

Report on Extension and Outreach Programs Conducted by NSS and NSS

Introduction:

Extension and outreach programs play a vital role in creating social awareness, promoting community engagement, and addressing various socio-economic challenges. This report highlights the extension and outreach programs conducted by the National Service Scheme (NSS) and NSS in association with several organizations in Kumaun University, Nainital. The initiatives were undertaken in collaboration with the Red Cross, Youth Red Cross (YRC), Uttarakhand Administrative Officers' Association (UAOA) Nainital, Department of Child Development, Women Empowerment and Child Development Department, Dr. RS Tolia Uttarakhand Academy of Administration, Nainital, and District Program Officer, Nainital.

Objectives:

The extension and outreach programs aimed to achieve the following objectives:

- a) Promote social welfare and community development.
- b) Raise awareness on various social issues and challenges.
- c) Encourage active participation of students in community service.
- d) Provide support to vulnerable groups in society.
- e) foster collaboration and partnership between different organizations.
- f) Enhance the overall development of students through practical experiences.




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Programs Conducted:

a) Health and Hygiene Awareness Camps:

In collaboration with the Red Cross and YRC, the NSS organized health and hygiene awareness camps in the university campus and nearby communities. These camps focused on educating participants about proper sanitation practices, personal hygiene, disease prevention, and the importance of vaccinations.

b) Blood Donation Drives:

NSS, in association with the Red Cross, organized blood donation drives within the university premises. These initiatives aimed to address the shortage of blood in local hospitals and create a culture of voluntary blood donation among students and staff.

c) Skill Development Workshops:

The NSS conducted skill development workshops in partnership with UAOA Nainital and the Department of Child Development. These workshops focused on imparting vocational skills, entrepreneurship training, and career guidance to the local community, with a particular emphasis on empowering women and marginalized groups.


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d) Environmental Conservation Initiatives:

The NSS and Women Empowerment and Child Development Department jointly organized programs to create awareness about environmental conservation. Tree plantation drives, waste management campaigns, and eco-friendly initiatives were undertaken to sensitize students and the community about the importance of sustainable practices.

e) Leadership and Governance Workshops:

In collaboration with Dr. RS Tolia Uttarakhand Academy of Administration and District Program Officer, Nainital, the NSS conducted leadership and governance workshops. These workshops aimed to develop leadership qualities among students and enhance their understanding of governance, public administration, and policymaking.

Impact and Outcomes:

The extension and outreach programs conducted by NSS and its partners yielded several positive outcomes, including:

- a) Increased awareness and knowledge among participants about health, hygiene, and disease prevention.
- b) Collection of a substantial amount of blood units through voluntary blood donation drives.
- c) Empowerment of women and marginalized groups through skill development workshops.
- d) Improved environmental consciousness and adoption of sustainable practices in the university and surrounding areas.
- e) Enhanced leadership skills and understanding of governance and public administration among students.


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Conclusion:

The extension and outreach programs conducted by NSS and NSS in association with various organizations in Kumaun University, Nainital, have made a significant impact on the community. These initiatives have successfully raised awareness, provided valuable support, and empowered individuals from different sections of society. The collaborative efforts of NSS and its partners have demonstrated the importance of community engagement and participation in the development of the society. The List and photographs of the events have been listed below:

Number of extension and outreach programs conducted by the Institution through NSS/NCC/Red cross/YRC etc. during the last five years:				
Title of the Activities	Organizing unit/ agency/collaborating agency	Name of the scheme	Year of activity	Number of students participated in such activities
Cadets participated in Republic Day Parade, Guard of Honour and PM Rally at New Delhi.	NCC/Naval/Army Wing	NCC	2016	10
Blood Donation	NCC/Naval/Army Wing	NCC	2016	427
Plantation	NCC/Naval/Army Wing	NCC	2016	427
Pulse Polio duties	NCC/Naval/Army Wing	NCC	2016	427
Traffic Control Duties	NCC/Naval/Army Wing	NCC	2016	10


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International Yoga Day Programme	NCC/Naval/Army Wing	International Yoga Day	2016	80
Swacchata activity	NCC/Naval/Army Wing	Swacch Bharat Abhiyan	2016	495
Expert- Health, Hygiene and Nutrition	Uttarakhand Academy of Administration, Nainital	Implementation of National Women Policy	2016	Govt of Uttarakhand
Subject Matter Expert	Department of Child Development, Nainital	Finalising SHG for RUTF formulation (URJA Food)	2016	Beneficiaries of ICDS
Blood Donation	NCC, Naval and Army wing	NCC	2017	427
Plantation	NCC, Naval and Army wing	NCC	2017	427
Pulse Polio duties	NCC, Naval and Army wing	NCC	2017	427
Traffic Control Duties	NCC, Naval and Army wing	NCC	2017	10
International Yoga Day Programme	NCC, Naval and Army wing/ NSS	International Yoga Day	2017	80
Swacch Bharat Abhiyan	NCC, Naval and Army wing/NSS	Swacch Bharat Abhiyan	2017	427
Blood Donation	NCC, Naval and Army wing	NCC	2018	427
Plantation	NCC, Naval and Army wing	NCC	2018	427
Pulse Polio duties	NCC, Naval and Army wing	NCC	2018	427
Traffic Control Duties	NCC, Naval and Army wing	NCC	2018	10
International Yoga Day Programme	NCC, Naval and Army wing/ NSS	International Yoga Day	2018	80
Swacch Bharat Abhiyan	NCC, Naval and Army wing/NSS	Swacch Bharat Abhiyan	2018	507
Expert- District Resource Group	Department of Child Development, Nainital	Poshan Abhiyaan	2018	Beneficiaries of ICDS
International Yoga Day Programme	NCC, Naval and Army wing/ NSS	NCC	2019	94

