



NATIONAL SERVICE SCHEME



NSS ACTIVITIES

Report
(2021-22)



(deemed to be

IIS
UNIVERSITY
JAIPUR

Gurukul Marg, SFS, Mansarovar, Jaipur

Year
2021-22

NSS

NSS Activities 2021-22

<u>S. No</u>	<u>Date</u>	<u>Name of the activity</u>	<u>Name of the Project</u>	<u>Volunteers Participated</u>	<u>Beneficiaries</u>
1	9 th August-15 th August 2021	Swachhata Week	Swachhata	44 NSS volunteers	Approximately 1000 people in the community
2	2 nd - 8 th September 2021	Celebration of International Literacy Day	Literacy	38 NSS volunteers	18 Anganwadi children
3	6 th September 2021	Stationery Donation Drive	Literacy	152 NSS volunteers	250 students of Government school, Sumernagar, Jaipur
4	13 th September 2021	Tree Plantation	Environment Conservation	94 NSS volunteers	More than 1000 people of the community
5	13 th September 2021	NSS Orientation	Skill Development and Capacity Building	102 NSS Volunteers	-
6	14 th – 21 st September 2021	Poshan Maah (Distribution of supplementary Nutrition, Plantation Drive,	Health	-	20 pregnant and lactating mothers and 150 community people.
7	19 th September 2021	Session on Household Plants and their Management	Environment Conservation	131 NSS Volunteers	
8	20 th September 2021	Documentary Screening on Mahatma Gandhi	Skill Development and Capacity Building	56 NSS Volunteers	
9	24 th September 2021	Inter-Institutional Patriotic Solo Song Competition	Skill Development and Capacity Building	-	51 participants from Rajasthan and Assam
10	27 th September 2021	Demonstration on Nutritious Bakery Products	Health	96 NSS Volunteers	

11	4 th October 2021	Guest lecture on “Social Service by Protecting creations by IPR and Strengthening People economically and socially”	Skill Development and Capacity Building	52 NSS Volunteers	
12	4 th October 2021	Swacchta Rally and Campus Cleaning Drive	Swacchata	57 NSS Volunteers	Approximately 5000 students of the campus
13	11 th October 2021	Orientation Session on “National Digital Library”	Literacy	150 NSS Volunteers	
14	18 th October 2021	Session on “Candle Making”	Skill Development	56 NSS Volunteers	
15	25 th October 2021	Workshop on- Wrong Side of the Road	Skill Development and Capacity Building	40 NSS Volunteers	
16	25 th October 2021	Skill Development-Diya Decoration in Government School	Skill Development and Capacity Building	158 NSS volunteers	
17	1 st November 2021	Celebration of National Unity Day- Azadi Ka Amrit Mahotsav	Skill Development and Capacity Building	56 NSS volunteers	
18	8 th November 2021	Film Screening on Subhash Chandra Bose for celebrating Azadi ka Amrit Mahotsav	Literacy	93 NSS volunteers	
19	15 th November 2021	Poster Making on Investment Awareness, Digital Frauds, Financial Literacy	Literacy	37 NSS volunteers	
20	15 th November 2021	Slogan Writing on Investment Awareness, Digital Frauds, Financial Literacy	Literacy	46 NSS volunteers	
21	25 th November 2021	Eye-Check Up	Health	-	500 beneficiaries

22	29 th November 2021	Poster Exhibition on Financial Literacy	Literacy	35 NSS volunteers	
23	29 th November 2021	Sexual Abuse Faced by Children in their Own Four Walls	Skill Development and Capacity Building	115 NSS volunteers	
24	3 rd December 2021	Celebration of International Day of Persons with Disabilities	Skill Development and Capacity Building	NSS group Leaders	150 Disabled students from different Special schools
25	6 th December 2021	Skill Development-Envelope Making	Skill Development and Capacity Building	48 NSS volunteers	
26	6 th December 2021	Legal Awareness for Youth	Skill Development and Capacity Building	94 NSS volunteers	
27	10 th December 2021	Quiz Competition on Human Rights: Celebrating Human Rights Day	Literacy	15 NSS volunteers	ADDED
28	13 th December 2021	Skill Development: Paper Bag Making	Skill Development and Capacity Building	56 NSS volunteers	
29	13 th December 2021	Recitation of Inspiration Quotes of Subhash Chandra Bose	Literacy	44 NSS volunteers	
30	12 th January, 2022	Celebration of National Youth Day	Skill Development and Capacity Building	33 NSS Volunteers	120
31	17 th January, 2022	Logo and Badge Distribution and Poster Pasting of 73th Republic Day for Azadi ka Amrit Mahotsav	Literacy	70 NSS volunteers	
32	20 th January 2022	Webinar on "Happiness Lessons from Pandemic"	Literacy	70 NSS Volunteers	-

33	24 th January 2022	Need for the Hour: Dignity of the Girl Child	Skill Development and Capacity Building	124 NSS Volunteers	
34	25 th Jan, 2022	Webinar on “Igniting the spirit of patriotism among youth”	Literacy	26 NSS Volunteers	
35	25 January, 2022	Voter’s Day Pledge	Literacy	20 NSS Volunteers	
36	31 st Jan 2022	Guest lecture – Menstrual health	Skill Development and Capacity Building	130 NSS Volunteers	
37	7 th February 2022	Awareness Session on: Prevention and Early Detection of Cancer	Health	164 NSS Volunteers	
38	14 th February 2022	Skill Development: Jewellery Making through Bead Art	Skill Development and Capacity Building	50 NSS Volunteers	
39	14 th February 2022	Awareness Session on: Tobacco is Injurious to Health	Health	48 NSS Volunteers	
40	21 th February 2022	Seeds of Hope and Action	Skill Development and Capacity Building	107 NSS Volunteers	
41	21 th - 28 th February 2022	NSS Special Camp	Skill Development and Capacity Building	200 NSS Volunteers	
42	18 th April 2022	Contribution of Ambedkar Ji On National Development	Literacy		
43	18 th April 2022	Poster Making on World Health Day	Health		
44	25 th April 2022	Literacy project cum jewellery designing	Skill Development and Capacity Building		
45	25 th April 2022	Creativity in Recycling: A	Skill Development		

		workshop on Jewellery Making	nt and Capacity Building		
46	2 nd May 2022	Film Screening on Subhash Chandra Bose and Mahatma Gandhi	Literacy		
47	2 nd May 2022	Film Screening on Health and Sanitization: Government Schools	Health		
48	17 th May 2022	Preparation of teaching Aids	Skill Development and Capacity Building		
49	18 th May 2022	Envelop Making	Skill Development and Capacity Building		
50	21 st June 2022	Celebration of International Yoga Day	Skill Development and Capacity Building		

Swachhata Week

9th August-15th August, 2021

NSS Units of IIS (Deemed to be University) organized a Swachhata Week from 9th August-15th August 2021 for the NSS volunteers. The main objective of the activity was to highlight the issues and practices of Swachhata by engaging the youth. The students undertook various activities such as poster making, cleaning the community garden, and placing the dustbins along with community awareness. The videos and pictures related to Swachhata activities undertaken by volunteers were uploaded on the link shared by the Faculty Coordinator.



Celebration of International Literacy Day

2nd- 8th September 2021

As September 8 was announced as International Literacy Day by Unesco in 1966 to remind the international community of the importance of literacy for individuals, communities and societies, and the need for intensified efforts toward more literate societies. NSS units of IIS (Deemed to be University), Jaipur celebrated International Literacy Day with the distribution of stationery items such as slate, pencil, eraser, sharpener, notebook etc. to needy children of Anganwadi of Kalyanpura slum. On this day around 22 children from Kalyanpura Anganwadi centre benefitted from this donation drive with the sole aim to spread knowledge and light of literacy amongst every needy Child.



Stationery Donation Drive

6th September, 2021

NSS Volunteers of IIS (Deemed to be University) celebrated World Literacy Day by organizing a Donation Drive on 6th September for the NSS volunteers. Volunteers were requested to donate any article related to Library such as, story books, Rhyme books, coloring books, children's magazines, abacus, pen, pencil, notebook etc to a child of low socio-economic group. The main objective of the activity was to inculcate the love for reading and writing in the minds of young children who do not have access to such things. The students donated various items such as books, stationary products etc. The videos and pictures related to the donation drive undertaken by volunteers were uploaded on link shared by the Faculty Coordinator.



Tree Plantation

13th September, 2021

Tree plantation drive was organized by NSS, IIS (Deemed to be University). As this activity was performed during COVID lockdown period, every volunteer was asked to plant a small outdoor sapling or seed. Volunteers were asked to perform this activity in the lawns or gardens of their residence or maybe in their neighborhood or community park. Volunteers involved their friends and family members in this activity, everyone wearing masks and following social distancing rules.



Celebration of Poshan Maah

14th – 21st September 2021

Distribution of Supplementary Nutrition to Pregnant and Lactating Mothers

Date: 14/9/2021

Venue: Anganwadi centre, Kalyanpura, Jaipur

Direct Beneficiary: 20 pregnant women and lactating mothers

The COVID-19 pandemic has severely affected the nutritional intake of pregnant women and lactating mothers, who typically eat last, and least, in their family. The existing challenging gender norms are further deepened by the lack of access to basic health and nutrition services like iron-folic acid and calcium supplementation, antenatal and postnatal check-ups. Although the impact of malnutrition may not be visible now, it will have a lasting effect on women and infants as well, both of whom have unique and increased micronutrient requirements. Recognising the need of nutritional supplementation of this vulnerable group, the NSS unit of IIS (deemed to be University) distributed supplementary nutrition to pregnant women and lactating mothers. Those women regarding taking care of their nutritional needs during pandemic. A total of 20 expecting and lactating mothers received food packets which included nutrient rich seasonal food items like mixed Dalia and fruits with a hope that all the women who attended the campaign will take healthy and nutritious food.



Plantation Drive for Poshan Vatika

Date: 21/9/2021

Venue: Temple premises, Kalyanpura, Jaipur

Indirect Beneficiary: 150 community people

A plantation drive was organised by NSS unit of IIS (Deemed to be University) on 21st of September 2021 in Kalyanpura area of Jaipur. A temple premises was selected for plantation so that plants can be taken care of by the family residing in the temple premises. Plants of high nutritious value such as Mango, Guava, lemon and plum were planted in the temple premises. A total of 10 plants were planted and the family taking care of the temple was requested to take care of those plants.



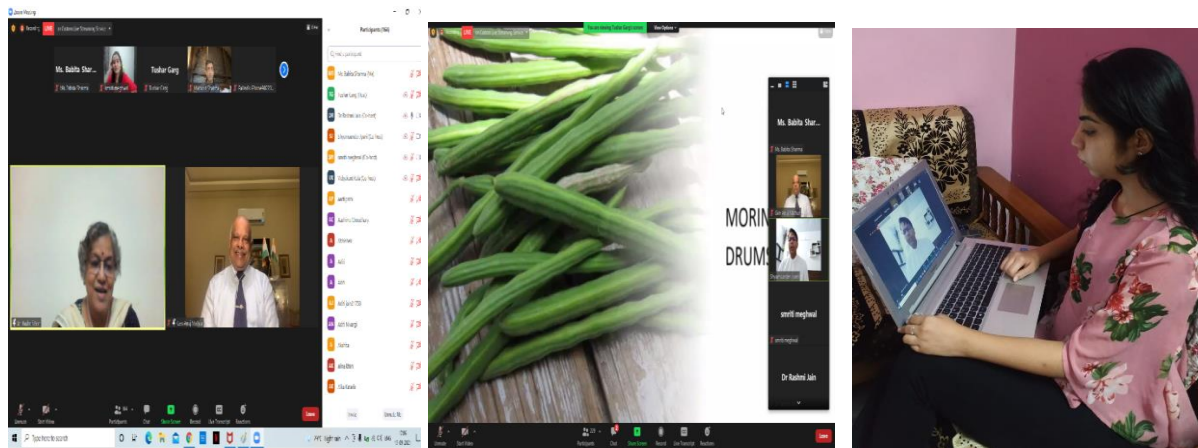
Session on Household Plants and their Management

19th September 2021

NSS volunteers attended an online event on the topic of ‘Household Plants and their Management’ organized by the Wellness Code. The Guest Speaker for the event was Mr. Shyamsundar Jyani, Associate Professor, Department of Sociology, Dungar College, Bikaner on virtual platform zoom on Sunday, Sept. 19th, 2021 as NSS activity. Dr. Shelja K Juneja, Associate Professor, Department of Environment Science, IIS (deemed to be University) and Major General Anuj Mathur were also present for the session.

