



# NATIONAL SERVICE SCHEME



## NSS ACTIVITIES

### Report

Session 2024-25



**IIS**  
(deemed to be) **UNIVERSITY**  
**JAIPUR**

Gurukul Marg, SFS, Mansarovar, Jaipur

## **NSS REPORTS 2024-25**

### **UNIT-1**

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3	29/07/2024	Tree Plantation	Muhana Village
4	05/08/2024	Demonstration on Lippon Art	AV Hall
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7	02/09/2024	Netradaan Jagrukta Abhiyan	A.V. Hall and Main Stage
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15	20/10/2024	UMEED 2024 – Kashmir Bharat Ka Swarg	Birla Auditorium, Jaipur
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20	08/11/2024	Poster Making & Rally on “Nasha Mukta Bharat”	Haziawala Primary Government School
21	16/12/2024	Fit India Week 2024	Back Lawns
22	20/12/2024	Tedhe Medhe Reel Contest	Stage Area, IISU
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33	17/02/2025	Self-defence (RajCop Citizen App)	IISU Campus
34	24/02/2025	Guest Lecture on Understanding Pre-Menstrual Syndrome	AV Hall
35	03/03/2025	Empowering Youth for Vikas Bharat	Ojas Hall, IISU
36	08/03/2025	International Women's Day	IISU Lawn
37	17/03/2025	Guest Lecture on Women's Health	AV Hall
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**Activity name:** Registration on My Bharat portal

**Date:** 15 July, 2024

**Venue:** AV Hall, IISU campus



July 10, 2024

**National Service Scheme**

**NOTICE**


The First NSS activity for all units of NSS on 15 July 2024 is:

Name of the Activity : Registration on "My Bharat Portal and  
NSS Code of Conduct"

Day & Date : Monday, 15 July 2024

Venue : A.V. Hall, IISU

Time : 09.30 am– 10:30 am

  
**Prof. Sharad Rathore**  
Programme Officer

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**Report:**



The NSS activity was conducted to raise awareness among students about the *Bharat Portal* and guide them through the process of registering for NSS for the current semester. The event aimed at familiarizing students with the importance of the Bharat Portal, its benefits, and the significance of registering for the NSS program. The objective of this activity was to introduce students to the *Bharat Portal* and its various features. Second, to provide step-by-step guidance on the registration process for the Bharat Portal. Third, to encourage students to register for the National Service Scheme (NSS) for this semester. Lastly, to promote civic responsibility, volunteerism, and active participation in community development.

The second half of the session focused on the importance of registering for NSS for the current semester. NSS coordinators explained the purpose of NSS. Students were reminded about the core objective of NSS, which is to develop a sense of social responsibility among the youth and involve them in various community service initiatives. Secondly, explained about the registration process. The registration process for the NSS program for this semester was explained in detail. Students were guided on filling out the online registration form, selecting their preferred areas of service, and understanding.

**Date :** 22nd July 2024

**Venue:** AV Hall and IISU Back Lawns

**Activity Name :** Demonstration on Methods of Planting and Care of Plants.



July 20, 2024

**NATIONAL SERVICE SCHEME**

**NOTICE**

Forthcoming activities of NSS to be held on 22 July, 2024 are :

Unit III	:	Tree Plantation
Venue	:	Mahatma Gandhi Govt. Upper Primary School, Haziawala
Time	:	9.30 – 10.30 am
Unit II	:	Literacy
Venue	:	Govt. Upper Primary School, Sumernagar
Time	:	9.30 – 10.30 am
Unit I & IV	:	Demonstration on Methods of Planting & Care of Plants.
Resource Person	:	Mr. Shankar Gardener, IIS (deemed to be University), Jaipur
Venue	:	AV Hall, Back Lawns
Time	:	9.30 – 10.30 am
CWC Project	:	Training of volunteers for Health & Well being programme to be conducted in Govt. Sr. Sec. School, Thadi Market.
Resource Person	:	Capt. Ruma Peter
Venue	:	D 101
Time	:	9.30 – 10.30 am

*Prof. Sharad Rathore*  
**Prof. Sharad Rathore**  
**Programme Officer**

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## **Report:**

The Unit 1 of NSS department of IIS(deemed to be university) held a session on demonstrating methods for planting and caring for plants. The primary goal of the session was educating volunteers on sustainable gardening practices. The resource person for the session was Mr. Shankar (Gardener IIS (deemed to be) University).

The session was well received, providing volunteers with practical knowledge and skills necessary for effective plant care. Volunteers showed keen interest in learning various planting techniques which were initially demonstrated by the resource person. These techniques covered choosing the appropriate type of soil, preparing it for planting and understanding correct planting depth for various plants. Volunteers were also taught how to handle plants carefully to avoid damaging their roots and ensuring healthy growth. Volunteers took part in practical planting activities, where they learned to handle plants with care to prevent root damage and ensured they were positioned correctly for optimal growth.

Overall, the session on demonstration on methods of planting and caring for plants was a resounding success. The volunteers's enthusiasm and active participation for learning about these planting techniques shows their concern and interest for environmental sustainability.

## **Pictures:**

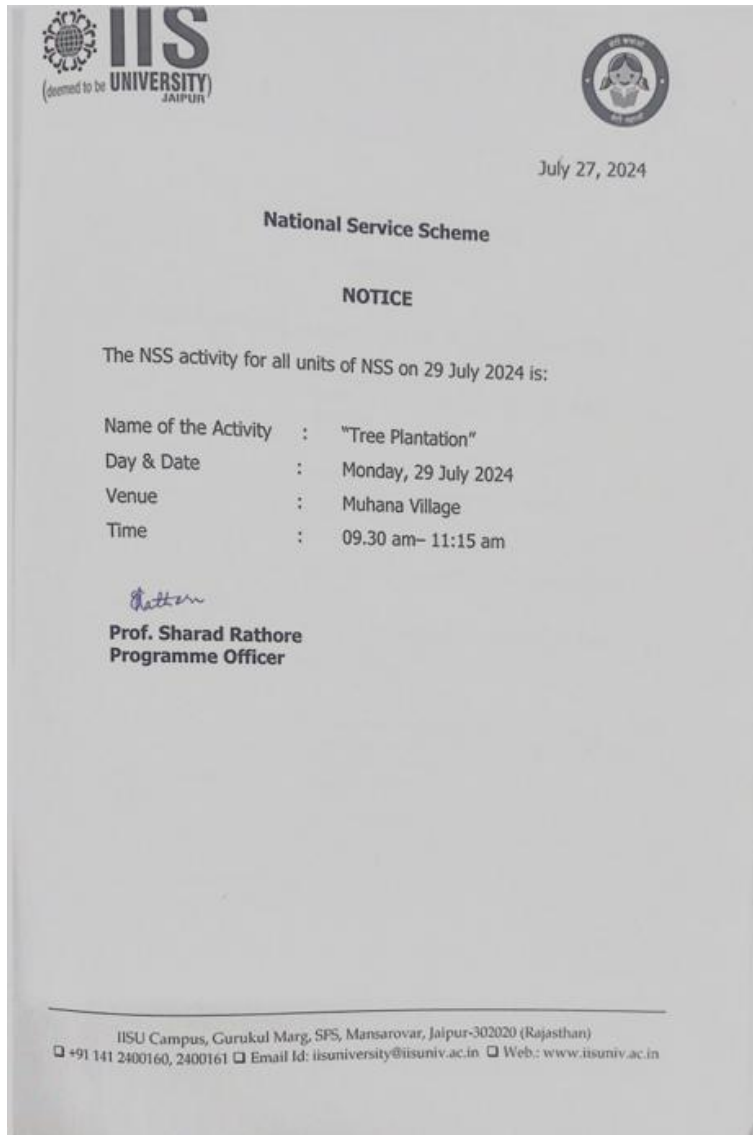


**Name of the Activity:** Tree plantation

**Day & Date:** Monday, 29 July 2024

**Venue:** Muhana Village

**Time:** 9:30 a.m. – 11:15 a.m



### **Report:**

Volunteers from the NSS units of IIS (Deemed to be University) gathered early in the morning at Muhana Village, equipped with saplings of various indigenous species. The designated areas for planting were prepared in advance. The tree plantation drive was not just about planting trees; it was a holistic initiative that included an awareness session. During this session, NSS

members engaged with the villagers and discussed the long-term benefits of tree plantation. They highlighted the role of trees in improving air quality, reducing soil erosion, providing habitat for wildlife, and contributing to the overall ecological balance. This session aimed to empower the local community with knowledge and encourage them to take further steps in environmental conservation. The tree plantation drive successfully planted a significant number of saplings across Muhana Village, contributing to the enhancement of the local environment. More importantly, the event served to strengthen the bond between the university and the local community, fostering a sense of shared responsibility towards sustainable development.

The enthusiastic participation of local residents and the NSS volunteers ensured that the initiative was not just a one-time event but the beginning of an ongoing effort to create a greener and healthier environment. The awareness session also left a lasting impact, encouraging the villagers to take active steps in nurturing the newly planted saplings and understanding the importance of tree plantation for future generations.


### **Pictures:**




**Activity Name:** Demonstration on Lippon Art

**Date:** 5th August, 2024

**Venue:** AV hall, IISU campus

 **IIS**  
(deemed to be UNIVERSITY)  
JAIPUR



August 03, 2024


**National Service Scheme  
NOTICE**

The NSS activity for all units of NSS on 5 Aug., 2024 is:

Name of the Activity : "Demonstration on Lippon Art"  
Resource Person : Mrs. Soniya Garg Bansal and Ansuya Bansal  
Day & Date : Monday, 5 Aug., 2024  
Venue : AV Hall  
Time : 09.30 am– 10:30 am

**Note :** All the volunteers are required to bring these materials with them for participating in the Activity.

- (1) Ceramic Cone (any colour or white)
- (2) Mirror (Small Diamond, Circle, Square)
- (3) Acrylic paint (white & any one colour of your choice)
- (4) Fevicol
- (5) Small piece of Cardboard (5x5" Size cut in Circle or square)

  
**Prof. Sharad Rathore**  
Programme Officer

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## **Report:**

The NSS units of IIS (deemed to be University) recently organized an enriching art demonstration on the traditional Lippan Art, a form of mural work originating from Kutch, Gujarat. The event aimed to introduce students and art enthusiasts to the techniques, cultural significance, and aesthetic beauty of this unique Indian folk art form. The demonstration was led by two resource persons, Mrs. Soniya Garg Bansal and Ms. Anysua Bansal.

The demonstration session began with a brief introduction to the origins and history of Lippan art by Mrs. Sonal Bansal. She explained how this art form, though ancient, has found new life in modern-day décor, especially with eco-conscious designs. Ms. Anysua Bansal then took over to show the step-by-step process of creating Lippan art, which included:

Preparation of surface by painting it then forming the design by shaping the clay or ceramic cone and finally adding mirrors which added reflectivity and charm to the design.

The highlight of the event was a hands-on activity, where participants had the opportunity to create their own small pieces of Lippan art. Mrs. Soniya and Ms. Anysua Bansal guided the students through the process, offering personalized tips on how to improve their technique and enhance their designs. This practical experience helped the participants connect more deeply with the traditional craft.

The Lippan Art Demonstration was a resounding success, engaging the audience with both its aesthetic and cultural richness. The in-depth knowledge and skillful demonstration not only educated the participants but also inspired them to explore traditional Indian art forms.

The event highlighted the importance of preserving heritage arts and encouraged the participants to consider incorporating Lippan art into their personal or professional artistic endeavors.

## **Pictures:**





**Activity Name:** Global Happiness Forum

**Date:** 18 August 2024

**Venue:** IIS School Auditorium

#### Important Information for all volunteers

IIS (deemed to be University) in collaboration with CWC (Crack the Wellness Code) is organising  
"GLOBAL HAPPINESS FORUM" on 18th August, 2024 at IIS campus  
Kshipra Path.  
Time: 9.15 AM -1.30 PM

- \* students will get certificate and 4 attendance for attending the activity.
- \* For students enrolled in NSS (in second year), it's a great opportunity to clear the due of first year.
- \*It is mandatory for all the group leaders and the students enrolled in CWC program (Health & Wellness) to register and attend the program.

Link for registration:

<https://forms.gle/Yk9NqCyVhSbJWwTF6>

Last date for registration is 16.08.2024

10:30

#### **Report:**

The National Service Scheme (NSS) held the Global Happiness Forum on 18th August 2024, with the aim of promoting the importance of happiness in today's fast-paced world. The forum began with discussions on the meaning of happiness, emphasizing that it is essential for both mental and emotional well-being. Speakers highlighted how happiness helps individuals manage stress, improves resilience, and enhances overall life satisfaction.

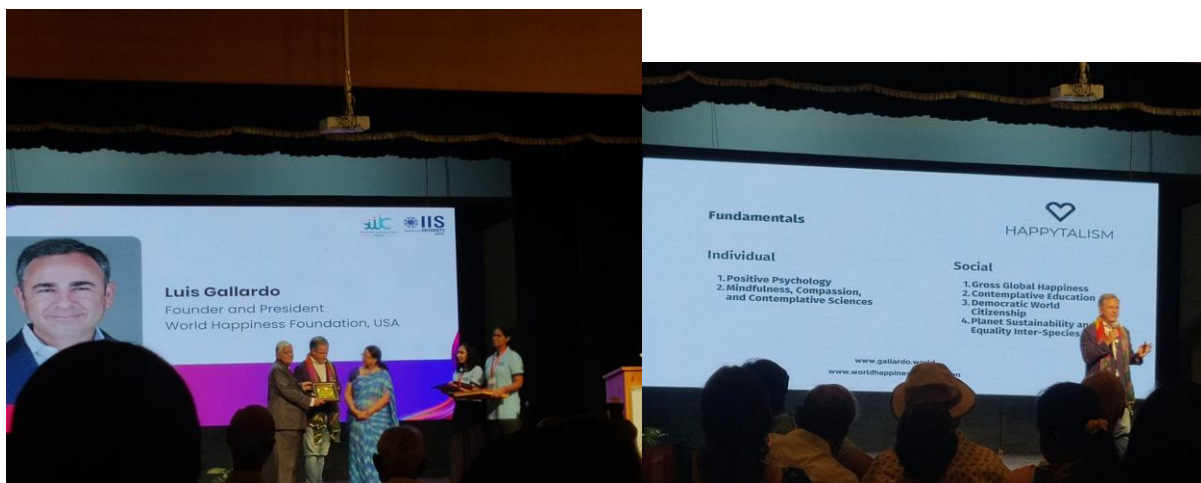
The second part of the forum focused on the need for happiness, particularly in modern life, where stress and pressure often take center stage. Participants were encouraged to adopt habits like gratitude and self-care to foster happiness.



A major attraction of the event was a laughter therapy session, where attendees experienced the benefits of laughter in reducing stress and improving mood. The session filled the room with positive energy, leaving everyone refreshed.

The forum concluded with an interactive activity, where participants shared personal experiences and techniques they use to cultivate happiness. The event successfully offered practical insights on integrating happiness into daily life, leaving attendees motivated and inspired.

### **Pictures:**



**Activity Name:** Para sports meet

**Date:** 29<sup>th</sup> August 2024

**Venue:** IISU lawn

August 26, 2015

### **NOTICE**

The Equal Opportunity Cell, Sports Board and NSS Units of the IIS University are organizing a Para Sports Meet on 28 August 2015, between 10:00 am and 12:00 noon at IISU Lawns for Special Children.

All staff members are cordially invited to attend the same.

**Dr. Raakhi Gupta**

**Registrar**

## **Report:**

On the occasion of National Sports Day, celebrated on 29th August 2024, the NSS Unit of IIS (Deemed to be University) organized a joyful and inclusive Para Sports Day Program for children with disabilities. The event served as a tribute to sporting spirit and an effort to foster empathy, inclusion, and joy among all participants. Children with disabilities from six special schools of Jaipur took part in the celebration:

- DISHA
- Umang
- Milestone
- Ahan Foundation
- Seth Anandi Lal Poddar School
- Shri Nirmal Vivek School

NSS volunteers worked with dedication to create a fun-filled and inclusive atmosphere, planning a series of interactive games tailored to the needs and abilities of the children.

Highlights of the Program Included:

- Catch the Chocolate: Children joyfully attempted to catch hanging chocolates with their mouths, bringing laughter and cheer.
- Balloon Popping: Kids participated in a balloon-popping game by sitting on them, filling the environment with excitement.
- Cup Pyramid Challenge: A creative and engaging activity where children built pyramids using plastic cups, enhancing their focus and coordination.
- Other Inclusive Games: Additional fun and accessible games were organized to ensure maximum participation and enjoyment.

The sports activities were followed by a drawing session, where NSS volunteers distributed drawing sheets, crayons, and colors. The children poured their creativity onto paper, and volunteers assisted them with warmth and encouragement.

The program concluded with light refreshments and heartfelt interactions, leaving both the children and volunteers with smiles, meaningful memories, and a renewed spirit of inclusion and service.

This Para Sports Day was a heartening example of NSS's commitment to community engagement and inclusion, reminding everyone that the true essence of sports lies in participation, joy, and unity.

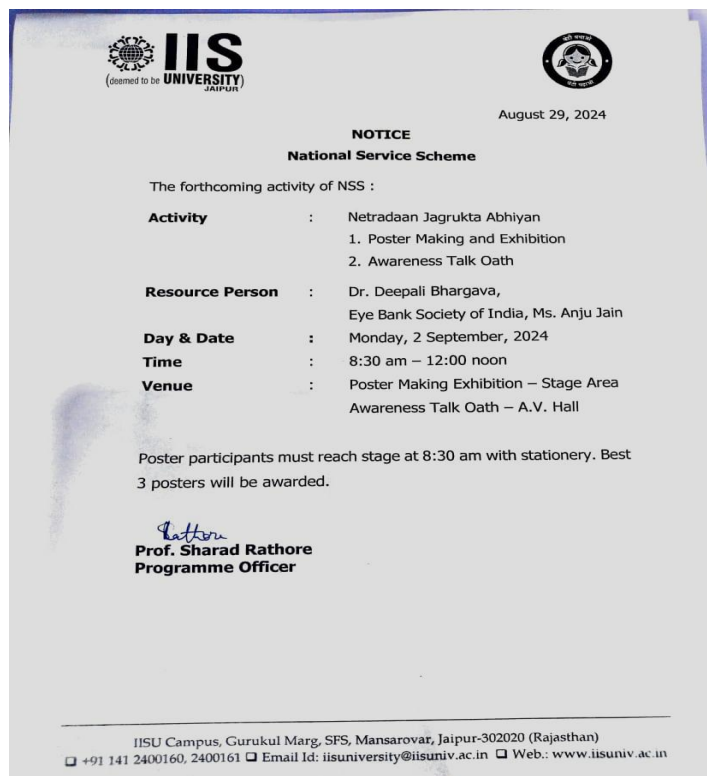
### **Pictures:**



**Activity Name:** Netradaan Jagrukta Abhiyan

**Date:** 2nd September 2024

**Venue:** A.V. Hall and Main Stage



## **Report:**

On Monday, from 9:30 AM to 10:30 AM, a Netradaan Jagrukta Abhiyan was organized by the National Service Scheme in collaboration with the Eye Bank Society of Rajasthan. The purpose of the event was to spread awareness among students about the importance of eye donation and how it can help transform the lives of people suffering from corneal blindness.

