

## SWAMI RAMA HIMALAYAN UNIVERSITY

### NSS SELF-FINANCE

### Annual Activity Report Year 2024-2025

### NSS SELF-FINANCE PROGRAM

NSS Programme Coordinator- Dr. Vinit Mehrotra

Units: Two

Programme officers: 11

Students: 200

**NSS Programme Officers:**

Dr. Brijesh Purwar  
Dr. Kiran Bhatt  
Mr. Chandan Kumar  
Ms. Shama Preveen  
Mr. Krishna Mohan  
Mr. Rahul Baluni  
Dr. Amit Sharma  
Dr. Aashish Negi  
Mr. Satish Chandra Baghel  
Dr. Nikku Yadav  
Dr. Kumar Sachin

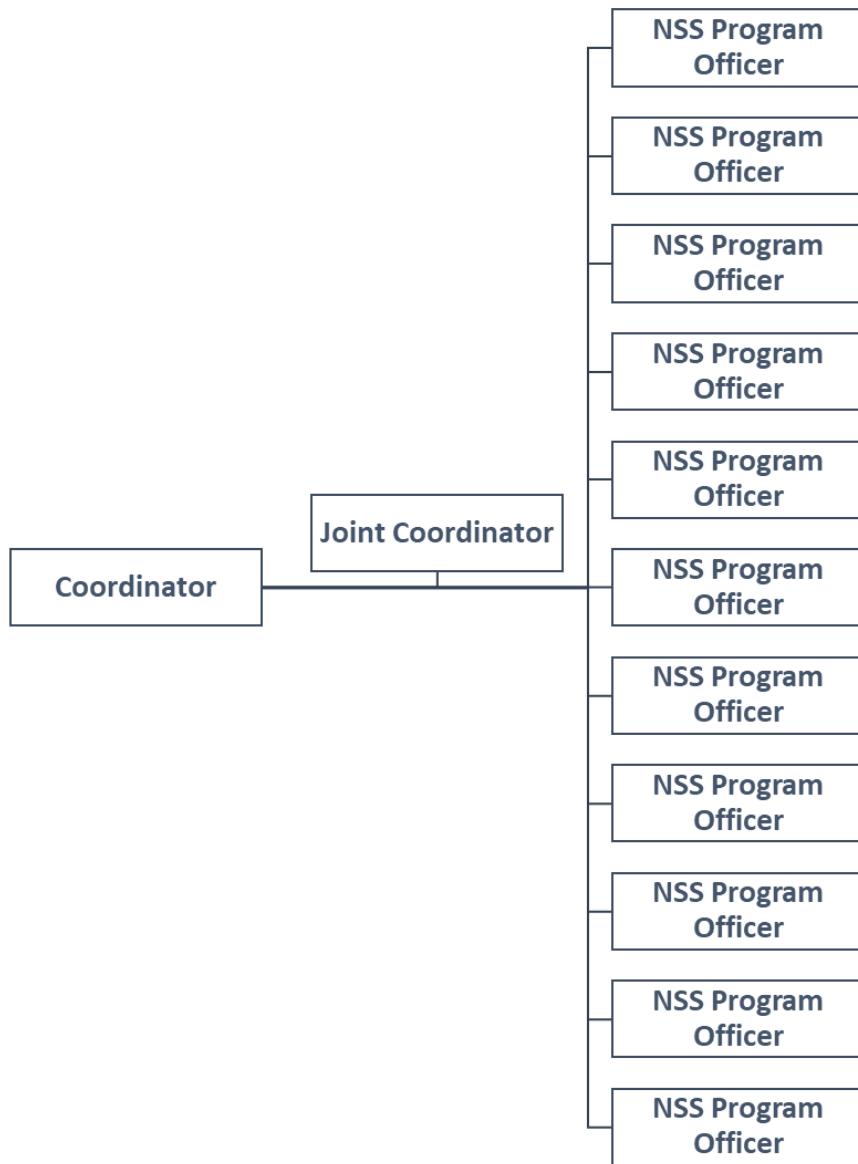
**Students' Volunteers' Enrolment:**

**Student Organizers: 16**

**Under each student coordinator: 26**

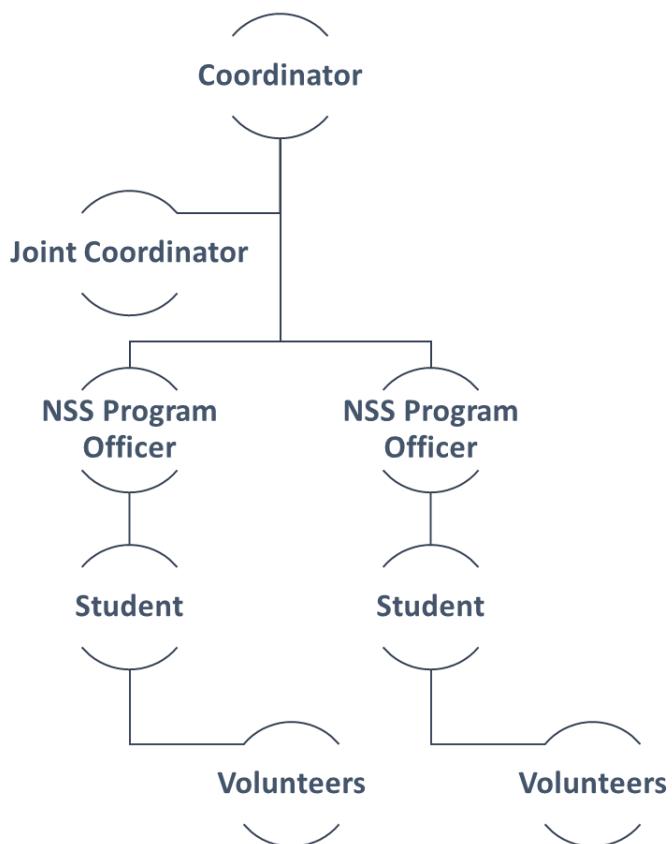
**Total students involved: 200**

### Organizational Structure of NSS Cell



### Organizational Structure of Co-ordinators to Student to Volunteers in NSS

#### Cell



S. No.	Name of Events	No of Participated	Date
1.	Breast feeding awareness program	139	16 Jan 2024
2.	Plantation awareness program	143	11 March 2024
3.	Blood donation camp program	167	25 April 2024
4.	Utilization of ORS in relation to heat stroke program	134	10 May 2024
5.	Mensural hygiene day program	123	28 May 2024
6.	International yoga day program	134	21 June 2024
7.	Firefighting training program	75	24 June 2024
8.	Plantation Harela Celebration	193	16 July 2024
9.	Nasha mukt Bharat abhiyaan ( <i>Viksit Bharat ka mantra, Bharat ho nashe se Swatantra</i> )	85	12 August 2024
10.	World Environment Day	60	5 Jun 2025
11.	Sense of Social Responsibility among School going students	95	5 Jun 2025
12.	Voluntary Blood Donation Camp	235	14 Jun 2025
13.	International Yoga Day Program	140	21 Jun 2025



# NSS Activity Report

## 2024

## **NSS ACTIVITIES - JANUARY, 2024**

Name of Events	<b>Breast Feeding Awareness Programme</b>
Date of Event	<b>16<sup>th</sup> January, 2024</b>
Total Number of Students Attend	<b>139 (All School/ Institute of students)</b>
Venue of the Event	<b>Rural Area - Nearby Location of the University</b>
Objectives & aims	Breastmilk provides all the energy and nutrients that the infant needs for the first months of life, and it continues to provide up to half or more of a child's nutritional needs during the second half of the first year, and up to one third during the second year of life.