Prof. SyamsundarJyani- Being born and brought up in a barren part of Rajasthan, he always felt a pang in his heart for greenery and environmental conservation. From the very childhood, he had a strong affinity with trees and plants and found himself involved with plantation activities.

Dr. Rashmi Jain moderated the event. Mr. Shyamsundar commenced the address by sharing about his various initiatives such as, ‘*hargharsehjan*’ and many more. He further discussed about different plants such as coriander, green chillies, Drum Sticks, etc. with high nutritional values that can be easily grown in our houses with minimum requirements and how we can manage them. He also shared the medicinal values of these home grown plants. The meeting concluded with the vote of thanks.



Documentary Screening on Mahatma Gandhi

20th September 2021

The NSS Unit of IIS (deemed to be University), Jaipur organized a documentary screening on “The Life Of Mahatma Gandhi” on Monday, 20th September, 2021 for the NSS volunteers of First Semester. The intended idea of the documentary screening was to make volunteers aware about Mahatma

Gandhi's childhood, family, education, fight for non-violence, his influence on many great leaders and countrymen and his incessant search for truth. The documentary also showcased how Gandhi, man of peace and goodwill fought all evil and injustice with Soul-Force. He stood out as a challenge to the British government and gave the message of truth and non-violence. The documentary provided an understanding of the man he was and his ideals like truth, nonviolence and peace which are still relevant in contemporary times.

The documentary captivated the minds of volunteers and invoked the finer grains of humanity. Gandhi has left an indelible mark on human history. His thought is ever relevant for everyone who aspires for a better and fuller life.

The event was successful in floating the ideas and significance of the philosophy of Gandhi among the youth.



Inter-Institutional Patriotic Solo Song Competition

24th September 2021

Title of the event: Inter-Institutional Patriotic Solo Song Competition

Date: 24th September 2021

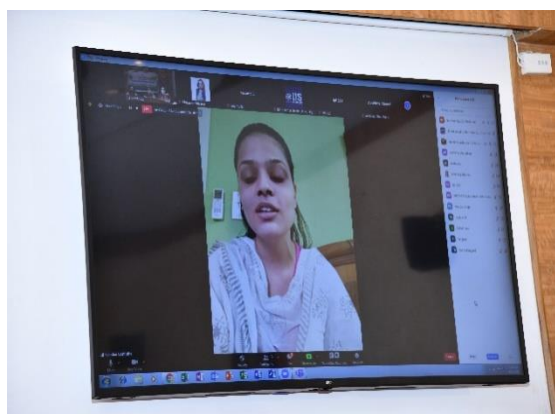
Venue/Platform: Meeting Room /Zoom

Judges: Ms. Seema Raj, an expert in the field of music and Ms. Payal Acharya, a professional singer

No. of Participants: 51 Participants

National Integration is an aim which requires persistent efforts from the citizens of a multi-racial and multi-ethnic country like India. As much as we celebrate 'Unity in Diversity' we also must acknowledge the need to understand the beautiful diversity we are blessed with. 'Ek Bharat Shreshtha Bharat' programme initiated by the Government of India aims at promoting mutual understanding between people of different states/UTs through the concept of pairing. Rajasthan has been paired with Assam and under the aegis of 'Ek Bharat Shreshtha Bharat' the NSS unit of IIS(deemed to be University) organized the XVI Inter-Institutional Patriotic Solo

Song Competition through online platform. The participants were asked to send their videos while singing patriotic songs only. **Students from colleges of Rajasthan and Assam** participated in the competition with great enthusiasm. Under the expert judgment of Ms. Seema Raj, an expert in the field of music and Ms. Payal Acharya, a professional singer, the entries were evaluated and the winners were then declared. Swapnali Bora, Asian Institute of Nursing Education, Assam bagged the first prize, Shivani Dadhich, Jai Narayan Vyas University, Jodhpur stood second and Ritik Vaswani from ST XAVIER'S College, Jaipur stood third in the competition. Dhvani Dadhich of IIS (deemed to be University), Jaipur and Yougender Ojha from Shree Madhav College, Ladnun won consolation prize. Following a successful organization, cash prizes were distributed to the winners. The competition was a great display of the love and unity that each one of us carries in our heart for India



List of Participants- XVI State Level Inter-institutional Patriotic Solo Song Competition

S. No.	Name of Participant	Name of Institution
1	Mona bhatt	Govt girls college sikandra

2	Radheshyam	Department of music
3	Tushita Singh	Rajasthan SangeetSansthan
4	Harish Inkhya	St. Wilfred College
5	Prashant Lakhan	Rajasthan University (department of music) jpr
6	Rishirajmeena	Rajesh pilot government PG college lalsot
7	MdDilnawaz Husain	Mewar University gangrarchittorgarh Rajasthan
8	Khushisharma	Ss.jainSubodhmahilaMahavidyalaya
9	DebaleenaGoswami	Assam Agricultural University,Jorhat
10	Shifa Hussain	Government Art's College, Nayapura, Kota,324001
11	Shivani Dadhich	Jai Narayan Vyas University, Jodhpur
12	HitakshiChoudhary	Government College, Jaipur
13	KumkumChouhan	Jai Narain Vyas University
14	PiyushRanjan Patnaik	
15	Nadeem Reza	Mewar University, Gangrar, Chittorgarh
16	Habib Khan	Governments UG College, Chouhtan
17	Priyanka Bairwa	Government College, Newai (Tonk)
18	Garima Sharma	Lal Bahadur Shastri P. G. College
19	AarhataNath	College of Sericulture, Assam Agricultural University, Jorhat
20	Soniya yogi	Rameshwari Devi KanyaMahavidyalay, Bharatpur
21	RitikVaswani	ST XAVIER'S COLLEGE JAIPUR
22	Kamanasharma	Rajesh pilot government college lalsot
23	AbhinavBordoloi	Assam Agricultural University (College of Community Science)
24	SukanyaBhagawati	Biswanath College of Agriculture
25	Samridhisaxena	IIIM jaipur
26	LalitaSoni	ICG Institute of Educational Research & Development
27	IndraniBorgohain	Assam Agricultural University, Jorhat
28	NajminBanuNilgar	SMM GOVT. GIRLS COLLEGE BHILWARA
29	Ayanabh Dev Singha	Biswanath College of Agriculture, Assam Agricultural University
30	Khushboogurjar	Pg college jhalawar (raj.)
31	KapilChoudhary	Vivekanandmahavidyalaya,kuchamancity(nagaur)
32	Anil Kumar	JNVU Jodhpur
33	Moloy Madhab Bordoloi	College of Community Science
34	NandiniVashistha	Kanoria PG MahilaMahavidyalaya, Jaipur
35	Sumedha Agarwal	Assam Agricultural University
36	Ruprekha Sharma	BELTOLA COLLEGE

37	Kanchan	Govt. Girls collage sadulshahar
38	yougenderojha	Shree MadhavCollege , Ladnun
39	Akshika Sharma	Lal Bahadur Shastri PG college, Jaipur, Rajasthan
40	JurimaKalita	NL COLLEGE OF VETY SCIENCE
41	Krishna kalita	Sarat Chandra Singha College of Agriculture , dhubri
42	Manish Bairwa	Lbs pg college Tilak Nagar Jaipur
43	Swapnali Bora	Asian Institute of Nursing Education, Assam
44	Nikita harsh	Govt MS COLLEGE BIKANER, RAJASTHAN
45	PrachiPrajna Dash	Central University of Rajasthan
46	VarshaChaprana	Sawargiy pundit naval Kisorshrma government p. G collage Dausa
47	Habib Khan	Government college chouhtanBarmerrajasthan
48	Dhwani Dadhich	IIS University, Jaipur
49	RohitMeena	Government collage,jaipur
50	DidrikshyaBonina	Assam Agriculture University, Jorhat
51	shyamlichahar	IIERD, Jaipur

Demonstration of Nutritious Bakery Products

27th September 2021

NSS Unit of the IIS (Deemed to be University) organized a "Demonstration on nutritious bakery products" with Lavanya Thalani, first year Home Science student on September 27, 2021 .

The session began with a short introduction of her style of bakery and then moved on to specific recipes. She first demonstrated the baking of a healthy granola , she combined all the displayed ingredients and mentioned the recipe and instructions to the audience via chat. Next, she demonstrated the preparations for a whole wheat tea-time cake. While instructing the audience, she also gave them useful tips and tricks to make baking easier for them.

She then, displayed the final baked goods, which were both nutritious and simple to recreate. After the demonstration, the floor was open for questions, and the session was ended with a thankyou note Archana ma'am delivered on behalf of the audience.

After the session, Dr. Sharad Rathore inspired all the NSS volunteers present with her words of encouragement. She motivated all the students to develop their existing skills into entrepreneurial ventures. The session ended with students discussing their skills such as baking, origami, making of paper bags and envelope etc. for future peer activities.



Guest lecture on “Social Service by Protecting creations by IPR and Strengthening People economically and socially”

4th October 2021

In NSS activity for 4th October 2021, a guest lecture was organised on ‘social service by protecting creations by IPR and strengthening people economically and socially by Mr. Pankaj Kumar. The main motive of the demonstration was to give creativity, idea so that no other individual could copy it without our consent. Mr. Pankaj Kumar explained various different and unique things about IPR with the help of a beautiful presentation. The strengthening of IPR has gained significance in government’s made in India and atma-nirbhar scheme. He also listed Rajasthan’s Sojat Mehendi, Assam’s Judima, and Nagaland’s cucumber that have bagged geographical indication tag.

Some life hacks are commercially viable, which can be registered under industrial design and then no one can manufacture it without owner’s consent. He also explained us about the 1987-social interaction with KANI, the KANI model of ABS, why business should take care of Trademark , positive impacts of IPR in economy, types of IPR and career opportunities in IPR.



Swachta Rally and Campus Cleaning Drive

4th October 2021

On 4th October, 2021, two activities were organized by NSS Units of IIS (Deemed to be University) - Swachhta Rally and campus Cleanliness Drive. In rally NSS volunteers went around the college area to inform and motivate the people to be clean, to keep the place clean and throughout the rally volunteers quoted the slogan 'swachhta ko apnana hai, gandgi ko dur bhagana hai' along with the slogan volunteers displayed the posters on cleanliness and some slogans on Swachh Bharat Abhiyaan.

After the rally, cleanliness drive was organized inside the campus, volunteers along with the teachers cleaned the campus. Also few volunteers cleaned the canteen area and asked the students not to litter around and put the garbage in the dustbin to keep the area around us clean.



Orientation Session on “National Digital Library”

11th October 2021

In the NSS activity for 11th Oct 2021, a informative activity was organized on the topic - IISU library and National Digital Library of India by Sonal Jain Ma'am who works in the library section in our University. The main motive of the speaker is to get us acquainted with the resources available in the central library and other digital library portals provided by our university.

Some of the major portals are IISU Digital Library, National Digital Library of India, Proquest, Capitaline etc. She told us about how to access everything with ease and make optimum utilization of the various resources. She also taught us the way to search the information correctly.

At the end of the session, she explained the rules and regulations of the library.



Session on “Candle Making”

18th October 2021

Since it is a Diwali season so NSS volunteers of IISU got an opportunity to learn about how to make and decorate the candles in eco friendly way. Ms. Tanisha Ameriya taught how to make candles in two different ways with Paraffin Wax and Jelly material using waste material (paper cups, spare crayons, spare baking moulds) at home. Both the methods were explained step by step and with every step she told some important points to keep in mind to make the candle perfectly.