The program began with an informative talk along with a film screening that explained the significance of eye donation. Students were made aware of how the eyes of a deceased person

can be donated to help restore someone's vision. The procedure of eye removal after death was discussed in detail, including the time limit within which it should be done, the role of medical professionals, and the fact that it causes no disfigurement to the donor's body. Real human eyes were also shown to students to give them a better understanding and to remove any fears or misconceptions about the process.

After the talk and screening, a poster exhibition was organized on the theme "Your Eyes can light up someone's world." Students created and displayed thoughtful and creative posters encouraging eye donation. The exhibition helped to visually communicate the message and inspire more students to consider pledging their eyes. The activity was highly informative and helped in building awareness and responsibility towards this noble cause among the student community.

## **Pictures:**



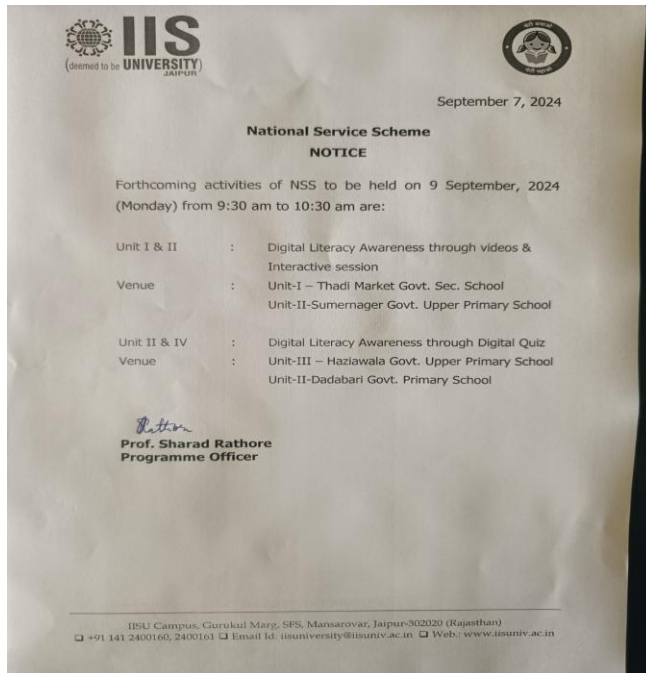




**Activity name** : Digital Literacy Awareness through videos & Interactive session

**Date** : 9 September, 2024

**Venue** : Thadi market govt school



## **Report:**

On 9th September 2024, NSS Unit 1 organized a Digital Literacy Awareness Programme at a government school to generate excitement among students about learning, especially in the areas of computers and Information Technology (IT). The programme aimed to introduce basic digital skills and promote awareness about the importance of digital literacy in the modern world.

NSS volunteers then conducted interactive demonstrations, teaching students how to use a computer, identify its parts, and perform simple operations. They also introduced the concept of the internet, online learning tools, and the importance of digital safety.

Fun activities such as quizzes and games were organized to make the learning experience enjoyable and engaging. Students actively participated and showed great enthusiasm throughout the programme.





## Pictures:



**Activity Name:** Swachhata Hi Seva Campaign

**Duration:** 17th September 2024 – 2nd October 2024

**Venue:** IISU Campus and Surrounding Areas




**NOTICE** **September 16, 2024**

As a part of our commitment to the Swachh Bharat Mission, the NSS unit of IIS (deemed to be University) is organizing a two-week "**Swachhata Hi Seva**" campaign (17th September 2024 - 2nd October 2024) to promote cleanliness and community awareness.

Following activities will be undertaken during the campaign:

S No	Date	Activities
1	17 sept, 2024	Cleanliness Drive in the campus
2	18 sept, 2024	Swachhata Oath
3	19 sept, 2024	Plog run on swachhata
4	20 sept, 2024	Swachhata rally near to jalmahal
5	21 sept, 2024	Cleanliness Drive in the neighbourhood
6	23 Sept, 2024	Swachhata games, Waste management in four government schools
7	24 sept, 2024	Ecobricks preparation and collection
8	25 sept, 2024	Poster Making on swachhata
9	26 sept, 2024	Slogan writing on swachhata
10	27 sept, 2024	Rally on alternatives for swachhata
11	28 sept, 2024	Library Cleaning
12	30 sept, 2024	Awareness about Single Use plastic- Guest Lecture
13	01 Oct, 2024	Documentary screening on swachhata
14	02 Oct, 2024	Cleaning in Saraswati Anchal Hostel

  
**Prof. Sharad Rathore**  
Programme Officer

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### **Report:**

As part of the Swachh Bharat Mission, the NSS Unit of IIS (Deemed to be University) organized a series of cleanliness and awareness activities under the two-week Swachhata Hi Seva campaign. The campaign aimed to inculcate habits of cleanliness, environmental responsibility, and civic engagement among students.

- **17th September 2024 – Cleanliness Drive in the Campus**

NSS volunteers undertook a comprehensive cleanliness drive across the university campus, collecting litter and spreading awareness about hygiene.

- **18th September 2024 – Swachhata Oat**

Students and staff gathered to take a cleanliness pledge, reaffirming their commitment to maintain hygiene and promote cleanliness in their surroundings.

- **19th September 2024 – Plog Run on Swachhata**

A plogging event combined fitness with cleanliness, where participants jogged while collecting waste along their route.

- **20th September 2024 – Swachhata Rally near Jal Mahal**

A public rally was held near Jal Mahal to promote swachhata awareness among locals and tourists, with impactful slogans and banners.

- **21st September 2024 – Cleanliness Drive in the Neighbourhood**

Volunteers extended the cleanliness drive to nearby localities, interacting with residents and encouraging them to maintain hygiene.

- **23rd September 2024 – Swachhata Games & Waste Management in Schools**

Interactive activities and educational sessions were conducted in four government schools, focusing on waste segregation and clean habits.

- **24th September 2024 – Eco-bricks Preparation and Collection**

Volunteers made eco-bricks using non-biodegradable waste, promoting an eco-friendly way of managing plastic.

- **25th September 2024 – Poster Making on Swachhata**

Creative poster-making sessions were held to visually communicate cleanliness messages, with vibrant student participation.

- **26th September 2024 – Slogan Writing on Swachhata**

Students expressed their views through impactful slogans promoting hygiene and sustainable living.

- **27th September 2024 – Rally on Alternatives for Swachhata**

A rally highlighted eco-friendly alternatives and solutions for maintaining cleanliness and reducing plastic use.

- **28th September 2024 – Library Cleaning**

Volunteers undertook a cleanliness activity in the university library, ensuring a neat and organized learning environment.

- **30th September 2024 – Guest Lecture on Single-Use Plastic**

An informative session was conducted to raise awareness about the harmful effects of single-use plastics and sustainable alternatives.

- **1st October 2024 – Documentary Screening on Swachhata**

A documentary showcasing successful cleanliness initiatives and inspiring stories was screened for students.

- **2nd October 2024 – Cleaning in Saraswati Anchal Hostel**

On Gandhi Jayanti, the campaign concluded with a special cleaning drive in the girls' hostel, symbolizing dedication to Bapu's vision of cleanliness.

Each activity was marked by active participation, enthusiasm, and a strong commitment toward achieving the goals of Swachh Bharat Abhiyan. The campaign served as a powerful reminder of the role of youth in building a cleaner and greener nation.

**Pictures:**







**Activity Name:** XIX National Level Inter-institutional Patriotic Solo Song Competition

**Date:** 24 September 2024

**Venue/Platform:** A.V hall /Zoom(Hybrid mode)



September 20, 2024

**NOTICE**  
**National Service Scheme**

The NSS Units of IIS (deemed to be University) are organising XIX National Level Patriotic Solo Song competition in Hybrid mode on 24<sup>th</sup> September, 2024 to mark NSS Foundation Day.

All Volunteer are required to take their seats in the A.V. Hall by 9:45 am. Attendance will be marked by the group leaders for the same.

**Prof. Sharad Rathore**  
**Programme Officer**

**Judges:** Dr. Akanksha Dev Kataria, Professional Vocalist ,CA Rohit Kataria, Founder, Rohit Kataria Music Academy Mr. Mayank Sharma,Music Composer

"Music is a moral law .It gives soul to the universe ,wings to the mind,flight to the imagination and charm and gaiety to life and to everything."-Plato

The NSS units of IIS(deemed to be University) resonating with Plato's wonderful thoughts on music celebrated the 'Foundation Day' on 24<sup>th</sup> September 2024 by organising XIX National Level Inter-Institutional Patriotic Solo Song Competition on hybrid mode with the aim to display how NSS unites all the states of India .There were 26 shortlisted colleges/universities shortlisted for the competition; some contestants were in the University campus while some joined via Zoom.,. The competition began with welcoming the judges in traditional Indian way. The judges were requested to take their seats and were greeted by Dr.Raakhi Gupta,Registrar ,IIS(deemed to be University),Jaipur. This was followed by lamp lighting and introduction of the event. After this all the judges were florally felicitated.

The rules of the competition were made clear to the participants in the beginning .The competition started by announcing each participant's tag number and institution's name. The competition was judged by an extremely talented panel that consisted of Dr. Akanksha Dev Kataria, Professional Vocalist ,CA Rohit Kataria, Founder, Rohit Kataria Music Academy Mr. Mayank Sharma,Music Composer. Dr. Ashok Gupta,Chancellor ,IIS(deemed to be University), Jaipur graced the event with his presence to announced the results of the winners. The first prize was bagged by Balesh Khalko,Usha Martin University,June Midya from Ramkrishna Mahato Government Engineering College,West Bengal stood second and Nandini Singha from Brainware University ,West Bengal was at the third position. After the announcement of results, our respected judges gave a captivating performance in which Mr.Mayank Sharma treated the audience with an original composition.Ms Akansha Kataria sang a beautiful number by Mohammed Rafi and CA Rohit Dev performed a medley. The event justified its objective in every way and it was amazing to see how the initiatives by NSS are uniting the youth of the nation. Towards the , Professor Sharad Rathore, Program Officer,NSS gave the vote of thanks.

**Pictures:**

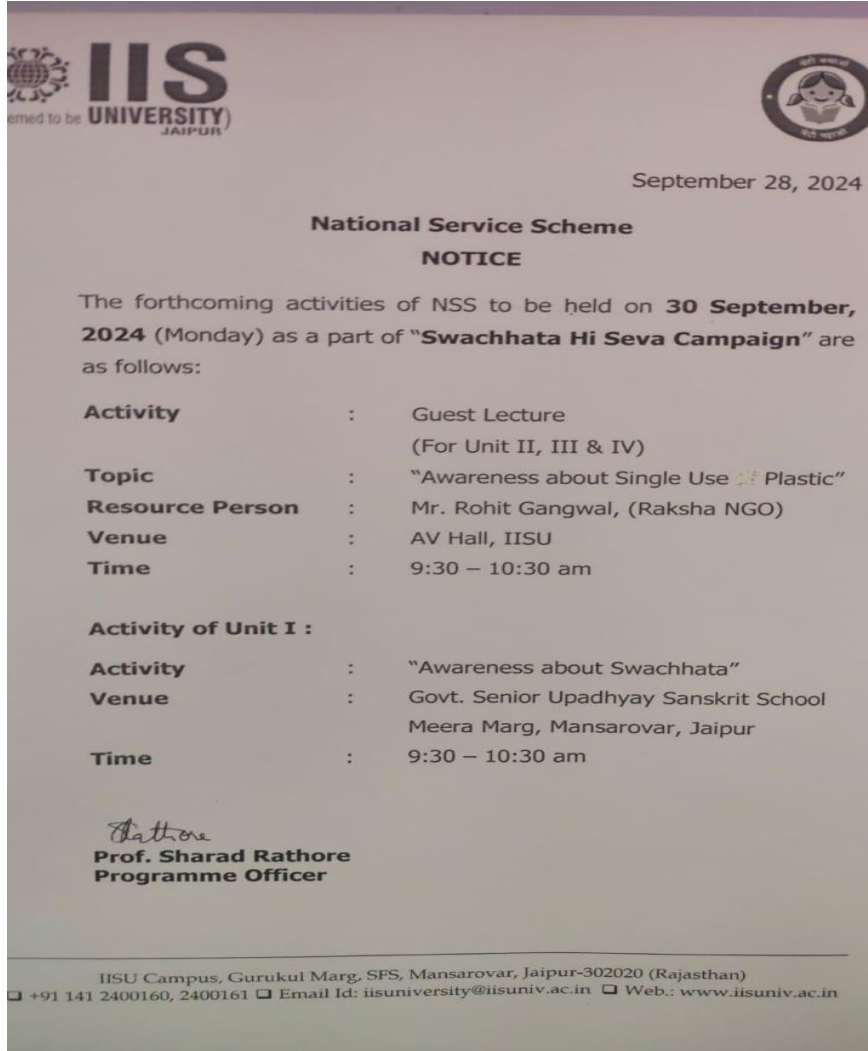




**Activity Name:** Awareness about swachata and dividing students according to activities.

**Date:** 30th September, 2024

**Venue:** Govt. Senior Upadhyay Sanskrit School, Mansarovar , Jaipur



### **Report:**

The NSS Volunteers of unit 1 organized an outreach program at Govt. Senior Upadhyay Sanskrit School on 30th September ,2024.The objective of this program was to promote swachata (cleanliness) awareness and foster teamwork among students through an inter-house competition based on co curricular activities.

First of all a basic introduction was done with the school principal as he gave a brief about the school and its students. Then the volunteers proceeded to classes and started with basic introduction and then conducted an interactive session with students of classes 1-8th emphasizing the importance of cleanliness and hygiene. Volunteers highlighted the consequences of pollution, waste management, and sanitation, and relative information was provided to reinforce the message.

Following the swachata awareness program, the students were segregated on the preference of co-curricular activities chosen by them which included music, dance, art and craft etc. The students were divided into 5 houses, each house representing an element: Air (Vayu), Water (Jal), Fire (Agni), Earth (Prithvi), and Space (Akash). Each house consisted of students from different classes and sections, promoting diversity and teamwork. The houses participated in various competitions, including soft board decoration, dance, music on various themes.

The volunteers discussed with the students regarding further activities which will be conducted further and planned accordingly with them. This made the students filled with enthusiasm and motivation. The outcomes of this activity were multifaceted. The students demonstrated enhanced awareness about the significance of swachata and environmental conservation. The inter-house format encouraged teamwork and healthy competition among students, fostering leadership skills and responsibility among them.

The activity successfully promoted swachata awareness and teamwork among students. Unit 1 volunteers demonstrated dedication and commitment to community service, inspiring positive change in the school community.

### **Pictures:**

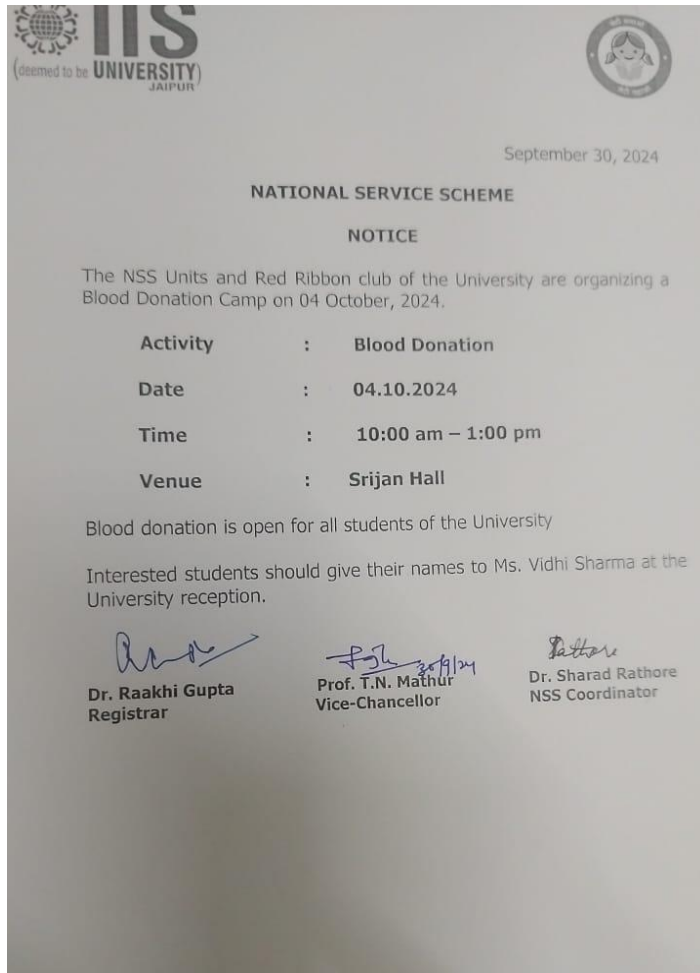


**Activity name:** Blood Donation

**Date:** 04 October 2024

**Time:** 10:00 AM – 1:00 PM

**Venue:** Srijan Hall



The NSS units of IIS (deemed to be University) organized a blood donation camp on the 4th of October 2024. The camp was open to all students and staff and aimed at encouraging voluntary blood donation to help save lives. The event commenced with a formal inauguration ceremony graced by the honorable Chancellor, Vice Chancellor, and Registrar of the University. The dignitaries jointly cut the ribbon to mark the opening of the camp. In their addresses, they delivered inspiring speeches emphasizing the significance of blood donation. Their motivational words inspired many to take part in the noble cause. Many students and NSS volunteers enthusiastically took part in the camp. Prior to donation, each donor underwent a basic medical

check-up to ensure eligibility. and the process was carried out safely under the supervision of a medical professional.

