

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

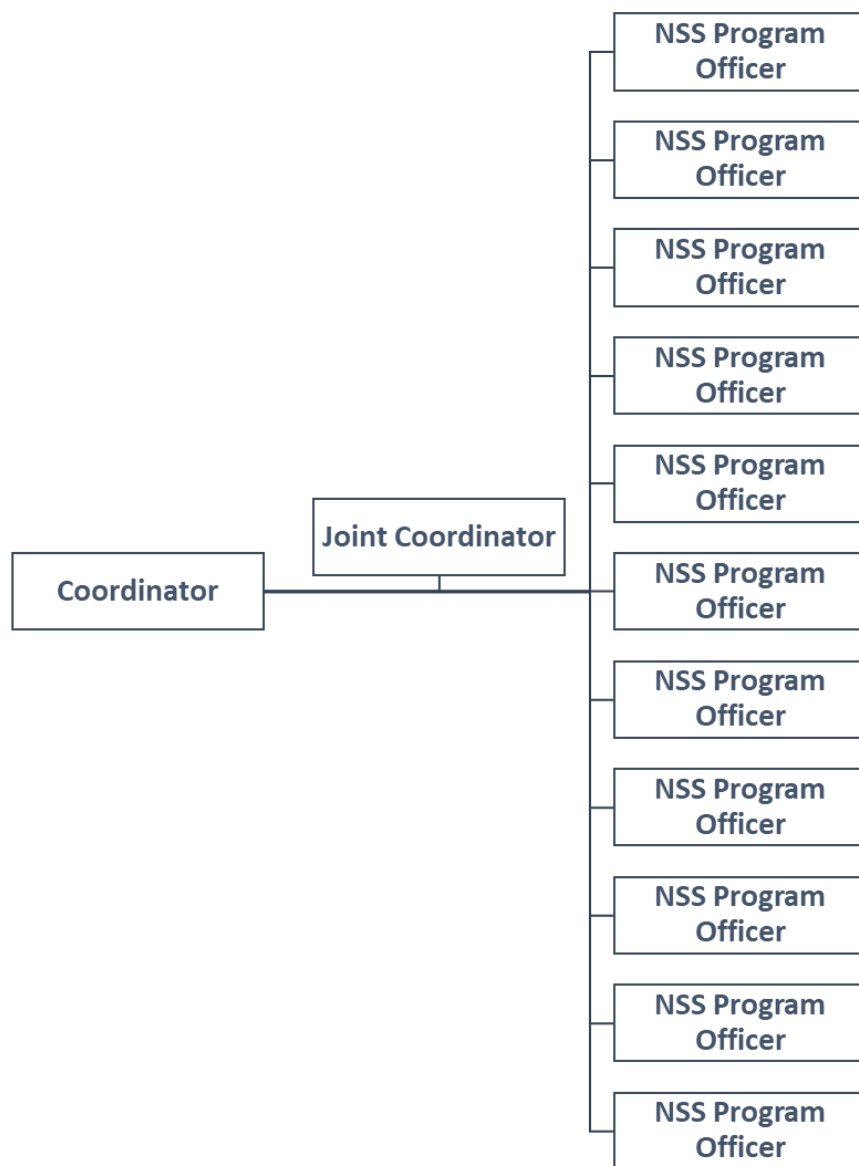
Students' Volunteers' Enrolment:

Student Organizers: 16

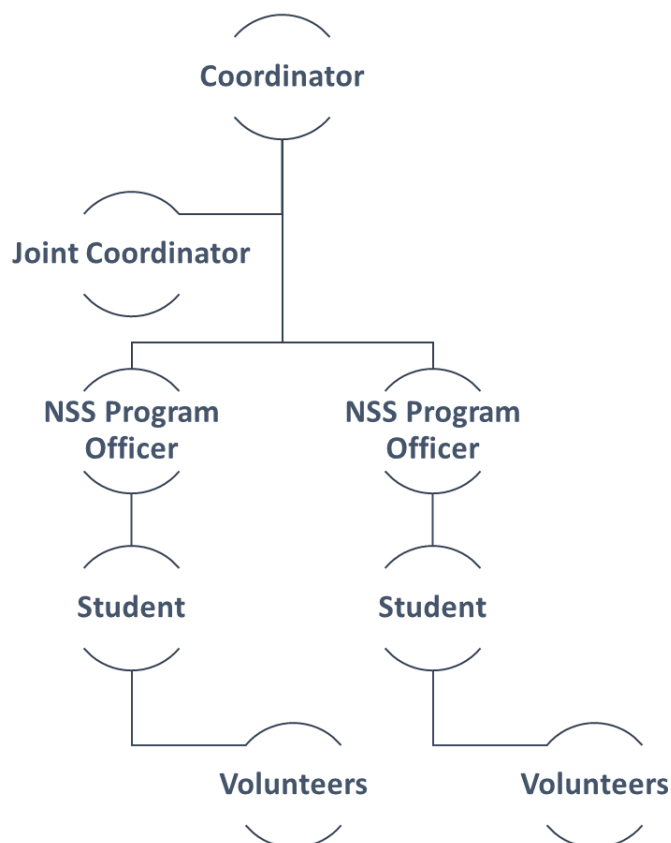
Under each student coordinator: 26

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	Breast Feeding Awareness Programme
Date of Event	16th January, 2024
Total Number of Students Attend	139 (All School/ Institute of students)
Venue of the Event	Rural Area - Nearby Location of the University
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.

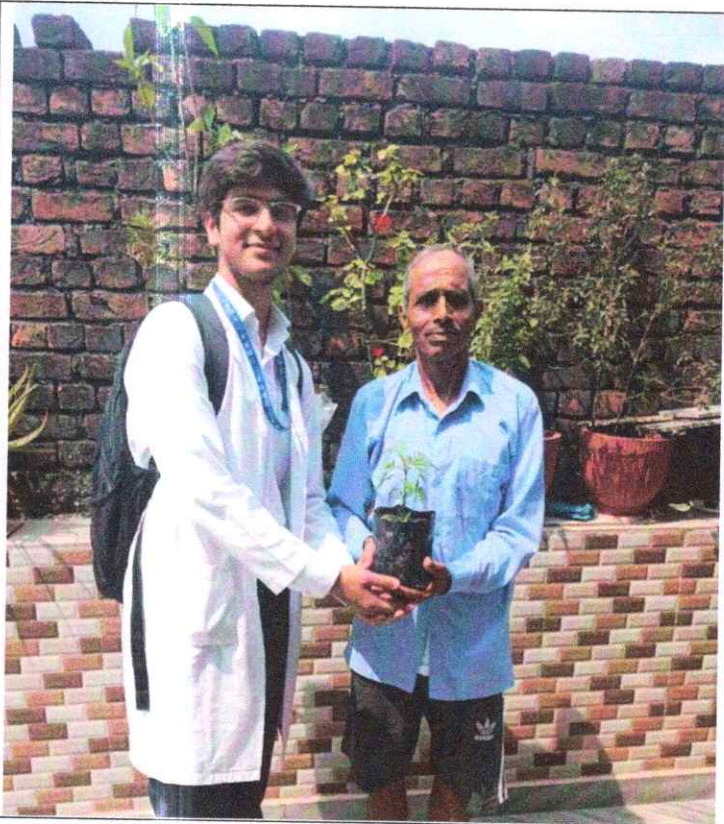
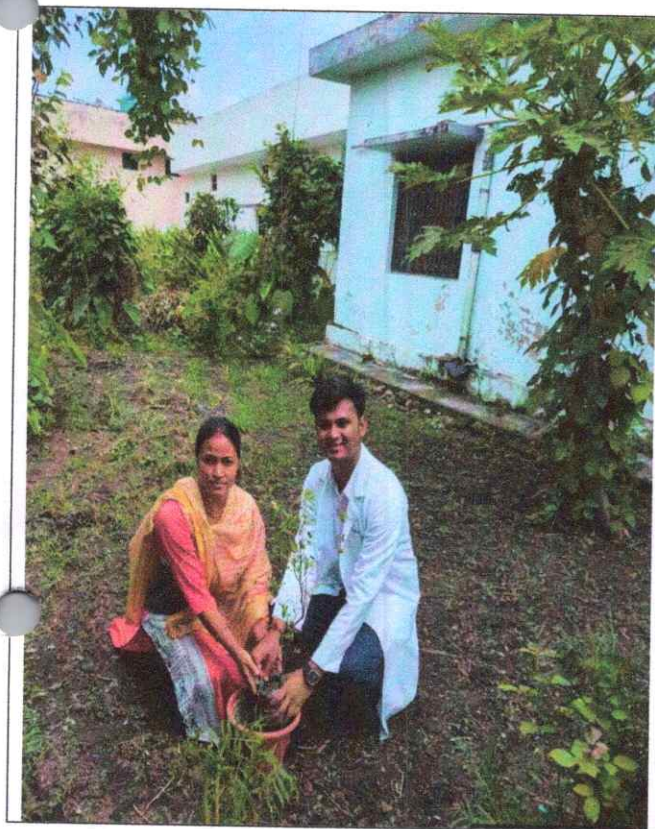


