



Maharishi Markandeshwar (Deemed to be University) Mullana-Ambala, Haryana (India)

(NAAC Accredited Grade 'A++' University)
Website: www.mmumullana.org



NATIONAL SERVICE SCHEME (NSS)

"NSS" Report On "NSS DAY"



24th September 2022

Programme coordinator:
Dr. Karan Aggrawal

programme officer:
Dr. Simarjeet Kaur

NSS-MMDU MULLANA has organized a cultural event on the occasion of the 53rd “NSS Day” on 24 September at the department of nursing. NSS Day was celebrated by NSS volunteers of NSS Beginning on 24 September 1969, Dr. V.K. RV Rao, the father of NSS. Volunteers started this event with the NSS pledge "I further confirm that I will never resort to violence and religion, all differences relating to language, region or political or economic seriousness and Disputes will be resolved peacefully and constitutionally". Cultural event "Haryanvi Folk Dance" was organized on this day in which Volunteers enthusiastically participated and presented their art. The event ended with a speech by Dr. Simarjeet Kaur, NSS Program Officer to be done. More than 100 volunteers participated in this event. The Chancellor of the University, Mr. Tarsem Kumar Garg, and Treasurer Dr. Directed by Vishal Garg. This event was organized by Dr. Simarjeet Kaur. The event was carried out under the NSS Program Coordinator Dr. Karan Aggarwal's supervision.

Glimpses of the event:







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NATIONAL SERVICE SCHEME (NSS)

“NSS”

Report

on

“7 days & Night Camp 2023”

**MAHARISHI MARKANDESHWAR
(DEEMED TO BE UNIVERSITY)
Mullana-Ambala, Haryana
(Established under Section 3 of the UGC Act, 1956)
(Accredited by NAAC with Grade 'A++')**

**युवा कार्यक्रम एवं खेल मंत्रालय
MINISTRY OF
YOUTH AFFAIRS
AND SPORTS**

G20
भारत 2023, INDIA

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Azadi Ka
Amrit Mahotsav

NATIONAL SERVICE SCHEME

NATIONAL SERVICE SCHEME

"SOCIAL DIGITAL LITERACY"

7 DAYS AND NIGHT CAMP

DATE: 25th MARCH TO 31st MARCH 2023

**UNIT-1, UNIT-2, UNIT-3, UNIT-4, UNIT-5
VILLAGE- BUDHIAN & SUHANA (MULLANA)**

Date: - 25th March 2023 – 31st March 2023

NSS Programme Co-Ordinator -cum- Camp Convener:

Dr. Karan Aggarwal

Programme officer:

Dr. Anuj Malik

Dr. Adesh Tripathi

Dr. Simarjeet Kaur

NSS unit of Maharishi Markandeshwar (Deemed to be University), Mullana has organized a Special 7 Days & Night Camp from 25th March 2023 to 31st March 2023. This was a 7 Day camp based on the theme of “Social Digital Literacy” in which 80 volunteers has participated and took part in different cultural activities, sports activities, Medical Camp, shramdaan etc. in those 7 days where they got the opportunity to perform social services through village visits.

DAY - 1

Date: 25th March 2023

On the very first day all the volunteers had their registrations completed for the camp. After the registration process was over all the volunteers were distributed in 10 teams and our Chief Guests inaugurated the camp.



DAY – 2

Date: 26th March 2023

This day started with the Prabhat Feri, in the name of God, and proceeded with the parade and yoga session. After that, all the teams proceeded to their allotted village. Two teams at both villages organized a door-to-door campaign on the theme of ‘Social Digital Literacy’. Volunteers have also done the digitalization of shops in villages and performed Nukkad Natak on the theme of “Social Digital Literacy”. In the evening session, Treasure Hunt & Solo Singing competition took place.



DAY - 3

Date: 27th March 2023

This day was started with the Prabhat Feri, in the name of God, and proceeded with the parade and yoga session. Then all the teams were headed towards their respective villages. This day once again there was a 'Social Digital Literacy' Camp at Sohana and Budhian Village. In this campaign, volunteers taught primary school students about digital literacy. In the evening, a lecture was delivered on the topic 'Food & Health' by Proff. Dr. Anuj Malik, followed by a skit competition.