The camp not only helped in collecting a significant amount of blood but also served to raise awareness among the youth about the importance of regular blood donation.

**Pictures:**



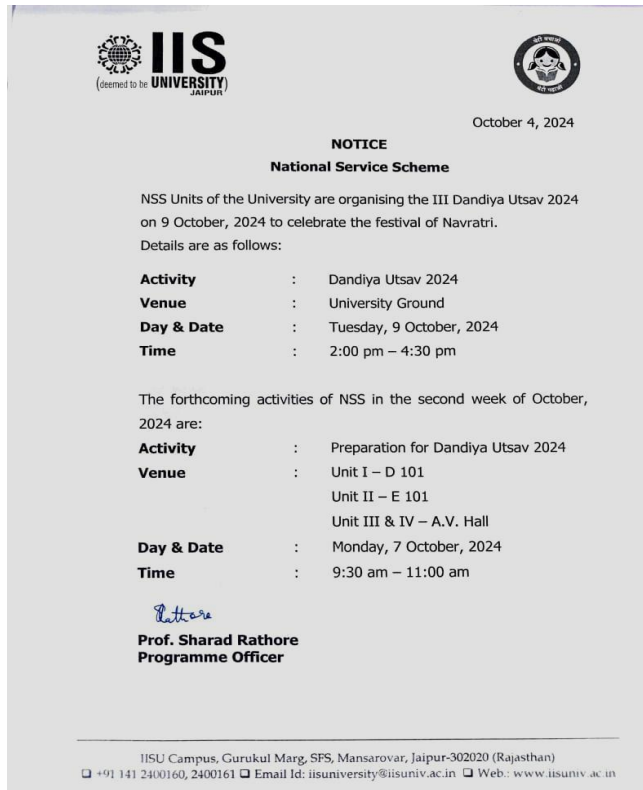
**Activity Name:** Dandiya Utsav 2024



**Date:** Tuesday, 9th October 2024

**Venue:** University Ground

**Time:** 2:00 PM – 4:30 PM



## **Report:**

The vibrant Dandiya Utsav 2024 wasn't just about celebrating Navratri—it was also a meaningful fundraising initiative to support underprivileged children in government schools. NSS volunteers from all units enthusiastically participated in this spirited event.

Unit I set up a lively food stall that offered a delicious variety of snacks, including samosa chaat, loaded nachos, and refreshing chaach. The volunteers worked together to decorate the stall with creativity and enthusiasm. Face painting was also a major attraction of the stall, which added a splash of colour and fun to the event.

The samosa chaat became the highlight of our stall and was especially enjoyed by the professors. The loaded nachos won hearts among students, while the chilled chaach became an energy booster for those who were dancing tirelessly. A game called the Lucky Dip was also

part of the excitement, where both students and professors won fun and surprising gifts, adding more joy to the celebration.

The event featured energetic dance performances by university students, making the atmosphere lively and festive. Awards were given for the best dancer and best dressed, adding a competitive spirit to the fun.

From teamwork at the stalls to the sheer joy of dancing and engaging with peers, the event was filled with laughter, bonding, and purpose. The success of the day was evident on every smiling face. Truly, the event was a hit and will be remembered as a joyful blend of celebration and compassion.

### **Pictures:**

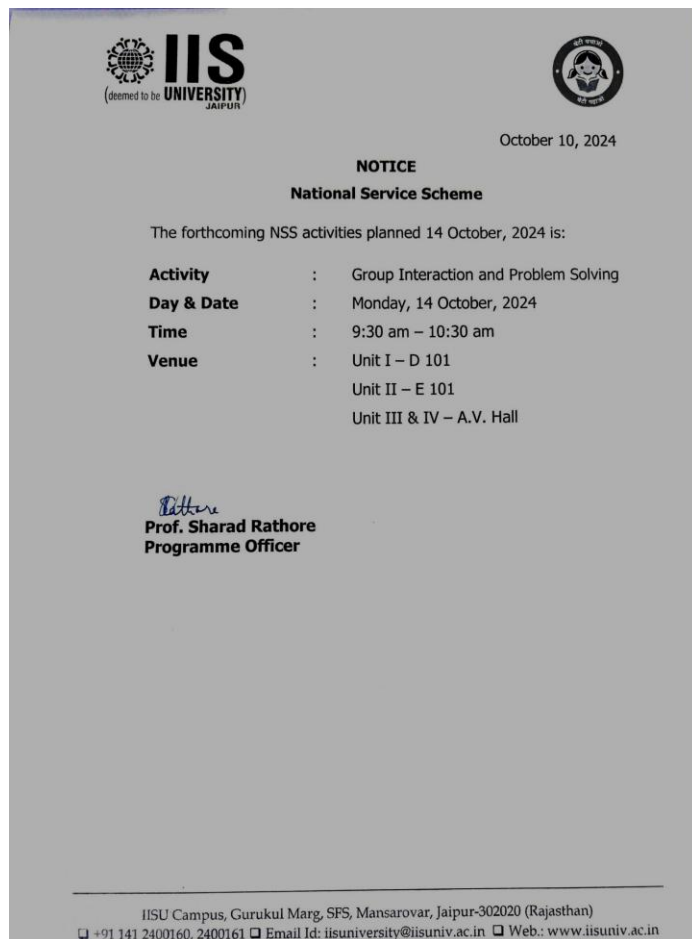


**Activity Name:** problem solving and informal interaction with the group leaders

**Date:** 14 October, 2024



**Venue:** D101



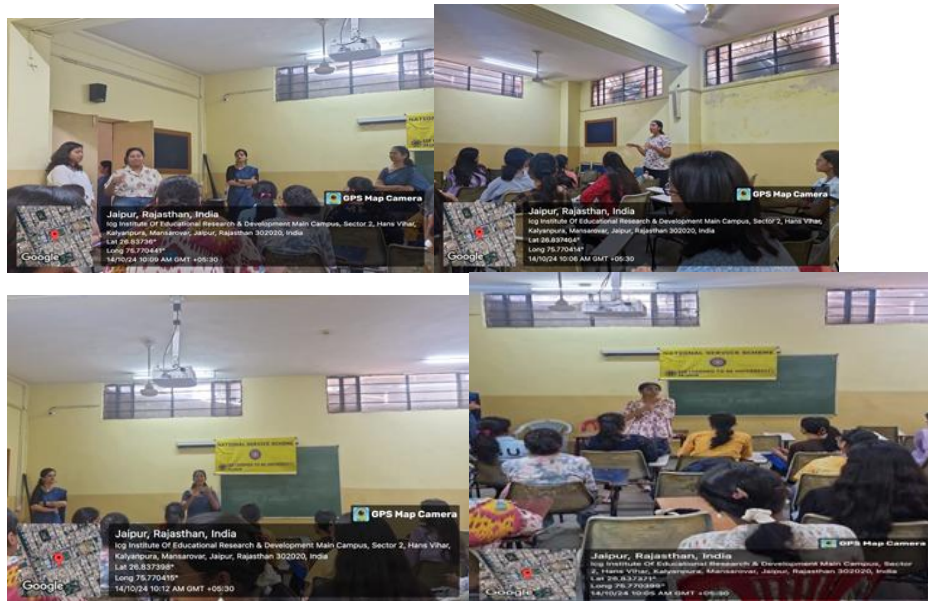
## **Report:**

The NSS Volunteers of unit 1 organized an activity which was designed to foster problem-solving skills and help informal interaction among group leaders and volunteers.

During the session, the teachers emphasized the importance of effective work in the NSS program. Encouraging active participation from all volunteers and leading Teachers stressed that group leaders should ensure the smooth execution of all NSS activities. The session included an interactive segment where new group leaders were asked to share their experiences like Initial challenges in coordinating and communicating effectively with volunteers. Group leaders also contributed to the discussion by talking about their duties and the level of commitment expected from the volunteers. As well asking the volunteers about their issues and problems which they were facing in the unit or in the activity.

In conclusion the problem-solving and informal interaction session was a fruitful initiative that allowed both new and experienced group leaders to exchange ideas, share their challenges and the volunteers understand how they will improve and give active participation in the NSS Activities.

### **Pictures:**



**Activity Name:** UMEED 2024 – Kashmir Bharat Ka Swarg

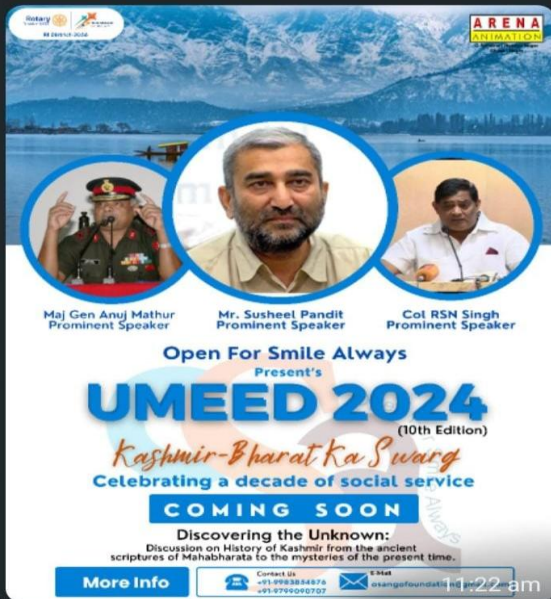
**Date:** 20th October 2024

**Venue:** Birla Auditorium, Jaipur

Good news for volunteers running short in NSS attendance  
This program is being organised on Sunday between 3-5 pm in the birla auditorium. Student running short of attendance have to register for this activity as and earn 3 attendances.  
The registration link is  
<https://forms.gle/URAL5vkWShCC3vd4A>

11:22 am

➔ Forwarded



ARENA  
AUTOMATION

Maj Gen Anuj Mathur  
Prominent Speaker

Mr. Susheel Pandit  
Prominent Speaker

Col RSN Singh  
Prominent Speaker

Open For Smile Always  
Present's

**UMEED 2024**  
(10th Edition)

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osangfoundation

11:22 am



## **Report:**

As part of its commitment to national awareness and civic engagement, the NSS Unit of IIS (Deemed to be University), in collaboration with Open for Smile Always NGO and Rotary Club Jaipur Gurukul, organized a special program titled UMEED 2024 – “Kashmir Bharat Ka Swarg” on Sunday, 20th October 2024 at Birla Auditorium, Jaipur.

The event aimed to shed light on the historical, cultural, and geopolitical significance of Kashmir. The discussion traced the history of Kashmir from the ancient scriptures of the Mahabharata to the complex realities of the present time. Esteemed speakers for the session included: Maj Gen Anuj Mathur, Mr. Susheel Pandit, Founder of Roots in Kashmir Col RSN Singh.

The session witnessed enthusiastic participation from students, faculty members, and invited guests. The speakers provided insightful perspectives, encouraging critical thinking and raising awareness about Kashmir’s heritage and contemporary challenges.

The event concluded with a vote of thanks and a renewed sense of national pride and intellectual engagement among the attendees.



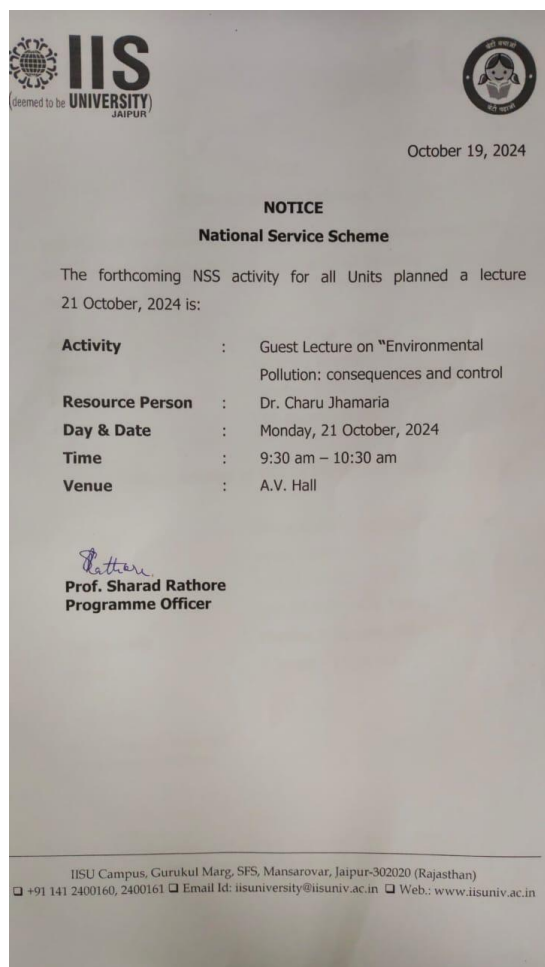


**Activity name:** Guest Lecture on Environmental Pollution: Consequences and Control

**Date:** 21 October 2024

**Venue:** A.V. Hall

**Resource Person:** Dr. Charu Jhamaria



### **Report:**

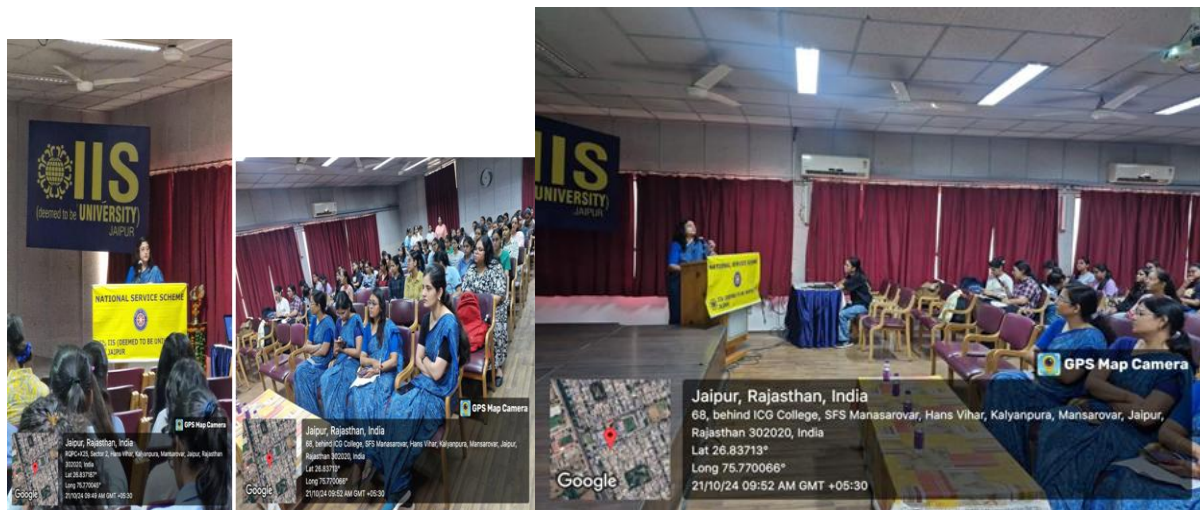
On 21st October 2024, the National Service Scheme (NSS) of IIS (Deemed to be University), Jaipur organized a guest lecture for all units on the topic "Environmental Pollution: Consequences and Control." The lecture was delivered by Dr. Charu Jhamaria, a respected expert in the field of environmental science.

The session focused on raising awareness about the increasing levels of pollution and its harmful effects on the environment, human health, and biodiversity. Dr. Jhamaria explained the

various types of pollution—air, water, soil, and noise—and discussed their immediate and long-term consequences. She also emphasized the role of individuals and communities in pollution control and suggested practical ways to adopt eco-friendly practices in daily life.

The lecture was well-received by students and faculty members. It concluded with an interactive segment where participants asked insightful questions and shared their thoughts. The event helped reinforce the importance of environmental responsibility among the NSS volunteers and inspired them to contribute meaningfully to sustainable development.

### **Pictures:**



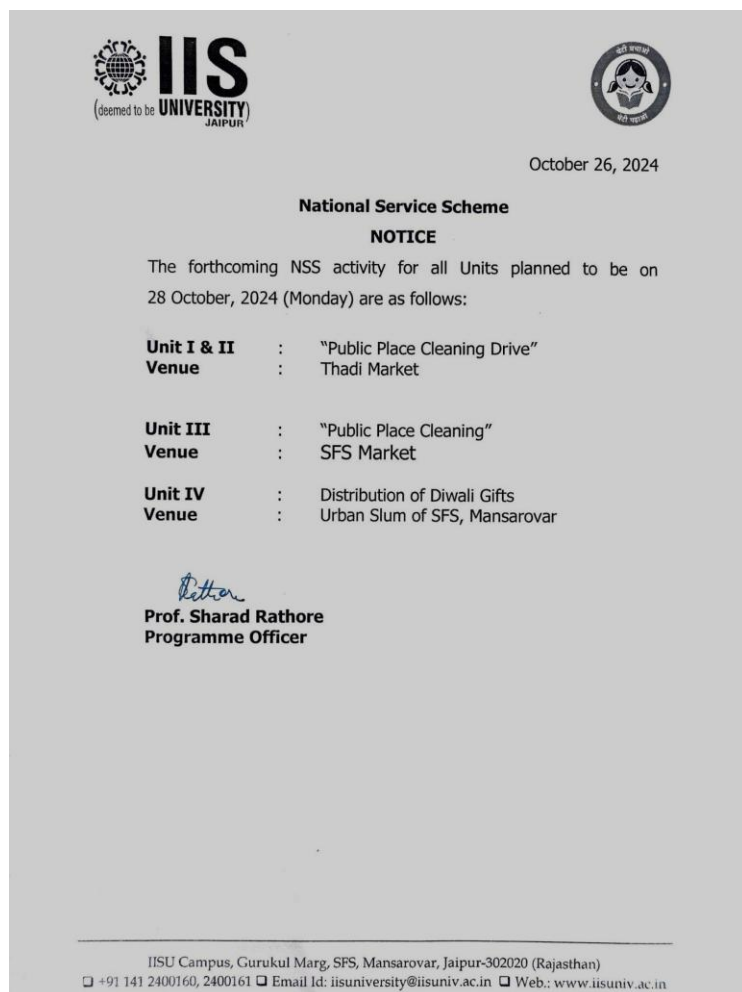
### **List of Participants:**



**Activity name:** Public Place Cleaning Drive

**Date:** 28<sup>th</sup> October 2024

**Venue:** Thadi Market



## **Report:**

The Swachhata Hi Sewa Mission 2024, launched by the Honourable Prime Minister, was undertaken by NSS Unit 1 of IIS (Deemed to be University) on October 28, 2024, as part of the National Service Scheme's commitment to social responsibility and civic awareness. The mission aims to promote a clean and healthy environment, and NSS Unit 1 played a significant role in achieving this goal.

Unit 1 carried out a Public Place Cleaning Drive at Thadi Market, aiming to promote hygiene and cleanliness in one of the city's bustling marketplaces. Volunteers diligently cleaned the area, interacted with local vendors, and encouraged the public to adopt better waste disposal practices. They worked together to raise awareness about keeping public spaces clean and emphasized the importance of collective action in maintaining community hygiene.

The event saw active participation from NSS Unit 1 students, who demonstrated their commitment to social responsibility and community service. Students worked together, dividing tasks and working efficiently to complete the cleaning drive. Their enthusiasm and dedication were evident throughout the event, making it a success.

The initiative not only fostered a sense of unity and purpose among the volunteers but also strengthened their connection with the local community. It was a successful effort in making a positive difference through small yet meaningful actions. The event received positive feedback from local residents and vendors, who appreciated the efforts of the NSS Unit 1 volunteers.

### **Pictures:**







**Activity name:** - NSS song Practice and Experience Sharing

**Date:** - 4<sup>th</sup> November 2024

**Venue:** - A.V Hall



November 2, 2024

**National Service Scheme**  
**NOTICE**

The forthcoming NSS activity for Unit I & III planned to be on 4 November, 2024 (Monday) is as follows:


**Activity** : Activity: NSS Song Practice and Experience Sharing

**Resource Person** : Aditi Agarwal (Group Leader) – Unit 1  
Urvashi (Group Leader) - Unit 3

**Day & Date** : Monday, 4 November, 2024

**Time** : 9:30 am – 10:30 am

**Venue** : AV Hall

  
**Prof. Sharad Rathore**  
Programme Officer

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IISU Campus, Gurukul Marg, SFS, Mansarovar, Jaipur-302020 (Rajasthan)  
☐ +91 141 2400160, 2400161 ☐ Email Id: iisuniversity@iisuniv.ac.in ☐ Web.: www.iisuniv.ac

**Report:**

On 4th November 2024, the NSS Unit of IIS (deemed to be University) conducted a special activity focused on NSS song practice and experience sharing. The session was guided by two resource persons—Ms. Aditi Agrawal, Group Leader of Unit 1, and Ms. Urvashi, Group Leader of Unit 3.

The primary purpose of the activity was to prepare NSS volunteers for the upcoming XIX National Level Inter-institutional Patriotic Solo Song Competition, in celebration of NSS Foundation Day. During the session, volunteers practiced the official NSS song under the leadership of Ms. Aditi, who ensured that all participants learned the correct lyrics, rhythm, and presentation style. Both group leaders emphasized the importance of the NSS song in instilling unity, discipline, and a sense of purpose among volunteers. Following the practice, Ms. Aditi and Ms. Urvashi shared their personal experiences as active NSS members, highlighting how NSS has helped them develop leadership, communication, and teamwork skills. They motivated the volunteers to become more actively involved in NSS activities and to take full advantage of the platform to build their soft skills and confidence. They also explained the broader goals of NSS, such as promoting community service, youth development, and national integration.

The session ended on an inspiring note, with a renewed sense of enthusiasm among the volunteers, who expressed their willingness to participate more actively in future initiatives.



**Pictures:**



**Activity name:** Presentation on My Bharat Outreach Programme

**Date:** 7<sup>th</sup> November, 2024

**Venue:** D-203



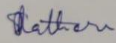
November 6, 2024

**National Service Scheme  
NOTICE**

In pursuance of My Bharat Outreach programme, outlined by the Ministry of Youth Affairs and Sports Govt. of India the following activity is being organised on 7<sup>th</sup> November, 2024.

**Activity** : Presentation on My Bharat Outreach Programme  
**Resource Person** : Ms. Anusuya Bansal, Pre RDC Volunteers  
**Day & Date** : Thursday, 7 November, 2024  
**Time** : 9:30 am – 10:30 am  
**Venue** : D-203

It is mandatory for all volunteers whose attendance is not complete.  
Please take your seats by 9:30 am.

  
**Prof. Sharad Rathore**  
Programme Officer

IISU Campus, Gurukul Marg, SFS, Mansarovar, Jaipur-302020 (Rajasthan)  
☐ +91 141 2400160, 2400161 ☐ Email Id: iisuniversity@iisuniv.ac.in ☐ Web: www.iisuniv.ac.in

### **Report:**

On 7<sup>th</sup> November 2024, the NSS Unit 1 of IIS (deemed to be University) organized a presentation as part of the *My Bharat Outreach Programme*, an initiative outlined by the Ministry of Youth Affairs and Sports, Government of India. The session was conducted by Ms. Anusuya Bansal, a Pre-RDC (Republic Day Camp) volunteer who has been selected to spread awareness about the *My Bharat* portal among youth. The primary objective of the activity was



to inform and guide NSS volunteers about the *My Bharat* (Mera Yuva Bharat) platform—its purpose, features, and how it can be used as a tool for youth engagement and development.

Ms. Bansal began the session by introducing the *My Bharat* portal and explaining its vision to empower the youth through a centralized digital platform. She elaborated on how to register on the portal and detailed the step-by-step process, encouraging students to sign up and explore the numerous opportunities it offers. The presentation included a clear explanation of the Experiential Learning Programme, which helps youth gain real-world skills and exposure. She also introduced the CV Build-Up Template available on the portal, explaining how students can use it to enhance their resumes by documenting their participation in various programs and initiatives.

In addition to the technical guidance, Ms. Bansal provided a brief overview of how the *My Bharat* portal functions and how it connects young individuals to various government and non-government projects, events, and volunteering opportunities. Toward the end of the session, she shared her personal experiences as an RDC camp volunteer, offering inspiration and motivation to the attendees. She spoke about how RDC volunteers are trained and later deployed to carry out outreach efforts, such as this session, to promote national platforms like *My Bharat*.

The session was well-attended by NSS volunteers and students, who found the presentation informative and encouraging. It not only familiarizes them with the portal but also motivates them to become active participants in nation-building efforts. The NSS Unit considers the session a success and looks forward to organizing more such awareness programs to strengthen youth involvement in community and national service.

**Pictures:**

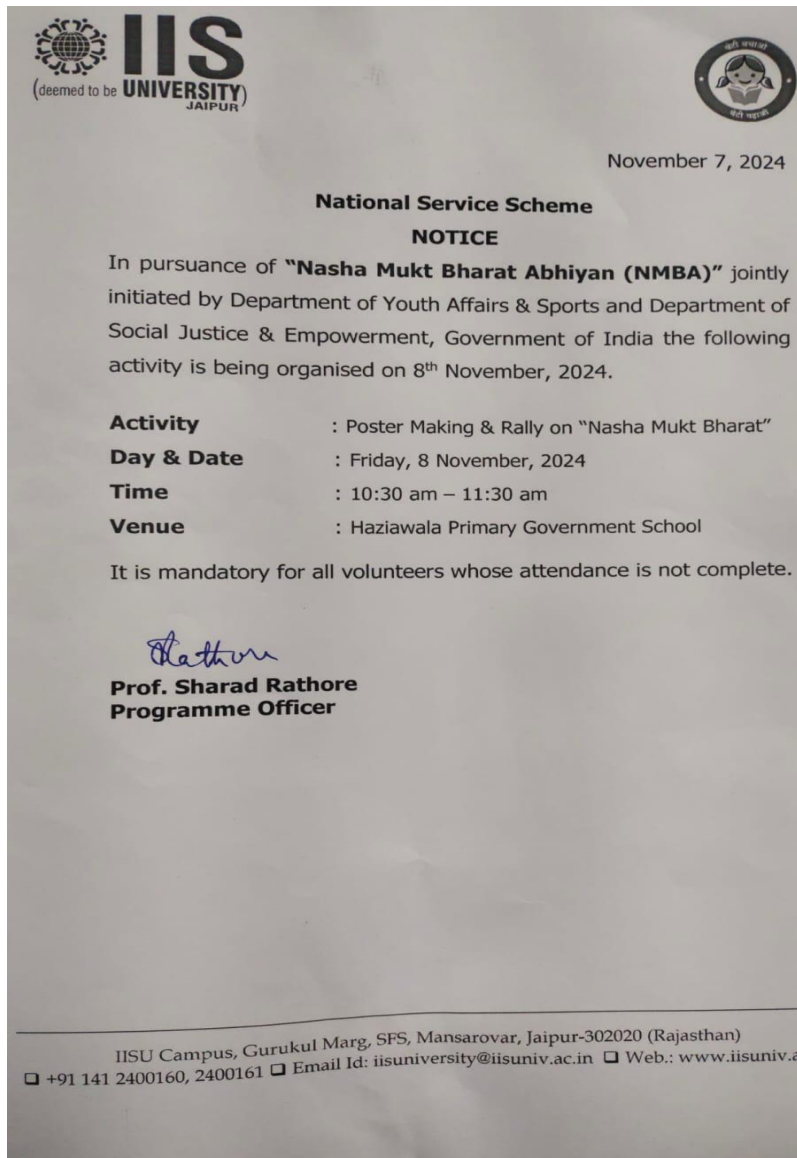


**Activity Name:** Poster Making & Rally on "Nasha Mukht Bharat"

**Date:** 8<sup>th</sup> November 2024

**Time:** 10:30 am – 11:30 am

**Venue:** Haziawala Primary Government School



### **Report:**

In line with the "Nasha Mukht Bharat Abhiyan (NMBA)," a national campaign jointly initiated by the Department of Youth Affairs & Sports and the Department of Social Justice & Empowerment, Government of India, the NSS Unit organized a Poster Making Competition and a Rally on 8<sup>th</sup> November 2024 at Haziawala Primary Government School.

The aim of the event was to raise awareness among students and the local community about the harmful effects of substance abuse and to promote a drug-free lifestyle. Volunteers enthusiastically participated by creating impactful posters that convey strong messages against drug abuse. Following the poster-making session, the volunteers took part in a rally, holding banners and posters, and spreading the message of a "Nasha Mukh Bharat" with slogans and chants.

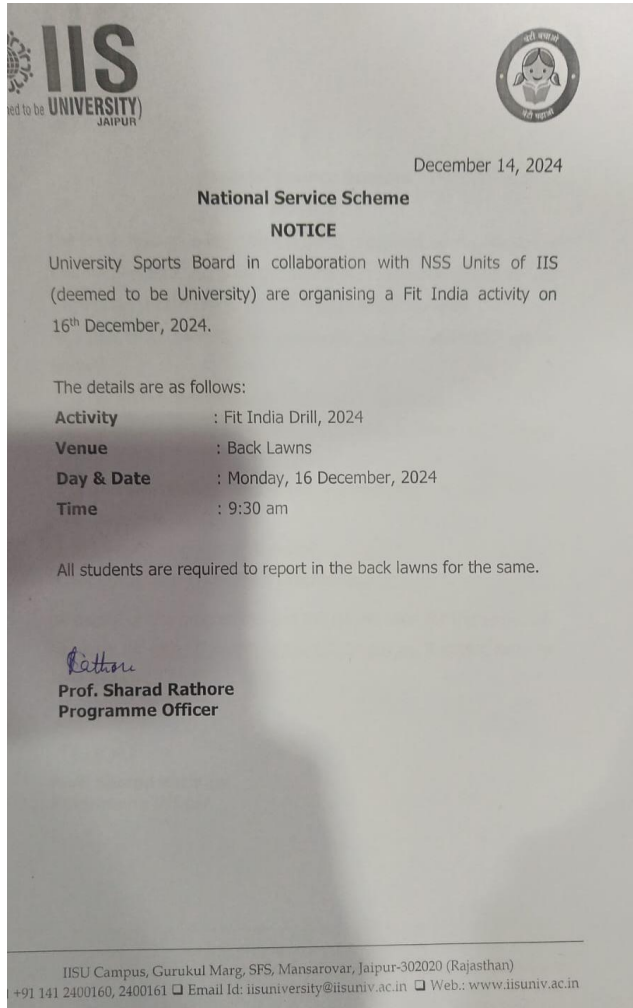
The activity was not only a creative outlet for the participants but also a meaningful step towards community engagement and social responsibility. It served as a reminder of the vital role youth can play in spreading awareness and driving positive change.



**Activity Name:** Fit India Week 2024

**Date:** 16th December, 2024

**Venue:** IIS (deemed to be) University



## **Report:**

The much-anticipated Fit India Week 2024 was inaugurated at IIS (deemed to be University) on December 16, 2024, with immense enthusiasm and vibrant energy. The event, organized by the University Sports Board, aimed to promote physical fitness and holistic well-being among students and faculty members. The celebrations commence with an inspiring opening ceremony graced by Ms. Mona Agarwal, a para-athlete and motivational figure, whose presence added significance to the occasion.

The program began with a formal welcome, followed by the ceremonial flag-off of the fitness parade led by NSS and NCC cadets, showcasing discipline and unity. A wide range of engaging activities, including yoga sessions, zumba workouts, daily challenges, quiz contests, and a poster-making competition, were planned throughout the week to encourage active participation and cultivate awareness about the importance of a healthy lifestyle.

Ms. Agarwal was felicitated during the event, and her powerful message on resilience and staying fit inspired the entire gathering. Faculty members, administrative staff, and students gathered in large numbers, making the event a resounding success.

The Fit India Week at IIS reflected the university's ongoing commitment to fitness, inclusivity, and student engagement, truly bringing the spirit of 'Fitness Ka Dose, Aadha Ghanta Roz' to life.



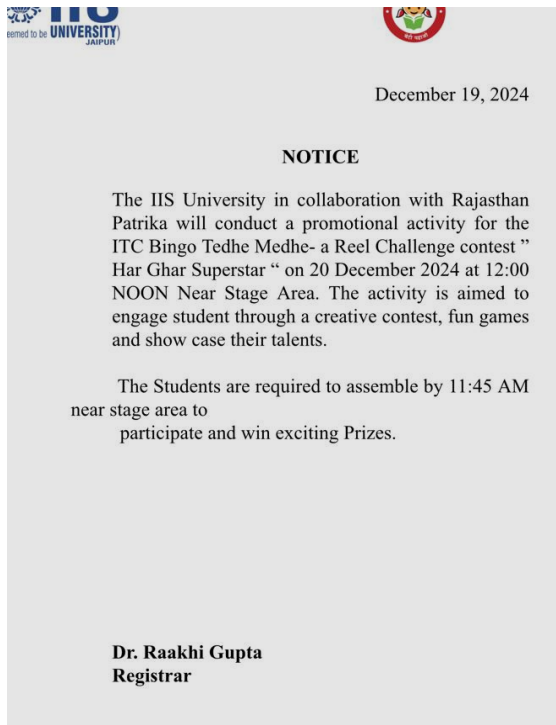


**Activity Name:** Tedhe Medhe Reel Contest

**Date:** 20 December, 2024

**Venue:** IIS (deemed to be) University Lawn

**Timings:** 9:30-11:30



### **Report:**

As part of a creative engagement activity organized under the National Service Scheme (NSS), volunteers took part in the "Thede Mede" reel contest. Although the exact theme of the contest varied or was not clearly specified, the primary objective was to encourage students to express themselves creatively through short video reels. The contest provided a platform for participants to showcase their ideas, editing skills, and collaborative spirit in a fun and relaxed setting.

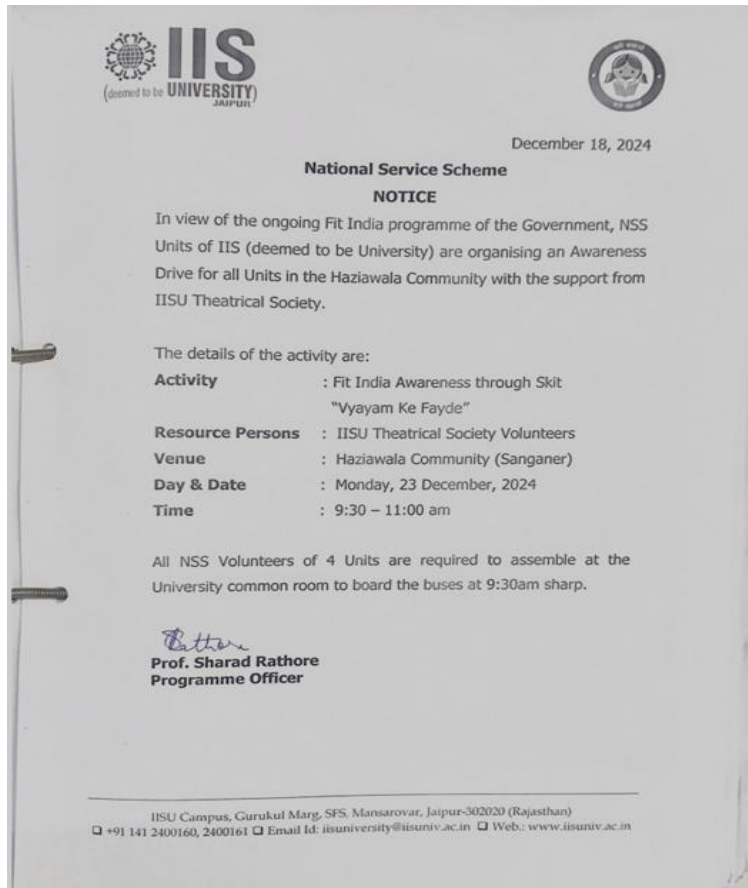
To make the event more interactive and memorable, all participating students were given packets of Thede Mede chips, which became both a prop and a symbol of the event's quirky, lighthearted nature. Group photos were clicked to document the occasion and celebrate the participation of volunteers. The activity not only promoted creative expression but also helped

foster bonding among NSS members in an informal yet purposeful way, reinforcing the sense of unity and enthusiasm within the team.

**Activity Name:** Fit India Awareness Drive

**Date:** 23 December 2024

**Venue:** Haziawala Community



## Report:

In line with the Government's Fit India program, the NSS Units of IIS (deemed to be University) organized a Fit India Awareness Drive for the Haziawala Community in Sanganer on Monday, 23 December 2024. The event aimed to raise awareness about the importance of fitness and exercise through an engaging skit.

The drive took place in the Haziawala Community and featured a skit titled "Vyayam Ke Fayde" (Benefits of Exercise) performed by volunteers from the IISU Theatrical Society. The event was scheduled from 9:30 AM to 11:00 AM and commenced promptly. The IISU Theatrical Society

volunteers delivered an impactful performance, effectively conveying the message of the importance of regular physical activity and a healthy lifestyle. The skit highlighted the various benefits of exercise, including improved physical and mental well-being. The performance was well-received by the community members, who actively participated and showed great enthusiasm. The event witnessed a good turnout from the Haziawala Community. The audience showed genuine interest in the message being conveyed and engaged with the performers. The skit proved to be an effective medium for communicating the importance of fitness in a simple and understandable manner. The atmosphere was positive and encouraging, promoting a sense of community and shared responsibility towards health and well-being.

The Fit India Awareness Drive was successfully executed. The event achieved its objective of raising awareness about the benefits of exercise and promoting a healthy lifestyle. The collaboration between the NSS Units of IIS (deemed to be University) and the IISU Theatrical Society proved fruitful in delivering a meaningful message to the community.

### **Pictures:**



**Activity name:** - Honorable Prime Minister's programme on Viksit Bharat

**Date:** - 11<sup>th</sup> and 12<sup>th</sup> January 2025

**Venue:** - Online mode (YouTube live)



All volunteers to note that there will be a live telecast of the Hon'ble Prime Minister's programme on the occasion of Viksit Bharat Young Leaders Dialogue/National Youth Festival-2025.

Dates for live telecast: **11/1/2025 & 12/1/2025**

Click on this you tube link for live telecast-

<https://www.youtube.com/@yasministry>

While attending take a picture and send to ur group for getting your attendance marked.

3:51 PM

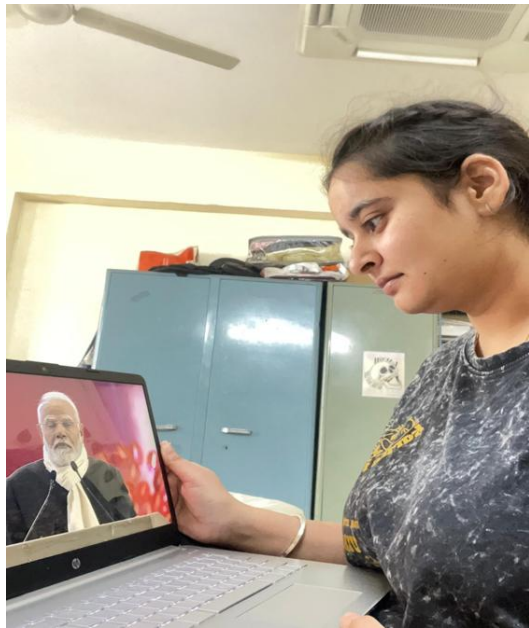
## **Report:**

On the occasion of the *Viksit Bharat Young Leaders Dialogue* held on 11th and 12th January 2025, a live telecast of Hon'ble Prime Minister Narendra Modi's address was organized, which the NSS volunteers of IIS (Deemed to be University), Jaipur were encouraged to watch from their homes. The event, held at Bharat Mandapam, New Delhi, marked a significant initiative aimed at engaging the youth in the vision of a developed India by 2047.

During his address, the Prime Minister explained the concept of *Viksit Bharat* as a collective mission to transform India into a fully developed, self-reliant, and future-ready nation. He emphasized the critical role of youth as the driving force behind this transformation and highlighted the government's ongoing efforts to enhance education, innovation, entrepreneurship, and infrastructure. PM Modi shared that initiatives like opening a new university every week, a new ITI daily, and setting up Atal Tinkering Labs regularly are aimed at empowering young minds. He also outlined ambitious national goals such as achieving net-zero emissions for Indian Railways by 2030, reaching 500 GW of renewable energy capacity, building a space station, and hosting the Olympics.

The NSS volunteers of IIS (Deemed to be University) actively participated by watching the live stream from their homes, reflecting their enthusiasm and commitment towards national development. This engagement provided them with valuable insights into the government's vision and encouraged them to contribute meaningfully to the nation-building process. The live address served as a source of inspiration for the youth to align themselves with the goals of *Viksit Bharat* and to take ownership of India's journey towards becoming a developed nation by 2047.

## **Pictures:**





**Activity Name:** Group leaders visit to Goliawas school

**Date:** 11 January, 2025

**Venue:** Goliawas school

**Timings:** 9:30-11:30



**IIS (Deemed to be University), Jaipur  
National Service Scheme**

**09 January 2025**

**NOTICE**

In pursuance of the NSS community outreach programme, the following activity is being organised to foster collaboration between the NSS Unit and local schools:

<b>Activity:</b>	Visit to Goliawas School by NSS Group Leaders
<b>Day &amp; Date:</b>	Saturday, 11 January 2025
<b>Time</b>	9:30 AM – 11:30 AM

All unit I volunteers are advised to participate.

A handwritten signature in blue ink, appearing to read "Rathore".

**Prof. Sharad Rathore**

**Program Officer**

**INTERNATIONAL COLLEGE FOR GIRLS**

IISU Campus, Gurukul Marg, SFS, Mansarovar, Jaipur-302020 (Rajasthan)  
☐ +91 141 2400160, 2400161 ☐ Email Id: iisuniversity@iisuniv.ac.in ☐ Web.: www.iisuniv.ac.in

On 11th January 2025, the NSS leaders of Unit 1 visited Goliawas School located in Mansarovar. This visit was an important step towards building a strong connection between the NSS unit and the school. The main purpose of the visit was to interact with the children and teachers and to introduce the NSS leaders to the school environment. Only the NSS leaders were part of this visit, and they focused on understanding the school's needs and expectations.

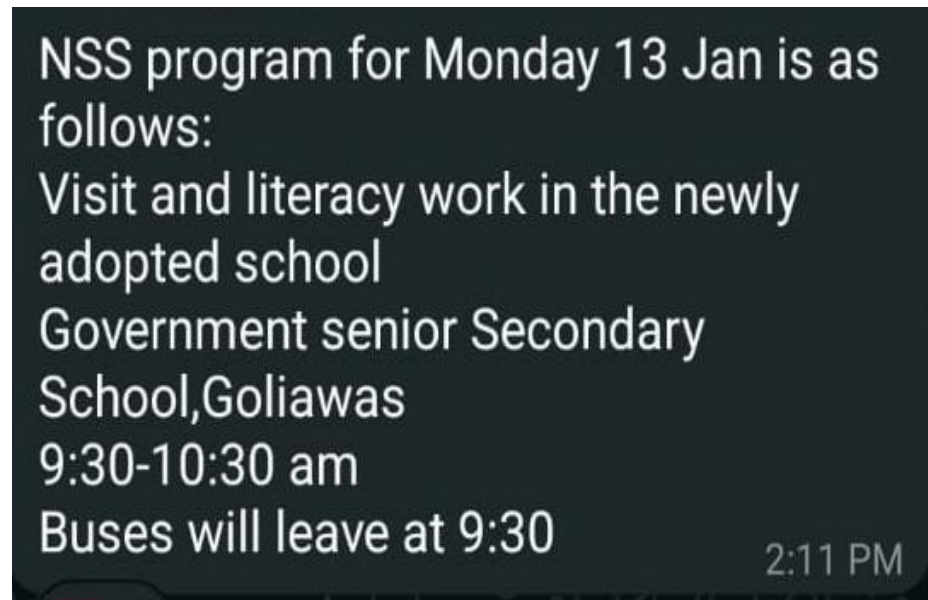
During the visit, the NSS leaders had one-on-one conversations with the teachers. They explained what the teachers can expect from the volunteers. They talked about how the students can take part in different activities, learn discipline, develop leadership skills, and become more responsible citizens. The teachers were also encouraged to support the students in participating actively in such programs.

The visit was a meaningful experience as it helped both the NSS leaders and school teachers understand each other's roles better. It set the stage for future collaborations where students from university can be more involved in social and community-based activities through NSS.

**Activity Name:** Briefing session on the newly adopted govt school

**Date:** 13 January, 2025

**Venue:** A.V. Hall, IIS (deemed to be) University



**Report:**

The NSS Unit-1 of IISU (deemed to be university) was briefed about the newly adopted school for the literacy project. The resource person for this activity was Ms. Sankul Sethia ma'am. She informed the volunteers about the school Unit-1 has undertaken for the literacy project, Government Senior Secondary School, Goliawas. Volunteers were told to prepare study material for the students of classes 2nd to 6th and to bring one notebook and basic stationery (pencil, eraser, and sharpener) for the students.

Ma'am directed the volunteers to participate actively and wholeheartedly as their contribution will help ensure a smooth and effective learning experience for the students.

The Principal of the govt school required the volunteers to improve the English and basics of the students in junior classes with the help of charts and posters.

**Pictures:**

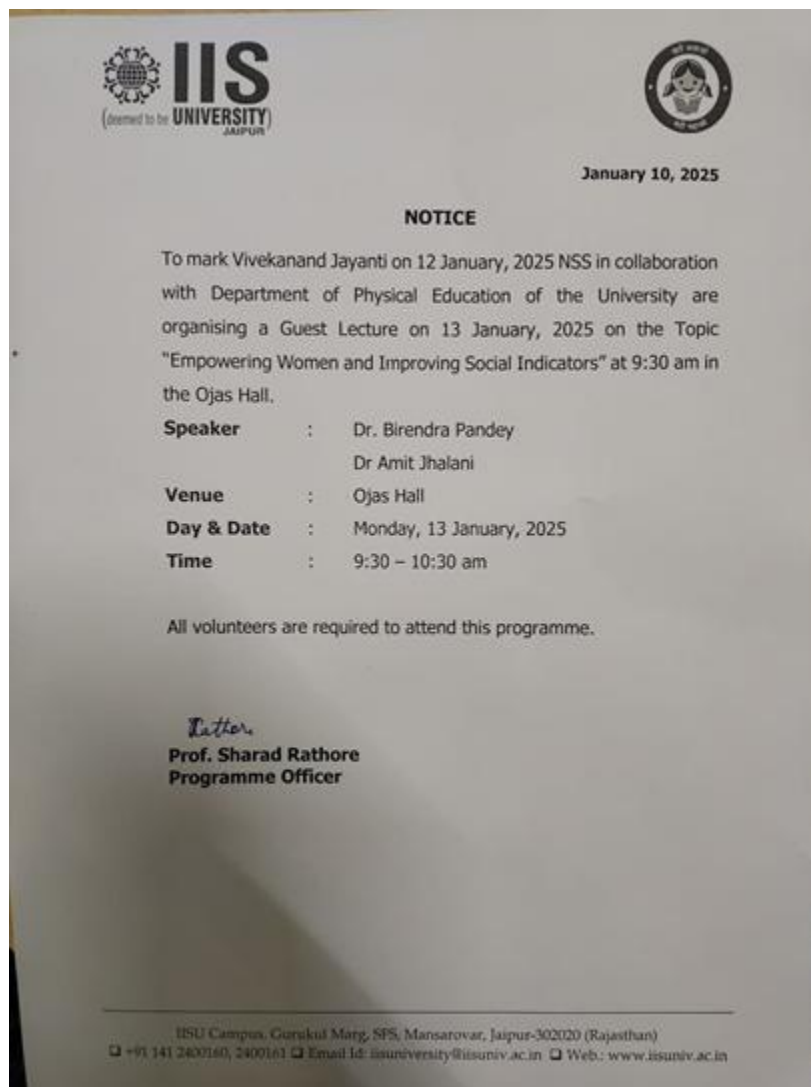


**Activity Name:** Empowering Women and Improving Social Indicators

**Day & date:** Monday, 13 January, 2024

**Venue:** Ojas Hall, IIS(deemed to be University),Jaipur

**Resource Person:** Dr. Birendra Pandey and Dr. Amit Jhalani



## **Report**

Dr. Birendra Pandey discussed how historically Indian society held women in high regard. The Vedic period, often described as a golden era for women, celebrated their wisdom, independence, and leadership. However, over centuries, socio-political changes led to the marginalization of women. In Dr. Pandey's opinion, Indian civilisation has always propounded gender equality but the western nations promoted the idea of victim tarnishing the image of

India as a country where women are victimised. We only recall what our past was and instead of seeing women as victims we must reclaim this heritage of respect and empowerment which is essential not only for justice and equity but also for improving vital social indicators such as education, health, and economic participation. He remembered the contributions of iconic Swami Vivekananda that how he wanted the youth to gain experiences not by listening to others but by venturing out to discover truth

Dr. Amit Jhalani recited few Sanskrit verses that was about how women are important of the society and according to him empowering women is not merely a developmental goal but a civilizational imperative for India. By reconnecting with its glorious past, where women were not only respected but actively shaped society, India can craft a future that is inclusive, just, and progressive.

### **Pictures:**





## **NSS Special Camp – Activity Report**

**Date:**17th January 2025

**Venue: IIS Deemed to be University**

### **Report on Yoga Session (17th January 2025)**

The NSS Special Camp 2025 at IIS (Deemed to be University), Jaipur, began with a refreshing Yoga session held in Aditya Hall from 8:00 to 9:30 am. The session provided a peaceful start to the day, focusing on physical and mental wellness. Participants brought their yoga mats and actively took part in various asanas and breathing exercises like Pranayama. The session helped in reducing stress and boosting concentration, setting a positive tone for the rest of the day. Overall, it was a rejuvenating experience that emphasized the importance of incorporating yoga into our daily lives for better health and mindfulness.

### **Report on Emotional Transformation Session (17th January 2025)**

On 17th January 2025, as part of the NSS Special Camp at IIS (Deemed to be University), Jaipur, a session on Emotional Transformation was conducted by Dr. Manoj Khurana. The session aimed to help students understand the significance of managing and transforming their emotions into positive energy. Dr. Khurana explained how emotions influence our thoughts, actions, and relationships, and how emotional transformation plays a key role in personal growth and mental well-being.

Students were introduced to simple yet effective techniques like mindfulness, breath control, and positive thinking to manage negative emotions such as anger, stress, and fear. The session was interactive and insightful, encouraging students to develop emotional resilience and a balanced mindset. Overall, it was a very helpful and thought-provoking session that motivated students to be more emotionally aware and strong.

## **Report on Self-Defense Training Session (17th January 2025)**

On the same day, a Self-Defense Training Session was organized to teach students, especially young women, how to protect themselves in difficult situations. The trainer explained the importance of awareness, quick reflexes, and staying calm during emergencies. Basic self-defense moves like blocking, striking weak points, and escaping holds were demonstrated and practiced by the students.

The session focused not just on physical techniques but also on building self-confidence and mental preparedness. Students found the training very practical and empowering, as it taught them valuable skills for their personal safety. This session played a crucial role in making students feel more confident and capable of handling real-life challenges.

## **Report on Inauguration Session of NSS Special Camp (17th January 2025)**

The Inauguration Session of the NSS Special Camp 2025 was held on 17th January 2025 at the A.V. Hall of IIS (Deemed to be University), Jaipur. The event officially marked the beginning of the week-long camp, aiming to introduce students to the objectives and planned activities of the NSS initiative. Faculty members and dignitaries addressed the students, highlighting the importance of community service, social responsibility, and skill development.

The session provided an overview of the scheduled programs like yoga, emotional well-being sessions, community projects, and self-defense training. It was an energizing and motivating start, setting a positive tone for the days ahead. The inauguration not only informed but also inspired students to actively participate in the camp with enthusiasm and dedication.

## **Report on Interaction Session (17th January 2025)**

As part of the NSS Special Camp 2025, an Interaction Session was conducted where students were divided into groups to get to know each other and build teamwork. The session created a

friendly environment where participants introduced themselves, shared their interests, and discussed their expectations from the camp. This informal interaction helped break the ice and promoted better bonding among the students.

The groups also planned how they would collaborate and manage the activities scheduled for the day. It was a productive and enjoyable session that encouraged communication, cooperation, and team spirit. This interaction set a positive tone for the day's events and helped everyone feel more connected and involved.

## **Report on Guest lecture on Time Bank**

On 17th January we had the privilege of hosting an inspiring session by our esteemed guest, Mr. Ashok Jain. It was an enlightening experience that shed light on the innovative concept of Time Banking and The Welfare of the Elderly. Mr. Jain, with over 37 years of experience in the banking sector and a prominent role as the Governing Council Member and Co-ordinator of the Time Bank of India, Jaipur City, shared his vision for addressing the growing loneliness and isolation among the elderly caused by the fragmentation of joint families and the rise of nuclear households. Time Banking operates under the inspiring slogan, "Each step forward in our life is a battle; let us succeed it with confidence." It focuses on creating small, family-like units of 40-50

members within a 2-3 km radius, fostering a sense of community where members can both give and receive support. The initiative is guided by the TEA Framework, which emphasizes Time as a willingness to invest, Enrolling individuals to join and contribute, and an Attitude of service towards the needy and lonely. The organization operates entirely through volunteers, with over 5,500 members across India, including 2,200 in Jaipur, and more than 100 admins nationwide. Offering both medical and non-medical assistance, Time Bank provides companionship to homebound individuals, helps them with errands like visiting doctors or parks, and ensures emotional and moral support. With no office beyond its registered location and minimal administrative costs, all activities are coordinated through its website and WhatsApp groups, showcasing a highly efficient and community-driven model. The session was an eye-opening experience, emphasizing the importance of community involvement and mutual care. Mr. Jain's passion and dedication to the cause inspired all participants. His innovative approach to

addressing the challenges of aging through Time Banking serves as a remarkable example of how collective efforts can bring positive change.

This session reminded us that with confidence and unity, we can make every step of life meaningful, not just for ourselves, but for those around us.

## **Report on Prashraya Foundation Jaipur**

On 18th January, our college had the privilege of hosting Pragya Khatri, the District Lead for Jaipur from the Prashraya Welfare Foundation, who introduced us to an inspiring initiative, Project Paridhaan 3.0. The session focused on fostering trust, collaboration, and mutual support through community-driven efforts to help those in need. Pragya Khatri explained the collaboration between the foundation and IISU, highlighting their shared goal of providing essential items and clothing to the underprivileged. This noble project will involve setting up donation boxes across the campus, allowing students and faculty to contribute by donating clothes.

