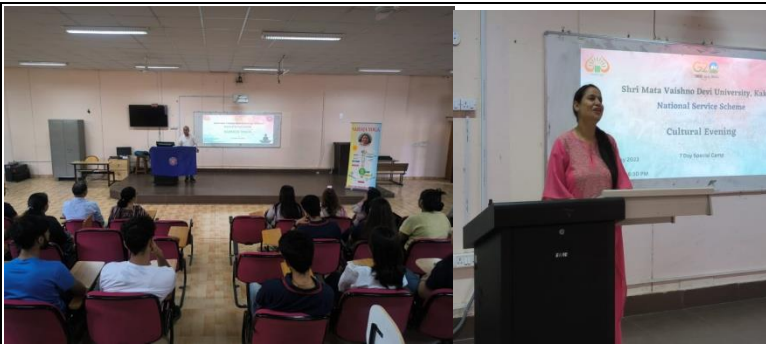
6.	Visit to Govt. Primary School	22.05.2023	<p>NSS volunteers from Shri Mata Vaishno Devi University took the initiative to organize a visit to the Government primary school in the village of the School. The purpose of this visit was to raise awareness among students about the importance of maintaining a healthy diet for staying fit and active. Led by Sadhvi and Anshika, the NSS volunteers engaged with students from every class in the school and inquired about their understanding of a healthy diet. During the visit, the volunteers organized interactive games for the students, ensuring an engaging and informative experience. Additionally, they distributed fruits to the school students, highlighting the significance of incorporating fresh and nutritious food into their daily routine. Dr. Rajiv Kumar, the NSS coordinator, expressed his appreciation for the volunteers' efforts in organizing this event. Their dedication and commitment to promoting the importance of a healthy lifestyle were commendable. Prof. R. K. Sinha, the Vice Chancellor, extended his congratulations to the NSS team for successfully organizing the event and encouraged them to visit other schools in the Panthal region as well.</p>
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7.	Survey	23.05.2023	<p>The NSS unit of Shri Mata Vaishno Devi University recently carried out a significant national survey in their adopted village, Sirah. The purpose of the survey was to collect valuable information regarding "youth not in regular employment and formal education." This data will serve as a crucial foundation for the formulation of national policies addressing the needs of such youth. This comprehensive survey is being conducted across the country by dedicated NSS volunteers from various universities and colleges. In this survey conducted by SMVDU, approximately 35 NSS volunteers actively participated. The survey forms were provided by the Regional Directorate of NSS in New Delhi, ensuring standardized data collection methods. During their visit, the volunteers completed around 100 survey forms, diligently capturing essential details and insights. The dedication and commitment demonstrated by the volunteers in carrying out this task were commendable. Dr. Rajiv Kumar, the NSS coordinator of the university, expressed his heartfelt appreciation for the efforts put forth by the volunteers in conducting the survey.</p>
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8.	Sahaj yoga	24.05.2023	It was a session organised by the experts in Sahaj yoga techniques. It is a technique which focuses on mindfulness, meditation and faith.
9.	Cleanliness Drive	25.05.2023	The NSS volunteers of Shri Mata Vaishno Devi University conducted a cleanliness drive around a natural spring. They promoted awareness around the area about the importance of water bodies and why we should keep them clean.
10.	Cultural Evening	26.05.2023	The last camp was concluded with a cultural evening. In the event all the volunteers showcased their creativity talent through music performance, story telling, poetry and more. NSS coordinator Dr. Rajiv Kumar alos contribution to the cultural evening. The camp in whole was successful as it motivated the volunteers to move forward with confidence and zeal. It was able to promote leadership qualities and team spirit among the volunteers.
11.	Blood Donation		Whenever there is any emergency of blood



			requirement, students of SMVD University donate blood to Narayana Hospital, Katra. Around 12 units donated this month.
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Monthly Progress Report – June, 2023

<u>S. No.</u>	<u>Events</u>	<u>Dates</u>	<u>Details</u>
1.	Cleanliness drive at DomailKatra Road	05.06.2023	NSS SMVDU in collaboration with district administration Reasi organized a cleanliness Drive on the occasion of World Environment Day. The drive was organized to collect mainly plastic wastes alongside the National Highway NH-144. Total 15 teams were deputed by district administration Reasi to clean the Reasi-Katra highway in the drive. The NSS SMVDU team covered a total of 2.5 Km distance during the drive. Around 40 Kg of plastic waste was collected by the volunteers during the drive. The drive lasted for around 1.5 hours and 20 volunteers participated in the said drive. NSS Programme coordinator Dr. Rajiv Kumar participated in the drive as well. Vice Chancellor, Prof. R. K. Sinha appreciated the efforts of the NSS volunteers.

Photographs



2.	Yoga Session	13.06.2023	<p>NSS SMVDU organized event related to yoga session for our students at SMVDU campus. In this session NSS invite expert in this field Dr.RituChaku, Associate Professor, Dept. Of Yoga Science, Sharda University, Noida. She visit at campus conduct yoga session specially focus on for our students. Total 40 students have been participated in this events. NSS Programme coordinator Dr. Rajiv Kumar participated in the drive as well. Vice Chancellor, Prof. R. K. Sinha appreciated the efforts of the NSS Units.</p>
3.	International Yoga Day	21.06.2023	<p>NSS SMVDU in collaboration with Directorate of Tourism, Jammu organised International Yoga Day at JhajjarKotli. Students, faculty and staff members from Shri Mata Vaishno Devi University participated in the 9th International Yoga Day celebrated on 05th Jun 2023. ChiefGuest Smt. Sunaina Sharma Mehta, JKAS, Joint Director, Tourism Department graced the occasion and participated in the Yoga. Dr.Balbir Singh Associate Professor, SMVDU delivered Detox Session on “Work-Life Balance” Deputy Director Tourism, Abdul Jabbar, JKAS also delivered lecture on the benefits of Yoga. Event was coordinated by Dr.Kamaldeep,</p>



			NSS Co-Coordinator, Mr.Avdhesh Gupta, Mr.Gurmailand Mr.Omprakash. NSS Programme coordinator Dr. Rajiv Kumar expressed his best wishes on International Yoga Day to all students participated in the event as well. Vice Chancellor, ProfessorPragati Kumar appreciated the efforts of the NSS Units for organizing and celebrating National and International days. .
4.	Poster Making competition on World sdrug Day	26.06.2023	NSS SMVDU Katra organized a poster making competition on “ World Drug Day” also known as International drug Day against drug abuse and illicit trafficking. It aims to promote education, advocacy, and international cooperation to fight addiction and create a drug-free world. NSS Programme coordinator Dr. Rajiv Kumar also participated in the drive. Vice Chancellor, Prof. Pragati kumar appreciated the efforts of the NSS volunteers.
	Blood Donation		Whenever there is any emergency of blood requirement, students of SMVD University donate blood to Narayana Hospital, Katra. Around 03 units donated this month.