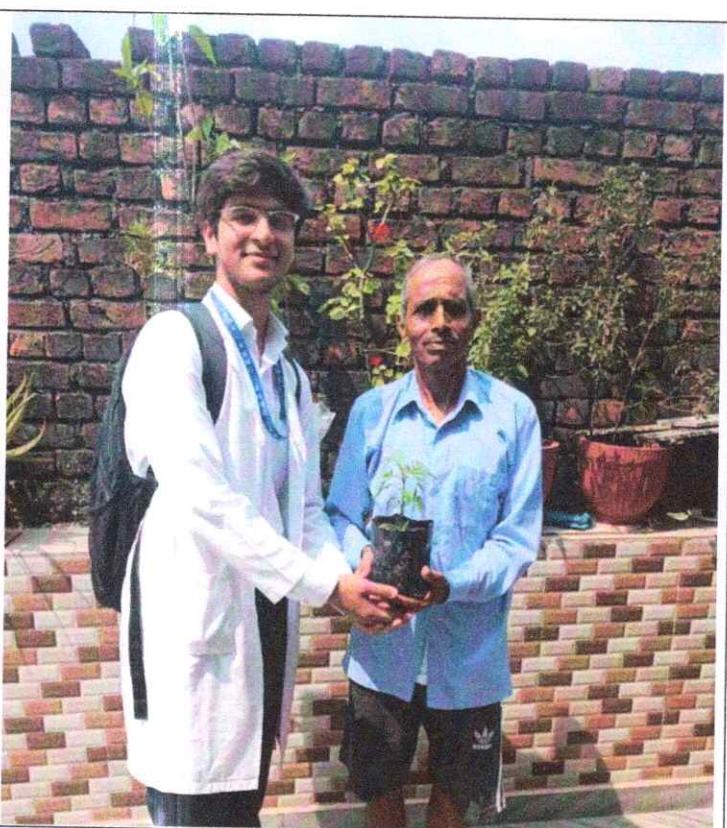
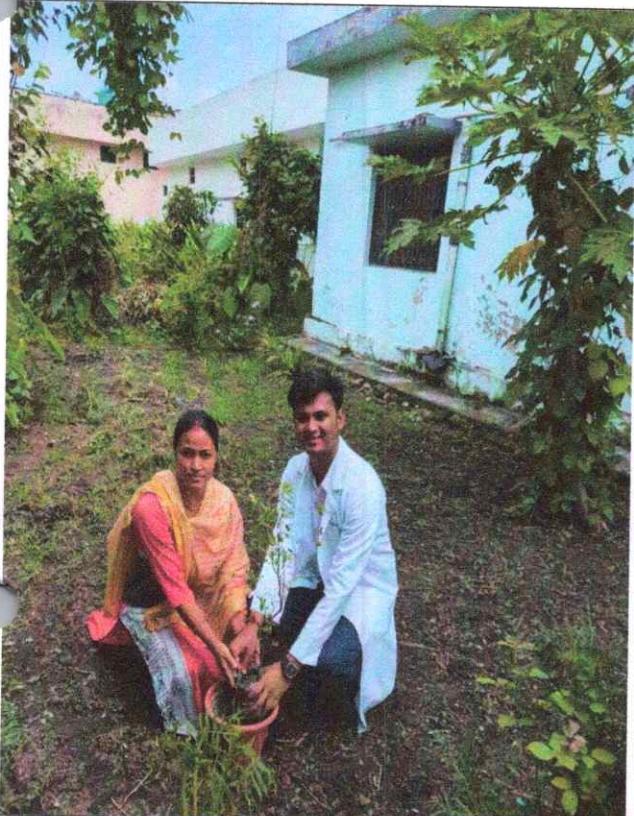


**Student giving counseling on Breast Feeding**

*Writ.*  
Dr. Vinit Mehrotra  
Students Affairs & Welfare  
Sharda Himalayan University  
Dehradun-248015

## **NSS ACTIVITIES - MARCH, 2024**

Name of Events	<b>Plantation Awareness Programme</b>
Date of Event	<b>11<sup>th</sup> March, 2024</b>
Total Number of Students Attend	<b>143 (All School/ Institute of students)</b>
Venue of the Event	<b>Rural Area - Nearby Location of the University</b>
Objectives & aims	Aim and Objective of Tree Plantation to reduce temperature and increase humidity. To reduce noise pollution to the neighbouring household population. To reduce the impacts of air pollution and dust as trees and shrubs are known to be natural sink for air pollutants