DAY - 4

Date: 28th February 2023

This day was started with the Prabhat Feri, in the name of God, and proceeded with the parade, and exercise session. On this day all volunteers were divided into two teams, one of them went to Budhyan for “The Social Digital Campaign which included a rally and nukad natak on the theme of ‘Domestic Violence’’. On the other hand second team went to Sohana for the dental camp to help people with dental issues. More than 100 people attended our dental camp which made our campaign successful. In the evening session a lecture on the topic “Importance of Yoga & Meditation” was delivered by prof. Sudhir Gupta followed by a dance competition of the volunteers.



DAY - 5

Date: 29th March 2023

This day was started with a Yoga session in the morning followed by a 'Dental & Medical Camp' in Budhian by teams 1-5 & another 'Medical Camp' was held in Sohana by teams 6-10 to help the people with dental & Medical issues. More than 150 people attended our dental & medical camp in both villages which made our campaign successful. In the evening session 'dumbsharas' was held for the volunteers followed by a 'Mime competition on the topic:

- .Teenagers & Social Media
- .Untold Duties(good vs bad habits)
- .University Youth
- .Love your Parents



DAY – 6

Date: 30th March 2023

This day started with the Prabhat Feri followed by various sports activities like Cricket, Kho-Kho, and Kabbadi match competitions for the physical fitness of the volunteers. In the evening session Poster making, Best Out of Waste & Slogan writing competition were held by the volunteers after that a rally was done in the village budhian on the theme of "Social Digital literacy" followed by a cultural event that includes: dancing, singing & poetry. The day ended with an NSS song.



DAY - 7

Date: 31st March 2023

This was the last day. A feedback session was organized in which volunteers have given their suggestions and shared their 7-day experience at the camp. Then the Valedictory Ceremony has organized in which Dr. Rajesh Khana was the Chief Guest and awarded the volunteers. In this Team 10 got the award of Best Team, Neha got the award of Best Female Volunteer, and Roshan kumar got the award of Best Male Volunteer. At last, this camp wind-up with the NSS song.





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NATIONAL SERVICE SCHEME (NSS)

“NSS”

Report

ON

“BLOOD DONATION CAMP”



Date:- 06TH DEC. 2022

Programme Coordinator: Dr. Karan Aggrawal

Programme Officer(s): Dr. Simarjeet Kaur

Dr. Anuj Malik

Dr. Adesh Tripathi

06TH DECEMBER 2022, NSS-MMDU, Mullana, Ambala has organized a blood donation camp at blood bank MM Hospital in association with HDFC Bank. The Blood Donation Camp at MM Hospital, organized in association with HDFC Bank, was a resounding success. Through the collective efforts of NSS volunteers, medical professionals, and donors, we were able to make a positive impact on the lives of individuals in need of blood transfusions. The event not only fulfilled its objective of replenishing the blood bank but also raised awareness about the importance of blood donation in saving lives. In this camp, approx 40 donors participated and make this camp impactful.

Glimpses of the event:





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NATIONAL SERVICE SCHEME (NSS)

“NSS” Report on “International Youth Day”



Date: 13th January 2023

Programme Co-ordinator: Dr. Karan Aggrawal

Programme Officer(s): Dr. Anuj Malik

Dr. Adesh Tripathi

Dr. Simarjeet Kaur

NSS-MMDU, Mullana, Ambala has organized a Debate competition on the occasion of “International Youth Day”. This Event was conducted under the guidance of program officer(s) Dr. Adesh Tripathi, Dr. Anuj Malik, and Dr. Simarjeet Kaur and in the direction of Dr. Karan Aggrawal the program coordinator. Debating is one activity of problem-solving tasks that encourages thinking skills and also offers motivating contexts for learners to communicate with one another. The debate can also enhance active learning where a speaking situation in which opposing points of view are presented and argued and this is the primary requirement of today’s youth. In this event a total of 84 volunteers took part. Manish kumar ojha, Vanshita, Hardik, Aditya, Aniket, Sivam, and other volunteers played very important roles in this successful event.

Glipses of event:





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NATIONAL SERVICE SCHEME (NSS)

“NSS” Report on “Medical Camp”



09th September 2022

Programme Coordinator:

Dr. Karan Aggrawal

Programme Officer:

Dr. Simarjeet Kaur

Volunteers of NSS MMDU, Mullana in collaboration with M M INSTITUTE OF PHYSIOTHERAPY AND REHABILITATION organized a medical camp in one of our adopted villages Suhana. In this camp, we had medical check-ups for villagers regarding physical issues and also gave them respective therapy. Our volunteers and students of the Physiotherapy department performed various exercises for their healthy routine. We have also done door-to-door campaigns for physical issues and their treatment. A total of 87 volunteers participated in this campaign.

