



National Service Scheme

Sponsored by Ministry of Youth Affairs & Sports, Govt. of India
J.C. Bose University of Science & Technology, YMCA, Faridabad
Email: nssjcbustfbd@gmail.com

“Not Me, But You”



An Annual Activities Report

Session 2021-22

Submitted to:

J.C. Bose University of Science & Technology, YMCA

(A Haryana State Government University)

(Established by Haryana State Legislative Act No. 21 of 2009 & Recognized by UGC Act. 1956 u/s 22 to Confer Degrees)

Accredited 'A' Grade by NAAC



Prof. Pradeep Dimri (NSS University Coordinator)
Dr. Bindu Mangla (NSS Programme Officer)
Dr. Umesh (NSS Programme Officer)
Dr. Nitin Panwar (NSS Programme Officer)

NSS Student Coordinator:
Nitish (President)
Latakshi (Secretary)
Neeraj Kumar (J.Sec)

Students enrolled in 2021-22

Sr. no.	Full Name	University Roll No.	Course
1	Abhishek singh	21001323003	BSC
2	Monika kaushwah	21001755009	MSC
3	Vaibhav Mishra	21001013514	B.TECH
4	Ritwik Singh	21001003114	B.TECH
5	Sahil singh	20001323053	BSC
6	Ankit Kumar	20001017008	B.TECH
7	Shivangi Singh	21001323058	BSC
8	Harshaan Yadav	21001311020	BCA
9	Tajwar Zehra	21001322057	BSC
10	Sonali	21001753056	MSC
11	Ikmeet Kaur Bhatia	21001011501	B.TECH
12	Bhuwan bhardwaj	21001351015	BAJMC
13	Ruby jaglan	21001311055	BCA
14	ANSHIKA KUMARI	20001002004	B.TECH
15	Amrita	21001015005	B.TECH
16	MAHI VIJAY	21001311033	BCA
17	Nitin Kumar	21001323040	BSC
18	Aniruddh Chaturvedi	21001311006	BCA
19	Tushant Kumar	21001007508	B.TECH
20	Nikhil Mittal	21001007504	B.TECH
21	Rukhsar	21001323052	BSC
22	Aman chawla	21001701003	MBA
23	Kishan Kumar Poddar	21001013055	B.TECH
24	Anurekha	21001753007	MSC
25	Ritesh khatana	20001321045	BSC
26	KRISHAN CHAUHAN	21001311028	BCA
27	Priya	21001323045	BSC
28	Rupam Jaiswal	21001758017	MSC
29	Abhay kumar	21001321001	BSC
30	Vidhya sagar	21001323067	BSC
31	Vibhav Sharma	21001011069	B.TECH
32	RACHITA JHINGAN	21001311047	BCA
33	Puneet kumar	20001017046	B.TECH
34	Himanshu	21001016029	B.TECH
35	Anchal kasoudhan	20001002059	B.TECH
36	Harsh Sharma	20001017020	B.TECH
37	Neha taneja	21001755012	MSC
38	Priyanshu Chaudhary	21021255048	B.Voc
39	Sonam Sharma	21001351043	BAJMC
40	Richa Gaur	1.21001E+11	BAJMC
41	Sonu	20001015064	B.TECH
42	MAYANK MEENA	20001017032	B.TECH
43	Divyanshu Pandey	21001020004	B.TECH
44	Nikhil Sharma	21001016050	B.TECH
45	Kunwar Harshit Singh	20001013071	B.TECH
46	Ahmed hasan	21001311003	BCA

47	Sonu Gupta	21001003132	B.TECH
48	Tina	21001013121	B.TECH
49	Mahesh Lamba	20001013077	B.TECH
50	KOMAL SONI	20001003061	B.TECH
51	Kartik Gupta	21001050008	B.TECH
52	Bharti Panchal	21001701007	MBA
53	Saloni	21001301049	BBA
54	Ajay Kumar Gupta	20001003003	B.TECH
55	Neha	21001322036	BSC
56	Sahil	21001016058	B.TECH
57	Akash	20001017004	B.TECH
58	Vivek	20001017080	B.TECH
59	Karishma Chhoker	20001017025	B.TECH
60	Manish Kumar	21001007503	B.TECH
61	Eshita Dhar	21001008025	B.TECH
62	Komal kumari	20001301038	BBA
63	Shubham bagri	21001701055	MBA
64	Shreyanshi Bhardwaj	21001701054	MBA
65	Pritesh Singh	21001011049	B.TECH
66	Rahul Bansal	20001013103	B.TECH
67	Naresh	21001003086	B.TECH
68	Nitish Bhatia	21001352036	Bcom (hons.)
69	Mohit	21001352029	Bcom hons
70	Akash Yadav	21001007004	B.TECH
71	Harjeet yadav	20001017019	B.TECH
72	Pankaj	21001311040	BCA
73	Vinay	21001352064	B.com
74	Faiz hussain	21001703016	MBA
75	Priyanshi saini	21001311046	BCA
76	Preeti Poddar	21001003511	B.TECH
77	BHUMEE SHARMA	21001007013	B.TECH
78	Sonali	21001753056	MSC
79	Priya Agrawal	21001323046	BSC
80	Anjana	21001323007	BSC
81	Vanshika Jain	21001756021	MSC
82	MukulChhabra	21001324028	BSC
83	Deepti Saurot	21001321013	BSC
84	Jiya Dagar	21001321022	BSC
85	Jitendra Yadav	21001050007	B.TECH
86	Kamalkant	20001321019	BSC
87	Sanjana	21001323054	BSC
88	Payal	21001758014	MSC
89	Payal Tewatia	21001321039	BSC
90	Deepika	21001351018	BAJMC
91	Sunder Singh	21001323062	BSC
92	Akansha	20001301004	BBA
93	Karthik Madan	21001016031	B.TECH
94	Tanya Sinha	21001013120	B.TECH
95	Tamanna Yadav	21001751063	MSC
96	Abhinav Kumar	21001013005	B.TECH
97	Kusum Mishra	21001351030	BAJMC
98	Sagar singhania	21001701050	MBA

99	Anushka	21001323008	BSC
100	Kashish Sharma	21001321025	BSC
101	MAHI VIJAY	21001311033	BCA
102	Vanshita Garg	20001301062	BBA
103	Piyush yadav	21001002034	B.TECH
104	ANKIT	20001013023	B.TECH
105	Rudraa Aggarwal	20001321046	BSC
106	Yuvraj Sisodia	20001003144	B.TECH
107	Hemant Sharma	20001351015	BAJMC
108	Dimple Gupta	20001758004	MSC
109	Diksha Malik	20001323016	BSC
110	Rinkle	18001301045	BBA
111	Nehal garg	19001324027	BSC
112	Chirag Goyal	18001007016	B.TECH
113	SIDHARTH RANA	20001013117	B.TECH
114	Nishtha	19001002041	B.TECH
115	Kajal koli	19001301026	BBA
116	Gauri	19001011023	B.TECH
117	Jigyasa Chaudhary	20001772008	MA
118	Nitesh Sharma	19001322034	BSC
119	Simran Gupta	20001703058	MBA
120	Anjali	20001323005	BSC
121	Shalini Saraswat	20001351037	BAJMC
122	Chirag mehta	20001013145	B.TECH
123	Tannu Gaur	19001323062	BSC
124	Sapna	20001321049	BSC
125	Vanshita Garg	20001301062	BBA
126	Bhupesh Sehrawat	20001013036	B.TECH
127	Sakshi	20001321047	BSC
128	hitesh kumar	19001011028	B.TECH
129	Satya Chaturvedi	20001323057	BSC
130	Nidhi Sharma	20001323039	BSC
131	Aashish Shah	19001007001	B.TECH
132	Neeraj Kumar	19001003073	B.TECH
133	Muskan Agrawal	20001323037	BSC
134	Muskan	20001323036	BSC
135	Himanshi	20001323023	BSC
136	Vikash	20001007063	B.TECH
137	Mansi sharma	20001323033	BSC
138	Priya Sorout	20001756018	MSC
139	Yashaswi Garg	20001003141	B.TECH
140	Akshat Arora	20001017005	B.TECH
141	Nidhi Sharma	20001323039	BSC
142	MEENAKSHI SHARMA	20001758010	MSC
143	Rinki sharma	20001351032	BAJMC
144	Srishti Aggarwal	19001351038	BAJMC
145	Aditi	20001013006	B.TECH
146	Ruchika Bhardwaj	20001323052	BSC
147	Aakash Saini	18001002001	B.TECH
148	Chirag Sharma	20001013037	B.TECH
149	Vibhor Goyal	20001301063	BBA
150	Seema	20001322049	BSC

151	Azizan	20001755024	MSC
152	Dheeraj	20001008018	B.TECH
153	GUNJAN	20001323019	BSC
154	Kritika Gupta	19001323033	BSC
155	VINIT KUMAR	20001003135	B.TECH
156	Parul Aggarwal	19001011043	B.TECH
157	Mansi Gupta	20001311034	BCA
158	Muskan verma	20001703033	MBA
159	Prachi	20001002031	B.TECH
160	Prateek nara	19001007033	B.TECH
161	Arpit saraswat	19001301005	BBA
162	Surbhi Thakkar	20001703060	MBA
163	Sandeep	20001301054	BBA
164	Deepanshu Singh	20001323012	BSC
165	Riya Bansal	18001301046	BBA
166	Amit Kumar	20001755002	MSC
167	Rahul	18001002042	B.TECH
168	Nancy	20001321032	BSC
169	Prerna	20001323046	BSC
170	Shruti Sharma	20001003121	B.TECH
171	Nitanshi Varshney	20001323041	BSC
172	Priya goyal	20001322033	BSC
173	Aastha dagar	19001323003	BSC
174	Geetanjali	19001322010	BSC
175	Nisha Rawat	19001322033	BSC
176	Kushal yadav	20001013073	B.TECH
177	Mohan	20001016030	B.TECH
178	Parveen	20001003089	B.TECH
179	Vidhi Raina	20001003134	B.TECH
180	Usha	20001013126	B.TECH
181	VINOD	19001601065	MCA
182	Yudhisthir	20001321063	BSC
183	Upasana Singh	19001321062	BSC
184	Sanjana dagar	20001323056	BSC
185	Anjali Rathour	20001311003	BCA
186	Swati	20001753061	MSC
187	Anushka Chauhan	20001013027	B.TECH
188	Elesh Garg	19001003042	B.TECH
189	Khushboo	20001758006	MSC
190	Muskan	19001322029	BSC
191	Manisha Devi	20001321027	BSC
192	Shubham kumar	20001015062	B.TECH
193	Prerana Mittal	20001017044	B.TECH
194	Rahul kathuria	20001322036	BSC
195	Mitali	20001755010	MSC
196	Renu	20001322039	BSC
197	Nisha	20001323040	BSC
198	aniket	20001016004	B.TECH
199	Prateek Bharti	19001301036	BBA
200	Dheeraj	20001013042	B.TECH
201	Dinesh Kumar	20001011021	B.TECH
202	AYESHA ALAM	19001002016	B.TECH

203	Himanshi Soni	20001007071	B.TECH
204	Vaishnavi Dutt Dikshit	19001323065	BSC
205	Ritik Goyal	19001003100	B.TECH
206	BIJENDER	18021251006	B. Voc
207	Nisha kumari	19001323043	BSC
208	Muhammad Aadil	20001323035	BSC
209	Tanusha Yadav	19001323063	BSC
210	Yash Kumar	20001351047	BAJMC
211	Yogita	20001311066	BCA
212	Priti	20001755015	MSC
213	VISHAL PRATAP SINGH TOMAR	19001011067	B.TECH
214	Guranshish Bhutra	19001301015	BBA
215	Mayank Pandey	20001003072	B.TECH
216	Ravi Shankar Sahu	19001321044	BSC
217	Shruti Soni	19001323059	BSC
218	Mayank Jha	19001601021	MCA
219	Himanshi	20001351016	BAJMC
220	Deepu	20001351008	BAJMC
221	Yogita	20001322066	BSC
222	Mehak Sirohiya	19001301031	BBA
223	Pallavi	20001321036	BSC
224	Manish	20001017030	B.TECH
225	Shalini	20001751052	MSC
226	Niyati Jha	20001015078	B.TECH
227	Vinita Singh	20001007064	B.TECH
228	Manisha	20001321026	BSC
229	Deepa	20001311007	BCA
230	Sheetal	19001323056	BSC
231	KRISHNA KUMAR	20001351021	BAJMC
232	Pankaj Kumar	20001321037	BSC
233	Khusboo	20001002019	B.TECH
234	Taru Rao	19001002063	B.TECH
235	Smriti Srivastava	20001016063	B.TECH
236	Gunjan	3020222045	B.TECH
237	Anchal	20001756002	MSC
238	Joginder	19001323027	BSC
239	SONU GUPTA	20001013118	B.TECH
240	Neetu	19001322031	BSC
241	Megha	20001311035	BCA
242	Shreya Singh	19001351032	BAJMC
243	Garima dhingra	20001015022	B.TECH
244	Aastha Kaushik	19001751002	MSC
245	Anupama	19001003017	B.TECH
246	Poonam Bhardwaj	20001756017	MSC
247	Avinash	19001003025	B.TECH
248	Simran	20001002046	B.TECH
249	Nandini	20001015041	B.TECH
250	Priya	19001751044	MSC
251	Vijaylaxmi	20001751067	MSC
252	Hari om	20001322013	BSC
253	Akansha Raturi	20001756001	MSC

254	Neeru	20001013092	B.TECH
255	Annu	19001323012	BSC
256	Surbhi Singh	19001002061	B.TECH
257	Jyoti	19001323028	BSC
258	Khushi gupta	20001003058	B.TECH
259	Riya Ghansela	20001703050	MBA
260	Khushi Kumari	20001002021	B.TECH
261	meghna dhar	20001755023	MSC
262	Nitish	19001003509	B.TECH
263	Lalita	20001322023	BSC
264	PIYUSH	19001002043	B.TECH
265	Shreya Yadav	20001015059	B.TECH
266	Priyanka sharma	19001323051	BSC
267	Muskan	20001007035	B.TECH
268	Madhulika Ranjan	19001324021	BSC
269	Jyoti Sanger	20001322020	BSC
270	Naveen Kumar	20001013090	B.TECH
271	Aisha Singh	20001015004	B.TECH
272	Muskan	20001701035	MBA
273	DIKSHA	20001751014	MSC
274	Teena Rawat	20001751066	MSC
275	Nisha	20001703040	MBA
276	Mehak Bhatia	20001751029	MSC
277	Arnav	18001003021	B.TECH
278	Pushpesh	20001002035	B.TECH
279	Neetu Panchal	20001703035	MBA
280	Sarthak	18001008052	B.TECH
281	Khushi	20001321022	BSC
282	Shubham kumar	20001015061	B.TECH
283	VIBHA	20001321061	BSC
284	Jagriti choudhary	19001324016	BSC
285	KRITIKA SEHGAL	18001751016	MSC
286	Sangeeta	20001322045	BSC
287	Sanjana	20001311047	BCA
288	Jyoti devi	20001322019	BSC
289	Raman Jain	19001324031	BSC
290	Ronak Jain	20001322041	BSC
291	Raghav Aggarwal	20001015051	B.TECH
292	Rohit Rohilla	20001701050	MBA
293	Yash Malaniya	19001324040	BSC
294	Satish Choudhary	20001321050	BSC
295	Juhi yadav	20001323025	BSC
296	Nancy	19001002038	B.TECH
297	Vaishali Yadav	20001017065	B.TECH
298	Ishika	20021255020	Bvoc
299	Nitish Yadav	20001013151	B.TECH
300	Pooja yadav	19001601030	MCA
301	Anshul Mittal	19001323013	BSC
302	LATAKSHI SHARMA	19001322023	BSC
303	Sourabh Kumar	20001351042	BAJMC
304	Ekta	20001757004	MSC
305	Yashika Yadav	20001322064	BSC

306	Susmita Naskar	19001321060	BSC
307	Parul Sharma	20001007507	B.TECH
308	DEEPIKA	19001015011	B.TECH
309	Ayush Saini	20001007010	B.TECH
310	Babita	20001323010	BSC
311	Priya Gulati	20001351029	BAJMC
312	Indu sharma	20001321017	BSC
313	Akriti tiwari	19001323008	BSC
314	Bhawna Bhardwaj	19001324008	BSC
315	Somya	20001351040	BAJMC
316	Siddhi verma	19001351034	BAJMC
317	Yash	20001322063	BSC
318	Rishabh Kaushik	20001017052	B.TECH
319	Nitesh Kumar	20001003085	B.TECH

Total volunteers joined= 319

No. of Girls= 179

No. of Boys= 140

No. of Camps Organized:

- **One Day Camp on the theme HOLD YOUR HEAD UP WITH NSS**
Duration: 31st December,2021
Venue: University Campus
No. of Students Involved:
No. of Faculty Involved: 04
- **Seven day Camp on theme AZADI KA AMRIT MOHATSAV**
Duration: 22 - 28 March,2022
Venue: Government Middle Girls School,Atali,Faridabad
No. of Students Involved:
No. of Faculty Involved: 04

No. of Webinars Conducted:

Serial No.	Topic of Seminar/Webinar	Speaker Name	Date	Venue/ Platform	No. of Participants
2	Talent Hunt Program	Nss Cell	15 July,2021	Online	50+

3	Plantation Drive	Nss Cell	17-18 July,2021	University Adopted Village	50+
4	Webinar on Gender Sensitization	Bhagidari Jan Sahyog Samiti	12 August,2021	Zoom Cloud	200+
5	Workshop (Yoga for Nutrition)	Acharyaa Swati Jha	11 September,2 021	Zoom Cloud	250+
6	BMI Checkup Camp	Nss	15 September,2 021	Govt. Model Sanskriti Senior Secondary School	300+
7	Youth Panel Discussion	Nss ANDC	2 October,2021	Zoom Cloud	50+
8	Webinar on Mind Control	Sh. Pandava	12 October,2021	Zoom Cloud	150+
9	Workshop on Cleanliness Drive	MCF	10 November,20 21	YMCA Campus	100+
10	Cloth Distribution to the Needy	Nss	12-18 November,20 21	YMCA Campus	70+
11	Webinar on Circular Economy	CIOSTIK	28 December,20 21	Zoom Cloud	80+