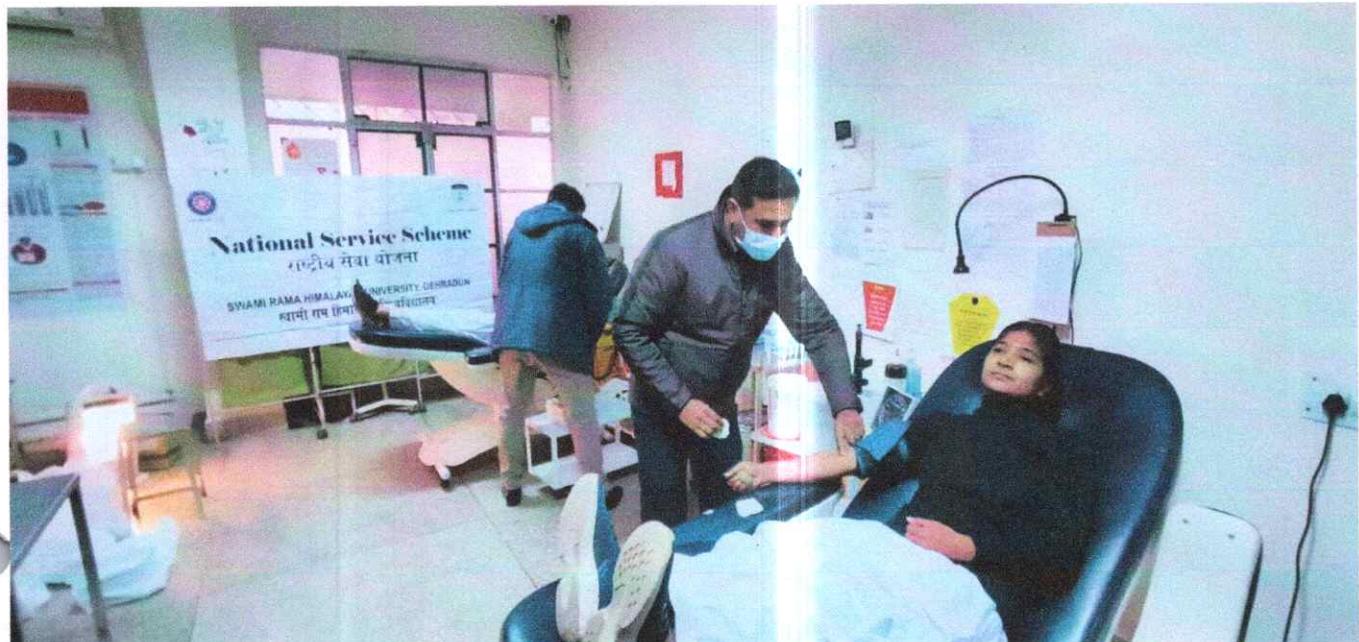


**Plantation Awareness Activity in the Community**

  
**Dr. Vinod Mehrotra**  
 Director-Students Affairs & Welfare  
 Hemiramsha Himalayan University  
 Dehradun, Dehradun-248016

## **NSS ACTIVITIES - APRIL, 2024**

Name of Events	<b>Blood Donation Camp Programme</b>
Date of Event	<b>25<sup>th</sup> April, 2024</b>
Total Number of Students Attend	167 (All School/ Institute of students)
Venue of the Event	Blood Bank, Himalayan Hospital University Campus
Objectives & aims	Provide safe and quality blood and blood components collected from voluntary donors, round the clock, at affordable cost to the general public and free of cost to the poor. Ensure safety and quality of blood. Motivate and maintain a permanent well-indexed record of voluntary blood donors.



**Blood Donation Drive at Himalayan Hospital , SRHU**

  
**Dr. Vinit Mehrotra**  
Director-Students Affairs & Welfare  
Swami Rama Himalayan University  
Jolly Grant, Dehradun-248016

# **SWAMI RAMA HIMALAYAN UNIVERSITY**

## **OFFICE OF THE DIRECTOR- STUDENTS AFFAIRS AND WELFARE**

SRHU/DSAW/2024/ 2183

Date: 08<sup>th</sup> May, 2024

## **NOTICE FOR NURSING STUDENTS (UG & PG)**

We are organizing a Programme under the banner of NSS “Utilization of ORS in relation to Heat strokes” on **10<sup>th</sup> May, 2024** at nearby rural area of our University. We kindly request your esteemed office to encourage students to participate in this event and help make it a success. The event will start from 09:00 am in front of Nursing College Building.



(Dr. Vinit Mehrotra)  
Director - Students Affairs & Welfare

Copy to: The Principal, HCN  
: Mr. Chandan Kumar, NSS incharge, HCN  
: All Notice Boards

## NSS ACTIVITIES - MAY, 2024

Name of Events	<b>Utilization of ORS in relation to Heat strokes Programme</b>
Date of Event	<b>10<sup>th</sup> May, 2024</b>
Total Number of Students Attend	<b>134 (Students of Himalayan College of Nursing)</b>
Venue of the Event	<b>Rural Area - Nearby Location of the University</b>
Objectives & aims	<p>Every year, dozens of persons become ill while working in hot or humid conditions or by heat strokes.</p> <ul style="list-style-type: none"> <li>• To aware regarding value of ORS and how to protect from heat strokes.</li> <li>• Prevention campaign to educates societies on heat hazards and provides resources to keep them safe from heat.</li> </ul>