Student giving counseling on Breast Feeding


Dr. Vinit Mehrotra
Head, Students Affairs & Welfare
Rama Himalayan University
Dehradun-248015

NSS ACTIVITIES - MARCH, 2024

Name of Events	Plantation Awareness Programme
Date of Event	11th March, 2024
Total Number of Students Attend	143 (All School/ Institute of students)
Venue of the Event	Rural Area - Nearby Location of the University
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

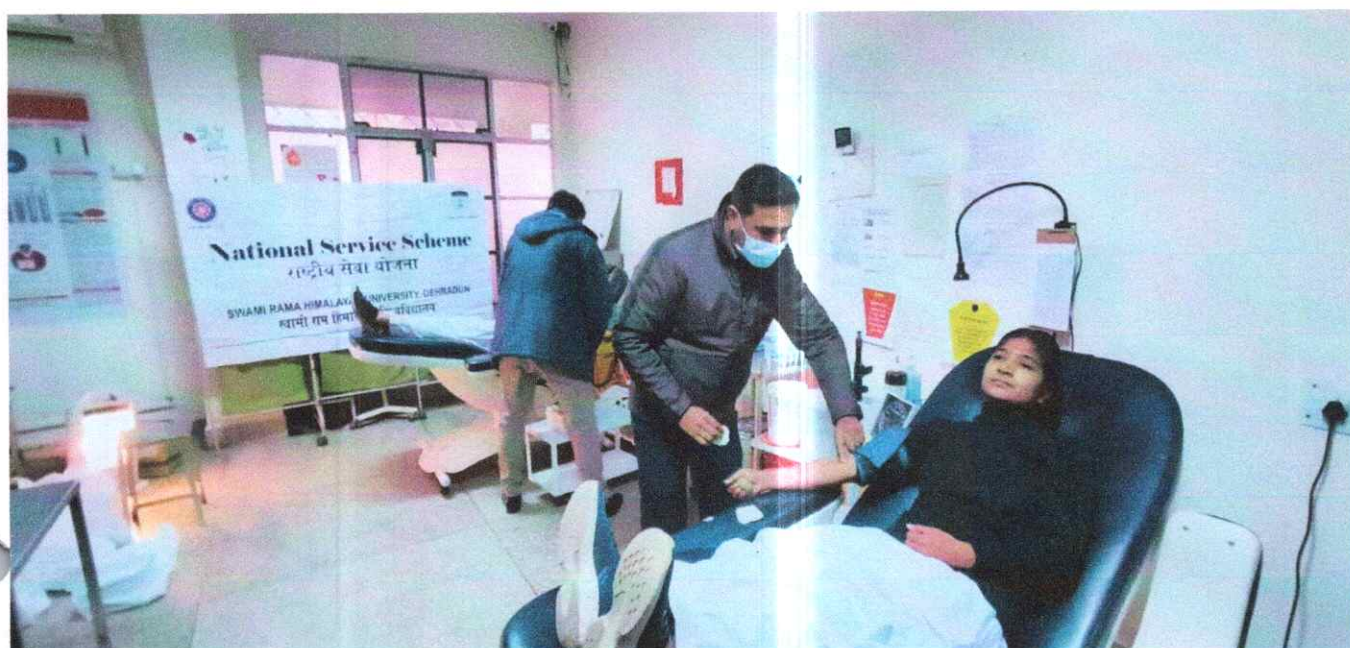


Plantation Awareness Activity in the Community


Dr. Vinit Mehrotra
 In-charge Students Affairs & Welfare
 Ramji Rama Himalayan University
 P.O. Box 1, Dehradun-248016

NSS ACTIVITIES - APRIL, 2024

Name of Events	Blood Donation Camp Programme
Date of Event	25th April, 2024
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. Vinlt 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: 08th 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 **10th 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	Utilization of ORS in relation to Heat strokes Programme
Date of Event	10th May, 2024
Total Number of Students Attend	134 (Students of Himalayan College of Nursing)
Venue of the Event	Rural Area - Nearby Location of the University
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"> • To aware regarding value of ORS and how to protect from heat strokes. • Prevention campaign to educates societies on heat hazards and provides resources to keep them safe from heat.



