



K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

"LEGACY OF SERVICE"

NSS KRMU

2023-2024



 Chairperson's Message
 Social Outreach Programs

 Seven Day Special Camp
 Words From Student Volunteers

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CHAIRPERSON'S MESSAGE



Dear NSS Volunteers and Readers,

It is with immense pride and joy that I extend my heartfelt Greetings to all the readers of our Annual NSS Magazine. The National Service Scheme (NSS) has always been a platform where students are not only sensitized to the pressing social issues of our time but also given the opportunity to contribute positively to society. This past year, our volunteers have demonstrated remarkable commitment, empathy, and resilience in addressing various challenges. Through countless initiatives — ranging from health awareness campaigns to environmental sustainability projects — our volunteers have embodied the true spirit of service. These experiences have not only enriched our communities but also played a crucial role in shaping the character and values of our young volunteers.

As we reflect on our achievements, let us also look forward to the future with renewed enthusiasm and determination. Together, we can continue to make a difference, one small act of service at a time.

Thank you for your dedication and hard work. I encourage all of you to stay engaged, stay inspired, and keep the flame of service burning bright.

Warm regards,

Prof. Raguveer Singh
Chairperson
NSS
K. R. Mangalam
University, Gurugram

MESSAGE FROM NSS PROGRAM COORDINATOR



Dear NSS Volunteers,

As we reflect on yet another fulfilling year of National Service Scheme (NSS) activities, it fills me with immense pride and joy to see the commitment and dedication displayed by our volunteers.

This annual magazine serves not only as a record of our achievements but also as a testament to the tireless efforts of everyone involved in making a difference in our community.

Over the past year, we have undertaken various initiatives aimed at community service, environmental sustainability, health awareness, and education. Each activity, be it organizing seven days special camps, participating in Swachh Bharat Abhiyaan, or conducting awareness program for villagers, has contributed to the betterment of society and the holistic development of our volunteers.

NSS is more than just a program; it is a way of life that instills values of empathy, social responsibility, and civic engagement. I am confident that the experiences and lessons

learned through NSS will continue to guide our volunteers as they step into the future, carrying forward the spirit of selfless service.

As we move forward, let us continue to embrace the NSS motto, "Not Me, But You," and strive to bring positive change wherever we go. Together, we can make a difference, one small step at a time.

I extend my heartfelt gratitude to all the volunteers, faculty members, and supporters who have contributed to the success of our initiatives. Your unwavering support and enthusiasm are the driving force behind our achievements.

Here's to another year of service, growth, and making a lasting impact!

Warm regards,

Dr. Neeraj Kumari
NSS Program Coordinator
NSS
K. R. Mangalam University
Gurugram-122103

MESSAGE FROM IQAC COORDINATOR



One of the most extraordinary quality of mankind is Service, upholding the need for selfless service. It's a great sense of pride and honour I congratulate NSS KRMU for publication of annual magazine "Legacy of Service". NSS K.R Mangalam University is doing extraordinary and outstanding work in outreach and community service programs. The Extension Activities/Outreach Programs which are being conducted in neighbouring villages like Ghamroj, Garhi Bazidpur, Berka, Lakhuwas, Kharoda, Nuh, Ghanghola of Gurugram has further instilled social and moral responsibilities towards the community among our NSS volunteers. Today NSS has grown as one of the most prominent social service forum in the university and is working relentlessly towards the Motto 'NOT ME, BUT YOU'. Through community connect we aim for holistic sustainable learning through social connect.

There are remarkable social service activities done by the unit so far like Swachha Bharath Campaign, Health Camps, Blood Donation Drives, Nukkad Natak for spreading awareness about social evils. There is not even an iota of doubt that these selfless services are fostering students and communities with a deep sense of Integrity, Honesty, Kindness and Empathy for others with an overall development of character.

I take this opportunity to congratulate our NSS Volunteers on their success.

Dr Shikha Dutt Sharma
IQAC Coordinator
K.R Mangalam University

ABOUT NSS

NATIONAL SERVICE SCHEME EMPOWERING COMMUNITIES THROUGH VOLUNTEERISM (EMPOWERING YOUTH, ENRICHING COMMUNITIES)

INTRODUCTION

National Service Scheme (NSS) launched on 24th September 1969 on the birth centenary of Mahatma Gandhi by Union Education Minister Dr. V.K.R.V. Rao in 37 universities covering all States and simultaneously requested the Chief Ministers of States for their cooperation and help. The motto of the National Service Scheme is aimed to involve the students at colleges and universities by inculcating the feeling of empathy and self-extension. The motto of the National Service Scheme is "Not Me, But You". It emphasizes the welfare of the whole society. It is one of the best platforms for the students where they can execute their selfless service for not only the community people but for the whole country.

NSS MOTO: NOT ME, BUT YOU

By participating in NSS, students not only contribute to society but also develop a sense of empathy, responsibility, and leadership, which are essential attributes for the overall development of their personality and the nation.

OVERVIEW

National Service Scheme (NSS) Unit has been allotted to K R Mangalam University by the Department of Higher Education, Panchkula, Haryana in year, 2017. Dr. Chandra Mohan being the first NSS Program Coordinator KRMU initiated various programs aimed at enhancing the skills of NSS volunteers, focusing on leadership,

teamwork, and personal development. These programs often involve workshops, seminars, and skill-building activities. Under his guidance, NSS volunteers have actively participated in community service projects, such as cleanliness drives, health awareness campaigns, tree plantations, and education support for underprivileged children. Every year more than 100 students register for NSS as volunteers from various disciplines and give their contribution towards social services.

K. R. Mangalam University always stands first to serve the nation not only in education but also in diverse work for society with the utmost integrity and honesty. By association with the National Service Scheme programme of the Haryana Govt., KRMU gives their best contribution in social reform activities. NSS- KRMU team was awarded by the district legal services authority (DLSA) Delhi and Gurugram for their outstanding contribution towards social services and welfare activities. In a journey of last 5 years, NSS volunteers actively participated in various activities on national, state and district level such as National Integration Camp (NIC) and Pravasi Bhartiya Diwas, Swachh Bharat Summer internship (SBSI), National Youth Festival, Swachhta Pakhwada, State NSS Awards Function, Pre- Republic Day parade Camp, Adventure Camps, Blood Donation Camps, National Unity Day celebration, Legal awareness Programmes, Van Mahotsav and many more.

OBJECTIVES

- Understand the community in which they work.
- Understand themselves with relation to their community.
- Identify the needs and problems of the community and involve them in problem Solving process.
- Develop a sense of social and civic responsibility.
- Utilize their knowledge in finding practical solution to individual and community Problems.
- Develop competence required for group living and sharing of responsibilities.
- Gain skills in mobilizing community participation.
- Acquire leadership qualities and a democratic attitude.
- Develop capacity to meet emergencies and natural disasters.
- Practice national integration and social harmony.

FOCUS OF NSS

Regular Activities

Activities conducted throughout the year, focusing on various social issues such as health, education, environment, and community development.

- Includes campus projects, community visits, awareness drives, and other initiatives aimed at community betterment.

Special Camping Programs

- Organized 7 days camp in adopted villages during vacations.
- Focus on specific themes such as youth for clean environment, health awareness, and rural development.
- Provide a platform for students to live and work with the community, understanding their challenges and contributing to their unity development.

NSS CORE COMMITTEE

NSS Program Coordinator

- Dr. Neeraj Kumari
- NSS Members
- Dr. Mina Kumari
- Mr Amit Kumar

Student Representatives

- Ms Chhavi Kuashik (NSS President)
- Mr Harsh Sharma (NSS Vice - President)
- Ms Simran (Group Leader)
- Ms Sejal (Group Leader)
- Ms Shagun (Group Leader)
- Ms Mansi (Group Leader)

SOCIAL OUTREACH PROGRAMS

MERI MATI MERA DESH CAMPAIGN

During 103rd Man Ki Baat, Hon'able Prime Minister Narendra Modi announced the Meri Mati Mera Desh campaign which started from 9th August 2023 for honouring the martyred brave-hearts of the country. Under the campaign, NSS, K R Mangalam University organized different programs like flag distribution, badge making competition and Independence Day celebration from

11th August to 15th August at campus and in village.

"Flag distribution and Prabhat Pheri" as a part of Meri Mati Mera Desh Campaign was organized at Ghamroj Village, Sohna on 11th August 2023. The program was started by raising the slogans like "Vande Matram, Bharat Mata ki Jai".