**Awareness session on use of ORS to prevent Heat Stroke**

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**Dr. Vinod Mehrotra**  
Director-Students Affairs & Welfare  
Swami Rama Himalayan University  
Jolly Grant, Dehradun-248015

## NSS ACTIVITIES - MAY, 2024

Name of Events	<b>Menstrual Hygiene Day Programme</b>
Date of Event	<b>28<sup>th</sup> May, 2024</b>
Total Number of Students Attend	<b>123 (Students of HIMS, MBBS)</b>
Venue of the Event	<b>Slums Areas, Rajeev Nagar Doiwala</b>
Objectives & aims	<p>Good menstrual health and hygiene practices can prevent infections, reduce odors, and help you stay comfortable during your period. Wash your hands before and after using the restroom and before using a menstrual product.</p> <p>Reproductive tract infections, which has become a silent epidemic that devastates women's life is closely interrelated with poor menstrual hygiene. Therefore, proper menstrual hygiene and correct perceptions and beliefs can protect the womenfolk from this suffering.</p>



**Awareness session on Menstrual Hygiene**

  
**Dr. Vinod Mehrotra**  
 Head, Students Affairs & Welfare  
 Dr. Rama Himalayan University  
 Dehradun, Dehradun-248016

## NSS ACTIVITIES – JUNE, 2025

Name of Events	<b>World Blood Donor Day – Voluntary Blood Donation Camp</b>
Date of Event	14 <sup>th</sup> June, 2025
Total Number of Students/staffs Attend	235 (All School/ Institute of students/staff)
Venue of the Event	Department. of Immunohematology & Blood Transfusion, Himalayan Hospital University Campus
Objective	<p>The purpose to organize a blood donation camp is to motivate people to donate blood and social works.</p> <p>The purpose of blood donation camp to select a suitable donor whose blood will be safe to the recipient and who himself shall not in any way be harmed by blood donation.</p>



~~Director-Students Affairs & Welfare  
Swami Rama Himalayan University  
Jolly Grant, Dehradun-248016~~

## NSS ACTIVITIES - JUNE, 2024

Name of Events	<b>International Yoga Day Programme</b>
Date of Event	<b>21<sup>st</sup> June, 2024</b>
Total Number of Students Attend	<b>134 (All School/ Institute of students)</b>
Venue of the Event	<b>Central Park – SRH University</b>
Objectives & aims	Aims & Objectives of International Yoga Day to promote the adoption of lifestyle patterns and choices that lead to good health. To reduce physical inactivity, which is a leading cause of death worldwide and a major risk factor for non-communicable diseases like cardiovascular ailments, cancer, and diabetes.



**Celebration of International Yoga Day at SRHU**

  
**Dr. Vinod Mehrotra**  
 Director-Students Affairs & Welfare  
 Swami Rama Himalayan University,  
 Jolly Grant, Dehradun-248016

## NSS ACTIVITIES - JUNE, 2024

Name of Events	<b>Fire Fighting Training Programme</b>
Date of Event	<b>24<sup>th</sup> June, 2024</b>
Total Number of Students Attend	<b>75 (Faculty &amp; Staff of HIMS)</b>
Venue of the Event	<b>Medical College - HIMS</b>
Objectives & aims	Outline the elements involved in the prevention of fire. Familiarize with workplace safety Inspection & reporting all the procedures. Describes various fire safety devices & their working techniques. Shares the crucial requirements of the emergency evacuation plan.



**Training on Fire Fighting**

  
 Dr. Vinit Mehrotra  
 Director-Students Affairs & Welfare  
 Swami Rama Himalayan University  
 Jolly Grant, Dehradun-248016

# **SWAMI RAMA HIMALAYAN UNIVERSITY**

## **OFFICE OF THE DIRECTOR- STUDENTS AFFAIRS AND WELFARE**

SRHU/DSAW/2024/ 2318

Date: 12<sup>th</sup> July, 2024

## **NOTICE FOR ALL STUDENTS**

We are organizing a Programme under the banner of NSS “Plantation - Harela Parv” on **16<sup>th</sup> July, 2024** at University Campus. We kindly request your esteemed office to encourage students to participate in this event and help make it a success. The event will start from 09:00 am in front of HSST College Building.