And the best part is about decorating the candles, what all materials (like stones, leafs etc.) we can use in different ways and how to carefully mix the colours for making colourful candles.

Everything was beautiful illustrated from how to start making a candle to How much time a candle takes to solidify. And in the end few volunteers also made some candles and enjoyed the activity.



Workshop on- Wrong Side of the Road

25th October 2021

The NSS unit A of IIS (deemed to be University), Jaipur organized a guest lecture on the topic 'Wrong Side of the Road'.

The guest speaker for the session was Ms Anita Khatri, Head of Sampurna- eknayikalpana, a social activist and an environmentalist. The session started with a statistical data of road accidents in past years. She gave students a brief insight about the do's and don'ts while drive, drunk driving effects, etc. as they are very common these days among the youth.

The main objective of the session was to increase awareness among people towards Road Safety for themselves and others. She encouraged students to follow all the driving protocols for safe driving. The session was very informative and helpful. A feedback form was filled by students after the session. The session concluded with the vote of thanks.



Skill Development- Diya Decoration in Government School

25th October 2021

With the coming of Diwali, lights and happiness are once again at the doorstep of every house. Therefore the NSS wing of IIS deemed to be university has organised a skill development including diya decoration for the needy children at Dadabadi government school. With the contribution of all the NSS volunteers, the children were taught how to decorate diya with only few materials required. The activity was very well organised including active participation of not only the volunteers but also the students. It created an active learning and participating atmosphere. Children's were taught and helped to decorate their own diya so that they can implement it in the future. At the end all the diya were gifted to the school children. It was a great initiative followed by the coming light festival.



Celebration of National Unity Day- Azadi Ka Amrit Mahotsav

1st November 2021

On the occasion of National Unity Day 31 October, NSS has organized an awareness campaign through badge distribution of Azadi Ka Amrit Mahotsav, to celebrate 75 years of independence, on 1 Nov 2021. This event began with batch distribution from students to teachers. Some insights on importance and contribution of IRON man of INDIA, Saradar Vallabh Bhai Patel were also given. Student volunteers took active participation in batch distribution and awareness campaign. Azadi Ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of progressive India and the glorious history of its people,

culture and achievements. This **Mahotsav is dedicated to the people of India** who have not only been instrumental in bringing India thus far in its evolutionary journey but also hold within them the power and potential to enable Prime Minister Modi's vision of activating India 2.0, fuelled by the spirit of **Atma Nirbhar Bharat**. Through Azadi Ka Amrit Mahotsav, the government aims to commemorate every citizen's belief in India as the 'best-in-class' in social, political and economic terms. Amid all the planned events, the country's achievements in varied sectors, such as agriculture and science & technology, will be highlighted. . All the students and faculty members were required to attach the logo on their dresses. Also, it was followed by a group discussion in the A.V.Hall between the faculty members and the student volunteers on 'Indian Independence'. The session concluded with the vote of thanks. 56 Student volunteers participated in the activity.



**Film Screening on Subhash Chandra Bose as a part of Azadi Ka Amrit
Mahotsav
8th November 2021**

. In the NSS Units of IIS (deemed to be University), Jaipur organized a film screening on 8th November 2021, on the topic - Subhash Chandra Bose as a part of Azadi ka Amrit Mahotsav. The main objective of the activity was to showcase the extraordinary life of the firebrand leader to evoke a lot of curiosity. In the screening a film regarding the freedom fighter - Shubash Chandra Bose was shown. The film was about the death conspiracy of Netaji Shubhash Chandra Bose. The students got to know about one of the bravest patriots this nation produced. The movie depicted the development of Bose's ideals and his blossoming into a fierce political activist, ready to fight for India's independence. The different relatives of Subhash Chandra Bose were giving their point of view on the conspiracy. The different conspiracies were dying in a plane crash in Taiwan, moving to Russia, and living secretly as a saint in India. The film showed that not only Netaji was a great leader but also had a great impact on the lives of the Indians. The session was very informative and inspirational for the students. 93 NSS volunteers participated in the activity.



**Slogan Writing on Investment Awareness, Digital Frauds, Financial
Literacy
15th November 2021**

On 15th November, NSS units of IIS (deemed to be University) organized a slogan writing activity for the NSS volunteers. The theme of the slogans was financial awareness and online fraud. Volunteers actively took part in the activity and made posters by writing different and

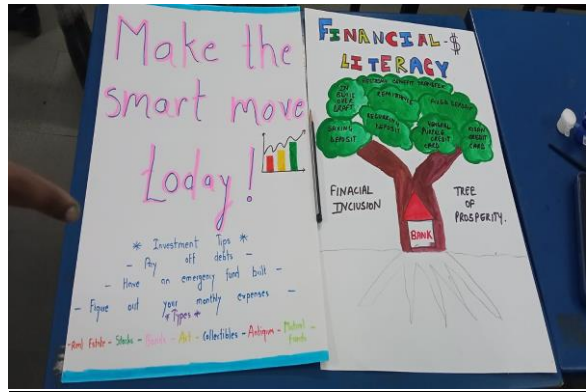
creative slogans. The topics of the poster making was Investor Awareness, Investment Frauds, Digital Payment Frauds, Saving and Money Management and Need for Financial Literacy. All the slogans emphasized on the requirement of being financially aware and vigilant against online fraud in present time. 37 NSS volunteers participated in the activity. They were required to write a slogan and decorate it on any one of the given topics: investor awareness, investment frauds, digital payment frauds, saving and money management, need for financial literacy. All the volunteers enthusiastically participated in the activity and wrote some beautiful slogans like 'invest now, save later' 'do not save what is left after spending but spend what is left after saving' etc.



Poster Making on Investment Awareness, Digital Frauds, Financial Literacy

15th November 2021

The NSS Units of IIS (deemed to be University), Jaipur organized an activity of Poster Making on Monday, 15th November, 2021 in order to bring out creative talents of students and to make them aware about some current financial issues. The topics of the poster making was Investor



On 25 November, 2021, NSS and Department of Physical Education of IIS (deemed to be University), Jaipur in collaboration with Centre for Sight organized an Eye Checkup Camp for

Students, Staff and other working members of the University. Ophthalmologist Dr. Rohini Pandey and Dr. Govind Saini examined everyone in the Eye Camp. All the COVID 19 Guidelines and Protocols were followed during the Eye Checkup Camp. Eye problems caused by computer use fall under the heading Computer Vision Syndrome (CVS). Eye Specialists recommend that most people should get their eyes tested every two years. However, in some circumstances, they may recommend more frequent sight tests; for example, if you are; Child wearing glasses, person suffering from diabetes, aged 40 or over and have a family history of glaucoma and aged 70 or over. Dr. Ashok Gupta, Chancellor – “In Covid times, due to excessive usage of electronic devices, Students and Staff strained their eyes throughout the year. Keeping this in mind, we decided to organize an Eye Checkup Camp so that everyone can get their eyes checked and benefit from it.” Approx. 500 Students, Staff and members of the University got benefited from the Eye Checkup Camp.



Poster Exhibition on Financial Literacy

29th November 2021

On 29th November 2021, for NSS activity an exhibition was organized on the topic financial literacy. The main aim of exhibition is to create awareness among individuals which allow them to gain knowledge regarding the effective management of money and debt. Students

showcased their eye-catching posters and expressed their ideas, artistic skills. They help each other in putting poster on the board. Many teachers and students visited the exhibition and praised it. In the end of the exhibition, Teachers admired students work and motivated them. It was an amazing experience that improved our knowledge, skills and inspired a lot of young scholars. 35 NSS volunteers participated in the activity



Session On Sexual Abuse Faced by Children in their Own Four Walls

29th November 2021

Children are the most vulnerable sections of the society and that requires greater sensitivity towards the issues concerning them. As a part of NSS activity IIS (Deemed to be University), Jaipur invited Ms Ankita Khatri , Founder ,Sampurna NGO to deliver a lecture on the topic “Sexual Abuse Faced by Children in their Own Four Walls”. Ms. Khatri quoted that one in ten girls under the age of 18 experience sexual abuse. It can happen to any child irrespective of caste and background. She talked about the implications of sexual abuse that result in self-blaming and low self-esteem among children. They have to be told how they should not confine such incidents to themselves and make them understand what sexual advances really look like. These acts are not to be tolerated or forgotten but there should be awareness regarding the legal measures to be taken. Ms Anita Khatri also shared some self-defense techniques with the students that can help them in case any emergency .The session was insightful and had a great deal of information for the students. Self-defense techniques were also demonstrated along with some practical tips to remain protected. Also gave a few suggestions to teachers to deal effectively when a student approaches them with such concern. The lecture ended with an oath taking ceremony.115 NSS volunteers participated in the session. The students were made

aware and empowered to raise their voice against any form of sexual abuse. Students also learnt self-defense techniques and protective measures to safeguard their interests.



Celebration of International Day of Persons with Disabilities

3rd December 2021

The NSS Units along with the Sports committee of IIS (deemed to be University) organized a sitting volleyball match among differently abled people to encourage their participation fully, equally and effectively in the society with others. Sitting Volleyball is a modified version of able-bodied indoor volleyball for people with impaired lower limb function. They taught some volleyball techniques to the university students, everyone enjoyed it. The aim of the activity was to Celebrate International Day of Persons with Disabilities and creates an opportunity for equal participation. Students interacted with persons with disabilities and learnt the rules for playing sitting volleyball. The activity developed an empathetic approach in students towards persons with disabilities. Group leaders from all four Units volunteered for the activity.





Skill Development- Envelope Making

6th December 2021

The NSS Units, IIS (deemed to be University), Jaipur organized an activity of Envelope Making on Monday, 6th December, 2021 in order to bring out creative talents of students. The students made beautiful envelopes and showed their creativity. The main objective of this activity was to explore the students' imagination and creativity and develop creative skills in them. The envelopes were made to raise money to help under privileged children. The students of BVA semester 7 (Applied arts) Geentanshi Kumar palak mathur they told how to make a envelope easily . They told us that an envelope can be prepared by any kind of paper and envelope making is a fun activity where we can also print digital prints paper or any of our favorite kind of paper. These skills are being taught to acquaint them with the ways they can help students and generate employment skills to the needy. Most of the students participated enthusiastically in the session. They displayed their creativity by beautifully making creative envelopes. It was a skillful session for the students. 48 NSS Volunteers participated in the activity.



Guest Lecture on Legal Awareness for Youth

6th December 2021

On 6th December 2021 , for NSS activity guest lecture was organized on the topic legal awareness for youth by Mr. Abhishek Sharma and Mr. Ashok Nishad . Mr. Abhishek Sharma is an advocate of Rajasthan high court ,he spoke about the importance of law and created awareness ,then he told a few short stories in which people are not aware of some basic law and because of this they couldn't avail the full benefits of law ,then he talked about 3 law ,which one person should be aware of :traffic law , female law. The informed that if there is any issue or problem related to females than there is government helpline number 1090 and 1091. They also discussed about the environment law . Mr. Ashok Nishad motivated students and gave little advice to students to overcome their fear and to be confident. Students were giving a peculiar listening, and some students were already aware of laws, students thoroughly enjoyed the activity .94 volunteers participated in the activity. The session was really informative and worth organizing. Students got to know about many laws for the first time which would surely be helpful for them in life.



Celebration of Human Rights Day: Quiz Competition

10th December 2021

On the occasion of world Human Rights Day , NSS collaborated with department of history and political science ,and organized a quiz on human rights on 10th December 2021 . All students of NSS and department of political science and history were present. Quiz was taken by Mr. Prithvi raj Singh Chauhan, Assistant Professo from department of political science .

The students enthusiastically participated and showcased their brilliance by rapidly answering the questions. Though some of the questions were very tricky, the students tried to answer them with confidence. In the end , students namely Navya Sharma , Vanika Choudhary , Jhanvi kubani and teachers expressed their view on human rights . They found this competition very informative and knowledge enriching.15 student volunteers enthusiastically participated in the activity.



