



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.

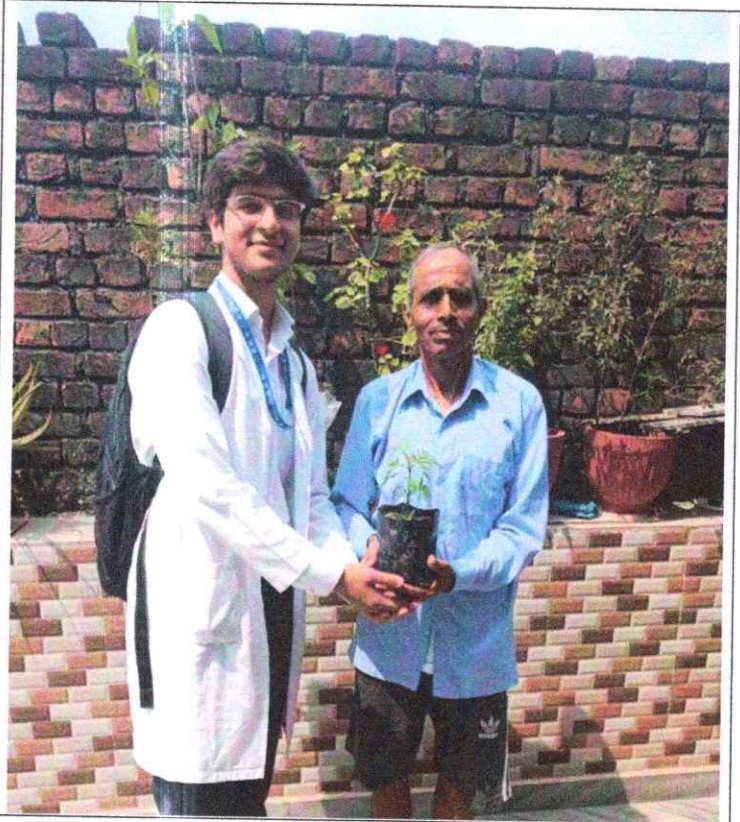
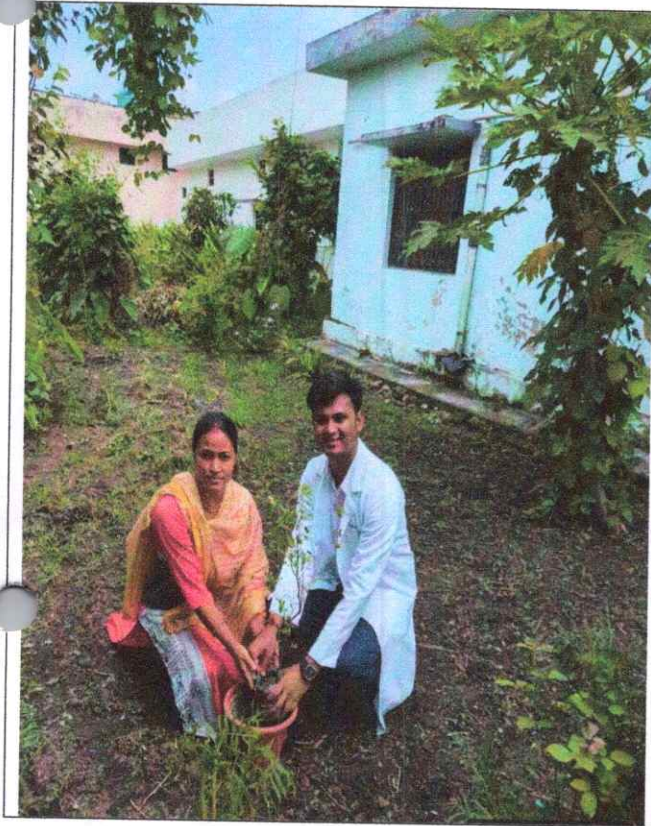


Student giving counseling on Breast Feeding


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
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. Vinit Mehrotra
Director-Students Affairs & Welfare
Swami Rama Himalayan University
Jelly 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
 Joly 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

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Dr. Vinit Mehrotra
 In-charge of Students Affairs & Welfare
 Himachal Pradesh Himalayan University
 Sector-10, 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
Swami Rama Himalayan University,
Joly 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

WPS

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

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