Flag distribution in Ghamroj village



Flag distribution in Government School, Ghamroj

PLANTATION DRIVE

As a part of the planting campaign – Green initiative, NSS K.R. Mangalam University took honor in planting more than 200 sapling to observe and commemorate the Van Mahotsav Week. During Van Mahotsav Week, several tree planting activities were organized in collaboration with Smiling Tree Foundation at K. R. Mangalam University and nearby villages (Ghamroj, Garhi Wazidpur, Lakhuwas and

Abheypur Village) from 3rd July to 7th July, 2023. During plantation drive, different plants like Areca palm, Rabbis palm, Nagchampa, Karene, Ashwagandha, Harsingaar and many other plants were planted. The people were educated about the significance of trees, their role in mitigating climate change, and their environmental benefits.



Plantation drive in Ghamroj village



Plantation drive in Abheypur village

CLEANLINESS DRIVE

In response to a direction from the Government of India, Ministry of Housing and Urban Affairs, at Nirman Bhawan, New Delhi, NSS, K.R. Mangalam University organized a Cleanliness Drive as a tribute to Mahatma Gandhi on his Birth Anniversary. This event, held on 1st October 2023, was conducted under the Swachhata Pakhwada – Swachhata Hi Seva (SHS) campaign in

Lakhuwas village. The initiative aimed to honor Mahatma Gandhi's principles of cleanliness by promoting a cleaner and more hygienic environment. The drive engaged students, faculty, and local communities in activities focused on removing litter, waste, and pollutants from public spaces, enhancing overall health and well-being.



NSS volunteers during cleanliness drive



A group photograph with villagers during cleanliness drive

ONE DAY CAMP AS PART OF THE SWACHHATA CAMPAIGN 3.0

The special Campaign 3.0 for improving Swachhata and disposal of pending public Grievances from 2nd October to 31st October 2023 is being launched by Govt of India on the lines of the Special Campaign held in 2021 and 2022 on the same theme. NSS K R Mangalam University, in collaboration with the Uboonto Foundation, Delhi, organized a one-day camp on 30th October 2023 as part of the Swachhata Campaign 3.0 in Lakhuwas village, Sohna. The comprehensive event included various activities such as a cleanliness drive at the Government School, a rally within the village, an expert-led awareness session on the reuse of waste materials, and a pledge ceremony involving Government School students. The NSS volunteers initiated the camp by cleaning the school campus, followed by a vibrant rally. During the rally, impactful slogans were chanted, emphasizing the significance of cleanliness, such as "स्वच्छता ही सेवा है, जिंदगी जानलेवा है" and "सभी रोगों की एक दवाई, घर में रखो साफ-सफाई।" Subsequently, an enlightening session on the

reuse of waste materials was conducted, led by Ms. Priya, a Uboonto Foundation member. The interactive session allowed the women to address their queries and gain valuable insights into waste management. The day culminated with a pledge ceremony at the Government School in Lakhuwas. Their pledge included a promise to avoid littering and actively promote the Swachh Bharat Mission's message in villages and towns.



NSS volunteers during the Rally



Pledge ceremony with NSS volunteers and School students



NSS volunteers during cleanliness drive

AN AWARENESS SESSION 'MENSTRUAL CYCLE: LET'S TALK ABOUT IT'

To aware the women and girls about the menstruation cycle, NSS, K R Mangalam University organized an awareness session on "Menstrual Cycle: Let's Talk about it" as an extension activity at Anganwadi, Berka village on 23rd November 2023. The event was started by NSS volunteers Ms Muskan and Ms Simran where they briefed about the session. They told that in rural areas, many adolescent girls from rural areas of India are still not aware about issues related to menstruation and maintaining personal hygiene during this period and dealing with associated physical problems. They usually don't get a proper platform to get information or discuss such issues. During the session, all associated topics related to menstruation were explained

to adolescent girls and women, Traditional myths and misconceptions in rural areas related to menstruation were discussed.



Ms Simarn described about all myths about menstruation

AN AWARENESS SESSION ON 'SEXUAL HARASSEMENT OF WOMEN AT WORKPLACE'

NSS, K R Mangalam University organized an awareness session on 'Sexual Harassment of Women at Workplace' on 8th December 2023 in collaboration with Gender Sensitization and Safety Committee and S M Sehgal Foundation as Sexual Harassment at Workplace Prevention week (Prevention, Prohibition and Redressal) Act, 2013) from 4th – 9th December 2023 is observing. During the session, there were 115 participants including NSS volunteers and employees of S M Sehgal Foundation. The session was in hybrid mode. The session was preceded by Dr Shobhna Jeet, Chairperson, Gender Sensitization and Safety Committee. She told the participants that Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act, more commonly known as the PoSH Act, was enacted in 2013. The legislature aimed to prevent, prohibit, and provide redressal workplace sexual harassment. The intent of the law is to create a safe workplace for women

without their integrity getting impacted. The employees were also informed that those who underwent any kind of harassment can approach the Internal Complaints Committee (ICC). She also differentiated the myths and facts about Sexual Harassment at Workplace with live examples and clear view about the Act.



Dr. Shobhna Jeet talked about POSH act

ROAD SAFETY AWARENESS PROGRAM

As road accidents are going to increase day by day resulting in injuries and fatalities. Road accidents are caused by various factors such as wrong-side driving, non-compliance with road safety rules, excessive speed, and driving under the influence. Therefore, to aware the people about road safety measures, NSS, K R Mangalam University organized an awareness session on Road Safety for the villagers of Daulah. The event was started by Dr. Neeraj Kumari, NSS Coordinator, by welcoming all the participants and guests, Mr. Rohtas, PGT Teacher, GSSS, Daulah. The event was further continued by Mr. Rohtas where he said the primary reason of road accident is driver distraction due to the use of cell phones or other electronic devices while driving the vehicle. He told the audience that lack of knowledge and awareness about road traffic rules and regulations, the violation of traffic norms, shortcomings in road design and engineering, and driver behavior are

the main reasons of road accidents. In last, NSS volunteers spread the awareness of road safety through rally by various slogans:

मत करो इतनी मस्ती, जिंदगी नहीं है सस्ती
वाहन धीरे चलाएं, अपना कीमती जीवन बचाएं
जानता है देश कहार बच्चा, सबसे जरूरी है सड़क सुरक्षा



NSS volunteers during rally on road safety

VISIT TO NGO: EARTH SAVIOUR FOUNDATION

On January 30, 2024, 45 NSS volunteers from K. R. Mangalam University visited the Earth Saviour Foundation, an old age home in Mandawar, as part of their community service initiative. Coordinated by Dr. Mina Kumari and Dr. Neeraj Kumari, the visit aimed to provide companionship and emotional support to the elderly residents. The volunteers engaged in interactive sessions, shared stories, distributed essential items, and spent quality time with the residents. The visit was a fulfilling experience, fostering empathy and personal growth among the volunteers while bringing joy to the elderly residents.



NSS volunteers during serving the lunch to residence of foundation

WORKSHOP ON PCOD/PCOs

The event commenced with Dr. Neeraj Kumari extending a warm welcome to all the participants and special guest, Dr. Kiran Kukreja, President of the Association of Medical Women in India. Dr. Kumari provided an overview of the session's objectives and the rationale behind organizing it, aiming to empower attendees with comprehensive knowledge about PCOD/PCOS. Dr. Kukreja preceded the event, shedding light on PCOD/PCOS as a prevalent hormonal disorder among women of reproductive age. She offered insights into PCOS symptoms, diagnosis, and management, emphasizing lifestyle modifications, medications, and

fertility treatments. Participants expressed appreciation for the opportunity to engage in open discussions during the event.



Dr. Kukreja explained the causes of PCOD/PCOs

CANCER PREVENTION

On World Health Day, NSS K.R. Mangalam University organized an awareness session on 'Cancer Prevention and Healthy Lifestyles' at Akarshan Kaushal Kendra, Bondsri, on 5th April 2024. The seminar, led by Dr. Richa Aggarwal served as a valuable platform for sharing essential information about cancer prevention, early detection, and healthy habits. Dr. Aggarwal discussed various cancer risk factors and emphasized the importance of lifestyle changes, such as balanced nutrition,

regular exercise, and avoiding harmful substances like tobacco and excessive alcohol. She also highlighted routine medical check-ups and screenings for early cancer detection, which can significantly improve treatment outcomes. By educating the community on preventive measures and promoting healthier lifestyles, the seminar aimed to reduce cancer incidence and enhance overall wellness in society.



Dr. Richa highlighted all preventive measures from cancer



A group photograph with women of NGO and NSS volunteers

HEALTH IMPACT OF USING WASTE WATER

The session was organized by NSS, K.R. Mangalam University on 8th April 2024 at Govt. School, Daulah. The session was started by Dr Neeraj Kumari, NSS coordinator, where she informed the students about the motive to organize the session and emphasized using clean water for daily use. The skit illustrated an imaginary community struggling with water scarcity issues as well as consequences of consuming deteriorated water. Following the skit, the NSS volunteers engaged with the audience to discuss the

key takeaways and implications highlighted in the performance. They emphasized the importance of ensuring access to clean and safe water sources to safeguard public health and prevent waterborne diseases. The volunteers also shared practical tips and solutions for mitigating the risks associated with wastewater utilization, advocating for proper sanitation practices, and raising awareness about the importance of wastewater management and recycling.



Dr Neeraj explained the impact of using wastewater



A group photograph with school students and NSS volunteers

NUKKAD NATAK ON 'DO GOOD BE GOOD'

The Nukkad Natak titled "Do Good, Be Good" was organized by the NSS unit of K.R. Mangalam University at Daulah village, Sohna, on 15th April 2024. This street play aimed to promote positive values, kindness, and humanity within society by inspiring individuals to adopt small acts of kindness and generosity in their daily interactions. The play depicted real-life situations where

empathy and compassion could transform relationships and foster a more cohesive society. The local community responded enthusiastically, finding the play both entertaining and deeply moving. By raising awareness about the importance of empathy, the Nukkad Natak "Do Good, Be Good" contributed to promoting social cohesion and well-being in the village.



NSS volunteers during nukkad natak



A group photograph with villagers

AWARENESS SESSION ON PREVENTION OF MALARIA

Malaria, a prevalent and often devastating infectious disease, poses a significant global health challenge, particularly in tropical and subtropical regions. Despite advancements in prevention and treatment, malaria remains a leading cause of morbidity and mortality worldwide, disproportionately affecting vulnerable populations, including young children and pregnant women. With this notion, NSS K. R. Mangalam University organized 'Awareness Session on Prevention of Malaria' on 23rd April 2024 in Anganwari, Lakhuwas, Sohna. The session aimed to raise awareness about malaria prevention strategies, educate community members about the importance of preventive measures, and empower them

to take proactive steps to combat malaria. The event was started by Dr. Neeraj Kumari where she briefed about the event and the motive behind the gathering. The event was preceded by NSS volunteers where they informed the audience that Malaria is caused by a parasite which is called Plasmodium which infects and destroys the person's blood. They further explained that Malaria sickness is spread from person to person through the bites of infected female. Dr. Mina Kumari, NSS member expressed her gratitude to the audience as the participants expressed a willingness to continue practicing preventive measures and to share their knowledge with others in the community.



Dr Neeraj Kumari briefed about the session

WORKSHOP ON CYBER SENTINEL: SAFEGUARDING OUR DIGITAL WORLD

In the digital world, where the craze of social media is increasing day by day among the students, the concern of cyber bullying and cyber security is pertinent. Students as well as parents need to be well-informed of what steps they can take to keep their children safe. With this notion, NSS K. R. Mangalam University organized a workshop on Cyber Sentinel: Safeguarding our Digital World on 30th April 2024 in Govt. Sr. Sec. School, Lakhuwas, Sohna. The workshop was conducted in two sessions. In first session, Dr.

Kumari engaged the students in discussions about various social media platforms. The session was preceded by Mr. Saraswat where he presented real-life examples of cybercrime incidents. Emphasizing the importance of cybersecurity, Mr. Saraswat advised the participants to regularly update their social media account passwords and keep their profiles private. During the second session, students had hands-on learning experiences with social media platforms.



Mr Amar discussed some real-life examples of cyber crime



NSS volunteers helped the students to keep their social media private

Social Outreach Programs conducted by Schools in collaboration with the National Service Scheme (NSS)

Schools at KRMU in collaboration with the National Service Scheme (NSS) conducted various social outreach programs in academic session 2023-24. The main objective to organize these programs is to foster community engagement and social responsibility among students of KRMU.

These programs often include initiatives like donation drives, environmental conservation activities, health and hygiene awareness campaigns, and support for underprivileged communities. Through these efforts, students are encouraged to actively contribute to nation-building and societal development.

S.No.	Title of Event	Date of Event	School/ Club/ Center(s)	Place
1	Awareness on latest techniques on agriculture farming	10/27/2023	SOET &NSS	Alipur
2	Awareness program in health and awareness	12/29/2023	SOET &NSS	Sohna Dhani
3	Life skills fo awareness adverse effects of Drugs	10/30/2023	SOMC &Red Cross	Lukhwas
4	A visit to old age home with NSS	1/30/2024	SOMC &Red Cross	Bandhwari
5	Drug Addiction: the Menance of Youth's Future	10/17/2023	SMAS & NSS	Berka Village
6	Self-Medication: A Challenge in the Helthcare Management	11/28/2023	SMAS & NSS	Ghamroj
7	Drive on Advancing Women Rghts in Collaboration with DLSA	10/18/2023	SOLS &DLSA	Sheetla Mata Mandir, Gurugram
8	Implication of AI on Legal Profession in Collabracion witjh District Legal Service Authority	9/28/2023	SOLS &DLSA	Gurugram University
9	A Visit for Mass Media Awareness and Effectiveness of Government Agriculture Polices	9/27/2023	SJMC & NSS	Hazipur Village

10	Extension Activity on Gender Literacy among Rural Students in collaboration with NSS	10/26/2023	SJMC&NSS	Lukhwas
11	Donation Drive at Old Age Home	11/29/2023	SOHS & NSS	Bandhwari Village
12	Major Health Problem among Females	10/25/2023	SOHS & NSS	Ghanghola Village
13	Sensitization and Training Program on Cyber Security	4/10/2023	SOED & NSS	Garhibajidpur
14	Sensitization and Training Program on Road Safety	9/21/2023	SOED & NSS	Ghamroj
15	To make them Learn on How to Calculate Profit by Selling the Food Items and Per Item Cost	10/11/2023	SOHMCT & NSS	Garhibajidpur
16	Discussing the Entrepreneurial Opportunities and Identify and Sharing the Recipes of Snacks and Savory Items for Village Women	10/27/2023	SOHMCT & NSS	Garhibajidpur
17	Workshop on Post harvest technology at Shikopur KVK	11/20/2023	SOAS & NSS	Shikopur KVK
18	Kisan Mela	11/29/2023	SOAS & NSS	KRMU Campus
19	Vriksha Ropan Celebration in Village Lakhuwas	9/29/2023	SOAS & NSS	Village Lakhuwas
20	Unleashing Artistic Flair Through Surface Embellishment- Local community in the neighbouring Villages	1/12/2023	SOAD & NSS	Garhibajidpur
21	Wall Art Colour Cascades: A Wall Art Extravaganza	8/24/2023	SOAD & NSS	Ghamroj
22	Awareness Session on sexual harassment of women at workplace	8/12/2023	NSS Gender Sensitisation and safety committee and SM sehgal Foundation	SM Sehgal Foundation Gurugram

NATIONAL DAYS

NUKKAD NATAK ON NATIONAL VOLUNTARY BLOOD DONATION DAY

On the occasion of National Voluntary Blood Donation Day, NSS K R Mangalam University organized a nukkad natak at the Government School in Abheypur on 3rd October 2023. During the event, NSS volunteers performed a natak, shedding light on the significance of blood donation. They portrayed two scenarios wherein family members tragically lost their lives due to

a shortage of blood. They conveyed to the audience that in today's fast-paced world, while people like to share their lives on social media, they often turn a deaf ear to important concerns. They emphasized that achieving a 100% voluntary blood donation can enhance blood safety in India but only 70% of blood donations are voluntary.



NSS volunteers performed nukkad natak



A group photograph with teachers and school students

ESSAY WRITING COMPETITION AND AWARENESS SESSION TO COMMEMORATE NATIONAL UNITY DAY

In India, the National Unity Day was introduced by the Government of India in 2014 and is celebrated on 31st October on the birth anniversary of Sardar Vallabhai Patel. To observe the National Unity Day (Rastriya Ekta Diwas), NSS K R Mangalam University organized an essay writing competition among school students and awareness session among women of Abheypur. The event comprised several activities, including

an essay writing competition for school students, race with sack, a musical chair game, and a quiz competition among women. The day also featured a pledge ceremony involving both women and NSS volunteers. The initial part of the event involved a competition among 5th-grade students, with Priya securing the top position in the essay writing competition, followed by Misty in second place and Anjali in third. The

event concluded with a pledge ceremony, where NSS volunteers, school students, and women took an oath in the spirit of unifying

the country—a vision realized through the efforts of Sardar Vallabhbhai Patel.