She emphasized the importance of student involvement in making the campaign a success. She encouraged all attendees to not only donate but also organize collection drives within the college and actively participate in the distribution process once the donations are gathered. To motivate volunteers, Team Aashraya, a branch of the foundation, has committed to providing e-certificates to all contributors. She also shared inspiring stories of how their organization has made a tangible difference in communities by bridging the gap between donors and recipients, instilling a sense of responsibility among participants.

The session was a call to action for students to embrace social responsibility and spread awareness about Project Paridhaan 3.0. By collaborating with the Prashraya Welfare Foundation, the college is taking a step toward meaningful social change, empowering students to make a positive difference in society.

## **Report on Nukkad Natak Briefing Session (17th January 2025)**

As part of the NSS Special Camp 2025, a briefing session on Nukkad Natak (Street Play) was conducted on 17th January 2025. The session was led by Gagan Sir, who explained the concept, purpose, and flow of a Nukkad Natak. He discussed how street plays are a powerful

medium to spread awareness on social issues and how impactful performances can influence public thinking.

After the briefing, students were divided into groups and given specific topics to work on. Each group started brainstorming ideas, writing scripts, and creating stories based on their assigned themes. The session encouraged creativity, teamwork, and critical thinking, as students worked together to design meaningful and engaging performances for the upcoming street plays.



## **NSS Special Camp – Activity Report**

**Date:** January 18, 2025

**Venue:** IIS Deemed to be University

### **Yoga Session:**

The camp began with a morning yoga session aimed at promoting physical and mental well-being. Participants practiced foundational postures like Tadasana and Butterfly Pose, engaged in Om chanting for mental focus, and took part in Laughter Yoga, which created a joyful and refreshing start to the day. The sessions emphasized mindfulness, discipline, and stress relief.

### **Intellectual Session by Mr. Somesh Bhargava:**

An engaging talk on intellectual transformation was delivered by Mr. Somesh Bhargava. He discussed the importance of making the right choices by distinguishing between the "Path of Good" and the "Path of Pleasure." He highlighted clarity, concentration, determination, and decision-making as key elements in personal growth. The session encouraged structured thinking and broadened perspectives.

### **Community Drive – Visit to Gaushala:**

A visit to a local Gaushala exposed volunteers to sustainable living practices. They learned about biogas and CNG production using cow dung, the advantages of biomanure for organic farming, and the medicinal uses of Gau Mutra. The Gaushala also practiced animal welfare, naturopathy, composting, and cultivated Napier grass and herbal plants. The visit emphasized ecological balance and environmental responsibility.

### **Guest Lecture on Cancer Awareness:**

Dr. Kampra Gupta (Oncologist, HCG Hospital) and Ms. Usha Bapna (Former Director, Education Department) led a session on cancer awareness. Topics included types of cancer, early symptoms, risk factors (like smoking, diet, alcohol), and the importance of regular screenings,

especially for women above 40. Participants were also informed about preventive vaccines and modern treatments.

### **Nukkad Natak Training Session by Mr. Gagan Mishra:**

Mr. Gagan Mishra conducted a dynamic training session on Nukkad Natak (street play). Unit II focused on the theme Viksit Bharat 2047, envisioning a developed India. Volunteers were trained in scriptwriting, voice modulation, expressions, and audience engagement. Emphasis was laid on delivering strong social messages through powerful openings and interactive performances.

This day of the NSS camp proved to be enriching, with a perfect balance of physical health, intellectual stimulation, social responsibility, awareness, and creative expression.

### **Pictures:**





## NSS Special Camp – Activity Report

**Activity name:** Swachhthon (Swachhta Marathon)

**Date:** 19<sup>th</sup> January 2025

**Venue:** NRI Circle, Jagatpura

Volunteers of NSS Unit-1 of IIS (Deemed to be University) participated in the Swachhthon as a part of ongoing NSS camp. The purpose of this vibrant and energetic event was to increase awareness of environmental preservation and fitness.

This was an inclusive event as participants of all age groups and fitness levels were welcomed to raise awareness. Ranvijay, being the guest of honor, encouraged and motivated the participants to raise the community spirit and to leave a lasting impression on all.

Three racing categories—3 km, 5 km, and 10 km—were offered at the Swachhton Run to accommodate different levels of fitness. To boost motivation and a feeling of unity, participants received free T-shirts, race bibs, refreshments, and awards.

The Event was kicked off with an engaging Zumba warm-up, igniting the excitement in all. Ranvijay interacted with participants and inspired them to embrace exercise as a way of life.

Fitness enthusiasts and IIS School students were among the attendees, in addition to faculty and students from IIS University. Everyone had a great time and the marathon was remarkable because of the enthusiastic cheers and upbeat music.

The Swachhton Fun Run was a tremendous success, achieving its goals of promoting fitness and encouraging cleanliness in a fun and engaging manner. The NSS wing of IIS (Deemed to be University) showcased its dedication to fostering social awareness and healthy habits through this initiative.

### **Pictures:**



## **NSS Special Camp – Activity Report**

**Date:** January 20, 2025

**Coordinators:** Professor Sharad Rathod and Dr. Shilpi Saxena, Program Officers, NSS

### **Event One: Yoga Session**

The yoga session was conducted under the guidance of Professor Sharad Rathod and Dr. Shilpi Saxena. The NSS special camp commenced each day with invigorating yoga sessions, prioritizing physical and mental well-being for all participants. These sessions set a positive and energizing tone for the entire day's activities. We practiced various asanas, including Tadasana, and enjoyed a laughter yoga session that combined laughter with deep breathing.

The yoga sessions also included the practice of Gomukhasana, which strengthened our back and legs while improving flexibility in our shoulders and hips. Additionally, we learned about the benefits of Bhadrasana, also known as the Butterfly Pose, which is particularly beneficial for women experiencing menopause. We were also encouraged to share this information with our mothers and encourage them to practice it for their well-being.

## **Event Two: Session on Cultural Transformation**

The session on cultural transformation was led by Sh. Somesh Bhargava. The session aimed to promote awareness and understanding of Indian culture. We discussed the importance of being culturally rooted while embracing progress and change. The session emphasized the need to preserve and promote Indian culture, while discarding regressive practices.

The discussion also highlighted the importance of the 'ROOTED' concept, which stands for Reverence, One Family, One Country, Tradition, Education, and Dynamism. We learned about the significance of showing homage to our ancestors (Pitru), society (Manusya), nature (Deva), and the divine (Brahma). We also discussed the role of NSS volunteers in promoting cultural harmony and progress.

## **Event Three: Community Cleanliness Drive**

The community cleanliness drive was spearheaded by Professor Sharad Rathod and Dr. Shilpi Saxena. The event was held at City Park and promoted environmental responsibility and community engagement. We collected plastic waste, dry leaves, wrappers, and other litter in black polybags, making a significant impact on the park's cleanliness.

The event also featured a visit from a guest, who appreciated our efforts and encouraged us to continue our initiatives. We were proud to have made a positive impact on our community and look forward to organizing similar events in the future. The guest's visit was a great motivator, and we felt proud to be contributing to the Swachh Bharat Abhiyan.

## **Event Four: Skill Development - Pot Decoration**

The skill development session on pot decoration was facilitated by experienced instructors. The session was a fun and creative activity that allowed us to express our artistic skills. We



decorated clay pots using acrylic paints, sponges, and decorative items, creating unique masterpieces.

The instructors guided us through the process and provided valuable tips and techniques. We were encouraged to experiment with different designs and colors, resulting in a diverse range of creative pieces. The instructors also emphasized the importance of patience and attention to detail in creating beautiful artwork.

### **Event Five: Nukkad Natak Training Session**

The Nukkad Natak training session was conducted by Mr. Gagan Mishra. The session was an informative and engaging experience. We finalized our script, practiced dialogues, and planned our prop usage for an impactful street play performance.

The session also focused on the importance of voice modulation, expressions, and audience engagement. We learned how to effectively convey our message and connect with our audience, making our performance more engaging and memorable. Mr. Mishra also emphasized the importance of teamwork and coordination in delivering a successful street play performance.

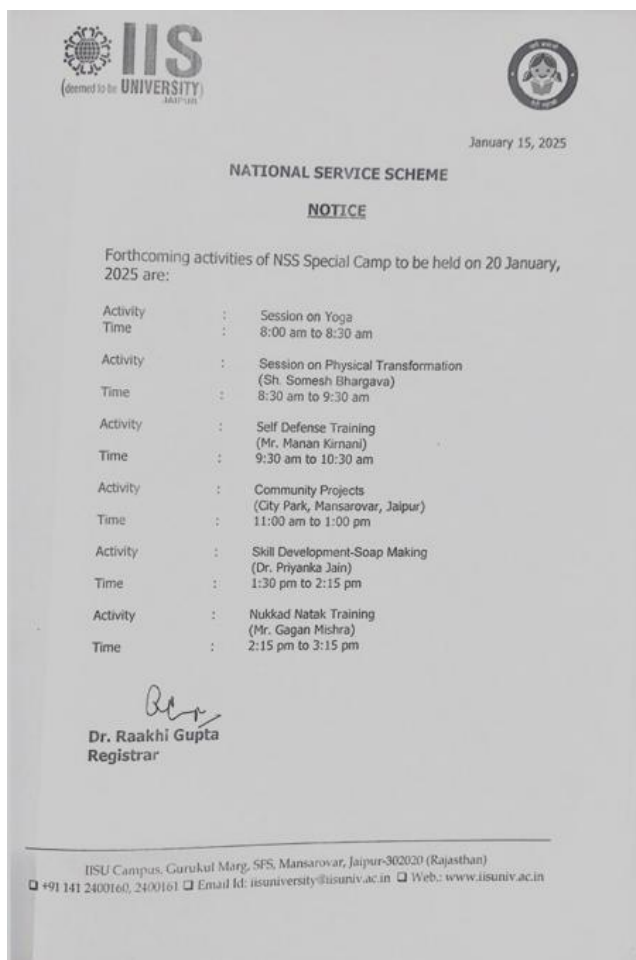
### **Pictures:**



**Activity:** Self-Defence Training

**Date:** 20th January 2025

**Venue:** IIS (deemed to be) University Back Lawn



## **Report:**

The self-defence training session was conducted on the back lawn of our institution, commencing at 9:30 am. The event aimed to equip NSS volunteers with essential skills and techniques to protect themselves in vulnerable situations.

The objective of the session was to educate NSS volunteers on basic self-defence techniques, to empower individuals with confidence and awareness and to promote a culture of safety and well-being.

The training session was interactive, engaging, and informative. Volunteers actively took part in demonstrations, practicing various self-defense techniques. The instructor provided valuable

insights, emphasizing the importance of awareness, assertiveness, and physical self-defense skills.

Volunteers expressed appreciation for the informative and practical session. Many reported feeling more confident and empowered to handle potential threats. The self-defence training session was a resounding success, providing NSS volunteers with essential skills and knowledge to ensure their safety and well-being. We look forward to organizing similar events in the future.

### **Pictures:**



## **NSS Special Camp – Activity Report**

**Date:** 21 January 2025

**Coordinators:** Professor Sharad Rathod and Dr. Shilpi Saxena, Program Officers, NSS

The day began with a peaceful and refreshing **Yoga Session from 8:00 AM to 8:30 AM** at the **IISU Lawn**. Under the guidance of instructors, volunteers performed various asanas and breathing exercises to enhance their physical health and mental clarity. The session set a calm and energizing tone for the day.

This was followed by an enlightening session on **Cultural Transformation from 8:30 AM to 9:30 AM**, delivered by **Mr. Somesh Bhargava**. In this engaging session, Mr. Bhargava addressed the evolving nature of Indian culture, emphasizing the need for inclusivity, respect for traditions, and the active role of youth in shaping a progressive society. The talk inspired volunteers to embrace cultural values while also adapting to modern challenges with responsibility and awareness.

From **9:30 AM to 10:30 AM**, a **Self-Defense Training Session** was conducted at the **IISU Lawn**. The training aimed at empowering volunteers, by equipping them with basic but effective self-defense techniques. The interactive and practical session was well-received, instilling confidence and alertness among participants to face real-life situations.

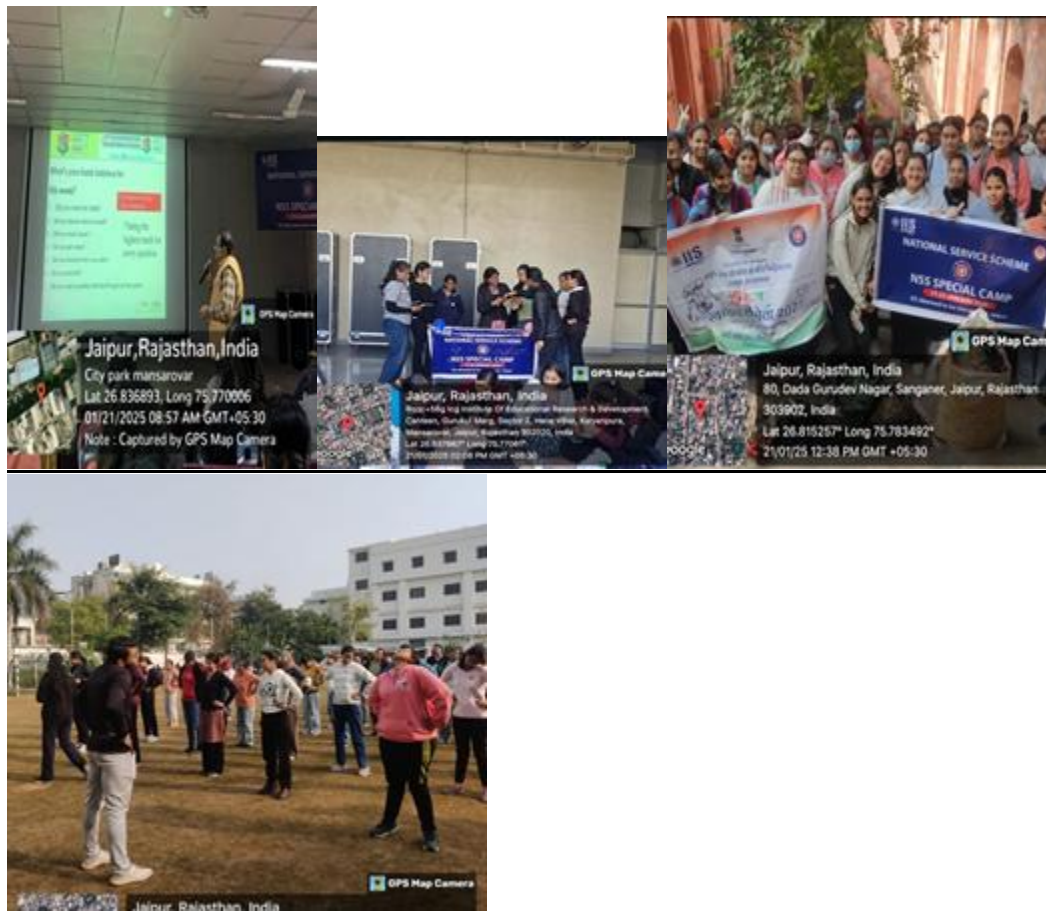
From **11:00 AM to 1:00 PM**, the **NSS Community Visit**, a defining part of the Special Camp. The day's theme centered on "Transforming Lives and Communities." **Activities began with a Physical Transformation Session**, followed by a **Cleanliness Drive at Juthi Baori**, a historic step-well. Volunteers took immense pride in reviving this heritage site by cleaning and keeping the area, promoting both civic sense and cultural preservation. After the drive, the volunteers visited the serene and spiritually enriching **Sanghi Ji Jain Temple**. The visit offered an opportunity for quiet reflection and appreciation of religious and architectural heritage, fostering respect for India's diverse spiritual traditions.

Then volunteers reconvened for a **Skill Development Session on Pot Decoration**, held from **1:30 PM to 2:15 PM at the IISU Backstage area**. This creative session allowed students to transform the clay pots made earlier into beautiful, decorated pieces using eco-friendly materials. The activity encouraged artistic expression, patience, and a sense of accomplishment.



The day concluded with an energetic and dynamic **Nukkad Natak (Street Play) Training Session** from **2:15 PM to 3:15 PM in the AV Hall**, conducted by renowned theatre expert **Mr. Gagan Mishra**. He trained volunteers in the art of performing socially impactful plays in public spaces. The session focused on voice modulation, body language, script interpretation, and the powerful role of street theatre in spreading awareness and social change. It was an engaging and empowering experience for all the participants.

### **Pictures:**



### **NSS Special Camp – Activity Report**

**Date :** 22nd January, 2025

**Venue :** AV HALL , IISU LAWNS & Grassfarm nursery

Unit 1 of the NSS wing at IIS (Deemed to be University) successfully conducted a special camp that offered a memorable day of learning, awareness, and self-improvement. The day began with an energizing yoga session that helped participants reconnect with themselves, promoting calmness and mental clarity that carried through the rest of the day's events.

The camp then moved into a thought-provoking session on emotional growth, conducted by Mr. Manoj Kumar. His engaging talk explored the role of emotional intelligence in shaping our actions and relationships. He also introduced the idea of patriotic transformation—emphasizing how a deep sense of national pride and responsibility can lead to unity, active citizenship, and societal advancement. His words encouraged students to work towards the nation's development while preserving its cultural essence and protecting its interests.

Another highlight of the camp was a dynamic self-defense workshop. Participants learned practical techniques from experienced trainers, empowering them with the ability to respond confidently in threatening situations. Beyond skill-building, this session fostered teamwork and mutual encouragement, creating a supportive environment.

As part of the outreach activity, the volunteers visited Grassfarm Nursery, where they explored the fascinating world of birds and their ecosystems. The visit offered insights into different bird species, their unique habitats, and the environmental challenges they face. A major concern discussed was the use of manjhas—sharp, glass-coated kite strings—that often become entangled in trees and pose serious dangers to birds. These threads can cause severe injuries or even death to birds caught in them.

To address this issue, students took part in a cleanup drive, removing manjhas from tree branches in and around the nursery. This hands-on activity underscored the importance of small, conscious efforts in preserving wildlife and the ecosystem. It also deepened the participants' sense of environmental responsibility.

Back on campus, the volunteers shifted their focus to practicing nukkad nataks (street plays), preparing to use performance as a tool for social awareness. The rehearsal sessions were

spirited and collaborative as the group worked on perfecting their scripts, expressions, and stage presence. Guiding them through this process was Gagan Mishra Sir, whose expertise in theatre helped the team refine their performance. His tips on effective communication, audience engagement, and emotional delivery added depth and impact to the plays.

In summary, the NSS special camp organized by Unit 1 was a day filled with meaningful activities that promoted physical wellness, emotional understanding, environmental sensitivity, and creative expression. It not only enriched the participants on a personal level but also instilled a greater sense of social and national responsibility.

### **Pictures:**

## **NSS Special Camp – Activity Report**

**Date:** 23<sup>rd</sup> January, 2025

**Venue:** Ojas hall and lawn area of IISU

The valediction ceremony of the NSS Camp at *IIS (Deemed to be University)* was held on 23<sup>rd</sup> January 2025, marking the successful conclusion of a week-long journey of service, learning, and growth. The day commenced with a warm welcome to the esteemed guests, followed by the soulful rendition of the NSS song, sung in unison by the leaders of various units, reflecting unity and dedication. The atmosphere came alive with a vibrant Rajasthani folk dance performance, showcasing the rich cultural heritage of the state.

Adding a socially impactful element to the ceremony, each NSS unit performed Nukkad Nataks on important themes such as Viksit Bharat, Swachh Bharat, and Beti Bachao, Beti Padhao. These plays aimed to spread awareness and encourage responsible citizenship. Following the performances, the guests visited pop-up stalls set up by each NSS unit, where students showcased their ideas, initiatives, and creativity on various social issues.

In addition to the stalls, each unit was assigned a specific topic for bulletin board decoration, with themes such as "Food and Culture of Assam," adding an educational and cultural touch to the event. Another attraction was the pot decoration exhibition, where beautifully decorated pots by each unit were displayed, reflecting artistic skills and teamwork.

The entire NSS camp provided participants with an opportunity to develop leadership, express creativity, work collaboratively, and grow both personally and socially. The valedictory function concluded with inspiring words from the guests, who applauded the efforts of the volunteers and encouraged them to continue their journey of service and nation-building with the same passion and commitment.

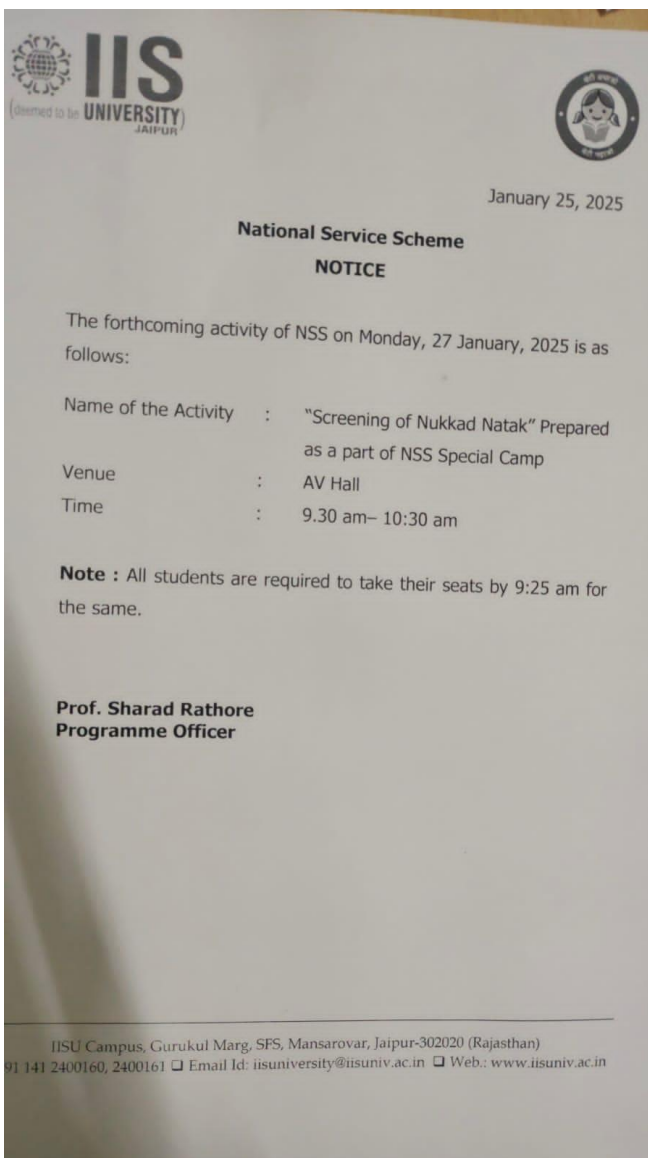
### **Pictures:**



**Activity Name:** Nukkad Natak

**Date:** 27th January 2025

**Venue:** AV Hall



### **Report:**

On 27th January 2025, an engaging NSS activity titled Nukkad Natak was organized at IIS (Deemed to be University). This street play event aimed to raise awareness among students and faculty about relevant social issues through the medium of theatrical performance.

The event featured a group of NSS volunteers who performed a well-rehearsed and thought-provoking nukkad (play) that highlighted critical topics such as gender equality, mental health, and environmental sustainability. The play combined elements of satire, drama, and emotion to deliver powerful messages in an easily understandable and relatable manner.

The performance not only entertained but also educated the audience, sparking conversations on important societal challenges. It effectively showcased how drama and art can serve as strong tools for social change and awareness. The audience, comprising students, faculty, and staff, appreciated the initiative and actively engaged in a short interactive session held after the performance.

Overall, Nukkad Natak was a meaningful and impactful activity that aligned with the core values of NSS—promoting social awareness, responsibility, and active citizenship through creative expression.

### **Pictures:**

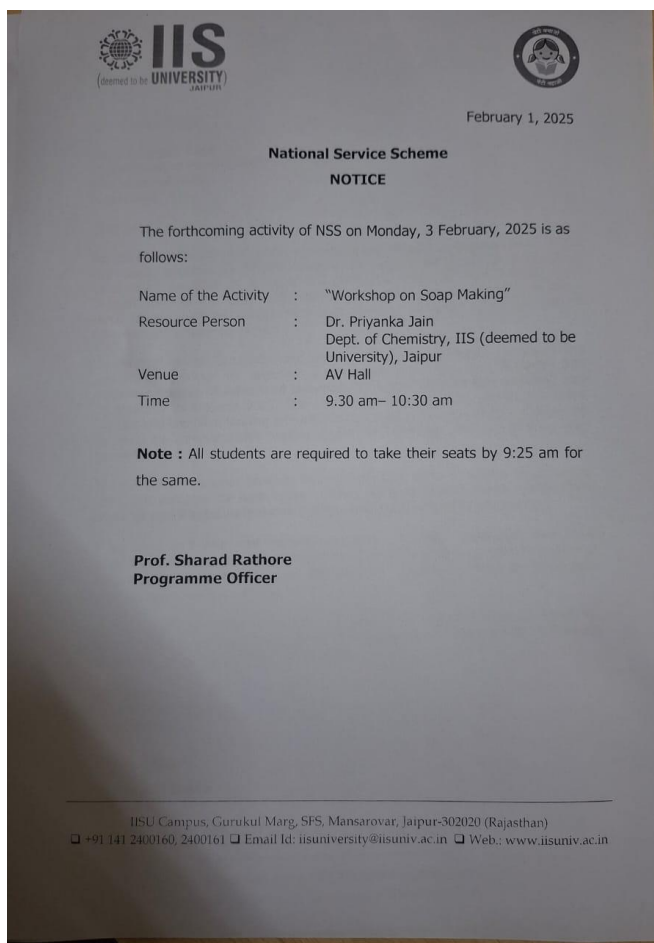


**Activity Name:** Workshop on Soap Making

**Date:** 3rd February, 2025

**Venue:** AV Hall





## **Report:**

On 3rd February, for NSS Activity an informative soap-making session was organized led by Dr. Priyanka Jain from the Chemistry Department, along with two volunteers. The session aimed to educate students on the science and process of soap making, including the creation of organic and chemical-free soaps. Dr. Jain explained the basic chemistry behind soap formation, where fats or oils react with an alkali to produce soap and glycerine. The volunteers provided a live demonstration, guiding students through each step, from selecting ingredients to moulding the final product.

During the session, different types of soaps were discussed, including glycerine-based soaps, herbal soaps, and scented soaps. The volunteers demonstrated how to mix essential oils, natural herbs, and organic colorants to enhance the quality, fragrance, and skin benefits of the soap. The importance of choosing the right oil—such as coconut oil, olive oil, and shea butter—was also emphasized, as each oil contributes to different properties like lather, hardness, and

moisturizing effects. Additionally, students learned about the significance of curing time for handmade soaps and the difference between cold process and melt-and-pour methods. A major focus of the session was on organic soap making, using natural ingredients such as besan, rose water, essential oils, herbs, and natural colorants. Dr. Jain emphasized the benefits of organic soaps, highlighting that they are free from synthetic additives, gentle on the skin, and environmentally friendly. Students actively participated, asking questions about fragrances, preservatives, and customization techniques.

The session also touched on the commercial potential of handmade soaps, encouraging students to consider entrepreneurship opportunities in organic soap production. By the end of the workshop, participants had gained valuable practical skills and scientific knowledge, making the session both educational and inspiring.

### **Pictures:**



**Activity Name:** Community Engagement

**Date:** 10 February ,2025

**Venue:** AV Hall, IIS (deemed to be) University



February 8, 2025

**NOTICE**

**National Service Scheme**

The NSS Unit of IIS (deemed to be University) is organising a Guest Lecture on "**Community Engagement**" on Monday, 10 February, 2025 at 9:30 am:

**Resource Person** : Ms. Nehal Sharma,  
Sr. Programme Coordinator, Pravah

**Venue** : A.V. Hall

**Prof. Sharad Rathore**  
Programme Officer

## **Report:**

The session was conducted by Nehal Sharma, Senior Programme Coordinator at Pravah, who highlighted the importance of understanding and upholding democratic values. She emphasized how the Constitution serves as the foundation of our democracy and ensures essential principles such as sovereignty, freedom, and justice. The session began with an interactive quiz titled "How Well Do You Know Our Constitution?" to test the Volunteers knowledge of the fundamental rights and duties.

After the quiz, there was a discussion where the answers were analyzed, allowing Volunteers to clarify their doubts and gain deeper insights into various constitutional provisions. A significant part of the session focused on the principles like sovereignty, freedom, and justice, where Nehal Sharma Ma'am encouraged Volunteers to reflect on what would happen if these values were absent from our Constitution. This led to an engaging one-on-one discussion, helping the

Volunteers to appreciate the importance of constitutional principles in ensuring fairness, equality of our constitution.

The session was highly interactive and thought-provoking, leaving Volunteers with a greater awareness about our constitution and about their role as responsible citizens in a democratic society.

### **Pictures:**



**Activity Name:** Health Checkup

**Date:** 17th February 2025

**Venue:** IIS (deemed to be) University

February 15, 2025


**NOTICE**

**National Service Scheme**

NSS Unit of IIS (deemed to be University) in collaboration with **Rotary Club, Jaipur Gurukul** is organizing two Health Check-up Camp under the project "**Aditya Anemia Mukh Bharat Abhiyan**".

Details of the Camp :

- |     |            |  |
|-----|------------|--|
| I   | Day & Date | : Monday, 17 <sup>th</sup> February, 2025        |
|     | Venue      | : IISU Campus                                    |
| II. | Day & Date | : Thursday, 20 <sup>th</sup> February, 2025      |
|     | Venue      | : Goliyawas Sr. Sec. School,<br>Sanganer, Jaipur |

  
**Prof. Sharad Rathore**  
**Programme Officer**

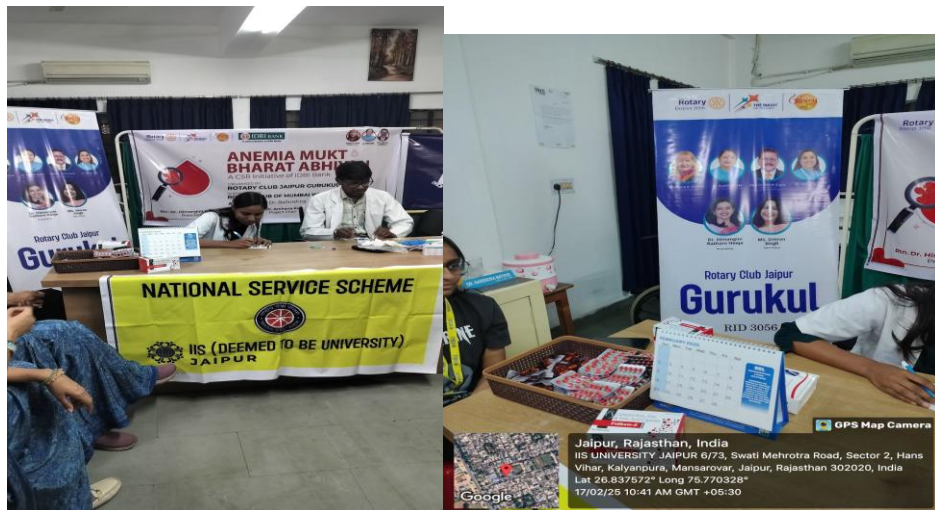
**Report:**

A Hemoglobin Testing Camp was organized at our college as part of the Anemia Mukh Bharat Abhiyan, a CSR initiative of IDBI Bank. The event was conducted in collaboration with the Rotary Club Jaipur Gurukul and the Rotary Club of Mumbai West Coast. A team of medical professionals visited the campus to test students' hemoglobin levels and provide necessary health guidance. The process began with student registrations, after which the tests were conducted by trained healthcare professionals. The initiative aimed to create awareness about anemia and the importance of maintaining healthy hemoglobin levels.

During the camp, students underwent a simple blood test to assess their hemoglobin levels, which helped identify individuals who might be at risk of anemia. Along with the test results, the doctors provided important health recommendations to improve hemoglobin levels through dietary changes and supplementation. Teachers were also present to supervise the event and ensure smooth coordination. The doctors highlighted the significance of iron-rich foods, proper nutrition, and a balanced diet in preventing anemia.

Additionally, medicines and supplements were distributed to students to help maintain healthy hemoglobin levels. The doctors encouraged students to prioritize their health and follow a nutritious diet. The session was not only informative but also essential for students' well-being, ensuring that they were aware of the necessary steps to maintain a healthy lifestyle. The event was a great success, providing students with valuable health insights and motivating them to adopt better dietary and lifestyle habits.

### **Pictures:**



**Activity Name:** Self Defense (RajCop Citizen App)

**Date:** 17th February, 2025

**Venue:** IIS (deemed to be) University

### **Report:**

A special session on women's safety and self-defense was conducted at our college by women police officers, who provided valuable insights into ensuring personal security. They highlighted the importance of self-defense in daily life, emphasizing that being aware and prepared can help prevent dangerous situations. The officers also discussed various real-life scenarios where self-defense techniques could be crucial and encouraged students to be vigilant and proactive about their safety. Their session aimed to instill confidence among women and empower them to take charge of their security.

During the session, the officers introduced the RajCop Citizen app, a government initiative designed to assist citizens in distress. They explained how the app enables women to seek immediate help in cases of violence, sexual harassment, or theft, ensuring prompt police intervention. The app's features, including emergency contact options and location tracking, were demonstrated, making it clear that technology plays a crucial role in modern safety measures. The officers encouraged all students to download the app and familiarize themselves with its functions to enhance their security.

Apart from self-defense and digital safety, the session also shed light on government policies and legal protections for women in India. The officers elaborated on various laws designed to safeguard women's rights and stressed the government's commitment to ensuring a safe environment for all. They urged students to be aware of their legal rights and to report any instances of misconduct without hesitation. The session was not only informative but also empowering, leaving students with a stronger sense of awareness, confidence, and preparedness in matters of personal safety.

### **Pictures:**



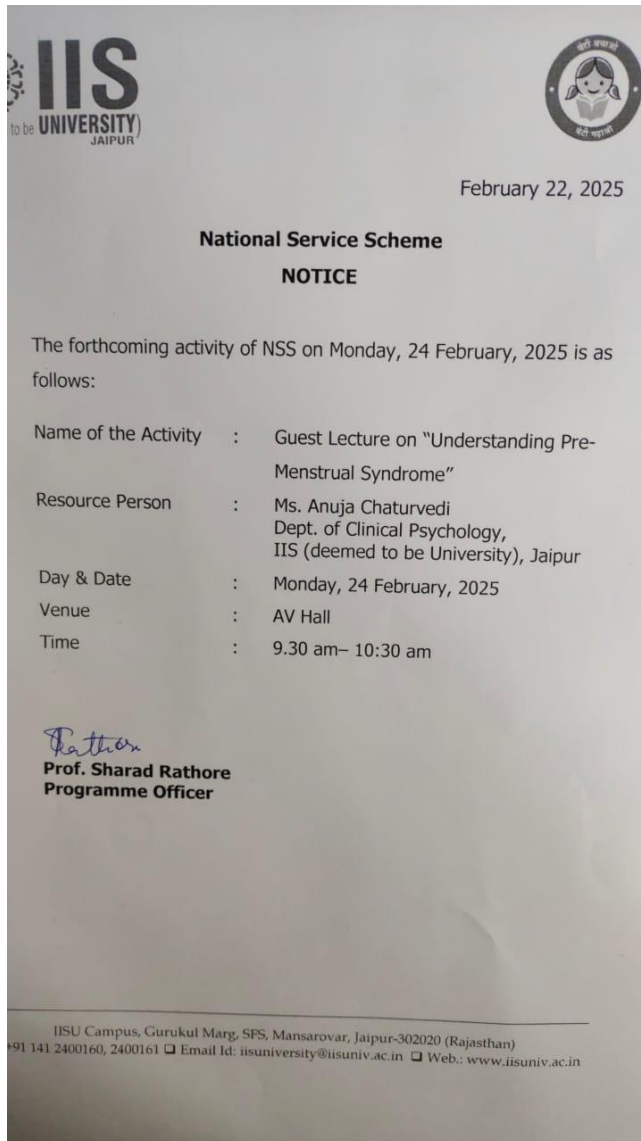


**Activity Name:** Guest Lecture on Understanding Pre-Menstrual Syndrome

**Date:** 24th February 2025

**Venue:** AV Hall

**Resource Person:** Ms. Anuja Chaturvedi, Department of Clinical Psychology, IIS (Deemed to be University), Jaipur



### **Report:**

A guest lecture on "Understanding Pre-Menstrual Syndrome" was organized by the NSS units of IIS (deemed to be University) to spread awareness about a commonly misunderstood yet

important health issue faced by many women. The session was conducted by Ms. Anuja Chaturvedi from the Department of Clinical Psychology at IIS (Deemed to be University), Jaipur. Ms. Chaturvedi began the session by explaining what Pre-Menstrual Syndrome (PMS) is, along with its common symptoms and emotional impacts. She highlighted the psychological and physiological causes behind PMS and discussed why it occurs in some individuals more severely than others.

The lecture also covered preventive measures, dietary suggestions, and the role of physical activity in managing PMS effectively. Ms. Chaturvedi used a well-structured PowerPoint presentation to make the session more engaging and understandable for the attendees.

Students found the lecture informative and relevant. The session helped break the stigma surrounding menstrual health and encouraged open conversations.

Conclusion: The guest lecture was a valuable initiative toward educating young individuals about women's mental and physical health. It promoted a better understanding of PMS and highlighted the importance of self-care and healthy lifestyle habits.

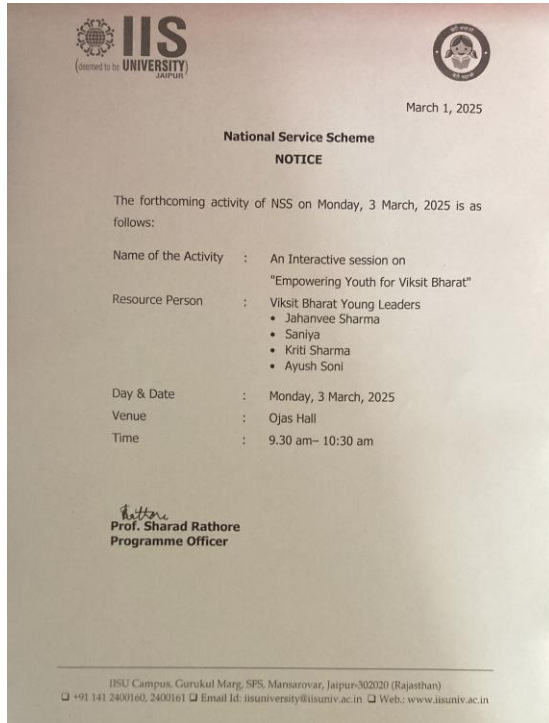
### **Pictures:**



**Subject:** Empowering Youth for Vikas Bharat

**Date:** 3<sup>rd</sup> March 2025

**Venue:** Ojas Hall IIS (deemed to be) University



## **Report:**

On 3<sup>rd</sup> March 2025, The National Service Scheme(NSS) organized an insightful and motivational session on "Empowering Youth for Viksit Bharat", aimed at mobilizing students to actively participate in building a developed India.

The session was led by four dynamic young leaders — Jahanvee Sharma, Saniya, Kriti Sharma, and Ayush Soni — who were recently selected to participate in the prestigious Viksit Bharat Youth Parliament, a national initiative launched by the Government of India under the Viksit Bharat @2047 vision. This initiative is spearheaded by the Ministry of Youth Affairs and Sports through the Mera Yuva Bharat (MY Bharat) platform.

The Viksit Bharat @2047 initiative envisions transforming India into a fully developed nation by its 100th year of independence. It aims to involve the youth in constructive policy dialogue, leadership, and civic responsibility, helping them contribute to nation-building.

During the session, the speakers shared their valuable experiences from participating in the Youth Parliament. They talked about the inspiring environment, their role as youth representatives, and the importance of having a platform where the voices of young Indians are heard. They also highlighted the role of youth as critical stakeholders in achieving the national developmental goals for 2047.

The session served as a powerful motivation for all students. The speakers explained the registration process in detail for the upcoming Youth Parliament through the MY Bharat portal ([mybharat.gov.in](http://mybharat.gov.in)), guiding attendees on how to get involved and represent their districts at various levels — district, state, and national.

The event concluded with an interactive Q&A session and a vote of thanks. Students appreciated the practical insights and left feeling inspired and empowered.



### **Pictures:**



**Activity Name:** International Women's Day

**Date:** 8<sup>th</sup> March ,2025

**Venue:** IISU Lawn



March 7, 2025

**National Service Scheme  
NOTICE**

To celebrate International Women's Day, NSS unit of IIS (deemed to be university) is organizing two activities on Saturday, 8<sup>th</sup> March 2025:

I. Self-Defence and Yoga Session


II. A tree of Gratitude - Honoring the Women Who Inspire

Time : 9.30-10.30 AM

Venue : Back lawn area

**Important Note:**

- Attendance will be recorded separately for both activities.

  
**Prof. Sharad Rathore**  
Programme Officer

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**Report:**



On 8th March 2025, the NSS units of IISU celebrated International Women's Day by organizing a special event in the IISU lawn that included a self-defence session, a yoga session, and an engaging activity titled "Tree of Appreciation." The event began with a self-defence workshop led by a trained instructor, where students learned basic techniques to protect themselves and build confidence. This was followed by a peaceful yoga session conducted by a certified instructor, focusing on mental and physical well-being. After the sessions, volunteers participated in the "Tree of Appreciation" activity, where they expressed gratitude by writing two lines about a woman who inspires them on colored stickers. These stickers were then pasted on trees designated for each NSS unit, as identified by the Unit Faculty Coordinators. The trees bloomed with heartfelt messages, turning into vibrant symbols of admiration and respect for inspiring women. The event was a beautiful blend of empowerment, mindfulness, and appreciation, reflecting the spirit of Women's Day and the values of NSS.

### **Pictures:**



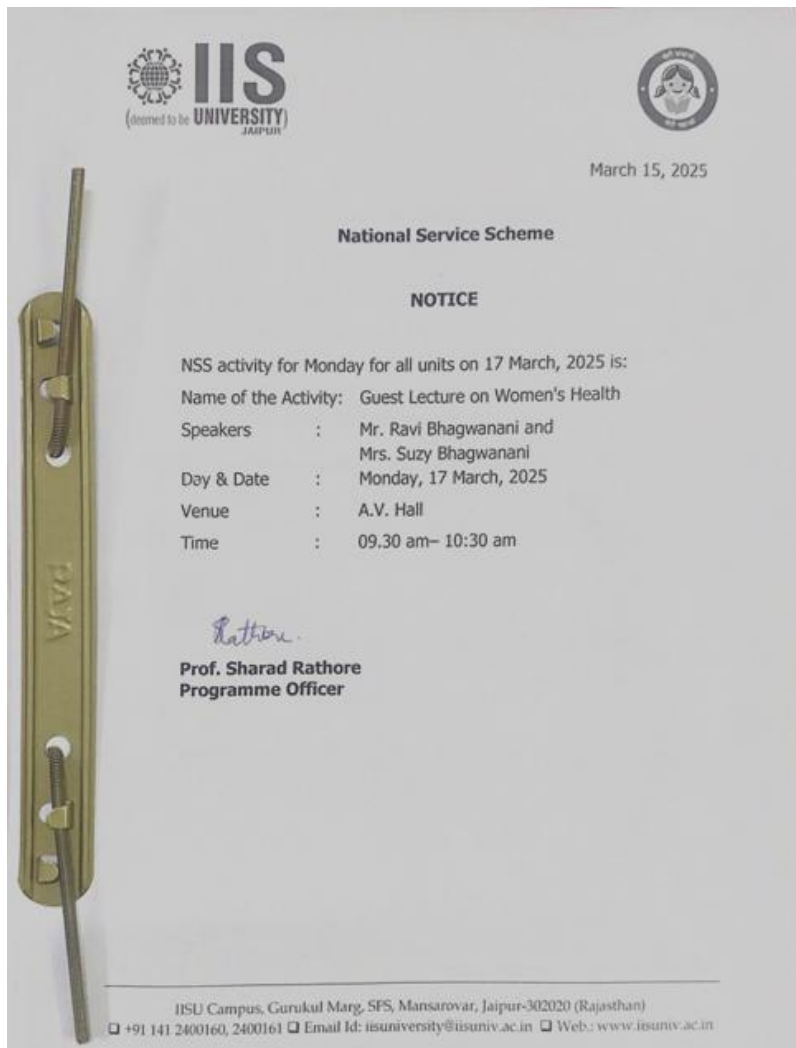


**Activity Name:** Guest Lecture on Women's Health

**Date:** Monday, 17th March 2025

**Speaker:** Mr. Ravi Bhagwanani

**Venue:** AV Hall



## **Report:**

A special NSS session on women's health was organized to raise awareness about the impact of commonly used chemical-based sanitary pads and to introduce safer, eco-friendly alternatives. The guest speaker, Mr. Ravi Bhagwanani, addressed a gathering of students and staff,

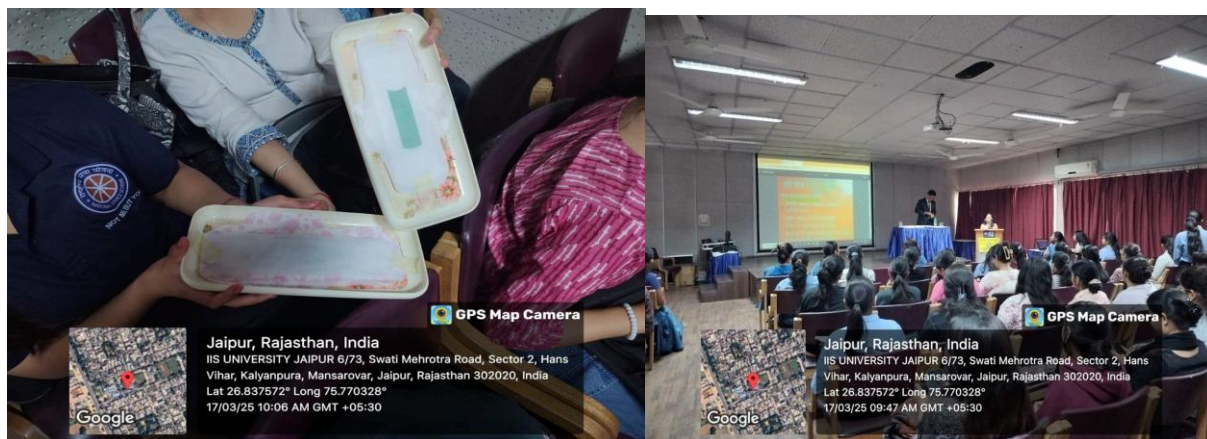
highlighting the health risks associated with traditional sanitary products and the environmental damage caused by their disposal.

The session featured a fascinating live demonstration involving an iron chip. Initially, when a girl volunteer stood without the chip, her balance and energy were tested, and she moved easily. However, once the iron chip was introduced, her stability improved significantly, symbolizing the energy-boosting potential of this innovation, especially during menstruation.

Mr. Bhagwanani also presented a live comparison between conventional sanitary pads and an organic alternative developed by their team. The organic sanitary napkin was shown to absorb four times more than a typical pad. Each layer of the organic napkin was displayed and explained to help students understand the material and functionality. In contrast, the chemical-based pads had significantly lower absorption.

The session was informative and interactive, empowering young women with knowledge about healthier menstrual hygiene options while promoting environmental responsibility.

### **Pictures:**

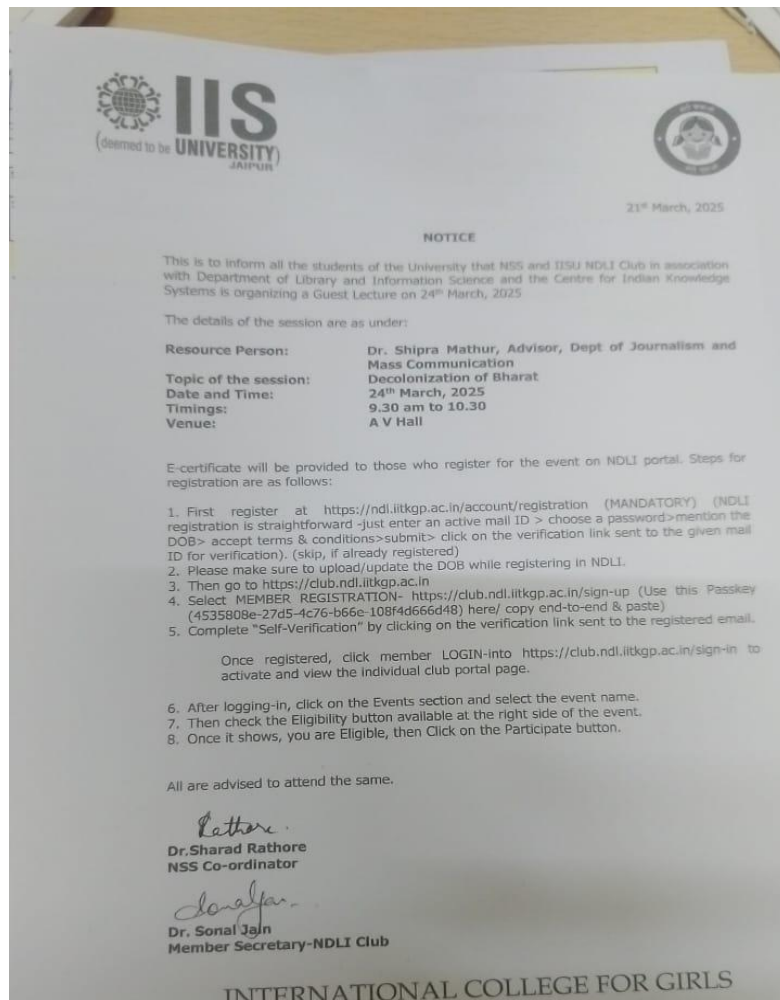


**Activity Name:** Lecture on Decolonisation of Bharat

**Date:** 24 March 2025

**Venue:** AV hall

**Time:** 9:30-10:30



## **Report:**

On 24th March 2025, the National Service Scheme (NSS) unit 1 organized an enlightening session on the theme "Decolonisation of Bharat." The talk was delivered by Dr. Shipra Mathur from the Department of Journalism and Mass Communication. The session focused on understanding India's journey of decolonisation across various dimensions, including the Constitution, language, rights, and responsibilities.

Dr. Mathur began by discussing the impact of colonial rule on India's socio-political structures and how the Constitution laid the foundation for a sovereign, democratic, and inclusive nation. She emphasized the importance of decolonising our mindset by reconnecting with indigenous values and practices. A significant part of the session was devoted to the role of language in this process, highlighting the relevance of Hindi and Rajasthani as carriers of cultural identity and pride.

The speaker also explained how recognising and practising our rights and responsibilities as citizens is crucial in the nation-building process. The discussion urged students to reflect on how colonial legacies still influence various systems and how they can be actively challenged and transformed. The session gave students a broader and deeper understanding of decolonisation—not just as a political concept but as a cultural, linguistic, and civic movement. Students learned the importance of valuing regional languages, upholding constitutional principles, and embracing their duties as responsible citizens.

### **Pictures:**



**Name of the Activity:** NSS Farewell

**Day & date:** Monday, 4 April 2025

**Venue:** A.V. Hall , IISU



**Report:**

The NSS Farewell Program was a heartwarming and memorable event, meticulously organized to honor and celebrate the contributions of the outgoing batch of NSS volunteers. The evening was filled with energy, joy, reflection, and heartfelt moments that paid tribute to the journey of the senior volunteers and the spirit of service NSS upholds.

The program began with a warm and heartfelt welcome. The hosts extended greetings to all attendees and highlighted the purpose of the event — to celebrate the achievements of the senior NSS volunteers, recognize their efforts, and cherish the unforgettable memories they created throughout their journey. It was emphasized that the farewell was not just an event but a sincere tribute to dedication, passion, and selfless service. To break the ice and kickstart the evening with enthusiasm, the first game was introduced. The host invited Aditi Agarwal to conduct the game, ensuring an engaging and cheerful start to the evening. The activity successfully set a lively tone for the rest of the program. A vibrant and energetic dance performance followed, designed to uplift the mood and bring out the celebratory spirit of the evening. The performance was met with loud applause and admiration from the audience, serving as a wonderful medium to express joy and togetherness. With spirits high, the second game was introduced to maintain the energy and add more fun to the event. Milie took over to conduct this segment, involving the audience in another enjoyable and entertaining game.

#### Titles Distribution

This was one of the most awaited parts of the evening. Special titles were distributed to NSS volunteers to recognize and honor their unique personalities and meaningful contributions. This segment was filled with laughter, applause, and emotional moments as each title reflected the essence of the recipient's journey in NSS.

The momentum continued with the third game of the evening. The host invited Ashita Goel to lead this fun-filled activity. Participants enthusiastically took part, keeping the celebratory atmosphere alive and vibrant.

A deeply touching segment followed, where students from each NSS unit came forward to share their heartfelt experiences. The speakers included:

- Ananya Nigam from Unit 3
- Kripa from Unit 2
- Jhanvi Agarwal from Unit 1
- Pari from Unit 4

Each speaker reflected on their personal growth, learnings, and unforgettable memories with NSS, which resonated with the audience and highlighted the profound impact the organization had on their lives.

The final game was conducted by Bhakti Sharma, and it included a solo dance performance, which added a personal and expressive touch to the evening. It served as a lively conclusion to the games segment of the program.

As the event neared its end, Sharad Ma'am delivered an inspiring and affectionate address to the outgoing batch. Her words of wisdom, encouragement, and appreciation served as a guiding light and emotional send-off for the seniors. Her speech emphasized the importance of continuing to serve with dedication and integrity. The program concluded with a heartfelt Vote of Thanks by Priyal, who expressed deep gratitude on behalf of the NSS family. She thanked the seniors, faculty, volunteers, and audience for their contributions, energy, and presence. She extended best wishes to the seniors for their future endeavors and encouraged everyone to keep the NSS spirit alive. After this, all the NSS volunteers headed for refreshments.

**Pictures :**