Skill Development: Paper Bag Making

13th December 2021

NSS activity organized on 13th December 2021,we have learnt making paper bags. The main motive of this activity was to increase creativity and to impart the reuse of waste newspapers and make the best out of it. The paper bags has been prepared using old newspaper, fevistick, ribbon.the orator of the activity sakshi and Megha Agarwal has helped volunteers in making the bags. All volunteers has actively participated in this activity. The procedure of making paper bag was quiet easy and creative so everyone did it with full joy and pleasure. The bags were made by using newspaper or brown sheet, glue, and ribbons (for handling).This activity was not done only for enjoyment but the main reason of this activity was to eliminate the use of plastic bags from our lives as plastic is not only harmful for us but it is really very harmful to the nature and specially animals who unknowingly eat plastic bags and lose their lives. So through this activity was done to stop the usage of plastic bags and start the usage of paper bags. At the end of the session, we have collected all the paper bags made by all volunteers and decided to give them to street vendors. 56 volunteers participated in the activity.



Slogan Recitation and Poster Making – Azadi ka Amrit Mahotsav

13th December 2021

The NSS Units of IIS (deemed to be University), Jaipur organized an activity on Slogan Reciting and Poster Making on freedom movement on the theme of Azadi Ka Amrit Mahotsav on 13 December, 2021 in order to bring out patriotic feeling of students and to make them aware about some current issues. The students made beautiful posters and showed their creativity in recitation. The main objective of this activity was to acquaint students about the sacrifice of our national leaders of freedom movement and importance of freedom. Most of the students participated enthusiastically in the session. They displayed their creativity by beautifully making creative posters. The main aim of this activity was to inculcate patriotism in the students by remembering Netaji Subhas Chandra Bose and his inspiring sayings. 44 NSS volunteers participated in the activity. Some famous quotes which were spoken by the students were:

- “One individual may die for an idea, but that idea will, after his death, incarnate itself in a thousand lives.”
- “No real change in history has ever been achieved by discussions.”

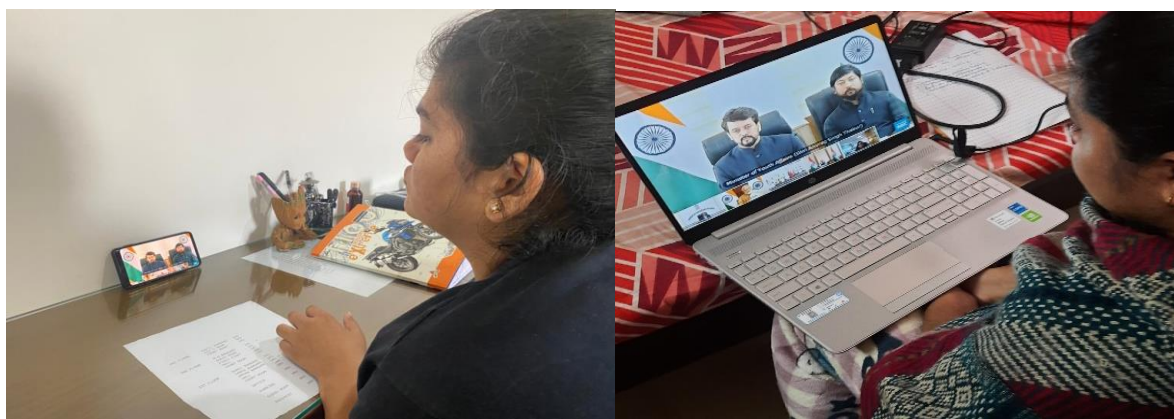
- “Give me blood and I will give you freedom!”
- Freedom is not given it is taken.
- Reality is, after all, too big for our frail understanding to fully comprehend. Nevertheless, we have to build our life on the theory which contains the maximum truth.



Celebration of National Youth Day 12th January 2022

The day is celebrated to highlight the youths who are the future of our country and to commemorate the birth anniversary of Swami Vivekananda who always motivated the youth of the country and spoke about the right use of the youth in the development of the country. Swami Vivekananda's life and teachings have encouraged millions across the world. In 1985, the Government of India declared Swami Vivekananda's birthday – January 12 – as National Youth Day in honor of the great philosopher and monk. To bring this patriotism and to give knowledge about the particular day the IIS (Deemed to Be University) and 33 NSS volunteers participated in 25th National Youth Festival which was addressed by our honorable prime minister Narendra Modi. National Youth Day 2022: Prime Minister Narendra Modi inaugurated 25th National Youth Festival in Puducherry on Wednesday, January 12, 2022. PM Modi highlighted the fact that today, the world sees India with hope because India represents the youth with its dreams, actions & innovations. He highlighted how India's rich ancient heritage continues to remain 'young' in the lives of Indians & reflects in our day-to-day lives.

PM Modi said, “India’s two important assets ‘demography & democracy’ are the development drivers for India, which the Indian youth is leading shoulder-to-shoulder.” Open discussions with Olympians and Paralympians and live performances are also scheduled to be conducted in the second half. The festival aims to shape the minds of India’s youth and transform them into a united force for nation building. It is one of the biggest exercises in social cohesion and intellectual & cultural integration. It aims to bring diverse cultures of India and integrate them into a united thread of ‘Ek Bharat, Shrestha Bharat’.



Logo and Badge Distribution of 73th Republic Day for Azadi ka Amrit Mahotsav

17th January 2022

NSS volunteers of IIS (deemed to be University), Jaipur spread the cheer of 73rd Republic Day by pasting Republic day posters at public places on 17th January 2022. Volunteers of NSS made badges with ‘Azadi ka Amrit Mahotsav’ printed on them, and tucked them to public workers’ uniforms. Azadi Ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of independence and the glorious history of the Indian culture and achievements. By making badges and posters the volunteers spread the idea of acknowledging those who have not only been instrumental in bringing India thus far in its evolutionary journey but also hold within them the power and potential to enable the vision of activating India 2.0, fuelled by the spirit of Aatmanirbhar Bharat. 70 NSS volunteers participated in the event. Inviting active participation of the volunteers, event made the volunteers feel a part of the Republic Day celebrations.



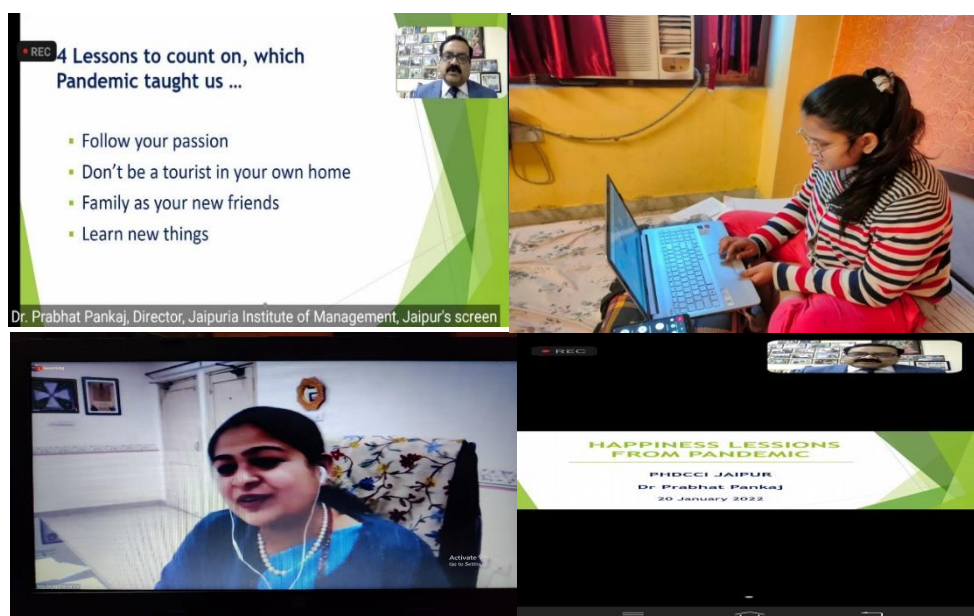
Webinar on “Happiness Lessons from pandemic”

21st January 2022

The NSS Wing of IIS (deemed to be University) organised a webinar on “Happiness lessons from pandemic “in association with PHDCCI – Rajasthan Chapter and Jaipuria Institute of Management, Jaipur.

In the session personals from PHDCCI, teachers/professors from IIS University and Jaipuria Institute, Jaipur taught the volunteers some happiness lessons. They taught that one should always looks at the positive side of things and situations.

70 NSS volunteers attended the session. Students interacted with the teachers and PHDCCI employees and learnt about different dimensions of happiness, their experience from the pandemic, their views on strong need to find happiness, how they linked happiness with socializing, how to find peace in oneself, to have a positive approach towards life etc.



Webinar on “Need of the hour: Dignity of the Girl Child”

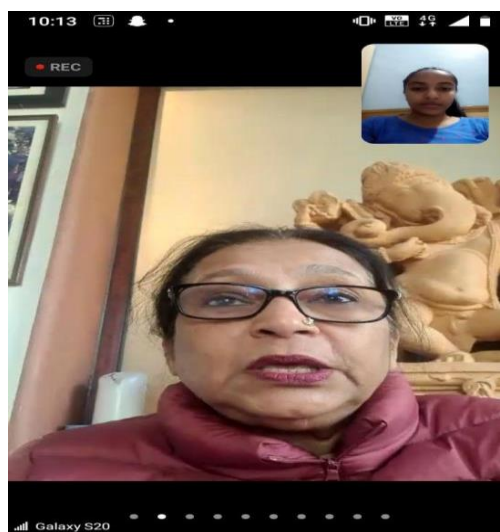
24th January 2022

On the occasion of National Girl child day, NSS unit of IIS (deemed to be university) organised a talk on the topic “Need of the hour: Dignity of girl child” as a part of Azadi ka Amrit Mahotsav. 124 students attended the session.

The speaker was Major Dr. Meeta Singh, chairperson, Dignity of girl child. She started with the issues a girl faces in the society today. She focused on discrimination most girls face in their own family, she also talked about the challenges which all the girls face in the modern times and then elaborated its reasons and consequences. She talked about how at an individual level in our own communities and families we being females can address and overcome the issue and save each other.

The session also encouraged students to respect and stand up for themselves thus maintaining the dignity of our gender and saving each girl child around. It was a very helpful session for the students.

The session concluded with vote of thanks.

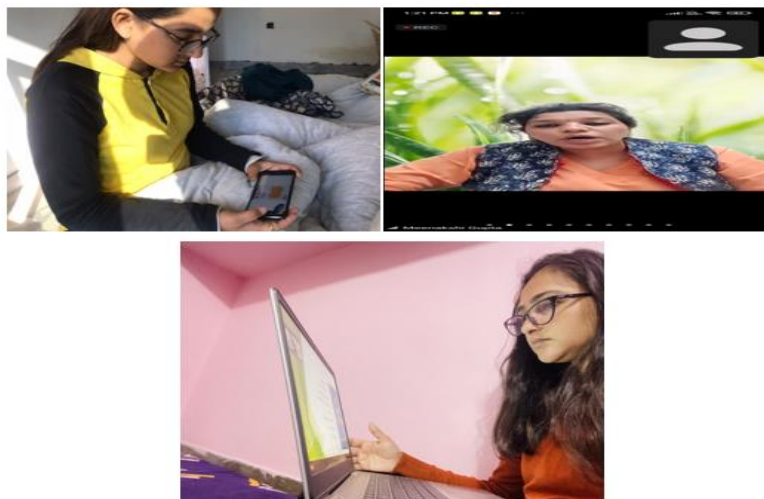


Webinar on “Igniting the spirit of patriotism among youth “ 25th January, 2022

The NSS Wing of IIS (deemed to be University) organized a webinar on “Igniting the spirit of patriotism among youth” on the occasion of National Girl Child Day. A total of 26 volunteers from NSS Unit IV participated for the webinar and the Speaker of the day was Capt. Meenkashi Gupta (Retd.).