12	Debate Competition on COVID 19:A BOON OR BANE FOR INDIA	NSS	26 January,2022	Zoom Cloud	50+
13	Art Workshop on the theme IK BHARAT SHRESHTA BHARAT	NSS	20 February,2022	University Campus	50+

No. of Days and Week Celebrated:

Serial No.	Name	Date	No. of Participants
1	World Population Day	11 July,2021	AS
2	World Youth Skill Day	15 July,2021	AS
3	National Mango Day	22 July,2021	AS
4	National Broadcasting Day	23 July,2021	AS
5	National Parents Day	25 July,2021	AS
6	Kargil Vijay Diwas	26 july,2021	40+
7	World Nature Conservation Day	28 july,2021	AS
8	World Hepatitis Day	28 July,2021	AS
9	World Tiger Day	29 July,2021	AS
10	World Ranger Day	31 July,2021	AS
11	Happy International Friendship Day	1 August,2021	AS
12	Hiroshima Day	6 August,2021	AS
13	International Day of world's Indigenous People	9 August,2021	AS
14	International Youth Day (National webinar)	12 August,2021	500+
15	Independence Day (Parade)	15 August,2021	200+

	and Dance)		
16	National Sports Day	29 August,2021	AS
17	Janmashtami (visit to Chanderudya Mandir)	30 August,2021	30
18	Teachers Day	5 September,2021	AS
19	Azadi Ka Amrit Mahotsav (Fit to Freedom Run)	9 September,2021	150+
20	Gandhi Jayanti (Youth Panel Discussion)	2 October,2021	200+
21	World Postal Day	9 October,2021	AS
22	World Mental Health Day (webinar by Sh. Pandava)	12 October,2021	250+
23	Global Handwashing Day	15 October,2021	AS
24	National Unity Day	31 October,2021	AS
25	Children Day	14 November,2021	AS
26	World Diabetes Day	14 November,2021	AS
27	National Epilepsy Day	17 November,2021	AS
28	Indian Constitution Day (Pledge Taking Ceremony)	26 November,2021	100+
29	International Volunteer Day	5 December,2021	AS
30	World Hindi Day	10 January,2022	AS
31	National Youth Day	12 January,2022	AS
32	Makar Sakranti (tasks were given)	14 January,2022	200+
33	Indian Army Day	15 January,2022	AS
34	Birth Anniversary of Netaji Subhash Chandra Bose	23 January,2022	AS
35	National Girl Child Day	24 January,2022	AS
36	National Voters Day	25 January,2022	AS
37	Republic Day	26 January,2022	AS
38	Martyrs' Day	30 January,2022	AS
39	Holi Celebration	18 March,2022	AS

40	World Health Day	7 April,2022	AS
41	Dr.Bhimrao Ambedkar Jayanti	14 April,2022	AS
42	Earth Day(plantation of saplings)	22 April,2022	50+
43	Mother's Day	8 May,2022	AS
44	World Red Cross Day	8 May,2022	AS
45	National Technology Day	11 May,2022	AS
46	Buddha Purnima	16 May,2022	AS

***AS=Awareness through Social Media**

Other Activities:

1. Martial Art Training Course(4-10 June,2021)

In collaboration with DSW Office and LIVE Way

Venue: Zoom Platform.

2. Celebration of World environment Day on the theme Ecosystem Restoration with the vision and companionship of the Waterman of India-Dr.Rajendra Singh and NSS National Awardee(2019)-Mr.rajendra Kumar Saw.(5th June,2021)

In collaboration with Vasundhara Eco Club,JCBUST,YMCA

Venue: Zoom Platform

3. Organized "Zila Pados Yuva Sansad Programme"(24th February,2022)

In collaboration with NYKS,Faridabad

Venue: University Auditorium

4. Participated in National Pulse Polio Campaign to eradicate Polio.(28th February,2022-1st March,2022)

5. Nukkad Natak on the theme AZADI KA AMRIT MAHOTSAV(22 march,2022)

6. Volunteered in Project ANNAPURNA

In collaboration with Nanhi Udaan NGO

Venue: every Sunday in Faridabad

7. Jal Shakti Abhiyan Quiz(15th April,2022)

Online Mode

8. Essay writing Competition on JAL DARSHAN(18th April,2022)

Venue: University Campus

9. Poster Making Competition on Jal Shakti Abhiyan(19th April,2022)

Venue: University Campus

10. Visit to Pradhan Mantri Sanghralaya.

Venue: Teen Murti Park

11. Cleanliness Drive(28th May,2022)

Venue: University Campus

12. Sarbat seva (water distribution) and “World Environment Day”

Collaboration with Nanhi Udaan NGO

Venue: University Gate

13. Yoga week 2022 “Yoga For Humanity” (20-22 June 2022)

Venue: Social Media

14. Yoga week 2022 webinar “Yoga For Humanity”

Venue: Google meet

Current Running Project

15. Project Annapurna

Purpose : Food Distribution and Sarbat Seva

Volunteers involved : 52

In Collaboration with: Dream India NGO

Venue : Near Traffic Light, Old Faridabad.

16. Project Tree Plantation

Purpose : Tree Plantation at various area of Faridabad.

Volunteers involved : 33

In Collaboration with: Save Aravli NGO

Venue: Various area of Faridabad **District.**

17. Project Education

Purpose : Tution Classes to underprivileged children.

Volunteers involved : 38

In Collaboration with: Dream India NGO

Venue : Chotu Ram Park, Sec-11, Faridabad.

Details of Activities during the Session: 2020-21

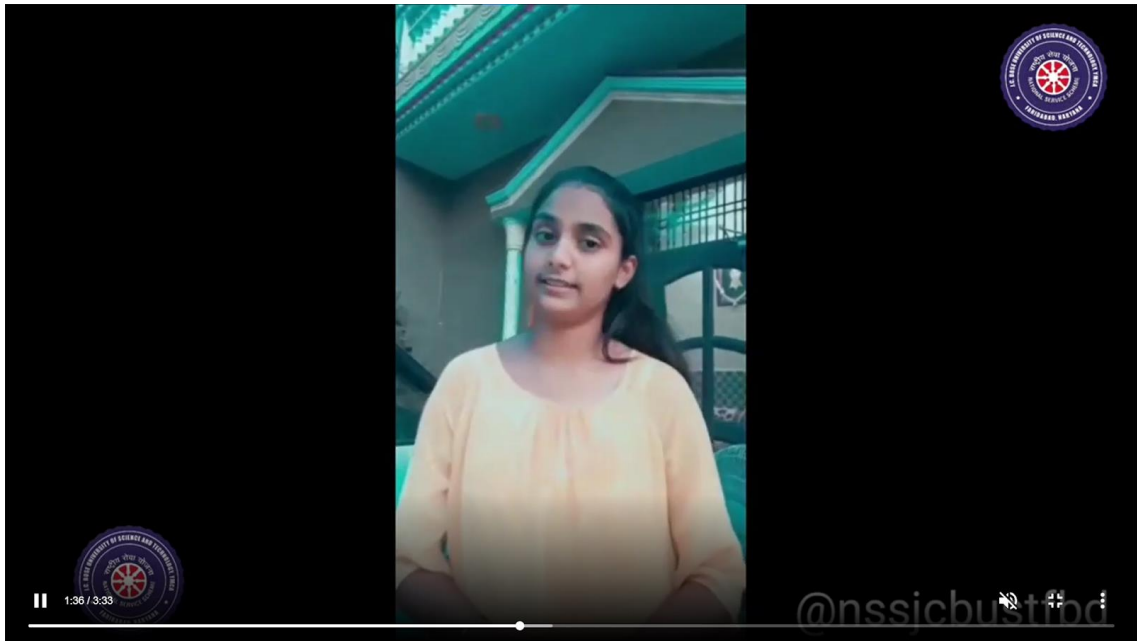
Report On World Population Day (11 July,2021)

NSS Cell of JC Bose University of Science and Technology YMCA FBD had successfully celebrated world population day on 11th July 2021 through an informative video made by our NSS CELL VOLUNTEERS .

The video dealt with the reasons for the population increase . It also gave an idea about what we can do to control the population.

All the volunteers of NSS CELL did their best to make this video successful.





Report on Webinar on **STAND UP AGAINST STREET HARASSMENT**

NSS CELL of JC Bose University of science and technology in collaboration with breakthrough India organized a webinar on STAND UP AGAINST STREET HARASSMENT. (24 July, 2021)

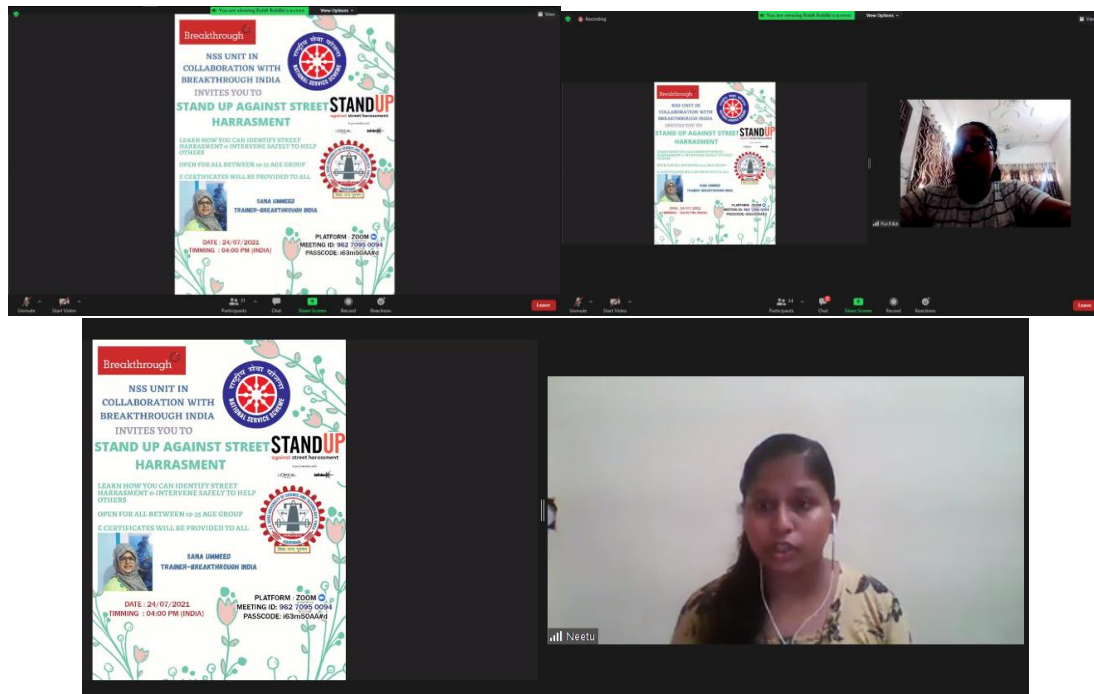
The webinar had begun with the warm welcome speech presented to our speaker Ms. Sana Umeed. A girl who loved her language, culture and art. She was always intrigued by human relationships and their behavioral patterns in society. As a result she joined the breakthrough.

During this webinar, she shared her thoughts on street harassment which are increasing day by day. She told her past experience also and motivated Spectators in the webinar how to deal with this. There was also an interaction session with the volunteers.

The webinar had been attended by faculty coordinators and NSS volunteers. Around 100+ Volunteers attended the session. The webinar was conducted in online mode on zoom platform.

The session culminated with a vote of thanks given by Dr. Bindu mangla.

It was such an informative and interactive webinar which helped everyone a lot to learn about this which is becoming a matter of grave concern to us.




Recording... View

STANDUP
against street harassment

by L'OREAL PARIS
with **breakthrough**


हमारी आज की प्रस्तुतकर्ता है

सना उम्मीद
ट्रेनर, ब्रेकथ्रू




RISHABH KAUS...

RISHABH KAU...



NSS JCBUST-F...



Sana Umeed - Bre...

Parul sharma

Parul sharma






kajal koli

kajal koli

Unmute Start Video Security Participants 74 Polls Chat Share Screen Pause/Stop Recording Reactions More Leave

Zoom Meeting


P

C

Manish EEIOT

Recording



Sana Umeed- Breakthrough India

Recording You are viewing Sana Umeed- Breakthrough India's screen View Options

कितने प्रतिशत महिलाएँ चाहती थी कि जब वे रास्ते में यौन- उत्पीड़न का सामना कर रही थी तो कोई उनकी मदद करें?

Percentage
15%
79%
45%
62%

Sana Umeed- Breakthrough India

Unmute Start Video Participants 62 Chat 2 Share Screen Record Reactions Leave

Recording

STANDUP

यौन उत्पीड़न को रोकने में प्रत्येक महिला का योगदान है।

हम एक साथ खड़े रहेंगे और इसे रोक देंगे।

Sana Umeed- Breakthrough India

Zoom Meeting Recording... View

Sana Umeed- Breakth...	NSS JCBUST FBD	Nitish NSS JCBUST	Ruchika	Aashish Shah
Neetu	Aakash Jaini	Rohit	Muskan Agrawal	Rohit Rohilla
Rahul Naveen	20001013117Si...	Nisha	Neetu Panchal	Neeraj Kumar
Muskan Soni	20001015042_Shub...	Parul sharma	Rudraa Aggarwal	Sana
Aadil khan	Satish Choudhary N...	Sheetal Tewatia	Tannu Gaur NSS JCB...	Upasana Singh...

Unmute Start Video Security Participants 36 Polls Chat 2 Share Screen Pause/Stop Recording Breakout Rooms Reactions Leave

06:05 PM

Report on Talent Hunt Competition

NSS cell of J.C. Bose university of science and technology had organized a Talent hunt competition From 15th July 2021 to 20th July 2021.

The competition lasted for 5 days (15th to 20th July). Students showcased their talents in different areas like dancing, singing, poetry, etc.. The main motive behind organizing this talent hunt competition was to groom the personality of students.. Around 50 students had participated in this contest.

All the participants were awarded with the appreciation certificate.

This event was full of enjoyment for all and got to see the hidden talent of students. This event gained a vast popularity as this is the only platform which gives students a chance to come forward and showcase their hidden potential. All the faculty coordinators appreciated the talent shown by the students through their videos and pictures.

**J.C. BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY,
YMCA, FARIDABAD**
NATIONAL SERVICE SCHEME
ORGANISES
TALENT HUNT
ON
WORLD YOUTH SKILLS DAY
15 July 2021

- Entries will be accepted till 20 July 2021 10PM
- Upload your video of dance, music & acting, etc

E-Certificate will be provided to the participants

**BE CREATIVE AND BELIEVE
IN YOURSELF**

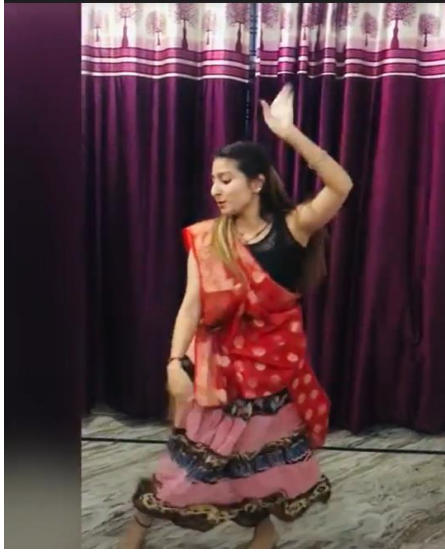
Link for submission:
<https://tinyurl.com/nsstalenthunt2021>

Faculty Coordinators
Dr. Pradeep Dimri
Dr. Bindu Mangla
Mr. Nitin Panwar
Dr. Umesh

For any queries contact:
Jyoti:- 7289902560
Neeraj:- 8505886567
Nisha:- 9582246935

@NSSYMCA

@nssjcbustfdb



कविता - क्योंकि वह एक नारी है।

वह बनती है दुर्गा माता
जब बात उसके सम्मान की आती है,
वह बनती है काली माता
जब खुद को किसी दुष्ट से बचाना चाहती है।
वह बनती है लक्ष्मी माता
जब अपनों के हित के लिए कार्य पर जाती है,
वह बनती है माँ अन्नपूर्णा
जब अपने घर की रसोई सँभालती है।
वह बनती है देवी सरस्वती
जब अपने बच्चों को अक्षर पढ़ाती है,
वह बनती है सिता माता
जब अपने पति के कदम से कदम मिलाकर चलती है।
इतने सारे गुण लेकर जो अपने साथ जीती है
वह समाज में सभी मानसम्मान के पात्र होती है,
जो अपने लोगों के लिए अपना
संपूर्ण जीवन अर्पण करती है!
ऐसा इसलिए कर पाती है - 'क्योंकि वह एक नारी है।'

— SANGITA SHENOY

ज़िंदगी क्या है ?

कभी धूप तो कभी छांव है ज़िंदगी,
कभी जीत तो कभी हार है ज़िंदगी,
बनते बिगड़ते हालातो का हिसाब है ज़िंदगी।
कभी खुशियाँ तो कभी गमों की बौछार है ज़िंदगी,
कभी समस्या तो कभी समाधान है ज़िंदगी।
अपने अंदर कई राज़ छिपाये,
एक रहस्यमयी किताब है ज़िंदगी।
यथार्थों का अनुभव कराने वाली,
कुदरत का अनमोल उपहार है ज़िंदगी।।

किसी के लिए प्यार मोहब्बत,
तो किसी के लिए उसका परिवार है ज़िंदगी।
किसी के लिये धन दौलत,
तो किसी के लिये बस दो वज़्रत की रोटी है ज़िंदगी।
किसी के लिये दूसरो के चेहरों की मुस्कान,
तो किसी के लिये स्वयं के लिये जीना है ज़िंदगी।
हर रोज़ कुछ नये चेहरों से मिलवाकर,
पुराने चेहरों को मिटा देना बस इसी का नाम है ज़िंदगी।
यू तो ज़िंदगी की कई परिभाषाएँ हैं
मगर एक शब्द मे कहू तो
खुल कर जीना सीख लो
जन्नत है ज़िंदगी।।

- गौरव

Report on Nelson Mandela quiz

NSS cell of JC BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY had organised an online quiz competition on the life of Nelson Mandela on 18th July, 2021 on the occasion of Nelson Mandela International Day.