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Atam Nirbhar Bharat Awareness Campaign	NCC, Naval and Army wing	Atam Nirbhar Bharat Awareness Campaign	2019	48
Pulse Polio duties	NCC, Naval and Army wing	NCC	2019	43
Traffic Control Duties	NCC, Naval and Army wing	NCC	2019	24
Plantation	NCC, Naval and Army wing	NCC, Naval and Army wing/NSS	2019	58
Blood Donation Camp	NCC, Naval and Army wing	NCC, Naval and Army wing/NSS	2019	76
Resource Person- Training Programme	Department of Child Development, Nainital	second 03 ILA module- National Nutrition Mission	2019	Beneficiaries of National Nutrition Mission
Member- State Resource Group	Women Empowerment and Child Development Department, Uttarakhand	ILA module 7, 8, 9, National Nutrition Mission (NNM) under state category programme	2019	Beneficiaries of National Nutrition Mission
Subject Matter Expert- Training Programme of District Resource Group Members	Dr. R.S. Tolia Uttarakhand Academy of Administration, Nainital	Integrated Child Development Scheme (ICDS)	2019	Beneficiaries of ICDS
Subject Matter Expert	Department of Child Development, Nainital	Finalising SHG for RUTF formulation (URJA Food)	2019	Beneficiaries of ICDS
Convener- Student Activities (Painting competition, health Camp, Rally, Signature Campaign, Pledge)	District Programme Officer, Nainital	Poshan-ek Jan Andolan and Beti Bachao Beti Pado	2019	500 students
International Yoga Day Programme	NCC, Naval and Army wing/NSS	NCC	2020	12
Atam Nirbhar Bharat Awareness Campaign	NCC, Naval and Army wing	Atam Nirbhar Bharat Awareness Campaign	2020	10
Pulse Polio duties	NCC, Naval and Army wing	NCC	2020	10



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Traffic Management	NCC, Naval and Army wing	NCC	2020	10
Plantation	NCC, Naval and Army wing	NCC, Naval and Army wing/NSS	2020	24
Blood Donation Camp	NCC, Naval and Army wing	NCC, Naval and Army wing/NSS	2020	70
Environmental awareness	NSS	NSS	2020	65
Clean India Campaign	NCC	NCC	2020	20
Swacch Bharat Abhiyan	NCC, Naval and Army wing/NSS	Swacch Bharat Abhiyan	2020	40
Resource Person- Training Programme	Department of Child Development, Nainital	03 ILA module (19, 20, 21) National Nutrition Mission	2020	Beneficiaries of National Nutrition Mission
Expert- online lecture series- "Community Health and Nutrition" and "Prevention of Anaemia in Women"	Seven developmental blocks of Nainital	National Rural Literacy Mission	2020	Around 700 women
Expert lecture on Women Health	District Programme Officer, Nainital	Beti Bachao Beti Padoo Programme	2020	200 girls
Expert lecture on Food, Nutrition and Health	Dr. R.S. Tolia Uttarakhand Academy of Administration, Nainital	Fundamental training programme of selected administrators.	2020	Around 100 selected administrators
Expert- "Prevention of Anaemia in Women"	ICDS, Nainital	Poshan Webinar Series under ICDS	2020	150-200 women
Resource Person- "Health and Family Welfare for Women Employees"	Dr. R.S. Tolia Uttarakhand Academy of Administration, Nainital	Fundamental training programme of selected administrators.	2020	Around 100 selected administrators
Solid Waste Management Campaign	PRSNSNT Centre, Department of Chemistry, D. S. B. Campus, Kumaun University, Nainital and	Nainital Mega Clean Up Event	2021	300



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	Nagar Palika Parishad Nainital (Organizing unit) S3 Foundation NGO (collaborating agency)			
Leader- UGC Quality Mandate, Curriculum for Life Skills (Jeevan Kaushal) team	Kumaun University, Nainital	Workshop on Resume and related skills	2021	200 students
State Coordinator to work for Aahar Kranti	Vigyan Bharati, Uttarakhand Unit (Dev Bhoomi Vigyan Samiti)	Community Outreach Programme and Lecture at Village Jogyuda, Khurpatal (Nainital)	2021	100 women


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