She discussed about National Defence Academy (NDA) exam and importance of Army for National Security. Then she shared her experiences of life in the Army. She also encouraged students to prepare for Defence Exams and discussed about the basic eligibility criteria to appear in the exam.

Students were highly influenced by the program and efforts of Capt. Meenkashi Gupta (Retd.) who highlighted the importance of Army and encouraged girls to join the Defence Services.



Voter's Day Pledge

25th January 2022

NSS volunteers of IIS (deemed to be University), Jaipur celebrated National Voter's Day on January 25th by taking a pledge that stated their responsibility towards the nation.

The Indian government commemorates National Voters' Day to identify those who are eligible to vote, encourage people to vote, and reassure voters about the election process's security. Led by Dr. Ashok Gupta, Chancellor, IIS (Deemed to be , University), Jaipur, the purpose of the event was to highlight the importance of each vote, and invite active participation of new voters.

Started in the year 2011, National Voter's Day aims at encouraging young voters to participate in political processes and practice democracy. The theme behind the celebration is Inclusive and qualitative participation' reiterating the commitment towards reaching out to the last voter and promoting informed and ethical voting.

20 volunteers of NSS unit 1 participated in the event.

The event aroused students' enthusiasm to be responsible citizens of India.



Webinar on “Talk on Menstrual Health”

31st January 2022

Mental health is a very important aspect of human well-being and it is pivotal to have open discussions about it. The NSS unit of IIS (deemed to be University) organized a guest lecture on menstrual health. A total of 130 volunteers participated in the lecture. The speaker of the day was Dr. Nitya Choudhary. She is a CSR executive in Unicharm India.

She wonderfully explained the importance of menstrual health. She emphasized that girls and women need to maintain good menstrual hygiene to uphold their health and dignity.

Students were highly influenced by the lecture. The session helped in sensitizing them on various complications arising because of lack of menstrual hygiene. She ended the lecture by teaching some asanas to get rid of menstrual cramps or pain during periods like Vajrasana, Shashankasana and Marjaryasana.



Guest Lecture- Early detection and prevention of Cancer

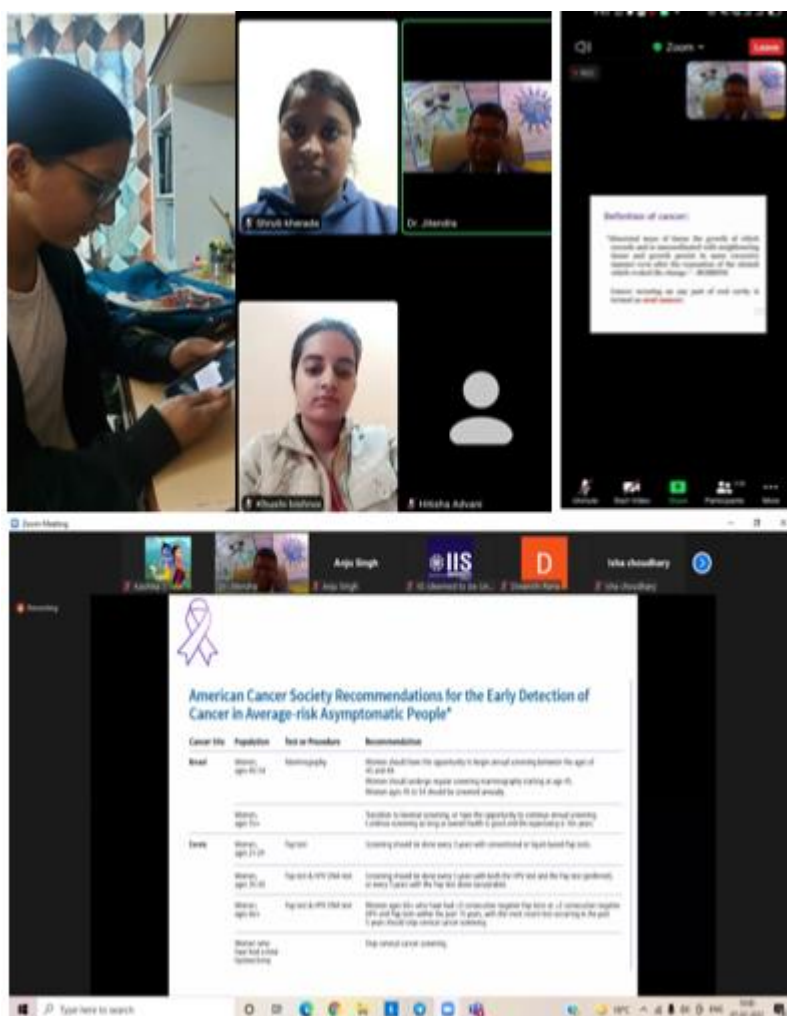
7th February 2022

The NSS wing of IIS (deemed to be University) organized a webinar on "Prevention and Early Detection of Cancer" in association with HCG Hospital, Jaipur. The speaker for the event was Dr. Jitendra Pehlajani, Consultant Medical Oncology, HCG Hospital, Jaipur. The Lecture was attended by 164 NSS Volunteers.

Dr. Pehlajani started the lecture by explaining about cancer and how we can differentiate cancerous and non-cancerous tumors. He explained 3 types of cancer growth and told that breast cancer is the most common kind of cancer affecting the population. He has also made aware the students about the right time to consult a doctor, how we can prevent the things which can lead to cancer and adopt a healthy way of life. He said healthy life can be achieved by a) good lifestyle including balanced diet, 40-45 minutes of exercise 5 days a week b) get vaccination and c) reduce stress and d) limit exposure to sun after 10am as it can lead to skin cancer. He has also shared that cancer survival rate has improved a lot since the 20th century

due to advancement of technology. In whole lecture his main emphasis was on the importance of early detection, prevention of cancer.

This session seemed successful in achieving its aim to create awareness about cancer in young women.



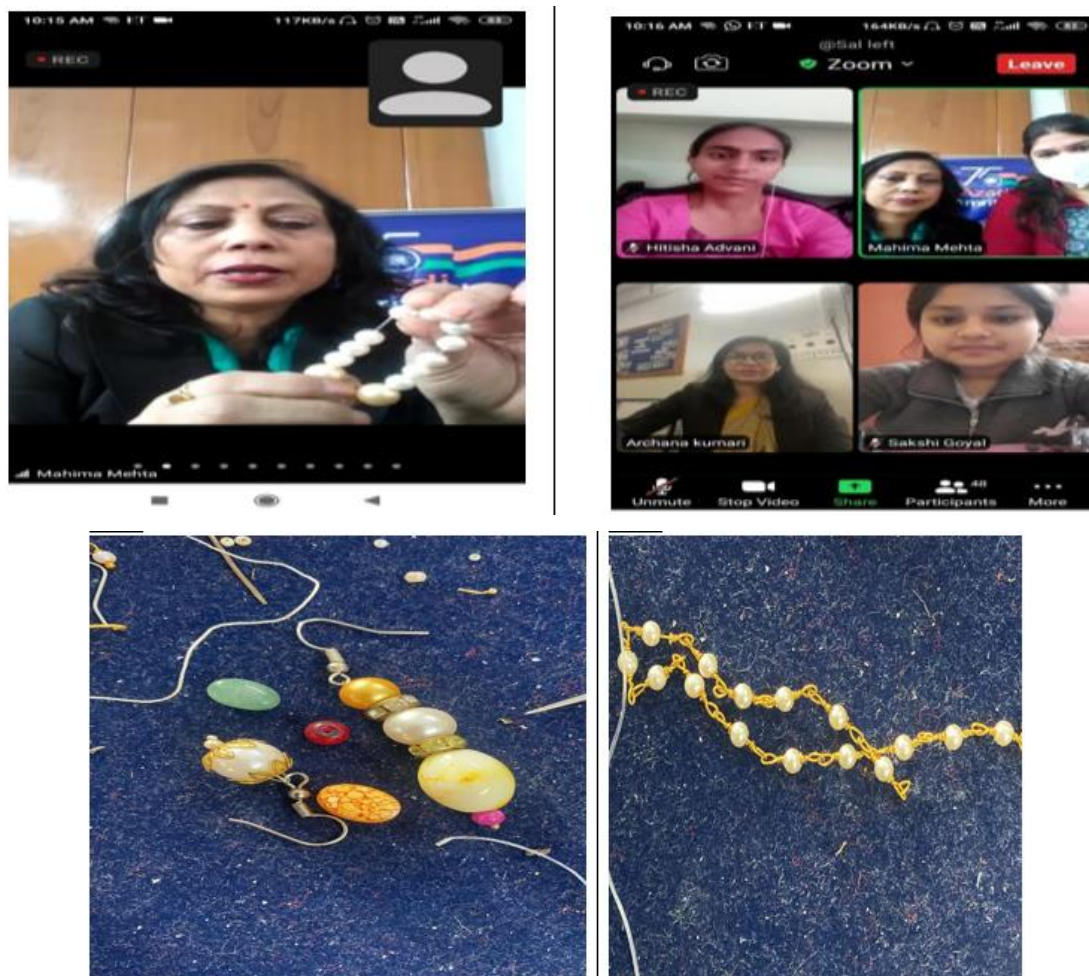
Skill development Webinar on “Jewelry making through beading art”

14th February 2022

On 14th February Monday, NSS unit of IIS (deemed to be university) organised a session on Jewellery making through beading art as skill development activity for the students.

Dr. Neeru Jain Associate Professor IIS(Deemed to be University),Jaipur and Dr. Mahima Mehta guided students regarding how to make jewellery (Earrings, Bracelet, Ankelet) using dot wires, beads, findings, loop etc. 50 Students attended the session. The activity was very interactive, with them making jewellery in the session as live example.

Students had a very knowledgeable experience and found it really exciting. The session concluded with a vote of thanks.



Poster making on title ‘Tobacco is injurious to health’

14th February 2022

The NSS Wing of IIS (Deemed to be University) organized a poster-making activity on ‘Tobacco is injurious to health’. A total of 48 NSS volunteers participated. The volunteers were asked to create handmade posters explaining the causes and ill-effects of tobacco along with a relevant slogan.

The volunteers showcased their creativity and made beautiful and creative posters. They mentioned the ill-effects of tobacco consumption like cancer, breathing problems and chronic respiratory conditions, heart diseases, stroke and blood circulation problems, diabetes, infections, and more. They also mentioned facts about tobacco and wrote slogans like ‘Kill

Your Bad Habits, Not Yourself'; 'Don't Let Tobacco Destroy You, Destroy Tobacco'; 'Smoking Kills' to create awareness among the general public.

The students learned the harmful effects of tobacco on health in the long run and it helped in creating awareness to 'Quit Tobacco Consumption'. The activity also motivated the volunteers to spread awareness in their family and friends too.