The students enthusiastically participated and showcased their intelligence by answering the questions. The competition was very informative and knowledge enriching. The questions were based on the life of Nelson Mandela. 50+ students participated in this competition.

All the participants were awarded with the appreciation certificate

NSS university coordinators and nss volunteers worked efficiently to make this competition a grand success.

JC BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY
YMCA, FARIDABAD
NATIONAL SERVICE SCHEME
ORGANISES
QUIZ COMPETITION ON
Life Of Nelson Mandela

DATE:
18 JULY 2021

E-Certificates
of appreciation
will be provided
to the participants
scoring above
70%

TIME:
9:00 - 9:30 pm

The google
form link will
activated from
the time
mentioned
above

@NSSYMCA

@nssjcbustfbd

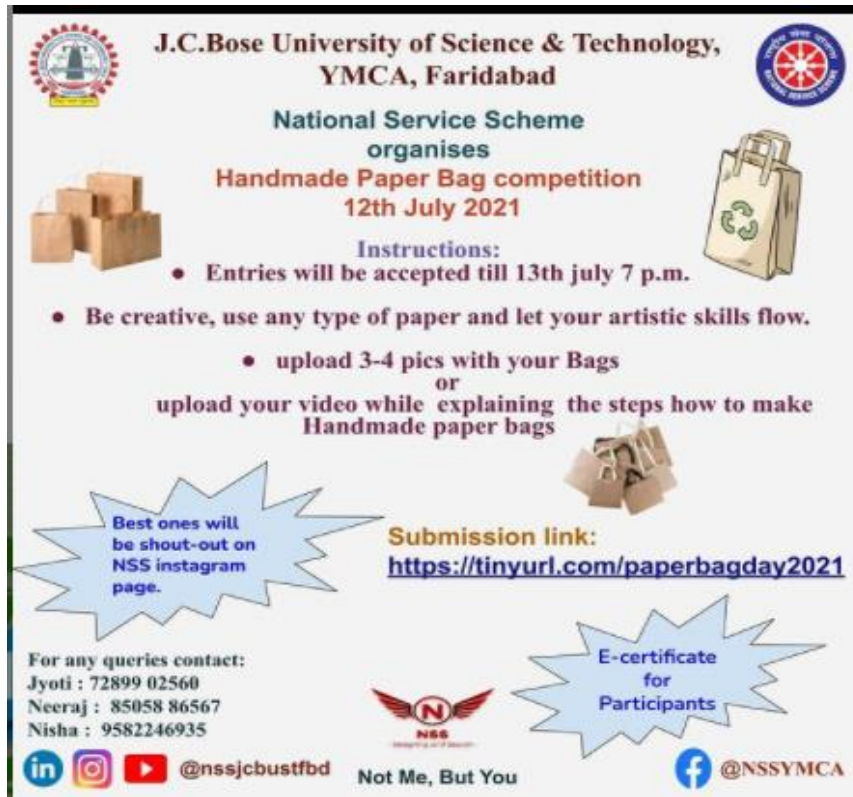
Report on Handmade Paper Bag competition

NSS CELL of J.C Bose university of science and technology had successfully organized a Handmade Paperbag making competition from 12th July 2021 to 13th July 2021 .

Students showcased their artistic skills and creativity by making beautiful paper bags and decorating them vibrantly .Many students showed their active participation which was around 40.

All the participants were awarded with the appreciation certificate.

This event had achieved great success with support of all the faculty coordinators and NSS volunteers .



**J.C.Bose University of Science & Technology,
YMCA, Faridabad**

**National Service Scheme
organises
Handmade Paper Bag competition
12th July 2021**

Instructions:

- Entries will be accepted till 13th July 7 p.m.
- Be creative, use any type of paper and let your artistic skills flow.
- upload 3-4 pics with your Bags
or
upload your video while explaining the steps how to make Handmade paper bags

Best ones will be shout-out on NSS instagram page.

Submission link:
<https://tinyurl.com/paperbagday2021>

For any queries contact:
Jyoti : 72899 02560
Neeraj : 85058 86567
Nisha : 9582246935

E-certificate for Participants

Not Me, But You

@nssjcbustfbd @NSSYMCA





Report On Cheer For India Campaign

NSS Cell of JC Bose University of Science and Technology had actively participated in #cheer4India campaign to support athletes who were participating in Tokyo Olympics 2021. All the NSS volunteers came forward to boost the morale of Our Indian athletes through #hamaravictorypunch campaign. It was such a proud moment to see that most of our volunteers came forward to support the athlete.





#Cheer4India

#humaravictorypunch 👊

Report on 2 days tree Plantation Drive in University Adopted Villages

NSS Cell of J.C. Bose University of Science and Technology, YMCA, Faridabad had successfully organized a “2 Day Tree Plantation Drive” in University adopted villages (Rajpur Kalan, Tajupur and Sehrawak) from 17th July & 18th July 2021.

On 17th July (Day 1 of Tree Plantation Drive) NSS Volunteers visited two villages one was Rajpur Kalan and second one was Tajupur. NSS Cell volunteers planted a total of 300 saplings on Day 1.

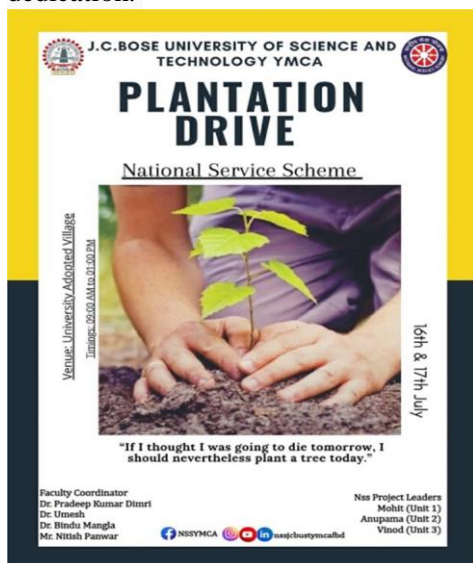
During this plantation, Mr. Harish (NSS National Awardee 2016-17 & Member of Haryana State NSS Advisory Committee) with us as a guest. He shared his past NSS experience with us also notifying the importance of NSS for them as well for society. All the NSS volunteers worked with great zeal and with full enthusiasm.

On 18th July (Day 2 of Tree Plantation Drive), NSS volunteers visit to Sehrawak Village.

NSS Cell volunteers planted a total of 300 saplings on Day 2.

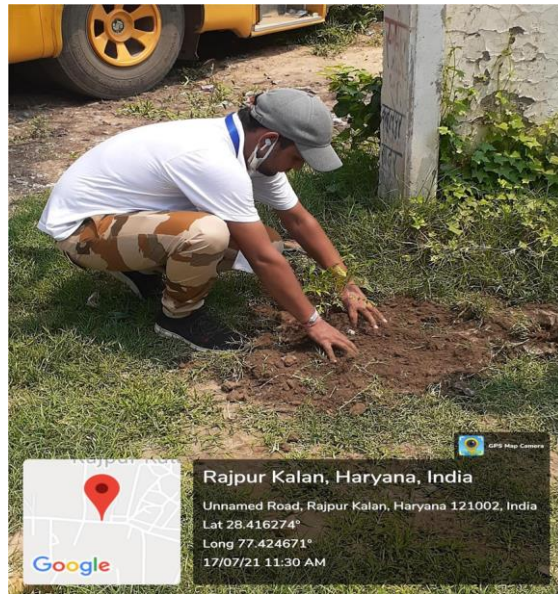
On both days total 60 NSS Volunteers (30 volunteers each each day) and NSS Programme officer Dr. Umesh participated in this plantation drive. NSS University Coordinator Dr. Pradeep Kumar Dimri, NSS Programme officer Dr. Bindu Mangla, Dr. Umesh & Mr. Nitin Panwar appreciated the NSS Volunteers for successfully conducting this plantation drive. Villagers also appreciated the NSS volunteers for their work.

This plantation had drive achieved great success because of all the faculty coordinators who helped us a lot to make it successful and because of all the volunteers who worked with great dedication.





Rajpur Kalan, Haryana, India
Unamed Road, Rajpur Kalan, Haryana 121002, India
Rajpur Kalan
Haryana
India
34°C
93°F
2021-07-17(Sat) 11:13(AM)



Rajpur Kalan, Haryana, India
Unamed Road, Rajpur Kalan, Haryana 121002, India
Lat 28.416274°
Long 77.424671°
17/07/21 11:30 AM



Rajpur Kalan, Haryana, India
Unamed Road, Rajpur Kalan, Haryana 121002, India
Lat 28.416225°
Long 77.424628°
17/07/21 11:32 AM



Rajpur Kalan, Haryana, India
Unamed Road, Rajpur Kalan, Haryana 121002, India
Lat 28.416277°
Long 77.424658°
17/07/21 11:30 AM



National Service Scheme
J.C. Bose University of Science & Technology,
YMCA, Faridabad
NSS Cell
"Not Me, But You"



SHRIHARI BHARATGAS, 4th floor, Badarpur, Tajapur, Haryana 121101, India

Mohit's Home, h. no. 91, Tajapur - Badarpur Rd, Tajapur, Haryana 121101, India

Tajapur
Haryana
India

36°C
97°F

2021-07-17(Sat) 01:11(PM)



SHRIHARI BHARATGAS, 4th floor, Badarpur, Tajapur, Haryana 121101, India

Mohit's Home, h. no. 91, Tajapur - Badarpur Rd, Tajapur, Haryana 121101, India

Tajapur
Haryana
India

36°C
97°F

2021-07-17(Sat) 01:01(PM)



SHRIHARI BHARATGAS, 4th floor, Badarpur, Tajapur, Haryana 121101, India

Mohit's Home, h. no. 91, Tajapur - Badarpur Rd, Tajapur, Haryana 121101, India

Tajapur
Haryana
India

34°C
93°F

2021-07-17(Sat) 12:48(PM)



SHRIHARI BHARATGAS, 4th floor, Badarpur, Tajapur, Haryana 121101, India

Mohit's Home, h. no. 91, Tajapur - Badarpur Rd, Tajapur, Haryana 121101, India

Tajapur
Haryana
India

34°C
93°F

2021-07-17(Sat) 12:54(PM)



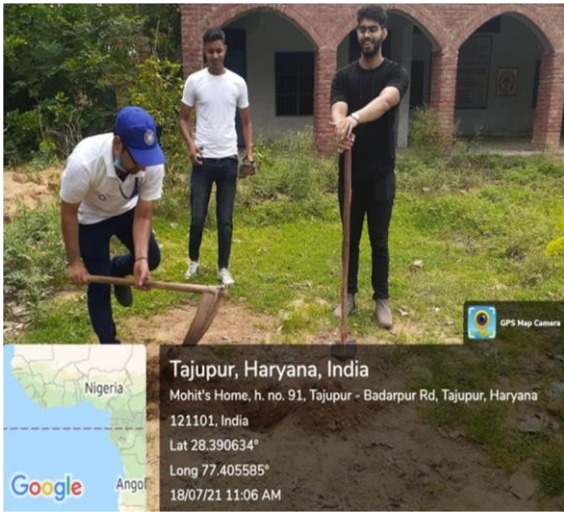
Tajapur, Haryana, India

Mohit's Home, h. no. 91, Tajapur - Badarpur Rd, Tajapur, Haryana 121101, India

Lat 28.390602°

Long 77.405584°

17/07/21 01:42 PM



On the special occasion of International Youth Day 2021, a seminar was organized by units of the National Service Scheme of J.C Bose University of Science & Technology, YMCA Faridabad on the topic "Role of Youth in Gender Sensitization" on August 12, 2021. The aim of the programme was to create awareness among the people about the role of youth in gender sensitization. The programme was presided by the panel of eminent speakers which includes,

Ms. Jyotika Kalra Hon'ble Member National Human Rights Commission Govt. of India,

Sh. Rajender Pal Gautam Hon'ble Minister for Women and Child Dev. Govt. of Delhi,

Ms. Shyamala S. Kunder Hon'ble Member National Commission for Women Govt. of India,

Ms. Renuka Mishra IPS Addl. Director General of Police Uttar Pradesh ,

Sh. Kanwal Jeet Arora Hon'ble Addl. District and Session Judge & Member Secretary Delhi State Legal Services Authority,

Sh. Jeetender Chadha Director National Service Scheme (NSS) Ministry of Youth Affairs Govt. of India ,

Dr. Rajender Dhar Advisor, Ministry of Labor Govt. of India, Adviser Lingayas Vidyapeeth Haryana & Patron Bhagidari JSS,

Brig. Prof. (Dr.) V.P. Singh Vice Chancellor Swami Vivekanand Subharti University Meerut Uttar Pradesh,

Sh. Danish Gupta Hon'ble Chief Judicial Magistrate & Secretary DLSA Kaithal Haryana,

Sh. Kaustubh Sharma IPS Inspector General of Police Punjab Police,

Dr. Monika Bhutunguru IPS Asstt. Inspector General of Police Himachal Pradesh,

Dr. Garima Tiwari Asstt. Commissioner of Police Delhi Police.

Speakers discussed various roles of youth, their responsibility towards society, etc. They pointed out how youth can work on gender sensitization. The seminar had a full house since many NSS volunteers of different institutes attended it.

The Prof. (Dr.) Dinesh Kumar, Vice Chancellor of J.C Bose University of Science and Technology, stressed on educating the community towards the importance of youth and their responsibility. He also thanked the National Service Scheme and the Bhagidari Jan Sahyog Samiti for jointly organizing such a seminar.

Total Participants : 68



To celebrate International Youth Day 2021

With the Partnership of
**DELHI STATE LEGAL SERVICES AUTHORITY &
HARYANA STATE LEGAL SERVICES AUTHORITY
BHAGIDARI JAN SAHYOG SAMITI (Regd.)**



In collaboration with
Lingaya's Vidyapeeth Faridabad Haryana &
Swami Vivekanand Subharti University Meerut UP
are organizing

National Webinar on Gender Sensitization (Role of Youth in Gender Sensitization

Thursday 12th August, 2021 2.45 p.m. IST to 6.15 p.m. IST



Official Partners:-

NSS J.C. Bose University of Science and Technology (YMCA) Haryana ,

NSS Guru Gobind Singh Indraprastha University Delhi ,

NSS Kurukshetra University Haryana,

NSS DAV University Punjab ,

Faculty of Education Banaathali Vidyapeeth Rajasthan

**First 5000 Participants who register themselves for the programme shall be given Certificate of participation by Bhagidari Jan Sahyog Samiti (Regd.)

Link for Registration: <https://forms.gle/foNYWU7hly9xbL8>



<https://www.facebook.com/Drishyamdmp/>
(Click on above Link to join webinar)



<https://youtu.be/o9RSwdeBkNU>
(Click on above Link to join webinar)



Chief Guest
Inaugural Session
Ms. Jitka Kalia
Hon'ble Member
National Human Rights Commission
Govt. of India



Chairperson
Inaugural Session
Ms. Ranuka Mishra IPS
Addl. Director General of Police
Uttar Pradesh Police



Chief Guest
Technical Session
Rajendra Pal Saxena
Hon'ble Minister for Women & Child Dev.
Govt. of Delhi



Chairperson
Technical Session
Ms. Shyamala S. Kumbhar
Hon'ble Member
NCW Govt. of India



Sh. Kamaljeet Arora
Addl. District and Session Judge
Member Secretary DLSA



Sh. Danish Gupta
Chief Judicial Magistrate
Secretary Railtel Haryana



Sh. Karamjit Sharma IPS
Inspector General of Police
Punjab Police



Dr. Manika IPS
Asstt. Inspector General of Police
Himachal Pradesh Police



Sh. Jyotinder Chhabra
Director NSG
Ministry of Youth Affairs
Govt. of India



Inaugural Session
Welcome Speech
Dr. Rajender Dhar
Advisor
Lingaya's University
Patron Bhaadraj NSG



Technical Session
Welcome Speech
Dr. J.P. Singh
Vice Chancellor
S.V. Subharti University



Dr. Sarina Thari
Asstt. Commissioner of Police
Delhi Police



Sh. Vijay Kumar
Moderator of Webinar
Secretary General
Bhagidari (R)

Dr rajender dhar -

Vijay Gaur , Secy. General Bh...

Jeetendar Chadha

Jyotika Kalra, Member, NHRC

Renuka Mishra

Danish Gupta, CJM/Secretar...

Org For more details visit us at www.bhagidar.org

Shyamala S Kunder Member NCW

Dr Garima Tiwari

Bharat Bhushan

MONIKA BHUTUNGURU,IPS (AIG ,HQ) SHIMLA

Vijay Gaur , Secy. General Bhagidari JSS

DRISHYAM MEDIA

LIVE STREAMING

Report On Volunteering at Vrindavan Chandrodaya Mandir

NSS cell of J. C. Bose University of Science and Technology YMCA faridabad actively volunteered at VRINDAVAN CHANDRODAYA MANDIR on the auspicious day of JANMASHTAMI on 28th August 2021. 10 volunteers from YMCA JCBUST college got the opportunity to serve the devotees who came to visit the temple on JANMASHTAMI. There was an orientation on the 1st day in which many volunteers from various universities were there. In the orientation, priests told every volunteer present there about the temple and explained their duties. The next day i. e. 29th August, 2021, at 4 am there was Mangla aarti which was for the waking up of lord krishna. After that, at 7 am, there was darshan aarti in RADHA VRINDAVAN CHANDRA MANDIR. The girls and boys were assigned with different duties for volunteering. The girls were given the duty of rangoli making in front of both temples i. e. RADHA VRINDAVAN CHANDRA and the main temple VRINDAVAN CHANDRODAYA MANDIR.