NSS volunteers taking the pledge with women of village



A group photograph with school students

NUKKAD NATAK ON NATIONAL GIRL CHILD DAY'

To commemorate the National Girl Child Day, NSS, K R Mangalam University organized a nukkad natak under the theme 'Girls Deserve Equal Right' on 24th January 2024 in Berka village. The story of the Nukkad Natak revolved around the challenges that girls face throughout their lives due to societal stereotypes and discrimination. NSS volunteers depicted real-life scenarios, shedding light on the hardships that girls endure when deprived of equal opportunities. NSS volunteers explained with a family

eagerly anticipating the birth of a boy and seeking the guidance of a saint. The Nukkad Natak portrayed the girl encountering various obstacles in her educational journey. Society and the grandparents persistently push for her early marriage, but the parents stand firm, urging her to complete her education first. Finally, after overcoming numerous challenges, the girl successfully becomes an IAS officer, earning pride and admiration from everyone.



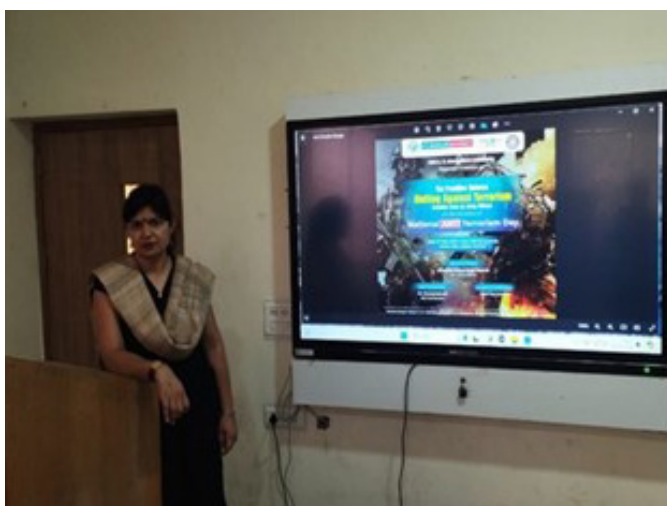
NSS volunteers during nukkad natak



ANTI-TERRORISM DAY

On 21st May 2024, NSS, K R Mangalam university had organized a lecture session by Brigadier Satpal Singh Raghav, Ex-Army Officer, in our campus in order to celebrate Anti-Terrorism Day. The seminar emphasized the significance of National Anti-Terrorism Day and the critical role of awareness and education in the fight against terrorism. Brigadier Raghav began his address by honoring the memory of those who have

lost their lives in terrorist attacks and paying tribute to the relentless efforts of the armed forces. He then delved into the complexities of modern-day terrorism, outlining its various forms and the evolving nature of threats faced by nations globally. In the last, an interactive session was held where NSS volunteers had the opportunity to ask their queries to Brigadier Raghav.



Dr. Neeraj briefed about the session



NSS volunteers during the session

INTERNATIONAL DAYS

INTERNATIONAL WOMEN'S DAY

On March 7th, 2024, the NSS unit of K.R. Mangalam University organized a hands-on workshop at Anganwari, Lakhuwas, to commemorate International Women's Day. The workshop, attended by 31 NSS volunteers and approximately 25 rural women, focused on diya making, painting, and creating decorative items from waste paper. Coordinated by Dr. Mina Kumari and Dr. Neeraj Kumari, the event aimed to empower village women by fostering creativity and exploring economic opportunities through traditional crafts. Participants were taught clay preparation, molding, and upcycling techniques, enhancing

their skills and encouraging entrepreneurship. The workshop concluded with a discussion on MSME registration and its role in economic development, leaving participants inspired to pursue small business opportunities in the craft sector.



A group photograph with women of Lakhuwas village



Girls during the workshop

WORLD NO TOBACCO DAY

The World Health Assembly of World Health Organization (WHO) initiated to observe World No Tobacco Day on 31st May 1987 to encourage individuals who are addicted to tobacco. To observe World NO Tobacco Day, NSS K. R. Mangalam University organized a quiz competition among NSS volunteers and KRMU

students on 30th May 2024 at KRMU campus. The event aimed to raise awareness among NSS volunteers and KRMU students about the harmful effects of use of tobacco in any form and to promote tobacco free lifestyle. The participants gained a deep understanding of the impact of tobacco on the health of human

beings, especially for passive human beings. The quiz competition served as an effective

tool to reinforce the knowledge tobacco and its harmful impact.



Dr. Neeraj described the motive behind celebration of World No Tobacco Day



NSS volunteers during quiz competition

Poster Making Competition on the occasion of World Environment Day

The World Environment Day is celebrated on 5th June 2023 every year. The platform was developed in 1972 by UN General Assembly to raise the awareness on environmental issues. Therefore, NSS K. R. Mangalam University organized a poster making competition among NSS volunteers and KRMU students under the theme land restoration, desertification and draught resilience on 5th June 2024 at KRMU campus. Dr. Neeraj informed the participants that every year the theme of World Environment Day focuses on a particular problem. She discussed various environmental issues like pollution, deforestation, global warming, greenhouse effects and many more. She confirmed that we need to give preference to waste management systems designed to gather, categorize, and recycle the waste, thereby averting its accumulation in our rivers, oceans, and natural environments. Initial waste segregation at its source is paramount. Through embracing sustainable methods, raising consciousness, and advocating for transformation, we can collectively enact change and have a positive impact. In the

last, Dr. Neeraj announced the winners of the poster making competition. She confirmed that first position was begged by Ms Anuvanshika, second position was secured by Mr Aryan followed by third position, Ms Archana. In the last, Dr Neeraj extended her gratitude to all the participants and organizers for their efforts in making the event successful.



A group photograph with NSS volunteers

INTERNATIONAL YOGA DAY

On June 21, 2024, NSS, K. R. Mangalam University celebrated International Yoga Day with an expert session led by Mr. Pushpender, a Yoga Teacher and Evaluator from AAYUSH. The event, organized by NSS and the Chetna Society, aimed to promote physical, mental, and spiritual well-being among students and

staff. Held at the Yoga Lawn on campus, the session included warm-up exercises, various yoga asanas, pranayama techniques, and meditation. The event was well-received, with participants expressing appreciation for the experience and showing a renewed interest in incorporating yoga into their daily lives.



NSS volunteers and faculties during Yoga session



A group photograph with the expert

KRMU CAMPUS ACTIVITIES

POSTER MAKING COMPETITION

NSS K R Mangalam University organized an Intra-University Poster Making Competition featuring various themes: drug abuse/ nasha mukti/ plastic free Haryana/ environmental protection. All the issues covered during competition pose a significant threat to society's well-being, affecting individuals, families, and communities worldwide. Nasha Mukti, also known as drug abuse or substance abuse, is a serious societal issue that involves the harmful and excessive consumption of drugs or other addictive substances. During this event, students from diverse academic disciplines enthusiastically participated and utilized their

creative talents to express their perspectives on these crucial issues through drawings, slogans, and quotes. This activity not only engaged the students but also provided them with a platform to showcase their skills, fostering their creativity and promoting artistic excellence. Dr. Anshul Saluja presided as the judge of the competition, carefully evaluating all the posters created by the students. In the competition, the first position in the category of drug abuse was secured by Ms. Diya and Sidharth from B Tech CSE, while the second position was awarded to Ms. Sanya Garg, B.A. Psychology. Ms. Aashi from B. El. Ed. claimed the third position.



NSS volunteers showing their poster based on the theme of event

ORIENTATION DAY ON THE OCCASION OF NSS DAY

The orientation day was organized by NSS-KRMU under the theme 'Mera Astitav, Meri Pehchaan' on the occasion of NSS day on 22nd September 2023 from 11:00am onwards. The resource person of the event was Dr Vijay Mehta, NSS Coordinator, Gurugram University, Haryana. The orientation program was started on a very beautiful note by chanting Ganesh vandana and lamp lighting. Ms Muskan, NSS volunteer proceeded the program by

welcoming all the students and chief guest with brief introduction of the NSS. Dr Mehta narrated how general public got benefited by various activities. He motivated the students to join NSS with an aim and motive. NSS alumni, Mr Agnivesh and senior NSS volunteers also shared their experience with the freshers. The program was further proceeded by two dance performances followed by a beautiful.