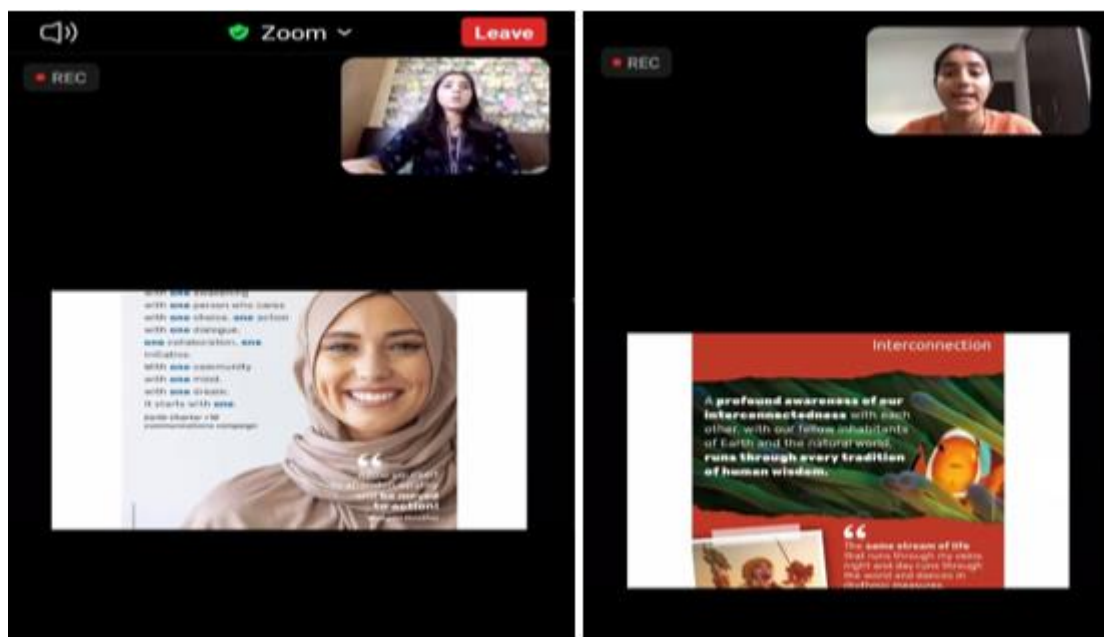
Exhibition: Seeds of Hope and Action

21st February 2022

The NSS Wing of IIS (deemed to be University), Jaipur organised a Guest Lecture and Exhibition on "Seeds on Hope and Action". The session was conducted by Ms. N.S. Anand of Bharat Soka Gakkai, Indian affiliate of Soka Gakkai International (SGI), a global association of grassroots organizations that seeks to promote the values of peace and respect for all people. 107 Volunteers attended the session.

The exhibition stressed our interconnectedness with the rest of the community of life and the need to broaden our sphere of compassion. It encouraged the volunteers to overcome feelings of powerlessness and highlighted the fact that a single individual can initiate positive change. It also introduced a positive vision for sustainable living that can contribute to the realization of the Sustainable Development Goals (SDGs).

The session was very informative and motivating. The students interacted with Ms. N. S. Anand and shared their views and experiences about pandemic. They also learnt about the need to promote the values of peace and respect for all people.



NSS Special Camp 2021-22

Schedule of NSS Special Camp

21/02/2022 to 28/02/2022 February 2022

D a t e	8.00- 9.15	Gue st Lect ure on	9:30 – 10:30	10:30- 12:30	12. 30- 1.3 0	1.30-2.30	2.30 - 3.00	3.00- 4.15
21.2.2022	Yoga sessio n		Guest Lectur e on Seeds of Hope & Action: Makin g SDGs	In- house Projects : one student one plant	Lun ch	Poster making competiti on on: Azadi ka Amrit Mahotsa v	Self Defe nse Trai ning	Nukk ad Nata k Train ing

			a Reality Resource person : Experts from Bharat Soka Gakki					
22.2.2022	Swachhta Campaign		Guest Lecturer on Engaging with the Community to Become the Change Agent Resource person : Major Dr. Meeta Singh	In-house Projects : 'Ek Bharat Shreshta Bharat'		Yoga session	<u>Self</u> Defense Training	Nukkad Nataki Training
23.2.2022	Yoga session		Guest Lecturer on	In-house Projects		Workshop on Jewelry	Self Defense	Nukkad Nata

			Adolescent Women and Menstrual Health by Ms. Jahanvi Rathore	: Best Out of Waste		making	Training	k Training
24.2.2022	Yoga session		Laws related to women and child protection by Aparna Jain	In-house Projects : preparation of teaching aids for school children		Guest Lecture on Anemia among Adolescent	Self Defense Training	Nukkad Natak Training
25.2.2022	Yoga session		Zumba Session	Seedball Preparation Workshop Performance of Nukkad Natak		Exhibition of Products made by Village Artisans Fagots	Self Defense Training	

						av Dance	
26.2.2022	Yoga sessio n		Visit to villages- Hasampura, Nevta, Jaisinghpura, Muhana			Visit to villages- Hasampura, Nevta, Jaisinghpura, Muhana	
28.2.2022	Yoga sessio n		Visit to Government schools of Haziyawala,			Gender Champion Club	Valedictio n ceremony

DAY 1

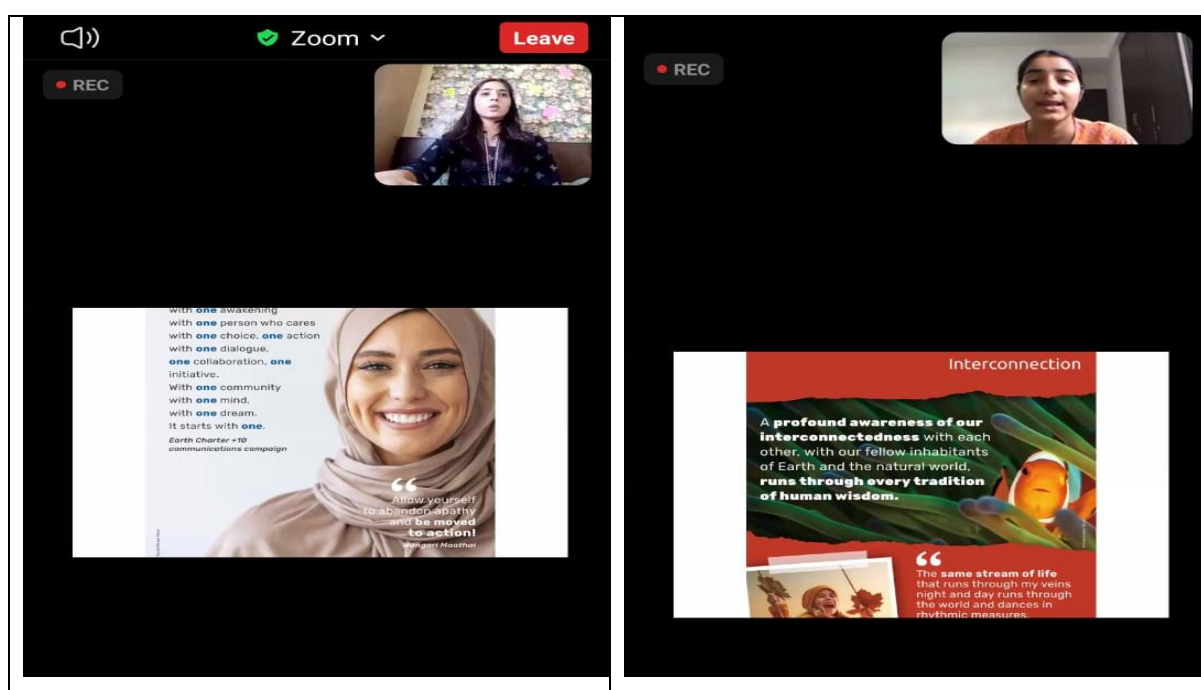
Yoga session - The day started with yoga session for volunteers of NSS special camp 2022. The instructor for the session was Ms. Janki Pareek. The session was conducted with an objective of making the volunteers physically as well as mentally fit. During the session different asanas were demonstrated by the instructors. The instructor also provided basic knowledge and information regarding relevance of different asanas to the audience.

Interactive session on Seeds of Hope and Action

To create awareness about the Sustainable Development goals and what actions can be taken by the youth to awaken oneself for the mission towards 2030. To spread the belief that a fundamental change in a single individual can bring about a great transformation in society.

NSS volunteers participated in the online session on the “Seeds of Hope & Action” (SOHA) organised on the first day of NSS Camp. The session was conducted by Mr. N.S.Anand, Head, Bharat Soka Gakkai External Affairs who answered various queries at the end. The session was moderated by Ms. Himani Sharma. The panelists includes the students Tanu, Devika and Jahanvi who deliberated the importance of SDG. The exhibition stresses our interconnectedness with the rest of the community of life and the need to broaden our sphere of compassion. It encourages viewers to overcome feelings of powerlessness and highlights the fact that a single individual can initiate positive change. The 25-panel SOHA exhibition also introduced a positive vision for sustainable living that can contribute to the realization of the Sustainable Development Goals (SDGs). It included panels portraying six individuals from South Sudan to Lebanon and Brazil who have successfully taken action for change. The SOHA

exhibition is an updated version of the “Seeds of Hope: Visions of sustainability, steps toward change” exhibition created in 2010 to mark the 10th anniversary of the Earth Charter. The initial section introduces the idea of interconnection with inspiring quotes from different spiritual and faith traditions. There are newly added panels on climate change, the SDGs and the Mapping app, and QR codes now provide links to further information for online use. An interactive page has been created to collect online viewers’ ideas for action inspired by the exhibition. The exhibition used the “Learn, Reflect, Empower, Lead” formula outlined in Daisaku Ikeda’s proposals on education for sustainable development and is a resource for the UNESCO initiative ESD for 2030.



In-house Project- Volunteers were given the project of one student one plant. They were asked to plant one tree at their home and one in their neighborhood and take care of their tree. At the end of the camp they were asked to bring that plant and put it in the campus.

Poster making competition on: Azadi ka Amrit Mahotsav

The next activity of the camp was poster making competition on the theme of ‘Azadi ka Amrit Mahotsav’. Students were given one fourth of ivory sheet and sketches, paint, crayons and asked to make posters on the given theme. Many of them drew the specific historical event like Dandi March. Few of them depicted the contribution of freedom fighter in getting independence. At the end they demonstrated their poster and spoke few line about their poster.

Self-Défense Training

Mr. Tyagi started this week long training programme by making the students aware about the importance of Self defence in everybody's life. He told, how it boosts one's confidence and ability to deal with difficult situations by having presence of mind and some basic self defence skills. He discussed how women can become both mentally and physically strong enough to fight for themselves and others in times of need by learning some basic techniques.

Nukkad Natak Training

After attending the self defense training students gathered in back lawn area for practicing Nukad natak which they were suppose to perform on the fourth day of the camp. Dr. Aditi R. Khandelwal was the trainer.

Day 2

The Day 2 of NSS special camp was held on 22nd February. The Day was very eventful and filled with various activities for development of community awareness, physical fitness and Skills among the NSS volunteers.

Swachhta campaign- The day began with a swachhta campaign where students were asked to clean the campus and nearby area. All campers participated enthusiastically and cleaned all nook and corner of the campus and its surrounding areas.

Seminar on “Engaging with the community to become the Change Agent”. The speaker of the session was very vibrant Major Dr. Meeta Singh, *Chairperson, Dignity of girl child*. She began the session by making NSS volunteers aware about the Issues faced by a girl in the society and talked about gender equality and women empowerment. Then, she emphasized on some basic tips for effectively engaging with the community and connecting with them during community centric activities for impactful contribution towards the society. She talked about how volunteers should reach out the community through Panchayats and other officials to seek their support, greet the residents of the community always with a smile and greetings, connect with them personally, give an ear to their problems and try giving them practical solutions. She also talked about the importance of maintaining regular communication with them. The session was very important and appropriate in the beginning of the camp for proper and effective execution of community activities during the camp and even after that.



In-house Project- On the second day students were asked to learn five sentences in Asamese language under the project 'Ek Bharat Shreshtha Bharat'. Two asamese students were present in the group who taught others five sentences in asamese language. The next activity under the same project was to make them aware about any two asamese culture specific festival in which the asamese students discussed about Bihu and Majuli Festival.

Next activity was **Yoga session** which was held by Ms. Janaki Pareek from IIS (Deemed to be University) in the University Back lawns. Ms. Pareek inducted the students about the importance of Yoga for a healthy body and a healthy mind. Then she gave a brief introduction of history of Yoga, its importance and some basic asanas of Yoga. The latter half of the session included some basic warm up exercises followed by Suryanamaskaar, and various other asana.





Martial Art training- The day ended with a session on Martial Art training by Mr. Dhananjay Tyagi from *Indian Martial Arts Academy*. Mr. Tyagi started this week long training programme by making the students aware about the importance of Self defence in everybody's life He told, how it boosts one's confidence and ability to deal with difficult situations by having presence of mind and some basic self defence skills. He discussed how women can become both mentally and physically strong enough to fight for themselves and others in times of need by learning some basic techniques. At last he taught several basic-level self defence techniques to the participants and discussed about his action plan for the entire week as well. It was great learning for everyone and it benefitted students a lot.