Then the NSS cell volunteers went to various temples of Vrindavan like PREM MANDIR AND ISKON TEMPLE. At night after dinner all volunteers were given I-Cards for volunteering the main event i. e. SHREE KRISHNA JANMASHTAMI. Then next day same 4 mangla aarti and 7 am darshan aarti. On the last day All the nss volunteers had a group photograph with prabhu pandava sakha das.

It feels so good to do something for the devotees.

The day did not end with the hardships but with the memories which we acquired through these amazing opportunities





Report on Independence Day (15th August 2021) Parade

NSS CELL of JC Bose University of Science and Technology, YMCA FBD had successfully celebrated 75th Independence Day on 15th August 2021.

The event started at 9.30 am . Our Honorable vice chancellor Dr. Dinesh kumar hosted the National flag and addressed the Gathering. It was a Great gesture with memories of our martyrs who fought for us and sacrificed their lives for our Freedom l. A March past had been done by NSS Volunteers which was running live on Our NSS social media platforms . Our sixteen NSS contingent were marching in the parade .

The event had been successfully Culminated with a National Anthem.







Report on Awareness Quiz on Importance of National Nutrition Month

NSS cell of JC Bose University of Science and Technology YMCA Faridabad successfully organized a quiz competition from 27th September 2021 to 30th September 2021 on the occasion of National Nutrition Month. The theme of the competition was " FEEDING SMART RIGHT FROM START ". This month is dedicated to nutrition and healthy diet to encourage people to develop healthy habits to maintain a healthy and fit lifestyle. Around 85 volunteers showed active participation in the quiz competition. The quiz competition was knowledge enriching and very informative. All the participants were awarded with participation certificates.

**J.C BOSE UNIVERSITY OF SCIENCE & TECHNOLOGY,
YMCA, FARIDABAD**

NATIONAL SERVICE SCHEME
ORGANISES
**QUIZ COMPETITION ON
NATIONAL NUTRITION MONTH 2021**

THEME: "Feeding Smart Right from Start"

Time: 10 A.M Onwards **Date: 27th to 30th September 2021**

Quiz is Open till 30th September 2021, 6 P.M

For any queries contact:
Jyoti: 7289902560
Neeraj: 8505886567
Nisha: 9582246935

Faculty Coordinator:
Dr. Pradeep Kumar Dimri
Dr. Bindu Mangla
Dr. Umesh
Mr. Nitin Panwar

@NSS YMCA @nssjcbustfbd

Report on NSS 52nd Foundation Day Celebration

NSS cell of JC Bose University of Science and Technology, YMCA FBD had successfully celebrated NSS 52nd foundation day with great enthusiasm and contentment on 24th September 2021 in university Campus.

The event had started at 10 am , in the Auspicious presence of our dignitaries Mr. Krishan kumar (first and founder volunteer of nss) , Dr. Dinesh kumar (vice chancellor of JCBUST ymca), Dr. Pradeep kumar Dimri, Dr. Bindu mangla, Dr. Umesh kumar and Mr. Nitin Panwar. The program had started with the welcome of our chief guest with a token of Sapling & lamp lighting. A Welcome NSS Song has been presented by NSS Volunteers. There was also a launch of the official NSS website by our dignitaries then Cultural performances were presented by NSS Cultural Team.

The Session had been addressed by our Honorable Vice Chancellor and Mr. Krishan Kumar. They motivated all NSS volunteers with their insightful thoughts and our Chief guest Had shared their past experiences of Being an NSS Volunteer.

Medals and certificates were given to all the participants and winners of the art competition which was organized by NSS Cell in the campus .

The Event came to an end with a Vote of Thanks Given by our Programme Officers to Chief guests.

Total Participants : 90



J.C. Bose University of Science & Technology, YMCA
National Service Scheme

Sponsored by Ministry of Youth Affairs & Sports, Govt. of India

Email: nssjcbustfd@gmail.com

“Not Me, But You”



NSS DAY 2021

24th September, 2021

9:30 AM Onwards

Vivekanand Auditorium, JCBUST Campus



Mr. Krishan Kumar Gupta
(First & Founder Volunteer of NSS)



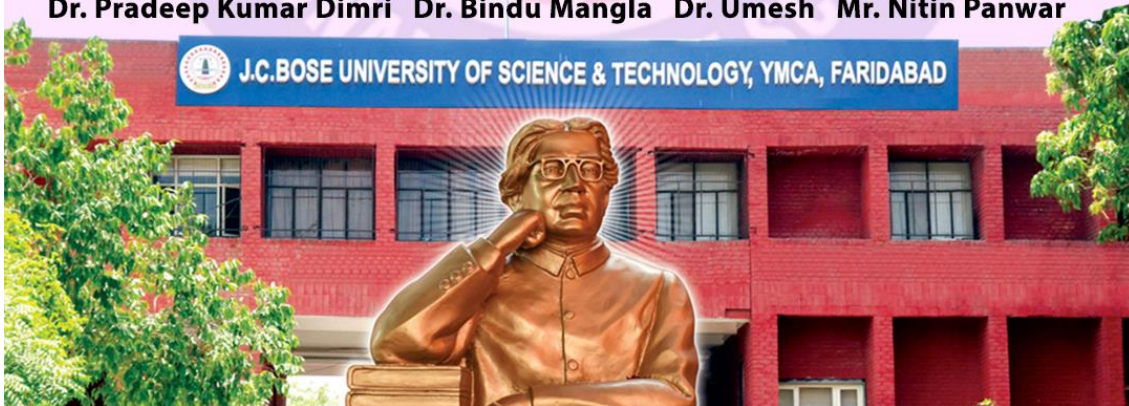
Prof. Dinesh Kumar
(Vice chancellor, JCBUST, YMCA)

Faculty Coordinator:

Dr. Pradeep Kumar Dimri Dr. Bindu Mangla Dr. Umesh Mr. Nitin Panwar



J.C. BOSE UNIVERSITY OF SCIENCE & TECHNOLOGY, YMCA, FARIDABAD



















About

Graduate from Delhi University
Associate IET Engineer
Masters in Social Works (IGNOU)
Published in
Golden Book of World records
Indian Book of Records



Achievements

1st and founder volunteer of NSS 1969.
Best Social Worker award in 1968.
Organised first mega Blood Donation Camp at
D.U in 1968.
General Secretary, University council of
Social service league (UCSSL).
Golden Book of World record Holder.

Mr. Krishan Kumar Gupta
(First & founder Volunteer of NSS)

Report on 1 Day BMI Check-Up Camp

NSS cell of J. C. Bose University of Science and Technology YMCA celebrated Poshan-Mah to organize BMI checkup camp on 15, September, 2021. All 15 volunteers of NSS reached Government Model Sanskriti Senior Secondary School, Sector-55, Faridabad at 9:30 A. M. Volunteers set up all the required instruments like Weighing machine , measuring tape etc. At 10:00 A. M., students of different classes had come class wise and one by one their BMI was calculated. Meanwhile, some volunteers explained about this camp and taught about what BMI actually is . Students listen to the volunteers quietly . We calculated the BMI of approximately 150+ students and teachers. 95% of students have a healthy weight , only some students are underweight. So we informed them about it and aware them about how they can the Maintain their diet and eat healthy food. Maintaining the decorum of school and being in discipline , the whole BMI checkup camp was organized. At 1:00 P. M. , we all bind up the camp .

**J.C BOSE UNIVERSITY OF SCIENCE & TECHNOLOGY,
YMCA, FARIDABAD**

NATIONAL SERVICE SCHEME

CELEBRATE
POSHAN MAAH
TO ORGANIZE

BMI CHECK UP CAMP
(Height & Weight Measurement Drive for Children)

ARE YOU SUFFERING FROM THESE DISEASES BECAUSE OF YOUR EXCESSIVE WEIGHT:

- 1.HEART PROBLEM
- 2.BREATHLESSNESS
- 3.DIABETES
- 4.HIGH BLOOD PRESSURE
- 5.SLEEP APNEA
- 6.JOINT PAINS

9M
Number of children and teens 6- to 19-years-old affected by obesity

112K
Number of annual deaths attributed to obesity

93M
Number of Americans who have obesity

30+
Anyone with a BMI of 30 or more is classified as obese

8
Obesity contributes to eight of the top 10 causes of death in the U.S.

VENUE-
GOVT. MODEL SANSKRITI SENIOR
SECONDARY SCHOOL, SEC- 55, FARIDABAD.

DATE- 15/09/2021

@NSS YMCA @nssjcbustfbd





FIT India Run 2.0 Marathon

NSS Cell of J.C. Bose University of Science and Technology, YMCA, Faridabad successfully organized a Fit India Freedom run 2.0 in J.C. Bose University campus on 9th September 2021 from 07:30 AM to 09:00 AM.

Before starting this event, honorable Vice-Chancellor Prof. Dinesh Kumar gave a short speech and motivated every NSS volunteer that fit India Run is a great event which brings awareness among the public on self-confidence through exercise and thereby a healthy life.

After that Dr. Pradeep Dimri and Prof. Dinesh Kumar (honorable vice-chancellor) came forward for lamp lighting then everyone present there took Fit India Freedom run 2.0 pledge.

After that all the NSS volunteers including Dr. Pradeep Dimri and Dr Dinesh Kumar (honorable vice-chancellor) started marathon in the university campus from the VC office and took a round of the whole campus and then finished our Marathon at the VC office. After this, Fit India Freedom Run culminated outside the VC office with a group photograph.

Total Participants : 50

J.C. BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY
YMCA , FARIDABAD

FIT INDIA

AZADI KA AMRIT MAHOTSAV
FIT INDIA FREEDOM RUN
SEPTEMBER 9th , 2021

REGISTER YOURSELF AT :
<https://forms.gle/G3cPrRA6w8MJ2T6u5>
**OPEN FOR ALL UNIVERSITY STUDENTS AND
ALL MUST CARRY YOUR UNIVERSITY I'D CARDS**

NSS CELL

VENUE :
JCBUST, YMCA CAMPUS.
TIMINGS :
7.30 AM ONWARDS

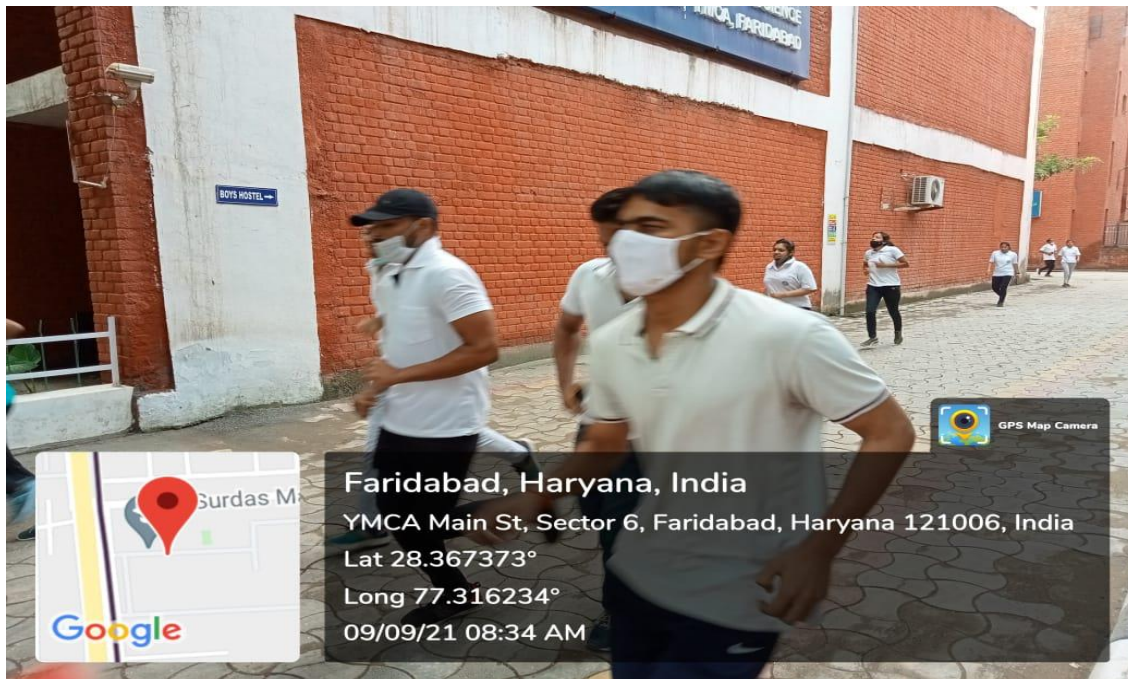


Faridabad, Haryana, India
9899+432, Sector 6, Faridabad, Haryana 121006, India
Lat 28.367828°
Long 77.317713°
09/09/21 08:26 AM



Faridabad, Haryana, India
9899+432, Sector 6, Faridabad, Haryana 121006, India
Lat 28.367776°
Long 77.317753°
09/09/21 08:27 AM





Report on webinar on Art of Mind

NSS CELL of JC Bose University of Science and Technology YMCA FARIDABAD in collaboration with NSS NSUT Cell, NSS Dyal Singh College (DU) Unit and NSS ANDC (DU) Unit along with FOLK- Youth Empowerment Club successfully organized a workshop on 'The Art of Mind Control' on 12th october 2021 . The webinar started at 4.00 pm .The speaker for the session was Pandava Sakha Dasa who is a Life Coach and Youth Mentor and has been conducting a plethora of workshops on enhancement of Life skills, value education and applied spirituality at various institutions for the last 7 years.

During this webinar , he beautifully explained the need to control thoughts as they turn into words which turn into our actions to habits which depicts our character and thus our destiny. The webinar had been attended by faculty coordinators and nss volunteers .The webinar was conducted in online mode on zoom platform.

Around 100+ volunteers attended the webinar.

It was such an interactive and informative session.

NSS JCBUST, YMCA CELL
with collaborating units

NSS NSUT Cell NSS Dyal Singh Unit, (DU) NSS ANDC Unit, (DU)

in collaboration with
FOLK - Youth Empowerment Club
organizes a webinar on

ART OF MIND CONTROL

 **Sh. Pandava Sakha Dasa**
Guest Speaker

 12 Oct, 2021

 04:00 PM

 Zoom

Faculty coordinators:
Dr. Pradeep Kumar Dimri
Dr. Bindu Mangla
Dr. Umesh
Ms. Milin Panwar

 @nssjcbustfbd



@NSSYMCA 

Report on Project Annapurna

NSS cell of JC Bose University of Science and Technology, volunteers contributed in volunteering service for project Annapurna , which was run by the Dream India to Educate India by Nanhi Udaan NGO, Faridabad. In this project, NSS cell volunteers served food as well as ration to the underprivileged family. NSS cell volunteers did a great job to make this project successful.





Report on Pre-Republic day selection camp at NSUT

From the NSS cell of JC Bose University of Science and Technology ,YMCA FBD volunteers went on an invitation to NSUT (Delhi region) with great warmth & devotion on 16oct,2021. And few volunteers of NSS cell of JCBUST went to NSS NSUT cell to be a part of VIP Escorting on Pre-Republic Day selection camp. There was a great zeal among the volunteers to be a part of this camp.



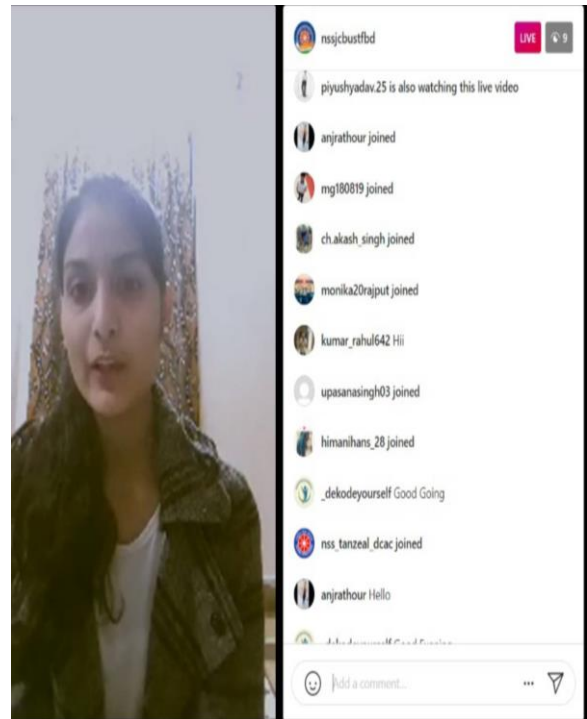
Report on Pledge Taking Ceremony

NSS Cell of J.C Bose University of Science and Technology successfully organized a pledge taking ceremony on the occasion of Indian Constitution Day on 26th November 2021 at 5.30 pm.

Many Students enthusiastically took part in this pledge taking ceremony and it was really great to see so many students came forward for this pledge taking ceremony.



The poster features a background image of a golden scale of justice and a wooden gavel resting on a stack of books. The text is centered and reads: "JC Bose University of Science and Technology YMCA Faridabad NATIONAL SERVICE SCHEME is organising PLEDGE TAKING CEREMONY on the occasion of INDIAN CONSTITUTION DAY on 26th November , 2021 5:30 p.m. on instagram Everyone is requested to join on time." Logos for the university, NSS, and social media handles (@nssjcbustfbd and @NSSYMCA) are included.



The screenshot shows a live stream in progress. On the left, a woman with dark hair, wearing a black jacket, is speaking. On the right, the Instagram interface displays a list of viewers and their actions: "piyushyadav25 is also watching this live video", "anjrathour joined", "mg180819 joined", "ch.akash_singh joined", "monika20rajput joined", "kumar_rahul642 Hii", "upasanasingh03 joined", "himanihans_28 joined", "_dekodoyourself Good Going", "nss_tanzeal_dcac joined", and "anjrathour Hello". At the bottom, there is a comment input field with the placeholder text "Add a comment...".