Dr Mehta distributed the certificates for best NSS volunteers



Mr Harsh Sharma, NSS volunteers shared his experience during the event

SELF DEFENSE: A TRAINING SESSION FOR FEMALE NSS VOLUNTEERS

NSS, KRMangalam university in collaboration with Gender Sensitization Committee organized Self Défense Training for Female NSS volunteers from 25th September to 28th September 2023. The resource person for the training was Capt. Ujjain Singh Raghav. The self-defence training was started from 25th September where Dr Neeraj Kumari and Dr Shobhana Jeet welcome the guest and informed the students about the importance of self-defence practices. During the training, Capt Ujjain Singh taught the volunteers about Thumb lock, Single wrist lock, Double wrist lock, Hammer lock and

Double hammer lock, Collar Crossing, Hip Throw, and Hair Throw. Participants paired up to practice these techniques in a controlled and supervised environment. The trainer provided individual guidance and corrections to ensure that everyone grasped the nuances of each technique. The volunteers were learnt about various forms of violence that girls and women might encounter, whether it occurs at home or in any other setting. Participants in the workshop received a variety of self-defence strategies to prevent or respond to potential attackers.



NSS volunteers practising the tricks of self defence

INTRA-UNIVERSITY 'DIYA MAKING COMPETITION'

The Diya Making Competition organized by NSS, K R Mangalam University, Gurugram held on 9th November 2023, was a vibrant and creative event that brought together participants from various streams to showcase their artistic talents in crafting traditional lamps, or diyas. The competition aimed to celebrate the artistic talents of participants while fostering a sense of cultural engagement. The judge of the event was Dr Rajni Gautam, Assistant Professor, School of Basic and Applied Sciences, K R Mangalam University. Participants were provided with basic materials such as clay, colors, and decorative items to fashion their diyas. The judge of the event, Dr Rajni Gautam, experienced individuals with expertise in art and traditional crafts. The winners were awarded certificates and gifts acknowledging their talent and effort. 1st position was secured by

Ms Jeetika and Khushi from B. Ed, 2nd position was achieved by Sulkhani – B.El.Ed followed by Mr Chirag Bahl, 3rd position.



NSS volunteers during preparing the painting the Diya

SEMINAR ON 'CHANNELIZING THE YOUTH POWER FOR NATION BUILDING'

On the occasion of National Youth Day, NSS, K R Mangalam University conducted a seminar on "Channelizing Youth Power for Nation Building" on 12th January 2024. The main objective to celebrate this day is to explore the pivotal role of youth in contributing to the development and progress of the nation. In first session, volunteers attended the live telecast of 27th National Youth Festival, which was held in Nashik, Maharashtra. The festival was inaugurated by Prime Minister Narendra Modi where he emphasized the significant role of youth in the nation-building process and highlighted the crucial aspect of youth empowerment. In the second session, the seminar was conducted on 'Channelizing Youth Power for Nation Building'. The session was started by welcoming the guests, Dr Sonu Mehla and Dr Rajendra Kumar Yadav. Dr. Sonu elucidated the origins of the National Youth Day celebration, delving into the narrative of

Swami Vivekananda and his instrumental role in nation-building through youth engagement. Dr Rajendra Kumar Yadav shared his story with NSS volunteers and emphasized the role of youth in nation building. He said that we are responsible for what we are, and whatever we wish ourselves to be, we have the power to make ourselves.



Dr Rajendra Kumar Yadav shared his life experiences with NSS volunteers

AWARENESS SESSION AND QUIZ COMPETITION UNDER THE CAMPAIGN

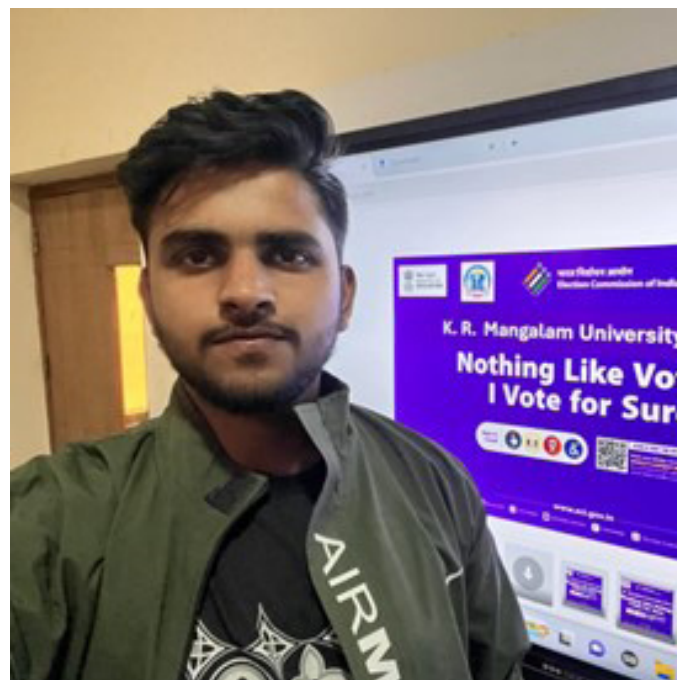
"MERA PEHLA VOTE, DESH KE LIYE"

The campaign "Mera Pehla Vote, Desh Ke Liye" is launched by Ministry of Education, New Delhi from 28th February to 6th March 2024. Under the campaign and the theme of "Mera Pehla Vote, Desh Ke Liye", NSS K. R. Mangalam University conducted an awareness session and quiz competition to provide insights into the electoral system, voter registration process, and the responsibilities of a voter. The awareness session was started by Dr. Neeraj Kumari where she briefed about the motto of the campaign and welcomed the guest, Mr. Rohtash Ji, Master trainer of Election Commission, Gurgaon. Mr. Rohtash elaborated on the impact of youth participation in elections and emphasized the role of informed voting in nation-building. He provided comprehensive knowledge and understanding of Electronic Voting Machines (EVMs), their functioning, and their significance in the electoral process to the participants.

A quiz competition was also conducted by Dr Mina Kumari and Mr. Amit Yadav, NSS Members. The topics of the quiz competition focused on the electoral process, the importance of voting, and the history of Indian democracy. In the quiz competition, the first position was secured by Lokesh Sharma, second position was got by Vaibhav Vaid and Amrit Anand secured 3rd position. In the last, a pledge ceremony was conducted by all NSS volunteers, NSS coordinators and members. The pledge emphasized the principles of democracy, integrity, and civic responsibility, urging participants to vote the right person with diligence, fairness, and respect for diverse opinions. The songs related to right of vote and power of 18 to motivate the participants for voting.



NSS volunteers tried to cast the vote



NSS volunteers taking the selfie during the session

NATIONAL INTEGRATION CAMP

AT

INDIRA GANDHI UNIVERSITY, MEERPUR, REWARI

The National Integration Camp (NIC), held from 18th-23rd July 2023 at Indira Gandhi University, Meerpur, aimed to promote national unity and cultural exchange among NSS volunteers from across Haryana. The integration camp was attended by Ms Sejal, B. Sc. (H) Mathematics, SBAS. The camp was coordinated by Dr. Karan Singh, NSS, Program Coordinator of Indira Gandhi University, Meerpur. The camp included diverse activities such as cultural performances, intellectual sessions, sports, and community service. Volunteers participated in interactive workshops, competitions, and team-building exercises. Key speakers, including government officials and social leaders, shared insights on India's heritage, leadership, and social responsibilities. The camp fostered mutual understanding and respect for cultural diversity, inspiring a sense of national pride among participants.



NATIONAL ADVENTURE CAMP

The activities and experiences of a 10-day adventure camp organized by the National Service Scheme (NSS) volunteers from Haryana, held at the Atal Bihari Vajpayee Institute of Mountaineering from 16th November 2023 to 24th November 2023 and Allied Sports (ABVIMAS) in Manali for

female NSS volunteers and at McLeod Ganj, Himachal Pradesh from 15th November, 2023 to 25th November, 2023. The camp was a blend of educational, physical, and cultural activities, aimed at providing participants with a unique and enriching experience.