Nukkad Natak Training

After attending the self defense training students gathered in back lawn area for practicing Nukad natak which they were suppose to perform on the fourth day of the camp. Dr. Aditi R. Khandelwal was the trainer.

DAY 3

The day started with **yoga session** for volunteers of NSS special camp 2022. The instructor for the session was Ms. Janki Pareek. The session was conducted with an objective of making the volunteers physically as well as mentally fit. During the session different asanas were

demonstrated by the instructors. The instructor also provided basic knowledge and information regarding relevance of different asanas to the audience.

Guest lecture on the topic “Adolescent Women and Menstrual Health”- Second activity of the day was a guest lecture on the topic “Adolescent Women and Menstrual Health”. The speaker of the session was Ms. Jahanvi Rathore . Ms. Rathore during the session imparted knowledge regarding use of menstrual cups during periods. She started the session by discussing the reasons for using as well as for not using the menstrual cups by the girls. She highlighted the fact that menstrual cups are eco-friendly as compared to tempons. She pictorially explained the correct way of fixing it. She also removed many myths of girls regarding use of these cups. The session ended by addressing the queries of campers.



In house project- Next activity of camp was in house project wherein campers have made different items out of waste material. During the activity , campers have made different items like first aid box, cloth bag, stationary box , candle stand, paper puppet, paper decorative items, item organizers, etc. For making these items the material used are shoe box, waste newspaper, pistachio shell, used plastic bottles, used T – shirt, etc. Towards the end, campers displayed their items and explained how and from which material they made those items. All the items made by campers were very beautiful.



Workshop on jewelry making- After in house project, a workshop on jewelry making from scrape item was organized for campers. The demonstrator for the session was Dr. Neeru Jain. She demonstrated to the campers that how beautiful jewelry items can be made from different scrape item like x-ray film, fabrics, buttons, safety pins, leather, tyre tube, etc. She showed some basic tools and common item which are required to make small jewelry items like ring, ear ring, neckline. She also displayed jewelry out of scrap items made by her to all the campers. Towards the end few campers have made small jewelry items under her supervision.



Next session was of **self defense training** . During the session , campers were taught about different self defense techniques followed by practice for **Nukad Natak** with Dr. Aditi R. Khandelwal.



DAY 4

Yoga session - The 4th day started with Yoga session with Ms. Janki pareek. She trained the students few asnas for making the body flexible and some asnas which helps in increasing stamina.

Session on Laws related to women and child protection- day 3rd of NSS Special Camp 2022, From 9:30 to 10:30 a theoretical session on Laws related to women and child protection was conducted by Aparna Jain. She is a founding partner of knowledgentia consultants. She briefed about the term “Harassment” and the laws related to women and child protection.

In-house Projects: preparation of teaching aids for school children- Students were asked to make teaching aids for children of primary classes on the subject mathematics , science and English. They made beautiful charts, posters, worksheets and few of them also made 3D models.

Session on Anemia among Adolescents- Second session held from 1:30 to 2:30 was conducted by Gargi Saxena, she is presently working as a senior assistant professor in the department of home science at IIS University She has over 12 years of teaching experience. She briefed volunteers about Anaemia and consequences and how to overcome it.

A Question/ Answer round was held after both the seminars in which volunteers questioned the speakers to satiate their curiosities.

Self-defence session- From 2:30 to 3:15, was a self-defence session by Mr. Dhananjay Tyagi. He trained volunteers the different attack and defence techniques which can be useful in difficult situations. This was followed by practice for **Nukad Natak** with Dr. Aditi R. Khandelwal.





DAY 5

The fourth day of NSS Special Camp was celebrated on the theme 'Fagootsav' and all the volunteers wore traditional attires.

Zumba session - The event commenced with the NSS song and an energetic Zumba session by Mr. Mayur Prajapat. Mr. Mayur is a dancer by profession, also a social worker and has conducted many donation drives. It was a fun and energetic dance workout which moved between high and low intensity dance moves on the beats of Hindi and Punjabi bollywood songs. All the volunteers enthusiastically participated and felt charged up.



Seedball Preparation Workshop - The event was followed by 'Seedball Preparation Workshop' by Mr. Shankar, landscaper at IIS University, Jaipur. Seed balls or seed bombs are seeds that have been wrapped in soil matter and then dried. Seed balls are one of the easiest and most sustainable ways of cultivating plants to win a manner that avails a larger window of time until the sowing window comes. Seed balls are also the best and most convenient way of dispersing seeds. Mr. Shankar demonstrated seed ball preparation with sand, manure and clay in 1:2:1 ratio. He also emphasized on the importance of seedballs.



Performance of Nukkad Natak - Next, The IISU Theatrical Society performed a Nukkad Natak on the theme "What matters the most in Life". Theatre allows us to step into someone else's shoes and see life from their point of view. It was a feast to the eyes to witness such an astounding street play performed on the University Lawn.



Exhibition by women artisans from Self Help Groups- This was followed with an exhibition by women artisans from Self Help Groups which was inaugurated by Hon'ble Chancellor, Sir Ashok Gupta, IISU, wherein village women displayed various beautiful handmade articles like dresses, handbags, purses, jewellery, soaps, pots etc. This was a perfect example of women empowerment. Also, a Rajasthani dance was performed by a group of NSS volunteers.



Celebration of Fagootsav Holi - Thereupon, all the NSS Volunteers danced on Fagootsav holi songs as a part of Fagootsav celebration.

Self Defense session - Finally, day 4 of NSS Special Camp ended with a Self Defense session empowering young women. The coach for the session was Mr. Dhananjay Tyagi. He is a certified martial arts teacher. He taught tools and skills one needs to confidently assess a negative situation and navigate effectively.



DAY 6

Visit to Villages

A visit was organised on day 6 of the camp to 4 villages namely: Hasampura, Muhana, Nevta and Jaisinghpura. Various activities were carried out in all 4 villages.

VISIT TO HASAMPURA VILLAGE

S. No.	Activities in Hasampura Village
1	Swachhta Campaign through Games
2	Stationary Distribution
3	Ban single use plastic: Demonstration on making of Ecobricks
4	Women Empowerment: Skill development through candle making workshop

The volunteers and the faculty coordinators went to Hasampura Village. They first went to the 'Hasanpura Government School' where they started the programme by explaining the school students about what is plastic waste and how we reduce the plastic waste which is non-biodegradable and pollutes the environment. They explained the students about the harmful effects of plastic on our environment such as plastic are toxic and detrimental to the human body. It can cause various diseases like cancer, genotoxicity etc. Then the volunteers introduced eco-bricks and demonstrated them the making and usage of eco-bricks and how they can be used to make many things such as furniture, walls and buildings. They also gave the students some tips to avoid plastic usage and wastage.

Following that, stationary sets were distributed among the students and the volunteers played

some fun Swatchhta games with them.



The

volunteers and the faculty coordinators then visited village community, gathered women and explained them the usage of candle and demonstrated them different ways on how to make candles at home and save money, through which they can also involve themselves in a small profit business. Then they told them about the importance of masks and their usage. The volunteers and teachers then distributed handmade cloth masks to the villagers and asked them to wear masks whenever they at any public place.





VISIT TO NEVTA VILLAGE

S. No.	Activities in Nevta Village
1	Swachhta Activities
2	Career Counselling for students of Higher classes
3	Skill development through Tie and dye workshop

On their day 6, the volunteers participated in series of events including field visit to a school in Nevta that entailed swachhta activities, career counselling, and delivering a tie and dye session to school children. Following the field visit was the karate session that taught the volunteers plethora of self defence techniques.

The camp aided the volunteers in personality development by providing them a hands-on experience on community service and teaching them team work. By the end of the day, the volunteers felt enthused and the events have restored their zest for community service.



VISIT TO MUHANA VILLAGE

S. No.	Activities in Muhana Village
1	Literacy
2	Poster Making Competition
3	Session on Mental Health Awareness

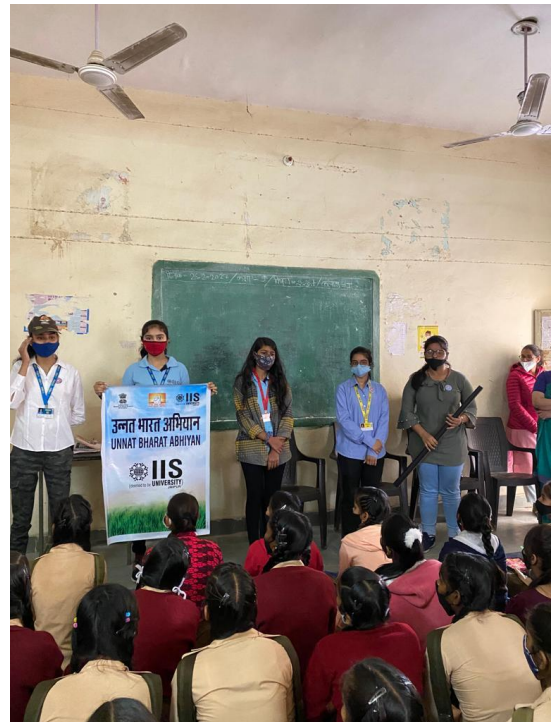
On the 6th Day of NSS special camp 2022 , Campers of unit II visited government senior secondary school, Muhana and conducted three activities – teaching school students, poster making activity for creating awareness for general issues, and mental health awareness session. In the teaching activity students of class 1 to 5 were taught English, Hindi, mathematics and topics of general awareness like about national bird, animal, emblem, etc. of India. Along with teaching in order to make learning fun students were encouraged for story telling and poem recitation too.

not only just distributed stationary items but also taught them some basic. For class 1-5th For student of 6th to 8th standard posters making activity was organized on the themes- Azaadi ka Amrit Mahotsav, Swachh Bharat and Environment protection. Winners of activity were awarded with stationary kits.

Apart from these activities a few volunteers with teacher coordinators organized a mental health awareness session for the students of higher class(9-12th) by giving some tips which will help them to reduce and manage their stress. They students were made aware of what is mental health , the signs of mental illness which they shouldn't ignore, government helpline number for contacting in the situation of mental illness. The session was concluded by small activity like deep breathing and shaking hands for relaxation if they feel anxiety before exam. All the students were very happy and enlightened after this fun learning session. As a feedback from volunteers , they quoted “After meeting these children, we got to know that they are not only energetic, interactive but intelligent too”.Visiting the school was indeed a satisfactory experience for all the NSS volunteers.







VISIT TO JAISINGHPURA VILLAGE

S. No.	Activities in Jaisingpura Village
1	Awareness on relevance of hygiene in post-Covid era
2	Stationary Distribution in Government school
3	Rally on Literacy
4	Poster making competition on environmental awareness /Personal Hygiene



During the first and the second wave of Covid -19, it was impossible for the institutions to

reach out to communities in person, but on virtual platforms, interaction could be maintained. The prevalence of the pandemic has exposed us to the various social-economic problems. Apart from the problems of health infrastructure, the world also suffered from sudden loss of employment owing to the situation of lockdown. We live in a world of new uncertainties which require us to be more prepared and responsible. Rural communities suffered more on the economic front because of the dependence on sub-urban and urban areas for commercial activities. So, it was decided by the University to focus on awareness, advocacy and skill development to start addressing the concern especially from the Covid perspective.

The visit was scheduled on 26th February, 2022. There were 36 students who participated in the field visit to Jaisinghpura. The aim of the visit to interact with the women of the village and spread awareness regarding the relevance of hygiene in post-Covid era and also to take a note of the problems that were specific to the Covid time-period. The second activity was to visit the government school where we distributed stationery kits to the students and also there was a poster-making activity in which students from the school and university were involved. The theme of the poster-making was environmental awareness /Personal Hygiene. The last activity of the day was a rally by the students on literacy.