Report on Joy of Giving

NSS cell of JC Bose University of science and technology in collaboration with DSW office and UBA cell has organized “Joy of Giving” a collection drive to donate unused clothes to the poor and needy ones. Drive ended successfully with all the students of our university actively participating and they gave their used clothes in the drive. Our NSS volunteers also contributed in making the drive run systematically. It was a four-day programme from 12 November to 16 November 2021. Our university vice chancellor and all the faculty had praised the NSS cell for their drive . It was a pleasure moment to see a smile on the deprived.

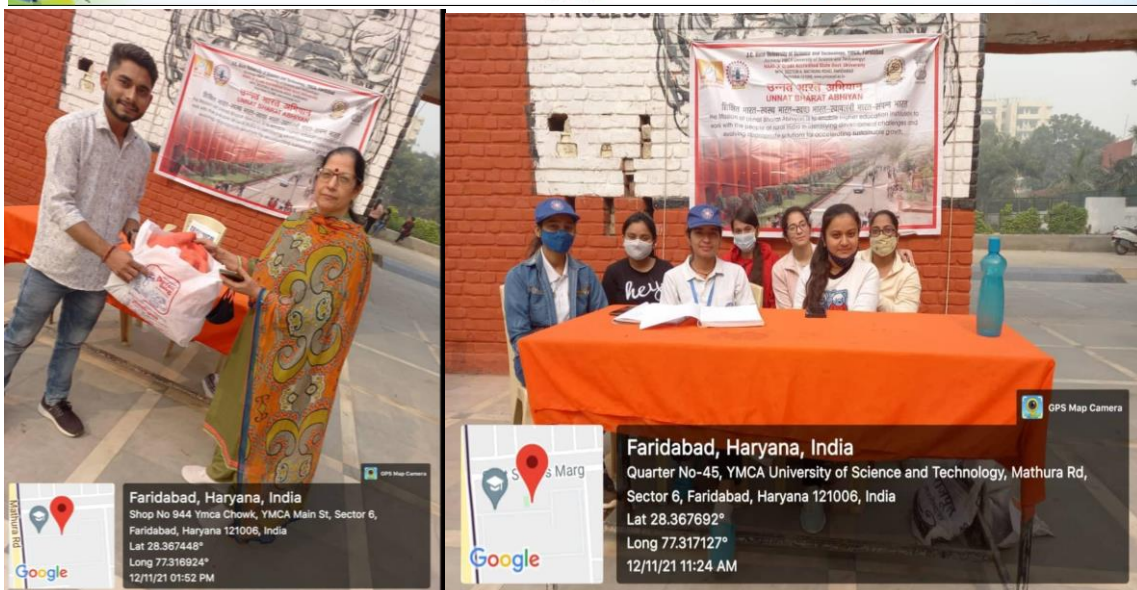
**J.C. Bose University of Science & Technology,
YMCA, Faridabad**
National Service Scheme
in association with
DSW Office & UBA Cell
Organize
"Joy of Giving"
"Sharing is Caring - The Importance of Giving"

Collection Drive Date : 12th to 18th Nov. 2021 **Venue: LC, Near Sports Office
J.C. Bose UST, YMCA Campus.**

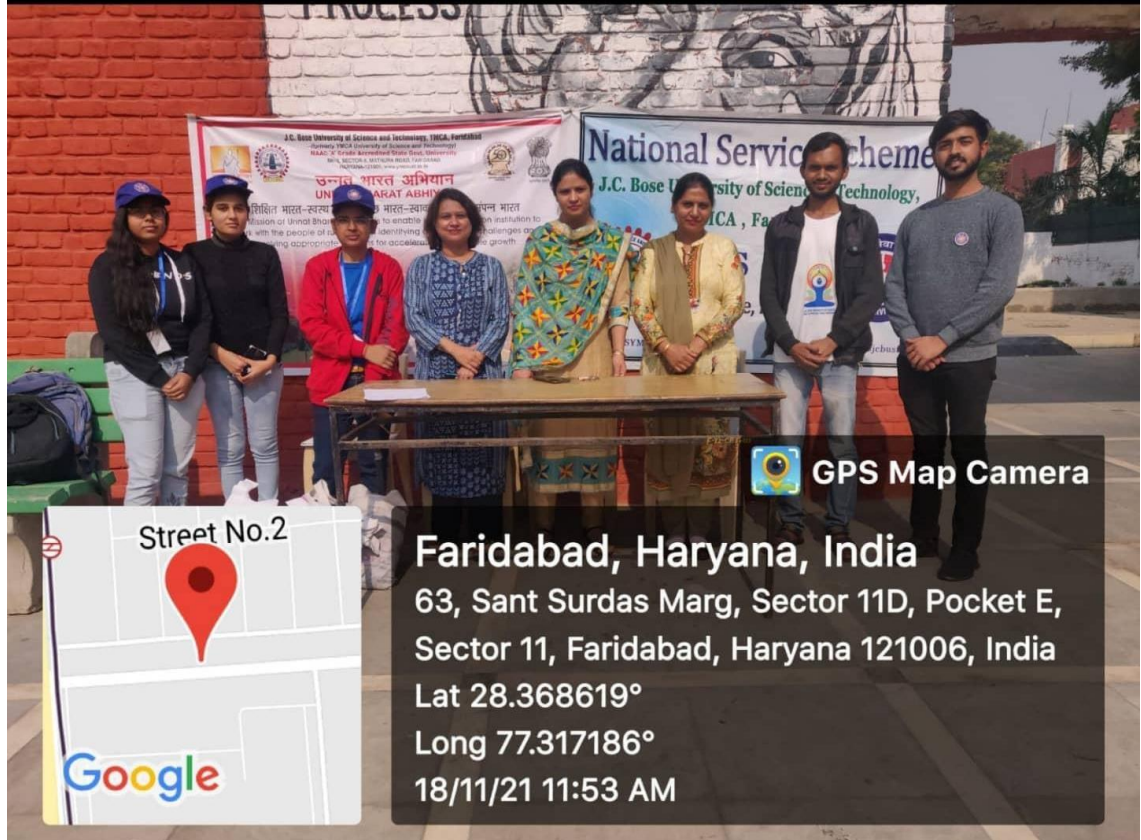
Prof. Pradeep Dimri
(NSS Program Coordinator) **Prof. Lakhwinder Kumar**
(Dean Student Welfare) **Dr. Sakshi**
(UBA Coordinator)


For any queries contact
Nitish Chaurasiya : 8802517846

@jcbouseustoffical







 GPS Map Camera



Faridabad, Haryana, India
63, Sant Surdas Marg, Sector 11D, Pocket E,
Sector 11, Faridabad, Haryana 121006, India
Lat 28.368619°
Long 77.317186°
18/11/21 11:53 AM

Report on Workshop on Cleanliness Drive

NSS Cell Of JC BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY, YMCA, FARIDABAD in association with The Municipal corporation of Faridabad organizing a Workshop on Cleanliness Drive to instill the importance of clean surrounding in our Minds on 10 Nov, 2021.

The event started at 10 am in university.

Ms. Ritu Arora & Ms. Tulika delivered the speech telling us the importance of sanitation and shared information related to role and participation of MCF in cleanliness Drive.

NSS VOLUNTEERS participate in the program. The main objective of this programme was to create awareness among the NSS volunteers regarding Cleanliness and its benefits.

Everyone appreciates the effort of NSS VOLUNTEERS.

The event ended successfully because of all the NSS volunteers who worked with great dedication and hardwork to make this event successful.



The poster features a green background with a silhouette of a person planting a tree. At the top, there are five logos: the J.C. Bose University of Science & Technology logo, the motto 'स्वच्छ भारत एक कदम स्वच्छता की ओर', the MCF logo, the '75 Azadi Ka Amrit Mahotsav' logo, and the NSS logo. The main text reads: 'National Service Scheme, J.C. Bose University of Science & Technology, YMCA, Faridabad in association with The Municipal Corporation of Faridabad (MCF) Organize a Workshop on Cleanliness Drive'. Below this, it specifies the date as 10th Nov 2021, timings as 10:00 am onwards, and the venue as LT02, 2nd floor Computer Engg. Department, JCBUST, YMCA Campus, Faridabad. Faculty coordinators listed are Dr. Pradeep Kumar Dimri, Dr. Bindu Mangla, Dr. Umesh, and Dr. Nitin Panwar. For queries, contact Mr. Nitish at 8802517876 (NSS President). Social media icons for Facebook, Instagram, YouTube, and LinkedIn are shown with the handle @nssjcbustfbd.

Date : 10th Nov 2021

Timings : 10:00 am onwards

Venue : LT02, 2nd floor Computer Engg. Department, JCBUST, YMCA Campus, Faridabad

Faculty Coordinators
Dr. Pradeep Kumar Dimri
Dr. Bindu Mangla
Dr. Umesh
Dr. Nitin Panwar

For Queries Contact
Mr. Nitish : 8802517876
(NSS President)

[f](#) [ig](#) [yt](#) [in](#) @nssjcbustfbd



Report on One Day Skill Development Camp

Nss Cell of JC Bose University of Science and Technology successfully organized a One Day Skill Development Camp on 31st December 2021 in university campus. The camp started at 8.30 am with the yoga session . 20+ NSS volunteers attended the yoga session and did yoga with full dedication. After that there was a lecture by Dr. Jagdish Chaudhary who is the Director of Balaji educational institutions Ballabhgarh . Prof(Dr.) Pradeep Dimiri, Dr Bindu Mangla and 50+ volunteers were present at the time of lecture. Then there was rally with a message of Swachh Banega FARIDABAD . The rally started from the college to Sector 10 and duties were assigned to the volunteers to clean the sides of the road . volunteers did their duties properly and gave their best .Then everyone returned back to college after 4 hours. Around 60+ volunteers attended the camp .So here was the end of one day camp. The camp was successful because of the Dr. Pradeep Dimiri who is always ready for our help and always motivate us and because of all the NSS volunteers who worked enthusiastically and with great hard work to make this camp successful.











Report on Kachra Mukat Diwas Celebration

NSS Cell, J.C. Bose University of Science and Technology celebrated 'Kachra Mukat Diwas' on December 31, 2021. This programme was a prominent part under 'Swachh Banega Faridabad Abhiyaan' which is an initiative by Municipal Corporation, Faridabad.

Under the slogan, '31 December Yaad Hai Na', the NSS volunteers actively participated in the event and performed their duties. Not only students, but professors, teachers and the citizens participated in the campaign. The volunteers campaigned door to door to spread awareness about 'Banega Swachh Faridabad' and enlightened people on the importance of cleanliness. With sheer joy and enthusiasm, they organized themselves in rally at the market area in Sector 11, Faridabad. The volunteers also collected garbage littered in parks and nearby areas and made sure to clean them. The programme lasted throughout the day.

To conclude, the event proved to be a great success and fulfilled its aim of playing its significant role in the Cleanliness Drive leading to a cleaner Faridabad, due to the dedication, hard work and selflessness of the volunteers. The University authorities as well as the residents appreciated their efforts.

जे. सी. बोस विज्ञान और प्रौद्योगिकी विश्वविद्यालय, वाईएमसीए, फरीदाबाद
राष्ट्रीय सेवा योजना
नगर निगम फरीदाबाद
स्वच्छ सर्वेक्षण 2022
कचरा मुक्त दिवस
(30-31 दिसंबर)
31 दिसंबर,
याद है ना
एक कदम स्वच्छता की ओर
75 आज़ादी का अमृत महोत्सव
@NSSJCBUSTFBD



Report on WEBINAR ON CIRCULAR ECONOMY

NSS Cell, J.C. Bose University of Science and Technology, in collaboration with Cioстик, conducted a webinar on 'Circular Economy'. The webinar was held on December 28, 2021 and started at 6:00 pm at the online platform - Google Meet. Raghav Sharma and Somil Bharilya, IIT Kharagpur, the Co-Founders of Cioстик were the speakers of the event.

The webinar started with an interesting role play highlighting the problem of waste generation and their dreadful repercussions and focused on 'Circular Economy' as it's promising solution. It dealt with the perks of renting as a measure in Circular Economy through an engaging presentation and that is where Cioстик came into picture by providing an easily accessible all-in-one rental marketplace to look after the problem of waste generation. The event concluded with a Question-and-Answer session clearing the doubts of the attendees. The event proved to be a great success and was successful in making the attendees aware about the serious problem of waste generation and its feasible and efficient solutions. The event was appreciated by the University and the audience.

NSS JCBUST, YMCA Cell
in collaboration with
CIOSTIK
presents a
WEBINAR
on
CIRCULAR ECONOMY

The Webinar is designed to make you aware of the problems faced due to Waste and how Circular Economy can play a vital role in solving this problem in the modern world

SPEAKERS

Raghav Sharma
Co-Founder, Cioстик
IIT Kharagpur

Somil Bharilya
Co-Founder, Cioстик
IIT Kharagpur

December 28th, 2021

06:00 PM

Google Meet

Register Now

www.cioстик.com

Report on Swacch Bharat Abhiyan

From NSS cell of JC Bose University of Science and Technology ,YMCA FBD volunteers actively participated in #banegaSwachhBharat in Sec 55, Faridabad.

The campaign went in an extremely organized manner followed by different sort of performance by the volunteers that ultimately helped in creating awareness among the residents. People were made aware about the uses of dustbin, clean & green environment.

NSS has always been an active participant of such social initiatives as it is believed to be a step towards a noble cause.





Report on Banega Swachh Faridabad Abhiyan (19th December 2021)

NSS cell of JC Bose University of Science and Technology, YMCA Faridabad successfully celebrated Banega Swachh Faridabad campaign, the initiative taken by Municipal Corporation Faridabad(MCF) with great enthusiasm and contentment on 19th December 2021 held at MCF Faridabad.

A team of NSS volunteers under the guidance of our honorable NSS President Mr. Nitish Chaurasiya participated in the meeting. The main objective of the meeting was to throw light on “Kachra Mukh Diwas” celebrated on 31st December. The presence and the efforts taken by the NSS cell were appreciated and applauded by everyone.





Report on Banega Swachh Faridabad Abhiyan (13th December 2021)

The NSS cell of JC Bose University of Science and Technology, YMCA Faridabad successfully celebrated Banega Swachh Faridabad campaign, the initiative taken by Municipal Corporation Faridabad(MCF) with great enthusiasm and contentment on 13th December 2021 in the university premises.

The event commenced in the auspicious presence of our dignitaries Dr.Pardeep Kumar Dimri and others. The program started with the welcome of our chief guest with a token of Sapling & lamp lighting.

Certificates were distributed to all the representatives who had been the ambassadors of Plastic Free Faridabad. More than 6 volunteers of the NSS cell of YMCA actively participated and represented the cell in the campaign. The event came to an end with a vote of thanks given by our programme officer to the chief guests.





Report on Surya-namaskar Programme

NSS cell , JCBUST had organised Virtual Surya-namaskar programme on 14th January, 2022 on occasion of Makar Sankranti under Azadi ka Amrit Mahotsav celebrations. All the University students and NSS volunteers were requested to practice Surya-namaskar at their places . All the NSS volunteers participated in this movement and did a wonderful job. Volunteers shared their videos and photos of performing the Surya-namaskar. It was highly appreciable .



J.C. Bose University of Science & Technology, YMCA, Faridabad
(A Haryana State Government University)
(Established by Haryana State Legislative Act No. 21 of 2009 & Recognized by UGC Act 1956 vis 22 to Confer Degrees)
Accredited 'A' Grade by NAAC

NSS

Date: 13 Jan, 2022

The govt. of India has desired that a large scale virtual Surya Namaskar programme may be organized to mark the holy occasion of Makar Sankranti on 14th Jan 2022 under **Azadi ka Amrit Mahotsav** celebrations. It is planned that 75 lakh people (participants) will practice Surya Namaskar on 14-01-2022 observing Covid appropriate behaviour.

Keeping in view of prevailing Pandemic, it is requested to perform Surya Namaskar at your places and send us your photographs and videos (if possible)

All the participants are requested to register on any of the following portals before practicing Surya Namaskar on 14-01-2022

<https://yoga.ayush.gov.in/suryanamaskar>

<https://yogacertificationboard.nic.in/suryanamaskar/>

<https://www.75suryanamaskar.com/>

Prof. Pradeep Dimri
University coordinator, NSS

Dr Bindu Mangla
Program Officer, NSS

CC: PA to VC for information
PA to Registrar for information
All Deans/ Chairpersons/ Head of Sections/ offices





Report on 26 January 2022 Debate on Covid-19

NSS cell of J.C. Bose University of Science and Technology, YMCA, Faridabad organized an online debate competition on the occasion of 73rd Republic Day on 26 January 2022 on the topic Covid-19: A boon or bane. The competition was open for all school students, UG and PG students. Mr. Nitish Chaurasiya, President, NSS YMCA delivered the opening remarks and motivated the participants for their active participation. Mrs. Pooja Chhabra Abbott was the judge. She is a professor in English and works in the Department of Liberal Art and Media studies. She encouraged students to present a fair stand. Around 25 students enthusiastically participated in the event from various schools and colleges. Some showed the positive outcomes that came with covid while others cognised the drastic and vulnerable effects of covid-19. All the participants were magnificent and performed spectacularly. Agam Singh stood 1st and Dev Khokhar and Ankita Aggarwal stood 2nd and 3rd respectively. Shruti, Hitesh Chaudhary and Shivangi Singh got the consolation prize. At the end of the event, Mrs. Abbott gave her feedback to all participants. Mr. Nitish Chaurasiya, Mr. Neeraj Kumar, Miss Akanksha, Miss Ayesha Alam, Miss Nancy, Miss Nancy Sardhana, Miss Yashaswi, Mr. Chirag, Miss Rudraa Aggarwal coordinated the event. The participants showed their gratitude to the Organising team of NSS YMCA and wished to see more such events in future.

**J.C. BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY, YMCA
FARIDABAD**

&

NATIONAL SERVICE SCHEME

PRESENTS

**DEBATE
COMPETITION
ON**

"COVID 19: A BOON OR BANE FOR INDIA"

Instructions:

1. Open for all
2. English language only
3. Individual participation
4. Time Limit: 3+1 (3 for speaking and 1 for interjection)

Certificates for all

FIRST COME FIRST SERVE BASIS. HURRY UP!

26/01/2022

11 AM TO 4 PM

PLATFORM:-


Faculty Coordinators
Prof. Pradeep Dimri
Dr. Bindu Mangla


Dr. Umesh Kumar
Dr. Nitin Panwar

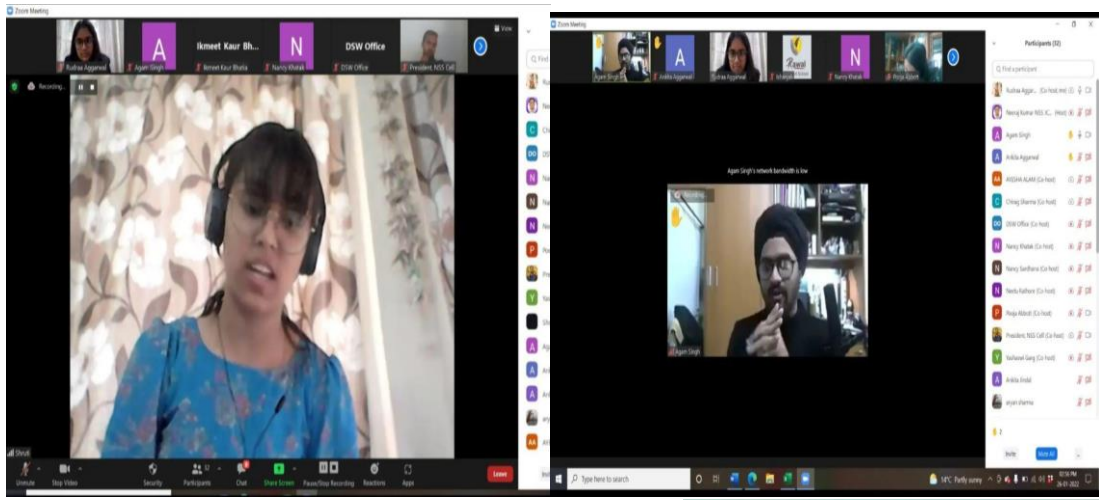
For Queries
Akansha - 63957 25588
Neeraj - 85058 86567
Rudraa - 78761 21535

For Registration Visit
<https://tinyurl.com/nssjan2022>

or Scan







Report on NSS and Faridabad Civil Hospital Polio Drive

NSS Cell of J.C. Bose University of Science and Technology, Faridabad participated in National pulse polio campaign to eradicate polio. It was a 3-day (27th February to 1st March 2022) campaign. Day 1 interacted with Anganwadi workers and they divided teams and located different place for giving polio drops to kids and day 2&3 there was door to door service. Where different teams were sent to different areas. All the volunteer participated very actively and did their best to make the event successful. Everyone appreciated the efforts of NSS volunteers. It feels proud to be a part of NSS CELL that has such hardworking and dedicated volunteer.



जे.सी. बोस विज्ञान और प्रौद्योगिकी
विश्वविद्यालय, वाईएमसीए

राष्ट्रीय सेवा योजना
राष्ट्रीय पल्स पोलियो अभियान



**समय पर
प्रतिरक्षण,
बच्चों को दे
सुरक्षित जीवन**

परिजनों से अपील...
कृपया अपने 5 साल तक के बच्चो को नज़दीकी पोलियो बूथ पर ले
जाकर 2 बूँद दवा अवश्य पिलाये

प्रोफेसर प्रदीप कुमार डिमरी
(एनएसएस समन्वयक)

नीतीश चौरसिया:8802517876
(एनएसएस अध्यक्ष)

 NSS
- Designing and Search -

 @nssjcbustfbd

Day 1





Day 2



.103, Sector 29, Faridabad, Haryana 121008, India

47664°

10 AM
.0 AM

Longitude

77.32310237°

Altitude 173.03 meters
Monday, 28-02-2022

Day 3



Report on parade team selection

NSS cell of JC Bose University of Science and Technology , YMCA had conducted a selection process for NSS parade team on 19th Feb 2022 in University campus. 16 newly admitted students had taken part in the procedure and the selection process was conducted in three phases including the physical round group march past and personal interview. Afterwards, the results were displayed on NSS social media handles.





Report on Parade Workshop

Parade Team of NSS Cell of J.C. Bose University of Science and Technology, YMCA, Faridabad organized NSS parade workshop. In this workshop, 18 newly recruited volunteers and 4 senior coordinators participated. It was a 2-day (26th and 28th February 2022) workshop. Everyone participated sincerely. It showed nice discipline, coordination, team work and interaction. All the volunteer participated very actively and did their best to make the session successful. Everyone appreciated the efforts of NSS volunteers. It feels proud to be a part of NSS CELL that has such hardworking and dedicated volunteer.

Day 1



Day 2



Report of Day 1 of 7-day Camp

NSS Cell of J.C. Bose University of Science and Technology, YMCA, Faridabad has organized a 7-day special camp from 22nd March 2022 to 28th March 2022. As this year marks the 75th anniversary of Independence Day, the theme for the camp is 'Azadi ka Amrit Mahotsav'. Today marked the 1st day of the 7-day camp. The inaugural ceremony was organized in the Vivekananda auditorium of the university campus. Vice Chancellor of the university Prof Sushil Kumar Tomar was the Chief Guest of the event. Registrar Dr. Sunil Kumar Garg, NSS University Coordinator Prof. (Dr.) Pradeep Dimri, and NSS Programme Officers were present in the event. The inaugural ceremony began with the lightening of camp by the dignitaries. The music team presented NSS song 'Swayam Saje Vasundhara Sawaar Dein' which was followed by the cultural Haryanvi and Punjabi dance performances. Prof. Dimri graced the event with his remarkable words and motivated the volunteers to create awareness at the Atali village, Faridabad where the camp has been organized and make this camp a successful one. Further, the Chief Guest Dr. Sushil Kumar Tomar presided over the event and encouraged the youth to understand the responsibilities regarding civic amenities such as cleanliness. Memento of appreciation was presented to the Chief Guest by the NSS University Coordinator. Dr. Umesh, Programme Officer of NSS Cell presented a vote of thanks to the audience and guided them for the right functioning of the Camp. The last event of the day was Nukkad Natak performance by the volunteers of Nukkad team of NSS on the theme of 'Azaadi ka Amrit Mahotsav' on the topic 'Azaadi ke Maayne' at Lal Chowk which shed light on the real meaning of independence and valuable sacrifices and struggle of freedom fighters.

Overall, the event proved to be a grand success and the NSS 7-day camp was inaugurated in a magnificent manner and the volunteers were motivated to participate in all the events in the camp wholeheartedly and make a difference at the village spot. The event was appreciated by all the guests and dignitaries and other volunteers for an enriching and wonderful experience.





Report of Day 2 of 7-day Camp

The theme of day 2 was Jaano Apna Ganv. The day began with the morning session of volunteers. Prof (Dr.) Pradeep Kumar Dimri addressed the volunteers and told them the importance of Indian culture. After that the volunteers were cheered by the Sarpanch of Atali village Shri Prahlad Singh Chaudhary. He encouraged them to carry on with their selfless service. The headmaster of the school, Shri Uttamchand Singh Gupta appreciated the motive of this camp and offered to help in the best way possible. For the guests and other visitors, cultural performances were organized. In the afternoon, the volunteers prepared lunch. Post lunch, the volunteers continued the cleaning work of the school ground. While some other volunteers of the Art team started their work of painting the stage. The first day at Atali village brought new experiences and students learned a lot of new things right from managing different tasks to making rotis in the kitchen, from dancing to using spade in parching heat among many others.





Tanvi tours 24 hours
Google

Faridabad, Haryana, India
7CWC+C5M, Atali, Haryana 121004, India
Lat 28.29697°
Long 77.420357°
23/03/22 12:18 PM



Tanvi tours 24 hours
Google

Faridabad, Haryana, India
7CWC+HGP, Atali, Haryana 121004, India
Lat 28.297342°
Long 77.420579°
23/03/22 01:40 PM



Tanvi tours 24 hours
Google

Faridabad, Haryana, India
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Faridabad, Haryana, India
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Long 77.420378°
23/03/22 11:35 AM



Faridabad, Haryana, India
7CWC+C5M, Atali, Haryana 121004, India
Lat 28.296898°
Long 77.420423°
23/03/22 12:39 PM

Report of Day 3 of 7- day Camp

Third day of the Camp was completed today. The theme of Day 3 was Fit India. The morning began with prabhat ferri. To promote the physical fitness among volunteers, the yoga session was conducted. Then the volunteers did shram daan and cleaned the ground. Thereafter, a session was organized for the school girls on the topic women empowerment. The President of NSS YMCA, Mr. Nitish Chaurasiya encouraged little girls to study more and serve the nation. One of the volunteers, Rudraa Aggarwal, talked about the struggles a girl has to face in life and motivated the girls to compete men fearlessly. Later in the session, the volunteers performed cultural Haryanvi dance performance followed by the enthusiastic performances of school girls. Thereafter, the nukkad team organized a nukkad for the villagers on the topic 'Azadi ke Mayne' in the school premises. The villagers appreciated the performance and the efforts put forth by the volunteers. Art team continued their work of painting the stage. After lunch, the volunteers again did the shram daan for the betterment of the school. The evening refreshment was served. Post that, the sports and recreational activities were conducted. It was another successful day at the camp.





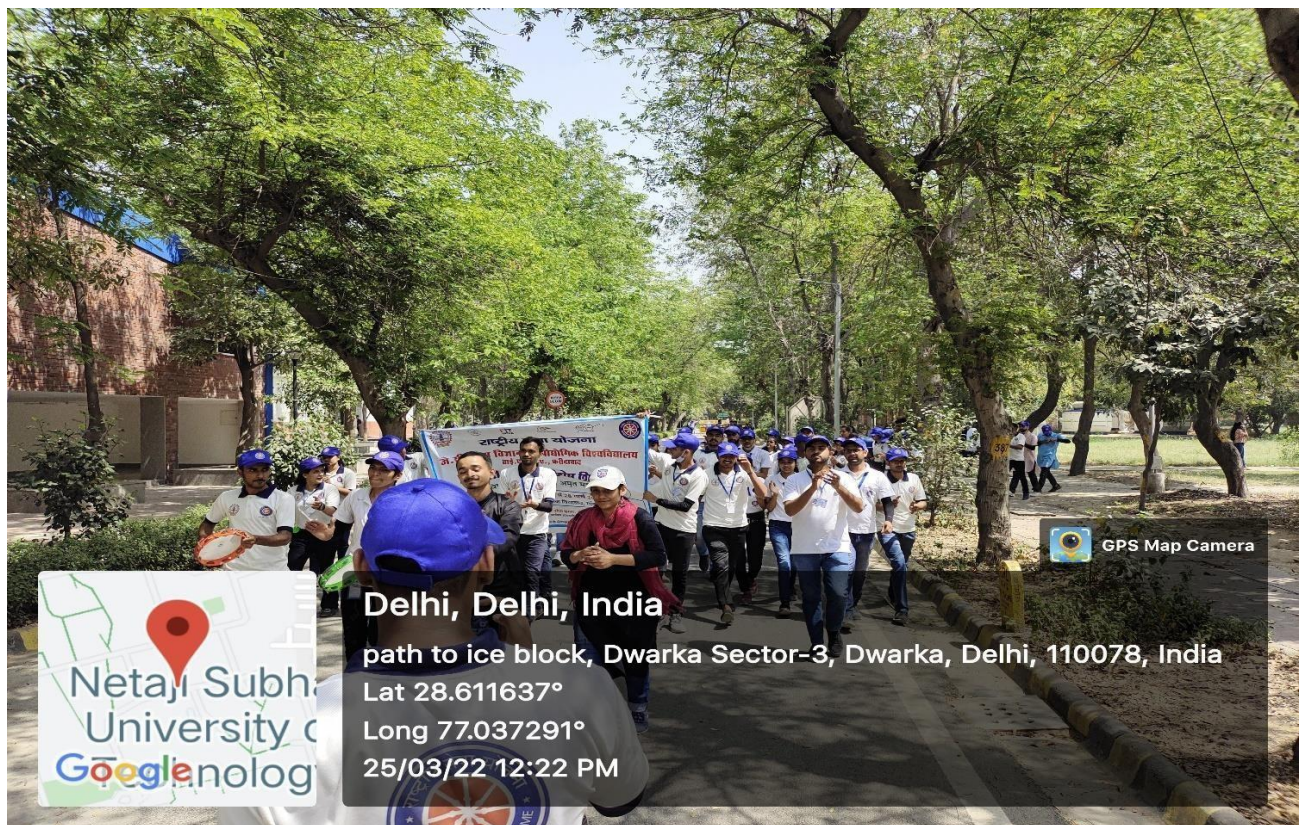


Report of Day 4 of 7-day Camp

On the day 4 of the Camp, the volunteers visited Netaji Subhas University of Technology, Delhi. The theme of Day 4 was NSS Mera Parivaar. A Nukkad Natak Competition was organized at Moksha, the Annual fest of NSIT Delhi. Our volunteers participated in the competition and performed Nukkad on the topic 'Azadi ke mayne'. Various other institutions including DU colleges participated in the event and our team emerged as the winner. Prof S.K Jha, professor at NSUT and Sh. Manoj from ministry of Youth Affairs and Sports were the guests and they treasured all the performances by the volunteers. Prof SK Jha encouraged them to work for the nation irrespective of the religion. Shri Manoj motivated the volunteers to continue working for the good cause of social service. Later in the event, the former president of NSS NSUT Mr. Anuj addressed the gathering and gave away special remarks for the NSS YMCA volunteers.

Thereafter, the volunteers explored the NSUT campus. As the day ended, the volunteers and all the coordinators were elated with today's performance and were motivated with the win.







Report of Day 5 of 7-day Camp

The theme of Day 5 was medical awareness. The day began with the yoga session conducted by Prof. Dimri at 6 in the morning. The volunteers prepared the breakfast. They were divided into various teams and different tasks were assigned to them. Four teams were assigned the task of doing the educational survey and they collected the data from the villagers about their educational qualification. Another team was sent to the village hospital where they assisted the doctors and did hemoglobin tests, measured blood pressure. They helped the hospital team in distributing medicines. One team was given the kitchen duty. The art team painted the walls of the schools with social messages like using clean fuel, education is important. Post survey, all the four teams did shram daan. After lunch, a session was conducted by the Former President NSS Mr. Rahul wherein he took the feedback and motivated the volunteers to work in a better way. Later, he was joined by the President Mr. Nitish Chaurasiya and Joint Secretary Mr. Neeraj Kumar. Some fun activities were conducted and the day ended.





Google
travels 24 hours

Faridabad, Haryana, India
7CWC+C5M, Atali, Haryana 121004, India
Lat 28.296974°
Long 77.420262°
26/03/22 09:06 AM

GPS Map Camera



Google
travels 24 hours

Faridabad, Haryana, India
7CWC+C5M, Atali, Haryana 121004, India
Lat 28.296952°
Long 77.420459°
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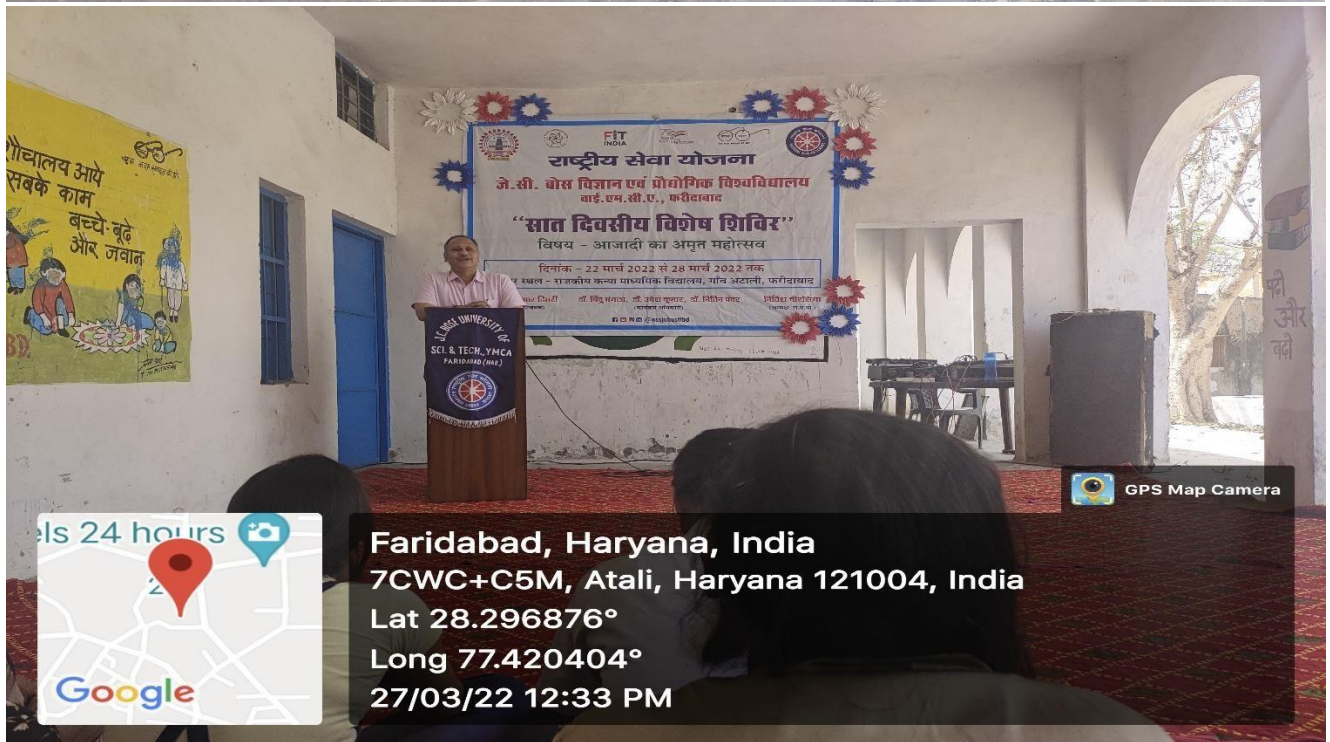




Report of Day 6 of 7-day Camp

The day began with the yoga session followed by Prabhat feri. The theme of Day 6 was Career Guidance & Planning by YMCA Mob. It was also an alumni meet on day 6. Few pass out students and former NSS coordinators visited the camp at Atali. Prof Dimri opened the session with his positive remarks and formally welcomed the alumni. Dr. Munish Vashisht, Proctor JC Bose UST, addressed the volunteers. He cognised the efforts put forth and encouraged the volunteers to carry on the good work. The alumni shared their experiences and cherished the pace at which NSS is growing currently. Then there were cultural performances. NSS President Mr. Nitish Chaurasiya performed a cultural dance and took away the limelight. He gave a perfect example to the volunteers about how and why one should stick to one's own culture. After lunch, there was an interaction session wherein the volunteers interacted with the alumni. The alumni guided the volunteers and gave a few tips on career planning and building. As it was the last day at Atali, the dance floor was made open for all. The volunteers and the alumni showed their gratitude to each other.