NSS SEVEN DAYS SPECIAL CAMP (FROM 1/01/24 TO 7/01/24)

NSS, K R Mangalam University organized seven days special camp from 1 – 7 January 2024 in Abheypur village. There was total 15 NSS volunteers who attended the camp under the supervision of Dr Neeraj Kumari (NSS Coordinator), Dr Pavitra Kumari and Mr Amit Kumar (NSS Member). During the camp, various awareness sessions, nukkad natak, cleanliness drive and many other activities were organized. The inaugural ceremony on January 1st was graced by the Sarpanch of Abheypur village, officially marking the commencement of the camp. Dr. Neeraj Kumari initiated discussions about the challenges faced by the village and its specific requirements. On the second day, the sessions kicked off with the NSS anthem and applause. NSS volunteers conducted surveys, as per the Sarpanch's guidance, to identify the primary issues affecting the village. The third day featured a poster-making competition on the theme of environmental protection, involving school students. Simultaneously, a first aid training session was organized to empower both NSS volunteers and villagers with the knowledge and skills needed to offer immediate medical assistance in emergency situations. Day four witnessed an awareness rally on environmental protection and water pollution, complemented by a nukkad natak highlighting the impact of social media on children. On the fifth day, a session on women empowerment and personality development was conducted for the women of the village by Dr. Rupoom Gaur, a Scientist from JNU, Delhi. Subsequently, a session on recognizing "good touch and bad touch" was conducted for school students. The sixth day featured an awareness session on preventing malaria and dengue, where Dr. Sunil Kumar, an expert in the field, provided information on causes and preventive measures for both diseases. Following the awareness session, NSS volunteers performed a

nukkad natak on child abuse, and a cleanliness drive was carried out in the school premises. On the final day of the camp, NSS volunteers shared their experiences, and certificates and prizes were distributed to the winners of the poster-making competition and outstanding NSS volunteers. Dr. Neeraj Kumari, NSS Coordinator, expressed gratitude to the villagers for their continuous support during the camp, delivering a heartfelt vote of thanks.



First Aid Training



Cleanliness Drive Rally



Nukkad Natak in the village



Session on women empowerment

WORDS FROM ALUMINI

Over the past 2 years, my involvement in the National Service Scheme (NSS) has been an enriching and fulfilling journey marked by numerous achievements and personal growth. The journey began with a commitment to serve society, and along the way, I've been honoured to receive several appreciation awards and the prestigious Leadership Award for my contributions.

I have also participated in National Integration Camp (NIC), university level special camps and adventure camps which made me realize that devoting little time to showcase our ethical values and culture at national level, among society is very enriching and fun. It has enhanced my communication and problem-solving skills.



CHHAVI KAUSHIK
B. ED (2022-24)



SANYA SHARMA
B. L.ED. (20219-23)

My NSS journey is not just a journey, but it was the learning stairs of my life which helped me to develop my social skills. A small act of kindness makes the biggest with this spirit I organized numerous events and campaigns for the betterment of the society. It helped me to enhance my speaking skills and leadership qualities. NSS also helps enlighten new ideas and innovation. The national service scheme gave me many experiences in my life. One of these experiences was participating in a village adoption program.

By working at the grassroots level, we experience the Tangible impact of our contributions and foster a sense of self-determination and solidarity for all Involved. Whether organizing awareness campaigns or leading volunteer teams, we cultivate invaluable Qualities like teamwork, communication, and problem-solving. These skills not only benefit the Communities served but also equip volunteers for future endeavours in their personal and Professional lives.

My journey as an NSS (National Service Scheme) volunteer is more than just a series of events. It is a deep exploration of service, community, and personal growth. By participating in a variety of outreach programs, from educational initiatives to environmental campaigns, each experience leaves a lasting impression in my life. We are immersed in the daily life of rural communities, working with local people to address pressing issues such as education, sanitation, and health care. Whether organizing awareness campaigns or leading volunteer teams, we cultivate invaluable qualities like teamwork, communication, and problem-solving. These skills not only benefit the communities served but also equip volunteers for future endeavours in their personal and professional lives. Ultimately, my NSS journey is one of self-discovery and service to humanity. Through acts of kindness, empathy, and perseverance, I leave a lasting impact on the world while simultaneously enriching my own lives with purpose and fulfilment.



ABHAY BARWAL
B. SC. PROGRAM (2020-23)



AGNIVESH TIWARI
B.SC (H) MATHEMATICS (2019-22)

Being part of the National Service Scheme (NSS) for last two years provided me with a multifaceted journey that extended beyond the boundaries of conventional learning. Engaging in community projects allowed me to witness the real-world impact of collective efforts, reinforcing the importance of social responsibility. Working alongside fellow volunteers, I honed my teamwork and collaboration skills, learning to navigate diverse perspectives and leverage collective strengths. In leadership roles within NSS projects, I discovered my capacity to organize and motivate teams. Planning and executing community events became an exercise in effective communication, problem-solving, and adaptability. The personal connections forged during NSS were invaluable. Overall, being part of the National Service Scheme was not just a commitment of time; it was a profound journey that shaped my perspective, values, and commitment to making a positive impact on the world around me.

Serving as a volunteer in the National Service Scheme (NSS) and now leading it as Vice President has been an incredibly enriching journey. This experience has significantly shaped me, honing my leadership and coordination skills through activities like task delegation, volunteer management, and team direction. I am honoured to have received the "Best Male Volunteer" award for my contributions. My participation in NIC, university-level special camps, adventure camps, blood donation drives, women empowerment programs, and awareness campaigns has reinforced the value of dedicating time to social work in building a strong community. NSS instils values of social responsibility and national integration while offering practical skills and employment opportunities that textbooks alone cannot provide. Volunteering with NSS fosters personal growth by enhancing general awareness, knowledge, resilience, and adaptability to various people and situations, all while encouraging positive development. It motivates and mobilizes volunteers to take collective action for the betterment of society.



HARSH SHARMA
BCA(2021-24)



SEJAL B. SC. (H)
MATHEMATICS (2021-24)

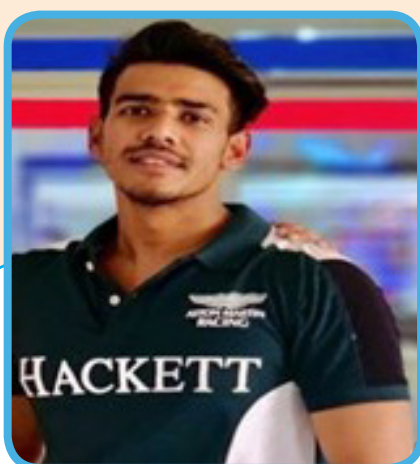
The journey with NSS was a profound learning experience that went beyond the theoretical knowledge gained in classrooms. It was about applying that knowledge to real-world problems and seeing the tangible results of our efforts. Reflecting on my NSS experience, I realize that it has been instrumental in shaping my character and worldview. It has instilled in me a sense of duty towards society and a commitment to contributing to the betterment of the community. The lessons I've learned and the skills I've acquired during these two years are invaluable and will undoubtedly serve me well in my future endeavors. In conclusion, my two years of National Service have been transformative. They have been a period of intense learning, personal growth, and community engagement. The experiences I've had, the challenges I've faced, and the achievements I've celebrated have all contributed to making me a more empathetic, responsible, and capable individual. As I move forward, I carry with me the values and lessons of NSS, ready to apply them in my future endeavors and continue to make a positive impact on society.

Upon reflecting on my enriching two-year engagement with the National Service Scheme (NSS), Muskan is overwhelmed with gratitude for the abundant opportunities that have allowed me to serve my community, evolve personally, and collaboratively make a significant impact with my dedicated fellow volunteers. Ranging from tree planting campaigns to health outreach programs, immersive NSS experiences, and blood donation campaigns, each endeavour has contributed substantially to my journey of both individual growth and communal betterment.

Being honoured as the Best Female Volunteer holds profound significance for me. It stands as a tribute to the collective efforts of our female volunteers in shattering stereotypes, surmounting barriers, and making invaluable contributions to our communities.



MUSKAN B. SC. (H)
MATHEMATICS(2021-24)



LALIT - BCA(2021-24)

As I think back on my two years of National Service (NSS), I am astounded by how much my social and personal development has occurred. Although entering the NSS world was intimidating at first since I've always been introverted, it has been a life-changing experience that has resulted in many positive improvements. I was anxious when I initially joined the NSS. But I was able to open up gradually because of the senior volunteers' and coordinators' supportive and encouraging environment.

My nervousness was further reduced by participating in different activities conducted by NSS, which required a of collaboration and publicspeaking. Although there were difficulties along the way, I managed to gain confidence in my skills and strength from my experiences as well as the encouragement of my peers.

WORDS FROM STUDENT VOLUNTEERS

I joined NSS in my 1st year of B. Tech. I have been working as a volunteer with the National Service Scheme (NSS) for the past last one year, I've had a transformative experience engaging in various activities aimed at community development and social service. My first activity was a visit to the NGO 'Earth Saviour Foundation', during this activity we got to know about the poor and unhealthy people and talked with them and about their problems. This changed my thought and from that time I made a promise to myself that I would help the people. I never missed any activity or project of NSS events. And I am grateful to K.R. Mangalam University for giving me a chance to be a part of this program. Beyond these specific activities, being part of NSS has provided me with valuable opportunities for personal growth and learning.



UTPAL ANAND
B. TECH. (UX/UI)



CHIRAG BHAL
B. TECH. (UX/UI)

During my one-year tenure as an NSS volunteer, I actively participated in various community-oriented endeavors aimed at instigating positive change. Engaging in activities such as cleanliness drives and awareness campaigns allowed me to witness firsthand the tangible impact of collective efforts in addressing societal issues. Collaboration and teamwork were integral aspects of this experience, as we collectively brainstormed solutions and worked seamlessly on projects. The exposure to diverse social strata broadened my perspective, fostering empathy and a heightened understanding of community dynamics.

Shweta Chaudhary, an active NSS volunteer, would like to share my experience. I have been a part of NSS for the last one year. We have done a lot of activities which lead to a great nation ahead. NSS has helped me interact with the people in the outside world and understand the situation. It had helped me understand a lot about so many problems faced by people living in rural areas and their solutions. Knowing about the world outside your living standards is another level of experience. Doing Nukkad Natak in villages built up my confidence which helped me present myself in front of public. Also, I have attended the 7-day special camp organized by NSS, KRMU. It was the best camp I have ever attended. The camp provided me with a lot of confidence to be presentable and interactive with people.



SHWETA CHAUDHARY
B.COM



HARSHITA SHARMA
B.COM

Before I, Harshita say anything about my experience, I would first like to thank our NSS program coordinator (Dr. Neeraj ma'am) without Whom I don't think I would have been able to experience what I Did and express what I am about to. And I would also like to thank vice president (Harsh Sharma). Talking about my experience or let say writing about It is overwhelming as NSS is all I could ask for in my collage. NSS events helped Me to make new friends in college and to make my conversation good. Being a part of NSS is the best thing to know and explore the environment around. Joining NSS is the best option I have chosen in my life. I have learnt a lot from it and hope to gather more experience and knowledge form it. I would like to be part of it till the end.

I joined NSS during my first year of college. I've always been interested in engaging in community work and NSS providing me the exact same thing was cherry on top. It has played a part in my character development, and I'll always be grateful to KRMU for giving me this opportunity and the heartwarming welcome NSS community gave me. We organised many impactful events such as a First aid session, interacting with children and adults, knowing about their life was surely a turning point in my thoughts. This experience not only deepened my understanding of prevailing social problems but also strengthened my teamwork and organizational skills, leaving me with lasting memories of positive community engagement.



AAKRITI BANSAL B. A. (H)
ECONOMICS



GAURAV PANDEY
B. TECH CSE (FSD

I, Gaurav Pandey, an active NSS member joined the National Service Scheme (NSS) a year ago has been one of the most transformative experiences of my life. When I first signed up, I was eager but uncertain about what to expect. However, the journey has far exceeded my expectations, leaving me with lasting memories and invaluable life lessons. The year in NSS has taught me the value of empathy, the importance of giving back to society, and the power of collective effort.

This is Shubhi Tyagi, and I want to share my volunteer experience as a student volunteer in NSS which is referred to as a National Service Scheme. During my 1st year of university, I joined NSS. One day some NSS seniors came to our class, they started talking about NSS and they said that if u want to participate, if u is capable then you can participate in NSS. I participated in many events like donation drive, earth saviour foundation, Nukkad natak on blood donation and some competitions like Diya making and many more. Our seniors were very friendly with us for tasks which were given by our faculties. I have many such experiences in NSS which made a remarkable impact and will always be remembered.



SHUBHI TYAGI
B. TECH. CSE



TARUN YADAV
BBA (BIA)

Working with NSS is one of the greatest experiences of my life. And I will say, "all people should think to give a little part of their life to help, you will lose nothing but get a different type of happiness". My first day in the institute was very different from my imagination. I think what I got from NSS cannot be put in a few words. I'm so grateful for myself that I decided to be an NSS volunteer. The best part about NSS is that it gives you the opportunity to talk to the people from the different social strata — the poor, the rich, the needy, the humiliated, the successful ones, the struggling ones and many more. And you will learn something or the other from every one of them you meet.

As a member of the NSS, my journey has been profoundly enriching, both as a student and a community participant. Engaging in various events such as nukkad natak, awareness campaigns on menstrual cycles, blood donation camps, visits to the elderly, and Swachh Bharat Abhiyan has not only broadened my perspective but also instilled a deep sense of responsibility towards society. Participating in these initiatives has allowed me to witness firsthand the impact of collective action in addressing societal issues. Through the platform provided by the NSS club, I've had the opportunity to contribute meaningfully to causes that resonate with me, fostering a sense of empathy and understanding towards the needs of others.




VAIBHAV VAID
B. TECH. CSE



MITALI
B. PT

Over the past year as an NSS volunteer at K.R. Mangalam University, I've had some of the most meaningful and eye-opening experiences of my life. As a final-year BPT student in physiotherapy, I joined NSS with the simple goal of giving back to society, but I ended up gaining so much more. One project that really stood out was working in a rural village where we helped address local problems like literacy and hygiene. Seeing the impact of our efforts and connecting with the villagers was incredibly rewarding. Overall, my time as an NSS volunteer has been a journey of growth and learning. It's made me more responsible, empathetic, and committed to making a positive difference in the world.

NSS ACHEIVEMENTS




युवा कार्यक्रम एवं खेल मंत्रालय, भारत सरकार
 MINISTRY OF YOUTH AFFAIRS & SPORTS, GOVT. OF INDIA
 युवा कार्यक्रम विभाग/DEPARTMENT OF YOUTH AFFAIRS
 प्रमाण पत्र/CERTIFICATE

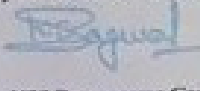
Sr. No. IGU/NIC/2023/128

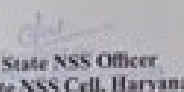
प्रमाणित किया जाता है कि/Certified that
 श्री/कुमारी/डॉ./Mr./Ms./Dr. Sejal
 रा. से. यो. स्वयंसेवक/कार्यक्रम अधिकारी K. R. Mangalam University, Gurugram


NSS Volunteer/Programme Officer of
 राज्य/State Haryana

ने दिनांक 18-07-2023 से 24-07-2023 तक इंदिरा गांधी विश्वविद्यालय, मीरपुर, रेवारी (हरि.) में आयोजित एनम् उच्चतर शिक्षा
 निदेशालय, हरियाणा सरकार द्वारा प्रायोजित राष्ट्रीय एकता शिविर में सहभागिता की।
 has participated in the National Integration Camp organized by Indira Gandhi University, Meerpur, Rewari (Hr.) from 18-07-2023 to
 24-07-2023 and sponsored by Directorate of Higher Education, Govt. of Haryana.

 Vice-Chancellor
 IGU, Meerpur, Rewari

 NSS Programme Coordinator
 IGU, Meerpur, Rewari

 State NSS Officer
 State NSS Cell, Haryana

 Regional Director
 Regional Directorate of NSS, Delhi



K. R. MANGALAM UNIVERSITY
NATIONAL SERVICE SHCHEME
 (Ministry of Youth Affairs and Sports)

CERTIFICATE OF EXCELLENCE

यह प्रमाणित किया जाता है कि मुस्कान को वर्ष 2022-23 के लिए
 श्रेष्ठ एनएसएस महिला स्वयंसेवक पुरस्कार प्रदान किया गया है।
 This is to certify that Miss/Mr. Muskaan has won the
 NSS Female Volunteer Award for academic session 2022-23 for her exemplary
 work.

 DR. NEERAJ KUMARI
 (NSS Coordinator)

 Dr. Anjana Singh
 (Dean, DSW)

 Gp. Capt. P. Mahajan
 (Registrar)



ADVENTURE CAMP CERTIFICATE



Dr. Neeraj Kumari received the award from 'I can Foundation' for outstanding activity and contribution to the community



NSS MERIT CERTIFICATES





Establishment of NSS Park at KRMU

डॉ. नीरज कुमारी ने ग्रामीणों को बताया रक्तदान के महत्व

प्रतिभागियों को रक्तदान करने के प्रति जागरूकता बढ़ाने की दिलाई शपथ

सोहना, 07 जून, सत्यजय टाईम्स/अशोक गर्ग। विश्व रक्तदाता दिवस मनाने के लिए एनएसएस के आर मंगलम विश्वविद्यालय द्वारा सोहना के घमरोज गांव में 'डोनेट ब्लड डोनेट प्लाज्मा शेयर लाइफ शेयर ऑप्शन का आयोजन एनएसएस, के आर मंगलम यूनिवर्सिटी गुरुग्राम ने 6 जून 2 को सोहना के घमरोज गांव में 'डोनेट ब्लड डोनेट प्लाज्मा शेयर लाइफ शेयर ऑप्शन का आयोजन किया।

यह 14 जून, 1868 को कार्ल लैंडस्टीनर की जयंती पर मनाया जाता है। इस कार्यक्रम को आयोजित करने का उद्देश्य आधान के लिए सुरक्षित रक्त और रक्त उत्पादों की आवश्यकता के बारे में वैश्विक जागरूकता बढ़ाना और महत्वपूर्ण योगदान स्वीच्छक, अवैतनिक रक्त दाताओं को देना था। कार्यक्रम की शुरुआत घमरोज गांव की सरपंच साधना रानी ने की, जहां उन्होंने रक्तदाता दिवस मनाने के पीछे के कारण के बारे में चर्चा की। इस कार्यक्रम को एनएसएस समन्वयक डॉ नीरज कुमारी ने जारी रखा,



रक्तदान करने को लेकर जागरूकता रैली निकालते हुए।

छाया: सत्यजय टाईम्स/अशोक गर्ग।

जहां उन्होंने ग्रामीणों और छात्रों को रक्तदान के महत्व के बारे में बताया और उन व्यक्तियों को प्रोत्साहित किया जो रक्तदान करने में संकोच या चिंतित हो सकते हैं। यह उच्च रक्त आपूर्ति और गुणवत्ता बनाए रखने के लिए लगातार रक्तदान के महत्व पर जोर देने का काम भी करता है। डॉ नीरज ने प्रतिभागियों को

रक्तदान करने और रक्तदान के प्रति जागरूकता बढ़ाने की शपथ भी दिलाई। डॉ नीरज के साथ साधना रानी, घमरोज गांव की सरपंच, प्रतिनिधि नानवीर सिंह और ग्राम पंचायत सदस्य (मुरारी लाल, सतवीर, दुष्यंत, एडवोकेट सचिन पंवार, संजय जांगिड़, दिनेश कुमार, सरिता कुमारी और पूर्व नौसेना अधिकारी,

रामकुमार राघव) ने एक स्वस्थ व्यक्ति होने के बावजूद रक्तदान करने में रुचि नहीं रखने वाले लोगों को प्रेरित और प्रोत्साहित करने के लिए एक जागरूकता रैली को हरी झंडी दिखाकर खाना किया। अंत में डॉ नीरज कुमारी द्वारा उपस्थित सभी लोगों को धन्यवाद ज्ञापन के साथ कार्यक्रम का समापन किया गया।

खून की कमी से ग्रसित लोगों का रेडक्रॉस जुटाए डाटा: हितेश कुमार मीणा

● अधिक से अधिक रक्तदान शिविर लगाएं:

डॉ मुकेश अग्रवाल

● केआर मंगलम विवि में रक्त दान शिविर में एडीसी एवं महा सचिव ने कही यह बात

ह्यूमन इंडिया/ब्यूरो

गुरुग्राम। बुधवार को विश्व रक्त दाता दिवस के अवसर पर रेड क्रॉस सोसाइटी, एनएसएस और केआर मंगलम विश्वविद्यालय ने संयुक्त रूप से डोनेट ब्लड, गिव प्लाज्मा, शेयर लाइफ, शेयर अटर्नी थीम पर रक्तदान शिविर लगाया। इस अवसर पर अधिक बार रक्त दान करने वालों को सम्मानित भी किया गया।

शिविर का उद्घाटन मुख्य अतिथि एडीसी हितेश कुमार मीणा, हरियाणा रेड क्रॉस शाखा, चंडीगढ़ के महासचिव डॉ. मुकेश अग्रवाल, विशिष्ट अतिथि हरियाणा रेड क्रॉस शाखा चंडीगढ़ की कोषाध्यक्ष सुषमा शर्मा और जिला रेड क्रॉस सोसायटी गुरुग्राम के सचिव विकास कुमार, जिला प्रशिक्षण अधिकारी ईशांक कौशिक एवं यूनिवर्सिटी के वाईस चांसलर सी एस द्वे द्वारा किया गया।



अपने संबोधन में एडीसी हितेश कुमार मीणा ने कहा कि खून की कमी से जिनकी जान जाती है, उनका डाटा भी एकत्रित करें, ताकि वार्षिक रिपोर्ट में इन पर कार्रवाही को खोजा जाए। उन्होंने आगे कहा कि प्रत्येक व्यक्ति अपने आस-पास 20 व्यक्तियों को रक्त दान देने के लिए जागरूक करें ताकि खून की कमी से किसी की जान ना जाने जाए।

महासचिव डा. मुकेश अग्रवाल ने रेड क्रॉस की गतिविधियों, रक्त दान के बारे में जानकारी दी। उन्होंने कहा कि एक यूनिट तीन लोगों की जान बचाता है। इसलिए हमें रक्तदान अवश्य करना चाहिए और रक्तदान के लिए हर नागरिक को जागरूक भी करना हमारी जिम्मेवारी है। उन्होंने सभी संस्थाओं, संस्थानों एवं

नागरिकों से आग्रह किया रक्त की कमी को पूरा करने के लिए अधिक से अधिक रक्तदान शिविर लगाएं।

सचिव विकास कुमार ने सभी का धन्यवाद करते हुए कहा कि भविष्य में भी इसी तरह से जनसेवा के लिए तैयार रहें। रक्त दान का क्रम कभी धमना नहीं चाहिए। संस्थाओं, संस्थानों और स्टार रक्तदाताओं को सम्मानित किया गया। उन्होंने बताया कि विभिन्न जगहों पर रक्तदान शिविरों का आयोजन हो रहा है जिसका विधिवत आरंभ केआर मंगलम यूनिवर्सिटी से हुआ, जहां 50 यूनिट, केनविन फाउंडेशन द्वारा 113 यूनिट, पारस ब्लड बैंक 89 यूनिट आर्टेमिस ब्लड बैंक द्वारा 58 यूनिट, रोटरी ब्लड बैंक द्वारा 16 यूनिट एकत्रित किया गया।

रक्तदान शिविर का मुख्य उद्देश्य चिकित्सकीय आपात स्थिति में रक्त की निरंतर आवश्यकता को पूरा करना और नियमित रक्तदान के महत्व के बारे में जागरूकता बढ़ाना रहा। शिविर में टीबी के मरीजों को प्रोटीन डाइट भी वितरित की गई। रक्तदान शिविर का आयोजन कोमल यादव (कार्यक्रम समन्वयक वाईआरसी), डॉ. मोनिका यादव (कार्यक्रम समन्वयक) और डॉ. नीरज कुमारी (कार्यक्रम समन्वयक, एनएसएस) द्वारा किया गया। रेड क्रॉस सोसायटी से अतुल कुमार पराशर, आकांक्षा, कुणाल मंगला श्यामा राजपूत, कविता सरकार, रजनी कटारिया, रोहिताश शर्मा, मंजु शर्मा, सुषमा, विनीता पीटर, आशीष कौशिक, सरोज, कमला आदि ने विशेष योगदान दिया।

PHOTO GALLERY











CONCLUSION

In the last, as NSS Program Coordinator, I can say that from last one year, NSS-KRMU has made a significant impact through its diverse range of activities, benefiting more than 500 villagers in Abheypur, Ghamroj, Lakhuwas, Berka, and Daulah. Through environmental awareness campaigns, cleanliness drives, nukkad nataks, women empowerment initiatives, cancer and malaria awareness programs, and waste segregation activities, the NSS volunteers have actively contributed to the well-being of these communities. NSS activities have fostered more than 1000 student participation including NSS Volunteers and students from various Schools of KRMU in year 2023-24. These efforts not only educated the villagers but also instilled a sense of responsibility and participation in addressing societal challenges. The holistic approach, encompassing health, hygiene, and social empowerment, has fostered a strong sense of community engagement and encouraged sustainable practices in these areas. The volunteers' dedication and consistent efforts have left a lasting impact, enhanced the quality of life and promoting development in the villages. This initiative stands as a testament to the power of collective action and the vital role youth can play in nation-building.





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