Talk on Hygiene in the Post-covid times

For this activity, women from the village households were invited for an informal and interactive discussion on the idea of cleanliness. The resource person was Ms Anjali Anand, Department of Sociology, IIS(deemed to be University), Jaipur. The talk began with asking women about the cleanliness measures that they have taken in the wake of covid 19 pandemic. The women replied that they are able to ensure that the homes are clean but making sure of the clean surroundings is being a difficult task as there are problems regarding dumping the waste and also near the water tank, there is water accumulation which is posing difficulty for the people. It was noted that women were aware of the fact that masks need to be worn as the pandemic is still spreading but

they also said that there are hardly in cases of the disease here and things are otherwise well-controlled. On being asked if they experienced economic pressure because of the lockdown, women responded that they all managed but they also felt the need to work outside homes as well. They expressed their interest in learning sewing, embroidery and also they are prepared to receive some formal training for the same. It seems that Covid 19 pandemic has led women to understand that they should also learn skills and contribute in economic sense so that there is a better preparedness in the case of unexpected economic challenges.

Activities at the school

In the school, the volunteers from the University asked the students to poster-making .It was a group activity in which students participated happily bringing their ideas to paper.The posters drawn were a reflection of the fact that they are envision a cleaner and greener environment. It was a creative way to express what kind of understanding they have developed in terms of environmental issues. It was a learning experience for the students through colourful and fun-filled way. The activity was interactive as the student volunteers discussed the relevance of cleanliness as well as the benefits of having a clean environment. Stationery kits were distributed to the children of Anganwadi and primary classes to motivate them as the examination season is approaching

Rally on Literacy

Towards the end of the visit, students took out an awareness rally on literacy. As we know that Covid 19 has pushed a lot of students out of the schooling system in the absence of access to virtual media for education or because of financial problems. This rally was a reminder that education is an instrument of transformation and we have to try our best to address the barriers. We must keep our interest in learning alive so that we can experience desirable social changes. The visit in a lot of ways highlighted the need to promoted women entrepreneurship in Jaisinghpura and also there must more focus on environmental awareness. It was a great experience of engaging with the community.

DAY 7

On day 7 visit to Government primary and upper primary school was organised. Studets of four units visited and conducted various activities in the scjools of Haziawala, sumernagar, Kalyanpura and Dadabari.

VISIT TO HAZIYAWALA GOVERNMENT SCHOOLS

The NSS Wing of IIS Deemed to be University, Jaipur organized a seven days NSS Special Camp from 22nd to 28th February. On the last day of NSS special camp the volunteers visited the Hazyawala Government School. The theme of the visit was “Birthday Celebration”. Those school going children who were not unable to celebrate their birthdays, the NSS group D volunteers organized a birthday party for them. The celebration was started by showing a cartoon movie which was filled up with the moral values. From the movie they learned values like washing hands after and before eating and also after using washroom, not to talk while eating, respect teachers and elderly people, etc. The Volunteers then celebrated their birthday decorating the school with balloons and other decorative stuff and cake was cut by all children. The volunteers also played some birthday games with them and distributed chocolates to them.

All the children enthusiastically danced with volunteers and faculty coordinators and enjoyed a lot. It was a very enjoyable and fun day for all the children.



VISIT TO SUMERNAGAR GOVERNMENT SCHOOL

28th February 2022, the Last day of the NSS special camp 2022 started with the great enthusiasm as every volunteer was so excited to visit the Sumer Nagar primary government school assigned to them. Around 30 volunteers of unit II along with two coordinators went to Sumer Nagar School. NSS volunteers conducted three activities in the school – teaching in senior classes, creating awareness about general issues of concern and stationary donation drive.

For the first activity of teaching, some of the volunteers went to class 4 and class 5 and taught Maths and English to the students. Volunteers have also solved many subject related problems of the students. They also discussed with the students some tips to remain relaxed and tension free during the up-coming examinations. All the volunteers were happy and elated after meeting and interacting with the students.

The next activity conducted at school was to display posters at school. In order to make every student of school aware about the general issues of concern like save water, swachhta, etc. the volunteers had displayed hand-made posters at different places within the school premises. These posters were displayed on the walls of the corridor, on washroom gates, above the taps, in the classrooms so that the students do not have to make much efforts for reading them. They can read it while washing their hands, sitting in the classrooms or going to washrooms.

For stationary donation drive, NSS volunteers took all the students to a common hall and after that volunteers made them sit in rows according to their classes. In the donation drive, a stationary set containing a copy, pencil, eraser, colour and a pen was gifted by volunteers to every student of the school. After receiving the gifts every student of the school was very happy. All the volunteers were overwhelmed by seeing happiness in student's eyes.

Overall it was a great experience as everyone had a really good time meeting the students, talking to them, clicking pictures with them and more importantly seeing the students happy, made our day. We wish to have more visits like this.



VISIT TO DADABADI GOVERNMENT SCHOOL

NSS Volunteers of NSS Unit I of IIS (deemed to be University) went for a visit to Dadabari Government School on 28.02.22. The purpose of the visit was to fill the gap developed in teaching - learning of the students due to COVID 19. The students have lagged behind a lot due to the pandemic and thereby need identification was done by discussion with the school management to fill the gap. In order to expedite the learning process, several attractive and interactive teaching aids were prepared by NSS Volunteers for basic subjects English, Hindi and Mathematics as per the syllabus followed by the School. The NSS volunteers taught the students different topics using these teaching aids and then donated them in the school for regular learning. The Volunteers also distributed 120 Stationary sets among the students during the visit. Dr. Neha Sarin and Dr. Nivedita Singh escorted the NSS volunteers as teacher mentors.



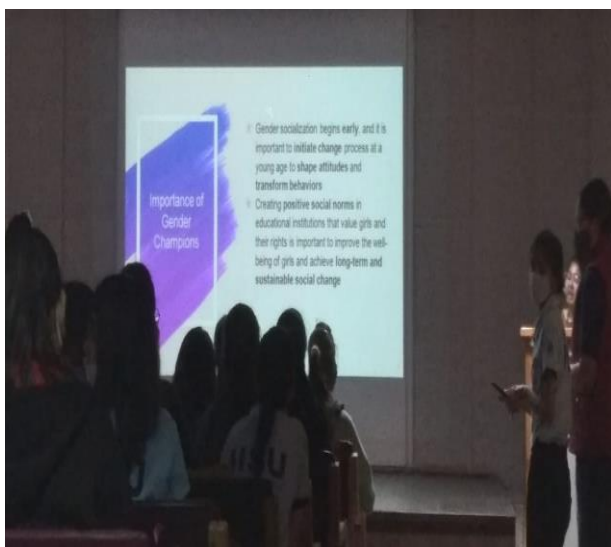
VISIT TO KALYANPURA GOVERNMENT SCHOOL

NSS unit of IIS (deemed to be University) organised a special camp at Kalyanpura government school. Activities were identified, 37 volunteers were divided into three groups where three different tasks were assigned to them. First of all they were asked to interact with the students of different classes and guide them on the topic 'stress management'. The second phase of the campaign was to teach the students of standard 2nd and 3rd on how to make posters. In order to encourage the students the NSS volunteers organised quiz competition, the students happily participated at the end prizes were distributed among the winners. The camp was concluded with the distribution of stationary among the junior level students. Everyone gave their best. The camp was successfully completed.



Gender Champion Club

Then, the camp was followed by a session on gender equality by the group leaders of gender champion club of IIS (Deemed to be University), Jaipur. In this session students learned what is gender champion club is all about, the importance of this club, what is the procedure of joining the club. They also taught students about gender equality and gender biasness. They emphasized that gender socialization begins early, and it is important to initiate change process at a young age to shape attitudes and transform behaviours. It was a very interesting and informative session. Students were inspired to be a part of this club to spread awareness in the society about gender equality and to provide an integrated and interdisciplinary approach to understanding the social and culture constructions of gender that shape the experience of women and men in society.



Valadiction Ceremony

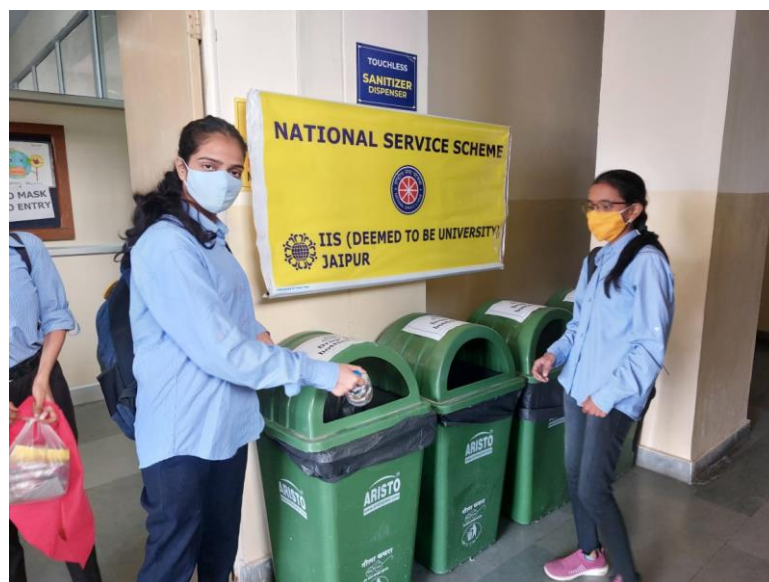
The NSS camp was ended with the valediction ceremony. The student coordinators of Unit I, II, III and IV, shared their experiences of this beautiful journey of seven days. All the volunteers were very happy and thrilled to be a part of this NSS special camp as it helped in developing confidence, leadership qualities by organising and managing various activities, they gained courage and they explored the real problems of the society at grass root level. In the end, the special camp was declared closed by the Chancellor of the University, Dr. Ashok Gupta.



Activity on Single Use Plastic

The plastic generation in India is increasing every day. Annually more than 5 million tonnes of plastic goes to waste, which can be managed better at personal level, segregated at home and upcycled. As a result of many government initiatives and awareness created through private organisation, the use of single-use plastics has been reduced. But still a lot has to be

done to save our environment from this non-biodegradable waste. The IIS (deemed to be University), organised a campaign on **“Recycling Single Use Plastic”** aims at reducing and reusing plastic and upcycling the non-biodegradable plastic waste generated at home and communities. . All students and faculty of the University were asked to make Ecobricks"—filling empty two-litre plastic bottles with single-use plastics over time. They were trained to make ‘Ecobricks’ from single use plastic being used at their home through a video. A collection point was organised by the University where the students and faculty were asked to drop the Ecobricks. Students and faculty participated in this activity enthusiastically and collected 296 Ecobricks. It was collected by campaign partners and recycled into usable items.



Celebration of International Yoga Day

21 June, 2022

Name of the activity	Celebration of International Yoga Day
Day and Date	Monday, 21 June, 2022
Venue	Aditya Hall, IISU Campus
Name of the faculty coordinator	Dr. Anju Singh

Objective: To create awareness about the Sustainable Development goals and what actions can be taken by the youth to awaken oneself for the mission towards 2030. To spread the belief that a fundamental change in a single individual can bring about a great transformation in society.

Eight International Yoga Day was celebrated on 21st June 2022 by NSS Unit of IIS (deemed to be University) Jaipur. The volunteers first listened to the address of the Prime Minister Narendra Modi who extended his greetings to the entire world from the heritage city of Mysuru in Karnataka. He deliberated that Yoga brings peace for us. The peace from Yoga is not only for individuals, it brings peace to our nations and the world. He said that yoga is not only for any individual but for the entire humanity. More than 15,000 people participated in the Yoga celebrations along with the Prime Minister at the heritage city. This year the theme for the celebration is "Yoga for humanity". After the address, the volunteers in the IISU Campus performed the Yoga together with the guided demonstration made online in the celebration in Mysore. The demonstration included the practice of pranayam and some asanas as per the common yoga protocol. Further, some of the students under the able guidance of Ms. Jaanki, Yoga instructor, IIS (deemed to be University), Jaipur demonstrated the advance yoga postures to motivate the students about the positivity to our mind and body. The session ended with hasya Yoga added up to the joy of celebration.