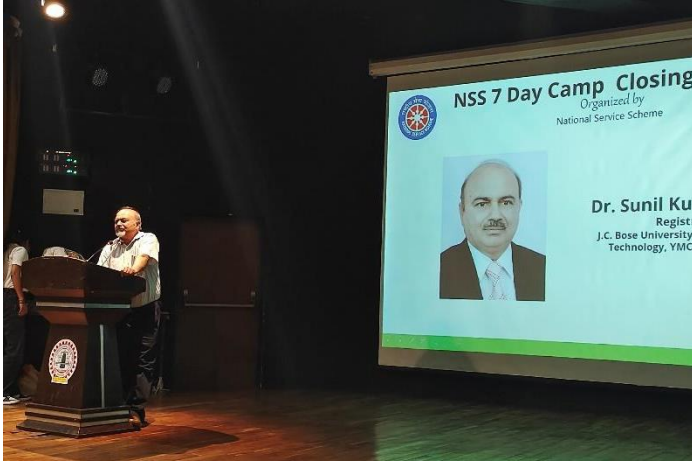


Date: 2 May 2022

Report of Day7 of 7-day Camp

The NSS cell of J.C. Bose University of Science and Technology, YMCA, Faridabad concluded their 7-day camp on 2 May 2022. The closing ceremony was organized at the Vivekanand Auditorium of the university. It was graced by the presence of Registrar Dr. Sunil Kumar Garg, NSS University Coordinator Dr. (Prof) Pradeep Kumar Dimri and NSS Programme officers. Shri Uttamchand Goyal, the headmaster of Girls' middle school where the camp was organized, was the guest of honor. The camp attendees were awarded the certificates of appreciation. Dr. Dimri congratulated the volunteers for the successful completion of the camp. Shri Goyal expressed his gratitude to the NSS team for choosing the remote area of Atali for the camp and was thankful for encouraging the school girls to study. Dr. Garg appreciated the spirit of the volunteers. He also urged the NSS team to organize a university tour for the school girls to motivate them. The event was further adorned by the cultural performance. The winners of some previous events, debate competition, essay writing competition and handmade poster making competition, were also awarded with certificates and medals. 27 NSS volunteers were awarded the certificates of 240 hours of selfless service. Later in the event, Shri Uttamchand Goyal was honored with a memento and a letter of appreciation. The 7-day camp was a huge success and added another embellishment to the university.





Report on Donation Distribution Drive under JOG (27th April 2022)

NSS Cell of JC Bose University of Science and Technology, YMCA Faridabad successfully organized Clothes, Books, etc Distribution Drive under “Joy of Giving” with great enthusiasm and contentment on 27h April 2022 at 4 pm near the temple inside the university premises. The NSS University Coordinator, Prof. Pardeep Dimri , graced the event with his presence. The main objective of the campaign was to help the laborers and needful with the donation collected like clothes for all ages, slippers, shoes, books for little balls of sunshine and many more. The presence and the efforts taken by the volunteers of NSS cell were appreciated and applauded by everyone.





Report on Handmade Poster Making Competition under 'Jal Shakti Abhiyan'

NSS Cell of J.C. Bose University of Science and Technology, YMCA, Faridabad had successfully organized a Handmade Poster Making Competition under 'Jal Shakti Abhiyan'(launched by the government of India) among university students on 19, April 2022 in the university campus.

Himanshi, Shruti and Sandeep's coordination helped to make the competition successful, around **29 participants** from our University and **16 volunteers** of NSS in this Competition. Everyone had to participate individually.

First three winners were appreciated with certificates and medals. Coordinators also got appreciation through certificates.

J.C. Bose University of Science & Technology,
YMCA, Faridabad

NATIONAL SERVICE SCHEME

RESULTS

**HANDMADE POSTER MAKING
COMPETITION**

Winners

1 Tajwar Zehra
Chemistry (Hons.)
1st year

2 Mohit
Bsc. Animation
1st year

3 Aanchal
Bsc. Animation
1st year

Consolation

4 Priya
Bsc. Maths
1st year

5 Aanchal Tiwari
Bsc. Animation
1st year

@nssjcbustfbd @NSSYMCA





Report on JAL SHAKTI ABHIYAN QUIZ

NSS cell of JC BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY had organized an online quiz competition on the 15 April 2022 under Jal Shakti Abhiyan on the Theme "Catch the Rain , when it falls , where it falls " to realize or understand the importance of water and methods to Conserve it.

The students enthusiastically participated and showcased their intelligence by answering the questions. The competition was very informative and knowledge enriching. The questions were based on the Jal Shakti Abhiyan. 187 students From Various Universities/Institutes participated in this competition.

All the participants were awarded with the appreciation certificate

NSS Student Coordinators and Technical team volunteers worked efficiently to make this competition a grand success.

J.C BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY
YMCA FARIDABAD

NATIONAL SERVICE SCHEME
organizes
Jal Shakti Abhiyan Quiz 2022
THEME: "Catch the rain, where it falls, when it falls"

DATE: 15th April 2022
TIME: 10Am onwards

"E-Certificates will be provided to all participants"

QUIZ LINK
<https://tinyurl.com/MissionJalShaktiquiz>
or scan

For any queries contact
Parul-9896245387
Yashaswi-8968113315

Faculty coordinator:
Dr. Pradeep Kumar Dimri
Dr. Bindu Mangla
Dr. Umesh
Dr. Nitin Panwar
NSS YMCA

@nssjcbustfbd

**Report on JAL-DARSHAN : ESSAY WRITING
COMPETITION under 'Jal Shakti Abhiyan' (18th April
2022)**

NSS Cell, J.C. Bose University of Science and Technology organized 'JAL-DARSHAN', an Essay Writing Competition under The Jal Shakti Abhiyan. The competition was held on April 18, 2022 evening in the University. It emphasized on the importance of the elixir of life-water and its conservation. The essays could be bilingual and the participants chose from the topics given on the spot and wrote the essay.

All the participants exhibited valuable thoughts and ideas in their essays and clearly imbibed water conservation values. Khushi Gupta (B.Tech. CE 2nd year), Ashmit Kumar (B.Voc. Electrical 1st year) and Shivansh Gupta (B.Tech. CE 2nd year) were the 1st, 2nd and 3rd rank holders of the competition and Prince Garg (B.Sc. Physics(H) 1st year) and Nisha (B.Sc. Maths 2nd year) won the consolation.

The event concluded successfully due to the dedicated efforts of the NSS volunteers and constant support from the faculty of the cell. It fulfilled its aim of instilling water conservation values amongst the participants. The event was appreciated by the administration, faculties and the students of the University.

J.C BOSE UNIVERSITY OF SCIENCE & TECHNOLOGY
YMCA, FARIDABAD
NATIONAL SERVICE SCHEME
"Not Me, But You"
Presents
Essay Writing Competition
JAL-DARSHAN

DATE: 18 APRIL, 2022
TIME: 4 PM ONWARDS
VENUE: I703, I704

THE WINNERS WILL BE HONoured WITH MEDALS & CERTIFICATES

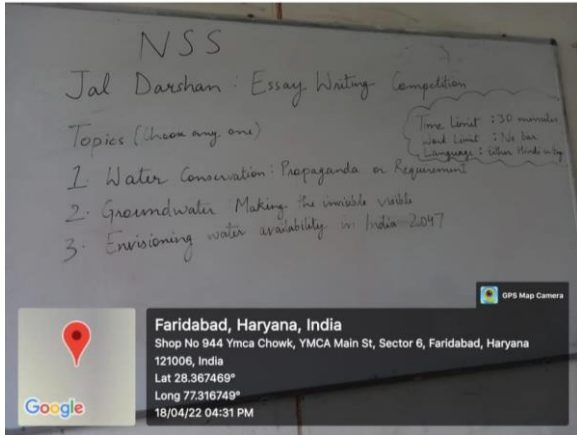
INSTRUCTIONS:

- ✦ The subject for the essay will be given on the spot there and then it has to be written within 30 minutes.
- ✦ The medium of the write-up can be either English or Hindi but not both and sheets for writing will be provided.
- ✦ Word Limit: Creativity no bar. Note that a precise and effective write-up will hold its importance.
- ✦ Decision of judges will be binding and final whatsoever.

Faculty Coordinators:-
PROF. (DR.) PRADEEP KUMAR DIMRI
DR. UMESH
DR. BINDU MANGLA
DR. NITIN PANWAR

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RITWIK SINGH-8569955830
AKANSHA RATURI-639572588

@nssjcbustfbd



J.C Bose University of Science and Technology
YMCA Faridabad

National Service Scheme Result Jal-Darshan "An Essay Writing Competition"

18 April 2022

2	1	3
Ashmit Kumar B.Voc Electrical 1st	Khushi Gupta B.Tech CE 2nd	Shivansh Gupta B.Tech CE 2nd

Consolation
Prince Garg B.Sc. Physics Hons. 1st year
Nisha B.Sc. Maths 2nd year

@nssjcbustfbd NSS YMCA



Report on Sarbat Seva (Water Distribution) and "World Environment day"

NSS Cell of J.C. Bose University of Science and Technology, YMCA, Faridabad with Nanhi Udaan NGO conducted Sarbat Seva (Water Distribution) Event in front of University Main Gate and celebrated a "World Environment day (5 June)".

Sarbat Seva was conducted in presence of Mr. Ravinder Mohan (District Youth Officer, NYKS Faridabad), Mr. Sagun (President, Nanhi Udaan NGO), Dr. Shefali Trivedi (Asst. Prof. M.E. Dept. JC Bose UST) and NSS Volunteers.

The staff faculty involved with NSS volunteers in planting saplings. Mr. Ravinder Mohan Ji (District Youth Officer, Faridabad) & Mr. Sagun (President, Nani Udaan NGO) were also present in this event.

This plantation and serbat seva events achieved great success because of all the faculty coordinators with Nanhi Udaan NGO who helped us a lot to make it successful and because of all the volunteers who worked with great dedication.

Total no. of participants : 20

जे. सी. बोस विज्ञान एवं प्रौद्योगिकी विश्वविद्यालय, वाइएमसीए, फरीदाबाद

राष्ट्रीय सेवा योजना
और
नन्ही उड़ान
के द्वारा
" शरबत सेवा "
का आयोजन किया जा रहा है।

स्थान:-मथुरा रोड, मेन गेट, वाइएमसीए विश्वविद्यालय, फरीदाबाद

प्रो. प्रदीप कुमार हिमरी
(एन एस एस समन्वयक)

सगुन शर्मा
(नन्ही उड़ान, अध्यक्ष)

नितीश चौरसिया : 8802517876
(एन एस एस, अध्यक्ष)

@nssjcbustfbd





AAJ SAMAJ

वालंटियर्स ने शरबत सेवा का आयोजन किया

फरीदाबाद। जेसी बोस विज्ञान एवं प्रौद्योगिकी विश्वविद्यालय, वाईएमसीए, फरीदाबाद के एनएसएस प्रकोष्ठ द्वारा जरूरतमंद छात्रों की शिक्षा के लिए काम करने वाले गैर सरकारी



संगठन ह्यनन्ही उड़ानह्ल के साथ मिलकर गर्मी के मौसम में आम जनता को राहत प्रदान करने के लिए शरबत सेवा का आयोजन किया। एनएसएस वालंटियर्स ने विश्वविद्यालय के मुख्य द्वार के सामने एक स्टाल लगाया

और लोगों को मुफ्त शरबत सेवा दी। इस अवसर पर जिला युवा अधिकारी, एनवाईकेएस फरीदाबाद रविन्द्र मोहन, नन्ही उड़ान फरीदाबाद की अध्यक्ष शगुन शर्मा और जेसी बोस विश्वविद्यालय में सहायक प्रोफेसर डॉ शोफाली त्रिवेदी ने भी वालंटियर्स को सहयोग दिया। कुलपति प्रो. एसके तोमर ने स्टूडेंट वालंटियर्स द्वारा किये जा रहे नेक प्रयासों के लिए उनकी सराहना की है। यह आयोजन एनएसएस कार्यक्रम समन्वयक डॉ. प्रदीप डिमारी एवं कार्यक्रम अधिकारी डॉ. उमेश कुमार की देखरेख में किया गया।

PUNJAB KESARI

एनएसएस वालंटियर्स ने लोगों को बांटा शरबत



फरीदाबाद, (पंजाब केसरी): जे.सी. बोस विज्ञान एवं प्रौद्योगिकी विश्वविद्यालय, वाईएमसीए, फरीदाबाद के एनएसएस प्रकोष्ठ द्वारा जरूरतमंद छात्रों की शिक्षा के लिए काम करने वाले गैर सरकारी संगठन 'नन्ही उड़ान' के साथ मिलकर गर्मी के मौसम में आम जनता को राहत प्रदान करने के लिए शरबत सेवा का आयोजन किया। एनएसएस वालंटियर्स ने विश्वविद्यालय के मुख्य द्वार के सामने एक स्टाल लगाया और लोगों को मुफ्त शरबत सेवा दी। इस अवसर पर जिला युवा अधिकारी, एनवाईकेएस फरीदाबाद श्री रविन्द्र मोहन, नन्ही उड़ान फरीदाबाद की अध्यक्ष शगुन शर्मा और जे.सी. बोस विश्वविद्यालय में सहायक प्रोफेसर डॉ शेफाली त्रिवेदी ने भी वालंटियर्स को सहयोग दिया।

PIONEER

एनएसएस वॉलंटियर्स ने शरबत वितरित किया

फरीदाबाद। जेसी बोस विज्ञान एवं प्रौद्योगिकी विवि, वाईएमसीए, फरीदाबाद के एनएसएस प्रकोष्ठ द्वारा जरूरतमंद छात्रों की शिक्षा के लिए काम करने वाले गैर सरकारी संगठन 'नन्ही उड़ान' के साथ मिलकर गर्मी के मौसम में आम जनता को राहत प्रदान करने के लिए शरबत सेवा का आयोजन किया। इस अवसर पर जिला युवा अधिकारी, एनवाईकेएस फरीदाबाद रविन्द्र मोहन, नन्ही उड़ान फरीदाबाद की अध्यक्ष शगुन शर्मा और जे.सी. बोस विश्वविद्यालय में सहायक प्रोफेसर डॉ शेफाली त्रिवेदी ने भी वॉलंटियर्स को सहयोग दिया। कुलपति प्रो. एसके तोमर ने स्टूडेंट वॉलंटियर्स द्वारा किये जा रहे नेक प्रयासों के लिए उनकी सराहना की है। यह आयोजन एनएसएस कार्यक्रम समन्वयक डॉ. प्रदीप डिमारी एवं कार्यक्रम अधिकारी डॉ. उमेश कुमार की देखरेख में किया गया।

REPCO NEWS

कंप्यूटर विज्ञान एंड इमेज प्रोसेसिंग पर पांच दिवसीय संकाय विकास कार्यक्रम सम्पन्न



फरीदाबाद, 6 जून (रेपको न्यूज़)। जे.सी. बोस विज्ञान एवं प्रौद्योगिकी विश्वविद्यालय, वाईएमसीए, फरीदाबाद के कंप्यूटर इंजीनियरिंग विभाग द्वारा 'कंप्यूटर विज्ञान एवं इमेज प्रोसेसिंग' पर आयोजित पांच दिवसीय संकाय विकास कार्यक्रम यहां संपन्न हो गया। कार्यक्रम में विभिन्न शिक्षण संस्थानों के 45 शिक्षकों और शोधार्थियों ने भाग लिया। कार्यक्रम को एआईसीटीई द्वारा प्रायोजित

किया गया था। इस अवसर पर इंफोमेटिक्स एवं कम्प्यूटिंग संकाय के डीन प्रो. कोमल कुमार भाटिया और विभागाध्यक्ष प्रो. अतुल मिश्रा भी उपस्थित थे। कुलपति प्रो. एसके तोमर ने शिक्षकों के कौशल विकास के लिए कार्यक्रम को सफलतापूर्वक संचालित करने के लिए विभाग को बधाई दी और कहा कि ये प्रौद्योगिकियां भविष्य हैं और शोधकर्ताओं को ऐसी प्रौद्योगिकियों की जानकारी

आवश्यक है। सत्र को प्रो. सी.के. नागपाल और प्रो. संदीप ग्रोवर ने भी संबोधित किया। प्रो. नागपाल ने कहा कि प्रत्येक शिक्षक को जरूरत के अनुसार अपने कौशल को बढ़ाना चाहिए, क्योंकि एआईसीटीई भी इस पहल का समर्थन कर रहा है। डीन इंस्टीट्यूशन प्रो. संदीप ग्रोवर ने बताया कि ऐसे कार्यक्रम मौजूदा समय में प्रासंगिक हैं। उन्होंने कहा कि कुलपति प्रो. तोमर के मार्गदर्शन में भविष्य में भी विश्वविद्यालय

इस तरह के कार्यक्रम आयोजित करेगा। समापन सत्र में प्रतिभागियों ने कार्यक्रम पर अपनी प्रतिक्रिया साझा की। इससे पहले, डॉ. सोनाली गुप्ता ने अतिथि और प्रतिभागियों का स्वागत किया।

कार्यक्रम की रिपोर्ट डॉ. पारुल तोमर ने प्रस्तुत की। कार्यक्रम के अंत में समन्वयक डॉ. पायल गुलाटी ने धन्यवाद ज्ञापित किया। प्रतिभागियों को प्रमाण पत्र भी प्रदान किये गये।

Report on Yoga Week 2022 “Yoga for Humanity”

NSS Cell of J.C. Bose University of Science and Technology, YMCA, Faridabad with NSS volunteers conducted Yoga Week virtually. It was totally a Volunteer-based program, all the participants shared their images and videos of doing several asanas along with a message for society, overall, it was a great experience and learning environment for everybody.

The staff faculty involved with NSS volunteers were Prof. Pardeep Kumar Dimri, Dr Bindu Mangla, Dr Umesh, and Dr Nitin Panwar during this Yoga week. The event was promoted and shared through the most powerful tool i.e. Social media, mainly through WhatsApp and Instagram.

The event achieved success due to the high participation of volunteers and superior coordination by the Himanshi, Sandeep and Nancy.

Total number of participants were 65+.

**JC BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY
YMCA, FARIDABAD**

NATIONAL SERVICE SCHEME

Celebrates
INTERNATIONAL YOGA DAY 2022
On Theme "Yoga For Humanity"
by organising
Yoga Campaign

Let Celebrate the power of YOGA, by sharing pictures of
yourself performing any YOGA AASANA

Date:- 20th-26th JUNE 2022
Platform:- ONLINE VIA INSTAGRAM
Google form:- <https://tinyurl.com/yogaweek2k22>


Faculty Coordinators:-
Prof. Pardeep Kumar Dimri
Dr. Bindu Mangla
Dr. Umesh
Dr. Nitin Panwar

For any queries, contact:-
Himanshi:-9070999550
Nancy:- 9817799678
Sandeep:-7042964644
Satish:-9667785484


Or Scan to upload

@nssjcbustfbd

NSSYMCA



Vrabbhadrasana




There are many benefits Of Vrabbhadrasana or Warrior Pose. Some of these are —


1. Strengthens your shoulders, arms, legs, ankles and back.
2. Opens your chest and lungs.
3. Improves focus, balance and stability.
4. Encourages good circulation and respiration.
5. Stretches your arms, legs, shoulders, neck, belly, groins and ankles.

- Kunwar Harshit Singh

@nsjcbustfbd




Sirsasana




"Yoga is a light, which once lit, will never dim, the better your practice, the brighter the flame. Happy International Yoga Day."

- Abhay Kumar

@nsjcbustfbd



Halasana




Regular practice of Halasana stretches the thoracic, lumbar, and cervical regions of the spine, increasing circulation and suppleness. This posture can relieve backache, stretch the shoulders, and lengthen the spine.

- Pankaj

@nsjcbustfbd




Pranayam



Study of Asana is not only mastering the posture, it is about using it to transform yourself

- Deepika

@nsjcbustfbd




Dhanur Asan




"Its not about being good at something its about being good at yourself."

- Anjali Rathour

@nsjcbustfbd



Tadasana




"Improves Your Posture, Boosts Energy Levels and Improves Breathing."

- Nancy

@nsjcbustfbd



Balasana



Child's pose or Balasana is also known as balasana, is a beginner's yoga pose designed to relax the body and mind.

- Shreyanshi Bhardwaj

@nsjcbustfbd




Ustrasana




Ustrasana is also called Camel Pose. Ustrasana is an intermediate level back-bending yoga posture known to open Anahata (Heart chakra). This yoga posture adds flexibility and strength to the body and also helps in improving digestion.

- Vidya Sagar

@nsjcbustfbd





















Bhadrasana



Yoga has the power to reconstruct a person completely". Bhadrasana helps with knee pain and sharpens your memory. Helps to keep the mind focused and relaxed.

- Monika Kaushwah

@nsjcbustfbd

 <h3><i>Urdhva Dhanurasana</i></h3> <p>The flexibility in the lumbar region, the thighs, and the hips is improved. There is an enhancement in the circulation of the blood in the back, and the nerves of the spinal cord are toned. This asana also helps reduce fat in the legs, thighs, and abdomen region.</p>  <p>"Priyanshi Saini"</p>	 <h3><i>Urdhva Hasthasana</i></h3> <p>Yoga helps in weight loss and we have to give time to our body."</p>  <p>"Payal Tewaria"</p>	 <h3><i>Urdhva Hasthasana</i></h3>  <p>Don't be lazy do yoga !!</p> <p>"Tushant"</p>
 <h3><i>Urdhva Dhanurasana</i></h3> <p>Pranayama is the yogic practice of focusing on breath. In Sanskrit, prana means "vital life force", and yama means to gain control.</p>  <p>"Neha Taneja"</p>	 <h3><i>Urdhva Hasthasana</i></h3> <p>Naukasana helps in regulating blood flow at sugar level and strengthens the abdominal muscles. It improves the health of all organs in the abdomen, especially the liver, pancreas and kidneys and also strengthens the muscles of the arms, thighs and shoulders.</p>  <p>"Sanali"</p>	 <h3><i>Urdhva Dhanurasana</i></h3>  <p>Yoga isn't just a practice its a lifestyle</p> <p>-MAHI VIJAY</p>
 <h3><i>Urdhva Dhanurasana</i></h3>  <p>"open up your heart and chest, helping you breathe deeper.</p> <p>-MAYANK MEENA</p>	 <h3><i>Urdhva Hasthasana</i></h3> <p>"If you practice yoga regularly, it will reduce your stress significantly. Yoga uses meditation and particular breathing patterns which maintain mental health. Yoga is also helpful in reducing depression and sleep-related problems.</p>  <p>"Priyanshi saini"</p>	 <h3><i>Urdhva Dhanurasana</i></h3>  <p>Yoga isn't just a practice its a lifestyle</p> <p>"Shivangi Singh"</p>



NATIONAL SERVICE SCHEME

BHUJANGASANA

Bhujangasana is the Sanskrit name for a popular yoga asana, otherwise known as Cobra Pose. It is a gentle backbend, most commonly performed as part of a Sun Salutation. The term is derived from two Sanskrit roots; bhujanga, meaning "serpent" or "snake" and asana meaning "seat" or "posture".



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NATIONAL SERVICE SCHEME

VAJRASANA

Vajrasana pose is a simple sitting yoga pose. Its name comes from the Sanskrit word vajra, which means thunderbolt or diamond. For this pose, you kneel and then sit back on your legs to take the weight off your knees.



NATIONAL SERVICE SCHEME

GOMUKHASANA

Gomukhasana, also popularly known as Cow face pose in English, is a great yoga pose that cures your stiff shoulders, strengthens your back and chest, enhances the working of your kidneys, and relieves back pain. It is a seated yoga pose of Hatha yoga and also modern yoga. Sometimes it also helps us go into meditation.



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NATIONAL SERVICE SCHEME

TRIKONASANA

Trikonasana is a standing yoga posture that requires strength, balance and flexibility. In this posture, both arms extend with the legs spread apart and one foot turned at a 90-degree angle. The upper body bends toward the lead foot so that one arm reaches toward, but not necessarily touching, the ground and the other toward the sky.



Report on Yoga Week 2022 Webinar “Yoga for Humanity”

NSS Cell of J.C. Bose University of Science and Technology, YMCA, Faridabad had successfully organised a webinar on “Yoga for Humanity” on 26th June, 2022.

This event was addressed by Dr. Ronita Soni (PT) BPT (Gold Medallist 2020) who is a physiotherapist. She was welcomed by NSS University Coordinator Dr. Pradeep Dimri. The Session was amazing Dr. Ronita Soni had raised the confidence of listeners with her motivational thoughts and acknowledge the audience by her point of view on yoga.

The energetic session had culminated with a vote of thanks given by our Joint secretary Mr. Neeraj Kumar to our Speaker.

This session was conducted on the Google Meet. Around 65+ volunteers attended this webinar.

S.No.	Name	Roll No	S.No.	Name	Roll No
1	Chirag Sharma	20001013037	18	Naveen Kumar	20001013090
2	Vanshita Garg	20001301062	19	Karishma Chhoker	20001017025
3	Abhinav Kumar	21001013005	20	Payal Tewatia	21001321039
4	Ishika Chhabra	20021255020	21	Pallavi	20001321036
5	Komal kumari	20001301038	22	Akash	20001017004
6	Bhupesh Sehrawat	20001013036	23	Ruby jaglan	21001311055
7	PANKAJ KUMAR	20001321037	24	Rukhsar	21001323052
8	Shreyanshi Bhardwaj	21001701054	25	MANISH	20001017030
9	Sanjana	21001323054	26	Ikmeet Kaur Bhatia	21001011501
10	MAYANK MEENA	20001017032	27	Bharti Panchal	21001701007
11	Tushant	21001007508	28	Amrita	21001015005
12	Vaibhav Mishra	21001013514	29	Sonu	20001017064
13	Vibhav Sharma	21001011069	30	Nancy	20001321032
14	Monika kaushwah	21001755009	31	Komal	20001003061
15	Yashaswi Garg	20001003141	32	Neeraj Kumar	19001003073
16	Anshika kumari	20001002004	33	Vivek	20001017080
17	Sonali	21001753056	34	Meenakshi Sharma	20001758010
			35	Himanshi Soni	20001007071


J.C BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY
YMCA, FARIDABAD
NATIONAL SERVICE SCHEME
Webinar on
YOGA WEEK 2022
"YOGA FOR HUMANITY"

Speaker

Dr. Ronita Soni(PT)
BPT (Gold Medalist 2020)
 JNRNVU, Udaipur (Raj.)

 **June 26th, 2022**
 **10 AM onwards**

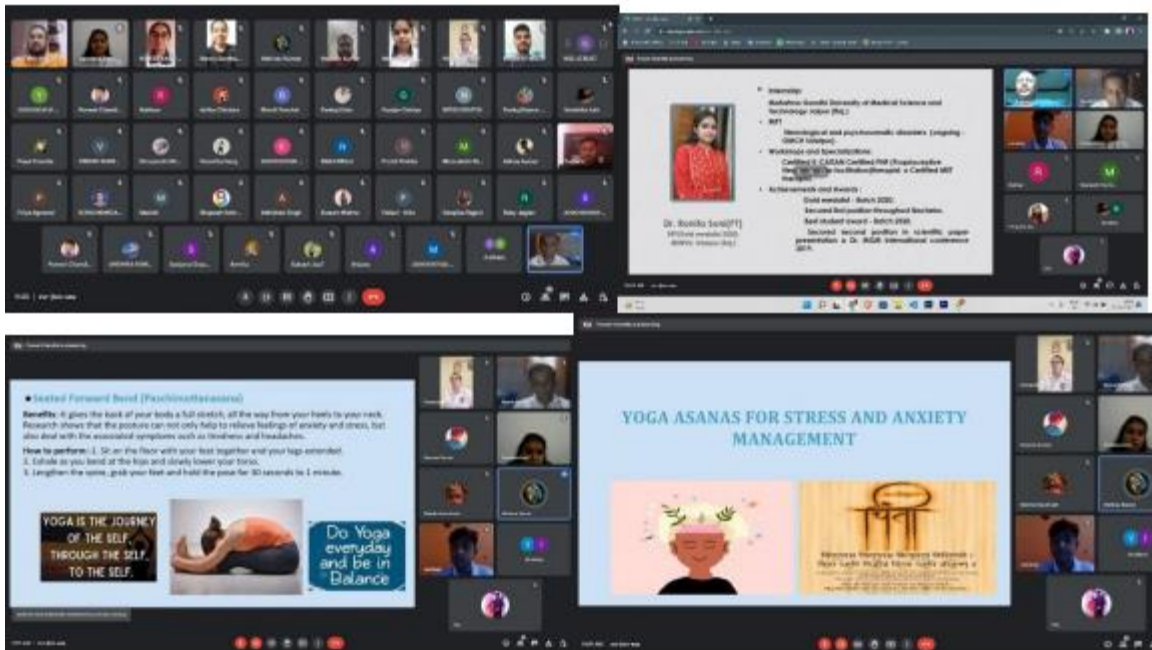
 <https://meet.google.com/zvr-jbio-aea>

Faculty Coordinators
 Dr. Pradeep Dimri
 Dr. Bindu Mangla
 Dr. Umesh
 Dr. Nitin Parwar



@nssjcbustfb

For any query:
 Nitish : 8802517876
 (NSS President)




The image displays three screenshots from a Zoom webinar. The top screenshot shows a grid of participants and a slide titled "Dr. Ronita Soni(PT)" with her bio: "BPT (Gold Medalist 2020), JNRNVU, Udaipur (Raj.)". The middle screenshot shows a slide titled "Seated Forward Bend (Paschimottasana)" with instructions on how to perform it. The bottom screenshot shows a slide titled "YOGA ASANAS FOR STRESS AND ANXIETY MANAGEMENT" with an illustration of a person's head and shoulders.


DESKTOP YOGA

(Yoga for students to increase focus while studying)

Easy Desktop Yoga is a series of exercises based on yoga and designed specifically for working people and students. Simple and easy practical yoga exercises help you to calm, invigorate and relax. Desktop Yoga is the perfect solution & can be perform while sitting at desks. It is excellent for reducing stress during a long workday and online classes. This programme targets the muscles that are mostly affected while sitting for a long period of time.






The nature of yoga is to share the light of awareness into the darkest corners of the body.



YOGA!


Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' is derived from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness.







Bhramari Pranayam or Humming Bee

Bhramari Pranayam is also known as Humming Bee breathing is an excellent technique to calm anger and release stress. This pranayam has a positive effect on the nervous system. To do this, relax and sit down in a comfortable pose preferably sitting back, your eyes closed, cover both your ears with the palms, and rest the balance of four fingers on the face with second breathing. Make a humming sound while keeping your mouth closed. While you are doing so, you will experience vibrations in the face and head region. Continue this for about 30 minutes. It will help release all mental fatigue, relieve the mind and induce sleep.




3 Yoga Asanas for Good Sleep




2. Cat-cow stretch

The dual-version of the cat-cow is effective for releasing the tension that builds up in your upper back, shoulder, and neck. This movement increases flexion and extension of the spine to increase mobility and flexibility while relaxing tight muscles.



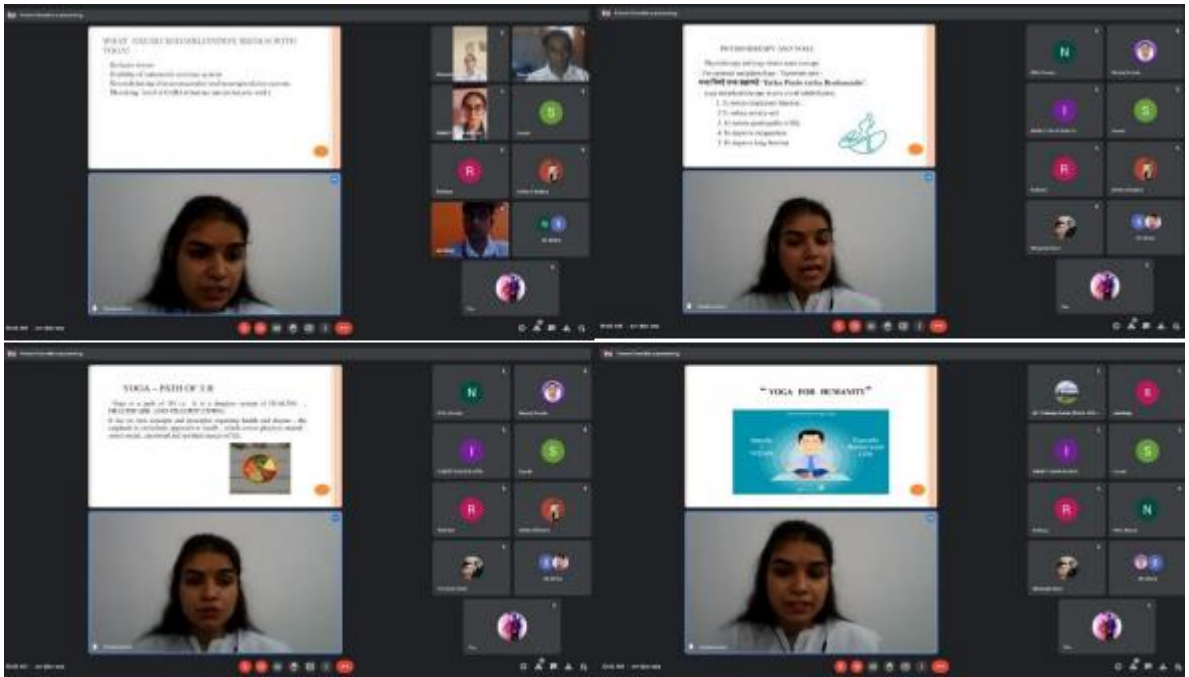
3. Seated Forward Bend

The seated forward bend is excellent for combating shoulder tightness and tension. It can also help improve pain and strain on your upper and lower back, hips, and neck.



A BRIEF HISTORY OF YOGA

VEDIC	PATANJALI	HATHA	PRESENT
Yoga was first mentioned in the Rig Veda, the oldest of all.	Yoga sutras, the first book of Yoga, from 2nd century BC.	Hatha and Raja yoga were used as a means to attain enlightenment.	Yoga continues to evolve around the globe.



**Success is not final;
Failure is not fatal:
It is the courage to continue
That's counts.....**

Thank you

Connect to us through social media