Awareness session on use of ORS to prevent Heat Stroke


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

NSS ACTIVITIES - MAY, 2024

Name of Events	Menstrual Hygiene Day Programme
Date of Event	28th May, 2024
Total Number of Students Attend	123 (Students of HIMS, MBBS)
Venue of the Event	Slums Areas, Rajeev Nagar Doiwala
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. Vinlt Mehrotra
 Head, Students Affairs & Welfare
 Himachal Pradesh Himalayan University
 Dehradun-248016

NSS ACTIVITIES – JUNE, 2025

Name of Events	World Blood Donor Day – Voluntary Blood Donation Camp
Date of Event	14 th 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	The purpose to organize a blood donation camp is to motivate people to donate blood and social works. 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.




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

NSS ACTIVITIES - JUNE, 2024

Name of Events	International Yoga Day Programme
Date of Event	21st June, 2024
Total Number of Students Attend	134 (All School/ Institute of students)
Venue of the Event	Central Park – SRH University
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. Vinit Mehrotra
 Director-Students Affairs & Welfare
 Swami Rama Himalayan University
 Jolly Grant, Dehradun-248016

NSS ACTIVITIES - JUNE, 2024

Name of Events	Fire Fighting Training Programme
Date of Event	24th June, 2024
Total Number of Students Attend	75 (Faculty & Staff of HIMS)
Venue of the Event	Medical College - HIMS
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
 Ram Lal Bahadur Shastri Memorial Himalayan University
 Jolly Grant, Dehradun-248016

SWAMI RAMA HIMALAYAN UNIVERSITY


OFFICE OF THE DIRECTOR- STUDENTS AFFAIRS AND WELFARE

SRHU/DSAW/2024/ 2318

Date: 12th July, 2024

NOTICE FOR ALL STUDENTS

We are organizing a Programme under the banner of NSS “Plantation - Harela Parv” on **16th 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	Plantation - Harela Celebration
Date of Event	16 th 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.



Harela Celebration

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SWAMI RAMA HIMALAYAN UNIVERSITY

OFFICE OF THE DIRECTOR- STUDENTS AFFAIRS AND WELFARE

SRHU/DSAW/2024/ 2366

Date: 08th August, 2024

NOTICE FOR ALL STUDENTS

We are organizing a Programme under the banner of NSS “**Nasha Mukta Bharat Abhiyaan** - Viksit Bharat ka Mantra, Bharat ho Nashe se Swatantra” on **12th 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	Nasha Mukht Bharat Abhiyaan “Viksit Bharat ka Mantra, Bharat ho Nashe se Swatantra”
Date of Event	12 th August, 2024
Total Number of Students Attend	85 (Students & Faculty, Staff of SRHU)
Venue of the Event	University Campus
Objective	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. Together, we will build a healthier life with drug free society.



Awareness session on Nash Mukht Bharat Abhiyan

L.A.

NSS ACTIVITIES – JUNE, 2025

Name of Events	Sense Of Social Responsibility Among School Going Students
Date of Event	05 th June, 2025
Total Number of Students Attend	95 (Himalayan College of Nursing)
Venue of the Event	Rural Area - Nearby Location of the University
Objective	<p>The main objective of this camp is to cultivate and strengthen a sense of social responsibility 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>Specific Objectives:</p> <ul style="list-style-type: none"> -To develop empathy and compassion -To raise awareness -To encourage student involvement -To instill values -To foster leadership skills -To promote a culture of sustainability




 Director-Students Affairs & Welfare
 Swami Rama Himalayan University
 Jolly Grant, Dehradun-248019

NSS ACTIVITIES - JUNE, 2025

Name of Events	International Yoga Day Programme
Date of Event	21st June, 2025
Total Number of Students Attend	140 (All School/ Institute of students)
Venue of the Event	Mother Teresa (Auditorium) – Nursing College, SRH University
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
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 Joly Grant, Dehradun-249013