  
(Dr. Vinit Mehrotra)  
Director - Students Affairs & Welfare

Copy to: The Principal, HIMS  
: Mr. K. N. Uniyal – Physical Instructor  
: All Notice Boards

## NSS ACTIVITIES – JULY, 2024

Name of Events	<b>Plantation - Harela Celebration</b>
Date of Event	16 <sup>th</sup> July, 2024
Total Number of Students Attend	193 (students & Faculty, Staff of SRHU)
Venue of the Event	University Campus
Objective	The NSS volunteers planted 200 saplings, with the aim to motivate, encourage and engage the youth faculty members towards sustainable development to the green cover and green economy.



# **SWAMI RAMA HIMALAYAN UNIVERSITY**

## **OFFICE OF THE DIRECTOR- STUDENTS AFFAIRS AND WELFARE**

SRHU/DSAW/2024/ *2366*

Date: 08<sup>th</sup> August, 2024

### **NOTICE FOR ALL STUDENTS**

We are organizing a Programme under the banner of NSS “**Nasha Mukt Bharat Abhiyaan** - Viksit Bharat ka Mantra, Bharat ho Nashe se Swatantra” on **12<sup>th</sup> August, 2024** at University Campus. We kindly request your esteemed office to encourage students to participate in this event and help make it a success. The event will start from 09:00 am in front of HIMS College Building.



(Dr. Vinit Mehrotra)  
Director - Students Affairs & Welfare

Copy to: The Principal, HIMS  
: Mr. K. N. Uniyal – Physical Instructor  
: All Notice Boards

## **NSS ACTIVITIES – AUGUST, 2024**

Name of Events	<b>Nasha Mukt Bharat Abhiyan</b> <b>“Viksit Bharat ka Mantra, Bharat ho Nashe se Swatantra”</b>
Date of Event	12 <sup>th</sup> August, 2024
Total Number of Students Attend	85 (Students & Faculty, Staff of SRHU)
Venue of the Event	University Campus
Objective	<p>Nasha Mukti Bharat Abhiyan at SRHU NSS volunteers' students from MSc Clinical Research and MHA, actively participated in a poster presentation and rally, spreading the vital message of a drug free lifestyle. The event fostered creativity, teamwork, and community involvement, empowering students to become advocates against substance abuse.</p> <p>Together, we will build a healthier life with drug free society.</p>



 **GPS Map Camera**



**Baruwala Grant, Uttarakhand, India**

55R8+R3W, Himalayan Hospital Rd, Joly Grant, Baruwala Grant, Baksar Wala, Uttarakhand

248140, India

Lat 30.192086°

Long 78.165514°

12/08/24 01:09 PM GMT +05:30

**Awareness session on Nash Mukt Bharat Abhiyan**

*[Handwritten signature]*

## NSS ACTIVITIES – JUNE, 2025

Name of Events	<b>Sense Of Social Responsibly Among School Going Students</b>
Date of Event	05 <sup>th</sup> June, 2025
Total Number of Students Attend	95 (Himalayan College of Nursing)
Venue of the Event	<b>Rural Area -</b> Nearby Location of the University
Objective	<p>The main objective of this camp is to cultivate and strengthen a <b>sense of social responsibility</b> in students by engaging them in activities that foster empathy, civic awareness, community participation, and environmental consciousness. It aims to empower students to become active, compassionate, and responsible citizens.</p> <p><b>Specific Objectives:</b></p> <ul style="list-style-type: none"> <li>-To develop empathy and compassion</li> <li>-To raise awareness</li> <li>-To encourage student involvement</li> <li>-To instill values</li> <li>-To foster leadership skills</li> <li>-To promote a culture of sustainability</li> </ul>




  
**Director-Students Affairs & Welfare**  
**Swami Rama Himalayan University**  
**Jolly Grant, Dehradun-248016**

## NSS ACTIVITIES - JUNE, 2025

Name of Events	<b>International Yoga Day Programme</b>
Date of Event	<b>21<sup>st</sup> June, 2025</b>
Total Number of Students Attend	<b>140</b> (All School/ Institute of students)
Venue of the Event	<b>Mother Teresa (Auditorium) – Nursing College, SRH University</b>
Objectives & aims	Aims & Objectives of International Yoga Day to promote the adoption of lifestyle patterns and choices that lead to good health. To reduce physical inactivity, which is a leading cause of death worldwide and a major risk factor for non-communicable diseases like cardiovascular ailments, cancer, and diabetes.



  
**Dr. Vinit Mehrotra**  
 Director-Students Affairs & Welfare  
 Swami Rama Himalayan University  
 Jolly Grant, Dehradun-249013