Glimpses of the event:





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NATIONAL SERVICE SCHEME (NSS)

“NSS”

Report

on

Medical Camp



25th August 2022

Programme Coordinator:

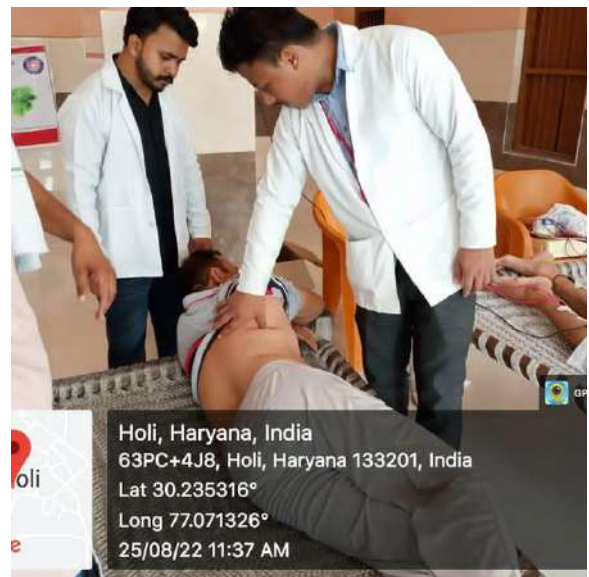
Dr. Karan Aggrawa

Programme Officer:

Dr. Adesh Tripathi

Volunteers of NSS-MMDU, Mullana, in collaboration with M M INSTITUTE OF PHYSIOTHERAPY AND REHABILITATION, organized a medical camp in one of our adopted villages Holi. In this camp, we had medical check-ups for villagers regarding physical issues and also gave them respective therapy. Our volunteers and students of the Physiotherapy department made them perform various exercises for their healthy routine. We have also done a door-to-door campaign for physical issues and their treatment. A total of 35 patients were checked in this camp.

Glimpses of Events:





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NATIONAL SERVICE SCHEME (NSS)

“NSS” Report On “World Cancer Day”



Programme Coordinator:

Dr. Karan Aggrawal

Programme Officer:

Dr. Adesh Tripathi

Dr. Anuj Malik

Dr. Simarjeet Kaur

5th Feb. 2023, NSS-MMDU, Mullana, Ambala On World Cancer Day, the dedicated volunteers of the National Service Scheme (NSS) in Budhian Village organized an impactful awareness rally and nukkad natak (street play) to educate the community about cancer, its prevention, early detection, and available treatments. The objective was to empower individuals with the knowledge to fight against cancer and promote a healthier lifestyle.

The collaborative efforts of the NSS volunteers, healthcare professionals, and local authorities showcased their commitment to fighting against cancer and fostering a supportive environment for those affected. It is hoped that the knowledge gained from this event will inspire positive lifestyle changes and encourage individuals to prioritize their health and well-being. The dedication and enthusiasm of the NSS volunteers, coupled with the involvement of healthcare experts, ensured that accurate information was disseminated, dispelling misconceptions and promoting early detection. By promoting awareness and offering support, the event played a crucial role in empowering the community to actively combat cancer and work towards a healthier future.

Glimpses of Events:





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NATIONAL SERVICE SCHEME (NSS)

“NSS”

Report

On

“World Diabetic Day”

Programme Coordinator:

Dr. Karan Aggrawal

Programme Officer:

Dr. Adesh Tripathi

Dr. Anuj Malik

Dr. Simarjeet Kaur

14TH Nov. 2022, NSS-MMDU, Mullana, Ambala To commemorate World Diabetic Day, the National Service Scheme (NSS) volunteers organized a poster-making competition aimed at spreading awareness about diabetes and promoting healthy living. The competition aimed to engage and educate the participants, as well as the wider community, about the causes, prevention, and management of diabetes.

By engaging in conversations, providing educational materials, and promoting healthy lifestyle choices through the medium of art, the NSS volunteers effectively conveyed the significance of diabetes awareness and empowered individuals to take control of their health. The event fostered a sense of unity and responsibility within the community, encouraging participants to

become advocates for diabetes prevention and active agents of change. Through their efforts, the NSS volunteers played a crucial role in increasing public understanding of diabetes, breaking down misconceptions, and fostering a supportive environment for individuals living with or at risk of diabetes. The poster-making competition served as an excellent platform to promote education, creativity, and community engagement on World Diabetic Day.

Glimpses of the Event:

