



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION



“Legacy of Service” NSS–KRMU

2025–2026



NSS MAGAZINE

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WORDS FROM VICE CHANCELLOR



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It gives me immense pleasure to extend my heartfelt greetings to the entire NSS fraternity of the University on the publication of “Legacy of Service 2025-26”. This magazine reflects the inspiring journey, dedication, and collectiveness efforts of our NSS volunteers, who consistently embody the spirit of selfless service and social responsibility.

The National Service Scheme plays a pivotal role in shaping socially conscious and responsible citizens. Guided by the motto “Not Me But You” our volunteers have engaged enthusiastically in community outreach, awareness campaigns, environmental initiatives, health drives, rural development projects, and humanitarian work. Their unwavering commitment to serving society exemplifies the values of empathy, leadership, teamwork, and nation-building. From participating in adventure camps, National Integration Camps (NIC), University level camps to organizing impactful seven-day special camps, our volunteers have shown tremendous commitment to serving society.

I am proud to witness the enthusiasm and dedication with which our NSS unit has carried forward its mission of community engagement and social transformation. Through their meaningful contributions, our students have not only enriched the lives of others but have also undergone a journey of personal growth and character development.

This magazine beautifully captures the achievements, experiences, and impact created by our volunteers during the academic year 2025-26. It stands as a tribute to their hard work, resilience, and determination to make a positive difference.

I congratulate all NSS volunteers, Programme Coordinators, Programme Officers, Faculty members and Student leaders for their sincere efforts in promoting the ideals of service and social welfare. I also commend the editorial team for compiling and presenting inspiring stories.

May the spirit of service continue to guide our students towards becoming compassionate leaders and responsible citizens. I wish the entire NSS family success in all its future endeavors.

Best Wishes,

Prof. (Dr.) Anil Kumar Saini

Vice Chancellor & Chairperson NSS

K.R. Mangalam University, Gurugram

राष्ट्रीय सेवा योजना दिल्ली के क्षेत्रीय निदेशक का संदेश

११



‘स्वयं से पहले आप’ का मूल मंत्र केवल एक विचार नहीं, बल्कि जीवन जीने की एक सार्थक दिशा है। राष्ट्रीय सेवा योजना (National Service Scheme) इसी भावना को साकार करते हुए युवाओं में सेवा, समर्पण, अनुशासन और सामाजिक उत्तरदायित्व के संस्कार विकसित करती है। यह मंच विद्यार्थियों को केवल शैक्षणिक उपलब्धियों तक सीमित नहीं रखता, बल्कि उन्हें समाज की वास्तविक आवश्यकताओं को समझने और उनके समाधान में सक्रिय भागीदारी निभाने का अवसर प्रदान करता है।

आज का युवा राष्ट्र की सबसे बड़ी शक्ति है। यदि उसकी ऊर्जा, प्रतिभा और संवेदनशीलता को सकारात्मक दिशा मिले, तो वह समाज और देश के विकास में अमूल्य योगदान दे सकता है। NSS के माध्यम से स्वयंसेवक स्वच्छता अभियान, पर्यावरण संरक्षण, स्वास्थ्य जागरूकता, रक्तदान, साक्षरता अभियान, आपदा प्रबंधन, ग्रामीण विकास तथा सामाजिक समरसता जैसे अनेक क्षेत्रों में उल्लेखनीय कार्य कर रहे हैं। ये प्रयास न केवल समाज में सकारात्मक परिवर्तन लाते हैं, बल्कि स्वयंसेवकों के व्यक्तित्व को भी संवेदनशील, आत्मविश्वासी और जिम्मेदार बनाते हैं।

किसी भी राष्ट्र की प्रगति उसके युवाओं के चरित्र, विचार और कर्म पर निर्भर करती है। इसलिए आवश्यक है कि हम सेवा, करुणा, सहयोग और राष्ट्रप्रेम जैसे मूल्यों को अपने जीवन का अभिन्न हिस्सा बनाएँ। NSS का प्रत्येक स्वयंसेवक समाज में परिवर्तन का एक सशक्त माध्यम है, जो अपने कार्यों से दूसरों को भी प्रेरित करता है।

मुझे पूर्ण विश्वास है कि के. आर. मंगलम विश्वविद्यालय के राष्ट्रीय सेवा योजना (NSS) के सभी स्वयंसेवक भविष्य में भी इसी समर्पण, उत्साह और निष्ठा के साथ समाज एवं राष्ट्र की सेवा करते रहेंगे तथा अपने उत्कृष्ट कार्यों से विश्वविद्यालय का गौरव बढ़ाएँगे।

इस वार्षिक पत्रिका के प्रकाशन पर मैं राष्ट्रीय सेवा योजना परिवार को हार्दिक शुभकामनाएँ देता हूँ। आशा है कि यह पत्रिका स्वयंसेवकों की प्रेरणादायक यात्रा, उनके अनुभवों और उपलब्धियों को व्यापक रूप से प्रस्तुत करते हुए समाज सेवा की भावना को और अधिक सशक्त बनाएगी।

आप सभी को उज्ज्वल भविष्य एवं सतत सेवा-भावना के लिए हार्दिक शुभकामनाएँ।
जय हिन्द!

क्षेत्रीय निदेशक

क्षेत्रीय निदेशालय, राष्ट्रीय सेवा योजना, दिल्ली

MESSAGE FROM STATE NSS OFFICER, HARYANA

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I am delighted to extend my best wishes to the NSS Unit of K.R. Mangalam University on the publication of its magazine for the 2025–26 session. National Service Scheme provides an important platform for the young ones that empowers them to understand their social responsibilities and contribute towards nation-building through selfless service.

The dedicated efforts of NSS volunteers in organizing community outreach programmes, awareness campaigns, social initiatives, and service activities reflect the true spirit of “Not Me But You”. These efforts foster leadership, empathy, teamwork, and a lasting commitment to positive social change among students.

I appreciate the commitment of K.R. Mangalam University, NSS Programme Coordinator, NSS Programme Officer, faculty members, and for their ongoing dedication to social development. I wish the NSS family of the university continued success in future endeavours and hope even more young people will step forward to serve the nation with dedication and responsibility.

With best wishes

Dr. Dinesh Kumar

State NSS Officer, Haryana

MESSAGE FROM NSS PROGRAMME COORDINATOR

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“It is not how much we give, but how much love we put into giving.” – Mother Teresa

As the NSS Programme Coordinator at K.R. Mangalam University, I take immense pride in reflecting on the inspiring journey of NSS during the academic year 2025–26. This year has added another milestone to our tradition of service, leadership, and social commitment through impactful initiatives and meaningful community engagement.

Our dedicated volunteers stepped beyond the boundaries of the campus to serve society with compassion and responsibility. Through cleanliness drives, health and hygiene awareness programmes, legal literacy camps, educational outreach activities, and various community welfare initiatives, our students worked tirelessly to create positive social change. A special highlight of this year was the literacy campaign conducted by NSS volunteers for underprivileged students, where they actively promoted the importance of education and basic literacy among children, empowering communities through knowledge and awareness. The recognition and compliments received for our social initiatives stand as a testament to the dedication and sincerity of our NSS team.

As we move ahead, I encourage every NSS volunteer to continue carrying the spirit of selfless service and humanity in their hearts. The true legacy of NSS lies not only in the activities we organize, but in the countless lives we inspire, support, and transform through our collective efforts.

Warm regards,

Dr. Neeraj Kumari

NSS Programme Coordinator

NSS K. R. Mangalam University

WORDS FROM NSS PROGRAMME OFFICER

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The National Service Scheme (NSS) is more than a platform for community service; it is a transformative journey that nurtures responsible citizens, compassionate leaders, and socially conscious individuals. Rooted in the inspiring motto “Not Me But You,” NSS instills the values of selfless service, empathy, teamwork, and civic responsibility among young minds.

One of the most remarkable aspects of NSS is its ability to transform personalities. When volunteers truly embrace the spirit of “Not Me But You,” service becomes a way of life rather than an obligation. They develop leadership qualities, problem-solving abilities, effective communication skills, and a deeper understanding of social realities.

The achievements highlighted in this magazine reflect the collective efforts, enthusiasm, and commitment of our NSS volunteers, coordinators, faculty members, and community partners. Each activity shown here is a testament to the power of youth engagement and the positive impact that dedicated service can create.

I extend my heartfelt appreciation to every volunteer who has contributed their time, energy, and passion to NSS activities. Your unwavering commitment to serving society embodies the true spirit of the National Service Scheme.

Let us continue to work together towards building a more inclusive, sustainable, and compassionate society. Remember, once an NSS volunteer, always an NSS volunteer.

Dr. Thomas Monteiro

NSS Programme Officer

NSS K. R. Mangalam University

WORDS FROM IQAC COORDINATOR

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The National Service Scheme (NSS) at K.R. Mangalam University continues to exemplify the true spirit of youth empowerment and social responsibility. Over the academic year 2025–26, the NSS unit has actively engaged in initiatives that created meaningful impact within society.

From organizing cleanliness and health awareness drives to conducting literacy campaigns in nearby villages and participating in various social welfare activities, our volunteers have demonstrated remarkable dedication and commitment toward community development.

As the IQAC Coordinator, I deeply appreciate the significant contribution of NSS in promoting quality education beyond classrooms. NSS provides students with experiential learning opportunities that help bridge academic knowledge with practical understanding and humanitarian values. Such initiatives not only contribute to the holistic development of students but also strengthen the university's vision of creating responsible citizens committed to nation-building.

The continuous efforts and achievements of the NSS team are truly commendable and inspiring. I extend my heartfelt congratulations to all volunteers, coordinators, and faculty members for their unwavering spirit of service and dedication. May the NSS family continue to grow with the same passion and commitment, touching more lives and contributing positively toward a progressive and inclusive society.

Dr. Shikha Dutt Sharma
IQAC Coordinator
K.R. Mangalam University

NATIONAL SERVICE SCHEME (NSS)

Empowering Communities Through Volunteerism (Empowering Youth, Enriching Communities)

INTRODUCTION

The National Service Scheme (NSS) is a public service programme under the Ministry of Youth Affairs and Sports, Government of India, aimed at developing the personality and leadership qualities of students through community service. NSS encourages youth to actively participate in social welfare activities, promoting social responsibility, civic awareness, empathy, and a spirit of volunteerism. Through various outreach initiatives such as awareness campaigns, cleanliness drives, health and wellness activities, community development programmes, and social awareness initiatives, NSS volunteers contribute towards creating a positive impact in society.

The motto of NSS, "Not Me But You", reflects the true spirit of selfless service and highlights the importance of collective well-being. It encourages students to work beyond personal interests and actively contribute towards the welfare of society, fostering values of responsibility, cooperation, and national integration.

The NSS-KRMU team has been actively engaged in organizing and participating in various community-oriented initiatives, including Viksit Bharat @2047 (VBDYP) activities, Swachhata Hi Seva Campaign, awareness programmes, and celebrations of various national and international days to promote social consciousness and sustainable development. NSS volunteers have also represented the university at prestigious platforms by participating in National Integration Camps (NIC), university-level special camps, and adventure camps, gaining valuable experiences in leadership, teamwork, and community service.

The continuous efforts of NSS-KRMU towards social transformation and community engagement have been recognized at various platforms. The team has received appreciation and awards from organizations including Bhagidari Jan Sahyog Samiti, Sapno Ke Pankh NGO, and MY Bharat Gurugram for its outstanding social initiatives and contribution towards nation-building. Through these activities, NSS-KRMU continues to nurture responsible citizens and empower students to actively participate in creating a better society.

OBJECTIVES

- Understand the community in which they work.
- Identify the needs and problems of the community and involve them in problem solving process.
- Utilize their knowledge in finding practical solutions to individual and community problems.
- Develop a sense of social and civic responsibility.
- Acquire leadership qualities and a democratic attitude.
- XPractice national integration and social harmony.

NSS CORE COMMITTEE



NSS Programme Coordinator



NSS Programme Officer (GIA)



NSS Programme Officer (SFU)



NSS Member



NSS Member

STUDENT MANAGEMENT TEAM

S. N.	Name of the volunteer	Volunteer Code	Course	Position
01	Maahi Saini	HR/GU/KRU/2024/1/040	B.A. (H) Economics	NSS President
02	Abhas Mishra	HR/GU/KRU/2024/1/038	B. Tech. CSE (CORE)	NSS Vice President
03	Anushri Sharma	HR/GU/KRU/2024/1/052	B.A. (H with Research) Psychology	
04	Anshuman Khandka	HR/GU/KRU/2024/1/019	B.Tech. CSE	Group Leader
05	Adarsh Rai	HR/GU/KRU/2024/1/065	B.Tech. CSE (CORE)	
06	Srishti	HR/GU/KRU/2025/1/041	B.Sc. (Agriculture)	
07	Kritima Kumari	HR/GU/KRU/2025/1/076	B.Sc. (H) FS	
08	Tanishka Sawhney	HR/GU/KRU/2024/1/015	B.A. (H) Psychology	
09	Vibhuti Batra	HR/GU/KRU/2024/1/021	B.A. (H) Psychology	
10	Priyanshu Mishra	HR/GU/KRU/2024/1/055	BCA (AI & DS)	
11	Pihu Chugh	HR/GU/KRU/2024/1/098	BBA	

NSS SOCIAL OUTREACH PROGRAMMES

Plantation Drive under the theme “Green Earth, Clean Earth” and “Ek Ped Maa Ke Naam”

The NSS Unit of K.R. Mangalam University, in collaboration with the Smiling Tree Foundation, organized a Plantation Drive under the themes “Green Earth, Clean Earth” and “Ek Ped Maa Ke Naam” on 11th August 2025 at Govt. Sr. Secondary School, Lakhuwas village, and the KRMU campus. During the activity, around 100 saplings including Harsringar, Moringa, Jamun, Guava, and Amla were

planted to promote environmental sustainability and enhance green cover. The initiative aimed to spread awareness about the importance of tree plantation, biodiversity conservation, and climate action. Participants actively engaged in planting activities and pledged to protect and nurture the saplings for a greener future.



NSS volunteers planting the sapling at Govt. Sr. Sec. School, Lakhuwas

Flag Distribution Drive under the “Har Ghar Tiranga”

The National Service Scheme (NSS) of K.R. Mangalam University organized a Flag Distribution Drive under the “Har Ghar Tiranga” campaign on 14th August 2025 at the university campus and nearby areas of Sohna. NSS volunteers enthusiastically distributed the national flag among students, staff, and local residents to encourage everyone to proudly hoist the Tiranga as a symbol of patriotism and unity.

The drive aimed to honor the sacrifices of freedom fighters and strengthen the spirit of nationalism among citizens. Through this initiative, participants were inspired to celebrate Independence Day with pride and responsibility. The event successfully promoted the values of national unity, social participation, and respect for the nation among the university and local community.



NSS programme officer and volunteer distributing flags to community members

Nukkad Natak on the Social Issues “Nasha Mukh Bharat”

The National Service Scheme (NSS) Unit of K.R. Mangalam University organized a Nukkad Natak on the social issue “Nasha Mukh Bharat” on 5th September 2025 at Govt. Senior Secondary School, Dauhla, Sohna. The event aimed to spread awareness among students regarding the harmful effects of drug addiction and encourage youth participation in building a drug-free Haryana by 2027. Through impactful street play performances, volunteers

highlighted the negative impact of substance abuse on individuals, families, and society. The interactive session encouraged students to understand their responsibility in creating a progressive and healthy nation. The enthusiastic support of the school staff and active involvement of students made the event highly successful and meaningful. At the end of the programme, students took a pledge to support the “Nasha Mukh Bharat Abhiyan” and spread awareness in their communities.



NSS volunteers explaining the adverse effects of drugs



Awareness Programme under Sadak Suraksha Abhiyaan

The NSS Unit of K.R. Mangalam University organized a “Sadak Suraksha Abhiyaan” under the theme “Safe Roads, Safe Lives” on 29th September 2025 at Government Senior Secondary School, Abheypur Block Sohna, in collaboration with Traffic Police Gurugram. Traffic police officials conducted an informative awareness session highlighting the importance of following traffic rules, wearing

helmets and seat belts, and avoiding mobile phone usage while driving. Practical demonstrations on safe road-crossing methods and traffic discipline were also conducted for students. The campaign successfully enhanced awareness regarding road safety measures and encouraged participants to become responsible citizens committed to reducing road accidents.



The police officer and NSS programme officer explaining the rules of road safety



Workshop on Empowering Communities: Strategies for Effective Disaster Management

The NSS Unit of K.R. Mangalam University organized a workshop on “Empowering Communities: Strategies for Effective Disaster Management” on 30th September 2025 at Government Senior Secondary School, Daulah, Sohna. The session aimed to create awareness about disaster preparedness, fire safety, and effective emergency response strategies. Expert speaker Mr. Sanjeev Kumar Dalal from NAFS Gurgaon conducted an interactive session and demonstrated practical fire safety techniques,

including the use of a water hose to control fire emergencies. Participants actively engaged in hands-on activities and learned essential disaster management skills to ensure community safety and resilience. The workshop successfully enhanced awareness, preparedness, and confidence among participants to respond effectively during emergency situations.



Mr. Sanjeev explaining about disaster preparedness and giving demonstrations of fire safety



An Awareness Session and Expert Lecture “Waste to Wealth: Crafting Values from Discard”

On 30th September 2025, the NSS Unit of K.R. Mangalam University organized an awareness session and expert lecture titled “Waste to Wealth: Crafting Values from Discard” at Anganwadi, Berka Village, Gurugram under the Swachhotsav Campaign. Mr. Thomas Monteiro, NSS Programme Officer, coordinated the event successfully. During the session, the speaker emphasized the importance of waste segregation, recycling, and creative reuse

of discarded materials for sustainable development. Participants were encouraged to adopt eco-friendly practices and transform waste into useful products through innovation and creativity. Demonstrations of paper pens, paper pencils, and reusable bags made from old clothes inspired the community members to practice sustainable living. The interactive session motivated attendees to view waste as a valuable resource rather than garbage.



An Awareness Session and Expert Lecture “Waste to Wealth”

Awareness Session and Quiz Competition on the Occasion of National Blood Donation Day

The NSS Unit of K.R. Mangalam University organized an “Awareness Session and Quiz Competition on the Occasion of National Blood Donation Day” on 01st October 2025 at Govt. Senior Secondary School, Lakhuwas, Gurugram. The awareness session highlighted the importance of voluntary blood donation, eligibility criteria, and myths related to

blood donation, encouraging students to contribute towards this noble cause. An interactive quiz competition was also conducted to enhance students’ knowledge and awareness regarding health and blood donation. The programme successfully promoted social responsibility, community awareness, and the spirit of service among the participants.



NSS volunteer explaining the significance of blood donation

Rally under Tobacco Free Campaign

The NSS unit of K.R. Mangalam University organized a Tobacco-Free Rally under the initiative of the Ministry of Health and Family Welfare on 30th October 2025 at Abheypur Village to spread awareness about the harmful effects of tobacco consumption and promote a healthy lifestyle. NSS volunteers enthusiastically participated in the rally, raising slogans such as “तंबाकू छोड़ो, जीवन

बचाओ,” “स्वस्थ भारत का सपना, बिना तंबाकू अपना,” and “धूम्रपान छोड़ो, परिवार को खुशहाल बनाओ.” The rally, coordinated by Dr. Vicky Kapoor, witnessed active community engagement as villagers pledged to support a tobacco-free environment. The event successfully emphasized the message of health, awareness, and collective responsibility toward building a ‘Tobacco-Free India.’



NSS volunteers during the rally for tobacco free campaign

Report on Awareness Session on Cancer Prevention

On 4th November 2025, the NSS Unit of K.R. Mangalam University, Gurugram, organized an Awareness Session on Cancer Prevention at Anganwadi, Berka on the occasion of National Cancer Awareness Day. The session aimed to educate the local community about early detection, prevention, and healthy lifestyle practices to reduce cancer risk. Dr. Neeraj Kumari, NSS Programme Coordinator, briefed about the session and welcomed the guest. Dr. Daisy Panna, Public Health Specialist from AAMC, Greater Kailash, interacted with the villagers and addressed their common health-related

concerns, including diet, physical activity, and early signs of cancer. Dr. Panna emphasized the importance of regular exercise, avoiding tobacco and alcohol, and including more fruits and vegetables in the daily diet. She also demonstrated a few simple exercises that can be done at home to stay active. The session concluded with a message encouraging villagers to adopt healthy habits and spread awareness in their community. In the last, Dr. Neeraj Kumari expressed her gratitude toward Dr. Daisy Panna and villagers for sparing their valuable time from their busy schedule.



Dr. Daisy interacting with community members during the awareness session on Cancer Prevention, emphasizing the importance of a healthy lifestyle, followed by a group photograph

Quiz Competition and Pledge Ceremony on the Occasion of National Unity Day

The NSS Unit of K.R. Mangalam University organized a Quiz Competition and Pledge Ceremony on 31st October 2025 at Government Senior Secondary School, Lakhawas, Haryana, to celebrate Rashtriya Ekta Diwas (National Unity Day). The event witnessed the enthusiastic participation of 26 NSS volunteers along with more than 81 school students. An interactive quiz competition based on Rashtriya Ekta Diwas and national integration was

conducted, encouraging teamwork, learning, and healthy competition among participants. Students actively participated in the pledge ceremony, reaffirming their commitment towards maintaining the unity and harmony of the nation. The event concluded successfully with a strong message of “Ek Bharat, Shreshtha Bharat” and inspired the youth to contribute positively towards nation-building and social harmony.



Mr Amit Kumar, NSS programme officer explaining the values of national unity

Nukkad Natak on “Creating Awareness on Strength of Justice”

The NSS Unit of K.R. Mangalam University organized a Nukkad Natak on “Creating Awareness on Strength of Justice” on 12th November 2025 at Anganwadi, Lakhuwas, Gurugram. The event was conducted offline under the guidance of Dr. Sapna Rana, NSS Member. The activity aimed to spread awareness about justice, equality, women’s rights, and legal protection among the rural community. Through impactful performances and meaningful dialogues, the volunteers highlighted issues such as

gender discrimination, domestic violence, and lack of legal awareness. The street play encouraged women to speak against injustice and seek legal support whenever required. A motivating speech by NSS volunteer Ms. Srishti further educated the audience about women's protection laws, legal aid services, and emergency helplines. The villagers actively engaged with the programme and appreciated the efforts of the NSS team.



NSS volunteers during their performance of nukkad natak

Seven-Day Special Camp under the theme “Youth for My Bharat and Digital Literacy”

The NSS Unit of K.R. Mangalam University successfully organized a Seven-Day Special Camp from 25th to 31st December 2025 at Daulah Village under the theme “Youth for MY Bharat and Digital Literacy.” The camp aimed to promote social awareness, healthy living, environmental consciousness, digital literacy, and community development among villagers and NSS volunteers. During the camp, expert lectures on Drug Abuse, HIV/AIDS Awareness, Digital Literacy, Personality Development, and Entrepreneurship were conducted by distinguished resource persons to educate and motivate participants. Traffic Police Gurgaon–Sohna also organized a Road Safety Awareness Session emphasizing safe driving practices and accident prevention. Various engaging activities such as a Poster Making Competition on Environmental Sustainability, Nukkad Natak on “Beti Bachao Beti Padhao,” Debate Competition on Government Welfare Schemes, and a Rally against Drug Abuse were organized to spread social awareness. A Health Camp and First Aid Training session provided practical healthcare guidance and benefited both villagers and volunteers. Volunteers also participated in Cleanliness and Plantation Drives to encourage hygiene and environmental conservation. An educational visit to an Art and Craft Museum enriched students with knowledge of traditional art

and cultural heritage. The camp concluded with a vibrant Cultural Programme and Valedictory Session, where awards for Best Male Volunteer, Best Female Volunteer, Leadership, Sports Excellence, and Poster Making were presented. Overall, the special camp proved to be highly impactful in fostering youth engagement, leadership, social responsibility, and community empowerment.



Some glimpses of activities conducted during seven-day camp

Speech Competition Titled “Voice for Change – Educate a Girl, Empower a Nation”

The NSS unit of K.R. Mangalam University organized a speech competition titled “Voice for Change – Educate a Girl, Empower a Nation” on 22nd January 2026 at Government Girls Secondary School, Bhondsi to celebrate National Girl Child Day. The event commenced with an inspiring address by the school principal, Ms. Beenu Yadav, who motivated students to pursue education confidently. Seventeen students from Classes 6 to 8 participated

in the speech competition and expressed their views on girls’ rights to education and empowerment. NSS volunteers also displayed awareness posters carrying the message “Educate a Girl, Empower a Nation” to encourage social awareness among students. Shivani (Class 8A), Jalak (Class 8B), and Amrita Kumari (Class 7A) secured first, second, and third positions respectively.



NSS volunteers showing the poster to save girl child and school student sharing a poem on girl



One-Day Road Safety Campaign

The NSS unit of K.R. Mangalam University organized a one-day Road Safety Campaign on 29th January 2026 at Village Kharoda, Sohna, as an extension activity to spread awareness about traffic safety and responsible road behavior. The programme included a road safety rally, awareness session, and poster-making competition with active participation from NSS volunteers, school students, and villagers. The rally covered various streets of the village where volunteers carried placards and raised slogans promoting safe driving practices and traffic discipline. An awareness session was

conducted by NSS volunteer Ms. Aishwarya, who explained important traffic rules, the importance of helmets and seat belts, and preventive measures to avoid accidents. School students enthusiastically participated in the poster-making competition and creatively highlighted themes related to road safety and accident prevention. The activity successfully encouraged community participation and sensitized villagers and students towards safer road practices. Chhavi secured the First Prize, Rani won the Second Prize, and Seema received the Third Prize for their outstanding posters.



The winners of road safety competition and students during the programme

“Donation Drive & Visit to Old Age Home” at Earth Saviour Foundation

The NSS Unit of K.R. Mangalam University organized a “Donation Drive & Visit to Old Age Home” at Earth Saviour Foundation on 30th January 2026. The volunteers donated essential items including food supplies, clothes, hygiene products, and daily-use necessities for the elderly residents. The donated materials were formally handed over to the authorities of the old age home. Volunteers also interacted with the residents through conversations,

games, and shared activities, spreading happiness and emotional support. The visit helped students understand the importance of empathy, respect, and care for senior citizens. The event successfully promoted social responsibility, volunteerism, and community engagement among NSS volunteers. Overall, the activity was a meaningful and enriching experience that strengthened the values of compassion, humanity, and service towards society.



A group photograph of NSS team and residents of Earth Saviour Foundation



“Drug Abuse & Anti-Tobacco Awareness Drive”

The NSS Unit of K.R. Mangalam University organized a “Drug Abuse & Anti-Tobacco Awareness Drive” on 20th February 2026 at Kharoda village, Sohna, Gurugram, Haryana. The awareness drive was conducted through a Nukkad Natak and rally to educate school students and villagers about the harmful effects of drugs and tobacco consumption. The NSS volunteers performed an impactful street play highlighting the physical, mental, and social consequences of substance abuse. An awareness

rally was also organized in the village where participants carried placards and raised slogans promoting a drug-free and tobacco-free society. The activity successfully attracted the attention of the local community and encouraged discussions on healthy living and responsible behavior. Overall, the awareness drive proved to be a meaningful initiative in sensitizing youth and community members against substance abuse and promoting a healthier society.



NSS volunteers performing an impactful Nukkad Natak at a local school to spread awareness about the harmful effects of drug abuse and tobacco among villagers



Awareness Session on “Reducing Waste for a Greener Future”

The NSS Unit of K. R. Mangalam University organized an “Awareness Session on Reducing Waste for a Greener Future” on 6th March 2026 at the Anganwadi Centre, Berka, Sohna, Gurugram, on the occasion of International Women’s Day. NSS volunteers educated participants about the importance of segregating dry and wet waste at the household level and reducing plastic usage. A practical demonstration

on making paper bags from old newspapers was also conducted to encourage recycling and eco-friendly alternatives. The participants enthusiastically learned the skill and discussed ways to maintain cleanliness and reduce waste generation in their surroundings. The session successfully promoted awareness regarding sustainable living and empowered women with practical recycling skills for a greener future.



Community members actively participating in the paper bag making activity

Awareness Session on “Water Crisis, Climate Change and Solutions” on the Occasion of World Water Day

The NSS Unit of K.R. Mangalam University, Gurugram organized an Awareness Session on “Water Crisis, Climate Change and Solutions” on the occasion of World Water Day on 18th March 2026 at Govt. Sr. Sec. School, Abheypur Village. The session witnessed the active participation of NSS volunteers along with many school students. NSS volunteers sensitized the students about the growing water crisis, climate change, and their adverse impacts on the environment and society. Various

sustainable solutions such as rainwater harvesting, water conservation, and responsible use of natural resources were discussed in an interactive manner. The session also encouraged students to adopt eco-friendly habits and spread awareness in their communities. Interactive discussions and question-answer round enhanced participation and learning among the attendees. The event concluded successfully with a collective pledge to conserve water and work towards a sustainable and climate-resilient future.



Ms Gauri explaining the adverse effects of using wastewater

Health Awareness Seminar on the Occasion of World Health Day

A Health Awareness Seminar on the occasion of World Health Day was organized on 7th April 2026 at Village Berka, Sohna, as an extension activity by NSS, KRMU in collaboration with the School of Physiotherapy and Rehabilitation Sciences (SPRS). The session was delivered by Dr. Shweta and Dr. Hemant, Assistant Professors from SPRS, who emphasized the importance of maintaining good health through balanced nutrition, hygiene, and regular exercise. The speakers also discussed

preventive healthcare practices and common health issues faced by rural communities. Interactive discussions and demonstrations made the seminar engaging and informative for the participants. Villagers were encouraged to adopt healthy lifestyle habits and incorporate simple physical activities into their daily routines. Overall, the event proved to be a meaningful initiative in promoting community health awareness and preventive healthcare practices.



Dr. Shweta and Dr. Hemant discussing preventive healthcare practices and common health issues

Nukkad Natak on the Theme “Caste Equality and Social Reform”

The National Service Scheme (NSS) Unit of K.R. Mangalam University organized a Nukkad Natak on the theme “Caste Equality and Social Reform” on 13th April 2026 at Abheypur Village, Sohna, on the occasion of Ambedkar Jayanti. Through impactful dialogues and realistic performances, the volunteers highlighted the harmful effects of caste-based discrimination and emphasized the importance of equality, dignity, and social justice. The street play effectively conveyed Dr. B.R. Ambedkar’s vision

of an inclusive and discrimination-free society. The event also focused on promoting constitutional rights, equal opportunities, and the role of education in social reform. Villagers appreciated the efforts of the NSS volunteers and actively engaged with the performance. The activity successfully created awareness among the local community and encouraged youth participation in building a more equal and just society.



NSS volunteers during nukkad natak on caste equality and a group photograph

An awareness Session on “Poshan Pakhwada 2026: Maximising Brain Development in the First Six Years of Life”

The National Service Scheme (NSS), K.R. Mangalam University, organized an awareness session on “Poshan Pakhwada 2026: Maximising Brain Development in the First Six Years of Life” on 16th April 2026 at Anganwadi, Daulah, Sohna, Gurugram. The session aimed to spread awareness about the importance of nutrition, early care, and stimulation in the holistic development of children during their formative years. Dr. Kusum Malik, District FLN Officer, Nuh District, Haryana, addressed the participants and highlighted the significance of balanced nutrition, breastfeeding,

immunization, hygiene, and emotional bonding for healthy brain development. She also emphasized the role of parents and caregivers in providing a supportive and stimulating environment for children. NSS volunteers actively participated in community interaction and awareness generation activities. The activity successfully promoted awareness regarding early childhood nutrition and caregiving practices while reinforcing the objectives of Poshan Pakhwada 2026 and SDG 3: Good Health and Well-being.



The expert explaining the cure from malnutrition and volunteers showing the poster

Awareness Session on Waste Segregation & Composting

The National Service Scheme (NSS), K.R. Mangalam University, Gurugram organized an Awareness Session on Waste Segregation & Composting on 22nd April 2026 at Govt. High School, Garhi Bazidpur, Sohna, Haryana, on the occasion of World Earth Day. The programme aimed to create awareness among school students and NSS volunteers regarding sustainable waste management practices and environmental protection. The session was conducted by Ms. Urvi Dhar, Project Coordinator, and Mr. Rohit

Kushwah, Field Supervisor from Saahas Foundation, Gurugram, who explained the importance of waste segregation and composting techniques. The resource persons highlighted the classification of biodegradable, non-biodegradable, recyclable, and hazardous waste and encouraged students to adopt responsible waste disposal practices. Practical demonstrations and interactive discussions helped participants understand how composting can reduce landfill waste and improve soil health.



Ms Urvi Dhar explaining about biodegradable, non-biodegradable, recyclable, and hazardous waste

“First Aid Training Programme”

The National Service Scheme (NSS) Unit of K.R. Mangalam University organized a “First Aid Training Programme” on 24th April 2026 at Govt. Senior Secondary School, Lakhuwas. The programme was conducted under the guidance of Dr. Neeraj Kumari, NSS Programme Coordinator, and coordinated by Mr. Amit Kumar, NSS Programme Officer. Dr. Rohtash Kumar, a CPR Trainer, served as the resource person and delivered an informative session on basic first aid and emergency response

techniques. The training covered important topics such as CPR, handling injuries, burns, fractures, choking, and unconsciousness. The session created awareness about health, safety, and the importance of timely medical assistance during emergencies. Student coordinators Harsh and Sahil Wadhwa effectively assisted in organizing the activity.



The resource person explaining the first aid having fracture in neck



NSS volunteers explaining the importance of first-aid in life

Literacy Campaign at Sapno Ke Pankh NGO

The NSS Unit of K.R. Mangalam University successfully conducted a Literacy Campaign at Sapno Ke Pankh NGO from January to May 2026. As part of this initiative, NSS volunteers visited the NGO every Saturday with the objective of supporting the education of underprivileged children and contributing to their academic development. Before each visit, the volunteers coordinated with the faculty coordinator and NGO representatives to identify the learning needs of the students and plan the teaching activities accordingly. Based on these discussions, volunteers conducted interactive classes in Science, Mathematics, English, and Social Science. The sessions were designed to simplify concepts, strengthen foundational knowledge, and encourage active participation among the children. The volunteers adopted innovative and engaging teaching methods, including demonstrations, group

discussions, educational games, and practical examples, to make learning enjoyable and effective. Their consistent efforts helped improve the students' understanding of various subjects while also boosting their confidence and interest in education.

The campaign concluded in May 2026 with a special closing session. On the final day, notebooks and school bags were distributed to the students as a gesture of encouragement and support for their educational journey. The event ended on a positive note, leaving a lasting impact on both the beneficiaries and the volunteers, while reinforcing the NSS motto, “Not Me But You.”

The Literacy Campaign stands as a meaningful example of NSS's commitment to community service and its mission of creating a positive impact through education.



NSS volunteers teaching the students

IN-HOUSE ACTIVITIES

Independence Day Celebration

The National Service Scheme (NSS) in collaboration with the Office of Student Welfare, K.R. Mangalam University, organized the Independence Day Celebration on 14th August 2025 at the Multipurpose Hall, Aryabhata Block. The programme commenced with an informative session by NSS volunteers highlighting the history and significance of Independence Day. Students enthusiastically

participated in patriotic song performances and poem recitations, showcasing their love and respect for the nation. Esteemed speakers Dr. Anjana Singh and Dr. Mamta Shankar addressed the gathering and motivated students to uphold democratic values and contribute towards nation-building. The event successfully created a sense of pride, unity, and civic responsibility among participants.

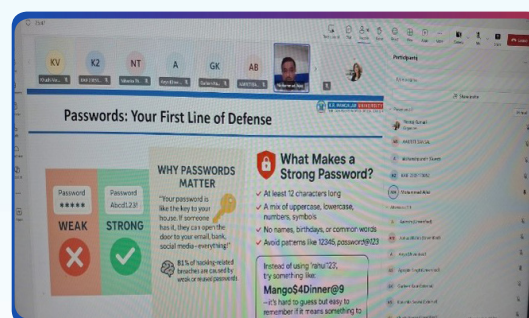
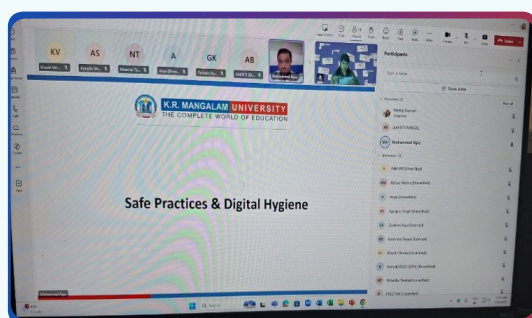


Students and faculty during Independence Day Celebration

Experiential Learning Programme – Cyber Security Awareness

The Experiential Learning Programme – Cyber Security Awareness was organized by the NSS, K.R. Mangalam University in collaboration with the Center of Excellence – Cyber Security from 28th July to 2nd August 2025 through MS Teams in online mode. The programme witnessed active participation from more than 30 NSS volunteers and students from various institutes across Haryana. The initiative aimed to spread awareness about cyber security, digital hygiene, cyber laws, and responsible online behavior among youth. Expert sessions were conducted by distinguished speakers covering topics such as fundamentals of cyber

security, cyber threats, safe digital practices, data privacy, and cyber laws in India. The programme was coordinated by Mr. Thomas Monteiro, Dr. Neeraj Kumari, and Dr. Surbhi Shankar, ensuring smooth execution of all sessions. Interactive discussions and case studies enhanced participants' understanding of practical cyber challenges and solutions. Participants gained valuable knowledge and skills to protect themselves from cyber threats and use digital platforms responsibly. Overall, the programme proved to be informative, engaging, and highly beneficial for creating a digitally aware youth community.



The expert explaining about digital hygiene and strong password

Aadhaar Card Camp

The National Service Scheme (NSS) of K.R. Mangalam University, in collaboration with the Legal Aid Committee and ICICI Bank, successfully organized a two-day Aadhaar Card Camp on 11th September 2025 for students and 16th September 2025 for faculty and staff at the OPD, Ground Floor, Aryabhata Block. The camp aimed to provide convenient Aadhaar enrollment, correction, and

update services to the university community. A large number of students, faculty members, and staff actively participated and benefited from the initiative. Services such as new Aadhaar registration, correction of demographic details, and updating existing Aadhaar information were efficiently carried out. NSS volunteers played a vital role in managing registrations, guiding participants, and ensuring smooth coordination throughout the event.



Event coordinators and staff of ICICI Bank during camp

Orientation Programme under the Theme “Youth Power in Nation Building: Self Before Service”

The National Service Scheme (NSS), K.R. Mangalam University, organized the NSS Orientation Programme on 23rd September 2025 at the Multipurpose Hall, Aryabhata Block. The event was conducted offline under the theme “Youth Power in Nation Building: Self Before Service” with the participation of 155 NSS volunteers. The programme aimed to introduce newly enrolled volunteers to the vision, mission, and objectives of NSS while promoting social responsibility and community service. Eminent dignitaries including Ms. Delina Khongdup, Hon’ble Justice Sh. Dharmesh Sharma, Dr. Vijay Gaur, and Ms. Neerja Chaturvedi addressed

the gathering and inspired students towards ethical nation-building and youth empowerment. Cultural performances such as traditional dance and poem recitation added enthusiasm and patriotic spirit to the event. Outstanding NSS volunteers and alumni were felicitated for their remarkable contributions to social initiatives. The programme successfully motivated students to actively participate in volunteerism, leadership, and community engagement. The event concluded with a Vote of Thanks by Dr. Neeraj Kumari, appreciating the efforts of the NSS team and participants for making the programme successful.



NSS volunteers during their performance

Twinning Programme

The NSS Unit of K.R. Mangalam University, Gurugram organized an educational visit for the students of Government Senior Secondary School, Daulah under the “Twinning Programme” on 9th October 2025. The visit aimed to provide students with exposure to higher education and motivate them towards future academic opportunities. The students were warmly welcomed by the NSS team and were introduced to the vision and academic environment of the university. They were taken on a guided campus tour covering laboratories, library,

auditorium, and other university facilities. Faculty members interacted with the students and shared valuable information about various courses and career opportunities. An interactive motivational session was also conducted to inspire students to pursue higher studies with confidence. NSS volunteers shared their experiences and highlighted the importance of leadership and community service. Overall, the visit proved to be informative, inspiring, and successful in strengthening the connection between the university and the local school community.



School students exploring forensic science laboratory and a group photograph

Unity March Organized by NSS, K.R. Mangalam University

To commemorate the historic 150th Birth Anniversary of Sardar Vallabhbhai Patel, the Iron Man of India, NSS K.R. Mangalam University, in collaboration with Mera Yuva Bharat (MY Bharat), Gurugram under the initiative of Ministry of Youth Affairs and Sports, Government of India organized a grand Unity March from K.R. Mangalam University to Tau Devi Lal Stadium, Sohna. The Chief Guest, Sh. Tejpal Tanwar, MLA Sohna, delivered an inspiring address highlighting Sardar Patel’s monumental role in unifying the nation and emphasized the responsibility of today’s youth in preserving this legacy. Prof. (Dr.) Raghuvir Singh, Vice Chancellor of K.R. Mangalam University, in his insightful speech, motivated students to embody discipline, integrity, and mutual

respect—the core ideals championed by Sardar Patel. The event was further graced by Sh. Raj Kumar Vohra, District Prabhari, and Sh. Ajit Singh, District President, whose presence added great value to the occasion. They appreciated the University’s efforts in mobilizing youth towards national integration and extended their best wishes to all participants. Dr. Rahul Sharma, Registrar, K.R. Mangalam University, also addressed the gathering briefly, commending the students and NSS volunteers for their active involvement and discipline throughout the march. The Unity March concluded successfully at Tau Devi Lal Stadium with a renewed sense of patriotism and collective responsibility.



Hon'ble Vice Chancellor addressed the audience



Facilitation of Hon'ble Vice Chancellor

Awareness Session on Fellowship Opportunities for NSS Volunteers after Graduation

The National Service Scheme (NSS) Unit of K.R. Mangalam University successfully organized a session on “Fellowship Opportunities for NSS Volunteers after Graduation” on 19th January 2026 at the Multipurpose Hall, Aryabhata Block, in collaboration with SBI Foundation. Mr. Mathew Kiruba, Representative of SBI Foundation, served as the resource person and provided detailed insights into various fellowship programmes available for youth after graduation. He explained the eligibility criteria, application process, fellowship duration,

stipend, mentorship, and leadership development opportunities associated with such programmes. The speaker emphasized the importance of continued community service and how NSS experience strengthens a candidate’s profile for fellowships. Dr. Neeraj Kumari, NSS Programme Coordinator, expressed gratitude to the resource person and appreciated the enthusiastic participation of the volunteers. The session proved to be informative and motivational, encouraging students to continue contributing towards society through structured fellowship programmes after graduation.



Participants during awareness session

Educational Visit under the Inter State Youth Exchange Programme (ISYEP)

The NSS Unit of K.R. Mangalam University organized an Educational Visit under the Inter State Youth Exchange Programme (ISYEP) on 12th and 19th February 2026 in collaboration with MY Bharat, District Gurugram. The activity was conducted offline for youth participants from Jammu & Kashmir and Himachal Pradesh with the objective of promoting national integration and educational awareness. The youth visited various schools, laboratories, and library facilities of the university and interacted

with faculty members and NSS volunteers. The visit provided valuable exposure to higher education opportunities, research facilities, and student development initiatives. Participants also exchanged cultural experiences and ideas, strengthening unity and mutual understanding among youth from different states. The programme successfully promoted the values of education, leadership, and nation building while aligning with SDG 4 (Quality Education) and SDG 17 (Partnerships for the Goals).



The participants from Himachal Pradesh visited the Chemistry laboratory

Viksit Bharat District Youth Parliament – 2026

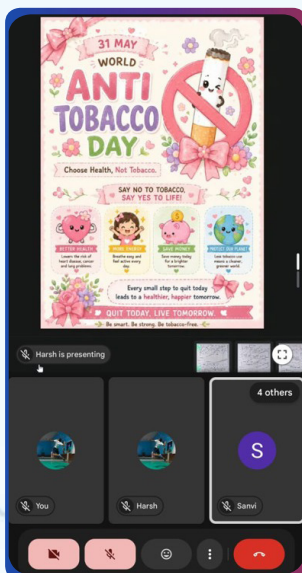
The National Service Scheme (NSS), K. R. Mangalam University, Gurugram, successfully organized the “Viksit Bharat District Youth Parliament – 2026” on 28th February 2026 in collaboration with MY Bharat, Gurugram under the Ministry of Youth Affairs & Sports, Government of India. The event witnessed the participation of more than 35 youth representatives from various universities and institutions across Gurugram and Delhi. The programme aimed to promote youth participation in democratic processes, leadership development, and awareness about governance and national issues. The inaugural session was graced by Prof. Raghuvir Singh, Vice Chancellor, and Prof. Mehraj Uddin Mir, who motivated the participants to contribute actively towards the vision of Viksit Bharat 2047. During the Youth Parliament session, participants confidently

debated on important national topics and demonstrated excellent communication and critical thinking skills. A distinguished jury panel comprising legal experts, academicians, and youth leaders evaluated the performances of the participants. Five outstanding participants were selected to represent Gurugram district at the State Level Youth Parliament. The event was successfully coordinated under the guidance of Mr. Vineet Gehlawat, District Youth Officer, MY Bharat Gurugram, along with the NSS team of K. R. Mangalam University led by Dr. Neeraj Kumari and the organizing committee members. The programme concluded with a Vote of Thanks, appreciating the efforts of all dignitaries, jury members, participants, and collaborating institutions for making the event meaningful and successful.



Participant sharing his views on 50 years of emergency

E-Poster Making Competition on the Occasion of "World No Tobacco Day" Occasion



Student showing his e- poster

NSS, K.R. Mangalam University organized an E-Poster Making Competition on 31st May 2026 through Google Meet to observe World No Tobacco Day and promote awareness about the harmful effects of tobacco consumption. A total of 11 NSS volunteers participated enthusiastically, showcasing creative and impactful digital posters advocating a tobacco-free lifestyle. The activity encouraged students to spread health awareness, support SDG 3: Good Health and Well-Being, and become ambassadors for positive behavioral change. The competition successfully enhanced participants’ creativity, communication skills, and commitment towards building a healthier and tobacco-free society.

Pledge Ceremony on the Occasion of "World Environment Day"

On the occasion of World Environment Day, the Centre of Excellence for Sustainable Development Goals (SDGs) and NSS, K.R. Mangalam University organized a Pledge Ceremony on 5th June 2026 under the theme "My Green Pledge: One Promise for the Planet." A unique highlight of the event was that the environmental pledge was conceptualized and written by the faculty members of K.R. Mangalam University, reflecting the institution's commitment towards environmental sustainability and responsible citizenship.

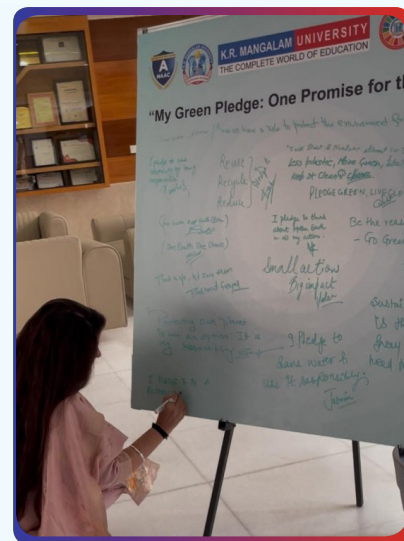
The ceremony commenced with the inspiring presence of Hon'ble Vice Chancellor and Prof. Mehraj Uddin Mir, Motilal Nehru Chair, who emphasized the importance of collective action in

addressing environmental challenges. The pledge was formally administered to faculty members, staff, and participants, encouraging them to adopt sustainable practices and contribute towards a cleaner and greener future.

Through this initiative, the university reinforced the message that every individual action matters in protecting the environment. The event successfully promoted environmental awareness and inspired participants to become active contributors to sustainable development under the spirit of "One Planet. One Responsibility. One Green Promise."



Faculty during the pledge ceremony



Celebration of International Yoga Day

The Department of Student Welfare (DSW) and NSS K R Mangalam University, Gurugram organized a Yoga Day celebration on the occasion of International Yoga Day on 18th June 2026 at K.R. Mangalam University. The event aimed to promote awareness about the importance of yoga, physical fitness, mental well-being, and a healthy lifestyle among students and faculty members. Experts from the AYUSH Department, Sohna, conducted an informative and practical yoga session, demonstrating various yoga

postures, breathing techniques, and their benefits for maintaining overall health and stress management. The session witnessed active participation from around 30 faculty members and students who enthusiastically performed yoga exercises under the guidance of the experts. The event successfully highlighted the significance of incorporating yoga into daily life and encouraged participants to adopt holistic approaches towards health and wellness.



Faculty and students doing yoga

केआर मंगलम विश्वविद्यालय के एनएसएस का दौलह गांव में 7 दिवसीय विशेष शिविर संपन्न



शिविर के समापन पर उद्यमिता विषयक व्याख्यान और विभिन्न श्रेणियों में उत्कृष्ट स्वयंसेवकों को किया सम्मानित

सवेरा न्यूज/कास.

गुरुग्राम, 31 दिसंबर : दौलह गांव में राष्ट्रीय सेवा योजना (एनएसएस) केआर मंगलम विश्वविद्यालय द्वारा 25 से 31 दिसंबर तक 'युव फेर माय भारत एवं डिजिटल लिटरेसी' थीम पर 7 दिवसीय विशेष शिविर का सफल आयोजन किया गया।

शिविर का उद्देश्य सामाजिक जागरूकता बढ़ाना, स्वस्थ जीवनशैली को प्रोत्साहित करना, नागरिक उत्तरदायित्व विकसित करना तथा शिक्षा और कौशल के माध्यम से ग्रामीणों को सशक्त बनाना रहा। ये शिविर एनएसएस कार्यक्रम समन्वयक डॉ. नीरज

कुमारी के मार्गदर्शन में तथा कार्यक्रम अधिकारियों डॉमस मोटेइरो और अमित कुमार खन्ना के नेतृत्व में आयोजित हुआ। शिविर के दौरान नशा मुक्ति, सड़क सुरक्षा, एचआईवी/एड्स जागरूकता और पर्यावरण संरक्षण जैसे विषयों पर विशेषज्ञ व्याख्यान आयोजित किए गए।

'बेटी बचाओ बेटी पढ़ाओ' पर नुस्काड नाटक और पर्यावरण पर पोस्टर मेकिंग प्रतियोगिता के माध्यम से सामाजिक संदेश दिया गया। स्वयंसेवकों ने डिजिटल साक्षरता, व्यक्तिगत विकास, स्वच्छता अभियान, युवारोपण और नशा मुक्ति रैली में सक्रिय भागीदारी निभाई। शिविर के समापन पर उद्यमिता विषयक व्याख्यान और विभिन्न श्रेणियों में उत्कृष्ट स्वयंसेवकों को सम्मानित किया गया।

केआर मंगलम विश्व विद्यालय में विकसित भारत जिला युवा संसद 28 को

सवेरा न्यूज/कास.

गुरुग्राम, 25 फरवरी :

केआर मंगलम विश्वविद्यालय गुरुग्राम द्वारा युवा कार्य एवं खेल मंत्रालय भारत सरकार तथा माय भारत गुरुग्राम के मार्गदर्शन में 28 फरवरी को विकसित भारत जिला



युवा संसद 2026 का आयोजन किया जा रहा है। ये कार्यक्रम प्रातः 10:00 बजे से केआर मंगलम विश्वविद्यालय सोहना रोड गुरुग्राम परिसर में आयोजित होगा। इस वर्ष का विषय आपातकाल के 50 वर्ष भारतीय लोकतंत्र के लिए सीख एवं प्रेरणाएं निर्धारित किया गया है। कार्यक्रम का उद्देश्य युवाओं को भारत की लोकतांत्रिक यात्रा पर चिंतन करने, सार्थक संवाद में भाग लेने तथा राष्ट्र निर्माण हेतु अपने विचार प्रस्तुत करने

का अवसर प्रदान करना है। ये मंच विकसित भारत 2047 की परिकल्पना से प्रेरित है, जो युवाओं को लोकतांत्रिक मूल्यों, संवैधानिक आदर्शों और नेतृत्व क्षमता को सशक्त करने का अवसर देता है। इस जिला स्तरीय प्रतियोगिता के शीर्ष 5 प्रतिभागियों का चयन राज्य स्तरीय युवा संसद हेतु किया जाएगा, जहां उन्हें जिले का प्रतिनिधित्व करने और राष्ट्रीय स्तर तक अपनी पहचान बनाने का सुनहरा अवसर प्राप्त होगा।

केआर मंगलम विवि में एनएसएस ओरिएंटेशन डे का आयोजन



सवेरा न्यूज/आकाश द्विवेदी

नई दिल्ली, 23 सितंबर : केआर मंगलम विश्वविद्यालय ने राष्ट्रीय सेवा योजना दिवस पर विश्वविद्यालय परिसर में युवा शक्ति राष्ट्र निर्माण में सेवा से पहले स्वयं विषय पर एनएसएस ओरिएंटेशन डे का आयोजन किया। कार्यक्रम का उद्देश्य नव नामांकित स्वयंसेवकों का स्वागत करना और उनमें नई, तुम की भावना को जागृत करना था। इस अवसर पर राष्ट्रीय महिला आयोग की सदस्य डेलीना खोंगदुप मुख्यातिथि रही। उन्होंने युवाओं से लैंगिक समानता और सामाजिक उत्थान के लिए आगे आने का आह्वान किया। दिल्ली उच्च न्यायालय के पूर्व न्यायाधीश माननीय धर्मे शर्मा ने कहा कि एनएसएस

युवाओं के लिए नैतिक राष्ट्र निर्माण का मंच है। प्रो. मेहराज उद्दीन मीर ने शिक्षा को सामाजिक उत्तरदायित्व से जोड़ने के महत्व पर बल दिया। डा. विजय गौड़ ने सामूहिक उत्तरदायित्व और पर्यावरण संरक्षण पर जोर दिया, जबकि थॉमस मोटेइरो ने सामाजिक नवाचार को युवाओं की शक्ति बताया। सामाजिक कार्यकर्ता नीरजा चौधरी ने स्वयंसेवकों से समाज में निर्भोक्त होकर जुड़ने का संदेश दिया। सांस्कृतिक कार्यक्रमों में पारंपरिक नृत्य और कविता पाठ ने सेवा और एकता का संदेश दिया। कार्यक्रम में उत्कृष्ट स्वयंसेवकों और पूर्व छात्रों को सम्मानित किया गया। डॉ. सपना राणा और अमित कुमार सहित पूरी एनएसएस टीम के योगदान की सराहना की गई।

HOME > CSR

K.R. Mangalam University Hosts NSS Orientation Day to Motivate Youth for Community Service

K.R. Mangalam University, in partnership with Bhagidari Jan Sahyog Samiti, successfully hosted the NSS Orientation Day.

Vijay Gaur Bureau Chief | 25 September 2025 10:11 PM



f x t i n e p

K. R. Mangalam University, in collaboration with Bhagidari Jan Sahyog Samiti, successfully organized the NSS Orientation Day on the theme "Youth Power in Nation Building: Self Before Service." The event welcomed newly enrolled NSS volunteers and encouraged them to actively contribute to social and community development initiatives.

The program was attended by distinguished dignitaries, including Ms. Delina Khongdup, Member of the National Commission for Women; Justice Dharmesh Sharma, former Judge, Delhi High Court; Shri Raghuvir Singh, Vice-Chancellor, KRMU; Shri Vijay Gaur, Chairperson, Bhagidari Jan Sahyog Samiti; Dr. Neerja Chaturvedi, RJ, FM Rainbow Aakashwani; and social activist Shri Avinash Jali.

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WORDS FROM FORMER NSS YOUTH VOLUNTEERS



Being a part of the National Service Scheme has been one of the most unexpected yet meaningful journeys of my college life. My journey started through a random event when my friend Aakriti, like any other NSS volunteer, called me for participation. At that time, I barely knew what NSS actually was. Slowly and gradually, through every activity, event, and interaction, I started understanding the true meaning of service, teamwork, and leadership. My first year in NSS was a phase of learning and self-growth. It helped me step out of my introverted shell, gain confidence, and experience things I never imagined myself doing. What started as simple participation slowly became a space where I found a new version of myself. The second year brought bigger responsibilities and challenges. When people started asking

whether I would apply for the post of President, I was honestly unsure if I was capable of handling such a huge responsibility. But life has its own plans, and after becoming President, I realized how much NSS had already shaped me. Managing events, coordinating with teams, handling pressure, and making decisions taught me patience, responsibility, and leadership in the truest sense.

This journey would never have been possible without the amazing people around me. I am deeply grateful to my team members, group leaders, volunteers, and juniors who constantly supported me and made every event successful. Special thanks to our faculty members for always guiding us calmly and motivating us to give our best in every activity.

NSS has given me much more than certificates or achievements—it has given me confidence, unforgettable memories, meaningful friendships, and values that I will carry throughout my life. From being someone who barely knew about NSS to leading it as President, this journey has truly transformed me.

“Some journeys are planned, and some unexpectedly change your life—NSS was that journey for me. I will always remain proud and grateful to be a part of NSS.”

Maahi Saini

NSS President

B.A. (H) Economics-2023-26



Joining NSS has been one of the most amazing experiences of my life. When I first became a volunteer, I thought it was only about social service, but gradually I realized that NSS is much more than that. It became a journey of self-growth, learning, and discovering a new perspective towards life.

Through different activities, camps, and teamwork, I learned the importance of discipline, leadership, communication, and helping others without expecting anything in return. NSS helped me improve my personality and gave me confidence to interact with people from different backgrounds. It also changed my thinking perspective by making me more responsible, patient, and socially aware.

The memories, experiences, and lessons I gained from NSS will always stay with me. I am truly grateful to be a part of such a wonderful organization that not only serves society but also helps individuals become better human beings.

Abhas Mishra

NSS Vice-President

B.Tech. CSE (Core)



I mean it when I say that my journey of these two years in NSS did not just shape my college life, it redefined me. It reintroduced me to a version of myself that I somewhere always knew existed, but perhaps needed the right space, the right people, and the right aura to unfold. I still remember singing the NSS Geet during my orientation. The lines stayed with me long after the day ended, "Uthe samaj ke liye uthe uthe." At that moment, they were merely words I sang along to. Today, they feel like a quiet promise I grew into. From the seven day Special Camp, where days were exhausting and nights carried stories, laughter, learning, and reflection, to the very last camp I attended in Kurukshetra, the National Integration Camp, every experience left an imprint

on me. What began as participation slowly became belonging.

NSS taught me that service is not always about grand gestures. Sometimes it lies in showing up, listening, working together, and standing for something larger than oneself. Somewhere between early mornings, camp duties, cultural exchanges, shared meals, and unfamiliar places becoming home, I discovered courage, patience, and a sense of responsibility I had never fully recognised within myself.

The National Integration Camp especially transformed me in ways I could not have imagined. Meeting people from different cultures, languages, and backgrounds made me realise how beautifully diverse yet deeply connected our country is. It strengthened not only my understanding of unity but also my faith in the spirit of togetherness that binds us beyond differences. NSS became more than an organisation to me. It became a feeling, a lesson, and a journey of self discovery. It reminded me that patriotism is not only found in slogans or ceremonies, but also in compassion, contribution, and the willingness to work for society with sincerity.

As I look back today, I do not just remember camps or events. I remember growth. I remember finding parts of myself that had remained quietly hidden. And for that, I will always carry immense gratitude. Because somewhere along this journey, while learning to serve society, I unknowingly learned how to understand myself too.

Anushri Sharma
NSS Vice President
B.A. (H with Research) Psychology



From joining NSS under a friend's pressure to becoming deeply connected with its purpose, this journey has truly been one of the most unexpected yet beautiful phases of my college life. I joined NSS in my third year during a time when life itself did not feel very smooth, and honestly, it was never my own choice initially. But slowly and gradually, this journey transformed everything around me.

My first year in NSS was filled with countless experiences — attending awareness sessions with the traffic police, visiting the Ayush Wing, performing Nukkad Nataks, participating in various events, and understanding what social service truly means beyond books and classrooms. Being an extroverted person, connecting with people always came naturally to me, and NSS gave me the perfect platform to interact, lead, and grow.

One of the most memorable parts of my NSS journey was the 7 Days Special Camp. Leading a team there became the cherry on top of the entire experience. From endless rehearsals and late-night deep conversations to laughter-filled moments and unforgettable memories, it brought back a sense of liveliness that had been missing from my life for a long time. And of course, making non-dancers like Maahi dance still remains one of my favorite achievements!

Receiving the Best Male Volunteer Award and the Best Team Award felt incredibly special, but more than the awards, it was the constant support of my teammates that made everything meaningful. NSS also gave me the opportunity to participate in the NIC Camp, where I won First Prize in Dance Fusion and built beautiful connections with volunteers from different states across the country.

However, beyond all the events, performances, and achievements, what truly mattered was how NSS connected me to society. It helped me understand the root causes of social issues and encouraged me to contribute in every possible way towards spreading awareness and bringing change. It taught me teamwork, leadership, collaboration, and the dedication required to organize mega events like DYP that demand months of preparation and collective effort.

Looking back, NSS was not just an extracurricular activity for me — it became a journey of self-growth, friendships, service, and unforgettable memories. It turned an uncertain phase of life into something meaningful, enriching, and truly unforgettable.

Ansh Thakur
NSS Volunteer
B.Tech. CSE AI /ML - 2022-26



When I first joined NSS, I thought it would only be about volunteering and participating in events. But slowly, those experiences began changing me as a person. One of the most emotional moments was visiting an old age home and care centre, where we met abandoned elderly people and a small child suffering from a brain tumour. Even though he could barely speak, he would hold our hands and ask us to gently tap his head to ease his pain. That moment taught me the true meaning of humanity and empathy.

During village campaigns in Haryana, I witnessed real women empowerment as girls confidently led awareness drives about menstrual health, blood donation, and cleanliness. Later, during the seven-day NSS camp, I discovered leadership and confidence within myself while organizing events and speaking before crowds with a microphone in my hand. Another unforgettable experience was teaching underprivileged children in an NGO every Saturday for three months. They were talented and hardworking but lacked opportunities and resources. Teaching them made me realize that sometimes all a person needs is support and encouragement. Through all these experiences, I became more confident, emotionally mature, grateful, and aware of society. NSS not only allowed me to help others, but also helped me discover a stronger and kinder version of myself.

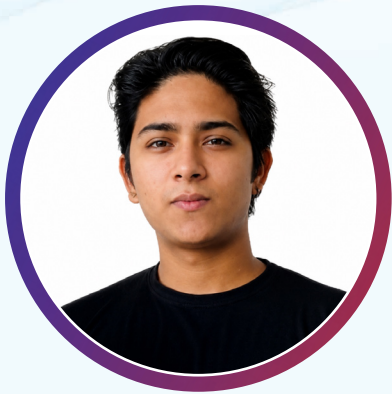
Sakshi Dubey
NSS Volunteer
B.Sc. (H) FS



Joining NSS has been one of the most enriching experiences of my life. Beyond the core mission of community welfare, the programme serves as an incredible platform for individual personality development.

The hands-on camp experiences and collaborative activities forced me out of my comfort zone, directly improving my leadership, communication, and patience. It has fundamentally altered my perspective, making me highly aware of civic responsibilities and the value of altruism. NSS doesn't just impact the community; it thoroughly refines the character of its volunteers. I am deeply thankful for the guidance, memories, and lifelong lessons gained through this organization.

Adarsh Rai
NSS Volunteer
B.Tech.CSE (Core)



Joining NSS has been one of the best decisions and most memorable journeys of my life. Initially, I thought NSS was only about participating in social service activities, but with time I understood that it is much more than that. NSS became a platform where I discovered personal growth, confidence, and a deeper understanding of society.

Being involved in different camps, events, and community activities taught me the true value of teamwork, discipline, leadership, and selfless service. I learned how small efforts can create a positive impact on people's lives and how important it is to stand together as a community. NSS also helped me improve my communication skills and boosted my confidence to interact with people from different backgrounds and cultures. It changed my perspective towards life by making me more responsible, patient, understanding, and socially aware.

The memories, friendships, experiences, and values I gained through NSS will always hold a special place in my heart. I truly feel proud and grateful to be a part of such an incredible organization that inspires young people to serve society while becoming better human beings.

Anshuman Khandka
NSS Volunteer
B.Tech. CSE



At first, I viewed NSS as an organization involved only in community outreach and offering services to the people. Nevertheless, throughout my involvement with the organization, I understood that it is very efficient means of personal growth and strategic development of oneself. It has brought about a completely new perspective of civic duty to me. Active participation in different field activities and camp sessions allowed me to develop my core competencies.

Being a member of this organization helped me in shaping my professional personality and gaining the necessary confidence to work with a variety of people. All those skills that I have gained during this period of time are very important resources that I can use further. I am extremely thankful for being able to serve such a great organization.

Priyanshi
NSS Volunteer
B. Tech CSE (DS)



Being a part of the National Service Scheme has been one of the most meaningful and life-changing experiences of my college life. When I first joined NSS, I only had a vague idea about it, but today, after completing my two-year journey, I can confidently say that NSS has shaped me into a better and more confident person. I am truly grateful to the teacher who introduced me to NSS because this journey gave me experiences and lessons that I could never have learned elsewhere.

Before joining NSS, I was mostly limited to academics and books. NSS showed me a completely different side of college life, one filled with teamwork, responsibility, service, and personal growth. Through various activities, visits to schools, slum areas, NGOs, and teaching experiences, I became more empathetic, understanding, and socially aware. Every experience, directly or indirectly, helped me grow as a person.

One of the biggest turning points in my NSS journey was becoming a Group Leader. Managing a group, coordinating with volunteers, and taking responsibilities taught me patience, discipline, teamwork, and leadership in ways.

Among all the beautiful memories, the 7-day NSS camp will always remain one of the most memorable experiences for me. It was filled with learning, bonding, teamwork, fun, and unforgettable moments that I will always cherish.

I sincerely thank all my seniors, juniors, fellow volunteers, faculty members, and programme officers for their constant guidance, support, encouragement, and efforts throughout this journey. Their support made this experience even more special and meaningful for me.

Some places teach you lessons, while some journeys teach you life. NSS became that journey for me, one that gave me confidence, responsibility, beautiful memories, and people I will always be grateful for. What began with curiosity ended with gratitude, and NSS will always remain one of the most beautiful chapters of my college life.

Vibhuti Batra
NSS Group Leader
B.A. (H) Psychology

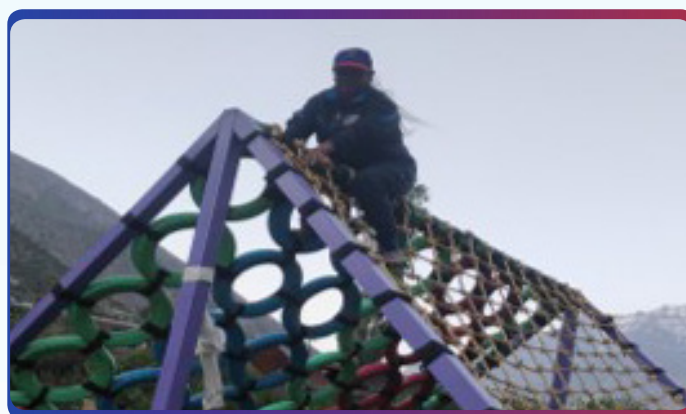
NATIONAL INTEGRATION CAMP

S N	Name of the NSS volunteer	Course	Name of the Institute	Date
1	Abhas Mishra	B. Tech (CSE) Core	Chaudhary Charan Singh Haryana Agricultural University, Hisar, Haryana	8 th to 14 th October 2025
2	Sakshi Dubey	B. Sc. (Forensic Science)		
3	Priyanshi	B. Tech. CSE DS	Maharshi Dayanand University, Rohtak	4 th to 10 th November 2025
4	Akshansh Pundir	B. Tech. CSE (AI/ML)		
5	Abhay Kumar	BA (H) Psychology	Kurukshetra University	11 th to 17 th November 2025
6	Anushri Sharma	BA (H) Psychology		



NSS ADVENTURE CAMP

S N	Name of the NSS volunteer	Course	Name of the Institute	Date
1	Mitali	Bachelor of Physiotherapy	Jispa, Lahaul and Spiti, Himachal Pradesh	6 th June to 15 th June 2025
2	Anushri	B.A. (H) with Research Psychology		



UNIVERSITY LEVEL CAMP

Sr. No.	Name	Course	Institute Name	Date
1	Raghav Joshi	B. Com (Hons.)	Maharishi Markandeshwar University, Mullana, Ambala	21st February to 27th February 2026
2	Kalpna	BSc (H) FS		
3	Hemanshi Kansal	B. Com (Hons.)		
4	Kunal Yadav	BTech CSE AI ML - B	Deenbandhu Chhotu Ram University of Science & Technology (DCRUST), Murthal, Sonipat	16th to 22nd February 2026
5	Moksh Kwatra	B. Pharma		
6	Kriti Nath	BA LLB (H)		
7	Vandana Pathak	BA LLB (H)		
8	Kritima Kumari	B Sc(H) FS		
9	Priyanshu Mishra	BCA (AI & DS)		
10	Kunal yadav	BTech CSE AI ML - B		



NSS ACHIEVEMENTS

Name of the Award/ recognition	Name of the Awarding government/ government recognized bodies	Date of award
Social Initiative Award	Bhagidari Jan Sahyog Samiti	30th August 2025
Special Mention and Best Leader of the Opposition in National Youth Parliament 2025 by Ms Anushri Sharma	School of Law, Manav Rachna University, Haryana	30th September 2025
CSR Excellence Award	PNGI Forum and Career Development Center	20th December 2025
Appreciation for conducting Viksit Bharat District Youth Parliament	My Bharat Gurugram	28th February 2026
Appreciation letter for successfully conducting Literacy Campaign	Sapno Ke Pankh NGO	15th May 2026

NSS VOLUNTEERS' ACHIEVEMENT FOR THEIR CONTRIBUTION TOWARDS SOCIAL INITIATIVES AND ACTIVITIES FOR THE ACADEMIC SESSION 2025-26

Name of the NSS Volunteer	Course	Name of the Award
Mr Utpal Anand	B Tech CSE (UX/UI)	Best Leadership
Ms Anushri Sharma	BA (Hons with Research) Psychology	NSS Best Female Volunteer Award
Mr Abhas Mishra	B. Tech CSE Core	NSS Best Male Volunteer Award
Ms Sakshi Dubey	B Sc (H) FS	NSS Special Contribution
Mr Ansh	B. Tech CSE	



NSS MERIT CERTIFICATES

S N	Name of NSS Volunteers	Course and Semester	Volunteer Code
01	Abhas Mishra	B. Tech CSE Core	HR/GU/KRU/2024/1/038
02	Anushri Sharma	BA (Hons with Research) Psychology	HR/GU/KRU/2024/1/052
03	Mushkan Sharma	BA (Hons with Research) Psychology	HR/GU/KRU/2024/1/042
04	Vibhuti Batra	BA (H) Psychology	HR/GU/KRU/2024/1/021
05	Jai Bansal	B.Com. Hons. ACCA	HR/GU/KRU/2024/1/071
06	Aarohi	BA (H) Psychology	HR/GU/KRU/2024/1/091
07	Maahi Saini	BA (H) Economics	HR/GU/KRU/2024/1/040
08	Hemanshi	B.Com. Hons. ACCA	HR/KRU/SFU/2024/030
09	Abhay Kumar	BA (Hons with Research) Psychology	HR/GU/KRU/2024/1/014
10	Sakshi Dubey	B. Sc. (Hons with research) Forensic Science	HR/GU/KRU/2024/1/017
11	Nivishka Goel	BA(H) PSY	HR/GU/KRU/2024/1/047
12	Ragavh Joshi	B.Com. Hons. ACCA	HR/KRU/SFU/2024/033
13	Ansh	B. Tech. CSE AI/ML	HR/GU/KRU/2024/1/064
14	Gurnoor	BA(H) PSY	HR/GU/KRU/2024/1/051
15	Anushka Gosain	BA (H) PSY	HR/GU/KRU/2024/1/078
16	Jiya Sharma	BA(H) PSY	HR/GU/KRU/2024/1/052
17	Tanshika Sawhney	BA(H) PSY	HR/GU/KRU/2024/1/015
18	Priyanshi Budhwar	B Tech CSE DS	HR/GU/KRU/2024/1/036
19	Akshat Gupta	B. Tech. CSE AI/ML	HR/GU/KRU/2024/1/047
20	Anshuman Khandka	BTech CSE	HR/GU/KRU/2024/1/019
21	Adarsh Rai	B. Tech CSE(CORE)	HR/GU/KRU/2024/1/065
22	Pihu Chug	BBA	HR/GU/KRU/2024/1/098
23	Rupali Swain	BBA	HR/GU/KRU/2024/1/105
24	Avneet	B. Tech	HR/GU/KRU/2024/1/082
25	Sanyam	B. Tech.	HR/GU/KRU/2024/063
26	Niharika Sharma	B. Sc. (H) Chemistry	HR/GU/KRU/2024/1/061



NSS volunteers with Hon'able Vice Chancellor, KRMU

VOLUNTEERS' ACHIEVEMENT DURING NIC/ UNIVERSITY LEVEL CAMP

S N	Name of the NSS Volunteers	Name of the activity	Position
01	Priyanshi during NIC Camp at MDU Rohtak	Poster making competition	2nd Position
02	Akshansh Pundir during NIC Camp at MDU Rohtak	Tug of War	1st Position
03	Moksh during University Level Camp at DCRUST Murthal, Sonipat	Running	1st Position
04	Moksh during University Level Camp at DCRUST Murthal, Sonipat	Kho-Kho	1st Position
05	Moksh during University Level Camp at DCRUST Murthal, Sonipat	Skit Competition	2nd Position
06	Priyanshu Mishra during University Level Camp at DCRUST Murthal, Sonipat	Group Debate competition	3rd Position
07	Kunal Yadav during University Level Camp at DCRUST Murthal, Sonipat	Group dance	2nd Position
08	Vandana Pathak during University Level Camp at DCRUST Murthal, Sonipat	Best out of Waste	1st Position
09	Vandana Pathak during University Level Camp at DCRUST Murthal, Sonipat	Group Dance	3rd Position
10	Vandana Pathak during University Level Camp at DCRUST Murthal, Sonipat	Skit Competition	2nd Position

NSS VOLUNTEER APPRECIATED BY SAPNO KE PANKH NGO FOR EDUCATIONAL SERVICE (FEBRUARY–MAY 2026)

S. No.	Name of the Volunteer	Course
1	Utpal Anand	B. Tech CSE (UX/UI)
2	Abhas Mishra	B. Tech CSE
3	Sakshi Dubey	B. Sc. (H) Forensic Science
4	Harsh	B.A. (H) Psychology
5	Sanvi Vashistha	BA (H W Research) Psychology
6	Gauri Batta	BA (H W Research) Psychology
7	Jyoti Sharma	B. Tech. (CSE) DS
8	Vibhuti Batra	B. A.(H) Psychology
9	Nivishka Goel	B. A.(H) Psychology with Research
10	Akshat Gupta	B. Tech. (CSE)

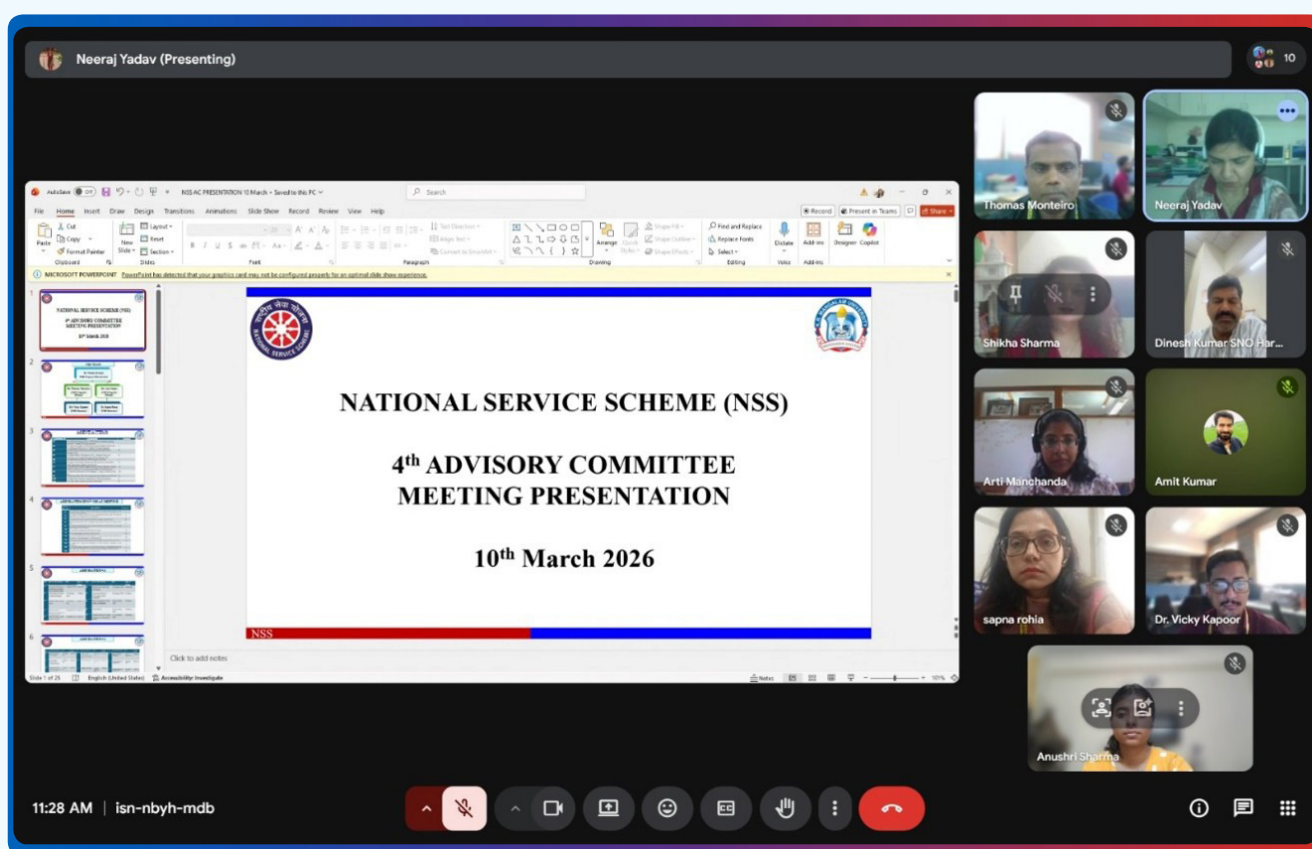
NSS VOLUNTEERS APPRECIATED BY THE EARTH SAVIOURS FOUNDATION FOR COMPLETING 20 HOURS OF COMMUNITY SERVICE

S. No.	Name of the Volunteer	Course
1	Akshansh Pundir	B.Tech CSE (AI & ML)
2	Lucky Kumar	B.Tech CSE
3	Abhas Mishra	B.Tech CSE
4	Avneet Tanwar	B.Tech CSE (AI & ML)
5	Kunal Yadav	B.Tech CSE (AI & ML)
6	Anshuman Rawat	B.Tech CSE (AI & ML)
7	Adarsh Rai	B.Tech CSE
8	Hem Prakash	B.Tech CSE (AI & ML)
9	Priyanshi	B.Tech CSE (DS)
10	Anshuman Khandka	B.Tech CSE

NSS ADVISORY COMMITTEE MEETING

The 4th NSS Advisory Committee Meeting of K.R. Mangalam University was held on 10th March 2026 through Google Meet under the chairmanship of the competent authority. The meeting was initiated by Dr. Neeraj Kumari, NSS Programme Coordinator, who welcomed all committee members and presented the agenda items. The committee reviewed the NSS activities and achievements of previous session including outreach programmes, awareness campaigns, environmental initiatives, blood donation drives, women empowerment activities, and youth development programmes. The participation of

NSS volunteers in National Integration Camps (NIC), Adventure Camps, and University-Level Camps was appreciated for enhancing leadership, teamwork, and social responsibility. The committee also planned upcoming NSS activities, approved the revised NSS structure, and emphasized strengthening collaborations with NGOs and community organizations. The meeting concluded with a vote of thanks to all members for their valuable contributions and suggestions



4th NSS Advisory Committee meeting glimpse

WORDS FROM NSS VOLUNTEERS

A Survivor



I came here quiet, small, and scared,
Afraid to speak, afraid I'd be spared.
I stood in rooms with shaking hands,
Too weak to speak, too lost to stand.
But life, it laughs in strange old ways,
It breaks a soul, then makes it brave.
The girl who once just stayed and cried,
Now speaks for truth, no more to hide.
I fought for worth, I fought alone,
For things I knew were mine to own.
Some chose the wrong, some played unfair,
Yet still I rose from that despair.
And while I broke, while I became,
One soul stood close through fear and flame.
Through every fall, through every fight,
He stayed beside me through the night.
So no, I leave with no regret,
For every wound became a step.
I thank the pain, the stars above,
For strength, for growth, for voice, for love.
Once I feared the world so much.
Now the world shall fear my truth.

Sakshi Dubey
NSS volunteer

Rise, the NSS Way

There was a boy who stood alone,
A voice unheard, a fear well-known,
The stage felt like a battlefield,
His words would falter, his spirit reeled.
To lead a team, to take the call,
He'd shrink away, he'd dread it all,
He watched from corners, stayed unseen,
Afraid to step where leaders had been.
But then NSS lit a spark,
And pulled him through the fear and dark,
"Not for me, but for we," it said,
And something shifted in his head.
He picked up tools, he picked up pride,
He worked for those he stood beside,
And slowly, surely, day by day,
The frightened boy began to sway.
He rose one morning, took the stage,
No longer trapped within his cage,
His voice rang out, both bold and strong,

He spoke his truth, he spoke it long.
The boy who once could never lead,
Now stood as one his team would heed,
He gathered hands, he sparked the fire,
He turned a group into desire.
And friendships bloomed from every side,
Connections built he'd wear with pride,
From stranger's hand to brother's bond,
His circle grew, his heart responds.
So rise, you all who feel unseen,
Who doubt the strength that lies within,
For NSS will show you true—
There's a leader, speaker, friend in you.
This is how one boy was made,
Not by chance, but by the trade
Of service, sweat, and selfless days—
A changed man walks in wiser ways!

Harsh
BA (Hons With Research) Psychology

Shadows into Light

Nineteen years within a quiet shell,
Where silent dreams and shadows fell.
A stage too bright, a step too far,
I watched from far beneath a star.
Then came the camp, the helping hand,
A vibrant, warm, welcoming band.

In kurta threads and rhythm's grace,
I found my voice, I found my place.
No longer bound by walls of old,
The quiet story turns to bold.
For serving others paved the way,
To step into the light of day.

Adarsh Rai
NSS Volunteer

Love

Love; what a word but with different meanings
Love is giving chocolate to a 2-year-old
Or giving all the necessity to an 18-year-old
Love is either talking to your favourite one; or sharing
chocolate with your closest one
Love is either hitting your friend's core hard; or
Sharing among all the farts...
But love is really a unilateral giving;
The love of the 2-yr old depends on his flaws;
The love of an 18-yr old decides when the paper shows;
The love of the favies only comes when they get the quality of
favorite;
But the love of a person comes out only how they made it!

At the end it is the only thing world believes in
But this is where people make themselves high or let their soil
die; this is where the hearts cried loud out or something
My heart has envied about.....

Aastha
NSS Volunteer

Failure

Iss bar reh bhi gya toh koi gum thodi hai
Tu Mehnt kr na, tu kisi se km thodi hai
Iss bar sikka nhi chla toh bhi koi nhi
Hr bar heads hi aaye ye toh zruri nhi
Tu aage badh, tu kyu kisi chiz se drta hai
Duniya Jo mrzi bole, tujhe kyu usse farak pdta hai
Tu dusra moka le, or firse krke dikha de
Abi bhi zindgi pdhi hai yar, thoda toh muskura de
Tu koshish toh kr, upar vala sb Sambhal lega
Tension na le vo mehnat ka fal bhi shandaar dega.

Vibhuti Batra
NSS Volunteer

The Inspiring Story that Changed My Life

This is my first year in NSS, it was indeed something unique,
I have heard a lot of stories and friends that I met.
When the very first step was taken on the porch of the
vridhashram (old age home),
An inexplicable peace filled into my heart.
Conversations with those elderly men, to know about
their life,
There was always something new for me to learn
from them.
Then came the journey to NIC camp, located in
Rohtak,
Where all volunteers from the whole country would
gather at one place.

7 days, 7 nights, and so many discussions,
Of the NSS life experiences, ideas, and thoughts.
Those who were strangers initially soon became
friends,
As we exchanged our Instagram IDs before leaving
the camp.
Today too, I still keep in touch with them, these
memories are always fresh,
In a real sense, my first year of NSS turned out to be
highly significant.

Akshansh Pundir
NSS Volunteer

I Remember a Girl

A nervous girl,
hands fidgeting,
heart racing,
answering questions
like it was the biggest interview of her life.

And interview or not,
it turned out to be
the biggest part of her life.

I remember a girl
who was scared to speak on stage.

The last time I saw her,
she stood before a hundred people,
holding a microphone,
giving a token of thanks
to her seniors.

I remember a girl
who was afraid of what college life would be.

Now, NSS is one of the biggest parts
of her college life.

It gave her so much.

Not just as a student.

Not just as a girl.

But as a person.

It changed her
in a hundred little ways
and a few very big ones.
From finding confidence
in the smallest things,
to making some of the biggest decisions
of her life.

NSS gave her a purpose
From staying away from her family

for the very first time
at an adventure camp,
collecting some of the most beautiful,
heart-wrenchingly amazing memories there.

I remember shadowing a doctor.

I remember teaching children.

I remember making new friends.

I remember standing in a classroom,

Looking at students of Class 6,
and hearing them call me "Ma'am."

I remember a little girl
placing chocolate in my hand
and saying,

"It's my birthday, Ma'am."

I remember saving that chocolate.

I remember thinking
those moments like these
were once dreams.

No.

They were bigger than dreams.

I remember NSS.

And most of all,

I remember that nervous girl,
hands fidgeting,

answering questions
like it was the biggest interview of her life.

Because she had no idea then
that she was walking into

an experience
that would change her forever.

Sanvi Vashistha
NSS Volunteer

NSS GALLERY



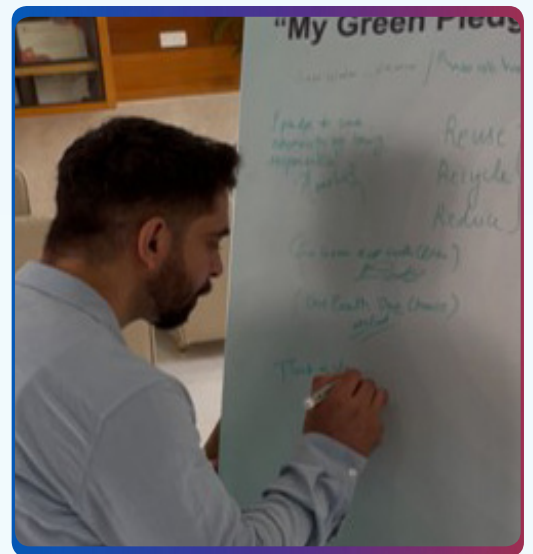














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